



# The LINK

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Senior Centers



## 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

**SEPTEMBER 2021**

Volume 378

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.



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)



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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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- ☞ Musical Instruments
- ☞ Thank You - My Interests Exceed This List!

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**DIRECTOR'S CORNER**

Greetings to all of our patrons,

We are so excited to be able to be offering new fall programs! September is not only a beautiful month weather wise, it is a new beginning for fall programming and getting back into a routine. September is also National Senior Center month. This year is a year of "reflection and reactivation". According to the National Council on Aging (NCOA) – this past year senior centers have sown a great deal — probably more than ever imagined. As senior center professionals, we all shined a light on our centers by showing how vital we were to the health and well-being of the community. Senior Centers were transformed to virtual classrooms overnight and, in so doing, provided continued means of social engagement and activity during bleak times, turning the table on ageist stereotypes about older adults and technology use. Senior Centers including Marshfield, provided countless hours of support and encouragement and delivered numerous meals. Senior Centers became even more integral to health care delivery in communities by providing COVID-19 guidance, vaccine education, and vaccination assistance to our members. We always knew that we played an important role in addressing the issue of social isolation but never imagined that our work would become so much more prominent during the pandemic. Senior Centers have begun opening again as Marshfield did in June, but will probably never be business as usual going forward.

We have many fun programs planned this month in honor of Senior Center month which we hope you can attend such as our Lifelong Learning Opportunities Courses. We are moving along with our expansion plans and are on time and budget. The benches and receptacles have been installed in "The Park". Below you can read about more updates from the developer.

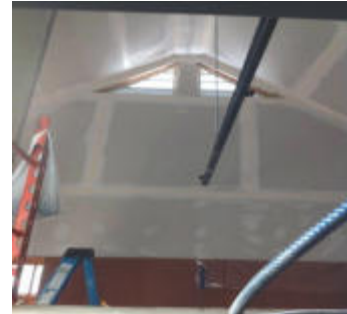
Regards,

*Carol Hamilton, Marshfield Council on Aging*



A whirlwind of activity has gone on at the Senior Center Expansion. The final touches to site prep is ongoing. The installation of the rough power for the new lighted bollards around the new entrance means the exterior of the expansion is 99% done with just some filler pieces at the entrance left to do. The new stand-by generator is on-site and work to bring this online is continuous (no power outages please!).

In the interior, we can see the programmable space becoming a reality. The sheetrock is complete on the second floor, and the sheetrock is 85% complete on the first floor. This means that a major milestone is on the horizon. That milestone is, drum roll please, FINISHES. Painters arrive August 16, 2021. The colors have been selected by a sub-committee of the Building Committee and they worked their tails off to ensure a vibrant center. Immediately following the prime coat of painting, the carpenters will begin to install the ceilings grids. Following the ceiling grids, will be finishing HVAC and electric. Off-site, the mill shop is working on the finish millwork and trims that will be installed after the painting. The job site is averaging about 20 workers a day. The recent Covid events has yet to impact the progress.



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

### FALL 2021 LIFELONG LEARNING REGISTRATION DAY

**On Monday, September 20 from 9:30—11:00 am**

Consider signing up for one or more of a very interesting array of classes this fall. For those interested in history, explore it through movies, art, poetry and traditional learning. Music lovers will welcome back Larry King with More of the Great American Songbook. And no learning would be complete without a technology class. Classes will begin in October. Cash and checks accepted. See Pg. 16 for details!



### 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 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; call the Senior Center to register ahead at 781-834-5581.

### THE SECRET LIFE OF FIREFLIES PRESENTED BY MASS. AUDUBON'S DOUG LOWRY

**On Thursday, September 23 at 1:00 pm**

Watching fireflies brighten up fields and meadows is a summertime favorite, but did you know these dancing beetle lights are species-specific and that you can learn to read their flash patterns? Learn how and why fireflies light up and how to identify them by their flash patterns. You'll also learn more about a wide array of environmental issues these lightning bugs help inform us on, including climate change, habitat loss, light pollution, and pollinator protection. Familiarize yourself with our nationwide Mass Audubon community science project (Firefly Watch), and local opportunities to get involved.



### SALT GROUP PRESENTS SENIOR HEALTH/SAFETY MEET & GREET

**On Thursday, September 16 at 12:30 pm**

Meet and greet the new Marshfield Fire Chief Jeff Simpson along with Marshfield Police Chief Phil Tavares, Plymouth County Sheriff Joe McDonald Jr. and District Attorney Tim Cruz, Marshfield Public Health Nurses and COA staff. We will talk about programs being offered with these departments and what other issues and services the public might be interested in hearing about or discussing going forward. Salt (Seniors and Law Enforcement) formerly known as Triad will meet on the third Thursday of each month to ensure seniors and public safety officials are working together to make our community the best it can be. Advance sign up required at the front desk or call 781-834-5581. A boxed Lunch will be served.

### MUSICAL MONDAY w/JACK CRAIG ~ THE STORY OF SWING ~ SWINGING STRINGS

**On Monday, September 20 at 1:00 pm**

From 1910 into the 1950's, dance bands left an amazing footprint on American culture. During the 'swing era', band leaders developed their own theme or signature songs, and singers emerged as superstars. This program covers the late 1930's with big name band leaders emerging. Some of the featured performers in this program are Glenn Miller, Artie Shaw, Larry Clinton, Harry James, Ray Eberle, Helen Forrest, Bea Wain and Muzzy Marcellino. \$2 suggested donation at the door.



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## COA ACTIVITIES - ARTS

**COA ART STUDENTS GALLERY SHOWING****On Tuesday, September 28 10 am-2 pm**

Come in and see the wide variety of colorful art work that our Senior Center students have completed in their classes and workshops. Light refreshments will be served.

