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.

HAPPY NEW YEAR!
The COA Staff and Board wish all of you a very happy and healthy new year for 2020. We would like to thank the community, the town, the COA patrons, volunteers and advocates for all of the accomplishments that have taken place this past year.

LIFELONG LEARNING WINTERMISSION
On Tuesday, January 7 from 9:30—10:30 am
We are pleased to offer again a limited Lifelong Learning program to help beat those “Winter Blues” for those hardy souls who do not go south! See insert for course offerings.

In honor of the Emmy’s this month
we proudly present:
HOLLYWOOD: WILD WEST TO MOVIE MECCA
With Historian and Lecturer Ann Barrett
On Thursday, January 16 at 1:00 pm
Discover how Hollywood evolved from a small, conservative community into a glittering movie mecca full of glamorous stars and eye-popping scandal. See clips of the early films that launched the movie industry, and learn about the revolution in film that made it all possible!

ART MATTERS
“Animals in Art - Wild & Domestic”
On Monday, January 13 at 1:00 pm
Humans are the only animals that communicate with pictures. But we humans love animals, and we especially love art about animals. Wild or domesticated, beasts of burden or sport, we have a special relationship with the animal kingdom and depend upon them for the quality of our own existence. Join us for a journey around the world & throughout history to appreciate how connected we are with animals and how they improve the quality of our own lives on a daily basis. $3 donation at the door.

MEDITERRANEAN EATING
Presented by Big Y Registered Dietician Kathy Jordan
On Thursday, January 23 at 1:00 pm
Please join us for this very interesting presentation on to learn what it is all about and some of the benefits.

INCLEMENT WEATHER POLICY
In case of inclement weather, the Board of Selectmen may cancel, delay opening, or mandate early closing of the Senior Center. Old Colony Elder Services and/or the Council on Aging may cancel the Congregate Lunch Program and meals on wheels and the Senior Center Director may cancel any or all individual programs. The Senior Center follows TOWN HALL PROTOCOL NOT THE SCHOOLS. Cancellation announcements will be made on WATD (95.9 FM) radio, greater Boston area TV networks and local access cable TV. Please stay safe!
TRIAD

“The New Nutrition Label Reading & Eating Well in the New Year”
On Wednesday, January 8 at 1:00 pm
Triad is Council on Aging and Law Enforcement working together. The group meets to plan programs on safety, health and crime prevention and is made up of the COA, various visiting nurse associations, the Police, the Fire Department, and the District Attorney’s Office. This month Barbara Nalen Cardoza, who is a Registered Dietitian, will be our guest. Please attend this informative seminar that could assist with your New Year’s resolutions. Sign up ahead as refreshments will be served.

MUSICAL MONDAYS WITH JACK CRAIG
On Monday, January 27 at 1:00 pm
“Songs of Love without ‘Love’ in the Title!” Celebrate Cupid’s favorite time of the year by singing some of the greatest songs written about love. Irving Berlin once said: “Songs do well if they are based on one of these ideas: home, love, self-pity, or happiness.” From Maurice Chevalier’s ‘Isn't It Romantic’ through Frank Sinatra’s ‘Time After Time’, every great love song in this program doesn’t even have the word ‘Love’ in its title! Refreshments will be served. $2 donation at the door.

NEW! MONTHLY WRITERS’ WORKSHOP
Are you an aspiring writer? Do you love creative endeavors? Are you interested in improving your writing skills? We are looking to start a monthly writers’ workshop for those interested. Stop by the front desk to get on the interest list. More information will be coming!

ONGOING BALANCE & FALL PREVENTION CLASS 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 limited to 20. Wednesdays, January 8, 15, 22 & 29 at 12:30 pm. Cost: $5 per class.

“HEALTH HUDDLE”
WITH MARK LEMBO, P.T.
On Wednesday, January 22 at 1:00 pm
This month’s topic is “Tips and Tricks for Surviving the Winter: how to reduce the chance of injury during the winter months and manage daily activities even when you are in pain.” 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.

FREE 2019 INCOME TAX RETURN PREPARATION
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 questions. Advance sign up recommended.

ARTIFACTS OF AMERICAN RAILROADS
ANTIQUE SLIDESHOW ON “Artifacts of American Railroads”
On Thursday, January 30 at 1:00 pm
Nineteenth century railroads profoundly altered American lifestyles, commerce and world views. The presentation will concentrate on artifacts that are associated with the railroads as well as photographs and maps. Less attention will be given to the social and economic impacts of railroads. Particular attention will be directed to New England and Southeastern Massachusetts railroads, and ways they transformed the region. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have an artifact associated with the American railroads 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.

