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APRIL 2026



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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?

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The Center, Duxbury, MA

04-0685

From the Heart of The Center

Reflections from Director Joanne Moore



Exciting news from The Center This Spring

We're happy to share that we've hired a new **Community Service Manager**. **Molly DelGrosso** joined our team in March. Molly has worked in aging services for nearly ten years, supporting older adults and family caregivers.

She is passionate about empowering older adults to maintain their health, safety, and independence while aging in place.

On a personal note, Molly wanted to share that she recently got married and shortly afterward adopted an 8-month-old Cavapoo puppy named Coconut. She loves trying new restaurants and coffee shops, spending time at the beach, and doing Pilates. After six years of living in the city, she and her husband are very excited to make the move to the South Shore! Fun fact: Molly is a former collegiate lacrosse player at the University of Southern Maine. She looks forward to meeting all of you!

We're also pleased to announce that we've hired a **Mental Health Navigator, Ellen Jones**. Ellen has been a practicing social worker for 36 years, working primarily with children, youth, and families. She most recently retired after 16 years at Boston College, where she served as an adjunct faculty member in the Graduate School of Social Work. Ellen lives in Duxbury, where she raised her four children, and she and her husband, Stu, will soon be empty nesters. In her free time, she enjoys live music, yoga, the beach, traveling, and spending time with family and friends. This position is funded by a grant from BID-Plymouth. The Mental Health Navigator will work in the community to raise awareness of the Care Solace Program and will also be based at the Center to support you and your families in connecting with services—and any other help you may need.

Please join us for a welcome coffee to greet Molly and Ellen on Monday, March 30, from 8:30–10:00 AM. We hope you can make it!

And, after 17 years of dedicated service, Bob Johnson, one of our bus drivers, has officially hung up the keys! We're so grateful for his outstanding driving, warm customer service, and years of commitment. He will truly be missed.

As we put the Blizzard of 2026 behind us and the first blooms begin to appear, spring is the perfect time to step outside, breathe in the fresh air, and reconnect with your community.

Join us for our Walking Buddies Meet & Greet on April 17 to find the perfect partner to hit the pavement with, and celebrate Earth Day on April 22 with a Duxbury Walk to Polly's Pond. Golf season tees off with North Hill's men's and women's swing clinics on April 21 and 28, and leagues begin again in May (contact reganroderiques@duxbury-ma.gov). Plus, exciting trips are on the horizon—including Falmouth, Newport Playhouse, Encore Casino, a Cape Cod Canal Cruise, Kennebunkport, Mystic, and more.

Whether you're looking for fresh air, friendly competition, or a fun day away, there's something for everyone this spring at the Center—we can't wait to see you!

Warm regards,

Joanne

Duxbury Half Marathon

Cheer on the runners on **Saturday, April 4, starting at 7:30 AM** from The Center. Proceeds from the race support programs here. Scan the QR code for more info and a map of the course.



