Promoting Social Engagement in Senior Centers: Local Examples and Looking Ahead

September 15, 2021
Webinar Instructions

Audio Options
• Use your computer speakers, OR dial in using the phone number in your registration email.
• All participants are muted.

Questions and Answers (Q&A)
• You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.

Chat Feature
• The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.
Accessibility

- Screen Reader Users: Reduce unwanted chatter
  - Request speech on demand: Insert, Spacebar, “S”

- To get our attention if you need tech assistance:
  - Raise or Lower Hand: Alt + Y
engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- 17 Project Advisory Committee members: www.engagingolderadults.org/partnerships
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
Presenters

Kathleen Cameron
Senior Director, Center for Healthy Aging
National Institute of Senior Centers
National Council on Aging

Kimberly Post
Facility Supervisor, Calabasas Senior Center

Joanne Moore, M.Ed.
Director, Duxbury Senior Center
Promoting Social Engagement in Senior Centers:
Local Examples and Looking Ahead

Kathleen Cameron, MPH
Senior Director SME,
Center for Healthy Aging
National Institute of Senior Centers

September 15, 2021
National Institute of Senior Centers (NISC)

Quick Facts

• William Hodson Community Center in Bronx established in 1943, 1st in the nation;
• San Francisco Senior Center, Philadelphia Center for Older People opened in 1947
• NCOA hosted an exploratory conference on senior centers in 1962
• NISC formed in 1970; 1,200 senior centers across the U.S.
• First senior center accreditation was awarded in 1998
• Today 10,000 senior centers serve more than 1 million older adults every day
Profile of Senior Center Participants

- Approximately 70% of senior center participants are women.
- Single or widowed.
- Half of participants live alone, at risk for isolation and loneliness.
- The majority are Caucasian, followed by African Americans, Hispanics, and Asians.
- Peak participation – 75-84 years of age.
- Mid and low income.
- 75% of participants visit their center 1 to 3 times per week.
- They spend an average of 3.3 hours per visit.
If you’ve seen one senior center, you’ve seen one senior center.
IT HAPPENS AT
My Senior Center.

My Life.

My Time.

My Way.
Senior Center Programs and Services

- Meal and nutrition programs
- Health, fitness, and wellness programs, including evidence-based health promotion and disease prevention programs
- Transportation services
- Community events
- Public benefits counseling
- Employment assistance
- Creative arts
- Volunteer and civic engagement opportunities
- Social and recreational activities
- Lifelong learning - educational and arts programs
- Intergenerational programs
- Many others
Senior Centers and Social Engagement

• Benefits
  • Increased socialization and expanded social networks
  • Increased friendship formations
  • Greater involvement in physical activity
  • Increased engagement in recreational activities
  • Improvement in mental health, lower depressive symptoms
  • Decreased stress levels
  • Compared with their peers, senior center participants have better health outcomes and life satisfaction

Senior Centers: Re-inventing Themselves

Models

• Community Centers
• Wellness Centers
• Lifelong Learning/Arts Centers
• Continuum of Care/Transitions
• Entrepreneurial
• Café Centers

High Priority Needs during the Pandemic

NISC Annual Programs of Excellence
https://www.ncoa.org/article/nisc-annual-programs-of-excellence

• Award Categories
  • Community Development, Leadership and Intergenerational
  • Cultural Programming
  • Health and Wellness
  • Nutrition
  • Technology
  • Virtual Programming
  • Special Events
  • Fund Raising
Winona Friendship Center

Bridges Health Winona
Category: Health and Wellness - 1st Place

Top 5 Takeaways

1. Provided preventative health services to the community. All services provided were free and could be accessed at three locations within Winona.

2. Used a clinical education model using academic-community partnerships to provide an interprofessional student-led, faculty guided clinics. Winona State University students provided community-based service learning while serving the needs of the local community.

3. Provided health screenings, foot & nail care, massages, ear washes, home exercise assessments, medication reconciliation, blood pressure monitoring, psychosocial support, and more.

4. The partnership between Bridges and the Friendship Center provided safe and supportive access to services for older adults, and under or uninsured members of the community.

5. By utilizing students at various levels of education, the community had access to a variety of services that they otherwise would not. Bridges demonstrates the powerful impact that organizations can have when combining resources.
Top 5 Takeaways

1. Virtual Art of Healthy Aging Summer Series highlighted guest speakers and presenters who discussed topics of interest to seniors (and their caregivers) to help them stay physically, mentally, and emotionally healthy, active and engaged in the world.

