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**Kingston Council on Aging**  
**30 Evergreen Street**  
**Kingston, MA 02364**  
**Phone: (781) 585-0511**  
**www.kingstonmass.org**



**Facebook.com/**  
**KingstonCouncilonAging**



**The Kingston Senior Center has re-opened to members of surrounding communities effective July 1, 2021. Social distancing measures have been lifted, and program offerings have expanded. We are currently not serving any food onsite, and our Grab and Go programs remain in effect. Please call the center at 781-585-0511 if you would like information on any programs or events that are taking place.**

If you have been to the Senior Center recently, chances are you have been warmly greeted by Elizabeth “Betty” Sanderson. Betty started working at the Senior Center in May 2019 through Coastline Elderly Services Senior Community Service Employment Program (SCSEP), which is a federal program that places older adults in positions at local nonprofits to gain on-the-job training, support, and job-seeking skills. Last month, Betty was chosen to be featured as the SCSEP participant for an upcoming marketing piece and was recognized for her dedication, professionalism, and positivity to all of the seniors that come in to the center. Karyl Ryan, SCSEP Director spoke about Betty to a small group at the senior center, saying “Betty presents such a positive presence that is infectious to all those who enter the Kingston Council on Aging and we are proud that she is part of our program.”

Betty works at the Welcome Desk 20 hours a week answering phone calls, greeting guests, assisting with exercise classes and group registration, and **SO** much more. COA Executive Director, Paula Rossi-Clapp said “From day one Betty has done all that she can to make the people she encounters be heard and cared for. She is not only an asset to the Kingston Council on Aging department staff, but one of the most caring, professional and happy people I have ever met. She is an inspiration to many and a day of interaction with Betty always improves your mood and reminds you of what is important in this world. I think I speak for the staff and all who attend the KCOA when I say, Betty we love you and hope you are with us for a very long time.” **Congratulations Betty!!**



(L-R) SCSEP Director Karyl Ryan, Betty Sanderson, and Donna Thomson

### Senior Safety Tips Program

This month, the Council on Aging is launching a new program designed to provide relevant and practical safety tips for seniors. Each month, the program will share specific Senior Safety Tips (SSTs) through a variety of communication methods (The Anchor, email, Facebook, YouTube), and personal presentations to deliver important messages. Compared with the rest of the population, older adults have higher fire death and injury rates. Some tips may be new to you, and some will serve as useful reminders. All of our fire safety tips will be presented to assist you to limit injuries and/or life loss, property loss, and down time caused by fire.

We are all individually responsible for limiting fire losses in Kingston. Alongside the competent and dedicated team at Kingston Fire and Rescue, we can all help to limit fire loss.

This month’s SST: **COOK WITH CARE!** Most cooking fires occur when you are frying food. To stay safe in the kitchen, remember:

- ➡ Keep a lid nearby and cover the pot/pan if it catches fire
- ➡ Wear short or rolled up sleeves when cooking
- ➡ Do not leave the room when cooking on the stove top
- ➡ Keep things that can burn away from the stove
- ➡ Never put water on an oil or grease fire
- ➡ Turn handles away from you





# SHEPHERD

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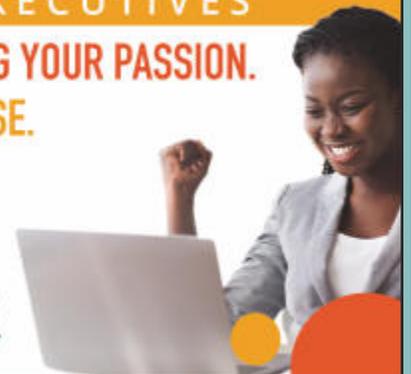
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## Joe Kn<sup>Q</sup>ws!

COA Board Chairman, Joe Favaloro keeps us updated on how to Protect Against Scammers and Spammers Tricks (PASST)

Social distancing guidelines during the COVID-19 pandemic have fueled an unprecedented shift to online shopping for consumer goods of all kinds, including vehicles, with particularly high demand for recreational vehicles (RVs). Many online platforms list cars, trucks, vans and RVs for very low prices, with sellers offering to make third-party delivery arrangements if the buyer pays via escrow. In reality, neither the automobile nor the escrow company exists, leaving the buyer without their money or their vehicle.

