

Rockland Review



January/
February 2022



Robert J. Nyman Rockland Senior Center
• 317 Plain Street • Rockland, MA 02370
781-871-1266 • www.rocklandma.gov/council-aging-coa

IT'S NOT AN ILLUSION! WE ARE PLEASED TO ANNOUNCE OUR FIRST EVENTS OF 2022!

- Art
- Balance Tune Up
- Bingo
- BP screenings
- Bocce
- Cards
- Chair Massage
- Chair Yoga
- Computers
- Corn Hole
- Crafts
- Cribbage
- "Crisfit"
- Eccentrics
- Exercise Classes
- Fitness Equipment
- "Friends"
- Fuel Assistance
- Hearing Screening
- Geronimo
- Golden Agers
- Info/Referrals
- Line Dancing
- Lunch
- MahJongg
- Meals on Wheels
- Men's Group
- Mindful
- Meditation
- Painting
- Pickleball
- Ping Pong
- Podiatrist
- Pool Table
- Quilting
- Safety Assurance
- Seasonal Parties
- SHINE Counselor
- Shopping
- SNAP apps.
- S&S
- Tai Chi
- Television
- Transportation
- Walking Club
- Wi-Fi
- Zumba Gold



A METAMORPHOSIS THROUGH TIME

To watch show-stopping, award-winning illusionist Lyn Dillies at work, it's hard to believe she was once a painfully shy little girl, but it's true. It wasn't until Bill Bixby came along as TV's The Magician that Lyn's life was changed forever.

She may have only been 12, but there was no questioning her destiny to become not only a first-rate illusionist, but undeniably one of the finest, most-respected illusionists in the world!

As Lyn says, "Magic has been my vehicle to not only entertain, but inspire lives and make a difference. It's what I was born to do."




Join us in welcoming Lyn to the senior center on, **Monday, January 31st**

We will be serving a Meatloaf Dinner at 11:30am, with the performance to follow.

Tickets will be available at the center, Thursday, January 13th.

Limit 2 per sign-up. No phone reservations will be taken.

Please mark your calendars, these tickets WILL magically disappear!



Celebrate the day after Valentine's Day with us!

This year we will be having our Valentine Day Luncheon on **Tuesday, February 15th at Noon.**
Enjoy delicious Ziti, Meatball and Sausage luncheon along with entertainment!
The tickets will be available Tuesday, February 1st . Limit of two per person.



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THANKS TO EVERYONE FOR ANOTHER GREAT YEAR!



CRAFT TIME WITH SUE

Have some laughs and make some crafts with Sue Mollica on Tuesdays, January 11th and February 8th at 9:30am. Please pay the \$5.00 fee for materials at the front desk when you sign up.



Rockland Men's Club Annual Christmas party 2021



We are in need of volunteer Meals on Wheels Drivers!

Meals are delivered

Monday through Friday around 10:00~10:30am.

It takes about an hour to deliver a route and helps make sure our seniors are safe.

Sign up to volunteer today! Please call for more information.

781-871-1266.





Heart disease is the nation's leading cause of death in both women and men, and the number one risk factor for heart disease is age. Aging often results in a thickened or weakened heart muscle, raising the risk for this disease. According to the American Heart Association, among seniors between the ages of 60 and 79, approximately 70% have cardiovascular disease and around 66% of heart disease deaths occur in individuals over the age of 75.

The month of February happens to be **American Heart Month**, and if you're a senior or a caregiver to a senior with heart disease, it's the perfect time to start thinking about making some changes to improve heart health. Making small changes can have big results, and eating a heart-healthy diet is one of the 7 factors to improving your heart health, according to the Heart Association. When combined with other healthy habits, eating a heart-healthy diet can help you control blood pressure, control blood sugar levels, maintain a healthy weight, and lower cholesterol. Whether your loved one already has heart disease, high blood pressure, or high cholesterol or you want to simply prevent these problems, learn to follow a heart-healthy diet can reduce the risk of heart attack and prevent or manage these conditions. c/o American Heart Association

Making Your Heart-Healthy Diet Taste Great

Cutting back on fat, salt, and sugar doesn't have to leave you eating bland, tasteless food. If you've become used to eating a lot of highly processed foods packed with sugar, salt, and fat, your taste buds can become accustomed to these tastes. However, learning how to properly prepare healthy foods can help you create meals that are delicious and packed with flavor. Here are a few tips you can use to make your heart-healthy diet taste great.

