MISSION STATEMENT
As a human service agency, the Council on Aging provides and coordinates services to the senior community of Marshfield, assisting individuals to live with dignity and to enhance quality of life. We identify the needs of the senior community and implement services and programs that encourage self-reliance, good health, education and community involvement. We advocate for seniors and increase citizens’ awareness of our efforts to meet these challenges.

ART MATTERS
“The Northern Renaissance”
On Monday, November 25 at 1:00 pm
The Northern Renaissance includes some of the greatest artists and the boldest innovations, not the least of which is the invention of oil painting itself. Join us to view some Old Masters artwork from Flanders, Holland, Germany, England, & France. $3 donation at the door.

ART OF FILM
“The King and I” (1956)
On Thursday, November 14 at 12:45 pm
The stage play of “The King and I” musical began in 1951. Yul Brynner was the opening King of Siam! He went on to play the role 4,625 times on stage and won Tony Awards for the first and last production of the stage musical.” (Yul Brynner biography—on-line) This film adaptation of the Rogers and Hammerstein production opened in 1956, winning 5 Academy Awards: and again, Yul Brynner won an Academy Award for best actor. The cast also stars Deborah Kerr “as Anna Leonowens, an English widow who travels to Siam in 1862 to serve as governess to the King’s [many] children.” (Her singing voicings are actually Marni Nixon’s.) The cast includes Rita Moreno, as well. The music is truly wonderful. Such classics as “I Whistle a Happy Tune,” “Hello Young Lovers,” “Getting To Know You,” “Shall We Dance?” etcetera etcetera etcetera… Come! Sing-along! Have a good time in Siam! ~ Heather Kaval

THE TECHNOLOGY FAIR
On Monday, November 18 from 10:00 am-3:00 pm
The featured workshops will include:
10:00—11:00 am Katy Mayo will share how to access and download apps that are “senior friendly”, including Lyft and Uber.
11:00 am-noon Tom Campbell will be offering instruction on voice to text features on your phone and other devices. Katy Mayo will show you how to chat via Skype and Facetime.
1:00-2:00 pm Paul Corkum will teach you how to improve your digital photography whether using a cell phone or camera using additional lighting sources and filters.
2:00-3:00 pm Becky Lee and Lori Sullivan from the Plymouth County Sheriff’s Department speaking about the Code Red emergency notification system. They will also be available to assist people who want to sign up for Code Red notifications.

Don’t miss this opportunity to improve your technology knowledge and skills!

IMPORTANT DATES
FROM THE TOWN CLERK’S OFFICE
Friday, November 8, from 8 am - 8 pm - Last day to register to vote for Special Town Meeting & Special Election at the Town Clerk’s Office
Friday, November 8, from 10 am – 12 pm - Absentee Ballot Voting at the Senior Center
Monday, November 18, at 7 pm - Special Town Meeting
Friday, November 22, 8 am – 12 pm – Last day for Absentee Voting at the Town Clerk’s office
Saturday, November 23, 9 am -6 pm - Town Election

* Council on Aging buses will be available for any and all of these dates on request to the COA front desk at 781-834-5581.

FOR QUICKER ACCESS TO OUR NEWSLETTER GO ONLINE TO - WWW.OURSeniORCENTER.COM/FIND/MARSHFIELD-COUNCIL-ON-AGING
Curious About the Value of your Home? Call me!

Roe Sheppard, Realtor, MST CT
William Raveis Real Estate
781-264-0856
http://roesheppard.raveis.com

Karen Fontaine to place an ad today!
kfontaine@lpiseniors.com or (800) 477-4574 x6350

WE’RE HIRING
AD SALES EXECUTIVES

CONTACT US AT
careers@4LPI.com • www.4LPI.com/careers

MASS BAY
CREMATION SERVICE

We offer Basic Cremation for $1,300.00
Serving the South Shore 866-447-4141
Online arrangements, forms and payments
www.massbaycremation.com

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

We encourage residents to maintain their independence with the knowledge that we are here to support them if their needs change. Call 781-585-4101 to schedule your tour.

21 Chipman Way, Kingston, MA | WingateHealthcare.com
TRIAD
“Shopping Rights” with Robin Putnam
On Wednesday, November 13 at 1:00 pm
Robin Putnam is a Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation who will present this interesting program. The session will include information about the Office itself and what it provides, expressed & implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, through the mail or television. We hope this will be helpful for the upcoming holiday shopping season. Sign up at the front desk as Thanksgiving pie and ice cream will be served.

MUSICAL MONDAYS WITH JACK CRAIG
“Music by Frank Loesser”
On Monday, November 18 at 1:00 pm
Loesser’s career started with writing radio scripts and vaudeville sketches. From his 1930’s partnership with Hoagy Carmichael writing ‘Small Fry’ and ‘Two Sleepy People’ - it was to be all song writing going forward. World War II hits included ‘Praise the Lord and Pass the Ammunition’ and ‘I Don’t Want to Walk without You’, which were followed by his Academy Award winner ‘Baby It’s Cold Outside’. Next came Broadway work with ‘Where’s Charley’ in 1948, and his smash hit ‘Guys and Dolls’ in 1950. Loesser’s 1962 Pulitzer Prize proved that he succeeded in the music business by really trying! $2 donation at the door.

ORNAMENT CREATION WITH RITA
On Saturday, November 9 from 10:00 am-12:00 pm
Create your own colorful ornaments which we will design by swirling paint in clear plastic balls and personalize with gold and silver markers. Each participant will craft six ornaments to take home. Each ornament will include a ribbon. It could be a Christmas ornament, a Fall ornament or some other personalized creations! All supplies provided. Register at the front desk. Limit 8, minimum for class is 5. Cost $10 per person.

ANTIQUE SLIDESHOW ON
“American Whaling Artifacts”
On Thursday, November 21 at 1:00 pm
Tales of men battling the leviathans of the sea have fascinated Americans since the early days of settlement. We will briefly discuss some aspects of colonial whaling in coastal Massachusetts waters, but our primary attention will be on the artifacts associated with whaling on large ships that sailed global seas. We will survey both tools that were used in the pursuit of whales, and some of the personal items that sailors used for their convenience and crafted for their pleasure. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have a whaling artifact bring it to the show, and Bob will be happy to offer comments. While the talk will be organized around a sequence of 80 slides, the atmosphere will be informal with questions and answers throughout the presentation. Expect to learn a bit, share some laughs, and have a good time. Admission is free; sign up as refreshments will be served.

TAI CHI CLASS
Presented by Old Colony Elder Services
A FREE 7-Session Workshop
On Tuesdays, November 5 — December 17 at 1:00 pm
Class is currently full but space is available in Mike Showstack’s Tai Chi & Chi Kung class offered every Monday at 10:00 am at the Senior Center.

