



The LINK

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National Institute of
Senior Centers



Council on Aging

Ever Growing - Never Old

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Marshfield, MA 02050

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Marshcoa@comcast.net



Like us on Facebook: [MarshfieldSeniorCenter](https://www.facebook.com/MarshfieldSeniorCenter)

www.townofmarshfield.org

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

JUNE 2021

Volume 375

Carol Hamilton, Director
Barbara VanHouten, Chair

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.

FEATURING "LIVE, IN PERSON" EVENTS @ THE SENIOR CENTER

ART OF FILM CLASS

On Thursday, June 10 at 12:30 pm

"Terms of Endearment" 1983 (131 minutes)

"Winner of 5 Academy Awards: Best Picture 1983; Best Actress--Shirley MacLaine; Best Supporting Actor--Jack Nicholson; Best Director and Best Screenplay Adaptation--James L. Brooks, 'Terms of Endearment' is packed with powerful performances and a story that will leave you laughing and crying like no film has before." Like life, Terms balances the funny and the sad. I promise you a great class. ~ Heather Kaval ~ Class limit-20. Please call 781-834-5581 to register.



BEGINNER WATER COLOR CLASS WITH GAIL LOIK

Starting Fridays on June 11 from 9:30 - 12:00 Noon



You will learn tips and tricks to watercolor painting! Supplies needed will be a small watercolor set, pan or tubes, three brushes 8-12" round, flat medium and a point/detail brush, Strathmore watercolor paper 140lb, and a 9x12" or 11x14" pad. Questions? Please call Gayle 781-934-0246 after 4:00 p.m. The cost will be \$15 per class ~ pay as you go. The class is limited to 12 students, advance sign up required. **No Class on Friday, June 18.** Please call 781-834-5581 to register.

GARDENING IN HARMONY WITH NATURE

On Tuesday, June 15 at 11:00 am

Susan Anthony is a very passionate plants person and talented Landscape Design Artist. She is a wealth of information, especially if you have perennial and herb questions. Susan has designed and tended to a select group of gardens on the South Shore since 1978. Please attend this presentation and find out just how important it is to garden in cooperation with nature. Whether you are growing edibles or ornamentals, doing it organically is vital to our health, and the health of our planet. Issues such as preservation and restoration of native plants and insects, as well as work on elimination of invasive plant species, will be covered. The presentation will include a plethora of reliable information and many photos of gorgeous native plant species! Class limit-12. Please call 781-834-5581 to register.



POETRY CLUB

On Friday, June 25 at 11:00 am

Join facilitator Rich Hansen for this monthly gathering of people who love poems! We study poets ranging from Longfellow to Amanda Gorman. Please join in as we share our thoughts and opinions in this fun, interactive group. All welcome! Class limit-12. Please call 781-834-5581 to register.



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Wendy is active in the south shore senior community, a columnist in The South Shore Senior News, and most recently a featured speaker at the third annual St. Elizabeth Hospital's Parkinson's Symposium.

It would be my pleasure to send you my free moving guide, complete with timelines and lists to help organize your move.

Please reach out by phone 781.267.0400
or email, wendy.oleksiak@compass.com

Wendy Oleksiak Group is a team of real estate agents affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws.

compass.com

In youth, love and art. In age, investments and antiques. -Mason Cooley

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- ☞ Clocks & Watches
- ☞ Dolls & Toys
- ☞ Books, Post Cards, Manuscripts
- ☞ Town Histories & Atlases
- ☞ Collectibles - Including Hummels, Doultons & Liadros Paper Weights
- ☞ Musical Instruments
- ☞ Thank You - My Interests Exceed This List!

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DIRECTOR'S CORNER

It is hard to believe that summer is fast approaching as we begin the beautiful month of June with Flag Day on the 14th. Please come and enjoy our new hummingbird feeder and the many outdoor activities that we are offering. We have opened the recreation park which offers outdoor exercise equipment, ping pong, pickle ball and bocce. There is also a nice shaded pavilion with picnic tables. Sometime soon we plan to be installing benches and trash receptacles throughout the park.

With the recent relaxing of COVID restrictions, we are beginning the reopening of the Senior Center on June 1, 2021. We ask for your patience as we work through the implementation of our former and new programs and services. You will see in the June LINK that we are beginning to add back programs and will continue to do so in the following months. We anticipate offering congregate lunch beginning in August. If you see a class or event that you like please sign up ahead, as seating may be limited. Our virtual classes are still ongoing as well. The building expansion is underway and the Building Committee took its first walk through the end of May, as the rooms are now framed up and beginning to take shape.

From all of us Happy Father's Day and First Day of Summer on June 20th,
Carol Hamilton, Marshfield Council on Aging

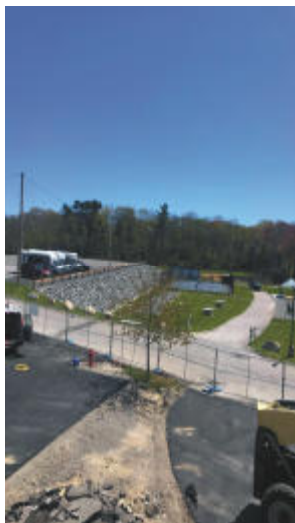


The Council on Aging addition is coming along swiftly, the building is now 80% framed. The carpenters have been very busy installing the structure that will house this fabulous addition. The goal over the next three weeks is to bring the building to a point of being weather tight. This is achieved when the window and roof are installed. The roof is expected to start on May 17 and the windows should be installed by Memorial Day. The carpenters will shift from the building to the entrance canopy as the last of structural items for the facility are completed.

The building currently has a set of stairs (no more ladders, yippee!) for the workers to traverse the vertical challenges of the multi-story addition. The building has new boilers being tested and brought on line. These boilers are more energy efficient than the original boilers and are sized to appropriately heat the entirety of the new building size. If you remember our previous newsletters, we have already run the utilities in the attic of the existing building so the new building can connect to the old when we are weather tight.

What is the color of the new addition? Colors can make a new building look magnificent. The windows will match the existing windows. The trims will be the same, but the siding will be a light New England Gray. When the addition is completed, the Building Committee will begin the process of freshening up the existing facility in the same color patterns. We are in an exciting time for the project as the volume and relationship already complement the original structure.

