The LINK

Council on Aging

Ever Growing - Never Old

230 Webster Street
Marshfield, MA 02050
781-834-5581 • 781-834-5537 • FAX 781-834-5567

Marshcoa@comcast.net

Like us on Facebook: MarshfieldSeniorCenter
www.townofmarshfield.org

OPEN: Monday - Friday 8:30 am to 4:30 pm

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.

HEALTH PLAN OPTIONS FOR PEOPLE on MEDICARE with BCBS of MASSACHUSETTS
Presented by William Rowbottom on Thursday, February 20 at 1:00 pm

If you’re already enrolled in Medicare, you may be wondering if you chose the right options. Already have Medicare but wonder if you have the right coverage? We understand that Medicare can be confusing. This seminar explains your health insurance options, including the rules for Medicare, so you can be confident you’ve made the right choices. What will Health Plan Options cover? This seminar is a presentation and discussion led by a BCBS Rep of MA. It typically includes: *Explanation of Medicare Parts A, B, and C *Medicare enrollment timeline *Medigap plans that help supplement Medicare coverage. *Medicare Advantage plans, such as HMOs and PPOs *Medicare Part D prescription drug plans. Sign up ahead; light refreshments will be served.

FREE 2019 INCOME TAX RETURN PREPARATION
Mondays & Wednesdays, February 3-April 15, 2020
9:00 am—1:00 pm at the Senior Center
Saturdays, February 22-March 28, 2020
9:00 am—1:00 pm at the Ventress Library

The Marshfield Council on Aging, in conjunction with the AARP Foundation and the IRS, is again hosting free, confidential income tax return preparation for low to moderate income taxpayers of all ages, with special attention paid to those age 60 and older. AARP Foundation Tax-Aide volunteers are trained, certified and experienced with basic, non-complex federal & state tax returns. All returns are electronically filed unless circumstances dictate otherwise. Pick up a Tax-Aide Intake/Interview booklet available at the Senior Center or the Ventress Library. Arrive 15 minutes before appointment w/completed booklet, photo ID, SS card for all household members, all tax documents & your 2018 tax return. Bring your checkbook if you would like your refund directly deposited. Call 781-566-0626 to make appointment.

ART MATTERS
“Paul Cezanne”

On Monday, February 10 at 1:00 pm
“Compared to me, all my compatriots were idiots!” So claimed Post Impressionist Paul Cezanne. Indeed, it was from his work that much of the 20th century truly sprang. Matisse called Cezanne “The Mother of us all.” Picasso called Cezanne “The Father of us all”, and defended his name with a pistol. Join us to see just what all the fuss was about. Suggested Donation $3. Coffee will be served.

VALENTINE’S DAY CRAFT PROJECT WITH RITA
On Thursday, February 13 from 10:00 am—12:00 pm

Join Rita for Valentine Crafts creations ~ Valentine’s Wreath and Valentines Cards! Wrap a wire valentine wreath with colorful ribbon and attach a hanger. Decorate with silk flowers, stickers, jewels and seashells! We will also create Valentine’s cards using stamps, stickers and jewels. Each person can make at least three cards. Supplies provided. Minimum sign-up of 5; Maximum 10. Cost $5. Advance sign-up at the front desk.

ART OF FILM
“Best Friends” 1982

On Thursday, February 13 at 12:30 pm

Valentine’s Day requires a romance event, so...after much research I’ve selected this 38 year old film!!! “Best Friends,” a story about the realistic problems which occur in negative family situations. Of course, it ends happily ever after! Burt Reynolds and Goldie Hawn star as two Hollywood screen writers who initially as friends and lovers get married. Jessica Tandy plays Goldie’s mother. And... Michael Legrand’s music provides a wonderful background. (Roger Ebert gave this film 3 ½ stars.) ~ Heather Kaval

FOR QUICKER ACCESS TO OUR NEWSLETTER GO ONLINE TO -
Financing Available
Medical Equipment
Rentals • Sales • Service
Lift Chairs • Scooters
Hospital Beds & More
781-826-9999
10 East Street, Hanover, MA
www.HomeCareXpress.com

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

10 Village Green Way • Marshfield, MA
ProprietorsGreen.com

Call 781-319-5061 for a Complimentary Luncheon & Tour.

