



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
- Cards/Board Games
- Body in Motion
- Painting & Crafts
- Coffee Talk
- Presentations

Individual Highlights

1. Announcements
2. Painting
2. Holiday Card Making
2. Thanksgiving Meals
3. Fuel Assistance
3. Open Shelves
3. Library News
3. Podiatry
4. Calendar
5. Open Enrollment
5. SAVE!
5. Happy Hearts
6. Friends
7. Historical Society
7. Men's Group
7. Scam Awareness

November



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.

Annual Holiday Luncheon

Saturday, December 6, 2025
Lunch will be served at 12:00 p.m.
Doors open at 11:00 a.m.
Berkley Middle School

The Berkley Council on Aging invites you to celebrate the holidays with us. Please join us for our Annual Holiday Turkey Luncheon.

Registration will be limited to Berkley residents through 11/14/25. If space allows, we will open registration to out of town guests after the 14th.

This event is Free for Berkley Seniors and \$20 for Nonresidents. Payment due at sign up

Would you like to donate a raffle item or basket? Please contact the COA

Registration Required – Space is Limited (508) 821-3105
If you leave a message someone will call you back to confirm your spot.

Exciting Outreach News!

The Berkley Council on Aging is pleased to welcome Lorraine Moniz as our new Outreach Coordinator. Lorraine is a certified SHINE Councilor and has already begun assisting residents with open enrollment. She will be available on Wednesdays and Thursdays by appointment at the COA to help with applications or questions regarding Meals on Wheels, food pantries, fuel assistance, SNAP benefits, and other community programs.

In addition to providing information and referrals, Lorraine will help oversee our Grab & Go Lunch and Mobile Market (Brown Bag) programs. In the coming months, she also plans to introduce new support groups and outreach initiatives to further connect and assist Berkley's seniors.

We are excited to have Lorraine on board and invite residents to stop by and say hello!

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.

CALL THE COA WITH ANY QUESTIONS OR CONCERNS @ (508) 821-3105

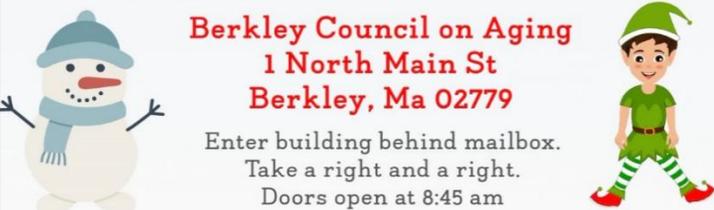
Holiday Card Making Workshop

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

Thanksgiving Meal Delivery

Thursday, November 27th

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 Thanksgiving.

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

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 as well as 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

PAINT DAY *with Amy*

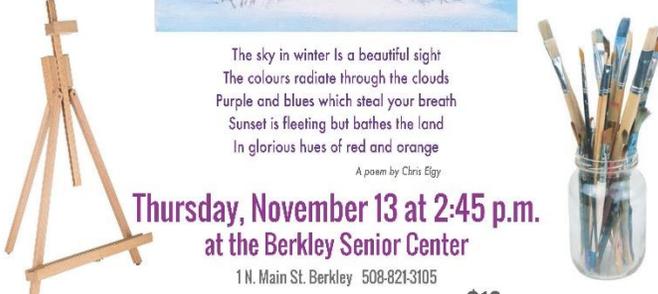
"Winter Sky"

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



The sky in winter is a beautiful sight
 The colours radiate through the clouds
 Purple and blues which steal your breath
 Sunset is fleeting but bathes the land
 In glorious hues of red and orange
A poem by Chris Egly

Thursday, November 13 at 2:45 p.m.
at the Berkley Senior Center
 1 N. Main St. Berkley 508-821-3105



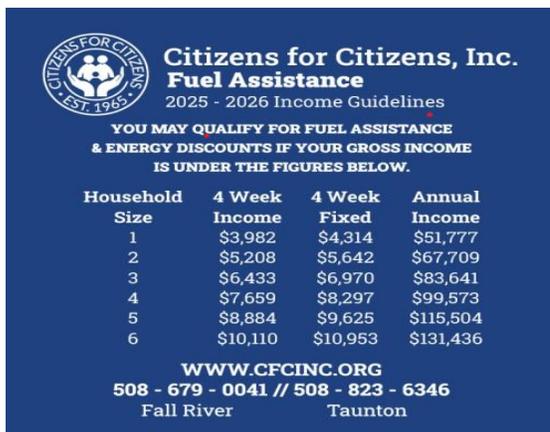
RESERVE YOUR SPOT TODAY!

\$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, 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

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

“Everyone needs a little help now and then.”

Podiatry
January 8, 2026
Appointments Available
9:00 a.m. – 11:00 a.m.

Due to upcoming holidays, the doctor cannot return to the COA before January. Dr. Smith encourages clients to make an appointment at his Taunton office if needed.
Registration Required (508) 821-3105

November at the Berkley Public Library!

If you love puzzles, check out our Library of Things! We have dozens of puzzles available in a variety of sizes and recently Ravensburger donated four new puzzles to the library. Once the puzzles are completed at our puzzle table, they can be borrowed by the public.

Finding it hard to survive the gloomy fall weather? Our Library of Things also has a Happy Light Energy Lamp also known as a light therapy lamp! It emits a bright UV-free light that mimics sunlight to improve mood, energy, sleep and focus by regulating your body's circadian rhythm. It is often used to alleviate symptoms of jet lag, sleep disorders and light deprivation. Check it out at your library!