What type of flooring will be installed in the fitness and dance rooms? Will it be hard on the knees? The first floor multi-purpose fitness room will have a "state of the art" maple sports floor similar to one in a basketball court. The system has rubber points to absorb the load and will not feel like concrete or tile over concrete. On the other hand, the second floor dance studio has a foam interior to give some bounce to it. Both materials were selected for the least amount of strain and impact on the leg joints.



COA ACTIVITIES

TRIAD ZOOM MEETING**"The Bugs that Bug You"****On Wednesday, June 9 at 1:00 pm**

Join Blake Dinius, Entomologist Extension Educator from the Plymouth County Extension for this Zoom presentation. For as long as people have been alive on this earth, ticks and mosquitoes have existed. More than just annoying, the bite from one of these can pass on germs with life-altering consequences. But, what they DON'T know may leave them vulnerable. Understanding mosquito and tick biology holds the key to preventing disease. In this workshop, we will bust myths and discuss both chemical and non-chemical protection methods. With the right knowledge and tools, all vector-borne diseases are preventable. To register, call the Senior Center at 781-834-5581.

**COFFEE & CHAT****On Mondays 9:00-10:00 am**

Join us on Zoom for a virtual Coffee and Chat. Pour yourself a cup of coffee and connect with your friends from the Senior Center. To register, call the Senior Center at 781-834-5581.

HEALTH HUDDLE W/MARK LEMBO ON ZOOM**"Pickle ball Injuries & How to Avoid Them"****On Wednesday, June 23 at 1:00 pm**

Mark will elaborate on the topic of pickle ball injuries. He will also be available at the end of the presentation for questions and answers. To register, call the Senior Center at 781-834-5581.

BOOK DISCUSSION GROUP ON ZOOM**On Monday, June 28 at 11:00 am**

This month we will be reading the book "Small Great Things" by Jodi Picoult. The Webster Readers meets the fourth Monday of the month and is facilitated by Alia Antoon. New members welcome! Books available through the Ventress Memorial Library. To register, call the Senior Center at 781-834-5581.

SPANISH LESSONS**INTRO TO CONVERSATIONAL****On Tuesdays, June 8 & 22 at 11:30 am**

Always wanted to speak Spanish? This class is for absolute beginners or for anyone who wants to try out beginning level conversational Spanish. Knowledge of Zoom required to join.

INTERMEDIATE**On Thursdays, June 3 & 17 at 10:00 am**

Intermediate Spanish for those with some level of Spanish. Brush up on your skills! New students welcome. Knowledge of Zoom required to join. To register either session, call the Senior Center at 781-834-5581.

VIRTUAL "HOW TO ZOOM" CLASS**On Tuesday, June 22 at 10:00 am**

Free introductory Zoom class with Katy Mayo. This is a virtual class and not held at the senior center. To register, call the Senior Center at 781-834-5581.

GREAT DISCUSSIONS ON ZOOM**On Tuesday, June 1 & 15 from 10-11:30 am**

We read and rigorously discuss current events and other stimulating, topical subjects.



June 1: Peter Navarro's Years in Government **June 15:** Massive Utility Infrastructure Vulnerable to Cyber Attacks

tacks

If you have questions or wish to join this group, please contact Bob Jackman at 781-837-3844. Class size limited to 8. An email with Zoom meeting details will be sent prior to each meeting.

TED TALK & DISCUSSION ON ZOOM**On Wednesday, June 30 at 10:00 am**

Join us on zoom for a TED talk and short discussion. The featured talk will be "Let's End Ageism" from 8/17 and the speaker of this very engaging session is Ashton Applewhite, writer and activist. Discussion to follow. To register, call the Senior Center at 781-834-5581.

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COA ACTIVITIES

BRIDGE AT THE SENIOR CENTER**On Tuesdays from 12:30-2:00 pm**

If you are a bridge player, come join us and hone your skills. Facilitated by Martine Anderson. Advance registration required as space is limited to 12 seats. To register, call the Senior Center at 781-834-5581.

Learn breathing techniques,
discuss mindfulness practices
and relax with guided meditations



*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

**ART MATTERS
AVAILABLE ALL MONTH**



In June we will have access to two Art Matters video presentations that you can watch at home anytime during the month. **Primary Video:** Music and Dance—The human brain is an amazing thing. We use visual images to communicate with one another as a species. Join us for some “sensory recall”, as we look at images that let us listen, dance and connect to the world and our own lives. **Bonus Video:** American Watercolors—Join us for a look at the work of some great American watercolorists. Call the Senior Center at 781-834-5581 for the link to view these informative presentations!

**RITA'S CRAFT CORNER**

In June, craft your own greeting card using your imagination. Supplies included will be blank cards, envelopes, gems, buttons, cut paper shapes, stickers, stamps, glue, markers and scissors. Call the Senior Center at 781-834-5581 to request your craft kit.

**PAINTING WORKSHOP AT THE SENIOR CENTER****Starting on Tuesdays, June 15
from 9:30 am-12:00 Noon**

(Formerly Painting Studio) All mediums welcome. Facilitated by Joan Herman.

Pick up your paints, paper and canvas and come to the Senior Center to paint in a bright and spacious room. Start painting again or try painting in for the first time in a supportive and friendly environment. Bring your own favorite materials. The class is limited to 12 students only, advance sign up required. To register, call the Senior Center at 781-834-5581.

ANTIQUe SLIDESHOW ON MCTV**“Antique Yellow Ware Pottery”****On Thursday, June 24 at 1:00 pm**

Yellow ware and Rockingham pottery were two of the more popular types of American pottery in the second half of the nineteenth century. The presentation will overview the range of glaze variations used as well as the forms, and molded decorative scenes depicted. In addition the program will identify Vermont, Midwestern, and Southern potteries that concentrated on producing yellow ware and Rockingham pottery. There will also be a brief overview of British examples of these wares.



The speaker will be antiques writer Bob Jackman. 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. To watch on the Internet, call the Senior Center at 781-834-5581 to obtain a link that will be active for 48 hours after the initial broadcast.

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COA ACTIVITIES

PARKINSON'S SUPPORT GROUP ON ZOOM

On Tuesdays at 5:30 pm

This group will meet via Zoom for the foreseeable future. Please contact facilitator Leslie Vickers, RN, MS for further details and to receive the Zoom link at 617-750-2275/email: Vickers.Leslie@yahoo.com

HEALTHY LIVING PRESENTS DIABETES SELF-MANAGEMENT 6-WEEK ZOOM CLASS CONTINUES



**On Wednesdays through June 30
from 1:00-3:00 pm**

This interactive program acknowledges that there is more than one way to manage Diabetes. Participants will gain new tools to help build and carry out a plan that fits their life.



