

Pembroke Pioneer

August 2025

Pembroke Senior Services
128 Center Street, Pembroke MA, 02359
781-294-8220

Senior Services Hours: Monday 8:00-6:30, Tuesday-Thursday 8:00-4:30, Friday 8:00-12:00 pm

We would like to extend our sincere thanks to The Dull Men's Club for their generous donation to the Hope Fund, and to The Friends of COA for their donation of a revolving book shelf to promote our programs. Thank you!!

Pembroke Senior Services Staff

Director: Diane Picot
Outreach: Marie Vitale
Principle Clerk : Melissa Donahue
Transportation: Milynda Mullen
Outreach Aide: Cathy Bruce
SHINE: Jim Curran

Nutrition Site Manager

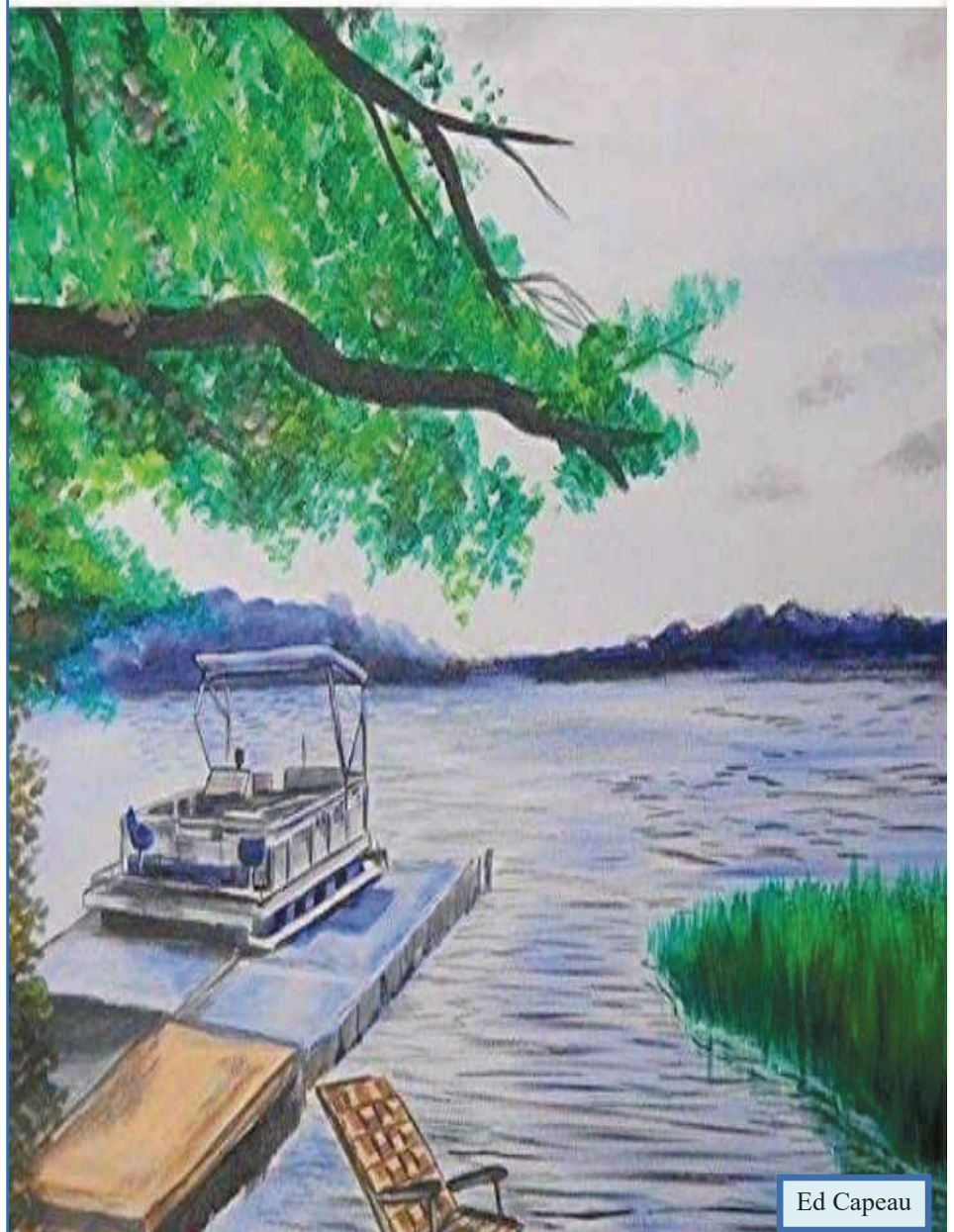
Julie Lowell, 781-294-4645
ALL MEALS NEED RSVP
By Tuesday the week prior

Van Drivers

Jack Bouzan, Scott Carlson, Al Elliot,
Brian Foley, Tim White

COUNCIL ON AGING ADVISORY BOARD MEMBERS

Chair: Curtis Kuta - 2025
Vice Chair: Pam Blades - 2025
Rec. Clerk: Joan Dorsey 2027
James Kinkade: 2027
Sue Ellen Hewitt: 2027
Marilyn Christmann: 2026
Shelley Campbell: 2025
Associate Member:s
Norina Perry and
Stephanie Callanan

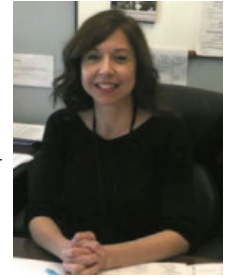


Ed Capeau

Greetings,

From all of us at Pembroke Senior Services, we wish you a happy and healthy month of August!

