

May 2023



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



On Thursday, April 27th ARAW celebrated another incredible year of *Women helping Women and friendship* at our 156th Annual Meeting.

We're so glad you were part of our 408 women strong ARAW family!

On behalf of the staff at ARAW, the ARAW Board members and our Community Partners,

Thank you for being our friend!

We are here for you. We are here because of you. We are here and have been since 1866.

We look forward to another exciting year ahead with you!

ZEITERION PERFORMING ARTS CENTER

Creative Classroom
explore the performing arts

**OPEN ENROLLMENT FOR
SPRING CLASSES**

- MODERN AFRICAN DANCE
- JAZZ HISTORY & IMPROVIZATION
- YOUTH UKULELE
- BEGINNER UKULELE
- BEYOND BEGINNER UKULELE
- SALSA ON 1: BEGINNERS
- SALSA ON 2: INTERMEDIATE

FREE! Transportation available

For more information call ARAW (508) 717 0400



REMINDERS

Make time for yourself and take breaks.

It's ok to have bad and unproductive days.

You deserve love, care and support.

Allow yourself to feel, don't ignore and hide your feelings, try to hear and accept them.

Listen to your emotions and what they are trying to tell you.

The same good you see in others is within you too.

It's ok to have days where the only thing you do is survive.

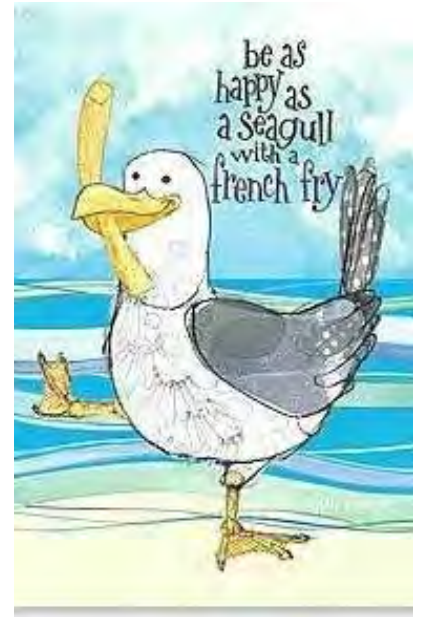
Trust yourself, the journey you are on and that things get better.

**DON'T
FORGET**

You Are Important!



Aging GRACEFULLY



Join Andy Pollock from Coastal Neighbors Network for lunch and conversation about ***Aging gracefully in a youth obsessed society.*** We will speak about planning, asking for help, accepting help, looking for positives and the benefits of community.

Bring your questions and thoughts on aging gracefully!

Wednesday, May 24th | Wamsutta Club | 12:30 – 2:30 pm

Handicap accessible | Transportation available | Dietary restrictions observed

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



SENIOR FARMER'S MARKET NUTRITION Program



Thanks to a \$1.4 million grant benefits increase this year from \$25 to \$50!!

For more details call Coastline or your Council on Aging!



April showers bring May flowers. But who brings the May flowers??

ARAW!!!

SPRING PLANT GIVE-AWAY

Friday, May 19th

Pick up or delivery of a spring plant to make you smile

Call ARAW (508) 717-0400 by Tuesday, May 16th



Dartmouth & Westport residents only

COASTAL NEIGHBORS NETWORK

NEWS

Tech help for YOU!

Do you have a computer? Would you like one and to learn how to use it? Contact Andy to receive a simple device and get connected. The devices are compliments of Coastal Neighbors. We will provide training, set-up and assistance. Join the modern age!

Call Andy at 508-556-4004

DID YOU KNOW?

Westport Council on Aging provides one-on-one tutoring for tech devices like your phone or laptop. It's free! Tell them you are from Coastal Neighbors. You can learn at your own pace, find some wonderful discoveries and surprise your friends and family with your ability! For help registering and for transportation, call Andy at

508-556-4004



Plant Perfection!

Come to Silverbrook Farm and make planters of lovely flowers or fragrant herbs. Soil, plants and pots are provided. Create a container for yourself and others. We will deliver planters to folks who can't get out. Let's have fun and do good! Refreshments will be provided. Rain or Shine.

When: May 11 2023, at 2:00 p.m.

