



The LINK

www.marshfieldseniorcenter.org

Accredited by 
National Institute of
Senior Centers

Council on Aging

Ever Growing - Never Old

230 Webster Street

Marshfield, MA 02050

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Chamilton@townofmarshfield.org



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www.marshfieldseniorcenter.org

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

AUGUST 2022

Volume 389

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.

2022 OPEN HOUSE



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

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AUTHOR TALK WITH BILL SELVITELLE**On Monday, August 8 at 1:00 pm**

Come meet Bill Selvitelle, author of Heaven's Window. His book takes place in the forties and fifties in Boston, and the main character faces many obstacles; going to war, returning home and trying to find employment. He realizes that nothing was the same and this leads him down a road into depression, alcoholism, and other difficult challenges. However, after meeting a very special dog and the bond that they create, he finally finds his true calling. Sign up at the front desk or by calling 781-834-5581.

ART IN BLOOM**On Tuesday, August 9 from 10:00 am—12:00 pm**

This popular yearly event is back! See original artwork by our Tuesday Art Studio led by Joan Herman and by our Friday Watercolor class led by Gayle Loik. View the unique flower arrangements from the Seaside Gardeners and enjoy a delicious morning refreshment. You won't want to miss this breathtaking display. Please register in advance with the front desk or by calling 781-834-5581

INTERGENERATIONAL CRAFTING ACTIVITY: "Tell Me About You"**On Wednesday, August 10 at 1:00 pm**

Eileen Shacochis will lead this fun intergenerational activity. "Tell Me About You"! Grandparents and Grandkids; come create a memory book to share with your family and friends. Grownups are welcome to come by themselves and bring favorite photos or bring your grandchild and create your story. Please bring 5 to 8 photos that can be cropped (cut) to fit a 4 x 4 square card. Supplies will be provided. The cost will be \$10.00 per person. Register in advance at the front desk or by calling 781-834-5581. Limit 10

SUMMER AT DUXBURY BEACH WITH MASS AUDUBON**On Thursday, August 11 and 25 from 9:30 - 11:00 am**

The Mass Audubon is offering free programs on the Duxbury Beach on Tuesday and Thursday mornings in August. The Marshfield Senior Center will offer bus transportation from the Senior Center to the beach program site on Thursday 8/11 for "Piping Plovers Pint Sized Dynamos" and on Thursday 8/25 for "The ABC's of Tides". The programs run from 9:30-11:00am and meet on the ocean side of the Powder Point Bridge. Sign up in advance for bus transportation and be at the Senior Center by 8:45 am. Limit 14 (For bus transportation, the program is open to all).

MUSICAL MONDAY with Jack Craig presents "The Story of Swing Bands in the War"**On Monday, August 15 at 1:00 pm**

Musical Monday with Jack Craig! From 1910 into the 1950's, dance bands left an amazing footprint on American culture. During the 'swing era', band leaders developed their own theme or signature songs, and singers emerged as superstars. This program covers 1940 - 1944 swing music and features Lionel Hampton, Vaughn Monroe, Stan Kenton, Spike Jones, Bonnie Lake, Anita O'Day, Sarah Vaughn, Kitty Kallen and several more. Sign up in advance at front desk or call 781-834-5581. Suggested donation \$2

ART FOR YOUR MIND PRESENTS "Early New England Seascapes"**On Tuesday, August 16 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, Early New England Seascapes, explores and interprets a selection of beautiful images by several prominent 19th Century American artists, Fitz Henry Lane, Winslow Homer, and Edward Hopper, to name a few. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways. Please sign up at the front desk or by calling the Senior Center at 781-834-5581. Suggested donation \$2

STRANGER THAN FICTION: Facts and Myths about Winston Churchill with Paul Taylor**On Monday, August 29 at 1:00 pm**

Winston Churchill is considered the 20th Century's greatest leader. Come hear Paul Taylor discuss the ups and downs "of a life that spanned the Victorian and nuclear ages and a man whose inability to accept defeat saved the world from totalitarianism." Paul Taylor has written about Winston Churchill and has had a lifelong passion for the subject. Please register in advance with the front desk or by calling 781-834-5581.

