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Questions?

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The Club

AT

ROCKLAND TRUST | BANK

Member FDIC

Dear Club Members,

It was great celebrating the holidays with many of you at The Hanover Theatre in Worcester, it was wonderful to be together again! The holiday party holds a special place in my heart, for many years it has sparked my own holiday season, and I'm grateful to have been able to celebrate many holidays with so many of you. We appreciate your continued support and business. To the people who have been with us for years, and the ones who have just joined us recently, I want to thank you. This wouldn't be possible without you.

It seems harder and harder these days to save some money with the increased cost of things, but we want to make it easier for you. Check out some of the great discounts available to The Club at Rockland Trust members featured on page 2. If you'd like a new full listing of discounts mailed to you, please give me a call.

We're always looking to make your banking more convenient! You can call me at any time at 508.946.8486. If you happen to be using online or mobile banking you can connect with a banker right from there using YourBanker®; see page 3 for details.

Health is always top of mind for many of us, and we'll be learning to take charge of our brain health in the informative seminar The Six Pillars of Brain Health; see page 4 for further details. Before we know it, spring will be here and there will be yard sales and flea markets opening. Learn more from our good friend Bill Safer as he talks about finding hidden treasures and how to successfully negotiate items being sold there; more information is on page 4.

I've been noticing some of the things I used to wear don't quite fit the way they used to. My dresser and closet have started to overflow, and one of my resolutions is to clean them out to get it more organized again. If you're in a similar situation, I'd like to invite you to join us in supporting Habitat for Humanity MetroWest/ Greater Worcester Clothing and Textile Drive, a wonderful organization that helps support local families and veterans; you can find the specifics on page 4.

Our Book Club has been growing, and we'd love to have you join us; see page 6. It's a great way to stay connected, share our thoughts and experiences, as well as our love of reading.

I hope your New Year is off to a fantastic start!

Sincerely,

Patrick Wimberly

Banking Officer, Assistant Director of The Club at Rockland Trust

Member Benefits

Business Discounts

Being a member of The Club means access to various deals and discounts throughout Worcester County, including at local businesses like the ones featured below.

Palace Elite Barber Spa

Free beard trim
with purchase of a haircut

1067 Main Street, Worcester, MA 01603
508.459.1160

Unity Tile Plus, Inc.

Free estimate & 10% off

Serving Worcester County
978.962.1214

Willow Brook Restaurant

1 free small ice cream
with the purchase of an entrée

16 Hastings Street, Mendon, MA 01756
508.473.4420

Golden Nails & Spa

10% off any service

185 West Main Street, Dudley, MA 01571
508.943.7055

Mondi Hair Salon

10% off any service

850 Southbridge Street, Auburn, MA 01501
508.832.9867

Sharp Plumbing & Heating, Inc.

\$150 off water heater install

329 W. Main Street, Unit #2, Northborough, MA 01532
978.208.2662

FastFix

20% off iPhone repairs
10% off Samsung Galaxy repairs

301 Grove Street, Worcester, MA 01605
774.232.3636

Eyeglasses & Hearing Aids

10% off original price

Stephen P. Welch, A.B.O.C., Optician Lic. 1595, HIS Lic. 065
1405 Main Street, Worcester, MA 01603
508.799.9204

To access these discounts at these businesses, simply show your The Club at Rockland Trust Debit Card to signify your Club membership.

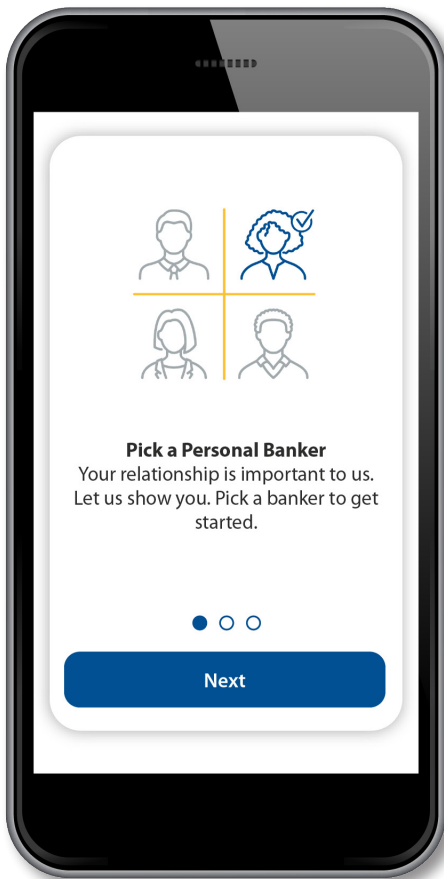
To view more discounts and further information on the discounts above, visit RocklandTrust.com/Discounts



