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Council on Aging

Ever Growing - Never Old

230 Webster Street

Marshfield, MA 02050

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Like us on Facebook: MarshfieldSeniorCenter

www.townofmarshfield.org

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

FEBRUARY 2022

Volume 383

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: Doug Lowry

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

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DIRECTOR'S CORNER

Greetings to Everyone,

February is American Heart Month and in honor of that we will be offering a presentation with Marcia Richards, Registered Dietitian on "heart healthy eating" on Friday February 18th at 1:00 pm which you can register for at the front desk. February is Valentine's Day too and is also known as a "celebration of chocolate month". Dave from Therapy Gardens and his staff will be here at the Senior Center and will do a presentation on chocolate. You will want to be sure to sign up for this fun and delicious session – see details in this issue. February is the 3rd month of winter with the full moon this month being named the "snow moon". February 2nd is also Groundhog Day when we will see if there will be an early spring or a little longer winter.

The Senior Center Expansion Project is being finalized in January and February with punch list items being worked on. We hope to open on March 1st with a formal celebration in April. The furnishings and equipment have been ordered and will hopefully arrive sometime in March with a few things still on backorder due to supply chain problems. There will be one new entrance to both sections of the building which will be clearly marked. We will then discontinue use of the entrance through our dining room. We are requesting that once we open the new entrance, you do not park in the service entrance in the back of the building. This parking allowance was just temporary and the original rules will apply of no parking and will be allocated for meals on wheels and deliveries only.

We are excited about opening up our new spaces and hope to have our café going no later than March 1st or sooner if we can. Jim Lowell has been hired to manage our new café. We are also working on plans to get our fitness room put together with equipment along with orientation/training to assist people with mastering the many pieces of equipment.

Hope to see you soon and Happy Valentine's Day to all of you,
Carol Hamilton

MASS AUDUBON PRESENTS SNOWY OWLS

On Thursday February 17 at 1:00 pm

These incredible, nomadic Arctic owls frequently visit New England coastal regions, and are often seen at Logan Airport. This program will explore the year-round life cycle of Snowy Owls and why they often spend the winter in Massachusetts. We will share information, opportunities, and guidelines to safely and responsibly observe Snowy Owls while they visit Massachusetts. Please call the Senior Center at 781-834-5581 to sign up.

FEEDING YOUR HEART A HEALTHIER DIET IN 2022

On Friday February 18 at 1:00 pm

Join Marcia Richards, RD/Community Liaison from Beth Israel Deaconess Hospital in Plymouth for this interactive session focusing on heart healthy eating. Learn about the impact of sodium, refined carbohydrates, saturated, and trans fats on your heart health and leave this session with strategies to assure heart healthy eating! The first 15 participants to register will receive a copy of the To Your Health Cookbook! Please call the Senior Center at 781-834-5581 to register.

SALT GROUP PRESENTS "AWARENESS IS THE FIRST LINE OF DEFENSE"

On Tuesday, February 22, at 1:00 pm

Kristin Ann LaShoto will teach you about body communication, personal space zones, personal weapons, fear and panic, mental resilience, eye expressions and reading people. This class is geared towards seniors to help teach you how to remain calm of mind and of body. Sign up for this great presentation and educate yourself on which methods and techniques you can use to protect yourself. Please call the Senior Center at 781-834-5581 to sign up

**MUSICAL MONDAY WITH JACK CRAIG PRESENTS
BROADWAY BLOCKBUSTER "MY FAIR LADY"**

On Monday, February 28 at 1:00 pm

Experience some of Broadway's greatest music by singing your way right through the synopsis of this landmark Broadway musical. The program has information on the creation of 'My Fair Lady' and your chance to sing: 'Wouldn't It Be Lovely', 'On the Street Where You Live' 'I Could Have Danced All Night', 'Get Me to the Church on Time', and other hits from the Lerner and Loewe score. It's a perfect program for those who truly love Broadway musicals, and wouldn't be satisfied with just one or two songs from a show! Please call the Senior Center at 781-834-5581 to sign up as refreshments are served. \$2 suggested donation at the door.

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. We remain optimistic we will be able to provide in person service 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 21, 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. 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. If you need to cancel or reschedule, please call as soon as possible so we may accommodate another taxpayer. **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

"Sister Act" 1992

On Thursday, February 10 at 12:30 pm

"Relive all the fun, laughter and irresistible music of "Sister Act" the inspired comedy hit that packed pews everywhere!" As Sister Mary Clarence Deloris, Whoopi Goldberg is forced to hide out from her witnessing a mob killing. She so hides in the last place anyone would ever look for her—a convent.



