



# SENIOR HAPP'Y'NINGS

## JULY / AUGUST 2015

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

### COA STAFF

**Director - Linda Hayes**

*lhayes@scituatema.gov*

**Administrative Assistant**

**Jill Johnston**

*jjohnston@scituatema.gov*

**Transportation Coordinator**

**Quincie-Ann Cutler**

*qcutler@scituatema.gov*

**Outreach Coordinator**

**Jennifer Gerbis**

*jgerbis@scituatema.gov*

**Activities/Volunteer Coordinator**

**Lisa Thornton**

*lthornton@scituatema.gov*

**Manager of Social Services**

**Laura Minier**

*lminier@scituatema.gov*

### COA BOARD

**Dr. Gordon Price, Chair**

**Audrey Reidy, Vice-Chair**

**Pat Conway, Secretary**

**Dale Balog**

**Beth McCabe**

**John D. Miller**

**Lucille Sorrentino**

**[opening]**

**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*

“You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes.” *from Winnie the Pooh*

Well, we have finally arrived at summer in Scituate—well-deserved, and I have no doubt most of our residents are going to take full advantage of the outdoor amenities that are so plentiful in our charming community. To make opportunities more available to many, Scituate is welcoming a public transit bus service through GATRA—Greater Attleboro Taunton Regional Transit Authority—which will provide a daily, fixed route with designated stops from Town Hall area to the downtown/Harbor in a loop including main landmarks along Driftway, First Parish and Beaver Dam. The bus can also be ‘flagged’ down along the route for boarding and disembarked at various locations. The route is well-planned to include several stops and will have early-morning hours to assist commuters needing transportation to/from the Greenbush train station. More information will be available through the website, or by calling the Senior Center or Town Hall.

This is a good opportunity to reiterate the Council on Aging transportation services, policies and availability to our 60 and older residents. For LOCAL rides, from your address to locations within Scituate, including the Senior Center for an activity, we do ask that you consider the scheduling of many riders and call 3 days before. Out-of-town medical rides need to be scheduled 5 days in advance.

Of course, it is always a great opportunity to make note of the kind deeds and service that has been provided either directly to seniors or through the Senior Center. We had our Volunteer Appreciation Luncheon in June to show our gratitude to the many volunteers who assist us in our mission in many different ways. In addition, our Senior Center has been the recipient of many hands in beautifying both the outdoor and indoor areas with flowers as well as improving the entrance on First Parish Rd with a new plot to draw attention to our signage—thanks to the town's DPW/Highway Department. There is more to come, so stay tuned ... enjoy the warmth of the summer, and come visit us in our corner of the Forest for one of our activities. ♥ *Linda*

## **SUPPORT GROUPS**

### **CAREGIVER SUPPORT GROUP (DAY)**

Meets the third Wednesday of every month (7/15 & 8/19) at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. Laura Minier, Social Services Manager for the Town of Scituate and Nicole Caso from South Shore Elder Services facilitate this group. Please call 781-545-8722 if you have any questions.

### **CAREGIVER SUPPORT GROUP (EVE)**

Meets the first Wednesday of the month (7/1 & 8/5) at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). Led by Bonnie Haley. For more information at 617-686-6173 or Sunrise at 781-383-6300.

### **CAREGIVER SUPPORT GROUP (EVE)**

Meets the third Tuesday of the month (7/21 & 8/18) 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 (7/8 & 8/12) 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 (7/27 & 8/24) 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 (7/16, 8/20) 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!**

Take advantage of our town nurse's availability for checking blood pressure at the Senior Center.

Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at **10:30-11:30 AM** at the following locations EACH month:

Wheeler Park - 1st Wednesday of month; Central Park - 2nd Wednesday of month; **Scituate Senior Center - 3rd Wednesday of month (MAY 20 / JUNE 17)**; Lincoln Park - 4th Wednesday of month. It is free! Come and sit, have a cup and get your BP checked!



## **PROFESSIONAL MEETINGS**

### **ASK A LAWYER**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of three attorneys volunteering on the **3rd** Friday of each month at the Scituate Senior Center (7/17 & 8/21).

