



The LINK

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National Institute of
Senior Centers

Council on Aging

Ever Growing - Never Old

230 Webster Street

Marshfield, MA 02050

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www.marshfieldseniorcenter.org

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

JULY 2022

Volume 388

Carol Hamilton, Director
Barbara VanHouten, Chair

MISSION STATEMENT

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



By Michael Murphy

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

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ART FOR YOUR MIND PRESENTS "NORMAN ROCKWELL REMEMBERED"**On Tuesday, July 12 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 is 'Norman Rockwell Remembered', which offers an opportunity to experience many beloved images by Rockwell, to hear the stories behind his choices and inspirations, and to learn more about the way he worked. Discover how clever and surprisingly complex many of his paintings are, and come away with a renewed appreciation of Rockwell's contribution to the history of American art. 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.

DAVE THE GARDENER PRESENTS "EXPERIENCE CHINA"**On Thursday, July 14 at 1:00 pm**

Come learn about contemporary life in China. Pictures from rural areas and cities featuring cuisine and daily life will be featured. Sample some authentic Chinese food and learn how to use chopsticks! Please call the Senior Center at 781-834-5581 to sign up.

MUSICAL MONDAY BY JACK CRAIG- "SONDHEIM LEADS THE INNOVATORS"**On Monday, July 18 at 1:00 pm**

Stephen Sondheim shapes the direction, change in musical theatre, as America rocks to a different beat. Transition musicals include: 'Cabaret', 'Company', 'Chorus Line', and 'Chicago', while this 'new era' of musicals includes both concept and catalogue shows. 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.

USING A SMART PHONE IN 2022**On Tuesday, July 19 from 1:00 - 3:00 pm**

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. Please call the Senior Center at 781-834-5581 to sign up.

DELVENA THEATRE PRESENTS "MEET JULIA CHILD"**On Thursday, July 21 at 1:00 pm**

Come see this live performance of *Julia Child*, who was a beloved French Chef doing what she did best, played by actress Lynne Moulton. Learn more about her life from her privileged childhood in California where she had no interest in food except for eating what the family's private chef prepared – to becoming one of the culinary legends of all times. The audience will have the opportunity to view Julia on the set of the "French Chef Television Show" and amusing and fun experience! After the performance the cast will be available for discussion. Please call the Senior Center at 781-834-5581 to sign up. *"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."*

**GRANDPARENT/GRANDCHILDREN MOVIE DAY!****"Yes Day" (2021 1hr 35m)****On Friday, July 22 at 12:30 pm**

Bring your grandchildren to the Senior Center for a movie day! We will view "Yes Day"; based upon the children's book by Amy Krouse Rosenthal and Tom Lichtenheld. This family comedy follows a married couple as they attempt to make it through an entire day of only saying "Yes" to their children. That could include eating pizza for breakfast or a family food fight. This charming comedy stars Jennifer Garner and Edgar Ramirez. Come enjoy a fun and special afternoon with your grandchildren. Enjoy movie-style popcorn, refreshments and an ice cream truck treat after the movie! Sign up in advance at front desk or by calling 781-834-5581.

DIRECTOR'S CORNER

The month of July brings thoughts of the 4th of July holiday, fireworks, warm summer days, cookouts and red, white and blue. By the time you receive this we will have had our highly anticipated open house day for our new building expansion. Most everything is complete with the exception of a couple of pieces of furniture, which should be delivered sometime this summer. We plan to add a couple of outside tables for our café so that people can sit and enjoy the beautiful weather. You will also notice colorful new artwork on the walls all from local artists in the community. We are also hoping to organize some bocce and outdoor ping pong games. Please let us know if this is something you are interested in or if you have any other suggestions for activities or programs. There is a suggestion box at the greeter's desk and you can always drop a note there.

We will be reinstating our "Art In Bloom" program which we will hold in August with the Seaside Gardeners and our resident art classes. We will also be working on a fall Lifelong Learning program and look forward to your feedback as to what you would like to see offered.

We would like to thank Cyndee Marcoux Director of the Ventress Memorial Library for her donation of large print books which are now in our new Library for all to enjoy!

Highlights for this month are a free technology presentation with John Kolstad, a program on hydration with Marcia Richards, Art for the Mind and a performance on the one and only "Julia Child" sponsored by the Marshfield Cultural Council to name a few.

