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May 2023

EGRAM

newsletter



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National Institute of
Senior Centers

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

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

BOAT TICKETS & TOURS

This photo was taken during the winter months at the wharf in Plymouth. During the Spring and Summer you will see many people in line to take various tours such as whale watching, fishing & trips to Provincetown and even a fun educational pirate event in the Bay for the children (and adults).

I lived in beautiful Plymouth for 40 years but recently moved to Carver. Twelve years ago I started a Facebook page called PHOTOS OF PLYMOUTH, MA & SURROUNDING TOWNS to invite other residents and members to share their photos of our area. Feel free to sign up.

Center for Active Living is a high quality senior service to Plymouth. It amazes me the amount of topics they offer to make our golden years safer, healthier and fun. Don't hesitate to stop by, they will welcome you with open arms.

-Janet Depathy

Visit Us Online At:

Website

www.plymouth-ma.gov/center-active-living

Facebook

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 (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.

Marketing & Media Coordinator: Bernadette Denson

Newsletter Designer: Michelle Mosesso-Antonuccio

The CAL will be closed Monday, May 29th

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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

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

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) Minimum of 8 participants to hold class and maximum of 25.
Blood Pressure Clinic with Marguerite	No program in May!	Free	Stop in and see Nurse Marguerite once a month for a blood pressure check-in! 2nd Monday of the month. *Blood Pressure Clinic has been cancelled for the month of May -- we'll see you June 12th!
Leslie Romano's Mindful Movement	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. Minimum of 8 participants to hold class and maximum of 25.
Barre with Samantha Cox	Mondays, 12:00pm	\$6 Per Class	Barre is a workout technique inspired by elements of ballet, yoga, and strengthening and creating long lean muscles. Please bring a yoga mat.
Cyndi Sweetser's Mindfulness	Mondays, 1:00pm-2:30pm	\$8 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.
Yoga of Awareness with Carol Cooney	Mondays, 2:45pm-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

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 Mike Schmit	Tuesday, May 9th 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.
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 & ease your anxiety for mental & physical health. Registration required; check weekly events email for the Zoom link.

WEDNESDAYS

Gentle Yoga with Tina	Wednesdays, 10:00am	\$5 Per Class	Move through gentle yoga poses, connecting movement with breath & mindfulness to improve flexibility & balance, strengthen the body and reduce stress on the mat.
Yoga for Every Body with Carol Cooney	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.
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.

THURSDAYS

Boxing Fitness 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. Registration required. Minimum 8 participants.
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.
Line Dancing with Dotty	Thursdays, 10:15am	\$5 Per Class	Have fun while improving your coordination, balance, posture & rhythm. Proper footwear necessary.
Chair Massage & Reiki	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.
Qi Gong 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

Zumba Gold <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.
Pedicare	Friday, May 19th 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. 3rd Friday of the month.
Sit & Get Fit <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.
Sweat <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

Morning Mindfulness <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. Please check the weekly events email for the Zoom link.
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Please see the center calendar on pages 10 & 11 for the schedule for all health & fitness programs.



Tufts Health Plan Senior Care Options

Are you 65 or older and on MassHealth Standard? If so, the Tufts Health Plan Senior Care Options may offer you more covered health benefits at no cost to you! Join Jen Nocella for dessert and coffee and an informative discussion to learn more.

Registration appreciated, drop-ins welcome.

Tuesday, May 16th | 11:00am | Free

Drum Circle with Lola returning June 1st at 2:30pm!

South Shore Fun Lovers Presents...

Essex Steam Train & Riverboat

Friday, July 14th
\$140.00 per person

Best of Maine
Wednesday, August 16th
\$115.00 per person

For Reservations please contact
Patty Santos at 508-746-1750.



Lighthouse Craft

Tuesday, June 6th
4:30pm-6:30pm

Cost: \$4.75

Registration Opens: May 5th

Registration Deadline: May 26th

Partially Funded by The Friends



**The Plymouth Yarn Pop display
launches on May 1st.**

CHECK OUT THE DISPLAY AT THESE LOCATIONS:

**Pilgrim Hall
The Hedge House
Plymouth Public Library
Center for Active Living**



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Busy calendar of events? Don't miss out! Be sure you are seeing clearly.



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Plymouth Housing Authority

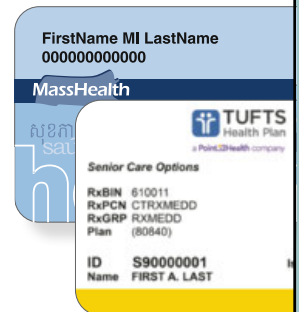
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Call 508-746-2105 or apply on-line
public.housing.application.ocd.state.ma.us
or plymha.org



Are you 65 or older and on MassHealth Standard?

Get more covered health benefits and extra care **for \$0** with Tufts Health Plan Senior Care Options (HMO-SNP).