Buying a vehicle online from a reputable seller can be a safe and convenient way to shop during COVID-19, but as with any high-profile situation, scammers are finding ways to take advantage of unwitting buyers. Consumers should use extreme caution so as not to let a low price and a sad story lure them into paying for a vehicle that does not exist.

Scammers sometimes claim that the transaction is protected by the eBay vehicle protection program. In other cases, they invent bogus websites connected to shipping escrow companies with addresses in towns across the U.S., particularly the Midwest. Those sometimes use the names and addresses of real businesses or car dealerships.

*Source: Better Business Bureau*

As seniors, we are not necessarily worried about fertility, but we could have children, grandchildren and friends that are. Scammers stop at nothing to create false hope and attack those who have the greatest needs. People facing difficulties having children often explore fertility products to help them get pregnant. But some products, including some dietary supplements that claim to solve fertility problems, aren't science-based, and can put your health at serious risk.

The FTC and the Food and Drug Administration (FDA) are teaming up to stop companies marketing fertility dietary supplements from deceiving people about the effectiveness of their products and implying that they meet FDA guidelines when they don't. Always talk to your doctor, pharmacist, or other healthcare professional before you try any new treatment. Get additional reliable information at [MedlinePlus.gov](http://MedlinePlus.gov) and [Healthfinder.gov](http://Healthfinder.gov).

*Source: Federal Trade Commission*



## One of the keys to well-being - staying engaged in the community.

One of the most common problems that OCES' social workers help older adults cope with is social isolation. In Massachusetts, there are a significant number of older adults who continue to live independently in their own homes, and many of them live alone.

Social isolation and loneliness can negatively affect well-being over time. Yet, this lack of community is something that can be improved, as there are a number of support systems and resources available to older adults.

Councils on Aging (COAs) provide valuable resources as well as many recreational and socialization opportunities. Essentially, these "communities" for older adults offer a variety of activities all under one roof. For older adults who no longer drive or who are unable to utilize public transportation, many COAs even offer transportation to and from their sites.

Getting involved in the community offers opportunities for socializing while also providing a sense of belonging. As COVID-19 guidance evolves and things begin to open up, here are some ideas to help you engage in the community:

- ◆ Attend local events. From art displays in the park, free concerts on the town common, Farmer's Markets and other happenings in your town - simply show up!
- ◆ Share your talent or hobby. Display your photography or teach a small group how to knit or build birdhouses.
- ◆ Join the local garden club. Expand your knowledge of flowers and plants and enjoy being part of your town's beautification process.
- ◆ Work on a community project with others. From painting the local church fence to decorating a float for the town's parade, special projects can spark new friendships.
- ◆ Join a walking group. Not only is walking one of the best ways to keep fit, walking with a group is safer and more fun than walking alone.
- ◆ Shop local. They appreciate your business and you'll appreciate the extra attention they give you.
- ◆ Support your local sports team. No need to travel far to enjoy a great baseball game on a warm summer evening.
- ◆ Volunteer at a local organization. From the animal shelter to the food pantry, nonprofits are in need of helping hands.



Get to know others in your community and allow them to get to know you. Participating in the community, and staying engaged and connected are all key when it comes to maintaining your well-being.

## BE A COMPASS AND NAVIGATE CHOICES FOR YOU

Hope everyone is doing well after our long journey from gloves to sanitizer to 6 feet social distancing. If you are Jeff Bezos, founder of Amazon, perhaps you can plan a trip to space, just to get away from the past? If not, then start something new.

J.R.R. Tolkien wrote “Moonlight drowns out all but the brightest stars.” In a perfect world, perhaps stars may never find their destiny, “but only when life gets in the way.” Some spent time in isolation which changed our energy, sleep patterns, mood and appetite. Some ask, is change important in our lives? No matter whether changes are good or bad, we learn from them. External change makes us flexible, more understanding and prepares one for the future. Internal change may encourage us to progress, and push forward.

### Pushing Forward:

A Government site was created as a resource tool:  
[www.BENEFITS.GOV](http://www.BENEFITS.GOV).