THE CENTER

10 Mayflower Street, Duxbury, MA

Phone: **(781) 934-5774**

Website: **TheCenterDuxbury.org**

MEET THE STAFF

Joanne Moore, *Director ext. 5700*

Angela Sinnott, *Assistant Director ext. 5701*

Christine Coakley, *Mgr of Volunteers ext. 5731*

Brooke McDonough, *Media Mgr ext. 5712*

Elissa Wyllie, *Finance Manager ext. 5705*

Jim Brooks, *Custodial Staff*

Community Services

Molly Delgrosso, *Manager, 5730*

Jason Burke, *Intern ext. 5735*

Alisa Constantino, *Intern ext. 5551*

Food Service

Cathy Callahan, *Manager ext. 5721*

Abby Zelvis, *HDM Manager ext. 5710*

Kathy Carney, *HDM Coordinator ext. 5710*

Dina Teuten, *Café Coordinator*

Anne Irving, *Café Assistant*

Programs Team

Regan Roderigues, *Manager ext. 5715*

Barbara Peary, *Admin Coordinator ext. 5703*

Nancy McDermott, *Admin Coordinator ext. 5703*

Sharon Pisani, *Program Coordinator ext. 5714*

Tony Kelso, *Program Coordinator ext. 5711*

Social Day Program

Caren Harrison, *Manager ext. 5732*

Lynne McWilliams, *Assistant*

Deborah Bastoni, *Assistant*

Transportation

Lauren Wallberg, *Coordinator ext. 5741*

Medical Bus Drivers: Bob Dame, Jim Dexter,

Jack Breen, Don Carney, Al Dibona, Suzanne

Adduci

NEW

The Center Swag

We're excited to offer a new line of Center apparel featuring our updated logo.

Choose from cozy sweatshirts, comfortable t-shirts, and classic hats — perfect for classes, walks around town, or showing your Center pride wherever you go. To order, stop by the Front Desk, and we'll make sure you get the right size.

Here's a sample of some of our favorites.



Hats \$20



\$45



\$50



\$15

To register for any of our programs, visit **thecenterduxbury.org**, and click Register Now, or, **scan the QR code** to go directly to the calendar.



MoveWell

Stretch, strengthen, and energize at The Center



How to Register for Fitness Classes at The Center

- Registration opens on the 15th of each month at 9:00 AM (or the next business day if the 15th falls on a weekend or holiday).
- Register online using our Fitness & Programs Calendar, by phone, or in person at the front desk.
- Many classes fill quickly and may have wait lists. To confirm your spot, payment is required before the new month begins.
- Class fees vary by program and are based on \$5 per class. You'll see all pricing when you register online, or you can ask the front desk. Occasionally, a special class may be offered at different pricing.

These guidelines help us be fair to everyone who is committed to staying active with us at The Center.

Questions about which class is right for you?



Talk with our staff about beginner-friendly options and any mobility or health concerns before you register.



Joining Virtual (Zoom) Classes

- Virtual classes are offered live on Zoom so you can participate from home.
- You must register and pay in advance to access your Zoom link in the Virtual Center.
- Log on to the Virtual Center through our website on the day of class to join.
- If you're new to the virtual classes, our staff can help you navigate to the Virtual Center ahead of time.

To register for Fitness classes, visit **thecenterduxbury.org**, click Register Now, or **scan the QR code** to go directly to the calendar.
Need assistance? Call 781 934-5774



Weekly Fitness Schedule

Pre-registration required for all fitness programs.



In-Person



Virtual

Mondays



8:00AM Power Stretch *with Gretchen*
9:30 AM Balance for Life *with Gretchen*
11:00AM Yoga Fitness with Chair Assist *with Kim*
12:00PM Yoga Fitness with Chair Assist *with Kim*
2:30PM Strength & Conditioning *with Gretchen*



9:30AM
Balance for Life
Gretchen Via Zoom

Tuesday



8:30AM Beginner Pilates *with Kelly*
10:00AM The Joy of Dance (Jazz) *with Ellen*
11:30 AM Healing Flow Yoga *with Emma*



1:00PM Mindfulness Group Meditation
with Cyndi

Wednesday



9:00AM Moderate Motion *with Mary*
10:30AM Tai Chi Next Steps *with Kathy*
10:30AM Slow Flow & Restore *with Susanne*
11:30AM Foundations of Tai Chi & Qi Gong *with Kathy*
2:00PM Healing Flow Yoga *with Emma*
3:30PM Zumba Gold Toning *with Debbie*



8:45 AM
Yoga Fitness with Chair Assist
with Kim via Zoom

Thursday



8:00AM Power Stretch *with Gretchen*
9:30AM Balance for Life with Chair Assist *with Gretchen*
11:00AM Empower Movement *with Mary Fran*
2:30PM Strength & Conditioning *with Gretchen*



