



# 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

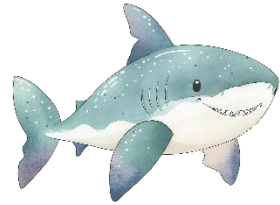
## Individual Highlights

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# 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.

## Important Dates

**Monday, June 2, 2025 at 7:00 PM**  
**Annual Town Meeting**  
**Berkley Community School**

## Special Event!

*July 4<sup>th</sup>*

**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 and live entertainment! There will be no sign up required. Come enjoy some music with us.

# PAINT DAY *with Amy*

## "Hydrangea Bouquet"

*In many cultures, hydrangeas represent heartfelt emotions, such as gratitude, admiration, and even apologies.*

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

\*\*\*OPTIONAL: MAKE YOUR PAINTING "DIMENSIONAL" USING A SPECIAL ADDED INGREDIENT!\*\*\*



**Thursday, July 10<sup>th</sup> at 2:45**

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!**

# Watercolor Painting

*New Art Program!*

Thursday, June 5<sup>th</sup> at 9:00 a.m.



**\$10** Berkley Residents

**\$20** Out-Of-Town Guests

Meet our instructor: Robyn Q. Franczyk has been teaching watercolor for the past 30 years. She teaches step by step to all her students, both beginners as well as advanced. In this easy painting you will not only be using a brush! She will teach you how to paint the grass with a plastic knife. Robin looks forward to meeting you and welcoming you into the world of watercolor.

Registration Required (508) 821-3105

## *Fancy Folds* *Card Making Workshop*

**Thursday June 26<sup>th</sup>**  
**9:00 - 10:30 am**



Open to folks 55 & over

Registration is Required @ 508-821-3105

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

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



# SINGO!

**Wednesday, July 16<sup>th</sup> at 12:30**

Bingo with a beat. Instead of calling out letters and numbers the DJ calls 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 Council on Aging Lunch

Wednesday, June 18, 2025

11:30 – 1:30

Spaghetti and Meatballs



**\$5.00 per person**

Please join us for an afternoon of delicious food served by our Friends of the Council on Aging. Stay for a while and enjoy great conversation with friends and neighbors!

**Space is limited for this special event lunch.**

**Prior registration is required.**

**Please call the COA at (508) 821-3105 to sign up.**

All meals are intended to be enjoyed here at the COA. We are no longer offering takeout boxes.

## The BEAT GENERATION

### A Cultural Review of the 1950s Through Music

Monday, August 11, 2025

4:00 - 6:00

This presentation features live acoustic music and audience sing-alongs, coupled with audio and video clips that feature the top stories in politics, entertainment, science, history, and even the fads of the 1950s. The 1950s conjures up images of the Korean War, the beginnings of the Cold War, the Civil Rights movement, the Hula-Hoop, and Elvis, to name just a few. Trivia questions are part of the presentation, and a few lucky audience members will win prizes for correct answers. The music reflected the times and we pay tribute in this presentation to many of the greats: Chuck Berry, Buddy Holly, Jerry Lee Lewis, Ray Charles, Little Richard, James Brown, Fats Domino, Pat Boone, and others. The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab. *This free hour-long presentation will be followed by a catered dinner featuring ziti and meatballs.*



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.

Space is Limited!  
**Prior Registration is REQUIRED.**  
Please call  
(508) 821-3105  
to sign up.

## June at the Berkley Public Library!

It's summer reading time at the library! Our adult summer reading challenge starts on June 21<sup>st</sup> and will run until August 9<sup>th</sup>!

Pamphlets will be available to pick up at the library or to view and print from our website. Our challenges are always a fun way for the Berkley community to get to know their library.

We love seeing new as well as repeat participants every year. Whether you complete 1 or all 10 challenges, we hope you will join us and get a chance to earn raffle tickets towards our prize baskets.

For June, the No Stress Book Club is reading *Watching You* by Lisa Jewell. The meeting will be Thursday June 5<sup>th</sup>, at 6:00 p.m.



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



# June

## 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** – June 4<sup>th</sup> Only

**BROWN BAG** – 4<sup>th</sup> Wednesday of the month. Call for details!

**HAPPY HEARTS** – Thursdays at 12:30

**FRIENDS OF COA** – June 4<sup>th</sup> and June 18<sup>th</sup> at 10:15

**COA Meeting** – June 26<sup>th</sup> at 9:15 (Subject to change)

| Monday   | Tuesday   | Wednesday   | Thursday   |
|--|---|---|--|
| 2  | 3   | 4   | 5  |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>11:30 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<br><b>12:00 New Hampshire Trip Meeting</b> | 10:15 Friends Meeting<br>10 :30 Grab n Go<br>12:30 <b>BINGO</b>   | <b>9:00 Watercolor Painting</b><br>10:30 Tai Chi<br>12:30 Happy Hearts                           |
| 9  | 10  | 11  | 12   |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>11:30 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>7:45 New Hampshire Trip Bus Departure</b>  | <b>Podiatry by appointment</b><br>10:30 Tai Chi<br>12:30 Happy Hearts                            |
| 16   | 17  | 18  | 19   |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>11:30 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><b>11:30 Friends Lunch</b><br>12:30 <b>BINGO – Canceled</b><br><i>Due to Special Event</i> | <b>Closed for Juneteenth</b>   |
| 23   | 24  | 25  | 26   |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>11:30 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  | 10:00 Brown Bag<br>10:00 <i>Blood Pressure Clinic Canceled</i><br>10 :30 Grab n Go<br><b>1:00 Normandy Invasion Program</b>             | <b>9:00 Card Making Class</b><br>9:15 COA Meeting<br>10:30 Tai Chi<br>12:30 Happy Hearts Offsite |
| 30   |   |   |  |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>11:30 Mah Jong<br>1:30 Chair Yoga |   |   | <b>Events in BOLD require prior registration</b>   |



