



# 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  
THE JOURNEY 2026  
Sending Warm Wishes for  
the Year Ahead!



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 19<sup>th</sup> 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

## LEGAL QUESTIONS?

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

## 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.

What does the flu look like?



Get the **SHOT**  
Not the **FLU**



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



**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.



**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.**

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.



Walk outside	go to bed early	Eat something with your good eyes shut... savour...	take a nap...
stretch...	Take a DEEP breath in... and a LONG breath out...	Take time for a proper tea break	Drink more water
TURN OFF THE NEWS	name 3 things that make you happy	Regift a book	Do something you have been putting off now
Put something away... Now!	try... a new recipe today	make someone happy	Swap something for FRUIT
Give someone a compliment	Laugh out loud	Eat more Veg	name 3 things you do well
have a long bath... mmm...	Roodle	SWAP herb tea for COFFEE	do the dishes before going to bed
Declutter one thing from a drawer	Stand Tall	Have a Screen-free Evening	walk up the stairs
Wear your favorite clothes today	Look at the SKY	Phone friend	Put on some music and DANCE!



**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 15<sup>th</sup>**

**Casa da Saudade Library  
58 Crapo St #1  
New Bedford, MA 02740  
Phone: (508) 991-6218**



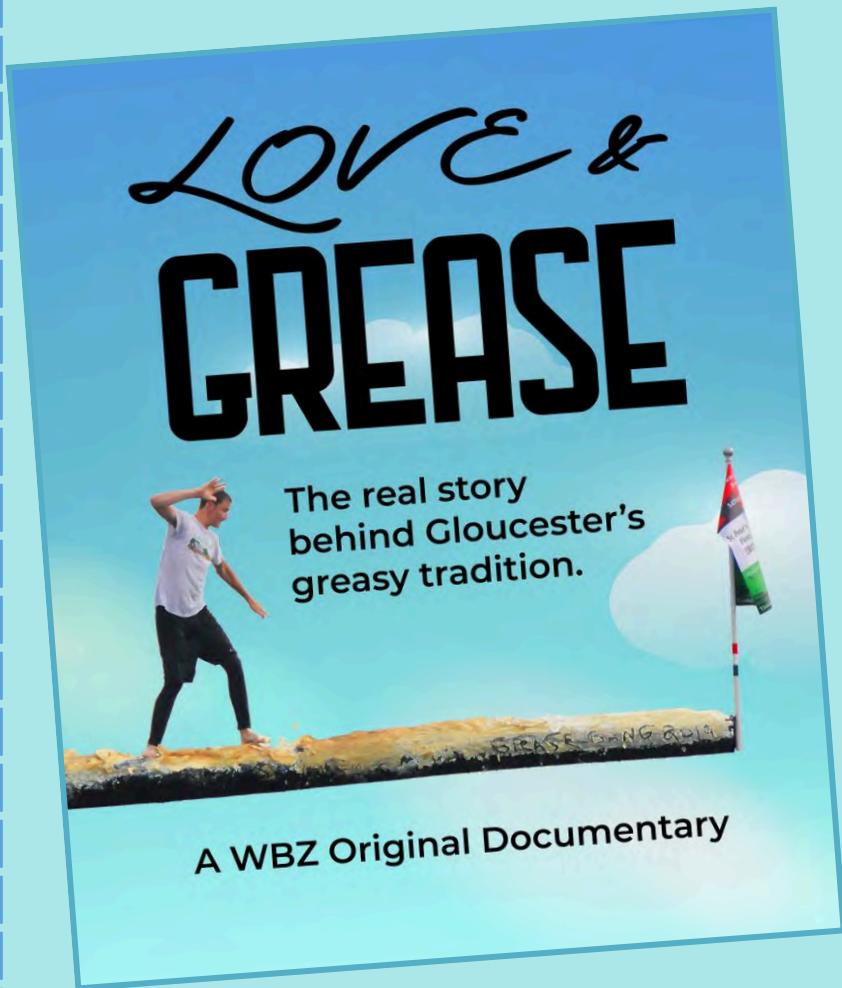


**Everyone enjoyed the  
Shell Decorating and Ocean  
Ornament making class with  
Nina Mach at the Fishing  
Heritage Center!**



