



The LINK

www.marshfieldseniorcenter.org

Accredited by 
National Institute of Senior Centers

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

MAY 2022

Volume 386

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.

Save the Date

SATURDAY, JUNE 25TH AT
10:00 AM



Senior Center Open House Celebration!
Speaker's Program - Lunch - Entertainment -
Souvenirs - Tours

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

SOUTH SHORE BUDS

LET OUR EXPERIENCED STAFF ASSIST YOU IN FINDING THE BEST PRODUCTS FOR YOUR NEEDS!

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NEW INTRODUCTION TO PICKLE BALL FOR BEGINNERS

On Tuesdays & Thursdays from 8:30-11:30 am Starting May 3rd

There will be two cycles of Introduction to Pickleball each Tuesday (sign up for either 8:30-10:00 or 10:00-11:30) and there will be dedicated time for free play for new players each Thursday morning. Join the pickle ball ambassadors and learn the basics of pickleball as well as proper pickleball etiquette. Bring a folding chair and water. If you have a pickleball paddle and/or balls, feel free to bring them, otherwise equipment will be provided if you come to the front desk in the Senior Center. Limit: 10 per session (Two sessions each Tuesday) so registration required. Please call the Senior Center at 781-834-5581 to sign up.

MAY IS ELDER LAW MONTH - "TAKING CONTROL OF YOUR FUTURE"

Coming in June! Attorney Elizabeth Caruso

The Mass. Bar's Elder Law Education Program with the assistance of the Mass. Chapter of the National Academy of Elder Law Attorneys will review the revised and expanded resource guide for 2022. Topics can include Competency & Incapacity, Health & Long-term Care Insurance, Protecting Your Home, Elder Abuse, Social Security & other topics. Copies of the latest resources guide will be provided for 2022 while supplies last. Please call the Senior Center at 781-834-5581 to sign up.

ART FOR YOUR MIND PRESENTS "FAMOUS IMPRESSIONS"

On Tuesday, May 10 at 1:00 pm

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its' participants. The featured topic, *Famous Impressions*, offers a chance to enjoy the work of famous Impressionist painters such as Monet, Renoir, Degas and others. You'll gain insight into the Impressionists' new techniques, what they believed, and how their creations stirred the art world, inspiring artists through time—from the post-impressionists onward. Please call the Senior Center at 781-834-5581 to sign up. \$2 suggested donation at the door. Register in advance with the Front Desk.

MUSICAL MONDAY BY JACK CRAIG-CELEBRATING WOMEN IN SONG

On Monday, May 16 at 1:00 pm

When the 19th amendment was passed in 1919 giving women the right to vote, songwriters responded with an array of shows and songs based on women's names. Also, women lyricists and composers became more a part of the mainstream of songwriting in America. Theatre shows included 'Irene', 'Sally', and 'Sunny', while individual songs celebrated women from Cecelia to Suzie! Please call the Senior Center at 781-834-5581 to sign up as refreshments are served. \$2 suggested donation at the door.

A BRIEF HISTORY! HISTORICAL PRESENTATION by Anne Barrett

On Thursday May 19 at 1:00 pm

Smithsonian Magazine declared, "ELIZA HAMILTON IS DESERVING OF A MUSICAL OF HER OWN!" A fascinating and important historic figure in her own right, Mrs. Hamilton will share her story; the daughter of a Revolutionary General, the wife of a Founding Father, and the independent and indomitable woman who survived and thrived for nearly 100 years! Please sign up at the front desk or call 781-834-5581.

BEADING CLASS with Bonnie Benford

On Friday, May 20 at 1:00 pm

Please treat yourself to an enjoyable session of beading. Bonnie will provide all the materials to make bracelets and or earrings. Choose your own materials and color scheme to create the perfect piece. Class is limited to 12 students. \$3 cost. Please sign up at the front desk or call 781-834-5581, as there will be a limit of 12 students.

WHAT'S THE BUZZ ABOUT BEES with Blake Dimius from Plymouth County Mosquito Control

On Monday, May 23 at 1:00

There's a lot of "buzz" about bees these days. Protect our pollinators! Save the bees! Avoid "spicy bees!" It's no question: Bees are critical to the life we are familiar with today. Massachusetts is home to at least 365 species of native bees. Each of these has unique requirements, behaviors, and seasonality. Bees need our help now more than ever. But, with the right knowledge, we can make a difference. Please sign up at the front desk or call 781-834-5581 for this very informative and fun presentation!

DIRECTORS CORNER

May is a beautiful month with flowers blooming and birds singing! It is also Elder Law Month, Older American's Month, Mother's Day and Memorial Day!

