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January 2023

# EGRAM

newsletter

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## Center for Active Living Plymouth

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

[plymouthcalevents@gmail.com](mailto:plymouthcalevents@gmail.com)

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**

### Cover Art by Janet Depathy

#### Mystic Winter Forest

*This photo was taken in Carver, a place called Savery's Avenue. Savery's Avenue is noted to be the first two lane road in the United States. If you let your imagination view different parts of the picture you can actually make out other images within the branches of the trees. It was not intentional but like they say, "mistakes sometimes gives a great outcome."*

*CAL is such a wonderful asset to Plymouth. By attending the events, you are supporting the hard working staff.*

-Janet Depathy

### Visit Us Online At:

#### Website

[www.plymouth-ma.gov/center-active-living](http://www.plymouth-ma.gov/center-active-living)

#### Facebook

[www.facebook.com/COAPlymouth](http://www.facebook.com/COAPlymouth)

#### YouTube

Search: Center for Active Living (CAL) Plymouth, MA  
Look for our logo:



### My Active Center

**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 online through: [myactivecenter.com](http://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

Closed January 2nd & January 16th

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### Have a new program idea?

We would love to hear it! Please email  
Beth Hadfield at [bhadfield@plymouth-ma.gov](mailto:bhadfield@plymouth-ma.gov)

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## CAL Advisory Board

Amy Naples	Chairperson
Kathy Castagna	Vice Chairperson
Janice Capofreddi	Secretary
Pat Achorn	Board Member
Elizabeth Cadigan	Board Member
Open	Board Member
Captain Manuel	Board Member
Monica Mullin	Board Member
Therese Mucci	Board Member

## The Friends Board

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

## MONDAYS

<b>Cardio Dance &amp; Toning</b> 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.
<b>Cardio Combo Fun</b> 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) <b>Minimum of 8 participants to hold class and maximum of 25.</b>
<b>Blood Pressure Clinic</b> with Marguerite	Monday, January 9th 10:30am	Free	Stop in and see Nurse Marguerite once a month for a blood pressure check-in! 2nd Monday of the month.
<b>Leslie Romano's Mindful Movement</b>	Mondays, 11:00am	\$6 Per Class	Utilizing movements from Tai Chi, Pilates, and basic barre (with NO IMPACT), improving posture/balance, flexibility/range of motion, and core strength. For beginner & advanced participants. <b>Minimum of 8 participants to hold class and maximum of 25.</b>
<b>Barre</b> with Samantha Cox	Monday, January 9th 12:00pm	\$6 Per Class	Barre is a workout technique inspired by elements of ballet, yoga, and strengthening and creating long lean muscles. <b>Please bring a yoga mat.</b>
<b>Cyndi Sweetser's Mindfulness</b>	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.
<b>Yoga of Awareness</b> with Carol Cooney	Mondays, 3:00pm-4:00pm	\$6 Per Class	This gentle yoga focuses on you through mindfulness, reflection, consciousness & listening to our own bodies. Suitable for anyone and any ability, no prior yoga experience necessary. Please bring your mat, water and wear comfortable clothes.

## TUESDAYS

<b>The Magic Muscle Workout</b> 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. <b>Minimum of 8 participants to hold class.</b>
<b>At Home Hearing Healthcare</b> with Mike Schmit	Tuesday, January 10th 10:00am-12:00pm	Free	At Home Hearing Healthcare 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. 2nd Tuesday of the month.
<b>Line Dancing</b> 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.
<b>Breathing Lessons</b> 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 & ease your anxiety for mental & physical health. <b>Registration required; check weekly events email for the Zoom link.</b>

## WEDNESDAYS

<b>Yoga Flow</b> with Kelly Pearson	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 & blankets suggested, but not required.
<b>Yoga for Every Body</b> 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.
<b>Zumba®</b> 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.

## THURSDAYS

<b>Boxing Fitness</b> with Janet Enos	Thursdays, 9:00am	\$7 Per Class	Never lose a step! This is a total body workout building strength, coordination, stamina, balance, and fluid body motion. Upbeat music, great for all ages & Arthritis Foundation approved. <b>Registration required. Minimum 8 participants.</b>
<b>Tai Chi</b>	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.
<b>Line Dancing</b> with Dotty	Thursdays, 10:15am	\$5 Per Class	Have fun while improving your coordination, balance, posture & rhythm. Proper footwear necessary. Minimum of 12 participants to hold the class.
<b>Chair Massage &amp; Reiki</b>	Thursdays, 10:00am-1:00pm	\$15 or \$30	Massage helps to renew, relieve & refresh your body and mind. 15 mins/\$15, 30 mins/\$30 (\$1 per minute). Must call CAL to reserve appointment time.
<b>Qi Gong</b> with Kathryn Demers	Thursdays, 3:00pm	\$5 Per Class	Qi Gong wellness methods formed early Chinese medicine & are an essential part of modern Traditional Chinese Medicine. Movement, meditation, and breathing.

Please see the center calendar on pages 10 & 11 for the schedule for all health & fitness programs.

## FRIDAYS

<b>Zumba Gold</b> <i>with Debbie Rafferty</i>	Fridays, 9:00am	\$5 Per Class	ZUMBA @GOLD is a 55 minute dance fitness program designed to take the rhythms of both Latin & International Dance. The choreographed routines include cardio, muscle conditioning, balance, & flexibility.
<b>Pedicare</b>	Friday, Jan. 20th 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. Call CAL to schedule at 508-830-4230. <b>3rd Friday of the month.</b>
<b>Sit &amp; Get Fit</b> <i>with Sally Gwin</i>	Fridays, 10:00am	\$5 Per Class	This workout is performed in and around a chair to motivating music, improving muscle tone and balance. Weights are optional and bring water.
<b>Beltone Hearing Aid Centers</b>	Friday, January 6th 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.
<b>Sweat</b> <i>with Wendy Weiser</i>	Fridays, 11:30am-12:15pm	\$6 Per Class	SWEAT with Wendy is an "all in one" 45 minute workout. We begin with flowing cardio, transition to standing strength & balance then strengthening & a relaxing stretch. Please bring your yoga mat.

