

FAIRHAVEN

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS

September 2023



508.979.4029



Mreed@Fairhaven-ma.gov



508.979.4116

**229 Huttleston Ave.
Fairhaven, MA 02719**

www.Fairhaven-MA.gov



Photo courtesy of contest winner : Carol Alfonso



Fairhaven Senior Center
 229 Huttleston Ave, Fairhaven, MA 02719
 Phone: 508.979.4029 Fax: 508.979.4116
 Monday - Friday 7:30am - 3:30pm
 WEDNESDAYS OPEN 7:30am- 8:00pm
 Website:

 www.fairhaven-ma.gov/council-aging
www.facebook.com/Fairhavenseniorcenter

MEET THE STAFF

Director- Martha Reed
Principal Office Assistant & Newsletter Editor - Jocelyn Bowers
Volunteer Coordinator - Christine Alfonse
Office Assistant - Phyllis Pequita
Environmental Coordinator - Rich Walker
SHINE - Dianne Perkins & Carolyn Dantoni
Social Day Program Coordinator- Sally Bourke
Social Day Activities Coordinator- Anne Silvia

Van Drivers -
 Frank Barcellos, Ron Dexter, James Hennessy, Leon Hebert, Steve Almeida, William Farrell

Board of Directors
 Chair- Bob Ryan Secretary-Carol Burt Vice Chair- Joan Mello Member - Lee Allaire
 Member- Jacqueline Kenworthy Member - Susan Oiestad Member - Terry Pereira

“ The Council on Aging is an advocate for improved quality of life for seniors through education, programs & services. ”



VETERANS SERVICES STAFF

Bradford Fish
 Veterans Services Officer
 Direct line: 508.202.4603



Jane Bettencourt
 Administrative Secretary
 Direct Line: 508.658.3719

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Call **(508) 991-2918** to schedule an appointment

147B WASHINGTON STREET, FAIRHAVEN
www.synergypthfairhaven.com

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INSIDE THE SEPTEMBER LIFESTYLE

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Find Little Moo throughout this newsletter. Call in with your count by September 22nd. If you have the correct amount, you will be entered to win a \$10 gift card of your choice. The winner will be posted on Facebook on September 25th and notified by phone! The previous months winner will be posted in the COA Lobby.



Healthy Blueberry Cobbler

Healthy Blueberry Cobbler is a decadent dessert that's vegan-friendly, gluten free, and full of flavor. Requiring just 10 minutes of prep time, this is a must-try dish that you're guaranteed to love!



Ingredients

Blueberry base:

- 4 cups fresh blueberries (or frozen)
- 2 tbsps maple syrup
- 1 tbsp lemon juice
- 1 tsp vanilla
- 1 tbsp arrowroot powder (or cornstarch) – this is optional but recommended. it will be more liquidy without!

Cobbler:

- 1 cup rolled oats
- 1 cup finely chopped walnuts (or other nut)
- 1 cup almond flour
- 1/4 tsp salt
- 1/2 cup maple syrup
- 1/3 cup coconut oil, melted
- 1 tsp vanilla

Instructions

- Preheat oven to 350F.
- In a large bowl, mix together blueberries, maple syrup, lemon juice, and vanilla. Then add arrowroot starch and toss blueberries.
- Spoon berries into an 8x8 inch pan, leaving juice in bowl behind.
- In another bowl, mix together oats, walnuts, almond flour, and salt.
- Stir in maple syrup, coconut oil, and vanilla until well combined.
- Spread cobbler topping on top of blueberries until most of the blueberries are covered.
- Bake in oven for 40-45 minutes or until topping is golden brown.
- Let cool for 15 minutes before eating. Store leftovers in refrigerator.

What do you call a dinosaur fart?



A blast from the past.



MALL TRIPS \$6

SEPTEMBER

- SEPT. 6 Tiverton Casino
- SEPT. 13 Mashpee Commons
- SEPT. 20 Autumn Joy Flower Show (*Special Trip! \$10 See pg.5)
- SEPT. 27 Wrentham Village



OCTOBER

- OCT 4 Twin River Casino
- OCT 11 Prov. Place & Whole Foods
- OCT 18 South Shore Plaza
- OCT 25 Warwick Mall



Mall Trips are \$6/trip, unless noted otherwise. Please be sure to bring the exact amount for the trip fee. Thank you!