BLUE CROSS BLUE SHIELD WELLNESS WEBINARS

"Eight Happiness Strategies"

On Wednesday, June 8 at 10:00 am

Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members! All are welcome. Call the Senior Center at 781-834-5581 to register and obtain the webinar link.

ARE YOU "FIT TO A T" ZOOM SESSION

On Monday, June 14 at 11:00 am



Fit to a T

That's right, T-score. If you had to think twice about what a T-score is, (and no, it's not a golf term) chances are you're not alone. It is all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're

84 – knowing that your bones won't let you down – here's what you need to know. **WHAT:** *Fit to a T* – A bone health and osteoporosis education program, for men and women of all ages.

SPEAKER: Cheryl Grove, BSN, RN, ONC
WHEN: Monday, June 14, 11:00 AM-NOON
HOST: Marshfield Council on Aging
CONTACT: Marshfield COA 781-834-5581
For Zoom link

"POP-UP" LIBRARY

IN THE SENIOR CENTER PARKING LOT

On Friday, June 25 from 10:00 am-12:00 Noon

The Ventress Memorial Library will be promoting library services, highlighting new services and special events. Library staff will provide reader's advisory, give book talks, and much more. There will also have lots of promotional materials, giveaways, brochures and other handouts available for distribution. The "Pop-Up" library staff will allow patrons to sign-up for a library card, check out materials, return materials, receive assistance with mobile devices, demonstrations of digital services, learn how to access digital materials, enjoy free Wi-Fi, and learn about the many services available at the library.



"BETTER TOGETHER"

**On Mondays from 10:00am to 2:00 pm
Starting June 21**

This program is designed to help combat social isolation. The curriculum will include lectures, games, exercise, entertainment, lunch and snacks all geared to help beat the feeling of isolation. The day will be a mix of interesting, stimulating, engaging and fun activities geared to create and build community. Limit 6. Cost is \$10 per day.

"SOCIAL DAY"

**On Wednesdays from 10:00am to 2:00 pm
Starting June 23**

This is a group for individuals with dementia/memory loss. The program will be filled with mind games, exercise, art projects, music, current events, special guests and entertainment. Programs will be presented to meet the needs of the participants by a trained dementia practitioner. Lunch and snacks will be provided. Limit 6. Cost is \$35 per day. Monthly fee is payable in advance and non-refundable. Additional screening will be required before placement in the Social Day program. Placement preference will be given to Marshfield residents. Transportation to the Senior Center is available for Marshfield residents at the current suggested donation. Please call the Senior Center at 781-834-5581 to express your interest in either of these programs.

BIRDING BY EAR WITH MASS AUDUBON CONTINUES

Session 3 - June 3rd 1:00 – 2:00 pm on Zoom

Session 4 - June 10th live nature walk 8:30 – 10:00 am meet at the Daniel Webster Wildlife Sanctuary

Continue honing your birding skills with sessions 3 & 4. Come away with a basic skill set for listening to the cacophony of spring, and tools for identifying new and unusual songs. Brief discussion sessions will be offered for those wishing to practice.



COA ACTIVITIES

OUTDOOR BALANCE & STRENGTH CHAIR EXERCISE w/NEIL SULLIVAN**On Tuesdays at 9:30 am**

Join Neil, clinical exercise physiologist, for chair exercise as he shows and talks you through chair exercises to strengthen you and improve balance. Limit 25. Cost: \$5.00 per class. Pre-registration required, call the Senior Center at 781-834-5581.

**OUTDOOR HEART & HAND EXERCISE w/JANET****On Wednesdays at 9:30 am**

This fitness class emphasizes overall strength, balance, immunity and flexibility. Addressing hand-eye coordination, increasing energy and ease of movement. This is an arthritis based science exercise class facilitated by certified arthritis instructor Janet Enos. Limit 25. Cost: \$6.00 per class. Pre-registration required; call the Senior Center at 781-834-5581.

INDOOR WOODCARVING WORKSHOP**On Wednesdays from 9:00 am-12:00 pm**

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. Facilitator: Kevin Dunn. Call the Senior Center to register at 781-834-5581.

**WALKING GROUP W/TYLER NIMS****On Thursdays at 8:30 am**

The group meets at the Senior Center parking lot for a variety of scenic walks in and about the area. Come by & join us! June 3—North Hill Marsh Trails—Kettle Hole Loop (1.5 miles) off Mayflower Street, Duxbury June 10—Park at 26 Mariner's Drive, Marshfield, walk Pudding Hill & Tea Rock Lane—Lady Slippers? June 17—Duxbury Beach at Powder Point Bridge (mainland side parking lot) June 24—John Little River Walk, off Union Street south of Corn Hill Lane, Marshfield July 1—Burke's Beach at end of Beach Street

**INDOOR KNITTING GROUP****On Wednesdays from 10:00-12:00 Noon**

If you knit or crochet or would like help learning to crochet or knit, join us. Bring your own project or we can show you some simple projects to get started with! Call the Senior Center at 781-834-5581 to register.

**INDOOR GENTLE YOGA WITH KATHERINE****On Fridays at 9:30 am**

This Yoga Class is for a first time student and the experienced yogi! This is a gentle stretch and flow that will leave you feeling revitalized! Gentle yoga is a great place to take it slower, and still experience all the benefits of yoga. This class focuses on releasing tension, connecting with the breath and helping students gain strength and flexibility. This gentle yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students. **No Class on Friday, June 18.** Class Limit 12. Please bring your own yoga mat! Cost: \$5 per class. Call the Senior Center at 781-834-5581 to register.

**OUTDOOR ZUMBA & TONING CLASS w/JUSTINE****On Fridays at 11:30 am**

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. **No Class on Friday, June 18.** Limit 25. Cost: \$5.00 per class. Call the Senior Center at 781-834-5581 to register.

OUTDOOR TAI CHI w/MIKE SHOWSTACK**On Mondays at 9:30 am**

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. Participants should wear loose clothing. Cost: \$6.00 per class. Call the Senior Center to register at 781-834-5581.


