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February 2024

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

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 bhadfeld@plymouth-ma.gov or bdensoncal@gmail.com.

Volunteer Constant Contact CAL Events Editor:
Frank O'Brien

Cover Art by Katherine Sampson

Be My Valentine

Katherine has lived in Plymouth her whole life and still lives on the same street where she grew up. Despite the many changes she has seen in town throughout the years, she still loves living here. As a young girl, Katherine admired her mother's paintings, many of which are now hanging on her walls. Katherine began painting with acrylics in her 20's and it became a lifelong hobby. She now enjoys painting rocks of all sizes. She says it keeps her busy, and her ability to collect rocks from local beaches cuts down on the need for expensive supplies. Katherine has been known to give her painted rocks to friends to display in their yard, at their bird bath, or even on a loved one's gravesite. She has also donated numerous painted rocks to the Mindful Path located outside of the CAL Cafe. Thank you for sharing your time and talents with us Katherine!

Visit Us Online At:

Our Newly Designed Website



www.plymouth-ma.gov/245/Center-for-Active-Living

Facebook

www.facebook.com/COAPlymouth

YouTube

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

Look for our logo:



My Active Center

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

1. From the comfort of your home online through: myactivecenter.com
2. In person at the CAL, at the Registration Station.

Marketing & Media Coordinator: Bernadette Denson

Newsletter Designer: Michelle Mosesso-Antonuccio

The CAL will be closed Monday, February 19th.

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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
Dan Holland	Board Member
Kevin Hood	Board Member
Captain Manuel	Board Member
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The Friends Board

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Patricia Janiak	Vice President
Steve Incropera	Treasurer
Open	Secretary
Barbara French	Board Member
Betty Clough	Board Member
Karen Whipple	Board Member
Sandra Smith	Board Member
Jim Monti	Board Member

Weather Reminder:

The CAL follows the Plymouth Town Hall's determination (not the local school system's schedule) regarding closings in the event of storms or emergencies. The town's decision regarding closures will be posted to the town website and CAL's website. The CAL also posts updates regarding event cancellations on the CAL Facebook page & via constant contact. Feel free to call the CAL with any questions.

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

MONDAYS

Cardio Dance & Toning 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 weights 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.
BP Checks & Your Health Matters	Mondays, Feb. 12th & 26th 9:30am/10:30am	Free	BP Check: 9:30am & Your Health Matters Talk: 10:30am. Public Health Excellence Grant Nurse Pat Iafraite conducts Blood Pressure Clinic at 9:30, followed by a discussion of various health topics. 2/12: Hypertension 2/26: Healthy Heart Discussion. Note: February is American Heart Month!
Interval Cardio Strength Training with Leslie Romano	Mondays, 10:00am	\$6 Per Class	This low-impact combination class combines intervals of strength training & aerobic movements. It's 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.
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.
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	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.
Yoga of Awareness with Carol Cooney	Mondays, 2:00pm-3:15pm	\$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 w/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.
At Home Hearing Healthcare with Mike Schmit	Tuesday, February 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 Belanger	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.
Blood Pressure Checks	Tuesday, Feb. 13th, 10:30am	Free	Nurse Donna Berkeley will be offering BP checks. 2nd Tuesday of the month.
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. Please register through My Active Center in order to receive the Zoom link.

WEDNESDAYS

Tai Chi	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.
Gentle Yoga with Tina Vaughn	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.
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.

THURSDAYS

Boxing Fitness with Janet Enos	Thurs. at 9:00am (thru 2/8), then moves to 8:45am	\$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. Note—start time shifts from 9:00am to 8:45am beginning February 15th.
Chair Massage & Reiki with MaryAnn Salzillo	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.
Line Dancing with Dotty Belanger	Thurs. at 10:00am (thru 2/8), then moves to 9:50am	\$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. Note—start time shifts from 10:00am to 9:50am beginning February 15th.
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.

Gentlemen—Don't forget—these classes are Co-ed. Join us!

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, February 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. One Friday each month.
Sit & Get Fit with Sally Gwin	Fridays, 10:15am	\$5 Per Class	This workout is performed in and around a chair to motivating music, improving muscle tone and balance. Weights are optional. Please 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. Registration required 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.



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**SIX WEEK COURSES BEGIN IN JANUARY,
FEBRUARY, MARCH, APRIL, AND MAY**



50 courses: some fully virtual and many in-person



In-person courses at CAL

Courses starting: 2/15/24

- ¡Hola Español! Conversational Spanish for Beginners Part 1
- Let's Learn the Uke! Beginner Ukulele Part 1
- American Art Scene: 1877 to Present

Courses starting: 4/4/24

- ¡Hola Español! Conversational Spanish for Beginners Part 2
- Let's Learn the Uke! Beginning Ukulele Part 2
- The Bill of Rights

In-person courses are offered at the:

Center for Active Living

44 Nook Rd, Plymouth, MA 02360

(508) 830-4320

Visit us online to learn more about both virtual and in-person learning!



