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MAY, 2026



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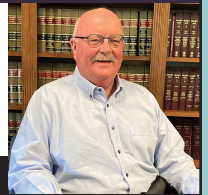
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- Thank You - My Interests Exceed This List!



John E. McCluskey, Esq., P.C.

Elder Law Attorney
Estate Planning • Wills • Trusts
Asset Protection • Elder Law

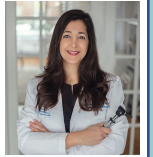


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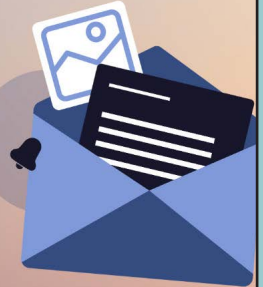


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The Center, Duxbury, MA

04-0685

From the Heart of The Center

Reflections from Director Joanne Moore



We have so much to share this month.

First and foremost, I want to wish a very Happy Mother's Day to all the special women receiving this newsletter.

Life is brighter and more beautiful because of the remarkable women in our lives. A gentle hug, a warm smile, and kind words are just a few of the many ways you make a difference each day. On behalf of everyone at The Center, I wish you a day filled with love, joy, and happiness as we celebrate you and all that you do.

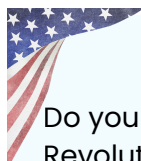
As part of our work with Livable Duxbury, the Communications Group is seeking volunteers interested in training to co-facilitate **Dementia Friends workshops** for local businesses and organizations. If this sounds like something you would enjoy, please visit our website to learn more about the training and sign up. The virtual training will be held on June 16 from 1:00 to 4:00 PM.

We are also excited to host our Volunteer Appreciation Gathering on Thursday, June 4, from 4:00 to 6:00 PM. In FY25, our incredible volunteers gave 14,109 hours of service. That generous gift of time is valued at \$578,000. Volunteers make a difference in every area of our work, bringing energy, creativity, friendship, and love to The Center. We are deeply grateful for all you do to make The Center such a wonderful place to belong.

In addition, as part of the town-wide **Out to See Duxbury on Saturday, May 2**, The Center will host a special historic talk by Tony Kelso on George Partridge, one of Duxbury's most influential Revolutionary figures. The program will take place from 10:00 to 11:30 a.m. and offers a wonderful opportunity to connect with local history. We hope you'll stop by—and if you're able, please consider bringing a canned good to support the Duxbury Interfaith Council.

Have a wonderful month!

Warm Regards,
Joanne



Discover your Revolutionary Roots!

Do you have an ancestor who served in the American Revolutionary War? Join the Genealogy Club this May and let us help you uncover your family's past.

Tuesdays in May 1:00 to 3:00 PM
Drop in!

Warm regards,

Joanne





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*

Ellen Jones, *Mental Health Navigator, 5551*

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*

The Center Hours

Mon–Thurs, 8 AM to 5 PM,

Fri, 8 AM to noon

The Center will be closed Monday, May 25, 2026

NEW

The Center Pop-up Resources

Meet Our Mental Health Navigator

Care Solace quickly connects you to available mental health providers, substance use treatment, and social services matched to your needs.

Ellen Jones, our Mental Health Navigator, is here to help guide you through this process.

Drop in to meet Ellen on
Wednesday, May 6,
from 11:00 to 1:00 PM, in the Front Lobby.

care-solace

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.



Move Well

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, click Register Now, or
scan the QR code to go directly to the calendar.
Need assistance? Call 781 934-5774



Serving All People, All Incomes.

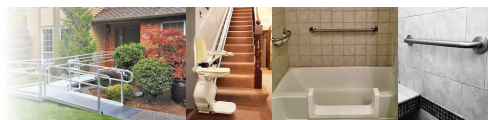
- Provide In-Home Services
- Provide Options Counseling



- Serve Nutritious Meals
- Provide Caregiver Support

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The Center, Duxbury, MA

04-0685

Social Games & Community



Circle of Friends Conversation + Refreshments



May • 1:00–2:30 PM Mon 5/4 & 5/18

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

Trip to the Arnold Arboretum



Tuesday, May 5 • 8:30 - 1:00 PM • \$10



Enjoy a scenic, docent-led bus tour of the historic Arnold Arboretum in Jamaica Plain—281 acres home to over 15,000 plants—at the height of spring. Snacks and beverages provided.