Appointments are made with Elder Law Attorneys Holly Harris, Michael Loring 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 (7/23 & 8/28) each month. If you have questions or concerns to discuss, **please call 781-545-8722 to confirm the next date.** Meetings are limited 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 currently at the Senior Center 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 to answer your questions by appointment on the first Monday of each month (7/6, 8/3) at the EDWARD JONES OFFICE AT 103 FRONT ST in Scituate. Please call the Senior Center to have your name forwarded to their office.

## Programs and Events

### MEN'S BREAKFASTS @ 8:59 AM!

JULY—Monday, July 6

Meeting at Widow's Walk Golf Course Pub - \$8

Guest Speaker: Commander Mark True, retired U.S. Coast Guard and currently Port Security Specialist for the First Coast Guard District in Boston — a brief overview of Coast Guard missions with an emphasis on Maritime Security.

AUGUST—Monday, August 3

Meeting at Senior Center - \$3

Guest Speaker: August is Liisa Budge-Johnson, Plymouth County Sheriff's Dept. Program "Plymouth County Jails: Then & Now" Entertaining and informative look at the history of the Plymouth County Jail.

*Coffee/tea, a hot breakfast and the camaraderie of new and familiar faces, along with an interesting discourse. Call Jill to register.*

**Wow — It's already July 4!**

**Outdoor Luncheon planned in the Brown's backyard next to the Senior Center ON THURSDAY, JULY 2 @ 11:30-1:00**



*\*If you usually go to the Congregational Church, they are taking the day off and we hope you will join us for your Thursday meal! \$5 pp*

*We will have Matthew Browne playing guitar and singing for us again. Wear your toe-tapping shoes! Call Jill to sign up!*



### Exercise Classes for the Summer

@ St. Luke's Episcopal Church

**YOGA with Elizabeth**

MONDAY & WEDNESDAY (@ St. Luke's)

**FLOOR YOGA @ 9:00-10:00** Monthly rate \$10/class or Drop-in @ \$12. A gentle class that takes you through a series of yoga poses at a moderate pace combined with breathing and meditation; and

**CHAIR YOGA @ 10:15-11;** Drop-in \$5. The benefits of yoga without the strain of moving from floor to standing. Same mind/body benefits.

**Pickle-ball is catching on! Join the fun!**

It is a *fun*, doubles paddle sport using a solid paddle (we have 8) to hit a whiffle-type ball over a net. The game shares features of tennis, ping pong & badminton, with modifications and limited or no running. Play at **Jenkins School Gym on Mondays at 5:00-6:30 PM.** We are hoping to add an **OUTDOOR** morning at the high school, so give us a call if you are interested. Instruction is offered. *All are welcome!*

### WEDNESDAY CAFÉ

@ Scituate Senior Center

Coffee is made & treats available! Sometimes a talk, sometimes a social opportunity, or chance to talk with the staff. Join us on Wednesday mornings!

**Wednesday, July 8 @ 10:30 AM**

**Prescription Advantage Program**

Overview and how it works with Medicare and other prescription drug coverage, avoiding high costs.

**Wednesday, July 15 @ 10:30 AM**

**Charitable Giving - Lisa Budge-Johnson, Plymouth County Sheriff's Department**

**Wednesday, July 22 @ 10:30 AM**

*Come see and hear from Scituate's own professional-Nature Photographer Greg Lessard*

**Wednesday, August 5 @ 10:30 AM**

**John R. Buckley, Jr., Register of Deeds**

Homestead Act update, recording issues affecting seniors, real estate scams. Computers ready to print a Registry recorded deed, confirm status of a mortgage discharge or check on any filing. Notary available.

**Monday, August 17 @ 10:00 AM**

**Janet Popp, Physical Therapist/Instructor**

**Improving Your Balance with Age!**

Fall risk factors and suggestions for improving balance as well as understanding that balance can decline but it also can be improved as we age!