## SUNDAYS

<b>Morning Mindfulness</b> <i>with Barbara Ward</i>	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. <b>Please check the weekly events email for the Zoom link.</b>
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Please see the center calendar on pages 10 & 11 for the schedule for all health & fitness programs.

## CAL Holiday Celebration

Thank you to everyone that joined & celebrated with us!



## Sweater Contest Winners!



**Most Creative:**  
*Betty Clough*

**Most Holiday Spirit:**  
*Jeanette McKay*

**Most Outrageous:**  
*MJ Brennan Sangiolo*

**Most Extravagant:**  
*Hellen West*

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or [plymha.org](http://plymha.org)



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## MONDAYS

<b>Women's Morning Discussion</b>	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.
<b>Hot Topic Intergenerational Debate Group</b>	Monday, January 9th 2:15pm	Free	Yuna Yi hosts this debate with students of Plymouth North High School, discussing current topics in the news. In-Person Only.

## TUESDAYS

<b>Hot Topic Discussion Group (Zoom only)</b>	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.
<b>BINGO</b>	Tuesdays, 12:30pm-3:00pm	\$2	\$2 per card. The first game will begin at 12:30pm. We play a total of 12 games and finish up right around 3 pm.
<b>South and Nook Book Club &amp; Chat</b>	Tuesday, January 17th 11:00am-12:00pm	Free	This book club is held in partnership with Plymouth Public Library. January book: <i>Miss Benson's Beetle</i> by Rachel Joyce.

## WEDNESDAYS

<b>What's On Your Mind</b>	Wednesdays, 10:00am	Free	Please join Dave Warden for a lively discussion about what is on your mind. <b>See page 9 for more info.</b>
<b>Computer Talks with Roy Z</b>	Wednesday, January 18th 1:00pm		Each month join Roy to learn more about computers & technology. <b>This month's topic: Personal Finance Software; Quicken.</b>

## THURSDAYS

<b>Topic of the Day with Matt Muratore</b>	Thursday, January 19th 10:30am	Free	Stop by, listen to their updates from the State House and bring your questions and concerns. <b>This month's visitor will be Matt Muratore.</b>
<b>Ask Bob</b>	Thursdays, 11:30am	Free	Bring your questions about computers, phone & technology.
<b>CAL's Select Board Liaison Harry Helm</b>	Thursday, January 26th 1:00pm	Free	Join Select Board Liaison Harry Helm to discuss different topics and answer your questions. <b>Topic: Trash; Where can we get rid of things that the dump won't accept.</b>

## FRIDAYS


<b>Men's Morning Discussion</b>	Fridays, 9:00am	Free	This thought-provoking discussion of world & personal issues for men.
<b>Friday Food Shopping</b>	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.
<b>Pet Snack Shack</b>	Friday, January 6th 12:00pm	Free	Stop by for free pet snacks and learn about Plymouth Helping Hands for Animals mission & local outreach efforts. First Friday of the month.
<b>Canasta: Hand and Foot</b>	Fridays, 12:30pm-3:30pm	Free	This card game is for ALL levels. If you would like to learn how to play, stop by! The members of this group are willing to teach.
<b>Shutterbug Digital Photography Club</b>	2nd & 4th Friday, 9:00am-11:00am	Free	Members share and critique photos, go on field trips, get education and technique tips. January 13th & January 27th.
<b>Delicious &amp; Nutritious on Zoom</b>	Friday, January 20th 10:00am	Free	Delicious & Nutritious is back in action! This month you will learn about: Comfort food and Jerry will be preparing Chicken Soup. <b>See page 9 for more info.</b>

## COMMUNITY OUTREACH &amp; EDUCATION

<b>Stephen Collins presents Herman Melville</b>	Thursday, January 5th 1:30pm	Free	Join Stephen Collins, actor, teacher & lecturer for his live presentation of <i>Sailing Towards My Father</i> , a one-man play about Herman Melville. <b>See page 8 for more info.</b>
<b>Winter Getaway to Chanel Islands</b>	Thursday, January 19th 1:00pm	Free	Join us for an armchair travel event with librarian Tom Cummiskey. Explore and experience the Chanel Islands, UK all from the comfort of the CAL. <b>See page 9 for more info.</b>
<b>Veteran Services</b>	Thursday, January 12th 1:30pm	Free	Meet your Veteran Services Officer Roxanne Whitbeck. Learn about benefits and services offered. <b>See page 8 for more info.</b>
<b>Literary Chowder with Donna Bartlett</b>	Thursday, January 12th 1:00pm	Free	MedStrong: Shed Your Meds for a Better Healthier You tells of the need to keep medications in check throughout the aging process. Sponsored by The Friends. <b>See page 8 for more info.</b>
<b>Breakfast with PPD</b>	Friday, January 6th 9:00am	\$4	Stop by for conversation and breakfast with the Plymouth Police Department. Bring your questions for the pass the mic segment. <b>See page 8 for more info.</b>
<b>Learn about Life Insurance</b>	Friday, January 13th 10:00am	Free	Join Elaine Buonvicino to learn if your life insurance is still active, if you have long term insurance and what it covers. <b>See page 8 for more info.</b>
<b>Plant Medicine: Balance the System</b>	Friday, January 27th 1:00pm	Free	Join us for a monthly series on Friday afternoons. The first topic will include the history of cannabis and "root" of the current stigma. <b>See page 9 for more info.</b>