Sister Mary Clarence begins serving in a boring-bad choir and transforms it into a "soulful chorus of Swingin' sisters."

This outrageous 'divine' comedy also stars: Maggie Smith, Kathy Najimy, Mary Wickes, Wendy Makkena, and Harvey Keitel.

Come and have a good time. Refreshments service. *Heather Kaval*

ART STUDIO

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.

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

POETRY CLUB

On Friday, February 25 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!



DRAWING ON THE RIGHT SIDE OF YOUR BRAIN with Tess Webster

Starting on Thursdays, February 10, through April 28th 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. Cost is \$10 per session - pay as you go. To sign up call the senior center. Walk-ins will be accommodated as space permits.

FREE AND EASY PAINTING

On Fridays at 1:00 pm



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

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, local TV networks & cable.



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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 welcome - 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 via ZOOM

On Tuesday, February 1 and 15 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. The topics will be: February 1: Fundraising Efforts and Retained Funds by Patrisse Kahn-Cullors. February 15: Fundraising Efforts and Retained Funds by Sidney Powell. If you have questions or wish to join this group, please contact Bob Jackman at 781-837-3844.

ANTIQUÉ PICTURE POSTCARDS

W/ DAVID G. ALLEN

On Wednesday, February 9

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, February 22 at 1:00 pm

"Heart Month"

February is heart month and a great reminder to take care of ourselves. We'll talk about what's new from the American Heart Association and what we already know about heart disease. Discussion will include the most common conditions related to the heart and circulatory system, prescribed medications and the positive role cardiovascular exercise and nutrition can play to keep you healthy. Light refreshments will be served, please sign up ahead.

IN-PERSON INTRODUCTION TO ZOOM

with Katy Mayo

On Monday, February 28 from 10:00-11:30am

Zoom is a helpful tool to connect with friends and loved ones and to participate in remote classes and meetings. It burst onto our collective consciousness during Covid all through our stay at home times. Join Katy Mayo in this in-person introduction to zoom and learn about this helpful and popular app. Sign up at the front desk. Cost: \$20.00

LAPTOP GIVEAWAY PROGRAM

If you or someone you know could use a refurbished laptop, please contact our front desk at 781-834-5581. We are still in need of donated laptops supporting at least Windows 7. These will be refurbished by one of our volunteers and distributed to our seniors in need. Thank you to those who have donated computers and your time to help others! Funding for this program provided by the Daniel Webster Masonic Lodge in Marshfield.

DAVE THE GARDENER PRESENTS: COCOA

On Wednesday, February 23 at 1:00 pm

Sure to take away the winter blues, "The Cocoa Lady" will bring all kinds of chocolates to sample and will teach the "cocoa dance". It is a lot of fun! Sign up ahead.

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 Gautam Merchant.

WHIST

On Wednesdays at 1:00 pm

Come have some fun and laughs! Looking for experienced and new players~all welcome. There is no bidding and trump is the last card dealt. 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.

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.



LINE DANCE LESSONS W/MAUREEN

On Mondays at 3:00 pm

(No class on February 7 or 21)

Try something new to get moving and shoo away the winter blues. 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! Cost: \$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.

ZUMBA w/PASQUALINA

On Tuesdays beginning

February 8 at 11:00 am



Zumba Gold 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, and other special modifications for success, created to emphasize the basics. Cost: \$5.00 per class.

COA ACTIVITIES—EXERCISE & HEALTH

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. which will put a smile on your face! 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. **If you can walk, you can line dance!** Cost \$5.00 per class.



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 & 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. Janet is a certified arthritis instructor. Cost: \$6.00 per class.

WALKING GROUP w/TYLER NIMS

On Thursdays at 8:30 am

(and Tuesdays starting in March)

The group meets at the Senior Center parking lot for a variety of scenic walks in and about the area. Come by & join us! February 3-Nelson Memorial Forest off to the east of Union St. Woodland, off Union St. Marshfield. February 10- Crowell Bogs, 500' south on Lincoln St from Duxbury turnabout. February 17- Tubb's Meadow off Munroe St, Pembroke. February 24-Rexhame Beach @ end of Winslow St. March 3- Webster Wilderness, behind the Senior Center.

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.

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.