#### WHAT IS BENEFITS.GOV?

- [www.BENEFITS.GOV](http://www.BENEFITS.GOV) is a U.S. Government site that aims to connect citizens in need to assistance programs
- The site provides news articles, video tutorials and other “non-government assistance resources” that can lead you to agencies tailored-toward your needs
- Some of the browsing categories or agencies may be related to Medicare, Medicaid or unemployment disaster assistance
- It can help you to stay up to date on information related to benefits

Not computer savvy? Reach out to someone you know and trust. You can also contact Kingston’s Council on Aging’s Outreach Coordinator, Darlene Regan at 781-831-6044 to help you search for resources that aim to keep you focused on the days ahead.

**Stay well and remember, obstacles build resilience, and create shining stars**



## Nutrition Notes

### Water – the fountain of life

#### Why is Water So Important?

Water makes up more than half of your weight and helps every part of your body function efficiently. Here are some other important reasons why it is often referred to as “the fountain of life.”

- Makes up 83% of your blood
- Helps regulate body temperature through sweat and respiration
- Reduces the burden of your kidneys and liver by flushing out waste products
- Lubricates and cushions your joints
- Hydrates your skin which can reduce the appearance of wrinkles

Water also plays a major role in how we digest food. It dissolves water soluble vitamins and minerals, helps to convert food into energy, helps absorb nutrients from food, and helps to prevent constipation.

#### How Much Do You Need?

The amount of water you need daily varies from person to person. A general rule is to drink whenever you feel thirsty. Checking the color of your urine is the best indication that you are drinking enough water. If it is clear or light yellow, you are probably drinking enough water. If it is dark yellow or golden in color, you may be dehydrated.

#### What Can I Do To Get Enough Water?

To be sure you are getting enough water, you can:

- Add fruit slices like oranges or strawberries or some basil or mint
- “Eat” your water! Watermelon, lettuce, cucumbers, oranges, and tomatoes have a good amount of water in them
- To help create a routine, have a glass of water with your meals and keep a reusable water bottle with you



Submitted by:

Marcia Richards, MEd, RD, MCHES

Beth Israel Lahey Health

Beth Israel Deaconess Plymouth

If you have a used laptop in good condition that runs on Windows 7, 8, or 10 that you no longer use, consider donating it to the COA! We will send it off to our partners who will refurbish it and pass it on to a deserving Kingston senior.

If you know a senior in need of a computer, please call the center at 781-585-0511 and speak to Joanne.



# Kingston Council on Aging Network of Partners

**KINGSTON COUNCIL ON AGING** 781-585-0511  
30 Evergreen Street, Kingston

## DURABLE MEDICAL EQUIPMENT

**SCITUATE ETRUSCO ASSOC.** 781-545-4411

**COMMISSION ON DISABILITIES** 781-293-9484

## ELDER ABUSE HOTLINE

Toll Free Hotline 800-922-2275

## EXECUTIVE OFFICE OF ELDER AFFAIRS

Direct Line: 617-727-7750 / 1-800-243-4636

## FOOD ASSISTANCE RESOURCES

**PLYMOUTH AREA COALITION** 781-582-2010  
149 Bishop's Highway, Kingston

**SVDP/ST. JOSEPH'S** 781-585-6679  
272 Main Street, Kingston

**VINEYARD CHRISTIAN/CAREWORKS** 781-585-6897  
41 Pottle Street, Kingston

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM**  
(SNAP) Senior Assistance Line 833-712-8027

## FUEL/HEAT

**SOUTH SHORE COMMUNITY ACTION COUNCIL**  
508-746-6707

## LEGAL SERVICES

**SOUTH COASTAL COUNTIES LEGAL SERVICES, INC**  
508-586-2110/800-244-8393  
**MASS BAR ASSOCIATION DIAL-A-LAWYER** 617-338-0610

## STATE/LOCAL OFFICIALS

**SENATOR SUSAN MORAN OFFICE:** 617-722-1330

**STATE REP. KATHLEEN LANATRA OFFICE:**  
617-722-2430

## MEDICARE/MEDICAID ASSISTANCE

**SHINE** (Serving the Health Insurance Needs of Everyone) 800-243-4636, press 4

**MASSHEALTH:** Customer Service 800-841-2900

**SENIOR MEDICARE PATROL** 978-946-1200

*(Available to Medicare beneficiaries with questions or concerns about Medicare billing errors)*