BALANCE & FALL PREVENTION CLASSES
WITH NEIL SULLIVAN
The course is composed of fall prevention exercises, balancing drills and stretches designed to specifically strengthen key muscles and to increase the range of motion in the joints improving balance & flexibility. Neil is a clinical exercise physiologist who works at Spaulding Rehab & BIDMC. Each class is limited to 20 People.
Mondays, (3 sessions) November 4, 18 & 25 at 12:30 pm and Wednesdays, (3 sessions) November 6, 13 & 20 at 12:30 pm. Cost $15, payable at the first class. Advance sign up recommended.

A PILGRIM THANKSGIVING
WITH GARY HYLANDER
On Friday, November 15 at 1:00 pm.
Dr. Hylander is a professor of history at Stonehill College and a Presidential historian with a Doctorate from Boston College. He is part of the Osher Lifelong Learning Institutes and Umass Boston and is a commentator for local news outlets. Dr. Hylander is a dynamic speaker that will give an interesting and historic look at a Pilgrims Thanksgiving. You will not be disappointed! Advanced sign up is recommended.

SAVE THE DATE: South Shore Health will be presenting a Healthy Living Series starting in December which we are really excited about. It will include senior relevant health topics by professionals from South Shore Health – South Shore Hospital. Please join us on December 4th at 1:00 pm. For more information check the insert.
MARILEE’S CLASSIC MOVIE
“Saints & Strangers” 3 hr 12 m
Will be shown in 2 parts on Wed. Nov. 6 & Thurs. Nov. 7 at 12:30 pm
Saints and Strangers is a 2015 National Geographic channel two-part miniseries (192 minute for both episodes!) so plan for a full afternoon. It is the story of the Voyage of the Mayflower and the first year in America. The movie depicts the complex relationship between the “saints” and “strangers”, the grueling challenges they faced to survive in a new land, and the shifting alliances between and among the settlers and Native American tribes.

WOMEN’S GROUP WITH BARBARA LEARY
“Staying on Track for the Holidays”
On Tuesday, November 26 at 12:30 pm
With all of our obligations, temptations and schedule changes the holidays can get us off of our regular schedule for our usual routine. These changes can wreak havoc in our lives and make it difficult to get back on track. We’ll discuss how these changes affect us and how we can recognize our own triggers. Refreshments will be served. Advance sign up please.

LIFELONG LEARNING CONTINUES
The Fall season for Lifelong Learning is well underway but join Art Milmore at the Ventrress Library on Wednesday, Nov. 13 from 7:00-8:30 pm and hear about the Portland Gale. $5.

MEN’S BREAKFAST (Women Always Welcome)
“Meet Dick Rothschild, Author & Speaker”
On Friday, November 22 at 9:30 am
Join Facilitator Dick Sullivan as he hosts guest speaker Dick Rothschild. Mr. Rothschild launched his first novel at age 95. The book is called the “End Game” and it is a story about two estranged teenage lovers who find one another 50 years later. Please come and hear this riveting tale of passion, challenge and courage. Books will be available to buy and Mr. Rothschild will autograph the books Advance sign up recommended. Donation $2.

NEW TIME!! 50+ JOB SEEKERS NETWORKING GROUP – The group meets from 9:30-11:30 am. In November, the meetings will be on Thursday the 7th and 21st. If you are 50+ and looking for a new job, a new career direction, or reentering the work force, then this program is for you! Learn how to network, new topics at each meeting. Facilitator Deb Raymond is an experienced career coach and will lead you through your re-invention. Meets twice a month at the COA. November 7th - the topic will be on Using LinkedIn as a Powerful Job Search Tool to “Navigating Your Way to a New Career!”. November 21st - the topic will be on “You Must Give to Get”. Preregistration is required at www.mcoaonline.com/50plus. Call Marilee with any questions at 781-834-5581.

“HEALTH HUDDLE”
WITH MARK LEMBO, P.T.
On Wednesday, November 20 at 1:00 pm
This month’s topic is Common injuries and Preventative Exercises for active adults. I will discuss techniques to reduce the chance of injury while participating in recreational activities commonly associated with walking, golf, tennis, gardening, and even house work! Members are encouraged to actively participate during the talk. A question and answer session will also follow at the end of the lecture. Please sign up ahead at the front desk.

MARSHFIELD COA’S MEMORY CAFE
On Monday, November 4 from 1:00—3:00 pm
Join us at the Marshfield Memory Café, held the first Monday of every month, for people with memory issues and their friends and family. The Café is a casual, friendly get together with refreshments. We will have a comfortable activity for all. Make time to visit! Call Marilee with any questions at 781-834-5581. Advance sign up recommended.

SIXTY PLUS CLUB
On Thursday, November 7 at 2:00 pm
The 60 Plus Club has been an active and important organization for many decades. Over the years so many people have enjoyed the trips, the speakers, luncheons, cookouts, music and more, all accompanied by tea and cookies. But time brings change. All former and current members are invited to attend the November meeting to participate in a discussion to decide the future of the 60 Plus Club. We look forward to seeing you!

MEET THE CONSULTANTS
FINANCIAL CONSULTANT—ALBERT M. STANTON – As a member of the Comprehensive Strategies team, Al will be available for one hour consultations every third Monday of the month from 9:00 am—12:00 pm at the Senior Center. Appointments will be one hour in length. In November he will be here on the 18th. Sign up at the front desk or call 781-834-5581. Al is also available to COA members for complimentary telephone consultations. Al may be reached at (508) 888-2242 or you may email his Assistant at susan@ceteraadvisors.com. Comprehensive Strategies, 90 Rt. 6A, Unit 3B, Sandwich, MA 02563. (Securities and Advisory Services Offered through Cetera Advisors LLC; Member FINRA/SPIC. Cetera is under separate ownership from any other entity.)

FREE LEGAL CLINIC – The Marshfield COA has established free legal clinics for elders in Marshfield. Attorney Richard Levin will be available for 30-minute consultations on Wednesday, November 20th from 1:00-4:00 pm. Appointments will be offered on
FOOT CARE – Registered Nurse Flo McLain is here the second Friday and fourth Monday of every month at the Senior Center for general foot care appointments. In November she will be available on the 8th and 25th starting at 9 am. The services offered include: general assessment of feet & lower extremities, trimming, filing, and cleaning of toe nails, reduction of thickened toe nails, smoothing of corns and calluses and massaging. The cost for this service is $29. Contact the Senior Center to schedule, reschedule or cancel an appointment so that we may accommodate those on the waiting list. If you require a home visit the cost is $50 within the nurse’s territory with an added cost for long distances or treatments that are more time-consuming than typical treatments. All checks must be made payable to Pedi-Care.

HAIR DRESSING SERVICE BY CHRISTINE SIMMONS – She is here every second Thursday & fourth Tuesday. In November she will be here on the 14th and 26th starting at 9:00 am. Christine will wash, cut, set, and blow dry the hair for men or women. Please call the Senior Center for appointments and pricing information. Please cash only.

MANICURES BY JODDIE - She will be here on Wednesdays from 9 am – 3 pm. In November, the dates are: 6, 13, 20 and 27th. Please call the Senior Center for appointments and pricing information.

