

COMMUNITY • CREATIVITY



VOLUNTEERING  
UNITY  
TOGETHERNESS

FRIENDSHIP  
LEARN

December 2023

# EGRAM

newsletter



Accredited by   
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 Emails

For the most up to date information and schedule changes, please ask us to add you to our Constant Contact email distribution list by calling the CAL or emailing [bhadfield@plymouth-ma.gov](mailto:bhadfield@plymouth-ma.gov) or [bdensoncal@gmail.com](mailto:bdensoncal@gmail.com).

Volunteer Constant Contact CAL Events Editor:  
**Frank O'Brien**

### Cover Art by Carol Faria

#### December Delivery

Carol always wanted to be an artist when growing up, but became a Cosmetologist instead, and then a teacher. She later went on to become the Department Head of the Cosmetology department at Plymouth South High School, and even helped design the layout of the cosmetology area there when it was built. She remembers visiting the CAL at one point and seeing the art room for the first time. She recalls thinking, "When I retire, I'm going to come back here to take art classes," - - and she did just that! She has enjoyed participating in the watercolor class for over two years now and says she has learned a great deal from the instructor, Cyndi Walsh-Hamlin. "It's a wonderful group of women, and we have so much fun in the class," she says. Thanks for sharing your festive painting with us Carol!

**Cornucopia art on back cover was created by M'Harla Beauplant, formerly an Eighth Grader at the New Testament Christian School in Cedarville.**

### Visit Us Online At:

**Our Newly Designed Website**

[www.plymouth-ma.gov/245/Center-for-Active-Living](http://www.plymouth-ma.gov/245/Center-for-Active-Living)

**Facebook**

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

**YouTube**

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

Look for our logo:



### My Active Center

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

1. From the comfort of your home online through: [myactivecenter.com](http://myactivecenter.com) (if My Active Center does not take your payment, it means the class is full.)
2. In person at the CAL at the Registration Station.
3. Self Service Registration Station in the Computer Lab.

**Marketing & Media Coordinator: Bernadette Denson**

**Newsletter Designer: Michelle Mosesso-Antonuccio**

**The CAL will be closed Monday, 12/25.**

## Table of Contents

3	Health, Fitness & Wellness
4	Health, Fitness & Wellness/Event Photos
6	Mix & Mingle
7	Arts & Crafts/Support
8	Special Events
9	Special Events
10	Program Calendar
11	Program Calendar Continued
12	Friends Update
15	Holiday Traditions
16	Around the Corner with Michelle Bratti
17	CAL Cafe/Events/CAL Express
19	Consultations/Volunteer Corner
20	Special Events

**Have a new program idea?  
We would love to hear it! Please email  
Beth Hadfield at [bhadfield@plymouth-ma.gov](mailto:bhadfield@plymouth-ma.gov)**

## CAL Staff and Extensions

Michelle Bratti	Commissioner of Health and Human Services	102
Caitlyn Correa	Administrative Assistant	105
Kari Anderson	Volunteer Coordinator	103
Beth Hadfield	Activities Coordinator	104
Mary Beth Ryan	Coordinator of Support Services	107
April Thompson	Social/Outreach Worker	106
Lindsay Reik	Social/Outreach Worker	116
Paul Brzykcy	Maintenance	109
Margaret Martin	Receptionist	100
OPEN	Matron	108
OPEN	Meal Site Coordinator	108
Kellie Farina	Kitchen Supervisor	108

## CAL Advisory Board

Amy Naples	Chairperson
Kathy Castagna	Vice Chairperson
Janice Capofreddi	Secretary
Pat Achorn	Board Member
Elizabeth Cadigan	Board Member
Dan Holland	Board Member
Kevin Hood	Board Member
Captain Manuel	Board Member
Therese Mucci	Board Member

## The Friends Board

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

**For instructor led classes - Registration required; minimum of 8 pre-registered participants needed to hold class.**

### MONDAYS

<b>Cardio Dance &amp; Toning</b> with Debbie Rafferty	Mondays, 9:00am	\$5 Per Class	This full-body 55-minute cardio workout includes dance & toning routines set to a variety of music. Light weight toning sticks provided; use of 1-3 pound wts. optional. Improve endurance, strength, flexibility & balance! Begin with a low-impact warm-up; end with cool down & stretch. Designed for all abilities, with modifications shown.
<b>BP Checks &amp; Your Health Matters</b>	Monday, Dec. 11th & 18th 9:30am/10:30am	Free	<b>BP Check: 9:30am &amp; Your Health Matters Talk: 10:30am.</b> Public Health Excellence Grant nurse Pat lafrate conducts Blood Pressure Clinic at 9:30, followed by a discussion of various health topics. <b>12/11: Stroke Signs &amp; Symptoms. 12/18: Eye Health-When to Seek Care.</b>
<b>Interval Cardio-Strength Training</b> with Leslie Romano	Mondays, 10:00am <b>Same great class with a new name!</b>	\$6 Per Class	This low-impact combination class combines intervals of strength training & aerobic movements. A total body workout for any exercise level, building muscle & cardio endurance as well as strength. Weights are optional and are available at the CAL.
<b>Leslie Romano's Mindful Movement</b>	Mondays, 11:00am	\$6 Per Class	Utilizing movements from Tai Chi, Pilates, and basic barre (with NO IMPACT), improving posture/balance, flexibility/range of motion, and core strength. For beginner & advanced participants.
<b>Barre</b> 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.
<b>Cyndi Sweetser's Mindfulness</b>	Mondays, 1:00pm-2:30pm	\$8 Per Class	Each session begins with a guided meditation, and then an open discussion for the group. A variety of meditation practices are taught to help find what works best for each individual. The goal is to provide you with tools you can tap into outside of the session to ground you & provide a sense of self-awareness.
<b>Yoga of Awareness</b> 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

<b>The Magic Muscle Workout</b> with Janet Enos	Tuesdays, 9:00am-10:00am	\$7 Per Class	Strength training using gradual weight progression. This class combines balance, strength, & abdominal stability with energizing upbeat music.
<b>At Home Hearing Healthcare</b> with Mike Schmit	Tuesday, December 12th, 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. <b>2nd Tuesday of the month.</b>
<b>Line Dancing</b> with Dotty	Tuesdays, 10:00am	\$5 Per Class	Choreographed dance routines with repeated sequences of simple steps, in which a group of people, standing in lines, perform the steps in unison to music. No partner needed. Wear proper footwear.
<b>Blood Pressure Checks</b>	Tuesday, Dec. 12th 10:30am	Free	Nurse Donna Berkeley will be offering BP checks. <b>2nd Tuesday of the month.</b>
<b>Breathing Lessons</b> with Barbara Ward (Zoom only)	Tuesdays, 11:00am-11:30am	Free	Join Barbara, Director of The Yoga Connection, in this practice that will inspire you & ease your anxiety for mental & physical health. <b>Registration required for the Zoom link.</b>

### WEDNESDAYS

<b>Tai Chi</b>	Wednesdays, 9:00am	Free	Practice Tai Chi, 'Yang' style with like-minded people. The peer-led, peer-run class will be facilitated by students experienced in the art of Tai Chi.
<b>Gentle Yoga</b> with Tina	Wednesdays, 10:00am	\$6 Per Class	This slow-paced class combines gentle yoga poses, restorative stretches, calming breathing and relaxation. Therapeutic mindfulness is included to create mind-body awareness. The slow, intentional poses encourage focus and calmness.
<b>Yoga for Every Body</b> 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.

