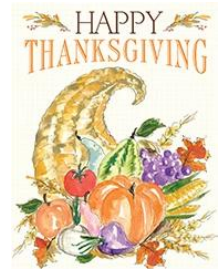




## ARAW's Going with the FLO Newsletter Friendship | Lunches | Outings



The USDA confirmed this week that SNAP benefits will not be distributed to states, including Massachusetts, for the month of November 2025. For the most up to date and accurate information on SNAP benefits in MA, please reach out to the Massachusetts Department of Transitional Assistance **(508) 961-2000** or call ARAW at **(508) 717-0400**.

Other food assistance and cash assistance programs are **NOT** affected by these changes to SNAP benefits, including the Women, Infants, and Children (WIC) program, the Healthy Incentives Program (HIP) and the Emergency Aid to the Elderly Disabled and Children (EAEDC) program.

ARAW is also here to help at this time of need. Please call ARAW **(508) 717-0400** and speak to any member of staff if you are in immediate need. In this newsletter, you will also find local resources who can help. ARAW will be updating this list as more resources are added.

**DO NOT HESITATE TO REACH OUT – WE ARE HERE TO HELP!**

## FOOD PANTRIES

**Catholic Charities Diocese of Fall River 508.997.7337**  
238 Bonney Street (in back of Our Lady of Mt. Carmel Church)  
Wednesday & Thursday 10-12 (available 1x every 30 days), proofs of income & MA residency. Non-perishable foods.

**Debbie's Kitchen Food Pantry 857.413.6242**  
95 Willow Street  
Saturdays 10 am-Noon. Requires photo ID, food stamp ID and proof of income. Serves residents of NB and the surrounding area. Delivery to elders/handicap available; need to call.

**Grace Episcopal Church (Martha's Pantry) 508.993.0547**  
133 School Street  
Wednesday & Friday 9.30 - 10.30 (available 1x per month/12 x per yr) Photo ID required and children's insurance cards.

**MO Food Life Pantry 508.992.5978**  
725 Pleasant Street  
Open Wednesdays (unless a month has a 5th Weds) 11am—1pm (available once every 30 days). Proof of income and ID required.

**Mobile Ministries, Inc. 508.993.0614**  
MON: Across from Salvation Army Parking Lot 6.00pm  
TUES: PAACA 6.00pm  
WED: Reverence Church, Brock Avenue 1.30pm  
THU: Serving at Salvation Army Cafeteria 12.00pm  
FRI: PAACA 6.00pm  
SAT: Across from Salvation Army lot 11.30am; Reverence Church, Brock Ave 1.30pm

**PACE, Inc. 508.999.9920**  
477 Park Street  
Monday-Friday 10am—2pm, contact PACE in case of emergency. Only name/address/ID needed. Call for more details or see [www.paceinfo.org](http://www.paceinfo.org).

## FOOD PANTRIES

**The Salvation Army 508.997.6561**  
619 Purchase Street  
Bread Distribution only, Monday-Friday 9am—12noon  
Food Pantry open Wednesdays 9am-12noon

**St. Anthony's Church 508.993.1691**  
1359 Acushnet Avenue  
Nye Street entrance outside. Every Thursday @ 10am—11.30am. Grab and go.

**St. Lawrence Church 508.992.4251**  
110 Summer Street  
Every other Friday from 8.30-11.30am. Photo ID for household members and proof of address in 02740 zip code required.

**St. Martin's Church 508.994.8972**  
136 Rivet Street  
Third Saturday monthly from 10am-11am; last Tuesday monthly 5pm-6pm. Proof of ID required.

**Seven Hills Behavioral Health 508.999.4159**  
1177 Acushnet Avenue  
ID required. Open Mon/Weds/Friday 10am to 2pm.

**YMCA 508.997.0734**  
25 South Water Street YMCA listing of SouthCoast Food Resources at <https://ymcasouthcoast.org/programs/full-plate-project/market-schedule>

All Food Pantry information was valid as of April 1.2025. Please check in with the Food Pantry to ensure this information hasn't changed.







# MEAL SITES AND TIMES

Sister Rose House Soup Kitchen / Mercy Meals and More at 634 Purchase Street /  
 PAACA, 360 Coggeshall Street / Grace Episcopal Church, 133 School St. / Reverence Church, Brock Ave /  
 The Salvation Army, 619 Purchase St. / St. Anthony's R.C. Church, Nye St. / Full Blessings Church, 475 Union St.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	7.30-8.00 Grace Episcopal Church	5.00-7.30 Mercy Meals and More	5.00-7.30 Mercy Meals and More	5.00-7.30 Mercy Meals and More	5.00-7.30 Mercy Meals and More	5.00-7.30 Mercy Meals and More	5.00-7.30 Mercy Meals and More
<b>Lunch</b>	11.00-1.00 Sister Rose House  11.00 Full Blessings Church Service & Meal	11.00-1.00 Sister Rose House  12.00-12:50 Salvation Army	11.00-1.00 Sister Rose House  12.00-12:50 Salvation Army	11.00-1.00 Sister Rose House  12.00-12:50 Salvation Army  1.30-2.15 Mobile Ministries @ Reverence Church	11.00-1.00 Sister Rose House  12.00-12:50 Salvation Army	11.00-1.00 Sister Rose House  12.00-12:50 Salvation Army	11.00-1.00 Sister Rose House  11.30-12.15 Mobile Ministries Across from Salvation Army  1.30-2.15 Mobile Ministries @ Reverence Church
<b>Dinner</b>		6.00-6.45 Mobile Ministries Across from Salvation Army	6.00-6.45 Mobile Ministries @ PAACA			6.00-6:45 Mobile Minnistries @ PAACA	

