



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



September 2025

WHOLLY
GUACAMOLE

CELEBRATE NATIONAL
GUACAMOLE DAY
with an easy guacamole recipe



NATIONAL GUACAMOLE DAY
SEPTEMBER 16

Join our friends from
Habitat for Humanity for lunch
and learn about their
Brush with Kindness and
Ramp donation program !

Thursday, September 25th
12:30 pm to 2:30 pm
Wamsutta Club, NB

To register | (508) 717-0400

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE
DIETARY RESTRICTIONS ACCOMMODATED



Venus is the only
planet to spin
clockwise.

The average
person blinks 14
to 17 times per
minute.

Abraham Lincoln
was a licensed
bartender.

The average
cloud weighs
over one million
pounds.



Back-to-School
Fun Facts

EVERY DAY IS A
SCHOOL DAY

Giraffe tongues
can be 20 inches
long.

The longest
English word is
189,819 letters
long.

The Caesar salad
was invented in
1924.

The national
animal of
Scotland is a
unicorn.

There are more
stars in the
universe than
there are grains of
sand on earth.

Lemons float in
water, but limes
sink.

It's illegal to
own only one
guinea pig in
Switzerland.



FEELING LONELY?
WANT TO BE SOCIAL?
LOOKING FOR A FRIEND?



CALL
(508) 717-0400

AND ASK ABOUT ARAW'S
FRIENDLY VISITING PROGRAM

WHAT'S
YOUR
FAVORITE
JOKE?

Call and make
us laugh!
(508) 717-0400



**NOW DELIVERING GROCERIES
FROM THE PACE FOOD CENTER!**

For eligible adults 65+

Income Eligibility

Monthly income under \$1,800
(with subsidized housing)

Monthly income under \$2,500
(non-subsidized housing)

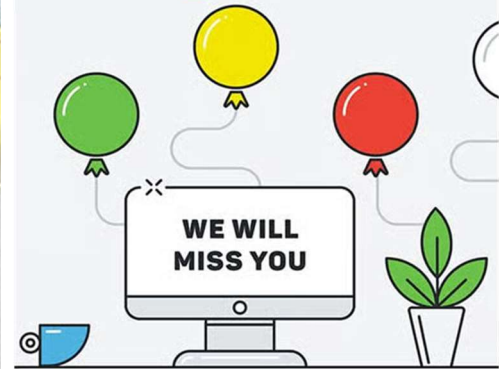
Preference 65+ living alone

(508) 999-9920 x348
foodcenter@paceinfo.org
Free delivery • Limited-time
program • Income eligible

PACE Community Food Center

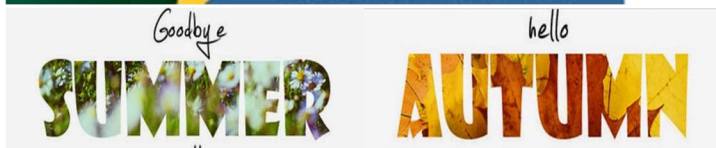
This limited-time program is
funded through the Association
of Relief for Aged Women (ARAW)

As many of you
know, Ana Paz's last
day at ARAW was
August 15th



We thank Ana for all she
brought to ARAW and wish
her well in this next
chapter ahead!

Stay tuned for an
announcement of the
new members joining
our ARAW team!



WARM APPLE- PEACH CRISP

(4 ingredients!)

- 2 apples (peeled, cored, sliced)
- 2 peaches (pitted, sliced)
- 2 tbsp brown sugar (or honey/maple syrup)
- 1/2 cup granola (or oats mixed with a little butter and sugar)

INSTRUCTIONS:

1. Preheat oven to 350°F (175°C).
2. Place apple and peach slices in a small baking dish.
3. Sprinkle with brown sugar and toss gently.
4. Top evenly with granola
5. Bake for 20-25 minutes, until fruit is soft and toping is golden.

➔ Serve warm, plain or with a scoop of vanilla ice cream or yogurt.



**Fort Taber
Community Center**
1000 S. Rodney French Blvd
New Bedford, MA 02744

SEPTEMBER 6TH
10 AM - 12 PM

**UNITED WAY
POP UP MOBILE MARKET
ON SITE!**

SEASON OF SELF CARE

Join us for a day dedicated to your health and wellness! Discover local community resources, enjoy free wellness screenings, and grab some healthy snacks while you're at it. Whether you're looking to check in on your health, connect with helpful services, or simply recharge—this event is for you.

**Family
Resource Centers**

UNITED WAY
Greater New Bedford

**Community
Connections
Coalitions
New Bedford**

COASTAL  FOODSHED

You're Invited!

Coastal Foodshed Invites all ARAW Beneficiaries for a HIP Trip!

