



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



Tips To **BOOST** Your Health as You Age

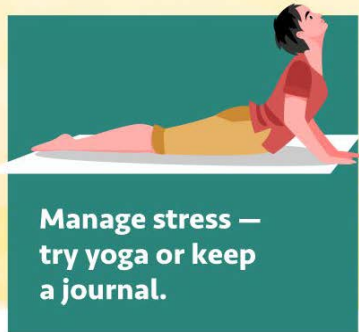
Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving —
try gardening,
biking, or walking.



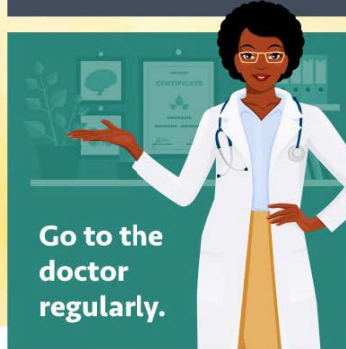
Choose healthy foods
rich in nutrients.



Manage stress —
try yoga or keep
a journal.



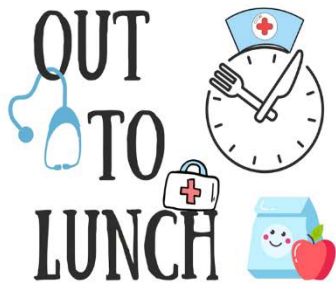
Learn something
new — take a class
or join a club.



Go to the
doctor
regularly.



Connect
with family
and friends.



Join our friends from



COMMUNITY NURSE

for a fun lunch this June!

Wednesday, June 25th | 12:30 pm to 2:30 pm

Wamsutta Club, New Bedford

To register | (508) 717-0400

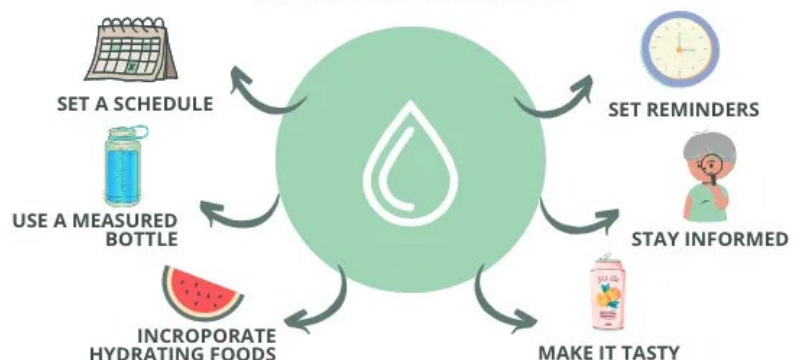
TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE | DIETARY RESTRICTIONS ACCOMMODATED

IN OBSERVANCE OF
JUNETEENTH
FREEDOM DAY

OUR OFFICE WILL BE
CLOSED JUNE 19



KEY HYDRATION TIPS FOR OLDER ADULTS



HUTTLESTON HARBOR FEST

JAWS 50TH ANNIVERSARY

Saturday June 21, 2025
Grimshaw Park at Fort Phoenix,
Green St., Fairhaven, MA 02719
Celebrate the 50th anniversary of
the legendary film Jaws with an
evening packed with ocean-themed
fun. Come dressed in your best
shark-themed attire—or channel
your inner beachgoer from Amity
Island. This is one summer night you
won't want to miss! Local vendors,
seafood + sweet treats, and grab
your blanket or chair for a special
after-dark screening of the movie
that started it all!

**NO SWIMMING
HAZARDOUS AREA
BEACH CLOSED**

By Order Amity P.D.

DiscoverFairhaven.org

DISCOVER
FAIRHAVEN
MASSACHUSETTS

COMMON PHONE SCAMS

Scammers are getting more creative—don't fall for their tricks!
Here are some of the most common phone scams to watch out for:



UTILITY

Threats to shut off your electricity,
gas, or water unless you pay now.

Tip: Contact your utility
company directly to confirm
your account status.