WINTER WELLNESS
WITH GINA CASSIDY, RN
of South Shore Health System
On Wednesday, January 15 at 1:00 pm
Winter is the perfect time to improve your health. Come and join us for our talk on Winter Health and Wellness. We will provide some great tips for staying healthy when it’s cold outside! Come enjoy some cocoa or cider and warm pie with us! Please bring your questions for Gina and sign up at the front desk!
MARILEE’S CLASSIC MOVIE
“Pride & Prejudice” 2hr 9m
On Thursday, January 2 at 12:30 pm
Pride & Prejudice is a 2005 romance film directed by Joe Wright and based on Jane Austen’s 1813 novel of the same name. The film depicts five sisters from an English family of landed gentry as they deal with issues of marriage, morality and misconceptions. Keira Knightley stars in the lead role of Elizabeth Bennet, while Matthew Macfadyen plays her romantic interest Mr. Darcy.

WOMEN’S GROUP WITH BARBARA LEARY
“Osteoporosis”
On Tuesday, January 28 at 12:30 pm
Osteoporosis causes bones to become weak and so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine. Osteoporosis affects men and women of all ages. But white and Asian women — especially older women who are past menopause — are at highest risk. Medications, healthy diet and weight-bearing exercise can help prevent bone loss or strengthen already weak bones. We’ll discuss causes, risk and dietary factors. Refreshments will be served. Advance sign up please.

MEN’S BREAKFAST (Women Always Welcome)
“Aviation Adventure”
On Friday, January 31 at 9:30 am
John Meade, pilot of a 1956 2-seat Piper Cub, will be this month’s guest sharing an exciting audio-visual presentation on his greatest aviation adventure ever! Along with three of his closest friends and pilots as well, they flew their planes to the northern extreme of Canada’s largest province, Quebec. The results of the trip includes some of the most beautiful aerial film footage you may ever see ranging from New England to a remote Inuit village. This is a program you won’t want to miss. Advance sign up recommended. Donation $2.

FITNESS REIMBURSEMENT FOR 2019
Several non-group Medicare insurance plans provide reimbursement for fitness classes taken at the Senior Center. Reimbursement forms and verification letters can be obtained through the front desk. Generally, reimbursement requests are limited to $150 and must be submitted by March 31, 2020.

INFORMATION SESSION—HEATSMART PROGRAM
On Wednesday, January 29 from 1:00-2:00 pm
The Marshfield Energy committee is helping Marshfield residents to learn about and access high-efficiency heating and cooling technologies that will help you: Save on your energy bills; Access state, national and federal incentives to lower upfront costs, and Stay comfortable year-round! Come listen and ask questions about what you can do to lower your monthly heating and cooling bills today.

RECRUITING U.S. CENSUS BUREAU
On Monday, January 13 and February 11 from 10:00 am-2:00 pm
Every 10 years since 1790, the US has undertaken the momentous task of counting all of its residents. This is your chance to play a role, come meet with a 2020 Census Job Recruiter and get more information on a variety of jobs. Come meet with a 2020 Census Job Recruiter & get more information on a variety of jobs.

50+ JOB SEEKERS NETWORKING GROUP
The group meets twice a month from 9:30-11:30 am. In January, the meetings will be on Thursday the 9th and 23rd. If you are 50+ and looking for a new job, a new career direction, or reentering the workforce, then this program is for you! Learn how to network and come for new topics at each meeting. Facilitator Deb Raymond is an experienced career coach and will lead you through reinvention. January 9th the topic will be on Self-Assessment and Transferable Skills. Reinvention is possible. On January 23rd the topic will be Developing a Resume~What are Recruiters Looking For? Preregistration is required at www.mcoaonline.com/50plus. Call Marilee with any questions 781-834-5581.

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 January he will be here on Tuesday, the 21st due to the holiday. 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: 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 Kathleen Mulvey will be available for 30-minute consultations on Thursday, January 23rd from 2:00-4:00 pm. Appointments will be offered on a first come, first serve basis. To make an appointment, please call the Senior Center. If the client determines that further legal work is necessary, he or she will need to consult a lawyer on a fee basis. It is important that you keep your appointment as the attorney’s time is valuable. If you cannot make your appointment, please let us know as soon as possible so that we can accommodate people on the wait list.
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 January she will be available on the 10th and 27th 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, re-schedule 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 January she will be here on the 9th and 28th 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 January, the dates are: 8, 15, 22 and 29th. Please call the Senior Center for appointments and pricing information.

CHAIR MASSAGE BY LEE ANN MCCARTHY—Certified Massage Therapist Lee Ann is here the third Tuesday of every month. She will be here on January 21st from 9:30 am—1:30 pm. Massages may include head, neck, shoulder, arms & hands depending upon the request. Cost: $1 minute. Advance sign up required.

MEDITATION CLASS with Marilee Comerford
Meets on the second & fourth Tuesday. In January, the group will meet on January 14 & 28 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.

NEW!! SOUTH SHORE VNA “ASK A NURSE” & BLOOD PRESSURE CLINIC—Held on the first Wednesday of the month, from 10:30-11:30 am, however due to the New Year holiday it will be cancelled this month.

