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Council on Aging

Ever Growing - Never Old

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Marshfield, MA 02050

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www.townofmarshfield.org

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

JANUARY 2022

Volume 382

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.



Credits to: Gail Loik

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

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

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DIRECTOR'S CORNER

With the holidays wrapping up, the month of January is a time for resolutions, renewal and new beginnings for 2022! The Senior Center staff are working on plans to open the new wing soon with a date to be announced in the near future. There has been a slight delay in opening due to an issues related to the generator. We are also working diligently on our punch list to get everything finished inside. The full parking lot is open and there are many handicapped spaces next to the building which should help to alleviate the parking shortage. We will open the new entrance as soon as we get our occupancy permit which will be much more convenient.

As for the programs, we have hired a Food Service Manager, Jim Lowell, who will get the new "Seaflower Café" up and running within a couple of months. Jim will be busy developing a menu and choosing materials and equipment that we will need as well. We will also be working on getting our fitness equipment set up on the second floor in the new fitness room. There will be a variety of machines available for people to enjoy and utilize. We will be setting up individual and group trainings for the equipment as soon as we can.

Stay tuned for additional programs such as our Lifelong Learning "Wintermission" which starts with the registration on January 10th and with classes kicking off in mid to late January. Consider taking part in Lifelong Learning along with our many fitness and wellness opportunities to start the year right!

All my best wishes to all of you for a happy and healthy new year for 2022, Carol Hamilton

DAVE THE GARDENER PRESENTS: HEALTHY BONE AND VEGGIE BROTH

On Monday, January 10 at 1:00 pm

Ditch the store-bought stuff and come learn about the delicious and healthy benefits of homemade bone and vegetable broth. Participants will sample different kinds of broth and learn how to make it on their own. Everyone goes home with recipes and tips. Please call the Senior Center at 781-834-5581 to sign up.

MASS AUDUBON WITH DOUG LOWRY PRESENTS: HIKING 101

On Thursday, January 20 at 1:00 pm

Don't venture outside unprepared, learn how to get the most out of your hikes in this program. Find out how to interpret the landscape, familiarize yourself with map reading, and learn what to do if you find yourself in challenging situations. Discover recommendations for proper gear and popular hikes throughout Massachusetts. This program is geared for all ages and abilities with a special focus on manageable winter walks. Please call the Senior Center at 781-834-5581 to sign up.

SENIORS & LAW ENFORCEMENT WORKING TOGETHER PRESENT: "Decluttering"

On Wednesday, January 12 at 1:00 pm



Barbara Graceffa, interior designer will offer a lecture on decluttering for the New Year. Eliminate clutter once and for all. Learn how to start the de-cluttering process; determine what to keep, toss or donate; and gain strategies for maintaining a clutter-free home. Bring photos and/or a list of your biggest challenges and discover solutions that really work! Please call the Senior Center at 781-834-5581 to sign up for this interesting and helpful workshop

MUSICAL MONDAY BY JACK CRAIG-WITH CLASS "GREAT SONGWRITER SAMMY CAHN"

On Monday, January 24 at 1:00 pm

Sammy Cahn once said that he grew up so low on the East Side of New York that - "If I took one step back, I would have landed in the East River." Fortunately, that didn't happen and Cahn became one of the most prominent lyricists in our song history. From early work with Dorsey and Sinatra, Sammy left a song legacy that includes four Academy Awards, a Grammy, and hundreds of other 'standards'. Just a sampling of the songs in this program: *All the Way, Bei Mir Bist Du Schon, Day By Day, Love and Marriage, The Second Time Around, Time After Time* - along with 14 other great hits. Please call the Senior Center at 781-834-5581 to sign up as refreshments are served. \$2 suggested donation at the door.

HISTORIAN ANNE BARRETT PRESENTS "AN 18TH CENTURY CLAIRVOYANT"

On Monday, January 31 at 1:00 pm

The program is "An 18th Century Clairvoyant." For over 200 years, world renowned clairvoyant Moll Pitcher of Lynn could cause an entire ship's crew to resign with her prediction of a doomed voyage. Please call the Senior Center at 781-834-5581 to sign up and come join us for this fascinating presentation.

SENIOR TAX RELIEF WORK PROGRAM FOR THE CALENDAR YEAR 2022

The Annual Town Meeting appropriated funding for the Senior Tax Relief Work Program for the 2022 calendar year beginning January 3rd. Applicants must reapply every year. Applications are available at the Senior Center. The purpose of the program is to utilize the skills of qualified senior citizens whose earnings are applied toward payment of their property tax bill. If chosen to work at a site, seniors will earn \$14.25 per hour and can work up to 100 hours with a maximum earning amount of \$1425 gross. There may be deductions taken out of the earnings with some exceptions. Those participating must complete their hours by the end of October of 2022 for processing. The amount earned will be applied to and appear on the 3rd and 4th quarter tax bill of the next subsequent year. Those participants who were not placed last year will be given consideration for placements for calendar year 2022, if they reapply. Please note that we may not be able to place everyone that applies due to the limitations for placements and guidelines of the program. Eligibility Guidelines: * At least 60 years of age * Reside in Marshfield and occupy the property for which taxes are paid * Must present a copy of your current tax bill with applicant's name

* If property is in trust, the applicant must be a trustee

2021 INCOME TAX RETURN ASSISTANCE

The Marshfield Council on Aging, in conjunction with the AARP Foundation and the Internal Revenue Service, is again hosting free, confidential income tax return assistance for low to moderate income taxpayers of all ages, with special attention paid to those age 50 and older. AARP Foundation Tax-Aide volunteers are trained, certified, and experienced with basic, non-complex federal and state tax returns. All returns are electronically filed unless circumstances dictate otherwise. This season in-person service will return with close attention paid to health and safety. All Tax-Aide volunteers will be wearing face masks and we ask that all participating taxpayers do the

same. Please be prepared to spend at least 1.5 hours with us. Tax-Aide service will be available on Mondays and Fridays beginning February 11 and ending on April 15, 2022, (no service on Monday, February 14, President's Day). First appointments will be at 8:30 am and with last appointment at 1:00 pm. **APPOINTMENTS:** Please, DO NOT call the Senior Center to book or cancel your appointment. If you need to cancel or re-schedule, please call as soon as possible so we may accommodate another taxpayer. Once you have received all necessary income tax filing documents, call the dedicated telephone line at 781-566-0626 which is staffed by one of our AARP Tax-Aide volunteers at their home 24/7. Due to heavy call volume, it may be necessary to leave a message but we will return your call. **INTAKE/INTERVIEW BOOKLETS:** Please pick up a Tax-Aide Intake/Interview booklet from the front desk at the Senior Center at your earliest convenience. You DO NOT need to book your appointment prior to picking up your booklet. This booklet will include a comprehensive list of documents that you should bring to your appointment as well as accompanying consent forms that should be filled out, signed and must be brought with you to your appointment. Please be on the lookout for mail labeled IMPORTANT TAX DOCUMENT. These mailings contain income, Social Security, pension, annuity, and other tax documents and generally arrive in early February. Brokerage tax statements typically arrive in March. Please be prepared by bringing your photo ID and Social Security cards for everyone that will be on your tax return. Also, be sure to bring your checkbook if you would like your refund to be directly deposited to your bank account. Collect all 2021 tax documents along with your 2019 and 2020 tax returns (include IRS Notice 1444-C (verification of Economic Impact Payment (EIP))) If 2020 needs preparation as well, collect and bring all your 2020 documents. **TAX QUESTIONS ONLY:** If you only have questions, feel free to call our appointment line with your question. A trained Counselor will call you back to assist you.

