



THE BERKLEY BEACON

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

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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November



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.

Important Berkley Dates

Election

Tuesday, November 5th
7:00 a.m. – 8:00 p.m.
Location: Berkley
Community School,
Gymnasium
59 South Main Street,
Berkley

Town Meeting

Thursday, November 14th
7:00 p.m.
Location: Berkley
Community School,
Gymnasium
59 South Main Street,
Berkley

Annual Holiday Luncheon – Waitlist Only

This event is at capacity. If you have signed up and can no longer attend, please contact the COA so that we may offer your spot to someone on the waitlist.

Saturday, December 14, 2024

Lunch will be served at 12:00 p.m.

Doors open at 11:00 a.m.

Berkley Middle School

This event is Free for Berkley Seniors and \$20 for Nonresidents

Sign up is required.

Would you like to donate a raffle item or basket?

Please contact the COA.

Holiday Tree Ornament with Lucky Bunny Crafting



**Wednesday,
December
11th
4:00 – 5:30**

In this workshop, Lucky Bunny Crafting will help you create this lovely Christmas Tree Ornament by using a variety of crafting techniques. We will paint our winter backgrounds on 7" wooden plaques and then use glue and ribbon to build our trees! It's a fun and easy project that can adorn your tree or holiday presents!

\$6 Berkley Residents

\$12 Non-Berkley Residents

Registration is Required

**Sign up will close on December 1st and
payment is due at sign up.**

Call today or sign up in the senior center.

Holiday Card Making Workshop

**Thursday November 21st
9:00 – 10:30 am**



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 Council on Aging
1 North Main St
Berkley, Ma 02779**

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



PAINT DAY *with Amy* "SNOWY DAY"

**Let's paint together step-by-step!
Beginners welcome! No experience
needed. Give it a try & you will be
amazed what you can do!**



**Thursday, January 23rd at 1 p.m.
at the Berkley Senior Center**

\$10 for Berkley Residents

\$20 for Out-Of-Town Guests

Includes supplies & instruction

RESERVE YOUR SPOT TODAY!



Thanksgiving Meal Delivery

Thursday, November 28th

**COURTESY OF
THE BERKLEY CONGREGATIONAL CHURCH &
MYRICKS METHODIST CHURCH**



Available to any Berkley senior or senior couple who may find themselves alone and would appreciate the comfort of a warm meal delivered to their door on Thanksgiving.

R.S.V.P with the COA by November 20th

Grab & Go Lunch Program



What is the Grab & Go Lunch Program?

Bristol Elder Services provides lunches that are available for pickup in the Berkley Senior Center every Wednesday between 10:30 – 11:30 a.m.

Who is eligible?

Any senior Berkley resident. There are no income restrictions.

What is the fee?

There is not a fee. A suggested voluntary donation of \$2.25 per meal is helpful but never required.

Do I have to commit to every week?

No, you choose the weeks you would like meals.

How do I sign up?

It is really easy! Contact the COA and complete the one-page form that is required. We look forward to assisting you, join today!

November Grab & Go Menu

November 6th

Crustless Chicken Pot Pie, Garlic Mashed Potato, Biscuit, & Pineapple

November 13th

Mac-n-Cheese, Tomato Florentine, WW Roll, Mandarin Oranges

November 20th

Hot Dog, Chili Beans, Cabbage & Carrots, Pineapple

November 27th

Potato Pollock, Rice Pilaf, Winter Blend Vegetable, Bread, & Mixed Fruit

November at the Berkley Public Library!

Who loves arts & crafting? Berkley Library patrons now have access to CreativeBug. Use the link from our website, along with your library card, to log in. From here, you will be able to view classes in topics such as crochet, needlework, quilting, sewing, paper crafts, designing and jewelry making to name a few. The Creativebug website (also an app for your phone or tablet) is for all ages and levels. You'll find learning journeys, blogs, and tons of resources including patterns & printable projects. ENJOY!



For November, the No Stress Book Club is reading Mexican Gothic by Sylvia Moreno-Garcia. The meeting will be Thursday November 7th, at 6:00 p.m.

berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org

In Loving Memory



It is with deep sadness that we announce the passing of our former COA Board Member, Mary Silva. Mary dedicated countless hours of her time volunteering in the Town of Berkley. In 2018 she was honored with a citation from The Commonwealth of Massachusetts House of Representatives, recognizing her outstanding service to the Berkley Council on Aging and her dedication to enhancing the lives of seniors in her community. She will be fondly remembered and greatly missed.

Thank You!

The Berkley COA would like to send a special thank you to **ROCK N HILL FARM.** The farm fresh apples that you donated were delicious!



November

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

AEROBICS – Daily at 8am on Channel 9

TAI CHI – Classes held offsite at [3 Grove Street, Berkley](#)

BINGO – Wednesday, November 20th Only

BROWN BAG – 4th Wednesday of the month. Call for details!