**INTRO TO PICKLE BALL AT THE NEW SENIOR CENTER 'PARK'****On Tuesdays & Thursdays from 8:30-10:00 am**

Join the pickle ball ambassadors and learn the basics of pickle ball as well as proper pickle ball etiquette. Bring a folding chair and water. If you have a pickle ball paddle and/or balls, feel free to bring them, otherwise equipment will be provided. Limit: 12 per lesson so registration required. Call the senior center at 781-834-5581 to reserve your spot.

MONDAY

TUESDAY

WEDNESDAY

	<p>8:30-10:00 am ~ Pickle ball Lessons 1</p> <p>9:30 am ~ Chair Exercise w/Neil Sullivan</p> <p>10:00-11:30 am ~ Zoom Great Discussions</p> <p>10:30-11:30 am ~ Boxed Lunch Pickup</p> <p>12:30-2:00 pm ~ Bridge</p> <p>5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>9:00-12:00 Noon ~ Indoor V</p> <p>Starting at 9:00 am ~ Manic</p> <p>9:30-10:30 am ~ Heart & Har</p> <p>10:00-Noon ~ Knitting Group</p>
<p>9:00-10:00 am ~ Zoom Coffee & Chat 7</p> <p>9:30-10:30 am ~ Outdoor Intro to Tai Chi</p> <p>Art Matters available all month on Video</p>	<p>8:30-10:00 am ~ Pickle ball Lessons 8</p> <p>9:30 am ~ Chair Exercise w/Neil Sullivan</p> <p>10:00 am-1:00 pm ~ Financial Consultations</p> <p>10:00 am ~ BCBS Webinar-Happiness Boosters</p> <p>10:30-11:30 am ~ Boxed Lunch Pickup</p> <p>11:30 am-12:30 pm ~ Intro to Spanish on Zoom</p> <p>12:30-2:00 pm ~ Bridge</p> <p>2-3:00 pm ~ Zoom Meditation & Mindfulness</p> <p>5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>9:00-12:00 Noon ~ Indoor V</p> <p>Starting at 9:00 am ~ Manic</p> <p>9:30-10:30 am ~ Heart & Ha</p> <p>10:00-Noon ~ Knitting Group</p> <p>1:00-2:00 pm ~ Triad—"The</p>
<p>9:00-10:00 am ~ Zoom Coffee & Chat 14</p> <p>9:30-10:30 am ~ Outdoor Intro to Tai Chi</p> <p>11:00-Noon ~ 'Fit to a T' Zoom</p>	<p>8:30-10:00 am ~ Pickle ball Lessons 15</p> <p>9:30 am-12:00 Noon ~ Painting Workshop</p> <p>9:30 am ~ Chair Exercise w/Neil Sullivan</p> <p>10:00-11:30 am ~ Zoom Great Discussions</p> <p>10:00 am -12:00 pm ~ Life Insurance Review & Long Term Options Clinic</p> <p>10:30-11:30 am ~ Boxed Lunch Pickup</p> <p>11:00 am ~ Gardening in Harmony</p> <p>12:30-2:00 pm ~ Bridge</p> <p>5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>9:00-12:00 Noon ~ Indoor V</p> <p>Starting at 9:00 am ~ Manic</p> <p>9:30-10:30 am ~ Heart & Ha</p> <p>10:00-Noon ~ Knitting Group</p> <p>10:30-11:30 am ~ Real Estat</p> <p>1:00-3:00 pm ~ 50+ Job See</p> <p>3:30 pm ~ COA Board Meet</p>
<p>9:00-10:00 am ~ Zoom Coffee & Chat 21</p> <p>9:30-10:30 am ~ Outdoor Intro to Tai Chi</p> <p>10:00 am -2:00 pm ~ Better Together</p>	<p>8:30-10:00 am ~ Pickle ball Lessons 22</p> <p>9:30 am-12:00 Noon ~ Painting Workshop</p> <p>9:30 am ~ Chair Exercise w/Neil Sullivan</p> <p>10:00 am ~ Zoom Class w/Katy Mayo</p> <p>10:30-11:30 am ~ Boxed Lunch Pickup</p> <p>11:30 am-12:30 pm ~ Intro to Spanish on Zoom</p> <p>12:30-2:00 pm ~ Bridge</p> <p>2:00-3:00 pm ~ Zoom Meditation & Mindfulness</p> <p>5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>9:00-12:00 Noon ~ Indoor V</p> <p>Starting at 9:00 am ~ Manic</p> <p>9:30-10:30 am ~ Heart & Ha</p> <p>10:00 am -2:00 pm ~ Social</p> <p>10:00-Noon ~ Knitting Group</p> <p>1:00-2:00 pm ~ Health Hudo</p>
<p>9:00-10:00 am ~ Zoom Coffee & Chat 28</p> <p>9:30-10:30 am ~ Outdoor Intro to Tai Chi</p> <p>10:00 am -2:00 pm ~ Better Together</p> <p>11:00 am-12:00 pm ~ Zoom Book Discussion Group</p> <p>11:00 am-1:00 pm ~ Reverse Mortgage Consultant</p>	<p>8:30-10:00 am ~ Pickle ball Lessons 29</p> <p>9:30 am-12:00 Noon ~ Painting Workshop</p> <p>9:30 am ~ Chair Exercise w/Neil Sullivan</p> <p>10:30-11:30 am ~ Boxed Lunch Pickup</p> <p>12:30-2:00 pm ~ Bridge</p> <p>5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>9:00-12:00 Noon ~ Indoor V</p> <p>Starting at 9:00 am ~ Manic</p> <p>9:30-10:30 am ~ Heart & Ha</p> <p>10:00-Noon ~ Knitting Group</p> <p>10:00 am ~ Ted Talk & Discr</p> <p>10:00 am -2:00 pm ~ Social</p>

ARE YOU A COA BOOSTER MEMBER?

Membership dues provide improvements and enhancements to our Marshfield Senior Center.

During these challenging times of Covid 19—your financial support through membership is more important than ever.

Help keep our Senior Center one of the most outstanding in the state.

To JOIN or RENEW call 781.422.4644 for a membership form or with questions.



