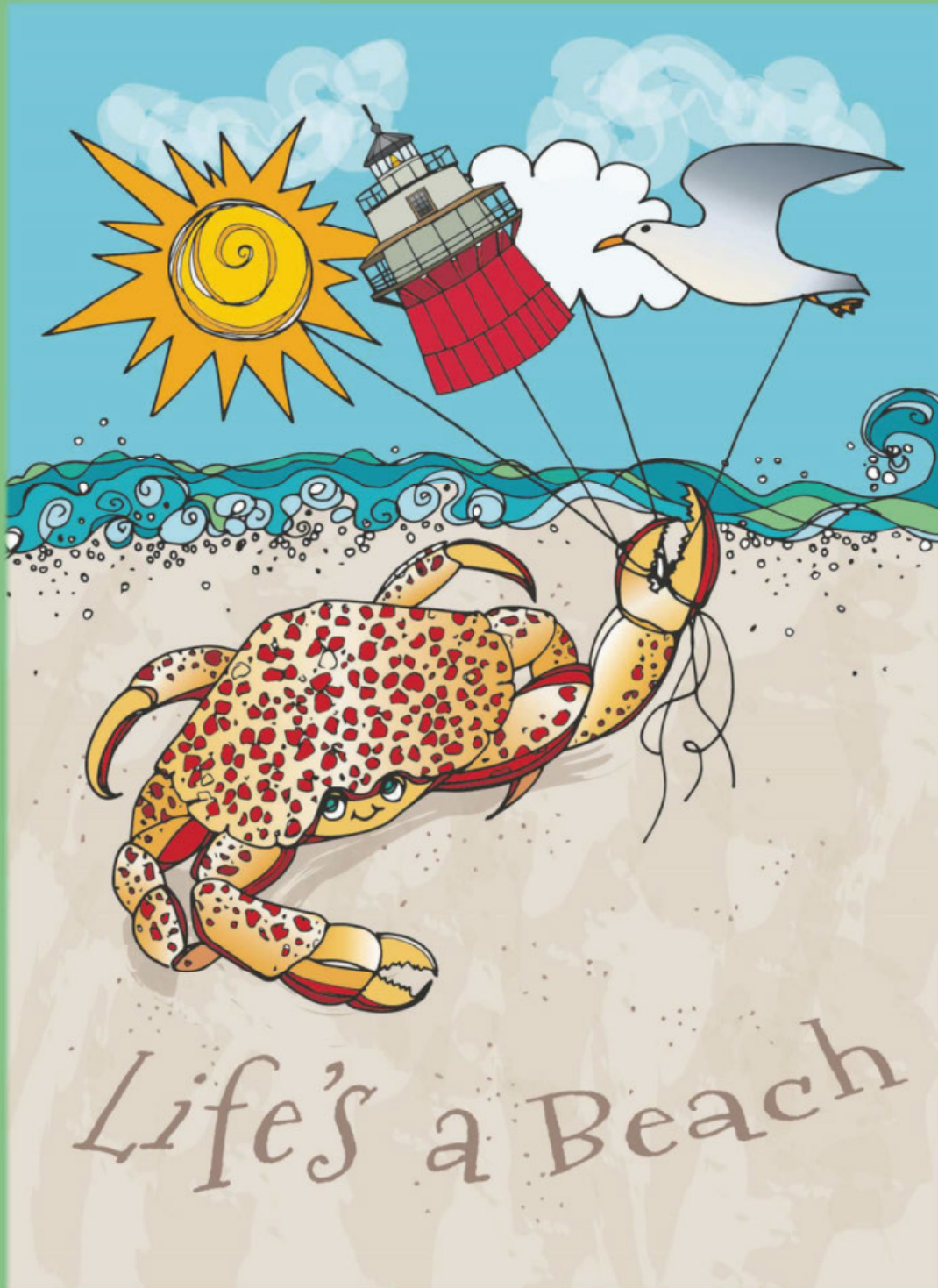




Duxbury Doings

June, 2023

Duxbury Senior Center





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- Clocks & Watches
- Dolls & Toys
- Books, Post Cards, Manuscripts
- Town Histories & Atlases
- Collectibles - Including Hummels, Doultons & Liadros Paper Weights
- Musical Instruments
- Thank You - My Interests Exceed This List!



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Duxbury Senior Center, Duxbury, MA

04-0685



HONORING OUR VOLUNTEERS

I want to thank you, our AMAZING volunteers for all you do at the Center. For your energy, kindness and love—because of you the Center is a second home for so many! It makes me smile every day when I come in the building and see you working in the kitchen, taking orders at the café, filling the bread/grocery racks, teaching classes, working in the social day program, providing transportation to appointments, serving on committees and boards. **It takes a village, and we have a really special one.**

Volunteers who logged 30 hours or more in the past year will be invited by email to attend our volunteer appreciation brunch. It will take place on Wednesday, June 21 at the Duxbury Senior Center. Please contact Chris Coakley at chriscoakley@duxbury-ma.gov or 781-934-5774 ext. 5731 with any questions

We are so grateful to each and every one of you for sharing your time and talents at the Center.

