



THE BERKLEY BEACON

Town of Berkley
Council on Aging
1 North Main Street
Berkley, MA 02779

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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March



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.

Special Event

Friends of the Council on Aging Lunch

March 19th at 11:30

Soup and Grilled Cheese

\$5.00

Irish Music and Sing along

Starting at 12:30, Ed Priest will be joining us for an hour of lively Irish music! Get ready to sing along, clap and laugh as we enjoy some foot tapping tunes together!

Space is limited for this special lunch and musical event.

Prior registration is required.

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

This event is almost full! If you have signed up and can no longer attend, please cancel your registration so that others can join.



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.

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

PAINT DAY *with Amy*

"SPRING BLOOMS"

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



Thursday, April 3rd at 2:45
at the Berkley Senior Center

\$10 for Berkley Residents
\$20 for Out-Of-Town Guests
Includes supplies &
instruction

RESERVE YOUR SPOT TODAY!

Spring Card Making Workshop

Thursday March 27th

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



Special Event

Friends of the Council on Aging Lunch

Thursday, April 30th at 11:30

Pizza and Salad

\$5.00

Space is limited.

Prior registration is required.

Call the COA 508-821-3105 to register.

*Going forward, all meals served at the
Council on Aging will need to be enjoyed in
our dining area, and we will no longer be
offering take home meals or to-go
containers. We appreciate your
understanding and look forward to sharing
good food and great company with you!*

Learning Fire Safety Through History



Thursday, April 10th

9:00

Join Berkley Firefighter/EMT Liza Amaral for an
informative presentation on some of the most
significant public fire disasters, and the critical
lessons that they have taught us. Learn from the
tragic fires at Coconut Grove and the Station
Nightclub. Discover what changes were made in
their aftermath and most importantly, what you can
do to protect yourself when you are away from
home.

This program is offered for free; donations are
greatly appreciated.

Please call the COA to reserve your spot.

(508) 821-3105

Ask the Experts

Wednesday, April 2nd
1:00



Please join us for an important and highly informative panel program hosted by **Oasis Senior Advisors**. The panel will include the following subject-matter experts and will afford ample opportunity for attendees to ask questions in a group setting as well as a one-on-one format following the panel.

Jim Monti: Franchise Owner and Advisor at Oasis Senior Advisors offers expert and compassionate guidance through a free service to help seniors navigate the challenging waters of senior living and identifying the very best option.

Jennifer Goddard: Financial Advisor, Minsky Financial Group, helps people plan for successful financial futures, including how to prepare for the costs associated with senior living.

Erin L. Nunes, Esq: Partner at the elder law firm of Surprenant & Beneski, is an expert in the area of foundational documents that facilitate health care and manage legal and financial matters during an incapacity event or at end-of-life.

Please register by calling (508) 821-3105

Local Author, Steven Manchester

Wednesday, March 26th
3:00 – 4:30

This event is brought to you by the Council on Aging and the Berkley Public Library. It is open to all ages and will be hosted in the Berkley Council on Aging.

Please call (508) 821-3105 to reserve your seat today.

Best-selling, local, author Steven Manchester will discuss his newest release, 'You Will Be Peter; the extraordinary story of a rough and brazen fisherman who becomes the first chosen Apostle and founder of the early Christian Church. Winner of the 2023 Paris Book Festival & 2023 New England Book Festival, Steven will share the backstory to this project—from conception to final draft.

Dubbed New England's Storyteller, Steven Manchester is the author of over two dozen books, with four of them – The Rockin' Chair, Twelve Months, Pressed Pennies and Gooseberry Island – becoming #1 national bestsellers! There will be a book signing with books available to purchase.

Podiatry with Dr. Kwende Smith

Thursday, March, 20th
9:00 – 11:00

Call the COA today to schedule your next appointment

March at the Berkley Public Library!

Did you know that the library offers quick tech help? We are here to help with basic computer navigation and printing. You can bring in your own device or use the public PCs that we have here. We are also available to help set up new devices such as tablets and e-readers. Looking to add our library apps to your current device so that you can read, listen to audiobooks or watch movies for free at home? We would love to get you started with using these resources! We highly encourage you to ask for help and we will try to make using new technology as simple as possible.

For March, the No Stress Book Club is reading The Last Time I Lied by Riley Sager.

The meeting will be Thursday, March 6th, at 6:00 p.m.



berpl@sailsinc.org
508-822-3329

www.berkeleylibrary.org

March

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

AEROBICS – Daily at 8am on Channel 9

TAI CHI – Classes held offsite at 3 Grove Street, Berkley.

BINGO – Wednesday, March 12th & 26th

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

HAPPY HEARTS – Thursdays at 12:30

FRIENDS OF COA – March 5th at 10:15

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

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 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:15 Friends Meeting 10:30 Grab n Go <i>1:00 Men's Group</i>	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	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10 :30 Grab n Go 12:30 BINGO	10:30 Tai Chi Happy Hearts Offsite
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 :30 Grab n Go 11:30 Friends Lunch with Irish Sing Along	9:00 Podiatry 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	10:00 Brown Bag 10:00 Blood Pressure Clinic 10 :30 Grab n Go 12:30 BINGO 3:00 Author Steven Manchester	9:00 Card Making 10:30 Tai Chi 12:30 Happy Hearts
31			
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 11:30 Mah Jong 1:30 Chair Yoga		Events in BOLD require prior registration.	

Happy Hearts Senior Club

Happy Hearts is a senior group that was created in 1972! The objective is to promote socialization and friendship among seniors.

We meet every Thursday at 12:30 in the Berkley COA center at 1 North Main St. Although, we are not affiliated with the Berkley COA, they graciously allow us to hold our meetings there. We meet March through December, with January and February off.

