

Duxbury Doings



November, 2025

WE BUY SINGLE ITEMS & COMPLETE ESTATES

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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.

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and Healing Hearts
ONE FAMILY AT A TIME



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Jeffrey D. LaForest
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.lpcommunities.com Duxbury Senior Center, Duxbury, MA

04-0685



Town of Duxbury Expands Care Solace Program to All Residents

The Town of Duxbury is pleased to announce the expansion of the Care Solace Program to support all Duxbury residents and their families.

Originally launched in the Duxbury Public Schools, the Care Solace program has been highly successful in helping students, staff, and families **access timely mental health care**. Based on this success, the Town has now signed a contract to make Care Solace **available to all Duxbury residents**, ensuring our entire community can benefit from this important service.

Care Solace is designed to make mental health care more accessible in our area. The program helps residents connect with mental health and substance use treatment providers 24 hours a day, 7 days a week, 365 days a year, regardless of insurance coverage or financial situation.

With an extensive network of trusted providers, Care Solace will help you find the right fit for your unique needs.

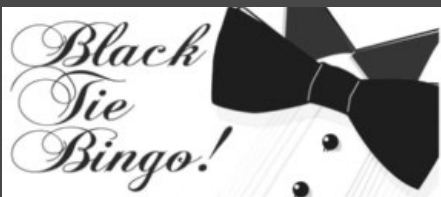
Residents can access services in two ways:

- Call 888-515-7881 anytime. A dedicated Care Companion will guide you through the entire process—researching options, securing appointments, and following up to ensure a good match.
- Search online anonymously by answering a few simple questions at caresolace.com/ma-duxbury.

Care Solace coordination services are available at no cost, and all information shared is **completely confidential**.

To learn more, please visit the Town of Duxbury website and click on the Care Solace button to access this important resource.

As a community, we understand how difficult it can be to find mental health support when it's needed most. By expanding this program, the Town of Duxbury reaffirms its commitment to easing that burden and helping residents connect to the care they deserve.



Save the Date
13th Annual Black Tie Bingo
Saturday, January 31, 2026



DUXBURY SENIOR CENTER
10 Mayflower Street, Duxbury, MA

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, 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

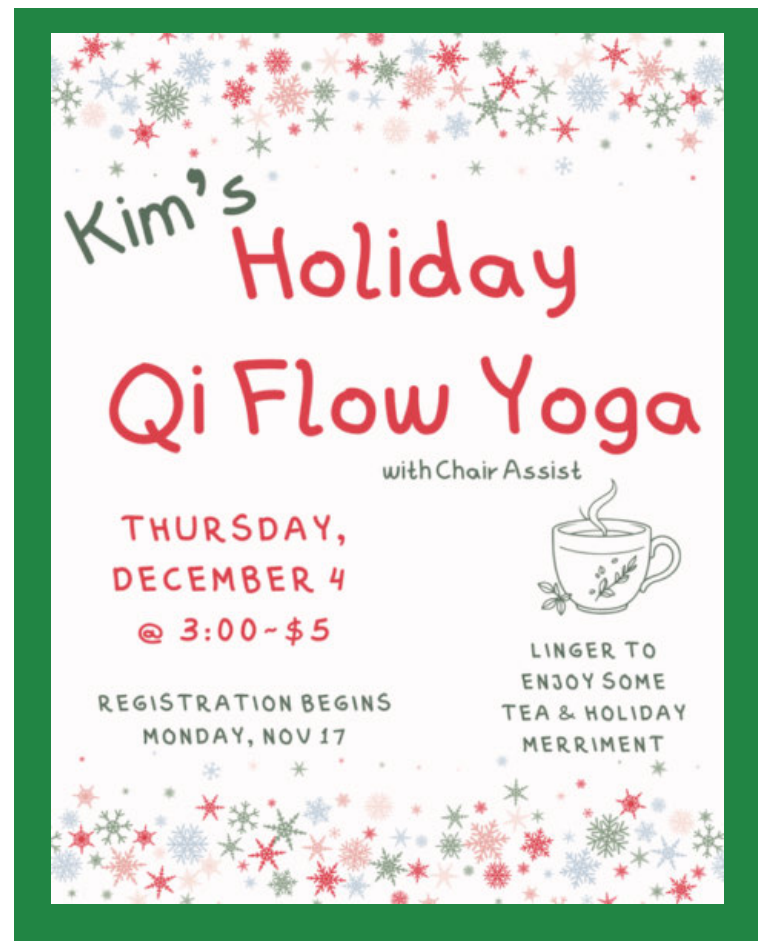
Manager, Caren Harrison
Assistant, Lynne McWilliams
Assistant, Deborah Bastoni

