

A photograph of a sunset over a body of water. The sun is a bright yellow circle in the center of the sky, surrounded by orange and red clouds. The sun's reflection is visible on the water's surface. In the foreground, three silhouetted figures stand on a dark shore, looking out at the water. The background shows a dark line of trees or land across the water.

Duxbury Doings
Duxbury Senior Center
June, 2022



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316,344

You are probably wondering what the number 316,344 signifies? It is the number of **meals that Peter Dewey has prepared in our kitchen over the last 20 years!**

Many of you may not know it, but Peter will be hanging up his apron as of June 30, 2022. **I want to thank Peter for creating an in-house Food Service Program at the Senior Center.**

When we opened our state-of-the-art facility in 2002, the Duxbury Senior Center was one of the first senior centers in the Commonwealth to prepare food in-house. We are so thankful that the Town had the foresight and faith to allow us to create a program where meals are prepared and served on-site and delivered to the community.

I also want to thank Peter for creating delicious menus for the many special events and celebrations: New Year's at Noon, St. Patrick's Day lunches, Lobster Dinners, Summer BBQ's, Thanksgiving Meals, holiday parties, and so many more events that have taken place in the Ellison Room over the years!

And in March of 2020, when COVID forced us to shut our doors, Peter made sure that we were able to continue preparing and delivering meals to older adults at home. We created policies and procedures to make sure staff and patrons were safe. We saw a 40% increase in participation in the program. His commitment and dedication is something I will always be so grateful for.

And as Peter closes this chapter, he has exciting plans for the future. **Join us for an ice cream social on Wednesday, June 29 from 12:30-1:30 PM as we honor Peter for his years of service work and come to hear what his plans for the future include!**

You are probably wondering who will be coming in to fill Peter's shoes.

We are pleased to announce that Catherine Callahan owner and operator of the Duxbury Deli will take the lead in the kitchen. Cathy comes to us with 30+ years of restaurant and cooking experience. She prides herself on making heart-healthy, homemade meals. She will join the staff officially on June 27. She will be covering a few days during May and June and will develop the menu for the July calendar, so she will be ready to hit the ground running!

I hope you will join us to celebrate Peter on the 29th, and if you can't make it that day, stop by and wish him well! **I am so thankful for all Peter has done for us in the last 20 years, and I wish him health, happiness, and a little adventure for the future!**

Joanne





DUXBURY SENIOR CENTER
10 Mayflower Street, Duxbury, MA 02332
PHONE: (781) 934-5774
WEBSITE: www.duxburyseniorcenter.org

MEET THE STAFF

Director Joanne Moore
Assistant Director Angela 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 Officer..... Mike Thorp

Food Service

Food Service Manager..... Peter Dewey
HDM Manager Cathy Dame
Food Service Coordinator..... Dina Teuten

Programs Team

Program Coordinator..... Tony Kelso
Program Admin Coordinator.... Barbara Peary
Program Coordinator Sharon Pisani
Program Coordinator..... Regan Roderigues
Program Admin Coordinator.... Michelle Russo

Social Day Program

Manager Caren Harrison
..... Suzanne Errasti
Custodial Staff..... Jim Brooks

Transportation/Medical Bus Drivers

Steve Dubuque, Jim Dexter, Bob Johnson,
Bob Dame, Terrence O’Grady and Jack Breen

Cover at by Karen Wong
Karen Wong has been a photojournalist for over 25 years, based in Duxbury. She specializes in commercial work and portraiture, photographing businesses, non profits, head shots, events, weddings ,and family portraits. She shoots in nature, on location, and in the studio and has been a photographer for the Duxbury Clipper since 2000.



Tapping to Reduce Pain
The Discussion Continues

Thursdays *In Person*

June 2 and 9 1-2 p.m.

\$10

or

Tuesdays * Zoom Class*

June 7 and 14 1-2 p.m.

\$10



Simple Techniques to Enhance Your Wellness

INSTRUCTOR: NANCY DENMAN, CERTIFIED ENERGY MEDICINE PRACTITIONER

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

or

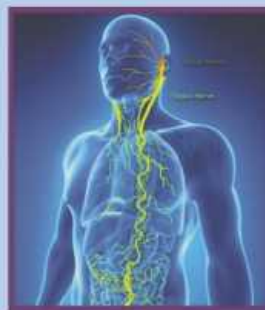
You can also register by calling 781-934-5774 ext. 5703. Payment can be made by check payable to the Town of Duxbury and mailed or dropped off to 10 Mayflower Street, Duxbury 02332.

