



# The LINK

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Senior Centers



## 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](http://www.townofmarshfield.org)

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

**JULY 2021**

Volume 376

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.

### ART OF FILM CLASS

On Thursday, July 8 at 12:30 pm

**"A Chorus Line"** New York ... 1985 (113 minutes)

Opening shots show the bridges and the World Trade Tower! GREAT DANCING! 5 6 7 8... Personal stories ~ Fabulous Marvin Hamlisch score ... (a couple of original songs were dropped so a couple of new songs could be added, e.g. "Surprise, Surprise!") "The quintessential backstage musical" (Roger Ebert) It may blow you away!!!! ~ Heather Kaval ~ Please call 781-834-5581 to register.



### TRIAD MEETING—"SUMMER SKIN SAFETY"

On Monday, July 19 at 1:00 pm

Please join the Board of Health Nurses Teresa Flynn (See bio pg. 10) and Hannah Buckley for a summer skin safety/care talk. Hannah will discuss how to protect one's skin from sun damage. This includes the different kinds of sunscreen and how to pick the right sunscreen, protective clothing and accessories. They will also discuss tips for staying sun safe while outdoors, the importance of yearly skin checks with a dermatologist and self-exams. To register, call the Senior Center at 781-834-5581.

### "LET'S TOUR THE NORTH AND SOUTH RIVERS"

On Thursday, July 22 at 1:00 pm

Join us for a photo tour of the North and South Rivers presented by Charlie Naff, NSRWA Ambassador of The North and South Rivers Watershed Association. We will share the natural beauty of these rivers, which are recognized as Natural National Landmarks--with The North River being the only Scenic Protected River in Massachusetts. The estuaries of these tidal rivers with their salt marshes serve as nurseries of life for our oceans, provide flood storage, and are home to many species. You will also hear about NSRWA's efforts in education, engagement, advocacy, and river restoration to protect these natural treasures. Please call 781-834-5581 and sign up ahead at the Senior Center for this very beautiful and interesting presentation! To register, call the Senior Center at 781-834-5581.



### BUTTERFLY WATCHING PRESENTATION WITH BLAKE DINIUS

On Tuesday, July 27 at 1:00 pm

Want to reduce stress? Exercise more? Enjoy this live presentation with Blake, Entomologist Extension Educator from the Plymouth County Extension. Butterfly watching is a meditative experience that will get you out in nature and achieving those goals. You can find over 100 species of butterflies in Massachusetts. But, the key isn't racing down the trail to get to the end - you'll find more butterflies if you sloooooow down your pace and enjoy the moment. Come learn about: the benefits of butterfly watching, what you need to get started, how to make your yard more attractive to butterflies and where you can find different species of butterflies around Plymouth County. Please sign up ahead for this fascinating presentation! To register, call the Senior Center at 781-834-5581.

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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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](mailto: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.

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

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- ☞ Military - Swords, Bayonets, Medals, Badges, Uniforms
- ☞ 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

As you may know we officially and very happily opened up to the public June 1, 2021. We continue to offer a variety of programs virtually, outside and now inside the building. The Gatra buses are back offering regular service including stopping at the Senior Center once again. We will continue to add back some of our indoor programs and services as we go through the summer. One service that we are really excited about reinstating is foot care from Pedicare beginning in July. The new nurse's name is Deborah Veroneau and she will be coming one Thursday per month. We also kicked off our Social Day Care and Better Together Programs in June and we encourage people to consider participating or have a friend or family members participate. See descriptions in the of these programs on page 9.

We will begin congregate lunch Monday, August 2<sup>nd</sup> and will hold our congregate lunches 3 days per week on Monday, Wednesdays and Fridays. On Tuesdays and Thursdays we will still have the grab and go lunches available for the same cost of \$2.50. Make sure you reserve ahead of time for both of these programs. See page 13 for details on ordering a box lunch.

The Park has been a big success and the community is utilizing the space each day. Pickle ball is especially popular. Thank you to all who have expressed interest in playing bocce. We are in the process of organizing lessons for those new to the game and organizing people who are ready to play. Park benches and barrels have been ordered and will be installed sometime in July. There will even be two benches placed on the Webster's Wilderness Trail.

The building expansion is progressing at a steady clip with a great deal of outside work being accomplished. Please see the article from our project manager below.

Finally, please be careful in the summer heat as older people are more sensitive to heat related illnesses such as hypothermia or heat stroke. It is more difficult for seniors to cool off so it is important to drink lots of water and not over exert yourself with physical activity outdoors.

Be safe and to all of you a very happy 4<sup>th</sup> of July ~ Carol Hamilton, Marshfield Council on Aging



Your Senior Center is moving along! During the past month, we completed the framing of the building, and a new roof for the existing building and expansion space. Reaching the water tight milestone of building construction allowed the team to add the sound and fire barrier (batt insulation and gypsum) to be installed above each of

the ceilings. The weather protection of the new roof, and the addition of the fire barrier, allows ALL mechanical, electrical and plumbing tradesmen access to start the process of fitting up the building. As the emergency status of the Covid-19 pandemic lessens, the Center has opened up with a modified schedule. Add in the daily construction work, and we are a beehive of activity. We ask that you please be careful around our site and we will be careful around your Center. Next month the rough trades finish and the sheet rockers will have access to begin the process of finishes. The exterior materials will be completed, too! The new color of the Center, brings in that traditional Marshfield charm, in our opinion. Till next month, be safe and welcome back to your Center.



