

March 2023



# GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter



**BACK**  
BY  
**POPULAR**  
**DEMAND**

## Win a Scratch Ticket

May the luck of the leprechauns be with you.

**IT'S FREE TO ENTER!**

Call ARAW | (508) 717-0400



**DAYLIGHT SAVING TIME**  
There will be more light in the evening  
March 12, 2023

**And when you ....**

**CHANGE YOUR CLOCKS**      **CHECK YOUR ALARMS**

**Like us on Facebook**  
Association for the Relief of Aged Women

MARCH IS  
**WOMEN'S HISTORY MONTH**

Well-behaved women seldom make history  
-Laurel Thatcher Ulrich

**FOLLOW OUR NEW FACEBOOK PAGE**

**empowered WOMEN EMPOWER women**

**"The best protection a woman can have...is courage."**  
- Elizabeth Cady Stanton





Join a Brass Quintet from



Wednesday, March 22<sup>nd</sup> | at the Wamsutta Club

12:15 pm to 1 pm

Enjoy pre-lunch concert & interaction with the musicians

1 pm to 2:30 pm

Enjoy lunch from a set menu with ARAW friends!

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

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE | DIETARY RESTRICTIONS ACCOMMODATED



Affordable Connectivity Program Helping Households Connect

You're eligible if...

Medicaid



Medicaid/ Medi-Cal



Federal Housing Program/Section 8



Supplemental Security Income (SSI)



Women, Infants, and Children Program (WIC)



SNAP



Tribal TANF

**\$30**  
off per month

To learn more, call (877) 384-2575 or visit [fcc.gov/acp](http://fcc.gov/acp)

Need a little help?

Call your Beneficiary Advocate or Outreach Worker!



MARCH 8TH, 2023

International WOMEN'S DAY

View and contribute to a timeline of local women's herstory spanning the last 50 years, listen to featured poets, singers, activists, and speakers, and learn about organizations serving local women!

ARAW will be there. Will you? Please join us!



5:30 pm to 8:30 pm

Program begins at 6:30 pm

First Unitarian Church

New Bedford  
Corner of County & Union

COMING SOON... SPRING!





NEW BEDFORD  
SYMPHONY ORCHESTRA  
Yaniv Dinur, Music Director

You're Invited!

# OPEN REHEARSALS

FREE ON FRIDAYS:

MARCH 24 | APRIL 7 | MAY 29

3:00 PM

ZEITERION PERFORMING ARTS CENTER

684 PURCHASE STREET, NEW BEDFORD

- Visit [www.nbsymphony.org](http://www.nbsymphony.org) for program information
- Rehearsals are 3 – 5:30 pm
- Arrive and leave as you please
- FREE! General admission
- No tickets or RSVP required

Please note that these are working rehearsals and pieces may not be played in their entirety. The rehearsal break usually occurs sometime between 4 and 4:30 pm. Please save your applause for the end of pieces and/or rehearsal as to not interfere with the rehearsal process, and please enter and leave the hall quietly if the rehearsal is underway.

**Thank you!**

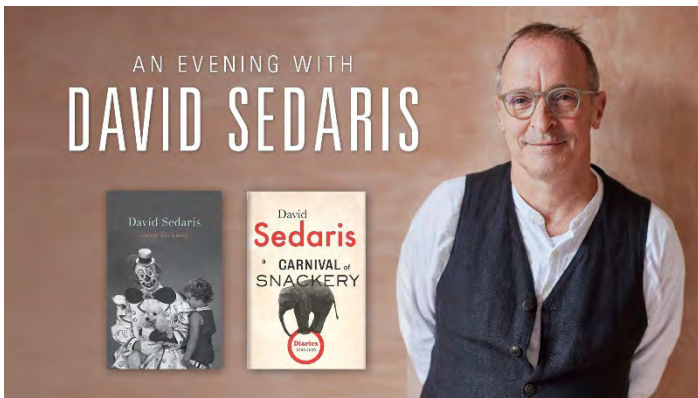




We have some **FREE** tickets available to a performance at the Zeiterion. However, they are limited...