**Diabetes Boot Camp & Support
Has Begun at the CAL***

If you are having difficulty
managing your diabetes, you
are not alone!

Join Diabetes Nurse Joyce Lekarcyk
and others to share your challenges
& successes in this one hour group.

*Once our 1st session
has been held on
Monday, January 22nd at 11:00am,
we'll determine how
often to meet in this time slot.
Watch our constant contact
emails or call the CAL for the
February schedule.



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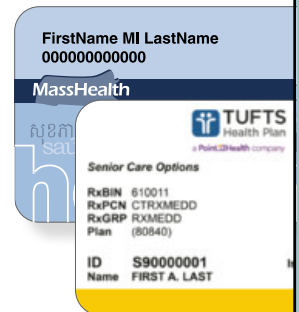
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1-855-880-0053 (TTY: 711)*



www.thpmp.org/sco



TUFTS
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*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 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.
Cribbage	Mondays 12:30pm—3:30pm	Free	A fun, interactive card game that has you counting your card combinations. Beginners welcome.

TUESDAYS

Hot Topic Discussion Group	Tuesdays, 10:00am	Free	John Christiansen hosts this group to exchange ideas on topics of mutual interest. Last meeting each month will be a TED Talk viewing and discussion. Please register on My Active Center for Zoom code.
BINGO	Tuesdays, 12:30pm—3:00pm	\$2/ Card	Let's play Bingo! \$2 per card. Must be checked in by 12:15pm; the first game begins at 12:30pm. We play a total of 12 games & finish up right around 3pm. Doors open at 11:30am.
American Mahjong	Tuesdays, 12:30pm—3:30pm	Free	Join in this tile-based game of skill, strategy and luck. Beginners welcome.
South and Nook Book Club & Chat	Tues., March 19th , 11:00am—12:00pm	Free	The book group will meet in March to discuss their next book, titled <i>The Only Woman in the Room</i> (by Marie Benedict). Start reading it now, and join us for our next discussion! 3rd Tuesday of every other month.
Whist	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

What's on Your Mind	Wednesdays, 10:00am	Free	Join Dave Warden for a lively discussion about what is on your mind.
Cribbage	Wednesdays, 12:30pm—3:30pm	Free	A fun, interactive card game that has you counting your card combinations. Beginners welcome.
Acoustic Guitar Jam Session	Wednesdays, 1:30pm—3:30pm (Except Feb. 14th)	Free	Acoustic guitar players unite—with Kevin Lane, coordinator. Players of all levels—join in the fun, with a bit of learning mixed in. Bring your guitar & enthusiasm. Now Held Weekly (except no session on Feb. 14th).
Intergenerational Discussion with PNHS Students	Wednesdays, February 14th & 28th, 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. 2nd & 4th Wednesdays of the month.
Computer Talks with Roz Z	Wednesday, Feb. 21st, 1:00pm	Free	Each month join Roy to learn more about computers & technology. Feb. Topic: Learn how to use a computer in 7 steps. 3rd Wednesday of the month.
CAL's Select Board Liaison Harry Helm	Wednesday, Feb. 21st, 1:00pm	Free	Join Select Board Liaison Harry Helm as he discusses topics & answers questions. 3rd Wednesday of the month.

THURSDAYS

Conversations w/Rep. Kathy LaNatra & Team	Thursday, Feb. 15th, 10:30am	Free	We have a new name for this session! State Representative Kathy LaNatra (and/or her staff) will visit to meet with constituents here at the CAL. Stop by for an opportunity for in-person conversation with your Representative's office & to share any input and concerns you may have. 3rd Thurs. of every other month.
Ask Bob	Thursdays, 11:30am	Free	Bring your questions about computers, phones & technology.
Bridge	Thursdays, 12:30pm—3:00pm	Free	Teams of 2 strategize & compete for tricks in this ever-popular card game. Beginners welcome.
Chinese Mahjong	Thursdays, 12:30pm—3:00pm	Free	Join in this tile-based game of skill, strategy and luck. Beginners welcome.
Drum Circle	Thursdays, 2:30pm	Free	Create in-the-moment music by hand with drums or percussion instruments in this peer led/peer run program. Bring your own instrument, drum, bucket or item for drumming!

