

Duxbury Doings

Duxbury Senior Center

February, 2022



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Duxbury Senior Center, Duxbury, MA

04-0685



Dear Friends,

As our organization continues to adapt and respond to the COVID-19 virus and its variants we want to make you aware of how you can attend virtual classes even if technology isn't your thing!

We have ZOOM ROOMS!

A Zoom Room is a designated space in the building where small groups of people can come together (both physically distanced and masked) to attend virtual programs.

We have been using this concept successfully for the last several months and we want to make this option available to you. If you are interested in attending in this manner, contact the front desk at 781-934-5774 x 5703 or email Programs@duxbury-ma.gov.

If you haven't been in the building since before the holidays, as of December 23, 2021, the Town of Duxbury requires that everyone coming into Town buildings wears a mask regardless of your vaccine status. This order is in effect until further notice.

We are so fortunate to have a large facility that allows everyone a little elbow room and the ability to spread out. Because we have this space we have been able to continue to plan programs on site. Check out the programs offered in this newsletter and pay special attention to the **Heart Healthy Programs** that we are offering this month.

As part of this programming, Barbara Peary, RN will share a heart-healthy presentation that includes the **Seven Days of Self Care**. This program will provide ideas on how to show yourself love and kindness every day. And thanks to a grant from the Harry and Mary Grafton Foundation, we will unveil the LIGHTEN UP Program during this presentation. Lighten Up is a lifestyle investment plan that encompasses a healthy lifestyle and offers therapies and strategies to counteract stressful triggers. Participants will learn to integrate healthy habits into daily routines. By taking care of ourselves, we become better equipped to help each other, thus creating a healthy, helpful and meaningful ripple effect. *See page 10 for more details and registration information.*

Lastly, we are in the process of updating our records, and we need waiver forms from everyone who attends programs at the Center. Watch your emails at the beginning of the month, I'll be sending more information and the form. You can bring it next time you come!

Be well and I hope to see you soon!

Joanne

Save the Date!

The COA Boards' annual fundraising event to pay for fuel for local families has been scheduled for **Saturday June, 18 at 6:00 p.m.**





DUXBURY SENIOR CENTER

10 Mayflower Street, Duxbury, MA 02332

PHONE: (781) 934-5774

WEBSITE: www.duxburyseniorcenter.org

MEET THE STAFF

Director Joanne Moore
 Assistant Director Angela Sinnott
 Manager of Volunteers... Christine Coakley
 Media Manager..... Brooke McDonough
 Finance Manager..... Elissa Wyllie

Community Services

Manager..... Alexandra Newcomb
 Volunteer SHINE Counselor... Alan Rosenberg
 Veteran's Service Officer..... Mike Thorp

Food Service

Food Service Manager..... Peter Dewey
 HDM Manager Cathy Dame
 Food Service Coordinator..... Dina Teuten

Programs Team

Program Coordinator..... Tony Kelso
 Program Admin Coordinator.... Barbara Peary
 Program Coordinator..... Sharon Pisani
 Program Coordinator..... Regan Roderigues
 Program Admin Coordinator.... Michelle Russo

Social Day Program

Manager..... Caren Harrison
 Suzanne Errasti
 Custodial Staff..... Jim Brooks

Transportation/Medical Bus Drivers

Steve Dubuque, Jim Dexter, Bob Johnson,
 Bob Dame, Terrence O'Grady and Jack Breen

Cover photo by Sandra Sweetser

Sandra Sweetser is a local artist who uses watercolors and oils. She teaches watercolor classes at the Duxbury Senior Center. Sandra's whimsical cards and prints of iconic Duxbury scenes are sold in local shops in Duxbury and surrounding towns. She can be contacted at sweetserantiques@aol.com



REBOOT YOUR BODY'S ENERGY

Enhance your joy, peace, and wellness

Thursdays

February 3 and 10 1-2 p.m.

\$10

or

Tuesday * Zoom Class*

February 1 and 8 1-2 p.m.

\$10

Get your energy moving, diminish pain and stress,
 boost your immune system and increase joy!