SDAY

THURSDAY

FRIDAY

<p>Woodcarving Group Cures by Joddie and Exercise w/Janet</p> <p>2</p>	<p>8:30 am ~ Walking Group w/Tyler Nims 8:30-10:00 am ~ Pickle ball Lessons 10:00-11:00 am ~ Intermediate Spanish on Zoom 10:30-11:30 am ~ Boxed Lunch Pickup 1:00-2:00 pm ~ Audubon Birding by Ear</p> <p>3</p>	<p>9:00-10:00 am ~ Appointments with State Representative Patrick Kearney 9:30 am ~ Indoor Yoga w/Katherine 11:30 am ~ Outdoor Zumba & Toning w/Justine Appointments with Senator Patrick O'Connor all month during normal hours</p> <p>4</p>
<p>Woodcarving Group Cures by Joddie and Exercise w/Janet Bugs that Bug You"</p> <p>9</p>	<p>8:30 am ~ Walking Group w/Tyler Nims 8:30-10:00 am ~ Pickle ball Lessons 8:30-10:00 am ~ Audubon Birding by Ear 10:30-11:30 am ~ Boxed Lunch Pickup 12:30 ~ Art of Film</p> <p>10</p>	<p>9:30 am ~ Indoor Yoga w/Katherine 9:30-12:00 Noon ~ Water Color Class 11:30 am ~ Outdoor Zumba & Toning w/Justine</p> <p>11</p>
<p>Woodcarving Group Cures by Joddie and Exercise w/Janet e Consultant ekers Zoom ring</p> <p>16</p>	<p>8:30 am ~ Walking Group w/Tyler Nims 8:30-10:00 am ~ Pickle ball Lessons 10:00-11:00 am ~ Intermediate Spanish on Zoom 10:30-11:30 am ~ Boxed Lunch Pickup— 2:00-4:00 pm ~ Free Legal Clinic with Kathleen Mulvey</p> <p>17</p>	<p> CENTER CLOSED</p> <p>18</p>
<p>Woodcarving Group Cures by Joddie and Exercise w/Janet Day Program dle w/Mark Lembo</p> <p>23</p>	<p>8:30 am ~ Walking Group w/Tyler Nims 8:30-10:00 am ~ Pickle ball Lessons 10:30-11:30 am ~ Boxed Lunch Pickup 1:00 pm ~ Antique Slideshow on MCTV</p> <p>24</p>	<p>9:30 am ~ Indoor Yoga w/Katherine 9:30-12:00 Noon ~ Water Color Class 10:00- 12:00 Noon ~ Pop-Up Library 11:00 am ~ Indoor Poetry w/Rich Hansen 11:30 am ~ Outdoor Zumba & Toning w/Justine</p> <p>25</p>
<p>Woodcarving Group Cures by Joddie and Exercise w/Janet p ussion Day Program</p> <p>30</p>	<p></p>	



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COA CLINICS

30-MINUTE FINANCIAL CONSULTATION

On Tuesday, June 8 from 10:00 am-1:00 pm

McNamara Financial Services Inc. provides consultations on the second Tuesday of each month. Have a question about investments, savings, insurance, debt, cash flow, taxes, Social Security? Do you have appropriate legal documents in place to protect yourself and pass on assets to your heirs? Do you need a plan to financially survive and/or prosper in retirement? McNamara Financial Services Inc. is an independent, local family owned Investment Advisor with offices in Marshfield and Chelmsford. They do not sell investment products or receive commissions. They are Certified Financial Planner Practitioners by training and experience familiar with a wide variety of financial issues.

LIFE INSURANCE REVIEW AND LONG TERM CARE OPTIONS

On Tuesday, June 15 from 10:00-12:00 Noon

Elaine Buonvicino and Deb Ford are MA licensed Life Insurance and Long Term Care Insurance Agents. Both are able to inform & advise seniors on these matters.

REVERSE MORTGAGE CONSULTATIONS

On Monday, June 28 from 11:00 am-1:00 pm

David Tourtillott, Certified Reverse Mortgage Professional will discuss how to use a reverse mortgage to refinance your home if you desire to age in place, or how to purchase a new more suitable home that meets your needs i.e. downsize, upsize or move closer to family.

SENIOR REAL ESTATE SPECIALIST

On Wednesday, June 16 10:30-11:30 am

Real Estate Specialist John Farragher from Molisse Realty Group will be available for consultations for your real estate needs.

LEGAL CLINIC

On Thursday, June 17 from 2:00-4:00 pm

Attorney Kathleen Mulvey will be available for 30-minute consultations. The Marshfield COA has established a free monthly legal clinic for elders in Marshfield. If it is determined that further legal work is necessary, he or she may need to consult a lawyer on a fee basis.

STATE REP. PATRICK KEARNEY

On Friday, June 4 from 9:00-10:00 am

Representative Kearney is available for consultation.

STATE SEN. PATRICK O'CONNOR

Senator O'Connor is available for consultations.

All consultations are free. To make an appointment, please call the Senior Center at 781-834-5581.



MANICURES BY JODDIE

On Wednesdays starting at 9:00 am

Sandal season is coming! Joddie is available every Wednesday for manicures, pedicures and facial waxing. A schedule

of services is listed below:

- Manicure—30 min. Remove polish, shape nails, clean cuticle, hand massage then polish
- Spa Manicure—45 min. Manicure plus hand scrub
- Gentlemen's Manicure-30 min. Shape nails, clean cuticle, hand massage then buff nails
- Fingernail Polish Change-20 min. Remove polish, shape nails if needed, polish
- Mini Pedicure-30 min. Soak feet, remove polish, shape nails & polish
- Pedicure-1 hour Mini Pedicure plus nail cutting, callus removal and massage.

Waxing Services:

- Brows-15/20 min.
- Lip-10 min.
- Chin-10 min.
- Brow & Lip-20 min.
- Brow & Chin-30 min.

For prices or to schedule/cancel an appointment, please call the Senior Center at 781-834-5581.



50+ JOB SEEKERS WORKSHOP ZOOM SERIES

June ~"Creating a Robust LinkedIn Profile: Is it Pro-active or Passive?"

Virtual interactive, hands-on workshops on Zoom bi-monthly. Meet and network with fellow job seekers while learning from experienced coaches. If you have already attended 50+ sessions or town halls, you will receive an invitation from one of the Group Leaders to register and attend each of these events. If you are new to the 50+ program register at: <https://50plusjobseekers.org/outreach/registration/>. Please contact: susan@sdkelly.com for info. NEW! 3-part Bilingual Workshop Series for 50+ Job Seekers in the Latino communities of the Commonwealth: **June 16, 1:00-3:00 pm: Network your way to a New Career ~~ *Advanced Registration Required for these Bilingual Workshops***

NEWS YOU CAN USE

LAPTOP GIVEAWAY PROGRAM

If you or someone you know could use a refurbished laptop, please contact our front desk at 781-834-5581. Our volunteers have upgraded several donated laptops so that we will be able to assist more seniors. Thank you to those who have donated computers and your time to help others!