A message from the Director

Hello and Welcome to September!

I am thankful to everyone who was able to join us in August for the many activities and programs we had at the senior center. We were fortunate to be able to participate in some great intergenerational programs with the kids from the Kook Kids and Champs programs this summer. Thank you to everyone who participated in our first-ever Intergenerational Field Day, we look forward to doing it again next year.

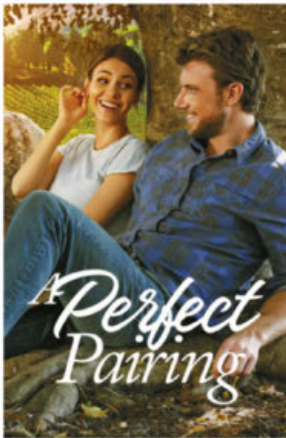
There are some exciting things happening here at the COA this month:

- The COA has been awarded a grant from the Executive Office of Elder Affairs for Enhancing Digital Literacy. These funds will enable us to purchase all new computers and equipment for our computer classes, as well as provide additional support for smartphones and tablets. We'll have more information on this over the next few weeks so stay tuned!
- Causal Cribbage Games will be starting on Mondays from 10-Noon, we have the cards and the boards, we just need you!
- We are celebrating Grandparents Day with a cookout and Rock 'n' Roll Bingo on 9/12 (you need not be a grandparent to attend)
- In place of a Mall trip on 9/20, we are trying something new. A trip to the Round the Bend Farm in Dartmouth for the Autumn Joy Flower show followed by lunch, see page 5 for more information.
- On 9/28, Jordan Paiva returns to the center as the entertainment for our Memory Café see page 5 for details.

As always, thank you for taking the time to read our newsletter!
Be well,

Martha

Monday Movie Matinee



A PERFECT PAIRING
September 11th
12:15pm

To win over a major client, a go-getter LA wine exec signs on to work at an Australian sheep farm, where she sparks with a rugged and mysterious local.



PITCH PERFECT
September 25
12:15pm

Beca, a freshman at Barden University, is cajoled into joining The Bellas, her school's all-girls singing group. Injecting some much needed energy into their repertoire, the Bellas take on their male rivals in a campus competition.

There is lunch available before the movie and will be served at 11:30. If you would like lunch before the movie, please mention you would like lunch when you sign up for the movie. A \$2.00 donation towards your meal is greatly appreciated

alzheimer's association®

Caregivers Support Group
September 7, 2023 1:00pm- 2:00pm
Fairhaven Council on Aging
Please email to register:
Donna Leary - MimiDonna29@gmail.com



CRIBBAGE
Starting September 11th
Mondays from 10am- 12pm



September 25, 2023
10:00am

Mandy from SRTA will be here to help with any questions and or application assistance for transportation.

HISTORIC PLYMOUTH

WALKING EXCURSION

Sept. 21, 2023

Trip cost \$10.00
Van leaves at 8:30am sharp from the Fairhaven Senior Center.
Please wear proper outdoor attire for the weather as well as sneakers.

Patsy will be your tour guide for the day. You will walk, shop, and eat! Explore Plymouth Harbor, burial sites of the first pilgrims and so much more!!



Did you know....

When they first arrived in New England, the Pilgrims visited Clarks Island before deciding to settle in Plymouth.

Memory Café

September 28, 2023
11:30-1:30pm
Location: Fairhaven COA

A Memory Café is a gathering that individuals with early to moderate Alzheimer's or other memory loss and their care partner, family or friends can attend. It's a time and place where everyone can interact, find support, establish friendships and share concerns without feeling embarrassed or misunderstood.

Please call to reserve a spot by September 22, 2023.

Entertainment will be



Lunch will be :
Turkey with Gravy

SPACE IS LIMITED. Please sign up 508.979.4029

All are welcome to come. If you are coming for Jordan ONLY, please do not arrive prior to 12pm. Performance begins at 12:15pm.

If you are interested in sponsoring a future Memory Café, please reach out to Marsha Reed at the Fairhaven Council on Aging 508-979-4029.

The Massachusetts Registry of Motor Vehicles (RMV) would like to inform you that customers aged 65 and older, and customers with disabilities, can schedule an appointment at (most) Service Center locations during any available time Monday through Friday between 9:00 a.m. and 5:00 p.m.



