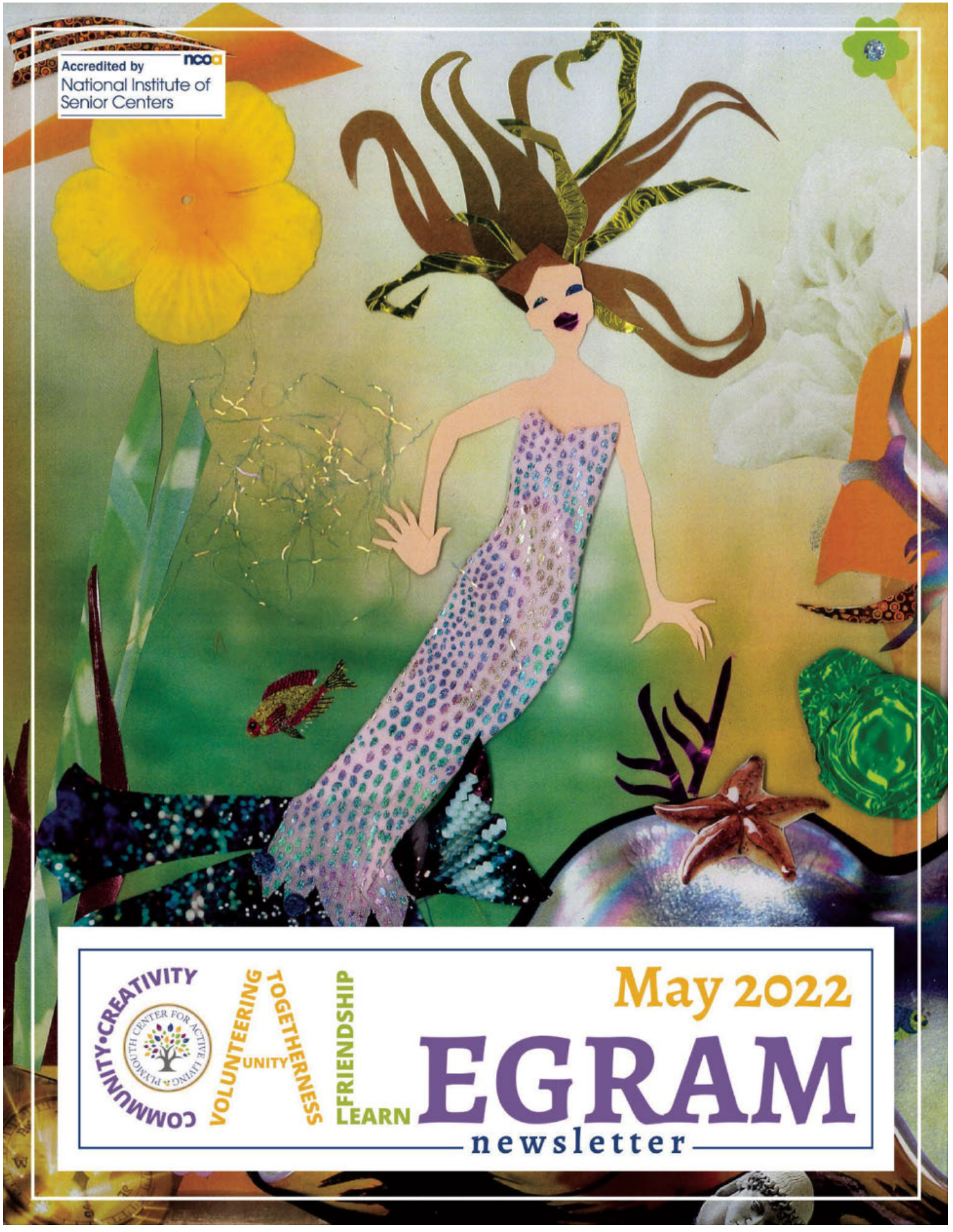


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May 2022

EGRAM

newsletter

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

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.

Volunteer Constant Contact CAL Events Editor:

Frank O'Brien

Volunteer Constant Contact Community Events Editor:

Carol Harper

Cover Art by Shari Polli

SPLASH

This art started when my girlfriend Gail and I tried to out-dazzle each other as kids when we made fashions for our paper dolls Betty Grable and Rita Hayworth. My mother made paste for us from flour and water. More recently I taught classes of brides in their detailed wedding gowns at a retirement community in Mesa, AZ. Besides paper, we used ribbons, lace, sequins, net, and small flat flowers so the pictures could be framed. I make the figures myself and love to cut hair styles, cute clothes, hands, and tiny shoes. When I get an idea, then the pictures seem to make themselves. It's part of the mystery and fun to see how they turn out. Each one is a surprise!! -Shari Polli

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:



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

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 the **REGISTRATION STATION**

3. **SELF SERVICE REGISTRATION STATION** in the Computer Lab

Newsletter Designer: Michelle Mosesso-Antonuccio

**This month we will be closed:
Monday, June 20th**

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Have a new 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