Friday, June 24

@ 11:00 AM

With Kim O'Brien

What is? **VAGAL TONE**



Research suggests that when Vagal Tone is low or not functioning optimally, (often caused by chronic stress & elevated cortisol levels), digestion, heart rate, blood pressure, mood and other bodily functions are sometimes negatively impacted.

During this program, a high level overview of the Vagus nerve will be presented as well as various techniques (yoga postures & simple movements, breath, chanting & meditation) that may assist with improving Vagal Tone. Vagal Tone can be described as the proper functioning and flow between the spirited energy of the sympathetic nervous system (fight & flight) and the calming energy of the parasympathetic nervous system (rest & digest).

Register online at duxburyseniorcenter.org or call us at 781-934-5774, ext. 5703

\$5 for this one-time educational practice



This program is accessible to all levels of practitioners. Yoga postures & movement will be performed seated in a chair and standing with the use of the chair as a balance tool.

Fitness Classes at DSC

To register for virtual or in person fitness classes please visit our website and click on Register for a Fitness Program. You will also find a description of each class and confirmation of the dates class will meet each month.

Although registration is for the monthly series, our monthly fitness fee is based on our affordable \$5 per class.

Fitness Safety Policy

You should always consult with your physician before engaging in any physical activity program. By participating in these online exercise classes, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in these online classes are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.

By registering for a virtual fitness program you are agreeing to this Fitness Safety Policy.

In-Person Fitness Classes

As with the virtual classes, registration will be online and payment will be for the monthly series. Space is limited.

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

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

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

LINE DANCING with Alden —Tuesday, 10:00 AM

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

GENTLE STRETCH AND FLOW YOGA with Colleen—Fridays, 10:00 AM and 11:00 AM

YOGA FITNESS with CHAIR ASSIST with Kim—Monday, 11:30 AM

Virtual Fitness Classes

Registration will be online and payment is for the monthly series.

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

Once you register and pay for a virtual class, the Zoom link will be available at duxburyseniorcenter.org. Click *Virtual Center* and log in with your phone number.

Breathwork Series

Connect to your body and take your self care to the next level

Certified Trauma Breathwork Facilitator Emily Bunting will host a four part series

Tuesdays in June, 1:30pm - 2:30pm

June 7, "Letting Go"

June 14, "Grounding"

June 21, "Self Compassion"

June 28, "Manifestation"



\$25

Class size is limited

visit our website to register and pay
duxburyseniorcenter.org



KICKING OFF SUMMER

Duxbury Bay Boat Rides
 Thursday June 9th 9:00-10:00am
 or
 Thursday June 23rd 4:00-5:00pm

*This summer, the
 Duxbury Bay Maritime School
 is graciously offering boat outings
 free of charge.
 Enjoy some sunshine and salt air!!*




To register, please visit
duxburyseniorcenter.org





Paddlecraft Safety

Celebrate summer on the water! Join the United States Coast Guard Auxiliary and the Duxbury Senior Center on
Tuesday, June 21 from 6:00 PM to 7:30 PM
 for a Paddlecraft Safety class.


The class, given by a USCG Auxiliary team, will focus on safety for paddlecraft such as kayaks, paddleboards, and canoes. Attendees will learn about on-water safety risks, what equipment you need to be safe on the water, and how to perform a kayak self-rescue.



Visit duxburyseniorcenter.org and click on Register for a Program
 This is an in-person program!



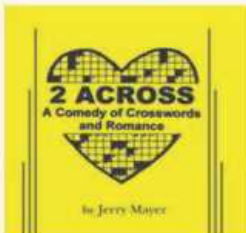
PLAYBILL





2 Across

Starring Alison Hutchinson and Phil Markella


Thursday, June 23 at 4:00 p.m.



A romantic comedy—
 Opposites attract on a train over crossword puzzles!

Go to Duxburyseniorcenter.org to Register
 In person and free to all!




