



# The LINK

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## Council on Aging

*Ever Growing - Never Old*

230 Webster Street

Marshfield, MA 02050

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

**MARCH 2022**

Volume 384

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.

*By Ruthanne Gfroerer Donovan to: Doug Lowry*



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### ***DIRECTOR'S CORNER***

The month of March means setting our clocks ahead on March 13<sup>th</sup> and then welcoming spring in on the 20<sup>th</sup>. As I write this article for the newsletter, we just received word today, February 11<sup>th</sup> 2022 that we were granted our 1<sup>st</sup> floor occupancy permit for the new building. This was a very happy and important milestone for the Senior Center Expansion Project. It means that we can now use the spaces on the first floor and that we will use the new entrance instead of coming through temporary entrance in the dining room. We will start scheduling some of our classes in the new areas and more so once our new furniture arrives. We are also expecting to get a full occupancy permit sometime in March so that we can use the second floor.

Our Food Service Manager Jim Lowell is busy with preparations for the new Seaflower Café to open very soon with a lovely menu for all to enjoy. We are just waiting for equipment and furnishings to arrive to put things in full swing. We will also be getting our fitness center going with a plethora of equipment for you to choose from along with opportunities for orientation sessions to show you how the equipment works.

We are tentatively planning our "Grand Opening" this spring which will be announced in an upcoming newsletter and in the media. If you have some spare time please consider volunteering for some of our new volunteer positions like the café, greeter's desk or library. We are almost there! Thank you for your patience and your support!

Happy St. Patrick's Day,  
Carol Hamilton

### **NEW!! SENIOR BOXING FITNESS WITH JANET ENOS**

**On Mondays from 10:00-11:00 am**

Boxing exercise class – no contact or special equipment needed! Increase stamina, flexibility, muscle endurance and strength, cardio conditioning and just great fun! See page 6 for more details. Cost \$6 per class.

### **ART FOR YOUR MIND PRESENTS "AMERICAN WOMEN ARTISTS"**

**On Tuesday, March 8 at 1:00 pm**

*Art for Your Mind* an engaging, educational, art observation experience designed to broaden the minds of its participants of all backgrounds – artists and non-artists alike. The featured topic, *American Women Artists*, highlights the work of a selection of women from the 18<sup>th</sup> to the 21<sup>st</sup> Centuries – their pastels, paintings, photographs, sculptures and more. These artists helped to shape America's artistic identity and advance the role of women in art. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Register in advance with the Front Desk. \$2 contribution at the door.

### **MUSICAL MONDAY WITH JACK CRAIG PRESENTS SONGS OF SPRING**

**On Monday, March 21 at 1:00 pm**

Sing your way right through the Spring season from 'It Might As Well Be Spring' through 'April Showers' and on to 'Tip Toe Through the Tulips'. Whether it's blue skies, robins, flowers, rainbows, or the occasional Spring love song – every song in this program celebrates the wonders of spring. Register in advance with the Front Desk. \$2 contribution at the door.

### **HISTORIAN ANNE BARRETT PRESENTS "AN 18TH CENTURY CLAIRVOYANT"**

**On Thursday, March 22 at 1:00 pm**

City of Lynn Clairvoyant Moll Pitcher's predictions of an ill-fated voyage were so powerful that they could render a ship crew-less if word got out. This 17th century Sybil is said to have made predictions that came to pass long after her death, including the radio, and she numbered among her clients such notables as the wealthy and eccentric Lord Timothy Dexter. This presentation has a surprise ending. Please sign up ahead for this interesting presentation with historian Ann Barrett.

### **PADDLING THE TROPICS with Doug Lowry of Massachusetts Audubon**

**On Thursday, March 31 at 1:00 pm**

We will bid farewell to Winter by exploring the warm waters of the tropics. Could you use some palm trees, coral sands, Roseate Spoonbills and turquoise water in your life right now? Join us as we visit the islands of the Exumas, the Sian Ka'an Biosphere Reserve in the Yucatan and Baja California Sur by expedition kayak and you won't have to paddle! We will focus on the Natural History of these unique environments.

### **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 3<sup>rd</sup> and 4<sup>th</sup> 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 expect that we will provide our traditional free in-person service in a COVID-19 safe environment by employing face masks and social distancing. However, ever changing COVID statistics could

dictate the need for a change to our plan. We will remain flexible and will adapt as circumstances dictate. Our free service is being offered on Mondays and Fridays ending on Friday, April 15, 2022. Our first appointment of each day is at 8:30 A.M. and our last appointment of the day is at 1:00 P.M.

**APPOINTMENTS:** Please, **DO NOT** call the Senior Center telephone number to book your appointment. When you have received all necessary income tax filing documents, please call our dedicated telephone line at 781-566-0626 which is staffed by one of our AARP Tax-Aide volunteers at their home, seven days each week. Appointments can be booked any time, **including weekends and holidays.** At times of heavy call volume, it may be necessary to leave a voice mail message. In such an instance, we will happily return your call within hours.

We ask that you pick up a Tax-Aide Intake/Interview booklet from the receptionist's desk at the Marshfield Senior Center. You **DO NOT** need to book your appointment prior to picking up your intake/interview booklet. This booklet will include a comprehensive list of documents that you should bring to your appointment. This list has important additions for tax year 2021. The Intake/Interview booklet can and should be filled out in the comfort of your home and must be brought with you to your appointment. Please arrive on time for your scheduled appointment to meet with one of our Client Facilitators who will engage you in our traditional screening process.

