



THE BERKLEY BEACON

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

Our Offerings

- Aerobics
- Tai Chi
- Quilting
- BINGO
- Yoga
- Chair Yoga
- Mah Jong
- Body in Motion
- Painting & Crafts
- Coffee Talk
- Presentations

Individual Highlights

1. Announcements
2. Painting / Crafting
3. Mobile Market
3. Grab and Go Lunch
3. Library News
3. Town Clerk
4. Calendar
5. Narcan
5. Happy Hearts
5. CPR
5. Fuel Assistance
5. Singo
6. Friends
7. Historical Society
7. Food Pantry



February



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.

Lunch and Learn

Wednesday, February 11th at 12:30 p.m.

Learn practical tips for eating well, managing cholesterol, and reducing your risk of heart disease. All without giving up flavor or enjoyment. Discover how small changes can make a big difference in keeping your heart strong and healthy. Lunch will be served! The menu will include a chicken salad sandwich, pasta salad, three bean salad, and dessert.

Registration Required (508) 821-3105

Outreach News

Now that Medicare open enrollment has come to a close, we want to take a moment to reflect on the impact of our outreach work here in Berkley. This fall, our grant-funded Outreach Coordinator, Lorraine Moniz, stepped into her role at the height of open enrollment and quickly took on a wide range of responsibilities including fuel assistance and SHINE Medicare Counseling. With very little time to adjust to our Council on Aging, she accepted the challenge and got to work. One area where outreach made an immediate difference was in helping residents access Medicare Savings Programs. These state-run programs are designed to help eligible Medicare beneficiaries with health care costs, including the Medicare Part B premium, which is currently \$202.90 per month. Eligibility is based on income, and many people are unaware that they qualify. During this open enrollment period, fourteen Berkley residents who met with Lorraine found out they were eligible for Medicare Savings Programs. As a result, these individuals will save a combined \$34,087 over the next year. This is money that was already available to them, but the savings can be easy to miss without support. We are grateful for the care and the commitment Lorraine brings to her outreach work and for the meaningful difference that outreach has made for Berkley seniors during this open enrollment season.

This program/position is funded in part by a grant from Bristol Aging & Wellness Inc. through a contract with the Massachusetts Executive Office of Aging & Independence. Donations to our Outreach efforts are voluntary and always welcome.

CALL THE COA WITH ANY QUESTIONS OR CONCERNS @ (508) 821-3105

Cookie Decorating Class with Lucky Bunny Crafting 🐰

Thursday, February 12th at 10 a.m.

Join us for a cookie decorating class to create Valentine themed sugar cookies. Class participants will be provided with all supplies and instruction needed to creatively frost four uniquely designed cookies.



\$15 Berkley Residents

\$25 Out-of-Town Guests

Fee includes supplies, instruction, and four sugar cookies.

Space is Limited to 15 Participants
Registration Required. (508) 821-3105

Winter Hat Making Class with Lucky Bunny Crafting 🐰

Thursday, February 26th at 10 a.m.

Learn how to use loop yarn to hand-knit a winter hat in this guided class. Participants will be provided with one skein of the pictured yarn to complete their project.



\$10 Berkley Residents

\$15 Out-of-Town Guests

Space is Limited.
Registration Required. (508) 821-3105

Watercolor Painting

Thursday, February 5th at 12:00 p.m.

This class will feature a sweet pair of birds nestled together in their nest.



\$10 Berkley Residents

\$20 Out-of-Town Guests

Robyn Q. Franczyk has been teaching watercolor for the past 30 years. She teaches step by step to all her students, both beginners and advanced. Come join in on the fun. Whether you are new to painting or have years of experience, this class is for you!

Registration Required (508) 821-3105

PAINT DAY *with Amy* "Spring Garden"

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



Thursday, March 12 at 2:45 p.m.
at the Berkley Senior Center

1 N. Main St. Berkley 508-821-3105

RESERVE YOUR SPOT TODAY!

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

Mobile Market



What is the Mobile Market Program?

The Greater Boston Food Bank provides a free bag of groceries once a month. Each bag usually contains pantry staples, a produce item, and a protein item.

Who is eligible?

Any Berkley resident aged 55+ is welcome to join. There are no income restrictions.

When do I pick up my bag?