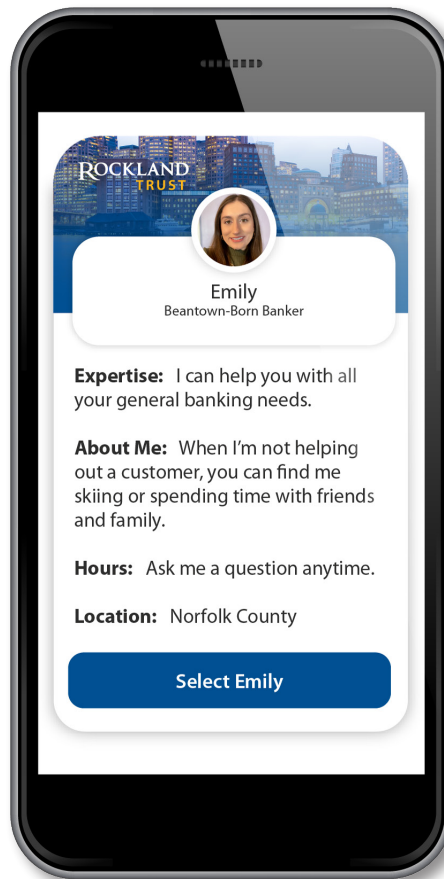
Introducing YourBanker® at Rockland Trust

Banking experts, here to make your life easier. We know that life can be busy, and you don't always have time to visit a branch. Or maybe you just don't feel like going out on a rainy day. Don't worry, that's what YourBanker® is here for. Connect with your very own dedicated banker on your mobile device or computer.

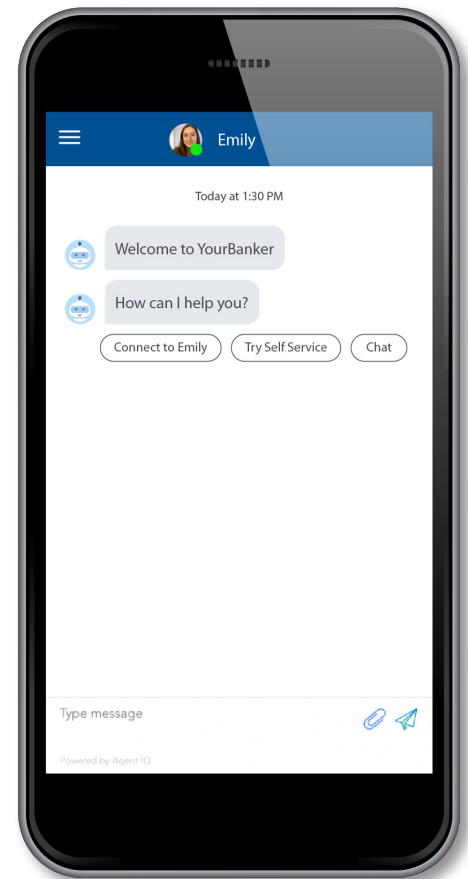
Log in to online or mobile banking and click on YourBanker®



Scroll through and select YourBanker®



Start a conversation with YourBanker® when it's convenient for you



What can YourBanker® help you with?

Have a question about your account? Misplace your debit card? Need to change your address? Looking for banking advice from a trusted advisor? From day-to-day banking support to important financial advice, go ahead and ask YourBanker® – that's what they are here for!

How to get started with YourBanker®

To access YourBanker®, log in to Rockland Trust Online or Mobile Banking and click on Connect to YourBanker®.

The Six Pillars of Brain Health | April 13, 2023 – [10:30 a.m. – 11:30 a.m.]