- Season veggies with soy sauce, vinegar, onion, citrus, herbs, or garlic for extra flavor
- Try sautéing veggies in a bit of sesame oil, olive oil, wine, or broth
- Add a bit of fruit to a veggie dish to sweeten them up naturally
- Marinate lean proteins before cooking to boost the flavor and keep them tender and moist
- Use a rub that mixes together seasonings for extra flavor
- Poach poultry or fish in a flavorful liquid, such as chicken stock, vegetable stock, or even lemon juice
- Top proteins with a bit of parsley, salsa, or a squeeze of lemon juice
- Sauté whole grains in olive oil before cooking them to bring out their naturally nutty flavor
- Season foods with spices instead of using salt
- Cover whole grains with a flavorful liquid instead of just water
- Sprinkle fruits with sweet spices like nutmeg, clove, or cinnamon instead of adding sugar



Kale And Chickpea Soup With Spanish Chorizo - Chickpeas are high in fiber and kale is great at fighting cholesterol!



- 1 medium sized onion
- 2 cloves of garlic
- 1 medium sized bay leaf
- 1 large potato
- 4 cups kale leaves with stems and ribs removed
- 1 can of chickpeas, drained
- 3 1/2 cups low sodium chicken broth
- 2 cups water
- 1 cup Spanish chorizo (optional)

Wash and peel potato and chop, along with onion, garlic and kale leaves. If you choose to include Spanish chorizo, a type of spicy sausage, chop this ingredient as well. Cook chorizo in a separate pan with olive oil. Cook onion, garlic and bay leaf in oil in a heavy pot over moderate heat for about six minutes. Stir throughout, or until onion and garlic have begun to brown. Add potato, kale, chicken broth and water to pot. Partially cover and cook for about 15 to 20 minutes, or until the potatoes are tender. Reduce to low heat and add chickpeas and cooked chorizo. Gently simmer uncovered for about three minutes. Remove bay leaf and add salt and pepper.

JANUARY ~ ROCKLAND SENIOR CENTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Chair Yoga 8:45& 10:00 Essentrics 11:15 Mah Jongg 12:15 Golden Agers 1:00	4 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	5 Cribbage 9:00 S&S 10:00 Rummikub 10:00 BP Clinic 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	6 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	7 Mah Jongg 9:00 Line Dancing 10:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	8
9	10 Chair Yoga 8:45& 10:00 Men's Club 10:00 Essentrics 11:15 Mah Jongg 12:15 Geronimo 1:00	11 Exercise 9:00 Crafts with Sue 9:30 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	12 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	13 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	14 Mah Jongg 9:00 Line Dancing 10:00 Balance Tune up 2:00	15
16	17 CLOSED 	18 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00 Golden Agers 1:00	19 Cribbage 9:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	20 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	21 Mah Jongg 9:00 Line Dancing 10:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	22
23	24 Chair Yoga 8:45 & 10:00 Men's Club 10:00 Book Club 10:00 Essentrics 11:15 Mah Jongg 12:15 Geronimo 1:00	25 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	26 Cribbage 9:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	27 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	28 Mah Jongg 9:00 Line Dancing 10:00 Craft w/ Barbara 12:30 Balance Tune up 2:00	29
30	31 ILLUSION LUNCHEON 11:30AM Mah Jongg 12:15					

January 2022 Rockland COA Lunch Menu

Lunches are served at 11:45am. A donation of \$5.00 for entrée, sandwich of the week or salad is appreciated. All lunches include bread, milk, and dessert.

Please call 781-871-1266 by 10:30am to order. *All menu items are subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger Tater Tots	4 Corn Chowder & Chicken Salad Roll	5 Meatball Sub Small Salad	6 Sausage, Onion & Peppers Pasta Salad	7 Fish and Chips Cole Slaw
10 Stuffed Cabbage Carrots	11 Breakfast For Lunch	12 Pizza & Salad	13 Salisbury Steak Potato Veggie	14 Eggplant Parm Sandwich
17 CLOSED	18 Homemade Chicken Pot Pie	19 Lasagna & Salad	20 Beef Stew Biscuit	21 Stuffed Clams Curly Fries
24 American Chop Suey Italian Beans	25 Hot Dogs Beans Brown Bread	26 Chicken Caesar Salad w/ Pita	27 Homemade Mac 'n' Cheese Beets	28 Baked Haddock Potato Butternut Squash
31 Magical Day Meatloaf Dinner See page 1		<p><u>Help us celebrate birthdays of the month!</u></p> <p>Join us for a birthday party with cake and ice cream, the last Tuesday of every month at 12:45pm.</p>		

SUPPORT OUR ADVERTISERS!