## COA ACTIVITIES - ARTS

**ART MATTERS VIDEO****On Monday, July 26 at 1:00 pm**

In July we will air two Art Matters video presentations at the senior center—**Primary Video: Music & Dance** We hear the music, feel the movement and can remember events in our lives with all of our senses, just by looking. Join us for some “sensory recall”, as we look at images that let us hear the music, dance and connect to our own lives and the world.

**Bonus Video: American Watercolors** Join us for a presentation that focuses on the medium of watercolor. We will look at the work of some great American watercolorists including John James Audubon, Winslow Homer, and John Singer Sargent. **Call the Senior Center at 781-834-5581 to register OR call for the link to view these informative presentations that are available all month!**

**BEGINNER WATER COLOR CLASS WITH GAIL****On Fridays from 9:30 am-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. **Please call 781-834-5581 to register.**

**IMAGINATION IN PAINTING****On Fridays from 1:00-4:00 pm**

All mediums welcome. Facilitated by Fred Dolan. Imagination and the use thereof in painting. Come see what your mind is capable of. Let Fred help you find your passion for painting. Suggested donation \$10. Walk-ins welcome. To register, call the Senior Center at 781-834-5581.



**LET'S GO TO THE MOVIES!**  
**“Queen Bee” 2021 (1hr 40 min)**  
**On Thursday, July 15 at 12:30 pm**

A romantic comedy with the cast Ann Margaret, Ellen Burstyn, James Caan, Loretta Devlin, Jane Curtin and Christopher Lloyd. Watch this star studded 80 year old Ann Margaret as a retirement home resident. It is an ensemble film about life in a retirement community and her character as a busy bee with some men. She and her pals are a bit feared at least at first. **Please sign up ahead at the Senior Center by calling 781-834-5581.**

**PAINTING WORKSHOP****On Tuesdays from 9:30 am-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 for the first time in a supportive and friendly environment. Bring your own favorite materials. **To register, call the Senior Center at 781-834-5581.**

**POETRY CLUB****On Friday, July 30 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 that meets on the last Friday of the month. All welcome! Class limit-12. Please call 781-834-5581 to register.

**RITA'S CRAFT CORNER-JULY**

Decorate a foam picture frame for your favorite photo. Cut your photo or picture to size and slide it into the foam frame. Attach decorative buttons to the foam frame and you will have your own personalized photo frame. The provided 5”x 8” frame will fit a 3 1/2” x 5 1/2” picture. **Please call the Senior Center at 781-834-5581 to make your request.**



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## COA ACTIVITIES - INSTRUCTION, FUN &amp; GAMES



### SPANISH LESSONS AT THE SENIOR CENTER

#### INTRO TO CONVERSATIONAL On Tuesdays at 10:00 am

Always wanted to speak Spanish? This 1 hour class lead by Cathy Spiegel is for absolute beginners or for anyone who wants to try out beginning level conversational Spanish. Cost/Donation \$5.00 per class. No class July 27- August 17, classes resume Aug 24.

#### INTERMEDIATE On Thursdays at 10:00 am

Intermediate Spanish for those with some level of Spanish. Brush up on your skills! New students welcome. Cost/Donation \$5.00 per class. No class July 29-August 19, classes resume August 26.

To register for either of these in-person sessions, please call the Senior Center at 781-834-5581.

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

This workshop is designed for a wide range of carvers, from beginner to advanced. Join us and meet some talented artisans willing to share their skills. Facilitator: Kevin Dunn. Call the Senior Center to register at 781-834-5581.



### KNITTING GROUP

#### On Wednesdays from 10:00-Noon

If you knit or crochet or 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.



### PLAY POOL!

#### Available from 1:00-4:00 pm

Pool table available afternoons for free play except for scheduled events. New players welcome. See you there!



### MAHJONG

#### On Mondays & Thursdays at 1:00 pm

A tile-based game that was developed in the 19th century in China, commonly played by four players. Facilitated by Marilyn Balconi & Maureen Weiss.

### PINOCHLE

#### Starting On Mondays, July 12 at 1:00 pm

A trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. Facilitated by Jake Bonney.

### BRIDGE

#### On Tuesdays from 12:30-2:00 pm

This game needs no introduction. If you are a bridge player, come join us and hone your skills. Facilitated by Martine Anderson.

### CRIBBAGE

#### On Tuesdays at 12:30 pm

A card game in which the object is to form counting combinations that traditionally are scored by moving pegs on a special *cribbage* board. Facilitated by Jake Bonney.

### DUPLICATE BRIDGE STARTING JULY 21

#### On Wednesdays from 12:30-3:30 pm

Duplicate bridge is the most widely used variation of contract bridge. It is called *duplicate* because the same bridge deal is played at each table and scoring is based on relative performance. Facilitated by Jocelyn Goranson.

### WHIST

#### On Wednesdays at 1:00 pm

Whist is a trick taking game for either 2 players or 2 teams of 2 players derived from the older game Ruff and Honours. Facilitated by Nina Mello.

### HAND & FOOT

#### On Wednesdays at 1:00 pm

Hand and Foot is a popular variation from the rummy type game of Canasta. It can be described as a simpler, easier version of Canasta for beginners. Hand and Foot uses about 5 or 6 decks of standard playing cards and is played with 2-6 players. Facilitated by Steve Rhodes.

New players welcome. To register, call the Senior Center at 781-834-5581.

