

The Strawberry Vine

Hours of Operation
Mon - Fri: 8am - 3pm

JULY 2025

Phone: 508-823-0095
www.dighton-ma.gov

DIGHTON COUNCIL ON AGING

1059 Somerset Avenue
Dighton, MA. 02715
SERVING ALL DIGHTON CITIZENS
OVER 60 YEARS OF AGE

OUR MISSION

It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.



A RECIPE FROM YOUR COA DIRECTOR, BELA POWELL!



Watermelon Pizza

Enjoy this refreshing treat in pizza-like slices or purchase watermelon in chunks and place it in a single-serve bowl. Top with yogurt, drizzle with peanut or almond butter and then customize your watermelon salad to suit your tastebuds. Enjoy a taste of summer!

Ingredients:

- ≈ ½ watermelon, seedless
- ≈ 1½-2 cups unsweetened plain or vanilla yogurt
- ≈ Drizzle peanut or almond butter

Toppings:

- ≈ Fresh berries – blueberries, raspberries, etc.
- ≈ Feta cheese, crumbled
- ≈ Shelled pumpkin seeds or sunflower seeds
- ≈ Slivered almonds
- ≈ Fresh mint

Instructions:

Wash the watermelon and cut into 1 inch (2 cm) thick rounds. Top each round with yogurt and spread it so that it almost reaches the rind. Add desired toppings then drizzle nut butter over top. Cut each pizza into 4-6 slices.

To make Watermelon Salad version, place watermelon chunks into single serving bowls. Top with yogurt and add desired toppings. Drizzle watermelon salad with nut butter, if desired, and enjoy!



ABOUT US & REMINISCING WITH MYRNA

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COUNCIL ON AGING STAFF LISTING

Anabela Powell, Executive Director
Trista Tate, Program Manager
Laura Medeiros, Office Manager
Kendra Earley, Outreach Coordinator

COUNCIL ON AGING BOARD MEMBERS

Thomas Ferry
James Hoye
Jeffery Allie
James DeArruda
Patricia Olsen

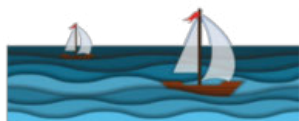


THE DIGHTON COUNCIL ON AGING IS HERE FOR YOU

The Dighton Council on Aging staff is here to assist Dighton residents who are 60 years of age or older.

If you need help or resources for any of the following or more, please call 508-823-0095 to make an appointment with our staff!

- | | |
|---------------------------|------------------------|
| *Transportation | *Caregiver Support |
| *SNAP (Food Stamps) | *Legal Services |
| *Energy / Fuel Assistance | *Medical Equipment |
| *Home Repair | *Technology Support |
| *Health Insurance | *Socialization |
| *Money Management | *Nutrition Information |
| *Home Delivered Meals | *Potential Scam/Fraud |
| *Home Care | *Health Clinics |



REMINISCING WITH MYRNA: OF SHIPS AND THE SEA AND A PRECIOUS OLD HOUSE



The John Hathaway House has been razed. One more link to Dighton's precious history gone forever.

As the very last vestiges of Dighton's centuries-long adventure with ships and the sea slip down the ways into the depths of gone forever – and as the next to last of our first shipbuilders' homes disappears into the record books after 3 centuries, I decided to change my plans for July and instead to write a bit about Dighton's history with ships and the sea. *Lest we forget* - - -.

This will be but an overview – there is much to be told that cannot fit into a single article, nor even two or more. . . so I shall start the saga by sharing mostly the basics of the shipyards themselves and their locations on the Taunton River, which had, until 1698, been accustomed to canoes and Native Americans.

Based upon research and a listing provided by the writings of Helen Homes Lane, Dighton's first Historian, we find that there were several Dighton shipyards of significance, as follows:

We begin with the Coram Shipyard on Water Street, which was the first industry in the “South Purchase,” which, in 1712, became the Town of Dighton. It was from the Coram shipyard that the very first launching of a ship into the Taunton River took place. It was in 1692. Said to have perhaps been built for Queen Anne, that ship was 54 feet of keel, 20 feet of beam (*according to Helen Lane's HISTORY OF DIGHTON,*) her name was not recorded.

