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.

Dear Patrons,

Where did the summer go? It is hard to believe that fall is almost upon us. The COA Staff has been busy working on many projects and initiatives. We have just completed a new COA brochure that lists our programs and services and is available on request. We have also put together our first all virtual fall “Lifelong Learning Program” which you will find on page 6. Our new “My Senior Center” will allow you to register online. We are hoping to eventually integrate the use of credit cards so participants can not only sign up for classes online but also pay virtually.

The Outdoor Recreation Project that started in July is moving along at a steady clip and the area is starting to take shape. We expect that this project will be completed by late September so that everyone can enjoy all of the new outdoor activities and amenities. We are working with the COA Board, MYBL and the town on a name for this park which we will share once we know. Our outdoor fitness classes continue to thrive and we hope to offer these classes through late fall.

The Senior Center Expansion is also on track and we are finishing up design development and construction documents and expect to go out to bid in the early fall. We can’t wait to get started and finished for that matter, so you can enjoy the new program areas that we have created for you. We will keep you posted on our progress.

“September is National Senior Center Month” and for 2020 the theme is: Senior Centers: Delivering Vital Connections! This year’s theme was chosen by NCOA to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources. Our own Senior Center has definitely played a vital role in the community, has Strived to promote a positive image of aging, and we are always trying to create interest among prospective new participants! The key words to celebrate National Senior Center month are; are Mind, Body, Spirit and Community. These are important reminders to take a holistic approach. The pandemic has certainly been a challenge for the Marshfield Senior Center, our town and community but we will continue to evolve to meet needs as they arise.

“September is also grandparent’s month.” National Grandparents Day is a special holiday to honor grandparents. It is celebrated on the first Sunday after Labor Day, which falls on September 13th this year. Although social distancing measures during the COVID-19 pandemic may change how the day is celebrated for many grandparents and grandchildren who are unable to be together, there are ways around it. Celebrate with a heartwarming telephone call, a video conference, or a “drive-by parade”. Consider other creative ways to honor grandparents and enjoy the day together while distanced.

In today’s world, family structures continue to evolve. The number of grandparents raising grandchildren is on the rise. Raising grandchildren can have many rewards, such as giving grandchildren a sense of security and keeping the family together. Yet, it can also bring many challenges. No matter how much grandparents love their grandkids, taking them into their home requires many adjustments. Grandparents are once again responsible for daily activities such as homework, meals, sports, financial commitments and schedules. Old Colony Elder Services (OCES) has a Family Caregiver Support Program (FCSP) designed to assist and support those who are providing care. FCSP also helps individuals age 55 or older who are caregivers - in particular, grandparents raising grandchildren. When parents are unable to raise their children, grandparents are often the ones stepping up. The FCSP empowers grandparents by providing resources and support, through OCES programs as well as other resources in the community, to help with caregiving. OCES provides one-on-one support to each caregiver, and creates a personalized plan outlining available resources appropriate to their caregiving situation. This may include help with respite, summer camps, technology and more. Learn more about how OCES’ FCSP helps navigate one of life’s challenging but most rewarding jobs. Visit www.ocesma.org or call 508-584-1561. Thank you to NCOA and OCES for this information.

Happy fall and we look forward to seeing you outside, virtually, over the phone or in person once we are able to open.
Carol Hamilton, Director

FOR QUICKER ACCESS TO OUR NEWSLETTER GO ONLINE TO - WWW.OURSENIORCENTER.COM/FIND/MARSHFIELD-COUNCIL-ON-AGING
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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
COA ACTIVITIES

GREAT DISCUSSIONS ON ZOOM
On Tuesday, September 1 & 15 from 10:00-11:30 am
We read and rigorously discuss current events and other stimulating, topical subjects. September 1 topic: Peaceful Protest, Civil Disturbances, and Federal Intervention. September 15 topic: Future of the Artic and Sub-Artic. If you have questions about this group, please contact Bob Jackman at 781-837-3844 and if you are new to the group call the Senior Center at 781-834-5581 to register. An email with Zoom meeting details will be sent prior to each meeting.

BOOSTING IMMUNITY & HEALTH WITH NUTRITION
Thursday, September 10 from 10:00-11:00 am
Does “an apple a day really keep the doctor away?” Big Y’s Consulting Dietitian, Kathy Jordan, MS, RDN, CPT will share the answer. Learn which foods and nutrients can help boost your immune system and help you avoid colds, flu, other infections and chronic diseases.

- Discover current recommendations for healthy eating with tips to apply them to the purchases you make at the market.
- Learn nutritionist-approved tips for achieving and maintaining great optimal health and keep you feeling energized.
- Dispel current myths and misinformation about diet, nutrition and health.

Call the Senior Center at 781-834-5582 to register.

VIRTUAL TOUR OF MARSHFIELD COMMUNITY TELEVISION
On Thursday, September 17 at 1:00 pm
Join MCTV’s Hayley Herman for a Zoom tour and discussion of Marshfield Community Television and what they do for the town including information about government meetings and making meetings accessible to the older population, especially now with COVID. Also hear about how they broadcast COA content and news about what’s happening in Marshfield. There will be videos/photos of the station and we will hear from other staff members of MCTV. This zoom meeting will also be recorded and aired on MCTV at a later date. To register for this exciting virtual tour opportunity call the Senior Center at 781 834-5581.

