

The Strawberry Vine

Hours of Operation
Mon - Fri: 8am - 3pm

OCTOBER 2025

Phone: 508-823-0095
www.dighton-ma.gov



HAPPY HALLOWEENIE!

DIGHTON COUNCIL ON AGING

1059 Somerset Avenue
Dighton, MA. 02715
SERVING ALL DIGHTON CITIZENS
OVER 60 YEARS OF AGE

OUR MISSION

It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.



ANNUAL COMMUNITY VACCINE CLINIC



Thursday, October 23rd (9 AM - 2 PM)
Dighton Council on Aging
1059 Somerset Ave. Dighton, MA 02715



MEET YOUR LOCAL PHARMACY TEAM

Ask a pharmacist questions about your medications and learn how to save with ExtraCare and the Rx Savings Program.

GET VACCINATED — ALL IN ONE STOP

Protect yourself and your loved ones with on-site access to these recommended vaccines available at no cost with most insurance plans: Influenza, Shingles, Pneumonia, RSV, Tdap/Whooping Cough, and COVID-19.

INSURANCE & PAYMENTS

Vaccines will be billed through the pharmacy. Please bring your pharmacy insurance card. If you have Medicare, bring your Part D card.

Not sure which to use?

Bring all current cards or call your CVS pharmacy.

Most plans cover vaccines. If a vaccine isn't covered, you can decline it or pay at the clinic by card on file, check, or exact cash. CVS cannot bill the Town of Dighton or provide vaccine vouchers.

LIMITED SPOTS AVAILABLE!

To register, [click here](#), scan the QR Code, or visit the Dighton Health Department website.

Hosted by



DIGHTON
MASSACHUSETTS

Health Department

SCAN ME



Supported
by your local
CVS
pharmacy

Dighton
Council On Aging
invites you to...

HALLOWEEN BREAKFAST

COSTUME CONTEST
FREE RAFFLES
BREAKFAST

Friday, Oct. 31
9:00 AM

\$4.00

Council on Aging
1059 Somerset Ave.

RSVP if you dare....
508-823-0095

If you need assistance creating an appointment, we can help you with this at the Dighton Council on Aging! Call to learn more: **508-823-0095**

REMINISCING WITH MYRNA

Page 2

REMINISCING WITH MYRNA: THINKING ABOUT AN OLD FRIEND OF DIGHTON HISTORY – ELAINE VARLEY, DIGHTON'S SECOND TOWN HISTORIAN, AND THE DIGHTON HISTORICAL SOCIETY

This poem was written shortly before Elaine Varley's passing in 2014 by a gentleman who has since also left us. Her efforts as Town Historian were mighty – she was always 'hands on' – and many of the Historical Societies' treasures came there when Elaine was involved. She worked closely with our first Historian, Helen Lane, and she was instrumental in acquiring the Winslow-Davis House which now houses the Dighton Historical Society Museum. She took many photographs, wrote extensively and made several 'movie' trips through and about Dighton, saving a wealth of information for us to share.

Please enjoy this poetic tribute to the Historical society and to a true Dightonian who is very much missed by those who knew her.

HISTORICAL SOCIETY *by Jack Torres*

I took a trip the other day
I went back in the past.
The memories of my childhood
Came back to me real fast.

I looked at many different pictures
Of people I once knew;
Some from 50 years ago,
Some were fairly new.

Some brought tears to my eyes
Of friends who had passed away;
Some were pictures of our town
In the Good Old Days.

I viewed a lot of scrapbooks
About the way things used to be –
The grocery stores we used to have
That meant so much to me.

In the southern part of our town
Gas stations we had three;
We had one Dr. Souza,
who charged a modest fee.

Ernie shared his barber shop
Along with Earle's TV;
Art and Emile's hardware store
Was quite a place to see.

The ice cream parlor on the corner
Was called The Cornerette;
The Hillview Restaurant down the street
Was the best food you could get.

Rudy Christenson's Flower Shop
Handled everybody's needs.
The train still traveled down the tracks
Bringing grain and seed.

