

# Fairhaven

## SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS

MARCH 2024



📞 508.979.4029

✉️ [Mreed@Fairhaven-ma.gov](mailto:Mreed@Fairhaven-ma.gov)

📄 508.979.4116


**229 Huttleston Ave.**  
**Fairhaven, MA 02719**  
[www.Fairhaven-MA.gov](http://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](http://www.fairhaven-ma.gov/council-aging)  
[www.facebook.com/Fairhavenseniorecenter](http://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

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**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](http://www.mycommunityonline.com)



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Call (508) 991-2918 to schedule an appointment

147B WASHINGTON STREET, FAIRHAVEN  
[www.synergypthfairhaven.com](http://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

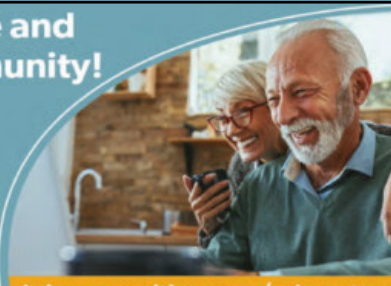
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# INSIDE THE MARCH LIFESTYLE

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- PG 15 MARCH WORD SEARCH

March is a double holiday month! We will celebrate St.Patrick's Day as well as Easter. So, we have decided to spice things up a little bit!

Find Bun the Bunny and pot of gold he took from the leprechaun throughout this newsletter. Call in with your total count of both by March 25. 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 March 29th and notified by phone!



## What do rabbits say before they eat?



### Lettuce Pray



## MALL TRIPS \$6

### MARCH

- MARCH 6 Tiverton Casino
- MARCH 13 Warwick Mall
- MARCH 20 Prov. Place & Whole Foods
- MARCH 27 Hyannis Mall, Trader Joe's & Whole Foods

### APRIL

- APRIL 3 Twin River Casino
- APRIL 10 Warwick Mall
- APRIL 17 Hyannis Mall, Trader Joe's, Whole Foods
- APRIL 24 Garden City, Cranston RI

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

## Cheesy Potato Cakes

Easy cheesy Irish boxty-type potato cakes.

### INGREDIENTS

- 1 1/2 cups grated raw potatoes
- 1 cup all-purpose flour
- 1/2 cup shredded Cheddar cheese
- 1 cup leftover mashed potatoes
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 egg
- 2 tablespoons ranch dressing
- 1 tablespoon milk
- 2 tablespoons vegetable oil



### INSTRUCTIONS

1. Mix grated potatoes with flour in a large bowl.
2. Stir Cheddar cheese and mashed potatoes into the grated potato mixture; season with salt and pepper.
3. Beat egg, ranch dressing, and milk together in a separate bowl; pour mixture into potatoes and stir.
4. Heat vegetable in a large skillet over medium heat.
5. Drop tablespoon size scoops of the potato mixture into the hot oil.
6. Pan-fry until golden brown, 3 to 4 minutes on each side.



**A message from the Director  
Martha Reed**

As we bid farewell to the winter chill, March arrives like a breath of fresh air, heralding the promise of warmer days and blooming beginnings. It is with great joy that we welcome you to another edition of Senior Lifestyles filled with the anticipation of spring and the many activities that await us this month.

March brings us the gift of longer days and the subtle emergence of vibrant colors in nature. It symbolizes a time of renewal, as we witness the awakening of flowers, trees, and the world around us. Just as nature undergoes a transformation, so too can we embrace this season as an opportunity for personal growth, exploration, and connection.

In our center, we have planned a variety of engaging events and activities to celebrate the spirit of March. We've got a few special events going on in March, a special performance from Matt York "Songs and Stories", St. Patrick's Day Bingo and Easter Dinner, there is something for everyone to enjoy. We encourage you to participate, share your stories, and build new friendships as we navigate this season together.

March is not just a month on the calendar; it is a canvas waiting to be painted with the brushstrokes of our shared experiences. Let's make the most of this season, cherishing the moments we create together and embracing the opportunities for joy, growth, and connection.

Thank you for being a vital part of our senior center community. May March bring you warmth, laughter, and the renewed spirit of camaraderie.