If for any reason you are unable to come to your scheduled appointment, please call the appointment line, 781-566-0626, with as much advance notice as possible so that your appointment time will not be wasted. Our wonderful volunteers who willingly donate massive amounts of their time and effort each year want nothing more than to help taxpayers and are disappointed when appointments go unfilled. Each year, toward the end of the season, needy taxpayers are turned away due to a lack of available appointments. No appointment slot should be wasted.

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



## **CARDIGAN NURSING & REHABILITATION CENTER**

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**COA ACTIVITIES - ARTS & ENTERTAINMENT**

**ART OF FILM CLASS**

**On Thursday, March 10 At 12:30 pm**

*"Lilies of the Field" 1963*

In his "Sermon on the Mount: Jesus said, "Consider the lilies, how they grow; they neither toil nor spin."

To honor and appreciate the wonderful actor Sidney Poitier who died on January 6 (at 94 years), we shall experience his winning, uplifting 1963 film "Lilies of the Field". It was nominated for five 1963 OSCARS; and Poitier became the 1<sup>st</sup> African American to win BEST ACTOR OSCAR for his performance.

As wandering handyman Homer Smith, Poitier aids a small group of German immigrant nuns in constructing their chapel. Amazing! AMEN....

See you March 10<sup>th</sup>.... Come and have a good time. Refreshments service. *Heather Kaval*

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

**"The Eyes of Tammy Faye " (2021 2hr 6m)**

**On Monday, March 7 at 12:30 pm**

In the 1970s and '80s, Tammy Faye and Jim Bakker built a burgeoning religious broadcasting network and theme park -- until rivals, financial wrongdoing, and scandal toppled their empire. Starring: Jessica Chastain; Andrew Garfield; Cherry Jones; Vincent D'Onofrio

**"Belfast" (2021 1hr 38m)**

**On Thursday, March 17 at 12:30 pm**

From writer-director Kenneth Branagh comes this semi-autobiographical drama inspired by his childhood growing up in Belfast, Northern Ireland, amid the turbulence of the late 1960s and the time of the Troubles. Starring: Caitríona Balfe; Judi Dench; Jamie Dornan; Ciarán Hinds; Colin Morgan; Jude Hill

**FREE AND EASY PAINTING**

**On Fridays at 1:00 pm**

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

**ART STUDIO w/JOAN HERMAN**

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

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.

**DRAWING ON THE RIGHT SIDE OF YOUR BRAIN with Tess Webster**

**On Thursdays through April 28<sup>th</sup> 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/session. To sign up call the senior center. Walk-ins welcome as space permits.

**WATERCOLOR CLASS W/GAYLE LOIK**

**On Fridays at 9:30 am**

Classes are with Gayle Loik, and on the last Friday of the month, 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.

**POETRY CLUB w/RICH HANSEN**

**On Friday, March 25 at 11:00 am**

Join 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!



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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.

### WOMEN'S GROUP w/BARBARA LEARY

**On Tuesday, March 29 at 1:00 pm**

**"Pandemic Fallout – Hazards of Inactivity"**

Come and join the lively discussion of topics of special interest to women. This month we will discuss the latest report regarding the negative effects on cardiovascular health due to lack of movement which are astounding but not surprising. There are many aspects of our health both physical and emotional that issues will come to light as we move forward. Our bodies were meant

to move but 77% of Americans reported that they are sitting and not moving leading to weight gain, increased stress, higher blood sugar and a decrease in muscle tone. We'll talk about our personal experience and make a plan to re-create healthier habits. Light refreshments will be served, please sign up ahead at the front desk. Light refreshments will be served, please sign up ahead.

### ANTIQUÉ PICTURE POSTCARDS

**W/ DAVID G. ALLEN**

**On Wednesday, March 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!



### ANTIQUÉ SLIDESHOW

**On Thursday March 24 at 1:00 pm**

**"Significant Boston Buildings 1750-1850"**

While some historic Boston buildings remain intact, many of the historic early buildings are no longer standing. A PowerPoint program will be presented on Significant Boston Buildings 1750-1850. While it would be impossible to cite every prominent building constructed within that period, an effort will be made to show images of a good cross section. Information will be provided about the illustrated structure, its historic role and related buildings that may have been used in similar roles. Some buildings for which there are no images will be cited by showing associated artifacts such as a period sign. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have an image of an early Boston building 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. Advance sign up requested. Stop by the front desk or call 781-834-5581.

**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!**

**PING PONG ANYONE?**

We have a ping pong table that has been donated and a patron interested in putting together a group that would like to play. Please sign up at the front desk if you would be interested in playing ping pong and we will organize and schedule this activity.

**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. **NO CLASS MARCH 28.**

**SENIOR BOXING FITNESS W/ JANET ENOS****On Mondays from 10:00 am – 11:00 am**

Works with hand-eye coordination, speed and balance and core strength. Janet will get you moving and working on boxing fitness. This class will add pep to your step. Cost \$6 per class. Sign up at Front Desk or by calling 781-834-5581

**4-WEEK LINE DANCE LESSONS WITH MAUREEN GODDING****On Mondays in March at 3:00 pm**

Come join the fun in this popular and energetic class! 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! **March 7, 14, 21, and 28** Sign up at Front Desk. Cost is \$20 for the month, due at sign up. Cash or check payable to Marshfield COA.

