



The LINK

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Accredited by 
National Institute of
Senior Centers

Council on Aging

Ever Growing - Never Old

230 Webster Street

Marshfield, MA 02050

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

Chamilton@townofmarshfield.org



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www.marshfieldseniorcenter.org

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

SEPTEMBER 2022

Volume 390

Carol Hamilton, Director
Barbara VanHouten, Chair

MISSION STATEMENT

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



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

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INTRO TO PAINTING with WATERCOLORS**Starting September 12 on Mondays 9:00—10:30 am**

Sign up for this six 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. Limit 15

WRITING FOR FUN & FULFILLMENT**Starting September 13 on Tuesdays at 1:00 pm**

Join writer Liz Esse Kahrs on writing and journaling in this six week series. 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! Limit 12.

ART FOR YOUR MIND PRESENTS “Appreciating Sculpture”**On Tuesday, September 13 at 1:00 pm**

The featured topic, *Appreciating Sculpture*, offers an opportunity to experience the art medium of sculpture more fully. From ancient masterpieces to modern creations, increase your understanding of the choices artists make as they give physical form to the elements of design. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Visit artforyourmind.com for more information. Suggested donation \$2 at the door.

BELVA LOCKWOOD FOR PRESIDENT presented by Performer Anne Barrett**On Thursday, September 15 at 1:00 pm.**

It's 1884 and Belva Lockwood is on the campaign trail! Attend her fiery campaign speech to hear her plans for equality and justice for all. She'll recollect her humble beginnings, and describe her fight to become the first woman admitted to the Supreme Court Bar. Includes renditions of popular suffrage songs. Step Back to Election 1884 for this interesting and historic performance.

MUSICAL MONDAY with Jack Craig presents “Country & Western Early Songs”**On Monday, September 19 at 1:00 pm**

Musical Monday with Jack Craig! From the early 'Hillbilly' hits of the 20's and 30's, onto the 'Cowboy and Cowgirl' singers of the 40's and 50's, and up to the 'Country Stars' of the late 50's - the songs, writers, and performers included in this program tell the first part of the history of country music of the USA. *Tumbling Tumbleweeds, Back in the Saddle Again, Tennessee Waltz, I Walk the Line, I Can't Stop Lovin' You, and Crazy* are just a few of the story-telling titles included. Eddy Arnold, Gene Autry, Hank Williams, Kitty Wells, and Ray Price are just a sample of the highlighted performers. Suggested donation \$2 at the door.

DAVE THE GARDENER presents a Taste of Israel: Experience the Middle East**On Tuesday, September 20 at 1:00 pm.**

You read about Israel in the news all the time. But what is it really like to be there? What is hype and what is real? Why is this small piece of land so central to Judaism, Christianity, and Islam? Find out about the history and culture of the Holy Land through a special one-hour tour of the land, people, and food. A sampling of authentic Israeli food will be provided. Suggested donation \$2 at the door.

DELVENA THEATRE COMPANY presents “A Cup of Tea, A Crumpet and A Gas Mask”**On Monday, September 26, at 1:00 pm**

A heartwarming comedy set during the WWII London Blitz. Meet Mrs. Henderson – an upper-class British woman - who bravely, hilariously, keeps one little theater alive in a very unique way. Her new friend, Margaret Rutherford, comes to visit, and together they discuss matters of the heart and how to make dreams come true. Though confronting difficult times, all is proven that all you really need in life is a lot of laughter and a good friend! The show will feature Lynne Moulton and Fran Baron as Margaret Rutherford and Mrs. Henderson respectively. *A Cup of Tea, A Crumpet and a Gas Mask* is supported in part by a grant from the Marshfield Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Sign up for any of these programs by stopping by the Senior Center front desk or calling 781-834-5581.

DIRECTOR'S CORNER

Dear Patrons,

A very happy September to all of you with cooler temperatures and getting back to regular routines after the summer. We have many programs kicking off such as our Fall Lifelong Learning Registration Kickoff on September 20 from 9:30-11:00 am with a nice variety of classes. (See page 16 for more details), visit our website at www.marshfieldseniorcenter.org or pick up a Lifelong Learning Brochure at the Senior Center. Registration will be ongoing after the Kickoff. We hope you will consider to signing up for some classes.

South Shore Community Action Council (SSCAC) Food Delivery Program

A new temporary Food Delivery Program that partners with Stop & Shop to deliver groceries to low-to-moderate income residents has been launched. This program is being funded by a Community Development Block Grant to remedy food insecurity caused by the pandemic. Once approved, an online account will be established to allow you to order groceries. Eligible participants will be able to receive groceries delivered to their home twice per month up to a dollar amount based on your household size—1 person @ \$75 per order; 2 people @ \$125/order and 3+ people @ \$175 per order. For an application or more information on this program, please contact the Senior Center at 781-834-5581 and ask for Judy Caldas or Ken Pike.

Our first Flu/Covid vaccination clinic will be held Monday, September 12 from 9:00 am—1:00 pm. A second clinic will be offered on Tuesday, October 4 from 12:00—4:00 pm. Call to reserve your spot.

Enjoy the upcoming fall season, Carol Hamilton

TRIAD

“Massachusetts State 911 Equipment Distribution Program ”

On Wednesday, September 14 at 12:30 pm

Join us at 12:30 for SALT (Seniors and Law Enforcement Together) then at 1:00 pm for TRIAD. The State 911 oversees the Massachusetts Equipment Distribution Program which is more commonly referred to as the MassEDP. The program provides adaptive telephone equipment to people who have difficulty using a landline or wireless telephone due to issues such as hearing or vision loss. The telephones that are part of the program can assist with providing a clearer, independent phone communication and ability to contact 9-1-1 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost depending on the income level. We look forward to sharing more information about the application process in order to receive the telephone equipment through MassEDP. Pizza and beverage will be served at 12:30 prior to the program. Stop by the front desk or call the Senior Center to reserve your spot.