<b>Drawing</b> w/ Cindi Walsh-Hamlin	Mondays, 9:30am-12:00pm	\$10 Per Class	All levels welcome. Starting with stick figures to create recognizable images. Explore line, shape, shadows & perspective. See Drawing Flyer for more info & supply list. Max 15 participants.
<b>Knitting</b>	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. Plymouth North High School knitting club will be joining the group for conversation, guidance and fun on January 18th from 2:15pm-3:15pm.
<b>Intermediate Pottery</b> with Sue Lynch	Tuesdays, 9:00am-11:30am	\$10 Per Class	Hand-building pottery projects done independently with guidance from the instructor.
<b>Sewing, Quilting &amp; Rug Hooking</b>	Tuesdays, 12:30pm-4:00pm	Free	Bring your craft in progress, work on something new, and share great conversation with friends.
<b>Watercolor Painting</b> w/ Cindi Walsh-Hamlin	Wednesdays, 9:30am-1:30pm	\$10 Per Class	Learn technique, color mixing, light, composition, brush work & design. All levels welcome. See weekly events email for supply list.
<b>Beginner Pottery</b> 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.
<b>Beginning Watercolor</b> w/ Cindi Walsh-Hamlin	<b>See you in the spring!</b> Thursdays, 9:30am-12:30pm	\$10 per class	If you haven't painted before or want to refresh your skills, this is the class for you. Learn the basics: color mixing, washes, blending, shadows, contrast, atmospheric perspective & different brush strokes while completing simple paintings. Please call the CAL for the supply list needed for the class. <b>Program will return in the spring!</b>
<b>Acrylic Painting</b> w/ Cindi Walsh-Hamlin	Fridays, 9:30am-1:30pm	\$10 Per Class	Learn color mixing, light, composition, brush work, and design. New participants welcome. Please call the CAL for the supply list needed for the class.
<b>Swedish Weaving</b> with Eileen	Fridays, 10:00am	Cost of Supplies	Using yarn you can create borders for Huck towels, throws, baby blankets, pillows and more.

## SUPPORT

<b>General Grief Support Group</b>	Mondays, 1:00pm-2:30pm	Free	Newest 5 week session will run 1/9 through 2/13, facilitated by Dina Brooks, LICSW. <b>Call Dina at Old Colony Hospice to register, 781-341-4145.</b>
<b>Support After Loss, A Path Towards Healing</b>	Tuesday, Jan. 3rd 1:30pm-2:30pm	Free	Facilitated by Vicki Oman, Beacon Hospice Chaplain. Monthly grief support group for adults open to anyone who has lost a spouse, life partner, parent, sibling, family member or close friend. <b>1st Tuesday of the month.</b>
<b>You &amp; Eye: Low Vision Support Group</b>	<b>See you in March!</b> 10:00am-11:30am	Free	An exchange of resources, guest speakers & support. <b>2nd Tuesday of the month.</b> Will be taking a break January & February!
<b>Family Caregiver Community Circle</b>	<b>See you in February!</b> 5:30pm	Free	Cheryl Botieri MS will explore topics to help us navigate this challenging responsibility by sharing resources. <b>2nd Tuesday of the month. Program will return in February!</b>
<b>Alzheimer's Caregivers Support</b>	Wednesday, Jan. 25th 2:00pm-3:00pm	Free	Jillian Spinale, from Stafford Hill will be leading this group to help caregivers, family, and others dealing with Alzheimer's and dementia related illnesses. <b>3rd Wednesday of the month. (This month it will be held on 4th Thursday) See page 9 for more info.</b>
<b>A Mothers Tea</b>	Wednesday, Jan. 25th 2:00pm	Free	A Peer Support Group for Mother's who have lost children. <b>4th Wednesday of the month.</b>
<b>Grandparent Raising Grandchildren</b>	Thursdays 10:00am	Free	Support for grandparents for the life-altering situation of raising a grandchild.
<b>Parkinson's Support Group</b> 	Thursday, Jan. 19th 1:30pm	Free	If you or a family member has Parkinson's this group can offer you education, interaction, movement, and fun.. <b>3rd Thursday of the month. See page 15 for more info.</b>

## Staff Holiday Tree Decorating Contest



- A) **"Pine Needles"** created by: Lindsay, Caitlyn and Marcy  
 B) **"Silver and Gold"** created by: Cynthia, Margaret and MaryBeth  
 C) **"The Grinch"** created by: April, Mike and Beth - **WINNER!!**



**This year's judges (left to right):**  
 Barry DeBlasio, *Plymouth Community Resources Director*, Kelly A. McElreath, *Plymouth Town Clerk*, Derek Brindisi, *Plymouth Town Manager*, Brian McCowan, *North Easton Savings Bank*, Paul Bratti, *Clean Harbors Inc.* Lynne Barrett, *Plymouth Director of Finance*



### Stephen Collins presents Herman Melville

Join Stephen Collins, actor, teacher & lecturer for his live presentation. *Sailing Towards My Father* is a one-man play about Herman Melville (1819-1891), the American author best known for his whaling epic *Moby Dick*. The play chronicles Melville's life from youth to old age, concentrating on his evolution as a writer and his complex relationships.

**Sponsored by The Friends.**

**Registration appreciated, drop-ins welcome.**

**Thursday, January 5th | 1:30pm | Free**



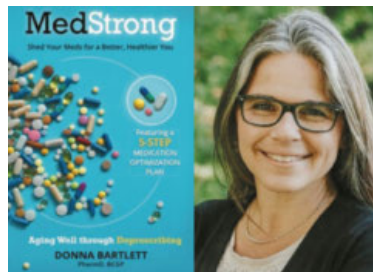
### Breakfast with the PPD

Stop by for conversation and breakfast with the Plymouth Police Department on the first Friday of each month. Bring your questions for the pass the mic segment.