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

FRIENDS OF COA – 1st and 3rd Wednesday of the month

COA Meeting – November 14th at 9:30

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
9:00 Stop the Bleed 9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 11:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:15 Friends of the COA Meeting 10 :30 Grab n Go 11:30 Veterans Lunch -FULL 	10:30 Tai Chi 12:30 Happy Hearts
11	12	13	14
COA Closed in Honor of Veterans Day Ceremony at the Berkley Common Flagpole 10:30	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:30 Grab n Go 11:30 Texas Tenors at Lake Pearl	9:30 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts 7:00 Town Meeting at the Community School
18	19	20	21
9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 11:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:15 Friends of the COA Meeting 10 :30 Grab n Go 12:30 BINGO Last Day to Request Church Dinner	9:00 Holiday Card Making 10:30 Tai Chi 12:30 Happy Hearts
25	26	27	28
9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 11:30 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	Happy Thanksgiving 
	Activities in BOLD require advanced registration		

Happy Hearts Senior Club

In October, the Happy Hearts Club enjoyed a month filled with fun and welcomed several new members into our organization. We took a trip to the Segregansett Country Club, where we savored a delicious lunch and enjoyed an entertaining performance by Mike Higgins. Come make some memories with us!

Happy Hearts meets on Thursdays in the Berkley Council on Aging from 12:30 – 2:30.



Stop The Bleed Workshop! *with Firefighter Liza Amaral.*



Monday, November 4th at 9:00

The number one cause of preventable death after injury is bleeding. Get trained on how to recognize life-threatening bleeding and quickly take action to treat it.

Join us for coffee and donuts while we learn about this important topic from Firefighter/EMT Liza Amaral.

Registration Required.
Please call (508) 821-3105 or visit the senior center to sign up.

Berkley Veterans Day Ceremony



REMEMBER AND HONOR

Monday, November 11th at 10:30 AM
Berkley Common Flagpole

"This nation will remain the land of the free only so long as it is the home of the brave" -Elmer Davis

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



November 13, 2024

The Sicilian Tenors.

This is a self-drive event to Lake Pearl, located at 299 Creek St., Wrentham.

The cost is \$95.00 per person. **Sign up is closed.**

Waitlist only.

Lunch menu choice of Thanksgiving Dinner with the fixings and sides or Vegetable Lasagna. Lunch also includes dessert and coffee/tea



November 6th Lunch
Honoring our Veterans

Free lunch for Berkley Veterans and their spouses.

Everyone else is \$5.00 per person.

Lunch will be lasagna, salad, dessert, bread, and a soft drink.

There will be a DJ and a speaker. **This event is FULL, Waitlist only!**



December 4, 2024

A Smoky Mountain Christmas with Kenny & Dolly.

The cost is \$130.00 per person. **Sign up is closed. Waitlist only.** Your payment includes show, meal, tax, gratuity, bus transportation and driver gratuity. Lunch choice of Chicken Parmesan or Eggplant Rollatini. Lunch will also include a salad, potato, vegetables, bread, dessert, coffee/tea.

2025 plans

March 19, 2025

Soup & Grilled Cheese Lunch in the COA.

Diana Ross & The Supremes Tribute Show Wednesday, April 23, 2025

Venus De Milo, Self-drive trip

April 30, 2025

Pizza & Salad Lunch
COA Activity Room.

May 21, 2025

Hotdogs, Coleslaw & Beans Lunch
COA Activity Room.

June 18, 2025

Spaghetti & Meatballs COA Activity Room.

July 4th, 2025

Celebration on the common.

Spirit of Boston August 2025.

August 20, 2025

Ice Cream Social
COA Activity Room.

September 13, 2025

Craft Fair

Myrtle Beach Trip September 21 -27- 2025.

October 22, 2025

Olivia Newton-John Tribute
Venus De Milo. Self-drive.

November 11, 2025

Queen Tribute
Venus De Milo. Self-drive.

December 2, 2025

Tony Bennett & Barbara Streisand Tribute.
Lake Pearl. Bus trip.

MOMENTS FROM THE MUSEUM

Take a look at this sneak peek inside the Berkley Historical Museum!

Our collection is vast and varied so there is something for everyone to see and enjoy reminiscing about. Even the Museum building is historic. It was built in 1849, that was 175 years ago! The floor is yellow pine and original to the building as is the wainscoting, height of the ceiling and the size of the windows.

Come see for yourself and if you are over 60 years old you will get a gift just for visiting.

The Museum is OPEN on Tuesday from 10-1....Admission is free.

The Museum is located at 2 No. Main Street, Berkley, MA
across from the Safety Building.

Submitted by Eden Jones



Podiatry

Dr. Kwende Smith

Thursday, December 12th
9:00 – 11:00

Call the COA today to schedule
your next appointment

Lunch Honoring Our Veterans

**November 6th at 11:30
\$5.00**

*Berkley Veterans and their spouses
are free.*

*This event is full. If you have signed
up and can no longer attend,
please contact the COA, so that we
can offer your spot to someone on
our waitlist.*

Shine

**Free Health Insurance Information, Counseling, &
Assistance for People with Medicare.**

**Please call to speak with a Certified Shine
Counselor
(774) 203 -1910**

Most appointments are completed over the phone.

Open Enrollment runs from 10/15/24 -12/07/24

DO NOT DELAY. Schedule your appointment today.

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

DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID

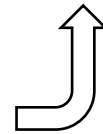
TAUNTON, MA

PERMIT # 73



CURRENT RESIDENT OR

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



STAFF

Krista Celia, Director
Karen Fisher, Outreach Coordinator

Coaassistant@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
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

To help us save on the printing costs of our newsletters, please call us if you would like to be removed from our mailing list or if you will be temporarily away from your residence.

The distribution of this newsletter is made possible by a grant from the Massachusetts Office of Elder Affairs.