**ART OF FILM CLASS****On Thursday, September 9 at 12:30 pm****"Freedom Writers" (2007)**

I initially thought this film was a teacher's story...mistaken, I was! "Freedom Writers," based on the non-fiction book "The Freedom Writers Diary" is a true story about a diverse group of racially charged teenagers from various cultures who are considered 'unteachable, at-risk' students. But the new, idealistic, 23 year-old Erin Gruwell (Hilary Swank) is ready to take on the clashing young people, bringing them together—as a family—by connecting them to those who suffered Holocaust abuse as in "The Diary of Ann Frank" and horrible torture in Bolivia" (Sarajevo). "And with these 'tools' Ms. Gruwell opens her students eyes to the experiences of those suffering intolerance throughout the world and the struggles of those outside their own communities." "A MUST SEE MOVIE" Refreshments will be provided. ~ Heather Kaval

**ART MATTERS VIDEO PRESENTATION****On Monday, September 27 at 1:00 pm**

Join us for Spanish Masters with Jane Blair of Art Matters. Master painters will include El Greco, Diego Velazquez and Francisco Goya who recorded far more than the flavor of Spanish life and history. The wealthiest and most powerful country in Europe was also the most repressed. Join us for a look into almost 300 years of Spanish art and culture.

**DRAWING ON RIGHT SIDE OF YOUR BRAIN**

**6-Session Class continues  
on Mondays at 1:00 pm through 9/27**

**BIRCH EVERLASTING ARRANGEMENT****On Thursday, September 30****from 10:00 am—11:30 am**

Birch trees provide the rectangular container for your autumn dried arrangement. A variety of locally grown plant material such as *Sea Oats*, *Teasel* and *Silver Dollars* as well as others will be used to fill the container. No experience necessary. Bring a pair of sharp garden snips or scissors. Facilitated by Jeanette MacKenzie. Advanced sign up is required as well as \$15 for materials. Limit class size to 9. Call the Senior Center at 781-834-5581 today to reserve your spot.

**PAINTING WORKSHOP****On Tuesdays from 9:30 am-Noon**

Facilitated by Joan Herman. All mediums welcome. 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 WATERCOLOR CLASS****On Fridays from 9:30 am-Noon**

Join artist, Gayle Loik, to 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 is \$15 per class, pay as you go.

**IMAGINATION IN PAINTING****On Tuesdays from 1:00-3:15 pm**

All mediums welcome. Facilitated by Fred Dolan. Imagination 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.

**FREE AND EASY PAINTING****On Fridays at 1:00 pm**

Bring your own project; no instruction provided but assistance by Fred Dolan available.



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## COA ACTIVITIES - GROUPS, LEARNING & INSTRUCTION

### WOMEN'S GROUP w/BARBARA LEARY

On Tuesday, September 28 at 12:30 pm  
"Nutrition for your Condition"

You've been tested, diagnosed and put on a new medication. You follow your doctor's instructions but you wonder if there is more you can do to help restore your health. Proper nutrition is so important for promoting good health but you can also support and possibly improve this condition with the right dietary changes.



### CHESS CLUB

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!



### QUILTING GROUP

Starting on Thursdays, September 16  
from 8:30-11:00 am

Bring your own project to work on and your supplies and meet other quilters. To register call the Senior Center and the group facilitator Holly Carpenter will contact you. If anyone has an iron and ironing board to donate to the group, contact the COA. 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.

### 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! Sept 13, 20, 27 and Oct 4 & 18 (No class Oct 11, Columbus Day) Advance sign up at the front desk or call 781-834-5581. Cost is \$25 for 5 classes, due in advance.



### HISTORY OF THE NORTH & SOUTH RIVER WATERSHED

On Thursday, September 16  
at 1:00 pm



Join North South River Watershed Association Ambassador, Jim Glinski. He will talk about the history of the North and South Rivers and give a few highlights about the NSRWA's efforts to protect these amazing local natural treasures.

### INTRODUCTION TO PICKLEBALL

Tuesdays, September 7 or 21 OR Thursdays,  
September 9 or 23 from 8:30-10:00 am

Sign up for one of these Introduction to Pickleball sessions and hear the rules and etiquette of this popular sport then get started playing. Bring equipment if you have it. Ann and Deb will review instructions and get you started. Meet new friends and have fun! Come with water, sunscreen and bring a lawn chair for taking a rest. Limit 12 per session. Sign up by calling 781-834-5581.

### POETRY CLUB

On Friday, September 24 at 11:00 am

Join facilitator Rich Hansen for this monthly gathering of people who love poetry by poets ranging from Longfellow to Amanda Gorman! Share your thoughts and opinions in this fun, interactive group. All welcome!

### PLAY POOL!

Available daily from 1:00-4:00 pm

Pool table available afternoons for free play except during special events. For experienced players come down on **Wednesdays!**



## COA ACTIVITIES - FUN &amp; GAMES

**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 12:30-3:00 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**

class.

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

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

NO CLASS ON SEPTEMBER 13. 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**

**On Wednesday, September 22 at 1:00 pm**

The topic for the month of September will be Loss of Balance and Foot and Ankle 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.

### **EXERCISE w/JANET ENOS**

**On Wednesdays at 9:30 am**

Heart & hand 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.

**On Mondays at 11:00 am**

Gentle Strength Building for 60+ is a 45 minute light weight lifting program that also builds cardiovascular fitness and takes into consideration your physical shape and limitations. 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! September 2—Daniel Webster Wildlife Sanctuary September 9—Powder Point Bridge (park mainland side) Duxbury September 16—Nelson Memorial Forest off to the east of Union St. Woodland, off Union St. Marshfield September 23—Burke's Beach at end of Beach Street September 30—Whiton Woods—park along Temple Street, Duxbury October 7—RR Right of Way, from South River Street to Clay Pit Road

### **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.

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

**Starting Thursdays on September 9 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.



### **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.



### **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**

**On Tuesdays in September at 3:00 pm**

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. \$20 for the 4 weeks. Please call to register at 781-834-5581.





## 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.



### BOOK DISCUSSION GROUP ON ZOOM

**On Monday, September 27 at 11:00 am**

This month we will be reading the book "The Lion of Fifth Avenue" by Fiona Davis. 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.

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



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

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

**Class is Free ~ Beginners Welcome**

### GREAT DISCUSSIONS ON ZOOM

**On Tuesday, September 7 & 21 from 10-11:30 am**

We read and rigorously discuss current events and other stimulating, topical subjects. September 7: Critical Race Theory September 21: Water Supply Limiting Southwest Development. 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, September 22 at 10:00 am**

Join us on Zoom for an airing of the TED talk "How to Stop Screwing Yourself Over" by best selling author and life coach Mel Robbins. A brief discussion will follow. To register for discussion & receive the Zoom link, call the Senior Center at 781-834-5581.