*In-Depth Look
 with South Shore Conservatory*



WEST SIDE STORY

TUESDAY, JUNE 14 AT NOON
 IN PERSON AT CENTER

South Shore Conservatory President Robert Cinnante, gives an in-depth a look into how West Side Story was created and gives a comparison of the film and musical versions



Bring a lunch or pick up a Grab & Go at the Mayflower Cafe!

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DUXBURY YACHT CLUB

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UPCOMING LGBTQ EVENTS AT THE
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Teaching Tolerance
A Conversation with Bob Parlin

Thursday, June 2, @ 5:00 p.m.


Meet the teacher
who co-founded
Gender Sexuality
Awareness, GSA,
in public Schools



TACO Party with the
South Shore Taco Guy
following the
presentation!


Register at duxburyseniorcenter.org



calling all new
VOLUNTEERS!

learn about volunteering at the
Duxbury Senior Center
Monday, June 6th at 11AM
email:
chriscoakley@duxburycoa.com



DSC Weekly Programs/Activities

Monday
Blood Pressure Clinic
Crafty Ladies ~ 10 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 ~ 1-3 please register (5/3 and 5/10)


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

Thursday
Tech Time ~ 11 AM-Noon by appointment
Blood Pressure Clinic 11 AM-Noon

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

Memory Training

Innovative, 4-week
educational program
for improving memory



- Written and designed by Gary Small, M.D., and Linda Ercoli, Ph.D. for people with mild memory concerns
- Taught by certified trainers who demonstrate strategies and techniques in an interactive classroom setting
- 9 out of 10 participants report improvements in their memory

Program Benefits

- Remember names and faces
- Recall appointments, messages and plans
- Practice everyday memory techniques
- Avoid misplacing objects
- Overcome "tip of the tongue" memory slips

Don't miss our next Memory Training Program! It will be offered on **Thursdays, beginning June 16**. Class will meet June 16, 23, 30 and July 7 from 9:30 AM-11:30 AM. Email Angela at angelasinotti@duxbury-ma.gov to pre-register or call 781-934-5774 ext. 5701.

UCLA Longevity Center

For more information about the program please contact:

Living Better Longer

COMMUNITY SERVICES

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.

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:

- Stays upright
- Made of heavy-duty plastic
- Tight-fitting lid that cannot be punctured
- Does not leak

DO NOT USE containers that can break or puncture easily.

Milk container Soda can Glass container Water bottle

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

- 1** Close lid and tape shut. Label container.
- 2** Bring container to a sharps disposal program.

DO NOT put sharps containers in TRASH or RECYCLING!

**AGING IN PLACE
DECLUTTER
& ORGANIZE**

A VIRTUAL PRESENTATION BY
JANAN THOMAS
Owner of Serene Transitions

**Tuesday
June 7th @ 10am
on Zoom!**



Janan Thomas, owner of Serene Transitions, and a member of the National Association of Senior & Specialty Move Managers will share steps you can take to help you successfully age in place. Janan will discuss successful strategies on how to declutter and organize your home, including getting started, and where to sell or donate items you no longer use. Please join us for this informative discussion.

VISIT OUR WEBSITE AND CLICK ON "REGISTER FOR A PROGRAM" OR CALL US AT 781-934-5774 EXT. 5703
WWW.DUXBURYSENIORCENTER.ORG

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



BOOK CLUB Interested in a Men's Bookclub?
Join us for a planning meeting
Tuesday, July 12th at 4:00 p.m.
Call or email angelasinnott@duxbury-ma.gov,
781-934-5774, ext . 5701.

LOCAL SCENE

Duxbury TALKS

AN INFORMAL IN-PERSON CONVERSATION AND COFFEE WITH DUXBURY TOWN OFFICIALS

Meet :

Cris Luttazi

Duxbury Beach Reservation & Ryan Brown Beach Operations

Friday June 3 at 11 am

Denise Garvin

Duxbury Free Library Director

Wednesday June 22 at 11 am



Go to duxburyseniorcenter.org or call Front Desk at 781-934-5774 x. 5703



Duxbury Walks

Come walk some of our beautiful Conservation lands!

Enjoy the amazing landscape and hear the history of these incredible parcels!