Stop by and visit the Seaflower Café open Monday through Friday from 9:00 am until 2:00 pm.

Seaflower Café



BEVERAGES \$1.00

- Coffee/Decaf
- Tea
- Cola/Diet Cola
- Ginger Ale/ Diet Ginger Ale
- Water

SOUP OF THE DAY

- Cup \$2.50
- Bowl \$3.00

SALADS \$5.50

- Toss Salad with scoop of Tuna or Chicken Salad
- Chef Salad Julienne Ham, Cheese, Turkey

DESSERTS/SNACKS

- Cookies \$1.00
- Brownies \$1.50
- Potato Chips \$1.00

BREAKFAST

- Bagel with Cream Cheese \$1.50
- Muffins \$1.50
- Egg Sandwich with Cheese \$2.00
- Add Bacon, Sausage or Ham \$2.50
- Fresh Fruit Cup \$2.50

SANDWICH BOARD

- Tuna or chicken \$5.50
- Salad \$5.50
- Deli Ham \$5.50
- Deli Turkey \$5.50
- Egg Salad \$3.50
- Half Sandwiches \$3.00

All sandwiches come with lettuce and tomato



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COA ACTIVITIES - ARTS & ENTERTAINMENT

ART OF FILM CLASS

Thursday, September 8 at 12:30 pm
"The Call of the Wild"-- 2020

Based on Jack London's novel, is about Buck, a St. Bernard kind of dog, who is sold and moved to the Alaskan Yukon where initially he is made to be part of a dog sled team. Harrison Ford's character saves Buck and the two become best friends and travelers. This is a sweet, charming film presenting a good-Samaritan animal. "An Exhilarating and Heartwarming Adventure" (Alex Reif) for the whole family. Advance sign up please ~ Heather Kaval

LET'S GO TO THE MOVIES

(Advance sign up required; limit 20/movie)

"Cyrano" (2021 2h 4m)

On Thursday, September 1 at 12:30 pm

Cyrano de Bergerac dazzles with both ferocious wordplay and brilliant swordplay, but is convinced that his appearance makes him unworthy of the love of his devoted friend, Roxanne, who has fallen in love at first sight with Christian. Cast: Peter Dinklage, and more.

"Larry Crowne" (2001 1h 39m)

On Thursday, September 22 at 12:30 pm

After he's laid off from his longtime job at a soulless retail giant, average middle-aged guy Larry Crowne decides it's time to change his life by heading back to college, where he finds a new perspective and a new romance with a professor. Cast: Tom Hanks, Julia Roberts, Bryan Cranston, Cedric the Entertainer, and more.

"The High Note" (2020 1h 53m)

On Wednesday, September 28 at 12:30 pm

Set in the dazzling world of the LA music scene comes the story of Grace Davis, a superstar whose talent, and ego, have reached unbelievable heights and Maggie, her overworked personal assistant. While stuck running errands, Maggie still aspires to her childhood dream of becoming a music producer. When Grace's manager presents her with a choice that could alter the course of her career, Maggie and Grace come up with a plan that could change their lives forever. Cast Dakota Johnson, Tracee Ellis Ross, Ice Cube, and more.

SINGO with Jim the DJ Guy

On Monday, September 12 from 1:00 pm—2:30 pm

Singo is rock and roll bingo with the numbers replaced with your favorite songs. Test your musical knowledge and luck. 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! Sign up in advance at the front desk or by calling 781-834-5581. Suggested donation at the door \$2.00

ART STUDIO w/JOAN HERMAN

On Tuesdays from 9:30 am- Noon

All mediums welcome. Pick up your paints, paper and canvas and join us in a bright and spacious room. Start painting again or try painting for the first time in a supportive, 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 & Betty Rogers (last Friday). This class is for the more experienced water color artist with more emphasis on composition and on developing your own ideas through drawing, quick thumbnails and painting from observation. Some Gouache may be used. \$15 per class.

FREE AND EASY PAINTING

On Fridays at 1:00 pm

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

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COA ACTIVITIES - GROUPS, LEARNING & INSTRUCTION

CHESS CLUB

On Tuesdays from 11:00 am - 1:00 pm

Facilitator Tom Lester will provide beginner instruction as well chess strategy for more experienced players. Some members will also be available for competitive play. All welcome.

WOODCARVING WORKSHOP

On Wednesdays from 9:00 am - 12:00 pm

This workshop is designed for a wide range of carvers, from beginner to advanced. Join us and meet some talented artisans willing to share their skills. Facilitator: Kevin Dunn.

KNITTING GROUP

On Wednesdays from 10:00 - Noon

If you knit or crochet or want help learning to crochet or knit, join us. Bring your own project or we can show you some simple projects to get started!

RUG HOOKING GROUP

On Wednesdays from 10:00 am - 1:00 pm

The group works on individual projects. All welcome - we will gladly share our knowledge and assist with obtaining supplies, if necessary.

QUILTING GROUP

On Thursdays from 8:30 - 11:00 am

Have a UFO to finish? Join us to work on your own UFO or a project presented to the group. All Levels. To register call the Senior Center and the group facilitator Holly Carpenter will contact you.

SPANISH WITH CATHY

INTRO TO CONVERSATIONAL SPANISH

This one hour class for beginners or for anyone who wants to try out beginning level conversational Spanish. Cost/Donation \$5.00/class. **NO CLASS SEPTEMBER 1**

INTERMEDIATE SPANISH

Intermediate Spanish for those with some level of Spanish. Brush up on your skills! Cost/Donation \$5.00 per class. **NO CLASS SEPTEMBER 1**

WOMEN'S GROUP w/BARBARA LEARY

On Tuesday, September 27 at 1:00 pm

This month the topic is bladder health. The bladder is located in the lower abdomen and it's function is to store waste. There are many ways for us to keep our bladder healthy. While we can't control everything that affects the bladder, there are steps we can take to keep it as healthy as possible. We'll discuss common bladder problems and which issues require medical attention. Light refreshments will be served, please sign up ahead at the front desk or by calling 781-834-5581.

