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Senior Centers



January 2022



Plymouth Center for Active Living

44 Nook Road, Plymouth, MA 02360

Phone: (508) 830-4230

Business Hours: Monday-Friday, 8:00am-4:00pm

MISSION STATEMENT

To provide our community with a safe, trusted, physical and virtual environment where information and access to programs and services foster a healthy and vital lifestyle throughout the aging process.

Constant Contact

bhadfield@plymouth-ma.gov

Please be sure we have your email address so you can access Constant Contact weekly to stay updated on current events. We send out this weekly email to remind you of events you want to attend during the month. Although this is not spam, please check your spam inbox if you don't receive the email.

Volunteer Constant Contact CAL Events Editor:

Frank O'Brien

Volunteer Constant Contact Community Events Editor:

Carol Harper

Cover Art by Larry Altrich

Just Around The Bend

"Photography helps me (and hopefully others) to see the awe-inspiring landscapes of the world as well as the power of a moment in time. The lens of my camera and connection to a photography club has helped me to hone my craft, connect with others with the same passion, and share moments that many might ordinarily pass on by."

-Larry Altrich

Visit us online at:

www.plymouth-ma.gov/center-active-living
-OR- www.facebook.com/COAPlymouth

To find our channel on Youtube, search:
Center for Active Living (CAL) Plymouth, MA

Look for our logo:



To find our **Nook News** video playlist on Youtube, search: **Nook News**

To find our **Delicious and Nutritious** video playlist on Youtube, search: **PACTV Delicious and Nutritious**

Current state information: www.mass.gov

Massachusetts Councils on Aging information:

www.mcoonline.com

CDC website: www.cdc.gov

Newsletter Designer: Michelle Mosesso-Antonuccio

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**Have a new or past program idea?
We would love to hear it! Please email
Beth Hadfield at bhadfield@plymouth-ma.gov**

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CAL Advisory Board

Marianne Kirby	Chairperson
Amy Naples	Vice Chair
Janice Capofreddi	Secretary
Pat Achorn, Elizabeth Cadigan, Kathy Castagna, Captain Manuel, Monica Mullin & Therese Mucci	Board Members

The Friends Board

Brenda Gellar	President
Patricia Janiak	Vice President
Steve Incropera	Treasurer
Maryann Tirella	Secretary
Barbara French & Betty Clough	Board Members
Karen Whipple & Sandra Smith	Board Members

IN-PERSON PROGRAMMING IS IN FULL SWING!

Per the Board of Health, masks are mandated for anyone entering the CAL or any town municipal building.

Registration and payment for all classes, programming, and activities is done through our online system, My Active Center!

Pre-registration and pre-payment is REQUIRED and can be done 1 of 3 ways:

1. From the comfort of your home **ON-LINE** through: <https://myactivecenter.com/>

If My Active Center does not take your payment it means the class is full.

2. In-person at the CAL at a **REGISTRATION STATION:**

Monday 10a – 12p, Tuesday 2:15p – 3:30p, Wednesday 11a -1p, and Thursday 2:15p – 3:30p

3. By calling our **REGISTRATION LINE** at 508-830-4230 ext. 115

(You may not register/ pre-pay by calling the front desk)

If you do not have online access, CAL is now offering an in-person **REGISTRATION STATION** for PAID programs: Mondays 10a – 12p, Tuesdays 2:15p – 3:30p, Wednesdays 11a -1p, and Thursdays 2:15p – 3:30p.

We are moving toward in person registration on *Registration Station Days*. Please start to put Registration Station times in your schedules to come and sign-up.

NO ENTRY WITHOUT PAYMENT BEFORE CLASS

CAL CREDIT POLICY:

If you are unable to attend a pre-paid class or activity, we require a **24 HOUR CANCELLATION NOTICE** prior to that class or activity in order for you to receive a **CREDIT** for that amount. Please note that CAL can only issue credits, and **cannot issue refunds** for events/classes you have paid for.

If you must cancel your attendance, we require that you call **(508) 830-4230 ext. 105** and leave a voicemail with your name, phone number, and activity you are cancelling 24 hours in advance to receive a credit. Please do **NOT** leave a voicemail at any other extension, as we will be unable to process your request! If we do not receive a 24 hour notice at the above voicemail extension, you will not receive a credit for that pre-paid activity.

For the full cancellation credit policy please contact the CAL.

Thank you for your cooperation!

All PAID programs require registration and/or payment which can be done through **MYACTIVECENTER.COM**

All programs are now held IN-PERSON ONLY, unless otherwise indicated.


We will be closed January 17th.

