

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

Congratulations to our drawing winners for April!
Carol S | Dawn L | Mary Jane P
Another drawing in May... maybe YOU will win \$50

IT'S **NOT** TOO LATE!

Let your voice be heard.
Send your survey today!

WE WANT TO HEAR FROM YOU

 PLEASE COMPLETE OUR SURVEY

SUBMIT YOUR SURVEY FOR A CHANCE TO WIN \$50 DRAWING!

Surveys were distributed with the April newsletter. If you need a new survey, please let us know.

A new adventure is waiting for you to discover....

Learn about Buzzards Bay Coalition, an organization dedicated to the restoration, protection and sustainable use and enjoyment of our irreplaceable Bay

Wednesday, May 27th | Wamsutta Club



12:30 pm to 2:30 PM
Enjoy lunch with our friends from the Buzzards Bay Coalition

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



*A Bristol County
Celebration of Seniors*

Friday, June 12, 2026
9am-12pm
White's of Westport
Save the Date

**RSVPs for the day's free
breakfast 508-961-1972 or
Brian.Rose@Mass.Gov.**



South Coastal Counties Legal Services is here to help!

We are seeing an uptick in Department of Transitional Assistance (DTA) overpayments, especially SNAP benefits. The reason why we are seeing this uptick is because some of the collections are restarting pre-Covid and DTA is collecting them.

DTA mailed about 50,000 notices in March 2026.

If you have received a letter from DTA regarding an over payment, please contact our intake line at **1-800-244-9023** to complete an intake with our office. The intake line is open from Monday to Thursday between 9am to 2pm. If you want to learn more about the services SCCLS provides, you can visit our website <http://www.sccls.org>.




**Free Plant
Giveaway
for our
Friends**

Friday, May 29, 2026

**Pick up or delivery of a spring
plant to make you smile**

Call ARAW (508) 717-0400
By Wednesday, May 27th




Blue Moon 2026
Watch Pre-Dawn May 31

A Joyous Sound

Two worlds collide in a concert of breathtaking contrast and shared humanity.

NEW BEDFORD SYMPHONY ORCHESTRA

**GO WITH ARAW
to the NBSO Open Rehearsal!**

Sit in the special ARAW section with members of the ARAW family – staff, beneficiaries & volunteers at the New Bedford Symphony Orchestra's
Free Open Rehearsal Friday, May 15, 4 – 6:30 PM
Transportation available – we hope you will join us!

RSVP to ARAW (508) 717-0400



Struggling to pay
your electric bill?
We have programs to help.

For more information on these payment assistance programs and payment plans for residential customers, scan the QR code, visit Eversource.com/billhelp or call us at 866-861-6225 (Eastern Massachusetts) or 877-963-2632 (Western Massachusetts).



Fuel Assistance

Provides payment toward your heating bill. Visit Mass211.org or call 2-1-1 to find your local Community Action Agency and apply.

New Start

If you're on a discount rate, New Start can help you pay your past due balance in as little as 12 months. If you make your monthly payments on time, we will subtract some of what you owe each month.

Medical and Financial Hardship Protections

If you or a member of your household has a medical condition or is experiencing a financial hardship, your service may be protected from service shut-off.

Discount Rate

You may be eligible for a 42% discount on your electric bill, if you're receiving public assistance benefits and have a household income at or below 60% of the state median income. See Income Eligibility Guidelines below. Visit Mass211.org or call 2-1-1 to find your local Community Action Agency and apply.

Good Neighbor Energy Fund

May provide additional financial assistance for overdue utility bills. Visit MAGoodNeighbor.org.

Flexible Payment Plans

All customers, regardless of income can pay a past due balance over a period of time.

Energy Efficiency

Visit Eversource.com/home-savings for tips, tools and resources to help make your home more energy efficient and comfortable.

2025-2026 FEDERAL INCOME GUIDELINES

How much money can you make to be at or below 60% of the state median and qualify for financial hardship status?

Household Size	1	2	3	4	5	6	7	8
Income Level Up To	\$51,777	\$67,709	\$83,641	\$99,573	\$115,504	\$131,436	\$134,423	\$137,410





Mother's Day BRUNCH

Honoring the Mothers Who Are Often Forgotten

Hosted by

Pilgrim United Church,
Steppingstone & Mercy Meals and More

Join us for a heartfelt celebration honoring mothers in our community who deserve to be seen, valued, and appreciated.



