

Rockland Review



May/June
2022



Robert J. Nyman Rockland Senior Center
• 317 Plain Street • Rockland, MA 02370
781-871-1266 • 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

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 most-respected illusionists in the world!



Join us in welcoming Lyn to the Senior Center on,
Monday, May 23rd

We will be having a buffet, assorted finger Sandwiches, chips and pickles at 11:30am, with the performance to follow.

Tickets will be available at the center, Monday, May 9th. The cost is \$5.00 per person.

Limit 2 per sign-up. No phone reservations will be taken. Please mark your calendars, these tickets WILL magically disappear!

Friends' Chinese Luncheon

The Friends' group helps our COA, let's get together and help our Friends!

Saturday, June 18th at Noon.

The cost is \$15.00 per person.

BINGO to follow \$1.00 a card, 2 card minimum.

Please contact Arlene Reyenger at 781-347-3122 to reserve your seat.



WEAR PURPLE IN
REMEMBERANCE
OF A LOST LOVED ONE ON
FRIDAY, MAY 13TH!

Rockland Senior Men's Club
Kickoff Cookout is
being held on the
first day of Summer!

Tuesday, June 21st at Noon

Enjoy the first taste of a
Summer cookout with burgers, dogs
and all of the fixings,
Then move to the music by Tom Bruhl!
Tickets will be on sale, Wednesday,
June 1st, \$5.00 per person.
2 Tickets per sign up.



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CRAFT TIME WITH SUE

Have some laughs and make these crafts with Suz Mollica on Wednesdays, May 11th & June 8th at 9:30am

Both crafts will be on display at the senior center. We ask you to please pay the \$5.00 fee for materials at the front desk at time of sign up.



with Librarian Cheryl, **MONDAY, MAY 16th at 10:00am**



OUR LUNCHES ARE STILL AVAILABLE FOR PICK UP ON MONDAYS, TUESDAYS, WEDNESDAYS, AND FRIDAYS at 11:30 ****THURSDAYS & EVENT DAYS ARE EXCLUDED.**

Please call no later than 10:30AM

For May, we are reading the book *Woman of Troublesome Creek* by Kim Michele Richardson. This historical fiction novel is about a packhorse librarian and her quest to bring books to her beloved.

Anyone who is interested can pick up a copy at The Rockland Memorial Library or call 781-878-1236.

There will be no Book Club for the summer months. We will see you in September!

.....

Although the Book Club won't be getting together, Cheryl is bringing the library to the senior center. Meet with Cheryl to check out that book you've been longing to read!

Stop on by June 13th, from 10 - 11:00am Please remember, the library also offers delivery



Rosemarie Lanchester, CCH will be here on, **Fridays, May 13th & 27th June 10th & 24th at 12:30pm**

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.



With Trivia Guru, Mark Test your knowledge or learn something new. 3rd Wednesday of the month at 12:15



CHAIR MASSAGE BY NICOLE

Enjoy and relax a 15 minute, back and shoulder massage.

The cost is \$10.00 by appointment only, **SCHEDULE YOUR MASSAGE TODAY!**



CAROL'S CREATIVE CARDS

Carol Donovan is back for step-by-step instructions to create two, (1 of each design) beautiful cards that will impress everyone that you give them to!

Monday, May 16th & June 13th at 9:30am

The fee of \$5.00 per class is required to sign up at the front desk. No phone sign-ups will be taken. The classes are limited to 8 people.



Dig out your
**KENTUCKY DERBY
ATTIRE**

on **Friday, May 6th at
9:30am,**
and get ready for
the races!

We will be having a light lunch
after.

Please call to sign up.

**WHO REALLY WAS
PAUL REVERE?
WITH RICHARD NICHOLS**
WEDNESDAY, MAY 25TH AT 12:30

Gain an understanding of the
many unknown facts about the
life of Paul Revere!

Topics include: His birth, growing
up, soldier and family life, Battles,
The Midnight Ride, The American
Revolution and MUCH MORE!

Please call 781-871-1266 to register.



Norman Rockwell Remembered

Experience a selection of beloved Rockwell images, from his familiar, humorous illustrations to his lesser known, serious social statements. See how surprisingly sophisticated his paintings are, and hear some stories behind his inspirations.

Art For Your Mind is an engaging, educational art observation designed to broaden the minds of it's participants. The presentation is for people of all backgrounds, artists and non-artists alike.

Enrich Your Mind, Join local art historian Jill Sanford on
Tuesday, May 17th at 12:30pm,

for an enjoyable hour of challenging yourself to see in new ways!
Please call 781-871-1266 or stop by to register.