HEALTH, FITNESS & WELLNESS




MONDAYS

Cardio Dance & Toning with Debbie Rafferty	Mondays, 9:00am	\$5 per class	This full-body 55 minute workout is for beginner to experienced participants. It's choreographed dance to motivating music, from the low-impact warm-up to the cool-down. Included are intermittent toning routines using light weights (1-2 lbs. & optional) which enable the participant to improve muscle strength, endurance, flexibility and balance.
Cardio Combo Fun with Leslie Romano	Mondays, 10:00am	\$6 per class	This low-impact combination class is an efficient workout for all levels. Combining intervals of strength training & aerobic movements. A total body workout for any exercise level, building muscle & cardio endurance as well as strength. (Weights are optional and are available at the CAL)
Blood Pressure Clinic with Marguerite	Monday, June 6th 10:30am	Free	Stop in and see Nurse Margaurite once a month for a blood pressure check-in!
Leslie Romano's Mindful Movement	Mondays, 11:00am	\$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

The Magic Muscle Workout with Janet Enos	Tuesdays, 9:00am-10:00am	\$7 per class	Strength training using gradual weight progression. This class combines balance, strength, & abdominal stability with energizing upbeat music. Minimum of 8 participants to hold class.
At Home Hearing Healthcare with Lauren Warburton	2nd & 4th Tues* each month,	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, June 14th & June 28th
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	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

Barre with Samantha Cox 	Wednesdays, 10:00am Please bring a yoga mat.	\$6 per class	Barre class is a workout technique inspired by elements of ballet, yoga, and strengthening and creating long lean muscles. This full body workout can be modified if needed and helps with posture, balance, and creating a strong core to help protect the lower back. Held at Memorial Hall in the Blue Room. Free Parking @ St. Peters Church (if no funeral is in session).
Yoga Flow 	Wednesdays, 10:00am	\$5 per class	This class will focus on building strength & improving balance using slow flow yoga sequences. Yoga mats required; yoga blocks and blankets suggested, but not required. See page 4 for more info.
Yoga for Every Body with Kelly Pearson	Wednesdays, 11:15am-12:15pm	\$5 per class	Accessible for most and structured so it can be practiced from a chair or on the floor, this class improves flexibility, strength, and body-mind connection.
Boxing Fitness with Janet Enos 	Wednesdays, 11:15am	\$7 per class	Boxing Fitness is a total body workout building strength, coordination, stamina, balance, and fluid body motion. Upbeat music, great for all ages & Arthritis Foundation approved. Held at Memorial Hall in the Blue Room. Free Parking @ St. Peters Church (if no funeral is in session).
Zumba ® with Sharon Dwelley	Wednesdays, 1:00pm	\$5 per class	Zumba ® combines fast-tempo music with dance moves. It helps improve cardiovascular fitness by alternating fast and slow rhythms.
Qi Gong with Kathryn 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. Combining 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.
'Beyond Beginner' Line Dance with Dotty 	Thursdays, 3:00pm	\$5 per class	This is a beginner/improver level group with PREVIOUS EXPERIENCE. Minimum of 12 participants to hold the class. Starts May 12th. See page 4 for more info.

HEALTH, FITNESS & WELLNESS — continued

FRIDAYS

Zumba Gold with Debbie Rafferty	Fridays, 9:00am	\$5 per class	ZUMBA ®GOLD is a 55 minute dance fitness program specifically designed to take the rhythms of both Latin & International Dance. The choreographed routines include cardio, muscle conditioning, balance, and flexibility.
Pedicare	Friday, June 17th 9:00am-3:00pm	\$35/30- min appt.	A professional takes care of cutting toenails & caring for the feet. This service is by appointment only. Please call CAL to schedule at 508-830-4230.
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	Friday, June 3rd 10:00am-11:00am	Free	If you have a Beltone Hearing Aid, come by and have it checked and cleaned with Jennifer Natale. Please call CAL to schedule your appointment. First Friday each month.
Sweat with Wendy Weiser	Fridays, 11:30am-12:15pm	\$6 per class	SWEAT with Wendy is an “all in one” 45 minute workout. We begin with flowing, feel-good CARDIO, transition to standing STRENGTH and BALANCE utilizing dumbbells, then to the floor for continued strengthening and a relaxing STRETCH. An upbeat playlist ties it all together! Please bring your yoga mat and a smile.

SUNDAYS

Sunday Morning Mindfulness with Barbara Ward	Sundays, 9:00am (Zoom only)	Free	This class is appropriate for everyone, no experience necessary, join without expectations! Explore a new avenue to quell your anxiety and find the deeper place of peace. Must register by Friday for Zoom link.
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Health, Fitness & Wellness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Cardio Dance & Toning 9:00am	The Magic Muscle Workout 9:00am	Barre* 10:00am	Tai Chi 9:00am	Zumba Gold 9:00am	Sunday Morning Mindfulness 9:00am
Cardio Combo Fun 10:00am	At Home Hearing Healthcare June 7th & 21st 10:00am	Yoga Flow 10:00am	'Beyond Beginner' Line Dance 3:00pm	Pedicare June 17th 9:00am	
Blood Pressure Clinic June 6th 10:30am	Line Dancing 10:00am	Yoga for Every Body 11:15am	<div style="border: 1px solid black; padding: 5px; font-size: small;"> *Barre & Boxing Held at Memorial Hall in the Blue Room. Free Parking @ St. Peters Church (if no funeral is in session). </div> 	Sit & Get Fit 10:00am	
Leslie Romano's Mindful Movement 11:00am	Breathing Lessons 11:00am	Boxing Fitness* 11:15am		Beltone Hearing June 3rd 10:00am	
Cyndi Sweetser's Mindfulness 1:00pm		Zumba 1:00pm	Sweat 11:30am		
		Qi Gong 3:00pm			

Beyond Beginner Line Dance with Dotty • Thursdays at 3:00pm • \$5

This class is for dancers who have attended previous line dance classes and are familiar with Basic steps and simple variations. Using basic dance steps and variations, learn more intricate dances by choreographers from all over the world. Have fun while you improve your coordination, balance, posture, and rhythm and make new friends. Proper footwear necessary. (no boots, sandals, flip flops or sneakers -unless there is a medical reason). Minimum of 12 participants to hold the class. **Registration Required.**

Yoga Flow with Kelly

Every Wednesday at 11:00am

Participants in the Yoga Flow class will focus on building strength and improving balance using slow flow yoga sequences. Participants should bring a yoga mat and be prepared to move from seated poses to standing ones. This class is designed for people looking for a stronger yoga practice with options for standing flows and balance poses. Some experience is helpful, but not necessary. Yoga mats required; yoga blocks and blankets suggested, but not required.