Day Trip – Newport Playhouse, America's Sexiest Couple

NEWPORT
PLAYHOUSE



Wednesday, May 13

\$135 per person includes buffet lunch, play, cabaret and transportation.

Enjoy a unique theater experience featuring a delicious buffet lunch, a lively play, and a fun-filled cabaret—all in an air-conditioned, accessible venue.

Morning Music with Steve Lanzillota



Tuesday, May 12 • 10 - 11 AM

Drop in and celebrate the coming of spring with music from Steve Lanzillotta.



Group Travel Info Session



Info session: Monday, May 18 • 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.

New England Birds in Spring, Virtual



Friday, May 29 • 10 AM on Zoom



Discover how warblers, orioles, scarlet tanagers, ospreys, and more display their colors and songs—and what it takes to raise their young each spring.

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 3 PM

Please register

WEDNESDAY

Blood Pressure Clinic

11 AM to 1 PM

Tech Time

2–4 PM by appointment

Whist - Drop in

1:30 PM - 3:30 PM

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.



Nurturing Outdoor Spaces with Native Plants



Wednesday, May 6 • 1:00 PM

Reawaken your spring planting spaces with sustainable native plants.

Visit Duxbury's Historic Elder Brewster Lilacs



Friday, May 8 • 10:00 AM



Come see the beautiful historic Brewster lilacs that cover the Homesite of the Brewster family, and learn the lilacs' fascinating history.

Raptors and Rodenticide



Monday, May 18 • 10:30 AM



Learn about Mass Audubon's Rescue Raptors Campaign and how you can help protect wildlife from SGARs, presented by birder and photographer Stewart Ting Chong.

Fishing Clinic



Tuesday, May 19 • 12:30 to 3:00 PM



Representatives from the Mass Division of Marine Fisheries will guide us through the basics of fishing in a fun, hands-on event! Learn how to tie knots, practice casting, identify different fish, and measure your catch. All gear, tackle, and bait are provided – no license needed.

Let's Talk Taxes



Wednesday, May 20 • 2:00 PM

Plan ahead for next tax season with CPA Al Hoban. Learn smart strategies for Social Security, retirement withdrawals, Roth conversions, RMDs, and deductions to avoid surprises.



Hay Bales and Picnic Tales



Wednesday, May 27, 9:30 - 1:00 PM • \$10



Come spend a relaxing day at Smokey Chestnut Horse Rescue! Meet beautiful, rescued horses, learn their stories, and enjoy a picnic lunch and peaceful afternoon surrounded by nature.

Pressed Flower Workshop



Tuesday, June 2, 3-5:30 PM, \$50



Discover the beauty of nature in this hands-on pressed flower workshop with designer Ashley Mohrman. You'll learn step-by-step how to preserve delicate blooms. Each participant will receive their own flower press to take home.

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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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: Enhance Your Energy and Create Better Health



Mondays, May 4 & 11

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.



Help for Joint Pain



Monday, May 11 • 11 AM

Dr. Bryan Duong, DAOM, will discuss acupuncture for joint pain, dietary strategies and supplements for joint health, and Shockwave Therapy—a cutting-edge treatment for pain relief.

Let's Talk About Death: "Preparing a Life Review Before You Go"



Friday, May 8 • 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.

LGBTQ: Amelia Earhart, Beyond the Skies



Thursday, May 7 • 3:00 PM

Discover the remarkable life of aviation pioneer Amelia Earhart in this engaging presentation by Dr. Margie Arnold. Beyond her famous disappearance, learn about Earhart's ties to Boston, her advocacy for women's rights, and the determination that fueled her groundbreaking achievements



Tips from the PT's: Aquatic Therapy



Thursday, May 14 • 1:00 PM



Aquatic Therapy is a gentle, low-impact way to improve strength, flexibility, and balance while reducing stress on joints. The natural resistance of water helps build muscle and support mobility, making it ideal for all fitness levels. Join the Physical Therapists from Baystate PT to learn all about this type of gentle therapy.