Have a great time, singing in your seat and playing ,
SONG BINGO with some of your favorite tunes by DJ Jim!

Wednesday, June 14th at 12:30

The cost is \$5.00 per sign up.
All proceeds will be going back to the winners!
Tickets will go on sale Tuesday, May 31st. Get here early!






Swing to the
OLDE KIDS ON THE BLOCK
Wednesday, June 29th @ 12:30pm
Get your ticket on Monday, June 6th.
\$5.00 per ticket. Limit of 2 at sign up.

MAY 2022

ROCKLAND SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Yoga 8:45 & 10:00 Essentrics 11:15 Mah Jongg 12:15 Golden Agers 1:00	3 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	4 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	5 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00 	6 Mah Jongg 9:00 Kentucky Derby 9:30 Grief Support 1:00 Balance Tune up 2:00	7
8	9 Chair Yoga 8:45& 10:00 Men's Club 10:00 Essentrics 11:15 Mah Jongg 12:15 Geronimo 1:00	10 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	11 Cribbage 9:00 Craft w/ Sue 9:30 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	12 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	13 PURPLE DAY Mah Jongg 9:00 Happiness101 12:30 Balance Tune up 2:00	
15	16 Book Club 10:00 Chair Yoga 8:45 & 10:00 Creative Cards 9:30 Essentrics 11:15 Mah Jongg 12:15 Golden Agers 1:00	17 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Norman Rockwell 12:30 Chess 1:00	18 Cribbage 9:00 Rummikub 10:00 S&S 10:00 Zumba Gold 11:15 Trivia 12:15 Mindful Meditation 1:00	19 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	20 Mah Jongg 9:00 Geronimo 1:00 Balance Tune up 2:00 Grief Support 1:30 Please note: time change just for today!	21
22	23 Chair Yoga 8:45& 10:00 Men's Club 10:00 Mah Jongg 12:15 Illusions 12:30 (Lunch at 11:30)	24 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	25 Cribbage 9:00 Rummikub 10:00 S&S 10:00 Zumba Gold 11:15 Paul Revere 12:30 Mindful Meditation 1:00	26 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	27 Mah Jongg 9:00 Happiness101 12:30 Craft w/ Barbara 12:30 Balance Tune up 2:00	28
29	30 	31 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	<p>"Never in the field of human conflict was so much owed by so many to so few," Churchill said in a 1940 speech about World War II.</p> 			

May 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
2 Scrambled Eggs Pancakes Sausage Homefries	3 Sloppy Joe w/ Sweet Potato Fries	4 Cheese Ravioli w/ Marinara Peas	5 Mexican Chicken & Rice	6 Kentucky Derby Special Menu
9 Mac 'n' Cheese Stewed Tomatoes	10 Chicken Salad Sandwich w/ Tortellini Soup	11 Meatloaf Mashed Potatoes Corn	12 Lasagna Small Salad	13 Baked Stuffed Shrimp
16 Hot Dogs Beans Brown Bread	17 Eggplant Parm Over Pasta	18 Reuben Sandwich Onion Rings	19 Salisbury Steak Mashed Potatoes Peas	20 Pizza Caesar Salad
23 <u>ILLUSIONIST DAY</u> Assorted Finger Sandwiches Pasta Salad	24 Hot Turkey Stuffing Cranberry	25 Stuffed Cabbage	26 Greek Pasta Salad w/ Grilled Chicken	27 Fish Cakes Baked Beans Coleslaw
30 CLOSED	31 Meatball Sub w/ Chips	 <p style="text-align: right;">Don't forget to celebrate the birthdays of the month with us. cake and ice cream! Every last Tuesday of the month at 12:30.</p>		

SUPPORT OUR ADVERTISERS!