“HOW TO ZOOM” CLASS
On Friday, September 11 at 10:00 am
Free Introductory Zoom Class with Katy Mayo. Call the Senior Center to register at 781-834-5581.

ART MATTERS ON ZOOM
“American Art Part 2 1900-1950”
On Monday, September 21 at 1:00 pm
The center of the art world has always been Europe, and American artists have, by necessity, mostly followed those evolutions. The American independent spirit pushed the boundaries of acceptable traditions, and in the early part of the 20th century Americans begin to develop their own unique voice; the Ash Can School, the flowering of photography, and the consciousness of Social Realism were just some of the new developments that reflected the history of those times. Join us for a look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect. Suggested donation $3. Call the Senior Center at 781-834-5581 to register.

TED TALK & DISCUSSION ON ZOOM
On Wednesday, September 23 at 10:00 am
Join us on zoom to view and discuss a TED talk with Nita Mosby Tyler on “Want a more just world? Be an unlikely ally” Call the Senior Center at 781-834-5581 to register.

BOOK DISCUSSION GROUP ON ZOOM
On Monday, September 28 on Zoom at 11:00 am
This month we will read “The Story of Frederick Law Olmstead” by Withold Rybczinski. The Webster Readers is facilitated by Alia Antoon. New members welcome! Call the Senior Center at 781-834-5581 to register.

ANTIQUE SLIDESHOW
“Lightships of the Northeast”
On Thursday, September 24 at 1:00 pm
Although often unsung, for two centuries lightships have been anchored off the American coast to identify the locations of shoals, reefs, and other impediments to navigation. The program will identify the placement of lightships along the northeast coast and also some of the vessels specifically anchored at those sites. The program will overview changes in lightship design, and the ship’s secondary role of assisting rescue attempts following shipwrecks. The program will also provide some insight into the daily routine of lightship crews and crafts they practiced to occupy idle time. The PowerPoint presentation will be organized around a sequence of over 80 slides with narration. The speaker will be antiques writer Bob Jackman. The program will be offered on CABLE TV and on the INTERNET. To watch on your television, tune into Channel 13 for Comcast customers or Channel 34 for Verizon customers. Watch on TV or Call the Senior Center at 781-834-5581 to obtain a link that will be active for 48 hours after the initial broadcast.
COA ACTIVITIES

COFFEE & CHAT
On Mondays at 9:00 am
Join us on Zoom for a virtual Coffee and Chat. Pour yourself a cup of coffee and reconnect with your friends from the Senior Center. To register, call the Senior Center at 781-834-5581.

TELEPHONE COFFEE & GROUP CHAT
On Wednesdays 9:00-10:00 am
Mark your calendar! Pour yourself some coffee and grab your telephone and join us on Wednesday mornings for a coffee and chat on a conference call. The call will be facilitated by Marilee and there will be time to catch up on COA happenings and check in with each other and we will also have fun questions and discussions. To participate, call (978) 990-5014 access code 1790387.

Meditation and Mindfulness On Zoom
on the 2nd and 4th Tuesday of the month at 2pm
sign up by calling: 781-834-5581
Class is Free ~ Beginners Welcome

SHARE & SHARE ALIKE
(Formerly known as Men’s Coffee & Chat)
On Friday, September 25 at 9:00 am
All welcome. There will be brief guest appearances along with group participation. Everyone will have a chance to share on a presenter’s topic. Connect with old friends and make some new friends on Zoom! To sign up, call the Senior Center at 781-834-5581.

CONVERSATIONAL SPANISH ON ZOOM
On Friday, September 4 & 18 at 10:00 am
Join Spanish instructor Cathy Spiegel and learn to speak conversational Spanish! New students welcome for this exciting class. Knowledge of Zoom required to join (see above class description). Call the Senior Center at 781-834-5581 to register.

OUTDOOR TAI CHI w/MIKE SHOWSTACK on Mondays at 9:00 am in the Senior Center parking lot (weather permitting) Tai Chi is the healing power that transcends the limitations of human ability and imagination. Chi improves posture, circulation, respiration and digestion, and harmony of the body and mind as one. Members to maintain 6 foot distance from classmates, wear facemasks and loose clothing. Cost: $6.00 per class. Call the Senior Center at 781-834-5581 to register.

OUTDOOR FITNESS CLASS w/JANET ENOS on Wednesdays at 9:00 am in the Senior Center parking lot (weather permitting) This class includes a combination of light aerobics and strength training with weights. Members to maintain 6 foot distance from classmates and wear facemasks. Bring a beach chair and weights. (If you do not have weights, you may borrow them from the Center for the class duration.) Limit 20. Cost: $6.00 per class. Call the Senior Center at 781-834-5581 to register.