**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 shows:



**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 2<sup>nd</sup> season of this iconic American TV show.



**\*Transportation available**



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Here is a list of upcoming shows:

**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 100<sup>th</sup> 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.



**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.

**\*Transportation available**



# FREE PROGRAMS AT NEW BEDFORD FISHING HERITAGE CENTER MARCH 2023

## AHA! Night: Herstory

**Thurs., 3/9 • 6-7 PM • Center (38 Bethel Street, New Bedford) • FREE**

Hear about our intergenerational oral history project "Herstory," in which high school and college-aged women are collecting the stories of older women with ties to the fishing community. Light refreshments will be provided.



## Dock-u-mentaries: Haenyo, Wisdom of the Sea

**Fri., 3/17 • 7 PM • National Park Theater (33 William Street, New Bedford)**

**FREE, limited seats - tickets at: <https://bit.ly/march2023docks-FHC>**

Learn about the Haenyos, Korean women who dive for shellfish off the coast of Jeju island. This centuries-old tradition enables women to support their families without affecting the ecosystem. However, the tradition is at risk of disappearing.



## Mid Day Mug Up: Jim Parmentier & Maine's First Ship

**Wed., 3/22 • 12-1 PM • FREE • Online Event, Zoom Link:**

**<https://us02web.zoom.us/j/81870661591>**

Jim Parmentier from Maine's First Ship presents a lecture on the history of the 1607 pinnace Virginia, the first English ocean-going ship built in the Americas. He will also discuss the successful restoration of the boat to a sea-worthy status! Lecture to take place on Zoom (use link above).





# COASTAL NEIGHBOR'S NEWS

**CNN Serves Dartmouth & Westport Residents ONLY**

## Remember to Ask

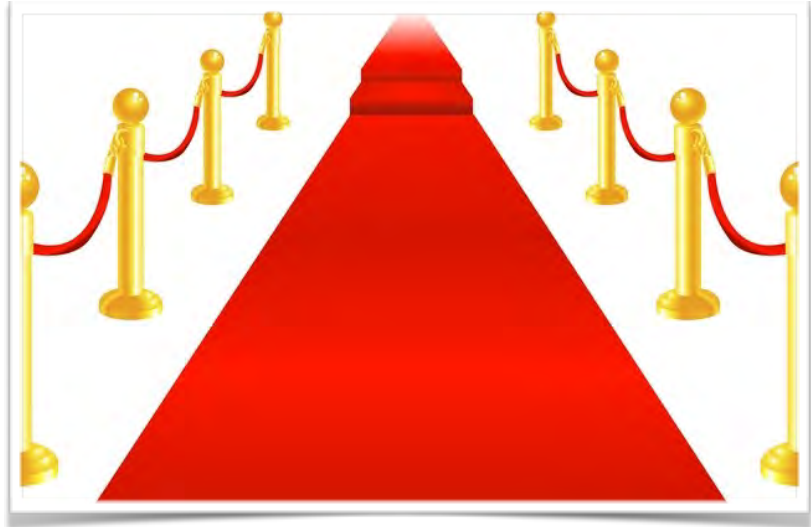
Coastal Neighbors offers help when you need it. Recently, folks have requested assistance assembling a tv stand, checking the hot water and spreading ice melt on the driveway. Call Andy to arrange for a service!

508-556-4004

508-264-9064

## Transportation

One of the most popular services Coastal Neighbors offers is transportation. Our volunteers pick you up at your house, take you to the appointment (or where ever you want to go), help you to the location and pick you up when you are ready.



## OSCAR NIGHT at Davoll's

When: March 12, 2023

Time: 7:00 p.m. to 11:00 p.m.

Where: Davoll's General Store in Russells Mills Village, 1228 Russells Mills Road, Dartmouth

We have a local celebrity!!! Jenny Slate, one of the owners of the general store, is up for an OSCAR for her short film, "Marcel the Shell". Come cheer her on and have fun watching! There is a full cash bar. Please carpool.

Please RSVP to Andy 508-556-4004 or 508-264-9064



### Are we having fun?

Do you enjoy Coastal Neighbors Network?