BALANCE TUNE UP w/BARBARA LEARY

Starting on Thursdays February 10 at 10:00am

There are many things that can affect our balance as we age including the natural aging process, side effects from medications, visual changes, hearing loss, poor posture, weak muscles and loss of flexibility. This class is geared towards improving your balance through education, strength and flexibility exercises to improve posture and core strength, gait training and movement to increase joint range of motion. You'll be given the tools to keep you active and increase your confidence to stay on your feet. Sign up at the front desk. 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 and beginning on February 14
Mondays too! 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.

ESSETRICS 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: \$6.00 per class.

**ZUMBA & TONING CLASS w/JUSTINE
NOW ON MONDAYS TOO!!**

On Mondays & 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

HEALTH HUDDLE w/MARK LEMBO

On Wednesday, February 23 at 1:00 pm

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

VIRTUAL CLASSES & ENTERTAINMENT



COFFEE & CHAT ZOOM

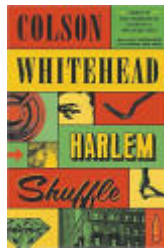
On Mondays 9:00-10:00 am

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.

**ZOOM BOOK DISCUSSION
GROUP**

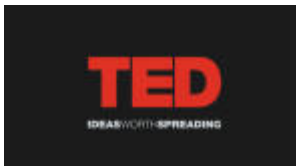
On Monday, February 28 at 11:00 am

This month we will be reading the book "Harlem Shuffle" by Colson Whitehead. The Webster Readers meets the fourth Monday of the month. Facilitator Alia Antoon. New members welcome! Books available through the Ventress Memorial Library.



TED TALK & DISCUSSION ON ZOOM

On Monday, February 28 at 10:00 am



Join us on zoom for a viewing of the TED talk "What makes you, you?" As described from the TED Talks page: Psychologists like to talk about our traits, or defined characteristics that

make us who we are. But Brian Little is more interested in moments when we transcend those traits -- sometimes because our culture demands it of us, and sometimes because we demand it of ourselves. Hear the surprising differences between introverts and extroverts and why your personality may be more malleable than you think. Discussion to follow on zoom. 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

ANTIQUÉ SLIDESHOW

**"Antique Wares Fashioned by Wood Turners"
On Thursday, February 24 at 1:00 pm**

Nineteenth century homes abounded with interesting small wooden objects created either by turners or coopers. The program will illustrate a wide variety of distinctive wooden objects; some in forms that are readily identifiable in the twenty-first century, and others which had uses no longer common across America. The program will include a brief introduction to turner lathes and tools, but the program's focus will be on the objects produced rather than intricacies of the craft. The speaker will be antiques writer Bob Jackman. This program will be broadcast on Marshfield Cable Television on February 24 from 1:00 pm to 2:30pm.



LET'S GO TO THE MOVIES!

"Cruella"

(2021 2hr 14m)

On Monday, February 7 at 12:30 pm

This live-action origin story based on the Disney classic "101 Dalmatians," young Cruella de Vil is working as a fashion designer in 1970s London -- until an obsession with dog skins leads her astray. Cast Emma Stone, Emma Thompson, Joel Fry, and Paul Walter Hauser.

"The Lovebirds"

(2020 1hr 26m)

On Monday, February 14 at 12:30 pm

A couple experiences a defining moment in their relationship when they become mixed up in a murder mystery. As their journey to clear their names takes them from one extreme -- and hilarious - circumstance to the next, they must figure out how they, and their relationship, can survive the night. Cast Kumail Nanjiani, Issa Rae, Anna Camp, Kyle Bornheimer, Moses Storm, and Paul Sparks.

MONDAY

TUESDAY

WEDNESDAY



Balance & Strength/Neil Sullivan	9:00 am	1
LLL Senior Boxing Fitness	9:00 am	
Art Studio	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	
LLL—Early American Art	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	
LLL—Life & Times of Beatrix Potter	
Yoga w/Tricia	
Congregate Lunch	
Duplicate Bridge	
Whist	
Hand & Foot	
Pool	

Stretch & Flex w/Melissa	8:45 am	7
Zoom Coffee & Chat	9:00 am	
Tai Chi	9:30 am	
Zumba & Toning w/Justine	11:30 am	
Social Day Program	10:00 am-2:00 pm	
LLL Great Decisions	11:00-12:30 pm	
Congregate Lunch	12:00 pm	
Movie "Cruella"	12:30 pm	
Mahjong	1:00 pm	
Pinochle	1:00 pm	
NO Line Dancing with Maureen	3:00 pm	

