



# The LINK

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## Council on Aging

*Ever Growing - Never Old*

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Like us on Facebook: MarshfieldSeniorCenter

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

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

**AUGUST 2021**

Volume 377

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.



Photo by Rain Rodolph

FOR QUICKER ACCESS TO OUR NEWSLETTER GO ONLINE TO - [WWW.OURSENIORCENTER.COM/FIND/MARSHFIELD-COUNCIL-ON-AGING](http://WWW.OURSENIORCENTER.COM/FIND/MARSHFIELD-COUNCIL-ON-AGING)

# NEVER MISS A NEWSLETTER!

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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](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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### DIRECTOR'S CORNER

Greetings everyone as we welcome in the "dog days of August". Hope you are taking advantage of the summer weather and enjoying the many outdoor events, trails and beaches the area has to offer! We have many programs either restarting or brand new ones like our drawing class and new fitness offerings. The Marshfield Fair will open this year and Senior Day is Tuesday, August 24<sup>th</sup>. The Council on Aging will offer transportation on Senior Day so please call the office to make a bus reservation.

The Senior Center Expansion Project is on schedule and construction is expected to wrap up in late November. We have received new benches and receptacles for our outdoor park and will be working on getting them installed in August. One exciting new program that we will be adding is bocce in "The Park". Volunteer Bob Marzelli will be organizing some games, so check inside this issue of the newsletter for more details.

We are also adding a second position for Activities Coordinator to help Marilee Comerford, as we ramp up more programs for the new spaces. Finally we hope to offer mini-Lifelong Learning sessions sometime in the fall which will be listed in the September newsletter.

Please let us know if there are any particular programs or services you would like us to offer. Currently our parking is more limited due to the construction, so please be patient. We are asking those that have good mobility to park in the upper parking lot. For those patrons with limited mobility we have a newer parking area available across from the patio. We also offer valet services if needed.

*A very happy summer to all~ Carol Hamilton, Marshfield Council on Aging*



## Marshfield Senior Center Project



Hello everyone! The Marshfield Senior Center continues its progress to completion. This month all rough inspections have been secured. The insulators are currently queuing up to insulate the building. The design of the building includes insulation that goes above and beyond

standard energy code requirements. The finishes are on their way. The sheetrock installation and finish taping will begin within a week, followed by first two coats of paint, ceilings and millwork. We expect that we will be ready for paint by the next newsletter! Very exciting. Meanwhile, the exterior is nearly completed. We are awaiting one window, to replace one that was delivered erroneously and rejected by the project team. Once the replacement window is delivered and installed, the facades will be completed. The building addition is absolutely stunning. The Design firm, Caolo & Bienek of Chicopee, really found a nice solution to adding the additional two-story space while making it fit with the original building and the feel of the Town. Why the gray when the existing building is yellow? This was a question we received repeatedly over the last month. Here is the answer! The existing building will be repainted in the fall prior to the opening of the new addition to create a seamless new Senior Center. While we are hammering away, the final selections on furniture are happening by a sub-group of your all-volunteer Building Committee. It is a lot of work and when you see them, please thank them for their time. Stay cool as the summer months continue.



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



### **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.

### **DRAWING ON THE RIGHT SIDE OF YOUR BRAIN**

**Six-Session Class starting on Monday, August 16 at 1:00 pm**

Join Tess Webster for this basic drawing class that is helpful to many other art classes that you may want to take. Classes will include shapes, shadowing, tips and tricks first, then body or life, followed by faces and portraits. Tess will be using Drawing on the Right Side of Your Brain for fun methods and ideas! She will keep it light and fun and you will be surprised at how easy it will become to draw. You will need soft pencils, a Pearl eraser and large paper pad. The paper can be a newsheet pad from Job Lot. The class meets on Mondays through September 27 (no class on Sept. 6). Limit of 20 students; cost is \$10 per session. Please call the senior center to register at 781-834-5581.



### **TRIAD MEETING—"AWARENESS IS THE FIRST LINE OF DEFENSE"**

**On Wednesday, August 18 at 1:00 pm**

Join instructor Kristin Ann Lashoto and learn about body communication, personal space zones, personal weapons, fear and panic, mental resilience, eye expressions and reading people. This class is geared towards seniors to help teach you how to remain calm of mind and of body. Sign up for this great presentation and educate yourself on which methods and techniques you can use to protect yourself.

### **HOW TO MAKE HALF-SOUR PICKLES**

**On Monday, August 23 at 1:00 pm**

Dave Wheeler of Therapy Gardens will show you how to make your own old-fashioned fermented pickles using water, salt, and spices. A variety of pickling techniques will be demonstrated. Participants get their own pickling spice packet and pickling recipes. Please sign up ahead by calling the Senior Center at 781-834-5581.



### **THE NATURE IN SUMMER**

**Presented by the Massachusetts Audubon**

**On Tuesday, August 24 at 1:00 pm**



Summertime in Massachusetts is filled with unique seasonal wonders and mysteries. What insects can you hear, and do you know how to tell the temperature by crickets chirping? Why do we see turtles sitting on top of logs on sunny summer days? What animals are raising their young and how do different wildlife species survive in summer conditions? Learn the how and why of summer phenomena, as well as ways to explore, enjoy, and protect nature close to home.

## **CARDIGAN NURSING & REHABILITATION CENTER**

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## COA ACTIVITIES - ARTS

**ART OF FILM CLASS**

**On Thursday, August 12 at 12:30 pm**  
**Female Impersonator Series — AFI's 69th best — "Tootsie" (1982)**

"There is a long tradition in literature and film of female characters masquerading as men; here, the gender masquerade is reversed." (Cinebooks MPG Review 1997) How does "Tootsie" compare with other films of this type like "Mrs. Doubtfire", "Hairspray"? How does Marilyn Monroe compare with Jessica Lange? How do Tony Curtis & Jack Lemmon compare with Dustin Hoffman? YOU DECIDE... See you in August ~ Please register in advance by calling the Senior Center at 781-834-5581 as refreshments will be provided ~ Heather Kaval

**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.

**BEGINNER WATER COLOR CLASS**

**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 Loik at 781-934-0246 after 4:00 p.m. The cost will be \$15 per class ~ pay as you go.

