



The LINK

www.marshfieldseniorcenter.org

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Council on Aging

Ever Growing - Never Old

230 Webster Street

Marshfield, MA 02050

781-834-5581 • 781-834-5537 • FAX 781-834-5567

Chamilton@townofmarshfield.org



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www.marshfieldseniorcenter.org

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

APRIL 2022

Volume 385

Carol Hamilton, Director
Barbara VanHouten, Chair

MISSION STATEMENT

As a human service agency, the Council on Aging provides and coordinates services to the senior community of Marshfield, assisting individuals to live with dignity and to enhance quality of life. We identify the needs of the senior community and implement services and programs that encourage self-reliance, good health, education and community involvement. We advocate for seniors and increase citizens' awareness of our efforts to meet these challenges.



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

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

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DAVE THE GARDENER PRESENTS GREEK COOKING**On Monday, April 11 at 1:00 pm**

You may have heard of 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.

ART FOR YOUR MIND PRESENTS "ART OF AMERICA'S UNIQUE REGIONS"**On Tuesday, April 12 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, "Art of America's Unique Regions" is a collection of images describing America's diverse landforms, lifestyles, cultural influences, and historic events. From New England, to the Midwest, to the West Coast, see how artists' creative decisions portray the regions they come from. Register in advance with the Front Desk. \$2 contribution at the door.

SPRING EGG DECOUPAGE CLASS**On Monday, April 11 at 1:00 pm**

Join this fun class with Bonnie Benford and make some beautiful decorative spring eggs. Please sign up at the front desk or call 781-834-5581 as there will be a limit of 12 students. This is free class. Celebrating the spring season!

MUSICAL MONDAY BY JACK CRAIG-WITH CLASS "GREAT SONGWRITER SAMMY CAHN"**On Monday, April 25 at 1:00 pm**

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

MASS AUDUBON'S DOUG LOWRY PRESENTS: BIRDSONG**On Wednesday, April 27, 2022 @ 1:00**

If you've ever been confused by birdsong outside your window or in the field, don't miss this opportunity to learn how, why, and most importantly, which birds are singing. You'll learn about vocalizations, the differences between songs and calls, and how to decipher what you hear now and in the coming months. Come away with the basic skill set needed for listening to the cacophony of spring calls and tools for identifying new and unusual songs. Please stop by or call the Senior Center at 781-834-5581 to sign up.

SPRING LIFELONG LEARNING

Registration Kickoff will be Monday, April 25 from 9:30-11:30 am. For more details, visit our website at www.marshfieldseniorcenter.org or pick up a Lifelong Learning Brochure at the Senior Center.

Spring Comes to Daniel Webster Wildlife Sanctuary with Doug Lowry of the Mass Audubon on Wednesdays from 9:00 - 11:00 am (6 Sessions) May 4, 11, 18, 25 and June 1 and 8. We will watch the progression of the return of warmer weather, budding plants, nesting birds and buzzing pollinators as we visit the sanctuary for six consecutive Wednesday mornings. Classes meet at the Daniel Webster Wildlife Sanctuary. Cost \$35

Music from the British Invasion with Larry King on Wednesdays from 10:00-11:30 am (6 sessions) April 27, May 4, 11, 18, 25, and June 1 This course explores the popularity of British pop music and the "counterculture" that developed on both sides of the Atlantic. Cost \$30 at The Senior Center

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

(5 Sessions) May 2, 9, 16, 23, June 6 (no class on May 30th holiday) Great Decisions is America's largest discussion program on world affairs with balanced, nonpartisan programs and publications from the Foreign Policy Association. Cost \$25 (includes required booklet) at The Senior Center. Minimum 5, Limit 20

Arthritis Class with Exercise Physiologist Neil Sullivan on Wednesdays at 11:00 am (4 Sessions) May 4, 11, 18, 25 If you have arthritis and are interested in learning helpful exercises this is the exercise class for you! Cost \$20 at The Senior Center. Minimum 10



SPRING LIFELONG LEARNING (continued)

Getting the Most Out of Your iPhone with Robin Billing on Wednesdays from 10:30-11:30 am (4 sessions) June 8, 15, 22 and 29 Learn how to use features on your iPhone to enhance your daily life. Cost \$25 Limit 12

What to Do When Company Comes Calling with Paula Fisher on Wednesday, June 1 at 1:00 pm Hear about the diverse activities to enjoy in our region when family and friends visit. Cost \$5 at The Senior Center

Local History: Connecting Marshfield with Senmaya, Japan with Judith Johnson on Wednesday, June 29 at 1:00 pm The First Congregational Church in Marshfield sent a doll, Betty, to students at Senmaya Elementary School in Japan. Hear the story of Marshfield's Betty. Cost \$5 at The Senior Center

Barre Exercise Class with Rena Thorbahn on Thursdays at 9:00 am (6 Sessions) April 28, May 5, 12, (no class May 19), 26, and June 2, June 9 Barre is a fun and popular fitness option and is a great workout for seniors because it is high energy and low impact. Cost \$35 at The Senior Center. Limit 15

