



THE ANCHOR

MONTHLY MAGAZINE | AUGUST 2021



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



Facebook.com/
KingstonCouncilonAging



Thursday Lunches Are Back!

We have reached another exciting milestone in the re-opening of the Senior Center, with the return of our on-site Thursday lunches! At the beginning of the pandemic in March 2020, our kitchen and administrative staff began delivering between 60-90 meals each week to Kingston seniors. In September, the staff dedicated countless hours implementing a highly efficient and effective Grab and Go supper program, serving hundreds of meals on Tuesday afternoons at the COA. Meals were picked up in a no-contact manner at the main entrance of the Senior Center each week even during the height of the pandemic while the building was closed to programming.

Beginning Thursday, August 5 our popular Thursday lunches will return on-site. The meal program begins seating at 11:00, and cost \$3 for Kingston residents, \$4 for non-residents. Registration is required by the Friday prior to the lunch date. **To register, contact Programs & Activities Coordinator Brenda Fitzgerald at 781-831-6042.**

August 5

Fish cakes with tartar sauce, served with beans, cole slaw, and key lime pie



August 19

Cheese ravioli lasagna served with zucchini, and chocolate pudding



August 12

Mixed green salad with chicken, garlic pita bread, and strawberry shortcake



August 26

American chop suey served with garlic bread, a small salad, peanut butter chocolate chip cookies

Important Information for Kingston Seniors Who Use GATRA Van/Bus Services

All passengers who use GATRA transportation will now be required to use a GATRA PASS or pay cash for their trips. Kingston has decided to continue offering this service **free to Kingston Seniors**. If you are a Kingston Senior age 60+ using GATRA transportation**, call Joanne Caratelli at 781-585-0511 or 781-831-6040 and she will provide you with detailed information and set you up to receive a free 10 trip pass.

You will be required to have your pass punched by the driver in order to board the van. If you do not have your pass or have run out of punch holes, then you may be required to pay the \$1.75 cash fee **only if you are picked up by a van other than Kingston***. It is important that you keep the pass with you and be aware of how many trips are left on the pass.

The Kingston COA does not schedule rides, we only provide free passes to Kingston Seniors age 60+. To schedule a ride call 844-358-4422 or 978-393-4404.

* NO REFUNDS if paying cash for rides.

**To register with GATRA, call 508-823-8828 ext. 4





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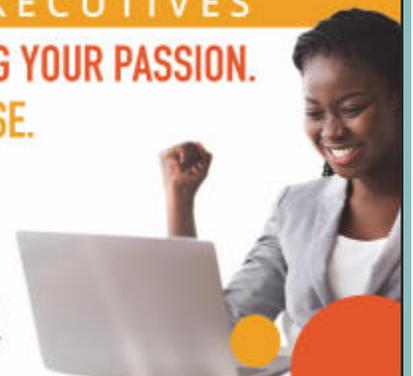
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www.4ipi.com/careers





Joe Kn^ows!

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

T-Mobile & GEICO have received reports of individuals receiving unsolicited email invitations to participate in a survey in return for a \$90 reward. The invitations use the official names or logos, and/or purported images of GEICO & T-Mobile properties, and individuals report being prompted to pay for shipping charges using their credit card. These surveys are not legitimate and do not originate from GEICO or T-Mobile. These companies do not conduct surveys to which you may be invited via email, within their mobile apps, on their websites, or via their automated phone systems. *Source: GEICO and T-Mobile.*

While the following is unlikely to impact seniors, it can hurt our children and grandchildren. As part of the American Rescue Plan Act, eligible families will get monthly payments from the government from July 15 through December 2021. The Internal Revenue Service (IRS) will send these monthly payments directly to people through direct deposit, paper checks, or debit cards. When money from the government is in the news, we know scammers are about to run their standard playbook. They may call, email, text, or DM you. They will say they can help you get your payments earlier, get you more money, or tell you other lies. Here's the real deal:

- Only the IRS will be sending these payments. Anyone trying to “help” you get your child tax credit is really after your money.
- The government will never call, text, or email you for money or information. Keep your money (and your Social Security, bank account, debit and credit card numbers) to yourself.
- Nobody legit will ever demand that you pay by gift card, wire transfer through companies like Money Gram or Western Union, or cryptocurrency. That's a scam, every time. *Source: Federal Trade Commission*

