



THE BERKLEY BEACON

Our Offerings

- Aerobics
- 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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March



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 Lunch



Wednesday, March 13th

11:30 a.m. – 1:30 p.m.

Hot Dogs, Baked Beans, Coleslaw, Dessert and a Drink.

\$5.00 Per Lunch



Stay for a Movie!
80 for Brady



*The COA will be hosting a movie following lunch. You are welcome to bring your own comfortable chair, or use one of our folding chairs.

Sign up in the senior center or call (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.

Ceramics

with Pagano Creations

Hanging Macrame Planter



**Wednesday,
March 27th
12:00 p.m.**

**\$10 Berkley Residents
\$20 Nonresidents**



Macrame is making its comeback! This class will be painting the ceramic planter in your choice of the Jungle Gem colors. Hanging macrame holder included to show off your project. Sign up required and space is limited.

Call today or sign up in the senior center.
(508) 821-3105

Spring Card Making Workshop

**Thursday April 4th
9:00 - 10:30 am**



**Lestyn will be teaching
A Spring Card Making Workshop**

Open to folks 55 & over
Registration is Required @ 508-821-3105
\$5 for Berkley Residents \$10 for everyone else
Create your own cards and learn some new skills!
Please bring scissors & a glue stick

**Berkley Town Hall
1 North Main St
Berkley, Ma 02779**

Enter building behind mailbox.
Take a right and a right.
Doors open at 8:45 am



ARTS & CRAFTS

BUTTON ART Workshop with Amy

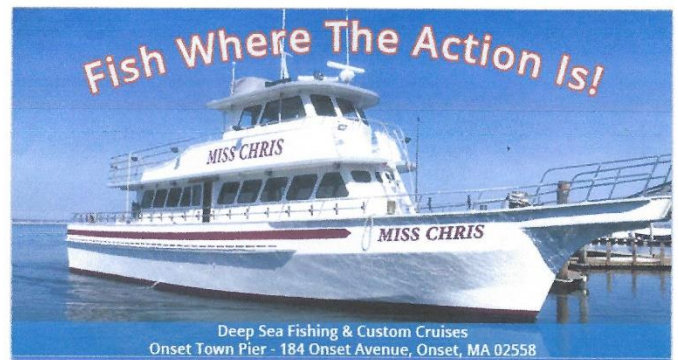
Create a unique design using buttons (along with other materials)
Ideas pictured below are for inspiration only...Be creative & have fun!



**Thursday, April 25th at 2:45 p.m.
at the Berkley Senior Center**

RESERVE YOUR SPOT TODAY!

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



Deep Sea Fishing & Custom Cruises
Onset Town Pier - 184 Onset Avenue, Onset, MA 02558

Tuesday, May 21st

6a - 1p

Sailing from Onset, Ma

**Season for Blackfish(Tautog), Striped Bass, Weak Fish,
Haddock, Pollock, Red Fish**

Estimated price is \$145

**This includes access to the vessel, fishing rod rental,
bait, and boxed lunch.**



**Contact Rose Thomas 508-496-0050 with any questions or
COA office.**

Do You Know What to do in a Medical Emergency?

Thursday, April 18th
9:00 a.m.

Please join Berkley Firefighter/EMT Liza Amaral as she goes over important things to remember during a medical emergency. Bring your questions!

Coffee and doughnuts will be available.

Sign up in the senior center or by calling (508) 821-3105

Oral Health Wellness Seminar

Wednesday, March 24th at
3:00 p.m.

Topics to include:

How aging affects oral health

What is Xerostomia (dry mouth)?

Dietary and nutritional considerations pertaining to oral health

Periodontal and dental cavity control

Presented by: Heather Adam, who is a Registered Dental Assistant, Personal Care Attendant, and Dental Hygiene Student

Sign up in the senior center or by calling (508) 821-3105



The March Menu is available in the Council on Aging.

March at the Berkley Public Library

Did you know that the Berkley Library is part of the SAILS library network? The SAILS network's mission is to provide resource sharing, direct and equal access and meet every patron's needs. The network consists of 70 different libraries in 39 communities throughout southeastern Massachusetts. This means that if we don't have a book, DVD, etc. here in Berkley that we can still get it for you! Place a hold and have your materials sent right to Berkley for pickup. So easy!! The network also allows our patrons access to e-books & e-audiobooks purchased from other libraries. There are so many possibilities.