The Coram Shipyard is the focal point of Coram Shipyard Historic District, which is listed on the National Register of Historic Places, where the homes of Thomas Coram and John Hathaway are integral parts of that National Shipyard Historic District. Thomas Coram, who became partners with John Hathaway in 1693, may have stayed in Dighton for about 10 years. He then returned to England. Today, the Thomas Coram House is still standing and is occupied. However, and sadly, but necessarily, due to its deteriorating condition, the John Hathaway House was razed in early June of 2025. With that house gone, the structure inclusions in the National Register location have been permanently changed, and it is as yet unknown whether the historic district designation can continue.

Other very early shipyards included those of Ebenezer Stetson, the elder, in 1750 and John Reed in 1755. Both were located on Pleasant Street, in the area of Muddy Cove, over which John Reed also constructed a bridge.

After the Revolution and prior to 1812, we find two adjacent shipyards – the Smith and Wardwell Yard on the north side of Whitmarsh Wharf and the Bowen and Hathaway Yard on the South side of Whitmarsh Wharf. (*The Whitmarsh Wharf location, according to Historian Helen Holmes Lane, “corresponded closely with today's Taunton Yacht Club wharf”*) which would place those two yards in the general area of the old Coram Shipyard.

Helen Lane also tells us that *“during the busiest years, a Dighton citizen of that time wrote of seeing at one time on the stocks at Whitmarsh Wharf two ships and two brigs. There were six grog shops in the south part of town, and on special occasions, such as a launching, rum was furnished to the crowd without charge.”*

As the story continues, we find the David Standish Shipyard, which was located just north and west of the Berkley Bridge, and the Matthew Briggs' Shipyard, which was situated to the east of Somerset Avenue near a place called Pine Hill, where the Taunton River flows behind what is now Sweets Knoll State Park. Then, in about 1812, Col. Darius Perry opened and operated a shipyard that was located just south of Muddy Cove on Pleasant Street.

That yard passed to Captain William Cobb in 1840, and he began to build larger vessels. There, Major Charles Whitmarsh built an unusually large ship for the area – with the well-known shipbuilder and Yard owner, William Cobb, as master carpenter (*which by the way, my own father was, also a master shipbuilder.*). Joseph Pitts was the surveyor. They constructed a large bark, the “Elizabeth Hall.” She was 200 feet long, 25 feet 6 inches wide, and carried a figurehead.

President Jefferson's Embargo Act of 1807 slowed the shipbuilding in Dighton, but it did not end until much later. The last recorded ship launched on the Taunton River was a schooner, built in and launched from Captain Cobb's Yard in 1847, and she was aptly named “The William Cobb.” She was 128.4 feet long – quite different from Thomas Coram's 54-foot keel of that unnamed first ship constructed on this river in 1698.

There is much more to the story of Dighton's shipbuilding years and our very early ties to the seas of the world and trade, and how Dighton was once a Port of Entry, and how Hodijah Baylies, Dighton's first Customs Inspector was chosen by President George Washington himself and how the first Customs Office was in Hodijah's home on Elm Street for 20 years. We are once again looking at the tip of Dighton's seafaring iceberg, so to speak - - - and this time, all because of a shipbuilder's home, now lost to the seas of history.

So, as we are about to open a new summer season and the year flows quickly by, passing along unseen behind us, we find a vacant lot on Main Street where, just days ago, once stood the home of a giant in early Dighton and American industry. A master of the seas – and thereby, the world. It is doubtful that John Hathaway will long be remembered. His home so recently gone is already probably forgotten, just as was the shipyard that launched Dighton into her position as a giant of the seas more than three centuries ago. May Dighton's glory days of wooden ships and iron men rest well in the seas of memory forever. - They can never return to us.

As I close this writing, I offer my best wishes to everyone for a great and healthy summer of 2025. Please, if you can, do participate in some or all of the activities as Dighton recognizes the beginning of the celebrations of the 250th year of American Independence, which are starting this year throughout our nation.