1-855-880-0053 (TTY: 711)*



www.thpmp.org/sco



TUFTS
Health Plan

a Point32Health company

*8 a.m.-8 p.m., 7 days a week (Mon.-Fri. from Apr. 1-Sept. 30). Tufts Health Plan Senior Care Options is an HMO-SNP with a Medicare Contract. Enrollment in Tufts Health Plan Senior Care Options depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. You are not eligible to enroll into Tufts Health Plan Senior Care Options if you are enrolled in any other health insurance plan, with the exception of Medicare. Other eligibility requirements and restrictions may apply. Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). H8330_2023_70_M



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

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.
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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	Tuesdays, 12:30pm-3:00pm	\$2	\$2 per card. Must be checked in by 12:15pm, the first game will begin at 12:30pm. We play a total of 12 games & finish up right around 3 pm. Doors open at 11:30 am.
South and Nook Book Club & Chat	Tuesday, May 16th 11:00am-12:00pm	Free	This book club is held at the Plymouth Public Library. May Book: Cicada Summer by Maureen Leurck

WEDNESDAYS

Hot Topic Intergenerational Debate Group	Wednesday, May 10th & May 24th 2:15pm	Free	Yuna Yi hosts this debate with students of Plymouth North High School, discussing current topics in the news. In-Person Only. 2nd & 4th Wednesday of the month.
What's On Your Mind	Wednesdays, 10:00am	Free	Please join Dave Warden for a lively discussion about what is on your mind.
Computer Talks with Roy Z	Wednesday, May 17th 1:00pm	Free	Each month join Roy to learn more about computers & technology. This month's topic: The Mouse Discussion.

THURSDAYS

Topic of the Day with Matt Muratore	Thursday, May 18th 10:30am	Free	Stop by, listen to updates from the State House and bring your questions and concerns. This month's visitor will be Matt Muratore.
Ask Bob	Thursdays, 11:30am	Free	Bring your questions about computers, phone & technology.
CAL's Select Board Liaison Harry Helm	Thursday, May 25th 1:00pm	Free	Join Select Board Liaison Harry Helm as he discusses different topics and answers questions. Please see our weekly events emails for the current topic.

FRIDAYS

Men's Morning Discussion	Fridays, 9:00am	Free	A thought-provoking discussion of world & personal issues for men.
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.
Pet Snack Shack	Friday, May 5th & 19th 12:00pm	Free	Stop by for free pet snacks and learn about Plymouth Helping Hands for Animal's mission & local outreach efforts. 1st & 3rd Friday of the month.
Shutterbug Digital Photography Club	Friday, May 12th & 26th 9:00am-11:00am	Free	Members share and critique photos, go on field trips, get education and technique tips. 2nd & 4th Friday of the month.
CAL Dance Party	Friday, May 12th 2:00pm-4:00pm	Free	Join DJ & Dance Instructor John Peters for an afternoon of fun. Come dance & enjoy your favorite music! See page 8 for more info.
Delicious & Nutritious on Zoom	Friday, May 19th 10:00am	Free	Join Chef Jerry Levine & Dietician Marcia Richards. 3rd Friday of the month. This month's topic: Bone Health and This month's recipe: Healthier Mac & Cheese.

COMMUNITY OUTREACH & EDUCATION

America's First Ladies with Ties to Mass	Monday, May 15th 1:15am	Free	Join Plymouth Educator Nancy Franks for an engaging presentation. Learn about the nine First Ladies who had strong ties to the Bay State. See page 8 for more info.
Massachusetts Bar Association	Tuesday, May 16th 10:00am	Free	Join Attorney Ashley Evors for an informative overview of various legal topics as part of the Mass Bar Association's 2023 Elder Law Program. See page 9 for more info.
Incontinence Discussion	Tuesday, May 23rd 10:00am	Free	Do you or someone you love suffer from incontinence? Stop by and see how Charm Medical Supply can help. See page 9 for more info.
A Night at the Easel	Tuesday, May 23rd 4:00pm	\$30	Join us for a night of socializing, painting & fun. You will learn step-by-step how to paint a seasonal scene that is yours to keep. See page 9 for more info.
Open Mic Night	Tuesday, May 30th 5:00pm	Free	Are you a solo musician, comedian, poet or recite spoken word? Sign up with Beth at 508-830-4230 or bhadfield@plymouth-ma.gov. See page 9 for more info.
Act 3 Players	Wednesdays, 10:00am Starting May 10th	\$100	This spring the Act 3 Players will present a "Laughing Affair!" with Director Vickie Mulligan. Payment can be made in two installments. See page 8 for more info.
Coffee Talk	Thursday, May 4th 1:00pm	Free	From bean to cup & everything in between! Join us for a coffee talk about brewing methods, equipment, different brands & more. See page 8 for more info.
Healthy Living For Your Body	Thursday, May 11th 10:30am	Free	Join Jen Hoadley & Marcia Richards RD for an educational program about healthy aging. See page 8 for more info.
"The Landscape of Hope"	Thursday, May 11th 1:30pm	Free	Come see original folksinger and storyteller Tim Van Egmond. He will perform a collection of songs and tales about community ties. See page 8 for more info.
Breakfast with the PPD	Friday, May 5th, 9:00am	\$4	Stop by for conversation and breakfast with the Plymouth Police Department.
Plant Medicine: Balance the System	Friday, May 26th 1:00pm	Free	Join us for a monthly series provided by Nurses With A Mission. This month's topic: How to nourish your ECS without the plant. See page 9 for more info.

