



January 2026



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



Remember ARAW may be able to help when times are tough.
To be considered for support from the ARAW, please call us
in advance of a purchase, a service or making *any* change to existing support.
We are just a call away to talk with you about your needs (508) 717-0400



Welcome Happy New Year **2026**
THE JOURNEY
*Sending Warm Wishes for
the Year Ahead!*



Welcome 2026 at a lunch
with your ARAW friends
- new & old!

Wednesday, January 28, 2026
12:30 pm to 2:30 pm
Wamsutta Club, New Bedford

To register | (508) 717-0400
TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE
DIETARY RESTRICTIONS ACCOMMODATED

We Want
to Feature
You!
Tell us
your story

ARAW is redoing our website, and we are
hoping members of our ARAW family will
share their stories and photos.
Let us know if YOU would like to be featured!



Monday, January 19th 2026
in observation of
Martin Luther King Jr. Day

Care For Older Adults? Care About Flu!

**Adults 65+
Are At Higher Risk**

50%-70%
of flu-related **HOSPITALIZATIONS**



UP TO 85%
of flu-related **DEATHS**

INCREASE
in the risk of **HEART ATTACK
AND STROKE** – even weeks
after recovery

DECLINE
in general health and abilities
MAY BE PERMANENT

What does the flu look like?



Fever



Cough or
sore throat



Body aches,
headache, and
tiredness



Runny or
stuffy nose



Vomiting or
diarrhea in kids

Last week's influenza-like illness
activity by Massachusetts region



Get the
SHOT
Not the
FLU

**GET
YOUR
FLU SHOT**
It's not too late! Flu
season can last
until May.
Get medical
checkup
for more
info.

**WASH
YOUR
HANDS**
Wash
your hands
with soap
and
water for 20 seconds
or use an hand
sanitizer.

**COVER
YOUR
COUGH**
Cover your
mouth and
nose with a
tissue or
your sleeve.
Not your
hands.

**STAY HOME
IF YOU'RE
SICK**
Follow current
recommended
guidelines.

LEGAL QUESTIONS?

**Schedule an
appointment at
DCOA with South
Coastal Counties
Legal Services.**

**South Coastal Counties
Legal Services**

January 13, 2026 | 10:00-11:30 by appointment
Dartmouth Council on Aging
Call 508-999-4717 to schedule an appointment

**ELDER LAW
PROJECT:**
provides legal assistance to
elders (age 60 and over)

SCCLS provides legal
assistance with no charge
for questions or issues with:
**HOUSING, HEALTH
BENEFITS, PUBLIC BENEFITS
& CONSUMER ISSUES.**

Winter safety tips

Stay warm indoors

- ❄ Keep blinds and curtains closed so your house doesn't lose heat through windows.
- ❄ Be aware that space heaters can cause fires and/or carbon monoxide poisoning.

Dress for cold weather

- ❄ Wear layers when you're outdoors and dress warm when you go to sleep.

**Good food, lovely
music, festive fun
and friendship!**



**Thank you to everyone
who joined us for our
Holiday lunch.**

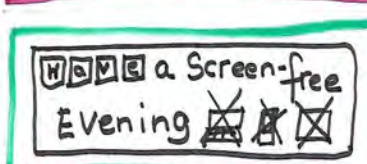
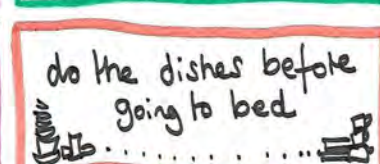
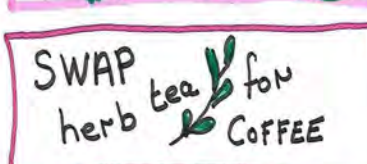
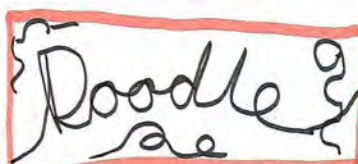
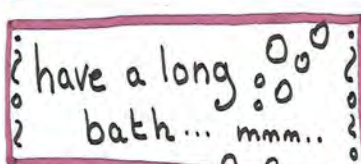
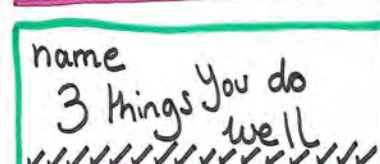
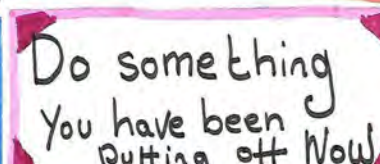
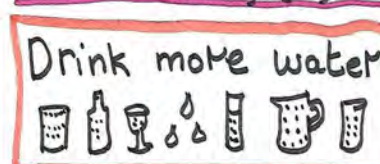
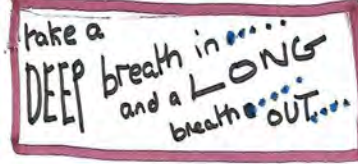
Aren't we lucky?