Beginner Ukulele w/South Shore Conservatory of Music on Thursdays from 2:30-3:30 pm, (6 sessions) April 28, May 5, May 12, May 19, May 26, June 2 We'll learn to strum some simple songs together. Cost \$40 at The Senior Center. Limit 15

Let's Go Hiking with Ned Bangs & Friends on Thursday, May 19 at 5:00 pm The Rail Trail and Saturday, June 18 at 9:00 am Webster's Wilderness Come learn and explore the Rail Trail and Webster's Wilderness pathways Ned and Friends. Cost \$5.00 per walk. Limit 12

Edison: Wizard or Pretender? With John Sullivan on Thursdays from 1:00-2:30 pm (6 sessions)

May 26, June 2, 9, 16, 23, 30 This course will explore some of Thomas Edison's significant inventions, which changed the American way of life, and will highlight his weaknesses as a businessman. Cost \$30 at The Senior Center.

Kung Fu for Active Seniors with Sifu Mike Showstack on Fridays from 11:15 am-12:15 pm (4 Sessions) May 6, 13, 20, and 27 This four week program will include a warm-up program of 15 to 20 minutes and hand and foot techniques incorporating the motions of the Tiger and Crane. Cost \$20 at The Senior Center Limit 20

Winslow House Lecture: Downstairs-Upstairs: 18th Century Home Life with the Winslow's Regina Porter (2 sessions) on Friday July 8 & 15 from 10:00-11:30 am Downstairs in the Parlor: The Parlor was the room when family and friends gathered. Upstairs in the Bedchamber: We will explore the textiles, chamber pots and bed warmers. Cost \$20 at The Winslow House. Light refreshments served. Limit 30

Hot Topics on Beacon Hill with Senator Patrick O'Connor, Representatives Josh Cutler & Patrick Kearney on Fridays May 6, 13, & 20 from 10:30 am—11:30 am: This course provides an opportunity to explore issues that the Legislature will consider this political session. Each week participants discuss "hot topics" of the week and learn all sides of the issue. Group participation is key to the success of this course.

Local Art Museum Field Trips

Trip 1 - June 9th Cape Cod Museum of Art, Dennis, MA Lunch stop TBD and is not included in cost. Trip 2 - June 16th Fuller Craft Museum, Brockton, MA Lunch stop at Town Spa Pizza in Stoughton is not included in cost. Trip 3 - June 23rd deCordova Sculpture Park and Museum, Lincoln, MA Lunch stop at P.F. Chang's in Dedham is not included in cost. All trips are limited to 13 people per trip therefore only one trip sign up will be allowed at the kickoff registration. If there is space available after the kickoff registration ends, you can book additional trips. Transportation leaves the Senior Center at 9:30 am and returns at approximately 3:30 pm. Cost: \$40 includes bus transportation, museum admission and group guided tour.

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COA ACTIVITIES - ARTS & ENTERTAINMENT

ART OF FILM CLASS

On Thursday, April 14 at 12:30 pm

"Singin' In The Rain"



"The greatest Hollywood musical ever made!" Roger Ebert

We've all seen this film before. But no recent movie comes close. So...Enjoy "springing" into "a Glorious Feeling" of Gene Kelly, Debbie Reynolds, Donald O'Connor "Singin' in the Rain"—(maybe documentary extras.)

(Don't forget--bring your umbrella and your dancin' shoes!!) Heather Kaval

See you April 14th.... Come and have a good time. Refreshments service. *Heather Kaval*

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 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/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, April 29 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!

LET'S GO TO THE MOVIES!

"I Still Believe" (2020 1hr 55 m)

On Thursday, April 7 at 12:30 pm

This affecting biopic chronicles Christian music headliner Jeremy Camp's journey back to a place of hope and the redoubling of his faith despite the heartbreak of his wife's death shortly after their marriage in 2000.

"Belle" (2014 PG 1h 45m)

On Tuesday, April 19 at 12:30 pm

This period drama based on fact traces the life of Dido Elizabeth Belle, a biracial girl born in 1761 to a British admiral father and an African mother. Raised by her great-uncle, Dido finds her place in society despite her mixed ethnicity.

"Emma" (2013 1hr 40m)

Friday, April 22 at 12:30 pm

Beautiful, clever, and rich, Emma Woodhouse is a restless "queen bee" without rivals in her sleepy little English town. In this glittering satire of social class, Emma must navigate her way through the challenges of growing up, misguided matches and romantic missteps to realize the love that has been there all along.

FREE AND EASY PAINTING

On Fridays at 1:00 pm

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

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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

Have a UFO to finish? Join us to work on your own UFO or a project presented to the group. All Levels. 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, April 26 at 1:00 pm

"Clean Sweep for the Spirit – Downsizing Yourself to a Life That Fits"

This is your chance to let go of things and habits that no longer serve you in this ever changing world. Think of it as trimming the dead branches to re-shape your life. We've had to become adaptable in many ways and letting some things go will open the door to bring in the new and positive experiences. We can experience "chakra balancing" to begin your transformation. Light refreshments will be served, please sign up ahead.

