



The LINK

www.marshfieldseniorcenter.org

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National Institute of
Senior Centers

Council on Aging

Ever Growing - Never Old

230 Webster Street

Marshfield, MA 02050

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Chamilton@townofmarshfield.org



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

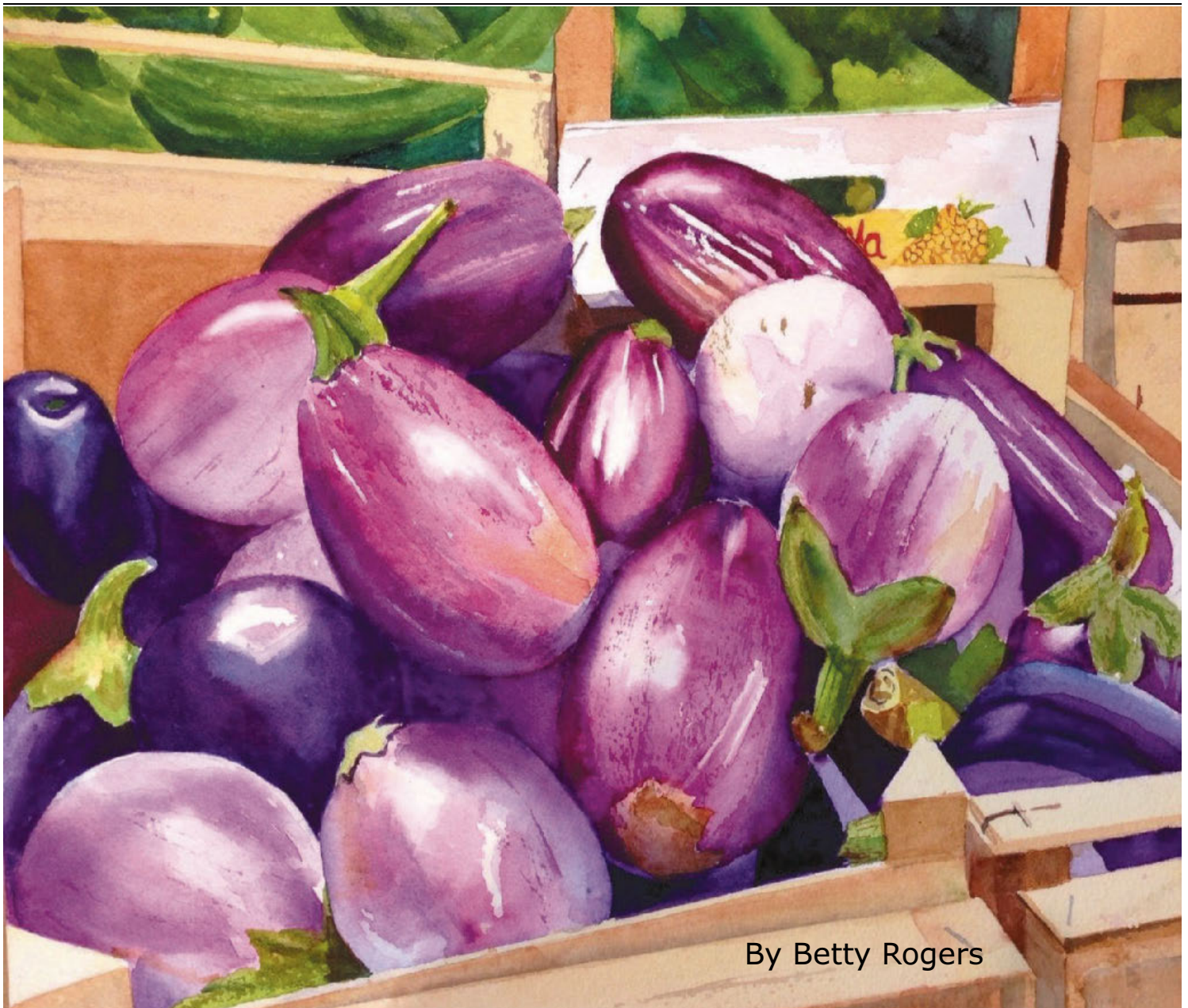
OCTOBER 2022

Volume 391

Carol Hamilton, Director
Barbara VanHouten, Chair

MISSION STATEMENT

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



By Betty Rogers

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

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SAND DOLLAR ORNAMENT CLASS

On Thursday, October 6 from 10:00 am - 12:00 pm

Design Sand Dollar Ornaments with Nancy Hawes of Aquinnah Designs. Nancy is an avid crafter and enjoys designing beautiful nautical ornaments that are unique and personalized. You will create three beautiful sand dollar ornaments, choosing from several different patterns to create your own unique treasures. All the necessary materials will be included, and no prior experience is needed. The class cost is \$20 due at the class. Maximum class size is 20, minimum is 3.

ART FOR YOUR MIND PRESENTS “The Art of Ancient Greece”

On Tuesday, October 11 at 1:00 pm

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all backgrounds – artists and non-artists alike. The featured topic, *The Art of Ancient Greece*, is an overview of the amazing innovations in Ancient Greek architecture, pottery, and sculpture—which forever changed the world of art. Focusing on Greece’s famous Classical Period, we’ll make surprising connections with ancient Rome as well as our own modern culture. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! \$2 suggested donation at the door.

SEASIDE GARDENERS’ FALL FLOWER ARRANGING CLASS

On Friday, October 14 from 10 am - 12:00 pm

Please join the Seaside Gardeners in creating your own beautiful autumn arrangement. 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. Please bring scissors if you have them. A \$10 donation is suggested in order to defray the cost of materials.

