

January 2023

GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



FREE "SHOPPING" EVENT

SATURDAY, JANUARY 7TH 10 AM - 1 PM

Kennedy Donovan Center

385 County Street, New Bedford

Walt's Mobile Closet will be hosting a free shopping event that will include adult and children's clothing, shoes and winter gear. All items are new or gently used.





- Wear layers of loose-fitting, water repellant, warm clothing.
- Wear a hat! 40% of body heat is lost from the head.
- Tight-fitting mittens are better than gloves.

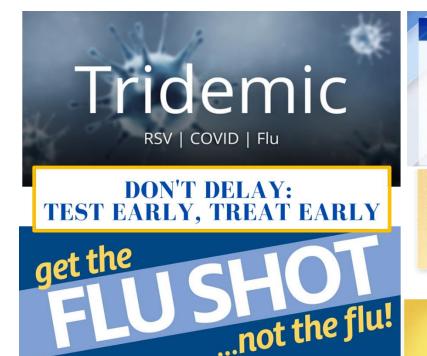
The last SNAP Emergency Allotment payment will most likely be for the month of February (issued around March 2).

All households will lose at least \$95 per month in SNAP. About 60% of SNAP households will lose more than \$95.

If you haven't self-declared your over-the-counter medical expenses to DTA, call now at the DTA Senior Help Line 1-877-382-2363







The CDC recommends you get the flu shot every year.

WHAT TO LOOK FOR IN VIRUSES

- FLU: SYMPTOMS COME ON QUICKLY
- COVID: NO SMELL/TASTE & SORE
- RSV: RAPID BREATHING & WHEEZING



GET VACCINATED AND BOOSTED.

Just one way to stay one step ahead of COVID-19.

KNOW ALL THE FACTS ABOUT THE COVID-19 VACCINE.

△COVID-19 CASES ARE RISING.

How can you stay a step ahead?











A new year is the perfect time to
JOIN US FOR A
Lunch with Friends!

January 19, 2023
12:80 pm -2:80 pm
Wamsutta Club

Space is limited
Call (508) 717-0400











Remember ARAW may be able to help when times are tough.

To be considered for support from the ARAW, please call us

in advance of a purchase, a service or making any change to existing support.

We are just a call away to talk with you about your needs (508) 717-0400

FREE PROGRAMS AT NEW BEDFORD FISHING HERITAGE CENTER

38 Bethel Street, New Bedford 02740

FREE ADMISSION FOR ARAW MEMBERS IN JANUARY!

38 Bethel Street, New Bedford MA 02740 • Open 10-4 PM, Thursday-Sunday

Have you visited the Center yet? Come visit for FREE in January, and learn about the commercial fishing industry here in New Bedford! Hear audio from fishermen and others involved the industry, and see how seafood gets from the ocean to your plate. Questions? Call us at (508) 993–8894.

MODEL BOATBUILDING DEMONSTRATION WITH CAPT. BRUCE GIFFORD

January 28, 2023 ● 1-3 PM ● FREE ● Center (38 Bethel St., NB)

Lobsterman and tugboat Captain Bruce Gifford is coming to answer your model boat questions! A native of Westport, MA, Gifford builds models of the boats that he grew up around.

WE'RE LOOKING FOR VOLUNTEERS!



Do you love New Bedford? Are you interested in local history? Are you a "people person?" Join our volunteer crew! Volunteers greet the public, help in our Gift Shop, assist with programs/events, and more. Learn more by calling (508) 993-8894 or email Liz at operations@fishingheritagecenter.org





Creative Classroom Winter Session

Sign up for our Winter Creative Classroom sessions and feel the power of the performing arts firsthand. Classes starting at just \$10! If cost is a barrier, you can use your EBT, WIC or ConnectorCare card to get \$5 ticket to shows and classes through our Card to Culture program. Experience...



NEW! Modern African Dance with Mekbul Tahir

Reconnect with your body by learning Acogny: the only recognized contemporary dance technique created in Africa. Acogny is based on traditional African dances from Senegal and Benin and Western dance techniques like ballet and modern. Acogny celebrates that every body is different. Joy, play, love and music are at the heart of this technique. No dance experience required.

NEW! Jazz History and Improvisation with Manny Escobar

Gain insight into the history of jazz music as well as the ways local artists have kept the legacy of jazz alive on the SouthCoast by exploring jazz's roots in the African diaspora, the various genres that jazz has emerged from and inspired, and the ways that jazz lives on in our own city. No musical experience required.





Salsa with Sue Young

Celebrate each other with wine, chocolate, and Salsa dancing on stage during this Valentine's Day Special. No dance experience required.

Ukulele with Deb Sorgman

Gain new skills or sharpen old ones in Deb's Beginner and Beyond Beginner ukulele classes.



Learn more and register at Zeiterion.org/learn/creativeclassroom for Creative Classroom!

NEW BEDFORD SYMPHONY ORCHESTRA Yaniv Dinur, Music Director

CONCERTS:

THE MAGIC OF DISNEY

SATURDAY, JANUARY 28, 7:30 PM AT THE ZEITERION THEATRE

CHAMBER SERIES:

JANUARY 14 & 15, 2023

ROOTIN' TOOTIN' REVELRY

ST. GABRIEL'S EPISCOPAL
CHURCH
124 FRONT STREET
MARION, MA

JANUARY 15TH LOCATED AT
ST. PETER'S EPISCOPAL
CHURCH
351 ELM STREET
SOUTH DARTMOUTH, MA

FOR TICKETS AND MORE INFO, PLEASE CONTACT (508) 999-6276

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.





COASTAL NEIGHBORS NETWORK

"A wonderful, magical, twelfth day of Christmas, Friday Evening, Full Moon, Epiphany Party!"

Silverbrook Farm January 6, 2023 at 6:00 pm

Magical dress encouraged Bring a dish to share or a dishy friend! Magician performing at 7:00pm Music and Singing! Transportation Available.

RSVP: 508-264-9064

*Dartmouth & Westport Resident only







We had a great gathering for our Greens Making Workshop! Thank you to everyone who took part!











We appreciate all the warm holiday wishes we received, whether by card or note, phone call or email, you lifted our spirits and brought joy to our holiday season.