INSTRUCTOR: NANCY DENMAN, CERTIFIED ENERGY MEDICINE PRACTITIONER



Visit duxburyseniorcenter.org and click on Register for a Program.
 You will be prompted to register and pay online.

or
 You can also register by calling 781-934-5774 ext. 5703. Payment can be made by check payable to the Town of Duxbury and mailed or dropped off to 10 Mayflower Street, Duxbury 02332.

Line Dancing Classes

Registration for March opens February 15



Tuesdays
 @ 3:00 PM



with Maureen Geddling!

Life is a dance and you can learn as you go! These classes will keep the body moving and put a smile on your face. So let's dance and have fun with your feet one step at a time. Appropriate for all experience levels.

Visit our website to register and pay for a monthly series.

Class size is limited.

Dance like nobody's watching!

www.duxburyseniorcenter.org

Fitness Classes at DSC

To register for virtual or in person fitness classes please visit our website and click on Register for a Fitness Program. You will also find a description of each class and confirmation of the dates class will meet each month.

Although registration is for the monthly series, our monthly fitness fee is based on our affordable \$5 per class.

Fitness Safety Policy

You should always consult with your physician before engaging in any physical activity program. By participating in these online exercise classes, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in these online classes are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.

By registering for a virtual fitness program you are agreeing to this Fitness Safety Policy.

In-Person Fitness Classes

As with the virtual classes, registration will be online and payment will be for the monthly series.

POWER STRETCH with Gretchen—Monday & Thursday, 8:00 AM

STRENGTH & CONDITIONING with Gretchen—Monday & Thursday, 2:30 PM

TAI CHI and Qi Gong with Kathy—Wednesday, 10:30 AM

MOVEMENT & MOTION with Deb Wednesday, 2:30 PM

GENTLE STRETCH AND FLOW YOGA with Colleen—Fridays, 10:00 AM

Virtual Fitness Classes

Registration will be online and payment is for the monthly series.

BALANCE FOR LIFE WITH CHAIR ASSIST with Sarah —Monday & Thursday, 9:30 AM

Reminder that your Zoom links to the classes you registered for can be found on our Schedules Plus Virtual Center!

Click the Virtual Center Link from our website duxburyseniorcenter.org, and Schedules Plus will open. Log in with your phone number and click Virtual Center

Links are active 15 minutes before class.

MOVEMENT AND MOTION



Wednesdays at 2:30 PM

AT THE DUXBURY SENIOR CENTER

- Low impact cardio
- Increase balance and coordination
- Resistance training
- Increase strength and bone density



Email changes!

You might notice a change in our email addresses. Our new email is our first and last names and @Duxbury-ma.gov. But if you have our old email addresses in your files (@duxburycoa.com) you can continue to use that. We receive mail at both addresses!



FEATURED IN FEBRUARY



Free French Language Lessons
with the DLS French Honor Society

Beginning Tuesday February 8th 2022

Class will meet 2/8, 2/15, 3/1, 3/8, 3/15, 3/22

- In person French at the DSC:
Tuesdays at 4:00pm

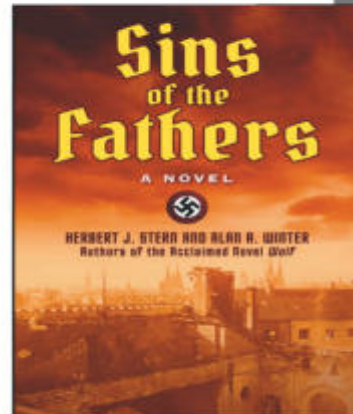
- Virtual French on Zoom:
Tuesdays at 6:00pm

Both with choice of beginner or intermediate
level instruction

To register and receive more
information please email
reganroderigues@duxbury-ma.gov



Author Event with
Alan Winter



Wednesday,
March 3, 2022
at 1:00 p.m.
On Zoom!