Registration required. In-person only • \$5

Barre

with Samantha Cox
Every Wednesday at 10:00am

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates strengthening and creating long lean muscles. Barre is a low impact class that works on muscle isolation. You do not need any dance experience to participate. This full body workout can be modified if needed and helps with posture, balance, and creating a strong core to help protect the lower back. **This class will be held at Memorial Hall in the Blue Room.**

Registration required. In-person only • \$6

Boxing Fitness

with Janet Enos

with

Every Wednesday at 11:15am

Boxing Fitness is a total body workout building strength, coordination, stamina, balance, and fluid body motion. This class is done to upbeat music, great for all ages and Arthritis Foundation approved. Boxing isn't about hitting a human being; it is about hitting life square on the chin! Let's do this!

This class will be held at Memorial Hall in the Blue Room.

Registration required. In-person only • \$7

In-
(4)



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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.
Hot Topic Intergenerational Debate Group	2nd & 4th Monday (June 13th & June 27th) 2:15pm	Free	Brooke Holmes hosts this debate with students of Plymouth North High School, discussing current topics in the news.

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. Will resume June 14th.
South and Nook Book Club & Chat	Tuesday, July 19th 11:00am-12:00pm	Free	This book club is held in partnership with Plymouth Public Library. July book: <i>Sugarhouse Blues</i> By Mariah Stewart. Book pickup starting June 21st.
1st Summer Concert with Sean Fullerton	Tuesday, June 21st 5:00pm	Free	Enjoy "feel good" blues, soul, rock 'n' roll, and fingerstyle guitar! An ice cream truck will be available for purchasing snacks. See page 8 for more info.


THURSDAYS

Sound Dunes Swing Combo Concert	Thursday, June 2nd 1:00pm-2:30pm	Free	The Sound Dunes Swing Ensemble is a Cape Cod-based "Big Band" showcasing the music of the 30's, 40's, and 50's. See page 8 for more info.
CAL's Select Board Liaison Harry Helm	4th Thursday each month (June 23rd) 1:00pm	Free	Select Board Liaison Harry Helm will hold a monthly drop in event to discuss and answer your questions.
Dancing Joy with Dance Caliente	Thursday, June 9th 1:00pm-2:00pm	Free	Join Eileen-Herman Hassee and Rau; Nieves as they teach, explain, and show us how to dance caliente! Sponsored by The Friends. See page 8 for more info.

FRIDAYS

Men's Morning Discussion	Fridays, 9:00am	Free	This thought-provoking discussion of world and personal issues is for men, by men.
Shutterbug Digital Photography Club	2nd & 4th Friday, 9:00am -11:00am	Free	Members share and critique photos, go on field trips, get education and technique tips.
Friday Food Shopping	Fridays, 12:00pm	Free	We get some amazing donations from South Shore Community Action Council (SSCAC). Stop by to socialize, chat about recipes and catch up with friends.
CAL Dance Party	Friday, June 17th 2:00pm	Free	Come dance & enjoy your favorite music! Sponsored by The Friends.

COMMUNITY OUTREACH & EDUCATION

Choosing a Nursing Home with 2 Sisters	Tuesday, June 14th 1:00pm	Free	Learn what questions to ask and what to look for during the process of this very important decision. See page 9 for more info.
Senior Medicare Patrol	Tuesday, June 28th 1:00pm	Free	Providing info to Mass elders to make them aware and educate them on all the errors, fraud & abuse that occurs with Medicare. See page 9 for more info.
Free to Be You Support Group	Wednesdays, 10:00am-11:30am	Free	After completing 'Creating the Life You Want' you can join this group for continued support & encouragement. Drop-ins welcome.
Computer Talks with Roy Z	Wednesday, June 15th 1:00pm	Free	Join Roy to learn more about computers and technology. This months topic: "Malicious Content, Spyware, Viruses and more— How Can I Be Safe?"
Understanding Medicare	Thursday, June 9th 9:30am	Free	Medicare can be confusing. Join Fallon Health for a free educational presentation. See page 9 for more info.
World Elder Abuse Awareness Day March	Thursday, June 16th 10:30am-1:00pm	Free	Join OCES for a free March along Water Street in Plymouth to bring awareness to Elder Abuse. See page 9 for more info.
Who Was Paul Revere? with Richard Nichols	Thursday, June 23rd 10:30am	Free	Join us to gain an understanding of the many unknown facts about the life of Paul Revere. Sponsored by The Friends. See page 9 for more info.
Ask Bob 	Thursdays, 11:30am-12:30pm	Free	Bring your questions about computers, phone & technology. No class June 2nd & June 9th.
Literary Chowder Author Series	Thursday, June 23rd 2:00pm	Free	Join bestselling author, life coach and motivational speaker, Gayle Suzanne, as she talks about her book, It's In The Little Things. See page 8 for more info.
Breakfast at CAL with the PPD & Training	Friday, June 3rd 9:00am	Free	Share breakfast with the Plymouth Police Department, who will join us the first Friday each month. See page 8 for more info.
Delicious & Nutritious (Zoom only)	Friday, June 17th 10:00am	Free	This months recipe will be: Garlicky Shrimp Appetizer. The nutrition focus will be benefits of shellfish. Registration required for Zoom link.
Ribbon Cutting for the CAL Express	Friday, June 10th 10:30am	Free	Come celebrate the launch of the CAL Express. Tech support for app users & refreshments provided. See page 16 for more info.