### THURSDAYS

<b>Boxing Fitness</b> with Janet Enos	Thursdays, <b>9:00am</b>	\$7 Per Class	Never lose a step! This is a total body workout building strength, coordination, stamina, balance, and fluid body motion. Upbeat music, great for all ages & Arthritis Foundation approved. <b>Note new time.</b>
<b>Chair Massage &amp; Reiki</b> with MaryAnn	Thursdays, 10:00am- 1:00pm	\$15 or \$30	Enjoy massage, incorporating Reiki, to renew, relieve & refresh your body and mind. 15 mins/\$15, 30 mins/\$30 (\$1 per minute). Must call CAL to reserve appointment time.
<b>Line Dancing</b> with Dotty	Thursdays, <b>10:15am</b>	\$5 Per Class	Choreographed dance routines with repeated sequences of simple steps, in which a group of people, standing in lines, perform the steps in unison to music. No partner needed. Wear proper footwear. <b>Note new time.</b>
<b>Qi Gong</b> with Kathryn Demers	Thursdays, 3:00pm	\$5 Per Class	Qi Gong wellness methods formed early Chinese medicine & are an essential part of modern Traditional Chinese Medicine. Movement, meditation, and breathing.

## FRIDAYS

<b>Zumba® Gold</b> 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.
<b>Pedicare</b>	Friday, Dec. 22nd 9:00am-3:00pm	\$35/30- min appt	A professional takes care of cutting toenails & caring for the feet. This service is by appointment only. Call CAL to schedule at 508-830-4230. <b>One Friday each month.</b>
<b>Sit &amp; Get Fit</b> with Sally Gwin	Fridays, <b>10:15am</b>	\$5 Per Class	This workout is performed in and around a chair to motivating music, improving muscle tone and balance. Weights are optional and bring water. <b>Note new time!</b>
<b>Sweat</b> 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

<b>Morning Mindfulness</b> 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. <b>Registration required for the Zoom link.</b>
---	--------------------------------	------	--

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

## LOOKING BACK AT SOME GREAT TIMES AT THE CAL IN 2023 AS THE YEAR COMES TO A CLOSE.



# LONG POND PHYSICAL THERAPY

Proudly serving our seniors for 20 years.

OUTPATIENT PHYSICAL THERAPY Joint Replacement, Arthritis, Bursitis, Tendonitis, Neck/Back Pain, & much more...  
110 Long Pond Rd. 508-746-6922 · Redbrook 774-678-0301  
"Limp in...Walk out!" • [www.longpondpt.com](http://www.longpondpt.com)



**SANDRA SMITH** REALTOR®  
SRES - Senior Real Estate Specialist

The Key to the Home of Your Dreams! • Platinum Club

Call 508-415-0509  
[www.sandrasellsrealty.com](http://www.sandrasellsrealty.com)



## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

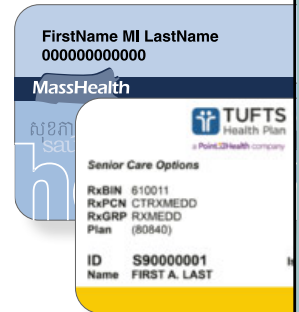
## Plymouth Housing Authority

Affordable Housing for Seniors  
One Bedroom Apartments some accessible  
All utilities included and rent is based on income  
Call 508-746-2105 or apply on-line  
[public.housing.application.ocd.state.ma.us](http://public.housing.application.ocd.state.ma.us)  
or [plymha.org](http://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](http://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.lpicommunities.com](http://www.lpicommunities.com) Plymouth Council on Aging, Plymouth, MA 04-0714

## MONDAYS

<b>Women's Morning Discussion</b>	Mondays, 9:30am	Free	A group for, about, and coordinated by women who want to come together and share discussions on subjects of mutual interest.
<b>Cribbage</b>	Mondays, 12:30pm - 3:30pm	Free	A fun, interactive card game that has you counting your card combinations. Beginners welcome.

## TUESDAYS

<b>Hot Topic Discussion Group</b>	Tuesdays, 10:00am (Zoom only)	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! <b>Please register on My Active Center for Zoom code.</b>
<b>BINGO</b>	Tuesdays, 12:30-3:00pm	\$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. <b>Doors open at 11:30am.</b>
<b>American Mahjong</b>	Tuesdays, 12:30pm - 3:00pm	Free	Join in this tile-based game of skill, strategy and luck. Beginners welcome. <b>We are happy to announce the return of this program as of 12/5!</b>
<b>South and Nook Book Club &amp; Chat</b>	Next Meeting: Tuesday, <b>January</b> 16th, 11:00am - 12:00pm	Free	The Book Club will meet in <b>January</b> to discuss <i>At Home in Mitford</i> by Jan Karon. Start reading now! Reminder: This book club is now held at the CAL. <b>No December meeting.</b>
<b>Whist</b>	Tuesdays, 1:00pm - 3:30pm	Free	Test your skills in this card game of tricks and trump played in teams of two. Beginners welcome.

## WEDNESDAYS

<b>What's On Your Mind</b>	Wednesdays, 10:00am	Free	Please join Dave Warden for a lively discussion about what is on your mind.
<b>Cribbage</b>	Wednesdays, 12:30pm - 3:30pm	Free	A fun, interactive card game that has you counting your card combinations. Beginners welcome.
<b>Intergenerational Discussion with PNHS Students</b>	Wednesday, <b>December 13th, only</b> 2:15pm	Free	Plymouth North High School Students Ava and Annalise host this discussion of topics currently in the news. It's a great chance for people of different ages to come together and share their perspectives on various issues. <b>2nd &amp; 4th Wednesday of the month.</b>
<b>Computer Talks with Roy Z</b>	<b>No class in December.</b> See you in January!	Free	Each month join Roy to learn more about computers & technology. <b>3rd Wednesday of the month.</b>

## THURSDAYS

<b>Topic of the Day with Kathy LaNatra</b>	Thursday, Dec. 21st, 10:30am	Free	Stop by, listen to updates from the State House and bring your questions and concerns. <b>3rd Thursday of the month.</b>
<b>Ask Bob</b>	Thursdays, 11:30am	Free	Bring your questions about computers, phone & technology.
<b>Bridge</b>	Thursdays, 12:30pm - 3:00pm	Free	Teams of 2 strategize and compete for tricks in this ever-popular card game. Beginners welcome.
<b>Chinese Mahjong</b>	Thursdays, 12:30pm - 3:00pm	Free	Join in this tile-based game of skill, strategy and luck. Beginners welcome.
<b>CAL's Select Board Liaison Harry Helm</b>	Thursday, Dec. 28th - 1:00pm	Free	Join Select Board Liaison Harry Helm as he discusses topics & answers questions. <b>Topic: Nips ban &amp; upcoming town-wide referendum. 4th Thursday of the month.</b>
<b>Drum Circle</b>	Thursdays, 2:30pm	Free	Create in-the-moment music by hand with drums or percussion instruments in this peer led/peer run program. Please be sure to bring your own instrument, whether it be a drum, a bucket, or another creative item!

## FRIDAYS

<b>Men's Morning Discussion</b>	Fridays, 9:00am	Free	A thought-provoking discussion of world & personal issues for men.
<b>Shutterbug Digital Photography Club</b>	Friday, Dec. 8 & 22 9:00am-11:00am	Free	Members share and critique photos, go on field trips, get education and technique tips. <b>2nd &amp; 4th Friday of the month.</b>
<b>Delicious &amp; Nutritious</b>	Friday, December 15th 10:00am (Zoom only)	Free	Join Chef Jerry Levine & Dietician Marcia Richards. This month, Jerry will show us how to make delicious Holiday Parfaits! <b>3rd Friday of the month.</b>
<b>Pet Snack Shack</b>	Friday, Dec. 1st & 15th 11:00am	Free	Stop by for free pet snacks and learn about Plymouth Helping Hands for Animal's mission & local outreach efforts. <b>1st &amp; 3rd Friday of the month.</b>
<b>Friday Food Shopping</b>	Fridays, 12:00pm	Free	We get some amazing donations from South Shore Community Action Council (SSCAC). Stop by to socialize, chat about recipes and catch up with friends.
<b>Canasta</b>	Fridays, 12:30pm	Free	Try your luck at making melds in this rummy-like card game. Beginners welcome.