CERTIFIED MASSAGE THERAPIST – Lee Ann McCarty offers massage therapy on the 3rd Wednesday of the month at 10:30-11:30 am. Massage may include neck, shoulder, arms & hands depending upon the request. Cost: $1 minute. Advance sign up required.

MEDITATION CLASS with Marilee Comerford On second & fourth Tuesdays, November 12 & 26 at 2:00 pm. Meditation has proven health benefits especially related to stress management. Join us for an hour of relaxation for mind, body and spirit. In this meditation class for all levels, we will learn meditation and mindfulness techniques and enjoy some guided imagery meditation. All welcome. The class is free.

HEALTH SCREENING SCHEDULE

SOUTH SHORE VNA BLOOD PRESSURE CLINIC is held on the first Wednesday of the month. November 6 from 10:30-11:30 am.

NVNA & HOSPICE GLUCOSE/BLOOD PRESSURE CLINIC – The Norwell Visiting Nurse holds a clinic on the second Tuesday of the month. November 12 from 11:00 am to noon.

HOME INSTEAD SENIOR CARE BLOOD PRESSURE CLINIC provides a health professional on the third Thursday of the month for blood pressure. November 21 from 10:30 to 11:30 am.

COA BLOOD PRESSURE CLINIC is held on the fourth Wednesday of the month at the Senior Center. November 27 from 11:00 am—12:00 noon.

ASK THE PHARMACIST – A pharmacist from Osco Pharmacy will be here on Friday, November 8 from 10 am -12 pm, (note this time change) and they will also bring flu shots if anyone is interested.

NURSES’ HOURS TOWN HALL Free weekly health screening clinics for Marshfield residents are now provided by the VNA of Cape Cod, at the Board of Health Office, Town Hall on Thursdays 12:30-1:30 pm. Screenings include: blood pressure and vital sign assessment, blood sugar screening, medication review and instruction. Call (781) 834-5558 for appointments.
FITNESS AND EXERCISE

STRETCH AND FLEX WITH MELISSA FREED meets on Mondays at 8:45 & Fridays at 9:00 am. This class will incorporate strength and flexibility training along with balance work and ends with ten minutes of mindful meditation. Cost: $5.00 per class.

TAI CHI & CHI KUNG WITH MIKE SHOWSTACK on Mondays at 10:00 am. Tai Chi is the healing power that transcends the limitations of human ability and imagination. By opening it, we are able to restore balance and harmony to our lives, transforming our bodies, hearts, and minds in ways that may seem impossible. Chi improves posture, circulation, respiration and digestion, and harmony of the body and mind as one. Cost: $5.00 per class.

FLOOR YOGA WITH TRICIA GLYNN on Mondays at 10:00 am and Thursdays at 10:30 am. Breathing & relaxation techniques stressed. We use mats, seated & standing poses along with floor work. Participants may make use of a chair to facilitate getting up and down from the floor. Cost: $5 per class.

ZUMBA CLASS SHARED WITH DEB RAFFERTY & PASQUALINA SCHOENTHALER on Mondays at 1:00 pm. Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms and bring them to the active older adult, the beginner participant, and other special modifications for success, created to emphasize the basics. Cost: $4.00 per class.

AGING GRACEFULLY, MODIFIED YOGA WITH CHAIRS W/ NEIL SULLIVAN on Mondays and Wednesdays at 2:00 pm. In this class students are NOT required to come down to the floor. Modified Chair Yoga focuses on BOTH seated & standing postures, and incorporates therapeutic movements & balance exercises as well as fall prevention and injury prevention strength and conditioning exercises. This class is designed to increase flexibility, range of motion & overall well-being for both Mind & Body by reducing stress. Modified Chair Yoga is recommended for those with arthritis, osteoporosis, cancer recovery, carpal tunnel syndrome, chronic fatigue syndrome, multiple sclerosis, post-op rehabilitation, and others with limited mobility. Cost: $5.00 per class.

STRENGTH TRAINING WITH NINA CONSTANTINIDES on Tuesdays and Thursdays at 9:00 am. Class includes: warm-up, exercises using free weights and cool-down stretches, improves muscle and bone, strength endurance, flexibility, coordination and balance. Cost: $4.00 per class.

CHAIR WORKOUT WITH NINA CONSTANTINIDES on Tuesdays & Thursdays 10:30 am – 11:30 am. Join the fun & get moving with enjoyable music. The routine includes muscle conditioning, stretches & EZ cardio, will help participants increase strength, flexibility, range of motion, endurance & improves balance. The class is appropriate for everyone including people with arthritis. People using canes and walkers are encouraged to try the class. “First Class Free” Cost: $4.00 per class.

FLOOR YOGA WITH LINDA EVANS on Tuesdays at 10:30 am. Participants meet to join in the practice of yoga. Breathing & relaxation techniques are stressed. Asanas develop balance, flexibility, concentration & strength. We use mats, seated & standing poses along with floor work are included. Participants may make use of a chair to facilitate getting up & down from the floor. Cost: $5.00 per class.

LINE DANCING WITH HARRIET CLARK on Tuesdays at 1:00 pm. If you have never tried or are new to line dancing, come early and practice with Harriet at 12:30 pm. Line dancing is an excellent weight-bearing & cardiovascular workout for healthier bones and heart and can improve balance & flexibility. It’s a fun way to get fit and stay fit. Cost: $3.00 per class.

FITNESS & STRENGTH CLASS WITH JANET ENOS on Wednesdays & Fridays at 8:00 am. This class includes a combination of light aerobics and strength training with weights for anyone over 50 and anyone who has had rehabilitation on a joint. Janet has rehabilitation expertise and is a certified arthritis instructor. Come enjoy the class and get fit. Cost: $5.00 per class.

EXERCISE WITH CHRIS KAZLOUSKY on Wednesdays at 9:15 am. This class includes stretching, gentle exercise and finishes with some line dancing steps. Cost: $4.00 per class.

BEGIN AGAIN YOGA WITH TRICIA GLYNN on Wednesdays at 10:30 am. A welcoming class for beginners or for anyone who wants to begin again and again! Good for flexibility and balance. Age and dementia friendly. Low key class with modifications as needed. Cost: $5.00 per class.

WALKING GROUP WITH TYLER NIMS meets every Thursday at 8:30 am at the Senior Center for a variety of scenic walks in and about the area. Come by & join us. November 7—Willow Brook Farm Preserve, off Barker Street (Rte. 14), Pembroke November 14—Lansing Bennett Forest Trails off Union Bridge Road, Duxbury between Franklin & Cross Streets November 21—Burke’s Beach @ end of Beach Street—low tide 12:12 pm November 28—NO WALK—Thanksgiving FYI low tide 5:54 am—December 5—Rexham Beach @ end of Winslow Street—low tide 11:56

NEW TIME!! NOURISHING YOGA CLASS WITH LEE ANNE PELLEGRINI on Thursdays at 11:45 am. Join Lee Anne for a nourishing yoga class to increase your flexibility, balance and strength. This therapeutic practice emphasizes releasing tension by opening the body with asanas, using breathing practices to focus the mind and developing strength with standing poses. Modifications are encouraged as needed. Come and nurture your body, mind and spirit! You will leave feeling refreshed! Cost: $5.00 per class.

