

Fairhaven

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS



NOVEMBER 2023



☎ 508.979.4029

✉ Mreed@Fairhaven-ma.gov


☎ 508.979.4116

229 Huttleston Ave.
Fairhaven, MA 02719
www.Fairhaven-MA.gov





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/Fairhavenseniorecenter

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

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

VETERANS SERVICES STAFF

Michael Jenney
 Veterans Services Officer
 Direct line: 508.202.4603



Jane Bettencourt
 Administrative Assistant
 Direct Line: 508.658.3719

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Have our newsletter emailed to you.

Visit www.mycommunityonline.com



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THE COOPERATIVE EFFORT OF TWO ENTITIES TO ACHIEVE A MORE SUCCESSFUL OR PRODUCTIVE RESULT - YOUR HEALTH

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Call (508) 991-2918 to schedule an appointment

147B WASHINGTON STREET, FAIRHAVEN
www.synergypthfairhaven.com



PATRICIA LAREAU

TURNING 65? GET LOCAL HELP FOR YOUR MEDICARE PLAN QUESTIONS.

As a local licensed Medicare broker, I can answer your questions about Medicare plans and help you find a plan that fits your needs. Medicare plans can be very confusing, I take the guess work out of Medicare to help you understand and maximize all the benefits available to you.

Consultations are FREE! Call Patricia Lareau at 774-992-0783 - p.lareau@comcast.net

1280 Ashley Blvd, New Bedford, MA 02745 Not affiliated with or endorsed by Medicare or any government agency.

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WHY SHOULD YOU NEVER TELL SECRETS IN A CORNFIELD?



MALL TRIPS \$6

NOVEMBER

- NOV 1** Tiverton Casino
- NOV 8** Hyannis Mall, Trader Joes, Whole Foods
- NOV 15** Prov. Place & Whole Foods
- NOV 22** Warwick Mall
- NOV 29** South Shore Plaza

DECEMBER

- DEC 6** Twin River Casino
- DEC 13** Hyannis Mall, Trader Joes, Whole Foods
- DEC 20** Warwick Mall
- DEC 27** Prov. Place & Whole Foods

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

Find the little Spud throughout this newsletter. Call in with your count by November 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 November 27th and notified by phone!



AIR FRYER ACORN SQUASH WITH BROWN BUTTER

INGREDIENTS

- 1 small acorn squash (about 1 1/2 pounds),
- halved, seeded and cut into 1/2-inch-thick slices
- 2 tablespoons olive oil
- 1/2 teaspoon crushed red pepper flakes
- Kosher salt
- 4 tablespoons unsalted butter
- 1/4 cup fresh sage leaves
- 1/4 cup roughly chopped pecans
- 1 tablespoon finely grated Parmesan



INSTRUCTIONS

- Preheat a 3.5-quart air fryer to 400 degrees F. Toss the squash, olive oil, red pepper flakes and 1 teaspoon salt in a large bowl until evenly combined. Transfer to the airfryer basket and air-fry, flipping the squash halfway through, until tender, golden brown and crisp at the edges, 20 to 25 minutes.
- Meanwhile, melt the butter in a small skillet over medium-low heat. Continue to cook, swirling the pan occasionally, until the butter smells nutty and the milk solids turn golden brown, 4 to 6 minutes. Immediately remove the pan from the heat, then stir in the sage, pecans and a pinch of salt.
- Place the squash on a serving platter and sprinkle with the Parmesan to warm and melt slightly. Spoon the brown butter mixture over the top.

Welcome

Let's give a warm welcome to Fairhaven's new Veteran Services Officer, Michael Jenney!

Mr. Jenney is a Air Force Veteran. He is also the Commander for the Acushnet American Legion, was a Team Driver for the Teamsters for over 20 years and is happily married for many years!

Mr. Jenney is vastly involved in veterans events. We are looking forward to his first Veterans Day here in town.





A message from the Director
Martha Reed

Happy November Everyone! Here we are again, the holiday season is about to start. I feel like Thanksgiving is the last day before the hustle and bustle of getting ready for the holidays begins. We are also gearing up for the holidays here at the COA and have some great activities planned for you. There are two very exciting events this month that I would like to highlight:

- Celebration of our Veterans Luncheon on Monday, November 6th sponsored by AllTrust Bank
- In-person Thanksgiving Dinner at the Senior Center on Thanksgiving Day.