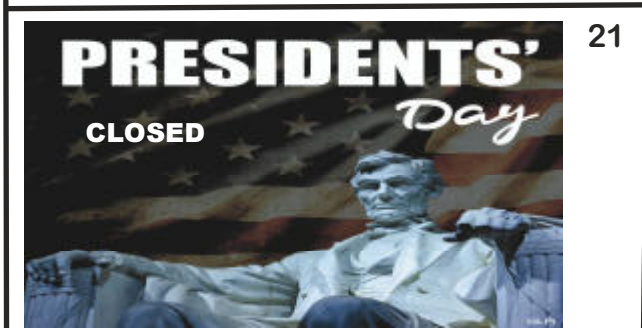
Balance & Strength/Neil Sullivan	9:00 am	8
LLL Senior Boxing Fitness	9:00 am	
Hairdressing with Chrissy	9:00 am—12:00 Noon	
Art Studio	9:30 am-12:00 pm	
Financial Consultations	10:00 am-1:00 pm	
Boxed Lunch Pickup	10:30-11:30 am	
Yoga w/Tricia	11:00 am	
Zumba w/Pasqualina	11:00 am	
Chess Club	11:00-1:00 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	
LLL—Early American Art	1:00 pm	
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	
Antique Postcards	
Congregate Lunch	
Korean War Veteran's Meeting	
Duplicate Bridge	
Whist	
Hand & Foot	
Pool	

AARP Tax Prep	8:30 am-1:00 pm	14
Stretch & Flex w/Melissa	8:45 am	
Zoom Coffee & Chat	9:00 am	
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Social Day Program	10:00 am-2:00 pm	
Reiki with MaryAnn	10:00 am-2:00 pm	
LLL Great Decisions	11:00-12:30 pm	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Movie "the Lovebirds"	12:30 pm	
Mahjong	1:00 pm	
Pinochle	1:00 pm	
Line Dancing w/Maureen	3:00 pm	

Balance & Strength/Neil Sullivan	9:00 am	15
Art Studio	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	
Zumba w/Pasqualina	11:00 am	
Chess Club	11:00-1:00 pm	
Bridge	12:30-3:00 pm	
Cribbage	12:30 pm	
Imagination in Painting	1:00-3:15 pm	
Line Dancing w/Dotty	1:00 pm	
LLL—Early American Art	1:00 pm	

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



Balance & Strength/Neil Sullivan	9:00 am	22
Art Studio	9:30 am-12:00 pm	
Boxed Lunch Pickup	10:30-11:30 am	
Yoga w/Tricia	11:00 am	
Zumba w/Pasqualina	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	
Women's Group	1:00 pm	
SALT	1:00 pm	
Meditation & Mindfulness on Zoom	2:00 pm	

Woodcarving	
Manicures	
Heart & Hand Exercise w/Janet	
Social Day Program	
Rug Hooking	
Knitting Group	
Yoga w/Tricia	
Congregate Lunch	
Duplicate Bridge	
Dave the Gardener: Cocoa	
Whist	
Hand & Foot	
Pool	
Health Huddle	

AARP Tax Prep	8:30 am-1:00 pm	28
Stretch & Flex w/Melissa	8:45 am	
Zoom Coffee & Chat	9:00 am	
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Zoom w/Katy Mayo	10:00 am	
Social Day Program	10:00 am-2:00 pm	
Reiki with MaryAnn	10:00 am-12:00 pm	
TED Talk	10:00 am	
Book Group	11:00 am	
Zumba & Toning w/Justine	11:30 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	