Warm Regards, Carol Hamilton

TRIAD Hydration

On Thursday, July 28 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. At 1:00 pm TRIAD will meet for a presentation on Hydration. They say that water is the "fountain of life". Learn more about the importance of hydration through water, other beverages and foods with Marcia Richards, BID Plymouth's Registered Dietitian and Community Liaison. During this session you'll also have the opportunity to taste popular "waters" on the market and do some detective work regarding the best choice(s) for you! Samples of different types of water products will be available to take home. We will also have a couple of raffle prizes for participants, so sign up ahead. Register in advance by calling or stopping by the front desk.

SPRING LIFELONG LEARNING IN JULY

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

Edison: Wizard or Pretender? With John Sullivan

on Thursdays from 1:00-2:30 pm

July 7, 14, and 21. 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.

Advance sign up and payment required for these courses.

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COA ACTIVITIES - ARTS & ENTERTAINMENT

LET'S GO TO THE MOVIES

"Marry Me" (2022 1h 52m)

On Thursday, July 7 @ 12:30 pm

A betrayed pop star, slated to marry her pop star fiancé on stage, instead marries a stranger from the audience - a high school math teacher. Against the odds, their sham relationship develops into something real...but can their love survive the limelight? Cast: Jennifer Lopez, Owen Wilson, Maluma, John Bradley, Sarah Silverman, Chloe Coleman, Utkarsh Ambudkar, Katrina Cunningham, Jimmy Fallon, Michelle Buteau, Brady Noon, Stephen Wallem

"A Journal for Jordan" (2021 2h 11m)

On Monday, July 11 @ 12:30

First Sergeant Charles Monroe King, a soldier deployed to Iraq, begins to keep a journal of love and advice for his infant son. Back at home, senior New York Times editor Dana Canedy revisits the story of her unlikely, life-altering relationship with King and his enduring devotion to her and their child. Cast: Michael B. Jordan, Chanté Adams, Jalon Christian, Tamara Tunie, Robert Wisdom, Susan Pourfar, Vanessa Aspillaga, Johnny M. Wu, Samuel Caleb Walker. Director: Denzel Washington

"West Side Story" (2021 2h 36m)

On Monday, July 25 @ 12:30 pm

In the mid-1950s, the young Maria yearns to make a life for herself amidst the hustle and bustle of New York City's Upper West Side. She quickly catches the eye of Tony, a charming young man of Irish heritage. Despite the warnings from the duo's traditionalist families, Maria and Tony fall irrevocably in love, pushing the rivalry between their respective gangs to the brink of violence. Cast Ansel Elgort, Rachel Zegler, Ariana DeBose, David Alvarez, Mike Faist, Rita Moreno, Brian d'Arcy James, Corey Stoll, Josh Andrés Rivera, Jamila Velazquez, Yassmin Alers, Jamie Harris, Curtiss Cook, Ana Isabelle, Talia Ryder, Maddie Ziegler, Patrick Higgins, Kyle Allen, Ben Cook Director: Steven Spielberg.

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 No class 7/7

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! Cost: \$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.

COMING SOON FUN with ZENTANGLES

On Mondays in August from 10:00 am -12:00 pm Zentangles is "a known stress buster" and is a fun, relaxing and therapeutic art class. Please bring a 9 X 12 drawing pad, a sharpie pen (one fine, one medium), a pencil and eraser. Cost: \$60 5 sessions August 1, 8, 15, 22 & 29. Minimum number of 10 students needed to offer the class, so please sign up.

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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, July 26 at 1:00 pm

Osteoporosis is a condition where bones become weak or brittle. It occurs when the creation of new bone doesn't keep up with bone loss. We'll discuss causes, symptoms, risk factors and prevention through diet and exercise. We'll also talk about the medical conditions that increase your risk. We'll break down the specific types of exercise to improve your condition and the importance of Vitamin D and Calcium in your daily nutrition. Please sign up ahead, refreshments served.

IRELAND'S CASTLES

On Thursday, July 7 from 1:30-2:30 pm

BEEYONDER is a live, interactive virtual travel The presentation will be on the castles of Ireland The castles are excellent examples of how the Normans influenced fortified stone building in Ireland, great sites with amazing history that actually impacted world history. This will be a 1 hour Virtual Experience. Sign up in advance at the front desk or by calling 781-834-5581 Limit 20

MARSHFIELD ANTIQUE PICTURE POSTCARDS W/ DAVID ALLEN

On Wednesday, July 13 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!