We also have a couple of great movies, Senior Supper Clubs, and bingo. Due to the success of last month's trip to the Rochester COA for Breakfast, we will be heading over again on Monday, November 13th at 7:30 AM.

I would like to welcome Mike Jenney, our new Veteran's Service Officer, and wish him the best of luck in his new position. We also thank Brad Fish for his many years of service and wish him well on his new adventures in retirement. Happy Thanksgiving to everyone and may the rest of the year remind us to be grateful for what we have!

Martha



at the Rochester COA

Come take a ride with us to visit our friends at the Rochester COA for Breakfast!

Monday November 13, 2023

\$2.00 for the ride

Fairhaven van leaves at 7:30am

Please bring money for Breakfast.

Breakfast Menu is available at the Fairhaven COA to preview.

Please sign up 508.979.4029

alzheimer's association®

Caregivers Support Group

November 2, 2023 1:00pm- 2:00pm

Fairhaven Council on Aging

Please email to register:

Donna Leary - MimiDonna29@gmail.com

Massage Monday

Chair Massages \$30.00
for 20 Minutes
11:00am - 1:30pm
6 Time slots available
Please call to reserve
your spot



Carol Flock, LMT



November 27, 2023

10:00am

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



Grieving During the Holidays

~ A Workshop ~

Balancing the already busy Holiday time with the sadness of not being able to share this holiday time with our loved one, can feel overwhelming. This 1-hour workshop provides tips and ideas to help us navigate the challenges of this holiday time, honor the memory of our loved one, and care for our own needs as we grieve.

Free of charge and available to the public.
Registration is required – do so by phone or email:
508-973-3227 or arnoldn@southcoast.org.
Fairhaven – 11/9/23 – 5:00 pm

What does a farmer wear under his shirt when the autumn weather turns chilly?



A har-vest.



CHICAGO
November 13th
12:15pm



MY BIG FAT GREEK WEDDING 2
November 27th
12:15pm

Nightclub sensation Velma (Catherine Zeta-Jones) murders her philandering husband, and Chicago's slickest lawyer, Billy Flynn (Richard Gere), is set to defend her. But when Roxie (Renée Zellweger) also winds up in prison, Billy takes on her case as well -- turning her into a media circus of headlines. Neither woman will be outdone in their fight against each other and the public for fame and celebrity.

Parenting and marriage is becoming tougher and tougher for Toula (Nia Vardalos) and her husband Ian. Not only has their relationship lost some of its spark, but they're also dealing with a rebellious teenage daughter who clashes with Greek traditions. On top of that, Toula must contend with aging parents and the endless needs of cousins and friends. When a shocking family secret comes to light, the entire Portokalos clan makes plans to come together for an even bigger wedding than before.





Happy Thanksgiving

Gobble on over to the Fairhaven COA for Thanksgiving Dinner!
November 23, 2023
11:00am - 1:00pm



Please call to reserve your seat(s) by November 15, 2023
508.979.4029

 **Memory Café** 

November 23, 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 November 20, 2023.

Entertainment will be:

TONY & PAT (Singing & Guitar)

Please see the Coastline Calendar for Lunch this day SPACE IS LIMITED. Please sign up 508.979.4029

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



The Veterans Service Office is now taking donations for our wreath laying in our Fairhaven Cemeteries on December 2, 2023

Please see Mike or Jane at the Fairhaven Senior Center to donate by November 20, 2023

508.202.4603



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: Please see the front desk.)

TECHNOLOGY CLASSES

Please see page 12 for descriptions of the classes offered!

SINGLE SENIOR SUPPER CLUB

3rd Tuesday of the month 2:30-3:30pm (Winter Hours) Must sign up at the front desk or call a week before \$3.00

LGBTQ+ SUPPER CLUB

5th Wednesday of the month (Nov. Only)
5:00-7:00pm \$3.00

→ SUPPORT

REASSURANCE PROGRAM

A free service for elders wanting a daily telephone check-in with a COA staff member to ensure 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

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 please call to sign up. Class is limited to 10 people. (The price will be increasing in December. Please contact Moxie Mobility for information 508.450.6774. Information Also available at the front counter.)