- An appointment is required for Driver's License related transactions.
- An appointment is required for ID related transactions.
- An appointment is not required for Registration-related transactions.

How to make an Appointment

Customers aged 65 and older and customers with disabilities can ask for assistance with an appointment by sending an email to:

MassDOTRMVSeniors@dot.state.ma.us
Customers can expect to receive a response from the RMV within 48 hours.

Friendly Reminder

Massachusetts law requires customers age 75 and older to renew their driver's license in person.

Select RMV Services Available at AAA Branches

AAA members may be eligible to renew your license/ID or registration at AAA. You must make a reservation to conduct RMV transactions at AAA. Learn more here.



September 20, 2023 Special Trip



AUTUMN JOY
A COA FLOWER SHOW

Tuesday, September 19th 1-4
Wednesday September 20th 9-12

ROUND THE BEND FARM
92 ALLEN NECK RD
SOUTH DARTMOUTH, MA
02748

The Little Compton Garden Club and the Garden Club of Buzzards Bay are excited to invite gardening enthusiasts, flower lovers, photographers, and all who appreciate the beauty of nature to attend Autumn Joy, a flower show sanctioned by the Garden Club of America.

This exhibit of gorgeous floral arrangements, plant and flower specimens, conservation initiatives, and photographs of nature will be certain to nourish your soul with nature's bounty. As you view the abundance of floral designs, our hope is you will leave feeling joyful, serene, inspired to garden, and supportive of sustainable agriculture.

Trip Cost: \$10.00 (Includes Lunch)

Please call to sign up 508-979-4029.

Please wear proper footwear and wear clothing pertaining to the weather for the day.

There will be a lunch trip after at Friendly Pizza in Dartmouth. We will enjoy Cheese & Pepperoni pizza with salad and beverages.

Please arrive at the Fairhaven Senior Center for 8:15 am as the bus will be leaving at 8:30pm (30 Minute Ride)

Grandparents Day Cookout 11:30am at Fairhaven COA September 12, 2023

Sponsored by Coastline

Please call to sign up as seats are limited!

508.979.4029

**Grandparent or not,
all are welcome!**



SENIOR CENTER HAPPENINGS

→ LEGAL HELP

ATTORNEY SUZANNE J. SEGUIN

Free 15 minute consultation. Call the Center for more information.

SOUTH COASTAL COUNTIES LEGAL SERVICES

Advocates for older adults 508-979-7150

→ EDUCATION & ACTIVITIES

CRIBBAGE

Monday's 10:00am- 12:00pm

MAHJONGG

Tuesday's 10:00am - 2:00pm

SEWING CIRCLE

Wednesdays 5:45 - 7:45pm

PITCH

Thursday's 12:30-3:00pm

BINGO!

Friday's 1:00 - 3:00pm

WATER COLOR PAINTING CLASSES

Wednesday's 1:00pm-2:30pm Session fee and deposit required. Next 4 week Session: September 13th, 20th, 27th and Oct. 4th

TECHNOLOGY CLASSES

Returning this fall! Please see page 12 for descriptions of the first two classes offered!

SINGLE SENIOR SUPPER CLUB

3rd Tuesday of the month 4:00-6:00pm
Must sign up at the front desk or call a week before \$3.00

LGBTQ+ SUPPER CLUB

4th Wednesday of the month
5:00-7:00pm

→ SUPPORT

REASSURANCE PROGRAM

A free service for elders wanting a daily telephone check-in with a responsible person ensuring all is well.

HEALTH AWARENESS

Thursdays 9:00-10:00am. A supportive group for health and fitness awareness.

SOUTHCOAST VNA & HOSPICE SUPPORT GROUP

2nd Thursday of the month: Widow and Widowers Grief, General Loss & Grief support 5:00-6:30pm

CAREGIVERS SUPPORT GROUP

1st Thursday of the month 1:00-2:00pm

→ FITNESS

CHAIR YOGA

Wednesday's 10:15 - 11:15 \$3.00
No Chair yoga Sept 6 & 20th

OSTEOPOROSIS CLASS

Simple, safe bone boosting exercises
Monday, Wednesday & Friday 8:30am - 10:00am
\$1.00

WALKING

Walk with friends in the Recreation Center Gym.
Everyday 12:30-1:00pm FREE

TAI CHI

Mondays from 11:00 - 12:00pm Call the Center for more information for the schedule and cost.

