



SENIOR HAPP'Y'NINGS JANUARY/FEBRUARY 2016



SCITUATE COA
27 BROOK STREET
SCITUATE, MA 02066
781-545-8722



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COA BOARD

Dr. Gordon Price, Chair

Audrey Reidy, Vice-Chair

Pat Conway, Secretary

Dale Balog

Beth McCabe

John D. Miller

Lucille Sorrentino

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Selectman Liaison

Marty O'Toole

SENIOR CENTER

HOURS OF OPERATION:

Monday through Thursday -

8:30 AM to 4:30 PM

Friday 8:30 AM to 3:00 PM

Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

From the Director

It is better to light a single candle than to curse the darkness. Attributed to Chinese proverb AND Eleanor Roosevelt!

New Year's Resolutions—does anyone do that anymore? I think today we strive much more to be the people we want to be all year long, making adjustments along the way when we perceive the need to improve. With that said, I am hoping that 2016 will be the year that I personally take the time every day to say thank you, call my father more often, add swimming to my exercise routine, and earnestly participate in the Pope's Jubilee Year of Mercy. As a senior center we pledge to do our best to administer in our roles and not only 'light a single candle' but BE the candle.

In the spirit of recognition, I want to thank and congratulate the participants of our first Aging Mastery Program, 20 of whom completed the attendance requirements engaging in a variety of topics and incorporating them into their lifestyles to enhance and promote their overall health and commitment to aging well! I think it is safe to say that all who attended our weekly workshops were imbued with the sense that it is up to each one of us to make the most of our days and our gifts. Thank you to all involved in making the year 2015 a year of progress in our mission to identify more ways to interest our older adults and enhance lives, encourage independence and cultivate a welcoming environment at the senior center. I want to recognize our knitters who collaborated to complete beautiful, donated Icelandic knit sweaters to raffle and support our purchase of equipment. Thank you to our friends who have completed some amazing jigsaw puzzle projects. Thank you for Panera Bread, Shaw's and Village Market deliveries and donations. Thank you to the Front Desk volunteers and newsletter crew. Thank you to our instructors, speakers and advocates, and to everyone for making our programs a success and generating new interest in our activities. I hope you all get your greatest wish this year—and also make us a part of your new year! ♥ *Linda*

Donations of both brown paper bags and plastic supermarket bags are needed at the Food Pantry! Bring them here and we will get them there!

CAREGIVER SUPPORT GROUP (DAY)

The Scituate COA Support Group for all caregivers meets the third Wednesday of every month at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. The group is led by Laura Minier, Social Services Manager for the Town of Scituate and a 2nd social worker from South Shore Elder Services facilitate this group. Please call 781-545-8722 if you have any questions. New participants always welcome.

OTHER AREA SUPPORT GROUPS

CAREGIVER SUPPORT GROUP (EVE)

Meets the first Wednesday of the month at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). Led by Bonnie Haley. Drop-in or call Bonnie at 617-686-6173 or Sunrise at 781-383-6300.

CAREGIVER SUPPORT GROUP (EVE)

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

MID-STAGE ALZHEIMER'S GROUP

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

VISION SUPPORT GROUP

Meets the FOURTH Monday at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.**

PARKINSON'S SUPPORT GROUP—@Marshfield COA on THIRD Thursday at 1:00-2:00 PM offering discussion and sharing for patients and caregivers. Call 781-83-5581.

HAVE YOUR BLOOD PRESSURE CHECKED BY OUR TOWN NURSE!

Town nurse Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at **10:30-11:30 AM** at the **Scituate Senior Center on the 3rd Wednesday of month.**



PROFESSIONAL MEETINGS

ASK A LAWYER

If you have a legal question, you can schedule a complimentary half-hour appointment with one of FOUR attorneys volunteering on the **3rd** Friday of each month at the Scituate Senior Center. Appointments are made with Elder Law Attorneys Holly Harris, Michael Loring, Rebecca * and Chris Sullivan who rotate monthly to provide this service. **Call 781-545-8722 for an appointment.**

MEET YOUR REPRESENTATIVE

Representative Jim Cantwell meets at the Senior Center usually on the 4th Friday each month. If you have questions or concerns to discuss, **please call 781-545-8722 to confirm the next date.** Meetings are up to 30 minutes.

