



ARAW's Going with the FLO Newsletter October 2026

Friendship | Lunches | Outings



Friday, October 30th | 12:30 pm to 2:30 pm | Wamsutta Club



NEW BEDFORD FISHING HERITAGE CENTER



Let's lunch with our friends from
New Bedford Fishing Heritage Center!

To register | (508) 717-0400
TRANSPORTATION AVAILABLE

JOIN US THURSDAY OCTOBER 29TH FOR NEWSLETTER FOLDING!

Call ARAW to let us know you are coming!
508-717-0400



Happy Fall y'all

Open Enrollment

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

Medicare

Part A



Part A covers hospital stays and inpatient care

Part B



Part B helps pay for doctor visits and outpatient care

Part C



Medicare Advantage Plan (Part C) Includes Part A + Part B

Part D



Part D Prescription Drug Coverage

Medicare's Open Enrollment Period runs from Oct. 15 to Dec. 7 every year.

During Open Enrollment, you can make changes to your Medicare health plan and prescription drug coverage to better meet your needs.

Medicare plans can change each year, so it's a good idea to determine if your coverage still meets your needs and budget.

Goodbye
SUMMER

hello
AUTUMN



In-Home Flu Vaccinations

Available to residents of Acushnet, Fairhaven and New Bedford who are 18 years of age or older and have difficulty getting to a community vaccination location.

 **Call 508-991-6199**

Contact the New Bedford Health Department to schedule an appointment or for more information.

New Bedford
Health
Prevent. Promote. Protect.



SOUTHEASTERN MA
PUBLIC HEALTH
COLLABORATIVE
ACUSHNET FAIRHAVEN NEW BEDFORD



2026 Flu Clinics

Standard and High-Dose Vaccines Available

Wednesday, September 30

Acushnet Council on Aging
1:00 PM - 3:00 PM

Friday, October 23

Buttonwood Senior Center
10:00 AM - 12:00 PM

Friday, October 23

Fairhaven Council on Aging
1:30 PM - 3:30 PM

Thursday, November 5

Acushnet Board of Health Office
Parting Ways Building
9:30 AM - 10:30 AM

No-cost flu vaccines available to all members of the public age 18 and older

Insurance card requested for those with coverage

JOIN ARAW FRIENDS — new & old

THIS MONTH'S FUN!

Take a **FREE AHA!** Night walking tour with a guide who will uncover the evening's highlights and hidden gems.

This month's tours: meet at **5:00 PM** or **5:30 PM** in the lobby of the Star Store, 715 Purchase Street. Tours last approximately 45-60 minutes. Attendees can "hop off" at any time.



This month's guide: NB Food Tours will lead the tours and highlight many of the night's activities as well as hidden gems, history, and food tips.



Thursday, October 8th

TO REGISTER | (508) 717-0400



FREE BAY ADVENTURES OCTOBER ACTIVITIES

- 10/1 Itty-Bitty Bay Adventure at The Sawmill, Acushnet
- 10/2 Saltwater Fishing at Gooseberry Island, Westport
- 10/3 2-Mile Trail Walk at Beebe Woods, Falmouth
- 10/3 1.5-Mile Trail Walk at Four Ponds, Bourne
- 10/8 Itty-Bitty Bay Adventure at Four Ponds, Bourne
- 10/9 Young Anglers at Mary's Pond, Rochester
- 10/10 Know Your Trees at The Sawmill, Acushnet
- 10/10 Glow Ride at Mattapoissett Rail Trail
- 10/11 3-Mile Trail Walk at Shaw Farm Trail, Fairhaven
- 10/11 Halloween Pups Parade at Horseneck Beach, Westport
- 10/15 Itty-Bitty Bay Adventure at The Sawmill, Acushnet
- 10/16 Saltwater Fishing at Gooseberry Island, Westport
- 10/18 Know Your Trees at Horseshoe Mill, Wareham
- 10/18 2-Mile Trail Walk at Carvalho Farm, Fairhaven
- 10/22 Itty-Bitty Bay Adventure at Four Ponds, Bourne
- 10/23 Young Anglers at Mary's Pond, Rochester
- 10/24 Halloween Trail Walk at The Sawmill, Acushnet
- 10/25 7-Mile Trail Walk at The Bogs, Mattapoissett
- 10/25 Full Moon Walk at Horseneck Beach, Westport
- 10/29 Itty-Bitty Bay Adventure at The Sawmill, Acushnet
- 10/30 Saltwater Fishing at Gooseberry Island, Westport



SCAN
HERE



OUTHOUNDS
ADVENTURE & TRAINING ACADEMY





GUIDE (Guiding an Improved Dementia Experience) Program

New Dementia Support available at Coastline

If you or a loved one has been diagnosed with dementia, you may be eligible for support through the federal government's new program, GUIDE (Guiding an Improved Dementia Experience).

