

CAL



Activities & Events

JANUARY 2026

Make This Your Year to Live Vibrantly and Build Connection



Center for Active Living Plymouth

44 Nook Road, Plymouth, MA 02360

Phone: 508-830-4230. Hours: Monday-Friday, 8:00am-4:00pm
Tours available Fridays at 1:30pm

Mission Statement

To provide our community with a safe, trusted, physical and virtual environment where information and access to programs and services foster a healthy and vital lifestyle throughout the aging process.

Proudly Recognized as a Nationally Accredited Senior Center by NISC

Constant Contact

For the most up to date information and schedule changes, please ask us to add you to our Constant Contact email distribution list by calling the CAL or emailing bhadfield@plymouth-ma.gov or bdensoncal@gmail.com.

Volunteer Constant Contact CAL Events Editor: Frank O'Brien

Cover Photo by Larry Altrich

Gateway to Nature

This photo was taken at the end of an old dirt road after a fresh morning snow. I love walking the old back roads of Plymouth taking pictures of whatever moves me at the moment. A simple gateway can be a path to the unknown and beautiful pictures. I joined the Shutterbug Club at CAL several years ago and appreciate another outlet to show my photos. The club offers people with all levels of experience the opportunity to share their work as well as their expertise with the other club members. The bi-weekly photo challenge is a way for everyone to get out and photograph a given topic. All are welcome to join the Shutterbug community. Come see what we are all about.

NEW YEAR—NEW LOOK!

You may notice we have a fresh new look for the cover of our newsletter. We hope you like it!



Visit Us Online At:

Our Website



www.plymouth-ma.gov/245/Center-for-Active-Living

Facebook

www.facebook.com/COAPlymouth

YouTube

Search: Center for Active Living (CAL) Plymouth, MA and look for our logo.

My Active Center

Registration and payment for all classes, programming, and activities is done through our online system, My Active Center.

1. From the comfort of your home online through: www.myactivecenter.com

2. In person at the CAL Registration Station

Payments due upon registration; credit card preferred
unless otherwise noted in event listing.

When paying with cash, exact cash amount is required.

Storm/Emergency Closing Reminder:

CAL follows the Plymouth Town Hall's determination (not the local school system's schedule) regarding closings in the event of storms or emergencies. The town's decision regarding closures will be posted to the town website and CAL's website. CAL also posts updates regarding event cancellations on the CAL Facebook page & via constant contact. Call the CAL with any questions.

CAL will be closed January 1st for New Year's Day & January 19th for Martin Luther King Jr.

Newsletter Designer: Michelle Mosesso-Antonuccio

Table of Contents

3	Health, Fitness & Wellness
4	Health, Fitness & Wellness / CAL Theme / Thanks
6	Mix & Mingle
7	Arts & Crafts / Support
8	Special Events
9	Special Events
10	Program Calendar
11	Program Calendar
12	Friends Update
15	Farewell to 2025
16	Volunteer of the Month / Taxes / Info. Table / Travel
17	CAL Café/ BSU Senior College / CAL Express
19	GATRA / Consultations / Reminders / Donations
20	Lobster Roll Bash / Conversations with Your CAL Director

CAL Staff and Extensions

Cheryl Jones	Director	13118
Caitlyn Correa	Assistant Director	13105
Kari Anderson	Administrative Assistant	13100
Richard Gibbons	Administrative Secretary	13103
Beth Hadfield	Activities Coordinator	13104
April Thompson	Social/Outreach Worker	13106
Mary Beth Ryan	Coordinator of Support Services	13107
Kellie Farina	Kitchen Supervisor	13108
Bernadette Guidetti	Meal Site Coordinator	13108
Paul Brzykcy	Maintenance	13109
Andrew Shea	Maintenance	13109
Bernadette Denson	Marketing & Media Coordinator	13110
Lindsay Reik	Social/Outreach Worker	13116
Medical Transport	Leave message to request a ride	13114
	(See pg. 19 for details)	

CAL Advisory Board

Kathy Castagna	Chairperson
Dan Holland	Vice Chairperson
Janice Capofreddi	Secretary
Elizabeth Cadigan	Board Member
Kevin Hood	Board Member
Captain Kevin Manuel	Board Member
Joanne LaBelle	Board Member
Dr. Angela Landerholm	Board Member
Richard Bond	Board Member

The Friends Board

Patricia Janiak	President
Open	Vice President
Steve Incropera	Treasurer
Katie Carmickle	Recording Secretary
Carol Hamilton	Corresponding Secretary
Barbara French	Board Member
Brenda Gellar	Board Member
Sandra Smith	Board Member
Jim Monti	Board Member
Dave Warden	Board Member

Registration and payment required at least one business day in advance to secure a spot in all exercise classes.

CAL has established maximum attendance of 30 patrons for exercise classes in our multi-purpose room.

Individual instructors may choose to set a lower maximum based on the nature of the class. Drop-ins welcome if space allows.

MONDAYS

Cardio Dance & Toning with Debbie Rafferty	Mondays, 8:30am	\$5 Per Class	This full-body, 60-minute cardio workout includes dance and toning routines set to a variety of music. Lightweight toning sticks provided; use of 1 to 3-pound weights optional. Improve endurance, strength, flexibility and balance! Begin with a low-impact warm-up; end with cool-down and stretch. Designed for all abilities, with modifications shown.
Interval Cardio Strength Training with Leslie Romano	Mondays, 9:45am	\$7 Per Class	This low-impact, 50-minute combination class combines intervals of strength training, aerobic movements and functional fitness to support daily life activities. A total body workout for any exercise level, building muscle and cardio endurance. Weights optional. 8-person minimum.
Chair Yoga with Carol Cooney	Mondays, 10:45am	\$5 Per Class	Accessible for most and structured so it can be practiced from a chair or on the floor, this 1-hour class improves flexibility, strength and body-mind connection.
Barre with Samantha Cox, ACE certified personal trainer	Mondays, 12:00pm	\$6 Per Class	Barre is a low-impact class that works by focusing on one muscle or muscle group at a time, creating long, lean muscles. Isolating individual muscles makes modifying this class possible to work around a variety of injuries. This 55-minute, full-body workout helps with posture, balance and creating a strong core to protect your lower back.
Cyndi Sweetser's Mindfulness	Mondays, 1:00pm	\$8 Per Class	Each 1.5-hour session begins with a guided meditation and then an open discussion for the group. A variety of meditation practices are taught to help find what works best for each individual. The goal is to provide you with tools you can tap into outside of the session to ground you and provide a sense of self-awareness.
Yoga of Awareness with Carol Cooney	Mondays, 1:15pm	\$6 Per Class	This 1.25-hour, gentle yoga session focuses on you through mindfulness, reflection, consciousness and listening to our own bodies. Suitable for anyone and any ability. No prior yoga experience necessary. Please bring your mat and water and wear comfortable clothes.

TUESDAYS

The Magic Muscle Workout w/Janet Enos, Retired PTA, MSPHED, MSCPT, BS Gerontology	Tuesdays, 8:30am	\$7 Per Class	This 1-hour functional training for everyday activities uses appropriate body positioning, balance and coordination. Since the basis for functional mobility is a strong core, the workout uses gradual weight progression. The class combines balance, strength and abdominal stability with energizing upbeat music for an amazing and fun workout! 8-person minimum.
Foot Care with Donna Golden, NP	Tuesday, Jan. 6th, Must call for appt.	\$45/30-min appt	A professional takes care of cutting toenails and caring for the feet. This service is by appt. only. Call the CAL to schedule at 508-830-4230. First Tuesday and Thursday of each month. Clients should ask for a receipt at start of service if needed to submit to insurance. Please check with your insurance provider in advance to determine if service is covered.
Line Dancing with Dotty Belanger	Tuesdays, 9:45am	\$5 Per Class	This 1-hour session consists of choreographed dance routines with repeated sequences of simple steps in which people, standing in lines, perform the steps in unison to music. No partner needed. Wear proper footwear. Tuesdays and Thursdays at 9:45am.
Meditation in Movement Yoga with Eileen	No Tuesday night programs in January	\$6 Per Class	This 1.25-hour yoga class meets you where you are. Each class is designed to be a meditation in movement, from setting an intention for your practice to determining what you need from each posture -- gentleness or challenge -- to final relaxation in savasana. Bring awareness to your body and breath, all while strengthening and stretching to ease pain and stiffness. Must be able to come down to the mat and transition back up. No Jan. dates.

