



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
- Body in Motion
- Painting & Crafts
- Coffee Talk
- Presentations

Individual Highlights

- 1. Announcements
- 2. Painting / Crafting
- 2. Bank Fraud
- 2. Refuse to be a Victim
- 3. Library News
- 3. Circuit Breaker
- 3. Dates to Remember
- 3. Save Task Force
- 3. Mobile Market
- 4. Calendar
- 5. Fuel Assistance
- 5. Caregiver Support
- 5. CPR Education
- 5. Health Clinic
- 6. Friends
- 7. Historical Society
- 7. Easter Meals



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.

Friends of the Berkley COA Lunches are Back!

Wednesday, April 29, 2026

11:30 p.m.

\$5.00 per senior

The Friends of the Berkley Council on Aging invite you to join them for a lunch. The menu is still being finalized, but good times and great conversation are guaranteed.

Registration Required (508) 821-3105

A NOTE FROM THE TOWN CLERK

IMPORTANT NOTICE

THE TOWN OF BERKLEY POLLING LOCATION FOR BOTH OF ITS PRECINCTS (1 & 2) WILL CHANGE IN 2026 FROM BERKLEY COMMUNITY SCHOOL, 59 SOUTH MAIN STREET TO BERKLEY MIDDLE SCHOOL, 21 NORTH MAIN STREET.

THIS IS DUE TO THE CONSTRUCTION THAT WILL BEGIN ON THE NEW BERKLEY COMMUNITY SCHOOL.

Narcan Training

Monday, March 2, 2026

6:00 p.m.



The Berkley Police Department will host a Free Narcan Training Class in the COA. Free Narcan will be distributed at the end of the training. This community program is open to all ages.

Registration Requested (508) 821-3105

FRAUD PREVENTION SEMINAR

[backed by Bluestone]



Presentation Overview

Alan Benjamin, Joyce Ferreira, and Brian Giampietro, three of Bluestone Bank's Branch Managers, will talk about Fraud Prevention. In this important seminar, you'll learn about some of the common scams, how you can protect yourself, and what to do if your information is compromised. You'll also hear how Bluestone Bank helps to protect our customers from fraud. Questions and an open discussion will be encouraged. Stop by—refreshments will be served!

When

Wednesday, April 8th from 1:00 p.m. to 2:00 p.m.

Where

Berkley Council on Aging, 1 N Main Street, Berkley, MA 02779

Registration Required (508) 821-3105



NMLS# 403265 | Member FDIC | Member DIF | Equal Housing Lender

Refuse to be a Victim

Kerrie-Ann Auclair
Two Part Series

Tuesday, April 14th
Tuesday, April 21st
3:00 – 4:30 p.m.

Join presenter Kerrie-Ann Auclair for two insightful sessions about personal safety. Learn essential steps to protect yourself and understand the importance of developing a personal safety strategy. This program will provide valuable tips and techniques to help you stay alert and recognize potential dangers.

There is no fee for this informative series!

Reserve your spot today. (508) 821-3105

Watercolor Painting

Thursday, April 23rd at 9:00 a.m.

This watercolor class will feature a lovely iris in bloom, perfect for practicing color blending and developing your flower painting skills.



\$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 and 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* "Spring Garden"

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



Thursday, March 12 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

Mobile Market



What is the Mobile Market Program?

The Greater Boston Food Bank provides a free bag of groceries once a month. Each bag usually contains pantry staples, a produce item, and a protein item.

Who is eligible?

Any Berkley resident aged 55+ is welcome to join. There are no income restrictions.

When do I pick up my bag?

Bags are usually available for distribution at the COA on the 4th Wednesday of the month between 10:00 – 11:00 a.m. We do ask that you pick up your bag on distribution day.

How do I sign up?

It is really easy! Contact the COA. We will need your name, address, phone number, date of birth, and number of people in your household. We look forward to assisting you.

Senior Circuit Breaker Tax Credit Reminder

This tax season, we want to make sure you are aware of the Massachusetts Senior Circuit Breaker Tax Credit. Eligible seniors who own or rent property in Massachusetts as their principal residence may qualify for a tax credit. Please note that the Berkley COA does not currently offer volunteer tax preparation services. For more information about eligibility and how to apply, we recommend visiting the Massachusetts Department of Revenue website or speaking with a tax professional.

Greetings from the SAVE Task Force

We have reconvened to continue our work to provide you, the taxpayer, with reliable and credible information about Berkley's financial situation.

Berkley is currently facing a \$975,000 deficit, which will impact every department and service in our town. This deficit is the result of rising mandated costs affecting all departments and largely outside of the town's direct control.

At this time, all departments are facing a 6% budget reduction, a significant cut, especially for departments with smaller budgets, such as the Council on Aging. To help the community understand what these reductions may mean, the SAVE Task Force will host a series of community forums focused on individual departments.