MUSICAL MONDAY with Jack Craig presents “Great Songwriter - Jule Styne”

On Monday, October 17 at 1:00 pm

Jule Styne’s musical career is quite amazing in scope and includes the following pieces: classical piano, swing band work, vocal coaching for stars like Alice Faye and Shirley Temple, songs for Frank Sinatra, work for Broadway with Comden and Green, and Academy Award song writing. His song list reads like the history of American popular music. ‘People’ who come ‘Just in Time’ for this program will think ‘I’ve Heard That Song Before’ even though ‘It’s Been a Long, Long, Time’. ‘Let Jule Styne Entertain You!’ \$2 suggested donation at the door.

THE JOURNEY OF THE PILGRIMS

On Thursday, October 20 at 1:00 pm

Richard Nichols has done extensive research on the Pilgrims and will discuss their migration to America. He was fortunate to travel to England and the Netherlands to gather more information about the subject. Richard will share his knowledge while providing answers to the many aspects involved such as the situation before the journey, the Mayflower, the voyage, landing in Plymouth, the role of women, life in Plymouth and Native Americans.

BECOME A SOUP MASTER with Dave at Therapy Gardens

On Monday, October 24 at 1:00 pm

One of Therapy Garden’s most popular workshops! What’s better than a simmering pot of soup or stew on a cold day? Forget the canned stuff. Come sample homemade soups and learn how to make them yourself using fresh and healthy ingredients. \$2 donation at the door.

WHAT IS HALLOWEEN WITHOUT BATS! Presented by Steve French of Mass Audubon

On Monday, October 31 at 1:00 pm

Bats, our only flying mammals, are truly remarkable animals. It’s too bad their unwarranted reputation has prevented many people from appreciating how beneficial and unique they are. All bats found in Massachusetts are insectivores. They feed primarily at night, catching thousands of mosquitoes, moths, and other night-flying insects. This presentation will demystify our nighttime flying creatures. Free goodie bags to those who sign up in advance.

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

DIRECTOR'S CORNER

Dear Patrons,

In October we recognize two holidays, the first is Columbus Day/Indigenous People's Day and the second is Halloween. Halloween congers up images of witches, black cats, bats, ghosts, skeletons and jack-o'-lanterns. The tradition of creating jack-o-lanterns began in Ireland back in the 17th century. At first they used turnips for carving but when the tradition came to North America pumpkins were used instead. At the Senior Center we have a few events to celebrate Halloween and the fall season such as our autumn flower arranging class on October 14th, our National Pumpkin Day Celebration on October 26th and a lecture on "the Pilgrims". All for you to enjoy!

In addition, we will provide some essential services such as our Flu Clinic on October 4th and Open Enrollment with the SHINE program to assist people with Medicare Part D. On the Vaccine front, the Executive Office of Elder Affairs is reporting that as of September 1, 2022 updated Pfizer and Moderna Covid Boosters are now authorized by the FDA and recommended by the CDC. These new COVID Boosters are a version of the original vaccines and are currently available in Massachusetts. Locations may include doctor's offices, hospitals, pharmacies and some community health clinics. If you would like further information please visit www.mass.gov/covidbooster.

Wishing you a spooktacular month,
Carol Hamilton

TRIAD

"Home Safety and Aging in Place"

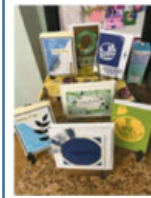
On Wednesday, October 12 at 12:30 pm

Our monthly TRIAD presentations feature topics for older adults on community safety in partnership with the District Attorney, the Plymouth Co. Sherriff and Marshfield Fire and Police. Join us at 12:30 pm for pizza and conversation with representatives from public safety and then at 1:00 pm Jeanette Belvu, RN from Visiting Angels will present information on measures to age in place and increasing home safety. Please sign up at the front desk in advance or by calling 781-834-5581 as refreshments are served.

WINDOW BASICS with Katy Mayo

On Friday, October 14 from 1:00 pm - 2:30 pm

Computer expert Katy Mayo will walk you through "Introduction to Windows". Learn to navigate comfortably around the Windows environment on your computer. Create a basic document and put it in a folder. Many tips and tricks in this session. Register in advance, minimum of 4 to hold class. \$20 due at time of the class.



CARD MAKING WITH EILEEN

"CARDSHAC"

On Thursday, October 13

from 1:00-3:00 pm

Learn card making skills for beautiful hand crafted cards for all sorts of occasions and make two cards to take home with you. Eileen will be offering card making classes monthly (on the 2nd Thursday of the month) and she says to bring your good humor and a willingness to follow instructions but there will be plenty of room for self-expression. All supplies will be provided. The class cost is \$10.00 due at class. Maximum class size is 10, minimum of 2. Please sign up in advance by calling 781-834-5581.

STORIES FROM BILL SELVITELLE

On Friday, October 14 at 1:00 pm

Come hear stories from Bill Selvitelle. Spend an hour and hear him share humorous stories of coming of age into the age of the "Grey Gang"! Bill will talk about the highs and lows of becoming older and the struggles we all face. A fun time with lots of laughs. Register by calling 781-834-5581.



FREE HEARING CLINIC
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COA ACTIVITIES - ARTS & ENTERTAINMENT

ART OF FILM CLASS

On Thursday, October 13 at 12:30 pm

Because of what recently befell Olivia Newton-John, revisiting "Grease" is a tribute to her wonderful performances.

"Grease" 1978 won the People's Choice Awards in 1979 for BEST PICTURE. It is the film version of what was originally a Broadway musical, and although it developed movie stuff (like car races), one can experience something of a live show.

A thankfully PG film, made in 1978 by Robert Stigwood, "Grease" is "one of the last of the big movie musicals. It succeeds in spite of itself, with singers who can't act, actors who can't sing, and a plot so corny it should have a husk! But this tale of true love and teen angst circa 1955 is sure to leave one's toes a -tapping, thanks to a dynamite soundtrack of golden oldies." (David Abolafia) The cast stars the very young John Travolta, Olivia Newton-John, Stockard Channing...and also appearances by a variety of old pros including Eve Arden, Frankie Avalon, and—would you believe it—Sid Caesar! You are invited to watch, sing-a-long, and/or tap your way through this picture.