Drawing w/ Cindi Walsh-Hamlin	Mondays, 9:30am-12:00pm April 3rd - May 22nd	\$60/ 6 week session	Newest 6 week session will run from 4/2-5/22. All levels welcome. We will be exploring landscape drawing with tricks and tips. We will achieve this with line, shape, shadows, texture & composition. See Drawing Flyer for more info & supply list. Max 15 participants. Paid in full & no refunds. *No class 5/8.
Knitting	Mon, 10:00-11:30am Weds, 12:30-4:00pm	Free	Bring your craft in progress, work on some thing new, and share great conversation with friends.
Intermediate Pottery with Sue Lynch	Tuesdays, 9:00am-11:30am	\$10 Per Class	Hand-building pottery projects done independently with guidance from the instructor.
Watercolor Painting	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.
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.
Acrylic Painting 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.
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	Facilitated by Old Colony Hospice & Palliative Care. Call Maria Campbell-Chaplain to register, 781-341-4145. Meetings will be held weekly.
Support After Loss, A Path Towards Healing	Tuesday, May 2nd 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. 1st Tuesday of the month.
You & Eye: Low Vision Support Group	Tuesday, May 9th 10:00am-11:30am	Free	An exchange of resources, guest speakers & support. This months speaker: Chris Haggerty from OCES. 2nd Tuesday of the month.
Family Caregiver Community Circle	Tuesday, May 9th 5:30pm	Free	Cheryl Botieri, MS, will explore topics to help us navigate this challenging responsibility by sharing resources. See below for more info. 2nd Tuesday of the month.
Alzheimer's Caregivers Support	Wednesday, May 17th 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. 3rd Wednesday of the month.
Mothers' Tea	Wednesday, May 24th, 2:00pm	Free	A Peer Support Group for Mothers who have lost children. 4th Wednesday of the month.
Grandparent Raising Grandchildren	Thursdays 10:00am	Free	Support for grandparents for the life-altering situation of raising a grandchild.
Parkinson's Support Group	Thursday, May 18th 1:30pm	Free	If you or a family member has Parkinson's this group can offer you education, interaction, movement, & fun. See below for more info. This program will now be held at the Plymouth Public Library, 132 South Street. 3rd Thursday of the month.



Family Caregiver Circle with Cheryl Botieri

This month's topic: Spiritual Care for the Family Caregiver and Your Loved One.

Community Presenter: An Interfaith Chaplain will be joining us. Chaplains, as spiritual care providers, are here to listen, accompany, and bear witness to the joys, sorrows, and hopes of loved ones needing caregiving and their families. Spiritual Care promotes care of the whole person, including their physical, emotional, social, & spiritual needs by providing spiritual care that cultivates healing, wholeness, & honors the dignity of each person.

Registration appreciated, drop-ins welcome.

Tuesday, May 9th | 5:30pm | Free



Parkinson's Support Group

Speaker Jenna Zajac of Center for Neurorehabilitation at Boston University. The Team of Physical Therapists and Researchers at the Center for Neurorehabilitation at Boston University are developing new community-based walking programs designed to help people with Parkinson disease engage in routine walking, get more active & improve walking health. **This program will now be held at the Plymouth Public Library, 132 South Street. Anyone is welcome to drop-in and join, no registration required.**

Thursday, May 18th | 1:30pm | Free

Please note: CAL's regular programs will not be held on Monday, May 8th.



Coffee Talk

From bean to cup & everything in between! Half of Americans drink it every day, but there's more to coffee than Dunkin' and Starbucks. Join us for some serious coffee talk, from light to dark roast and everything in between. We will also review different brewing methods and equipment, local and national brands, and much more. If you're a coffee person, this one is not to be missed!

Sponsored by The Friends

Registration required, seating is limited.

Thursday, May 4th | 1:00pm | Free



Act 3 Players - A Laughing Affair!

Calling all CAL actors, singers, and actor wannabes! This spring the Act 3 Players will present a "Laughing Affair!" with Director Vickie Culligan. Comedy sketches from hit shows like Carol Burnett & other side-splitting scripts will have our acting troupe non-stop laughing! Class rehearsals will include skit work, character development, sound effects & music. Minimum of 8 participants and Maximum of 16. **Program rehearsals will run from May 10th to June 21st and the final performance will be on June 28th.**

Wednesdays | 10:00am-11:45am | \$100 (can be paid in two installments)



Healthy Living For Your Brain & Body

Join Jen Hoadley from Alzheimer's Association and Marcia Richards RD from BID Lahey Plymouth for an educational program. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Free community collaborative cookbook, for those that have pre-registered.

Registration appreciated, drop-ins welcome.

Thursday, May 11th | 10:30am | Free



"The Landscapes of Hope" with Tim Van Egmond

Come see original folksinger and storyteller Tim Van Egmond perform at the CAL. This program will be a collection of traditional and contemporary songs as well as tales about what draws a community together. He'll play guitar, hammered dulcimer, and mountain dulcimer.

Sponsored by The Friends & The Plymouth Cultural Council

Registration appreciated, drop-ins welcome.

Thursday, May 11th | 1:30pm | Free



CAL Dance Party

Join DJ & dance instructor John Peters for an afternoon of fun. Come dance & enjoy your favorite music and learn some new steps!

Sponsored by The Friends

Registration appreciated, drop-ins welcome.

