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FEBRUARY 2026



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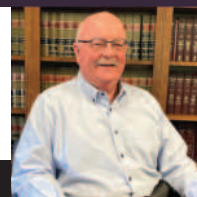
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- Dolls & Toys
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- Town Histories & Atlases
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- Paper Weights
- Musical Instruments
- Thank You - My Interests Exceed This List!



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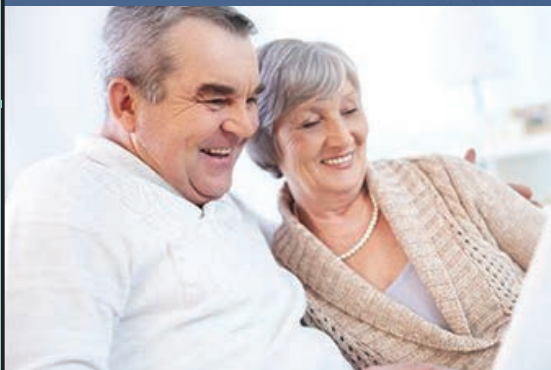


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Be Prepared... Not Overwhelmed!

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?

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The Center, Duxbury, MA

04-0685

From the Heart of The Center

Reflections from Director Joanne Moore



Exciting News

A New Brain Health Program Is Coming!

We are thrilled to share some wonderful news with you! **The Center has been selected to participate in an exciting new brain health pilot project** in partnership with Dr. Ryan Mace of Massachusetts General Hospital.

A Meaningful Partnership

Dr. Mace is leading a National Institute on Aging–funded research study focused on brain health and healthy aging. We're honored to bring this important work to The Center.

About the Program

Participants will take part in an 8-week educational program focused on lifestyle habits proven to support brain health. Each session builds on the last and offers practical, easy-to-use strategies to help reduce dementia risk and support long-term independence.

Topics We'll Explore

Over the eight-week program, participants will explore a range of evidence-based topics that support brain health, including lifestyle habits and mindfulness, physical activity with a focus on walking, quality sleep, the Mediterranean diet, staying mentally and socially active, reducing alcohol and other unhealthy habits, and strategies for sustaining a brain-healthy lifestyle over time.

Looking Ahead

Over the years, Angela and I have been trained to lead many evidence-based programs, and we have seen time and again that participants who commit to the process experience meaningful and positive changes in their lives. We are excited to continue that tradition through this new partnership.

We can't wait to share more details soon—stay tuned and get ready to invest in your brain health. Here's another way to make 2026 the best year yet!

Warm regards,

Joanne

Best wishes to Alex Necomb, Our Community Services Manager!

Alex has resigned to accept an exciting opportunity as Executive Director at Bridges in Pembroke. Alex has been a valued member of our team, and her kindness and dedication will be missed.

Alex, we wish you joy and success in your new role!



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

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 ext. 5702*

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*

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Jim Dexter, Jack Breen, Don Carney, Al Dibona,

Suzanne Adduci



**Please Join Us in
Welcoming
Rhyan Joyce!**

We're excited to introduce and warmly welcome Rhyan Joyce, who will be joining us as an intern from **January 20 through February 5th** and will return to work with us again in the summer of 2026!

Rhyan is currently pursuing her Master's Degree in Dietetics at the University of New England in Portland, Maine, and is working toward becoming a **Registered Dietitian**.

During her time with us this winter, Rhyan will be working closely with Sharon Pisani to help lead a variety of **health and wellness programs, and she will also be supporting our Kitchen and Home Delivered Meals staff**.

When she returns in summer 2026, Rhyan will expand her role to include **one-on-one nutritional counseling** as well as nutrition education programs designed to support healthy living and overall well-being.

We're thrilled to have Rhyan as part of our team and look forward to the knowledge, enthusiasm, and care she will bring to our community. Please say hello and help us make her feel welcome at **The Center!**

