Pembroke Pioneer

SEPTEMBER/ OCTOBER 2026

Pembroke Senior Services 781-294-8220

128 Center Street, Pembroke MA, 02359
Hours: Mon., 8:00-6:30, Tues., Wed., Thurs., 8:00-4:00, Fri., 8:00-12:30
Follow us on Facebook https://www.facebook.com/pembrokecoa
Follow us on Instagram:https://www.instagram.com/pembrokecouncilonaging144/

**We gratefully acknowledge the generous support of our community partners and donors.
Their generosity, dedication, and commitment help make our services possible and are deeply appreciated.**

Pembroke Senior Service Staff

Director: Lance Kennedy
Outreach: Marie Vitale
Principle Clerk: Melissa Donahue
Transportation: Milynda Mullen
Outreach Aide: Cathy Bruce
SHINE: Jim Curran

Nutrition Site Manager

Julie Lowell, 781-294-4645
ALL MEALS NEED RSVP

Van Drivers

Jack Bouzan, Scott Carlson, Al Elliot, Brian Foley, Tim White

COUNCIL ON AGING ADVISORY BOARD MEMBERS

Chair: Curtis Kuta- 2028
Vice Chair: Pam Blades- 2028
Rec. Clerk: Joan Dorsey-2027
James Kinkade-2027
Sue Ellen Hewitt-2027
Marilyn Christmann-2029
Shelley Campbell: 2028

Associate Members

Norina Perry
Stephanie Callanan



Photo by Kelly Wigmore

This newsletter and its content are prepared well in advance. We make every effort to follow the schedule as published; however, unforeseen changes may occur. Thank you for your understanding.



VOLUNTEER POSITIONS

Join Our Team of Volunteers! Are you looking to make a difference in your community? Pembroke Senior Services seeks enthusiastic volunteers to support our programs and services for seniors.
Volunteer Opportunities: Medical Rides, Meals on Wheels Delivery, Activity Coordinators, AARP Tax Aide Kitchen Support, Friendly Visitors, Snow Shoveling Assistance, and Yard Cleanup Help.
Contact Melissa Donahue at mdonahue@townofpembrokemass.org, 781-294-8220 for more information



🌟 VOLUNTEER SPOTLIGHT: PAUL 🌟

We're shining the spotlight on Paul, a Meals on Wheels delivery volunteer and a talented artist!
When he's not volunteering, Paul enjoys expressing his creativity through his artwork. We are so grateful for the time, kindness, and talent Paul shares with Pembroke Senior Services. Thank you, Paul, for all that you do! ❤️

TRANSPORTATION INFORMATION

Did you know that Pembroke Senior Services offers seniors FREE local transportation to medical appointments, programs, events, and grocery shopping.
All you have to do is make your transportation appointments at least **2 business days** in advance,
PLEASE CALL 781-294-8220 with the Date, Time and Location of your appointment.

ADDITIONAL MEDICAL RIDE OPTIONS:



For trips to **dialysis, radiation, or Boston-area appointments:**

- **Old Colony Elder Services:** 508-584-1561 ext. 650
- **MassHealth Transportation:** 1-800-841-2900

GATRA Boston Hospital Bus: 508-697-0017

Gatra on Demand: A separate service which offers **same-day rides/errands** right from your home to anywherein Pembroke or Hanover Crossing.
Rides cost $2 each way, and children 6 and under ride free.
Service is available Monday through Friday, 7 am to 6 pm.
You can book a ride with the GATRA GO app or call 800-698-7676 and press #2 to speak with an operator.

Weekly Stops
1st week - Big Y/ CVS/ Bank
2nd - Market Basket / Target
3rd- Lunch Bunch
4th- Stop & Shop/ Kohl's/ Dollar Tree
5th - Shaws

The GATRA SAIL Bus also runs between Pembroke, Marshfield, Duxbury, and Kingston.
It operates Monday through Saturday and connects to the Kingston MBTA Station and Kingston Collection Mall. Fares are $1.50 for adults and $0.75 for seniors and students.

OUTREACH CORNER

Every September, we celebrate **Healthy Aging Month**, a time to focus on staying active, engaged, and healthy at every stage of life.

This month's newsletter features a variety of classes designed to support both your physical and mental wellbeing. Whether you're interested in Mary's **Train Your Brain** class, **Zumba**, **Sit and Get Fit**, or one of our many other offerings, there's something for everyone. Join us to connect with friends, stay active, and keep your mind sharp. Make an appointment to sit with Keri Ball our Regional Nurse or

Our NEW intern Social Worker Nathan Zimmer. Welcome Nathan to the team!!!

Did you know that trying something new is also great for brain health? Challenge yourself by learning a new skill! Explore classes like **Line Dancing**, **Knitting**, **Tai Chi**, or **Watercolors**. You may discover a new hobby, make new friends, and even uncover a new passion. It's the perfect time to discover a

NEW YOU!

Mark your calendars!

Beginning Tuesday, **October 6** students from **Regis College** will return to lead another **eight-week Wellness Class**. This popular program explores all dimensions of wellness through engaging physical, creative, social, and emotional activities. Each week offers something new to help you build healthy habits, strengthen connections, and enhance your overall wellbeing. Classes are Tuesdays 1:30 -2:30.

Sign up today—we look forward to seeing you there!

