



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
2. Jeopardy
2. Fall Fairy Planter
3. Library News
3. Farmers Mkt. Coupons
3. Craft Fair
3. Grab and Go
4. Calendar
5. Support Groups
5. Outreach Survey
5. Happy Hearts
6. Friends
7. Historical Society



August



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.

Special Event!

Complimentary Ice Cream Social for Seniors

August 19th at 11:30 a.m.

Join the Friends of the Berkley Council on Aging for an Ice Cream Social for seniors at the COA.

Registration Required – Space is Limited – Free

(508) 821-3105

Special Presentation!

Artificial Intelligence (AI) for Seniors

September 23rd at 1:30

This presentation will define artificial intelligence and demonstrate its benefits for seniors. It will explain how to use AI tools that help seniors, and discuss some of the most unusual uses of AI. Particular attention will be paid to the many dangers of AI so that seniors who use these tools will be aware of them.

The goal of the presentation is to empower seniors with knowledge, dispel fears, and inspire confidence to explore AI technologies that can significantly improve their quality of life, independence, and engagement with the modern digital world.

Henry Quinlan, a publisher, has been using AI both professionally and personally for three years. He is a member of the MIT Age/Lab as a Life Achiever.

Space is Limited! Sign Up Today!
Registration Required (508) 821-3105

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

Watercolor Painting

Thursday, August 13th at 9:00 a.m.

This watercolor class will feature charming celery roses and orange-peel flowers. Learn how simple kitchen items can inspire beautiful floral artwork in this fun and creative watercolor project.



\$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

Fall Fairy Frolic

with Sue from the Garden Club

Thursday, September 3rd
9:30 – 10:30

Join us as we each create a Fall inspired Fairy Garden Container to take home. We will supply the container, soil, plants, fairies and oodles of trinkets. Please remember to bring your garden gloves.



\$5 Berkley Residents
\$10 Out-Of-Town
Guests

Class size limited to 20 participants.
Registration Required.
(508) 821-3105

PAINT DAY *with Amy* “Autumn Harvest”

Fun Facts about Pumpkins:
The word “pumpkin” comes from the Greek word “pepon”, which means “large melon”.
Pumpkins were once considered a remedy for freckles and snakebites.
The “warts” on a pumpkin are actually a buildup of extra sugar in the pumpkin’s skin.

Lets paint together step-by-step!

Beginners welcome! No experience needed.
Give it a try & you will be amazed what you can do!



Thursday, September 17 at 2:45p.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!



Jeopardy

Wednesday, September 2nd
12:30

Test your knowledge and have some fun! Join us for an exciting live Jeopardy!-style game hosted by Kevin Richmond.

Teams will compete through multiple rounds of trivia with prizes awarded to winning teams. No experience necessary, just bring your thinking cap and come on in and join the fun.

Registration Required.

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

Craft Fair

September 12th

9:00 - 3:00



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!

Grab and Go Lunches at the COA!

Do you have questions? We have answers!

What is the Grab & Go Lunch Program?

Bristol Aging and Wellness provides freshly prepared take home lunches that you can pick up at the Berkley Senior Center every Wednesday between 10:30 – 11:30 a.m.

Who is eligible?

Any Berkley resident aged 60+ is welcome. There are no income restrictions or requirements.

What is the fee?

There is no fee. A suggested voluntary donation of \$2.25 per meal is helpful but never required.

Do I have to commit to every week?

Not at all! You choose the weeks you would like a meal. The program is flexible.

How do I sign up?

It is easy! Contact the COA and we will give you a simple registration form. We look forward to assisting you.

Join Today!



August at the Berkley Public Library!

A great way to keep up with what's happening at the library is by signing up for our email newsletters! The great thing about our newsletters is that you can choose topics based on your personal interests, from library events to new books coming out. There's a link on the adult news page of our website or you can just give us a call and we will be happy to sign you up! New in large-print this month, we have "Country People" by Daniel Mason and "Villa Coco" by Andrew Sean Greer. Give us a call, and we'll reserve one of these books for you!