ANTIQUE SLIDESHOW

"NEW ENGLAND BARNs"

On Thursday, July 28 at 1:00 pm

New Englanders treasure our rural landscape, and the architectural form that most powerfully conveys rural history is the barn. This months presentation is on New England Barns. The first part of the presentation will illustrate examples of barns across the New England area while the second part will focus more narrowly on barns of Southeastern Massachusetts. The narrative will interweave material about architecture, beauty, historical function, and individual adaptations. The experience will offer handsome images and interesting stories. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have an image of a barn 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. Admission is free but please sign up in advance at the front desk or call 781-834-5581.

POETRY CLUB w/RICH HANSEN

On Friday, July 29 at 11:00 am

Join this monthly gathering of people who love poetry by poets ranging from Longfellow to Amanda Gorman! Group typically meets on the last Friday of the month. Share your thoughts and opinions in this fun, interactive group. All welcome!

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**

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. July 5: Burkes Beach @ end of Beach St July 7: Rexhame Beach end of Winslow St. ocean side July 12: Sampson Park Trail, Kingston—south side of Elm St Bridge over Jones River July 14: Couch Cemetery off Union St July 19: Burkes Beach @ end of Beach St July 21: Rexhame Beach @ end of Winslow St—South River side July 26: Whiton Woods—park along Temple St, Duxbury July 28: Daniel Webster Wildlife Sanctuary

PICKLEBALL FOR BEGINNERS

Free play on Tuesdays & Thursdays from 8:30—11:30 am

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. 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

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

No class July 7

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

No class July 7

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

On Thursdays at 9:00 am

No class July 7th

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

No class July 8

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.

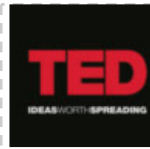
KUNG FU FOR ACTIVE SENIORS w/MIKE

Starting Friday, June 17 at 11:15 am

No class July 1

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, July 25 at 10:00 am

Join us on zoom for "Why bittersweet emotions underscore life's beauty" with Susan Cain . From the TED talk homepage "Life is a constant state of both joy and sorrow, dark and light, bitter and sweet. In a meditative conversation, author Susan Cain explores how being attuned to the bitter sweetness of life -- and being fully present for both the happy times and the sad times -- helps us navigate love and loss and connect to the "insane beauty" of the world. Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

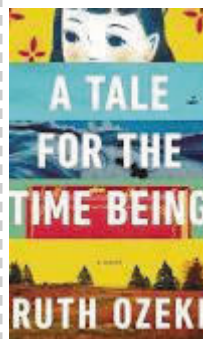
GREAT DISCUSSIONS

On Tuesday, July 5 and 19 from 10-11:30 am

The Great Discussions Group meets the first and third Tuesday of each month. We read shared material and rigorously discuss current events and other stimulating, topical subjects. The topics will be July 5 Passages on Russia from "Dance With The Devil"; July 19 Prescription Drugs Found In Oceanic Fish. If you have questions about this group please contact Bob Jackman.

BOOK DISCUSSION GROUP

On Monday, July 25 at 11:00 am



This month we will be reading the book "A Tale for the Time Being" by Ruth Ozeki 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. All welcome!

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

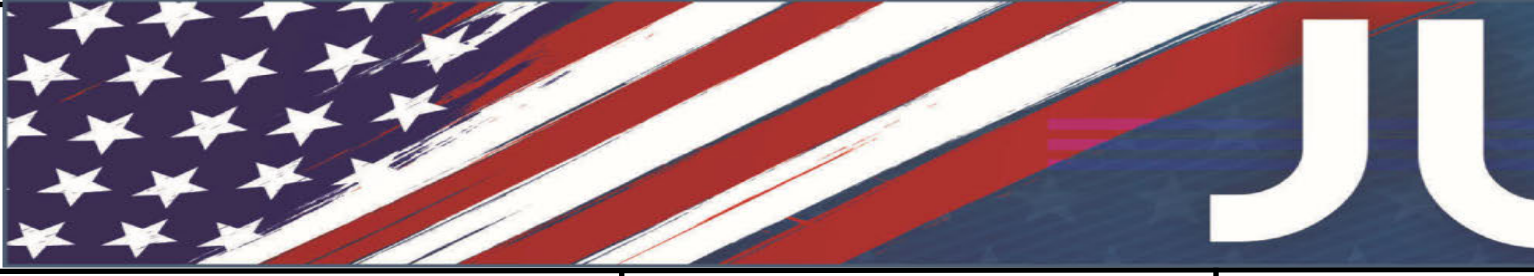
sign up by calling: 781-834-5581

Class is Free ~ Beginners Welcome

MONDAY

TUESDAY

WEDNESDAY



SENIOR CENTER CLOSED 4

Beginner Pickleball	8:30 am	5
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	

