

COMMUNITY \* CREATIVITY  
HEALTH CENTER FOR ACTIVE  
ADULTS \* ONYX

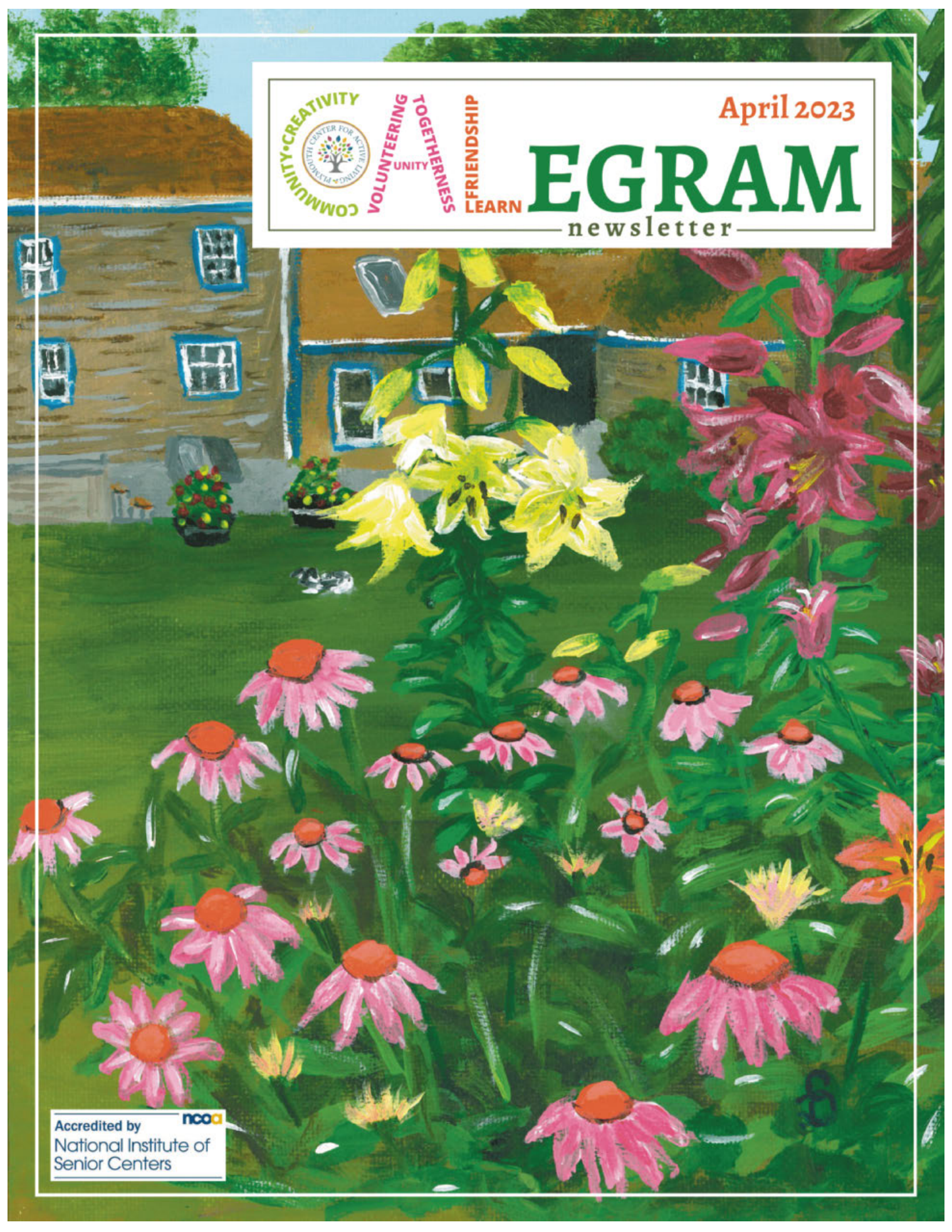
VOLUNTEERING  
UNITY  
TOGETHERNESS  
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April 2023

# EGRAM

newsletter

Accredited by   
National Institute of  
Senior Centers



## Center for Active Living Plymouth

44 Nook Road, Plymouth, MA 02360

Phone: 508-830-4230

Business Hours: Monday-Friday, 8:00am-4:00pm

### Mission Statement

To provide our community with a safe, trusted, physical and virtual environment where information and access to programs and services foster a healthy and vital lifestyle throughout the aging process.

### Constant Contact

[plymouthcalevents@gmail.com](mailto:plymouthcalevents@gmail.com)

Please be sure we have your email address so you can access Constant Contact weekly to stay updated on current events.

Volunteer Constant Contact CAL Events Editor:

**Frank O'Brien**

### Cover Art by Cindy Dilorio

#### Colorful Blooms

*To know who I am is to know I love color! That includes gardening, crafting, painting & sewing. All season long there is color in my many gardens. Since age and back surgery, gardening is difficult now so becoming a student painter this now fills my heart to reproduce my years of gardening in paintings thanks to the classes at CAL. This painting is from a photo in my backyard, the flowers here portray just a bit of the color that grows throughout the summer in my gardens. I joined CAL back in August of 2022 on the suggestion of a friend who was taking pottery classes there. I took my first pottery class on a Thursday and brought home the CAL newsletter to read through. After going through the newsletter, I also joined the Acrylic Painting class and haven't looked back since. I have learned so much attending Cindi's Acrylic Painting class & I improve every week. Anyone can sign up for Cindi's class no matter your skill, you can produce a painting with her guidance, knowledge, and techniques. As an added plus you get to meet new people and make new friendships that make classes an enjoyable experience. -Cindy Dilorio*

### Visit Us Online At:

#### Website

[www.plymouth-ma.gov/center-active-living](http://www.plymouth-ma.gov/center-active-living)

#### Facebook

[www.facebook.com/COAPlymouth](https://www.facebook.com/COAPlymouth)

#### YouTube

Search: Center for Active Living (CAL) Plymouth, MA

Look for our logo:



### My Active Center

**Registration and payment for all classes, programming, and activities is done through our online system, My Active Center!**

1. From the comfort of your home online through: [myactivecenter.com](http://myactivecenter.com) (if My Active Center does not take your payment, it means the class is full.)
2. In person at the CAL at the Registration Station.
3. Self Service Registration Station in the Computer Lab.

**Newsletter Designer: Michelle Mosesso-Antonuccio**

**The CAL will be closed Monday, April 17th**

## Table of Contents

3	Health, Fitness & Wellness
4	Health, Fitness & Wellness & Special Events
6	Mix & Mingle
	Community, Outreach & Education
7	Arts & Crafts/Support/Consultations
8	Special Events
9	Special Events
10	Program Calendar
11	Program Calendar Continued
12	Friends Update
15	CAL Cafe/Advisory Board Spotlight
16	Around The Corner
17	Community Survey
19	Consultations/Movies/Volunteer Spotlight
20	Special Events

**Have a new program idea?**

**We would love to hear it! Please email  
Beth Hadfield at [bhadfield@plymouth-ma.gov](mailto:bhadfield@plymouth-ma.gov)**

## CAL Staff and Extensions

Michelle Bratti	Director	102
Caitlyn Correa	Administrative Assistant	105
Margaret Martin	Volunteer Coordinator	103
Beth Hadfield	Activities Coordinator	104
Mary Beth Ryan	Coordinator of Support Services	107
April Thompson	Social/Outreach Worker	106
Lindsay Reik	Social/Outreach Worker	116
Paul Brzykcy	Maintenance	109
OPEN	Receptionist	100
Mary Allison	Matron	108
OPEN	Meal Site Coordinator	108
OPEN	Kitchen Supervisor	108