*Thank you for your continued support, Vern Chartrand,
AARP Foundation Tax-Aide Local Coordinator.*



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COA ACTIVITIES - ARTS

ART OF FILM CLASS

“West Side Story” 1961 2½ hrs

On Thursday, January 13 at 12:15 pm

“On October 18, 1961, ‘West Side Story’ held its world premiere in New York...eventually going on to win 10 Oscars at the 34th Academy Awards.” Yes...Something’s Coming at the COA! Critics say the best features of this film are the dancing and the music. I remember Russ Tamblyn’s dancing and Leonard Bernstein’s and Stephen Sonheim’s music when I saw this movie 30+ years ago. It’s an American *Romeo and Juliet* with rival gangs: Sharks vs. Jets. The romance develops between Richard Beymer and Natalie Wood (her voice dubbed by Marni Nixon). And what is the celebrity/entertainment news all about today?? Rita Moreno: the original Maria! This film is 2½ hours long; so we shall start at 12:15—please come early. Come and enjoy! Refreshments served.
Heather Kaval

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.

IMAGINATION IN PAINTING

On Tuesdays from 1:00-3:15 pm

All mediums welcome. Facilitated by Fred Dolan. Come see what your mind is capable of. Let Fred help you find your passion for painting. Suggested donation \$10. Walk-ins welcome.

BEGINNER WATERCOLOR BASICS CLASS WITH TESS WEBSTER

On Thursdays at 1:00 pm

You will learn to work in watercolor using right tools for creating your art. You will also discover how to paint from light to dark, different washes, tricks & tips, and watch demonstration techniques too. SUPPLIES NEEDED: small w-color set, 3-w-c brushes, (S/M/L) small paint set, spray bottle & container for water. Cost \$10 per class. Drop in or sign up ahead.

POETRY CLUB

On Friday, January 28 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! Group typically meets on the last Friday of the month. Share your thoughts and opinions in this fun, interactive group. All welcome!

SAVE THE DATE: DRAWING ON THE RIGHT SIDE OF YOUR BRAIN

Six-Session Class

Starting on Monday, February 7 at 1:00 pm

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 March 21; cost is \$10 per session. Please call the senior center to register at 781-834-5581.

INTERMEDIATE WATERCOLOR CLASS W/GAYLE

On Fridays at 9:30 am

Classes are with Gayle Loik, and on the last Friday of the month, they will be with Betty Rogers. This class is for the more experienced water color artist. We will have more emphasis on composition and on developing your own ideas through drawing, quick thumbnails and painting from observation. Some Gouache may be used. The cost is \$15 and any questions can go to artnGayle1@aol.com

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

CHESS CLUB

On Tuesdays from 11:00 am—1:00 pm

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

RUG HOOKING GROUP

On Wednesdays from 10:00 am -1:00 pm

The group works on individual projects. All are invited to join us - we will gladly share our knowledge and assist with obtaining supplies, if necessary.

QUILTING GROUP

On Thursdays 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.

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 11:15 am

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

GREAT DISCUSSIONS

On Tuesday, January 4 & 18 from 10-11:30 am

The Great Discussions Group meets the first and third Tuesday of each month. We read shared material and rigorously discuss current events and other stimulating, topical subjects. In January the program will be inside the Marshfield Senior Center. The topics will be: **January 4:** Where is Inflation Headed? **January 18:** Impact of Legal Pot Dispensaries on Massachusetts If you have questions or wish to join this group, please contact Bob Jackman at 781-837-3844.

ANTIQUE POSTCARDS W/ DAVID G. ALLEN

On Wednesday, January 12

From 11:00 am—12:30 pm

You are invited to enjoy over a thousand historic scenes of Marshfield and all the villages, showing hotels and buildings that are no longer existing. Also, you may see your neighborhood and the house you now live in. If you are a collector and have any duplicate postcards to trade bring them along. You can also bring your collection and share your stories with us or just come in and enjoy the display!

WOMEN'S GROUP w/BARBARA LEARY

On Tuesday, January 25 at 1:00 pm

“Winter Weather Comfort Tips”

Come, bring your wisdom and ready to share your thoughts on your favorite skin moisturizer for dry skin, your pick for shoes and boots that are safe for winter walking, comfort foods to take the chill out and how you stay connected to friends and family when weather interrupts travel and activity plans. Light refreshments will be served, please sign up ahead.

ANTIQUE SLIDESHOW

AT THE SENIOR CENTER!

“American Furniture Styles 1630-1870”

On Thursday, January 27 at 1:00 pm

Most Western styles of furniture originated in Europe, but their interpretation in America varied in some ways from the European originals, and there were also different interpretations in the major urban areas such as Boston, Newport, New York, and Baltimore. The PowerPoint program will focus on a half dozen major features of furniture produced in each style and also illustrate variations found in different urban centers. The speaker will be antiques writer Bob Jackman. **OPTIONAL:** If you have a small piece of furniture from 1630 to 1870 bring it to the show, and Bob will be happy to offer comments. Admission is free. While the talk will be organized around a sequence of 80 slides, the atmosphere will be informal with questions and answers throughout the presentation. Expect to learn a bit, share some laughs, and have a good time.

INTRO TO iPad WITH KATY MAYO

On Monday, January 24 & 31 from 10:00-11:30 am

Have a new iPad or looking to try new things on your iPad? Come with your iPad and learn features that you might not have tried and make the most of this handy device. Cost \$40.00 for this 2-part course due at the first class. Register in advance at front desk.

COA ACTIVITIES - FUN & 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.

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—EXERCISE

STRETCH AND FLEX w/MELISSA FREED

On Mondays at 8:45 am

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.

COA ACTIVITIES—EXERCISE

TAI CHI w/MIKE SHOWSTACK

On Mondays at 9:30 am

Tai Chi is the healing power that transcends the limitations of human ability and imagination. Chi improves posture, circulation, respiration and digestion, and harmony of the body and mind as one. Participants should wear loose clothing. Cost: \$6.00 per class.



