

ARAW's Going with the FLO Newsletter Friendship | Lunches | Outings





WE APPRECIATE YOUR FEEDBACK THANK YOU!

SURVEY RAFFLE WINNERS!

Thank you to everyone who participated in the survey. The lucky winners are:

Mary S, Kristine T, Eileen F & Lillian C

Boost YOUR WATER WITH SOME HOWOUR

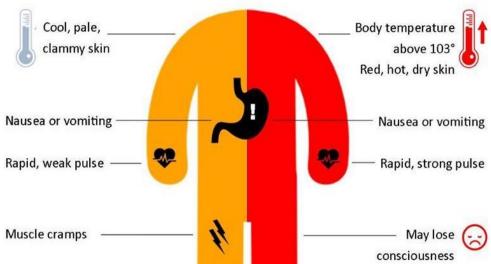




HEAT EXHAUSTION

OR STROKE





- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

 Take immediate action to cool the person until help arrives

Iced Passion Tea Lemonade

- passion tea bags
- lemonade
- sugar
- water
- vanilla extract

Lemonade Slushie

- · lemon juice
- sugar
- water
- ice



- passion tea bags
- watermelon juice
- lime juice
- water



Peach Lemonade

- peaches
- lemon juice
- sugar
- water



Lunch with...

WOMEN'S FUND SOUTHCOAST

Join our friends from south Women's Fund Southcoast

Learn about their advocacy actions this past year, learn what lies ahead and learn how you can get involved!

Thursday, July 31st 12:30 pm to 2:30 pm Wamsutta Club, New Bedford

To register | (508) 717-0400

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE | DIETARY RESTRICTIONS ACCOMMODATED





Did you know that John Adams and Thomas Jefferson, both signers of the Declaration, later became U.S. presidents and both died on July 4, 1826?



SUMMER SAFETY TIPS

FOR SENIORS











AVOID











KEEP YOUR HOUSE COOL, OR SPEND TIME IN PLACES WITH AIR CONDITIONING





TAKE COOL SHOWERS AND BATHS

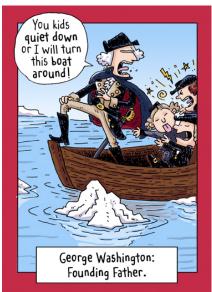


PLACE A COOL WASHCLOTH ON THE BACK OF YOUR NECK



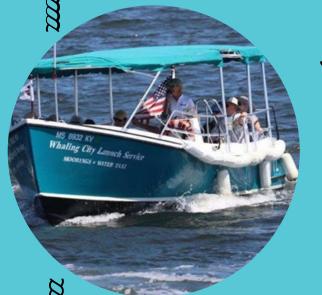
WEAR LIGHT-COLORED LOOSE CLOTHING AND SUNGLASSES







Explore the City from the Seaside on a New Bedford Harbor Tour!



Join us for a 1-hour Harbor Tour Thursday, July 24th, at 1:00pm Transportation provided upon request

Limited seating - Reserve your spot now by calling Herstory Project Manager Laura Campbell at (508) 654-1666 herstory@fishingheritagecenter.org



New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford MA
fishingheritagecenter.org



COASTAL FOODSHED



NEW BEDFORD FARMERS MARKET



BUTTONWOOD STREET

on the lawn behind the Lawler Library













ESTATE PLANNING INFO SESSION

Securing Your Legacy, Safeguarding Your Future

Learn about creating wills, estate planning tools,

& how to leverage philanthropy to achieve your

financial goals

F

August 19, 2025

5:30 - 6:30 PM

YWCA Southeastern MA
20 S. Sixth St., New
Bedford, MA

508-999-3255
info@ywcasema.org
ywcasema.org



Register at bit.ly/ywcaplan



HIP is Back!

Starting July 1st, all SNAP customers will again receive \$40 in HIP to spend on local fruits and veg!

SHOP LOCAL:

*Tuesday-Friday, 9am-5pm at the Kilburn Mill Pop-Up
*Thursdays, 2-6pm at the Farmers Market at Buttonwood Park
*Through the Virtual Market for Wednesday or Friday pick-up





Sounds like a Story Sound Walk & Journaling Workshop

With artist Perri Howard at Flora B. Peirce Nature Trail

Saturday, July 26 10:00 am - 11:00 am Space is limited for this free event. Register in advance at whalingmuseum.org or call 508-997-0046 for assistance







The Mission of the Fairhaven Senior Center is to advocate for improved quality of life for all seniors through supportive services, programs, and education.

To identify the total needs of the elderly population of the community. To educate the community and enlist support and participation of all citizens regarding elder needs.

At the Fairhaven Council on Aging, we are proud to offer a wide range of services and programs, including educational classes, fitness activities, congregate lunches, assistance with insurance through SHINE representatives, and much more.

Our mission is to provide a variety of opportunities and areas of interest to meet the diverse needs of the older adults who visit our center.

Whether you are seeking to improve your balance, enjoy a film during our "Movie Mondays," or receive assistance with technology, we are here to support you. Our offerings include special trips, mall outings, Movie Mondays, technology lending services, technology classes, caregiver support groups, and a variety of games and recreational activities.

We look forward to welcoming you to the Fairhaven Council on Aging and supporting you in every way we can.











The Fairhaven Council on Aging also offers a Supportive Social Day Program.

This structured and supervised program is designed for seniors who would benefit from increased socialization while also providing much-needed respite for their caregivers.

The program serves individuals aged 60 and older, as well as those with cognitive disabilities, who are independent in eating, mobility, and medication administration, are continent, and are not considered an elopement risk.

Residents of Fairhaven, New Bedford, Acushnet, Dartmouth, Marion,

Mattapoisett, and Rochester are eligible to participate.



229 HUTTLESTON AVE FAIRHAVEN, MA 02719

508-979-4029

www.facebook.com/Fairhavenseniorcenter/

youTube www.youtube.com/@FairhavenCOA



SHARE FOUNDATION, INC.

SOCIETY FOR HUMAN ADVANCEMENT THROUGH REHABILITATION ENGINEERING

DEDICATED TO IMPROVING THE QUALITY OF LIFE FOR PEOPLE WITH DISABILITIES THROUGH TECHNOLOGY

TUESDAY, JULY 29th

4:00 PM TO 5:30 PM REGISTRATION, REFRESHMENTS, PRESENTATION WITH QUESTIONS AND ANSWERS

PLEASE CALL 508-636-1026 TO REGISTER FOR THIS EVENT

Westport Council on Aging | 75 Reed Road | Westport, MA 02790



Celebrating 50 Years of Cabo Verde Independence, Culture and Pride

RIDING IN THE SPIRIT OF GERRY BENTO

FRIDAY, JULY 4TH, 2025 | 10 AM - 6 PM

MONTE PARK

213 ACUSHNET AVE., NEW BEDFORD, MA

FREE BIKE CLINICS at MONTE PARK June 21st and 28th | 12 PM - 3 PM



MULTI-GENERATIONAL CELEBRATION Immediately following the ride at HAZELWOOD PARK with food, music & community! Wendor space available