DIRECTOR'S CORNER

It seems hard to believe we are preparing our August newsletter when it feels as though the summer just began. We have several new activities planned for you such as two new dance classes with Jan Harold, on Mondays and Wednesdays at 11:00 am, a program on Winston Churchill on August 29th at 1:00 pm, an author presentation and a new art class called Zentangles with Gayle Loik, to name a few. We also have two informational presentations—one on Medicare matters by Blue Cross Blue Shield of MA on Wednesday, August 24, 2022 at 1:00 pm and another on help with property taxes on Thursday August 18 at 1:00 pm with Assessor Anne Marie Sinnott.

I would like to thank all of the participants, town officials, professionals, volunteers, COA staff and Board and our residents that attended our Grand Open House on June 25. The event was a smashing success with over 400 people in attendance, with many people filling our registration forms, taking tours and showing the Senior Center to other friends and family. It was a very happy and memorable day and we are very grateful for all of the support and well wishes.

This month we hope to receive our pool tables, salon and outdoor porch furniture and a few other pieces we have been waiting for. We continue to spiff up our original building with reupholstered furniture and window treatments and hope to repaint some of the remaining spaces.

If you would like to see us offer any particular programs or services please let us know or put it in the suggestion box at the greeter's desk.

Enjoy the warmth and sunshine, Carol Hamilton

TRIAD

"Stress and Pain Management through Mindful Meditation"

On Thursday, August 11 at 12:30 pm

Join us at 12:30 for SALT (Seniors and Law Enforcement Together) and a special Strawberry Shortcake snack. Then at 1:00 pm Kara McWade, RN, will lead a discussion on the beneficial effects of Mindful Meditation on pain management. Recent studies suggest that Mindful Meditation significantly lessens pain, helps reduce blood pressure, and improves mood. Mindful Meditation is an excellent tool for the millions of people effected by chronic pain who are seeking non-pharmacological, narcotic-free, and self-facilitated pain therapy.

HELP WITH PROPERTY TAXES

On Thursday, August 18 at 1:00 pm

Please join the staff at the Assessor's Office for a presentation on various types of assistance that may be available for property taxes. Join us to learn about available real estate tax exemptions you may be eligible to receive. A real estate tax exemption, if you qualify, would reduce what you have to pay on your real estate tax bill. We'll explain the different types of exemptions available, what it takes to qualify for the exemptions and what documents may need to be submitted with the application. Let's spend some time together and see if you may qualify for a real estate tax reduction.

UKULELE GATHERING

On Monday, August 22 from 2:00—3:00 pm

Join us for a jam session at the Seaflower Café and bring your ukulele! Maybe you will have a song to share or maybe it will be a time to learn a song from a fellow player! Share some laughs. Everyone welcome.

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COA ACTIVITIES - ARTS & ENTERTAINMENT

LET'S GO TO THE MOVIES

"American Underdog" (2021 1h 52m) On Thursday, August 4 at 12:30 pm

As Kurt Warner stocks shelves in a supermarket with his dreams all but out of reach, his wife, coaches, and teammates encourage him to show the world the champion they know him to be. Kurt perseveres and finds the strength to become the legendary two-time NFL MVP, Super Bowl MVP, and Hall of Fame quarterback — proving that anything is possible with faith, family, and determination. Cast Zachary Levi, Anna Paquin, Dennis Quaid, Ser'Darius Blain, Cindy Hogan, Adam Baldwin, et al.

"Some Kind of Wonderful" (1987 1h 35m) On Wednesday, August 17 at 12:30 pm

In this 1980s classic from writer-producer John Hughes, Watts (Mary Stuart Masterson) is a tomboy who has a crush on her best friend, Keith (Eric Stoltz). But her feelings go unrequited as Keith falls for the hopelessly feminine Amanda (Lea Thompson), a rich girl with snobby friends. Unfortunately for Keith, Amanda's ex-boyfriend wants her back and is willing to do anything to get her. But does that mean he and Watts are destined to be together? Cast: Eric Stoltz, Lea Thompson, Mary Stuart Masterson, Craig Sheffer, John Ashton, Elias Koteas, Molly Hagan, Chynna Phillips, Maddie Corman, Candace Cameron Bure, Patrick Higgins, Kyle Allen, Ben Cook Director: Steven Spielberg.