Wednesday June 15th at 9 am

The 1623 Green Harbor Path behind First Parish Church



Details upon registration

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



Senior Spotlight: June O'Neil

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

Q. At 91, you are one of the most active and vivacious women we know. Joy emanates from you. What's your secret?

A. I love life and people and I guess that, along with my belief and love for God, gives me the joy I feel most of the time (I do have moments but do not ever want to convey that to others). So laugh and the world laughs with you and you forget other things except what fun life is.

Q. Competitive Bocce player and DSC Bowling League Maven - Have you always been a sports enthusiast?

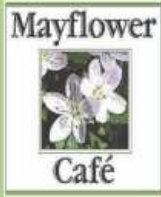
A. I have always loved to be active. Growing up I was usually found outside with friends; home economics was not for me. My Mom used to say, "Oh, June likes to eat so I do not worry about her cooking abilities." And that turned out to be so true. I was always athletic: good enough to make the team, but never mastering it so I was a star!! Just have fun.

Q. After a long New England winter, warmth has arrived! What do you enjoy most about Summer in Duxbury?

A. This is not as easy as it once was to answer. I have a love affair with water; so the beach, boating, water skiing, and swimming were the things to do in the summer. Once my children were out of school and life was all about what to do today, summer fun in the sun was primary. I really disliked school opening but life goes on and so do we if we you blessed – and I feel I am so blessed with family, friends, good health and have been throughout my life. In addition, a small plug for DSC: my home away from home. What a blessing for all.

Who could be anything but happy?





CAFE MENU

BREAKFAST 9-11:00 AM ~ LUNCH 11:00-1 PM
MON, TUES, WED, THURS

BEVERAGES	Bottomless Coffee	\$1.00
	Assorted Teas	
	Bottled Water	
	Iced Tea	
	Assorted Soft Drinks	

BREAKFAST	English Muffin/Bagel	\$1.00
	Oatmeal	\$2.00
	Egg Sandwich	\$2.00
	Fruit Cup	\$2.00

LUNCH	Hot Entree of the Day	\$6.00
	Daily Sandwich Special	
	Everyday Sandwiches: Chicken Salad, Tuna Salad Turkey	
	Soup of the Day Lg. \$3.00 Sm. \$2.00	
	Sandwich/Entree meal includes chips & dessert/fruitcup	\$6.00
	Sandwich only	\$3.00

SNACKS	Chips, Cookies	\$1.00
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Dine In or Take Out

June Program Highlights!

Special Events

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"A donut in both hands is a well-balanced diet."

Friday June 3rd is National Donut Day.

Stop by the Mayflower Café between 8:30-11:30am for a free donut (while supplies last) in honor of this sweet observance.

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EXPLORE THE ARTS

Art with Colleen

try...Psycho Symmetry!

psycho - relating to the mind or body
symmetry - the quality of being made up of exactly similar parts facing each other or around an axis



June 10 & 17
10:30-Noon



Come learn how to wake up your brain... no pain involved! Watch how your ability quickly advances with a project that is very portable and can be done anytime, anywhere!

No pressure and no experience necessary! Everyone will draw what they themselves perceive.

Visit our website to register or call us at 781-934-5774, ext. 5703! Space is limited to 10 students for this introductory, free class.



All supplies provided.



4th Annual Animation Film Festival


Join Beth Cameron-Kilbridge as she takes you behind the scenes of the making of these Sir Paul McCartney Treasures of Animation. McCartney will be at Fenway this summer but Beetlemania will be here in Duxbury!

June- Paul McCartney's original animated short, "Rupert and the Frog Song" and "Tuesday" his adapted animated film version of David Wiesner's book
July- "Ethel & Ernest" feature animated film with Paul McCartney's song, "In the Blink of an Eye" and his father, Jim McCartney's original jazz piece, too!
August- "The Yellow Submarine" Get your 1960's love beads on with your vintage bell bottoms and other groovy gear for a psychedelic trip aboard The Beatles animated feature length film.

These are free programs but reservations are required. Please visit our website and click on 'Register for a Program'. Register for one or all three!



Wednesday, June 15 from 11:00 AM-1:00 PM **RUPERT and the FROG SONG**
 Wednesday, July 27 from 11:00 AM-1:00 PM **ETHEL & ERNEST**
 Wednesday, August 17 from 11:00 AM-1:00 PM **THE BEATLES Yellow & Submarine**

The Duxbury Senior Center
 Presents



Why So Famous?