We are delighted to partner with Bloom Tours to offer two unforgettable day trips and open registration early! A minimum number of participants is required to make each trip so reserve your spot today to avoid missing out.



TURKEY DINNER TRAIN *Tuesday, October 21st



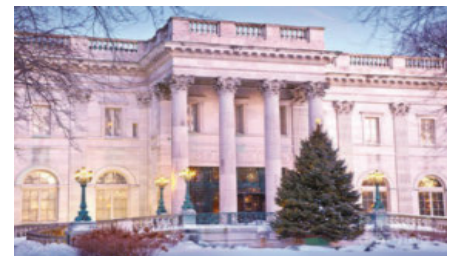
Join Bloom Tours for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two hour scenic train ride through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixings! This exceptional turkey meal is provided by Hart's Turkey Farm. Following the lunch train excursion, we board the motorcoach and head to Moulton Farm in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand, garden center or maybe pick up a treat at their bakery! A Perfect ending to our October day! Includes: Roundtrip

Transportation, Train Ride & Lunch For Reservations, **Please Contact: Melissa Donahue, at 781-294-8220.**

Checks payable to Pembroke Senior Services, \$140.00 per person. Includes Roundtrip Transportation, Train Ride and Lunch. The bus departs at 8:45 am. from Pembroke Senior Center and returns 7:30 pm.

CHRISTMAS TIME IN NEWPORT *Monday, December 8th

Join us in a festive, fun filled day trip. Christmas time in Newport. Join us as we travel to Newport, RI for the perfect December Day Trip. We will begin with a morning visit to the Breakers Mansion. The amazing holiday décor is sure to impress. Following our self guided tour we are off to Johnny's restaurant for a delicious lunch. Your choices are Baked Stuffed Scrod, Chicken Piccata or Pasta Primavera. After lunch, we will have a guide board the bus for a 60 minute tour of Newport. For Reservations, **Please Contact: Melissa Donahue, at 781-294-8220. Checks payable to Pembroke Senior Services, \$132 per person. Bus departs at 8:00 from the Pembroke Senior Center and returns at 5:30 pm.**



With Gratitude, Diane Picot~ Director, Pembroke Senior Services

Stay Connected with Us! Receive Our Newsletter by Mail, Email, or Both

We want to make it easy for you to stay informed about everything happening at the Pembroke Senior Center. Let us know how you'd like to receive our newsletter, by email or by mail -(for Pembroke residents or both)! **To sign up for email delivery:**

Visit our page at <https://mycommunityonline.com/organization/pembroke-council-on-aging> Click the checkbox to receive the newsletter by email.

*You'll receive it in your inbox the same day it goes to print!

You can also view or download the latest edition of the newsletter directly from this page.

Or scan this QR Code provided, to bring you to the page, to sign up. Stay informed, stay involved, stay connected!

**SCAN HERE
FOR
NEWSLETTER**



1
Scan this QR
code

2
Click Receive
Publication via
Email

3
Enter info
and click
Subscribe



Outreach Corner

Staying Safe in Every Season Whether it's the heat of summer or the chill of a winter storm, *Pembroke Senior Services* is here to support you with emergency preparedness and safety.

Emergency Assistance and Cooling Station Power outages can be especially dangerous during extreme temperatures. If you need assistance, please contact our office at 781-294-8220. During the summer, we serve as a **cooling station**, offering cold beverages and a comfortable place to stay cool. If you haven't already signed up for our **Emergency Contact List**, we encourage you to call and do so. Be sure to leave your cell phone number so we can reach you in the event of an outage. If you would require transportation to the center, please let us know in advance so we can assist.

Embracing the Outdoors, Safely

As the beautiful weather continues, many of us are enjoying outdoor activities like walking, gardening, biking, or attending cookouts. Staying active is wonderful, but safety should remain a priority. Always let someone know where you are going, keep your cell phone fully charged, wear lightweight protective clothing, and make sure to stay hydrated throughout the day.

Hydration Tips for a Healthy Summer staying hydrated doesn't have to be boring, it can actually be enjoyable. Try incorporating a variety of fluids into your day, such as flavored water, herbal teas, or broths, and include water-rich fruits and vegetables like watermelon, cucumbers, and oranges. Setting gentle reminders or alarms on your phone can help encourage consistent fluid intake. Aim to sip drinks throughout the day with a goal of 6 to 8 glasses daily. And don't forget, popsicles are a fun and refreshing way to help you stay hydrated too.