Very sincerely,

Myrna

*Photographed to your right is
the John Hathaway House.*



UPCOMING EVENTS



NEW QUILT SHOW! **NEW**

07/14 | 12:00PM
Council on Aging,
1059 Somerset Avenue

Show off a quilt you've made or inherited! Get inspired, encouraged, and tempted! You will see amazing quilts showcasing new and old quilting techniques, color combinations and themes.

Light refreshments will be served. Please register!

EXERCISE & MOVEMENT

FEE PER CLASS: \$4.00

EVERY MONDAY

9:00am Fitness Class @ COA

EVERY WEDNESDAY

9:00am Chair Yoga @ LV

EVERY FRIDAY

9:00am Tai Chi @ OTH

FRIDAY, 07/11

10:30am Zumba Gold @ COA

FRIDAY, 07/11 & 07/25

1:00pm Drum's Alive @ OTH

FRIDAY, 07/18

1:00pm Line Dancing @ OTH

WEDNESDAY, 07/23

12:30pm Chair Zumba @ COA

Please register for events/programs, especially those involving food.

Meals & Exercise/Movement Classes: \$4.00 (If you do not have it, please still come and enjoy your favorite classes!)



CHRISTMAS IN JULY!

07/24 | 12:30PM
Lions Pavilion,
1111 Somerset Avenue

Rock around the Palm Tree with us and local band, Mike Higgins and the Dynamics!

Get in your jolly spirit and enjoy an afternoon of festive foods, snacks and crafts!

Register: 508-823-0095
Cost: \$4.00

MUSIC & FOOD

EVERY WEEKDAY

8:30am Coffee Hour @ COA

WEDNESDAY, 07/16

10:30am. Music with Dave @ COA

FRIDAY, 07/18

9:00am.. Monthly Breakfast @ COA

WEDNESDAY, 07/30

10:30am Brew with Bela @ LV

CARDS, GAMES & CRAFTS

EVERY MONDAY

10:00am Mah Jongg @ COA

1:00pm Bingo @ COA

EVERY TUESDAY

1:00pm Art Group @ COA
(Instructed Classes on 7/8 & 7/22)

EVERY THURSDAY

1:00pm Cribbage @ LV

EVERY FRIDAY

10:00am Knit/Crochet @ COA

MONDAY, 07/21

12:00pm Trivia @ COA



COOKING DEMONSTRATION!

07/25 | 12:00PM
Council on Aging,
1059 Somerset Avenue

Nutritionist, Dawn DiMarco will be providing lunch & a cooking demonstration on a healthier version of American chop suey and a chicken, broccoli and rice bake!

Join us for this interactive & educational demonstration.
Register: 508-823-0095

HEALTH & EDUCATIONAL

WEDNESDAY, 07/02

10:00am Blood Pressure Clinic with Dighton Fire Dept. @ LV&COA

EVERY WEDNESDAY

Appt. Only Tech Support (call COA to book your appt.)

THURSDAY, 07/17

Appt. Only FREE Legal Consult (call COA to book your appt.)

FRIDAY, 07/18

10:00am Memory Care & Assisted Living Presentation by Oasis @ COA

THURSDAY, 07/31

Appt. Only Podiatry Clinic (call COA to book your appt.)

LOCATIONS:

COA (Council on Aging):
1059 Somerset Ave.

LV (Lincoln Village): 300 Lincoln Ave.

OTH (Old Town Hall):
1111 Somerset Ave.

PAV (Lions Pavilion):
Behind Old Town Hall

JULY 2025 EVENTS CALENDAR

Please do not arrive to any COA program or event more than 15 minutes early as staff and volunteers need time for setup.

