



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. Singo
2. Mosquito Control
3. Scam Presentation
3. Library News
3. Glucose Screening
4. Calendar
5. Flu Clinic
5. Reminders
5. Happy Hearts
6. Friends
7. Historical Society
7. Men's Group
7. Shine

September

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

Craft Fair

September 13th

9:00 - 3:00

53 Plus Vendors, Music, Food, & Raffles

Please join the Friends of the Berkley Council on Aging for a day of fun on the Berkley Common. Find the perfect gift or treat yourself. Come shop local treasures!



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

ARTS & CRAFTS

Create your own *with Amy*

PICKET FENCE SCARECROW, WITCH, GHOST & MORE!

A festive Fall accent for your front porch or yard or inside your home! Stick it in a flowerpot or near your mailbox or hang it on your front door!



Thursday, September 11th 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

Rescheduled!

Thursday, October 9th at 9:00 a.m.

This class will create a fall inspired version, replacing the summer greens with rich autumn hues.



\$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 of her students, both beginners as well as advanced.

This month's project is a classic New England lighthouse. 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

SINGO!

Wednesday, September 3rd at 12:30

Bingo with a beat. Instead of calling out letters and numbers the DJ will call 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.

Mosquito Control Presentation

Wednesday, September 17th
1:00

Mosquito bites can cause illness. Please join us for an interactive presentation by Bristol County Mosquito Control Project Superintendent, Priscilla Matton. We will learn how the Bristol County Mosquito Control Project helps protect you, ways to control mosquitoes, and personal protective measures.



Registration Required.

Please call (508) 821-3105 or visit the senior center to sign up.

Special Event!

Scam Prevention

With District Attorney, Thomas Quinn III

Wednesday, October 8th at 12:00

Bristol County District Attorney, Thomas Quinn will visit the Berkley Council on Aging to talk about Scam Prevention. He will also answer questions from the community.

We will follow this visit with a free sandwich lunch in our senior center.

Space is limited and prior registration is required.

Please call (508) 821 -3105 or visit the senior center to sign up.

September at the Berkley Public Library!

Have you checked out any of our adult programming at the library? We have a few programs that happen monthly or more. Groups meet upstairs in the adult room and usually attract a fun and upbeat crowd of varying sizes. Our most popular and longest standing group is The No Stress Book Club. Whether you've read the book or not, and whether you loved it or hated it, it's still a great time to join the discussion! The September meeting will be September 4th at 6:00.

Equally as popular is the Knot Just Knitting group that meets the 2nd & 3rd Thursdays of the month from 6-7:30 and the 4th Wednesday of the month from 1:30-3. Bring any handcraft project you are working on and join the circle. All levels are welcome!

Our newest monthly program is adult color and draw, which meets the 1st & 3rd Wednesdays of the month from 6-7. Spark your creativity with coloring pages, drawing or other paper crafting. No artistic talent required. It's all in the name of relaxation and fun.

None of these programs require registration. For specific dates you can visit our website and view the events calendar or give us a call and we can let you know! Hope to see you soon!

berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org

GLUCOSE SCREENING

**Wednesday
September 24th**

10 AM-11:30 AM

**Berkley
Council on Aging**



Screening available
through Regional
Public Health Nurse



**Free Screening and
open to all.**

**Pre-registration is
not required.**

**Be aware of your
current glucose (sugar)
level and help make
informed decisions.**

Sample by fingerstick

**Written consent for
participation required.**

September

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 Sept. 3rd

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

HAPPY HEARTS – Thursdays at 12:30

FRIENDS OF COA – Sept. 3rd and Sept 17th at 10:15

COA Meeting – Sept. 11th at 9:15 (Subject to change)

Events in BOLD require prior registration

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
Closed for Labor Day	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:15 Friends Meeting 10 :30 Grab n Go 12:30 SINGO	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 <i>10:30 Tai Chi Canceled</i> 11:30 Quilting 12:30 Myrtle Beach Info Meeting	11:30 Edwards Twins 10 :30 Grab n Go	Podiatry by Appointment 9:15 COA Meeting <i>10:30 Tai Chi Canceled</i> 12:30 Happy Hearts 2:45 Painting with Amy
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 1:00 Mosquito Control <i>BINGO CANCELED</i>	9:30 Fall Planter 10:30 Tai Chi Happy Hearts Offsite
22	23	24	25
9:00 <i>Italian moved to Tuesday this week</i> 11:30 Aerobics 12:30 Coffee Talk 11:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga <i>9:00 Italian this week only</i> 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:00 Brown Bag is now called Mobile Market 10:00 Blood Pressure Clinic 10:00 Glucose Screening 10 :30 Grab n Go 1:00 Men's Group	10:30 Tai Chi 12:30 Happy Hearts
29	30	Reminder	Reminder
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	Italian Class will meet in the conference room on Tuesday the 23rd	<i>Myrtle Beach Trip Sunday, 09/21/25 Arrive at 7:45. Please carpool if possible. Bus leaves at 8:00</i>



ANNUAL COMMUNITY VACCINE CLINIC



Wednesday, October 29, 2025 (10 AM–2 PM)
1 N. Main Street | Berkley, MA 02779



GET VACCINATED – ALL IN ONE STOP

Protect yourself and your loved ones with on-site access to these recommended vaccines **available at no cost** with most insurance plans: **COVID-19, Influenza (Flu), Pneumonia, RSV (Respiratory Syncytial Virus), Shingles.**

MEET YOUR LOCAL PHARMACY TEAM

Ask a pharmacist questions about your medications and learn how to save with ExtraCare and the Rx Savings Program.