**MEDICARE** 800-633-4227

**MEDICARE RIGHTS** 800-333-4114

## RENTAL ASSISTANCE

**NEIGHBORHOOD HOUSING SOLUTIONS** 781-422-4204

**CATHOLIC SOCIAL SERVICES** 508-674-4681

**TENANCY PRESERVATION PROGRA** 617-267-3594

## SAFETY ASSURANCE PROGRAM

**PLYMOUTH COUNTY SHERRIFF'S DEPT** 508-830-6256

## SOCIAL SECURITY

**HANOVER OFFICE** 877-444-6898

## SUPPORT RESOURCES

**OLD COLONY ELDER SERVICES** 508-584-1561

**PLYMOUTH AREA COALITION** 781-582-2010

**UNITED WAY/COMMONWEALTH OF MA** dial 211

## TRANSPORTATION

**GATRA Plymouth Central Dispatching** 978-393-4404  
or 844-358-4422 / PT-1 riders: 800-431-1713

## VETERANS RESOURCES

**KINGSTON VETERAN AGENT** 781-585-0515



**Drums Alive and Arthritis Fun and Fitness Classes are Cancelled on the following days:  
Friday, July 2  
Friday, July 30**



## **July Grab and Go Supper Menu**

Tuesdays at 3:45 pm



**July 6** - Tuna macaroni salad with oysterettes, a small fruit cup, and peanut butter squares

**July 13** - Seafood salad wrap with potato chips, a dill pickle, and pudding



**July 20** - Corn chowder, a parmesan breadstick, small salad, and a cupcake w/frosting



**July 27** - Italian chicken served with rice, summer squash, and a cinnamon frosted square

Reserve your meal by contacting Brenda Fitzgerald at (781) 831-6042.

*\*Menu is subject to change without notice*

## **Drawing Class**

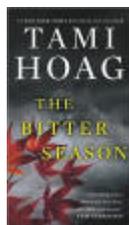
**Tuesday, July 13 @ 1:00 pm**

Doodling and cartooning step by step beginnings. Learn basic skills for creating your own character!



**Book Club  
July 19 at 10:00 AM**

**The Bitter Season  
by Tami Hoag**



## **Craft Class**

**Thursday, July 22 at 1:00 pm**

Join us to paint and decorate wooden treasures! All supplies are provided.



## **Coffee and Conversation on the Porch!**

Want to catch up with friends you haven't seen in a while? Want to have a cup of coffee and enjoy the fresh air? Then come to the COA weekdays at 9 am for coffee and conversation on the porch! Our back patio is screened in, provides socially distanced seating, and is a great place to enjoy a chat with friends.

We provide the coffee...you provide the conversation!



## **Book Deliveries are Back!**

In partnership with the Kingston Public Library, the COA will again deliver books to seniors! Call the library to reserve your favorite book and have it delivered by a COA van driver on Tuesday evenings between 5 and 7 pm, when able.  
Kingston Public Library - (781) 585-0517

## **Quilting with Louise**

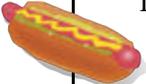
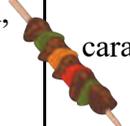
### **A Note from the COA Staff:**

Congratulations to Louise for receiving the Volunteer Appreciation Honorable Mention as a group leader!

We are fortunate to have such a wonderful, kind, dedicated volunteer like you on our team. Thank you for everything that you do!



