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June 2023

EGRAM

newsletter

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 Editors:

CAL Events - Frank O'Brien

Community Events - Cindy Levine

Cover Art by Cindy Diorio

THE PINK BICYCLE

This painting was one of my favorites that I have painted in class. This class project we were learning how to paint with spatulas. The spatulas were not an easy concept for me but the subject matter of the bike and flowers was a driving force to complete this piece. I am a daily bike rider and love to garden. I chose the color pink to paint the bike because I wanted the bike to really pop in the picture. The colors of the bike and flowers in this piece represent how much I love the summertime colors.

-Cindy Diorio

Visit Us Online At:

Our Newly Designed Website

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www.facebook.com/COAPlymouth

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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, June 19th

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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	Monday, June 12th 10:30am	Free	Stop in and see Nurse Marguerite once a month for a blood pressure check-in! 2nd Monday of the month.
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	Join Samantha, an ACE certified personal trainer, in this low impact class that works on muscle isolation to give a full body workout using principles of ballet. Dance experience not needed. Great for posture, balance & creating a strong core to protect your back. Movements can be modified. Wear comfortable clothing & 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, June 13th 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 with Mary Ann Salzillo	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 with Debbie Rafferty	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, June 16th 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 with Sally Gwin	Fridays, 10:00am *No Class 6/2 & 6/9	\$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 with Wendy Weiser	Fridays, 11:30am-12:15pm	\$6 Per Class	SWEAT with Wendy is an "all in one" 45 minute workout. We begin with flowing cardio, transition to standing strength & balance then strengthening & a relaxing stretch. Please bring your yoga mat.

SUNDAYS

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

**Drum Circle with Lola**

Drum Circle is back for June, July & August! Join in on our community drum circle & create in-the-moment music by hand with drums or percussion instruments that you bring or borrow from the leader. Benefits of a drum circle include reducing tension, anxiety and stress, releasing negative feelings, controlling chronic pain & increasing energy.

Registration appreciated, drop-ins welcome.

Thursdays | 2:30pm | Free

CHECK OUT THESE UPCOMING PROGRAMS & EVENTS!

South Shore Fun Lovers Presents...

Best of Maine

Wednesday, August 16th

\$115.00 per person

Covered Bridges of New Hampshire

Tuesday, September 26, 2023

\$105 per person

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

**Lighthouse Craft**

Tuesday, June 6th • 4:30pm-6:30pm

Cost: \$4.75

Registration Deadline: May 26th

Partially Funded by The Friends

Our first Open Mic Night was a huge success! We had all sorts of talented folks coming out of the woodwork to show off their skills - - sharing music, comedy, storytelling and more! In addition we had a great audience to not only enjoy the performances, but also show their support with encouragement and applause. What a great night! So what's YOUR special talent? Is there an instrument in your closet that you haven't played in a while? Do you like to sing? Have you written a short story you'd like to share? Is there a hobby you have that you'd like your CAL friends to learn about?



Join us for the perfect place to share your skills with others!

If your performance requires audio accompaniment, please bring it on a CD.
Performers - call Beth Hadfield for your time slot at 508-830-4230.



Tuesday, June 20th | 5:00pm | Free

Registration appreciated, drop-ins welcome.



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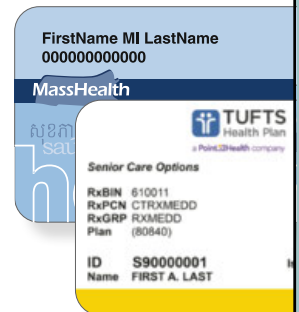
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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpcommunities.com Plymouth Council on Aging, Plymouth, MA 04-0714

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 11:30am.
South and Nook Book Club & Chat	Tuesday, July 18th 11:00am-12:00pm	Free	This book club will now be held at the CAL. Book pickup at library starting 6/20. July Book: <i>Chronicles of a Radical Hag (with Recipes)</i> By Lorna Landvik

WEDNESDAYS

Hot Topic Intergenerational Debate Group	Wednesday, June 14th & June 28th 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, June 21st 1:00pm	Free	Each month join Roy to learn more about computers & technology. This month's topic: Basic Navigating of the Internet.

