



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
2. Singo
2. Folio Class
3. Library News
3. Lunches
3. Narcan Training
3. Grab and GO
4. Calendar
5. Support Groups
5. July 4th Cookout
5. Honor Garden
5. Happy Hearts
6. Friends
7. Historical Society

June



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.

Special Event!

The "WAR YEARS" – A Cultural Review of the 1940s Through Music

July 20th at 4:00 p.m.

The decade of the 1940s was largely dominated by World War II. This presentation covers, not only the war and its effects, but also the major events in politics, entertainment, fashion, science, and even the fads of the day like Zoot Suits and swing dancing. The music reflected the times, and we pay tribute in this presentation to many of the greats of the 1940s including Frank Sinatra, Bing Crosby, Perry Como, Kay Kyser, and Ella Fitzgerald. This hour-long presentation features live acoustic music and audience sing-alongs, coupled with audio and video clips, highlighting the best (and sometimes the worst) of the 1940s. The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab.

Following this presentation, we will enjoy a catered dinner of baked ziti and meatballs.



Space is Limited! Signup Today!
Registration Required (508) 821-3105



This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

America Turns 250

June 28, 2026

Noon to 10:00 PM

Where: Berkley Common

The Town of Berkley is proud to celebrate the 250th anniversary of the United States of America. This is a once in a generation milestone and an opportunity for our community to come together, reflect on our shared history, and celebrate what makes Berkley such a special place to call home. Join us for a full day on the Common with music, food, activities, and opportunities for people of all ages to connect and celebrate together.

Watercolor Painting

Thursday, June 11th at 9:00 a.m.

In continuing with our flower theme this watercolor class will feature a lovely hydrangea. They are a summer garden favorite often admired for their large, beautiful blooms.



\$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*

"By the Shore"

*"Every seashell has a story...
Like seashells, we are beautiful and unique, each with a story to tell."*

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



Paint the Seashells
or Glue them on...
...the choice is yours!



Thursday, July 16 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

Let's Make a Folio

Tuesday June 9th

11:30 am - 1:00 pm



Open to folks 55 & over

Registration is Required @ 508-821-3105

\$5 for Berkley Residents \$10 for everyone else

Create your own folio and learn some new skills!

Senior Center will supply paper pads

PLEASE BRING A GLUE STICK & SCISSORS

Berkley Council on Aging

Hearing Room

1 North Main St

Berkley, Ma 02779

Enter building behind mailbox.

Take a right and a right.

Doors open at 11:15 am



SINGO!

Wednesday, June 17th

12:30

Bingo with a beat. Instead of calling out letters and numbers the DJ will call out singers and songs. Come on in and test your musical knowledge and luck. Have some fun and win some prizes. This one-hour event will replace our regularly scheduled Bingo for this date. While sign up is not required for Bingo, we are requesting that you sign-up for this special Singo session.

Registration Required.

Please call (508) 821- 3105

or visit the senior center to sign up.

The Friends of the Berkley Council on Aging Lunches

The Friends are back cooking up their delicious lunches for our community! These events are very popular and fill up quickly. The fee is **\$5.00 per person** and there will not be a take-out option. All meals must be enjoyed in the COA.

Wednesday, June 10th at 11:30 a.m.
Pizza and Salad

We expect a full house and will utilize a waitlist. If you register and can no longer attend, please contact the COA as soon as possible so that we can fill your spot. If you leave a message to register, we will call you back to verify that there is space available in the event you are registering for.
(508) 821-3105

Community Safety and Narcan

Monday, June 22nd at 6:00 p.m. in the COA

Come join us as we welcome our community partners from the Berkley Police Department and the Public Health Nurse for an informative discussion about Narcan and its uses. Free Narcan will be available. All ages are welcome. Registration is requested.

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!



June at the Berkley Public Library!

Did you know that you can read eBooks and listen to audiobooks on your phone using your library card? Our library uses the Libby app to connect you with books through your phone. Stop by the library to learn about it and one of our librarians can help you download the app and set it up for you!

For June, our No Stress Book Club is reading "The Girls of Good Fortune" by Kristina McMorris. For our book club, there's no pressure to read the entire book or attend every meeting. It's an opportunity for us to get together and discuss what we're reading. The meeting will be Thursday, June 4th at 6:00 p.m.

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

Podiatry

Dr. Smith is returning to the COA. The date is still being determined. Appointments are billed through your insurance. Please contact to COA to set up an appointment.