HEALTH, FITNESS & WELLNESS

MONDAYS

The Magic Muscle Workout with Janet Enos	Mondays, 9:00am-10:00am	\$7 per class	Strength training using gradual weight progression. This class combines balance, strength, gait and abdominal stability with energizing upbeat music. Take control and lead the life you want. Be stronger inside and out! Minimum of 8 participants to hold class.
Leslie Romano's Mindful Movement	Mondays, 10:30am-11:15am	\$6 per class	This program utilizes movements from Tai Chi, Pilates, and basic barre (with NO IMPACT), improving posture/balance, flexibility/range of motion, and core strength. For beginner and advanced participants.
Cyndi Sweetser's Mindfulness	Mondays, 1:00pm-2:30pm	\$7 per class	Mindfulness is a meditation practice that improves our physical, mental, spiritual, and emotional health. This class begins with a weekly topic followed by a 20-minute meditation, and ends with a group discussion.

TUESDAYS

At Home Hearing Healthcare with Lauren Warburton	2nd & 4th Tuesdays* each month, 10:00am-12:00pm	Free	Lauren Warburton provides hearing aid screenings, cleanings, and a video ear exam in this service. It is by appointment only. Please call CAL to schedule your appointment. *Tuesday, January 11th & 25th
Line Dancing with Dotty	Tuesdays, 10:00am	\$5 per class	Choreographed dance routines with repeated sequences of simple steps, in which a group of people, standing in lines, perform the steps in unison to music. No partner needed. Wear proper footwear.
Breathing Lessons with Barbara Ward (Zoom only) 	Tuesdays, 11:00am-11:30am	Free	When we breathe with conscious awareness, we're fully alive in the present moment. Join Barbara, Director of The Yoga Connection) in this practice that will inspire you and ease your anxiety in these challenging times for mental & physical health. Registration required for Zoom link.


WEDNESDAYS

Blood Pressure Clinic with Marguerite	Wednesday, Jan. 12th 10:30am	Free	Stop in and see Nurse Margaurite once a month for a blood pressure check-in! The second Wednesday each month.
Yoga for Every Body with Kelly Pearson	Wednesdays, 11:15am-12:15pm	\$5 per class	Accessible for most people and structured so it can be practiced from a chair or on the floor, this class improves flexibility, strength, and body-mind connection.
Zumba ® with Sharon Dwelley	Wednesdays, 1:00pm	\$5 per class	Zumba ® is a fitness program that combines fast-tempo music with dance moves. It helps improve cardiovascular fitness by alternating fast and slow rhythms.
Qi Gong with Katheryn Demers	Wednesdays, 3:00pm	\$5 per class	Qi Gong wellness methods formed early Chinese medicine and are still considered an essential part of modern Traditional Chinese Medicine. This practice combines movement, meditation, and breathing.

THURSDAYS

Tai Chi	Thursdays, 9:00am	Free	Practice Tai Chi, 'Yang' style with like-minded people. The peer-led, peer-run class will be facilitated by students experienced in the art of Tai Chi.
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FRIDAYS

Pedicare	3rd Friday each month (Jan. 21st), 9:00am-3:00pm	\$35 for a 30-minute appt.	A professional takes care of cutting toenails and caring for the feet. This service is by appointment only. Please call CAL to schedule your appointment.
Sit & Get Fit with Sally Gwin	Fridays, 10:00am-10:45am	\$5 per class	This workout is performed in and around a chair to motivating music, improving muscle tone and balance. Participants can bring their own optional weights and should have water.
Beltone Hearing Aid Centers with Jennifer Natale	Friday, January 7th 10:00am-11:00am	Free	Beltone Hearing Aid Centers will be hosting appointments at CAL for people with Beltone hearing aids who need cleanings and adjustments. Please call CAL to schedule your appointment.
Sweat with Wendy Weiser	Fridays, 11:30am-12:30pm	\$6 per class	Sweat starts with a fun, feel-good cardio, moves into balance and strength work, and finishes with a relaxing stretch. It offers progressions for all fitness levels. Please wear sneakers, and bring water and a yoga mat.
Zumba Gold with Debbie Rafferty 	Fridays, 8:45am	\$5 per class	ZUMBA ®GOLD is a dance fitness program specifically designed to take the rhythms of both Latin & International Dance and bring to the active older adult and beginner participant. The choreographed routines include cardio, muscle conditioning, balance, and flexibility. (4)