**ART MATTERS VIDEO**

**On Monday, August 30 at 1:00 pm**

Join us to view a video on our big screen TV of a presentation—made by Jane Blair of Art Matters—as she shares thoughts and images of Norman Rockwell's art. Norman Rockwell is recognized as one of



the most beloved American artists. He was a painter who illustrated over 322 covers for the Saturday Evening Post for 47 years. Join us to enjoy and view his wonderful images and to remember why he is recognized as an icon with such phrases as: "As American as apple pie, baseball and Norman Rockwell."

**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.

**POETRY CLUB**

**On Friday, August 27 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!

**NEW! ART BOOK SECTION IN THE LIBRARY**

A generous donation of at least fifty art books has been made to the Senior Center by one of our patrons. We are very grateful and would like to encourage you to use them. This collection consists of beautifully illustrated hard and soft cover editions that cover art topics such as oils, acrylics, drawing and pastels. A special section has been created for these books in the library for your use or to borrow. There will be a few books in the Arts & Crafts Room so that students can use them to get ideas for their artwork.

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## COA ACTIVITIES - INSTRUCTION & GROUPS



### **BOOK DISCUSSION GROUP**

**On Monday, August 23 at 11:00 am**

This month we will be reading the book "Bookshop on the Corner" by Jenny Colgan. 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.

### **WOMEN'S GROUP w/BARBARA LEARY**

**"A Guide to Socialization Post Pandemic"**

**On Tuesday, August 31 at 12:30 pm.**

The Covid-19 pandemic has posed so many challenges that have made us think twice about everything we do. Even after being vaccinated, conflicting news reports have us wondering how to keep ourselves safe. We'll talk about the effects of isolation and how to deal with feelings of anxiety that go along with resuming our activities.



### **CHESS CLUB RETURNS**

**On Tuesdays from 11:00 am—1:00 pm**

Facilitator Tom Lester will provide beginner instruction as well as a discussion of chess strategy for more experienced players. Some members will also be available for competitive play. All levels welcome.

### **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.



### **KNITTING GROUP**

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

If you knit or crochet or want help learning to crochet or knit, join us. Bring your own project or we can show you some simple projects to get started with! All welcome!



### **INTRO TO CONVERSATIONAL SPANISH**

**On Thursdays 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/class.

### **INTERMEDIATE SPANISH**

**On Thursdays at 11:00 am**

Intermediate Spanish for those with some level of Spanish. Brush up on your skills! Cost/Donation \$5.00 per class.

No classes August 5-19, classes resume August 26.

### **SMART PHONE CLASS with John Kolstad**

**On Friday, August 27 - 10:00 am-12:00 pm**

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 and worked in IT as an experienced instructor on using computers.

### **PLAY POOL! Available daily from 1:00-4:00 pm**

Pool table available afternoons for free play except during special events.

### **SAVE THESE DATES**

#### **FLOOR YOGA WITH LINDA EVANS**

**Starting Thursdays on September 8 at 10:00 am**

Participants meet to join in the practice of yoga. Breathing & relaxation techniques are stressed. Asanas develop balance, flexibility, concentration & strength. We use mats (bring your own) for floor work, seated & standing poses. Participants may make use of a chair to facilitate getting up & down from the floor. Cost: \$6. per class.

#### **5-WEEK FALL LINE DANCE LESSONS**

##### **WITH MAUREEN GODDING**

**Starting Mondays on September 13 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 October 18. Advance sign up at the front desk or call 781-834-5581. Cost is \$30 for 5 classes.

#### **PRESERVE YOUR GARDEN TOMATOES**

**On Monday, September 13 at 1:00 pm**

It's tomato harvest time! Come to this great presentation with Dave from Therapy Gardens. Learn how to jar and preserve your garden tomatoes so you can enjoy them all year! Participants learn will learn how to safely preserve tomatoes. Dave Wheeler founded Therapy Gardens with the goal of providing high-quality gardens and garden-related activities for seniors. A lifelong South Shore resident, Dave has a BS degree from Northeastern University and a Master's Degree in Management from Lesley University. In addition to gardening, he enjoys playing chess, bass fishing, and reading. Everyone receives one Mason jar and directions for canning. Limit 20; please call the Senior Center to register ahead at 781-834-5581.



## COA ACTIVITIES - FUN & GAMES



### INTRO TO BOCCE BALL

**On Wednesday, August 11, 18 & 25  
from 8:30-10:00 am**

Join us at the COA's bocce court at "The Park" where bocce enthusiast Bob Marzelli will share rules and instruct play as an introduction to Bocce. Enjoy an opportunity to try this fun outdoor lawn bowling sport on our new regulation sized bocce court. Bring a beach chair so you can take a break, water and sunscreen. Come and get to know some new friends! Limit: 10 per session; call the Senior Center at 781-834-5581 to reserve your spot.

### MAHJONG

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

A tile-based game that was developed in the 19th century in China, commonly played by 4 players. Facilitated by Marilyn Balconi & Maureen Weiss.

### PINOCHLE

**On Mondays & Fridays 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**

Play social bridge, no reservation, no partner needed. All welcome.

### 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

**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.

## COA ACTIVITIES—EXERCISE

### STRETCH AND FLEX w/MELISSA FREED

**On Mondays at 8:45 am, starting  
August 9**



This class will incorporate strength and flexibility training along with balance work and ends with ten minutes of mindful meditation. Cost: \$5.00 per class.

### TAI CHI 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.



### 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.

### NEW! LOW IMPACT LINE DANCE LESSONS w/DOTTY BELANGER

**On Tuesdays at 1:00 pm**



Line Dance is choreographed dance routines with repeated sequences of simple steps, in which a group of people, standing in lines, perform the steps in unison to music. No partner needed. This traditional line dance class will include several genres such as Rock, Waltz, Foxtrot, Latin, Rock and Country. Line Dance provides many health benefits; low impact aerobic exercise with social interaction which will put a smile on your face! **If you can walk, you can line dance!** Participants are required to wear footwear which includes a low heeled, closed or strapped shoe with leather or split leather sole. Sneakers (unless required for medical reasons), flip flops and sandals are not good for executing the dance steps since the traction does not allow your feet to glide across the floor easily and could cause foot injury. Cost \$5.00 per class ~ pay as you go. To register for this new class, call the Senior Center at 781-834-5581.