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MONDAY

TUESDAY

WEDNESDAY



2020

<p><b>We will be closed for Independence Day</b></p> <p><b>Monday, July 5th</b></p> 	<p>8:30-10:00 am ~ Pickle ball 9:00 am-12:00 pm ~ Technology Assistance 9:30 am ~ Chair Exercise w/Neil Sullivan 9:30-Noon ~ Painting Workshop 10:00 am ~ Intro to Spanish 10:00-11:30 am ~ Zoom Great Discussions 10:30-11:30 am ~ Boxed Lunch Pickup 11:00 am ~ Yoga with Tricia 12:30-2:00 pm ~ Bridge 12:30 pm ~ Cribbage 5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>6 9:00-12:00 Noon ~ Woodcarving 9:00 am-4:00 pm ~ Manicures by 9:30-10:30 am ~ Heart &amp; Hand E 10:00 am -2:00 pm ~ Social Day 10:00-Noon ~ Knitting Group 1:00 pm ~ Whist 1:00 pm ~ Hand &amp; Foot</p>
<p>9:00-10:00 am ~ Zoom Coffee &amp; Chat 9:30-10:30 am ~ Intro to Tai Chi 10:00 am -2:00 pm ~ Better Together 1:00 pm ~ Mahjong 1:00 pm ~ Pinochle</p>	<p>12 8:30-10:00 am ~ Pickle ball 9:00 am-12:00 pm ~ Technology Assistance 9:30 am ~ Chair Exercise w/Neil Sullivan 9:30-Noon ~ Painting Workshop 10:00 am ~ Intro to Spanish 10:00 am-1:00 pm ~ Financial Consultations 10:30-11:30 am ~ Boxed Lunch Pickup 11:00 am ~ Yoga with Tricia 12:30-2:00 pm ~ Bridge 12:30 pm ~ Cribbage 2:00-3:00 pm ~ Zoom Meditation &amp; Mindfulness 5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>13 9:00-12:00 Noon ~ Woodcarving 9:00 am-4:00 pm ~ Manicures by 9:30-10:30 am ~ Heart &amp; Hand E 10:00 am -2:00 pm ~ Social Day 10:00-Noon ~ Knitting Group 1:00 pm ~ Whist 1:00 pm ~ Hand &amp; Foot 1:00 pm ~ Korean Veterans 1:00-3:00 pm ~ 50+ Job Seekers</p>
<p>9:00-10:00 am ~ Zoom Coffee &amp; Chat 9:30-10:30 am ~ Intro to Tai Chi 10:00 am -2:00 pm ~ Better Together 10:30-11:30 am ~ Senator O'Connor 1:00 pm ~ Mahjong 1:00 pm ~ Pinochle 1:00-2:00 pm ~ Triad—Skin Safety</p>	<p>19 8:30-10:00 am ~ Pickle ball 9:00 am-12:00 pm ~ Technology Assistance 9:30 am ~ Chair Exercise w/Neil Sullivan 9:30-Noon ~ Painting Workshop 10:00 am ~ Intro to Spanish 10:00-11:30 am ~ Zoom Great Discussions 10:00 am -12:00 pm ~ Life Insurance Review &amp; Long Term Options Clinic 10:30-11:30 am ~ Boxed Lunch Pickup 11:00 am ~ Yoga with Tricia 12:30-2:00 pm ~ Bridge 12:30 pm ~ Cribbage 5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>20 9:00-12:00 Noon ~ Woodcarving 9:00 am-4:00 pm ~ Manicures by 9:30-10:30 am ~ Heart &amp; Hand E 10:00 am -2:00 pm ~ Social Day 10:00-Noon ~ Knitting Group 10:30-11:30 am ~ Real Estate Co 12:30-3:00 pm ~ Duplicate Bridge 1:00 pm ~ Whist 1:00 pm ~ Hand &amp; Foot 3:30 pm ~ COA Board Meeting</p>
<p>9:00-10:00 am ~ Zoom Coffee &amp; Chat 9:30-10:30 am ~ Intro to Tai Chi 10:00 am -2:00 pm ~ Better Together 11:00 am-12:00 pm ~ Zoom Book Group 11:00 am-1:00 pm ~ Mortgage Consultant 1:00 pm ~ Mahjong 1:00 pm ~ Pinochle 1:00 pm ~ Art Matters Video Presentation</p>	<p>26 8:30-10:00 am ~ Pickle ball 9:00 am-12:00 pm ~ Technology Assistance 9:30 am ~ Chair Exercise w/Neil Sullivan 9:30-Noon ~ Painting Workshop 10:00 am ~ Intro to Spanish 10:00 am ~ Zoom Class w/Katy Mayo 10:30-11:30 am ~ Boxed Lunch Pickup 11:00 am ~ Yoga with Tricia 12:30-2:00 pm ~ Bridge 12:30 pm ~ Cribbage 1:00 ~ Butterfly Watching Presentation 2:00-3:00 pm ~ Zoom Meditation 5:30 pm ~ Parkinson's Support Group Zoom</p>	<p>27 9:00-12:00 Noon ~ Woodcarving 9:00 am-4:00 pm ~ Manicures by 9:30-10:30 am ~ Heart &amp; Hand E 10:00 am ~ Ted Talk &amp; Discussion 10:00 am -2:00 pm ~ Social Day 10:00-Noon ~ Knitting Group 12:30-3:00 pm ~ Duplicate Bridge 1:00 pm ~ Whist 1:00 pm ~ Hand &amp; Foot 1:00-2:00 pm ~ Health Huddle Z</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

