



IT'S STILL SUMMER!!!



Grab your towel and your sunscreen. Grab your sand toys and chairs. It's time to head for the ocean shore or pond front! August is THE best swimming month in Massachusetts.

Warm water, warm breezes and very few rainy days!!



August[♥]



**After the 4th of July you sense that you must savor every moment as August approaches. Before long it will be time to get in the back-to-school mode! Plan that big “friends and family” cookout, get up early and run on the beach, watch that fantastic sunset, play some more baseball! Spend hours swimming with the kids. These are precious moments. Make the most of those “summer days”.
Make awesome memories!! Just enjoy yourself ~**

Enjoy!



There's still plenty of time for lots of fun ...FREE FUN FRIDAYS are running through August. On the following page you will find a list posted by HighlandStreet.org published by the *Boston Globe*. Now through August 28th there are twenty-two listings for *Fun Free Friday* events! Pack a picnic and gas for the car will be your only expense!! FUN and educational adventures that the kids will love. Zoos, museums, parks, carousels, history, Pilgrims, battleships, take your pick! There's still time to experience a few of them!!



FREE FUN FRIDAYS!

70 MUSEUMS & CULTURAL VENUES 10 WEEKS OF FUN THIS SUMMER



TANGLEWOOD
NORMAN ROCKWELL MUSEUM
THE MOUNT: EDITH WHARTON'S HOME
WORCESTER ART MUSEUM
MIT MUSEUM
PEABODY ESSEX MUSEUM
THE HOUSE OF THE SEVEN GABLES



BOSTON CHILDREN'S MUSEUM
HERITAGE MUSEUMS & GARDENS
FALMOUTH MUSEUMS ON THE GREEN
BERKSHIRE MUSEUM
AMELIA PARK CHILDREN'S MUSEUM
NAUMKEAG, TRUSTEES OF RESERVATIONS
OLD MANSE, TRUSTEES OF RESERVATIONS



EDWARD M. KENNEDY INSTITUTE
CAPE COD MARITIME MUSEUM
NEW BEDFORD WHALING MUSEUM
CHILDREN'S MUSEUM AT HOLYOKE
VOLLEYBALL HALL OF FAME
DANFORTH ART
NEW ENGLAND HISTORIC GENEALOGICAL SOCIETY



MUSEUM OF FINE ARTS, BOSTON
LARZ ANDERSON AUTO MUSEUM
THE SPORTS MUSEUM
CAPE ANN MUSEUM
CHILDREN'S MUSEUM IN EASTON
FITCHBURG ART MUSEUM
TOWER HILL BOTANIC GARDEN



COMMONWEALTH SHAKESPEARE COMPANY
ARNOLD ARBORETUM OF HARVARD UNIVERSITY
BATTLESHIP COVE
EDWARD GOREY HOUSE
PILGRIM HALL MUSEUM
FRUITLANDS MUSEUM
MUSEUM OF RUSSIAN ICONS

THE INSTITUTE OF CONTEMPORARY ART/BOSTON
SANDWICH GLASS MUSEUM
CAPE COD MUSEUM OF ART
GARDEN IN THE WOODS
WENHAM MUSEUM
AMERICAN TEXTILE HISTORY MUSEUM
THE ERIC CARLE MUSEUM



BOSTON HARBOR ISLANDS NATIONAL PARK
THE GREENWAY CAROUSEL
THE OLD STATE HOUSE
CONCORD MUSEUM
WORCESTER HISTORICAL MUSEUM
SPRINGFIELD MUSEUMS
HANCOCK SHAKER VILLAGE



JOHN F. KENNEDY PRESIDENTIAL LIBRARY & MUSEUM
USS CONSTITUTION MUSEUM
CAPE COD CHILDREN'S MUSEUM
FULLER CRAFT MUSEUM
THE CHILDREN'S MUSEUM OF GREATER FALL RIVER
HISTORIC DEERFIELD
MAHAIWE PERFORMING ARTS CENTER