"Made in Italy" (2020 1h 34m) On Friday, August 26 at 12:30 pm

When London artist Robert travels to Italy with his estranged son to sell the house they've inherited they're shocked at the villa's condition. As they work on repairs, their relationship becomes even more strained, but a bond slowly begins to form. Cast Liam Neeson, Micheál Richardson, Valeria Bilello, Lindsay Duncan, Marco Quaglia

ART STUDIO w/JOAN HERMAN

On Tuesdays from 9:30 am- Noon (except 8/9)

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! 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.

FUN with ZENTANGLES

On Mondays 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 for all 5 sessions 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

No Spanish in August

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

No Spanish in August

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, August 30 at 1:00 pm

This months discussion topic is Vestibular Balance Disorders . According to Johns Hopkins, dizziness and Vertigo are symptoms of a vestibular balance disorder. Disorders can strike at any time and be quite debilitating. They are more common as we grow older. We'll discuss the causes, symptoms, treatment, complications and key points. We'll also talk about how it is diagnosed. **Light refreshments will be served, please sign up ahead at the front desk or by calling 781-834-5581.**

VIRTUAL WALKING TOUR IN PORTUGAL

On Wednesday, August 31 at 1:00 pm

The Beeyonder presentation this month will be a walking tour of Cascais, a 'Town of Fishermen and Kings'. We will start our tour near the palace of Condes Castro Guimaraes, an astonishing property dating back to 1900, a period when Cascais was the favourite summer destination for royalty. Cascais important throughout the 20th century. We will walk along the main road, admiring the House of Santa Maria, the lighthouse and the 17th century fortress that once was key for the defense of the coast of this former fishermen's town. 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, August 10 from 11:00 - 12:30 pm

Come enjoy over a thousand historic scenes of Marshfield and all the villages, showing hotels and buildings that are no longer existing. If you have duplicate postcards you would like to trade bring your collection and share your stories with us or just come in and enjoy the display!

ANTIQUÉ SLIDESHOW

"SOUTH SHORE POSTCARDS"

On Thursday, August 25 at 1:00 pm

Postcards sometimes spark pleasing memories of people, places, and events with rich emotional connections. On Thursday August 25 at 1:00pm a slideshow will be presented on South Shore Postcards. The PowerPoint program will focus on postcards of Marshfield, Scituate, Cohasset, Hull, and Hingham. Along with standing favorites including Minot Light and Larson's Tower, the program will include images of long-gone landmarks such as Paragon Park, Hugo's Restaurant, the Fieldston, Rexicana, and the Old Colony Railroad. General information on postcard eras and the general dating of postcards will also be presented. If you would like to bring a postcard, Bob will be happy to offer comments. 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, August 26 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. **NO class 8/15!**

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. Aug 2: Burkes Beach @ end of Beach St Aug 4: Rexhame Beach end of Winslow St. ocean side Aug 9 Walk Harbor Park to Peter Igo Park and back Aug 11: Corn Hill Woodland Trails—westerly side of Union St north of Highland St Aug 16: Burkes Beach @ end of Beach St Aug 18: Rexhame Beach @ end of Winslow St—South River side Aug 23: Tidmarsh Farm—bus leaving from center Aug 25: Hoyt-Hall Trail off Careswell St west of Webster Aug 30 Rexhame Beach end of Winslow St Ocean side

PICKLEBALL FOR BEGINNERS

Instruction on Tuesday August 2 & free play on Tuesdays & Thursdays from 8:30—11:30 am

There will be two cycles of Introduction to Pickleball on August 2nd (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. Equipment is available at the front desk. Limit: 10 per session (August 2) so registration required. Call the senior center at 781-834-5581 to reserve your spot. Free play the rest of the month is drop-in.

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. Come try this new class. \$5 per class

HEART & HAND EXERCISE CLASS

On Wednesdays at 9:15 am & Fridays at 9:30 am

Emphasizing overall strength, balance, immunity and flexibility while addressing hand-eye coordination, increasing energy and ease of movement. This is an arthritis based science exercise class led by Janet Enos, 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

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

On Thursdays 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.