New in large print this month, we also have The Impossible Fortune by Richard Osman and Gone Before Goodbye by Reese Witherspoon and Harlan Coben.

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

SINGO!

November 19, 2025
12:30 p.m.

Registration Required
(508) 821 -3105

November

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 Nov. 19th.

MOBILE MARKET – Nov. 19th Call for details!

HAPPY HEARTS – Thursdays at 12:30

FRIENDS OF COA – Nov. 5th & 19th at 10:15

COA Meeting – Nov. 20th at 9:30 (Subject to change)

Events in BOLD require prior registration.

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
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	10:15 Friends Meeting 10 :30 Grab n Go 11:30 Veterans Day Lunch BINGO Canceled	10:30 Tai Chi 12:30 Happy Hearts
10	11	12	13
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 11:30 Mah Jong 1:30 Chair Yoga	Closed 	10 :30 Grab n Go 10 :00 Cholesterol & Glucose Screening 1:00 Men’s Group	10:30 Tai Chi 12:30 Happy Hearts 2:45 Painting with Amy
17	18	19	20
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 11:00 Brown Bag is now called Mobile Market (time change) 12:30 SINGO!	9:30 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts
24	25	26	27
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	Closed	Closed 

Attention Mobile Market (Brown Bag) Program Participants

This month your grocery pick up will take place on November 19th. The order is scheduled to arrive a little later in the morning and we ask that you pick up your items between 11:00 – 12:00.

Upcoming Mobile Market Dates: Wednesday, November 19th, Wednesday, December 17th, and Thursday, January 29th. Interested in learning about this program? Contact the COA.

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

We Need Your Help!

The Berkley COA will once again be hosting a free raffle at our annual holiday party! We are looking for donated raffle baskets that can be used as prizes for our guests. If you would like to contribute, please drop off your donation at the COA between November 17th and November 25th.

SAVE!

Did I get your attention? Good!

Now that I have your attention, let me tell you a little about SAVE.

SAVE is a task force consisting of everyday citizens, like you! It stands for

Sustainable Actions for a Viable Economy
(a mouthful, I know).

Our task is to find solutions to meet the town's current financial needs and develop a plan to ensure a stable economy for the future. Not an easy task, but we, the members of the task force, invite you to join us for meetings held every other Thursday evening at Town Hall from
5:30-7:00 p.m.

You can watch our televised broadcasts or soon access the town's website for news and updates. It is critical that you, as a taxpayer, stay informed so that you can make sound judgments that will prioritize the fiscal health of our town and community.

Our goals, as members of the task force, are to identify fiscal needs, create solutions to keep services intact, and develop strategies to guide and sustain us into the future.

Happy Hearts Senior Club

The Happy Hearts Senior Club enjoyed a karaoke sing-along with Rick Ferreira. It was a fun and entertaining afternoon for us all!



FRIENDS OF BERKLEY COA

SAVE THE DATES

For questions related to trips, please contact Roberta Poli at 508 208 1634 robertabeth@verizon.net

November 5, 2025
11:30

Veterans Lunch in the COA.

Veterans and spouses are free. All other guests are \$5.00 per person.

You must sign up for this event.

Menu includes lasagna, salad, dessert, soft drink & coffee.



December 2, 2025.

11:30am - 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.

\$135.00 per person.

Payment is due at sign up and includes show, lunch, transportation, tax, and gratuity. Waitlist Only.

Lunch choice is baked stuffed chicken or vegetable lasagna, salad, vegetable, potato, bread, dessert, coffee & tea.

Friends of Berkley COA Board:

President – Roberta Poli

Vice President – Jeanne Plunkett

Treasurer – Elisabeth Monkowski

Secretary – Rose Thomas

Director – Jackie Arnoe

Director – Virginia Bryan

Director – Kathy Medeiros

Stay Tune for upcoming 2026 events!

Happy Fall!



Forty-two folks joined the Friends of Berkley COA on our show trip to Myrtle Beach. The trip included 5 shows, shopping, wonderful buffets, and the ocean right outside of our hotel rooms.

Thank you to all who joined us and made it an extra special trip!

MOMENTS FROM THE MUSEUM

Celebrating Fall at Bristol County Agricultural High School

To celebrate the fall season and highlight the Bristol County Agricultural High School, it is a pleasure to share this photo with you. The floriculture Juniors and Seniors created this display for the Southcoast Harvest Festival. It was also on display at the schools Fall Show in October. Historically, this school has been teaching students since 1913, and it is one of only five agricultural high schools in the whole United States! Amazingly, three of those five are right here in Massachusetts!



The Bristol County Agricultural High School is located at 135 Center Street, Dighton, MA.

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!

Beware of Medical Scams!

A local physician's office called to make the Council on Aging aware of a scam affecting several patients.

The scammer poses as a durable medical equipment company, saying that your doctor recommends you receive medical items such as heating pads, back braces, ankle and knee braces, and genetic testing.

Never answer yes. Never give out your personal information. These scammers prey on the elderly, and then your Medicare will be billed, or you may be billed for the items.

To reinforce the above: Be very careful when accepting inbound calls. Numbers can be spoofed. The number on your Caller ID may not be the number that is calling you. Never give out your personal information. These scammers sell your information to other scammers, and it can become difficult to stop these calls.

Men's Group Wednesday, November 12 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!

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

KNOW YOUR NUMBER

GLUCOSE & CHOLESTEROL SCREENING

**Wednesday
November 12th
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

[Empty box for current resident information]

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



STAFF

Krista Celia, Director
Lorraine Moniz, Outreach Coordinator

Coassistant@berkleyma.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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