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

**"Dream Horse" (2021) 1hr 53m**

**On Tuesday, September 21 at 12:30 pm**

Experience the inspiring true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With little money and no experience, Jan convinces her neighbors to chip in their meager earnings to raise Dream and compete against the racing elites, becoming a beacon of hope in their struggling community as he rises through the ranks. Cast: Toni Collette, Damian Lewis, Owen Teale, Joanna Page, & Karl Johnson.

**"Here Today" (2021) 1hr 57m**

**On Thursday, September 30 at 12:30 pm**

Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, and their friendship gets off to an extremely rocky start (think seafood allergy, a hospital visit, and an epi pen). Before long, each finds in the other a sort of soul mate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love, and trust. Cast: Billy Crystal and Tiffany Haddish.

### ANTIQUe SLIDESHOW ON MCTV

**"Early New England Gravestones"**

**On Thursday, September 30 at 1:00 pm**



Many of the earliest colonial graves were not marked by individual, decorated stones, but by the late seventeenth century gravestones were widely used. This PowerPoint

program will provide a general historic perspective correlating the shape of a stone to its age, the types of rock used, and stonecutter tools. However the greater emphasis of the presentation will be on the folk art used to decorate the stone. Over the centuries, iconography of gravestones shifted from Puritan symbols to neoclassical sources. Some South Shore examples will be illustrated. 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

# SEPTEMBER



Stretch & Flex w/Melissa..... 8:45 am  
 Zoom Coffee & Chat..... 9:00 am  
 Monthly Legal Clinic..... 9:00-12:00 pm  
**NO** Intro to Tai Chi..... 9:30 am  
 Social Day Program..... 10:00 am-2:00 pm  
 Gentle Strength Building w/Janet..... 11:00 am  
 Congregate Lunch..... 12:00 pm  
 Mahjong..... 1:00 pm  
 Pinochle..... 1:00 pm  
 Preserve Your Garden Tomatoes..... 1:00 pm  
 Drawing Class..... 1:00 pm  
 Line Dancing w/Maureen..... 3:00 pm

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Intro to Pickleball..... 8:30-10:00 am  
 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..... 12:30-3:00 pm  
 Cribbage..... 12:30 pm  
 Line Dancing w/Dotty..... 1:00 pm  
 Imagination in Painting..... 1:00-3:15 pm  
 Exercise for Arthritis w/Neil..... 3:00 pm  
 Parkinson's Support Group Zoom..... 5:30 pm

7

Woodcarving.....  
 Manicures.....  
 Heart & Hand Exercise w/Janet.....  
 Social Day Program.....  
 Knitting Group.....  
 Yoga w/Tricia.....  
 Congregate Lunch.....  
 Duplicate Bridge.....  
 Whist.....  
 Hand & Foot.....

Stretch & Flex w/Melissa..... 8:45 am  
 Zoom Coffee & Chat..... 9:00 am  
 Lifelong Learning Registration..... 9:30-11:00 am  
 Intro to Tai Chi..... 9:30 am  
 Social Day Program..... 10:00 am-2:00 pm  
 Gentle Strength Building w/Janet..... 11:00 am  
 Congregate Lunch..... 12:00 pm  
 Mahjong..... 1:00 pm  
 Pinochle..... 1:00 pm  
 Drawing Class..... 1:00 pm  
 Musical Monday..... 1:00 pm  
 Line Dancing w/Maureen..... 3:00 pm

20

Intro to Pickleball..... 8:30-10:00 am  
 Technology Assistance..... 9:00 am-12:00 pm  
 Flu Clinic..... 9:00-11:00 am  
 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  
 State Sen. O'Connor Office Hours..... 10:30-11:30 am  
 Yoga w/Tricia..... 11:00 am  
 Chess Club..... 11:00-1:00 pm  
 Bridge..... 12:30-3:00 pm  
 Cribbage..... 12:30 pm  
 Movie "Dream Horse"..... 12:30 pm  
 Imagination in Painting..... 1:00-3:15 pm  
 Line Dancing w/Dotty..... 1:00 pm  
 Exercise for Arthritis w/Neil..... 3:00 pm  
 Parkinson's Support Group Zoom..... 5:30 pm

21

Woodcarving.....  
 Manicures.....  
 Heart & Hand Exercise w/Janet.....  
 Ted Talk on Zoom.....  
 Social Day Program.....  
 Knitting Group.....  
 Yoga w/Tricia.....  
 Congregate Lunch.....  
 Duplicate Bridge.....  
 Whist.....  
 Hand & Foot.....  
 Health Huddle.....

Stretch & Flex w/Melissa..... 8:45 am  
 Zoom Coffee & Chat..... 9:00 am  
 Intro to Tai Chi..... 9:30 am  
 Social Day Program..... 10:00 am-2:00 pm  
 Mortgage Consultations..... 11:00 am-1:00 pm  
 Book Group..... 11:00 am  
 Gentle Strength Building w/Janet..... 11:00 am  
 Congregate Lunch..... 12:00 pm  
 Mahjong..... 1:00 pm  
 Pinochle..... 1:00 pm  
 Art Matters Video Presentation..... 1:00 pm  
 Drawing Class..... 1:00 pm  
 Line Dancing w/Maureen..... 3:00 pm

27

Technology Assistance..... 9:00 am-12:00 pm  
 Chair Exercise w/Neil Sullivan..... 9:30 am  
 Painting Workshop..... 9:30 am-12:00 pm  
 Art Gallery Showing..... 10:00 am-2:00 pm  
 Boxed Lunch Pickup..... 10:30-11:30 am  
 Yoga w/Tricia..... 11:00 am  
 Chess Club..... 11:00-1:00 pm  
 Women's Group..... 12:30 pm  
 Bridge..... 12:30-3:00 pm  
 Cribbage..... 12:30 pm  
 Line Dancing w/Dotty..... 1:00 pm  
 Imagination in Painting..... 1:00-3:15 pm  
 Meditation & Mindfulness on Zoom..... 2:00 pm  
 Exercise for Arthritis w/Neil..... 3:00 pm  
 Parkinson's Support Group Zoom..... 5:30 pm

28

Woodcarving.....  
 Manicures.....  
 Heart & Hand Exercise w/Janet.....  
 Social Day Program.....  
 Knitting Group.....  
 Yoga w/Tricia.....  
 Congregate Lunch.....  
 Duplicate Bridge.....  
 Whist.....  
 Hand & Foot.....