**REMINDER REMINDER**

Contact your local COA, Coastline, PACE, CEDC, Citizens for Citizens Health Center or IAC for a SHINE consultation.



REVIEW YOUR COVERAGE  
 MEDICARE  
**OPEN**  
 ENROLLMENT  
 OCT. 15 - DEC. 7



**Wednesday, Nov 19<sup>th</sup> 10:30 am**

- Guided group tour around the farm
- Meet the animals & hear some of their backstories
- One-on-one animal encounters
- Approximately 45 minutes
- Benches available for resting & breaks
- Snack at the picnic tables or in the barn after the tour!

**To register call (508) 717-0400**

Limited spots | Transportation available



**5<sup>th</sup> Annual Super SOUP Day!**

DELIVERED TO YOUR HOME  
 FRIDAY, NOVEMBER 21<sup>st</sup>



**Meal Includes: soup, fruit and dessert**  
**Soups from Destination Soups in New Bedford**  
 Choice of kale soup (GF), chicken vegetable or vegetable chili (GF,V)

Or you can come to the office to pick up...

Drive-thru pick-up 11:30-12:30

**ARAW parking lot**

enter from Spring Street

between Purchase Street & Acushnet Avenue.



**Friday, December 12<sup>th</sup>**

Wamsutta Club | New Bedford

All invited | more information in the next newsletter

# COASTLINE MEALS

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**Did you know that anyone age 60 or older in Coastline's service area can enjoy a free lunch at one of 8 Coastline meal sites across the South Coast? A \$3 donation is welcome but NOT required.**

To reserve a meal, call 508-999-6400, Ext. 3 the day before you plan to attend. Let us know which site you'll be visiting so our Nutrition staff can have enough meals for everyone.

There are 8 meal sites — 4 in Senior Centers and 4 in supportive housing locations. Each offers a welcoming community dining room. You do not need to live in the town or housing site to take part.

Everyone age 60 and older is welcome. Call 508-999-6400, Ext. 3 to request your meal for the next day.

Coastline serves New Bedford, Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, and Rochester.







# ATTENTION



Due to the Federal Government shutdown,  
**November SNAP benefits have been suspended.**

**Project Bread's  
FoodSource Hotline**

**1.800.645.8333**

Mon—Fri: 8am—7pm Sat: 10am—2pm

Your #1 resource for food assistance



If you need immediate help getting food, contact Project Bread's FoodSource Hotline at (800) 645-8333 to learn about resources in your community.



For more information, visit:  
**Mass.gov/SNAPUpdates**



Department of  
Transitional  
Assistance

**Mass.gov/DTA**



# Local Food Pantry List

## **Dartmouth**

### **Dartmouth Council on Aging**

628 Dartmouth Street

508.999.4717

Last Tuesday of Every Month, over 60,  
Disabled, and Emergencies

### **St Mary's Church**

795 Dartmouth Street

508.993.3361

Drive Thru, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday 1:30PM

### **Congregational Church of South**

#### **Dartmouth**

17 Middle Street

508.993.6676

Third Saturday of the Month

## **New Bedford**

### **Solanus Casey Food Pantry**

238 Bonney St

508.997.7337

Every Wednesday and Thursday from 10AM  
to 12PM, Emergencies

### **PACE Food Bank**

477 Park St

508.999.9920 x333

Everyday 10AM to 2PM, Diaper every other  
Tuesday, Emergencies

### **M.O. Life Food Pantry**

725 Pleasant St (NB Hotel) 508.992.5978

Every Wednesday 11AM to 1PM

### **The Salvation Army**

619 Purchase St

508.997.6561

Bread Monday through Friday 9AM to  
12PM

Food Pantry Wednesday 9AM to 12PM,  
Emergencies

### **St. Martin's Episcopal Church**

136 Rivet St

508.994.8972

Food and Pet Pantry Third Saturday of the  
month 10AM to 11AM and Last Tuesday of  
the Month 5PM to 6PM