**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 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 Tuesdays & 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! Mar 1 Webster Wilderness Mar 3 Powder Point Bridge, Duxbury (beach side) Mar 8 Burkes's Beach Mar 10 Rexhame Beach Mar 15 William Brook Farm, Pembroke Mar 17 Norris Reservation, Norwell Mar 22 Rexhame Beach Mar 24 Burke's Beach Mar 29 Jose Carreiro Woods (Maryland St) Mar 31 John Little Riverwalk Apr 5 Rexhame Beach

### 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

**On Thursdays 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 Mondays and 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.

### 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**

**On Mondays & Fridays at 11:30 am**

Dance and tone your way into fitness to the beat of the music with Moroccan Zumba toning sticks. Dance to some of our easy to follow Latin and American tunes. Offered on Mondays and Fridays, Come and join the Zumba party! Cost: \$5.00 a class.

**BRAIN BUILDER'S PROGRAM**

**On Wednesday, March 9 at 1:00 pm**

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, sponsored by a grant from Old Colony Planning Council. Come give it a try! Sign up at the front desk. We will be offering sessions through 2022.

**HEALTHY EATING MADE EASY via ZOOM**

**On Thursday, March 10 at 9:30 am**

**20 Ways to Enjoy More Fruits and Vegetables**

Join Marcia Richards MEd RD MCHES from Beth Israel Deaconess Hospital- Plymouth and learn about fruits and vegetables are good for you from head to toe! She will also be demonstrating a simple recipe packed with flavor and nutrients! Meeting ID: 862 9131 5804 Passcode: 874987

**HEARING AID CLEANING & FREE SCREENING**

**On Friday, March 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.

**HEALTH HUDDLE w/MARK LEMBO**

**On Wednesday, March 23 at 1:00 pm**

Mark will discuss the nature of shoulder pain and what can be done to alleviate it. Please sign up ahead for this informative session with Mark.

**VIRTUAL CLASSES**

**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.

**TED TALK & DISCUSSION ON ZOOM**

**On Monday, March 28 at 10:00 am**

Join us on zoom for a viewing of the TED talk "What Are Animals Thinking and Feeling?" As described from the TED Talks page: What's going on inside the brains of animals? Can we know what, or if, they're thinking and feeling? Carl Safina thinks we can. Using discoveries and anecdotes that span ecology, biology and behavioral science, he weaves together stories of whales, wolves, elephants and albatrosses to argue that just as we think, feel, use tools and express emotions, so too do the other creatures – and minds – that share the Earth with us. Discussion to follow on zoom. Call the Senior Center at 781-834-5581 to receive Zoom meeting details..

**ZOOM BOOK DISCUSSION GROUP**

**On Monday, March 28 at 11:00 am**

This month we will be reading the book "Lincoln Highway" by Amor Towles. The Webster Readers meets the fourth Monday of the month. Facilitator Alia Antoon. New members welcome! Books available through the Ventress Memorial Library.

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



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

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

**Class is Free ~ Beginners Welcome**



**GREAT DISCUSSIONS via ZOOM**

**On Tuesday, March 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. We will meet on the internet using the Zoom program. The topics will be **March 1:** Why Do Supply Chain Problems Persist? **March 15:** Wild Animals in Suburban and Urban Spaces. If you have questions about this group please contact Bob Jackman.

# MONDAY

# TUESDAY

# WEDNESDAY



AARP Tax Prep.....	8:30 am-1:00 pm	<b>7</b>
Zoom Coffee & Chat.....	9:00 am	
Tai Chi.....	9:30 am	
Yoga w/Katherine.....	9:30 am	
Senior Boxing.....	10:00 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 "The Eyes of Tammy Faye".....	12:30 pm	
Mahjong.....	1:00 pm	
Pinocle.....	1:00 pm	
Line Dancing with Maureen.....	3:00 pm	

Walking Group.....	8:30 am	<b>1</b>
Balance & Strength/Neil Sullivan.....	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	
Zumba w/Pasqualina.....	11:00 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.....	<b>1</b>
NO Manicures.....	
Heart & Hand Exercise w/Janet.....	
Social Day Program.....	
Rug Hooking.....	
Knitting Group.....	
Yoga w/Tricia.....	
Congregate Lunch.....	
Duplicate Bridge.....	
Whist.....	
Hand & Foot.....	
Pool.....	

AARP Tax Prep.....	8:30 am-1:00 pm	<b>14</b>
Zoom Coffee & Chat.....	9:00 am	
Tai Chi.....	9:30 am	
Yoga w/Katherine.....	9:30 am	
Senior Boxing.....	10:00 am	
Social Day Program.....	10:00 am-2:00 pm	
Reiki with MaryAnn.....	10:00 am-2:00 pm	
Ask a Nurse.....	11:00 am-12:00 pm	
Zumba & Toning w/Justine.....	11:30 am	
Congregate Lunch.....	12:00 pm	
Mahjong.....	1:00 pm	
Pinocle.....	1:00 pm	
Line Dancing w/Maureen.....	3:00 pm	

Walking Group.....	8:30 am	<b>15</b>
Balance & Strength/Neil Sullivan.....	9:00 am	
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	

Woodcarving.....	<b>15</b>
Manicures.....	
Heart & Hand Exercise w/Janet.....	
Boosters Board Meeting.....	
Social Day Program.....	
Rug Hooking.....	
Knitting Group.....	
Yoga w/Tricia.....	
Congregate Lunch.....	
Duplicate Bridge.....	
Whist.....	
Hand & Foot.....	
COA Board Meeting.....	
Pool.....	

