



ARAW's Going with the FLO Newsletter

September 2026

Friendship | Lunches | Outings



SHOW US YOUR ART!

Check out these masterpieces created by some of our ARAW friends through the ARAW art program.

Call (508) 717-0400 if you would like an art kit delivered to you!

Thank you, Margaret & Isabel, for sharing your creative talents!

Wilks: Novel Nails

Meet up with other DIY Nail Artists!



Bring your favorite polish (or try something new), do your nails, share tips and vibe with others who love the art of a good mani.

Drop in!

3rd Saturday of every month.



Saturday, September 19, 2026



12:00 pm - 2:00 pm



New Bedford Free Public Library Wilks Branch
1911 Acushnet Ave, New Bedford, MA 02746



Share
Tips!
Have Fun!
Feel Good!

**FEELING LONELY?
WANT TO BE SOCIAL?
LOOKING FOR A FRIEND?**



**CALL
(508) 717-0400**

Friendship is born at that moment when one person says to another:

**"What! You too?
I thought that no
one but myself . . ."**

-C. S. Lewis



South Coastal Counties Legal Services

Next SCCLS Legal Clinic



October 6, 2026,
at
Dartmouth Council on Aging

10:00-11:30

* by appointment only *



Call Dartmouth Council on Aging at
508-999-4717
to schedule an appointment.



FREE legal advice and
representation

JOIN US

WEDNESDAY SEPTEMBER 30th
FOR NEWSLETTER FOLDING!

Call ARAW to
let us know you
are coming!

URGENT WARNING: XFINITY BILLING SCAM.

Protect Yourself from Fraudsters Targeting Our Community!



- SCAMMERS ARE CALLING AND TEXTING claiming your service will be shut off.
- THEY WILL TELL YOU TO BUY GIFT CARDS or use prepaid cards to pay a "past due bill."
- THIS IS A LIE. Xfinity NEVER accepts gift cards for payment.

WHAT TO DO IF YOU ARE WORRIED:



- HANG UP immediately. Do not call the scam number.
- NEVER click the links in their text messages. They are fake.
- CALL THE REAL XFINITY directly. Check your official paper bill or call the verified number shown on the card below:
1-800-XFINITY (1-800-934-6489).

xfinity

We want to hear from you!



What
activities
would you
like to see in
the newsletter?

Let us know!

Do you have a financial need?
Call ARAW **first** (508) 717-0400

We might
be able to help!



STOP UNWANTED CALLS

REGISTER FOR THE MASSACHUSETTS DO NOT CALL LIST



It's Easy and Free!

OPTION 1



**ONLINE
REGISTRATION**

mass.gov/donotcall

OPTION 2



**CALL TO
REGISTER**

1-866-231-2255

It's Easy and Free!

Protect Your Privacy



THE COMMONWEALTH OF MASSACHUSETTS

OFFICE OF CONSUMER AFFAIRS
& BUSINESS REGULATION



HELPING MASSACHUSETTS RESIDENTS REDUCE NUISANCE CALLS

Join ARAW

and our friends from the
New Bedford Whaling Museum
at the

Wamsutta Club for lunch!



**Thursday,
September 24th**
12:30 pm to 2:30 pm



handicap accessible



transportation provided



dietary accommodations



Register by Monday, September 21st
(508) 717-0400



The New Bedford Whaling Museum's Associate Curator of Exhibitions and Collections, **Melanie Botvin**, will present a talk on the Museum's Ash Street Jail collection.

The new exhibition "**Bristol County: Incarcerated**" is on view at the Museum through December 2026.

This exhibit explores Bristol County's history of incarceration through artifacts documenting life at the Ash Street Jail, including 18th-century jail records and Lizzie Borden's 1892 mittimus, as well as 20th-century intake photographs. The exhibit examines the role of local jails in the broader U.S. incarceration system, emphasizing that incarceration does not indicate guilt.



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LABOR DAY ARAW

WILL BE CLOSED MONDAY, SEPTEMBER 7th

EASY AUTUMN RECIPE

CREAMY BUTTERNUT SQUASH SOUP

SIMPLE, COMFORTING, AND NUTRITIOUS



INGREDIENTS

- 1 medium butternut squash (peeled, seeded, cubed)
- 1 tbsp olive oil
- 2 cups low-sodium broth (veg or chicken)
- Pinch of cinnamon & nutmeg
- Salt & black pepper to taste

INSTRUCTIONS

1. **ROAST:** Toss cubed squash in olive oil, salt, pepper. Roast at 400°F (200°C) for 25-30 mins until tender.
2. **SIMMER:** Transfer soft squash to a pot with broth, cinnamon, nutmeg. Simmer for 5 mins.
3. **BLEND:** Use an immersion or countertop blender until smooth and velvety.
4. **SERVE:** Cool to a safe temperature. Garnish and enjoy warm!

ADDITIONAL NOTES & SERVING SUGGESTIONS

- For extra creaminess, stir in 1/4 cup heavy cream or coconut milk after blending.
- Add a teaspoon of fresh minced ginger during the simmer step.
- Leftovers freeze well for up to 3 months.
- Pairs beautifully with a warm piece of crusty bread.
- For a protein boost, add soft cooked chickpeas before blending.
- Use vegetable stock to make it vegan.

