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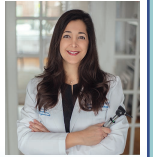


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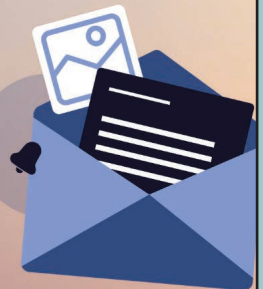


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The Center, Duxbury, MA

04-0685

From the Heart of The Center

Reflections from Director Joanne Moore



Learning, Connection, and Community

At The Center, we believe learning is one of the many ways we age well.

Learning keeps us curious, engaged, and connected. It gives us something to look forward to, something new to talk about, and a reason to come together.

This year, we are proud to celebrate the 20th year of our Lifelong Learning program. The program began in 2006, thanks to the vision of Shirley Oktay and Barbara Kiley.

Since its inception, Lifelong Learning has offered 502 programs and educational experiences on a wide variety of topics.

LifeLong Learning

Each year, we offer two Lifelong Learning semesters: one in the fall and one in the spring. This fall, we will offer 15 classes, including one virtual class. Registration for the fall semester begins online on September 8. Walk-in registration will take place on September 8 and September 9 from 10:00 AM–12:00 Noon. Classes begin the week of September 21. The cost for each course is \$30. Scholarships are available. If you would like to learn more about scholarships, please see Angela for more details. Classes for the Fall semester will be listed on our website. Go to thecenterduxbury.org.

Lifelong Learning is different from Livable Duxbury University, but both programs are important and both help strengthen our community.

Livable Duxbury University

Livable Duxbury University features one-time educational programs inspired by AARP's Eight Domains of Livability. Explore topics such as housing, transportation, healthy aging, community connections, and accessibility—all focused on making Duxbury a more livable and inclusive community for people of all ages. **See page 17 for a list of upcoming Livable Duxbury University programs.**

Most importantly, these programs build community—bringing people together to learn, connect, and enjoy new experiences at every age.

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

ext. 5741

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

Program Registration opens

Monday, July 27, at 9 AM

*Fitness Registration opens on August 17
for September classes.*



The Center Pop-up Resources

Premier Notary and Advisory Services LLC

When a moment truly matters — signing an estate plan, closing on a home, or helping a parent through a difficult transition — you deserve more than a notary who shows up with a stamp. You deserve someone who arrives prepared, understands the stakes, and knows how to handle the unexpected. **Stop by to meet Deirdre Wallace, a paralegal, NNA Certified Loan Signing Agent, and Certified Dementia Practitioner.** Dierdre built Premier Notary & Advisory Services around the belief that every client deserves that level of care.

Whether at a kitchen table in Duxbury completing a power of attorney, at a title company in Dartmouth for a closing, or at a memory care facility in Mashpee supporting a family, she brings the same preparation and professionalism every time.

Drop by!

Wednesday, August 12
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



1:00 PM Mindfulness Group Meditation
with Cyndi

Pop-in Pound Class 10 AM, Tues. 11, 18, 25

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

1:00PM 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

9:00 AM Mindful Movement and Slow Flow with Emma

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. 13, 20, 27

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
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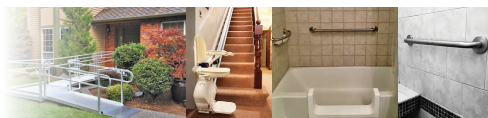


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The Center, Duxbury, MA

04-0685

Social Games & Community



Circle of Friends Conversation + Refreshments

 **Mon. Aug. 3 & 17 • 1:00–2:30 PM**

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

Beach Bound - The Center Beach Trips!

 **Tuesdays, August 11 and 25**

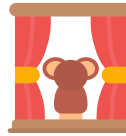
No beach sticker? No beach chair? No problem! Enjoy Duxbury Beach with friends. Our bus will leave The Center at 9:00 AM and return at 11:30 AM.



Puppet Show and Picnic

 **Wednesday, August 12 • 1:00- 3:00 PM • \$10 (\$5 without picnic lunch)**

Enjoy a picnic, outdoor games, and Summer Bucket List, a fun, interactive musical puppet show with Paul, Mary, and their puppet friends. Fun for kids and adults. Bring the families!