FRANKLIN PARK ZOO
THE FREEDOM TRAIL FOUNDATION
MUSEUM OF AFRICAN AMERICAN HISTORY
DISCOVERY MUSEUMS
BUTTONWOOD PARK ZOO
EMILY DICKINSON MUSEUM
JACOB'S PILLOW DANCE FESTIVAL



OLD STURBRIDGE VILLAGE
PLIMOTH PLANTATION
CLARK ART INSTITUTE
MASS MOCA
ECOTARIUM
GRIFFIN PHOTOGRAPHY MUSEUM
CAPE COD MUSEUM OF NATURAL HISTORY



PLEASE VISIT HIGHLANDSTREET.ORG OR CALL 617.969.8900 FOR MORE INFORMATION



Melissa is Pilgrim Hope's newest Re-housing Case Worker. Upon expansion of our family shelter program we found ourselves in need of an additional case worker to effectively provide support to our families. After interviewing many candidates, we found the perfect someone! Melissa has been a wonderful addition to the Coalition, providing assistance to our families in a caring, compassionate, and professional manner. Welcome Melissa!

Melissa Ferreira

Healthy Market~Food Pantry



Left to right: Marcia Richards, Ariel Martinez and Helen Maclean. Yes, these ladies definitely have something to smile about!!

The Healthy Market Launch

On June 24th, Plymouth Area Coalition's Food Pantry was named a "Healthy Market" by Healthy Plymouth. The Healthy Market Program typically works with small grocery and convenience stores to make the healthy choice, the easy choice through "healthy option" shelf tags. "Providing the same service within a food pantry makes sense" said Marcia Richards, Healthy Plymouth Nutrition Facilitator and BID-Plymouth Dietitian. "The Plymouth Area Coalition's Food Pantry uses a self-selection model and offers a variety of healthy options and fresh produce. Clients can easily select the most nutritious choices using the "healthy option" signs throughout the pantry." Pantry patrons agreed through these comments: "It's easy for me to choose the lowest salt foods," "I can make the best choice for my heart," and "I can pick the best juice for my kids by using the healthy option tag."

"We are honored to be named a 'Healthy Market' in Plymouth," said Helen MacLean, Executive Director of the Plymouth Area Coalition. "We are dedicated to our mission to educate, empower, strengthen, nurture, and assist individuals and families who seek shelter, food and other basic necessities so that they may build on their strengths and experience their own potential as independent members of society. Becoming a Healthy Market helps to solidify our mission!"

If you would like to learn more about the Healthy Market Program, please contact Marcia Richards: 508-732-8983 or mrichards@bidplymouth.org. Go to the Healthy Plymouth website at www.healthyplymouth.org for health information and many local resources and projects.

New Labeling Healthy Options

At our food pantry!

Clients can easily select the most nutritious choices using the “healthy option” signs throughout the pantry.

Snacks

Before



After



Eat Healthy

Choose Healthy

Educate ~ Empower ~ Strengthen ~ Nurture ~ Assist

Go Down to the Waterfront !!!

2015 Downtown Plymouth Waterfront Festival
August 29, 2015
Plymouth's Downtown Waterfront



WICKED AWESOME

(As we in Massachusetts say !!!)



Downtown Plymouth Waterfront Festival



Downtown Plymouth
waterfront
festivalSM



RAD Program RAD Program



Left to right: Suzanne Gordon of Eastern Bank, Helen Maclean, and Rana Murphy of Eastern Bank. On June 25th, Eastern Bank presented a check in the amount of \$10,000 to the Coalition's RAD scholarship program.

Applications for scholarships are available at the Coalition. Phone: 781-582-2010. The first round of classes is planned for September.

THE R.A.D. SYSTEMS OF SELF DEFENSE

You Can Do This

“The R.A.D. Systems of Self Defense offers programs for women, children, men and seniors. These offerings provide a truly holistic approach to self defense education, supporting the necessity of continuous learning in order to provide realistic options for each population as they go through life. Each of these programs includes educational components comprised of lecture, discussion, physical resistive strategies. All of which are facilitated by certified R.A.D. Instructors supported by a network of dedicated professionals who honor one another's student through our unique Lifetime Return and Practice Policy.”

