

# Rockland Review



MARCH/  
APRIL



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

- 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
- Podiatrist
- Pool Table
- Quilting
- Safety Assurance
- Seasonal Parties
- SHINE Counselor
- Shopping
- SNAP apps.
- S&S
- Tai Chi
- Television
- Transportation
- Trivia
- Walking Club
- Wi-Fi
- Zumba Gold

**MARCH 17**

**SAINT PATRICK'S DAY CELEBRATION**

Have fun with us at Noon!  
Enjoy a magically delicious meal, followed with  
dancing the Irish Jig, by the music of John Bournel!

This event is at no cost to you.  
Tickets will be available at the senior center on  
Monday, March 7th.  
Seating is limited. 2 tickets per sign up.

We are very fortunate to have the greatest volunteers around! Our volunteers devote their time delivering Meals on Wheels, helping out with events, teaching classes, and simply care for the 60+ population of Rockland.

We would like to take this time to give a heartfelt Thank You, to each and every one of you for your support and dedication in helping us and the seniors of Rockland! - Peggy & Staff



**APRIL IS.....  
VOLUNTEER APPRECIATION MONTH!**



**There is no "I" in  
Team, but we sure  
are glad there is "u"  
in our volunteers!**





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# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## "Coping with Loss" Support Group

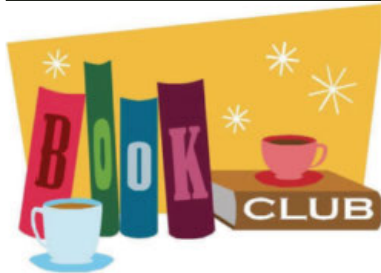
Are you grieving the loss of  
someone you loved?  
You're not alone.



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

## CRAFT TIME WITH SUE

Have some laughs and make these crafts with Sue Mollica on Wednesdays, March 9th & April 6th at 9:30am  
Both crafts will be on display at the senior center.  
Please pay the \$5.00 fee for materials at the front desk when you sign up.



Join  
Librarian Cheryl,  
MONDAYS,  
MARCH 21st &  
APRIL 25th  
at 10:00am

Our March book is *Everything I Never Told You* by Celeste Ng. It received the Massachusetts Book Award in 2015 and centers around a mystery involving a Chinese American family during the 1970s in small town in Ohio.

Our April book is *We Begin at the End* by Chris Whitaker. Published in 2021, this award winning crime novel is about the families we are born into and the families we create. Anyone who is interested can pick up a copy at the Rockland Memorial Library. Please call \*\*888



## **CHAIR MASSAGE BY NICOLE**

Enjoy and relax a 15 minute, back and shoulder massage. The cost is \$10.00 per session, by appointment only, **SCHEDULE YOUR MASSAGE TODAY!**

## **TRIVIA TIME WITH MARK!**



### Benefits of Trivia

- **Increased Brain Health.** Did you know participating in trivia can improve mental wellness?
- **Improved Cognitive Skills.** When someone answers questions and learns new facts, they're actually working on improving their cognitive skills.
- **More Socialization Opportunities.**
- **Reduced Stress.**

Test your knowledge and learn new and interesting things !

Join in all of the fun with Mark on Wednesdays at 12:30pm!  
Just show up, no need to register.

HAPPINESS  
101



Rosemarie Lanchester, CCH will be here on,  
Fridays, March 11th & 25th,  
April 8th & 22nd at 1:00pm

to help you learn easy ways to be happy immediately!

- \* Identify stress triggers and negative belief patterns
- \* Pinpoint issues from past experiences/events
- \* Relieve self-sabotage
- \* Gain knowledge of self administered holistic tools and techniques to eliminate harmful effects of stress on the body.

Please call 781-871-1266 to register.





The **“File of Life”** is a miniature medical history that is kept in a red plastic sleeve with a magnetic strip. Once the history card is filled out, it is placed back in the sleeve. The magnetic sleeve is then placed on the outside of the refrigerator in a visible place. A smaller version is also filled out and placed either in your wallet, purse or the glove compartment of your vehicle. A specially designed decal is then placed on the inside left corner of the rear windshield to indicate the “File of Life” is available in the glove compartment.

The “File of Life” details a person’s name, emergency medical contacts and insurance policy information. It details current health problems, current medications and dosages.

It lists allergies, recent surgeries, your doctor’s name and phone number, your health care proxy information and your religious affiliation.

