

THE YOUNG

JANUARY 2024

and the rest of us

CITY OF NEW BEDFORD | JON MITCHELL, MAYOR



Welcome to 93rd edition of the "Young And The Rest of Us" a monthly publication brought to you by the New Bedford Council on Aging.

Happy
New Year


JANUARY 2024

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
1 Closed New Year's Day	2 10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell	3 9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia BP Clinic	4 10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Paino w/ Ben	5 10:30-11:30 Chair Zumba 12:30- Walking Along 1-2- Tic Tac Toe
8 10- 11 Exercise 11-11:30 Coloring 12:15-Walking Along 1-2 Bean Bag Toss	9 10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell Hearing/Bingo Presentation	10 9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia	11 10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Paino w/ Ben	12 10:30-11:30 Chair Zumba 12:30- Walking Along 1-2-Tic Tac Toe
15 Closed Martin Luther King Jr. Day	16 10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell Ukelele Ladies	17 9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia Stroke Awareness & BP Clinic	18 10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Movie Time	19 10:30-11:30 Chair Zumba 12:30- Walking Along One Solution Presentation Special Bingo 12:45
22 10- 11 Exercise 11-11:30 Coloring 12:15-Walking Along 1-2 Bean Bag Toss	23 10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell	24 9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia	25 10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Movie Time	26 10:30-11:30 Chair Zumba 12:30- Walking Along 1-2-Tic Tac Toe
29 10- 11 Exercise 11-11:30 Coloring 12:15-Walking Along 1-2 Bean Bag Toss	30 10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell	31 9:45- 11:30- Bingo 12:30- Walking Along Senior Whole Health Price is Right 12:30-1:30		






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
1 Closed New Year's Day	2 12-2- Billiards	3 11-2 -Bingo	4 9:30—11:30 Knitting 2-3- Line Dancing	5 11- 2 Bingo
8 10- 11- Zumba with Pati 12:00—2:00 Bingo	9 10-11- Chair Yoga with Sue 12-2- Billiards	10 11-2 -Bingo	11 9:30—11:30 Knitting 9:30—11:30 Oil Painting 12:30-1:30- Chair Zumba 2-3- Line Dancing	12 11- 2 Bingo 2-3 Strength & Conditioning with Larry
15 Closed Martin Luther King Jr. Day	16 10-11- Chair Yoga with Sue 12-2- Billiards	17 11-2 -Bingo 	18 9:30—11:30 Knitting 9:30—11:30 Oil Painting 12:30-1:30- Chair Zumba 2-3- Line Dancing	19 11- 2 Bingo 2-3 Strength & Conditioning with Larry
22 10-11- Zumba with Pati 12:00—2:00 Bingo	23 10-11- Chair Yoga with Sue 12-2- Billiards	24 11-2 -Bingo 	25 9:30—11:30 Knitting 9:30—11:30 Oil Painting 12:30-1:30- Chair Zumba 2-3- Line Dancing	26 11- 2 Bingo 2-3 Strength & Conditioning with Larry
29 10-11- Zumba with Pati 12:00—2:00 Bingo	30 10-11- Chair Yoga with Sue 12-2- Billiards 	31 11-2 -Bingo		

BROOKLAWN SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed New Year's Day	2 12-2 Bingo	3 12-2 Board Games And Puzzles	4 10-11:30 Coffee & Card Games 12-2 Bingo	5 10-11 Tai Chi 1-2:30 Fun & Games
8 9 am Coffee and a Muffin 12:30-1:30 Strength & Conditioning w/Larry	9 9:30-10:30- Line Dancing 12-2 Bingo 	10 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles	11 10-11:30 Coffee & Card Games 12-2 Bingo	12 10-11 Tai Chi 1-2:30 Fun & Games
15 Closed Martin Luther King Jr. Day	16 9:30-10:30- Line Dancing 12-2 Bingo 	17 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles	18 10-11:30 Coffee & Card Games 12-2 Bingo	19 10-11 Tai Chi 1-2:30 Fun & Games
22 9 am Coffee and a Muffin 12:30-1:30 Strength & Conditioning w/Larry	23 9:30-10:30- Line Dancing 12-2 Bingo 	24 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles 	25 10-11:30 Coffee & Card Games 12-2 Bingo	26 10-11 Tai Chi 1-2:30 Fun & Games
29 9 am Coffee and a Muffin 12:30-1:30 Strength & Conditioning w/Larry	30 9:30-10:30- Line Dancing 12-2 Bingo 	31 10-11 Chair Yoga With Sue 12-2 Board Games And Puzzles 		

The Golden Girls

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

ITALY
 BEA ARTHUR
 STAN
 SOUTHERN
 GIRLS

FLORIDA
 MINNESOTA
 DOROTHY
 SHADY PINES
 SOPHIA

GOLDEN
 KITCHEN
 LOVE
 PETRILLO
 MILES

MIAMI
 BLANCHE
 FRIENDSHIP
 ST. OLAF
 ROSE

FROM THE DESK
OF THE EDITORS

AARP's Tax Aide Program is able to bring trained preparers to assist in filling out taxes for low to moderate income seniors. They will be available at the Council on Aging Administrative Office on Thursdays from February– April. Available by Appointment Only. Please call Ruty at 508-991-6250.

Local Medical Transportation Available on Mondays. For more information, please call Donna at 508-991-6271.

Wishing Everyone a Wonderful New Year!



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

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Joan Swain
Nancy Feeney
Celeine Seraiva
Patricia Langis

The Advisory Board meets the 2nd Thursday of the month . January 11th is the next scheduled meeting.