WEDNESDAYS

Tai Chi	Weds., 8:30am	Free	Practice Tai Chi, "Yang" style, with like-minded people. The 1-hour, peer-led, peer-run class will be facilitated by students experienced in the art of Tai Chi.
Gentle Yoga with Tina Vaughn	Weds., 9:45am	\$7 Per Class	This slow-paced, 1-hour class combines gentle yoga poses, restorative stretches, calming breathing and relaxation. Therapeutic mindfulness is included to create mind-body awareness. The slow, intentional poses encourage focus and calmness.
Chair Yoga with Carol Cooney	Weds., 11:15am	\$5 Per Class	Accessible for most and structured so it can be practiced from a chair or on the floor, this 1-hour class improves flexibility, strength and body-mind connection.

THURSDAYS

Boxing Fitness w/Janet Enos, Retired PTA, MSPHED, MSCPT, BS in Gerontology	Thursdays, 8:30am	\$7 Per Class	Boxing is a life improvement class of self-awareness, balance, arm and leg movement and empowerment of self. No gloves needed. This 1-hour class uses hand-eye coordination and a mind-power system of basic boxing skills to a creative playlist of music. Get stronger in all ways: mind and body. Never lose a step! Includes a 10-minute core workout at the end of class. Bring your mat. Taught by Rock Steady Boxing Coach. 8-person minimum.
Foot Care with Donna Golden, NP	No Thurs. visit in Jan. due to holiday	\$45 Per 30-min. appt.	This service is by appt. only. Call the CAL to schedule at 508-830-4230. See detailed description listed under Tuesdays above. First Tuesday and Thursday of each month.
Line Dancing with Dotty Belanger	Thursdays, 9:45am	\$5 Per Class	This 1-hour session consists of choreographed dance routines with repeated sequences of simple steps in which people, standing in lines, perform the steps in unison to music. No partner needed. Wear proper footwear. Tuesdays and Thursdays at 9:45am.
Chair Massage, Reiki & Foot Massage with MaryAnn Salzillo	On hiatus	\$40 for 30 minutes	Enjoy 30 minutes of chair massage for upper body or feet incorporating Reiki to renew, relieve and refresh your body and mind. Must call the CAL to reserve appointment time. Second and fourth Thursday of the month. Watch for updates regarding next date.
Foundation Skills of Qi Gong with Kathryn Demers	Thursdays, 3:00pm	\$5 per class	This 1-hour class is designed to help you learn the foundation skills of Qi Gong to optimize health and wellness, improve balance, breathing and overall health. It can be done standing or seated and combines posture, movement, and breathing techniques, promoting better health from the inside out. The movements are easy to learn and gentle on the body.

FRIDAYS

Zumba® Gold with Debbie Rafferty	Fridays, 9:00am	\$5 Per Class	ZUMBA® GOLD is a 55-minute dance fitness program incorporating the rhythms of both Latin and International Dance. The choreographed routines include cardio, muscle conditioning, balance and flexibility.
Sit & Get Fit w/sub for Sally Gwin	Fridays, 10:15am	\$5 Per Class	This 45-minute workout is performed in and around a chair to motivating music, improving muscle tone and balance. Weights are optional. Please bring water. Heather Hallisey is currently covering this class.
Blood Pressure Clinic	Friday, Jan. 23rd, 10:30am-11:30am	Free	Nurse Kathy is here monthly to conduct blood pressure checks. Fourth Friday of the month.
Sweat w/sub for Wendy Weiser	Fridays, 11:30am	\$6 Per Class	Sweat is an "all in one" 45-minute workout. We begin with flowing cardio, transition to standing strength and balance, then strengthening and a relaxing stretch. Bring your yoga mat (or you may opt to sit in a chair instead for the floor portion). Heather Hallisey is currently covering this class.

As we enter 2026 - we are excited to share CAL's guiding theme for the new year!...

LIVE VIBRANTLY, BUILD CONNECTION

Watch for programs and activities in the year ahead which support this concept as we strive to bring our patrons even more opportunities to live vibrant lives with a true sense of connection in 2026!

Thank You for Your Generosity!



Once again this year, it was truly inspiring to see our patrons' generous response to CAL's holiday giving tree. Gifts collected for this year's tree drive benefited three worthy local organizations, and as always - you really came through for them! In addition, a great number of toys were donated to CAL's Toys for Tots drop-off box. We appreciate your kindness!

P.S. - Stay tuned for the announcement of our Tree Decorating Contest winners, to be included in our February issue!



Parking Lot Improvements



We've been busy making new improvements to the CAL to make our parking area more accessible for our visitors. In addition to the four new accessible parking spots pictured in last month's newsletter, we've also added new railings on the walkways leading up to our building to help ensure safe entry in all kinds of weather.

We hope to see you soon!

We ❤️ Our Volunteers

Hats off to our 2025 Volunteers of the Month! As we bid farewell to another year, we'd like to extend our heartfelt gratitude to each of you for sharing your time and talents with us.

We truly appreciate the impact you've had on the CAL and our patrons!

Margaret O'Meara
Mel Romero
Rick Keating
Richard Cicchetti

Kevin Lane
Paul Sears
Debbie Sirois
George Karam

PNHS students Maya & Ivan
Mary Stracuzzi
Donna Berkeley





ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?

To advertise here
visit [lpicommunities.com
/adcreator](http://lpicommunities.com/adcreator)

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

[Visit lpicommunities.com](http://lpicommunities.com)



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



The Marinersm
Marblehead

A Senior Living Community in Partnership
with Northbridge Companies

Discover Marblehead's *first* and *only*
Senior Living Community

To learn more about The Mariner,
Call Stacy: **781.412.3957**



Independent Living, Assisted Living & Avita Memory Care
265 Pleasant Street, Marblehead, MA • MarinerMarblehead.com

50% off



VISIT WWW.MYCOMMUNITYONLINE.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Plymouth Council on Aging, Plymouth, MA 04-0714

MONDAYS

Women's Morning Discussion	Mondays, 9:30am	Free	A group for, about and coordinated by women who want to come together and share discussions on subjects of mutual interest.
State House Updates with State Senator Dylan Fernandes	Tuesday, Jan. 20th, 10:00am	Free	Senator Fernandes visits the CAL to let you know what's going on under the gold dome on Beacon Hill. Questions? Concerns on an issue? Got a policy to advocate for? Stop by for coffee & to chat. Quarterly. The Senator's office can be reached at: (617)722-1330.
Cribbage	Mondays, 12:30pm	Free	An interactive card game that has you counting your card combos. All welcome. Ends at 3:30pm.

TUESDAYS

Whist	Tuesdays, 9:00am	Free	Test your skills in this card game of tricks and trumps. Beginners welcome. Ends around 11:30am.
Hot Topic Discussion Group (Zoom only)	Tuesdays, 10:00am (Zoom)	Free	John Christiansen hosts this 1-hour group to exchange ideas on topics of mutual interest. Last meeting each month will be a TED Talk viewing and discussion. Please register on My Active Center. See online newsletter for live link: https://us02web.zoom.us/j/87671870909?pwd=bBlehSoHKKylBTKW6XUSezYg0TkSB.1
South and Nook Book Club & Chat	Tuesday, Jan. 20th, 11:00am	Free	The book group will meet on Tuesday, January 20th at 11:00am. Please note that they have changed their book title for January from the one previously posted to The Personal Librarian by Marie Benedict. The group meets for one hour the third Tuesday of every other month.
American Mahjong	Tuesdays, 12:30pm	Free	Join in this tile-based game of skill, strategy and luck. Beginners welcome. Ends around 3:30pm.
BINGO	Tuesdays, 1:00pm	\$2/ Card	Let's play Bingo! \$2 per card. Games are played from 1:00pm - 3:30pm.

WEDNESDAYS

What's on Your Mind with Dave Warden	Wednesdays, 10:00am	Free	This 1.5-hour discussion includes talk about current issues, what you're thinking about, what's going on in the community & much more. Stop by and you'll see that this group is all about YOU!
Speaking of Sports with Howard Kendall	Wednesday, Jan. 7th, 11:15am	Free	Join other men in the CAL Café to discuss your favorite teams, favorite sports memories, trends in sports and even your own sports exploits in a small group setting! Ends around 1:15pm. First Wednesday of the month.
Cribbage	Wednesdays, 12:30pm	Free	A fun, interactive card game that has you counting your card combinations. Beginners welcome. Ends around 3:30pm.
Acoustic Guitar Jam Session	Wednesdays, 1:30pm	Free	Acoustic guitar players unite—with Kevin Lane, coordinator. Players of all levels can join in the fun, with a bit of learning mixed in. Bring your guitar and enthusiasm. Ends around 3:30pm.