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, 9:30am-1:30pm	\$10 per class	Learn technique, color mixing, light, composition, brush work & design. All levels welcome.
Knitting	Mon, 10:00-11:30am & Weds, 12:30-4:00pm	Free	Bring your craft in progress, work on something new, and share great conversation with friends.
Acrylic Painting with Cindi	Fridays, 9:30am-1:30pm	\$10 per class	Each project will teach technique, color mixing, light, composition, brush work, and design. New participants welcome.
Swedish Weaving with Eileen	Fridays, 10:00am	Cost of supplies	Using yarn you can create borders for Huck towels, throws, baby blankets, pillows and more.

SUPPORT

General Grief Support Group	Mondays, 1:00pm-2:30pm	Free	Newest 6-week session will run 5/23-7/18; facilitated by Dina Brooks, LICSW. Call Dina at Old Colony Hospice to register, 781-341-4145.
Support After Loss, A Path Towards Healing	Tuesday, June 7th 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.
You & Eye: Low Vision Support Group	Tuesday, June 14th 10:00am-11:30am	Free	An exchange of resources, guest speakers, support, and fun for those affected by low vision impairments. 2nd Tuesday of the month.
Family Caregiving Community Circle	Tuesday, June 14th 5:30pm-6:30pm	Free	Cheryl Botieri MS will explore different topics to help us navigate this challenging responsibility by sharing resources. 2nd Tuesday of the month.
Alzheimer's Caregivers Support with Maureen Bradley	Wednesday, June 15th 2:00pm-3:00pm	Free	This group is for caregivers, family, and others dealing with Alzheimer's and dementia. 3rd Wednesday of the month. See page 9 for more info.
A Mothers Tea	Wednesday, June 22nd 2:00pm	Free	A Peer Support Group for Mother's who have lost children. 4th Wednesday of the month.
Grandparents Raising Grandchildren	Thursdays, 10:00am	Free	Support for grandparents for the life-altering situation of raising a grandchild.

CONSULTATIONS

To schedule an appt with **Social/Outreach Workers, April Thompson (ext. 106)** or **Lindsay Reik (ext. 116)** please call directly at (508) 830-4230.

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.

Need a Medical Ride? Call CAL Medical Transportation line at 508-830-4230 ext. 110

PROFESSIONAL CONSULTATIONS

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

LEGAL

Attorney Kristin Muratore ~ by appointment only	2nd Thursday each month, 2:00pm-4:00pm
Attorney David Kiley from Triffletti & Costa ~ by appointment only	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>
Real Estate Consultations - June's agent: TBD A professional answers your questions about preparing to sell your home.	Please call for more information
Notary Services ~ by appointment only	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> (7)



SOUND DUNES SWING CONCERT

Come, Listen, Dance & Enjoy! The Sound Dunes Swing Ensemble is a Cape Cod-based "Big Band" showcasing the music of the 30's, 40's, and 50's. The Sound Dunes consists of 17 amateur & professional instrumentalists and male and female vocalists. **Registration appreciated; drop-ins welcome.**

Thursday, June 2nd at 1:00pm-2:30pm • *in-person only* • Free



BREAKFAST WITH THE P.P.D. & COMMUNITY TRAINING

Breakfast with the PPD will start at 8:30 am and be followed by a community training course called Until Help Arrives. This course will provide tools to educate and empower the public to act in an emergency situation before professional help arrives. This program trains Citizen Responders to take action and builds a network of lifesaving individuals throughout the nation. Please be prepared to participate in the training while enjoying breakfast. Participants must stay until 11am for the complete training. This program is sponsored by FEMA. This training gives people practical guidance to become the first link in the chain of survival.

Registration required. Breakfast Sponsored by The Friends

Friday, June 3rd at 8:30am • *in-person only* • Free for June with Training

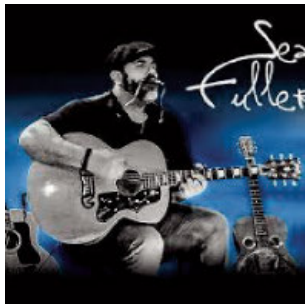
Dance Caliente



DANCING JOY with Dance Caliente

Join Eileen Herman-Hasse and Raul Nieves as they teach, explain and show us how to dance caliente! This is a don't miss event! **Registration appreciated; drop-ins welcome. Sponsored by The Friends & The Plymouth Cultural Council**