FOOD PANTRY DELIVERIES Do you need help getting food or know someone who does? We offer food pantry deliveries weekly for those who are in need and are home bound. Please call Cathy at **781-294-8220**

HOPE FUND (Fuel Fund) Do you know a senior struggling to pay their fuel bills? Please reach out to us. We do have some monies to help seniors in need. Please call us at **781-294-8220**.

SNAP OUTREACH PARTNER

Did you know that Pembroke Senior Services is your local SNAP Partner? We are willing and able to help you or your family apply for benefits. This is NOT limited just to seniors. This program is for **ALL** ages. Call the center **781-294-8220** to see if you qualify.



This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U. S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises."

Pembroke Farmers Market 2025 Join us for another fantastic season of fresh produce, local goods, and community fun at the **Pembroke Farmers Market!**



128 Center Street

Dates: Saturdays through October 4

Market Hours: 10:00-1:00

Location: Pembroke Community Center, 128 Center St., Pembroke.

Support local farmers, artisans, and small businesses while enjoying the best seasonal produce, handmade crafts, and delicious treats. See you there!

Farmers Market Coupons Are available on a first come first serve basis: Distribution date:

Wednesday, August 6th 12:00-2:00. Please contact Marie for financial guidelines at **781-294-8220**



ELDER ABUSE AND NEGLECT HOTLINE



If you have any concerns regarding elder abuse, neglect, self neglect or financial exploitation, you may call the State wide Elder Abuse Hotline at **800-922-2275**. This Hotline operates 24/7. You may also reach out to Marie at 781-294-8220 for support through this process.

Programming

EXERCISE CLASSES

Classes are \$5 unless noted. Drop ins Welcome!

Pickle Ball (Free)	Mondays 8:30-10:30
Sit and Get Fit	Mondays 10:00
Square Dancing (\$8.)	Mondays 1:00-3:00
Zumba	Mondays 11:00-12:00
Pickle Ball (Free)	Tuesdays 9:00-12:00
Forever Fit	Tuesdays 9:30-10:30
Rhythmic Relaxation	Tuesdays 11:00-12:00
Pickle Ball (Free)	Wednesdays 9:00-12:00
Tai Chi	Wednesdays 1:00-2:00
Pickle Ball (Free)	Thursdays 9:00-12:00
Advanced Tap Class	Thursdays 10:30-11:30
Train Your Brain	No classes in August
Beach Volley Ball	No classes in August
Chair Yoga	Fridays 11:00-12:00

***Please see class descriptions for further details**

****ONGOING CLASS DESCRIPTIONS LISTED BY DAY OF THE WEEK****

NORDIC WALKING On Hold for the Summer.

SIT AND GET FIT, Mondays 10:00-10:45
Feel fabulous over 55! Enjoy exercises done in and around a chair to tone and tighten all muscle groups All fitness levels. \$5 Drop-In

POKER, Mondays 10:00-12:00 Whether you are a seasoned pro or a newbie, it's all about having a good time FREE

ZUMBA, Mondays, 11:00-12:00 Ready to shake, shimmy, and have a blast? Zumba is a great way to stay active, and have fun! \$5 Drop-In

LEFT RIGHT CENTER, Mondays and Thursday 12:30-2:00 *(No LCR on August 18th) Looking for a lively, easy-to-learn game that everyone can play. No experience necessary. Each game is a 15 cents the last game is 75 cents. Drop-In

SQUARE DANCE LESSONS, Mondays, 1:00-3:00
Kick up your heels and have a blast? Beginners welcomed, our instructors will guide you. Grab a partner or come solo Drop-In \$8

****ONGOING CLASS DESCRIPTIONS LISTED BY DAY OF THE WEEK****

BINGO, Monday, August 18, 1:00-3:00 with Chris and Tim. \$3.00 minimum. Daubers will be available for \$1.00 Drop-In

LAUREN MELLO, Monday, August 18, 11:00-12:00; 15 Minute consultations with attorney Lauren Mello. 1x a Month. Call for an appointment 781-829-3658, Space is limited!. FREE

KNITTING GROUP, Mondays, 1:00-2:00, Knit and chat. Whether you are an avid knitter or beginner, this group is the perfect place to share tips, and enjoy great conversation. Drop-In. FREE

CRIBBAGE GROUP, Mondays at 1:00-3:00.
All skill levels whether you are a seasoned player or just starting out. Drop-in. FREE

VETERAN COFFEE, Tuesday, August 12 9:00-10:00 Register by calling 781-294-8220 or at the front desk.