Mother's Day



11:00 AM – 1:00 PM



634 Purchase Street
New Bedford, MA

What to Expect:



Delicious
Brunch



Flowers for
Every Mom



Small Gifts &
Self-Care Items



Notes of
Encouragement



Warm, Welcoming
Atmosphere



All are welcome



A safe and supportive space to connect and celebrate.



For more information, please call: 774-992-0655

Because no mother should be forgotten.

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

20 South Sixth St. New Bedford MA



GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Are you a **grandparent** or
relative caregiver stepping in
to raise the next generation?
You're not alone.

The Grandparents Raising Grandchildren program offers a compassionate and judgment-free space for grandparents and kinship caregivers navigating the joys and challenges of raising children. Founded in 2007 and now supported by the YWCA, this vital community program continues to uplift, connect, and empower those who step up when it matters most. This group meets at the YWCA every 3rd Tuesday of the month from 6pm-8pm.

- **RESOURCE DRIVES**
- **PEER SUPPORT GROUPS**
- **SCHOLARSHIP OPPORTUNITIES**
- **WORKSHOPS & GUEST SPEAKERS**
- **COMMUNITY CONNECTIONS**



Contact us at
VPilkuhn@ywcasema.org

or call 508-999-3255

20 S. Sixth St. New Bedford, MA

**eliminating racism
empowering women**

ywca

southeastern massachusetts

This program is funded by Coastline Elderly Services



Transforming lives through the power of assistive technology

The SHARE (Society for Human Advancement through Rehabilitation Engineering) Foundation, Inc. is a nonprofit organization that empowers people with moderate to severe physical disabilities to lead lives of greater independence and self-fulfillment through customized technology solutions.

- > SHARE technicians work one-on-one with clients to fully understand their goals and the physical challenges they face.
- > Our technology solutions enable our clients to perform essential tasks such as communicating with family and caregivers, turning on lights, adjusting beds and thermostats, and operating computers and televisions.
- > Our team provides step-by-step training so that all users—clients, family members and caregivers—can learn how to use the equipment to its fullest.
- > All services and equipment provided by the SHARE Foundation are provided at NO COST TO THE CLIENT.

SHARE IS HERE TO HELP! 774-992-0674

If you or someone you know would benefit from the technology and services SHARE provides, please call us or visit our website by scanning the QR code below.



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

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 Concert – At the NEW Z!!

A Joyous Sound:

Beethoven's Symphony No. 9 "Choral – Ode to Joy"

da Silva's Concerto for Portuguese Guitar and Orchestra

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!

Here's what is happening this month and next at New Bedford Fishing Heritage Center!

38 BETHEL STREET, NEW BEDFORD, MA



WEDNESDAY - SATURDAY, 10 AM - 4 PM

SUNDAYS, 1 PM - 4 PM

(508) 993-8894 | FISHINGHERITAGECENTER.ORG



Exhibit Opening: *In History's Wake:* *the Magnuson-Stevens Act at 50*

Thursday, May 14, from 5:00 - 7:30 PM
Free Admission

Explore the history of the 1976 Magnuson-Stevens Act and the 200-mile limit, from the grassroots movement in the fishing community that spurred its implementation to its mixed legacy on the waterfront today.



AHA! Night: FHC 10th Anniversary Birthday Celebration

Thursday, June 11, from 5:00 - 8:00 PM
Free Admission

Help us celebrate our 10-year anniversary with a fun night filled with live music, fisherpoetry, cake, and more!



SOUTH COAST LGBTQ+ 60+ PROGRAMS & EVENTS

MAY 2026 EVENTS



60+ LGBTQ+ SUPPER CLUB

*Good company. Great food.
Meaningful connections.*

 **WEDNESDAY, MAY 13, 2026**
5:00 PM – 7:00 PM

 **Marion Council on Aging**
465 Mill St. Marion, MA



60+ LGBTQ+ SUPPER CLUB

*Good company. Great food.
Meaningful connections.*

 **WEDNESDAY, MAY 27, 2026**
5:00 PM – 7:00 PM

 **Fairhaven Council on Aging**
229 Huttleston Ave.
Fairhaven, MA 02719



LGBTQ+ Breakfast Club

FOR SOUTH COAST LGBTQ+ ADULTS 60+

Last Friday of Every Month

 **10:00 AM**



Munchies
4263 N. Main St.
Fall River, MA



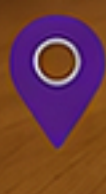
*With support from the
Association for the Relief
of Aged Women*

