



**DUXBURY DOING  
DECEMBER, 2025**



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## LOOKING FOR

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- Silver, Jewelry, Coins
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- Americana -Whaling & Nautical, Decoys, Basket Samplers & More
- Lighting - Oil & Early Electric
- Military - Swords, Bayonets, Medals, Badges, Uniforms
- Clocks & Watches
- Dolls & Toys
- Books, Post Cards, Manuscripts
- Town Histories & Atlases
- Collectibles - Including Hummels, Doultons & Liadros
- Paper Weights
- Musical Instruments
- Thank You - My Interests Exceed This List!



## John E. McCluskey, Esq.

ELDER LAW ATTORNEY

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ONE FAMILY AT A TIME

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After Care Coordinator/Vice President  
Heidie L. Grant  
Funeral Director/ Pre-Planning Coordinator/Funeral Celebrant  
Kathy Cartmell-Sirico  
Funeral Director

# Answers For Elders, LLC

"Guiding Seniors To Security Every Day"



Call today for answers to all your  
senior care questions and concerns.

**781-974-7474**  
**LET US GUIDE YOU!**

## Be Prepared... Not Overwhelmed!

**Do you know** a senior whose ability to perform their activities of daily living has changed? ie: bathing, dressing, grooming, meal preps, etc.

**Do you know** a senior whose caregiver/family member is finding it more and more challenging to care for their loved one?

**Do you know** a senior that has been or is about to be discharged from the hospital or Skilled nursing facility, but going home alone is not really an option at this time?

**Do you know** a senior that was recently diagnosed with Alzheimer's or Dementia and you have concerns and questions on how to navigate the healthcare maze and care options?

**Do you know** a senior seeking independent living, assisted living, memory care or home care support? This is one of the many services we provide to seniors and their families.

**Do you know** a senior that is concerned about their financial ability to cover the costs of upcoming care concerns?

**Are you wondering** what resources you can tap into in the community that could ease the burdens of the senior in their current or future circumstances?

LEADING THE WAY IN GERIATRIC CARE MANAGEMENT

225 Water Street, Suite A202 • Plymouth, MA 02360 - www.answersforelders.net



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

04-0685



As part of the Council on Aging's Long-Range Strategic Plan, one of our goals was to **refresh our logo and visual identity** — a step toward strengthening our connection with the community and celebrating who we are today. After months of collaboration and feedback from participants, board members, staff, and community partners, we are proud to unveil our new logo and tagline.



This vibrant new look represents more than a visual update — it captures our growth, optimism, and enduring commitment to helping older adults Live Well. Age Strong.

Our rebranding effort was made possible through a \$10,000 Service Incentive Grant from the Massachusetts Councils on Aging (MCOA) and the creative partnership with designer Allison Farquharson of Berry Creative. Together, and with the voices of our community and committee members guiding the process, we developed a design that feels both modern and timeless — one that truly reflects Duxbury's spirit and the welcoming environment that is the hallmark of our building and community.

Our new logo features bold, modern lines and calming coastal colors that honor Duxbury's seaside character and maintain the colors from our former logo. At its heart is The Center, a concept deeply rooted in Duxbury's history. The Center sits on a site once known as "Forty Corners" — the very place where all the town's old cart paths once intersected. In those early days, it was a natural gathering spot where neighbors paused to exchange news, share stories, and connect.

Today, The Center carries forward that same spirit. It remains a place where people come to connect with friends, learn, explore, and grow — a modern hub for community, wellness, and lifelong learning.

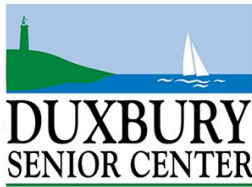
Two important elements anchor our refreshed identity:

- The first is our Primary Tagline: Live Well. Age Strong. This reflects the vitality and energy and that define The Center. It celebrates wellness, connection, and the joy of aging with purpose and positivity.
- The second involves using our official name: Powered by the Duxbury Council on Aging the official name of our department, signifying our continued role as a trusted town agency dedicated to enriching the lives of adults 60+ and their families.

In the months ahead, you'll begin to see our new logo and tagline featured on signage, our newsletter, website, and printed materials. We invite you to celebrate this exciting milestone with us as we continue our mission to make life better for adults as they age.