As we move into this month you will see activities being planned for the outdoors such as Pickleball and Bocce games! The walking group has added an additional day and gets together twice a week. We hope to add some outdoor seating for our café just outside on the farmer's porch in the coming months. We have also chosen a date for our open house celebration on June 25th, so please see the save the date! There will be more details to follow in the June newsletter.

We continue to work on getting ping pong games started for those rainy days or maybe consider coming to our wide array of Lifelong Learning sessions such as trail walks and museum trips !

A large majority of our new furnishings have arrived and our new library has many lovely books to borrow, Now that there is additional space, we could use donations of hard covered books if you have them. We are still waiting for some long lead items on our furnishings that will be delivered over the next couple of months.

By the time this newsletter is printed we will have opened our new fitness room that has a wide variety of equipment to enjoy. You must register for orientation before you use the equipment. We will also have volunteer ambassadors on site to assist with information on the equipment.

As you can see, there is something for everyone to partake in and we encourage you to give the Senior Center a try particularly because it is Older American's Month! The theme this year is "Age My Way" which focuses on how older adults can age in their communities, live independently for as long as possible, and participate in ways they choose, which we hope Marshfield delivers on!

Hope to see you soon,
Carol Hamilton

TRIAD

On Wednesday, May 11 at 12:30 pm

Seniors and Law Enforcement Together to discuss health, safety and crime prevention concerns and to do an official re-signing of the Triad Agreement. Law Enforcement will include public safety officials from the District Attorney's Office, the Sheriff's Department, the Police Department and the Fire Department. Come hear about what each official is working on to help seniors stay safe and well. We will be offering senior ID's through the Sheriff's Department and a free drawing with gift certificates for participants that come! A pizza lunch will be served. Hope to see you all then. Please sign up ahead at the front desk.

COMPREHENSIVE WORKSHOP ON DOWN-SIZING AND HOME OPTIONS

On Tuesday, May 17 at 11:00am

Come hear from a professional round table which will include Certified Reverse Mortgage Professional, David Tourtillott, CRMP® (What's a Reverse Mortgage and how they work), Elder Law Attorney Paula Schlosser (importance of Estate Planning in retirement to avoid probate & preserve home & other assets), Senior Real Estate Specialist Karen Powers, (importance of working with a SRES when rightsizing into a new home), and Clutter Specialist Janen Thomas (what to do with all my stuff) as the four of them share their knowledge and take questions. Sign up in advance at the front desk or by calling 781-834-5581.

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COA ACTIVITIES - ARTS & ENTERTAINMENT

ART OF FILM CLASS

"Damn Yankees"

On Thursday, May 12 at 12:30 pm

The movie version of *"Damn Yankees,"* is performed by most of the original Broadway cast, including Gwen Verdon and Ray Walston. Choreographer Bob Fosse appears with Gwen Verdon in the number "Who's Got the Pain?" Other characters are performed by such talents as Tab Hunter, Jimmie Komack, and Jean Stapleton.

The plot centers around a baseball fanatic who would do anything--including selling his soul to the Devil--if his team could win the pennant race and beat the New York Yankees. (Well, whatever Lola wants, but you've certainly gotta have the heart!!) Let's get together...Please come: enjoy the singing and fine dancing. ~ *Heather Kaval*

LET'S GO TO THE MOVIES

"Mary Poppins Returns" (2018 2h 10m)

On Monday, May 9 at 12:30 pm

The magic continues in Disney's classic as Mary Poppins helps the Banks family remember the joy of being a child. Cast: Emily Blunt, Lin-Manuel Miranda, Ben Whishaw, Emily Mortimer, Julie Walters, Dick Van Dyke, Angela Lansbury.....

"Dear Evan Hansen" (2021 2h 17m)

On Wednesday, May 18 at 12:30 pm

In this cinematic version of the hit Broadway musical, high schooler Evan Hansen gets entangled in a lie after a classmate kills himself and his parents mistakenly conclude that Evan's letter to himself is their son's suicide note. Cast Ben Platt, Kaitlyn Dever, Amandla Stenberg, Nik Dodani, Colton Ryan, Danny Pino, Julianne Moore, Amy Adams.....

"Alice Doesn't Live Here Anymore" (1974 1h 52m)

On Friday, May 27 at 12:30 pm

Ellen Burstyn won an Oscar playing Alice Hyatt, a destitute widow who must find the strength to go on for her young son in the face of loneliness and fear, in this classic slice of 1970s cinema from director Martin Scorsese. Cast Ellen Burstyn, Harvey Keitel, Kris Kristofferson, Diane Ladd, Vic Tayback, Valerie Curtin, Director Martin Scorsese

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 at 1:00 pm

This light and fun class will show you 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.