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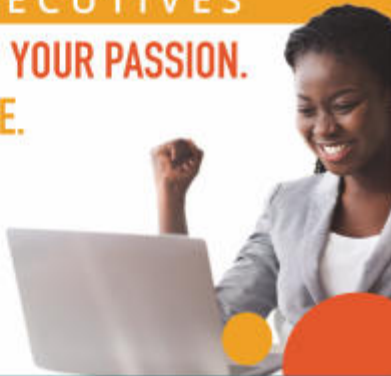
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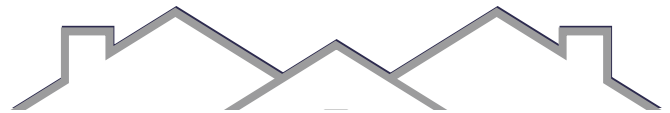
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www.4lpi.com/careers



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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiconmunities.com Plymouth Council on Aging, Plymouth, MA 04-0714

MIX & MINGLE

MONDAYS

Women's Morning Discussion	Mondays, 9:30am	Free	A group for, about, and coordinated by women who want to come together and share discussions on subjects of mutual interest. Drop-ins welcome.
Dine-In Lunch Program	Mon, Wed, & Fri, 11:30am-12:30pm	\$4	LUNCH STARTS PROMPTLY AT 11:30AM * Kitchen closes at Noon! See Menu on page 15.
Hot Topic Intergenerational Debate Group	2nd & 4th Monday each month (Jan. 10th & Jan. 24th)	Free	Brooke Holmes hosts this debate with students of Plymouth North High School, discussing current topics in the news. Drop-ins welcome.

TUESDAYS

Hot Topic Discussion Group (Zoom only)	Tuesdays, 10:00am	Free	John Christiansen & Dan O'Leary host this group to exchange ideas on topics of mutual interest. Last meeting each month will be a TED Talk viewing and discussion! Please check Constant Contact's weekly email for your Zoom code.
Bingo on Zoom only with Cindy Forte	Tuesdays, 12:00pm	Free	For those who prefer to participate virtually, held every Tuesday each month. Contact Beth Hadfield for your bingo card.
Trivia Challenge	Tuesday, Jan. 4th 1:00pm	Free	It's National Trivia Day! Join us and test your skills in our trivia challenge. See page 8 for more info.
South and Nook Book Club & Chat	Tuesday, Jan. 18th 11:00am-12:00pm	Free	This book club is held in partnership with Plymouth Public Library. January's book: <i>The Book Charmer</i> by Karen Hawkins. In-person or Zoom.
Musical Entertainment with Bob Sylvia	Tuesday, Jan. 25th 1:00pm	Free	One Man Band will be here for your listening enjoyment. Enjoy the toe-tapping, hand clapping reeditions of Irish, Oldies, Pop and American Nostalgia musical genre. See page 8 for more info.
Bingo	Will be back in 2022!		In-person bingo is taking a hiatus. Please check our 2022 schedule for updates.

WEDNESDAYS

Dine-In Lunch Program	Mon, Wed, & Fri, 11:30am-12:30pm	\$4	LUNCH STARTS PROMPTLY AT 11:30AM * Kitchen closes at Noon! See Menu on page 15.
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THURSDAYS

CAL's Select Board Liaison Henry Helm	4th Thursday each month	Free	Select Board Liaison Harry Helm is back! This is now a monthly event. Drop-
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FRIDAYS

Men's Morning Discussion	Fridays, 9:00am	Free	This thought-provoking discussion of world and personal issues is for men, by men. Drop-ins welcome.
Dine-In Lunch Program	Mon, Wed, & Fri, 11:30am-12:30pm	\$4	LUNCH STARTS PROMPTLY AT 11:30AM * Kitchen closes at Noon! See Menu on page 15.
Friday Food Shopping	Fridays, 12:00pm	Free	Come "shopping" at the CAL on Fridays at noon. We get some amazing donations from South Shore Community Action Council (SSCAC) and we share the wealth. Stop by to socialize, chat about recipes and catch up with friends while waiting your turn to "shop". In-person only.