WALKING GROUP W/ TYLER NIMS
meets every Thursday at 8:30 am at the Senior Center parking lot for a variety of scenic walks in and about the area. Come by & join us!
September 3 — Norris Reservation, behind Norwell Post Office—coffee on the North River
September 10 — Rexhame Beach @ end of Winslow (Standish) St, ocean side
September 17 — Couch Cemetery—off Union St, Marshfield
September 24 — Powder Point Bridge, Duxbury (park mainland side)
October 1 — Daniel Webster Wildlife Sanctuary

OUTDOOR ZUMBA CLASS w/JUSTINE HOBIN on FRIDAYS! Classes are at 9:00 am in the Senior Center parking lot (weather permitting) Zumba 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. Members to maintain 6 foot distance from classmates and wear facemasks. Limit 20. Cost: $5.00 per class. Call the Senior Center at 781-834-5581 to register.
This month welcome new volunteer: Donna Spruill


At this time we still need: Bus Escorts, Meals on Wheels Drivers, Volunteers with Technical/Online Skills and a Book Club Leader. For more volunteering details, contact Donna Weinberg, Project Coordinator for Volunteers at 781-834-5581 X 2120 or by email: coavolunteercoordinator@townofmarshfield.org

Thanks again to all our Volunteers through thick and thin, through good times and bad.

MBTA SENIOR CHARLIE CARD RENEWAL

To renew your Senior Charlie Card, you may need to reapply. Call 617-222-3200 for more info. You can also visit the Charlie Card Store. After you apply, you’ll get a 30 day reduced fare ticket while your new pass is sent to you. Or mail your expired Charlie Card to: MBTA Charlie Card Store, 7 Chauncy Street, Boston, MA 02111 and your new card will be mailed within 7-10 business days.

SOCIAL SERVICES CORNER

Medicare Open Enrollment
Oct 15-Dec 7, 2020

This year has been challenging, to say the least. With Medicare Part D open enrollment around the corner. I believe those challenges are going to continue. With the uncertainty of in person appointments, we are trying to devise some alternative ways of helping Medicare beneficiaries navigate the open enrollment period. This is a work in progress, and is something that weighs heavy on our minds.

Due to social distancing guidelines, we will not be able to use the previous ways we have counseled you during past open enrollment periods. If we are able to do in person appointments, room availability will be limited and there will be extra time needed between appointments for cleaning the area. Waiting in the lobby possibly won’t be available and we may ask you to wait in your car until called. We have been doing virtual counseling over the phone the past few months, but that comes with its challenges. We are lucky to live in the age of technology, but we realize that not everyone has the capabilities of doing things electronically. We are hoping that for those who are tech savvy, we can hold a virtual appointment via phone and email. For those without the ability to do a virtual meeting, we will try doing a drug plan finder by mail and then a phone call to go over results. We will be able to do enrollments into new plans over the phone if necessary and mail you your confirmation. At some point we may be given the green light to do in person appointments again, but we are just trying to prepare ourselves for the unknown that lies ahead. To schedule an appointment, fill out the Open Enrollment form on the REVERSE SIDE of this page and send it back to the Marshfield COA. We will call you with an appointment time, if warranted. Because of the hurdles we are going to come up against, we will not be able to assist non-Marshfield residents. We will have information for nonresidents as to where they can find their local SHINE counselor. The SHINE counselors here at the COA are grateful for the trust you have in our abilities to provide you with up to date health insurance information that can be both confusing and daunting. We are truly honored. As always, please contact the COA with any questions and someone will return your call as soon as we are available. Be well! Your SHINE team, Judy, Alan and Ken

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com Marshfield Council on Aging, Marshfield, MA 06-5130
LIFELONG LEARNING REGISTRATION FORM

History of Harding, Coolidge & Hoover          October 1-29     $20
Overview of the Pilgrimage Experience          October 7-28     $20
Smartphone Photography                         October 15-November 12 $20
Local History Lectures                         October 19—November 9 $20
Exploring Spirituality                         Dates to be announced $20
Balance & Conditioning                         Dates to be announced $20
TOTAL                                           ____________________

NAME:_____________________________________
ADDRESS:___________________________________
TELEPHONE:_________________ EMAIL:_________________
**LIFELONG LEARNING FALL 2020**

**ALL OFFERINGS WILL BE CONDUCTED VIA ZOOM AND COST $20 EACH**

**HISTORY OF THE HARDING, COOLIDGE AND HOOVER ADMINISTRATIONS WITH JOHN SULLIVAN**  
Thursdays October 1, 8, 22, 29 (no class on Oct 15) @1:00pm-2:30pm

This four week course will examine the administrations of Harding, Coolidge, and Hoover. This period is often called the "Roaring Twenties". The roaring twenties span the end of World War I until the stock market crash of 1929. It was a time of prosperity and cultural changes. We will be looking at the time before the "Great Depression".

**OVERVIEW OF THE PILGRIMAGE EXPERIENCE IN RELIGIOUS TRADITIONS WITH JUNAID YASIN**  
Wednesdays October 7, 14, 21, 28 @ 10:30 am-12:00 pm

Junaid Yasin, a 30 year Scituate resident, is a practicing Muslim who has been active in various interfaith discussions and has travelled extensively overseas. In the four sessions, we will explore the thoughts and motivations that lead to these pilgrimages, as well as describe and discuss these pilgrimages. Pilgrimages are undertaken by all major religious groups. Participants will be encouraged to share their thoughts of the objectives and desired results from pilgrimages.