1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com
Marshfield Council on Aging, Marshfield, MA 06-5130

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

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

MASS BAY CREMATION SERVICE
Short and Long term Rehabilitation
Semi Private rooms Available

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
“Hearing Healthcare”
On Wednesday, February 12 at 1:00 pm
Join us for an educational talk about hearing healthcare with Dr. Elena Schepis Tzeng, audiologist and owner of Hearing Healthcare Professionals, LLC. At this presentation, Dr. Schepis will review the science of hearing, how hearing aids help, and effective communication skills for the hard of hearing. This talk will greatly benefit those who struggle with hearing loss, as well as those who communicate with the hard of hearing. You will also learn about the many assistive listening devices available today. Sign up ahead as refreshments will be served.

BALANCE & CONDITIONING FOR SENIORS
WITH NEIL SULLIVAN
On Mondays from 12:30-2:00 pm
The classes will consist of strength and conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. The stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the range of motion and strength in order to bring greater stability and increases awareness and reaction time so as to improve balance and prevent falls. Cost: $5 per class.

iPAD REFRESHER with Katy Mayo
On Thursday, February 13 & 20 from 1:00-2:30 pm
This is a two-part class that will teach you everything you need to know about using your iPad. We will cover the basics during the first class. The basics include, connecting to Wi-Fi, email set-up, changing settings, and exploring iCloud. The second part of the class, we will learn about downloading and using apps from the App Store, using FaceTime, email, internet, photos and much more. Sign up at the front desk. Cost: $40.00 for both sessions.

iPHONE CLASS with Katy Mayo
On Friday, February 28 from 1:00-2:30 pm
Bring your new or old iPhone and learn many new tips and tricks. Contacts, texting, pictures and many more topics will be covered. Sign up at the front desk. Cost: $20.

MUSICAL MONDAYS WITH
JACK CRAIG
On Monday, February 24 at 1:00 pm
“Guys and Dolls”
Experience some of Broadway’s greatest music by singing your way right through the synopsis of this landmark Broadway musical. The program has information on the creation of ‘Guys and Dolls’ and your chance to sing: ‘Luck Be a Lady’, ‘A Bushel and a Peck’, ‘I’ve Never Been In Love Before’, ‘Take Back Your Mink’, and other hits from the Frank Loesser score. It’s a perfect program for those who truly love Broadway musicals, and wouldn’t be satisfied with just one or two songs from a show! Refreshments will be served. $2 donation.

ANTIQUE SLIDESHOW ON
“Howard Johnson Artifacts”
On Thursday, February 27 at 1:00 pm
The phrase "28 flavors" brings warm memories of bygone Howard Johnson restaurants that dotted the American landscape. For the most part the presentation will concentrate on items associated with the restaurants, but there will be a brief mention of the motels and inn. Advertisements published between the 1940s and 1970s convey an essence of the restaurants in their heyday and will be the core of the presentation. Images of assorted objects used in the restaurants will also be shown. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have an artifact associated with Howard Johnson restaurants, 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 free; sign up as refreshments will be served.

NEW! MONTHLY WRITERS’ WORKSHOP
Are you an aspiring writer? We are looking to start a monthly writers’ workshop for those interested. The group will be forming soon—the leader is also looking for a volunteer to co-facilitate. Stop by the front desk to get on the interest list.

LIFELONG LEARNING
WINTERMISSION
CLASSES ARE ONGOING
The Winter Lifelong Learning program is currently underway. See schedule insert for remaining course availability.

MARSHFIELD COA’S MEMORY CAFE
On Monday, February 3 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 questions. Advance sign up recommended.

