



The LINK

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Senior Centers

Council on Aging

Ever Growing - Never Old

230 Webster Street
Marshfield, MA 02050

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Chamilton@townofmarshfield.org



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

JUNE 2022

Volume 387

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.

YOU'RE INVITED MARSHFIELD SENIOR CENTER OPEN HOUSE

Saturday, June 25, 2022 | 10 am to 2 pm
230 Webster St.
Marshfield, MA 02050

10:00 am Doors Open
11:00 am Welcome Address
12:00 pm CATERED LUNCH
1:00 pm Entertainment

Join us for our Open House. Take a tour, learn about the variety of programs and services we offer, enjoy the entertainment, giveaways and be our guest for lunch.



www.marshfieldseniorcenter.org

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

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DELVENA THEATRE PRESENTS W. C. FIELDS and MAE WEST**On Monday, June 13 at 1:00 pm**

Come visit with W. C. Fields and Mae West in a dressing room on the set of their 1940 production of *My Little Chickadee*. Our two actors will bring their characters to life while you laugh as the audiences did way back when. Learn about their personal lives too in this humorous, yet informative production – an afternoon of fun. After the performance, the actors will open up to the audience for discussion regarding Fields and West. Truly a unique experience! **Please sign up ahead.** *"This program is supported in part by a grant from the Marshfield Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."*

**ART FOR YOUR MIND PRESENTS "J.M.W. TURNER"****On Tuesday, June 14 at 1:00 pm**

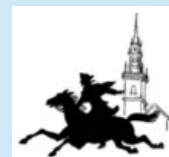
Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds – artists and non-artists alike. The featured topic, J. M. W. Turner, the Pride of Great Britain, features one of Great Britain's most controversial and beloved 19th Century painters. Explore his light-infused images with bright colors and unusual brushwork which were a mystery to many of those around him, and a powerful inspiration to those who followed. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! **Please call the Senior Center at 781-834-5581 to sign up. \$2 suggested donation at the door.**

INTRODUCTION TO WRITING FOR FUN & FULFILLMENT**On Tuesday, June 14 at 1:00 pm**

Join facilitator (and writer!) Liz Esse Kahrs for this one hour workshop on creative writing and journaling in a supportive and non-judgmental environment which will encourage you to exercise your creativity through journal writing this summer. We will provide the journal, Liz will provide the prompts, and you bring a pen and your creativity. Whether you are entirely new to writing or are someone who already enjoys the emotional and cognitive benefits of writing, this workshop will inspire you! **Register at the front desk, limit 20.**

WHO REALLY WAS PAUL REVERE?**On Thursday, June 16 at 1:00 pm**

Please join Richard Nichols for a historical talk on Paul Revere; the dangerous, rewarding and heartwarming story of his life and accomplishments. Richard will provide you with a detailed version of all the events. **Please sign up ahead for this interesting presentation by stopping by or calling the Senior Center.**

**MUSICAL MONDAY BY JACK CRAIG-PATRIOTIC SONG STORIES****On Monday, June 27 at 1:00 pm**

Patriotic songs capture the history of America, and there is a certain stir in the music that was created as our country developed. From the early verses of 'Yankee Doodle' through the military service songs, and on to 'This Land Is Your Land', songwriters have worked to capture that American spirit in song. Hear the fascinating stories of two dozen great patriotic songs as you sing your way through this program! **Please sign up in advance with the front desk or call the Senior Center at 781-834-5581 as refreshments are served. \$2 suggested donation at the door.**

"TAKING CONTROL OF YOUR FUTURE"**On Thursday, June 30 at 1:00 pm**

In honor of Elder Law month, the Council on Aging will offer a program through the Mass Bar's Elder Law Education Program with the assistance of the Mass Chapter of the National Academy of Elder Law Attorneys to 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. Our guest attorney for this year is Elizabeth A. Caruso, Esq. with Legacy Legal Planning, LLC in Norwell, MA. Practicing since 2010, she specializes in estate planning, elder law, and probate administration. She will be discussing basic estate planning documents and the rules regarding qualifying for long term care benefits with Medicaid. She will also be available for any questions you may have. **Please sign up ahead by contacting the Senior Center to ensure getting a guide the day of the event.**

DIRECTOR'S CORNER

This beautiful month of June welcomes in the summer solstice on the 21st. It is the month where Flag Day, Juneteenth and Father's Day are celebrated! Please check out our activities for the month as Lifelong Learning courses are still in progress and we begin to work on some summer and outdoor programs. We have four very special programs that come to mind, W. C. Fields and Mae West Performance by the Delvena Theatre on June 13th, a historic presentation on Paul Revere on the 16th, the annual garden tour in coordination with the Seaside Gardeners on the 21st and finally our legal presentation through Mass Bar on the 30th. We have added a ping pong table indoors and also have two outdoor tables when the weather is good. The café will be closed Memorial Day week for a vacation and open back up the following week.