**SMARTPHONE PHOTOGRAPHY WITH ROBIN BILLING**  
Thursdays October 15, 22, 29, Nov 5, 12 @ 10:00-11:00am

Would you like to increase your digital photography skills and develop greater confidence with smartphone technology? Then, this is the class for you! Robin will use an iPhone to demonstrate, but other smartphones are welcome. In this class, you will learn to: use your camera to take pictures and videos using a variety of settings, edit your photos and create special effects, navigate your photo collection and create personalized albums. Participants will be encouraged to practice skills on their own smartphones during class, so we can troubleshoot problems and address questions along the way. Limit: 10

**LOCAL HISTORY LECTURES FROM THE MARSHFIELD HISTORICAL SOCIETY**  
Mondays October 19, 26, November 2, 9 @ 3:00pm

Marshfield has a long and fascinating series of stories to tell. The presentations will be given by Marshfield Historical Society stalwarts Dottie Melcher and Tim Davidson and be on different topics each of the four weeks. The final order of the presentations is TBD. The topics will include: L.B. Howard, a turn of the 20th century photographer from Brant Rock. “Attic Treasures” talking about (and showing) some of the recent acquisitions of the Society. The first famous person from Marshfield’s Green Harbor, Edward Winslow who received a large land grant from the King in 1635-1640. Large portions of his Marshfield land eventually became owned by Daniel Webster in the 1800s. Travels of Trinity Episcopal Church from the Centre Marshfield, Seaview and Marshfield Hills neighborhoods and all of the various locations in Marshfield, a look at history of place.

**EXPLORING SPIRITUALITY THROUGH POETRY WITH MARY BETH EMERSON**  
Coming in late October/November, dates to be announced in October LINK

Join us on an interior journey: Poetry and Spirituality, Explorations in Word and Image. Over four weeks, we'll play with the works of Poets known and unknown, we'll share the poetry that speaks to our souls, we'll play at being Poets ourselves ... and, we'll have fun with it! Facilitated by The Rev. Mary Beth Emerson, this journey of the spirit may open new portals of understanding and embracing the divine spark within us all. Mary Beth is a Poet, Spiritual Director and an Episcopal Deacon.

**BALANCE & CONDITIONING EXERCISES TO HELP KEEP YOU SAFE AND STRONG WITH NEIL SULLIVAN**  
Coming in late October/November, dates to be announced in October LINK

Classes will consist of strength & 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 ROM (range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls.

**REGISTRATION BEGINS MONDAY, SEPTEMBER 21, TO REGISTER**

- Complete Lifelong Learning Registration Form at the bottom of the previous page and submit with payment to Marshfield Senior Center, 230 Webster Street, Marshfield, MA 02050 OR
- Register online by going to www.MyActiveCenter.com and submit your payment to Marshfield Senior Center at the address listed above.
  - Click on New User
  - Choose Marshfield Senior Center
  - Enter the number from the back of your swipe card and your home phone number. Enter your email and set up a password for your account.
  - Click on Details for the class you want to register for, then click on Register.
- All checks must be payable to the Marshfield Council on Aging.
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10:00-11:30 am  
Zoom Great Discussions  
2:00-3:00 pm  
Zoom Meditation & Mindfulness  
9:00-10:00 am  
Zoom Coffee & Chat  
9:00-10:00 am  
Outdoor Tai Chi  
1:00 pm  
Zoom Art Matters  
9:00-10:00 am  
Zoom Coffee & Chat  
9:00-10:00 am  
Outdoor Tai Chi  |  
10:00-11:30 am  
Zoom Great Discussions  
10:00-11:00 am  
Tech Talk w/Katy Mayo  
10:00-12:00 pm  
Flu Clinic  
2:00-3:00 pm  
Zoom Meditation & Mindfulness  
9:00-10:00 am  
Zoom Coffee & Chat  
9:00-10:00 am  
Outdoor Tai Chi  |  
9:00-10:00 am  
Outdoor Fitness w/Janet Enos  
9:00-10:00 am  
Telephone Coffee  
1:00 pm Zoom TRIAD Meeting  
1:00 pm  
Korean Veterans Meeting  |

### ARE YOU A COA BOOSTER MEMBER?
Membership dues provide improvements and enhancements to our Marshfield Senior Center. Your financial support as a member, and participation in our fundraisers, keep our Senior Center one of the most outstanding in the state. **To JOIN or RENEW please ask our receptionist for a COA Booster membership form today.** Help us reach our membership goal of $19,000 for 2020.
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**SEPTEMBER 2020**

**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**

Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com Marshfield Council on Aging, Marshfield, MA 06-5130
“TECH TALK” ON ZOOM
With Katy Mayo On Tuesday, September 22 at 10:00 am
Hello from Katy Mayo to the Folks at Marshfield COA! I have been teaching classes on computers and devices at the COA over the years and I miss seeing everyone in person now with the Covid-19 restrictions. But I have been enjoying seeing some of you virtually at the Introduction to Zoom classes that have been offered to the Marshfield COA since May. Zoom is a great platform for interacting in groups and it is helpful tool for keeping in touch with friends and family as well as a place for classes and events. If you are not yet familiar with Zoom, sign up for one of the free Introduction to Zoom classes. The next class will be offered on September 11th at 10:00 am (see Page 2 for details). In addition, I will be available for a ‘Tech Talk’ on Zoom (see above date and time). Sign up with the COA and bring your questions about computers, devices, or any technology to our Zoom Chat! Hopefully I will be able to answer your questions or at least point you to the resources that can help you. Call the Senior Center at 781-834-5581 to register. ~Katy~

Marshfield COA’s Heather Kaval presents Quarantine Edition ART OF FILM Quiz

Match the star with the movie:

Questions:
In which film were the following songs or lines originally heard?

a. “Can You Feel the Love Tonight” ____________________________
b. “Mrs. Robinson” ____________________________
c. “As Time Goes By” ____________________________
d. “Fit As a Fiddle” ____________________________
e. “Stupid is as stupid does.” ____________________________
f. “I think we need a bigger boat.” ____________________________
g. “Are you talkin’ to me?” ____________________________
h. “Life is just a piece of chocolate.” ____________________________

Which was the most technically influential film? ____________________________
What is your favorite movie or movies? ____________________________

Bring this list and your answers to Film Class when we are able to regather so that we can discuss it. Hope to see you soon. ~Heather~

From Neil Sullivan – Yoga and Balance Instructor

“Hello to all of the dedicated students that I’ve had the distinct pleasure and good fortune of teaching to over the past couple of years, I hope that you’re all well and I think about you often and that I truly miss our time together. I assume that you are all keeping up with every exercise and stretch that I’ve ever taught and assigned to you for homework-hah! I really miss seeing you and I am glad to be able to teach a course as part Marshfield’s Lifelong Learning Program in October. I look forward to seeing you soon!” ~Neil~

Greetings from Jack Craig of to all my friends at the Council!

~ and boy do I sure miss coming in each month for our musical times together. I, like you I imagine, have been spending most of my time at home trying my best to keep busy with various hobbies, keeping in touch with relatives and friends, and doing chores – the never ending type! I have also been entertained by the various artists that have put together musical specials – some of which have been on TV and others found on YouTube, etc. I was particularly inspired back in March by a solo performance in a square in Italy by Andrea Bocelli as he sang ‘Amazing Grace’ unaccompanied just standing outside.

With that as inspiration, I made ‘Amazing Grace’ the first song in a program that I’ve called ‘Songs of Hope and Inspiration’. Rest assured it will be the first program I bring to you when the Council doors re-open and we can gather again to sing. I can’t wait to be serenaded by all my musical buddies again. Until then— stay safe and be well. Best wishes, Jack
**Medicare Current Beneficiary Survey (MCBS)**

On behalf of the Centers for Medicare & Medicaid Services, part of the U.S. Department of Health and Human Services, NORC at the University of Chicago is undertaking an important national study called the Medicare Current Beneficiary Survey (MCBS). This research project is designed to provide information on the health care experiences of Medicare eligible persons across America. We collect urgently needed information about the health problems of people on Medicare, the types of medical care they receive, and the cost and affordability of the care and medicine they need. We are interviewing Medicare beneficiaries in selected areas throughout the United States, including your community, as part of a national random sample for the MCBS. NORC interviewers will contact selected beneficiaries in your community by phone starting in late July. The safety and privacy of these selected beneficiaries is our greatest priority. Normally, our interviewers would visit in-person to conduct the interview. However, due to the coronavirus outbreak, our interviewers will contact selected beneficiaries by phone to explain the study and conduct the interview. Be assured that participation in this study by your residents is completely voluntary and that our interviewers will adhere to the strictest professional standards. NORC is one of the oldest and most prestigious social survey research organizations in the nation. We have been conducting nationwide surveys for over 70 years, during which we have earned a reputation for research that is scientifically sound and in the public interest. If you have any questions or would like more information on the study or NORC, please visit: Our Study Page on the Centers for Medicaid and Medicare Services website at CMS.gov/mcbs; Our MCBS Respondent Website at mcbs.norc.org; Our NORC Respondent Care Center at norc.org/WorkingWithNORC Ella Kemp, MCBS Field Production Mgr., NORC Senior Field Mgr.

**TOWN CLERK’S CORNER**

State Primary, September 1, 7:00 am–8:00 pm

State (Presidential) Election November 3, 7:00 am–8:00 pm
Both will take place at Marshfield High School Gym

In-Person Early Voting for the Presidential Election will be October 17–30; times will be the same as above, location to be determined.

If you have applied for a ballot by mail you can check its status on the Town Clerk’s page at www.marshfield-ma.org or on the State Elections Division page at https://www.sec.state.ma.us/ele/Transportation provided by Marshfield COA upon request; please call 781-834-5581.

**Census Takers in Your Neighborhood**

Starting in July, census takers will visit homes that haven’t yet responded to the 2020 Census.

**What To Expect:** Census takers will wear masks and follow local public health guidelines when they visit your home. All census takers complete a virtual COVID-19 training on social distancing and other health and safety protocols before beginning their work in neighborhoods. Census takers are hired from your area, and their goal is to help you and everyone in your home be counted in the 2020 Census. If the census taker who visits your home does not speak your language, you may request a return visit from a census taker who does speak your language. If no one is home when the census taker visits, the census taker will leave a notice of their visit with information about how to respond online, by phone or by mail. If you respond online or by phone today, a census taker is less likely to have to visit your home to collect your response.

**How Can You Verify That Someone Is a Census Taker?** If someone visits your home this year to collect information for the 2020 Census, check to make sure they have a valid ID badge with their photograph, a U.S. Department of Commerce watermark, and an expiration date. Census workers may also carry Census Bureau bags and other equipment with the Census Bureau logo.