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. **NO class May 27**

FREE AND EASY PAINTING

On Fridays at 1:00 pm

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

POETRY CLUB w/RICH HANSEN

On Friday, May 27 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

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, May 31 at 1:00 pm

"De-stressing during Stressful Times!"

There are many proven methods to help us to release from stress. What works for one, doesn't work for all. We'll discuss methods that we're familiar with and those we are curious to know more about and try deep breathing exercises.

THE TEMPLE MOUNT IN JERUSALEM

Presentation on Video from Beeyond

On Wednesday, May 25 from 10:00-11:00am

Join this interactive experience as we will play the video and interact with the presenter as we travel the world. Welcome to Mount Moriah! Let's visit the holiest place on earth: We will see the Western Wall from an unusual angle, Al-Aqsa mosque, the Golden Dome, and the Golden Gate (Gate of Mercy) where Jesus entered the city on multiple occasions. We will talk about the Jewish, Christian, and Muslim traditions on the mountain and see the strong connection between the three Abrahamic faiths. Sign up in advance at the front desk or by calling 781-834-5581

ANTIQUÉ PICTURE POSTCARDS

On Wednesday, May 11 from 11:00 am—12:30 pm

David G. Allen invites you 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

"Country Store Tins, Displays & Boxes 1850-1950"

On Thursday, May 26 at 1:00 pm

Do you remember colorful, evocative advertising tins, boxes, displays, and signs that contributed to country store ambience in the mid twentieth century? On Thursday May 26 at 1:00 pm a slideshow will be presented on Country Store Tins and Boxes 1850-1950. After a few introductory slides about country stores, tin can production and printing with color lithography, we will quickly view many examples that will trigger memories. Images will depict individual-sized tins and boxes, some store display bins, cleverly marketed boxes crates, and store signs. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have a country store item 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 100 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. Newcomers are welcome, but if you have never played before come and observe the first week and arrangements for instructions can be given for the next visit. Monday Mahjong facilitated by Marilyn Dannemann. Thursday Mahjong facilitated by 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**FITNESS ROOM ORIENTATIONS**

Fitness orientations are now being scheduled by appointment only. Please visit the Senior Center or call to schedule an appointment at 781-834-5581.

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**On Mondays 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.

No class May 2 or Summer months June-August

BALANCE & STRENGTH EXERCISE**w/NEIL SULLIVAN****NOW On Wednesdays at 9:30 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. 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 **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

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. Instructor Janet Enos 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. May 3– Rexhame Beach end of Winslow St. South River side May 5– Rexhame Beach end of Beach St. May 10– Round Pond Trails off Mayflower St Dux May 12– Two Mile Reservation off Union St. Mfld– south of Pine St. May 17– North Hill Marsh Trails-Kettle Hole Loop(1.5 miles) off Mayflower St. May 19–Rexhame Beach end of Winslow St. South River side May 24 East St. Bogs, Dux. May 26– Nelson Memorial Forest off to the east of Union St. woodlands off Union St Mfld May 31– Corn Hill Woodland Trails-westerly side of Union St, north of Highland St Mfld

GENTLE CHAIR EXERCISE w/BARBARA

NOW On Thursdays at 9:00 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 1:00 pm starting May 4

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, May 11 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, May 13 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, May 25 at 1:00 pm

"Loss of balance and preventive exercise to avoid falling." Mark will discuss factors that contribute to falling and what you can do to help reduce the risk of falling.

PICKLEBALL FOR BEGINNERS

Instruction on Tuesday/ Free play on Thursday

8:30—11:30 am Starting May 3

There will be two cycles of Introduction to Pickleball each Tuesday (sign up for either 8:30 to 10:00 or 10:00-11:30) and there will be dedicated time for free play for new players each Thursday morning. Learn the basics of pickleball. Bring a folding chair and water. If you have a pickleball paddle and/or balls, feel free to bring them, otherwise equipment will be provided if you come to the front desk. Limit: 10 per session (Two sessions each Tuesday) so registration required. Call the senior center at 781-834-5581 to reserve your spot.

VIRTUAL CLASSES

TED TALK & DISCUSSION ON ZOOM

On Monday, May 23 at 10:00 am

Join us on zoom for a reviewing of the classic and inspiring TED talk from 2010 on "The Power of Vulnerability" by Dr. Brene Brown Discussion to follow on zoom. Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

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



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

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

Class is Free ~ Beginners Welcome



GREAT DISCUSSIONS via ZOOM

On Tuesday, May 3 and 17 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 May 3: Russia's Population Deficit and Demographics May 17: Global Implications of Russian Invasion. If you have questions about this group please contact Bob Jackman.