THURSDAYS

Topic of the Day with Kathy LaNatra	Thursday, June 15th 10:30am	Free	Stop by, listen to updates from the State House and bring your questions and concerns. This month's visitor will be Kathy LaNatra.
Ask Bob	Thursdays, 11:30am	Free	Bring your questions about computers, phone & technology.
CAL's Select Board Liaison Harry Helm	Thursday, June 22nd 1:00pm	Free	Join Select Board Liaison Harry Helm as he discusses different topics and answer 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, June 2nd & 16th 10:30am	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, June 9th & 23rd 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, June 23rd 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, June 16th 10:00am	Free	Join Chef Jerry Levine & Dietician Marcia Richards. This month's topic: The benefit of eggs. This month's recipe: Frittata. 3rd Friday of the month.

COMMUNITY OUTREACH & EDUCATION

SMP Senior Medicare Patrol	Tuesday, June 20th 10:00am	Free	Join Ed Sore and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse. See page 9 for more info.
First Summer Concert	Tuesday, June 27th 6:00pm	Free	Our Summer Concert Series is back! Kicking off with talented solo acoustic/electric musician, singer/songwriter, Sean Fullerton. See page 9 for more info.
March Against Elder Abuse	Tuesday, June 21st 11:00am	Free	Join OCES for a 1-mile March along Water Street in Plymouth to bring awareness to Elder Abuse. See page 9 & 17 for more info.
Open Mic Night	Tuesday, June 20th 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 4 for more info.
Sea Songs & Stories with Davis Bates	Thursday, June 1st 1:00pm	Free	Storyteller Davis Bates connects us with our maritime bond through sea chanteys, ghost ballads, folk tales, & family stories. See page 8 for more info.
The Life of Lee Iacocca	Thursday, June 15th 1:00pm	Free	Enjoy a cup of coffee and an old-fashioned moon pie while learning about the man who forever changed the automobile industry. See page 8 for more info.
50's Party with The Rocking Chairs Band	Thursday, June 8th 2:00pm	Free	Come rock through the fifties with live music and dance the day away as we enjoy light refreshments and some fun photo opportunities! See page 8 for more info.
4th of July Cookout	Thursday, June 29th 11:00am	\$6.50	Join us for burgers and hotdogs at the CAL cafe as we celebrate Independence Day in style! See page 9 for more info.
Breakfast with the PPD	Friday, June 2nd, 9:00am	\$4	Stop by for conversation and breakfast with the Plymouth Police Department.
Cornhole Tournament	Friday, June 16th 1:00pm	Free	Calling all cornhole players! Here's your chance to team up with a friend & compete for bragging rights in a friendly competition. See page 9 for more info.
Literary Chowder	Friday, June 2nd 1:30pm	Free	Kathleen Tarby, author & 4th grade teacher will discuss <i>The Diary of Lucy Resolute</i> , a historical fiction book for readers ages nine and up. See page 8 for more info.

Drawing w/ Cindi Walsh-Hamlin	Mondays, 9:30am-12:00pm June 12th - July 24th	\$60/ 6 week session	Newest 6 week session will run from 6/12-7/24. 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. Pre-pay in full; no refunds.
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. See weekly events email for supply list. Class is currently full.
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, June 6th 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, June 13th 10:00am-11:30am	Free	An exchange of resources, guest speakers & support. 2nd Tuesday of the month.
Family Caregiver Community Circle	Tuesday, June 13th 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, June 21st 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. See below for more info. 3rd Wednesday of the month.
Mothers Tea	Wednesday, June 21st, 2:00pm	Free	A Peer Support Group for Mothers who have lost children. 3rd 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, June 8th 1:30pm	Free	This month's speaker is Dr. Donald Marks, Neurologist. If you or a family member has Parkinson's this group can offer you education, interaction, movement, and fun. This program will now be held at the Plymouth Public Library, 132 South Street. This program is typically held the 3rd Thursday of the month. *This month it will be held on the 2nd Thursday of the month.