CHERRY BLOSSOM SEASON IN JAPAN

Presentation on Video from Beeyonder

On Wednesday, April 6 from 10:30-11:30am

Beeyonder is a live, interactive virtual travel experience. We will play the video and can interact with the presenter as we travel the world. This month the presentation is on Cherry Blossom Season in Japan where we will travel virtually to Mt. Fuji and learn all about this iconic mountain and the surrounding area including the history, culture, food, activities, and people that make this place the true heart of Japan! This will be a 1 hour Virtual Experience. Sign up in advance at the front desk or by calling 781-834-5581

ANTIQUE PICTURE

POSTCARDS

W/ DAVID G. ALLEN

On Wednesday, April 13

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!

ANTIQUE SLIDESHOW

"Slideshow On Colonial Currency in America"

On Thursday, April 28 at 1:00 pm

Federal American currency came into use after the American Revolution, but in colonial America a variety of currencies circulated. A PowerPoint program will be presented on Colonial Currency in America. This presentation will provide an overview of currencies created by colonial banks, British colonies, currency to support the Continental Army, and the British government. While most of the program will be focused on the currencies themselves, other issues that will be addressed will be the insufficient amount of currency during the colonial era and assorted British efforts to suppress the American currencies. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have some colonial currency 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 where the same bridge deal is played at each table and scoring is based on relative performance. Players are expected to have some knowledge of duplicate bridge to play but observers welcome and all are invited to a no-cost mini-lesson at 12:00 pm each Wednesday. Facilitated by Gautam Merchant Cost: \$7.00

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**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.

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

LINE DANCE LESSONS WITH MAUREEN GODDING**On Mondays in April at 3:00 pm**

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 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.

PING PONG ANYONE?

We have a ping pong table that has been donated and an 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 the activity. and schedule this activity.

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. This traditional line dance class will include several genres such as Rock, Waltz, Foxtrot, Latin, Rock and Country. Line Dance provides many health benefits; low impact aerobic exercise with social interaction which will put a smile on your face! **If you can walk, you can line dance!** Cost \$5.00 per class.



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. April 5- Rexhame Beach South River side April 7- Rexhame Beach Ocean side April 12- R.R. Right of Way park at CVS April 14- Tubb's Meadow off Monroe St. Pembroke April 19- Burkes Beach at end of Beach St April 21-Burkes Beach at end of Beach St April 26- Cow Tent Hill Preserve, off Tremont St(Rt 3A) before the traffic light April 28- Camp Wing Conservation Area, off Franklin St Duxbury May 3- Rexhame Beach at end of Winslow Street along South river

GENTLE CHAIR EXERCISE w/BARBARA **On Thursdays at 8:30 am**

Join in this fun and energizing gentle chair exercise class with Barbara Leary. 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.

ESSENTRICS w/BARBARA

On Fridays at 11:00 am

A completely original, dynamic workout that draws on flowing movements that simultaneously lengthens and strengthens every muscle in the body resulting in greater joint mobility, increased flexibility and a reduction in chronic pain. Workout can be done standing or seated. Cost: \$6.00 per class.

NEW! ZUMBA®/CARDIO DANCE AND TONING W/Deb RAFFERTY

On Wednesdays at 11:00 am starting April 6

Zumba®/Cardio Dance and Toning is a full body workout. It is choreographed using a variety of motivating music from the warmup to the cooldown. Included are intermittent toning routines using light weights (1-3lbs). All routines can be done without the weights. Balance routines will also be included. The class is designed to improve muscle strength and endurance, flexibility and balance! Modifications will be shown. Cost : \$5.00 class. Sign up at the Front Desk.

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. Cost: \$5.00 class. No class April 15 and 22.

BRAIN BUILDER'S PROGRAM

On Wednesday, April 13 at 1:00 pm

Join Lisa Yauch-Cadden, speech therapist and "brain builder" for this 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!

HEARING AID CLEANING & SCREENING

On Friday, April 8 from 10:00 – 11:30 am

At Home Hearing Healthcare 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, April 27 at 1:00 pm

Mark will discuss the nature of back pain, how you can treat it and what you can do to prevent 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 to register.

TED TALK & DISCUSSION ON ZOOM

On Monday, April 25 at 10:00 am

Join us on zoom for a viewing of the TED talk "The routines, rituals and boundaries we need in stressful times" given by Esther Perel in which she discusses "How do you effectively regulate stress? The importance of creating routines, rituals and boundaries to deal with pandemic-related loss and uncertainty -- both at home and at work -- and offers some practical tools and techniques to help you regain your sense of self". Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

*Learn breathing techniques,
discuss mindfulness practices
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*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, April 5 and 19 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 April 5: Russia's Population Deficit and Demographics April 19: Global Implications of Russian Invasion. If you have questions about this group please contact Bob Jackman.

BOOK DISCUSSION GROUP


On Monday, April 25 at 11:00 am

This month we will be reading the book "Thirteen Moons" by Charles Frazier and meeting at the senior center. The Webster Readers meets the fourth Monday of the month. Facilitator Alia Antoon. New members welcome! Books available through the Ventress Memorial Library.