21

ng Group  
by Joddie  
d Exercise w/Janet  
ay Program

7

8:30 am ~ Walking Group w/Tyler Nims 1  
8:30-10:00 am ~ Pickle ball  
10:00 am ~ Intermediate Spanish  
10:30-11:30 am ~ Boxed Lunch Pickup  
1:00 pm ~ Mahjong

9:30 am ~ Yoga w/Katherine 2  
9:30-12:00 Noon ~ Water Color Class  
11:00 am ~ Essentrics  
11:30 am ~ Outdoor Zumba & Toning w/Justine  
1:00-4:00 pm ~ Imagination in Painting

Group  
y Joddie  
Exercise w/Janet  
Program

14

8:30 am ~ Walking Group w/Tyler Nims 8  
8:30-10:00 am ~ Pickle ball  
10:00 am ~ Intermediate Spanish  
10:30-11:30 am ~ Boxed Lunch Pickup  
12:30 ~ Art of Film  
1:00 pm ~ Mahjong

9:00-11:00 am ~ Free Legal Clinic with Attorney Chris L. Sullivan 9  
9:30 am ~ Yoga w/Katherine  
9:30-12:00 Noon ~ Water Color Class  
11:00 am ~ Essentrics  
11:30 am ~ Outdoor Zumba & Toning w/Justine  
1:00-4:00 pm ~ Imagination in Painting

Zoom-Bilingual Workshop

8:30 am ~ Walking Group w/Tyler Nims 15  
8:30-10:00 am ~ Pickle ball  
9:00 am-3:00 pm ~ Foot care w/ Deborah  
10:00 am ~ Intermediate Spanish  
10:30-11:30 am ~ Boxed Lunch Pickup  
12:30 pm ~ Movie—"Queen Bee"  
1:00 pm ~ Mahjong

9:00-10:00 am—Appointments with State Representative Patrick Kearney 16  
9:30 am ~ Yoga w/Katherine  
9:30-12:00 Noon ~ Water Color Class  
11:00 am ~ Essentrics  
11:30 am ~ Outdoor Zumba & Toning w/Justine  
1:00-4:00 pm ~ Imagination in Painting

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Exercise w/Janet  
Program

21

8:30 am ~ Walking Group w/Tyler Nims 22  
8:30-10:00 am ~ Pickle ball  
10:00 am ~ Intermediate Spanish  
10:30-11:30 am ~ Boxed Lunch Pickup  
12:00 pm ~ Zoom Eating for Heart Health  
1:00 pm ~ North & South River Presentation  
1:00 pm ~ Mahjong

9:30 am ~ Yoga w/Katherine 23  
9:30-12:00 Noon ~ Water Color Class  
11:00 am ~ Essentrics  
11:30 am ~ Outdoor Zumba & Toning w/Justine  
1:00-4:00 pm ~ Imagination in Painting

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28

8:30 am ~ Walking Group w/Tyler Nims 29  
8:30-10:00 am ~ Pickle ball  
10:00 am ~ Intermediate Spanish  
10:30-11:30 am ~ Boxed Lunch Pickup  
1:00 pm ~ Antique Slideshow on MCTV  
1:00 pm ~ Mahjong

9:30 am ~ Yoga w/Katherine 30  
9:30-12:00 Noon ~ Water Color Class  
11:00 am ~ Essentrics  
11:00 am ~ Indoor Poetry w/Rich Hansen  
11:30 am ~ Outdoor Zumba & Toning w/Justine  
1:00-4:00 pm ~ Imagination in Painting



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Marshfield Council on Aging, Marshfield, MA 06-5130

## COA ACTIVITIES—EXERCISE

**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****On Tuesdays & Thursdays from 8:30-10:00 am**

Join a class at the Park for basic instruction. The pickle ball ambassadors will show you the ropes with play after. Bring a folding chair and water. If you have equipment, feel free to bring it, otherwise equipment will be provided. Limit: 12 per session so registration required. Call the Senior Center at 781-834-5581 to reserve your spot.

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

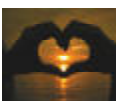
Join Neil, clinical exercise physiologist, for chair exercise as he shows and talks you through chair exercises to strengthen you and improve balance. Cost: \$5.00 per class. Call the Senior Center at 781-834-5581.

**FLOOR YOGA WITH TRISHA****On Tuesdays at 11:00 am**

Breathing & relaxation techniques stressed. We use mats, seated & standing poses along with floor work. Participants may make use of a chair to facilitate getting up and down from the floor. Please bring your own mat. Cost: \$6.00 per class. Call the Senior Center to register at 781-834-5581.

**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. Cost: \$6.00 per class. Call the Senior Center 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! July 1-Burke's Beach at end of Beach Street July 8-Veterans Commemorative Town Forest behind Pembroke Middle School to Silver Lake July 15—Rexhame Beach at end of Winslow St South River side July 22—Couch Cemetery off Union St. July 29—Rexhame Beach at end of Winslow Street beach side August 5—Sampson Park Trail, Kingston south side of Elm St. Bridge over the Jones River—remark: 3+ miles

**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. Please bring your own yoga mat!

**ESSENTRICS WITH BARBARA****On Fridays Starting July 9 at 11:00 am**

A completely original, dynamic workout that draws on flowing movements that simultaneously body resulting in greater joint mobility, increased flexibility and a reduction in chronic pain. Workout can be done standing or seated. Cost: \$5 per class. Call the Senior Center at 781-834-5581 to register.

**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. Limit 25. Cost: \$5.00 per class. Call the Senior Center at 781-834-5581 to register.