## CAL Advisory Board

Amy Naples	Chairperson
Kathy Castagna	Vice Chairperson
Janice Capofreddi	Secretary
Pat Achorn	Board Member
Elizabeth Cadigan	Board Member
Open	Board Member
Captain Manuel	Board Member
Monica Mullin	Board Member
Therese Mucci	Board Member

## The Friends Board

Brenda Gellar	President
Patricia Janiak	Vice President
Steve Incropera	Treasurer
Maryann Tirella	Secretary
Barbara French	Board Member
Betty Clough	Board Member
Karen Whipple	Board Member
Sandra Smith	Board Member

## MONDAYS

<b>Cardio Dance &amp; Toning</b> with Debbie Rafferty	Mondays, 9:00am	\$5 Per Class	This full-body 55 minute workout is for beginner to experienced participants. It's choreographed dance to motivating music, from the low-impact warm-up to the cool-down. Included are intermittent toning routines using light weights (1-2 lbs. & optional) which enable the participant to improve muscle strength, endurance, flexibility and balance.
<b>Cardio Combo Fun</b> with Leslie Romano	Mondays, 10:00am	\$6 Per Class	This low-impact combination class is an efficient workout for all levels. Combining intervals of strength training & aerobic movements. A total body workout for any exercise level, building muscle & cardio endurance as well as strength. (Weights are optional and are available at the CAL) <b>Minimum of 8 participants to hold class and maximum of 25.</b>
<b>Blood Pressure Clinic</b> with Marguerite	Monday, April 10th 10:30am	Free	Stop in and see Nurse Marguerite once a month for a blood pressure check-in! 2nd Monday of the month. *Will be held on 2nd Monday this month.
<b>Leslie Romano's Mindful Movement</b>	Mondays, 11:00am	\$6 Per Class	Utilizing movements from Tai Chi, Pilates, and basic barre (with NO IMPACT), improving posture/balance, flexibility/range of motion, and core strength. For beginner & advanced participants. <b>Minimum of 8 participants to hold class and maximum of 25.</b>
<b>Barre</b> with Samantha Cox	Mondays, 12:00pm	\$6 Per Class	Barre is a workout technique inspired by elements of ballet, yoga, and strengthening and creating long lean muscles. <b>Please bring a yoga mat.</b>
<b>Cyndi Sweetser's Mindfulness</b>	Mondays, 1:00pm-2:30pm	\$7 Per Class	Mindfulness is a meditation practice that improves our physical, mental, spiritual, and emotional health. This class begins with a weekly topic followed by a 20-minute meditation, and ends with a group discussion.
<b>Yoga of Awareness</b> with Carol Cooney 	Mondays, 2:45pm-4:00pm	\$6 Per Class	This gentle yoga focuses on you through mindfulness, reflection, consciousness & listening to our own bodies. Suitable for anyone and any ability, no prior yoga experience necessary. Please bring your mat, water and wear comfortable clothes.

## TUESDAYS

<b>The Magic Muscle Workout</b> with Janet Enos	Tuesdays, 9:00am-10:00am	\$7 Per Class	Strength training using gradual weight progression. This class combines balance, strength, & abdominal stability with energizing upbeat music. <b>Minimum of 8 participants to hold class.</b>
<b>At Home Hearing Healthcare</b> with Mike Schmit	Tuesday, April 11th 10:00am-12:00pm	Free	At Home Hearing Healthcare provides hearing aid screenings, cleanings, and a video ear exam in this service. It is by appointment only. Please call CAL to schedule your appointment. 2nd Tuesday of the month.
<b>Line Dancing</b> with Dotty	Tuesdays, 10:00am	\$5 Per Class	Choreographed dance routines with repeated sequences of simple steps, in which a group of people, standing in lines, perform the steps in unison to music. No partner needed. Wear proper footwear.
<b>Breathing Lessons</b> with Barbara Ward (Zoom only)	Tuesdays, 11:00am-11:30am	Free	Join Barbara, Director of The Yoga Connection in this practice that will inspire you & ease your anxiety for mental & physical health. <b>Registration required; check weekly events email for the Zoom link.</b>

## WEDNESDAYS

<b>Gentle Yoga</b> with Tina *New Name, Same Class!*	Wednesdays, 10:00am	\$5 Per Class	Move through gentle yoga poses, connecting movement with breath & mindfulness to improve flexibility & balance, strengthen the body and reduce stress on the mat.
<b>Yoga for Every Body</b> with Carol Cooney	Wednesdays, 11:15am-12:15pm	\$5 Per Class	Accessible for most and structured so it can be practiced from a chair or on the floor, this class improves flexibility, strength, and body-mind connection.
<b>Zumba ®</b> with Sharon Dwelley	Wednesdays, 1:00pm	\$5 Per Class	Zumba ® combines fast-tempo music with dance moves. It helps improve cardiovascular fitness by alternating fast and slow rhythms.

## THURSDAYS

<b>Boxing Fitness</b> with Janet Enos	Thursdays, 9:00am *No class on the 2nd Thurs of the month	\$7 Per Class	Never lose a step! This is a total body workout building strength, coordination, stamina, balance, and fluid body motion. Upbeat music, great for all ages & Arthritis Foundation approved. <b>Registration required. Minimum 8 participants.</b>
<b>Tai Chi</b>	Thursdays, 9:00am	Free	Practice Tai Chi, 'Yang' style with like-minded people. The peer-led, peer-run class will be facilitated by students experienced in the art of Tai Chi.
<b>Line Dancing</b> with Dotty	Thursdays, 10:15am	\$5 Per Class	Have fun while improving your coordination, balance, posture & rhythm. Proper footwear necessary.
<b>Chair Massage &amp; Reiki</b>	Thursdays, 10:00am-1:00pm	\$15 or \$30	Massage helps to renew, relieve & refresh your body and mind. 15 mins/\$15, 30 mins/\$30 (\$1 per minute). Must call CAL to reserve appointment time.
<b>Qi Gong</b> with Kathryn Demers	Thursdays, 3:00pm	\$5 Per Class	Qi Gong wellness methods formed early Chinese medicine & are an essential part of modern Traditional Chinese Medicine. Movement, meditation, and breathing.

Please see the center calendar on pages 10 & 11 for the schedule for all health & fitness programs.

## FRIDAYS

<b>Zumba Gold</b> <i>with Debbie Rafferty</i>	Fridays, 9:00am	\$5 Per Class	ZUMBA @GOLD is a 55 minute dance fitness program designed to take the rhythms of both Latin & International Dance. The choreographed routines include cardio, muscle conditioning, balance, & flexibility.
<b>Pedicare</b>	Friday, April 21st 9:00am-3:00pm	\$35/30- min appt	A professional takes care of cutting toenails & caring for the feet. This service is by appointment only. Call CAL to schedule at 508-830-4230. <b>3rd Friday of the month.</b>
<b>Sit &amp; Get Fit</b> <i>with Sally Gwin</i>	Fridays, 10:00am	\$5 Per Class	This workout is performed in and around a chair to motivating music, improving muscle tone and balance. Weights are optional and bring water.
<b>Sweat</b> <i>with Wendy Weiser</i>	Fridays, 11:30am-12:15pm	\$6 Per Class	SWEAT with Wendy is an "all in one" 45 minute workout. We begin with flowing cardio, transition to standing strength & balance then strengthening & a relaxing stretch. Please bring your yoga mat.