BRAINPOWER WORKOUT
STARTING IN FEBRUARY
On Tuesday, February 4 & 18 from 11:15—11:45 am
Mental exercises for the brain! This new class will meet on the 1st and 3rd Tuesday of each month. Help your brain by a variety of word games, puzzles and activities to exercise your mind and workout your imagination. Come and participate in a fun and brain strengthening session. Sign up at the front desk. We are also interested in volunteers to help run the brain workout sessions. Training is available. Call Donna (ext. 2120) for details on this volunteer opportunity.
MARILEE’S CLASSIC MOVIE
“Breakfast at Tiffany’s” 1hr 55m
On Thursday, February 20 at 12:30 pm
Breakfast at Tiffany’s is a 1961 American romantic comedy film directed by Blake Edwards loosely based on Truman Capote’s 1958 novella of the same name. Starring Audrey Hepburn and George Peppard. It is a classic, winner of two Oscars~it sparkles like diamonds! Hepburn as Holly, with her hair in a high chignon and carrying an oversized cigarette holder, is considered one of the most iconic images of 20th century American cinema.

WOMEN’S GROUP WITH BARBARA LEARY
“Healthy Heart”
On Tuesday, February 25 at 12:30 pm
February’s topic will be “Healthy Heart” in honor of heart month! With heart disease so prevalent in our society, it’s the perfect time to review the heart’s function, risk factors and your role in keeping your heart healthy. Barbara will be reviewing proper diet and exercise. Refreshments will be served. Advance sign up please.

MEN’S BREAKFAST (Women Always Welcome)
“The Journey of Getting Older & Wiser”
On Friday, February 28 at 9:30 am
Join Chaplain Ken for a time of inspiration, encouragement, challenge, and laughter. Through story-telling, life applications, and humor Ken will share perspectives on how to handle the journey of getting older and wiser. Chaplain Ken Hart works with Compassionate Care Hospice and runs bereavement support groups. Come and hear some insights to aging well. Advance sign up recommended. Donation $2.

“HEALTH HUDDLE”
WITH MARK LEMBO, P.T.
On Wednesday, February 19 at 1:00 pm
This month’s topic is “Loss of Balance and Managing Pain of the Foot and Ankle”. 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.

50+ JOB SEEKERS NETWORKING GROUP
The group meets twice a month from 9:30-11:30 am. In February, the meetings will be on Thursday the 6th and 20th. 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 and come for new topics at each meeting. Facilitator Deb Raymond is an experienced career coach and will lead you through re-invention. February 6th the topic will be about creating an elevator speech “You are a STAR: Tell Me About Yourself”. On February 20th the topic will be on creating a LinkedIn profile. Preregistration is required at www.mcoaonline.com/50plus. Call Marilee with any questions 781-834-5581.

SENIOR PROPERTY TAX RELIEF WORK PROGRAM FOR THE CALENDAR YEAR 2020
The Annual Town Meeting appropriated $55,000 in funds for the Senior Property Tax Relief Work Program! You must reaply every year. Applications are available at the Senior Center front desk. 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 to be applied toward payment of their property tax bill. Please note that we may not be able to place everyone that applies due to the limitations for placements and guidelines of the program.

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 February he will be here on Tuesday, the 18th 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 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 Susan Pieri will be available for 30-minute consultations on Tuesday, February 18 from 9:00-12:00 noon. 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.

RECRUITING U.S. CENSUS BUREAU
On Monday, 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.
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 February she will be available on the 14th 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.

MANICURES BY JODDIE - She will be here on Wednesdays from 9 am - 3 pm. In February, the dates are: 5, 12, 19 and 26th. Please call the Senior Center for appointments and pricing information.

CHAIR MASSAGE BY LEE ANN MCCARTHY—Certified Massage Therapist Joanne O’Brien will be here in February on the third Tuesday, February 18 from 9:30 am—1:30 pm. Lee Ann is out temporarily. 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 February, the group will meet on the 11 & 25th 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

NEW!! SOUTH SHORE VNA “ASK A NURSE” & BLOOD PRESSURE CLINIC—Held on the first Wednesday of the month from 10:30-11:30 am. This will be held on February 5.

NVNA & HOSPICE GLUCOSE/BLOOD PRESSURE CLINIC – The Norwell Visiting Nurse holds a clinic on the second Tuesday of the month, February 11 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, February 20 from 10:30 to 11:30 am.

COA BLOOD PRESSURE CLINIC is held on the fourth Wednesday of the month at the Senior Center, February 26 from 11:00 am-12:00 noon.

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

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.