NVNA & HOSPICE GLUCOSE/BLOOD PRESSURE CLINIC – The Norwell Visiting Nurse holds a clinic on the second Tuesday of the month, January 14 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, January 16 from 10:30 to 11:30 am.

COA BLOOD PRESSURE CLINIC is held on the fourth Wednesday of the month at the Senior Center, January 22 from 11:00 am-12:00 noon.

ASK THE PHARMACIST – THERE WILL BE NO ASK THE PHARMACIST IN JANUARY. A pharmacist from Osco Pharmacy will return in February.

BUILD HEALTHY BLOOD PRESSURE HANDS ON CLINIC – Held on the fourth Monday of the month at 1:00 pm in the Community Room.

HEALTH & WELLNESS SERVICES

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BUILD HEALTHY BLOOD PRESSURE HANDS ON CLINIC – Held on the fourth Monday of the month at 1:00 pm in the Community Room.
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 in 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 SCHONTHALER 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 GRAVELY, MODIFIED YOGA WITH CHAIRS W/ NEIL SULLIVAN on 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. NO CLASS JANUARY 29 & 31!! 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. Jan 2—Rexhame Beach @ end of Winslow Street—South River side—low tide 10:18 Jan 9-North Hill Marsh Trails-Kettle Hole Loop off Mayflower St. Duxbury Jan 16-Powder Point Bridge-park mainland side-Snowy Owl down at beach? - low tide 9:30 Jan 23—Green Harbor Golf Course?? Jan. 30-Burke’s Beach @ end of Beach Street—low tide 8:51 February 6-Carolina Hill Trails-off Main St (Rt. 3A) Marshfield

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. 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.

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, January 16. This group is for people who have Parkinson’s and their caregivers, if they choose to participate. Facilitator: Leslie Vickers.

VISION SUPPORT GROUP - NO MEETING IN JANUARY 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.

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, January 8 at 1:00 pm. (See Page 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.)

ARE YOU WORRIED ABOUT YOUR DRINKING?  OR IS SOMEONE ELSE WORRIED ABOUT YOUR DRINKING?

Alcoholics Anonymous has a solution. There is no shame in living with the disease called alcoholism. Come along with us. What is AA? Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multi-racial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem. For literature and local AA members to speak with, contact: Boston AA Central Service Mon–Fri 9am–9pm / Sat, Sun and Holiday 12–9pm 617-426-9444 | www.aaboston.org For more information, literature and videos about AA, contact: A.A. World Services, Inc. P.O. Box 459, Grand Central Station New York, NY 10163 212-870-3400 | www.aa.org For Online AA Meetings and 24 Hour Chat Support: www.aa-intergroup.org www.youtube.com/c/alcoholicsanonymousworldservicesinc Re-printed with permission A.A.W.S.

SAVE THE DATES:

6-WEEK BEREAVEMENT SUPPORT GROUP
On Thursdays, March 5, 12, 19, 26, April 2 & 9 from 2:00 - 3:30pm.
Don’t go it alone in your grief. Join for a positive approach to bereavement support. By the end of the six weeks in a group setting, you will explore a set of written materials designed to provide a foundation for helping you along on your journey in the healing process. This helpful program will be facilitated by Chaplain Ken Hart of Compassionate Care Hospice in a way that is non-judgmental, encouraging, inspiring, and effective. Interest list will be at the front desk.

MOVIE DAYS AT THE COA

Marilee’s Classic Movie Corner “Pride & Prejudice” 2hr 9m Thursday, January 2 at 12:30 pm (See Page 3 for description).

Wednesday, January 15 at 12:30 pm “Harriet” 2019 PG 2h 5m This inspiring biopic recounts the life of Harriet Tubman, who’s born into servitude and becomes known as the “Moses of her people” for helping slaves escape bondage through the Underground Railroad. Later, she works as a spy for the Union Army. (Cast Cynthia Erivo, Leslie Odom Jr., Janelle Monáe) Refreshments will be served.

Wednesday, January 29 at 12:30 pm “Once Upon a Time in Hollywood” 2019 R 2h 41m In 1969 Los Angeles, where everything is changing, TV star Rick Dalton and his longtime stunt double and friend Cliff Booth make their way around an industry they hardly recognize anymore. (Cast Leonardo DiCaprio, Brad Pitt, Dakota Fanning, Bruce Dern, Al Pacino, and more). Refreshments will be served.

MARRIED HISTORICAL SOCIETY

2020 PROGRAM LINE-UP:
Ventress Public Library’s 2019 Acquisitions
On Sunday, January 19 at 1:30 pm
Come to the Marshfield Ventress Public Library’s new lecture room for a close-up view of the 2019 Acquisitions to our collection. Hear from former Board Member Helen Demers about the recent additions from the Ford family, pillars of the Marshfield community from the 18th century forward. Hear from Vice President Cindy Castro about the wonderful photographic plates and photos donated by the estate of Faith Jean of Brant Rock. Learn from Curator Dottie Melcher about the Society’s Acquisitions Fund and how it enables the Marshfield Historical Society to quickly purchase Marshfield-related artifacts when they appear in private sales or in auction sales.