## Happy Hearts

The Happy Hearts enjoyed a beautiful day and delicious lunch at the Home Plate Restaurant.



## Medication Deactivation and Disposal Bags.



Do you have medicine that you need to dispose of? These bags will deactivate the medicine so that you can safely throw it away. Disposal bags are available to seniors, stop by the COA office to request yours.

This program is paid for by a grant from [BayCoast Bank](#) and the [Friends of the Berkley Council on Aging](#).

## Pictorial Tour of the Memorial of World War II

**Wednesday, June 25<sup>th</sup>**  
**1:00 – 2:00**

This event was scheduled with our Men's Group in mind but is open to all seniors! Join us for a special presentation marking the 80<sup>th</sup> anniversary of the Normandy invasion. You will journey through London, Normandy and Paris in a pictorial tour honoring the memory of World War II. Presented by Bruce Newcomb and Karen Kullas.

Sign up requested.  
(508) 821-3105

### Dighton Rock State Park Summer Programs

All programs are free and open to the public.

All programs meet at the Dighton Rock Museum located at 3<sup>rd</sup> Ave, Berkley.

Programs co-sponsored by the Friends of Dighton Rock Museum and DCR.

**June 8<sup>th</sup> 1 p.m. – 3 p.m.**  
**Capron Park Zoomobile**

**July 13<sup>th</sup> 1 p.m. – 2 p.m.**  
**My Summer with Ospreys**

### Podiatry with

**Dr. Kwende Smith**

**Thursday, June 12<sup>th</sup>**  
**9:00**

Call the COA today to  
schedule your next  
appointment.



## FRIENDS OF BERKLEY COA

### SAVE THE DATES

=====

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

### IMPORTANT NOTICE:

Please ensure your name and the name of your trip or event are on the check or any other form of payment.



### 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  
Registration Required

Membership fees are due no later than July 1, 2025.

Please make checks payable to the Friends of Berkley COA. You must provide a registration form with your payment. Forms are available at the COA.



July 4<sup>th</sup>, 2025  
Celebration on the Common



August 13, 2025  
Spirit of Boston Lunch Cruise  
The cost is \$135 per person, which includes the cruise, lunch, taxes, tip, driver tip, and the bus.  
Reservations will be accepted until June 12<sup>th</sup>.  
PAYMENT IS DUE WITH SIGN UP.

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](mailto:elisabethv70@comcast.net) or pick one up at the COA.

August 20, 2025  
Ice Cream Social in the COA  
11:30 – 1:30  
Registration Required



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.

December 2, 2025  
Tony Bennett & Barbra Streisand Tribute - Lake Pearl

## MOMENTS FROM THE MUSEUM

### Behind the Scenes History...

We have all heard of Paul Revere's historic ride, but did you know that in 1777, a 16-year-old girl rode 40 miles in one night to alert American troops of an impending British attack. The British troops were marching towards Danbury, Connecticut where the Continental Army had a supply depot. While her father, Colonel Henry Ludington, planned the response, Sybil volunteered to rally the militia following her father's instruction to "tell them to be at this house by daybreak." At 9 pm Sybil's ride started out on her horse, Star, in the heavy rain.

They traveled the dirt roads of Putnam County, NY to ensure that her father's militiamen were ready to push the invaders back to their boats. As she rode the 40 miles through the night mustering the militia, she used a stick to bang on the shutters of neighbors' homes, yelling "The British are burning Danbury!" By the time she returned home, exhausted and soaked to the skin, most of the four hundred soldiers were on their way.

In due course after her daring nighttime ride, Sybil was thanked for her heroism and service by grateful neighbors and by General George Washington, the Commander of the Continental Army. Unlike Paul Revere, whose name became universally known thanks to Longfellow's poem, Sybil's ride had been mostly forgotten. She died in 1839 at the age of 77.

The Berkley Historical Society Museum has on display an accurate replica of a Revolutionary War officer's uniform that was worn during the Bicentennial year celebrations in 1975. Come visit and see for yourself! The Museum is OPEN Tuesdays from 10 am to 1 pm. There is no admission fee but donations are welcomed and very appreciated. The BHS Museum is located at 2 No. Main St, Berkley, MA which is directly across from the Safety Building. We look forward to seeing you!

*Submitted by Eden Jones, Berkley Historical Society*



Sybil Ludington statue created by sculptor Anna Hyatt Huntington 1961

### 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



## Concert on the Common June 19th - 6PM to 8PM

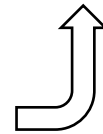
featuring  
**Paul Sarno**

Funded in part by the



**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.*