Rise and Shine Beach Walkers



Thursdays in June • 6:30 AM

Are you an early riser? Meet in the public parking lot at Duxbury Beach for a walk across the bridge and beach with your fellow early birds. Enjoy the fresh, morning salt air before the heat and crowds settle in.



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Health, Wellness & Support



Duxbury Walks with Tony Kelso: Silent Spring Pond of Powder Point



Wednesday, May 13 • 11 AM

Join us to walk the amazing hidden pond that was the inspiration for Rachel Carson's groundbreaking book, "Silent Spring."

Pop-Up Pound Fitness Class



Tues. and Thurs, May 12, 14, 19, 21, and 26 • 10 AM - 11 AM



Join Sharon for a workout that combines cardio interval training with drumming. Designed for all fitness levels. Drop in and pay as you go! \$5.00 per class.

Duxbury Talks with Tony Kelso



Wednesday, May 20 • 1:00 PM



Learn more about the Alden School MSVA Fesaibitivy Study that was approved in Duxbury's Town Meeting. Members of the Alden School Committee will join Tony to discuss the issues and solutions to the aging Alden Elementary school.

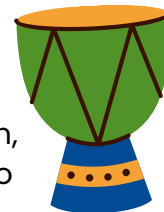
Drum Circle (with Ed Sorrentino)



Fri, May 8 • 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.



History of the North and South Rivers



Friday, May 15 • 10 AM

The North and South Rivers Watershed Association will talk about the rich history and natural beauty of these local rivers that received National Natural Landmark status by the National park Service.

Refresh Your Look! Certified Image Consultant/Personal Stylist



Thursday, May 28 • Noon to 3 PM (30 minute sessions) \$15.



Meet one-on-one with Tatiana Tchernova, Certified Image Consultant, for a personalized "Refresh Your Look!" session. Once you are registered, you'll receive a short style survey to tailor the experience just for you. Enjoy a fun, confidence-boosting consultation on how complementary colors and flattering styles can enhance your look.

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

Musicians Unite



 **Tuesday May 5, 3:00 to 5:00 PM**

Calling all musicians! Drop in, bring your instrument and some music, and join other musicians in this kickstarter jam session! Connect and collaborate with a community of musicians in a relaxed and supportive environment. *No amplification, please! Session facilitator, Bob Fitzpatrick.

Watercolor with Patricia Rose



 **Monday, May 11 from 2:00 to 4:00 PM**

Join Patricia Rose for a fun, beginner-friendly watercolor class. Paint a teacup filled with flowers in this step-by-step session. \$15—supplies included.

The Visionary Van Gogh



Wed. May 20, 10:00 AM

Wed, May 27, 1:30 PM



The Visionary Van Gogh, offers an in-depth look at the famously troubled yet brilliant artist. We'll explore the deliberate and unique choices Van Gogh made, revealing his amazing impact on the world of art. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

World Collage Day – Drop in Event



Wednesday, May 20 from 2-5:00 PM • \$10

Celebrate World Collage Day with local artist Mandy Fariello! Enjoy fun, creative collage challenges, win prizes, and connect with others. No experience needed—materials provided (bring scissors and a glue stick if you have them).

Artist Talk: A Left-Handed View with Larry Asaro



Thursday, May 21 at 11:30 AM



Explore an artist's journey from early drawings and model-making to photography, architecture, and digital design. This visual presentation highlights key influences, recent work, and offers insight into Larry's creative process and perspective

Lisa Sheldon's CD Release Party



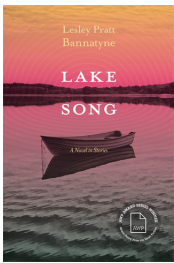
Thursday, May 21, 3-4:30 PM



Enjoy the musical entertainment of Lisa Sheldon and celebrate the release of her first CD! Lisa is a singer, songwriter and her Roots Americana music bridges traditional music with modern sensibilities. Lisa will be joined by percussionist Richard Brech on Cajon.

