



THE BERKLEY BEACON

Town of Berkley
Council on Aging
1 North Main Street
Berkley, MA 02779

Our Offerings

- Aerobics
- Italian lessons
- Tai Chi
- Quilting & Knitting
- BINGO
- Yoga
- Mah Jong
- Cards/Board Games
- Body in Motion
- Painting & Crafts
- Ceramics
- Coffee Talk Café
- Chair Yoga
- Presentations

Individual Highlights

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January



MISSION STATEMENT

To promote and support Berkley seniors to stay safe and active, participate in programs, enjoy life, and stay in their own homes for as long as possible.

Friends Valentines Lunch

Wednesday, February 14th

11:30 a.m. – 1:30 p.m.

**Grilled Cheese, Soup, Dessert, and a Drink.
\$5.00 Per Lunch**

Come enjoy lunch with us or pick up your meal to go. After lunch, stay for some cards or other games in the center.

Call to sign up (508) 821-3105 ♥

Outreach Services – Fuel Assistance

Citizens for Citizens fuel assistance applications are available at the senior center. This program aids low-income eligible individuals and families to help defray the cost of winter heating.

If you would like help with the application or for more information please call our Outreach Coordinator, Karen at

(508) 821-3105 to request an appointment.

SPECIAL EVENT

MEET THE DA

DISTRICT ATTORNEY, THOMAS M. QUINN III

THURSDAY, JANUARY 25TH AT 11:00 a.m.



Bristol County District Attorney, Thomas Quinn will visit the Berkley Council on Aging to talk about Scam Prevention. He will also answer questions from the community.

We will follow up this visit with a free sandwich lunch in our senior center.

Space is limited and prior registration is required by calling the COA at (508) 821-3105

Winter Ceramics

with Pagano Creations

The Cutest Snowman Ever!
Created by You!

Thursday, January 18th at 12:00



In the Berkley Senior Center
\$10 Berkley Residents, \$20 Nonresidents

Sign up Required. Contact the center to be added to the class list.

PAINT DAY *with Amy* "SNOWY DAY VISITOR"

Snow brings a peacefulness to our New England landscape, often bringing visitors in the form of colorful feathered friends...

Lets paint together step-by-step!

Beginners welcome! No experience needed.
Give it a try & you will be amazed what you can do!




Thursday, February 8th at 12 noon
at the Berkley Senior Center


\$10 for Berkley Residents
(\$20 for Out-Of-Town Guests)
includes all supplies & instruction


RESERVE YOUR SPOT TODAY!

Bristol Elder Services Seminar

Please join us on February 21st at 10 a.m. in the senior center for a presentation about the programs at Bristol Elder Services. The seminar will provide an overview of Bristol Elders Intake, Home Care, and Options Counseling programs.

 Intake provides information on our programs and community resources. They also make referrals for prospective consumers who are eligible for services.

 Home Care provides comprehensive case management to their active consumers who are benefitting from their home health aide and/or homemaker services. When enrolled in home care, eligible elders may receive in-home assistance for personal care and/or household tasks.

 Options Counseling provides case management to elders who require assistance receiving resources and unbiased information on a wide range of subjects, such as housing and long-term support and services. Options Counseling enables an elder to make informed decisions.

Please register for this seminar by calling (508) 821-3105



The January Menu is available in the Council on Aging.

January at the Berkley Public Library

January means winter reading challenges at the library. For our adult winter reading this year, we are teaming up with the Massachusetts Center for the Books and their 2024 Reading Challenge. You can visit massbook.org/readingchallenge to learn about the upcoming program. Check back with us or on our website for more details about what we have planned for our patrons. There will be a raffle prize for participants!

For January, the No Stress Book Club is reading Hamnet by Maggie O'Farrell. The meeting will be Thursday January 4th at 6:00 p.m.

berpl@sailsinc.org
508-822-3329
www.berkeleylibrary.org

CBD/HEMP EDUCATION WORKSHOP

Wednesday, January 31st at 2:00

What is CBD and how does it work?

What is the difference between Hemp and Marijuana?

Bring your questions for our presenter Rena Raggiani

Sign up by calling (508) 821-3105

January

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

AEROBICS – Daily at 8am on Channel 9

TAI CHI – Tuesdays and Thursdays @ 3 Grove Street, Berkley

BINGO – Held every other Wednesday.

BROWN BAG – 4th Wednesday of the month.

