



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

SNAP Alert

Replacement food benefits available.



USDA
 Supplemental
 Nutrition
 Assistance
 Program

If your household lost food purchased with SNAP food benefits because of a power outage or situation related to the February 22, 2026 winter storm, you may qualify for replacement benefits.

Eligible households can receive the value of food lost, up to their monthly benefit amount.

SNAP FOOD SPOILED?

LOST FOOD DURING THE STORM?

REPORT WITHIN 10 DAYS

Call 877-382-2363

If you use SNAP and food spoiled during the storm, your benefits could be replaced.

877-382-2363

mass.gov/info-details/snap-household-misfortune

FREE TO ENTER!!
LUCK OF THE LEPRECHAUN RAFFLE

Call ARAW for a chance to win a scratch ticket... Who knows? Some of the gold at the end of the rainbow may be yours!

(508) 717-0400

new bedford whaling museum

let's do lunch

Friday, March 27th

12:30 pm – 2:30 pm
Wamsutta Club

To register (508) 717-0400

Transportation available
Handicap accessible
Dietary restrictions accommodated

See their flyer for more info!

Don't Forget!

DAYLIGHT SAVING TIME BEGINS
March 8th
 'SPRING AHEAD' ONE HOUR

WHEN YOU CHANGE YOUR CLOCK → **CHANGE YOUR SMOKE ALARM BATTERY**

Spring is Coming
 Friday, March 20, 2026



Explore the history of **portrait photography in New Bedford** during the upcoming Beneficiaries Luncheon!

March 27th from 12:30-2:30PM
Wamsutta Club



Whaling Museum Assistant Curator of History and Culture Marina Wells will present on the fascinating story of early photography in our city.



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



Just a friendly reminder...

ELIGIBILITY GUIDELINES

COMMUNITIES SERVED

Acushnet
Dartmouth
Fairhaven
New Bedford
Westport

ELIGIBILITY GUIDELINES

AGE:

Reoccurring support and one-time assistance considered for those age 65+

RESIDENCY:

Over five years in service area
Preference to women living alone

INCOME:

Monthly income under \$1,800 (with subsidized housing)
Monthly income under \$2,500 (non-subsidized housing)
Liquid assets under \$10,000 (excluding home and auto)

REFERRALS

ARAW staff welcomes inquiries by phone 508-717-0400 or by email admin@arawofnb.org.

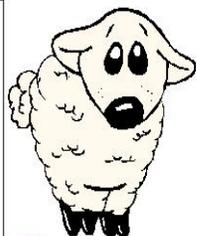
PLEASE NOTE:

Formal applications are completed, in the home, by advocates from ARAW or partnering social service organizations.



March

In like a lion,
out like a lamb!



THE BEST WAY TO SHOVEL SNOW



1: MINIMIZE lifting; maximize pushing. Clear lane down middle of driveway. Push the snow to the edge on one side and then the other.



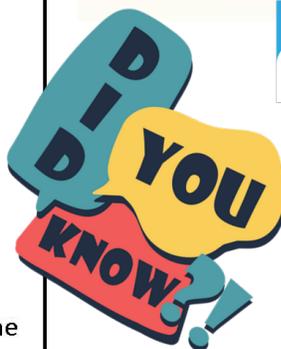
2: IF snow is piled high, push a manageable top layer off first, and work your way down to the next layer(s).



3: WHEN you need to shovel and lift the snow, maintain a good ergonomic position and lift with your legs rather than your back.



4: THROW the snow in the direction of your lower hand. Don't twist your body.



THE NEW BEDFORD LIGHT

FREE • INDEPENDENT • NEWS

www.newbedfordlight.org

The New Bedford Light is a free, nonprofit, nonpartisan digital news outlet dedicated to community-based coverage of important local issues — health and safety, education, environment, economy, arts and culture, government and politics, and social justice.

RESCHEDULED

NEW DATE ANNOUNCED



Monday, April 13th

12:30 pm – 2:30 pm

Join us at Rotch Jones Duff House & Garden Museum Enjoy tea, scones, tea sandwiches and sweets in the historic double parlors of the mansion.

Limited space call to register

(508) 717-0400

If you registered for February date you are already on the list!

