



May 2022

GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



On Thursday, April 28th ARAW celebrated another incredible year of *Women helping Women and friendship* at our 155th Annual Meeting.



We are so glad YOU were part of our 333 women strong ARAW family this past year. On behalf of the staff

at ARAW, the ARAW Board members and all of ARAW's Community Partners, *thank you* for being our friend! We are very lucky. We hope you enjoy this issue of our newsletter, it is bursting with of all sorts of exciting opportunities. We look forward to hearing from you!

Join a
Quartet
from



Thursday, May 26th | at the Wamsutta Club

12:15 pm to 1 pm

Enjoy pre-lunch music and interaction with the musicians

1 pm to 2:30 pm

Enjoy lunch with ARAW friends!

Call ARAW to register | (508) 717-0400 | Participants chosen by lottery



You're invited!

A Celebration of Young@Heart Lunch
at The Zeiterion Performing Arts Center

Friday, May 27th | 12pm-2pm

RSVP to amoore@zeiterion.org by 5/20/22

Young@Heart, an ensemble of senior citizens performing classic and contemporary hits, has been celebrated worldwide as a truly inspirational force, especially during these challenging times. Their energy and charisma show fans that it's possible to grow old without growing boring. Unwilling to be shut away in nursing homes, Young@Heart had been touring the world since 1982, performing sold out concerts, and singing unexpected interpretations of popular music from The Clash, Jimi Hendrix, Sonic Youth, and Coldplay. **Join us** to watch behind the scenes footage recorded during the Covid-19 Pandemic and enjoy a lunch and conversation with members of the Zeiterion Staff.

If you want to enjoy more Young@Heart join us Friday May 6th for the Documentary Screening or Sunday June 5th for a live concert featuring The SouthCoast Children's Choir



ACCESSIBLE CHAIR YOGA
 Tuesdays & Thursdays | 10:30 am - 11:30 am
at Sangha New Bedford

a yoga and healing arts community located at 693 Purchase Street
 at the corner of Spring Street in historic downtown New Bedford
 (across from the Zeiterion Theater Box Office.)

These relaxed and fun Yoga classes use a cushioned folding chair as the main prop to make the practice accessible to anyone challenged by age, illness or ability to get up from and down to the floor.

Certified Accessible Yoga teachers, Nanci Winterhalter and Jeff Costa, safely guide this program using breath and postures to improve strength, flexibility, balance and wellbeing. Enjoy the entire class seated; if you prefer there is an optional standing series. Finish with relaxation and calm, surrounded by a welcoming and caring community.

INTERESTED? Call ARAW to register!
(508) 717-0400

Supporting Older Residents of Dartmouth & Westport

HELP THAT COMES TO YOU

(Free for ARAW members)



Transportation
 Friendly Visits | Household Chores | Social Opportunities



A nonprofit, membership-based organization helping seniors stay safe, independent and connected in the communities they love

Want to Join? Volunteer? Call 508-556-4004
www.coastalneighborsnetwork.org

MORE MUSIC



FREE TICKETS

New Bedford Symphony Orchestra performs *Prohibition*

Saturday, May 14th | 7:30 PM | at the Zeiterion

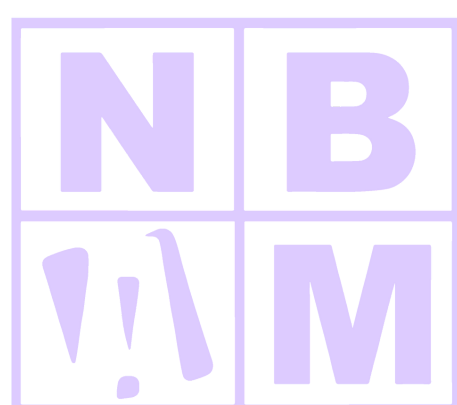
New Bedford Symphony Orchestra performs *Irresistible*

Saturday, June 18th | 7:30 PM | at the Zeiterion

Southeastern Massachusetts Youth Orchestras

Sunday, May 22nd | 3 PM (location TBA)

Call NBSO (508) 999-6276 or ARAW (508) 717-0400
 for tickets or more details!



Painting Class



with Devin McLaughlin

Designed for beginners and advanced creatives, follow along with Devin for step-by-step instruction in NBAM's studio space. Topics include: color theory and mixing, brush techniques, creating a successful composition...and more!

Classes are FREE and all materials are included!

Registration required.

Contact the ARAW office at 508-717-0400

10 am to 12 pm
Sundays, June 12 - July 10

New Bedford Art Museum
608 Pleasant Street
New Bedford, MA
02740

Creative Care is an art program for seniors presented by the
New Bedford Art Museum/ArtWorks!.

This class is made possible through a grant from the Association for the Relief of Aged Women.

A Bristol/Plymouth Celebration of Seniors



**9 a.m. to 12 p.m.
Friday, June 17, 2022
at White's of Westport**

Save the Date

Join us for a FREE breakfast, resource fair, and presentations on issues important to seniors.

More information to come.

presented by:





ALL ABOARD!

Join New Bedford
Fishing Heritage Center
as we launch *Herstory*



Herstory is a year-long project that will include FREE performances, films, walking tours, cooking classes, museum visits, and more!

In addition, we are looking for women with ties to the fishing industry to share stories as part of an intergenerational oral history project led by local high school and college aged women. The resulting oral histories will become part of the Fishing Heritage Center's archive and will be shared through a digital exhibit and culminating reception.

- 🐟 Do you come from a fishing family?
- 🐟 Did you ever work in the fishing industry (in a settlement house, seafood processing plant or other business)?

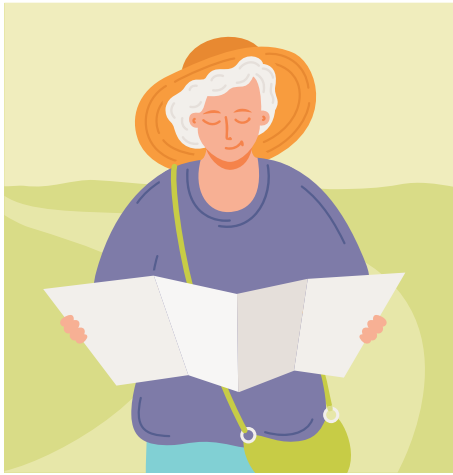
→ **We'd love to hear *your* story!**

- 🐟 Are you interested in learning about the history of New Bedford's fishing community and the local seafood industry?

→ **We would love to share *our* story!**

We are excited to engage the ARAW community in all of these ways!

**If you might be interested in participating,
please contact the Center at 508-993-8894
or by emailing herstory@fishingheritagecenter.org.**



Age *my* way!