## Holiday Movies!

Friday, December 1st at 1:00pm | *Miracle on 34th St.* (original edition)Friday, December 22nd at 1:00pm | *Elf*Thursday, December 28th at 12:30pm | *It's a Wonderful Life*

<b>Drawing</b> w/ Cindi Walsh-Hamlin	Mondays, 10:00am-12:30pm	\$60/ 6 week session	<b>Current session ends 12/18. A new 6 week session will begin 01/08.</b> 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.
<b>Knitting</b>	Mons, 10:00-11:30am Weds, 12:30-4:00pm	Free	Bring your craft in progress, work on something new, and share great conversation with friends.
<b>Intermediate Pottery</b> with Sue Lynch	Tuesdays, 9:00am-11:30am	\$10 Per Class	Hand-building pottery projects done independently with guidance from the instructor.
<b>Watercolor Painting</b>	Wednesdays, 9:30am-1:30pm	\$10 Per Class	Learn technique, color mixing, light, composition, brush work & design. See weekly events email for supply list.
<b>Beginner Pottery</b> with Sue Lynch	Thursdays, 9:00am-11:30am	\$10 Per Class	This beginner class will teach basics with the hand building method and simple projects.
<b>Swedish Weaving</b> with Eileen	Fridays, 9:30am	Cost of Supplies	Learn to create beautiful designs on towels, table linens, pillows and more with this decorative form of embroidery. A fun and relaxing pastime! Beginners welcome.
<b>Acrylic Painting</b> w/ Cindi Walsh-Hamlin	Fridays, 10:00am-1:30pm <b>No class 12/22</b>	\$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.

## SUPPORT

<b>General Grief Support Group</b>	Mondays, 1:00pm-2:30pm	Free	Facilitated by Maria Campbell, Chaplain of Old Colony Hospice & Palliative Care. <b>Current session ends 12/4. Next session runs 12/11 - 2/5.</b> Call CAL to register.
<b>Support After Loss, A Path Towards Healing</b>	Tuesday, December 5th 1:30pm-2:30pm	Free	Facilitated by Vicki Oman, Beacon Hospice Chaplain. Monthly grief support group for adults open to anyone who has lost a spouse, life partner, parent, sibling, family member or close friend. <b>1st Tuesday of the month.</b>
<b>Coffee Hour with MSW Intern Shannon McKenna</b>	Tuesday, December 12th, 9:00am	Free	Master of Social Work intern, Shannon McKenna is on-site two days a week through May providing clinical work for our seniors. She also offers a monthly coffee hour. <b>This month's topic: Navigating the holiday blues. 2nd Tues. of the month.</b>
<b>Alzheimer's CARE Program</b>	Tuesdays, 10:00am - 1:00pm	Free	This is a person-centered social engagement program for people living with Alzheimer's and other dementia-related diseases. <b>See details below.</b>
<b>You &amp; Eye: Low Vision Support Group</b>	Tuesday, Dec. 12th 10:00am-11:30am	Free	An exchange of resources, guest speakers & support for people with low vision. <b>2nd Tuesday of the month.</b>
<b>Coffee with the Veterans</b>	Wed. Dec. 20th, <b>New time: 11:30am</b>	Free	For Veterans who want to share their stories, simply listen, or just enjoy good company and refreshments. Hosted by Gentiva. <b>3rd Wednesday of the month. Note new time.</b>
<b>Alzheimer's Caregivers Support</b>	Wednesday, December 20th, 2:00pm-3:00pm	Free	Jillian Spinale from Stafford Hill will be leading this group to help caregivers, family, and others dealing with Alzheimer's and dementia-related illnesses. <b>3rd Wednesday of the month.</b>
<b>Mothers' Tea</b>	Wednesday, Dec. 20th, 2:00pm	Free	A Peer Support Group for Mothers who have lost children. <b>3rd Wednesday of the month.</b>
<b>Grandparents Raising Grandchildren</b>	Thursdays, 10:00am	Free	Support for grandparents for the life-altering situation of raising a grandchild.
<b>Parkinson's Support Group</b>	Thursday, December 21st, 1:30pm	Free	If you or a family member have Parkinson's or Movement Disorders, this group can offer education, interaction, movement & fun. See our constant contact emails for this month's topic. <b>Held 3rd Thurs. of the month at Plymouth Public Library.</b>

**Alzheimer's CARE Program at the CAL****Tuesdays from 10:00am until 1:00pm • Free**

The Alzheimer's Family Support Center (AFSC), in partnership with the CAL, offers a Community Alzheimer's Respite and Engagement Program (CARE). This is a person-centered social engagement program for people living with Alzheimer's and other dementia-related diseases. It provides caregivers with a few hours of respite time, and people living with cognitive loss an enriching activity-based program. The program is held at the CAL on Tuesdays, 10am - 1pm. Lunch is included. Space is limited; pre-registration is required. For more information or to inquire about availability and registration, call the AFSC at 508-896-5170, or email info@capecodalz.org.

**PLEASE NOTE: CAL's lower level is closed to the public every Tuesday from 10:00am to 1:00pm for the CARE Program.**

**Monthly  
Coffee Hour  
with Shannon**



**Tuesday, December 12th, 9:00am**  
**December Topic: Navigating the Holiday Blues**

Registration Appreciated. Drop-Ins Welcome.



### Glucose & Cholesterol Screening

Public Health Excellence Grant nurse Pat Iafrate will be here to conduct free glucose and cholesterol screenings. Fasting is not required prior to these tests. Based on the results of your screenings, the nurse can advise you whether a follow-up appointment with your primary care physician is recommended.

**Call CAL to register.**

**Registration required for specific appointment time.**

**Monday, December 4th | 9:30am-11:30am | Free**



### Lunch & Learn

Cartmell-Davis Funeral & Cremation invites you to a complimentary Lunch & Learn. Join us for a brief, informative presentation about funeral pre-planning along with lunch. Guests will learn about the benefits of pre-planning their funeral.

**To reserve your seat please contact 508-746-2162 or cartmelldavis@gmail.com.**

**Registration required. Seating is Limited.**

**Monday, December 4th | 12:00pm - 2:00pm | Free**



### Breakfast with the Plymouth Police Department

Stop by for breakfast and conversation with some of Plymouth's finest! Bring your questions and enjoy a delicious meal prepared by our amazing CAL Cafe staff for \$5.

**Registration required; space is limited.**

**Thursday, December 7th | 9:00am | \$5**



### Diabetic Shoe Discussion

Diabetics are prone to foot issues such as neuropathy, calluses, bunions, swelling and hammertoes, just to name a few. It is often difficult to find proper fitting shoes from a store. This workshop conducted by *Diabetic Shoe Solutions* will cover how to properly take care of your feet and the few simple steps to getting perfectly fitted footwear, most often covered by your insurance- every year. See and feel many samples of stylish and comfortable diabetic shoes, sneakers and boots.

**Registration appreciated by calling (508) 830-4236; drop-ins welcome.**

**Thursday, December 7th | 1:00pm | Free**



### Christmas Around the World with Nancy Franks

Take a seat on Santa's sleigh as Nancy Franks leads you on a grand holiday adventure! Throughout this 60-minute presentation, you'll stop in countries around the world to learn about their unique Christmas traditions. The journey will end with a festive raffle for those in attendance.