Thursday, June 9th at 1:00pm-2:00pm • *in-person only* • Free



FIRST OUTDOOR SUMMER CONCERT

Join us for our first outdoor concert of the season with Musician Singer Songwriter, Sean Fullerton. Enjoy "feel good" blues, soul, rock 'n' roll, and fingerstyle guitar! He will be performing covers and originals, using a variety of guitars, harmonicas, and effects. An ice cream truck will be available for purchasing snacks from 4:30-5:30pm. Treats will cost between \$3-\$5. Please bring cash & enjoy a treat! Concert will happen rain or shine; it will be moved indoors if there is bad weather. **Registration appreciated; drop-ins welcome.**

Sponsored by Mass Cultural Council

Tuesday, June 21st at 5:00pm • *in-person only* • Free



It's In The Little Things
Gayle Suzanne

LITERARY CHOWDER with Gayle Suzanne

Come join bestselling author, life coach and motivational speaker, Gayle Suzanne, as she talks about her book, *It's In The Little Things*. Her book contains 50 vignettes relating to life's highs and lows and how to value the seemingly insignificant things that are all around us. *It's In The Little Things* is sprinkled with nuggets of wisdom and suggestions on how to shift your perspective and press through everyday challenges. If you want an uplifting, inspirational presentation filled with stories of hope, laughter and wisdom, this is for you! Free gift with each book sold. **Registration appreciated; drop-ins welcome.**

Tuesday, June 23rd at 2:00pm • *in-person only* • Free



UNDERSTANDING MEDICARE

Medicare can be confusing. Join Fallon Health for a free educational presentation. If you're turning 65 or getting ready to retire, this presentation can help you prepare for this next stage and answer any questions you may have, like: When can I enroll in Medicare? How much does it cost? What does Original Medicare cover? **Registration appreciated; Drop-ins welcome.**

Thursday, June 9th at 9:30am • *in-person only* • Free



CHOOSING A NURSING HOME

with 2 Sisters Senior Living Advisors

Learn what questions to ask and what to look for during the process of this very important decision. Choose with confidence the best care for your loved one. Participants will learn to: Interpret staffing ratios and other performance data, Find and read Department of Public Health survey deficiencies and citations, Understand how MassHealth works in a nursing home and what is covered.

Registration Required; Space is Limited.

Tuesday, June 14th at 1:00pm • *in-person only* • Free

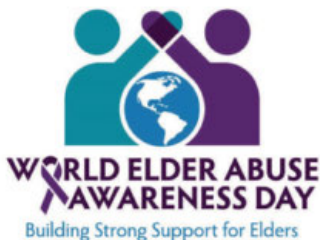


ALZHEIMER'S CAREGIVERS SUPPORT

with Maureen Bradley

Maureen Bradley is a leader in the Alzheimer's Community and was a founder of the Massachusetts Alzheimer's program director's organization. This support group is for caregivers, family, and others dealing with Alzheimer's and dementia. Held every 3rd Wednesday of the month. **Registration appreciated; Drop-ins welcome.**

Wednesday, June 15th at 2:00pm-3:00pm • *in-person only* • Free



WEADD WORLD ELDER ABUSE AWARENESS DAY MARCH

June 16th is World Elder Abuse Awareness Day. Join OCES for a free March along Water Street in Plymouth to bring awareness to Elder Abuse. The 1-mile March will start at Tavern on the Wharf (6 Town Wharf), followed by a light lunch. To register visit www.ocesma.org. **Registration Required.**

Thursday, June 16th at 10:30am-1:00pm • *in-person only* • Free



WHO WAS PAUL REVERE REALLY?

with Richard Nichols

Join us to gain an understanding of the many unknown facts about the long & productive life of Paul Revere. Learn about: his early life & family life, his life in the military, the American Revolution and The Midnight Ride. **Registration appreciated; Drop-ins welcome. Sponsored by The Friends**

Thursday, June 23rd at 10:30am • *in-person only* • Free










SENIOR MEDICARE PATROL

Senior Medicare Patrol is an organization that provides information to Massachusetts elders to make them aware and educate them on all the healthcare errors, fraud and abuse that occurs with Medicare and assist them in reporting this abuse to us. Our presentation includes distribution of individual health care journals for ease of keeping medical records as well as a handout of every MA state office that is there to help you when needed with website and phone numbers. **Registration Required.**