**Sponsored by The Friends.**

**Registration required.**

**Friday, January 6th | 9:00am | \$4**



### Literary Chowder with Author Donna Bartlett

MedStrong: Shed Your Meds for a Better Healthier You tells of the need to keep medications in check throughout the aging process. Why is this necessary? Overmedication increases side effects that can impact one's well-being and quality of life, and can cause unintended consequences such as falls, hospitalizations, and traffic accidents. **Sponsored by The Friends.**

**Registration appreciated, drop-ins welcome.**

**Thursday, January 12th | 1:00pm | Free**



### Veteran Services with Officer Roxanne Whitbeck

Meet your Veteran Services Officer Roxanne Whitbeck. Learn about benefits and services offered.

**Registration appreciated, drop-ins welcome.**

**Thursday, January 12th | 1:30pm | Free**



### Learn about Life Insurance with Elaine Buonvicino

Do you have questions and want to know if your life insurance plan is still active, do you have long term care insurance and want to know what it covers. Make an appointment today to talk with Elaine by calling the CAL at 508-830-4230. Every 2nd Friday of the month.

**Friday, January 13th | 10:00am-11:00am | Free**



### Knitting and PNHS Crochet Club

Knitters, please come and welcome the students of Plymouth North Crochet Club. These students are our next generation knitting and crocheting crafters.

**Registration appreciated, drop-ins welcome.**

**Wednesday, January 18th | 2:15pm - 3:15pm | Free**





### Winter Getaway to the Chanel Islands with Tom Cummiskey

Join us for an armchair travel event with librarian Tom Cummiskey. Explore and experience the Chanel Islands, UK all from the comfort of the CAL. **Registration appreciated, drop-ins welcome.**

**Thursday, January 19th | 1:00pm | Free**



### Parkinson's Support Group with Janet Enos

This group is provided with support from Boston Medical Center and the APDA (American Parkinson's Disease Association). If you or a family member has Parkinson's or Movement Disorders this group can offer you education, interaction, movement, and fun. Every 3rd Thursday of the month. **See page 15 for speaker. Anyone is welcome to drop-in and join, no registration required.**

**Thursday, January 19th | 1:30pm | Free**



### Delicious & Nutritious on Zoom

Join us on Zoom with Chef Jerry Levine and Dietician Marcia Richards from BID-Plymouth. Pop into our Zoom meeting and see what is cooking in the kitchen. You are guaranteed to get a new recipe that will be nutritious and delicious! This month's topic: *Comfort food and Jerry will be preparing Chicken Soup.*

**Registration required to receive Zoom link.**

**Friday, January 20th | 10:00am | Free**



### Alzheimer's Caregiver Support with Jillian Spinale

Join Jillian Spinale, Avita Program Director from Stafford Hill. This program will help you understand the disease, provide emotional support and information, as well as a place to share ideas and experiences with other caregivers and family members.

**Registration appreciated, drop-ins welcome.**

**Wednesday, January 25th | 2:00pm | Free**



### Plant Medicine: Balance the System

Join us for a monthly series on Friday afternoons. The first topic will include the history of cannabis and "root" of the current stigma. Provided by NURSES WITH A MISSION; 'we are nurses mentoring fellow nurses and communities on the major regulatory system in the body and its significant role in self-care. We believe in a holistic, preventative approach to wellness. We provide a community of support and educational tools for growth and healing.'

**Registration appreciated, drop-ins welcome.**

**Friday, January 27th | 1:00pm | Free**



### What's On Your Mind with Dave Warden

This discussion group will talk about what you are thinking about, what's going on in the community and so much more. Stop by when you can and see what this new group is all about.

**Registration appreciated, drop-ins welcome.**

**Every Wednesday | 10:00am - 11:30am | Free**

# JANUARY 2022 PROGRAM CALENDAR

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2**

**3**  
 9:00am - Intermediate Pottery  
 9:00am - The Magic Muscle  
 Workout  
 10:00am - Hot Topic Discussion  
 (Zoom)  
 11:00am - Breathing Lessons  
 12:30pm - Sewing & Quilting  
 12:30pm - American Mahjong  
 12:30pm - Bingo  
 1:00pm - Whist  
 1:30pm - Support After Loss

**CLOSED**

**4**

9:30am - Watercolor Painting  
 10:00am - Yoga Flow  
 10:00am - What's on Your Mind  
 11:15am - Yoga for Every Body  
 12:30pm - Cribbage  
 12:30pm - Knitting  
 1:00pm - Zumba

**5**  
 9:00am - Beginner Pottery  
 9:00am - Boxing Fitness  
 9:00am - Tai Chi  
 10:00am - Grandparents Support  
 10:00am - Chair Massage & Reiki  
 11:30am - Ask Bob  
 12:30pm - Chinese Mahjong  
 12:30pm - Bridge  
 1:30pm - Stephen Collins presents  
 Herman Melville  
 2:30pm - Drum Circle  
 3:00pm - Qi Gong

**6**

9:00am - Breakfast with the PPD  
 9:00am - Men's Morning Discussion  
 9:00am - Zumba Gold  
 9:30am - Acrylic Painting  
 10:00am - Swedish Weaving  
 10:00am - Beltone Hearing Aid  
 Centers  
 10:00am - Sit & Get Fit  
 11:30am - Sweat  
 12:00pm - Food Shopping  
 12:00pm - Pet Snack Shack  
 12:30pm - Canasta Hand & Foot  
 1:30pm - CAL Tour

**9**

9:00am - Cardio Dance & Toning  
 9:30am - Women's Morning  
 Discussion  
 10:00am - Knitting  
 10:30am - Blood Pressure Clinic  
 10:00am - Cardio Combo Fun  
 11:00am - Leslie Romano's Mindful  
 Movement  
 12:00pm - Barre  
 12:30pm - Cribbage  
 1:00pm - General Grief Support  
 1:00pm - Movie: *Uncharted*  
 1:00pm - Cyndi Sweetser's  
 Mindfulness  
 2:15pm - Hot Topic Intergenerational  
 Debate Group  
 3:00pm - Yoga of Awareness