*Reminder: Don't forget to turn in your Summer Reading brochure by August 29th to get tickets for the raffle! If you still need a brochure, we have them available in-person at the library or you can print one from our website.

berpl@sailsinc.org

(508) 822-3329

www.berkeleylibrary.org

Farmers Market Coupons

A limited number of Farmers Market Coupons are available on a first-come, first served basis.

Please call the COA for an appointment.

You must be at least 60 years old and a Berkley resident with an annual income of no more than \$29,526 (Household Size 1) or \$40,034 (Household Size 2).

A full Household size chart is available.

Men's Group

Wednesday, Aug. 26th

1:00 – 2:00

August

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 – Aug. 5th Only

MOBILE MARKET – Aug. 26th

HAPPY HEARTS – Thursdays at 12:30

FRIENDS OF COA – Aug. 5th & 19th Annual Meeting Sept. 16th

COA Meeting – Aug. 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 12:30 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 12:30 BINGO	10:30 Tai Chi 10:30 Caregiver Support Group 12:30 Happy Hearts
10	11	12	13
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 9:00 Fosters Friends Trip	9:00 Watercolor Painting 10:30 Tai Chi 12:30 Happy Hearts
17	18	19	20
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	10:15 Friends Meeting 10:30 Grab n Go 11:30 Ice Cream Social	9:30 COA Meeting 10:30 Tai Chi 11:00 Grief Support Group 12:30 Happy Hearts
24	25	26	27
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 Clinic 1:00 Men's Group	9:30 Penn. Trip Info Meeting 10:30 Tai Chi 12:30 Happy Hearts
31			
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Supporting our Community, One Conversation at a Time Support Groups at the COA

This past year, the COA received a grant to offer outreach services to the community. As part of that effort, we are offering two support groups that are open to those looking to connect with others who share similar experiences. You are not alone. This is a welcoming space to share concerns, talk openly, and connect with people who truly understand your journey. These groups are not limited to Berkley residents. Register today! This program will be facilitated by Lorraine Moniz, our Outreach Coordinator.

Grief and Healing Support Group
Thursday, Aug. 20th at 11:00 a.m.

Caregiver Support Group
Thursday, Aug. 6th at 10:30 a.m.

Registration Required (508) 821-3105

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.

We Need Your Help!

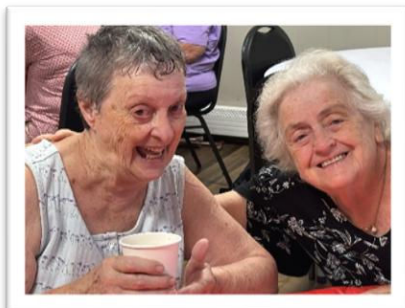
Have you met with our Outreach Coordinator, Lorraine Moniz? We would love to hear from you. Your feedback helps us understand what's working well, where we can improve, and how our outreach services are making a difference in the lives of Berkley seniors. Survey results help us report the impact of this grant-funded program and support efforts to sustain valuable outreach services for the future. The survey is brief and confidential. Please call to complete the survey by phone or stop by the office to complete a paper copy.

Giving Closet

The Northern Bristol County Public Health Alliance is accepting donations of food, hygiene items, diapers, formula, and household supplies. Donations may be dropped off at the Berkley COA.

The Happy Hearts Senior Club

The Happy Hearts Senior Club enjoyed a chicken barbecue at the American Legion.



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

**Friends Membership
Dues were due by
July 1, 2026,
for the 2027 fiscal year.**

The Friends of the Berkley COA will host our lunches in the activity room from 11:30 a.m. to 1:30 p.m. Sign up early! Space is limited! Eat in only. There will not be an option for takeout.

Ticket price is \$5.00 per person due on the day of the lunch. If you register for a meal and can no longer attend, cancellation is requested so that we may fill your spot from our waitlist.