AARP Tax Prep.....	8:30 am-1:00 pm	<b>21</b>
Zoom Coffee & Chat.....	9:00 am	
Tai Chi.....	9:30 am	
Yoga w/Katherine.....	9:30 am	
Senior Boxing.....	10:00 am	
Social Day Program.....	10:00 am-2:00 pm	
Zumba & Toning w/Justine.....	11:30 am	
Congregate Lunch.....	12:00 pm	
Mahjong.....	1:00 pm	
Pinocle.....	1:00 pm	
Musical Monday.....	1:00 pm	
Katy Mayo—Ipad/iphone photos.....	1:00-2:30 pm	
Line Dancing w/Maureen.....	3:00 pm	

Walking Group.....	8:30 am	<b>22</b>
Balance & Strength/Neil Sullivan.....	9:00 am	
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	
18th Century Clairvoyant.....	1:00 pm	
Meditation & Mindfulness on Zoom.....	2:00 pm	
Caregiver Support Group.....	6:00-7:00 pm	

Woodcarving.....	<b>22</b>
Manicures.....	
Heart & Hand Exercise w/Janet.....	
Social Day Program.....	
Rug Hooking.....	
Knitting Group.....	
Yoga w/Tricia.....	
Congregate Lunch.....	
Duplicate Bridge.....	
Whist.....	
Hand & Foot.....	
Pool.....	
Health Huddle.....	

AARP Tax Prep.....	8:30 am-1:00 pm	<b>28</b>
Zoom Coffee & Chat.....	9:00 am	
NO Tai Chi.....	9:30 am	
Yoga w/Katherine.....	9:30 am	
Senior Boxing.....	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	
Reverse Mortgage Consults.....	11:00 am-1:00 pm	
Book Group.....	11:00 am	
Zumba & Toning w/Justine.....	11:30 am	
Congregate Lunch.....	12:00 pm	
Mahjong.....	1:00 pm	
Pinocle.....	1:00 pm	
Katy Mayo Organizing Data.....	1:00-2:30 pm	
Line Dancing w/Maureen.....	3:00 pm	

Walking Group.....	8:30 am	<b>29</b>
Balance & Strength/Neil Sullivan.....	9:00 am	
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	

Woodcarving.....	<b>29</b>
Manicures.....	
Heart & Hand Exercise w/Janet.....	
Social Day Program.....	
Rug Hooking.....	
Knitting Group.....	
Yoga w/Tricia.....	
Ask A Nurse.....	
Congregate Lunch.....	
Duplicate Bridge.....	
Whist.....	
Hand & Foot.....	
Pool.....	

## 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><b>2</b></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 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 Drawing w/Tess ..... 1:00 pm Sixty Plus Club ..... 1:00 pm</p> <p><b>3</b></p>	<p>AARP Tax Prep ..... 8:30 am-1:00 pm Yoga w/Katherine ..... 9:30 am Heart &amp; Hand Exercise w/Janet ..... 9:30 am latercolor Class ..... 9:30 am-12:00 pm Essentrics ..... 11:00 am Zumba &amp; Toning w/Justine ..... 11:30 am Congregate Lunch ..... 12:00 pm Free &amp; Easy Painting ..... 1:00-4:00 pm Pinochle ..... 1:00 pm</p> <p><b>4</b></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><b>9</b></p>	<p>Walking Group ..... 8:30 am Gentle Chair Exercise w/Barbara ..... 8:30 am Quilting Group ..... 8:30-11:00 am Healthy Eating ..... 9:30 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><b>10</b></p>	<p>AARP Tax Prep ..... 8:30 am-1:00 pm State Rep. Josh Cutler ..... 9:00-10:00 am Yoga w/Katherine ..... 9:30 am Heart &amp; Hand Exercise w/Janet ..... 9:30 am Watercolor Class ..... 9:30 am-12:00 pm Hearing Screening ..... 10:00-11:30 am Essentrics ..... 11:00 am Zumba &amp; Toning w/Justine ..... 11:30 am Congregate Lunch ..... 12:00 pm Free &amp; Easy Painting ..... 1:00-4:00 pm Pinochle ..... 1:00 pm</p> <p><b>11</b></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 10:30-11:30 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><b>16</b></p>	<p>Walking Group ..... 8:30 am Gentle Chair Exercise w/Barbara ..... 8:30 am Quilting Group ..... 8:30-11:00 am St Patrick's Day Celebration ..... 9:00-10:00 am State Rep. Patrick Kearney ..... 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 Balance Tune Up ..... 10:00 am Intermediate Spanish ..... 11:15 am Boxed Lunch Pickup ..... 10:30-11:30 am Movie "Belfast" ..... 12:30 pm Zumba w/Deb ..... 1:00 pm Mahjong ..... 1:00 pm Drawing w/Tess ..... 1:00 pm</p> <p><b>17</b></p>	<p>AARP Tax Prep ..... 8:30 am-1:00 pm Legal Clinic ..... 9:00-11:00 am Yoga w/Katherine ..... 9:30 am Heart &amp; Hand Exercise w/Janet ..... 9:30 am Watercolor Class ..... 9:30 am-12:00 pm Essentrics ..... 11:00 am Zumba &amp; Toning w/Justine ..... 11:30 am Congregate Lunch ..... 12:00 pm Free &amp; Easy Painting ..... 1:00-4:00 pm Pinochle ..... 1:00 pm</p> <p><b>18</b></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><b>23</b></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 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><b>24</b></p>	<p>AARP Tax Prep ..... 8:30 am-1:00 pm Yoga w/Katherine ..... 9:30 am Heart &amp; Hand Exercise w/Janet ..... 9:30 am Watercolor Class ..... 9:30 am-12:00 pm Essentrics ..... 11:00 am Poetry ..... 11:00 am Zumba &amp; Toning w/Justine ..... 11:30 am Congregate Lunch ..... 12:00 pm Free &amp; Easy Painting ..... 1:00-4:00 pm Pinochle ..... 1:00 pm Boosterfest ..... 2:00-4:00 pm</p> <p><b>25</b></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</p> <p><b>30</b></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 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 Drawing w/Tess ..... 1:00 pm MA Audubon "Paddling the Tropics" ..... 1:00 pm</p> <p><b>31</b></p>	


