

August 2021



## GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter



Don't miss this month's special flyer with an exciting new FREE program from the Zeiterion Performing Arts Center!!!

Many of our ARAW friends have been enjoying the New Bedford Art Museum's art kits!

Here are examples of some of the beautiful work created using the materials and instructions they provide. Now it's your turn!

**NEXT UP!** Art classes starting on August 17<sup>th</sup> – we can provide transportation.

**SEE THE ENCLOSED FLYER FOR MORE DETAILS OR CALL (508) 717-0400 TO REGISTER.**



Something to do on your own or with friends...

### Summer Sound Series at Custom House Square

Thursday afternoons, live music 4-7pm

**FREE!!!** | open to the public | bring your lawn chair!

August 5<sup>th</sup> | 2pm | Salsa Class with Sue Young  
then at 4pm... Djim Job

*prominent Cape Verdean musician*

August 12<sup>th</sup> | 4pm | Kim Trusty  
*vocalist, songwriter, performs jazz, rhythm and blues and original music*

August 19<sup>th</sup> | 4pm | The Jethros  
*folk, blues, swing-jazz, bluegrass, country*

August 26<sup>th</sup> | 4pm | Rebecca Correia  
*a dynamic performer who accompanies herself on guitar, banjo and mandolin*

# Health and Wellness

## YOGA AT BUTTONWOOD PARK

New Bedford Wellness Initiative

Wed. at 5:30pm - 6:30pm, May 19th - Sept 1st

Certified Yoga Instruction



FREE Wednesday Evening Community Yoga Series. Yoga postures, breathing and meditation for all levels.

BRING FACE MASK, TOWEL, BLOCKS (OPTIONAL), YOGA MAT & WATER

**SOCIAL DISTANCING REQUIRED MATS 8 FT APART**

Park at Warming House, Cross Street to the right  
Buttonwood Arboretum by the way of greenhouse and playground



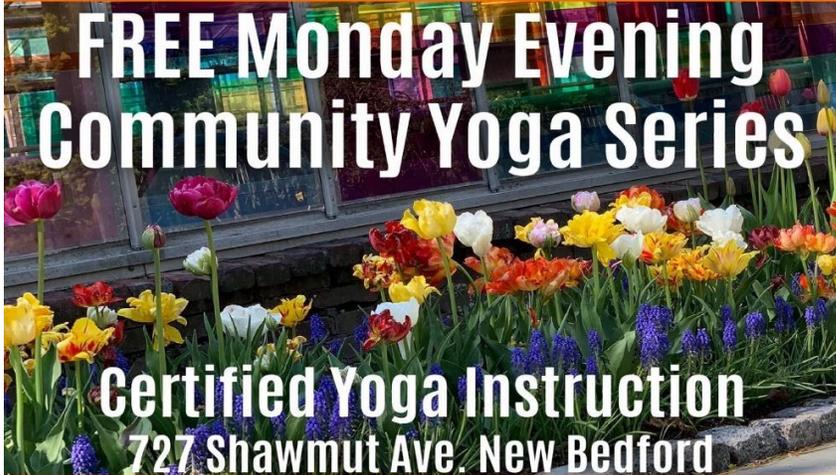
## YOGA IN THE GARDEN



Haskell Public Gardens New Bedford WELL

MON. AT 5:30PM - 6:30PM, JUL 19TH - AUG 23RD

## FREE Monday Evening Community Yoga Series



Certified Yoga Instruction  
727 Shawmut Ave. New Bedford

Equipment: Participants are responsible for bringing their own yoga mat or towel. A limited number of "yoga blocks" and yoga mats are available to borrow. Bug repellent is recommended.

Parking: Parking is on-street along Shawmut Avenue and Loftus Street  
Cancellations: In case of inclement weather cancellations will be posted on the "New Bedford Wellness Initiative" and "Trustees- Haskell Public Gardens" Facebook Pages.