June 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 style="background-color: #e91e63; color: white; padding: 2px; margin: 0;">5 health benefits of eating blueberries</p> <div style="display: flex; align-items: center; margin-top: 10px;"> <ul style="list-style-type: none"> 1 Maintain healthy skin. 2 Enhance brain functions. 3 Aid weight loss. 4 Help preserve vision. 5 Maintain healthy digestion.  </div> <p style="font-size: small; margin-top: 5px;">* High in antioxidants</p>		<p>1</p> <p>Chicken Tenders w/ Onion Rings</p>	<p>2</p> <p>Beef Stew w/ Biscuit</p>	<p>3</p> <p>Stuffed Clams Small Salad</p>
<p>6</p> <p>Pulled Pork Sandwich Sweet Potato Fries</p>	<p>7</p> <p>Clam Chowder w/ Tuna Sandwich</p>	<p>8</p> <p>Seminar at 9:30 Brunch to Follow</p>	<p>9</p> <p>Pecan Crusted Tilapia</p>	<p>10</p> <p>American Chop Suey</p>
<p>13</p> <p>Grilled Cheese Tomato Soup</p>	<p>14</p> <p>Jambalaya Rice</p>	<p>15</p> <p>Cheeseburger Fries</p>	<p>16</p> <p>Chicken Cacciatore w/ Rice</p>	<p>17</p> <p>Crab Cakes Beans Cole Slaw</p>
<p>20</p> <p>CLOSED</p>	<p>21</p> <p>MENS' CLUB COOKOUT TICKETS JUNE 1</p>	<p>22</p> <p>Grilled Chicken Caesar Salad</p>	<p>23</p> <p>Swedish Meatballs Over Rice</p>	<p>24</p> <p>Baked Haddock Topped with Shrimp</p>
<p>27</p> <p>Broiled Salmon Rice Peas</p>	<p>28</p> <p>Stuffed Peppers</p>	<p>29</p> <p>Baked Ham Dinner</p>	<p>30</p> <p>Chicken Parm Sub</p>	



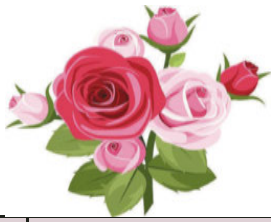
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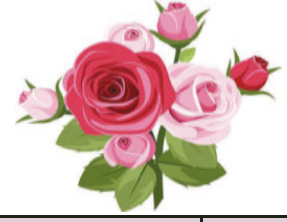
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JUNE 2022

ROCKLAND SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00 Honoring Choices 1:00	2 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	3 Mah Jongg 9:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	4
5	6 Chair Yoga 8:45 & 10:00 Essentrics 11:15 Mah Jonng 12:15 Golden Agers 1:00	7 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	8 Cribbage 9:00 Crime Prevention 9:30 Craft w/ Sue 9:30 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	9 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	10 Mah Jongg 9:00 Happiness101 12:30 Balance Tune up 2:00	11
12	13 Chair Yoga 8:45 & 10:00 Creative Cards 9:30 Men's Group 10:00 Essentrics 11:15 Mah Jonng 12:15 Geronimo 1:00	14 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 SINGO - 12:30 Knitting & Quilting 12:30 Chess 1:00	15 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:15 Mindful Meditation 1:00	16 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	17 Mah Jongg 9:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	18 FRIENDS CHINESE LUNCH & BINGO AT NOON
19	20 CLOSED 	21 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Mens Club Cookout Noon Knitting & Quilting 12:30 Chess 1:00	22 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	23 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	24 Mah Jongg 9:00 Happiness101 12:30 Balance Tune up 2:00 Craft w/ Barbara 12:30	25
26	27 Chair Yoga 8:45 & 10:00 Men's Group 10:00 Book Club 10:00 Essentrics 11:15 Mah Jonng 12:15 Geronimo 1:00	28 Exercise 9:00 Crafters 10:00 "Crisfit" 10:00 Knitting & Quilting 12:30 Chess 1:00	29 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Mindful Meditation 1:00 OLDE KIDS 12:30	30 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00		

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. 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.

VETERANS CORNER

Telephones with Caption Screen for Hearing Loss

Greetings,

In the past I attended a week-long training session with the Massachusetts Veterans' Service Officer Association (MVSOA). During that training I met Ms. Tina Marie Davern, a company representative for OEIUS.Org. OEI provides outreach, education, and installations of CapTel Captioned Telephones. Short for Captioned Telephone, CapTel is designed for people with hearing loss. It is similar to your TV with closed captioning. CapTel phones work with a federally-funded Captioning Service that quickly transcribes everything your caller says into captions to read during your call. The beauty of this program is that the phones are provided at NO COST. I have been approved as a Certifying Professional for veterans with hearing loss. You do NOT need to have a VA service-connected hearing disability for me to certify your hearing loss. Minimum requirements for successful installation are: basic high-speed internet, an electrical outlet, and an analog dial tone phone service. If you have these items, all I have to do is certify you and submit your information to OEI. Ms. Tina Marie Davern then calls you to set up a home visit and installation. It's that easy. This is a great tool for any veteran who is experiencing hearing difficulty. I have pamphlets in my office and you're more than welcome to come in and grab one.

Remember to tell your veteran friends about this and spread the word.

Sincerely,

Timothy White, MCPO (ret)
VSO, Town of Rockland



**Prescription
Advantage**

Prescription Advantage is a state-sponsored prescription drug program for seniors and people with disabilities. Prescription Advantage provides financial help to lower prescription drug costs.

