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

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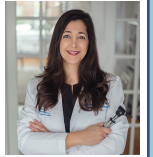


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The Center, Duxbury, MA

04-0685

From the Heart of The Center

Reflections from Director Joanne Moore



HOORAY! WE MADE IT TO SUMMER, Happy June!

I want to start by wishing my husband, Dad, and all the men who visit and volunteer at the Center a **Happy Father's Day!** I hope your day is filled with all that you hold close to your heart!

I also want to share information about our **Annual Pride Event on Thursday, June 18, from 3:00 to 5:00 PM.** This year's theme, "It's Time to Disco with DJ Dee!," promises an afternoon full of music, fun, and celebration as we come together to honor Pride in a joyful and welcoming atmosphere.

Guests can look forward to dancing, disco vibes, and 70s-inspired food that adds even more flair to the celebration. We are also encouraging everyone to embrace the theme and come dressed in their best disco style. A prize will be awarded to the person showing the best spirit, so bring your sparkle and your best 70's energy.

We are especially grateful to once again partner with Old Colony Elder Services (OCES), Bridgewater Council on Aging, Marshfield Council on Aging, the Duxbury Free Library, and the Plymouth Center for Active Living for this special regional event. These valued partnerships help make the event even more meaningful and allow us to create an inclusive celebration, affirming, and full of community spirit.

In addition to this annual event, we want the LGBTQ community, friends and allies to know that The Center hosts an LGBTQ monthly gathering. These gatherings provide a welcoming and supportive space for conversation, connection, and community. Activities and events vary from month to month and may include movies, guest speakers, brunches/dinners, game nights, and other fun and engaging programs.

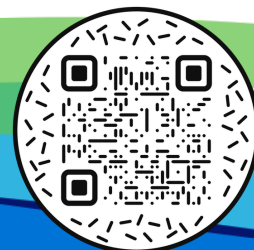
On **July 14 from 3:00 to 5:00 PM**, we will host a **planning event** where participants can help organize future activities that are interesting, enjoyable, and meaningful for the group. This is a wonderful opportunity for attendees to share ideas, build community, and help shape events for the upcoming year.

Our Annual Pride Event is a wonderful opportunity to celebrate friendship, belonging, and community.

Whether you plan to hit the dance floor or simply enjoy the festive atmosphere, we hope you will join us for an afternoon of fun, acceptance, and disco-inspired celebration. To register for this program, go to thecenterduxbury.org or call 781-934-5774 x 5703.

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*

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 Roderiques, *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*

Transportation

Lauren Wallberg, *Coordinator ext. 5741*

The Center Hours
Mon–Thurs, 8 AM to 5 PM,
Fri, 8 AM to noon

Program Registration opens Tues. May 26 at 9 AM

Fitness Registration opens on June 15 for July's classes.

NEW

The Center Pop-up Resources

Mass Equipment Distribution

Meet Christopher Plant from Mass Equipment Distribution Program. If you live with a disability, the Massachusetts Equipment Distribution Program (MassEDP) may be able to provide you with a specialized telephone network. Depending on your income level, these telephones may come for free or at reduced cost.

Drop in to meet Christopher on
Wednesday, June 10
from 11:00 to 1:00 PM, in the Front Lobby.



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

Pop-in Pound Class 10 AM, Tues. June 2, 9, 16

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

Pop-in Pound Class 10 AM, Thurs. June 4, 11, 18

Friday



9:00AM Moderate Motion with Mary

9:00AM Gentle Stretch & Flow Yoga with Colleen

10:30AM Healing Flow Yoga with Emma

To register for Fitness classes, visit
thecenterduxbury.org, click Register Now, or
scan the QR code to go directly to the calendar.
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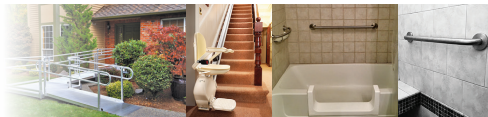
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The Center, Duxbury, MA

04-0685

Social Games & Community



Circle of Friends Conversation + Refreshments



Mon. June 1 & 15 1:00–2:30 PM

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

Sunshine Social



Wednesday, June 3 • 11 to 1:30 PM • \$5

Enjoy a summer picnic at Morton Park in Plymouth. Choose
between chicken salad and tuna with drinks, chips, and dessert.