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

**Friday, December 8th | 1:15pm | Free**



### Holiday Party w/Golden Melodies Chorus & Silver Steppers

Join us for a special holiday celebration as we enjoy fabulous entertainment by the Golden Melodies Chorus & Silver Steppers dancers. Your holiday spirit will soar as we sing along to festive holiday tunes with the chorus. So come deck the halls with us and plan to enjoy our scrumptious dessert and hot cocoa stations. Prizes will be given for the most creative and festive attire! Free to attend. Registration required. Space is limited.

**NEW WAY TO REGISTER! Call the CAL between 8 am - 4pm on Tuesday, Dec. 5th** to be entered into our attendance raffle. Speak to CAL staff or leave a voice message with your name & number (& name of a plus 1 if desired). A computer-generated raffle will determine who attends. Attendees will be notified by phone by 12/7.

**Phone registration required Dec. 5th. Space is limited.**

**Monday, December 11th | 1:00pm-3:00pm | Free**





### Shifting Gears

Crash data shows that 94% of crashes are caused by driver error, which means that nearly all crashes are preventable. The Mass. Registry of Motor Vehicles Community Outreach Coordinator will present a safe driving workshop for older drivers to help you learn how to improve driver safety & assess your driving skills. Topics include rules of the road, distracted driving laws, unsafe driving warning signs & safe driving tips. The program also provides information about transportation options in your community.

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

**Wednesday, December 13th | 10:30am | Free**



### Understanding Problems Solved

Join solution expert Nancy Mockle of *Problems Solved* for an explanation of the professional consultation services she offers by appointment here at the CAL on the 2nd Wednesday of each month. In this visit, Nancy will provide an overview to familiarize you with the resources she offers to help address disputes, fraud, scams and hacks related to insurance, cybersecurity, vendors, travel, finances and more.

**Registration appreciated, drop ins welcome.**

**Thursday, December 14th | 1:00pm | Free**



### CAL Dance Party

Put on your dancing shoes and join DJ and dance instructor John Peters for an afternoon of music! He'll play your favorite tunes from the 50s, 60s, and 70s through today. Do the twist, the cha-cha, electric slide, swing, foxtrot or freestyle! Or just tap your toes and enjoy listening as you socialize with friends. Either way, it's a great afternoon of music and fun!

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

**Friday, December 15th | 1:00pm | Free**



### Two Grannies on the Road

What do you do when you dream of traveling the world, obstacles get in the way? You pivot! Two grandmothers with a love for adventure have been traveling all over Massachusetts, proving that travel is still travel, even if it's not that far! They've explored the landscape, learned the history, met great people, and eaten their way across the state! Beth Sobiloff and Marcia Rothwell share how this all came about, along with highlights from their travels. Their aim is to inspire others to pursue their dreams!

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

**Thursday, December 21st | 1:00pm | Free**



### New Year's Eve Party with the Play it Again Band

Join us as we ring in the New Year a little early! We'll gather at 1:00 pm to toast with sparkling cider & festive holiday refreshments. Shake, rattle and roll to the tunes of **The Play It Again Band**, a 5-piece group that plays tunes from rock 'n roll to swing, Latin and country. Share your resolutions, enjoy great music and dance the day away as we bid a fond farewell to 2023! We'll have some wonderful New Year's Eve specials for sale in our CAL Cafe prior to our celebration. Why not stop in for a meal first?!

**Registration required. Space is limited. Registration opens December 13th.**

**Friday, December 29th | 1:00pm | Free**



### Holiday Giving Tree

The CAL will once again have a giving tree this year. This year's tree will benefit three organizations: The Plymouth American Legion Post 40, Plymouth Animal Shelter, and DCF/Department of Children & Families "Family to Family" Program. If you'd like to help any of these entities, please watch for the tree which will be going up in our lobby the last week of November. Simply take an ornament off the tree and purchase what is listed on the ornament. Please return your unwrapped gift to the CAL with your ornament attached to it. **DCF gifts are due back by 12/12, Legion & Animal Shelter gifts are due back 12/22.**

# DECEMBER 2023 PROGRAM CALENDAR

All programs subject to change

**MONDAY**



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

Please register on My Active Center for Zoom code & link.

**TUESDAY**



**WEDNESDAY**

**THURSDAY**



**HOLIDAY GIVING TREE**  
This year's tree will benefit three organizations: The Plymouth American Legion Post #40, Plymouth Animal Shelter, and DCF/Department of Children & Families "Family to Family" Program.  
See page 9 for more details.

**FRIDAY**

**1**  
9:00am - Men's Morning Discussion  
9:00am - Zumba Gold  
9:30am - Swedish Weaving  
10:00am - Acrylic Painting  
10:15am - Sit & Get Fit  
11:00am - Pet Snack Shack  
11:30am - Sweat  
12:00pm - Food Shopping  
12:30pm - Canasta  
1:00pm - Movie: *Miracle on 34th St.*  
1:30pm - CAL Tour

**4**

9:00am - Cardio Dance & Toning  
9:30am - Women's Morning Discussion  
9:30am - Glucose & Cholesterol Screening  
10:00am - Drawing  
10:00am - Knitting  
10:00am - Interval Cardio-Strength Training  
11:00am - Leslie Romano's Mindful Movement  
12:00pm - Barre  
12:00pm - Lunch & Learn  
12:30pm - Cribbage  
1:00pm - General Grief Support  
1:00pm - Cyndi Sweetser's Mindfulness  
2:45pm - Yoga of Awareness

**5\***

9:00am - The Magic Muscle Workout  
9:00am - Intermediate Pottery  
10:00am - Hot Topic Talk (Zoom)  
10:00am - Line Dancing  
10:00am - Alzheimer's CARE Program\*  
11:00am - Breathing Lessons (Zoom)  
12:30pm - Bingo  
12:30pm - American Mahjong  
1:00pm - Whist  
1:30pm - Support After Loss

**6**

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

**7**

9:00am - Boxing Fitness  
9:00am - Breakfast with the PPD  
9:00am - Beginner Pottery  
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 - Diabetic Shoe Discussion  
2:00pm - Sandy Childs, Financial Advisor/Retirement Specialist, by appt.  
3:00pm - Drum Circle  
3:00pm - Qi Gong

**8**

9:00am - Men's Morning Discussion  
9:00am - Zumba Gold  
9:00am - Shutterbug Digital Photography Club  
9:30am - Swedish Weaving  
10:00am - Acrylic Painting  
10:15am - Sit & Get Fit  
11:30am - Sweat  
12:00pm - Food Shopping  
12:30pm - Canasta  
1:15pm - Christmas Around the World  
1:30pm - CAL Tour

**11**

9:00am - Cardio Dance & Toning  
9:30am - Women's Morning Discussion  
9:30am - Blood Pressure Checks  
10:00am - Drawing  
10:00am - Knitting  
10:00am - Interval Cardio-Strength Training  
10:30am - Your Health Matters  
11:00am - Leslie Romano's Mindful Movement  
12:00pm - Barre  
12:30pm - Cribbage  
12:30pm - Friends Meeting  
1:00pm - General Grief Support  
1:00pm - Cyndi Sweetser's Mindfulness  
1:00pm - Holiday Party  
2:45pm - Yoga of Awareness

**12\***

9:00am - The Magic Muscle Workout  
9:00am - Intermediate Pottery  
9:00am - Coffee Hour with MSW Intern Shannon McKenna  
10:00am - Hot Topic Talk (Zoom)  
10:00am - Line Dancing  
10:00am - You & Eye: Low Vision  
10:00am - At Home Hearing Healthcare  
10:30am - Blood Pressure Checks  
10:00am - Alzheimer's CARE Program\*  
11:00am - Breathing Lessons (Zoom)  
12:30pm - Bingo  
12:30pm - American Mahjong  
1:00pm - Whist