TOWN OF PEMBROKE PROPERTY TAX EXEMPTIONS

The Board of Assessors will begin accepting applications on September 1, 2026, with a filing deadline of April 1, 2027. They will explain the various exemption programs. The exemptions available are for: Persons Over 65 Years of Age Surviving Spouse/Minors of Deceased Parents Persons Over 70 Years of Age Disabled Veterans Blind PersonsFor additional information please contact the Assessor's Office at 781-293-2393

SNAP OUTREACH

Did you know that The Pembroke Senior Services is a SNAP Assistant? We are here to assist you and your family apply for benefits. This is NOT limited just to seniors. This program is for **ALL** ages. Call the center 781-294-8220 to see if you qualify.

This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises."

FOOD PANTRY DELIVERIES Do you need help getting food or know someone who does? We offer food pantry deliveries weekly for those who are in need and are home bound. Please call **781-294-8220**

ELDER ABUSE & NEGLECT

If you have any concerns regarding elder abuse, neglect, self neglect or financial exploitation, you may call the State wide Elder Abuse Hotline at **800-922-2275**. The Hotline operates 24/7. You may also reach out to Marie at 781-294-8220.

Pembroke Hope Fund Fuel Fund

The Pembroke HOPE Fund is a municipal financial assistance program established by the Town of Pembroke to support residents facing financial hardship. This fund has been set up to help cover essential bills and expenses for those in need in Pembroke. The Hope Fund & Emergency Fuel Fund are available for those not eligible for South Shore Community Action Council fuel assistance low-income energy assistance program. If you are still struggling to keep your home warm. You may be eligible for assistance through our Hope or Fuel Fund. Please call us at 781-294-8220 for more information.

FUEL ASSISTANCE

It's that time of year again. Fuel assistance application should be arriving shortly. If you need assistance renewing your application this year or would like to see if you qualify and apply; please call to inquire.

Expenses are increasing day by day making it difficult for folks on fixed incomes to pay bills. If you think you qualify for assistance, please call or stop by to pick up a list of documents you will need to gather before making an appointment.

Please call Marie at 781-294-8200 and we will be happy to help fill out the application and send it into South Shore Community Action Council. Applications are accepted through April 30.



SUPPORT GROUPS

DIMENTIA CAREGIVER SUPPORT/ MUSIC CAFE

This is a 5 week support program with a trip and luncheon planned for weeks six and seven.
Join us on Tuesdays 1:00pm.
Please call to RSVP by calling 781-294-8220.

HEARING LOSS SUPPORT GROUP

First Friday of each month 11:00-12:00. A great exchange forum to discuss your ideas, difficulties, challenges, and solutions. Come, share, and learn!

GRIEF SUPPORT GROUP

Every Wednesday 10:00-11:30

VISUALLY IMPAIRED SUPPORT GROUP

2nd Tuesday of every month, 10:00-11:00

PARKINSON SUPPORT

4th Thursday of each month, 11:00-12:00
Facilitator Leslie Vickers, RN, MSN nurse clinical specialist in neurology and expertise in movement Disorders; like Parkinson's Disease.
RSVP to 781-294-8220.

HABITAT FOR HUMANITY

I've been working with Pat Harrold from South Shore Habitat for Humanity critical home repair team for quite some time now and she is helping many seniors in the Pembroke area. This program is offered to seniors in need who are struggling with basic maintenance of their home. The program focuses on repairs that can address your health concerns and safety projects. The projects are based on current funding for more information. Please call Marie to discuss 781-294-8220.



Dental Apointments

Dental Cleanings with Danielle
October 1st 9am -2:pm
Call to schedule your apointment today! $35.00



PEMBROKE TRIAD RESUMES

Plymouth County DA's Office,
Pembroke Fire Department,
Pembroke Police, and Senior Services come together to educate seniors on how as a group we are working to keep seniors safe in our community.
The Third Thursday of each month
Time: 2:00pm.
Educational programs designed to help keep seniors safe in thir community
September - Rockland Trust Fraud Education and the latest scams to be aware of
October- Pembroke Fire - Safety First



MEDICARE SAVINGS PROGRAM



If your monthly income is below the amounts listed here you may qualify for help from one of several Medicare Savings Programs. $2,955 for an individual and $3,966 for a couple you may be eligible for the Medicare savings program.
If you think you may qualify, please call to find out more information.

OPEN ENROLLMENT

Open Enrollment is an important time to review your health insurance options and make sure your coverage continues to meet your needs. During this period, SHINE (Serving the Health Insurance Needs of Everyone) counselors are available to provide free, unbiased guidance on Medicare plans, benefits, costs, and any changes for the upcoming year. Whether you're comparing plans, checking for savings opportunities, or simply have questions about your current coverage, SHINE is here to help you make informed decisions. Open Enrollment starts October - Dec. 7 Appointments are on a first come first serve basis; based on the office receiving your completed pre-appointment form prior to appointments being scheduled. Forms should be available by September 8th.



SHINE APPOINTMENTS

Wednesdays
9:30 -1:30

Please give a warm welcome to Mary McCauley;
Our New SHINE Councilor
who will be here for in office appointments
Wednesdays 9:30 -1:30.
Tuesdays During Open Enrolment 9:30-1:30

Our dedicated and knowledgeable SHINE volunteers are here at the Center offering free confidential counseling on all aspects of Medicare and related health insurance programs. OPEN ENROLMENT begins in October. It's time to prepare; forms are available to be filled out and returned to the office prior to making your appointment. To schedule an appointment, call Marie at 781-294-8220.

Welcome to The Senior Service family Mary!

