

December 2023



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



SO MANY REASONS TO BE
Grateful

Here are just some reasons you shared with us!

- "I am grateful for all the people I have met through ARAW."
- "Love of my God, family and friends, existence of FLO program."
- "Family, friends, good health, my home, sunshine"
- "Good Health with recovery from cancer and life in general."
- "Affordable roof over my head and my dog Buddy."
- "Warm home, No mortgage, YMCA Full plate project, great memories."
- "I'm grateful I had a stroke in Nov 21. It made my memory work after 13 years of poor recall."

Holiday Luncheon



Join us!

Wednesday, December 13th
Wamsutta Club | New Bedford | 12:30 to 2:30

Handicap accessible | Transportation available
Dietary restrictions accommodated

RSVP (508) 717-0400 by Friday, December 8th

RESULTS ARE IN...

 **vs.** 

35% to **65%**

CANNED cranberry sauce is the clear winner in our survey!

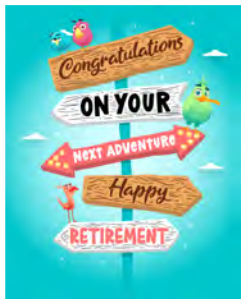
Peace
Love
Joy



However you celebrate the 2023 holiday season, we wish you health, happiness and peace.



We want to help ... please call the ARAW if you need assistance this holiday season (508) 717-0400



We are fortunate to have an absolutely dynamite team here in our office. And since 2021, Patricia Midurski has been integral – a passionate, compassionate, knowledgeable and dedicated member of the team. Even before she joined ARAW’s direct staff she worked to further the ARAW’s mission at the Acushnet COA. She has been through many transitions and changes here since she joined the in-house staff at ARAW – new processes, new office space, new colleagues, new responsibilities, new programs, new approaches and countless new beneficiaries.

Through it all, Pat has provided expert knowledge, keen insight and a caring heart to both the beneficiaries with whom she has worked and her colleagues here at ARAW and beyond. As she approached each case, she has recognized the individuality of the beneficiaries’ circumstances and has treated each with understanding, equity, a sense of empowerment and respect. She has not only called on but has also selflessly shared the encyclopedia of resources she has gleaned from her many years working with the most vulnerable in our community.

We have learned a great deal from Pat and our beneficiaries have gained a great deal from her work. Pat has achieved much, left her imprint on many and improved lives for the better. Quite a legacy. We knew it couldn’t last forever (although we hoped!) and now the time has come for Pat to pursue things closer to home. Amongst many other personal pursuits, a gorgeous new grandson calls...

We have been lucky to have Pat on our ARAW team and we can not thank her enough for the many gifts, laughs and acts of caring she has brought to our lives. Wednesday, December 20th will be Pat’s last day at ARAW.



We know that many of you will want to wish her a happy retirement. Should you like to send Pat a note or card, we will be sure to get it to her. Please send to: ARAW, 174 Union Street, Unit 4W, New Bedford, MA 02740 or admin@arawofnb.org

Seniors YOU'RE INVITED

Christmas Day Dinner

SPONSORED BY:
JEWISH COMMUNITY OF GREATER
NEW BEDFORD

DECEMBER 25, 2023

HOLY NAME OF THE SACRED HEART OF JESUS
PARISH HALL
121 MOUNT PLEASANT STREET
NEW BEDFORD, MA

Doors open at 10:30 AM
Dinner served at Noon

CALL (508) 999-4717
TO MAKE RESERVATIONS

DEADLINE 12/22

ARAW OFFICE CLOSURES

The ARAW office will be closed the following dates:

December 25th & January 1st

ANDREA Mc Coy
Recreation Center

181 Hillman St. NB.

Registration is Now OPEN!

THE JREAM FOUNDATION
HOLIDAY MEAL GIVEAWAY*

This is a two day event with 150 meals given out on Dec. 16th 2023 from 10AM-3PM and 150 meals given on Dec. 17th 2023 from 10AM-3PM. Deadline to sign up is: Mon. Dec. 4th 2023.
info.prb@newbedford-ma.gov
www.NBPRB.com
***ONE PER NEW BEDFORD HOUSEHOLD**

THE JREAM FOUNDATION



SRTA Announces “Try Transit” for 2024

Beginning January 1, 2024 through June 30, 2024
SRTA Fixed Route and Demand Response
services will be free to all customers.