SAVE THE DATES:
Re-imagining the Life of Penelope Winslow
On Sunday, February 16 at 1:30 pm at Proprietor’s Green

Marshfield Historical Society

2020 Annual Meeting
On Sunday, March 22 at 1:00 pm at Haddad’s Ocean Cafe
### January 2020

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<td>Free and Easy Painting</td>
<td>Quilting</td>
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<td>Stretch and Flex Class</td>
<td>Strength Class w/Nina</td>
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<td>Breakfast Club</td>
<td>Strength Class w/Nina</td>
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<td>Tai-Chi Class</td>
<td>Current Events w/Dick Sullivan</td>
<td>Rug Hooking AND Knitting/Crochet</td>
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<td>TED Scholars</td>
<td>Painting Studio</td>
<td>Begin Again Yoga with Tricia</td>
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<td>Lunch: Chicken Marsala &amp; buttered noodles</td>
<td>Floor Yoga with Linda AND Chair Workout w/Nina</td>
<td>HeatSmart Program</td>
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<td>12:00 noon</td>
<td>Chess Club</td>
<td>Lunch: Chicken cacciator w/ bow tie pasta</td>
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<td>Hand &amp; Foot Games</td>
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<td>Bridge AND Cribbage</td>
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<td>Pinochle</td>
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<td>Memory Cafe</td>
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<td>Line Dancing</td>
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<td>Zumba</td>
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<td>Veteran’s &amp; Veteran’s Widows Group</td>
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<td>Booster Fest</td>
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<td>Imagination in Painting</td>
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**Center Closed in Observance of Martin Luther King Day**

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<td>Free and Easy Painting</td>
<td>Quilting</td>
<td>Fitness &amp; Strength w/Janet</td>
</tr>
<tr>
<td></td>
<td>Stretch and Flex Class</td>
<td>Strength Class w/Nina</td>
<td>Woodcarving AND Manicurist</td>
</tr>
<tr>
<td></td>
<td>Breakfast Club</td>
<td>Strength Class w/Nina</td>
<td>Exercise w/Chris</td>
</tr>
<tr>
<td></td>
<td>Tai-Chi Class</td>
<td>Current Events w/Dick Sullivan</td>
<td>Rug Hooking AND Knitting/Crochet</td>
</tr>
<tr>
<td></td>
<td>TED Scholars</td>
<td>Painting Studio</td>
<td>Begin Again Yoga with Tricia</td>
</tr>
<tr>
<td>Lunch: Chinese Luncheon</td>
<td>Floor Yoga with Linda AND Chair Workout w/Nina</td>
<td>HeatSmart Program</td>
<td>TED Scholars</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>Chess Club</td>
<td>Lunch: Turkey w/ stuffing &amp; gravy</td>
<td>Lunch: Chicken w/ pesto over pasta</td>
</tr>
<tr>
<td>Hand &amp; Foot Games</td>
<td>11:00 am-1:00 pm</td>
<td>Balance &amp; Fall</td>
<td>LLL-A Look Back WWII</td>
</tr>
<tr>
<td>Pinochle</td>
<td>1:00 pm</td>
<td>Duplicate Bridge</td>
<td>Whist AND Hand &amp; Foot Games</td>
</tr>
<tr>
<td>Zumba</td>
<td>1:00 pm</td>
<td>evity</td>
<td>Aging Gracefully Modified Yoga w/ Chairs</td>
</tr>
</tbody>
</table>

**Cardigan Nursing & Rehabilitation Center**

Short Term Rehabilitation • Long Term Care

59 Country Way, Scituate

781-545-9477
**Tuesday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 am</td>
<td>Walking Group</td>
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<tr>
<td>9:00 am</td>
<td>Breakfast Club</td>
</tr>
<tr>
<td>9:15 am</td>
<td>Strength Class w/Nina</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Beginner Spanish Class</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Floor Yoga with Tricia AND Chair Workout w/Nina</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Intermediate Spanish Class</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>Lunch: Chicken Cordon Bleu</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Yoga w/ Tricia</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Floor Yoga w/ Nina</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Mah Jong</td>
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**Wednesday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 am</td>
<td>Walking Group</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Breakfast Club</td>
</tr>
<tr>
<td>9:15 am</td>
<td>Strength Class w/Nina</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Hairdresser/Barber</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Intermediate Spanish Class</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Lunch: Pollock w/Newburg sauce</td>
</tr>
</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Floor Yoga with Tricia AND Chair Workout w/Nina</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Yoga w/ Tricia</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Floor Yoga w/ Nina</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Intermediate Spanish Class</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>Lunch: Pollock w/Newburg sauce</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Yoga w/ Katherine</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Lunch: Pollock w/Newburg sauce</td>
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</tbody>
</table>

**Friday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 am</td>
<td>Yoga w/ Tricia</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Floor Yoga w/ Nina</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Lunch: Breaded Pollock &amp; rice</td>
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<tr>
<td>11:00 am</td>
<td>Lunch: Pollock w/Newburg sauce</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>Lunch: Chicken w/pesto over pasta</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Bingo</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Scrabble AND Pinochle</td>
</tr>
</tbody>
</table>

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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

PINOCHLE - 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 STEVE RHODES
NEW CLASS ADDED! Will meet on Mondays at 1:00 pm. Steve is the facilitator of this fun group and welcomes all new players. 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. Easy to learn instructions will be provided. Come and join Steve!