"A Masterful Blend of Fact and Fiction," – Steve
Berry, New York Times and #1 Internationally
Bestselling Author of the Cotton Malone Series

Go to Duxburyseniorcenter.org
and Click Register for a Program



Historical Evidence of the Resurrection of Jesus

An in-person talk by
Deacon Donald LaRose
of Holy Family Church

Wed. February 9 at 10 am

*What do we know about the resurrection of
Jesus?*

*Where did this historical evidence come from ?
Is it credible ?*



Please go to duxburyseniorcenter.org
and click on "Register for a Program"
or call the Front Desk 781-934-5774
x.5703



Sunday February 20th is

World Love Your Pet Day!!



Does your cat, dog or bunny rule your roost?

Do you have pictures of a beloved pet no longer with you?

Let's celebrate by sharing pictures of the animals who have
special places in our hearts!

Email pictures of your pet to

reganroderigues@duxbury-ma.gov

A link will be created for everyone to view our 4-legged and winged babies.





Duxbury House

At The Village

MEMORY CARE RESIDENCE

Duxbury's Home
for
Memory Care Assisted Living

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04-0685

COMMUNITY WIDE

LGBTQ Events 2022
Everyone is Welcome from All Communities

Join us to enjoy..

Music by Lisa Yves
Valentine's Day
Jazz Brunch
February 15 at
10:00 a.m.
Rescheduled concert



The concert is free to all thanks to the Duxbury Rotary Club.
Brunch is \$10.00. Reservations are required

**Brunch includes Fruit salad, Vegetable Omelet, Sausage,
Petit Fours, Punch, Coffee, and Tea**

To register, go to duxburyseniorcenter.org and click,
Register for a Program or call 781-934-5774 ext. 5703



B I N G O

**Bingo will be once a month,
on the 4th Monday of the month
from 1-3 PM**

Feb 28 Mar 28

**Please visit our website to register or call us.
Attendance is limited.**



**Bring your chips, daubers & good
luck charms! Buy your cards!**


B I N G O

A WOW EXPERIENCE
FOR FAMILY & PROFESSIONAL CAREGIVERS


DEMENTIA Live®
"Because it's frightening to care for
someone you don't understand"

Dementia Live® offers a unique inside-out understanding of dementia and aging. Participants will gain a heightened awareness of the challenges faced by those who live with dementia. Learn valuable tips and tools to improve communications and care.

Please allow 30 minutes for this engaging and remarkable experience. This opportunity is being offered at no charge to participants.




Please register for your ½ hour experience by
visiting our website,
www.duxburyseniorcenter.org
or by calling the Duxbury Senior Center at
781-934-5774, ext. 5703.



Old Colony Hospice and Palliative Care is committed to providing continuing education so we can help you help your patients. This course is designed to stimulate new thought processes and encourage dialogue.

Duxbury Senior Center
Wednesday, February 16th
1:30pm-3:30pm



DSC Programs

Monday
Blood Pressure Clinic
Crafty Ladies ~ 10 AM-Noon

Tuesday
Rug Hookers ~ 9 AM-Noon
ROOTS Genealogy ~ 1-3 PM
Cribbage ~ 1-3 PM

Wednesday
Mah Jongg ~ 1-4 PM
Tech Time ~ 2-4 PM by appointment

Thursday
Tech Time ~ 11 AM-Noon by appointment

Friday
TOPS ~ 10-11 AM

COMMUNITY SERVICES

Meet the new Community Services Manager!



Hello,
My name is Alex Newcomb and I am the new Community Services Manager at the Duxbury Senior Center. As the Community Services Manager, I am responsible for providing outreach, support, advocacy, and information/referral services to the residents of Duxbury. Before joining the team at the Center, I worked for The Executive Office of Elder Affairs for the Commonwealth of Massachusetts. I received my Master's Degree in Gerontology, with a concentration in Aging Services Management, from UMass Boston. As a lifelong South Shore resident, I am thrilled to be working with the residents of Duxbury. My office is located on the second floor of the Senior Center so please stop by and say hello!