This promotion is possible through a grant awarded by the Massachusetts Department of
Transportation

***SRTA support from ARAW will be put on HOLD.
Support will resume in July, if approval is up to date.***



This event is for
Deaf, DeafBlind,
Hard of Hearing
& LateDeafened
Seniors

New Bedford Holiday Celebration

Thursday, December 7, 2023

1-3pm

DEAF, Inc. 's New Bedford Office
888 Purchase St, Bay 1
New Bedford, MA 02740



LIGHT REFRESHMENTS
SOCIALIZE
GAMES
GIVEAWAYS
DOOR PRIZES



This event is for
Deaf, DeafBlind,
Hard of Hearing
& LateDeafened
Seniors

Please RSVP here:
www.linktr.ee/deafincma

Request for accommodation by *November 22nd*
hello@deafincma.org
617-505-4823

This event is sponsored by Massachusetts COVID-19 Community Grants

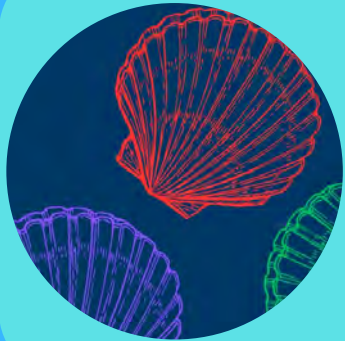
SEASON'S GREETINGS FROM NEW BEDFORD FISHING HERITAGE CENTER!

Holiday Stroll: Salty Santa and Story Time

Sat., 12/2 • 12-5 PM • Center (38 Bethel Street) • Free

As part of dNB's Holiday Stroll, stop by the Center for story time along with special appearances from Salty Santa and Mrs. Claws! Visitors can also decorate scallop shells and enjoy a 10% discount in our gift shop. Learn more about other Holiday Stroll activities by visiting Downtown New Bedford's website:

<https://downtownnb.org/>



December AHA! Night: Scallop Shell Decorating & Hot Cocoa Thurs., 12/14 • 5-7 PM • Center (38 Bethel Street) • Free

Stop by the Center to decorate scallop shells (perfect for holiday ornaments) and enjoy free hot chocolate and coffee. Then, do some last minute holiday shopping in our gift shop. We're offering a 10% discount in the shop which features wonderful items including clothing, books, jewelry, and more. Great for all ages.

Dock-u-mentary: *Artifishal: The Fight to Save Wild Salmon* Fri., 12/15 • 7PM • NB Whaling National Historical Park (33 William Street) • Free

This 2019 film explores people, rivers, and the fight to save wild salmon and the environments that support them. *Artifishal* also explores wild salmon's slide towards extinction, threats posed by fish hatcheries and fish farms. (1hr 23min)



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



Art Class with Local Artist Christina Jacobsen deVilliers:



Everyone enjoyed learning how to draw a Fishing Boat or a Mermaid!

The Zeiterion Performing Arts Center is offering FREE TICKETS AND TRANSPORTATION to the shows below for 8 lucky ladies. Tickets will be given away on a first call, first serve basis with preference given to ARAW members who have not attended a performance at The Z recently, so reserve your ticket now by calling 508-717-0400!