## COA ACTIVITIES—VIRTUAL CLASSES



### 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.

### BOOK DISCUSSION GROUP ON ZOOM

**On Monday, July 26 at 11:00 am**



This month we will be reading the book "The Body" by Bill Bryson. 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.

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



*Meditation  
and Mindfulness On Zoom  
on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of  
the month at 2pm*

*sign up by calling:  
781-834-5581*

**Class is Free ~ Beginners Welcome**

### GREAT DISCUSSIONS ON ZOOM

**On Tuesday, July 6 & 20 from 10-11:30 am**

We read and rigorously discuss current events and other stimulating, topical subjects. July 6: Profiles of January 6 Insurgents July 20: UFOs and UAPs as Reported to Congress. 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.



### EATING FOR HEART HEALTH ZOOM

**On Thursday, July 22 at 12:00 pm**

Join Marcia Richards MEd RD MCHES from BID Plymouth to learn about nutrition strategies to promote better heart health. This session will focus on the best types of fats to choose, eating less sodium without sacrificing flavor, the role of fiber in heart health, and a recipe demonstration! Attendees will also receive a free heart healthy cookbook! Please call the Senior Center at 781-834-5581 to register and get the Zoom Link.

### HEALTH HUDDLE W/MARK LEMBO ON ZOOM

**On Wednesday, July 28 at 1:00 pm**

The topic this month will be on shoulder pain. Mark will also be available at the end of the presentation for questions and answers. To register, call the Senior Center at 781-834-5581.

### TED TALK & DISCUSSION ON ZOOM

**On Wednesday, July 28 at 10:00 am**

Join us for a zoom TED talk and short discussion. The featured talk will be "4 Habits of All Successful Relationships" by Dr. Andrea and Jonathan Taylor-Cummings. Discussion to follow. To register, call the Senior Center at 781-834-5581.

### ANTIQUE SLIDESHOW ON MCTV

**"American BroadSides"**

**On Thursday, July 29 at 1:00 pm**

BroadSides were an important communication media, until the middle of the nineteenth century when newspapers became dailies and widely distributed. In colonial America broadsides reporting local incidents were sometimes printed and posted within two hours of the event and usually within the day. BroadSides continued to be an important advertising medium into the early twentieth century. The presentation will strive to survey a wide range of subject matter that conveys the spectrum of topics, appeals from the rational to emotional, and content from village to national. 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.



### 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](mailto:Vickers.Leslie@yahoo.com)

## COA SERVICES

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

### **30-MINUTE FINANCIAL CONSULTATION**

**On Tuesday, July 13 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 experience familiar with a wide variety of financial issues.

### **LIFE INSURANCE REVIEW AND LONG TERM CARE OPTIONS**

**On Tuesday, July 20 from 10:00-12:00 Noon**

Elaine Buonvicino and Deb Ford are MA licensed Life Insurance and Long Term Care Insurance Agents.

### **REVERSE MORTGAGE CONSULTATIONS**

**On Monday, July 26 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.

### **REAL ESTATE SPECIALIST**

**On Wednesday, July 21 10:30-11:30 am**

Real Estate Specialist John Farraher from Molisse Realty Group will be available for consultations for your real estate needs. If an alternate appointment time is needed please let the COA staff know and we will contact Mr. Farraher to set something up to better suit your needs.

### **MONTHLY LEGAL CLINIC**

**On Friday, July 9 from 9:00-11:00 am**

Attorney Chris L. Sullivan will be available for 30-minute consultations. 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, July 16 from 9:00-10:00 am**

Representative Kearney is available for consultations by appointment.

### **STATE SEN. PATRICK O'CONNOR**

**On Monday, July 19 from 10:30-11:30 am**

Senator O'Connor is available for consultations.

### **FOOTCARE WITH DEBORAH**

**On Thursday, July 15 from 9:00 am-3:00 pm**

Registered Nurse Deborah Veroneau is here on the 3rd Thursday of the month for general foot care appointments. Services offered include: general assessment of feet & lower extremities, trimming, filing and cleaning of the toenails, reduction of thickened toe nails, smoothing of corns and calluses and massaging. Cost: \$35. Please call 781-834-5581 to make or cancel an appointment.

### **MANICURES BY JODDIE**

**On Wednesdays from 9:00 am-4:00 pm**

Sandal season is here! Joddie is available every Wednesday for manicures, pedicures and facial waxing. For prices or to schedule/cancel an appointment, please call the Senior Center at 781-834-5581.


### **"BETTER TOGETHER"**

**On Mondays from 10:00 am to 2:00 pm**

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 10:00 am to 2:00 pm**

 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 & 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.



### **TECHNOLOGY CORNER** **COMPUTER LAB** **TECH ASSISTANCE**

**On Tuesdays from 9:00 am-12:00 pm**

The computer lab is now open. Bob Demers will be available in the lab to assist with any technology questions you may have. Please stop by!

## 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!


**WELCOME TO TERESA FLYNN, RN, BSN**  
**New Nurse at the Marshfield Board of Health**

We look forward to working in partnership with Teresa at the Senior Center starting in July! Teresa has been a Registered Nurse for 15 years and has a background mainly focused in Emergency Nursing and Dermatology with a strong interest in public health. She has worked for the Town of Marshfield since February, with the majority of her days at the regional vaccination clinic at the fairgrounds. She is looking forward to working with the Marshfield community in all aspects of public health and safety. Teresa plans to incorporate projects such as blood pressure clinics, educational sessions (i.e. fall prevention, sun safety, disease prevention/management, etc.) into her repertoire of services.

