THE YOUNG *and the rest of us*

JULY 2021

CITY OF NEW BEDFORD | JON MITCHELL, MAYOR

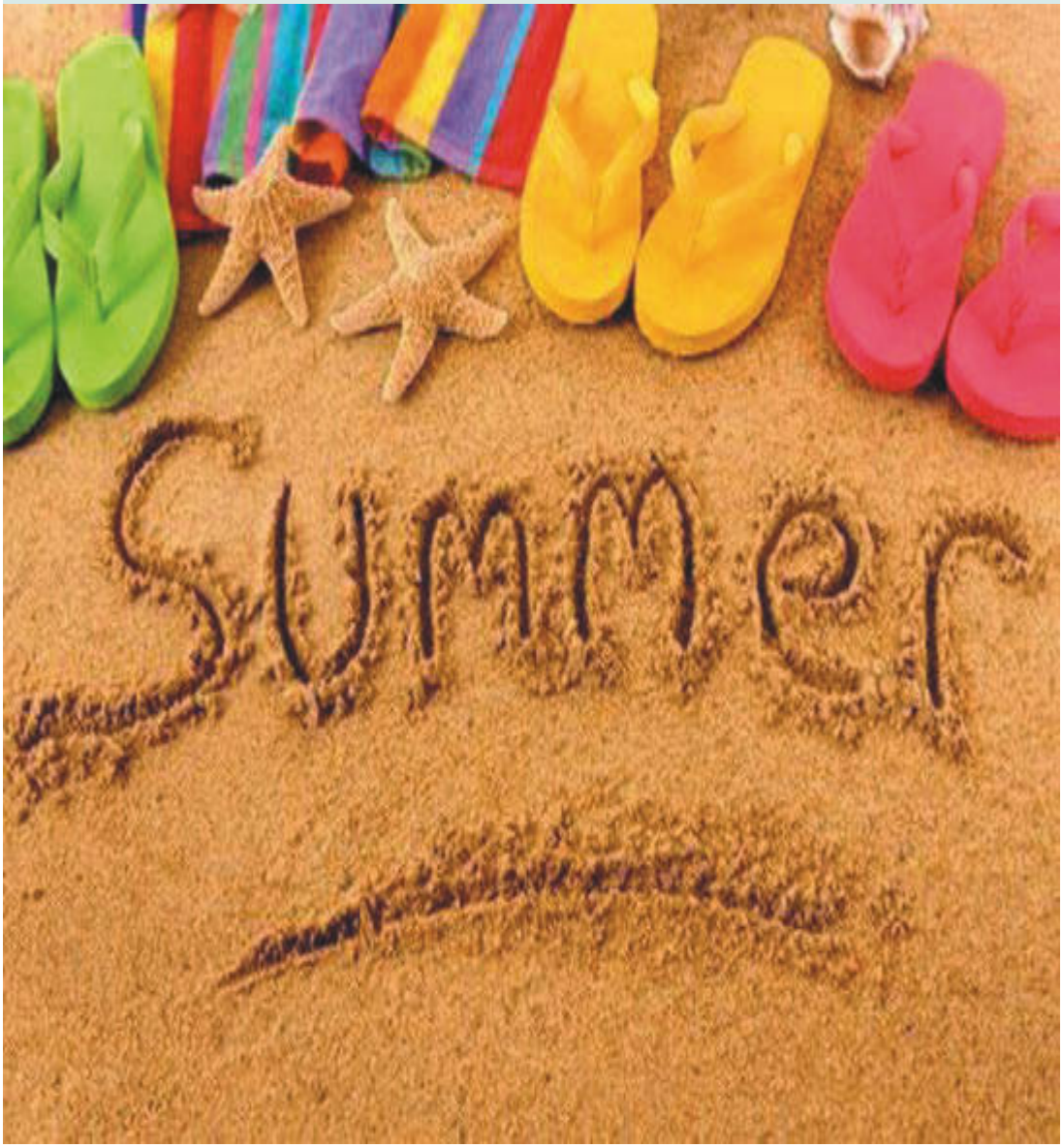
lighting the way
new bedford agefriendly

WWW.NEWBEDFORD-

CHECK OUT WHAT'S INSIDE!

03
Hillman Street Support Center Calendar
04
New Bedford Adult Social Day North
05
New Bedford Adult Social Day South
06
Puzzle
08
News

Welcome to our 65th edition of the "Young And The Rest of Us" a monthly publication brought to you by the New Bedford Council on Aging. The publication highlights all of the activities available to Seniors in the Greater New Bedford area….