Family Caregiver Circle with Cheryl Botieri**Topic: Caring for a Loved One with Dementia****Community Presenter: Shari Flight, Certified Dementia Practitioner**

Shari has worked in memory care communities for over 12 years. She has a bachelor's in psychology and a Masters Degree in Gerontology, and she also holds her Certified Dementia Practitioner certification and is a Teepa Snow Positive Approach to Care Coach. She currently works as the Director of Community Relations at a new Memory Care Assisted Living in Norwell called The Cordwainer. Additionally, she owns a dementia consulting business, Ember Holistic Care LLC. Her passion for dementia care focuses on caring for the person with dementia, but also providing support and education for the family and professional caregivers.

Registration appreciated, drop-ins welcome.**Tuesday, June 13th | 5:30pm | Free****Alzheimer's Caregivers Support with Jillian Spinale**

Jillian Spinale from Stafford Hill will be leading this group to help caregivers, family, and others dealing with Alzheimer's and dementia-related illnesses.

Registration appreciated, drop-ins welcome.**Wednesday, June 21st | 2:00pm | Free**



Sea Songs & Stories with Davis Bates

Award winning storyteller Davis Bates connects us with our maritime bond through sea chanteys, ghost ballads, Native American stories, folk tales, and family stories. He also encourages listeners to remember and share stories and songs from their own family and cultural traditions. Davis' program features traditional interactive entertainment celebrating the magic and power of the sea.

Registration appreciated, drop-ins welcome.

Thursday, June 1st | 1:00pm | Free

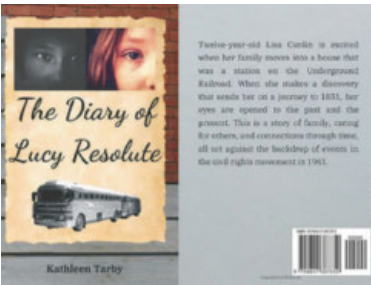


Breakfast with the PPD

Stop by for conversation and breakfast with the Plymouth Police Department. Don't forget to bring your questions for the pass the mic segment.

Registration appreciated, drop-ins welcome.

Friday, June 2nd | 9:00am | \$4



Literary Chowder with Kathleen Tarby

Join Kathleen Tarby, fourth grade teacher, author and daughter of Mary Mullaney, one of our patrons. Kathleen will discuss *The Diary of Lucy Resolute*, a historical fiction book for readers ages nine and up. She will share how she developed her ideas, her writing process, and other anecdotes unique to her journey.

Registration appreciated, drop-ins welcome.

Friday, June 2nd | 1:30pm | Free



50's Poodle Skirt & Leather Jacket Party with music by the Rocking Chairs

Pull out your poodle skirts, sunglasses, Tshirts & jeans! Hop in the hot rod and join all the cool cats as CAL rocks through the fifties with music by The Rocking Chairs.

Together we'll bunny hop and twist and shout the afternoon away as we enjoy light refreshments and some fun photo opportunities!

Sponsored by The Friends & Plymouth Crossing

Registration appreciated, drop-ins welcome.

Thursday, June 8th | 2:00pm | Free



The Life of Lee Iacocca

An American legend who invented the Mustang and brought Chrysler back from the brink, Lee Iacocca rose spectacularly through the ranks of Ford Motor Company to become its president, only to be toppled eight years later in a brutal power play. But Lee Iacocca didn't get mad, he got even. Enjoy a cup of coffee and an old-fashioned moon pie while learning about the man who forever changed the automobile industry.

Sponsored by The Friends

Registration required.