Our big grand opening celebration will take place on June 25th from 10:00 am to 2:00 pm where we will have a great speaking program with Dr. Jan Mutchler from UMass Gerontology and several of our public officials from the town, along with great entertainment, lunch and goodie bags. The buses will be available for those that would like to attend and require transportation, just call or sign up at the front desk for a ride.

We are still awaiting some of our furnishings and equipment like our two new pool tables and salon equipment but expect we should have everything by mid- summer.

Look forward to seeing you soon,

Carol Hamilton

TRIAD

The Relation of Cognitive Decline and Hearing Loss with Dr Elena Schepis Tzeng On Wednesday, June 8 at 12:30 pm

At 12:30 pm join us for a S.A.L.T. meeting with public health officials who will update us on issues facing seniors. Ice cream will be served along with raffle prizes. This will be followed by an educational talk about hearing healthcare with Dr. Elena Schepis Tzeng, audiologist and owner of Hearing Healthcare Professionals in Hanover. At this presentation, Dr. Schepis will discuss the science of hearing, how untreated hearing loss contributes to a number of social, psychological, and physical health complications, and what you can do to help prevent further damage and cognitive decline. Register in advance by calling or stopping by the front desk.

THE MARSHFIELD GARDEN TOUR

On Tuesday, June 21 from 10:00 am to 3:00 pm...

Rain or shine...sponsored by Clift Rodgers Free Library and Nessralla's Farm...tickets are \$15.

The Council on Aging will provide transportation and tickets will be sold at the Senior Center starting on June 1. Tickets may also be purchased at



the Clift Rodgers Library, Nessralla's or Marshfield Hills General Store. For transportation, please sign up by calling the Senior Center at 781-834-5581 or stopping by the front desk.

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COA ACTIVITIES - ARTS & ENTERTAINMENT

ART OF FILM CLASS "A League of Their Own"

On Thursday, June 9 at 12:30 pm

Did you know that from 1945 to 1954 there was an AAGBL, i.e. All-American Girls Baseball League? I had no idea! Well, this film, made 30 years ago, is based on a true story when men's baseball was a casualty of the war, so the women's league flourished for a time.

The film's female Director, Penny Marshall, is probably the reason that there's ambiguity in the characters of the women dealing with a tug-of-war between their new roles and old family-type values. Starring Geena Davis, Tom Hanks, Madonna, and Rosie O'Donnell, it's a league to remember. And we all remember "There's no crying in baseball!" ~ *Heather Kaval*

LET'S GO TO THE MOVIES "Military Wives" (2020 1h 52m)

On Monday, June 6 at 12:30 pm

Faced with their loved ones' absences, a group of women from different backgrounds whose partners are away serving in Afghanistan, come together to form the very first military wives' choir and quickly finding themselves on an international stage. Cast: Kristin Scott Thomas, Sharon Horgan, Jason Flemyng, Emma Lowndes, Sophie Dix, Robert Whitelock, Colin Mace

"Cry Macho" (2021 1h 44m)

On Friday, June 17 at 12:30 pm

In 1978, a one-time rodeo star and washed up horse breeder takes a job from an ex-boss to bring the man's young son home and away from his alcoholic mom in Mexico. The unlikely pair faces an unexpectedly challenging journey, during which the world-weary horseman may find his own sense of redemption through teaching the boy what it means to be a good man. Cast Clint Eastwood, Eduardo Minett, Natalia Traven, Dwight Yoakam, Fernanda Urrejola, Horacio Garcia-Rojas

"Spencer" (2021 1h 57m)

On Wednesday, June 22 at 12:30 pm

The marriage of Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs

and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. But this year, things will be profoundly different in this imagining of what might have happened during those few fateful days. Cast Kristen Stewart, Timothy Spall, Sean Harris, & Sally Hawkins

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.

LEARN TO DRAW w/Tess

On Thursdays at 1:00 pm

From free hand drawing to mechanical drawing, we will cover it all! Pencils, Charcoal, Pen and Ink, a Little Color, Anatomy, Still Life, Action, Portraits and Occasional Live Model, *Draw What You See NOT What You Think You See*, Shapes, Lines, Shadows, Placement, Perspective. Drop in! Classes are continuous. \$10 per class.

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. \$15 per class.

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, June 28 at 1:00 pm

Summer is on our doorstep and along with it comes warmer weather and a host of related issues. Here are seven of the more common ones with advice on how you can prepare for yourself and your family.

1. Heat exhaustion and heat stroke
 2. Dehydration
 3. Sunburn and long term sun damage
 4. Water related injuries
 5. Insect bites and disease transmission
 6. Allergies and poison ivy
 7. Food safety.
- Come ready to discuss and share your experiences. Please sign up ahead, refreshments served.