The weather is getting warmer, and you might be itching to travel again. With rental car availability at an all-time low, prices are sky high. So, if you suddenly find an available car at a cheap price, you might be dealing with scammers looking to cash in on the rental car shortage. Scammers are posing as rental car companies, setting up their own websites, and advertising fake customer service phone numbers, all to convince travelers they're legit. To avoid rental car scammers driving off with your money:

- Research the rental car company by searching for the name of the company and words like “scam,” “complaint,” or “review” to check if other people have had a bad experience.
- Verify deals with the company directly. If you need customer support, look for contact info on the company's official website. Don't use a search engine result. Scammers can pay to place sponsored ads in search results.
- Pay with a credit card if possible, and never pay with a gift card or prepaid debit card. You can dispute credit card charges, but gift cards and prepaid debit cards can disappear like cash. Once you give the number and PIN to a scammer, the money is gone. *Source Federal Trade Commission*

Do not forget, it is your room.



Last month the KCOA launched our Senior Safety Tips program. The program is by no means a stand-alone initiative. The Kingston Council on Aging, Kingston Fire and Rescue, and Kingston Police Department have and will continually, formally and informally, provided timely, relevant, and practical tips to keep us safe.

Every day we are all faced with dozens of potential security and safety challenges. Picture those challenges as clutter. That clutter comes in hundreds of different forms and will be annoying and can be dangerous. That clutter is constantly trying to enter your room. Your room has a fan that never stops turning. That fan is required to keep you safe. Clutter is constantly attempting to reach the fan. If it does, you and the room will suffer.

Each day, you will need to recognize the clutter that has entered your room and know how to keep it away from the fan. If dangerous clutter gets through the fan, you will need to know how to limit its effects and clean up the mess. Remember, this is your room, and you are responsible for what happens in it. The more you know about clutter and how to control it, the safer and more livable your room will be.

Our initial “tip” last month addressed Cooking Fire Safety. This month's “tip” focuses on what to do if your clothes catch on fire. Most of us know this month's tip, so like last month's, it will serve as a reminder rather than new learning for most.

Stop Drop and Roll if your clothes catch on Fire. Sounds easy but you need to know what to do and then do it

- ➡ **Stop** immediately. *Many people run – DON'T, it will fan the fire*
- ➡ **Drop** gently (*yes! gently*) to the ground – Cover your face. *It is not just another pretty face*
- ➡ **Roll** over and over until the fire is out. *When we were kids, we loved to roll over and over!*

Get cool water on your burns and call 911

Transition Support Services help with the move back home from Hospital or Rehabilitation Facility



As individuals age, they may experience health status changes that sometimes necessitate an admission to a hospital, rehabilitation or skilled nursing facility. Upon discharge from a facility, individuals often need additional support to navigate their care plan and any community services as they return home. For many older adults, it is a comfort to know that assistance is available to help them transition from one care setting to another, with the end goal being that they return home safely and avoid readmission.

Old Colony Elder Services' (OCES) mission is to support the independence and dignity of older adults and individuals with disabilities by providing essential information and services that promote healthy and safe living. OCES has a Transition Support Program that works with individuals to ensure they have all of the necessary services they need upon discharge from a facility before re-entering the community.

How does it work?

OCES' Registered Nurses and Transition Support Advisors meet with individuals and families at the hospital, rehabilitation or long-term care setting and work with them and facility staff throughout the discharge planning process. The program builds upon existing facility discharge plans and serves as a natural extension to support individuals being successful at each care setting and at home. A Transition Support Advisor will meet the individual, starting with a hospital visit, a skilled nursing facility and/or rehab visit if applicable, a home visit, and three follow-up calls.

In the process of transition, OCES Transition RNs and Advisors communicate directly with individuals and families to learn about their needs, concerns, and services in place as well as any possible barriers to successful transition. The Transition RN or Advisor provides education about in-home supports and community services as well as direct referrals to these resources.

Actively Engaging Individuals & their Caregivers

Intervention from the Transition Support Program staff can help reduce hospital readmissions by 20- 50 percent, while improving the health and quality of life of patients. These individuals and their caregivers learn medication management skills, how to identify red flags in their care management, planning Primary Care Provider and/or Specialist follow-up appointments, and maintaining a personal health record. Most importantly, individuals become more engaged, activated and empowered in their own self-care management skills.