If you have Medicare or other prescription insurance, Prescription Advantage helps to fill gaps in coverage.

It also gives you an opportunity to change your Part D plan one time, out of Open Enrollment!
For people not eligible for Medicare, Prescription Advantage provides primary prescription drug coverage.
Call 781-871-1266 and ask for SHINE to see if you are eligible.



Is your income AT or BELOW: \$1,869.00 a month, with assets below \$16,800 ? or \$2,518.00 a month, with assets below \$25,200 for you and your spouse?
If so, you may qualify for a Medicare Savings Program!
Please call Stacy , 781-871-1266 for more information and to apply . TODAY!



In Massachusetts, one local effort is called Honoring Choices Massachusetts. The mission of this program is to make sure that every adult, 18 years and above, knows that he or she has the right to be fully informed about their health care choices, and the program helps share information so that everyone can find information about how to put a health care plan in place and then how to put that plan into action when needed.

A personal plan can include five parts:

1. Health Care proxy
2. Personal Directive on Living Will
3. Durable Power of Attorney
4. Medical Orders for Life-sustaining Treatment (MOLST)
5. Comfort Care/Do Not Resuscitate Order (CC/DNR)

Please join Patricia Livie from Old Colony Elder Services on **Wednesday, June 1st @12:30pm** to discuss the importance and differences of these crucial healthcare documents. Please call 781-871-1266 to register.



Come in and meet Rockland's Crime Prevention Officer!

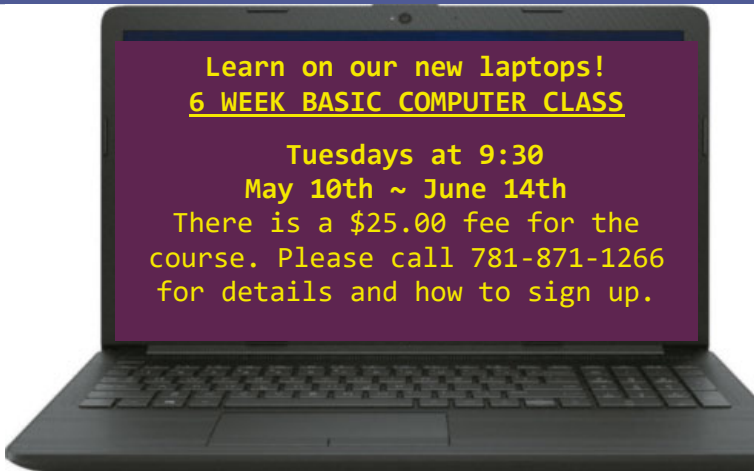
Officer Jeff Direnzo, will be at the senior center, **Wednesday, June 8th at 9:30am** to discuss scams within the community. Brunch to follow.

Call or stop by the front desk to sign up.

DID YOU KNOW?...

We have books at the senior center you are able to take home?

We would also appreciate your donation of hard covered books to circulate! Stop in today!



GRIEF 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.

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



For those who have signed up for the Mobsters and Lobsters trip sponsored by the Rockland Senior Men's Club on Sunday, June 5th, the trolleys will be departing from the Rockland Senior Center parking lot at 11:00 AM rain or shine.

We would appreciate if everyone would arrive by 10:30 AM to check in. Please note: The Senior Center building will not be open, so plan accordingly.

The cutoff date to make any changes to meal choices or to let us know if you are unable to attend is Monday, May 16th. This will allow us time to contact the individuals on our waiting list who wish to attend.

We are in need of volunteer Meals on Wheels Drivers!

Meals are delivered Monday through Friday at 10:00am. It takes about an hour to deliver a route and help make sure our seniors are safe. Sign up to volunteer today!

Please call for more information. 781-871-1266.

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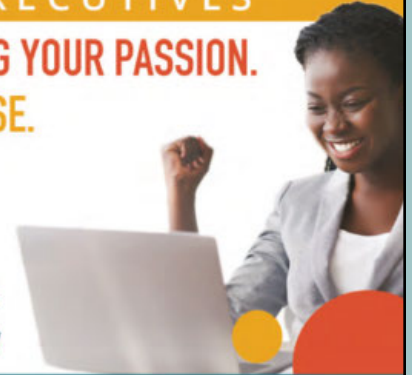


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Harry Donovan & Barry Lang

CUSTODIAN
Brian O'Neill

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

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Dick Lauria, Secretary
Gary Schwartz, Treasurer

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Fran Damon, Secretary
Cynda Childs, Treasurer

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"This newsletter is made possible through financial assistance from the executive Office of Elder Affairs"