The forum featuring the COA will take place on March 21st at 10:00 a.m. in the COA. Registration is not required.

Our goal is to provide you, the taxpayer, with factual information so you and your family can make informed decisions that will affect our town now and in the future. Options being discussed to support sustainability include a tax override for immediate budget relief, increasing town staffing to better manage revenue and pursue grants, and exploring commercial zoning and its potential impact on the community.

Additional information will be shared as this work continues. You may also visit the town's website or follow at @savetaskforce on Facebook Instagram and TikTok for updates.

March at the Berkley Public Library!

Did you know that the library has DVDs and Nintendo Switch games to check out?

For new DVDs this month, we have The Bad Guys 2, Sinners, Bugonia, Wicked for Good, and One Battle After Another.

Switch games are available to check out for 14 days. We have very popular titles like

Super Mario Party Jamboree,
Hot Wheels Unleashed 2,

Sonic Racing, Sonic Superstars, and many more! Adults can check them out for children or teens.

The new large print books in our library are The Devil's Daughter by Danielle Steele and Correspondent by Virginia Evans! Stop by the library to check them out or put them on hold.

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

Men's Group

Wednesday, March 25, 2026
1:00 p.m.

Podiatry with Dr. Smith

Thursday, April 2, 2026
Appointment Only

Call the COA for more information or to make your appointment.

Singo

Wednesday, March 18, 2026
12:30 p.m.
Registration Required

The Happy Hearts Return!

Thursday, March 5, 2026
12:30

This Senior Club, that holds their meetings in the COA, will be back this month! Dues are \$25 a year or free if you are 85 or over.

March

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

AEROBICS – Daily at 8 a.m. on Channel 95 & 96

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

BINGO – March 4th & Singo March 18th

MOBILE MARKET – March 25th Call for details!

HAPPY HEARTS – Thursdays at 12:30

FRIENDS OF COA – March 4th

COA Meeting – March 19th at 9:30 (Subject to change)

Events in **BOLD** require prior registration.

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga 6:00 Narcan Training	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 BINGO	10:30 Tai Chi 12:30 Happy Hearts
9	10	11	12
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 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 1:00 CPR Education	10:30 Tai Chi 12:30 Happy Hearts 2:45 Painting with Amy
16	17	18	19
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 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 SINGO!	9:30 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts
23	24	25	26
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 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 10:00 Mobile Market 10:00 Blood Pressure, Glucose, &/or Cholesterol Clinic 1:00 Men's Group	10:30 Tai Chi 12:30 Happy Hearts
30	31		Reminder
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting		Saturday, March 21 st the SAVE Committee will host a Community Forum featuring the COA. 10:00 a.m.

Caregiver Support Group

Thursday, April 23rd at 11:00 AM

Being a caregiver can be a rewarding experience but also places added stress on the caregiver's life. Please consider joining our group where you can openly and confidentially discuss concerns, stressors, and topics that only those who are caregivers can understand.

Please join us for our first meeting.

This program will be facilitated by Lorraine, our Outreach Coordinator.

Please call (508) 821-3105 to Register

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. Donations to our Outreach efforts are voluntary and always welcome.

Winter Weather Updates

For everyone's safety, the Council on Aging follows Berkley Public Schools weather closures. When Berkley schools are closed due to snow, all COA programs, classes, and lunches are canceled for the day.

Fuel Assistance Program (HEAP)

The Home Energy Assistance Program assists eligible households pay their heating bills during the winter/spring season or until benefits are exhausted.

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

Do you have 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

Family and Friends[®] CPR & Choking Education

Be prepared to help save a life.

WEDNESDAY MARCH 11, 2026
BERKLEY COUNCIL ON AGING
1:00 PM-2:30 PM

WHAT YOU'LL LEARN:

- How to perform adult CPR
- General AED use information
- Choking First Aid for all ages
- Opioid Overdose Response



REGISTRATION IS REQUIRED.
CALL (508) 821-3105 TO RESERVE A SPOT.
CLASS LIMIT IS 10 PARTICIPANTS.

Presented by: Melissa Silverman, MSN, RN
 NBCPHA Regional Public Health Nurse



KNOW YOUR NUMBER

BLOOD PRESSURE, GLUCOSE &/OR CHOLESTEROL SCREENING

Wednesday
March 25, 2026
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.

SAVE THE DATES

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

Lunches are coming back! The first one will be April 29th Menus to be announced.

June 24, 2026

The Country Jamboree
Lake Pearl, Wrentham, MA.
(self-drive)

The Country Jamboree is a nationally touring show that takes you down memory lane, featuring the greatest country music hits that you have known and loved through the years.

Reservations start March 4th
Cost is \$100.00 per person.

July 15, 2026

Tall Ship Cruise
Lunch at the Cheesecake Factory (bus trip)
Now taking reservations.
Cost is \$185.00 per person.