What is GUIDE?

GUIDE is a program developed for Medicare dementia clients and their caregivers to offer increased support and education to individuals with mild, moderate, or severe dementia. The goal of the program is to provide compassionate, person-centered support for the dementia client and their caregiver that promotes quality of life and reduces stress.

GUIDE Program highlights:

- **Services are covered at no additional cost** to the client or caregiver.
- **\$2,625 annually** for in-home or adult day center respite (time off for the caregiver).
- **Personalized Care Plans:** Tailored care that adapts as needs evolve.
- **Comprehensive Assessments:** To understand the specific challenges and strengths of each individual and caregiver.
- **Ongoing Support:** Regular check-ins to help you navigate the complexities of dementia care with confidence.
- **Caregiver services** including training on how to best care for your loved one living with dementia, education, and respite services.

Who Qualifies?

- If you/your loved one has a diagnosis of mild, moderate, or severe dementia you may qualify.
- You have traditional Medicare parts A&B (not enrolled in Medicare Advantage).
- You are not enrolled in a SCO/One Care, PACE or hospice.

Contact

Please contact 508-999-6400 or email GUIDE@coastlinenb.org for more information.





OCTOBER 2026

PROGRAMS · SOUTH COAST LGBTQ+ NETWORK



REGISTRATION IS REQUIRED FOR ALL ACTIVITIES

Register with Maureen by call or text at 774-775-2656, or email maureen@scigbtqnetwork.org



NEW BEDFORD

558 Pleasant St, Ste 306

1st & 3rd MONDAYS

Coffee Connect

9:30 - 11:00 AM · 60+ coffee hour

Buttonwood Park Community Center ·
Questions? Maureen 774-775-2656 · Oct 5 & Oct 19

MONDAYS

Craft & Connect

5:00 - 7:00 PM · all ages
Oct 5 · Oct 19 · Oct 26

TUESDAYS

Card Night

4:00 PM · Rummy, gin, Phase 10, cribbage
Oct 6 · Oct 13 · Oct 20 · Oct 27

3rd TUESDAY

Gender Common

6:00 - 7:00 PM · Trans & nonbinary peer support
Oct 20

THURSDAYS

After School Diversity Club

3:00 - 5:00 PM · ages 21 & under, drop-in
Oct 1 · Oct 8 · Oct 15 · Oct 22 · Oct 29

1st THURSDAY

LGBTQ+ ASD Group

5:00 - 6:00 PM
with Better Community Living · Thu Oct 1

2nd THURSDAY

Thinking Spiritually

Religion, mysticism & Earth-centered practice
Thu Oct 8



TAUNTON

2 Knotty Walk

WEDNESDAYS

Art Drop-In w/ James

4:00 - 5:00 PM
Oct 7 · Oct 14 · Oct 21 · Oct 28

WEDNESDAYS

LGBTQ+ ASD Social

5:30 - 7:30 PM

FRIDAYS

Open Art

5:00 - 7:00 PM · Canvas + Sketch
Every Friday in October.
Oct 2 · Oct 9 · Oct 16 · Oct 23 · Oct 30



SPECIAL EVENTS

Around the South Coast

WED OCT 14

60+ Supper Club

5:00 - 6:00 PM · Marion Council on Aging
RSVP 508-748-3570

SUN OCT 25

Bowling Night

5:00 - 7:00 PM · Wonder Bowl, New Bedford
Free · all ages welcome

WED OCT 28

60+ Supper Club

5:00 - 6:00 PM · Fairhaven Council on Aging
RSVP 508-979-4029

FRI OCT 30

LGBTQ+ Breakfast Club (60+)

10:00 AM · Munchies, Fall River
Open seating.



scigbtqnetwork.org

Protect Yourself From **MEDICARE FRAUD!**

A Free Important Informational Presentation

Tuesday, October 6, 2026, 4-6PM

Westport Council on Aging
75 Reed Street, Westport, MA 02790



Healthcare errors, fraud, and abuse cost billions of dollars annually! This negatively affects both the Medicare program and the American taxpayer and can have devastating health-related outcomes.