BOOK DISCUSSION GROUP

On Monday, May 23 at 11:00 am

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

MONDAY

TUESDAY

WEDNESDAY

Technology Assistance.....	9:00-11:00 am	2
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	
LLL-Great Decisions.....	11:00 am	
Zumba & Toning w/Justine.....	11:30 am	
Congregate Lunch.....	12:00 pm	
Pinochle.....	1:00 pm	
Mahjong.....	1:00 pm	
NO Line Dancing with Maureen.....	3:00 pm	

Beginner Pickleball.....	8:30 am	3
Walking Group.....	8:30 am	
Technology Assistance.....	9:00 am-noon	
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	

Woodcarving.....	
Manicures.....	
LLL- MA Audubon.....	
Balance & Strength/Neil Sullivan.....	
Heart & Hand Exercise w/Janet.....	
LLL- Music w/Larry King.....	
Social Day Program.....	
Rug Hooking.....	
Knitting Group.....	
Technology Assistance.....	
Yoga w/Tricia.....	
LLL-Arthritis w/ Neil.....	
Congregate Lunch.....	
Duplicate Bridge.....	
Zumba/Cardio Dance w/ Deb.....	
Whist AND Hand & Foot.....	
Pool.....	

Technology Assistance.....	9:00-11:00 am	9
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	
LLL-Great Decisions.....	11:00 am	
Ask a Nurse.....	11:00 am-12:00 pm	
Zumba & Toning w/Justine.....	11:30 am	
Congregate Lunch.....	12:00 pm	
Movie "Mary Poppins Returns".....	12:30 pm	
Exploring Internet with Katy Mayo.....	1:00 pm	
Pinochle.....	1:00 pm	
Mahjong.....	1:00 pm	
Line Dancing w/Maureen.....	3:00 pm	

Beginner Pickleball.....	8:30 am	10
Walking Group.....	8:30 am	
Hairdressing with Chrissy.....	9:00 am-noon	
Technology Assistance.....	9:00 am-noon	
Art Studio.....	9:30 am-noon	
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	

Legal Clinic.....	
Woodcarving.....	
Manicures.....	
LLL- MA Audubon.....	
Balance & Strength/Neil Sullivan.....	
Heart & Hand Exercise w/Janet.....	
LLL- Music w/Larry King.....	
Social Day Program.....	
Rug Hooking/ AND Knitting.....	
Antique Picture Postcards.....	
Yoga w/Tricia.....	
LLL-Arthritis w/ Neil.....	
Technology Assistance.....	
Congregate Lunch.....	
TRIAD.....	
Duplicate Bridge.....	
Korean War Veteran's Meeting.....	
Zumba/Cardio Dance w/ Deb.....	
Whist AND Hand & Foot.....	
Brain Builder's.....	
Pool.....	

Technology Assistance.....	9:00-11:00 am	16
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	
LLL-Great Decisions.....	11:00 am	
Reverse Mortgage Consults.....	11:00 am-1:00 pm	
Zumba & Toning w/Justine.....	11:30 am	
Congregate Lunch.....	12:00 pm	
Musical Monday.....	1:00 pm	
Pinochle.....	1:00 pm	
Mahjong.....	1:00 pm	
Line Dancing w/Maureen.....	3:00 pm	

Beginner Pickleball.....	8:30 am	17
Walking Group.....	8:30 am	
Technology Assistance.....	9:00 am-noon	
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	
Workshop on Downsizing/Home Options.....	11:00 am	
Bridge.....	12:30-3:00 pm	
Cribbage.....	12:30 pm	
Line Dancing w/Dotty.....	1:00 pm	
Imagination in Painting.....	1:00-3:15 pm	

Woodcarving.....	
Manicures.....	
LLL- MA Audubon.....	
Balance & Strength/Neil Sullivan.....	
Heart & Hand Exercise w/Janet.....	
LLL- Music w/Larry King.....	
Social Day Program.....	
Boosters Board Meeting.....	
Rug Hooking AND Knitting.....	
Real Estate Specialist.....	
Yoga w/Tricia.....	
Technology Assistance.....	
LLL-Arthritis w/ Neil.....	
Congregate Lunch.....	
Duplicate Bridge.....	
Movie "Dear Evan Hansen".....	
Zumba/Cardio Dance w/ Deb.....	
Whist.....	
Pool.....	
COA Board Meeting.....	