**Happy Holidays from all of us at The Center!**

**Joanne, Angela and the Entire Staff**



**DUXBURY SENIOR CENTER**  
10 Mayflower Street, Duxbury, MA

PHONE: (781) 934-5774

WEBSITE: [www.duxburyseniorcenter.org](http://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, Alex Newcomb

### Food Service

Food Service Manager, Cathy Callahan  
HDM Manager, Abby Zelvis  
HDM Coordinator, Kathy Carney  
Café Coordinator, Dina Teuten  
Café Assistant, Anne Irving

### Programs Team

Program Manager, Regan Roderigues  
Program Admin Coordinator, Barbara Peary  
Program Admin Coordinator, Nancy McDermott  
Program Coordinator, Sharon Pisani  
Program Coordinator, Tony Kelso

### Social Day Program

Manager, Caren Harrison  
Assistant, Lynne McWilliams  
Assistant, Deborah Bastoni

Custodial Staff, Jim Brooks

Transportation/Medical Bus Drivers  
Transportation Coordinator Lauren Wallberg  
Drivers, Bob Johnson, Bob Dame, Jim Dexter,  
Jack Breen, Don Carney, Al Dibona, Suzanne  
Adduci

Unless otherwise noted, registration  
for programs will be on Monday,  
November 24  
at 9:00 a.m.

## POUND FITNESS

A low-impact, full-body workout using  
lightly weighted drumsticks  
Can be modified for many fitness levels

Move to the Beat – Feel the Energy – Have Fun!  
Give it a try for FREE in December!

**10am to 11am**

**Tuesday, December 2**

**Thursday, December 4**

**Tuesday, December 23**



Register at [duxburyseniorcenter.org](http://duxburyseniorcenter.org) or call 781-934-5774

## REIMAGINED CLASS!

## MOVEMENT & MENTAL CLARITY

**WITH ROGER WHIDDEN**

BS EXERCISE SCIENCE  
MA'S EDUCATION & THERAPY  
TAIJI MASTER  
TEACHING SINCE 1974

**TUESDAYS**

**2:30–3:30 PM**

PAY FOR A MONTHLY SERIES,  
BASED ON \$5 PER CLASS

REGISTRATION FOR  
DECEMBER OPENS  
MONDAY, NOVEMBER 17

[www.duxburyseniorcenter.org](http://www.duxburyseniorcenter.org)



**DISCOVER THE POWER  
OF CONNECTING YOUR  
MIND AND BODY IN  
THIS UNIQUE CLASS  
DESIGNED TO BUILD A  
STRONG CORE AND  
FOSTER MENTAL  
CLARITY. WE COMBINE  
LOW-IMPACT,  
CONTROLLED CORE  
MOVEMENTS WITH  
MINDFUL BREATHING  
AND MEDITATION  
TECHNIQUES.**



### Virtual Fitness Classes

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

**YOGA FITNESS with CHAIR ASSIST** with  
Kim—Tuesday & Thursday, 10:15 AM

### FITNESS NOTES

Registration for fitness Classes **opens on the 15th of the month at 9:00 AM**, or the first business day after if the 15th falls on a weekend or holiday.

Also due to the popularity of our fitness classes, there is often a wait list! **To make sure you are committed to holding your space in a class, we will require that you pay for your classes before the new month begins.**

Your space will not be held if there is a wait list and the series is not paid before the new month begins. **We hope you understand that this is in fairness to all who are committed to staying active!**

### Energy Woman Rising

**EMBRACE BETTER HEALTH**

## Finding Peace Amid Holiday Frenzy

Simple techniques for all ability levels  
Participatory Fun Informative

**Monday Miniseries**

**December 1 and 8 \$10**

**Duxbury Senior Center 10 -11 a.m.**

**Virtual Class 1 - 2 p.m.**

Call 781-934-5774 x5703 to register or go online at [duxburyseniorcenter.org](http://duxburyseniorcenter.org). Click on Register for a Program.

Instructor: Nancy Denman, certified Energy Medicine Practitioner

### In Person Fitness Classes

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

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

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

**BEGINNER PILATES** with Kelly-Tues, 8:30 AM

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

**MINDFULNESS GROUP MEDITATION** with Cyndi  
— Tuesday 1:00 PM

**MOVEMENT & MENTAL CLARITY** with Roger —  
Tuesday 2:30 PM

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

**TAI CHI NEXT STEPS** with Kathy—Wednesday,  
10:30 AM

**SLOW FLOW & RESTORE** with Susanne—  
Wednesday, 10:30 AM

**FOUNDATIONS OF TAI CHI AND Qi GONG--** with  
Kathy —Wednesday, 11:30 AM

**HEALING FLOW YOGA** with Emma –  
Wednesday 2:00 PM

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

**EMPOWER MOVEMENT** with Mary Fran—  
Thursday: 11:00 a.m.

**GENTLE STRETCH AND FLOW YOGA** with  
Colleen—Friday, 9:00 AM

# December Cheer



Spend a festive hour watching Sandy Sweetser create a traditional "Williamsburg" holiday centerpiece. We will enjoy her creation in the lobby leading up to Christmas.

While your watching, make your own orange pomander ball, a traditional craft to create a fragrant holiday decoration.

