



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
2. Holiday Card Making
2. Holiday Meals
3. Fuel Assistance
3. Grab and Go Lunch
3. Library News
3. Podiatry
4. Calendar
5. Open Enrollment
5. SAVE!
5. Happy Hearts
5. CPR
6. Friends
7. Historical Society
7. Men's Group
7. Historical Show and Tell
8. Glucose Screening

December



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.

Lights On!

Sunday, December 7, 2025
3:30 – 7:00

The Town of Berkley will once again come together to celebrate the beginning of the holiday season as we gather to light the common.

There will be lots of food for you to buy and enjoy. The Friends of the Council on Aging, Boondocks, Molly B's, the Barrels & Boards Food Truck, and Katey's Kitchen will all be around the common serving up a limited menu. The COA will be open as a warm place to step inside, take a break from the cold, and visit with friends and neighbors. The Friends of the COA will have soup and hot dogs available for purchase inside.

The Historical Society, the Library, the Public Safety Building, and the Town Hall will all be open. You may even bump into the Grinch or Mr. & Mrs. Claus! We hope you will stop in, warm up, and share in the community spirit of the season.

Open Shelves Food Pantry

Need a Boost? Open Shelves can Help!

Open Shelves food pantry provides non-perishable food items to families in Berkley, on an as-needed basis. All calls to them are strictly CONFIDENTIAL.

If you could use some temporary food assistance, please call (508) 823-3273 or email openshelvesfoodpantry@yahoo.com

Holiday Party Reminder

Our Annual Holiday Party is December 6 at 12:00 p.m. This event has a waitlist. If you can no longer attend, please contact us as soon as possible.

Holiday Card Making Workshop

Thursday December 4th
9:00 - 10:30 am



Open to folks 55 & over

Registration is Required @ 508-821-3105

Offered at no cost! Space is limited, register today!

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

Holiday Meal Delivery

Thursday, December 25th

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 the holiday.

R.S.V.P with the COA by December 15th

Watercolor Painting

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

This class will feature a peaceful sunset scene with birds in flight.



\$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

ARTS & CRAFTS *with Amy* Make-Your-Own SNOW-FAMILY Workshop



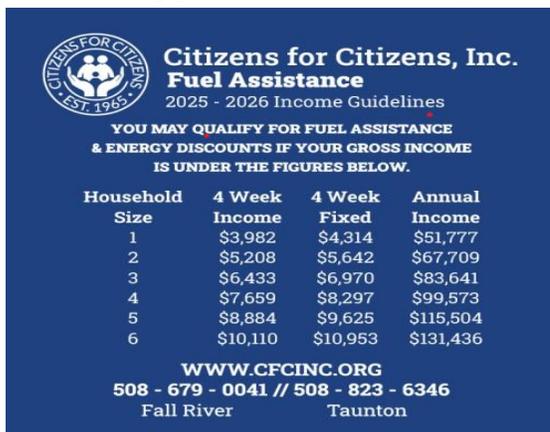
Join us for some crafting fun...
Thursday, January 22nd at 1 p.m.
at the Berkley Senior Center
RESERVE YOUR SPOT TODAY!

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

Fuel Assistance Program (HEAP)

Senior citizens sometimes must make tough decisions when it comes to their finances. Do you pay energy bills over medicine? With the help of the HEAP program, you can compromise less on important things.

The Home Energy Assistance Program (Fuel Assistance) program assists eligible households pay their heating bills during the winter/spring season or until benefits are exhausted. The benefits do not stop there! When you qualify for HEAP, you gain access to other energy related services including Weatherization and Heating Repairs, to enhance the energy efficiency of your home, saving you even more money!



CITIZENS FOR CITIZENS
EST. 1965

Citizens for Citizens, Inc.
Fuel Assistance
2025 - 2026 Income Guidelines

**YOU MAY QUALIFY FOR FUEL ASSISTANCE
& ENERGY DISCOUNTS IF YOUR GROSS INCOME
IS UNDER THE FIGURES BELOW.**

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

Are you a Berkley resident with 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

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 limits and no 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 really easy! Contact the COA and we will give you a quick registration form. We look forward to assisting you.