MOVING WITH MOXIE

2nd & last Wednesday at 1pm Moving with Moxie is a unique, mobile, therapy-based balance class that is essential for people of all ages who want to improve their balance and mobility. \$5.00 Please call to sign up. Class is limited to 10 people.

→ HEALTH & WELLNESS

FOOT CARE

Assessment of podiatric health. By appointment only
\$30.00

HEY KATHY!

Come chat with Kathy Clark from Moxie Mobility Training, LLC about exercise, vitals, navigating healthcare, home modification, home safety, fall prevention and more!
11:15 - 12:15pm Free for residents, \$5 for non-residents

WELLNESS CLINIC & BLOOD PRESSURE CHECKS

Public Health Nurse every Wednesday at the Center from 11:15- 1:15..

MASSAGE MONDAY

September 4th & 18th 6 Time slots available. Please call the COA to reserve your time.
20 minute sessions \$30.00

Older Adult LGBTQ+
Support Group
For more information
please contact
Sue Roque
508-678-7542



What do you call a
chicken staring at
lettuce?



Chicken
Caes-a-salad!

SEPTEMBER EVENTS & ACTIVITIES 2023

MONDAY

TUESDAY

WEDNESDAY
OPEN UNTIL 8!

THURSDAY

FRIDAY

Every Day

- SHINE Rep - Please call for an appointment
- Transportation - Please call in advance if you need a ride
- Reassurance Program- Daily telephone check-in's
- Medical Transport - Please call
- Nutrition Program 11:30 am \$2.00 donation, menu on page 8 Outreach Services- Please call for an appointment
- Walking in the Rec Center- 12:30-1pm. Come walk in the gym in a trip free environment!



- 1
- Osteo Class 8:30-10 \$1.00
 - Greedy Dice 10-12
 - Walking 12:30-1pm
 - BINGO! 1-3

4
HAPPY LABOR DAY
Closed

- 5
- Mahjongg 10:00-2
 - Walking 12:30-1pm

- 6
- Osteo Class 8:30-10 \$1.00
 - **NO CHAIR YOGA**
 - Mall Trip 9-3 \$6.00
 - Wellness Clinic 11:15-1:15
 - Walking 12:30-1pm
 - Sewing 5:45-7:45pm

- 7
- Health Awareness 9-10
 - Pitch 12-3
 - Walking 12:30-1pm
 - Caregivers Support 1-2pm

- 8
- Osteo Class 8:30-10 \$1.00
 - Greedy Dice 10-12
 - Walking 12:30-1pm
 - BINGO! 1-3

- 11
- Osteo Class 8:30-10:00 \$1.00
 - Tai Chi 11:00- 12:00 \$30 for 8 Weeks
 - Massage Monday See pg 4
 - Cribbage 10am-12pm
 - Walking 12:30-1pm
 - Movie Matinee 12:15 See page 4
-

- 12
- Board Meeting 9am
 - Mahjongg 10:00-2
 - Coastline Cookout 11:30am Must call to sign up.
 - Walking 12:30-1pm
-

- 13
- Osteo Class 8:30-10 \$1.00
 - Mall Trip 9-3 \$6.00
 - Chair Yoga 10:15-11:15 \$3.00
 - Wellness Clinic 11:15-1:15
 - Walking 12:30-1pm
 - Moving w/Moxie 1pm \$5
 - Sewing 5:45-7:45pm

- 14
- Health Awareness 9-10
 - Pitch 12-3
 - Walking 12:30-1pm
 - Widow & Widowers, General Loss & Greif Support Group 5-6:30pm

- 15
- Osteo Class 8:30-10 \$1.00
 - Greedy Dice 10-12
 - Stamp Club 10am
 - Walking 12:30-1pm
 - BINGO! 1-3

- 18
- Osteo Class 8:30-10:00 \$1.00
 - Cribbage 10am-12pm
 - Technology Class 9-10:30 \$30 for 8 Weeks
 - Tai Chi 11:00- 12:00 \$30 for 8 Weeks
 - Walking 12:30-1pm
 - Massage Monday See pg 4

