

FAIRHAVEN

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS
AUGUST 2024



 508.979.4029

 Mreed@Fairhaven-ma.gov

 508.979.4116

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



Meet the Staff



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/Fairhavenseniocenter



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

Director- Martha Reed
Administrative Assistant & Newsletter Editor - Jocelyn Bowers
Volunteer Coordinator - Christine Alfonse
Office Assistant - Freda St.Marie
Environmental Coordinator - Rich Walker
SHINE - Dianne Perkins & Carolyn Dantoni
Social Day Program & Activities Coordinator- Sally Bourke
Social Day Administrative Assistant- Debra Chmiel

Van Drivers -
 Frank Barcellos, Ron Dexter, James Hennessy, Leon Hebert, Steve Almeida, William Farrell, Kristy Medeiros & Peter Chmiel

Board of Directors

Carol Burt	Joan Mello	Terry Pereira	Joyce Veilleux
Jacqueline Kenworthy		Susan Oiestad	Michael Hevey

VETERANS SERVICES STAFF

Michael Jenney
 Veterans Services Officer
 Direct line: 508.202.4603



Jane Bettencourt
 Administrative Assistant
 Direct Line: 508.658.3719

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com



SYNERGY - Physical Therapy

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

PAIN, WEAKNESS, BALANCE ISSUES, DIFFICULTY WALKING OR AFTER SURGERY - CALL US DIRECTLY TO SCHEDULE AN EVALUATION

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

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Find the sail boat throughout this newsletter. Call in with your total count by August 23rd. 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 August 26th and notified by phone!



OLD FASHIONED RASPBERRY PRESERVES



So easy and so full of fresh raspberry flavor. These preserves will be like delicious little jars of sunshine on cold winter mornings - and it will take you less than 30 minutes to make six jars of jam!

Ingredients

- 4 cups smashed fresh raspberries , use a potato masher to smash the raspberries
- 4 cups sugar
- ¼ cup fresh lemon juice



Instructions

- Place berries in a large stainless steel or enamel saucepan. Bring to a full boil over high heat, stirring continuously. Boil hard for 1 minute, continuing to stir.
- Add sugar, return to a boil, and boil until mixture reaches 220F on a candy or instant thermometer.
- Add lemon juice and stir very well. Ladle into clean jars for storage in the freezer or into sterilized jars if processing with a water bath. If water-bath processed, this jam can be store at room temperature.

MALL TRIPS \$6

AUGUST

- AUGUST 7 Plain Ridge Park Casino
- AUGUST 14 Hyannis Mall, Trader Joe's, Whole Foods
- AUGUST 21 Wrentham Village
- AUGUST 28 Plymouth Shopping

SEPTEMBER

- SEPT. 4 Twin River Casino
- SEPT. 11 Mashpee Commons
- SEPT. 18 Thames St. Newport, RI
- SEPT. 25 Wrentham Village

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

THERE'S A BIG PADDLE SALE AT THE BOAT STORE

IT'S QUITE AN OAR DEAL



A message from the Director

Hello Friends,

I hope you are enjoying the summer and staying cool. August is shaping up to be an exciting month at the Senior Center. You will notice a lot of activity going on as we re-open our Supportive Social Day Program back to 5 days, perform some maintenance and repairs, and get ready for our Intergenerational Field Day. We hope you'll find the time to stop by and spend some time with us. As always thank you for taking the time to read our newsletter, and don't forget to enter your photos for a chance to be October cover!

Take care,

Martha



Purple Heart Coin

Dedication

August 7, 2024

10am -12pm

Coffee & Pastries

All are Welcome

Any questions call VSO Mike Jenney
(508) 202-4603

alzheimer's association®

Caregivers Support Group

August 1, 2024 1:00pm- 2:00pm. Fairhaven Council on Aging

Please email to register:

Donna Leary - MimiDonna29@gmail.com

STAMP, POSTCARD & COIN CLUB

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

Next meeting will be
August 16, 2024



INTERGENERATIONAL FIELD DAY

AT THE FAIRHAVEN COA

Get your game face on and join us for a fun intergenerational day! Seniors will participate in games with children from the Champions Summer Program, as well as the Recreation Department Kool Kids Summer Program.

August 6, 2024

10:00am-2:00pm

Get ready for a day of bonding, making memories, and enjoying a wide range of fun-filled activities. Here's what you can expect:



Blazing Saddles
Petting Zoo



Large outdoor
games



Dorothy Cox Ice
Cream



Cookout



508-979-4029

MUST CALL TO SIGN UP!!!