FOREVER FIT, Tuesdays 9:30-10:15 with Sally.
This class will tone and tighten all muscle groups, using resistance bands and weights. All fitness levels welcome. \$5 Drop-in

COFFEE AND CONVERSATION, Tuesday, August 19 and 26, 10:30-11:30. Join us for a relaxing social group get-together over coffee, good conversation, great company, and a warm cup to start your day! RSVP by calling 781-294-8220 or register at the front desk FREE

RHYTHMIC RELAXATION, Tuesdays 11:00-12:00. Where the gentle rhythm of music guides you on a journey of relaxation and inner harmony Drop-In \$5

SHINE APPOINTMENTS, Wednesdays, 9:30-3:00 with Jim Curran. Appointments will take place over the phone Please contact Marie for dates and to make an appointment. 781-294-8220.

DULL MEN GROUP, Wednesdays, 10:00-11:00
Do you find joy in life's simple, predictable, and wonderfully uneventful moments? This group is a for you! Drop-In, FREE

Programming

****ONGOING CLASS DESCRIPTIONS LISTED BY DAY OF THE WEEK****

TAI CHI, Wednesdays, 1:00-2:00, A mixture of ancient Chinese defense, spiritual and medical related practices through slow movements, Drop-In \$5

WATERCOLOR ART CLASS, Friday August 8, 15, 22, and 29. 11:00-1:00 pm. Beginner or experienced This is a wonderful opportunity to explore watercolors. Register by calling 781-294-8220 or at the front desk \$5 Includes supplies

BEGINNER QUILTING, Wednesdays 6:00 pm-8:00 pm Perfect for those who are new to quilting or want to build basic skills . Bring your own sewing machine. Drop-in FREE

TRAIN YOUR BRAIN, No Class in August

QUILTING/FIBER ARTS, Thursdays 10:00-11:30 For the seasoned quilter or just starting out. No instructor. Drop In. FREE.

WHIST, Thursdays, 1:00-3:00 Whist is a classic trick-taking card game Drop-In \$3.00

ADVANCED TAP CLASS, Thursdays, 10:30-11:30 Elevate your technique, refine your style, and challenge yourself . Drop-In \$5

CHAIR YOGA, Fridays, 11:00 While Mary is on leave, we're excited to **welcome Landen from Emerald Yoga Studio** as our guest chair yoga teacher! Join us for gentle movement, mindful breathing, and a sense of community, all from the comfort of your chair. Drop -in \$5 per class.

SENIOR COMMUNITY GARDENERS 2nd and 4th Fridays of the month, August 8 and 22nd at 12:00 Start planning and planting with us in our newly donated raised vegetable beds. Drop In.

BOOK GROUP, Every third Friday of the month, August 15, 10:00. *The Greatest Generation by Tom Brokaw*. Books reserved at the library



****NEW AUGUST PROGRAMS LISTED BY DATE****

NATIONAL GRID, Friday August, 9:00-12:00 National Grid representatives will be here to help you with a range of services! Whether you're dealing with discount rate, enrollments, payment plans or supplier issues. They can also help with budget billing and offering arrears forgiveness plans for past due balances. RSVP by calling 781-294-8220 or sign up at the front desk. FREE

MOVIE MATINEE, JAWS Tuesday, August 5, 1:00 pm. 50th Anniversary! Police chief Martin Brody, who, with the help of a marine biologist and a professional shark hunter, hunts a man-eating great white shark that attacks beachgoers at a summer resort town. Rated: PG Movie Runtime: 2hrs 3min Popcorn will be served. RSVP by calling 781-294-8220 or at the front desk. FREE

TECH HELP, Tuesday, August 5, 12 and 19, 2:00. Our amazing tech-savvy volunteers are here for you! Whether it's Facebook, Instagram, email, or getting that new app on your phone or tablet, we've got you covered with patient, one-on-one support. RSVP by calling 781-294-8220 or at the front desk. FREE

VISITING DENTAL HYGIENIST Thursday, August 7, 9:00-2:00. By appointment only. A healthy mouth can prevent many life-threatening diseases. Pembroke Senior Services is the recipient of a donation from South Shore Health to offset the cost of this service. Mass Health members may be covered in full depending on your type of coverage. Contact Marie Vitale at 781-294-8220 to schedule an appointment \$35

MANICURES AND PEDICURES BY JODDIE August 8» 1:00-4:30 (By Appointment Only) Manicure: Shape, clean, buff, and hand polish, \$15. Manicure (No Polish): Shape, clean, and buff, \$10. Mini Pedicures \$15 *Appointments can be booked starting August 1. To schedule please call Melissa 781-829-3659. Priority given to Pembroke residents. MUST be 60 or over.*



Programming

****NEW AUGUST PROGRAMS LISTED BY DATE****

SUMMER CONCERT, Rusty Skipper Band, Monday, August 11 5:30-6:30 The Rusty Skippers have been delighting South Shore audiences since 1995 with an entertaining mix of light classical, jazz, pop, vocals, and more. Bring your lawn chair. Funded by the Pembroke Cultural Council. RSVP by calling 781-294-8220 or at the front desk. FREE

COFFEE HOUR, Wednesday, August 13, 9:30. with State Rep Kathy LaNatra., Join us for a casual and engaging Coffee Hour! This is a great opportunity to ask questions, share your thoughts, and discuss important topics. No RSVP Required.