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 10:30 am-Noon 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm</p>	<p>2 Walking Group 8:30 am Gentle Chair Exercise w/Barbara 8:30 am Quilting Group 8:30-11:00 am LLL-Classics of Music 10:00-11:30 am Yoga w/Linda 10:00 am Intro to Spanish 10:00 am Boxed Lunch Pickup 10:30-11:30 am Intermediate Spanish 11:15 am Zumba w/Deb 1:00 pm Mahjong 1:00 pm Sixty Plus Club 2:00 pm</p>	<p>3 4 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>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 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</p>	<p>9 10 Walking Group 8:30 am Gentle Chair Exercise w/Barbara 8:30 am Quilting Group 8:30-11:00 am LLL-Classics of Music 10:00-11:30 am Yoga w/Linda 10:00 am Intro to Spanish 10:00 am Balance Tune Up 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 Drawing w/Tess 1:00 pm</p>	<p>11 AARP Tax Prep 8:30 am-1:00 pm 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 LLL—Historic Year 1:00-2:30 pm</p>
<p>9:30 am-12:00 pm 9:00 am-4:00 pm 9:30 am 10:00 am-2:00 Noon 10:00 am-1:00 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 3:30 pm 1:00 pm</p>	<p>16 17 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 Reverse Mortgages 10:00 am Intro to Spanish 10:00 am Yoga w/Linda 10:00 am Balance Tune Up 10:00 am Intermediate Spanish 11:15 am Boxed Lunch Pickup 10:30-11:30 am Zumba w/Deb 1:00 pm Mahjong 1:00 pm Drawing w/Tess 1:00 pm MA Audubon "Snowy Owl" 1:00 pm Free Legal Clinic 2:00-4:00 pm</p>	<p>18 AARP Tax Prep 8:30 am-1:00 pm 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 "Feeding Your Heart" 1:00 pm Free & Easy Painting 1:00-4:00 pm Pinochle 1:00 pm</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 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm</p>	<p>23 24 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 Balance Tune Up 10:00 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 Drawing w/Tess 1:00 pm</p>	<p>25 AARP Tax Prep 8:30 am-1:00 pm 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 Medicare Fraud 1:00 pm Free & Easy Painting 1:00-4:00 pm Pinochle 1:00 pm</p>




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


Thrive
Locally

Please support our advertisers and mention you saw their ad here.

COA SERVICES

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

On Tuesday, February 8 from 10:00 am-1:00 pm
 McNamara Financial Services Inc. provides consultations on the second Tuesday of each month. Have a question about investments, savings, insurance, debt, cash flow, taxes, Social Security? Do you have appropriate legal documents in place to protect yourself and pass on assets to your heirs? Do you need a plan to financially survive and/or prosper in retirement? McNamara Financial Services Inc. is an independent, local family owned Investment Advisor with offices in Marshfield and Chelmsford. They do not sell investment products or receive commissions. They are Certified Financial Planner Practitioners by training experience familiar with a wide variety of financial issues.

LIFE INSURANCE REVIEW AND LONG TERM CARE OPTIONS

On Tuesday, February 15 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 Thursday, February 17 10:00 am
 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.

REAL ESTATE SPECIALIST

On Wednesday, February 16 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 Thursday, February 17 from 2:00-4:00 pm
 Attorney Kathleen Mulvey 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, February 17 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, February 15 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, February 14, 28 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, February 8 ~ 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, February 17 ~ 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

**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 \$40 per day. 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

CHECK OUT THE NEW MARSHFIELD SENIOR CENTER WEBSITE AT

www.marshfieldseniorcenter.org

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. We will be holding a jewelry sale February 7-9. Whether you're looking for that perfect finishing touch to the perfect outfit or a gift for a friend, come to the three day sale. We have a lot of matching sets or if it's just a necklace you're looking for we have that too!

**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.

“MONTHLY CAREGIVER SUPPORT GROUP”

On Tuesday, February 22 at 6:00—7:00 pm

This is an opportunity to meet fellow caregivers, share resources, experiences, successes and concerns. No prior sign up required. Group will meet at the Senior Center.

**MARSHFIELD FAIRGROUNDS COVID-19
CLINICS—VACCINE & TESTING**

The Town of Marshfield is offering drive through vaccine & testing clinics at the Fairgrounds. Vaccine clinics open to all, appointments encouraged but not required; testing for Marshfield resident only, appointment required. Visit www.townofmarshfield.gov or call the Senior Center at 781-834-5581 for more information. Pfizer and Moderna vaccine is available for 1st, 2nd or booster shots.

**HEARING AID CLEANING & FREE SCREENING
On Friday, February 11 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 781-834-5581 or stop by the front desk.

**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.

Snow Shoveling: Shovels path from front door-steps to curbside

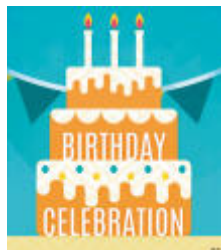
For more details, contact Project Coordinator for Volunteers at 781-834-5581x2120 or email:

knoonan@townofmarshfield.org

Welcome to our new January Volunteers: Alison Ingram-Pearson, Martine Anderson, Robert Herlihy, Kathleen Talarico, Anne Marie Hannon

And Happy Birthday this month to

David Allen, Christine Berry, Norman Blair, Joan Butler, Vern Chartrand, Joan Chubbs, Joseph Ciccolo, Kevin Dunn, Camille Favreau, James Cosgrove, Jeffrey Forsythe, Gwen Frazier, Linda Geddes, Thomas Hart, Peter Hawley, Joan Herman, Tom Lester, Cecelia Mayo, Philip Pescatore, Christopher Powers, Jill Powers, and Jim Santaniello.