Friday, May 12th | 2:00pm | Free



America's First Ladies with Ties to Massachusetts

Join Plymouth Educator Nancy Franks for an engaging presentation that will end with an exciting raffle of patriotic prizes. Since 1789, America's first ladies have served as political campaigners, hostesses, champions of social causes, and the public faces of the administration at official and ceremonial events. Get to know nine First Ladies who had strong ties to the Bay State.

Sponsored by The Friends

Registration appreciated, drop-ins welcome.

Monday, May 15th | 1:15pm | Free



The Legal Check-Up with *the Massachusetts Bar Association*

Join Attorney Ashley Evirs from Dalton & Finegold, LLP for an informative overview of various legal topics as part of the Massachusetts Bar Association's 2023 Elder Law Program. Topics may include: Veteran Affairs Financial Benefits, how to protect your home & assets, power of attorney/health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, & alternatives to nursing home care. This program is provided with the assistance & collaboration of the Mass. Chapter of NAELA.

Registration appreciated, drop-ins welcome.

Let us know what topics interest you most when registering.

Tuesday, May 16th | 10:00am | Free

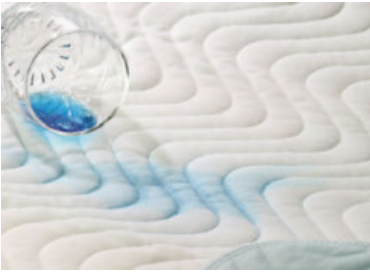


Delicious & Nutritious on Zoom

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 is: Bone Health & the recipe of the month is: a Healthier Mac & Cheese.*

Registration appreciated, drop-ins welcome.

Friday, May 19th | 10:00am | Free

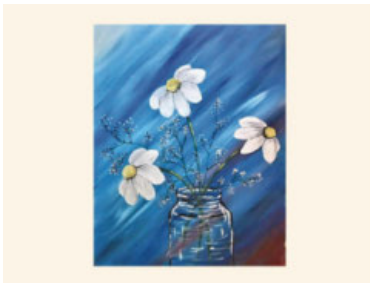


Incontinence Discussion with Charm Medical

Do you or someone you love suffer from incontinence? Could you use help paying for absorbency supplies? Is getting to the store to purchase these items a challenge? Stop by, meet Mary Lou Dolan, and bring your insurance cards to find out if you qualify to receive these supplies through your health insurance plan.

Registration appreciated, drop-ins welcome.

Tuesday, May 23rd | 10:00am | Free



A Night at the Easel with Monica Gillet

Join us for a night of socializing, painting, and fun at the CAL! Learn step-by-step how to paint a seasonal scene that is yours to keep! Picture of project shown on left.

Pre-registration is required - please RSVP to Elise Morgan at e1morgan@bridgew.edu or in person with Beth Hadfield. A \$30 materials fee is due to the instructor the night of.

Presented by BSU Senior College.

Registration required, seating is limited.

Tuesday, May 23rd | 4:00pm-6:30pm | \$30



Plant Medicine: Balance the System

Final Topic: Five to Thrive-How to nourish your ECS without the plant, using holistic wellness options. Provided by NURSES WITH A MISSION; we are nurses mentoring fellow nurses & communities on the major regulatory system in the body & 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, May 26th | 1:00pm | Free



Open Mic Night

If you've been waiting to perform your original song, poetry, prose, or comedy, we've got just the ticket for you. Join us as a presenter or just join us to give our neighbors a hand for the CAL Open Mic Night Original Revue! Original works preferred. If your performance requires audio accompaniment, please bring it on a CD. Performers call Beth Hadfield for your time slot at 508-830-4230.

Registration appreciated, drop-ins welcome.

Tuesday, May 30th | 5:00pm | Free

MAY 2023 PROGRAM CALENDAR

*All programs subject to change

MONDAY

1
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
12:00pm - Barre
12:30pm - Cribbage
1:00pm - Cyndi Sweetser's Mindfulness
1:00pm - General Grief Support
2:45pm - Yoga of Awareness

TUESDAY

2
9:00am - Intermediate Pottery
9:00am - The Magic Muscle Workout
10:00am - Hot Topic Discussion (Zoom)
10:00am - Line Dancing
11:00am - Breathing Lessons
12:30pm - American Mahjong
12:30pm - Bingo
1:00pm - Whist
1:30pm - Support After Loss
5:00pm - Rhythmic Relaxation*

8

9
9:00am - Intermediate Pottery
9:00am - The Magic Muscle Workout (Zoom)
10:00am - You & Eye: Low Vision Support Group
10:00am - At Home Hearing Healthcare
10:00am - Line Dancing
11:00am - Breathing Lessons
12:30pm - American Mahjong
12:30pm - Bingo
1:00pm - Whist
5:30pm - Family Caregiver Community Circle
5:00pm - Rhythmic Relaxation*
5:00pm - Meet the Candidates
5:30pm - Retiring & Finding Meaning

**Please note:
 CAL's regular programs
 will not be held today.**

WEDNESDAY

3
9:30am - Watercolor Painting
10:00am - Gentle Yoga
10:00am - What's on Your Mind
11:15am - Yoga for Every Body
12:30pm - Cribbage
12:30pm - Knitting
1:00pm - Zumba
2:00pm - Chorus