FRIDAYS

Men's Morning Discussion	Fridays, 9:00am	Free	A thought-provoking discussion of world & personal issues for men.
Shutterbug Digital Photography Club	Fridays, Feb. 9th & 23rd, 9:00am—11:00am	Free	Members share and critique photos, go on field trips, get education and share technique tips. 2nd & 4th Friday of the month.
Delicious & Nutritious (Zoom Only)	Friday, February 16th, 10:00am	Free	Join Chef Jerry Levine & Dietician Marcia Richards. This month, the topic will be Lentil Beef Stew. 3rd Friday of the month.
Pet Snack Shack	Fridays, Feb. 2nd & 16th, 11:00am	Free	Stop by for free pet snacks and learn about the mission & local outreach efforts of <i>Plymouth Helping Hands for Animals</i> . 1st & 3rd Friday of the month.
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.
Canasta	Fridays, 12:30pm	Free	Try your luck at making melds in this rummy-like card game. Beginners welcome.

Drawing w/ Cindi Walsh-Hamlin	Mondays, 10:00am-12:30pm	\$60/ 6 week session	Session runs 01/08 through 02/26. 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, 10:00-11am Weds, 12:30pm-4:00pm	Free	Bring your craft in progress, work on something new, and share great conversation with friends.
Intermediate Pottery w/ Sue Lynch	Tuesdays, 9:00am-11:30am	\$10 Per Class	Hand-building pottery projects done independently with guidance from the instructor.
Watercolor Painting w/ Cindi Walsh-Hamlin	Wednesdays, 9:30am-1:30pm	\$10 Per Class	Learn technique, color mixing, light, composition, brush work & design. Please call the CAL for the supply list needed for the class.
Beginner Pottery w/ Sue Lynch	Thursdays, 9:00am-10:30am	\$10 Per Class	This beginner class will teach basics with the hand building method and simple projects.
Swedish Weaving w/ Eileen Mazzarella	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.
Acrylic Painting w/ Cindi Walsh-Hamlin	Fridays, 10:00am-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.

SUPPORT

General Grief Support Group	Monday, Feb. 5th, 1:00pm-2:30pm	Free	Facilitated by Maria Campbell, Spiritual Care Director at Old Colony Hospice & Palliative Care. This group offers a safe & healthy way to promote healing through education and support after the loss of a family member, loved one or close friend. Current session ends 02/05. Meets 2nd Mon. monthly as of March.
Support After Loss, A Path Towards Healing	Tuesday, February 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.
Pet Therapy Program	Tuesday, Feb. 13th 11:30am-12:30pm	Free	Enjoy some time with Teddy the therapy dog. Experience the many benefits of spending time with a furry friend! 3rd Tuesday of the month. Note new time.
Alzheimer's CARE Program	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. See further details below.
You & Eye: Low Vision Support Group	Tuesday, Feb. 13th 10:00am-11:30am	Free	An exchange of resources, guest speakers & support for people with low vision. 2nd Tuesday of the month.
Coffee with the Veterans	Wednesday, Feb. 21st 11:30am	Free	For Veterans who want to share their stories, simply listen, or just enjoy good company and refreshments. Hosted by Gentiva. 3rd Wednesday of the month.
Alzheimer's Caregivers Support	Wednesday, Feb. 21st 2:00pm-3:00pm	Free	Jillian Spinale from Stafford Hill leads this group to help caregivers, family, and others dealing with Alzheimer's and dementia-related illnesses. 3rd Wednesday of the month.
Mothers' Tea	Wednesday, Feb. 21st 2:00pm	Free	A Peer Support Group for Mothers who have lost children. 3rd Wednesday of the month.
Coffee Hour with MSW Intern Shannon McKenna	Thursday, Feb. 8th 9:30am	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. Topic: Black History Month. 2nd Thursday of the month.
Grandparents Raising Grandchildren	Thursdays, 10:00am	Free	Support for grandparents for the life-altering situation of raising a grandchild.
Parkinson's Support	Thursday, Feb. 15th 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. Held 3rd Thursday of the month at Plymouth Public Library.

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



Thursday, February 8th, 9:30am
February Topic: Black History Month
Registration appreciated; drop-ins welcome.



Breakfast with the Plymouth Police Department

We're always happy to welcome some of Plymouth's finest men and women for breakfast here at the CAL! Stop by for great food and conversation. Bring your questions and enjoy a delicious meal prepared by our amazing CAL Cafe staff for \$5.

Registration required; space is limited.

Thursday, February 1st | 9:00am | \$5



Watercolor Painting Series with Laretta

Laretta O'Brien is returning with a 3-part session which will yield a beautiful painting of a tulip bunch on 15" x 11" watercolor paper, shown at left. Laretta will focus on skills such as "floating" color, wet-into-wet, and a little color theory regarding mixing colors. Attendees should have at a minimum some experience with watercolor (for example, completed some beginner level paintings). Pre-pay in full (\$30 total for the 3 sessions). No refunds. Contact CAL's front desk for the required supply list.