Bags are usually available for distribution at the COA on the 4th Wednesday of the month between 10:00 – 11:00 a.m. We do ask that you pick up your bag on distribution day.

How do I sign up?

It is really easy! Contact the COA. We will need your name, address, phone number, date of birth, and number of people in your household. We look forward to assisting you.

Join Today!

A NOTE FROM THE TOWN CLERK

IMPORTANT NOTICE: THE TOWN OF BERKLEY POLLING LOCATION FOR BOTH OF ITS PRECINCTS (1 & 2) WILL CHANGE IN 2026 FROM BERKLEY COMMUNITY SCHOOL, 59 SOUTH MAIN STREET TO BERKLEY MIDDLE SCHOOL, 21 NORTH MAIN STREET. THIS IS DUE TO THE CONSTRUCTION THAT WILL BEGIN ON THE NEW BERKLEY COMMUNITY SCHOOL.

Grab and Go Lunches at the COA!



Do you have questions? We have answers!

What is the Grab & Go Lunch Program?

Bristol Aging and Wellness provides freshly prepared take home lunches that you can pick up at the Berkley Senior Center every Wednesday between 10:30 – 11:30 a.m.

Who is eligible?

Any Berkley resident aged 60+ is welcome. There are no income restrictions or requirements.

What is the fee?

There is no fee. A suggested voluntary donation of \$2.25 per meal is helpful but never required.

Do I have to commit to every week?

Not at all! You choose the weeks you would like a meal. The program is flexible.

How do I sign up?

It is easy! Contact the COA and we will give you a simple registration form. We look forward to assisting you.

Join Today!

February at the Berkley Public Library!

Need a library card? Register for one for free at our library! We have books, DVDs, CDs, museum passes, games, and even a Library of Things that you can check out. And that is just what we have here! You can put books on hold from other libraries in our network as well. A library card can also get you free digital access to newspapers, magazines, ebooks, audiobooks, and streaming services. Come see us at the library to register! Come on over to the library to participate in our Blind Date with a Book. This is like a literary surprise, where books are wrapped in paper to hide their covers and you choose one based on a brief description of it to check out. This encourages you to discover new books and new authors while getting a fun surprise!

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

Do you or someone you know struggle accessing or affording internet?



We want to hear from you!



Take the Internet Access Survey



Scan QR Code or Visit srpedd.org/digital-equity for more information.

Contact us directly:

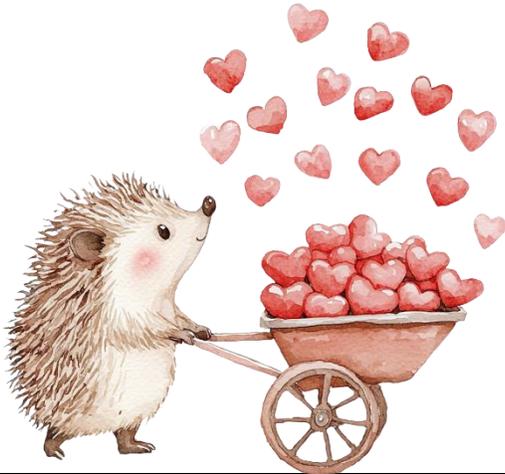
kwhalen@srpedd.org
508.824.1367 ext. 316



This project was funded by the Massachusetts Broadband Institute at the MassTech Collaborative under the Municipal Digital Equity Planning Program. Funding was provided by Massachusetts ARPA State Fiscal Recovery Funds.

February

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

- AEROBICS** – Daily at 8 a.m. on Channel 9
- TAI CHI** – Classes held offsite at 3 Grove Street, Berkley.
- BINGO** – Feb. 4th & Feb. 18th (Singo returns in March)
- MOBILE MARKET** – Feb. 25th Call for details!
- HAPPY HEARTS** – Will return in March!
- FRIENDS OF COA** – Feb. 4th
- COA Meeting** – Feb. 19th at 9:30 (Subject to change)

Events in BOLD require prior registration.

