

Rockland Review



JULY/
AUGUST
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
Fit Over 50
“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

As my days come to a close as your COA Director, I reflect back on the last 20 years with such great joy and pleasure. I feel blessed and honored to have served the Rockland senior community over the last 20 years. We have developed many new programs together, enjoyed lots of parties and of course we always had our dancing shoes on!!

Thank you to all who have participated in our many programs. Your participation has made the senior center an active and fun place to be. I will surely miss all the laughter that filled the hallways each day.

To the Council on Aging Board; thank you for your support throughout my years as the director. It was great working with you in keeping the Senior Center moving forward. To the “Friends” group, Men’s Group and the Golden Agers, it was a pleasure to work closely with all of you. Each group brought a different perspective to the senior center. Between parties, fundraising and the great trips you put together gave us many opportunities to enjoy each other. Thank you to the building committee who worked countless hours for us to have this beautiful center to come to each day, especially to Rhonda Nyman and the late Dr. John W. Rogers. To all the volunteers, your dedication to our meal program, functions and daily operations to the center never went unnoticed and was greatly appreciated. To my staff past and present, what a great ride we have had. Working together with each one of you was indeed a wonderful experience. There is no “I” in team and that held true, as we all worked together to make each person who came through our doors feel comfortable and welcomed. Thank you!

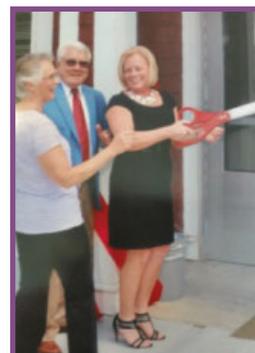
I am very excited to enter my new chapter in life, but at the same time it is very bittersweet for me to leave, as you all have become my extended family.

I will now be able to enjoy more time with my children and my 17 grandchildren, playing pickleball and attempting to master golf/or at least attempt to hit the ball!!

All of you will forever hold a special place in my heart, especially those who are no longer with us. Remember, the Rockland Senior Center welcomes everyone as a guest and you leave as a friend.

LOVE YOU ALL!

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**WISH DIRECTOR PEGGY WELL
ON HER NEW JOURNEY OF RETIREMENT!**

PLEASE JOIN THE COUNCIL ON AGING BOARD, STAFF AND SENIORS
AT THE SENIOR CENTER FOR AN OPEN HOUSE!

WEDNESDAY, JULY 20TH 10:00 ~ 2:00

Light refreshments will be served.



And the countdown begins!!



MEET CHERYL FROM THE ROCKLAND MEMORIAL LIBRARY!

Mondays, July 18th and August 15th at 10:00 for a

"LIBRARY ON THE GO" hour at the COA. Cheryl will bring some new library books, DVDs, magazines and Information about the library. People can apply for a library card if they have photo id and proof of address. The library is also having its first ever Adult Summer Reading program and there is a chance to win prizes for people who participate! The Summer Reading Program begins June 27 and ends August 19 - all are welcome to visit the library and register for the SRP.

CRAFT TIME WITH SUE & KATHY

Have some laughs and make these crafts with Sue and Kathy on Wednesdays, July 20th & August 17th @ 9:30



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.

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. 781-871-1266

NEW!!

Learn and play the dice game BUNCO with Carol!

**Mondays at 9:30 am
Starting July 27TH.**

Come on in and roll!



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



BOCCE COURT IS OPEN!

Teams are meeting on Mondays.

Play from 2:30- 4:00

Stop by to sign up!



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



**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!**

HAPPINESS

101



**WILL RETURN IN SEPTEMBER.
HAVE A GREAT SUMMER
& REMEMBER**



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!

Mondays, July 18th & August 15th 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.