ENJOY THE SEASON'S BEST!

JULY 1, 2026

NEW QUALIFYING AGE!
(from 70 to 65)

CITY OF NEW BEDFORD

\$1,000 SENIOR PROPERTY TAX EXEMPTION
(if income & asset guidelines are met)

STATE REIMBURSEMENT COVERS ABOUT HALF!

ADDITIONAL TAX EXEMPTIONS AVAILABLE

RESIDENTS AGE 70+
(\$417 exemption, based on specific guidelines)

SPECIAL EXEMPTIONS FOR:
VETERANS, LEGALLY BLIND, WIDOWS, & OTHERS

FOR MORE INFORMATION

VISIT THE ASSESSOR'S OFFICE WEBPAGE

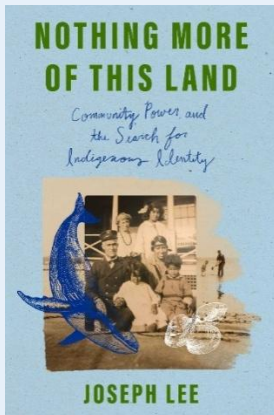
OR CALL THE OFFICE AT:
(508) 979-1440

CITY OF NEW BEDFORD



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

Nothing More of This Land Book Discussion



Sponsored by the Massachusetts Center for the Book, join us to discuss ***Nothing More of This Land: Community, Power, and the Search for Indigenous Identity***. This program is free and open to all.

Thursday, Sept. 10 at 5:30pm (in person at the Museum)

Visit www.whalingmuseum.org/programs
or call 508-997-0046 to register

Local History Guild: The World of Textiles in the 1800s



Tuesday, September 8th 5:30 PM on Zoom

This meeting of **Local History Guild** invites a group of historians and art historians to share their research **on textiles in the nineteenth-century northeast**.

This program is held online only – register at whalingmuseum.org/programs

ARAW Beneficiary Luncheon – Thursday September 24



Melanie Botvin, Associate Curator of Exhibitions and Collections, will present a talk on the Museum's **Ash Street Jail collection**

Explore the City from the Seaside on a New Bedford Harbor Tour!



**Join us for a 1-hour Harbor Tour
Wednesday, September 23, at 1:00pm
Transportation provided upon
request**

**Limited seating - Reserve your spot
now by calling Herstory Project
Manager Laura Campbell at
(508) 654-1666
herstory@fishingheritagecenter.org**



**New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford MA
(508) 993-8894
fishingheritagecenter.org**



New Bedford Fishing Heritage Center's Scallopalooza

2026 Scallop Shucking Contest



A huge thank you to everyone who came out and made Scallopalooza such a success! We are especially grateful to all of the talented shuckers who stepped up to compete and put on an unforgettable show.

Congratulations to this year's shucking champion, Eddie Dellecese!



Photos: Phil Mello & James Mahaney

Eddie Dellecese, Captain of the F/V Buckeye, shucked 50 scallops in under two and a half minutes!

We can't wait to do it all again next year!



Ramp Donation Program

Are you in need of a ramp to enter your house? Has your mobility recently changed? Or are you just out of a rehab facility? **We may be able to supply a ramp temporarily to you at a low/no cost.** In many cases, we can supply a metal ramp on loan. When the family is done with the loaned ramp, it will be returned to us for loan to another low-income family. **We also accept donations of ramps!**

Here is a ramp we recently installed in Acushnet!



Isabel's Ramp Install – Acushnet

Isabel exclaimed, “Thank you, thank you, thank you! I can now go up and down and leave the house without worrying about falling down. And I can carry things in my arms without worry. I am so grateful for everything!” – Isabel is 79 years old.

For more info on getting a ramp, please call (508) 758-4517 or email bbhabitat@yahoo.com.



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, September 26**
St. Gabriel's Episcopal Church,
124 Front Street, Marion
-  **3pm, September 27**
St. Peter's Episcopal Church,
351 Elm Street, South Dartmouth
-  **3pm, October 31**
St. Gabriel's Episcopal Church,
124 Front Street, Marion
-  **3pm, November 1**
St. Peter's Episcopal Church,
351 Elm Street, South Dartmouth

 **SYMPHONY ORCHESTRA
CONCERTS AT THE Z**

-  **7:30pm, October 10**
Dvorak, Tchaikovsky,
Revueltas
-  **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!* 



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. Our volunteers offer essential services like transportation to appointments or the grocery store, light housekeeping, small home repairs, tech assistance, yard work, and more.

We meet with potential members in person to answer any questions and make sure our services and processes are clearly communicated.



Learn more on our website: www.CoastalNeighbors.org
or by calling us at 508-556-4004.

Volunteer with Coastal Neighbors!

Coastal Neighbors provides services to many ARAW members, but if you're not in need of services yet or you live outside of our service area (Westport and Dartmouth) and you're still interested in getting involved, we'd love to have you join our community of volunteers!