*Martha*

**alzheimer's association**

Caregivers Support Group  
March 7, 2024 1:00pm- 2:00pm  
Fairhaven Council on Aging  
Please email to register:  
Donna Leary - MimiDonna29@gmail.com



at the Rochester COA

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

Monday March 4, 2024

\$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

**St. Patrick's  
Bingo!**

Join us on Friday March 15th  
for a fun filled St. Patrick's Day Bingo  
from 1-3pm. Light Refreshments will be available.



**Wear  
Green!**



**STAMP CLUB**

Do you collect stamps, covers, postal history & postcards? The Senior Center Stamp Club meets on the 3rd Friday of every month at 10:00am.

Next meeting will be  
March 15, 2024



# Memory Café

**March 28, 2024  
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  
March 25, 2024.

Entertainment will be:

**Tony & Pat**

Please see the Coastline Calendar for lunch this day.

**SPACE IS LIMITED. Please sign up  
508.979.4029**

# EASTER dinner

**Sunday March 31, 2024**

Join us for a lovely Easter Dinner at the Fairhaven Senior Center from 11am-1:00pm

The menu is listed below:

Salad, Baked Ham, Mashed Potatoes, Green beans, Rolls & Butter Assorted Desserts



Please call to sign up by Wednesday March 22nd 508.979.4029



## Monday Movie Matinee

**March 11, 2024  
12:15 PM  
Queen Bees**

**Drama, Comedy, Romance**

After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.



ELLEN BURSTYN JAMES CAAN ANN MARGRET JANE CURTIN CHRISTOPHER LLOYD LORETTA DEVINE  
**QUEEN BEES**  
A COMEDY ABOUT THE YOUNG AT HEART



**March 25, 2024  
12:15pm  
Easter Parade**

**Musical & Romance**

A nightclub performer hires a naive chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.





# 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 4:00 - 7:45pm

### PITCH

Thursday's 12:30-3:00pm

### BINGO!

Friday's 1:00 - 3:00pm

### WATER COLOR PAINTING CLASSES

Wednesday's 2:00-3:30 pm

Session fee and deposit required. See pg 14

### TECHNOLOGY CLASSES

Please see page 14 for descriptions of the classes offered!

### SINGLE SENIOR SUPPER CLUB

3rd Tuesday of the month 2:30-4:30pm (Winter Hours) 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 \$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

### OLDER ADULT LGBTQ+ SUPPORT GROUP

For more information please contact  
Sue Roque 508-678-7542

## → 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

Elevate your balance with our specialized therapy-based class, ideal for individuals overcoming challenges in balance. Tailoring agility circuits to each participant's unique abilities, we ensure a personalized and effective approach to enhance dynamic balance and mobility. Join us in advancing your fitness and overall well-being. \$15 per session, pricing packages available. 2nd & last Wednesday of the Month

## → 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!  
2:45-3:45pm FREE 1st Thursday of the month.

### WELLNESS CLINIC & BLOOD PRESSURE CHECKS

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

### MESSAGE MONDAY

Taking a break until the spring. See you soon!





# MARCH EVENTS & ACTIVITIES 2024

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
  - Greedy Dice 10-12
  - Walking 12:30-1pm
  - BINGO! 1-3

- 4
- Rochester Breakfast pg4
  - Osteo Class 8:30-10:00 \$1.00
  - Technology Class 9-11
  - Tai Chi 11:00- 12:00 \$30 for 8 Weeks
  - Cribbage 10am-12pm
  - Walking 12:30-1pm

5

- Mahjongg 10:00-2pm
- **NO Walking**

PRESIDENTIAL PRIMARY

# VOTE

- 6
- Osteo Class 8:30-10 \$1.00
  - Technology Class 9-11
  - Chair Yoga 10:15-11:15
  - Mall Trip 9-3 \$6.00
  - Wellness Clinic 11:15-1:15
  - Walking 12:30-1pm
  - Watercolor Class 2-3:30
  - Sewing 4:00-7:45pm

- 7
- Health Awareness 9-10
  - Pitch 12:30-3
  - **Matt York 12:30-1:30pm**
  - Walking 12:30-1pm
  - Caregiver Support 1-2
  - Hey Moxie! Caregiver Support Group 2:45-3:45
- 

- 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
  - Cribbage 10am-12pm
  - Technology Class 9-11
  - Tai Chi 11:00- 12:00 \$30 for 8 Weeks
  - Walking 12:30-1pm
  - Movie Matinee 12:15 See page 5
- 