SHINE COUNSELING (Serving Health Information Needs of Everyone)

Are you a senior just retiring, or do you need help selecting a new health insurance plan or understanding changes to your existing plan? Make an appointment to see our SHINE volunteer Norman Tetrault. He is at the Scituate COA 3-4 times each month. Call 781-545-8722 for an appointment.

FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Deborah Flanagan, Edward Jones Financial Advisor is available free-of-charge for 30 minutes by appointment on the first Monday of each month at the EDWARD JONES OFFICE AT 103 FRONT ST in Scituate. Call the Senior Center to have your name forwarded.

Coffee "Talk"

Discussion Group with

Laura Minier, Social Services Manager

An opportunity to share thoughts and concerns in a small group setting with our wonderful social worker for guidance and support.

JANUARY TOPIC:

Winter Wellness or Bust!

Thursday, January 21

@ 10:00-11:00 at Senior Center



LAUGHTER YOGA with Jill

Try our NEW drop-in **Laughter Yoga** group where we laugh together without the use of jokes or props. It is FREE and open to anyone. Laughing with a little healthful breathing, without jokes, for the fun of it! **AND it's good for you!** This group meets on the **1st and 3rd Friday** of each month at St. Luke's at 11:30-12:30 AM.



Programs and Events

WEDNESDAY CAFÉ PROGRAMS

@ Scituate Senior Center

Coffee is made & treats available! Often an interesting talk, sometimes a social opportunity or a chance to relax and talk with staff. Join us on (mostly) Wednesday mornings! Note the varying times for speakers!

Wednesday, January 6 @ 10:30 AM

Expressive Writing with Liz Ennis

This is an opportunity to use *thematic* writing to be healthy and happy—not for the sake of creative writing but for the *expressing!* Writing for set time on a specific theme encourages sharing, storytelling, connection.

Take advantage of the new year and try this unique activity. Four-week session available to those interested at no cost beginning the following week.

Wednesday, January 20 @ 10:00 AM

A New Year Program—

'What if' Workshop with Gwen Morgan

WHAT IF something unexpected were to happen to you? Would your family or trusted friend know about your finances, who to contact, your important documents (*do you have your important documents?*), final wishes, family medical history? We will discuss finances, contacts, documents, final wishes, family medical history, legacy, and much more!

For just \$20 (retail price \$25) workshop attendees will be led through the steps of filling out the *What if ... Workbook*, a *fill in the blank* organizational guide created by Scituate author Gwen Morgan, inspired by her work with hospice, the elderly, and personal experience. Procrastinate no more! Give the Gift of Preparedness to your loved ones. Call to register.

Wednesday, January 27 @ 10:00 AM

All the Right Moves with Natalie Ahern; Esther Healey, Age in Place Specialist

Your Home and your Belongings—"Deciding Before Someone Decides for You" - Advantages & steps to downsizing - Inventorying possessions - Gifting - Making homes safe & more!

*Call Jill to register in advance at
781-545-8722, x10.*

Wednesday, February 3 @ 10:00 AM

Fun Strategies for Maintaining Memory with Kim Bennett of Visiting Angels

New information and practical tips to improve memory, which foods may contribute to better memory, and how dancing can keep you fit!

Tuesday, February 23 @ 12:30-1:30 PM

Speaker: Dr. Littkey, DMD Dental Hygiene

Important health and care tips for all ages!

Wednesday, February 24 @ 10:00 AM

Mike Wankum on Weather!

Come welcome favorite Channel 5 Meteorologist to hear about New England's favorite subject! Weather permitting, of course!

Café Lifelong Learning

at Scituate Council on Aging / Senior Center

— *Scituate's Hotels, Inns, Boarding Houses, Etc.* —
with Bob Jackman

A new 6-week offering that is intended to extend our knowledge of the various business and people that created and led Scituate's resort facilities and organizations.