GRANDPARENT

Fraudsters pretend to be a loved
one in trouble, needing money
fast.

Tip: Verify the story with family
before sending money.



IMPERSONATION

Scammers pretend to be from the
IRS, Social Security, or even your
bank. They'll demand money or
threaten legal action.

Tip: Legitimate agencies won't
call you to demand payment or
threaten you.



DEBT COLLECTION

Fake collectors claim you owe
money and threaten arrest if you
don't pay immediately.

Tip: Ask for written proof of
any debt before taking action.



PRIZE OR LOTTERY

"You've won!" But they ask you to
pay fees or taxes to claim the
prize.

Tip: If you didn't enter, you
didn't win!

HOW TO STAY SAFE:

- Don't give personal info over
the phone.
- Hang up if you feel pressured.
- Verify the caller by
contacting the organization
directly.

BEWARE

Clear walkways of
clutter and secure
any area rugs

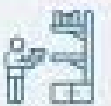
Disinfect
bathroom and
kitchen surfaces



Spring Cleaning CHECKLIST



Identify slippery
areas and install
mats or grab bars



Put daily essentials
on easy-to-reach
shelves

Tips to Prevent Seasonal Allergies



Limit
outdooring



Use
an air purifier



Reduce exposure
to triggers



Maintain
hygiene



Monitor the
signs



Follow a
healthy diet



Avoid self-medication



Fare-Free Extended to August 31, 2025

The SRTA will not collect fares through August 31, 2025.
Passengers can ride the fixed route buses, and the
Demand Response vans at no cost.



WOMEN'S FUND SOUTHCOAST

Join us for our Young Women's Advisory Council (YWAC) Celebration & Policy Forum!

Learn about the issues our YWAC is
tackling and change they are creating
in our local community!

**WHEN: June 23rd
5:30pm-7pm**

**WHERE: Fort Taber
Community Center**

1000A South Rodney
French Boulevard
New Bedford, MA 02744

Seating is very limited so please
RSVP via phone at (508) 219-6102
or by emailing us at
tfoy@womensfundsouthcoast.org.

We hope that you are able to join
us for this incredible evening!



**Registration is required for entry due to limited seating availability!
Complimentary food and refreshments will be served!**

Programs that support LGBTQ+ Women

- IN THE SOUTH COAST -

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

LAST SUNDAY OF THE MONTH
5:30-7PM
WONDER BOWL
NEW BEDFORD

ALL AGES WELCOME! FREE TO ATTEND!
REGISTER HERE: <https://tinyurl.com/LGBTQ-Bowling>

Aging Well

THE LGBTQ+ NETWORK

STEEEE-RIKE!

FOR LGBTQ+ INDIVIDUALS 60+

LGBTQ+ Breakfast Club

Last Friday of the Month
10:00 a.m.
Munchies, 4263 N Main Street
Fall River, MA 02720

Register at: <https://tinyurl.com/breakfast-club-fr>

With the Support of the Association for the Relief of Aged Women of New Bedford

Aging Well

THE LGBTQ+ NETWORK

LGBTQ+ Coffee Hour
in Westport

For South Coast LGBTQ+ Older Folks (Ages 60+)

THE LGBTQ+ NETWORK

Aging Well

FIRST FRIDAY OF THE MONTH
10:00-11:00 A.M.

Join us for free coffee and pastries at the Westport Council on Aging at 75 Reed Road, Westport MA 02790.

Please register by calling (774) 775-2656.

BRISTOL AGING & WELLNESS

Join us on the 4th Wednesday of the month!

LGBTQ+ SUPPER CLUB

for Older LGBTQ+ Individuals (60+)

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.

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

Aging Well

THE LGBTQ+ NETWORK

Join us in Marion!