Where: Silverbrook Farm, 592 Chase Road, Dartmouth

Wear: Comfortable shoes

RSVP: Call 508-556-4004 or register online at coastalneighborsnetwork.org

Handicap Accessible

Transportation Available. Call Andy at 508-556-4004.



Meet your neighbor!

Volunteer William Bullard sometimes helps members with small household tasks, but most of the time he's in the driver's seat, taking people to medical appointments, shopping and visiting friends. "I've met some of the most interesting, delightful people I've ever encountered, with fascinating backgrounds and life experiences," he says. Many of them are longtime Dartmouth and Westport residents, with deep knowledge of life on the South Coast. "These people have become friends," William says. As a boy, William spent summers in Nonquitt at the Bullard family home, where his dad started going as a young man. So when he drives Charles Alexander, a longtime Nonquitt resident, they often discuss Nonquitt goings-on, sports stories and the like. These are the kinds of relationships that make volunteering as rewarding for the volunteer as for the person being helped. William and his wife Diana moved to Dartmouth 7 years ago after raising their family in Baltimore, where William's professional career was in marketing, both with large corporations and independent schools. He continues to do marketing consulting with schools.

Garden Tour Volunteers Needed

Come and help out Coastal Neighbors on our bi-annual garden tour. This year we feature the beautiful Russells Mills Village. Help staff a table in a garden - chairs provided. All volunteers get to tour the gardens for free! There are morning and afternoon shifts available.

When: June 14, 2023. 9:30-12:30, and 1:00 to 4:00 shifts

Where: Russells Mills Village Dartmouth

Wear: Comfortable outdoor shoes

Handicap accessible

RSVP: Call 508-556-4004 to sign up as a volunteer.





New Bedford Art Museum/Artworks!



CREATIVE CARE

New Bedford Art Museum presents Senior Sundays! Step-by-Step Acrylic Painting. All Materials included. No prior experience required. Limited seating available. Please sign up in advance. To Sign up for Senior Sundays please email mrosa@newbedfordart.org or call Devin Mclaughlin at 508-525-6731.

SUNDAYS

May 14th-June 4th
11:00pm - 1:00pm

LOCATION:

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



New Bedford Art Museum/Artworks!

N B ! M

FRIYAY & TWIRL & WHIRL

FriYAY

Andy Anello

May 5th, 5-7pm

New Moon Dance Party brings radically inclusive underground dance music to the Art Museum. Come dance or just watch and enjoy the vibe.

LOCATION:

New Bedford Art Museum
608 Pleasant St.
New Bedford, MA 02740

Twirl & Whirl

Andy Russ

May 9th, 6-7pm

Standing at the crossroads of creative movement and dance, experience a cutting edge immersive performance inspired by Sound In Space, Sound in Place led by interdisciplinary artist, Andy Russ. This edition of Twirl & Whirl curated by dancer, choreographer, Ali Kenner-Brodsky.



FREE MAY PROGRAMS AT NEW BEDFORD FISHING HERITAGE CENTER

Come see our newest exhibit of archival photographs!

Thurs.-Sun. • 10-4 PM • Center (38 Bethel Street, New Bedford)

From the Hold: Photographs of the Port (1860s-1980s) 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 stunning collection of photos.



AHA! Night - "The History of Spinner" A Talk by Joe Thomas

Thurs., May 11 • 7 PM • Center (38 Bethel Street, New Bedford) • FREE

Joe Thomas, Co-Founder of Spinner Publications, gives a talk on the history of the organization as well as its involvement in documenting the fishing industry. Don't forget to check out our new exhibit "From the Hold!"



38 BETHEL STREET, NEW BEDFORD MA • (508) 993-8894

WWW.FISHINGHERITAGECENTER.ORG

HERSTORY@FISHINGHERITAGECENTER.ORG

FOR SOUTH COAST LGBTQ+ INDIVIDUALS 55+

THE FUN HAS JUST BEGUN!

Lots of fun in store for older LGBTQ+ individuals (55+) in the South Coast—now through the end of Pride Month! Join any or all events and meet new people or connect with old friends. All materials and refreshments provided. Email maureen@scigbtqnetwork.org or call (774) 775-2656 for more info.