**THE DANIEL WEBSTER ESTATE**  
**IS OPEN FOR JULY TOURS**

Historic tours at the Daniel Webster Estate begin again on July 4th from 1-4 pm. Celebrate our nation's birthday by visiting the Webster Estate, the 1880 Victorian mansion and hearing about the life and times of Marshfield's most famous resident, Daniel Webster. Tours also include the carriage house and the Webster Law Office. The mansion is wheelchair accessible to the first floor and air conditioned. Tours continue every Thursday from July to September and on the first Sunday of the month through October. Free Admission, donations accepted. *Tea at the Daniel Webster Estate* on Sunday, August 15 from 2-4 pm. \$20 including a tour. Call for reservations 781-834-7818.



HEALTHY LIVING PROGRAM PRESENTS

**A MATTER OF BALANCE**

A workshop to help you reduce the fear of falls and increase activity levels.

STARTING  
AUGUST 17, 2021 - SEPTEMBER 14, 2021  
4.5 WEEKS  
TUESDAYS AND THURSDAYS, 1 PM - 2 PM  
VIA ZOOM  
REGISTRATION DEADLINE: AUGUST 5, 2021

the healthy living  
Center of Excellence



A MATTER OF BALANCE  
WORKSHOP PRESENTED BY OCES

For more information or to register, contact Pat Lytle at  
plytle@ocesma.org or 808-834-1861 ext. 373

**50+ JOB SEEKERS WORKSHOP ZOOM SERIES**  
**July ~"Using LinkedIn as a Powerful Job Search**  
**Tool: Maximize your Use"**

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](mailto:susan@sdkelly.com) for info. NEW! Bilingual Workshop Series for 50+ Job Seekers in the Latino communities of the Commonwealth: July 14, 1:00-3:00 pm: **Create a LinkedIn Profile- a 'Must Have' Job Search Tool ~~**  
\*Advanced Registration Required for these Bilingual Workshops\*

**SAVES THESE DATES!**
**5-WEEK SUMMER LINE DANCE LESSONS**  
**WITH MAUREEN GODDING**

**Starting Mondays, August 2 at 3:00 pm**

Whether you've never danced before or it has been a while, this class is for you. You will learn terminology and movements and string them together in easy-to-follow dances. This class moves quickly and increases your heart rate with laughter. No partner necessary, all you need to know is your left from your right and how to smile and have a good time! Last class will be August 30. Advance sign up at the front desk or call 781-874-5581. Cost is \$30 for 5 classes.

**MUSICAL MONDAY WITH JACK CRAIG**

**"Songs of Hope & Inspiration"**

**On Monday, August 16 at 1:00 pm**

Throughout time, hope and inspiration have been conveyed through song. The songs in this program have lyrics with uplifting messages that inspire hope for all people. Find gratitude in singing about smiles, sunny sides, happy days, dreams, world peace, and hope for tomorrow.

**SMART PHONE CLASS with John Kolstad**

**On Friday August 27 from 10:00 am – 12:00 noon**

Topics covered will include smart phone background, features, communications, user IDs and passwords, Internet browsers, applications, managing apps, how to send/send/receive text messages and emails, social networking, cloud computing, smart phone versus other devices, streaming and troubleshooting. John is a graduate of Northeastern University, Boston, MA and worked in IT as an experienced instructor on using computers.



## VOLUNTEER RECOGNITION CORNER



We are looking for Social Day Care Volunteers, Blood Pressure Nurses, Pickle Ball Ambassadors, Volunteers with Online/Computer Skills, Outside Grounds Volunteers, Activities Hostesses, Meals on Wheels Drivers, Personal Shoppers,

Door Greeters, Fundraising Volunteers to assist the Council on Aging Boosters, Inc. and Bus Escorts. 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](mailto:coavolunteercoordinator@townofmarshfield.org)

Also Special Happy Birthday wishes for the month of July: Elsie Almeida, Kathleen Bryan, Kathleen Eacrett, Joan Egan, James Fox, Frank Guarino, Trudy Harney, Mary Lamrock, Geraldine McCarthy, Tyler Nims, Margaret Ofuokwu, Kathleen Richardson, Deborah Sheehan, and Sandra Sutherland

## SOCIAL SERVICES CORNER

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>

## SIXTY PLUS CLUB CORNER

Welcome to Summer! Stay cool and well. Hope to see you all at the Senior Center enjoying exercise classes and talking with friends. More news on the Sixty Plus Club meeting next month. I am meeting with the officers to make plans for this year and will gather suggestions. **Happy 4th of July!** Yours truly, Nancy Goodwin

## BOOSTERS CORNER

On June 21, our Board of Directors was able to join together in person for the first time in over 16 months. It was wonderful to be gathered as a board and to see each other's faces without masks. Zoom has been a useful tool to allow us to virtually meet monthly during the quarantine period but we are all happy to put the forum aside and meet once again in person. Our next meeting will be July 26 and we plan to meet again at the Senior Center.