ANTARCTICA AND ITS PENGUINS

On Thursday, June 23 from 10:30-11:30 am

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 it is Penguins in Antarctica. Penguins are some of the cutest animals in the world and many of them live in Patagonia and Antarctica! Join this armchair/lecture type live tour with pictures and some videos to learn about these incredible birds and the places they live in. We will also talk about Patagonia and Antarctica: the coldest, the windiest and the driest continent in the world. This will be a 1 hour Virtual Experience. Sign up in advance at the front desk or by calling 781-834-5581 Limit 20

ANTIQUÉ PICTURE POSTCARDS

On Wednesday, June 8 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

"Antique Prints of Seashells"

On Thursday, June 23 at 1:00 pm

Beach walkers are delighted discovering shells and exploring their intricacies. Since the development of fine printmaking artists have obsessed with creating stunning images that capture the beauty of shells. The narrative accompanying the beautiful images will vary with comments about the prints, the artist, the beauty of the shell, and the natural history of the organism that lived in the shell. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have an antique print of a seashell bring it to the show, and Bob will be happy to offer comments. 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.

POETRY CLUB w/RICH HANSEN

On Friday, June 24 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!

COA ACTIVITIES - FUN & GAMES**MAHJONG****On Mondays & Thursdays at 1:00 pm**

All welcome, if you have never played before come and observe the first week and arrangements for instructions will be made. 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 Bob Griffin.

HAND & FOOT "Ronnie's Rules"**On Mondays from 1:00-3:00 pm**

Join facilitators David and Peg Chiasson for this slightly more challenging but fun version of the popular game of Hand and Foot. "Ronnie's Rules" is a combination of New Hampshire, Marshfield, and Florida rules. Printed rules available at the class.

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**

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 multiple decks of standard playing cards and is played with 2-6 players. Facilitated by Steve Rhodes.

COA ACTIVITIES—EXERCISE**FITNESS ROOM ORIENTATIONS**

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

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!**

INDOOR PING PONG**On Tuesdays & Thursdays from 1:00-4:00 pm**

Drop in Ping Pong. Paddles and balls available. All welcome. Come, play and enjoy!

TAI CHI w/MIKE SHOWSTACK**On Mondays at 9:30 am NO Class June 6.**

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. Wear loose clothing. \$6 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 using classical hatha postures with slight variations to accommodate all levels of yoga students. Bring your own yoga mat! \$5 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. \$6 per class.

ZUMBA & TONING CLASS w/JUSTINE**On Mondays & Fridays at 11:30 am**

Dance and tone your way into fitness to the beat of the music with Moroccan Zumba toning sticks. Dance to some of our easy to follow Latin and American tunes. \$5 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 yoga mat! \$6 per class.

COA ACTIVITIES—EXERCISE

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. Jun 2: Rexhame Beach end of Winslow St. ocean side Jun 7: Rexhame Beach end of Beach St. South River side Jun 9: Pudding Hill & Tea Rock Lane parking at 26 Mariner's Dr Jun 14: Bridle Path So River to Clay Pit Jun 16: Rexhame Beach end of Winslow St. ocean side Jun 21: Burke's Beach end of Beach St Jun 23: O'Neil Farm Dux, off Autumn Ave Jun 28: Bay Farm Field end of Bay Rd, Dux. Jun 30: Rexhame Beach end of Winslow St. ocean side Jul 5: Burke's Beach end of Beach St

PICKLEBALL FOR BEGINNERS

Instruction on Tuesday June 7 only/ Free play on Tuesdays & Thursdays from 8:30—11:30 am

There will be two cycles of Introduction to Pickleball on June 7 (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 Tuesday & Thursday mornings thereafter. Bring a folding chair, water and pickleball paddle and/or balls if you have them. Otherwise equipment will be provided (go to the front desk. Limit: 10 per session (Two sessions June 7) so registration required. Call the senior center at 781-834-5581 to reserve your spot.

PERPETUAL MOTION w/LEANNE O'BRIEN

On Tuesdays at 9:00 am

A fitness class for all levels. A combination of movement, strength and balance. Combining low impact aerobic moves, light weights for strength and a chair for balance and stability. Moving perpetually all while motivated by fun music! Come try this new class. \$5 per class

HEART & HAND EXERCISE CLASS

On Wednesdays at 9:15 am & 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. \$6 per class.

LOW IMPACT LINE DANCE

LESSONS

w/DOTTY BELANGER

On Tuesdays at 1:00 pm



Line Dance is choreographed dance routines with repeated sequences of simple steps, in which a group of people, standing in lines, perform the steps in unison to music. No partner needed. Line

This traditional line dance class will include several genres such as Rock, Waltz, Foxtrot, Latin, Rock and Country. Dance provides many health benefits; low impact aerobic exercise If you can walk, you can line dance! \$5 per class.

BALANCE & STRENGTH EXERCISE

w/NEIL SULLIVAN

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. \$5 per class

ARTHRITIS CLASS w/NEIL SULLIVAN

On Wednesdays at 11:00 am

Learn how to improve your strength, range of motion and overall mobility. Neil will teach you ways to adjust your daily activities to lessen arthritic pain. \$5 per class.

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

On Wednesdays at 1:00 pm

Zumba®/Cardio Dance and Toning is a full body workout. It is choreographed using a variety of motivating music from the warmup to the cool down. 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. \$5 per class.

GENTLE CHAIR EXERCISE w/BARBARA

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. \$6 per class.

BALANCE TUNE UP w/BARBARA

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. \$6 per class.