  
**781.545.1370**
  
[www.LCCA.com](http://www.LCCA.com)
  
 Short and Long term Rehabilitation
   
 Semi Private rooms Available



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## COA SERVICES

### **30-MINUTE FINANCIAL PHONE CONSULTS**

**On Tuesday, March 8 from 10:00 am-1:00 pm**

*McNamara Financial Services Inc.*, an independent, local family owned Investment Advisor in Marshfield, provides consultations on the second Tuesday of each month. Have a question about investments, insurance, debt, taxes, Social Security, retirement, legal documents? **Disclaimer:** any financial advice considered during discussions at the Marshfield Senior Center are meant to be generic in nature. It is always recommended that participants consult with their own financial advisors before implementing any advice or suggestions discussed during this free consultation. McNamara Financial does not sell investment products or receive commissions. Consultants are Certified Financial Planner Practitioners.

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

**On Tuesday, March 15 10:00 am-1:00 pm**

Elaine Buonvicino and Deb Ford, MA licensed Life Insurance & Long Term Care Insurance Agents. Interim appointments available by telephone, if needed.

### **REVERSE MORTGAGE CONSULTATIONS**

**On Monday, March 28 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.

### **REAL ESTATE SPECIALIST**

**On Wednesday, March 16 10:30-11:30 am**

Real Estate Specialist John Farragher from Molisse Realty Group will be available for consultations. Interim appointments available if needed.

### **MONTHLY LEGAL CLINIC**

**On Friday, March 18 from 9:00-11:00 am**

Attorney Christopher Sullivan will be available for 30-minute consultations. If it is determined that further legal work is necessary, he or she may need to consult a lawyer on a fee basis.

### **NEW ADDITIONAL STATE REP. JOSH CUTLER**

**On Friday, March 11 from 9:00-10:00 am  
AND**

### **STATE REP. PATRICK KEARNEY**

**On Thursday, March 17 from 9:00-10:00 am**

Rep. Kearney is available on the 3rd Thursday of the month from 9-10 am.

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

**On Tuesday, March 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.

*All consultations are free., call the Senior Center at 781-834-5581 for an appointment.*

### **REIKI WITH MARYANN-REVISED PRICING**

**On Monday, March 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: Note: price change \$10 for 15 mins., \$20 for 30 minutes or \$30 for 45 minutes. Please call the Senior Center at 781-834-5581 for an appointment.


### **HAIRDRESSING SERVICE BY CHRISSY**

**On Tuesday, March 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, March 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 toe nails, smoothing of corns and calluses and massaging. Cost: \$35.

### **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. **NO APPTS. ON MARCH 2.** Please the Senior Center at call 781-834-5581 to obtain pricing or make an appointment for any of these services.



### **ASK A NURSE CLINIC**

**On Monday, March 14 and  
Wednesday, March 30 from  
11:00 am-12:00 pm.**

Teresa Flynn, Public Health Nurse for the Town of Marshfield will provide Blood Pressure/blood glucose screenings. Please stop by and meet Teresa.

**SUPPORT PROGRAMS**



**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.

**50+ JOB SEEKERS WORKSHOP**  
**ZOOM SERIES**



Are you 50+ and looking for a job or for second career? Join this virtual interactive, hands-on group on Zoom and meet/network with fellow job seekers while learning from experienced coaches. For a schedule of events visit: [Master Calendar - 50+ Networking Groups \(50plusjobseekers.org\)](#) If you are new to the 50+ program register at: <https://50plusjobseekers.org/outreach/registration/>. Contact: [susan@sdkelly.com](mailto:susan@sdkelly.com) for more info.