 **Register or Questions:** maureen@sc-lgbtqnetwork.org

SOUTH COAST LGBTQ+

BOWLING NIGHT

May 31
5:30 PM – 7:00 PM

 **Wonder Bowl**
66 Hathaway Rd.
New Bedford, MA

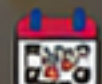
*Free to Attend
All Ages Welcome*



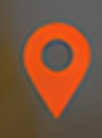
SCAN TO REGISTER



BINGO NIGHT

 **MAY 8, 2026**

 **6:00 PM – 7:30 PM**

 **1213 Purchase St.**
New Bedford, MA

 **REGISTER:**
www.sc-lgbtqnetwork.org/bingo

SCAN TO REGISTER



www.sc-lgbtqnetwork.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



Coastal Neighbors

Helping you age at home

Coastal Neighbors is a membership-based, nonprofit organization dedicated to helping people in Dartmouth and Westport "age at home." We offer essential services like transportation to appointments or the grocery store, light housekeeping, small home repairs, tech assistance, yard work, and more.

Additionally, our community gathers for events each month. Check out these opportunities available in May, all open to local ARAW members.

Please be sure to RSVP on our website at www.CoastalNeighbors.org or by calling Jackie at 508-556-4004.

Fiber Arts Group

📅 May 5 & 19

🕒 2:00–3:30 p.m.

📍 The Residences
at Cedar Dell
628 Old Westport Rd.
Dartmouth, MA

Bring your current knitting, crocheting, or embroidery project and join us to craft in community!

Concert Outing

📅 May 3

🕒 3:30–5:00 p.m.

📍 Grace Episcopal Church
133 School Street
New Bedford MA

Coastal Neighbors members and guests will gather for the New Bedford Choral Society's concert featuring all American music. Tickets are \$20 at the door.

Visual Impairment Group Meeting

📅 May 22

🕒 10:00–11:00 a.m.

📍 688 Smith Neck Road
Dartmouth, MA

Individuals with any level of visual impairment that impacts their lives are invited to join this support group. Members share encouragement and tips.



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

May AHA! Night: Old Time Fiddle Session



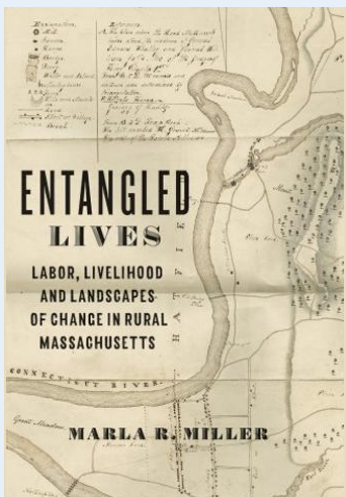
Thursday, May 14, 2026
4:00 PM to 8:00 PM

Visit NWBM on AHA! Night for free access to the Museum! View the exhibits and enjoy traditional music with the Old Time Fiddle Session, a lively gathering of fiddlers, banjo players, and string band musicians.

AHA! (Art, History, Architecture) is a free, citywide program that brings New Bedford's creative community together. The Whaling Museum is always free and open to all during AHA! Night.

Author BOOK TALK:

Entangled Lives: Labor, Livelihood, and Landscapes of Change in Rural Massachusetts by Dr. Marla R. Miller



Thursday, April 30
12:00 PM - 1:00 PM

What was *women's work* truly like in late eighteenth-century America? Join Author Marla R. Miller to learn about the book and Miller's research focused on U.S. women's work before industrialization, and explore what it tells us about the gendered social relations of labor.

Free and open to all, online only - Register at whalingmuseum.org/programs

FREE TICKETS TO SHOWS & CLASSES AT THE ZEITERION THEATRE!

Call the Z's Box Office at 508-994-2900 and let them know which offering you are most interested in and that you are an ARAW beneficiary to claim your tickets! Funding for transportation can be provided upon request. Tickets are given away on a first call, first serve basis, so call today!



[AHA! Jazz Jam & Storytelling](#)

Thursday May 14 at 6PM at The Z

Calling all musicians, performing artists, music lovers and enthusiasts! Join multi-faceted musician and music educators Emmanuel “Manny” Escobar and Mwalim DaPhunkee Professor for a free, fun jam session during AHA! Nights in the Zeiterion’s Speakeasy, hosted by The Z’s Director of Education and Community, Blair Taylor. Grab your instruments and play – or just enjoy the live music and stories.