# July Meals on Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken piccata over parslied rotini, Tuscany vegetables, whole wheat roll, pineapple chunks	<b>2</b> Cheeseburger on a whole wheat bun, hot German potato salad, hot broccoli salad, brownie cookie
<b>5</b> <b>Center Closed for Independence Day</b> 	<b>6</b> Hot dog on a bun, baked beans, California vegetables, mandarin oranges 	<b>7</b> BBQ chicken, tater tots, Scandinavian vegetable blend, whole wheat bread, fresh banana	<b>8</b> Pollock w/ lemon dijon sauce, brown rice & orzo, green beans, oatmeal bread, fig bar	<b>9</b> Chicken broccoli penne alfredo, Italian vegetable blend, scala bread, hot cinnamon peaches
<b>12</b> Chicken a la orange, rice pilaf, zucchini & tomatoes, multigrain bread, chocolate chip cookie 	<b>13</b> Swedish meatballs over buttered noodles, Jardiniere vegetables, rye bread, caramelized pears	<b>14</b> Cheddar cheese omelet, home fries, peppers & onions, snack loaf, fruited yogurt	<b>15</b> Tuna salad on a mini Kaiser roll, cucumber/ tomato, broccoli salad, pasta vegetable salad, fresh peach	<b>16</b> Pot roast w/ gravy, roasted potatoes, butternut & apples, whole wheat roll, vanilla wafers
<b>19</b> Sloppy Joe on a whole wheat bun, O'Brien potatoes, fiesta vegetables, lemon square	<b>20</b> Herbed chicken breast w/ gravy, parslied potatoes, green peas, cracked what bread, fresh plum	<b>21</b> BBQ riblet on a bulkie roll, potato wedges, broccoli & red peppers, mixed fruit	<b>22</b> Pork Oriental, white rice, Asian vegetables, wheat bread, oatmeal chocolate bar 	<b>23</b> Potato crunch pollock, roasted sweet potatoes, broccoli flowerets, multigrain bread, fresh orange
<b>26</b> Aloha chicken, pineapple brown rice, chuckwagon vegetables, snowflake roll, mixed fruit cup	<b>27</b> Beef & ziti casserole, green beans, garlic roll, caramelized apples 	<b>28</b> Curried chicken salad w/ pita half, tossed salad, pasta salad, sugar cookie	<b>29</b> Salmon w/ dill sauce, oven browned potatoes, California vegetables, scala bread, diced peaches	<b>30</b> Roast turkey w/ gravy, mashed potatoes, mixed vegetables, whole wheat bread, fruit crunch bar

July 2021

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

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# July Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9:30 Chair Yoga 10:30 Tai Chi 11:00 - 12:00 Boxed Lunch pick up	<b>2</b> 9:30 Needlers
<b>5</b>  <b>Center Closed for Independence Day</b>  	<b>6</b> 9:00 Quilting w/ Louise 1:00 Cribbage 3:45 Grab and Go Supper 5:00 South Shore Quilts for Kids 5:30 Drones	<b>7</b> 9:00 Jazz 9:00 Oil Painting 9:00 Pinochle 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>8</b> 9:30 Chair Yoga 10:00 State Rep. Kathy LaNatra Office Hours 10:30 Tai Chi 11:00 Hearing Screening 11:00 - 12:00 Boxed Lunch pick up 1:00 BINGO	<b>9</b> 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
<b>12</b> 9:00 Pinochle 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics 1:00 Canasta	<b>13</b> 9:00 Quilting w/ Louise 11:30 COA Advisory Board - at Senior Center 1:00 Cribbage 1:00 Drawing Class 3:45 Grab and Go Supper 5:00 South Shore Quilts for Kids 5:30 Drones 5:30 Garden Club Board Meeting	<b>14</b> 9:00 Jazz 9:00 Oil Painting 9:00 Pinochle 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>15</b> 9:30 Chair Yoga 10:00 Diabetic Shoes 10:30 Tai Chi 11:00 - 12:00 Boxed Lunch pick up	<b>16</b> 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
<b>19</b> 9:00 Pinochle 9:00 Tap 10:00 Book Club 10:00 Circuit Training 11:30 Chair Aerobics 1:00 Canasta	<b>20</b> 9:00 Quilting w/ Louise 1:00 Cribbage 3:45 Grab & Go Supper 5:00 South Shore Quilts for Kids 5:00 Metal Detecting Club 5:30 Drones	<b>21</b> 9:00 Jazz 9:00 Oil Painting 9:00 Pinochle 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>22</b> 9:30 Chair Yoga 10:30 Tai Chi 11:00 - 12:00 Boxed Lunch pick up 11:00 Attorney Services 1:00 BINGO 1:00 Craft Class	<b>23</b> 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
<b>26</b> 9:00 Pinochle 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics 1:00 Canasta	<b>27</b> 9:00 Quilting w/ Louise 1:00 Cribbage 3:45 Grab & Go Supper 5:00 South Shore Quilts for Kids 5:30 Drones	<b>28</b> 9:00 Jazz 9:00 Oil Painting 9:00 Pinochle 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>29</b> 9:30 Chair Yoga 10:30 Tai Chi 11:00 - 12:00 Boxed Lunch pick up	<b>30</b> 9:30 Needlers