In the event of an emergency the “File of Life” will be utilized by:

- Police Officers
- Emergency Medical Technicians
  - Fire Fighters
- Hospital Emergency Staff

# FILE OF LIFE

KEEP INFORMATION UP TO DATE !!  
*Review At Least Every Six Months !*

MEDICAL DATA REVIEWED AS OF	MO.	YR.
Name:		Sex: M F
Address:		
Doctor:	Phone #:	
Preferred Hospital:		
EMERGENCY CONTACTS		
Name:	Phone #:	
Address:		
Name:	Phone #:	

The “File of Life” enables emergency personnel to obtain a quick medical history when a patient is unable to give one.

Emergency room staff will have a quick medical history at their fingertips.

This valuable information enables a quicker medical response time by medical responders.

**Stop by the Senior Center to pick up and personalize your own “File of Life” today!**



Seniors who do not have a Massachusetts driver’s license can get a Massachusetts ID card. Massachusetts ID cards look similar to driver’s licenses; however, they do not extend any driving privileges. This ID card is an official form of identity, signature, and age that is accepted anywhere that a driver’s license is accepted as identification.

**The Plymouth County Sherriff’s Dept will be here on Friday, March 25th from 1-3pm to issue new or replacement cards!  
Please call 781-871-1266 for more info.**



JOIN US IN WELCOMING,

**DISTRICT ATTORNEY  
TIMOTHY CRUZ TO OUR COA!**

DA CRUZ WILL BE HERE ON,  
**WEDNESDAY, APRIL 13TH AT 12:30PM**  
TO BRING AWARENESS, RECOGNIZE  
AND DISCUSS ABOUT,  
THE MANY SCAMS THAT ARE OUT WITHIN  
OUR COMMUNITY.

PLEASE CALL 781-871-1266 TO REGISTER.

# MARCH 2022

## ROCKLAND SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>RESCHEDULED MASQUERADE BALL</b>	2 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:30 Mindful Meditation 1:00	3 Exercise 9:00 "Crisfit" 9:45  BINGO 1:00	4 Mah Jongg 9:00 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 Jongg 12:15 Golden Agers 1:00	8 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	9 Cribbage 9:00 Craft w/ Sue 9:30 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:30 Mindful Meditation 1:00	10 Exercise 9:00 "Crisfit" 9:45  BINGO 1:00	11 Mah Jongg 9:00 Happiness101 12:30 Balance Tune up 2:00	12
13 	14 Chair Yoga 8:45 & 10:00 Men's Club 10:00 Essentrics 11:15 Mah Jongg 12:15 Geronimo 1:00	15 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	16 Cribbage 9:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:30 Mindful Meditation 1:00	17  <b>AT NOON NO BINGO TODAY</b>	18 Mah Jongg 9:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	19
20	21 Chair Yoga 8:45 & 10:00 Book Club 10:00 Essentrics 11:15 Mah Jongg 12:15 Golden Agers 1:00	22 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	23 Cribbage 9:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:30 Mindful Meditation 1:00	24 Exercise 9:00 "Crisfit" 9:45  BINGO 1:00	25 Mah Jongg 9:00 Happiness101 12:30 <b>Senior ID'S 1:00</b> Craft w/ Barbara 1:00 Balance Tune up 2:00	26
27	28 Chair Yoga 8:45 & 10:00 Men's Club 10:00 Essentrics 11:15 Mah Jongg 12:15 Geronimo 1:00	29 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	30 Cribbage 9:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:30 Mindful Meditation 1:00	31 Exercise 9:00 "Crisfit" 9:45  BINGO 1:00		

## March 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
	1 BBQ Chicken Rice Pilaf Peas	2 Eggplant Parm Sandwich Chips	3 Ham & Swiss Quiche Home Fries	4 Homemade Mac 'n' Cheese Stewed Tomatoes
7 Salisbury Steak Mashed Potatoes Green Beans	8 Hot Dog Baked Beans Brown Bread	9 Turkey Gobbler Sandwich	10 Chicken Cacciatore Over Pasta	11 Seafood Salad Sandwich Chips
14 Stuffed Cabbage	15 Turkey Tips Rice Pilaf Mixed Veggies	16 Spinach Salad 1/2 Pita	17  SIGN UP MARCH 7	18 Fish 'n' Chips ColeSlaw
21 Ziti w/ Meatballs	22 Cheeseburger French Fries	23 Beef Stew Biscuit	24 Swedish Meatballs Egg Noodles	25 Stuffed Clams Pasta Salad
28 Chicken Parm Over Pasta	29 Crab Cakes Baked Beans	30 Chicken Salad Sandwich Chicken Noodle Soup	31 American Chop Suey	