**HISTORIC WINSLOW HOUSE RE-OPENING**

The Historic Winslow House, located at the corner of Webster and Careswell Streets, will open June-September for its 2021 season. Please find below our June events:

An Evening Hike Thursday, June 3 at 7:30 pm: A rare opportunity to hike the Hoyt/Hall Trail with experienced wildlands trust guides. Pre-registration required as space is limited.

Tuesday Morning Coffee Series Tuesday, June 8 at 11:00 am to Noon: Regina Porter

"Marshfield's First Family Susannah White Winslow and Edward" Open House Sunday, June 13 from Noon-3 pm: Children's Day Scout Troop 424 will engage our guests, instructing crafts and games from the past. Guided tours of the Historic House are also available.

Sundown Commentaries Sunday, June 27 from 6:30-8:00 pm: Explore the original site of Edward & Josiah Winslow. Board member Judy Johnson will lead us down the trail to visit the archeology site and return to the Winslow House for discussion.

A Patriotic Concert by the Snug Harbor Chorus Mark your calendar in pencil!!! Friday, July 2 at 5 pm: We are waiting for the Governor's Office to approve public singing.

We will conduct lectures and presentations outside. All events are \$5 members/\$8 non-members unless otherwise noted. Arrive early to register. BYO Lawn chair, coolers, comfortable footwear, sun lotion and insect repellent. Masks until seated and appropriate distancing must be observed. We really look forward to seeing you! Questions? Call Regina Porter 781-837-9858.

REIMBURSEMENT AVAILABLE FOR COVID RELATED FUNERAL EXPENSES

The Federal Emergency Management Agency plans to begin accepting applications this month for financial assistance for funeral costs for people who died of COVID-19 after 1/20/20. Call 844-684-6333 for details.

AARP Tax-Aide Wrap-Up

Considering all the obstacles that our volunteers had to deal with in 2020 and 2021, we had a very productive tax season using our two-visit service delivery model.

On the first taxpayer visit, we conducted a brief interview to capture as much information as possible. Each taxpayer's tax return was prepared by an IRS certified Tax Counselor stationed at one of various remote locations using electronically scanned images of taxpayer documents. Each tax return was reviewed for accuracy by an experienced Quality Review Counselor. Taxpayers were then scheduled to return to the Senior Center within a few days to sign off on their tax returns and to pick up their paper copies for safe keeping.

Overall, taxpayers seemed to be pleased with our system. All CDC guidelines were strictly followed. To our knowledge, no one contracted COVID because of our process.

Here are some statistics that were nicely prepared by Maria Maggio:

We prepared a total of 430 tax returns. 372 were TY2020 (Tax Year 2020), 48 were TY19, and the remaining 10 were TY17/TY18.

The following data is for the TY20 returns only: 26% of 2020 tax returns were eligible for the MA Circuit Breaker Credit. This resulted in over \$90,000 total or an average of almost \$1,000 per eligible taxpayer. About two thirds of the returns qualified for full circuit breaker (\$1,150) and one third qualified for a lesser amount.

70% of the returns had federal refunds totaling over \$400,000 and state refunds totaling over \$160,000. The average federal refund was \$1,600 and the average state refund was over \$600.

15% of the returns had federal/state balance due (money owed) totaling over \$150,000. The federal average amount was roughly \$3,000 and the MA balance due amount averaged roughly \$800.

Almost 70% of the returns were Marshfield residents, Scituate 6%, Norwell and Pembroke 3% each, and the rest of the surrounding towns were 2% or less.

65% of the returns were age 70 or older, another 20% were between 60-70, and the remaining were for people under 60.

Over 70% of the returns we filed were "Single," 20% "Married Filing Jointly," and the rest were "Head of Household" or "Married Filing Separately."

We want to thank Carol and Lynn for providing a safe and comfortable environment for us to implement our carefully engineered service delivery plan. We look forward to next tax season when we will again provide our much needed free service.



VOLUNTEER RECOGNITION CORNER



Thank you for all you do. Again this month, we can still use: Volunteers with Online/Computer Skills, Meals on Wheels Drivers, Personal Shoppers, Greeters, Fundraising Volunteers to assist the Council on Aging Boosters, Inc., Health Service Volunteers, Bus Escorts and Social Day Care Volunteers and Outside Grounds.

For more details, feel free to contact Donna Weinberg, Project Coordinator for Volunteers at 781-834-5581 X 2120 or by email:

coavolunteercoordinator@townofmarshfield.org

This month we welcome new volunteers: William Collins, Lorraine McNeil, Marion Niedowski, Debbie Sheehan and Mark Voelkel. **Also Special Happy Birthday wishes for the month of June:** Victoria Bell, Michael Bradley, Donna Brown, Helen Burgess, Beverly Carroll, Claire Coyne, Kathleen Egan, Sarah Feinberg, Sheila Gagnon, Scott Gillespie, Mary Hassell, Heather Kaval, John King, Judith Mangione, Jane Manning, Robert Nelson, Dorothy Niland, Garrett Overhiser, Robert Pannuto, Lorraine Rodolph, Margaret Slade, June Stevenson, Paul Winget and Debra Yarmaloff

SOCIAL SERVICES CORNER

June is Men's Health Month!

Did you know that Medicare covers a long list of preventive benefits, including cardiovascular, diabetes, colorectal and prostate cancer screenings? These benefits are often covered for no additional out of pocket costs to you! Call your doctor to schedule your annual wellness visit and discuss what preventive measures you could be taking now. For a full list of preventive benefits please call **SHINE at 781-834-5581**.



If you are eligible for the "Lifeline Discount Program" you may be eligible for a new program called "The Emergency Broadband Benefit". The program provides a \$50.00 discount on your broadband (internet) service if you meet program requirements. Contact Judy or Ken for more information.