SIXTY PLUS CLUB



The next Sixty Plus Club will meet on Thursday, February 3 at 2:00 pm for a short business meeting and to make plans for future trips, etc. 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 February 16 at the Senior Center.

The COA Boosters' board meeting will be held on Wednesday, February 16 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.

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*

Protect Yourself From MEDICARE FRAUD!

A free informational Medicare workshop

Friday, February 25, 2022
1:00 p.m. to 2:00 p.m.

Healthcare errors cost consumers and Medicare billions of dollars annually! Join us at this free workshop when a representative of the Massachusetts Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

Marshfield Senior Center
230 Webster Street, Marshfield, MA 02050
To reserve a space or for more information call 781-834-5581

This program is supported in part with ACT grant no. 99-SM9226-001-001

COA BOOSTERS

The Booster held their monthly board meeting on Wednesday January 19 and plan their next Board of Directors meeting for Wednesday, February 16TH at 10:00 AM in the Senior Center Board Room or by Zoom.

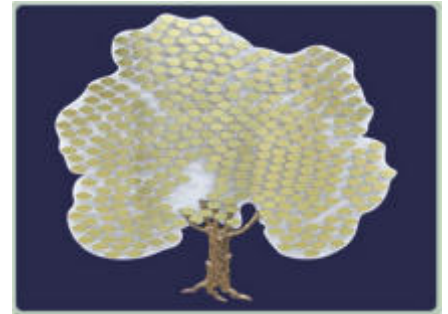
MEMBERSHIP - If you have not yet renewed your Booster membership or have never joined, the membership form is available at the front desk of the COA or on our website at MarshfieldCOABoosters.org. With the addition to the Senior Center opening soon, there will be more expenses drawing on Booster resources, and your support, through membership dues, is more important than ever.

BOOSTERFEST - our Annual Meeting and Make Your Own Ice Cream Sundae social scheduled for January 7th was postponed because of the Omicron COVID upsurge. It's rescheduled for Friday March 25th from 2:00 – 4:00 in the Senior Center dining room. Along with annual reports and election of Officers and Directors, we will have a lively game of Trivia and door prizes from Stop and Shop. There is no charge for Booster Members to attend Boosterfest, but we ask you to register so we know how many will attend. RSVP at the lobby desk in the Center, call 781-834-5581 or email us at info@marshfieldcoaboosters.org

THE GIVING TREE—The Giving Tree Fundraiser announcement in last month's edition of the *LINK* generated over 35 donations ranging from the \$1,000 Gold Leaves to the \$100 Green Leaves. We are anticipating the Giving Tree sculpture will be installed and unveiled at the Senior Center Open House in the Spring and will reflect those leaves displaying family names, businesses or organizations, a message in memory of a departed loved one or a message recognizing a thoughtful friend or family member.

Donations for engraved leaves are currently being accepted and range from \$100 for a Green, \$250 for Bronze, \$500 for Silver and \$1000 for Gold. Each leaf has space for up to four lines of 20 characters engraved.

The Giving Tree is the most memorable and lasting way to pay tribute to a business, an individual or their memory. For information on how you can add a leaf to the giving Tree, visit our website marshfieldcoa-booster.org or call Liza Corbett at 617-699-7927



POT OF GOLD RAFFLE—2022 might be your lucky year! Watch for the Pot of Gold Raffle with one hundred dollars in lottery tickets and a cash bonus of \$100. to be drawn on St Patrick's Day, March 17. Tickets are \$5 for one, \$10 for three and will go on sale starting the last week of February, in the Senior Center lobby. Because of COVID, many of the Booster's fundraisers have been cancelled—but the Pot of Gold, always a favorite, is one the few we have been able to continue—be sure to get your tickets before the drawing on March 17th.



SHOP WITH AMAZON??? - If you use Amazon, please consider placing your order through smile.amazon.com and designate the Marshfield COA Boosters as your charity. We receive a quarterly payment from Amazon and this quarter it was more than \$50.

BRAIN BUILDER'S PROGRAM

Join Lisa Yauch-Cadden, speech therapist and "brain builder" for 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. Classes will be offered both in person and zoom sessions through 2022.

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 **February 9 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!