**“MONTHLY CAREGIVER SUPPORT GROUP”**

**On Tuesday, March 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 every month on the 4th Tuesday at the Senior Center.

**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](http://www.aaboston.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.

**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 Plymouth County resident only, appointment required. Visit [www.townofmarshfield.gov](http://www.townofmarshfield.gov). Pfizer and Moderna vaccine is available for 1st, 2nd or booster shots.

**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.

**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.

**TECHNOLOGY CORNER**

**COMPUTER SPRING CLEANING**  
**W/Katy Mayo**

Brush up on some computer skill and do a little computer Spring Cleaning. Join computer expert Katy mayo for these interesting hands on classes.

**On Monday, March 21 from 1:00pm-2:30pm**

Taking Photos on Your ipad or iphone – Covering Editing and Sharing photos

**On Monday March 28 from 1:00pm-2:30pm**

Organizing Your Home Screen, Music, and Photos and Videos

Each class is \$20. Advance registration required. Stop by the front desk or call 781-834-5581. Payment is due at first class

Need assistance with a computer, cell phone, or tablet? Drop in to one of our free 1-on-1 sessions.

**Mondays 9:00-11:00 am w/Ben Bembenick**

**Tuesday’s 9:00 am-12:00 pm w/Bob Demers**

**Wednesday’s 11:00 am-1:00 pm w/Ben Benbenick**

Visit our new website at-  
[www.marshfieldseniorcenter.org](http://www.marshfieldseniorcenter.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 new challenge for the 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 doorsteps to curbside.

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

[knoonan@townofmarshfield.org](mailto:knoonan@townofmarshfield.org)

Welcome to our new February Volunteers: [Lisa Groop](#), [Bob Metzler](#), [Barbara Vardaro](#), [Robert Goodwin](#), [Nancy Porazzo](#) and welcome back [Nancy Larkham](#)

And Happy Birthday this month to

Maureen Weiss, Toni Sacks, Harriet Archer, Irene Carriere, Nancy Lewis, Mary Lou Kaufman, Marilyn Balconi, Maureen Ciccolo, Jackie Pescatore, Ann Gillespie, Patricia Morey, Gerri Karle, Alison Ingram-Pearson, Maria Maggio, Peg Davis, Sheila Zani, Peg Davis & Helen Demers

**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. Thank you to those that donated jewelry for our “Winter Jewelry sale” and those that helped make the sale a success! All proceeds from the sales are used for special events and programs. Donations are gratefully accepted and reasonably priced. Donations include: Kitchenware, Household items, craft materials, pocket-books etc. (no clothing)

**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 March 16 at the Senior Center.

The COA Boosters’ board meeting will be held on Wednesday, March 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.

**AFFORDABILITY CONNECTIVITY PROGRAM**

Would you like to save \$30.00 a month off your broadband bill?? Would you like free cell phone service?? The possibility of a discounted laptop or a free tablet?? A program through the federal government called The Affordability Connectivity Program may be able to help you! If you qualify for federal public housing, the lifeline program, Mass Health or SNAP benefits, you may qualify! There is also income based eligibility. This program replaces the Emergency Broadband Benefit and changes it to a permanent program. For more info, contact Judy or Ken in Social Services at 781-834-5581.

## COA BOOSTERS

The Booster held their monthly board meeting on Wednesday February 16 and plan their next Board of Directors meeting for Wednesday, March 16<sup>TH</sup> at 10:00 AM in the Senior Center Board Room.

**MEMBERSHIP** - If you are not a Booster member, please consider joining—membership forms available at the front desk of the COA or on our website at [www.MarshfieldCOABoosters.org](http://www.MarshfieldCOABoosters.org). Thanks to the generosity of our members, we are delighted to report that membership for 2022 already includes 43 Angels, five Sponsors and one Benefactor. All donations go to enhancing the Senior Center!!

**BOOSTERFEST** will be on Friday March 25, 2:00 – 4:00 pm. This is our annual business meeting with election of officers and Booster Board Member and voting on changes or additions to our By-Laws. We will continue our traditional make your own Ice Cream Sundae. There will be a door prize and a lively Trivia game, with prizes as well. All Booster Members are encouraged to attend Boosterfest, please sign up so we know how many people will attend at the COA Front Desk or email us at [info@marshfieldcoaboosters.org](mailto:info@marshfieldcoaboosters.org)

**THE GIVING TREE**—The Giving Tree continues to generate donations ranging from \$100 Green Leaves to \$1000 Gold 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. 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 [marshfieldcoabooster.org](http://marshfieldcoabooster.org) or call Liza Corbett at 617-699-7927

**POT OF GOLD RAFFLE**—Have you bought your Pot of Gold Raffle tickets? 2022 could be someone's lucky year. The Pot 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 went 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 17<sup>th</sup>.

**SHOP WITH AMAZON???** - If you use Amazon, please consider placing your order through [smile.amazon.com](http://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.

**ARPA AWARD**—The Boosters are grateful to the Selectmen and Town Administrator Michael Maresco for administering ARPA (American Rescue Plan Act ) Federal funds that provide some financial assistance to help to certain charitable groups that have been negatively impacted by the Covid-19 pandemic. The Boosters have experienced a reduction of almost \$13,000 in donations and contribution due to a loss of membership and other usual fundraising events that were cancelled due to COVID related regulations. Booster President Suzanne Allmendinger, who filed the application, was delighted to represent one of several non-profit organization in Marshfield to accept a check for \$5,000 at the Selectmen's meeting on February 7<sup>th</sup>.