NEW CLASS!! PILO CORE CLASS WITH MELISSA FREED on Mondays at 10:00-10:45 am. PiLo is designed to be an intense workout for all the muscles of the core. The class will include Pilates-based and traditional abdominal exercises while incorporating some balance poses and flexibility stretches. Most of the class will be conducted on a floor mat but modifications will be available for some exercises. Cost: $5 per class.

TAI CHI & CHI KUNG WITH MIKE SHOWSTACK on Mondays at 10:00 am. NO CLASS ON FEBRUARY 24. 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 Monday 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.

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 FEBRUARY 5, 7, 12, 14; CLASSES RESUME ON THE 19TH. 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.

NEW DAY! BALANCE & CONDITIONING FOR SENIORS WITH NEIL SULLIVAN on Mondays at 12:30 pm. The classes will consist of strength and conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. See page 2 for more details. Cost: $5 per class.

NEW DAY & TIME! MODIFIED YOGA W/ NEIL SULLIVAN on Fridays at 12:30 pm. In this class students are NOT required to come down to the floor. This class incorporates therapeutic movements, yoga postures, stretches and balance exercises designed to build strength, increase flexibility, improved balance and reduce stress. Modified yoga is appropriate for those with arthritis, osteoporosis, post-op rehabilitation, and others with limited mobility. 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 and join us. February 6-Carolina Hill Trails-off Main St (Rt. 3A) Marshfield February 13-Rexham Beach @ end of Winslow Street-South River side-low tide 8:12 February 20-Crowell Bogs, 500’ south on Lincoln Street from the Turn About, Duxbury February 27-Burke’s Beach @ end of Beach Street-low tide 7:32 March 5-Webster Wilderness, behind the Senior Center

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.
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.

园

MARILYN'S SUPPORT GROUP - Come along with us. What is AA? 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 non-professional, self-supporting, multiracial, 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 information 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

SAVE THE DATE!
Reverse Mortgage Program with David Tourtillot, CRMP of Homestead Mortgage On Monday, March 9 at 1:00 pm Please join us for an educational workshop on the pros and cons of the Federally Insured Reverse Mortgage Program and how to use a Reverse Mortgage to allow you to stay in your home or to sell your home and purchase a new more suitable home with a Reverse Mortgage. Surprise giveaways will be provided.

THE LINK • MARSHFIELD
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Easy Painting</td>
<td>3</td>
<td>Fitness &amp; Strength w/Janet CLASS CANCELLED</td>
</tr>
<tr>
<td>Stretch and Flex Class</td>
<td>3</td>
<td>Woodcarving AND Manicurist</td>
</tr>
<tr>
<td>Breakfast Club</td>
<td>3</td>
<td>AARP Tax Preparation</td>
</tr>
<tr>
<td>AARP Tax Preparation</td>
<td>9:00 am-1:00 pm</td>
<td>Exercise w/Chris</td>
</tr>
<tr>
<td>NEW CLASS: Pilo Core</td>
<td>10:00-10:45 am</td>
<td>Rug Hooking AND Knitting/Crocheting</td>
</tr>
<tr>
<td>Tai-Chi Class</td>
<td>10:00 am</td>
<td>Begin Again Yoga with Tricia</td>
</tr>
<tr>
<td>TED Scholars</td>
<td>11:00 am</td>
<td>‘Ask a Nurse’ &amp; BP Clinic</td>
</tr>
<tr>
<td>Lunch: Stuffed Shells w/meat sauce</td>
<td>12:00 noon</td>
<td>TED Scholars</td>
</tr>
<tr>
<td>Movie Opal</td>
<td>12:30 pm</td>
<td>Lunch: Chicken Meatballs w/Pasta...</td>
</tr>
<tr>
<td>NEW DAY: Balance &amp; Conditioning</td>
<td>12:30 pm</td>
<td>SALT</td>
</tr>
<tr>
<td>Hand &amp; Foot Games</td>
<td>1:00 pm</td>
<td>TRIAD</td>
</tr>
<tr>
<td>Pinchell</td>
<td>1:00 pm</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>Zumba</td>
<td>1:00 pm</td>
<td>Whist</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hand &amp; Foot Games</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Korean Veterans</td>
</tr>
</tbody>
</table>