BEATLES SWINGING LONDON

On Thursday, September 8 at 2:30 pm

Join Beeyonder as we Zoom together on an online tour to Imagine The Beatles and the swinging 60s in London's West End and meet other Beatles fans from all over the world. This will be a virtual tour of the Beatles' London haunts: theatres, offices, recording studios and public toilets(!) associated with the 'Fab Four' in the Soho and Mayfair areas of London. This is a live online tour and there will be a Q & A session at the end. 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, September 14 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!

ANTIQUE SLIDESHOW

"Antique Prints of Exotic Fish "

On Thursday, September 29 at 1:00 pm

Nineteenth century naturalists were captivated by the amazing diversity of fish from distant seas and produced books illustrated with those fish. The show will feature both stunning images of the fish along with commentary about their life cycles which vary greatly and differ significantly from lives of fish found in local waters. The accompanying commentary will include comments on the history of print making, the naturalists who created the original images, and the illustrators who created the prints which were published in books. The speaker will be antiques writer Bob Jackman. If you have an antique print of a fish 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.

EDUCATIONAL WORKSHOP ON REVERSE MORTGAGES

On Wednesday, September 28 at 1:00 pm

Join David Tourtillott, CRMP of Homestead Mortgage and learn about the facts, truth, pros and cons of Reverse Mortgages to help you age in place or to sell your home and buy a new home with a Reverse Mortgage. Please sign up in advance at the front desk or call 781-834-5581 to reserve your spot.

COA ACTIVITIES - FUN & GAMES



MAHJONG

On Mondays & Thursdays at 1:00 pm
Monday Mahjong facilitated by Marilyn Dannemann. Thursday Mahjong facilitated by Maureen Weiss.

PINOCHLE

On Mondays & Fridays at 1:00 pm
Facilitated by Bob Griffin.

HAND & FOOT "Ronnie's Rules"

On Mondays from 1:00-3:00 pm
A slightly more challenging version facilitated by David and Peg Chiasson

BRIDGE

On Tuesdays from 12:30-3:00 pm
Play social bridge, no reservation, no partner needed. Facilitated by Martine Anderson. All welcome.

CRIBBAGE

On Tuesdays at 12:30 pm
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
There is no bidding and trump is the last card dealt. Facilitated by Nina Mello.

HAND & FOOT

On Wednesdays at 1:00 pm
Facilitated by Steve Rhodes.



FASCINATORS WITH RITA

On Thursday, September 29 10:30 am - 12:00 pm



Come create a fancy hat, (Fascinator) from scratch to take home for yourself, or for a loved one. Rita Heidemann is a retired French Teacher with an eye for the arts! Using the material Sinamay, (the root of a banana tree) that grows in the Philippines, creates the perfect hat construction due to its malleability, and eventual stiffness. Wear your beautiful fascinator for the holidays, special occasions, and don't forget, the annual Kentucky Derby! All materials, fabric, and embellishments will be provided. Cost: \$20. Maximum people is 10, minimum is 5. Advance sign up required; deadline Sept. 13. Stop by the front desk or call the Senior Center at 781-834-5581.

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!

YOGA

GENTLE YOGA w/KATHERINE

On Mondays and Fridays at 9:30 am

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.

FLOOR YOGA w/TRICIA GLYNN

On Tuesdays & Wednesdays at 11:00 am

Breathing & relaxation techniques stressed. Seated & standing poses along with floor work. Participants may make use of a chair to facilitate getting up and down from the floor. Bring your own yoga mat! \$6 per class.

FLOOR YOGA w/LINDA EVANS

On Thursdays at 10:00 am

Breathing & relaxation techniques are stressed. Asanas develop balance, flexibility, concentration & strength. Participants may make use of a chair to facilitate getting up and down from the floor. Bring your own yoga mat! \$6 per class.

FITNESS w/JANET ENOS

SENIOR BOXING

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. Fun and no contact. \$6 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.

COA ACTIVITIES—EXERCISE

ZUMBA

ZUMBA & TONING CLASS w/JUSTINE

On Mondays & Fridays at 11:30 am

Dance and tone your way into fitness to the beat of the easy to follow Latin/American tunes using Moroccan Zumba toning sticks. \$5 per class.

ZUMBA GOLD® w/PASQUALINA

Starting September 20 Tuesdays at 11:00 am

ZUMBA GOLD® w/DEB RAFFERTY

On Thursdays at 1:00 pm

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. \$5 per class.

ZUMBA®/CARDIO DANCE AND

TONING w/Deb RAFFERTY

On Wednesdays at 1:00 pm

Zumba®/Cardio Dance and Toning a full body workout. Includes balance routine, intermittent toning routines using 1-3 lb. weights or no weights, all designed to improve muscle strength and endurance, flexibility and balance. \$5 per class.

LINE DANCING

LINE DANCING w/MAUREEN GODDING

Starting September 19 on Mondays at 3:00 pm

You will learn terminology and movements and string them together in easy-to-follow dances. This class moves quickly, no partner necessary \$5 per class.

LOW IMPACT LINE DANCE LESSONS w/DOTTY BELANGER

This traditional line dance class will include several genres such as Rock, Waltz, Foxtrot, Latin, Rock and Country. No partner needed. \$5 per class.

DANCE WITH JAN HAROLD

BROADWAY STYLE JAZZ

On Mondays at 11:00 am

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 required. \$6 per class

BROADWAY STYLE TAP

On Wednesdays at 11:00 am

Come and 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. \$6 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.

EXERCISE WITH BARBARA LEARY

ESSETRICS

On Mondays and Fridays at 11:00 am

As seen on PBS and created by Miranda Esmonde-White, this is a full body workout (standing or seated) with flowing movement to simultaneously strengthens and stretch all muscle groups resulting in increased strength, flexibility and joint range of motion. \$6 per class.

GENTLE CHAIR EXERCISE

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

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.