Tired of
NEW YEAR
resolutions?
Here's an
ALTERNATIVE!



Here are **32** different **healthy** habits.

Cut them out, fold them up and pick one a day to get a whole month's worth of happy feelings, good thoughts and healthy ideas.



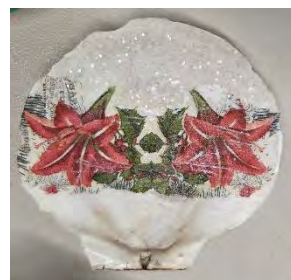


A unique presépio, or nativity scene, combining Azorean and U.S. traditions is on display at Casa da Saudade Library in New Bedford until January 15th
Casa da Saudade Library
58 Crapo St #1
New Bedford, MA 02740
Phone: (508) 991-6218

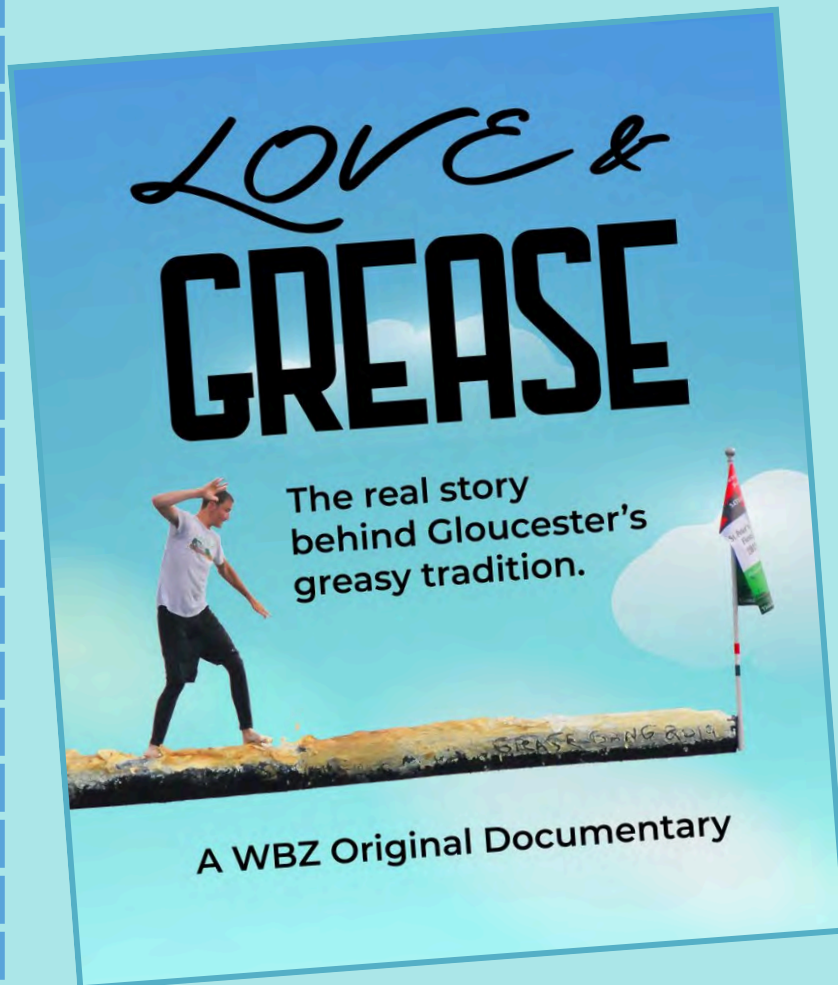




**Everyone enjoyed the
Shell Decorating and Ocean
Ornament making class with
Nina Mach at the Fishing
Heritage Center!**



Join New Bedford Fishing Heritage Center for a... **Free Dock-u-mentary Film Screening**



A WBZ-TV original documentary, *Love & Grease* explores the history of Gloucester's Greasy Pole competition. The film features interviews with past champions and community members, showcasing the event's history and cultural significance. Prepare for a captivating look at this unusual tradition, from its origins to present-day celebrations.