BARRE & BEYOND EXERCISE w/RENA

Starting Thursday, June 16 at 9:00 am

Barre is a fun and popular fitness option and is a great workout for seniors because it is high energy and low impact. Barre is a workout technique inspired by elements of ballet, yoga and pilates. It tones and strengthens muscles and increases balance skills and it is fun! There will be upbeat music but no dance training necessary. The ballet barre will be used for balance and lower body toning. Light weights will be used for toning the arms and a mat will be used for core and stretching. Bring socks with grips on the bottom. \$6 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. \$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. \$5 per class.

ESSETRICS w/BARBARA

On Fridays at 11:00 am

A completely original, dynamic workout that draws on flowing movements that simultaneously lengthens and strengthens every muscle in the body resulting in greater joint mobility, increased flexibility and a reduction in chronic pain. Workout can be done standing or seated. \$6 per class.

KUNG FU FOR ACTIVE SENIORS w/MIKE

Starting Friday, June 17 at 11:15 am

An engaging way to exercise, try something new! Experience of the ancient art of Shaolin Hung Gar Kung Fu. Sifu Mike has been a student for over 36 years and counting. This lively and invigorating program will include a warm-up of 15-20 minutes of moderate aerobic exercise, as studied at the Shaolin Temple, followed by hand and foot techniques, which will lead to basic forms. Cost: \$6 per class.

DISCUSSION GROUPS

TED TALK & DISCUSSION ON ZOOM

On Monday, June 27 at 10:00 am



Join us on zoom for "The power of believing that you can improve" with Carol Dweck's TED talk about research of "growth mindset" — the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

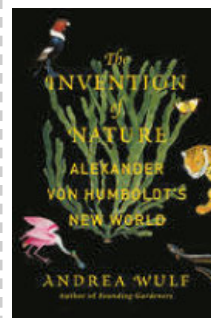
GREAT DISCUSSIONS

On Tuesday, June 7 and 21 from 10-11:30 am

The Great Discussions Group meets the first and third Tuesday of each month. We read shared material and rigorously discuss current events and other stimulating, topical subjects. The topics will be June 7 Rash of Oligarch Deaths Since Ukraine War; June 21 Is South Shore Promotion of Recreational Spaces Adequate? If you have questions about this group please contact Bob Jackman.

BOOK DISCUSSION GROUP

On Monday, June 27 at 11:00 am



This month we will be reading the book "The Invention of Nature: Alexander von Humboldt's New World" by Andrea Wulf 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.

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

MONDAY

TUESDAY

WEDNESDAY

JUNE



SEAFLOWER CAFÉ CLOSED TODAY

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
Arthritis w/ Neil
Congregate Lunch
Duplicate Bridge
LLL-Company is Coming
Zumba/Cardio Dance w/ Deb
Whist AND Hand & Foot
Pool

Technology Assistance 9:00-11:00 am
NO Tai Chi 9:30 am
Yoga w/Katherine 9:30 am
Senior Boxing 10:00 am
Social Day Program 10:00 am-2:00 pm
LLL-Great Decisions 11:00 am
Zumba & Toning w/Justine 11:30 am
Congregate Lunch 12:00 pm
Movie "Military Wives" 12:30 pm
Hand & Foot 1:00 pm
Pinochle 1:00 pm
Mahjong 1:00 pm

6

Beginner Pickleball 8:30 am
Walking Group 8:30 am
Technology Assistance 9:00 am-noon
Perpetual Motion 9:00 am
Art Studio 9:30 am-noon
Great Discussions 10:00-11:30 am
Boxed Lunch Pickup 10:30-11:30 am
Yoga w/Tricia 11:00 am
Chess Club 11:00-1:00 pm
Bridge 12:30-3:00 pm
Cribbage 12:30 pm
Imagination in Painting 1:00-3:15 pm
Line Dancing w/Dotty 1:00 pm
Ping Pong 1:00-4:00 pm

7

Woodcarving
Manicures
LLL- MA Audubon
Balance & Strength/Neil Sullivan
Heart & Hand Exercise w/Janet
Social Day Program
Rug Hooking/ AND Knitting
Antique Picture Postcards
Yoga w/Tricia
Arthritis w/ Neil
Technology Assistance
Congregate Lunch
SALT/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
Tai Chi 9:30 am
Yoga w/Katherine 9:30 am
Senior Boxing 10:00 am
Reiki with MaryAnn 10:00 am-2:00 pm
Social Day Program 10:00 am-2:00 pm
Ask a Nurse 11:00 am-12:00 pm
Reverse Mortgage Consults 11:00 am-1:00 pm
Zumba & Toning w/Justine 11:30 am
Congregate Lunch 12:00 pm
"W.C. Fields & Mae West" 1:00 pm
Hand & Foot 1:00 pm
Pinochle 1:00 pm
Mahjong 1:00 pm