Thank you! Thank you! Thank you!

♥ Joanne & Angela and our entire Senior Center staff



In FY 2022, Our 175 volunteers gave 14,395 hours in our endeavors to stay connected with older adults at the Center and in the community. Using the Points of Light Foundation value of \$39.19 your gift of time is valued at \$564,140.

Updates About New Café Space!

We are making progress on creating a larger café (in the large side of the Ellison Room) and hope to have space fully operational by fall. So far, we have had the room painted, have installed the Powder Point Bridge wallpaper, and built a café counter. The next steps will be to update the lighting and install new draperies. As the space continues to evolve, so has the schedule for the room. We have looked at all the programs that have been scheduled in the space between now and October and are being creative to make the space work for everyone!

There will be **three** days during the next few months that the café will be closed. Coffee will be available “To-Go” from 8:30 AM-10:30 AM.

They are:

Wednesday, June 21 for the Volunteer Appreciation Celebration

Monday, September 18 for the Friends of the COA Golf Outing

Wednesday, September 20th for a large Author Event

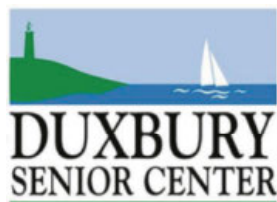
There are three days when the Café window will be provide a **limited** menu. On these days, you will have the choice of ordering a turkey, tuna or chicken salad sandwich only. There will be no hot entrée, soup or sandwich special on these days: Tuesday, June 13, Thursday, July 20, and Thursday, August 31.

And finally, there will be some days when our Café seating will be seated on the Large Side of the Ellison Room and other days when the café seating will be on the Small side of the Ellison Room. Someone will always be available to direct you to the Café!

Your flexibility is greatly appreciated as we create a larger, beautiful café space for you to enjoy!



Save the Date!
Saturday, June 17, 2023



DUXBURY SENIOR CENTER

10 Mayflower Street, Duxbury, MA 02332

PHONE: (781) 934-5774

MEET THE STAFF

DirectorJoanne Moore
 Assistant DirectorAngela Sinnott
 Manager of Volunteers...Christine Coakley
 Media Manager.....Brooke McDonough
 Finance Manager.....Elissa Wyllie

Community Services

Manager.....Alexandra Newcomb
 Volunteer SHINE Counselor...Alan Rosenberg
 Veteran's Service OfficerMike Thorp

Food Service

Food Service ManagerCathy Callahan
 HDM ManagerCathy Dame
 Food Service Coordinator.....Dina Teuten

Programs Team

Program Coordinator.....Tony Kelso
 Program Admin CoordinatorBarbara Peary
 Program CoordinatorSharon Pisani
 Program Coordinator.....Regan Roderigues
 Program Admin Coordinator....Michelle Russo

Social Day Program

ManagerCaren Harrison
 Assistant.....Lynne McWilliams
 Assistant.....Deborah Bastoni

Custodial Staff..... Jim Brooks

Transportation/Medical Bus Drivers

Transportation Coordinator.....Lauren Wallberg
 Drivers: Steve Dubuque, Jim Dexter, Bob Johnson,
 Bob Dame, Terrence O'Grady, Jack Breen, Don
 Carney.

Cover Art

The fun and fantastical cover was created by Duxbury
 Artist Marcy Jackson.

Originally an art director/graphic designer, retirement has
 allowed her to get back to her roots.
 She creates fantastical worlds with a playful, child-like twist.
 Inspiration comes from children's books, nature, bold
 graphics, tribal and abstract art.

New Class Moderate Motion

Wednesdays at 9:00 AM

with Mary Whidden



If you are looking to make everyday activities
 easier, then this class is for you!

Increase your cardiovascular endurance with low
 impact aerobic movements, strengthen your muscles
 using a variety of resistance equipment
 (weights and fitness bands), and finish with gentle
 stretching. Class can be done standing or sitting.

Reserve for the June monthly series
 online, by phone or in person!

Energy Woman Rising

EMBRACE BETTER HEALTH

Simple techniques for all ability levels
 Participatory Fun Informative

A Potpourri of Ideas

Insomnia, Pain, Stress

Thursday miniseries June 1 & 8

Duxbury Senior Center 1:00 to 2:00 p.m.

or

Tuesday miniseries June 6 & 13

Zoom Class 1:00 to 2:00 p.m.

Visit duxburyseniorcenter.org and click on Register for a Program. You will
 be prompted to register and pay online.

or

You can also register by calling 781-934-5774 ext. 5703.

Payment can be made by check payable to the Town of Duxbury and
 mailed or dropped off to 10 Mayflower Street, Duxbury 02332

Instructor: Nancy Denman, certified Energy Medicine Practitioner

Fitness Classes at DSC

To register for virtual or in person fitness classes please visit our website and click on Fitness Classes. You will also find a description of each class and confirmation of the dates class will meet each month. Registration can also be done in-person. Space is limited in

Senior Olympics Celebration
Dinner! with
The South Shore Taco Truck!