THURSDAYS

Texas Hold 'Em	Thursdays, 10:00am	Free	Join in playing one of the most popular versions of the card game of poker. Ends around 12:00pm.
Up to Date with the State w/State Reps. Kathy LaNatra & Michelle Badger & Staff	Thursday, Jan. 15th, 10:30am	Free	State Representatives Kathy LaNatra and Michelle Badger (and/or their staff) will visit to meet with constituents here at the CAL. Stop by for an opportunity for in-person conversation with your representatives' offices as you listen to updates from the State House and share any input and concerns you may have. Third Thursday of every month.
Ask Bob	Thursdays, 11:30am	Free	Bring your questions about computers, phones and technology. Ends around 12:30pm.
Bridge	Thursdays, 12:00pm	Free	Teams of two strategize and compete for tricks in this popular card game. Ends around 2:45pm.

FRIDAYS

Men's Morning Discussion	Fridays, 9:00am	Free	A thought-provoking 1.5-hour discussion of world and personal issues for men.
Delicious & Nutritious (Zoom Only) w/Chef Jerry Levine & Marcia Richards, RD	Friday, Jan. 16th, 10:00am	Free	Join us for simple, delicious recipes each month! This month: "Lobstah Salad" - Jerry makes a lobster salad roll! Thanks BID Plymouth! Third Friday of the month. Please register on My Active Center. See online CALEgram for live link: https://pactv.zoom.us/i/83474886055?pwd=RkdQUTVrcVZHTDBZnIYUFFYekxCdz09#success
Select Board Liaison David Golden	Fri., Jan. 9th, 12:00pm	Free	Join CAL's Select Board Liaison David Golden as he discusses current issues and other topics of interest. Bring your questions and concerns. Once per month.
Open Mic (new day & time this month!)	Friday, Jan. 9th at 1:30pm	Free	Here's your chance to perform your original song, poetry, prose, comedy and more. Come perform or just show some support. If your performance requires audio, please bring it on CD. Performers, call Beth Hadfield at CAL ext. 13104 for your time slot. Note schedule change.
Pet Snack Shack	Fridays, Jan. 2nd, 16th and 30th , 11:00am	Free	Stop by for free pet snacks and learn about the mission and local outreach efforts of Plymouth Helping Hands for Animals. Normally ends by 11:30am. First & third Friday of the month. Note—added a third time in January.
Canasta	Fridays, 12:30pm	Free	Try your luck at making melds in this rummy-like card game. Beginners welcome. Ends at 4:00pm
Intergenerational Discussion with PNHS Students	Friday, Jan. 9th & 23rd, 2:15pm—3:30pm	Free	PNHS students Ivan and Maya host this discussion of topics currently in the news. It's a great chance for people of different ages to come together and share their perspectives on various issues. Second and fourth Friday of the month.
Ukulele Jam Session	Fridays, Jan. 2nd & 16th, 1:00pm	Free	Ukulele enthusiasts get together to practice and share tips; beginners are welcome. Bring your instrument. Ends around 3:00pm. First and third Friday of the month.

Registration & payment required at least one business day in advance to secure a spot in art classes. CAL has established maximum attendance of 14 patrons for art classes. Individual instructors may choose to set a lower maximum based on nature of the class. Drop-ins welcome if space allows.

Knitting	Mon's 10:00am-11:30am; Wed's 12:30pm-4:00pm	Cost of Supplies	Bring your craft in progress, work on something new, and share great conversation with friends. Reminder: Knitting does not meet on the 3rd Wednesday of the month.
Advanced Pottery w/Jere Stadelmann	Tuesdays, 9:00am-11:30am	\$15 Per Class	Hand-building pottery projects using advanced techniques, done independently with guidance from the instructor. Additional material & kiln fees are paid separately, based on the project.
Intermediate & Advanced Watercolor Painting w/Cindi Walsh-Hamlin	Wednesdays, 9:00am-12:30pm	\$10 Per Class	In a relaxed setting, work with light, color and composition. Explore new techniques in color mixing, brush strokes, washes, dry brush, wet on wet and different effects using salts and other tools. Each weekly subject uses new techniques and builds on previous knowledge. Contact front desk for a complete supply list. Please be ready to paint at 9:30. Note new format.
Intermediate Pottery w/Jere Stadelmann	Thursdays, 9:00am-11:30am	\$15 Per Class	Hand-building pottery projects done independently with guidance from the instructor. Additional material & kiln fees are paid separately, based on the project.
Rug Hooking	Thursday, Jan. 8th & 22nd, 1:00pm-3:30pm	Cost of Supplies	Bring your individual rug hooking project. Share tips and conversation as you work on your project. Second and fourth Thursday of the month.
Shutterbug Digital Photography Club	Friday, Jan. 9th & 23rd, 9:00am-11:00am	Free	Members share and critique photos, go on field trips, get education and share technique tips. Watch our Constant Contact emails for details of the Shutterbugs' weekly photo challenge! Second and fourth Friday of the month.
Intermediate & Advanced Acrylic Painting w/Cindi Walsh-Hamlin	Fridays, 9:00am-12:30pm Except Jan. 2nd	\$10 Per Class	In a relaxed setting we will explore color, light and composition. We will use new techniques in color mixing, brush work, layering and different effects with interesting tools. Each weekly subject uses new techniques and builds on previous lessons. Contact front desk for a complete supply list. Please be ready to paint at 9:30. Note new format.
Swedish Weaving w/Eileen Mazzarella	Fridays, 9:30am	Cost of Supplies	Learn to create beautiful designs on towels, table linens, pillows and more with this decorative form of embroidery. A fun and relaxing pastime! Beginners welcome.
Watercolor Painting w/Lauretta	Mon., Jan. 12th, 9:00am-12:00pm & Fri., Jan. 23rd, 12:30pm-3:30pm	\$30 per class	Lauretta returns with new watercolor projects for beginner & intermediate level painters. Practice techniques you are familiar with and pick up some new ones with Lauretta's guidance. Two separate classes. January 12th project: Irises. January 23rd project: Winter White Bunnies. See calendar for pictures of each project.

Rita is back with another new pottery series in January (see page 8), and Nora will return with an evening pottery series in February!

SUPPORT

One-on-One with MSW Intern Ashley Gomes	Mondays & Fridays	Free	Master of Social Work Intern Ashley Gomes is on-site two days a week providing clinical work for our seniors. Call the CAL if you would like to schedule one-on-one time with her.
Veterans Coffee Hour with Robert Burke	Mondays, Jan. 12th & 26th, 10:30am-11:30am	Free	Join Robert and other Vets to talk about your service, adjustment back to civilian life, new VA benefits, sports, or whatever you'd like. Second & fourth Monday of the month.
Loss of Spouse Grief Support Group	Monday, January 5th only , 1:00pm-2:30pm	Free	This grief support group is for those who have experienced the death of a spouse. The group offers an opportunity to talk about this experience with others who have gone through a similar loss and share their unique story. Facilitated by Maria Campbell, M.Ed., Spiritual Care Director at Old Colony Hospice & Palliative Care. First and third Monday of the month. No Jan. 19 meeting.
Alzheimer's Family Support Center (AFSC) CARE Program	Tuesdays, 10:00am-1:00pm	Free	The AFSC offers a Community Alzheimer's Respite and Engagement Program (CARE) at the CAL, providing caregivers with a few hours of respite time, and people living with cognitive loss an enriching activity-based program (lunch included). Space is limited; pre-registration is required. For more details call the AFSC at 508-896-5170, or email info@capecodalz.org. PLEASE NOTE: CAL's lower level is closed to the public every Tuesday from 10:00am to 1:00pm for the CARE Program.
You & Eye: Low Vision Support Group	Tuesday, Jan. 13th, 10:00am-11:30pm	Free	An exchange of resources, guest speakers and support for people with low vision. Second Tuesday of the month.
Relaxation & Caring for the Caregiver with Susan Lee Nolan of Peaceful Pursuits	Tues., Jan. 20th, 10:30am-12:00pm	Free	Are you a caregiver or someone who routinely helps a friend or family member to manage daily responsibilities? Susan Lee Nolan is a Certified Hypnotherapist and Reiki Master Practitioner. She'll work in a group setting to provide arm & back massage, integrating Reiki to embrace the whole healing process. "Relax, Release, and Renew." Third Tuesday of the month.
Let's Talk About Death with Cheryl Botieri, MS	Tuesday, Jan. 27th, 1:30pm-2:30	Free	Cheryl Botieri discusses topics to make end-of-life conversations & planning easier for you & your loved ones. She is an End-of-Life Educator, Family Support Specialist, and End-of-Life Doula. Sponsored by an MCOA Service Incentive Grant. January Topic: What should I ask?...Thoughtful end of life questions to ask a loved one. Last Tuesday of the month.
Alzheimer's Caregivers Support Group	Wed., Jan. 21st, 2:00pm-3:00pm	Free	Jillian Spinale from Stafford Hill leads this group to help caregivers, family, and others dealing with Alzheimer's and dementia-related illnesses. Third Wednesday of the month.
Mothers' Tea	See you in March	Free	A peer support group for mothers who have lost children. Third Wednesday of the month.
Grandparents Raising Grandchildren	Thursdays, 10:00am-12:30pm	Free	Support for grandparents for the life-altering situation of raising a grandchild.