13

Beginner Pickleball 8:30 am
Walking Group 8:30 am
Technology Assistance 9:00 am-noon
Perpetual Motion 9:00 am
Hairdressing with Chrissy 9:00 am-noon
Art Studio 9:30 am-12:00 pm
Financial Consultations 10:00 am-1:00 pm
Boxed Lunch Pickup 10:30-11:30 am
Yoga w/Tricia 11:00 am
Chess Club 11:00-1:00 pm
Bridge 12:30-3:00 pm
Cribbage 12:30 pm
Line Dancing w/Dotty 1:00 pm
Intro to Writing 1:00 pm
Art for Your Mind 1:00 pm
Imagination in Painting 1:00-3:15 pm
Ping Pong 1:00-4:00 pm
Meditation & Mindfulness on Zoom 2:00 pm

14

Woodcarving
Manicures (Make up class)
LLL- MA Audubon
Balance & Strength/Neil Sullivan
Heart & Hand Exercise w/Janet
Social Day Program
Boosters Board Meeting
Rug Hooking AND Knitting
Real Estate Specialist
Yoga w/Tricia
Technology Assistance
Arthritis w/ Neil
Congregate Lunch
Duplicate Bridge
Zumba/Cardio Dance w/ Deb
Whist
Hand & Foot
Pool
COA Board Meeting

CENTER CLOSED FOR



20

Beginner Pickleball 8:30 am
Walking Group 8:30 am
Technology Assistance 9:00 am-noon
Perpetual Motion 9:00 am
Art Studio 9:30 am-12:00 pm
Great Discussions 10:00-11:30 am
Marshfield Garden Tour 9:00 am-3:00 pm
Life Insurance Review 10:00 am-1:00 pm
State Sen. O'Connor Office Hours 10:30-11:30 am
Boxed Lunch Pickup 10:30-11:30 am
Yoga w/Tricia 11:00 am
Chess Club 11:00-1:00 pm
Bridge 12:30-3:00 pm
Cribbage 12:30 pm
Line Dancing w/Dotty 1:00 pm
Imagination in Painting 1:00-3:15 pm
Ping Pong 1:00-4:00 pm
Caregiver Support Group 6:00-7:00 pm

21

Woodcarving
Manicures
Balance & Strength/Neil Sullivan
Heart & Hand Exercise w/Janet
Social Day Program
Rug Hooking AND Knitting
Technology Assistance
Yoga w/Tricia
Ask a Nurse
Arthritis w/ Neil
Congregate Lunch
Duplicate Bridge
Movie "Spencer"
Zumba/Cardio Dance w/ Deb
Whist
Hand & Foot
Pool

Technology Assistance 9:00-11:00 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
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
Hand & Foot 1:00 pm
Pinochle 1:00 pm
Mahjong 1:00 pm

27

Beginner Pickleball 8:30 am
Walking Group 8:30 am
Technology Assistance 9:00 am
Perpetual Motion 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
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
Ping Pong 1:00-4:00 pm
Meditation & Mindfulness on Zoom 2:00 pm

28

Woodcarving
Manicures
Balance & Strength/Neil Sullivan
Heart & Hand Exercise w/Janet
Social Day Program
Rug Hooking AND Knitting
Technology Assistance
Yoga w/Tricia
Ask a Nurse
Arthritis w/ Neil
Congregate Lunch
Duplicate Bridge
LLL-Connecting Marshfield & Japan
Brain Builder's
Zumba/Cardio Dance w/ Deb
Whist
Hand & Foot
Pool

ARE YOU A COA BOOSTER MEMBER?

