



**SENIOR HAPPENINGS
SEPTEMBER/OCTOBER
SCITUATE COUNCIL ON
AGING
27 BROOK STREET
SCITUATE, MA 02066**

STAFF

**Director
Florence Choate**

**Administrative Assistant
Jill Johnston**

**Transportation Coordinator
Quincie –Ann Cutler**

**Social Service Worker
Jennifer Gerbis**

BOARD

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Jim Harmon, Vice Chair**

**Dale Balog
Gerard Fierimonte
Richard Mitchell
Jerrilyn Quinlan
Audrey Reidy
Meg Stillman**

**Selectman Liaison
Marty O'Toole**

MISSION

The purpose of the Council on Aging is to identify needs and implement programs that will enhance the quality of life and independence of the seniors of Scituate, and to educate the community to the needs of

***THE HISTORY OF A GRAND OLD
BUILDING***

Over the years that I have been the Director of the senior Center I have often been asked about the history of the building, and how it happened to become the Scituate Senior Center. Since the town is now considering finding a new home for the Council on Aging, I thought I would share with you what I know of the building that we seniors now call home.

The building was built in 1834 as a two room school house. When the population of Scituate started to grow the school was replaced by a larger space, and the building was converted into the town's first fire station. During the late 19th century it housed one fire truck and a second floor was soon added. A fire pole was installed and a tower was constructed to dry the fire hoses and a large bell added to the tower to sound the alarm. The fire station was replaced when more modern equipment was purchased. Over the years, the building was abandoned and later was used for private purposes such as a car dealership and a real estate office. For many years the building stood empty until 1980 when a group of seniors lobbied town fathers for permission to use the building for a senior center. After securing funds from family, friends and fund raisers the work began and was completed in 1981. Left intact : the kitchen, an office and the main room, the pole was removed, but no alterations were done on the 2nd floor. The redesign of the building was all done by volunteers. The 2nd floor was condemned in the 90's and is still being used for storage. Two offices were added to the back of the building during that time and the heating and air conditioning system was updated. However, plumbing in most of the building was left as is.

Since that time, there have been only minor alterations or repairs done to the building. In spite of that, it has served the Seniors well over the years. There have been many events and programs held at the Senior Center since 1980, many good times, and shared laughs. This has been a place that many Seniors called home. Kudos to those Seniors who's hard work and dedication made it possible. Let us hope that somewhere in the not too distant future, this building too will be replaced by a new home for Scituate Seniors.

Florence

LOCAL SUPPORT GROUPS

MID STAGE ALZHEIMER'S GROUP

Meets the second Wednesday of each month 10:30AM to 12:00PM at the Norwell VNA, 120 Longwater Drive, Norwell. Call (781) 659-2342.

COA CAREGIVER'S SUPPORT GROUP

(EVENING)

Meets the third Tuesday of the month from 7:00PM to 8:00PM at Hingham Elder Services, 224 Central Street, Hingham. Call (781) 741-1452.

CAREGIVER'S SUPPORT GROUP (DAY)

Meets the third Wednesday of every month at 12:00PM. Due to the lack of interest in bringing the person being cared for to the meeting, we will be returning this program to the Senior Center at 27 Brook Street. It will be held on the third Wednesday of each month @12:30PM. Ellie O'Neil from South Shore Elder Services will be joining us.

VISION SUPPORT GROUP @ Hingham Elder Services on the third Monday of the month at 10:00AM. Scituate COA will provide transportation to and from the event. Call (781) 545-8722.

BLOOD PRESSURE SCREENING

The Town's nurse Eileen Scotti will do the screening at 10:00AM.

BP screens will take place

Wheeler Park 1st Wednesday of the month

Central Park 2nd Wednesday of the month

Lincoln Park 4th Wednesday of the month

DON'T FORGET TO ATTEND THE TOWN MEETING IN OCTOBER. We will be running a van, and we are asking that anyone who can pick up a senior for that night, please call us. If your neighbor needs a ride, help them out....

Senior Survival for Town Meetings

Arrive early to get a seat.

Take a cushion to put on your chair.

Bring bottled water and maybe a small snack.

When possible get up and walk around.

Study your list of warrants, ask for a list early. Know which warrants you want to vote on.

If you are not feeling well, go home early.

MONTHLY OPPORTUNITIES

ASK A LAWYER

Did you ever have a small legal question, but were reluctant to go to an attorney because of the expense? Well your question can be answered free of charge. The Scituate Council on Aging will have an attorney at the Senior Center the third Friday of the month. Attorneys Holly Harris, Michael Loring and Chris Sullivan are Elder Law Attorneys who rotate monthly in order to provide these services. To schedule a half hour appointment, please call (781) 545-8722.