For March, the No Stress Book Club is reading Run Rose Run by Dolly Parton & James Patterson. The meeting will be Thursday March 7th at 6:00 p.m.

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

BERKLEY PUBLIC LIBRARY



UPCOMING

LIBRARY VISIONING FORUMS

OUR QUIANT LIBRARY IS AGING. WE INVITE YOU TO GIVE FEEDBACK THAT WILL HELP SHAPE THE FUTURE OF OUR PUBLIC LIBRARY. SHARE YOUR THOUGHTS AND OPINIONS CONCERNING THE LIBRARY'S FACILITIES & SERVICES.

YOUR FEEDBACK WILL HELP US WITH OUR STRATEGIC PLAN AS WELL AS THE CONSTRUCTION GRANT THAT WE ARE PURSUING.

FORUM SCHEDULE AND LOCATION

**MARCH 23
10 AM - NOON**

Council on Aging Room at
Town Hall

March

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

AEROBICS – Daily at 8am on Channel 9

TAI CHI – 3 Grove Street, Berkley

BINGO – Held every other Wednesday.

BROWN BAG – 4th Wednesday of the month.

HAPPY HEARTS – Thursday 12:30 p.m. – 2:30 p.m.

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
4	5	6	7
11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga CANCELED	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi CANCELED 11:30 Quilting	10:15 Friends of the COA Meeting 10:30 Grab n Go 12:30 BINGO	9:30 COA Meeting 10:30 Tai Chi CANCELED 12:30 Happy Hearts Welcome Back!
11	12	13	14
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 CANCELED 11:30 Quilting	10:30 Grab n Go 11:30 Friends Lunch and stay for a movie in the COA.	10:30 Tai Chi CANCELED Happy Hearts Off Site Event
18	19	20	21
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 Resumes 11:30 Quilting	10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi 12:30 Happy Hearts
25	26	27	28
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 12:00 Ceramic Planter	10:30 Tai Chi 12:30 Happy Hearts
Library Forum Sat. March 23rd 10:00 – 12:00 Council on Aging Activity Room		If you sign up for an event and can no longer attend, please call the COA to cancel in advance.	Activities in BOLD require prior sign-up to attend

HAPPY HEARTS SENIOR CLUB

Happy Hearts is a senior group that was created in 1972! The objective is to promote socialization and friendship among seniors.

We meet every Thursday at 12:30 in the Berkley COA center at 1 North Main Street.

We meet March through December, with January and February off.

The yearly dues are \$25, which goes toward many social events that we partake in. If you are 85 years or older, membership is free!

If you are 55 or older, from Berkley or any surrounding town, you are welcome to join. We have over 60 members and are always looking for more seniors to join! We have a lot of fun and I can guarantee you that you will not be disappointed! So, stop in any Thursday and see if this is for you.

Easter Meal Delivery

COURTESY OF THE BERKLEY
CONGREGATIONAL CHURCH &
MYRICKS METHODIST CHURCH

EASTER SUNDAY
MARCH 31ST

Available to any senior individual or senior couple that is going to be alone and would like a hot meal delivered to them.

R.S.V.P with the COA by March 22nd
(508) 821-3105

Lunch and Learn!

Please Join Bristol Elder Services' Nutritionist

Dawn DiMarco MS, RD, LDN

*She will be discussing shopping on a budget!
Learn how to shop smart and save money during
inflation!*

Wednesday April 10th, 2024 @ 12:00PM

Lunch will be provided:

Ham and cheese stuffed chicken, roasted potatoes, green beans, dinner rolls, cookies, and lemonade.

Sign up is almost full. We will utilize a waitlist

To register please call (508) 821 -3105

Manicures with Kerrie Ann

Monday, April 22nd
10:00 – 1:00

\$12 plus tip

Call the center today to
schedule your appointment.

Podiatry Appointments
with Kwende Smith, DPM

Thursday, March 28th
9:00 – 11:00

Call today for more information or to
schedule your appointment.

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



Fishing Trip – May 21
6:00 a.m. to 1:00 p.m.
Sailing from Onset, MA.
Limited space to the first 15 people. Please sign up in the COA activity center or contact Rose Thomas at (508) 496-0050.
Cost is \$145.00

This includes access to the vessel, fishing rod rental, bait, and boxed lunch.