Unlock Benefits and Discounts

The following programs, benefits and discounts are designed for any senior who qualifies:



Property tax exemptions



Utility assistance programs



Food assistance programs



Cost Saving Tips to Manage Cable Costs

Evaluate Your Subscription:

- Request a channel lineup to ensure you're subscribed to the lowest tier that meets your needs.
- Review your lineup regularly. Massachusetts regulations allow you to downgrade your package at no cost within 30 days of receiving notice about a channel removal.

Eliminate Unused Equipment and Services:

- Return extra cable boxes or discontinue unused services like DVRs to reduce your bill.
- Consider digital antennas to obtain free, over-the-air programming.

Adjust Premium Subscriptions:

- Remove premium channels or streaming services included in promotional offers before the promotion ends to avoid unexpected charges.
- Add back premium services only when you plan to use them.

Explore Senior Discounts:

- Some cities have agreements with cable providers offering discounts for seniors. Contact your provider to check eligibility criteria, which may include income requirements.

Purchase Your Own Modem:

- Avoid rental fees by buying a compatible modem. Confirm with your provider that the modem works with their network and services. Note that you'll be responsible for its maintenance and troubleshooting.

Right-Size Your Internet Speed:

- Avoid paying for excessive speeds if your household doesn't require them.



**Not alms alone,
but a friend.**



This is one of ARAW's founding values.

Friendship Program...

*If you are interested in being paired
with a new ARAW friend, please let us know!*

**Call (508) 717-0400
or email admin@arawofnb.org**



Beat the winter doldrums!

**Call ARAW (508) 717-0400
and we will send you a puzzle book**



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

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!!

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!

SOUTH COASTAL COUNTIES LEGAL SERVICES

ELDER LAW UNIT

HOW TO CONTACT SCCLS:

Call the New Bedford Office:

774-488-5979

Monday-Thursday 9am-4pm

Or

Apply online at sccls.org

What is SCCLS?

SCCLS is a private, non-profit law firm. We help low income and/or people over age 60, free of charge. We provide legal advice and full representation on civil legal matters in areas like housing, benefits, family law, and consumer issues. We have offices located in Hyannis, New Bedford, Fall River, and Brockton.

What is the Elder Law unit?

The Elder Law Unit (ELU) serves socially and economically vulnerable people aged 60+ in South-eastern Massachusetts. We protect the rights of older adults to age independently by helping them get the government benefits and services available to them. This includes issues with MassHealth, Social Security, SNAP, and long term care coverage. We help people of all ages with Medicare matters including Medicare not covering services, discharges from nursing homes, and issues with enrollment like premium penalties.

UPCOMING EVENTS!

- ⇒ Surprenant, Beneski & Nunes, P.C., and SCCLS are hosting a free Estate Planning Clinic on June 2, 2025. 20min educational sessions are open to all at 3pm, 4pm, and 5pm. Drafting services are limited and available to low-income people. Please call Krystal DeSouza at 774-488-5979 to apply or for more information .
- ⇒ Lawyer for the day clinics are held at 139 Hathaway Road at the Southeastern Housing Court from 9am-12:30pm every Friday.
- ⇒ Fairhaven COA presentation April 15th 4p-6p & April 23rd 5p-7p



**South Coastal Counties
Legal Services**

SOUTH COASTAL COUNTIES LEGAL SERVICES

En español

¿Qué es SCCLS?

SCCLS es un bufete de abogados privado, sin fines de lucro. Ayudamos a personas de bajos ingresos y/o mayores de 60 años de forma gratuita. Brindamos asesoramiento legal y representación completa en asuntos legales civiles en áreas como vivienda, beneficios, derecho de familia y asuntos del consumidor. Tenemos oficinas ubicadas en Hyannis, New Bedford, Fall River y Brockton.

¿Qué es la Unidad de Derecho de ancianos?

La Unidad de Derecho para Adultos Mayores atiende a personas social y económicamente vulnerables de 60 años o más en el sudeste de Massachusetts. Protegemos los derechos de los adultos mayores a envejecer de forma independiente ayudándolos a obtener los beneficios y servicios gubernamentales disponibles para ellos. Ayudamos a personas de todas las edades con asuntos relacionados con Medicare.

CÓMO CONTACTAR A SCCLS:

llame a la oficina de New Bedford:

774-488-5979

Lunes a jueves de 9 a 16 horas

Solicite en línea en sccls.org

¿Qué puede hacer la Unidad de Derecho para Personas Mayores por usted?

