

PEMBROKE PIONEER

A Newsletter For Pembroke's Senior Citizens

Published by the Pembroke
Council On Aging
144 Center Street
Pembroke, Massachusetts 02359
781-294-8220

MARCH 2015

Little Bits of News:

COME JOIN US ON MARCH 18 – We are celebrating St. Patrick's Day with a trivia party. In order to participate you must wear something green. Goodies will be available. Please call to sign up. Unfortunately we can only have 60 people so it will be a first come first serve.

The Pembroke COA would like to thank The Pembroke Soup Connection and all the others who are involved with the soup distribution to the seniors at the Council on Aging. The Pembroke Soup Connection will be delivering 5 gallons of hot soup on the 2nd and last Friday of each month. The soup will be served in the common room at 12:00. Please bring your own container. We ask that you only take what you can eat as the pot is to be shared by all attendees.

We are sad to tell you that the Monday Bingo games, run by Frank Tobin, are cancelled until we have a volunteer that would be interested in running the program. We thank you Frank for your work in bringing enjoyment to many of our seniors.

If you have an e-mail account please let us know. This is the fastest way that we can get in touch with you if there are any changes at the center, if a class is cancelled or time changed. Also, you can access the Pioneer through Town of Pembroke, MA.org. Under the Department heading search for Council On Aging and at the bottom of this section you should find "Newsletters". Check us out on Facebook under Pembroke Seniors for more news.

Dr. McLaughlin, podiatrist, will be at the Town Hall on March 20. You must call 781-294-8220 for an appointment time, also if you need transportation. The doctor comes approximately every 6 weeks so that Medicare can cover this cost of \$28.

Dorothy Prince is starting a new group on Tuesday mornings called "Having Our Say – Telling Our Stories" (A reminiscence – Life Review Group). So come and share your memories, who knows you may find someone who grew up in your neighborhood.

Do you have any programs you would like to participate in at the Pembroke COA? We are open to suggestions? Please call us with your ideas, we would love to hear them and try to make your ideas a reality. 781-294-8220

Lastly, since spring is on its way, come and enjoy Red Sox Opening Day on April 13. Please come dressed in you Red Sox colors and gear and come for a pregame lunch of hot dogs, french fries, coleslaw, éclair and punch. The game is at 3:05.

Something for Everyone: The COA's Monthly Programs

It's time to venture out from your wintry home and enjoy yourself at the COA. Our monthly schedule of classes includes those listed below. NOTE: Special programs and events are listed elsewhere in this newsletter. Always check the Calendar page for a complete listing of programs, dates, and times.

FITNESS & EXERCISE

Zumba – Tuesdays

Fun, musical dance/exercise class. Low impact for all fitness levels. Instructor is Pasquelina. \$5/class

Rita's Chair Yoga – Tuesdays & Fridays

Ideal for those who may not be able to do floor work. Improves balance and core strength and eases muscle tension. Rita Whooley leads the group. \$4/class

Tai Chi – Mondays & Thursdays

Gentle movements that help to balance the mind, body & spirit, and improve circulation. Dorothy Prince guides the group.

Walking Group – Monday, Tuesday, Thursday & Fridays mornings, weather permitting. Connie Marano is 'chief' walker.

GROUPS, GAMES, LEISURE

Book Club - 2nd Tuesday of the month

Best sellers, classics, mysteries, and the books people are talking about – we read and discuss with Suzanne Cutler.

Dull Men's Club - Wednesdays

Men only talk about current events, a changing variety of subjects, jokes, and whatever else pleases dull men. NO WOMEN.

Movies – First & third Wednesdays

Call the COA to find out what film will be shown.

Bingo - Thursdays, at Kilcommons.

Whist & Cribbage Fridays

Enjoy an afternoon of games of cards and cribbage

Telling Our Stories – Tuesdays

Sharing our memories, our oral histories. Dorothy Prince

Knitting - Thursdays

Knitting and crocheting for beginners and more experienced. Get help from expert Mary Leydon if you need it - and enjoy the group chat.

Quilting – Thursdays

Work together on special quilting projects, or sew your own unique piece with ideas and help from others in the group. Connie Marano

Jewelry Making & Poetry Workshop – Last 2 Fridays of the month

Ruth Tierney leads this class of jewelry making as participants listen to occasional poems while working on their projects. It's spring - time to bring new ideas to your beading or refresh old necklaces and with new life and beauty.