ESSENRICS w/BARBARA

On Mondays and 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

On Fridays 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, August 29 at 10:00 am

Join us on zoom for "The secret to mastering life's biggest transitions". Writer Bruce Feiler offers a powerful way to handle uncertain, painful and confusing times or 'lifequakes', as he calls them. Learn how to equip yourself with the essential tools and mindset to ride out (and rewrite) the toughest chapters of your life story, and turn unease and upheaval into growth and renewal. After we view the talk we will have a short discussion on zoom. Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

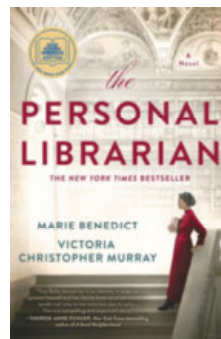
GREAT DISCUSSIONS

On Tuesday, August 2 and 16 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 August 2 Passages on Russia from "[Dance With The Devil](#)"; August 16 The Future of Hybrid Work. If you have questions about this group please contact Bob Jackman.

BOOK DISCUSSION GROUP

On Monday, August 22 at 11:00 am



This month we will be reading the book "The Personal Librarian" by Marie Benedict 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

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

Beginner Pickleball	8:30 am	2
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	8
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	
Zentangles	10:00 am-12:00 pm	
Social Day Program	10:00 am-2:00 pm	
Ask a Nurse	11:00 am-12:00 pm	
Essentrics	11:00 am	
Broadway Jazz	11:00 am	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Hand & Foot "Ronnie's Rules"	1:00 pm-3:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	
Author Talk with Bill Selvitelle	1:00 pm	

Beginner Pickleball	8:30 am	9
Walking Group	8:30 am	
Technology Assistance	9:00 am-noon	
Perpetual Motion	9:00 am	
Hairdressing with Chrissy	9:00 am-noon	
NO Art Studio	9:30 am-12:00 pm	
Art in Bloom	10:00 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	
Imagination in Painting	1:00-3:15 pm	
Ping Pong	1:00-4:00 pm	
Meditation & Mindfulness on Zoom	2:00 pm	

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

Technology Assistance	9:00-11:00 am	15
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Zentangles	10:00 am-12:00 pm	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
Essentrics	11:00 am	
Broadway Jazz	11:00 am	
NO 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	16
Walking Group	8:30 am	
Technology Assistance	9:00 am-noon	
Perpetual Motion	9:00 am	
Art Studio	9:30 am-12:00 pm	
Life Insurance Consultant	10:00-1:00 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	
Sixty Plus Cookout	12:00 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	
Art for Your Mind	1:00 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	
Broadway Tap	
Yoga w/Tricia	
Congregate Lunch	
Duplicate Bridge	
Movie "Some Kind of Wonderful"	
Zumba/Cardio Dance w/ Deb	
Whist	
Hand & Foot	
Pool	
COA Board Meeting	

Technology Assistance	9:00-11:00 am	22
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
Zentangles	10:00 am-12:00 pm	
Social Day Program	10:00 am-2:00 pm	
Reiki with MaryAnn	10:00 am-12:00 pm	
Reverse Mortgage Consults	11:00 am-1:00 pm	
Book Group	11:00 am	
Broadway Jazz	11:00 am	
Essentrics	11:00 am	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Hand & Foot "Ronnie's Rules"	1:00 pm-3:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	
Dave the Gardener	1:00 pm	
Pathways thru Grief	2:00 pm	
Ukulele Gathering	2:00 pm	

Beginner Pickleball	8:30 am	23
Walking Group	8:30 am	
Technology Assistance	9:00 am-noon	
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	
Marshfield Fair Senior Day	12:00 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	
Meditation & Mindfulness on Zoom	2:00 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	
Broadway Tap	
Congregate Lunch	
Duplicate Bridge	
Medicare Matters	
Zumba/Cardio Dance w/ Deb	
Whist	
Hand & Foot	
Pool	

Technology Assistance	9:00-11:00 am	29
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
TED Talk	10:00 am	
Zentangles	10:00 am-12:00 pm	
Social Day Program	10:00 am-2:00 pm	
Essentrics	11:00 am	
Broadway Jazz	11:00 am	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Hand & Foot "Ronnie's Rules"	1:00 pm-3:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	
Stranger than Fiction :Winston Churchill	1:00 pm	
Pathways thru Grief	2:00 pm	

Beginner Pickleball	8:30 am	30
Walking Group	8:30 am	
Technology Assistance	9:00 am-12:00 pm	
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	

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	
Broadway Tap	
Congregate Lunch	
Duplicate Bridge	
Beyond "Portugal"	
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.