**13**

9:00am - Tai Chi  
9:30am - Watercolor Painting  
10:00am - Gentle Yoga  
10:00am - What's on Your Mind  
10:00am - Embracing Aging  
10:30am - Shifting Gears  
11:15am - Yoga for Every Body  
12:30pm - Cribbage  
12:30pm - Knitting  
1:00pm - Problems Solved with Nancy Muckle, by appt.  
2:00pm - Chorus  
2:15pm - Intergenerational Discussion with PNHS Students

**14**

9:00am - Boxing Fitness  
9:00am - Beginner Pottery  
10:00am - Grandparents' Support  
10:00am - Diabetic Shoe Fittings with A+ Home Medical Supply, by appt.  
10:00am - Chair Massage & Reiki  
11:30am - Ask Bob  
12:30pm - Chinese Mahjong  
12:30pm - Bridge  
1:00pm - Understanding Problems Solved  
2:00pm - Kristin Muratore, Legal Advisor, by appt.  
2:30pm - Drum Circle  
3:00pm - Qi Gong

**15**

9:00am - Men's Morning Discussion  
9:00am - Zumba Gold  
9:30am - Swedish Weaving  
10:00am - Acrylic Painting (Zoom)  
10:00am - Delicious & Nutritious  
11:00am - Sit & Get Fit  
11:00am - Pet Snack Shack  
11:30am - Sweat  
12:00pm - Food Shopping  
12:30pm - Canasta  
1:00pm - CAL Dance Party  
1:30pm - CAL Tour

# DECEMBER 2023 PROGRAM CALENDAR

All programs subject to change

## MONDAY

**18**  
 9:00am - Cardio Dance & Toning  
 9:30am - Women's Morning Discussion  
 9:30am - Blood Pressure Checks  
 10:00am - Drawing  
 10:00am - Knitting  
 10:00am - Interval Cardio-Strength Training  
 10:30am - Your Health Matters  
 11:00am - Leslie Romano's Mindful Movement  
 12:00pm - Barre  
 12:30pm - Cribbage  
 1:00pm - General Grief Support  
 1:00pm - Cyndi Sweetser's Mindfulness  
 2:45pm - Yoga of Awareness

**CLOSED**



**25**

## TUESDAY

**19\***  
 9:00am - The Magic Muscle Workout  
 9:00am - Intermediate Pottery  
 9:00am - Plymouth's SHP Financial Advisors, by appt.  
 10:00am - Hot Topic Talk (Zoom)  
 10:00am - Line Dancing  
 10:00am - Alzheimer's CARE Program\*  
 11:00am - Breathing Lessons (Zoom)  
 12:30pm - Bingo  
 12:30pm - American Mahjong  
 1:00pm - Whist

**20**

9:00am - Tai Chi  
 9:30am - Watercolor Painting  
 10:00am - Gentle Yoga  
 10:00am - What's on Your Mind  
 11:15am - Yoga for Every Body  
 11:30am - Coffee with the Veterans  
 12:30pm - Cribbage  
 12:30pm - Knitting  
 2:00pm - Alzheimer's Caregivers Support  
 2:00pm - Mothers' Tea  
 2:00pm - Chorus

**21**

9:00am - Boxing Fitness  
 9:00am - Beginner Pottery  
 10:00am - Grandparents' Support  
 10:00am - Chair Massage & Reiki  
 10:15am - Line Dancing  
 10:30am - Topic of Day with Kathy LaNatra  
 11:30am - Ask Bob  
 12:30pm - Chinese Mahjong  
 12:30pm - Bridge  
 1:00pm - Two Grannies on the Road  
 1:30pm - Parkinson's Support Group at Plymouth Library  
 2:00pm - Legal Advisor, by appt.  
 2:30pm - Drum Circle  
 3:00pm - Qi Gong

## WEDNESDAY

**26\***  
 9:00am - The Magic Muscle Workout  
 9:00am - Intermediate Pottery  
 10:00am - Alzheimer's CARE Program\*  
 10:00am - Hot Topic Talk (Zoom)  
 10:00am - Line Dancing  
 11:00am - Breathing Lessons (Zoom)  
 12:30pm - Bingo  
 12:30pm - American Mahjong  
 1:00pm - Whist

**27**

9:00am - Tai Chi  
 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

## THURSDAY

**28**  
 9:00am - Boxing Fitness  
 9:00am - Beginner Pottery  
 10:00am - Grandparents' Support  
 10:00am - Chair Massage & Reiki  
 10:15am - Line Dancing  
 11:30am - Ask Bob  
 12:30pm - Chinese Mahjong  
 12:30pm - Bridge  
 12:30pm - Movie: *It's a Wonderful Life*  
 1:00pm - CAL's Select Board Liaison Harry Helm  
 2:30pm - Drum Circle  
 3:00pm - Qi Gong

**29**

9:00am - Men's Morning Discussion  
 9:00am - Zumba Gold  
 9:30am - Swedish Weaving  
 10:00am - Acrylic Painting  
 10:15am - Sit & Get Fit  
 11:30am - Sweat  
 12:00pm - Food Shopping  
 12:30pm - Canasta  
 1:00pm - Movie: *Elf*  
 1:30pm - CAL Tour

## FRIDAY

**22**  
 9:00am - Men's Morning Discussion  
 9:00am - Zumba Gold  
 9:00am - Pedicure  
 9:00am - Shutterbug Digital Photography Club  
 9:30am - Swedish Weaving  
 10:15am - Sit & Get Fit  
 11:30am - Sweat  
 12:00pm - Food Shopping  
 12:30pm - Canasta  
 1:00pm - Movie: *Elf*  
 1:30pm - CAL Tour

**29**

9:00am - Men's Morning Discussion  
 9:00am - Zumba Gold  
 9:30am - Swedish Weaving  
 10:00am - Acrylic Painting  
 10:15am - Sit & Get Fit  
 11:30am - Sweat  
 12:00pm - Food Shopping  
 12:30pm - Canasta  
 1:00pm - New Year's Eve Party  
 1:30pm - CAL Tour

### Volunteers Needed! Call our Volunteer Coordinator if you can help.

**Meals on Wheels Drivers** - Spend an hour or two, either once a week, or as an occasional back-up driver, to deliver meals.

**CAL Cafe Volunteers** - Work at our fabulous CAL Cafe, ideally 9:00am to 1:00pm, one weekday per week.

**Friendly Visitors Program** - Visit isolated seniors weekly for 1-2 hours to decrease isolation.

**Medical Transportation** - Administrative help needed, along with drivers to transport seniors to appointments.

**\*\*Monday, December 26th - One day request to spread some holiday cheer with some phone calls to our seniors!\*\*\***



**\* PLEASE NOTE:**

The lower level will be closed to the public every Tuesday from 10:00am to 1:00pm for the Alzheimer's CARE Program.



### Busy calendar of events? Don't miss out!

Be sure you are seeing clearly.

EYE WELLNESS EXAMS • DIABETIC EYE CARE  
 CATARACT SURGERY/MULTIFOCAL  
 & STANDARD IMPLANTS,  
 MEDICAL MACULAR DEGENERATION  
 & GLAUCOMA CARE



## Associated Eye Surgeons

HENRY J. KRIEGSTEIN, MD • LOIS M. TOWNSEND, MD • LAUREN W. BIERMAN, MD

OFFICES IN PLYMOUTH & SANDWICH  
 WWW.ASSOCIATEDEYESURGEONS.COM

**508-747-4748**

# FRIENDS

## PLYMOUTH COUNCIL ON AGING

# DECEMBER

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

The next meeting of the Friends is Monday, December 11th at 12:30pm

## JOIN OUR FRIENDS

BE A PART OF THE CAL STORY!