Wednesday, June 14 at
5:30 p.m.
The Duxbury Senior
Center
All Olympic participants are welcome!

Register at duxburyseniorcenter.org
Made possible by the Grafton Foundation

New Class

Beginner Pilates

Tuesdays at 8:30 AM with Kelly

An effective and low-impact workout, beginner classical mat Pilates is rhythmic, fluid and focused; connecting one movement to the next to build greater strength, flexibility and endurance.

Reserve for the June monthly series
online, by phone or in person!

In-Person Fitness Classes

POWER STRETCH with Gretchen—**Monday & Thursday, 8:00 AM**

YOGA FITNESS with CHAIR ASSIST with Kim—**Monday, 11:00 AM & 12 Noon**

STRENGTH & CONDITIONING with Gretchen—**Monday & Thursday, 2:30 PM**

BEGINNER PILATES with Kelly—**Tuesday, 8:30 AM**

THE JOY OF DANCE (JAZZ) with Ellen—**Tuesday, 10:00 AM**

MODERATE MOTION with Mary—**Wednesday, 9:00 AM**

TAI CHI and Qi GONG with Kathy—**Wednesday, 10:30 AM**

ZUMBA GOLD TONING with Debbie—**Wednesday, 3:30 PM**

GENTLE STRETCH AND FLOW YOGA with Colleen—**Fridays, 9:30 AM and 10:30 AM**

Virtual Fitness Classes

BALANCE FOR LIFE WITH CHAIR ASSIST with Sarah —**Monday & Thursday, 9:30 AM**

YOGA FITNESS with CHAIR ASSIST with Kim—**Tuesday & Thursday, 10:30 AM**



OUT AND ABOUT

Field Trip to Holly Hill Organic Farm Cohasset MA

Come see how this beautiful nearby farm promotes sustainable growing !

We will visit the farm and learn about invasive plants and how native plants are a better option



Wednesday June 7th
Leaving the Senior Center
at 9:00 am return by
12: 30 pm

\$15 per person
Limited space-
so register early !



Register at duxburyseniorcenter.org
or call
781-934-5774 x.5703



Day Trips



We're Going Places!

Take a trip
With the Duxbury
Senior Center
Block Island
Monday, July 10

Reservation minimum must be met for a trip to be offered. No refunds after trip is confirmed.

Price includes luxury transportation Admission fees, taxes and gratuities, except customary gratuity to driver



Visit our website
duxburyseniorcenter.org
for more information and
to make a reservation!
You can also call us at
781-934-5774, ext.
5703.

\$130 pp includes,
transportation, narrated
tour and lunch at the
National Hotel.

ARM CHAIR TRAVEL

with Beeyonder

Bring the world home!

PANORAMIC TOUR OF ROME

This virtual panoramic tour of the Eternal City begins at Piazza del Popolo, continuing to the Spanish Steps, Fashion District, across the Trevi Fountain. From there we will visit Capitol Hill to see the ruins of the Ancient Roman Forum, off to the Colosseum and the Circus Maximus where once upon a time chariot races took place. You will get to see the Pantheon, Piazza Navona, Castel St. Angelo and all the most important landmarks.

Join us at the Center or virtually for this tour !

Visit our website to register!
www.duxburyseniorcenter.org



Wednesday, June 7 3:00-4:00 PM

Group Travel

with the Duxbury Senior Center
Departing in 2024

Join us for a travel presentation with Collette on Wednesday, June 14 at 3:00 PM.

What we're planning:
April 2024
Santa Fe, New Mexico
August 2024
Memorials of WWII
(London, Paris, Normandy)



Please register to let us know you are coming!

Visit our website

www.duxburyseniorcenter.org

or call us at

781-934-5774, ext. 5703



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or selling in 2023?*

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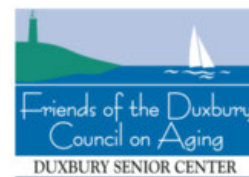



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COA GOLF CLASSIC

SAVE THE DATE:

MONDAY SEPTEMBER 18, 2023
DUXBURY YACHT CLUB

For Additional Information,
Please Call Chris Barry at 781-724-8308

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04-0685

COMMUNITY WIDE



*Come
Sing-Along
with the Sing-Along
Singers*
Tom & Sheila Monaghan

Enjoy a sing-along to your favorite oldies!

Thursday, June 15 @ 10:00 AM

Drop in! No Registration Required.

*"The only thing better than singing, is more singing."
~ Ella Fitzgerald*

HAPPY PRIDE MONTH

PRESENTATION AND ICECREAM SUNDAY PARTY



**Wednesday, June 8
at 3:00 p.m.**

History of
**John Malcolm Brinnin-
Duxbury's Magnetic Poet**

Presented by Tony Kelso

John Malcolm Brinnin and his lifelong partner Bill Read had a cottage on Powder Point in Duxbury in the 1960s through the 80s.