A look at some of the items that a census taker may carry with them, including a laptop, laptop bag, confidentiality notices, and an "Official Business" notice for their vehicle. Census takers may also deliver a paper questionnaire by hanging it on the front door in a water-resistant plastic bag.

If you still have questions about their identity, you can contact your regional census center to speak with a Census Bureau representative. Residents can complete the census online, by phone or by mail. It is simplest if residents still have the form they were mailed with their census ID. They can visit https://my2020census.gov/ and answer the questions. Residents who no longer have the census ID can go to the same site and select the “I don’t have my ID” option. Residents who would rather answer by phone can call 844-330-2020. There are 12 non-English language phone numbers that can be found at https://2020census.gov/en/ways-to-respond/responding-by-phone.html.

**WE ARE NOW ACCEPTING MEDICAL EQUIPMENT DONATIONS & RETURNS**

Please call ahead if you are returning equipment or making a donation so that we can make arrangements to properly sanitize your returns and donations at 781-834-5581. Thank you!
National Council on Aging has expanded resources available on their website in honor of Falls Prevention Week September 21-25. To learn more, visit ncoa.org/FallsPrevention

The NCOA reminds us that many falls are preventable and offer these 6 Tips:
1. Find a good balance and exercise program. Look to build balance, strength, and flexibility.
2. Talk to your health care provider and ask for an assessment of your risk of falling and share your history of recent falls.
3. Regularly review your medication with your doctor or pharmacist. Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.
4. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, makes stairs safe and install grab bars in key areas.
6. Talk to family members and enlist their support in taking simple steps to stay safe.

FLU SHOT CLINICS AT THE SENIOR CENTER
The CDC highly recommend that seniors get Flu and Pneumonia vaccines in light of the ongoing pandemic. Osco Pharmacy of Star Market will be here under the tent on Tuesday, September 22 (rain date September 23) and October 6 from 10:00 am – 12:00 noon. Appointments required; call 781-834-5581 to schedule. Please bring your Medicare Part B cards and ALL pertinent prescription cards. Everyone will receive a 10% shopping order coupon on the day they get the vaccines. If you need a ride please make a bus reservation with the front desk. Please wear a mask and we will have people wait in their cars and notify with a cell phone or if people do not have cell phones or come on the bus, we will have social distanced waiting areas available.

SIXTY PLUS CLUB CORNER
With the continuing changing of tides, the Sixty Plus Club will be cancelling its September and October meetings. Wishing all our best to our members and all of your friends and families. We hope you are well and taking care of yourselves the best you can. We are looking forward to our next meeting and will keep you posted on a date.

Fondly, Theresa Crocker, Nancy Goodwin, Sandy Murphy and Ann Wernig

FLU SHOT CLINICS AT THE SENIOR CENTER
The CDC highly recommend that seniors get Flu and Pneumonia vaccines in light of the ongoing pandemic. Osco Pharmacy of Star Market will be here under the tent on Tuesday, September 22 (rain date September 23) and October 6 from 10:00 am – 12:00 noon. Appointments required; call 781-834-5581 to schedule. Please bring your Medicare Part B cards and ALL pertinent prescription cards. Everyone will receive a 10% shopping order coupon on the day they get the vaccines. If you need a ride please make a bus reservation with the front desk. Please wear a mask and we will have people wait in their cars and notify with a cell phone or if people do not have cell phones or come on the bus, we will have social distanced waiting areas available.

MEMORY TRAINING HEALTHY LIVING PROGRAM
What you will learn
- What memory is and how it works
- How memory techniques work
- Techniques and strategies to improve memory
- To improve memory habits
- To apply memory techniques in real life situations
Join us: Via ZOOM
Date: Wednesdays, September 23-October 21
Time: 1:00 p.m. to 3:00 p.m.
For more information or to register, contact Patricia Livie at 508-591-0930
Please leave your name and telephone number—mention Memory Training

BOOSTERS CORNER
The Marshfield COA Booster Board of Directors send their concern and support to you all and encourage you to continue following the recommendations of our Governor to remain safe during these extraordinary times. At a recent ZOOM board meeting we discussed the challenges presented by the Covid 19 virus and the potential challenges it presents to our organization which is to fulfill our mission as a financial support to the Marshfield COA Senior Center. Sadly we had to cancel plans for our annual Craft Fair scheduled for November. This event is always well attended and anticipated by our membership and friends for the unique quality crafts as well as the tasty luncheon and the delectable goodies from our bake sale. Unfortunately a group gathering of this size is not possible at this time. The Craft Fair is a major source of financial support for the Boosters every year and its cancellation presents a huge challenge to us to raise funds for our beloved Senior Center. Because of our limited fundraising ability and the fact our Booster membership is DOWN for the year 2020, we are including a copy of our Booster Membership Application in this month’s Link with hopes that many of you will respond. By now we should have reached our membership goal for the year - $19,000 for 2020. Membership and donation receipts are under $14,000. Last year we surpassed our goal of $17,000 with receipts of about $18,500. We know the people who enjoy and utilize the Senior Center have and will continue to financially support our center but we just need to get back on track! We will return to normal—a new normal perhaps—but we will all be back enjoying our senior center and the Boosters want to be ready to meet the needs of the center to keep us the Best Senior Center on the South Shore!!! Please tear out the Booster Membership Application (to the right) and mail it back to us with your financial support. Thank you!
MARSHFIELD COA BOOSTERS, INC.