9:30AM
Balance for Life with Chair Assist
Gretchen Via Zoom

Friday



9:00AM Moderate Motion *with Mary*
9:00AM Gentle Stretch & Flow Yoga *with Colleen*

To register for Fitness classes, visit
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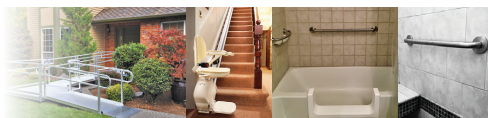
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The Center, Duxbury, MA

04-0685

Social Games & Community



Circle of Friends Conversation + Refreshments

 **April • 1:00–2:30 PM**
Mon 4/6 and Tues 4/21

A friendly, low-pressure way to connect—
great for new faces and longtime members.

Passover Seder

 **Wednesday, April 8 • 2:00 PM**



Sample traditional Seder foods and learn the story of
Passover. Hosts Ronnie Hirschhorn and Franny Shelly. \$5.



Queen Elizabeth II, Her Majesty, One Woman Performance and High Tea

 **Thurs, April 16 at 2:30 PM • \$5.00**

Step back in time with this portrayal of Queen Elizabeth II, the
longest-reigning British monarch in history. Presented by Sheryl
Faye as part of the Historical Women series, this performance
brings Her Majesty's remarkable 70-year reign to life.

Read Sing Play

 **Tuesday, April 28 • 9:30 - 10 AM**

Preschool story time led by a Duxbury
Free Library Children's Librarian. Bring your
little friends! This is a drop in story time.



Group Travel Info Session

 **Info session: Monday, May 18 at 3:00 PM**

The Center is partnering with Collette for a journey to the
breathtaking Canadian Rockies, June 20–27, 2027. Join us for
a special travel presentation with Collette.

Weekly Clubs & Drop-Ins

MONDAY

Crafty Ladies

10 AM–Noon

Bingo

4th 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 3PM

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

To register visit thecenterduxbury.org, click
Register Now, or **scan the QR code** to go directly
to the calendar. Need assistance?

Call 781 934-5774



Learning & Living Well

Learn something useful. Feel better doing it.

Historic Herrings in Island Creek



Wednesday, April 8 • 1:00 PM



Tony Kelso will talk about how the herrings saved the first English families In 1620, and how Island Creek was a natural herring run for Duxbury's first settlers.

Black Bears in Southern Massachussets



Friday, April 17 at 10 AM

Jason Zimmer from MA Division of Fisheries and wildlife will talk about how Bear sightings are on the rise. Learn about bear biology, population trends and management efforts, and the do's and don'ts to reduce conflicts and to learn to coexist with black bears.



Swing Strong, Play Long: Get Golf Ready with Dr. Leith



Friday, April 17 at 10:30 - 11:30 AM

Golf season is right around the corner! Dr. Leith specializes in golf injury prevention, diagnosis, treatment, and rehabilitation, helping golfers improve mobility, reduce pain, and prevent common swing-related injuries.

Tick Talk with Blake Dinius



Tues, April 21at 1:00 PM

Understanding tick biology holds the key to preventing disease. With the right knowledge, all tick borne diseases are preventable. Join this presentation with Plymouth County Extension Entomologist Blake Dinius to learn more.

Woodworking Workshop with Matt Files



Tues - Fri, April 21-24 • 9:00 AM to Noon

Join Matt Files, DHS woodworking teacher, for a Hands-on workshop making a project using the workshop at DHS. This workshop is for both beginner and experienced woodworkers to create a beautiful handcrafted item.



Swing Clinic at North Hill Country Club



Men's Clinic: Tues, April 21• 8:00 to 9:00 AM or 9:00 to 10:00 AM

Woman's Clinic: Tues, April 28• 4:00 to 5:00 PM or 5:00 to 6:00 PM

Golf season is upon us! Join North Hill golf pro Christian Grace, for practice and tips and tricks, setting you up for a great season. \$20

To register visit thecenterduxbury.org, click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?
Call 781 934-5774



At Your Service



Hearing Clinic with At Home Hearing Healthcare

Call The Center today to make a complimentary appointment for a hearing screening or hearing aid cleaning.