Men's Group

Wednesday, June 24th
1:00 – 2:00

June

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

- AEROBICS** – Daily at 8 a.m. on Channel 95 & 96
- TAI CHI** – Classes held offsite at 3 Grove Street, Berkley.
- BINGO** – June 3rd and Singo June 17th
- MOBILE MARKET** – June 24th
- HAPPY HEARTS** – Thursdays at 12:30
- FRIENDS OF COA** – June 3rd and June 17th
- COA Meeting** – June 25th at 9:30 (Subject to change)

Events in BOLD require prior registration.

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
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 12:30 Happy Hearts
8	9	10	11
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 11:30 Folio Class 10:30 Tai Chi 11:30 Quilting	10:30 Grab n Go 11:30 Friends Lunch Pizza and Salad	9:00 Watercolor Paint 10:30 Tai Chi 11:00 Grief Support Group 12:30 Happy Hearts
15	16	17	18
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 SINGO!	Closed to Celebrate Juneteenth
22	23	24	25
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga 6:00 Narcan Training	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	Trip – Country Jamboree 10:30 Grab n Go 10:00 Mobile Market 10:00 Blood Pressure Clinic 1:00 Men’s Group	9:30 COA Meeting 10:30 Tai Chi 11:00 Caregiver Support Group 12:30 Happy Hearts
29	30	<div style="border: 2px solid black; border-radius: 50%; padding: 20px; text-align: center;"> <p>Don't Forget Town Meeting June 1st Middle School 7:00 p.m.</p> </div>	
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		



**Supporting our Community,
One Conversation at a Time
Support Groups at the COA**

This past year the COA received a grant to offer outreach services to the community. As part of that effort, we are offering two support groups that are open to those looking to connect with others who share similar experiences. You are not alone. This is a welcoming space to share concerns, talk openly, and connect with people who truly understand your journey. These groups are not limited to Berkley residents. Register today! This program will be facilitated by Lorraine Moniz, our Outreach Coordinator.

**Grief and Healing Support Group
Thursday, June 11th at 11:00 a.m.**

**Caregiver Support Group
Thursday, June 25th at 11:00 a.m.**

Registration Required (508) 821-3105

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.

Annual Town Meeting

Monday, June 1st
7:00 p.m.

Location: Berkley Middle School

America Turns 250

Honor Garden

Sponsor a Flag \$25

What Is the Honor Garden? The Honor Garden will feature a display of American flags, each representing an individual(s) meaningful to our residents. Flags may be purchased in honor or in memory of a loved one, family member, friend, or service member. Each flag will be personalized with a name allowing you to recognize an individual in a visible and meaningful way as part of this town wide celebration.

The Honor Garden will be installed beginning on Memorial Day and will remain in place through the Fourth of July. During this time, the display will serve as a powerful and respectful tribute, offering residents and visitors an opportunity to reflect, remember, and celebrate the individuals who matter most to them. Together, these flags will create a shared space of remembrance, pride, and community connection.

<https://townofberkeleyma.gov/bos/berkley-celebrates-americas-250th/berkley-honor-garden/>

Visit the above website to purchase a flag.

Special Event!

July 4th

**Free Hot Dog Lunch and
Live Entertainment!**

11:30 a.m. – 1:30 p.m.

Please join the Friends of the Berkley Council on Aging on the Berkley Town Common for a free hot dog lunch (while supplies last) and live entertainment!

No sign-up needed.

The Happy Hearts Senior Club

Sometimes it's the simple things that bring the biggest smiles. The Happy Hearts celebrated National Blue Day by wearing their favorite shades of blue and filling the room with laughter and fun!



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

Lunches are back!
Registration Required

The Friends of the Berkley COA will host our lunches in the activity room from 11:30 a.m. to 1:30 p.m. Sign up early! Space is limited! Eat in only. There will not be an option for takeout. Ticket price is \$5.00 per person due on the day of the lunch. If you register for a meal and can no longer attend cancellation is requested so that we may fill your spot from our waitlist.

June 10th

Pizza and salad

August 19th

Ice cream social

October 14th

Breakfast for lunch

November 4th

Lasagna



June 24, 2026

The Country Jamboree
Lake Pearl, Wrentham, MA.
(self-drive)
The Country Jamboree is a national touring show that takes you down memory lane, featuring the greatest country music hits that you have known and loved over the years.

Reserve your spot today!
Cost is \$100.00 per person.

July 4th

Cookout on the Common

July 15, 2026

Tall Ship Cruise

Lunch at the Cheesecake
Factory (bus trip)
Waitlist Only

Cost is \$185.00 per person.

August 12, 2026

**Tails and Tours at Fosters
Clam Bake in York, Maine**
(bus trip)

The menu includes clam chowder, Maine clams, mussels, and lobster or BBQ chicken, corn, roasted potatoes and onions. Also included are rolls with butter, blueberry crumb cake, iced tea, lemonade, coffee and tea.