February 2022 ~ Rockland COA Lunch Menu

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Please call 781-871-1266 by 10:30am to order. *All menu items are subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tomato Soup w/ Grilled Cheese	2 Spinach Salad w/ Bacon Dressing	3 Baked Manicotti Italian Green Beans Garlic Bread	4 Pecan Crusted Tilapia Rice Pilaf Carrots
7 Stuffed Peppers Carrots	8 Chicken Broccoli & Ziti	9 Pulled Pork w/ Beans Cole Slaw	10 Chicken Cordon Bleu	11 Clam Chowder Tuna Salad Roll
14 Breakfast For Lunch	15  Sign up early!	16 BLT w/ Minestrone Soup	17 Shepard's Pie	18 Baked Scallops & Potato Veggie
21 CLOSED	22 Baked Ham w/ Scalloped Potato Carrots	23 Chicken Caesar Salad w/ Pita	24 BBQ Chicken Rice Mixed Veggies	25 Pastrami On Roll Pasta Salad
28 Homemade Chicken Pot Pie	 <p style="text-align: center;">REMINDER: OUR LUNCHES ARE AVAILABLE FOR PICK UP ON MONDAYS, TUESDAYS, WEDNESDAYS, AND FRIDAYS. **THURSDAYS & EVENT DAYS ARE EXCLUDED.</p>			



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	2 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	3 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	4 Mah Jongg 9:00 Line Dancing 10:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	5
6	7 Chair Yoga 8:45 & 10:00 Essentrics 11:15 Mah Jonng 12:15 Golden Agers 1:00	8 Exercise 9:00 Crafts with Sue 9:30 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	9 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	10 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	11 Mah Jongg 9:00 Line Dancing 10:00 Balance Tune up 2:00	12
13	14 Chair Yoga 8:45 & 10:00 Men's Group 10:00 Essentrics 11:15 Mah Jonng 12:15	15 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00 <div style="background-color: #e91e63; color: white; padding: 5px; text-align: center; font-family: cursive;"> Valentine's Day PARTY </div>	16 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	17 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	18 Mah Jongg 9:00 Line Dancing 10:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	19
20	21 CLOSED 	22 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Golden Agers 1:00 Chess 1:00	23 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	24 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	25 Mah Jongg 9:00 Line Dancing 10:00 Craft w/ Barbara 12:30 Balance Tune up 2:00	26
27	28 Chair Yoga 8:45 & 10:00 Men's Group 10:00 Essentrics 11:15 Mah Jonng 12:15 Geronimo 1:00	A FEW FUNNY PRESIDENT FACTS <small>C/O Almanac.com</small> The 18th president of the United States, Ulysses S. Grant, was given a \$20 speeding ticket for riding his horse and buggy too fast down a street in Washington, D.C. Andrew Jackson's pet parrot began shouting obscenities at the 7th president's funeral and had to be carried out. Herbert Hoover's White House staff hid from him, in closets! Warren Harding lost the White House china in a poker game. Thomas Jefferson became the happy recipient of a wild gift: a pair of grizzly bear cubs. He kept them in a cage on the front lawn of the White House. What did Ronald Reagan, Dwight Eisenhower, Franklin Roosevelt, and George W. Bush have in common? They all served as cheerleaders either in high school or college.				

**Come in and utilize our Fitness Room!
Monday - Friday 8:00am - 3:00pm**

BALANCE TUNE-UP: Practice proven methods to improve balance through proper posture, gait training, strength and flexibility exercises. Fridays at 2:00 pm, \$5.00 per class.

CHAIR YOGA: Modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Mondays at 8:45 & 10:00am. There is no charge for the class.

“CRISFIT”: Tuesdays & Thursdays 9:45am. “Crisfit” is a low impact exercise class set to music & includes stretching, calorie burning and walking. Get your hips moving!! Cost is \$5.00 per person.

ESSEINTRICS: Dynamic combination of strength and flexibility to pull apart the joints by elongating the muscles and challenging them in a lengthened position. Essentrics is on Mondays at 11:15am. The charge is \$5.00.

LINE DANCING: Improve your health with dance! Now on Fridays at 10:15 am. There is a charge of \$5.00 per class.

MINDFUL MEDITATION: Classes are on Wednesdays at 1:00 pm. Done mainly in a chair, the class will incorporate gentle movements to fully relax you, creating a sense of peace and joyful awareness. Cost is \$3.00.

STRENGTHENING & STRETCHING: Reduce back, hip and knee pain by strengthening and stretching the muscle groups in a safe, low-impact manner. Classes are on Wednesday mornings at 10:00 am. \$5.00

ZUMBA GOLD: A fun way to keep moving. Join Pasquelina on Wednesday mornings at 11:15 am. This is a modified class for seniors. \$5.00 per class.

“Coping with Loss” Support Group

Are you grieving the loss of someone you loved?

The Group meets in person on the first and third Fridays of the month, 1-2:30pm, facilitated by Social Worker, Ellen Gillis.



Dr. Chan, Podiatrist in Weymouth, is here at the senior center, by appointment the last Wednesday of every month. Please us call to schedule. 781-871-1266



CHAIR MASSAGE BY NICOLE
Enjoy and relax! 15 minute, back and shoulder massage. The cost is \$10.00 per session. Please call for info and to book your appointment.

Free hearing screenings are held the second Wednesday of each month starting at 1:00 pm.
Call to schedule your screening today!