## 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

9:00 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  
12:00 pm  
12:30-3:00 pm  
1:00 pm  
1:00 pm

1

Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Intro to Spanish ..... 10:00 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Intermediate Spanish ..... 11:00 am  
Mahjong ..... 1:00 pm

2

Yoga w/Katherine ..... 9:30 am  
Watercolor Class ..... 9:30 am-12:00 pm  
Essentrics ..... 11:00 am  
Zumba & Toning w/Justine ..... 11:30 am  
Congregate Lunch ..... 12:00 pm  
Free & Easy Painting ..... 1:00-4:00 pm  
Pinochle ..... 1:00 pm

3

9:00 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  
12:00 pm  
12:30-3:00 pm  
1:00 pm  
1:00 pm  
1:00 pm

8

Intro to Pickleball ..... 8:30-10:00 am  
Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Yoga w/Linda ..... 10:00 am  
Intro to Spanish ..... 10:00 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Intermediate Spanish ..... 11:00 am  
Sixty Plus Club "Cook Out Eat In" @VFW ..... 11:00 am  
Art of Film ..... 12:30 pm  
Mahjong ..... 1:00 pm

9

Yoga w/Katherine ..... 9:30 am  
Watercolor Class ..... 9:30 am-12:00 pm  
Essentrics ..... 11:00 am  
Zumba & Toning w/Justine ..... 11:30 am  
Congregate Lunch ..... 12:00 pm  
Free & Easy Painting ..... 1:00-4:00 pm  
Pinochle ..... 1:00 pm

10

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  
12:00 pm  
12:30-3:00 pm  
1:00 pm  
1:00 pm

15

Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Yoga w/Linda ..... 10:00 am  
Quilting Group ..... 8:30-11:00 am  
Intro to Spanish ..... 10:00 am  
Foot Care w/Deborah ..... 9:00 am-4:00 pm  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Intermediate Spanish ..... 11:00 am  
SALT Group Meet & Greet ..... 12:30 pm  
Mahjong ..... 1:00 pm  
History of the North & South River Watershed ..... 1:00 pm

16

Appts. w/State Rep. Patrick Kearney ..... 9:00-10:00 am  
Yoga w/Katherine ..... 9:30 am  
Watercolor Class ..... 9:30 am-12:00 pm  
Essentrics ..... 11:00 am  
Zumba & Toning w/Justine ..... 11:30 am  
Congregate Lunch ..... 12:00 pm  
Free & Easy Painting ..... 1:00-4:00 pm  
Pinochle ..... 1:00 pm

17

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  
11:00 am  
12:00 pm  
12:30-3:00 pm  
1:00 pm  
1:00 pm

22

Intro to Pickleball ..... 8:30-10:00 am  
Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Quilting Group ..... 8:30-11:00 am  
Yoga w/Linda ..... 10:00 am  
Intro to Spanish ..... 10:00 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Intermediate Spanish ..... 11:00 am  
Ask a Nurse ..... 11:00 am-noon  
Mahjong ..... 1:00 pm  
Secret Life of Fireflies ..... 1:00 pm

23

Yoga w/Katherine ..... 9:30 am  
Watercolor Class ..... 9:30 am-12:00 pm  
Essentrics ..... 11:00 am  
Poetry Club ..... 11:00 am  
Flu Clinic ..... 11:00 am-1:00 pm  
Zumba & Toning w/Justine ..... 11:30 am  
Congregate Lunch ..... 12:00 pm  
Free & Easy Painting ..... 1:00-4:00 pm  
Pinochle ..... 1:00 pm

24

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  
11:00 am  
12:00 pm  
12:30-3:00 pm  
1:00 pm  
1:00 pm

29

Walking Group ..... 8:30 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Quilting Group ..... 8:30-11:00 am  
Gentle Chair Exercise w/Barbara ..... 8:30 am  
Intro to Spanish ..... 10:00 am  
Birch Everlasting Arrangement ..... 10:00-11:30 am  
Yoga w/Linda ..... 10:00 am  
Intermediate Spanish ..... 11:00 am  
Boxed Lunch Pickup ..... 10:30-11:30 am  
Movie "Here Today" ..... 12:30 pm  
Mahjong ..... 1:00 pm  
Antique Slideshow on MCTV ..... 1:00 pm

30



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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 at 781-834-5581*

### **30-MINUTE FINANCIAL TELEPHONE CONSULTATIONS**

**On Tuesday, September 14 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**

Elaine Buonvicino and Deb Ford are MA licensed Life Insurance and Long Term Care Insurance Agents. They will not be taking in-person appointments in September and will resume October 19. Elaine will be available for telephone consultations if you need assistance in the interim call the Senior Center at 781-834-5581.

### **REVERSE MORTGAGE CONSULTATIONS**

**On Monday, September 27 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, September 15 10:30-11:30 am**  
Real Estate Specialist John Farragher from Molisse Realty Group will be available for consultations. If an alternate appointment time is needed please let the COA staff know and we will try to set something up to better suit your needs.

### **MONTHLY LEGAL CLINIC**

**On Monday, September 13 from 9:00-12:00 Noon**  
Attorney Paul Kaufman 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, September 17 from 9:00-10:00 am**  
Representative Kearney is available by appointment.

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

**On Tuesday, September 21 from 10:30-11:30 am**  
Senator O'Connor is available for consults on the third Tuesday of each month from 10:30-11:30 am.

### **FOOTCARE WITH DEBORAH**

**On Thursday, September 16 - 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.



### **Update on the Webster Corner Social Day and Better Together Programs**

Social Day will expand to two days per week. The Better Together Program concluded at the end of August. We thank Barbie Rugg for facilitating this group and helping citizens ease their way back into activities and programs after the pandemic.

~ ~ ~

When the Senior Center reopened in June, a new "Social Day" program was introduced. The program had been in the planning stage for about two years. It's designed for individuals who have a diagnosis of early stage Alzheimer's disease or a related form of dementia. Over the past six weeks we have enjoyed each other, laughing together while sharing stories about childhood memories, military life, raising kids and careers. Each day is filled with reminiscence, musical entertainment, guest speakers, creative art projects, exercise/yoga with an occasional trip for ice cream.