10

9:30am - Watercolor Painting
10:00am - Gentle Yoga
10:00am - What's on Your Mind
11:15am - Yoga for Every Body
12:30pm - Cribbage
12:30pm - Knitting
12:30pm - GATRA I.D.'s
1:00pm - Zumba
2:00pm - Chorus
2:15pm - Hot Topic
 Intergenerational Debate Group

THURSDAY

4
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
12:30pm - Chinese Mahjong
12:30pm - Bridge
1:00pm - Coffee Talk
2:00pm - Sandy Childs, *Financial Advisor/Retirement Specialist*, by appt.
3:00pm - Qi Gong

11

9:00am - Beginner Pottery
9:00am - Boxing Fitness
9:00am - Tai Chi
10:00am - Grandparents' Support
10:00am - Chair Massage & Reiki
 10:00am - Diabetic Shoe Fittings with *A+ Home Medical Supply*, by appt.
10:15am - Line Dancing
10:30am - Healthy Living For Your Brain & Body
11:30am - Ask Bob
12:30pm - Chinese Mahjong
12:30pm - Bridge
1:30pm - "The Landscape of Hope"
2:00pm - Kristin Muratore, *Legal Advisor*, by appt.
3:00pm - Qi Gong

FRIDAY

5
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 - Sit & Get Fit
10:30am - Pet Snack Shack
11:30am - Sweat
12:00pm - Food Shopping
12:30pm - Canasta Hand & Foot
1:00pm - Movie: *Everything Everywhere All At Once*
1:30pm - CAL Tour

12

9:00am - Men's Morning Discussion
9:00am - Zumba Gold
9:00am - Shutterbug Digital Photography Club
9:30am - Acrylic Painting
10:00am - Elaine Buonvicino *Health & Life Insurance*, by appt.
10:00am - Swedish Weaving
10:00am - Sit & Get Fit
11:30am - Sweat
12:00pm - Food Shopping
12:30pm - Canasta Hand & Foot
1:30pm - CAL Tour
2:00pm - CAL Dance Party

15

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
12:00pm - Barre
12:30pm - Cribbage
12:30pm - Friends Meeting
1:00pm - Cyndi Sweetser's Mindfulness
1:00pm - General Grief Support
1:15pm - America's First Ladies with Ties to Massachusetts
2:45pm - Yoga of Awareness

17

9:30am - Watercolor Painting
10:00am - Gentle Yoga
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
2:00pm - Alzheimer's Support
2:00pm - Chorus

18

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
10:30pm - Topic of the Day with Matt. Muratore
11:30am - Ask Bob
12:30pm - Chinese Mahjong
12:30pm - Bridge
1:30pm - Parkinsons Support at the Plymouth Public Library
2:00pm - David Kiley, *Legal Advisor*, by appt.
3:00pm - Qi Gong

19

9:00am - Men's Morning Discussion
9:00am - Pedicure
9:00am - Zumba Gold
9:30am - Acrylic Painting
10:00am - Sit & Get Fit
10:30am - Pet Snack Shack
10:00am - Swedish Weaving
10:00am - Delicious & Nutritious (Zoom)
12:00pm - Food Shopping
12:30pm - Canasta Hand & Foot
1:30pm - An Afternoon with Elvis
1:30pm - CAL Tour

MAY 2023 PROGRAM CALENDAR

*All programs subject to change

MONDAY

22
 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
 12:00pm - Barre
 12:30pm - Cribbage
 1:00pm - Cyndi Sweetser's Mindfulness
 1:00pm - General Grief Support
 2:45pm - Yoga of Awareness

TUESDAY

23
 9:00am - Intermediate Pottery
 9:00am - The Magic Muscle Workout
 10:00am - Hot Topic Discussion (Zoom)
 10:00am - Incontinence Discussion
 10:00am - Line Dancing
 11:00am - Breathing Lessons
 12:30pm - American Mahjong
 12:30pm - Bingo
 1:00pm - Whist
 4:00pm - A Night at the Easel
 5:00pm - Rhythmic Relaxation*

WEDNESDAY

24
 9:30am - Watercolor Painting
 10:00am - Gentle Yoga
 10:00am - What's on Your Mind
 11:15am - Yoga for Every Body
 12:30pm - Cribbage
 12:30pm - Knitting
 1:00pm - Zumba
 2:00pm - A Mother's Tea
 2:00pm - Chorus
 2:15pm - Hot Topic
 Intergenerational Debate Group

THURSDAY

25
 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 - Discussion with Harry Helm of CAL's Select Board
 3:00pm - Qi Gong

FRIDAY

26
 9:00am - Men's Morning Discussion
 9:00am - Zumba Gold
 9:00am - Shutterbug Digital Photography 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

29

**CLOSED FOR
MEMORIAL DAY**

30
 9:00am - Intermediate Pottery
 9:00am - The Magic Muscle Workout
 10:00am - Hot Topic Discussion (Zoom)
 10:00am - Line Dancing
 11:00am - Breathing Lessons
 12:30pm - American Mahjong
 12:30pm - Bingo
 1:00pm - Whist
 5:00pm - Rhythmic Relaxation*
 5:00pm - Open Mic Night

31
 9:30am - Watercolor Painting
 10:00am - Gentle Yoga
 10:00am - What's on Your Mind
 11:15am - Yoga for Every Body
 12:30pm - Cribbage
 12:30pm - Knitting
 1:00pm - Zumba
 2:00pm - Chorus



**Morning Mindfulness
with Barbara Ward**
 Sundays at 9:00
 Zoom Only

Please see weekly Constant
 Contact for Zoom code & link.