### **St. Anthony of Padua Church**

1359 Acushnet Ave (use Nye St basement  
entrance)

508.993.1691

Every other Thursday 11AM to 1PM

### **Pentecostal Assembly**

215 Sawyer St

508.996.9865/508.994.3143

Monday, Wednesday, Friday 9AM to 10AM

### **Debbie's Kitchen – Revival Praise & Worship Center**

95 Willow St

508.525.9010

Saturdays 10AM to 12PM

**SDA Portuguese Church**

413 Rockdale Ave

508.993.5619

Second Wednesday of the Month 5PM to 7PM

**St. Lawrence Church**

110 Summer St

508.992.4251

Every other Friday 10:30AM to 11:30AM

**St. Andrew's Episcopal Church**

169 Bellville Ave

508.992.9274

Every Third and Fourth Saturday 11AM to 12PM

**American Red Cross**

166 Jenney Street (Boys and Girls Club),  
New Bedford

617.274.5200 x5596

Third Thursday of the Month

**Grace Episcopal Church (Martha's Pantry)**

133 School St

508.993.0547

Every Wednesday and Friday 9:30AM to 10:30AM

**Seven Hills Behavioral Health**

1177 Acushnet Ave

508.999.4159

Every Monday and Wednesday 9:30AM to 12:00PM

**PAACA**

360 Coggeshall St

508.979.1737

Every Monday through Thursday 9AM to 1PM

**St. Paul Methodist Church**

884 Kempton St

508.9930614

Every Monday, Wednesday, and Friday 10AM to 12PM

**New Life SouthCoast**

1331-1335 Cove Rd 508.997.6561

Every Thursday 5:30PM to 7PM

**Mobile Ministries**

Food and Clothing

Sunday: Salvation Army 5PM

Monday: Salvation Army 6PM

Tuesday: PAACA 6PM

Wednesday: South Baptist Church  
745 Brock Ave 1:30PM

Thursday: Salvation Army 6PM

Friday: PAACA 6PM

Saturday: Salvation Army 11:30AM,  
South Baptist Church 1:30PM

**Acushnet****Shepard's Pantry**

1215 North Main St, Acushnet

508.763.9283

Saturday 9AM to 11AM

**Freetown****Freetown Regional Food Pantry**

225 Chase Road, Freetown

freetownfoodpantry@yahoo.com

Every Tuesday 3PM to 5PM





## FOR FAMILIES AND INDIVIDUALS THAT RECEIVE SNAP BENEFITS IN MASSACHUSETTS

With the uncertainty of whether SNAP benefits  
will be available to families **NOVEMBER 1<sup>st</sup>**

HIP is a program that Gives Extra SNAP money  
for fruits and vegetables. As long as a SNAP  
recipient has ANY balance (as little as \$0.01) on  
their card, they can access their full \$40+ HIP  
benefit. Benefits are based on family size

Go to [DTA HIP Finder](#) to locate a HIP vendor. There  
are several vendors in Dartmouth and surrounding  
towns.

### FAMILY SIZE:

1-2 people \$40

3-5 people \$60

6+ people \$80

<https://dtafinder.dtadash.ehs.mass.gov/dtahip>



Fresh. Canned. Dried. Frozen.  
It's **HIP** to be healthy!



## Federal Government Shutdown & Impact on SNAP

**Right now, DTA and SNAP are operating normally.** DTA is approving and issuing SNAP for applications filed in October, approving and issuing SNAP for Interim Reports and Recertifications, etc.

The below is based on MLRI's best understanding of the current landscape.

### What happens if the shutdown does not end by Oct. 31:

- If the shutdown does not end or funding is not released by October 31 (see below), **November SNAP benefits issued on Nov. 1 will be delayed.** In Massachusetts, SNAP is issued on 10 days between Nov. 1 and Nov. 14th ([see issuance schedule here](#)). **SNAP issued on a rolling basis from Nov. 2 through 14th will be delayed if funds are not released as we get into early November.**
  - Whether all households experience a delay in issuance depends on the date funding is available.
- A delay in SNAP benefits would be unprecedented and cause a massive amount of harm for residents and the economy:
  - In Massachusetts SNAP - about \$212 million dollars per month, an average of \$323/household/month - is issued from Nov. 1 to 14th.<sup>1</sup>
  - [655,000 households](#) - 1 in 6 residents - with extremely low incomes use SNAP to buy groceries. Nearly 70% are below the federal poverty level. All have very limited or no resources to cover a delay in benefits. Failure to issue SNAP on time would force residents to skip meals and go hungry, cause immense financial distress, and flood an already stretched thin emergency food system.
    - To see the number of SNAP recipients and households by city and town, see DTA caseload data [here](#).
  - SNAP accounts for \$1 of every \$5 spent at MA grocery stores (over 5,500 MA retailers accept SNAP).<sup>2</sup> Delaying funds would send economic shockwaves through our communities.
- DTA won't be able to issue SNAP for applications that are approved until funding is provided.
  - DTA still has to process new applications, and approved applications are approved retroactively - do not delay applying!
- Once the shutdown is resolved, any delayed SNAP benefits should be reinstated retroactively. While retroactive reinstatement will help and is critical, a delayed payment will not make up for the human and economic harms that occur during a delay.