Thursday, June 15th | 1:00pm | 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: The benefit of eggs. This month's recipe: Frittata.

Registration appreciated, drop-ins welcome.

Friday, June 16th | 10:00am | Free



Cornhole Tournament

Calling all cornhole players! Here's your chance to team up with a friend and compete for bragging rights as we gather for some friendly competition here at the CAL! Register your team of 2 or just come along to cheer on our fearless competitors! What a fun way to celebrate the start of summer.

Registration required for cornhole players and appreciated for spectators.

Friday, June 16th | 1:00pm | Free



SMP Senior Medicare Patrol

Come meet Ed Sore, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare number.

Registration appreciated, drop-ins welcome.

Tuesday, June 20th | 10:00am | Free



March Against Elder Abuse

Join OCES for a 1-mile March along Water Street in Plymouth to bring awareness to Elder Abuse. Registration is at 10:30am and the walk will start at 11:00am at Tavern on the Wharf, 6 Town Wharf, Plymouth. To register for the March, scan the QR code or visit www.ocesma.org. **See page 17 for more info.**

Registration required.

Wednesday, June 21st | 11:00am | Free



CAL Dance Party

Join DJ & dance instructor John Peters for an afternoon of fun. Come enjoy your favorite music and learn some new steps! John began dancing in 1978 and has competed as an amateur and professional dancer. He'll have you tapping your toes and learning some new steps in no time!

Sponsored by The Friends

Registration appreciated, drop-ins welcome.

Friday, June 23rd | 2:00pm | Free



First Outdoor Summer Concert with Sean Fullerton

Our Summer Concert Series is back! We're excited to kick-off the series by welcoming Sean Fullerton to the CAL. Sean is a talented solo acoustic/electric musician, singer/songwriter specializing in Blues, Soul, Rock 'n' Roll, Folk, Irish, and instrumental Classical and Fingerstyle Guitar. He covers a wide range of originals using a variety of guitars, harmonicas & effects which make him a real crowd pleaser. If weather allows, we'll set-up on the patio outside. Otherwise we'll enjoy the music indoors.

Sponsored by the Friends & The Plymouth Cultural Council

Registration appreciated, drop-ins welcome.

Tuesday, June 27th | 6:00pm | Free



4th of July Cookout

What better way to celebrate the 4th than with a good old fashioned cookout?! Join us here at the CAL for burgers and hotdogs at the CAL cafe as we celebrate Independence Day in style!

Registration required.

Thursday, June 29th | 11:00am | \$6.50

JUNE 2023 PROGRAM CALENDAR

All programs subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Morning Mindfulness
with Barbara Ward**

**Sundays at 9:00
Zoom Only**

**Please see weekly Constant
Contact for Zoom code & link.**

Pet Snack Shack
Friday, June 2nd & 16th
10:30am



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

1
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 - Sea Songs & Stories
2:00pm - Sandy Childs, *Financial Advisor/Retirement Specialist*, by appt.
2:30pm - Drum Circle
3:00pm - Qi Gong

2
9:00am - Breakfast with the PPD
9:00am - Men's Morning Discussion
9:00am - Zumba Gold
9:30am - Acrylic Painting
10:00am - Swedish Weaving
10:30am - Pet Snack Shack
11:30am - Sweat
12:00pm - Food Shopping
12:30pm - Canasta Hand & Foot
1:30pm - Literary Chowder
1:30pm - CAL Tour

6
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
4:30pm - Lighthouse Craft

7
9:30am - Watercolor Painting
10:00am - Gentle Yoga
11:15am - What's on Your Mind
12:30pm - Cribbage
12:30pm - Knitting
1:00pm - Zumba
2:00pm - Chorus

8
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
10:15am - Line Dancing
11:30am - Ask Bob
12:30pm - Chinese Mahjong
12:30pm - Bridge
2:00pm - Kristin Muratore, *Legal Advisor*, by appt.
2:00pm - 50's Party with the Rocking Chairs Band
2:30pm - Drum Circle
3:00pm - Qi Gong