2. The three-part series consisted of three 40-minute episodes packed with information and resources for health, safety, security, nutrition, and joyful living.

3. Produced the virtual series in coordination with Studio Center in Virginia Beach, Virginia along with content contributors including SSSEVA, local businesses, human service agencies, health networks, legal experts and other partners who empower seniors to live well.

4. Each episode brought together three to five experts to discuss topics that all seniors and their families should be considering during COVID.

5. The episodes were broadcast across various distribution sites including social media platforms, our website, and local TV networks/cable channels that reach thousands of seniors across the Hampton Roads region.
You’ve Been Flocked
Category: Special Events - Honorable Mention

Top 5 Takeaways

1. The program increased the center’s profile within the community, and we were able to do outreach to some of our vulnerable members from a safe, social distance.

2. Members said it made them feel valued and less isolated.

3. Neighbors and family members enjoyed seeing the signs. The flamingos and signage sparked lively conversations.

4. Members enjoyed seeing the pictures of those who had been flocked in the center’s online newsletter.

5. When staff retrieved the signs, they got to interact with the members from a safe, social distance.
September is National Senior Center Month

Shining a Light on Senior Centers

We want to celebrate all senior centers from the smallest to the largest and give you the opportunity to get the word out in ways that resonate with your community. This year is a time of reflection and also of looking forward, always staying mindful of the present.
National Senior Center Month
https://ncoa.org/page/national-senior-center-month

• Program Guide
• Poster
• Publicity Guide/Media Toolkit
  • Traditional media
  • Social media
  • Hosting an Elected Official
Thank You!

Contact Information:

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Senior Director
Center for Healthy Aging
National Institute of Senior Centers
National Council on Aging
Kathleen.Cameron@ncoa.org
Tel: 571-527-3996
Overview:

- Calabasas Senior Center was built in 2015
- Opened in 2016
- 9,500 square feet facility (Multipurpose, Art, Conference, Sports, Game Room)
- 2-story Gold LEED building (Leadership in Energy and Environmental Design) LEED provides a framework for healthy, highly efficient, and cost-saving green buildings.
Calabasas Seniors Make Up…

➢ Calabasas total population 24,000
➢ 40% of all City residents (50+)
➢ That’s 9,600 of our population!

…and they are the fastest growing part of the population in the City with another 9.0% between the ages of 45-49!
Calabasas Senior Center
Organizational Flow Chart

Full Time Staff
2

Part Time Staff
4

Front Desk Volunteers
10

Advisory Board
7

Steering Committee
25

Programming
8

Hospitality Events
6

Excursions
3

City Relations
5

Community Outreach
5

They say it “takes a village” - we’ve learned that it takes dozens of dedicated volunteers to serve as committee chairs and active committee/community members to create and manage all the moving parts of the programming and events at the Calabasas Senior Center.
What we offer:

60-80 programs quarterly

- Lectures/Demonstrations
- Entertainment
- Movies & Music
- Cards & Games
- Fitness
- Hobbies & Interests
- Mind & Body
- Personal Development
- Creative Arts
- Art History
- Technology
- 10-12 Local Excursions (pre-Covid)

Clubs

- Bridge
- Canasta
- Caring Calabasas
- Chess
- Hiking
- Mexican Train
- Photography
- Ping Pong
- Pinochle
- Poker
- Scrabble

Social Activities

- Card/Game Room
- Bi-monthly Social Events
- Festival of Arts
- Speaker Series
During the pandemic we were able to convert most of our programs to Zoom. We offered over 50 Zoom classes per session and had over 2,600 participants registered for our fall 2020 session.

- Hosted two drive in Covid-19 safe events
- Covid-19 protocols were followed
- Events featured in local newspaper
BINGO, seniors find way to entertain outdoors

Residents have been cooped up for months and are eager to enjoy life outdoors again.

The City of Calabasas found a way to do just that by hosting a bingo game at A.C. Stelle Middle School. The parking lot was transformed into a bingo arena, with players sitting in their cars and calling out the numbers. The game was attended by over 50 residents, who followed the calls on their phones and in-person.