DROP IN LINE DANCE LESSONS W/MAUREEN

**On Mondays, January 3, 10, and 24 at 3:00 pm
(No classes on 1/17 or 1/31)**

New Year is a good time to try something new. Give this fun and energetic class a try with dynamic instructor Maureen Godding. 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! "Drop in January" and try it. \$5 per class.

BALANCE & STRENGTH EXERCISE

w/NEIL SULLIVAN

On Tuesdays at 9:00 am

The classes will consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. The exercises utilized in the class are focused on specific key muscles and joints designed to increase ROM(range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls. Cost \$5.00 per class.

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! Cost \$5.00 per class.



COA ACTIVITIES—EXERCISE & HEALTH

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.

HEART & HAND EXERCISE CLASS w/JANET ENOS

On Wednesdays & now on Fridays 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.

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! Jan.6-Ellis Bog off Rt. 139 east of Sandy Hill Drive January 13-North Hill Marsh Trails-Kettle Hole Loop (1.5 miles) off Mayflower St. Duxbury January 20-Powder Point Bridge-park beach side-Snowy Owl on dike? January 27-Daniel Webster Wildlife Sanctuary February 3-Nelson Memorial Forest off to the east of Union St. Woodland, off Union St. Marshfield

GENTLE CHAIR EXERCISE w/BARBARA **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: \$5.00 per class (please note \$1 increase).

FLOOR YOGA w/LINDA EVANS **On Thursdays 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.

ZUMBA GOLD ® w/DEB RAFFERTY

On Thursdays at 1:00 pm

ZUMBA GOLD ® is a dance fitness program specifically designed to take the rhythms of both Latin and International Dance (incl. American pop, etc.) and bring to the active older adult, beginner participant & anyone requiring specific modifications. The choreographed routines include cardio, muscle conditioning, balance & flexibility. Cost \$5 per class.

GENTLE YOGA w/KATHERINE

On Fridays at 9:30 am

This Yoga Class is for first time students & the experienced yogi! This is 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. Gentle yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students. Bring your own yoga mat! \$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 & international dance rhythms and bring them to the active older adult, the beginner participant. Cost: \$5.00 a class.

BRAIN BUILDER'S PROGRAM

On Wednesday, January 12 at 10:00 am

Join Lisa Yauch-Cadden, speech therapist and "brain builder" for a general intro to the Brain Builders program, which is a class/series of classes that promote social engagement through language & cognitive based activities for ANY senior. Classes use a variety of activities to engage participants while exercising the brain. In the class you may practice tips and techniques to help memory, word-finding, thinking, and socialization skills. The classes are lively and fun and are catered to meet the needs/abilities/interests of attendees. There is no cost to the participants, it is sponsored by a grant from Old Colony Planning Council. Come give it a try at this introductory session, we will be offering both in person and zoom sessions through 2022.

HEALTH HUDDLE w/MARK LEMBO
On Wednesday, January 26 at 1:00 pm

The topic will be "Managing Arthritis". Mark will give an overview of the topic, talk about treatment modalities and will take questions and answers. Please sign up ahead.

INCLEMENT WEATHER POLICY



In case of inclement weather, the Board of Selectmen may cancel, delay opening, or mandate early closing of the Senior Center. Old Colony Elder Services and/or the Council on Aging may cancel the Congregate Lunch Program and meals on wheels and the Senior Center Director may cancel any or all individual programs. THE SENIOR CENTER FOLLOWS TOWN HALL PROTOCOL NOT THE SCHOOLS. Cancellation announcements will be made on WATD (95.9 FM) radio, greater Boston area TV networks and local access cable TV. Please stay safe!

SAVE THE DATE: FEEDING YOUR HEART: A HEALTHIER DIET IN 2022 w/MARIA RICHARDS
On Friday, February 18 at 1:00 pm

Marcia Richards, RD/Community Liaison, from Beth Israel Deaconess Hospital in Plymouth will lead this interactive session focusing on heart healthy eating. The first 15 participants to register will receive a copy of the To Your Health Cookbook! Please sign up ahead at the front desk.



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 receive the zoom link, call the desk 781-834-5581.

LET'S GO TO THE MOVIES!
"The Father"
(2020 1hr 37m)

On Thursday, January 6 at 12:30 pm

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind, and even the fabric of his reality. Cast: Anthony Hopkins, Olivia Colman, Mark Gatiss, Imogen Poots, Rufus Sewell, Olivia Williams, Evie Wray

BOOK DISCUSSION GROUP ON ZOOM
On Monday, January 24 at 11:00 am

This month we will be reading the book "This Tender Land" by William Kent Kruegger. 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.



"The Secret: Dare to Dream" (2020 1hr 47m)
On Tuesday, January 18 at 12:30 pm

Miranda is a young widow trying to make ends meet while raising her three children and dating her boyfriend. A devastating storm brings an enormous challenge and a mysterious man, Bray, into Miranda's life. Bray reignites the family's spirit but, unbeknownst to Miranda, also holds an important secret — one that will change everything. Cast: Katie Holmes, Josh Lucas, Celia Weston, Jerry O'Connell & Katrina Begin.

TED TALK & DISCUSSION ON ZOOM
On Monday, January 31 at 10:00 am

Join us on zoom for a viewing of the TED talk from psychologist and author Guy Winch who asks us to take our emotional health as seriously as we take our physical health — and explores how to heal from common heartaches. Discussion to follow. Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

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

"Judy" (2019 1hr 58 m)

On Tuesday, January 25 at 12:30 pm

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans — all while bravely struggling to overcome intensifying anxiety and physical decline. Cast Renée Zellweger, Jessie Buckley, Finn Wittrock, Rufus Sewell, Michael Gambon, Gemma-Leah Devereux

MONDAY

TUESDAY

WEDNESDAY

Stretch & Flex w/Melissa 8:45 am	3
Zoom Coffee & Chat 9:00 am	
Tai Chi 9:30 am	
Social Day Program 10:00 am-2:00 pm	
Congregate Lunch 12:00 pm	
Mahjong 1:00 pm	
Pinochle 1:00 pm	
Line Dancing w/Maureen 3:00 pm	

