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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



## We Have Something for Everyone at The Center!

*Community is not just about being together; it's about doing life together.* — Unknown

Walk through our doors, and you'll feel it right away—The Center is where neighbors become friends and everyday moments turn into connections. In March, we're celebrating community in extra-special ways. Here are highlights of the many programs we offer this month. Come join us.

### Fuel Your Body: You, The Owner's Manual

Tuesday, March 17 • 11:30 AM

Tara Hammes from MCOA explains how nutrition needs change with age and shares practical, up-to-date guidance on eating for energy, strength, and brain health. Bring your questions—and leave with simple ideas for healthier meals.

### A Taste of Ireland Feast of St. Patrick

Wednesday, March 18 • 12:30–2:00 PM

Enjoy a comforting lunch of Cottage Pie, vegetables, and Irish Soda Bread, with lively music by Irish musician Stuart Peak. Thanks to Duxbury House for generously sponsoring the entertainment and dessert. \$6.

### Learn ASL with DHS

Mondays 3/9, Tuesdays 3/17, Thursdays 3/26 • 3:30–4:30 PM

Learn ASL basics in a friendly, beginner-focused class led by the Duxbury High School ASL Honor Society. Discover language, culture, and connection through signing.

### A Revolutionary Portrait

Friday, March 20 • 10:00 AM

Stephen O'Neill of the Hanover Historical Society shares the story of Duxbury's Major Judah Alden—Continental Army veteran, acquaintance of Revolutionary leaders, and postwar merchant. Duxbury history brought to life at The Center.

March is packed with reasons to stop by. Bring a friend, come on your own, or invite someone who's been meaning to check us out—The Center truly has something for everyone.

Warm regards,

*Joanne*

### Duxbury Camera Club Member's Show

New exhibit opens March 16, Second Floor Gallery at The Center

Opening Reception is on **Friday, March 20, 5–6:30 pm**



## 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*

*Medical Bus Drivers:* Bob Johnson, Bob Dame,

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

Suzanne Adduci

NEW

### Pop-up Resources!

We're excited to introduce a new way to connect with community partners and learn about resources available to you!

Each month, we'll host a **Pop-Up Information Table in our lobby** featuring a different topic or organization— stop by, ask questions, and gather helpful information.



This Month's Partner:

#### **Find Your Unclaimed Money!**

You might have money waiting for you and not even know it. Check with reps from the State's Unclaimed Property Division to see if you have any unclaimed money!

**Wednesday, March 25, 10-1:00 PM**

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  
**[thecenterduxbury.org](http://thecenterduxbury.org)**, click Register Now, or  
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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



**March • 1:00–2:30 PM**  
**Mon 3/2 and Mon 3/16**



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

## Legacy Lounge (Men Only)



**March 2, 16, and 30 • 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.



## 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.



## Feast of St. Patrick



**Wednesday, March 18**  
**12:30–2:00 PM • \$6.00**

Join us for a traditional Cottage Pie, with vegetables and Irish  
Soda Bread. Entertainment by Irish Musician, Stuart Peak.  
Duxbury House is sponsoring the entertainment and dessert!

## Read Sing Play

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



**Tuesday, March 31, 9:30 - 10 AM**



## 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](http://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.



## Duxbury Talks with Tony Kelso

 **Friday, March 6 • 10:00 AM**

**Town Meeting 101!** Join Duxbury town officials for a quick overview of how Town Meeting works—including the warrant, parliamentary procedures, and key issues ahead of the March 14 meeting.

## American Sign Language with DHS

 **Mon. 3/9, Tues. 3/17, Thurs. 3/26 • 3:30 - 4:30 PM**

Curious about ASL? Want to learn how language, culture, and community come together through signing? Join members of the Duxbury High School ASL Honor Society for an engaging, beginner-friendly series.



## World's End History & Conservation

 **Tuesday, March 17 • 9:00 AM**

**Jasmine Smith-Gillen of the Trustees of Reservations** will share the story of Hingham's beautiful World's End and explore how land conservation lies at the heart of the Trustees' mission.



## Judah Alden: A Duxbury Patriot

 **Friday, March 20 • 10:00 AM**

Stephen O'Neill, Director of the Hanover Historical Society, will discuss the life of Major Judah Alden—his service in the Continental Army alongside key figures of the Revolution, and his return to Duxbury where he built a successful career as a merchant.



## Your Guide to Hiring a Contractor

 **Tue, March 3 • 10:00 to 11:30 AM**

Learn how to protect yourself (and your wallet) with guidance on: red flags, questions to ask, checking references, ensuring safety, and protecting your investment.

To register visit **[thecenterduxbury.org](http://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



## Tax Prep Services (AARP Tax-Aide)

### Appointments open

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.