### Resources

- Emergency food resources in your community:
  - Call Project Bread's FoodSource Hotline: 1-800-645-8333
  - Contact the Food Bank in your area:
    - Greater Boston Food Bank: [GBFB.org/need-food](https://gbfb.org/need-food)
    - Food Bank of Western MA: [FoodbankWMA.org/get-help/](https://foodbankWMA.org/get-help/)
    - Worcester County Food Bank: [Foodbank.org/find-food/](https://foodbank.org/find-food/)
    - Merrimack Valley Food Bank: [MVFB.org/pantry-schedule](https://mvfb.org/pantry-schedule)
- DTA's webpage with information about SNAP and the shutdown is here: [Mass.gov/SNAPUpdates](https://mass.gov/SNAPUpdates)
- For up to date shutdown information on healthcare, immigration, housing, and more see [MassLegalServices.org/Shutdown](https://MassLegalServices.org/Shutdown).



# Strengthening Voices: Food, Community & Local Storytelling

JOIN THE WOMEN'S FUND SOUTHCOAST, COASTAL FOODSHED, AND THE WESTPORT COUNCIL ON AGING FOR A COMMUNITY GATHERING CELEBRATING FOOD, CONNECTION, AND ADVOCACY.

SHOP AT THE COASTAL FOODSHED MARKET, ENJOY LIGHT REFRESHMENTS, AND TAKE PART IN A GUIDED CONVERSATION ABOUT WHAT HELPS WOMEN THRIVE IN OUR COMMUNITY.

## YOU'LL ENJOY

- ✓ FREE SHOPPING AT COASTAL FOODSHED
- ✓ GUIDED STORYTELLING CIRCLE
- ✓ ADVOCACY & JOURNALISM MOMENT

**MONDAY  
DECEMBER 1, 2025**

10:30 AM – 12:00 PM

127 RODNEY FRENCH BLVD,  
NEW BEDFORD, MA 02744



## HOSTED BY

COASTAL  FOODSHED



  
**WOMEN'S  
FUND**  
SOUTHCOAST

WITH SPECIAL GUEST: THE NEW BEDFORD LIGHT

**RSVP TO THE WFSC AT  
(508)219-6102 OR  
JGONSALVES@WOMENSFUNDSOUTHCOAST.ORG**



**new bedford  
whaling museum**

ART. HISTORY. SCIENCE. CULTURE.

## **Special Exhibits Tour!**

**Monday, November 17 at 1:30**



**Free admission and free guided tour of two exhibitions:**  
*Claridade: Cape Verdean Identity in Contemporary Art* and  
*Morabeza: Cape Verdean Community in the South Coast*

**Parking available on Johnny Cake Hill**  
**Call Victoria at (508) 717-6886 or email**  
**[vhughes@whalingmuseum.org](mailto:vhughes@whalingmuseum.org) to reserve a spot.**





**new bedford  
whaling museum**  
ART. HISTORY. SCIENCE. CULTURE.

## **Tracing your Ancestors: Researching Cape Verdean Genealogy**



**Wednesday, November 12<sup>th</sup>  
12:00pm - 1:00pm**

**Join leading archivists and researchers as they describe personal journeys to trace ancestral roots and share useful tools for conducting your own research.**

**Free and open to all, online only - Register at [whalingmuseum.org/programs](https://whalingmuseum.org/programs)**

## **SIMULCAST: Yo-Yo Ma plays Bach's Cello Suites**



**Friday, November 21<sup>st</sup>  
8:00pm - 11:00pm**

**This special live broadcast will be simulcast around the world - and at the Whaling Museum's Cook Memorial Theater!**

**Free and open to all, registration required.  
Visit our website or call (508) 997-0046**

# The New Bedford Whaling Museum is for Everyone!



**2025 Admission Prices** | Adults - \$23 | Senior (65+) - \$21 | Youth - \$13 |

The New Bedford Whaling Museum is proud to offer the following discounted admission programs. To utilize one of the following discount programs, please present a valid identification card to a Museum staff member when purchasing your tickets onsite.

## Ways to Save for Individuals and Families

### Museum Members

Free admission and 10% discount in the Museum Store.

### New Bedford Residents

50% off admission for New Bedford residents.

### Children 3 & Under

Free admission.

### AAA Members

10% off admission.

### *Active Military*

Free admission for all active duty military members. From Armed Forces Day to Labor Day, free admission for active duty military and up to 6 family members thanks to Blue Star Museums.

### American Alliance of Museums (AAM)

Free admission for cardholder.

### Bank of America Museums on Us

Free admission for Bank of America cardholders during the first full weekend of each month.



### Bristol Community College Students

Free admission with photo I.D.

### ConnectorCare Insurance Cardholders

Through the Card to Culture program, a partnership between Mass Cultural Council and the Massachusetts Health Connector, we offer ConnectorCare cardholders \$3 tickets for up to 6 people.

### Council of American Maritime Museums (CAMP)

Free admission for two adults and four children.

### Department of Child and Family Services

Free admission for DCF badge holder and child.

### EBT Cardholders

Through the Card to Culture program, a partnership between Mass Cultural Council and the Department of Transitional Assistance, we offer EBT cardholders \$3 tickets for up to 6 people.

### Library Pass Program

50% off admission for up to 4 people. Check your local library to see if they are a participating member and for availability of the Library Pass.