### **"SOCIAL DAY"**

**Now on Mondays & Wednesdays  
from 10:00 am - 2:00 pm**

This is a group for individuals with dementia/memory loss. 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. Screening required before placement with preference to Marshfield residents. Transportation available at the current suggested donation. Contact Barbie Rugg for info at 781-834-5581.

## 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)



### FLU SHOT CLINICS

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

Tuesday, September 21	9:00-11:00 am
Friday, September 24	11:00 am-1:00 pm
Wednesday, October 6	12:00-2:00 pm
Tuesday, October 12	9:30-11:30 am

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. Please call the Senior Center at 781-834-5581 or stop by the to register. Transportation also available, if needed.

### 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!



### 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. For donations, please call ahead as not all donations are suitable. *Thank you for your support!*

### REMINDER TO GUESTS & VOLUNTEERS

Please don't forget to use our swipe machine near the front desk while you are here. If you need a new swipe card, we will be more than happy to give you one. *Thank you for your support!*



### 50+ JOB SEEKERS WORKSHOP ZOOM SERIES

#### September ~ "Interview Preparation and Strategies: Prep for the Virtual Interview"

Virtual interactive, hands-on workshops on Zoom bi-monthly. Meet and network with fellow job seekers while learning from experienced coaches. If you are new to the 50+ program register at: <https://50plusjobseekers.org/outreach/registration/>. Contact: [susan@sdkelly.com](mailto:susan@sdkelly.com) for info.



HEALTHY LIVING PROGRAM PRESENTS

### **SAVVY CAREGIVER WORKSHOP**

A workshop to help understand the impact of dementia, strengthen family resources and gain confidence about your caregiving. Learn ways to take care of YOU and decrease caregiver burnout.

STARTING  
SEPTEMBER 23 - NOVEMBER 4  
7 WEEKS

THURSDAYS, 10:00 AM - 12:00 PM  
VIA ZOOM

REGISTRATION DEADLINE: SEPT. 9, 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 BOARD OF HEALTH NEWS

### COVID-19 VACCINE CLINIC On Mondays & Wednesdays from 10:00 am—2:00 pm

A small scale Pfizer COVID-19 vaccination clinic is currently underway at Town Hall. Walk-ins welcome, however, an appointment is preferred. Please contact Teresa F. Flynn, RN, BSN by phone at 781-834-5558 or email her at: GETVAXXED@TOWNOFMARSHFIELD.ORG

### "ASK A NURSE" w/ TERESA FLYNN & HANNAH BUCKLEY On Thursday, September 23 from 11:00 am -12:00 pm

Come meet our spectacular nurses from the Board of Health. They will be providing blood pressure screenings and answering questions that you may have.



**Social Security Connection**  
See what you can do online

**August 2021**  
Volume 101

**Inside This Issue:**  
Are You Ready For Retirement? Social Security Can Help  
Local Offices  
Online Services

**Are You Ready For Retirement? Social Security Can Help**  
Do you think you may be ready to retire and want to apply for Social Security benefits? We have tips to help you make an informed decision about when to apply for benefits based on your individual and family circumstances.

Would it be better for you to start getting benefits early with a smaller monthly amount or wait longer (up to 70) for a larger monthly payment over time? This answer is personal and depends on several factors, such as your current and anticipated needs, your health, and your family's income and longevity. You should consider other sources of retirement income including any plans you may have to work in retirement. Most importantly, you should study your future financial needs and obligations, and estimate your future Social Security benefits.

The easiest way to estimate your future Social Security benefits is with a personal my Social Security account. You can create your free account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). With your account you can see how much you might receive each month based on the age you want to start receiving benefits.

We encourage you to weigh all the factors carefully before making the crucial decision about when to begin receiving Social Security benefits. Your decision affects the monthly benefit amount you will receive for the rest of your life, and may affect benefits for your survivors.

**Social Security's Retirement Portal**  
Whether you're ready to learn about, apply for, or manage your retirement benefits, our retirement portal makes it easy for you to find the information you need. Take advantage! You can do it from your computer, tablet, and even smartphone.

In our retirement portal, you can:

- Get our Retirement publications.
- Estimate your benefits with one of our easy calculators.
- Find your Full Retirement Age.
- Learn about retirement benefits for a spouse and family members.

You and your loved ones can estimate all of these resources at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement).

**UNUSUAL:**  
Need a replacement Social Security Card? Request one at [ssa.gov/ps/ps06001/replacement-card.html](http://ssa.gov/ps/ps06001/replacement-card.html)

**FAQs:**  
Get answers to frequently asked questions about Social Security. [ssa.gov/fed](http://ssa.gov/fed)

**SOCIAL SECURITY MATTERS**  
Social Security's blog has the most up-to-date advice on what matters to you most. It's easy to read and easy to share. [blog.ssa.gov](http://blog.ssa.gov)

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Facebook, Twitter, YouTube, Instagram

**Reporting Fraud or Suspicion**  
1-800-955-0177

**Top Five Fraud And Scam Prevention Tools**  
Knowledge is power and having the right tools to fight fraud can make a huge difference. Knowledge can also help protect you, your loved ones and your business. We put together a list of the five most important resources about Social Security scams you should know about:

1. Read and share our fact sheet **Be Aware of Social Security Phone Scams** to learn how to spot fake calls and results at [www.ssa.gov/fraudscams/materials/BSF-00-00000.pdf](http://www.ssa.gov/fraudscams/materials/BSF-00-00000.pdf)
2. Visit our Office of the Inspector General's Scam Awareness page at [www.ssa.gov/ps/ps06001/scam-awareness](http://www.ssa.gov/ps/ps06001/scam-awareness) for information on phone scams — and how to report them.
3. Read our blog post at [blog.ssa.gov/protecting-your-social-security-number-from-identity-theft](http://blog.ssa.gov/protecting-your-social-security-number-from-identity-theft) to learn how to protect your Social Security number from identity theft.
4. Create your own personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to help you keep track of your records and identity any suspicious activity.
5. Visit our Fraud Prevention and Reporting page at [www.ssa.gov/fraud](http://www.ssa.gov/fraud) to understand how we combat fraud.

Please share these resources about scams with your friends and family — and help us spread the word on social media.

