

February 2024:
The Kindness Edition



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter

With all that is going on in the world, we thought it was a good moment to take a breath and remind ourselves of the ability we have to make the world a better place.
Spreading kindness and showing respect for one another is a superpower. This Valentine's Day and throughout the month of February, let's make an extra effort to spread kindness like wildflowers and show each other the respect we deserve.
We hope you will join as we commit to being the very best versions of ourselves.
Happy Valentine's Day!

"KINDNESS IS A GIFT EVERYONE CAN AFFORD TO GIVE."

- UNKNOWN



kindness
IT COSTS NOTHING, BUT MEANS EVERYTHING.



EASY & FULFILLING

IDEAS TO CELEBRATE

VALENTINE'S DAY

WITH LOVE AND KINDNESS



- 1 PRACTICE ACTIVE LISTENING
- 2 LOOK FOR COMMON GROUND
- 3 SEEK TO UNDERSTAND OTHERS
- 4 SHOW EMPATHY FOR DIFFERENCES
- 5 SERVE OTHERS
- 6 APOLOGIZE WHEN YOU'RE WRONG
- 7 BE POLITE
- 8 SHOW GRATITUDE
- 9 CELEBRATE THEIR ACHIEVEMENTS
- 10 AFFIRM THE OTHER PERSON
- 11 OFFER SUPPORT
- 12 KEEP YOUR PROMISES
- 13 TAKE CARE OF YOURSELF

This is an unprecedented time. It's time for unprecedented kindness.

Show RESPECT for EVERYONE

THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE.
-Ralph Waldo Emerson

A SMILE IS A FRIEND MAKER

How to Speak with Kindness and Respect



STEP 1

Listen Actively



STEP 2

Use Positive & Encouraging Language



STEP 3

Practice Empathy



STEP 4

Be Mindful of Non-Verbal Communication



STEP 5

Reflect Before You Respond

JOIN US AND

Take The Be Kind Pledge™



kind

I pledge to

- Be Encouraging
- Be Supportive
- Be Positive
- Be Helpful
- Be Honest
- Be Considerate
- Be Thankful
- Be Responsible
- Be Respectful
- Be a Friend

WE WANT TO KNOW...

WHAT DOES KINDNESS MEAN TO YOU?

Call and tell us!
(508) 717-0400

GIFT that one HUMAN can GIVE to ANOTHER HUMAN



THANK YOU FOR YOUR KINDNESS

"Kindness is the language which the deaf can hear and the blind can see."

- Mark Twain

LOVE YOU

TRUE LOVE

FREE!

VALENTINE'S DAY GIVEAWAY

BE MINE

TRUE LOVE

KISS ME

IT'S ANOTHER LADY'S CHOICE GIVEAWAY...

We would like to offer you a Valentine treat! What would you enjoy? Make your choice! It's free!

Call 508-717-0400

Gift card will be mailed on or before February 22nd. Gift card value is \$10. Choose ONE:

Dunkin' Market Basket

Riccardi's Stop & Shop

We don't always have to agree with one another, but it is important that we learn to respect each other.

-Rubyann

CREATIVE CARE

**NEW BEDFORD
ART MUSEUM**

FEBRUARY
4 - 29

MARCH
3 - 30



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 with the Association For The Relief of Aged Women.

CALL: (508) 717 - 0400

15 PARTICIPANTS MAX.

*This class is generously funded by
the Association For The Relief of Aged Women.*

NEWBEDFORDART.ORG | @NBAM_AW | (508) 961 3072



STEEEE-RIKE!

*It's intergenerational bowling night
for South Coast LGBTQ+ individuals!*

**FOURTH SUNDAY
OF THE MONTH**

6PM-8PM

WONDER BOWL

NEW BEDFORD

*All ages are welcome. No registration is required. And it's free!
For more information, email eileen@sclgbtqnetwork.org or
call (774) 775-2656*



**THE LGBTQ+
NETWORK**
SOUTH COAST MASSACHUSETTS

Join us in Fairhaven!