TECH Café

THURSDAY AUG. 1, 15 & 29
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 Café!
Begins again on June 6th!



Memory Café

August 22, 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 August 19, 2024.

Entertainment will be: Gary Farias

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

Monday Movie Matinee



August 5, 2024
12:15 Pm

Three childhood best friends who used to spend every summer at a sleep away camp together. After years, when the opportunity to get back together for a summer camp reunion presents itself, they all seize it.



August 19, 2024
12:15 Pm

After widowed neighbors Addie and Louis begin sleeping in bed together platonically to alleviate their loneliness, a real romance begins to blossom.

SENIOR WALKING

Thursday's 12-12:30pm

Walking will be on Thursday's only due to the Kool Kids Program that runs during the Summer in the Recreation Center.



Technology Classes

Please call 508.979.4029 to sign up as spots are limited!!!

Thursday August 1, 2024
9am-11am

iPhone Intermediate/ Advanced



Newsletter Cover Contest!

Does your photo have what it takes to win?!



Last year we had folks submit a photo for our newsletter cover. This year we are going to do the same!

We would like your photo to be submitted for the October Newsletter.

Photo Requirements:

- Vertical
- No Copyright
- Not Blurry

Please only submit ONE photo to JBowser@Fairhaven-ma.gov

ALL SUBMISSIONS MUST BE RECEIVED BY MONDAY AUGUST 26TH.

Voting for the winner of the cover will be conducted on our facebook page starting August 27th and continue until September 12th. The winner will be announced on September 13th by the end of the business day. The winner will receive a framed copy of the Newsletter.

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

MEXICAN DOMINOES

Tuesday's 1:30pm-3:30pm

SEWING CIRCLE

Wednesdays 4:00 - 7:45pm

PITCH

Thursday's 12:30-3:00pm

GREEDY DICE

Friday's 10am-12pm

STAMP, POSTCARD & COIN CLUB

3rd Friday of the month. 10:00am

BINGO!

Friday's 1:00 - 3:00pm

WATER COLOR PAINTING CLASSES

July 24th & July 29th \$18/Class 2-3:30pm

TECHNOLOGY CLASSES

See page 5

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

5-7pm Please call to sign up

→ SUPPORT

REASSURANCE PROGRAM

A free service for elders wanting a daily telephone check-in with a COA staff member to ensure all is well. Call the COA for more information.

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

ON PAUSE UNTIL FURTHER NOTICE.

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. FREE

Walking will be on Thursday's from 12-12:30pm for the summer. See calendar on pg 7

TAI CHI

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

MOXIE MOTION

Build strength and endurance safely through crucial, fundamental movements that also enhance balance.

FREE Program through a Massachusetts Hybrid Programming Grant. 2nd and LAST Wednesday

Please call to sign up 508.979.4029

→ 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! 11:30am June 12, September 11, December 11, 2024

WELLNESS CLINIC & BLOOD PRESSURE CHECKS

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

MASSAGE MONDAY

Chair Massages August 12th & 26th 6 time slots available. \$30.00 Please call to sign up. 508.979.4029



Community Nurse Monthly Health Tip

Community Nurse- (508) 992-6278
62 Center St. Fairhaven, MA 02719

Face your alarm clock toward the wall, and place your cell phone face down. Artificial light disrupts sleep. Instead of a nightlight, keep a flashlight next to your bed to use when needed.

AUGUST 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- Thursdays 12-12:30. Come walk in the gym in a trip free environment! *SUMMER SCHEDULE ONLY*



1

- Tech Class 9-11 pg5
- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12-12:30pm
- Caregiver Support 1-2
- General Loss & Grief Support 5-6:30pm
- Tech Cafe 3-4pm



2

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

5

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Movie Monday- 12:15pm



6

- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm

INTERGENERATIONAL FIELD DAY
August 6, 2024
10:00am-2:00pm
SEE PG 4

7

- Osteo Class 8:30-10 \$1
- Mall Trip 9-3 \$6.00
- Purple Heart Coin Dedication 10am-12pm
- ~~Chair Yoga Cancelled~~
- Wellness Clinic 11:15-1:15
- Makeup Watercolor Class 2-3:30pm
- Sewing 4:00-7:45pm



8

- Tech Class 9-11 pg5
- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12-12:30pm
- Caregiver Support 1-2
- General Loss & Grief Support 5-6:30pm