MONTHLY BLOOD PRESSURES

September BP clinics	October BP Clinics
Tuesday, September 8	Tuesday, October 6
COA 9:30–11:30	COA 9:00-11:00
Tuesday, September 15	Tuesday, October 13
Kilcommons 9:30–10:30	Kilcommons Dr. 9:00-11:00
Tuesday, September 22	Tuesday, October 20
Mayflower 9:30 to 10:30	MacDonald Way 9:00-11:00
Tuesday, September 22	Tuesday, October 27
MacDonald 11:00–12:00	Mayflower Court 9:00-11:00

PROGRAMMING

EXERCISE CLASSES

Classes are $5 unless noted. Drop ins Welcome!

Nordic Walking (Free)	Mondays 9:30–10:30
Sit and Get Fit	Mondays 10:00–10:45
Zumba	Mondays 11:00–12:00
Square Dancing ($8)	Mondays 1:00–3:00
Forever Fit	Tuesdays 10:15–11:15
Gentle Yoga	Tuesdays 11:30–12:15
Balance & Conditioning	Wednesdays 9:30-10:30
Nordic Walking (Free)	Wednesdays 9:30-10:30
Tai Chi	Wednesdays 1:00–2:00
Sit and Get Fit	Thursdays 9:30-10:15
Advanced Tap Class	Thursdays 10:30–11:30
Train Your Brain Sept 3 & Oct 1	Thursdays 11:00–12:00
Back & Core	Thursdays 11:00-11:45
Nordic Walking	Fridays 9:30–10:30
Chair Yoga	Fridays 11:00–12:00
Country Line Dancing	Fridays 1:00–2:00

**** No Classes on Monday, September 7 ****
**** No Classes on Monday, October 12 ****

ONGOING PROGRAMS September and October CLASSES DESCRIPTIONS LISTED BY DAY OF THE WEEK

REFLEXOLOGY, Thurs Sept 10 and Mon Oct 5, 9:00 1:00 (By Appointment Only) Relax and rejuvenate with reflexology appointments with Anne Brennan, designed to promote balance, improve circulation, and support Please call Melissa 781-294-8220 to register. Priority given to Pembroke residents. MUST be 60 or over. $30

N**ORDIC WALKING**, Mondays, Wednesdays, Fridays 9:30-10:30 Full-body workout uses specially designed poles to engage muscles * NWU Host is only on Wednesdays FREE Drop in. nwww.nordicwalkingunited.org

SIT AND GET FIT, Mondays, 10:00-10:45. Enjoy exercises in and around a chair, tighten all muscle groups. All fitness levels. $5 Drop-In.

POKER, Mondays 10:00-12:00 Dealer's Choice free entry, 5¢/10¢ betting, and wildcards in play! Come watch, learn, and join the fun at the table!

ZUMBA, Mondays 11:00-12:00 Ready to shake, shimmy, and have a blast? Zumba is a great way to have fun! $5 Drop-In

ONGOING PROGRAMS September and October CLASSES DESCRIPTIONS LISTED BY DAY OF THE WEEK

LEFT CENTER RIGHT, Mondays and Thursdays 12:30-2:00 Easy-to-learn game. No experience needed. Each game is 15 cents the last game is 75 cents. Drop-In *No LCR on Mondays Sept 14 & Oct 19

SQUARE DANCE LESSONS, Mondays,1:00-3:00 Kick up your heels and have a blast! Beginners Welcomed. Grab a partner or come solo. Drop-In $8

LAUREN MELLO, Monday Sept 21 & Oct 19 11:00-12:00; 15 Minute consultations with attorney. Call for an appointment 781-829-3658, Space is limited!. FREE

BINGO, Monday, Sept 14 and Oct 19 from 1:00 3:00, with Chris and Tim. $3.00 min. Daubers will be available for $1.00 Drop-In

KNITTING GROUP, Mondays, 1:00-2:00, Whether you are an avid knitter or curious beginner, this group is the perfect place to share tips, and enjoy great conversation. Drop-In. FREE

CRIBBAGE GROUP, Mondays, 1:00-3:00. All skill levels whether you are a seasoned player or just starting out. Drop-in. FREE

MASSAGES WITH PAULA, Monday, Sept 28 and Oct 26, 9:00-3:00 (By Appointment Only) Licensed massage therapist, offering relaxing, half-hour massage sessions. Clients remain clothed, and the massage is from the waist up while lying comfortably during the treatment. Please call Melissa at 781-294-8220 $30

MAHJONG OPEN PLAY, Mondays, 600-8:00 pm. Whether you are experienced or looking for a fun way to practice your skills. . A limited number of Mahjong tiles sets are available to borrow– first come first serve basis. Please bring your own Mahjong card or purchase one here for $15 (valid for one year) Please contact Recreation at 781-294-8200 to sign up. Residents $5 Non-residents $10. Registration required

MANICURES AND PEDICURES BY JODDIE, Tuesdays Sept 1 and Oct 6, 9:00-4:00. (By Appt. Only) Manicure: Shape, clean, buff, and hand polish, $15. Manicure (No Polish): Shape, clean, and buff, $10. Mini Pedicures, $15 Please call Melissa 781 294-8220

PROGRAMMING

ONGOING September & October
CLASSES DESCRIPTIONS LISTED BY DAYS OF THE WEEK

VETERANS COFFEE, Tuesday, September 8 Coffee Hour & Tuesday, October 13, Quarterly Breakfast 9:00-10:00 RSVP by calling 781-294-8220 or at the front desk.