Watch our Constant Contact emails or contact the Plymouth Library for specific topics for the Parkinson's Support Group which is held at the Plymouth Library on the first Friday of each month from 1:30pm - 3:30pm.

Coffee & Connections with MSW Intern Ashley Gomes Monday, January 26th • 11:00am • Free

The New Year is a time to make new connections! Start the year surrounded by warmth, conversation and community. Join us for a cozy coffee hour where we'll reflect on positive intentions for the year ahead and celebrate new beginnings together. Enjoy light refreshments, share your "Word of the Year" and connect with others through uplifting discussion and laughter. Let's welcome 2026 with gratitude, friendship and fresh perspectives! Registration required. Space is limited.





Medication Adherence Tips

Join **CVS Pharmacy Intern Sam Parker** for an educational program designed to help older adults feel more confident, informed & in control of their medications. This session uses real life examples and hands on demonstrations to teach practical strategies for taking medications safely and consistently. The program will help increase understanding of prescription labels, dosing instructions and warning labels. The goal is to Improve medication adherence and empower participants to communicate effectively with their pharmacists and healthcare team.

Registration appreciated. Drop-ins welcome.

Monday, January 5th | 10:30am | Free



Pottery: Mastering Handbuilding Fundamentals

Join **Rita** for this four-part series designed for students who have some prior experience handbuilding with clay. Learn new techniques with clay and surface decoration. This class will be teacher directed while embracing students' ideas and choices. The cost for the series includes clay and glaze. Additional kiln firing fees are paid separately. A small tool kit is required which can be purchased for around \$10 (see front desk for details).

Registration required. 6 minimum/10 maximum. \$100 for four-part series; no refunds.

Tuesdays, January 6th, 13th, 20th & 27th | 1:00pm - 3:30pm



Plymouth Fire Department Breakfast

We are happy to welcome our fantastic Plymouth Fire Department back for another delicious breakfast. Meals will be prepared by our amazing Chef Kellie and staff for \$5.

Stop by for breakfast and conversation!

Registration required.

Thursday, January 8th | 9:00am | \$5 (cash only)



Yoga & Mindfulness

Our Yoga & Mindfulness classes continue throughout January to help you keep your mind and body in shape as you start the new year! Join in this slow-paced, 60-minute class once each week which combines gentle yoga postures, mindful breathing and guided relaxation. Accessible for beginners and experienced practitioners alike. We'll be rotating instructors weekly so show up ready for a great workout with either **Eileen Paris (1/8)**, **Tina Vaughn (1/15)**, **Peggy Grande (1/22)** or **Diana Gilchrist (1/29)**. Come see what they all have to offer! Register for one week, or all four.

Registration required. Drop-ins welcome if space allows.

Thursdays, Jan. 8th, 15th, 22nd & 29th | 12:30pm | \$7.00/class



Open Mic in the Afternoon

We're taking the month off from evening programs this month. But we can't miss our Open Mic gathering — especially when last month's was such a great time for all! So this month, join us on a Friday afternoon for all the fun. Here's your chance to perform your original song, poetry, prose, comedy and more. Come perform or just show some support. If your performance requires audio, please bring it on CD. Performers, call Beth Hadfield at CAL ext. 13104 for your time slot.

Registration required for performers and appreciated for others.

Friday, January 9th | 1:30pm | Free



Coffee with Our Director

Join our new **Director Cheryl Jones** for coffee and conversation! Cheryl plans to hold this session monthly to provide a relaxed and friendly gathering where everyone can share ideas, ask questions, and enjoy meaningful conversation. It's a wonderful opportunity for her to get to know you and hear your thoughts about programs, activities and the community we serve. We look forward to seeing you! *Please save the date for next month's gathering on Feb. 11th at 9:00am.*

Registration appreciated. Drop-ins welcome.

Wednesday, January 14th | 9:00am | Free



Sounds of the Plymouth Waterfront

Have you ever had the opportunity to listen to **Skip Waite** playing the flute as you've walked along the Plymouth waterfront? Skip is a Native American flutist who not only plays the flute, but also enjoys carving his own instruments. He'll be here at the CAL to share his tunes along with some stories. Join him for a fun-filled afternoon of music.

Sponsored by the Friends.

Registration appreciated. Drop-ins welcome if space allows.

Friday, January 16th | 1:00pm | Free



Understanding Your Energy-Saving Options

You may recall that **Plymouth's Energy Advocate** **Fhillipe Reis** visited the CAL in November to present an informative energy efficiency workshop for residents. The talk was geared towards connecting residents with resources to reduce energy bills. Fhillipe now returns to provide one-on-one meetings with residents to review individual energy bills and share insights into possible savings. Each meeting will last approximately 15 minutes. Please call the CAL to register for your appointment and plan to bring your energy bills and questions.

Registration required. Call the CAL for your appointment time.

Tuesday, January 20th | 11:00am - 3:00pm | Free

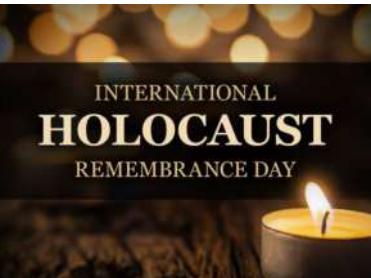


Everything You Need to Know About Senior Living & Long-Term Care

Join us for this free educational program provided by Oasis Senior Advisors. This session provides an important and highly informative program for seniors and their adult children that discusses and answers questions regarding senior living choices as well as long-term care. Come ask the experts!

Registration appreciated. Drop-ins welcome if space allows.

Friday, January 23rd | 1:30pm-3:00pm | Free



Holocaust Remembrance

In honor of International Holocaust Remembrance Day which falls this month, join **Ronnie Hirschhorn** for an insightful conversation on the importance of studying and remembering the Holocaust. What lessons can be learned? And what signs should we look for to prevent past mistakes?

Sponsored by the Friends.

Registration required.

Wednesday, January 28th | 2:00pm | Free



Introduction to Classical Music with the Maestro

Steven Karidoyanes, Music Director and Conductor of the Plymouth Philharmonic Orchestra, will join us as your symphonic companion for an introduction to the basic elements of music! His presentation will focus on how to listen, what to listen for, and how to appreciate and enjoy musical creativity and expression. This user-friendly 75-minute session will include sound clips and time for questions and answers with the Maestro.

Registration appreciated. Drop-ins welcome if space allows.

Friday, January 30th | 1:00pm | Free



Plymouth Philharmonic Orchestra



Heart Art

We will once again be collaborating with the students of **Plymouth North High School** in January to create "Heart Art". The artwork created by students and seniors will be put on display at **Beth Israel Deaconess Hospital in Plymouth** for the month of February in honor of "Heart Month".

Watch for more details coming soon!