Wednesdays @ 1:00 PM - 2:30 PM; \$20
January 27, February 3, 10, 17, 24, and March 2

— *Essential Classics of Classical Music* —
with Larry King

This 6-week course will introduce the class to familiar classical music "hits" based on specific genres from each era, including symphonies, concertos, opera and more!

January 12 - February 16, 2016

Tuesdays @ 3:00 PM - 4:30 PM; \$20

Open to all!

Call the Senior Center to register.
Payment must be made at sign-up.

Announcements and Information

Our MEN'S BREAKFAST is on hiatus for January and February.

The NEXT MEETING will be on **Monday, March 2**
MARK YOUR CALENDARS for Scituate resident Thomas Hall, author of *The T.W. Lawson: The Fate of the World's Only Seven-Masted Schooner*

UPDATE ON CULTURAL/SOCIAL TRIPS:

There will be no van trips planned during the months of January, February and March due to the unpredictability of the weather. We look forward to announcing future trip plans in the coming months. We welcome any new trip ideas you may have. If you are interested in coming to an idea planning meeting or have an idea for a trip, please contact Lisa Thornton 781-545-8722, x12 or email at lthornton@scituatema.gov with your suggestions.



PLEASE NOTE FOR ALL TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list.

One exception for March!
The Boston Flower & Garden Show @ Seaport World Trade Center—Friday, March 18. Leaving at 9:15 AM; \$20 includes admission and van ride. Tickets limited to 15; van limited to 12. If you are interested, call

Yardwork Services

Available until 'first snow!'

LAUNCH is a supervised work program for young adults with special needs. They are available for limited yard work, such as raking, pruning, edging, wood stacking, etc.

There is a cost involved.

An assessment of work is required before acceptance of the job. Call Jenny Gerbis, x14 at the Scituate Senior Center if you are interested in receiving an estimate for work.

VOLUNTEERS for Friendly Visitor Program

The Scituate Council on Aging is developing a new Friendly Visitor Program matching volunteers with isolated seniors in Scituate. Please call Lisa Thornton, Volunteer Coordinator, if you would like to participate.

MEALS for Seniors in Scituate on:

MONDAY, WEDNESDAY & FRIDAY

@ Harbor United Methodist Church on First Parish Rd; 12:00-1:00 PM.

Sponsored by South Shore Elder Services and assisted by community volunteers, this congregate lunch is



provided to Seniors three days per week for a requested \$2 donation. Transportation is available by calling the Senior Center.

ALSO, the *Meals on Wheels* program for home-bound or convalescing seniors is also provided from this site Monday-Friday—call 781-545-5885 or 781-837-3900 to register for this service.

THURSDAY

@ Congregational Church at 381 Country Way; 12:00 PM—This lunch is sponsored and served by dedicated church volunteers. Donations accepted. Reservations are not required.

Monthly Community Dinner

@ St. Luke's Episcopal Church every 4th Sunday @ 5:00 PM. This is a free, community dinner, and all ages are welcome. **Van transportation is available to our clients by calling the Senior Center to schedule your ride.** This dinner is sponsored by various community groups throughout the year.

@ Scituate Food Pantry

The Scituate Food Pantry is open every Tuesday @ Masonic Temple on Country Way @ 11:00 AM to 12:30 PM. It is also open on the last Tuesday evening of the month 6:30-8:00 PM. Transportation is offered to eligible clients by the Scituate Council on Aging.

Thank you to everyone who helped with donations of food items for the Food Pantry last month! Very appreciated!