**Protect Yourself from Social Security Scams**  
Telephone and email scammers are pretending to be government employees. Scammers will try to scare you and ask you for your personal information and money. Don't be fooled! Social Security isn't part of:

- Threaten you.
- Tell you there is a problem with or suspend your Social Security number.
- Demand immediate payment from you.
- Require payment by credit card, pre-paid debit card, instant currency, wire transfer, or by mailing cash.

If you receive a call or email like this, please report it to the Office of the Inspector General at [helping.ssa.gov](http://helping.ssa.gov).

## TRANSPORTATION



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

MONDAY	AM	Shopping at Star Mkt for all residents
	PM	Stops at CVS as needed
TUESDAY	AM	In-town medical appointments 1:00 - 2:30 pm Walmart Plymouth (first & third Tuesday) approx. arrival 10:00-10:30 am; pick up @ 2:00
	PM	On request (on the second Tuesday of the month) for Marshfield Food Pantry from 10:00 to 12 noon. Target Kingston (fourth Tuesday) approx. approx. arrival 10:00-10:30 am; pick up @ 2:00
WEDNESDAY	AM	Stop & Shop or Christmas Tree Shop (Roche Bros. 2 <sup>nd</sup> Wed.) Pick up at Christmas Tree Shop around 12:00 pm
	PM	In-town medical appointments 1:00-2:30 pm
THURSDAY	AM	In-town medical appts. 9:30-11:30 AND 1:00-2:30 Hair appointments 9:30 to 2:30 pm.
	PM	Shopping @ Star Mkt for all residents Stops as needed for CVS
SUGGESTED DONATIONS: \$1.75 one way; \$3.50 round trip for all in-town trips. \$6.00 round trip for all Tuesday shopping trips.		
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.		
Note: Masks must be worn at all times on the bus.		
Revised 7/19/21		

## SOCIAL SERVICES CORNER

### 2021 MEDICARE OPEN ENROLLMENT OCTOBER 15 - DECEMBER 7

It's hard to believe that time of year is rolling around again! Open Enrollment is the time of year that Medicare Beneficiaries should review and possibly change their drug plan or Medicare advantage plan. Due to the unknown changing environment of the virus and variants, we will once again be doing appointments over the phone. To get an appointment, please fill out the information sheet ON THE ADJACENT PAGE and we will get back to you with an appointment time. Please be patient on waiting for a return call. We will get to you as soon as possible, but may take up to 7-10 business days. When you tell us what plan you currently have, be as specific as possible. Many of the companies (Wellcare, Silver Scripts, Humana etc.) have multiple plans. It's helpful to know, for example, if you have the Wellcare Value scripts or the Wellcare Wellness plan. Again, we will not be able to help non-Marshfield residents. Call your local COA or the regional SHINE office at 508-946-2490 for assistance. Thank you once again for your trust and patience! We truly hope you have all been well and look forward to speaking with you!

*Your SHINE team, Judy, Ken, Alan and Jim*





## Prescription Drug Plan Open Enrollment Information Sheet



Name:  
Address:

Phone:  
Email:

What drug plan or Medicare Advantage Plan are you currently on? Be specific as possible.

Are you a member of Prescription Advantage (Massachusetts' state pharmacy assistance program)?

☐ Yes ☐ No

Do you receive "Extra Help" for your prescriptions (LIS)?

☐ Yes ☐ No

Are you enrolled in MassHealth?

☐ Yes ☐ No

What is your preferred pharmacy?

Mail order ☐ Yes ☐ No

**Please list your current medications below**

**Do not list over-the-counter drugs (e.g., vitamins)**

Drug Name (as written on bottle)	Drug Strength/Dose per Day Example: 50 mg/1x a day

To schedule a SHINE Open Enrollment appointment, return this form as soon as possible to Marshfield COA-SHINE, 230 Webster Street, Marshfield, MA 02050 or email it to [coasocialservices@townofmarshfield.org](mailto:coasocialservices@townofmarshfield.org). **Please allow 7-10 business days for a return call to set up an appointment.**

If you already have an appointment set up with Judy, note the date here \_\_\_\_\_.

## VOLUNTEER RECOGNITION CORNER

This month a special recognition and thank you to our retiring Volunteer Coordinator, Donna Weinberg. Donna has been with us for 13 years and will be sorely missed. In addition to recruiting, scheduling and recognizing our 200+ volunteers, she managed our durable equipment loan and medical transportation programs. Please join us in wishing her the best as she begins the next chapter of her life.



**Welcome new volunteers:** Deborah Gill, Robert Marzelli, Dawn Miller, Robert Rybka, Erin Tilden and Kalyn White. **Also Special Happy Birthday wishes for the month of September:** Gary Banks, William Barber, Emily Bayers, Albert (Jake) Bonney, Maureen Boudreau, Doris Carroll, Joan Cleary, John (Jack) Colgan, Thomas Connelly, Edward Coyle, Deborah Desrosiers, James Diana, Donna Emery, Katherine Grimes, Richard Hansen, Janet Jiranek, Gale Jones, Christine Kane Stone, Nancy Masiello, Nancy Mauro, Joan Morrissey, Alan Rosenberg, Maureen Rosenberg, Robert Saunders, Mary Spignese, Linda St. Croix, Cheryl Sullivan, Donna Sullivan, Lynn Sullivan, Doris Wernig and Susan White.

## SIXTY PLUS CLUB CORNER

### SIXTY PLUS "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. Menu will include salad, hamburgers, all beef franks, BBQ chicken breast, corn, potato salad, ending with strawberry shortcake for dessert. \$17 per person-sign up early with Nancy Goodwin or a member of the Club. The Sixty Plus Club meets the first Thursday of the month at 2:00 pm. We will meet next month on October 7 to discuss a cruise! Best, Nancy, Sandy, Ann, Theresa



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



## BOOSTERS CORNER

The Board met August 18; our next meeting will be September 15. Thanks to our board members for their time, talent and participation in our first post-covid raffle, 'Fun in the Sun,' and all who supported this fund raiser by buying a ticket which raised close to \$1000. Congratulations to Mike Maresco, Town Administrator, who won the raffle of beach goodies, restaurant gift cards and scratch tickets. Wonder if any of the scratch tickets were winners!?