Literary Circle

Author Events January & February 2026

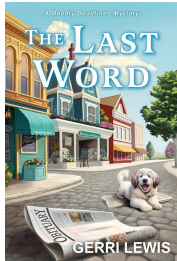


Lesley Bannatyne, *Lake Song*



**Monday, May 11 at 3:00 PM
1:00 PM at The Center + Lunch**

No cost to attend, complimentary afternoon tea



Gerri Lewis, *The Last Word, and Grave Words*



Tuesday, May 12 at 3:00 p.m.

No cost to attend, complimentary afternoon tea



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.

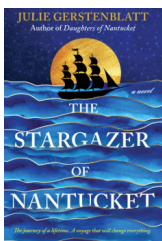


Lois Cahall, *Maybe Marilyn*



**Wednesday, June 10 at 1:00 p.m.
1:00 PM at The Center + Lunch**

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



Julie Gerstenblatt, *The Stargazer of Nantucket*



**Tuesday, June 23 at 1:00 p.m.
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.

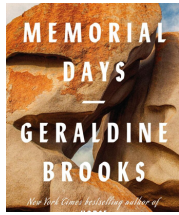


To register visit thecenterduxbury.org, click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?

Call 781 934-5774

Literary Circle

Connect, discuss, and celebrate the written word

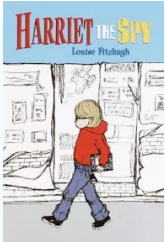


Books with Friends – The Bookclub that Comes to You



Wednesday, May 27 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 May is *Memorial Day*, by Geraldine Books. Register at duxburyfreelibrary.org.



Timeless Tales Bookclub (Classic Reads Series)



**Wednesday, May 13, Harriet The Spy by Louise Fitzhugh
11:00 - Noon**

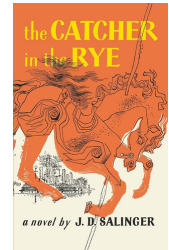
A Journey Through Classic Literature—one great book at a time. Facilitated by Shelley Sommer (former school librarian & middle school literature teacher)

Return to Salinger



Wed. May 13 • 1:30 PM

David is back with More Salinger! Join David Pallai for an engaging class exploring Salinger's Nine Stories (2 selected) and the classic novel *The Catcher in the Rye*. Dive into the wit, depth, and unforgettable characters that made J.D. Salinger one of the most beloved voices in American literature.



TECH HELP

Photography for iPad and iPhone Taught by KevTech

Taking & Organizing Photos



Monday, May 11 at 2 PM \$15

Explore the iPhone Camera app, learn key features for different settings, and organize your photos into albums.



Introduction to Editing Photos



Monday, May 11 at 4 PM \$15

This class covers how to edit photos on your iPhone. Learn to organize your photos, apply filters, adjust color and lighting, and crop or resize your images.

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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Abby Zelvis
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ext. 5710

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Continuing the Conversation on Making Duxbury Livable for All Ages



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Aging Gracefully: Mental Health & Aging



Monday, May 18 at 1:30 PM

Join us for an engaging conversation with Dr. Angela Landerholm, Chief of Psychiatry at BID Plymouth, as she explores the connection between mental health and aging. Learn how emotional well-being impacts overall health and gain insights into staying resilient, connected, and thriving as we age.

Transportation Information Coffee



Thursday, May 14 at 9:30 AM



Do you or a loved one need help with transportation? Drop in to chat with our Transportation Coordinator about options available to Duxbury residents 60+.

Give & Grow: Volunteer Services



Volunteers who donated 30 hours of time over the past year will receive an invitation by email to the **Annual Volunteer Appreciation Party on June 4th from 4-6 PM**. We are looking forward to celebrating you and your tremendous impact every day at The Center!

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

Free Medical & Day-to-Day Transportation

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.*

Bus Drivers: Bob Dame, Jim Dexter, Jack Breen, Don Carney, Al Dibona, Suzanne Adduci, Terry O'Grady

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!

Pilgrim Church

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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(339) 220-7964 Office & Text

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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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Sue Hoover, Vice Chair
Mi Kim, Secretary

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The Center Staff Email & Phone Directory

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CarenHarrison@Duxbury-ma.gov ext. 5732

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Ellen.Jones@Duxbury-ma.gov

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Food Service

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Carney@Duxbury-ma.gov ext. 5710

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Veterans Service Office ext. 5740