Volunteers provide services like rides to appointments, friendly visits, or a helping hand around the house.

We'd love to have you as part of Coastal Neighbors!

Upcoming Volunteer Orientations:

 September 9
 3:00-4:00 p.m.
 Dartmouth Library
North Branch

 October 1
 2:30-3:30 p.m.
 Westport Free Public
Library

WOMEN, POWER, AND THE FUTURE OF DEMOCRACY



**THURSDAY,
OCTOBER 15, 2026**



5:00PM – 8:00PM



The Zeiterion Theater

684 Purchase St
New Bedford, MA 02740

FEATURING A FIRESIDE CONVERSATION WITH
MASSACHUSETTS ATTORNEY GENERAL
ANDREA JOY CAMPBELL



Women's Leadership
Panelists
To Be Announced

TICKETS AVAILABLE SOON



Questions? Call Jaliyah Gonsalves
at **(508)219-6102 x 2**



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS



Coastline
Caring for the community.



The **EQUALITY** Fund
AT THE BOSTON FOUNDATION

SOUTH COAST LGBTQ+

60+ PROGRAMS & EVENTS

SEPTEMBER 2026 EVENTS

REGISTRATION IS REQUIRED FOR ALL ACTIVITIES

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

Coffee Connect

60+ coffee hour. Coffee and conversation.

- Monday, September 21
- 9:30 – 11:30 AM
- Buttonwood Park Community Center
1 Oneida St, New Bedford, MA

With the NB Council on Aging · All 60+ welcome · Register with Maureen 774-775-2656

60+ LGBTQ+ Supper Club

A warm meal, a real table, the people who get you.

- Wednesday, September 9
- 5:00 – 6:00 PM
- Marion Council on Aging
465 Mill St, Marion, MA

RSVP: 508-748-3570

60+ LGBTQ+ Supper Club

We are back! Same table, different town. All are welcome.

- Wednesday, September 23
- 5:00 – 6:00 PM
- Fairhaven Council on Aging
229 Huttleston Ave, Fairhaven, MA

RSVP: 508-979-4029

LGBTQ+ Breakfast Club (60+)

Coffee, eggs, and decades of community.

- Friday, September 25
- 10:00 – 11:00 AM
- Munchies
4263 N. Main St, Fall River, MA

Intergenerational Bowling Night

All ages welcome. Bring a friend. Free to attend.

- Sunday, September 27
- 5:00 – 7:00 PM
- Wonder Bowl
66 Hathaway Rd, New Bedford, MA

Free · All ages · sc-lgbtqnetwork.org/bowling

Social & Crafting Group

Make something, share a table, connect.

- Mondays · Sep 14, 21 & 28
- 5:30 – 7:00 PM
- The Network Space
558 Pleasant St, Ste 306, New Bedford, MA

Register with Maureen 774-775-2656

FREE Day Trip to Provincetown · Saturday, September 5 · Leaving from 558 Pleasant St, New Bedford · Limited seats · Must call to register: 774-775-2656

This program is funded in part by the Executive Office of Aging & Independence and Coastline Elderly Services, the Area Agency on Aging, through Federal Title-III funds.



★ 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.

Tickets are given away on a first call, first serve basis, so call today!



AHA Jazz Jam Thursday September 10 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. Grab your instruments, pen, paper and jam – or just enjoy the live music. Musicians, vocalists, visual artists, and audience members are welcome. No prior jam experience necessary. The first 30 minutes is dedicated to young people/students offering their talents in the jam.



One Vision of Queen: Featuring Marc Martel Thursday September 24 at 8PM at The Z

An explosive, attention-commanding tribute where some of the most iconic rock anthems of all time collide with a theatrical performance style and eye-popping production. At its core, the show focuses on the extremely diverse body of the band's greatest hits, from the grandiose "Bohemian Rhapsody" to the adrenaline-pumping "We Will Rock You," the euphoric "We Are The Champions," the funky "Another One Bites The Dust," to the stadium-shaking David Bowie collaborations.



Choir! Choir! Choir! Landslide: An Epic Fleetwood Mac Sing-Along Friday September 18 at 8PM at The Z

An electrifying, feel-every-note celebration of the legendary music of Fleetwood Mac, where the audience becomes the choir, harmonies soar, and classics like "Landslide" turn into a powerful, goosebump-inducing communal experience.



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.



Zeiterion Guided Tour Tuesday September 22 at 6PM at The Z

There is much to explore in the newly restored and renovated Zeiterion. Tour 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.



Our Creative Classroom. RETURNS THE WEEK OF SEPTEMBER 21!

Check out www.zeiterion.org/learn/creativeclassroom to check out of the class offerings including: ★



Ink to Impact:
Intro to Performance Poetry



Ukulele for Youth, Beginners,
and Beyond Beginners



Songs, Sounds, and
Rhythms of Cabo Verde



Cape Verdean Dance
through the Decades



Let's Jam: An Introduction to
Jazz and Blues Improvisation



Modern African Dance



Experience. Connect. Be inspired.

WE CAN'T WAIT TO SEE YOU!