For more information on the OCES Transition Support Program, contact OCES at 508-584-1561.

Bereavement Support Group

There really is no "wrong way" to grieve the loss of a loved one. It is important to reach out and talk to someone and cry when you need to in a safe place. Continuum Care Hospice of Southeastern MA will be holding a bereavement support group at the Kingston COA the 3rd Friday of each month at 10:00 AM. All are welcome.



Continuum
HOSPICE & PALLIATIVE CARE

You Have What It Takes to Help Others This Upcoming Tax Season!

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. The program is seeking volunteers for a number of roles including tax preparers, client facilitators, technical coordinators, and appointment coordinators. All levels of experience are welcome. Volunteer tax preparers complete tax preparation training and receive IRS certification. Tax-Aide volunteers assist taxpayers from early February through mid-April generally during the weekday. Training will begin in the fall so please call 1-888-AARP-NOW (1-888-227-7669) or visit aarpfoundation.org/taxaidevolunteer to register or get more information.

AARP Foundation
For a future without senior poverty.

Tom Bolus is back with his popular [drone classes!](#) Whether you are new to drones, or are looking for some tips on how to use your personal drone, Tom is here to help! Come explore from new heights-

Tuesdays 5:30 - 7:30 pm



If flying high isn't for you, search on the land with our [metal detecting group!](#) The group meets once a month and hunts for treasures in a fun group environment!

3rd Tuesday of each month 5 - 6 pm

Classes are **free**, and registration is required. Register in the lobby, or call Brenda Fitzgerald at (781) 831-6042!

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 /HOUSING ASSISTANCE

Neighborhood Housing Solutions 781-422-4204

Catholic Social Services 508-674-4681

Tenancy Preservation Program 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

VISUALLY IMPAIRED RESOURCES

Talking Information Center 781-834-4400

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.



BINGO is back every Thursday!

Let's face it...the pandemic took a toll on all of us. Now that we are getting "back to normal", and spending time with other people again, we all needed to put on our best faces, and our BINGO board is no different! We are happy to announce that the Big BINGO board has been refurbished and is ready to make its return for weekly BINGO beginning in August!



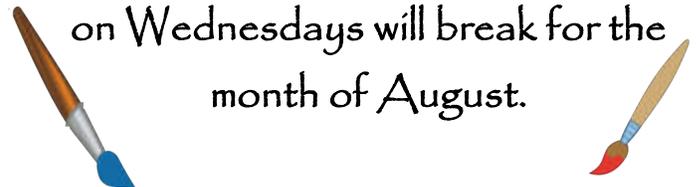
Coffee and Conversation on the Patio!

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 patio! Our back patio is screened in, provides socially distanced seating, and is a great place to enjoy a chat with friends. Come see our newly donated patio furniture!

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



The Oil Painting Group that meets on Wednesdays will break for the month of August.



Classes will resume in September!



Drawing Class

Tuesday, August 10 @ 1:00 pm

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

Participants need to bring a pencil, sketch pad, and colored pencils

Book Club
August 16 at 10:00 AM

The Starless Sea
By: Erin Morgenstern



Quilting with Louise

"We spent the month of July making quilts for the Quilts for Kids Program. It's refreshing working with the children's fabric designs and the bright and cheerful colors. Plus, there's nothing nicer than doing things for others!"

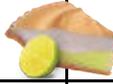
In August we will be working on our personal projects or putting the finishing touches on projects we've had stored way back in our closet - like finding something new!"
-Louise

Craft Class

Thursday, August 26 @ 1:00 pm

Do your grandkids love SLIME? Bring them along, and join us to make Gak and Slime! It's stretchy and fun to play with! All supplies are provided.