The new outdoor recreation area at the Senior Center is being enjoyed, and we can see the expansion progressing at a rapid pace and it is all exciting to watch. Thanks again to all who have supported us in this difficult year. We continue to financially support the *Link* newsletter through advertising, yearly streaming subscription from Netflix and support for a new website to connect seniors with volunteer services. If you have not renewed your 2021 membership, please consider renewing. 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. Also, 0.5% of your Amazon purchase prices will be donated to the Boosters when you order through [smile.amazon](https://smile.amazon.com) and choose Marshfield COA 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



If you are a veteran or a surviving spouse of a veteran, there may be financial help available to you. Please call Director Carin Paulette or Assistant Director Lisa Potts at 781-834-5576 and leave a

voicemail and we will return your call as soon as possible. You can also reach them through email at [Cpaulette@townofmarshfield.org](mailto:Cpaulette@townofmarshfield.org) or [Lpotts@townofmarshfield.org](mailto:Lpotts@townofmarshfield.org)

### **KOREAN WAR VETERAN'S MEETING**

**On Wednesday July 14 at 1:00 pm**

The Korean War Veterans meet on the 2nd Wednesday of the month at 1:00 pm at the Senior Center.

## TRANSPORTATION

### GATRA FIXED ROUTE SERVICE RESUMES!

The Gatra bus is once again stopping at the Marshfield Senior Center! Schedule: Southbound (Marshfield to Kingston) the bus stops at the Senior Center Monday through Friday beginning at 8:36 am hourly until 4:36 pm (note: the 2:36 pm bus does not arrive until 2:51 pm). Northbound (Kingston to Marshfield) the bus stops at the Senior Center Monday through Friday beginning at 8:09 am through 3:09 pm with the last stop at 4:26 pm. For a full schedule, stop by the front desk or visit [www.gatra.org](http://www.gatra.org).

### GATRA can H.E.L.P. Helping.Everyone.Live.during a Pandemic

GATRA has received a grant from their partners at MAPC and MassDevelopment to offer taxi rides outside of Marshfield to vaccine appointments and for other COVID-19 related essential transportation needs. For more information, contact Donna Weinberg at 781-834-5581.

### JULY SENIOR SHUTTLE SCHEDULE



#### *Marshfield Council on Aging Shuttle Bus Schedule*

*Also known as GATRA Dial-A-Ride*

Call 781-834-5581 for more information

Reservation required, 24 hour notice requested

<b>MONDAY</b>	<b>AM</b>	<b>Shopping at Star Mkt for all residents</b>
		<b>Stops at CVS as needed</b>
	<b>PM</b>	<b><i>In-town medical appointments 1:00 - 2:30 pm</i></b>
<b>TUESDAY</b>	<b>AM</b>	<b>Walmart Plymouth (first &amp; third Tuesday) approx. arrival 10:00-10:30 am; pick up @ 2:00</b>
		<b>On request (on the second Tuesday of the month) for</b>
		<b>Marshfield Food Pantry from 10:00 to 12 noon.</b>
		<b>Target Kingston (fourth Tuesday) approx. arrival 10:00-10:30 am; pick up @ 2:00</b>
<b>WEDNESDAY</b>	<b>AM</b>	<b>Stop &amp; Shop or Christmas Tree Shop</b>
		<b>Pick up at Christmas Tree Shop around 12:00 pm</b>
	<b>PM</b>	<b><i>In-town medical appointments 1:00-2:30 pm</i></b>
<b>THURSDAY</b>	<b>AM</b>	<b><i>In-town medical appts. 9:30-11:30 AND 1:00-2:30</i></b>
		<b>Hair appointments 9:30 to 2:30 pm.</b>
<b>FRIDAY</b>	<b>AM</b>	<b>Shopping @ Star Mkt for all residents</b>
		<b>Stops as needed for CVS</b>
<b>SUGGESTED DONATIONS: \$1.75 one way; \$3.50 round trip for all in-town trips.</b>		
<b>\$6.00 round trip for all Tuesday shopping trips.</b>		
<i>Unmarked envelopes will be distributed upon disembarking from the bus for your donation. Envelopes should be placed in the cash box in the front of the bus at final destination. No one will be denied ridership for inability to donate.</i>		
<b>Note: Masks must be worn at all times on the bus.</b>		
<i>Revised 6/16/21</i>		





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## Financial Concerns & Questions?

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debt, cash flow, taxes, Social Security, downsizing your home,  
helping out one of your children, or running out of money?

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.