The Wilson Mountain Skyline Ramblers



Sunday, June 7 • 2 PM, \$5

Enjoy an afternoon of Bluegrass Music at The Center.

Beach Bound - Center Beach Trips!



Tuesdays, June 9 and 23

No beach sticker? No beach chair? No problem! Enjoy Duxbury
Beach with friends. Our bus will leave The Center at 9 and return
at 11:30 AM.



Bird Walk: Tidmarsh Wildlife Sanctuary



Wednesday, June 24 • 10 AM \$5

Meet at Tidmarsh Wildlife Sanctuary, a 481-acre Mass
Audubon property in Plymouth. With over 3 miles of trails
throughout the property, we will enjoy more than birds!



Day Trip – New England Aquarium



Monday, June 29

Enjoy a luxury coach bus ride to the New England Aquarium
with a stop at Quincy Market for eateries and shopping. \$90
per person includes Aquarium admission and transportation.
The bus leaves at 7:30 AM.



New England
Aquarium

Protecting the blue planet

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

WEDNESDAY

Blood Pressure Clinic

11 AM to 1 PM

Drop-in Bocce

1–3 PM

(Volunteers will be available to teach
new players in June.)

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

*For players with some experience.

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

Everything in Moderation

 **Friday, June 5 • 10 AM**



As we age, our bodies—and how we respond to alcohol, sleep aids, and medications—change. Join Nurse Barbara for a relaxed, judgment-free conversation on staying safe and feeling your best. We'll explore the latest insights on how substances can affect your health, with a focus on the fact that there's no one-size-fits-all answer—what's "too much" varies from person to person.

The Beauty of Hummingbirds



 **Tuesday, June 16 • at 1:00**

Learn about these delicate creatures, what they eat, their migration patterns, and how you can attract them to your garden. This is part of our summer-long Birds of a Feather series with Judy Macioci, The Unusual Scientist.

Why Service Matters

Wednesday, June 17 • 10 AM



Meet LTG (ret.) Dave Valcourt as he shares insights on the importance of service and the impact of service on both individuals and the nation.



Falmouth Frolic with Regan & Sharon



Wednesday, June 17 • \$10 • 8:30 AM to 5 PM



Join us for a fun-filled coastal escape to beautiful Falmouth, MA! We'll kick things off with a visit to the iconic Nobska Lighthouse—perfect for photos. Then enjoy free time along Main Street for lunch, shops, and seaside vibes. Feeling adventurous? Take a scenic stroll over to Surf Drive Beach for some sand, sea, and fresh air.

Afternoon Movie: Remarkably Bright Creatures



Thursday, June 11 • 2:00 to 4:00 PM



Remarkably Bright Creatures is a Netflix Drama adaptation of Shelby Van Pelts Selling's novel. It follows Tova (Sally Field), a widow working nights at an aquarium, who forms an unlikely transformative friendship with Marcellus, a smart, Giant Pacific Octopus.

The Pamphlet War of 1851 with Carloyn Ravencroft



Wednesday, June 24 • 10 AM

Archivist/historian of DRHS will talk about "The Pamphlet War of 1851," the story of a down-and-dirty fight in Duxbury that began over an invitation to speak at a temperance meeting. It quickly unraveled into a storm of accusations and pamphlets that divided the town and exposed simmering tensions.



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. The next clinic is on June 15.



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



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Meet with Your Representatives

- Senator Patrick O'Connor, on the third Tuesday of the month from 12:00–1:00 PM
- Representative Ken Sweezey, on the third Friday on the month, from 9:00–11:00 AM



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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

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.

Embrace Better Health: Want Great Health? It's All About Your Gut



Mondays, June 1 & 8

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.



A Cup of Community with Molly



Tuesday, June 9 • 3 PM

Looking for a friendly chat? Stop by for tea with Molly, The Center's Community Services Manager. Learn about programs and resources, meet new people, and enjoy a relaxed and welcoming space.

