

September 2023



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter

Join us for friends & fun at Blazing Saddles Animal Sanctuary

Thursday
Sept 28th
10 am

- Guided group tour around the farm
- Meet the animals & hear some of their backstories
- One-on-one animal encounters
- Approximately 45 minutes
- Benches available for resting & breaks
- Snack at the picnic tables or in the barn after the tour!

Call
(508) 717-0400
to register
Limited spots!



EASY WAYS TO MAKE YOUR HOME SAFER

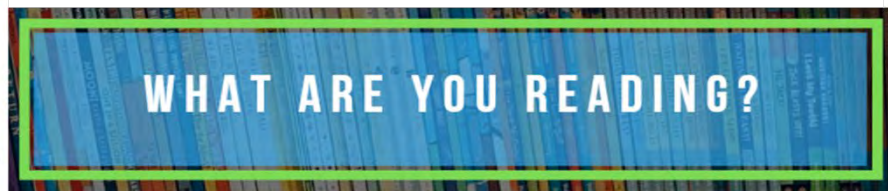
CLEAR THE WAY. Remove tripping hazards, like throw rugs, cords or clutter on the floor.

LIGHT IT UP. Replace lightbulbs with bright, non-glare bulbs to help you see around the house.

HAVE A SEAT. Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.

SECURE SOME SUPPORT. Buy a shower seat, grab bar and an adjustable height handheld showerhead to make bathing easier.

STORE FOR SUCCESS. Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.



Here are some of the great book recommendations we received:

Demon Copperhead by Barbara Kingsolver

Moonology: Working of the Magic of Lunar Cycles by Yasmin Boland

Summer in Nantucket by Elin Hilderbrand

Barefoot by Elin Hilderbrand

Remarkably Bright Creatures by Shelby Van Pelt

All the Light We Cannot See by Anthony Doerr

Poisonwood Bible by Barbara Kingsolver

The Winter Garden by Nicola Cornick

Hiss Me Deadly by Maranda James

Lessons in Chemistry by Bonnie Garmus

Let us know what you are reading! Call (508) 717-0400



Fighting The Flu Together!



The CDC reports that 50% to 70% of seasonal flu-related hospitalizations occur among people 65 and older.

The flu vaccine reduces the risk of illness that requires care from a health care professional by more than 60% for people 65 and older, says the CDC.

Since there are different types of vaccines available, always talk to your doctor about which one is right for you.

Join us in celebrating...

Grandparents Day
September 10, 2023



SEPTEMBER

by John Updike

The breezes taste
Of apple peel.
The air is full
Of smells to feel—
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze.

LUNCH

IS ON US

Friday, September 22nd
at the Wamsutta Club

LUNCH

IS ON US

12:30 pm to 2:30 PM

Enjoy lunch with our friends from the LGBTQ+ Network

To register | (508) 717-0400

Limited Space | Participants by lottery

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE
DIETARY RESTRICTIONS ACCOMMODATED



Alternatives for Staying at Home When You're Frail: The Frail Elder Waiver

The Frail Elder Waiver (FEW) is for people who meet the criteria for nursing facility care but prefer to live in the community. The program supports older adults with services to assist them with self-care and everyday tasks. Participants who are age 65 or older can choose to enroll in the Senior Care Options program to get their waiver (and if applicable, their Medicare) service all together through a single SCO plan.

FEW has both financial and clinical eligibility requirements.

For more information on FEW, visit massoptions.org or call 800-243-4636.

**Don't miss the FREE
Financial Workshops –
limited space and lunch
will be provided.
SEE ATTACHED FLYER**



OFFICE OF
**ECONOMIC
EMPOWERMENT**
Office of the Treasurer and Receiver General of Massachusetts



NEW BEDFORD, MA

Join us for FINANCIAL LITERACY WORKSHOPS

With the support of United Way of
Greater New Bedford and BayCoast Bank.