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

Cover artwork by Marlene Hebert

Marlene is a retired teacher and grandmother to five. The painting was inspired by a photo her daughter took running on Bay Road.



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
NOVEMBER OPENS
WEDNESDAY, OCTOBER 15

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

Simple techniques for all ability levels
Participatory Fun Informative

Your Meridians

Pathways to Higher Health

Monday Miniseries
November 3 & 10

Duxbury Senior Center 10-11:00 a.m.
or

Virtual Class 1 - 2:00 p.m.

Call 781-934-5774 x5703 to register or go online at
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

Treat Yourself in November



Cranberry Tour and Picnic

Thursday November 13th
9:00-2:00pm

Step into the unique working landscape and
world of cranberry cultivation at
Benson's Family Farm!

We will discover the intricate process of
cranberry growing and different cranberry varieties.

While sampling cranberry nibbles, we will learn
about the fascinating nuances of each growing season.

After the 90 minute tour we will enjoy a picnic lunch.

\$30 per person

Please dress accordingly for the day's weather,
most of the tour will be outside.
Rain or Shine!



To register and pay, please visit:
duxburyseniorcenter.org



Take a break & breathe...



Join us for this unique wellness outing to the Scituate Salt Caves.

Relax in a comfortable zero-gravity chair by the glowing salt,
and listen to soothing sounds of the sea in a meditative spa-like
environment all while soaking in the health benefits of salt air.

Please note: The salt cave experience includes some walking and
uneven surfaces. This trip is not suitable for those with mobility
challenges.



\$20 per person, space is limited

Wednesday, November 19

at 11am

*bus departs at 10am



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



Gods, Goddesses and Grilled Cheeses

Thursday November 20th at 9:30am

Test your divine knowledge of:

⚡ Greek Gods

🏛️ Roman Deities

🏠 Domestic Household Spirits

🎬 Pop Culture Gods & Goddesses

An Epic Battle of Wits & Bites
with
prizes for winning team

To register, please visit: duxburyseniorcenter.org

Beyond Gold programs are made possible by the
Harry C & Mary Elizabeth Grafton Memorial Fund,
Bank of America, N.A. Co-Trustee

- FALL -

CLASSICAL Concert

CRANBERRY TRIO

SATURDAY NOVEMBER 22ND

2:00 PM

\$5.00 PER PERSON

To register and pay,
please visit:

duxburyseniorcenter.org



Serving All People, All Incomes.

- Provide In-Home Services
- Provide Options Counseling



- Serve Nutritious Meals
- Provide Caregiver Support

508-584-1561 info@ocesma.org www.ocesma.org

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for
Memory Care Assisted Living**
CALL 781.298.0297 TODAY FOR A TOUR.



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DuxburyHouse.com



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to Safely Remain at Home**

Call 339-298-6800

info@thriveseniorhomecare.com
www.thriveseniorhomecare.com
Duxbury



**THINKING OF DOWNSIZING IN 2025?
PLEASE REACH OUT FOR A CONFIDENTIAL,
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Barbara Romanelli

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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!*



IF YOU LIVE ALONE

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\$19⁹⁵

/mo.