PERPETUAL MOTION w/LEANNE O'BRIEN

On Tuesdays & Fridays (starting 9/16) 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. \$6 per class

MARTIAL ARTS w/ SIFU MIKE SHOWSTACK

TAI CHI/QIGONG (ENERGY HEALING)

On Mondays at 9:30 am

QiGong is the most fundamental tool in Chinese traditional medicine. It involves the whole body, not just a particular muscle group. The postures are designed to exercise internal organs and induce healing. Tai Chi is also a powerful weapon against disease and helps the body maintain health, posture, circulation, respiration, and digestions. And it is stress free. Wear loose clothing please. \$6 per class

CHINESE HEALING ARTS

On Fridays at 11:15 am

A novel approach to the health benefits using the methods of the Shaolin Temple to increase stamina and harmony of the mind and body. The program will include energy work (QiGong) as well as a moderate aerobic warm-up of 15-20 minutes followed by an introduction to the Temple's approach to martial arts. \$6 per class

WALKING GROUP w/TYLER NIMS

On Tuesdays & Thursdays at 8:30 am

The group meets at the Senior Center parking lot for a variety of scenic walks in and about the area. Sept 1: Burkes Beach @ end of Beach St. Sept 6: Jose Carreiro Woodlands Park at end of Maryland St off Union St. Sept 8: Webster's Wilderness behind Senior Center. Sept 13: Burkes Beach @ end of Beach St. Sept 15 : Rexhame Beach end of Winslow St. ocean side. Sept 20: Norris Reservation behind Norwell Post Office, coffee on North River. Sept 22: John Little's River Walk, off Union St, south of Corn Hill Lane. Sept 27: Powder Pint Bridge Park mainland side. Sept 29: Rexhame Beach end of Beach St.

PICKLEBALL FOR BEGINNERS

Instruction on Tuesday September 13, Free play on Tuesdays & Thursdays from 8:30—11:30 am

There will be two cycles of Introduction to Pickleball on September 13 (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 (9/13) so registration required. Call the senior center at 781-834-5581 to reserve your spot.

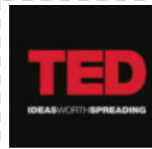
CALLING ALL ACTORS/PERFORMERS

On Friday September 23 at 11:00 am

Are you interested in performing? Do you like organizing back stage? Do you have talents to share? Come with ideas and dreams of the spotlight. Meet with others interested in putting on a show here at the Senior Center sometime in the future. Sign up in advance with the front desk or by calling 781-834-5581.

DISCUSSION GROUPS

TED TALK & DISCUSSION ON ZOOM



On Monday, September 26 at 10:00 am

Join us on Zoom for "Making Sense of Maps" by Aris Venetikidis who is fascinated by the maps we draw in our minds as we move around a city - less like street maps, more like schematics or wiring diagrams, abstract images of relationships between places. How can we learn from these mental maps to make better real ones? As a test case, he remakes the notorious Dublin bus map. Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

GREAT DISCUSSIONS

On Tuesday, September 6 & 20 from 10-11:30 am

The Great Discussions Group meets the first and third Tuesday of each month. We read and rigorously discuss current events and other stimulating, topical subjects. The topics will be September 6 George Will's Concern with Today's Journalism; September 20 Passages from William Rehnquist book *Centennial Crisis, The Disputed Election of 1876*. If you have questions or wish to join this group, contact Bob Jackman at 781-837-3844.

BOOK DISCUSSION GROUP

On Monday, September 26 at 11:00 am

This month we will be reading the book "Evening Into The Morning" by Ken Follett. 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!

POETRY CLUB w/RICH HANSEN

On Friday, September 30 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!

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



SEPTEMBER



Intro to Painting and Watercolors	9:00 am	12
Technology Assistance	9:00-11:00 am	
Flu/COVID vaccine clinic	9:00 am-1:00 pm	
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
Reiki with MaryAnn	10:00 am-2:00 pm	
Ask a Nurse	11:00 am-12:00 pm	
Essentrics	11:00 am	
Broadway Jazz	11:00 am	
Zumba & Toning w/Justine	11:30 am	
Congregate Lunch	12:00 pm	
Singo	1:00-2:30 pm	
Hand & Foot "Ronnie's Rules"	1:00 pm-3:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	
Memory Café	1:00-3:00 pm	
Pathways Through Grief	2:00 pm-3:30 pm	

Beginner Pickleball	8:30 am	6
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	
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	

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

Intro to Painting and Watercolors	9:00 am	19
Technology Assistance	9:00-11:00 am	
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
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	
Musical Monday	1:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	
Pathways thru Grief	2:00 pm	
Line Dancing w/Maureen	3:00 pm	

Beginner Pickleball	8:30 am	20
Walking Group	8:30 am	
Technology Assistance	9:00 am-noon	
Perpetual Motion	9:00 am	
Art Studio	9:30 am-12:00 pm	
Lifelong Learning Registration	9:30-11:00 am	
Life Insurance Consultant	10:00-1:00 pm	
Great Discussions	10:00-11:30 am	
Boxed Lunch Pickup	10:30-11:30 am	
State Sen. O'Connor Office Hours	10:30-11:30 am	
Zumba w/Pasqualina	11:00 am	
Yoga w/Tricia	11:00 am	
Chess Club	11:00-1:00 pm	
Bridge	12:30-3:00 pm	
Cribbage	12:30 pm	
Writing for Fun and Fulfillment	1:00 pm	
Line Dancing w/Dotty	1:00 pm	
Dave the Gardener	1:00 pm	
Imagination in Painting	1:00-3:15 pm	
Manicures	1:00 pm-4:00 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	
Yoga w/Tricia	
Broadway Tap	
Congregate Lunch	
Duplicate Bridge	
Zumba/Cardio Dance w/ Deb	
Whist	
Hand & Foot	
Pool	
COA Board Meeting	