PROJECT INDEPENDENCE
ADULT DAY SERVICES
FOR SENIORS AND DISABLED ADULTS

Medical Monitoring by RN • Full Activity Schedule • Bilingual Staff
Transportation • Free Visit • Nutritious Meals • Professional Staff
Safe Environment • Licensed by Dept. Of Public Health

250 Elm Street, New Bedford
508-997-1441 • www.piadhc.org

CALL FOR A FREE TOUR & VISIT • OVER 35 YEARS EXPERIENCE
Caregivers grant funded by Title111E of the Older Americans Act. sponsored by CESI

Coastline
Caring for the community.
- HOME CARE & PCA SERVICES
- CAREGIVER SUPPORT
- NUTRITION PROGRAMS
- VOLUNTEER OPPORTUNITIES
- MORE THAN 30 PROGRAMS

508-999-6400 • coastlinenb.org

Mechanics
INVESTMENT GROUP
Securities & Advisory Services offered through INFINEX INVESTMENTS INC. Member FINRA & SIPC

Glen A. Chretien | Financial Consultant

1-888-MECHANICS (632-4264)
www.Mechanics-Coop.com

- NOT A DEPOSIT
- NOT FDIC-INSURED
- NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY
- NOT GUARANTEED BY THE BANK
- MAY GO DOWN IN VALUE

Securities offered through INFINEX INVESTMENTS, INC. Member FINRA/SIPC. Mechanics Investment Group is a trade name of Mechanics Cooperative Bank. Infinex and the bank are not affiliated.

Save Up To $5000 In Incentives!
CALL NOW TO LEARN MORE

- Round the Clock, On-Site Personal Care Staff
- On-site Licensed Nurse
- Home Style Dining
- Weekly Housekeeping and Linen Service
- Budget Friendly!

300 Rosebrook Way
Wareham | MA | 02571
(774)678-0513

Mention Code: SCNB

All American
ASSISTED LIVING

FREE AD DESIGN
WITH PURCHASE OF THIS SPACE
CALL 800.477.4574

SUPPORT OUR ADVERTISERS!

STAND OUT
with a **PREMIUM DIGITAL AD**
on **MYCOMMUNITYONLINE.COM**

CONTACT US AT 800-477-4574

ADVERTISE HERE to reach the senior market

Call (800) 477-4574

Hillman Street, Building #9 | Council on Aging Administrative Offices
Temporarily located at the Buttonwood Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In order to maintain everyone's safety… Masks and Gloves Must be worn by all Van Riders. Every Rider must also have their temperature taken getting on the van			1 July 1, 1997 Hong Kong Reverts back to Chinese Rule 	2 July 2, 1064 President Lyndon B Johnson signs into law the Historic Civil Rights Act
 All Offices and Centers closed	6 Dartmouth Mall Area 	7 Trucchi's	8 July 8, 1951 Paris celebrates its 2,000 th Birthday 	9 July 9 1877 Wimbledon Tournament begins
12 Market Basket 	13 Fairhaven Rte 6 Shops 	14 King's Highway 	15 July 15, 1960 John F. Kennedy accepts the Democratic Nomination for President 	16 July 16, 1969 Apollo 11 Blasts off from Cape Kennedy FL, heading for a landing on the moom
19 Market Basket 	20 Dartmouth Mall Area 	21 Market Basket 	22 July 22, 1789 Thomas Jefferson becomes the first head of the U.S. Dept of Foreign Affairs	23 July 23, 1867 President Andrew Johnson signs an act creating the territory of Wyoming
26 Market Basket 	27 Dartmouth Mall Area 	28 King's Highway 	29 July 29, 1858 Japan signs a treaty of Commerce and Friendship with the United States	30 July 30, 1938 George Eastman demonstrates his color motion picture process.

NEW BEDFORD ADULT SOCIAL DAY NORTH

BREAKFAST 9-9:45—Lunch 11:30 –12:00 SNACK 2:00 PM
North—1997 Acushnet Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00—Exercise 10:30 Bingo 12:00 Movie Time	2 10:00 Exercise 10:30 Wheel of Fortune 12:00 Sing A Song
5 **Office and Center Closed**	6 10:00 Exercise 10:30 Arts and Crafts 12:00 Trivia	7 10:00 Exercise 10:30 Rocking The Porch 12:00 Memories	8 10:00 Exercise 10:30 Bingo 12:00 Movie Time	9 10:00 Exercise 10:30 Wheel of Fortune 12:00 Sing A Song
12 10:00 Exercise 10:30 Bowling 12:00 Brain Games	13 10:00 Exercise 10:30 Arts and Crafts 12:00 Trivia	14 10:00 Exercise 10:30 Walking and Rocking 12:00 Memories	15 10:00—Exercise 10:30 Bingo 12:00 Movie Time	16 10:00 Exercise 10:30 Wheel of Fortune 12:00 Sing A Song
19 10:00 Exercise 10:30 Bowling 12:00 Brain Game	20 10:00 Exercise 10:30 Arts and Crafts 12:00 Trivia	21 10:00 Exercise 10:30 Rocking the Porch 12:00 Memories	22 10:00—Exercise 10:30 Bingo 12:00 Movie Time	23 10:00 Exercise 10:30 Wheel of Fortune 12:00 Sing A Song
26 10:00 Exercise 10:30 Ring Toss 12:00 Brain Game	27 10:00 Exercise 10:30 Arts and Crafts 12:00 Trivia	28 10:00 Exercise 10:30 Walking and Rocking 12:00 Memories	29 10:00 Exercise 10:30 Wheel of Fortune 12:00 Sing A Song	30 10:00 Exercise 10:30 Wheel of Fortune 12:00 Sing A Song