Registration required. Space is limited.

Fridays, February 2nd, 9th & 16th | 2:00pm-4:00pm | \$30



Glucose & Cholesterol Screening & Heart Health Talks

Public Health Excellence Grant Nurse Pat Iafra will be here to conduct free glucose & cholesterol screenings this month. 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. February is AMERICAN HEART MONTH! So Pat's additional visits this month will focus on heart health. She'll be here to conduct Blood Pressure Checks and deliver Health Matters talks on Hypertension (2/12) and a Healthy Heart Discussion (2/26).

Call CAL to register for specific appointment time for Glucose & Cholesterol Screenings.

Monday, February 5th | 9:30am-11:30am | Free



Navigating Your Grief

We all have different life experiences which cause us to grieve at some point in our lives, and each individual's grief journey is different. In February, the final two weeks of this six-week support group will be facilitated by Chaplain Vicki Oman from Beacon Hospice. Anyone coping with a loss is welcome to attend. The group will meet to discuss coping skills and strategies, and you will have a safe place to express yourself and connect with others who have experienced similar challenges.

Registration Required.

Wednesdays, February 7th & 14th | 12:00pm- 1:30pm | Free



Shades of Ireland Trip with Collette Tours

The CAL is excited to partner with Collette Travel to offer new & exciting tours to our community. To learn more about our upcoming trip to Ireland, please attend our special travel presentation. Aiden Ardine, our local representative from Collette, will be here to discuss the tour in detail and answer any questions you may have. We are excited to help you see the world! Before you meet with Collette, view this link for details: <https://gateway.gocollette.com/link/1190549>.

Registration appreciated, drop-ins welcome.

Thursday, February 8th | 1:30pm | Free

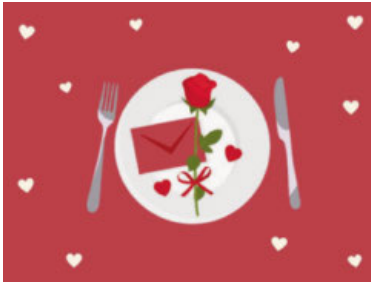


Nancy Franks - A Salute to Classic Black Hollywood Stars

Nancy Franks is back with an informative program as we honor Black History Month. Get to know some of the talented black men and women who starred in Hollywood motion pictures throughout the 20th century. Discover their stories both on and off the big screen. Behind the scenes, these black actors and actresses demanded more respectable roles and fought to close the income gap between black and white performers. Together, these individuals successfully forged a path for the many black actors and actresses who followed them. **Sponsored by The Friends.**

Registration appreciated; drop-ins welcome.

Friday, February 9th | 1:00pm | Free



Valentine's Surf & Turf Lunch

Come enjoy an extra special treat at the CAL Café this Valentine's Day! Join us for a Surf and Turf meal of Filet Mignon and Sautéed Shrimp Scampi prepared by our amazing CAL Café staff. Meal includes Caesar Salad, Fresh Rolls, Potatoes and Vegetable, followed by a decadent Vanilla and Chocolate Mousse with Raspberries and Mint. There will be no breakfast or lunch served on the 14th other than this special meal. Space is limited.

Flowers for this event sponsored by the Friends.

Registration required. Registration opens Feb. 1st. Payment due upon registration.

Wednesday, February 14th | 12:00pm | \$24.99



Fire Department Breakfast

As promised, the Fire Department Breakfast which was postponed last month is back on our calendar for February. We are happy to welcome our fantastic Plymouth Fire Department back for yet another delicious breakfast. Meals will be prepared by Benchmark Plymouth Crossing for \$5. Stop by for breakfast and conversation! **Space is limited.**

Registration required. Those registered for original date will have priority.

Thursday, February 15th | 9:00am | \$5



Ice Cream Social with United Healthcare

It may be cold outside, but ice cream is delicious any time of year! Join us for an ice cream social courtesy of United Healthcare. It's a great excuse to gather with your friends and socialize here at the CAL! Many thanks to United Healthcare!

Registration required.

Thursday, February 15th | 1:15pm | Free



Music with Lisa Soares & Company

Come enjoy some fabulous jazz, country and contemporary music and piano playing with Lisa Soares & Company! We're happy we could get this duo back on our calendar. What better way to spend an afternoon than to listen to the sounds of some great music with your friends? Join us!

Sponsored by The Friends.

Registration appreciated, drop-ins welcome.