Intro to Painting and Watercolors	9:00 am	26
Technology Assistance	9:00-11:00 am	
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
TED Talk	10:00 am	
Reiki with MaryAnn	10:00 am-2:00 pm	
Book Group	11:00 am	
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	
"A Cup of Tea, A Crummet & A Gas Mask"	1:00 pm	
Pinochle	1:00 pm	
Mahjong	1:00 pm	

Beginner Pickleball	8:30 am	27
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	
Zumba w/Pasqualina	11:00 am	
Yoga w/Tricia	11:00 am	
Chess Club	11:00-1:00 pm	
Bridge	12:30-3:00 pm	
Cribbage	12:30 pm	
Writing for Fun and Fulfillment	1:00 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 pm-7:00 pm	

LLL-Audubon Birds	
Woodcarving	
Manicures	
Balance & Strength/Neil Sullivan	
Heart & Hand Exercise w/Janet	
Social Day Program	
Rug Hooking AND Knitting	
Technology Assistance	
Ask a Nurse	
Broadway Tap	
Yoga w/Tricia	
Congregate Lunch	
Duplicate Bridge	
Movie "The High Note"	
Reverse Mortgage Presentation	
Zumba/Cardio Dance w/ Deb	
Whist	
Hand & Foot	
Pool	



Marshfield Council on Aging BOOSTERS

Show Your Support For The Senior Center

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Help keep our Senior Center one of the most outstanding Centers in the State

email info@marshfieldcoaboosters.org

website www.marshfieldcoaboosters.org

for membership call **781-422-4644**

SDAY

THURSDAY

FRIDAY



9:00 am-12:00 pm	7
9:00 am-4:00 pm	
9:30 am	
9:15 am	
10:00 am-2:00 pm	
10:00am	
11:00 am	
11:00 am-1:00 pm	
11:00 am	
12:00 pm	
12:30-3:00 pm	
1:00 pm	
1:00 pm	
1:00 pm	
1:00 pm	

1	Beginner Pickleball..... 8:30 am
	Walking Group..... 8:30 am
	Quilting Group..... 8:30-11:00 am
	Gentle Chair Exercise w/Barbara..... 9:00 am
	No Intro to Spanish..... 10:00 am
	Yoga w/Linda..... 10:00 am
	Balance Tune Up..... 10:00 am
	No intermediate Spanish..... 11:15 am
	Boxed Lunch Pickup..... 10:30-11:30 am
	Movie "Cyrano"..... 12:30 pm
	Zumba w/Deb..... 1:00 pm
	Mahjong..... 1:00 pm
	Drawing w/Tess..... 1:00 pm
	60 + Club..... 1:00 pm
	Ping Pong..... 1:00-4:00 pm

2	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
	Chinese Healing Arts..... 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	14
9:00 am-4:00 pm	
9:30am	
9:15 am	
10:00 am-2:00 pm	
10:00 am	
11:00 am-1:00 pm	
11:00 am-12:30 pm	
11:00 am	
11:00 am	
12:00 pm	
12:30-3:00 pm	
12:30 pm	
12:30 pm	
1:00 pm	
1:00 pm	
1:00 pm	

8	Beginner Pickleball..... 8:30 am
	Walking Group..... 8:30 am
	Quilting Group..... 8:30-11:00 am
	Footcare w/Deborah..... 9:00 am-4:00 pm
	State Rep. Patrick Kearney..... 9:00-10:00 am
	Gentle Chair Exercise w/Barbara..... 9:00 am
	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
	Belva Lockwood Performance..... 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

9	State Rep. Josh Cutler..... 9:00-10:00 am
	Yoga w/Katherine..... 9:30 am
	Heart & Hand Exercise w/Janet..... 9:30 am
	Watercolor Class..... 9:30 am-12:00 pm
	Hearing Screening..... 10:00-11:30 am
	Essentrics..... 11:00 am
	Chinese Healing Arts..... 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	21
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	
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	

22	Beginner Pickleball..... 8:30 am
	Walking Group..... 8:30 am
	Gentle Chair Exercise w/Barbara..... 9:00 am
	Quilting Group..... 8:30-11:00 am
	Yoga w/Linda..... 10:00 am
	Intro to Spanish..... 10:00 am
	Balance Tune Up..... 10:00 am
	Boxed Lunch Pickup..... 10:30-11:30 am
	Intermediate Spanish..... 11:15 am
	Movie "Larry Crowne"..... 12:30 pm
	Zumba w/Deb..... 1:00 pm
	Mahjong..... 1:00 pm
	Drawing w/Tess..... 1:00 pm
	Ping Pong..... 1:00-4:00 pm

23	Perpetual Motion..... 9:00 am
	Hairdressing with Chrissy..... 9:00 am-noon
	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
	Chinese Healing Arts..... 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

8:30-10:00 am	28
9:00 am-12:00 pm	
9:00 am-4:00 pm	
9:30am	
9:15 am	
10:00 am-2:00 pm	
10:00 am	
11:00 am-1:00 pm	
11:00 am-12:00 pm	
11:00 am	
11:00 am	
12:00 pm	
12:30-3:00 pm	
1:00 pm	
1:00 pm	
1:00 pm	
1:00 pm	

29	Beginner Pickleball..... 8:30 am
	Walking Group..... 8:30 am
	Gentle Chair Exercise w/Barbara..... 9:00 am
	Quilting Group..... 8:30-11:00 am
	Yoga w/Linda..... 10:00 am
	Intro to Spanish..... 10:00 am
	Balance Tune Up..... 10:00 am
	Fascinators with Rita..... 10:30 am-12:00 pm
	Boxed Lunch Pickup..... 10:30-11:30 am
	Intermediate Spanish..... 11:15 am
	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

30	Perpetual Motion..... 9:00 am
	Yoga w/Katherine..... 9:30 am
	Heart & Hand Exercise w/Janet..... 9:30 am
	Watercolor Class..... 9:30 am-12:00 pm
	LLL-Paul Gallico..... 10:30 am-12:00 pm
	Essentrics..... 11:00 am
	Poetry..... 11:00 am
	Chinese Healing Arts..... 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, 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, September 20 from 10:00 am-1:00 pm

Elaine Buonvicino MA licensed Life Insurance & Long Term Care Insurance Agents. Interim appointments available by telephone, if needed.