June 12, 2024
Heritage Museum & Garden, Sandwich MA
Lunch at the Daniel Webster Inn for a buffet.
Sign up in the COA activity room.
\$115.00 per person which includes transportation, lunch, and gratuity.

September 17 – 20, 2024
4 days in Lake George including 3 nights logging 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 sign up. 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.



August 14, 2024
Beauport Cruise & lobster lunch in Gloucester MA



We need a minimum of 46 people to sign up.

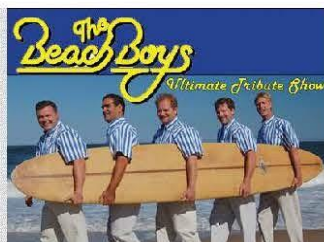
Additional activities:
4th of July FREE hot dog lunch & entertainment
September 7 Craft Fair



March 13 Lunch
\$5.00 per person
Enjoy hot dogs, baked beans, coleslaw, dessert, and a drink. Sign up in the COA activity room.

May 8 Brunch
\$5.00 per person
Sign up coming soon in the COA activity room.

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



The food selection is stuffed chicken or vegetable lasagna.
Please write check to "Friends of Berkley COA"
Please indicate Beach Boys on the check memo.

MOMENTS FROM THE MUSEUM

The History of the Berkley Library: A Two-Part Series

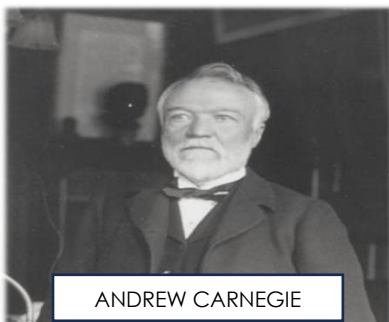
Our wonderful little library has an historic story of its own. On December 12, 1919, the present building opened on Berkley Common thanks to Andrew Carnegie and the Carnegie Library project via a February 6, 1915, Grant of \$5,000. Library functions were conducted on the upper level. The lower level was finished by Civil War veterans (The Soldiers Monument Association) so that the room could be used for various town meetings and functions. It housed the Levi Crane Civil War exhibit which now sits in the newly renovated Berkley Historical Society Town Hall in a case provided through funds from the Ruby Linn Foundation.

Thanks to Andrew Carnegie and the Carnegie Library project via a February 6, 1915, Grant of \$5,000. The Carnegie public libraries in Massachusetts: 43 of them, were built from 1901 to 1917, funded by 35 grants totaling \$1,137,500 and awarded by the Carnegie Corporation of New York. Massachusetts Carnegie libraries were also built at five academic institutions at a cost of \$513,846.

In his autobiography, Carnegie remembered that, as a child, "I resolved, if wealth ever came to me, that it should be used to establish free libraries." And he did, providing public libraries to communities across the country, all engraved, at his request, with an image of a rising sun and "Let there be light."

Getting it done: In 1914, Town Meeting voted to apply for support from Andrew Carnegie to build a new library (Taunton Daily Gazette, March 5, 1914). In 1915, Berkley became one of the smallest communities to secure library funding from Carnegie; that year, Town Meeting elected a building committee and chose a site next to the school building west of the common, where the Methodist Church had once stood (Taunton Daily Gazette, March 2, 1915). Town Meeting also voted that year to dedicate \$150 of the dog fund yearly to the library (Taunton Daily Gazette, March 10, 1916). Construction lagged with the outbreak of the First World War; the basement was not completed until the following year (Taunton Daily Gazette, June 25, 1917). The library opened on December 12, 1919.

If you like reading the Moments from the Museum, then you will LOVE visiting the Museum! There is no admission (but donations are welcome!) Stop by soon!



ANDREW CARNEGIE

Submitted by Eden Jones

The second installment of this article will be printed in April's newsletter.

Visit the BHS Museum
Tuesday, 10:00 – 1:00
2 North Main Street,
Berkley.
Located on the Common
across from the Safety
Building.

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

DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID

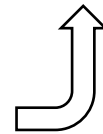
TAUNTON, MA

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.

Friday: CLOSED

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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