Thursday, February 22nd | 1:00pm | Free



Morning Coffee with Michelle Bratti

Come chat with Plymouth's Commissioner of Health & Human Services, Michelle Bratti! Michelle will be holding these quarterly meetings with patrons so they have direct access to communicate concerns, give recommendations and feedback, offer suggestions, or just to talk about life. Breakfast available for purchase at the CAL Cafe. Stop by!

Registration appreciated, drop-ins welcome.

Wednesday, February 28th | 9:00am - 10:00am | Free



CAL Connections - Conversations with America's Hometown Staff

We're excited to continue with this new series - now with a new name! This month, we welcome **Kelly McElreath, Plymouth's Town Clerk**. Join her for the latest on the March 5th Presidential primary and guidance on how to vote in all the elections in 2024. Our very own Activities Coordinator, Beth Hadfield, will moderate the session. If you'd like to suggest questions for our speaker, please email Beth at least one week before the meeting at bhadfield@plymouth-ma.gov. And just for some extra fun, Beth will be coordinating a **recipe swap** for those in attendance! Send your favorite recipes in advance to Beth, and she'll share them with attendees.

Refreshments will be served. Registration appreciated, drop-ins welcome.

Thursday, February 29th | 1:00 | Free

FEBRUARY 2024 PROGRAM CALENDAR

All programs subject to change

MONDAY



FEBRUARY MOVIES

Friday, Feb. 2nd at 1:00pm
Valentine's Day

Friday, Feb. 23rd at 1:00pm
The Notebook

TUESDAY



CAL Dance Party

with *John Peters*

Friday, February 16th
1:00pm

WEDNESDAY



5

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

6*

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

7

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
12:00pm - Navigating Your Grief
12:30pm - Cribbage
12:30pm - Knitting
1:00pm - Chorus
1:30pm - Acoustic Guitar Jam Session

THURSDAY

1

9:00am - Breakfast w/the Plymouth Police Department
9:00am - Boxing Fitness
9:00am - Beginner Pottery
10:00am - Grandparents' Support
10:00am - Chair Massage & Reiki
10:00am - Line Dancing
11:30am - Ask Bob
12:30pm - Chinese Mahjong
12:30pm - Bridge
2:00pm - Sandy Childs, Financial Advisor/Retirement Specialist, by appt.
2:30pm - Drum Circle
3:00pm - Qi Gong

2

9:00am - Men's Morning Discussion
9:00am - Zumba Gold
9:30am - Swedish Weaving
10:00am - Acrylic Painting
10:00am - iPhone Photography
10:15am - Sit & Get Fit
11:00am - Pet Snack Shack
11:30am - Sweat
12:00pm - Food Shopping
12:30pm - Canasta
1:00pm - Movie - *Valentine's Day*
1:30pm - CAL Tour
2:00pm - Watercolor Painting Series with Lauretta

8

9:00am - Boxing Fitness
9:00am - Beginner Pottery
9:30am - Coffee Hour with MSW Intern Shannon McKenna
10:00am - Grandparents' Support
10:00am - Chair Massage & Reiki
10:00am - Diabetic Shoe Fittings with A+ Home Medical Supply, by appt.
10:00am - Line Dancing
11:30am - Ask Bob
12:30pm - Chinese Mahjong
12:30pm - Bridge
1:30pm - Shades of Ireland Trip w/ Collette Tours
2:00pm - Kristin Muratore, Legal Advisor, by appt
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 - Swedish Weaving
10:00am - Acrylic Painting
10:15am - Sit & Get Fit
11:30am - Sweat
12:00pm - Food Shopping
12:30pm - Canasta
1:00pm - A Salute to Classic Black Hollywood Stars w/Nancy Franks
1:30pm - CAL Tour
2:00pm - Watercolor Painting Series with Lauretta

12

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 Movement
11:00am - Leslie Romano's Mindful Movement
12:00pm - Barre
12:30pm - Cribbage
1:00pm - Cyndi Sweetser's Mindfulness
2:00pm - Yoga of Awareness

13*

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
10:00am - You & Eye: Low Vision
10:00am - At Home Hearing Healthcare
10:30am - Blood Pressure Checks
11:00am - Breathing Lessons (Zoom)
12:30pm - Bingo
12:30pm - American Mahjong
12:30pm - GATRA ID Registration, by appt.
1:00pm - Whist

14

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
12:00pm - Valentine's Surf & Turf Lunch
12:00pm - Navigating Your Grief
12:30pm - Cribbage
12:30pm - Knitting
1:00pm - Chorus
1:00pm - Problems Solved with Nancy Muckle, by appt.
2:15pm - Intergenerational Discussion with PNHS Students

