

# THE YOUNG

DECEMBER 2023

*and the rest of us*

CITY OF NEW BEDFORD | JON MITCHELL, MAYOR



Welcome to 92nd edition of the “Young And The Rest of Us” a monthly publication brought to you by the New Bedford Council on Aging.



DECEMBER 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>1</p> <p>10:30–11:30<br/>Chair Zumba<br/>12:30– Walking Along<br/>1-2– Tic Tac Toe</p>      |
|   |  |  |   | <p>4</p> <p>10– 11 Exercise<br/>11-11:30 Coloring<br/>12:15—Walking Along<br/>1-2 Bean Bag</p> |
| <p>11</p> <p>10– 11 Exercise<br/>11-11:30 Coloring<br/>12:15—Walking Along<br/>1-2 Bean Bag</p> | <p>12</p> <p>10-11- Flexercise<br/>12:30- Walking Along<br/>1-2 Happy Hour &amp;<br/>Show and Tell</p> | <p>13</p> <p>9:45– 11:30-<br/>Bingo<br/>12:30- Walking Along<br/>12:30– Fun Fact Trivia</p>  | <p>14</p> <p>10:30-11:30–<br/>Exercise with Larry<br/>12:30– Walking Along<br/>1-2 Piano w/ Ben</p> | <p>15</p> <p>10:30–11:30<br/>Chair Zumba<br/>12:30– Walking Along<br/>1-2– Tic Tac Toe</p>     |
| <p>18</p> <p>10– 11 Exercise<br/>11-11:30 Coloring<br/>12:15—Walking Along<br/>1-2 Bean Bag</p> | <p>19</p> <p>10-11- Flexercise<br/>12:30- Walking Along<br/>1-2 Happy Hour &amp;<br/>Show and Tell</p> | <p>20</p> <p>9:45– 11:30-<br/>Bingo<br/>12:30- Walking Along<br/>12:30– Fun Fact Trivia</p>  | <p>21</p> <p>12:30– Walking Along<br/>1-2 Movie Time</p>  | <p>22</p> <p>Half Day<br/>Center Closes at Noon</p>  |
| <p>25</p> <p>Closed</p>   | <p>26</p> <p>10-11- Flexercise<br/>12:30- Walking Along<br/>1-2 Happy Hour &amp;<br/>Show and Tell</p> | <p>27</p> <p>9:45– 11:30-<br/>Bingo<br/>12:30- Walking Along<br/>12:30– Fun Facts Trivia</p> | <p>28</p> <p>12:30– Walking Along<br/>1-2 Piano w/ Ben</p>  | <p>29</p> <p>Half Day<br/>Center Closes at Noon</p>  |

# ROSEMARY TIERNEY COMMUNITY CENTER

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
|   |  |  |   | <p>1</p> <p>12- 2 Bingo<br/>                     2-3 Strength &amp; Conditioning with Larry</p>  |
|  |  |  |   | <p>4</p> <p>10- 11- Zumba with Pati<br/>                     12:00—2:00 Bingo</p>                |
| <p>11</p> <p>10- 11- Zumba with Pati<br/>                     12:00—2:00 Bingo</p> | <p>12</p> <p>10-11- Chair Yoga with Sue<br/>                     11:30-1- Cross-Stitch Class<br/>                     12-2:30- Billiards</p> | <p>13</p> <p>12-2 -Bingo</p>  | <p>14</p> <p>9:30—11:30 Knitting<br/>                     9:30—11:30 Oil Painting<br/>                     12:30-1:30- Chair Zumba<br/>                     2-3- Line Dancing</p> | <p>15</p> <p>12- 2 Bingo<br/>                     2-3 Strength &amp; Conditioning with Larry</p> |
| <p>18</p> <p>10-11- Zumba with Pati<br/>                     12:00—2:00 Bingo</p>  | <p>19</p> <p>11:30-1- Cross-Stitch Class<br/>                     12-2:30- Billiards</p>   | <p>20</p> <p>12-2 -Bingo</p>  | <p>21</p> <p>9:30—11:30 Knitting<br/>                     9:30—11:30 Oil Painting<br/>                     2-3- Line Dancing</p>  | <p>22</p> <p>Half Day<br/>                     Center Closes at Noon</p>                         |
| <p>25</p> <p>Closed</p>  | <p>26</p> <p>12-2:30- Billiards</p>                       | <p>27</p> <p>12-2 -Bingo</p>   | <p>28</p> <p>9:30—11:30 Knitting<br/>                     9:30—11:30 Oil Painting<br/>                     2-3- Line Dancing</p>  | <p>29</p> <p>Half Day<br/>                     Center Closes at Noon</p>                         |