**CENTER CLOSED**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Easy Painting</td>
<td>17</td>
<td>Fitness &amp; Strength w/Janet CLASS CANCELLED</td>
</tr>
<tr>
<td>Stretch and Flex Class</td>
<td>17</td>
<td>Woodcarving AND Manicurist</td>
</tr>
<tr>
<td>Breakfast Club</td>
<td>17</td>
<td>AARP Tax Preparation</td>
</tr>
<tr>
<td>AARP Tax Preparation</td>
<td>9:00 am-1:00 pm</td>
<td>Exercise w/Chris</td>
</tr>
<tr>
<td>NEW CLASS: Pilo Core</td>
<td>10:00-10:45 am</td>
<td>Rug Hooking AND Knitting/Crocheting</td>
</tr>
<tr>
<td>Tai-Chi Class</td>
<td>10:00 am</td>
<td>Begin Again Yoga with Tricia</td>
</tr>
<tr>
<td>NEW CLASS: Pilo Core</td>
<td>10:00 am</td>
<td>‘Ask a Nurse’ &amp; BP Clinic</td>
</tr>
<tr>
<td>TED Scholars</td>
<td>11:00 am</td>
<td>TED Scholars</td>
</tr>
<tr>
<td>Lunch: St_producto</td>
<td>12:00 noon</td>
<td>Lunch: Chicken Meatballs w/Pasta...</td>
</tr>
<tr>
<td>NEW DAY: Balance &amp; Conditioning</td>
<td>12:30 pm</td>
<td>SALT</td>
</tr>
<tr>
<td>Hand &amp; Foot Games</td>
<td>1:00 pm</td>
<td>TRIAD</td>
</tr>
<tr>
<td>Pinchell</td>
<td>1:00 pm</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>Zumba</td>
<td>1:00 pm</td>
<td>Whist</td>
</tr>
<tr>
<td>Art Matters</td>
<td>1:00 pm</td>
<td>Hand &amp; Foot Games</td>
</tr>
<tr>
<td></td>
<td></td>
<td>COA Board Meeting</td>
</tr>
</tbody>
</table>

**CARDIGAN NURSING & REHABILITATION CENTER**

Short Term Rehabilitation • Long Term Care

59 COUNTRY WAY, SCITUATE

781-545-9477
2002

**Lunch: Fish w/Sweet Potato Wedges**

**“The OK Boomers”**

On Friday, the 14th from 11:15 am-12:15 pm. “The OK Boomers” provide fun music featuring the swing jazz guitar of Jim Gordon and the boogie/blues stylings of Sandy McPhail. The songs you know. From the American Songbook to the halls of Rock ’n Roll. Lose ‘yer blues and welcome to the new decade.

---

**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** on Mondays with Steve Rhodes and Wednesdays with Nancy Mauro at 1:00 pm. New players welcome! 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. 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 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** meets quarterly. The next class will be in April. Leader Bonnie Benford will be making beading 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.

**SAVE THE DATE FOR OUR NEW “MEET THE AUTHOR” SERIES!**
On Monday, March 23 from 4:00 pm-6:00 pm
Come meet local author Ken Brack and join us for a light supper. Ken will discuss overcoming traumatic loss through the lens of both his narrative nonfiction book and outreach at Hope Floats, Healing and Wellness Center, a nonprofit in Kingston. His book “Especially For You” tells the wrenching and ultimately uplifting stories of grieving families who grow through extraordinary trials as they find a new purpose. Ken and his wife Denise opened Hope Floats in 2008 as a response to their son’s death, which has become a trusted resource on the South Shore and beyond. Ken will focus on their experiences growing bereavement supports and building community alongside others seeking to transform their pain into something good. If interested, sign up at the front desk.

**BOOSTER’S CORNER**
Please remember to renew your annual COA Booster Membership and many thanks to those of you who have already done so. Membership forms are available by the kiosk at the Senior Center. Watch the familiar Thermometer Goal Chart in the Senior Center Lobby as we strive to reach our goal of $19,000 for 2020.

A special thanks to Joe Driscoll, Pete Edmonds and Roy Davis for creating a separate area for our supplies at the Senior Center.