LGBTQ+ SUPPER CLUB

for Older LGBTQ+ Individuals (60+)

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

Second Wednesday of the Month
5:00-7:00 pm
Marion Council on Aging
465 Mill Street, Marion, MA 02738
(508) 748-3570

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

THE LGBTQ+ NETWORK

Aging Well

→ A great opportunity for our older LGBTQ+ friends to get together! →

INTERGENERATIONAL LGBTQ+ ICE CREAM SOCIAL

May 7, 2025 @ 5:00 p.m.
Free ♥ No Registration Required
Groundwork, New Bedford

THE LGBTQ+ NETWORK

SPONSORED BY ARAW THE ASSOCIATION FOR THE RELIEF OF AGED WOMEN OF NEW BEDFORD

TOGETHER, ARAW AND THE SOUTH COAST LGBTQ+ NETWORK ARE HELPING OLDER LGBTQ+ WOMEN IN THE SOUTH COAST LIVE MORE CONNECTED AND MORE FULFILLING LIVES.



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS



Ramp Donation Program

Are you in need of a ramp to enter your house? Has your mobility recently changed? Or are you just out of a rehab facility? We may be able to supply a ramp temporarily to you at a low/no cost. In many cases, we can supply a metal ramp on loan. When the family is done with the loaned ramp, it will be returned to us for loan to another low-income family. We also accept donations of ramps!

Here is a ramp we recently installed for Jeanne in Wareham!



"A big thank you to the volunteers who came and put my ramp up! And to the agency for making it happen. Thanks to you, I feel renewed hope! It's so uplifting to know I can look forward to getting outdoors in the warmer weather, and now it helps in getting out to my medical appts. Thank you so much!!!" --- Jeanne M., age 66

For more info on getting a ramp, please call (508) 758-4517 or email bbhabitat@yahoo.com.



ONSET BAY CENTER SUMMER ACTIVITIES

Weekly Events: June 25 - Aug. 20

- Mermaid Mission! (Fridays, 1:00 and 2:30pm)
- Pirate Adventure! (Fridays, 1:00 and 2:30pm)
- Family Sailing Sessions (Wednesdays 4:30 and 6:00pm)
- Swim & Water Safety Sessions (Wednesdays 5:00-6:00pm)
- Adult Sailing Club (Wednesdays, 5:00-7:00pm)
- Adult Paddling Club (Wednesdays, 5:00-7:00pm)
- Kayak & Paddleboard Rentals (Mon-Thurs 10:00am-4:00pm, Sat-Sun 10:00am-6:00pm open May 31)
- Private Sailing Lessons - individual or small group - Available upon request!

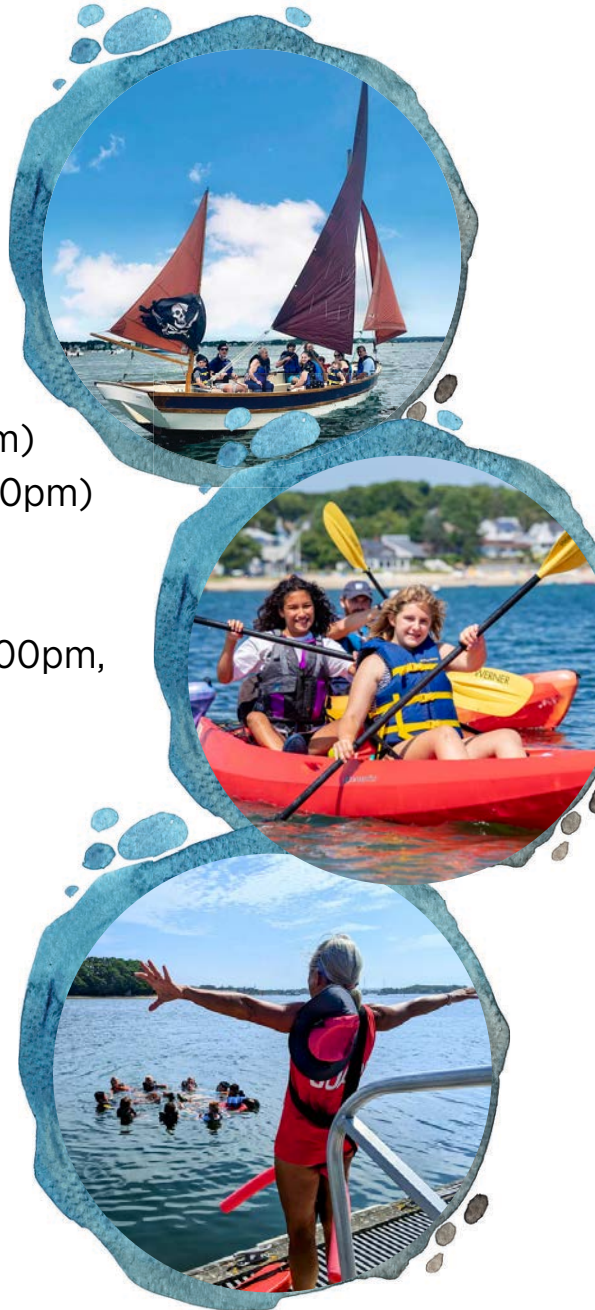
Special Events:

