



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

Page:

1. Announcements
2. Painting
2. Special Event
2. Fire History
3. Library News
3. Grab & Go
3. Food Pantry
4. Calendar
5. Happy Hearts
5. Easter Meal Delivery
5. Lunch & Learn
6. Friends
7. Historical Society
7. Shine
7. Men's Group
7. Fishing
7. Singo
- 8 - Contacts

April



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.

An Important Special Event Reminder

All of the special events hosted by the COA and the Friends of the COA have limited seating. Be sure to sign up promptly to secure your spot.

Registration for new events opens on the Monday following their appearance in the newsletter. This is especially important for luncheons. Please remember that by signing up for an event, you are committing to attend. If you are unable to make it, we kindly ask that you notify the COA as soon as possible so that we may plan accordingly.

Ask the Experts **Wednesday, April 2nd** **1:00**

Please join us for an important and highly informative panel program hosted by **Oasis Senior Advisors**. The panel will include the following subject-matter experts and will afford ample opportunity for attendees to ask questions in a group setting as well as a one-on-one format following the panel.

Jim Monti: Franchise Owner and Advisor at Oasis Senior Advisors offers expert and compassionate guidance through a free service to help seniors navigate the challenging waters of senior living and identifying the very best option.

Jennifer Goddard: Financial Advisor, Minsky Financial Group, helps people plan for successful financial futures, including how to prepare for the costs associated with senior living.

Erin L. Nunes, Esq: Partner at the elder law firm of Surprenant & Beneski, is an expert in the area of foundational documents that facilitate health care and manage legal and financial matters during an incapacity event or at end-of-life.

Please register by calling (508) 821-3105
Yes, there is still time to sign up!



Special Event!

Friends of the Council on Aging Lunch Special Guest, Jumpin Juba

May 21st at 11:30
Hot Dogs, Coleslaw, and Beans
\$5.00 per person

Lunch will be served at 11:30. Jumpin Juba will perform for us starting at 12:30. Space is limited for this special lunch and musical event. Prior registration is required.



Jumpin' Juba plays blues-based roots-rock, folk and classic rock for your listening pleasure. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with David Lockeretz on upright bass. More at www.stevehurl.com



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

Registration Required, Please Call (508) 821-3105

PAINT DAY *with Amy*

"Spring Mountain Meadow"

*A meadow wakes, a vibrant hue,
With wildflowers painted, fresh and new.*

Lets paint together step-by-step!

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



Thursday, May 8 at 2:45 p.m.
at the Berkley Senior Center

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

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

RESERVE YOUR SPOT TODAY!

Learning Fire Safety Through History



Thursday, April 10th
9:00

Join Berkley Firefighter/EMT Liza Amaral for an informative presentation on some of the most significant public fire disasters, and the critical lessons that they have taught us. Learn from the tragic fires at Coconut Grove and the Station Nightclub. Discover what changes were made in their aftermath and most importantly, what you can do to protect yourself when you are away from home.

This program is offered for free; donations are greatly appreciated.

Please call the COA to reserve your spot.
(508) 821-3105

Grab & Go Lunch Program



What is the Grab & Go Lunch Program?

Bristol Aging and Wellness provides nutritious, ready to go lunches for pickup at 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, everyone is welcome.

What is the fee?

There is no cost! A suggested, voluntary donation of \$2.25 per meal helps support the program, but it is never required.

Do I have to commit to every week?

No! You can choose which weeks you would like to receive meals.

How do I sign up?

It's easy! Contact the COA and complete the one-page form to get started. We look forward to assisting you, join today!

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 \$5.00 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.

Open Shelves Food Pantry

Need a boost? Open Shelves Food Pantry provides non-perishable food items to families in Berkley on an as needed basis. If you could use some temporary assistance please call (508) 823-3273 or email at Openshelvesfoodpantry@yahoo.com

April at the Berkley Public Library!