Keep your eyes out for our March St. Patrick’s day Pot ’O’ Gold Raffle. This year we plan to raffle $50 in cash along with $50 worth of lottery tickets. Bring along your lucky leprechaun and purchase a ticket or two or more!
Too Good to be True? It May be a Scam.
Learning that a loved one has fallen victim to a scam can be very upsetting, to say the least. A scam is when a person or organization dishonestly attempts to obtain money, personal information, or something else of value from you. Scam attempts may be made in a number of ways, from email and text to a telephone call or in-person. Anyone can become a victim of a scam. There are many different scams to avoid - from employment, tax collection and charity scams to healthcare, home improvement and other scams. How do you protect yourself and your loved ones? Awareness is key. To avoid phone scams, do not answer unknown numbers. Hang up if you answer a call and it’s a recorded message, or Robocall. Never give out or confirm credit card, banking or any personal information (such as your name, address, date of birth, insurance number, social security number, etc.) to someone calling you on the phone. Be aware of phishing scams, which are unsolicited and unexpected communications (via email or text message) that ask for personal information. Be careful not to click on links or open attachments unless you have verified the sender. If you are shopping online, make sure you are shopping on a legitimate website, as there are fake sites that mimic famous retailers. Fake sites often have spelling/grammatical errors. Also, the website should have a secure payment process. Be mindful that scammers may use social media, dating websites and other sites to quickly befriend you and gain your trust. The following is an abbreviated list of scams to be aware of:

- Employment scam – You've received a job offer or training opportunity; it requires payment. Be weary.
- Emergency scam – This is when a scammer impersonates your family member or friend in an attempt to obtain money from you for "help" in a bogus emergency. It’s also known as the "grandparent scam". Do not wire or mail money or gift cards without first verifying their story with other family members and friends.
- Charity scam – Scammers play to the emotions of those they are trying to scam and may appeal to you to help victims of a recent disaster, critically ill individuals, animals in need and others. If you do wish to support an individual, cause or charity, find out as much information as possible to ensure authenticity prior to making a donation. For additional guidance and to check for Better Business Bureau (BBB) charity accreditation, visit www.give.org. To review a full list of scams and learn how to better protect yourself and your loved ones, visit www.bbb.org/scamtips.

Not being able to manage their money makes them particularly vulnerable to financial loss through a scam as they may not spot fraudulent transactions. Old Colony Elder Services (OCES) provides confidential assistance to older adults (over 60) through well-trained volunteers who can help sort through their mail, ensure that bills are paid on time, bank statements are reconciled, and financial paperwork is organized. The Money Management Program (MMP) at OCES can help provide older adults with peace of mind when managing their money. To learn more about the program, visit www.ocesma.org.

Money Management -Keeping your finances in good order and paying attention to your credit card and bank statements will help you to quickly identify any discrepancies or unauthorized activity. Sometimes older adults need assistance organizing their finances. They may have difficulty with tasks such as paying, budgeting, and sorting through their mail.

VOLUNTEER RECOGNITION CORNER


We are currently looking for: Snow Shovelers, Blood Pressure Nurses, Front Desk Reception, Bus Escorts, Congregate Dining Assistants and Medical Drivers (Mileage Reimbursement).~Thank you all, Donna Weinberg, Project Coordinator for Volunteers, 781-834-5581 X 20

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 February 12.
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
FROM THE SOCIAL SERVICE CORNER

SHINE COUNSELORS offer free, accurate, and confidential assistance to elders and their families with questions on Medicare and health insurance options including supplemental plans, claims processing, billing, home health care, durable equipment needs and public benefits.

- 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.**

- Medicare Savings Programs also known as “MassHealth Buy-in” for Massachusetts Medicare eligible residents with limited income and assets. If qualified, this program will pay your monthly Medicare Part B premium and in some cases out of pocket costs.

<table>
<thead>
<tr>
<th></th>
<th>Monthly Income Limit</th>
<th>Asset Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$1,738/month</td>
<td>$15,460</td>
</tr>
<tr>
<td>Couple</td>
<td>$2,346/month</td>
<td>$23,200</td>
</tr>
</tbody>
</table>

- 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.

<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>

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.

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

FUELM 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 second Saturday, Feb. 8 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.

