



PLYMPTON COUNCIL ON AGING NEWSLETTER

Office Hours @ Town House MON-THURS 9-2

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339-832-8941; Volunteer Driver: Jackie Freitas 781-582-9752; Board Members:

Nancy Butler, Chairperson, Dotti Martel, Treasurer; Michele Llanes, Secretary,

Shirley Martin, Marylou White and Inez Murphy

OUR MISSION: Plympton COA serves to link the needs of seniors to resources and information.

Hello Plympton Seniors! Now that fall is here,

COA Board Mtg. – Tues. October 8 Please note the change. at Town House at 10:30-
You're Invited! Please join us. We welcome your Opinions and Ideas! Coffee and Refreshments are served. Thank you to Dotti Martel for volunteering to be Plympton's representative for Old Colony Elder Services and attend the meetings each month. We are pleased to have Nancy Butler step up as Chairperson to our board. In addition, Shirley Martins has renewed her term and Inez Murphy has joined the board. We are lucky to have them and thank them for their continued service.

HAPPY BIRTHDAY TO: Louise Cunningham, Patricia Leslie, Patricia Fernald, Jeraldine Batchelder, Harold Westcott and Stephen Cote!!!!

EXERCISE: **TIA CHI** with Reggie is **Thursday morning at 9 a.m.** Sorry for the time change. **Zumba** with Lori continues to be **on Mon., Wed, & Fri. is at 9am.** Both classes are \$5 for the hour and **at the Historical Society Building on Main St.; Chair Yoga with Carol is on Tuesday mornings at 10:30a.m. at The Woodlands.** The cost per class is \$2. All are welcome; and **Yoga with Monique**, msullyyogi@comcast.net: classes meet **at the First Congressional Church in the Fellowship Hall on Wed. evenings (all levels flow) at 5:30-6:30 p.m. and Gentle Yoga on Tues. and Thurs. mornings at 9-10 a.m.** Cost for the class is \$7. Walk ins are welcome or you can call the COA for contact info.

APPLE CRISP: The COA in conjunction with the Library will be having a **FREE APPLE CRISP SOCIAL HOUR** on **Tuesday, October 22 at 1 p.m. at the library.** Please come and bring a friend!

MEMORY CAFE: Harbor Health Elder Service Plan is having a **FREE Memory Café on Wednesday, October 9 from 2-3:30 at 479 Torrey Street, Brockton.** Come meet Siobhan McDonald, Author of "Hilda's Story: New Bedford, MA. Participate in an art and history discussion and colorful art activity while enjoying fun conversation and light refreshments. It will be every second Wednesday of the month. A memory café is a safe

and comfortable space where caregivers and their loved ones can socialize and enjoy appropriate activities in the company of other with similar circumstances. It is a welcoming place for people with forgetfulness or other changes in their thinking. They provide support, exchange information and provide a place for caregivers to enjoy activities with their loved ones as a break from the normal routine. Please RSVP at ESPInfo@hhsi.us or call 774-470-6737.

FALL VINTAGE FAIR: The Plympton Historic Society will be having their Fall Vintage Fair on **October 5 & 6 from 10 a.m. to 3 p.m.** at the Old Town House, 189 Main Street. There will be Antique & Vintage Goods, Local Crafters & Artisans, Demos & Antique Appraisals, Food Truck, Beer & Baked Goods. Tickets onsite at www.PHSVINTAGEFAIR.COM NON-MEMBERS COA/PHS MEMBERS ARE!

MONTHLY SPEAKER: Robin Putnam, the Research & Special Projects Manager For the Office of Consumer Affairs & Business Regulation will be speaking on Holiday Fraud Prevention at the COA on **October 15 at 10 a.m.** Discussion will be on topics such as Black Friday shopping tips, return policies, defective merchandise, lost or stolen packages, online shopping and identity theft & fraud prevention. Please come and bring a friend. Refreshments will be served.

FUEL ASSISTANCE: The COA has applications for anyone who wants to file for fuel assistance. We will assist in completing the application. Please call COA for appointment.