### SIXTY PLUS CLUB

The next Sixty Plus Club will meet on **Thursday, March 3 at 1:00 pm** to discuss business, for general discussion, and for entertainment. We are planning a visit to the Longfellow House in Cambridge sometime in May. *Please stay safe this winter! Nancy, Sandy, Ann, & Theresa*

### 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 **March 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 2<sup>nd</sup> 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

<b>MONDAY</b>	<b>AM</b>	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
	<b>PM</b>	<i>In-town medical appointments 1:00 - 2:30 pm</i>
<b>TUESDAY</b>	<b>AM</b>	Transportation to Senior Center ~ arrive by 9:00 am
		1 <sup>st</sup> Tuesday - Walmart Plymouth approx. arrival 10:00 am; pick up @ 2:00 pm; 2 <sup>nd</sup> Tuesday – Marshfield Food Pantry 10:00 am – noon upon request
		<i>In-town medical appointments (except 1<sup>st</sup> Tuesday) 9:30-11:30 am AND 1:00-2:30 pm</i>
		Transportation to Senior Center ~ arrive by 11:30 am
<b>WEDNESDAY</b>	<b>AM</b>	Transportation to Senior Center ~ arrive by 9:30 am
		Stop & Shop or Christmas Tree Shop (Roche Bros. 2 <sup>nd</sup> Wed.) approx. arrival 10:30 am
		Transportation to Senior Center ~ arrive by 11:30 am
	<b>PM</b>	<i>In-town medical appointments 1:00-2:30 pm</i>
<b>THURSDAY</b>	<b>AM</b>	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
<b>FRIDAY</b>	<b>AM</b>	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
	<b>PM</b>	<i>In-town medical appointments 1:00-2:30 pm</i>
<b>SUGGESTED DONATIONS: \$1.75 one way; \$3.50 round trip in-town trips/\$6.00 round trip for Walmart</b>		
<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. <b>Note: Masks must be worn at all times on the bus.</b> <span style="float: right;"><b>Effective 12/1/21</b></span></i>		

### COA SHUTTLE BUS SCHEDULE REVISED AS OF DECEMBER 1<sup>ST</sup>

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 2<sup>nd</sup> 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.



**STAFF CHANGES AT THE COA**



There are some new faces around the Senior Center. Jim Lowell is the new Seaflower Café manager. He is a Johnson & Wales graduate and has over forty years of food service experience in restaurants and healthcare facilities.



Join him for St. Patrick's Day – Top of the Morning Celebration on Thursday, March 17 from 9:00 -10:00 am and get a carnation and a home baked Irish themed goodie (while supplies last).

And congratulations to our former part time Activities Coordinator Kathleen Monahan, who recently accepted the full time position of Administrative Assistant. Lisa Cleary, the former Administrative Assistant will be working part time at the front desk afternoons. We are currently in the process of hiring a new part time Activities Coordinator to assist Marilee with all the activities/events we will be scheduling in our new addition!!

**SAVE THE DATE**

**PATHWAYS THROUGH GRIEF**

A six session grief educational series and support group sponsored by Beacon Hospice. The sessions will be held Thursdays 2:00-3:30 pm April 7-May 12. This is geared for any adult who has lost a spouse, life partner, parent, sibling, family member or close friend. It will offer a safe and supportive place for you to receive education on the grief process, to share your experience of loss with others and move forward toward healing and hope in a confidential setting. Group limit 12. Sign up at the front desk or call 781-834-5581.

**GREEK COOKING WITH DAVE THE GARDENER**

On Monday, April 11 at 1:00 pm



You've know the health benefits of the Greek diet. Learn how to put it into practice. Sample hummus, grape leaves and more! Everyone gets a packet of our original Mediterranean Spice Mix. Please sign up ahead at the front desk or call 781-834-5581.

**LIFELONG LEARNING REGISTRATION**

On Monday, April 25 at from 9:30-11:00 am

Join us for the first day of registration at the Senior Center. The list of offerings will be featured in the April newsletter.



SALT/TRIAD will return next month.

**OCES NUTRITION PROGRAM**  
**MARCH 2022**  
**REGULAR**



**Please call the nutrition department for meal cancellations by cancellation by 10 am *two days* before delivery-508-584-1561.**