[Movie Mondays! The Original Star Wars Trilogy](#)

Monday May 4 at 3PM at The Z

May the force be with you! On May 4th, watch back-to-back Star Wars movies!

3PM -- Star Wars: Episode IV – A New Hope (1977)

5:30PM -- The Empire Strikes Back (1980)

8PM -- Return of the Jedi (1983)



Stagedoor Live! Sonia Bettencourt

Thursday May 21 at 7:30PM at The Z

Listen to award-winning fadista Sonia Bettencourt who first began singing the unique, melancholic Portuguese style: fado with her grandmother and great-grandmother in Lisbon.



New B at The Z

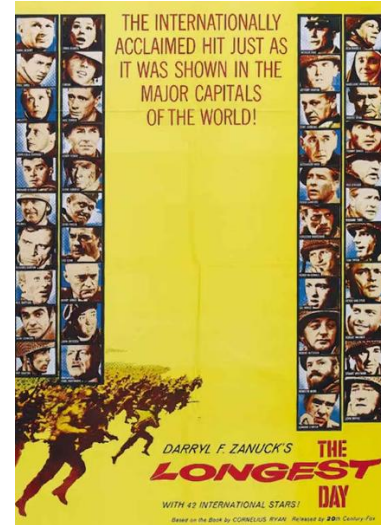
Saturday May 23 at 8PM at The Z

Local greats Caliph, Hendrick Hernandez-Resto, and Siahlaw perform for the first time on the stage that has loomed large for them growing up in New Bedford. Backed by DJ Fresco and The Seshn Band, the trio offer an epic performance that's not to be missed by fans of hip-hop or supporters of the community.



Movie Mondays: The Longest Day

In 1944, the U.S. Army and Allied forces plan a huge invasion landing in Normandy, France. Despite bad weather, General Eisenhower gives the okay and the Allies land at Normandy. General Norman Cota (Robert Mitchum) travels with his men onto Omaha Beach. With much effort, and lost life, they get off the beach, traveling deep into French territory.



Stage Door Live! Timmy Brown Band

Thursday May 28 at 7:30PM at The Z

Listen to acclaimed country artist Timmy Brown, guitarist John Baptista and bassist Jeff Griffith share the candid, heartfelt stories that inspired fan favorites.



[Zeiterion Guided Tours](#)

Saturday May 30 at 11AM at The Z

Tour the new Zeiterion! There is much to explore in the restored and renovated Zeiterion. Tours take visitors through all four floors, 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.



Want to learn to play an instrument, dance, sing, or write and read poetry? Sign up for one of the classes in our [Creative Classroom](#)!

Creative Classroom
SONGS, SOUNDS,
AND RHYTHMS OF
CABO VERDE

ZEITERION
NEW BEDFORD, MA
PRESENTED IN THE
Classroom

MON **MAY 4 - JUN 15** 6-7PM

zeiterion.org • 508.994.2900

A woman with short dark hair, wearing a colorful headscarf and a patterned shirt, is singing into a microphone. She is smiling and looking towards the camera. The background is a red and white striped pattern with stars, reminiscent of the American flag.

Creative Classroom
SPEAK
EASY:
AN INTRO TO
SPOKEN WORD POETRY

ZEITERION
NEW BEDFORD, MA
PRESENTED IN THE
Speakeasy

THURS **APR 23 - MAY 7** 6-7:30PM

zeiterion.org • 508.994.2900

A woman with short dark hair, wearing a green t-shirt with the word "ENCOURAGE" on it, is sitting and speaking. She is looking towards the camera and has her hands clasped in front of her. The background is a yellow and orange striped pattern with musical notes.

Creative Classroom
* SPRING SESSION *

4 STYLES
OF DANCE

UKULELE
FOR ALL SKILL LEVELS

MUSIC AND
POETRY

CLASSES BEGIN IN APRIL: **ENROLL TODAY!**

zeiterion.org • 508.994.2900

A group of people are dancing in a studio. The image is a blue-tinted photograph showing several people in motion, some with their arms raised. The background is a blue gradient with some faint patterns.

Creative Classroom
LATIN DANCE
SOCIAL

ZEITERION
NEW BEDFORD, MA
PRESENTED IN THE
Speakeasy

FRIDAY **MAY 29** 7-10PM

zeiterion.org • 508.994.2900

A man and a woman are dancing together. The woman is wearing a patterned top and the man is wearing a white shirt. They are both smiling and looking at each other. The background is a purple and pink gradient with some faint patterns.