- ⇒ ¿Le han negado o despedido de MassHealth?
- ⇒ ¿Tiene problemas con la terminación, denegación o cobertura de Medicare?
- ⇒ ¿Es usted residente de un centro de atención a largo plazo y desea reincorporarse a la comunidad, pero necesita recursos?
- ⇒ ¿Ha tenido problemas o despido del Seguro Social o del Seguro Social por Incapacidad?
- ⇒ ¿Tiene algún problema con otro programa de beneficios, como SNAP (cupones de alimentos), Frail Elder Waiver u otros?

Em português

O que é o SCCLS?

O SCCLS é um escritório de advocacia privado e sem fins lucrativos. Ajudamos pessoas de baixa renda e/ou com mais de 60 anos, gratuitamente. Oferecemos consultoria jurídica e representação completa em questões jurídicas civis em áreas como moradia, benefícios, direito da família e questões do consumidor. Temos escritórios localizados em Hyannis, New Bedford, Fall River e Brockton.

O que é a Unidade Jurídica do idoso?

A Elder Law Unit atende pessoas social e economicamente vulneráveis com mais de 60 anos no sudeste de Massachusetts. Nós protegemos os direitos dos idosos de envelhecer de forma independente, ajudando-os a obter os benefícios e serviços governamentais disponíveis para eles. Ajudamos pessoas de todas as idades com questões do Medicare.

O que a Unidade Jurídica para Idosos pode fazer por você?

- ⇒ Você foi negado ou demitido do MassHealth?
- ⇒ Você está tendo problemas com a rescisão, negação ou cobertura do Medicare?
- ⇒ Você é residente de uma instituição de cuidados de longo prazo e deseja retornar à comunidade, mas precisa de recursos?
- ⇒ Você teve problemas ou rescisão da Previdência Social ou Incapacidade da Previdência Social?
- ⇒ Você está tendo problemas com outro programa de benefícios, como SNAP (vale-refeição), Frail Elder Waiver ou outros?

COMO CONTACTAR A SCCLS:

Ligue para o escritório da New Bedford:

774-488-5979

Segunda a quinta, das 9h às 16h

Inscreva-se on-line em sccls.org

COASTAL FOODSHED

SNAP Customers Can Receive FREE Fruits & Vegetables!

In Massachusetts, SNAP customers can receive \$40 worth of locally grown fruits and vegetables each month through the Healthy Incentives Program (HIP) when they shop at HIP-eligible vendors.

Coastal Foodshed is a HIP-eligible vendor, open year-round in New Bedford!



Food Hub Market:

Tuesday-Friday, 9am-5pm

Kilburn Mill

127 W. Rodney French Blvd., New Bedford

New Bedford Farmers Market

Saturdays, 10am-2pm

Buttonwood Park Warming House

Contact us: localfood@coastalfoodshed.org or (508) 259-2647

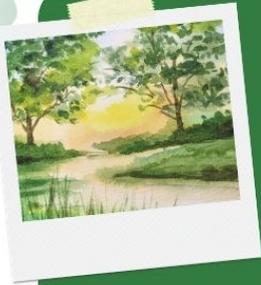
March 2026



COUNCIL ON AGING FAIRHAVEN MASSACHUSETTS

229 Huttleston Ave, Fairhaven, MA 02719 508-979-4029

This month at the Council on Aging



Channel your inner artist!
Watercolor Classes \$10
March 11th, 18th & 25th
2:00-3:30pm

Social Security Virtual
Informational Session

with Delia De Mello-
Metropolitan Public Affairs Specialist-SSA
March 20, 2026 at 12:00pm
Call to sign up 508-979-4029



Movie Monday- Every Monday at 12:15pm
March Line up: Calendar Girls, The Gumball Rally,
Priscilla, Green Book & Easter Sunday



As always:

If you need assistance with health insurance, food insecurity, housing, or simply need someone to talk to about a situation you're unsure of, please don't hesitate to reach out.

The Fairhaven Council on Aging is here to support you and help in any way we can.



Program Spotlight

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.