**Community Dining Menu**

**Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Beef Chile 260 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 280 Chocolate Pudding 190 MOD: SF Chocolate Pudding 170 Cal: 895 Sodium: 872 mg Carb: 119 gm	<b>2 Ash Wednesday</b> Potato Crunch Pollock 270 Oven Roasted Potatoes 6 Zucchini & Tomatoes 40 Tartar Suce 85 Scala Bread 310 Applesauce  13 Cal: 771 Sodium: 862 mg Carb: 102 gm	<b>3</b> Oven Fried Chicken with Gravy 382 Whipped Sweet Potatc 36 Spinach 110 Oatmeal Bread 240 Lemon Square 105 MOD: SF Lemon Cooki 60 Cal: 743 Sodium: 1010 mg Carb: 96 gm	<b>4</b> Manicotti with Italian Sauce 461 Roman Blend Vegetabl 16 Garlic Roll 240 Parmesan Cheese 55 Caramelized Pears 20 Cal: 678 Sodium: 930 mg Carb: 96 gm
	<b>7</b> BBQ Pork Patty 280 Tater Tots 310 Scandinavian Vegetabl 41 WW Hamburger Bun 127 Mixed Fruit Cup 5 Cal: 568 Sodium: 900 mg Carb: 70 gm	<b>8</b> Chicken Picatta 357 Italian Roasted Potatoes 6 Tuscany Vegetables 41 Whole Wheat Roll 254 Sugar Cookie 160 MOD: Blueberry Bites 60 Cal: 777 Sodium: 957 mg Carb: 109 gm	<b>9</b> Turkey & Cheese 494 Home Fries 6 Jardiniere Vegetables 31 WW Bulkie Roll 246 Mayonnaise 55 Fresh Orange 0 Cal: 799 Sodium: 970 mg Carb: 93 gm	<b>10</b> Veal Chop with Gravy 377 Mashed Potatoes 165 Carrot Coins 67 Whole Wheat Roll 254 Oatmeal Raisin Cookie 110 MOD: Chocolate Oatmeal Bar 75 Cal: 759 Sodium: 1109 mg Carb: 96 gm
<b>14##</b> Chicken Parmesan** 638 Pasta with Italian Sce 66 Italian Vegetables 19 Garlic Roll 240 Chocolate Chip Cookie 105 MOD: SF Chocolate Chip Cookie 55 Cal: 855 Sodium: 1205 mg Carb: 106 gm	<b>15</b> Shepherd's Pie 276 California Vegetables 30 Buttermilk Biscuit 340 Caramelized Pears 20 Cal: 757 Sodium: 804 mg Carb: 85 gm	<b>16</b> Honey Mustard Chicken 497 Brown Rice & Orzo 4 Broccoli 12 Scala Bread 310 Pineapple Chunks 1 Cal: 685 Sodium: 972 mg Carb: 125 gm	<b>17</b> Irish Stew 123 Parslied Potatoes 16 Raisin Bread 110 Shamrock Cookie 65 For All  1 Cal: 824 Sodium: 465 mg Carb: 89 gm	<b>18</b> Fish Sticks 352 Potato Wedges 260 Green Beans 3 Tartar Sauce 85 Cracked Wheat Bread 115 Fresh Pear 2 Cal: 763 Sodium: 954 mg Carb: 103 gm
<b>21</b> Cheddar Cheese Omelet 470 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Yogurt 75 Mandarin Oranges 7 Orange Juice - no milk 15 Cal: 860 Sodium: 818 mg Carb: 116 gm	<b>22</b> Chicken Marsala 438 Parslied Rotini 4 Scandinavian Vegetable 41 Cracked Wheat Bread 115 Lorna Doones 100 Cal: 749 Sodium: 835 mg Carb: 100 gm	<b>23</b> Sloppy Joe 420 Roasted Sweet Potatoes 45 Mixed Vegetables 42 WW Hamburger Bun 127 Jello  95 Cal: 689 Sodium: 866 mg Carb: 77 gm	<b>24</b> Roast Pork/Apple Cider 100 Gravy 100 Garlic Mashed Potatoc 165 Collard Greens 57 Whole Wheat Roll 254 Fresh Banana 1 Cal: 784 Sodium: 714 mg Carb: 102 gm	<b>25</b> Breaded Cod Filet 260 Herbed Brown Rice 4 Green Peas 82 Tartar Sauce 85 Oatmeal Bread 240 Brownie Cookie 230 MOD: Vanilla Wafers 98 Cal: 1032 Sodium: 1039 mg Carb: 142 gm
<b>28</b> Meatloaf with Gravy 377 Mashed Potatoes 165 Broccoli Flowerets 12 Snowflake Roll 132 Fresh Apple  2 Cal: 688 Sodium: 825 mg Carb: 82 gm	<b>29</b> Herbed Chicken Brea: 325 Brown Rice Pilaf 16 Green Beans 3 Whole Wheat Bread 65 Double Chocolate Chip Cookie 105 MOD: Strawberry Graha 95 Cal: 666 Sodium: 652 mg Carb: 88 gm	<b>30</b> Cheeseburger 440 O Brien Potatoes 6 California Vegetables 30 WW Hamburger Bun 127 Ketchup 82 Fresh Pear  2 Cal: 717 Sodium: 824 mg Carb: 88 gm	<b>31</b> Lasagne with Meat Sauce 391 Tuscany Vegetables 41 Scala Bread 310 Vanilla Pudding 220 MOD: SF Vanilla Pudding 142 Cal: 800 Sodium: 1099 mg Carb: 111 gm	<b>Nutrition information</b> 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**

**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.



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## Financial Concerns & Questions?

Do you have questions about investments, savings, insurance, debt, cash flow, taxes, Social Security, downsizing your home, helping out one of your children, or running out of money?

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

### WE ARE HERE TO HELP

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



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Jim Lowell..... Food Service Manager  
Shannon Jameson.....Nutrition Manager  
Judy Caldas & Ken Pike..... Social Service Coordinator  
Kristen Noonan..... Project Coord. of Volunteers  
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