MEET YOUR REPRESENTATIVE

Representative Jim Cantwell will be at the Senior Center the fourth Friday of the month to meet with anyone who has questions or concerns that he might help with. Please call for an appointment (781) 545-8722. Appointments are limited to 30 minutes.

SHINE INSURANCE COUNSELING

Are you a senior just retiring, or do you need help selecting a new health insurance plan? Come in and see our SHINE worker Norman Tetrault. He is at the Center every other Thursday from 1:00PM to 3:15PM. Call to make an appointment (781)545-8722.

FINANCIAL SERVICES

Are you wondering whether you are in the right investments for your stage of life? Do you need financial advice on trust, annuities, or other forms of financial planning? Deborah Flanagan, Financial Advisor with Edward Jones will be available by appointment at the Senior Center the first Monday of each month from 1:00 to 3:00PM to answer your questions. Appointments are limited to 30 minutes and there is no charge. Call for an appointment (781) 545-8722

NEW SERVICES

If there is a service that you would like to see offered at the Center that we are not currently doing, please call and speak with Florence or Jill and we will see what we can do to accommodate this need.

FYI New Events and Programs

MEN'S BREAKFAST September 9th @ 8:59 AM. Will be held at the Scituate Senior Center. A light breakfast will be served, the fee is \$3.00. The speaker for the breakfast meeting, will be Captain Brad White, who has many offices up and down the East Coast and specializes in BURIALS AT SEA. Mr. White has a wide range of options from simple disposal to elegant or unusual . His credentials are impressive and I can tell you—you won't be bored.

In October, we will be having Bob Jackman as the speaker. Bob was a history teacher at Scituate High for many years, and currently he is giving a presentation on maps at the Marshfield Senior Center.

"HOW TO REDUCE CLUTTER THROUGH HYPNOSIS" Joanne Campbell returns for this program to help you take control of your clutter. This session will be held at 10:30AM on Wednesday, October 16th at the Scituate Harbor Community Building. Please call 781-545-8722 for more info.

SCITUATE GARDEN CLUB Tuesday, October 8th at 10:00AM. The Scituate Garden Club will be holding their "Autumn Time" floral arrangement workshop at the Scituate Harbor Community Building. All materials and supplies are generously donated by the Scituate Garden Club, but space is limited to twenty participants. Please call 781-545-8722 to reserve your spot.

MEMOIR WRITING Led by Dale Balog. Have some fun learning how to organize and write down some of the important stories of your life. Your family and friends will enjoy reading about your past. The course lasts for 11 weeks. It will be held on Tuesdays at 1:00PM, starting September 10th at the Senior Center. The last class is on Tuesday, November 19th. Each class costs \$4.00 with a prepayment of \$22.00 required at the beginning of each half. Call 781-545-8722 to sign up.

ITALIAN FOR BEGINNERS Starting October 2nd from 10:00-11:15AM at the Senior Center. Learn everyday expressions in this eight week course. Geared to those who have a trip planned, those who want a refresher course, or those who wish to start learning a beautiful new language. There will be handouts each week. Fee for this class is \$60.00. Minimum of nine people are needed to hold this class. Call 781-545-8722 to sign up.

SCITUATE IN MAPS Come learn about Scituate's geology, shifting North River and Scituate Harbor, settlement of Scituate, sea level rise and many other interesting topics. The program will run Wednesdays at 1:00-2:30PM beginning October 16th for six weeks at the Senior Center. Cost of the program is \$20 payable to the instructor. Class is limited to 22 participants and enrollment in class is not official until payment is received. Call 781-545-8722 for more info.

KNITTING Come join our lively group of knitters on Thursday afternoons at 1:00PM held at the Scituate Senior Center. This is a well attended program of people who enjoy sharing their patterns, ideas and conversation. New and experienced knitters are welcome. There is an instructor paid through the Council on Aging. Call 781-545-8722 for more info.

SENIOR ART SHOW The Scituate Senior Art Show will be held at the Maritime Center, 119 Edward Foster Rd, Scituate on October 5th. The hours will be from 10:00AM to 4:00PM. It will be open to the public and there is no admission charge. This is our 4th Annual Art Show and we will be displaying pieces from Scituate Seniors only. This year there will be prizes of \$100, \$75.00 and \$50.00 for the 1st, 2nd and 3rd place winners. Please call the Council on Aging to register for a space. Spaces will be assigned on a first come first serve basis, as space is limited only one painting per artist will be accepted. The size should not exceed a 24" x 30" framed painting. Please bring painting to Maritime Center from 8:00 to 8:30 PM. Pick up time for your piece will be between 4:00 and 5:00PM the day of the show. There is no entrance fee required, For further information please call (781)545-8722.