APRIL



©LPI

<p>4</p> <p>AARP Tax Prep 8:30 am-1:00 pm Zoom Coffee & Chat 9:00 am Technology Assistance 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 Congregate Lunch 12:00 pm Mahjong 1:00 pm Pinochle 1:00 pm Line Dancing with Maureen 3:00 pm</p>	<p>5</p> <p>Walking Group 8:30 am Balance & Strength/Neil Sullivan 9:00 am Technology Assistance 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 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</p>	<p>Woodcarving Manicures Heart & Hand Exercise w/Janet Social Day Program Rug Hooking Knitting Group Cherry Blossom Season in Japan Video Technology Assistance Yoga w/Tricia Zumba/Cardio Dance w/ Deb Congregate Lunch Duplicate Bridge Whist Hand & Foot Pool</p>
<p>11</p> <p>AARP Tax Prep 8:30 am-1:00 pm Zoom Coffee & Chat 9:00 am Technology Assistance 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 Dave the Gardener Greek Cooking 1:00 pm Email Essentials with Katy Mayo 1:00 pm Decoupage Egg Class 1:00 pm Mahjong 1:00 pm Pinochle 1:00 pm Line Dancing w/Maureen 3:00 pm</p>	<p>12</p> <p>Walking Group 8:30 am Balance & Strength/Neil Sullivan 9:00 am Hairdressing with Chrissy 9:00 am-12:00 Noon Technology Assistance 9:00 am 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 Imagination in Painting 1:00-3:15 pm Line Dancing w/Dotty 1:00 pm Art for Your Mind 1:00 pm Meditation & Mindfulness on Zoom 2:00 pm</p>	<p>Woodcarving Manicures Heart & Hand Exercise w/Janet Social Day Program Rug Hooking Knitting Group Antique Postcards Yoga w/Tricia Technology Assistance Zumba/Cardio Dance w/ Deb Congregate Lunch Duplicate Bridge Korean War Veteran's Meeting Whist Hand & Foot Brain Builder's Pool</p>
<p>18</p> <p>CLOSED IN CELEBRATION OF PATRIOTS' DAY</p> 	<p>19</p> <p>Walking Group 8:30 am Balance & Strength/Neil Sullivan 9:00 am Legal Clinic 9:00 am Technology Assistance 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 Movie "Belle" 12:30 pm Bridge 12:30-3:00 pm Cribbage 12:30 pm Line Dancing w/Dotty 1:00 pm Imagination in Painting 1:00-3:15 pm</p>	<p>Woodcarving Manicures Heart & Hand Exercise w/Janet Social Day Program Boosters Board Meeting Rug Hooking Knitting Group Real Estate Specialist Yoga w/Tricia Zumba/Cardio Dance w/ Deb Technology Assistance Congregate Lunch Duplicate Bridge Whist Hand & Foot Pool COA Board Meeting</p>
<p>25</p> <p>Zoom Coffee & Chat 9:00 am Technology Assistance 9:00 am Tai Chi 9:30 am LLL Registration Kickoff 9:30-11:30 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 Musical Monday 1:00 pm Mahjong 1:00 pm Pinochle 1:00 pm Line Dancing w/Maureen 3:00 pm</p>	<p>26</p> <p>Walking Group 8:30 am Balance & Strength/Neil Sullivan 9:00 am Technology Assistance 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 Meditation & Mindfulness on Zoom 2:00 pm Caregiver Support Group 6:00-7:00 pm</p>	<p>Woodcarving Manicures Heart & Hand Exercise w/Janet Social Day Program Rug Hooking Knitting Group Technology Assistance Yoga w/Tricia Zumba/Cardio Dance w/ Deb Ask A Nurse Congregate Lunch Duplicate Bridge MA Audubon Whist Hand & Foot Health Huddle Pool</p>

ARE YOU A COA BOOSTER MEMBER?

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

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

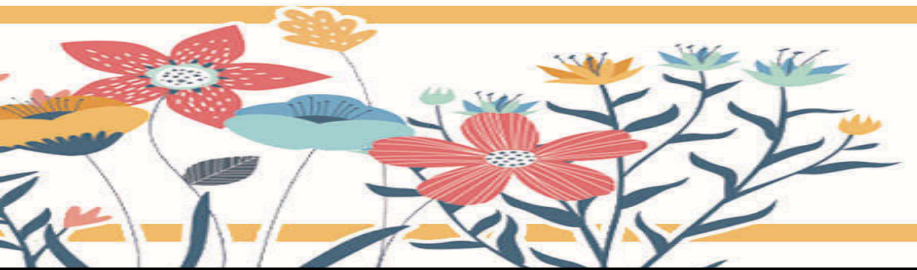
Help keep our Senior Center one of the most outstanding in the state.