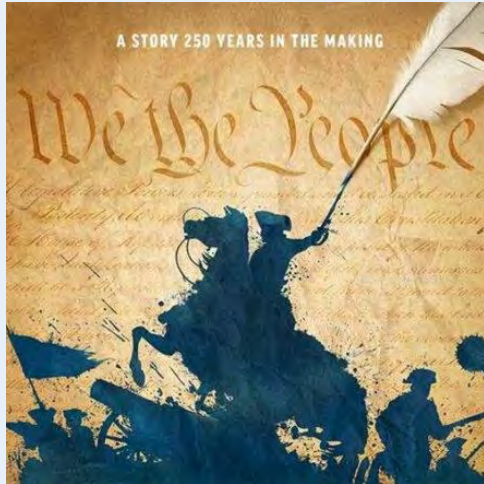
Friday, January 16, 2026 at 7:00pm
NB Whaling National Historical Park
33 William Street, New Bedford, MA
<https://fishingheritagecenter.org/>
(508) 993-8894





**new bedford
whaling museum**

ART. HISTORY. SCIENCE. CULTURE.



An Unfinished Project: Reflections on the Promises of Revolution at the Nation's 250th

**Free and open to all,
Wednesday, January 22
6:00 PM - 8:00 PM**

Visit the Whaling Museum to mark the opening of our new exhibition: *Forging Independence | Building a Nation*, an exhibit developed in recognition of the 250th anniversary of the American Revolution.

The program includes welcome remarks from Mayor Jon Mitchell, a 30-minute screening of excerpts from Ken Burns's *The American Revolution*, a panel discussion, and light reception.

**Please register in advance at whalingmuseum.org
or (508) 997-0046**

FAIRHAVEN COUNCIL ON AGING

2026 New Year Edition

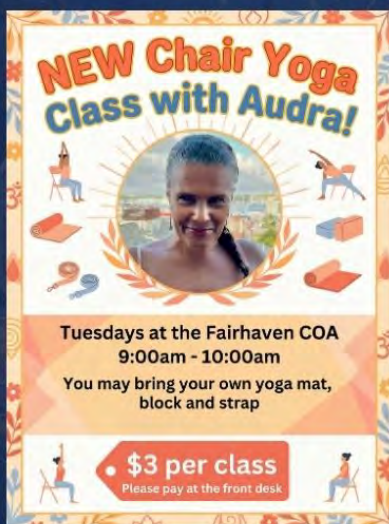
A Message from Martha Reed - Fairhaven Council on Aging Director

As we begin 2026, we look back on 2025, a journey filled with laughter, a few tears, joyful celebrations, delightful entertainment, and the kind of camaraderie that makes our community so special. Each year we find ourselves hoping for an even brighter one ahead—but it's in the moments we share right now that the true magic happens.

Life brings its challenges, big and small, but we want you to know this: the COA is here for you. Always. Whether it's a helping hand, a friendly face, or a bit of support when you need it most, our doors and hearts remain open.

I also want to extend a heartfelt thank-you to everyone who helped make this holiday season truly special.

As we step into 2026 and the years beyond, our commitment stands strong. We will continue doing everything we can to uplift, assist, and be a steady presence in your lives.



NEW Chair Yoga Class with Audra!

Tuesdays at the Fairhaven COA
9:00am - 10:00am

You may bring your own yoga mat, block and strap

\$3 per class
Please pay at the front desk



IT'S THE MUSIC ENTERTAINMENT
DJ • LIVE GAME SHOWS • TEAM TRIVIA

LIVE GAME SHOWS
Coming in February



PUBLIC TRANSPORT INFO HOURS
1st Friday of Every Month
11:30am - 1:00pm

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



Coastline
Your guide to independent living

What are SEED OILS?

Join Ashley from Coastline Elderly Services and the Health Awareness group for an informative discussion on seed oils—what they are, common myths surrounding them, and whether they deserve a place in our diets.