Join a representative from the Massachusetts Senior Medicare Patrol (SMP) Program who will provide you with important information and necessary tools to become a better engaged healthcare consumer. **Don't be a victim! You are strongly encouraged to attend this *free*, interactive presentation.** We each can have a role in protecting ourselves and Medicare.



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

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

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

Symphony Orchestra Concert at the Z

7:30pm, October 10: Dvorak, Tchaikovsky, Revueletas

7:30pm, November 21: Brahms, Ortiz, Barber

More info at 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 nbsso@nbsymphony.org or (508) 999-6276 x221.

Find your Joy and Serenity at the Symphony!



new bedford
whaling museum

ART. HISTORY. SCIENCE. CULTURE.

Art Talks! with Adrian R. Tió



Hear from artist Adrian R. Tió during this virtual conversation discussing the artist's 50 years of experience in printmaking, drawing, and painting.

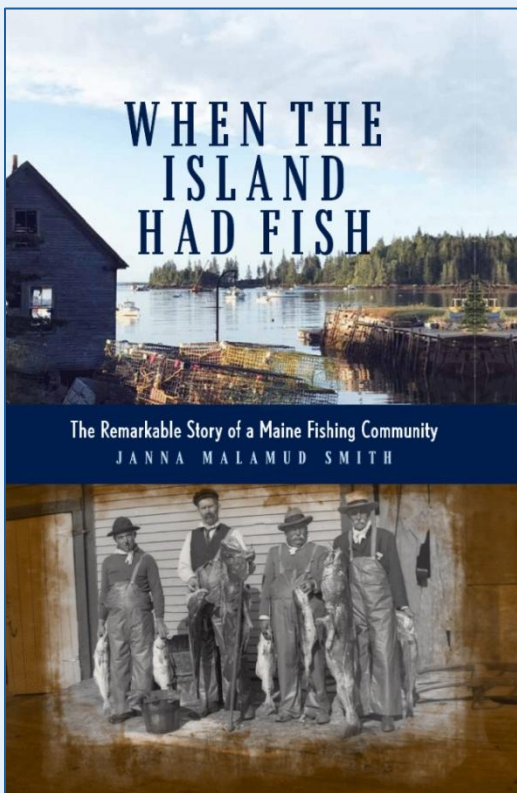
Tió's work will be on view in the upcoming exhibition at the Whaling Museum, ***Boundless: The Book as Art***

Friday, October 2, 12:00-1:00pm

Visit www.whalingmuseum.org/programs
to register for this online-only program



Author Book Talk



Join author and psychotherapist **Janna Malamud Smith** for a virtual conversation about her 2023 book *When the Island Had Fish*.

This book explores the fishing community of Vinalhaven, Maine, and the changing relationship between people, natural resources, and the environment.

Thursday, October 29, from 12:00–1:00 PM

Visit www.whalingmuseum.org/programs
to register for this online-only program



Fairhaven Council on Aging
229 Huttleston Ave
Fairhaven, MA 02719
508-979-4029

DID YOU KNOW



The Fairhaven Council on Aging has a Supportive Social Day Program. The 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. Residing in Fairhaven, New Bedford, Acushnet, Dartmouth, Marion, Mattapoisett & Rochester.

FOR MORE INFORMATION
Please visit or Call
508.993.9455

Fairhaven
Supportive Social Day



Movie Monday



October 5th - 12:15pm
"Arsenic & Old Lace"
Comedy/Crime.
1 hr 58min



October 19th - 12:15pm
"Something Wicked
This Way Comes"
Mystery/Thriller
1 hr 35min



October 25th - 12:15pm
"The Birds"
Psychological horror
1 hr 59min

October Events at the COA

- 2nd - Public Transport Info 11:30-1pm
- 7th - Vaccine Clinic (Flu, Covid, RSV, Shingles) 11am - 1pm
- 9th - Regular Bingo 1-3pm
- 12th - Closed - Columbus/Indigenous People Day
- 23rd - Junk Journaling \$10 - 10am
- 23rd - Flu only Vaccine Clinic 1:30-3:30pm
- 28th - Brain Health & Nutrition Presentation 11am
- 30th - Halloween Music Bingo with Eddie \$2 PP. Wear your Halloween Costume!





Norwegian Heritage Night at FHC!

