



MATTAPOISETT COUNCIL ON AGING SEASONINGS

OCTOBER 2026

A fresh look for our newsletter! You may notice that our newsletter looks a little different this month. While change can take a little getting used to, we hope you'll enjoy our new look and continue to find all the information you need about programs, events, services and activities at the Mattapoissett Council on Aging.

Registration is required for all events. Please call the COA (508)758-4110.



Sheryl Faye Presents Abigail Adams

TUESDAY, OCTOBER 6 | 11:30 AM LUNCH – 12:00 PM SHOW | COST: \$10

Abigail Adams, Liberty and Legacy reintroduces Abigail Adams not simply as a founder's wife, but as a fearless political thinker, advocate for women's rights and moral compass during the American Revolution and the birth of a nation. Experience Sheryl Faye as she brings Abigail to life in this newly enhanced multimedia live show. Registration begins September 21.



New! Tech Together - Let's Get Connected

TUESDAYS, OCTOBER 20 & 27 | 9:00 AM – 10:30 AM | COST: FREE

Join instructor Allison Etzkorn for our new technology program designed to help older adults feel more confident and connected. Each session begins with a brief overview of a featured topic, followed by one-on-one, hands-on assistance with your smartphone, tablet, or laptop. Learn how to navigate MyChart, telehealth, online ordering, and more. We'll help you get connected! Register today!



The Scam Landscape: Staying Safe and Cybercrime

TUESDAY, OCTOBER 13 | 11:30 AM | COST: FREE

Have you ever been targeted by a scam or worried about your personal information falling into the wrong hands? You're not alone—and you're not powerless. The **AARP Fraud Watch Network** is here to stand with you, offering trusted tools, expert guidance, and real-world resources to help you recognize fraud, protect your identity, and take action. With just a few smart, practical steps, you can stay informed, stay confident, and fight back against fraud. Register today!



Medicare Open Enrollment 2026

OPEN ENROLLMENT RUNS OCTOBER 15 THROUGH DECEMBER 7

The SHINE (Serving the Health Needs of Everyone) program provides free, unbiased Medicare counseling to Massachusetts residents, helping you understand Medicare, Medigap, and Medicare Advantage. To register for an appointment call the COA.

Get in Touch!

17 BARSTOW STREET
PO BOX 528
MATTAPOISETT, MA 02739

HOURS
8:00 AM–3:30 PM (M–TH)
8:00 AM–3:00 PM (F)

PHONE

(508)758-4110

WEBSITE

WWW.MATTAPOISETT.GOV

EXERCISE CLASSES



Pilates - Instructor: Shawn Sweet

MONDAYS 8:15 AM | COST: \$6 PER CLASS

A whole body workout, infused with yoga, focusing on strengthening the core. Low impact exercises are both on and off the mat. The benefits are improved balance, toned muscles, and increased flexibility.



Tai Chi - Instructor: Mary Beth Soares

MONDAYS 8:45 AM | COST: FREE

Tai Chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental/ physical benefits. This is a standing exercise.



Tai-Yo-Ba - Instructor: Cam Bergeron

MONDAYS 9:30 AM | WEDNESDAYS 10:45 AM | COST: FREE

LOCATION: CONGREGATIONAL HALL (MECHANIC ST ENTRANCE)

Cam's Conditioning is an exercise class using a chair. The class is designed to help with strength, flexibility, mobility and coordination.



ZUMBA Gold - Instructor: Marge Blinstrub

TUESDAYS 10:30 AM | COST: FREE

The design of the class introduces easy to follow Zumba choreography that focused on balance, range of motion and coordination.



Yoga - Instructor: Shawn Sweet

TUESDAYS 8:15 AM | COST: FREE

Stretching and poses to promote mind and body, with benefits of toning and flexibility. This is a floor exercise.

Barre - Instructor: Shawn Sweet

WEDNESDAYS 8:15 AM COST: \$6 | FRIDAYS 8:15 AM COST: FREE

A whole body workout that incorporates elements of ballet, yoga and Pilates with low to no impact exercises that tone muscles, strengthen the core, improve posture and increase flexibility. Chairs are used in place of a barre. A mat and weights are used for the Pilates portion of the class.



Chair Yoga - Instructor: Eileen Waxler

THURSDAYS 9:00 AM | COST: FREE

Modified yoga poses while seated in a chair. These modifications make yoga accessible. In addition to a good stretch, participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, stress reduction, better sleep and an improved sense of well-being.



Country Line Dancing - Instructor: Marge Blinstrub

FRIDAYS 10:30 AM | COST: \$3

Country Line Dancing is a fun, social group activity where individuals dance in rows or lines, repeating a synchronized sequence of steps to a specific song. Great for endurance and cognitive health.