Last day to register for the Single Senior Supper Club

9

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

12

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Massage Monday pg2

13

- Board Mtg. 9am
- Mahjongg 10:00-2pm
- **Reverse Mortgages 10:00am-11:00am**
- Mexican Train Dominoes 1:30-3:30pm



14

- Osteo Class 8:30-10 \$1
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Cancelled~~
- Wellness Clinic 11:15-1:15
- Moxie Motion 1pm
- Sewing 4:00-7:45pm

15

- Health Awareness 9-10
- Walking 12-12:30pm
- Pitch 12:30-3
- Tech Cafe 3-4pm



16

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

19

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Movie Monday- 12:15pm



20

- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm
- Single Senior Supper Club 4:00-6:00pm

Partially Funded by Coastline Elderly Nutrition Program



21

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Cancelled~~
- Wellness Clinic 11:15-1:15
- Sewing 4:00-7:45pm

22

- Health Awareness 9-10
- Walking 12-12:30pm
- Memory Cafe pg 5
- Pitch 12:30-3

August WELLNESS EXCURSION

23

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

26

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Massage Monday pg2

27

- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm

28

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Cancelled~~
- Wellness Clinic 11:15-1:15
- Moxie Motion 1pm
- Sewing 4:00-7:45pm
- LGBTQ+ Supper Club 5-7pm



29

- Health Awareness 9-10
- Walking 12-12:30pm
- Memory Cafe pg 5
- Pitch 12:30-3
- Tech Cafe 3-4pm



30

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



August 2024



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.		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium		1 Sodium (mg): Na* Pot Roast 71 Mushroom Gravy 142 Egg Noodles 30 Peas and Mushrooms 133 White Bread 120 Banana 1 Total Sodium: 498 Calories: 595 Carbs: 76		2 Sodium (mg): Na* "Catch of the Day" 220 Chili Garlic Sauce 5 Rice Florentine 107 Green Beans 3 Whole Wheat Roll 160 Mandarin Orange 6 Total Sodium: 501 Calories: 331 Carbs: 54	
				For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in Advance.					
5	B 6	B 7	B 8	B 9	B	B	B	B	B
Hot Dog* 540 Mustard 55 Baked Beans 37 Cabbage & Carrots 47 Hot Dog Roll 210 Mixed Fruit 10	Chinese Vegetable Soup 180 Beef and Broccoli 109 Fried Rice 73 WW Roll 160 Pineapple 1	Meatball Sub 265 Italian Pasta 1 Italian Blend Veg 26 Sub Roll 162 Peaches 1	Roast Turkey w/ Gravy 303 Mashed Potato 49 Squash Blend 3 Multigrain Roll 190 Oatmeal Raisin Cookie 124 Diet: Graham Wafers	Teriyaki Chicken 216 Brown Rice 31 Oriental Blend Veg 26 Multigrain Bread 190 Pears 4					
Total Sodium: 899 Calories: 599 Carbs: 72	Total Sodium: 523 Calories: 590 Carbs: 68	Total Sodium: 460 Calories: 542 Carbs: 71	Total Sodium: 786 Calories: 519 Carbs: 79	Total Sodium: 467 Calories: 411 Carbs: 56					
12	A 13	A 14	A 15	A 16	A	A	A	A	A
Macaroni & Cheese* 588 Tomato Florentine 50 Oatmeal Roll 121 Mandarin Orange 6	Chicken Parmesan* 426 Penne Pasta 1 Mixed Vegetable 41 Dinner Roll 210 Fresh Plum	Beef Chili 176 Jasmine Rice 31 Summer Veg 57 Snowflake roll 260 Applesauce 20	Turkey Tetrazzini 420 Green Beans & Peppers 16 WW Roll 160 Oreo Cookies 85 Diet Graham Wafer	Baked Cod w/ Plum Sauce 268 Yellow Rice 32 Spring Blend Veg 57 Wheat Bread 115 Pears 4					
Total Sodium: 765 Calories: 489 Carbs: 71	Total Sodium: 677 Calories: 448 Carbs: 66	Total Sodium: 545 Calories: 527 Carbs: 82	Total Sodium: 682 Calories: 668 Carbs: 113	Total Sodium: 476 Calories: 379 Carbs: 61					
19	B 20	B 21	B 22	B 23	B	B	B	B	B
Sausage 520 Peppers and Onions Dirty Rice 132 Sub Roll 162 Pineapple 1	Honey Ginger Chicken 132 Mixed Vegetables 41 Roasted Potatoes 28 Oatmeal Roll 121 Tropical Fruit 16	Tossed Salad w/Dressing 124 Lasagna Roll Up 414 w/ Bolognese Sauce Roman Blend Veg 26 Dinner Roll 210 Fresh Pear 4	Roast Pork 71 Apple gravy 105 Red Bliss Potatoes 15 Brussel Sprouts 12 Whole Wheat Roll 160 Lemon Pudding 101 Diet Pudding	Shrimp Mozambique 434 Yellow Rice 32 Green Beans 3 Multigrain roll 190 Mixed Fruit 10					
Total Sodium: 816 Calories: 441 Carbs: 66	Total Sodium: 331 Calories: 505 Carbs: 69	Total Sodium: 777 Calories: 386 Carbs: 58	Total Sodium: 464 Calories: 462 Carbs: 49	Total Sodium: 669 Calories: 779 Carbs: 72					
26	A 27	A 28	A 29	*High Sodium Meal	30	A	A	A	A
Cheeseburger* 581 Ketchup 82 Potato Wedges 27 Chuckwagon Corn 2 Hamburger Roll 230 Pineapple 1	Chicken Stew w/ Vegetables 307 Confetti Rice 38 Dinner Roll 210 Tropical Fruit 10	Spanish Omelet 376 Hash Browns 132 Tomato & Zucchini 39 Fruit Loaf 160 Fresh Orange	Salisbury Steak w/ Mushroom Gravy 381 Cheesy Mashed Potatoe 77 Glazed Carrots 83 Multigrain Bread 190 Birthday Cake 209	Baked Salmon w/ Italian Herb Sauce 67 Rice Pilaf 130 Broccoli 12 WW Roll 5 Diced Peaches 160					
Total Sodium: 923 Calories: 694 Carbs: 88	Total Sodium: 565 Calories: 456 Carbs: 62	Total Sodium: 706 Calories: 548 Carbs: 77	Total Sodium: 1082 Calories: 788 Carbs: 105	Total Sodium: 384 Calories: 483 Carbs: 54					

