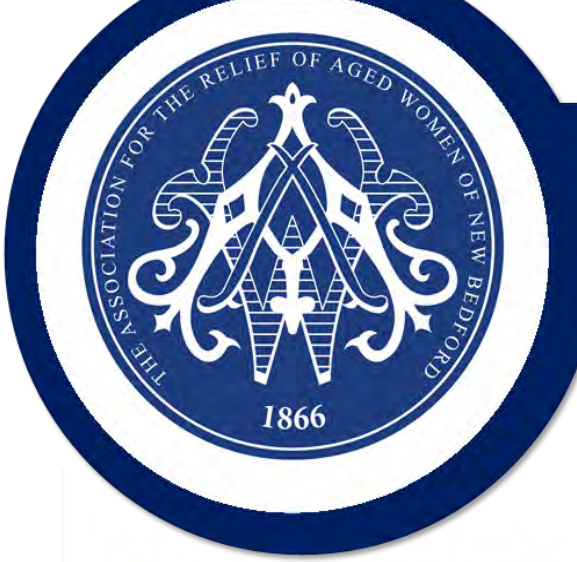


March 2024

GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



with our community partner



Wednesday, March 27th
12:30 pm to 2:30 pm
at Wamsutta Club



Join Us for Lunch



LEARN

some basic American Sign Language (ASL) | about Deaf culture and ASK what you want to know, but have been afraid to ask

To register | (508) 717-0400

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE | DIETARY RESTRICTIONS ACCOMMODATED



Daylight Saving Time

SPRING FORWARD

Set your clocks ahead one hour
Sunday, March 10
2024

And when you

Did you know that Friday, March 8th is...

≡ International Women's Day ≡ ?



How will you celebrate?



CHANGE
YOUR
CLOCKS

CHECK
YOUR
ALARMS



The leprechauns have gifted us with all sorts of various goodies to offer up to you in a St. Patrick's Day Raffle. **There is absolutely no cost to enter – just call us at the office** and your name will be dropped in the *pot at the end o'the rainbow*. We will pull names out of that lucky pot at random on **Tuesday, March 26th**. So, call as soon as you can! May the luck of the Irish be with you!



Call ARAW at
(508) 717-0400
To enter our **FREE**
St. Patrick's Day raffle
drawing on 2/26



This from our friends at
Fairhaven Council on Aging

You're invited to Easter Dinner!

March 31, 2024
11:00am-1:00pm
Fairhaven Senior Center
229 Huttleston Ave, Fairhaven, MA 02719

MENU

- Salad
- Baked Ham
- Mashed Potatoes
- Green Beans
- Rolls & Butter
- Assorted Desserts

Please call to sign up by
Wednesday March 22, 2024
508.979.4029

Limited space!

UPCOMING FREE EVENTS AT NEW BEDFORD FISHING HERITAGE CENTER!

38 Bethel Street, New Bedford MA

<https://fishingheritagecenter.org/>

(508) 993-8894



Unusual Catch Day

Mar 9 • 1 PM – 4 PM • FHC

Fishermen routinely pull up fossils, bottles, and other interesting objects in their nets. Bring your unusual catches or stop by to see others'. Maritime archeologists will help shed light on these interesting finds. Members of the public are welcome!

AHA! Night: *Herstory*

Mar 14 • 6 PM • FHC

Celebrate Women's History Month and learn about *Herstory*, an intergenerational oral history project pairing high school and college students with older women with ties to New Bedford's fishing community. Meet project participants and hear stories from the working waterfront, past and present.



Dock-u-mentary: *Saving New England Fisheries*

**Mar 15 • 7 PM • NB Whaling Natl. Historical Park
(33 William Street)**

This 2016 documentary explores the rise and fall of the Atlantic Cod fishery in the Gulf of Maine, and follows the fishermen, scientists, environmentalists, and local restaurateurs who are fighting to save this famous New England species.

STEEEEE-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@sc-lgbtqnetwork.org or
call (774) 775-2656*



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**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

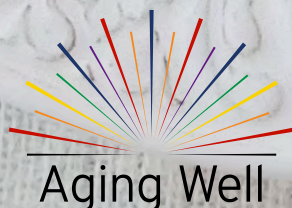
To RSVP or for more information, email

ivy@scslgbtqnetwork.org or call (774)

775-2656.



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Aging Well



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS





Aging Well

Second Wednesday of the Month

5:00-7:00 p.m.

Marion Council on Aging

465 Mill Street, Marion, MA 02738

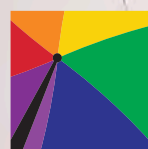
(508) 748-3570

LGBTQ+ SUPPER CLUB

for Older LGBTQ+ Individuals (55+)

Join us for our latest LGBTQ+ Supper Club for older LGBTQ+ individuals in Marion, Mass. We're providing free food and drink, great company, and great conversation!

To RSVP or for more information, email maureen@sc-lgbtqnetwork.org or call (774) 775-2656.



**THE LGBTQ+
NETWORK**
SOUTH COAST MASSACHUSETTS



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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!*

Saturday March 16th 11AM-2PM

360 Degrees For The Culture at Andrea McCoy Recreation Center, 181 Hillman St., New Bedford, Bldg. 8

Join The Z and 3rd Eye Youth Empowerment for an afternoon of interactive workshops exploring all forms of rotation, from spinning the ball to spinning the beats. You will have the opportunity to participate in (or observe) basketball, breakdancing, graffiti, and Xtreme hip hop workshops, a performance by New Bedford Performing Arts Center, and a dance party with DJ Anghelli! Free pizza will be provided by Dominos! Learn more about community resources like The Beyond House: Young Adult Access Center and Our Sisters' School who will be tabling all day. This is a great event to bring your grandkids to!



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!

Monday March 25th & Tuesday March 26th from 2-3PM

Beginner Ukulele Class in the Community Room at Boa Vista Apartments, 134 South 2nd St., New Bedford

Join The Z's ukulele teacher, Deb Sorgman, for a beginner ukulele workshop. Don't have a uke, don't worry! Ukuleles will be provided by The Z. No experience necessary.



Thursday April 11th 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!



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.



Friday June 14th at 7PM

**Get the Led Out at Maderia Field,
50 Maderia Ave., New Bedford**

Enjoy a Led Zeppelin concert under the stars in this two-hour rock homage to the legendary British super group: Led Zeppelin.

