

# THE YOUNG

SEPTEMBER 2023

*and the rest of us*

CITY OF NEW BEDFORD | JON MITCHELL, MAYOR



Welcome to 89th edition of the “Young And The Rest of Us” a monthly publication brought to you by the New Bedford Council on Aging. The publication highlights



SEPTEMBER 2023

# NEW BEDFORD ADULT SOCIAL DAY CARE PROGRAM

2

Senior Activity Coordinators: Marisol Grant and Karen Zegarowski



Assistant Recreation Leaders: Angela Johnson, Josephine Martins, Caitlyn Harrison, and Patricia Foster

Center Number 508-991-6170 Admissions Information 508-991-6251

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p style="text-align: right;"><b>1</b></p> <p>10:30–11:30 Chair Zumba 12:30– Walking Along 1-2– Tic Tac Toe</p>
<p style="text-align: right;"><b>4</b></p> <p>Program Closed in Observance of Labor Day</p> 	<p style="text-align: right;"><b>5</b></p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour &amp; Show and Tell</p>	<p style="text-align: right;"><b>6</b></p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia Birthday Cake Celebration</p>	<p style="text-align: right;"><b>7</b></p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Piano with Ben</p>	<p style="text-align: right;"><b>8</b></p> <p>10-11– Flexercise 12:30– Walking Along 1-2– Tic Tac Toe</p> 
<p style="text-align: right;"><b>11</b></p> <p>10– 11 Exercise 11-11:30 Coloring 12:15–Walking Along 1-2 Bean Bag</p>	<p style="text-align: right;"><b>12</b></p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour &amp; Show and Tell</p>	<p style="text-align: right;"><b>13</b></p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia</p>	<p style="text-align: right;"><b>14</b></p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Movie Time</p>	<p style="text-align: right;"><b>15</b></p> <p>10:30–11:30 Chair Zumba 12:30– Walking Along 1-2– Tic Tac Toe</p>
<p style="text-align: right;"><b>18</b></p> <p>10– 11 Exercise 11-11:30 Coloring 12:15–Walking Along 1-2 Bowling</p>	<p style="text-align: right;"><b>19</b></p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour &amp; Show and Tell Ukelele with Judy</p>	<p style="text-align: right;"><b>20</b></p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia</p>	<p style="text-align: right;"><b>21</b></p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Piano with Ben Hearing Exams w/ Lauren</p>	<p style="text-align: right;"><b>22</b></p> <p>10:30–11:30 Chair Zumba 12:30– Walking Along 1-2– Music Time</p> 
<p style="text-align: right;"><b>25</b></p> <p>10– 11 Exercise 11-11:30 Coloring 12:15–Walking Along 1-2 Bowling</p>	<p style="text-align: right;"><b>26</b></p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour &amp; Show and Tell</p>	<p style="text-align: right;"><b>27</b></p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia</p>	<p style="text-align: right;"><b>28</b></p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Piano with Ben</p>	<p style="text-align: right;"><b>29</b></p> <p>10:30–11:30 Chair Zumba 12:30– Walking Along 1-2– Music Time</p>



Congregate Lunch Program to Come—553 Brock Avenue  
 Assistant Recreation Leader—Jean Ehle 508-991-6208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p style="text-align: right;">1</p> <p>12– 2 Bingo                  2-3 Strength &amp; Conditioning with Larry</p>
<p style="text-align: right;">4</p> <p>Program Closed in Observance of Labor Day</p> 	<p style="text-align: right;">5</p> <p>12-2:30– Billiards</p> 	<p style="text-align: right;">6</p> <p>12-2 -Bingo</p> 	<p style="text-align: right;">7</p> <p>9:30—11:30 Knitting                  9:30—11:30 Oil Painting                  1-2:30 -Line Dancing</p>	<p style="text-align: right;">8</p> <p>12– 2 Bingo</p> 
<p style="text-align: right;">11</p> <p>10– 11- Zumba with Pati                  12:00—2:00 Bingo</p>	<p style="text-align: right;">12</p> <p>10-11- Chair Yoga with Sue                  12-2:30– Billiards</p>	<p style="text-align: right;">13</p> <p>12-2 -Bingo</p>	<p style="text-align: right;">14</p> <p>9:30—11:30 Knitting                  9:30—11:30 Oil Painting                  12-1- Chair Zumba                  1-2:30 Line Dancing</p>	<p style="text-align: right;">15</p> <p>12– 2 Bingo                  2-3 Strength &amp; Conditioning with Larry</p>
<p style="text-align: right;">18</p> <p>10– 11 -Zumba with Pati                  12:00—2:00 Bingo                  Final Expense Presentation</p>	<p style="text-align: right;">19</p> <p>10-11 -Chair Yoga with Sue                  12-2:30 –Billiards</p>	<p style="text-align: right;">20</p> <p>12-2 -Bingo</p> 	<p style="text-align: right;">21</p> <p>9:30—11:30 - Knitting                  9:30—11:30- Oil Painting                  12-1- Chair Zumba                  1-2:30 -Line Dancing</p>	<p style="text-align: right;">22</p> <p>12– 2 Bingo                  2-3 Strength &amp; Conditioning with Larry</p>
<p style="text-align: right;">25</p> <p>10– 11 -Zumba                  12:00—2:00 - Bingo</p>	<p style="text-align: right;">26</p> <p>10-11- Chair Yoga with Sue                  12-2:30– Billiards</p> 	<p style="text-align: right;">27</p> <p>12-2 -Bingo</p>	<p style="text-align: right;">28</p> <p>9:30—11:30 - Knitting                  9:30—11:30- Oil Painting                  12-1- Chair Zumba                  1-2:30 -Line Dancing</p>	<p style="text-align: right;">29</p> <p>12– 2 Bingo                  2-3 Strength &amp; Conditioning with Larry</p>