"We have been looking for ways to keep our residents engaged during these challenging times," said Mayor John Liccardo. "Bingo has always been a popular activity, and this was a fun way to bring the community together again."

The bingo game was sponsored by the Calabasas Elks Lodge and was part of a larger effort to boost morale and connect with the community.

"It was great to see so many people out here," said one of the players, a resident of Calabasas. "This is exactly what we needed to lift our spirits and feel connected to our neighbors."

The success of the event has prompted the city to consider hosting similar events in the future.

Photo by Michael Korte (The Acorn)
Calabasas Senior Center Presents:

CRUISE INTO SPRING PARKING LOT TRIVIA

Wednesday, March 24, 2021

Parking Lot Opens at 3:30pm
Trivia Games Start at 4:00pm

A.C. Stelle Middle School
22450 Mulholland Hwy, Calabasas, CA 91302

$10.00 Resident/Member (Per-Person)
$12.00 Non-Resident (Per-Person)

Activity Code: 1950.101
$12.00 Pizza Deal Use Code: 1950.102
(Medium 1-Topping Pizza (About 8 Slices) from Topanga Pizza & Cafe)

Nostalgic Filled Goodie Bag Included (Per-Person)
Register online: www.cityofcalabasas.com

Activity Name: Cruise Into Spring
Space is Limited!

All participants must remain in their cars at all times!

Please wear your face mask & practice social distancing!
2020 NATIONAL INSTITUTE OF SENIOR CENTERS

AWARDS THE

Calabasas Senior Center

1ST PLACE
EXCELLENCE IN CULTURAL PROGRAMS

“Festival of the Arts”
Showcasing Performing and Visual Arts, Music, and Literature
Calabasas Senior Center Hospitality Committee presents

FESTIVAL OF THE ARTS
October 2nd 5pm–7pm
FOUNDERS HALL

WEDNESDAY
OCTOBER 2nd
5:00pm–7:00pm
Business Casual

SILVER STRINGS ORCHESTRA
Will be entertaining us with semi-classics, pop & Broadway show music. The 20 plus piece ensemble of professional and amateur musicians consisting of violins, violas, cellos, & bass.

STUDENT ART SHOW
Appreciate over 100 original & creative art pieces from every medium while visiting with friends. Enjoy a glass of wine & appetizers while casting your vote for the Best of Show Contest. Some Art work is available for purchase.

Registration Begins
August 14
In person or on-line
CODE 000401
MEMBERS $6.00
NON-MEMBERS $8.00

300 CIVIC CENTER WAY CALABASAS 91302 (818) 234-1777
The Calabasas Senior Center’s Festival of the Arts was successful because it:

- **Fostered collaboration and pride** among the art instructors and students, musicians, volunteers, photography club, community businesses, and city staff who worked together in creating the event.

- **Organized and designed** a program for maximum enjoyment of the art, entertainment and food. A staff “project leader” was assisted by a volunteer committee. Each volunteer took responsibility for the element they were passionate about, resulting in a successful event.

- **Brought people together** encouraging social inclusion, civic pride and the vitality of our community.

- **Provided cache** in the local community increasing **awareness and participation** in the Center’s programing and activities.

- **Established the Center’s brand** as a cultural, educational and activity center for people who are 50+.
The Covid-19 Pandemic Stimulated a Common Desire To Positively Impact & Contribute to the Community in a Meaningful Way
The Caring Calabasas Club is a service club which engages seniors in providing charitable contributions in the form of collections of goods, crafting of needed items, and good works. It provides a vehicle for social interaction on a meaningful level. Established charities, determined worthy by the club members, are networked with creating potential for a multi-generational, kinder, cooperative community. It is open to any like-minded individuals who want to participate. No special skill is required – only a desire to contribute time and talents while having fun.
Contactless
4th Annual
Holiday Toy Drive
Drop Off Any New Unwrapped Toy
November 18, 2020-December 21, 2020
Calabasas Senior Center
300 Civic Center Way
Calabasas, CA 91302
Monday-Friday 9:00am-5:00pm
Hours May Vary Due to the Holidays
Please Call Ahead at (818) 224-1777
All Toys Will Be Donated To:
VOLUNTEER LEAGUE
of the San Fernando Valley

Toy donations will bring lots of smiles

Calabasas Senior Center members, class participants, instructors and staff are participating in a community Holiday Toy Drive established by the Volunteer League of the San Fernando Valley.