MON	TUES	WED	THURS	FRI
	1 8:30am Coffee Hour @ COA 1:00pm Art Group @ COA	2 8:30am Coffee Hour @COA 9:00am Chair Yoga @ LV 10:00am Blood Pressure Clinic with Dighton Fire @ LV & COA Tech Support by Appt. Only @ COA	3 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV	4 CLOSED 
7 8:30am Coffee Hour @COA 9:00am Fitness @ COA 10:00am Mah Jongg @ COA 1:00pm Bingo @ COA	8 8:30am Coffee Hour @ COA 9:00am Office Hours w/ Senator Kelly Dooner @ COA 1:00pm Instructed Art Group @ COA	9 8:30am Coffee Hour @COA 9:00am Chair Yoga @ LV Tech Support by Appt. Only @ COA	10 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV	11 8:30am Coffee Hour @ COA 9:00am Tai Chi @ COA 10:00am Knit/Crochet @ COA 10:30am Zumba Gold @ COA 1:00pm Drums Alive @ OTH
14 8:30am Coffee Hour @COA 9:00am Fitness @ COA 10:00am Mah Jongg @COA  12:00pm Quilt Show @ COA 1:00pm Bingo @ COA	15 8:30am Coffee Hour @ COA 1:00pm Art Group @ COA	16 8:30am Coffee Hour @COA 9:00am Chair Yoga @ LV 10:00am Music with Dave Valerio @ COA Tech Support by Appt. Only @ COA	17 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV 1-on-1 Legal Consult @ COA by Appt. Only!	18 9:00am Monthly Breakfast 9:00am Tai Chi @ COA 10:00am Oasis Presentation @ COA 10:00am Knit/Crochet @ COA 1:00pm Line Dance @ OTH
21 8:30am Coffee Hour @COA 9:00am Fitness @ COA 10:00am Mah Jongg @COA 12:00pm Trivia @ COA 1:00pm Bingo @ COA	22 8:30am Coffee Hour @ COA 1:00pm Instructed Art Group @ COA	23 8:30am Coffee Hour @COA 9:00am Chair Yoga @ LV 12:30 Chair Zumba @ COA Tech Support by Appt. Only @ COA	24 8:30am Coffee Hour @ COA 12:30pm Christmas in July Party @ PAV 1:00pm Cribbage @ LV 	25 8:30am Coffee Hour @ COA 9:00am Tai Chi @ COA 10:00am Knit/Crochet @ COA 12:00pm Cooking Demo @ COA 1:00pm Drums Alive @ OTH
28 8:30am Coffee Hour @COA 9:00am Fitness @ COA 10:00am Mah Jongg @ COA 1:00pm Bingo @ COA	29 8:30am Coffee Hour @ COA 1:00pm Art Group @ COA	30 8:30am Coffee Hour @COA 9:00am Chair Yoga @ LV 10:30am Brew w/Bela @ LV Tech Support by Appt. Only @ COA	31 8:30am Coffee Hour @ COA Podiatrist Visit by Appt. Only @ COA 1:00pm Cribbage @ LV	LOCATIONS: COA (Council on Aging): 1059 Somerset Ave. LV (Lincoln Village): 300 Lincoln Ave. OTH (Old Town Hall): 1111 Somerset Ave. PAV (Lions Pavilion): Behind OTH

RESOURCES AND PROGRAMS

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HAIR CUTS FOR MEN & WOMEN

Maria Costa offers hair cuts to men and women in our own private hair salon in the Dighton Council on Aging!

Appointments are typically booked on Friday's but exceptions may be made. Prices will vary based on services needed.

Please call Maria directly to book your appointment or with any questions: 508-930-8291

LUNCH PROGRAM!

11:30 AM | COUNCIL ON AGING
1059 SOMERSET AVENUE

The Dighton Council on Aging offers lunch every Tuesday, Wednesday & Thursday.

We require 48 hours notice to reserve a seat for lunch.

Our meals are ordered in bulk through Bristol Aging & Wellness (formerly known as Bristol Elder Services) and served by our amazing staff and volunteers.

Mingle and make friends with our day program attendees & staff!

Call us today to reserve your seat or to receive a menu:
508-823-0095

Bristol Aging & Wellness greatly appreciates donations to continue their meal programs. The Dighton Council on Aging has a locked donation bin that Bristol Aging & Wellness picks up monthly.

DIGHTON TRASH BAGS

Purchase single trash bags at the Dighton Council on Aging. Purchases may be made Monday—Friday from 8am—3pm. Please call with any questions: 508-823-0095


Cost: \$1.40 small | \$2.80 large



STATE SENATOR OFFICE HOURS
SENATOR KELLY DOONER
TUESDAY, JULY 8 AT 9:00 AM
1059 SOMERSET AVE.

Utilize this opportunity to learn, ask questions, advocate for the things that are important to you!

brought to you by the Dighton Council on Aging



DID YOU KNOW?