15

8:45am - Boxing Fitness
9:00am - Fire Department Breakfast
9:00am - Beginner Pottery
9:50am - Line Dancing
10:00am - Grandparents' Support
10:00am - Chair Massage & Reiki
10:30am - Conversations w/Rep. Kathy LaNatra & Team
11:00am - Bridgewater State Univ.
11:30am - Ask Bob
12:30pm - Chinese Mahjong
12:30pm - Bridge
12:40pm - Bridgewater State Univ.
1:15pm - Ice Cream Social
1:30pm - Parkinson's Support Group at Plymouth Library
2:00pm - Legal Advisors, by appt.
2:20pm - Bridgewater State Univ.
2:30pm - Drum Circle

16

9:00am - Men's Morning Discussion
9:00am - Pedicure
9:00am - Zumba Gold
9:30am - Swedish Weaving
10:00am - Acrylic Painting
10:00am - iPhone Photography
10:00am - Delicious & Nutritious (Zoom)
10:15am - 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
2:00pm - Watercolor Painting Series with Lauretta

FRIDAY

Café open for Valentine's Lunch only

FEBRUARY 2024 PROGRAM CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

19

CLOSED



20*

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
 11:30am - Alzheimer's CARE Program
 11:30am - Pet Therapy Program
 11:00am - Breathing Lessons (Zoom)
 12:30pm - Bingo
 12:30pm - American Mahjong
 1:00pm - Whist

21

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
 1:00pm - Chorus
 1:00pm - Computer Talks with Roy Z
 1:00pm - CAL Select Board Liaison Harry Helm
 1:30pm - Acoustic Guitar Jam Session
 2:00pm - Alzheimer's Carers Support
 2:00pm - Mothers' Tea

22

8:45am - Boxing Fitness
 9:00am - Beginner Pottery
 9:50am - Line Dancing
 10:00am - Grandparents' Support
 10:00am - Chair Massage & Reiki
 11:00am - Bridgewater State University
 11:30am - Ask Bob
 12:30pm - Chinese Mahjong
 12:30pm - Bridge
 12:40pm - Bridgewater State Univ.
 1:00pm - Music with Lisa Soares & Company
 2:20pm - Bridgewater State Univ.
 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 - Swedish Weaving
 10:00am - Acrylic Painting
 10:15am - Sit & Get Fit
 11:30am - Sweat
 12:00pm - Food Shopping
 12:30pm - Canasta
 1:00pm - Movie - The Notebook
 1:30pm - CAL Tour

26

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 - Cyndi Sweetser's Mindfulness
 2:00pm - Yoga of Awareness

27*

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

28

9:00am - Morning Coffee with Michelle Bratti
 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
 1:00pm - Chorus
 1:30pm - Acoustic Guitar Jam Session
 2:15pm - Intergenerational Discussion with PNHS Students

29

8:45am - Boxing Fitness
 9:00am - Beginner Pottery
 9:50am - Line Dancing
 10:00am - Grandparents' Support
 10:00am - Chair Massage & Reiki
 11:00am - Bridgewater State Univ.
 11:30am - Ask Bob
 12:30pm - Chinese Mahjong
 12:30pm - Bridge
 12:40pm - Bridgewater State Univ.
 1:00pm - Conversations with America's Hometown Staff - w/Town Clerk Kelly McElreath & a recipe swap
 2:20pm - Bridgewater State Univ.
 2:30pm - Drum Circle
 3:00pm - Qi Gong



Morning Mindfulness
 with Barbara Ward

Sundays at 9:00am
 Zoom Only

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

COLOR KEY: Black times = Weekly programs | Purple times = Ongoing programs that are only held certain weeks | Teal times = This month's special events | Red times = A new/revised start time

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.

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.

***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.



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FEBRUARY

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, February 12th at 12:30pm

Thank you

The Friends would like to send a sincere thank you to the many people who generously donated items to Timeless Treasures this year, and to those of you who made purchases at the table. You helped make our holiday season a huge success! We also thank the many volunteers who staffed the table throughout the year, including:

Betty Clough
Elisa Nicoli
Shaunagh Collins
Cristine Cawley
Jean Sweeney
Marion Halliday
Millie Donovan
Kathy Chassey
Carol Driscoll
Mary Gilbert-Pasco
Karen Whipple
Judy Ryan
Judy Van
Beth Lucey

**New Timeless
Treasures
Volunteers
Needed!**

We appreciate all you've done to make our Timeless Treasures table the success that it is!

2023 Friends Program Highlights

These are just a few of the many expenses the Friends were able to cover for the CAL this past year:

Sponsored Events	\$9,977
Purchased New Bingo System	\$3,500
My Active Center User Fees	\$3,500
Subsidized Pool Passes	\$1,190
Constant Contact Email Software	\$1,130

New Board Member

Please join us in welcoming Jim Monti of Oasis Senior Advisors as our newest Friends Board Member. Thank you for your willingness to donate your time and efforts Jim!