**10**

9:00am - Intermediate Pottery  
 9:00am - The Magic Muscle Workout  
 (Zoom)  
 10:00am - Hot Topic Discussion  
 (Zoom)  
 10:00am - Line Dancing  
 10:00am - At Home Hearing  
 Healthcare  
 11:00am - Breathing Lessons  
 12:30pm - Sewing & Quilting  
 12:30pm - American Mahjong  
 12:30pm - Bingo  
 12:30pm - Gatra I.D.'s  
 1:00pm - Whist

**11**  
 9:30am - Watercolor Painting  
 10:00am - Yoga Flow  
 10:00am - What's on Your Mind  
 11:15am - Yoga for Every Body  
 12:30pm - Cribbage  
 12:30pm - Knitting  
 1:00pm - Zumba

**12**

9:00am - Beginner Pottery  
 9:00am - Boxing Fitness  
 9:00am - Tai Chi  
 10:00am - Grandparents Support  
 10:00am - Chair Massage & Reiki  
 10:15am - Line Dancing  
 11:30am - Ask Bob  
 12:30pm - Chinese Mahjong  
 12:30pm - Bridge  
 1:00pm - Literary Chowder  
 2:00pm - Veteran Services  
 2:00pm - Sandy Childs, Financial  
 Advisor/Retirement Specialist, by  
 appt.  
 2:00pm - Kristin Muratore,  
*Legal Advisor*, by appt.  
 2:30pm - Drum Circle  
 3:00pm - Qi Gong

**13**

9:00am - Men's Morning Discussion  
 9:00am - Zumba Gold  
 9:00am - Shutterbug Photography  
 Digital Club  
 9:30am - Acrylic Painting  
 10:00am - Learn about Life Insurance  
 10:00am - Swedish Weaving  
 10:00am - Sit & Get Fit  
 11:30am - Sweat  
 12:00pm - Food Shopping  
 12:30pm - Canasta Hand & Foot  
 1:00pm - Movie: *Uncharted*  
 1:30pm - CAL Tour

**16**

**CLOSED**

**17**

9:00am - Intermediate Pottery  
 9:00am - The Magic Muscle Workout  
 by appt.  
 9:00am - SHP Financial Advisor,  
 (Zoom)  
 10:00am - Hot Topic Discussion  
 (Zoom)  
 10:00am - Line Dancing  
 11:00am - South & Nook Book Club  
 11:00am - Breathing Lessons  
 12:30pm - Sewing & Quilting  
 12:30pm - American Mahjong  
 12:30pm - Bingo  
 1:00pm - Whist

**18**  
 9:30am - Watercolor Painting  
 10:00am - Yoga Flow  
 10:00am - What's on Your Mind  
 11:15am - Yoga for Every Body  
 12:30pm - Cribbage  
 12:30pm - Knitting  
 1:00pm - Zumba  
 1:00pm - Computer Talks with Roy Z  
 2:15pm - PNHS Crochet Club at  
 Knitting

**19**

9:00am - Beginner Pottery  
 9:00am - Boxing Fitness  
 9:00am - Tai Chi  
 10:00am - Grandparents Support  
 10:00am - Chair Massage & Reiki  
 10:30pm - Topic of the Day with  
 Matt Muratore  
 11:30am - Ask Bob  
 12:30pm - Chinese Mahjong  
 12:30pm - Bridge  
 1:00pm - Winter Getaway to the  
 Chanel Islands  
 1:30pm - Parkinsons Support  
 2:00pm - David Kiley, *Legal Advisor*,  
 by appt.  
 3:00pm - Qi Gong

**20**

9:00am - Men's Morning Discussion  
 9:00am - Medicare  
 9:00am - Zumba Gold  
 9:30am - Acrylic Painting  
 10:00am - Swedish Weaving  
 10:00am - Sit & Get Fit  
 10:00am - Delicious &  
 Nutritious (Zoom)  
 11:30am - Sweat  
 12:00pm - Food Shopping  
 12:30pm - Canasta Hand & Food  
 1:00pm - Movie: *Downtown Abbey: A New Era*  
 1:30pm - CAL Tour

# JANUARY 2022 PROGRAM CALENDAR

## MONDAY

**23**  
**9:00am** - Cardio Dance & Toning  
**9:30am** - Women's Morning Discussion  
**9:30am** - Drawing  
**10:00am** - Knitting  
**11:00am** - Cardio Combo Fun  
**11:00am** - Leslie Romano's Mindful Movement  
**12:30pm** - Cribbage  
**12:45pm** - Movie: *Update*  
**1:00pm** - Cyndi Sweetser's Mindfulness  
**1:00pm** - Movie: *Dog*  
**1:00pm** - General Grief  
**3:00pm** - Yoga of Awareness

## TUESDAY

**24**  
**9:00am** - Intermediate Pottery  
**9:00am** - The Magic Muscle Workout  
**10:00am** - Hot Topic Discussion (Zoom)  
**11:00am** - Line Dancing  
**12:30pm** - Breathing Lessons  
**12:30pm** - Sewing & Quilting  
**12:30pm** - American Mahjong  
**12:30pm** - Bingo  
**1:00pm** - Whist

## WEDNESDAY

**25**  
**9:30am** - Watercolor Painting  
**10:00am** - Yoga Flow  
**10:00am** - What's on Your Mind  
**11:15am** - Yoga for Every Body  
**12:30pm** - Cribbage  
**12:30pm** - Knitting  
**1:00pm** - Zumba  
**2:00pm** - Alzheimer's Support  
**2:00pm** - A Mother's Tea