JANUARY 2016

Mon	Tue	Wed	Thu	Fri
<p>* Denotes program held off site <i>Try our General Caregiver Support Group on 3rd Wednesday to gain valuable insight and reinforcement.</i></p>	<p>Some events we have planned this year—please let us know if you want to help!</p> <ul style="list-style-type: none"> • 'Love Your Senior Center' evening of music and merriment with the Brown Brothers Duo (Feb/March) • Showing of documentary film 'Age of Love' and speed-dating event! (Spring) • Live Your Life Well 1-day program (Spring) / Aging Mastery Program (Fall) • Moving for Better Balance Exercise Class; An Evening with Medium Leslie Kane 			<p>1 NEW YEAR'S HOLIDAY! HAPPY NEW YEAR!</p>
<p>4 Edward Jones by appt 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball</p>	<p>5 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 12:30 Memoir Writing 1:30 Tai Chi for HA*</p>	<p>6 9:00 Yoga*/Mall 10:00 Cafe Talk 10:15 Chair Yoga*</p>	<p>7 9:00 Harbor Shops 1:00 Knitting 1:00 Cardio*</p>	<p>8 10:00 Joint Efforts Exer</p>
<p>11 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:15 iPad User Group 12:30 Art Class 5:00 Pickle-ball</p>	<p>12 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg* 1:30 Tai Chi for HA* 3:00 Larry King/Classical</p>	<p>13 9:00 Yoga*/Mall 10:15 Chair Yoga*</p>	<p>14 9:00 Harbor Shops 10:30 Book Club meeting 1:00 Knitting 1:00 Cardio* 4:00 NO Art Class 5:30 COA Board Meeting</p>	<p>15 9:00 Ask a Lawyer 10:00 Joint Efforts Exer 11:30 Laughter Yoga* 12:00 Friday FLIX -</p>
<p>18 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball</p>	<p>19 9:00 Shaws/ Cardio 10:15 Mah Jongg 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Larry King/Classical</p>	<p>20 9:00 Yoga* 10:00 Cafe Talk 10:15 Chair Yoga* 10:30 Blood Pressure 12:00 Caregivers Support*</p>	<p>21 9:00 Harbor Shops 10:00 Coffee Talk 1:00 Knitting 1:00 Cardio* 4:00 Art Class</p>	<p>22 9:00 Rep Cantwell 10:00 Joint Efforts Exer</p>
<p>25 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball</p>	<p>26 9:00 Cardio/ Shaws 10:15 Mah Jongg* 1:30 Tai Chi for HA* 3:00 Larry King/Classical</p>	<p>27 9:00 Yoga* 10:00 Cafe Talk 10:15 Chair Yoga* 1:00 Bob Jackman/Inns</p>	<p>28 9:00 Harbor Shops 1:00 Knitting 1:00 Cardio* 4:00 Art Class</p>	<p>29 10:00 Joint Efforts Exer 12:00 Friday FLIX -</p>

FEBRUARY 2016

Mon	Tue	Wed	Thu	Fri
1 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball*	2 9:00 Cardio / Shaws 10:15 Mah Jongg 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Larry King/Classical	3 9:00 Yoga* 9:00 Hanover Mall 10:00 Café Talk! 10:15 Chair Yoga* 1:00 Bob Jackman/Inns	4 9:00 Harbor Shops 9:30 AMP 1:00 Knitting/ Cardio* 4:00 Art Class	5 10:00 Joint Efforts Exercise 11:30 Laughter Yoga*
8 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball*	9 9:00 Cardio / Shaws 10:15 Mah Jongg* 10:30 Garden Club 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Larry King/Classical	10 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 1:00 Bob Jackman/Inns	11 9:00 Harbor Shops 9:30 AMP 1:00 Knitting/ Cardio* 4:00 NO Art Class 5:30 SCOA Board Mtg	12 10:00 Joint Efforts Exercise 12:00 Friday FLIX
15 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:15 iPad User Group 12:30 Art Class 5:00 Pickle-ball	16 9:00 Cardio/Shaws 10:00 Mah Jongg* 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Larry King/Classical	17 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 10:30 Blood Pressure 12:00 Caregivers Support 1:00 Bob Jackman/Inns	18 9:00 Harbor Shops 10:30 Book Club meeting 1:00 Knitting/ Cardio* 4:00 Art Class	19 9:00 Ask a Lawyer 10:00 Joint Efforts Exercise 11:30 Laughter Yoga*
22 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	23 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA* *Snow date: Larry King	24 9:00 Yoga* 9:00 Hanover Mall 10:00 Café Talk! 10:15 Chair Yoga* 1:00 Bob Jackman/Inns	25 9:00 Harbor Shops	26 9:00 Rep Cantwell 10:00 Joint Efforts Exercise 12:00 Friday FLIX
29 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	Call or watch for more information on our <i>Love Your Senior Center</i> evening event with entertainment by Wilson and John Brown Brothers Duo!			*Denotes program held off site