→ HEALTH & WELLNESS

FOOT CARE

Assessment of podiatric health. By appointment only
\$30.00

HEY MOXIE! CAREGIVER CONNECTIONS

Come chat with Moxie Mobility Training, LLC about exercise, vitals, navigating healthcare, home modification, home safety, fall prevention and more!
11:15 - 12:15pm Free November 29th

WELLNESS CLINIC & BLOOD PRESSURE CHECKS

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

MASSAGE MONDAY

6 Time slots available beginning at 11:00am. Please call the COA to reserve your time. 20 minute Chair Massage sessions \$30.00

Medicare Open Enrollment is :
October 15th to December 7th



Call 508.979.4029 to schedule an appointment with a certified SHINE counselor.

Don't miss your chance to save money on your Medicare coverage in 2024!

SHINE counselors provide free, unbiased information about your Medicare options.



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



NOVEMBER 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 pg 8
- Outreach Services- Please call for an appointment
- Walking in the Rec Center- Every Day 12:30-1pm. Come walk in the gym in a trip free environment!



1

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

2

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

3

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

6

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

VETERANS LUNCHEON
11:30AM
SEE PAGE 9

7

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

8

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

9

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

CLOSED



13

- Rochester Breakfast pg4
- Osteo Class 8:30-10:00 \$1.00
- Technology Class 9-10:30
- 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 5



14

- Board Mtg. 9:30am
- Mahjongg 10:00-2pm
- Walking 12:30-1pm



15

- 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
- Sewing 5:45-7:45pm

16

- Plymouth Walking Trip Pg 4
- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30-1pm



17

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

20

- Osteo Class 8:30-10:00 \$1.00
- Cribbage 10am-12pm
- Technology Class 9-10:30
- SRTA pg4
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Walking 12:30-1pm

21

- Mahjongg 10:00-2pm
- Walking 12:30-1pm
- Single Senior Supper Club

2:30-4:30pm
Time Change Nov.-March
Partially Funded by Coastline Elderly Nutrition Program



22

- Osteo Class 8:30-10 \$1.00
- Technology Class 9-10:30
- 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

23

CLOSED
HAPPY
THANKSGIVING
DAY



24

CLOSED
BLACK FRIDAY

27

- Osteo Class 8:30-10:00 \$1.00
- Cribbage 10am-12pm
- Technology Class 9-10:30
- Massage Monday Pg4
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Movie Matinee 12:15 See pg 5
- Walking 12:30-1pm