UPCOMING EVENTS

Mattapoisett Council on Aging



Frankly Speaking - Stick 'em up!

TUESDAY, OCTOBER 20 | 11:15 AM LUNCH 11:30 AM PRESENTATION

Exporing Historic Bank Robberies in Massachusetts Step behind the yellow crime scene tape and discover how local masterminds pulled off Massachusetts most historic bank robberies. Learn about "dumb luck" and tiny mistakes led to massive busts. Registration begins October 1. *Mattapoisett residents \$5.00 Non-Mattapoisett residents \$10.00*



Medicare Basics - The Choices - The Gaps

WEDNESDAY, OCTOBER 7 | 6:00PM

Medicare Basics: A straightforward breakdown of Parts A & B, what they actually cover, and current premium rates. **The Choices:** Looking at the core structural differences between Medicare Advantage (Part C) and Supplemental plans (Medigap) so you can evaluate your options as annual rule changes approach. **The Gaps:** What Original Medicare does not cover and how retirement savings can be protected from those unexpected costs.



My Passion with Liz Leatham

THURSDAY, OCTOBER 15 | 10:00AM - 11:15AM

My passion is an opportunity to share something that brings joy to your life today - or something that brought you joy in the past. Your passion might include life experiences, careers, travels, hobbies, special interests, or anything else that has meaning to you. You don't have to be an expert or prepare a formal presentation. Simply come ready to share, listen and connect with others! Registration requested but no required.



Manicures with Old Colony Regional Vocational

WEDNESDAY | OCTOBER 28 | FIRST APPOINTMENT 9:30 AM

FREE Manicures provided by the students of Old Colony. Men and woman are welcome. Available appointments starting at 9:30 am - 11:00 am. Register today!



Medication Review with Pharmacist Lisa Lavalette

MONDAY, OCTOBER 19 | 10:00AM - 12:00PM



Do you take multiple medications? Bring in **every** medication - prescriptions, over-the-counter meds, supplements, even creams and/or inhalers, and sit down for a private, one-on-one consultation with licensed **pharmacist** Lisa Lavalette. She will help you: understand each medication, avoid harmful drug interactions, organize your daily doses, and get answers to your questions. **Why it matters:** Older adults see many physicians and consultants, studies show that medication reviews help reduce medication related issues and improve older adults understanding and confidence in managing their health. Call the COA to schedule your appointment. Register today!

Enrichment Materials Available Looking for something enjoyable to do at home? The COA has a collection of enrichment materials available, including puzzles, games, and books. Whether you enjoy challenging you mind or getting lost in a good book, there is something for everyone! Delivery available for those who are unable to visit the COA. Call and ask for Julie.

ART CLASSES, SOCIAL GROUPS, GAMES, MOVIES

Mattapoissett Council on Aging



MOVIE AND A PIZZA

REGISTRATION REQUIRED



PG 1 HOUR 46 MINUTES

Wednesday, October 28 | 12:15pm

Young Frankenstein (1974) is a hilarious and clever comedy send-up of traditional monster movies. Directed by Mel Brooks and starring Gene Wilder as an American doctor who tries to distance himself from his infamous grandfather's legacy.



POTTERY

REGISTRATION REQUIRED
Second and Fourth Thursday of every month | 10:00am | \$10

Use your imagination to craft unique items from clay.



WALKING GROUP

Wednesday | 9:00am

Meet here at the COA and join in on a group walk. You may just meet your new best friend!



BINGO!

Tuesdays | 1:00pm

Get ready to win! Grab your card, join in on the excitement and find out how quickly you will be shouting "BINGO!"



MAH JONGG

Wednesdays | 1:00pm - 3:00pm

American Mah Jongg. Great for connection and community engagement. It's strategic - but learnable. It's fun!



SCRABBLE

Mondays | 1:00pm

Exercise your brain, make new friends while playing this word game.



WALKING GROUP

MATTAPOISETT LAND TRUST

REGISTRATION REQUIRED

Wednesday, October 21, 9:00am

Get to know the many properties of the Mattapoissett Land Trust with a guided walking tour. This month Alves-Bucciarelli Preserve at the beginning of Matt. Neck Road



WATERCOLOR

REGISTRATION REQUIRED

Wednesday, October 28 10:00am

\$10 (60+) \$18 (non seniors)

Learn the essentials of watercolor. All materials are provided.



RESIN COST \$5

REGISTRATION REQUIRED

Friday, October 9 | 10:00am

Learn how to design, embellish and seal a custom picture frame using mixed media and epoxy resin. Students are encouraged to bring their own embellishments to class.



FRIDAY MORNING CHAT

Second and fourth Friday of every month | 9:30am

Come for the coffee cake, stay for the conversation.



CRAFTING CONVERSATIONS

Mondays | 10:00am

Bring anything you'd like to work on and enjoy in the company of others while doing so.