12

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

- 13
- Osteo Class 8:30-10 \$1.00
  - Mall Trip 9-3 \$6.00
  - Technology Class 9-11
  - Chair Yoga 10:15-11:15 \$3.00
  - Wellness Clinic 11:15-1:15
  - Walking 12:30-1pm
  - Moving w/ Moxie 1pm
  - Watercolor Class 2-3:30
  - Sewing 4:00-7:45pm

- 14
- Health Awareness 9-10
  - Pitch 12:30-3
  - Walking 12:30-1pm
- 

15

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

**St. Patrick's Bingo!**  
See page 4!!!

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

**Spring** 19

- Mahjongg 10:00-2pm
- Walking 12:30-1pm
- Single Senior Supper Club 4:00-6:00pm
- **Time Change until Winter**

Partially Funded by Coastline Elderly Nutrition Program

- 20
- Osteo Class 8:30-10 \$1.00
  - Mall Trip 9-3 \$6.00
  - Technology Class 9-11
  - Chair Yoga 10:15-11:15 \$3.00
  - Wellness Clinic 11:15-1:15
  - Walking 12:30-1pm
  - Watercolor Class 2-3:30
  - Sewing 4:00-7:45pm

- 21
- Health Awareness 9-10
  - Pitch 12:30-3
  - Walking 12:30-1pm
  - Memory Cafe 11:30-1:30

- 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
  - Technology Class 9-11
  - Tai Chi 11:00- 12:00 \$30 for 8 Weeks
  - Cribbage 10am-12pm
  - Walking 12:30-1pm
  - Movie Matinee 12:15 See page 5
- 

26

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

- 27
- Osteo Class 8:30-10 \$1.00
  - Technology Class 9-11
  - Mall Trip 9-3 \$6.00
  - Chair Yoga 10:15-11:15 \$3.00
  - Wellness Clinic 11:15-1:15
  - Moving w/ Moxie 1pm
  - Walking 12:30-1pm
  - Sewing 4:00-7:45pm
  - LGBTQ+ Supper Club 5-7pm
- 