GATRA
services available in Dighton

DIGHTON

To book Dial-A-Ride call 774-226-1219

DIAL-A-RIDE
Curb to curb transportation service available to Seniors 60+ or persons with a disability. Reservations can be made up to 14 days in advance and no later than 5pm the day before.

Weekdays 6:00am-6:30pm. Travel within Dighton, Raynham, Taunton & Berkley.
No service on Saturday & Sunday

DIAL-A-RIDE FARES 💰
\$1.75 one way
10-ride passes \$15.00
Pay fare with cash (exact change required) or use pre-paid 10-ride passes

10-ride passes sold at Dighton Council on Aging* or GATRA office in Taunton or by calling Dial-A-Ride and adding funds electronically.

*** To book a MedWheels (long distance medical rides) contact the Dighton Council on Aging office at 508-823-0095**

If you have never ridden with GATRA, you must call the Dighton Council on Aging to fill out their application to get in their system!



oasis Dighton
SENIOR ADVISORS®
Council On Aging

BUSTING MYTHS ABOUT... MEMORY CARE & ASSISTED LIVING
PRESENTED BY OASIS

FRI. 7/18 AT 10 AM

Join us at the Dighton Council on Aging. Come equipped with any questions you may have in regards to memory care and assisted living!
Register today!
508-823-0095
1059 Somerset Ave.

PRIME TIME

Supportive Adult Day Program

Would you or someone you know benefit from meeting and socializing with new friends, trying new experiences and activities all while keeping active in your mind and body? Then Prime Time might be the perfect fit for you!

Offerings Available :

- Breakfast, lunch & refreshments
- Arts & crafts
- Health clinics (podiatry, blood pressure, flu, etc.)
- Musical entertainment
- Games (bingo, cards, trivia, etc.)
- Fitness programs (chair yoga, zumba, movement, etc.)
- Outdoor activities on our porch or patio
- Themed presentations
- Socialization
- Reminiscing
- So much more!

SCHEDULE A FREE TOUR OR LEARN MORE:

508-669-6272
 ttate@dighton-ma.gov
 1059 Somerset Avenue
 Dighton, MA 02715



HOME HANDYMAN PROGRAM UPDATE!

Update!

A new volunteer joined our team who is willing to do **LIGHT** yard clean up (ex. stick pick up, sweeping porches).

Please understand that this is a volunteer position and services are limited to light repairs/installation such as installing safety equipment, assembling furniture, etc.

Give the Dighton Council on Aging a call at 508-823-0095 if you are not sure if what you need qualifies for this program.

ATTENTION PLEASE!

IMPORTANT ANNOUNCEMENT

Exciting News Alert! We are excited to let you know that the HIP monthly benefit is increasing to \$40 for all active SNAP households. This change will go into effect on July 1, 2025.

MASS. DEPARTMENT OF TRANSITIONAL ASSISTANCE



MEDICAL EQUIPMENT LOAN UPDATE!

Are you looking to borrow medical equipment?

The Dighton Council on Aging receives donations of wheel chairs, walkers, commodes and many other items. If you are in need, please call our office to check availability at 508-823-0095.

Are you looking to donate medical equipment?

Please call our office to schedule your donation at 508-823-0095.

Are you returning equipment?

You **MUST** call ahead and physically hand the equipment over to a staff member. You **CANNOT** drop the equipment off outside of the COA building. This in turn ruins the equipment and creates a dysfunctional program.

PEN PAL PROGRAM

Socialize right from the comfort of your own home with one of our many volunteers!

Our volunteers can email, mail letters or set up phone calls with you on days/times that work best for you and them!

Please contact the Dighton Council on Aging if you are interested in joining our Pen Pal Program.

Information remains confidential between you and our volunteers.

VETERAN RESOURCES

The Dighton Veteran's Agents' Office is located in the lower level of Old Town Hall, 1111 Somerset Ave. Please note, if you are a widow of a Veteran (not re-married), you may be eligible for benefits as well. Please call Dighton's Veteran's Agent, Raymond Hague, at 774-872-0944

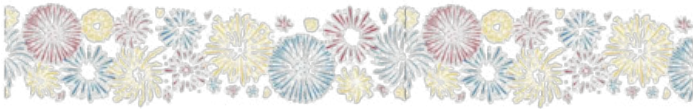


LOOKING FOR SOME FUN?