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

04-0685

All are Welcome

Breathwork Series with Colleen



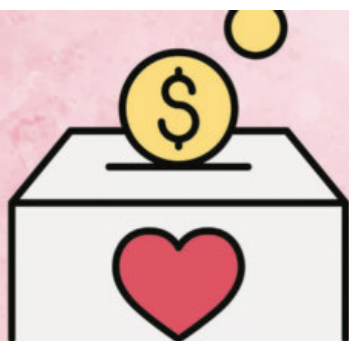
Friday November 7
Friday November 14
Friday November 21
Friday, December 5

10:30am to 11:30am

\$25 for all four sessions

Relax, Refresh, Restore

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



Charitable Giving

THURSDAY, NOVEMBER 13 @ 1:30 PM

Join Nancy von Stackelberg of Radius Wealth Management and Sean Hagan, ESQ. of Long Hagan Huff-Harris when they discuss techniques on how to make small changes to your financial and estate plan which will help to reduce your income tax and estate taxes while benefiting charitable organizations you care about.

Go to Duxburyseniorcenter.org to register or call the front desk at 781-934-5774 x 5703

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 Month at 3:00 p.m. Please register

Wednesday

Blood Pressure Clinic ~ 11AM to 1PM

Tech Time ~ 2-4 PM by appointment

Drop-in Bocce 1 PM-3:00PM

Thursday

Social Bridge ~ 10-Noon

Friday

Chess ~ 10 AM-Noon

TOPS ~ 9-11 AM



Community Service



GERIATRIC CARE MANAGEMENT 101



Coffee + Pastries

Learn what a *Geriatric Care Manager* can do for you and your family.

When: Wednesday, November 12th at 10 a.m.

Where: The Duxbury Senior Center

Our Services

- ✓ Care Management
- ✓ Family Mediation
- ✓ Life Care Planning
- ✓ Medical Advocacy
- ✓ Free Consultations

Presenter
Hannah Walsh, Community Outreach Coordinator at Senior Steps

Register at www.duxburyseniorcenter.org
or call (781) 934-5774 x5703

A Geriatric Care Manager helps families navigate the challenges of aging by coordinating care, supporting medical needs, and easing difficult family decisions. This talk will explain how these services can bring peace of mind and ensure the best quality of life for your loved one.

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
or call (781) 934-5774 Ext. 5703

CAREGIVER SUPPORT CIRCLE

Facilitated by Anne Ward, LICSW and Alisa Costantino, MSW Student Intern

Our Caregiver Support Circle is a 6 week program, 75 minute sessions

This program is for caregivers of a loved one living at home with dementia.

Our Caregiver Support Circle is designed to provide educational, emotional and social support for caregivers of individuals living with dementia.

Starts Tuesday, November 18th for 6 consecutive weeks on Tuesdays from 1:45pm-3pm.

Our Caregiver Support Circle group size is limited. If you are interested in joining this group, contact Alisa Costantino at (781) 934-5774 x5551 or acostantino@duxbury-ma.gov. NOTE: You will receive an email or a brief phone call from Alisa Costantino prior to the program to confirm your registration.

Let's Talk about Death...

**This month's topic:
Ways of Saying Good-Bye**

Friday, November 14 @ 10:30 AM



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

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



Fun and Learning

The Duxbury Senior Center
Presents

Art For Your Mind LLC
ART HISTORY PRESENTATIONS

The Abstract Expressionists

What were they thinking?

Explore the giant canvases, splattered paint and brilliant colors of the 20th-Century, American, Abstract Art Movement. Learn about what led to this movement, then search for emotions in the works of Krasner, Pollock, Rothko and Frankenthaler – key figures of this surprising and often confusing period of art.

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, Nov 12, 2025, 1:30 PM
and
Wednesday, Nov 19, 2025 10:00 AM

Please register as space is limited

Creative Thinking Through Art Observation

artforyourmind.com
Art For Your Mind, LLC • 12 Euckd Avenue • Mattapoisett, MA 02739 • 508-498-2864

Group Travel

with the Duxbury Senior Center
Departing in 2026

Join us for a travel presentation with Collette on Tuesday, **November 19** at 3:00 PM.