FREE COMMUNITY DINNER—February 12

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

iPAD REFRESHER with Katy Mayo

On Thursday, February 13 & 20 from 1:00 pm-2:30 pm

iPHONE CLASS with Katy Mayo

On Friday, February 28 from 1:00 pm-2:30 pm

(See Pg. 2 for more details on both of these classes.)

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

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.

INCENTMENT 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!
MARSHFIELD ANTIQUE PICTURE POSTCARDS: Third Wednesday at 11:00 am –12:30 pm. For visitors and collectors. The next meeting is February 19. 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, February 24 in the Senior Center Library at 10:00 am. This month we will read “The Alice Network” by Kate Quinn. 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: The group meets on the 2nd and 4th Tuesdays, from 9:30—11:00 am. In February the group will meet on the 11th and 25th. 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 February 4: Psychology of Chaos and Elections February 18: The Meritocracy Trap and the American Dream. If you have any questions about this group, please contact Bob Jackman the facilitator at 781-837-3844.

“LUNDIN” CLUB: We travel to various local restaurants in the afternoon on the 3rd Thursday of each month. Next event February 20: Longhorn Steakhouse in Pembroke. 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 February 3rd 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, February 28 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 February 21.

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 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”
**OCES NUTRITION PROGRAM**

*February 2020*

---

**Community Dining Menu**

*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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Information is for the entire meal including bread, milk, &amp; margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate</strong>: 1% Milk=107 mg sodium Margarine=30 mg sodium.</td>
<td><strong>February</strong></td>
<td><strong>February</strong></td>
<td><strong>February</strong></td>
<td><strong>February</strong></td>
</tr>
<tr>
<td>3 Stuffed Shells w/Meat</td>
<td>4 Chicken Chili* (512)</td>
<td>5 Potato Crunch Fish (270)</td>
<td>6 Chicken Paprikash (422)</td>
<td>7 Minestrone Soup** (131)</td>
</tr>
<tr>
<td>3 Sauce</td>
<td>Steamed Brown</td>
<td>Sweet Potato Wedge* (267)</td>
<td>Served Over Parsked</td>
<td></td>
</tr>
<tr>
<td>3 Tuscan Vegetable</td>
<td>Rice (4)</td>
<td>Green Beans (3)</td>
<td>California Vegetable Blend (130)</td>
<td></td>
</tr>
<tr>
<td>3 Blends</td>
<td>Fiesta Vegetable</td>
<td>Tartar Sauce (130)</td>
<td>Blended</td>
<td></td>
</tr>
<tr>
<td>3 Cranberry Orange</td>
<td>Blend (15)</td>
<td>Oatmeal Bread (190)</td>
<td>Brussel Sprouts (17)</td>
<td></td>
</tr>
<tr>
<td>3 Fruit Loaf</td>
<td>Corn Muffin (230)</td>
<td>Banana (1)</td>
<td>Wheat Bread (165)</td>
<td></td>
</tr>
<tr>
<td>3 Fresh Orange</td>
<td>Fresh Apple (12)</td>
<td>Fig Bar (35)</td>
<td>Vanilla Pudding (220)</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>776</td>
<td>749</td>
<td>722</td>
<td>749</td>
</tr>
<tr>
<td>Sodium</td>
<td>748 mg</td>
<td>919 mg</td>
<td>976 mg</td>
<td>759 mg</td>
</tr>
<tr>
<td>Carb</td>
<td>93 g</td>
<td>114 g</td>
<td>110 g</td>
<td>106 g</td>
</tr>
</tbody>
</table>