## THURSDAY

**26**  
**9:00am** - Beginner Pottery  
**9:00am** - Boxing Fitness  
**9:00am** - Tai Chi  
**10:00am** - Grandparents Support  
**10:00am** - Chair Massage & Reiki  
**10:15am** - Line Dancing  
**11:30am** - Ask Bob  
**12:30pm** - Chinese Mahjong  
**12:30pm** - Bridge  
**1:00pm** - CAL's Select Board  
 Harry Helm  
**2:30pm** - Drum Circle  
**3:00pm** - Qi Gong

## FRIDAY

**27**  
**9:00am** - Men's Morning Discussion  
**9:00am** - Zumba Gold  
**9:00am** - Shutterbug Photography Digital Club  
**9:30am** - Acrylic Painting  
**10:00am** - Swedish Weaving  
**10:00am** - Sit & Get Fit  
**11:30am** - Sweat  
**12:00pm** - Food Shopping  
**12:30pm** - Canasta Hand & Food  
**1:00pm** - Plant Medicine: Balance the System  
**1:30pm** - CAL Tour

## 30

**9:00am** - Cardio Dance & Toning  
**9:30am** - Women's Morning Discussion  
**9:30am** - Drawing  
**10:00am** - Knitting  
**10:00am** - Cardio Combo Fun  
**11:00am** - Leslie Romano's Mindful Movement  
**12:30pm** - Cribbage  
**12:45pm** - Movie: *Update*  
**1:00pm** - Cyndi Sweetser's Mindfulness  
**1:00pm** - Movie: *Misfits*  
**1:00pm** - General Grief  
**3:00pm** - Yoga of Awareness

## 31

**9:00am** - Intermediate Pottery  
**9:00am** - The Magic Muscle Workout  
**10:00am** - Hot Topic Discussion (Zoom)  
**11:00am** - Line Dancing  
**12:30pm** - Breathing Lessons  
**12:30pm** - Sewing & Quilting  
**12:30pm** - American Mahjong  
**12:30pm** - Bingo  
**1:00pm** - Whist

## Plymouth Helping Hands for Animals



**Friday, January 6th**  
**12:00pm**

**Monday • Cribbage**  
**12:30pm-3:30pm**

**Tuesday**

**American Mahjong • 12:30pm**  
**Whist • 1:00pm-3:30pm**

**Wednesday • Cribbage**  
**12:30pm-3:30pm**

**Thursday • Bridge & Chinese Mahjong**  
**12:30pm-3:30pm**



**Friday • Canasta**  
**12:30pm-3:30pm**

## Weekly Games



## Morning Mindfulness with Barbara Ward

**Sundays at 9:00**  
**Zoom Only**

Please see weekly Constant Contact for Zoom code & link.

## People to People Sharing Board

**Located in lobby next to elevator**

CAL has created a "People to People Sharing Board," a way for patrons to share and connect directly with each other! Do you have tickets to a show but can no longer go and would like to give them to another senior? Are you looking for a walking or tennis partner? Do you have an item that you no longer need but another patron might? Do you need or offer a service another senior may benefit from? These are just some examples of what this board is all about! This board is located in our main lobby, and there will be supplies provided for you to write on and pin on the share board!



# SUPPORT OUR ADVERTISERS!



The Friends help financially support programming at the CAL. Please consider joining us!

**ANNUAL MEMBERSHIP DRIVE – New Guidelines, please read:**

*In order to be more inclusive, we are adding discounted programs at the CAL to our Pool Pass benefit.*

- |  |   |
|--|---|
| <input type="checkbox"/> <b>BASIC FRIENDS MEMBERSHIP</b>     | \$10.00 Donation                                  |
| <input type="checkbox"/> <b>ENHANCED FRIENDS MEMBERSHIP</b>  | \$50.00 discounted pool passes and CAL programs** |
| <input type="checkbox"/> <b>ELITE FRIENDS MEMBERSHIP</b>     | \$100.00 discounted pool passes and CAL programs  |
| <input type="checkbox"/> <b>CORPORATE FRIENDS MEMBERSHIP</b> | \$200.00 includes additional benefits             |

**\*\*New Discounted programs:** For every 5 classes you attend, you get the 6 th program free. Limit to 2 free visits per month. Pool passes remain the same. Check in at the front desk of the CAL to sign up.

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

DUES: \$ \_\_\_\_\_ Additional Donation \$ \_\_\_\_\_ Pool Passes \$ \_\_\_\_\_

TOTAL INCLUDED: \_\_\_\_\_ Please make checks payable to **Friends of Plymouth COA**

Please mail application and fees to Friends of the PCOA; 44 Nook Rd; Plymouth, MA 02360

For questions, please call 508-830-4230 and leave a message for the Friends

\_\_\_ Please initial if you DO NOT wish to be listed in any of our publications

Thank you for joining the Friends! We appreciate your support!

**JOIN BY JANUARY 31ST** AND BE ENTERED INTO A DRAWING FOR A  
\$50 GIFT CERTIFICATE TO MARKET BASKET (4 prizes will be awarded)



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



**VOLUNTEERS WE APPRECIATE:**

In December, the CAL Volunteer of the month was Isabella Bletzer. Bella has been volunteering for over a year at the CAL and has helped out in many areas.

She is a sophomore at Plymouth North and we appreciate her dedication and commitment to the Seniors of Plymouth. Thank you Bella, for all you do as you bring a little joy to all you meet!

