

December 2022



## GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter



## Holiday Luncheon

**JOIN US!**

at the Wamsutta Club

on Friday, December 16<sup>th</sup> | 12:30 pm – 2:30 pm

Space is limited | Transportation Available | Handicap accessible  
Call today! (508) 717-0400

**FREE TICKETS!!! Get into the holiday spirit with...**



Yaniv Dinur, conductor & emcee  
Appearances by the Southeastern  
Massachusetts Youth Orchestra  
& the Showstoppers

# HOLIDAY POPS

SUNDAY, DECEMBER 11, 3:30 & 7 PM

**the New Bedford Symphony Orchestra Holiday Pops  
call (508) 999-6276 to reserve your tickets**

Medicare's Part B standard monthly premium will fall to \$164.90 in 2023, a \$5.20 decrease from 2022, the Centers for Medicare & Medicaid Services (CMS) announced. The premium drop comes in the wake of the big 2022 increase, the largest dollar increase in the history of the program. Part B covers doctor visits, diagnostic tests and other outpatient services. Most Medicare beneficiaries have Part B premiums deducted directly from their monthly Social Security payments which is increases by 8.7% in January.

**Should you have questions concerning your health insurance,  
contact a SHINE counselor at your local COA.**



## ARAW OFFICE CLOSURES

**The ARAW office will be closed the following dates:**

**December 26<sup>th</sup> & January 2<sup>nd</sup>**

*Sorry we will be closed*



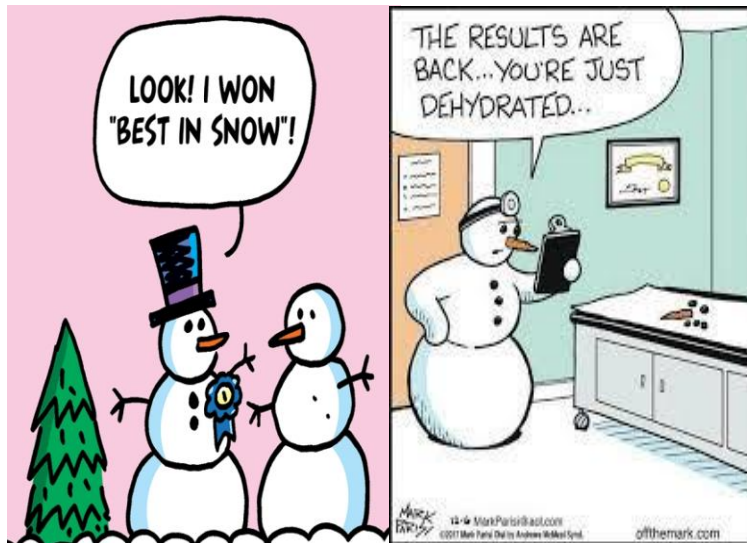
As you celebrate the 2022 holiday season, be it Hanukkah, Christmas, Winter Solstice or Kwanzaa, we wish you good **health, happiness and peace.**



## SRTA Announces "Try Transit" for the Holiday Season

Beginning November 25th through December 31st SRTA's will suspend fare collection on Fixed Route and Demand Response Services.

SRTA is participating in a statewide program to encourage more people to try transit during the holiday season. Leave your car at home and we'll leave a little extra cash in your pocket to enjoy the holiday season.



We have some **FREE** tickets available to performances at the Zeiterion. However, they are limited...

**CALL (508) 717-0400**  
**IF INTERESTED!**

Up to two tickets per person, while supplies last...