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, 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 favorite 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. 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 Friday 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. 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. Come have fun! Anyone who is housebound & would like to receive yarn and/or needles, please call the Senior Center and we will deliver.

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 meets quarterly. In January beading class will meet on Monday, January 10 at 1:00 pm. Leader Bonnie Benford will be teaching 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.

SENIOR TAX RELIEF WORK PROGRAM FOR THE CALENDAR YEAR 2020

The Annual Town Meeting appropriated $55,000 in funds for the Senior Tax Relief Work Program! The program is running on the calendar year and will begin January 2, 2020. You must reapply every year. Applications are available at the Senior Center front desk. The purpose of the program is to utilize the skills of qualified senior citizens whose earnings are applied toward payment of their property tax bill. If chosen to work at a site, seniors will earn $12.75 per hour and can work up to 100 hours with a maximum earning amount of $1275 gross. There may be deductions taken out of the earnings with some exceptions. Those participating must complete their hours by the end of October 2020 for processing. The amount earned will be applied to and appear on the 3rd and 4th quarter tax bill of the next subsequent year. Those participants who were not placed last year will be given consideration for placements for calendar year 2020, if they reapply. Please note that we may not be able to place everyone that applies due to the limitations for placements for calendar year 2020, if they reapply. Please note that we may not be able to place everyone that applies due to the limitations for placements for calendar year 2020, if they reapply. Please note that we may not be able to place everyone that applies due to the limitations for placements for calendar year 2020, if they reapply. Please note that we may not be able to place everyone that applies due to the limitations for placements.

Eligibility Guidelines:
* At least 60 years of age
* Reside in Marshfield and occupy the property for which taxes are paid
* Must present a copy of your current tax bill with your name
* If property is in trust, the applicant must be a trustee
Accreditation Update:
We are happy to report that the Marshfield Council on Aging has received National Accreditation from the National Council on Aging /National Institute of Senior Centers this past November 2019. I would like to thank Marcy Amore, Accreditation Chair and the Accreditation Committee made up of Marcy Amore, Sheila Gagnon, Bill Scott and Barbara Van Houten. I would also like to thank the COA staff for all of their work and support throughout the accreditation process along with the Town Administrator, Michael Maresco and the Board of Selectmen. This project has been over five years in the making but well worth the effort. We have gone through a very thorough self-assessment process by working on nine Standards of Operation in the Accreditation Manual. Along the way we also solicited input from the public and our officials who served on various Citizens’ Input Committees. They reviewed our work on each standard and discussed the pros and cons in order to help improve our procedures and policies. In meeting national standards of excellence. We also had both an onsite and off-site review to evaluate our submission notebook and facility. There are only seven Senior Centers accredited in Massachusetts and only 102 accredited in the United States. We are very proud of our accomplishment and our Senior Center! Stay turned for an accreditation celebration date coming soon!!

Expansion Update:
The expansion to the Senior Center was approved at the fall special town meeting and at the voting polls. The Council on Aging is thrilled and grateful for everyone’s support and efforts on this project. We are making plans to now to hire professionals to start the design process and eventually start construction for the expansion. Please stop by the lobby to see our plans. The expansion, once completed will allow us to offer many new and exciting services and programs. We will keep you updated on our progress in future issues of the “Link”.

In September we conducted a Brainstorming Session with a group of members to discuss ideas for the new Senior Center expansion. See the insert for a summary of the discussion.

In the Meantime: We’ve got you covered!
Please consider taking part in our wide array of health and wellness programs. These programs may help to meet your New Year’s resolutions and goals. There's also no excuse for the winter doldrums, as we have several new courses being offered through our Lifelong Learning program starting in January! See the insert for more details.

VOLUNTEER RECOGNITION CORNER
This month we welcome back: Nancy Buckley

We are currently looking for: Front Desk Reception, Bus Escorts, Blood Pressure Nurses with Liability Insurance, Congregate Dining Assistants and Medical Drivers (Mileage Reimbursement). ~Thank you all, Donna Weinberg, Project Coordinator for Volunteers, 781-834-5581

JANUARY COA BOOSTERS NEWS
“Boosterfest”
On Monday, January 6 from 2:00-4:00 pm.
The event is FREE and every Booster is invited to attend. Our business meeting, with election of officers and a vote on by-law changes, will be followed by a Make Your Own Sundae Bar served and hot cocoa. A door prize and game of TRIVIA will complete the program. Boosters should pick up their complimentary ticket(s) at the front desk by Friday, January 3.