COA SERVICES

30-MINUTE FINANCIAL PHONE CONSULTS

On Tuesday, August 9 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, August 16 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, August 22 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, August 17 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 Friday, August 12, from 9:00 am—11:00 pm

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

STATE REP. JOSH CUTLER

**On Friday, August 12 from 9:00-10:00 am
AND**

STATE REP. PATRICK KEARNEY

On Thursday, August 18 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, August 16 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, August 8 and 22
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, August 9 & Friday, August 26~
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, August 18 ~ 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, August 8 and Wednesday,
August 24 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.

ADDITIONAL NEW OFFERINGS

NEW! SINGO with Jim the DJ Guy—It is Bingo with a Beat!

On Monday, August 1 from 1:00 pm—2:30 pm

Singo is rock and roll bingo. The numbers are replaced with your favorite songs. Test your musical knowledge and luck. Have some fun and win some prizes. The Singo Categories are; Early Rock, Disco, 60's, 70's, 80's, 90's, Motown/Soul, TV Themes, Top 40, One Hit Wonders and more! Please register in advance with the front desk or by calling 781-834-5581. Suggested donation at the door \$2.00

BROADWAY STYLE JAZZ WITH JAN HAROLD

Starting on Monday August 8 at 11:00 am

Jazz! Dancing makes Broadway musicals more lively. Come and learn some fun routines and move to the music of your favorite Broadway Show Tunes! Flat or small-heeled leather bottomed shoes or ballet slippers (preferably black) required but come and observe the class if you have any questions or want to know more and Jan can talk with you. \$6.00 per class

BROADWAY STYLE TAP WITH JAN HAROLD

Starting on Wednesday August 10 at 11:00am

Tap away! Dancing makes Broadway musicals more lively. Come and learn some fun routines and move to the music of your favorite Broadway Show Tunes. For tap you will learn such styles as soft shoe, up tempo, and waltz clog style. You can purchase black tap shoes on Amazon, but for your first class wear leather bottomed shoes. You are also invited to come and observe the class if you have any questions or want to know more and Jan can talk with you. \$6.00 per class

BOCCE GAME

Friday, August 19 from 9:00am-11:00am

Sign up and play in a round robin Bocce game here at the Marshfield COA Bocce court. There will be a prize for the winning team. We have the equipment, you bring the winning attitude! For all levels of players. Sign up in advance by calling 781-834-5581 Limit 8, waitlist available.

DAVE THE GARDENER PRESENT "SUPERFOODS AND YOU!"

On Monday August 22 at 1:00 pm

You've heard the term, now put it into practice. Come learn about superfoods and how to incorporate them into your diet. From blueberries and hot peppers to green tea and yogurt, let's talk superfoods! Please sign up ahead! Suggested donation at the door \$2.00

MEDICARE MATTERS: PRESENTED BY B/C B/S OF MA

On Wednesday, August 24 at 1:00 pm

If you're getting close to Medicare eligibility, this presentation is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? 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.

SENIOR CITIZEN DAY AT THE 155TH MARSHFIELD FAIR

On Tuesday, August 23. Gates open at 12:00 noon.

Free admission for all seniors. The Seniors' Special Tent is open from 12:00 – 3:00 pm. There will be free ice cream while it lasts, free health information, blood pressure screening and bingo all sponsored by Sullivan Tire. The Council on Aging will provide transportation. Please stop by the front desk or call 781-834-5581 to make a reservation for the COA bus.

COA NEWS

On June 14 the Council on Aging held a focus group to identify how the Senior Center can attract more men. The group were asked three key questions and here is what we learned.

- What current interests/activities do you have and where do you go to take part in them? Common interests/activities included sports related activities; groups for support, collections, books and games; as well as learning opportunities.
- What obstacles/barriers prevent you from coming to activities at the Senior Center? The primary obstacles/barriers identified were the current hours of operation (as some men are still working and/or unavailable during the day) and the stigma associated with being older and going to a Senior Center.
- How can the Senior Center attract more men? Offering programs of interest to men and expanding hours were the key suggestions.

In the coming months, a thorough review of the data will be performed. Once completed, our staff will work toward implementing practicable ideas. Thank you again to the 18 men who participated in the focus group.