OCTOBER 8, 2026



**Thursday, October 8th
5:00 pm – 8:00 pm
Cost: FREE!**

Join NB Fishing Heritage Center in a celebration of Norwegian history and culture and discover the important role that Norwegian immigrants played in the development of New Bedford's commercial fishing industry. The evening will feature:

- **Traditional Costumes**
- **Art Demonstrations**

**New Bedford Fishing Heritage Center
38 Bethel ST New Bedford, MA 02740
(508) 994-8893**

www.fishingheritagecenter.org



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.





OCTOBER 15, 2026 • 5 PM-8 PM
THE ZEITERION • NEW BEDFORD
National voices. Local leadership. The next generation.

ON THE STAGE



Andrea Joy Campbell
 Massachusetts Attorney General



Loretta J. Ross
 Author • Activist • Scholar

Additional speakers and moderators to be announced.

MORE THAN A MAINSTAGE



Democracy Marketplace
 Meet local organizations turning ideas into action across the SouthCoast.



VIP Experience
 A pre-event reception, premium seating, and a gift bag with a copy of *Calling In*.



The Next Generation
 Young women from WFSC's Advisory Council share their vision and a call to action.

FREE tickets for ARAW members
Call 508-219-6102

We're happy to help you reserve your tickets.
 Or visit [womensfundsouthcoast.org](https://www.womensfundsouthcoast.org)
 Use code: **DEMOCRACYFORALL**



Scan for tickets

Women's Fund SouthCoast

628 Pleasant Street, Suite 322, New Bedford, MA 02740 • (508) 219-6102 • [womensfundsouthcoast.org](https://www.womensfundsouthcoast.org)

FREE TICKETS TO SHOWS & CLASSES AT THE ZEITERION THEATRE!

Call ARAW at 508-717-0400 or The Z's Box Office at 508-994-2900 and let them know that you are an ARAW beneficiary **to claim your tickets! Funding for transportation can be provided upon request. **Limit two tickets per beneficiary per month while supplies last!****



Cape Verdean Dance through the Decades

Thursday October 1 at 6PM

Want to travel to Cape Verde without leaving New Bedford? Immerse yourself in the vibrant rhythms and movements of Cape Verdean dance culture! In this class, participants will discover the rich heritage of Cape Verde through its unique dance styles, characterized by infectious beats and expressive footwork. Instructor Geovanny Sequeira will explore dances like the Funaná, Coladeira, and Batuku, teaching the steps and body movements of each dance.



Cultura & Comunidad: A Hispanic Heritage Month Social

Friday October 2 at 6PM

Join the South Coast Hispanic Chamber of Commerce and The Z for a relaxed evening celebrating Hispanic heritage, culture, and community. Attendees will enjoy music, light refreshments, and an opportunity to connect with others from across the South Coast.



An Evening with David Sedaris

Saturday October 3 at 8PM at The Z

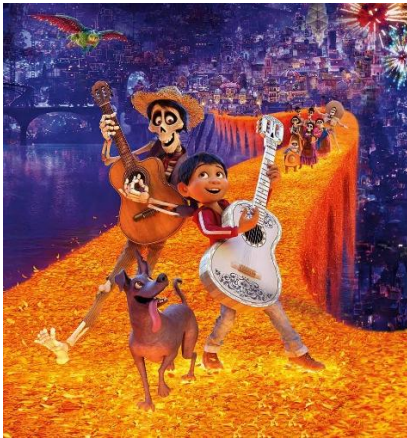
America's best-selling humorist and social satirist returns! David will make you laugh and think in equal measures, with all new, unpublished stories and commentary. As always, the reading will be accompanied by a pre- and post-show book signing.



Coco

Sunday October 4 at 2PM, facepainting at 1PM

See this Oscar-winning Disney/Pixar animated film on the big screen! Coco features an all-Latino cast and follows Miguel, a 12-year-old Mexican boy who dreams of becoming a musician despite his family's strict, generations-old ban on music. When Miguel is accidentally transported to the Land of the Dead, he seeks the help of his deceased musician great-great-grandfather to return him to his family and reverse their ban on music. Arrive early for free face painting!



AHA Jazz Jam

Thursday October 8 at 6PM at The Z

Join sax player/ music educator Emmanuel “Manny” Escobar and musician/ educator Mwalim DaPhunkee Professor for free, fun jam sessions during AHA! Nights.



Songs, Sounds, and Rhythms of Cabo Verde

Tuesday October 13 at 6:30PM

This dynamic class highlights the traditional songs, music, and history of Cabo Verde! Genres that will be explored include Morna, Coladeira, Funana, and Batuku. You do not need to have prior experience singing or know how to read music or how to speak Kriolu to participate.