COMMUNITY OUTREACH & EDUCATION

Healthy Eating	2nd Thursday each	Free	Dietician Marcia Richards will host this Zoom program detailing how to make
Breakfast at CAL with the PPD	1st Friday each month (Dec. 3rd), 9:00am	\$4	Share breakfast with the Plymouth Police Department, who will join us the first Friday each month. Registration required. CASH ONLY!
Delicious & Nutritious (Zoom only)	Date TBD at 10:00am	Free	Chef Jerry Levine will prepare a delicious food item and Marcia Richards MED RD MCHES; Registered Dietitian/Community Liaison for BID-Plymouth, will discuss the health benefits of each recipe. Registration required for Zoom link.
State Representative Matt Muratore	3rd Thursday every other month, 10:30am	Free	State Rep. Matt Muratore will be visiting the CAL on a regular schedule every other month; January, March, May, July, September, and November. Stop by & listen to the updates & info that he shares and bring your questions or concerns. Registration appreciated, Drop-ins welcome.
State Representative Kathy LaNatra	3rd Thursday every other month, 10:30am	Free	State Rep. Kathy LaNatra will be visiting the CAL on a regular schedule every other month; February, April, June, August, October and December. Stop by & listen to her discussions, bring issues to discuss & hear updates from the State house. Registration appreciated, Drop-ins welcome.
Literary Chowder Massachusetts Author Series	Thurs, Jan .13th at 1:00pm	Free	Our new series of Author Talks is called 'Literary Chowder'. Dzvinia Orłowsky will be our first presenter. You will have an opportunity to purchase her books at the end of the discussion. Registration appreciated, Drop-ins welcome!

ARTS & CRAFTS

Intermediate Pottery with Sue Lynch	Tuesdays, 9:00am-11:30am 	\$10 per class	Hand-building pottery projects done independently with guidance from the instructor.
Beginner Pottery with Sue Lynch 	Thursdays, 9:00am-11:30am	\$10 per class	This beginner class will teach basics with the hand building method and simple projects.
Watercolor Painting w/ Cindi Walsh-Hamlin	Wednesdays, 10:00am-12:30pm	\$10 per class	Learn technique, color mixing, light, composition, brush work & design. All levels welcome.
Knitting	Wednesdays, 12:45pm-4:00pm	Free	Bring your craft in progress, work on something new, and share great conversation with friends. Drop-ins welcome!
Swedish Weaving with Eileen	Friday, Jan. 14th, 10:00am 		Swedish Weaving aka Huck Embroidery is needle art. Using embroidery floss you can create borders for Huck towels, throws, baby blankets, pillows and more. Registration requested, Drop-ins welcome.

SUPPORT

Support After Loss, A Path Towards Healing	Tuesday, Jan. 4th 1:30pm-2:30pm 	Free	This monthly grief support group for adults is open to anyone who has lost a spouse, life partner, parent, sibling, family member or close friend. Will be meeting the first Tuesday each month. See page 8 for more info.
Alzheimer's Monthly Support with Maureen Bradley	3rd Wed. each month (Jan. 19th), 2:00pm	Free	This group is for caregivers, family, & others dealing with Alzheimer's and dementia. Led by Maureen Bradley (LPN/ CDP/ TAD), participants learn with & from people who are facing the same challenges. Drop-ins welcome.
A Mothers Tea 	Wednesday, Jan. 26th 2:00pm	Free	A Peer Support Group for Mother's who have lost children.
Grandparents Raising Grandchildren	Thursdays, 10:00am	Free	Support for grandparents to find answers and solutions for the life-altering situation of raising a grandchild. Come for compassion, wisdom, and understanding. Drop-ins welcome.

CONSULTATIONS

Our Social/Outreach Workers are now taking in-person appointments. Please call April Thompson (ext. 106) or Lindsay Reik (ext. 116) directly at (508) 830-4230 to schedule your appointment.
GATRA I.D.'s will take place the 2nd Tuesday each month from 12:30pm-2:30pm. Please call to schedule your appointment. To qualify for GATRA Dial-A-Ride, you must be 60+ or have an approved ADA Application. If you are 65+, you're eligible for a senior discount on an MBTA Charlie Card. This is printed on the back of the GATRA I.D.


PROFESSIONAL CONSULTATIONS

All initial legal and financial consults are free. Notary and SHINE appointments are always free.

LEGAL

Attorney Kristin Muratore ~ <i>by appointment only</i>	2nd Thursday each month, 2:00pm-4:00pm
Attorney David Kiley from Triffletti & Costa ~ <i>by appointment only</i>	3rd Thursday each month, 2:00pm-4:00pm

FINANCIAL

Sandy Childs, Financial Advisor at Edward Jones / Retirement Specialist Sandy focuses on retirement concerns for women, but men also.	1st Thursday each month, 2:00pm-4:00pm <i>by appointment only</i>
"Your kids don't want your stuff!" and Real Estate Consultation - January's agent: Ellen Johnson, Coldwell Banker  A professional answers your questions about downsizing, renting vs. owning, and what to consider when preparing to sell your home.	4th Thursday each month, 1:00pm <i>*Real estate agents will vary each month OPEN DISCUSSION</i>
Notary Services ~ <i>by appointment only</i>	Call (508) 830-4230 for more information
SHINE (Serving the Health Insurance Needs of Everyone) ~ Assists with Medicare, MassHealth, & other health insurance information.	Call (508) 830-4230 for more information <i>~by appointment only</i>

SPECIAL EVENTS



TRIVIA CHALLENGE

It's National Trivia Day! Join us and test your skills in our trivia challenge.
Space is limited, Registration required.