Technology Assistance.....	9:00-11:00 am	23
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	
LLL-Great Decisions.....	11:00 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	
What's the Buzz on Bees?.....	1:00 pm	
Word Basics with Katy Mayo.....	1:00 pm	
Pinochle AND Mahjong.....	1:00 pm	
Line Dancing w/Maureen.....	3:00 pm	

Beginner Pickleball.....	8:30 am	24
Walking Group.....	8:30 am	
Technology Assistance.....	9:00 am-noon	
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	
Meditation & Mindfulness on Zoom.....	2:00 pm	
Caregiver Support Group.....	6:00-7:00 pm	

Woodcarving.....	
Manicures.....	
LLL- MA Audubon.....	
Balance & Strength/Neil Sullivan.....	
Heart & Hand Exercise w/Janet.....	
Beeyond The Temple Mount.....	
LLL- Music w/Larry King.....	
Social Day Program.....	
Rug Hooking AND Knitting.....	
Technology Assistance.....	
Yoga w/Tricia.....	
Ask a Nurse.....	
LLL-Arthritis w/ Neil.....	
Congregate Lunch.....	
Duplicate Bridge.....	
Health Huddle.....	
Zumba/Cardio Dance w/ Deb.....	
Whist.....	
Hand & Foot.....	
Pool.....	

CENTER CLOSED

MEMORIAL DAY
We will never forget

Beginner Pickleball.....	8:30 am	31
Walking Group.....	8:30 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	



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 9:00 am 9:30 am 10:00 am 10:00 am-2:00 pm 10:00 am-1:00 pm 10:00 am-12:00 pm 11:00 am-1:00 pm 11:00 am 12:00 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm</p>	<p>4</p> <p>Beginner Pickleball 8:30 am Walking Group 8:30 am LLL- Barre 9:00 am Gentle Chair Exercise w/Barbara 9:00 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 Sixty Plus Club 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 LLL- Ukulele 2:30 pm</p>	<p>5</p> <p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Watercolor Class 9:30 am-12:00 pm LLL- Hot Topics on Beacon Hill 10:30 am Essentrics 11:00 am LLL- Kung Fu 11:15 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>9:00 am 9:00 am-12:00 pm 9:00 am-4:00 pm 9:00 am 9:30 am 9:30 am 10:00 am 10:00 am-2:00 pm 10:00 am 11:00 am-12:30 pm 11:00 am 11:00 am-1:00 pm 12:00 pm 12:30-3:00 pm 12:30 pm 1:00 pm 1:00 pm 1:00 pm</p>	<p>11</p> <p>Beginner Pickleball 8:30 am Walking Group 8:30 am LLL- Barre 9:00 am Gentle Chair Exercise w/Barbara 9:00 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 LLL- Ukulele 2:30 pm</p>	<p>12</p> <p>State Rep. Josh Cutler 9:00-10:00 am Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Watercolor Class 9:30 am-12:00 pm Hearing Screening 10:00-11:30 am LLL- Hot Topics on Beacon Hill 10:30 am Essentrics 11:00 am LLL- Kung Fu 11:15 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>9:00 am-12:00 pm 9:00 am-4:00 pm 9:00 am 9:30 am 9:30 am 10:00 am 10:00 am-2:00 pm 10:00 am 10:30 am-11:30 am 11:00 am 11:00 am-1:00 pm 12:00 pm 12:30-3:00 pm 12:30 pm 1:00 pm 1:00 pm 1:00 pm 3:00 pm</p>	<p>18</p> <p>Beginner Pickleball 8:30 am Walking Group 8:30 am Gentle Chair Exercise w/Barbara 9:00 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 Historian Anne Barrett 1:00 pm Zumba w/Deb 1:00 pm Mahjong 1:00 pm Drawing w/Tess 1:00 pm LLL- Ukulele 2:30 pm LLL- Hiking 5:00 pm</p>	<p>19</p> <p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am Watercolor Class 9:30 am-12:00 pm LLL- Hot Topics on Beacon Hill 10:30 am Essentrics 11:00 am LLL- Kung Fu 11:15 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 Beading with Bonnie 1:00 pm</p>
<p>9:00 am-12:00 pm 9:00 am-4:00 pm 9:00 am 9:30 am 9:30 am 10:00 am 10:00 am 10:00 am-2:00 pm 11:00 am-1:00 pm 11:00 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>25</p> <p>Beginner Pickleball 8:30 am Walking Group 8:30 am LLL- Barre 9:00 am Gentle Chair Exercise w/Barbara 9:00 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 LLL- Edison 1:00 pm LLL- Ukulele 2:30 pm</p>	<p>26</p> <p>Yoga w/Katherine 9:30 am Heart & Hand Exercise w/Janet 9:30 am NO Watercolor Class 9:30 am-12:00 pm Essentrics 11:00 am Poetry 11:00 am LLL- Kung Fu 11:15 am Zumba & Toning w/Justine 11:30 am Congregate Lunch 12:00 pm Movie "Alice Doesn't Live Here Anymore" 12:30 pm Free & Easy Painting 1:00-4:00 pm Pinochle 1:00 pm</p>



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COA SERVICES

30-MINUTE FINANCIAL PHONE CONSULTS

On Tuesday, May 10 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 and retirement? **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, May 17 from 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, May 23 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, May 18 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 Wednesday, May 11 from 9:00-11:00 am

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

STATE REP. JOSH CUTLER

**On Friday, May 13 from 9:00-10:00 am
AND**

STATE REP. PATRICK KEARNEY

On Thursday, May 19 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, May 17 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, May 9 and 23
from 10:00 am-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, May 10 ~ 9:00 am-12:00 pm

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, May 19 ~ 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, May 9 and
Wednesday, May 25 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.