- 19
- Mahjongg 10:00-2
 - Walking 12:30-1pm
 - Single Senior Supper Club 4:00 - 6:00PM
- Partially Funded by Coastline Elderly Nutrition Program
-

- 20
- Osteo Class 8:30-10 \$1.00
 - Autumn Joy Flower Show See page 5 \$10
 - Technology Class 9-10:30
 - **NO CHAIR YOGA**
 - Wellness Clinic 11:15-1:15
 - Walking 12:30-1pm
 - Sewing 5:45-7:45pm

- 21
- Plymouth Excursion See pg 4
 - Health Awareness 9-10
 - Pitch 12-3
 - Walking 12:30-1pm
-

- 22
- Osteo Class 8:30-10 \$1.00
 - Greedy Dice 10-12
 - Walking 12:30-1pm
 - BINGO! 1-3

- 25
- Osteo Class 8:30-10:00 \$1.00
 - Cribbage 10am-12pm
 - SRTA 10am
 - Technology Class 9-10:30
 - Tai Chi 11:00- 12:00 \$30 for 8 Weeks
 - Movie Matinee 12:15 See pg 4
 - Walking 12:30-1pm
-

- 26
- Mahjongg 10:00-2
 - Walking 12:30-1pm

- 27
- Osteo Class 8:30-10 \$1.00
 - Mall Trip 9-3 \$6.00
 - Technology Class 9-10:30
 - Chair Yoga 10:15-11:15 \$3.00
 - Wellness Clinic 11:15-1:15
 - Walking 12:30-1pm
 - Water Color Class 1:00pm See pg 5
 - Hey Kathy! 11:15-12:15pm
 - Moving W/Moxie 1pm \$5
 - LGBTQ+ Supper Club 5-7pm
 - Sewing 5:45-7:45pm
-

- 28
- Health Awareness 9-10
 - Memory Café 11:30-1:30pm
 - Pitch 12-3
 - Walking 12:30-1pm
-

- 29
- Osteo Class 8:30-10 \$1.00
 - Greedy Dice 10-12
 - Walking 12:30-1pm
 - BINGO! 1-3