Tuesday, January 4th at 1:00pm • *in-person only* • Free



SUPPORT AFTER LOSS, A PATH TOWARDS HEALING

This monthly grief support group for adults is open to anyone who has lost a spouse, life partner, parent, sibling, family member or close friend. It will offer a safe and supportive place for you to receive education on the grief process, to share your experience of loss with others and move toward healing and hope in a confidential and supportive environment. Will be meeting the first Tuesday each month. **Registration appreciated; Drop-ins welcome.**

Tuesday, January 4th at 1:30pm - 2:30pm • *in-person only* • Free



LITERARY CHOWDER

MASSACHUSETTS AUTHORS SERIES with *Dzvinia Orlowsky*

Join us for our first in the series of Author Talks called 'Literary Chowder'. Dzvinia Orlowsky will be our first presenter. You will also have an opportunity to purchase her books at the end of the discussion. **Registration appreciated, Drop-ins welcome!**

Thursday, January 13th at 1:00pm • *in-person only* • Free



SWEDISH WEAVING with *Eileen*

Swedish Weaving aka Huck Embroidery is needle art. Using embroidery floss you can create borders for Huck towels, throws, baby blankets, pillows and many more other items. Stop by the Art Room and find out what our newest art class offering will be. **Registration appreciated, Drop-ins welcome!**

Friday, January 14th at 10:00am • *in-person only* • Free



MUSICAL ENTERTAINMENT

with *Bob Sylvia*

One Man Band will be here for your listening enjoyment. Enjoy the toe-tapping, hand clapping reeditions of Irish, Oldies, Pop and American Nostalgia musical genre. **Registration appreciated; Drop-ins welcome.**

Tuesday, January 25th at 1:00pm • *in-person only* • Free



A MOTHERS TEA

A Peer Support Group for Mother's who have lost their children.
Registration appreciated; Drop-ins welcome.

Wednesday, January 26th at 2:00pm • *in-person only* • Free

Plymouth Center for Active Living Staff Door Decorating Contest



Ginnie



Beth & PNHS
Volunteer Bella



April



Lindsay



Caitlyn



Cynthia



Coming Attractions Spring '22

ACT 3 Players

*Plymouth Center for Active Living will be offering a new
THEATRE program for our active community!*

From no theatre experience to seasoned theatre actors, all are welcome.

*This spring you will have a blast rehearsing and performing in our new ACT 3 Players troupe!
Stay tuned for more exciting program information in February's newsletter!*

AARP Tax-Aide Program for 2022 Income Tax Preparation Assistance Guide- lines

The AARP Tax-Aide Foundation will be providing volunteers trained to assist low- and moderate-income residents, with a particular focus on those 60 and older, in filing their federal and state (MA only) income tax returns this year. The Plymouth Center for Active Living (CAL) is providing space for the Tax-Aide Program. Volunteers will assist you in completing your tax returns and will work with you while the tax returns are prepared, reviewed and filed.

Although the IRS has not announced the specific date when it will start accepting 2021 returns, the Plymouth Tax-Aide volunteers plan to begin work the first week of February 2022. **You can make an appointment by calling the Plymouth CAL at 508-830-4230 beginning on January 24, 2022.** All appointments will be scheduled for one hour. You should plan to arrive 15 minutes before your appointment time. Also, please be aware that your appointment may take 90 minutes or more.

We encourage you to pick up an "intake sheet" at the Plymouth CAL any time prior to your scheduled appointment. A client facilitator will review your completed "intake sheet" when you arrive for your appointment during the 15 minutes prior to your appointment time. **Everyone MUST complete a NEW intake sheet even if you did one last year. This is an IRS requirement; we cannot waive it. We will provide assistance if you find the intake sheet difficult, but it must be completed or we cannot do your return.**

Please bring your spouse if filing jointly and a copy of the following items:

- Your Social Security Card and photo ID (and your spouse's if applicable)
 - Social Security cards for all dependents you are claiming
 - All W2's, 1099 forms, and other tax-related documents for 2021
 - Mortgage Interest Statements for 2021, if any
- Medical Expenses if they exceed 7.5% of your 2021 income (Please total expenses by category before your appointment)
 - Charitable contributions for which you have a receipt or written record
- All paid receipts for your real estate taxes paid in 2021 – these are required if you are applying for the Senior Circuit Breaker rebate. You can obtain copies of these receipts at Plymouth Town Hall if you cannot find them.