FOREVER FIT, Tuesdays 10:15-11:15 This class will tone and tighten muscle groups, using resistance bands and weights. All fitness levels welcome. Drop-in $5

G**ENTLE YOGA** (in a chair) with Landen from Emerald Yoga, Tuesdays, 11:30-12:15. Where the gentle rhythm of music guides you on a journey of relaxation and inner harmony. Drop-In $5.

PLYMOUTH ROCK STAMP CLUB 4th Tuesdays of every month, Sept 22 & Oct 27 6:00-8:00 pm. Are you a stamp collector or maybe just someone looking for something to do? There is a new stamp circuit to browse, members bring stamps to sell and trade, and we frequently have an auction. FREE, Drop-In

DULL MEN GROUP, Wednesdays, 10:00-11:00 Do you find joy in life's simple and uneventful moments? This group is a for you! Drop-In, FREE

WATERCOLOR ART CLASS, SELF LED Wednesdays,11:00-1:00 pm. Beginner or experienced. Register by calling 781-294-8220 or at the front desk. Bring your own supplies. FREE

TAI CHI, Wednesdays, 1:00-2:00, A mixture of ancient Chinese defense, spiritual and medical related practices through slow movements, Drop-In. $5

BALANCE & CONDITIONING, Wednesdays 9:30-10:30 The classes consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility.Space is limited to 20 participants so advanced sign-up required. $5

BEGINNER QUILTING, Wednesdays 6:00-8:00 in the evening Perfect for those who are new to quilting or not. Bring your own sewing machine. Drop-in. FREE

SIT AND GET FIT, Thursdays, 9:30-10:15. Enjoy exercises in and around a chair, tighten all muscle groups. All fitness levels. $5 Drop-In.

ONGOING September & October
CLASSES DESCRIPTIONS LISTED BY DAYS OF THE WEEK

QUILTING/FIBER ARTS BEES GROUP, Thursdays 10:00-11:30 For the seasoned quilter or just starting out. No instructor. Drop In. FREE**.**

ADVANCED TAP CLASS, Thursdays, 10:30-11:30. Elevate your technique, refine your style, and challenge yourself. Drop-In $5

BACK CARE & CONDITIONING, Thursdays 11:00 Strengthen your core, improve flexibility, and support a healthier back with this low-impact mat class designed to increase core strength, hip mobility, and overall flexibility through gentle stretches and body-weight exercises. Led by Clinical Exercise Physiologist Neil. Space is limited to 20 participants so advanced sign-up required. $5 (Bring mat)

TRAIN YOUR BRAIN, Thursday, Sept 3 and Oct Oct 1, 11:00-12:00 Designed to enhance memory, and pro mote mental well-being. (Must) RSVP by calling 781 294-8220 or sign up at the front desk. **$5**

WHIST, Thursdays, 1:00-3:00 Whist is a classic trick-taking card game Drop-In $3.00

MAHJONG OPEN PLAY, Fridays 10:00-12:00. Whether you are experienced or looking for a fun way to practice your skills. A limited number of Mahjong tiles sets are available to borrow on a first come first serve basis. Bring your own Mahjong card or purchase one here for $15 (valid for one year) Advance registra tion is required. RSVP by calling 781-294-8220 or at the front desk. FREE

BOOK GROUP, 10:00. Friday, Sept 18: The Glassmaker by Tracy Chevalier, and Friday, Oct 16: The Blue Hour by Paula Hawkins, Books reserved at the Library.

CHAIR YOGA, with Mary Whidden, Fridays, 11:00 12:00 a gentle and accessible way to enjoy the benefits of yoga without getting down on the floor Drop-In $5

SENIOR COMMUNITY GARDENERS 2nd and 4th Fridays of the month, Sept 11 & 25 and Oct 9& 23, 12:00. Drop in. FREE

COUNTRY LINE DANCING, Fridays, 1:00-2:00 Join instructor Gloria White All Levels. Drop-In. **$5**

PROGRAMMING

****(NEW) SEPTEMBER PROGRAMS LISTED BY CALENDAR DATE****

MOVIE "PROJECT HAIL MARY" Tuesday, September 1, 1:00. A thrilling sci-fi adventure based on Andy Weir's bestselling novel. When science teacher Ryland Grace awakens alone aboard a spaceship with no memory of who he is or why he's there, he must piece together his past and rely on his scientific ingenuity to complete a mission that could save Earth and discovers that hope can come from the most unexpected friendship. **Run time: 2 hours, 36 minutes**. Popcorn will be served. RSVP by calling 781-294-8220 or sign up at the front desk. FREE

NORTH AND SOUTH RIVER PHOTO TOUR Wednesday, September 9, 11:00 Join the North and South Rivers Watershed Association and take a visual journey through the rich history and breathtaking beauty of the North and South Rivers. Enjoy a captivating photo tour showcasing local landmarks, wildlife, and scenic landscapes. RSVP by calling 781-294-8220 or at the front desk. FREE

SIGN LANGUAGE, Thursday, Sept 10, 17, 24, 10:00-11:00. Join ASL instructors Lan Baker and Irene from New England Village for a monthly American Sign Language class. Come learn the basics and build you skill. RSVP by calling 781-294-8220 or at the front desk. FREE

AIDAN KEENE'S ELVIS EXPERIENCE, Monday September 14, 6:30-7:30pm Join us for a high energy tribute to the King of Rock 'n' Roll! Bring a lawn chair or blanket and enjoy a night with the King! Event funded by a grant from the Pembroke Cultural Council. RSVP by calling 781-294-8220 or at the front desk. FREE