SHOPPING

Be sure to call the COA to make reservations for these scheduled trips. Buses will pick you up for your shopping excursions. Check the Calendar for times and days.

Walmart - Thursdays & Fridays,

Hanover Mall - 3 Fridays each month

Market Basket – 1 Friday each month

Stop & Shop – every Friday

Check out the COA's Calendar
for still more good programs!

FRIENDS

PEMBROKE COUNCIL ON AGING

Have We Got A Deal For You!

Stop by Marie's Boutique for some real bargains – gently used bric-- brac, household items, clothes, decorations, and new items arriving weekly.

Another way to help is to donate still-in-good-condition items you no longer need, but someone else may like. We'll put them for sale in Marie's Boutique to raise additional income for the Friends.

A Modest Wish List

We have a few simple needs we hope you'll help us with – so we can save our hard-earned savings for things like furnishings for the C.O.A. and refinishing the floors – all things the Friends has purchased recently. **We need:** paper towels, hand sanitizer sprays, tissues, hand soap in a pump bottle, Clorox or Lysol cleaning wipes. If you can help, just drop the items by the Friends Welcome Desk.

Join the Friends! If you're reading this newsletter, we want you as a member of the Friends of the Pembroke C.O.A. Your \$5 dues will help us underwrite the cost of activities and resources that the C.O.A. might others not be able to provide. Send in your dues with the coupon below. We'll put your membership dues to very good use!

Friends Membership Application – \$5 Dues

Mail this form and your \$5 check made payable to the 'Friends of the Pembroke COA' to P.O.Box 221, Pembroke, MA 02359

Name _____ Date _____

Address _____

Email _____ Phone _____

My membership dues for 2015 \$5.00

I want to do even more. I include an additional contribution of: _____

I'd like to make a gift in memory of _____

TOTAL _____ Thanks

Friends Officers and Board of Directors

Officers

President: Suzanne Cutler
Vice President: Gail Shaw
Secretary: Mary Salters
Treasurer: Ruth Pilkuhn

Board of Directors

2015 Dianne Robbins
2016 Ruth Ingalls
2017 Marie Federico
2015 Jeanne Duffy
Membership Chair

You're invited
FRIENDS MEETING – March 17, 2015
Attend our monthly meeting, find out what we're doing,
what we'd like to do, and how you can help.
Share your ideas and get involved with a friendly
group of people.

Transportation: The C.O.A. Helps You Get There

The Pembroke Council on Aging provides a number of options for those who need transportation around town and elsewhere, whether it's a one-time appointment or more often: regularly scheduled trips to Boston and South Shore hospitals, weekly shopping trips to the mall and supermarkets, and individual trips for those with medical appointments in the South Shore area. In addition, occasional field trips are planned when the weather is more reliably pleasant.

Call Chris White, the C.O.A.'s go-to person, for transportation information – 781 294-8220.

Shopping

The bus rides listed below are free, but you *must* make a reservation, as space is limited. Call Chris White at 781 294-8220.

Bus trips to the Halifax WalMart are scheduled for every Thursday afternoon. Ride pick-ups begin at 12:30 pm.

Three Fridays of the month we also make trips to Hanover Mall. Check our Calendar section for which Fridays are scheduled that month.

If it's groceries you're after, we offer trips to the East Bridgewater Market Basket one Friday each month and to Stop and Shop at North River Plaza the remaining Fridays. Buses will pick you up at your home beginning at 7:50 am.

Medical Rides

Volunteer drivers provide rides for those with medical appointments on the South Shore. Availability is limited so call Chris White to make arrangements as soon as you know of the need – 781-294-8220.

Boston Hospital Appointments

If you need to go into Boston for your medical appointments, GATRA, the Boston Hospital Bus, can help. It provides comfortable and safe wheelchair-accessible rides for seniors and those with disabilities to major Boston hospitals on Tuesdays and Thursdays.

Seats are limited so reservations should be made at the C.O.A. as soon as you know of your appointment, but no later than 11:00 AM the day before you need to travel. Call Chris White for a list of hospitals served and to reserve your seat at 781 294-8220.

The bus to Boston picks up passengers at three stops: 8:00 am at the parking lot of Exit 5 off Rte. 3 in Plymouth; 8:15 at Hannafords in Kingston; and 8:30 at the North River Plaza in Pembroke.

Doctors' appointments must be made between 10:00 AM and 1:30 PM. The bus will leave Boston around 3 PM, returning to each parking lot.

A fee of \$15 is charged for each round trip. A personal care attendant will be allowed at no extra cost depending on the availability of seating.