REVERSE MORTGAGE CONSULTATIONS

On Wednesday, September 28 at 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. (See page 5)

REAL ESTATE SPECIALIST

On Wednesday, September 21 from 10:30-11:30 am

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

MONTHLY LEGAL CLINIC

On Tuesday, September 13 from 9:00 am—11:00 pm

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

STATE REP. JOSH CUTLER

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

STATE REP. PATRICK KEARNEY

On Thursday, September 15 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, September 20 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, September 12 and 26
from 10:00 am-2:00 pm**

Non-touch healing sessions for relaxation and well being 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, September 13 & Friday, September 23~ 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, September 15 ~ 9:00 am-4:00 pm

RN 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 and
Tuesday, September 13 (1:30-4:00 pm) and
September 20 (1:00-4:00 pm)**

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, September 12 and Wednesday,
September 28 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.

2023 OPEN ENROLLMENT INFORMATION SHEET



2023 Prescription Drug Plan Open Enrollment Information Sheet

Name:

Telephone:

Address:

Email:

What drug plan or Medicare Advantage Plan are you currently on? Be specific as possible

Are you a member of Prescription Advantage (Mass. State pharmacy assistance program)?

Yes [] No []

Do you receive "Extra Help" for your prescriptions (LIS)?

Yes [] No []

Are you enrolled in MassHealth?

Yes [] No []

What is your preferred pharmacy? Mail order? Yes [] No []

Please list your current medications below Do not list over-the-counter drugs (e.g., vitamins)

Drug Name (written on bottle) Drug Strength/Dose per day (50 mg/1x a day)

Table with 2 columns: Drug Name (written on bottle), Drug Strength/Dose per day (50 mg/1x a day). Multiple empty rows for data entry.

To schedule a Shine Open Enrollment appointment, return this form to Marshfield COA - Shine, 230 Webster St., Marshfield, MA 02050 or email to coasocialservices@townofmarshfield.org. Allow time for a return call to set up appointment. If you already have an appointment set up with Judy, note the date here _____

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 September: Nancy Masiello, Janet Jiranek, Thomas Connelly, Katherine Grimes, Deborah Desrosiers, Donna Emery, Alan Rosenberg, Cheryl Sullivan, James Diana, Richard Hansen, Albert Bonney, Robert Saunders, Joan Morrissey and Edward Coyle.

Behind the counter-

Come check out all the new donations that we received at the gift shop. Lots of gift ideas for all occasions. Are you going to a party? We have a lot of great hostess gift or something for a friend....just because! Coming in November-Black Friday Sale! Thank you for thinking of us when you're downsizing or just cleaning out.

SEEKING VOLUNTEERS TO HELP OTHERS DURING THIS UPCOMING TAX SEASON!

AARP Foundation Tax-Aide offers free in-person preparation and assistance to anyone, especially those 50 and older who cannot afford tax preparation services. Volunteers assist many low-income taxpayers and their families who might otherwise miss out on the tax credits and deductions that they have earned.

The Tax-Aide program is seeking volunteers for a number of roles including tax preparers, client facilitators, technical coordinators, & appointment coordinators. All levels of experience are welcome. Volunteer tax preparers complete tax preparation training and receive IRS certification. Tax-Aide volunteers assist taxpayers from early February through mid-April generally during the weekday. Training will begin in the fall so please call 1-888-AARP-NOW (1-888-227-7669) or visit aarpfoundation.org/taxaidevolunteer to register or get more information.



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).

SOCIAL SERVICES CORNER

2023 OPEN ENROLLMENT

Open enrollment is October 15th through December 7th to change your Medicare drug plan. Please fill out the form ON PAGE 12 and mail to Marshfield COA—Shine, 230 Webster St, Marshfield, MA 02050 or email it to coasocialservices@townofmarshfield.org and we will get back to you with an appointment date to review your plan. At this point we are not able to assist folks that live outside of Marshfield but we're happy to refer you to the appropriate agency. We ask your patience at this very busy time for us.

SAVE THE DATE

AARP SMART DRIVER COURSE presented by Edward O'Connor

On Monday, October 3 from 9:30 am to 2:45 pm

The course will start at 9:30 am, with a break for lunch and will finish up at about 2:45 pm. AARP members will pay \$20; non-members \$25. Lunch is on your own, so if you want congregate lunch in the dining room you must reserve the week before or you can enjoy our new café and get lunch the day of without a reservation. Advance sign up required. Stop by the front desk or call 781-834-5581.

SEASIDE GARDENER'S FALL FLOWER ARRANGING CLASS

On Friday, October 14 from 10am-12 noon

The Gardeners will help you create a colorful arrangement that you can take home and enjoy in your home or give as a gift to others. They will walk you through the steps of putting this together and will provide all the materials needed to complete the project. Bring scissors if you have them. Sign up ahead at front desk or call 781-834-5581, as seating is limited. A \$10 donation is suggested in order to defray the cost of materials.

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

MEMORY CAFÉ

On Monday, September 12 from 1:00—3:00 pm

The Memory Café at the Marshfield COA is returning! 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. Please stop by the front desk or call the Center to register.

PATHWAYS THROUGH GRIEF

Continues on Mondays from 2:00—3:30 pm

A six session grief educational series and support group sponsored by Norwell VNA and Hospice that began August 22nd and will run through 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

On Tuesday, September 27 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, September 9 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 September 21 at the Senior Center.

The COA Boosters' board meeting will be held on Wednesday, September 21 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.

We are still accepting donations to purchase a leaf on the Giving Tree in Nancy Goodwin's memory.

Stay safe! Sandy, Ann, & Theresa

BOOSTERS CORNER

ADOPT-A-ROOM PROGRAM will be placing a new donor name plaque in the Art Studio. Thank you to Rockland Trust Company and VP/Branch Manager Paul Bowers for the generous donation of \$5,000 supporting this Booster fundraiser and the Senior Center. Support like this allows us to continue to support the quality programs and services offered by the Senior Center to our senior community.