LUAU LUNCHEON, Wednesday, August 13 12:00 Get ready to escape to paradise and welcome Celebrity chef Dan Volungis will prepare lobster rolls, paired with coleslaw, chips and strawberry shortcake. Feel the rhythm of lively beach tunes in the background, join in on fun games to win fabulous prizes, and if you want, don your best Hawaiian attire, think vibrant florals, leis, and flip-flops. RSVP by Thursday, August 7, by calling 781-294-8220 or at the front desk. Payment requested in advance \$15.00.

COFFEE CHAT, FRAUD PREVENTION August 14, 10:00. Join Robin Putnam from the Office of Consumer Affairs and Business Regulation to discuss the answers to question about keeping your credit and debit card information safe and tips to avoid skimming. RSVP by calling 781-294-8220 or at the front desk. FREE

BINGO WITH BEA, Thursday, August 14 1:00 Join Bea Murphy of Lamacchia Realty and Jason Factor, Senior Loan Officer, for Bingo with prizes, fun, games, and great company you won't want to miss! RSVP by calling 781-294-8220 or at the front desk. FREE

LUNCH BUNCH, Friday August 15, 2:00 Join us for lunch at Early Bird (287 Main Street Kingston) Meet us there or take the bus from the Senior Center. You will pay for your own meal. Priority on the bus is given to those who cannot drive. RSVP by August 8 by calling 781-294-8220 or at the front desk.

****NEW AUGUST PROGRAMS LISTED BY DATE****

GENEALOGY, Tuesday, August 19, 1:15. Whether you are just getting started or looking for fresh motivation, this is the perfect place to begin! RSVP by calling 781-294-8220 or register at the front desk FREE

MARSHFIELD FAIR SENIOR DAY Tuesday, August 19, 12:00-2:00 Seniors age 62+ get **free admission** to the Marshfield Fair! Meet at the Senior Center for transportation, drop-off at the fair is at 12:00 PM and pick-up is at 2:00 PM. Enjoy music, 4-H exhibits, garden club exhibits, rides, and tasty fair food. Space is limited and advance registration is required. Sign up with Melissa by calling 781-829-3659 or stop by the Senior Center to reserve your spot!



INDOOR MOBILE PLANETARIUM Wednesday, August 20 Join us for an out-of-this-world experience! Each 45-minute show takes you on a stunning journey through space, nature, and science. Choose from four exciting shows: **10:00** One World, One Sky: Big Bird's Adventure (All Ages), **11:00** Expedition Earth (Ages 18+) **1:00**, Destination Solar System (Ages 8+) **2:00** Habitat Earth (Ages 18+) **LIMITED SEATING AVAILABLE!** All children under 18 must be accompanied by an adult. RSVP by August 15th by calling 781-829-3659 or register at the front desk FREE

OFFICE HOURS w/CONGRESSMAN BILL KEATING'S STAFF Tuesday, August 26th, 10:00-12:00 If you need assistance with Social Security, Medicare, Veterans Affairs, or any other federal agency, this is a great opportunity to speak privately with professional casework staff. Meetings will be held in a private space at the Center. To schedule an appointment, please call 508-746-9000 or register at the front desk. FREE

Programming

NEW AUGUST PROGRAMS LISTED BY DATE

COMEDY SHOW with JOHNNY PIZZI Wednesday, August 27 12:30pm Johnny has been making crowds laugh for over 30 years with his sharp wit, crowd interaction, and a touch of magic. RSVP by calling 781-294-8220 or register at the front desk FREE



BIRTHDAY LUNCH, (Postponed until Thursday, September 25, 12:00. We will celebrate both August and September birthdays in September. Our talented volunteer chef, Rich Ready will be serving up chicken parmesan followed by birthday cake. Lunch is free for August/September Birthday celebrants. \$4.00 for all other guests. Please sign up early as space is limited. All are welcome. RSVP by Friday September 19 by calling 781-294-8220 or at the front desk.



MOBILE PLANETERIUM SHOWS

AUGUST 20TH

10:00 AM - ONE WORLD, ONE SKY: BIG BIRD'S ADVENTURE (ALL AGES)

11:00 AM - EXPEDITION EARTH (AGES 18+)

1:00 PM - DESTINATION SOLAR SYSTEM (AGES 8+)

2:00 PM - HABITAT EARTH (AGES 18+)

LIMITED SEATING AVAILABLE! ALL CHILDREN UNDER 18 MUST BE ACCOMPANIED BY AN ADULT.

MUST RSVP BY AUGUST 16TH

GET READY TO DANCE, SWAY, AND STOMP YOUR FEET WITH THE RUSTY SKIPPER BAND ON THE TOWN GREEN. BRING YOUR LAWN CHAIRS.