Silent Bookclub Dinner, Books & Cozy Nooks **Tuesday, August 18 from 4:40 to 6:30 PM**

Bring a book, enjoy a light meal, and spend an hour reading in a cozy, welcoming atmosphere. No assigned reading, no discussion, just the joy of reading together.

Lobster Dinner Lottery

 **Thurs. Aug. 20 • Drive Thru Pick Up - 4:30 - 5:30 PM, \$20**

Drop your entry in the Lobster Pot in the Lobby between August 3 – 10. Four names per entry, but each person may only enter once. “Winners” will be drawn at random on August 10 and notified by August 17 for payment.



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



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

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

*For players with some experience.

Learning & Living Well



Woodworking Workshop with Matt Files at DHS



August 3-7 • 9:00 AM to 12:00 PM • \$20

This is an open workshop where people can create a beautiful item like a cribbage board, or a wooden sign or work on their own project. A chance to work with Duxbury's own master woodworker. Registration is open.

Amusement Parks Across Massachusetts with Nancy Franks



Wednesday, August 12 at 10 AM



Part of The Center's *Our Rich History* series. Step back in time and revisit the golden age of Massachusetts amusement parks. Explore beloved destinations like Whalom Park, Paragon Park, Wonderland Park, and more as we journey through their history and memories. If you have any photos or memorabilia from these eight parks, bring them along to show off!



Birds of a Feather: How Birds Got Their Names



Tuesday, August 18 • 1:00 PM

Join Judy Macioci to learn about the local birds in our gardens and how scientists and Native people named them by identifying colors, songs and behavior

iPhone Essentials • Control Center & Files



Thurs. August 27 • 1:30 PM • \$15



Learn how to use essential iPhone and iPad features, including the flashlight, timer, calculator, alarm, and Files app for scanning and organizing documents. Taught by Kev Tech, voted Home Business of the Year by the Small Business Association. Free for anyone who has taken 2 or more KevTech iPhone classes! Stop by the Front Desk to have the credit applied.

Save the Date for LifeLong Learning Registration



Tuesday, September 8 at 10 AM

Lifelong Learning registration is just around the corner! Register online or join us for walk-in registration on September 8 & 9, from 10:00 a.m. to noon. Scholarships are available—please see Molly DelGrosso for info. *Payment is due at the time of registration.*

Curious minds don't retire — they just finally get time to read the footnotes.

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 August 17.



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



Care Solace and our Mental Health Navigator

A no cost to you 24/7/365 Mental Health and Social Service Care Coordination Service for the Town of Duxbury. 1 (888) 515-7881, caresolace.com/ma-duxbury, or contact our Mental Health Navigator Ellen Jones, ext. 5551. She has office hours on Fridays from 8–12 PM



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



Caregiver Support Group

 Mondays from 1:45 to 3 PM

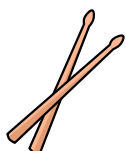
Call Molly to register 781-934-7444, etc. 5730.

Embrace Better Health: More Healing Tips for Pain, Digestion & Stress

 Mondays, August 3 & 10

 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.



Pop-Up Pound Fitness Class

 Tues. and Thurs, August 11, 13, 18, 20, 25, 27

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.

Joint Pain: Living Well with Arthritis

 Thursday, August 13 at 11:30 AM

Joint pain doesn't have to keep you from enjoying the activities you love. Join Dr. Sam Rosenbach, DPT, for a presentation on understanding arthritis with strategies to reduce pain, improve mobility, and stay active as you age.



You the Owners Manual: Understanding Hypertension



 Friday, August 14 • 11 AM

Join Registered Dietitian Tara Hammes for a practical discussion on hypertension (high blood pressure). Learn strategies for healthy eating, reducing sodium, staying active, and making sustainable changes that support heart health.

Eating for High Cholesterol

 Thursday, August 20 at 11:30 AM



Heart-healthy eating doesn't mean giving up your favorite foods. Join Registered Dietitian Margot Whitney to learn simple, sustainable ways to lower cholesterol and support heart health. Discover foods that can improve cholesterol, build balanced meals, and make lasting changes—without strict diets or deprivation.



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Arts & Culture

Duxbury Walks with Tony Kelso



Friday, August 7 from 10:00 AM to 11:30 AM



Walk the beautiful Allen property near Captain's Hill, owned by DRHS. It is a stunning property full of wildlife and history, with a landscape that drops down to Kingston Bay to a beautiful beach and a boathouse. Limited spaces. Some steep hills.