Tell a friend! We would love to have more members and reach out to more people. Do you know someone who could use our services?

Feel free to reach out to Andy if you know someone who could benefit from Coastal Neighbors Network. He will have coffee with the person and explain the group. There is no pressure.

AND the easiest way to introduce someone to the Network is to invite them to a social event. Feel free to invite! We are open and welcoming.



## DAFFODIL DAZE!!!

We are picking, bunching, talking, eating, laughing and having a good time putting together bouquets for residents of a nursing facility. You can take a bouquet home too!!

When: April 16, 2023 at 2:00pm

Where: Silverbrook Farm

592 Chase Road, Dartmouth

RSVP: Andy 508-556-4004, 508-264-9064

Transportation is available.



FOR OLDER LGBTQ+ INDIVIDUALS IN THE SOUTH COAST

# Aging Well

— WINTER 2023 SCHEDULE —

Inviting all older LGBTQ+ folks (ages 55+) to join The South Coast LGBTQ+ Network this winter for a series of fun and free activities. Let's get together, meet new people, learn new things, and have some fun! For more information, email [maureen@sclgbtqnetwork.org](mailto:maureen@sclgbtqnetwork.org).

Marion Supper Club	February 8 (Wed.) 5:00-7:00 p.m.	Marion Council on Aging 465 Mill Street, Marion, MA 02738
Bingo Night	February 16 (Thurs.) 5:00-7:00 p.m.	First Parish Church 76 Church Green, Taunton, MA 02780
Bingo Brunch	February 18 (Sat.) 10:00 a.m. - Noon	Harbor Hotel 222 Union Street, New Bedford, MA 02740
Les Ballets Trockadero de Monte Carlo	February 19 (Sun.) 3:00 p.m.	The Zeiterion 684 Purchase Street, New Bedford, MA 02740
Bowling Night	February 26 (Sun.) 6:00-8:00 p.m.	Wonder Bowl 66 Hathaway Road, New Bedford, MA 02740
Tech Tutorial	February 28 (Tues.) 6:00-7:30 p.m.	Groundwork 1213 Purchase Street, New Bedford, MA 02740
Art Night	March 2 (Thurs.) 5:00-7:00 p.m.	First Parish Church 76 Church Green, Taunton, MA 02780
Intergenerational Bingo	March 7 (Tues.) 6:00-7:30 p.m.	Harbor Hotel 222 Union Street, New Bedford, MA 02740
Marion Supper Club	March 8 (Wed.) 5:00-7:00 p.m.	Marion Council on Aging 465 Mill Street, Marion, MA 02738
Art Night with Catherine Carter	March 14 (Tues.) 6:00-7:30 p.m.	Groundwork 1213 Purchase Street, New Bedford, MA 02740
Art Night/Faux Stained Glass	March 21 (Tues.) 6:00-7:30 p.m.	Groundwork 1213 Purchase Street, New Bedford, MA 02740
Making Art/Paint & Plant	March 24 (Fri.) 1:00-2:30 p.m.	Hazelwood Senior Center 553 Brock Avenue, New Bedford, MA 02744
Bowling Night	March 26 (Sun.) 6:00-8:00 p.m.	Wonder Bowl 66 Hathaway Road, New Bedford, MA 02740
Chair Yoga	March 28 (Tues.) 6:00-7:30 p.m.	Groundwork 1213 Purchase Street, New Bedford, MA 02740







JOIN US FOR A FREE PRIVATE SCREENING OF

# A RUN FOR MORE

A Transgender Day of Visibility Event

March 31, 2023 @ 6:30 p.m.

UMass Dartmouth College of Visual & Performing Arts Building 153

Frankie Gonzales-Wolfe never imagined she'd make history. Unfolding amidst an onslaught of anti-trans legal attacks, *A Run for More* immerses viewers in Frankie's journey as she finds her voice, questions her relationship to community, and tries to become the first openly transgender elected official in Texas.

Register here: [bit.ly/A-Run-for-More](https://bit.ly/A-Run-for-More)  
For more information,  
email [eileen@sclgbtqnetwork.org](mailto:eileen@sclgbtqnetwork.org)