South Shore Appointments

On Wednesdays service is provided for those wishing to go to South Shore Hospital, DaVita Dialysis Center in Weymouth, and South Shore Cardiology. Call Chris White at 781 294-8220 for additional information and to reserve your seat.

Help Wanted

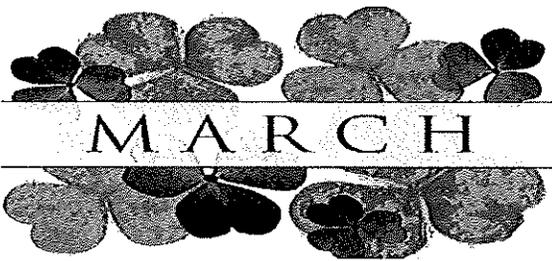
VOLUNTEER DRIVERS

Our Medical Rides depend on volunteer drivers and we could use your help. Although drivers are not paid, they do receive mileage compensation - and our sincere thanks.

Call Chris if you'd like to learn more.

Old Colony Elder Services Nutrition Program

March 2015 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Greek Chicken Italian Vegetable Blend Orzo Blend w/peppers &Garlic Lemon Sce Pumpnickel Bread Tapioca Pudding MOD: Lemon Grhm	3 Hamburger w/Ketchup Corn Seasoned Potato Wedges Hamburger Bun Fresh Orange	4 Stuffed Shells with Meat Sauce Herbed Vegetable Blend Parmesan Cheese Italian Bread Blueberry Parfait MOD: Blueberry Graham	5 Meatloaf w/Gravy Roasted Sweet Potato Wedges Brussel Sprouts Multigrain Bread Apricots	6 Salmon Boat w/Dill Sauce Wild Brown Rice Spinach Parmesan Whole Wheat Roll Banana
Calories: 717 Fat:22.4 % Sodium: 772 mg Carb:92.6 g	Calories: 760 Fat: 31.2% Sodium:1037mg Carb:93.4 g	Calories: 668 Fat: 33.5% Sodium: 964mg Carb:69 g	Calories: 797 Fat: 26.3% Sodium: 727mg Carb: 110.2g	Calories: 667 Fat: 31% Sodium: 674mg Carb:76.9 g
9 Orange Almond Chicken w/Orange Sce Parslied Linguine Seasoned Jardiniere Vegetables Oatmeal Bread Sliced Pears	10 Sloppy Joe Seasoned Oven Roast Potatoes Broccoli Hamburger Bun White Chocolate Mousse*	11 Baked Rigatoni with Meat Sauce Parmesan Cheese California Vegetable Blend Garlic Roll Fresh Orange	12 Spanish Beef Tips Baked Pot.w/Sour Cream Honey Glazed Carrots Whole Wheat Bread Vanilla Pudding MOD:Diet Van.Pudding	13 Potato Crunch Fish Herbed Brown Rice Roman Vegetable Blend Pumpnickel Bread Banana
Calories: 736 Fat: 16.2% Sodium: 366mg Carb: 107.5g	Calories: 665 Fat: 34.5% Sodium: 479mgCarb:74.2g	Calories: 830 Fat: 26.9% Sodium:696mgCarb: 96.1g	Calories: 775 Fat: 37.5% Sodium: 664mg Carb:82.5 g	Calories: 767 Fat:30.2 % Sodium: 783mg Carb:102.1g
16 Swiss Cheese Omelette Peppers & Onions Seasoned Oven Roasted Potato Wedges Multigrain Bread Sliced Peaches	17 Happy St. Patrick's Day ♦Corned Beef Cabbage&Carrots Boiled Potatoes Marble Rye Bread St.Patrick's Day Cookie 🍪	18 Sweet n'Sour Chicken Lo Mein Noodles Vegetable Blend Whole Wheat Roll Lorna Doones	19 Whole Grain Lasagna Rolls /Meat Sce Parmesan Cheese Spinach Parmesan Italian Bread Flavored Yogurt w/Granola Apple Juice	20 Tuna Noodle Casserole w/Bread Crumb Topping Herbed Vegetable Blend Rye Bread Hot Apple Crisp
Calories: 665 Fat: 35.5% Sodium: 689mg Carb:80.7 g	Calories: 817 Fat: 45.2% Sodium: 1610mg Carb:83.3 g	Calories: 702 Fat: 29.1% Sodium: 695mg Carb: 79.9g	Calories: 678 Fat: 24.9% Sodium: 854mg Carb: 95.7g	Calories: 708 Fat: 31.3% Sodium: 535mg Carb:78.3g
23 Chicken Picatta w/Picatta Sauce Seasoned Roasted Root Vegetables Chuckwagon Vegetable Blend Pumpnickel Bread Strawberry Parfait MOD: Strawberry Graham	24 Linguine w/Meatballs & Tomato Sauce Broccoli Parmesan Cheese Italian Bread Hot Cinnamon Pears	25 ♦Broccoli-Cheese Soup Chicken Salad on Lettuce Spinach Salad w/ Mandarin Oranges Tricolor Pasta Salad Sandwich Roll Chocolate Mousse*	26 Roast Turkey w/Gravy Mashed Potatoes Cranberry Sauce/Stuffing Brussel Sprouts Whole Wheat Roll Mandarin Oranges	27 ♦Macaroni and Cheese w/Bread Crumb Topping Stewed Tomatoes Multigrain Bread Hot Cinnamon Apples
Calories: 739 Fat: 18.8% Sodium: 732mgCarb:108.8g	Calories: 752 Fat: 35.3% Sodium: 828mg Carb:88.7 g	Calories:869 Fat: 34.4% Sodium: 958mg Carb:92 g	Calories: 655 Fat: 26.5% Sodium:1017mg Carb: 87.9g	Calories: 702 Fat: 32.4% Sodium: 1275mg Carb:96.1g
30 Apricot Glazed Chicken Country Style Vegetables Roasted Sweet Potatoes Multigrain Bread Chocolate Cupcake MOD: Vanilla Mousse*	31 Apple Cider Beef Stew Parslied Potatoes Jardiniere Vegetable Blend Whole Wheat Roll Fresh Orange			Milk and margarine are served at every meal and are included in the nutrition breakdown. ♦Indicates entrée has >700 mg sodium ♦Soup is for congregate meal sites
Calories: 779 Fat: 19.0% Sodium:739 mgCarb: 118.7g	Calories:711 Fat:27% Sodium: 511mg Carb:93.8g			