28

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

29

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



30

- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30-1pm





November 2023



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

Monday		Tuesday		Wednesday		Thursday		Friday		
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.		1 Sodium (mg): Na ⁺		2 Sodium (mg): Na ⁺		3 Sodium (mg): Na ⁺		
				For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.		Tomato & Chickpea Soup 218 Lemon Glazed Chicken 381 Pineapple Rice 35 Multigrain Roll 190 Tropical Fruit w/ Coconut 1	Hot Dog *550 Mustard 55 Potato Wedges 27 Cabbage & Carrots 47 Hot Dog Roll 210 Applesauce 20	Potato Pollock 150 Tarter Sauce 261 Mashed Sweet 33 Potatoes 47 Fall/Winter Blend 15 WW Bread 160 Peaches 5		
				Total Sodium: 825 Calories: 491 Carbs: 77		Total Sodium: 909 Calories: 606 Carbs: 66		Total Sodium: 624 Calories: 560 Carbs: 79		
6	A	7	A	8	A	9	A	10 A		
Chicken Cacciatore 446 Italian Penne 1 Peas & Mushrooms 133 Scali Bread 310 Pineapple 1	Meatloaf w/ Rosemary Gravy 240 Au gratin Potatoes 124 Garlic Green Beans 154 WW Bread 3 Pistachio Pudding 160	Tossed Salad w/ Dressing 124 Manicotti w/ Pesto Sauce 187 Genoa Blend 65 WW Roll 40 Orange 160	Greek Chicken 328 Meatballs 187 Rice Pilaf 134 Carrot Coins 77 Multigrain Bread 190 Banana 1	No Meals Served 						
Total Sodium: 891 Calories: 565 Carbs: 92		Total Sodium: 791 Calories: 508 Carbs: 63		Total Sodium: 576 Calories: 501 Carbs: 83		Total Sodium: 730 Calories: 567 Carbs: 79				
13	B	14	B	15	B	16	B	17 B		
American Chop Suey 211 Broccoli 12 Multigrain Roll 190 Mixed Fruit 10	BBQ Pork Rib 280 Baked Beans 36 Corn 1 Corn Muffin 280 Mandarin Oranges 6	Cherry Glazed Chicken 323 Rice Florentine 112 Tuscan Blend 56 Oatmeal Bread 121 Pears 4	Roast Turkey w/ Gravy 427 Mashed Potatoes 52 Winter Squash 11 Dinner Roll 210 Apple Pie 390 Diet: Pudding 110	High Sodium Meal		No Meals Served 		No Meals Served 		
Total Sodium: 423 Calories: 446 Carbs: 65		Total Sodium: 603 Calories: 547 Carbs: 89		Total Sodium: 616 Calories: 443 Carbs: 68		Total Sodium: 1090 Calories: 817 Carbs: 84		Total Sodium: 751 Calories: 569 Carbs: 80		
20	A	21	A	22	A	23	A	24 A		
Chorizo, Peppers & Onions *520 Cheesy Pasta 116 Sub Roll 162 Applesauce 20	Chicken Stir Fry 201 Jasmin Rice 36 WW Roll 160 Orange 0	New England Clam Chowder 286 Fresh Cod w/ Lemon Dill Sauce 220 Roman Blend 111 Oatmeal Roll 121 Iced Brownie 160 Diet: SF Cookie 55	No Meals Served 		No Meals Served 					
Total Sodium: 818 Calories: 491 Carbs: 68		Total Sodium: 397 Calories: 405 Carbs: 56		Total Sodium: 924 Calories: 618 Carbs: 48						
27	B	28	B	29	B	30	B	B		
Macaroni & Cheese 404 Escalloped Tomatoes 143 Snowflake Roll 260 Pineapple 1	Cheeseburger 384 Ketchup 82 Roasted Potatoes 33 Mixed Vegetables 41 Hamburger Roll 230 Tropical Fruit 10	Crustless Chicken 273 Pot Pie 52 Mashed Potatoes 340 Iced Banana Cake 260 Diet: Low Sugar Cake 230	Pot Roast 254 Garlic Mash. Potatoes 53 Green Beans 3 WW Roll 160 Apple 2	All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium						
Total Sodium: 809 Calories: 658 Carbs: 93		Total Sodium: 780 Calories: 666 Carbs: 72		Total Sodium: 925 Calories: 761 Carbs: 86		Total Sodium: 472 Calories: 636 Carbs: 85				

* 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.**

Walecka Law, P.C.
 Brandon C. Walecka, Esq.
 Brandon@WaleckaLaw.com
 774-203-9003

Do Not Leave Health Care Decisions to Chance

You likely have your own ideas on what should happen if you became incapacitated. However, your loved ones could have other ideas. Most people think about finances, wills, guardians for dependents, and who inherits, when the issue of their inevitable death arises. But in the event that you do not die but instead, become incapacitated, you may not recognize the importance of planning for future health care decisions.

Have you ever heard of an advance directive (sometimes called living will, personal directive, or Five Wishes®)? Advanced care planning is simply planning for your future care. It is a process that happens over time and throughout life to help people maintain control over the kinds of decisions made on their behalf if they lose the ability to make decisions due to a serious illness or accident.

Make your wishes known in advance and ensure that they are legally enforceable. With an advanced directive, you can designate what procedures doctors should or should not perform if you are incapacitated with no reasonable likelihood of recovery. Another important estate planning document called a health care proxy can be used to appoint one or more persons to make medical decisions for you if you are unable to express your wishes.

What happens if you do not have an advanced directive? For example, if you are in an accident and decisions need to be made about your medical care, your family might not have a good idea what decisions you would make yourself. That can create problems for them, as they try to decide on what care you should receive. Planning ahead for health decisions benefits everyone.

An advanced directive can help avoid arguments. When your preferences are clear it can mean that your health care decision maker confidently knows your wishes. If disagreement occurs among your family, your decision maker has a document to follow based on your wishes. This can help keep family harmony.