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

Technology Assistance	9:00-11:00 am	11
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	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Movie "A Journal for Jordan"	12:30 pm	
Hand & Foot "Ronnie's Rules"	1:00 pm-3:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	

Beginner Pickleball	8:30 am	12
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	
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	

Woodcarving	
Manicures	
Legal Clinic	
Balance & Strength/Neil Sullivan	
Heart & Hand Exercise w/Janet	
Social Day Program	
Rug Hooking AND Knitting	
Yoga w/Tricia	
Antique Picture Postcards	
Technology Assistance	
Congregate Lunch	
Duplicate Bridge	
Korean War Veteran's Meeting	
Zumba/Cardio Dance w/ Deb	
Whist	
Hand & Foot	
Pool	

Technology Assistance	9:00-11:00 am	18
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Hand & Foot "Ronnie's Rules"	1:00 pm-3:00 pm	
Musical Monday	1:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	

Beginner Pickleball	8:30 am	19
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	
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	
Using a Smart Phone in 2022	1:00 pm-3:00 pm	
Line Dancing w/Dotty	1:00 pm	
Imagination in Painting	1:00-3:15 pm	
Ping Pong	1:00-4:00 pm	

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

Technology Assistance	9:00-11:00 am	25
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
Reiki with MaryAnn	10:00 am-12:00 pm	
TED Talk	10:00 am	
Reverse Mortgage Consults	11:00 am-1:00 pm	
Book Group	11:00 am	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Movie "West Side Story"	12:30 pm	
Hand & Foot "Ronnie's Rules"	1:00 pm-3:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	

Beginner Pickleball	8:30 am	26
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	
Caregiver Support Group	6:00-7:00 pm	

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	
Congregate Lunch	
Duplicate Bridge	
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

JULY

©LPi

9:00 am-12:00 pm
 9:00 am-4:00 pm
 9:30 am
 9:15 am
 10:00 am-2:00 pm
 10:00 am
 10:00 am
 11:00 am
 11:00 am-1:00 pm
 12:00 pm
 12:30-3:00 pm
 1:00 pm
 1:00 pm
 1:00 pm

6

Beginner Pickleball 8:30 am
 Walking Group 8:30 am
 Quilting Group 8:30-11:00 am
 Gentle Chair Exercise w/Barbara **NO CLASS** 9:00 am
 Barre & Beyond **NO CLASS** 9:00 am
 Intro to Spanish 10:00 am
 Yoga w/Linda 10:00 am
 Balance Tune Up **NO CLASS** 10:00 am
 Intermediate Spanish 11:15 am
 Boxed Lunch Pickup 10:30-11:30 am
 Movie "Marry Me" 12:30 pm
 Zumba w/Deb 1:00 pm
 Mahjong 1:00 pm
 Drawing w/Tess **NO CLASS** 1:00 pm
 LLL- Edison 1:00 pm
 Ping Pong 1:00-4:00 pm
 Beeyond "Island's Castles" 1:30 pm-2:30 pm

7

1
 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 **NO CLASS** 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

9:00 am-12:00 pm
 9:00 am-4:00 pm
 9:00 am-12:00 pm
 9:30 am
 9:15 am
 10:00 am-2:00 pm
 10:00 am
 11:00 am
 11:00 am-12:30 pm
 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

13

14
 Quilting Group 8:30-11:00 am
 Gentle Chair Exercise w/Barbara 9:00 am
 Barre & Beyond 9:00 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
 Ping Pong 1:00-4:00 pm
 LLL- Edison 1:00 pm
 Dave the Gardener 1:00 pm

14

15
 Yoga w/Katherine 9:30 am
 Heart & Hand Exercise w/Janet 9:30 am
 Watercolor Class 9:30 am-12:00 pm
 LLL Winslow House 10:00 am-11:30 am
 Essentrics 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

9:00 am-12:00 pm
 9:00 am-4:00 pm
 9:30am
 9:15 am
 10:00 am-12:00 Noon
 10:00 am-2:00 pm
 10:00 am
 10:30 am-11:30 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

20

21
 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
 Barre & Beyond 9:00 am
 Gentle Chair Exercise w/Barbara 9:00 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
 Delvena Theatre "Meet Julia Child" 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