LET'S GO TO THE MOVIES

NEW 2 showings 10 am & 12:30 pm

**"Roadrunner: A film about Anthony Bourdain" (2021 1h 58m)
On Thursday, October 6**

Anthony Bourdain was a culinary and cultural force to be reckoned with, as chronicled in this insightful documentary....

**"Words on Bathroom Walls" (2020 1h 50m)
On Wednesday, October 19**

Adam is a witty, introspective teen pursuing his dream of becoming a chef when he is diagnosed with a mental illness...

**"The War with Grandpa" (2020 1h 34m)
On Friday, October 28**

When 6th grader Peter is forced to give up his bedroom to his grandfather, he devises a series of pranks to drive out the interloper, but Grandpa Ed won't go without a fight...

Sign up in advance required!

INTRO TO PAINTING & WATERCOLOR

On Mondays 9:00 am through Oct. 24

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

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 ON THURSDAYS

INTRO TO CONVERSATIONAL SPANISH

Always wanted to speak Spanish? This 1 hour class starts at 10:00 am for absolute beginners or for anyone who wants to try out beginning level conversational Spanish. Cost/Donation \$5.00/class.

INTERMEDIATE SPANISH

Intermediate Spanish for those with some level of Spanish starts at 11:15 am. Brush up on your skills! Cost/Donation \$5.00 per class.

WOMEN'S GROUP w/BARBARA LEARY

On Tuesday, October 25 at 1:00 pm

Hormones are the chemicals that coordinate different functions in your body by carrying messages through your blood to your organs, skin, muscles and other tissues. So far, over 50 have been identified making up the Endocrine system. We'll talk about what they control, what they do, how they communicate, each gland's function, and conditions that are a result of an imbalance, for instance, Type II Diabetes. Light refreshments will be served, please sign up ahead at the front desk or by calling 781-834-5581.

DISCOVER THE FORBIDDEN CITY OF CHINA

On Thursday, October 27 at 10:00 am

Join Beeyonder as Zoom together for a live visit to China. The Forbidden City is recognized as a symbol of the traditional culture of the Chinese nation, it is also known as the Palace Museum, which was established in 1925. Today, with annual visitors numbering 17 million, the Forbidden City ranks first among all museums and world cultural heritages in the world. The palace was "forbidden" in the sense that, aside from members of the imperial household, no one could enter it without the Emperor's permission. Register in advance at the front desk. Limit of 20

MARSHFIELD ANTIQUE PICTURE POSTCARDS W/ DAVID ALLEN

On Wednesday, October 12 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 Tiffany Glass"

On Thursday, October 27 at 1:00 pm

Tiffany glass has been known for a century and a half for its striking colors, opalescent glow, and the finest craftsmanship. The presentation will feature slide illustrations along with insightful comments about the process and people who made the glass along with the craftsmen who selected pieces of glass that were incorporated into windows, lamps and other artifacts. Other aspects that will be discussed will include the company's history, the artistic style of the item and its sheer beauty. The speaker will be antiques writer Bob Jackman. OPTIONAL: If you have an example of Tiffany glass 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. Please sign up in advance at the front desk or call 781-834-5581.

WRITING FOR FUN & FULFILLMENT

On Tuesdays at 1:00 pm through Oct. 18

Join writer Liz Esse Kahrs on writing and journaling in this six week series. Bring your imagination and a pen and notebook. Liz will provide the prompts. 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.

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.

UKULELE GATHERING**On Monday, October 17 at 2:00 pm**

Grab your ukulele and join us in the Seaflower Café. Come to play, learn from others or just to listen.

NATIONAL PUMPKIN DAY CELEBRATION**On Wednesday, October 26
at 1:00 pm**

Mark your calendar and come join us for a "spooktacular" National Pumpkin Day celebration. Festive decorations, Monster Mash music, candy treats, and a raffle drawing/prize will surely get you in the Halloween spirit. Feel free to wear your favorite costume.

SINGO with Jim the DJ Guy**On Monday, October 3 from 1:00 pm—2:30 pm**

Singo is rock and roll bingo. 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. Suggested donation \$2.00

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! \$6 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. \$6 per class.

HEART & HAND EXERCISE CLASS**On Wednesdays & 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 music with Moroccan Zumba toning sticks. Dance to some of our easy to follow Latin and American tunes. \$5 per class.

ZUMBA GOLD ® w/PASQUALINA

On Tuesdays at 11:00 am

ZUMBA GOLD ® w/DEB RAFFERTY

On Thursdays at 1:00 pm

Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms and bring them to the active older adult, the beginner participant, and other special modifications for success, created to emphasize the basics. Cost: \$5.00 per class.

ZUMBA®/CARDIO DANCE AND TONING w/Deb RAFFERTY

On Wednesdays at 1:00 pm

Zumba®/Cardio Dance and Toning is a full body workout. Included are intermittent toning routines using light weights (1-3lbs). The class is designed to improve muscle strength and endurance, flexibility and balance! Modifications will be shown. \$5 per class.

LINE DANCING

LINE DANCING w/MAUREEN GODDING

On Mondays at 3:00 pm

Give this fun and energetic class a try. Whether you've never danced before or it has been a while, this class is for you. Cost: \$5 per class.

LOW IMPACT LINE DANCE LESSONS w/DOTTY BELANGER

On Tuesdays at 1:00 pm

This traditional line dance class will include several genres such as Rock, Waltz, Foxtrot, Latin, Rock and Country. ! Cost: \$5 per class.