Like a magnet, Brinnin attracted writer friends like **Truman Capone,**
Dylan Thomas, Elizabeth Bishop,
Richard Wilbur,
and many others to Duxbury



Monday
Blood Pressure Clinic ~ Noon to 1:00 PM
Crafty Ladies ~ 10 AM-Noon
Whist—10:30 AM-Noon
Bingo ~ 1:00 to 3:00 4th Monday

Tuesday
Rug Hookers ~ 9 AM-Noon
ROOTS Genealogy ~ 1-3 PM
Cribbage ~ 1-3 PM
Cornhole ~ 2:00 PM (if room available)
Memoir Writing ~ Last Tuesday each Month, 3:00 p.m. please register

Wednesday
Mah Jongg ~ 1-4 PM
Tech Time ~ 2-4 PM by appointment

Thursday
Tech Time ~ 11 AM-Noon by appointment

Friday
Chess 10-11:30 AM,
TOPS ~ 10-11 AM

Duxbury Cultural Council
YOUR COUNCIL IS SPONSORED BY THE
MASSACHUSETTS CULTURAL COUNCIL



Fourth of July

**PARADE
FLOAT**

The Duxbury Cultural Council is seeking participants to create funky, fantastical chairs to be featured on the DCC's float on the 4th!

After the parade Chairs will be featured in an exhibit at the Duxbury Art Association.

Finished chairs must be delivered to 100 Myrtle Street in Duxbury by June 15

**For more information see Brooke or Tony, or email
DuxburyCulturalCouncil@gmail.com**

COMMUNITY SERVICES

Welcome Olivia!



This summer we are lucky to have **Olivia Merrick** interning at the Center. Olivia Merrick will be starting her senior year at Bridgewater State University this fall where she is majoring in Social Work. Olivia has lived in Kingston her whole life and has spent lots of time in Duxbury when she was growing up. Some of Olivia's favorite memories as a child were spent going to Duxbury Beach, walking her dogs at Bay Farm, or sledding down Miramar Hill. Olivia is very excited to be here with us at the Center this Summer and she is looking forward to meeting you all!

How do I dispose of needles or lancets (such as used with diabetic persons or animals)? Sharps (ex. insulin needles, lancets, etc.) are essential to the ongoing at-home care of many people and pets. Once these items are used, it is unsafe to just throw them in the trash. Sharps collection is offered at the **Duxbury Fire Station, free of charge during normal business hours**. Sharps must be delivered in a clearly marked, sealed, hard plastic container.

Do you need to dispose of medication? The Prescription Drug Drop Box is available 24 hours a day, 7 days a week and is located in the main lobby of the **Duxbury Police Station**. The Prescription Drug Drop Box does not accept liquids or needles. Please drop off needles to the Duxbury Fire Department and contact the Duxbury Health Department to dispose of liquids.



DISCOUNTED LIFETIME PARKING PASS TO STATE PARKS Massachusetts residents age 62 or older are eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most state parks. Parking pass: fee \$10 Contact the Department of Conservation and Recreation: 617-626-1250 or visit: mass.gov/how-to/get-a-senior-parking-pass



IF YOU CANNOT GET A SHARPS CONTAINER...

FDA RECOMMENDS ALWAYS USING FDA-CLEARED CONTAINERS

If you do not have a sharps container, use an empty household container with these features:



DO NOT USE containers that can break or puncture easily.




DISPOSE OF A HOUSEHOLD SHARPS CONTAINER WHEN IT IS 2/3 FULL:




DO NOT put sharps containers in TRASH or RECYCLING!

DUXBURY LITERARY CIRCLE

 THE DUXBURY LITERARY CIRCLE
THE DUXBURY SENIOR CENTER
THE DUXBURY FREE LIBRARY
BOOKED

**THE DUXBURY LITERARY CIRCLE
PRESENTS....**

Supper with the Author



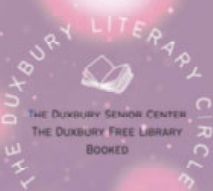
Graceland
NANCY CROCHIERE

Nancy Crochiere
Tuesday, June 6
at 5:30 p.m.
at the
Duxbury Senior
Center

Light supper, author talk,
and book signing, \$15

"Graceland is a sparkling, warm-hearted, witty debut. I so enjoyed joining these three generations of women on their action-packed road trip to Memphis!"
-Liane Moriarty #1 NTY bestselling author

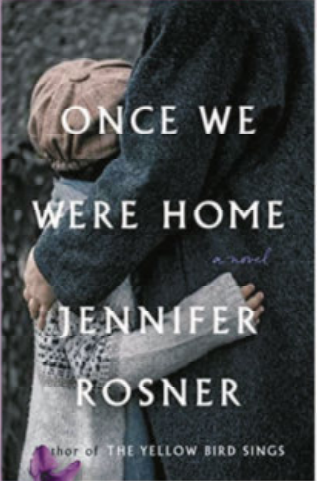
Register at Duxburyseniorcenter.org

 THE DUXBURY LITERARY CIRCLE
THE DUXBURY SENIOR CENTER
THE DUXBURY FREE LIBRARY
BOOKED

**Duxbury Literary Circle
Author Luncheon**

Jennifer Rosner

**Monday, June 12
at 1:00 p.m.**
Duxbury Senior Center



**ONCE WE
WERE HOME**
JENNIFER
ROSNER

author of *THE YELLOW BIRD SINGS*

"Once We Were Home is a tour-de-force. With delicacy and empathy, Rosner examines the aftermath of war on four displaced children. A timely read, searing and utterly unforgettable."