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-4:00pm

Weekly Games



New & Exciting Evening Programs!

We want to provide the programs that interest you most! With that in mind, we'll be trying out different options on Tuesday nights over the next few months. Watch your weekly CAL event updates or give us a call for the latest Tuesday night programming updates. Suggestions are always welcome!

SUPPORT OUR ADVERTISERS!



The Friends of the Plymouth COA would like to wish all our Mothers a very Happy Mother's Day!

Sponsored Programs for May

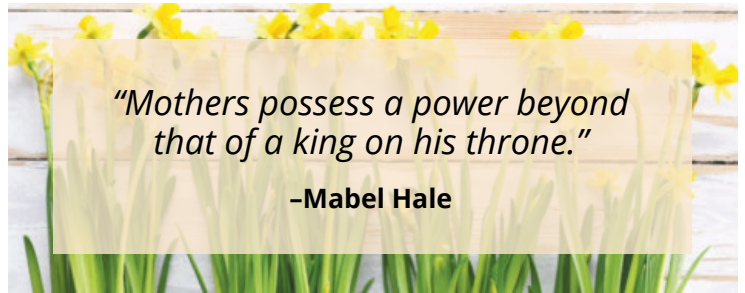
Coffee Talk

Breakfast with the PPD

"The Landscape of Hope" Performance

America's First Ladies with Ties to Massachusetts

CAL Dance Party



Timeless Treasures

We are seeking to fill up our shelves! Please check your unwanted, clean and unbroken items and consider donating to the Friends. If you have any questions or to find out if we accept your items, please stop by and talk with the staff at Timeless Treasures gift shop in the lobby at the CAL from 10:00am-2:00pm Monday to Friday, or call the Senior Center and leave a message for the Friends.

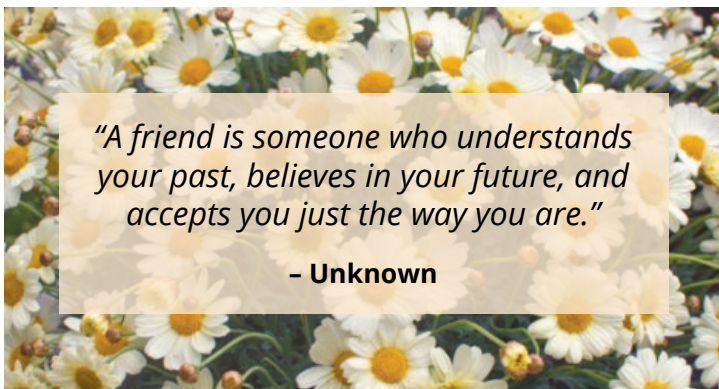
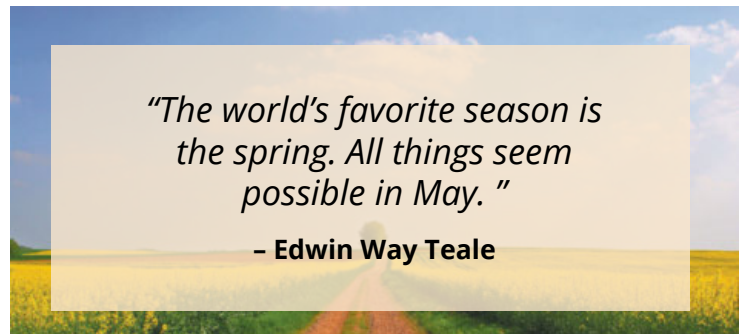
Our next Fundraising Event will be starting soon so keep your eyes peeled for our Super Summer Raffle!

Next Meeting of the Friends:

May 15th at 12:30pm

Hope to see you there!

We usually meet on the second Monday of the month but we will be meeting on the 3rd Monday so we can attend the Volunteer Luncheon on the 8th.



Get in Touch with the Board

Email:

friendsoftheplymouthcoa@gmail.com

Website:

Coming Soon!

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, sponsorship, membership and fundraising.

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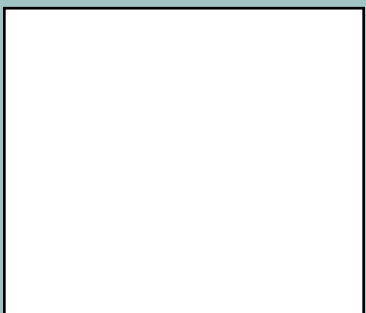



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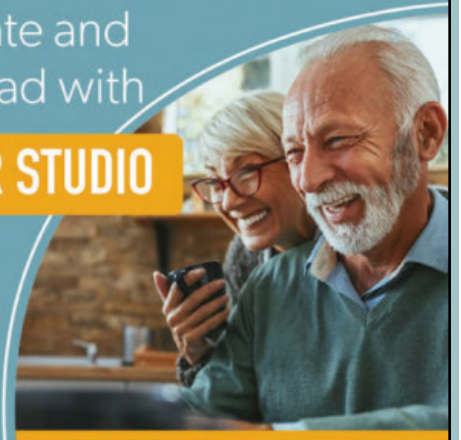
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CAL Café