Cut the Cord on Cable TV



Monday, August 10 at 10:00 AM



Thinking about cutting the cable cord? Join Chuck Nilosek of Cord Cutting New England to learn how streaming works, what equipment and internet service you'll need, how popular streaming platforms compare, and how much you could save by switching from traditional cable.



Afternoon Movie: Wuthering Heights



Tuesday, August 11 • 2:00 to 4:00 PM

A passionate and tumultuous love story set against the backdrop of the Yorkshire moors, exploring the intense and destructive relationship between Heathcliff and Catherine Earnshaw. 2026, R.

LGBTQ Film & Discussion: Call Me By Your Name



Thursday, August 20 at 3:00 PM

Join us for a screening of *Call Me By Your Name*, the acclaimed coming-of-age film starring Timothée Chalamet and Armie Hammer, set in the Italian countryside. Popcorn and candy provided.



"Taking the Cars to SoDux," – When the Railroad Came to Duxbury



Thursday, August 27 at 10:00 AM

"Take a ride" with Tony Kelso on the Old Colony railroad and hear about how it blew the dust off Duxbury and brought summer visitors and mobility to the town and to the entire South Shore.



Timeless Tales Bookclub



Tuesday, September 15 at 11:00 AM

Rediscover the books that have captivated readers of all ages. In September, we'll discuss *The Miraculous Journey of Edward Tulane* by Kate DiCamillo. New readers welcome.

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

Beer Can Museum



Friday, August 7 • 10:30 AM



From Billy Beer to Blatz; From Harvard Ale to Haffenreffer, from Ballantine to Black Label, join us for a nostalgic look at the History of the Beer Can, along with a unique pop-up museum experience at The Center.

Watercolor with Patricia Rose, Hydrangea Painting



Monday, August 10 • 2 PM • \$15

Join Patricia Rose for a fun, beginner-friendly watercolor class. Create your own unique hydrangea painting. Supplies and guided instruction included.

Vintage Paper Rose Workshop



Thursday, August 13 • 2:00 PM • \$10



Let's create beautiful vintage roses from the pages of old books.

Mandy Fariello will guide you step-by-step in creating paper roses in a variety of sizes. You'll also explore creative ways to use your roses in future craft projects, home décor, gifts, and more. All supplies are included.

The Art of America's Unique Regions



Wed. Aug. 18, 10:00 AM

Wed., Aug. 26 1:30 PM



The featured topic, The Art of America's Unique Regions, is a collection of images describing America's diverse landforms, lifestyles, cultural influences, and historic events. From New England to the Midwest, then on to the West Coast – see how early artists' creative choices represent the unique regions they came from. Join local art historian, Jill Sanford, for an enjoyable hour of challenging yourself to see in new ways!

Animated Film Festival



Wed., August 19 at 1 - 4:00 p.m.



Join Beth Cameron-Killbridge for the annual Summer Animated Film Festival as we revisit the classic cartoons that came long before SpongeBob—when animation was just getting started and, some would say, at its very best. Enjoy popcorn while your favorite animated characters light up the screen, and discover the fascinating stories and behind-the-scenes secrets that brought these timeless cartoons to life.

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

Connect, discuss, and celebrate the written word

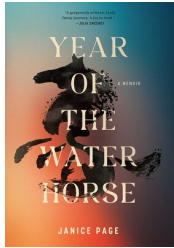


Steve Dahill, *The Loyalist*



**Thursday, August 6
1:00 PM at The Center + Lunch**

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

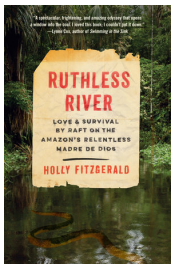


Janice Page, *Year of the Water Horse*



Tuesday, August 25 3:00 PM

No cost to attend, complimentary afternoon tea.

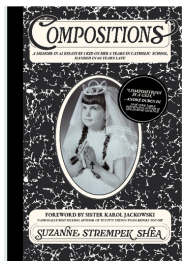


Holly Fitzgerald, *The Ruthless River*



**Wednesday, September 9
1:00 PM at The Center + Lunch**

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

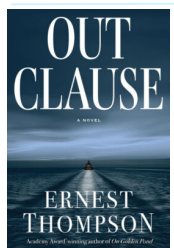


Suzanne Strempek Shea, *Compositions*



**Tuesday, September 15
1:00 PM at The Center + Lunch**

Luncheon \$15, Author talk is FREE and begins at 1:30.
Suzanne will be in conversation with Marianne Leone,
author of *Christina the Astonishing*.