**Friday, December 5**  
**10:00-11:30 AM**  
Register in advance as space is limited.



## HOLIDAY CONCERT

featuring

### TESSERA STRING QUARTET

Sunday December 21<sup>st</sup> at 2:00pm

**\$5.00 per person**

TO REGISTER AND PAY, PLEASE VISIT:  
[DUXBURYSENIORCENTER.ORG](http://DUXBURYSENIORCENTER.ORG)



*Foyeux Noël:  
Une Fête à la Française*

**Monday December 15<sup>th</sup> at 3:30pm**

Join the  
**Duxbury High School French Honor Society**  
for a festive afternoon of  
**Food and Celebration**  
*French Style!*

To register,  
please visit:  
[duxburyseniorcenter.org](http://duxburyseniorcenter.org)



## The History of Santa in America



Your host:  
Beth Cameron Kilbridge

Spend the afternoon learning  
about Santa's changing  
persona throughout history  
and his permanent role in the  
wonder and joy of Christmas  
in America!

Cookies and cocoa will be served!



**Wednesday, December 17 @ 2:30 PM**  
Please register to let us  
know you are coming.



## Serving All People, All Incomes.

- Provide In-Home Services
- Provide Options Counseling



- Serve Nutritious Meals
- Provide Caregiver Support

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for  
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www.thriveseniorhomecare.com  
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1755 Ocean Street / PO Box 84

Marshfield, MA 02050

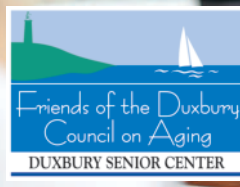
781.834.7320 • 781.834.7712 fax

Email: macdonaldfuneralhome@verizon.net

www.macdonaldfuneralhome.com

**The 2025 Annual Fund is in the mail!**  
**Please support the Duxbury Senior Center  
with your most generous donation today!**

Your support allows us to continue to help  
provide outstanding programs and services to  
our friends and neighbors. *Thank you!*



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04-0685

# All Are Welcome



## Scheduled Activities

### Monday

Crafty Ladies ~ 10 AM-Noon

Bingo ~ The fourth Monday at 1 PM

### Tuesday

Rug Hookers ~ 9 AM-Noon

ROOTS Genealogy ~ 1-3 PM

Cribbage ~ 1-3 PM

Memoir Writing ~ Last Tuesday of the Month at 3:00 p.m. Please register.

### Wednesday

Blood Pressure Clinic ~ 11AM to 1PM

Tech Time ~ 2-4 PM by appointment

### Thursday

Social Bridge ~ 10-Noon

Mah Jongg ~ Drop in 1-4PM

### Friday

Chess ~ 10 AM-Noon

TOPS ~ 9-11 AM

## Our Holiday Schedule

The Center will be closed on **November 27 and 28**  
for Thanksgiving,

December 24 closed at noon (no cafe service)

December 25 and 26 closed for Christmas

***We wish you joyous season!***



# Community Service

## JOIN US FOR A MEDICARE OPEN ENROLLMENT WATCH PARTY!

The state's SHINE Team and AARP created an educational video that offers an overview of Medicare and the Open Enrollment process.

The video explains coverage options and demonstrates how to use the Medicare Plan Finder to compare Medicare Advantage and Medicare Part D plans available in your area.

The video is roughly 30 minutes long and there will be time for **general questions regarding Medicare Open Enrollment** following the video.

**Please Note: Duxbury Senior Center SHINE counselors are fully booked through December 7th.**

This program is educational to help individuals understand Medicare basics and how they can use their own computers to compare plans.

**Dec. 1st  
at 1pm**

To register please visit [www.duxburyseniorcenter.org](http://www.duxburyseniorcenter.org)  
or call (781) 934-5774 Ext. 5703

## Let's Learn Together

Ted Talk

Invest In Your Mental Health Every Day

By Lindsay Fleming

Come join student intern counselor Alisa Costantino in learning more about why it is so important to prioritize your mental health. As well as discussing practical ways to attend to your mental wellness

Thursday, December 4<sup>th</sup> from 10-10:45am

Registration is required

## COCOA, COOKIES, AND COPING SKILLS

Join student intern counselor Alisa Costantino in enjoying some holiday sweet treats while having an open group discussion about how to cope with the not so sweet aspects of the holiday season

Tuesday December 9<sup>th</sup> from 10-11am

Registration is required

## UNDERSTANDING THE MEDICARE SAVINGS PROGRAM

**Do you have Medicare, but are over the asset limit for MassHealth? Come learn about the Medicare Savings Program to see how you can qualify and reduce your out-of-pocket expenses. We will have applications and can assist you in completing them.**



**Medicare Savings Programs  
can help you save thousands.**

**Presented by Jessica Porter**  
Member Outreach & Education Specialist  
Massachusetts Executive Office of Health  
and Human Services

**December 4th  
at 11:00am**

To register please visit [www.duxburyseniorcenter.org](http://www.duxburyseniorcenter.org)  
or call (781) 934-5774 Ext. 5703



# Livable Duxbury University



## GATRA Services and Applying for a Charlie Card



Tuesday,  
December 9  
10:30 am

Kerri Victorio, Community Engagement Coordinator for the Greater Attleboro Taunton Regional Transit Authority, will join us to share information about the Fixed Route Bus and the Dial-A-Ride Services available locally.