Tuesday, June 28th at 1:00pm • *in-person only* • Free

June 2022 Program Calendar


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
<p>CHECK OUT OUR Lending Library Books & Puzzles <i>Available on the Lower Level</i></p> 	<p>Need a Tour of the CAL? Come by on Friday's from 1:30pm - 3:30pm and our newest Tour Guide Connie will show you around!</p> 	<p>1 9:30 - Watercolor Painting 10:00 - Free To be You 12:30 - Cribbage 12:30 - Knitting</p>  <p><i>Join us for a craft!</i> 9:00am to 11:30am Registration Required! Max 8 people FREE</p>	<p>2 9:00 - Beginner Pottery 10:00 - Grandparents Support 12:30 - Chinese Mahjong 12:30 - Bridge 1:00 - Sound Dunes Swing Combo Concert 2:00 - Sandy Childs Financial Advisor, by appt.</p>	<p>3 9:00 - Breakfast with the PPD & Community Training 9:00 - Men's Morning Discussion 9:30 - Acrylic Painting 10:00 - Swedish Weaving 10:00 - Beltone Hearing 12:00 - Food Shopping 12:45 - Movie: <i>Respect</i> 1:30 - CAL Tour</p>	<p>6 9:30 - Women's Morning Discussion 10:00 - Knitting 10:30 - Blood Pressure Clinic 12:15 - Lunch & Laughter: <i>Calendar Girls</i> 1:00 - General Grief Support 2:15 - Hot Topic Intergenerational Debate</p>	<p>7 9:00 - Intermediate Pottery 10:00 - Hot Topic Discussion (Zoom) 12:30 - Whist 12:30 - American Mahjong 12:30 - GATRA I.D.'s 1:30 - Support After Loss</p>	<p>8 9:00 - Bowling Pin Bumble Bee Craft 9:30 - Watercolor Painting 10:00 - Free To be You 12:30 - Cribbage 12:30 - Knitting</p>	<p>9 9:00 - Beginner Pottery 9:30 - Understanding Medicare 10:00 - Grandparents Support 12:30 - Chinese Mahjong 12:30 - Bridge 1:00 - Dancing Joy 2:00 - Kristin Muratore, Legal Advisor, by appt.</p>	<p>10 9:00 - Men's Morning Discussion 9:00 - Shutterbug Digital Photography Club 9:30 - Acrylic Painting 10:00 - Swedish Weaving 10:30 - CAL Express Ribbon Cutting 12:00 - Food Shopping 12:45 - Movie: <i>French Dispatch</i> 1:30 - CAL Tour</p>	<p>13 9:30 - Women's Morning Discussion 10:00 - Knitting 12:15 - Lunch & Laughter: <i>The King of Comedy</i> 12:30 - Friends Monthly Meeting</p>	<p>14 9:00 - Intermediate Pottery 10:00 - You & Eye: Low Vision Support Group 10:00 - At Home Hearing Healthcare 10:00 - Hot Topic Discussion (Zoom) 12:30 - Whist 12:30 - American Mahjong 1:00 - Choosing a Nursing Home 5:00 - Family Caregiving Community Circle</p>	<p>15 9:30 - Watercolor Painting 10:00 - Free To be You 12:30 - Cribbage 12:30 - Knitting 1:00 - Roy Z Computer Talks 2:00 - Alzheimer's Caregivers Support</p>	<p>16 9:00 - Beginner Pottery 10:00 - Grandparents Support 10:30 - WEADD March 11:30 - Ask Bob 12:30 - Chinese Mahjong 12:30 - Bridge 2:00 - David Kiley, Legal Advisor, by appt.</p>	<p>17 9:00 - Men's Morning Discussion 9:00 - Pedicure 9:30 - Acrylic Painting 10:00 - Delicious & Nutritious (Zoom) 10:00 - Swedish Weaving 12:00 - Food Shopping 1:30 - CAL Tour 2:00 - CAL Dance Party</p> 
<p>6 9:30 - Women's Morning Discussion 10:00 - Knitting 10:30 - Blood Pressure Clinic 12:15 - Lunch & Laughter: <i>Calendar Girls</i> 1:00 - General Grief Support 2:15 - Hot Topic Intergenerational Debate</p>	<p>7 9:00 - Intermediate Pottery 10:00 - Hot Topic Discussion (Zoom) 12:30 - Whist 12:30 - American Mahjong 12:30 - GATRA I.D.'s 1:30 - Support After Loss</p>	<p>8 9:00 - Bowling Pin Bumble Bee Craft 9:30 - Watercolor Painting 10:00 - Free To be You 12:30 - Cribbage 12:30 - Knitting</p>	<p>9 9:00 - Beginner Pottery 9:30 - Understanding Medicare 10:00 - Grandparents Support 12:30 - Chinese Mahjong 12:30 - Bridge 1:00 - Dancing Joy 2:00 - Kristin Muratore, Legal Advisor, by appt.</p>	<p>10 9:00 - Men's Morning Discussion 9:00 - Shutterbug Digital Photography Club 9:30 - Acrylic Painting 10:00 - Swedish Weaving 10:30 - CAL Express Ribbon Cutting 12:00 - Food Shopping 12:45 - Movie: <i>French Dispatch</i> 1:30 - CAL Tour</p>	<p>13 9:30 - Women's Morning Discussion 10:00 - Knitting 12:15 - Lunch & Laughter: <i>The King of Comedy</i> 12:30 - Friends Monthly Meeting</p>	<p>14 9:00 - Intermediate Pottery 10:00 - You & Eye: Low Vision Support Group 10:00 - At Home Hearing Healthcare 10:00 - Hot Topic Discussion (Zoom) 12:30 - Whist 12:30 - American Mahjong 1:00 - Choosing a Nursing Home 5:00 - Family Caregiving Community Circle</p>	<p>15 9:30 - Watercolor Painting 10:00 - Free To be You 12:30 - Cribbage 12:30 - Knitting 1:00 - Roy Z Computer Talks 2:00 - Alzheimer's Caregivers Support</p>	<p>16 9:00 - Beginner Pottery 10:00 - Grandparents Support 10:30 - WEADD March 11:30 - Ask Bob 12:30 - Chinese Mahjong 12:30 - Bridge 2:00 - David Kiley, Legal Advisor, by appt.</p>	<p>17 9:00 - Men's Morning Discussion 9:00 - Pedicure 9:30 - Acrylic Painting 10:00 - Delicious & Nutritious (Zoom) 10:00 - Swedish Weaving 12:00 - Food Shopping 1:30 - CAL Tour 2:00 - CAL Dance Party</p> 					
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 CAL CLOSED FOR JUNETEENTH	21 9:00 - Intermediate Pottery 10:00 - Hot Topic Discussion (Zoom) 12:30 - Whist 12:30 - American Mahjong 5:00 - 1st Summer Concert	22 9:30 - Watercolor Painting 10:00 - Free To be You 12:30 - Cribbage 12:30 - Knitting 2:00 - A Mothers Tea	23 9:00 - Beginner Pottery 10:00 - Grandparents Support 10:30 - Who Was Paul Revere? 11:30 - Ask Bob 12:30 - Chinese Mahjong 12:30 - Bridge 1:00 - Select Board Liaison Harry Helm 2:00 - Literary Chowder	24 9:00 - Men's Morning Discussion 9:00 - Shutterbug Digital Photography Club 9:30 - Acrylic Painting 10:00- Swedish Weaving 12:00 - Food Shopping 12:45 - Movie: <i>Jungle Cruise</i> 1:30 - CAL Tour
27 9:30 - Women's Morning Discussion 10:00 - Knitting 12:15 - Lunch & Laughter: <i>The Shop Around the Corner</i> 1:00 - General Grief Support 2:15 - Hot Topic Intergenerational Debate	28 9:00 - Intermediate Pottery 10:00 - At Home Hearing Healthcare 10:00 - Hot Topic Discussion (Zoom) 12:30 - Whist 12:30 - American Mahjong 1:00 - Senior Medicare Patrol	29 9:30 - Watercolor Painting 10:00 - Free To be You 12:30 - Cribbage 12:30 - Knitting	30 9:00 - Beginner Pottery 10:00 - Grandparents Support 10:00 - Coffee with Director Michelle Bratti 12:30 - Chinese Mahjong 12:30 - Bridge	Coffee <i>with Director Michelle Bratti</i> Thursday, June 30th at 10:00am 