Spring is in the air! Get outdoors and don't forget to utilize the library's museum pass program. Our passes for outdoor activities include free admission to Buttonwood Park Zoo in New Bedford and a parking pass for Massachusetts state parks and beaches. Discounted tickets are available for Battleship Cove and Blithewold Mansion and Gardens. Pass reservations are date specific and can be reserved by filling out a form on our website or by calling the library. There is also a link on our website detailing other museum passes available!

For April, the No Stress Book Club is reading *Tom Lake* by Ann Patchett. The meeting will be Thursday April 3rd, at 6:00 p.m.



berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org

April

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

AEROBICS – Daily at 8am on Channel 9

TAI CHI – Classes held offsite at 3 Grove Street, Berkley.

BINGO – Wednesday, April 9th.

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

HAPPY HEARTS – Thursdays at 12:30

FRIENDS OF COA – April 2nd and April 16th at 10:15

COA Meeting – April 17th at 9:30 (Subject to change)

Monday	Tuesday	Wednesday	Thursday
	1	2	3
	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:15 Friends Meeting 10:30 Grab n Go 1:00 Ask the Experts	10:30 Tai Chi 12:30 Happy Hearts 2:45 Painting with Amy
7	8	9	10
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 11:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga - Canceled 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10 :30 Grab n Go 12:30 BINGO	9:00 Fire Safety 10:30 Tai Chi 12:30 Happy Hearts
14	15	16	17
9:00 Italian 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 Meeting 10 :30 Grab n Go 1:00 Men's Group	9:30 COA Meeting 10:30 Tai Chi Happy Hearts Offsite
21	22	23	24
Closed for Patriots Day	8:45 Yoga - Canceled 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 11:30 Self Drive Friend's Trip Venus De Milo 12:30 BINGO – Canceled	10:30 Tai Chi 12:30 Happy Hearts
28	29	30	
9:00 Italian 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 :30 Grab n Go 11:30 Friend's Lunch	Events in BOLD require prior registration.

Welcome Back, Happy Hearts

The Happy Hearts gathered for a fantastic corned beef and cabbage lunch at the Berkley American Legion, the meal was provided by Katey's Kitchen and Catering. From start to finish everything was delicious, especially the ice cream dessert!

Welcome back, everyone! We are so happy to have you back and look forward to more enjoyable gatherings ahead.



Easter Meal Delivery **Sunday, April 20th**



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 Easter.

R.S.V.P. with the COA by April 14th

Reminder

Spring Blooms
Painting with Amy
April 3rd
2:45
Registration Required

Reminder

Friends Lunch
April 30th at 11:30
Pizza and Salad, \$5.00
Space is Limited,
Registration Required

Lunch and Learn



Nutrition Jeopardy
Wednesday, May 14th
12:00PM

Please join Bristol Aging and Wellness' Registered Dietitian, Dawn DiMarco, for a lunch and learn! She will be playing nutrition jeopardy, an interactive game to increase knowledge about basic nutrition, food, science, and fun facts! Lunch will be provided, which includes a chicken salad sandwich, pasta salad, three bean salad, dessert, and crystal light.

To register, please call
(508) 821-3105

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

Registration Required for
all Friends Events
including lunches.

April 30, 2025
Pizza & Salad Lunch
in the COA, 11:30 – 1:30.

May 21, 2025
Hotdogs, Coleslaw &
Beans Lunch in the COA,
11:30 -1:30.



May 28, 2025
Fishing Trip with Captain
John Boats.
Sailing from Plymouth MA.
Fees: Seniors (62+) - \$125
Adults - \$135
Children (4 – 12) - \$110
Make checks payable to
the Friends of Berkley
COA. Price includes
access to vessel, bait, and
a boxed lunch. \$25 Deposit
due at sign up. Balance is
due by May 1st.
Questions?
Call Rose Thomas at
(508) 496-0050.



JUNE 11 – 12, 2025

A Taste of New Hampshire
Overnight to Indian Head
Resort & the Lakes Region.

Cost: \$469 per person
(double occupancy) or
\$529 (single occupancy)
\$100.00 PER PERSON
DEPOSIT IS DUE WITH
SIGN UP.

A \$150.00 second deposit
per person is due by
March 1, 2025.

Final payment is due
May 1, 2025.