Ever wonder why some works of art became as famous as they have? Take a close look at the works of Da Vinci, Monet, Van Gogh, O'Keeffe, Picasso, Warhol and others—learn the stories behind their creativity and how their innovations transformed society's idea of what art is and can be.

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!

Visit our website to register for this in-person art enrichment program and click on Register for a Program.
www.duxburyseniorcenter.org
Tuesday, June 21, 2022
10:00-11:00 a.m.

Creative Thinking Through Art Observation

artforyourmind.com
 Art For Your Mind, LLC • 12 Euclid Avenue • Hattapolett, MA 02739 • 508-498-2084



SUMMER WATERCOLOR WORKSHOPS

WITH SANDRA SWEETSER

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

Thursdays
 11:30 AM-1:00 PM
 \$15 pp/per class
 one of your paintings matted for framing

June 9
 Pineapple & Artichoke Theme

July 7
 Pansies Theme

August 4
 Beach Theme



duxburyseniorcenter.org

Veterans News June, 2022



I wanted to remind all Veterans who fly the United States flag that on Memorial Day our flag is at half staff at sunrise and raised to full staff at noon. This is the only day that our flag flies at half staff unless ordered by the President or Governor. For those Veterans in Duxbury, you are welcome to join the Memorial Day parade honoring those who gave their lives and those who have served in the United States military. The parade is on Memorial Day, May 30th and leaves from Myles Standish cemetery at 1000. I will be proud to carry the Ukrainian flag in the parade.

Fraud aimed at Veterans is on the increase. Communication by phone, mail or email by supposed government personnel or agencies may not be legitimate and are of concern. Do not respond unless you confirm there are legit. Most legitimate communication is by mail but you still need to confirm.

Duxbury American Legion Post 223 has bottle and can duty at the town transfer station in the months of May and July. If you have any bottles or cans that are redemption eligible please drop them off. Money goes toward student scholarships.

If you have a current VA disability rating and new medical evidence about the disability comes forth and you think this new evidence can impact the rating, then you should consider submitting a supplemental claim, VA form 20-0995. You also should submit in the same mailing the clinical evidence from your primary care doctor on what the new evidence is and how you are impacted. This review process by the VA may take up to 4-5 months.

I continue to receive very positive comments from Veterans who receive care from Boston VA Healthcare System. This includes the outpatient facility in Plymouth and VA Brockton. We are fortunate to have this quality of care for those eligible.

Last month in this news, I listed the respiratory medical conditions that have been designated to be presumptive and are VA claim eligible. Your service location is key. You must have served in Afghanistan, Djibouti, Syria or Uzbekistan during the Persian Gulf War, starting September, 19 2001 to present. Also areas in Southwest Asia, beginning August 2, 1990 to present, to include Iraq, Kuwait, Saudi Arabia, the neutral zone between Iraq and Saudi Arabia, Bahrain, Qatar, the United Arab Emirates, Oman, the Gulf of Oman, the Persian Gulf, the Arabian Sea, the Red Sea and the airspace above these locations. If you have questions about your military service, please contact the **Duxbury Veterans Service officer located at the Senior Center, 781-934-5774 x 5740.**

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 ONG TERM CARE OPTIONS

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate 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

Our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, Alan Rosenberg is scheduling telephone consultations by appointment on Wednesdays. He will call you at the scheduled time to 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 to hear concerns and answer questions on the **3rd Tuesday of the month from noon to 1:00 p.m.**

Representative Josh Cutler will be at the Duxbury Senior Center on the **from 10:30 to 11:30 on the following dates on Fridays 6/10, and 7/8.**



Sunday, June 19th 3:00-4:30pm

Outdoor Encore Concert

The Duxbury Senior Center
presents
The South Shore Bay Band

Grab a friend and come enjoy a free
afternoon of music.




To register,
please visit duxburyseiorcenter.org

Sunday
June 12
@ 2:00


Outdoor Encore Concert

BOSTON WAILERS




Join us on the lawn for an energetic afternoon of rock, rhythm and blues with this house rocking band! They play a blend of classic and southern rock along with other popular favorites from bands and artists such as Santana, the Rolling Stones and John Mellencamp. Many of their numbers will inspire you to get up and dance!