9
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
11:30am - Sweat
12:00pm - Food Shopping
12:30pm - Canasta Hand & Foot
1:00pm - Movie: Tar
1:30pm - CAL Tour

5
9:00am - Cardio Dance & Toning
9:30am - Women's Morning Discussion
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

13
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
11:00am - Line Dancing
12:30pm - Breathing Lessons
12:30pm - American Mahjong
12:30pm - Bingo
12:30pm - GATRA I.D. Registration
1:00pm - Whist
5:30pm - Family Caregiver Community Circle

14
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
2:00pm - Zumba
2:15pm - Hot Topic
Intergenerational Debate Group

15
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 Kathy LaNatra
11:30am - Ask Bob
12:30pm - Chinese Mahjong
12:30pm - Bridge
1:00pm - The Life of Lee Iacocca
2:00pm - David Kiley, *Legal Advisor*, by appt.
2:30pm - Drum Circle
3:00pm - Qi Gong

16
9:00am - Men's Morning Discussion
9:00am - Pedicure
9:00am - Zumba Gold
9:30am - Acrylic Painting
10:00am - Sit & Get Fit
10:00am - Swedish Weaving
10:00am - Delicious & Nutritious (Zoom)
10:30am - Pet Snack Shack
12:00pm - Food Shopping
12:30pm - Canasta Hand & Foot
1:00pm - Cornhole Tournament
1:30pm - CAL Tour

12
9:00am - Cardio Dance & Toning
9:30am - Women's Morning Discussion
9:30am - Drawing
10:00am - Knitting
10:00am - Cardio Combo Fun
10:30am - Blood Pressure Clinic
11:00am - Leslie Romano's Mindful Movement
12:00pm - Barre
12:30pm - Cribbage
1:00pm - Friends Meeting
1:00pm - Cyndi Sweetser's Mindfulness
1:00pm - General Grief Support
2:45pm - Yoga of Awareness

JUNE 2023 PROGRAM CALENDAR

All programs subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

19

20

9:00am - Intermediate Pottery
 9:00am - The Magic Muscle Workout
 9:00am - Plymouth's SHP Financial Advisors, Retirement & Financial Planners, by appt.
 10:00am - Hot Topic Discussion (Zoom)
 10:00am - Line Dancing
 10:00am - SMP Senior Medicare Patrol
 11:00am - Breathing Lessons
 12:30pm - American Mahjong
 12:30pm - Bingo
 1:00pm - Whist
 5:00pm - Open Mic Night

21

9:30am - Watercolor Painting
 10:00am - Gentle Yoga
 10:00am - What's on Your Mind
 11:00am - March Against Elder Abuse
 11:15am - Yoga for Every Body
 12:30pm - Cribbage
 12:30pm - Knitting
 1:00pm - Zumba
 1:00pm - Computer Talks with Roy Z
 2:00pm - A Mother's Tea
 2:00pm - Alzheimer's Support
 2:00pm - Chorus

22

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 CAL's Select Board Liaison Harry Helm
 2:30pm - Drum Circle
 3:00pm - Qi Gong

23

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
 1:30pm - CAL Tour
 2:00pm - CAL Dance Party

26

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

29

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
 11:00am - 4th of July Cookout
 11:30am - Ask Bob
 12:30pm - Chinese Mahjong
 2:30pm - Bridget
 3:00pm - Qi Gong

30

9:00am - Men's Morning Discussion
 9:00am - Zumba Gold
 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
 1:30pm - CAL Tour

27

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
 6:00pm - First Summer Concert

28

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
 2:15pm - Hot Topic Intergenerational Debate Group

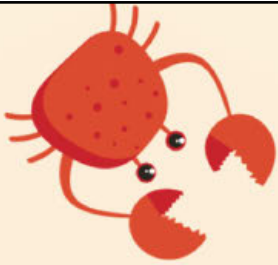
New & Exciting Evening Programs!