Once again the familiar Thermometer Goal Chart will hang on the wall in the Senior Center Lobby. The Board of Directors has set a goal of $19,000 for Booster membership revenue for 2020. Last year’s membership contributions totaled a remarkable $17,900 and we are confident that this year’s goal will be reached thanks to your generosity. Every dollar is used to benefit our beloved Senior Center.

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 January 8.
Are you rated 100% disabled by the VA? If you are rated at least 10% disabled by the VA, you may qualify for a Real Estate tax exemption and . All veterans and widows of veterans who are in need of financial assistance should inquire about financial programs which could help with daily living expenses & medical bills. Call your town’s Veterans’ Services Office for more information. Marshfield Veterans’ Services Office: 781-834-5576
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.

<table>
<thead>
<tr>
<th>Extra Help</th>
<th>Monthly Income Limit</th>
<th>Asset Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$1,528/month</td>
<td>$13,820</td>
</tr>
<tr>
<td>Couple</td>
<td>$2,050</td>
<td>$27,600</td>
</tr>
</tbody>
</table>

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

MASSHEALTH BUY-IN is a program authorized by Congress for persons who are eligible for Medicare. MassHealth Buy-In allows MassHealth to pay all of the Medicare Part B premium for Massachusetts residents who are not getting other MassHealth benefits. Please see the insert for more details.

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.

SOCIAL SECURITY SCAM ALERT

Inspector General for the Social Security Administration, Gail S. Ennis, and Commissioner of Social Security Andrew Saul announce the launch of a dedicated online form at https://oig.ssa.gov to receive reports from the public of Social Security-related scams. These scams—in which fraudulent callers mislead victims into making cash or gift card payments to avoid arrest for purported Social Security number problems—skyrocketed over the past year to become the #1 type of fraud reported to the Federal Trade Commission and the Social Security Administration. To combat these scams, the Office of the Inspector General (OIG) will use the new online form to capture data that will be analyzed for trends and commonalities. The OIG will use the data to identify investigative leads, which could help identify criminal entities or individuals participating in or facilitating the scams. Ultimately, these efforts are expected to disrupt the scammers, helping reduce this type of fraud as well as the number of victims.

MARSHFIELD FOOD PANTRY

Located in the Library Plaza. Open every Tuesday & Friday 9:30 am - 12:00 noon, Wednesday evenings from 6:30-8:30 pm and Saturday, Jan. 11 from 10:00 am—1:00 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—February 5

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. NOTE: THERE WILL NO DINNER IN JANUARY.

FREE COMMUNITY DINNER—January 8

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! For more information: 781-659-7122.

TECHNOLOGY CORNER

COMPUTER LAB—OPEN DAILY

Our computer lab is staffed with volunteers from 9:00 am-12:00 noon Monday through Friday to assist you. Headsets available for use in the computer lab; please inquire at the front desk.

Please feel free to join the COA network to enjoy free Wi-Fi while you are in our building. The password is: marshfield

FACEBOOK

Visit our Facebook page: MarshfieldSeniorCenter to keep up with the comings and goings of the Council on Aging and don’t forget to follow and like us!
COA CLUBS AND GROUPS

MARBLED ANTIQUE PICTURE POSTCARDS: Third Wednesday at 11:00 am - 12:30 pm. For visitors and collectors. The next meeting is January 15. 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, January 27 in the Senior Center Library at 10:00 am. This month we will read “Becoming” by Michelle Obama. Jayne Bowen 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: The group meets on the 2nd and 4th Tuesdays, from 9:30-11:00 am. In January the group will meet on the 14th and 28th. Are you looking to stay up on current events? Then consider joining our Current Events discussion group. The facilitator, Dick Sullivan, shares the highlights from the previous two weeks for discussion. Democrats, Republicans, Independents, etc. are all welcome, we only ask that people are respectful and courteous given the contentious state of our current political environment.

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 topics will be January 7: Neurological Health Linked to Deep Sleep January 21: CIA Interference with Foreign Elections. If you have any questions about this group, please contact Bob Jackman the facilita-

“LUNDIN” CLUB: We travel to various local restaurants in the afternoon on the 3rd Thursday of each month. Next event January 16: Mamma Mia’s in Marshfield. Bus limit - 13 people; first come first serve basis. NEW TIME!! Pick up at your home or meet at the Senior Center is NOW at 12:30 pm FOR THE WINTER. No sign ups until January 2nd at the Senior Center.

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

MEN’S BREAKFAST GROUP: The Men’s Breakfast group will meet Friday, January 31 at 9:30 am due to the holidays. 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 on January 17.

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: NO MEETING IN JAN. OR FEB. The Sixty Plus Club meets the first Thursday of each month at 2:00 pm. The club will follow a new schedule of meetings in the new year of 2020. The first 2020 meeting will be on Thursday, March 5. The new executive board members will be announced at that time. See you then!