## COA ACTIVITIES—HEALTH & EXERCISE



### **HEALTH HUDDLE w/MARK LEMBO**

**At the Senior Center**

**On Wednesday, August 25 at 1:00 pm**

The topic for the month of August will be back pain. Mark will also be available at the end of the presentation for questions and answers.

### **FLOOR YOGA w/TRICIA GLYNN**

**On Tuesdays & Wednesdays 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. Please bring your own yoga mat! Cost: \$6.00 per class.



### **GENTLE YOGA w/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! Cost: \$5.00 per class.

### **ESSENTRICS W/BARBARA**

**On Fridays at 11:00 am**

A completely original, dynamic workout that draws on flowing movements that simultaneously lengthens and strengthens every muscle in the body resulting in greater joint mobility, increased flexibility and a reduction in chronic pain. Workout can be done standing or seated. Cost: \$5 per class.



### **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.

### **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! August 5—Sampson Park Trail, Kingston south side of Elm St. Bridge over the Jones River—remark: 3+ miles  
August 12—Burke's Beach at end of Beach Street  
August 19—Walk Harbor Park to Peter Igo Park and back, coffee at Park  
August 26—Rexhame Beach at end of Winslow Street along South River  
September 2—Daniel Webster Wildlife Sanctuary



### **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. Cost: \$5.00 per class.

### **EXERCISE FOR ARTHRITIS w/NEIL SULLIVAN**

**On Mondays, August 9—30 at 11:00 am**



The class is for folks with arthritis or anyone interested in gentle exercise! The Arthritis Class is structured on the AEA Arthritis Foundation curriculum and designed to allow participants to exercise without putting excess strain on their joints and muscles. The class includes gentle passive and active movements/exercises as well as stretches to help increase joint flexibility, range of motion, and muscular strength. Exercise is an essential and effective component in the health and wellness of individuals with arthritis and it works to increase functional ability and decrease pain. \$20 for the 4 weeks. Please call to register at 781-834-5581.



### **GENTLE CHAIR EXERCISE w/BARBARA LEARY**

**On Thursdays at 8:30 am**

Join in this fun and energizing gentle chair exercise class with Barbara Leary. There will be music and enjoyable routines and stretches and it is sure to put a smile on your face. Exercises to improve strength and flexibility and balance. This class is appropriate for all levels of fitness but especially those looking to increase range of motion. Cost: \$4.00 per class.



## VIRTUAL CLASSES & ENTERTAINMENT

### **COFFEE & CHAT ZOOM**

**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 for the zoom link, call the Senior Center at 781-834-5581.



*Learn breathing techniques,  
discuss mindfulness practices  
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*Meditation  
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the month at 2pm*

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**Class is Free ~ Beginners Welcome**

### **GREAT DISCUSSIONS ON ZOOM**

**On Tuesday, August 3 & 17 from 10-11:30 am**

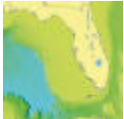
We read and rigorously discuss current events and other stimulating, topical subjects.

August 3: Sea Rise in the Florida Keys

August 17: Limited Access of US Companies to Chinese Retail Market. 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.



### **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)



### **TED TALK & DISCUSSION ON ZOOM**

**On Wednesday, August 25 at 10:00 am**

Join us on zoom for an airing of the TED

Talk by journalist Mariana Atencio of "What Makes You Special" and then we will have a brief discussion. To register for the zoom link, call the Senior Center at 781-834-5581.



### **LET'S GO TO THE MOVIES!**

**"Fisherman's Friends" (2019) 1hr 52m**

**On Monday, August 9 at 12:30 pm**

A fast living, cynical London music executive heads to a remote Cornish village where he's pranked by his boss into trying to sign a group of shanty singing fishermen. He struggles to gain the respect or enthusiasm of the unlikely boy band and their families. Soon he's forced to reevaluate his own integrity and ultimately question what success really means. Starring Daniel Mays and James Purefoy.

**"Nomadland" (2020) 2hr 6m**

**On Thursday, August 19 at 12:30 pm**

Following the closure of a gypsum mine in the rural Nevada town she calls home, Fern packs her van and sets off on the road. Exploring life outside conventional society as a modern-day nomad, Fern soon discovers a resilience and resourcefulness that present her with experiences unlike any she's known before. Along the way in this story of hope, she meets other nomads who become mentors in her life amidst the vast, sometimes breathtaking landscape of the American West. Cast Frances McDormand, David Strathairn

### **ANTIQUE SLIDESHOW ON MCTV**

**"Early Slip Decorated Redware"**

**On Thursday, August 26 at 1:00 pm**

Slip decorated redware was the most common type of ceramic produced in colonial and Federal America. This Power Point program will illustrate methods utilized by British and American potters to apply slip decoration to their wares as well as showing a wide range of examples used in America between 1700 and 1850. The program will also incorporate passages from an eyewitness account focused on the Brown Brothers Pottery on Long Island. The specific works illustrated will vary from common examples to rare works – one of which is decorated with the image of a 1750s Native American chief.




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.