Trip includes: lodging for
one night, transportation,
one dinner, one luncheon,
two shows, and one
breakfast, admission to the
Castle in the Clouds, a boat
ride luncheon, welcome
reception, and dining room
taxes and gratuities. Make
checks out to the Friends of
Berkley COA.

June 18, 2025
Spaghetti & Meatballs
Lunch in the COA,
11:30 – 1:30.

July 4th, 2025
Celebration at the common.

August 13, 2025.
Spirit of Boston.
Additional information soon.

August 20, 2025
Ice Cream Social in the
COA,
11:30 -1:30

September 13, 2025
Annual Craft Fair
For a registration form
please contact
Elisabeth Monkowski at
(508) 822-7597 or by e-mail
elisabethv70@comcast.net
or pick one up at the COA.

September 21 – 27, 2025
Myrtle Beach Show Trip
Cost: \$950 per person
(double occupancy) or
\$1,199 (single occupancy)
Insurance is available
online but must be
purchased within 14 days
of the date of your down
payment.

\$ 100.00 PER PERSON
DEPOSIT IS DUE WITH
SIGN UP. Final payment
must be made on or
before June 1, 2025
Make checks out to the
Friends of Berkley COA.

October 22, 2025
Olivia Newton-John Tribute
Venus De Milo. Self-drive.
PAYMENT IS DUE WITH
SIGN UP.

November 12, 2025
Queen Tribute
Venus De Milo. Self-drive.
PAYMENT IS DUE WITH
SIGN UP.

December 2, 2025.
Tony Bennett & Barbara
Streisand - at Lake Pearl.

MOMENTS FROM THE MUSEUM

A Cannonball from the Past

This iron cannonball was discovered three feet below the turf near Cowatt's, in the Bunker Hill area of Charlestown, Massachusetts back in 1855 by Charles Browne. It was likely fired during the Battle of Bunker Hill (June 17, 1775), and it is a tangible piece of that neighborhood's Revolutionary past.

During the battle, British cannons rained fire from Copp's Hill in the North End and from warships in the harbor, aiming to weaken the colonial defenses on Breed's Hill. This cannonball, buried for decades, reminds us that Charlestown's streets and fields were once a battleground for America's fight for independence. It's amazing to think about what still lies beneath the surface from that historic time in American history. Story and photos courtesy of RoadTrip New England



The Berkley Historical Society invites you to come visit the Berkley History Museum on Tuesdays from 10 am to 1 pm. You will be amazed by the collection of Berkley history, including an 18-pound cannonball! There is no admission fee, the building is climate controlled for comfort, and volunteers are on hand to answer questions. The museum is located at 2 No. Main Street, Berkley, MA on the Common directly across from the Safety Building. We look forward to seeing you!

Submitted by Eden Jones, Berkley Historical Society

Men's Group

**April 16th & May 28th
1:00 – 2:00**

The COA was happy to host its first ever Men's Group! We are excited to continue offering this dedicated time at the senior center for men to gather, enjoy coffee, great conversation, and light refreshments. Come be part of the fun!



Singo!

**Wednesday, May 7th
12:30 – 1:30**

Bingo with a beat. Instead of calling out letters and numbers DJ Melissa 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.

Friends of the COA Fishing Trip

Wednesday, May 28th

Deep Sea Fishing with Captain John Boats

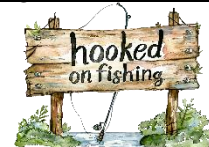
Seniors (62+) \$125

Adults \$135

Children (4 – 12) \$110

Price includes access to vessel, bait, and a boxed lunch.

Registration Required.



Shine

Free Health Insurance Information, Counseling, & Assistance for People with Medicare. Please call to speak with a Certified Shine Counselor. Most appointments are completed over the phone.

(774) 203 -1910

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

DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID

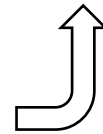
TAUNTON, MA

PERMIT # 73



CURRENT RESIDENT OR

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



STAFF

Krista Celia, Director
Karen Fisher, Outreach Coordinator

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
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.