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/>

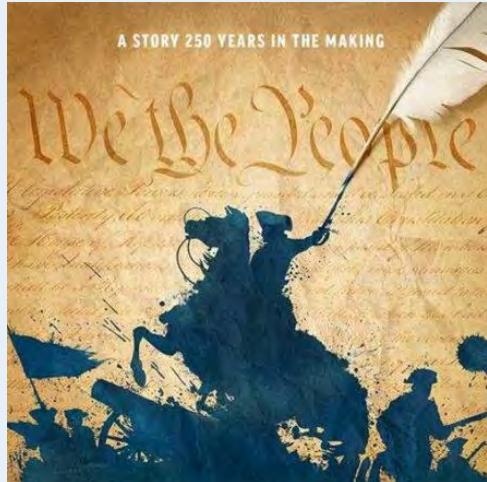
(508) 993-8894





**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](http://whalingmuseum.org)  
or (508) 997-0046

# FAIRHAVEN COUNCIL ON AGING

## 2026 New Year Edition

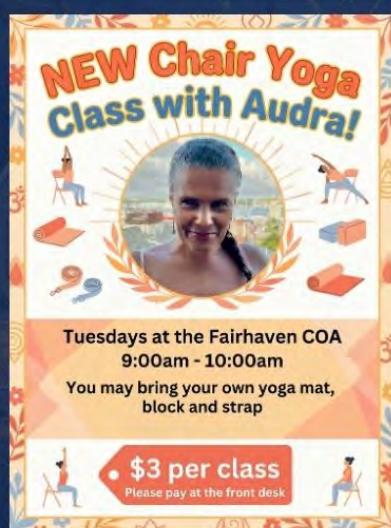
A Message from Martha Reed - Fairhaven Council on Aging Director

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.



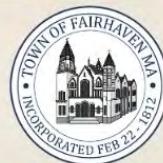
229 Huttleston Ave. Fairhaven, MA 02719

[www.Fairhaven-MA.gov](http://www.Fairhaven-MA.gov)

508.979.4029

508.979.4116

[COA@Fairhaven-ma.gov](mailto: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](http://bit.ly/YWCAPLAN)



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

Saturday January 17 at 2PM or 7PM

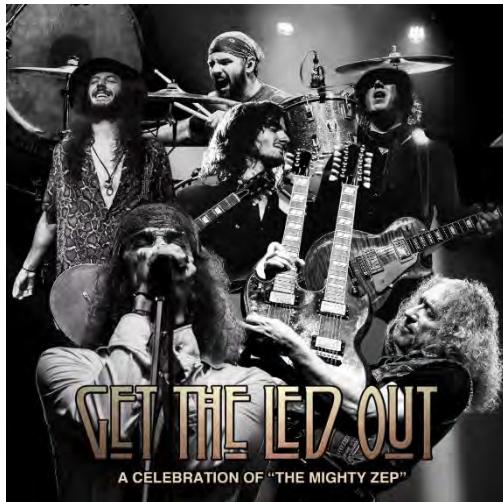
Join us for a dazzling celebration as we reopen The Z in style! For the first time, three of the city's leading cultural organizations—The Zeiterion Performing Arts Center, New Bedford Festival Theatre, and the New Bedford Symphony Orchestra—will share the stage in a one-night-only concert that honors 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

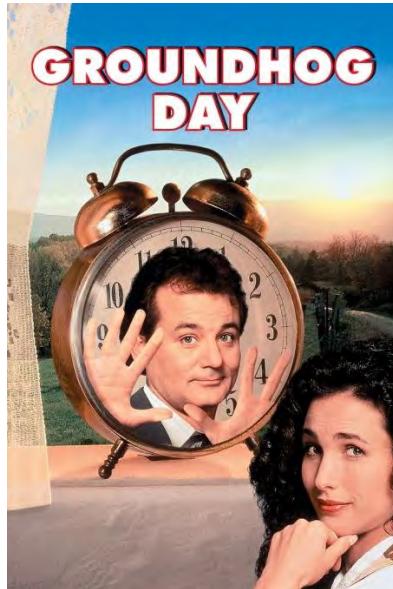
Get The Led Out (GTLO) brings the music of Led Zeppelin to the concert stage. The Philadelphia-based group consists of six veteran musicians intent on delivering Led Zeppelin live. No wigs or fake English accents, GTLO brings what the audience wants...a high energy Zeppelin concert with an honest, heart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

*Find your Joy and Serenity at the Symphony!*