THE SCITUATE COUNCIL ON AGING REQUEST FOR DONATIONS

DONOR'S NAME: _____

ADDRESS: _____

- Yes List my name in "Senior Happenings"
 No Do not list my name in "Senior Happenings"

I WOULD LIKE MY DONATION TO SUPPORT

- Transportation
 Postage for Senior Happenings
 Emergency Services for elders in need
 Program / Activities / Services
 Health and Wellness Education and Seminars
 Events and Lunches

THIS CONTRIBUTION IS MADE IN MEMORY OF:

PLEASE MAKE CHECKS PAYABLE TO THE SCITUATE COUNCIL ON AGING-Mail to 27 Brook St. Scituate, Ma. 02066 Attn: "Senior Resource Fund" (not tax deductible)

Thank you for your contributions, we appreciate your help!

Those who agree to be recognized are

Flo Crehan

Girl Scout Troop 75208

Dennis Balog

Ilona Quinn

The following contributions were given in memory of:

Mary Ward by Anonymous

SEPTEMBER 2013

Mon	Tue	Wed	Thu	Fri
2 Holiday Offices Closed	3 9:00 Shaws 10:30 Bridge	4 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton	5 9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting 4:00 Art Class	6 10:00 Arthritis Exercise
9 8:59 Men's Breakfast 9:00 Yoga* 10:15 Chair Yoga* 11:00 Arthritis Exercise 1:00 Bridge 1:00 Financial Advisor	10 9:00 Shaws 10:30 Bridge 1:00 Memoir Class	11 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 6:00 SCOA Board Mtg 6:00 Badminton	12 9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting 4:00 Art Class	13 10:00 Arthritis Exercise
16 9:00 Yoga* 10:00 Vision Support 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge	17 9:00 Shaws 10:30 Bridge 1:00 Memoir Class	18 9:00 Yoga* 10:15 Chair Yoga* 12:00 Caregivers Support Group 6:00 Badminton	19 9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting 4:00 Art Class	20 9:00 Ask a Lawyer 10:00 Arthritis Exercise
23 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge	24 9:00 Shaws 9:00 Cardio 10:30 Bridge 1:00 Memoir Class	25 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton	26 9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting 4:00 Art Class	27 9:00 Rep Cantwell 10:00 Arthritis Exercise
30 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge				*Denotes program held at Scituate Harbor Community Building

OCTOBER 2013

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>*Denotes program held at Scituate Harbor Community Building</p> <p>9:00 Shaws 9:00 Cardio* 10:30 Bridge 1:00 Memoir Class</p>	<p>2</p> <p>9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton</p>	<p>3</p> <p>9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>4</p> <p>10:00 Arthritis Exercise</p>	
<p>7</p> <p>8:59 Men's Breakfast 9:00 Yoga* 11:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge 1:00 Finance Advisor</p>	<p>8</p> <p>9:00 Shaws 9:00 Cardio* 10:00 Garden Club* 10:30 Bridge 1:00 Memoir Class</p>	<p>9</p> <p>9:00 Hanover Mall 9:00 Yoga* 10:30 Chair Yoga* 6:00 SCOA Board Mtg 6:00 Badminton</p>	<p>10</p> <p>9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>11</p> <p>10:00 Arthritis Exercise</p>
<p>14</p> <p>Holiday Offices Closed</p>	<p>15</p> <p>9:00 Shaws 9:00 Cardio* 10:30 Bridge 1:00 Memoir Class</p>	<p>16</p> <p>9:00 Yoga* 10:15 Chair Yoga* 10:30 Reduce Clutter* 12:00 Caregivers 1:00 Scituate in Maps 6:00 Badminton</p>	<p>17</p> <p>9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>18</p> <p>9:00 Ask a Lawyer 10:00 Arthritis Exercise</p>
<p>21</p> <p>9:00 Yoga* 10:00 Vision Support 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge</p>	<p>22</p> <p>9:00 Shaws 9:00 Cardio* 10:30 Bridge 1:00 Memoir Class</p>	<p>23</p> <p>9:00 Shopping Trip 9:00 Yoga* 10:15 Chair Yoga* 1:00 Scituate in Maps 6:00 Badminton</p>	<p>24</p> <p>9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>25</p> <p>9:00 Rep Cantwell 10:00 Arthritis Exercise</p>
<p>28</p> <p>9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge</p>	<p>29</p> <p>9:00 Shaws 9:00 Cardio* 10:30 Bridge 1:00 Memoir Class</p>	<p>30</p> <p>9:00 Yoga* 10:15 Chair Yoga* 1:00 Scituate in Maps 6:00 Badminton</p>	<p>31</p> <p>9:00 Tai Chi* 9:00 Harbor Shops 10:30 C&W Dancing* 1:00 Knitting/Cardio* 4:00 Art Class</p>	