## TWO!! FLO LUNCHEONS

Small Town Grill

Westport, MA

Tuesday, August 17th | 11:30am

Wamsutta Club

New Bedford, MA

Wednesday, August 18th | 12:30pm



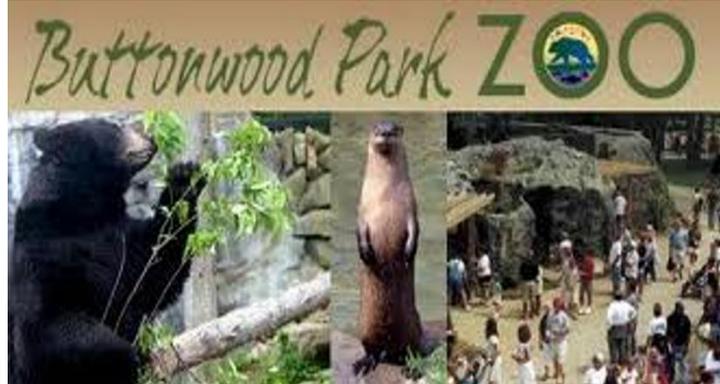
INTERESTED?

Call Sharon

**508-717-0400**

*Attendees chosen by lottery.*

*Vaccine verification form  
must be complete.*



## WHO WANTS TO GO TO THE ZOO?

We are hoping to plan monthly visits to the Zoo!

Call us if you are interested (508) 717-0400

## REFER A FRIEND!

for direct support

or for the FLO Program

call Sharon or Patricia (508) 717-0400





## **Intergenerational Performing Arts Mentorship Program**

### **September 2021 - March 2022**

#### **Who are we?**

The Zeiterion Performing Arts Center entertains, educates, and inspires our community by presenting an array of high-quality performing artists and providing engaging learning opportunities that contribute to the cultural, social, and economic vitality of the Southcoast.

#### **The program:**

The Intergenerational Performing Arts Mentorship Program, a partnership between the Association for the Relief of Aged Women (ARAW) and the Zeiterion, celebrates the power of the performing arts to connect. Participants will be paired in groups of two, a woman over 65 and a high school student. Each group will delve into the performing arts together seeing eight Zeiterion Performances, learning a new skill in at least one Creative Classroom, attending Mentor only events, and celebrating with a wrap party. Groups will tackle social media by sharing their impressions of each show, but also interviews about one another. In addition, ARAW participants will be given a crash course in technology, receiving a tablet and a series of lessons on technology how-to's.

#### **To apply please answer the following questions:**

Name:

Contact Phone and Email (if you have one):

Are you active with ARAW?

What is your comfort level with technology, especially social media?

Do you have access to the internet?

Do you believe the performing arts can strengthen community? Why or why not?

**Send your completed application to Zeiterion's Director of Education and Community Engagement, Ashley Moore, at [amooore@zeiterion.org](mailto:amooore@zeiterion.org) or by mail to 684 Purchase St, New Bedford, MA 02740.**

#### **Frequently Asked Questions:**

**How long is the program?** The program will be from September to March, but you'll only have 1 or 2 events a month.

**Do I need to have a computer?** No you will be given a tablet upon entering the program, yours to keep! If you need training you'll have the option of attending several training sessions in September and October.

**What if I don't have the internet?** We'll help you find the nearest public place to access it! Or ARAW may be able to help

**Do I need to go to every session?** Attendance at all events is strongly encouraged. You'll receive an events calendar in October to plan ahead.

**What if I need help filling out my application?** You can contact Ashley Moore at the Zeiterion or ARAW for assistance (508) 717-0400.

**What kind of performances should I expect?** A little bit of everything. Dance, theatre, and music as well as Creative Classroom opportunities where you'll learn a new skill.



New Bedford Art Museum/Artworks! is thrilled to offer

## **FREE summer art classes for seniors**

*classes will be an exploration of 2D media including drawing and painting*

**CHOOSE FROM 2 CLASSES – EACH RUN 4 WEEKS!**

**Lawler Library | Tuesdays**

**August 17 - September 7**

**12:00 pm - 1:30 pm**

OR

**Wilks Library | Thursdays**

**August 19 - September**

**12:00 pm - 1:30 pm**

*Transportation can be arranged*

Each location has a 10 participant *maximum*  
If you would love to learn more about artmaking  
from NBAM's knowledgeable museum educators,  
call now to reserve your spot!

**(508) 717-0400**