AUGUST 11 5:30PM



COMEDIAN JOHNNY PIZZI

AUGUST 27 AT 12:30PM



REGISTER IN ADVANCE 781-294-8220

Mass Cultural Council

SPONSORED BY A GRANT FROM MASS AND PEMBROKE CULTURAL COUNCILS

Monday 8:30-10:30 Pickleball-Every Week	Tuesday 8:30-10:30 Pickleball- Every Week	Wednesday 8:30-10:30 Pickleball- Every Week
Take a look at our new revolving bookshelf in the lounge which features flyers for our upcoming programs. **Generously Donated by the Friends of COA** Thank you for your support! !		
(4) 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 12:00 Lunch: Chicken Stew 1:00 Square Dance Class 12:30 LCR 1:00 Cribbage or Knitting	(5) Walmart Trip 9:30 Forever Fit 10:00 Friends COA Board Meeting 11:00 Rhythmic Relaxation 12:00 Lunch: Pasta with Meat Sauce 1:00 Movie Matinee "JAWS" 1:00Dementia caregiver support / Music Café 2:00 Tech Help	(6) 10:00 Dull Men 10:00 Grief Support Group 12:00 Lunch, Chicken Stew 12:00-2:00 Farmer's Market Marie 1:00 Tai Chi 6:00 Beginner Quilting
(11) 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 12:00 Lunch: Swiss Omelet 12:30 LCR 1:00 Cribbage or Knitting 1:00 Square Dance Class 5:30-6:30 Summer Concert The Rusty Skippers	(12) Walmart Trip 9:00 Veterans Coffee 9:30 Forever Fit 10:00 Vision Support Group 11:00 Rhythmic Relaxation 12:00 Lunch: Chicken Marsala 1:00 Dementia Caregiver Support/ Music Cafe 2:00 Tech Help	(13) 9:30 Coffee Hour, Nana's 10:00 Dull Men 10:00 Grief Support Group 12:00 Luau Lunch 1:00 Tai Chi 6:00 Beginner Quilting
(18) 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 11:00 Lauren Mello- call to RSVP 12:00 Lunch: Hot Dog 1:00 Cribbage or Knitting 1:00 Square Dance Class 1:00-3:00 BINGO	(19) Walmart Trip 9:30 Forever Fit 10:30 Coffee and Conversation 11:00 Rhythmic Relaxation 12:00 Lunch Aloha Chicken 12:00-2:00 Marshfield Fair Senior Day Trip- Includes Dementia Support Field Trip 1:15 Genealogy 2:00 Tech Help	(20) 10:00-2:00 Indoor Garden Tour 10:00 Grief Support Group 10:00 Dull Men 12:00 Lunch and I Homecare 1:00 Tai Chi 6:00 Beginner Quilting
(25) 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 12:00 Lunch: BBQ Chicken 1:00 Square Dance Class 12:30 LCR 1:00 Cribbage or Knitting	(26)Walmart Trip 9:30 Forever Fit 10:00-12:00 Office Hours Congressman Keating 10:30 Coffee and Conversation 11:00 Rhythmic Relaxation 12:00 Lunch: Chicken Scampi 1:00 Dementia Caregiver Support/ M Café	(27) 10:00 Dull Men 10:00 Grief Support Group 12:00 Lunch: Potato 12:30 Comedy Show 1:00 Tai Chi 6:00 Beginner Quilting

Wednesday Pickleball –Every Week	Thursday 8:30-10:30 Pickleball– Every Week	Friday 8:30-10:30 Pickleball-Every Week
		(1) Big Y Trip 9:00-12:00 National Grid 9:00 Weight Loss Support Group 11:00 Chair Yoga 11:00 Hearing Loss Support Group
rt Chicken Tikki Masala s Market Coupons *see quilting	(7) 9:00-2:00 Dental Hygienist by appt only 10:00 Quilting/Fiber Arts 10:30 Advanced Tap 12:00 Lunch: Roast Pork 12:30 LCR 1:00 Whist	(8) Market Basket/Target Shopping Trip 9:00 Weight Loss Support Group 11:00 Chair Yoga 11:00 Watercolors (RSVP) 12:00 Senior Gardeners 1:00-4:30 Manicures and Pedicures by Joddie
/ State Rep. Kathy La- rt Event “Lobster Rolls” quilting	(14) 10:00 Quilting/Fiber Arts 10:00 Coffee Hour Fraud Prevention 10:30 Advanced Tap 12:00 Lunch: Chicken Salad on lettuce 12:30 LCR 1:00 Whist 1:00 Bingo with Bea	(15) 9:00 Weight Loss Support Group 10:00 Book Group 11:00 Chair Yoga 11:00 Watercolors (RSVP) 12:00 Lunch Bunch at Early Bird
Mobile Planetarium rt Learn with Divine- quilting	(21) 10:00 Quilting/Fiber Arts 10:30 Advanced Tap 12:30 LCR 12:00 Lunch: Turkey & Swiss Sand 1:00 Whist	(22) Stop & Shop/Kohls Shopping Trip 9:00 Weight Loss Support Group 11:00 Chair Yoga 11:00 Watercolors (RSVP) 12:00 Senior Gardeners
to Crunch Pollock ow with Johnny Pizzi quilting	(28) 10:00 Quilting/Fiber Arts 10:30 Advanced Tap 11:00 Parkinson Support Group 12:00 Lunch: Honey Ginger Chicken 12:30 LCR 1:00 Whist	(29) Stop & Shop/ Kohls Shopping Trip 9:00-12:00 Podiatry * appt required 9:00 Weight Loss Support Group 11:00 Chair Yoga 11:00 Watercolors (RSVP)

COME



VOLUNTEER POSITIONS

[Join Our Team of Volunteers!](#)

Are you looking to make a difference in your community?