### Massachusetts' Teachers Association

Free admission for cardholder.

### New England Museum Association (NEMA)

Free admission for cardholder.

### North American Reciprocal Museum (NARM) Association

Free admission for two adults and four children.

### Retired Military

10% off admission for all retired military members.

### UMASS Dartmouth Students

Free admission with photo I.D.

### WIC Cardholders

Through the Card to Culture program, a partnership between Mass Cultural Council and the Women, Infants & Children (WIC) Nutrition Program, we offer WIC cardholders \$3 tickets for up to 6 people.

### Wonderfund Access Card

\$3 admission for up to 6 people.

*Community Nurse invites you and your family to our*

# 29<sup>TH</sup> ANNUAL MEMORIAL SERVICE

THURSDAY, December 4 at 6 p.m.



Join us for an inspiring evening in remembrance of those we've loved and lost.

Music generously provided by members of the New Bedford Symphony Orchestra.

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#### LOCATION

Trinity Lutheran Church  
16 Temple Place  
Fairhaven, MA 02719

FOR MORE INFORMATION  
508-992-6278

REFRESHMENTS WILL BE SERVED

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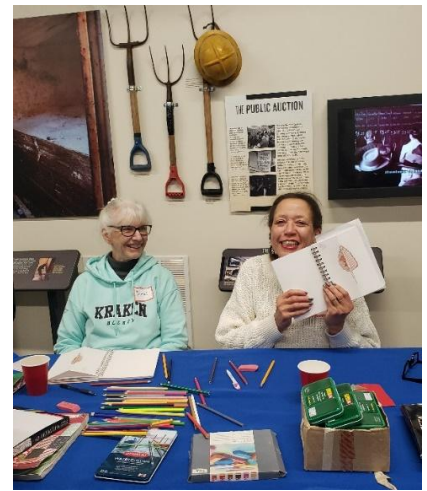
We encourage you to bring in a small picture or remembrance of your loved one to be displayed on memory boards during our service. All photos and items will be returned.



COMMUNITY  
NURSE



## Join us for a 4-week Journaling Class with artist Heidi O'Donnell Eastman



**Because this series builds on the previous week's work,  
attendance in all 4 weeks is needed.**

**Week 1 – Monday, November 17<sup>th</sup> – 1:30 to 3:30**

**Week 2 – Monday, November 24<sup>th</sup> – 1:30 to 3:30**

**Week 3 – Monday, December 1<sup>st</sup> – 1:30 to 3:30**

**Week 4 - Monday, December 8<sup>th</sup> – 1:30 to 3:30**

**Location: New Bedford Fishing Heritage Center  
38 Bethel Street, New Bedford**

**Cost: FREE!**

**Refreshments will be served, transportation provided upon  
request. Limited Space - Participants by lottery.**

**To register, call Laura Campbell at 508-654-1666**



# Upcoming Programs & Events

## New Bedford Fishing Heritage Center



38 Bethel Street, New Bedford, MA 02740  
(508) 993-8894 | [fishingheritagecenter.org](http://fishingheritagecenter.org)



### Upcoming November & December Events at FHC

#### November AHA! Night: Crystals of Guanine Artist Talk & Demo with Michael Medeiros

Thursday, November 13 | 6:00 - 7:30 PM

Stop by FHC on Thursday, November 13, at 6:00 PM to meet local artist Michael Medeiros and learn about his latest public artwork "Crystals of Guanine." The piece celebrates the history of New Bedford's maritime heritage and highlights the important impact of the scallop fishery on the port today. Discover the inspiration behind the piece and the installation process and participate in a hands-on demonstration.

#### Dock-u-mentary Film Screening: Double Feature –"Diving for Scallops" & "Keeper"

Friday, November 21 | 7:00 PM | New Bedford Fishing Heritage Center (38 Bethel Street)

FHC will be screening two short films by veteran storytellers and filmmakers Caroline Losneck and Christoph Gelfand: "Diving for Scallops" –This short documentary profiles a one-armed fisherman in Maine who practices a fading craft: diving for sea scallops on the ocean floor. "Keeper" –A short documentary about the life and mythology of lighthouse keepers past and present. The film screenings will be followed by a Q&A with both creators. Doors open at 6:30 pm.

#### December AHA! Night: Scallop Shell Decorating

Thursday, December 11 | 5:30 - 7:30 PM

Season's greetings from New Bedford Fishing Heritage Center! Stop by FHC to decorate scallop shells (perfect for holiday ornaments) and enjoy free hot chocolate. Then, do some last minute holiday shopping in our gift shop, which features wonderful items such as clothing, books, jewelry, and more.

#### dNB Holiday Stroll at FHC

Saturday, December 13 | 12:00 - 4:00 PM

As part of dNB's annual Holiday Stroll, join FHC from 12pm to 4pm for story time along with special appearances from Salty Santa and Mrs. Claws throughout the day! Visitors can also make fish ornaments, participate in holiday-themed story time, and enjoy a 10% discount in our gift shop. Admission to the Center is free during the event.