- June 19: Summer Solstice Paddle Tour
- July 3: Seas the Day: Free kayak and paddleboard rentals (10:00am-3:00pm)

Summer Camps:

Single week sessions June 23 - Aug. 22

- Bay Explorers Day Camp (Ages 8-13)
- Sailing Day Camp (Ages 8-15)



186 Onset Ave., Onset, MA 02558 | (508) 999-6363

bookings@savebuzzardsbay.org

www.savebuzzardsbay.org



SCAN
HERE





COASTAL
FOODSHED

SHOP LOCALLY

JUN-OCT 2025
SHOP ONLINE



COASTAL FOODSHED

VIRTUAL MARKET

FOR WEDNESDAY DELIVERY OR PICK UP

Shopping window: Thursday 12pm - Tuesday 1pm

FOR FRIDAY DELIVERY OR PICK UP

Shopping window: Saturday 12am - Thursday 12pm



1

Visit coastalfoodshed.localfoodmarketplace.com

2

Sign up for an account

3

Choose your customer type: Credit Card or SNAP/EBT

4

Shop from local farmers and makers every week!



We accept multiple forms of payment:



WE DELIVER!



Acushnet, Berkley, Dartmouth, Dighton, Fairhaven, Fall River, Freetown,
Lakeville, Little Compton, Marion, Mattapoisett, New Bedford, Rochester,
Somerset, Swansea, Taunton, Tiverton, Wareham, and Westport.

coastalfoodshed.org





COASTAL
FOODSHED

SHOP LOCALLY

JUN-OCT 2025

SHOP IN-PERSON



COASTAL FOODSHED

NEW BEDFORD FARMERS MARKET

Thursdays: 2-6pm

Buttonwood Park, Buttonwood St.



COASTAL FOODSHED

FOOD HUB MARKET

Tuesday-Friday: 9am-5pm

Inside our Farmer Food Hub in the Kilburn Mill,

127 W Rodney French Blvd.

1st floor S1-57



We accept multiple forms of payment:



If you receive SNAP benefits, you can earn additional SNAP dollars when you buy fruits and vegetables at farmers markets and farm stands through the Healthy Incentives Program.

\$20/month

Use your HIP benefits when you shop with us!

Our schedule is seasonal. Check our website for changes: coastalfoodshed.org or call: **508 259 2647**



COASTAL
FOODSHED

coastalfoodshed.org



YMCA COMMUNITY MARKETS – JUNE 2025

Dartmouth – Every 2nd & 4th Tuesday
St. Mary's Catholic Parish, 795 Dartmouth St.
Tues., 6/10 & 6/24 at 2:30 pm

Please do not enter the parking lot until 2:00 pm!

Fall River YMCA – Every 1st Friday
6/6 at 8:30 am

Gleason Family YMCA, Wareham – Every 2nd & 4th Friday
6/13 & 6/27 at 10:00 am
Please do not enter the parking lot until 9:30 am!