# SUPPORT OUR ADVERTISERS!



## APRIL 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
		<p>REMINDER: OUR LUNCHES ARE AVAILABLE FOR PICK UP ON MONDAYS, TUESDAYS, WEDNESDAYS, AND FRIDAYS at 11:30 <u>**THURSDAYS &amp; EVENT DAYS ARE EXCLUDED.</u> Please call no later than 10:30</p>		<p>1 Baked Scallops Rice Pilaf Veggie</p>
<p>4 Sausage, Peppers, &amp; Onions Over Rice</p>	<p>5 Hot Dog Potato Salad Baked Beans</p>	<p>6 Reuben Sandwich Fries</p>	<p>7 Meatloaf Mashed Potatoes Veggie</p>	<p>8 Manicotti Green Beans</p>
<p>11 Grilled Cheese Tomato soup</p>	<p>12 Stuffed Peppers</p>	<p>13 Chicken Caesar Salad</p>	<p>14 Homemade Chicken Pot Pie</p>	<p>15 <b>NO LUNCH TODAY CLOSING AT NOON</b></p>
<p>18 <b>CLOSED</b></p>	<p>19 Chicken Cordon Bleu Rice</p>	<p>20 Italian Sub</p>	<p>21 Lasagna Green Beans</p>	<p>22 Fish Cakes Baked Beans</p>
<p>25 Baked Ham Dinner Scalloped Potatoes</p>	<p>26 Roast Beef Sandwich Onion Rings</p>	<p>27 Homemade Shepherd's Pie</p>	<p>28 Pot Roast Mashed Veggie</p>	<p>29 Pizza Caesar Salad</p>



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# APRIL 2022

## ROCKLAND SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>DID YOU KNOW?.....</b></p> <p>All throughout the first half of April, more than 850,000 colorful (and rare) tulips can be seen in the gardens of museums, private homes and other parts of Amsterdam.            Tulip petals are edible! During the Dutch famine of 1944 in WWII, people often had to resort to eating sugar beets and tulips.            The Netherlands is the world's largest commercial producer of tulips, with around three billion exported each year.      ~ Dutchreview.com</p>					1 Mah Jongg 9:00 Geronimo 1:00 Grief Support 1:00	2
3	4 Chair Yoga 8:45 & 10:00 Essentrics 11:15 Mah Jongg 12:15 Golden Agers 1:00	5 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	6 Cribbage 9:00 Craft w/ Sue 9:30 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:30 Mindful Meditation 1:00	7 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	8 Mah Jongg 9:00 Happiness101 12:30 Balance Tune up 2:00	9
10	11 Chair Yoga 8:45 & 10:00 Men's Group 10:00 Essentrics 11:15 Mah Jongg 12:15 Geronimo 1:00	12 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	13 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 <b>DA Cruz - Scams</b> 12:30 Mindful Meditation 1:00	14 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	15 Mah Jongg 9:00  <b>CLOSING AT NOON</b>	16
17 	18 <b>CLOSED</b> 	19 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00 Golden Agers 1:00	20 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:30 Mindful Meditation 1:00	21 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	22 Mah Jongg 9:00 Geronimo 1:00 Happiness101 12:30 Balance Tune up 2:00	23
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**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. \$5.00 per 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.

**ESSETRICS:** 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.

**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.



Free hearing screenings are held the second Wednesday of each month starting at 1:00 pm. Please call 781-871-1266 to schedule an appointment

Dr. Chan, Podiatrist in Weymouth, is here at the senior center, by appointment the last Wednesday of every month. Please call to schedule today!



**LIHEAP FUEL ASSISTANCE**

If your income is  
\$40,951 or less - Household of 1  
\$53,551 or less - Household of 2

The following documents are needed to complete an application:

- \*Photo ID for the Head of Household,
  - \*Social Security Cards for everyone in the household.
  - \*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 .
  - A current gas and electric bill, a recent heating bill (oil, propane, wood, etc)
  - 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 for an appointment.

If you miss the income guideline for LIHEAP, Good Neighbor Energy Fund may be able to help with your heating costs.

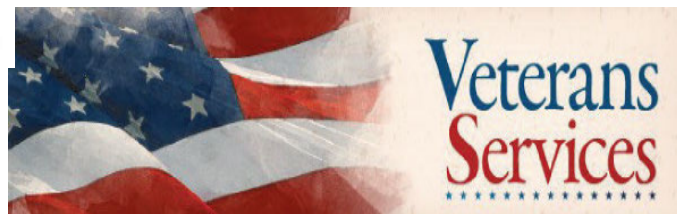
Please inquire by calling 781-871-1266



*Spring Time Reminder*

It's that time of the year to:

- ✓ Change the batteries in your smoke detectors.
- ✓ Refresh and revitalize your home with a good spring cleaning inside and out.
- ✓ Set your clocks ahead one hour on Sunday, March 13, 2022.

