



April 2023



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter

Thursday, April 20th | at the Wamsutta Club

12 pm to 1 pm
Enjoy pre-lunch salsa dance lessons

1 pm to 2:30 pm
Enjoy lunch with ARAW friends!

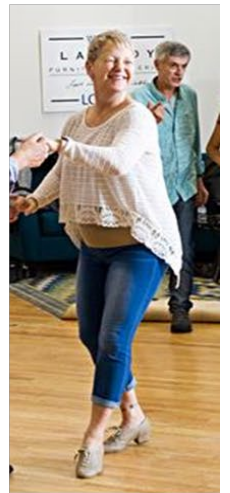
To register | (508) 717-0400 | Limited Space | Participants by lottery

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE | DIETARY RESTRICTIONS ACCOMMODATED



Our Community Partner, the Zeiterion Performing Arts Center, will join us for April's luncheon at Wamsutta Club. They will bring instructor Sue Young for a Salsa dance workshop.

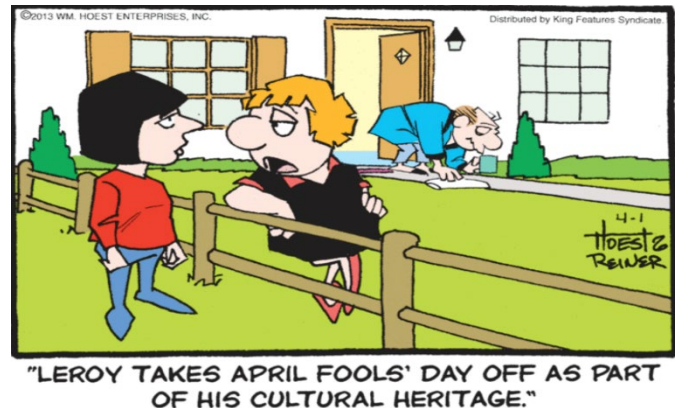
No prior dance experience or partner necessary! Starting with the basic steps we will explore technique, Latin rhythms, and Cuban motion. This experience is a great way to get started on your "salsa dance" journey!



If you are not interested in dancing – just come for the fun!



“ Starting our day out right with some practical yolks! Happy April Fool's Day! ”



DAFFODIL DAZE with Coastal Neighbors Network for Dartmouth & Westport Resident ONLY

Come to Silverbrook Farm to help pick, sort and bunch beautiful daffodils to be delivered to a nursing home. Take a bouquet with you!

Refreshments will be provided.

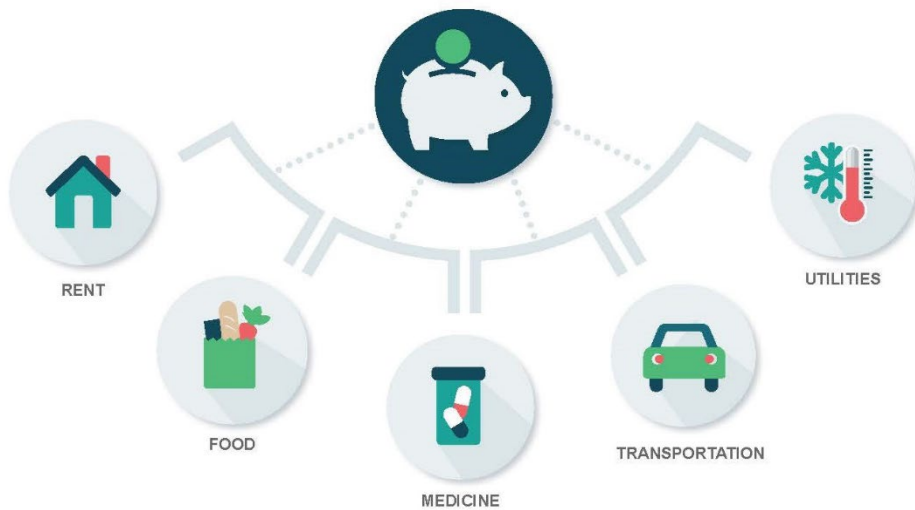
When: APRIL 13, at 2:00 pm. **Wear:** Comfortable shoes

Pre-registration required: 508-556-4004

Handicap Accessible | Transportation Available | Rain or Shine

Living on a fixed income?

You may qualify for benefits to help pay for food, medicine, utilities, and more. April 10-14, 2023 is Boost Your Budget™ Week. Take a few moments this week to get a free, confidential checkup at BenefitsCheckUp.org or BuscaBeneficios.org. Answer a few questions and get a list of programs that could help you.