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

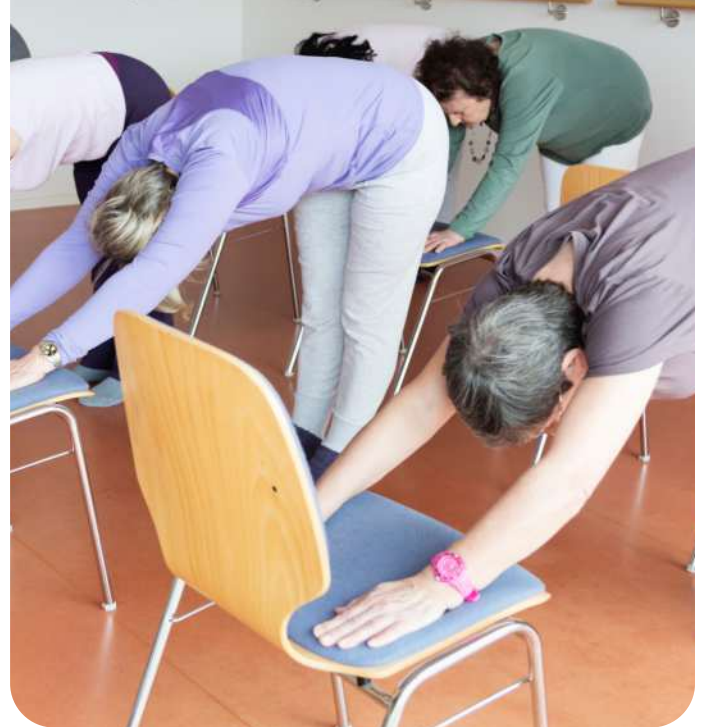
- Registration opens on the 15th of each month at 9:00 AM (or the next business day if the 15th falls on a weekend or holiday).
- Register online using our Fitness & Programs Calendar, by phone, or in person at the front desk.
- Many classes fill quickly and may have wait lists. To confirm your spot, 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*
10:00 Pound Fitness *with Sharon*
11:00AM The Joy of Dance (Jazz) *with Ellen*
11:30 AM Healing Flow Yoga *with Emma*



1:00PM Mindfulness Group Meditation
with Cyndi
2:30PM Movement & Mental Clarity
with Roger

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*
10:00AM Pound Fitness *with Sharon*
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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The 2025 Annual Fund is in the mail!
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our friends and neighbors. *Thank you!*



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The Center, Duxbury, MA

04-0685

Social Games & Community



Circle of Friends Conversation + Refreshments

 **February • 2:00–3:30 PM**
Mon 2/2 and Tues 2/17

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

Legacy Lounge (Men Only)

 **Monday, February 2, 2026 • 10:00–11:00 AM**

Coffee, snacks, and good conversation with
student intern Jason and other local men.
Chat about hobbies, travel, well-being, or
whatever's on your mind.



Candy Grams

 **Between February 2 and 11**

This Valentine's, let someone know you're thinking about them
with a Candy-gram! Stop by or call The Center to request a
complimentary Candy-gram to be delivered to someone you
care about. Deliveries are for Duxbury residents only.



Learn to Play Whist

 **Wednesdays, February 11, 18 & 25**
1:30–3:30 PM

A 3-session workshop. Perfect for beginners (or anyone who
wants to sharpen their game-night strategy).

It's a (Movie) Date! Valentine's Week Movies

Love is in the air, so bring a date or meet new friends at The
Center for movies during Valentine's Week!

 **Monday, Feb 9** Leap Year, PG 2010
Tuesday, Feb 10 Moonstruck, PG 1987
Wednesday, Feb 11 Love Story, PG 1970
Thursday, Feb 12 An Affair to Remember, 1957



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.

Twisted Tales of a Submarine Capture



Wednesday Feb 11 • 10:00 AM

German submarine, U-505, was captured by the US Navy during WWII. Hobby historian, Paul Rooney, has the tales to tell! Come listen to the real story of this notable capture based on Paul's own in-depth, personal interest research.



Duxbury Talks with Tony Kelso



Wednesday, Feb 18 • 11:00 AM

Guest **Pam Campbell Smith**, Chair of the Local Historic District Committee, will discuss local historic districts and their role in protecting and improving Duxbury's older buildings.

Duxbury Talks with Tony Kelso



Tuesday, Feb 24 • 11:00 AM

Peter Quigley, chair of the Duxbury Bay Management Committee, will talk about the report on the Health of Duxbury Bay- the good, the bad, and ugly, and the hope for the future of our beloved bay.

Staying on Schedule Using Calender Reminders for iPads and iPhone



Wednesday, Feb 25 • 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.

Live Your Life Well



Tuesday, Feb 24 • 12:30 - 3:00 PM

Learn tools to help you feel stronger and more helpful: Brain exercises to keep your mind sharp, Smart Home Technologies for Aging in Place, Financial Scams Awareness and Prevention, and more. Join us for this forum-style discussion with community partners. **Lunch provided.**



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



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Tax Prep Services (AARP Tax-Aide)

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Call 781-291-3858 (Google Voice). Leave your name, phone number, and best time to reach you. A team member will call you back to schedule your appointment. Call today to make your appointment.



Legal Advice

Most Fridays, we offer complimentary appointments with local attorneys. Appointments are approximately 15 minutes.



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Meet with Your Representatives

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



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 (800) 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: Your Liver, The Body's Powerhouse

 **Mondays, Feb 2 & 9**
In-person 10:00–11:00 AM • Virtual 1:00–2:00 PM • \$10

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

Women's Heart Health

 **Friday, February 6 • 10:00 AM**



Nurse Barbara will discuss the risk factors that are unique to women when it comes to heart health

LGBTQ Events 2026: Being a Solo Ager

 **Tuesday, February 10 • 9:00 AM**

For older adults navigating aging without a partner, children, or nearby family. We'll talk planning, support systems, and building connection. With Cheryl Boteri.