@ the



DUXBURY
SENIOR CENTER
10 Mayflower Street

Please register online
or by calling to let us
know that you are
coming!
\$5 at registration
or at door.



FLORA & FAUNA

South Shore's Natural History

Thursday @ 2:00 PM

June 16 *Mysteries of the Forest* 

July 21 *Wildflowers* 

August 18 *Attracting Birds to Your Garden* 

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

Judy Macioci 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.

RSVP for this FREE education program.
Visit our website and Click on "Register for a Program"

Funded by a grant from the
Duxbury Cultural Council




MOVEMENT FOR LIFE

DANCE SING CHAT



EVERY MONDAY
10:00 AM-11:00 AM

BEGINNING
JUNE 27-AUGUST 29
(EXCEPT JULY 4 AND JULY 18)





Chakra Yoga Workshop with Kim O'Brien

Wednesday June 8th
1-2:30pm



Learn about each Chakra and how to use Asana (Posture), Mudra (Hand Positioning) & Mantra (Chanting) to stimulate and release blockages along these energy lines. Postures will be performed seated in a chair and standing with use of a chair as a balance tool.

Come with an open mind, open heart and the intention to heal.



Made possible by the Harry and Mary Grafton Foundation



Protein and Healthy Aging

Are you getting enough?
How much do you need?

Lets take a deep dive into this macro nutrient!

Monday, June 13
10am -11 am

Register at duxburyseniorcenter.org



Made possible by the Harry and Mary Grafton Foundation

SOUTH SHORE
BUDS



Cannabis Presentation

Friday June 10th 10:00-11:00am

South Shore Buds recreational dispensary (located at 985 Plain Street in Marshfield) will be hosting an educational program at the Duxbury Senior Center. Knowledgeable and experienced staff members from South Shore Buds will be on site to present an information session about adult-use recreational cannabis and its potential benefits for the daily health and well being of Seniors.

To register, please visit
duxburyseniorcenter.org



Smile in the mirror. Do that every morning and you'll start to see a big difference in your life.

Healthy Habits

If you are having trouble changing your habits the problem isn't you.....
The problem is your system.

Let's discuss tiny behaviors that can lead to big results

Monday, June 6
10am - 11am



Made possible by the Harry and Mary Grafton Foundation

CURRENT EVENTS

Ukraine Invasion- - What is at Stake - Why we should be deeply concerned

A talk by E. Michael
Quinlan



Tuesday June 7th
at 10 am



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

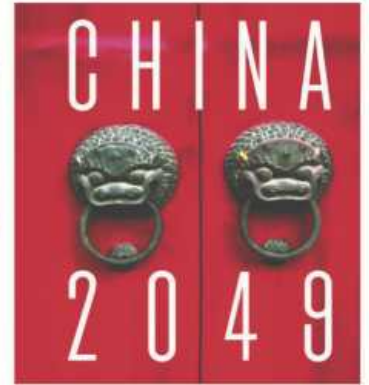


China's "Dream 2049"- 11 Invisible Barriers

A talk by E. Michael
Quinlan



Friday June 17th
at 10 am



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



DAILY & MEDICAL TRANSPORTATION



FREE Rides for Duxbury Residents, 60+!

Thanks to the generosity of the Friends of the COA, transportation is **FREE** for Duxbury residents traveling within Duxbury, or to and from Kingston, Marshfield and Plymouth (for all daily and medical transportation). The service requires 48-hours advance notice by calling **781-934-5774 ext. 5741**.

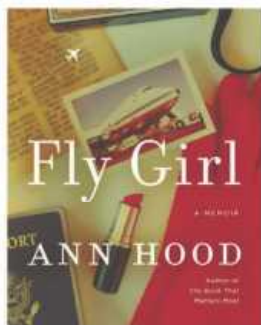
For medical rides, we recommend that you call to request transportation as soon as you make an appointment as our services does fill quickly. You will be given an approximate pick-up time. Please be ready at least 15 minutes before the scheduled time. The bus may arrive 15 minutes before or after this scheduled time. We appreciate your patience.