JANUARY 2026 PROGRAM CALENDAR

All programs subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Watercolor Painting with Lauretta  Monday, January 12th • 9:00am - 12:00pm <i>Iris</i> Skill Level: Beginner to Intermediate • \$30	Friday, January 23rd • 9:30am - 12:00pm <i>White Bunnies</i> Skill Level: Beginner to Intermediate • \$30	See page 7 for more details!  See page 2 for our Storm/Emergency Closing Reminder	 1 CLOSED	2 9:00am - Men's Morning Discussion 9:00am - Zumba® Gold 9:30am - Swedish Weaving 10:15am - Sit & Get Fit 11:00am - Pet Snack Shack 11:30am - Sweat 12:30pm - Canasta 1:00pm - Movie: The Family Stone 1:00pm - Ukulele Jam Session 1:30pm - CAL Tour
5 8:30am - Cardio Dance & Toning 9:00am - 12:00pm - Friends Table in lobby 9:30am - Women's Morning Discussion 9:45am - Interval Cardio Strength Training 10:00am - Knitting 10:30am - Medication Adherence Tips 10:45am - Chair Yoga 12:00pm - Barre 12:30pm - Cribbage 1:00pm - Loss of Spouse Grief Support Group 1:00pm - Cyndi Sweetser's Mindfulness 1:15pm - Yoga of Awareness	6* 8:30am - The Magic Muscle Workout 9:00am - 12:00pm - Friends Table in lobby 9:00am - Foot care, by appt. 9:00am - Advanced Pottery 9:00am - Whist 9:45am - Line Dancing 10:00am - Hot Topic Talk (Zoom) 10:00am - Alzheimer's CARE Program 12:30pm - American Mahjong 1:00pm - Bingo 1:00pm - Pottery: Mastering Handbuilding Fundamentals (series) 1:00pm - Cyndi Sweetser's Mindfulness 1:15pm - Yoga of Awareness	7 8:30am - Tai Chi 9:00am - Watercolor Painting — Intermediate & Advanced 9:45am - Gentle Yoga 10:00am - What's on Your Mind 11:15am - Chair Yoga 11:45am - Speaking of Sports 12:30pm - Cribbage 12:30pm - Knitting 1:00pm - Chorus 1:30pm - Acoustic Guitar Jam Session 1:30pm - Yoga & Mindfulness 12:30pm - Healing Words Goes On 1:00pm - Rug Hooking 2:00pm - Kristin Muratore, Legal Advisor, by appt. 2:00pm - Financial Advisor/Retirement Specialist, by appt. 2:00pm - Live Vibrantly: Conversations with Your Director 2:15pm - Yellow Tulip Project 3:00pm - Foundation Skills of Qi Gong	8 8:30am - Boxing Fitness 9:00am - Breakfast with the Plymouth Fire Department 9:00am - Intermediate Pottery 9:45am - Line Dancing 10:00am - Grandparents' Support 10:00am - Texas Hold 'Em 11:30am - Ask Bob 12:00pm - Bridge 12:30pm - Chinese Mahjong 12:30pm - Yoga & Mindfulness 12:30pm - Healing Words Goes On 1:00pm - Rug Hooking 2:00pm - Kristin Muratore, Legal Advisor, by appt. 2:00pm - Financial Advisor/Retirement Specialist, by appt. 2:00pm - Live Vibrantly: Conversations with Your Director 2:15pm - Yellow Tulip Project 3:00pm - Foundation Skills of Qi Gong	9 9:00am - Men's Morning Discussion 9:00am - Zumba® Gold 9:00am - Shutterbug Digital Photography Club 9:00am - Acrylic Painting — Intermediate & Advanced 9:30am - Swedish Weaving 10:15am - Sit & Get Fit 11:30am - Sweat 12:00pm - Select Board Liaison David Golden 12:30pm - Canasta 1:30pm - Open Mic Afternoon 1:30pm - CAL Tour 2:15pm - Intergenerational Discussion w/PNHS Students
12 8:30am - Cardio Dance & Toning 9:00am - 12:00pm - Friends Table in lobby <i>Lauretta (Iris)</i> 9:30am - Women's Morning Discussion 9:45am - Interval Cardio Strength Training 10:00am - Knitting 10:30am - Veterans Coffee Hour 10:45am - Chair Yoga 12:00pm - Barre 12:30pm - Cribbage 12:30pm - Friends Meeting 1:00pm - Cyndi Sweetser's Mindfulness 1:15pm - Yoga of Awareness	13* 8:30am - The Magic Muscle Workout 9:00am - 12:00pm - Friends Table in lobby 9:00am - Advanced Pottery 9:00am - Whist 9:45am - Line Dancing 10:00am - 12:00pm - Bridges by Epoch Table in Lobby 10:00am - Knitting 11:15am - Chair Yoga 12:30pm - Cribbage 12:30pm - Knitting 1:00pm - Chorus 1:30pm - Acoustic Guitar Jam Session 1:30pm - Yoga & Mindfulness 12:30pm - Healing Words Goes On 1:00pm - Bingo 1:00pm - Pottery: Mastering Handbuilding Fundamentals (series)	14 8:30am - Tai Chi 9:00am - Coffee with Our Director 9:00am - Watercolor Painting — Intermediate & Advanced 9:45am - Gentle Yoga 10:00am - What's on Your Mind 11:15am - Chair Yoga 12:30pm - Cribbage 12:30pm - Knitting 1:00pm - Chorus 1:30pm - Acoustic Guitar Jam Session 1:30pm - Yoga & Mindfulness 12:30pm - Healing Words Goes On 1:00pm - Bingo 1:00pm - Pottery: Mastering Handbuilding Fundamentals (series)	15 8:30am - Boxing Fitness 9:00am - Intermediate Pottery 9:45am - Line Dancing 10:00am - Grandparents' Support 10:00am - Texas Hold 'Em 10:30am - Up to Date with the State with the State w/State Reps. LaNatra & Badger 11:30am - Ask Bob 12:00pm - Bridge 12:30pm - Chinese Mahjong 12:30pm - Yoga & Mindfulness 12:30pm - Healing Words Goes On 1:00pm - Chorus 1:30pm - Acoustic Guitar Jam Session 1:30pm - David Kiley, Legal Advisor, by appt. 3:00pm - Foundation Skills of Qi Gong	16 9:00am - Men's Morning Discussion 9:00am - Zumba® Gold 9:00am - Acrylic Painting — Intermediate & Advanced 9:30am - Swedish Weaving 10:15am - Sit & Get Fit 11:00am - Pet Snack Shack 11:30am - Sweat 12:30pm - Canasta 1:00pm - Sounds of the Plymouth Waterfront 1:00pm - Ukulele Jam Session 1:30pm - CAL Tour