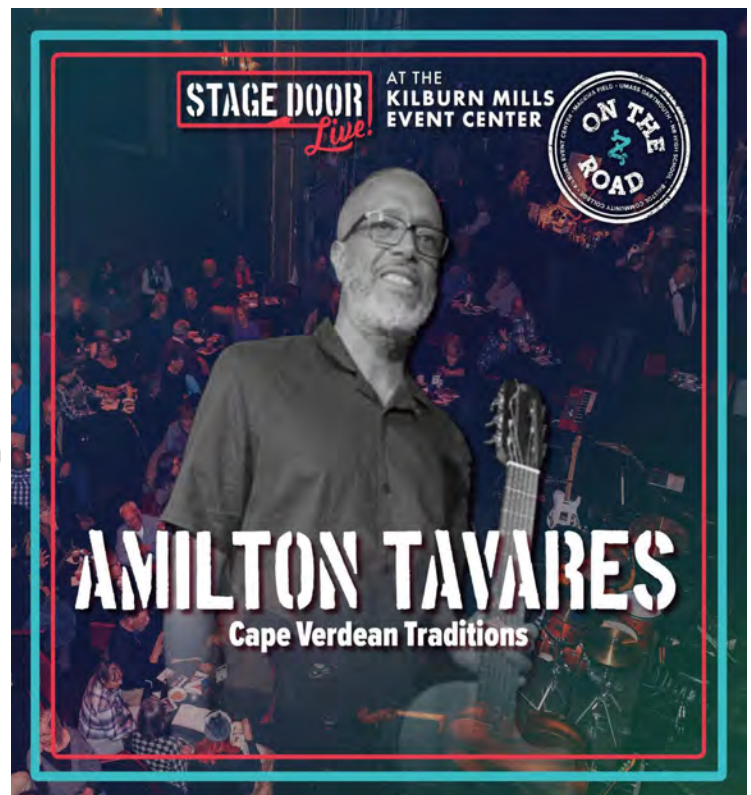


**Saturday December 2nd
at 8PM
Paula Poundstone
at UMass Dartmouth**

Laugh with comedian, author, and actress Paula Poundstone. Paula was the 1st female comic to perform standup at the White House Correspondents Dinner and the 1st female comic to win Best Comedy Special for her HBO special *Cats, Cops, and Stuff*. You may have heard Paula as a panelist on NPR's #1 show *Wait Wait... Don't Tell Me* or read her book *The Totally Unscientific Study of the Search for Human Happiness* which was a semifinalist for the Thurber Prize for American Humor.

**Thursday December 14th
at 7:30PM
Amilton Tavares
at the Kilburn Mills**

Join local Cape Verdean musical legend Amilton Tavares and his talented band for a memorable night of live music that will transport you to the Cape Verde Islands.



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**Sunday, January 14th
at 4PM
Drumline Live!
at New Bedford High School**

Celebrate MLK Day early with an upbeat musical performance brought to you by the team behind the hit movies “Drumline” and “Drumline: A New Beat.” Drumline Live! features a thrilling combination of music and dance inspired by the marching band tradition at Historically Black Colleges and Universities (HBCUs), blending hip hop, soul, gospel, and jazz with live choreography to create a performance that will leave you feeling energized.

**Thursday December 14th
at 6PM
FREE Jazz Jam
at the Co-Creative Center**

Shed your cares, enjoy live music, improv and jam out with us at this free jam session led by sax player and music educator Emmanuel “Manny” Escobar! Musicians, vocalists, visual artists, and audience welcome.

No experience necessary.



Can't make it this month? We will be offering free jam sessions every AHA! night from 6-7PM at the Co-Creative Center (137 Union St. New Bedford), so join us on February 8th, April 11th, May 9th, June 13th, July 11th or August 8th instead!



INTERGENERATIONAL
LGBTQ+

Holiday Brunch

December 17, 2023 | 11 a.m. | Wamsutta Club, New Bedford

We're inviting South Coast LGBTQ+ individuals of all ages to join us for a *free* brunch celebration of togetherness and sharing.

RESERVE YOUR SPOT: bit.ly/Holiday-Brunch-2023.



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS



NEW BEDFORD ART MUSEUM

CREATIVE CARE

ART KIT DELIVERY FOR
ARAW PARTICIPANTS

2024
SIGNUPS



SESSION 4

JANUARY 1 - FEBRUARY 2

SESSION 5

FEBRUARY 5 - MARCH 1

SESSION 6

MARCH 4 - MARCH 29

Receive finely curated art kits with expert art instruction delivered right to your door! One delivery per week for 4 weeks each Session.

Sign up for each session today! Please Sign up with the **Association for the Relief of Aged Women** at **(508) 717-0400**. Limited capacity: 15 Maximum.

This class is generously funded by the Association for the Relief of Aged Women.
@NBAM_AW | PHONE: (508) 961-3072 | NEWBEDFORDART.ORG