Join Today!

December at the Berkley Public Library!

Looking for some indoor fun during the winter months? Check out our library's museum passes! We have passes to the Fall River Historical Society, the Museum of Fine Arts in Boston, the New Bedford Whaling Museum, the Old Colony History Museum, the Robbins Museum of Archaeology, the Salem Witch Museum, the USS Constitution Museum and the John F. Kennedy Presidential Library and Museum. Each pass provides entry to a museum at a free or discounted rate. To reserve a pass, check out our website or come on down to the library so we can assist you!

Join us for Virtual Trivia on December 13th at 8 p.m. over Zoom. Gather a team or play solo! Register on our website: https://sails.ent.sirsi.net/client/en_US/berpl/ to get the Zoom link! Feel free to visit us at the library if you have questions about joining the Zoom meeting prior to the event. Some of our new holiday-themed books have hit the shelves! Arrivals include: The Christmas Stranger by Richard Paul Evans, Christmas at the Women's Hotel by Daniel M. Lavery and A Ferry Merry Christmas by Debbie Macomber.

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

SINGO!

January 21, 2026
12:30 p.m.

Registration Required
(508) 821 -3105

**Podiatry - January 8, 2026 –
Registration Required**

December

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** – Dec. 3rd & Dec. 17th
- MOBILE MARKET** – Dec. 17th Call for details!
- HAPPY HEARTS** – Thursdays at 12:30
- FRIENDS OF COA** – Dec 3rd & Dec 17th
- COA Meeting** – Dec. 18th 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 11:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga 10:15 Body in Motion 10:15 Streisand & Bennett 10:30 Tai Chi 11:30 Quilting	10:15 Friends Meeting 10 :30 Grab n Go 12:30 BINGO	9:00 Holiday Card Making 10:30 Tai Chi 12:30 Happy Hearts
8	9	10	11
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 10 :00 Glucose Screening 1:00 Men’s Group	9:00 Watercolor Painting 10:30 Tai Chi 12:30 Happy Hearts
15	16	17	18
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 10:00 Brown Bag is now called Mobile Market 10:00 Blood Pressure Clinic 12:30 BINGO	9:30 COA Meeting 10:30 Tai Chi
22	23	24	25
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 11:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga Body in Motion - Canceled 10:30 Tai Chi 11:30 Quilting	Closed	Closed
29	30	31	
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2025 MEDICARE OPEN ENROLLMENT PERIOD (OEP)

Medicare Open Enrollment is from October 15, 2025, to December 7, 2025.

During the open enrollment you can:

1. Enroll in, make changes to, or disenroll from a Medicare Advantage Plan (Part C)
2. Enroll in, make changes to, or disenroll from a Medicare Prescription Drug Plan (Part D)

Plan changes you make during OEP go into effect January 2026.

It is important that you review your drug coverage every year as drug plans are constantly raising premium costs and moving drugs to different coverage tiers. Some Medicare experts are expecting premium costs to increase as much as \$50/month for 2026.

In Massachusetts, the Medicare Saving Programs have proved very popular since assets are no longer covered. Single individuals with income less than \$2935/month and couples with less than \$3966/month are eligible. The plans will pay for some or all of your Medicare premiums, deductibles, and copays. They also pay for the Part B premium of \$185 and lower your prescription costs.

Make your SHINE appointment early! Contact the COA and ask for Lorraine.
(508) 821-3105

SAVE!

The SAVE Financial Task Force meets every other Thursday in the Town Hall from 5:30 – 7:00. All are welcome! Come be part of the discussion.

Family and Friends[®] CPR & Choking Education

Be prepared to help save a life.