Workshops will take place at:

ARAW

174 Union Street, Unit 4W

New Bedford

*Parking and Transportation available
Handicap accessible*



WORKSHOP OFFERINGS

Wednesday, October 11th | Noon – 1:30 pm

Your Money Values & Influences

Wednesday, October 18th | Noon – 1:30 pm

Your Spending & Savings Plan

Wednesday, October 25th | Noon – 1:30 pm

Making Housing Decisions

Further details on next page



**Workshops are FREE
and LUNCH is
included!**



LIMITED SPOTS!
Call ARAW to register
(508) 717-0400

Wednesday, October 11th | Noon – 1:30 pm

Your Money Values and Influences

Participants will be able to:

- ✓ Identify their own values
- ✓ Explain why values are important and how they influence finances
- ✓ Know how goals are related to financial decisions
- ✓ Set goals using the SMART framework
- ✓ List external factors that influence spending
- ✓ List strategies for controlling budget

Wednesday, October 18th | Noon – 1:30 pm

Your Spending & Savings Plan

Participants will be able to:

- ✓ Create and use a spending and saving plan
- ✓ List ways to increase income and decrease expenses
- ✓ Prioritize which bills to pay first based on what might happen if bills are not paid in full and on time

Wednesday, October 25th | Noon – 1:30 pm

Making Housing Decisions

Participants will be able to:

- ✓ Identify what they need and want in housing
- ✓ List key factors to consider when deciding to rent, buy, or find another option
- ✓ Identify housing options and make choices
- ✓ List costs associated with housing options
- ✓ Estimate how much they can afford to pay for housing
- ✓ Read and understand a rental agreement
- ✓ Explain the purpose of renter's insurance
- ✓ Identify their rights and responsibilities as renters

Wednesday September 20th from 5-7PM at The Andrea McCoy Recreation Center, 181 Hillman Street, New Bedford

FREE! Taste of Creative Classroom Performances

Did you like moving and grooving with Sue at our salsa workshop? Come learn about all the classes we'll be offering at the Andrea McCoy Recreation Center this Fall including ukulele, salsa dancing, jazz jam, songwriting, Cape Verdean dance, and improvisation! Classes start in October, but you don't want to miss this sneak peek.



The Zeiterion Performing Arts Center is kicking off our satellite season with a free concert on Saturday September 30th at 4PM and you're invited! Please let us know if you would like to come so that we can get you free tickets!



The Zeiterion Performing Arts Center is offering free tickets and transportation to any of the shows below for 4 lucky ladies. Tickets will be given away on a first call, first serve basis. Preference will be given to ARAW members who have not attended a performance at The Z recently.

Thursday October 5th at 8PM at UMass Dartmouth, 285 Old Westport Rd., North Dartmouth

Jake Shimabukuro

Listen to Hawaiian ukulele player Jake Shimabukuro take the ukulele to places it's never gone before. Jake explores jazz, rock, blues, bluegrass, folk, and even classical music through this tiny but mighty musical instrument. There will be a free beginner ukulele workshop before his performance.

A promotional poster for a performance by Jake Shimabukuro. The background is a lush green forest. Jake Shimabukuro is the central figure, wearing a dark blazer and holding a ukulele. The text is overlaid on the image. In the top right, a white circular sticker contains the venue information. The artist's name is written in large, bold, pink-outlined white letters. Below the name, the date and time are listed, followed by the ticket price. At the bottom, the location is specified. A circular logo in the bottom left corner reads 'ON THE ROAD' with 'UMASS DARTMOUTH' and 'THE ZEITERION' around the perimeter.

PRESENTED AT
**UMass
Dartmouth**
Main Auditorium
285 Old Westport Road
North Dartmouth

**Jake
Shimabukuro**

THURS **OCTOBER 5** 8PM
TICKETS FROM \$39

THE ZEITERION AT **UMASS DARTMOUTH**

ON THE ROAD
UMASS DARTMOUTH
THE ZEITERION

Saturday October 14th at 8PM at Bristol Community College Theatre, 777 Elsbree St., Fall River

Gisela Joao in Partnership with Fabric Arts Festival

Listen to New York Times, chart-topping fado singer Gisela Joao's bold new take on this traditional Portuguese art form.