Legal Advice

Most Fridays, we offer complimentary 15-minute appointments with local attorneys.



Grief Support with Cranberry Hospice

Contact Bonnie Banks at Cranberry Hospice to join the next session. Groups meet at The Center on Thursdays from 10–11:30



SHINE Consultations

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Free, unbiased help for Medicare beneficiaries and caregivers to navigate complex health insurance.



Meet with Your Representatives

- Senator Patrick O'Connor, Tuesday, March 17 at 12:00–1:00 PM
- Representative Ken Sweeney, Friday, March 20 from 9:00– 11:00 AM



Care Solace

A no cost to you 24/7/365 Mental Health and Social Service Care Coordination Service for the Town of Duxbury.

Phone: **1 (888) 515-7881** Visit Website: **caresolace.com/ma-duxbury**



Foot Care with Donna Golden, Certified NP/Foot Care Specialist

2nd Thursday of Each Month • \$40 Fee to Town of Duxbury due at check-in

Donna Golden specializes in keeping all feet healthy, including for medically compromised or diabetic patients. Call the front desk to schedule your appointment.



You and Eye: Low Vision Support Group (Plymouth)

2nd Tuesday of each month • 10:00–11:30 AM

Registration appreciated; drop-ins welcome

A peer-led group for people with low vision and other sight limitations—resources, solutions, and shared experience.

Register. Call **508-830-4230** Location: **44 Nook Rd, Plymouth**

Health, Wellness & Support

Embrace Better Health: Using Spring Wisdom for Better Health



Mondays, April 6 & 13

In-person 10:00–11:00 AM • Virtual 1:00 to 2:00 PM • \$10

Monday miniseries led by certified energy medicine practitioner, Nancy Denman. Participatory, fun, and informative techniques for all ability levels.



Breathwork Series with Colleen



Friday, April 3, 10, 17, 24 • 10:30 AM to 11:30 PM • \$25

Breathwork is a simple, science-backed practice that uses intentional breathing to calm the nervous system, reduce stress, and improve focus. In this class, you'll learn easy techniques to feel more grounded and energized anytime. \$25

Walking Buddies Meet & Greet



Friday, April 17 at 10:00 AM

Let's keep taking care of ourselves – together. Walking is better (and more fun) with a partner. Come to meet someone whose pace and schedule meet yours.



Let's Talk About Death: “Make Peace with the Reality and Fears of Dying”



Friday, April 17 • 10:30 AM

A thoughtful discussion on end-of-life questions that can make conversations—and planning—easier for you and your family. Led by Cheryl Boteri, MS. This month's topic will discuss “Death Vigils” and other sacred rituals that can be part of the process.



LGBTQ Snacks and Chat



Wednesday, April 22 • 3:00 PM

Join us for a relaxed, welcoming time to connect and socialize. We'll provide light bites and a few optional icebreakers to get conversations started—but mostly it's just an easy place to be yourself and meet others. All are welcome.

Planning Your Next Chapter



Thursday, April 30 • 11:00 AM



Many of us have built long careers, raised families, served our communities, and gained a lifetime of wisdom. Now the question becomes: What's next?

How do we stay engaged, relevant, and fulfilled in this stage of life? If you're wondering how to turn your experience into purpose, join Mike Dwyer from Emplana Career Consultants to help you identify your strengths and map out a meaningful path forward.



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Health, Wellness & Support



Duxbury Walks with Tony Kelso: Polly's Pond on Alden Street



Wed, April 22 • 10:00 AM

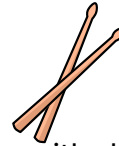
On Earth Day, come walk the hidden treasure of "Polly's Pond" off Alden Street and enjoy the history and the sounds of Spring.