**HOW TO GET IN TOUCH WITH THE BOARD:**

**Email:**

friendsoftheplymouthcoa@gmail.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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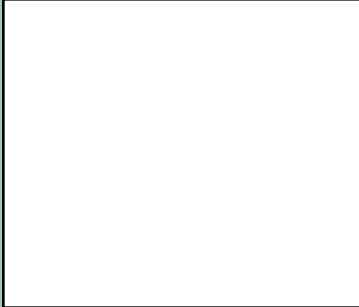
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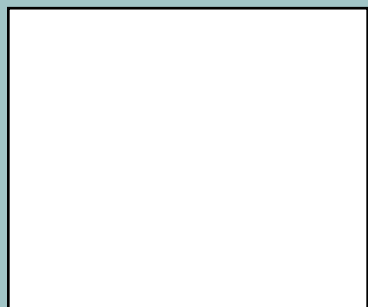
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Tuesday-Friday 9:30am-12:30pm

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Assorted Baked Goods - \$2.00		Soup and ½ Sandwich of the Day - \$5.00	
Assorted Fresh Fruit - \$2.00		Lunch Special of the Day - \$6.00 (+/-)	
Yogurt - \$1.00		Hot Chocolate - \$1.00	

**COMMUNITY PARTNER HIGHLIGHT**

**South Shore Community Action Council**



CAL is please to announce a new monthly feature to our CALegram for 2023-introducing the "Community Partner Highlight!" CAL has the distinct pleasure of partnering with so many of the best and brightest in our community, and this is our opportunity to show our appreciation and publicly thank them for all that they do on behalf of CAL and our seniors!

We are proud to name South Shore Community Action Council (SSCAC) as our first CAL Community Partner Spotlight! SSCAC is a priceless partner to CAL, and donate so much to assist with senior nutrition needs! We are the recipient of their generosity several times a week, most notably supplying the abundance of food for our Friday Food Shopping program along with bread and other food staples CAL patrons see distributed in our lobby throughout the week. With grocery prices at an all-time high, SSCAC's donations help seniors alleviate some of the financial burden in their food budget. Thank you beyond words, SSCAC for being such an amazing community partner to CAL!

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 "WE GOT TOGETHER SO YOU CAN GET TOGETHER!"  

**Parkinson's Support Group**  
Thursday, January 19th at 1:30pm

Our January Speaker is Joe O'Connor who was diagnosed 6 years ago. He is an Ambassador with the Davis Phinney Foundation. The Foundation is dedicated to helping people with Parkinson's live the best possible life. He has also completed nearly 50 clinical trials and is actively searching for more. He has founded his own support group. In his Work Life he was focused on left brain activities. Now with Parkinson's he has shifted his focus to right brain activities and to that end he has published books of poems, painted a picture which is now hanging in a virtual gallery, singing the local Parkinson chorus and enjoys jamming with guitar.

# THE SOCIAL OUTREACH CONNECTION



## Subsidized Senior Housing Inquiries

Seniors interested in applying for Subsidized Housing in Plymouth through the Plymouth Housing Authority can do so at the Center. Applicants must schedule an appointment by calling us at 508-830-4230 and must come with the appropriate documents needed to complete the application. Applications may also be completed online, please let us know if you would like assistance with process and we will be glad to help!

Applications can be picked up at the PLYMOUTH HOUSING AUTHORITY at 130 Court Street, Plymouth MA 02360. Their phone number is (508) 746- 2105. Their website is [www.plymha.org](http://www.plymha.org)

This is a list of documents needed to complete housing applications (Needed for each household member)

### Income:

- Copies of Regular Social Security Income and/or Supplemental Security Income
- Salary, wages including overtime (at least one month)
- Unemployment
- Veterans Disability
- Income from any business or profession
- Trust income: interest/dividends
- Pensions/ annuities
- TANF or any other assistance
- Alimony/ support

### Expenses: will only be applied with verification (receipts)

- Extraordinary expenses required by employer
- Care of child or sick person if for employment
- Medical expenses IN EXCESS OF 3% of GROSS income
- Utility and Fuel company Bills: cable, electric, oil
- Mortgage Bill (or rental/lease agreement)
- Property taxes

### Assets:

- Own or part own home, mobile home or any other property, documents of FAIR MARKET VALUE (tax assessment)
- If transfer of ownership of a property occurred within the last 4yrs, VERIFICATION OF SALE must be included.
- Checking account/Savings account: most recent bank statement showing name of bank, acct number and balance
- Savings certificate, credit union shares, stocks and bonds: most recent bank statement showing name of bank, acct. number and balance
- Automobiles: registration number, color and year.

### EXTRA DOCUMENTS:

- Documentation of DISABILITY from physician documenting physical or mental impairment expected to last at least 6 months. AND attach a letter stating what would most benefit you
- VETERANS: a copy of discharge or separation papers.
- BIRTH CERTIFICATE & SOCIAL SECURITY CARDS (for each person on household)
- 2 references (unrelated and do not share household)
- 1 emergency contact
- Rental History for 5 yrs.
- Copy of taxes filed last year
- Picture ID

**NOTE:** *There are 4 applications for the Plymouth Housing Authority*

#### State Application

- Cherry Hill 1 - 128 Court St.
- Castle Court - Castle St.
- Southfield - 105 South St.

#### Federal Application

- Northfield - 84 Nicks Rock Rd.

#### Federal Application

- High Cliff - 23 Prince St.

#### Cherry Hill 2 Private management company Peabody Properties in Braintree

- 128 Court St.

You can also apply online for the State funded housing by visiting <https://publichousingapplication.ocd.state.ma.us/>





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 (Massachusetts 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 2022 tax returns, the Plymouth Tax-Aide volunteers plan to begin work on February 8, 2023. **You can make an appointment by calling the Plymouth CAL at 508-830-4230 beginning on January 24, 2023 at 9:00 A.M.** All appointments will be scheduled for one hour. You should plan to arrive at the CAL 15 minutes before your appointment time. Also, please be aware that your appointment may take 90 minutes or more.