SPRING LIFELONG LEARNING

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 Limit 30

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 10, 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

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 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, 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 will discuss "hot topics" on Beacon Hill. Cost: \$10 Limit 24

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. 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.

VOLUNTEER RECOGNITION CORNER

If you know of anyone who is looking for a volunteer opportunity, we are currently seeking—Meals on Wheels drivers to deliver meals to our residents; Fitness Room Monitors and volunteers to help with some yard clean-up for seniors in our community. For more details, contact Project Coordinator for Volunteers at 781-834-5581x2120 or email: knoonan@townofmarshfield.org
 Welcome to our new March Volunteers: John Prendergast, Dave Connor, Peg Walsh, Alyce Mackinnon and Susan Reardon

Happy Birthday this month to: Joan Dolan, Pat Messer, John Machetti, Bill Wennerberg, Judith Hill, Ron Jordan, Ann Marie Roth, Dottie Hayes Jennifer Rabbitt, Anne Marie Hannon, Eileen Shachochis, , Eric Kelley and Jeanne Boretti

GIFT SHOP "From behind the counter"

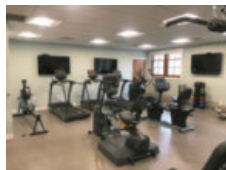
Spring purse and bag sale Wednesday May 11th Gently used Coach, Michael Kors and Vera Bradley bags.



Library- our new Library is now open --- accepting donations for gently used hard bound book including large print

Fitness Room- Now open! (April 20th).

All new or returning fitness members are required to attend an orientation. Orientations are by appointment only and may be made at the Front Desk. All users must have a signed Fitness Activity/Health Wellness Service/Activities Permission, Release of Liability and Medical Release form on file.



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 May 18 at the Senior Center. The COA Boosters' board meeting will be held on Wednesday, May 18 at 10:00 am at the Senior Center.

SAVE THE DATE

Teaching Tolerance: A Conversation with Bob Parlin on Thursday, June 2 at 5:00 pm at the Duxbury Senior Center.

TRIAD Wednesday, June 8 at 1:00 pm with Dr. Elena Schepis speaking on hearing loss and cognitive decline.

Marshfield Senior Center Open House Celebration on Saturday, June 25 at 10:00 am.

SOCIAL SERVICES CORNER

2021-2022 Cold Relief Assistance Massachusetts Department of Housing

EXTENDED UNTIL MAY 13

MA FUEL ASSISTANCE GUIDELINES:



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

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.

VOLUNTEER MEDICAL DRIVER PROGRAM

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 always seeking volunteer drivers so if you have a Massachusetts driver's license, reliable vehicle, please consider joining the team. Drivers are eligible for reimbursement for mileage, parking and lunch under certain instances. Please call 781-834-5581 and speak with Kristen.

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.

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, May 24 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 meets every month on the 4th Tuesday at the Senior Center.

PATHWAYS THROUGH GRIEF

On Thursdays from 2:00-3:30 pm thru May 12

Sponsored by Beacon Hospice 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.

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 . You must weed and water your space. The location gets full sunshine. Planting can begin during the month of May once you are assigned a plot. water supply is turned off. If you are interested in planting in these raised beds in 2022, please sign-up at the front desk.

SIXTY PLUS CLUB

The next Sixty Plus Club will meet on Thursday, May 5 at 1:00 pm. After a short business meeting, we will have a guest speaker, Susan Allmendinger of the COA Boosters for a general discussion. *Please stay safe! Nancy, Sandy, Ann, & Theresa*

TECHNOLOGY CORNER

EXPLORING THE INTERNET W/Katy Mayo

Monday, May 9 at 1:00 pm

Are you have trouble finding what you looking for on the web? Do you struggle to get back to something you looked at earlier or are you afraid to click on the “wrong thing” then this session is for you. Bring your laptop or ipad.

WORD BASICS W/Katy Mayo

Monday, May 23 at 1:00 pm

Computer expert Katy Mayo will go over ‘Word’ Basics. Learn more about how to create and edit documents and get the most from this program.