If you want to take a journey back,
A journey that is free,
The Historical Society is the place to go,
Elaine Varley is the one to see.

Visit Elaine and listen carefully,
She'll take you back in time.
Your heart will surely enjoy this trip,
And also, will your mind

Before I close out this somewhat shortened monthly Reminisce article, I MUST correct a change that was made by the computer in the piece I wrote for September's Reminisce article about my memories of WWII and my father. Dad's army outfit was the **AMERICAL DIVISION** – apparently the computer thought I had made a spelling error. I had not. It was a named outfit, comprised in January of 1941. The correct name stands for AMERI (*for America*) and CAL (*for New Caledonia*): The **AMERICAL DIVISON**. So sorry, Daddy, and everyone, about this error – believe me, it was NOT mine!

Wishing everyone a great early Fall with bright skies and happy days. Take care, be well – I'll be back in November. Very sincerely, Myrna

DIGHTON PUBLIC LIBRARY IS NOW OPEN!!!

Sunday: Closed
Monday: 10:00AM - 4:00PM
Tuesday: 10:00AM - 6:00PM
Wednesday: 12:00PM - 8:00PM
Thursday: 12:00PM - 8:00PM
Friday: 10:00AM - 4:00PM
Saturday: 10:00AM - 2:00PM

**207 Main Street
 Dighton, MA 02715
 (508) 669-6421**



POP-UP FARMER'S MARKET

WED. 10/22
10:30am - 12:00pm
 LINCOLN VILLAGE COMMUNITY CENTER, 300 LINCOLN AVE.

Under the Sun is back with another pop-up farmers market at Lincoln Village! They accept cash, credit, SNAP, HIP, Farmers Market coupons & checks! Support your local farmers!



BOOK DETAILS BY DIGHTON'S OWN, VINCENT HEBERT JR'S

My Stranger, My Grandfather

This is a very personal work and based on a weathered document he found in his basement. That document was awarded to his grandfather for being "Wounded in the Great War", that being World War I. Vinnie never knew his grandfather and finding that 100 year old document sent him on a journey to discover his grandfather, the battles he fought in World War I and what happened to him when he came home from the killing fields of France. It resulted in a Purple Heart being awarded to his grandfather posthumously 105 years later. Told without reservation by his grandson, it is a tale of a deeply flawed and troubled man who saw horrors we can only imagine.

Come and meet Dighton's own, Vinnie Hebert! You'll have the opportunity to listen to a book reading, purchase a book(s) and get your book signed!

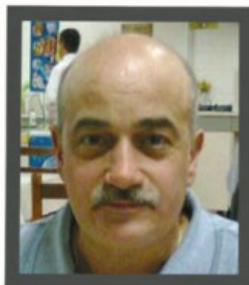
VINCENT HEBERT JR.

Fri. October 24

12:00 PM

COA, 1059 Somerset Ave.

register today!



Into the Depths and Other Stories of the Strange and Macabre

A terrifying collection of stories bound to keep you up at night. Ancient, depraved peoples practicing abhorrent rites, red-eyed monsters, lethal injection, madmen, wild cast-offs, dystopian societies and ghosts all come together in this frightening anthology. Enter a world where all is not as it seems, and horror is just around the bend, or in the mountains, or in the cellar or next door. These and other tales are designed to frighten and fear the horror that lurks around us. From classic horror to science fiction, these stories will chill the bone.

Life's Blood

His latest book, this is set in Rhode Island. Ritualistic murders are being committed in Rhode Island in 1995. There are no clues, no motive. But these are eerily the same as the child murders Frank Grasselli investigated in 1985, ten years prior, in South Carolina. He put that killer on death row. He thought that was the end of it. Now it's happening again. In the same gruesome manner.

As the murders pile up, Frank discovers a horror he never thought possible. With the help of a Brown University professor of Religious Studies, Frank follows the clues and delves into an ancient, dark world to find a serial killer...and the terrifying secret behind the murders.

