

FEBRUARY-MARCH EVENTS

Howie Newman - Music for Seniors: 12:30 p.m. Feb. 7. This event includes music and comedy with hits by the Beatles, Dean Martin, Elvis, Frank Sinatra and many more. Registration is required. No fee.

Delicious & Nutritious: 2:30 p.m. Feb. 9. Fare of the day is Haddock in foil with mushrooms and artichokes. The group will offer a live audience experience and taste testing. Chef Jerry Levine will be filming live at PACTV and dietitian Marcia Richards will be live at the center to answer questions and further discuss the cuisine created. This event is sponsored by Healthy Plymouth. No Fee. Registration is required.

Valentine's Day Party with DJ Jeff Baker: 12:30 p.m. Feb. 14. Attendees can enjoy music and dancing. Wear something red. No fee. Registration is required.

Senior Circuit Breaker Tax Credit program: 10 a.m. Feb. 16. State Rep. Matt Muratore will bring Brian Lynch, of DOR's Office of Advocacy, Training and Communication, to discuss the Senior Circuit Breaker Tax Credit program and what it can mean. Regis-

tration is required.

Preparing for your next doctor's appointment: 12:30 p.m. Feb. 21 with Denise Ksen-Smith of Cape Cod VNA. Free workbooks for attendees. No fee but registration is required.

Using Essential Oils for Healing: 10 a.m. Feb. 28 with Comfort Keepers. Learn how to use essential oils for everyday health and wellness. Make and take a rollerball remedy. No fee but registration is required.

Discussing sensitive topics for women: Urinary Incontinence: 9:30 a.m. March 2 with **PEAK Physical Therapy**. Addressing this issue with physical therapy and exercise not just treating the symptoms. Registration required. No fee.

Buried in Treasures: 10 a.m. to noon Tuesdays, March 6-June 19. Judgement free, educational self-help group for people with hoarding issues. Must register with Deana Andrade at Old Colony Elder Services 508-584-1651, ext. 232. Sponsored by the Greater Brockton Area Hoarding Task Force, MassHousing, The Plymouth Networking group and Old Colony Elder Services. No fee but attendees must meet criteria.