If you are interested in the self defense course please contact the Coalition at the following: Phone: 781/582-2010
Email: info@plymouthareacoalition.org

<http://www.rad-systems.com>

RAD: Rape Aggression
DEFENSE

Can you defend yourself?

RAD Program

RAD Program

Kingston, Duxbury, Plymouth, Carver, Plympton and Halifax residents, if you are interested in attending this fabulous self defense course please contact Plymouth Area Coalition at 781/582-2010.

SELF DEFENSE CLASS

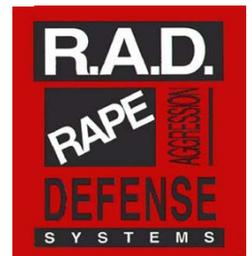
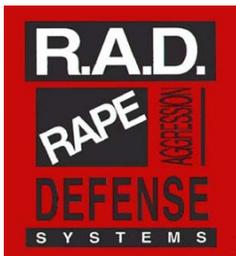
SCHOLARSHIPS

Plymouth Area Coalition
is now accepting applications for
R.A.D. Scholarships

Classes will be held every Tuesday 5pm to 9pm
September 15, 2015 through October 13, 2015 at
the Reed Community Building in Kingston.
Women high school age and up are eligible to
apply. Under 18 requires parental consent.

To request an application please call 781 582 2010. Applications may
also be downloaded from our website www.plymouthareacoalition.org.

To learn more about the R.A.D. systems of self-defense please visit www.rad-systems.com



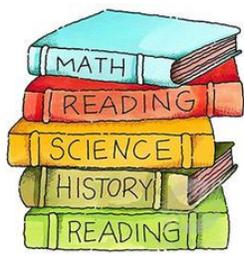


Back to School



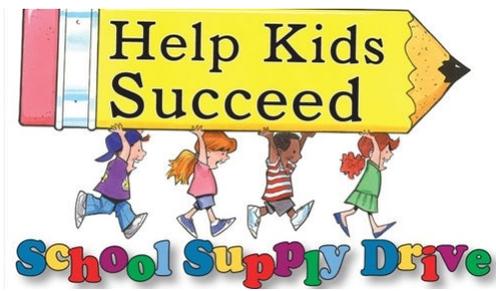
Within weeks the kids will be hopping on the bus, or you will be carpooling, to begin the new year of education! You are now thinking and budgeting for school clothes, checking the anticipated *required supply list*, lunch menus and nights of homework!! Buckle down, get back to “early-to-bed” schedule and the dreaded alarm clock!

These are the early mornings when you are grateful that you took the time to enjoy your summer, whether it was a family vacation or a few fun days at the beach. Where DID the summer go??



“Learning is a treasure that will follow its owner everywhere.”
– Chinese Proverb





Stuff a Backpack 2015

The Coalition is now accepting donations of backpacks and school supplies for needy children grades K-12. Donations may be delivered to 149 Bishops Highway, Kingston. Please contact Ariel at 781/582-2010.

Supplies needed: Age appropriate backpacks, pencils, crayons, college rule single subject notebooks, rulers, composition paper, 5-subject notebooks, highlighters, calculators, pens, magic markers, report covers, glue sticks, and child-safe scissors for the younger ones.

Please

Spread the Word





Let's do it!

How many times have you thought that you should use some of your free time to volunteer somewhere? You want to “give back” but just keep putting it off, thinking you just don’t know where to begin.

BEGIN HERE!! Plymouth Area Coalition and Pilgrim’s Hope welcomes those who wish to donate their time. If you are able to rake leaves in the fall, collect books for children, gather clothes for the needy. That is “giving back”.

If you have a kind heart and concern for others less fortunate, you have the makings of a great “volunteer”!! Once a week, once a month, once a year. The choice is yours!

Getting your children involved presents an opportunity to educate them in helping others and creating community involvement. Another area where your kids learn by your example.

The *Children’s Holiday Fund* is another great way to volunteer.

Contact us at 781/582-2010. On our website you will also find an application to print and submit to us.



SUPPORT OUR TROOPS