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
9:00 Italian 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	10:15 Friends Meeting 10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi 12:00 Watercolor Birds
9	10	11	12
9:00 Italian 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 Lunch & Learn	10:00 Cookie Decorating 10:30 Tai Chi
16	17	18	19
Holiday Closed	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:30 Grab n Go 12:30 BINGO	9:30 COA Meeting 10:30 Tai Chi
23	24	25	26
9:00 Italian 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 10:00 Mobile Market 10:00 Blood Pressure Clinic 1:00 Men's Group	10:00 Winter Hat Making 10:30 Tai Chi

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 St. Although, we are not affiliated with the Berkley COA, they graciously allow us to hold our meetings there. We meet March through December, with January and February off. The yearly dues are \$25, which goes toward the many social events we partake in. If you are 85 years or older, membership is free!

If you are fifty-five or older, from Berkley or any surrounding town, you are welcome to join. We have over sixty members and are always looking for more seniors to enjoy the fun! I can guarantee you that you will not be disappointed! So, stop in any Thursday and see if this is for you!

Loretta Marshall, Happy Hearts President

Fuel Assistance Program (HEAP)

The Home Energy Assistance Program assists eligible households pay their heating bills during the winter/spring season or until benefits are exhausted.

Household Size	4 Week Income	4 Week Fixed Income	Annual Income
1	\$3,982	\$4,314	\$51,777
2	\$5,208	\$5,642	\$67,709
3	\$6,433	\$6,970	\$83,641
4	\$7,659	\$8,297	\$99,573
5	\$8,884	\$9,625	\$115,504
6	\$10,110	\$10,953	\$131,436

WWW.CFCINC.ORG
508 - 679 - 0041 // 508 - 823 - 6346
Fall River Taunton

Do you have questions about fuel assistance, or do you need help completing the application? Call the COA on Wednesday or Thursday and ask for Lorraine.
(508) 821-3105

Family and Friends[®] CPR & Choking Education

Be prepared to help save a life.

WEDNESDAY MARCH 11, 2026
BERKLEY COUNCIL ON AGING
1:00 PM-2:30 PM

WHAT YOU'LL LEARN:

- How to perform adult CPR
- General AED use information
- Choking First Aid for all ages
- Opioid Overdose Response



REGISTRATION IS REQUIRED.
CALL (508) 821-3105 TO RESERVE A SPOT.
CLASS LIMIT IS 10 PARTICIPANTS.

Presented by: Melissa Silverman, MSN, RN
NBCPHA Regional Public Health Nurse



Singo!

Wednesday, March 18, 2026
12:30 p.m.

Test your music knowledge in this lively twist on classic Bingo.
Registration Required.
508-821-3105

Community Narcan Training & Distribution

Monday, March 2, 2026
6:00 p.m.

Free training on life saving Narcan. Open to all ages. Narcan provided at no cost.
Registration Requested
508-821-3105

Men's Group

Wednesday, March 25, 2026
1:00

FRIENDS OF BERKLEY COA

SAVE THE DATES

=====

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

2026 Proposed Friends of Berkley COA trips

April – Newport Playhouse, Sexy Laundry, (bus trip). This trip is cancelled.

May – Norman Rockwell Museum
Red Lion Inn (bus trip)

June 24, 2026
The Country Jamboree
Lake Pearl, Wrentham, MA.
The Country Jamboree is a nationally touring show that takes you down memory lane, featuring the greatest country music hits that you have known and loved through the years.

July 15, 2026
Tall Ship Cruise
Lunch at the Cheesecake Factory
(bus trip)

August 12, 2026
Fosters Clam Bake & Show
(bus trip)

September 8-11, 2026
Penn Dutch
Visit Sight and Sound Theatre to see a performance of Joshua + other activities.
4 days 3 nights
(bus trip)

October- Turkey Train (bus trip)



June 1-3, 2026
(Now taking reservations)
Join us for a 3-day 2-night adventure to New Hampshire's White Mountains. Stay two nights at Lincoln's Indian Head Resort with admission to two shows, a buffet lunch, two dinners, and two breakfasts.

You will visit the impressive Castle in the Clouds, enjoy a luncheon cruise on Lake Sunapee, visit a local farm stand, and have time for lunch and shopping on your own at the Mill Falls Marketplace!

Included in trip cost: transportation, two nights of lodging, two dinners, one luncheon, two shows, two breakfasts, admission to the Castle in the Clouds, a luncheon boat ride, a welcome reception, dining room taxes and gratuities, and access to Mill Falls Marketplace.

Please note the change from the December newsletter. Pricing is now confirmed and reflects 2026 rates.