Once you have scheduled an appointment, we encourage you to pick up an “intake sheet” at the Plymouth CAL any time prior to your appointment. Upon arrival at the CAL for your appointment, the front desk staff will direct you to a Tax Aide client facilitator who will review your completed intake sheet. **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 W-2’s, 1099 forms, and other tax-related documents for 2022
- Mortgage Interest Statements for 2022, if any
- Medical Expenses if they exceed 7.5% of your 2022 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 2022 and water/sewer bills – these are required if you are applying for the Massachusetts 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 2021 FEDERAL & STATE INCOME TAXES**

**This is critical if you had your taxes prepared somewhere else last year --**

Our guidelines state that we may not do returns involving:

- Rental Income FOR MORE THAN 14 DAYS
- The Alternative Minimum Tax
- Any sort of Depreciation
- Businesses with employees or inventory
- Businesses reporting a net loss (even \$1)
- Businesses with expenses exceeding \$10,000 or more
- Moving expenses
- Cancellation of Debt other than Credit Card Debt that is counted as income
- Very complicated stock transactions and K-1 forms
- Returns for ministers, military or those that have farm income.



We ask that you review these guidelines and bring the necessary items so that together we can complete and (in almost all cases) electronically file your tax return. Finding that your return is “outside our scope of practice” when arriving for your appointment will only result in a loss of time for both you and our volunteers.

We will print a copy of your tax return for your records and return all of your records to you. All tax returns are generated on IRS computer servers. No information is stored on a laptop or any other device that our volunteers use in preparing and printing tax returns.

After reviewing your paperwork, our volunteers may decide that your return is too complicated and will require expertise that exceeds our abilities. Rather than filing a return that we are not confident is correct, we will return all documents to you and erase your return from our system. In this case, you should seek alternative arrangements for filing your return, most often by contacting a paid, professional tax preparer. Our hope is that by following the guidelines above we can avoid this happening. If you are unsure, please call the CAL. CAL personnel will contact a Tax-Aide representative who can answer your questions. AARP Tax-Aide volunteers work across the United States under the approval and oversight of the IRS in providing this free service.

***Other Tax-Aide sites in the local area can be found on the AARP website.  
www.AARP.org***



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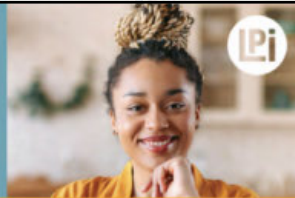
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## WE'RE HIRING!

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ON THE AIRPORT RUNWAY! 



**THRIVE  
LOCALLY**

**Social/Outreach Workers**, to schedule an appt with **April Thompson (ext. 106)** or **Lindsay Reik (ext. 116)** please call directly at (508) 830-4230. **Need a Medical Ride?** Call CAL Medical Transportation line at 508-830-4230 ext. 110

**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

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

## OTHER SERVICES

<b>Plymouth's SHP Financial Advisors</b> Full-Service Retirement & Financial Planners	3rd Tuesday each month, 9:00am-10:30am <i>by appointment only</i>
<b>Sandy Childs, Financial Advisor at Edward Jones / Retirement Specialist</b> Sandy focuses on retirement concerns for women, but men also.	1st Thursday each month, 2:00pm-4:00pm <i>by appointment only</i>
<b>Notary Services</b> ~ <i>by appointment only</i>	Call (508) 830-4230 for more information
<b>SHINE (Serving the Health Insurance Needs of Everyone)</b> ~ Assists with Medicare, MassHealth, & other health insurance information.	Call (508) 830-4230 for more information ~ <i>by appointment only</i>

## MOVIES - ALL MOVIES NOW SHOWING AT 1:00PM!

<b>Uncharted</b> 2022 (Action/Adventure)	Monday, January 9th & Friday, January 13th 1:00pm	Street-smart Nathan Drake is recruited by seasoned treasure hunter Victor "Sully" Sullivan to recover a fortune amassed by Ferdinand Magellan, and lost 500 years ago by the House of Moncada.
<b>Downtown Abbey: A New Era</b> 2022 (Drama/Romance)	Friday, January 20th 1:00pm	The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.
<b>Dog</b> 2022 (Comedy/Drama)	Monday, January 23rd 1:00pm	Two former Army Rangers are paired against their will on the road trip of a lifetime. Briggs & Lulu race down the Pacific Coast to get to a fellow soldier's funeral on time.
<b>Misfits</b> 2021 (Comedy/Action)	Monday, January 30th & Friday, Feb. 3rd 1:00pm	After being recruited by a group of unconventional thieves, renowned criminal Richard Pace finds himself caught up in an elaborate gold heist that promises to have far-reaching implications on his life and the lives of countless others.

## VOLUNTEER CORNER

### Looking for Volunteers:

- Back-Up Meals on Wheels Drivers
- Community Constant Contact Editor

Please contact Margaret Martin - ext. 103 - [mmartin@plymouth-ma.gov](mailto:mmartin@plymouth-ma.gov)



## VOLUNTEER OF THE MONTH



### Carole Torrance

Volunteer of the month for January is Carole Torrance. Carole is a proud Plymouthian and has been volunteering here at CAL since 2014. These days you can find Carole volunteering at the Reception Desk and if you stop for a chat, she is sure to tell you about her son, grandchildren, and great-grandchildren. She can always be relied upon to greet all who enter with a warm and friendly smile and is always available to help wherever needed. CAL is so grateful to share this wonderful Plymouthian with all our members.



## Center for Active Living

44 Nook Road  
Plymouth, MA 02360

P: 508-830-4230 • F: 508-830-4233

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**Breakfast with the Plymouth Fire Department**  
Wonderful start to a new program that will be a quarterly event.  
*Thank you Benchmark at Plymouth Crossing for providing breakfast!*



Mike Dickerson - CAL Café Chef, Hannah Crowe - Plymouth Crossing Chef, Celeste Villano - Plymouth Crossing Director of Community Relations, Marcy Gallerani - CAL Meal Site Coordinator



Chief Foley and Michelle Bratti