JANUARY 2026 PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 CLOSED	20* 8:30am - The Magic Muscle Workout 9:00am - 12:00pm - Friends Table in lobby 9:00am - Advanced Pottery 9:00am - Whist 9:00am - Plymouth's SHP Financial Advisors, by appy. 9:45am - Line Dancing 10:00am - State House Updates with State Senator Dylan Fernandes 10:00am - Hot Topic Talk (Zoom) 10:00am - Alzheimer's CARE Program 10:30am - Relaxation & Caring for Caregiver 11:00am - South & Nook Book Club & Chat 11:00am-3:00pm, by appy. - Understanding Your Energy Saving Options 12:30pm - American Mahjong 1:00pm - Pottery: Mastering Handbuilding Fundamentals (series)	21 8:30am - Tai Chi 9:00am - Watercolor Painting – Intermediate & Advanced 9:45am - Gentle Yoga 10:00am - What's on Your Mind 11:15am - Chair Yoga 12:30pm - Cribbage 1:00pm - Chorus 1:30pm - Acoustic Guitar Jam Session 2:00pm - Alzheimer's Caregivers Support Phone registration opens for AARP Tax Appointments to be held at CAL beginning in February. See page 16 for details.	22 8:30am - Boxing Fitness 9:00am - Intermediate Pottery 9:45am - Line Dancing 10:00am - Grandparents' Support 10:00am - Texas Hold 'Em 11:30am - Ask Bob 12:00pm - Bridge 12:30pm - Chinese Mahjong 12:30pm - Yoga & Mindfulness 12:30pm - Healing Words Goes On 1:00pm - Rug Hooking 1:30pm - GATRA Quarterly Meeting Live-Streamed at CAL 3:00pm - Foundation Skills of Qi Gong	23 9:00am - 12:00pm - Friends Table 9:00am - Men's Morning Discussion 9:00am - Zumba® Gold 9:00am - Shutterbug Digital Photography Club 9:00am - Acrylic Painting – Intermediate & Advanced 9:30am - Swedish Weaving 10:15am - Sit & Get Fit 10:30am - Blood Pressure Clinic 11:30am - Sweat 12:30pm - Canasta 12:30pm - Watercolor Painting with Lauretta (Winter White Bunnies) 1:00pm - Everything You Need to Know About Senior Living & Long-term Care 1:30pm - CAL Tour 2:15pm - Intergenerational Discussion w/PNHS Students
26 	27* 8:30am - The Magic Muscle Workout 9:00am - 12:00pm - Friends Table in lobby 9:00am - Advanced Pottery 9:00am - Whist 9:45am - Line Dancing 10:00am - Hot Topic Talk (Zoom) 10:00am - Alzheimer's CARE Program 12:30pm - American Mahjong 1:00pm - Bingo 1:00pm - Pottery: Mastering Handbuilding Fundamentals (series) 1:30pm - Let's Talk About Death. Topic: <i>What Should I Ask?... Thoughtful questions to ask a loved one.</i>	28 8:30am - Tai Chi 9:00am - Watercolor Painting – Intermediate & Advanced 9:45am - Gentle Yoga 10:00am - What's on Your Mind 11:15am - Chair Yoga 12:30pm - Cribbage 12:30pm - Knitting 1:00pm - Chorus 1:30pm - Acoustic Guitar Jam Session 2:00pm - Holocaust Remembrance	29 8:30am - Boxing Fitness 9:00am - Intermediate Pottery 9:45am - Line Dancing 10:00am - Grandparents' Support 10:00am - Texas Hold 'Em 11:30am - Ask Bob 12:00pm - Bridge 12:30pm - Chinese Mahjong 12:30pm - Yoga & Mindfulness 12:30pm - Healing Words Goes On 2:00pm - Collette Travel French Riviera Informational Meeting 3:00pm - Collette Travel Iceland Document Review Meeting 3:00pm - Foundation Skills of Qi Gong	30 9:00am - 12:00pm - Friends Table 9:00am - Men's Morning Discussion 9:00am - Zumba® Gold 9:00am - Acrylic Painting – Intermediate & Advanced 9:30am - Swedish Weaving 10:15am - Sit & Get Fit 11:00am - Pet Snack Shack 11:30am - Sweat 12:30pm - Canasta 12:30pm - Intruder to Classical Music with the Maestro 1:00pm - CAL Tour



CALNDAR
NOTES

COLOR KEY: **Black text** = Weekly programs | **Purple text** = Ongoing programs that are only held certain weeks | **Blue text** = This month's special events | **Red text** = A new/revised start time

- *The lower level will be closed to the public every Tuesday from 10:00am to 1:00pm for the Alzheimer's CARE Program.
- Watch our Constant Contact emails for updates on Braver Angels workshops held at the Plymouth Library, or contact rfrazier@braverangels.org for more information.
- Tuesday evening programs at CAL & Allied Health program dates at Plymouth North High School will return in February!
 - Watch for another CAL Pride event coming in February!

SUPPORT OUR ADVERTISERS!



2026 MEMBERSHIP DRIVE

New Member Renewal Donation

PERSONAL INFORMATION

Name: _____ Today's Date: _____

Mailing Address: _____

E-Mail: _____ Phone: _____

Initial if you do not want to be listed
in our publications

Initial if you are interested in volunteer
opportunities with the Friends

MEMBERSHIP LEVEL - PLEASE CHECK ONE

<input type="checkbox"/> BASIC FRIENDS MEMBERSHIP	\$20
<input type="checkbox"/> ENHANCED FRIENDS MEMBERSHIP* (Discounts to CAL programs)	\$50
<input type="checkbox"/> SUPER FRIENDS MEMBERSHIP** (Discounts on Pool Passes)	\$100
<input type="checkbox"/> ELITE FRIENDS MEMBERSHIP (Benefits of Enhanced & Super Membership)	\$150



Check payable to: Friends of the Plymouth CAL
Mail to: Friends of the PCAL, 44 Nook Rd, Plymouth, MA 02360
or Drop off: Timeless Treasures Gift Shop at the CAL

*As an Enhanced CAL Member, after attending 5 CAL classes, you get the 6th program free with a limit of 2 per month.

**By joining CAL, you may use the pool at Plymouth Fitness for \$8/visit.

As a Super Friend Member, you may purchase pool passes for \$5/visit.

Dues Included \$ _____ Additional Donation \$ _____ Pool Passes \$ _____ TOTAL \$ _____

Thank you for your generous support!

The Friends of the Plymouth Council on Aging is a 501 (c) 3 Id:04-3436626



JOIN BEFORE JANUARY 31ST and WIN A CHANCE FOR A \$50  GIFT CERTIFICATE!

Next Meeting of the Friends: Monday, January 12th at 12:30pm

Message from the Friends

Make a difference....be a Friend!

It's time once again for our annual Friends Membership Drive! Our goal is to raise funds to support vibrant, inclusive programs for older adults. We promote independence through community connection, wellness, and lifelong learning. To do so - we need your help! Your membership or donation is vital to our ability to maintain services that enhance the lives of our members here at the CAL. We hope you'll be a Friend in 2026!

How to Join

Simply complete the above membership form, return your mailed renewal form, or pick up a form at Timeless Treasures (open Monday - Friday, 10:00am - 2:00pm in the CAL lobby). Completed forms can be returned to the address listed on the form above. Or stop by to see Friends members **Dave Warden** and **Carol Hamilton** who will be available in the CAL lobby to help sign up anyone interested in a membership on the following dates:

January 5th, 6th, 13th, 16th, 20th, 23rd, 27th and 30th from 9:00am - 12:00pm

www.FriendsofPlymouthCAL.org

WE BUY SINGLE ITEMS & COMPLETE ESTATES

- Estate Work - Appraisals For Individuals & Atty's
- House Calls are FREE Anywhere in Plymouth County
- I Return Phone Calls
- Estate Clean Outs From Cellar to Attic
- We Provide Friendly and Honest Service

M A N S B A C H



A N T I Q U E S

185 PLYMOUTH AVE., MARSHFIELD
CALL ANYTIME
781-837-9584 • CELL 617-688-0044



TLC
Private
Home Care &
Private Nursing



*Comfortably and Safely
Age-In-Place
with familiar surroundings.*

- Private nursing
- Bathing, dressing, toileting, meals, transportation and companionship
- Alzheimer's, Dementia, Parkinson's, A.L.S., M.S.
- Hospice care, Post-surgical
- and More



For our full list
of services visit
tclcprivate.com
Get in touch today
at 508-383-3956

WE APPRECIATE OUR
ADVERTISERS!

LOOKING FOR

- Antique/Quality Used Furniture
- Silver, Jewelry, Coins
- Pottery, Porcelain, Glass
- Art, Paintings, Bronze, Textiles, Oriental Rugs
- Americana -Whaling & Nautical, Decoys, Basket Samplers & More
- Lighting - Oil & Early Electric
- Military - Swords, Bayonets, Medals, Badges, Uniforms
- Clocks & Watches
- Dolls & Toys
- Books, Post Cards, Manuscripts
- Town Histories & Atlases
- Collectibles - Including Hummels, Doultons & Liadros
- Paper Weights
- Musical Instruments
- Thank You - My Interests Exceed This List!



REVIEW YOUR MEDICARE INSURANCE PLAN

Complimentary 2026 Plan Review
In Person • Phone • Zoom

AEP Starts Oct 15

Contact **Elaine Buonvicino**
(339) 220-7964 Office & Text

Office: Kingston Collection Mall
Space 109 | Kingston, MA



Not affiliated with the federal Medicare program.

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Don't feel well, but it's not an emergency?

- Personalized care at home
- High-level tests and treatments
- One flat rate - no surprise bills
- Insurance and self-pay options

Call **instED!** **833-946-7833**

instED

FSA and HSA accepted
www.insted.us



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Plymouth Council on Aging, Plymouth, MA 04-0714



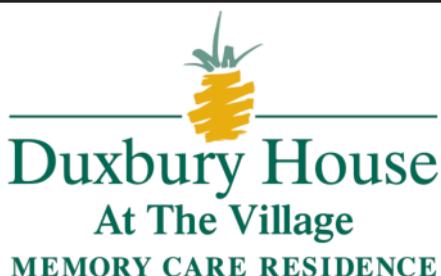
Did you know that **1 in 10 Massachusetts residents** has unclaimed property waiting for them?