NEW BEDFORD ADULT SOCIAL DAY SOUTH

Breakfast 9-9:45 Lunch 11:30 –12 SNACK 2:00 PM
South- 553 Brock Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10—Wheel of Fortune 12:30—Walking 1– Movie Time	2 9:45—Price Is Right 12:30—Walking 1—Name Five
5 **Offices and Centers closed**	6 9:00—Pictionary 12:30 Walking 12:30—Trivia	7 9:45—Bingo 12:30—Walking 1—Memory Games	8 10—Wheel of Fortune 12:30—Walking 1– Movie time	9 9:45—Price Is Right 12:30—Walking 1—Name Five
12 10:00 Bowling 11—Coloring 12:30—Walking 1:00 –Tic Tac Toe	13 9:00—Pictionary 12:30 Walking 12:30—Trivia	14 9:45—Bingo 12:30—Walking 1—Memory Games Birthday Party	15 10—Wheel of Fortune 12:30—Walking 1– Movie Time	16 9:45—Price Is Right 12:30—Walking 1—Name Five
19 10:00 Bowling 11—Coloring 12:30—Walking 1:00 –Tic Tac Toe	20 9:00—Pictionary 12:30 Walking 12:30—Trivia	21 9:45—Bingo 12:30—Walking 1—Memory Games	22 10—Wheel of Fortune 12:30—Walking 1– Movie Time	23 9:45—Price Is Right 12:30—Walking 1—Name Five
26 10:00 Bowling 11—Coloring 12:30—Walking 1:00 –Tic Tac Toe	27 9:00—Pictionary 12:30 Walking 12:30—Trivia	28 9:45—Bingo 12:30—Walking 1—Memory Games	29 10—Wheel of Fortune 12:30—Walking 1– Movie Time	30 9:45—Price Is Right 12:30—Walking 1—Name Five

THE SUMMER OLYMPICS

G	T	T	H	E	A	T	H	L	E	T	I	C	S	F	I	R	J	M	S
T	N	R	W	E	I	G	H	T	L	I	F	T	I	N	G	U	O	S	B
L	T	I	L	Y	M	G	N	I	T`	O	O	H	S	P	D	I	C	I	A
L	G	A	L	L	A	B	Y	E	L	L	O	V	Y	O	M	N	A	N	S
A	G	T	B	C	S	T	R	A	M	P	O	L	I	N	I	N	G	A	K
B	N	H	T	L	Y	T	A	O	F	O	O	T	B	A	L	L	N	I	E
Y	I	L	G	Y	E	C	A	E	C	H	G	G	I	H	L	G	I	R	T
E	L	O	N	E	A	T	V	E	K	Y	A	N	P	O	L	N	X	T	B
L	T	N	I	N	E	C	E	R	M	W	T	I	F	C	A	I	O	S	A
L	S	E	E	C	O	T	H	N	S	E	O	C	C	K	B	W	B	E	L
O	E	N	O	L	H	T	A	T	N	E	P	N	R	E	D	O	M	U	L
V	R	O	N	R	E	S	N	N	I	I	O	E	D	Y	N	R	F	Q	T
H	W	E	A	N	T	W	I	I	A	N	S	F	S	O	A	N	A	E	D
C	I	S	C	I	T	S	A	N	M	Y	G	C	I	M	H	T	Y	H	R
A	A	C	C	O	G	N	I	V	I	D	M	G	N	I	M	M	I	W	S
E	A	S	Y	R	E	H	C	R	A	W	A	T	E	R	P	O	L	O	N
B	S	O	F	T	B	A	L	L	L	L	A	B	E	S	A	B	E	C	I
G	N	I	M	M	I	W	S	D	E	Z	I	N	O	R	H	C	N	Y	S