—KATE QUINN, NYT BESTSELLING
AUTHOR OF *THE DIAMOND EYE* AND
THE ROSE CODE

Luncheon \$15, Register at duxburyseniorcenter.org

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THE DUXBURY SENIOR CENTER
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BOOKED

**DUXBURY LITERARY CIRCLE
PRESENTS**

**Author Talk with
William Maz**

**Tuesday, June 27
at 1:00 p.m.**

CIA agent Bill Hefflin is
back in Bucharest—
immersed in a cauldron of
spies and crooked
politicians.



WILLIAM MAZ
**THE
BUCHAREST
LEGACY**
THE RISE OF THE OLIGARCHS

**Perfect for fans of John
le Carré and Brad Thor**

All are welcome.
Book signing
to follow author talk.

Register at duxburyseniorcenter.org

 THE DUXBURY LITERARY CIRCLE
THE DUXBURY SENIOR CENTER
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BOOKED

**Author Luncheon with
Susannah Marren**
Maribelle's Shadow

**Thursday,
July 20
at 1:00 p.m.**




**Maribelle's
Shadow**
SISTERS SHOULDN'T BE PLAYING
THESE GAMES
A NOVEL
SUSANNAH MARREN

Luncheon \$15

Register at
Duxburyseniorcenter.org

 DUXBURY
SENIOR CENTER

 booked.
JULY 2024

 DUXBURY
FREE LIBRARY

Mayflower Cafe	Menu	
	Monday-Thursday 8:30 AM-1:00 PM	
	Breakfast	
	8:30 AM-10:30 AM	
	Egg Sandwich with Cheese	\$2.00
	Add Bacon or Sausage	\$1.00 each
	English Muffin	\$1.00
	Lunch	
	11:30 AM-1:00 PM	
	Sandwich Plate (Pick 2: Chips, Dessert, Beverage)	\$6.00
Turkey		
Chicken Salad		
Tuna Salad		
Daily Sandwich Special		
Choices		
White Bread, Wheat Bread, American Cheese,		
Lettuce, Onion, Mayo, Mustard		
Sandwich only		\$3.00
Salad Plate (with Turkey, Chicken Salad or Tuna Salad)		\$6.00
(Pick 1: Chips, Dessert, Beverage)		
Daily Hot Entree Special		\$6.00
Soup (Seasonally)		\$2.00/\$3.00
Treats		
Chips & Snacks		\$1.00
Desserts		\$2.00
Beverages		
Coffee/Tea		\$1.00
Bottled Drinks		\$1.00
Seasonal Beverages		\$1.00

YOU



THE OWNERS MANUAL

HOW WELL DO YOU KNOW YOUR BODY?

What's Cholesterol Got to Do With It?

Barbara Peary, RN will discuss the truth about cholesterol and what our numbers mean. We will talk about ways to lower our bad cholesterol and lifestyle adjustments that can keep our levels in check.

Thursday, June 8
10 am to 11am

Register at duxburyseniorcenter.org or call 781-934-5774

Cupcake Lover's Day

Cupcake Lover's Day is celebrated on **June 13th** as a day to celebrate the cupcake! The history of cupcakes is a long and delicious one. Cupcakes originated in Europe hundreds of years ago, and were made from a simple dough mixed with spices and baked in small cups. Over time, the recipe evolved and cupcakes became a popular dessert all over the world. Today, there are endless variations of this classic treat, and everyone can find a favorite flavor or style.



Stop by the Center on **Tuesday, June 13** between 2 and 3 p.m. for a free cupcake, while supplies last!

SUPPORT OUR ADVERTISERS!

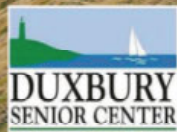
SUMMER TIME FUN!

Rise and Shine Beach Walkers

*Are you an early riser?
Meet in the public parking lot at Duxbury Beach
for a walk across the
bridge and beach with your fellow early birds.
Enjoy the fresh, morning salt air before the heat and
crowds settle in.*

**We will meet at 6:30am on Thursday mornings
throughout the month of June.**

To register please visit: duxburyseniorcenter.org



UPA Animated Film Festival

This summer join Beth Cameron-Kilbridge to uncover the history of UPA, from the Disney Strike of 1941 to the Communist Scare of 1952 at Columbia Pictures, with the use of WWII recruitment of animators included in the story. We will watch and discuss many of the films from this period including, *Hell-Bent For Election* (1944), *Ragtime Bear* (1949), *Rooty Toot Toot* (1951), *A Unicorn in the Garden* (1953), and *The Jaywalker* (1956)

*These are free programs but reservations are required for planning purposes.
Please register online or by phone for one or both programs.*

The Rise of UPA
Wednesday, July 12
1:00-2:30 PM

The Fall of UPA
Wednesday, August 16 from
1:00-2:30 PM

Among the cartoon cognoscenti, UPA is a legend formed in 1944, United Productions of America developed very quickly into the postwar progressive animation studio. It reached its zenith within a few short years of its existence and almost as quickly dissipated due to internal conflicts and external pressures. Regardless, it left a legacy which continues to heavily influence animators as it has since the early 1950s.