#### Dock-u-mentary Film Screening: *Striker's Passing*

Friday, December 19 | 7:00 PM | NB Whaling National Historical Park (33 William Street)\*

In *Striker's Passing*, filmmaker Jeremy Mayhew creates a poetic and powerful portrait of the New England harpoon swordfisherman and his fate in the modern world. Centering the film around his father, one of the last swordfish strikers on the East Coast, Mayhew presents a personal documentary sharing rare insight into the beauty and frustration of a life dependent on the sea and its resources, facing extinction in the wake of the current fishing industry's industrial-scale harvesting methods. Register for free on FHC's website.

All programs and events are free and hosted at the Fishing Heritage Center unless otherwise noted.

\*If the National Park remains closed due to the government shutdown, films will be shown at the New Bedford Fishing Heritage Center (38 Bethel Street) instead.

## Cape Verdean Dance through the Decades

Friday October 24, November 7, December 5 and 12 from 6-7:30PM

Fort Taber Park Community Center, 1000A South Rodney French Blvd., New Bedford

Want to travel to Cape Verde without leaving New Bedford? Immerse yourself in the vibrant rhythms and movements of Cape Verdean dance culture! Instructor Geovanny Sequeira will explore dances like the Funaná, Coladeira, and Batuku. This class is beginner friendly.



## Jazz Jam

Thursday November 13 at 6PM

Co-Creative Center, 137 Union St. New Bedford

Calling all musicians and music lovers! Join sax player and music educator Emmanuel “Manny” Escobar for free, fun jam sessions during AHA! Nights. Grab your instruments and play – or just enjoy the live music. Musicians, vocalists, visual artists, and audience members welcome. No jam experience needed.

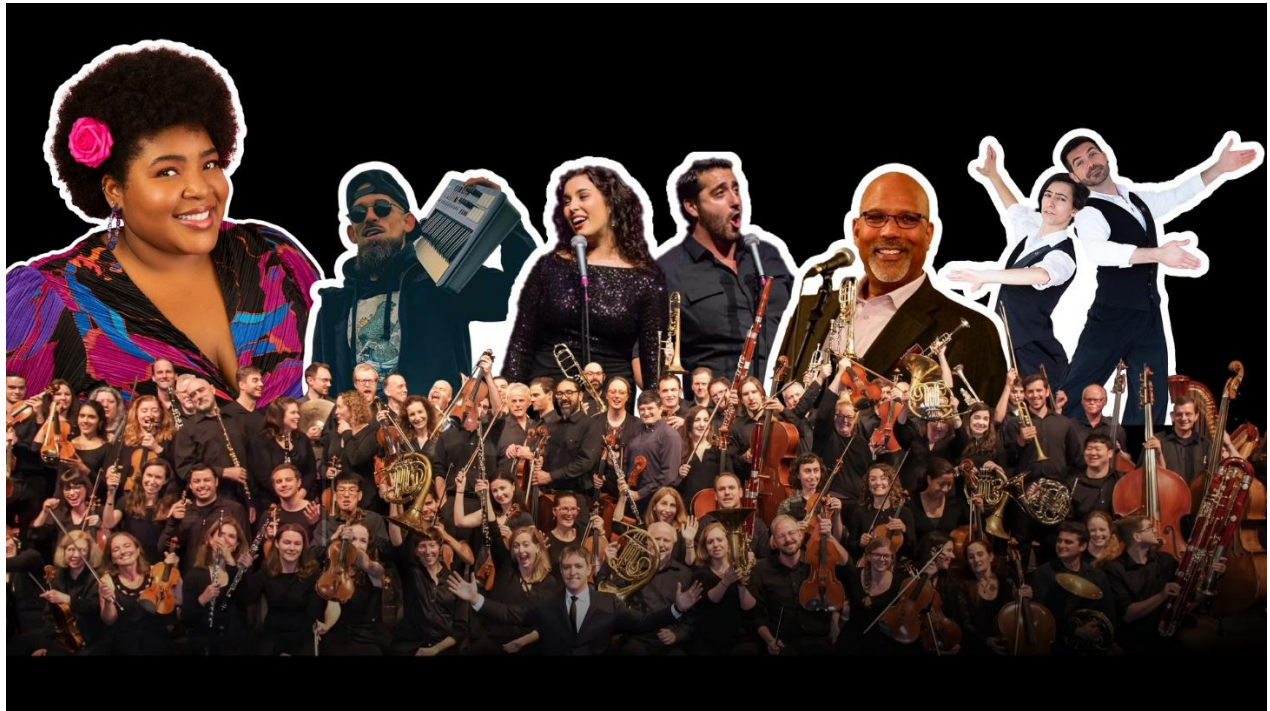


## **Big Night, Bright Lights! The Z's Grand Reopening**

Saturday January 17 at 2PM or 7PM

684 Purchase St., New Bedford

Join us for a dazzling celebration as we reopen The Z in style! The full New Bedford Symphony Orchestra will be on stage and Emmy Award-winning comedian Dulcé Sloan will host the celebration, guiding us through an unforgettable night of laughter, joy, and artistry. Nationally known baritone and New Bedford native Philip Lima lends his powerful operatic voice to the stage, while New Bedford musician, rapper, and producer Hendrick Hernandez-Resto premieres an original piece with the symphony. Singers and dancers from New Bedford Festival Theatre, including Erin and Matt Ban, Abby Casey, and Brooklyn Toli, deliver Broadway favorites with flair, and interdisciplinary performance artists Michael Winward and Holly Stone bring sweeping, gender-expansive ballroom dance to the stage.