Outreach and Social Services



SHINE

Serving the Health Information Needs of Everyone

Norman Tetreault is our dedicated SHINE volunteer. He is available BY APPOINTMENT to discuss issues and concerns regarding health insurance ...

His schedule for appointments JANUARY and FEBRUARY are in the afternoons on the following dates:

Thursday, Jan 7	Thursday, Feb 4
Tuesday, Jan 12	Tuesday, Feb 9
Thursday, Jan 21	Thursday, Feb 18
Thursday, Jan 28	Thursday, Feb 25

Call the Senior Center to schedule appointment or for cancellations of existing appointments.

FUEL ASSISTANCE

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun and will run through April. This program is open to the community and the Council on Aging is the agent for the Town of Scituate. The income guidelines are within the following ranges.

Household of 1:	\$11,770.00-\$33,126.00
Household of 2:	\$15,930.00-\$43,319.00
Household of 3:	\$20,090.00-\$53,511.00
Household of 4:	\$24,250.00-\$63,704.00

For Recent Clients

If all household members have social security numbers on file, no action is required.

If one of more members does NOT have a SSN on file, an incomplete letter will be issued by SSCAC.

For New Clients

New for 2015-16 SSCAC is required to document household members' status as a citizen, qualified alien or a non-qualified alien. To be eligible for this program, you must either be a U.S. Citizen or a Qualified Alien.

- **Social Security Card**
- **Birth Certificate**
- **Valid U.S. Passport**
- **Certificate of Naturalization**

Proof of income

Last 4 weeks gross income for everyone in the household 18 years and older. All income must be documented such as Child Support, Odd Jobs, Veterans, Pension, AFDC, Social Security, ect.

Any adult receiving income for a minor must have proof of that income.

For the Self Employed, a copy of 2014 Federal Tax Return with pages and schedules. Full Time Students need documentation from the school or college.

You will also need:

- Complete Electric Bill
- Heating Bill
- Mortgage or Lease,
- Homeowners Insurance
- Real Estate Tax
- Photo ID
- Social Security #'s and Birthdates for all household members

Good Neighbor Energy Fund

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance.

Household Size		Total Gross Annual Income
1	@	\$33,126 - \$44,168
2	@	43,319 - \$57,759
3	@	53,511 - \$71,348
4	@	63,704 - \$84,939
5	@	73,897 - \$98,529
6	@	\$84,089 - \$112,119
7	@	\$86,000 - \$114,668
8	@	\$87,912 - \$117,216

PROGRAM STARTS January 4. If you received Fuel Assistance you are NOT eligible for GNEF. Please call Jenny Gerbis with any questions.

Tax Abatements, Credits and Senior Tax Work-off Program

For up-to-date information on ways to receive a reduction in municipal taxes, you should go to the Town Assessor's office to speak directly to one of their staff persons.

For information or application to the Senior Tax Work-off Program available to Scituate residents over 60 if there is an available position within the Town, call or see Linda Hayes, Director at the Scituate Council on Aging/Senior Center. The program offers a \$1,000 reduction in your property tax for 1,000 hours.

Transportation Information

Call Q Cutler, Transportation Coordinator, for all transportation requests at 781-545-8722, ext. 17

Reservations for out-of-town medical rides need to be made at least 1 week in advance as they are scheduled with South Shore Community Action Council and require more coordination. We ask 72-hours notice (3 business days) to schedule a local ride. Our Scituate COA vans are available for local medical appointments, shopping and rides to/from home and locations in and around Scituate. A monthly pass for local rides is \$14/mo. or \$2 per round-trip ride. NOTE: Calls made after 11:30 a.m. on Fridays cannot be honored until THURSDAY of the following week. Regular, weekly COA van trips:

TUESDAY @ 9:00 am to Shaws in Cohasset;

WEDNESDAY @ 9:00 am to Hanover Mall AND Trader Joe's;

THURSDAY @ 9:00 am to Scituate Harbor.