THIS EVENT IS BROUGHT TO YOU BY
 THE DIGHTON COUNCIL ON AGING!

UPCOMING EVENTS

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EXERCISE & MOVEMENT

FEE PER CLASS: \$4.00

EVERY MONDAY

9:00am Fitness Class @ COA

EVERY WEDNESDAY

9:00am Chair Yoga @ LV

EVERY FRIDAY

9:00am Tai Chi @ PAV

FRIDAY, 10/10 & 10/24

1:00pm Drum's Alive @ OTH

FRIDAY, 10/17

1:00pm Line Dancing @ OTH

WEDNESDAY, 10/22

12:30pm Chair Zumba @ COA

FRIDAY, 10/24

10:30am Zumba Gold @ COA

**Please register for events/programs,
especially those involving food.**

Meals & Exercise/Movement Classes:
\$4.00 (If you do not have it, please still come
and enjoy your favorite classes!)



ANTIQUE APPRAISAL

10/20 | 12:00PM
Council on Aging,
1059 Somerset Avenue

- ⇒ Reservations required
508-823-0095
- ⇒ 10 minute time slots per
person
- ⇒ 2 items MAX per person



MUSIC, FOOD, GAMES & CRAFTS

EVERY WEEKDAY

8:30am Coffee Hour @ COA

EVERY MONDAY

10:00am Mahjong @ COA

1:00pm Bingo @ COA

EVERY TUESDAY

1:00pm Art Group @ COA
(Instructed Classes 10/07 & 10/21)

EVERY THURSDAY

1:00pm Cribbage @ LV

EVERY FRIDAY

10:00am Knit/Crochet @ COA

WEDNESDAY, 10/15

10:30am Brew with Bela @ LV

MONDAY, 10/27

12:00pm Trivia @ COA

TUESDAY, 10/28

10:30am ... Music with Rick @ COA

FRIDAY, 10/31

9:00am.. Monthly Breakfast @ COA



MUSIC WITH RICK

10/28 | 12:30PM
Council on Aging,
1059 Somerset Avenue

Join us for a fun afternoon of
singing and dancing with Rick
and his Karaoke sing-a-longs!

This month we'll be sure to
sing spoOoOoky tunes!

Register: 508-823-0095



HEALTH & EDUCATIONAL

EVERY WEDNESDAY

Appt. Only..... Tech Support
(call COA to book your appt.)

WEDNESDAY, 10/01

10:00am Blood Pressure Clinic
with Dighton Fire Dept. @ LV&COA

TUESDAY, 10/14

9:00am Office Hours with Senator,
Kelly Dooner @ COA

THURSDAY, 10/16

Appt. Only..... FREE Legal Consult
(call COA to book your appt.)

MONDAY, 10/6 & TUESDAY, 10/28

Appt. Only..... Podiatry Clinic
(call COA to book your appt.)

WEDNESDAY, 10/22

10:00am.. Pop-Up Farmers Market
with Under the Sun @ LV

LOCATIONS:

COA: Council on Aging
LV: Lincoln Village
OTH: Old Town Hall
PAV: Lions Pavilion



MUSIC WITH MIKE HIGGINS

10/31 | 12:00PM
Council on Aging,
1059 Somerset Avenue

Mike Higgins is back for a solo
performance!



Bring your dancing shoes for
an afternoon of good music &
fun times!

Halloween costumes are
encouraged!

Register: 508-823-0095

OCTOBER 2025 EVENTS CALENDAR

Please do not arrive to any COA program or event more than 15 minutes early as staff and volunteers need time for setup.