Pop-Up Pound Fitness Class



Tues and Thurs April 14, 16, 21, 23, 28 and 30

Join Sharon for a workout that combines cardio interval training with drumming. Designed for all fitness levels. Drop in and pay as you go!



Pop-Up Resource: Senior Games Sponsored by BCBS



Tuesday, April 7 • 11:00 AM - 1:00 PM



For more than 25 years, Blue Cross Blue Shield of Massachusetts has sponsored the Mass Senior Games, promoting healthy aging through activity and social connection. In April, BCBS will host a pop-up table in our lobby to share information about the Games — from pickleball and skiing to track and field — along with details about BCBS Medicare plans.



You: The Owner's Manual: The Power of Protein



Friday, April 10 • 11:00 AM

Protein is essential for healthy aging. Join Tara Hammes, RD, from MCOA to explore how protein supports strength, balance, brain function, and longevity so you can stay strong and independent.

Skin "Careful," Melanoma Presentation



Tuesday, April 21 • 2:00 PM

One in five Americans will get skin cancer in their lifetime, and early detection is key. Contemporary Dermatology specializes in the detection and treatment of melanoma and non-melanoma skin cancers. Join Zoe Ongaro, PA-C, to discuss what to look for, when to be concerned, and all methods of preventative care.



Endangered Species from New England to Beyond - Live Animal Program



Saturday, April 25 • 10:00 AM

What is an endangered species? Why are many animals and their habitats disappearing? Learn about endangered species in the wild here in New England, and around the world, and some things we can all do to help them. Join Joy Marzolf, of the Joys of Nature at The Center for a morning of awe and wonder – and to touch and hold a few species!



To register visit thecenterduxbury.org, click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?

Call 781 934-5774



Arts, Culture & Travel



Traditional Bird Walk at North River Wildlife Sanctuary



Wednesday, April 1, 10:00 AM (Rain date: 4/8 at 10 AM)

Meet at North River Wildlife Sanctuary in Marshfield for a guided walk and viewing of the return of the many bird species that come to our area for breeding, as well as others that stop over on their long journey to the boreal forests in northern Canada. Bring your binoculars! \$5 per person.



Pop-Up Art, Felted Bee



Tuesday, April 14 at 2:00 - 3:30 PM



Join us for a delightful needle felting class where you get to make your own adorable fuzzy bee using wool fibers. In addition, you'll also create beautiful flowers for this friendly little pollinator to buzz around.

Exceptional Cityscapes



Tues. April 21, 10:00 AM

Wed, April 22, 1:30 PM



Exceptional Cityscapes explores a selection of urban paintings that focus on unique ways artists have portrayed city life over time. Learn about the interesting and surprising decisions that go into the creation of these images—from Europe and America—both representational and abstract.



Love Letters - Presented by Village at Duxbury Drama Club



Friday, April 24, 10:00 AM

Love Letters is a Pulitzer Prize-nominated play by A.R. Gurney that tells the story of a lifelong correspondence between two friends. The Village at Duxbury Drama Club will perform this play in eight voices, revealing the evolving relationship, loves, and losses over nearly 50 years.

Classical Music Concert | The Chordage Ensemble



Saturday, April 25, 2:00 PM \$5



Enjoy an afternoon of beautiful live music at our Classical Music Concert featuring The Chordage Ensemble. This special performance will showcase violin, cello, viola, piano, clarinet, and flute in an inspiring chamber music program.

Literary Circle

Author Events January & February 2026



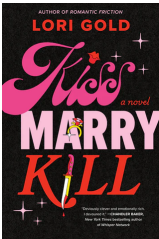
Jessica Keener, *Evening Begins the Day*



Thursday, April 9

1:00 PM at The Center + Lunch

Luncheon \$15, Author talk is FREE and begins at 1:30.