Lunch Monday- Friday 11:30—1997 Acushnet Avenue 508-961-3100  
Assistant Recreation Leader Sharon Andrade and John Malone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p style="text-align: right;">1</p> <p>10-11 Tai Chi 1-2:30 Fun &amp; Games</p>
				<p style="text-align: right;">4</p> <p>Program Closed in Observance of Labor Day</p> 
<p style="text-align: right;">11</p> <p>9 am Coffee and a Muffin 12:30-1:30 Strength &amp; Conditioning w/Larry</p>	<p style="text-align: right;">12</p> <p>10:30—11:30 Line Dancing 12-2 Bingo</p>	<p style="text-align: right;">13</p> <p>10—11 Chair Yoga With Sue 12-2 Board Games And Puzzles</p>	<p style="text-align: right;">14</p> <p>10-11:30 Coffee &amp; Card Games 12-2 Bingo</p>	<p style="text-align: right;">15</p> <p>10-11 Tai Chi 1-2:30 Fun &amp; Games</p>
<p style="text-align: right;">18</p> <p>9 am Coffee and a Muffin 12:30-1:30 Strength &amp; Conditioning w/Larry</p>	<p style="text-align: right;">19</p> <p>10:30—11:30 Line Dancing 12-2 Bingo</p>	<p style="text-align: right;">20</p> <p>10—11 Chair Yoga With Sue 12-2 Board Games And Puzzles</p> 	<p style="text-align: right;">21</p> <p>10-11:30 Coffee &amp; Card Games 12-2 Bingo</p> 	<p style="text-align: right;">22</p> <p>10-11 Tai Chi 1-2:30 Fun &amp; Games</p> 
<p style="text-align: right;">25</p> <p>9 am Coffee and a Muffin 12:30—1:30 Strength &amp; Conditioning w/Larry</p>	<p style="text-align: right;">26</p> <p>10:30—11:30 Line Dancing 12-2 Bingo</p> 	<p style="text-align: right;">27</p> <p>10—11 Chair Yoga With Sue 12-2 Board Games And Puzzles</p>	<p style="text-align: right;">28</p> <p>10-11:30 Coffee &amp; Card Games 12-2 Bingo 2-3 Birthday Celebration</p>	<p style="text-align: right;">29</p> <p>10-11 Tai Chi 1-2:30 Fun &amp; Games</p>

## ICE CREAM FLAVORS

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

COCONUT

ROCKY ROAD

HOKEY POKEY

TIGER TAIL

STRAWBERRY

COOKIE DOUGH

CHOCOLATE

PECAN

VANILLA

NEOPOLITAN

MOOSE TRACKS

REESES

FUDGE

COTTON CANDY

GREEN TEA

BANANA

**FROM THE DESK  
OF THE EDITORS**



**Twilight Bingo is Back!**  
**Friday, September 22nd!**  
**5:30PM - 7:30PM**  
**Brooklawn Senior Center**  
**1997 Acushnet Ave.**  
**Come Play Bingo During**  
**the Evening!**

**Please Register by Calling 508-961-3100.**



**THE NEW BEDFORD FACE TO  
FACE MEDIATION PROGRAM**

**Dispute with a landlord, neighbor, or family member? Explore mediation to resolve the conflict.**

**Mediation is free, confidential, and non-judgmental.**

**Talk to one of the mediators.**

**We speak English, Spanish and Portuguese.**

**(508) 984-2663**

**Interested in Lawn Bowling or Croquet at Hazelwood Park?**  
**Call the Andrea McCoy Center**  
**At 508-961-3015**



**For upcoming trips, please call 508-991-6250.**

**CONTACT INFORMATION**

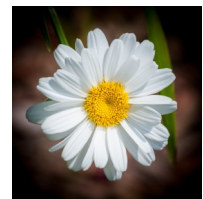
**Council on Aging  
Director**  
**Pamela Amaral-Lema**  
**The Council on Aging**  
**Call The Council on Aging main office at**  
**508-991-6250**

**NEW BEDFORD  
ADULT SOCIAL DAY  
CARE**  
**Buttonwood Park**  
**1 Oneida Street**  
**New Bedford, MA**  
**02740**

**Senior Activities  
Coordinators**  
**Marisol Grant**  
**and**  
**Karen Zegarowski**  
**Assistant Recreation  
Leaders**  
**Angela Johnson,**  
**Josephine Martins,**  
**Caitlin Harrison, and**  
**Patricia Foster**  
**508-991-6170**

**Brooklawn Community  
Senior Center**  
**1997 Acushnet Avenue**  
**New Bedford, MA**  
**02745**  
**Assistant Recreation  
Leaders**  
**Sharon Andrade, John  
Malone**  
**508-961-3100**

**Rosemary Tierney  
Community Senior  
Center**



**Assistant Recreation  
Leader**  
**Jean Ehle**  
**508-991-6208**

**BOARD OF DIRECTORS**

**Bruce Duarte, Chairman**  
**Patricia Costa,**  
**Vice Chairperson**  
**Nancy Feeney—Secretary**  
**Jane Stott**  
**Joan Swain**  
**Deborah Mimoso**  
**Celeine Seraiva**  
**Patricia Langis**

**The Advisory Board  
meets the 2nd Thursday  
of the month . September  
14th is the next scheduled  
meeting.**