2020 Membership Application

If you have not renewed your 2020 Booster membership OR are not a Booster and want to join OR just want to make an additional donation to the Boosters—PLEASE fill out this application and return it, with your check, to The Marshfield COA Boosters, P O Box 165, Marshfield, MA

The financial support from your membership dues, donations and fundraising provide for equipment, furnishings, programming & services and help keep us a truly GREAT Senior Center. Booster funds are used only for items not in the Town of Marshfield Council on Aging annual budget. Due to Covid 19 we are unable to hold our usual fundraising events this year and this request is only means to continue to raise money to meet the usual needs of the Center as well the new and unique requests that will arise from the pandemic.

Please print clearly

NAME ________________________________

MAILING ADDRESS __________________________________________________________

Town ___________________________ State___________ ZIP_____________

Street Address (if different) _______________________________________________________

Phone ___________________________ Cell ________________________________

EMAIL____________________________

(Please give us your email address. Your information will not be shared & confidentiality will be respected. E mails save on cost of individual mailing to communicate with you about Booster activities. We limit the number of messages sent during the year)

INDIVIDUAL annual membership $10.00 $__________

FAMILY annual membership $15.00 $__________

PATRON annual membership $25.00 $__________

ANGEL status $100.00 $__________

SPONSOR status $250.00 $__________

BENEFACTOR status $500.00 $__________

ADDITIONAL DONATION $__________

TOTAL $__________

Please make your check payable to the Marshfield COA Boosters and mail it with this form to P O Box 165, Marshfield, MA 02050

We want to hear from Boosters who will contribute even more than financial support—we need your time and talents working as a special projects or fundraising volunteer as well as serving on our board of directors.

Check this box if you will help with special projects or fundraising

Check this box if interested in becoming a Board Member

Tell us about interests, talents or skills you’re willing to share with us ________________________________
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
20 EAST STREET UNIT 1, HANOVER, MA 02339
781-924-3648 | www.hearinghealthHHP.com

CALL TODAY: 781-319-5067

Village at Proprietors Green
Independent Living • Assisted Living • Memory Care
10 Village Green Way • Marshfield, MA
ProprietorsGreen.com

NEW!
Slimline Rail for curved stairs

GLIDE UPSTAIRS
with a Stannah Stairlift

Enjoy the full use of your home and live independently in comfort and safety!
☑ For Curved & Straight Stairs
☑ 7-Day Money Back Guarantee
☑ Rentals Available

Stay in the Home You Love!
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 snug fit or a single tube design for most curved staircases.

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

Stannah

For more Stannah stairlift info visit:
Stannah-Stairlifts.com/Safe-At-Home
### 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>
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<tr>
<td><strong>Nutrition Information</strong></td>
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<td>for the entire meal</td>
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<td>including bread, milk &amp; margarine. Each item is followed by milligrams</td>
<td>including bread, milk &amp; margarine. Each item is followed by milligrams</td>
<td>including bread, milk &amp; margarine. Each item is followed by milligrams</td>
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<td>including bread, milk &amp; margarine. Each item is followed by milligrams</td>
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<tr>
<td><em>O’Brien Potatoes (6)</em></td>
<td><em>Scandinavian Veg Blend (41)</em></td>
<td><em>Italian Veg Blend (19)</em></td>
<td><em>Lemon Blueberry (60)</em></td>
<td><em>Fresh Orange (0)</em></td>
</tr>
<tr>
<td><em>Margarine (30 mg sodium)</em></td>
<td><em>Bowlie Pasta (1)</em></td>
<td><em>Spinach Salad (5)</em></td>
<td><em>Creamy Brown Rice Casserole (12)</em></td>
<td><em>Apple (1)</em></td>
</tr>
<tr>
<td><strong>Calories: 728</strong></td>
<td><strong>Calories: 763</strong></td>
<td><strong>Calories: 779</strong></td>
<td><strong>Calories: 699</strong></td>
<td><strong>Calories: 699</strong></td>
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<tr>
<td><strong>1% Milk: 107 mg sodium</strong></td>
<td><strong>Sodium: 82 mg Carb: 14 g</strong></td>
<td><strong>Sodium: 87 mg Carb: 0 g</strong></td>
<td><strong>Sodium: 74 mg Carb: 108 g</strong></td>
<td><strong>Sodium: 93 mg Carb: 91 g</strong></td>
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**Labor Day No Meals Served**

**Calories: 707** | **Calories: 707** | **Calories: 707** | **Calories: 707** | **Calories: 707** |
| **1% Milk: 107 mg sodium** | **Sodium: 76 mg Carb: 105 g** | **Sodium: 77 mg Carb: 114 g** | **Sodium: 50 mg Carb: 105 g** | **Sodium: 76 mg Carb: 102 g** |

