



January 2024!!!



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter

WHAT'S YOUR

NEW YEAR'S

RESOLUTION?

THESE
ARE OURS...

MY NEW YEAR'S
RESOLUTION IS...



MY NEW YEAR'S
RESOLUTION IS...

MY NEW YEAR'S
RESOLUTION IS...

Ana, Beneficiary Advocate

to dedicate time for daily gratitude.

Jenny, Admin Director

to SAVE MONEY!

Clare, Executive Director

to get organized & purge extra stuff.

Happy
NEW
YEAR

WE WANT TO KNOW!

Reach out and share your resolution for 2024!

(508) 717-0400 or admin@arawofnb.org



Your cards, your calls, your small gifts and your well wishes made our holidays all the brighter. Thank you!



“Happy New Year - but no happier than that.”



Oh, what fun we had at this year's holiday luncheon! Over 50 of our ARAW friends - all full of holiday cheer - attended. Were you there having fun? Did you miss out? Well, either way we have some great luncheons planned for the new year... we hope you will join us!

The tallest known snowman was higher than a 12-story building.



LUNCH & LEARN



and our friends from



South Coastal Counties
Legal Services

Friday, January 26th

Wamsutta Club | New Bedford

12:30 pm to 2:30 pm

Handicap accessible | Transportation available

Dietary restrictions accommodated

RSVP (508)717-0400

ARAW OFFICE CLOSURE:
The ARAW office will be closed in observance of MLK Jr Day on:
Monday, January 15th

Remember ARAW may be able to help when times are tough. To be considered for support from the ARAW, please call us *in advance* of a purchase, a service or making *any* change to existing support. We are just a call away to talk with you about your needs (508) 717-0400

The Zeiterion Performing Arts Center is offering FREE TICKETS AND TRANSPORTATION to the shows below for 4 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 ARAW at 508-717-0400!

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.



Sunday March 17th at 4PM

360 All Stars at New Bedford High School

Watch this cast of World Champion and World Record holding artists and athletes explore all forms of rotation from BMX to basketball, breakdancing, acrobatics, and drumming! This phenomenal physical performance features a live soundtrack and spectacular video projections. It sold out on Broadway, so don't wait to get your tickets to see it right here in New Bedford.



Monday January 15th (MLK Day) from 11AM-2PM

FREE HBCU College Fair at Andrea McCoy Recreation Center

Do you have a child or grandchild who is in middle or high school? It's never too early to help them start thinking about their future.

The Z has collaborated with the Andrea McCoy Recreation Center, T.R.U.E. Diversity, Domino's and the MLK Day Community Program with strategic support from Paige L. Jones to offer this free college fair featuring 8+ Historically Black Colleges and Universities (HBCUs)! You don't have to identify as Black to attend an HBCU.

Join us to:

Connect with graduates from 8+ HBCUs

Experience HBCU culture through an interactive halftime performance and Q&A with the cast of Drumline Live!

Learn about local scholarships offered by the Martha Briggs Educational Club and the Community Foundation

Connect with the New Bedford High School Guidance Department

Get registered to vote with the NAACP New Bedford

The event will take place from 11am - 2pm at Andrea McCoy Recreation Center, 181 Hillman St. New Bedford, MA, Bldg. 8. Free food and drinks will be provided.

This event is free and open to all, but we ask you to please register in advance.

ZEITERION PERFORMING ARTS CENTER INVITES YOU

HBCU COLLEGE FAIR

MONDAY, JANUARY 15

MLK DAY • 11AM - 2PM

Andrea McCoy Recreation Center
181 Hillman St., New Bedford, Bldg. 8

FREE ADMISSION AND PIZZA!

*Featuring
halftime show
and Q&A with cast of
DRUMLINE Live
at 12:30PM*

MLK DAY COMMUNITY PROGRAM

 **T.R.U.E. DIVERSITY**
SERVING OTHERS ON PURPOSE

 

SPECIAL THANKS TO PAIGE L. JONES

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



HAPPY NEW YEAR FROM NEW BEDFORD FISHING HERITAGE CENTER!

CHECK OUT OUR UPCOMING EVENTS

***Sea Monsters: Real and Imagined* extended to March 2024** **Fishing Heritage Center (38 Bethel Street, New Bedford)**

There are things that live deep underwater...some are real creatures, while others only exist in myths and legends. 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, including Brian Tillett, Christina Jacobsen deVilliers, and Erik Durant!



Dock-u-mentary: Kirby Paint Co.: An Illustrated Talk **Fri, 1/19 • 7 PM • NB Whaling National Historical Park** **(33 William Street)**

Join local photographers Phil Mello and Markham Starr along with George Kirby, Jr. for an exploration of one of New Bedford's oldest maritime paint suppliers, the George Kirby, Jr. Paint Company (established in 1846). One hour presentation followed by Q&A.



The Little Mermaid: A Musical Review **Thu, 1/25 • 6 PM • FHC (38 Bethel Street) • Free**

Join students from Global Learning Charter Public School at the Center at 6:00pm for rousing renditions of all of your favorite songs from *The Little Mermaid* and see timeless characters brought to life. Be sure to stop by the Center early to explore our exhibit: *Sea Monsters: Real and Imagined* and discover merfolk from around the world!



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.