



September 2020



GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO) Newsletter

Welcome to the September issue of *Going with the FLO*. My name is Sharon O'Malley and I coordinate the FLO program.



Although I joined the ARAW staff in late May, before that I worked for twelve years with ARAW ladies through community grants and programming.

Many of you already know me through the WCAP, and I look forward to meeting many more of you (in person!) when we start group socials.

*Until then, feel free to give me a call. I welcome your input and ideas on what type of social outings you would like to see offered in future editions of **GOING WITH THE FLO**. Onward!*

Though our ARAW board members are not able to come into your home just now, we are reaching out in friendship through social visits by phone.

If you have not been contacted for a social visit by phone and would enjoy a call, please let us know!



Call SHARON if you are interested in tickets to the **New Bedford Whaling Museum**
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

CHANNEL 18 | DARTMOUTH

Zumba Gold Fitness I & II; Mindful Movement; Mindful Movement for Movement Disorders; Tai Chi; Osteoporosis Exercise

CHANNEL 95 | NEW BEDFORD

YMCA Southcoast Programs: Stretching with Ashely; Home workout 1,2, &3 Yoga with Eileen

CHANNEL 95 | ACUSHNET/FAIRHAVEN

Tai Chi; YMCA workouts; Mental Health Amid the Pandemic

FOOD ASSISTANCE

Dartmouth United Outreach at Smith Mills Church

11 Anderson Way, Dartmouth

Grab 'n Go | Free food – No pre-registration necessary

Every Tuesday evening, 5:30pm to 7:30pm

Non-perishable food, fresh produce as available

No contact, *mask required*



St. Martin's Food/Pet Pantry

136 Rivet St, New Bedford

Third Saturday 10am-11am or Last Tuesday 5pm-6pm

One form of ID required | *once* per month

508-994-8972

WE APPRECIATE YOUR FEEDBACK ON THE DOMINO'S GIFT CARDS!

It was great to have such a positive response to our first give-away. We really enjoyed the opportunity to spend some time chatting with those who called in. Thank you!



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!

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

The New Bedford Symphony Orchestra presents "Bach" to the Concert Hall!

This is a virtual, ticketed show on Saturday, September 12th at 7:30pm

Featuring

George Walker: *Lyric for Strings*

Johann Sebastian Bach: Concerto No. 1 in D Minor for piano and strings

Astor Piazzolla: "Winter" and "Spring" from *The Four Seasons of Buenos Aires*

Rodion Shchedrin: Excerpts from *Carmen Suite*

Call (508) 717-0400 and the ARAW will purchase tickets to this virtual concert for eligible FLO members who would like to view this web-based event.

The concert will be recorded and presented through a password protected webpage.

YOU MUST HAVE AN INTERNET CONNECTED DEVICE TO WATCH THIS CONCERT.





2020 General Election Information

Election day	Tuesday, November 3, 2020
Early Voting	October 17 – October 30, 2020
Absentee Ballot/Mail in Ballot Return	November 3, 2020
Deadline to Register to Vote:	October 24, 2020

For the 2020 general election, all registered voters will be mailed an *application* for a mail-in ballot in September. If you will be voting by mail, *apply early* to allow ample time for processing your application and for the post office to deliver your ballot to you.

FOR MORE INFORMATION

On the web:

- www.rockthevote.org
- www.sec.state.ma.us/ele/
- www.votewebford.org

By phone:

- Acushnet Town Clerk: 508-998-0215
- Dartmouth Town Clerk: 508-910-1800
- Fairhaven Town Clerk: 508-979-4023
- Westport Town Clerk: 508-636-1003
- City of NB Election Commission: 508-979-1420

**Or you can always call us, the ARAW is here to help – we want your vote to count!
(508) 717-0400**

VOTING EARLY? NEED A RIDE?

Early voting is available throughout the Commonwealth. If you are not able to stand in a long line, prefer not to be in a crowd or choose not to mail in your ballot, early voting may be for you.

If your city or town does not have a personal van available to bring you to the early voting polling location, let us know.

**The ARAW is here to assist beneficiaries and FLO program participants with transportation for early voting. Just ask!
(508) 717-0400**



YOUR VOTE COUNTS!



SPECIAL GOING WITH THE FLO **VOTING RESOURCE GUIDE**