After the presentation, applications can be completed and photos taken to receive a Charlie Card.

To register, go to: [duxburyseniorcenter.org](http://duxburyseniorcenter.org) or call 781-934-5774 x 5703



## Beyond the Money: Should You Build an ADU?



Tuesday,  
December 9  
1:00 p.m.

Paula Harris from WHCornerstone Investments

Thinking about adding—or moving into—an Accessory Dwelling Unit? This interactive one-hour session goes beyond the financials to explore the social, emotional, and physical sides of ADU living. **Discover how an ADU can affect your independence, connections, and lifestyle, and leave with practical insights to guide your next chapter.**

To register, go to: [duxburyseniorcenter.org](http://duxburyseniorcenter.org) or call 781-934-5774 x 5703



## LEARN ABOUT CARE SOLACE

care solace

Join us for a lunch as we welcome the Livable Duxbury Task Force Healthcare Workgroup to discuss **Duxbury's newest resource**

Care Solace!

Friday, December  
12 at noon

**CARE SOLACE CONNECTS YOU TO AVAILABLE MENTAL HEALTH PROVIDERS, SUBSTANCE USE TREATMENT, AND SOCIAL SERVICES. NO COST & CONFIDENTIAL.**

Turkey Gobbler Half  
& Cup of Butternut  
Squash Soup

Register at [duxburyseniorcenter.org](http://duxburyseniorcenter.org)

# LUNCH

## FREE

Duxbury Residents Only

## Let's Talk about Death...

### This month's topic: **LIVING WITH GRIEF THROUGH THE HOLIDAYS**

Friday, December 12 @ 10:30 AM



Join Cheryl to discuss different topics to make end of life conversations and planning easier for you and your family.

Pre-registration is required.  
Sign up at [Duxburyseniorcenter.org](http://Duxburyseniorcenter.org)

This program will be facilitated by Cheryl Boteri, MS  
End of Life Educator, Family Support Specialist &  
End-of-Life Doula





# Mayflower Cafe

## Menu

Monday-Thursday 8:30 AM-1:00 PM  
Friday 8:30 AM-11:00 AM

### Breakfast

8:30 AM-10:30 AM (Monday-Friday)

Egg Sandwich with Cheese \$3.00  
Add Bacon or Sausage \$1.00  
English Muffin \$1.00  
House Baked Treats \$1.00

### Lunch

(chips, drinks, and dessert sold separately)  
Monday-Thursday  
11:30AM-1:00 PM (orders can be taken beginning at 11:15)

Hot Entree \$6.00  
Sandwich of the Day \$5.00  
Salad Plate \$5.00  
Sandwich (Turkey, Tuna, Chicken Salad) \$3.00  
Soup \$3.00/\$4.00

### A la Carte Items

Chips & Snacks \$1.00  
Desserts \$2.00  
Brownie or Cookie \$1.00

### Beverages

Coffee/Tea \$1.00  
Bottled Drinks \$1.00  
Seasonal Beverages \$1.00



## GIVE THE GIFT

of one of our fabulous programs,  
activities or fitness classes!

GIFT CARDS & COUPONS CAN BE  
PURCHASED AT THE FRONT DESK



This gift amount has been deposited in your Senior Center account and can be applied to a Future program, activity or fitness class. Not redeemable for cash.

### GIFT CARDS FOR PROGRAMS, ACTIVITIES & FITNESS CLASSES

### CAFE COUPONS FOR BREAKFAST, OR LUNCH



#### Café Coupon

\$Amount

|   |   |   |   |    |
|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5  |
| 6 | 7 | 8 | 9 | 10 |

## It's okay to ask for help

  
 24/7/365 Mental Health and Social Service Care  
 Coordination Service for **Town of Duxbury**

**At no cost to you,** Care Solace will quickly and **confidentially** find available mental health and substance use providers, regardless of your insurance coverage, for all Duxbury residents

**1-800-515-7881**
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Call (888) 515-7881  
or scan the QR code to  
connect with care today



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21 Railroad Avenue • Ste. 2, Duxbury

Call for a complimentary consultation 781-934-5060





# Duxbury Doings!

## Come Watch *The Gilded Age* TV Series Season 1!



**Every Monday in December !**

**December 1, 8, 15, 22, 29**

**2:30 pm**

Please Register at [duxburyseniorcenter.org](http://duxburyseniorcenter.org)  
or call  
781-934-5774  
x. 5703



## *Duxbury's Gilded Age : The Wright and Loring Families*



Register at  
[duxburyseniorcenter.org](http://duxburyseniorcenter.org)  
or call 781-934-5774 x.  
5703