| 10 Sloppy Joe | 110g | 12 Italian Chicken Meatball | 13 Beef Stew | 14 Chicken Scampi (434) |
| 10 Italian Roasted | Provole Cheese (314) | w/Red Pepper Pesto (411) |  |  |
| 10 Potatoes | Home Fries (31) | Served Over | Roasted Sweet Potato |  |
| 10 Zucchini | Peppers & Onions (2) | Parsley Spiral Pasta (1) | Potatoes (41) |  |
| 10 WW Hamburger Roll | Pancakes (313) | Roman Veg. Blend (16) | Green Beans (13) |  |
| 10 Mandarin Oranges | Fruited Yogurt (75) | DoubleCheChick (165) | Vegetable Blend (65) |  |
| 10 Apple Juice | MOD: Cinnamon Bites (71) | MOD: Cinnamon Bites (71) | MOD: Cinnamon Bites (71) |  |
| Calories | 773 | 715 | 833 | 895 |
| Sodium | 559 mg | 853 mg | 911 mg | 559 mg |
| Carb | 90 g | 101 g | 97 g | 88 g |
| 17 President’s Day | No Meals Served | 18 Chicken Valdostana (255) | 19 Vegetable Soup** (420) | 21 MOD: Lemon Grains (95) |
| 17 President’s Day | Philly Cheese Steak w/American Cheese* (592) | Sauce Served Over | Roast Pork w/Gravy (155) |  |
| 17 President’s Day | O’Brien Potatoes (31) | Rotini Pasta (1) | Apple Cider Gravy (112) |  |
| 17 President’s Day | Peppers & Onions (2) | Peas & Onions (16) | Whipped Sweet Potatoes (35) |  |
| 17 President’s Day | Sub Roll (330) | Blueberry Snack Leaf (160) | Garden Veg Blend (2) |  |
| 17 President’s Day | Fruit Cocktail (5) | Fresh Orange (105) | Sour Cream (13) |  |
| Calories | 791 | 733 | 845 | 767 |
| Sodium | 1115 mg | 744 mg | 642 mg | 767 mg |
| Carb | 99 g | 102 g | 115 g | 86 g |

| 24 BBQ Pork Patty | 25 Glazed Bone-In | 26 Fiesta Fish | 27 Chicken Parmesan | 28 Macaroni & Cheese (308) |
| 24 Roasted Red Bliss | Chicken Drumstick (290) | Brown Rice with w/Tomato Sauce* (280) |  |  |
| 24 Potatoes | Mashed Potatoes (135) | Orzo and Peas (46) | Over Penne Pasta (1) |  |
| 24 Fiesta Vegetable Blend | Broccoli (12) | Rivera Vegetable | Vegetable Blend (40) |  |
| 24 WW Hamburger Roll | Corn Muffin (230) | Blend (5) | Brussel Sprouts (17) |  |
| 24 Gingerbread Cookie | Fresh Apple (1) | WW Dinner Roll (180) | Blueberry Snack (160) |  |
| 24 MOD: Cinnamon Bites (71) | Chocolate Pudding (190) | Cracked Wheat Bread (150) | Loaf (160) |  |
| Calories | 741 | 642 | 706 | 790 |
| Sodium | 613 mg | 87 mg | 783 mg | 790 mg |
| Carb | 99 g | 86 g | 97 g | 112 g |

**Community dining only**

**High sodium meal day**

**Food item with >500 mg/sodium**
**LUNCH PROGRAMS**

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 FEBRUARY:**

- Friday, February 14 ~ Valentine’s Day Music & Treat
- Tuesday, February 25 ~ Mardi Gras celebration

**TRIPS AND SPECIAL EVENTS**

Boston Public Library on Wednesday, March 25. A private 1-hour walking tour (elevators available). Explore the art & architecture of this Boston landmark. The bus will leave the COA at 9:00 am returning at 2:30 pm. Trip includes a stop for lunch on the way home (meal not included). Bus and private tour $20 due at sign up. (min. 10/max. 14)

Dunbar Tea Room on Thursday, April 23—Trip to the Cape for tea and shopping. More details to come. Interest list at the front desk.

Arnold Arboretum on Wednesday, May 20 – Come see the lilacs in bloom. Trip will include stop for lunch. Interest list at the front desk.

**SHUTTLE BUS SCHEDULE**

All Mall shopping trips are on Tuesday. Cost $6.
- Feb. 4 Lg. Walmart/Plymouth
- Feb. 11 Dollar Tree/CVS/Walgreen’s/Star
- Feb. 18 Hingham Shipyard~BeerWorks/Talbots/Other Merchants/Lunch
- Feb. 25 Big Y/Kingston

**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). **PLEASE NOTE:** There is a 3-shopping bag maximum.

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. 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.

**PERMIT #3**

MARSHFIELD MA

US POSTAGE PAID

STANDARD PREPOSTED