- 1-April Fool's Day
- 2-National PB&J Day
- 3-National Find a Rainbow Day
- 4-National Burrito Day
- 4-National Walking Day
- 7-World Health Day
- 10-National Siblings Day
- 11-National Pet Day
- 12-National Grilled Cheese Day
- 15-National Tax Day
- 15-National Laundry Day
- 16-Wear Pajamas to Work Day
- 18-National Haiku Poetry Day
- 22-Earth Day
- 22-National Jelly Bean Day
- 23-National Picnic Day
- 25-Administrative Professionals Day
- 26-Arbor Day
- 26-National Pretzel Day
- 28-National Superhero Day
- 30-National Honesty Day

ACTIVE IN APRIL!

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today



21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour



With the end of COVID-19 emergency measures, MassHealth is returning to its **annual renewal and redetermination process for all members beginning April 1**. MassHealth will attempt to verify your information and determine your income eligibility. They recommend taking the following steps to ensure your continued coverage:

Update your contact information. Make sure MassHealth has your current mailing address, phone number, email and other contact information. You may do this by logging into your Massachusetts Health Connector online portal at <https://www.mahealthconnector.org/> and clicking Sign In.

You may also call 1-800-841-2900. You may also report changes to your income and family size, etc., through your portal and by phone.

Check your mail for a blue envelope. If MassHealth has trouble determining your eligibility, you will receive a blue envelope containing renewal forms in the mail from MassHealth. The forms need to be completed and returned, along with other documentation requirements. Failure to return the forms and documentation by the deadline may result in loss of health insurance coverage.



**IMPORTANT
MASSHEALTH
ELIGIBILITY**

MassHealth members will soon need to renew their health coverage.



**ACT NOW.
STAY COVERED.**

Financial Literacy Workshop

A central graphic featuring a purple ribbon that curves across the middle. On the ribbon, there is a green banknote, a pink banknote, a blue calculator, and a small green plant with three leaves growing out of a stack of three gold coins. The background is a light gray with faint, scattered icons of financial items like a piggy bank, a laptop, a magnifying glass, a briefcase, a lightbulb, and various coins.

TUESDAY, MAY 9TH AT 1PM

ASSOCIATION FOR THE RELIEF OF AGED WOMEN

174 UNION STREET | UNIT 4W | NEW BEDFORD, MA 02740

USE ENTRANCE ON SPRING STREET

RSVP TO ARAW

ADMIN@ARAWOFNB.ORG

(508) 717-0400

eliminating racism
empowering women

ywca

southeastern massachusetts



The Essential Women's Event

Where: YWCA, 20 S. 6th St., New Bedford

When: April 29th 11-2

Join us for this Resource Event Supporting Under-Served Women in our Communities. Here's a list of the Resources that will be available:

- YWCA
- Lasagna Love
- Health Imperatives
(Sexual/Reproductive Health)
- Walt's Mobile Closet - Free Shopping (gently used clothing, shoes, jewelry)
- Walt's Mobile Closet - Essential Purse Distribution
- Women's health care, low-cost recipes, low-cost skin care/make up tips
- Women's Fund SouthCoast
- Immigration Assistance Center
- High Point Treatment Ctr.
- Association for the Relief of Aged Women
- Planned Parenthood
- The Women's Center (info only)
- The South Coast LGBTQ+ Network

Questions? Email

waltsmobilecloset@gmail.com

**eliminating racism
empowering women**

ywca



FREE PROGRAMS AT NEW BEDFORD FISHING HERITAGE CENTER APRIL 2023



AHA! Night: Exhibit Opening - From the Hold

Thurs., 4/13 • 5-8 PM • Center (38 Bethel Street, New Bedford) • FREE

From the Hold: Photographs of the Port of New Bedford (1880-1980) shows historic pictures of New Bedford and Fairhaven, courtesy of the Spinner Publications archives. Images of celebrations, shoreside work, union meetings, and more make up this awesome collection of photos. Come see for yourself! The Center is open free of charge on AHA! Night.

Modelmaking Demonstration: Capt. Alan Curtis (NEW DATE)

Sat., 4/8 • 1-3 PM • Center (38 Bethel Street, New Bedford) • FREE

Curious about the process for building a model boat? Come to the Center and chat with career scalloper Alan Curtis, who makes boat models no larger than 12" in length. He can answer your questions - whether they're about commercial fishing or model boat making!



Dock-u-mentaries: The Last Bay Scallop?

Fri., 4/21 • 7 PM • National Park Theater (33 William St., NB) • FREE

Directed by John Stanton, this film explores the efforts to save the Nantucket bay scallop and what the potential loss of the fishery would mean to the island's culture and off-season economy. Book your FREE tickets online at: <https://bit.ly/april2023docks-FHC> or call the Center (508) 993-8894

**NEW BEDFORD FISHING HERITAGE CENTER
38 BETHEL STREET, NEW BEDFORD MA | (508) 993-8894**

April 2, 2023 at 10 a.m.