# MONDAY

# TUESDAY

# WEDNESDAY

<p>Zoom Coffee &amp; Chat ..... 9:00 am Intro to Tai Chi ..... 9:30 am Better Together ..... 10:00 am-2:00 pm Mahjong ..... 1:00 pm Pinochle ..... 1:00 pm</p>	<p>Technology Assistance ..... 9:00 am-12:00 pm Chair Exercise w/Neil Sullivan ..... 9:30 am Painting Workshop ..... 9:30 am-12:00 pm Great Discussions on Zoom ..... 10:00-11:30 am Boxed Lunch Pickup ..... 10:30-11:30 am Yoga w/Tricia ..... 11:00 am Chess Club ..... 11:00-1:00 pm Bridge ..... 12:30-2:00 pm Cribbage ..... 12:30 pm Line Dancing w/Dotty ..... 1:00 pm Parkinson's Support Group Zoom ..... 5:30 pm</p>	<p>Woodcarving ..... Manicures ..... Heart &amp; Hand Exercise w/Janet ..... Social Day Program ..... Knitting Group ..... Yoga w/Tricia ..... Duplicate Bridge ..... Whist ..... Hand &amp; Foot.....</p>
<p>Stretch &amp; Flex w/Melissa ..... 8:45 am Zoom Coffee &amp; Chat ..... 9:00 am Intro to Tai Chi ..... 9:30 am Better Together ..... 10:00 am-2:00 pm Exercise for Arthritis w/Neil ..... 11:00 am Movie "Fisherman's Friend" ..... 12:30 pm Mahjong ..... 1:00 pm Pinochle ..... 1:00 pm</p>	<p>Technology Assistance ..... 9:00 am-12:00 pm Chair Exercise w/Neil Sullivan ..... 9:30 am Painting Workshop ..... 9:30 am-12:00 pm Financial Consultations ..... 10:00 am-1:00 pm 50+ Job Seekers Workshop ..... 10:00 am-12:00 pm Boxed Lunch Pickup ..... 10:30-11:30 am Yoga w/Tricia ..... 11:00 am Chess Club ..... 11:00-1:00 pm Bridge ..... 12:30-2:00 pm Cribbage ..... 12:30 pm Line Dancing w/Dotty ..... 1:00 pm Meditation &amp; Mindfulness on Zoom ..... 2:00 pm Parkinson's Support Group Zoom ..... 5:30 pm</p>	<p>Intro to Bocce Ball ..... Woodcarving ..... Manicures ..... Heart &amp; Hand Exercise w/Janet ..... Social Day Program ..... Knitting Group ..... Yoga w/Tricia ..... Duplicate Bridge ..... Whist ..... Hand &amp; Foot..... 50+ Job Seekers Zoom~Bilingual Wo</p>
<p>Stretch &amp; Flex w/Melissa ..... 8:45 am Zoom Coffee &amp; Chat ..... 9:00 am Intro to Tai Chi ..... 9:30 am Better Together ..... 10:00 am-2:00 pm Exercise for Arthritis w/Neil ..... 11:00 am Mahjong ..... 1:00 pm Pinochle ..... 1:00 pm Musical Monday w/Jack Craig ..... 1:00 pm Drawing Class ..... 1:00 pm</p>	<p>Technology Assistance ..... 9:00 am-12:00 pm Chair Exercise w/Neil Sullivan ..... 9:30 am Painting Workshop ..... 9:30 am-12:00 pm Life Insurance Review Clinic ..... 10:00 am-12:00 pm Great Discussions on Zoom ..... 10:00-11:30 am Boxed Lunch Pickup ..... 10:30-11:30 am Yoga w/Tricia ..... 11:00 am Chess Club ..... 11:00-1:00 pm Bridge ..... 12:30-2:00 pm Cribbage ..... 12:30 pm Line Dancing w/Dotty ..... 1:00 pm Parkinson's Support Group Zoom ..... 5:30 pm</p>	<p>Intro to Bocce Ball ..... Woodcarving ..... Manicures ..... Heart &amp; Hand Exercise w/Janet ..... Social Day Program ..... Knitting Group ..... Real Estate Specialists ..... Yoga w/Tricia ..... Duplicate Bridge ..... Whist ..... Hand &amp; Foot..... Triad.....</p>
<p>Stretch &amp; Flex w/Melissa ..... 8:45 am Zoom Coffee &amp; Chat ..... 9:00 am Intro to Tai Chi ..... 9:30 am Better Together ..... 10:00 am-2:00 pm Mortgage Consultations ..... 11:00 am-1:00 pm Book Group ..... 11:00 am Exercise for Arthritis w/Neil ..... 11:00 am Mahjong ..... 1:00 pm Pinochle ..... 1:00 pm Drawing Class ..... 1:00 pm How to make Half Sour Pickles..... 1:00 pm</p>	<p>Technology Assistance ..... 9:00 am-12:00 pm Chair Exercise w/Neil Sullivan ..... 9:30 am Painting Workshop ..... 9:30 am-12:00 pm 50+ Job Seekers Workshop ..... 10:00 am-12:00 pm Boxed Lunch Pickup ..... 10:30-11:30 am Yoga w/Tricia ..... 11:00 am Chess Club ..... 11:00-1:00 pm Senior Day @ Marshfield Fair ..... 12:00 pm Bridge ..... 12:30-2:00 pm Cribbage ..... 12:30 pm Line Dancing w/Dotty ..... 1:00 pm Nature in Summer ..... 1:00 pm Meditation &amp; Mindfulness on Zoom ..... 2:00 pm Parkinson's Support Group Zoom ..... 5:30 pm</p>	<p>Intro to Bocce Ball ..... Woodcarving ..... Manicures ..... Heart &amp; Hand Exercise w/Janet ..... Ted Talk on Zoom ..... Social Day Program ..... Knitting Group ..... Yoga w/Tricia ..... Duplicate Bridge ..... Whist ..... Hand &amp; Foot..... Health Huddle at the Senior Center..... 50+ Job Seekers Zoom~Bilingual Wo</p>
<p>Stretch &amp; Flex w/Melissa ..... 8:45 am Zoom Coffee &amp; Chat ..... 9:00 am Intro to Tai Chi ..... 9:30 am Better Together ..... 10:00 am-2:00 pm Exercise for Arthritis w/Neil ..... 11:00 am Mahjong ..... 1:00 pm Pinochle ..... 1:00 pm Art Matters Video Presentation ..... 1:00 pm Drawing Class ..... 1:00 pm</p>	<p>Technology Assistance ..... 9:00 am-12:00 pm Chair Exercise w/Neil Sullivan ..... 9:30 am Painting Workshop ..... 9:30 am-12:00 pm Boxed Lunch Pickup ..... 10:30-11:30 am Yoga w/Tricia ..... 11:00 am Chess Club ..... 11:00-1:00 pm Bridge ..... 12:30-2:00 pm Women's Group ..... 12:30 pm Cribbage ..... 12:30 pm Line Dancing w/Dotty ..... 1:00 pm Parkinson's Support Group Zoom ..... 5:30 pm</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