21

22
 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
 Grandparent Movie Day 12:30 pm
 Free & Easy Painting 1:00-4:00 pm
 Pinochle 1:00 pm

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
 12:00 pm
 12:30-3:00 pm
 1:00 pm
 1:00 pm
 1:00 pm
 1:00 pm

27

28
 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
 TRIAD "Hydration" 12:30 pm
 Antique Slideshow 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

28

29
 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



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COA SERVICES

30-MINUTE FINANCIAL PHONE CONSULTS

On Tuesday, July 12 from 10:00 am-1:00 pm

McNamara Financial Services Inc., an independent, local family owned Investment Advisor in Marshfield, provides consultations on the second Tuesday of each month. Have a question about investments, insurance, debt, taxes, Social Security 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

Not available in July

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, July 25 from 11:00 am—1:00 pm

David Tourtillott, Certified Reverse Mortgage Professional will discuss how to use a reverse mortgage to refinance if you desire to age in place, or how to purchase a new more suitable home that meets your needs.

REAL ESTATE SPECIALIST

On Wednesday, July 20 from 10:30-11:30 am

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

MONTHLY LEGAL CLINIC

On Wednesday, July 13 from 9:00 am—12:00 pm

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, July 8 from 9:00-10:00 am
AND**

STATE REP. PATRICK KEARNEY

On Thursday, July 21 from 9:00-10:00 am

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

STATE SEN. PATRICK O'CONNOR

On Tuesday, July 19 from 10:30-11:30 am

Senator O'Connor is available for consults at the Senior Center on the 3rd Tuesday of each month.

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

REIKI WITH MARYANN

**On Monday, July 11 and 25
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, July 12 ~ 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, July 21 ~ 9:00 am-4:00 pm

 Registered Nurse Deborah Veroneau is here on the 3rd Thursday of the month for general foot care appointments. Services offered include: general assessment of feet & lower extremities, trimming, filing and cleaning of the toenails, reduction of thickened toe nails, smoothing of corns and calluses and massaging. Cost: \$35.

MANICURES BY JODDIE

On Wednesdays from 9:00 am-4:00 pm

It's sandal season! Joddie is available every Wednesday for manicures, pedicures and facial waxing. Please the Senior Center at call 781-834-5581 to obtain pricing or make an appointment for any of these services.

ASK A NURSE CLINIC

**On Monday, July 11 and Wednesday, July 27
from 11:00 am-12:00 pm.**

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



OLD COLONY ELDERLY SERVICES

Celebrating the Independence of Older Adults and Independence Day

July is a time to celebrate independence! In addition to celebrating the anniversary of U.S. Declaration of Independence on July 4th, OCES also celebrates 48 years of supporting the independence and dignity of older adults and individuals with disabilities. We do this through the provision of essential information and services that promote healthy and safe living.

OCES' programs offer significant life-supporting care which contributes to an individual's ability to live within the community as independently as possible for as long as possible while preserving dignity and quality of life. In fact, OCES is the largest provider of in-home and community-based services for older adults and people living with disabilities in the southeastern part of Massachusetts.

Did you know? OCES offers comprehensive care services that help individuals (who may otherwise require nursing facility placement) so they can remain independent at home. Programs include Adult Family Care; Congregate Housing; State Home Care; Personal Care Management; Senior Care Options; Supportive Housing; and Veteran/Self-Directed Home Care.

The Nutrition Department provides vital food services to older adults and people living with disabilities through Home Delivered Meals and Community Dining sites. Many older adults who are unable to shop for groceries or prepare their own meals, benefit from "Meals on Wheels" which provides a daily meal delivered to their homes. For OCES' most vulnerable older adults and individuals with disabilities, the delivery is not only a delicious and nutritious meal, it is often the only social contact of the day. A connection to the community through Meals on Wheels serves as a safety check to make sure these individuals are okay.

OCES supports different cultures and their independence. For example, in recognition of Cape Verde Independence Day on July 5, Caribbean meals will be offered as home delivered meals in all of Brockton. We also support independence through many staff fluent in several languages, including Haitian Creole, Cape Verdean Creole, and Spanish.

OCES aspires to welcome everyone without exception. Whether you are looking for help or are interested in helping others remain independent, we are here to support you! Learn more about us at www.ocesma.org.