Happy Valentines from the Friends of the CAL!



"There is nothing on this earth more to be prized than true friendship."

- Thomas Aquinas

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!* ★



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 - 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!



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AARP Tax-Aide Program for Tax Year 2023

Trained volunteers from the AARP Tax-Aide Foundation will be returning to the Plymouth CAL to assist low and moderate-income residents, with a focus on those 50 and older, in filing their Federal and Massachusetts income tax returns. You can make an appointment by calling the Plymouth CAL at 508-830-4230. Please be aware that your appointment may take 90 minutes or more. Once you have scheduled an appointment, please pick up an "intake envelope" at the CAL. The intake envelope contains forms that must be completed prior to your appointment. Instructions for filling out the forms will also be provided. Please bring a copy of your 2022 federal and state income taxes to your appointment, and bring your spouse if filing jointly. All tax returns are generated on IRS computer servers. We will print a copy of your tax return for your records and return all of your records to you. No information is stored on a laptop or any other device that our volunteers use in preparing and printing tax returns. After reviewing your paperwork, our volunteers may decide that your return is too complicated or requires expertise that exceeds the scope allowed by the IRS. In this case, we will recommend that you seek alternative arrangements for filing your return. If you need more information prior to an appointment, CAL personnel can contact a Tax-Aide representative who can answer your questions. AARP Tax-Aide volunteers work across the United States under the approval and oversight of the IRS in providing this free service.

'Twas the Season!

Thank You to the many patrons who donated so generously to our Holiday Giving Tree drive. The many gifts shown beneath these three trees were collected to benefit The Plymouth American Legion Post 40, Plymouth Animal Shelter, and DCF/Department of Children & Families "Family to Family" Program. In addition, numerous gifts were donated to the CAL's Toys for Tots collection box. Your generosity never ceases to amaze us!

In other festive news—the CAL staff had a great time with our annual tree decorating contest once again this year. The competition was stiff between the Charlie Brown Christmas tree, the Rudolph tree, & the Frosty the Snowman tree! But Frosty and staff members **Caitlyn Correa**, **April Thompson** and **Bernadette Denson** took home the big win in the end.

Congrats to all! And many thanks to our local "tree judges": **Town Manager, Derek Brindisi; Town Clerk, Kelly McElreath; Town Counsel, Kate McKay; Assistant Director Human Resources, Jackie Gurney; Fire Chief, Neil Foley; Senior Vice-President, Clean Harbors Paul Bratti.** *You help make this annual tradition a fun one for staff & seniors alike!*



Town of Plymouth & Plymouth Sheriff

Keeping citizens informed.

USES

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www.pcsdma.org/CodeRED.asp



CODE RED

BLACK HISTORY MONTH



February is Black History Month, an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Historian Carter G. Woodson launched Black History Week in the second week of February 1926 to coincide with the birthdays of Abraham Lincoln (February 12) and abolitionist and writer Frederick Douglass (February 14). Congress expanded it to National Black History Month 50 years later during our nation's bicentennial celebration. At that time, then-President Gerald Ford urged the country to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Every U.S. president since then has officially designated the month of February as Black History Month.

Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers to leaders in industry, politics, science, culture and more. The 2024 theme is "African Americans and the Arts," focusing on the many impacts black Americans have had on visual arts, music, cultural movements, and more. With this theme in mind, the CAL is honored to welcome Nancy Franks back to the center this month for "A Salute to Classic Black Hollywood Stars" on Friday, February 9th at 1:00pm. Nancy will share the stories of black actors and actresses who demanded more respectable roles and fought to close the income gap between black and white performers, forging a path for the many black actors and actresses who followed them. In addition, our Master of Social Work Intern, Shannon McKenna, will focus on Black History Month as a theme for her monthly coffee hour to be held on Thursday, February 8th at 9:30am. We encourage you to check out the details on these and other special events on pages 8 and 9 of this newsletter.

Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history.

-Carter G. Woodson, Historian and Founder of Black History Month

What is your favorite way to show your love towards your family, friends and community?

WE POSED THIS QUESTION TO OUR SENIORS, AND HERE IS WHAT THEY HAD TO SAY!...