Computers are available if you need to practice 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

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 May 11 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. 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

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; pickup @ 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
		1 st Wednesday – Market Basket approx. arrival 9:30 am, pickup 11:00 am; 2 nd Wednesday – Roche Bros. approx. arrival 10:30 am; Other Wednesdays – Stop & Shop or Christmas Tree Shop 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. No one will be denied ridership for inability to donate.</i>		
<i>Note: Masks must be worn at all times on the bus. Effective 5/1/22</i>		

COA BOOSTERS

The Booster monthly board meeting was held Wednesday, April 23rd and our next meeting is scheduled for Wednesday, May 18 at 10:00 am in the Senior Center Conference Room. All members are welcome.

The Booster membership form is available at the front desk at the COA or on our new web site, marshfieldcoabooster.org. Thanks to those who have joined or renewed this year and a friendly reminder to those who have not as yet renewed and a welcome to new members. Membership money will refresh the main building, so it flows seamlessly into the new addition. The Town of Marshfield has been most generous in their support of the addition for the Seniors but that funding is earmarked only for the expansion and cannot be used for projects in the main building. There are so many ways the Boosters can and will continue to enhance the building, increase offerings and expand services of the entire Senior Center.

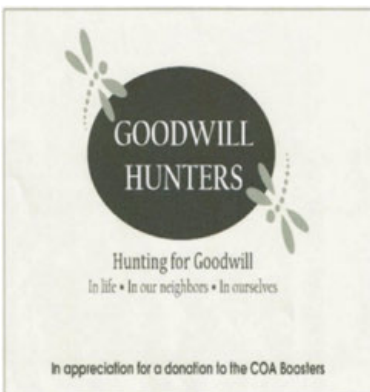


The Giving Tree is a stunning addition to the expansion and is located on the right wall just as you enter the Seaflower Café. Stop by and take a moment to read all the tender messages engraved on the leaves. What a beautiful way to memorialize a dear friend or relative, or for businesses and organizations to make their gift with suitable attribution.

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 the Giving Tree, visit our website at www.marshfieldcoabooster.org or call Liza Corbett at 617-699-7927.



Mark your calendar now—Saturday, November 5th Booster Holiday Arts & Craft Show. Bigger and better than ever!! Just in time for holiday shopping!! Arts and Craft Fair featuring unique hand-crafted items from New England. Diverse variety of items, many one of a kind, at fair and reasonable prices. Chili and clam chowder available for purchase plus a large bake sale. Includes an onsite raffle with items donated by the crafters and local merchants. Vendor applications available now. Call Peg Davis at 781-363-2050 for more information.



New Adopt-A-Room Fundraising Program! Our stunning new addition presents a once in a lifetime opportunity for a major fundraising project. The Adopt-A-Room program offers an opportunity to make a major impact and leave a permanent marker in the Senior Center. Every room in the addition has an historic name, representing the nine villages of our town and other landmarks. Donor can choose a location in town significant to them or perhaps the rooms function has more meaning. For a major donation ranging from \$2,500, \$5,000 to \$10,000, a brass name plate will be placed in the room with your personal message to recognize your contribution and acknowledgement of major support to the Marshfield COA Boosters. Five rooms have already been adopted by the Cornwall's, Maria Maggio, the Ring Family, Ursula Stone and Goodwill Hunters (see their name plate above) with total contributions of \$32,500. This is an ongoing program and we hope that members will consider Adopt-A-Room when

estate planning and businesses will show their lasting support for the senior community. Look on our web site marshfieldcoaboosters.org for more details under the join us/donation page. Our Adopt-A-Room program represents a major monetary commitment and Suzanne Allmendinger, Booster President, and Carol Hamilton, COA Director, are happy to meet with prospective donors, arrange a tour of the addition and work on a suitable engraved name plate to recognize this donation. Call 781-834-7854 or email info@marshfieldcoaboosters.org for more information.

OCES NUTRITION PROGRAM

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Old Colony Elder Services
Providing services to the community since 1974