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

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



# March 2024



www.coastlineb.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.		All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium				Sodium (mg): Na <sup>+</sup> Seafood Newburg 521 Penne Pasta 1 Genoa Blend 40 Snowflake Roll 260 Mandarin Oranges 7	
		For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.		Total Sodium: 828 Calories: 495 Carbs: 78					
<b>4</b>	<b>B 5</b>	<b>B 6</b>	<b>B 7</b>	<b>B 8</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
American Chop Suey 211 Italian Blend 26 Multigrain Roll 190 Pineapple 1 	Portuguese Chicken 360 Rice Pilaf 134 Mixed Vegetables 41 Breadstick 230 Mandarin Oranges 7	Asian Veg Soup 185 Beef & Broccoli 108 Rice 4 Oatmeal Roll 85 Oreo Cookie Day Diet: Graham Wafers	Turkey A La King 215 Egg Noodles 4 Brussels Sprouts 12 Dinner Roll 310 Pears 4	WG Stuffed Shells 359 Florentine Sauce 50 Green Beans 3 WW Roll 160 Fresh Orange 0	Total Sodium: 428 Calories: 480 Carbs: 73	Total Sodium: 771 Calories: 507 Carbs: 64	Total Sodium: 503 Calories: 628 Carbs: 66	Total Sodium: 444 Calories: 479 Carbs: 62	Total Sodium: 571 Calories: 366 Carbs: 62
<b>11</b>	<b>A 12</b>	<b>A 13</b>	<b>A 14</b>	<b>A 15</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>
Chicken Fajitas 376 Spanish Rice 22 Peppers and Onions 26 Tortilla 236 Peaches 5	Meatloaf 131 Onion Gravy 110 Au Gratin Potatoes 154 Garden Peas 82 Multigrain Bread 190 Banana 1	Tossed Salad w/ Italian drsing 119 Baked Mac & Cheese 404 Green beans 3 WW Roll 160 Tropical Fruit 10	Corned Beef Hash* 775 Cabbage & Carrots 47 Raisin Bread 155 Sugar Cookie 58 Diet: Graham Wafers 	Spinach & Feta Omelet 360 Hash browns 136 Tomato Florentine 121 Fruit Loaf 160 Orange Juice 5	Total Sodium: 665 Calories: 358 Carbs: 51	Total Sodium: 668 Calories: 604 Carbs: 77	Total Sodium: 705 Calories: 641 Carbs: 83	Total Sodium: 1035 Calories: 381 Carbs: 40	Total Sodium: 782 Calories: 576 Carbs: 70
<b>18</b>	<b>B 19</b>	<b>B 20</b>	<b>B 21</b>	<b>B 22</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
Mediterranean Chicken w/ Vegetables 394 Spaghetti 1 Snowflake Roll 260 Applesauce 15	Swedish Meatballs 375 Egg Noodles 4 Broccoli 9 Multigrain Bread 190 Mixed Fruit 10	Chicken Stew w/ Vegetables 273 White Rice 36 WW Bread 160 Chocolate Pudding 151 Diet: LS Choc. Pudding	Hot Dog* 550 Roasted Potatoes 33 Green Beans & Peppers 16 HD Roll 210 Fresh Orange 0	Tuna Salad 408 Pasta Salad 56 Coleslaw 81 WW Roll 160 Peaches 5 	Total Sodium: 720 Calories: 482 Carbs: 73	Total Sodium: 588 Calories: 509 Carbs: 64	Total Sodium: 620 Calories: 571 Carbs: 68	Total Sodium: 809 Calories: 577 Carbs: 67	Total Sodium: 709 Calories: 437 Carbs: 59
<b>25</b>	<b>A 26</b>	<b>A 27</b>	<b>A 28</b>	<b>A 29</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>
BBQ Pulled Pork* 653 Whipped Sweet Potatoes 33 Green & Wax Beans 3 Oatmeal Bread 121 Pineapple 1	Orange Chicken 423 Fluffy White Rice 15 Winter Blend Veg 190 Multigrain Roll 10 Mixed Fruit 10	Tossed Salad w/ Italian drsing 119 Shepherd's Pie 271 Roman Blend 26 Oatmeal Roll 121 Applesauce 15	Turkey W/Gravy 454 Parsley Mash. Potatoes 53 Winter Squash 2 WW Roll 160 Chocolate Cake 231 Diet: LS Cake	"Catch of the Day" 180 Roasted Potatoes 33 Broccoli 12 Snowflake Roll 260 Fig Newton 65	Total Sodium: 811 Calories: 453 Carbs: 70	Total Sodium: 642 Calories: 442 Carbs: 63	Total Sodium: 552 Calories: 599 Carbs: 81	Total Sodium: 899 Calories: 701 Carbs: 102	Total Sodium: 550 Calories: 427 Carbs: 70

\* 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

 **THE PROBLEM WITH OUT-OF-STATE DOCUMENTS**

I am often asked whether moving from one state to another requires someone to redo their legal, estate planning documents. While I obviously do not have knowledge of the laws in every state, my general answer is that if a will, power of attorney, or health care proxy were prepared and executed in accordance with the home state, they should be valid in the new state.

Even with this answer, I always encourage my clients who decide to move out of Massachusetts that they should at least consult a qualified estate planning and elder law attorney in their new state to review the documents they prepared with me to ensure that they comply with the new state's laws. This new attorney may suggest updates or changes to comply with the new state.

Whenever there is a trust involved, whether irrevocable or revocable, I strongly encourage my clients to also have the trust reviewed. Trusts are complex legal documents, which are typically controlled by the home state's laws and can create complications when administered in a different state. Another reason to update your trust is that estate taxes differ by state. The laws of the state where you reside at your passing can have dramatic effect on the taxes that your family will be responsible for paying at your death. Massachusetts, for example, has a rather low estate tax exemption of \$1 million. Depending on the estate you move to, this exemption can be much larger or smaller, resulting in significant estate tax that may be avoidable.

Each state is different and therefore each state's laws are different. If you just moved to Massachusetts or plan to move to another state from here, you should seek guidance from a qualified attorney to review your existing plan.

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.



**TECH**  
*Café*

**THURSDAY'S  
 3:00-4:00PM**

Do you need help with your  
 cellphone or computer?  
 Stop by the Fairhaven Senior Center  
 for **FREE** help at our Tech Cafe!