* 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

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.



DO NOT LEAVE HEALTH CARE DECISIONS TO CHANCE

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.



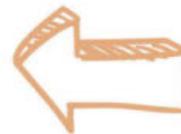
WHAT IS SUPPORTIVE SOCIAL DAY?



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



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.



Intergenerational Fun!

AUGUST 2024



BINGO

Skee Ball



Shuffle Board



From Sally's Corner

Hello and Happy August!

Hope you all are staying cool during these dog days of Summer! Just a reminder to caregivers that starting Monday, August 5th, the Supportive Social Day Program will be opening five days a week!!

If you are interested in adding a day or day's, please reach out to Sally Bourke or Deb Chmiel at 508-993-9455

Make sure to stay hydrated during these hot and humid days ahead!

Sally 😊

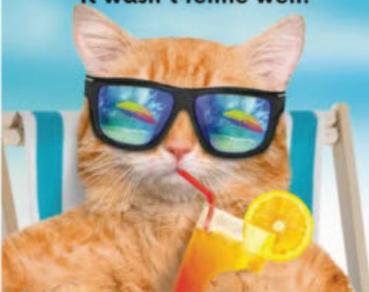
Activities:

- Bingo**
- Intergenerational Field Day**
- Indoor Skee Ball**
- Shuffle Board**
- Jumbo Jenga**
- Inflatable Dart Game**

Entertainment from:

- Rick Fereria**
- Tony & Pat**
- Gary Farias**
- Charlotte Silvia**

Did you hear about the cat that went to the doctor?
It wasn't feline well.



Town Happenings



Concerts Under the Stars
Thursday evenings from July 13 to August 10, 2023

7:00 to 9:00 p.m.

Town Hall steps, 40 Center Street, Fairhaven

Thursday, August 3

Mojo Kings
Rock & Roll, Funk and Soul.

Thursday, August 10

G & Friends
Jazz, pop, rock, and blues. Something for everyone



Fairhaven Farmer's Market
Sundays, June 16 through October 27, 2024, 11:00 a.m. to 2:30 p.m.
151 Alden Road, Fairhaven, MA, next to National Bleach

Huttleston Marketplace

saturdays, may 18-september 28, 2024

ARTS ♦ CRAFTS ♦ FARM PRODUCE ♦ FOOD

141 MAIN STREET, FAIRHAVEN, MA AT ROUTE 6

Except last Saturday in June

SAVE THE DATE!