JULY 2022

ROCKLAND SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"America was not built on fear. America was built on courage, on imagination, and on unbeatable determination to do the job at hand."</p> <p>~ Harry S. Truman</p>					1 CLOSED	2
3	4 	5 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	6 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	7 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	8 Mah Jongg 9:00 Fit over 50 1:00 Balance Tune up 2:00	9
10	11 Chair Yoga 8:45 & 10:00 Men's Club 10:00 Mah Jongg 12:15 Geronimo 1:00 Bocce 2:30	12 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	13 Cribbage 9:00 Rummikub 10:00 S&S 10:00 ICE CREAM SOCIAL 12:30 Mindful Meditation 1:00	14 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	15 Mah Jongg 9:00 Fit over 50 1:00 Geronimo 1:00 Grief Support 1:00 Balance Tune up 2:00	16
17	18 Chair Yoga 8:45 & 10:00 Creative Cards 9:30 Essentrics 11:15 Mah Jongg 12:15 Golden Agers 1:00 Bocce 2:30	19 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	PEGGY'S LAST DAY OPEN HOUSE! 10 ~ 2:00	21 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	22 Mah Jongg 9:00 Fit over 50 1:00 Balance Tune up 2:00	23
24	25 Chair Yoga 8:45 & 10:00 Bunco 9:30 Men's Club 10:00 Mah Jongg 12:15 Geronimo 1:00 Bocce 2:30	26 Exercise 9:00 "Crisfit" 9:45 Crafters 10:00 Knitting & Quilting 12:30 Chess 1:00	27 Cribbage 9:00 Rummikub 10:00 S&S 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	28 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	29 Mah Jongg 9:00 Decorative Art w/ Barbara 12:30 Fit over 50 1:00 Balance Tune up 2:00	30
31						

July 2022 Rockland COA Lunch Menu

Lunches are served at 11:45am. A donation of \$6.00 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><u>PLEASE NOTE:</u></p> <p>Because of rising costs, as of June 1, 2022, all lunches are now a \$6.00 donation.</p>				<p>1</p> <p>CLOSED</p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p>Veggie Lasagna w/ Meatball</p>	<p>6</p> <p>Eggplant Sub w/ Chips</p>	<p>7</p> <p>Meatloaf Mashed Potatoes Corn</p>	<p>8</p> <p>Baked Tilapia Au Gratin Potato Peas</p>
<p>11</p> <p>Grilled Ham & Cheese w/ Pea Soup</p>	<p>12</p> <p>Ravioli w/ Marinara Green Beans</p>	<p>13</p> <p>Cheeseburger w/ Fries ICE CREAM SOCIAL (SIGN UP EARLY)</p>	<p>14</p> <p>Chicken Cordon Bleu Mashed Potatoes</p>	<p>15</p> <p>Greek Salad w/ Chicken Breast & Pita</p>
<p>18</p> <p>Pot Roast Potato Carrots</p>	<p>19</p> <p>Baked Stuffed Shrimp Sweet Potato Broccoli</p>	<p>20</p> <p>NO LUNCH TODAY</p>	<p>21</p> <p>Beef Stroganoff Carrots</p>	<p>22</p> <p>Pizza w/ Tossed Salad</p>
<p>25</p> <p>Sloppy Joe w/ Sweet Potato Fries</p>	<p>26</p> <p>Stuffed Peppers</p>	<p>27</p> <p>BLT Sandwich w/ Tater Tots</p>	<p>28</p> <p>Spaghetti w/ Sausage Small Salad Garlic Bread</p>	<p>29</p> <p>Baked Salmon Rice Green Beans</p>

SUPPORT OUR ADVERTISERS!