DANCE WITH JAN HAROLD

BROADWAY STYLE JAZZ

On Mondays at 11:00 am

Jazz! Dancing makes Broadway musicals more lively.

and

BROADWAY STYLE TAP

On Wednesdays at 11:00 am

Come and learn some fun routines and move to the music of your favorite Broadway Show Tunes! Cost: \$6 per class

EXERCISE WITH NEIL SULLIVAN STRENGTH & CONDITIONING

On Wednesdays at 8:30 am

The strength & conditioning class is a combination of strength and flexibility training designed to safely and effectively (1) Build strength, endurance and stamina (2) Increase Range of Motion and flexibility (3) Improve balance, stability and coordination. A typical class includes warm-up & stretching followed by low-impact Isometric and resistance exercises utilizing body weight, hand weights, and resistance bands. Maximum of 15 students and minimum 10 students to conduct the class, \$20 due at the first class of the month. Sign up in advance.

BALANCE & STRENGTH EXERCISE

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 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. 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 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 **NO CLASS OCT 4**

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 **NO CLASS OCTOBER 31**

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 **NO CLASS OCT 28**

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. Oct 4: Rexhame Beach end of Winslow St. ocean side. Oct 6: Willow Brook Farm Pres—off Barker St Rt 14 Pembroke Oct 11: RR Right of Way—park at CVS Oct 13: Rexhame Beach end of Winslow St. ocean side. Oct 18: Rexhame Beach end of Winslow St. south river side. Oct 20: Tubs Meadow—off Monroe St Pembroke. Oct 25: Camp Wing Conservation—off Franklin St Duxbury. Oct 27: Rexhame Beach end of Winslow St. south river side. Nov 1: Rexhame Beach end of Winslow St. south river side.

PICKLEBALL FOR BEGINNERS

Instruction on Oct. 4 & 6, Free play on Tuesdays & Thursdays from 8:30—11:30 am

There will be two cycles of Pickleball instruction (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.

BOCCE GAME

On Friday, October 14 from 9:00 am - 11:00 am

Sign up and we will put you on a team and join the fun in our round robin Bocce game here on 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.

DISCUSSION GROUPS

TED TALK & DISCUSSION

ON ZOOM

On Monday, October 31 at 10:00 am



Join us on zoom for a viewing of the TED talk "Don't Call People Out, Call Them In" given by activist and scholar Loretta J. Ross, who said 'We live in a call-out culture, public shaming and blaming, on social media and in real life, of people who may have done wrong and are being held accountable.' "In this bold, actionable talk, Ross gives us a toolkit for starting productive conversations instead of fights, what she calls a "call-in culture", and shares strategies that help challenge wrongdoing while still creating space for growth, forgiveness and maybe even an unexpected friend." Call the Senior Center at 781-834-5581 to receive Zoom meeting details.

GREAT DISCUSSIONS

On Tuesday, October 4 and 18 from 10-11:30 am

The Great Discussions Group meets the first and third Tuesday of each month from 10 to 11:30am. We read shared material and rigorously discuss current events and other stimulating, topical subjects. We meet in the Marshfield Senior Center. The October topics will be October 4 - Wyoming's Fossil Hunters and October 18 - Attacks on Press Around the World in 2022 If you have questions about this group, please contact Bob Jackman at 781-837-3844.

BOOK DISCUSSION GROUP

On Monday, October 24 at 11:00 am

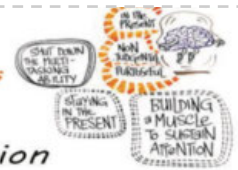
This month we will be reading the book "The Magician" by Colm Toibin. Books available through the Ventress Memorial Library. All welcome!

POETRY CLUB w/RICH HANSEN

On Friday, October 28 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

MONDAY

TUESDAY

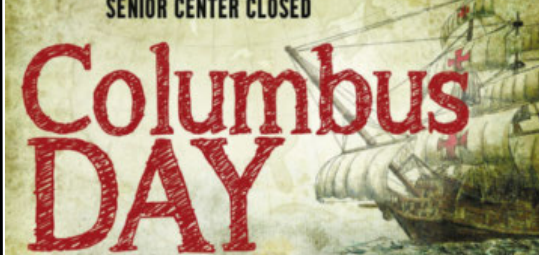
WEDNESDAY

Intro to Painting and Watercolors	9:00 am	3
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	
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	
Memory Café	1:00 pm	
Singo	1:00 pm	
LLL New Yorker Conversations	1:00 pm-2:30 pm	
Pathways through Grief	2:00 pm	
Line Dancing w/Maureen	3:00 pm	

Beginner Pickleball	8:30 am	4
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	
LLL 3 B's of Classical Music	10:00 am-11:30 am	
Boxed Lunch Pickup	10:30-11:30 am	
Yoga w/Tricia	11:00 am	
Zumba w/Pasqualina	11:00 am	
Chess Club	11:00-1:00 pm	
Flu Clinic	12:00 pm-4:00 pm	
Bridge	12:30-3:00 pm	
Cribbage	12:30 pm	
Line Dancing w/Dotty	1:00 pm	
Writing for Fun and Fulfillment	1:00 pm	
LLL Cuban Missile Crisis	1:00 pm-2:30 pm	
Imagination in Painting	1:00-3:15 pm	
Ping Pong	1:00-4:00 pm	

LLL Birds are Back
Strength & Conditioning with Neil
Woodcarving
Manicures
Balance & Strength with 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

SENIOR CENTER CLOSED



Columbus DAY

Beginner Pickleball	8:30 am	11
Walking Group	8:30 am	
Technology Assistance	9:00 am-12:00 pm	
Perpetual Motion	9:00 am	
Hairstyling with Chrissy	9:30 am-12:00 pm	
LLL 3 B's of Classical Music	10:00 am-11:30 am	
Boxed Lunch Pickup	10:30-11:30 am	
Yoga w/Tricia	11:00 am	
Zumba w/Pasqualina	11:00 am	
Chess Club	11:00-1:00 pm	
Bridge	12:30-3:00 pm	
Cribbage	12:30 pm	
Financial Consultations	1:00-2:00 pm	
Writing for Fun and Fulfillment	1:00 pm	
Line Dancing w/Dotty	1:00 pm	
Art for Your Mind	1:00 pm	
LLL Cuban Missile Crisis	1:00 pm-2:30 pm	
Imagination in Painting	1:00-3:15 pm	
Ping Pong	1:00-4:00 pm	
Meditation & Mindfulness on Zoom	2:00 pm	