9:30 am-12:00 pm  
9:00 am-4:00 pm  
9:30 am  
10:00 am-2:00 pm  
10:00 am-12:00 pm  
11:00 am  
12:30-3:00 pm  
1:00 pm  
1:00 pm

4

Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Veteran's Widows Group ..... 10:30 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Mahjong ..... 1:00 pm  
Sixty Plus Club Meeting & Ice Cream Social ..... 2:00 pm

5

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

6

8:30-10:00am  
9:30 am-12:00 pm  
9:00 am-4:00 pm  
9:30 am  
10:00 am-2:00 pm  
10:00 am-12:00 pm  
11:00 am  
12:30-3:00 pm  
1:00 pm  
1:00 pm  
Workshop ..... 1:00-3:00 pm

11

Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Veteran's Widows Group ..... 10:30 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Art of Film ..... 12:30 pm  
Mahjong ..... 1:00 pm

12

Yoga w/Katherine ..... 9:30 am  
Water Color Class ..... 9:30 am-12:00 pm  
Monthly Legal Clinic ..... 9:00-11:00 am  
Essentrics ..... 11:00 am  
Zumba & Toning w/Justine ..... 11:30 am  
Imagination in Painting ..... 1:00-4:00 pm  
Pinochle ..... 1:00 pm

13

8:30-10:00am  
9:30 am-12:00 pm  
9:00 am-4:00 pm  
9:30 am  
10:00 am-2:00 pm  
10:00 am-12:00 pm  
10:30-11:30 am  
11:00 am  
12:30-3:00 pm  
1:00 pm  
1:00 pm  
1:00 pm

18

Walking Group ..... 8:30 am  
Foot Care w/Deborah ..... 9:00 am-4:00 pm  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Veteran's Widows Group ..... 10:30 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Movie "Nomadland" ..... 12:30 pm  
Mahjong ..... 1:00 pm

19

Appts. w/State Rep. Patrick Kearney ..... 9:00-10:00 am  
Yoga w/Katherine ..... 9:30 am  
Water Color Class ..... 9:30 am-12:00 pm  
Essentrics ..... 11:00 am  
Zumba & Toning w/Justine ..... 11:30 am  
Imagination in Painting ..... 1:00-4:00 pm  
Pinochle ..... 1:00 pm

20

8:30-10:00am  
9:30 am-12:00 pm  
9:00 am-4:00 pm  
9:30 am  
10:00 am  
10:00 am-2:00 pm  
10:00 am-12:00 pm  
10:30-11:30 am  
11:00 am  
12:30-3:00 pm  
1:00 pm  
1:00 pm  
1:00 pm  
Workshop ..... 1:00-3:00 pm

25

Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Intro to Spanish ..... 10:00 am  
Veteran's Widows Group ..... 10:30 am  
Intermediate Spanish ..... 11:00 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Mahjong ..... 1:00 pm  
Antique Slideshow on MCTV ..... 1:00 pm

26

Yoga w/Katherine ..... 9:30 am  
Water Color Class ..... 9:30 am-12:00 pm  
Smart Phone Class w/John Kolstad ..... 10:00 am  
Essentrics ..... 11:00 am  
Poetry Club ..... 11:00 am  
Zumba & Toning w/Justine ..... 11:30 am  
Imagination in Painting ..... 1:00-4:00 pm  
Pinochle ..... 1:00 pm

27

# August 2021



781.545.1370

www.LCCA.com

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premier non-profit hospice residence, visit  
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Marshfield Council on Aging, Marshfield, MA 06-5130



## 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, August 10 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, August 17 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, August 23 from 11:00 am-1:00 pm**  
 David Tourtillott, Certified Reverse Mortgage Professional will discuss how to use a reverse mortgage to refinance 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, August 18 10:30-11:30 am**  
 Real Estate Specialist John Farragher 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. Farragher to set something up to better suit your needs.

### **MONTHLY LEGAL CLINIC**

**On Friday, August 13 from 9:00-11:00 am**  
 Attorney Susan Pieri 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, August 20 from 9:00-10:00 am**  
 Representative Kearney is available by appointment.

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

Senator O'Connor will not hold office hours in August but will return in September on the third Tuesday from 10:30-11:30 am.

### **FOOTCARE WITH DEBORAH**

**On Thursday, August 19 - 9:00 am-4:00 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**

It's sandal season! 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.



### **The Senior Center Gift Shop Open Monday-Friday 8:30 am—4:30 pm**

We welcome your good quality treasures you don't have space for such as jewelry, decorative items, art work, china, collectables, housewares, purses, etc. No electronics, bedding, clothing, broken, chipped or personal care items, please! For donations, please call ahead. Thank You for your support.

### **SAVE THE DATES FLU SHOT CLINICS**

As the flu season approaches, Osco Pharmacy located inside Star Market is going to hold three flu shot clinics at the Senior Center. Schedule is as follows:

Tuesday, September 21	9:00-11:00 am
Friday, September 24	11:00-1:00 pm
Wednesday, October 6	12:00-2:00 pm

They will be offering the High Dose Flu Vaccine as well as the Standard Vaccine. They will screen for shingles and pneumonia vaccines as well if anyone is interested. Please bring along your Medicare Part B cards and ALL pertinent prescription cards. Everyone will receive a 10% shopping order coupon on the day they get the vaccines. This clinic is open to all ages, including caregivers.

## NEWS YOU CAN USE



### Exciting News from the Social Day Program

It sure is good having the Senior Center open again! It's been a little more than a month and the Center is buzzing with activity. We've missed each other!

The Social Day Program is new to the Marshfield Senior Center. In the last three weeks we have enjoyed music appreciation with Joe Armstrong, yoga with Katherine, created floral arrangements to celebrate the 4th of July and enjoyed National Strawberry Sunday Day! All the while laughing together and enjoying each other's company. See below for further details. To find out more about this exciting program or the 'Better Together, call 781-834-5581 ext. 2115 and leave a message for Barbie Rugg, Social Day Coordinator.

#### "BETTER TOGETHER"

**On Mondays from 10:00 am - 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 - 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.



## BURIED IN TREASURES

WHAT IS BURIED IN TREASURES?