It's never too late to take charge of your brain health! In this session, you will learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others. This session is a good overview for anyone interested in improving their brain health and will provide you with actionable steps you can take along with resources to learn more. Presented by AARP Massachusetts Speakers Bureau and Fran Nase.

For over half a century, AARP has been the nation's leading social change organization defending, representing, and advancing the needs and wants of people 50+ and their families.

Negotiating at Yard Sales & Flea Markets | April 26, 2023 – [10:30 a.m. – 11:30 a.m.]

Massachusetts was among the first states, and as a seaport state, treasures have been coming in since the 1700s. This seminar, presented by Bill Safer, highlights some flea market finds and what to look for to take a possible treasure home with you. You never know what you can find!

Bill has been collecting and selling antiques for over 45 years. Bill has hosted a TV show called *Hidden Treasures* on WCCA-TV channel 194 in Worcester and on the internet at www.WCCATV.com for more than 10 years. With the help of various guests, Bill helps the viewers gain knowledge that can be used to find a Hidden Treasure, perhaps in your own home! He has been a writer of a nature column for over 20 years called "Nature's Way" published in the Worcester County League of Sportsmen's Clubs newspaper. He's written for *Rock & Gem* magazine and *Pen World* magazine. His articles have appeared in *The Worcester Telegram & Gazette* and *Yankee* magazine.

The above seminars will be held at the Worcester Senior Center located at 128 Providence Street, Worcester, MA 01604. To reserve a spot at one of these seminars, please give us a call at 508.946.8486.

Habitat for Humanity MetroWest/Greater Worcester Clothing and Textile Drive

Time to clean out those closets and drawers! The Third Annual Clothing and Textile Drive is upon us, and all proceeds will benefit Habitat for Humanity MetroWest/Greater Worcester. Habitat for Humanity's mission is to build homes, communities, and hope for local families and veterans. Your support gives families the opportunity to help themselves. Homeownership allows families to save more, invest in education, live in healthier environments, and have more financial stability.

The following items will be accepted and must be gently used, no stains, rips, etc.:

- | | | | |
|--|-----------------------|--------------------------|-----------------------------------|
| • clothing (all sizes, infant through adult) | • belts | • Halloween costumes | • pillows |
| • tops | • hats/scarves | • purses/handbags | • tablecloths/runners/napkins |
| • bottoms | • mittens/gloves | • backpacks | • curtains |
| • shoes/socks | • coats/jackets/vests | • costume jewelry | • shower curtains |
| | • swimwear | • quilts/blankets/sheets | • Christmas tree skirts/stockings |

Donations must be placed in large trash bags and tied shut. Small shopping bags will not be accepted. Donations in cardboard boxes or paper bags will not be accepted. No clothes hangers. No fragile/breakable items. Not accepting stuffed animals, rugs, furniture/other large objects, or books/CDs/media at this time.

Donations can be dropped off at many of our Rockland Trust offices by **April 14, 2023**:

Mendon Branch

14 Hastings Street, Route 16

Worcester Park Avenue Branch

633 Park Avenue

Shrewsbury Branch

193 Boston Turnpike

Milford East Main Branch

300 East Main Street

Worcester Grafton Street Branch

967 Grafton Street

Westborough Branch

35 Lyman Street

Milford South Main Branch

146 South Main Street

Worcester Grove Street Branch

301 Grove Street

*The Club at Rockland Trust presents America's Music Cities**

**8-Day
Trip!**

**Sunday, October 22, 2023
to Sunday, October 29, 2023**

10 Meals Included: 7 Breakfasts and 3 Dinners

BOOK NOW AND SAVE \$100 PER PERSON!

Cost per person: \$4,299 Single basis | \$3,399 Double basis | \$3,349 Triple basis

\$100 off and rates are valid on air-inclusive packages until April 22, 2023.

Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities – New Orleans, Memphis, and Nashville. Experience New Orleans, where jazz, food, and fun are always on the menu. This soulful city abounds with rich history, mouthwatering Cajun and Creole cuisine, and of course, an incomparable soundtrack. Choose how you explore New Orleans – by foot or by coach. Discover Mardi Gras World, where massive parade floats are crafted. Taste the classic beignets at Café Du Monde. Spend two nights in Memphis, the birthplace of the blues, rock 'n' roll, and soul. Choose how you connect with Memphis' history – with a tour of Elvis Presley's Graceland or by following the last march of MLK. Enjoy reserved seats at the Grand Ole Opry in Nashville. Explore the Country Music Hall of Fame, the world's largest museum of popular music, and check out the vast collections of memorabilia, costumes, recordings, and instruments. See where country legends recorded hit tunes at RCA Studio B, and gain an insider's look at Nashville's oldest remaining studio, where Elvis Presley, Dolly Parton, and Charley Pride once recorded classic hits. Create your own Goo Goo Cluster Candy at a chocolate-making lesson. You'll be hummin' and strummin' long after you've returned home.

*The Club at Rockland Trust Company announces America's Music Cities hosted by Collette. Trip is hosted by Collette and coordinated by Rockland Trust as a courtesy to members of The Club at Rockland Trust. Rockland Trust earns a commission from Collette in accordance with the terms of the business agreement between Collette and Rockland Trust. Trip is subject to Collette's terms and conditions, including its cancellation policies. A signed copy of a Rockland Trust Acknowledgment and Release is required prior to participation in the trip.

Chicken and Broccoli Casserole



Ingredients

8 oz. uncooked pasta
1 large head of broccoli, cut into bite-sized florets
2 tablespoons butter or olive oil
1 small white onion, thinly sliced
8 oz. baby bella (cremini) mushrooms, thinly sliced
4 cloves garlic, minced
2 tablespoons flour
1 cup chicken or vegetable stock
1 ½ cups milk
1 teaspoon Dijon mustard
½ teaspoon fine sea salt
¼ teaspoon freshly cracked black pepper
2 cups (8 oz.) shredded sharp cheddar cheese, divided
2 cups diced (or shredded) cooked chicken

Instructions

Heat oven to 400°. Cook pasta in a large stockpot of generously salted boiling water until it is al dente. About one minute before the pasta is done, add the broccoli to the boiling pasta water and stir until combined. Drain both the pasta and broccoli, and set aside.

Meanwhile, heat the butter (or oil) in a large sauté pan over medium-high heat. Add the onion and sauté for three minutes, stirring occasionally. Add the mushrooms and garlic and sauté for five more minutes, stirring occasionally, or until the mushrooms are cooked through.

Sprinkle the flour evenly over the onion mixture and stir until combined. Cook for one minute, stirring occasionally. Add in the stock, and stir everything together until most of the clumps are gone. Add in the milk, Dijon, salt, and pepper and stir until combined. Continue cooking the sauce until it reaches a simmer. Then remove from heat and stir in one cup of the shredded cheese until it is combined. Taste and season with additional salt and pepper, if needed.

In a 9x13-inch baking dish, combine the cooked pasta, broccoli, mushroom sauce, and chicken. Toss until combined. Smooth the casserole out into an even layer.

Bake uncovered for 15 minutes. Then remove pan from the oven, sprinkle the remaining cheddar cheese evenly on top of the casserole, and bake for 10 more minutes or until the cheese is nice and melty.

Serve warm, garnished with extra black pepper and/or fresh herbs, if desired.

Servings: 6–8

Time to Check Out the Book Club!

The Club at Rockland Trust Book Club meets on the third Thursday of each month from 1:00 p.m. to 2:30 p.m. at the Worcester Senior Center, located at 128 Providence Street, Worcester, MA 01604. If you are interested in joining, please contact us at **508.946.8486**.