BE SURE TO BRING A COPY OF YOUR 2020 FEDERAL & STATE INCOME TAXES



REGIONAL TV GUIDE FOR PACTV SENIOR PROGRAMMING

COMMUNITY CHANNEL PROGRAMS

(Comcast Channel 13 / Verizon Channel 43)

Monday	5:00am & 12:00pm 8:00am 11:00am	Senior Friendly Exercise Kay Talks Entertainment Programming
Tuesday	5:00am & 12:00pm 1:00pm & 7:00pm 2:00pm 7:30pm	Tai Chi Education Programming Kay Talks Cooking as Self Care
Wednesday	5:00am & 12:00pm 10:00am 1:00pm	Chair Exercise Mindfulness Senior Safety with Plymouth County Sheriff/DA
Thursday	5:00am & 12:00pm	Yoga
Friday	5:00am & 12:00pm 11:00am	Senior Friendly Exercise Kay Talks
Saturday	5:00am & 12:00pm 5:00am 12:30pm	Mindfulness Tai Chi Cooking as Self Care

GOVERNMENT CHANNEL PROGRAMS

Plymouth	(Comcast Channel 15 / Verizon Channel 47)
Duxbury	(Comcast Channel 15 / Verizon Channel 39)
Kingston	(Comcast Channel 15 / Verizon Channel 42)
Pembroke	(Comcast Channel 15)

Delicious & Nutritious can be seen on the following government channels:

Plymouth	Mondays at 1:30pm; Tuesdays & Thursdays at 8:00am & 3:30pm
Duxbury	Tuesdays & Thursdays at 8:00am & 5:00pm
Kingston	Tuesdays & Thursdays at 10:00am
Pembroke	Mondays, Wednesdays, & Fridays at 8:00am & 5:00pm; Tuesdays & Thursdays at 11:30am

*Nook News with Plymouth Center for Active Living
can be seen on the Plymouth government channel:*

Mondays & Fridays at 8:00am, 12:00pm, & 5:30pm
Tuesdays & Thursdays at 12:00pm
Wednesdays at 8:00am & 5:30pm

**Programs subject to change.*



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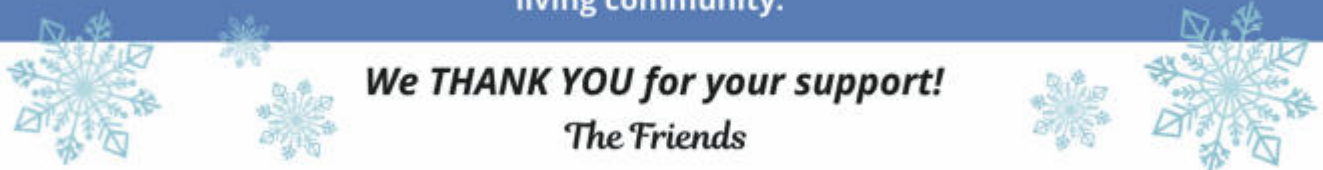
2022 ANNUAL MEMBERSHIP DRIVE

It has been so great to see so many of your “smiling eyes” at the CAL this winter. We hope your holidays are filled with joy and love. Now that January is upon us, it’s time for our annual membership drive. We hope you will consider joining the Friends, coming to our monthly meetings, helping out at our gift shop or volunteering for a particular fundraising event.

The Friends of PCAL is a group of volunteers dedicated to the Seniors of Plymouth. Through our fundraising efforts, we strive to raise money to support and fund the programs you enjoy throughout the year and support Seniors in our community with profound need.

Without the Friends, there would be no entertainment, educational programs and gift shop. So please, consider joining the Friends of the Plymouth COA and supporting Plymouth seniors.

There are several options for supporting the Friends of the Plymouth CAL. Please choose your support level on the application which is attached (or pick up an application at Timeless Treasures. You may send your check to the address below or drop it off at the Gift Shop. Your continued financial support helps sustain our Friends Organization and benefits our active living community.



We THANK YOU for your support!
The Friends

If you choose to join now, please fill out the Membership Application below.