JUDGEMENT FREE  
EDUCATIONAL  
SELF-HELP GROUP FOR PEOPLE WITH  
HOARDING TENDENCIES

WHAT OTHERS HAVE SAID:

"VERY HELPFUL"  
"FELT SUPPORTED"  
"WOULD RECOMMEND"

#### EVENT INFORMATION:

Date: Tuesday, August 10, 2021  
Duration: 16 classes, once a week  
Time: 10:00 am - 12:00 pm  
Location: Via Zoom  
Cost: \$250 per session

#### REQUIREMENTS:

- A private location, reliable internet connection and webcam to join us on Zoom
- Email address to receive and send information
- A personal paperback copy of Buried in Treasures, 2nd edition
- A commitment to join us every Tuesday from 10:00 am to 12:00 pm
- This group is facilitated in English
- This group is for individuals working on their own recovery, (not friends, family, or service providers)
- Cost \$250, non-refundable registration
- There are NO age or geographic restrictions

\*Limited scholarships available based on financial need

If you think this workshop is for you, contact Deana Andrade at [dandrade@ocesma.org](mailto:dandrade@ocesma.org) or call 508-584-1561 ext. 232 for an application or more information.



Sponsored by  
The Greater Brockton Area Hoarding Task Force (GBAH)  
and Old Colony Elder Services (OCES)  
[www.ocesma.org](http://www.ocesma.org)



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 - 3 PM  
VIA ZOOM  
REGISTRATION DEADLINE: AUGUST 5, 2021



For more information or to register, contact Pat Livie at  
[plivie@ocesma.org](mailto:plivie@ocesma.org) or 508-584-1561 ext. 373



## NEWS YOU CAN USE

### MARSHFIELD FOOD PANTRY



The food pantry is located in Library Plaza and open every Tuesday, Friday and Saturday 9:30 am-Noon and Wednesday evenings 6:30-8:30 pm. Please call the food pantry with questions at 781-837-0359 and leave a message. If you need help with transportation our bus is available on the 2nd Tuesday of the month from 10:00 am-12:00 pm. Please call the Senior Center at 781-834-5581 to reserve.

### VENTRESS MEMORIAL LIBRARY HOURS

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)



Entertainment By Reminisce! The 153<sup>rd</sup> Annual Marshfield Fair Presents Health Tips & Talks!

## SENIOR CITIZEN DAY

Tuesday, August 24<sup>th</sup>

**Seniors FREE ADMISSION!**

Seniors' Special Area 12:30-3:00 pm

Free Health Information Blood Pressure Screening!

Gates Open at Noon!

Route 3A Marshfield Fairgrounds [www.marshfieldfair.org](http://www.marshfieldfair.org) (781) 834-6629

Other Exhibits: Bingo! Arts & Crafts

### 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!



### 50+ JOB SEEKERS WORKSHOP ZOOM SERIES

August ~ "Creating a Marketing Plan for Your Job Search: Do You Have a Plan"



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.

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NEW! Bilingual Workshop Series for 50+ Job Seekers in the Latino communities of the Commonwealth: Wednesday, August 11 & 25, 1:00-3:00 pm: **Get Ready for Your Interview: Prepare & Practice** ~~ \*Advanced Registration Required for these Bilingual Workshops\*

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Interactive Workshop Summer Series with Ed & Melody

Tuesday, August 10 & 24 from 10 am-12 pm  
 Aug 10: The Art of Closing & Negotiating- Get the Offer You Want Aug 24: Let's Have some Summer Fun- Job Search Jeopardy



**It's Tea Time Again!**  
**Summer Tea at the Daniel Webster Estate**  
 On Sunday, August 15  
 from 2:00-4:00 pm

It is great news that Webster's first public event will be in August! We invite you then to take tea with us, to enjoy a cup (or cups) of fresh and perfectly brewed tea which is served throughout the afternoon event. Everything is as usual with tea served at 2 PM, tickets remain \$20, and you are invited to join us for a tour of the mansion following the tea service. To please the palate, three individual food courses are offered and often highlighted with food of the season. Scones, savories and sweets all served by our volunteer tea ladies who are anxiously awaiting your arrival. The Summer Tea will include blueberry scones, open faced cucumber sandwiches, and hand dipped chocolate covered strawberries. These food choices without a doubt all say SUMMER! A reminder that the 1880 Webster mansion is air conditioned for your comfort. Call for reservations 781-834-7818.



## VOLUNTEER RECOGNITION CORNER



We are looking for Activities Hostesses, Social Day Care Volunteers, Blood Pressure Nurses, Pickle Ball Ambassadors, Volunteers with Online/Computer

Skills, Outside Grounds Volunteers, 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)

Welcome new volunteers: Kevin Nagle, Karen Powers, Eileen Schacochis and Norm Schacochis. Also Special Happy Birthday wishes for the month of August: Pat Alconada, Marcia Ballou, Holly Brazel, Barry Cornwall, Theresa Crocker, Karen DeAngelis, Rockie DeLoach, Marian Graczyk, Connie Hodakoski, Pat Kelso, Laurie Lamont, Theresa Manchester, Patricia McIntyre, Therese McLaughlin, Marie Murphy, Marilyn Nee, Marion Niedowski, Robert Parkman, Kathleen Pinkham, Marshall Salowe, Elizabeth Stacey and Leslie Vickers

## 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!

### FACEBOOK



Visit our Facebook page: Marshfield-SeniorCenter to keep up with the coming and goings of the Council on Aging and don't forget to follow and like us!

Friday, August 27 from 10:00 am—12:00 pm - "Smart Phone Class" with John Kolstad. See Page 5 for further details.

## SOCIAL SERVICES CORNER

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

### OCES ADULT FAMILY CARE PROGRAM

The Adult Family Care Program supports individuals who can no longer live alone safely and need assistance with bathing, dressing, toileting, eating, transferring or ambulating. For additional information on how this program could benefit you and your loved one and to discuss qualifications- Please contact The Adult Family Care Program at OCES by calling 508-584-1561 and ask to speak with someone in the Adult Family Care Program today.