TRANSPORTATION



Marshfield Council on Aging Shuttle Bus Schedule

Also known as GATRA Dial-A-Ride

Call the Senior Center at 781-834-5581 for more information
Reservations required, 24 hour notice requested

MONDAY	AM	Transportation to Senior Center ~ arrive by 9:15 am Shopping at Star Mkt (& CVS as needed) Transportation to Senior Center ~ arrive by 11:30 am
	PM	<i>In-town medical appointments 1:00 - 2:30 pm</i>
		Transportation to Senior Center ~ arrive by 11:30 am
TUESDAY	AM	Transportation to Senior Center ~ arrive by 9:00 am 1 st Tuesday - Walmart Plymouth approx. arrival 10:00 am; pick up @ 2:00 pm; 2 nd Tuesday – Marshfield Food Pantry 10:00 am – noon upon request <i>In-town medical appointments (except 1st Tuesday) 9:30-11:30 am AND 1:00-2:30 pm</i> Transportation to Senior Center ~ arrive by 11:30 am
WEDNESDAY	AM	Transportation to Senior Center ~ arrive by 9:30 am Stop & Shop or Christmas Tree Shop (Roche Bros. 2 nd Wed.) approx. arrival 10:30 am Transportation to Senior Center ~ arrive by 11:30 am
	PM	<i>In-town medical appointments 1:00-2:30 pm</i>
THURSDAY	AM	Transportation to Senior Center ~ arrive by 8:30 am <i>In-town medical appointments 9:30-11:30 am AND 1:00-2:30 pm</i> Hair appointments 9:30 to 2:30 pm. Transportation to Senior Center ~ arrive by 11:30 am
FRIDAY	AM	Transportation to Senior Center ~ arrive by 9:00 am Shopping at Star Mkt (& CVS as needed) Transportation to Senior Center ~ arrive by 11:45 am
	PM	<i>In-town medical appointments 1:00-2:30 pm</i>
SUGGESTED DONATIONS: \$1.75 one way; \$3.50 round trip in-town trips/\$6.00 round trip for Walmart		
<i>Unmarked envelopes will be distributed upon disembarking from the bus for your donation for placement 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. Effective 12/1/21</i>		

COA SHUTTLE BUS SCHEDULE REVISED AS OF DECEMBER 1ST

In order to meet changing client needs, we are revising the COA bus schedule as outlined below. Daily transportation to the Senior Center will be available each morning for anyone wishing to attend an activity/class, volunteering or simply visiting the Senior Center. Based on low ridership, we will only offer transportation to Walmart in Plymouth once a month on the first Tuesday and eliminate transportation to Target in Kingston entirely. We will continue to offer transportation to the Marshfield Food Pantry, the 2nd Tuesday of the month. **Except for the first Tuesday of the month**, we will begin offering in-town medical appointment transportation for appointments between 9:30 – 11:30 am on Tuesday mornings. In-town medical appointments will also be offered on Friday afternoon for appointments between 1:00-2:30 pm.

VOLUNTEER MEDICAL DRIVER PROGRAM RETURNS

We are pleased to announce the Volunteer Driver Program for Medical Rides is now available. This program serves ambulatory Marshfield residents who are 60 years of age and older who have no other means of transportation for out-of-town medical appointments such as office visits, treatments, mental health and physical therapy. Reservations are required and we request one week notice of appointments to ensure us ample time to find a volunteer driver. Patients with medically necessary appointments, including dialysis treatments must have a backup plan to the Volunteer Transportation Program.

We are also seeking volunteer drivers as we anticipate ridership to increase again over time. If you have a Massachusetts driver's license, reliable vehicle, and are looking for a fulfilling volunteer opportunity, please consider joining the team. As part of the Old Colony Planning Council, drivers are eligible for reimbursement for mileage, parking and lunch under certain instances. If interested, please contact the Senior Center at 781-834-5581 and speak with Kristen.

LIFE LONG LEARNING WINTERMISSION CONTINUES



Marshfield Lifelong Learning registration continues 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) continues 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) continues 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) continues 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) continues 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) continues 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) continues 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