Outdoor Encore Concert



featuring

The Loft String Quartet

Sunday June 11th at 1:00pm



Enjoy an afternoon of beautiful string music.

Cost \$5 per person

Concert will be held inside if weather inclement



Veterans' News June, 2023



History: June 6th D-Day, Allied invasion of Europe (1944); June 14th the U.S. Army founded (1775); June 22nd the Pledge of Allegiance recognized by Congress (1942); GI Bill signed into law same day (1944); on the 25th the Korean War began (1950); Post 9/11 GI Bill signed into law on the 30th (2008).

If you attended town meeting in March, then you know that I have submitted my resignation as your Veterans' Service Officer effective June 30, 2023. This February I turned 80 years young. After acting as your VSO for the past 13 years, it is time for a change. It has been my honor to serve the Veterans of Duxbury. We are a shrinking breed. When I started this position in 2010, we had over 900 Veterans living in town. Today our number is in the low 600's, about 4% of the town population. We have lost almost all WWII Veterans, with only a dozen still living in their late 90's. Next, we have a large Veteran population from the Korean and Vietnam era, due to the draft that was in place at that time. By the end of the decade we will be in the 400's.

It is with mixed feelings that I now move to a different phase of my life. Who knows what will come. During my VSO tenure, if you had a question or issue about the benefits you had earned because of your service and sacrifice and you came to me for help, I hope I provided you with clear direction to answers and benefits you so deservedly earned.

I would like to thank the men and women of Duxbury American Legion Post 223 who selfishly helped me communicate, support and participate in various activities I conducted during my tenure. I am a proud member.

Duxbury has posted my position and conducted interviews with 4 applicants. I recommended that two town Veterans be included in the interview process. I encouraged them to consider a Veteran who served in the Middle East wars as the next VSO. This group of Veterans will be the next large group who will need services and access to benefits. **Duxbury has selected Sara Lansing as the new VSO. In 2003 Sara served in Iraq during the Gulf wars. She is a qualified VSO and ready to assume her duties on July 1st.**

I live in town and hope to see many of you in the future.

Thank you for your support over the years. As a Navy Veteran, I extend to you fair winds and following season your path of life. God bless.

Mike Thorp

See page 14 for details of a breakfast tribute to VSO Mike Thorp!

LEGAL ADVICE

Most Fridays we offer complimentary appointments with local attorneys. Please call **781-934-5774, ext. 5703** to schedule an appointment with an attorney. Appointments are approximately 15 minutes.

LIFE INSURANCE REVIEW AND LONG TERM CARE OPTIONS

Are you concerned about your coverage? Make an appointment by calling **781-934-5774, ext. 5703** to meet with Elaine Buonvicino, Independent Insurance Agent to review your existing Life Insurance Policy or Long Term Care Policy.

SHINE TELEPHONE CONSULTATIONS

Schedule a SHINE (**Serving the Health Insurance Needs of Everyone**) appointments to help answer questions or provide guidance on Medicare plans. To schedule an appointment call **781-934-5774 extension 5703**.

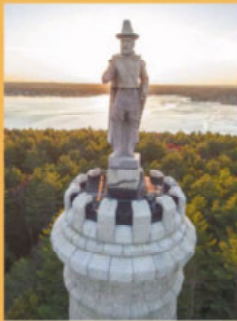
MEET WITH YOUR REPRESENTATIVES

Senator Patrick O'Connor will hold office hours monthly at the Duxbury Senior Center on the **3rd Tuesday of the month from noon to 1:00 p.m.** **Rep. Josh S. Cutler's office hours will be virtual and by appointment only.** Call the State House office at **617-722-2013** to make an appointment. You may also

Come walk some of our beautiful
Conservation lands!
Enjoy the amazing landscape
and hear the history of these
incredible parcels!

Duxbury Walks

**MYLES STANDISH MONUMENT
SATURDAY JUNE 10TH
10 AM!**



We will explore the grounds of the
monument and hear the history,
with time to climb the 125 steps
of the monument if you dare!



Register at:
duxburyseniorcenter.org
or call
781-934-5774 x. 5703

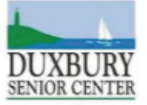


LET'S
Say Farewell to Mike Thorp
In honor of his retirement!