Family Caregiving Circle with Cheryl Boteri • Tuesday, June 14th at 5:00pm • Free



Cheryl Boteri, MS is a family caregiver and has her degree in Family Support and Education. Each month our Family Caregiver Community Circle will come together to explore different topics to help us navigate this challenging, but often very rewarding responsibility. We will share resources, tools, and strategies from other family caregivers, care professionals, and other organizations. 2nd Tuesday every month. **Registration Required.**



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June CAL Events

SPONSORED BY THE FRIENDS



*Breakfast with the PPD
Dancing Joy with Dance Caliente
Summer Concert Series
Who Was Paul Revere Really?
Friday Dance Party*

**Next Meeting of the Friends:
June 13th at 12:30 pm**

“Happy, June!

May this month be
filled with sunny days,
laughter, and lots of love.”



The Friends are in need of a Website designer. If you know of someone who might be interested, please have them contact us by phone or email.

FEATURED VOLUNTEERS

The CAL volunteer for the month of June is Carol Harper. You will recognize Carol for her ready smile and offer to help. Though fairly new to Plymouth, Carol has stepped right up and has taken charge in several computer skills areas. She helps to keep My Active Center and My Senior Center up to date and running smoothly. Carol also prints out flyers for the CAL and has been a huge help with Constant Contact. The Friends will send a small gift of appreciation to Carol. *We are grateful to you, Carol, for all you do for the CAL and our Seniors!*



*We'll be friends til we're
old and senile...and then we
can be new friends.*

HOW TO GET IN TOUCH WITH THE BOARD:

Email: friendsoftheplymouthcoa@gmail.com

Website: www.fopcoa.com

Phone: 508-830-4230

*Please leave a message at the
front desk for the Friends*

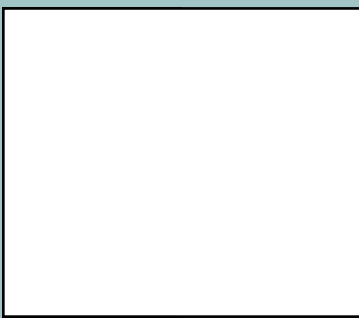
MISSION STATEMENT: *To help provide services and programs for older adults that promote independence and well-being through health, wellness, educational, cultural, and recreational programs. The Friends of the Plymouth Council on Aging is a non-profit support group that obtains funds through donations, sponsorships, membership and fundraising.*

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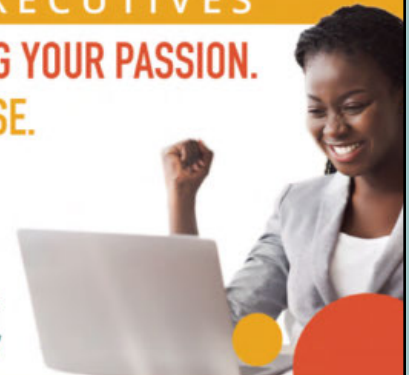
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The CAL will be closed on Monday, June 20th

Dine-In Lunch Program

Meals are \$4 (non-refundable and subject to change). Pre-registration and pre-payment required.







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

JUNE 2022

Plymouth Bay Catering

Marshland 3A

Home Baked Treats by Sarah

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Chicken Breast Cole Slaw Red Potato Bliss Salad	2	3  Breakfast with the PPD
6 Finger Roll Sandwiches Caesar Salad & Chips	7	8 Tailgate Sub Chile Rice Vegetable Salad & Chips	9	10 Summer Minestrone Soup with Turkey Meatballs Roasted Mediterranean Veggies & British Flag Cake
13 Three Cheese Lasagna Mixed Green Salad Roll	14	15 <i>Fathers Day Luncheon!</i> Baby Back Ribs Cavatappi Pasta Salad & Cornbread 	16 	17 Reuben Sandwich Pesto Pasta Salad Blueberry Pie Bars
20 NO LUNCH CAL CLOSED FOR JUNETEENTH 	21	22 Stuffed Mushrooms Mini Chicken Kabobs Stuffed Quahogs	23	24 Meatball Sub with Caramelized Onions Carrot Salad Chocolate Pudding with Shortbread
27 Lobster Bisque Spinach Spring Salad	28	29 Oven Roasted Turkey with Stuffing Garlic Mashed Potatoes Vegetable Medley 	30 	



Join us for Lunch & Laughter — Let's start the week off right!