EXERCISE AT SCITUATE HARBOR COMMUNITY BUILDING

YOGA AND CHAIR YOGA: continues to be available at the Scituate Harbor Community Building every Monday and Wednesday morning. Yoga will take place at 9:00AM and Chair Yoga at 10:15AM. NOTE TIME CHANGE. Don't wait to sign up as the programs are growing by leaps and bounds. Call (781)545-8722 for more info.

COUNTRY WESTERN DANCING: Held at the Scituate Harbor Community Building every Thursday @ 10:30AM. Come and learn how to kick up your heels to a country tune. Call (781) 545-8722.

TAI CHI: Every Thursday @ 9:00AM at the Scituate Harbor Community Building. An exercise that combines the ancient art of Chinese meditation and exercise to promote a healthy body and a sense of balance so important in staying healthy in mind and body. (781) 545-8722.

CARDIO TUESDAY MORNINGS @ 9:00AM AND THURSDAY AFTERNOONS @ 1:00PM BOTH AT SCITUATE HARBOR COMMUNITY BUILDING. YOU HAVE TO TRY THIS!!! If you want an experience that increases your energy level, improves your health and keeps you laughing while you are doing it, then this is the program for you. Our instructor Chris has found the secret to making exercise fun. Don't believe it, come and try and the first class is on us. When you do, you will become a believer. Call for further information, or to reserve a spot. 781-545-8722.

FALL EXERCISE

ARTHRITIS EXERCISE WILL BE RETURNING: Class resumes on Friday, September 6th. Class is held on Mondays and Fridays at 10:00AM at the Scituate Senior Center. This program is coordinated by the Norwell VNA and is designed for the less active senior who needs to tone up those upper and lower muscles. \$2.00 donation for the class. Don't forget that the first Monday of the month class starts at 11:00AM to accommodate the Men's Breakfast.

BADMINTON: Will be returning to their fall hours on Wednesday September 4th. Badminton will be held at the Jenkins School at 6:00PM. Call 781-545-8722 for more info.

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SOCIAL SERVICES INFORMATION FROM JENNY

FUEL ASSISTANCE PROGRAM (FAP) 2013-2014

What is the FAP program?

Fuel assistance is a program to help you with your heating bill.

How do I apply?

Call the senior center for an appt. 781-545-8722. 27 Brook St Scituate MA Or call South Shore Community Action 1-508-746-6707.

What do I have to do?

Call the senior center, Social Service will give you information on what you need to do to apply: Proof of Income, Proof of Identify, Fuel bill, printouts from utility companies.

Who is Eligible?

Any low income individual or family within the income guidelines. You can own or rent your home. Eligibility is determined by the gross income of all family members over the age of 18, as well as the family size.

Income Guidelines below based on 2013: (be advised numbers may change)

- Family of one \$31,218.00 max
- Family of two \$40,893.00 max
- Family of three \$50,515.00 max
- Family of four \$60,137.00 max

What if I received FAP last year?

Look for the RE-CERT form in the mail. Mail back the new application with any changes and a current fuel bill in the envelope provided.

You may be eligible for other assistance as well. (if over 60, please call)

Thank you,
Jenny
Social Service
Scituate Council on Aging

**CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066**

**STANDARD MAIL
US POSTAGE PAID
PERMIT #27
SCITUATE, MA**

For transportation a 72 hour notice is mandatory to reserve a ride, vans are available for medical appointments, shopping and rides around town. We also run special vans for out of town appointments. Call Q at 781-545-8722.

We appreciate the assistance from the Massachusetts Office of Elder Affairs that subsidizes our postage through the Formula Grant.

Remember, this is your Senior Center, drop in for a cup of coffee or tea, or with questions and concerns. We are here to assist you or your family.

HOURS OF OPERATION:

Monday through Thursday 8:30AM to 4:30PM, Friday 8:30AM to 3:00PM