1st Friday of the Month -
Bunco 12:30-3:00pm



2nd Friday of the Month -
Regular Bingo 1:00-3:00pm



3rd Friday of the Month -
Bunco 12:30-3:00pm



Last Friday of the Month -
Music Bingo with Eddie
12:30-1:30pm



If there are 5 weeks in the month,
the 4th Friday will be Bunco 12:30-3:00pm





**WOMEN'S
FUND
SOUTHCOAST**

● STRENGTHENING VOICES: ●

A LUNCHEON GROUP FOR WOMEN 65+
YOUR VOICE MATTERS.

The Women's Fund SouthCoast is starting a small luncheon group for women age 65 and older who want to speak up about the issues that matter most to them.

Over four luncheons (June–March), you will:

- Talk about the changes you want to see in your community
- Share your stories
- Learn how to write letters and speak to local leaders
- Imagine the future we want for our community

This group will be limited to 15 women so everyone has time to speak and be heard. Participants will receive lunch and a stipend for taking part in all sessions. **Interest forms open in April!**



ANY QUESTIONS ABOUT THIS PROGRAM?

**REACH OUT TO AUDREY STRAW AT
ASTRAW@WOMENSFUNDSOUTHCOAST.
ORG OR AT 508-219-6102 X 2**

LEARN MORE AND REGISTER HERE:



GENDER EQUITY LEGISLATIVE BREAKFAST

TUESDAY, MARCH 31, 9:00AM - 11:00AM, UMASS DARTMOUTH

Join United Neighbors of Fall River/Coalition Against Period Poverty (CAPP), Women's Fund SouthCoast, Center for Women, Gender & Sexuality, and Mass NOW as we advocate for menstrual equity, access, and dignity.

Your voice matters as we highlight local experiences, identify ongoing challenges, and explore opportunities for meaningful legislative collaboration rooted in the needs of our communities!



Center for Women,
Gender & Sexuality
UMass Dartmouth

Ceremonies, Celebrations, & Community at New Bedford Fishing Heritage Center

Join us for our upcoming free AHA! Night programs on **Thursday, March 12**, to discover the history of waterfront ceremonies and celebrations past and present!



Family-friendly activity: Decorate a Scallop Festival Sash – 4:00 - 5:30 PM | Free admission
Stop by FHC to meet former New Bedford Scallop Festival Queen Elizabeth Belanger, and decorate your own Scallop Festival sash and tiara!

Panel Discussion: Ceremonies, Celebrations, & Community – 6:00 - 7:30 PM | Free admission

Hear tales and personal anecdotes related to the New Bedford Scallop Festival, Blessing of the Fleet, Fishermen's Memorial Service, and Working Waterfront Festival from the women who participated in the Center's ongoing *Herstory Oral History Project*. Do you remember attending any of these events? Stop by to share your story!



Photo courtesy of Spinner Publications

NEW BEDFORD FISHING HERITAGE CENTER

38 BETHEL STREET, NEW BEDFORD, MA

THURSDAY - SATURDAY, 10 AM - 4 PM

(508) 993-8894 | FISHINGHERITAGECENTER.ORG



Call the Z's Box Office at 508-994-2900 and let them know you are an ARAW beneficiary to get free tickets! We're open 12-6PM Wednesday-Sunday.

[Zeiterion Guided Tour](#)

Saturday March 7 at 11AM

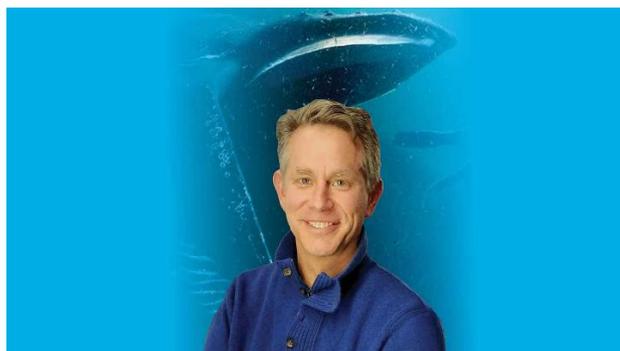
Tour the new Zeiterion with a seasoned tour guide who will take you behind the scenes, providing historic information along the way. There is much to explore on all four floors of the restored and renovated Zeiterion, from the new Speakeasy in the basement to the movement studio on the third floor, and everything in between — including the state-of-the-art auditorium fully restored to its 1923 glory.