BRIDGE

Thursdays | 1:00pm - 3:00pm

Registration required to ensure four players per table.



CRIBBAGE

Tuesdays | 3:00pm

Registration is not required so come any Tuesday and play!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER CALENDAR  DRUM CIRCLE HAS BEEN EXTENDED INTO DECEMBER! *SEE CALENDAR FOR EVENT DATES			01	02
			9:00 Chair Yoga 9:30 Widow Support 1:00 Bridge SHINE by appointment 6:00 Shakespeare	8:15 Barre 10:00 Friends Mtg 10:30 Country Line Dancing \$3 11:30 Matter of Balance
05	06	07	08	09
8:15 Pilates \$6 8:45 Tai Chi 9:30 Tai-Yo-Ba 10:00 Crafting Conversations 1:00 Scrabble SHINE by appt	8:15 Yoga 9:00 Market Basket 10:30 ZUMBA 11:30 Sheryl Faye 1:00 Bingo! 3:00 Cribbage	8:15 Barre \$6 9:00 Walking Group 10:45 Tai-Yo-Ba ~~12:30 Art for Your Mind~~ 1:00 Mah Jongg 6:00 Medicare	9:00 Chair Yoga 10:00 Veteran's Breakfast 10:00 Pottery 1:00 Bridge 6:00 Shakespeare 6:15 Trip: Pumpkins	8:15 Barre 9:30 Chat 10:00 Trader Joe's 10:00 Craft: Resin 10:30 Line Dancing 11:30 Matter of Balance
12	13	14	15	16
Columbus Day! Closed Loop: Wareham	8:15 Yoga 10:00 Craft Convo 10:30 ZUMBA 11:30 AARP: Scams 1:15 Bingo! 3:00 Cribbage	8:15 Barre \$6 9:00 Walking Group 10:45 Tai-Yo-Ba 1:00 Mah Jongg	6:30 Trip: BSO 9:00 Chair Yoga 10:00 My Passion 12:30 Trip: Cran Bog 1:00 Bridge 6:00 Shakespeare	8:15 Barre 10:30 Country Line Dancing \$3 11:30 Matter of Balance
19	20	21	22	23
8:15 Pilates \$6 8:45 Tai Chi 9:30 Tai-Yo-Ba 10:00 Medication Rev. 10:00 Crafting Conversations 12:00 Lunch Cafe 1:00 Scrabble	8:15 Yoga 9:00 Tech Cafe 9:00 Market Basket 10:30 ZUMBA 11:15 Lunch & Learn 1:15 Bingo! 3:00 Cribbage	8:15 Barre \$6 9:00 MLT – Walking Group 10:45 Tai-Yo-Ba 11:00 Book Club 1:00 Drum Circle 1:00 Mah Jongg	9:00 Chair Yoga 10:00 Pottery 1:00 Bridge SHINE by appointment 6:00 Shakespeare	8:15 Barre 9:30 Chat 10:30 Country Line Dancing \$3 11:30 Matter of Balance <u>SATURDAY</u> 9:00 TRIP: APPLEFEST WACHUSETTS 
26	27	28	29	30
8:15 Pilates \$6 8:45 Tai Chi 9:30 Tai-Yo-Ba 10:00 Crafting Conv. 12:00 Loop: Wareham 1:00 Scrabble	8:15 Yoga 9:00 Tech Cafe 10:30 ZUMBA 1:00 Bingo 3:00 Cribbage	8:15 Barre \$6 9:00 Walking Group 9:30 Manicures 10:00 Watercolor 10:45 Tai-Yo-Ba 12:15 Movie + Pizza 1:00 Mah Jongg	9:00 Chair Yoga 11:30 Halloween Party 1:00 Bridge SHINE 6:00 Shakespeare 	8:15 Barre 10:30 Country Line Dancing \$3



Did You KNOW

Facts you may not know about the Friends of the Mattapoissett Council On Aging

A "Friends of the COA" is a volunteer-based, non-profit group that raises funds and advocates for their **local** COA. The "Friends of the COA" is a separate entity from the municipal Council On Aging. The "Friends" are an essential source of financial and community support for senior services helping to provide program costs that are low or free to seniors.

In November, the "Friends" host their membership drive. Becoming a member of the "Friends of the Mattapoissett COA" means more than just joining a group—it's about being part of a community. Your membership allows the "Friends" to support the ongoing educational and creative programming provided by the Mattapoissett COA. In addition, as a member, you'll enjoy three luncheons, spring, fall and holiday, as well as the satisfaction of supporting a cause that matters.