**Friday December 12th  
at 10 am**



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

## *Duxbury Walks*

**Walk a section of the Old  
Colony Railroad bed  
to ring in the season !**



**Details and Directions  
a few days  
before the walk !**

Register at :  
[duxburyseniorcenter.org](http://duxburyseniorcenter.org)  
or call  
781-934-5774  
x. 5703

**Monday  
December 22nd  
11: 00 am  
Meet at  
Wadsworth Playground**



AN INFORMAL IN-PERSON CONVERSATION  
WITH DUXBURY TOWN OFFICIALS

## *Duxbury TALKS*

**Come hear about  
Hot Topics  
with the Duxbury Alternative Energy  
Committee !**



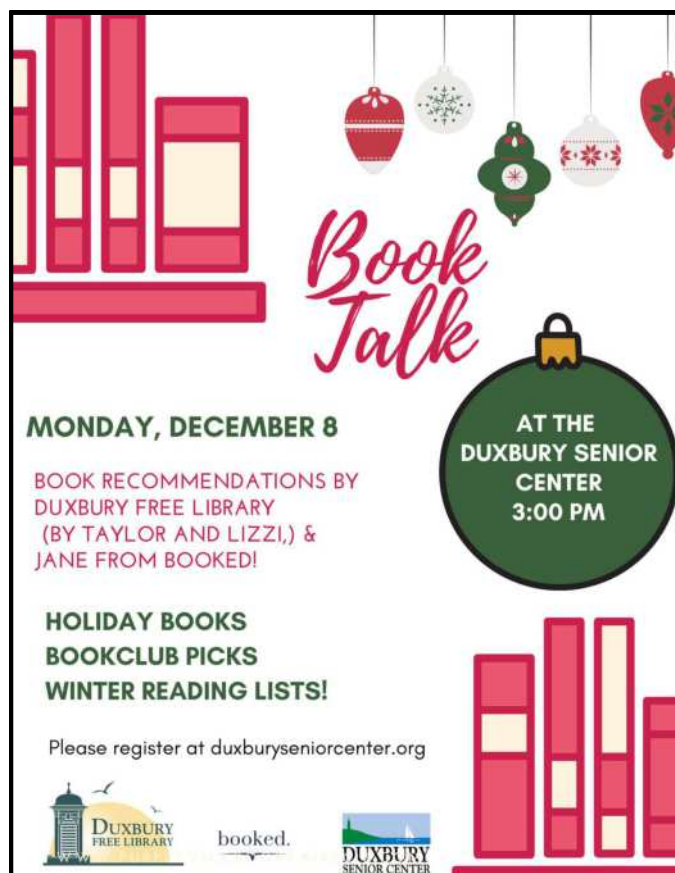
Go to [duxburyseniorcenter.org](http://duxburyseniorcenter.org)  
or call Front Desk at  
781-934-5774 x. 5703

**Wednesday December 17th  
at 11 am**





# Connection and Conversation



**Book Talk**

**MONDAY, DECEMBER 8**

BOOK RECOMMENDATIONS BY  
DUXBURY FREE LIBRARY  
(BY TAYLOR AND LIZZI,) &  
JANE FROM BOOKED!

**HOLIDAY BOOKS  
BOOKCLUB PICKS  
WINTER READING LISTS!**

Please register at [duxburyseniorcenter.org](http://duxburyseniorcenter.org)

**AT THE  
DUXBURY SENIOR  
CENTER  
3:00 PM**



## TIMELESS TALES

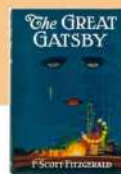
A Journey Through Classic Children's Literature  
BOOKCLUB