New Bedford YMCA – Every 3rd Tuesday
6/17 at 10:00 am

Stoico/FIRSTFED YMCA, Swansea – Every 3rd Friday
6/20 at 10:00 am

Be prepared to give the number of adults, children and seniors in your household along with your ZIP code. There are no eligibility, YMCA membership, or town residency requirements. Markets last for 1.5 hours or until food runs out.



YMCA SOUTHCOAST • YMCASC.ORG •

WANT TO VOLUNTEER/DONATE? EMAIL FULLPLATEPROJECT@YMCASC.ORG

NEW BEDFORD HISTORICAL SOCIETY,
ZEITERION PERFORMING ARTS CENTER,
AND NEW BEDFORD SYMPHONY ORCHESTRA
present

Lift us up

A Juneteenth Celebration

Iva Brito



Henrick Hernandez-Resto



Maria Livramento



Members of NB Symphony Orchestra



Gabriel Johnson



Sidy Maiga

FREE!

SAT JUN 14 1-2:30PM

ABOLITION ROW PARK
SPRING AND 7TH STREET, NEW BEDFORD

SPONSORED BY

Reliable Bus Lines, Inc.
THE BUS COMPANY



SPARROW'S EYE

SMALL GROUP TRAINING • AGES 18+

WELLNESS

FIND YOUR FLEXIBILITY

A STRETCH SUMMER SERIES

JUNE 17TH – JULY 22ND
TUESDAYS @ 9AM

Where every stretch brings you closer to strength, balance, and freedom of movement.



New Bedford

YMCASC.ORG



**new bedford
whaling museum**

ART. HISTORY. SCIENCE. CULTURE.

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





new bedford
whaling museum

ART. HISTORY. SCIENCE. CULTURE.



Cape Verdean Contemporary

Dual Exhibition

Opening Reception

Friday, June 13

5:30 PM – 7:30 PM

This event is free and open to the public and celebrates the opening of two new exhibits exploring Cape Verdean identity and culture.

Image: Bela Duarte (Cabo Verde, 1940-2023), *Candy Seller*, undated. Dyed wool tapestry, Loan courtesy of Jeanne Costa.



Surprenant, Beneski & Nunes

Estate Planning | Elder Law



Free Estate Planning Clinic

Are you a New Bedford Resident, aged 60+? Gain control over your future with FREE estate planning assistance. Join Surprenant, Beneski & Nunes, P.C., and South Coastal Counties Legal Services for an invaluable in-person clinic.

Who? Low-income older adults in the New Bedford area

Where? Wamsutta Club, 427 County Street, New Bedford

When? Monday, June 2, 2025, 3:00PM- 6:00PM

What To Expect:

Educational Programs:

- Learn the essentials of estate planning.
- 20-minute informative sessions at 3:00PM, 4:00PM, and 5:00PM.
- All are welcome to attend!

Document Drafting:

- **By Appointment Only!** Registration limited.
- Income-eligible older adults can receive personalized legal assistance to draft and execute crucial documents, including: simple will, durable power of attorney, and health care proxy.

How to Participate:

- Financial eligibility: participants must be screened for income eligibility to qualify for the free drafting services.
- Appointment Required: mini consultations are by appointment only.
- Preparation is key: completed forms and a 10-minute consultation with an attorney are required before document drafting.
- Leave the clinic with completed and legally binding documents, along with a clear understanding of their purpose.
- We handle all the details, including providing witnesses for signing!



**South Coastal Counties
Legal Services**



TO COMPLETE AN INTAKE SCREENING -
PLEASE CALL:

KRYSTAL DESOZA OF SCCLS AT
774-488-5979



SOUTH COAST
2025

Special Pride Spaces for Our Older LGBTQ+ Friends!

We're creating a special covered space at the South Coast Pride Festivals in New Bedford and Taunton with food, music, games, and social activities for older LGBTQ+ people (ages 60+) to enjoy!