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!

People to People Sharing Board - Located in lobby next to elevator

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!

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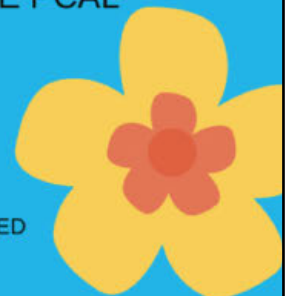
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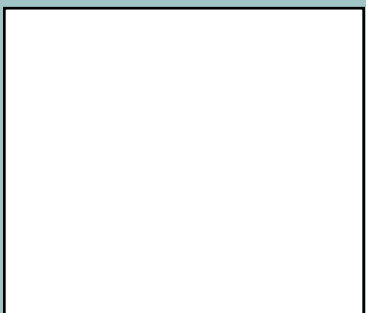


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**Open Daily for Lunch Tuesday - Friday
Breakfast to return soon!**

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!



ADVISORY BOARD SPOTLIGHT

Captain Kevin Manuel



"My involvement with the Center for Active Living started in 2018 when I was promoted to Police Captain and assigned as the liaison to CAL. In this role my eyes were opened to the difficulties seniors face on a daily basis. My father was having difficulty with aging and, at the time, their Social/Outreach Coordinator, Michelle Bratti went over and beyond with helping my father. I recognized the excellence of the staff and wanted to be more than just the liaison. I got involved in MOW after hearing of the difficulties finding drivers. Mary Beth, Coordinator of Support Services, was talking about sending drivers on multiple routes and struggling to get food out to people and I thought that is something I can help with. When Michelle asked if I was interested in being part of the Advisory Board, I jumped at the opportunity. Over the past five years my assignment in the police department has changed, but CAL is near and dear to me, so I have been able to remain the CAL liaison. I also volunteer as a member of the Senior Task Force."

**-Captain Kevin J Manuel
Plymouth Police Department**

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Around the Corner

with Michelle Bratti



THANK YOU TO OUR MANY WONDERFUL VOLUNTEERS!

We always look forward to this time of year when we can take time out to show our appreciation to our wonderful volunteers! With close to 250 individuals who have donated their time and talents to CAL over the past year, the space and logistics for these events can be a challenge! And while we'd love to celebrate with all our volunteers in the same place at one time, space simply does not allow us to do so.

So we made some extra efforts this year, starting in April with a lively drop in coffee and donut Volunteer Social which offered a great opportunity for us to socialize and share our thanks at the CAL cafe as we enjoyed some tasty treats and lively jukebox tunes. In addition, we made plans to invite our volunteers to one of three smaller events so that we could celebrate in style with everyone, even if it meant celebrating on different days!

Early in May, we were thrilled to gather with our volunteers from various community groups including LIFE, CSI and RTR at a luncheon complete with some friendly corn hole competition! On Monday, May 8th, we acknowledged another group of very special people as we gathered in the CAL cafe. And as I write this, invitations are in the works for our final group of dedicated individuals who we are equally anxious to celebrate with at a fun outdoor event to be held on our patio on June 5th.

So while we may not be celebrating with all of our volunteers on the same day - please know that we appreciate ALL those who help out here at the CAL. We don't know what we'd do without our volunteers!

*"The heart of a volunteer is never measured in size,
but by the depth of the commitment to make a difference in the lives of others."*

-DeAnn Hollis



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

Tár
2022 (Drama/Music)

Friday, June 9th
1:00pm

Set in the international world of Western classical music, the film centers on Lydia Tár, widely considered one of the greatest living composer-conductors and the very first female director of a major German orchestra.

Join Us!

Cornhole Tournament

Friday, June 16th 1:00pm

Calling all cornhole players! Here's your chance to team up with a friend and compete for bragging rights as we gather for some friendly competition here at the CAL! Register your team of 2 or just come along to cheer on our fearless competitors! What a fun way to celebrate the start of summer.