HOLIDAY CRAFT FAIR & BAKE SALE-NOVEMBER 5

The Holiday Craft Fair is back with unique hand-crafted items at reasonable prices. Chili and clam chowder will be available for lunch plus a raffle with over 30 items donated by the crafters. Also our famous Holiday Bake offering cookies, brownies, cakes, muffins, fudge, pies and gluten free deserts. All profits benefit the Senior Center. **To bake something for the sale, pick up and complete a flyer at the COA front desk.** More information to follow regarding where and when to leave you delicious baked goods.

TECHNOLOGY CORNER

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 September 14 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>		

LIFELONG LEARNING

Fall Registration Kickoff—Tuesday, September 20 from 9:30-11:00 am

The Birds Are Back in Town with Naturalists (Steve French, Caroline Nowak, & Doug Lowry) from the Mass Audubon on Wednesdays 8:30-10:00 am (6 Sessions) September 28, October 5, 12, 19, 26, November 2

Explore the world of returning fall and winter birds. This program will include a combination of presentations and field walks that focus on bird identification as well as information about the habitats in which they are found. The program will also cover the basics of bird feeding and learn firsthand about bird behavior. Cost \$35. Classes in various locations outside of the Senior Center. Limit 24

The Life and Times of Paul Gallico (1897-1976) with Beth Cameron-Kilbridge on Fridays 10:30 am–12:00 pm (6 Sessions) September 30, October 7, 14, 21, 28, November 4,

Explore the world of a complex man, Paul Gallico; sports writer (fought Jack Dempsey), active service in WWI and WWII, covered Hitler's Berlin Olympics, Fencing master, married two Baronesses, cat fancier, travel writer, author of fiction and nonfiction with a number of his books made into films including: *The Snow Goose*, *Lou Gehrig: Pride of the Yankees*, *Thomasina*, *The Poseidon Adventure*, *Lilli*, and most recently *Mrs. Arris Goes to Paris*. Cost \$30.

The New Yorker Conversations with Michael Bradley on Mondays 1:00-2:30 pm (6 sessions) October 3, 17, 24, 31, November 7, 14

Explore issues in today's world using articles from *The New Yorker* magazine. Three articles chosen by the facilitator will be discussed in each class. Participants will have one week to read the articles. Access to The New Yorker is the only prerequisite – you can get it online or contact your local library. Bring your opinions and an open mind. Cost \$30. Limit 20

The 3 "B's" of Classical Music — Bach, Beethoven and Brahms with Larry King on Tuesdays 10:00-11:30 am (6 sessions) October 4, 11, 18, 25, November 1, November 8

Explore the stature of these three composers. They will come alive in a course about the "Founding Fathers" of today's classical music. Bach gave it foundation, Beethoven revolutionized it and Brahms expanded on it. Their music continues to be performed, recorded, studied and appreciated in our lifetime. Exploring the personalities, life and times of The Three B's brings a fresh perspective and deeper appreciation of classical music. Cost \$30

The Cuban Missile Crisis with John Sullivan on Tuesdays 1:00-2:30 pm (6 Sessions) October 4, 11, 18, 25, November 1, 8

Examine in detail the thirteen days in which the world was on the brink of nuclear war. Participants will use primary sources both written and visual. Topics will include: Khrushchev's reasons/Discovery of the missiles; Threat to the United States; Weighing the options; The Showdown; Negotiations and Aftermath. Cost \$30

Spanish for Beginners with Cathy Spiegel on Wednesdays 9:00-10:00 am (6 sessions) October 12, 19, 26, November 2, 9, 16

Are you interested in learning a new language? Here is a Spanish class for absolute beginners with Cathy Spiegel, who lived in Mexico for years and is a fluent speaker with a passion for sharing the language and the heritage of Mexico. Cost \$30. Limit 20

iPhone Photography with Robin Billing on Thursdays 10:30-11:30 am (5 sessions) October 13, 20, 27, November 3, 10

Increase your digital photography skills and develop greater confidence with iPhone technology. In this hands-on class, you will learn to: use your camera to take pictures and videos using a variety of settings, edit your photo collection using the Photos app, and create personalized albums. Learn how to use features on your iPhone to enhance your daily life. Cost \$25 Limit 12

Introduction to Astrology with Regina Hamilton on Thursdays 3:00 - 4:00 pm (6 sessions) October 13, 20, 27, November 3, 10, 17

Astrology, the study of the relationship between the planets (and other celestial bodies) in the heavens and life here on earth. We will begin with the symbols and meanings of the 12 astrological signs and the planets followed by the astrology chart and its components. Examine how the signs and planets are integrated and interact within the astrology chart. Cost \$30. Limit 20.

Local Field Trips in October

- The Peabody Museum and lunch on the North Shore
- The US Constitution Center in Charlestown
- The Whaling Museum in New Bedford

Cost of trips (lunch NOT included) and dates and times TBD

Limit 13-14 each trip. Bus will leave COA in AM and return in the afternoon.