## 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

### (Serving the Health Insurance Needs of Everyone)

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 (800) 515-7881** Visit Website: **[caresolace.com/ma-duxbury](https://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: Sleep



**Mondays, March 2 & 9**

**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.

## Tips from the PTs: Aquatic Therapy



**Thursday, March 5 • 2:00 PM**

Baystate Physical Therapists will be here to discuss the benefits of aquatic therapy for various muscle and joint issues.



## Reiki with Brunnie



**Friday, March 6 & 13 • 11:00 AM to 1:30 PM**

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. Sign up for a 30-minute session. Cost is \$35.

## Let's Talk About Death: "Sacred Rituals of Dying"



**Friday, March 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 discuss "Death Vigils" and other sacred rituals that can be part of the process.

## LGBTQ Film: To Wong Foo, Thanks for Everything! Julie Newmar



**Thursday, March 19 • 3:00 PM**

Three New York drag queens on their way to Hollywood for a beauty pageant get stranded in a small Midwestern town when their car breaks down. Starring Patrick Swayze and Wesley Snipes.



## Live Your Life Well



**Tuesday, March 24 • 12:30 to 3:00 PM Lunch provided**

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.



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# Health, Wellness & Support



## Duxbury Walks with Tony Kelso: Lapham Woods



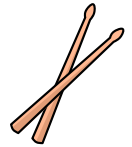
**Thursday, March 26 • 11:00 AM**

Join us for a guided walk at the beautiful Lapham Woods, owned by DRHS, across from the Town Hall and near the Center. The trails are lovely in the spring, and the history is fascinating, especially the Smith family tomb.

## Pop-Up Pound Fitness Class



**Tuesdays March 3, 17 and 24 and Thurs March 5, 19, and 26 • 10AM -11AM**



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



## Forbidden Files: Psychology's Most Controversial Experiments

**Tuesday, March 17 • 11:00 AM**

Join our student intern, Jason Burke, as we explore some of psychology's most unethical experiments throughout history.



## You: The Owner's Manual: The New Food Pyramid



**Tuesday, March 17 • 11:30 AM**

Did you know the food pyramid and nutrition recommendations have changed? As we age, our bodies change—and so do our nutritional needs. Tara Hammes from MCOA will be here to break down the new food pyramid in a simple, practical way so you know what to eat more of, what matters less than we once thought, and how to build meals for energy, strength and brain health

## Blue Stem Natives – Using Native Plants in the Landscape



**Tuesday, March 31 • 3:00 PM**

Native plants support wildlife, strengthen ecosystems, and thrive in New England conditions. Join Kristen, from Blue Stem Natives in Norwell, for an in-depth look at the importance of choosing native plants, how to select the best plants for your space, and how to care for your garden.



To register visit **[thecenterduxbury.org](https://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



## My Symphonic Companion with Steven Karidoyanes



**Tuesday, March 10, 4:00 PM**

Plymouth Philharmonic Orchestra's conductor/Artistic Director Steven Karidoyanes comes to the Center to present "My Symphonic Companion."

## American Women Artists



**Wed, March 18, 2026, 10:00 AM**

**Wed, March 25, 2026, 1:30 PM**

The featured topic, American Women Artists, highlights the work of a selection of women from the 18th to the 21st Centuries – their pastels, paintings, photographs, sculptures, and more. These artists helped to shape America's artistic identity and advance the role of women in art. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!



## A Trip to the Scituate Salt Caves



**Wednesday, March 18, 10:00 AM - 1:00 PM**

Join us for a 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: This experience includes some walking on uneven surfaces, and is not suitable for those with mobility issues. \$25.



## Printing without a Press: Exploring Gelli Plates



**Monday, March 16, 2:00 - 4:00 PM | \$15**

More mixed media fun with Mandy Fariello. A Gelli plate is a reusable squishy printing plate that allows you to create mono-print layers of colors and designs. If you have one you can bring it, if not Mandy will supply one for you to use.

## Drum Circle (with Ed Sorrentino)



**Fri, March 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.



## Traditional Bird Walk at North River Wildlife Sanctuary



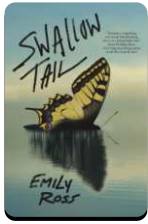
**Wednesday, April 1, 10:00 AM (Rain date: 4/8 at 10 AM)**

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.



# Literary Circle

Author Events January & February 2026

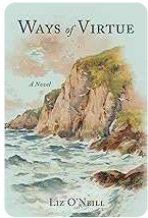


**Emily Ross, *Swallowtail***



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

No cost to attend, complimentary afternoon tea.