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

SNAY

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 11:00 am 11:00 am 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm</p> <p>6</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 Movie "I Still Believe" 12:30 pm Zumba w/Deb 1:00 pm Mahjong 1:00 pm Drawing w/Tess 1:00 pm Sixty Plus Club 1:00 pm Pathways through Grief 2:00 pm</p> <p>7</p>	<p>AARP Tax Prep 8:30 am-1:00 pm Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Watercolor Class 9:30 am-12:00 pm Essentrics 11:00 am Zumba & Toning w/Justine 11:30 am Congregate Lunch 12:00 pm Free & Easy Painting 1:00-4:00 pm Pinochle 1:00 pm</p> <p>1</p>
<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-12:30 pm 11:00 am 11:00 am 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>13</p>	<p>Walking Group 8:30 am Gentle Chair Exercise w/Barbara 8:30 am Quilting Group 8:30-11:00 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 Art of Film 12:30 pm Zumba w/Deb 1:00 pm Mahjong 1:00 pm Drawing w/Tess 1:00 pm Pathways through Grief 2:00 pm</p> <p>14</p>	<p>AARP Tax Prep 8:30 am-1:00 pm Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Watercolor Class 9:30 am-12:00 pm Essentrics 11:00 am NO Zumba & Toning w/Justine 11:30 am Congregate Lunch 12:00 pm Free & Easy Painting 1:00-4:00 pm Pinochle 1:00 pm</p> <p>15</p>
<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-12:00 Noon 10:00 am-1:00 pm 10:00 am-12:00 pm 10:30 am-11:30 am 11:00 am 11:00 am 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm 3:00 pm</p> <p>20</p>	<p>Walking Group 8:30 am Gentle Chair Exercise w/Barbara 8:30 am Quilting Group 8:30-11:00 am Foot care w/Deborah 9:00 am-4:00 pm State Rep. Patrick Kearney 9:00-10:00 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 SALT/TRIAD 1:00 pm Zumba w/Deb 1:00 pm Mahjong 1:00 pm Drawing w/Tess 1:00 pm Pathways through Grief 2:00 pm</p> <p>21</p>	<p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Watercolor Class 9:30 am-12:00 pm Essentrics 11:00 am Poetry 11:00 am NO Zumba & Toning w/Justine 11:30 am Congregate Lunch 12:00 pm Movie "Emma" 12:30 pm Free & Easy Painting 1:00-4:00 pm Pinochle 1:00 pm</p> <p>22</p>
<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 11:00 am 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm</p> <p>27</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 Antique Slideshow 1:00 pm Pathways through Grief 2:00 pm</p> <p>28</p>	<p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Watercolor Class 9:30 am-12:00 pm Essentrics 11:00 am Poetry 11:00 am Zumba & Toning w/Justine 11:30 am Congregate Lunch 12:00 pm Free & Easy Painting 1:00-4:00 pm Pinochle 1:00 pm SMP—Medicare Fraud 1:00 pm</p> <p>29</p>

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COA SERVICES

30-MINUTE FINANCIAL PHONE CONSULTS

On Tuesday, April 12 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, April 19 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, April 25 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, April 20 from 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 Tuesday, April 19 from 9:00-11:00 am
 Attorney Susan Pieri will be available for 30-minute consultations. If it is determined that further legal work is necessary, he or she may need to consult a lawyer on a fee basis.

STATE REP. JOSH CUTLER

On Friday, April 8 from 9:00-10:00 am
AND

STATE REP. PATRICK KEARNEY

On Thursday, April 21 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, April 19 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

On Monday, April 11 & 25 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, April 12 ~ 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, April 21 ~ 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. 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, April 11 and Wednesday, April 27 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.

“MONTHLY CAREGIVER SUPPORT GROUP” On Tuesday, April 26 from 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.

PATHWAYS THROUGH GRIEF On Thursdays from 2:00-3:30 pm

A six session grief educational series and support group sponsored by Beacon Hospice will run from 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.

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

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.



PROTECT YOURSELF FROM MEDICARE FRAUD!

On Friday, April 29 at 1:00 p.m.

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud each year? Come meet Diana Karcher, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse.



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 \(50plusjobseekers.org\)](http://MasterCalendar-50+NetworkingGroups(50plusjobseekers.org)) If you are new to the 50+ program register at: <https://50plusjobseekers.org/outreach/registration/>. Contact: susan@sdkelly.com for more info.

TECHNOLOGY CORNER

EMAIL ESSENTIAL W/Katy Mayo Monday April 11 at 1:00 pm

Would you like to be able to send and receive attachments with your emails? Do you need a better way to search through your emails quickly? Do you want to get your email organized into folders to keep for future reference? If you do then this is the class for you. Katy Mayo will talk you through the process. Bring your laptop or let us know if you need a computer (be sure to bring your sign in information for your email) Minimum of 4 to hold the class. Advance registration required. Stop by the front desk or call 781-834-5581. \$20 payment due at class.

Technology Assistance

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 Bembenek
Tuesday's 9:00 am-12:00 pm w/Bob Demers
Wednesday's 11:00 am-1:00 pm w/Ben Bembenek

Visit our new website at
www.marshfieldseniorcenter.org

VOLUNTEER RECOGNITION CORNER



APRIL IS NATIONAL VOLUNTEER APPRECIATION MONTH. A huge thank you to all the Marshfield COA volunteers who help make the Senior Center the special place it is. If you know of anyone who is looking for a volunteer opportunity, we are currently seeking—

Bus Escorts to assist bus drivers in ensuring passenger safety as well as helping passengers on/off the bus, carry groceries, etc.