Women, Power, and the Future of Democracy

Thursday October 15 at 6PM

Join [Women's Fund SouthCoast](#) for a powerful evening exploring women's leadership, public service, civic participation, and how local leadership connects to the larger movement for gender, racial, and economic justice. Guest speakers include Attorney General Andrea Joy Campbell, activist and author, Loretta J. Ross, and the Director for the Center for Women in Politics and Public Policy at UMass Boston, Laurie Nsiah-Jefferson.



[El Trio Latino: Bachata, Merengue, y Salsa!](#)

Friday October 16 at 6PM

Discover the excitement of Latin dance with El Trio Latino! This fun and welcoming class introduces you to the basic steps of bachata, merengue, and salsa in a comfortable, easy to follow format. Practice your new dance moves, mingle with fellow dancers, make new friends, and be a part of our Latin dance community. No previous dance experience is necessary, and no partner is required.



[Modern African Dance](#)

Saturday October 17 at 10AM

In this two-hour workshop, you'll learn Acogny: the only recognized contemporary dance technique created in Africa. Acogny is based on traditional African dances from Senegal and Benin and Western dance techniques like classical ballet, release, and Graham technique. Acogny celebrates that every body is different and talks about life and the connection between human beings and nature.



[Mariachi Herencia de Mexico: Dia de Muertos Tour](#)

Saturday October 17 at 8PM

This special concert celebrates the beauty and tradition of Día de Muertos / Day of the Dead with timeless Mexican favorites including *La Llorona*, *Paloma Negra*, and a moving medley from Disney/Pixar's *Coco*, creating an evening of remembrance, celebration, and the rich musical traditions of Mexico. The Latin GRAMMY®-nominated band has six chart-topping albums. They fuse traditional repertoire with influences from other Mexican, Caribbean, and Central and South American genres.



[The Lodger with Live Organist](#)

October 18 at 2PM

The Eastern Massachusetts Chapter of the American Theatre Organ Society 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 who takes up residence at a London boardinghouse just as a killer known as the Avenger descends upon the city, preying on blonde women.



[Whose Live Anyway?](#)

Thursday October 22 at 7:30PM

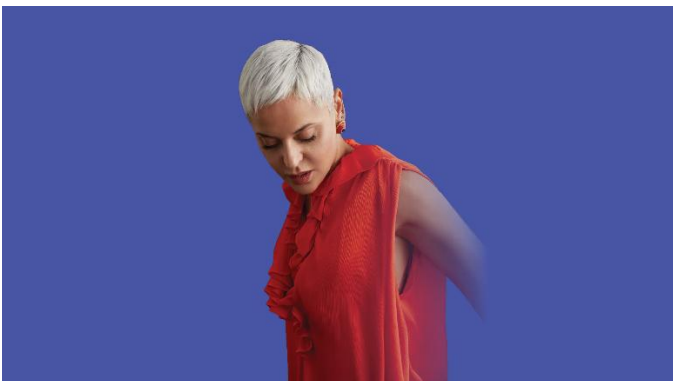
WHOSE LIVE ANYWAY? is 90 minutes of hilarious, improvised comedy and song all based on audience suggestions. Watch them build entire scenes, characters, and storylines right before your eyes as they take you on a white-knuckle ride through endless chuckles.



[Mariza](#)

Friday October 23 at 8PM

International fado sensation Mariza returns to The Z, where she has captivated sold-out audiences time and again. Her powerful voice and commanding stage presence breathe new life into Portugal's most treasured musical tradition.



[The Price is Right](#)

Thursday October 29 at 8PM

Come on down to THE PRICE IS RIGHT LIVE™! This isn't just any stage show. It's an interactive, non-televised, live version of the iconic game show you know and love. Watch as randomly selected contestants from the audience spin The Big Wheel™, drop chips on Plinko™, climb toward victory in Cliffhangers™, and even take a shot at the fabulous Showcase. With incredible prizes up for grabs—appliances, dream vacations, electronics, even a brand-new car—lucky audience members can win big without ever leaving their seats.



[Mystic Pizza: A New Musical](#)

Friday October 30 at 8PM

The national tour of the new jukebox musical based on the 1988 rom-com! Mystic Pizza: A New Musical delivers the beloved story from the iconic hit film driven by a score packed with unforgettable hits from the '80s and '90s. Follow best friends Kat, Daisy, and Jojo as they navigate the complexities of friendship and romance—all while slinging slices at a small-town pizza joint.