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

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

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

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

SDAY

THURSDAY

FRIDAY

<p>9:00 am-12:00 pm 9:00 am-4:00 pm 9:30 am 9:30 am 9:15 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 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>1</p> <p>SEAFLOWER CAFÉ CLOSED TODAY</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 LLL- Edison..... 1:00 pm Ping Pong..... 1:00-4:00 pm LLL- Ukulele..... 2:30 pm</p>	<p>2</p> <p>SEAFLOWER CAFÉ CLOSED TODAY</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 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 9:30 am 9:30 am 9:15 am 10:00 am-2:00 pm 10:00 am 11:00 am-12:30 pm 11:00 am 11:00 am 11:00 am-1:00 pm 12:00 pm 12:30 pm 12:30-3:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm</p>	<p>8</p> <p>Beginner Pickleball..... 8:30 am Walking Group..... 8:30 am Quilting Group..... 8:30-11:00 am LLL- Barre..... 9:00 am Gentle Chair Exercise w/Barbara..... 9:00 am LLL-Cape Cod Museum of Art..... (9:30 am-3:30 pm) Intro to Spanish..... 10:00 am Yoga w/Linda..... 10:00 am Balance Tune Up..... 10:00 am Intermediate Spanish..... 11:15 am Boxed Lunch Pickup..... 10:30-11:30 am Art of Film..... 12:30 pm Zumba w/Deb..... 1:00 pm Mahjong..... 1:00 pm Drawing w/Tess..... 1:00 pm LLL- Edison..... 1:00 pm Ping Pong..... 1:00-4:00 pm LLL- Ukulele (Make up class)..... 2:30 pm</p>	<p>9</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 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>9:00 am-12:00 pm 9:00 am-4:00 pm 9:30 am 9:30 am 9:15 am 10:00 am-2:00 pm 10:00 am-12:00 Noon 10:30 am-11:30 am 11:00 am 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 1:00 pm 3:00 pm</p>	<p>15</p> <p>Beginner Pickleball..... 8:30 am Walking Group..... 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 Gentle Chair Exercise w/Barbara..... 9:00 am Barre & Beyond..... 9:00 am LLL-Fuller Craft Museum..... 9:30 am-3:30 pm 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 "Who Was Paul Revere"..... 1:00 pm Zumba w/Deb..... 1:00 pm Mahjong..... 1:00 pm Drawing w/Tess..... 1:00 pm Ping Pong..... 1:00-4:00 pm LLL- Edison..... 1:00 pm Legal Clinic..... 2:00-4:00 pm LLL- Hiking..... 5:00 pm</p>	<p>16</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 Kung Fu..... 11:15 am Zumba & Toning w/Justine..... 11:30 am Congregate Lunch..... 12:00 pm Movie "Cry Macho"..... 12:30 pm Free & Easy Painting..... 1:00-4:00 pm Pinochle..... 1:00 pm</p> <p>17</p> <p>LLL-Hike w/Ned on Saturday June 18 - Webster's Wilderness at 9:00 am</p>
<p>9:00 am-12:00 pm 9:00 am-4:00 pm 9:30am 9:15 am 10:00 am-2:00 pm 10:00 am 11:00 am-1:00 pm 11:00 am 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 1:00 pm</p>	<p>22</p> <p>Beginner Pickleball..... 8:30 am Walking Group..... 8:30 am Quilting Group..... 8:30-11:00 am Barre & Beyond..... 9:00 am Gentle Chair Exercise w/Barbara..... 9:00 am LLL-deCordova Sculpture Park & Museum..... 9:30 am-3:30 pm Yoga w/Linda..... 10:00 am Intro to Spanish..... 10:00 am Balance Tune Up..... 10:00 am Beeyond-Antarctica & Its Penguins..... 10:30 am Boxed Lunch Pickup..... 10:30-11:30 am Intermediate Spanish..... 11:15 am Zumba w/Deb..... 1:00 pm Mahjong..... 1:00 pm Drawing w/Tess..... 1:00 pm Antique Slideshow..... 1:00 pm LLL- Edison..... 1:00 pm Ping Pong..... 1:00-4:00 pm</p>	<p>23</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 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 9:30am 9:15 am 10:00 am-2:00 pm 10:00 am 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 1:00 pm 1:00 pm</p>	<p>29</p> <p>Beginner Pickleball..... 8:30 am Walking Group..... 8:30 am Barre & Beyond..... 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 Elder Law Presentation..... 1:00 pm Zumba w/Deb..... 1:00 pm Mahjong..... 1:00 pm Drawing w/Tess..... 1:00 pm LLL- Edison..... 1:00 pm Ping Pong..... 1:00-4:00 pm</p>	<p>30</p> <p>MARSHFIELD SENIOR CENTER OPEN HOUSE</p> <p>Saturday, June 25, 2022 10 am to 2 pm 230 Webster St. Marshfield, MA 02050</p> <p>10:00 am Doors Open 11:00 am Welcome Address 12:00 pm Catered Lunch 1:00 pm Entertainment</p>



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COA SERVICES

30-MINUTE FINANCIAL PHONE CONSULTS

On Tuesday, June 14 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, June 21 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, June 27 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, June 15 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 Thursday, June 16 from 2:00-4:00 pm

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

STATE REP. JOSH CUTLER

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

STATE REP. PATRICK KEARNEY

On Thursday, June 16 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, June 21 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, June 13 and 27
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. Cost: \$10 for 15 mins.; \$20 for 30 minutes. Please call the Senior Center at 781-834-5581 for an appointment.

HAIRDRESSING SERVICE BY CHRISSY

On Tuesday, June 14 ~ 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, June 16 ~ 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, June 13 and Wednesday, June 22
from 11:00 am-12:00 pm.**

Teresa Flynn, Public Health Nurse for the Town of Marshfield will provide Blood Pressure/blood glucose screenings on the 2nd Monday and 4th Wednesday of each month at the Senior Center. No appointment required, just stop by.



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.

(Make up class on June 15) 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

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 (Make up class on June 9) 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.

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

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

Do you have four hours a week that you are looking to fill? Consider volunteering at the Senior Center. We are currently seeking—Meals on Wheels drivers to deliver meals to our residents; Fitness Room Monitors (fitness experience a plus) 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 April Volun-

teers: Ellen Callahan, Joe Desrosiers, Karen Wood and Judith Whitcher

Happy Birthday this month to: Victo-

ria Bell, Helen Burgess, Beverly Carroll, Claire Coyne, Anne Dowling, Sandy Feinberg, Sheila Gagnon, Scott Gillespie, Heather Kaval, Judith Mangione, Garrett Overhiser, Mark Voelkel, Debra Yarmaloff

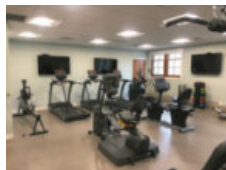


GIFT SHOP "From behind the counter"

Our gift shop is open daily from 9:00 am—4:00 pm. New items arriving daily—check it out!