**Stop by
Wednesday, June 28
between 9:30-10:30 AM**

**Enjoy breakfast
refreshments and
Mike's company!
Meet Duxbury's new
Veterans' Service Officer
Sara Lansing!**

**Please RSVP to let us know
you are coming!
781-934-5774, 5703
programs@duxbury-ma.gov**



Senior Spotlight: John McKinney

***Every month Duxbury Doings will feature an interview with someone
in our community.
Getting to know our friends and neighbors with Senior Spotlight!*

Q. Bocce, Cornhole, Bowling League, Senior Olympics- How did you become involved in the Senior Center?

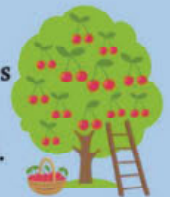
A. I came to the Duxbury Senior Center in a roundabout way. As an Air Force Veteran, I have been very involved with the Duxbury Legion. Some of my fellow veterans suggested I play Bocce at the Center. Quite a few are part of the Bowling League as well. The rest is history!

Q. June 21st is World Day of Music- you're a music lover, name some of your favorite singers and bands.

A. Elvis for starters. I have read 3 books about him, he seemed genuine and talented of course! I've seen The Doors, Neil Diamond, Linda Ronstadt, Dizzy Gillespie. Amazingly talented. Love Paul McCartney and the Beatles. Sgt. Pepper's Lonely Hearts Club Band is my favorite.

Q. You are an avid gardener, with your own orchard. Tell us about it.

**A. My love for gardening goes back to my grandparents house in Maine. My grandmother canned and my grandfather would go mushrooming with me. My garden today is a team effort between my wife and me. We have many apple trees including: Red Delicious, Yellow Delicious, Columnar Apples and more. The grandkids come and raid the goodies.
To quote Lou Gehrig, "I consider myself the luckiest man on the face of the earth." My wife is a rare find.**



Intuitive Eating



Intuitive eating is an approach to eating that focuses on listening to your body's internal cues of hunger and fullness.

Intuitive eating goes outside the eating experience to explore our relationship with food and our bodies.



Join Sheri Damon, LMHC/LPCC/NBCC, Founder & President of FLIHH, to discuss ways to reconnect with our bodies and change our negative relationship with food

**Monday, June 5
11 am to 12pm**

Register at duxburyseniorcenter.org or call 781-934-5774

Keeping it Fresh & Preventing Waste

Do you find yourself tossing out food before you get to enjoy it?

Join Stop & Shop Nutrition Partners to learn how to prevent food waste right in your own kitchen.



Learn how to store fresh food to make it last longer, along with tips for meal planning, recipes, and how to use up food scraps



**Tuesday, June 27
10am to 11am**



Register at duxburyseniorcenter.org or call 781-934-5774



with Mary Whidden

The number one health concern of people of all ages is losing cognitive function and mobility as we age. People want the freedom to live whole unencumbered lives — to move, dance, travel, etc. Doing another crossword puzzle is NOT the answer. You must move your body while engaging your brain to make positive cognitive changes.

Ageless Grace® is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. Because wellness shouldn't have to be boring or painful — in fact, it should be fun!

Join us for a free demonstration class and let us know if you think we should add this to our fitness schedule!

Friday, June 23 @ 10:00 AM

Register to attend this free demonstration, online or by phone!

The Duxbury Senior Center
Presents



Children in Art

Enjoy images of childhood from a variety of cultures and time periods. Renew your appreciation of the creative choices artists made as they approach this universal subject.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds—artists and non-artists alike.

In just one hour you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.



Enrich Your Mind...

Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

**Tuesday, June 20, 2023
10:00-11:00 a.m.**

Please register online or by phone!

Creative Thinking Through Art Observation

artforyourmind.com
Art For Your Mind, LLC • 12 Euclid Avenue • Mattapoisett, MA 02739 • 508-490-2064

LET'S ROLL



MONTHLY THURSDAY SHOPPING TRIP

HANOVER CROSSING

MARKET BASKET, SULLIVAN'S, TRADER JOE'S AND MORE!

THURSDAY, JUNE 15

ROUTE:

10:30 AM DUXBURY SENIOR CENTER
10:40 AM 59 CHESTNUT ST
10:50 AM ISLAND CREEK
11:20 AM HANOVER CROSSING
1:30 PM RETURN TO DUXBURY

ALL PURCHASES MUST FIT INSIDE
NO MORE THAN TWO
REUSABLE SHOPPING BAGS
BAGS MUST BE SUPPLIED BY EACH RIDER

SIGN UP AT THE FRONT DESK OR CALL (781) 934-5774
BY TUESDAY, JUNE 13TH



MONTHLY MONDAY SHOPPING TRIP

COLONY PLACE, PLYMOUTH

WALMART, MICHAEL'S, TJMAXX AND MORE!

MONDAY, JUNE 26

ROUTE:

10:30 AM DUXBURY SENIOR CENTER
10:35 AM 59 CHESTNUT ST
10:45 AM ISLAND CREEK
11:00 AM COLONY PLACE
1:30 PM RETURN TO DUXBURY

ALL PURCHASES MUST FIT INSIDE
NO MORE THAN TWO
REUSABLE SHOPPING BAGS
BAGS MUST BE SUPPLIED BY EACH RIDER

SIGN UP AT THE FRONT DESK OR CALL (781) 934-5774
BY THURSDAY, JUNE 22

DAILY & MEDICAL TRANSPORTATION

FREE MEDICAL AND DAY-TO-DAY TRANSPORTATION

Need help getting to your medical appointments or daily errand destinations?