Let's Talk About Death: Making Peace with the Reality and Fears of Dying



Friday, June 12 • 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.

You the Owners Manual: Supplements, What you Need to Know



Friday, June 12 • 11 AM



Join us for an engaging and informative program on dietary supplements. Registered Dietitian Tara Hammes and Dietetics Intern Rhyann Joyce will break down what you need to know about vitamins, minerals, and herbal products—what's helpful, what to watch for, and how to make safe choices. Bring your questions and learn how supplements can fit into a healthy lifestyle.

Honoring the Earth From Above



Wednesday, July 1 • 10:00 AM



See the earth from a unique art-filled perspective! Enjoy a presentation by Margot Cheel, Fine Art Aerial Photographer.



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Health, Wellness & Support

Pop-Up Pound Fitness Class



Tues. and Thurs, June 2, 4, 9, 11, 16, 18 • 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 Walks with Tony Kelso and Guest Blake Dinius



Thursday, June 11 • 11 AM

Join us for a walk on the beautiful Crowell Bog (near the roundabout) with the Plymouth County Extension Service entomologist to look for all the summer winged creatures and wildlife.

Bring New Life to Your Smile!



Thursday, June 11 • 1 PM

Learn about today's options for replacing missing or damaged teeth—from a single tooth to a full smile restoration. Join Drs. Weimeyer and Lee to learn about the importance of a healthy smile, the latest advances in modern dentistry, and how to care for your oral health for healthier aging



Sweet Treats, Smarter Choices



Tuesday, June 16 • 2 PM, \$5



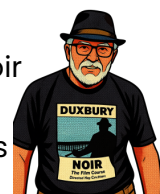
Join Rhyan, our Dietetics Intern, for a fun and informative short talk on sugar—how it affects health, where it hides in everyday foods, and simple ways to cut back without giving up flavor. A delicious cooking demo to follow featuring healthier desserts made with less sugar and fat. Learn easy tips, smart swaps, and enjoy tasty samples!

Duxbury Talks with Carl Meier



Thursday, June 18 • 1:00 PM

Carl, a longtime educator at DMS and DHS, has been leading his popular Film Noir Lifelong Learning class for several years. Join him as he reflects on the value of lifelong learning—and shares his perspective on how older adults and teenagers compare as learners.



Drum Circle (with Ed Sorrentino)



Fri, June 26 • 11:00 AM • \$10



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

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 June 9, 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, Painting Sea Shells

 **Monday, June 8 from 2:00 to 4:00 PM**

Join Patricia Rose for a fun, beginner-friendly watercolor class. \$15—supplies and guided instruction included.

Morning Music With Steve Lanzillotta

 **Wednesday, June 10 • 10 - 11 AM**



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.

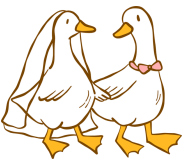
African American Artists We Should Know

 **Tues. June 16, 10:00 AM**

 **Wed., June 24, 1:30 PM**



African American Artists We Should Know highlights influential 19th- and 20th-century artists like Augusta Savage, Henry Ossawa Tanner, and Jacob Lawrence. Discover the challenges they overcame and their lasting impact on art history. Join local art historian Jill Sanford for an engaging hour that will inspire you to see in new ways. *Please register for one session only.*



Trip to Cohasset

 **Tuesday, June 16 from 12 PM to 3PM • \$20 (includes lunch + admission)**

Enjoy a summer outing with us! We'll start with a picnic lunch on Cohasset Common, followed by a visit to the Cohasset Historical Society's new exhibit, "The American Wedding: A Revolution in Style and Traditions."

A Guide to Paddling the Rivers

 **Friday, June 12 at 10 AM**



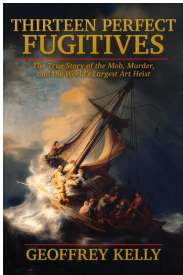
Come hear the North & South River Association talk about paddling both rivers, what to look for, safe paddling, and how to time the tides. Just in time for Summer kayaking!