ZUMBA/TONING CLASS WITH DEB RAFFERTY on Thursdays at 1:00 pm. Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms and bring them to the active older adult, the beginner participant, and anyone requiring special modifications. A toning component, using light weights or official Zumba toning sticks, will be used to increase muscle, endurance, flexibility & balance. Cost: $4.00 per class.
YOGA WITH KATHERINE on Fridays at 9:30 am. This class focuses on the therapeutic aspects of yoga. This is a gentle practice that incorporates floor, standing and balancing poses. Katherine will return in December. Cost: $5.00 per class.

ESSENTRICS WITH BARBARA LEARY on Fridays at 11:00 am. A completely original, dynamic workout that draws on flowing movements that simultaneously lengthens and strengthens every muscle in the body resulting in greater joint mobility, increased flexibility and a reduction in chronic pain. Workout can be done standing or seated. Cost: $5 per class.

ZUMBA GOLD CLASS WITH JUSTINE HOBIN on Fridays at 1:00 pm. Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms and bring them to the active older adult, the beginner participant, and anyone requiring special modifications. Cost: $4.00 per class.

SEVEN STEPS TO MANAGING YOUR MEMORY
Presented by Dr. Andrew Budson
At the Village at Proprietors Green
On Tuesday, November 19
Light Dinner at 5:00 pm~Presentation at 6:00 pm
Dr. Budson will explain how individuals can distinguish changes in memory due to Alzheimer’s versus normal aging, what medications, vitamins, diets, and exercise regimes can help. Tours of Proprietors Green offered before the presentation. RSVP for dinner and tour to Cathy at Proprietors Green: 781-319-5061 or email: cbaranofsky@proprietorsgreen.com

SUPPORT GROUPS

PARKINSON’S SUPPORT GROUP - This group meets on the third Thursday of the month from 1:00-2:30 pm. The next meeting will be Thursday, November 21. This group is for people who have Parkinson’s and their caregivers, if they choose to participate. Facilitator: Leslie Vickers.

VISION SUPPORT GROUP - The Marshfield Council on Aging along with Kingston, Duxbury and Plymouth COAs in conjunction with the TIC conduct a bi-monthly support group covering a wide variety of topics such as transportation, technology, health care and advocacy, etc. Light refreshments are served and the talk is broadcast live. If you are not able to attend, you can hear the support group on the TIC. Call 781-834-4400 to learn about the many ways you can listen or go to the website www.ticnetwork.org. Future meeting dates to be announced.

TRIAD – The Triad Group meets the second Wednesday of each month. Triad is Law Enforcement, Public Safety, Council on Aging and Health Care Professionals working together. Triad will next meet on Wednesday, November 13 at 1:00 pm. (See pg. 2 for details)

50+ JOB SEEKERS NETWORKING GROUP – Hosted by the Marshfield Council on Aging. The group meets twice a month at the Senior Center. See Page 3 for details on this month’s meetings.

MOVIE DAYS AT THE COA

Monday, November 4, 2019 @ 12:30 pm “The Public” 2019 PG-13 1h 59m
As Cincinnati endures a blast of Arctic cold, the public library serves as a refuge for all. But as closing time nears -- and with emergency shelters already full -- a group of homeless patrons refuses to leave, leading to a clash with authorities. Cast Alec Baldwin, Emilio Estevez, Jena Malone, Taylor Schilling, Christian Slater, Gabrielle Union, Jeffrey Wright, Michael K. Williams, Che "Rhymefest" Smith, Jacob Vargas, Ki Hong Lee, Richard T. Jones, Susanna Thompson, Spencer Garrett

Marilee’s Classic Movie Corner “Saints & Strangers” 3hr 12 m Thursday, November 7, 2019 @ 12:30 pm (See Page 3 for description).

Wednesday, November 20 at 12:30 “They Shall Not Grow Old” 2018 R 1h 39m Using state of the art technology to restore original archival footage which is more than a 100-years old, Jackson brings to life the people who can best tell this story: the men who were there. Driven by a personal interest in the First World War, Jackson set out to bring to life the day-to-day experience of its soldiers. After months immersed in the BBC and Imperial War Museums’ archives, narratives and strategies on how to tell this story began to emerge for Jackson. Using the voices of the men involved, the film explores the reality of war on the front line; their attitudes to the conflict; how they ate; slept and formed friendships, as well what their lives were like away from the trenches during their periods of downtime.

SAVE THE DATE!
CHRISTMAS DAY DINNER
SERVED BY THE CHURCH HILL UNITED METHODIST CHURCH IN NORWELL

An invitation is extended to the South Shore Community to our annual Christmas Day Dinner! This dinner is for any individual, couple, or family, including children, who would otherwise be alone on this special holiday. All ARE WELCOME! The church is located at the intersection of River and Church Streets in Norwell. The Fellowship Center address is 11 Church Street, Norwell. You do not need to be a resident of Norwell to attend! The wonderful warm fellowship, entertainment, and fabulous turkey dinner will be a memory you will never forget. The dinner is free. We will gather at 12 noon for appetizers. A family style turkey dinner will be served at 12:30 pm, followed by a sing-along and dessert. Plan to arrive at Noon and stay until approximately 2:00 pm. To make a reservation, please call the church office: 781-826-4763. Transportation provided if needed.
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<td>Stretch and Flex Class</td>
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<td>Movie: The Peanut</td>
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**Free and Easy Painting**
8:30 am

**Stretch and Flex Class**
8:45 am

**Breakfast Club**
9:00 am

**Lunch: Lasagna w/minimum sauce**
12:00 noon

**Movie: The Peanut**
12:30 pm

**Balance & Fall**
12:30 pm

**Memory Cafe**
1:00-3:00 pm

**LLL-Collage & Mixed Media**
1:00-3:00 pm

**Pinotchlie**
1:00 pm

**Zumba**
1:00 pm

**Aging Gracefully Modified Yoga w/Chairs**
2:00 pm

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<td>Great Discussions</td>
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<td>Floor Yoga with Trina AND Chair Workout w/Nina</td>
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<td>Chess Club</td>
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<tr>
<td>Lunch: Pollock w/brown rice &amp; soup</td>
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<td>Bridge AND Cribbage</td>
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<td>Veterans’ &amp; Veteran’s Widows Group</td>
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<td>Imagination in Painting</td>
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<td>Tai Chi—OCES</td>
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<td>Meditation with Manilee</td>
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**Free and Easy Painting**
8:30 am