BOTANICAL WATERCOLOR PAINTING, Tuesdays starting 9/15. 10-1**.** In this introductory class, you'll explore the intricate shapes, rich colors, textures, and natural details of fall leaves while learning the foundations of botanical watercolor. No previous experience is necessary—just bring your curiosity and enjoy a relaxing, creative look at the beauty of the season with instructor Lianne Jasper Gillespie. . Cost: $100. Sign up with Melissa. Payment due at sign-up. Supply list will be given at sign up. (class is 8 weeks long)

****(NEW) SEPTEMBER PROGRAMS LISTED BY CALENDAR DATE****

BOTANICAL GRAPHITE DRAWING, Wednesdays starting 9/16. 9-11. Explore the art of botanical drawing in this eight-week introductory course with botanical artist Lianne Jasper Gillespie. Through graphite techniques, demonstrations, and guided exercises, you'll learn to observe and capture the structure, texture, and delicate details of plants while building confidence and artistic skills. No prior experience is needed—this supportive class is perfect for beginners or anyone looking to strengthen their drawing and painting foundations. Cost: $80. Sign up with Melissa. Payment due at sign-up. Supply list will be given at sign up. (class is 8 weeks long)

HOEDOWN SHOWDOWN CHILI COOK-OFF Wednesday, September 16, 12:00. Think your chili has what it takes to be the crowd favorite? Bring your best recipe and compete for bragging rights!! Sample a variety of delicious homemade chilis, cast your vote for the People's Choice winner, and enjoy a fun afternoon of friendly competition, great food, and Western-themed fun. Sign up today to enter your chili or reserve your spot to join the tasting. RSVP by calling 781-294-8220 or at the front desk. FREE

TRIAD, Thursday, September 17, 2:00. Join us for Safety tips and fraud information to be aware of. Brandon Carrico Branch Manager at Rockland Trust will be here to inform you on the latest scams to be aware of. FREE

LUNCH BUNCH, Friday, September 18, 12:00 Join us for lunch at LongHorn Steakhouse Pembroke! Meet us there or hop on the bus from the Senior Center. Lunch is on your own tab. Priority on the bus given to those who cannot drive Must sign up by September 11 by calling 781-294-8220 or at the front desk

MATTAKEESETT GARDEN CLUB "Fall Arrangement", Monday, September 21, 1:00–2:00 PM Create a beautiful arrangement to take home. RSVP by Monday, Sept 14 with Melissa. Limited to 12 participants. Checks payable to the Mattakeesett Garden Club ,$5.00 Payment due at sign up.

PROGRAMMING

****(NEW) September PROGRAMS LISTED BY CALENDAR DATE****

BIRTHDAY LUNCHEON, Thursday, September 24, 12:00-1:00. Join us as we celebrate our Aug/Sept birthdays! **Enjoy a delicious meal of Spaghetti and Meatballs.** Please let us know if it is your birthday month. Priority is given to Pembroke Residents, out of town will be put on waitlist. RSVP by Wednesday, September 16 by calling 781-294-8220. FREE for birthday celebrants, all others pay $4

ACOUSTIC SESSION WITH MIKE AND ANDY, Thursday, September 24, 1:00-2:00. Enjoy a relaxed and lively acoustic music performance with Mike and Andy, featuring familiar favorites. RSVP by calling 781-294 8220 or at the front desk. FREE

KARAOKE, Tuesday, September 29, 1:00 Join us for music and unforgettable performances with our DJ, Mike M! Whether you're a seasoned singer or just want to cheer on your friends, it's all about the fun. RSVP by calling 781-294-8220 or at the front desk. FREE

GAMESHOWS, Wednesday, September 30, 1:00-2:00 Join Kevin Richman as he brings the excitement of classic TV game shows, with laughter, and friendly competition. RSVP by calling 781-294-8220 or at the front desk FREE.







SEPTEMBER 2026

Monday	Tuesday	Wednesday
	(1) Walmart Trip 9:00-4:00 Manicures/Pedicures with Joddie 10:15 Forever Fit 11:30 Gentle Yoga 1:00 Dementia Support/Music Cafe 1:00 Movie Matinee Elections: Gym/WalkingTrack Closed	(2) 9:30 Nordic Walking 9:30 Balance and Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Watercolors 1:00 Tai Chi 6:00 Beginner Quilt
(7) Labor Day Senior Services is closed	(8) Walmart Trip 9:00-10:00 Veterans Coffee Hour 9:30 Blood Pressures 10:00 Vision support 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia caregiver Support/ Music Cafe	(9) 9:30 Nordic Walking 9:30 Balance and Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Watercolors 11:00 North & South River Photo tour 1:00 Tai Chi 6:00 Beginner Quilting
(14) 9:30 Appointments with Nurse Keri 9:30 Nordic Walking 10:00 Sit and Get Fit or Poker 11:00 Falls Presentation 11:00 Zumba 1:00 Bingo 1:00 Cribbage or Knitting or Square 6:00 Mahjong Open Play 6:30 Aiden Keene - The Elvis Experience	(15) Walmart Trip 10:00 Botanical Painting 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia caregiver support/ Music Café	(16) 9:30 Nordic Walking 9:00 Botanical Drawing 9:30 Balance and Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Watercolors 12:00 Hoedown Chilli cook off 1:00 Tai Chi 6:00 Beginner Quilting
(21) 9:30 Nordic Walking 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 11:00 Lauren Mello Lawyer 12:30 LCR 1:00 Cribbage or Knitting or Square 1pm Mattakeesett Garden Club 6:00 Mahjong Open Play	(22) Walmart Trip 10:00 Botanical Painting 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia caregiver support/ Music Café 6:00 Plymouth Rock Stamp Club	(23) 9:00 Botanical Drawing 9:30 Nordic Walking 9:30 Balance and Conditiong 10:00 Dull Men 10:00 Grief Support 11:00 Watercolors 1:00 Tai Chi 6:00 Beginner Quilting
(28) 9:00-12:00 Massages 9:30 Nordic Walking 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 12:30 LCR 1:00 Cribbage or Knitting or Square 6::00 Mahjong Open Play	(29) Walmart Trip 10:00 Botanical Painting 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia support/ Music Café 1:00 Karaoke	(30) 9:00 Botanical Drawing 9:30 Nordic Walking 9:30 Balance and Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Watercolors 1:00 Tai Chi 1:00 Game Shows 6:00 Beginner Quilting