MON	TUES	WED	THURS	FRI
LOCATIONS: COA (Council on Aging): 1059 Somerset Ave. LV (Lincoln Village): 300 Lincoln Ave. OTH (Old Town Hall): 1111 Somerset Ave. PAV (Lions Pavilion): behind 1111 Somerset Ave.				
6 8:30am Coffee Hour @ COA 9:00am Fitness @ COA 10:00am Mahjong @ COA 1:00pm Bingo @ COA Podiatrist Clinic by Appt. Only @ COA	7 8:30am Coffee Hour @ COA 1:00pm Instructed Art Group @ COA	8 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV Tech Support by Appt. Only @ COA	9 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV	10 8:30am Coffee Hour @ COA 9:00am Tai Chi @ PAV 10:00am Knit/Crochet @ COA 1:00 Drums Alive @ OTH
13 CLOSED  	14 8:30am Coffee Hour @ COA 9:00am Office Hours w/ Senator Kelly Dooner @ COA 1:00pm Art Group @ COA	15 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV 10:30am Brew w/ Bela @ LV Tech Support by Appt. Only @ COA	16 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV 1-on-1 Legal Consult @ COA by Appt. Only!	17 8:30am Coffee Hour @ COA 9:00am Tai Chi @ PAV 10:00am Knit/Crochet @ COA 1:00pm Line Dance @ OTH
20 8:30am Coffee Hour @ COA 9:00am Fitness @ COA 10:00am Mahjong @ COA 12:00pm Antique Appraisal by Appt. Only @ COA 1:00pm Bingo @ COA	21 8:30am Coffee Hour @ COA 1:00pm Instructed Art Group @ COA	22 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV 10:00am Pop-Up Farmers Market with Under the Sun @ LV 12:30pm Chair Zumba @ COA Tech Support by Appt. Only @ COA	23 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV Vaccine Clinic by Appt. Only @ COA	24 8:30am Coffee Hour @ COA 9:00am Tai Chi @ PAV 10:00am Knit/Crochet @ COA 10:30am Zumba Gold @ COA 12:00pm Dighton Author, Vinnie Hebert Book Read/Sign with Lunch @ COA 1:00pm Drums Alive @ OTH
27 8:30am Coffee Hour @ COA 9:00am Fitness @ COA 10:00am Mahjong @ COA 10:00am FREE Hearing Screening by Appt. Only @ COA 12:00pm Trivia @ COA 1:00pm Bingo @ COA	28 8:30am Coffee Hour @ COA 12:30pm Music with Rick @ COA 1:00pm Art Group @ COA Podiatrist Clinic by Appt. Only @ COA	29 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV Tech Support by Appt. Only @ COA	30 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV	31  9:00am Tai Chi @ PAV 9:00am Monthly Breakfast @ COA 10:00am Knit/Crochet @ COA 12:00pm Music with Mike Higgins @ COA

RESOURCES AND PROGRAMS

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LUNCH PROGRAM!

**11:30 AM | COUNCIL ON AGING
1059 SOMERSET AVENUE**

The Dighton Council on Aging offers lunch every Tuesday, Wednesday & Thursday.

We require 48 hours notice to reserve a seat for lunch.

Our meals are ordered in bulk through Bristol Aging & Wellness (formerly known as Bristol Elder Services) and served by our amazing staff and volunteers.

Mingle and make friends with our day program attendees & staff!

The menu is available on our website & you can call us today to reserve your seat: 508-823-0095

Bristol Aging & Wellness greatly appreciates donations to continue their meal programs. The Dighton Council on Aging has a locked donation bin that Bristol Aging & Wellness picks up monthly.

MEDICAL EQUIPMENT LOAN

Are you looking to borrow medical equipment?

The Dighton Council on Aging receives donations of wheel chairs, walkers, commodes and many other items. If you are in need, please call our office to check availability at 508-823-0095.

Are you looking to donate medical equipment?

Please call our office to schedule your donation at 508-823-0095.

Are you returning equipment?

You MUST call ahead and physically hand the equipment over to a staff member. You CANNOT drop the equipment off outside of the COA building. This in turn ruins the equipment and creates a dysfunctional program.

HOME HANDYMAN PROGRAM

This is a volunteer position and services are limited to light repairs/installations such as installing safety equipment, assembling furniture, light yard work, etc.

Give the Dighton Council on Aging a call at 508-823-0095 to schedule your appointment today!