## SUNDAYS

<b>Morning Mindfulness</b> <i>with Barbara Ward</i>	Sundays, 9:00am (Zoom only)	Free	This class is appropriate for everyone, no experience necessary, join without expectations! Explore a new avenue to quell your anxiety and find the deeper place of peace. <b>Please check the weekly events email for the Zoom link.</b>
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Please see the center calendar on pages 10 & 11 for the schedule for all health & fitness programs.



### Rhythmic Relaxation

This 45-minute class combines low impact movements integrating yoga like stretches with rhythms from international dance music. You will have an opportunity to de-stress and relax at the end of the day. This class will improve both muscle tone and balance and does not require a mat. Chairs available for balance if needed.

Wear comfortable clothes and bring water.

**Registration appreciated, drop-ins welcome.**

**Tuesdays | 5:00pm | \$5 per session**

## CHECK OUT THESE UPCOMING PROGRAMS & EVENTS!

### South Shore Fun Lovers Presents...

**Marthas Vineyard Trip • Wednesday May 31st**  
**\$119.00 per person**

**Tribute to the Teen Idols of the 50s & 60s at the Log Cabin • Tuesday, June 6th**  
**\$150.00 per person**

**Essex Steam Train & Riverboat • Friday, July 14th**  
**\$140.00 per person**

For Reservations please contact Patty Santos at  
508-746-1750.



Plymouth Bay Cultural District presents

## Commonwealth of Poetry

### BE A PART OF 'COMMONWEALTH OF POETRY'

Commonwealth of Poetry is an intergenerational poetry project with Plymouth Public Schools and the Center for Active Living, led by Plymouth Poet Laureate, Stephan Delbos. A series of poetry writing workshops in March and April bringing local students together with CAL members, the project culminates with a public poetry reading, allowing participants to share their own poetry onstage.

Under the theme of "Together," this project gives participants of all ages the opportunity to engage with one another in a supportive and creative forum, while developing their ability to write and publicly present their own poetry.

Funding generously provided by:



An Intergenerational Project with Plymouth Public Schools and the Center for Active Living, led by Plymouth Poet Laureate, Stephan Delbos.



**Time: 8:45-10:45AM**

### Dates/Locations:

March 20 (Plymouth North HS)  
March 21 (Plymouth South HS)  
April 3 (Plymouth North HS)  
April 4 (Plymouth South HS)

**Free to participants**



## CALLING ALL MAKERS!



If you are a knitter and want to help create items for our display please stop by and grab a free pattern or create one of your own.  
**The display will launch on May 1st. Don't forget to drop off your creations for our Yarn Pop design. Check the schedule for display set-up times!**

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of events?  
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seeing clearly.**



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## Plymouth Housing Authority

Affordable Housing for Seniors  
One Bedroom Apartments some accessible  
All utilities included and rent is based on income

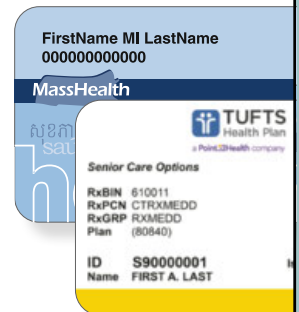
Call 508-746-2105 or apply on-line  
[public.housing.application.ocd.state.ma.us](http://public.housing.application.ocd.state.ma.us)

or [plymha.org](http://plymha.org)



# Are you 65 or older and on MassHealth Standard?

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**1-855-880-0053 (TTY: 711)\***



**[www.thpmp.org/sco](http://www.thpmp.org/sco)**



**TUFTS**  
Health Plan

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\*8 a.m.-8 p.m., 7 days a week (Mon.-Fri. from Apr. 1-Sept. 30). Tufts Health Plan Senior Care Options is an HMO-SNP with a Medicare Contract. Enrollment in Tufts Health Plan Senior Care Options depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. You are not eligible to enroll into Tufts Health Plan Senior Care Options if you are enrolled in any other health insurance plan, with the exception of Medicare. Other eligibility requirements and restrictions may apply. Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). H8330\_2023\_70\_M



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Plymouth Council on Aging, Plymouth, MA 04-0714

## MONDAYS

<b>Women's Morning Discussion</b>	Mondays, 9:30am	Free	A group for, about, and coordinated by women who want to come together and share discussions on subjects of mutual interest.
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## TUESDAYS

<b>Hot Topic Discussion Group (Zoom only)</b>	Tuesdays, 10:00am	Free	John Christiansen & Dan O'Leary host this group to exchange ideas on topics of mutual interest. Last meeting each month will be a TED Talk viewing and discussion! Please check Constant Contact's weekly email for your Zoom code.
<b>BINGO</b>	Tuesdays, 12:30pm-3:00pm	\$2	\$2 per card. The first game will begin at 12:30pm. We play a total of 12 games and finish up right around 3 pm.
<b>South and Nook Book Club &amp; Chat</b>	Tuesday, May 16th 11:00am-12:00pm	Free	This book club is held in partnership with Plymouth Public Library. Book pickup starting at the Library April 20th. <b>May Book: Cicada Summer by Maureen Leurck</b>

## WEDNESDAYS

<b>Hot Topic Intergenerational Debate Group</b>	Wednesday, April 12th & April 26th 2:15pm	Free	Yuna Yi hosts this debate with students of Plymouth North High School, discussing current topics in the news. In-Person Only. <b>*2nd &amp; 4th Wednesday of the month.</b>
<b>What's On Your Mind</b>	Wednesdays, 10:00am	Free	Please join Dave Warden for a lively discussion about what is on your mind.
<b>Computer Talks with Roy Z</b>	Wednesday, April 19th 1:00pm	Free	Each month join Roy to learn more about computers & technology. <b>This months topic: Questions related to PC computers only.</b>

## THURSDAYS

<b>Topic of the Day with Kathy LaNatra</b>	Thursday, April 20th 10:30am	Free	Stop by, listen to their updates from the State House and bring your questions and concerns. <b>This months visitor will be Kathy LaNatra.</b>
<b>Ask Bob</b>	Thursdays, 11:30am	Free	Bring your questions about computers, phone & technology. <b>*No program April 6th</b>
<b>CAL's Select Board Liaison Harry Helm</b>	Thursday, April 27th 1:00pm	Free	Join Select Board Liaison Harry Helm to discuss different topics and answer questions. <b>Topic: Explaining Town Meeting form of Government with guest speakers.</b>

## FRIDAYS

<b>Men's Morning Discussion</b>	Fridays, 9:00am	Free	This thought-provoking discussion of world & personal issues for men.
<b>Friday Food Shopping</b>	Fridays, 12:00pm	Free	We get some amazing donations from South Shore Community Action Council (SSCAC). Stop by to socialize, chat about recipes and catch up with friends.
<b>Pet Snack Shack</b>	Friday, April 7th & 21st 12:00pm	Free	Stop by for free pet snacks and learn about Plymouth Helping Hands for Animals mission & local outreach efforts. <b>1st &amp; 3rd Friday of the month.</b>
<b>Shutterbug Digital Photography Club</b>	Friday, April 14th & 28th 9:00am-11:00am	Free	Members share and critique photos, go on field trips, get education and technique tips. <b>2nd &amp; 4th Friday of the month.</b>
<b>Delicious &amp; Nutritious on Zoom</b>	Friday, April 21st 10:00am	Free	Join Chef Jerry Levine & Dietician Marcia Richards. <b>*3rd Friday of the month. This months topic: Shellfish Nutrition and Recipe: Shrimp Cocktail</b>