December 9 *All of a Kind Family*, by Sydney Taylor

January 13 *The Great Gatsby*, by F. Scott Fitzgerald

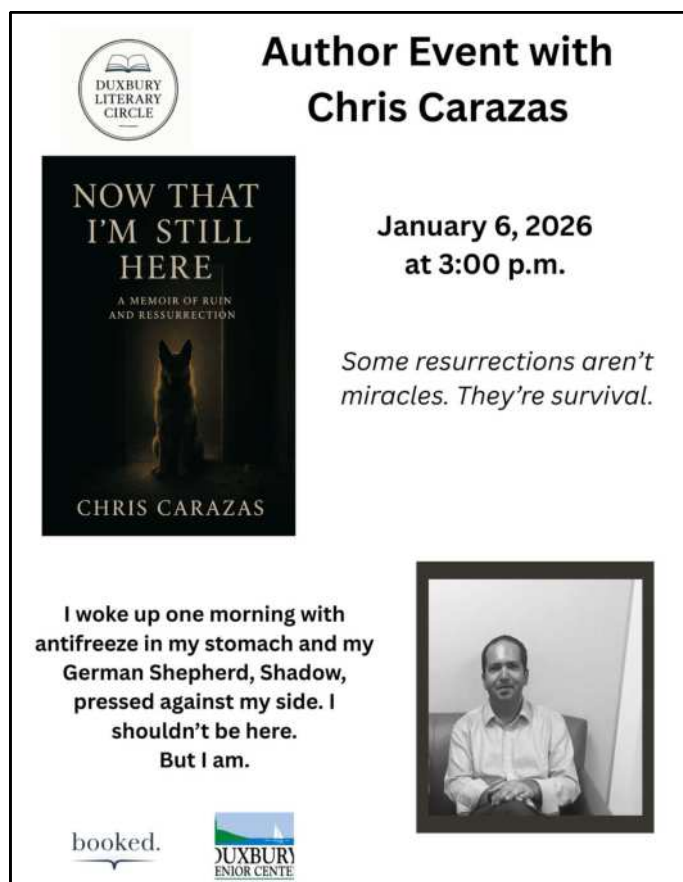
February 10 *The Catcher in the Rye*, by JD Salinger

March TBD *The Wind in the Willows*, by Kenneth Grahame



Facilitated by former school librarian and  
middle school literature teacher Shelley Sommer

Register at [duxburyseniorcenter.org](http://duxburyseniorcenter.org)  
Or call 781-934-5774 ext 5703.





**Author Event with  
Chris Carazas**

**January 6, 2026  
at 3:00 p.m.**

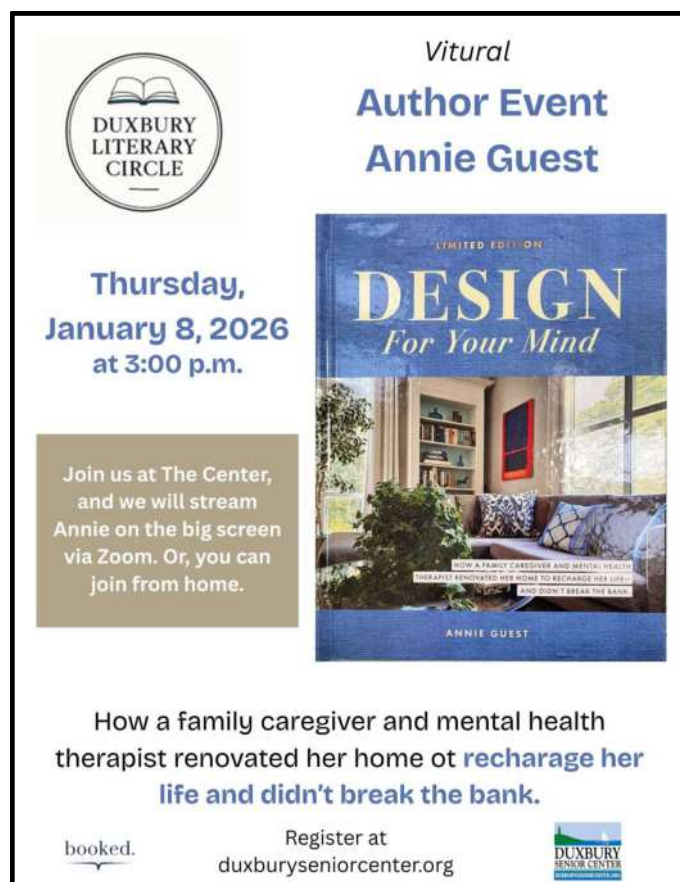
*Some resurrections aren't  
miracles. They're survival.*

**NOW THAT  
I'M STILL  
HERE**  
A MEMOIR OF RUIN  
AND RESURRECTION  
CHRIS CARAZAS

I woke up one morning with  
antifreeze in my stomach and my  
German Shepherd, Shadow,  
pressed against my side. I  
shouldn't be here.  
But I am.







**Author Event  
Annie Guest**

**Thursday,  
January 8, 2026  
at 3:00 p.m.**

Join us at The Center,  
and we will stream  
Annie on the big screen  
via Zoom. Or, you can  
join from home.

**DESIGN  
For Your Mind**  
LIMITED EDITION  
HOW A FAMILY CAREGIVER AND MENTAL HEALTH  
THERAPIST RENOVATED HER HOME TO RECHARGE HER LIFE  
AND DIDN'T BREAK THE BANK  
ANNIE GUEST

How a family caregiver and mental health  
therapist renovated her home to **recharge her  
life and didn't break the bank.**

 Register at  
[duxburyseniorcenter.org](http://duxburyseniorcenter.org) 

## Make new friends. Renew old friendships.

### DECEMBER

Monday 12/1

Monday 12/15

2:00 - 3:30 PM

Enjoy conversation  
circles, social time &  
refreshments



[www.duxburyseniorcenter.org](http://www.duxburyseniorcenter.org)  
or call: 781-934-5774 ext. 5703



Join Duxbury Firefighter/Paramedics  
John Rota and Kirsten Piper to learn  
about fire prevention and avoiding falls  
in the home.