March 16, 2023

Maisie Dobbs
by Jacqueline Winspear

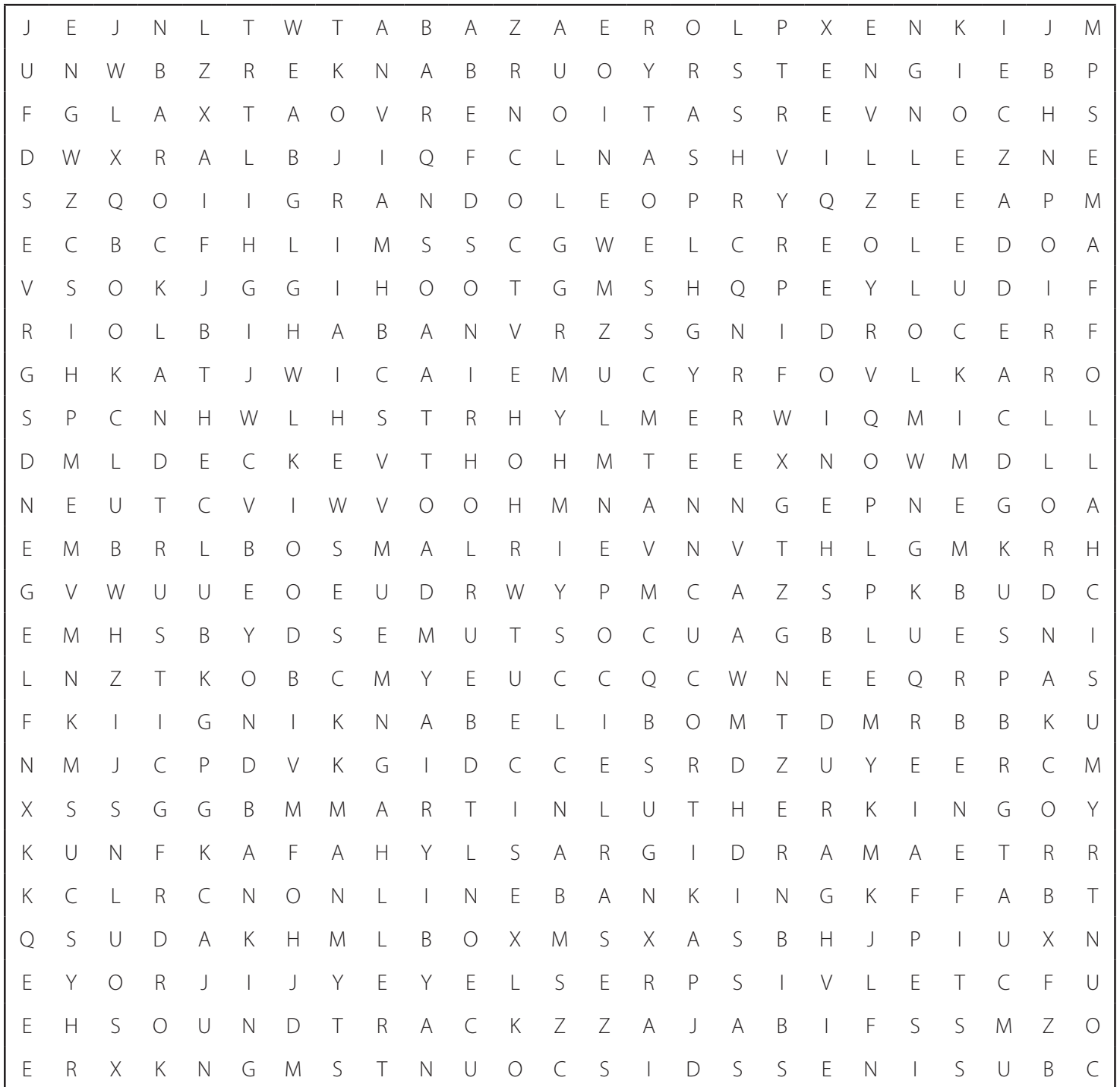
April 20, 2023

First: Sandra Day O'Connor
by Evan Thomas

May 18, 2023

The Nightingale
by Kristin Hannah

Winter Newsletter Word Search



BEIGNETS
BEYOND BANKING
BLUES
BOOK CLUB
BUSINESS DISCOUNTS
CAJUN
CANDY
COACH
CONVERSATION
COSTUMES

COUNTRY MUSIC HALL OF FAME
CREOLE
ELVIS PRESLEY
EXPLORE
GRAND OLE OPRY
HISTORY
HOME
INSTRUMENTS
JAZZ
LEGENDS

MARDI GRAS
MARTIN LUTHER KING
MEMBER BENEFITS
MEMORABILIA
MEMPHIS
MOBILE BANKING
MONEY MANAGEMENT
MUSIC
NASHVILLE
NEW ORLEANS

ONLINE BANKING
RECORDINGS
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