**Open Daily For Lunch Tuesday – Friday
Breakfast to return soon!**

Check out the CAL Facebook page for the weekly menu!
www.facebook.com/COAPlymouth

Lunch: \$6.00

Soup of the Day: \$2.00

Sandwich of the Day: \$4.00

Half Sandwich & Soup: \$5.00

Fresh Homemade Desserts: \$1.00

**Meals To Go
Available!**



STAFF SPOTLIGHT

Kellie Farina - Kitchen Supervisor



I was drawn to CAL after my mother passed. She lived in a senior community and as her caretaker, I was there all the time. I really enjoyed being with her senior friends and neighbors. They were funny and kind, with great stories to tell about how they grew up. I really missed that, and of course, her. I had this void to fill, so I decided to join CAL and help seniors.

In January of 2022, I became a Meals on Wheels driver, delivering food to 10 lovely seniors twice a week. I did this for 15 months and also volunteered in CAL's kitchen for special events. And I loved it. I have worked in food service for 47 years. In my early 30's, I decided to enroll myself in the Culinary Arts program at Newbury College in Brookline, Mass. After two years, I graduated with an Associate's degree and was awarded the "Chef's Award" for the graduating class of 1993. I have lived in "America's Hometown" for 22 years and I love Plymouth. Besides cooking, I enjoy reading, gardening, going to the beach and walking my dog, Marco, in our gorgeous downtown area!

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THE SOCIAL OUTREACH CONNECTION



Grocery prices are rising, but can social security payments and paychecks keep up with the increases? Here is an updated listing of local food pantries to help. Please call ahead to confirm times of food distribution.

The Salvation Army

52 Long Pond Road, Plymouth, MA 02360 | Phone: (508) 746-1559

Christ Church Parish Plymouth

Address: 149 Court Street, Plymouth, MA 02360 | Phone: (508) 746-4959

The Christ Church Food Pantry is open at the times listed below to serve clients by appointment:

Tuesday 4:00pm-5:15pm

Thursday 12:00pm-1:15pm and 4:00pm-5:15pm

Saturday 10:00am-11:15am

Please call us at least 24 hours in advance at 508-746-4959, extension 6, to leave a message with your name & phone number. A volunteer will call you to take your order and schedule a time for you to pick up your order.

Saint Kateri Church

Address: 126 S Meadow Road, Plymouth, MA 02360 | Phone: (508) 747-1568

St Bonaventure Church

803 State Road, Plymouth, MA 02360 | Phone: (508) 224-3636

Food Pantry Hours of Distribution:

Wednesday 9:00am-1:00pm

Thursday 9:00am-12:00pm

Thursday 3:00pm-6:00pm

Friday 9:00am-1:00pm

Service Area: Manomet & South Plymouth residents only.

Zion Lutheran Church Food Pantry

384 Court Street, Plymouth, MA 02360 | Phone: (508) 747-0950

Hours: The 2nd and 4th Saturday of the month 9:30am - 11:00am

For more information, please call.

SSCAC/ Emergency Assistance Food Program

71 Obery Street, Plymouth, MA 02360 | Phone: (508) 747-7575

American Legion Food Pantry - American Legion Post #40

199 Federal Furnace Road, Plymouth, MA 02360

Every Tuesday 11-1pm

Church of St. Peter

86 Court Street, Plymouth, MA 02360 | (508) 746-0663

Food pantry is in the parish center on Memorial Drive in Plymouth every Friday 2:30pm-4:00pm

Second Church of Plymouth

518 State Road, Manomet, MA 02345 (508) 224-7220

Located at the church in Trask Hall, the food pantry is open on Monday from 10:00am -12:00pm

We also accept donations of food and toiletries.



If you would like to apply for SNAP, the Supplemental Nutrition Assistance Program, please visit <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps> to apply online, by phone, fax, mail or in person.

Annual Town Election Voter Information

Plymouth Annual Town Election
Saturday, May 20, 2023

**Register to Vote -- The deadline is
Wednesday, May 10, 2023, at 5:00 p.m.**

Vote by Mail: The deadline to request a vote by mail ballot is Monday, May 15, 2023.

In-Person Early Voting: May 11-May 17
Hours vary - see town website for details.

Vote in Person on Election Day:
Saturday, May 20, 2023,
from 7:00 a.m. – 7:00 p.m.

See town website to verify your precinct & polling location.

Residents should feel free to contact the Town Clerk's Office with any questions at 508-747-1620 ext 10233 or email ballots@plymouth-ma.gov



Join Us!

Meet the Candidates

Tuesday, May 9th • 4:30pm - 5:30pm

Candidates for the Plymouth Select Board have been invited to meet the voters here at the CAL. Join us for an informal gathering that will give you a chance to meet and greet those running in the upcoming election and ask any questions you may have as you prepare to cast your vote.

Refreshments Provided.



March Against Elder Abuse

Join OCES for a **FREE** March along Water Street in Plymouth to bring awareness to Elder Abuse.