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<tr>
<td><strong>Stuffed Shells with Cauliflower</strong></td>
<td><strong>Macaroni &amp; Cheese</strong></td>
<td><strong>Chicken Scallopini</strong></td>
<td><strong>Swiss Cheese Meatballs</strong></td>
<td><strong>Roast Pork</strong></td>
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<tr>
<td><strong>557 mg Carb: 85 g</strong></td>
<td><strong>365 mg Carb: 120 g</strong></td>
<td><strong>350 mg Carb: 65 g</strong></td>
<td><strong>362 mg Carb: 125 g</strong></td>
<td><strong>352 mg Carb: 80 g</strong></td>
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<td><strong>17</strong></td>
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<td><strong>21</strong></td>
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<tr>
<td><strong>Parsley Cheese</strong></td>
<td><strong>Waldorf Salad</strong></td>
<td><strong>Herbed Brown Rice</strong></td>
<td><strong>Braised Beef</strong></td>
<td><strong>Broccoli</strong></td>
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<tr>
<td><strong>35 mg Carb: 20 g</strong></td>
<td><strong>150 mg Carb: 20 g</strong></td>
<td><strong>250 mg Carb: 40 g</strong></td>
<td><strong>125 mg Carb: 30 g</strong></td>
<td><strong>100 mg Carb: 20 g</strong></td>
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<tr>
<td><strong>Calories: 152</strong></td>
<td><strong>Calories: 177</strong></td>
<td><strong>Calories: 168</strong></td>
<td><strong>Calories: 134</strong></td>
<td><strong>Calories: 118</strong></td>
</tr>
<tr>
<td><strong>Sodium: 63 mg Carb: 10 g</strong></td>
<td><strong>Sodium: 75 mg Carb: 10 g</strong></td>
<td><strong>Sodium: 63 mg Carb: 10 g</strong></td>
<td><strong>Sodium: 57 mg Carb: 10 g</strong></td>
<td><strong>Sodium: 73 mg Carb: 10 g</strong></td>
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<tr>
<td><strong>Vegetable Lasagna</strong></td>
<td><strong>Breaded Chicken w/ Mozzarella Cheese and Ratatouille</strong></td>
<td><strong>Potato Crunch Fish</strong></td>
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<td><strong>570 mg Carb: 120 g</strong></td>
<td><strong>360 mg Carb: 120 g</strong></td>
<td><strong>270 mg Carb: 120 g</strong></td>
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<td><strong>25</strong></td>
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<tr>
<td><strong>California Vegetable</strong></td>
<td><strong>Served Over</strong></td>
<td><strong>Herbed Brown Rice</strong></td>
<td><strong>Braised Beef</strong></td>
<td><strong>Broccoli</strong></td>
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<tr>
<td><strong>260 mg Carb: 100 g</strong></td>
<td><strong>100 mg Carb: 20 g</strong></td>
<td><strong>250 mg Carb: 40 g</strong></td>
<td><strong>125 mg Carb: 30 g</strong></td>
<td><strong>100 mg Carb: 20 g</strong></td>
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<tr>
<td><strong>Calories: 674</strong></td>
<td><strong>Calories: 754</strong></td>
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<td><strong>Calories: 754</strong></td>
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<td><strong>Sodium: 109 mg Carb: 100 g</strong></td>
<td><strong>Sodium: 104 mg Carb: 113 g</strong></td>
<td><strong>Sodium: 77 mg Carb: 98 g</strong></td>
<td><strong>Sodium: 56 mg Carb: 99 g</strong></td>
<td><strong>Sodium: 94 mg Carb: 109 g</strong></td>
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**September**

* high sodium meal day  * food item with >500 mg sodium/sodium
If you are a veteran or a surviving spouse of a veteran, there may be financial help available to you. Although the town hall is closed to the public, your Veterans Service Officers are still available to help you. Please call us at 781-834-5576 and leave a voicemail and we will return your call as soon as possible.

Veterans Meeting - If you have a computer or smartphone, you may join in our weekly veterans meeting on Zoom. Call the above number for information if you would like to join. Meetings are Tuesdays at 2:00 pm.

KOREAN WAR VETERANS MEETING
Wednesday, September 9 at 1:00 pm
Outside at the Marshfield Senior Center
The purpose of this meeting is to elect officers for the coming year. The meeting will last no longer than 30 minutes. MANDATORY PREREGISTRATION THROUGH BOB GRIFFIN. Actual head count will be submitted prior to the meeting. All members will wear a mask or be denied entry. Social distancing of six (6) feet will be mandatory. No food will be allowed, except bottled water. While signing in, if any member shows signs of ANY illness they will be denied access.

ZOOM MEETING
On Wednesday, September 9 at 1:00 pm
“Covid 19 Theft & Scams”
Triad is Law Enforcement and Council’s on Aging working together for the betterment of Seniors in the Community. We provide educational on crime prevention, health, safety and wellness each 2nd Wednesday of the month at 1:00 pm. This month’s topic is “Covid 19 Theft and Scams” The Covid-19 ID Theft and Scams are on the rise. It can be difficult to differentiate between legitimate websites selling PPE or supplies, contact tracers calling on the phone, text messages received regarding exposure to the virus and emails regarding stimulus checks. We will discuss many of these issues and how to protect yourself and your personal information. Please join us to discuss the recent examples of fraud affecting our area. Call the Senior Center to register at 781-834-5581.

REVERSE MORTGAGE CONSULTANT
On Wednesday, September 23 from 9:00 am to 12:00 pm
David Toutillott, Certified Reverse Mortgage Professional will be available for free 30 minute informational sessions on the benefits of Reverse Mortgages. Come learn about this option and David will be happy to answer any questions you may have. Appointments will be offered on a first come first serve basis. To make an appointment please call the Senior Center at 781-834-5581. Appointments will be held on the patio.