## COMMUNITY OUTREACH &amp; EDUCATION

<b>Can We Resolve Global Warming</b>	Tuesday, April 11th 5:00pm	\$2	Join Harry Shamir, B.S.M.E., M.S.E.M to learn about Global Warming and the technology options for improvement. <b>See page 8 for more info.</b>
<b>Plymouth During the Gilded Age</b>	Tuesday, April 18th 5:30pm	Free	Join Bill Fornaciari, Architect for a presentation and a look at Plymouth's past wealth, grand estates, and Mansions during the Gilded Age. <b>See page 8 for more info.</b>
<b>Open Mic Night</b>	Tuesday, April 25th 5:00pm	Free	Are you a solo musician, comedian, poet or recite spoken word? Sign up with Beth at 508-830-4230 or bhadfield@plymouth-ma.gov. <b>See page 9 for more info.</b>
<b>Normal Aging vs. Memory Loss</b>	Thursday, April 6th 1:00pm	Free	We all forget things, especially as we age. But does it mean we have dementia? Learn what is considered normal aging & when to be concerned. <b>See page 8 for more info.</b>
<b>Knock on Wood Acoustic Folk Rock Duo</b>	Thursday, April 13th 1:00pm	Free	Join Knock on Wood, a high-energy acoustic folk-rock duo for an afternoon of musical entertainment. <b>See page 8 for more info.</b>
<b>Literary Chowder</b>	Thursday, April 20th 1:30pm	Free	Join Kathleen Tarby, author of The Diary of Lucy Resolute. She will share. how she developed her ideas & her writing process. <b>See page 9 for more info.</b>
<b>David Sheiks Comedian Storyteller</b>	Thursday, April 27th 1:00pm	Free	Laughter is the best medicine! Join David as he shares the funny side of everyday life. <b>See page 9 for more info.</b>
<b>Breakfast with PPD</b>	Friday, April 7th 9:00am	\$4	Stop by for conversation and breakfast with the Plymouth Police Department. Bring your questions for the pass the mic segment.
<b>National Healthcare Decisions Day (NHDD) "The Book" Workshop</b>	Friday, April 14th 1:00pm	Free	Join Karen Keane and Cheryl Botieri for a workshop to understand the importance of advanced care planning. They will provide their personal experiences and share helpful resources for you and your family. <b>See page 8 for more info.</b>
<b>An Afternoon with Elvis</b>	Friday, April 21st 1:30pm	Free	If you love Elvis's music you will thoroughly enjoy Keith Edwards as he sings all our favorite Elvis songs. <b>See page 9 for more info.</b>
<b>Plant Medicine: Balance the System</b>	Friday, April 28th 1:00pm	Free	Join us for a monthly series provided by Nurses With A Mission. <b>This months topic: What role can cannabis play as we age? See page 9 for more info.</b>

<b>Drawing</b> w/ Cindi Walsh-Hamlin	Mondays, 9:30am-12:00pm April 3rd - May 22nd	\$60/ 6 week session	Newest 6 week session will run from 4/2-5/22. All levels welcome. We will be exploring landscape drawing with tricks and tips. We will achieve this with line, shape, shadows, texture & composition. See Drawing Flyer for more info & supply list. Max 15 participants. Paid in full & no refunds. <b>*No class on 4/17 &amp; 5/8.</b>
<b>Knitting</b>	Mon, 10:00-11:30am Weds, 12:30-4:00pm	Free	Bring your craft in progress, work on some thing new, and share great conversation with friends.
<b>Intermediate Pottery</b> with Sue Lynch	Tuesdays, 9:00am-11:30am	\$10 Per Class	Hand-building pottery projects done independently with guidance from the instructor.
<b>Watercolor Painting</b>	Wednesdays, 9:30am-1:30pm	\$10 Per Class	Learn technique, color mixing, light, composition, brush work & design. All levels welcome. See weekly events email for supply list.
<b>Beginner Pottery</b> with Sue Lynch	Thursdays, 9:00am-11:30am	\$10 Per Class	This beginner class will teach basics with the hand building method and simple projects.
<b>Acrylic Painting</b> w/ Cindi Walsh-Hamlin	Fridays, 9:30am-1:30pm	\$10 Per Class	Learn color mixing, light, composition, brush work, and design. New participants welcome. Please call the CAL for the supply list needed for the class.
<b>Swedish Weaving</b> with Eileen	Fridays, 10:00am	Cost of Supplies	Using yarn you can create borders for Huck towels, throws, baby blankets, pillows and more.

## SUPPORT

<b>General Grief Support Group</b>	Mondays, 1:00pm-2:30pm	Free	Newest session will run from April 3rd - May 8th. Facilitated by Old Colony Hospice & Palliative Care. Call Maria Campbell-Chaplain to register, 781-341-4145.
<b>Support After Loss, A Path Towards Healing</b>	Tuesday, April 4th 1:30pm-2:30pm	Free	Facilitated by Vicki Oman, Beacon Hospice Chaplain. Monthly grief support group for adults open to anyone who has lost a spouse, life partner, parent, sibling, family member or close friend. <b>1st Tuesday of the month.</b>
<b>You &amp; Eye: Low Vision Support Group</b>	Tuesday, April 11th 10:00am-11:30am	Free	An exchange of resources, guest speakers & support. This months speaker: Anna Dunbar from TIC: The Radio Reading Network. <b>2nd Tuesday of the month.</b>
<b>Family Caregiver Community Circle</b>	Tuesday, April 11th 5:30pm	Free	Cheryl Botieri MS will explore topics to help us navigate this challenging responsibility by sharing resources. <b>2nd Tuesday of the month.</b>
<b>Alzheimer's Caregivers Support</b>	Wednesday, April 19th 2:00pm-3:00pm	Free	Jillian Spinale, from Stafford Hill will be leading this group to help caregivers, family, and others dealing with Alzheimer's and dementia related illnesses. <b>3rd Wednesday of the month.</b>
<b>A Mothers Tea</b>	Wednesday, April 26th, 2:00pm	Free	A Peer Support Group for Mother's who have lost children. <b>4th Wednesday of the month.</b>
<b>Grandparent Raising Grandchildren</b>	Thursdays 10:00am	Free	Support for grandparents for the life-altering situation of raising a grandchild.
<b>Parkinson's Support Group</b>	Thursday, April 20th 1:30pm	Free	If you or a family member has Parkinson's this group can offer you education, interaction, movement, and fun.. <b>3rd Thursday of the month.</b>

## Learn About Home Care with House of Care

Join Sandra Almaguer, Care Coordinator of House of Care, a non-medical home care agency. Sandra will discuss their mission, services and specialty programs offered. Light refreshments will be served. **Registration appreciated, drop-ins welcome.**

**Tuesday, April 4th | 5:00pm | Free**

**Family Caregiver Circle with Cheryl Botieri**

**This Month's Topic: "Does my loved one or I really need advance directives...**

**and what exactly are they?!"** Community Presenter: Plymouth Lawyer, Kristin Muratore. Kristin has been helping families navigate the complexities of Elder Law, Medicaid & Estate Planning in Massachusetts for more than a decade. The Advance Care Planning process can be overwhelming, but Kristin can explain every process and guide you and your loved ones every step of the way.