Alex



File of Life
The File of Life is meant to provide fast and easy access to your basic medical information. It is a red magnetic plastic

folder that can be kept on the refrigerator for quick access in the event of an emergency. **The file contains important personal information regarding your health and emergency contacts if you are unable to give the information.**

How do I get a File of Life?

The File of Life is available to the residents of the town of Duxbury at no cost.

To request a File of Life please contact Alex Newcomb, Community Services Manager.



SSC SOUTH SHORE CONSERVATORY

SSC Memory Café

for individuals living with dementia and Alzheimer's, and their care-partners

Alternating between in-person and virtual

Join us for some coffee, conversation, music and movement, and a fun time for all! Participants may attend as many sessions as they wish, and choose their own level of interaction and participation. There is no cost to participate and we are grateful to the Grafton Foundation for their generous support.

In person at the Duxbury Senior Center Thursdays
from 10:00 to 11:00 am
2/3, 2/17, 3/3, 3/17, 3/31
with Music Therapy and Dance Therapy

Virtual on Zoom Thursdays
from 1:00 to 2:00 p.m.
2/10, 2/24, 3/10, 3/24
with Music Therapy and Yoga

Contact Amanda Reopell or call **781-749-7565 x47** to register!

Need help paying for heating costs this winter?



The Federal Fuel Assistance Program provides low-income households with help paying home heating bills.. Eligibility is determined by the gross income of *all* family members. To start an application, go to the South Shore Community Action Council website at www.sscac.org and look for the apply on-line, portal that is for new applicants only. Or call Alex Newcomb at 781-934-5774, ext. 5730 and we can assist you.



If you need assistance applying for **Supplemental Nutrition Assistance Program (Snap)**. We can help. Contact the Community Services Manager, Alex Newcomb at 781-934-5774, ext.5730

HEART HEALTHLY

Lighten Up: Lifestyle Investment Plan Kick-Off

Friday February 4th at 11:00am

7 Days of Self Care

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.



**To register go to
duxburyseniorcenter.org and click
on "register for a program"**



HEALTHY GAME DAY SNACKS

Food Demonstration and Tasting

**FRIDAY FEBRUARY 11TH AT
11:00AM**

Superbowl Sunday will soon be here!

*Join Dina and Regan for some
healthy game day snack ideas.*

*To register go to duxburyseniorcenter.org and click on
"register for a program"*

***WHAT FOOTBALL TEAM HAS THE MOST
SUPERBOWL WINS? FIRST PERSON TO GIVE
REGAN THE CORRECT ANSWER
WINS A PRIZE.**

Gearing Up For Our **Lifestyle Investment Initiative**



Healthy Starts: March

1. To Juice or Not to Juice
2. Healthy Treats with Sarah Lehey Benjamin

Science of Sleep: March

1. Sleep Issues and How to Remedy
2. Join our Sleep Challenge

Creating Peace: March/April

1. En plein air- Outdoor Painting Workshop with DAA
2. Succulent Workshop with Frost and Found

Month of Meditation: May

1. Beach Yoga with Kim O'Brien
2. Meditation/Gratitude Journaling

The goal of a lifestyle investment plan is to create a plan that encompasses a healthy lifestyle, therapies, and strategies to counteract stressful triggers; learning to integrate into our daily routines.



GRAB & GO
Mayflower Cafe

Let us do the cooking and cleaning up! You just do the grab & go!
Of course you get to enjoy the delicious meal too!

Thursday, February 10
Pick up between 4:30-5:30 PM

Chicken Picatta Dinner
Mouth watering chicken piccata, pasta, glazed carrots, garden salad and dinner roll
Delicious Dessert: Tiramisu

\$10




We will begin accepting
Takeout Orders & Payments on Monday, January 31.
Order online at duxburyseniorcenter.org. Click on Grab and Go Meals! Dinner is \$10
and can be paid by credit card or check payable to the Town of Duxbury.
Or, call to make your reservation 781-934-5774, ext. 5703.