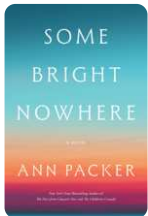


**Liz O'Neill, *Ways of Virtue***



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

No cost to attend, complimentary afternoon tea.

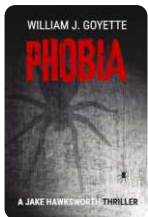


**Ann Packer, *Some Bright Nowhere* (Rescheduled)**



**Tuesday, March 17  
3:00 PM at The Center**

No cost to attend, complimentary afternoon tea.



**William Goyette, *Phobia***



**Tuesday, March 24  
3:00 PM at The Center**

No cost to attend, complimentary afternoon tea.

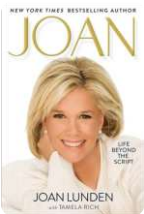


**Geoff Kelly, *Thirteen Perfect Fugitives* (New Date!)**



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

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



**Joan Lunden, *Life Beyond the Script***



**Monday, March 30**

**6:00 PM at The Spire Center for Performing Arts, Plymouth**

**Purchase tickets+ book directly through The Center or at  
[thespirecenter.org](http://thespirecenter.org)**

Tickets \$15, with book \$34 (plus box office processing fees).

## 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](http://thecenterduxbury.org)  
Click Register Now, or  
**scan the QR code**  
below to go directly to  
the calendar on  
Schedules Plus.

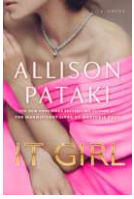


To register visit [thecenterduxbury.org](http://thecenterduxbury.org), click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?

Call 781 934-5774

# Literary Circle

Connect, discuss, and celebrate the written word



## Allison Pataki, *It Girl*



**Tuesday, March 31**

**Noon at The Center + Lunch**

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



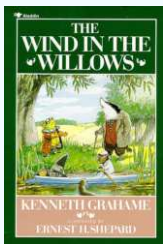
## Jessica Keener, *Evening Begins the Day*



**Thursday, April 9**

**1:00 PM at The Center + Lunch**

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



## Timeless Tales Bookclub (Classic Reads Series)



**Tuesday, 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)

## The Virtual Center

### Books with Friends – The Bookclub that Comes to You

NEW



**Wednesday, March 25 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. **Our 1st book – *Dominion* by Addie E. Citchens**

Register through [duxburyfreelibrary.org](http://duxburyfreelibrary.org), or email [reganroderiques@duxbury-ma.gov](mailto:reganroderiques@duxbury-ma.gov).

**A Southern family drama set in Mississippi, focusing on the powerful Winfrey family, whose patriarch is a prominent reverend**

To register visit [thecenterduxbury.org](http://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 |

Note: The Cafe will closed on 3/31.

## 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

## Finding Transportation Using Uber & Lyft for iPad and iPhone



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



Taught by KevTech, this class dives into two popular ride-share apps, Uber and Lyft, and teaches participants to use them to find rides, order groceries, and much more. We learn to book rides for ourselves and others, add payment methods, and stay safe while ordering rides.

## 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. Candidates must have a clean driving record to volunteer in any role that requires driving.

**Contact [chriscoakley@duxbury-ma.gov](mailto:chriscoakley@duxbury-ma.gov) for more information.**

## 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](https://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](https://TheCenterDuxbury.org)** or call 781-934-5774.

### Thank you!

*We are grateful for your generous gifts!*

**Sylvia and Chip Barry**  
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.



## The Village at Duxbury

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compromise when it  
comes to living well.

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290 Kingstown Way  
Duxbury, MA 02332

[www.villageatduxbury.com](https://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](mailto:katrina.mcgrail@compass.com)  
[compass.com](https://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



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

### Council on Aging Board

#### Executive Committee

Pam Campbell Smith, Chair  
Kevin Mullins, Chair Emeritus  
Sue Hoover, Vice Chair  
Mi Kim, Secretary

#### Board Members:

John Burke  
Ken Beeby  
Sheila Tenaglia  
Penny Herlihy  
Fred Von Bargen  
Kathy Dowling  
Patti Ryan  
Peter Holden  
Candia Brush

#### Alternates:

Victoria Babcock  
Thomas Devine  
Lynne Devnew  
Francis Doran

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Candy Weiler, Vice Pres.  
Patti Mullee, Secretary  
Lynn Marples, Treasurer

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Ellen Cook  
Christine Daley  
Mike Halloran  
Melissa Hammel  
William Kearney  
Sandra Sweetser  
Barbara Romaneli  
Mary Walsh  
Joanne Sheehan  
Barbara Romanelli

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

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DinaTeuten@Duxbury-ma.gov ext. 5702

#### Home Delivered Meals

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**Veterans Service Office ext. 5740**