SEPTEMBER 2026

Thursday	Friday	Saturday
(3) 10::00 Quilting/Fiber Arts Bees 10:30 Advanced Tap 11:00 Train Your Brain 11:00 Back Core & Conditioning 12:30 LCR 1:00 Whist	(4) Big Y 9:30 Nordic Walking 10:00 Mahjong Open Play 11:00 Hearing Loss Support Group 11:00 Chair Yoga 1:00 Country Line Dancing	(5)
(10) 9-1 Reflexology 9:30 Sit and Get Fit 10:00 Quilting/Fiber Arts Bees Group 10:00 Sign Language 10:30 Advanced Tap 11:00 Back Care and Core Conditioning 12:30 LCR 1:00 Whist	(11) Market Basket 9:30 Nordic Walking 10:00 Mahjong Open Play 11:00 Chair Yoga 12:00 Senior Gardeners 1:00 Country Line Dancing	(12)
(17) 9:30 Sit and Get Fit 10:00 Quilting/Fiber Arts Bees 10:00 Sign Language 10:30 Advanced Tap 11:00 Back Core & Conditioning 12:30 LCR 1:00 Whist 2:00 TRIAD	(18) 9:30 Nordic Walking 10:00 Book Club 10:00 Mahjong Open Play 11:00 Chair Yoga 12:00 Lunch Bunch 1:00 Country Line Dancing	(19)
(24) 9:30 Sit and Get Fit 10:00 Quilting/Fiber Arts Bees 10:00 Sign Language 10:30 Advanced Tap 11:00 Parkinson Support Group 11:00 Back Core & Conditioning 12:00 Birthday Lunch 1:00 Acoustics session Mike & Andy 12:30 LCR 1:00 Whist	(25) Stop & Shop 9:30 Nordic Walking 10:00 Mahjong Open Play 11:00 Chair Yoga 12:00 Senior Gardeners 1:00 Country Line Dancing	(26)



FRIENDS OF THE COA

Your Support at Work

Thanks to the generosity of our members, two beautiful outdoor benches have been installed at the front of the Pembroke Community Center. The Friends also funded two new restroom benches and helped pay for the production and mailing of the Pembroke Pioneer newsletter.
Thank you to every member and donor for making these improvements possible.





We gratefully acknowledge the following members who made their additional contributions:

Ann Bragdon Judi Chaskes Debbie Defeo Paula McGuiness Riley Miller Stephanie Callahan Mary Teevens John & Lorraine Willness Mary Salters Deanna White-Hebert Ellie Nicklas
Linda Porazzo In Memory of Paul Robert Porazzo
Ronald L Tanquay In Honor of Joan Tanguay
Carol Walters In Honor of Robert Walters
Paul Neelon In Honor of Joyce Nellon
Maureen Dewitt In Honor of Maureen Dewitt

Renew your Membership for the Friends of the COA for 2026

Your support helps enhance programs, services and activities. Through your contributions, we are able to provide additional funding to Senior Services, helping to create meaningful connections and experiences.

(Dues will be accepted January 1—December 31 2026)
Your $10 membership donation will help the Friends underwrite the cost of activities and resources for the Senior Center. Please make check payable to: **Friends of the COA** (with this coupon) to: **Friends of the COA, P.O. Box 221, Pembroke, MA 02359**

Name: _____ **Phone:** _____
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Date: _____ **Email:** _____
Membership dues for 2026: _____ **$10** _____
Additional Contribution: _____
Gift In Honor of or In Memory of: _____
Check One: ___ **NEW** ___ **Existing Member** **TOTAL: $**_____

(NEW) OCTOBER PROGRAMS LISTED BY CALENDAR DATE

MOVIE "MICHAEL" Tuesday, October 6, 1:00. A powerful biographical drama that follows the extraordinary life of Michael Jackson. Runtime: 2 hours 7 minutes (127 minutes). Popcorn will be served. RSVP by calling 781-294-8220 or sign up at the front desk. FREE

BRIDGEWATER TRIANGLE Wednesday, October 7, 11:00. Join local presenter Judy Macioci as she explores the mysteries of the Bridgewater Triangle, a region long associated with strange sightings, unexplained events, and local legends. Discover the fascinating history behind these mysterious occurrences and why this legendary area continues to capture the imagination of believers and skeptics alike. RSVP by calling 781-294-8220 or at the front desk. FREE