**Stretch and Flex Class**
8:45 am

**Breakfast Club**
9:00 am

**Lunch: Lasagna w/minimum sauce**
12:00 noon

**Movie: The Peanut**
12:30 pm

**Balance & Fall**
12:30 pm

**Memory Cafe**
1:00-3:00 pm

**LLL-Collage & Mixed Media**
1:00-3:00 pm

**Pinotchlie**
1:00 pm

**Zumba**
1:00 pm

**Aging Gracefully Modified Yoga w/Chairs**
2:00 pm

**Quilting**
8:30 am

**Strength Class w/Nina**
9:00 am

**Painting Studio**
9:30 am

**Great Discussions**
10:00 am

**LLL-Photo Editing**
10:30-12:00 pm

**Floor Yoga with Trina AND Chair Workout w/Nina**
10:30 am

**Chess Club**
11:00 am-1:00 pm

**Lunch: Pollock w/brown rice & soup**
12:00 noon

**Bridge AND Cribbage**
12:30 pm

**Mah Jong**
1:00 pm

**Veterans’ & Veteran’s Widows Group**
1:00-3:00 pm

**Imagination in Painting**
1:00-3:15 pm

**Tai Chi—OCES**
1:00 pm

**Meditation with Manilee**
2:00 pm

**Aging Gracefully Modified Yoga w/Chairs**
2:00 pm

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<th>Monday</th>
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<td>Quilting</td>
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<td>Strength Class w/Nina</td>
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<td>Lunch: Chicken Valdostano w/pasta</td>
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**Free and Easy Painting**
8:30 am

**Stretch and Flex Class**
8:45 am

**Breakfast Club**
9:00 am

**Lunch: Chicken Creole & brown rice**
12:00 noon

**Balance & Fall**
12:30 pm

**Art Matters**
1:00 pm

**Pinotchlie**
1:00 pm

**Zumba**
1:00 pm

**Aging Gracefully Modified Yoga w/Chairs**
2:00 pm

**Quilting**
8:30 am

**Strength Class w/Nina**
9:00 am

**Handrender/Barber**
9:00 am

**Current Events w/Dick Sullivan**
9:30 am

**Painting Studio**
10:00 am

**Floor Yoga with Trina AND Chair Workout w/Nina**
10:30 am

**Chess Club**
11:00 am-1:00 pm

**Lunch: Pollock w/brown rice & soup**
12:00 noon

**Women’s Group**
12:30 pm

**Bridge AND Cribbage**
12:30 pm

**Mah Jong**
1:00 pm

**Line Dancing**
1:00 pm

**Veterans’ & Veteran’s Widows Group**
1:00-3:00 pm

**Imagination in Painting**
1:00-3:15 pm

**Tai Chi—OCES**
1:00 pm

**Meditation with Manilee**
2:00 pm

**Aging Gracefully Modified Yoga w/Chairs**
2:00 pm

**Cardigan Nursing & Rehabilitation Center**
Short Term Rehabilitation • Long Term Care
59 Country Way, Scituate
781-545-9477

In-Home Care Services
Including HHA, Nursing & Care Management
For more information or to schedule a Free In-Home Consultation Call (508) 746-4800

Locally owned & operated by: Ruth McNaughton, President/CEO/Clinical
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<th>Time</th>
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**ARE YOU A COA BOOSTER MEMBER?**

Your membership dues provide much needed improvements and enhancements to our Senior Center. None of this would be possible without your financial support and participation in the Senior Center fundraising activities.

To join or renew, please ask our Receptionist for a COA Boosters membership form today!
INSTRUCTIONAL CLASSES

PI NOCHLE - The group meets every Monday and Friday from 1:00 to 4:30 pm. We are looking for new players and welcome beginners, those that need a refresher course, or experienced players. Those needing help to learn the game will be mentored by group members.

HAND AND FOOT GAME WITH NANCY MAURO meets on Wednesdays at 1:00 pm. This game is a variation of Canasta. Each player is dealt two hands; the first set of cards dealt is Hand while the other set of cards dealt is Foot. Fun, easy to learn, all welcome!

PAINTING STUDIO - Tuesdays 10:00 am - 12:00 pm. All mediums welcome. Facilitated by Marcia Bal-lou. Pick up your paints, paper & canvas and come to the COA to paint. Helpful instruction on subject, composition, technique and color - all in a bright and friendly room. Start painting again or just paint with a friendly group. Bring your own favor- ite materials. Sign up requested at the front desk.

IMAGINATION IN PAINTING - Tuesdays 1:00 - 3:15 pm. All mediums welcome. Facilitated by Fred Dolan. Imagination and the use thereof in painting. Come see what your mind is capable of. Let Fred help you find your passion for painting. Suggested donation $10. Walk-ins Welcome.

WATER COLOR CLASS WITH GAYLE LOIK - Fridays 9:30 am-12:00 pm. In this beginner class, you will learn how to handle watercolors with confidence once you learn the tricks & tips of this medium. It is easy & fun and each week you will have completed a painting. Supplies needed are a small watercolor set, several brushes, and watercolor paper. The last Fri-day of every month the class will be taught by Betty Rogers. Please call Gayle for more supply details. 781-934-0246. Cost: $10.00 per class.

SPANISH LANGUAGE & CULTURE - Beginner group meets on Thursdays from 10:00 am-11:00 am with the more advanced group meeting 11:00 am—12:00 pm. **CLASS IS CANCELLED ON NOVEMBER 7!!** We welcome new folks to the class at anytime. We learn useful expressions, greetings, foods, clothes etc., sample Spanish culture, and at times take timeout for Spanish tapas. We have a good time and learn Spanish along the way. Please join us and feel welcome. Each session is $4.00. Esta es tu casa. Bienvenida!!

KNITTING/CROCHET—Wednesdays from 10:00 am-12:00 pm. If you would like help in learning to crochet or knit join us. We will show you some simple projects to start with, hats, scarves, etc. Come have fun! Anyone who is housebound and would like to receive yarn and/or needles, please call the Senior Center 781- 834-5581 and we will make arrangements for someone to deliver the items to you.

BEGINNING QUILTING meets on Thursdays at 1:00 pm. Make a four-block sampler or a baby quilt. Class includes cutting, hand stitching, piecing appliqué, points, curves, hand quilting. After this class you should be able to tackle any size quilt of your choice. If you are an experienced quilter come and join the others, we are doing all sorts of projects.

QUILTING WITH HOLLY CARPENTER meets on Tuesdays 8:30 am —12:30 pm. Learn from an experienced quilter and have fun at the same time. Work on the group’s joint project or bring your own.

BEADING CLASS The beading class meets quarterly. The next class will meet in January. Leader Bonnie Benford will be making be making jewelry that is as easy as 1-2-3. With a few simple tips & great products you can make beautiful, custom jewelry that suits you perfectly! Two items per person. You will learn & share the art of jewelry-making in this fun, informative class. Explore different techniques & find the project that’s right for you! No experience necessary.

LET’S PLAY POOL!! Peter Hawley will be teaching intermediate players by appointment. Sign up at the front desk, Peter will call you. For experienced players come down on Fridays around 3:00 pm.