Your membership helps support all of the programs at the CAL and is a critical resource for delivering extraordinary experiences to our Community. Membership benefits also include **class and event discounts** and all donations are **tax deductible!**

*Life is better with the Friends*

### Start your New Year off with a purpose and become a "Friend of the CAL"!

Our membership drive is about to begin and we're on a mission to gather kindred spirits who share a passion for this institution and its culture, arts, and activities programs. As a Friend, you'll unlock a treasure trove of benefits plus, your support helps us continue to foster and grow opportunities and experiences for our community. So, make a difference and make a Friend – become a "Friend of the CAL" this January and start the new year off in friendship!

### Sparkling Bling

November brought us a whirlwind of sparkle and shine with our special jewelry sale, and what a smashing success it was! The display cases gleamed with a stunning array of gems & metals, each piece a testament to craftsmanship and elegance. Shoppers flocked in, eyes gleaming with excitement, and left with treasures that'll surely be cherished for generations. Thanks to all who joined us, making this sale a truly glittering affair! Here's to more dazzling events in the future!

### All things Gnome & Elfish

Attention all gnome and pixie enthusiasts! Mark your calendars for December 5th, because we've got a magical deal that'll make your little hearts flutter with joy! It's a jolly holiday special sale where every gnome and pixie treasure is up for grabs at just 50 cents or one dollar! That's right, folks, a whole world of whimsical wonders awaits you, and it won't break the bank. Whether you're after a mischievous gnome pal or a dainty pixie charm, this sale is your ticket to enchantment on a budget. So, swing by and let the holiday magic take hold!

*Happy Holidays*

And in the immortal words of Tiny Tim -  
"God bless us, everyone!"

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

**Email:** friendsoftheplymouthcoa@gmail.com **Phone:** 508-830-4230

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

*We love hearing from you - compliments, complaints - all welcome!*



**FREE HEARING CLINIC 10AM-12PM  
2ND TUESDAY OF EACH MONTH  
At Your Plymouth COA**

**Expert Hearing Aid Service  
In the Comfort and Security of Your Home**

**Lauren Warburton**

Board Certified Hearing Instrument Specialist, Lic. #275  
Call Today For A Free Hearing Test • **508-250-9324**  
[www.athomehearinghealthcare.com](http://www.athomehearinghealthcare.com)  
MassHealth Provider / Most Insurances Accepted



Let life *delight* you.



Northbridge Communities provide residents with a lifestyle encouraging creativity, health and independence.

Two locations in historic Plymouth, Massachusetts.  
One mission; to live well and love life.

Call to schedule a personal visit:

**Stafford Hill  
Senior Living**  
508.830.9990

**Laurelwood  
at The Pinehills**  
508.927.6346

Independent Living • Assisted Living • Avita Memory Care  
Find us online: [northbridgecos.com](http://northbridgecos.com)

**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

*In youth, love and art. In age, investments and antiques. - Mason Cooley*

**WE BUY SINGLE ITEMS & COMPLETE ESTATES**

- Estate Work - Appraisals For Individuals & Atty's
- House Calls are FREE Anywhere in Plymouth County
- I Return Phone Calls
- Estate Clean Outs From Cellar to Attic
- We Provide Friendly and Honest Service

M A N S B A C H



A N T I Q U E S

185 PLYMOUTH AVE., MARSHFIELD  
CALL ANYTIME  
781-837-9584 • CELL 617-688-0044

**LOOKING FOR**

- Antique/Quality Used Furniture
- Silver, Jewelry, Coins
- Pottery, Porcelain, Glass
- Art, Paintings, Bronze, Textiles, Oriental Rugs
- Americana -Whaling & Nautical, Decoys, Basket Samplers & More
- Lighting - Oil & Early Electric
- Military - Swords, Bayonets, Medals, Badges, Uniforms
- Clocks & Watches
- Dolls & Toys
- Books, Post Cards, Manuscripts
- Town Histories & Atlases
- Collectibles - Including Hummels, Doultons & Liadros Paper Weights
- Musical Instruments
- Thank You - My Interests Exceed This List!





**HARBOR HEALTH**  
Community Health Center - Plymouth

Caring and convenient medical, dental,  
and behavioral health care



**Welcoming Patients  
of All Ages!**

**HARBOR COMMUNITY HEALTH CENTER - PLYMOUTH**

10 Cordage Park Circle  
Conveniently located at the Plymouth T Station  
Call **(508) 778-5470** for an appointment now

MassHealth, Medicare, and most private insurance plans accepted  
**No insurance?** We can help you apply if you are eligible and also have a sliding scale of fees!

HHS105

**CAROLE'S  
FLOWERS  
& GIFTS**

Flowers For  
All Occasions

**508-747-3855**

198 South Meadow Road, Plymouth  
carolesflowersplymouth@gmail.com



[CarolesFlowersandGifts.com](http://CarolesFlowersandGifts.com)



Scan for more information  
Watch for our upcoming Social Security Seminar at the Center



**Retirement Success  
Starts with a Solid Plan**

Integrate your Social Security Strategy with a Time  
Segmented Investment Plan, for a confident retirement.

508-337-4500  
jon.bicknell@ceteraadvisors.com  
www.prosperityfp.com

34 Main Street Ext, Suite 201, Plymouth, MA 02360

SECURITIES AND FINANCIAL SERVICES ARE OFFERED THROUGH CETERA ADVISORS, LLC, MEMBER FINRA/SIPC, A REGISTERED  
AND REGISTERED INVESTMENT ADVISOR. CETERA IS UNDER SEPARATE OWNERSHIP FROM ANY OTHER NAMED ENTITY.

JON T. BICKNELL, CRPC, CFP®  
CERTIFIED FINANCIAL PLANNER™



**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Susanne Carpenter**

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)  
**(800) 477-4574 x6348**



**Duxbury House**  
At The Village  
MEMORY CARE RESIDENCE

**Duxbury's Home  
for  
Memory Care Assisted Living**

**CALL 781-298-0297 TODAY FOR A TOUR.**



298 Kingstown Way  
Duxbury, MA 02332  
[DuxburyHouse.com](http://DuxburyHouse.com)



**WE BUY  
COMIC BOOKS  
& OTHER COLLECTIBLES**

**COMIC  
Hunters**

**603-568-6848**

**WHY MOVE WHEN YOU CAN STAY HOME?**

We provide stress-free, Assisted Living at home. Professional Care Match provides  
CONSISTENCY WITH PROFESSIONAL LIVE-IN AND HOURLY CAREGIVERS.

**Our Goal is to EMPOWER families, so that peace of mind is a  
reality and dreams of staying home can come true.**

In-Home Assisted Living Services Provided By Experienced CNA's, HHAs and PCAs



PROFESSIONAL  
**CareMatch**

OUR CAREGIVERS ARE COVID-19 CERTIFIED AND PREPARED FOR EVERYONES PROTECTION  
1-833-PCMATCH (1-833-726-2824) - [www.ProfessionalCareMatch.com](http://www.ProfessionalCareMatch.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Plymouth Council on Aging, Plymouth, MA 04-0714

# SHARING OUR HOLIDAY TRADITIONS

My husband David loved Christmas, and every year, he'd give me \$500 to take to the school principal that I worked for to help a family in need. I'd say "Someone gave me this and they want it to be used so that a family can have a nice Christmas." My husband died 20 years ago, and every year since, I've gotten together with my kids to make a similar donation in honor of my husband. We call it Papa's Secret Santa.