Wednesday, December 3  
10:30am



Register at [duxburyseniorcenter.org](http://duxburyseniorcenter.org) or call 781-934-5774

## DRUM CIRCLE

UNLEASH YOUR INNER RHYTHM AND DISCOVER THE MANY  
BENEFITS OF DRUMMING IN OUR NEW, MONTHLY CLASS.

**\$10**

PER CLASS

FRIDAY, DECEMBER 12

@11:00 AM

REGISTRATION OPENS MONDAY,  
NOVEMBER 24

JOIN US FOR A VIBRANT AND FUN  
EXPERIENCE THAT GOES BEYOND MAKING  
MUSIC. DRUMMING HAS BEEN SHOWN TO  
REDUCE STRESS, BOOST MOOD, AND  
ENHANCE OVERALL WELL-BEING. THE  
FACILITATED SESSIONS PROVIDE A  
WELCOMING SPACE FOR YOU TO CONNECT  
WITH OTHERS, EXPRESS YOURSELF, AND  
FIND A SENSE OF COMMUNITY.  
WHETHER YOU'RE A SEASONED DRUMMER  
OR A COMPLETE BEGINNER, YOU'LL ENJOY  
THE POWERFUL, MEDITATIVE, AND  
JOYFUL EXPERIENCE THAT A DRUM  
CIRCLE OFFERS.



WITH ED SORRENTINO

## NEW YEAR'S EVE MOVIE MARATHON

WED  
DECEMBER  
31

10 AM Sleepless in Seattle, 1993 PG

Noon New Year's Eve, 2011 PG-13

2 PM Eleanor The Great, 2025 PG-13

**DROP IN!**



**The Duxbury Senior Center**  
Presents

*Art For Your Mind LLC*  
ART HISTORY PRESENTATIONS

## **Families in Art**

Experience the concept of family as expressed by a variety of artists. From ancient depictions to modern, abstract images—see how varied and interesting this seemingly simple topic 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!

**Wednesday, Dec 10, 2025, 1:30 PM**  
and  
**Tuesday, Dec 16, 2025 10:00 AM**

*Please register as space is limited.*

*Creative Thinking Through Art Observation*

[www.artforyourmind.com](http://www.artforyourmind.com)



## **Felted Winter Farm Scene**

**Thursday, December 4 @ 2pm**

**The cost for instruction & materials is \$10**

The cost of this class will be at the \$10 rate. Costs will go back to \$15 in the new year.

This fee is subsidized by the grant from the Grafton Foundation

*Art is for Everyone*  
The Harry & Marry Grafton Foundation

**POP UP ART SCHOOL**

**DUXBURY SENIOR CENTER**  
[DUXBURYSENIORCENTER.ORG](http://DUXBURYSENIORCENTER.ORG)

Cozy up with this relaxing felting project! In this class, you'll learn the art of needle felting by "painting with wool" on craft felt stretched inside an embroidery hoop. Using soft, colorful wool fibers and a special barbed needle, you'll create a charming winter scene—a snowy red farmhouse at night, framed by tall evergreen trees. Add your own unique touches such as a starry sky, a crescent moon or a chimney.

Register at [duxburyseniorcenter.org](http://duxburyseniorcenter.org)



### **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.

### **SHINE CONSULTATIONS**

**(Serving the Health Insurance Needs of Everyone)** Call the Front Desk at 781-934-5774 ext. 5703.

### **MEET WITH YOUR REPRESENTATIVES**

**Senator Patrick O'Connor** will hold office hours at the Duxbury Senior Center **on the 3rd Tuesday of the month from noon to 1:00 p.m.**

**Representative Ken Swezey** will be at the Center on the **3rd Friday of the month from 9:00 a.m. to 11:00 p.m.**

**Duxbury Select Board member Fernando Guitart** will be at the Center on the **3rd Thursday of the month from 9:00 a.m. to 10:00 a.m.**

## New to The Center!



### Meet Our New Interns!

#### Greetings!

My name is Jason Burke, and I am excited to be joining the Duxbury COA community! I am a first-year MSW student at Bridgewater State University with a background in Psychology. After years in the construction industry, I chose to return to school to pursue a career that would allow me to give back. Learning has been a lifelong passion of mine, and I hope to continue that journey while serving as an intern here. I am grateful for the opportunity to be of service, and I look forward to working with members of the community to create connections, provide support, and maybe have some fun while doing it. Engaging in personal interactions is an aspect of my role that I enjoy immensely, so please stop and say hello if you see me!