Let's Talk About Death: "Where Do I Start"

 **Friday, February 13 • 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 include a complete end of life planning checklist, Steps, documents and best practices.



Duxbury Walks with Tony Kelso: Ricker Cranberry Bogs

 **Thursday, February 19 • 11:30 AM**

Join us for a guided walk at the beautiful Ricker Cranberry Bogs on Mayflower Street.

Live Well. Age Well. Die Well

 **Tuesday, Feb 10 • 4:00 PM**

Join us for a follow-up for this thought-provoking series where we explore, learn, and share both tough and tender conversations—helping us live fully and plan wisely. Facilitated by Cheryl Boteri, MS, End-of-Life Educator, Family Support Specialist, and End-of-Life Doula.



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Health, Wellness & Support



You: The Owner's Manual



Friday, February 20 • 10 AM

Why does food taste different as we age? This interactive program explains how the brain and senses create flavor and shares easy, practical tips to help you enjoy food more again at any age. The presentation is based on the science of Neurogastronomy, the study of how the brain experiences flavor.

Joint Pain Workshop



Wednesday, February 25 • 10:30 AM



Is joint pain preventing you from enjoying life or making daily tasks a struggle? Dr. Bryan Duong, DAOM, of New England Wellness Solutions, will discuss the benefits of acupuncture for joint pain, dietary changes, including specific foods and supplements, to support joint health, and Shockwave Therapy, a revolutionary treatment for treating joint pain.

Navigating the Grocery Store



Wed, Feb 4 • 10:00 AM

Tips and tricks for smarter shopping: making a list, balanced shopping methods, reading nutrition labels, budgeting/saving/couponing, and more.



Going Places: Pack a Snack...or a Suitcase!

collette

**A presentation about the March/April
Journey to Spain with The Center!**



Wed, Feb 11 • 3:00 PM

Learn about Journey Through Spain: Madrid to
Barcelona (March 30–April 9, 2026).



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



National Feed the Birds Day

 **Tuesday, February 3**

Stop by the Center to pick up a complimentary bird seed pack, and have the opportunity to win bird art with our Birds of a Feather Bird Club Art Drawing.

Make a Snowman Family

 **Tuesday, Feb 3 • 2:00 PM • \$25 (all supplies included)**

Artist Karen Kelly will lead this workshop where you can create an adorable snowman family.



John Singer Sargent Showcase

 **Tues, Feb 17 2026 • 10:00 AM**

 **Wed, Feb 25, 2026 • 1:30 PM**



Experience a career-spanning selection of Sargent's artwork showcasing his ever-evolving techniques and subjects. From elegant society images to less formal watercolors— learn how Sargent's extraordinary work brought him both commercial success and critics' disapproval.



Puppet Show!

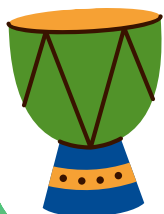
 **Wednesday, Feb 18 • 2:00 PM**

Back by Popular Demand! Mary Wilson and Paul Kehoe, and their intergenerational puppet show, "Sing Songs of the Seashore." Music, puppets, and fun for all!

Pop Up Art - Winter Tree Painting

 **Monday, Feb 23 | 2:00 PM | \$15**

In this relaxing follow-along painting program, you'll create a peaceful winter forest scene featuring soft gray trees in the distance, bold black silhouettes in the foreground, with gentle snow falling.



Drum Circle (with Ed Sorrentino)

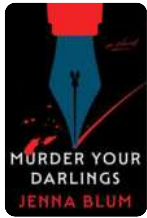
 **Fri, Feb 27 | 11:00 AM | \$10**



Unleash your inner rhythm in this new monthly class. Drum circles are a fun, welcoming way to reduce stress, boost mood, and connect with others—no experience needed.

Literary Circle

Author Events January & February 2026

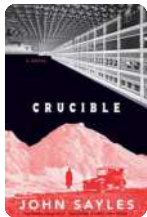


Jenna Blum, *Murder Your Darling*



**Thursday, February 5
1:00PM at The Center + Lunch**

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



John Sayles, *Crucible*



**Thursday, February 12
1:00PM at The Center + Lunch**

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



Mark Ciccone, *Secrets Among Friends*



**Thursday, February 19
3:00PM at The Center**

No cost to attend, complimentary afternoon tea.



Leslie Bannatyne, *Lake Song*



**Monday, February 23
3:00PM at The Center**

No cost to attend, complimentary afternoon tea.