-Jean Lane, CAL Senior



When my kids were little, we'd rush around to my folks' and my in-laws' houses on Christmas Day. As they got older, it got even busier as they tried to spend time with their own kids and in-laws. But now I tell them, I don't need anything, I just want their time. So on the Saturday after Christmas, they all come to spend the day with me. I share them at Christmas, and get them all to myself afterwards.

-Betty Clough, CAL Senior

My mother came to the US from Italy as a child. My favorite memories of Christmas are of time spent in the kitchen with her helping her hand make the tortellini stuffed with meat and the raviolis filled with fruits, sugar and cinnamon which were then covered in powdered sugar. There was nothing like my Mom's homemade Italian treats on Christmas day!

-Elisa Nicoli, CAL Senior



I love doing a "White Elephant" gift exchange with my friends each year. We no longer need lots of "things", but we still enjoy the fun of exchanging gifts. So we regift an item we don't have a need for, or even wrap up something in "like new" condition around our house, and get together to swap gifts. It feels good to reuse and recycle as we celebrate the holidays!

-Cindy Levine, CAL Senior

My family would always get together at my aunt and uncle's house on Christmas Eve. All the cousins would go upstairs and watch a movie and the adults would stay downstairs. My family also celebrated Channukah by lighting the menorah, spinning dreidels and making latkes.

-Lindsay Reik, CAL Staff



My family would always put money, any amount, in a bag and leave it outside the front door on New Year's Eve. This is to ensure that we have money coming into the house all year long. My mom grew up in Ireland and came to the U.S. when she was 18 and she told us that they always did that at home on New Year's Eve. I have continued this tradition with my family.

-Margaret Martin, CAL Staff



My favorite tradition has to be the Bratti Tinsel Fight! When my daughter was very young, we would have a tree decorating night complete with ornaments, tinsel, and Christmas music. One year, my husband and daughter started tossing tinsel at each other...fast forward to today and it is an all-out tinsel brawl! 22 boxes of tinsel each year, and we are cleaning up tinsel in every room for days! Oh, and yes, my daughter ALWAYS wins!

-Michelle Bratti, CAL Staff



Since our children were young, every Christmas Eve, my family & neighbors would assemble and line our neighborhood streets with 1,800 luminaries. Later, the parents drove the kids around, placing the luminaries on the edges of the streets. After our Christmas Eve dinner, our family would walk through our neighborhood enjoying the beauty of the candle lit streets.

-Kari Anderson, CAL Staff

# Around The Corner

with Michelle Bratti

♪ It's the most, wonderful time of the year! ♪

Most of you know, by now, that this is truly my favorite time of the year for one simple reason: gifts. Not the material kind (although I won't lie, a good present can be fun), but the gifts that we tend to give each other the most at the holidays, more than any other time of year: the gifts of kindness and compassion. They unfortunately seem to be in such short supply everywhere these days, and the holiday season is a reminder that we have, within our own power, the ability to spread these gifts at zero cost with a 100 percent return on our "investment." Every smile, every kind word, every shared moment of simply listening to someone else's story or experience-these are the gifts that count. Let's be the leaders of spreading that magic from end to end of this great town!

"Gifts" come in so many shapes and forms. You may have heard the news, but this writer recently received the gift of being named Plymouth's first Commissioner of Health and Human Services, overseeing Plymouth's first Health and Human Services Department (renamed from the previous Community Resources Department). This new role is both an honor and gift to me! The vision of our Town Manager, Derek Brindisi, was to bring our existing Divisions together-CAL, Veterans, Recreation, Library, and Health-as one united Department to serve the residents of Plymouth. In the simplest of terms, our collective goal is to be the bridge to resources for all residents. Plymouth already has such an abundance of amazing non-profit agencies, organizations, boards, committees, small businesses, and natural resources...the list is endless! So many "gifts" right in our own backyard! The Health and Human Services Department's job is to ensure that residents know these incredible resources exist and know how to access them if needed. Just call us the "concierge" between resources and residents! We literally have been given the "gift" of connecting residents of all ages to services that provide physical, mental, and social health benefits-HELLO, LOTTERY!

The greatest gift of all, however, is YOU-our seniors. The building blocks of this newly formed HHS Department are modeled after the services we provide at CAL. You all know that CAL staff will exhaust all avenues to get you the resources and answers you need, regardless of what that need entails. YOU are the pioneers of bringing the same level of service across all populations of Plymouth. No surprise there, as seniors in our community continue to be leaders in every sense of the word! Despite my new position, you will still find me at 44 Nook Road, in the same office, loving my CAL! While this new role will naturally involve some changes, please know that I am still your proud leader in the big picture. Your love, support, and education-you have taught me so many important lessons-have lifted me in a way that has given me the courage to spread my wings and fly! Priceless gifts, all of you.

***"Your wings already exist. All you have to do is fly."***

- Unknown

Happy Holidays CAL!





# CAL Café

**Open for Breakfast & Lunch!**  
**Tuesday - Friday**

Serving Breakfast 9:30am - 10:30am

Serving Lunch 11:00am - 12:30pm

*Enjoy a delicious, nutritious meal among friends, or pick something up to take home.  
 Come check out our fresh new menu offerings, including:*

**Breakfast:**

Assorted Pastries - \$2  
 Fruit Parfait w/Yogurt & Granola - \$4.00  
 Breakfast Special of the Day - \$6.00  
 - Additions: Bacon, Sausage - \$1.00



**Sandwich Selection:**

Tuna Salad - \$5.00  
 Tuna Melt - \$6.00  
 Grilled Cheese - \$5.00  
 BLT - \$5.00  
 Sandwich Special of the Day - \$6.00



**Soup du Jour:**

Cup - \$3.00    Bowl - \$4.00

**Specials:**

Chef Kellie's Daily Lunch Special - \$7.00 & up

**Pick 2 for \$6:**

Cup of Soup  
 Half of BLT or Tuna Salad Sandwich  
 Small Salad

**CAL Extras:**

Soda/Juice/Bottled Water - \$1.00  
 Chips - \$1.00  
 Dessert of the Day - \$2.00

**DAILY  
 SPECIALS!**

**Volunteers are needed to work in our Cafe!  
 Call 508-830-4230 x103 if you can help!**

**Prices & menu subject to change without notice.  
 Cash only.**

## Coming in January — Love Letters to My Family and Friends

*In her book, *The Top Five Regrets of the Dying*, Bonnie Ware shares, "I wish I'd had the courage to express my feelings." In this workshop, we will explore several ways we can gain the courage to express our love and appreciation through the writing of "love letters". The session will be facilitated by Cheryl Botieri, MS, End-of-Life Educator and Family Support Specialist. Watch for further details & registration information in our January CALegram.*



**Thursday January 18th at 1:30pm**



**TAKE A RIDE** to the

# PLYMOUTH CENTER FOR ACTIVE LIVING

and EXPERIENCE EVERYTHING THEY HAVE TO OFFER

Senior College • Activities • Fitness Classes • Live Entertainment • Support Groups



**CALL (978) 795 - 4404**

TO BOOK YOUR TRIP ON GATRA GO  
 OR DIAL-A-RIDE



**DOWNLOAD  
 THE APP**  
 Search for Transloc



**RIDE THE GATRA BUS**  
 Liberty Link  
 www.GATRA.org



**GATRA**



- One-on-One Attention
- Quality-Focused Investment Philosophy
- Straight Talk About Your Financial Needs

**Let's have a conversation!**

**Sandy Childs**      225 Water St., Suite A205  
Financial Advisor      Plymouth, MA 02360

**774-343-5449**      **Edward Jones**  
Sandy.Childs@edwardjones.com

*Honoring lives,*

SHARING STORIES,  
*and Healing Hearts*

ONE FAMILY AT A TIME



*A Life Celebration® Home*

Plymouth, North Plymouth and Manomet  
(508) 746-2162 • www.cartmelldavis.com • (508) 224-2252