Suggest Donation-\$2.50 per meal

Menu is subject to change without notice

For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561. Cancellations should be made no later than 10:30 am on the day before delivery.

*Mousse is appropriate for regular, modified, and cardiac diets

ACTIVITIES

MARCH

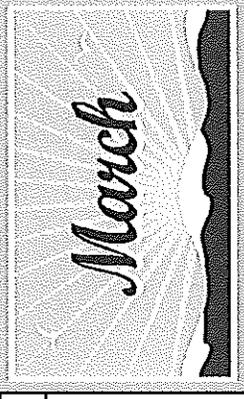
2015

"PEMBROKE PIONEER"

Call COA Office @ (781) 294-8220 to signup for activities.

LUNCH \$2 @ 11:30 - Nutrition 781-294-4645

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	6
11-12 BPC - COA 10:30 WALKING GROUP 11:30 LUNCH \$2	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 10:30 Telling Our Stories 11:30 LUNCH \$2 1:00 ZUMBA GOLD \$5	10:00 DULL MEN'S GROUP 10:30 WALKING GROUP 11:30 LUNCH \$2	9:00 TAI CHI 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 Wal-Mart Shopping 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 MARKET BASKET 9-10 Josh Cutler - no appt 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Whist & Cribbage	
10:00 TAI CHI 10:00 BOOK GROUP 10:30 WALKING GROUP 11:30 LUNCH \$2	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 10:30 Telling Our Stories 11:30 LUNCH \$2 1:00 ZUMBA GOLD \$5 7:00 COA Board Meeting	10:00 DULL MEN'S GROUP 10:30 WALKING GROUP 11:30 LUNCH \$2 12:30 MOVIE: "As Good As It Gets"	9:00 TAI CHI 10:00 Quilting Groups 11:30 LUNCH \$2 8:00 Wal-Mart Shopping 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 10:00 Hanover Mall 11:30 LUNCH \$2 12:30 Whist & Cribbage	13
10:00 TAI CHI 10:30 WALKING GROUP 11:30 LUNCH \$2	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 10:30 Telling Our Stories 11:30 LUNCH \$2 1:00 ZUMBA GOLD \$5	10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 1:00 St. Paddy's Trivia Party 1:00 Attorney Conroy - Appointment necessary	9:00 TAI CHI 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 Wal-Mart Shopping 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 9-12 Podiatrist - appt needed 10:00 Hanover Mall 11:30 LUNCH \$2 12:30 Whist & Cribbage	20
10:00 TAI CHI 10:30 WALKING GROUP 11:30 LUNCH \$2	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 10:30 Telling Our Stories 11:30 LUNCH \$2 1:00 ZUMBA GOLD \$5	10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 12:30 MOVIE: "The Fountain"	9:00 TAI CHI 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 Wal-Mart Shopping 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 10:00 Hanover Mall 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Whist & Cribbage	27
10:00 TAI CHI 10:30 WALKING GROUP 11:30 LUNCH \$2	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 10:30 Telling Our Stories 11:30 LUNCH \$2 1:00 ZUMBA GOLD \$5			LUNCH RESERVATIONS MUST BE MADE A WEEK IN ADVANCE CALL NUTRITION @ 781-294-4645	