Ernest Thompson, *Out Clause* (Author Dinner!)



**Tuesday, September 22
5:00 PM at The Center + Light supper**

Light dinner \$15, Author talk is FREE and begins at 5:30.

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?

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Day Trip to Kennebunkport, ME



August 12, 2026

Enjoy a relaxing summer day in this charming coastal town filled with seaside views, unique shops, galleries, and delicious dining options. The cost of the trip is \$115, and the bus leaves Duxbury at 7 AM returning around 5 PM



Group Travel Info Session



Info session: Wednesday, September 16 at 3 PM



Learn about Collette's Spotlight tour of Northern Italy. Unpack once and explore the Veneto region, including beautiful Asolo, charming Bassano, and Venice, where you'll see master glassblowers at work using centuries-old techniques.

Charles River Architectural Cruise



September 4, 2026

Enjoy a one-hour narrated architecture cruise along the Charles River, featuring views of Boston's iconic skyline and landmarks, including the Custom House, Prudential Tower, and Hancock Tower. The boat offers both open-air and covered seating for comfort in any weather. After the cruise, enjoy lunch at The Cheesecake Factory. \$135 per person.



Live Music at The Center

Morning Music with Steve Lanzillotta



August 12, 10-11 AM

Drop in and listen to music from Steve Lanzillotta.



Saturday, August 15 at 7:00 PM

Outdoor Encore Concert

Enjoy a concert under the stars with candlelight. The Cordage Ensemble will bring Taylor Swift's music to life- Classically, with violin, cello, flute, and more. Cost is \$5 per person. If weather is inclement, this concert will be held inside.



Sunday, August 30 at 5:00 PM

The Tinkertown Band

Join the Tinkertown Big Band for an evening of music in the Center's backyard. Cost is \$5 per person. If the weather is inclement, this concert will be held inside.



Floats and Notes



Tuesday September 1 at 3:30 PM

Enjoy an afternoon of toe-tapping music with Mike Dardis while sipping a frosty and delicious Root Beer Float! Cost is \$5 per person

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- Thursday
8:30 AM-1:00 PM

Friday
8:30AM-10:30AM

Looking for an easy
lunch option?

Stop by the **Lobby Window** from 11:30 a.m.–
1:00 p.m. for quick and
convenient

Grab & Go Sandwiches

Choose from turkey, tuna
salad, or chicken salad
and enjoy your lunch on
campus or take it to go!

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

Livable Duxbury University

Continuing the Conversation on Making Duxbury Livable for All Ages



The History of Housing in Duxbury with Tony Kelso



Tuesday, August 11 at 10:00 AM

Join Tony Kelso for a look at the history of Duxbury homes-- how many familiar houses have changed over time, including homes that served as multifamily dwellings, summer houses, or had very different uses in earlier years.

Adapting and Transitioning as We Age



Tuesday, August 11 at 2:00 PM



Presented by AARP. Learn practical strategies for navigating life's constant changes. Discover how a personal management system can help you feel more organized, confident, and ready to focus on what matters most.



Yoga for Your Mental Health



Wednesday, August 26 10:00 AM

Yoga for non-yogis! Chair yoga for all abilities - with instructor Colleen Cuomo

First Time Home Buyers Loan Programs



Thursday, September 10 at 6:00 PM



Important information for first time home buyer. This program will be at The Duxbury Free Library.

Give & Grow: Volunteer Services

CALL for VOLUNTEERS

- Interested in helping to pick up the food donations from local grocery stores?
- Do you want to volunteer at the annual Friends of the Council on Aging Golf Tournament on Monday, September 21?
- Do you feel a calling to be a friendly visitor?

Please contact Chris at chriscoakley@duxbury-ma.gov to learn more!

Free Medical & Day-to-Day Transportation

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We travel within Duxbury, Kingston, Marshfield, Pembroke, & Plymouth. Available to Duxbury residents. 60+ Minimum 48-notice required.

 **Friends** of the
Duxbury Council on Aging



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!

**Juanita McGranachan
Karen Pappalardo
Meg Needham
William and Nancy Melia**

Make a Donation via PayPal

Scan the QR code to donate via PayPal.



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The Center Staff Email & Phone Directory

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Ellen.Jones@Duxbury-ma.gov

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