Pembroke Senior Services seeks enthusiastic volunteers to support our programs and services for seniors.

Volunteer Opportunities: Medical Rides, Meals on Wheels Delivery, Front Desk, Assistance, with Newsletter Preparation, Activity Coordinators, Kitchen Support, Friendly Visitors, Snow Shoveling Assistance, Yard Cleanup Help, Senior Readers.

We are looking for volunteers to read to children at the Farmers Markets over the Summer., Saturdays at 11:00 **We are in need of backup drivers for Meals on Wheels and kitchen help for the summer**

Contact us at mdonahue@townofpembrokemass.org or 781-294-8220 for more information

VOLUNTEER SPOTLIGHT



This month, we're proud to highlight two dedicated leaders of our Grief Support Group: **Roseann Potter** and **Barbara Orcutt**. Roseann has been volunteering since 2019 and brings years of compassionate experience to the group. Barbara joined as co-leader in 2024 and has already made a meaningful impact with her warm presence and support.

Favorite part of being a volunteer: For both Roseann and Barbara, the most meaningful aspect is "letting people share their grief and journey of self-discovery." They also deeply value "being part of a wonderful support group."

We're grateful for the empathy, strength, and heart they bring to every meeting.

TRANSPORTATION INFORMATION

Did you know that Pembroke Senior Services offers seniors FREE local transportation to Walmart, Medical appointments, programs, events, and grocery shopping. All you have to do is make your transportation appointments at least **2 business days** in advance, **PLEASE CALL 781-294-8220 with your Appt. DATE, TIME and ADDRESS.** Please make sure that all medical appointments are between the hours of 10:00am to 2:00.

GATRA ON DEMAND, Looking for a ride in the Pembroke area on short notice Call 1-800-698-7676 Monday-Friday 7:00am –5:00pm Fare is \$2.00 per Ride **MEDICAL RIDES TO BOSTON** A&A Metro Transportation to BOSTON - 508-697-0017 or Email tpavic@aametro.com/ info@aametro.com Call for Fare pricing.

Support Groups



DEMENTIA CAREGIVER SUPPORT SERIES

Aug 5, 1:00, Dementia Caregiver Support/Music Café
 Aug 12, 1:00, Dementia Caregiver Support/Music Café
 Aug 19, 12:00, Marshfield Fair "Senior Day" Field Trip
 Aug 20, 12:00, Lunch & Learn w Divine HomeCare
 Aug 26, 1:00, Dementia Caregiver Support/Music Café

Please call to RSVP by calling 781-294-8220.

HEARING LOSS SUPPORT GROUP

First Friday of each month 11:00-12:00. A great exchange forum to discuss your ideas, difficulties, challenges, and solutions. Come, share, and learn!

WEIGHT LOSS PEER SUPPORT GROUP,
 Every Friday, 9:00-10:00.

GRIEF SUPPORT GROUP
 Every Wednesdays 10:00-11:30.

VISUALLY IMPAIRED SUPPORT GROUP
 2nd Tuesday of the month, August 12, 10:00-11:00

(NEW) PARKINSON SUPPORT
 The 4th Thursday of each month, August 28, 11:00-12:00 .for more information. Facilitator Leslie Vickers, RN, MSN nurse clinical specialist in neurology and expertise in Movement Disorders; like Parkinson's Disease. RSVP to 781-294-8220

BLOOD PRESSURES

Please contact Marie for a list of Blood Pressure dates for the month of August at 781-294-8220



BLOOD PRESSURE



Divine Living Homecare
 Home Health Care in Massachusetts

Divine Living Homecare Presents LUNCH & LEARN at Pembroke Council On Aging

AGING WITH CONFIDENCE:
 Empowering Seniors for Independent Living



WEDNESDAY
 20TH AUGUST, 2025



TIME
 12:00 PM - 1:00 PM



PEMBROKE COUNCIL ON AGING
 128 CENTER STREET PEMBROKE
 COMMUNITY CENTER

Join us for a fun & informative afternoon filled with helpful tips, senior-friendly resources, and a delicious lunch-all designed to help you age with confidence in the comfort of your own home.

Topics Include:

- Home safety & independent tips
- Wellness & daily living support
- Resources for seniors & caregivers
- And more!