**OCES NUTRITION PROGRAM
SEPTEMBER**



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 No Meals Served</p>				
<p>12</p> <p>Eggstravaganza with Turkey Sausage and Cheese 300 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Yogurt 75 Orange Juice - No Milk</p> <p>Cal: 654 Sodium: 617 mg Carb: 93 gm From meal: 61</p>	<p>6</p> <p>Pollock with Lemon 114 Dill Sauce Potato Wedges 200 Green Beans 2 Cracked Wheat Bread 115 Vanilla Pudding MOD:SF Van Pudding</p> <p>Cal: 588 Sodium: 811 mg Carb: 85 gm From meal: 44</p>	<p>7</p> <p>Dijon Wine Chicken* 510 Brown Rice & Orzo 4 Broccoli 12 Italian Bread 97 Pineapple Chunks 1</p> <p>Cal: 610 Sodium: 761 mg Carb: 83 gm From meal: 50</p>	<p>1</p> <p>Pot Roast with Gravy 79 Oven Roasted Potatoes 6 Butternut Squash 4 & Apples WW Dinner Roll 132 Jello 95</p> <p>Cal: 702 Sodium: 616 mg Carb: 81 gm From meal: 69</p>	<p>2</p> <p>Chicken Fajita 120 Rice and Beans 70 Onions and Peppers 54 6" tortilla 220 Hot Cinnamon Peaches 100</p> <p>Cal: 603 Sodium: 608 mg Carb: 81 gm From meal: 51</p>
<p>19</p> <p>Meatballs with Pasta & Italian Sauce 196 Tuscan Blend 41 Vegetables WW Dinner Roll 254 Parmesan Cheese 55 Hot Cinnamon Apples 11</p> <p>Cal: 693 Sodium: 694 mg Carb: 101 gm From meal: 66</p>	<p>13</p> <p>Pesto Chicken 377 Parslied Rotini 4 Roma Vegetables 16 Italian Bread 97 Caramelized Pears 18</p> <p>Cal: 663 Sodium: 709 mg Carb: 79 gm From meal: 62</p>	<p>14 COLD MEAL</p> <p>Sliced Turkey and Cheese 443 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 WW Bulkie Roll 246 Fresh Peach 0</p> <p>Cal: 615 Sodium: 939 mg Carb: 76 gm From meal: 54</p>	<p>8</p> <p>Roast Pork with Apple Cider Gravy 100 Whipped Sweet Potatoes 36 Mixed Vegetables 42 Dinner Roll 254 Watermelon 1</p> <p>Cal: 688 Sodium: 477 mg Carb: 82 gm From meal: 65</p>	<p>9 COLD MEAL</p> <p>California Chicken Salad 121 Pasta Salad 46 Spinach Salad/ Mandarin Oranges 47 Oatmeal Bread 142 Applesauce</p> <p>Cal: 736 Sodium: 511 mg Carb: 81 gm From meal: 58</p>
<p>26 COLD MEAL</p> <p>Mediterranean 556 Tortellini Salad** 58 Tomato Broccoli Cucumber Salad 239 WW Breadstick 239 Fruit cup 5</p> <p>Cal: 637 Sodium: 995 mg Carb: 94 gm From meal: 68</p>	<p>20 COLD MEAL</p> <p>Turkey Chef's Salad 387 Pasta Vegetable Salad 46 Wheat Breadstick 239 Dressing 20 Fresh Orange 0</p> <p>Cal: 712 Sodium: 830 mg Carb: 85 gm From meal: 55</p>	<p>21</p> <p>BBQ Chicken 368 Whipped Sweet Potatoes 36 Carrots 110 Tartar Sauce 65 Italian Bread 117 Diced Pears 6</p> <p>Cal: 664 Sodium: 906 mg Carb: 95 gm From meal: 57</p>	<p>22</p> <p>Breaded Pollock Filet 252 Brown Rice & Orzo 4 Carrots 67 Tartar Sauce 85 Italian Bread 97 Diced Pears 6</p> <p>Cal: 676 Sodium: 647 mg Carb: 93 gm From meal: 62</p>	<p>16 **HIGH SODIUM DAY</p> <p>Hot Dog* ##### Vegetarian Baked Beans 282 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 300 Cantaloupe Chunks 12</p> <p>Cal: 728 Sodium: 1330 mg Carb: 78 gm From meal: 60</p>
<p>27</p> <p>Beef Chili 260 Brown Rice 4 Green Beans 3 Corn Muffin 8 Chocolate Pudding 230 MOD: SF Choc Pudding 5</p> <p>Cal: 733 Sodium: 499 mg Carb: 79 g From meal: 57</p>	<p>28</p> <p>Potato Crunch Fish 337 Sweet Potato Wedges 200 Zucchini 2 Tartar Sauce 85 WW Dinner Roll 136 Mandarin Oranges 7</p> <p>Cal: 867 Sodium: 1080 mg Carb: 97 gm From meal: 66</p>	<p>29 COLD MEAL</p> <p>Tuna Salad on Lettuce Bed 294 Pasta Vegetable Salad 46 Tossed Garden Salad 16 Dressing 20 Multigrain Bread 223 Fresh Peach 0</p> <p>Cal: 676 Sodium: 737 mg Carb: 77 gm From meal: 56</p>	<p>30</p> <p>Cheeseburger 390 Potato Wedges 260 Jardiniera Blend Vegetabl 31 Ketchup 82 WW Hamburger Bun 127 Watermelon Chunks 1</p> <p>Cal: 607 Sodium: 1028 mg Carb: 66 gm From meal: 48</p>	

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

Special treat at Congregate Lunch on Monday, Sept 26 at 12:00 noon
Celebrate the birthday of Massachusetts native John Chapman born in 1744, widely known as *Johnny Appleseed*, with interesting apple and Johnny Appleseed trivia and an apple themed treat at the Congregate Dining. Sign up for the lunch in advance

GRAB & GO BOXED LUNCH

On Tuesdays & Thursdays ~ Pickup 10:30-11:30 am

Provided by OCES. Call the Senior Center at 781-834-5581 to reserve your lunch for the following week by Wednesday, 11:30 am. There is a nominal cost of \$2.50, payable at pick up time, cash or *check made out to OCES*. The meals can be picked up curbside at the side entryway of the Senior Center.

Tuesdays

- September 6 Egg Salad on Croissant
- September 13 Chicken Caesar Salad Wrap
- September 20 Ham & Cheese Wrap
- September 27 Italian Chicken Salad on Focaccia Bread

Thursdays

- September 1 Ham & Cheese Wrap
- September 8 Turkey & Cheese on Kaiser roll
- September 15 Roast Beef & Swiss on Kaiser roll
- September 22 Tuna Roll
- September 29 Hummus & Veggie Wrap



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