ARCHERY
FOTBALL
TABLE TENNIS
ATHLETICS
GYMNASTICS
TAEKWONDO
BADMINTON
HANDBALL
TENNIS
BASEBALL
HOCKEY
TRAMPOLINING
BASKETBALL
JUDO
TRATHLON
BEACH VOLLEY-BALL
MODERN PEN-TATHLON
VOLLEYBALL
BOXING
RHYTHMIC GYMNASTICS
WATER POLO
CANOEING
ROWING
WEIGHTLIFTING
CYCLING
SHOOTING
WRESTLINE
DIVING
SOFTBALL
YACHTING
EQUESTRIANISM
SWIMMING
FENCING
SYNCHRONIZED SWIMMING

Your choice for skilled nursing and post acute rehabilitation.

Hathaway Manor Extended Care Facility
A Member of Berkshire Healthcare
863 Hathaway Road • New Bedford, MA 02740
508-996-6763 • www.hathawaymanor.org
We're Perfecting the Art of Superior Care.

Sacred Heart Home

Sacred Heart Home

Skilled Nursing and Short-Term Rehabilitation

508-996-6751 • dhfo.org
359 Summer Street, New Bedford, MA 02740

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251

$10 CONCERT TICKETS

Experience the *Fabulous*

NBSO
NEW BEDFORD SYMPHONY ORCHESTRA
Yaniv Dinur, Music Director

Happy Birthday Ludwig
Saturday, April 18, 7:30pm
Sunday Matinee, April 19, 2:30pm

The *Finish Line*
Saturday, May 23, 7:30pm

All concerts performed at the historic Zeiterion Performing Arts Center

For this special offer of **$10 adult** and **$5 child tickets** with no fees, call the NBSO at **508-999-6276.**

VIBRA HOSPITAL of Southeastern Massachusetts

Pulmonary/Ventilator/ Tracheostomy Services
Complex Wound Care
Cardiac Services
IV Therapy
Renal Failure/Dialysis

vhmass.com • 508.995.6900

CNHC

COMMUNITY NURSE HOME CARE
Visiting Nurse | Hospice | Private Care | Wellness
We Bring Caring Home

508-992-6278 | www.communitynurse.com

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

$29.95/MO
BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS SPECIAL OFFER

MADE IN USA

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Karen Fontaine to place an ad today!
kfontaine@lpicommunities.com or (800) 477-4574 x6350

CANNA CARE DOCS
SPECIALISTS IN CANNABIS MEDICINE

781-382-8053
Appointments and Walk-ins Available
www.cannacaredocs.com

Bring in this ad for a 10% senior discount

Seekonk | Worcester | Stoughton | Peabody | Pittsfield | Waltham
Northampton | Burlington | Fall River | Ipswich | Yarmouthport

FROM THE DESK OF THE EDITORS

Do your part to help stop the spread….to not only protect yourself but to protect others as well…. If you have received your vaccine…

If you have not, please give it some serious thought, you don't want to be the reason someone else gets infected…if its easier than ever to do get your vaccine…please ….

Call The New Bedford Health Dept

508-991-6199

CONTACT INFORMATION

Council on Aging Director
Debra Lee
Administrative Manager
Pamela Amaral-Lema

BUTTONWOOD SENIOR CENTER
Admin Offices currently housed
At 1 Oneida Street
New Bedford, MA 02740
508-991-6170

NEW BEDFORD
ADULT SOCIAL DAY CARE NORTH
Brooklawn Park
1997 Acushnet Avenue
New Bedford, MA 02745
508-961-3100

Senior Activities Coordinator
Karen Zegarowski
Assistant Recreation Leader
Jessica Vieira

NEW BEDFORD ADULT SOCIAL DAY CARE SOUTH
Hazelwood Park
553 Brock Avenue
New Bedford, MA 02744

Senior Activities Coordinator
Marisol Grant
Assistant Recreation Leaders—
Angela Johnson and Josephine Pacheco

Call The Council on Aging main office at 508-991-6251 for admission information.

SNAP—Supplemental Nutrition Assistance Program

The Cost of Everything is on the rise! Are you having difficulty making ends meet?

The Council on Aging can help you by applying for some relief for you…we can apply for you to get help with your grocery costs….call us at 508-991-6250 and say I want to apply for SNAP!!!

BOARD OF DIRECTORS

Bruce Duarte, Chairman
Patricia Costa, Vice Chairperson
Virginia Morrison, Secretary
Jane Stott
Joan Swain
George Smith
Zachary Boyer
Nancy Feeney
Jacqueline Medeiros

The Advisory Board meets the 2nd Thursday of the month reconvening in person September of 2021! Off for the Summer