If you have other transportation needs beyond this area, please call Suzanne Errasti at 781-934-5774, ext. 5741.

DUXBURY LITERARY CIRCLE



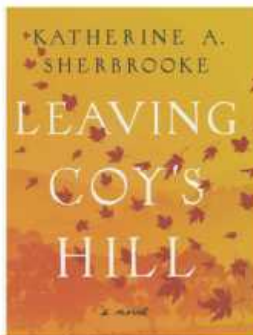
June Author Events



Ann Hood, *Fly Girl*
 Thursday, June 2 at 1:00 p.m.
In Person

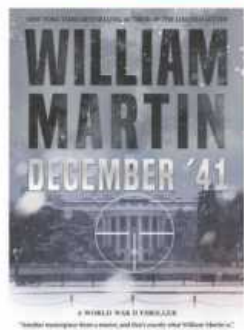
"Winning and compulsively readable, *Fly Girl* is like a first-class ticket to the sadly bygone days when air travel was stylish, sexy, and deliciously rarified."

—Paula McLain, New York Times bestselling author of *The Paris Wife*



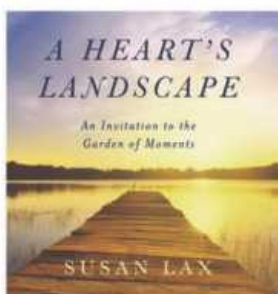
Katherine Sherbrooke, *Leaving Coy's Hill*
 Tuesday, June 21 at 1:00 p.m.
In Person!

An unforgettable story about the triumphs and travails of a woman unwilling to play by the rules, based on the remarkable life of pioneering feminist and abolitionist Lucy Stone.



William Martin, *December '41*
 Tuesday, June 14 at 1:00 p.m.
In Person!

From New York Times bestselling author William Martin comes a WWII thriller from the master of historical fiction.



Susan Lax, *A Heart's Landscape*
 Thursday, June 23 at 1:00 p.m.
Zoom!

A HEART'S LANDSCAPE offers deep reminders with words and warm visuals - to take a moment - and just pause - get away from the inundation and just put the chaos away.

Register at duxburyseniorcenter.org

ARM CHAIR TRAVEL

with Beeyonder

Bring the world home!

Destination.

ANTARCTICA & ITS PENGUINS

Penguins are some of the cutest animals in the world and many of them live in Patagonia and Antarctica! Join this armchair/lecture tour made with pictures and some videos to learn about these incredible birds and the places they live in.

We will also learn about Patagonia and Antarctica: the coldest, the windiest and the driest continent in the world.

Join us at the Center or virtually from home to visit Antarctica!

Visit our website to register!
www.duxburyseniorcenter.org



Thursday, June 23
10:30-11:30 AM

We're Going Places!

Take a trip
 With the Duxbury
 Senior Center

Trip dates have not yet been confirmed but we want you to know what we are planning!

Reservation minimum must be met for a trip to be offered.
 No refunds after this date.

Payment in full is required at the time of reservation. Cash, check and credit card payments are accepted.

Essex Steam Train & Riverboat
 June 30 ~ \$110 pp

Rhode Island Lighthouses
 August 10 ~ \$99 pp

Pickity Place & Averill House Vineyard
 September 15 ~ \$90 pp

Visit our website
duxburyseniorcenter.org

Click on Trips & Travel for more information!

Add your name to our day trip notification email list.

angelasinott@duxbury-ma.gov



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.

<i>Name of Donor</i>	<i>In Memory of</i>	<i>In Honor of</i>
Miriam McCaig		In appreciation of the Duxbury High School snow shovelers

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

Donate to the Friends!

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

The Friends on the Council on Aging no longer requires membership fees, but there are several ways you can donate.

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 19, 2022

Duxbury Half Marathon, April 2, 2023

Annual Appeal, November, 2023

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

Call today for a tour!



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Duxbury, MA 02332

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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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Mi Kim, Shelia Tenaglia

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Shirley Oktay

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Sharon Cronin

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

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SuzanneErrasti@Duxbury-ma.gov x 5741
TonyKelso@Duxbury-ma.gov x 5711

Professional Appointments x 5703
SHINE, Attorney Appointments

Lifelong Learning x 5701