[In The Whale: The Greatest Fish Story Ever Told](#)

Sunday March 8 at 2PM

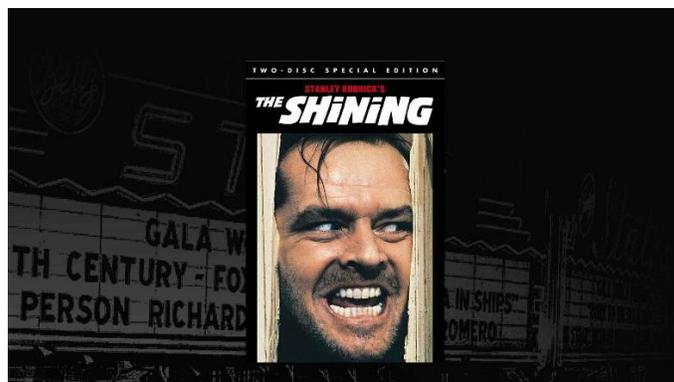
Watch this award-winning documentary about local lobster diver Michael Packard, who, in 2021, was briefly caught in the mouth of a whale off the coast of Provincetown. Take a closer look at what happened before, during, and after Packard's harrowing experience and enjoy a post-show Q&A with director David Abel, a Pulitzer Prize-winning reporter!



[Movie Mondays: The Shining](#)

Monday March 9 at 7PM

We're bringing back the nostalgia of the State Theatre with Movie Mondays! Follow Jack Torrance (Jack Nicholson): a winter caretaker at the isolated Overlook Hotel in Colorado hoping to cure his writer's block. As Jack's writing goes nowhere and his son Danny's visions become more disturbing, Jack discovers the hotel's dark secrets and begins to unravel into a homicidal maniac hell-bent on terrorizing his family.



[AHA! Night at The Z](#)

Thursday March 12 from 6-8PM

Stop by to check out the Jazz Jam and "I Am NB" Storytelling Open Mic in the Speakeasy. Join sax player and music educator Emmanuel "Manny" Escobar for free, fun jam sessions during AHA! Nights. Musicians, vocalists, visual artists, and audience members welcome. No prior jam experience needed.



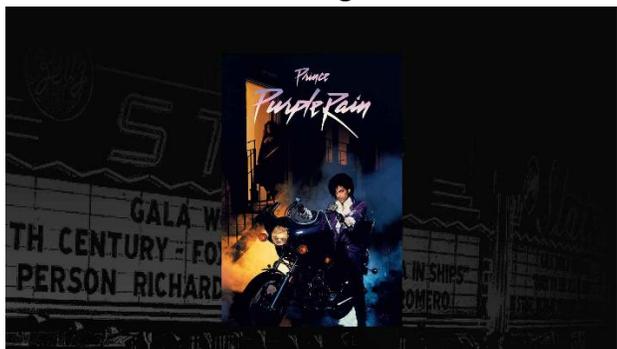
Call the Z's Box Office at 508-994-2900 and let them know you are an ARAW beneficiary to get free tickets! We're open 12-6PM Wednesday-Sunday.

Movie Mondays: Purple Rain

Monday March 16 at 7PM

Follow the Kid (Prince): a Minneapolis musician on the rise with his band, the Revolution, escaping a tumultuous home life through music.

Kid navigates the club scene and a rocky relationship with a captivating singer, Apollonia (Apollonia Kotero). But another musician, Morris (Morris Day), looks to steal the Kid's spotlight -- and his girl!



Dance Barre: Step Afrika

Wednesday March 18 at 7PM

Join fellow dance enthusiasts in our new Speakeasy for a lively conversation led by Malian American dancer and choreographer Assitan 'Sita' Coulibaly on the history, technique, and creative vision behind Step Afrika's upcoming performance. Coulibaly is a founding member of The Haus of Glitter Dance Company, a member of New Works/ World Traditions Dance Company, a principal dancer with Troupe Yeredon in Mali, the acting Director of Legacy Arts & Education at Centre Yéredon in Bamako, Mali and a Teaching Artist and Performer with Pushed Learning and Media.



The Moth Mainstage: American Dreams

Thursday March 19 at 7:30PM

Listen to five seasoned storytellers share extraordinary, true stories that dig deep into the idea of the American Dream. Does it even exist anymore? For who? What happens when the dream rubs up against reality? What happens when it's dashed or deferred? And what happens when the dream comes true?