LLL Birds are Back
Strength & Conditioning with Neil
LLL Beginner Spanish
Woodcarving
Manicures
Balance & Strength with Neil Sullivan
Heart & Hand Exercise w/Janet
Social Day Program
Rug Hooking AND Knitting
Technology Assistance
Antique Picture Postcards
Broadway Tap
Yoga w/Tricia
Congregate Lunch
Duplicate Bridge
Korean War Veteran's Meeting
SALT/TRIAD
Zumba/Cardio Dance w/ Deb
Whist
Hand & Foot
Pool

Intro to Painting and Watercolors	9:00 am	17
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	
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	
LLL New Yorker Conversations	1:00 pm-2:30 pm	
Ukulele Gathering	2:00 pm	
Line Dancing w/Maureen	3:00 pm	

Beginner Pickleball	8:30 am	18
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	
LLL 3 B's of Classical Music	10:00 am-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	
Line Dancing w/Dotty	1:00 pm	
Writing for Fun and Fulfillment	1:00 pm	
Ping Pong	1:00-4:00 pm	
LLL Cuban Missile Crisis	1:00 pm-2:30 pm	
Imagination in Painting	1:00-3:15 pm	

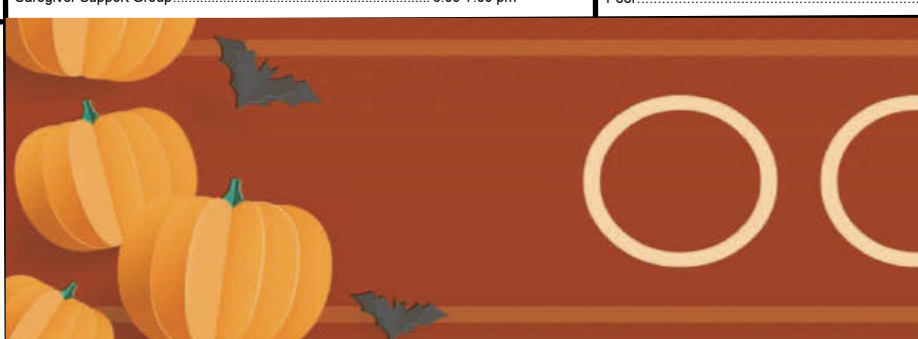
LLL Birds are Back
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Woodcarving
Manicures
Balance & Strength with Neil Sullivan
Heart & Hand Exercise w/Janet
Social Day Program
Rug Hooking AND Knitting
Real Estate Specialist
Technology Assistance
Yoga w/Tricia
Broadway Tap
Congregate Lunch
Duplicate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

Intro to Painting and Watercolors	9:00 am	24
Technology Assistance	9:00-11:00 am	
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
Reiki with MaryAnn	10:00 am-2:00 pm	
Book Group	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	
LLL New Yorker Conversations	1:00 pm-2:30 pm	
Soup Master - Therapy Gardens	1:00 pm	
Line Dancing w/Maureen	3:00 pm	

Beginner Pickleball	8:30 am	25
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	
LLL 3 B's of Classical Music	10:00 am-11:30 am	
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	
Line Dancing w/Dotty	1:00 pm	
Reverse Mortgage Presentation	1:00 pm	
Imagination in Painting	1:00-3:15 pm	
Women's Group	1:00 pm	
LLL Cuban Missile Crisis	1:00 pm-2:30 pm	
Ping Pong	1:00-4:00 pm	
Meditation & Mindfulness on Zoom	2:00 pm	
Caregiver Support Group	6:00-7:00 pm	

LLL Birds are Back
Strength & Conditioning with Neil
LLL Beginner Spanish
Woodcarving
Manicures
Balance & Strength with 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
National Pumpkin Day Celebration
Zumba/Cardio Dance w/ Deb
Whist
Hand & Foot
Pool

Technology Assistance	9:00-11:00 am	31
Tai Chi	9:30 am	
Yoga w/Katherine	9:30 am	
Ted Scholars	10:00 am	
Senior Boxing	10:00 am	
Social Day Program	10:00 am-2:00 pm	
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	
Bats by MA Audubon	1:00 pm	
LLL New Yorker Conversations	1:00 pm-2:30 pm	
Line Dancing w/Maureen	3:00 pm	