**Registration appreciated, drop-ins welcome.**

**Tuesday, April 11th | 5:30pm | Free**

**Parkinson's Support Group**

**This Months Topic: Estate Planning for Parkinson's Disease; Creating Your Documents with PD in mind & Handwriting Issues.**

Martin M. Shenkman, Attorney at Law, CPA, M.B.A., PFS, J.D., is an estate planner. Published author, written books for the Michael J. Fox Foundation for Parkinson's Research, the National Multiple Sclerosis Society, and the COPD Foundation.

**Anyone is welcome to drop-in and join, no registration required.**

**Thursday, April 20th | 1:30pm | Free**



### Normal Aging vs. Memory Loss with *Bridges by Epoch*

We all forget things- especially as we age. But does it mean we have dementia? Learn what is considered normal aging and when there might be a cause for concern. Light refreshments will be served.

**Registration appreciated, drop-ins welcome.**

**Thursday, April 6th | 1:00pm | Free**



### Can We Resolve Global Warming with *Harry Shamir*

Join us for a discussion on global warming with Harry Shamir, B.S.M.E., M.S.E.M. This talk will present two technologies for transforming dry deserts into lush savannahs: hi-tech and expensive and low tech, long term, and low cost. Both aim to reduce carbon dioxide and grow more food. Material fees \$2 paid to instructor.

**Registration required.**

**Tuesday, April 11th | 5:00pm | \$2**



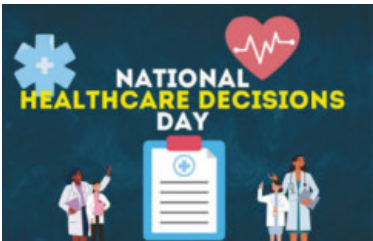
### Knock on Wood Acoustic Folk Rock Duo

Knock on Wood is a high-energy acoustic folk-rock duo, featuring singer-songwriter Howie Newman. Combining acoustic guitar with fiddle, mandolin and pleasing vocal harmonies, the duo performs old rock classics from performers like Elvis Presley, the Beatles, the Drifters and Johnny Cash.

**Sponsored by the Plymouth Cultural Council Grant**

**Registration appreciated, drop-ins welcome.**

**Thursday, April 13th | 1:00pm | Free**



### National Healthcare Decisions Day (NHDD)

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

"The Book" Workshop: A gift for your loved ones to help you care for them and yourself. When Karen Keane's mom became ill, she began a notebook and started sharing important documents, medical information, family history, letters, and notes which helped Karen and her family have important conversations about her care, what mattered most to her, and ultimately to honor her when she passed. It is now a treasured part of her mom's legacy. In this workshop, Karen will share this book and her story of "The Book," and Cheryl Botieri, MS Family Education will join Karen to provide other resources to help you begin your own "book."

**Registration appreciated, drop-ins welcome.**

**Friday, April 14th | 2:00pm - 3:30pm | Free**



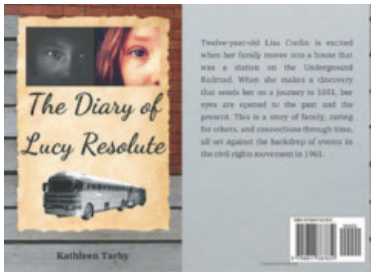
### Plymouth During the Gilded Age with *Bill Fornaciari*

Join Bill Fornaciari, Architect for a presentation of "Plymouth during the Gilded Age". A look at Plymouth's wealth, grand estates and Mansions during the Gilded age and the occupants who owned them. Some photos in this presentation are property of the Pilgrim Hall Museum and are being shared with their permission.

**Registration appreciated, drop-ins welcome.**

**Tuesday, April 18th | 5:30pm | Free**





## Literary Chowder with Kathleen Tarby

Join Kathleen Tarby, author of *The Diary of Lucy Resolute*. Kathleen is the daughter of Mary Mullaney, one of our patrons. Join author and fourth grade teacher Kathleen Tarby as she talks about *The Diary of Lucy Resolute*, her historical fiction book for readers ages nine and up. Kathleen will share how she developed her ideas, her writing process, and other anecdotes unique to her journey.

**Registration appreciated, drop-ins welcome.**

**Thursday, April 20th | 1:30pm | Free**



## An Afternoon of Elvis

If you love Elvis' music you will thoroughly enjoy Keith Edwards as he sings all our favorite Elvis songs.

**Sponsored by the Friends.**

**Registration appreciated, drop-ins welcome.**

**Friday, April 21st | 1:30pm | Free**



## Right Whale Day

Monday April 24th is Right Whale Day! The Whale and Dolphin Conservation will be bringing Delilah the life-size blow-up whale to CAL to educate us about Right Whales. We will learn how they got their name, what they eat, where they live, how we can help protect them and so much more.

**Registration appreciated, drop-ins welcome.**

**Monday, April 24th | 12:30pm-2:00pm | Free**



## Open Mic Night

Are you a solo musician, comedian, poet or recite spoken word? Sign up for CAL's Open Mic Night and perform before a live audience. Join us the last Tuesday of the month for your opportunity in the spotlight. Sign up by contacting Beth at 508-830-4230 or [bhadfield@plymouth-ma.gov](mailto:bhadfield@plymouth-ma.gov).

**Registration appreciated, drop-ins welcome.**

**Tuesday, April 25th | 5:00pm | Free**



## David Sheiks Comedian Storyteller

You've probably heard the old saying "Laughter is the best medicine." But it's more than just an old wives' tale — laughing can really benefit your health. Just a few minutes of laughter a day can improve your health in more ways than you might realize. Join David as he shares the funny side of everyday life.

**Registration appreciated, drop-ins welcome.**

**Thursday, April 27th | 1:00pm | Free**



## Plant Medicine: Balance the System

Plant Medicine, Part 3. This month's topic: What role can cannabis play as we age? Provided by NURSES WITH A MISSION; we are nurses mentoring fellow nurses and communities on the major regulatory system in the body and its significant role in self-care. We believe in a holistic, preventative approach to wellness. We provide a community of support and educational tools for growth and healing.'

**Registration appreciated, drop-ins welcome.**

**Friday, April 28th | 1:00pm | Free**

# APRIL 2023 PROGRAM CALENDAR

## MONDAY

**3**  
**9:00am** - Cardio Dance & Toning  
**9:30am** - Women's Morning Discussion  
**9:30am** - Drawing  
**10:00am** - Knitting  
**10:00am** - Cardio Combo Fun  
**11:00am** - Leslie Romano's Mindful Movement  
**12:00pm** - Barre  
**12:30pm** - Cribbage  
**1:00pm** - Cyndi Sweetser's Mindfulness  
**1:00pm** - General Grief Support  
**2:45pm** - Yoga of Awareness

## TUESDAY

**4**  
**9:00am** - Intermediate Pottery  
**9:00am** - The Magic Muscle Workout (Zoom)  
**10:00am** - Hot Topic Discussion  
**10:00am** - Line Dancing  
**11:00am** - Breathing Lessons  
**12:30pm** - American Mahjong  
**12:30pm** - Bingo  
**1:00pm** - Whist  
**1:30pm** - Support After Loss  
**5:00pm** - Rhythmic Relaxation  
**5:00pm** - Home Care with House of Care

## WEDNESDAY

**5**  
**9:30am** - Watercolor Painting  
**10:00am** - Gentle Yoga  
**10:00am** - What's on Your Mind  
**11:15am** - Yoga for Every Body  
**12:30pm** - Cribbage  
**12:30pm** - Knitting  
**1:00pm** - Zumba  
**2:00pm** - Chorus