WHEN: Wednesday, September 17th at 11:00am

WHERE: 127 W. Rodney French Blvd., Kilburn Mill. Park on the street or in the lot and we will greet you at the side door! There is an accessibility ramp at the front of the building if you are unable to use the stairs.

WHAT: Shop for fresh, locally grown fruits and vegetables! SNAP customers can earn their HIP benefits - \$40 per month!

HOW: Please register with ARAW if you wish to attend.

Transportation is available!





Scallopalooza 2025:

The Shucking Contest was an unforgettable celebration of skill, tradition, and community spirit! It was featured on National Public Radio's Weekend Edition!! Thanks to Caroline Losneck of NPR for this national coverage.

Scalloping is serious business in Massachusetts, as locals celebrate 'Scallopalooza'



New Bedford scalloper Bryan Despres (left) of the F/V Lady Dee had the fastest time and won the Scallop Shucking contest.

"Actually, I grew up in a foster home in New Bedford," said Despres, "and ... got an opportunity for fishing, and like I said, it's life-changing for people." (quote from NPR story at

[https://www.npr.org/2025/08/16/nx-s1-](https://www.npr.org/2025/08/16/nx-s1-5501274/scallops-scallopalooza-bedford-massachusetts-fishing-new-england)

[5501274/scallops-scallopalooza-bedford-massachusetts-fishing-new-england](https://www.npr.org/2025/08/16/nx-s1-5501274/scallops-scallopalooza-bedford-massachusetts-fishing-new-england)).

Congratulations, Brian!

New Bedford Fishing Heritage Center: 38 Bethel Street New Bedford 508-994-8893

Join us for our upcoming AHA! Night event!
Thursday, September 11th at 7:00



Now's your chance to learn about the origins of the **Working Waterfront Festival** (2004-2017) from the people involved in its creation! Hear from WWF organizers Laura Orleans, Kirsten Bendiksen, Jamie Kelley, and Jessica Bailey about the conception, planning, and execution of the inaugural 2004 festival and discover the importance of community within the fishing industry. Admission to the Center is always FREE for AHA! Nights.

While you're here, be sure to check out FHC's newest exhibit, **Ceremonies & Celebrations**, which explores the history of the New Bedford Scallop Festival, Working Waterfront Festival, Blessing of the Fleet, and Fishermen's Memorial Service. <https://fishingheritagecenter.org/ceremonies-celebrations/>



New Bedford Fishing Heritage Center
38 Bethel Street New Bedford
508-994-8893



FREE BAY ADVENTURES SEPTEMBER ACTIVITIES

- 9/3 Seaside Adventure at Shining Tides Beach, Mattapoisett
- 9/4 Run Wild at The Bogs, Mattapoisett
- 9/5 Adventure Ready at The Sawmill, Acushnet
- 9/7 Mini Watershed Ride at Coastal Roasters, Tiverton
- 9/11 Run Wild at The Bogs, Mattapoisett
- 9/12 Into to Surfing (35+) at Horseneck Beach, Westport
- 9/12 Saltwater Fishing (ages 8-12) at Hoppy's Landing, Fairhaven
- 9/13 Kayak Tour at West Falmouth Harbor
- 9/14 Backyard Birds at LaPalme Farm, Acushnet
- 9/14 OutHounds Adventure at The Bogs, Mattapoisett
- 9/19 Saltwater Fishing (ages 13-17) at Hoppy's Landing, Fairhaven
- 9/20 Mini Watershed Ride at Buzzards Bay Brewing, Westport
- 9/21 Amphibian Oasis at Tinkhamtown Woodlands, Mattapoisett
- 9/21 Mini Watershed Ride at Fort Phoenix, Fairhaven
- 9/24 Surfcasting (all ages) at Gooseberry Island, Westport
- 9/25 Itty-Bitty Bay Adventure at The Sawmill, Acushnet
- 9/25 Run Wild at The Bogs, Mattapoisett
- 9/26 Surfcasting (18+) at Gooseberry Island, Westport
- 9/27 Guided Paddle at Westport River
- 9/27 Paddles & Pints at Westport River
- 9/28 Mini Watershed Ride at Shining Sea Bikeway, Falmouth



OUTHOUNDS
ADVENTURE & TRAINING ACADEMY



**SCAN
HERE**





LABOR DAY FLASH SALE

SEPTEMBER 1, 2025

JOIN NOW



\$0

JOINER'S FEE



ONLINE ONLY
YMCA SOUTHCOAST

FEEDING THE COMMUNITY • ALL AGES

FULL PLATE MARKETS

SEPTEMBER 2025



LOCATION ADDRESSES

DARTMOUTH LOCATION
St. Mary's Catholic Parish
795 Dartmouth St.
Dartmouth, MA
2nd & 4th Tues. of the month

FALL RIVER LOCATION
Fall River YMCA
199 N Main St,
Fall River, MA
1st Friday of the month

NEW BEDFORD LOCATION
New Bedford YMCA
25 S Water St.
New Bedford, MA
3rd Tuesday of the month

SWANSEA LOCATION
Stoico/FIRST FED YMCA
271 Sharps Lot
Swansea, MA
3rd Friday of the month

WAREHAM LOCATION
Gleason Family YMCA
33 Charge Pond Rd
Wareham, MA
3rd Tuesday of the month

Vehicles may enter
the parking lot
30 minutes prior to
the market start time.