### FREE OLDER WORKER REMOTE EMPLOYMENT SKILLS TRAINING

**PROGRAM CONTACT:**  
Mark Gyrina  
[mgyrina@operationable.net](mailto:mgyrina@operationable.net)

### LEARN TO BE A REMOTE WORKER

*Training offered through OPERATION ABLE*

Learn how to set up a home office and gain the computer skills needed to work remotely.

**IF YOU ARE AGE 55 OR OLDER, UNEMPLOYED, AND LIVE IN MASSACHUSETTS:**

- You may be eligible for an innovative, new, and free skills training program.

**INSTRUCTOR-LED** training will be offered in a virtual classroom environment through video conferencing.

**THIS 20-WEEK VIRTUAL SKILLS TRAINING OFFERS:**

- Information, resources, and guidance in setting up an effective, comfortable, and secure home office;
- Intensive computer skills instruction with an emphasis on Microsoft Office applications;
- Choice of subject-matter training in Customer Service, Accounting, or Medical Office Administration;
- Intensive group and individual Job Search instruction;
- Opportunity to be part of a small group within a class cycle with peer support;
- Personal Case Management and support services;
- Access to technology, Wi-Fi, and technical support;
- Assistance in guiding you to training-related employment.

**APPLICATIONS ACCEPTED ON A ROLLING BASIS**

Three Class Cycles:  
**FIRST CYCLE BEGINS  
September 13, 2021**  
2nd and 3rd CLASS CYCLES to begin Winter and Spring

Contact: Mark Gyrina, Chief Program Officer,  
[mgyrina@operationable.net](mailto:mgyrina@operationable.net) or visit [OperationABLE.com](http://OperationABLE.com)

This program is funded by grants of federal funds through the Department of Labor (DOL). The dollar amount of federal funds for this project or program is \$995,000.

## VETERAN'S CORNER



### VETERAN'S WIDOWS/ SPOUSE OF VETERANS GROUP

**On Thursdays from 10:30 am-noon**

This group is facilitated by Carin Paulette, Director of Veterans' Services for the Town of Marshfield. Refreshments will be provided.

The Korean War Veterans will not be meeting in August. 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)

## SIXTY PLUS CLUB CORNER



### **SIXTY PLUS MEETING & ICE CREAM SOCIAL**

**On Thursday, August 5 at 2:00 pm**

We welcome back all of our Sixty Plus Club members by inviting you to an Ice Cream Social at the Senior Center! We hope that you will come and enjoy this special meeting to talk with old friends, and make new friends, while we mix a little bit of business with pleasure!

We will have a short business meeting to discuss future club plans, followed by ice cream! We have missed seeing you all and look forward to having a great year ahead. New members are always welcome!

### **SAVE THE DATE FOR OUR ANNUAL "Cook Out ~ Eat In"**

**Thursday, September 9 at 11:00 am**

This event will be held at the VFW on Route 3A and will be catered by Family Crest Catering. Details follow in the September newsletter or contact Nancy Goodwin for tickets and pricing.



Best, Nancy, Sandy, Ann,  
Theresa

## BOOSTERS CORNER



Our Board of Directors met July 21 at the Marshfield Senior Center. Zoom was a great way to continue meeting during the quarantine but we are pleased to once again be in person at our Senior Center. Our next meeting will be August 18.

An ongoing project for the Boosters has been an area in the upstairs of the Senior Center for storing our materials. Thanks to the excellent work of Jack Driscoll and Dennis Nichols, it has been completed and we now have a much needed place to store all of our supplies and fundraising materials.

During July we held our first fundraiser in over 15 months and it generated much interest. By the time you read this, the Booster's will have had concluded the first successful post pandemic fund raiser! The committee of Pat Morey, Sandy Sutherland, Toni Sacks and Peggy Slade assembled a

Welcome Summer raffle consisting of a beach chair full of sun and fun goodies like beach towels, flip-flops, restaurant gift cards, wine and scratch tickets. The sale of tickets ran through the month of July. We look forward to reporting the name of the lucky winner and the proceeds in September's Link. Thanks to all the Booster Board members who sold raffle tickets and to those who purchased them and made this a success. Your continuing support encourages us, and we are grateful.



Thanks again to all who have maintained a membership in the Boosters during this difficult time. It is exciting to observe the growing range of activities as the COA has reopened. We continue to support the *Link*, yearly streaming subscription from Netflix and support for a new web site to connect seniors with volunteer services. The cost of benches and trash receptacles for the new Outdoor Recreation Park is being funded by membership contributions to the Boosters. With the completion of the addition to the Center, we are certain there will be increased requests for funding for special items and projects.

If you have not renewed your 2021 membership, please consider renewing. It is important to the Marshfield COA Boosters and our ability to meet the financial requests of the Director to provide support to the Marshfield Senior Center. If you have not done so already, please fill out and renew your membership form available at the Senior Center front desk. We are a membership organization and rely heavily on membership dues and donations for our revenue. If you have never been a member, please consider joining and help us reach this year's membership goal of \$18,500. For membership questions or 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](http://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. Be sure to tell your friends and family about this opportunity to support 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.

## TRANSPORTATION

### GATRA FIXED ROUTE SERVICE

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.

### AUGUST 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. 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 (Roche Bros. 2<sup>nd</sup> Wed.)</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 7/19/21</i>		