HAPPY HEARTS – Thursday's @ 12:30 – 2:30pm

FRIENDS OF COA – 1st Wednesday of the month @ 10:15

COA Meeting – 1st Thursday of the Month @ 9:30 a.m.

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
Closed for the Holiday	8:45 Yoga Body in Motion Canceled 10:30 Tai Chi 11:30 Quilting	10:15 Friends of COA Meeting 10:30 Grab n Go	9:30 COA Meeting 10:30 Tai Chi Podiatry by appointment
8	9	10	11
9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi
15	16	17	18
Closed for the Holiday	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:30 Grab n Go	10:30 Tai Chi 12:00 Snowman Ceramics
22	23	24	25
11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:00 Brown Bag 10:00 Blood Pressure Clinic 10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi 11:00 Scam Workshop with DA Quinn followed by lunch.
29	30	31	
11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:30 Grab n Go 2:00 CBD/Hemp Workshop	Activities in BOLD require prior sign-up to attend. If you sign up, please show up!

Happy Hearts Senior Club

The Happy Hearts Club celebrated their annual holiday party. The members played games and won prizes, opened gifts, and had a fiercely competitive ugly sweater contest. All the fun was followed up by a delicious catered lunch. Thank you, Loretta for planning and organizing the holiday fun.



1st Place
Audrey

2nd Place
Kathy

3rd Place
Roberta

Be on the lookout for information about how to join the Happy Hearts Club in the February newsletter.

A Special Thank You to our Holiday Helpers.

December has been a busy month! The Friends participated in the Lights On Celebration by selling Hotdogs and Hamburgers. Days later, the Council on Aging held its annual holiday party. We are so grateful for our dedicated volunteers!



FRIENDS OF BERKLEY COA

SAVE THE DATES

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For questions related to trips, please contact
Roberta Poli at
(508) 208-1634
robertabeth@verizon.net



February 14, 2024
Valentines Lunch
11:30 a.m. to 1:30 p.m.
Sign up in the COA activity room. The menu includes soup, grilled cheese, dessert, and a drink.
\$ 5.00 per person.

April 24, 2024
Beach Boys Tribute at Lake Pearl
\$127.00 per person.
Sign up in the COA center,



The menu includes stuffed chicken or vegetable lasagna.

Please write check to "Friends of Berkley COA"
Please indicate Beach Boys on the check memo.



June 12, 2024
Heritage Museum & Garden in Sandwich, Ma.
Early June, the Fringe Tree blooms in a shower of white lace, the Rhododendrons are still spectacular, and Azaleas ablaze. Viburnum and Kousa Dogwood add a bright spot of white, while the garden begins to flower with gorgeous Peonies, and Alliums. There are more colors every week as the season unfolds.
Let's not forget the American automobile collection ranging from 1899 to 1965.



Also, a collection of art and artifacts is on display at the Heritage Highlights Exhibit in the American Art & Carousel Gallery. Lunch at the Daniel Webster Inn for a buffet

August 14, 2024
Beauport Cruise & Lobster Lunch in Gloucester MA.



We need a minimum of 46 people to sign up.

September 17 – 20, 2024



4 days in Lake George including 3 nights lodging at the Surfside on the Lake. 3 breakfast buffets, baggage handling, NY State Museum, 2 nights dinner, dinner theater, tours of Lake George and Saratoga, admission to the Racing Museum, and a boat ride with luncheon. A \$100.00 deposit is required upon signup. Additional payment of \$200.00 due by May 1st and final payment is due by August 1, 2024. Total Cost is \$860.00 double occupancy or \$1040.00 Single occupancy.



MOMENTS FROM THE MUSEUM

Have you ever seen a metal mesh hand purse like the ones in the photos? Maybe your grandmother or elderly aunt had one that you were told 'you can look but do not touch'.

The history of mesh metal actually dates back to the Middle Ages, when Knights wore outfits made of chain mail mesh to protect them in battle. The earliest mesh bags were handmade in the 1700's and it could take weeks to complete just one purse. However, the popularity of the mesh bag did not start growing until the 19th century. The most famous maker of mesh bags is the jewelry maker Whiting and Davis Company. In 1912, the first automatic mesh machine was invented, and Whiting and Davis purchased the patent. This allowed the company to produce the bags faster increasing the production. Early Whiting and Davis mesh material were sterling silver, 14 karat gold, 18 karat gold plate, silver plate, and gun metal. The interior was lined with cloth or soft kid leather. In the 1800's, a mesh bag could be bought for \$3.25. Today, depending on the condition and rarity of the purse, these bags can command prices up to \$2,000.00! *Submitted by Eden Jones.*



The 2 bags pictured are on display at the Berkley Historical Society Museum

Visit the BHS Museum
Tuesday, 10:00 – 1:00
2 North Main Street, Berkley.
Located on the Common
across from the Safety
Building.
Admission is free. We look forward to seeing you!