Cost is \$154.00 per person
Reserve your spot today!

September 8-11, 2026

Penn Dutch (bus trip)

Visit Sight and Sound Theatre to see a performance of Joshua. Visit Kitchen Kettle, the Mount Hope Winery, the Amish Experience Tour & more!

Reservations start April 1st.

Pennsylvania Trip Cost
per person:

Double Occupancy: \$1025.00

Single Occupancy: \$1235.00

Triple Occupancy: \$995.00

\$150 due at sign up. \$300 by May 1st and final payment is due by July 15th.

September 30, 2026

Turkey Train

Reserve your spot today!
(bus trip)
Cost is \$154 per person

December 8, 2026

**Holiday Classic with
The Cartels**

(bus trip)
Aqua Turf Club in CT.

Please make checks
payable to

Friends of Berkley COA and
in the memo of the check
please write the event you
are paying for.

Payment for daytrips is
required to hold your space.

MOMENTS FROM THE MUSEUM

The History of Mother's Day

Although Mother's Day has passed, the history of how it got started and kept as a special day to honor all moms is interesting and worthy of sharing. Mother's Day began as a women's movement to better the lives of Americans. Two lifelong activists who promoted efforts toward better health and welfare were the inspiration for a national Mother's Day.

Mary Towles Sasseen: In 1887, Mary Towles Sasseen, a teacher in Henderson, Kentucky, led her class in what is the first known observance of a Mother's Day, focusing just on honoring mothers. Later, Mary published a pamphlet about her vision for the special day to share with others. She traveled across the country to educational gatherings to promote the observance as a national holiday, primarily in public schools, with a suggested date of April 20, her mother's birthday. Schools in several states, including Springfield, Ohio, adopted the idea. Mary died in 1906, before her dream of a national holiday was realized. In 1926, the Kentucky legislature passed a resolution acclaiming Mary as the "originator of the idea of the celebration of Mother's Day."

Ann Reeves Jarvis: Known as "Mother Jarvis," Ann Reeves Jarvis was a young Appalachian homemaker who taught Sunday school lessons. She was also a lifelong activist who, in the mid-1800s, organized "Mother's Day Work Clubs" in West Virginia to combat unsanitary living conditions, which may have been the reason for high infant mortality rates.

Julia Ward Howe: Julia Ward Howe was a famous poet and reformer. During the Civil War, she volunteered for the U.S. Sanitary Commission, helping them to provide hygienic environments for hospitals and to ensure sanitary conditions during the care of sick and wounded soldiers. After the Civil War, Julia continued her push for recognition of mothers. She called for a "Mother's Day for Peace" dedicated to the celebration of peace and the eradication of war. As expressed in what is called her "Mother's Day Proclamation" from 1870, Howe felt that mothers should gather to prevent the cruelty of war and the waste of life since mothers of mankind alone bear and know the cost. Howe's version of Mother's Day was held in Boston and other locations for about 30 years, but these celebrations ceased in the years preceding World War I. Nothing new happened until 1907, when Miss Anna M. Jarvis of Philadelphia took up the banner.

Anna M. Jarvis: After her mother, Ann Reeves Jarvis, died in 1905, her daughter Anna M. Jarvis from Philadelphia decided to honor her mother's life. She started campaigning for a national day to commemorate all mothers. In May 1907, Anna memorialized her mother's lifelong activism with a service held at the Methodist Church in Grafton, West Virginia, where Anna's mother had taught. The following year, on May 10, a Mother's Day service was held at that same church to acknowledge all mothers. Thus, was born the idea that the second Sunday in May be set aside to honor every mother, whether living or deceased.

While West Virginia was the first state to officially adopt the holiday, others quickly followed suit. The proclamation of the day by the various states prompted Representative J. Thomas Heflin of Alabama and Senator Morris Sheppard of Texas to present a joint resolution to Congress that Mother's Day be observed nationwide. The resolution was passed by both houses. In 1914, President Woodrow Wilson signed a bill designating the second Sunday in May as a legal holiday to be called Mother's Day. This holiday was dedicated "to the best mother in the world, your mother."

Next month, the history of Father's Day will be shared.

You are invited to the Berkley Historical Museum to learn more about Berkley history. The Museum is OPEN on Tuesday from 10 a.m. to 1 p.m. We also offer by appointment visits if Tuesday isn't a good day for you. Just call and leave a message to set up a day and time. (774) 872-5304.

Eden Jones

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



Concert on the Common June 18th - 6PM to 8PM featuring Paul Sarno

Funded in part by the  Mass Cultural Council

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.

The distribution of this newsletter is made possible by a grant from the Massachusetts Executive Office of Aging and Independence.