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

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
|          |   |  |   | <p>1<br/>10-11 Tai Chi<br/>1-2:30 Fun &amp; Games</p>                   |
| <p>4<br/>9 am Coffee and a Muffin<br/>12:30-1:30 Strength &amp; Conditioning w/Larry</p>  | <p>5<br/>9:30-10:30- Line Dancing<br/>12-2 Bingo<br/></p>    | <p>6<br/>10-11 Chair Yoga With Sue<br/>12-2 Board Games And Puzzles</p>  | <p>7<br/>10-11:30 Coffee &amp; Card Games<br/>12-2 Bingo</p>  | <p>8<br/>10-11 Tai Chi<br/>1-2:30 Fun &amp; Games</p>                   |
| <p>11<br/>9 am Coffee and a Muffin<br/>12:30-1:30 Strength &amp; Conditioning w/Larry</p> | <p>12<br/>9:30-10:30- Line Dancing<br/>12-2 Bingo<br/></p> | <p>13<br/>10-11 Chair Yoga With Sue<br/>12-2 Board Games And Puzzles</p>   | <p>14<br/>10-11:30 Coffee &amp; Card Games<br/>12-2 Bingo</p> | <p>15<br/>10-11 Tai Chi<br/>1-2:30 Fun &amp; Games</p>                  |
| <p>18<br/>9 am Coffee and a Muffin<br/>12:30-1:30 Strength &amp; Conditioning w/Larry</p> | <p>19<br/>9:30-10:30- Line Dancing<br/>12-2 Bingo<br/></p> | <p>20<br/>12-2 Board Games And Puzzles<br/></p> | <p>21<br/>10-11:30 Coffee &amp; Card Games<br/>12-2 Bingo</p> | <p>22<br/>10-11 Tai Chi<br/><br/>Half Day<br/>Center Closes at Noon</p> |
| <p>25<br/>Closed</p>  | <p>26<br/>12-2 Bingo<br/></p>                              | <p>27<br/>12-2 Board Games And Puzzles<br/></p> | <p>28<br/>10-11:30 Coffee &amp; Card Games<br/>12-2 Bingo</p> | <p>29<br/>10-11 Tai Chi<br/><br/>Half Day<br/>Center Closes at Noon</p> |

## Winter Wonderland

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

WINTER

FROSTY

SLEDDING

SNOWFALL

SNOWBALL

ICICLE

FROZEN

GLISTEN

HOT CHOCOLATE

SKATING

BLIZZARD

SNOWFLAKE

WONDERLAND

SKIING

FROM THE DESK  
OF THE EDITORS

We're coming up to the last days of open enrollment. Open enrollment ends December 7th. Please call [508-991-6250](tel:508-991-6250) to schedule an appointment with a SHINE counselor.

*In observance of the holidays, our offices will close early on Friday, December 22nd and Friday, December 29th at noon, and will be closed on Monday, December 25th.*

*The New Bedford Council on Aging wants to wish everyone a happy, healthy, joyous, and safe holiday season!*



**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  
Marisol Grant  
&  
Karen Zegarowski  
Assistant Recreation  
Leaders  
Angela Johnson,  
Josephine Martins,  
Caitlin Harrison,  
Patricia Foster, and  
Donna Dwelly  
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

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

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