**ServiceMaster  
South Shore, Inc**  
888-545-2700

**Disaster Restoration Services**  
Providing services throughout  
Eastern Massachusetts, Cape Cod  
and the Islands  
Offices in Scituate and Sandwich

Fire • Smoke • Water • Mold • Sewage



www.servicemastersouthshore.com

## BAYADA Home Health Care

Keeps you independent and safe  
wherever you call home



To learn more about how  
**BAYADA** can help, call  
508-830-3904



WE LOVE WHAT WE DO

bayada.com  
BAYADA Home Health Care specialty practices include Home Health Care, Pediatrics, Hospice, and Habilitation.  
04/22 © BAYADA Home Health Care



**Celebrating 50 Years of Care  
and Collaboration**

**THRIVE  
LOCALLY**

**Modern  
EYECARE.  
Stylish  
EYEWEAR.**

*We stock a  
large selection of  
designer frames.  
Over 150 frames  
are priced at  
only \$89!*

**We Are Open:**

**Mondays 8 am to 5 pm**

**Tuesdays 8 am to 5 pm**

**Thursdays 8 am to 5 pm**

**Fridays 8 am to 5 pm**

**Saturdays 8 am to noon**



**Plymouth Family  
Optometry**

212 South Meadow Rd,  
W. Plymouth - Unit 5  
774.283.4005

www.plymouthfamilyoptometry.com

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 Volunteer Medical Transportation line at 508-830-4230 ext. 111.

**GATRA I.D. Registration** takes place at CAL the 2nd Tuesday of each month from **12:30pm-1:30pm**. Please call to schedule your appointment. Statewide Access Passes are issued by GATRA to eligible individuals with a permanent or temporary disability or seniors 60 or older. This photo ID entitles the bearer to reduced fares on all fixed-route bus transportation systems in MA, as well as the MBTA Commuter Rail. These discounted passes do not include Dial-A-Ride service.

## PROFESSIONAL CONSULTATIONS

*All initial consults are free.*

*Notary and SHINE appointments are always free.*

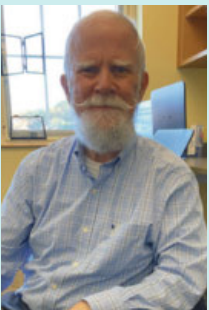
*All services below are by appointment only. Please call 508-830-4230 for more information or to schedule an appointment.*

### LEGAL & OTHER SERVICES

<b>Attorney Kristin Muratore</b>	2nd Thursday each month, 2:00pm-4:00pm
<b>Attorney David Kiley from Triffletti &amp; Costa</b>	3rd Thursday each month, 2:00pm-4:00pm
<b>Plymouth's SHP Financial Advisors</b> Full-Service Retirement & Financial Planners	3rd Tuesday each month, 9:00am-10:30am
<b>Sandy Childs, Financial Advisor at Edward Jones / Retirement Specialist</b> Sandy focuses on retirement concerns for women, but men also.	1st Thursday each month, 2:00pm-4:00pm
<b>Notary Services</b>	Call for more information
<b>SHINE (Serving the Health Insurance Needs of Everyone) ~</b> Assists with Medicare, MassHealth, & other health insurance information.	Call for more information
<b>Elaine Buonvicino, Life &amp; Long-Term Care Insurance</b> Is your life insurance still active? Do you have long-term care insurance? Have any questions? See Elaine.	<b>Returning in January!</b>
<b>Diabetic Shoe Fittings with A+ Home Medical Supply,</b> <b>Kris Gidwani COF, CDME</b>	2nd Thursday each month, 10:00am-12:00pm
<b>Problems Solved with Nancy Muckle</b> Solution experts help provide input and resources to address disputes, fraud, scams and hacks related to insurance, cybersecurity, vendors, travel, finances and more.	2nd Wednesday each month, 1:00pm-3:00pm. <b>Nancy will be here Thursday, December 14th at 1:00pm to provide an overview of her services. See page 9 for further details.</b>

## VOLUNTEER OF THE MONTH

### Dan O'Leary



Dan O'Leary is our December Volunteer of the month. You may have seen Dan roaming the halls with his handlebar moustache here at the CAL! He has volunteered here since 2017. He began helping with the Men's Group and has become a very integral part of a few other programs. Dan enjoys the exchange of views in the groups he participates in and facilitates. He leads with poise, grace, and fairness. He wants everyone to have their opportunity to speak their mind. Dan has diplomatically wielded the gavel and set timers to keep things in order and on schedule. He also enjoys participating in our Intergenerational Discussion Group. Dan truly appreciates everyone's point of view and wants people to be heard. Dan, thank you for always keeping things moving in a positive direction. Thank you for all you do at CAL. Keep smiling!

*See bottom of page 11 for details on our current volunteer needs.*



*thankyou*

Many thanks to Amy and Bob of the Plymouth Area Chamber of Commerce for being "On the Job" recently at the CAL Cafe! Chef Kellie and her dedicated volunteers put the dynamic duo to work!

Check out the video on their facebook page...

<https://www.facebook.com/plymouthareachamberofcommerce/>





**Center for Active Living**  
 44 Nook Road  
 Plymouth, MA 02360

P: 508-830-4230 • F: 508-830-4233



**Plimoth - Patuxet**

Site of the first  
 Thanksgiving 1621

PRSRST STD  
 US POSTAGE  
**PAID**  
 Permit # 508  
 Plymouth, MA

Plymouth Center for Active Living • 44 Nook Road, Plymouth, MA 02360 • 508-830-4230  
[www.plymouth-ma.gov/245/Center-for-Active-Living](http://www.plymouth-ma.gov/245/Center-for-Active-Living) • [www.facebook.com/COAPlymouth](https://www.facebook.com/COAPlymouth)

Please join us for a  
**HOLIDAY PARTY**  
 WITH THE GOLDEN MELODIES CHORUS  
 & SILVER STEPPERS  
**Monday, December 11th | 1:00pm-3:00pm**

Join us for a special holiday celebration as we enjoy fabulous entertainment by the Golden Melodies Chorus & Silver Steppers dancers. Your holiday spirit will soar as we sing along to festive holiday tunes with the chorus. So come deck the halls with us and plan to enjoy our scrumptious dessert & hot cocoa stations. Prizes will be given for the most creative and festive attire!

**NEW WAY TO REGISTER!** Call the CAL between 8am - 4pm on Tuesday, Dec. 5th to be entered into our attendance raffle. Speak to CAL staff or leave a voice message with your name & number (& name of a plus 1 if desired). A computer-generated raffle will determine who attends. Attendees will be notified by phone by 12/7. Phone registration required Dec. 5th. Space is limited.

**FREE TO ATTEND.**

YOU ARE INVITED TO CAL'S  
**NEW YEAR'S EVE PARTY**  
 FRIDAY  
 DECEMBER **29** 1:00PM

Join us as we ring in the New Year a little early! We'll gather at 1:00 pm to toast with sparkling cider & festive holiday refreshments. Shake, rattle and roll to the tunes of The Play It Again Band, a 5-piece group that plays tunes from rock 'n roll to swing, latin and country. Share your resolutions, enjoy great music and dance the day away as we bid a fond farewell to 2023! We'll have some wonderful New Year's Eve specials for sale in our CAL Cafe prior to our celebration. Why not stop in for a meal first?!

Free to attend. Registration required. Space is limited. Registration opens December 13th.

The Plymouth CAL is once again a drop-off location for the Marine Corps Reserve's Toys for Tots program. If you'd like to drop a new, unwrapped toy for less fortunate children in the community, please look for our collection box in our front lobby.