## OCES NUTRITION PROGRAM

August 2021 REGULAR


**Old Colony Elder Services**  
 Providing services to the community since 1974  
**Community Dining Menu**

**Please call the nutrition department for meal cancellations by cancellation 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>2</b> Chicken Pasta Marinara 470 Italian Blend Vegetables 19 Scala Bread 310 Hot Caramelized Pears 20  Cal: 682 Sodium: 957 mg Carb: 102 gm	<b>3</b> Fish Sticks 352 Tater Tots 310 Green Beans 3 Whole Wheat Bread 65 Tartar Sauce 85 Chocolate Chip Cookie 105 MOD: SF Chor Chip Cool 55 Cal: 819 Sodium: 1058 mg Carb: 95 gm	<b>4</b> Hot Dog* 550 Vegetarian Baked Beans 282 Scandinavian Vegetabl 41 Hot Dog Bun 210 Mustard PC 55 Fresh Peach 0 Cal: 707 Sodium: 1276 mg Carb: 78 gm	<b>5</b> Chicken Breast with Amatriciana Sauce* 632 Parslied Rotini 4 Broccoli Flowerets 12 Whole Wheat Roll 240 Mandarin Oranges 7 Cal: 671 Sodium: 1033 mg Carb: 96 gm	<b>6 COLD MEAL</b> Egg Salad on Lettuce Bed 240 Potato Salad 50 Coleslaw 64 Mini Kaiser Roll 200 Fruit Crunch Bar 80 MOD: Lorna Doones 100 Cal: 1039 Sodium: 772 mg Carb: 110 gm
<b>9</b> Beef Chile 260 White Rice 2 Fiesta Blend Vegetable 16 Corn Muffin 280 Fresh Peach 0  Cal: 787 Sodium: 695 mg Carb: 97 gm	<b>10</b> Pasta w/Meatballs & Italian Sauce 282 Tuscan Vegetables 41 Garlic Roll 240 Parmesan Cheese 55 Oatmeal Raisin Cookie 110 MOD: Vanilla Bites 50 Cal: 816 Sodium: 865 mg Carb: 99 gm	<b>11 COLD MEAL</b> Tuna Chef's Salad* 518 Pasta Vegetable Salad 46 Broccoli Tomato Salad 64 Scala Bread 310 Lemon Square 105 MOD: SF Lemon Cookie 60 Cal: 874 Sodium: 1180 mg Carb: 101 gm	<b>12</b> Veal Chop with Gravy 417 Brown Rice Pilaf 16 Asian Blend Veg 43 Oatmeal Bread 240 Pineapple Chunks 1 Cal: 871 Sodium: 854 mg Carb: 101 gm	<b>13</b> Roast Turkey w/Gravy* 524 Mashed Sweet Potatoes 36 Green Peas 82 Snowflake Roll 250 Cranberry Sauce 1 Fresh Plum 0 Cal: 678 Sodium: 1030 mg Carb: 97 gm
<b>16</b> Chicken Cacciatore 65 Pasta 1 Broccoli w/Red Peppe 12 Garlic Roll 10 Hot Cinnamon Apples 10  Cal: 610 Sodium: 466 mg Carb: 78 gm	<b>17</b> Meatloaf w/Gravy 277 Garlic Mashed Potatoes 165 Mixed Vegetables 42 Cracked Wheat Bread 115 Fig Bar 99 MOD: Strawberry Graham 95 Cal: 691 Sodium: 835 mg Carb: 101 gm	<b>18</b> Fiesta Fish 208 Herbed Brown Rice 4 Zucchini Squash 2 Pumpkin Bread 330 Fresh Banana 1  Cal: 615 Sodium: 682 mg Carb: 94 gm	<b>19 COLD MEAL</b> Mediterranean Tortellini 556 Salad* 13 Vegetable Orzo Salad 13 Tomato Cucumber Salad 3 Rye Bread 330 Whole Wheat Roll 240 Diced Peaches 6 Cal: 894 Sodium: 956 mg Carb: 124 gm	<b>20</b> Roast Pork with Apple Cider Gravy 100 Parslied Buttered Potatoes 16 California Vegetables 30 Rye Bread 330 Brownie Cookie 230 MOD: Vanilla Wafers 78 Cal: 1008 Sodium: 843 mg Carb: 122 gm
<b>23</b> Cheeseburger 440 Potato Wedges 260 Spinach 110 WW Hamburger Bun 80 Ketchup PC 82 Lorna Doones 100 Cal: 861 Sodium: 1209 mg Carb: 78 gm	<b>24 COLD MEAL</b> Turkey Chef's Salad 387 German Potato Salad 76 3 Bean Salad 33 Pita Half 292 Fresh Orange 0  Cal: 815 Sodium: 926 mg Carb: 106 gm	<b>25</b> Lemon Pepper Chicken 334 Brown Rice Pilaf 16 Brussel Sprouts 17 Scala Bread 310 Sugar Cookie 160 MOD: Blueberry Bites 60 Cal: 749 Sodium: 975 mg Carb: 106 gm	<b>26</b> Cheddar Cheese Omelet 470 Home Fries 6 Peppers & Onions 54 French Toast Bites 300 SF Syrup 30 Yogurt 75 Orange Juice - NO MILK 15 Cal: 786 Sodium: 981 mg Carb: 96 gm	<b>27</b> Italian Pot Roast 280 Roasted Potatoes 6 Peas & Carrots 75 Multigrain Bread 240 Fresh Nectarine 0 Cal: 711 Sodium: 738 mg Carb: 95 gm
<b>30</b> Macaroni & Cheese 366 Jardiniere Vegetables 31 Oatmeal Bread 240 Cinnamon Peaches 6  Cal: 755 Sodium: 781 mg Carb: 135 gm	<b>31 COLD MEAL</b> Chicken Pasta Salad 137 Spinach Salad with Mandarin Oranges 47 Rye Bread 330 Strawberry Oatmeal Bar 85 Cal: 783 Sodium: 736 mg Carb: 91 gm			

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

\*Indicates food item w/>500mg sodium

◆=high sodium meal

## GRAB &amp; 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

AUGUST 3 Italian Chicken Salad on focaccia

AUGUST 10 Ham & Cheese wrap

AUGUST 17 Turkey & Cheese on roll

AUGUST 24 Hummus & Veggie Wrap

AUGUST 31 Roast Beef & Swiss on roll

## Thursdays

AUGUST 5 Roast Beef & Swiss on roll

AUGUST 12 Tuna Salad

AUGUST 19 Egg Salad on croissant

AUGUST 26 Chicken Caesar wrap





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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™**  
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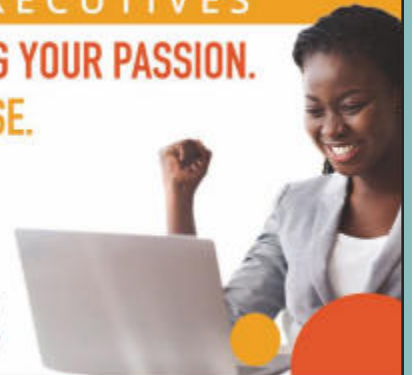
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