LGBTQ+ SUPPER CLUB

for Older LGBTQ+ Individuals (55+)

Join us for the next LGBTQ+ Supper Club for older LGBTQ+ individuals in Fairhaven, Mass. We're providing free food and drink—and great conversation!—at the Fairhaven Council on Aging.

Fourth Wednesday of the Month

5:00-7:00 pm

Fairhaven Council on Aging

229 Huttleston Ave., Fairhaven, MA 02719

(508) 979-4029

To RSVP or for more information, email

ivy@scslgbtqnetwork.org or call (774)

775-2656.



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS



FALL IN LOVE WITH THESE UPCOMING EVENTS FROM NEW BEDFORD FISHING HERITAGE CENTER!

AHA! Night: Draw A Fish Boat

Thu, 2/8 | 5 PM | FHC | Free

Learn how to draw a fish boat with local artist Bob Bowers. Entirely self-taught, Bowers has an eye for detail and a near perfect recall for boats and their rigs. The son of a local fisherman, Bowers grew up on the New Bedford waterfront and worked as a fisherman. Today, he works for Bay Fuels running a fuel barge.



Dock-u-mentaries: *Sustaining Sea Scallops*

Fri, 2/16 | 7 PM | FREE

**NB Whaling National Historical Park
(33 William Street, New Bedford, MA)**

This film by the Coonamessett Farm Foundation explores how fishermen and scientists along the East Coast work together to ensure the survival of Atlantic sea scallops.



Lobster Days 2024 at FHC

Thu, 2/22 & Fri, 2/23 | 11 AM - 1 PM | Free

Explore one of New England's favorite crustaceans during Lobster Days 2024 at New Bedford Fishing Heritage Center! Meet local lobstermen, enjoy kid-friendly art projects, science demos, storytelling, and more!



38 Bethel Street, New Bedford, MA 02740



<https://fishingheritagecenter.org/>

(508) 993-8894



Seascape/Memory Frame Class with local artist Nina Mach!



Choose from an amazing variety of seashells, sand, glitter, and sea glass. Personalize your one of a kind masterpiece by bringing along your own add-ons (buttons, a loved one's jewelry, dated pennies, beach treasures, or a special photo).

Wednesday, February 28th, from 1:30 to 3:30pm
New Bedford Fishing Heritage Center, 38 Bethel Street
Refreshments to be served
Transportation provided upon request



To RSVP, please call
Laura Campbell at
(508) 654-1666

herstory@fishingheritagecenter.org



The Zeiterion Performing Arts Center is offering FREE TICKETS AND TRANSPORTATION to the shows below.

Tickets will be given away on a first call, first serve basis, so reserve your ticket now by calling ARAW at 508-717-0400!

**Thursday February 8th at 6PM
Jazz Jam at the Co-Creative Center,
137 Union St. New Bedford**

Shed all your cares, enjoy live music, improv, and jam out with sax player and music educator Emmanuel “Manny” Escobar. Musicians, vocalists, visual artists, and audience members are all welcome. No experience or tickets necessary! Just show up!



**Sunday March 17th at 4PM
360 All Stars at New Bedford High School,
230 Hathaway Blvd., New Bedford**

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. This is a great show to bring your grandkids to!



Thursday April 25th at 7PM

**The Great Gatsby at UMass Dartmouth,
285 Old Westport Rd., North Dartmouth**

Watch F. Scott Fitzgerald's classic American novel The Great Gatsby come to life in this one man play from Literature to Life. The Great Gatsby is a story about the treatment of different social classes and the price of the American dream set in the 1920s, at the height of the Jazz Age and the Prohibition Era.





PLEASE JOIN OUR

Valentine's

*Soup n' Sandwich
Entertainment by
DJ Jordan*

**FEBRUARY 21ST LUNCH
AT 11.45AM ENTERTAINMENT
TO FOLLOW TIL 2:00PM**

**WESTPORT COA
75 REED RD**

**PLEASE CALL TO
RESERVE YOUR SEAT
508-636-1026**

\$5.00



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

Sunday Service Begins January 28, 2024

Beginning Sunday, January 28, 2024 all routes
will operate on Sundays until further notice.

Sunday will share the same times as Saturday
and is listed on the schedules as “Weekend”