COMING IN DECEMBER:

WREATH MAKING WITH BARBARA GILLIGAN
This will be a free class and materials will be provided. Look for the date and the sign up information in the December LINK. Class size is limited to 10.

DECOPAGE HOLIDAY EGG ORNAMENT CLASS

WITH BONNIE BENFORD
On Thursday, December 5 at 1:00 pm
Come and join this fun and creative class and make a beautiful decoupage holiday egg ornament for the season. These will consist of blown and or Styrofoam eggs on a weighted penny stand or hanging and customized with your choice of colors, designs and glitter. Please sign up ahead. Limit of 15 and all materials are included. Cost $5

SAVE THE DATE:

AARP SMART DRIVER COURSE
WITH ED O’CONNOR

On Friday, December 13 9:45 am-3:00 pm
The AARP Smart Driver course is geared towards drivers 50+ (though any driver may attend) and covers practical defensive driving techniques, the effects of the normal changes to vision and hearing caused by aging and the effects of medications and alcohol. The course reviews the latest ‘rules of the road’ and operating vehicles safely in today’s environment and with today’s technology. It is not a behind-the-wheel course but a classroom seminar with a good deal of interaction between the participants. There is no pass-fail. The fee for the course is $15 for AARP members and $20 for non-members. Please bring your AARP card, your Driver’s License, and check made out to AARP or cash. You may bring your own lunch or make a reservation at the front desk to have lunch at the Center. Pre-registration required to ensure adequate materials.
Alzheimer's Awareness

November is known as Alzheimer's Awareness Month. It has been estimated that more than 5 million Americans – the majority age 65 and older – are living with Alzheimer’s disease. Currently, there is no cure for Alzheimer’s, but the disease’s symptoms can be treated. It is important to note that Alzheimer’s and dementia are not one in the same. To clarify, Alzheimer’s is a specific disease and the most common cause of dementia. There are different types of dementia, with Alzheimer’s being one type of dementia that causes memory, behavior and cognitive problems. Symptoms eventually become severe enough to interfere with many activities of daily living. Support, Advice and Guidance

A Family Caregiver Support Program and an Alzheimer’s and Dementia support group can provide support, advice and guidance to caregivers and families. Old Colony Elder Services is designated as one of 25 Aging Services Access Points in the Commonwealth of Massachusetts and offers both of these programs. The goal of the Family Caregiver Support Program is to reassure caregivers and families that they are not alone and that resources are available to assist them in their caregiving situation. This program provides one-on-one support to create a personalized plan outlining available resources that are applicable to their caregiving situation. These resources may include caregiver support groups as well as educational workshops or programs that share techniques to help family caregivers with stress reduction, time management, goal setting, problem-solving, relaxation and more. The Alzheimer’s and Dementia support group is specifically for people caring for someone with memory impairment. Caregivers receive practical advice and are able to share their experiences. They also learn how to improve their coping skills and are able to gather strategies to deal with common challenges. This group meets twice a month on Fridays at OCES’ Brockton Office. Personalized, Therapeutic Music Program

Music & Memory is a non-profit organization that has conducted extensive research about the benefits of music. They have demonstrated that individualized playlists enhance the music experience for people with Alzheimer’s and dementia. Essentially, the music triggers an individual’s deeper memories which in turn enables them to reconnect and stay present. OCES is part of the network of Music & Memory certified providers. OCES offers the Music & Memory program to family caregivers of adults of any age with Alzheimer’s disease or dementia. OCES’ Family Caregiver Support Program works with family caregivers to develop playlists for their loved one and provides an iPod shuffle with a minimum of 100 songs, headphones, and training on how to use the iPod. SOURCE: For more information about OCES’ Family Caregiver Support Program, Alzheimer’s and Dementia support group, or the Music and Memory Program call OCES at 508-584-1561.

We are currently looking for: Hostesses to serve Refreshments for our Activities, Front Desk Reception, Blood Pressure Nurses with Liability Insurance, Congregate Dining Assistants and Medical Drivers (Mileage Reimbursement). Special Happy Birthday wishes for the month of November: John Amore, Ruth Barkhouse, Sharon Boggs, Marie Bruzzese, Marilyn Burns, Holly Carpenter, Dale Carrol, Linda Chartrand, Kathy Cleary, Fred Dolan, Dorothea Dowd, Gerard Fierimonte, Peter Howard, Glenn Loomis, Kathleen Richard, Geraldine Shanley, Deirdre Thurer, and Barbara VanHouten. This month we welcome: Kathleen Bergman, Robin Dunn, Megan Paris, Peter Paskevich & Makayla Thomas. Thank you all, Donna Weinberg, Project Coordinator for Volunteers, 781-834-5581 X 20

NOVEMBER COA BOOSTERS NEWS

The Marshfield COA Boosters would like to thank all of you who volunteered to help out with the craft fair, whether by baking, helping with set-up or break-down, helping with the bake sale, raffle, floats or food service. It really takes a village. We couldn’t do it without you!!!

We are beginning to accept memberships for the 2020 year. Please pick up a form near the sign in kiosk and send your membership in early. We have many categories of membership and we greatly appreciate whatever you can afford to give. Your membership will be good until the end of 2020. Also remember we will be having our annual Boosterfest meeting in January with our ice cream sundaes and some fun entertainment. More information to follow.

Happy Holidays!!!

VETERANS’ CORNER

Veterans’ Widow’s Group meets every Tuesday at 1:00 pm at the Senior Center.

Veterans’ Group meets every Tuesday at 2:00 pm, at the Senior Center.

Korean War Veterans meet on the 2nd Wednesday of the month at 2:00 pm at the Senior Center. The next meeting will be November 13.

Are you rated 100% disabled by the VA? There are financial benefits you could be missing out on. If you are rated at least 10% disabled by the VA, you may qualify for a Real Estate tax exemption. All veterans and widows of veterans who are in need of financial assistance should inquire about financial programs such as CH 115 Veterans Benefits, which could help with daily living expenses and medical bills. Call your town’s Veterans’ Services Office for more information. Marshfield Veterans’ Services Office: 781-834-5576
FROM THE SOCIAL SERVICE CORNER

For more information or to make an appointment for any of these services please contact Judy Caldas at 781-834-5581 between 8:30-4:30 Mon.-Fri.

SHINE COUNSELORS offer free, accurate, and confidential services to our elders & their families. They can assist with questions on Medicare and health insurance options including supplemental plans, claims processing, billing, home health care, durable equipment needs and public benefits. Even with insurance, prescription drugs can still be unaffordable! High co-payments and gaps in coverage can make paying for prescription drugs very difficult. Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 & over and under 65 with disabilities can help. Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs. www.mass.gov/Elders.