## THURSDAY

**6**  
**9:00am** - Beginner Pottery  
**9:00am** - Boxing Fitness  
**9:00am** - Tai Chi  
**10:00am** - Grandparents Support  
**10:00am** - Chair Massage & Reiki  
**10:15am** - Line Dancing  
**12:30pm** - Chinese Mahjong  
**12:30pm** - Bridge  
**1:00pm** - Normal Aging vs. Memory Loss  
**2:00pm** - Sandy Childs, Financial Advisor/Retirement Specialist, by appt.  
**3:00pm** - Qi Gong

## FRIDAY

**7**  
**9:00am** - Breakfast with the PPD  
**9:00am** - Men's Morning Discussion  
**9:00am** - Zumba Gold  
**9:30am** - Acrylic Painting  
**10:00am** - Swedish Weaving  
**10:00am** - Sit & Get Fit  
**10:30am** - Pet Snack Shack  
**11:30am** - Sweat  
**12:00pm** - Food Shopping  
**12:30pm** - Canasta Hand & Foot  
**1:00pm** - Movie: *Elvis*  
**1:30pm** - CAL Tour

**10**

**9:00am** - Cardio Dance & Toning  
**9:30am** - Women's Morning Discussion  
**9:30am** - Drawing  
**10:00am** - Knitting  
**10:00am** - Cardio Combo Fun  
**10:30am** - Blood Pressure Clinic  
**11:00am** - Leslie Romano's Mindful Movement  
**12:00pm** - Barre  
**12:30pm** - Cribbage  
**12:30pm** - Friends Meeting  
**1:00pm** - Cyndi Sweetser's Mindfulness  
**1:00pm** - Movie: *Tar*  
**1:00pm** - General Grief Support  
**2:45pm** - Yoga of Awareness

**13**

**9:00am** - Beginner Pottery  
**9:00am** - Tai Chi  
**10:00am** - Grandparents Support  
**10:00am** - Chair Massage & Reiki  
**10:15am** - Line Dancing  
**11:30am** - Ask Bob  
**12:30pm** - Chinese Mahjong  
**12:30pm** - Bridge  
**1:00pm** - Knock on Wood Acoustic Folk Rock Duo  
**2:00pm** - Kristin Muratore, *Legal Advisor*, by appt.  
**3:00pm** - Qi Gong

**14**

**9:00am** - Men's Morning Discussion  
**9:00am** - Zumba Gold  
**9:00am** - Shutterbug Photography Digital Club  
**9:30am** - Acrylic Painting  
**10:00am** - Elaine Buonvicino *Health & Life Insurance*, by appt.  
**10:00am** - Swedish Weaving  
**10:00am** - Sit & Get Fit  
**11:30am** - Sweat  
**12:00pm** - Food Shopping  
**12:30pm** - Canasta Hand & Foot  
**1:30pm** - CAL Tour  
**2:00pm** - National Healthcare Decisions Day - "The Book" Workshop

**17**

**CLOSED FOR PATRIOTS DAY**

**18**

**9:00am** - Intermediate Pottery  
**9:00am** - The Magic Muscle Workout (Zoom)  
**10:00am** - Hot Topic Discussion  
**10:00am** - Line Dancing  
**11:00am** - Breathing Lessons  
**12:30pm** - American Mahjong  
**12:30pm** - Bingo  
**1:00pm** - Whist  
**5:00pm** - Rhythmic Relaxation  
**5:30pm** - Plymouth During the Gilded Age

**20**

**9:00am** - Beginner Pottery  
**9:00am** - Boxing Fitness  
**9:00am** - Tai Chi  
**10:00am** - Grandparents Support  
**10:00am** - Chair Massage & Reiki  
**10:15am** - Line Dancing  
**10:30pm** - Topic of the Day with Kathy LalNatra  
**11:30am** - Ask Bob  
**12:30pm** - Chinese Mahjong  
**12:30pm** - Bridge  
**1:30pm** - Parkinsons Support  
**1:30pm** - Literary Chowder  
**2:00pm** - David Kiley, *Legal Advisor*, by appt.  
**3:00pm** - Qi Gong

**21**

**9:00am** - Men's Morning Discussion  
**9:00am** - Pedicure  
**9:00am** - Zumba Gold  
**9:30am** - Acrylic Painting  
**10:00am** - Sit & Get Fit  
**10:30am** - Pet Snack Shack  
**10:00am** - Swedish Weaving  
**10:00am** - Delicious & Nutritious (Zoom)  
**12:00pm** - Food Shopping  
**12:30pm** - Canasta Hand & Foot  
**1:30pm** - An Afternoon with Elvis  
**1:30pm** - CAL Tour

# APRIL 2023 PROGRAM CALENDAR

## MONDAY

**24**  
**9:00am** - Cardio Dance & Toning  
**9:30am** - Women's Morning Discussion  
**9:30am** - Drawing  
**10:00am** - Knitting  
**10:00am** - Cardio Combo Fun  
**11:00am** - Leslie Romano's Mindful Movement  
**12:00pm** - Barre  
**12:30pm** - Cribbage  
**12:30pm** - Right Whale Day  
**1:00pm** - Cyndi Sweetser's Mindfulness  
**1:00pm** - General Grief Support  
**2:45pm** - Yoga of Awareness



**Morning Mindfulness**  
**with Barbara Ward**

**Sundays at 9:00**  
**Zoom Only**

**Please see weekly Constant**  
**Contact for Zoom code & link.**

## TUESDAY

**25**  
**9:00am** - Intermediate Pottery  
**9:00am** - The Magic Muscle Workout  
**9:00am** - SHP Financial Advisor, by appt.  
**10:00am** - Hot Topic Discussion (Zoom)  
**11:00am** - Line Dancing  
**11:00am** - Breathing Lessons  
**12:30pm** - American Mahjong  
**12:30pm** - Bingo  
**1:00pm** - Whist  
**5:00pm** - Rhythmic Relaxation  
**5:00pm** - Open Mic Night



**Delicious & Nutritious**  
**on Zoom**

**Friday, April 21st | 1:30pm**

**Topic: Shellfish Nutrition**  
**Recipe: Shrimp Cocktail**

## WEDNESDAY

**26**  
**9:30am** - Watercolor Painting  
**10:00am** - Gentle Yoga  
**10:00am** - What's on Your Mind  
**11:15am** - Yoga for Every Body  
**12:30pm** - Cribbage  
**12:30pm** - Knitting  
**1:00pm** - Zumba  
**2:00pm** - A Mother's Tea  
**2:00pm** - Chorus  
**2:15pm** - Hot Topic Intergenerational Debate Group



**Drawing**  
**with Cindi Walsh-Hamlin**

**Mondays | 9:30am-12:00pm**

**April 3rd - May 22nd**

**6 week session / \$60.00**  
**See page 7 for more info**

## THURSDAY

**27**  
**9:00am** - Beginner Pottery  
**9:00am** - Boxing Fitness  
**9:00am** - Tai Chi  
**10:00am** - Grandparents Support  
**10:00am** - Chair Massage & Reiki  
**10:15am** - Line Dancing  
**11:30am** - Ask Bob  
**12:30pm** - Chinese Mahjong  
**12:30pm** - Bridge  
**1:00pm** - CAL's Select Board  
 Harry Helm  
**1:00pm** - David Sheiks Comedian  
 Storyteller  
**3:00pm** - Qi Gong