COA NEWS

MEET OUR NEW ACTIVITIES COORDINATOR STEPHANIE CARBERRY

Some of you may recognize Stephanie from her years volunteering at the front desk. She will be working with Marilee to bring new and exciting programs to the expanding Senior Center. Stephanie is energetic, enthusiastic and ready to listen to your ideas for new offerings at the center. Stop by any Wednesday, Thursday or Friday morning to meet, share your activity ideas, and welcome Stephanie.



REMINDER TO GUESTS & VOLUNTEERS

Please don't forget to sign in at one of the swipe machine (one at the main entrance and one at the front desk) while you are here. If you need a new swipe card, we will be more than happy to give you one. If any of your personal information has changed, please update us so that our information is current.

OPEN HOUSE

A huge thank you to all who made our Open House on June 25th such a success. We appreciate all of our wonderful volunteers, patrons, sponsors and elected officials.

Thank you for your support!

VOLUNTEER RECOGNITION CORNER

Do you have two to four hours a week that you are looking to fill? Consider volunteering at the Senior Center. We are currently seeking volunteers for our Gift Shop- Wednesday or Thursday morning 9-11am; Meals on Wheels Drivers program; Fitness Room Monitors (fitness experience a plus); Light yard clean-up for seniors; Café-Monday 12-2pm and Greeters.



For more information on how you can make a difference, contact Project Coordinator for Volunteers, Kristen Noonan at 781-834-5581 or knoonan@townofmarshfield.org

Welcome to our new May Volunteers: Donna Carchia (returning), Lisa Mulrey and Liz Kahrs.

Volunteer Birthdays for July: Trudy Harney, Geraldine McCarthy, Norman Shacochis, James Fox, Margaret Ofuokwu, Sandra Sutherland, Kathleen Eacrett, Mary Lamrock, Paul Fitzpatrick, Ann Fogg, Elsie Almedia, Deborah Gill and Tyler Nims.

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

Medical supplies and equipment- consider donating your unused medical equipment (new or gently used only please)

SAVE THE DATE

ART IN BLOOM

On Tuesday, August 9 from 10:00 - 12:00 pm

Our talented artists will be showcasing their art work in conjunction with flower arrangements by the Seaside Gardeners.

MEDICARE MATTERS BY BCBS OF MA

On Wednesday, August 24 at 1:00 pm

If you're getting close to Medicare eligibility, this presentation is for you. We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

FROM THE ASSESSOR'S OFFICE

On Thursday, August 18 at 1:00 pm

Anne Marie Sinnott, Assessor will be at the Senior Center to share the Town's tax exemptions and deferrals that may be available to help people with their property taxes. She will also touch on the Massachusetts circuit breaker tax credit as well as the Town's Senior Tax Work off Program. Refreshments will be served. Please sign up ahead by stopping by the front desk or calling 781-834-5581.

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, July 26 from 6:00—7:00 pm

This is an opportunity to meet fellow caregivers, share resources, experiences, successes and concerns. No prior sign up required. Group meets every month on the 4th Tuesday at the Senior Center.

HEARING AID CLEANING & SCREENING

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

At Home Hearing Healthcare specialize in detecting and resolving issues with hearing loss and will be offering hearing evaluations at the Senior Center to determine the presence of hearing loss. If a hearing loss is detected, the individual will be advised regarding next steps for pursuing proper treatment. For an appointment, call the Senior Center at 781-834-5581 or stop by the front desk.

SIXTY PLUS CLUB

The next Sixty Plus Club will meet on Thursday, September 1 at 1:00 pm. We will discuss the future of the 60+ club and are hoping for new members and ideas for upcoming events. The club is currently taking up a collection to purchase a leaf on the Giving Tree in Nancy Goodwin’s memory. The Annual Cookout is scheduled for Tuesday, August 16th at 12:00 pm at the VFW Post at 655 Main St (Rt. 3A) in Marshfield. If you are interested in attending, please leave a check for \$21 in the 60+ mailbox at the Senior Center.

Stay safe! Sandy, Ann, & Theresa



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 July 20 at the Senior Center. The COA Boosters’ board meeting will be held on Wednesday, July 20 at 10:00 am at the Senior Center.