The Marshfield COA Boosters will have a booth at the Marshfield Chamber of Commerce Lobsterfest 2021, Sunday, September 12th from 11:00 am to



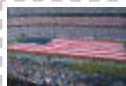
6:00 pm. We've planned an exciting raffle of a unique rocking chair made from actual lobster pot components and comfortable pillows decorated with lobsters, (what a surprise!!!). A lucky youngster will take home the adorable stuffed animal "Lucy the Lobster" by

naming her cute lobster baby. The winning raffle ticket for the lobster rocker and pillows will be drawn at 6:00 pm, so come and grab a lobster roll, stroll amongst the many vendors at Town Pier and take a chance on winning a wonderful "conversation piece" for your backyard.

**PLANT SALE** -Fellow Booster member, Lorraine Lawn, is downsizing her extensive house plant collection and is donating them for sale at the Senior Center to benefit the COA Boosters on Monday, September 13 from 11:00 am -2:00 pm. Hope you will drop by.

For membership questions or an application, please call Steve Rhodes, VP & Membership Chairman at 781-422-4644 or inquire at the COA's front desk.

## VETERAN'S CORNER



### KOREAN WAR VETERANS GROUP MONTHLY MEETING

**On Wednesday, September 8 at 1:00 pm**

This group meets on the second Wednesday of the month. The Veteran's Spouse/Surviving Spouse Group meets on Thursdays from 11:00 am to 1:00 pm at the Marshfield Elks.

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)

## LIFE LONG LEARNING

**The American Political Process through Movies** w/ John Sullivan – There has never been a period in our history which has been filled with so much turmoil. This course will explore the challenges the President faces. The films discussed in this course illustrate these obstacles and focus on the issues unique to the presidency. Participants will watch these films on their own and discuss them in class. The first class will be an introduction, second class - The best man (1964), third class - Advise and Consent (1962) fourth class - Seven Days in May (1964), fifth class Gabriel over the Whitehouse and the 6<sup>th</sup> class will be a review and wrap up of all the films. Tuesdays from 1:00 -2:30 pm (six sessions) October 5, 12, 19, 26, November 2, & 9 @ Senior Center Exercise Room. Cost \$25 (Movies will be available at the Senior Center if you do not have access to these movies)



**More of the Great American Songbook** w/ Larry King – A new twist and new material along with a visual excursion into the American Popular Song from its early beginnings in vaudeville, the musical theatre, the songs and stars of the movie musicals, recalling the Big Bands, a trip down memory lane with the popular groups and singers of the 50s, 60s and 70s, and finishing with the Great American Songbook today, Thursdays from 1:00 – 2:30 pm (six sessions) October 7, 14, 21, 28, and November 4 & 18 @ Senior Center Multi-Purpose Room. Cost \$25

**Islam and the West-Past, Present and the Future** w/Junaid Yasin—Islam/Muslims and the Christian World have interacted intensely and intimately over the last 1400 years. Conflicts and cooperation have varied depending on geography and time. Sometimes the Christians were dominant and sometimes the Muslims were dominant. Some areas moved permanently into the Islamic sphere of influence and some places changed hands multiple times. The Muslim influence grew rapidly starting in the seventh century and remained a more prosperous zone of influence well through the crusades. Starting in about the 15<sup>th</sup> century the Christian West began to expand its influence and by the early 18<sup>th</sup> century was the dominant power. This domination of the Christian West has been almost unchallenged for about 200 years. The relationship between the 1.6 billion plus Muslims and the larger Christian world is now in flux in the early 21<sup>st</sup> century. Other powers, primarily China and Russia, are challenging the West. The future is never certain and how the West and the Muslims interact will affect both groups. We will explore possible future paths based on this history – a perspective often not presented to a western audience. Tuesdays from 10:30 am-12:00 noon, (four sessions) October 12, 19, 26 and November 2 @ Senior Center Multi-Purpose Room. Cost \$25

**Enhancing Your Travel Experience with Technology** w/Robin Billing - This hands-on course will cover: using Apple Maps & Google Maps to explore new places and get directions; accessing Yelp to find restaurants, hotels and more; learning to use TripAdvisor to find places of interest; exploring the trip planning features of TripAdvisor; and putting it all together by planning an upcoming or "bucket list" trip. Participants should bring their device of choice (i.e. smartphone, tablet or laptop) so they can practice the skills along with instructor demonstration. Thursdays from 10:30 am – 11:30 (4 sessions) October 7, 14, 21, & 28 @ Senior Center Multi-Purpose Room. Cost \$25

**The Art and Poetry of the Civil War Period** w/Rich Hansen - The American Civil War was a time of great cultural upheaval. This conflict generated intense creativity on both sides of the war. Please join us as we explore the works of Winslow Homer, Eastman Johnson, Walt Whitman and many other artists and poets as they capture the moods of our country... Mondays from 10:00 – 11:30 am (4 sessions) October 4, 18, 25 and November 1 @ Senior Center Art Room. Cost \$25

**Lunch and Learn - Life in the New World in 1620 and 1621** w/ Regina Porter—Session 1. Travel to the New World: Life on the Mayflower – Susannah Jackson White was 24 years old in 1620 when she boarded the Mayflower with her husband William, her 5 year old son Resolved and was also 7 months pregnant. Come to this interesting lecture and hear about Susannah's life story in the year 1620. Session 2 The First Year in a Brand new world: Life in the Wilderness There were 102 passengers on the Mayflower and at the end of the first winter only 50 remained alive. Susannah was one of only four married women who lived! Fridays from 11:30 am to 1:00 pm (2 sessions) October 8 & October 15 @ The Historic Winslow House in the Tea Room Cost \$20 (includes session and boxed lunch). Limit of 30 people.