Residents of Calabasas, Agoura and other neighboring communities can bring new, unwrapped toys for elementary and middle school children to the drop-box at 300 Civic Center Way, Calabasas.

The box is open for donations from 9 a.m. to 5 p.m. weekdays until Mon., Dec. 21.

The Volunteer League provides clothing assistance to low-income and homeless school-age children as well as musical enrichment for senior citizens in the community.

Ring in the new year virtually with...
for souls
and the Savvy Seniors of Calabasas

Are partnering to collect gently used men’s, women’s, and children’s shoes to distribute to the homeless. Clean your closets and help others at the same time. Just put them all in a plastic bag...really simple to do...and deliver them to:

Where: Calabasas Senior Center
300 Civic Center Drive
Calabasas, CA 91302

When: March 1-19, Weekdays only 9:00am – 4:00pm
Questions? Contact Jackie Hoffman
jackieandnorman@gmail.com

The kindness of soles

HAPPY FEET—The Savvy Seniors of the Calabasas Senior Center, in partnership with Shoes for Souls, are collecting gently worn shoes to donate to local homeless shelters. Collection boxes will be available from 9 a.m. to 4 p.m. through March 19 outside the front door of the center, behind Calabasas City Hall and Library. From left are Jackie Hoffman, Lindsay Sobel, Cathie Mattson and Carol Davis. According to the Shoes for Souls website, “we turn unwanted shoes and clothing into opportunity by keeping them from going to waste and putting them to good use.”

Courtesy photo
Caring Calabasas Club
Partners with
Lions Malibu Chapter
Recycle For Sight

We are collecting used eyeglasses and cases!

Dates: June 1-30
Days: Monday-Friday 9am-4pm
Location: Calabasas Senior Center
300 Civic Center Way
Calabasas, CA 91302

Collection box will be placed outside for drop off. Place glasses in cases or wrap in tissue or bubble pack to protect them.

Questions?
Karennebel3@gmail.com

Spread the Word! Let the collection begin!
The My Stuff Bags Foundation provides brand-new belongings of comfort, hope and necessity to abused and neglected children who have nothing of their own.
Book Donation Drive

Facilitated by the Calabasas Senior Center in conjunction with Caring Calabasas & Books Build Bridges

Deliver books to the Senior Center now to September 25th (Weekdays 9 A.M. to 4 P.M.)

Festive Wrap Up
Saturday, September 25th
2:00 P.M.-4:00 P.M.
Calabasas Senior Center
300 Civic Center Dr, Calabasas, CA, 91302

Stop by for refreshments, music, and some special surprises
Give a book for admission and make a difference!

RSVP for the festive wrap up by Wednesday, Sept. 22nd
booksbuildbridgescharity@gmail.com
Phone Buddies

Would you like to join the Caring Calabasas Phone Buddies Club?

If you would like to participate in a fun and friendly telephone connection and share stories with someone with similar interests, the phone buddies club is for you! Participants will enjoy a feeling of connection and accomplishment and will be appreciated by interacting with others.
COVID-19 RE-OPENING & CHALLENGES
Re-opening Plan:

- **Phase I:**
  In-person classes
  Clubs

- **Phase II:**
  Card/Table Games
  Indoor Social Events

- **Phase III:**
  Excursions
  Reinstate Memberships

**WELCOME BACK!**

The Calabasas Senior Center will re-open to all our Seniors on:

**Monday, June 21, 2021**

The center will re-open in phases.

Phase 1: Center will open for in-person classes & clubs

Clubs will include:

- Hiking
- Trivia
- Dinner Club
- Photography
- Caring Calabasas

*Masks will be required*

Stay tuned for further announcements about our Phase 2 opening!
Pivoting on the fly…

We had anticipated holding 74 in-person classes this Fall but with the new Delta variant becoming so prevalent in Los Angeles we had to change our plans…

We quickly reached out to instructors and determined which programs could go back on Zoom and which could be held safely outdoors. Of the 74 programs 26 will now be held outdoors.

If you are FULLY vaccinated:
Masks are optional

If you are NOT FULLY vaccinated:
Masks are Required to protect yourself and others who are not vaccinated.

In compliance with the
Los Angeles County Public
Health Department:

MASKS ARE
MANDATORY
For everyone
REGARDLESS of your
vaccination status.