SIGN LANGUAGE, Thursday, Oct 8, 15, 22, 29 10:00-11:00. Join ASL instructors Lan Baker and Irene from New England Village for a monthly American Sign Language class. Come learn the basics and build you skill. RSVP by calling 781-294-8220 or at the front desk. FREE

I**NSECTS IN CINEMA** Wednesday, October 14, 11:00. From giant monsters to creepy crawlers, insects have played unforgettable roles in horror and science fiction films for decades. Join Blake for a fun and fascinating presentation exploring the real science behind these cinematic bugs, separating fact from fiction while discovering how insects have inspired some of Hollywood's most memorable movies. Presented by Blake Dinius RSVP by calling 781-294-8220 or at the front desk. FREE

TRIAD, Thursday October 15, 2:00pm Join us for the Sheriff's Department, DA's office, and our Pembroke Fire and Police. FREE

LUNCH BUNCH, Friday, October 16, 12:00 Join us for lunch at Machim House of Thai in Hanover. Meet us there or hop on the bus from the Senior Center. Lunch is on your own tab. Priority on the bus given to those who cannot drive Must sign up by October 9 by calling 781-294-8220 or at the front desk

PROPERTY TAX EXEMPTIONS, Monday, October 26, 1:00 Join the Accessors for a presentation.. RSVP by calling 781-294-8220

KARAOKE, Tuesday, October 27, 1:00 Join us for music and unforgettable performances with our DJ, Mike M! Whether you're a seasoned singer or just want to cheer on your friends, it's all about the fun. RSVP by calling 781-294-8220 or at the front desk. FREE

HALLOWEEN PARTY, Wednesday, October 28, 12:00-1:30 Get into the spooky spirit at our Halloween Party! Enjoy music with a live DJ, delicious pizza, and exciting prizes for the best costumes. Come dressed to impress! Register by October 21 with Melissa. $10 Payment due at sign up.



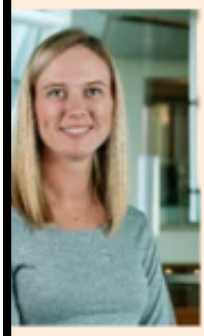


OCTOBER 2026

Monday	Tuesday	Wednesday
(5) 9:00-1: 00 Reflexology 9:30 Nordic Walking 9:30 Apts with Nurse Keri Ball 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba/ or Decluttering Tips with Keri Ball 12:30 LCR 1:00 Cribbage or Knitting or Square Dance 6:00 Mahjong Open Play	(6) Walmart Trip 9:00-4:00 Manicures /Pedicures 9:00 Blood Pressures 10:00 Botanical Painting 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia caregiver Support/ Music Cafe 1:00 Movie 1:30 Wellness Class	(7) 9:00 Botanical Drawing 9:30 Nordic Walking 9:30 Balance & Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Bridgewater Triangle 11:00 Watercolors 1:00 Tai Chi 6:00 Beginner Quilting
12) Columbus Day No Classes Senior Center is Closed	(13) Walmart Trip 9:00 Veterans Breakfast 10:00 Vision support 10:00 Botanical Painting 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia Support Luncheon 1:30 Wellness Class	(14) 9:00 Botanical Drawing 9:30 Nordic Walking with Host 9:30 Balance & Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Insects in Cinema 11:00 Watercolors 1:00 Tai Chi 6:00 Beginner Quilting
(19) 9:30 Nordic Walking 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 11:00 Lauren Mello Lawyer Appts 1:00 Bingo 1:00 Cribbage or Knitting or Square Dance 6:00 Mahjong Open Play	(20) Walmart Trip 10:00 Botanical Painting 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia caregiver Support/ Music Cafe 1:30 Wellness Class	(21) 9:00 Botanical Drawing 9:30 Nordic Walking 9:30 Balance & Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Watercolors 1:00 Tai Chi 6:00 Beginner Quilting
(26) 9:00-12:00 Massage Appts 9:30 Nordic Walking 10:00 Sit and Get Fit 10:00 Poker 11:00 Zumba 12:30 LCR 1:00 Cribbage or Knittingor uare Dance 2:00 Assessors Property Exemptions 6:00 Mahjong Open Play	(27) Walmart Trip 10:00 Botanical Painting 10:15 Forever Fit 11:30 Gentle Yoga in a Chair 1:00 Dementia caregiver Support/ Music Cafe 1:00 Karaoke 1:30 Wellness Class 6:00 Plymouth Rock Stamp Club	(28) 9:00 Botanical Drawing 9:30 Nordic Walking 9:30 Balance & Conditioning 10:00 Dull Men 10:00 Grief Support 11:00 Watercolors 12:00 Halloween Party 1:00 Tai Chi 6:00 Beginner Quilting