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

### Cultural / Social Day Trips

Using COA Van—*Leave the driving to us!*

When	Where	How much
THU July 9	Museum of Fine Arts, Boston	\$28pp Includes Guided Tour
TUE July 21	Tower Hill Botanical Garden	\$28pp Includes Tour/Boxed Lunch
SUN July 26	Company Theater, Norwell	\$35 pp <i>1776 The Musical</i>
SUN Aug 2	Duxbury Art Complex	Free Museum 2:30/Concert 4:00
THU Aug 6	JFK Museum	\$10 pp Boxed lunch, private seating \$18.25
THU Aug 20	Charles River Cruise, Boston	\$ & Lunch at Pizza Kitchen
WED Aug 26	Worcester Art Museum	Free

## Announcements and Information

*Donations made since our last newsletter:*

**The Scituate/Marshfield Rotary Club** toward  
Community Outreach and Program Support  
**First Trinitarian Congregational Church** to-  
ward Community Outreach and Support



Mike Johnson, Programs

In Memory of Joe Cerilli from Mr. & Mrs. W.Z.F. Walker

In Memory of Merrilyn Hauman, in support of Caregiver  
Programs:

Frank Daly  
Laurie A. Zastrow  
Robert/Karen White  
Scituate Women's 9 Hole Golf Assoc  
Joan TenEyck  
Mary Lu Kjer  
Betsy Sargent  
Marie L Sheen  
Nancy Rivard  
Alice R. Gallagher  
Jacquelyn Braga

### ***Scam Alert from Chief Stewart***

The Scituate Police Department has received several reports of people receiving calls from someone posing to be from **National Grid**. The caller will state the account balance is overdue and requests immediate payment to avoid having the power shut off. The caller states payment must be made either in person or via pre-paid credit cards. **THIS IS A SCAM**. National Grid will not mandate payment in these ways.

Please contact the Scituate Police Department at 781-545-1212 with any concerns or if you believe you have fallen victim to this or any other scam.

### ***Tips from our Shifting Gears talk in May:***

If you want to continue driving, you've got to be **PROACTIVE!** As a licensed driver we are responsible for our actions. The driver is always liable. There are important things you can do to be proactive so you can continue driving and be a safe driver.

- ✓ Exercise regularly, because driving is a physical experience.
- ✓ Check vision & hearing and address issues.
- ✓ Do not drive when taking medications that make you feel drowsy. Statistics show that the major reason for car crashes in the senior population are due to prescribed and over the counter medication.

### ***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 as-  
sisted by community volunteers, this congregate  
lunch is provided to Seniors three days per week  
for a requested \$3 donation. Transportation is  
available by calling the Senior Center.

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



**On Thursday**

**@ Congregational Church** at 381 Country Way;  
12:00 PM—This lunch is sponsored and served by  
dedicated church volunteers. Donations accepted.  
Call 545-5300 for reservations.

**Monthly Community Dinner @ St. Luke's Epis-  
copal 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 the church  
as well as various community groups throughout  
the year, including ... **NOTE:** The Scituate/  
Marshfield **Rotary Club** is sponsoring the meal on  
October 25, 2015—our senior center staff is help-  
ing to serve the meals that evening; and again on  
May 22, 2016.

FINALLY, the **Scituate Food Pantry is open eve-  
ry Tuesday** @ Masonic Temple on Country Way  
@ 11:00 AM to 12:30 PM; and 6:30-8:00 PM on  
the last Tuesday of the month. Transportation is  
offered to eligible clients by the Scituate Council  
on Aging.

### ***To Meals on Wheels Volunteers***

South Shore Elder Services will host their Annual  
**Meals on Wheels Picnic on Thursday, August 6**  
**@ 11 AM – 2 PM** at Nantasket Beach in Hull with  
a *Hawaiian Luau* theme!

Please call the Nutrition Department at 781-848-  
3910, x315 to make your reservation. **Reservation  
deadline is July 24.** Lunch is sponsored by Lind-  
ley Food Service.