Thank you for your cooperation!
THINKING **OUTSIDE** THE BOX....
Programming Challenges

- Zoom Learning Curve
- Zoom Burnout/Fatigue
- Changes in County Covid-19 mandates/protocols (indoor/outdoor, masks/no-masks)

Lessons Learned/Flexibility

- Know in advance which programs can be held virtually
- Not all programs are conducive to a virtual platform
- Hybrid Classes
- Outdoor Classrooms
Moving Forward:

- Zoom has created a vehicle for seniors to enjoy programs nationwide/worldwide from the comfort of their homes. *(We currently have 76 participants who live out of state and many more that aren’t within driving distance)*

- We will continue to offer Hybrid classes with a handful of programs that have allowed us to expand our enrollment due to room capacity restrictions and to also give participants a choice depending on their comfort levels.

- Our ultimate goal is to consistently find ways to engage our community through socialization as safely as we can.
Thank-you for your time!

- Kimberly Post: kpost@cityofcalabasas.com
- Website: www.calabasasseniorcenter.com
Duxbury
- 45 miles south of Boston
- 20 miles from Cape Cod

Population
- 15,000 residents
- 4,862 are 60+
• Grab and Goes
• Virtually Programming
• Fitness
• Educational
• Recreational
• Games
• Lectures
• Lifelong Learning
# Regional TV Guide for PAC TV

<table>
<thead>
<tr>
<th>Day</th>
<th>Category</th>
<th>Program</th>
<th>Instructor</th>
<th>Time</th>
<th>Channel Provider</th>
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<td>Delicious &amp; Nutritious</td>
<td>Marcia Richards</td>
<td>5:00 PM</td>
<td>Pembroke Gov't Channel</td>
<td>15</td>
</tr>
<tr>
<td>Thursday</td>
<td>Exercise</td>
<td>Yoga</td>
<td>Kelly Pearson</td>
<td>9:00 PM</td>
<td>Community Channel</td>
<td>43 13</td>
</tr>
<tr>
<td>Thursday</td>
<td>Health and Wellness</td>
<td>Delicious &amp; Nutritious</td>
<td>Marcia Richards</td>
<td>9:00 AM</td>
<td>Duxbury Gov't Channel</td>
<td>39 15</td>
</tr>
<tr>
<td>Thursday</td>
<td>Health and Wellness</td>
<td>Delicious &amp; Nutritious</td>
<td>Marcia Richards</td>
<td>8:00 AM</td>
<td>Plymouth Gov't Channel</td>
<td>47 15</td>
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<tr>
<td>Thursday</td>
<td>Health and Wellness</td>
<td>Delicious &amp; Nutritious</td>
<td>Marcia Richards</td>
<td>10:00 AM</td>
<td>Kingston Gov't Channel</td>
<td>42 15</td>
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<tr>
<td>Thursday</td>
<td>Education</td>
<td>Two Grannies on the Road: Travel</td>
<td>Beth Saliout</td>
<td>11:00 AM</td>
<td>Community Channel</td>
<td>43 13</td>
</tr>
<tr>
<td>Thursday</td>
<td>Health and Wellness</td>
<td>Delicious &amp; Nutritious</td>
<td>Marcia Richards</td>
<td>11:30 AM</td>
<td>Plymouth Gov't Channel</td>
<td>15</td>
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<tr>
<td>Thursday</td>
<td>Exercise</td>
<td>Yoga</td>
<td>Kelly Pearson</td>
<td>12:00 PM</td>
<td>Community Channel</td>
<td>43 13</td>
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<tr>
<td>Thursday</td>
<td>Education</td>
<td>Something to Chew On</td>
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<td>1:00 PM</td>
<td>Community Channel</td>
<td>43 13</td>
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<td>Thursday</td>
<td>Education</td>
<td>Off the Shelf: Author Talks</td>
<td>Varies</td>
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<td>Thursday</td>
<td>Education</td>
<td>Let's Visit: Travel</td>
<td>Dave Welsh</td>
<td>3:00 PM</td>
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<td>43 13</td>
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<tr>
<td>Thursday</td>
<td>Education</td>
<td>Down Town with Robbie</td>
<td>Robbie Heigh</td>
<td>3:00 PM</td>
<td>Community Channel</td>
<td>43 13</td>
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<tr>
<td>Thursday</td>
<td>Health and Wellness</td>
<td>Delicious &amp; Nutritious</td>
<td>Marcia Richards</td>
<td>3:30 PM</td>
<td>Plymouth Gov't Channel</td>
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<td>Thursday</td>
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<td>Delicious &amp; Nutritious</td>
<td>Marcia Richards</td>
<td>3:30 PM</td>
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<tr>
<td>Thursday</td>
<td>Education</td>
<td>Local Matters</td>
<td>Varies</td>
<td>4:00 PM</td>
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<td>43 13</td>
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<td>Friday</td>
<td>Exercise</td>
<td>Senior Friendly</td>
<td>Varies</td>
<td>9:00 AM</td>
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<td>Friday</td>
<td>Health and Wellness</td>
<td>Key Talks</td>
<td>Kay Convey</td>
<td>11:00 AM</td>
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<td>Friday</td>
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<td>Senior Friendly</td>
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<td>12:00 PM</td>
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<td>43 13</td>
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<td>Friday</td>
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<td>Local Matters</td>
<td>Varies</td>
<td>8:00 PM</td>
<td>Community Channel</td>
<td>43 13</td>
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<td>Saturday</td>
<td>Exercise</td>
<td>Tai Chi</td>
<td>Peter and Fang</td>
<td>5:00 AM</td>
<td>Community Channel</td>
<td>43 13</td>
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<td>Saturday</td>
<td>Education</td>
<td>Down Town with Robbie</td>
<td>Robbie Heigh</td>
<td>3:00 PM</td>
<td>Community Channel</td>
<td>43 13</td>
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<tr>
<td>Saturday</td>
<td>Education</td>
<td>Two Grannies on the Road: Travel</td>
<td>Beth Saliout</td>
<td>4:30 PM</td>
<td>Community Channel</td>
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<td>Varies</td>
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<td>43 13</td>
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<td>Saturday</td>
<td>Health and Wellness</td>
<td>Mindfulness</td>
<td>MaryBeth Sheahan</td>
<td>12:00 PM</td>
<td>Community Channel</td>
<td>43 13</td>
</tr>
</tbody>
</table>