Trip cost per person:
Double \$725.00
Single \$845.00
Triple \$695.00.

A \$100.00 deposit per person is required at sign-up. An additional \$150.00 deposit per person is due by March 1, 2026. Final payment is due by April 1, 2026. Please make checks payable to Friends of Berkley COA and in the memo of the check please write NH trip, June

November 12, 2026
The Loving Spoonful
Venus De Milo, Swansea, MA.
This is not a tribute show.
The Loving Spoonful was America's answer to the Beatles! Today, The Loving Spoonful tours with founding member Steve Boone, along with Jeff Alan Ross (Badfinger, Peter Aher), Bill Cinque (Neil Diamond), longtime drummer Mike Arturi, and the Bob Wilson Band, (Wilson Phillips).

December- Holiday Classic with The Cartels.
(bus trip)
Aqua Turf Club in CT.

HAPPY
Valentine's Day

MOMENTS FROM THE MUSEUM

A Letter Worth Keeping

One of the best parts of volunteering at the Berkley Historical Museum is the Berkley treasures that are donated to the Museum. For example, we recently received a handwritten letter to teacher June Moskal from the mother of a misbehaving student who had been shirking his schoolwork. The letter is dated September 26, 1961.

In part, the mother of Dennis apologizes for his errant behavior and explains that she had been hospitalized for a month after surgery, and wrote the following:



'As you know the old saying "when the cat's away the mice will play!" Well, the cat is home now, and I hope you will find a big improvement in Dennis from here on in. Goodness knows your responsibilities as a teacher under normal circumstances are tough enough without having an obstinate child to contend with. Please write me a few lines regarding his future progress or negligence.

Respectfully, Marjorie Moniz"

This letter highlights the value of parents and teachers working together for the best future of the children. And the fact that June Moskal kept the letter for 65 years shows how much she appreciated this parent's support.

Come visit the Museum at 2 No. Main St. Berkley on Tuesdays between 10 a.m. and 1 p.m. There is no admission fee, and the Museum is warm and toasty. Volunteers are on hand to answer questions. We look forward to seeing you!

Eden Jones

Winter Weather Updates

For everyone's safety, the Council on Aging follows Berkley Public Schools weather closures. When schools are closed due to snow, all COA programs, classes, and lunches are canceled for the day.

Freetown Regional Food Pantry Every Tuesday from 4:00 – 6:00 Located at 225 Chase Road, East Freetown

Did you know that Berkley residents are eligible to participate in the Freetown Regional Food Pantry? This valuable resource provides access to essential groceries, with no proof of income required! There is a \$10.00 donation to access this pantry.

To participate, residents must provide proof of residency with a valid utility bill or other acceptable third-party document, along with a photo ID. Participants may bring three large reusable grocery bags or one approved cart for their visit. Each household is limited to one participant and one trip through the facility per visit.

For more details, the Berkley Council on Aging is happy to help! Call us with any questions.

DO NOT FORWARD

PRESORTED STANDARD
U.S. POSTAGE PAID TAUNTON, MA
PERMIT # 73

KNOW YOUR NUMBER

BLOOD PRESSURE, GLUCOSE &/OR CHOLESTEROL SCREENING



**Free Voluntary Screening
Open to all.**

Pre-registration is not required.

Be informed of glucose & total cholesterol levels.

*Sample by fingerstick.
Fasting not required.*

Written consent for participation required.

**Wednesday
March 25, 2026
10 AM - 12 PM**

Berkley Council on Aging



Screening available through Regional Public Health Nurse

CURRENT RESIDENT OR

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

STAFF

Krista Celia, Director
Lorraine Moniz, Outreach Coordinator

Kcelia@berkleyma.gov
Lmoniz@berkleyma.gov

BOARD MEMBERS

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

SOCIAL MEDIA

Facebook: Berkley Council on Aging
Website: townofberkleyma.gov/COA

COUNCIL ON AGING HOURS OF OPERATION
Monday – Thursday: 9 a.m. to 2:30 p.m.
Friday: CLOSED

NEWSLETTER REMINDER

To help us reduce printing costs and support a greener community, we encourage you to read our newsletter online whenever possible. If you would like to stop receiving the printed version or will be away from your residence temporarily, please call us to be removed from the mailing list. The digital edition is available each month on our website.

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