Rockland's VSO, Tim White's office hours are:  
**Wednesday through Friday, 8:30am ~ 4:00pm.**  
Please call 781-616-6808 to schedule an appointment.

If you are a loved one, a support, or a caregiver of someone with a substance use disorder, you do not have to struggle alone.

Spectrum Health Systems and the New England Recovery Center are pleased to collaborate with Magnolia Recovery Resources to offer a free, virtual support group series—providing you with knowledge, connection, and inspiration as you navigate this challenging journey.

Join them in the privacy of your own home!

**Wednesdays evenings from 6:00 PM – 7:30 PM,** for the Magnolia FAST© Family Support Meeting Series. Each session will be led by a member of Spectrum's addiction treatment team and will include: • a 15-20-minute educational component focused on addiction; • 60 minutes of sharing, open discussion, and support; • 10-15 minutes of a guided self-care activity.

Please email [magnolia@spectrumhealthsystems.org](mailto:magnolia@spectrumhealthsystems.org) for the Zoom link to join the virtual meetings.



## **Money Management Program**

Many people worry about managing their money.

You want to continue to live independently at home, but may need assistance organizing your finances. You may need help with tasks such as bill paying, budgeting, and sorting through your mail.

OCES provides **confidential** assistance through our well-trained volunteers who can help ensure that your bills are paid on time, your bank account is balanced and your financial paperwork is organized.

The Money Management Program (MMP) at OCES can help provide you with peace of mind when managing your money.

If you are interested in learning more, volunteering, or referring someone in need of this program, please contact OCES at 508-584-1561 and ask for The Money Management Program!



## **ROCKLAND SENIOR MEN'S CLUB PRESENTS:**

Mobsters and Lobsters is a one-of-a-kind trolley tour that takes you inside Boston's storied, shadowy, sinister underbelly. The tour includes sites of historic heists, mobster hideaways and hangouts, and 'old neighborhood' locales shrouded in intrigue and mystery.

**SUNDAY, JUNE 5TH at 11:00am**

**\$60.00 per person (non-refundable)**

Trolley will leave the senior center for a fun-filled afternoon in Boston's Historical North End! Followed by a meal at Venezia in Dorchester. You will have your choice of Baked Haddock, Chicken Parmesan, Steak Tips or Lobster.

This trip is being partially funded by The Rockland COA.

Guests will hear tales of thievery and scams, mayhem and cover-ups, and untimely demises. The tour concludes with a famous lobster dinner at one of Boston's finest waterfront restaurants. (There are alternate menu options for those who wish.)

**Tickets will be available starting  
Monday, March 7th**

**Please call Jack Conway ~ 781-690-4515  
Bob Jaruse ~ 781-733-5196  
Gary Schwartz ~ 781-434-8085**

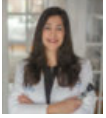
**For more information and tickets.**





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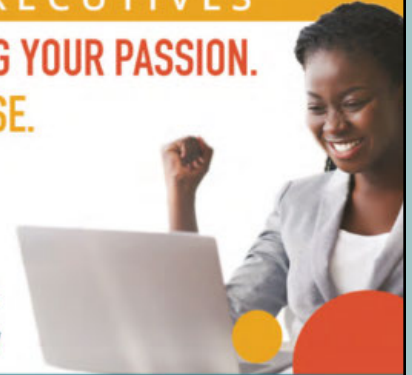
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**Peggy Bryan**

**OUTREACH COORDINATOR**

**Stacy Driscoll**

**RECEPTIONISTS**

**Ellen Best & Julie Burke**

**NUTRITION**

**Maureen Mini & Tracey Sharland**

**VAN DRIVERS**

**Harry Donovan & Barry Lang**

**CUSTODIAN**

**Brian O'Neill**

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John Conway, Vice-Chair  
Bill Sutherland, Secretary**

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Ellen Lauria, Pam Murphy,  
Patty Penney, Gary Schwartz,  
Agnes Smith and Joanne Williams  
Alternate: Audrey Ryan**

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Andrew McCarthy, Vice Chair  
Dick Lauria, Secretary  
Gary Schwartz, Treasurer**

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Maureen Sutherland, Vice President  
Fran Damon, Secretary  
Cynda Childs, Treasurer**

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Carolyn Murphy, Secretary  
Yvonne Mari, Treasurer**



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