**FAIRHAVEN SUPPORTIVE**  
*Social Day Program*

**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.





# March 2024



## March Social Day Activities

- St. Patrick's Day Activities
- Easter Activities
- Corned Beef Cabbage
- Entertainment from Joe Mac, The Singing Nurse & Matt York
- Easter Dinner



### Benefits of exercise and physical activity

Taking regular physical exercise is an important part of a healthy lifestyle and can help to maintain wellbeing. Physical activity creates valuable opportunities to socialise with others, and can help improve and maintain a person's independence. This is beneficial to both people with dementia and their carers. Engaging in physical activities can also improve self-esteem and mood, which in turn encourages more social engagement that may also contribute to wellbeing.

[alzheimers.org.uk](http://alzheimers.org.uk)



**The Fairhaven Social Day Program offers exercise every morning as a part of their daily activities!**







# Johnny Cash - Songs & Stories



**March 7th (Thurs.) at 12:30pm  
Fairhaven COA**

Long time New England musician/author Matt York will preform the songs of Johnny Cash and tell stories about Cash's career, spanning from his early beginnings in the 1950's to his passing in 2003. York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was named one of Patriot Ledger's best albums of 2022. This program is supported in party b a grant from the Fairhaven Local Cultural Council , a local agency which is supported by the Mass Cultural Council, a state agency.



This is an AARP TaxAide Free of Charge service with Local Volunteer TaxAide Counselors.

AARP TaxAide IRS Certified Volunteers will be at the Fairhaven COA filing Federal and State Taxes starting February 6, 2024 until April 9, 2024 9 AM to 12 Noon.

**Appointments are currently full in Fairhaven.**

Please try the centers below for an appointment:  
 Marion 508-748-3570  
 Rochester 508-763-8723  
 Mattapoisett 508-758-4110



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92% of course participants say they'd recommend the AARP Smart Driver course to a friend.



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**OPEN DISCUSSION SUPPORT GROUP**

Led by Tony Rose, Case Manager  
Elder Mental Health Outreach Team

**ACUSHNET COUNCIL ON AGING**

- Thursday February 15<sup>th</sup> 4:30 PM
- Saturday February 24<sup>th</sup> 10:00 AM
- Thursday March 16<sup>th</sup> 4:30 PM
- Saturday March 30<sup>th</sup> 10:00 AM
- Thursday April 4<sup>th</sup> 4:30 PM
- Saturday April 27<sup>th</sup> 10:00 AM
- Thursday May 9<sup>th</sup> 4:30 PM
- Saturday May 25<sup>th</sup> 10:00 AM

Funded by the MA Executive Office of Elder Affairs

**Technology Classes for Seniors**

Please call to sign up. 508-979-4029.  
Classes are 120 Minutes

March 4 & 6  
**BASIC LEVEL**  
Introduction & Refresher on Computer and Internet Cyber Safety.

March 11 & 13  
**ADVANCED BEGINNNER**  
\*Must have and Apple iCloud Acct.\*  
Navigating the Apple iCloud: Using a desktop or laptop computer

March 18 & 20  
**ADVANCED BEGINNER**  
\*Must have a Gmail Account and know their password.\*  
Navigating the Google Photo App.

March 25 & 27  
**NOVICE LEVEL**  
Web Browsers Safety, Search Engines and Artificial Intelligence

**Medicare Advantage**

If you have a Medicare Advantage Plan (Part C) there is a special enrollment period during January, February and March. If you would like to change your plan, please call to schedule an appointment with Dianne or Carolyn in our SHINE office.  
508.979.4029

**THE WANDERING BRUSH WATERCOLOR CLASSES**



**March 6, 2024**

Traditional watercolor botanicals

Learn to layer transparent watercolor in thin layers to create a glowing magnolia with a soft background.



**March 13, 2024**

Working with a primary palette

How to choose colors and mixing them to create sparkling landscapes



**March 20, 2024**

Line & Wash Watercolors

Bring a bit of sketching to your watercolor journey, learn to "sketch" with watercolor and add ink, and vice versa in this fun class. No drawing skills necessary.

**ALL CLASSES ARE 2:00 - 3:30PM**

Fairhaven Senior Center  
229 Huttleston Ave, Fairhaven, MA

**\$18.00/Class**  
**\$45.00 for all 3 Classes**



# MARCH WORD SEARCH



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



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