YMCA SOUTHCOAST
YMCASC.ORG

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5 FALL RIVER LOCATION 8:30 AM	6
7	8	9 DARTMOUTH LOCATION 1:30 PM	10	11	12 WAREHAM LOCATION 9:00 AM	13
14	15	16 NEW BEDFORD LOCATION 9:00 AM	17	18	19 SWANSEA LOCATION 9:00 AM	20
21	22	23 DARTMOUTH LOCATION 1:30 PM	24	25	26 WAREHAM LOCATION 9:00 AM	27
28	29	30				

*Please reference the address to the right. Not all markets are at the YMCA.

- There are no eligibility, YMCA membership, or town residency requirements.
- Be prepared to give the number of adults, children & seniors in your household along with your ZIP Code.
- You're welcome to pick up food for another household but will need to provide the same information for them.
- Markets last for 1.5 hours or until food runs out.



SCAN QR CODE
TO VOLUNTEER

NEW BEDFORD ART MUSEUM

CREATIVE CARE



DETAILS

WHO: Seniors age 65+

DATE: September 2, 16, & 30

TIME: 1:45PM- 3:45PM

WHERE: Buttonwood Park Senior Center,
1 Oneida St, New Bedford, MA (in
Buttonwood park)

INTERESTED IN SIGNING UP?

Call the Buttonwood Park Senior Center
508-991-6170

Different Projects for Every Session

Discover Your Inner Artist!
**Enjoy daily demos and hand-curated
art kits to take home.**

No Experience Needed! Easy step-by-step instructions provided with every kit. Either pick up the kit to do at home or join instructor Devin McLaughlin and stay as long as you like for a material demonstration and personalized help while you explore your new materials. Participants simply fill out a quick demographic survey to receive their free art kit!

While supplies last, first come first serve, no registration required.

NEWBEDFORDART.ORG • 508-961-3072



new bedford whaling museum

ART. HISTORY. SCIENCE. CULTURE.



Local History Guild *Shipwrecks!*

Tuesday, September 9 at 5:30PM

This free virtual program will be held via Zoom.

Register online at
www.whalingmuseum.org



September *AHA! Night*

Thursday, September 11th
4:00 PM - 7:00 PM

Explore maritime traditions and the art of
knot-tying with exhibitors from the
International Guild of Knot Tyers!

A.H.A.! (Art, History, Architecture) Nights provide a platform for the
New Bedford community to enjoy creative activities accessible to all.
The Whaling Museum is free and open to the public during *AHA!* nights.

Your place to relax,

recharge,

and restore.



Relax. Recharge. Restore

For Free Tickets – Call 508-999-6276 x222 or asmith@nbsymphony.org

Afternoon Symphony Orchestra Concert at Kilburn Mill: Music of Renewal

3pm, October 19 at Kilburn Mill Event Center, 127 W. Rodney French Blvd, New Bedford

Wolfgang Amadeus Mozart: *Sinfonia Concertante for Winds*

Evencio Castellanos: *Santa Cruz de Pacairigua*

Antônio Carlos Gomes: *Overture to Il Guarany*

Antonio Estévez: *Mediodía en el Llano*

Arturo Márquez: *Danzón No. 2*

Afternoon Chamber Music Concerts: RACH ‘N SOUL

3pm, October 4 at St. Gabriel’s Episcopal Church, 124 Front Street, Marion

3pm, October 5 at St. Peter’s Episcopal Church, 351 Elm Street, South Dartmouth

Reena Esmail: *Saans (Breath)* (2017)

Sergei Rachmaninoff: Sonata for Piano and Cello in G Minor, Op. 19

Wolfgang Amadeus Mozart: String Quartet No. 19 in C Major, K. 465 “Dissonance”

EmmaLee Holmes-Hicks, violin; Theo Ramsey, violin; Anna Griffis, viola; Leo Eguchi, cello

Janice Weber, piano

More info at www.nbsymphony.org.

Music on the Go

Let us bring the music to you. We would love to provide free concerts at locations recommended by you. Please suggest places where we can play duo, trio, and quartet performances. Do you know of a space that would be good for a free, informal concert? Where do you and your friends like to go? Contact us at nbso@nbsymphony.org or (508) 999-6276 x221.

