



# 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. Fuel Assistance
3. Grab and Go Lunch
3. Library News
3. Outreach News
4. Calendar
5. Glucose Screening
5. Happy Hearts
5. CPR
6. Friends
7. Historical Society
7. Historical Show and Tell



# January



## 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 11, 2026  
12:30 p.m.

**In honor of American Heart Month, the Berkley Council on Aging will welcome Bristol Aging & Wellness Registered Dietitian Dawn Dimarco for an engaging, informative talk on how everyday food choices can support heart health!**

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**

## Open Shelves Food Pantry

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](mailto:openshelvesfoodpantry@yahoo.com)

Thank you to everyone who donated to the Town Hall Food Drive for the Open Shelves Food Pantry, especially Jeanne Russo who led the charge.

Over 200 pounds of food was collected! The pantry can always use donations, and commonly needed items include tuna, peanut butter, jelly, canned fruit, canned pasta, and gravy.

## Cookie Decorating Class with Lucky Bunny Crafting 🐰

Thursday, February 12<sup>th</sup> 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 26<sup>th</sup> 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 5<sup>th</sup> 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

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



*Join us for some crafting fun...*  
Thursday, January 22<sup>nd</sup> 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

## Outreach News

Many of you had the opportunity to work with our Outreach Coordinator, Lorraine Moniz, during Open Enrollment. Now that Open Enrollment has ended, Lorraine remains available by appointment to assist seniors with benefits questions, applications, and resources, including SNAP benefits, Meals on Wheels, fuel assistance, food pantries, and referrals to other community programs.

*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.*

## Fuel Assistance Program (HEAP)

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, 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 | 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

## January at the Berkley Public Library!

The new year brings a new winter reading challenge at the library! For our adult winter reading this year, we are teaming up with Massachusetts Center for the Book for their 2026 Reading Challenge. To enter our winter reading challenge, you must follow January's prompt and read a book about or set in winter. Come to the library and let us know about the book you read, and you will be entered into a raffle for a prize!

For January, our No Stress Book Club is reading "How Lucky" by Will Leitch. For our book club, there is no pressure to read the entire book or attend every meeting. It is an opportunity for us to get together and discuss what we are reading. The meeting is on January 8<sup>th</sup> at 6:00 p.m.

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

## 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 really easy!** Contact the COA and we will give you a quick registration form. We look forward to assisting you.

**Join Today!**

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](http://srpedd.org/digital-equity) for more information.

**Contact us directly:**  
[kwhalen@srpedd.org](mailto: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.

# January

## 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** – Jan. 7<sup>th</sup> & **SINGO** Jan. 21<sup>st</sup> (Sign-up required for Singo)
- MOBILE MARKET** – Jan 29<sup>th</sup> Call for details!
- HAPPY HEARTS** – Will return in March.
- FRIENDS OF COA** – Jan. 7<sup>th</sup>
- COA Meeting** – Jan. 15<sup>th</sup> at 9:30 (Subject to change)

Events in **BOLD** require prior registration.

| Monday                                                                                   | Tuesday                                                              | Wednesday                                                      | Thursday                                                                                                                                               |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                          |                                                                      |                                                                | 1                                                                                                                                                      |
|                                                                                          |                                                                      |                                                                | <b>Closed<br/>Happy New Year!</b>                                                                                                                      |
| 5                                                                                        | 6                                                                    | 7                                                              | 8                                                                                                                                                      |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>12:30 Mah Jong<br>1:30 Chair Yoga | 8:45 Yoga<br>10:15 Body in Motion<br>10:30 Tai Chi<br>11:30 Quilting | 10:15 Friends Meeting<br>10:30 Grab n Go<br>12:30 <b>BINGO</b> | <b>Podiatry by Appointment</b><br>10:30 Tai Chi                                                                                                        |
| 12                                                                                       | 13                                                                   | 14                                                             | 15                                                                                                                                                     |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>12:30 Mah Jong<br>1:30 Chair Yoga | 8:45 Yoga<br>10:15 Body in Motion<br>10:30 Tai Chi<br>11:30 Quilting | 10:30 Grab n Go<br>1:00 Men's Group                            | 9:30 COA Meeting<br>10:30 Tai Chi<br><b>1:00 Historical Show &amp; Tell</b>                                                                            |
| 19                                                                                       | 20                                                                   | 21                                                             | 22                                                                                                                                                     |
| <b>Closed<br/>Martin Luther King, Jr. Day</b>                                            | 8:45 Yoga<br>10:15 Body in Motion<br>10:30 Tai Chi<br>11:30 Quilting | 10:30 Grab n Go<br><b>12:30 SINGO!</b>                         | 10:30 Tai Chi<br><b>1:00 Snowman Craft</b>                                                                                                             |
| 26                                                                                       | 27                                                                   | 28                                                             | 29                                                                                                                                                     |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>12:30 Mah Jong<br>1:30 Chair Yoga | 8:45 Yoga<br>10:15 Body in Motion<br>10:30 Tai Chi<br>11:30 Quilting | 10:30 Grab n Go<br><b>1:00 CPR Education</b>                   | <b>10:00 Brown Bag is now called<br/>Mobile Market * DAY CHANGE</b><br>10:00 Glucose, Blood<br>Pressure, and Cholesterol<br>Screening<br>10:30 Tai Chi |

# Happy Hearts

The Happy Hearts finished the year with their Holiday party! They had so much fun, and we loved seeing everyone's ugly sweaters!



## Family and Friends<sup>®</sup> 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



## 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.

## SAVE THE DATES

=====

For questions related to trips, please contact Roberta Poli at (508) 208 - 1634 [robertabeth@verizon.net](mailto:robertabeth@verizon.net)

2026 Proposed Friends of Berkley COA Trips



**April – Newport Playhouse  
Sexy Laundry (bus trip)**

**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 and  
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)**

**November 12, 2026  
The Loving Spoonful  
Venus De Milo, Swansea, MA.  
This is not a tribute show.  
The Loving Spoonful were  
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 Cartells.  
(bus trip)  
Aqua Turf Club in Conn.**



**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 are included.  
**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  
signup, an additional  
\$150.00 deposit per person  
is due by  
March 1, 2026, and 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**



## MOMENTS FROM THE MUSEUM

### Remember the Assonet Inn?

It has been repurposed into a 6-bedroom, 4-bath condo with 4,600 square feet.  
At least it was not torn down!

1896: The home was built by Major John Deane, a Civil War hero who received the Medal of Honor.

1914: Deane passes away, and the house remains vacant for several years.

1936: Edith Cockroft buys the building and opens it as a bar and sandwich shop shortly after Prohibition ends.

1948: Cockroft sells the Inn to her daughter and son-in-law, Earl and Edith Hadley.

1948-2017: The Hadley family continues to own and operate the Assonet Inn for three generations.

2017: The Assonet Inn closes its doors to the public after decades of operation.

Post-2017: The building has since been converted into a private residence.



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 15<sup>th</sup> at 1:00 p.m.**

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

### Thank You to Our Holiday Party Helpers!



The Council on Aging held its annual Holiday Party and would like to thank everyone who helped make it special. A big thank you to the students from the Berkley Middle School, the Friends of the COA for their generous welcome gift, and all who donated raffle prizes. It was a fun and festive time for our community!

**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  
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.

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