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 January 15 at 3:30 pm at the Senior Center.

COA BOOSTERS — The COA Boosters will meet on Monday, January 13 at 10:00 am at the Senior Center.
MacDonald Funeral Home
1755 Ocean St. P.O. Box 84 Marshfield 02050
781-834-7320
Funeral Directors: J. Robert • Robert E. • Mark W. • Steven P.

Hearing Aid Evaluation, Fitting and Maintenance
Diagnostic Hearing Evaluations • Tinnitus Evaluation and Treatment
Cerumen (Wax) Management • Cochlear Implants / Baha
Custom Earmolds • Assistive Listening Devices • Ear Piercing
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781-924-3648 | www.hearinghealthHHP.com

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At Stannah, we’ve designed chairs
that fold up neatly at the push of
a button, and recharge themselves
constantly for reliable service.
For stairs that turn, we have a
customizable duo-tube design for
the snugger fit or a single tube
design for most curved staircases.

MA HIC #160211, CT Elevator Ltd
Contractor License #ELV:0475333-R5
*When purchased directly from Stannah Stairlifts. Guarantee excludes rentals & previous purchases.

Mention Safe At Home & SAVE $200*
*Only one discount per person. Can only be applied to a new stairlift purchased directly from Stannah Stairlift.

For friendly advice, a free survey of your stairs, and no-obligation pricing call:

1-888-356-3130

Visit our showroom for a demo:
20 Liberty Way, Ste A
Franklin, MA 02038

For more Stannah stairlift info visit:
Stannah-Stairlifts.com/Safe-At-Home
OCES NUTRITION PROGRAM
January 2020

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>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>10</strong></td>
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<tr>
<td>Chicken Marsala (414)</td>
<td>Macaroni and Cheese (308)</td>
<td>Sloppy Joe (333)</td>
<td>Baked Polloch</td>
<td>Minestrone Soup** (448)</td>
</tr>
<tr>
<td>Seasoned &amp; Buttered Noodles (38)</td>
<td>California Vegetable Blend (30)</td>
<td>Roasted Potatoes (69)</td>
<td>w/Newburg Sauce* (55)</td>
<td>Italian Pot Roast (191)</td>
</tr>
<tr>
<td>Broccoli (12)</td>
<td>Corn Muffin (280)</td>
<td>Green Beans (3)</td>
<td>Whipped Buttermilk</td>
<td>Baked Potato Half (4)</td>
</tr>
<tr>
<td>Cherry Snack Loaf (340)</td>
<td>Hot Cinnamon Peaches (64)</td>
<td>Fruit Cocktail (10)</td>
<td>Oatmeal Bread (360)</td>
<td>Garlic Roll (240)</td>
</tr>
</tbody>
</table>

Calories: 735 | Calories: 681 | Calories: 790 | Calories: 763 | Calories: 517 |
Sodium: 844mg Carb: 95g | Sodium: 819mg Carb: 107g | Sodium: 830mg Carb: 97g | Sodium: 917mg Carb: 4g | Sodium: 993mg Carb: 4g |

**13** *Hot Dog with** (610) | **14** Chicken Cacciatore (480) | **15** Swiss Cheese (296) | **16** Homemade Meatloaf with Gravy (139) | Hawaiian Pork Roast (461) |

Bread (60) | Served Over Parsley (1) | Omelette (296) | Whipped Buttermilk Served Over | Whipped Sweet (82) |
| Chickpea Salad (144) | Bowtie Pasta (1) | French Toast Sticks (190) | Potatoes (33) | Peas (82) |
| Crinkle Cut Carrots (12) | Roman Vegetable Blend (16) | Home Fries (62) | Potatoes (33) Green Beans (3) |
| Ketchup (82) | Blend (16) | Peppers & Onions (2) | Peas (82) | Green Beans (3) |
| Mustard (55) | Multigrain Bread (150) | SF Syrup (30) | Wheat Bread (165) Multigrain Bread (150) | Gingerbread Cookie (102) Fresh Peach (2) |
| WW Hot Dog Roll (200) | Raspberry Filled Crinkles (195) | Fruited Yogurt (75) | MOD: Lemon Blue Bites (60) | MOD: Lemon Blue Bites (60) |
| Fresh Orange (0) | MOD: Vanilla Bites (50) | Orange Juice (0) Orange Juice (0) | No الكركدكلة | No الكركدكلة |

Calories: 780 | Calories: 559 | Calories: 569 | Calories: 783 | Calories: 783 |
Sodium: 1287mg Carb: 104g | Sodium: 979mg Carb: 99g | Sodium: 886mg Carb: 86g | Sodium: 857mg Carb: 92g | Sodium: 827mg Carb: 108g |