September 2023



www.coastlinenb.org
508-999-6400 ext. 3

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. The total carbohydrates reflect the lower sugar dessert items.	For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.	Sodium (mg): Na ⁺ 	Sodium (mg): Na ⁺ Fish Nuggets 270 Tartar Sauce 261 Potato Wedges 27 Peas 82 Oatmeal Bread 5 Peaches 121 Total Sodium: 765 Calories: 627 Carbs: 81
4 	5 BBQ Chicken 497 Hot German Potato 85 Corn 1 Corn Bread 280 Mandarin Oranges 7 Total Sodium: 870 Calories: 546 Carbs: 88	6 Greek Meatballs 328 Egg Noodles 35 Zucchini & Summer Squash 3 Oatmeal Bread 121 Mixed Fruit 10 Total Sodium: 498 Calories: 517 Carbs: 62	7 Sazon Pork 192 Yellow Rice 31 Green & Wax Beans 3 WW Roll 160 Tapioca Pudding 130 Diet: D. Pudding 110 Total Sodium: 517 Calories: 590 Carbs: 61	8 Mac n' Cheese 404 Broccoli 12 Dinner Roll 210 Fresh Apple 2 Total Sodium: 629 Calories: 612 Carbs: 86
11 Spanish Chicken 413 Rice & Beans 35 Peppers & Onions 3 Honey Wheat Bread 135 Pears 5 Total Sodium: 591 Calories: 433 Carbs: 58	12 Hot Dog *550 Mustard Packet 55 Roasted Potatoes 33 Baked Beans 36 Hot Dog Roll 210 Pineapple 1 Total Sodium: 886 Calories: 672 Carbs: 85	13 Tossed Salad w/ Dressing 124 American Chop Suey 211 Green Beans 3 Snowflake Roll 260 Banana 1 Total Sodium: 599 Calories: 585 Carbs: 90	14 Turkey A La King 215 Penne Pasta 1 Peas 82 WW Roll 160 Pound Cake 240 Total Sodium: 698 Calories: 636 Carbs: 85	15 Potato Pollock 330 Confetti Rice 43 Glazed Carrots 83 Oatmeal Bread 121 Mandarin Oranges 7 Total Sodium: 582 Calories: 459 Carbs: 66
18 Honey Mustard Chicken 481 Whipped Sweet Potato 33 Mixed Vegetables 41 Wheat Bread 115 Tropical Fruit 10 Total Sodium: 679 Calories: 468 Carbs: 82	19 Pulled Pork Sandwich 307 Hashbrowns 136 Peas & Mushrooms 133 Hamburger Roll 230 Peaches 5 Total Sodium: 811 Calories: 512 Carbs: 71	20 Beef Chili 176 Rice 4 Corn Muffin 280 Pears 5 Total Sodium: 465 Calories: 516 Carbs: 82	21 Escarole Soup 52 Grilled Chicken Parm. 410 Spaghetti 1 Wheat Roll 160 Oatmeal Raisin Cookie 124 Diet: Low Sugar Cookie 55 Total Sodium: 747 Calories: 564 Carbs: 65	22 Cod w/ Lemon Dill Sauce 291 Garlic Mashed Potatoes 53 Scandanavian Blend 42 Honey Wheat Bread 135 Fresh Orange 0 Total Sodium: 521 Calories: 465 Carbs: 79
25 High Sodium Meal Chouriço *590 Peppers & Onions 3 Cheesy Pasta 116 Mini Sub Roll 162 Applesauce 14 Total Sodium: 985 Calories: 536 Carbs: 78	26 Oriental Veg. Soup 185 Orange Chicken 391 Asian Rice 78 WW Roll 160 Pineapple 1 Total Sodium: 815 Calories: 473 Carbs: 62	27 Lentil Bolognese 260 Rotini 1 Italian Blend Veg. 26 Snowflake Roll 260 Red Velvet Cake 230 Diet: Low Sugar Cake 210 Total Sodium: 777 Calories: 735 Carbs: 118	28 Turkey w/ Rosemary Gravy 427 Parsley Whipped Potato 53 Winter Squash 11 Oatmeal Roll 121 Green Apple 2 Total Sodium: 614 Calories: 547 Carbs: 93	29 Spanish Omelet 382 Home Fries 33 Escalloped Tomatoes 143 Fruit Loaf 160 Orange Juice Cup 5 Total Sodium: 723 Calories: 531 Carbs: 71

* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

Your voluntary \$2 donation today, provides more meals tomorrow.

**~~~~~To schedule lunch call the day before by 10:00 am.~~~~~
 If you would like to enjoy lunch at the Senior Center and do not have a ride,
 call 508-979-4029.**

Should Remarriage Protection be part of your Estate Plan?

Most married couples I represent want a surviving spouse to be provided for as generously as possible, and of course, this instinct makes sense. But have you considered whether someone else may come along and become the new spouse after your passing?

Does your estate plan address this possibility?

In this age of longer lifespans, chances are that another spouse may replace you after your demise. That possibility raises several issues you probably haven't considered. What if:

- the new spouse winds up inheriting everything. Will anything go to your kids?
- your spouse falls prey to an opportunistic person with bad intentions?
- your spouse falls prey to an opportunistic person with bad intentions?

The list of potential bad endings goes on and on. But you can do something to ensure a better outcome.

Leaving assets to your spouse in a trust can provide the security you desire, while limiting the potential havoc to your estate planning intentions. A well drafted trust can be easy to administer and leave your spouse living comfortably. But it can also contain provisions that restrict where the money can go in the event your surviving spouse remarries or cohabitates.

A trust with remarriage protection not only ensures that your assets go where you intend, it also does the surviving spouse a favor by making exploitation less likely.

Remarriage of a surviving spouse may not be a topic spouses want to discuss in depth, but at the very least, it's one their attorney and other advisors should keep in mind and plan for thoughtfully.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers.

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

COA DISCLAIMER

The Fairhaven COA offers legal, financial, medical, recreational and other services or activities by volunteers or nominal cost practitioners. Seniors participating in these services or activities do so with the understanding that the Fairhaven COA, the Town of Fairhaven or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

BRIDGEWATER
 STATE UNIVERSITY

BSU Senior College:
 lifelong learning for mature adults



The Senior College at Bridgewater State University offers a vibrant community where seniors can come together, fostering meaningful connections while exploring new subjects and expanding their knowledge. Whether you're passionate about history, art, science, literature, or any other field of interest, our diverse range of engaging courses and activities will inspire you to learn something new.