Lori Gold, Lee Kelly & Jen Thorne

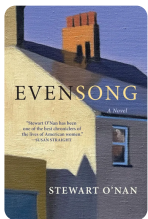


Sunday, April 12

5:30 PM at Island Creek Oyster Raw Bar



403-7 Washington Street, Duxbury
Cash bar and food service.



Stewart O'Nan, *Evensong*



Wednesday, April 15

1:00 PM at The Center + Lunch

Luncheon \$15, Author talk is FREE and begins at 1:30.



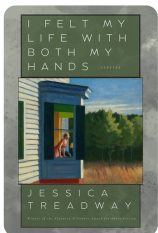
Elizabeth Strout, *The Things We Never Say*



Friday, May 8

6:00 PM Presentation Hall at Duxbury High School

Pulitzer-Prize #1 New York Times Best Selling Author
\$5.00 for tickets, \$30.00 ticket with book



Jessica Treadway, *I Felt My Life with Both My Hands*



Tuesday, May 19

1:00 PM at The Center + Lunch

Luncheon \$15, Author talk is FREE and begins at 1:30.

booked.

Enjoy author events in partnership with Booked, a local independent bookstore, offering the community an opportunity to connect with writers, explore new books, and celebrate the joy of reading.

How to Register

To register, visit thecenterduxbury.org
Click Register Now, or **scan the QR code** below to go directly to the calendar on Schedules Plus.



To register visit thecenterduxbury.org, click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?

Call 781 934-5774

Literary Circle

Connect, discuss, and celebrate the written word



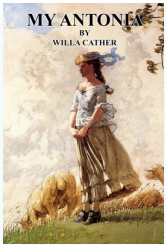
Books with Friends – The Bookclub that Comes to You



Wednesday, April 22 at 3:00 PM on Zoom



Join Books with Friends, a new virtual book club hosted by The Duxbury Free Library in collaboration with The Center. The book for April is *Heaven and Earth Grocery Store* by James McBride.



Timeless Tales Bookclub (Classic Reads Series)



**Tuesday, April 14: My Antonia, by Willa Cather
11:00 - Noon**

A Journey Through Classic Literature—one great book at a time. Facilitated by Shelley Sommer (former school librarian & middle school literature teacher)

Writing Class: Making Time for Words that Matter



Wed. April 8 | 3:00 PM

If a writing project keeps getting pushed aside, this workshop is for you. Author Victoria J. Coe shares practical strategies and mindset shifts to help writers move past distractions and finally protect their writing time. Leave with a realistic plan—and renewed motivation—to give your story the attention it deserves.



My Healthy Brain

Pilot Program with Mass General Hospital



April 21 - June 9 | 10:00 - 11:30 AM, or May 14 - June 30 | 1:00 - 2:20 PM



The **My Healthy Brain** program aims to help people improve lifestyle habits to promote brain health and optimize memory. Participants in this program will attend **8 weekly group sessions** led by an MGH psychologist where they will learn skills and strategies, including mindfulness, to help manage memory-related challenges.



Scan to take the Eligibility Survey!



Massachusetts General Hospital
Founding Member, Mass General Brigham

To register visit **thecenterduxbury.org**, click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?

Call 781 934-5774



The Center Café

Healthy meals and friendly faces at The Center Café

Menu & Pricing

Breakfast

Breakfast served Mon-Fri from 8:30am to 10:30am
(Coffee available until 11:00am)

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

Lunch*

Served from 11:30am to 1:00pm Monday-Thursday**

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

*Chips, beverages, and desserts sold separately

** Orders taken starting at 11:15

A La Cart Items

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

Beverages

Coffee/Tea.....	\$1.00
Bottle Drinks.....	\$1.00
Seasonal Beverages.....	\$1.00

Café Hours

Monday
8:30AM-1:00PM

Tuesday
8:30AM-1:00PM

Wednesday
8:30AM-1:00PM

Thursday
8:30AM-1:00PM

Friday
8:30AM-10:30AM

Be sure to check
our website daily
for that day's
sandwich and
entrée offerings.

