

THE YOUNG

MARCH 2024

and the rest of us

CITY OF NEW BEDFORD | JON MITCHELL, MAYOR



Welcome to 95th edition of the "Young And The Rest of Us" a monthly publication brought to you by the New Bedford Council on Aging.



March 2024

NEW BEDFORD ADULT SOCIAL DAY CARE PROGRAM

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Assistant Project Manager- Marisol Grant and Senior Activities Coordinator- Karen Zegarowski
 Assistant Recreation Leaders: Angela Johnson, Josephine Martins, Caitlyn Harrison, and Donna Dwelly
 Center Number 508-991-6170 Admissions Information 508-991-6251

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>You're Off to Great Places! Today is Your Day!</i></p>				1
4	5	6	7	8
10- 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bean Bag Toss	Closed Presidential Primary Election	9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia	10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Paino w/ Ben	10:30-11:30 Chair Zumba 12:30- Walking Along 1-2-Tic Tac Toe
11	12	13	14	15
10- 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bean Bag Toss	10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell	9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia BP Clinic	10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Movie Time	10:30-11:30 Chair Zumba 12:30- Walking Along 1-2 Tic Tac Toe
18	19	20	21	22
10- 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bean Bag Toss	10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell	9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia	10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Piano w/ Ben	10:30-11:30 Chair Zumba 12:30- Walking Along 1-2-Tic Tac Toe
25	26	27	28	29
10- 11 Exercise 11-11:30 Coloring 12:15—Walking Along 1-2 Bean Bag Toss	10-11- Flexercise 12:30- Walking Along 1-2 Happy Hour & Show and Tell	9:45- 11:30- Bingo 12:30- Walking Along 1-2- Fun Fact Trivia BP Clinic	10:30-11:30- Exercise with Larry 12:30- Walking Along 1-2 Piano w/ Ben	Half Day Center Closing at Noon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				11– 2 Bingo 2-3– Strength & Conditioning With Larry
4	5	6	7	8
10– 11- Zumba with Pati 12:00—2:00 Bingo	Closed Presidential Primary Election	12-2 -Bingo 	9:30—11:30 Knitting 9:30—11:30 Oil Painting 12:30-1:30- Chair Zumba 2-3 Line Dancing	11– 2 Bingo 2-3 Strength & Conditioning with Larry
11	12	13	14	15
10– 11- Zumba with Pati 12:00—2:00 Bingo	10-11- Chair Yoga with Sue 12-2– Billiards	12-2 -Bingo 	9:30—11:30 Knitting 9:30—11:30 Oil Painting 12:30-Chair Zumba 2-3 Line Dancing	11– 2—Pizza Bingo 2-3 Strength & Conditioning with Larry
18	19	20	21	22
10– 11- Zumba with Pati 12:00—2:00 Bingo	10-11– Chair Yoga with Sue 12-2– Billiards	12-2 -Bingo 	9:30—11:30 Knitting 9:30—11:30 Oil Painting 12:30- Chair Zumba	11– 2 Bingo 2-3 Strength & Conditioning with Larry
25	26	27	28	29
10-11– Zumba with Pati 12:00—2:00 Bingo	10-11– Chair Yoga with Sue 12-2– Billiards 	12-2 -Bingo	9:30—11:30 Knitting 9:30—11:30 Oil Painting 12:30- Chair Zumba	Half Day Center Closing at Noon

BROOKLAWN SENIOR CENTER

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

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

1970's TV Shows

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

BIONIC WOMAN

BONANZA

THE JEFFERSONS

EMERGENCY

THE ODD COUPLE

FANTASY ISLAND

THE WALTONS

HAPPY DAYS

CHARLIE'S ANGELS

NIGHT GALLERY

BARNEY MILLER

POLICE WOMAN

BRADY BUNCH

HOGAN'S HEROES

FROM THE DESK
OF THE EDITORS

Springtime Stroll

Fort Taber Community Center
1000 S. Rodney French Blvd
Friday, April 19th
11:30AM-2:30PM

Doors Open at 11:00AM
Lunch Served from 11:30-12:30PM
Entertainment from Noon-2:30PM

Luncheon from “D&D Catering”
Caesar Salad, Yankee Pot Roast,
Choice of Potato,
Seasonal Vegetables, Bread &
Butter, Assorted Pastries

Entertainment by
“Jordan Paiva”

RSVP by April 11th - (508) 991-6250
\$15.00- Per Person

Tickets May be Purchased @ The
Council on Aging
Administrative Office – 181 Hillman
St., Bldg. 9



**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

Director

Pamela Amaral-Lema
508-991-6251

**Administrative
Manager**

Diane Figueiredo
508-991-6253

**Assistant Project
Manager**

Marisol Grant
508-991-6170

**NEW BEDFORD
ADULT SOCIAL DAY
CARE**

Buttonwood Park
1 Oneida Street
New Bedford, MA
02740

**Senior Activities
Coordinator**

Karen Zegarowski
**Assistant Recreation
Leaders**

Angela Johnson,
Josephine Martins,
Caitlin Harrison, and
Donna Dwelly
508-991-6170

**Council on Aging
Main Line
508-991-6250**

**Elder Care Benefits
Advisor**

Patricia Foster
508-991-6250

**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 Feeny

Celeine Seraiva

Patricia Langis

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