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 out of town medical rides (days and times vary), Fall light yard work, and winter snow shoveling of walkways and around mailboxes. 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



Volunteer Birthdays for August: Elaine Grable, Kathleen Pinkham, Marshall Salowe, Deborah Reardon, Dave Connor, Laurie Lamont, Marie Murphy, Ellen Callahan, Bernard Bembenek, Robert Parkman, Allyson Jameson, Therese McLaughlin, Patricia McIntyre, Holly Brazel, Barbara Urbanski, Gautum Merchant, Constance Hodakoski, Marian Graczyk, Patricia Alconada, and Robert Metzler.

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 medical supplies, including adult incontinence products and durable medical equipment available for loan at no charge. To make this program possible, please consider donating your unused medical equipment (new or gently used only please). Accepting donations of wheelchairs, transport chairs, rollators and knee scooters. Please call the Center at 781-834-5581 or stop by the front desk and ask for Judy or Kristen for equipment loans and/or donations.

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.

SAVE THE DATE

WRITING FOR FUN & FULFILLMENT

6 Week Series on Tuesdays, at 1:00 pm

Starting September 13, join writer Liz Esse Kahrs on writing and journaling. In this supportive and non-judgmental environment, you will be encouraged to exercise your mind. Liz will provide the prompts—you bring your imagination and a pen and notebook. Whether you are entirely new to writing or are someone who already enjoys the emotional and cognitive benefits of writing, this series of workshops will inspire you! Register at the front desk—Limit 12.

INTRO TO PAINTING & WATERCOLOR

Starting September 12 on Mondays 9:00 am

Sign up for this 6 week beginner class. Watercolor is a fun and relaxing medium. Jeanne Brouillette will introduce you to the materials and painting techniques using step by step lessons, building your skill over the six weeks. All materials provided. \$10 per session due each class. Sign up in advance at the front desk or by calling 781-834-5581 Limit 15

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.

SUPPORT & HEALTH PROGRAMS

Coming soon! MEMORY CAFÉ

On Mondays starting September 12 at 1:00 pm

The Memory Café at the Marshfield COA will be returning September 12 at 1-3pm. Memory Cafes are monthly casual gatherings where people with memory issues and their friends and family can join together with others for some amiable companionship and refreshments. We will have a comfortable activity for all and have time to visit. For more information on our Memory Café call Marilee at 781-834-5581 x 2113. If you are interested in volunteering at the Memory Café contact Kristen Noonan at 781-834-5581 x 2120.

PATHWAYS THROUGH GRIEF

On Mondays from 2:00—3:30 pm starting August 22 for six weeks

A six session grief educational series and support group sponsored by Beacon Hospice will run from August 22— October 3rd. This is geared for any adult who has lost a spouse, life partner, parent, sibling, family member or close friend. It will offer a safe and supportive place for you to receive education on the grief process, to share your experience of loss with others and move forward toward healing and hope in a confidential setting. Group limit 12. Sign up at the front desk or call 781-834-5581.

CAREGIVER SUPPORT GROUP

Will resume in September

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, August 12 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.

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 August 17 at the Senior Center. The COA Boosters' board meeting will be held on Wednesday, August 17 at 10:00 am at the Senior Center.

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.

TECHNOLOGY CORNER

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

Check out the new Marshfield Senior Center website at www.marshfieldseniorcenter.org



VETERAN'S CORNER

The Korean War Veterans meet at the Senior Center on the second Wednesday of the month. This month's meeting is on August 10 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
		<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 July 20 and plan their next Board of Directors meeting for Wednesday, Aug 17 at 10:00 am in the Senior Center Conference Room.

Giving Tree

The official Open House, showing off the new addition to the Marshfield COA on Saturday June 25, was spectacular. The Boosters started off the day with the formal unveiling of the Giving Tree by Project Director Liza Corbett. The reception was overwhelming. So many people gathered around the Giving Tree in the lobby outside the Library as it was revealed to lots of oohs and ahs. What a beautiful addition it is and compliment to the artwork on the surrounding walls. Donors searched for their leaf and photos were taken and family members gathered to read the enduring messages. One spectator commented it was like looking at a map of Marshfield as they read out so many names and recalled individuals and families from all over our town. We are happy to report an increase in sale of leaves since Open House and there is still plenty of opportunity to join the other donors to the Giving Tree. Engraved leaves 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 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 form from below the poster placed beside the Giving Tree, visit our website at www.marshfieldcoabooster.org or call Liza Corbett at 617-699-7927.