Discover Imperial Cities

October 5-15
Visiting Prague, Vienna, & Budapest

Please register to let us know you are coming!
Visit our website
www.duxburyseniorcenter.org
or call us at
781-934-5774, ext. 5703

collette
celebrating 100 years of travel together

OCEs
Providing Services to the Community Since 1974

PRESENTS

DIGITAL LITERACY WORKSHOP

Empower Yourself with Smart Phone Skills at our Digital Literacy Workshop with
Instructor: Armindo Rocha

Wednesday November 19th
1:00-2:00 pm
Duxbury COA

Learn how to make the most of your Smart Phone features in this hands-on class. **FOR ANDROIDS ONLY.**

Register in advance at duxburyseniorcenter.org or call 781-934-5774 x5703

Maximum 8 people per class. You must bring your cell phone with you.

BEYOND Gold

Puzzle Palooza Challenge

Monday November 24th
3:00-4:30pm

Love a challenge?
Some friendly competition?
Join us for Puzzles and Prizes!

Working in teams of 4,
put together a 350 piece puzzle as quickly as you can!

To register, please visit: duxburyseniorcenter.org

DUXBURY SENIOR CENTER

Beyond Gold programs are made possible by the Harry C & Mary Elizabeth Grafton Memorial Fund, Bank of America, N.A. Co-Trustee

LEARN ABOUT 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, November 7
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

care solace

FREE

FREE

Duxbury Residents Only

AN INFORMAL IN-PERSON
CONVERSATION WITH DUXBURY
TOWN OFFICIALS

*Duxbury
TASKS*



Meet

Peter Holden

chair of the Mental Health task force of Liveable Duxbury
and hear about Care Solace—
a new free resource for all Duxbury residents that connects
them to mental health and social service care

care solace

**Wednesday November
12th
at 1 pm**

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



It's okay to ask
for help

care solace

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

caresolace.com/ma-duxbury

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



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ma-duxbury](http://caresolace.com/ma-duxbury)

care solace



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21 Railroad Avenue • Ste. 2, Duxbury

Call for a complimentary consultation 781-934-5060

Duxbury Doings!

4 Brides for 4 Winsors ! - How the Southern Howett Sisters Came to Duxbury



Friday November 21st 10 am

Register on Line or call
the Front Desk-
781-934-5774 x5703



Live Well. Age Well. Die Well.®

Join us for a thought-provoking series where we explore, learn, and share both tough and tender conversations—helping us live fully and plan wisely... right up to our very last day.

Beth Israel Lahey Health
Beth Israel Deaconess Plymouth

Facilitated by Cheryl Botteri, MS, End-of-Life Educator,
Family Support Specialist, and End-of-Life Doula



Join us for these two important programs in November

I Did Not think This Would Happen...Who Will Care For Me?

Tuesday, November 4 from 4:00 PM-5:30 PM

Who will care for you if you have an accident, serious illness, live alone, are frail, are dying? Do you have family, friends, neighbors, or loved ones who will care for you? For how long...a day, a week, a month, a few years? What is your back-up plan if they can no longer care for you?

Your Body...Your Legacy...What Will You Leave Behind?

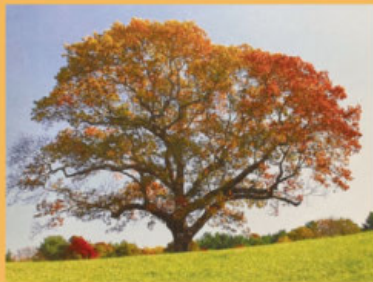
Tuesday, November 18 @ 4:00 PM-5:30 PM

Burial, cremation, natural? Funeral, Celebration of Life, Memorial Service? A letter...a song...a story...a call...a good deed...money...debt...a lot of stuff?

To register, go to duxburyseniorcenter.org or call 781-934-5774 x 5703

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

Duxbury Walks Berrybrook Fields - at Thanksgiving Time !



Details and
Directions
a few days
before the walk !