Pension Action Center (PAC) of UMass Boston offers free legal services providing pension assistance to residents of New England and Illinois. PAC offers free representation on most retirement income matters, including finding lost pensions, pension calculation issues, overpayments, survivor benefits and questions regarding 401(k) accounts. They are unable to provide assistance Mass. State & Municipal pension, but can provide advice and referrals to this group. Contact information is as follows:

Legal helpline: 1-888-425-6067

Online Request for Assistance:

<https://umb.tfaforms.net/218078>

Website: <https://www.umb.edu/pensionaction>

BOOSTERS CORNER

The Boosters Board of Directors met via Zoom on May 17 and our next meeting is scheduled for June 21 at 4 pm. We all look forward to the time when we can meet in person once again. Director Peggy Slade reported on the Fundraising Activities Committee and, taking into consideration the restrictions imposed by the Covid 19 virus and loss of parking space resulting from the construction of the addition to the Senior Center, the board decided to postpone the Flea Market under consideration for this fall. Thank you to all who have responded to our recent Booster membership renewal letter, and those who had earlier renewed their Booster membership for 2021. We are a membership organization and rely heavily on membership dues and donations for our revenue. If you have membership questions or need an application, please call Steve Rhodes, VP and Membership Chairman at 781-422-4644.



ANOTHER WAY TO SUPPORT THE BOOSTERS—Do you order from Amazon? If you do please so, consider ordering through smile.amazon. The prices and benefits are the same for you but in addition, the Marshfield Senior Center will benefit from your purchase. Just enter



Amazon through www.smile.amazon.com and choose Marshfield Council on Aging Boosters as your charity. 0.5% of your purchase price will be donated to the Boosters. **REMEMBER THE MARSHFIELD SENIOR CENTER IN YOUR ESTATE PLANNING**—The Marshfield COA Boosters are a tax exempt 501(c) (3) non-profit organization with a mailing address of PO Box 165, Marshfield, MA 02050 and can be designated as a beneficiary. Direct questions to Development Officer Peg Davis-781-834-3441. A contribution to the Senior Center is also a fine way to honor the memory of a departed family member or friend.

VETERAN'S CORNER

VETERAN'S CORNER

Your new Veterans Services Team is ready to assist you! Director Carin Paulette and Assistant Director Lisa Potts are available for appointments during public hours at town hall and may be reached at 781-834-5576. If you are a veteran or a surviving spouse of a veteran, there may be financial help available to you. Please call us at 781-834-5576 and leave a voicemail and we will return your call as soon as possible. You can also reach us through email at



Cpaulette@townofmarshfield.org or

Lpotts@townofmarshfield.org

Veterans Meeting Tuesdays at 2:00 pm— If you have a computer or smart phone, you may join in our weekly veterans meeting on Zoom. Call or email us for info if you would like to join.



Michael A. Maresco
Town Administrator

Town of Marshfield

Board of Selectmen

870 Moraine Street

Marshfield, Massachusetts 02050

Tel: 781-834-5563

Fax: 781-834-5527

PRESS ADVISORY

A COMMUNITY'S COMMITMENT TO DIVERSITY, EQUITY AND INCLUSION;

"BREAKING DOWN BARRIERS" IN MARSHFIELD

This event will be hosted by the Marshfield Board of Selectmen in partnership with the Marshfield Boys and Girls Club and the Marshfield Chamber of Commerce on Saturday, June 12, 2021 starting at 10:00AM at the Boys and Girls Club at 37 Proprietors Drive. Please mark your calendar for this special event.

More information to follow on speakers, music, meditation, food options etc. Please continue checking with our local media, the Town's website and Facebook page for more information. This event will be held rain or shine.

TRANSPORTATION



Marshfield Council on Aging Bus Schedule

Also known as GATRA Dial-A-Ride

Call 781-834-5581 for more information

Reservation required, 24 hour notice requested

MONDAY	AM	Shopping at Star Market, arrivals starting at 9:30 am Stops at CVS, Post Office and Webster Square banks, as needed
	PM	In-town medical appointments 12:30 - 2:30 pm (NO EARLIER than 12:30 pm and NO LATER than 2:30 pm)
TUESDAY	AM	Shopping at Roche Bros every other week (call for dates) Arrivals starting at 9:30 am Marshfield Food Pantry from 10:00 am to 12 noon, on request Shopping at Plymouth Walmart every other week (call for dates) Arrivals starting at 9:30 am & 10:30 am
	AM	Shopping at Stop & Shop, arrivals starting at 9:30 am In-town medical appointments 12:30-2:30 pm
THURSDAY	AM	In-town medical appointments 9:30 am- 2:30 pm In-town Hair appointments 9:30 to 2:30 pm.
FRIDAY	AM	Shopping at Star Market, arrivals starting at 9:30 am Stops at CVS, Post Office and Webster Square banks, as needed

SUGGESTED DONATIONS: \$1.75 one way; \$3.50 round trip for all in-town trips. Unmarked envelopes will be distributed upon disembarking from the bus for your donation. Envelopes should be placed in the cash box at the front of the bus at final destination. No one will be denied ridership for inability to donate.

Riders are to follow COVID-19 protocols including social distancing & face coverings

JUNE WALMART TRIPS WILL BE ON TUESDAY, JUNE 1 & 15



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Do you have appropriate legal documents in place to protect yourself
and pass on assets to your heirs? Do you need a plan to financially
survive and/or prosper in retirement?

WE ARE HERE TO HELP

We are volunteering our services on behalf of the Marshfield Senior Center
to offer **FREE 30 Minute Consultations**. Please call or email the Senior Center at
781-834-5581 to make an appointment for with a **CERTIFIED FINANCIAL PLANNER™**
on any financial subject(s) of your choosing.



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OCES NUTRITION PROGRAM

JUNE 2021



Please call the nutrition department for meal cancellations by

10 am **two days** before delivery-508-584-1561.