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 July 13 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

Marshfield Council on Aging Shuttle Bus Schedule

Also known as GATRA Dial-A-Ride

Call the Senior Center at 781-834-5581 for more information

Reservations required, 24 hour notice requested

MONDAY	AM	Transportation to Senior Center ~ arrive by 9:15 am
		Shopping at Star Mkt (& CVS as needed)
		Transportation to Senior Center ~ arrive by 11:30 am
	PM	<i>In-town medical appointments 1:00 - 2:30 pm</i>
TUESDAY	AM	Transportation to Senior Center ~ arrive by 9:00 am
		1 st Tuesday - Walmart Plymouth approx. arrival 10:00 am; pick up @ 2:00 pm; 2 nd Tuesday – Marshfield Food Pantry 10:00 am – noon upon request; 3 rd Tuesday – Market Basket approx. arrival 9:30 am; pickup 11:00am 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
		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		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 Market (& 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 for 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>Effective 6/6/22</i>		

COA BOOSTERS

The Booster held their monthly board meeting, in person, on Wednesday June 15 and plan their next Board of Directors meeting for Wednesday, July 20 at 10:00 am in the Senior Center Conference Room.



LOBSTERFEST

The Chamber of Commerce will host Lobsterfest on the town pier **Saturday, September 17** and once again extended a complimentary booth to the Boosters so we can get out our message of support for the Senior Center. Peggy Slade, chairperson, and her committee will raffle a handcrafted rocking chair cleverly crafted from lobster traps. Plan to attend and have fun.

CRAFT FAIR & BAKE SALE

Chairperson Peg Davis continues to plan for the annual Holiday Craft Fair on **Saturday, November 5th**, which promises to be bigger and better this year. It's a great place for holiday shopping with unique hand-crafted items at reasonable prices during this time of high inflation. Stay for lunch and try our chili or clam chowder. Vendor applications are available. Call 781-363-2050 for more information.



Our Holiday Bake Sale takes place in conjunction with the Craft Fair. You can make it better than ever with your donated baking skills. Volunteer bakers are needed to prepare cookies, brownies, cakes, muffins, fudge, gluten free baked good as well as pies, quiches and more. Chairperson Liza Corbett will be sending out more information soon. The Craft Fair and Bake Sale generate a substantial amount of fundraising monies for the Boosters, earmarked to support our Senior Center

MEMBERSHIP

The Booster membership form is available at the front desk at the COA and on our website at marshfieldcoaboosters.org. Thanks to those who have joined for this year and a reminder to those who have not renewed or are interested in becoming members. Contact Steve Rhodes at join@marshfieldcoaboosters.org if you have questions.

OPEN HOUSE

The Giving Tree was officially unveiled at the Open House on June 25th and was very well received. The engraved leaves are filled with wonderful memories and tributes and meaningful messages. There is still space on the tree for you to add your thoughts and contribute to the support of our Senior Center. The form is on our website, marshfieldcoaboosters.org, under the JOIN button, or contact project manager Liza Corbett at info@marshfieldcoaboosters.org



Also, in time for Open House, the bronze nameplates were mounted on the wall of the five rooms already taken through our **Adopt-A-Room Program**, a permanent way for individuals or businesses to show support for our Senior Center. Participation in this program starts at \$2,500 and goes up to \$10,000 and we are very grateful to those who have already participated. For more information, please contact Suzanne Allmendinger at 781-834-7854

SMILE

If you use Amazon, please consider placing your order through smile.amazon.com and designate the Marshfield COA Boosters as your charity. We have received over \$200 from this program to support our Senior Center and it does not add to the cost of your Amazon purchase.