of

Adopt-A-Room Program

The commemorative brass name plates were mounted to the walls of the Adopt-A-Room Program for the addition and members from the Ring, Maggio, Stone and Cornwall families and several board members from Good Will Hunters attended and checked out their plaques. There are still nine rooms available for "adoption" and for more information contact Suzanne Allmendinger at 781 834-7854 or visit

www.marshfieldcoaboosters.org

CRAFT FAIR AND BAKE SALE



Saturday, November 5 ----Planning continues for our annual Arts and Crafts Fair which promises to be bigger and better this year. There are still spots for vendors. Remember that this fair is a wonderful place for holiday shopping with unique hand-crafted items at reasonable prices at this time of general inflation. You can expect a variety of items. Our chili and clam chowder will be available for purchase again, along with an onsite raffle of items donated by the crafters as well as local merchants. This will give you an additional opportunity to investigate our new expansion. Vendor applications are available online or call Peg Davis at 781-834-3441

There will also be a Booster Holiday Bake Sale with the Craft Fair. You can help us make it better than ever with your donated baking skills. We need bakers to prepare cookies, brownies, cakes, muffins, fudge, gluten free baked good as well as pies, quiches and more.

The Booster Bake Sale and Craft Fair generate a substantial amount of fundraising monies for the Council on Aging that are earmarked for improvements to the Senior Center.

MARSHFIELD LOBSTERFEST



The Boosters will again participate in the Marshfield Chamber of Commerce Lobster fest to be held at the Town Pier on Saturday, September 11 from 11:00 AM to 4:00 PM. Come and support the Boosters and our generous Chamber of Commerce who are once again providing us with a complimentary booth and opportunity to raffle off a unique lobster trap rocking chair to benefit the Senior Center!

MEMBERSHIP

The Booster membership form is available at the front desk at the COA. Thanks to those who have joined for this year and a friendly reminder to those who have not renewed or new to the Boosters. Membership fees go to enhancing the current COA building and especially helping to provide for the increased needs of the addition for programming and supplies. Membership runs yearly with current renewals being solicited December 1.

We continue to accept donations for SMILE

If you use Amazon, especially for this holiday season, please consider placing your order through smile.amazon.com and designate the Marshfield COA Boosters as your charity. We receive a quarterly payment from Amazon - this quarter more than \$50.