***Interested in any of these classes or shows?***

***Call ARAW at 508-717-0400 or The Z's Box Office at 508-994-2900  
and let them know you are an ARAW beneficiary to get free  
tickets!***



Your place to relax,

recharge,

and restore.



*Relax. Recharge. Restore*

***For Free Tickets – Call 508-999-6276 x222 or [asmith@nbsymphony.org](mailto:asmith@nbsymphony.org)***

## **Afternoon Chamber Music Concerts: QUINTESSENTIALS**

**3pm, November 22 at St. Gabriel's Episcopal Church, 124 Front Street, Marion**

**3pm, November 23 at St. Peter's Episcopal Church, 351 Elm Street, South Dartmouth**

**Jessie Montgomery:** Duo for Violin and Cello (2015)

**Louise Farrenc:** Piano Quintet No. 1 in A minor, Op. 30

**Franz Schubert:** Piano Quintet in A Major, D. 667 "Trout"

EmmaLee Holmes-Hicks, violin; Anna Griffis, viola; Peter Zay, cello; Janice Weber, piano  
Peter Walsh, bass

Born in 1804, Louise Farrenc was a true French Romantic whose works are earning – again – a huge following. Her unique Piano Quintet (1839), utilizing string bass, reflects and complements Schubert's immortal "Trout" Quintet, a work employing the same musical forces. Firebrand American composer Jessie Montgomery proves that less is more with her delightful ode to friendship, *Duo for Violin and Cello*. More info at [www.nbsymphony.org](http://www.nbsymphony.org).

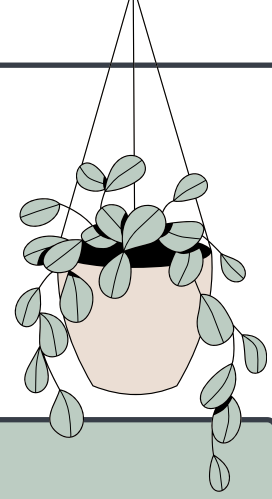
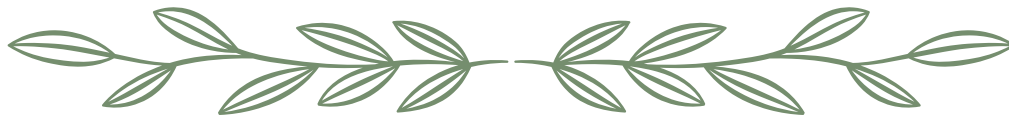
## **December 14 at 3:30 and 7pm – Annual Holiday Pops Concert**

Celebrate the season with family and friends. Feel the joy and spirit of the season. Musical guests include the Showstoppers singing group and the Southeastern Massachusetts Youth Orchestra. Location: Bronspiegel Auditorium, New Bedford High School. Info: [www.nbsymphony.org](http://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 [nbs@nbsymphony.org](mailto:nbs@nbsymphony.org) or (508) 999-6276 x221.

***Find your Joy and Serenity at the Symphony!***



# Phoebe Marshall, M.eD

## Welcome!

I graduated with my Masters in Counseling in August of 2024 from Bridgewater State University. I have been working at the YWCA for 4 years, and have been involved in the mental health field for 7 years.

## Philosophy

Mental health plays a crucial role in helping individuals identify, address, and manage their thoughts, emotions, and behaviors. My goal is to provide a safe, supportive space that welcomes all, where we can work together to explore challenges, develop coping skills, and promote emotional resilience.



## Specialties

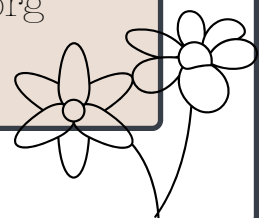
- Anxiety
- OCD
- Depression
- Emotional Regulation
- Behavior Issues
- Self-Esteem
- Anger

Contact Information:

Phone: 508-542-8391

Email:

[pmarshall@ywcasema.org](mailto:pmarshall@ywcasema.org)



# YWCA ADULT MENTAL HEALTH PROGRAM

*YWCA is proud to offer individualized and group counseling at their Standish House location. Counseling Services will be led by a Masters Level Clinician.*



## Our Service:

- ✓ Individual Counseling
- ✓ Group Counseling

## Example of Topics Covered:

- ✓ Anxiety
- ✓ Depression
- ✓ Emotional Regulation
- ✓ Anger Management

**eliminating racism  
empowering women**

**ywca**

**southeastern massachusetts**

For any questions please call Phoebe Marshall  
508-542-8391 or via email,  
[pmarshall@ywcasema.org](mailto:pmarshall@ywcasema.org)

20 South Sixth St. New Bedford MA



# FAIRHAVEN COUNCIL ON AGING

November 2025 Newsletter

229 Huttleston Ave, Fairhaven, MA 02719

508-979-4029

November 7

## Transportation Information

1st Friday of the Month  
11:30am - 1:00pm

- Photos for Access Pass/Reduced Fair
- Information about the Public Transit System
- MBTA Charlie Card Information

November 11



Closed

November 18

## Nutrition Jeopardy & Options Counselor

12:15pm - Call to sign up

With a nutritionist - Interactive Jeopardy-style trivia game all about nutrition! Options Counselors will help you navigate long-term care support options, including staying in your home!