OCES NUTRITION PROGRAM



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

Suggested doi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium</p>				<p>1 Beef Stuffed Peppers 189 Vegetable Pasta Salad 46 WW Dinner Roll 254 Hot Cinnamon Peaches 6</p>
Cal: 714 Sodium: 626 mg Carb: 104 gm				
<p>4 NO MEALS </p>	<p>5 Beef Meatball w/ pasta & sauce 201 Zucchini w/ Red Pepp 3 WW Bulkie Roll 246 Parmesan Cheese 108 Apple 2</p>	<p>6 Chicken Lo Mein 640 Asian Vegetable 9 Wheat dinner Roll 254 Mixed Fruit 5 </p>	<p>7 Cold Meal Tuna Salad 25 over Lettuce 33 3-Bean Salad 127 Cole Slaw 127 WW Hamburger Roll 190 Chocolate Pudding 190 Mod: SF Choc Pudding 5</p>	<p>8 Spanish Style Chicken* 583 Brown Rice w/ Orzo 16 HOT-Southwestern Black Bean Salad 294 Scala 97 Diced Pears 5</p>
Cal: 732 Sodium: 689 mg Carb: 73 gm				
Cal: 671 Sodium: 1045 mg Carb: 87 gm				
Cal: 642 Sodium: 577 mg Carb: 75 gm				
Cal: 626 Sodium: 1124 mg Carb: 86 gm				
<p>11 Beef Macaroni Casserole* 687 Hot Greek Orzo Salad 176 Zucchini 2 Wheat 121 Oatmeal Raisin Cooki 120 MOD: Lorna Doones</p>	<p>12** HIGH SALT DAY Hot Dog* 610 Vegetarian Baked Be: 140 HOT- Summer Squash 42 Mustard 55 WW Hot Dog Roll 270 Fresh Plum 0</p>	<p>13 Cold Meal Egg Salad on a Lettuce Bed 254 Root Vegetable Salad 86 Tomato Slices 2 WW Hamburger Roll 254 Vanilla Wafers 117</p>	<p>14 Breaded Pollock 252 Tartar sauce 261 Baked Potato 4 Broccoli 12 Sour Cream 9 WW Breadstick 239 Diced Pears 5</p>	<p>15 Pork Choppette with Gravy* 635 Sweet Potato Tots 120 Jardiniere Vegetables 32 Wheat hamburger bun 127 Fresh Orange 70 0</p>
Cal: 954 Sodium: 1185 mg Carb: 102 gm				
Cal: 655 Sodium: 1247 mg Carb: 73 gm				
Cal: 748 Sodium: 815 mg Carb: 81 gm				
Cal: 716 Sodium: 919 mg Carb: 91 gm				
Cal: 705 Sodium: 1043 mg Carb: 81 gm				
<p>18 Chicken Broccoli Penne Alfredo* 580 Italian style blend Vegetables 36 Wheat Breadstick 239 Fresh Banana 1</p>	<p>19 Potato Crunch Fish roasted sweet 300 Country Style Blend wheat 200 Jello 54 </p>	<p>20 Sloppy Joe 420 Riviera Style Blend Tater Tots 7 310 Wheat hamburger bu 127 Mix fruit 5</p>	<p>21 Chicken Marsala 414 Parslied Spiral Pasta 1 Fiesta Vegetable Blend 15 Blueberry Snack Loaf 170 Cantaloupe 5</p>	<p>22 WG Lasagna 414 Rolls w/ Meat Sauce Green Beans 2 Parmesan Cheese 108 WW Breadstick 239 Diced pears 12</p>
Cal: 665 Sodium: 985 mg Carb: 101 gm				
Cal: 716 Sodium: 889 mg Carb: 84 gm				
Cal: 697 Sodium: 998 mg Carb: 74 gm				
Cal: 780 Sodium: 767 mg Carb: 116 gm				
Cal: 705 Sodium: 906 mg Carb: 86 gm				
<p>25 Cold Meal Curry Chicken Salad 72 Sweet Potato w/ Mango Salad 62 Carrot Raisin Salad 146 WW Dinner Roll 254 Vanilla Pudding 220</p>	<p>26 Hawaiian Chicken 347 Pineapple Rice 4 Green beans 3 Oatmeal Bread 140 Fresh Nectarine 0</p>	<p>27 Fish Sticks with Tartar Sauce 400 Sweet Potato Tots 120 Squash, Zucchini, Red Onion Salad 74 WW Breadstick 239 Watermelon 1</p>	<p>28 Cheeseburger 231 Baked Beans 208 Carrot Coins 62 Whole grain bun 127 Lorna Doones 100</p>	<p>29 No Milk Served Scrambled Eggs 378 Home Fries 6 Peppers and Onions 54 Fruited Yogurt 39 Blueberry Snack Loaf 180 Orange Juice 0</p>
Cal: 855 Sodium: 884 mg Carb: 114 gm				
Cal: 621 Sodium: 631 mg Carb: 88 gm				
Cal: 682 Sodium: 896 mg Carb: 76 gm				
Cal: 871 Sodium: 858 mg Carb: 85 gm				
Cal: 880 Sodium: 637 gm Carb: 93 gm				

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

GRAB & GO BOXED LUNCH

Tuesdays

July 5 Turkey & Cheese on Kaiser roll

July 12 Italian Chicken Salad on Focaccia Bread

July 19 Ham & Cheese Wrap

July 26 Turkey & Cheese on Kaiser roll

Thursdays

July 7 Roast Beef & Swiss on Kaiser roll

July 14 Tuna Roll

July 21 Egg Salad on Croissant

July 28 Chicken Caesar Salad Wrap



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