August 2022 ~ Rockland COA Lunch Menu

Lunches are served at 11:45am. A donation of \$6.00 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 Sausage, Peppers, Onions w/ Tater Tots	2 Chicken Parm Sandwich	3 Chef Salad Turkey, Ham, Hard Boiled Egg	4 Chicken Cacciatore Over Rice	5 Roast Beef Sandwich Onion Rings
8 Stuffed Cabbage Roll	9 Clam Chowder Tuna Salad Roll	10 Spinach Salad w/ Walnuts, Mushroom, Egg	11 Macaroni & Cheese w/ Stewed Tomatoes	12 Lasagna Salad Garlic Bread
15 Spaghetti Meatballs Garlic Bread	16 Chicken Cordon Bleu Rice Pilaf	17 Pulled Pork Coleslaw Fries	18 Meatloaf Mashed Potato Veggie	19 Baked Stuffed Shrimp
22 Fish Cakes Baked Beans	23 Turkey Tips Mashed Potatoes Peas	24 Grilled Chicken Caesar Salad	25 Shepherd's Pie	26 Reuben Sandwich w/ Chips
29 Breakfast For Lunch	30 Open Face Turkey Stuffing Gravy	31 Manicotti w/ Green Beans STRAWBERRY SHORTCAKE DAY Sign up		



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AUGUST 2022

ROCKLAND SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chair Yoga 8:45 & 10:00 Bunco 9:30 Essentrics 11:15 Mah Jonng 12:15 Golden Agers 1:00 Bocce 2:30	2 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	3 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	4 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	5 Mah Jongg 9:00 Geronimo 1:00 Grief Support 1:00 Fit over 50 1:00 Balance Tune up 2:00	6
7	8 Chair Yoga 8:45 & 10:00 Bunco 9:30 Men's Group 10:00 Essentrics 11:15 Mah Jonng 12:15 Geronimo 1:00 Bocce 2:30	9 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	10 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	11 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	12 Mah Jongg 9:00 Fit over 50 1:00 Balance Tune up 2:00	13
14	15 Chair Yoga 8:45 & 10:00 Creative Cards 9:30 Bunco 9:30 Library to Go 10:00 Essentrics 11:15 Mah Jonng 12:15 Golden Agers 1:00 Bocce 2:30	16 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	17 Cribbage 9:00 Craft w/ Sue & Kathy 10:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Trivia 12:15 Mindful Meditation 1:00	18 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	19 Mah Jongg 9:00 Geronimo 1:00 Grief Support 1:00 Fit over 50 1:00 Balance Tune up 2:00	20
21	22 Chair Yoga 8:45 & 10:00 Bunco 9:30 Essentrics 11:15 Mah Jonng 12:15 Bocce 2:30 GOLF TOURNEY 10:00am Rockland Golf Course	23 Exercise 9:00 Crafters 10:00 "Crisfit" 9:45 Knitting & Quilting 12:30 Chess 1:00	24 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Zumba Gold 11:15 Mindful Meditation 1:00	25 Exercise 9:00 "Crisfit" 9:45 BINGO 1:00	26 Mah Jongg 9:00 Fit over 50 1:00 Balance Tune up 2:00 Decorative Art w/ Barbara 12:30	27
28	29 Chair Yoga 8:45 & 10:00 Bunco 9:30 Essentrics 11:15 Mah Jonng 12:15 Bocce 2:30	30 Exercise 9:00 Crafters 10:00 "Crisfit" 10:00 Knitting & Quilting 12:30 Chess 1:00	31 Cribbage 9:00 S&S 10:00 Rummikub 10:00 Strawberry Shortcake 12:30 Mindful Meditation 1:00			

VETERANS CORNER July & August 2022

Introduction of New Assistant Veterans' Agent and Property Tax Exemptions



Greetings to all. First, I would like to introduce Mr. Stephen Joyce of Rockland who was hired as an Assistant Veterans' Service Officer or Veterans' Agent for the Town of Rockland. Stephen joined the US Marine Corps after 9/11/2001. He was discharged due to injuries received during his service. After a couple of years of healing, he joined the Army National Guard and was subsequently recalled to active duty to serve in Iraq. Stephen has a great deal of experience from serving in two military services, and, also in submitting claims for veterans' benefits. Stephen is currently training with me every Wednesday and Friday but will work every Monday and Tuesday starting later in July. I will maintain my current schedule of Wednesday through Friday in order to deliver veteran services for Rockland Monday through Friday every week. Please feel free to stop by the office to introduce yourself.

