

October 2020



GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO) Newsletter

Fall has arrived, a great time of year to enjoy being outside! October is *the* month for leaf peeping, fresh local apples, cider, sweaters and the comfort of a bowl of soup. We invite you to browse through the newsletter for opportunities to enjoy the splendor of the season.



ON YOUR OWN ADVENTURES

Fort Taber Military Museum

Tuesday-Sunday 1-4pm, social distancing and masks required. Call 508-994-3938 for more information.

Drive-In Movies, presented by the Zeiterion

Seastreak Ferry "Whales Tooth" parking lot

Saturday, 10/17 7:30pm Disney's Coco

Friday, 10/23 7:30pm Avengers

Saturday, 10/24 7:30pm Disney's Frozen 2

\$25/car, sound to car radio

See more at zeiterion.org



Pine Meadow Farm Tour



Enjoy a 20-minute tour and learn about alpacas, goats, ponies, wallabies, porcupines and more! Stay and visit with the animals following the tour! Tour dates/time vary

The ARAW will buy your ticket, outing will be on your own
Call Sharon at 508-717-0400, if interested



Take a ride to Dartmouth Orchards or Flying Cloud Orchards



Can you smell the cider and apple pie? Are you imagining the color of the leaves? Ready to enjoy a country drive?

The ARAW will provide transportation to these destinations via Yellow Cab for qualified ladies.

Call Sharon if you are interested in tickets to the **Buttonwood Park Zoo.**



The zoo is a fun fall destination, and perhaps you will get a glimpse of Kodo, the baby red panda!

508-717-0400

The FLO program (Friendship Lunches and Outings) is a program for socialization and group outings for women who meet ARAW eligibility guidelines.

- ✓ Active ARAW beneficiaries are automatically enrolled and will receive the monthly *GOING WITH THE FLO* newsletter.
- ✓ Women in the community who meet the ARAW eligibility guidelines may enroll in the FLO Program as a stand-alone program.
- ✓ All ladies who were active in the WCAP as of March 31, 2020, have been enrolled in the FLO Program.



Health and Wellness

SOME FOOD ASSISTANCE

CSS Solanus Casey Food Pantry

23 Bonney St, New Bedford 508-997-7337

Every Wednesday/Thursday 10am-12pm

Proof of income & residency, photo ID | *once* per month

M.O. Life Food Pantry

725 Pleasant St, New Bedford 508-992-5978

Three Wednesdays per month – call first

Proof of income/photo ID | *once* per month



Local farmers' markets are open through October, fully stocked with the fall harvest



Don't miss the opportunity to use your SNAP/HIP benefits for fresh, seasonal fruits and vegetables!

**We Accept
SNAP
Benefits**



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!



Mental health support, encouragement and resources
www.helphopesouthcoast.com

COUNCILS ON AGING

Local COAs have once again started offering classes and programs. Contact your local agency for a monthly newsletter and all up to date information on programming.

ACUSHNET

508-998-0280

DARTMOUTH

508-999-4717

FAIRHAVEN

508-979-4081

NEW BEDFORD

508-991-6250

WESTPORT

508-636-1026

IMMIGRANT'S ASSISTANCE CENTER

508-996-8813

DID YOU KNOW?

You can pick up books curbside and/or get books delivered to your Kindle, tablet or computer from the local library?

Call your local library today!



Time for a meal giveaway so we can see you!

Drive-thru or Home Delivery

FRIDAY, OCTOBER 30TH

Meal Includes: soup, apple and dessert

Soups from Destination Soups in New Bedford

Choice of kale soup (GF), chicken vegetable or vegetable chili (GF,V)

Drive-thru pick-up 11:30-12:30, Wamsutta Club parking lot, enter from Orchard Street

We will be wearing masks and will place the items in the car for you.

UNABLE TO DRIVE-THRU? Home delivery is available the same day, time to be scheduled. We will be wearing masks and will pass bagged food items to you at the door. For those living in lobby entry or high-rise housing, we will ask you to meet us outside at a designated time.



**Must sign-up by
October 16th**

Call Sharon at
508-717-0400 or email
somalley@arawofnb.org

**MASKS
REQUIRED**

If you need a mask,
please let us know.