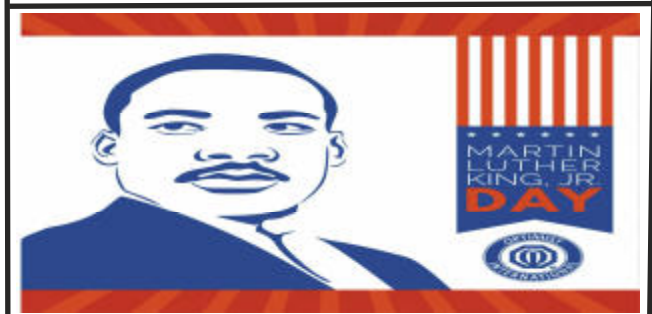
Balance & Strength/Neil Sullivan 9:00 am	4
Painting Workshop 9:30 am-12:00 pm	
Great Discussions 10:00-11:30 am	
Boxed Lunch Pickup 10:30-11:30 am	
Yoga w/Tricia 11:00 am	
Chess Club 11:00-1:00 pm	
Bridge 12:30-3:00 pm	
Cribbage 12:30 pm	
Line Dancing w/Dotty 1:00 pm	
Imagination in Painting 1:00-3:15 pm	

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

Stretch & Flex w/Melissa 8:45 am	10
Zoom Coffee & Chat 9:00 am	
Free Legal Clinic 9:00-11:00 am	
Tai Chi 9:30 am	
LLL Registration 9:30-10:30 am	
Reiki with MaryAnn 10:00 am-2:00 pm	
Social Day Program 10:00 am-2:00 pm	
Congregate Lunch 12:00 pm	
Mahjong 1:00 pm	
Pinochle 1:00 pm	
Dave the Gardner: Bone & Veggie Broth 1:00 pm	
Line Dancing w/Maureen 3:00 pm	

Balance & Strength/Neil Sullivan 9:00 am	11
Hairdressing with Chrissy 9:00 am—12:00 Noon	
Painting Workshop 9:30 am-12:00 pm	
Financial Consultations 10:00 am-1:00 pm	
Boxed Lunch Pickup 10:30-11:30 am	
Yoga w/Tricia 11:00 am	
Chess Club 11:00-1:00 pm	
Bridge 12:30-3:00 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	

Woodcarving
Manicures
Heart & Hand Exercise w/Janet
Brain Builders
Social Day Program
Rug Hooking
Knitting Group
Yoga w/Tricia
Antique Postcards
Congregate Lunch
Korean War Veteran's Meeting
Duplicate Bridge
TRIAD
Whist
Hand & Foot
Pool



Balance & Strength/Neil Sullivan 9:00 am	18
LLL Senior Boxing Fitness 9:00 am	
Painting Workshop 9:30 am-12:00 pm	
Great Discussions 10:00-11:30 am	
Life Insurance Review 10:00 am—1:00 pm	
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	
Movie "The Secret" 12:30 pm	
Cribbage 12:30 pm	
Imagination in Painting 1:00-3:15 pm	
Line Dancing w/Dotty 1:00 pm	

Woodcarving
Manicures
Heart & Hand Exercise w/Janet
Boosters Board Meeting
Social Day Program
Rug Hooking
Knitting Group
LLL—Life & Times of Beatrix Potter
Real Estate Specialist
Yoga w/Tricia
Congregate Lunch
Duplicate Bridge
Whist
Hand & Foot
COA Board Meeting
Pool

Stretch & Flex w/Melissa 8:45 am	24
Zoom Coffee & Chat 9:00 am	
Tai Chi 9:30 am	
Social Day Program 10:00 am-2:00 pm	
Reiki with MaryAnn 10:00 am-2:00 pm	
Intro to iPad w/Katy 10:00-11:30 am	
Mortgage Consultations 11:00 am-1:00 pm	
Book Group 11:00 am	
LLL Great Decisions 11:00-12:30 pm	
Congregate Lunch 12:00 pm	
Mahjong 1:00 pm	
Pinochle 1:00 pm	
Musical Monday 1:00 pm	
Line Dancing w/Maureen 3:00 pm	

Balance & Strength/Neil Sullivan 9:00 am	25
LLL Senior Boxing Fitness 9:00 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 12:30-3:00 pm	
Movie "Judy" 12:30 pm	
Cribbage 12:30 pm	
Line Dancing w/Dotty 1:00 pm	
Imagination in Painting 1:00-3:15 pm	
Women's Group 1:00 pm	
LLL—Early American Art	
Meditation & Mindfulness on Zoom 2:00 pm	

Woodcarving
Manicures
Heart & Hand Exercise w/Janet
Social Day Program
Rug Hooking
Knitting Group
LLL—Life & Times of Beatrix Potter
Yoga w/Tricia
Congregate Lunch
Duplicate Bridge
Whist
Hand & Foot
Pool
Health Huddle

Stretch & Flex w/Melissa 8:45 am	31
Zoom Coffee & Chat 9:00 am	
Tai Chi 9:30 am	
Social Day Program 10:00 am-2:00 pm	
TED Talk 10:00 am	
Intro to iPad w/Katy 10:00-11:30 am	
LLL Great Decisions 11:00-12:30 pm	
Congregate Lunch 12:00 pm	
Mahjong 1:00 pm	
Pinochle 1:00 pm	
18th Century Clairvoyant Presentation 1:00 pm	



ARE YOU A COA BOOSTER MEMBER?

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

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

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

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

SDAY

THURSDAY

FRIDAY

<p>9:00 am-12:00 pm 9:00 am-4:00 pm 9:30 am 10:00 am-2:00 pm 10:00 am-1:00 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</p> <p>5</p>	<p>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 11:15 am Movie "The Father" 12:30 pm Zumba w/Deb 1:00 pm Mahjong 1:00 pm Beginner Watercolor 1:00 pm Sixty Plus Club 2:00 pm</p> <p>6</p>	<p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Intermediate 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</p> <p>7</p>
<p>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-1:00 pm 10:00 am-12:00 pm 11:00 am 11:00 am-12:30 pm 12:00 pm 12:30 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm</p> <p>12</p>	<p>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 11:15 am Zumba w/Deb 1:00 pm Art of Film 12:30 pm Mahjong 1:00 pm Beginner Watercolor 1:00 pm</p> <p>13</p>	<p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Intermediate Watercolor Class 9:30 am-12:00 pm Hearing Screening 10:00-11:30 am 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</p> <p>14</p>
<p>9:30 am-12:00 pm 9:00 am-4:00 pm 9:30 am 10:00 am-12:00 Noon 10:00 am-2:00 pm 10:00 am-1:00 pm 10:00 am-12:00 pm 10:30 am-Noon 10:30-11:30 am 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 3:30 pm 1:00 pm</p> <p>19</p>	<p>Walking Group 8:30 am Gentle Chair Exercise w/Barbara 8:30 am Quilting Group 8:30-11:00 am State Rep. Patrick Kearney in house 9:00-10:00 am Foot care w/Deborah 9:00 am-4:00 pm Intro to Spanish 10:00 am Yoga w/Linda 10:00 am LLL-Classics of Music 10:00-11:30 am Intermediate Spanish 11:15 am Boxed Lunch Pickup 10:30-11:30 am Zumba w/Deb 1:00 pm Mahjong 1:00 pm Beginner Watercolor 1:00 pm Mass Audubon Presentation 1:00 pm</p> <p>20</p>	<p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Intermediate 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 LLL—Historic Year 1:00-2:30 pm</p> <p>21</p>
<p>9:30 am-12:00 pm 9:00 am-4:00 pm 9:30 am 10:00 am-2:00 pm 10:00 am-1:00 pm 10:00 am-12:00 pm 10:30 am-Noon 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm</p> <p>26</p>	<p>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 LLL-Classics of Music 10:00-11:30 am Boxed Lunch Pickup 10:30-11:30 am Intermediate Spanish 11:15 am Zumba w/Deb 1:00 pm Mahjong 1:00 pm Antique Slideshow 1:00 pm Beginner Watercolor 1:00 pm</p> <p>27</p>	<p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Intermediate Watercolor Class 9:30 am-12:00 pm Essentrics 11:00 am Poetry 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 LLL—Historic Year 1:00-2:30 pm</p> <p>28</p>