Embrace the flexibility and convenience of our virtual courses, accessible from the comfort and safety of your own home via Zoom or attend an in-person course in Bridgewater, Plymouth, Easton, or Attleboro.

With the affordable fee of just \$85, you can enroll in as many courses as you like throughout the semester all for a single fee. 50 Years and older. Are you 90 or over?

Then you can receive a FREE Senior College membership. Please email Senior College so that we can get you registered free of charge!

For any inquiries, please reach out to us at BSUSeniorcollege@bridgew.edu or call 508.531.1052
 Visit this link or come by the Senior Center to see a list of all courses offered.
www.bridgew.edu/ccs/seniorcollege



WHAT IS SUPPORTIVE SOCIAL DAY?



The Fairhaven Supportive Social Day Program is a structured and supervised program for seniors, in need of socialization while also providing caregivers much needed respite.

Our dedicated staff provides a fun day of activities in a safe and socially stimulating environment maintaining a 1:8 ratio. The staff is CPR, AED & First Aid certified and receive in-service training.

Serving 60 Years old and older, or those who may have cognitive disabilities .Who are independent with eating, ambulation, medication administration, continent and are not an elopement risk. Residing in Fairhaven, New Bedford, Acushnet, Dartmouth, Marion, Mattapoisett & Rochester.



WHO DO WE SERVE?

ACTIVITIES SUPPORTIVE SOCIAL DAY PARTICIPATES IN



- Arts & Crafts
- Bingo
- Birthday & Holiday Celebrations
- Brain stimulating activities
- Certified pet therapy visits

- Cooking for special occasions
- Community events
- Competitive Games
- Daily seated exercises
- Health & safety education

- Indoor bowling & mini golf
- Intergenerational programs
- Knitting & sewing projects
- Music & Dancing

- Luncheon outings
- Manicures
- Nostalgic readings & discussions
- Theatrical performances

Fairhaven Council on Aging
 229 Huttleston Ave, Fairhaven, MA 02719
 508.993.9455
 Council on Aging Director: Martha Reed
 Program Coordinator: Sally Bourke
 Activities Coordinator: Anne Silvia



The program at Fairhaven Supportive Social Day is a fee-based and funded in part by the Executive Office of Elder Affairs, Massachusetts Councils on Aging and Coastline Elderly Services - the Area Agency on Aging.



SOCIAL DAY HAPPENINGS FOR

September 2023

FOR THE MONTH OF SEPTEMBER SOCIAL DAY WILL BE PARTICIPATING IN THE FOLLOWING ACTIVITIES :

7TH GEORGE HUBERT

12TH TABLE TALK PIE DAY

21ST INTERNATIONAL JAPAN LUNCH DAY

28TH JORDAN PAIVA MEMORY CAFE

28TH MOVING WITH MOXIE



"Unfortunately it took my mother a very long time to agree to join this program. Now that she is attending 3 days a week, I have noticed a big difference in her mental state. She looks forward to going and the socialization is great for her. It gives her a reason to get up and get dressed every day. Thank you to all of the staff this is a WONDERFUL program!"



Fairhaven

Massachusetts

INTERNET SURVEY

The Town of Fairhaven and Massachusetts Broadband Institute (MBI) want to hear from you about your experiences accessing and using internet service! This survey is completely anonymous and should be completed by one person per household. Your feedback is important to understand challenges to internet access, affordability, and adoption to help close the digital divide. Thank you for your time and participation.

<https://made.civilspace.io/en/projects/ma-digital-equity/engagements/ma-sdep-public-survey/sections/1>



September 18th & 20th

"The Basics" All about the iPhone Smartphone

The emphasis will be on the Apple iPhone. This is a two day class specifically on the Apple smartphone. The class will learn about the following: care, charging, connecting to WIFI, the operating software, updating, connecting email services to your phone, control panels, airplane mode, notifications, checking storage, emergency SOS, basic gestures (finger swiping) and security. This is a hands-on class, so all participants must bring their apple smartphone to the class.