Prescription Drug Costs too High? Look into the Extra Help program from the Social Security Administration! You may be eligible to apply for Extra Help in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program. Benefits include drug co-pays as low as $3.30 for generics and $8.25 for brand name drugs. An Extra Help application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

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<tr>
<th>Extra Help</th>
<th>Monthly Income Limit</th>
<th>Asset Limit</th>
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<tr>
<td>Individual</td>
<td>$1,528/month</td>
<td>$13,820</td>
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<tr>
<td>Couple</td>
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Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

MEDIcare OPEN EnROLLment CONTINUES THROUGH DECEMBER 7

This is your annual opportunity to change your Medicare Part D plan, and to look at options available to you. Appointments with our SHINE counselors can be made by calling the COA at 781-834-5581. We ask for patience with return calls as this is an extremely busy time for us. Judy, Alan and Ken look forward to hearing from you! The SHINE Program encourages Medicare beneficiaries to sign up on www.MyMedicare.gov to take charge of your own health insurance information. You will be able to see doctor’s visits, list of benefits, drug list to use during Open Enrollment, and can chat with customer service at Medicare. For an easy to follow explanation, go to SHINE’s video on YouTube: https://www.youtube.com/watch?v=ubkMZBNr8-I

FUEL ASSISTANCE APPLICATIONS NOW THROUGH APRIL 30

Applications are being taken by appointment only. Please contact Social Services at 781-834-5581 for program guidelines and documentation needed. We request that you have all of your documentation ready before your appointment.

SCAM WARNING!! There have recently been a number of scams targeting seniors. DO NOT give out personal information without knowing the caller! If you don’t recognize the phone number, don’t answer it. Please speak with your family or the Senior Center if someone calls asking for money. Be safe!

MARSHFIELD FOOD PANTRY

Located in the Library Plaza. Open every Tuesday & Friday 9:30 am - 12:00 noon and on Wed. evenings from 6:30-8:30 pm. Assistance in getting to the Food Pantry may be arranged through the COA for the first Tuesday each month. If you have questions, please call 781-837-0359 and leave a message on the answering machine.

SOWING SEEDS CLOTHING BANK

Located at the corner of Rte. 139 and School Street. 781-837-3337 Hours of operation are: Thursday and Saturday from 10:00 am to 12:00 pm to receive donations of in-season clothing, gift cards, & diapers/wipes as well as distribute clothing. Assistance in getting to Sowing Seeds may be arranged through the COA for the first Tuesday each month.

FREE COMMUNITY DINNER—November 6

First Wednesday of each month (Sept.—Jun.) Dinner Served: 5:00-6:00 pm at North Community Church Parish House, 83 Old Main Street, Marshfield Hills. All welcome, no reservations required. For more information: 781-837-3784

FREE COMMUNITY DINNER—November 13

Second Wednesday of each month (Sept.—Jun.) Dinner Served: 5:00-6:15 pm at First Parish of Norwell Unitarian Universalist, 24 River Street, Norwell. All welcome, bring a friend. For more information: 781-659-7122.

TECHNOLOGY CORNER

2019 TECHNOLOGY FAIR

Monday, November 18 10:00 am—3:00 pm
See Page 1 for a description of some of the workshops being offered.

iPAD REFRESHER with Katy Mayo

On Friday, December 6 & 13 from 1:00 pm-2:30 pm
These two 2-hour sessions are for the iPad user that wants to get a refresher and review the iPad. If you are using your iPad only to send email and search the internet, this will take you to the next step. Review how to download apps using your Apple ID, add payment methods, edit photos, create photo albums, copy and paste, and many, many more tips and tricks. Cost: $40.00
COA CLUBS AND GROUPS

MARSHFIELD ANTIQUE PICTURE POSTCARDS: Third Wednesday at 11:00 am -12:30 pm. For visitors and collectors. The next meeting is November 20. Bring your old cards or just come & enjoy David Allen’s collection.

BINGO: Every Friday the Sixty Plus Club sponsors the Bingo game from 1:00 to 3:00 pm.

BOOK DISCUSSION GROUP: This month the Webster Readers will meet on Monday, November 25 in the Senior Center Library at 10:00 am. This month we will read “The Great Halifax Explosion” by John U. Bacon. Jayne Bowman is the facilitator; if you have questions, call 774-283-3795.

BREAKFAST CLUB: The group meets every Monday and Thursday at 9:00 am in the dining room.

BRIDGE: Tuesdays at 12:30 pm, facilitated by Martine Anderson.

CHESS CLUB: The group meets every Tuesday, from 11:00-1:00 pm. Facilitator Jim Diana will provide beginner instruction as well as a discussion of chess strategy for more experienced players. Some members will also be available for competitive play. All levels welcome.

CRIBBAGE: Tuesdays at 12:30 pm, facilitated by Albert “Jake” Bonney.

CURRENT EVENTS: Formerly known as “Discussion Group: American Politics & More” hosted by Dick Sullivan. The group will meet on the 2nd and 4th Tuesdays, from 9:30—11:00 am. In November the group will meet on the 12th and 26th.

DUPLICATE BRIDGE: Wednesdays at 12:30 pm, facilitated by Jocelyn Goranson.

FREE AND EASY PAINTING: Mondays & Fridays at 8:30 am, bring your own project in any medium and join us for some fun. No instruction in this group.

GREAT DISCUSSIONS: The group meets the first and third Tuesday of each month from 10:00 - 11:30 am. We read and rigorously discuss current events and other stimulating, topical subjects. The group will meet on November 5 & November 19: Topics to be announced. If you have any questions about this group, please contact Bob Jackman the facilitator at 781-837-3844.

MAH JONG: Thursdays at 1:00 pm, facilitated by Maureen Weiss and Tuesdays at 1:00 pm, facilitated by Marilyn Balconi.

“LUNDIN” CLUB: We travel to various local restaurants in the afternoon on the 3rd Thursday of each month. Next event November 21: Stockholder’s in Weymouth. Bus limit - 13 people; first come first serve basis. Pick up at your home or meet at the Senior Center at 1:30 pm. No sign ups until November 1st @ the Senior Ctr.

MEN’S BREAKFAST GROUP: The Men’s Breakfast group meets the last Friday of the month at 9:30 am. See Page 3 for more details. If you have any ideas for speakers or topics please notify Dick Sullivan.

POETRY GROUP: The group meets every third Friday from 11:00 am—noon. Join facilitator Rich Hansen to discuss your favorite poems and poets.

RUG HOOKING: The group meets on Wednesdays from 10:00 am—1:00 pm, working on individual projects. All are invited to join us - we will gladly share our knowledge and assist with obtaining supplies, if necessary.

SCRABBLE: The group meets on Fridays at 1:00 pm.

SIXTY PLUS CLUB: The next meeting will be on Thursday, November 7 at 2:00 pm. See page 3 for additional details. Please come by to join us to discuss plans for the future of the club. Everyone is welcome! Refreshments will be served.

TED SCHOLARS: TED talks are short influential videos from expert speakers on education, business, science, tech and creativity. Offered Mondays and Wednesdays at 11:00 am in the library. Come and learn something new!

WHIST: Wednesdays at 1:00 pm, facilitated by Nina Mello. New players welcome!!!