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

Community Dining Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Scallopini 377 Parslied Rotini 4 Roman Vegetables 16 Scala Bread 97 Brownie Cookie 230 MOD: Blueberry Bites 60	2 Beef Chile 260 White Rice 4 Green Beans 3 Corn Muffin 80 Fresh Peach 0 	3 COLD MEAL California Chicken Salad 121 Pasta Salad 47 Spinach Salad w/Mandarin 3 Oranges 47 Oatmeal Bread 240 Fresh Apple 2	4 Cheddar Cheese Omelet 424 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Fruited Yogurt 75 Orange Juice - NO MILI 15	5 HM Meatloaf w/Gravy 202 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 124 Sugar Cookie 160 MOD: Vanilla Wafers 98
Cal: 827 Sodium: 861 mg Carb: 105 gm	Cal: 772 Sodium: 482 mg Carb: 91 gm	Cal: 821 Sodium: 592 mg Carb: 98 gm	Cal: 761 Sodium: 765 mg Carb: 98 gm	Cal: 909 Sodium: 718 mg Carb: 99 gm
8## Hot Dog ** 610 Vegetarian Baked Beans 282 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 85 Chocolate Oatmeal Bar 75	9 BBQ Pulled Pork 385 Tater Tots 230 Scandinavian Vegetable 41 WW Hamburger Bun 127 Mixed Fruit Cup 5	10 Beef Meatballs w/ Pasta & Italian Sauce 196 Tuscany Vegetables 41 Whole Wheat Roll 254 Parmesan Cheese 55 Hot Caramelized Apples 23	11 COLD MEAL Turkey Chef's Salad 387 Pasta Vegetable Salad 46 WW Breadsticks 239 Dressing 20 Fresh Orange 0 	12 Breaded Whitefish 260 Brown Rice Pilaf 16 Carrots 67 Tartar Sauce 85 Marble Rye Bread 127 Diced peaches 6
Cal: 712 Sodium: 1462 mg Carb: 94 gm	Cal: 569 Sodium: 925 mg Carb: 68 gm	Cal: 614 Sodium: 549 mg Carb: 84 gm	Cal: 712 Sodium: 830 mg Carb: 85 gm	Cal: 675 Sodium: 698 mg Carb: 96 gm
15 Chicken Cacciatore 408 Parslied Rotini 4 Green Beans 3 Dinner Roll 136 Mandarin Oranges 7	16 COLD MEAL Mediterranean Tortellini Salad* 556 Tomato Broccoli Cucumber Salad 58 Whole Wheat Roll 254 Lemon Square 105 MOD: SF Lemon Cookie 60	17 American Chop Suey 147 Jardiniere Vegetables 31 Whole Wheat Roll 124 Hot Cinnamon Pears 6	18## Pork Choppette/Gravy* 657 Cheese Mashed Potatoes 248 Carrot Coins 67 Whole Wheat Bread 124 Fresh Apple 2	19 COLD MEAL Tuna Salad on Lettuce 310 Pasta Vegetable Salad 46 Tossed Salad 16 Dressing 20 Multigrain Bread 230 Chocolate Pudding 190 MOD: SF Chocolate Puddin 170
Cal: 601 Sodium: 696 mg Carb: 87 gm	Cal: 769 Sodium: 1111 mg Carb: 108 gm	Cal: 730 Sodium: 446 mg Carb: 92 gm	Cal: 761 Sodium: 1234 mg Carb: 85 gm	Cal: 768 Sodium: 927 mg Carb: 92 gm
22 COLD MEAL Turkey & Swiss 443 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 WW Bulkie Roll 246  Fresh Peach 0	23 Oven Fried Chicken with Gravy 382 Roasted Sweet Potatoes 45 Spinach 110 Multigrain Bread 223 SF Jello 95	24 COLD MEAL Chicken Caesar Salad** 519 Pasta Vegetable Salad 46 Three Bean Salad 33 Whole Wheat Breadsticks 239 Watermelon Chunks 1	25 Stuffed Shells with Meat Sauce 491 Broccoli Flowerets 12 Parmesan Cheese 55 Italian Bread 97 Vanilla Wafers 98	26 Roast Turkey with Gravy 124 Mashed Sweet Potatoes 36 Brussel Sprouts 17 Dinner Roll 132 Applesauce 20
Cal: 615 Sodium: 939 mg Carb: 76 gm	Cal: 619 Sodium: 992 mg Carb: 73 gm	Cal: 857 Sodium: 976 mg Carb: 89 gm	Cal: 729 Sodium: 889 mg Carb: 85 gm	Cal: 596 Sodium: 466 mg Carb: 81 gm
29 Cheeseburger 440 Potato Wedges 260 Jardiniere Vegetables 31 Ketchup 82 WW Hamburger Bun 127 Diced Peaches 6	30 COLD MEAL Southwestern Chicken Salad 462 Potato Salad 50 Coleslaw 64 Whole Wheat Roll 254 Canteloupe Chunks 12	31 Baked Pollock with Lemon Dill Sauce 116 Brown Rice Pilaf 16 Green Beans/Red Pepper 3 Italian Bread 97 Chocolate Chip Cookie 56 MOD: SF CC Cookie 55		Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium
Cal: 652 Sodium: 1034 mg Carb: 79 gm	Cal: 744 Sodium: 980 mg Carb: 82 gm	Cal: 555 Sodium: 426 mg Carb: 73 gm		

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

GRAB & GO BOXED LUNCH

Tuesdays

August 2 Tuna Roll

August 9 Egg Salad on Croissant

August 16 Chicken Caesar Salad Wrap

August 23 Roast Beef & Swiss on Kaiser roll &

August 30 Italian Chicken Salad on Focaccia Bread

Thursdays

August 4 Italian Chicken Salad on Focaccia Bread

August 11 Ham & Cheese Wrap

August 18 Turkey & Cheese on Kaiser roll

August 25 Tuna Roll



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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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FAMILY OWNED IN MARSHFIELD SINCE 1987