Free Lunch Provided

**Enter to WIN a
 Self-care Basket!**

Presented by:

Christine Andrade
 CEO, DIVINE LIVING HOMECARE
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RSVP to:

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 781-294-8220

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Meet with a Customer Advocate
 at Pembroke Senior Services



Our Customer Advocates will be available to meet one-on-one on **August 1, 2025** to discuss options to manage your energy bill and help you find assistance, including:

- Discount Rate
- Payment Plans
- Budget Plan
- Arrears Management Program (AMP)

No appointment is needed, but please bring the following when you visit:

If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program.

If you are looking for assistance, we're here for you.

[Learn More](#)

Life can be hard but finding assistance shouldn't be.

Pembroke Senior Services
 128 Pembroke Street
 Room 102A
 Pembroke, MA 02359



August 1, 2025
 9 a.m. - 12 p.m.

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Quando è un'informazione importante, si prega di tradurla.

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Đây là một thông báo quan trọng. Xin vui lòng dịch thông báo này.

זהו אזהרה חשובה. אנא תורגם.

2025/07/25 10:00:00 AM

2025/07/25 10:00:00 AM

2025/07/25 10:00:00 AM

Friends

IN HONOR OF

Bernie Accardi Sr
Bernie Accardi Jr
Marie Federico

CONTRIBUTIONS

Margaret Accardi,
Lynda Conti,
Connie Delano,
Mary Teevens,
Marilyn Lally,
Diane Lalond.
Sue Mrosk,
David Sansone,
Barbara Gullicksen
Jeanne Duffy

2025 FRIENDS OF THE COA OFFICERS

President: Jeanne Eskander, **Vice President:** Open Position
Treasurer: Ruth Pinkham, **Secretary:** Janet Story
Board Members
Carol Gravel, Sharon Tyler,
Patricia Henderson, Carol Lockwood
& Kelly Wigmore



BRIC-A-BRAC HOURS

Monday 10:00-1:00 and Thursday 11:00-1:00

NOTES from JEANNE

Friends membership closes this month, once September arrives, we will no longer accept dues and if you have not renewed or joined Friends, you will not receive an invitation to our Christmas Party. Once again this December, our Christmas Party will be at the Rockland Golf Club with a large selection buffet meal and entertainment provided by the Laura James Show.

Please visit our bric-a-brac cabinets in the lounge as purchases are put into our fundraising efforts to support activities for Seniors to enjoy.

In September, SINGO will be funded by Friends. Friends is working closely with Senior Services to host activities at the Center.

If you have an interest in joining the Friends board, please let me know, we can use your help and election ballots will be sent out late in October. As always, you can call or text at (781)424-7991 or email jeanne.eskander@comcast.net.



Renew your Membership for the Friends of the COA for 2025

(Dues will be accepted January 1—August 31 2025 only)

Your \$5 membership donation will help the Friends underwrite the cost of activities and resources for the COA. Please mail your check (made payable to: **Friends of the COA** (with this coupon) to:

**Friends of the COA,
P.O. Box 221, Pembroke, MA 02359**

Name: _____ Phone: _____

Address: _____

Date: _____

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CHECK ONE: ☐ New ☐ Existing member TOTAL: \$ _____



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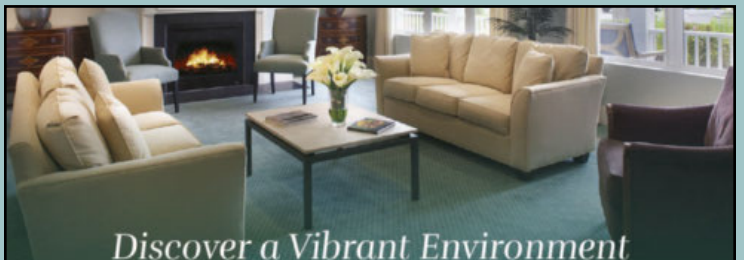
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- **Honor Your Memories:** Take time to reminisce and reflect on memories associated with each item. Share those cherished stories with loved ones.
- **Create Legacy Items:** Consider passing down cherished belongings to family and friends. Knowing your items will continue to be loved and appreciated will give you comfort and peace of mind.
- **Seek Support & Understanding:** Lean on trusted friends, family members, or support groups who understand the emotional journey of letting go.
- **Embrace The Journey:** Recognize that decluttering is not just about sorting through belongings but also about honoring the life and memories you've created.

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Monday -Friday 8:00am–9:00pm

Saturday 9:00am-3:00pm

Sunday 9:00AM-2:00PM

Upcoming Events Closed Labor Day– Monday, September 1

Pembroke Farmer's Market Senior Day, Saturday, September 6

Jumpin Juba Outdoor Concert, Monday, September 8

Sign Language, Wednesday, September 10

Line Dancing, Friday, September 12

Bingo, Monday, September 15

Outdoor Concert, "Time Machine" Monday, September 15

Hoedown Throwdown Chile Cookoff, Wednesday, September 24

Turkey Train Day Trip, Tuesday, October 21

Christmas time in Newport, Monday, December 8

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