**FREE HEALTH SCREENING CLINICS: PLEASE NOTE CHANGE OF DATES AND TIMES
LAST PATIENT 15 MINUTES BEFORE CLOSING TIME.**

COUNCIL ON AGING	MONDAY, March 2, 2015	11:00 am-12:00 pm
KILCOMMONS COMMUNITY ROOM	MONDAY, March 9, 2015	11:00 am-12:00 pm
MACDONALD WAY	MONDAY, March 16, 2015	11:00 am-12:00 pm
MAYFLOWER COURT	MONDAY, March 23, 2015	11:00 am-12:00 pm

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, nutritional counseling, medication review and instruction.

VOLUNTEER OPPORTUNITIES

We are always looking for volunteers to help with the following:

- Afternoon Host or Hostess for the Welcome Desk.
- Light maintenance—dusting, wiping, sweeping and cleaning.
- Instructors—do you have an interest that you would like to share with others?

We have an ongoing need for:

Medical Drivers—on an as needed basis. You will be given the clients name, address, phone number and appointment information. All medical appointments are on the South Shore . There are a few volunteers that are needed to drive to Brockton or Quincy. Mileage will be reimbursed. We do not drive into Boston because we have an arrangement with Bill's Taxi to cover these trips.

Meals on Wheel Drivers—Each Meals on Wheels delivery is made by a driver (s) who also check on the well being of each senior, bringing peace of mind to the client and their family. It takes an hour or two for delivery. Mileage will be reimbursed.

If you are interested in volunteering please contact us. All volunteers must pass a CORI check and must be over 18 years of age and have a valid Massachusetts driver's license.

DONATIONS TO THE FRIENDS

We thank the following individuals for their generous donations to the Friends of the Pembroke Council of Aging.

John Neslusan, C. L. Norton, Leslie Scribner, June Connors, Carolyn Richardson, Sally A. Barney
 Louise and Lewis Stone

Beverly La Roache in Memory of Marion
 Harriet Reed in Memory of Evertt Reed
 Deanna White-Hebert in Memory of Mabel O. Jarrell

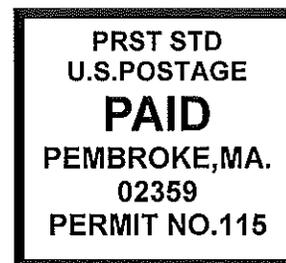
IN MEMORIAM

William H. Atkins, Joseph O. Brennan III, Mary E. Doyle, Geoffrey W. High, Sidney K. Horton,
 Richard A. Hull, Italo J. Mannai, John E. Martin, Aleta Totten, Jean "Mimi" K Watt

Arise, O Lord; O God, lift up thine hand: forget not the humble.
Psalms 10:12

PEMBROKE COUNCIL ON AGING
SENIOR CENTER
144 CENTER STREET
PEMBROKE, MA. 02359

CHANGE SERVICE REQUESTED



STAFF:

Director:
Principal Clerks: Susan Larkin;
Suzanne Driscoll
Transportation Coordinator: Christine White
Friendly Caller: Ruth Ingalls

VAN DRIVERS

Jack Breen
Jim McPherson
Ed Steele
Richard Swift
Tim White
Bob Smith, Substitute

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"The Pembroke COA does not endorse the content of any seminars.
They are for informational use only."

COUNCIL ON AGING BOARD MEMBERS

Chairman: Linda Osborne— 2017 Kenneth Girten—2015
Vice Chairman: James Baillie—2015 James Kinkaid—2015
Recording Clerk: John Melchin - 2017 Janet Laberge—2016
Treasurer: Kathleen Toole—2016

Next Board Meeting 6 pm, MARCH 10, 2015