V U A R Y



Life Care Center
of the South Shore
781.545.1370
www.LCCA.com
Short and Long term Rehabilitation
Semi Private rooms Available

When you're here, you're home.

For more information about South Shore's premier non-profit hospice residence, visit nvna.org or call 781.659.2342 today!

ESTABLISHED 1920

COA SERVICES

All consultations are free. To make an appointment, please call the at 781-834-5581
30-MINUTE FINANCIAL PHONE CONSULTS

On Tuesday, January 11 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, January 18 10:00 am-1:00 pm
 Elaine Buonvicino and Deb Ford are MA licensed Life Insurance and Long Term Care Insurance Agents. Interim appointments available by telephone. Call the Senior Center at 781-834-5581.

REVERSE MORTGAGE CONSULTATIONS

On Monday, January 24 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. **SAVE THE DATE! DAVID WILL BE HOSTING A SEMINAR AT THE SENIOR CENTER ON THURSDAY, FEBRUARY 17 — SEE P.12 FOR DETAILS.**

REAL ESTATE SPECIALIST

On Wednesday, January 19 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, we will try to set something up to better suit your needs.

MONTHLY LEGAL CLINIC

On Monday, January 10 from 9:00-11:00 am
 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 Thursday, January 20 from 9:00-10:00 am
 Rep. Kearney is available on the 3rd Thursday of the month from 9-10 am. Please call the senior center at 781-834-5581 for an appointment.

STATE SEN. PATRICK O'CONNOR

On Tuesday, January 18 from 10:30-11:30 am
 Senator O'Connor is available for consults at the Senior Center on the 3rd Tuesday of each month.

NEW HOURS!! REIKI WITH MARYANN

On Monday, January 10 & 24 10:00am-2:00 pm
 Now available on the 2nd & 4th Monday of each month. Mary Ann has been practicing for over 30 years offering a non-touch healing reiki energy and gentle "comfort touch" style treatment for relaxation and well-being. Sessions take place in a specially designed chair, fully clothed, while listening to relaxing music and are booked in 15 minute increments with 5 minutes between for cleaning. Introductory pricing: \$5 for 15 mins. or \$10 for 25 minutes. Please call the Senior Center at 781-834-5581 for an appointment.

HAIRDRESSING SERVICE BY CHRISSY

On Tuesday, January 11 ~ 9:00am-12:00pm
 Cuts, colors, perms for men and women. Chrissy is here on the 2nd Tuesday of each month. Cash only; call for pricing.

FOOTCARE WITH DEBORAH

On Thursday, January 20 ~ 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 toenails, 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. Please call 781-834-5581 to make an appointment. For prices for an appointment, please call the Senior Center at 781-834-5581.



SOCIAL DAY PROGRAM

**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 \$40 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 information at 781-834-5581.

NEWS YOU CAN USE



LIFE LONG LEARNING WINTER-MISSION REGISTRATION—MONDAY, JANUARY 10 FROM 9:30-10:30 AM. We are pleased to offer again a limited Lifelong Learning program to help beat those “Winter Blues” for those hardy souls who do not go south! **SEE PAGE 16 FOR DETAILS.**

MARSHFIELD FOOD PANTRY



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

FITNESS REIMBURSEMENT FOR 2021

Several non-group Medicare insurance plans provide reimbursement for fitness classes taken at the Senior Center. Reimbursement forms & verification letters can be obtained through the front desk. Generally, reimbursement requests are limited to \$150 and must be submitted by 3/31/22.

**The Senior Center Gift Shop
“News from Behind the Counter”**



Our Gift Shop is open Monday through Friday from 9:00 am until 4:30 pm. Stop in at the Senior Center and take a look at the interesting items that we have on display. Our volunteer crew keeps changing the merchandise in order to give the shop a fresh look. If you are shopping for a gift or greeting card to go along with it, shop local and try us in lieu of the Mall. Jewelry Sale week of 2/6.

**50+ JOB SEEKERS WORKSHOP
ZOOM SERIES**

Are you 50+ and looking for a job or for second career? Join this 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/>. See the website for a list of topics. Contact: susan@sdkelly.com for more info.

“ALZHEIMER’S OR DEMETIAL CAREGIVER SUPPORT GROUP” COMING IN FEBRUARY

In conjunction with our Social Day Care Program we will be offering a monthly support group one night per week for Caregivers dealing with loved ones suffering from Alzheimer’s or Dementia.. Please see the February issue of the Link for more details.

TOWN OF MARSHFIELD COVID-19 VACCINE CLINIC AT THE FAIRGROUNDS

The Town of Marshfield is offering a drive through vaccine clinic at the Fairgrounds on Thursdays, Fridays and Saturdays between the hours of 9:00 am and 4:00 pm. Pfizer and Moderna vaccine is available for 1st, 2nd or booster shots. Reservations are preferred but walk ins are allowed. To make a reservation, call 211 or visit <https://vaxfinder.mass.gov>. For questions, email: getvaxxed@townofmarshfield.org.

HEARING AID CLEANING & FREE SCREENING

On Friday, January 14 from 10:00 – 11:30 am

At Home Hearing Healthcare is a mobile Hearing Instrument Specialist team with over 30 years’ experience. They specialize in detecting and resolving issues with hearing loss and will be offering hearing evaluations at the Senior Center to determine the presence of hearing loss. If a hearing loss is detected, the individual will be advised regarding next steps for pursuing proper treatment. For an appointment, call the Senior Center at 781-834-

Please Join David Tourtillott, CRMP® of Homestead Mortgage for an Educational Lecture on Reverse Mortgages

WHEN: Thursday, Feb 17th at 10:00am
WHERE: Marshfield Council on Aging



Learn the facts, truth, pros & cons of Reverse Mortgages, and about the many ways to use a Reverse Mortgage to age in place or to sell your home and buy a new, more suitable home with a Reverse Mortgage



WE ARRANGE BUT DO NOT MAKE LOANS



WHAT IS AA?