Suggested Donation-\$2.50/meal

Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

Community Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 utrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milli- grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=30mg sodium 7 BBQ Riblet 280 Sweet Potato Puffs 230 California Blend Veg 30 WW Hamburger Bun 80 Sugar Cookies 160 MOD; Lorna Doones 100 Cal: 751 Sodium: 994 mg Carb: 103 gm	1 Chicken Marsala 438 Pasta 1 Italian Vegetables 19 Scala Bread 310 Chocolate Chip Cookie 66 MOD: SF CC Cookie Cal: 750 Sodium: 971 mg Carb: 102 gm	2 Beef Shepherds Pie 276 Green Beans 3 Oatmeal Bread 240 Hot Cinnamon Pears 6 9 Lemon Pepper Chix 334 Herbed Brown Rice 4 Brussel Sprouts 17 Cracked Wheat Bread 115 Fresh Orange 0 Cal: 640 Sodium: 608 mg Carb: 94 gm	3 COLD MEAL Turkey Chef's Salad 387 (cheese, egg, tomato) Potato Salad 50 Rye Bread 330 Fruit Crunch Bar 80 MOD: Vanilla Bites 50 Cal: 876 Sodium: 984 mg Carb: 103 gm	4 Roast Pork with Apple Cider Gravy 100 Garlic Mashed Potatoes 165 Carrots 67 Whole Wheat Roll 240 Pineapple Chunks 1 11 Beef Chile 260 Brown Rice & Beans 75 Chuckwagon Veg 3 Corn Muffin 280 Fig Bar 99 MOD: Cinnamon Bites 71 Cal: 877 Sodium: 855 mg Carb: 119 gm
14 Macaroni & Cheese 366 Green Peas 82 Whole Wheat Roll 240 Fruit Yogurt 75 Cal: 820 Sodium: 900 mg Carb: 140 gm	15 Spanish Chicken 752 Roasted Potato 6 Fiesta Veg Blend 16 Wheat Bread 65 Fresh Apple 1 Cal: 704 Sodium: 978 mg Carb: 104 gm	16 ## Cheeseburger 510 Tater Tots 310 Corn w/Red Pepper 6 WW Hamburger Bun 80 Ketchup 82 Vanilla Wafers 78 Cal: 853 Sodium: 1203 mg Carb: 108 gm	17 Chicken Parmesan 638 Pasta 1 Italian Blend Veg 19 Scala Bread 310 Fresh Banana 1 Cal: 832 Sodium: 1106 mg Carb: 118 gm	18 Pot Roast w/Gravy 79 Baked Potato Half 4 Green beans 3 Sour Cream 9 Snowflake Roll 250 Brownie Cookie 230 MOD Choc Oatmeal B= 75 Cal: 968 Sodium: 713 mg Carb: 117 gm
21 Chicken Meatball Sub w/Italian Sauce 281 Parslled Rotini 1 Tuscan Blend Veg 41 Parmesan Cheese 55 WW Hot Dog Bun 85 Mandarin Oranges 7 Cal: 815 Sodium: 607 mg Carb: 111 gm	22 COLD MEAL Egg Salad on Lettuce Bed 240 Pasta Salad 46 Vinaigrette 1 Three Bean Salad 33 Pita Half 292 Strawberry Graham 95 Cal: 1003 Sodium: 844 mg Carb: 118 gm	23 Prov Cheese Omelet 399 Home Fries 6 Peppers & Onions 54 Snack loaf 115 Yogurt 75 Orange Juice-No Milk 15 Cal: 755 Sodium: 695 mg Carb: 96 gm	24 Salmon w/Honey Ginger Sauce 233 Brown Rice & Orzo 4 Broccoli & Carrots 45 Rye Bread 330 Lemon Square 105 MOD: SF Lemon Cookie 60 Cal: 703 Sodium: 853 mg Carb: 100 gm	25 Meatloaf with Gravy 202 Mashed Sweet Potatoes 36 Mixed Vegetables 42 Whole Wheat Roll 240 Fresh Apple 1 Cal: 881 Sodium: 657 mg Carb: 115 gm
28 American Chop Suey 399 Jardiniere Vegetables 31 Scala Bread 310 Hot Caramelized Pears 20 Cal: 847 Sodium: 898 mg Carb: 113 gm	29 Hawaiian Chicken 347 Pineapple rice 4 Zucchini 2 WW roll 250 Nectarine 0 MOD: Oatmeal Bar 80 Cal: 630 Sodium: 740 mg Carb: 91 gm	30 Veal Roulade 370 Roasted Potatoes 6 Spinach 110 Rye Bread 330 Oatmeal Raisin Cookie 110 MOD: Oatmeal Bar 80 Cal: 879 Sodium: 844 mg Carb: 118 gm		

Catch of the Day- fish type will vary each month

*Indicates food item w/>500mg sodium

❖=high sodium meal

GRAB & GO BOXED LUNCH MENU

On Tuesdays & Thursdays ~ Pickup 10:30-11:30 am

Provided by OCES. Call the Senior Center at 781-834-5581 to reserve your lunch for the following week by Wednesday, 11:30 am. There is a nominal cost of \$2.50, payable at pick up time, cash or *check made out to OCES*. The meals can be picked up curbside at the side entryway of the Senior Center.

Tuesdays

June 1 Hummus & Veggie Wrap
 June 8 Roast Beef & Swiss on roll
 June 15 Tuna Roll
 June 22 Egg Salad on croissant
 June 29 Chicken Caesar wrap

Thursdays

June 3 Chicken Caesar wrap
 June 10 Italian Chicken Salad on focaccia
 June 17 Ham & Cheese wrap
 June 24 Turkey & Cheese on roll

COA BOARD OFFICERS

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Sheila Gagnon Vice Chairperson
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COMMUNITY NEWS



MARSHFIELD FOOD PANTRY

The food pantry is located in Library Plaza and open every Tuesday and Friday 9:30 am-Noon and Wednesday evenings 6:30-8:30 pm. Beginning June 1st, in store shopping will resume and curbside pickup will be discontinued due to the lifting of Covid restrictions. Neighbors can now come into the food pantry and pick only what they need allowing greater choices. We will continue to follow all guidelines from the state and Marshfield Board of Health. Please call the food pantry with questions at 781-837-0359. If you need help with transportation on Tuesdays, please call the Senior Center at 781-834-5581.

VENTRESS MEMORIAL LIBRARY HOURS

Beginning June 1st the library will be open from 9:00 am-8:00 pm Monday through Thursday and 9:00 am-4:30 pm on Fridays and Saturdays. The library is closed on Sundays. For more information visit www.ventresslibrary.org/



THE COVID VACCINATION CENTER AT THE MARSHFIELD FAIRGROUNDS WILL PERMANENTLY CLOSE ON SATURDAY, JUNE 26TH.

LGBTQ Events Summer 2021

Everyone welcome from all communities!



Backyard Parties at the DSC!



Come to the Duxbury Senior Center
June 17th (rain date 6/24),
July 15th,
and August 19th
from 4:00 to 5:30 p.m.

Bocce, Lawn Games, Music,
Friendship, Food, and Summer Fun!

Pre-registration is required for the June event.

Email programs@duxburycoa.com or call the
Center at 781-934-5774 ext. 5716
by June 10.