I like to be there for others in their time of need, and bring a little humor along the way. It's important to just be present. *-Joanie Neal*

I still enjoy sending my four adult children candy for Valentine's Day. I like to continue our family traditions to let them know I care. *-Vanessa Tassone*

I like to connect with others by making a phone call or a visit. When people know they're thought of, then they know they are loved. *-Paula Tavares*

I enjoy giving back and making other people happy. I get back more than what I give in so many ways. At this time in my life, I don't collect things; I collect memories and experiences. Time is the most valuable resource we have to give. *-Dave Worden*



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



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



Sandwich Selection:

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



CAL Extras:

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



Soup du Jour:

- Cup - \$3.00
- Bowl - \$4.00

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



Valentines' Surf & Turf Lunch on Wednesday, February 14th at Noon

There will be no breakfast or lunch served on this day besides this special meal. Please see page 9 for more information.

Fuel Assistance Reminder

The Home Energy Assistance Program (commonly known as Fuel Assistance) began November 1st and runs through April 30th. The program assists with paying bills for your primary heating source for your home. It cannot pay all of your home heating bills; eligibility is determined by the gross income of all family members, as well as family size and energy burden. Home Energy Assistance staff is available to assist you. Once online applications are being accepted for this season, they can be accessed at www.toapply.org/SSCAC. Or call 877-383-5243 or call the Home Energy Assistance line at 508-746-6707 & someone will be able to help you complete your application over the phone. For more details, you can also contact our CAL Social Outreach Workers, April Thompson (x106) or Lindsay Reik (x116).

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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 the CAL at 508-830-4230 and ask to be transferred to our Volunteer Medical Transportation line.

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

LEGAL & OTHER SERVICES

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.

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 for more information
SHINE (Serving the Health Insurance Needs of Everyone) ~ Assists with Medicare, MassHealth, & other health insurance information.	Call for more information
Diabetic Shoe Fittings with A+ Home Medical Supply, Kris Gidwani COF, CDME	2nd Thursday each month, 10:00am-12:00pm
Problems Solved with Nancy Muckle 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



Beginning March 4th at the CAL:



Join the Conversation - the 1st and 3rd Mondays of the month, 10:00am - 11:00am

Have you had a stroke or brain injury? Do you have Parkinson's Disease or early dementia?

Is it more difficult for you to talk to and/or understand others? Spaulding Outpatient Center Plymouth is pleased to announce the formation of a new therapy group aimed at providing a supportive environment for conversation among people facing communication difficulties. Watch our newsletters and constant contact emails for further details.

VOLUNTEER OF THE MONTH

In Memoriam — Mireille Kelly



We were broken-hearted to learn of the sudden passing of our dedicated volunteer, Mireille Kelly. Known to most here at the CAL simply as "Kelly", she volunteered many hours with our Meals on Wheels program, helping in any way asked to assist our seniors with food insecurity. She was funny, bright and cheerful and she made fast friends here at the CAL. With a smile that lit up the room, she was a welcome volunteer at our front desk as well. She went out of her way to give a friendly greeting as patrons came through the doors, or a heartfelt goodbye to those on their way out. She had a kind and thoughtful heart and a remarkable memory for people and their stories. Many will miss Kelly's wonderful smile and her sweet references to others as "babe" in that unique Texas/French mix twang of hers. Others will remember her love for her family members which was evident to anyone who heard her speak about them, or overheard her chatting with her grandson by phone as she helped out in the CAL kitchen. In addition to volunteering, she also enjoyed participating in CAL's programs, particularly Swedish Weaving with friends, where she was always willing to help others learn. She also had a generous heart, and was known to "treat" her friends for some of our paid events to be sure they would join in the fun. Shortly after Kelly's passing, many of her family members visited the CAL because they said she often referred to it as her "happy place". Kelly- we thank you for helping to make the CAL a happy place for everyone you encountered in your time here. We will never forget the sweet French lady from Texas. You will truly be missed. ❤️



Center for Active Living

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Plymouth, MA 02360

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Valentine's Surf & Turf Lunch

Wednesday, February 14th | 12:00pm | \$24.99

Join us at the CAL Cafe for:

*Filet Mignon & Sauteed Shrimp Scampi
Caesar Salad, Rolls, Potatoes & Vegetable
Vanilla & Chocolate Mousse with Raspberries & Mint*

Flowers for this event sponsored by the Friends.

**Registration Opens February 1st.
Space is limited. Registration required.
Payment due upon registration.**

No other meals will be served in the CAL Cafe on February 14th.



Join us for...

CAL Connections

Conversations with America's Hometown Staff

Thursday, February 29th at 1:00pm

This month featuring Town Clerk Kelly McElreath

We're excited to continue with this new series - now with a new name!
It's a great opportunity to stay up to date on all the happenings in our many town departments.

Moderated by CAL Activities Coordinator, Beth Hadfield.

This month we'll feature a recipe swap as well!

Send your recipes, along with any suggested questions for our speaker, to Beth 1 week in advance at bhadfield@plymouth-ma.gov.

Refreshments Provided. Free.

See page 9 for more details.



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