Smartphone classes are limited to 4-6 Participants

September 25th & 27th

"The Basics" All about the Android Smartphone

The emphasis will be on the Android Phone. This is a two day class specifically on the Android smartphone. The class will learn about the following: care, charging, connecting to WIFI, the operating software, updating, connecting email services to your phone, control panels, airplane mode, notifications, checking storage, emergency SOS, basic gestures (finger swiping) and security. This is a hands-on class, so all participants must bring their Android smartphone to the class.



Next Classes upcoming will be October 2,4,16,&18. More information to come in September. Please see the front desk for any questions.

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SHUTTLE BUS FROM ACUSHNET MIDDLE SCHOOL
PARADE SUN. 10:00 AM FROM POPE PARK



Fairhaven Farmer's Market
 Sundays, June 18 through the end of
 October, 2023, 11:00 a.m. to 2:30
 p.m.
 151 Alden Road, Fairhaven, MA
 next to National Bleach

Feast of Our Lady of Angels
 September 2, 3, 4, 2023
 Our Lady of Angels Feast Grounds, 7 Jesse St.,
 Sat. 5 p.m.-Midnight, Sun. Noon - Midnight,
 Mon. Noon - 10:00 p.m.
 Procession on Main St. Monday at 1:00 p.m.

A traditional Portuguese "festa" with live music, game booths, Portuguese & American foods, auctions, kids' activities. This annual event has been held since 1930. Sponsored by Our Lady of Angels Catholic Association.

Entertainment Schedule for 2023:

Saturday, September 2:
 Opening Ceremony at 6:00 p.m. followed by a concert by Banda Santa Cecelia of Fall River
 7 Day Weekend, 8:00 p.m. to Midnight

Sunday, September 3:
 Adikted, 2:00 p.m. to 6:00 p.m.
 Hardwire, 8:00 p.m. to Midnight

Monday, September 4:
 Procession on Main St., 1:00 p.m.
 Red Handed, 6:00 p.m. to 10:00 p.m.



COA Transportation Update



We are experiencing a large increase in transportation services, and want to ensure that we are able to meet the rising demand for rides. Please keep the following in mind:

In-Town Transportation

The Fairhaven COA provides in-town transportation Monday through Friday from 8:00 am to 12:00. There is a limited number of 10 people per day so we ask that you call the senior center as soon as you know when you will be needing a ride. We also ask that you limit your outing to one place per day. The van will provide transportation to and from medical appointments in Fairhaven (Southcoast on Mill Rd.), barber shops/hairdressers, pharmacies, banks, therapy, stores, etc. There is no charge for this transportation, however, a donation is gratefully accepted.

Volunteer Medical Transportation

Volunteers, who have had an appropriate CORI, a valid driver's license, and a reliable vehicle, may be available to provide local transportation to medical appointments in the Greater New Bedford/Dartmouth area. The driver uses his/her own vehicle for this service. To book a ride to a medical appointment, please call the Fairhaven COA as soon as you have your appointment. You will be asked your name, address, phone number, destination, and time of your appointment. COA staff will reach out to the volunteer drivers. If a volunteer driver is available to provide the transportation, the senior will be notified and the driver will reach out to the senior to arrange a pick-up time. The COA charges no fee for this service, however, there is a suggested donation of \$10.00 given to the driver directly from the senior to assist with the cost of fuel.

NOTE: Drivers will not provide transportation to those who are non-ambulatory, incontinent, violent, or otherwise medically inappropriate. No transportation can be provided to anyone who is having a procedure requiring anesthesia.

SEPTEMBER WORD SEARCH

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 F U R N Z U Q I Q G F W L R W S H Q
 X S Q D D D M D R F B A R B E C U E
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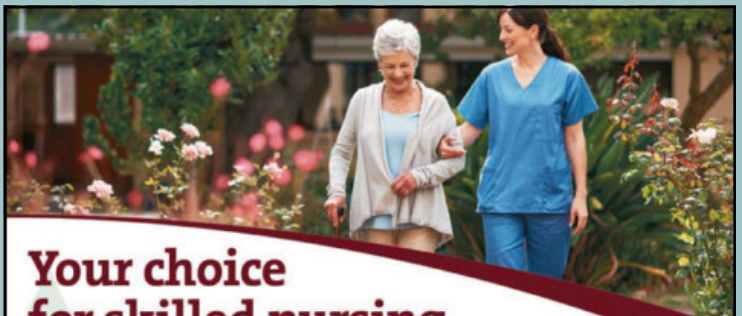
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