Call us to book your ride!

We travel within Duxbury, Kingston, Marshfield, Pembroke and Plymouth.

CONTACT LAUREN WALLBERG
781-934-5774 EXT. 5741
LWALLBERG@DUXBURY-MA.GOV

Many thanks to the
Friends of the COA
for their continued
funding of this service!



Available to Duxbury residents, 60+.
Minimum 48-hour notice required.

NEW FOR YOU

The Magic of Butterflies in your own backyard! by Blake Dinius Plymouth County Extension Entomologist

Start
experiencing
the magic and
wonder of
butterfly
cultivation
and watching

**Thursday June 8th
1:30 pm**



Register at duxburyseniorcenter.org
or call
781-934-5774 x.5703



CREATURES ABOVE & BELOW South Shore's Natural History Thursdays @ 2:00 PM

June 15 Endangered Species

Learn which species are endangered, why this is happening and what is done locally and throughout the world to protect them from extinction.



July 20 Wolves, Coyote & Fox



These creatures are beautiful in our natural world. Learn about their habitats, diets, breeding habits and government regulations. Discover ways we can live in harmony with these magnificent creatures.

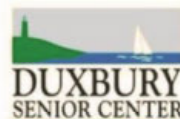
August 17 Underground Creatures

Do you ever wonder what creatures live under our lawns and gardens? Who is digging those holes and tunnels? Find out which creatures are lurking in our soil, how they live and what they eat!



Presented By **JUDY MACIOCI** *The Unusual Scientist*

Judy Maciocci is a retired science educator and currently a teacher/naturalist who presents programs on Natural History throughout the South Shore. Using a variety of hands-on activities and a display of nature items, she creates an atmosphere of fun, learning, and imagination.



Visit our website to register or
call 781-934-5774, ext. 5703



Learn Needle Felting

**Thursday, June 15
@ 10:00 AM**

Create a Felted Beach Scene

Learn how to "paint" a seasonal landscape with wool. Use a barbed needle to attach colorful tufts of wool to the felt that's stretched across an embroidery hoop.

Needle felting is relaxing and easier than it looks! You'll leave the class with the basic tools and knowledge to needle felt on your own.

**The cost for instruction
and materials is \$20**

Space is limited so please
register online or by phone.



Italian Language Classes



**South Shore language educator
Robert Congdon is back!**

**Register for this 6 week continuation and
review of Robert's winter session.**

*Tuesday 7/11, 7/18, 7/25, 8/1, 8/8, 8/15
10:00-12:00pm*

Cost is \$25

To register please visit: duxburyseniorcenter.org



It is the mission of the Friends to assist the Council on Aging in providing services, resources, and activities for seniors in the Town of Duxbury; enriching the programs of the Duxbury Council on Aging; and raising, holding, and dispensing funds for the accomplishment of the goals of the Council on Aging.

Please consider naming the Friends as a beneficiary under your will or planned giving instrument.

The beneficiary should be designated as:
Friends of the Duxbury Council on Aging, Inc.,
a 501 © (3) corporation organized under the laws of the
Commonwealth of Massachusetts
and having a principal address at
10 Mayflower St., Duxbury, MA 02332

<i>Name of Donor</i>	<i>In Memory of</i>
Betty Hills	Carola Von Kapff

Donate to the Friends!

It's more important than ever to support the **Friends of the Council on Aging** so we can make sure we serve the older adults in our community when they need it the most.

Online: Go to www.duxburyseniorcenter.org and click **Donate**.

By check: Made out to *Friends of Duxbury COA* and mailed to 10 Mayflower Street, Duxbury Ma.

We hope to see you at these fundraisers:

Duxbury COA Golf Outing, September 18, 2023

Annual Appeal, November, 2023

Duxbury Half Marathon, April 2024

For more information on these events, go to duxburyseniorcenter.org or call 781-934-5774.

Call today for a tour!



- Short Term Rehab
- Physical, Occupational, Speech Therapy
- Long Term Skilled Nursing Care

www.banecare.com



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compromise when it
comes to living well.

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Norwell, MA



THE
CORDWAINER
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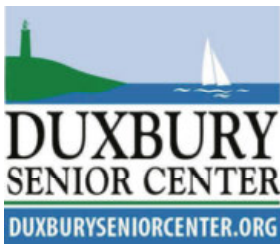
Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpcommunities.com Duxbury Senior Center, Duxbury, MA

04-0685

Duxbury Council on Aging
10 Mayflower Street
Duxbury, MA 02332

PRSRT STD
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BROCKTON, MA
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The cost of mailing this
newsletter has been
paid by the
Friends of the
Council on Aging.



COUNCIL ON AGING MISSION STATEMENT

To empower older adults to age well, engage in the community, and enrich their lives.

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Barbara Romanelli

Veterans Service Officer
Mike Thorp x 5740
mjt-soma@comcast.net

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