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SDAY

THURSDAY

FRIDAY

<p>8:30 am—10:00 am 8:30 am 9:00 am—12:00 pm 9:00 am—4:00 pm 9:30 am 9:30 am 10:00 am—2:00 pm 10:00 am 11:00 am 11:00 am—1:00 pm 12:00 pm 12:30—3:00 pm 1:00 pm 1:00 pm 1:00 pm</p> <p>5</p>	<p>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 Movie "Roadrunner"..... 10:00 am and 12:30 pm Intro to Spanish..... 10:00 am Yoga w/Linda..... 10:00 am Balance Tune Up..... 10:00 am Sand Dollar Ornament Class..... 10:00 am—12:00 pm Intermediate Spanish..... 11:15 am Boxed Lunch Pickup..... 10:30-11:30 am 60 + Club..... 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</p>	<p>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 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</p> <p>6</p>	<p>7</p>
<p>8:30 am—10:00 am 8:30 am 9:00 am—10:00 am 9:00 am—12:00 pm 9:00 am—4:00 pm 9:30 am 9:30 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 1:00 pm 1:00 pm 1:00 pm</p> <p>12</p>	<p>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 LLL New Bedford Whaling Museum..... 9:30 am Yoga w/Linda..... 10:00 am Intro to Spanish..... 10:00 am Balance Tune Up..... 10:00 am LLL iPhone Photography..... 10:30 am—11:30 am Boxed Lunch Pickup..... 10:30-11:30 am Intermediate Spanish..... 11:15 am Art of Film..... 12:30 pm Card Making with Eileen..... 1:00—3:00 pm Zumba w/Deb..... 1:00 pm Mahjong..... 1:00 pm Drawing w/Tess..... 1:00 pm Ping Pong..... 1:00-4:00 pm LLL Intro to Astrology..... 3:00—4:00 pm</p>	<p>State Rep. Josh Cutler..... 9:00-10:00 am Perpetual Motion..... 9:00 am Bocce Game..... 9:00 am - 11:00 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 Seaside Gardeners Fall Flower Arranging..... 10:00 am LLL Paul Gallico..... 10:30 am—12:00 pm 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 Stories from Bill Selvitelle..... 1:00 pm Windows Basic..... 1:00-2:30 pm</p> <p>13</p>	<p>14</p>
<p>8:30 am—10:00 am 8:30 am 9:00 am—10:00 am 9:00 am—12:00 pm 9:00 am—4:00 pm 9:30 am 9:30 am 10:00 am—2:00 pm 10:00 am 10:00 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 3:00 pm</p> <p>19</p>	<p>Beginner Pickleball..... 8:30 am Walking Group..... 8:30 am Quilting Group..... 8:30-11:00 am LLL Pusbody Essex Museum..... 9:00 am Gentle Chair Exercise w/Barbara..... 9:00 am Footcare w/Deborah..... 9:00 am—4:00 pm State Rep. Patrick Kearney..... 9:00-10:00 am Social Day..... 10:00 am—2:00 pm Yoga w/Linda..... 10:00 am Intro to Spanish..... 10:00 am Balance Tune Up..... 10:00 am LLL iPhone Photography..... 10:30 am—11:30 am Boxed Lunch Pickup..... 10:30-11:30 am Intermediate Spanish..... 11:15 am Zumba w/Deb..... 1:00 pm Mahjong..... 1:00 pm Drawing w/Tess..... 1:00 pm Journey of the Pilgrims..... 1:00 pm Ping Pong..... 1:00-4:00 pm Legal Clinic..... 2:00 pm—4:00 pm LLL Intro to Astrology..... 3:00—4:00 pm</p>	<p>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 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</p> <p>20</p>	<p>21</p>
<p>8:30 am—10:00 am 8:30 am 9:00 am—10:00 am 9:00 am—12:00 pm 9:00 am—4:00 pm 9:30 am 9:30 am 10:00 am—2:00 pm 10:00 am 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</p> <p>26</p>	<p>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 LLL USS Constitution Museum..... 9:30 am Social Day..... 10:00 am—2:00 pm Beeyond-Forbidden City..... 10:00 am Yoga w/Linda..... 10:00 am Intro to Spanish..... 10:00 am Balance Tune Up..... 10:00 am LLL iPhone Photography..... 10:30 am—11:30 am 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 LLL Intro to Astrology..... 3:00—4:00 pm</p>	<p>Perpetual Motion..... 9:00 am Hairdressing with Chrissy..... 9:00 am - 12:00 pm Yoga w/Katherine..... 9:30 am Heart & Hand Exercise w/Janet..... 9:30 am Watercolor Class..... 9:30 am—12:00 pm Movie "War with Grandpa"..... 10:00 am and 12:30 pm LLL Paul Gallico..... 10:30 am—12:00 pm Poetry..... 11:00 am Chinese Healing Arts NO CLASS..... 11:15 am Zumba & Toning w/Justine..... 11:30 am Congregate Lunch..... 12:00 pm Free & Easy Painting..... 1:00-4:00 pm Pinochle..... 1:00 pm</p> <p>27</p>	<p>28</p>



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COA SERVICES

15-MINUTE FINANCIAL PHONE CONSULTS

On Tuesday, October 11 from 1:00-2:00 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, October 18 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.

WORKSHOP on REVERSE MORTGAGES

On Tuesday, October 25 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.

REAL ESTATE SPECIALIST

On Wednesday, October 19 from 10:30-11:30 am

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

MONTHLY LEGAL CLINIC

On Thursday, October 20 from 2:00 pm—4:00 pm

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

STATE REP. JOSH CUTLER

On Friday, October 14 from 9:00-10:00 am

AND

STATE REP. PATRICK KEARNEY

On Thursday, October 20 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, October 18 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, October 24

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 CHRISSEY

On Tuesday, October 11 & Friday, October

28~ 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, October 20 ~ 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

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 Wednesday, October 26 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.

FLU CLINIC

On Tuesday, October 4 from 12:00 - 4:00 pm

The Flu Clinic will offer the High Dose Flu Vaccine and the Standard Vaccine. Please bring along your Medicare Part B cards and ALL pertinent prescription cards. Register at the front desk or by calling 781-834-5581.

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

We are currently seeking volunteers for out of town medical rides, Meals on Wheels drivers, Fall Clean-up and Winter Snow shovelers. Contact Project Coordinator for Volunteers, Kristen Noonan at 781-834-5581 or

knoonan@townofmarshfield.org

Volunteer Birthdays for October: Robert Griffin, Lisa Groop, Timothy Connolly, Dorothy Kay, Angela Famulari, Dorothy Lynch, Melanie Sweet, Edward Purcell, Marsha Desantis, Donna Carchia, Joan Dowd and Joanne Regan.

Behind the counter- The counters are loaded with new donations and more waiting to be put out. We've added a \$.10 basket as well as items for crafter. Looking for a Hostess gift or a birthday gift for a friend consider checking out the Senior Center Gift Shop first.