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

Author Events January & February 2026

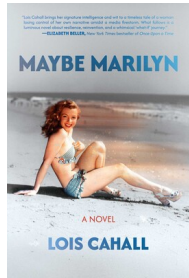


Geoff Kelly, *Thirteen Perfect Fugitives*



**Monday, June 1 at 6:00 PM
at The Spire Center, Plymouth**

Tickets, \$15 or \$35 with book available at Spirecenter.org

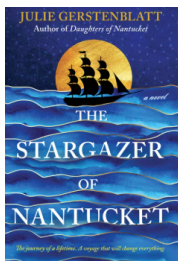


Lois Cahall, *Maybe Marilyn*



**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.

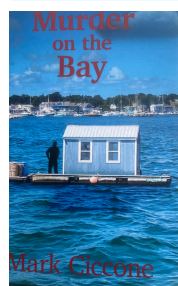


Jen Brown, *The Last Book of Elizabeth Barton*



**Thursday, June 25 at 1:00 p.m.
1:00 PM at The Center + Lunch**

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



Mark Ciccone, *Murder on the Bay*



**Monday, June 29 at 1:00 p.m.
1:00 PM at The Center + Lunch**

Luncheon is complimentary, sponsored by Roche Brothers

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.

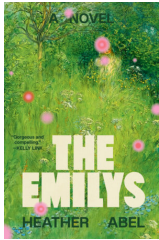


To register visit thecenterduxbury.org, click Register Now, or **scan the QR code** to go directly to the calendar. Need assistance?

Call 781 934-5774

Literary Circle

Connect, discuss, and celebrate the written word



Heather Abel, *The Emilys*



**Wednesday, July 8 at 1:00 PM
1:00 PM at The Center + Lunch**

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

Free lunch to anyone named Emily who attends the event!

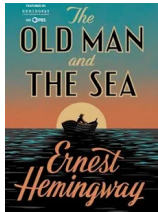


Books with Friends - The Bookclub that Comes to You



Wednesday, June 24 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. For registration and book information go to duxburyfreelibrary.org



Timeless Tales Bookclub (Classic Reads Series)



**Tuesday, June 9, *The Old Man and the Sea*
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)

LGBTQ+ Events - All Are Welcome

LGBTQ: Pride Disco Party!



Thursday, June 18 • 3:00 PM to 5:00 PM

Celebrate PRIDE with us -- Disco-style. Wear your fun disco outfits and dance, mingle and have a ball with DJ Dee!. The Center is partnering with Duxbury Free Library, OCES, Plymouth Center for Active Living, Bridgewater Cole-Yeaton Senior Center, and the Marshfield Council on Aging to make this a fun party! Bring a friend, break out your disco clothes, and let's have fun celebrating Pride!



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

Livable Duxbury University

Continuing the Conversation on Making Duxbury Livable for All Ages



LIVABLE
DUXBURY
UNIVERSITY



Learn About the Accessible Trails in Duxbury



Thurs, June 11 • 10:00 AM

Discover the best accessible walking trails in Duxbury at this informative talk led by local experts. Learn about flat, well-maintained paths for all mobility levels—and get a preview of what's next. Whether you're looking for a peaceful nature walk or a place to stay active with friends, this presentation will help you find the right fit.



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!

Mary Flanagan

Robert Mastrovita

Make a Donation via PayPal

Scan the QR code to donate via PayPal.



**findmass
money.gov**
UNCLAIMED PROPERTY DIVISION

**Did you know that you may have money waiting for you?
1 in 10 Massachusetts residents has unclaimed property.**

Unclaimed property can refer to an old bank account, a forgotten insurance policy, uncashed checks, a refund you didn't know about, or even a forgotten safe deposit box.



Search and claim at [Findmassmoney.gov](https://findmassmoney.gov) or call our office at 617-367-0400.
Searching for unclaimed property in your state is always free.



The Village at Duxbury

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compromise when it
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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

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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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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Carney@Duxbury-ma.gov ext. 5710

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Veterans Service Office ext. 5740