



# 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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# May



## 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.

## 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.

# 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!**

# 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 th  
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



## How to Use an AED with Confidence!



Thursday, May 29th  
10:00

AEDs (Automated External Defibrillators) are commonly found in schools, gyms, and public buildings. They can help save a life in an emergency. Still, many people feel intimidated by them and don't realize how simple they are to use. Join Firefighter/EMT Liza Amaral as she explains what an AED is, how it works, and how you can confidently use one in an emergency situation.

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.

## Talk of the Town

Come grab coffee and a donut while you chat with your Selectmen in a relaxed setting.

Share your ideas, questions, and concerns.

No agenda. No pressure. Just community

**Saturday, May 3<sup>rd</sup> from 8:00 – 10:00**

**Council on Aging Activity Center**

## May at the Berkley Public Library!

Did you know that we have a section of the library dedicated to books printed in large type? We recently received a grant from Bay Coast Bank to enhance our large print section. We have been able to purchase new titles thanks to their generosity. Looking for a specific title in large print type? Just ask us and we can most likely find it for you within our library networks. We also love hearing from our patrons, as it helps us better meet their needs. Please do not hesitate to let us know what you would like to see at your Berkley Library.

For May, the No Stress Book Club is reading Hidden Pictures by Jason Rekulak.

The meeting will be Thursday, May 1<sup>st</sup> at 6:00 p.m.



**[berpl@sailsinc.org](mailto:berpl@sailsinc.org)**

**508-822-3329**

**[www.berkeleylibrary.org](http://www.berkeleylibrary.org)**



# May

## 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** – Singo only, May 7<sup>th</sup> at 12:30 (sign up required)

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

**HAPPY HEARTS** – Thursdays at 12:30

**FRIENDS OF COA** – May 7<sup>th</sup> and May 21<sup>st</sup> at 10:15

**COA Meeting** – May 15<sup>th</sup> at 9:30 (Subject to change)

Monday	Tuesday	Wednesday	Thursday
			1
<b>Events in BOLD require prior registration.</b>			10:30 Tai Chi 12:30 Happy Hearts
5	6	7	8
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 <b>12:30 Singo</b>	10:30 Tai Chi 12:30 Happy Hearts <b>2:45 Painting with Amy</b>
12	13	14	15
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 <b>12:00 Nutrition Jeopardy</b>	9:30 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts
19	20	21	22
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 <b>11:30 Friends Lunch with Jumpin Juba</b> <b>12:30 BINGO – Canceled</b> <i>Due to Special Event</i>	10:30 Tai Chi 12:30 Happy Hearts
26	27	28	29
<b>Closed for Memorial Day</b> 	8:45 Yoga 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 1:00 Men's Group	<b>10:00 AED Training</b> 10:30 Tai Chi 12:30 Happy Hearts



## Happy Hearts

The Happy Hearts enjoyed Show and Tell. During this fun program, members brought in items from the past and shared the stories behind them.



Diana showed off her collection of 45s. While looking through them she discovered messages and names that she had written on them in high school!



Peter presented a shoe that was found between the stones in the foundation of his 200-year-old home. He believes it was placed there for good luck.



Ed brought in a very unique boot jack and demonstrated how it opens up.

### Special Event!

**Friends of the Council on Aging Lunch**

**Special Guest, Jumpin Juba**

**May 21<sup>st</sup> 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](http://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

### **Reminder Singo!**

Wednesday, May 7<sup>th</sup>  
12:30 – 1:30

Registration Required

### **Podiatry**

with **Dr. Kwende Smith**

Thursday, June 12<sup>th</sup>

9:00

Call the COA today to schedule your next appointment.

### Lunch and Learn



**BRISTOL  
AGING & WELLNESS**  
One Source. Many Services.

**Nutrition Jeopardy  
Wednesday, May 14<sup>th</sup>  
12:00**

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

=====

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

### Registration Required for all Friends Events including lunches

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

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+) - \$122  
Adults - \$135  
Children (4 – 12) - \$110  
*\*Plus \$12 Fishing Rod Rental*  
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 1<sup>st</sup>. 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 4<sup>th</sup>, 2025  
Celebration on the Common.

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

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 at the time  
of signing 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.

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 & Barbara  
Streisand - at Lake Pearl

## MOMENTS FROM THE MUSEUM

### Remembering 1941: Berkley's 8<sup>th</sup> Grade Class

Recently our attention has been drawn to some very old scrap books that are part of Berkley's historical collection. It has been a deep dive into life in Berkley back in the early 20<sup>th</sup> century. The photo below is of the 8<sup>th</sup> grade class at the Berkley Grammar School in 1941. The photo was taken by a photographer from the Fall River Herald News.



Front Row L-R: Lois Babbitt, Elsa Quintin, Mary Slivinski, Agnes Milko, Doris Cummings.

Standing: Warren Furtado, Edward Grace, Norma Little, Adella Zrebiec, Gladys Marshall, Arthur Dillingham and George Braese.

Only 12 students in the entire 8th grade!

Come visit the Museum on Tuesday between 10 a.m. and 1 p.m. It is located at 2 No. Main Street, Berkley, MA, in the white building directly across from the Safety Building. We look forward to seeing you!

*Submitted by Eden Jones, Berkley Historical Society*

### Men's Group

**May 28<sup>th</sup> and June 25<sup>th</sup>  
1:00 – 2:00**

Our May group will run as usual with open time in the COA for refreshments and conversation.

In June we will offer a special program to the Men's group.  
**Pictorial Tour of the Memorial of World War II.**

You will visit London, Normandy France, and Paris for a remembrance of the 80<sup>th</sup> Anniversary of the Normandy invasion.

Presented by Bruce Newcomb and Karen Kullas

Sign up requested for the WWII presentation.

### 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.

**May 11<sup>th</sup> 1 p.m. - 2 p.m.  
Composting 101**

**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**

### Friends of the COA Fishing Trip

**Wednesday, May 28<sup>th</sup>**

Deep Sea Fishing with Captain John Boats

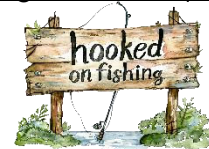
Seniors (62+) \$122

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

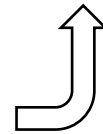
TAUNTON, MA

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.*