Please check which membership level you are interested in:

- FRIEND MEMBERSHIP \$10.00 Donation
- FRIENDS SILVER MEMBERSHIP \$25.00 discounted pool passes
- FRIENDS GOLD MEMBERSHIP \$ 50.00 discounted pool passes
- FRIENDS PLATINUM MEMBERSHIP \$100.00 discounted pool passes
- CORPORATE FRIENDS MEMBERSHIP \$200.00 includes additional benefits

Name: _____ Today’s Date: _____

Address: _____

E-mail: _____ Phone: _____

Dues: \$ _____ Additional Donation \$ _____ TOTAL INCLUDED: _____

Please make checks payable to [Friends of Plymouth COA](#)

Drop off at the CAL Front Desk or mail to:

Plymouth Center for Active Living; Friends of PCOA; 44 Nook Road, Plymouth MA 02360

Phone: (508) 830- 4230 email: friendsoftheplymouthcoa@gmail.com website: www.fopcoa.com

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Dine-In Lunch Program

Meals will be \$4 (non-refundable and subject to change). Pre-registration and pre-payment is REQUIRED and can be done 1 of 2 ways:

1. In-person at the CAL at a **REGISTRATION STATION:**
Monday 10a – 12p, Tuesday 2:15p – 3:30p, Wednesday 11a -1p, and Thursday 2:15p – 3:30p
2. By calling our **REGISTRATION LINE** at 508-830-4230 ext.115 (You may not register/ pre-pay by calling the front desk)

Lunch served promptly at 11:30am — Kitchen closes at Noon!

<i>January 2022</i>				
Plymouth Bay Catering				
Marshland 3A				
Home Baked Treats by Sarah				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Vegetable Lasagna and Salad 	6 	7
10 Shepard's Pie 	11	12 Chicken Parmesan with Vegetable Medley	13	14 Homemade Sloppy Joes, Not-your-mamas Coleslaw, Wholegrain Choc Chip Cookies
17	18	19 Chicken Cacciatore with Caesar Salad	20 	21 Homemade Chicken Noodle Soup, Potato Celery Root Cheese Bread, Choc Cream Cheese Brownies
24 Chicken Broccoli Penne	25	26 Pulled Pork with Parmesan Potatoes	27	28 Grilled Cheese w/ Manchego, Gouda & Caramelized Onion Melange, Pasta Salad, Lemon Raspberry Jelly Roll
31				

STAFF SPOTLIGHT



Michelle Bratti, Director of Elder Affairs

Michelle Bratti is our staff spotlight this month. She is our Director of Elder Affairs.

‘I have worked for the Town of Plymouth for almost 3 years, the first 3 months as a CAL Social Outreach Worker and then Director. I was a therapist for close to 30 years, working primarily with trauma-based children and families. The transition to the senior population has been amazing, and the therapy hat has come in handy in this role. I live in Plymouth with my husband of 32 years -we have one daughter who also resides in Plymouth and a grand puppy named Maggie Mae. My family and friends mean everything to me! I love music, reading, college football and Plymouth. My door is ALWAYS open—I love my job and am so honored to be in this role!’

Around the Corner

with Michelle Bratti

"2022"

What do we need from you, 2022?

*We have a list that we want you to hear,
It starts with good health, peace, and cheer.
After those three you should begin to see...
Our needs are quite clear.*

*We don't want gifts of tangible things,
We would rather have laughter that carries and sings
We don't need strife, fear, or discord,
We would much rather have caring, united people on board*

*Although our patience is thin,
It is clear we should ask for more,
As we navigate continued stormy waters, ship to shore*

*We want freedom hugs and spontaneous crowds
Impromptu gatherings and breaths that bellow out loud
We want family and friends
Wall to wall
Elbow to elbow, room for all*

*We need to move towards safety and not rewind,
We need hard lessons learned to continue to remind,
We need multiple venues of positivity to find...*

Dear 2022, we need you to be kind.

All **PAID** programs require registration and/or payment which can be done through **MYACTIVECENTER.COM**

TRANSPORTATION SERVICES

Please note: Masks are still mandatory for all individuals on public and private transportation systems (both driver and passenger) in the State of Massachusetts. For more information, please visit www.mass.gov/info-details/covid-19-mask-requirements

CAL'S VOLUNTEER MEDICAL TRANSPORTATION PROGRAM!

We are so excited to announce that CAL's Volunteer Medical Transportation Program is back up and running! We've been working hard to rebuild this program and the Social/Outreach Department is currently accepting inquiries and/or requests pertaining to your medical transportation needs. Specific requests or inquiries about our Volunteer Medical Transportation Program can be directed to Lindsay Reik, Social/Outreach Worker at CAL.

Please keep in mind: the purpose of this program is to serve as a potential resource for a person in need of transportation to a medical appointment when ALL other options have been exhausted. This program is made possible by our wonderful volunteer drivers, and resumes with only a small percentage of the volunteers we previously had. A ride is never guaranteed as it depends on the availability of our volunteers.