**The Friends membership drive starts in November.
See next month's newsletter for details.**



Lunch Cafe

**MONDAY, OCTOBER 19
12:00 PM**

Please join Coastline's Lunch Cafe, here at the COA for a hot lunch. Must be 60 or older. The suggested voluntary donation for a meal is \$3. The donation is strictly voluntary. No one is ever turned away if they are unable to contribute. On the menu: French Onion Chicken, Mashed Potatoes, Cali Blend Vegetables, Dinner Roll and Chocolate Pudding. Register no later than October 14th.



Widowed Persons' Support Group

THURSDAY, OCTOBER 1, 9:30AM

There is no timeline on grieving. There is no "right" or "wrong" way to grieve. Join this confidential and caring group. Facilitator is Amy E. Sylvia, Bereavement Assistant for Southcoast Health at Home.

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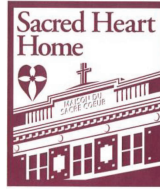
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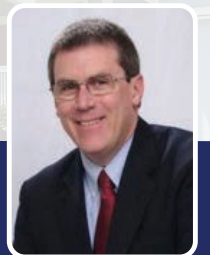
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06-5132

TRIPS

Mattapoisett Council on Aging



**OCT
8**

Roger Williams Park Zoo Jack-O-Lantern Spectacular!

BUS LEAVES P&R AT 6:15 PM | TICKET: \$20.00 | VAN: \$10.00

REGISTRATION OPENS SEPTEMBER 28, PAYMENT DUE AT TIME OF SIGN UP



**OCT
15**

BSO Open Rehearsal: Andris Nelsons

BUS LEAVES P&R AT 6:30 AM | TICKET: PAY AT DOOR | VAN \$10.00

PANERA FOR BREAKFAST, LUNCH AT THE TAVERN-QUINCY, RETURN TO COA 4:00 PM



**OCT
15**

Hartley Family Farm Cranberry Bog Tour

BUS LEAVES P&R AT 11:15AM

LUNCH TURK'S 11:30AM | TOUR 1:00PM

COST: \$10 (MATTAPOISETT RESIDENTS)

COST: \$20 (RESIDENTS OF OTHER TOWNS)



**OCT
24**

AppleFest at Wachusett Mountain

BUS LEAVES P&R AT 8:00 AM | RETURN TO MATT. 4:00 PM

COST: \$15 (MATTAPOISETT RESIDENTS)

COST: \$20 (RESIDENTS OF OTHER TOWNS)

ADMISSION: TO BE INDIVIDUALLY PURCHASED ON \$13

Medical Ride Services - Shopping Schedule

MEDICAL RIDES: ADVANCED RESERVATIONS REQUIRED. LET US KNOW AS SOON AS YOU DO.

FIRST PICK-UP 7:30 AM, LAST APPOINTMENT 3:00 PM.

WE ARE NOT ABLE TO ACCOMMODATE RIDES TO BOSTON ON FRIDAYS.

**TRADER JOE'S
HYANNIS
OCTOBER 9
10AM**

SHOPPING: REGISTER EARLY, NO LATER THAN ONE BUSINESS DAY PRIOR TO THE TRIP DATE.

THE LOOP: EVERY 2ND & 4TH MONDAY AT 12:00 PM, COST \$2 RT,

SHAW'S, WALMART SUPERCENTER, DOLLAR TREE, ALDI.

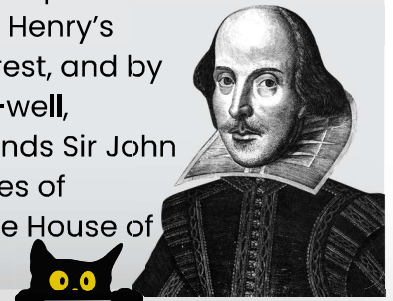
MARKET BASKET: EVERY 1ST & 3RD TUESDAY AT 9:00 AM, COST \$2 RT



Shakespeare for Scaredy Cats Led by Dr. Karrie Szatek

THURSDAYS | OCTOBER 1-NOVEMBER 5 | 6:00 PM

Richard II reigned from 1377-1399 until his first cousin, Henry Bolingbroke, usurped his throne in 1399 and became Henry IV. Henry IV, Part I, covers the first part of Henry's reign, one beset by battles of conscience for deposing Richard, by civil unrest, and by war. He also agonizes over his son, Prince Hal, who behaves as a ne'er-do-well, drinking and wasting his life at the Boar's-Head Tavern with fun-loving friends Sir John Falstaff and his cronies. Right rulership, honor, power and the consequences of ambition are a few of the themes in this play about the first monarch of the House of Lancaster. Bring a copy of the Folger edition of the play. Register today!



Halloween Party!

THURSDAY | OCTOBER 29 | 11:30 AM- 1:00 PM | COST: \$5

Lunch, Music, Games - Costume Competition

Door opens at 11:30 am, lunch at 12:00 pm