VETERAN RESOURCES

The Dighton Veteran's Agents' Office is located in the lower level of Old Town Hall, 1111 Somerset Ave. Please note, if you are a widow of a Veteran (not re-married), you may be eligible for benefits as well. Please call Dighton's Veteran's Agent, Raymond Hague, at 774-872-0944



HAIR CUTS FOR MEN & WOMEN

Maria Costa offers hair cuts to men and women in our own private hair salon in the Dighton Council on Aging!

Appointments are typically booked on Friday's but exceptions may be made. Prices will vary based on services needed.

Please call Maria directly to book your appointment or with any questions: 508-930-8291

DIGHTON TRASH BAGS

Purchase single trash bags at the Dighton Council on Aging. Purchases may be made Monday—Friday from 8am—3pm. Please call with any questions: 508-823-0095

Cost: \$1.40 small | \$2.80 large





«««« GATRA »»»» TRANSPORTATION «««« SERVICES »»»»

Dial -A-Ride

Travel Within: Dighton, Raynham, Taunton & Berkley
Weekdays: 6:00am - 6:00pm
No weekend services
Fares: \$1.75 one way or \$15.00 for a 10-ride pass
Call Dighton Council on Aging to learn more: 508-823-0095 or book directly with GATRA: 774-226-1219

MedWheels Program

Travel long distance (outside of Dighton, Raynham, Taunton & Berkley) for medical related appointments only.
*There is no direct cost associated with this program. A suggested donation is appreciated.
Call Dighton Council on Aging to learn more: 508-823-0095



If you have never utilized GATRA's services, you must complete an application with the Dighton Council on Aging.

PRIME TIME

Supportive Adult Day Program

Would you or someone you know benefit from meeting and socializing with new friends, trying new experiences and activities all while keeping active in your mind and body? Then Prime Time might be the perfect fit for you!

Offerings Available :

- Breakfast, lunch & refreshments
- Arts & crafts
- Health clinics (podiatry, blood pressure, flu, etc.)
- Musical entertainment
- Games (bingo, cards, trivia, etc.)
- Fitness programs (chair yoga, zumba, movement, etc.)
- Outdoor activities on our porch or patio
- Themed presentations
- Socialization
- Reminiscing
- & so much more!

SCHEDULE A FREE TOUR OR LEARN MORE:

508-669-6272
ttate@dighton-ma.gov
1059 Somerset Avenue
Dighton, MA 02715



FUEL ASSISTANCE SEASON

It's that time of year again!

If your income falls within the guidelines below, you may be able to receive Fuel and Energy Assistance!

To learn more, please contact us to schedule an appointment by calling: 508-823-0095.



Citizens for Citizens, Inc. Fuel Assistance

2025 - 2026 Income Guidelines

YOU MAY QUALIFY FOR FUEL ASSISTANCE & ENERGY DISCOUNTS IF YOUR GROSS INCOME IS UNDER THE FIGURES BELOW.

Household Size	4 Week Income	4 Week Fixed	Annual Income
1	\$3,982	\$4,314	\$51,777
2	\$5,208	\$5,642	\$67,709
3	\$6,433	\$6,970	\$83,641
4	\$7,659	\$8,297	\$99,573
5	\$8,884	\$9,625	\$115,504
6	\$10,110	\$10,953	\$131,436

WWW.CFCINC.ORG

508 - 679 - 0041 // 508 - 823 - 6346
Fall River Taunton

SNAP, HIP AND FARMERS MARKET COUPONS!

Did you know that if you have SNAP you are automatically enrolled in HIP benefits?

HIP stands for Healthy Incentives Program. This is a Massachusetts program that applies state funds to your purchase when you use your SNAP/EBT card to buy fruits and vegetables at participating farms.

Household Size	Monthly HIP \$
1-2 people	\$40.00
3-5 people	\$60.00
6+ people	\$80.00

If you would like to learn more about SNAP or HIP, please contact us to schedule an appointment by calling: 508-823-0095.

****Please Note****

If you received Farmers Market Coupons, they must be used by Friday, October 31! A great place to use these would be at our Pop-Up Farmers Market on 10/22!