Nov. 27<sup>th</sup> & 28<sup>th</sup>

Thanksgiving

- & -

Black Friday



Closed



The Fairhaven Supportive Social Day Program is a structured and supervised program for seniors, in need of socialization while also providing caregivers much needed respite.

Our dedicated staff provides a fun day of activities in a safe and socially stimulating environment maintaining a 1:8 ratio. The staff is CPR, AED & First Aid certified and receive in-service training.

Serving 60 Years old and older, or those who may have cognitive disabilities. Who are independent with eating, ambulation, medication administration, continent and are not an elopement risk.

Call for more information! 508-993-9455

## Movie Mondays



November 3, 2025

"Down Periscope"  
PG-13 1hr 32min  
12:15pm

Lt. Cmdr. Tom Dodge (Kelsey Grammar) is assigned as Captain to the USS Stingray, an old diesel driven submarine that has seen better days.



November 17, 2025

"What's Cooking?"  
PG 13 1hr 49min  
12:15pm

Four families in LA of different ethnicity (Latino, Asian/Vietnamese, African and Jewish) gather together for Thanksgiving dinner.



November 24, 2025

"The Guernsey Literary and Potato Peel Pie Society"  
PG-14 2hrs 4min  
12:15pm

In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war. Then she learns the secret they are afraid to reveal.





## **Learn Ways to Prevent Caregiver Stress From Becoming Caregiver Distress**

Being a caregiver is a journey filled with love, sacrifice, and dedication. It's about showing up every day for someone who needs you, often putting their needs before your own. Stress is a natural part of caregiving, yet when it builds up without relief, even the most loving hearts can become overwhelmed. Join Lauren Langevin and Courtney Estrella from Home Instead when they discuss the importance of protecting your well-being as a caregiver. They will talk about how to recognize the warning signs before stress becomes distress, and share strategies to help you build resilience and nurture your own health and well-being so you can continue to provide the care and support to the people who need you the most.

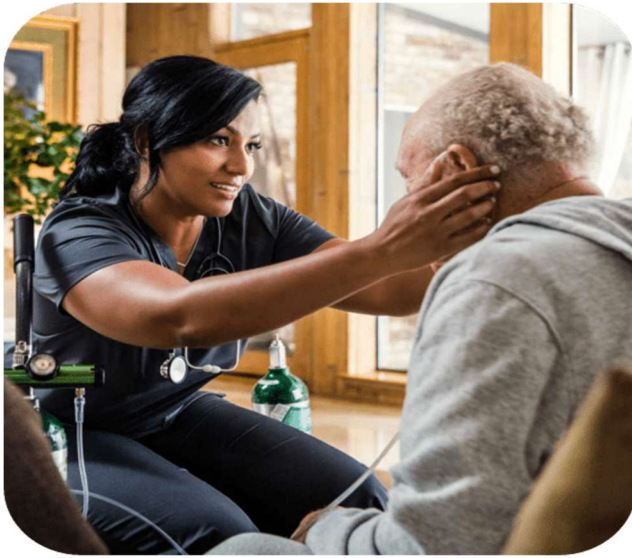
**December 03, 2024 from 4:00 pm to 5:30 pm**

**Coffee and Refreshments will be available**

**WESTPORT COUNCIL ON AGING**

**75 REED ROAD, WESTPORT**

**508-636-1026 CALL TO RESERVE YOUR SEAT**



## **PATIENT CARE IN THE HOME WHEREVER YOUR HOME MAY BE**

**BY: DANA HAYES FROM  
ENHABIT**

**A BETTER WAY TO CARE BY EXPANDING WHAT'S  
POSSIBLE FOR PATIENT CARE IN THE HOME. SUPPORT,  
CONNECTION, GROWTH, DEVELOPMENT AND WORK-LIFE  
BALANCE.**

**HEMOCARE IS NOT JUST FOR PERSONAL CARE ANY  
MORE. WHY GO TO A NURSING REHAB FOR AFTER CARE  
WHEN YOU CAN RECEIVE IT RIGHT IN THE PLACE YOU  
CALL HOME.**

**WESTPORT COUNCIL ON AGING**

**75 REED ROAD, WESTPORT**

**508-636-1026 CALL TO RESERVE YOUR SEAT**

**TUESDAY, NOVEMBER 18, 2025 4:00 PM TO 5:30 PM**

**REFRESHMENTS AND COFFE WILL BE AVAILABLE**