LIBRARY—accepting donations for gently used paperbacks books and puzzles with no missing pieces.

FITNESS ROOM - If you haven't seen our Fitness Room, stop by and check it out. All users are required to attend an orientation and have a signed Fitness Activity/Health Wellness Service/



Activities Permission, Release of Liability and Medi-

CLUB & BOARD MEETINGS

The Marshfield Council on Aging board meets on the 3rd Wednesday of the month at 3:00 pm. The next board meeting is on June 15 at the Senior Center. The COA Boosters' board meeting will be held on Wednesday, June 15 at 10:00 am at the Senior Center.

SAVE THE DATE

USING A SMART PHONE IN 2022

On Tuesday, July 19 from 1:00 - 3:00

John Kolstad a computer technology specialist and trainer, will help you improve knowledge and confidence from where you are using an Apple iPhone or Android phone. A handout will be provided to take notes. The class is vital for anyone using a smart phone. Sign up ahead at the front desk for this class.

SOCIAL SERVICES CORNER

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 & HEALTH PROGRAMS



SOCIAL DAY PROGRAM

**On Mondays & Wednesdays
From 10:00 am—2:00 pm**

This is a group for individuals with dementia/memory loss. Programs will be presented to meet the needs of the participants by a trained dementia practitioner. Lunch and snacks will be provided. Limit 6. Cost is \$40 per day. Screening required before placement with preference to Marshfield residents. Transportation available at the current suggested donation. Contact Barbie Rugg for information at 781-834-5581.



50+ JOB SEEKERS WORK-SHOP ZOOM SERIES

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

“MONTHLY CAREGIVER SUPPORT GROUP”

On Tuesday, June 28 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.

BRAIN BUILDER’S PROGRAM

On Wednesday, June 8 & 29 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, June 10 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.

SIXTY PLUS CLUB

The next Sixty Plus Club will meet on Thursday, June 2nd at 1:00 pm. We will have a short business meeting then discuss plans for the August cookout. There will be no meeting in July or August. Stay safe! Nancy, Sandy, Ann, & Theresa



TECHNOLOGY CORNER

NEW MARSHFIELD SENIOR CENTER WEBSITE

If you haven’t seen our new website, check it out at www.marshfieldseniorcenter.org.



Your “go to” site for events, news, services, volunteer & registration information as well as our monthly newsletter, The LINK.

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

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 June 8 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 is scheduled for Wednesday, June 15 at 10:00 am in the Senior Center Conference Room. All members are welcome.

Booster Holiday Arts & Craft Fair-Saturday, November 5th

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.

The Bake Sale is held in conjunction with the Holiday Arts & Crafts Fair. We need bakers to prepare cookies, brownies, cakes, muffins, fudge, gluten free baked goods, pies, quiches and more. Search your recipe box for your, or your mom's, favorite recipe. Forms for donations will be available in September. For more information contact Chairperson Liza Corbett at info@marshfieldcoaboosters.org.



Both the Booster Bake Sale and the Arts and Craft Show generate a substantial amount of fundraising monies for the Council on Aging, earmarked for improvements to our Senior

Center.

Membership Renewal

Reminder notices and membership forms to over 350 Booster members who have not as yet renewed their membership for 2022 were emailed and mailed recently. Booster membership is annual, running from January 1 to December 31. With the addition almost doubling the size of the Senior Center—we expect more requests for funding for new programs, supplies and equipment. Please continue your generous support and thank you to all booster members who have renewed their 2022 membership. If you have never joined the Boosters, membership forms are available at the front desk or on our web site marshfieldcoaboosters.org

The Giving Tree

If you have not already found the Giving Tree---on the wall just off the lobby before you enter the Seaflower Café---we encourage you stop by and read the most meaningful messages from our generous donors.

Donations for the Giving Tree's 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 in the lobby or visit our website at www.marshfieldcoabooster.org, or call Liza Corbett at 617-699-7927.



SMILE

If you use Amazon, please consider placing your order through smile.amazon.com and designate the Marshfield COA Boosters as your charity. We get a quarterly payment from Amazon - and to date have received over \$125.

OPEN HOUSE CELEBRATION

Please stop by the Booster table at Open House on June 25 to learn about our Adopt-A-Room program, the Giving Tree and how you can support our Senior Center by joining the Marshfield COA Boosters.