Christopher Castellani, *Last Seen*



**Thursday, February 26
1:00PM at The Center + Lunch**

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



Emily Ross, *Swallowtail*



**Wednesday, March 11
3:00PM at The Center**

No cost to attend, complimentary afternoon tea.

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.

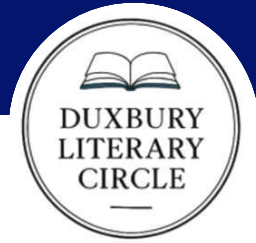


To register visit thecenterduxbury.org, click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?

Call 781 934-5774

Literary Circle

Connect, discuss, and celebrate the written word



Liz O'Neill, *Ways of Virtue*



**Thursday, March 12
3:00PM at The Center**

No cost to attend, complimentary afternoon tea.

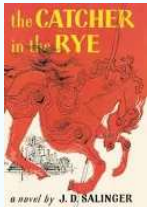


Allison Pataki, *It Girl*



**Tuesday, March 31
Noon at The Center + Lunch**

Luncheon \$15, Author talk is FREE and begins at 12:30.



Timeless Tales Bookclub (Classic Reads Series)



**Feb 10: *The Catcher in the Rye* — J.D. Salinger
March 10: *The Wind in the Willows* — Kenneth Grahame
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)

Lifelong Learning

Spring Lifelong Learning Registration



Registration Begins Mon, Feb 9 at 10AM

- In-person registration: Feb 9 & 10 • 10:00 AM–Noon
- No phone reservations on 2/9 or 2/10
- To register online, visit the website and click *Register for a Lifelong Learning Program*

**14 classes to choose from, new instructors, exciting new classes,
and returning favorites!**

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.

Home Plates

Bringing healthy
meals and kindness
to your doorstep.

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

Livable Duxbury University

Continuing the Conversation on Making Duxbury Livable for All Ages



LIVABLE
DUXBURY
UNIVERSITY

ADUS in Duxbury: Perspective from a Local Builder



Thursday, Feb 12 4:00-5:00PM

Chris and Sophia Bethoney's goal is to help residents of the South Shore age in place. Join us as they share their experience in designing and building ADU's in Duxbury and the surrounding towns.

Using Uber and Lyft Apps for Transportation for iPhone and iPad users only



Wednesday, March 10 | 1:00 PM and 3:00 PM | \$15.00

Learn how to find rides, order groceries and much more using two popular ride-share apps, Uber and Lyft. We practice booking rides for ourselves and others, add payment methods, and discuss how to stay safe using these services.



Give & Grow: Volunteer Services

Are you interested in learning more about volunteering at The Center? We offer both one-time opportunities and ongoing roles. Join us to hear what help we need and see if there's a role that's right for you!



Tuesday, February 10th at 1 PM

Contact: chriscoakley@duxbury-ma.gov

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.



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!

Duxbury Rug Hookers

The handknit items sale in memory of Luise Cuneo

Leo and Carolyn Chaharyn in memory of Jack Sjostedt

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.



There is no
compromise when it
comes to living well.

CALL 781-679-5035 TODAY FOR A TOUR.

290 Kingstown Way
Duxbury, MA 02332

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

COMPASS

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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REVIEW YOUR MEDICARE INSURANCE PLAN

Complimentary **2026** Plan Review
In Person • Phone • Zoom

AEP Starts Oct 15

Contact **Elaine Buonvicino**
(339) 220-7964 Office & Text

Office: Kingston Collection Mall
Space 109 | Kingston, MA



Not affiliated with the federal Medicare program.

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Duxbury, MA 02332

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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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The Center Staff Email & Phone Directory @ (781) 934-5774

Social Day

CarenHarrison@Duxbury-ma.gov ext. 5732

Volunteering

ChrisCoakley@Duxbury-ma.gov ext. 5731

Transportation

LWallberg@Duxbury-ma.gov ext. 5741

Food Service

CathyCallahan@Duxbury-ma.gov ext. 5721

DinaTeuten@Duxbury-ma.gov ext. 5702

Home Delivered Meals

AZelvis@duxbury-ma.gov ext. 5710

Carney@Duxbury-ma.gov ext. 5710

Programs

NancyMcDermott@Duxbury-ma.gov ext. 5703

BarbaraPeary@Duxbury-ma.gov ext. 5703

ReganRoderigues@Duxbury-ma.gov ext. 5715

SPisani@Duxbury-ma.gov ext. 5714

TKelso@Duxbury-ma.gov ext. 5711

Finance

ElissaWyllie@Duxbury-ma.gov ext. 5705

Administration

JoanneMoore@Duxbury-ma.gov ext. 5700

AngelaSinnott@Duxbury-ma.gov ext. 5701

BrookeMcDonough@Duxbury-ma.gov ext. 5712

Veterans Service Office ext. 5740