Looking for something to do with your friends, grandkids or yourself over the summer? The Friends of the Library sponsor many discount museum passes for a variety of zoos & museums:

- ♥ Old Colony History Museum, Taunton
- ♥ Plimoth Patuxet Museums, Plymouth
- ♥ USS Constitution Museum, Charlestown
- ♥ Buttonwood Park Zoo, New Bedford
- ♥ Capron park Zoo, Attleboro
- ♥ Patriots Hall of Fame, Foxborough
- ♥ Museum of Fine Arts, Boston
- ♥ Whaling Museum, New Bedford
- ♥ New England Aquarium, Boston
- ♥ Rhode Island School of Design, Providence

Those are just a few to mention! You can reserve your museum pass online through the website or call the Library directly at (508) 669-6421.



PREPARE FOR HURRICANE SEASON

The official Atlantic hurricane season in New England runs from June 1 through November 30. The peak months during this season are August and September.

Prepare the following:

- ≈ Flashlight readily available with extra batteries
- ≈ Portable radio
- ≈ Charged cell phone
- ≈ First aid kit
- ≈ Essential prescription medicines filled
- ≈ Non-perishable foods / manual can opener
- ≈ Plenty of water (one gallon / per person / per day)
- ≈ Extra blankets and sleeping bags
- ≈ Pet supplies (food, water, medicine)

If you have any questions regarding emergency preparedness, please do not hesitate to contact the Dighton Council on Aging!

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather



MEALS ON WHEELS

PROVIDED BY BRISTOL AGING & WELLNESS

Get healthy, nutritional lunchtime meals delivered to your doorstep Monday-Friday.

Meal modifications can be made where needed.

For inquiries, please contact:
Bristol Aging & Wellness (774) 627-1390
OR
Dighton Council on Aging (508) 823-0095



Photographed above you'll see the South Coast Hand Bell Choir performing to the attendees of our supportive adult day program, Prime Time. If you would like to learn more about Prime Time, please contact our Program Manager, Trista Tate, by visiting the Council on Aging or calling 508-669-6272.

Photographed below are two Anabela's celebrating Portugal Day on June 10! Director, Bela, presented on the history of Portugal, made homemade kale soup and brought in her favorite bakery malasadas. Special shoutout to Chris Pacheco for making her delicious home-made rice pudding!



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<p>In-Home Hair Services</p> <p>We come to you!</p> <p>Sarah Mac Manus-Rayl Licensed Cosmetologist</p> <p>Call for Cuts, Color and Coif 508-504-3445</p>	<p>WE'RE HIRING! AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> • Paid training • Some travel • Work-life balance • Full-Time with benefits • Serve your community <p>Contact us at careers@4lpi.com or www.4lpi.com/careers</p>	Content merged into the right column above

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Email: Daveg@cfgsne.com


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Must be 21+. Marijuana should not be used by women who are pregnant or breastfeeding



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DIGHTON COUNCIL ON AGING

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Dighton, MA 02715

PRSRT STD
U.S. Postage PAID
Permit # 609
Taunton, MA 02780

The Strawberry Vine

Hours of Operation
Mon - Fri: 8am - 3pm

JULY 2025

Phone: 508-823-0095
www.dighton-ma.gov



TOWN OF DIGHTON

FOOD Bank

Saturday, July 19
8AM - 9AM

IF YOU HAVE NEVER ATTENDED OR ARE HOME BOUND, PLEASE CALL 508-823-0095 FOR MORE INFORMATION.



Dighton
Council On Aging

Daily Coffee Hour

from 8:30 am - 9:30 am

Dighton Council on Aging
1059 Somerset Ave.
Dighton, MA 02715
(508) 823-0095



WEEKLY ART CLASS

EVERY TUESDAY AT 1:00pm
AT THE DIGHTON COUNCIL ON AGING

Some of the Dighton Council on Aging programs are supported by grants received from the Executive Office of Elder Affairs.

Some of the Dighton Council on Aging programs are supported by grants received from the Dighton Cultural Council.