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 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.



Duxbury's Home
for
Memory Care Assisted Living
CALL 781-298-0297 TODAY FOR A TOUR.



298 Kingstown Way
Duxbury, MA 02332
DuxburyHouse.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348

**Keith Brothers
Plumbing, Inc.**

SPEED ★ QUALITY ★ RELIABILITY

Remodeling • Boiler Replacement
Water Heater Replacement
New Construction
Service Calls & Gas Service

Call anytime! We've got your back.
508-317-8577 keithbros.com



We proudly offer discounts to Seniors,
Veterans, and First Responders

SERVING PLYMOUTH, CAPE COD, AND THE SOUTH SHORE
FAMILY-OWNED | LICENSED & INSURED

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Plymouth Council on Aging, Plymouth, MA 04-0714



We loved watching you thrive in 2025!



VOLUNTEER OF THE MONTH



Larry Altrich

Larry Altrich has been part of the Shutterbug Photography Group since 2018 and began volunteering as the group's leader in April of 2022. He has a passion for photography and loves sharing his work and encouraging others to do the same. Larry has consistently led the group with great ideas, location shoots and encouragement. He comes to CAL with a smile on his face, excited to see what the group members have photographed based on the topic of the week. One example of Larry's work is the outstanding photograph on the cover of this month's newsletter. Thank you Larry for sharing your passion with us!

AARP TAX-AIDE PROGRAM FOR TAX YEAR 2025

Trained volunteers from the AARP Tax-Aide Foundation will be returning to the CAL to assist taxpayers in filing their federal & Massachusetts income tax returns. **In-person appointments will be available on Mondays beginning February 2. Please be aware that your appointment may take two hours or more. Once you have scheduled an appointment, please pick up an "intake envelope" at the CAL. The intake envelope contains forms that must be completed prior to your appointment. Instructions for filling out the forms will be provided. Please bring a copy of your 2024 federal and state income taxes to your appointment, and bring your spouse if filing jointly. Once tax returns are completed, we will provide a printed copy of your 2025 tax return and return all of your tax records.**

In addition to in-person appointments, we will also be offering drop-off appointments this year on Tuesdays, Wednesdays, and Thursdays. During an initial 20-minute visit to the CAL, your tax documents will be inventoried and then left with a Tax-Aide volunteer. The documents will be used throughout the return preparation process and securely stored when not in use. Following the initial visit, a second visit will be scheduled to meet with a volunteer to review the return, finalize it for e-filing, obtain a printed copy, and return your tax documents. As with in-person appointments, you will need to pick up an intake envelope at the CAL prior to the date of your appointment. **You can make an in-person appointment or a drop-off appointment by calling the Plymouth CAL at 508-830-4230 beginning on Wednesday, January 21, 2026 at 9:00 A.M. If you need more information at any time, please call 508-591-0867 and leave a message. A Tax-Aide volunteer will return your call.**

Informational Table: Bridges by Epoch Memory Care Assisted Living

Tuesday, January 13th | 10:00am -12:00pm



Stop by our lobby to see Bonnie Love from Bridges. Learn about the Bridges facilities along with their resources for caregivers, helpful tips for communicating with your loved one with memory loss, and much more. Bring your questions! **No registration needed.**



Upcoming Trips collette



JOIN US AT THE CAL TO LEARN MORE ABOUT THESE UPCOMING TRIPS!

THURSDAY, JANUARY 29th – 2:00PM – Informational Meeting: Spotlight on the French Riviera

Trip Dates: October 1 – October 9, 2026 | 9 Days • 12 Meals

Uncover the chic resorts, sun-soaked beaches and elegant allure that attracts the rich and famous to the exquisite French Riviera. Unpack for a leisurely multi-night stay, embracing the luxury and breathtaking beauty of the French Riviera, or Côte d'Azur, while enjoying a balance of included sightseeing and leisure time on your own. It's time you lived a little bit of the good life. Learn more at:

<https://gateway.gocollette.com/link/1326986>

THURSDAY, JANUARY 29th – 3:00PM – Iceland's Magical Northern Lights—Document Review Meeting

Those registered for the Iceland trip should plan to attend this meeting at the CAL for an important review of documents.

Registration is now closed for this trip.

For more information on these tours, contact Wendy Cushing at Cruise Planners (508-888-1203 or wcushing@cruiseplanners.com)

South Shore Fun Lovers Trips — Watch for more adventures coming in 2026!

CAL Café

BREAKFAST



Assorted Pastries.....	\$2.00
Fruit Parfait w/Yogurt & Granola.....	\$4.00
Breakfast Special of the Day.....	\$6.00
Cheese Omelette with Toast.....	\$5.00
-Additions: Bacon, Sausage.....	\$1.00

SANDWICH SELECTION

Tuna Salad	\$5.00
Tuna Melt.....	\$6.00
Grilled Cheese	\$5.00
Peanut Butter & Jelly.....	\$4.00
BLT.....	\$7.00
Sandwich Special of the Day.....	\$8.00 & up



See back cover for details of our Woods Lobster Roll Bash on Monday, January 26th!
Registration required.

Please note: CAL will be closed January 1st for New Year's Day & January 19th for Martin Luther King Jr.

Bridgewater State University Senior College

LIFELONG LEARNING FOR MATURE ADULTS

Senior College is offered in partnership with the Center for Active Living in Plymouth

THE FOLLOWING SIX-WEEK IN-PERSON COURSES WILL BE OFFERED AT THE CAL BEGINNING IN FEBRUARY AND MARCH:



Registration
opens
January 7th

Let's Learn the Ukulele! Beginning Ukulele 1 with Ed Priest

Thursdays: 2/5, 2/12, 2/19, 2/26, 3/5, 3/12 | 11:30 AM-12:50 PM

Nous Parlons Français! Advanced French Conversation 1 with Ed Priest

Thursdays: 2/5, 2/12, 2/19, 2/26, 3/5, 3/12 | 1:05-2:25 PM

The Write Stuff with Roberta Cannon

Thursdays: 2/5, 2/12, 2/19, 2/26, 3/5, 3/12 | 2:40-4:00 PM

Let's Learn the Ukulele! Beginning Ukulele 2 with Ed Priest

Thursdays: 3/19, 3/26, 4/2, 4/9, 4/16, 4/23 | 11:30 AM-12:50 PM

Nous Parlons Français! Advanced French Conversation 2 with Ed Priest

Thursdays: 3/19, 3/26, 4/2, 4/9, 4/16, 4/23 | 1:05-2:25 PM

The Victorians: The Politics, Culture, and Art with Jim Kirkcaldy

Thursdays: 3/19, 3/26, 4/2, 4/9, 4/16, 4/23 | 2:40-4:00 PM

Returning Senior College members may register beginning January 5th. Registration opens to the general public January 7th.

Enroll & choose up to 7 in-person or virtual courses for \$95.



For more information and to register, please visit www.bridgew.edu/seniorcollege
or call 508-531-1052 or email BSUseniorcollege@bridge.edu.

TAKE A RIDE to the

PLYMOUTH CENTER FOR ACTIVE LIVING

and EXPERIENCE EVERYTHING THEY HAVE TO OFFER

Senior College • Activities • Fitness Classes • Live Entertainment • Support Groups



CALL (978) 795 - 4404

TO BOOK YOUR TRIP ON GATRA GO
OR DIAL-A-RIDE



DOWNLOAD
THE APP
Search for GATRA GO



RIDE THE GATRA BUS
www.GATRA.org





- One-on-One Attention
- Quality-Focused Investment Philosophy
- Straight Talk About Your Financial Needs

Let's have a conversation!

Sandy Childs, CFP® 225 Water St., Suite A205
Financial Advisor Plymouth, MA 02360

774-343-5449 **Edward Jones**
Sandy.Childs@edwardjones.com

Serving All People, All Incomes.

- Provide In-Home Services
- Provide Options Counseling



- Serve Nutritious Meals
- Provide Caregiver Support

508-584-1561 info@ocesma.org www.ocesma.org

SUPPORT OUR ADVERTISERS!

IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

- ✓ Ambulance
- ✓ Police
- ✓ Family
- “STAY SAFE in the HOME YOU LOVE!”
- ✓ GPS & Fall Alert



800.809.3570

STARTING AT
\$19.95 /mo.



Make a Difference Today!



We need passionate volunteers like **YOU!**
No experience necessary - Training provided

Call or email Carmela at
781-707-9536 | cnahary@westrivercare.com
westrivercare.com/volunteer



**Surprenant,
Beneski & Nunes**
Estate Planning | Elder Law

New Bedford • Hyannis
Easton • Plymouth
508-994-5200

www.MyFamilyEstatePlanning.com

HEALTHCARE PROXY • ADVANCE DIRECTIVE

LAST WILL & TESTAMENT

HIPPA AUTHORIZATION

DURABLE POWER OF ATTORNEY

TRUST PLANNING TO ACHIEVE YOUR GOALS

MASSEARTH/MEDICAID PLANNING
FOR LONG-TERM CARE

ESTATE ADMINISTRATION, GUARDIANSHIPS
AND CONSERVATORSHIPS

Adult Day Health Services

For those who require health care as a result of

Alzheimer's • COPD
Stroke • Dementia • Seizures
Traumatic Brain Injury
Parkinson's • Diabetes
Developmental & Intellectual
Disabilities
Transportation Available

www.ActiveDay.com



The Brighter Side of Caring

508-747-3332

**98 Nicks Rock Road
Plymouth**

www.ActiveDay.com

Complimentary Hearing Clinic at Plymouth COA

Please Call for Clinic Dates and Times



**Call Today to Schedule a
Complimentary Hearing Test:**

**Plymouth COA – 508-830-4230
Michael Schmit – 781-563-5220**

Board Certified Hearing Instrument Specialist, Lic. #224

www.atomeharinghealthcare.com

Most Insurances Accepted



*Honoring lives.
SHARING STORIES,
and Healing Hearts*

ONE FAMILY AT A TIME



A Life Celebration® Home

Plymouth, North Plymouth and Manomet

(508) 746-2162 • www.cartmelldavis.com • (508) 224-2252

Make a Difference Today!



We need passionate volunteers like **YOU!**
No experience necessary - Training provided

Call or email Carmela at
781-707-9536 | cnahary@westrivercare.com
westrivercare.com/volunteer

WE'RE HIRING!
AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

Kim Gravel

REALTOR®

Seniors Real Estate Specialist®
Estate Sale & Probate Specialist

(508) 944-7382

kgravel@jackconway.com

KimGravelRealEstate.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Plymouth Council on Aging, Plymouth, MA 04-0714

Social/Outreach Workers: To schedule an appt. with **April Thompson (ext. 13106)** or **Lindsay Reik (ext. 13116)** call CAL at 508-830-4230.

Volunteer Medical Transportation Program: To request a ride, please call 508-830-4230, extension 13114, with your first and last name and the date, time and location of your request. A 7-10 day notice is required to schedule medical transportation rides. The CAL relies on volunteers to operate this program, and we cannot guarantee that a ride will be provided. We do not provide rides to Boston. Please allow up to three business days for a CAL team member to return your call.

GATRA Information Session: GATRA Outreach Coordinator Kerri Victorio visits the CAL periodically for an informal information session on all GATRA services. Her next visit will be on **Tuesday, March 10th** from **10:30am—11:30am**. Drop-ins are welcome to get information, ask questions or to share feedback. Kerri will discuss fixed route buses and ADA Paratransit services which are currently FARE FREE thru June 30, 2026 and explain the Senior ID and how it can be used to get half fare with the MBTA Commuter Rail. She will also explain Dial-A-Ride (DAR), how to apply, how to book a ride, and payment options including adding funds to The Wallet or by using the Dial-A-Ride app. Visit www.GATRA.org for more details.

GATRA Regional Public Meeting – Thursday, January 22nd at 2:30pm

Participate via live stream at the CAL. This is a great opportunity to hear the latest updates from GATRA and provide your feedback. If you're unable to attend, feedback about GATRA services can be given by calling 800-483-2500 or by emailing info@gatra.org



PROFESSIONAL CONSULTATIONS

All initial consults are free.

Notary and SHINE appointments are always free.

All services below are by appointment only. Please call 508-830-4230 for more information or to schedule an appointment.

LEGAL & OTHER SERVICES

At Home Hearing Healthcare with Mike Schmit & Lauren Warburton Provides hearing aid screenings, cleanings, and a video ear exam in this service.	Second Tuesday each month, 10:00am-12:00pm
Plymouth's SHP Financial Advisors Full-Service Retirement & Financial Planners	Third Tuesday each month, 9:00am-10:30am
Sandy Childs, CFP®, Financial Advisor at Edward Jones / Retirement Specialist Focusing on retirement and estate planning for individuals, couples & business owners.	First Thursday each month, 2:00pm-4:00pm Changed to January 8th at 2:00pm
Attorney Kristin Muratore	Second Thursday each month, 2:00pm-4:00pm
Attorney David Kiley from Trifletti & Costa	Third Thursday each month, 2:00pm-4:00pm
Notary Services <i>Note: forms cannot be signed in advance of meeting with the Notary.</i>	Call for more information
SHINE (Serving the Health Insurance Needs of Everyone) Assists with Medicare, MassHealth, & other health insurance information.	Call for more information



TIC is FREE for ALL listeners – Access TIC Programming

iPhone App: Listen live or on-demand with our accessible app

Amazon Alexa: Say "Open Talking Information Center" to listen anytime

PC/Mac: Stream at TICNetwork.org

Landline: Call 781-834-5836 for the live broadcast

Radio: Call 781-834-4400 for receiver info



TIC's staff and volunteers provide human voiced broadcasts of local news, articles, and items of interest to visually and print impaired individuals throughout Massachusetts to promote independence and enrich quality of life.

www.ticnetwork.org • (781) 834 - 4400

Mass. Senior Circuit Breaker Tax Credit

Certain seniors who own or rent residential property in Massachusetts as their principal residence are eligible for a refundable tax credit.

Find out if you qualify and how to apply at:

www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit

Fuel Assistance
The Fuel Assistance program runs from **November 1st through April 30th**. If you have not had fuel assistance before, you can apply now. For more information, visit: www.sscac.org/fuel-assistance



CAL DONATION CORNER

Thank you to this month's generous donors:



Gold Club:
\$2,000+



Silver Club:
\$1,000-\$2,000



Bronze Club:
\$200-\$1,000
*Alane Katzew
Nu Psi Chapter*



Center for Active Living

44 Nook Road

Plymouth, MA 02360

P: 508-830-4230 • F: 508-830-4233

PRSRT STD

US POSTAGE

PAID

Permit # 508

Plymouth, MA

Plymouth Center for Active Living • 44 Nook Road, Plymouth, MA 02360 • 508-830-4230
www.plymouth-ma.gov/245/Center-for-Active-Living • www.facebook.com/COAPlymouth

Live Vibrantly: Conversations With Your CAL Director

Each month, Cheryl Jones invites you into a supportive space to explore tools, insights, and conversations that help our community live with more joy, resilience, and well-being.

Thursday, January 8th at 2:00pm - Renew & Re-Imagine

Start fresh. Dream big. Step forward with vibrancy. A fresh start focused on intention-setting, gentle organization, rekindling hope, and mindfully envisioning a vibrant year ahead.

Registration Required. Free.



Lobster Roll Bash

Monday, January 26th • 11:30am (Doors open at 11:15am for eat in) • \$22.99

Woods Seafood is back at CAL!

Who can wait until summertime to enjoy the amazing taste of lobster? Not us!

Join us for a delicious feast which will include a lobster roll, chips, and bowl of chowder for \$22.99. If you've never experienced a Woods lobster roll, you're in for a treat!

You have two options: join us to eat with your friends at CAL, or take your meal to go!

Space is limited for both options. Please be sure to specify which option you are choosing when you call CAL or register online. Thank you Woods!

Registration opens Tuesday, January 6th.

Must be registered and paid by Thursday, January 22nd. No refunds.

Space is limited. Registration required.

Those opting for to-go option should plan to drive up to CAL's entrance 12:15pm - 12:30pm for pick-up.



Bridgewater State University's Senior College

Enroll and choose up to 7 in-person and virtual courses for \$95.

See page 17 for details on classes and registration.

Registration opens January 7th