**20** | **21** | **22** | **23** | **24** |
| Martin Luther King Jr-Day No Meals Served | Vegetable Lasagna Rolls (443) | Roast Turkey w/Gravy & Stuffing Cornish* (629) | Vegetable Soup** (45) | Chicken Scallopini (351) |
| Tuscany Vegetable Blend (47) | W/Meat Sauce | Mashed Potatoes (135) | Grilled Cheese* (640) | Served Over Herbed Brown Rice (14) |
| Oatmeal Bread (150) | Butter Squash with Apples (4) | Broccoli (12) | O'Brien Potatoes (31) | Fiest Vegetable Blend (15) |
| Fruited Crunch Bar (80) | Cranberry Sauce (4) | Fresh Orange (6) | WW Dinner Roll (180) | Hot Caramelized Peaches (75) |
| MOD: Lemon Grains (95) | Multigrain Bread (150) | MOD: Lemon Grains (95) | MOD: Lemon Blue Bites (60) | MOD: Lemon Blue Bites (60) |

Sodium: 857mg Carb: 106g | Sodium: 857mg Carb: 95g | Sodium: 864mg Carb: 102g | Sodium: 772mg Carb: 98g | Sodium: 772mg Carb: 98g |

**27** | **28** | **29** | **30** | **31** |
| CHINESE LUNCHEON | BBQ Pork Patty (280) | Baked Chicken w/Pumpkin & Almond Pesto (482) | Beef, Rice, & Pepper Casserole (229) | Swedish Chicken Meatballs Served Over |
| Tater Tots (341) | Over Spiral Pasta (21) | Carrots (67) | Parsley Egg Noodles (1) | |
| Riviera Vegetable Blend (5) | Brussel Sprouts (17) | WW Dinner Roll (210) | Garden Vegetable Blend (2) | |
| WW Hamburger Roll (90) | Oatmeal Bread (150) | Lemon Square (109) | MOD: Lemon Blueberry Multigrain Bread (150) | MOD: Lemon Blueberry Multigrain Bread (150) |
| Salmon w/Honey Banana (1) | Chocolate Pudding (130) | Bites (60) | Hot Cinnamon Pears (64) | Hot Cinnamon Pears (64) |

Calories: 619g Carb: 93g | Calories: 619g Carb: 93g | Calories: 619g Carb: 93g | Calories: 619g Carb: 93g | Calories: 619g Carb: 93g |
Sodium: 781mg Carb: 110g | Sodium: 781mg Carb: 110g | Sodium: 781mg Carb: 110g | Sodium: 599mg Carb: 96g | Sodium: 599mg Carb: 96g |

**Community dining only** | **high sodium meal day** | **food item with >500mg/sodium** | **food item with >500mg/sodium** | **food item with >500mg/sodium** | **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 JANUARY:**
Thursday, Jan. 16—Martin Luther King Day Recognized

Monday, Jan. 27—Celebrate Chinese New Year with Chinese food: Chicken Chow Mein, Pork Fried Rice, Chicken Fingers & Fortune Cookie! $6 cost due upon sign up by Tuesday, January 21 at the front desk. No congregate lunch served this day; Meals on Wheels will have regular menu.

**TRIPS AND SPECIAL EVENTS**

**UPCOMING COA CULTURAL TRIPS:**
Save the date! A trip to the Boston Public Library for a private tour of the art and architecture of the Boston landmark will take place on Wednesday, March 25. Also, a trip to the Cape for shopping and tea at the iconic Dunbar Tea Room. Look forward to these excursions and more!

**SHUTTLE BUS SCHEDULE**

All Mall shopping trips are on Tuesday. Cost $6.
- Jan. 7  Lg. Walmart/Plymouth
- Jan. 14 Dollar Tree/Target Hanover
- Jan. 21 So. Shore Plaza/Lunch (approx. 9am-4pm)
- Jan. 28 Market Basket/Plymouth

**ROAD TRIP!** The Senior Center Bus Drivers will be setting aside one Tuesday a month to schedule an all-day excursion to various destinations for shopping & lunch. The hours will be approx. 9:00 am to 4:00 pm. Details to follow and suggestions welcome.

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 Thurs. 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.

**COA BOARD OFFICERS**

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Sheila Gagnon .......................................... Vice Chairperson
Marcy Amore.......................................................... Secretary

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Lynn Gaughan .......................................... Assistant Director
Lisa Cleary ...................................... Administrative Assistant
Marilee Comerford…………….……….Activities Coordinator
John Feeney, Robin Matthews, Chuck O’Connor, Glenn Loomis, Patricia Sweeney, John Gaffney & James Bachman............................................................................ Bus Drivers
Shannon Jameson..………………………..Nutrition Manager
Susan Franzosa ........................................ Clerical Assistant
Judy Caldas & Ken Pike ............ Social Service Coordinator
Donna Weinberg ...................... Project Coord. of Volunteers
Cathie DiMassa ..........................Activities & Food Assistant
Cathy Spiegel, Rita Walsh………………………....Sr. Aides

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