**OCES NUTRITION PROGRAM**  
**SEPTEMBER**  
**REGULAR**



**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>1</b> BBQ Riblet 280 O'Brien Potatoes 6 Green Beans 3 WW Hamburger Bun 80 Oatmeal Raisin Cookie 110 MOD Blueberry bites 60	<b>2</b> Potato Crunch Pollock 270 Brown Rice & Orzo 4 Zucchini & Tomatoes 40 Cracked Wheat Bread 115 Fresh Banana 1 Tartar pc 85	<b>3</b> Homemade Meatloaf 197 with Gravy 6 Roasted Potato 82 Green Peas 240 Oatmeal Bread 1 Fresh Peach 1
		Cal: 737 Sodium: 617 mg Carb: 97 gm	Cal: 796 Sodium: 653 mg Carb: 111 gm	Cal: 851 Sodium: 667 mg Carb: 98 gm
	<b>7</b> Meatball Sub with Italian Sauce 281 Parslied Rotini 4 Tuscany Vegetables 41 WW Hot Dog Roll 85 Mandarin Oranges 7	<b>8</b> Chicken Picatta 357 Brown Rice Pilaf 16 California Vegetables 30 Scala Bread 310 Brownie Cookie 230 MOD: Cinnamon Bites 71	<b>9 COLD</b> Tuna Salad on Lettuce Bed 310 Pasta Vinaigrette Salad 5 Tomato Cucumber Sal 58 Mini Kaiser Roll 200 Fruit Crunch Bar 80 MOD: Strawberry Graham 95	<b>10</b> Pot Roast with Gravy 79 Buttered Noodles 38 Broccoli Flowerets 12 Snowflake Roll 250 Fresh Apple 2
ALL SITES CLOSED	Cal: 807 Sodium: 555 mg Carb: 113 gm	Cal: 906 Sodium: 1080 mg Carb: 126 gm	Cal: 908 Sodium: 790 mg Carb: 109 gm	Cal: 732 Sodium: 519 mg Carb: 93 gm
<b>13</b> Lasagne Rolls with Italian Sauce 361 Italian Vegetables 19 Garlic Roll 240 Parmesan Cheese 55 Hot Caramelized Peaches 20	<b>14 COLD</b> Egg Salad on * Pumpernickel Bread(2) 785 Potato Salad 50 Tossed Salad with Dressing 17 Fig Bar 99 MOD: Lorna Doones 100	<b>15</b> Baked Pollock with Lemon Dill Sauce 235 Oven Browned Potatoes 6 California Blend Veg 30 Cracked Wheat Bread 115 Fresh Banana 1	<b>16</b> Chicken Fajitas 282 Mexicali Brown Rice 20 Fiesta Vegetables 16 Flour Tortilla 170 Pineapple Chunks 1	<b>17 ##</b> Roast Turkey with Gravy* 520 Whipped Sweet Potatoes 36 Mixed Vegetables 42 Whole Wheat Roll 240 Chocolate Chip Cookie 105 MOD: SF Choc Chip Cook 55
Cal: 659 Sodium: 833 mg Carb: 95 gm	Cal: 855 Sodium: 1107 mg Carb: 98 gm	Cal: 616 Sodium: 524 mg Carb: 100 gm	Cal: 603 Sodium: 627 mg Carb: 87 gm	Cal: 860 Sodium: 1467 mg Carb: 102 gm
<b>20</b> Salisbury Steak with Gravy 417 Brown rice pilaf 16 Carrot Coins 67 Rye Bread 330 Vanilla Wafers 98	<b>21</b> Chicken Stew * 535 Green Beans/Red Peppers 3 Buttermilk Biscuit 340 Hot Cinnamon Pears 6	<b>22</b> Cheese & Pepper Frittata 246 Herbed Brown Rice 4 Broccoli Flowerets 12 Oatmeal Bread 240 Fresh Nectarine 0	<b>23</b> Fish Sticks 352 Potato Wedges 260 Spinach 110 Tartar Sauce 85 Whole Wheat Bread 65 Chocolate Pudding 190 MOD: Blueberry Bites 60	<b>24 COLD</b> Romaine Chicken Salad* 669 Pasta Vinaigrette Salad 5 Red Cabbage Coleslaw 72 Dressing PC 20 Garlic Roll 240 Mixed Fruit Cup 5
Cal: 739 Sodium: 1064 mg Carb: 100 gm	Cal: 602 Sodium: 1022 mg Carb: 98 gm	Cal: 668 Sodium: 640 mg Carb: 85 gm	Cal: 793 Sodium: 1199 mg Carb: 98 gm	Cal: 796 Sodium: 1148 mg Carb: 93 gm
<b>27</b> Cheddar Cheese Omelet 470 Home Fries 6 Peppers & Onions 54 French Toast Bites 320 SF Syrup 30 Yogurt 75 Orange Juice -NO MILK 15	<b>28</b> Herbed Chicken w/ Gravy 387 Cheese BkPotato 1/2 191 Scandinavian Blend 41 Scala Bread 310 Sour Cream 9 Applesauce 20	<b>29 COLD</b> Turkey Deluxe Sandwich 353 German Potato Salad 76 Cuke Tomato Broccoli Salad 58 Bulkie Roll 330 Lemon Square 105 MOD: SF Lemon Cooki 60	<b>30</b> Roast Pork with Maple Mustard Sauce 93 Oven Browned Potatoes 6 Butternut & Apples 4 Whole Wheat Roll 240 Fresh Orange 0	Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium
Cal: 826 Sodium: 1001 mg Carb: 99 gm	Cal: 812 Sodium: 1095 mg Carb: 90 gm	Cal: 825 Sodium: 1080 mg Carb: 106 gm	Cal: 855 Sodium: 483 mg Carb: 111 gm	

\*Indicates food item w/>500mg sodium ♦ = high sodium meal

**GRAB & GO BOXED LUNCH MENU**

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

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

Tuesdays

SEPTEMBER 7 Tuna Roll

SEPTEMBER 14 Egg Salad on croissant

SEPTEMBER 21 Chicken Caesar Salad Wrap

SEPTEMBER 28 Italian Chicken Salad on focaccia

Thursdays

SEPTEMBER 2 Italian Chicken Salad on focaccia

SEPTEMBER 9 Ham & Cheese Wrap

SEPTEMBER 16 Turkey & Cheese on Kaiser Roll

SEPTEMBER 23 Hummus & Veggie Wrap

SEPTEMBER 30 Roast Beef & Swiss on Kaiser Roll





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and pass on assets to your heirs? Do you need a plan to financially  
survive and/or prosper in retirement?

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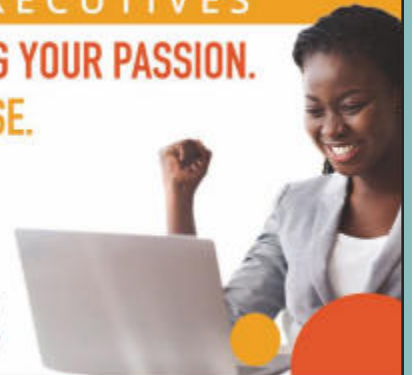
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