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Inquire with Home
Delivery Manager
Abby Zelvis
(781) 934-5774
ext. 5710

Health, Wellness & Support

Staying on Schedule Using Calender Reminders for iPads and iPhone



Thurs, April 30 • 2:00 or 4:00 PM • \$15.00

Discover how to use the Calendar and Reminders apps to keep track of appointments, tasks, and daily routines. You'll learn how to add events, set reminders, create lists, and even use Siri to help you stay on schedule with ease.

Give & Grow: Volunteer Services



Calling all volunteers! We have openings for volunteers to work in the Cafe, help in the Social Day Program, pick up bread donations, and deliver Home Delivered Meals.

Contact chriscoakley@duxbury-ma.gov for more information.

Volunteers, be sure to sign in with your hours so we can include you in the Volunteer Appreciation Celebration!

Free Medical & Day-to-Day Transportation

Need help getting to your medical appointments or daily errand destinations:

Call us to book your ride!

Lauren Wallberg (781) 934-5774 ext. 5741

We travel within Duxbury, Kingston, Marshfield, Pembroke, and Plymouth. Available to Duxbury residents 60+. Minimum 48-notice required. This service is funded by the Friends of the COA.



*We're grateful for your appreciation of our drivers!
As Town employees, they do not accept tips.*

Please Support The Friends!

This newsletter is sponsored by The Friends of the Duxbury COA

The Friends of The Duxbury Council on Aging

It is the mission of the Friends to assist the Duxbury Council on Aging in providing services, resources, and activities for seniors in the Town of Duxbury; enriching the programs at The Center and raising, holding, and dispensing funds for the accomplishment of the goals of the Duxbury Council on Aging.

Ways to Give



Make a donation online by credit card

Visit TheCenterDuxbury.org/Donate or Scan the QR Code



Mail a Check a Payable to:

Friends of Duxbury COA
PO Box 2113, Duxbury MA 02331



Planned/Estate Giving

Designate **Friends of the Duxbury Council on Aging, Inc.**, as a beneficiary under your will or planned giving instrument.

Friends of the Duxbury Council on Aging, Inc., is a registered a 501c3 charity: Tax ID#22-2979362



Participate in Our Fundraising Events

- Annual Appeal: Happening Now!
- Duxbury Half Marathon
- Duxbury COA Golf Outing

For more information on these events or to learn how to get involved, visit **TheCenterDuxbury.org** or call 781-934-5774.

Thank you!

We are grateful for your generous gifts!

Margaret Murphy
in memory of
Gerry Buckley

Make a Donation via PayPal

Scan the QR code to donate via PayPal.





Did you know that **1 in 10 Massachusetts residents** has unclaimed property waiting for them?

It could be an old bank account, a forgotten insurance policy, uncashed checks, or even a safe deposit box you didn't know existed.

Visit [Findmassmoney.gov](https://findmassmoney.gov) or call our office at **617-367-0400**.

✓ Official State Program ✓ Easy-to-Follow Instructions

This information is provided as a public service. Searching state unclaimed property databases is always free. Never pay anyone to search on your behalf.



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www.villageatduxbury.com



A Fresh Start in 2026.

The new year is full of possibilities, and the perfect home could be one of them. Katrina combines 12 years of top-producing experience with deep Duxbury knowledge to guide every client with confidence and care. Whether you're buying or selling, she ensures a smooth, stress-free journey that aligns with your lifestyle and goals.

Let's make your next move your best move, connect with Katrina today!



Katrina McGrail
781.561.5140
katrina.mcgrail@compass.com
compass.com

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Katrina McGrail is a real estate broker affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws.

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(339) 220-7964 Office & Text

Office: Kingston Collection Mall
Space 109 | Kingston, MA



Not affiliated with the federal Medicare program.

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The cost of mailing this newsletter has been paid by the Friends of the Duxbury Council on Aging.

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Mi Kim, Secretary

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Barbara Romanelli

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