August Meals on Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken pasta marinara, Italian blend vegetables, scala bread, hot caramelized pears	3 Fish sticks, tater tots, green beans, whole wheat bread, chocolate chip cookie	4 Hot dog on a bun, vegetarian baked beans, Scandinavian vegetable blend, fresh peach 	5 COA LUNCH Fish cakes with tartar sauce, served with beans, cole slaw, and key lime pie	6 Egg salad on lettuce bed, potato salad, cole slaw, mini Kaiser roll, fruit crunch bar
9 Beef chili, white rice, fiesta blend vegetables, corn bread, fresh peach 	10 Pasta w/ meatballs & Italian sauce, Tuscany vegetables, garlic roll, oatmeal raisin cookie	11 Tuna chef's salad, pasta vegetable salad, broccoli tomato salad, scala bread, lemon square	12 COA LUNCH Mixed green salad with chicken, garlic pita bread, and strawberry shortcake	13 Roast turkey w/ gravy, mashed sweet potatoes, green peas, snowflake roll, cranberry sauce, fresh plum
16 Chicken cacciatore, pasta, broccoli w/ red peppers, garlic roll, hot cinnamon apples	17 Meatloaf w/ gravy, garlic mashed potatoes, mixed vegetables, cracked wheat bread, fig bar	18 Fiesta fish, herbed brown rice, zucchini squash, pumpnickel bread, fresh banana	19 COA LUNCH Cheese ravioli lasagna served with zucchini, and chocolate pudding 	20 Roast pork w/ apple cider gravy, parslid buttered potatoes, California veggies, rye bread, brownie cookie
23 Cheeseburger on a whole wheat bun, potato wedges, spinach, Lorna Doones	24 Turkey chef's salad, German potato salad, 3 bean salad, pita half, fresh orange	25 Lemon pepper chicken, brown rice pilaf, Brussels sprouts, scala bread, sugar cookie 	26 COA LUNCH American chop suey served with garlic bread, a small salad, and peanut butter chocolate chip cookies	27 Italian pot roast, roasted potatoes, peas & carrots, multigrain bread, fresh nectarine
30 Macaroni & cheese, jardiniere vegetables, oatmeal bread, cinnamon peaches	31 Chicken pasta salad, spinach salad w/ Mandarin oranges, rye bread, strawberry oatmeal bar		August 2021	Page 7

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August Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Patio Coffee* 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics 1:00 Canasta 1:00 Tai Chi	3 9:00 Patio Coffee* 9:00 Quilting w/ Louise 5:00 South Shore Quilts for Kids 5:30 Drones*	4 9:00 Patio Coffee* 9:00 Ballet Barre/Jazz 9:00 Whist 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	5 9:00 Patio Coffee* 9:30 Chair Yoga 10:30 Tai Chi 11:00 COA Lunch 1:00 BINGO 1:00 Cribbage	6 8:30 Pinochle 9:00 Patio Coffee* 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
9 9:00 Patio Coffee* 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics 1:00 Canasta 1:00 Tai Chi	10 9:00 Patio Coffee* 9:00 Quilting w/ Louise 11:30 COA Advisory Board - at Senior Center 1:00 Drawing Class* 5:00 South Shore Quilts for Kids 5:30 Drones*	11 9:00 Patio Coffee* 9:00 Ballet Barre/Jazz 9:00 Whist 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	12 9:00 Patio Coffee* 9:30 Chair Yoga 10:00 State Rep. Kathy LaNatra Office Hours 10:30 Tai Chi 11:00 Hearing Screening* 11:00 COA Lunch 1:00 BINGO 1:00 Cribbage	13 8:30 Pinochle 9:00 Patio Coffee* 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
16 9:00 Patio Coffee* 9:00 Tap 10:00 Circuit Training 10:00 Book Club* 11:30 Chair Aerobics 1:00 Canasta 1:00 Tai Chi	17 9:00 Patio Coffee* 9:00 Quilting w/ Louise 5:00 South Shore Quilts for Kids 5:00 Metal Detecting Club 5:30 Drones*	18 9:00 Patio Coffee* 9:00 Ballet Barre/Jazz 9:00 Whist 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	19 9:00 Patio Coffee* 9:30 Chair Yoga 10:00 Diabetic Shoes - CANCELLED FOR AUG 10:30 Tai Chi 11:00 COA Lunch 1:00 BINGO 1:00 Cribbage	20 8:30 Pinochle 9:00 Patio Coffee* 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:00 Bereavement Support Group 10:30 Drums Alive
23 9:00 Patio Coffee* 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics 1:00 Canasta 1:00 Tai Chi	24 9:00 Patio Coffee* 9:00 Quilting w/ Louise 5:00 South Shore Quilts for Kids 5:00 Metal Detecting Club 5:30 Drones*	25 9:00 Patio Coffee* 9:00 Ballet Barre/Jazz 9:00 Whist 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	26 9:00 Patio Coffee* 9:30 Chair Yoga 10:30 Tai Chi 11:00 Attorney Services* 11:00 COA Lunch 1:00 BINGO 1:00 Craft Class* 1:00 Cribbage	27 8:30 Pinochle 9:00 Patio Coffee* 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
30 9:00 Patio Coffee* 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics 1:00 Canasta 1:00 Tai Chi	31 9:00 Patio Coffee* 9:00 Quilting w/ Louise 5:00 South Shore Quilts for Kids 5:30 Drones*		Please remember to scan in at the Welcome Desk 	*denotes free class