This month's newsletter is about eligibility for property tax exemptions. This exemption is a discharge from the obligation to pay all or a portion of the veteran's/surviving spouse's property tax. Chapter 59 of the Mass General Law provides exemptions to certain veterans who were not dishonorably discharged and who meet certain residency requirements. You file annually through the Town Assessor's office. The Town of Rockland has an application form and the following necessary supporting documentation is needed:

DD-214

Evidence of home ownership

Letter from the VA summarizing a service-connected disability (SCD) or other evidence of loss in the line of duty or significant and specific awards such as the Purple Heart, Navy Cross, Distinguished Service Cross, Air Force Cross, Congressional Medal of Honor, and Gold Star parents and spouses (who do not remarry).

There are specific residency requirements but basically if you have lived in Massachusetts for the past year, this box can get checked. In addition, ownership has some nuances that must be reviewed. Domiciles held in trust can satisfy ownership interest if the trustee of that trust possesses a sufficient beneficial interest in the domicile through that trust. An Irrevocable Trust to the veteran's child would disqualify eligibility for the property tax exemption. Depending on a person's situation, the property tax exemption may amount to a significant sum of money saved. Again, please see the Town Assessor if you have any further questions about this veteran benefit.

Timothy White, VSO, Town of Rockland

ROCKLAND SENIOR MEN'S CLUB **ANNUAL GOLF TOURNAMENT**

Monday, August 22nd, Tee off at 10:00 am, Luncheon at Noon.
Rockland Golf Course

Enjoy 9 holes of golf with cart, followed by a Buffet Luncheon.
The cost is \$70.00 for golf and lunch or \$35.00 for lunch only.

All are welcome to participate!

Cut-off date is August 12th.

To register, please contact Gary Schwartz - 781-434-8085

Jack Conway - 781-690-4515

For sponsorship, contact John Melvin - 781-424-1950





**STOP IN AND SEE US!
COOL OFF AND ENJOY
FREE INTERNET ACCESS
Please see a staff member
for the password.**



You scream, I scream, We all scream for ICE CREAM !!!

We are having an Ice Cream Social on
Wednesday, July 13th at 12:30 pm

Socialize and make your own sundae
with all kinds of fixings!

Please stop by the reception desk to register.

**Enjoy a delicious
Strawberry Shortcake!**

**Wednesday, August 31st
at 12:30pm**

**Sign - ups will take place on
Monday, August 15th
Please come in to sign up
There is no charge.
Space is limited!**



FIT OVER 50 ! Cardio - Strength - Flexibility

- ◆ Geared towards safety for your joints
- ◆ Strengthening your muscles safely
- ◆ Flexibility for full range of motion

This class covers it all, whether you're in your 50's or beyond!

Drop in to see Instructor Barbara Leary,
on Fridays at 1:00pm, for a 45 minute workout. The cost is \$5.00.

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.

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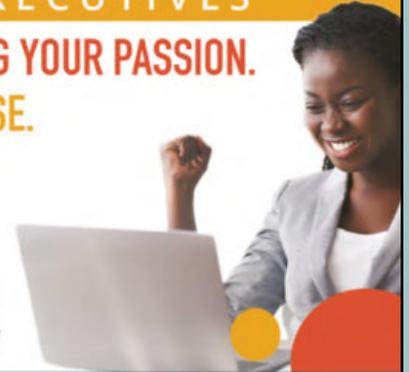


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Patty Penney, Gary Schwartz,
Agnes Smith and Joanne Williams
Alternate: Audrey Ryan

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Gary Schwartz, Treasurer

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Fran Damon, Vice President
Carolyn Murphy, Secretary
Yvonne Mari, Treasurer



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