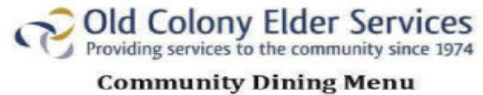


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AWARENESS DAY**
Building Strong Support for Elders



June 15th

**OCES NUTRITION PROGRAM
JUNE
REGULAR**



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mediterranean Tortellini Salad* 556 Tomato Broccoli Cucumber Salad 58 Whole Wheat Roll 254 Lemon Square 105 MOD: SF Lemon Cookie 60 Cal: 769 Sodium: 1111 mg Carb: 108 gm	2 Chicken Cacciatore 408 Parslied Rotini 4 Green Beans 3 Dinner Roll 136 Mandarin Oranges 7 Cal: 601 Sodium: 696 mg Carb: 87 gm	3 Pork Choppette/Gravy 657 Cheese Mashed Potatoes 248 Carrot Coins 67 Whole Wheat Bread 65 Fresh Apple 2 Cal: 822 Sodium: 1175 mg Carb: 95 gm
		6 Potato Crunch Pollock 270 Herbed Brown Rice 4 Broccoli & Carrots 45 Tartar Sauce 85 Snowflake Roll 136 Jello 95 Cal: 641 Sodium: 768 mg Carb: 73 gm	7 Turkey & Swiss 443 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 WW Bulkie Roll 246 Fresh Peach 0 Cal: 615 Sodium: 939 mg Carb: 75 gm	8 Tuna Salad on Lettuce 310 Pasta Vegetable Salad 46 Cracked Wheat Bread 115 Brownie Cookie 230 MOD: Vanilla Wafer 98 Cal: 967 Sodium: 839 mg Carb: 116 gm
13 Lasagne Rolls with Bolognese Sauce 414 Tuscany Vegetables 41 Scala Bread 310 Hot Caramelized Pears 20 Cal: 800 Sodium: 923 mg Carb: 104 gm	14 BBQ Pulled Pork 385 Tater Tots 310 Scandinavian Vegetables 41 WW Hamburger Bun 127 Mixed Fruit Cup 5 Cal: 539 Sodium: 1005 mg Carb: 67 gm	15 Chicken Caesar Salad** 519 Pasta Vegetable Salad 46 Three Bean Salad 33 Multigrain Bread 240 Oatmeal Raisin Cookie 110 MOD: Chocolate Oatmeal Bar 75 Cal: 985 Sodium: 1086 mg Carb: 104 gm	16 Breaded Cod Filet 260 Brown Rice Pilaf 16 Asian Vegetables 43 Tartar Sauce 85 Whole Wheat Roll 254 Fresh Nectarine 0 Cal: 735 Sodium: 795 mg Carb: 104 gm	17 Fathers Day 6/19 Pot Roast with Gravy 79 Oven Roasted Potatoes 6 Butternut & Apples 4 Snowflake Roll 136 Chocolate Cupcake 170 MOD: Vanilla Wafers 98 Cal: 874 Sodium: 533 mg Carb: 101 gm
20 JUNETEENTH ALL SITES CLOSED 	21 Macaroni & Cheese 366 Roman Vegetables 16 Cracked Wheat Bread 115 Canteloupe Chunks 12 Cal: 685 Sodium: 647 mg Carb: 117 gm	22 Chicken Parmesan* 638 Pasta with Italian Sauce 75 Italian Vegetables 19 Dinner Roll 136 Chocolate Chip Cookie 105 MOD: SF CC Cookie 55 Cal: 863 Sodium: 1110 mg Carb: 105 gm	23 Fish Sticks 352 Potato Wedges 260 Green Beans 3 Tartar Sauce 85 Whole Wheat Bread 65 Applesauce 20 Cal: 719 Sodium: 923 mg Carb: 90 gm	24 Roast Pork with Apple Cider Gravy 100 Mashed Sweet Potatoes 36 Mixed Vegetables 43 Whole Wheat Roll 254 Vanilla Pudding 220 MOD: SF Vanilla Pudding Cal: 869 Sodium: 788 mg Carb: 118 gm
27 Honey Mustard Chicken 617 Brown Rice & Orzo 3 Broccoli Flowerets 12 Scala Bread 310 Pineapple Chunks 1 Cal: 715 Sodium: 1082 mg Carb: 127 gm	28 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Yogurt 51 Orange Juice-No Milk 15 Cal: 772 Sodium: 635 mg Carb: 95 gm	29 California Chicken Salad 121 Pasta Salad 46 Spinach Salad/Mandarin Oranges 47 Oatmeal Bread 240 Brownie Cookie 230 MOD: Blueberry Bites Cal: 1054 Sodium: 820 mg Carb: 122 gm	30 Beef Chile 260 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 280 Fresh Peach 0 Cal: 803 Sodium: 682 mg Carb: 103 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

Tuesdays

June 7 Roast Beef & Swiss on Kaiser roll

June 14 Tuna Roll

June 21 Egg Salad on Croissant

June 30 Chicken Caesar Salad Wrap

Thursdays

June 2 Turkey & Cheese on Kaiser roll

June 9 Italian Chicken Salad on Focaccia Bread

June 16 Ham & Cheese Wrap

June 23 Turkey & Cheese on Kaiser roll



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 - ☞ Musical Instruments
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Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public—for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**®.

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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*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Use as directed. Individual results may vary. © 2022 Interceuticals, Inc. Salem, MA.

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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.



FAMILY OWNED IN MARSHFIELD SINCE 1987