Dighton
Council On Aging



Daily Coffee Hour

from 8:30 am - 9:30 am

Dighton Council on Aging
1059 Somerset Ave.
Dighton, MA 02715
(508) 823-0095

FREE

THE DIGHTON COUNCIL ON AGING IS HERE FOR YOU

The Dighton Council on Aging staff is here to assist Dighton residents who are 60 years of age or older.

If you need help or resources for any of the following or more, please call 508-823-0095 to make an appointment with our staff!

- | | |
|---------------------------|------------------------|
| *Transportation | *Medical Equipment |
| *SNAP (Food Stamps) | *Technology Support |
| *Energy / Fuel Assistance | *Socialization |
| *Home Repair | *Nutrition Information |
| *Health Insurance | *Potential Scam/Fraud |
| *Money Management | *Health Clinics |
| *Home Delivered Meals | *Housing Resources |
| *Home Care | *Medical Equipment |
| *Caregiver Support | *Tax Information |
| *Legal Services | *Health Resources |

DONATION UPDATE

Thank You, Dighton Residents!
We are deeply grateful to the generous residents who have made monetary contributions and essential items to support our community through the year.

Your kindness and commitment to helping the Council on Aging be successful does not go unnoticed.

With that being said, we would appreciate donations of both regular and decaf coffee grounds.

Thank you for your continued support and for making Dighton a caring, vibrant community!

A MESSAGE FROM YOUR COA

Please note that we will be experiencing high call volumes during the Medicare Open Enrollment period (October 15—December 7).

The Dighton Council on Aging staff will return any missed calls as quickly as they are able to.

We appreciate your understanding during this busy time of year!

VOLUNTEERS NEEDED!

ARE YOU LOOKING FOR A MEANINGFUL WAY TO MAKE A DIFFERENCE IN OUR COMMUNITY?

As a volunteer, you'll have the opportunity to:

- Spend time with participants through conversation, activities, and companionship
- Assist with daily programs such as games, crafts, exercise, and music
- Share your skills, talents, and smile to brighten someone's day

Contact Trista today to learn more about this exciting volunteer opportunity.

508-669-6272

Dighton
Council On Aging

PLEASE NOTE!!!

The Dighton Council on Aging will be closing early on Friday, October 3 at 12:30pm

We are excited to announce that Council on Aging Office Manager, Laura Medeiros, is getting married!

The Council on Aging Board voted during their last meeting to have an early closure on October 3 as COA employees will be attending the wedding.

We apologize for any inconvenience this may cause.

Congratulations to Laura & Brandyn on their special day!

PODIARTY CLINIC

brought to you by the Dighton Council on Aging

**Mon. 10/6 &
Tues. 10/28**

by appointment only!



508-669-6272

1059 Somerset Ave.
Dighton, MA 02715**Dighton Lions Club****OCT 11**
8:00 - 2:00
NO EARLY BIRDS**YARD
SALE**Dighton Town Garage
2011 County Street, Dighton**RAIN or SHINE!!**This is a **CASH ONLY** eventCall **STEVE**, 508-479-9619, if you have something to donate.
Let him know it's for the Dighton Lions Club Yard Sale*Dighton*
Council on Aging**FREE
Hearing
Screening**

Provided by: Hearing Life in Raynham, MA

Monday, October 27
10:00 AM1059 Somerset Ave.
Dighton, MA 02715If you or your loved one would like to
participate in this **FREE** hearing
screening, please contact Trista Tate.

Ttate@Dighton-ma.gov

508-669-6272

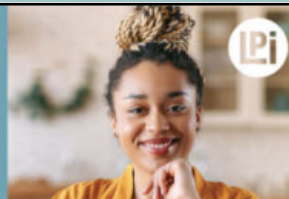
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Dighton Council on Aging, Dighton, MA 06-5400

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kfontaine@4lpi.com
(800) 477-4574 x6350

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Must be 21+. Marijuana should not be used by women who are pregnant or breastfeeding



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