Find your Joy and Serenity at the Symphony!



123 Andrés

Andrés and Christina are the GRAMMY and Latin GRAMMY-winning duo 123 Andrés! Their high-energy shows get audiences dancing, singing, and learning while celebrating the Latine experience. Through music, they introduce students to instruments and styles from Central and South America, geography, social studies, and Spanish—incorporating English, Spanish, and ASL. They’ve released ten albums and authored bilingual books with Scholastic, including Hello, Friend and Ten Little Birds. Their songs and videos, used in classrooms across the U.S. and Latin America, have earned 50M+ YouTube views. Featured by NPR and The New York Times, they won the 2024 GRAMMY for We Grow Together Preschool Songs and host the PBS KIDS podcast Jamming on the Job (now in season 2!).

Thursday, 2/5, 7:30 PM
Recommended grade levels: Pre-K–6



I Am Not Your Perfect Mexican Daughter

Literature to Life adapts Erika L. Sánchez’s Young Adult novel as the newest title in their Signature Performance series. I Am Not Your Perfect Mexican Daughter takes place in modern day Chicago. The novel focuses on the idea of finding one’s own identity, and breaking free from societal, cultural, and familial expectations. The story follows Julia Reyes, a Chicago high school student, as she navigates trials and tribulations of following her dreams of becoming a writer, alongside the death of her sister, Olga—who might not have been quite as perfect as she seemed.

Thursday, 4/30, 7PM
Recommended grade levels: 9–Adult



Momix: Alice

Enter a world of wonder with MOMIX’s ALICE—the latest creation from visionary choreographer Moses Pendleton, inspired by Alice in Wonderland. As Alice grows, shrinks, and grows again, MOMIX dancers bring her journey to life through a dazzling interplay of illusion, athleticism, and stagecraft, using props, ropes, and one another to stretch the limits of physical storytelling.

Filled with vivid imagery and dreamlike logic, Alice invites audiences to rediscover a classic tale through MOMIX’s signature blend of movement, light, music, and projection. This production blurs the lines between reality and fantasy, guiding audiences through a magical, mysterious, and delightfully unexpected theatrical experience. As Alice tumbles down the rabbit hole, so too will audiences find themselves transformed.

Sunday, 2/1, 3PM
Recommended grade levels: 6-12



The Remember Balloons

James’s Grandpa has the best balloons because he has the best memories. He has balloons showing Dad when he was young and Grandma when they were married. Grandpa has balloons about camping and Aunt Nelle’s poor cow. Grandpa also has a silver balloon filled with the memory of a fishing trip he and James took together. But when Grandpa’s balloons begin to float away, James is heartbroken. No matter how hard he runs, James can’t catch them. One day, Grandpa lets go of the silver balloon—and he doesn’t even notice! Grandpa no longer has balloons of his own. But James has many more than before. It’s up to him to share those balloons, one by one. This dance performance breathes life into Jessie Oliveros’s children’s book to tell the story of one boy’s experience supporting his grandfather as he battles Alzheimer’s.

Sunday, 5/31, 3PM
Runtime: 60 minutes



CARD TO CULTURE

\$5 tickets are available for EBT, WIC & ConnectorCare card holders



HANOVER HOSPICE

**PRESENTED BY: TRACEY
CLARK, CLINICAL LIAISON**

TUESDAY, SEPTEMBER 16TH

4:00 TO 5:30

REFRESHMENTS, TOPIC WITH QUESTIONS AND ANSWERS

TOPICS WILL BE ON:

- **COMMON MISCONCEPTIONS REGARDING HOSPICE**
- **ELIGIBILITY FOR HOSPICE**
- **QUALITY CARE**
- **HOW TO CHOOSE THE RIGHT ONE**
- **WHEN TO CONSIDER HOSPICE**

WESTPORT COUNCIL ON AGING

75 REED ROAD, WESTPORT, MA 02790

508-636-1026

PLEASE CALL TO RESERVE YOUR SEAT



**SOUTH COASTAL COUNTIES
LEGAL SERVICES (SCCLS)**

PRESENTED BY: LOLLY PINTO

TUESDAY, OCTOBER 28TH

**4:00 TO 5:30 WITH REFRESHMENTS ALONG WITH QUESTIONS
AND ANSWERS**

TOPIC ON TENANTS RIGHTS:

- **THIS IS FOR PUBLIC, SUBSIDIZED, AND PRIVATE HOUSING.**
- **EVICTIONS**
- **DENIALS AND TERMINATIONS**
- **HEALTH CODE VIOLATIONS**
- **DISCRIMINATION**

WESTPORT COUNCIL ON AGING

75 REED ROAD, WESTPORT, MA 02790

508-636-1026

PLEASE CALL TO RESERVE YOUR SEAT