Coming soon! HUGE women's clothing sale Oct. 11 - 13. All articles of clothing are brand new with tags and everything is \$5.

Library - Come visit our Library. Gently used books and LARGE PRINT available. Books can be signed out at the Greeters Desk. There is a three book limit allowed for 30 days. Donations of gently used books accepted.

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. 1111 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 if you'd like 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.

SAVE THE DATE

RUSSIA AND UKRAINE presented by Eugene B.Kogan, Ph.D.

On Wednesday, November 30 at 1:00 pm

As a negotiation strategist and Harvard Business School executive coach who has conferred with America's top diplomats, from Henry Kissinger to Rex Tillerson. You don't have to look past the news to see what's going on with the Russia-Ukraine war. But what are the prospects for international order in the wake of this conflict? What will not only Russia and Ukraine look like, what about the rest of the world? Come to a deep dive into President Joe Biden's handling of the Russia-Ukraine crisis, along with possible future outcomes. Don't miss this timely and important presentation!

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
Tuesdays 9:00 am-12:00 pm w/Bob Demers
Wednesdays 11:00 am-1:00 pm w/Ben Bembenek
 Check out the new Marshfield Senior Center website at www.marshfieldseniorcenter.org

SUPPORT & HEALTH PROGRAMS

SOCIAL DAY PROGRAM

On Mondays & Wednesdays from 10:00 am until 2:00 pm and on Thursdays Starting Oct. 20

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, October 3 from 1:00—3:00 pm

Memory Cafes are monthly casual gatherings where people with memory issues and their friends and family can join together with others for some friendly companionship and refreshments. We will have a comfortable activity for all and have time to visit. Call Marilee with any questions at 781-834-5581. Please register in advance with the front desk or by calling 781-834-5581. Light refreshments served.

PATHWAYS THROUGH GRIEF

On Mondays from 2:00—3:30 pm

A six session grief educational series and support group sponsored by Norwell VNA and Hospice 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, October 25 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, October 14 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 October 19 at the Senior Center. The COA Boosters' board meeting will be held on Wednesday, October 19 at 10:00 am at the Senior Center.

SIXTY PLUS CLUB

The 60 Plus Club will meet on the first Thursday of the month, October 6th at 1:00 pm. Please join us to meet the new officers and enjoy some apple cider and doughnuts. We will discuss the Christmas party and future activities.

President Norm Benard, Vice-Pres. Sandy Rushton, Treasurer Ann Wernig and Secretary Donna Carchia

BOOSTER CORNER

HOLIDAY CRAFT FAIR & BAKE SALE-NOVEMBER 5

The Holiday Craft Fair is back with unique hand-crafted items (pottery, jewelry, clothing, art) 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.

ALL I WANT FOR CHRISTMAS IS A GIVING TREE LEAF

Wondering what to get that special friend who has everything or what to tell the family when they ask what you want for Christmas? Perhaps a leaf on the Giving Tree is the answer. What a beautiful and lasting way to remember or honor a friend of have your message and family name engraved forever on a metallic leaf on display in the Senior Center Lobby. The Giving Tree continues to grow and applications have increased since the unveiling at Open House. The engraved leaves range from \$100 for Green, \$250 for Bronze, \$500 for Silver and \$1000 for Gold. Each leaf has space for up to four lines of 20 characters engraved. For more information visit our website at www.marshfieldcoabooster.org or call Liza Corbett at 617.699.7927.

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 October 12 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

- 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
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 28, October 7, 14, 21, 28, November 4,
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
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
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
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
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
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
Cost \$30. Limit 20.



THE WHALING MUSEUM IN NEW BEDFORD

On Thursday, October 13 at 9:30 am

Come and discover the underwater world of whales, the dramatic story of whaling and its impact, and the art, history, science, and culture of South coast Massachusetts. The museum is located in the heart of New Bedford National Historical Park. Marvel at 5 massive whale skeletons and the world's largest ship model (Lagoda). Explore whale science and conservation, learn how Yankee whalers sailed the seven seas, and enjoy works by internationally known artists as well as regional rising stars. There will be a tour and time on your own to explore. The bus will leave the Senior Center at 9:30 am and return to the Senior Center in the afternoon around 3:30 pm. There will be a lunch stop after the museum (lunch is not included in the cost of the trip). Masks are required at this time in the museum for all visitors. Cost: \$40 Limit 13

THE PEABODY ESSEX MUSEUM IN SALEM

On Thursday, October 20 at 9:00 am

Have you ever considered a museum's collection an invitation to investigate your own relationship to creativity? The PEM collection offers outstanding works, primarily from the 1700s to today. The African, American, Asian, Maritime, Native American, and Oceanic art emphasizes the lively conversation that occurs through creativity across time, place, and culture. It is an outstanding museum. Bus will leave from the Senior Center promptly at 9:00 am. Lunch will be in the Atrium Café in the museum at your leisure (lunch is not included in the cost of the trip) Cost \$40 Limit 13

USS CONSTITUTION MUSEUM IN CHARLESTOWN

On Thursday, October 27 at 9:00 am

Located in the Charlestown Navy Yard, across from "Old Ironsides" the museum preserves, displays, archival material related to the Ship and her crew. It features a variety of interactive exhibits that chronicle the 200 year career of this iconic warship. This "floating" museum also serves as the memory and educational voice of "Old Ironsides" Come see why the USS Constitution Museum is one of the most popular tours in Boston. There will be a self-guided tour of the museum and time to explore the USS Constitution itself! Lunch reservation will be made at a local area restaurant (lunch is not included in the cost of the trip). Cost \$40 Limit of 13