Jan. 15, 2025
At 9:00AM

Fairhaven Council on Aging
229 Huttleston Ave
Fairhaven, MA

Call to sign up 508-979-4029

229 Huttleston Ave. Fairhaven, MA 02719

www.Fairhaven-MA.gov

508.979.4029

508.979.4116

COA@Fairhaven-ma.gov



January



FREE!

eliminating racism
empowering women
ywca
southeastern massachusetts

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



January 20, 2026
5:30 - 6:30 PM



Zoom



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

Register at bit.ly/YWCAPLAN



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

Saturday January 17 at 2PM or 7PM

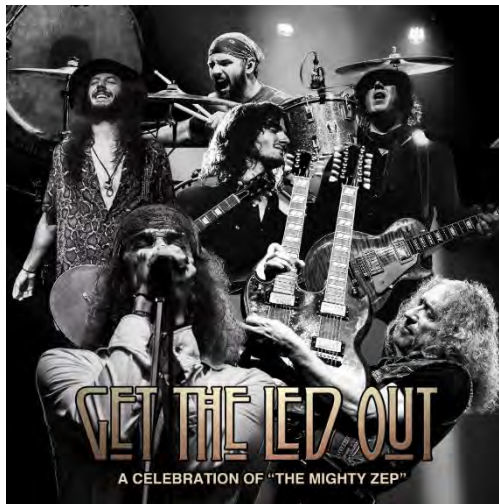
Join us for a dazzling celebration as we reopen The Z in style! For the first time, three of the city's leading cultural organizations—The Zeiterion Performing Arts Center, New Bedford Festival Theatre, and the New Bedford Symphony Orchestra—will share the stage in a one-night-only concert that honors the heart, soul, and future of the performing arts on the South Coast, featuring Emmy Award-winning comedian Dulcé Sloan.



Get The Led Out

Saturday January 24 at 8PM

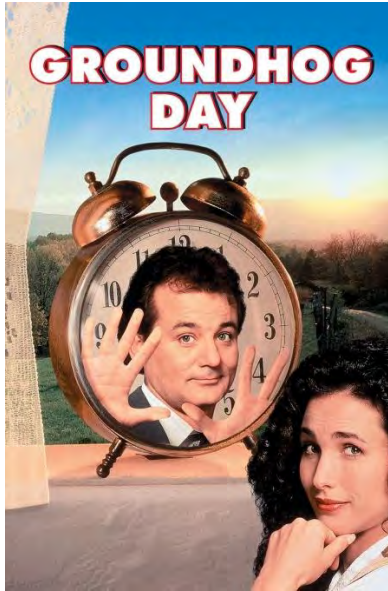
Get The Led Out (GTLO) brings the music of Led Zeppelin to the concert stage. The Philadelphia-based group consists of six veteran musicians intent on delivering Led Zeppelin live. No wigs or fake English accents, GTLO brings what the audience wants...a high energy Zeppelin concert with an honest, heart thumping intensity.



Movie Mondays: Groundhog Day

Monday February 2 at 7PM

We're bringing back the nostalgia of The State Theatre with Movie Mondays! In Groundhog Day, a cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day.



Momix presents Alice

Thursday February 5 at 7PM (with a free Dance Barre talk on Wednesday January 28 at 7PM)

Seamlessly blending illusion, acrobatics, magic, and whimsy, MOMIX sends audiences flying down the rabbit hole with Alice! Alice is choreographer Moses Pendleton's newest creation, inspired by Lewis Carroll's classic tale Alice in Wonderland. This performance contains adult content.



Interested in any of these shows or movies?

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

Afternoon Chamber Music Concerts

Winter Fire: Music of Mendelssohn, Prokofiev, Stravinsky, and Day

3pm, January 31 at St. Gabriel's Episcopal Church, 124 Front Street, Marion

3pm, February 1 at St. Peter's Episcopal Church, 351 Elm Street, South Dartmouth

Story Time: Music of Faure, Bunch, Najarian, and Mayerl

3pm, March 28 at St. Gabriel's Episcopal Church, 124 Front Street, Marion

3pm, March 29 at St. Peter's Episcopal Church, 351 Elm Street, South Dartmouth

Foursomes: Music of Brahms, Roustom, Liang, and Tucker

3pm, May 2 at St. Gabriel's Episcopal Church, 124 Front Street, Marion

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

Symphony Concerts – At the NEW Z!!

Romantic Revelations: Music of Tchaikovsky, Barber, and Coleridge-Taylor

February 14 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

Boldness Unbound: Music of Ives and Dorman

March 14 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

The Human Element: Music of Brahms, Camilo, and Mazzoli

April 18 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

A Joyous Sound: Music of Beethoven and da Silva

May 16 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

For concert details, visit www.nbsymphony.org

Find your Joy and Serenity at the Symphony!