*Let us know ASAP, first come, first served.*

**Please see the enclosed Flyer for more details!**

New Bedford Festival Theatre : White Christmas

Movies Through the Decades: Miracle on 34th Street (1947)

Million Dollar Quartet Christmas

ZEITERION PERFORMING ARTS CENTER

# HOLIDAY FUN AT THE Z



**MIRACLE ON 34TH STREET**

**SAT, DEC 17, 2PM**

**MOVIE TICKETS: 40 CENTS!**



**NB FESTIVAL THEATRE**

**WHITE CHRISTMAS**

**8 SHOWS!**

**NOV 26 - DEC 4**



**NB SYMPHONY ORCHESTRA**

**HOLIDAY POPS**

**SUN, DEC 11, 3:30 & 7PM**



**MILLION DOLLAR QUARTET**

**CHRISTMAS**

**FRI, DEC 23, 7:30PM**

# ***Creative Care***

## **FREE**

## **ART PROJECTS TO YOUR DOOR!**

New Bedford Art Museum/ArtWorks!  
is thrilled to announce free art care  
kits to your door through our  
*Creative Care* Program!

Art care kits include FREE engaging  
art lessons and art materials for  
seniors interested in getting creative  
with NBAM.

**FREE home delivered  
artkits will be  
available weekly  
January 16-  
February 10**

Registration is  
required.  
Contact ARAW at  
(508) 717-0400  
for registration and  
details.

Creative Care is an art program for seniors presented by the New Bedford Art  
Museum/ArtWorks!. This program is made possible through a grant from the  
Association for the Relief of Aged Women of New Bedford.



INTERGENERATIONAL

# Holiday Lunch

December 18, 2022 ✦ 1 pm–3 pm  
Wamsutta Club, New Bedford

We're inviting older LGBTQ+ adults (55+) and LGBTQ+ youth and adults (8-25) to join us for a *free* luncheon celebration of togetherness and sharing. REGISTER AT <http://bit.ly/3Xhq9My>.



For more information, email [maureen@scigbtqnetwork.org](mailto:maureen@scigbtqnetwork.org) or call (774) 775-2656.

# **Free December Programs** **AT NEW BEDFORD FISHING HERITAGE CENTER**

## **FRIDAY, DECEMBER 2 (7 PM) AT THE CENTER**

Hear stories from women who work on the water.



## **SATURDAY, DECEMBER 3 (12-5 PM) AT THE CENTER**

Salty Santa visits the Center! Bring the grandkids and enjoy hot cocoa while you make fishy holiday ornaments.



## **THURSDAY, DECEMBER 8 (6 PM) AT THE CENTER**

Painter and photographer Steve Kennedy gives an illustrated talk about his work.



## **FRIDAY, DECEMBER 16 (7 PM)**

### **NATIONAL PARK THEATER, 33 WILLIAM ST**

Film screening of "Culture and Traditional Boat Building in Lunenburg, Nova Scotia."



  New Bedford Fishing Heritage Center  
38 Bethel Street (downtown New Bedford)

**Questions? Call (508) 993-8894**





# South Coastal Counties Legal Services

## Senior Law Project

South Coastal Counties Legal Services Senior and Elder Law Projects provide legal assistance to individuals age 60 and older who are economically or socially disadvantaged. Priority is given to legal matters identified in the Older Americans Act. Most older residents who seek legal help from SCCLS need assistance with housing, unemployment, public benefits, consumer debt or health care issues.

SCCLS will be holding a Senior Law Project legal clinic at the **Fairhaven Council on Aging on Monday, January 9, 2023.**

Please contact the Fairhaven Council on Aging for more information at **508-979-4029** to reserve an appointment.

*Spaces are limited.*



SCCLS will also be holding a Senior Law Project legal clinic at the **Dartmouth Council on Aging on Thursday, January 12, 2023.**

Please contact the Dartmouth Council on Aging for more information at **508-999-4717** to reserve an appointment.

*Spaces are limited.*



**DARTMOUTH & WESTPORT RESIDENTS ONLY!**

**Coastal Neighbors  
cordially invites you to our**

## **Greens Making Workshop**

**Learn how to make a simple  
door Swag and enjoy light  
refreshment**

**Date: 12/8/22**

**Place: Silverbrook Farm 592 Chase Road, Dartmouth**

**Time: 2:00 to 4:00pm**

**Transportation Available**

**Please R.S.V.P by 12/6/2022**

**Email [Andy@CoastalNeighborsNetwork.org](mailto:Andy@CoastalNeighborsNetwork.org)**

**Call Phone 508 264 9064**