Marlon Wayans

Friday March 20 at 8PM

Laugh out loud with the comedian behind classics like In Living Color, Scary Movie and White Chicks. Wayans blends sharp social commentary with laugh-out-loud comedy. His latest comedy special Good Grief hit #1 on Amazon Prime its first week for his unfiltered takes on life, family, and relationships. His other critically acclaimed comedy specials include Woke-ish on Netflix and God Loves Me, You Know What It Is, and Marlon Wayans Presents: The Headliners on HBO Max. Marlon currently stars in Justin Tipping and Jordan Peele's latest psychological horror thriller, Him.



Call the Z's Box Office at 508-994-2900 and let them know you are an ARAW beneficiary to get free tickets! We're open 12-6PM Wednesday-Sunday.

[Live from Laurel Canyon](#)

Saturday March 21 at 8PM

An evening of live music and narrated stories centered on the musicians who lived in Laurel Canyon in the mid-1960s and '70s. Laurel Canyon was a community of artists who would forge a new genre of music (Folk Rock) and forever change the look, sound and attitude of American pop music. This show celebrates The Mamas and The Papas, the Byrds, Buffalo Springfield, Doors, Crosby, Stills, Nash, Neil Young, James Taylor, Carole King, Joni Mitchell, Jackson Browne, Linda Ronstadt, America, and the Eagles with their own unique interpretations of some of the most iconic songs of the era.



[Movie Mondays: Jennifer's Body](#)

Monday March 23 at 7PM

Demon possession, devilish cheerleaders, and Satanic rock stars are all on the chopping block with this horror comedy from the production team behind Juno. The story centers on an impish high-school student (Amanda Seyfried) who has to protect her town against her best friend, Jennifer (Megan Fox), who after being bedeviled by an evil rock band, develops a taste for human flesh.



[Stagedoor Live! Meow Meow](#)

Thursday March 26 at 7PM & 9PM

International songstress and comedienne extraordinaire Meow Meow brings her unique brand of hilarity and musical mayhem to New Bedford! Hailing from Australia, she has hypnotized, inspired, and terrified audiences globally with unique creations, from New York's Lincoln Center to the Sydney Opera House. Don't miss the spectacular crowd-surfing tragicomedienne, backed by her band.



[The Lodger](#)

Sunday March 29 at 2PM

The Eastern Massachusetts Chapter of the American Theatre Organ Society, who cares for and maintain The Z's organ, perform the live soundtrack to Alfred Hitchcock's third film and first thriller, The Lodger: A Story of the London Fog. The Lodger is silent thriller that tells the tale of a mysterious young man (matinee idol Ivor Novello) who takes up residence at a London boardinghouse just as a killer known as the Avenger descends upon the city, preying on blonde women.



Movie Mondays: All About Eve

Monday March 30 at 2PM

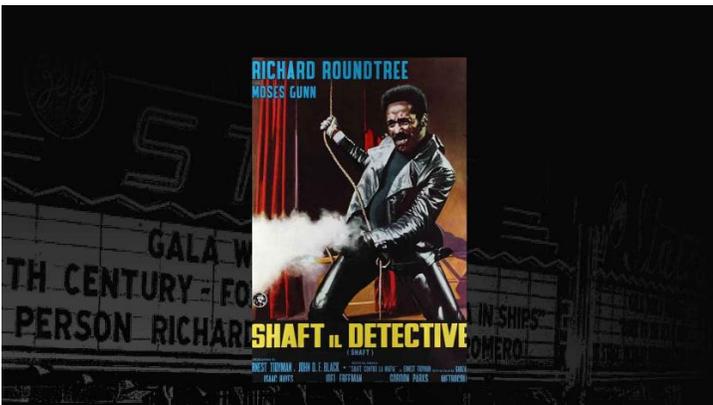
Tattered and forlorn, Eve Harrington shows up in the dressing room of Broadway mega-star Margo Channing, telling a melancholy life story to Margo and her friends. Margo takes Eve under her wing, but Eve is a conniver who uses Margo!



Movie Mondays: Shaft

Monday March 30 at 7PM

John Shaft (Richard Roundtree) is a suave detective who first finds himself up against Bumpy (Moses Gunn), the leader of the black crime mob, then against black nationals, and finally working with both against the white mafia who are trying to blackmail Bumpy by kidnapping his daughter!



Interested in any of these shows or movies?