LUNCH MENU

LUNCH SERVED 11:00 AM-1:00 PM
MON, TUES, WED, THURS

DAILY SANDWICH SPECIALS	Chicken Salad \$6.00 Tuna Salad \$6.00 Turkey \$6.00	
BREAD CHOICES	White or Whole Wheat	
ADD	Lettuce, Tomato or Cheese	
INCLUDES	Chips & Dessert	
ENTREE SPECIALS	Chef's Choice \$6.00	
DRINKS	Bottled Water, Assorted Beverages \$1.00	

Dine In or
Take Out



Our Café is Open!

Get in on the best deal in town! Come for lunch and either sit in our café or ask for your meal “to-go”!

Chef Peter and Dina will surprise us with daily specials and hot entrees options.

If you have missed meeting a friend for lunch or grabbing a cup of coffee before a class—we’re back and we look forward to seeing you!

Please no call ahead reservations !

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MAKE CONNECTIONS

Duxbury Talks



An informal in-person conversation and coffee with Duxbury town officials

Learn what they do
What their departments do
And ask questions !

meet **Rene Read**
Town Manager
Thursday
FEBRUARY 17
AT 11 AM



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or call Front desk at
781-934-5774 x. 5703



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MILAN ITALY

Our tour guide Veronica will be live from the streets of Milan.

- Piazza Scala and the Scala Opera House
- "Salotto Elegante" Galleria Vittorio Emanuele II, the first shopping mall in the world
- Duomo cathedral, the breathtaking heart Milan since 1386 a
- The perfect tour to discover Milan for the first time or to go in depth in its culture and life with a lot of fun facts, curiosities and stories.

Join us at the Center or virtually from home to tour Milan!

Visit our website to register!
www.duxburyseniorcenter.org



Thursday, February 10
10:00 - 11:00 AM

DUXBURY SENIOR CENTER PRESENTS A **Zoom Room** WHAT IS A ZOOM ROOM?

A way to participate in one of our many virtual programs in a Senior Center classroom outfitted with Zoom Technology !

Call us at 781-934-5774, ext. 5703 or send an email to programs@duxburyseniorcenter.org with the name of the virtual program that you would like to attend and we will confirm availability.

ZOOM ROOMS ARE AVAILABLE FOR PROGRAMS SCHEDULED DURING NORMAL BUSINESS HOURS, HOWEVER, SPACE IS LIMITED.

Duxbury Clipper Meet the Editor!

Thursdays at 9:00 a.m. at the Center
Drop by!



Matthew Nadler has been editor of Duxbury's hometown paper for the past four years. Here is your chance to get to know him! **Thursday mornings the Center.**

Stop by for a cup of coffee and a chat with Duxbury's number one newsman!

Veterans News

February, 2022



The Department of Veterans Affairs (VA) is making available COVID-19 booster shots. Locations such as the VA hospital in Brockton will have select dates for you to access. You can check availability by calling 508-583-4500. If you have a primary care VA doctor contact their office as they will have access to the booster as well.

The VA has extended the presumptive period to December 31, 2026 for qualifying chronic illnesses acquired while serving in the Persian Gulf War. These include fatigue, headaches, joint pain, indigestion, insomnia, dizziness, respiratory disorders and memory problems. If you suffer from any of these conditions you should file a claim with the VA.

If you are receiving a VA disability rating, note that the amount you receive monthly increased beginning January, 2022.

The VA is reviewing the Burn Pit exposure claims from the Gulf War and is potentially significantly expanding the number of Veterans and illnesses eligible for compensation. The VA estimates that more than 3.5 million troops were exposed to toxic smoke from burn pits during overseas deployments over the past 20 years. Veterans who have taken out Federal Student Loans in the past, are eligible to file for “loan forgiveness” under the Department of Education.

If you are waiting on paperwork from the VA, be advised that their printing contractor is short of help and materials preventing them from timely response.

If you are a “Gray Area Retiree” there is a new myPay account for you. This site will allow you to receive timely information from DFAS by logging on to: www.dfas.mil/grayarea

Gold Star families, Veterans, and current active duty military now have free entrance to all National Parks. You will have to provide identification by showing a copy of your DD214 or VA healthcare card or state driver’s license stating you are a Veteran.