August 19th
Ice cream social

October 14th
Breakfast for lunch
(registration begins in Sept.)

November 4th
Lasagna
(registration begins in Oct.)

**August 12, 2026
Tails and Tours at
Fosters Clam Bake
in York, Maine
(bus trip)**

The menu includes clam chowder, Maine clams, mussels, and lobster or BBQ chicken, corn, roasted potatoes and onions. Also included are rolls with butter, blueberry crumb cake, iced tea, lemonade, coffee and tea.

**Cost is \$154.00 per person
Sign-up and Payment due
July 1, 2026**

**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

**\$150 due at sign up.
\$300 by May 1st and
final payment is due by
July 15th.**

**September 12th
Annual Craft Fair
9:00 – 3:00
Join us on the
Berkley Common**

**September 30, 2026
Turkey Train**
Reserve your spot today!
(bus trip)

**Cost is \$154 per person
Sign-up and Payment due
Aug.19, 2026**

**December 8, 2026
Holiday Classic with
The Cartels
(bus trip)**

Aqua Turf Club in CT.
**Cost is \$125 per person
due with sign up.**
Registration starts 08/05 and ends 10/27 or when full.

**September 16, 2026
10:15
Annual Friends Meeting
Elections will take place at
this meeting.**

**Please make checks
payable to
Friends of Berkley COA
and in the memo of the
check please write the
event you are paying for.**

Fun Fact
August Daily Celebrations
Sisters' Day,
National Tooth Fairy Day,
Water Balloon Day,
Hawaiian Shirt Day

MOMENTS FROM THE MUSEUM

What Makes Berkley Special: A Two-Part Series

First: I would like to start with Berkley's location on the Taunton River. Berkley had several landing spots for ships coming from Mount Hope Bay carrying goods upriver to Taunton, Mass. These landing locations gave the ship crews respite and, in exchange, provided the people of Berkley news from other parts of the world.

In addition, there were several successful ship building ventures in the Berkley-Dighton Bridge area, thus providing Berkley with strong commercial growth during that time. You can visit the small but beautiful Bridge Village Heritage Park at the base of the new Berkley-Dighton Bridge with informational history spots to read.

<http://visitsmass.com/parks-forests-beaches/bridge-village-heritage-park>

Second: Berkley is the home for the infamous 'Writing Rock' or as it is better known now, the Dighton Rock, discovered in 1680. There are many books and theories about who inscribed the petroglyphs on the rock, and it has been visited by people from around the world to examine these writings. At the time it was being studied, the town of Dighton encompassed the geography of Berkley, so the rock was called the Dighton Rock. In 1735, Berkley incorporated as a town separate from Dighton, but the rock remained known as the Dighton Rock.

It does cause some confusion for people who are looking to find this 40-ton boulder in Berkley. Currently, it is kept safe from vandals and the weather in a pavilion/museum in the Dighton Rock State Park.

<https://www.mass.gov/locations/dighton-rock-state-park>

Third: Berkley is proud to have one of the 1,687 public libraries built with funds donated by Andrew Carnegie. With \$5,000 donated by Carnegie, the library was built and then opened in 1919. The interior and exterior have changed very little, but Berkley residents consider this small library priceless. There are an intrepid crew of Friends of the Library that consistently and tirelessly provide excellent resources and programs that supply insight to all who enter this quaint and historical building.

Stay tuned for Part Two in next month's newsletter, featuring the final two interesting facts about Berkley!

You are invited to the Berkley Historical Museum to learn more about Berkley history. The Museum is OPEN on Tuesdays from 10 a.m. to 1 p.m. We also offer by appointment visits if Tuesday isn't a good day for you. Just call and leave a message to set up a day and time.
(774) 872-5304.

Eden Jones

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

Concert on the Common

August 20 - 6PM to 8PM

featuring

Emily Nawrocki

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



Funded in part by the  Mass Cultural Council

STAFF

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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.

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