Fitness Schedule at the KCOA

30/30 \$5	This class incorporates 30 minutes of aerobics with 30 minutes of strength training. Benefits of this class include increased strength and flexibility. WEDNESDAYS @ 10 am
Arthritis Fun & Fitness \$5	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. FRIDAYS @ 9:30 am
Chair Aerobics \$5	This class will teach you exercises designed to improve muscle toning and balance that are performed in and around the chair to motivational music. MONDAYS @ 11:30 am
 Chair Yoga \$5	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! THURSDAYS @ 9:30 am
Circuit Training \$5	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. MONDAYS @ 10 am
 Drums Alive® \$5	Drums Alive® is an innovative evidence based program for the mind and body involving drumsticks, an exercise ball and music. FRIDAYS @ 10:30 am
Ballet Barre/ Jazz \$5	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 . WEDNESDAYS @ 9 am
Tai Chi \$5	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! MONDAYS @ 1 pm with Reggie, THURSDAYS @ 10:30 am
Tap Dance \$5	Get your toes tapping and check out the many fitness benefits you can enjoy by adding tap dancing to your exercise routine! MONDAYS @ 9 am

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

Canasta - 1:00 pm 

Wednesday

Whist - 9:00 am
Bridge - 12:00 pm

Thursday

Bingo - 1:00 pm
Cribbage - 1:00 pm



Friday - Pinochle - 8:30 am

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SCAN AND WIN!

Beginning August 1, every event that you scan in for and attend, you will receive a chance to **win a gift card!** Whether you are here for lunch, attending a program, or even just visiting, **be sure to scan in!** The more events you attend, the more entries you will receive for a chance to win a gift card from:



Winners will be drawn at random each month. You **must** attend the program that you scan in for to receive the entry. Don't forget—we now have a **2nd kiosk** near the side entrance, which will once again be unlocked for both entry and exit!

GOOD LUCK!

The 153rd Annual Marshfield Fair Presents

Entertainment by Reminisce!

Senior Citizen Day

Tuesday, August 24th

Health Tips & Talks!

Seniors FREE ADMISSION!



Bingo!

Seniors Special Area
12 - 3 pm



Magic Show!

Free Health Information

Blood Pressure Screenings!



Country Arts & Other Exhibits

Route 3A
Marshfield
Fairgrounds

Gates Open at Noon!
www.marshfieldfair.org



Almost Stood Up

By Jessica Hannon
And Janine M. Boutin

Elena's wedding ceremony was on a very hot day in October, one that went over 90 degrees! The heat, however, was not the craziest thing that would happen to the newlywed couple that day. The morning was an enjoyable time filled with excitement and jitters all around. Elena got ready in her New York apartment. As she finished, the neighborhood kids were so excited to watch as the bride left with her gown on.

When Elena got to the church, her husband to be, Damon, was nowhere to be found! The guests and wedding party had no idea where he was, and she was getting more worried by the minute. She stood and waited for her groom for thirty minutes and the entire time she thought she was being stood up.

Instead, Damon ended up on the side of the road with a flat tire. After almost half an hour of worrying and panicking, he finally made it to the church. There Damon and Elena had the ceremony they had been dreaming of, not even a flat tire could stop it.



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

kcoalivinglegacy@gmail.com.

All stories are published as anonymous.


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Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364

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COA Advisory Board Members:

Joseph Favaloro (Chair)
Austin Sennett (Vice Chair)
Mary Hayes (Secretary)
Members: Maureen Elwood, Joan Hutchison,
Wes Meiggs, Caty Starr

*The next meeting will be held on Tuesday, August 10
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

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
and search for



Kingston Council on Aging

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newsletter online simply by entering
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**We are seeking volunteers
for these positions at the
Senior Center:**

Welcome Desk Greeter

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