# Fitness Schedule at the KCOA

<b>30/30</b> <b>\$5</b>	This class incorporates 30 minutes of aerobics with 30 minutes of strength training. Benefits of this class include increased strength and flexibility. <b>WEDNESDAYS @ 10 am</b>
<b>Arthritis Fun &amp; Fitness</b> <b>\$5</b>	This class will focus on strength, balance, coordination, range of motion, breathing and relaxation. Class workouts are designed to improve joint mobility, muscle strength and endurance-making activities of daily living easier. <b>FRIDAYS @ 9:30 am</b>
<b>Chair Aerobics</b> <b>\$5</b>	This class will teach you exercises designed to improve muscle toning and balance that are performed in and around the chair to motivational music. <b>MONDAYS @ 11:30 am</b>
 <b>Chair Yoga</b> <b>\$5</b>	Chair yoga is a gentle form of yoga that can be done while sitting, or using a chair for support. It can improve your flexibility, concentration and strength, while boosting your mood, allowing for better sleep, and reducing stress and joint strain. All are welcome! <b>THURSDAYS @ 9:30 am</b>
<b>Circuit Training</b> <b>\$5</b>	Circuit training uses resistance and cardio training to improve endurance and build strength. Circuit training has all the metabolism and mood boosting benefits of standard resistance training but at a faster pace. <b>MONDAYS @ 10 am</b>
 <b>Drums Alive®</b> <b>\$5</b>	Drums Alive® is an innovative evidence based program for the mind and body involving drumsticks, an exercise ball and music. <b>FRIDAYS @ 10:30 am</b>
<b>Jazz</b> <b>\$5</b>	Jazz & Stretch is low-impact exercises that strengthen the muscles without being too stressful on the body. Techniques can be modified to provide a safe workout for all . <b>WEDNESDAYS @ 9 am</b>
<b>Tai Chi</b> <b>\$5</b>	Known as “meditation in motion”, some of Tai Chi’s many benefits are improved flexibility, strength, and balance. Tai Chi is easily adapted for all abilities, so give it a try! <b>THURSDAYS @ 10:30 am</b>
<b>Tap Dance</b> <b>\$5</b>	Get your toes tapping and check out the many fitness benefits you can enjoy by adding tap dancing to your exercise routine! <b>MONDAYS @ 9 am</b>

## Workshops & Clubs

**Third Monday:** Book Club - 10:00 am 

**Tuesdays:** Quilting with Louise - 9:00 am

**Wednesdays:** Oil Painting - 9:00 am

**Fridays:** Needlers - 9:30 am 



Drawing Class: 2nd Tuesday of each month

Metal Detecting Club: 3rd Tuesday of each month

Craft class: 4th Thursday of each month

## Cards & Games

### Monday

Pinochle - 9:00 am

Canasta - 1:00 pm

### Tuesday

Cribbage - 1:00 pm

### Wednesday

Pinochle - 9:00 am

Bridge - 12:00 pm

### Thursday

Bingo - 2nd and 4th Thursday at 1:00 pm



## Virtual Programs

Beth Israel Lahey Health  
Beth Israel Deaconess Hospital  
Plymouth

Cranberry Hospice  
& Palliative Care

### Virtual Support Groups

Spouse/Partner Loss:  
*Tuesdays 6 -7:30 pm*



Spouse/Partner Loss +1 year:  
*Wednesdays 4 - 5:30 pm*

This group is for individuals who have been widowed one year or longer and/or for individuals who have previously attended a support group.

Support groups are free, but registration is required. Contact Anna Seery, Bereavement Coordinator, at (508) 746-0215 or [aseery@bidplymouth.org](mailto:aseery@bidplymouth.org) to register.