Gift Shop Volunteer needed to work in our gift shop on Thursdays from 9:00-11:00 am.

Fitness Room Monitors needed.

For more details, contact Project Coordinator for Volunteers at 781-834-5581x2120 or email: knoonan@townofmarshfield.org

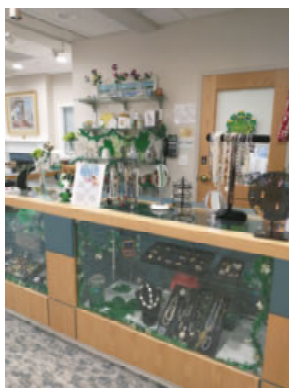
Welcome to our new March Volunteer: Ann Marie Hannon

Happy Birthday this month to: Barbara Vardaro, Irene O’Grady, Fred Monaco, William Scott, Rossann Reinhart, Richard Bell, Thomas Fitzgerald, Virginia Roche, Paul Newcomb, and Dave Gavaza

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! New jewelry markdowns—Great gift ideas and holiday greeting cards 10 for \$1. 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 April 20 at the Senior Center. The COA Boosters’ board meeting will be held on Wednesday, April 20 at 10:00 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.

MEDICAL SUPPLIES AND EQUIPMENT

The Senior Center has a supply of adult incontinence products available as well as medical supplies and durable medical equipment. Please call the Center at 781-834-5581 or stop by the front desk and ask for Judy or Kristen.

DIRECTORS CORNER

What a difference a month makes! The weather is becoming milder and the daylight is longer for everyone to enjoy. As you may have noticed from our front cover, the Senior Center has a new look. We are enjoying our new entryway and have just received a temporary occupancy for the second floor. Everyone must enter through this main entrance so that you can sign in. We are still working on refining our front door set up to optimize entering and exiting and we thank you for your patience with this.

Our indoor exercise equipment has arrived and we are working on a plan to help orient people to the many workout options that we have. Another new program is the café which opened on March 16th and will be serving breakfast and lunch items skillfully made by Food Service Manager, Jim Lowell. We should have most of our new furnishings at the beginning of April for all of you to enjoy! Our spring Lifelong Learning kicks off on April 25th so think about signing up and learning a new skill and or new topic such as in our Great Decisions group or maybe a history class. Finally, we do not have a date for our grand opening celebration yet but will advertise it in the May newsletter.

Look forward to seeing all of you at our newly improved and expanded Senior Center,
Carol Hamilton

RESERVE YOUR "RAISED GARDEN PLOT"

Sign up begins Monday, May 2, first come, first serve. Any Marshfield senior citizen is eligible to grow vegetables or annual flowers (NO perennial plants) in one of the raised beds located near the back door of the Senior Center. The only person who can harvest fruits, vegetables or flowers from the raised beds is the person who planted and cultivated them. The soil is enriched with organically certified compost and the gardens are very fertile. You must weed and water your space. Water is available from a nearby outlet and hose. The location gets full sunshine. With the use of trellises it is possible to grow crops like beans over a small plot of land. Planting can begin during the month of May once you are assigned a plot. The beds will close at the end of October when the outside water supply is turned off. **If you are interested in planting in these raised beds in 2022, please sign-up at the front desk.** Each participant will receive an assigned area by Gwen Frazier who will contact each person on the list. The plot will consist of half a bed only (8 available spots). You will also be responsible for cleaning and clearing up the bed at the end of the growing season. Thank you to Gwen for helping coordinate this project.

SIXTY PLUS CLUB

The next Sixty Plus Club will meet on **Thursday, April 7 at 1:00 pm.** After a short business meeting, we will have Katherine Lortie instruct a gentle yoga class. *Please stay safe! Nancy, Sandy, Ann, & Theresa*

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



Triad Group – (Senior Health, Safety and Crime Prevention Group) TBA on Thursday **April 21, at 1:00 pm.** South Shore Buds (located at 985 Plain Street in Marshfield) will be hosting an educational program at the Marshfield Senior Center on Thursday, April 21st at 1 pm. Staff members from South Shore Buds will be on site to present an information session about adult-use recreational cannabis and its potential benefits for the daily health and well being of Seniors. Please sign up ahead. **Triad Group – Senior health, safety and crime prevention** are also scheduled to meet on May 11th at 12:30 where we will invite public safety officials to take part in the meeting the way we used to before the pandemic. We will announce the topic for the meeting in the May issue of the newsletter. Hope to see you all then.

VETERAN'S CORNER

The Korean War Veterans meet at the Senior Center on the second Wednesday of the month. This month's meeting is on **April 13 at 12:30 pm** featuring a catered lunch by Family Crest Catering followed by our guest speaker Tom Happ. Tom is the son of a fighter pilot who was part of the New Guinea campaign. This is a meeting you won't want to miss. Mark your social calendar!!!

