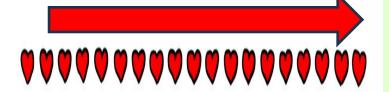


VALENTINE'S DAY

WITH LOVE AND KINDNESS



- BE POLITE
- SHOW GRATITUDE
- CELEBRATE THEIR ACHIEVEMENTS
- AFFIRM THE OTHER PERSON
- OFFER SUPPORT
- KEEP YOUR PROMISES
- TAKE CARE OF YOURSEL







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



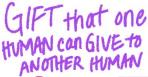
I pledge to

- 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









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



THANK YOU FOR YOUR KINDNESS

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

– Mark Twain





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

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.



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





Join us in Fairhaven!

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@sclgbtqnetwork.org or call (774) 775-2656.





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 <u>Coonamessett Farm Foundation</u> 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



Council (508) 993-8894





Seascape/Memory Frame Class with local artist Nina Mach!



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!



SOUTH OF THE PARTY OF THE PARTY

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.





Valentine's

Soup n' Sandwich Entertainment by Dordan

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





SRTA Announces "Try Transit" for 2024

Beginning January 1, 2024 though 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"