

THE YOUNG

OCTOBER 2023

and the rest of us

CITY OF NEW BEDFORD | JON MITCHELL, MAYOR



Welcome to 90th edition of the "Young And The Rest of Us" a monthly publication brought to you by the New Bedford Council on Aging.





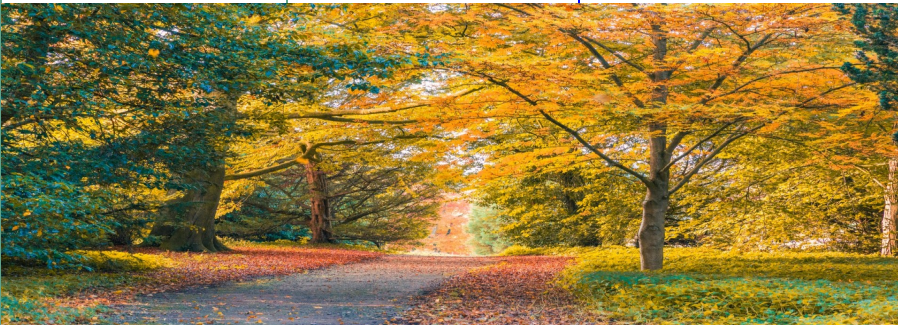
OCTOBER 2023

NEW BEDFORD ADULT SOCIAL DAY CARE PROGRAM

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>2</p> <p>10– 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bean Bag</p>	<p>3</p> <p>Closed Preliminary Election</p>	<p>4</p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia Birthday Cake Celebration</p>	<p>5</p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Piano with Ben</p>	<p>6</p> <p>10:30–11:30 Chair Zumba 12:30– Walking Along 1-2– Tic Tac Toe</p>
<p>9</p> <p>Program Closed in Observance of Columbus Day/ Indigenous People’s Day</p>	<p>10</p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell</p>	<p>11</p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia Birthday Cake Celebration</p>	<p>12</p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Piano with Ben</p>	<p>13</p> <p>10-11– Flexercise 12:30– Walking Along 1-2– Tic Tac Toe</p> 
<p>16</p> <p>10– 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bean Bag</p>	<p>17</p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell</p>	<p>18</p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia</p>	<p>19</p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Movie Time</p>	<p>20</p> <p>10:30–11:30 Chair Zumba 12:30– Walking Along 1-2– Tic Tac Toe</p>
<p>23</p> <p>10– 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bowling</p>	<p>24</p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell Ukelele with Judy</p>	<p>25</p> <p>9:45– 11:30- Bingo 12:30- Walking Along 12:30– Fun Facts Trivia</p>	<p>26</p> <p>10:30-11:30– Exercise with Larry 12:30– Walking Along 1-2 Piano with Ben Hearing Exams w/ Lauren</p>	<p>27</p> <p>10:30–11:30 Chair Zumba 12:30– Walking Along 1-2– Music Time</p> 
<p>30</p> <p>10– 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bowling</p>	<p>31</p> <p>10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell</p>			