FAMILY OWNED IN MARSHFIELD SINCE 1987



## OCES NUTRITION PROGRAM

## JULY 2021 Regular



## Community Dining Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Nutrition information is</b> for the entire meal and is approximate. Each item is followed by the milligrams of sodium in parentheses. Renal meals provide ~ <650mg potassium, <400 mg phosphorus.			<b>1</b> Chicken Picatta 357 Parslied Rotini 4 Tuscany Vegetables 41 Whole Wheat Roll 240 Pineapple Chunks 1 	<b>2</b> Cheeseburger 457 Hot German 4 Potato Salad 76 Hot Broccoli salad 32 1 WW hamburger roll 80 Ketchup 82 Brownie Cookie 230 MOD: Lorna Doones 100 Cal: 683 Sodium: 780 mg Carb: 100 gm
<b>5</b> 	<b>6 #</b> Hot Dog * 550 Veg Baked Beans 282 California Vegetables 30 Hot Dog Bun 210 Mustard 55 Mandarin Oranges 7 Cal: 723 Sodium: 1271 mg Carb: 85 gm	<b>7 #</b> BBQ Chicken * 691 Tater Tots 310 Scandinavian Veg 41 Whole Wheat Bread 65 Fresh Banana 1 	<b>8</b> Pollock with Lemon 235 Dijon Sauce 4 Brown Rice & Orzo 3 Green Beans 240 Oatmeal Bread 99 Fig Bar 50 MOD: Vanilla Bites 50 Cal: 606 Sodium: 718 mg Carb: 94 gm	<b>9</b> Chicken Broccoli 580 Penne Alfredo * 19 Italian Blend Veg 310 Scala Bread 6 Hot Cinnamon Peaches 6 
<b>12</b> Chicken ala Orange 53 Rice Pilaf 16 Zucchini & Tomatoes 40 Multigrain Bread 240 Chocolate Chip Cookie 105 MOD: Strawberry Grahams 95 Cal: 753 Sodium: 591 mg Carb: 102 gm	<b>13</b> Swedish Meatballs 262 Buttered Noodles 38 Jardiniere Vegetables 31 Rye Bread 330 Caramelized Pears 20 	<b>14</b> Cheddar Cheese 424 Omelet 6 Home Fries 54 Peppers & Onions 160 Snack Loaf 75 Fruited Yogurt 15 Orange Juice - NO MILK Cal: 791 Sodium: 811 mg Carb: 98 gm	<b>15 COLD MEAL</b> Tuna Salad 294 Cucumber/Tomato 58 Broccoli Salad 46 Pasta Vegetable Salad 200 Mini Kaiser Roll 0 Fresh Peach 0 	<b>16</b> Pot Roast with Gravy 97 Roasted Potatoes 6 Butternut & Apples 4 Whole Wheat Roll 240 Vanilla Wafers 98 
<b>19</b> Sloppy Joe 420 O'Brien Potatoes 6 Fiesta Vegetables 16 WW Hamburger Bun 80 Lemon Square 105 SF Lemon Cookie 60 Cal: 917 Sodium: 765 mg Carb: 112 gm	<b>20</b> Herbed Chicken 387 Breast w/Gravy 6 Parslied Potatoes 82 Green Peas 115 Cracked Wheat Bread 115 Fresh Plum 0 	<b>21</b> BBQ Riblet 280 Potato Wedges 260 Broccoli & Red Pepper 12 Bulkie Roll 330 Mixed Fruit 5 	<b>22</b> Pork Oriental 214 White Rice 2 Asian Vegetables 43 Wheat Bread 65 Oatmeal Chocolate Bar 75 MOD: Graham Cracker 95 Cal: 763 Sodium: 536 mg Carb: 94 gm	<b>23</b> Potato Crunch Pollock 220 Roast Sweet Potatoes 45 Broccoli Flowerets 12 Multigrain Bread 240 Tartar Sauce 85 Fresh Orange 0 
<b>26</b> Aloha Chicken 357 Pineapple Brown Rice 4 Chuckwagon Vegetables 3 Snowflake roll 250 Mixed Fruit Cup 5 	<b>27</b> Beef & Ziti Casserole 458 Green Beans 3 Garlic Roll 240 Caramelized Apples 23 	<b>28 COLD MEAL</b> Curried Chicken Salad 72 Tossed Salad 17 Pasta Salad 46 Pita Half 292 Sugar Cookie 160 MOD: Cinnamon Bites 71 Cal: 853 Sodium: 724 mg Carb: 113 gm	<b>29</b> Salmon with Dill Sauce 339 Oven Brown potato 6 California Vegetables 30 Scala Bread 310 Diced Peaches 6 Cal: 652 Sodium: 829 mg Carb: 97 gm	<b>30</b> Roast Turkey/Gravy * 674 Mashed Potatoes 165 Mixed Vegetables 42 Cranberry Sauce 1 Whole Wheat Bread 65 Fruit Crunch Bar 80 Lorna Doones 100 Cal: 892 Sodium: 1164 mg Carb: 124 gm

\*Catch of the Day=fish type will vary each month

\*Indicates food item w/&gt;500mg sodium

❖=high sodium meal

## GRAB &amp; GO BOXED LUNCH MENU

On Tuesdays &amp; 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

July 6 Italian Chicken Salad on focaccia

July 13 Ham &amp; Cheese wrap

July 20 Turkey &amp; Cheese wrap

July 27 Chicken Caesar wrap

## Thursdays

July 1 Hummus &amp; Veggie wrap

July 8 Roast Beef &amp; Swiss on Kaiser roll

July 15 Tuna Roll

July 22 Egg Salad on Croissant

July 29 Hummus &amp; Veggie wrap

#### COA BOARD OFFICERS

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

#### MEMBERS

David Cheney Janice Fletcher  
Fred Monaco Maureen Saunders William Scott

#### STAFF

Carol Hamilton ..... Director  
Lynn Gaughan ..... Assistant Director  
Lisa Cleary ..... Administrative Assistant  
Marilee Comerford..... Activities Coordinator  
Chuck O'Connor, Glenn Loomis, Patricia Sweeney, John Gaffney, James Bachman & Jim Lambrecht .... Bus Drivers/ Custodians  
Shannon Jameson..... Nutrition Manager  
Judy Caldas & Ken Pike ..... Social Service Coordinator  
Donna Weinberg ..... Project Coord. of Volunteers  
Cathie DiMassa ..... Clerical & Activities Assistant  
Cathy Spiegel, Rita Walsh, Maggie Cooper ..... Sr. Aides

#### COA BOOSTER BOARD MEMBERS

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Sandra Sutherland ..... Treasurer  
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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. Please call the food pantry with questions at 781-837-0359. If you need help with transportation our bus is available on the 2nd Tuesday of the month. 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/](http://www.ventresslibrary.org/)

### THE SENIOR CENTER GIFT SHOP IS OPEN

Books and donations needed. Please call ahead. Thank you!

### 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](mailto:programs@duxburycoa.com) or call the  
Center at 781-934-5774 ext. 5716  
by June 10.