August 12, 2026

Fosters Clam Bake & Show
(bus trip)

September 8-11, 2026
Penn Dutch (bus trip)

Visit Sight and Sound Theatre to see a performance of Joshua. Visit Kitchen Kettle, the Mount Hope Winery, the Amish Experience Tour & more!

Pennsylvania trip cost per person:

Double Occupancy: \$1025.00
Single Occupancy: \$1235.00
Triple Occupancy: \$995.00

October- Turkey Train (bus trip)



June 1-3, 2026

Now taking reservations. Join us for a 3-day 2-night adventure to New Hampshire's White Mountains. Stay two nights at Lincoln's Indian Head Resort with admission to two shows, a buffet lunch, two dinners, and two breakfasts. You will visit the impressive Castle in the Clouds, enjoy a luncheon cruise on Lake Sunapee, visit a local farm stand, and have time for lunch and shopping on your own at the Mill Falls Marketplace! Included in trip cost: transportation, two nights of lodging, two dinners, one luncheon, two shows, two breakfasts, admission to the Castle in the Clouds, a luncheon boat ride, a welcome reception, dining room taxes and gratuities, and access to Mill Falls Marketplace.

N.H. trip cost per person:
Double \$725.00
Single \$845.00.
Triple \$695.00.

A \$100.00 deposit per person is required at sign-up. An additional \$150.00 deposit per person is due by March 1, 2026.

Final payment is due by April 1, 2026.
Please make checks payable to Friends of Berkley COA and in the memo of the check please write NH trip, June

November 12, 2026
The Loving Spoonful
Venus De Milo, Swansea, MA.
(self-drive)

This is not a tribute show.
The Loving Spoonful was America's answer to the Beatles! Today, The Loving Spoonful tours with founding member Steve Boone, along with Jeff Alan Ross (Badfinger, Peter Aher), Bill Cinque (Neil Diamond), longtime drummer Mike Arturi, and the Bob Wilson Band, (Wilson Phillips).

December- Holiday Classic with The Cartels.
(bus trip)
Aqua Turf Club in CT.



MOMENTS FROM THE MUSEUM

What does the word 'Yankee' mean to you?

Baseball references are not allowed!

Today for the most part 'Yankee' refers to a person from the United States. However, the meaning changes based on context and geography. For most people it specifically denotes someone from the Northern U.S. or New England. Internationally, it is used for any American.

Historically, the term Yankee meant a Union soldier during the Civil War.

And what about the song 'Yankee Doodle' ?

In the 1750s "Yankee Doodle" was originally a pre-Revolutionary War song that British officers would sing to mock American colonists (Yankees) as simpletons (doodles) who thought they were sophisticated (macaroni) by just adding a feather to their caps. The colonists later adopted the song as a patriotic anthem to flip the mockery back onto the British.

Yankee has now come to be associated with the characteristics of shrewdness, thrift, ingenuity, and conservatism.



The Berkley Historical Museum has items of interest that any "Yankee" would be proud of.

Come visit on Tuesday between

10 a.m. to 1 p.m. and see for yourself!

The Museum is located at 2 No. Main Street, Berkley, MA. It is directly across the street from the Safety Building.

We are looking forward to seeing you there!

Eden Jones

Reminder Calls

We have been notified that some participants are not receiving reminder calls for programs they have signed up for. In some cases, home phone spam blocking features may prevent our recorded calls from going through, as they require a live response to connect the call. To help ensure delivery, our system prioritizes cell phone numbers when available. When registering, please be sure we have your current cell phone number on file and always write down your program date at the time of sign up in case a reminder call does not reach you.

Puzzles, Puzzles and More Puzzles!

Did you know that the COA has puzzles available for seniors to take home and enjoy? Stop by and pick one up to keep your mind active and your hands busy this season.

A special thank you to Frankie Rose for his generous donation of new puzzles for our community.

Easter Meal Delivery

Sunday, April 5th



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 March 19th.

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

VOLUNTEERS ★ N E E D E D ★

Bristol Aging & Wellness is recruiting compassionate community members to volunteer with our SHINE (Serving the Health Insurance Needs of Everyone) Program. SHINE volunteers provide free, unbiased Medicare counseling that helps older adults and individuals with disabilities make informed health insurance decisions.



Why become a counselor?

- Free SHINE certification training provided by Bristol
- Build valuable knowledge of Medicare and health insurance
- Flexible volunteer schedules
- Gain transferable skills in counseling, communication, and advocacy
- Make a meaningful, direct impact in your community!



Call for information:
505-676-5465

CURRENT RESIDENT OR

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



STAFF

Krista Celia, Director
Lorraine Moniz, Outreach Coordinator

Kcelia@berkleyma.gov
Lmoniz@berkleyma.gov

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.

The distribution of this newsletter is made possible by a grant from the Massachusetts Executive Office of Aging and Independence.