**Breakfast with the PPD**  
**Stop by for breakfast & conversation.**

**Registration appreciated,**  
**drop-ins welcome.**

**Friday, April 7th | 9:00am | \$4**

## FRIDAY

**28**  
**9:00am** - Men's Morning Discussion  
**9:00am** - Zumba Gold  
**9:00am** - Shutterbug Photography Digital Club  
**9:30am** - Acrylic Painting  
**10:00am** - Swedish Weaving  
**10:00am** - Sit & Get Fit  
**11:30am** - Sweat  
**12:00pm** - Food Shopping  
**12:30pm** - Canasta Hand & Food  
**1:00pm** - Plant Medicine: Balance the System  
**1:30pm** - CAL Tour

## Weekly Games

**Monday • Cribbage**  
**12:30pm-3:30pm**

**Tuesday**

**American Mahjong • 12:30pm**  
**Whist • 1:00pm-3:30pm**

**Wednesday • Cribbage**  
**12:30pm-3:30pm**

**Thursday • Bridge &**

**Chinese Mahjong**  
**12:30pm-3:30pm**

**Friday • Canasta**  
**12:30pm-4:00pm**



## People to People Sharing Board

**Located in lobby next to elevator**

CAL has created a "People to People Sharing Board," a way for patrons to share and connect directly with each other! Do you have tickets to a show but can no longer go and would like to give them to another senior? Are you looking for a walking or tennis partner? Do you have an item that you no longer need but another patron might? Do you need or offer a service another senior may benefit from? These are just some examples of what this board is all about! This board is located in our main lobby, and there will be supplies provided for you to write on and pin on the share board!

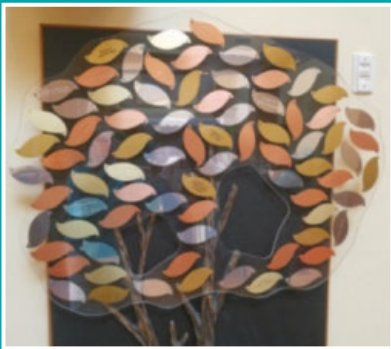


# SUPPORT OUR ADVERTISERS!



### Tree of Life

Located in the lobby of the CAL, our memory tree has inscribed leaves for special intentions, departed friends & relatives and thanks to certain individuals. You can purchase a leaf through the Friends and we will have it engraved and mounted. See our pamphlet, stop by Timeless Treasures or email the Friends for more information.



### Timeless Treasures

Always on the hunt for home décor, holiday decorations, handmade crafts, etc. When you're not sure if we can use your unwanted items, stop by and talk with the staff at Timeless Treasures gift shop in the lobby at the CAL from 10:00am - 2:00pm Monday to Friday, or call the Senior Center and leave a message for the Friends.

*"Our spring has come at last with the soft laughter of April suns and shadow of April showers."*

—Byron Caldwell Smith

# April

The Friends are looking for a new Secretary. Maryann will be happy to work with you for as long as you need to be comfortable. Please call Maryann, the current Secretary at 508-317-5083 or email the Friends. It's a wonderful organization with great members.

**The Friends of the Plymouth COA would like to wish you all a very Happy Spring!**

**Next Meeting of the Friends:**  
April 10th at 12:30pm

*Hope to see you there!*

*"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."*

—Jim Carrey

### **Get in Touch with the Board**

**Email:**

friendsoftheplymouthcoa@gmail.com

**Website:**

Coming Soon!

**Phone:**

508-830-4230

*Please leave a message at the front desk for the Friends.*

### **Mission Statement:**

To help provide services and programs for older adults that promote independence and well-being through health, wellness, educational, cultural, and recreational programs. The friends of the Plymouth Council on Aging is a non-profit support group that obtains funds through donations, sponsorship, membership and fundraising.

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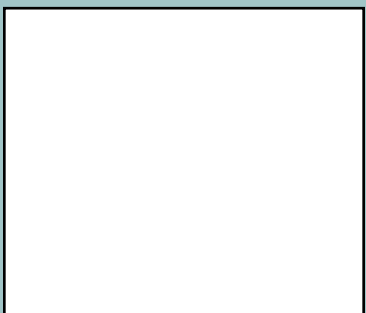



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**OPEN DAILY:**  
**Tuesday-Friday 9:30am-12:30pm**  
 Check out the CAL Facebook page for the weekly menu!  
[www.facebook.com/COAPlymouth](http://www.facebook.com/COAPlymouth)

Fresh, Hot Breakfast of the Day - \$4.00		Assorted Juices - \$1.00	
Assorted Baked Goods - \$2.00		Soup and ½ Sandwich of the Day - \$5.00	
Assorted Fresh Fruit - \$2.00		Lunch Special of the Day - \$6.00 (+/-)	
Yogurt - \$1.00		Hot Chocolate - \$1.00	

**ADVISORY BOARD SPOTLIGHT**

**Monica Mullin**



I have been lucky enough to serve on the CAL/COA Advisory Board since 2015. At that time, I was District Director for State Senator Vinny DeMacedo and had previously served in that role for Senate President Therese Murray since 2003. At that time, Connie DiLego was Director of the CAL and had asked me to become involved. Because my mother was ill at the time and I was a caregiver, I was not able to devote the time until 2015. My experiences at work and at home opened my eyes to the needs of the senior community and their families. While I worked with many local organizations dealing with municipal government, environmental, public safety, and prevention programs, I always had been aware of the needs of seniors and of their particular concerns. I was a fan of CAL and of the many specific ways they supported our community and families. While serving on the Community Committee, I was able to help organize many Health Fairs at the CAL and also help provide Emergency Bags for sheltering in place or for homebound seniors. We have also been working to develop a network to support caregivers and elders who need support. We are so lucky to have many organizations who work together with CAL to make services available to our community and to give families the information, assistance and respite care they need and deserve. I have been honored to be part of this essential network in Plymouth. I also serve on the Patient Family Advisory Committee for BID Plymouth and the Plymouth 400 Legacy Committee. I enjoy spending time in downtown Plymouth, our parks and at our beautiful beaches, where I can enjoy walking, reading and relaxing.

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# Around The Corner

with Michelle Bratti



***Dear Seniors, IT'S HERE, IT'S HERE!!  
THE TIME FOR YOUR VOICES TO BE HEARD!!***

As many of you know, Plymouth Select Board member Harry Helm and myself sat down over a year and a half ago to discuss the future of the senior population in our beautiful town, and brainstorm ways in which we could effectively create a sustainable blueprint to creating a foundation of excellence for seniors living in and visiting Plymouth. From this conversation, the first ever Select Board appointed Senior Task Force was created, with yours truly as the Chair. Fast forward to today, and we have an INCREDIBLY talented 17-member committee whose sole purpose is to transform Plymouth as the leader of excellence for a strong and vibrant senior community. After all, 40% of this town is aged 55 plus! The first action step towards this goal is to have Plymouth designated as an Age and Dementia Friendly community, as endorsed by the World Health Organization and the State of Massachusetts. This designation is not a rubber-stamped piece of paper! On the contrary, it is a process that takes 1-2 years to complete, and has comprehensive requirements that must be met to be awarded this status. The Plymouth Senior Task Force not only accepted this challenge, but we have also embraced it with vigor and enthusiasm!

The Senior Task Force, CAL, and The Town of Plymouth have partnered with the Gerontology Institute at the University of Massachusetts Boston to conduct a needs assessment of the experiences, interests, and long term needs of residents aged 55 and over. The study will inform and guide town-wide planning efforts toward becoming an Age & Dementia Friendly designated community. This designation reflects continued dedication to building programs and policies that support Plymouth's growing population of older adults. After all, how will we know what our seniors want and need if we don't...ask.