Registration required for cornhole players & appreciated for spectators.

FREE
to attend!

SUMMER CONCERTS

PLYMOUTH CENTER FOR ACTIVE LIVING

Tuesday, June 27th at 6:00pm
Sean Fullerton

Tuesday, July 18th at 6:00pm
Tupelo Honey

Tuesday, August 22nd at 6:00pm
Play It Again Band with Steve Lanzillotta

Sponsored by The Friends & The Plymouth Cultural Council

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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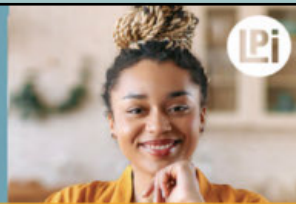
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- One Care Plan
- Personal Care Management
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- State Home Care
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ON THE AIRPORT RUNWAY!



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

All services below are by appointment only.

Attorney Kristin Muratore	2nd Thursday each month, 2:00pm-4:00pm
Attorney David Kiley from Triffletti & Costa	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
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
Notary Services	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
Elaine Buonvicino, Health & Life Insurance 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
Diabetic Shoe Fittings with A+ Home Medical Supply, Kris Gidwani COF, CDME	2nd Thursday each month, 10:00am-12:00pm Call (508) 830-4230 for more information

VOLUNTEER CORNER

Looking for Volunteers:

- Back-Up Meals on Wheels Drivers
- Bingo Callers
- Photographer for CAL events
- Watercolor Painting Instructor
- Friendly Visitors
- People to help with set up and take down of summer concerts (first one is June 27th at 6 pm!)

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

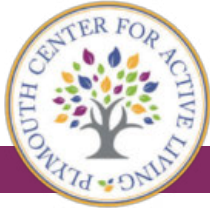


VOLUNTEER OF THE MONTH

SHINE



Our volunteers of the month for June are our four amazing SHINE Program Counselors - Deb, Don, Jane and Pat. As many of you know, navigating the world of insurance coverage can feel like a daunting task at times, and assistance from trained SHINE counselors can be very helpful. The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and available options. These committed volunteers have taken time out of their busy lives to receive extensive training through the Executive Office of Elder Affairs on topics including Medicaid, Medicare Part A, Part B, and Part D, Medigap insurance, Medicare HMOs, prescription drug programs, retiree insurance plans and other programs for people with limited resources. They stay up to date on the ever changing offerings and have met one on one with hundreds of people in our community to help them feel better equipped to make the best choices for coverage. We'd like to extend a very special thanks to Deb, Don, Jane and Pat for all their hard work and dedication in supporting the Plymouth community. We appreciate all you do!



Center for Active Living

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You're invited to a Community Forum

Help the Town of Plymouth understand what matters to you today and over the next 5-10 years!



Please join us at one of the forums below:

Option #1

Wednesday, May 17

6:00 - 7:30 PM

Plymouth South Middle School
488 Long Pond Road, Plymouth

Option #2

Wednesday, May 31

1:00 - 2:30 PM

Plymouth Town Hall
26 Court St., Plymouth
or via Zoom Meeting ID: 540 662 8602
Zoom Link:
<https://umassboston.zoom.us/j/5406628602>

Option #3

Tuesday, June 6

7:00 - 8:30 PM

via Zoom Meeting ID: 540 662 8602
Zoom Link:
<https://umassboston.zoom.us/j/5406628602>

Option #4

Tuesday, June 13

3:00 - 4:30 PM

Plymouth Library
132 South St., Plymouth

TOGETHER, WE WILL TRANSFORM PLYMOUTH INTO A STRONGER,
AND MORE VIBRANT COMMUNITY FOR PEOPLE OF ALL AGES.

Refreshments will be served at in-person events!

The forum will be facilitated by the Gerontology Institute at