FREE Family Fun



Touch a Truck

LIVESEY PARK | SUNDAY, AUGUST 18TH | 11AM-3PM

Tow Trucks ~ Emergency Vehicles ~ Race Cars & More

SEE TOUCH EXPLORE HONK

SEE the EQUIPMENT and MEET the PEOPLE who serve this community every day.

Music with DJ Johnny Angel

Free admission! Children and their families have the opportunity to touch, climb, and take pictures with unique cars and trucks, emergency vehicles, and construction equipment.

Meet their operators for demonstrations and questions.

Food and drink will be available for purchase throughout the event.



Proceeds to benefit the North Fairhaven Improvement Association.



ACUSHNET APPLE-PEACH festival

• 2024 •
Celebrating 43 Years

Great Entertainment, Crafts, Food and Fun!

SEPT. 7 & 8, 2024

10:00 AM to 6:00 PM

LONG PLAIN MUSEUM

1203 Main St., Acushnet, MA

FREE PARKING & ADMISSION

SHUTTLE BUS FROM ACUSHNET MIDDLE SCHOOL

PARADE SUN. 10:00 FROM POPE PARK

ENTERTAINMENT SCHEDULE

SATURDAY, SEPT. 7	SUNDAY, SEPT. 8
10:00-10:45...SHARONS STUDENT SHOWCASE	10:00-10:45... GONSALVES TIA KWON DO
11:00-11:45..... T.B.A	11:00-11:45..... ALL ALONG
12:00-12:45..... GARY LANGEVIN	12:00-12:45...STEPHANIE LAMB WITH LAST CALL
1:00-1:45..... HILLSIDE	1:00-1:45..... EXTREME ACOUSTIC
2:00-2:45..... STUMBLERS	2:00-2:45..... SHANE FITSGERALD
3:00-3:45..... TEMPORARY PHASE	3:00-3:45..... DIRTY SANCHEZ BAND
4:00-6:00..... BUZZARD BLUE	4:00-4:45..... NEAL MCCARTHY BAND

THANK YOU APPLE PEACH FESTIVAL COMMITTEE - TOM FORTIN, CHAIRMAN
www.AcushnetApplePeachFestival.com

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2-3:30pm \$18/class
At the Fairhaven COA
Classes will resume in September

Nails by Lindsay

Every Monday from 9:30am -12:30pm
4 Appointment times \$15.00
Basic Manicure with regular polish
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MoxieMotion

August 14th & August 28th
1:00pm at the Fairhaven COA

Build strength and endurance safely through crucial fundamental movements that also enhance balance. Participants engage in exercises at their own pace, supported by the group synergy for a personalized and supportive experience. Join this class in-person or on Facebook Live.

FREE Program through a Massachusetts Hybrid Programming Grant.
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Reverse Mortgage's with Mike Kennedy

Where:

Fairhaven COA
229 Huttleston Ave
Fairhaven, MA

When:

Tuesday
August 13, 2024
10:00am- 11:00am



Covering all your questions:

- What is a reverse mortgage?
- Who is eligible?
- How much can someone receive?
- What are some of the benefits?
- What are the tax-free distribution options?
- What are the costs involved?
- How is the reverse mortgage repaid?

PLEASE CALL TO SIGN UP
508.979.4029

AUGUST WELLNESS EXCURSION

\$10.00 Bus leaves promptly at 8:30am

Join Patsy for an enjoyable excursion to Allens Pond Wildlife Sanctuary. Enjoy a 90minute walk to explore a forest, vernal pools, and grassland habitats. This excursion walk you to a beautiful view of Salt Marsh and the magnificent Allens Pond.



Allen's Pond Wildlife Sanctuary



Please bring sunscreen, hat, hydration, boxed lunch, proper outerwear, foot wear and snacks. Please also bring cash for the ice cream shop on the return trip.

Must call to sign up 508.979.4029

August 22nd



LAWN BOWLING & CROQUET LESSONS

Hazelwood Greens

Tuesdays 9:30am-11:30am
Preregistration is required through your Coastline.

The Fairhaven Senior Center has partnered with New Bedford Recreation for the use of the Hazelwood Greens! This is a wonderful opportunity to meet new people as well as enjoy the outdoors while playing a fun game of Lawn Bowling!

553 Brock Ave, New Bedford, MA



August Word Search

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

 **AUGUST
 BEACH
 CAMP
 FIREWORKS**



**HOT
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