February 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
	1 Beef Burgundy 181 Buttered Noodles 38 Carrot Coins 67 Scala Bread 310 Fresh Banana 1 MOD: Sugar Free Chocolate Chip Cookie 55 Cal: 765 Sodium: 736 mg Carb: 105 gm	2# Chicken Parmesan** 638 Pasta w/Italian Sauce 66 Italian Vegetables 19 Garlic Roll 240 Chocolate Chip Cookie 105 MOD: Sugar Free Chocolate Chip Cookie 55 Cal: 855 Sodium: 1205 mg Carb: 106 gm	3 Fish Sticks 352 Potato Wedges 260 Green Beans 3 Tartar Sauce 85 Cracked Wheat Bread 115 Fresh Apple 2 Cal: 756 Sodium: 954 mg Carb: 101 gm	4 Roast Pork w/Gravy 97 Cheese Mashed Potatoes 248 Mixed Vegetables 42 Whole Wheat Roll 254 Vanilla Pudding 220 MOD: SF Vanilla Pdg 105 Cal: 901 Sodium: 998 mg Carb: 109 gm
7 Lasagne w/Meat Sauce 391 Tuscany Vegetables 41 Scala Bread 310 Parmesan Cheese 55 Hot Cinnamon Peaches 6 Cal: 743 Sodium: 941 mg Carb: 101 gm	8 Cheeseburger 440 O'Brien Potatoes 6 Corn/Red Peppers 6 WW Hamburger Bun 80 Ketchup 30 Fresh Orange 0 Cal: 865 Sodium: 751 mg Carb: 115 gm	9 Lemon Pepper Chicken 353 Herbed Brown Rice 4 Scandinavian Veg 41 Rye Bread 330 Sugar Cookie 160 MOD: Vanilla Bites 50 Cal: 724 Sodium: 1025 mg Carb: 99 gm	10 Pork Lo Mein with Vegetables 369 Asian Vegetables 43 Multigrain Bread 240 Apple Crisp 131  Cal: 942 Sodium: 921 mg Carb: 100 gm	11 Roast Turkey/Gravy 446 Mashed Potatoes 165 Green Beans 3 Cranberry Sauce 1 Whole Wheat Bread 65 Lorna Doones 100 Cal: 738 Sodium: 917 mg Carb: 93 gm
14 Chicken Cordon Bleu** 679 Brown Rice & Orzo 4 Roman Vegetables 16 Snowflake Roll 132 Chocolate Cupcake 170 MOD: Chocolate Oatmeal Bar 75 Cal: 802 Sodium: 1138 mg Carb: 93 gm	15 Swiss Cheese Omelet 318 Home Fries 4 Peppers & Onions 54 Snack Loaf 160 Yogurt 75 Orange Juice - No Milk 5 Cal: 748 Sodium: 659 mg Carb: 97 gm	16 Beef Shepherd's Pie 276 California Vegetables 30 Whole Wheat Roll 254 Caramelized Pears 20  Cal: 793 Sodium: 718 mg Carb: 98 gm	17 Breaded Cod Filet 260 Brown Rice Pilaf 16 Jardiniere Vegetables 31 Tartar Sauce 85 Pumpernickel Bread 280 Applesauce 13 Cal: 682 Sodium: 823 mg Carb: 97 gm	18 Meatloaf with Gravy 202 Oven Browned Potatoes 6 Green Peas 82 Cracked Wheat Bread 115 Brownie Cookie 230 MOD: Vanilla Wafers 80 Cal: 1133 Sodium: 772 mg Carb: 137 gm
21 ALL SITES CLOSED 	22 Veal Chop with Gravy 377 Buttered Noodles 38 Carrots 67 Whole Wheat Roll 254 Fresh Pear 2 Cal: 776 Sodium: 875 mg Carb: 105 gm	23 BBQ Pulled Chicken 113 Roasted Sweet Potatoes 45 Fiesta Vegetables 16 Whole Wheat Bun 127 Lemon Square 105 MOD: SF Lemon Cookie 60 Cal: 799 Sodium: 664 mg Carb: 109 gm	24 Hot Dog** 610 Vegetarian Baked Beans 282 Zucchini Squash 2 WW Hot Dog Bun 85 Mustard 55 Mandarin Oranges 7 Cal: 771 Sodium: 1179 mg Carb: 93 gm	25 Chicken Pot Pie 185 Green Beans 3 Buttermilk Biscuit 340 Hot Cinnamon Peaches 6  Cal: 627 Sodium: 672 mg Carb: 84 gm
28 American Chop Suey 147 Chuckwagon Vegetables 3 Multigrain Bread 240 Mixed Fruit Cup 5  Cal: 794 Sodium: 533 mg Carb: 104 gm				Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium

*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

- February 1 Egg Salad on Croissant
- February 8 Hummus & Veggie Wrap
- February 15 Roast Beef & Swiss on Kaiser Roll
- February 22 Ham & Cheese Wrap

Thursdays

- February 3 Turkey & Cheese on Kaiser Roll
- February 10 Chicken Caesar Salad Wrap
- February 17 Italian Chicken Salad on Focaccia
- February 24 Tuna Salad



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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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