OCES NUTRITION PROGRAM

OCTOBER

REGULAR



Community Dining Menu

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
3 Pork Choppette w/Gravy* 610 Cheese Mashed Potatoes 248 Carrot Coins 67 Whole Wheat Bread 65 Fresh Apple 2 Cal: 822 Sodium: 1175 mg Carb: 94g From meal: 59	4 COLD MEAL Egg Salad 224 Potato Salad 50 Coleslaw 62 Cracked Wheat Bread 115 Chocolate Chip Cookie 56 Cal: 878 Sodium: 663 mg Carb: 89 g From meal: 62	5 Lasagne with Bolognese Sauce 414 Italian Vegetables 19 Scala Bread 97 Parmesan Cheese 55 Hot Cinnamon Pears 6 Cal: 681 Sodium: 728 mg Carb: 79 g From meal: 48	6 Pollock w/Lemon Pepp 249 Brown Rice Pilaf 16 Scandinavian Vegetable 41 Lemon Juice 1 Whole Wheat Roll 254 Vanilla Pudding 220 MOD: SF Van Pudding 142 Cal: 670 Sodium: 918 mg Carb: 105 g From meal: 61	7 Roast Chicken with Stuffing & Gravy 415 Mashed Potatoes 165 Green Beans 3 Snowflake Roll 250 Cranberry Sauce 1 Fresh Orange 0 Cal: 699 Sodium: 971 mg Carb: 97 g From meal: 58
Happy Columbus Day 17 Chicken Picatta 368 Parslied Rotini 4 Tuscan Vegetables 41 Oatmeal Bread 240 Fresh Apple 2 Cal: 696 Sodium: 792 mg Carb: 104 g From meal: 68 g	11 Beef Shepherd's Pie 276 California Vegetables 30 Rye Bread 330 Caramelized Apricots 24 Cal: 776 Sodium: 797 mg Carb: 92 g From Meal: 57 g	12 Cranberry Chicken 349 Brown Rice & Orzo 4 Zucchini Squash 2 WW Breadsticks 65 Brownie Cookie 230 MOD: Lorna Doones 100 Cal: 863 Sodium: 787 mg Carb: 120 g From meal 60 g	13 BBQ Pulled Pork 385 Sweet Potato Tots 230 Broccoli Flowerets 12 WW Hamburger Bun 80 Mixed Fruit Cup 5 Cal: 610 Sodium: 849 mg Carb: 87 g From Meal: 61 g	14 Beef Burgundy 181 Buttered Noodles 38 Spinach 110 Scala Bread 97 Vanilla Wafers 98 Cal: 694 Sodium: 662 mg Carb: 77 g From Meal: 43 g
ALL SITES CLOSED Cal: 776 Sodium: 797 mg Carb: 92 g From Meal: 57 g	18 Potato Crunch Pollock 220 Herbed Brown Rice 4 Stewed Tomatoes 251 Scala Bread 97 Tartar Sauce 85 Mandarin Oranges 7 Cal: 723 Sodium: 769 mg Carb: 104 g From meal: 66	19 COLD MEAL Tuna Salad on Lettuce Bed 310 Pasta Vegetable Salad 46 Tomato Cucumer 58 Broccoli Salad 80 WW Hamburger Bun 95 Cal: 716 Sodium: 727 mg Carb: 79 g From Meal: 39 g	20 Baked Ziti Casserole 323 Italian Vegetables 19 WW Bread 65 Hot Caramelized Pears 23 Cal: 698 Sodium: 565 mg Carb: 98 g From meal: 62 g	21 Italian Pot Roast 280 Oven Browned Potatoes 6 Green Beans 3 Dinner Roll 250 Chocolate Pudding 190 MOD: SF Chocolate Pudding 170 Cal: 771 Sodium: 867 mg Carb: 103 g From Meal: 65 g
24 Cheddar Cheese Omelet 470 Home Fries 6 Peppers & Onions 54 French Toast Sticks 300 SF Syrup 30 Yogurt 75 Orange Juice-No Milk 15 Cal: 786 Sodium: 981 mg Carb: 96 g From meal: 63 g	25 Pork Oriental 214 Lo Mein Noodles 50 Asian Vegetables 43 Multigrain Bread 223 Pineapple Tidbits 1 Cal: 732 Sodium: 686 mg Carb: 92 g From meal: 55 g	26 Turkey Pot Pie** 535 Green Beans 3 Buttermilk Biscuit 340 Hot Cinnamon Peaches 6 Cal: 599 Sodium: 1022 mg Carb: 78 g From Meal: 47 g	27 Swedish Meatballs** 545 Buttered Noodles 38 Mixed Vegetables 42 Rye Bread 330 Oatmeal Cookie 105 MOD: Chocolate Oatmeal Bar 75 Cal: 748 Sodium: 1198 mg Carb: 90 g From Meal: 65 g	28 Herbed Chicken Breast 325 Whipped Sweet Potatoes 36 Broccoli/Red Peppers 12 Whole Wheat Roll 254 Fresh Pear 2 Cal: 636 Sodium: 766 mg Carb: 98 g From meal: 61 g
31## All Beef Hot Dog** 610 Vegetarian Baked Beans 282 California Vegetables 30 WW Hot Dog Bun 85 Mustard PC 55 Applesauce 13 Cal: 645 Sodium: 1220 mg Carb: 89 g From meal: 63 g				Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium

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

GRAB & GO BOXED LUNCH

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

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

Tuesdays

- October 4 Turkey & Cheese on Kaiser roll
- October 11 Tuna Roll
- October 18 Roast Beef & Swiss on Kaiser roll
- October 25 Hummus & Veggie Wrap

Thursdays

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



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



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WE ARE HERE TO HELP

We are volunteering our services on behalf of the Marshfield Senior Center to offer **FREE 30 Minute Consultations**. Please call or email the Senior Center at **781-834-5581** to make an appointment for with a **CERTIFIED FINANCIAL PLANNER™** on any financial subject(s) of your choosing.



FAMILY OWNED IN MARSHFIELD SINCE 1987