WEDNESDAY JANUARY 28, 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



Happy Hearts Senior Club

The Happy Hearts Senior Club celebrated Halloween in style! It was an afternoon full of 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**



December 2, 2025.
10:15 – Meet the Bus.
11:30 – Show, Lake Pearl,
Wrentham, MA.
Sharon Owens & Carmen Romano come together to honor two of the greatest musical legends of our lifetime. Barbra Streisand & Tony Bennett.
\$135 per person. Payment is due at sign up and includes the show, lunch, transportation, tax, and gratuity. Waitlist Only. Lunch choice of baked stuffed chicken or vegetable lasagna, salad, vegetables, potato, bread, dessert, coffee, & tea.

The Friends of Berkley COA will participate in the Lights On Ceremony on December 7th. We will be selling minestrone soup, hot dogs, chips, and soft drinks.



June 1- 3, 2026
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. On day 2 you will visit the awesome 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 are included.

Trip Cost Per Person:
Double Occupancy \$ 699.00
Single \$819.00
Triple \$ 669.00

A \$100.00 deposit per person is required at signup, a \$150.00 deposit per person is due by March 1, 2026, and final payment is due by April 15, 2026.

Please make checks payable to Friends of Berkley COA and in the memo of the check please write NH trip June

Proposed Friends of Berkley COA trips for 2026



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

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

June – NH Trip.

July 15th - Tall Ship Cruise. Followed by lunch. (bus trip).

August 12th Fosters Clam Bake and Show. (bus trip).

September – Pennsylvania Dutch, Four Days. Will be announced when confirmed.

Jukebox 45 at Aqua Turf in Connecticut. (bus trip).

October - Turkey Train. (bus trip).

November – Loot and Lobster casino and lunch. (bus trip).

December- Holiday Classic with Cartels. Aqua Turf. (bus trip).

Please note the above trips are under review and not yet confirmed.

MOMENTS FROM THE MUSEUM

The Stone Walls of New England

One of the most identifying features of New England is the miles upon miles of stone walls. Before stone walls were used, wooden rail and zig-zag fences were the practical solution for fencing in a farm. But once the land was cleared for a farm, few trees were left to build wooden fences. The wooden rail fences would rot over time and need to be replaced. Farmers began using stone instead, both to replace the old rail and zig-zag fences and to make use of the rocks already on their land. Stone fencing became the standard in New England. The period from 1775 – 1825 was known as the golden age of stone wall building. During these fifty years, more stone walls were built than any other period. The main reason for the increase was due to interest in farming in New England. Granite, limestone or gneiss were the most popular rocks to use due to their abundance. Building a stone wall started with rocks placed with the largest ones at the bottom and using the method of “one on two and two on one.” This method means putting two smaller rocks in between two larger rocks and vice-versa to stabilize the wall. Today, stone walls are usually built as a decorative feature for a home instead of having a farming purpose. Either way a stone wall is a marvel to see and to wonder about the history surrounding it!



For more great examples of history, come visit the Berkley Historical Museum on Tuesdays from 10 a.m. - 1 p.m.

It is located right on the Berkley Common directly across from the Public Safety Building. Hope to see you soon!

Eden Jones

A Little Historical Show & Tell

Thursday, January 15th at 1:00

Eden Jones from the Berkley Historical Society will be visiting the COA to showcase a handful of items from the museum's collection. Learn what these items are and how they were used. This interactive program is sure to spark memories and conversation!

Registration Required (508) 821-3105

**Men's Group
Wednesday,
December 10 at 1:00**

Join us for a dedicated time at the senior center for men to gather, enjoy coffee, friendly conversation, and light refreshments. Don't miss this opportunity to connect and unwind!

DO NOT FORWARD

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

KNOW YOUR NUMBER

BLOOD PRESSURE, GLUCOSE &/OR CHOLESTEROL SCREENING

**Thursday
January 29, 2026
10 AM - 12 PM**

Berkley Council on Aging



Screening available through Regional Public Health Nurse



**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.**

CURRENT RESIDENT OR

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



STAFF

Krista Celia, Director
Lorraine Moniz, Outreach Coordinator

Coa.director@berleyma.us
Lmoniz@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.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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