ALL EVENTS AT GROUNDWORK 1213 PURCHASE STREET, NEW BEDFORD THE FUN BEGINS AT 6:00 PM

April 4	Bingo!
April 18	Paint & Plant
May 2	Card Night
May 16	Pizza Social
May 30	Word Games
June 13	Design Your Own Flag
June 20	Ice Cream Social

ALL EVENTS AT FIRST PARISH CHURCH CHURCH GREEN, TAUNTON THE FUN BEGINS AT 5:30 PM

March 30	Pizza Social
April 13	Card Night
April 27	Word Games
May 11	Paint & Plant
May 25	Bingo!
June 8	Design Your Own Flag
June 22	Ice Cream Social



LGBTQ+ BREAKFAST CLUB

FOR LGBTQ+ INDIVIDUALS 55+

May 7, 2023 at 10 a.m.

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

REGISTRATION IN POST.

For more information, email maureen@scigbtqnetwork.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)





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:

Thursday June 1st from 4:30PM-6PM | Educator Appreciation Party

Do you have a child, grandchild, or colleague who is currently an educator? Invite them to our free Educator Appreciation Party! From 4:30-5PM, educators can wind down on our stage with live music, teacher-themed cocktails, and light refreshments. Then, they will be treated to an exclusive preview of our 2023-2024 SchoolTime performance season and learn about scholarships and grants they can use for field trips to The Z! One lucky educator will walk away with 30 tickets so that their class can see the SchoolTime performance of their choosing!

**Saturday June 3rd at 8PM | With Love From Portugal:
A Night of Fado with Helder Moutinho & Maria Emilia**

Immerse yourself in the sounds of Portugal. This performance will feature the music and poetry of fado shared by world-renown fadistas Helder Moutinho and Maria Emilia.



Sunday June 4th at 2PM | Movies through the Decades: Ratatouille

Celebrate The Z's 100th anniversary by watching Pixar's heartwarming, family-friendly movie on the big screen. This movie follows Remy, a determined young rat who is secretly working in one of the finest restaurants in Paris, as he follows his dream of becoming a chef.

**Sunday June 11th at 2PM | Buster Keaton Double Feature:
Silent Films with Live Wurlitzer Organ Accompaniment**

Take a trip back in time and watch two silent films on the big screen while organists from the Eastern Massachusetts Chapter of the Theatre Organ Society play live! The screening will feature two silent films: One Week and Go West. In the first film, Buster Keaton and Sybil Seeley star as newlyweds who receive a portable house as wedding gift and have a comically hard time assembling it. In the second film, a New Yorker who can't hold down a job finds himself herding cattle to The West Coast.



***Transportation available**

**Tuesday June 13th at 7PM | Utica: The Last Refuge
A Film Screening in Honor of World Refugee Day**

This newly released documentary follows the Azeins -- a family of 4 from Sudan -- who arrive in Utica, NY and attempt to start a new life, and in turn, bring back to life a city plagued by economic stagnation. The film is a hopeful look at America's commitment to those who cross our borders to be free. Following the film, we will host a panel discussion featuring local refugees, refugee and immigration advocates, and the Executive Director of The Center featured in the film, which has helped 16,500 refugees from 35 countries resettle in the Mohawk Valley region of NY.



**Saturday June 24th at 8PM |
Alan Cumming & Ari Shapiro:
Och & Oy! A Considered Cabaret**

This wildly entertaining evening of tunes and tall tales brings together Tony Award-winning actor Alan Cumming (Cabaret, The Good Wife) and NPR's *All Things Considered* host (and Pink Martini guest vocalist) Ari Shapiro.



**Thursday June 29th at 8PM |
An Evening with Bernadette Peters**

Join three-time Tony Award winner Bernadette Peters for an inspiring evening of songs from Rodgers and Hammerstein, Stephen Sondheim, and Jerry Herman, among others.



Share Your Story!

Do you remember coming to The State as a young woman? Do you have a memory from a show you've seen at The Z that you cherish? In honor of our 100th anniversary we are collecting your stories and memories of this historic building, as well as your hopes of its future. **Call our Story Hotline at (774) 425-3417 to record YOUR story!**



***Transportation available**