GATRA ON DEMAND, GATRA DIAL-A-RIDE & FIXED ROUTE BUSES

Plymouth GATRA On Demand, also known as "GATRA Go": 508-301-7200

Provides same-day service within the designated geographical service area. This is not a reservation-type service; it is open for the general public to use. This free app can be downloaded to your phone by searching **TransLoc** through your app store. These rides are free until October 30th, 2021!

GATRA Dial-A-Ride: ADA Demand Responsive Service, Plymouth Area: 978-393-4404

This is an ADA Demand Responsive Service that provides accessible transportation to people who are otherwise unable to access public transportation resources such as fixed-bus routes. You can call ahead and make a reservation for curb-to-curb transport within a fixed region. Hours are Monday-Friday, 8:30am-4:30pm. In order to use Dial-A-Ride, you must be 60 or over, or have an eligible disability.

GATRA Public Fixed Route Buses, Plymouth Area Link

GATRA also has fixed route buses that run throughout Plymouth. You can call this number if you have questions: **978-393-4404** or **844-358-4422 (TOLL FREE)** or go to their website: www.gatra.org

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MOVIES

<i>At Middleton</i> (Comedy Romance) (2013)	Friday, Jan. 7th at 12:45pm	Two parents fall in love over the course of a single day while playing hooky from their children's college tour. Starring Andy Garcia and Vera Farmiga
<i>News of the World</i> (Action Drama) (2020)	Friday, Jan. 14th at 12:45pm	A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.
<i>The Mauritanian</i> (Drama Thriller) (2021)	Friday, Jan. 21st at 12:45pm	Mohamedou Ould Slahi fights for freedom after being detained and imprisoned without charge by the U.S. Government for years.
<i>Profile</i> (Mystery Thriller) 2021	Friday, Jan. 28th at 12:45pm	An undercover British journalist infiltrates the online propaganda channels of the so-called Islamic State, only to be sucked in by her recruiter.

GAMES

Drop-ins are welcome for games, but please register for Cribbage Club each week.

Dominoes	Mondays, 12:30pm-3:00pm
American Mahjong	Tuesdays, 12:30pm-4:00pm
Whist	Tuesdays, 12:30am-4:00pm

Train Dominoes	Wednesdays, 12:00pm-4:00pm
Cribbage Club	Wednesdays, 1:00pm
Chinese Mahjong	Thursdays, 12:30pm-4:00pm
Bridge	Thursdays, 12:30pm-4:00pm

VOLUNTEER CORNER

Do you want to do something that is satisfying and of great service to your community? Then why not become a CAL volunteer! The only qualification required is your desire to help.

MEALS ON WHEELS:

- Monday & Wednesday MOW regular route (South Plymouth Area)
- Back-Up Drivers

MEDICAL TRANSPORTATION:

- Medical Transportation Coordinators (flexible days and hours)

RANDOM POSITIONS:

- Food Donation Pick-Up (Mon & Fri at SSCAC)
- Food Donation Pick-Up (Wednesdays from BJ's)
- Back-Up Front Desk Volunteers (various days/hours)
- Registration Station Volunteers (hours/shifts vary)

If interested, please contact our Volunteer Coordinator **Ginnie Healey** at **(508) 830-4230 ext. 103**

VOLUNTEER OF THE MONTH

Charlie Tofuri



Charlie Tofuri (Chuckie Baby)! Chuck has been a valued member of the meals on wheels driving fleet since July of 2019. Chuck is reliable, always willing to help our other drivers with their routes. He will even come in early to help the MOW Prep team pack meals whenever necessary. Chuck is also a good friend to the community he serves on his routes, a friendly face which sometimes is the only face some of our recipients get to see all day! He loves to tell jokes and is always happy to discuss the "Red Sox"!! Chuck also helps the newsletter team getting them ready for delivery and getting them to the post office. I don't know what we would do without him!!! We love you Chucky Baby!! Thank you, Chuck for all you do for the CAL community!

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Thursday, January 27th at 1:00pm

Registration appreciated, Drop-ins welcome!

Friday Food Shopping

Every Friday at 12:00pm



Come "shopping" at CAL on Fridays at Noon for Friday Food Shopping! We get some amazing donations from **South Shore Community Action Council (SSCAC)** and want to share the wealth with all of you! We never know what delicious items will come our way each Friday, but we always have a good time socializing, talking about recipes to create with the items, and catching up with friends while waiting for your turn to "shop." Who knows, we may have a last minute ingredient you need for that homemade soup or sauce you are creating!



*Stop by CAL on Fridays,
grab a number, chat with your
peers, laugh a lot, and go home
with some extra items you
didn't have yesterday!*

In-person event only.

(20)