*Programs subject to change.
THANK YOU!
SOCIAL DAY PROGRAM
GRANT FROM MCOA

- Cooking with Tara
- Cooking with Marcia Richards and Chef Jerry
- Floral arranging with Same
- Meet the Owner of Artisan Pig
- Corn hole tournament
SUMMER OF 2021

Line Dancing Classes
New class. New instructor beginning in October
Tuesdays
@ 3:00 PM

with Maureen Godding!

Life is a dance and you can learn as you go! These classes will keep the body moving and put a smile on your face. So let’s dance and have fun with your feet one step at a time. Appropriate for all experience levels.
Visit our website to register and pay for a monthly series.
Class size is limited.
Dance like nobody’s watching!
www.duxburyseniorncenter.org

DSC Bowling League
JOIN THE NEWLY FORMED DSC BOWLING LEAGUE FOR CANDLEPIN BOWLING AT ALLEY CAT LANE IN KINGSTON
COST IS $15 PER PERSON FOR 2 STRINGS. INCLUDES SHOES.
UPCOMING LEAGUE DATES ARE AUGUST 13TH AND 27TH SEPTEMBER 10TH AND 24TH AT 11:00 AM
For more information and to register, please email regent@derligues@duxburycoa.com
SUMMER

**BINGO**

Wednesdays ~
July 7 and August 4
from 10:00-11:30 AM

BINGO will be outside, weather permitting!
Bingo kits will be available for each participant registered

Register in advance by calling
781-934-5774, ext. 5716

*In case of summer showers, Bingo will be on Zoom!*

Prizes are donated by the Friends of the Duxbury COA and will be gift cards to local Duxbury businesses!
Share Your Innovations

• Please share your social engagement innovations with engAGED!
• All programs submitted will be considered for inclusion in a database of social engagement innovations

https://www.engagingolderadults.org/submit-to-hub
Connect With Us!

- [www.engagingolderadults.org](http://www.engagingolderadults.org)
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- [info@engagingolderadults.org](mailto:info@engagingolderadults.org)
Questions and Discussion

Please use the Questions to submit your questions or comments.
Thank You!

• Thank you for attending today’s webinar!
• Please support our evaluation efforts by completing the post-webinar survey
• The recording will be available on www.engagingolderadults.org.