INSURANCE & PAYMENTS

Vaccines will be billed through the pharmacy. Please bring your pharmacy insurance card. If you have Medicare, bring your Part D card.

Not sure which to use?

Bring all current cards or call your CVS pharmacy.

Most plans cover vaccines. If a vaccine isn't covered, you can decline it or pay at the clinic by card on file, check, or exact cash. CVS cannot bill the Town of Berkley or provide vaccine vouchers.

LIMITED SPOTS AVAILABLE!

To make an appointment, please scan the QR code or call Melissa Silverman, RN at 774-362-8457 on Fridays, 9/19, 10/3, or 10/17 between 9 AM and 12 PM.

Hosted by



BERKLEY
MASSACHUSETTS
Board of Health

SCAN ME



Supported
by your local

CVS
pharmacy®

The **Happy Hearts**
had their first
ever
Rainbow/Tie-Dye
Party.



Reminders

Fall Planter Workshop

Sept. 18th at 9:30
Waitlist Only

Myrtle Beach Info. Session

Sept. 9th at 12:30

Podiatry

Sept. 11th by appointment

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



September 21 – 27, 2025
Myrtle Beach Show Trip
Cost: \$950 per person (double occupancy) or \$1,199 (single occupancy)
Insurance is available online. Waitlist Only.
Make checks to:
The Friends of Berkley COA

Please attend the information meeting on September 9, 2025 at 12:30



September 13, 2025
Annual Craft Fair
9:00 – 3:00

For a registration form please contact Elisabeth Monkowski at (508) 822-7597 or by e-mail elisabethv70@comcast.net or pick one up at the COA.



September 10, 2025
The Edwards Twins
at Lake Pearl in Wrentham.
This is a self-drive event.
Limited space.
\$95.00 per person.
Payment is due at sign up.
Menu: house salad, baked stuffed chicken with apple raisin stuffing, seasonal vegetables, and red velvet cake. Option for vegetable pasta primavera.
Waitlist Only.



October 22, 2025
Olivia Newton-John Tribute
Venus De Milo. Self-drive.

Waitlist Only



December 2, 2025.
Tony Bennett & Barbra Streisand Tribute at Lake Pearl in Wrentham.
\$135.00 per person.
Payment is due at signup and includes show, lunch, transportation, tax, and gratuity. Reservation close October 1, 2025, or when the trip is full.



September 17, 2025 is the Friends Annual Meeting. It will be held at the COA activity room at 10:15 AM. Also, this day is election day for the following Friends Board positions, (Vice-President, Treasurer, and two Directors).

If you are currently a Friends member and would like to apply for a position, please fill out a request for nomination form. You can find them at the COA activity room. Forward them to Kathy Medeiros, Virginia Bryan, or Dorine Pierce.

MOMENTS FROM THE MUSEUM

Sewing Through Hard Times

Did you know...?

During the turbulent times in the first half of the 20th century, especially during the Great Depression that followed the stock market crash of 1929, not all women could afford the newest fashions in clothing. The majority had to make do with what was available to create wearable clothes. Often this led to recycling what they had. As early as the late 1800s, flour and animal feed began to be sold in rough fabric sacks rather than wooden barrels. These bags were often recycled into rags and towels. By the 1910s, some goods like flour and sugar were packaged in lighter, softer cotton sacks. Resourceful women creatively recycled these cotton sacks into things like undergarments, bed sheets, curtains, and clothing for the family, including dresses. As a result, feed companies started to cater to the farmers' wives by creating more designs in a variety of colors and thereby selling more feed!



Although the Berkley Historical Society does not have a feed sack dress or article of clothing, we would be very interested in seeing one. If you have something made from the feed sack, please bring it to the BHS Museum. We would love to see it!

Come visit the Berkley Historical Museum on Tuesdays from 10 am to 1 pm and see local history on display.

2 No. Main St. Berkley, MA (across from the Safety Building)

We look forward to seeing you!

Submitted by Eden Jones, Berkley Historical Society

Men's Group – Wednesday, September 24th at 1:00

Join us for a dedicated time at the senior center for men to gather, enjoy coffee, great conversation, and light refreshments.

Don't miss out on this opportunity to connect and unwind!

Shine

Free Health Insurance Information, Counseling, & Assistance for People with Medicare. Please contact Mass Options to be connected to a Certified Shine Counselor.

(617) 243-4636

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



September 18

Farmers Market - 4PM to 7PM

Concert on the Common

5PM to 7PM

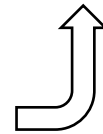
featuring Move'n On

Funded in part by the



CURRENT RESIDENT OR

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



STAFF

Krista Celia, Director

Coassistant@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 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.

Beat the Heat

Do you need a place to cool down this summer? The COA is open Monday – Thursday from 9:00 – 2:30. If you are experiencing a heat emergency, please contact 911 or your local emergency services.

The distribution of this newsletter is made possible by a grant from the Massachusetts Office of Elder Affairs.