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. **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>
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; 3 rd Tuesday – Market Basket approx. arrival 9:30 am; pickup 11:00 am NEW!!
		<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
	PM	<i>In-town medical appointments 1:00 - 2:30 pm</i>
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/Market Basket		
<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.</i>		
<i>No one will be denied ridership for inability to donate.</i>		
<i>Note: Masks must be worn at all times on the bus. Effective 4/1/21</i>		

COA BOOSTERS

The Booster held their monthly board meeting on Wednesday March 23 and plan their next Board of Directors meeting for Wednesday, April 18TH at 10:00 AM in the Senior Center Board Room.

MEMBERSHIP - If you have not yet renewed your Booster membership or have never joined, the membership form is available at the front desk at the COA or on our web site at marshfieldcoaboosters.org. We are delighted to report that membership includes forty-three Angels, five Sponsors, and one Benefactor. Funds raised from membership will enhance the Senior Center and especially help provide for the needs of the addition.

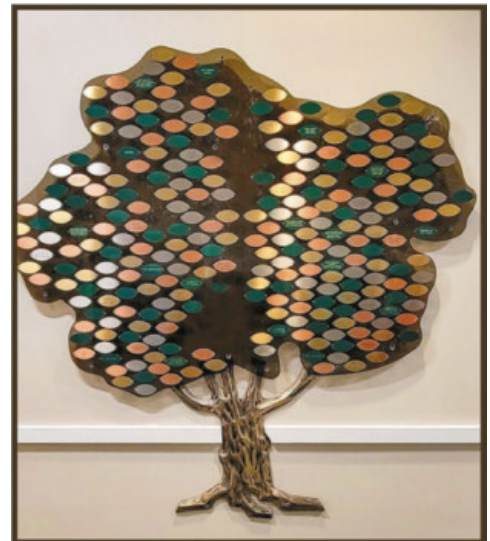
BOOSTERFEST- Ice Cream in March, the COA Boosters annual meeting was held March 25 and the following slate of Officers and Directors was approved for 2022:

Suzanne Allmendinger	President
Steve Rhodes	Vice President
Rain Rodolph	Secretary
Sandy Sutherland	Treasurer
Helen Demers	Assistant Treasurer
Peg Davis	Development Officer

Board Members: Liza Corbett, Dorothy Hayes, Pat Morey, Emmanuel Ofuokwu, Toni Sacks and Peggy Slade

THE GIVING TREE—Great News!! The Giving Tree has been installed and looks terrific! The official unveiling will be 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. However, if you want to drop by and Senior Center and take a peek, please do so.

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, take an application placed beside the Giving Tree, visit our website at www.marshfieldcoabooster.org or call the Coordinator, Liza Corbett, at 617-699-7927.



POT OF GOLD RAFFLE—Thanks to all who made our annual Pot of Gold raffle a success. We went to press before the winning ticket was drawn but will reveal the winners name in next month's Link. Thanks to Peggy Slade and her committee for their good work on this fundraiser.

SMILE - 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 - of more than \$50. Thank you to all those shoppers.

The Boosters are looking ahead to our Holiday Craft Fair. Due to COVID we cancelled plans for the past two years but it is looking very hopeful that we will hold this favorite event on November 5th. Mark your calendars.

LOOKING AHEAD TO THE HOLIDAYS

The Boosters are looking ahead to our Holiday Craft Fair. Due to COVID we cancelled plans for the past two years but it is looking very hopeful that we will hold this favorite event on November 5th. Mark your calendars.

COMING SOON

The Booster Board has been working on another funding opportunity for larger donors, and business and professional establishments, to show their support for our Senior Center. Look in the May Link for details of this exciting opportunity to invest in our Senior Center or call Suzanne Allmendinger now for more information at 781.834.7854