THE 'LINK' INFORMATION

COA Local rides are provided by the COA vans/drivers and are supported by GATRA, a state-funded transportation system for our region. **Out-of-town Medical Transportation** is also funded by GATRA, but rides are provided through **South Shore Community Action Council** using their vans/drivers.

Our NEW Scituate (S)LOOP public GATRA transportation is a success! It is available to ALL residents. Seniors can CALL for Council on Aging van service; OR wait on the GATRA route (.50/1.00 round-trip). Schedules are available and you can also flag it down on regular route.

Activities 'n All

EXERCISE CLASSES

- **Gentle Floor Yoga** 9-10:00; \$10 / \$12
- **Chair Yoga** 10:15-11:00; \$4
MONDAY/WEDNESDAY at St. Luke's
- **Cardio Class with Chris**; \$3
TUESDAY @ Senior Center—9:00-10:00 AM; & THURSDAY @ St. Luke's—1:00-2:00 PM.
- **Joint Efforts Gentle Exercise @** 10:00-11:00; \$2
MONDAY/FRIDAY @ Senior Center with NVNA
- **Laughter Yoga** (kind of exercise!)
1st & 3rd FRIDAY @ St. Luke's—11:30-12:30
- **Tai Chi** for Healthy Aging Program / TUE @ 1:30



NEW or Like NEW!

Mah Jongg—Involves calculation and a little luck! Volunteer-led instruction by Janet Fairbanks & friends! Good for the brain!

TUESDAYS @ 10:15-12:00 noon.

Memoir Writing—6-week series facilitated by Lynn Sheridan. Be creative, bring your own stories to life. **TUESDAYS @ 12:30.** \$20

Pickle-Ball—Jenkins School; helpful instruction available; **MONDAYS @ 5:00 (4:45 setup)**

Hearts & Flowers GARDEN THERAPY

Tuesday, February 9 @ 10:30 am

Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful seasonal arrangement! Spots are limited! Call to register!



COA Book Club @ the Senior Center at 10:30 AM

Thursday, Jan 14 - The Boston Girl by Anita Diamant

Thursday, Feb 18 - The Invention of Wings
by Sue Monk Kidd

Drop-ins welcome! Refreshments provided.



PAINTING CLASS @ Senior Center; \$10 class

MONDAYS @ 12:30-3:30 PM

THURSDAYS @ 4:00-7:00 PM

(NO THURS CLASS on 2nd Thursday of month)

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and water-color application. Long-time Instructor Joanne Papandrea. *Supply list available.*



COA FRIDAY FLIX @ NOON

See flyer at Senior Center for descriptions; always popcorn!

1/15—*Best Exotic Marigold Hotel* (2012)

1.29—*Quartet* (2012; Drama/Comedy)

2/12—*Lincoln* (2 1/2 hrs; Steven Spielberg, Dir.)

2/26—*McFarland USA* (2015)

CATHERINE MCGOWAN SENIOR CENTER
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SCITUATE, MA 02066

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WE'RE ON-LINE TOO! You can also find this newsletter (and all newsletters for the year) on-line at:

www.seekandfind.com. Sign up with your e-mail and receive notice when it is available (well before mailing!)

Type 'Scituate' to find **Scituate Council on Aging (MA)** and select **Download**. *Follow us on Twitter:

@ScituateCOA & *Like us on Facebook: Scituate Council on Aging AND TownofScituate and Share!

Or, use the Town of Scituate website at:

www.ScituateMA.gov.

Select *Departments, Council on Aging, and Council on Aging Newsletters*.

The website will also have our Calendar of activities for the two months and any special announcements, updated periodically.