The movies will run at 12:15pm following lunch on Mondays.

June 6th: *Calendar Girls* • June 13th: *The King of Comedy (1983)* • June 27th: *The Shop Around the Corner (1940)*



Town of Plymouth's Community Choice Power Supply Program • Tuesday, June 14th • 9:30am - 1:00pm

Stop by and see Patrick Farrah, Town of Plymouth's Energy Officer. Patrick Farrah will be available to answer your questions, discuss and provide energy information about the town of Plymouth's Community Choice Power Supply Program, and how this program offers participants lower electricity rates.

STAFF SPOTLIGHT



Paul Bryzykcy – Maintenance



I have worked for the Town of Plymouth for 26 years. I have always worked in the DPW department in different areas of town. I began in the police department, then to vehicle maintenance, parks and forestry, and of course the CAL. My most rewarding job has been here at the CAL for the last 11 years. I love the staff and patrons. You all make my job and coming to work most enjoyable.

My hobbies include woodworking and carving, bicycle riding and taking walks with Belle, our family dog. I am a family man and enjoy spending time with my twin daughters and my family when we can all get together. Thank you for making my job at the CAL the best part of working for the Town.

Around the Corner

with Michelle Bratti



Ribbon Cutting Ceremony & Official Launch



**FRIDAY, JUNE 10TH
10:30 - 11:30AM**

**THE CENTER FOR ACTIVE LIVING (CAL)
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Respect (Musical Drama) (2021)	Friday, June 3rd at 12:45pm	Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, RESPECT is the remarkable true story of the music icon's journey to find her voice.
The French Dispatch (Comedy Drama) (2021)	Friday, June 10th at 12:45pm	A love letter to journalists set in an outpost of an American newspaper in a fictional twentieth century French city that brings to life a collection of stories published in "The French Dispatch Magazine".
Jungle Cruise (Adventure Comedy) (2021)	Friday, June 24th at 12:45pm	Based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.

South Shore Fun Lovers Presents...



"Grease" — Thursday, July 14, 2022 - \$120pp
Enjoy lunch at Hart's Turkey Farm then off to the SHOW!

The Boston Symphony Orchestra at Tanglewood — Saturday, August 20, 2022 - \$135pp
Including a delicious lunch after the performance at Storowton Tavern.

Best of Maine Lobsterbake Tour — Wednesday, September 14, 2022 - \$95pp
Including a lunch at Mike's Clam Shack Restaurant and other stops in Maine!

Please contact Patty at 508-746-1750 with questions & to book your spot for the South Shore Fun Lovers events.

America's Hometown Welcome Club

Welcomes you!



Are you a senior that has recently moved to Plymouth-America's Hometown?

You are cordially invited to join America's Hometown Welcome Club. At the club you will meet other seniors new to the area, receive important information to help you settle into Plymouth, see all the Center for Active Living has to offer, and receive a heartfelt welcome to Plymouth!

Join us for a special event!

Thursday, June 9th

**Additional Date: July 14th
at 10:00am**

Refreshments will be served!

Plymouth Center for Active Living | 44 Nook Road, Plymouth, MA

To RSVP or for more information, call 508-830-4230



Ask Bob

**Thursdays,
11:30am-12:30pm**

Bring your questions about computers, phones & technology!



VOLUNTEER OF THE MONTH

Caron Reid & Barbara Goldberg



Our volunteers of the month are Caron Reid and Barbara Goldberg, our "lunch ladies with a twist"! These ladies have been volunteering in the kitchen for over 5 years. These gals are not your boring "hairnet" wearing, gum chewing lunch ladies! Barbara and Caron are a terrific team! They are cooks, servers, therapists, and friends to all our lunch patrons. These gals enjoy their volunteering so much they literally whistle, sing and dance while they work. They cannot imagine their lives without CAL. Over these years not only have they helped us, but we have helped them feel more valued in their lives and given each of them real purpose in their retirement years.

They are both reliable and dedicated to serving our population as well as kind and very creative in the kitchen. Without this dynamic duo we would have a much more boring lunch counter here at the center. They keep us all laughing! You never know what will happen next when these two are behind the counter!

Thank you, Caron and Barbara, for all your hard work, fun, laughter and you bring to our CAL Lunch program.

joy

*Barbara Goldberg (right), Kelly Farina-New Volunteer (middle), Caron Reid (left)

Center for Active Living
44 Nook Road
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www.facebook.com/COAPlymouth



Bowling Pin Bumble Bee Craft

Wednesday, June 9th
9:00am - 11:30am

Join Diane Ricardo, one of our amazing CAL volunteers, and learn how to create this adorable bowling pin bumble bee.

Max 8 people.

Registration Required



Dance Party

with John Peters

Friday, June 17th
2:00pm - 4:00pm

No partner necessary to enjoy this much-needed afternoon of music, fun, friends & dancing! Refreshments will be served.

Sponsored by the Friends.



Drop-Ins Welcome

(20)