OCES NUTRITION PROGRAM

APRIL

REGULAR



Community Dining Menu

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium</p>				
<p>1 Tuna Salad on Lettuce Bed 340 Pasta Vegetable Salad 46 Whole Wheat Roll 254 Pineapple Chunks 1</p> <p>Cal: 743 Sodium: 766 mg Carb: 92 gm</p>				
<p>4 Cheddar Cheese Omelet 470 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Yogurt 75</p> <p>Cal: 843 Sodium: 904 mg Carb: 97 gm</p>	<p>5 Calif Chicken Salad 121 Potato Salad 50 Spinach Salad with 50 Mandarin Oranges 47 Oatmeal Bread 240 Chocolate Chip Cookie 105 MOD: SF CC Cookie 55</p> <p>Cal: 815 Sodium: 699 mg Carb: 86 gm</p>	<p>6 Turkey Chile 260 White Rice 50 Chuckwagon Vegetables 3 Corn Muffin 280 Fresh Banana 1</p> <p>Cal: 870 Sodium: 683mg Carb: 121 gm</p>	<p>7 Chicken Scallopini 351 Parslied Rotini 4 Roman Vegetables 16 Scala Bread 310 Chocolate Pudding 190 MOD: SF Chocolate Pudding 170</p> <p>Cal: 716 Sodium: 1008 mg Carb: 101 gm</p>	<p>8 Baked Pollock with Lemon Dill Sauce 235 Brown Rice & Orzo 4 Broccoli Flowets 12 Lemon Juice 1 Cracked Wheat Bread 115 Applesauce 20</p> <p>Cal: 545 Sodium: 524 mg Carb: 86 gm</p>
<p>11 Hot Dog** 550 Vegetarian Baked Beans 282 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 85 Fresh Orange 0</p> <p>Cal: 772 Sodium: 1112 mg Carb: 92 gm</p>	<p>12 Chicken Meatballs & Pasta w/ Italian Sauce 281 Tuscany Vegetables 41 Parmesan Cheese 55 Garlic Roll 240 Cinnamon Peaches 6</p> <p>Cal: 754 Sodium: 762 mg Carb: 99 gm</p>	<p>13 Chef's Salad 437 Pasta Salad Vinaigrette 5 Dressing 20 Whole Wheat Roll 254 Oatmeal Raisin Cookie 110 MOD: Strawberry Grahams 95</p> <p>Cal: 797 Sodium: 963 mg Carb: 92 gm</p>	<p>14 BBQ Chicken 368 Whipped Sweet Potatoes 36 Fiesta Vegetables 16 Whole Wheat Bread 65 Mandarin Oranges 7</p> <p>Cal: 650 Sodium: 629 mg Carb: 104 gm</p>	<p>15 Good Friday Breaded Cod Filet 260 Oven Browned Potatoes 6 Asian Blend Vegetable: 43 Tartar Sauce 85 Snowflake Roll 136 Oatmeal Crème Cookie 150 MOD: Chocolate Oatmeal 75</p> <p>Cal: 797 Sodium: 818 mg Carb: 103 gm</p>
<p>18 All Sites Closed</p> <p></p>	<p>19 Mediterranean Tortellini Salad** 556 Tomato Broccoli 2 Cucumber Salad 58 Whole Wheat Roll 256 Diced Pears 6</p> <p>Cal: 690 Sodium: 1012 mg Carb: 99 gm</p>	<p>20 Chicken Cacciatore 408 Parslied Rotini 4 Green Beans 3 Garlic Roll 240 Vanilla Pudding 220 MOD: SF Vanilla Pudding 142</p> <p>Cal: 717 Sodium: 1013 mg Carb: 92 gm</p>	<p>21 Pork Choppette with Gravy** 660 Roasted Potatoes 6 Carrot Coins 67 Whole Wheat Bread 65 Fresh Apple 2</p> <p>Cal: 819 Sodium: 937 mg Carb: 103 gm</p>	<p>22## Fish Creole 456 White Rice 2 Green Peas 82 Rye Bread 330 Brownie Cookie 230 MOD: Vanilla Wafers 98</p> <p>Cal: 860 Sodium: 1237 mg Carb: 123 gm</p>
<p>25 Turkey & Swiss 438 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 WW Bulkie 246 Lorna Doones 100</p> <p>Cal: 722 Sodium: 1039 mg Carb: 83 gm</p>	<p>26 Potato Crunch Pollock 270 Herbed Brown Rice 4 Broccoli & Carrots 45 Tartar Sauce 85 Snowflake Roll 136 Mixed Fruit Cup 5</p> <p>Cal: 703 Sodium: 678 mg Carb: 88 gm</p>	<p>27 Cheeseburger 440 Potato Wedges 260 California Vegetables 30 Ketchup 82 WW Hamburger Bun 127 Fresh Pear 5</p> <p>Cal: 707 Sodium: 1077 mg Carb: 80 gm</p>	<p>28 Oven Fried Chicken with Gravy 382 Roasted Sweet Potatoes 45 Spinach 110 Oatmeal Bread 240 Diced Peaches 6</p> <p>Cal: 696 Sodium: 921 mg Carb: 93 gm</p>	<p>29 Roast Pork with Apple Cider Gravy 100 Cheese Mashed Potatoes 248 Mixed Vegetables 42 Whole Wheat Roll 254 Jello 95</p> <p>Cal: 764 Sodium: 876 mg Carb: 82 gm</p>

*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.

Tuesdays

- April 5 Egg Salad on Croissant
- April 12 Chicken Caesar Salad Wrap
- April 19 Italian Chicken Salad on Focaccia
- April 26 Ham & Cheese Wrap

Thursdays

- April 7 Turkey & Cheese on Kaiser Roll
- April 14 Hummus & Veggie Wrap
- April 21 Roast Beef & Swiss on Kaiser Roll
- April 28 Tuna Salad



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Sheila Gagnon..... Vice Chairperson
Janice Fletcher Secretary

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Fred Monaco Maureen Saunders William Scott

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Lynn Gaughan..... Assistant Director
Kathleen Monahan Administrative Assistant
Marilee ComerfordActivities Coordinator
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Shannon Jameson.....Nutrition Manager
Judy Caldas & Ken Pike..... Social Service Coordinator
Kristen Noonan..... Project Coord. of Volunteers
Cathie DiMassa, Lisa Cleary.. Clerical & Activities Assistant
Maggie Cooper..... Sr. Aide

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Steve Rhodes..... Vice President
Sandra Sutherland Treasurer
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