If you have questions about your military service or earned benefits, **contact the Duxbury Veterans’ Service Officer, Mike Thorp, at 781-934-5774 X 5740.**

LEGAL ADVICE

Most Fridays we offer complimentary appointments with local attorneys.

Please call **781-934-5774, ext. 5703** to schedule an appointment with an attorney. Appointments are approximately 15 minutes.



LIFE INSURANCE REVIEW AND LONG TERM CARE OPTIONS

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage?

Make an appointment by calling **781-934-5774, ext. 5703** to meet with Elaine Buonvicino, Independent Insurance Agent to review your existing Life Insurance Policy or Long Term Care Policy.

SHINE TELEPHONE CONSULTATIONS

Our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, Alan Rosenberg is scheduling telephone consultations by appointment on Wednesdays. He will call you at the scheduled time to answer questions or provide guidance on Medicare plans. To schedule an appointment call **781-934-5774 extension 5703.**

MEET WITH YOUR REPRESENTATIVES

Senator Patrick O’Connor will hold office hours monthly at the Duxbury Senior Center to hear concerns and answer questions on the **3rd Tuesday of the month from noon to 1:00 p.m.**

Representative Josh Cutler will be at the Duxbury Senior Center on the **2nd and 4th Fridays of each month from 9:00 a.m. to 10:00 a.m.**



Registration for the Spring 2022 Semester begins on Monday, February 14.

Online registration opens at 8:00 AM. Visit www.duxburyseniorcenter.org and click on Register for a Lifelong Learning Program. \$30 per class, payable to Town of Duxbury

Walk-in Registration Monday, February 14 and Tuesday, February 15 from 1-3 PM

#1. GREAT DECISIONS with Nancy Melia

Monday, 10:00 AM-11:30 AM

Starts March 7 through May 2 (8 sessions, No Class April 18)

#2. ARCHAEOLOGY OF ANCIENT ANATOLIA with Owen Doonan, PhD

Monday, 1:00 PM-3:00 PM

Starts March 7 through May 2 (VIRTUAL: 8 sessions, No Class April 18)

#3. CELEBRATING OUR ART HISTORY BY COMPARING HOMOSAPIENS' IMAGINATION AND CREATION OF HUMAN ART FROM ANCIENT TO MODERN TIMES with Evelyn Dunbar

Monday, 1:00 PM-2:30 PM

Starts March 7 through April 11 (6 sessions)

#4. READING SHAKESPEARE'S: ANTONY AND CLEOPATRA with Carrie Meier

Monday, 2:00 PM-3:00 PM

Starts March 21 through May 9 (7 sessions, No Class April 18)

#5. THE BRITISH INVASION – THE BEATLES AND BEYOND with Larry King

Monday, 3:00 PM-4:30 PM

Starts March 7 through April 11 (6 sessions)

#6. THE 60S THROUGH THE GREAT SPEECHES OF THE 60S with Buck Benedict

Tuesday, 9:30 AM-11:30 AM

Starts March 8 through April 26 (VIRTUAL: 8 sessions)

#7. CULTURAL CLASHES IN THE NEW YORKER with Gene Blanchard

Tuesday, 1:00 PM-2:30 PM

Starts March 8 through May 3 (VIRTUAL: 8 sessions, No Class April 5)

#8. FILM NOIR VI: A LOOK BACK AND A LOOK AHEAD with Carl Meier and Jon Lehman

Tuesday, 1:00 PM-3:30 PM

Starts March 8 through April 26 (8 sessions)

#9. THE LIFE AND TIMES OF P.L. TRAVERS with Beth Cameron-Kilbridge

Wednesday, 10:30 AM-12:00 PM Starts

March 9 through April 27 (8 sessions)

#10. THE OTHER PRESIDENTS' MEN with John Sullivan

Wednesday, 1:00-2:30 PM

Starts March 30 through May 4 (6 sessions)

#11. THE TRIALS AND TRIUMPHS OF THE LINCOLN PRESIDENCY with Peter Rapelye

Thursday, 9:30 AM-11:00 AM

Starts March 10 through April 14 (6 sessions)

#12. THE HEROES OF THREE GREAT AMERICAN NOVELS with Corinne Woodworth

Thursday, 1:30-3:00 PM

Starts April 7 through May 26 (8 sessions)

#13. HOT TOPICS ON BEACON HILL with Senator O'Connor & Representative Cutler

Friday, 10:30 AM-11:30 AM

Starts March 11 through April 15 (6 sessions)

The course brochure is available on our website. Printed copies are also available at the Senior Center.