Dartmouth Public Schools Orchestra: I've Got Your Back

Tuesday March 31 at 7PM

Listen to 230 local musicians in grades 6-12 perform songs of joy, support and community. The performance will celebrate friendship with songs like In My Life and Stand By Me, honor our diverse community with traditional Chinese Folk Songs featuring Jing Wang performing on the erhu, end with a medley of songs from Mama Mia. New Bedford's Poet Laureate Sarah Jane Ferreira will read her poem, *Transform*, in collaboration with a piece entitled *Whales*, to honor the natural wonders in the place we call home.

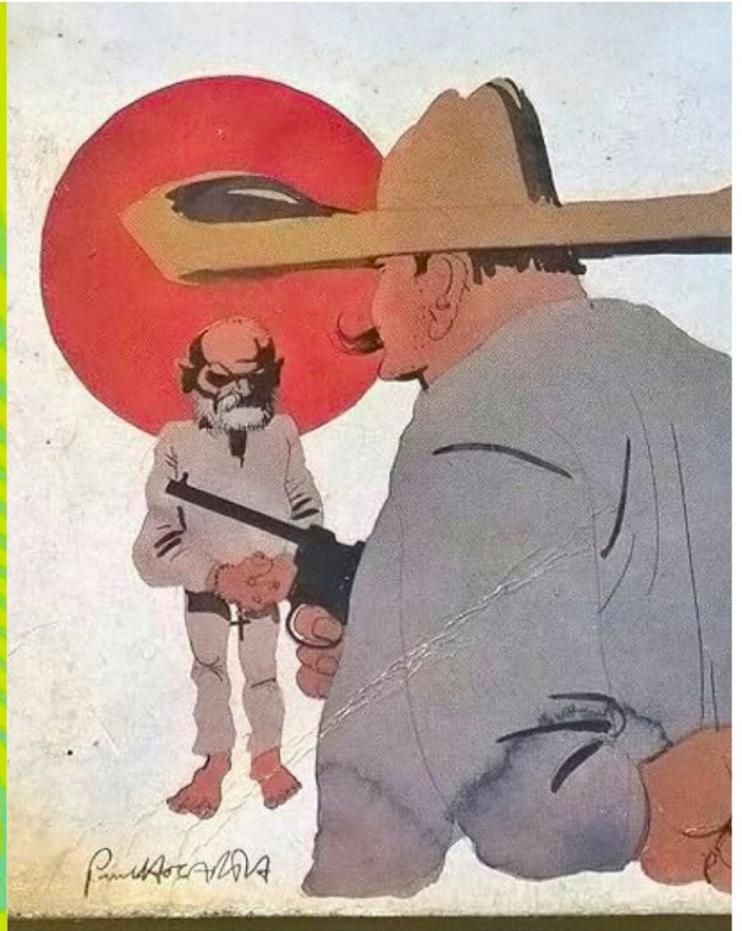
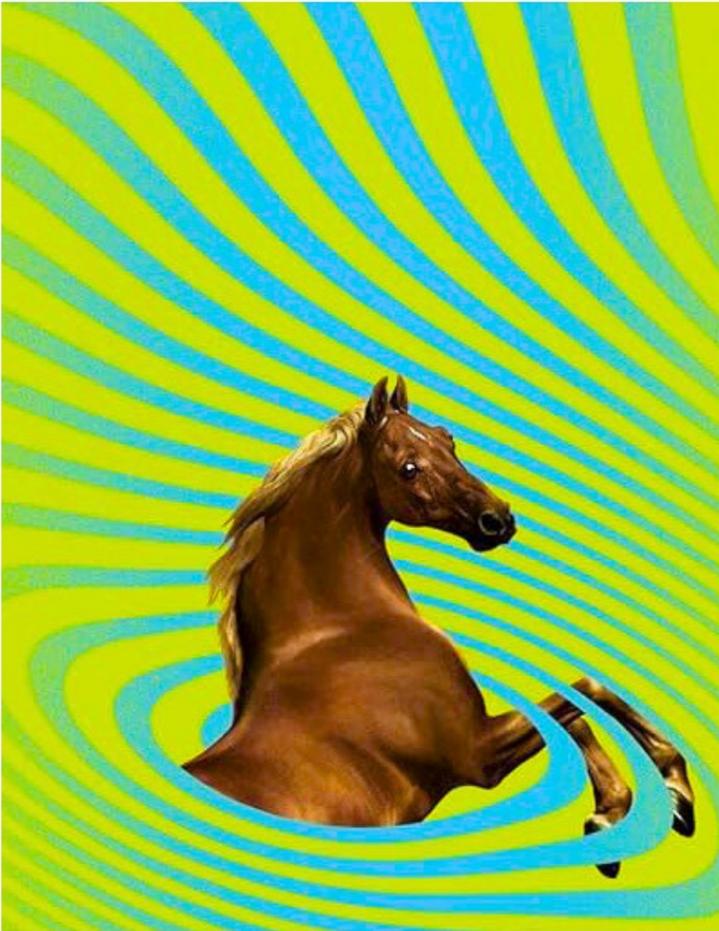