**Mikey B's Restaurant, 989 Victoria Street,
New Bedford, MA 02745**



LGBTQ+ Breakfast Club



FOR LGBTQ+ INDIVIDUALS 55+



REGISTER AT <https://bit.ly/LGBTQ-Breakfast-Club>

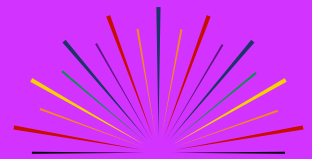
For more information, email maureen@sc-lgbtqnetwork.org or
call (774) 775-2656 to reserve your spot.



With the Support of the Association
for the Relief of Aged Women of New
Bedford (ARAW)



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS



Aging Well



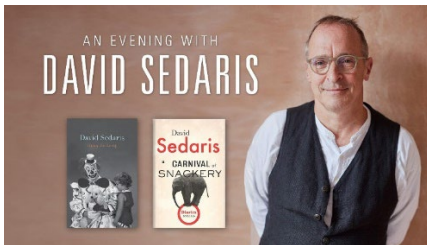
We have some **FREE** tickets available to a performance at the Zeiterion.
However, they are limited...

CALL (508) 717-0400 IF INTERESTED!

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

Let us know ASAP, as these will be first come, first served.

Here is a list of upcoming show:



Saturday 4/1 at 7:30PM |

An Evening with David Sedaris

Listen to bestselling author, and NPR contributor, David Sedaris share excerpts from his new book Happy Go Lucky as well as never before shared writings. Stay for a Q+A and book signing!

Wednesday 4/12 at 7:30PM | On your Feet!

The Story of Emilio & Gloria Estefan

Watch the inspiring true story of 7-time Grammy Award winner and Presidential Medal of freedom recipient Gloria Estefan come to life in this Broadway musical about the world's most famous Cuban-American duo. This musical will include hit songs "Rhythm is Gonna Get You," "Conga," "Get on your Feet," "Don't Want to Lose You Now," "1, 2, 3," and "Coming Out of the Dark."



Friday 4/14 at 8PM |

Ruben Studdard & Clay Aiken

Listen to Ruben & Clay perform the songs that made them American Idol favorites on the 2nd season of this iconic American TV show.

Saturday 4/15 at 8PM | Tape Face

The master of mime and comedy who became a viral sensation on America's got Talent will make you laugh out loud without ever uttering a word! As his name suggests, Tape Face performs with duct tape covering his mouth.



Sunday 4/16 at 2PM | Movies Through the Decades:

Indiana Jones and the Raiders of the Lost Ark

Celebrate the Z's 100th birthday by watching Steven Spielberg's 80s classic on the big screen. Watch on the edge of your seat as Harrison Ford dodges booby traps, fights Nazis, and stares down snakes to get to the Ark of the Covenant.

***Transportation available**



**Thursday 4/20 at 7:30PM | Stage Door Live!
Nina Ott Group (with a Salsa Class pre-show!)**

Listen to jazz pianist Nina Ott, Caribbean and South American drummer Bertram Lehmann, saxophonist Edmar Colon, and bassist Chris Lopes perform live. You will be seated on onstage with the performers! Come early for a Salsa class at 6PM to dance to the sounds you'll be listening to.

Sunday 5/7 at 3PM | It's Okay to Be Different

Great for the grandkids! Using puppetry, music, and whimsy, New York Times bestselling author Tod Parr reminds young audiences that we should celebrate each other's differences and show love to ourselves and our planet. This performance is recommended for children in grades K-3.



Thursday 5/11 at 7:30PM | Dori Rubbico

Listen to The Z's own Jazz vocalist and singer-songwriter Dori blend soulful interpretations of the Great American Songbook with artfully reimagined contemporary titles. Dori will be joined by Matt Richard on piano, David Zinno on bass, William Fanning on trumpet, Chris Poudrier on drums, Donn Legge on guitar, and Ian Legge on cello. This performance will take place on stage, but only house seats are available at this time.

**Saturday May 13th at 8PM | One Funny Mother:
Dina Blizzard Returns!**

Join this comedian, former Miss New Jersey, and married mother of three on her hilarious journey through the trails and tribulations of motherhood and marriage.



Sunday 5/14 at 7PM | Tavares: Coming Home in partnership with the Cape Verdean Recognition Parade Committee

Listen to this Grammy award-winning R&B group of brothers who grew up right here in New Bedford and Providence and made it big! They will be performing their greatest hits, including "It Only Takes a Minute Girl," "Heaven Must Be Missing an Angel," "She's Gone," "More Than a Woman" and more! This will be Chubby's last performance with the group!

***Transportation available**