Candy-grams

This Valentine's, let someone know you're thinking of them with a Candy-gram!

Between February 1-11th, call or stop by the Duxbury Senior Center to request a complimentary candy-gram to be delivered to someone you care about!

Deliveries are for Duxbury residents only

For questions please email
peganpoderigues@duxbury-ma.gov



Tuesday February 22, 2022

It's Twos- Day!!!!

Stop by the DSC and enjoy some Twosday fun.
Twosome Trivia, Two for One Mayflower Cafe
Specials and a *Twin Competition.

***Grab a friend and dress alike.
Prizes for best Twinning Team.**



Senior Spotlight: Bob Leatherbee

"Every month Duxbury Doings will feature an interview with someone in our community. Getting to know our friends and neighbors with Senior Spotlight!"

Q. Hikes, bog walks, bus excursions, Pea Pods, you are very active and social.

When you have downtime, how do you like to relax?

A. When I am not mowing and maintaining my lawn, bushes, flowers and trees, I enjoy reading.

Q. February 20th is World Love Your Pet Day. Tell us about your rescue pup Heidi.

A. I did not rescue Heidi, she rescued me. I am a dog person. After my dog Pepsi passed away at 16 years, I knew I had to get another. I picked out Heidi when she was only 13 days old. Every night after work I would go and spend an hour or more with her creating a bond. At 8 weeks she came home with me. It has been a blessing to watch her develop from a tiny puppy to the best adult dog.

Q. What is something most people don't know about you?

A. I collect and have built an operating Lionel O scale toy train layout that I regularly work on and improve.



THINKING AHEAD



It's time to think about your tax filings for the 2021 Tax Year!

The AARP Tax-Aide team is getting ready to help you with your tax return preparation for the upcoming tax season. **Make an appointment by calling a special Google Voice phone number 781-292-3270. When calling, leave your name, phone number, and the best time to reach you and a team member will get back in touch with you to schedule a specific date and time.** Once the appointment has been scheduled, you will be able to **pick up your tax packet at the Center**, containing instructions, an intake/interview questionnaire, and other forms to be completed beforehand.

The team will be operating at the COA on Wednesdays, Thursdays, and Fridays throughout the season with a planned start date of Wednesday, February 9th. Due to the surge in COVID related cases, **tentatively plan on 2 visits.** The first visit will be to review your documents and related paperwork and clarify certain details. During the second visit, a member will review the completed return with you, obtain your permission to E file, and provide a copy of the Federal and MA tax filings for your records. If the pandemic situation improves, then it may be possible to have your return finished in one visit.

WHAT'S NEXT FOR SENIOR HOUSING?

Learn more about the **Green House Project** – an unique option for housing that is making strides in New England

FEBRUARY 15 AT 11 A.M. ON ZOOM!



Navigator Elder Homes will present an **informational meeting** describing their mission for senior housing and showcasing some of the work they have done on Martha's Vineyard and throughout Massachusetts.



Go to Duxburyseniorcenter.org and click Register for a Program.

DAILY & MEDICAL TRANSPORTATION



FREE Rides beginning January 1, 2022!

Thanks to the generosity of the Friends of the COA, **transportation is FREE for Duxbury residents traveling within Duxbury, or to and from Kingston, Marshfield and Plymouth (for all daily and medical transportation).** The service requires 48-hours advance notice by calling **781-934-5774 ext. 5741.**

For medical rides, we recommend that you call to request transportation as soon as you make an appointment as our services does fill quickly. You will be given an approximate pick-up time. Please be ready at least 15 minutes before the scheduled time. The bus may arrive 15 minutes before or after this scheduled time. We appreciate your patience.