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

**Tuesday
November 25th
11:30 am
BERRYBROOK
FIELDS
Winter Street**



Walk the Spectacular World's End of Hingham !

Come Walk the
Trustees of
Reservations
World's End - hear the
fascinating history of
this beautiful parcel !



**Tuesday
November 4th
Cost: \$ 20
Bus from Senior
Center leaves
at 9 am, and
returns by
12:30
Limited Spaces**

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



Connection and Conversation

LET'S LEARN TOGETHER

A TED talk
BY BEVY SMITH

How to Discover your
Authentic Self- at any Age
a talk packed with wry wisdom, pop
culture queen Bevy Smith shares hard-
earned lessons about authenticity,
confidence, mature success and why, if
you put in the work, "life gets greater
later.

Thursday 11/6 @10:00am-
10:45am

REGISTRATION REQUIRED

15 minute video followed
with friendly open
discussion with our
student intern, Alisa,
about key take aways

La vita è bella A Taste of Italy Food-Music-Games

Come join Alisa Costantino
(MSW Student Intern Counselor) to engage
with "a taste" of Italian culture



Thursday November 20th
11:30am-1pm

Registration is required

Senior Spotlight: Alisa Valerie Costantino

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

“Hello everyone!”

My name is Alisa Valerie Costantino and I am looking forward to joining your wonderful community this upcoming fall as an intern!

I am a MSW student at Bridgewater State University and am currently entering my second year. Thus far my masters journey has been both enriching and challenging. Above all else I am incredibly thankful for the opportunity to learn and grow.

“You’re never fully dressed without a smile” is a quote from the classic tale Annie that really resonates with me.

Humor and laughter are extremely important aspects of my life.

I hope to share that piece of myself and more with everyone I get the privilege of connecting with during my time at the COA.





*Author Luncheon
with
Elizabeth Searle*



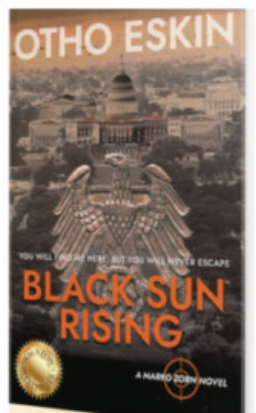
Tuesday,
November 18 at
1:00 p.m.



An electrifying collection that peels back the curtains on the turbulent lives of interconnected characters wrestling with fractured friendships, hidden desires, and secrets that refuse to stay buried.



**Virtual Author Event with
Otho Eskin**
author of
Black Sun Rising



Join us on Zoom!

Wednesday,
November 19, at 3:00 p.m.

Join from home, or come to the Center for tea and treats in a Zoom Room!

*A long-buried Nazi weapon resurfaces.
America stands on the brink of
destruction. One man must stop
history's darkest nightmare from
happening again.*



Register at duxburyseniorcenter.org



LGBTQ Event

**Author
Talk**

**A PLACE OF OUR OWN
BY JUNE THOMAS**

NOVEMBER 20 @ 3:00 PM

In *A Place of Our Own*, June Thomas celebrates the lesbian spaces that shaped queer women's culture over the past 60 years.

Mocktails ☀ Icebreakers

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



**Author Luncheon with
Catherine Newman**



Tuesday,
December 2
at 1:00 p.m.

*Luncheon is \$15.00
The author's talk is free
Duxbury Senior Center*



The acclaimed bestselling author of *Sandwich* is back with a wonderful novel, full of laughter and heart, about marriage, family, and what happens when life doesn't go as planned.

Experience the Lifesaving Edge of Aviation!

Wednesday November 5th 9:30am



Have you ever wondered what it takes to save lives from the sky?

Now's your chance to go behind the scenes at Plymouth Airport and discover the incredible work of Boston MedFlight—a regional leader in critical care air transport.