GISELA JOÃO

PRESENTED AT
BCC
Bristol Community College
Margaret L. Jackson Arts Center
777 Elsbree St
Fall River

PRESENTED IN PARTNERSHIP WITH
FABRIC

SAT OCTOBER 14 8PM
TICKETS FROM \$29

THE ZEITERION AT **BRISTOL COMMUNITY COLLEGE**
PRESENTED IN PARTNERSHIP WITH THE FABRIC ARTS FESTIVAL

ON THE ROAD

Thursday October 19th at 7:30PM at the Kilburn Mills, 127 West Rodney French Blvd., New Bedford

Stagedoor Live! presents Ladies Night featuring Lori Gomes, Ashley Victoria, and Jacquelyn Legendre

This one's for you ladies! Listen to some of the most talented female singers and musicians from the Southcoast come together to share their talents on one stage.

STAGE DOOR
Live!

AT THE
**KILBURN MILLS
EVENT CENTER**

**ON THE
ROAD**

PRESENTED AT
**Kilburn
Event Center**
127 W Rodney French Blvd
New Bedford

LADIES NIGHT
with Lori Gomes, Ashley Victoria
Jacquelyn Legendre, and Band

THURS **OCTOBER 19** 7:30PM
\$25 | \$34

September 10, 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



**IT'S BACK!
BOWLING NIGHT FOR OLDER
SOUTH COAST LGBTQ+
INDIVIDUALS!**

SEPT. 24, 2023

6PM-8PM

WONDER BOWL

NEW BEDFORD

Register at: bit.ly/LGBTQ-Senior-Bowling-Night.
Email maureen@sc-lgbtq-network.org or call
(774) 775-2656 for more info.



SPONSORED BY
ARAW



New Date!

Explore the City from the Seaside on a New Bedford Harbor Tour!

**Join us for a 1-hour Harbor Tour
Friday, September 8th at 1:00pm
Transportation provided upon
request**

**Limited seating - Reserve your spot
now by calling Herstory Project
Manager Laura Campbell at
(508) 654-1666
herstory@fishingheritagecenter.org**

**New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford MA
fishingheritagecenter.org**



SEE WHAT'S NEW AT THE NEW BEDFORD FISHING HERITAGE CENTER!

Ongoing Exhibit: Sea Monsters: Real and Imagined

July 13 - December 31 • Center (38 Bethel Street, New Bedford)

There are things that live deep underwater...some exist, some exist only in legend. Our newest exhibit showcases a series of real-life deep-sea creatures as well as representatives of myth around the world! Featuring artwork from local artists Brian Tittel, Christina Jacobsen DeVilliers, and Erik Durant!



Sea Monsters from Classical Times to the Age of Exploration

Thurs., 9/14 • 7 PM • Center (38 Bethel Street, New Bedford) • FREE!

Map lovers rejoice! Special guest speaker Glen Gawarkiewicz, Senior Scientist at Woods Hole Oceanographic Institution, will share examples of how sea monsters were depicted on antique maps from Classical Times through the Age of Exploration, including Olaus Magnus' 1539 Carta Marina!



Book Talk: Hometown with John K. Bullard

Thurs., 10/12 • 7 PM • Center (38 Bethel Street, New Bedford) • FREE!

Join former Mayor of New Bedford John K. Bullard to hear a presentation and select readings from his new memoir, Hometown! In this deeply moving and thoughtful memoir, Bullard weaves a tale of family legacy intertwined with the pitfalls and promise of New Bedford. Hear about his time as Mayor as well as his connections to the fishing industry!



New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford MA
(508) 993-8894



Sea Monsters: Real and Imagined and associated programming are funded by the Acushnet, Dartmouth, Fairhaven, Marion, Mattapoisett, New Bedford Cultural Councils, as well as grant from the Westport Cultural Council, a local agency supported by the Helen E. Ellis Charitable Trust administered by the Bank of America, the Massachusetts Cultural Council, BankFive, BayCoast Bank, and a Community Impact Grant from Eversource.