NURSE TRICIA!: There will be a Nurse coming to Plympton COA beginning **October 28th from 9-12**, once a month (to start) for anyone who wants to drop in **FREE OF CHARGE**. Walk-ins are welcome! Tricia Ross, a registered nurse for over 31 years, 15 years of acute care nursing in hospital setting and several years of geriatric nursing will be taking blood pressures, weight and/or glucose testing. It is confidential and she will keep record of results that you can have a copy of to bring to your doctors.

VETERAN'S LUNCH: This month's Veteran's Lunch will be on **October 29th at 12 noon** in the Large Conference Room. It will be a boxed lunch provided by Old Colony Elder Services. Looking forward to seeing you then!

MEETING FOR THE SENIORS: On Monday, **October 21st at 10 a.m.** in the large conference room Selectman John Trainer will be meeting with seniors interested in the updates on various subjects to do with the Council on Aging. Some things he spoke on at our last meeting was Grants & Grant Writer, Old Police Station space, Masterplan for townhouse campus (24 acres), Senior Citizen/Affordable Housing, Old Town House and Library accessibility and exercise programs. In addition, we are welcoming Senator Michael Brady to the meeting to come speak on needs and concerns of our seniors that he could assist with.

SENIOR COLLEGE: Bridgewater State University is offering intellectually stimulating seminars and courses for mature learners. Their six-week courses foster creativity, self-discovery and peer education. Participants choose up to 3 courses per semester for on \$55 per person, per semester. Courses are led by BSU emeritus faculty, full and part-time faculty and other distinguished educators in the sciences, social sciences, arts and humanities. Morning and afternoon courses meet at the Bridgewater Public Library, 15 South Street, Bridgewater, MA and run from **Oct. 28 to Dec. 9**. Contact the COA at 781-585-5214 to get a full schedule and sign up info.

GATRA DIAL-A-RIDE: Transports are being offered to towns adjacent to Carver which means us. The fee is \$1.75 each way. A book of 10 passes can be purchased for \$15. A book of passes makes a great gift for any senior! To schedule a ride, call 508-866-4698 x1 prior to 12 p.m. the day before. Call in advance to CANCEL. Messages can be left after hours. The schedule is as follows: Mondays 9-2 p.m. "Around Town" errands; Tuesday & Thursdays Medical Appointments (if Jim is not available); Wednesdays Supermarkets: Walmart Plymouth 1st & 3rd AM; Shaw's Carver 2nd AM, Stop & Shop Plymouth 4th AM, and Market Basket Plymouth Every PM; Fridays Shaw's Carver AM.

Community Corner @ the Library

1st Saturday Coffee & Artist Reception Sat. Oct. 5 10:30 am

Local artist, Ronald Aakjar, Jr. ,will be on hand to talk about his work currently on display at the library. Refreshments will be available.

Book Discussion Group Tuesday, Oct. 8 7 pm

Stop by & join in the discussion of "Only Child" by Rhiannon Navin.

Apple Crisp Social Tuesday, Oct. 22 1 pm

Yummy...Don't miss these delectable homemade desserts. Please call the library at 781-585-4551 or the COA office at 781-585-5214 to save your seat.

JoY of Coloring Thursday, Oct. 10 & 24 10:30 am

Just try this once..... Many new projects to choose from...fabric coloring crafts, too!

Craft with Chris: Flowers with Kathleen Murphy, Oct. 17 or Sat., Oct. 19 10:30 am

Come & create your own bouquet of these decorative paper blossoms.

All materials provided.

****Genealogy Group** Saturday, Oct. 26 10:30 am**

Join us on the 4th Saturday of each month. We are here to help with your family search.

Stop by to learn more about searching various sites &

how to find that piece of missing information.

Knitting Group: Tuesdays 10 am - 12 10:30 am - noon

All handcrafters welcome.

Save the date: Saturday, Nov. 2 10:30 am Salute to Veteran's

Plympton Public Library hours: Tues. & Thur.: 10 am-8 pm & Sat.: 10 am - 4 pm

Please call the library at 781-585-4551 or our visit our webpage at www.plymptonlibrary.org if you need more information about any of our events.