If you have other transportation needs beyond this area, please call Suzanne Errasti at 781-934-5774, ext. 5741.

DON'T MISS OUT

Tuesday March 8th at 1:00pm

In honor of National Women's Day
join us on Zoom for

*The Not-So-Good Life of the
Colonial Goodwife*



Discover what life was really like for New England's colonial women – because we've always been curious about: menstruation, sex, birth control, childbirth, sickness, and medicine.

*To register go to
duxburyseniorcenter.org and click
on "register for a program"*

HERE'S SOME GOOD NEWS

Spring Lifelong Learning

Registration will begin
Monday, February 14

Exciting new classes, new instructors, returning favorites!

**A complete list of classes will be posted
on our website by Feb. 1 ~
duxburyseniorcenter.org**

Online Registration:
Visit our website and click
on Register for a Lifelong
Learning Program!

Senior Safety Series

Important safety programs – Held at the Duxbury Senior Center

Feb 8 **What You Need To Know About
Energy and Utility Delivery**
from the Office of the Attorney General

11 AM The presentation provides an overview on competitive electric suppliers, types of energy delivery services in Massachusetts, and consumer protection tips to avoid issues and make smart decisions.



Visit our website to register for this free,
educational program.
www.duxburyseniorcenter.org 781-934-5774, ext. 5703

Pool Benefit

At Plymouth Fitness

**Seniors are invited to use
the pool for open swim
and Aqua Fit classes.**

*We accept payment for 1-10 pool visits by cash
or check made payable to Town of Duxbury.*

**Guests must check
in at Plymouth
Fitness before
heading to the pool.
Each visit will
"count down" from
their total paid
visits.**

**Payments are non-refundable
and
non-transferable.**

**The cost is
\$8 per visit**



It is the mission of the Friends to assist the Council on Aging in providing services, resources, and activities for seniors in the Town of Duxbury; enriching the programs of the Duxbury Council on Aging; and raising, holding, and dispensing funds for the accomplishment of the goals of the Council on Aging.

<i>Name of Donor</i>	<i>In Memory of</i>	<i>In Honor of</i>
The Keosaian Family	Nishan Jafferian	
Bob and Mary Schiess	Elaine Hall	

*The 2021 Annual Fund is in the mail!
Please support the Duxbury Senior Center
with your most generous donation today!*

Donate to the Friends!

It's more important than ever to support the Friends of the Council on Aging so that we can make sure we serve the older adults in our community *when they need it the most*.

The Friends on the Council on Aging no longer requires membership fees, but there are several ways you can donate.

Online: Go to www.duxburyseniorcenter.org and click **Donate**.

By check: Made out to *Friends of Duxbury COA* and mailed to 10 Mayflower Street, Duxbury Ma.

We hope to see you at these fundraisers:

Duxbury COA Golf Outing, 2022

Duxbury Half Marathon, April 2, 2022

Annual Appeal, November, 2021

For more information on these events, go to duxburyseniorcenter.org or call 781-934-5774.

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Please consider naming the Friends as a beneficiary under your will or planned giving instrument.

The beneficiary should be designated as: Friends of the Duxbury Council on Aging, Inc., a 501 © (3) corporation organized under the laws of the Commonwealth of Massachusetts and having a principal address at 10 Mayflower St., Duxbury, MA 02332.

Call today for a tour!



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 - Physical, Occupational, Speech Therapy
 - Long Term Skilled Nursing Care
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- www.banecare.com



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10 Mayflower Street
Duxbury, MA 02332

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Friends of the
Council on Aging.



COUNCIL ON AGING MISSION STATEMENT

To empower older adults to age well, engage in the community, and enrich their lives.

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Mike Halloran
William Kearney
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Sharon Cronin

Veterans' Service Officer
Mike Thorp x 5740
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Professional Appointments x 5703
SHINE, Attorney Appointments

Lifelong Learning x 5701