WOMEN’S GROUP: The Women’s Group meets the last Tuesday of the month at 12:30 pm, facilitated by Barbara Leary. See page 3 for more details.

WOODCARVING GROUP: The group meets Wednesdays 9:00 am - 12:00 noon. The session is designed for a wide range of carvers, from beginner to advanced. Join us & meet some talented artisans willing to share their skills. “Carvus Maximus”

MEETING DATES

COA BOARD - The COA board meets on the 3rd Wednesday of the month. The next board meeting is on November 20 at 3:30 pm at the Senior Center.

COA BOOSTERS— The COA Boosters will meet on Monday, November 18 at 10:00 am at the Senior Center.

HEADING SOUTH FOR THE WINTER?

Kindly notify the front desk if you are heading out of town for the winter so that we can suspend delivery of your LINK. Upon return, just let us know and we will reactive delivery to you. Thank you!
Please call the nutrition department for meal cancellations by 10 am two days before delivery-508-584-1561.

Suggested Donation-$2.50/meal Menu subject to change without notice. SF=Sugar Free, WG=Whole Grain, WW=Whole Wheat

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>5 Minestrone Soup**</td>
<td>6 Minestrone Soup**</td>
<td>1 Minestrone Soup**</td>
<td>1 Beef Stew</td>
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<tr>
<td>WG Lasagna Rolls</td>
<td>W G Alaskan Pollock</td>
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<td>W/Meat Sauce</td>
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<td>Cauliflower</td>
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<td>Parmesan Cheese</td>
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<td>WW Dinner Roll</td>
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<td>Vanilla Pudding</td>
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<td>W G Alaskan Pollock</td>
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<tr>
<td>11 Veteran's Day No Meals Served</td>
<td>12 Swiss Cheese</td>
<td>13 Teriyaki Pork with Soba Noodles, Snap Peas &amp; Carrots</td>
<td>14 Greek Chicken*</td>
<td>15 Potato Crunch Fish</td>
</tr>
<tr>
<td></td>
<td>Omelette</td>
<td>Broccoli</td>
<td>Italian Pot Roast</td>
<td>Scarpelli’s Sauce</td>
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<tr>
<td></td>
<td>Corned Beef Hash</td>
<td>Carrots</td>
<td>Roasted Sweet</td>
<td>Served Over</td>
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<tr>
<td></td>
<td>Peppers &amp; Onions</td>
<td>Green Beans</td>
<td>Parsleyed Bowtie</td>
<td>Parsleyed Penne</td>
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<tr>
<td></td>
<td>French Toast Sticks</td>
<td>Multigrain Bread</td>
<td>Pasta</td>
<td>Pasta</td>
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<tr>
<td></td>
<td>SF Syrup</td>
<td>Yogurt</td>
<td>Fiesta Vegetable</td>
<td>Pasta</td>
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<tr>
<td></td>
<td>Apple Juice</td>
<td>MOD: Pineapple</td>
<td>MOD: Pineapple</td>
<td>MOD: Pineapple</td>
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<tr>
<td>13 Vegetable Soup**</td>
<td>20 Chicken w/ Vaidostano</td>
<td>21 Roast Turkey w/ Gravy 9&quot;</td>
<td>28 Thanksgiving No Meals Served</td>
<td>29 BBQ Pork Patty</td>
</tr>
<tr>
<td>Unstuffed Pepper</td>
<td>Sauce Served Over</td>
<td>Stuffing Garnish</td>
<td>No Meals Served</td>
<td>Tater Tots</td>
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<tr>
<td>Casserole</td>
<td>Spiral Pasta</td>
<td>Mashed Potatoes</td>
<td>Homestyle Meatloaf</td>
<td>Country Style</td>
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<tr>
<td>Spinach</td>
<td>Vegetable Blend</td>
<td>Peas &amp; Pearl Onions</td>
<td>Vegetable Blend</td>
<td>Vegetable Blend</td>
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<td>Rye Bread</td>
<td>WW Dinner Roll</td>
<td>Cranberry Sauce</td>
<td>WW Hamburger Roll</td>
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<tr>
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<td>Banana</td>
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<td>Carb: 112g</td>
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<td>Carb: 115g</td>
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<td>Carb: 115g</td>
<td>Carb: 127g</td>
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<th>Calories: 570</th>
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<td>Sodium: 856mg</td>
<td>Sodium: 889mg</td>
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<tr>
<td>Carb: 117g</td>
<td>Carb: 99g</td>
<td>Carb: 95g</td>
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1% Milks=107 mg sodium, Margarine=30 mg sodium

Nutrition Information is for the entire meal, including bread, milk, & margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate.

*Community dining only unless available for home delivered meals  **High sodium meal day  ***Food item with >500mg/sodium
We serve lunch every day at 12:00 noon in our dining room. The last serving will be at 12:10 pm. As the food is ordered a week in advance, we ask that you plan ahead to avoid being disappointed. If you come on a regular basis, please let us know and we can make a weekly reservation for you. **We understand plans change and ask that you notify us if you will not be dining with us.** Your cooperation in this matter is greatly appreciated. We welcome all who would like to come. Please remember that there is a $2.50 suggested donation which is always appreciated.

**LUNCH ACTIVITIES IN NOVEMBER:**

John King plays the piano for us on Wednesdays. Tuesday, November 12—Veteran’s Day ‘Thank you to our Vets’

Wednesday, November 27—Thanksgiving Treat

**TRIPS AND SPECIAL EVENTS**

**SAVE THE DATES**

**COA CULTURAL TRIPS:**

Coming in the spring! A trip to the Boston Public Library for a private tour of the art and architecture of the Boston landmark.

Also coming, a trip to Cape Cod for shopping and tea at the iconic Dunbar Tea Room. Look forward these excursions and more!

**SHUTTLE BUS SCHEDULE**

All Mall shopping trips are on Tuesday. Cost $6.

- November 5: Large Walmart Plymouth
- November 12: Christmas Tree-Bourne/Savers/Olive Garden-Plymouth
- November 19: Market Basket Plymouth
- November 26: Brothers Marketplace/Walgreens Hall’s Corner Duxbury

In-town doctor appointments: Mondays: 1:00 - 2:30 pm, Wednesdays: 1:00 - 2:30 pm, Thursdays: 9:30 - 11:30 am & 1:00 - 2:30 pm.

Food shopping: Monday & Friday mornings (Star Mkt), Wednesday mornings (Stop & Shop, Roche Bros. 2nd Wednesday).

Food Pantry: First Tuesday of the month (on request)

Sowing Seeds: Last Thursday of the month (on request)

**Suggested Donations for the Bus:** The fare is $1.75 one way or $3.50 round trip. Your donations are very important in order to help defray the costs of providing transportation and we appreciate your support.

**Reservations:** We recommend making a reservation for all rides at least a day ahead in order to better serve you and accommodate all passengers. Reservations may be made by stopping by the front desk at the Senior Center or calling 781-834-5581.