This month's newsletter contains all the information needed to access the survey created by UMass Boston, with input from the Senior Task Force (see page 17). By completing the survey, you have the opportunity to have your voice heard about living in the beautiful Town of Plymouth! CAL, as well as other Plymouth municipal departments, need your help to understand what matters to you today, and emerging issues that may impact you over the next 5 to 10 years.

We appreciate your participation and look forward to sharing the results of this comprehensive needs assessment with you. We will also be hosting community forums on this subject, so stay tuned! Together we will transform Plymouth into a strong, more vibrant community for people of ALL ages.

Why is this so important, and why am I imploring you to participate in completing this survey and engaging in this ongoing process?

**Simple. Because you matter.**

*"You matter. You are visible. You are wanted. You are needed. You are appreciated.  
Your life makes a difference." — Dr. Gayle Joplin Hall*







## PLYMOUTH SENIORS WE WANT TO HEAR FROM YOU!

*Make your voice heard! The Town of Plymouth's Community Survey will be conducted in April - please participate to share your valuable thoughts about aging in Plymouth.*

The Town of Plymouth has partnered with the Gerontology Institute at the University of Massachusetts Boston to conduct a community needs assessment. The goal is to learn about the experiences, interests, and needs of many residents. The study will inform and guide town-wide planning efforts toward becoming an Age & Dementia Friendly designated community.

In April, a next step of the process will be to learn from residents through a survey of individuals age 18+. Paper copies of the survey will be mailed to a sample of 5,000 residents age 55+. Copies of the survey can be picked up at public locations around Town, including the CAL.

Residents can also complete the survey online at <https://bit.ly/PlymouthMASurvey>.

**We encourage you to share the survey via email and social media.**

Thank you for helping us gather valuable feedback about the community of Plymouth. Your thoughts will help guide plans to build programs and policies that support Plymouth's growing population of older adults.



*We look forward to learning from you!*



Scan QR code for  
link to survey!





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**Sandy Childs**      225 Water St., Suite A205  
Financial Advisor      Plymouth, MA 02360

774-343-5449      **Edward Jones**  
Sandy.Childs@edwardjones.com

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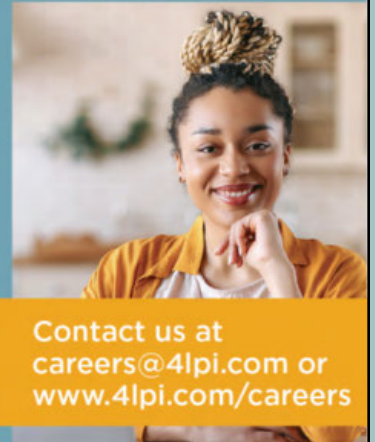
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ON THE AIRPORT RUNWAY!!



**Social/Outreach Workers**, to schedule an appt with **April Thompson (ext. 106)** or **Lindsay Reik (ext. 116)** please call directly at (508) 830-4230. **Need a Medical Ride?** Call CAL Medical Transportation line at 508-830-4230 ext. 116

**GATRA I.D.'s** will take place the 2nd Tuesday each month from 12:30pm-2:30pm. Please call to schedule your appointment. To qualify for GATRA Dial-A-Ride, you must be 60+ or have an approved ADA Application. If you are 65+, you're eligible for a senior discount on an MBTA Charlie Card. This is printed on the back of the GATRA I.D.

## PROFESSIONAL CONSULTATIONS

*All initial legal and financial consults are free.  
Notary and SHINE appointments are always free.*

### LEGAL & OTHER SERVICES

<b>Attorney Kristin Muratore</b> ~ <i>by appointment only</i>	2nd Thursday each month, 2:00pm-4:00pm
<b>Attorney David Kiley from Triffletti &amp; Costa</b> ~ <i>by appointment only</i>	3rd Thursday each month, 2:00pm-4:00pm
<b>Plymouth's SHP Financial Advisors</b> Full-Service Retirement & Financial Planners	3rd Tuesday each month, 9:00am-10:30am <i>by appointment only</i>
<b>Sandy Childs, Financial Advisor at Edward Jones / Retirement Specialist</b> Sandy focuses on retirement concerns for women, but men also.	1st Thursday each month, 2:00pm-4:00pm <i>by appointment only</i>
<b>Notary Services</b> ~ <i>by appointment only</i>	Call (508) 830-4230 for more information
<b>SHINE (Serving the Health Insurance Needs of Everyone)</b> ~ Assists with Medicare, MassHealth, & other health insurance information.	Call (508) 830-4230 for more information ~ <i>by appointment only</i>
<b>Elaine Buonvicino, Health &amp; Life Insurance</b> ~ <i>by appointment only</i> Is your life insurance still active? Do you have long term care insurance? Have any questions? See Elaine.	2nd Friday each month, 10:00am-11:00am Call (508) 830-4230 for more information ~ <i>by appointment only</i>

## MOVIES - ALL MOVIES NOW SHOWING AT 1:00PM!

<b>Elvis</b> 2022 (Drama/Music)	Friday, April 7th 1:00pm	The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.
<b>Tar</b> 2022 (Drama/Music)	Monday, April 10th 1:00pm	Set in the international world of Western classical music, the film centers on Lydia Tár, widely considered one of the greatest living composer-conductors and the very first female director of a major German orchestra.

## VOLUNTEER CORNER

### Looking for Volunteers:

- Back-Up Meals on Wheels Drivers
- Desktop Publishing
- Bingo Callers

*Please contact Margaret Martin - ext. 103 - mmartin@plymouth-ma.gov*



## VOLUNTEER OF THE MONTH



### Amy Naples

Amy Naples is our April Volunteer of the Month! Amy is the Chair of our Advisory Board, but is so much more than just a title! Amy is a dynamic woman who demonstrates exemplary leadership and has made significant contributions to both CAL and her community. Never afraid of hard work, she advocates tirelessly on behalf of the senior population and can be found volunteering her time, energy, and resources to ensure senior needs are met. From her additional volunteer positions on both the Marketing and Community Committees to her role as a member of the Senior Task Force, the word "no" is not in this dynamo's vocabulary! Kind, giving, and simply amazing are only a few adjectives that describe this CAL Volunteer! Amy Naples, you are a gift to CAL! Thank you beyond thanks for the many hats you wear and tasks you accomplish that advance senior enjoyment and well-being!



## Center for Active Living

44 Nook Road  
Plymouth, MA 02360

P: 508-830-4230 • F: 508-830-4233

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## America's Hometown Welcome Club

### Welcomes you!

Are you a senior that has  
recently moved to  
Plymouth – America's hometown?



You are cordially invited to join America's  
Hometown Welcome Club.

At the club you will meet other seniors  
new to the area, receive important  
information to help you settle into  
Plymouth, see all the Center for Active  
Living has to offer, and receive a heartfelt  
welcome to Plymouth!

Join Us



**April 27th**  
**at 10:00 am**  
*Refreshments will be served!*

Plymouth Center for Active Living  
44 Nook Road, Plymouth, MA

To RSVP or for more information, call 508-830-4230

## NATIONAL HEALTHCARE DECISIONS DAY

*National Healthcare Decisions Day (NHDD) exists to inspire,  
educate and empower the public and providers about the  
importance of advance care planning.*

**Family Caregiver Circle with Cheryl Botieri**  
Tuesday, April 11th | 5:30pm  
See page 7 for more info!

**"The Book" Workshop with Karen Keane**  
Friday, April 14th | 2:00pm  
See page 8 for more info!