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
2 BBQ Pulled Pork 312 Tater Tots 310 Scandinavian Vegetabl 41 WW Hamburger Bun 127 Mixed Fruit Cup 5 Cal: 590 Sodium: 933 mg Carb: 67 gm	3 Chicken Caesar Salad 519 Pasta Vegetable Salad 46 Three Bean Salad 33 Scala Bread 310 Oatmeal Raisin Cookie 110 MOD: Chocolate Oatmeal Bar 75 Cal: 1005 Sodium: 1156 mg Carb: 109 gm	4 Macaroni & Cheese 366 Roman Vegetables 16 Cracked Wheat Bread 115 Hot Cinnamon Peaches 6  Cal: 726 Sodium: 640 mg Carb: 129 gm	5 Beef Fajita 276 Brown Rice & Beans 75 Fiesta Vegetables 16 Flour Tortilla 170 Pineapple Chunks 1 Cal: 794 Sodium: 714 mg Carb: 102 gm	6 Chicken Cordon Bleu 679 Garlic Mashed Potatoes 165 Broccoli & Carrots 45 Dinner Roll 136 Special Dessert  Cal: 549 Sodium: 1162 Carb: 59.5
9## Chicken Parmesan** 632 Pasta with Italian Sce 66 Italian Vegetables 19 Whole Wheat Roll 254 Chocolate Chip Cookie 105 MOD: SF Chocolate Chip Cookie 55 Cal: 839 Sodium: 1214 mg Carb: 102 gm	10 Egg Salad 224 Potato Salad 50 Tomato Broccoli 15 Cucumber Salad 15 WW Hamburger Bun 127 Fresh Banana 1 Cal: 756 Sodium: 598 mg Carb: 81 gm	11 Fish Sticks 352 Potato Wedges 260 Green Beans 3 Tartar Sauce 85 Cracked Wheat Bread 115 Applesauce 20 Cal: 719 Sodium: 973 mg Carb: 91 gm	12 Honey Mustard Chicken** 617 Brown Rice & Orzo 4 Broccoli Flowerets 12 Scala Bread 310 Fresh Nectarine 0  Cal: 700 Sodium: 1080 mg Carb: 122 Gm	13 Pot Roast with Gravy 79 Oven Roasted Potatoes 6 Butternut & Apples 4 Whole Wheat Roll 254 Lorna Doones 100 Cal: 875 Sodium: 581 mg Carb: 104 gm
16 California Chicken Salad 121 Pasta Salad 47 Spinach Salad w/Mandarin Oranges 47 Oatmeal Bread 240 Fresh Apple 2 Cal: 821 Sodium: 592 mg Carb: 98 gm	17 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Mixed Fruit Cup 5 Cal: 765 Sodium: 682 mg Carb: 91 gm	18 Chicken Scallopini 351 Parslied Rotini 4 Roman Vegetables 16 Scala Bread 310 Brownie Cookie 230 MOD: Blueberry Bites 60 Cal: 906 Sodium: 1048 mg Carb: 123 gm	19 Turkey Chile 260 White Rice 4 Chuckwagon Vegetable 3 Corn Muffin 280 Fresh Peach  Cal: 803 Sodium: 682 mg Carb: 103 gm	20 Meatloaf w/Gravy 202 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Sugar Cookie 160 MOD: Vanilla Wafers 98 Cal: 964 Sodium: 659 mg Carb: 98 gm
23 Hot Dog ** 550 Vegetarian Baked Beans 262 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 85 Chocolate Oatmeal Bar 75 Cal: 832 Sodium: 1187 mg Carb: 98 gm	24 American Chop Suey 147 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 785 Sodium: 562 mg Carb: 102 gm	25 Turkey Chef's Salad 387 Pasta Vegetable Salad 46 Cracked Wheat Bread 115 Dressing 20 Fresh Orange  Cal: 732 Sodium: 706 mg Carb: 87 gm	26 Breaded Cod Filet 260 Brown Rice Pilaf 16 Carrots 67 Tartar Sauce 85 Rye Bread 330 Diced Pears 6 Cal: 727 Sodium: 901 mg Carb: 106 gm	27 BBQ Chicken 478 Whipped Sweet Potatoes 36 Spinach 110 Whole Wheat Bread 65 Chocolate Pudding 190 MOD: SF Chocolate Pudding 170 Cal: 719 Sodium: 1016 mg Carb: 106 gm
30 ALL SITES CLOSED  Memorial Day	31 Chicken Meatballs w/ Pasta & Italian Sauce 281 Tuscany Vegetables 41 Whole Wheat Roll 254 Parmesan Cheese 55 Hot Caramelized Apples 23 Cal: 787 Sodium: 793 mg Carb: 104 gm			Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium

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

GRAB & GO BOXED LUNCH

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

May 3 Turkey & Cheese on Kaiser Roll

May 10 Hummus & Veggie Wrap

May 17 Roast Beef & Swiss on Kaiser Roll

May 24 Tuna Salad/ May 31 Egg Salad on Croissant

Thursdays

May 5 Egg Salad on Croissant

May 12 Chicken Caesar Salad Wrap

May 19 Italian Chicken Salad on Focaccia

May 26 Ham & Cheese Wrap



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 - ☞ Town Histories & Atlases
 - ☞ Collectibles - Including Hummels, Doultons & Liadros Paper Weights
 - ☞ Musical Instruments
 - ☞ Thank You - My Interests
- Exceed This List!



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When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2-3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



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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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