Plymouth June 21st

Scan QR
Code to
Register
for March



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

When:

Wed., June 21, 2023
11:00 AM - 1:00 PM
Registration: 10:30 AM

Where:

Tavern on the Wharf
6 Town Wharf
Plymouth, MA 02360

*1-mile March along Water St. at 11:00 AM
Followed by a light lunch*

Contact:

Terri Kourtz
tkourtz@ocesma.org
508-584-1561 ext. 255

Partners:

Plymouth Center for Active Living, Plymouth County District Attorney & Plymouth Sheriff's Dept.

To register for the March: scan QR code or visit www.ocesma.org



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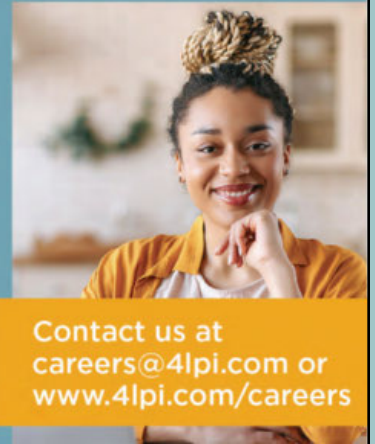
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ON THE AIRPORT RUNWAY!!



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. 116

GATRA I.D. Registration takes place the 2nd Tuesday of 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 & OTHER SERVICES

Attorney Kristin Muratore ~ <i>by appointment only</i>	2nd Thursday each month, 2:00pm-4:00pm
Attorney David Kiley from Triffletti & Costa ~ <i>by appointment only</i>	3rd Thursday each month, 2:00pm-4:00pm
Plymouth's SHP Financial Advisors Full-Service Retirement & Financial Planners	3rd Tuesday each month, 9:00am-10:30am <i>by appointment only</i>
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>
Notary Services ~ <i>by appointment only</i>	Call (508) 830-4230 for more information
SHINE (Serving the Health Insurance Needs of Everyone) ~ Assists with Medicare, MassHealth, & other health insurance information.	Call (508) 830-4230 for more information ~ <i>by appointment only</i>
Elaine Buonvicino, Health & Life Insurance ~ <i>by appointment only</i> Is your life insurance still active? Do you have long term care insurance? Have any questions? See Elaine.	2nd Friday each month, 10:00am-11:00am Call (508) 830-4230 for more information ~ <i>by appointment only</i>
Diabetic Shoe Fittings with A+ Home Medical Supply, Kris Gidwani COF, CDME	2nd Thursday each month, 10:00am-12:00pm Call (508) 830-4230 ~ <i>by appointment only</i>

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

Everything Everywhere All At Once 2022 (Adventure/Comedy)	Friday, May 5th 1:00pm	A middle-aged Chinese immigrant is swept up into an insane adventure in which she alone can save existence by exploring other universes and connecting with the lives she could have led.
--	---------------------------	---

VOLUNTEER CORNER

Looking for Volunteers:

- Back-Up Meals on Wheels Drivers
- Desktop Publishing
- Bingo Callers

Please contact Margaret Martin - ext. 103 - mmartin@plymouth-ma.gov

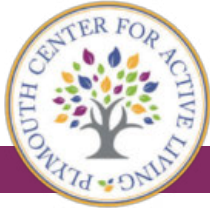


VOLUNTEER OF THE MONTH



Jean Lane

Jean Lane is our May Volunteer of the Month! She has been volunteering since 2018. Jean volunteers as part of the Volunteer Medical Transportation Program. In that time Jean has logged hundreds of hours providing transportation to medical appointments. Jean continues to be a pillar of the program giving seniors peace of mind knowing they will be at their appointments on time. She also enjoys attending some of our recreational card and Mah Jong games. Jean, you are simply amazing and CAL appreciates all you do to help us provide this much needed service. Thank you, Jean for all you do for the seniors of Plymouth!!!



Center for Active Living

44 Nook Road
Plymouth, MA 02360

P: 508-830-4230 • F: 508-830-4233

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RETIRING & FINDING MEANING

FROM VOLUNTEERING TO PART TIME WORK - EXPLORE THE POSSIBILITIES

Tuesday, May 9th • 5:30pm-6:30pm



Perhaps you are thinking about retirement. Or have already taken the leap. How do you continue to make an impact, feel part of, be seen, remain an active community member?

SPONSORED BY:



Join us!

The presentation will feature three expert panelists:
Beth Davis, a Life Transition Coach
Nikki Galibois of **South Shore Community Action Council, Inc.**
Armando Rocha of **Old Colony Elder Services**

The panel will be moderated by Steve Dubin, **PR Works**.
There will be ample time for questions from the audience.
*Light dinner will be served. Please arrive at 5:00pm to dine.
Panel discussion begins at 5:30pm Registration is required.*

RSVP to info@SouthShoreSenior.com or call (781) 925-1515

**MAY
9TH**

**INTERESTED IN MEETING PLYMOUTH'S CANDIDATES
RUNNING FOR THE TWO OPEN SELECT BOARD SEATS?**

PLEASE ARRIVE AT 4:30PM FOR THE OPPORTUNITY TO MEET, GREET & HEAR FROM EACH CANDIDATE!

REFRESHMENTS PROVIDED.