ROSEMARY TIERNEY COMMUNITY CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10– 11- Zumba with Pati 12:00—2:00 Bingo</p>	<p>3</p> <p>Closed Preliminary Election</p> <p>Chair Yoga moved to Brooklawn from 10-11</p>	<p>4</p> <p>12-2 -Bingo</p> 	<p>5</p> <p>9:30—11:30 Knitting</p> <p>9:30—11:30 Oil Painting</p>	<p>6</p> <p>12– 2 Bingo 2-3 Strength & Conditioning with Larry</p>
<p>9</p> <p>Program Closed in Observance of Columbus Day/ Indigenous People’s Day</p>	<p>10</p> <p>12-2:30– Billiards</p> 	<p>11</p> <p>12-2 -Bingo</p> 	<p>12</p> <p>9:30—11:30 Knitting</p> <p>9:30—11:30 Oil Painting</p>	<p>13</p> <p>12– 2 Bingo</p> 
<p>16</p> <p>10– 11- Zumba with Pati 12:00—2:00 Bingo</p>	<p>17</p> <p>10-11- Chair Yoga with Sue 12-2:30– Billiards</p>	<p>18</p> <p>12-2 -Bingo</p> 	<p>19</p> <p>9:30—11:30 Knitting</p> <p>9:30—11:30 Oil Painting</p> <p>12-1- Chair Zumba</p>	<p>20</p> <p>12– 2 Bingo 2-3 Strength & Conditioning with Larry</p>
<p>23</p> <p>10– 11 -Zumba with Pati 12:00—2:00 Bingo</p>	<p>24</p> <p>10-11 -Chair Yoga with Sue 12-2:30 –Billiards</p>	<p>25</p> <p>12-2 -Bingo</p> 	<p>26</p> <p>9:30—11:30 - Knitting</p> <p>9:30—11:30- Oil Painting</p> <p>12-1- Chair Zumba</p>	<p>27</p> <p>12– 2 Bingo 2-3 Strength & Conditioning with Larry</p>
<p>30</p> <p>10– 11 -Zumba 12:00—2:00 -Bingo</p>	<p>31</p> <p>10-11- Chair Yoga with Sue 12-2:30– Billiards</p> 			

BROOKLAWN SENIOR CENTER

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>2 9 am Coffee and a Muffin 12:30-1:30 Strength & Conditioning w/Larry</p>	<p>3 12-2 Bingo</p> 	<p>4 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles</p>	<p>5 10-11:30 Coffee & Card Games 12-2 Bingo</p>	<p>6 10-11 Tai Chi 1-2:30 Fun & Games</p>
<p>9 Program Closed in Observance of Columbus Day/ Indigenous People's Day</p>	<p>10 12-2 Bingo</p> 	<p>11 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles</p>	<p>12 10-11:30 Coffee & Card Games 12-2 Bingo</p>	<p>13 10-11 Tai Chi 1-2:30 Fun & Games</p> 
<p>16 9 am Coffee and a Muffin 12:30-1:30 Strength & Conditioning w/Larry</p>	<p>17 11-12 Eternal Health Medicare 101 Presentation (Lunch Provided, Please Register) 12-2 Bingo</p>	<p>18 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles</p>	<p>19 10-11:30 Coffee & Card Games 12-2 Bingo</p>	<p>20 10-11 Tai Chi 1-2:30 Fun & Games</p>
<p>23 9 am Coffee and a Muffin 12:30-1:30 Strength & Conditioning w/Larry</p>	<p>24 12-2 Bingo</p> 	<p>25 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles</p> 	<p>26 10-11:30 Coffee & Card Games 12-2 Bingo</p> 	<p>27 10-11 Tai Chi 1-2:30 Fun & Games</p> 
<p>30 9 am Coffee and a Muffin 12:30-1:30 Strength & Conditioning w/Larry</p>	<p>31 12-2 Halloween Bingo Best Costume Wins a Prize.</p> 			

Autumn

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

HARVEST

MAZE

GEESE

PEAR

RAKE

CHILLY

RED

SWEATER

BROWN

OCTOBER

THANKFUL

COLORS

ORCHARD

HAY

APPLE

WHEAT

MAPLE TREE

PUMPKIN

LEAVES

ORANGE

FROM THE DESK
OF THE EDITORS

Open Enrollment (October 15th– December 7th) is right around the corner. Please call [508-991-6250](tel:508-991-6250) to schedule an appointment with a SHINE counselor.

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



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

CONTACT INFORMATION

Council on Aging
Director
Pamela Amaral-Lema
508-991-6251
Administrative
Manager
Diane Figueiredo
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
&
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
508-961-3100

Rosemary Tierney
Community Senior
Center



Assistant Recreation
Leader
Jean Ehle &
John Malone
508-991-6208

BOARD OF DIRECTORS

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Joan Swain
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Celeine Seraiva
Patricia Langis

The Advisory Board meets the 2nd Thursday of the month . October 12th is the next scheduled meeting.

