Go to 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

**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

**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.

**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.

**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!

CSS Solanus Casey Food Pantry
23 Bonney St, New Bedford 508-997-7337
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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

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.
YOUR VOTE COUNTS!

SPECIAL GOING WITH THE FLO
VOTING RESOURCE GUIDE

Someone struggled for your right to vote. USE IT.

Susan B. Anthony
# 2020 General Election Information

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<tr>
<td><strong>Election day</strong></td>
<td><strong>Tuesday, November 3, 2020</strong></td>
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<tr>
<td><strong>Early Voting</strong></td>
<td><strong>October 17 – October 30, 2020</strong></td>
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<td><strong>Absentee Ballot/Mail in Ballot Return</strong></td>
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<td><strong>Deadline to Register to Vote:</strong></td>
<td><strong>October 24, 2020</strong></td>
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## ONLINE INFORMATION

- [www.rockthevote.org](http://www.rockthevote.org)
- [www.sec.state.ma.us/ele/](http://www.sec.state.ma.us/ele/)
- [www.votenewbedford.org](http://www.votenewbedford.org)

## LOCAL INFORMATION

**Acushnet**
- Town Clerk: 508-998-0215
- Early Voting: Parting Ways Bldg, 130 Main St
  - Oct 17th, 18th, 25th 8am-12pm
  - Oct 19th-23rd & 26th-30th 8am-4pm; Oct 24th 3pm-7pm

**Dartmouth**
- Town Clerk: 508-910-1800
- Early Voting: Town Hall, 400 Slocum Rd, Rm 103
  - Oct 17th, 18th, 25th 9am-2pm
  - Oct 19th-23rd & 26th-30th 8:30am-4:30pm; Oct 24th 2pm-8pm

**Fairhaven**
- Town Clerk: 508-979-4023
- Early Voting: Senior Center, 229 Hurtleston Ave
  - Oct 17th, 18th, 24th, 25th 9am-1pm
  - Oct 19th-23rd & 26th-30th 8:30am-4:30pm

**Westport**
- Town Clerk: 508-636-1003
- Early Voting: Town Hall basement, 816 Main Rd
  - Oct 17th, 18th, 24, 25th 8am-12pm
  - Oct 19th-23rd & 26th-30th 8:30am-4pm

**City of New Bedford**
- Election Commission: 508-979-1420

## VOTING EARLY? NEED A RIDE?

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!

We are here to help - we want your vote to count!

(508) 717-0400