In honor of National Aviation Month, we will experience guided tour of the MedFlight hangar and medical helicopters, explore the cutting-edge Simulation Center, where real-life emergencies are trained for every day, as well as meet some of the flight crew and medics-

Learning how advanced training and aviation come together to save lives across New England



To register, please visit: duxburyseniorcenter.org

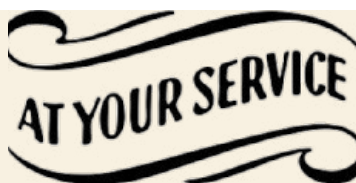


Join Duxbury Firefighter/Paramedics John Rota and Kirsten Piper to learn about fire prevention and avoiding falls in the home.

**Wednesday, December 3
10:30am**



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



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 TELEPHONE CONSULTATIONS

(Serving the Health Insurance Needs of Everyone) Call the Front Desk at 781-934-5774 ext. 5703. Please see page 9 for Open Enrollment information.

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.**

Livable Duxbury University



Beyond the Money: Should You Build an ADU?

Tuesday,
December 9
1:30 - 2:30 p.m.

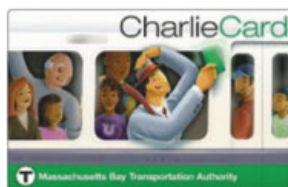
Paula Harris from WHCornerstone Investments

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 or call 781-934-5774 x 5703



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 or call 781-934-5774 x 5703



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Friends of the COA
for their continued
funding of this service!



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

Mark Your Calendars

Collaged Notecards with Mandy Fariello

Learn how to collage humor into your correspondence. Explore principles of design and learn new skills while cutting and pasting.



Monday, November 17
2pm-4pm

\$10 materials fee

Mandy is an award-winning collage and mixed media artist who has taught at the Duxbury Senior Center, the Duxbury Art Association and the Art Complex Museum.



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

Holly Days at the Duxbury Senior Center !



Puppets, Paul & Mary Holiday Show !!

Travel through the neighborhood to see how everyone celebrates the holidays with an intergenerational interactive puppet show with music !

When : Sunday November 30th
at 1:30

Register on line or call the Front Desk
781-934-5774 x.5703

Lighten Up the Holidays

Live cooking demonstration and tasting – try delicious lighter versions of holiday favorites!

Simple baking swaps – learn how to reduce sugar, fats, and calories without losing flavor.

Wednesday, December 3

3pm to 4:30pm

\$5 per person



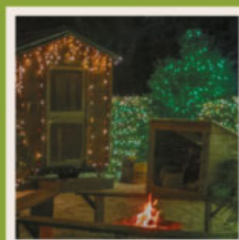
Register at duxburyseniorcenter.org or call 781-934-5774

Day Trip

We're Going Places Holiday WinterLights

Destination

Step into a dazzling winter wonderland at The Bradley Estate in Canton, where new light displays and favorite classics create an unforgettable holiday experience. This is an outdoor, walking, after dark experience.



There's More

Indulge in handcrafted desserts, sip on rich hot cocoa or spiced cider, and let thousands of twinkling lights ignite your holiday spirit. After spending time outdoors in the festive surroundings, enjoy dinner at West End Grill.



Details

Wednesday, December 10
Price per person, includes motor coach transportation, Winterlights admission and your dinner selection from the available choices. A gratuity for the driver will be collected on the trip home.



Details for this trip are in progress. Please refer to website or call us!



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	In Honor of
Mary Walsh	Bud Johnson	
Ann D Deklerk	Lusie Cuneo	
David and Judy Flynn		The Senior Center Staff and volunteers
In addition, we extend our gratitude to Bruce Bygate and Marilyn McCourt for their generous donations.		

Donate to the Friends!

Online: Go to 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, November, 2025
- Duxbury Half Marathon
- Duxbury COA Golf Outing

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



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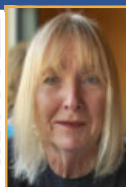
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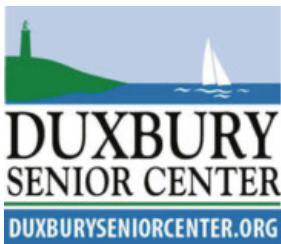
Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Duxbury Senior Center, Duxbury, MA

04-0685

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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