*Join us at New Bedford Pride
& Taunton Pride!*

New Bedford Pride
June 7 at Noon
Buttonwood Park

Taunton Pride
June 14 at Noon
Hopewell Park



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS



SPONSORED BY ARAW, THE ASSOCIATION
FOR THE RELIEF OF AGED WOMEN
OF NEW BEDFORD

A Fundraiser to Renovate the Zeiterion

RAISE *the* ROOF DANCE PARTY

Wednesday, June 18, 6-10pm

Join us on the waterfront at Cisco Brewers for a family-friendly evening with live music, dancing, and fun for all ages.



featuring

East Coast Soul

Mentalist Jon Stetson

Aerialist Gina DeFreitas

Disco Ball Dancer

**Living Muse
by Ten31**

and more!



East Coast Soul
Funk, Soul and R&B



**Mentalist
Jon Stetson**

Pay-what-you-can starting at \$25

Suggested price: \$50

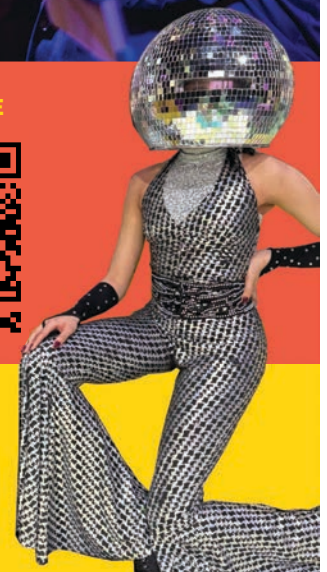
Card to Culture: \$5 (Not available online)

Children under 12: Free

Net proceeds from this event will directly support
the Zeiterion's renovation and restoration project.

FREE transportation from Downtown New Bedford to Cisco is available.

TICKETS HERE



EVENT SPONSORS



Wilson Butler Architects



COLANTONIO



LandVest

BayCoast Bank

STATE SENATOR
MICHAEL J. RODRIGUES



ZEITERION
PERFORMING ARTS CENTER

508.994.2900 ZEITERION.ORG



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



WHAT IS PARKINSONS

Presented by:

Linda Pierce, RN (Westport's Town Nurse)

Come and learn about Parkinsons and its symptoms

JUNE 11, 2025

4:00 TO 4:30 Refreshments

4:30 TO 5:30 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

Widowed Persons Program

The Widowed Persons Program program is open to the widowed of all ages who are going through the grieving process. There is no fee for our service; however, voluntary donations are gratefully accepted. Our trained volunteers, who are also widowed, work with the newly-widowed in support groups.

Widowed Persons Program offers:

- **Outreach:** Providing volunteers who are widowed to call newly bereaved to discuss their adjustments to widowhood.
- **Group sessions:** Bringing the widowed together to discuss problems and provide mutual assistance.
- **Referral service:** Providing widowed persons with the local services that can be of assistance to them.
- **Training:** We offer volunteer training for the widowed to call the newly bereaved to discuss their adjustments to widowhood.
- **Monthly newsletter**

To enroll in the program, please contact Jane Rocha at the YWCA: 508-999-3255 or at jrocha@ywcasema.org

eliminating racism
empowering women
ywca
southeastern massachusetts

Find us on Facebook!

www.facebook.com/groups/ywcasemawpp





An intergenerational oral history project where local high school and college aged students gather stories from older women with ties to the fishing industry.



We have added excerpts and photos from the women interviewed this past year to the New Bedford Fishing Heritage Center's website. To learn more go to:

<https://fishingheritagecenter.org/exhibits/herstory/>



Lenore Everett
Daughter of
Norlantic Boatyard
Superintendant



Nancy Harding
Standard Times
Waterfront Reporter



Alice Jacobsen
Husband owned
F/V Narragansett



Nancy Jacobsen
Father owned
F/V Fairhaven



Nina Mach
Mother of a
Fisherman



Shelley Miranda
Daughter, Wife &
Mother of Fishermen



Rachel Spaulding
Author of "In
Search of Ellen Marie"



Melinda Tveit Fitzgerald
Father owned F/V Ocean Gem

Do you have a connection to the fishing industry? We would love to hear your story!
Contact Laura Campbell at 508-654-1666 or herstory@fishingheritagecenter.org