OCTOBER 2026

Thursday	Friday	Saturday
(1) **9:00 Dental Appointments** **9:30 Sit & Get Fit** **10::00 Quilting/Fiber Arts Bees** **10:30 Advanced Tap** **11:00 Train Your Brain** **11:00 Back Core & Conditioning** **12:30 LCR** **1:00 Whist**	**(2) Big Y** **9:30 Nordic Walking** **10:00 Mahjong Open Play** **11:00 Hearing Loss Support Group** **11:00 Chair Yoga** **1:00 Country Line Dancing**	**(3)**
(8) **9:30 Sit & Get Fit** **10:00 Quilting/Fiber Arts Bees** **10:00 Sign Language** **10:30 Advanced Tap** **11:00 Back Core & Conditioning** **12:30 LCR** **1:00 Whist**	**(9) Market Basket** **9:30 Nordic Walking** **10:00 Mahjong Open Play** **11:00 Chair Yoga** **12:00 Community Gardeners** **1:00 Country Line Dancing**	(10)
(15) **9:30 Sit & Get Fit** **10:00 Quilting/Fiber Arts Bees** **10:00 Sign Language** **10:30 Advanced Tap** **11:00 Back Core & Conditioning** **12:30 LCR** **1:00 Whist** **2:00 TRIAD - Keeping Seniors Safe**	**(16)** **9:30 Nordic Walking** **10:00 Mahjong Open Play** **10:00 Book Club** **11:00 Chair Yoga** **12:00 Lunch Bunch** **1:00 Country Line Dancing**	(17)
(22) Turkey Train **9:30 Sit & Get Fit** **10:00 Quilting/Fiber Arts Bees** **10:00 Sign Language** **10:30 Advanced Tap** **11:00 Parkinson Support Group** **11:00 Back Core & Conditioning** **12:30 LCR** **1:00 Whist**	**(23) Stop & Shop** **Podiatry Appointments** **9:30 Nordic Walking** **10:00 Mahjong Open Play** **11:00 Chair Yoga** **12:00 Community Gardeners** **1:00 Country Line Dancing**	(24)
(29) **9:30 Sit & Get Fit** **10:00 Quilting/Fiber Arts Bees** **10:00 Sign Language** **10:30 Advanced Tap** **11:00 Back Core & Conditioning** **12:30 LCR** **1:00 Whist**	**(30) Shaws** **9:30 Nordic Walking** **10:00 Mahjong Open Play** **11:00 Chair Yoga** **1:00 Country Line Dancing**	**(31)**



Pembroke Senior Services
Welcomes
Keri Ball
Regional Public Health Nurse
with
South Shore 5
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(October -Clutter Busters)
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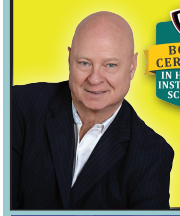
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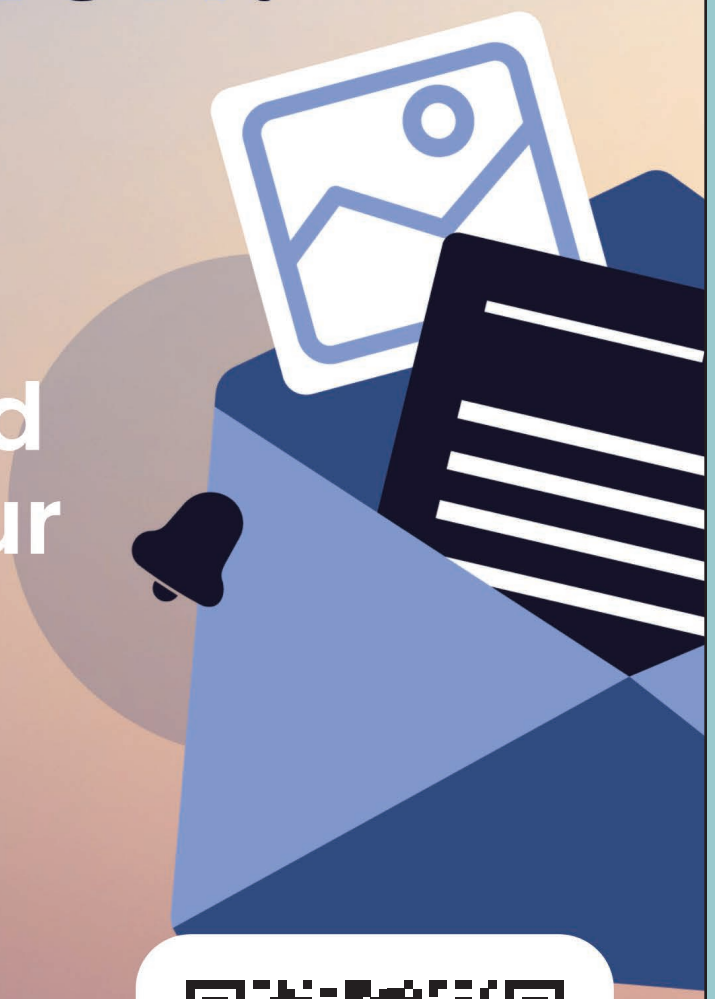
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PEMBROKE SENIOR SERVICES

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Upcoming Events

November 4 Coconut Grove Presentatiom
November 17 Mani/Pedi with Joddie
November 18 Thanksgiving Luncheon
December 14 Christmas at Blythewold Mansion (MUST Sign up by Nov 6)
December 15 Mani/Pedi with Joddie

Community Center Hours

Monday -Friday 8:00am–9:00pm
Saturday 9:00am-3:00pm
Sunday 9:00am-2:00pm

You Have What It Takes to Help Others This Upcoming Tax Season!

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide offers free in-person preparation and assistance to anyone, especially those 50 and older who cannot afford tax preparation services. Volunteers make a difference in their communities by assisting many low-income taxpayers and their families who might otherwise miss out on the tax credits and deductions that they have earned.

The Tax-Aide program is seeking volunteers for a number of roles including tax preparers and client facilitators. Volunteer tax preparers complete tax preparation training and receive IRS certification. Tax-Aide volunteers assist taxpayers from early February through April during the weekday. Training will begin in the fall so **enter your contact information at** mataxaide.org/interest **and a volunteer will reach out to you.**

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