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. Contact: Boston AA Central Service Mon-Fri 9am–9pm / Sat, Sun and Holiday 12–9pm 617-426-9444 | www.aaboston.org

VOLUNTEER RECOGNITION CORNER

CALLING ALL VOLUNTEERS! *Whether you have 1 hour a day or 1 hour a week* CONSIDER BECOMING A VOLUNTEER AT THE MARSHFIELD SENIOR CENTER. Make a difference, meet people, be a part of your community, learn new skills or take on a challenge for the New Year and have fun!



Bus Escort: Assists Seniors Bus Driver to ensure safety of seniors and help them on/off the bus, carry groceries and be an extra pair of ears and eyes for the Bus Driver. **Gift Shop Volunteer:** Accepts donations, displays and sells items at the COA Gift Shop. **Medical Transportation:** Transports seniors from their homes to out of town medical appointments and back and/or pick up of prescriptions from pharmacies. **Snow Shoveling:** Shovels path from front doorsteps to curbside. **Light Home Maintenance:** Performs handyman jobs such as changing screens, storing and retrieving air conditioners, changing light bulbs, organizing clothing or changing smoke detector batteries. **Light Yard Work:** Performs light, one-time yard work. Does not include ongoing yard maintenance.

For more details, contact Project Coordinator for Volunteers at 781-834-5581x2120 or email:

knoonan@townofmarshfield.org

December Volunteers: Joan Morrissey, Barbara Vardaro, Ben Bembenek, Paul Newcomb, & Mathew Dunn

January Birthdays: Maureen Blair, Carolyn Bouchard, Lorraine Bouffard, Gail Catalano, Kevin Clarke, Helen Golden & Nancy Goodwin

SIXTY PLUS CLUB



We ended 2021 with a festive holiday luncheon at Haddad's where fun was had by all! The next Sixty Plus Club will meet on Thursday, January 6th at 2:00 pm to discuss 2022 business. *Happiness & wellness!* Nancy, Sandy, Ann, & Theresa

CLUB & BOARD MEETINGS

The Marshfield Council on Aging board meets on the 3rd Wednesday of the month at 3:30 pm. The next board meeting is on January 19 at the Senior Center.

The COA Boosters' board meeting will be held on Wednesday, January 19 at 10 am at the Senior Center.

SOCIAL SERVICES CORNER

2021-2022 Cold Relief Assistance Massachusetts Department of Housing



MA FUEL ASSISTANCE GUIDELINES:

Household Size	Gross Annual Income
1	\$40,951
2	\$53,551
3	\$66,151

Energy Saving Tips: • Caulk and weather-strip doors and windows that leak air. When home, turn down the heat to 68° F or as low as comfortable. When you are asleep or away from home, turn thermostat back 7° to 10° for eight hours and save as much as 10% a year on your heating and cooling bills. Consider getting a programmable thermostat. Turn down the temperature of your hot water heater to 120°. Have your oil-fired heating system serviced annually or your gas-fired heating system serviced every three years. Clean or replace furnace filters every other month. Keep the fireplace flue damper closed unless a fire is burning. Check that warm air registers, baseboard heaters and radiators are not blocked by furniture or drapes. Close your curtains and shades at night; open them during the day.

Thank you once again for your confidence and patience during this past Medicare Open Enrollment period. It was more challenging than ever but we got through it. If you have questions about the above program or your health insurance, please reach out by calling social services at the senior center at 781-834-5581. *Our best wishes for the New Year,* Judy, Ken, Alan, Jim, Nancy & our intern Allison

VETERAN'S CORNER

The Korean War Veterans meet at the Senior Center on the second Wednesday of the month. This month they will meet on **January 12 at 12:30 pm**. If you are a spouse or surviving spouse of a Veteran, you are welcome to join Carin and Lisa of Veterans Services every Thursday from 10:00 am-11:00 am at the Marshfield Elks for coffee and conversation. If you are a veteran or widow/spouse of a veteran and are in need of help, financial or otherwise, please call our office: 781-834-5576. Also, don't forget to file your Veteran /Senior real estate tax exemptions for this year by April 1, 2022. **Food Drive** ~ WATD is hosting a drive through food bank on the 2nd Thursday of each month, just drive up and they will load you up. All Welcome!

COA BOOSTERS

If you are not a member of the Marshfield COA Booster we encourage you JOIN and fill out the application on the reverse side. We remind all current members that membership renewal is due January 1, 2022. You can find out more about the Boosters by visiting our web site at MarshfieldCOABoosters.org where you can also join or renew your membership on line.

The past two years have been filled with challenges and the Boosters have had their special challenges as well. Because of COVID, our biggest fundraising activity (The Annual Fall Craft Fair) was cancelled and last year Boosterfest, our annual meeting, was held on ZOOM—not doable for a make your own sundae event. However, the need for financial support to the Center from the Boosters continued---expenditures incurred for both ongoing expenses and new requests for financial support related to the addition. That is why your membership dues are more important than ever.

This year alone, membership dues provided the following for our Senior Center:

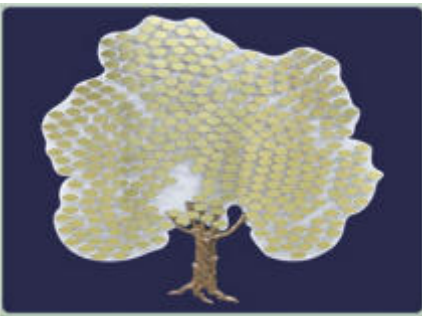
- Funding, via advertising, for our monthly newsletter - *The Link* and Subscription to Netflix.
- Annual cost for hosting *Club Express*, a web site that connects seniors with volunteers.
- Gift cards for Annual Volunteer Recognition in lieu of the appreciation luncheon.
- Over \$10,000 for beautification of our Outdoor Recreation Park including several durable outdoor benches and foundations and trash receptacles as well as other items needed to complete this project.
- \$20,000 for needed interior painting of rooms and replacement of carpeting in the main building to make a seamless transition into our addition.



You can reach us with general questions about the Booster organization at info@marshfieldcoaboosters.org or get answers to membership questions at join@marshfieldcoaboosters.org

BOOSTERFEST - the Boosters Annual Meeting and Ice Cream Social is Friday, January 7 from 2-4 in the Senior Center Dining Room. All Booster members are invited and there is no charge for this event, but your attendance needs to be confirmed. Email us at info@marshfieldcoaboosters.org, call the Center at 781-834-5581, or confirm at the Senior Center front desk on or before January 4. There will be election of Directors and Officers, annual reports, a door prize and game of trivial pursuit and a make your own Ice Cream Sundae.