#### Hello everyone!

My name is Rhyan Joyce, and I'm a graduate student at the University of New England, studying Nutrition and Dietetics with hopes of becoming a Registered Dietitian next fall! I'm so excited to spend time at the Duxbury Senior Center this **January and February**—sharing tips on healthy eating, learning from all of you, and getting involved in the community. I'm passionate about helping people enjoy a healthy lifestyle through delicious, nutritious food, and I truly appreciate the opportunity to learn and grow with you all!

## DAILY & MEDICAL TRANSPORTATION

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



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



# Mark Your Calendars

## GET “WRAPPED” IN COMMUNITY SPIRIT

Monday 12/8, Wednesday 12/10, Tuesday 12/16, Wednesday 12/17 from 3:00-6:30 at The Center

LET US TAKE THE STRESS OUT OF WRAPPING THIS HOLIDAY SEASON!

BRING YOUR GIFTS TO BE BEAUTIFULLY WRAPPED BY THE

**DUXBURY TOWN CLERKS AND SENIOR CENTER STAFF**

— ALL WHILE HELPING OUR NEIGHBORS IN NEED.

INSTEAD OF PAYMENT, WE’RE ASKING FOR DONATIONS OF:

**TOILET PAPER**

**TOOTHBRUSHES & TOOTHPASTE**

**CANNED GOODS OR NON-PERISHABLE FOOD ITEMS**

YOUR GENEROSITY WILL GO DIRECTLY TO SUPPORT LOCAL FAMILIES THIS HOLIDAY SEASON.



## Author Events January/February 2026

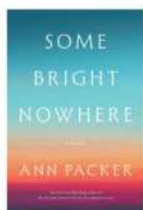


Chris Carazas, *Now that I'm Still Here*  
Tuesday, January 5, 2026 at 3:00 p.m.

Registration opens 11/24.



Annie Guest  
Thursday, January 8, 2026  
3:00 p.m. on Zoom  
*Design for your Mind, How a family caregiver and mental health therapist reinvigorated her home to recharge her life – and didn't break the bank.*  
Registration opens 11/24.



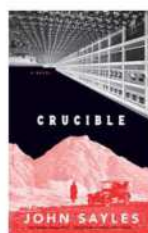
Ann Packer, *Some Bright Nowhere*  
Tuesday, January 27, 2026  
1:00 at the Duxbury Senior Center  
Luncheon \$15, (author talk is free)

Registration opens 11/24.



Jenna Blum, *Murder Your Darlings*  
Thursday, February 5, 2026  
Duxbury Senior Center at 1:00 p.m.  
Luncheon \$15, (author talk is free)

Registration opens 12/29.



John Sayles, *Crucible*  
Thursday, February 12, 2026  
Duxbury Senior Center  
Luncheon \$15, (author talk is free)  
Registration opens 12/29.



Mark Ciccone, *Secrets Among Friends*  
Thursday, February 19, 2026  
Duxbury Senior Center  
Afternoon tea, no cost

Registration opens 12/29.



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.

| Name of Donor                                                                                      | In Memory of |
|----------------------------------------------------------------------------------------------------|--------------|
| Kathleen and John Dowling                                                                          | Mary Leone   |
| Many thanks to Paula Flynn for her generous gift and to the Jack & Kathy Shields Family Foundation |              |

**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 Street Duxbury, MA 02332**

### **Donate to the Friends!**

Online: Go to [www.duxburyseniorcenter.org](http://www.duxburyseniorcenter.org) and click Donate,  
or use the QR code

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:

- **Annual Appeal-- In the Mail Now!**
- Duxbury Half Marathon
- Duxbury COA Golf Outing

For more information on these events,  
Go to [duxburyseniorcenter.org](http://duxburyseniorcenter.org) or call 781-934-5774.





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Duxbury Council on Aging  
10 Mayflower Street  
Duxbury, MA 02332

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### *COUNCIL ON AGING MISSION STATEMENT*

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

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Kevin Mullins, Chair Emeritus  
Sue Hoover Vice Chair  
Mi Kim, Secretary  
John Burke, Board Member  
Ken Beeby, Board Member  
Sheila Tenaglia, Board Member  
Penny Herlihy, Board Member  
Fred Von Bargaen, Board Member  
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Patti Ryan, Board Member  
Peter Holden, Board Member  
Candia Brush, Board Member

#### Alternates:

Lynne Devnew  
Francis Doran  
Victoria Babcock  
Thomas Devine

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Candy Weiler, Vice President  
Patti Mullee, Secretary  
Lynn Marples, Treasurer  
  
Peter Andrew  
Christopher Barry  
  
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#### **SENIOR CENTER STAFF @ (781) 934-5774**

AlexandraNewcomb@Duxbury-ma.gov x 5730  
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BarbaraPeary@Duxbury-ma.gov x5703  
BrookeMcDonough@Duxbury-ma.gov 5712  
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SPisani@Duxbury-ma.gov x 5714  
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#### **Transportation x5741**

Veterans Service Office  
x 5740