 **OCES**



HEALTHY LIVING PROGRAM PRESENTS

## A MATTER OF BALANCE

A workshop to help you reduce the fear of falls  
and increase activity levels.

STARTING  
AUGUST 17, 2021 - SEPTEMBER 14, 2021  
4.5 WEEKS  
TUESDAYS AND THURSDAYS, 1 PM - 3 PM  
VIA ZOOM  
REGISTRATION DEADLINE: AUGUST 5, 2021

 the healthy living  
Center of Excellence

 A MATTER OF  
BALANCE  
MANAGING CONCERNS ABOUT FALLS

For more information or to register, contact Pat Livie at  
[plivie@ocesma.org](mailto:plivie@ocesma.org) or 508-584-1561 ext. 373

## Monthly Memory Corner

**Little Green Men**  
By Jessica Hannon  
and Janine M. Boutin



One crisp fall evening, Susan and her young children, ages two and four, were home alone. Her husband, Mike, a salesman, was out of town on business for the day. Mike was known to have a very bizarre sense of humor. On that Tuesday in November 1965, a blackout affected a huge area of the east coast from Canada to New Jersey (including most of New England). When the power went out Mike was alone and on the road home, with some distance still to go. He found a phone booth and called to let everyone know he was okay. He told Susan to expect him to be really late, probably after the kids were asleep. Thinking the dark streets were slowing him down, she urged him to be extra careful driving. Mike assured her that his headlights worked fine, but his tires were getting slippery and greasy from running over all the little green men that were invading from outer space and draining all the electricity. They shared a good chuckle over that one for a long time. Little green men indeed.

If you would like to share a memory with Jess and Janine,  
send an email to:

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

All stories are published as  
anonymous.



### Senior Trips

Cape Cod Canal Cruise  
August 23, 2021

Includes sightseeing tour, lunch, and transportation.

Contact Joyce Gerraughty at  
(508) 930-3188 for details and payment information!





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Kingston Council on Aging  
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Kingston, MA 02364

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### COA Advisory Board Members:

Joseph Favaloro (Chair)  
Joan Hutchison (Vice Chair)  
Mary Hayes (Secretary)

Members: Maureen Elwood, Wes Meiggs,  
Caty Starr, Austin Sennett

*The next meeting will be held on Tuesday, July 13 at  
11:30 am via Zoom*

Meeting ID: 966 9437 2281 Passcode: 053483

Become a member of the Friends of the COA!

Member: \$10 or \$15 per year  
for 2 persons at the same address

**Friends of the Kingston COA**  
**30 Evergreen Street**  
**Kingston, MA 02364**



#### Director of Elder Affairs

Paula Rossi-Clapp Ext 6041

#### Community Outreach

Darlene Regan Ext 6044

#### Media & Marketing

Holly Nighelli Ext 6047

#### Programs & Activities

Brenda Fitzgerald Ext 6042

#### Office & Transportation

Joanne Caratelli Ext 6040

#### Kitchen Ext 6046

COA - Joyce Santos

OCES - Donna Heney

**Van Drivers** - Joe Barkas and

John Coombs

#### Welcome Desk Ext. 6045

Betty Sanderson

Dolores Sprague

#### Contact Us

Phone: (781) 585-0511

#### Business Hours

Monday 8:30 am - 4:30 pm  
Tuesday 8:30 am - 7:30 pm  
Wednesday 8:30 am - 4:30 pm  
Thursday 8:30 am - 4:30 pm  
Friday 8:00 am - 12:00 pm

To view our newsletter online, visit:

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)

and search for

**Kingston Council on Aging**

Go paperless! Subscribe to the  
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**We are seeking Kingston  
Residents to volunteer for these  
positions at the Senior Center:**

- \* BINGO help: Thursdays 12:30 – 3:30 pm
- \* Meals On Wheels drivers: Mon – Fri  
substitutes for morning shifts 9 – 11am
- \* Programs greeter: 9– 11am
- \* Newsletter folders: one day each month

**Please Contact Brenda Fitzgerald at  
781-831-6042 if you would like to  
volunteer!**