LIHEAP FUEL ASSISTANCE

The new heating season is here!
If your income is
\$40,951 or less - Household of 1
\$53,551 or less - Household of 2
You will qualify for benefits!

The following documents are needed to complete an application:

- *Photo ID for the Head of Household,
- *Birth Certificates for anyone under 18,
- *Social Security Cards for everyone in the household. (copies not accepted)
- *If you own your home, a mortgage statement, tax bill, Insurance and Condo Fees (if applicable).
- *If you rent, you will have to provide the name, address and phone number of your landlord and a current copy of your lease, rental agreement or letter from your landlord.

A current gas and electric bill, a recent heating bill (oil, propane, wood, etc.) with your name and account number on them.

Along with proof of gross income for all household members.

You may still qualify if heat is included in your rent!

Please call Stacy at 781-871-1266 to discuss further documentation you may need to submit an application and to schedule an appointment.

If you miss the income guideline for LIHEAP,

Good Neighbor Energy Fund may be able to help with your heating costs.

Please inquire by calling 781-871-1266



MEET NURSE CATHERINE

**Blood Pressure Clinic
Wednesday, January 5th at 10:00**

**Please call before you stop by,
781-871-1266**

Public Safety Alert

Stay Connected: Massachusetts Residents Encouraged to Plan Ahead For the Shutdown of 3G Cellular Networks

The federal government and cellular providers have announced that older phones and devices will lose call and data functions, including the ability to contact 911

The Executive Office of Public Safety and Security (EOPSS) is supporting efforts by carriers and the federal government to raise awareness about plans by major cellular providers to phase out 3G coverage beginning in early 2022. EOPSS urges Massachusetts residents and businesses who rely on older technology to plan for the potential loss of cell and data functions, specifically 911 service availability. Mobile carriers are retiring 3G technology to add bandwidth for faster and more reliable network services, such as 5G. The decommissioning effort is underway, and 3G coverage is already being phased out as the final sunset dates approach.

If a mobile phone is more than several years old (e.g., older than an iPhone 6 or Samsung Galaxy S4), the phone may require an upgrade before mobile carriers eliminate 3G technology. For older phones and devices, the loss of 3G coverage will impact call and data service, including the ability to contact 911. These plans to phase out 3G coverage result from a decision made solely by the major cellular providers.

The FCC urges consumers with phones older than the iPhone 6 or Samsung Galaxy S4 to contact their local mobile carrier or visit their carrier's website to determine if a new device or software upgrade is necessary. The FCC has also provided information about resources to assist eligible consumers with phone upgrades and other internet connectivity costs.

Recently, the Federal Communications Commission (FCC) issued an alert to consumers, detailing the various timelines provided by mobile carriers to complete the shutdown:

AT&T will retire 3G service in **February 2022**.

T-Mobile Sprint will finalize 3G shutdown on **March 31, 2022**.

Verizon will sunset 3G by the **end of 2022**

According to the FCC, the transition will also impact many other industries and technologies. A failure to upgrade technology in advance of the shutdown may affect home and commercial security systems, monitored fire alarms, personal emergency alert devices, and vehicle SOS systems, among other advanced technologies. Visit the FCC website for more information about the 3G phase out, suggested next steps for consumers, and resources to help stay connected.

IT'S TIME FOR MEDICARE ADVANTAGE OPEN ENROLLMENT!!

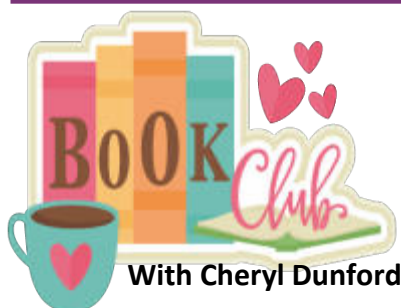


Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

- Switch to a different Medicare Advantage Plan with drug coverage
 - Go back to Original Medicare with a Supplement (you would need a special enrollment for Part D)
- Please do your research, you need to find the plan that your doctor's carry!**

If you switch Medicare Advantage Plans, your new coverage will start the first day of the month after your new plan gets your request for coverage. Keep in mind, if you go back to Original Medicare now, you will NOT be able to buy a Part D (Prescription Drug Plan).

Please call 781-871-1266 to book your SHINE appointment!



The January book is *The Underground Railroad* by Colson Whitehead and we meet

Monday, January 10 at 10:00 at the senior center.

The Underground Railroad is historical fiction about Cora, a teenager who runs away from the Georgia plantation where she and her family have been slaves for three generations. In February we will be reading *Broken Harbor* by Tana French. *Broken Harbor* is a murder mystery written by a favorite Irish author.

We have copies of the books (regular, large print, and audiobook) available at the Rockland Memorial Library and we will distribute the next month's book at each monthly meeting.

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