NEW BOOSTER WEBSITE - visit marshfieldcoaboosters.org and sign up to receive notices of special events and happenings. Type in your email address at bottom of the home page and we promise to keep notifications to a minimum and not overload your inbox.



NEW FUNDRAISER - The Giving Tree is a permanent sculptural installation, displayed in the lobby of the Marshfield Senior Center addition. It is a living Memorial to appreciate and enjoy every time you visit the Center. What an enduring way to display your family name, a business or organization, a message in a memory of a departed loved one or to honor someone special who enjoys the Senior Center. The cast bronze trunk is topped with a tinted acrylic canopy covered with high quality metallic leaves in the rainbow of green, bronze, silver and gold. Each color represents a specific monetary value and has space for up to four lines of 20 characters engraved. Money raised from donations to the Giving Tree will be used to support the needs of the entire Senior Center – both the original building and the addition, to increase the function and enjoyment for all who visit and benefit from the services, programs and camaraderie.

Donations for the engraved leaves range from \$100 for Green, \$250 for Bronze, \$500 for silver and \$1000 for gold. Information is on our web site marshfieldcoaboosters.org or call Suzanne at 781-834-7854. The Giving Tree will be unveiled at the Senior Center Open House in the Spring.

BOOSTERS MEMBERSHIP APPLICATION

Join online at www.marshfieldcoaboosters.org

MARSHFIELD COA BOOSTERS, INC.

2022 Membership Application

It's time for current Boosters to renew their membership and for other to consider joining the Marshfield COA Boosters. Membership is yearly, from January 1, 2022 through December 31, 2022. Payment received after December 1, 2021 is considered payment for the following year. Membership dues are part of the reason the Marshfield Senior Center is more than just a good center but a truly GREAT senior center. Please look at the back of this application and read what membership dues and donations have provided this year. Learn about the Giving Tree, our new website and email addresses to connect with the Boosters. Booster funds are used only for items not covered by the Town of Marshfield Council on Aging annual budget.

Please print clearly

NAME _____

MAILING ADDRESS _____

Town _____ State _____ ZIP _____

Street Address (if different) _____

Phone _____ Cell _____

EMAIL _____

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

INDIVIDUAL annual membership	\$10.00	\$ _____
FAMILY annual membership	\$15.00	\$ _____
PATRON annual membership	\$25.00	\$ _____
ANGEL status	\$100.00	\$ _____
SPONSOR status	\$250.00	\$ _____
BENEFACTOR status	\$500.00	\$ _____
ADDITIONAL DONATION		\$ _____
	TOTAL	\$ _____

Please make your check payable to the Marshfield COA Boosters and mail it with this form to PO Box 165, Marshfield, MA 02050 or drop it off at the Senior Center in the Boosters mailbox in the lobby.

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

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

Check this box if interested in becoming a Board Member

Tell us about interests, talents or skills you're willing to share with us _____

Thank you!

LIFE LONG LEARNING WINTERMISSION—REGISTRATION JANUARY 10, 2022



Marshfield Lifelong Learning registration will begin on Monday, January 10, 2022 from 9:30–10:30 am at the Senior Center and continue on-going registration at the Senior Center front desk. Full payment due at time of registration; cash or check payable to Marshfield COA accepted. Refunds only allowed under special circumstances or within 5 days of registration.

*Great Decisions with Rich Hansen on Mondays 11:00 am-12:30 pm

(5 Sessions) January 24, 31, February 7, 14 (no class on Feb 21), Feb 28

Discussion leader Rich Hansen is a former teacher, administrator, and author. He will facilitate discussions based on the material from Great Decisions which is America's largest discussion program on world affairs with balanced, nonpartisan programs and publications from the Foreign Policy Association. This program will inform, engage, and inspire you. Session one will be an overview. Four topics will be covered and the possible topics range from Climate Change, Russia, Myanmar and ASEAN, The Quad Alliance, Industrial Policy, Drug Policy in Latin America, and Biden's Agenda. The topics not covered this session will be covered in the Spring. Cost \$25 (includes required booklet) @ The Senior Center. Minimum 5, Limit 20

*Senior Boxing Fitness with Janet Enos on Tuesday from 9:00 am – 10:00 am

(4 Sessions) January 18, 25, February 1, 8

Boxing exercise class – no contact or special equipment needed! Increase stamina, flexibility, muscle endurance and strength, cardio conditioning and just great fun! Works with hand-eye coordination, speed and balance and core strength. Janet Enos is a popular fitness instructor and will get you moving and working on boxing fitness. This 4 week course will add pep to your step. Cost \$25 @ The Senior Center, Limit 20

*Early American Art from Art for Your Mind with Jill Sanford on Tuesdays at 1:00 pm

(4 sessions) January 25, February 1, 8, 15

Art for Your Mind presentations encourage participants to try new ways to think about what they see. Interpreting art becomes relevant, intriguing, enjoyable - and a great way to learn. "Art for Art's Sake" has very real value. Even those who rarely, if ever, give any thought to art history or art appreciation are surprisingly energized at finding a new avenue for creative thought. For artists and art enthusiasts, *Art For Your Mind* is a refreshing reminder of how interesting, enriching and fun it is to challenge your mind by interpreting art. These classes will cover: *Early American Colonial Painting*: a close look at the simple, straight-forward painting style of America's earliest artists. These works by self-taught artists tell compelling stories of a transitional time in America's history. *Early American Revolutionary Images* from Revere's ride to the surrender at York Town, a brief, yet informative journey into the Revolutionary War with diverse images portraying emotions and events of America's turbulent birth. *Everyday Life in Early American Art*, from farm country dances to labor movements, learn to interpret genre paintings - scenes of everyday life. These are charming and often compelling visual stories of America's growth and change during the 19th Century. *The Art of America's Western Frontier*: from the Louisiana Purchase to the Transcontinental Railroad, Americans were lured west in creative ways. Paintings from America's westward expansion describe varied and often daring experiences of people during that time. Cost \$25 @ The Senior Center

*The Life and Times of Beatrix Potter with Beth Cameron-Kilbridge - on Wednesdays at 10:30 am-12:00 pm

(4 sessions) January 19, 26, February 2, 9

Beatrix Potter was an artist, writer, naturalist, sheep breeder and preservationist. Her legacy went far beyond the beloved children's books. She wrote and illustrated 23 'little books' beginning with Peter Rabbit and her works continue to sell as well today as they did over 100 years ago. This 4 session course will cover her Kensington childhood, influential family and friends, those "little books", and her Lake District life. Cost \$25 @ The Senior Center