Manicures with
Kerrie Ann

Tuesday,
February 13th
10:00 – 1:00
\$12 plus tip

Call the senior center today to
schedule your appointment.

***** IMPORTANT INFORMATION REGARDING SPECIAL EVENTS *****

Please be advised, when you sign up for an event, you are committing to attend. Our instructors purchase supplies based on our sign-up lists. We have experienced an increase in no shows, which puts our ability to host arts and crafts in jeopardy. If you sign up, please show up.

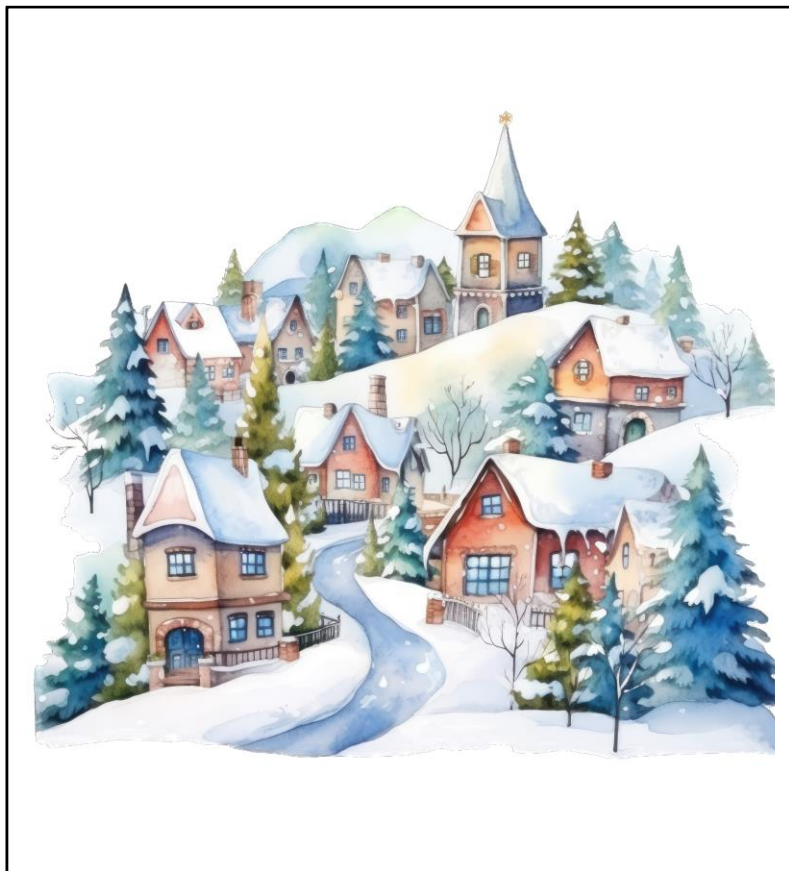
COUNCIL ON AGING
TOWN OF BERKLEY
1 NORTH MAIN STREET
BERKLEY, MA 02779

DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID TAUNTON, MA

PERMIT # 73



CURRENT RESIDENT OR

**NOT YOU?
PLEASE CALL
508-821-3105**



STAFF

Krista Celia, Administrative Assistant
Karen Fisher, Outreach Coordinator

Coassistant@berkleyma.us
Kfisher@Berkleyma.us

BOARD MEMBERS

Margaret Clark-Moroff, Chair Carol Buote Cathy Charette Arlene Medeiros Kathleen Strozyk

SOCIAL MEDIA

Facebook: Berkley Council on Aging Instagram: berkleycouncilonaging
Website: TownOfBerkleyMA.com/council-aging

COUNCIL ON AGING HOURS OF OPERATION

Monday – Thursday: 9 a.m. to 2:30 p.m.

NEWSLETTER REMINDER

In an effort to save money to print our newsletters, please call us to let us know if you wish to be taken off of our mailing list or if you will temporarily be away from your residence.

Newsletters can also be viewed on our website:

<https://www.townofberkleyma.com/council-aging/pages/newsletters>

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