Good advanced care planning is done in different stages. Healthy adults need different conversations than those living with increasing complications from an illness or at the end-stage of an illness. It also considers goals, values, and wishes before becoming ill, and names a person who will speak for you in an advanced directive.

Planning for your health care is a gift of peace of mind you can give your loved ones and family. An estate planning attorney can advise you on creating an estate plan and an advanced directive that meet your unique circumstances.

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.



Volunteers Wanted!

The Fairhaven Senior Center is looking for volunteers to assist with various positions.

- Front Desk
- Serving/Cleaning at Supper Clubs
- Food Box Delivery
- Newsletter Delivery

Please call or email Martha Reed for any interest
 508.979.4029
 MReed@Fairhaven-ma.gov




Fairhaven Veterans Service Office has a Toys for Tots Box placed here at the Fairhaven Senior Center inside the building. Collections end December 15th!




Veterans Luncheon
 November 6, 2023
 11:30am

Please call and RSVP by November 1st

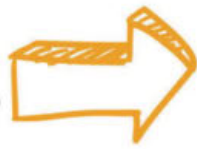


Sponsored by:





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

November 2023

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

- November 7th - Making Pumpkin Tealight Holders
- November 9th - Steve Hurt
- November 14th - George Hebert
- November 16th - History of Table Talk Pies
- November 21st - Turkey Dinner
- November 30th - Memory Cafe- Tony & Pat



HISTORIC PLYMOUTH THANKFULNESS WALK

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.

Nov.
16th

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!!

Must bring a bagged
lunch or bring money for
lunch.



Technology Classes for Seniors



November 6 & 8, 2023

Smartphone Apps for Seniors- Must have an iPhone

November 13 & 15, 2023

Smartphone Apps for Seniors- Must have an Android Phone

November 20 & 22, 2023

Learning how to be safe on the internet

November 27 & 29, 2023

How to get your photos and videos off your smartphone safely.

The Wandering Brush



Always loved watercolor but intimidated to try painting with watercolors? Join Lana Quann, of The Wandering Brush in a weekly workshop where we learn a variety of techniques, "rules", methods and playful ways to explore watercolor and many types of tools and materials. Join once or for all sessions- every week we practice and play to bring out your inner artist.

\$18.00/class or

\$60 for a 4 week session (Savings of \$12!)

Wednesday 1:00pm - 2:30pm November 8, 15, 22 & 29

All materials included. Deposit required.

Please call or visit the COA to obtain more information about the program.

508.979.4029

Sippican Choral Society Holiday Concert

Join us as we bring the brass to Wickenden Chapel, Tabor Academy, for our annual Winter Concert on Saturday, December 9 at 7:00 p.m., featuring the majesty of John Rutter's musical setting of the "Gloria" with full brass orchestra. Come marvel at the ethereal beauty of Felix Mendelssohn's "Behold a Star from Jacob Shining" and Howard Helvey's "O Lux Beatissima." Sing along to "Joy to the World" and sway to the rhythm of Mack Wilberg's Caribbean carol "The Virgin Mary Had a Baby Boy." Tickets are \$20.00 general admission, \$10.00 for students, and free for children 14 and under. Tickets can be purchased online at sippicanchoralsociety.org, or from Choral Society members, at Marion General Store, the Symphony Music Shop, and at the door with cash or check. This program is supported in part by grants from the Massachusetts Cultural Council through its local council affiliates.

FAIRHAVEN HOUSING AUTHORITY'S 1 ST ANNUAL RESIDENT CRAFTERS HOLIDAY CRAFT FAIR

Join us for the 1 st Annual Resident Crafters Holiday Craft Fair at Fairhaven Housing Authority. There will be door prizes, complimentary Popcorn, Hot Chocolate and Apple Cider. There will also be a baked goods table. Come on out and start or finish your Christmas Shopping.

Where: 275 Main St Oxford Terrace,

Fairhaven Ma, 02719

When: Saturday December 2, 2023

Time: 10am-2pm



Commission on Disability Town of Fairhaven

Help Us Make Town Beach More Accessible

Do you have ideas about how can we make
Town Beach more accessible?

Fairhaven's Commission on Disability needs to hear from you!