Call the Z's Box Office at 508-994-2900 and let them know you are an ARAW beneficiary to get free tickets! We're open 12-6PM Wednesday-Sunday.



NEW BEDFORD ART MUSEUM

ArtREADS: Art & Literature Book Club



Monday, March 30
You Dreamed of Empires by Álvaro Enrigue

6PM

One morning in 1519, conquistador Hernán Cortés enters the city of Tenochtitlan – today's Mexico City. Later that day, he will meet the emperor Moctezuma in a collision of two worlds, two empires, two languages, two possible futures.

Thursday, April 23
The Power and the Glory by Graham Greene

6PM

Mexico, the late 1930s: A paramilitary group has outlawed the Catholic Church and is executing its clergy. Now the last priest is on the run, fleeing not just an unshakable police lieutenant but also his own wavering morals.

RSVP: info@newbedfordart.org or call (508) 961-3072
Contact ARAW for transportation



NEW BEDFORD ART MUSEUM

CREATIVE CARE



Gallery Highlights Tour

Free

RSVP: info@newbedfordart.org or call (508) 961-3072

Contact ARAW for transportation

Thursdays, March 5, 12, 19 & 26

2-5PM

Acrylic Painting Class with Devin McLaughlin

Free

RSVP: info@newbedfordart.org or call (508) 961-3072

Contact ARAW for transportation

Friday, March 20

2-5PM

Art Kit Deliveries to Your Home

Free Upon Request

RSVP: info@newbedfordart.org or call (508) 961-3072

NEWBEDFORDART.ORG • 508-961-3072



This program is partly funded by Coastline Elderly Services and the Massachusetts Executive Office of Aging & Independence

NEW BEDFORD ART MUSEUM

AFTER HOURS AT THE ART MUSEUM



MUSIC AT THE MUSUEM: Last Day on Earth

Free for All

**3/6
6-8PM**

Last Day on Earth had been playing for while before we settled on a name. One day it occurred to Sy that if it were his last day on earth, music is what he'd be doing. Each member brings a unique musical aesthetic to the band and over the years we've grown comfortable jumping genres and mashing up influences.

THE PEOPLE'S POETRY: Women's History Month

Free for All

**3/25
6-8PM**

Connect to the local poetry community and enjoy the rhythms and beauty of spoken word every last Wednesday of the month.

RSVP: info@newbedfordart.org or call (508) 961-3072

Contact ARAW for transportation



Coastal Neighbors Spring Birding Walk

All Are Welcome!

Coastal Neighbors invites you to join us for a refreshing spring walk at **Gooseberry Neck** on **March 26 at 10:00 a.m.** This special outing is hosted by Coastal Neighbors – and it's open to anyone in the community who would like to attend. Bring a friend and come enjoy the beauty of the season with us!

Our walk will be led by two outstanding experts: Andrea Jones, ornithologist and Vice President of California Audubon, and Gina Purtell, former sanctuary director at Mass Audubon's Allens Pond Wildlife Sanctuary. Together, they'll guide us through this unique coastal habitat, sharing insights about migrating birds, local wildlife, and the ecology of the South Coast shoreline.

Gooseberry Neck offers sweeping ocean views and diverse birdlife, making it a perfect place to welcome spring. Whether you're an avid birder or simply enjoy a scenic walk outdoors, this event is designed to be engaging, accessible, and fun for all.

Please bring binoculars if you have them, and dress for the weather. Transportation can be arranged if needed. RSVP online at CoastalNeighborsNetwork.org or call Jackie at 508-556-4004.

We hope you'll join Coastal Neighbors for this wonderful morning of fresh air, learning, and community connection!