The yearly dues are \$25, which goes toward the many social events we partake in. If you are 85 years or older, membership is free!

If you are 55 or older, from Berkley or any surrounding town, you are welcome to join. We have over 60 members and are always looking for more seniors to enjoy the fun! I can guarantee you that you will not be disappointed! So, stop in any Thursday and see if this is for you!

Happy Hearts returns on March 6th!

Lunch and Learn!



Nutritional Jeopardy

Wednesday, May 14th
12:00PM

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

Easter Meal Delivery Sunday, April 20th



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 Easter.

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

A Special Thank You!

The Berkley Council on Aging would like to thank the owners of the new Mobil Gas Station in Berkley for their generous \$500 donation to our center. Your support helps us continue providing valuable programs and services to our community. We truly appreciate your generosity.

Men's Group

Wednesday, March 5th
Wednesday, April 16th
1:00 – 2:00

Attention all senior men! We're excited to introduce a group just for you. Beginning in March, we'll be hosting 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! Days and times will vary from month to month.

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

Registration Required for all Friends Lunches.

March 19, 2025
Soup & Grilled Cheese Lunch in the COA, 11:30 – 1:30.
\$5.00

April 23, 2025
Diana Ross & The Supremes Tribute Show
Venus De Milo, Self-drive.
The cost is \$99.00 per person. Reservation deadline is February 20. Meal choice of stuffed chicken or baked schrod.
PAYMENT IS DUE WITH SIGN UP.

April 30, 2025
Pizza & Salad Lunch in the COA, 11:30 – 1:30.

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+) - \$125
Adults - \$135
Children (4 – 12) - \$110
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 1st. Questions? Call Rose Thomas at (508) 496-0050

June 18, 2025
Spaghetti & Meatballs Lunch in the COA, 11:30 – 1:30.

July 4th, 2025
Celebration on the common

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: transportation, lodging for one night, one dinner, luncheon, and breakfast, admission to the Castle in the Clouds, 2 shows, boat ride luncheon, welcome reception, dining room taxes and gratuities. Make checks out to the Friends of Berkley COA.

August 13, 2025.
Spirit of Boston.
PAYMENT IS DUE WITH SIGN UP.

Additional information coming soon!

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

September 13, 2025
Craft Fair

September 21 – 27, 2025.
Myrtle Beach 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 by 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.

November 12, 2025
Queen Tribute
Venus De Milo. Self-drive.
PAYMENT IS DUE WITH SIGN UP.

December 2, 2025
Tony Bennett & Barbara Streisand Tribute.
Lake Pearl. Bus trip.
PAYMENT IS DUE WITH SIGN UP.

MOMENTS FROM THE MUSEUM

Berkley's American Legion: A Community Tradition

The American Legion organization was founded in 1919 in France. Worldwide there are 12,000 posts and 1.6 million members. Today, I will share with you the history of the Berkley American Legion Post #121 located at 80 Myricks St., Berkley Mass.

In 1960, Berkley resident Al Gouveia along with Ben Rose and 10 other Berkley men, formed the American Legion Post 121, and they worked hard to get it on a solid foundation. There were no paid positions because the American Legion is a non-profit service organization. The Town of Berkley allowed them to use the old Myricks School as a meeting place. The only source of heat in the building at that time was large, hot air wood stoves. Due to a lack of funds, there were no tables or chairs, so the founders worked with what they had available to create a welcoming atmosphere for the public. They placed 50 bales of hay around the walls and bunches of corn stalks in the corners. This 'decor' set the stage for good old barn dancing with Gus DeMoranville and his band providing the music.

As simple as this sounds, their efforts were a success! Forty to fifty people came each weekend to dance and used the hay bales for seats between dances. After a while it was decided that hay bales were a fire hazard so they were removed and 1 x 12-inch board seats were placed around the hall. The front yard of the former school was all grass but when it rained the yard turned to all mud. A wrecker would be standing by to pull cars out of the mud when the patrons needed to leave. The backyard of the American Legion became a ball field and playground. Stanley Hadro and Ben Rose used their bulldozers to uproot tree stumps. Stanley was the Highway Surveyor at the time and called on McCabe Sand and Gravel to borrow their grader. It took him a whole week to level out the field.

In the course of a few years the Legion had clambakes as a way to build capital for future expenses. The clambakes were a success, and it was eventually decided that building a pavilion would provide much needed seating for future events. In the spirit of Yankee ingenuity, the Legion gathered materials for the pavilion from organizations that were renovating their buildings. These organizations happily donated usable materials, including an entire building.

When the grass needed to be mowed, volunteers brought their lawn mowers and got the job done. Ben Rose would bring his family's farm tractor, with rotary mower on the back, to get the foot-tall grass in the playing field cut. When Rance Wheply was Commander, he decided it was time that the Legion had their own mower. He went to Grossman's and talked them into selling the Legion two riding mowers for the total cost of \$1,300. He then got raffle tickets printed to sell with one of the riding mowers as the prize. Rance and his wife, Gerry, along with Johnny Rose, got permission to stand outside of the Berk's Dept Store in Raynham (at that time Berk's was the ONLY dept store in the area) and they sold the tickets. The winner got a riding mower and the Legion got theirs for FREE!

Sadly, in January of 1980 local boys broke into the Legion and set the building on fire. The whole interior of the building was burned, as well as the attic, resulting in a hole through the roof. The members worked hard to repair the building so it could continue to benefit the community.

The American Legion is a non-profit organization. All monies earned are used to maintain the building and benefit programs like scholarships, disaster relief, and support of wounded service members.

Submitted by Eden Jones, Berkley Historical Society

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

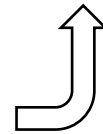
TAUNTON, MA

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.