Email your ideas and comments to
COD@Fairhaven-MA.gov

or share your ideas in person at our next meeting:

November 9, 2023 - 6:00 p.m.
at Town Hall



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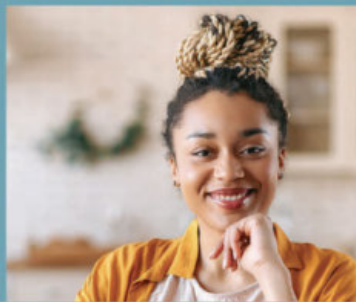
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Town Happenings



Veterans Day Parade

Saturday, November 11, 2023, 10am step off
Main Street from Benoit Square south
to Fairhaven High School

ALL VETERANS INVITED TO MARCH



If you are a veteran, or family of a veteran and unable to march but would like to be in the parade call the COA if you would like to ride the van in the Parade 508.979.4029

Blue Devils Craft and Vendor Fair

Saturday, November 18, 2023, 10:00 a.m. to 3:00 p.m.
Fairhaven High School, 12 Huttleston Ave. (rear, Larch
Ave. entrance)



This annual fair features many crafters and vendors for your holiday shopping. The event is a fundraiser for the Fairhaven High School Class of 2024 and Class of 2025.



Fairhaven Thanksgiving Turkey Trot

Thursday, November 23, 2023
Gather: 7:00 a.m. to 7:45 a.m., Start Time: 8:00
a.m.
Green Street side of Cushman Park near Bridge
Street, Fairhaven



Annual Thanksgiving morning 5K race raises money for local food pantries. First 400 adult registrants receive a T-Shirt. Registration is \$20 online until November 1, then increases to \$25. Registration for children 10 and under is \$10 online. You may also register in person the day before.



"Christmas by the Sea Bazaar"

St. Anthony / St. Rita Parish will be holding its 56th Christmas by the Sea Bazaar on Saturday, December 2 from 9 am - 1 pm at St. Anthony's Church Hall at 26 Hammond Street in Mattapoisett. All proceeds to benefit parish initiatives. For more information or to volunteer, please contact Linda Quinn at 508-758-8698.



FAIRHAVEN, MA Old-Time Holiday



Fairhaven Old-Time Holiday

Saturday, December 9, 2023

Fairs and marketplaces and other activities are held in the Town Hall, the First Congregational Church, the Unitarian Memorial Church, the Millicent Library, and the Northeast Maritime Institute in the historical center of town. Visitors can shop for arts and crafts, gifts, candy and sweets, food items, and enjoy holiday luncheons, musical entertainment, a visit with Santa and more.

DEC
2ND

HASTINGS MIDDLE SCHOOL PTO PRESENTS

WINTER CRAFT & VENDOR MARKET

EHMS
30 SCHOOL STREET
FAIRHAVEN

9AM-3PM

TO BENEFIT ALL MIDDLE SCHOOL
STUDENTS' ENRICHMENT ACTIVITIES

NEW VENDORS WELCOME

CONTACT LIZ
ECMBUSINESS@YAHOO.COM



NOVEMBER WORD SEARCH



R S T H F O W H T U O M Y L P
 E L M U S W E A O T T H E R Y
 W D O I R A Z H S L A B M Y Z
 O L U K R K U A H K I T Z A H
 L B Y T W G E Q O S P D H M V
 F U L Y I F L Y S S O V A S J
 Y P S Q G T K I O L C S V Y K
 A T S E V R A H P N U I Q Z O
 M X W S E I R R E B N A R C L
 E L B B O G N G G Y R B L L M
 Y N O L O C R Z E D O L A A V
 P U R I T A N S S X C F I D A
 B N G D V C V C D X P Z Q W G
 U D R Y C A S V P P E Q A U P
 R E B M E V O N P U M P K I N

What do you call rain on Turkey Day?

This puzzle is a word search puzzle that has a hidden message in it. First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

- | | | |
|-----------|------------|-------------|
| Colony | Cornucopia | Cranberries |
| Fall | Feast | Gobble |
| Gratitude | Gravy | Harvest |
| Holiday | Maize | Mayflower |
| November | Pilgrims | Plymouth |
| Pumpkin | Puritans | Squash |
| Turkey | Yams | |

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