*Essentials Classics of Music with Larry King on Thursdays 10:00-11:30 am

(4 Sessions) January 20, 27, February 3, 10

To aid your understanding and appreciation of classical music join seasoned instructor Larry King who will cover the essentials of classic music and will familiarize you with various forms. This four week course will cover symphonies, concertos, "A Night at the Opera" and "Classics that have made the Hit Parade". Sure to enhance your enjoyment of classical music. Cost: \$25 @ The Senior Center

*1968 – A Historic Year with John Sullivan on Fridays at 1:00 – 2:30 pm

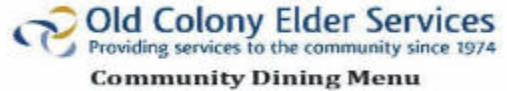
(4 sessions) January 21, 28, February 4, 11

This interesting course on an important year in American history will examine major events of 1968. This year changed our world as we knew it. Each week we will examine and discuss key events of 1968. The Tet offensive, Lyndon Johnson's decision not to run, the deaths of Martin Luther King and Robert Kennedy, the Democratic convention, and the election of 1968. Cost: \$25. @ The Senior Center.

OCES NUTRITION PROGRAM








January 2022

REGULAR



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
3 Honey Mustard Chicken 507 Brown Rice & Orzo 4 Broccoli 12 Cracked Wheat Bread 115 Pineapple Chunks 1 Cal: 665 Sodium: 777 mg Carb: 121 gm	4 Cheddar Cheese Omelet 470 Pancakes (2) 313 Peppers & Onions 54 SF Syrup 30 Yogurt 75 Orange Juice-No Milk 15 Cal: 624 Sodium: 988 mg Carb: 74 gm	5 Lemon Pepper Chicken 353 Herbed Brown Rice 4 Scandinavian Veg 41 Scala Bread 310 Oatmeal Raisin Cookie 110 Mod: Blueberry Bites 60 Cal: 724 Sodium: 955 mg Carb: 98 gm	6 Beef Shepherd's Pie 276 California Blend Veg 30 Whole Wheat Roll 254 Caramelized Pears 20  Cal: 789 Sodium: 718 mg Carb: 97 gm	7 Roast Turkey with Gravy 446 Mashed Potatoes 165 Green Beans 3 Snack Loaf 115 Cranberry Sauce 1 Lorna Doones 100 Cal: 768 Sodium: 967 mg Carb: 97 gm
10 Meatloaf w/ Gravy 377 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Cracked Wheat Bread 115 Brownie Cookie 230 MOD: Vanilla Wafers 80 Cal: 1061 Sodium: 954 mg Carb: 126 gm	11 Breaded Cod Filet 260 Brown Rice Pilaf 16 Jardiniere Vegetables 31 Pumpernickel Bread 330 Tartar Sauce 85 Diced Pears 6 Cal: 710 Sodium: 816 mg Carb: 104 gm	12 Veal Chop with Gravy 377 Roasted Potatoes 6 Carrots 67 Whole Wheat Roll 254 Mandarin Oranges 7  Cal: 750 Sodium: 848 mg Carb: 116 gm	13 BBQ Pulled Chicken 113 Roasted Sweet Potatoes 45 Fiesta Vegetables 16 WW Bulkie Roll 246 Chocolate Chip Cookie 105 MOD: SF Chocolate Chip Cookie 55 Cal: 789 Sodium: 664 mg Carb: 106 gm	14 Hot Dog * 550 Vegetarian Baked Beans 282 Zucchini Squash 2 WW Hot Dog Bun 85 Mustard PC 55 Fresh Pear  2 Cal: 796 Sodium: 1114 mg Carb: 100 gm
17 ALL SITES CLOSED 	18 Beef Stew 127 Green Beans 3 Buttermilk Biscuit 340 Caramelized Peaches 20  Cal: 652 Sodium: 629 mg Carb: 73 gm	19 Turkey Chile 104 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 280 Lemon Square 105 MOD: SF Lemon Cookie 60 Cal: 915 Sodium: 631 mg Carb: 118 gm	20 Pollock with Lemon Dill Sauce 235 Parslied Potatoes 6 Zucchini & Tomatoes 40 Cracked Wheat Bread 115 Applesauce 20 Cal: 529 Sodium: 554 mg Carb: 86 gm	21 Pot Roast with Apple Cider Gravy 82 Roasted Potatoes 6 Mixed Vegetables 42 Scala Bread 310 Chocolate Pudding 190 MOD: Vanilla Bites 50 Cal: 821 Sodium: 767 mg Carb: 114 gm
24 Lasagne Rolls with Italian Sauce 254 Tuscany Vegetables 41 Garlic Roll 240 Parmesan Cheese 55 Strawberry Oatmeal Bar 85 Cal: 703 Sodium: 897 mg Carb: 97 gm	25 Chicken Marsala 438 Parslied Rotini 4 Parmesan Spinach 173 Rye Bread 330 Fresh Orange 0  Cal: 669 Sodium: 1082 mg Carb: 94 gm	26 BBQ Pork Patty 280 Tater Tots 310 Scandinavian Vegetables 41 WW Hamburger Bun 254 Mixed Fruit Cup 5 Cal: 641 Sodium: 1027 mg Carb: 85 gm	27 Chicken Picatta 357 Italian Rst Potatoes 6 Italian Vegetables 19 Dinner Roll 136 Sugar Cookie 160 MOD: Chocolate Oatmeal Bar 75 Cal: 768 Sodium: 930 mg Carb: 105 mg	28 Baked Ziti Casserole 458 Broccoli/ Red Peppers 12 Whole Wheat Bread 65 Cinnamon Peaches 6  Cal: 667 Sodium: 678 gm Carb: 92 gm
31 Oven Fried Chicken with Gravy 382 Roasted Sweet Potatoes 45 Jardiniere Vegetables 31 Oatmeal Bread 240 Lemon Square 105 SF Lemon Cookie 60 Cal: 793 Sodium: 941 mg Carb: 102 gm				

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

GRAB & GO BOXED LUNCH MENU

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

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

Tuesdays

JANUARY 4 TUNA ROLL & PASTA SALAD

JANUARY 11 EGG SALAD ON CROISSANT

JANUARY 18 CHICKEN CAESAR SALAD WRAP

JANUARY 25 ITALIAN CHICKEN SALAD ON FOCACCIA

Thursdays

JANUARY 6 HAM & CHEES WRAP

JANUARY 13 TURKEY & CHEESE ON KAISER ROLL

JANUARY 20 HUMMUS & VEGGIE WRAP

JANUARY 27 ROAST BEEF & SWISS ON KAISER ROLL



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Financial Concerns & Questions?

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

WE ARE HERE TO HELP

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



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