# JULY 2015

Mon	Tue	Wed	Thu	Fri
* Denotes program held off site		1 9:00 Yoga* 10:15 Chair Yoga*	2 9:00 Harbor Shops 11:30 4th of July Party 1:00 Knitting 4:00 Art Class	3 Holiday Offices Closed
6 9:00 Men's Break / Yoga* 10:15 Chair Yoga* 1:00 Financial Advisor 5:00 Pickleball	7 9:00 Shaws 2:00 Tai Chi for HA* 6:00 Geology Class*	8 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 10:30 Café Talk	9 9:00 Harbor Shops 10:30 MFA Trip 1:00 Knitting	10
13 9:00 Yoga 9:30 Ipad Tech Training 10:15 Chair Yoga* 5:00 Pickleball	14 9:00 Shaws 2:00 Tai Chi for HA* 6:00 Geology Class*	15 9:00 Yoga* 10:00 BP Clinic 10:30 Café Talk 10:15 Chair Yoga* 12:00 Caregivers Support	16 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class	17 9:00 Ask a Lawyer
20 9:00 Yoga* 9:30 Ipad Tech Training 10:15 Chair Yoga* 5:00 Pickleball	21 9:00 Shaws 10:30 Tower Hill Botanical Garden Trip 2:00 Tai Chi for HA* 6:00 Geology Class*	22 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 10:30 Café Talk	23 9:00 Harbor Shops 10:30 Book Club 1:00 Knitting 4:00 Art Class	24 9:00 Rep Cantwell
27 9:00 Yoga* 10:15 Chair Yoga* 5:00 Pickleball	28 9:00 Shaws 2:00 Tai Chi for HA*	29 9:00 Yoga* 10:15 Chair Yoga*	30 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class	31

# AUGUST 2015

Mon	Tue	Wed	Thu	Fri
<b>3</b> 8:59 Men's Break/ Yoga 10:15 Chair Yoga* 1:00 Financial Advisor 5:00 Pickleball	<b>4</b> 9:00 Shaws 2:00 Tai Chi for HA* 6:00 Geology Class*	<b>5</b> 9:00 Yoga* 10:15 Chair Yoga* 10:30 Café Talk	<b>6</b> 9:00 Harbor Shops 11:00 JFK Museum Trip 1:00 Knitting	<b>7</b>
<b>10</b> 9:00 Yoga* 10:15 Chair Yoga* 5:00 Pickleball	<b>11</b> 9:00 Shaws 2:00 Tai Chi for HA* 6:00 Geology Class*	<b>12</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga*	<b>13</b> 9:00 Harbor Shops 1:00 Knitting 6:00 SCOA Board Mtg	<b>14</b>
<b>17</b> 9:00 Yoga* 10:00 Café Talk 10:15 Chair Yoga* 5:00 Pickleball	<b>18</b> 9:00 Shaws 2:00 Tai Chi for HA* 6:00 Geology Class*	<b>19</b> 9:00 Yoga* 10:15 Chair Yoga* 10:30 BP Clinic 12:00 Caregivers Support	<b>20</b> 9:00 Harbor Shops 11:15 Charles River Cruise 1:00 Knitting	<b>21</b> 9:00 Ask a Lawyer
<b>24</b> 9:00 Yoga* 10:15 Chair Yoga* 5:00 Pickleball	<b>25</b> 9:00 Shaws 2:00 Tai Chi for HA*	<b>26</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga*	<b>27</b> 9:00 Harbor Shops 1:00 Knitting	<b>28</b> 9:00 Rep Cantwell
<b>31</b> 9:00 Yoga* 10:15 Chair Yoga* 5:00 Pickleball				*Denotes program held off site

# Outreach and Social Services



## SCOA OUTREACH AT YOUR HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator for the Scituate COA will be in the Community Room at each of the Housing Authority locations on the following days and times. If you have a question on any matter, drop in and see her.

Housing office visits:

- July 1 @ Lincoln Park (11-12)
- July 8 @ Central Park (11-12)
- July 15 @ Wheeler Park 1 & 2 (11-12; 12-1)
- August 5 Lincoln Park (11-12)
- August 12 Central Park (11-12)
- August 19 Wheeler Park 1 & 2 (11-12; 12-1)

## SHINE—Serving Health Information Needs of Everyone

Norman Tetreault is our dedicated SHINE volunteer. His appointments for July are:

- Tuesday 7/7 – 1-4 pm
- Thursday 7/16 – 1-4 pm
- Thursday 7/23 – 1-4 pm
- Thursday 7/30 – 1-4 pm

**Prescription Advantage** is a state-sponsored program that supplements your Medicare prescription drug plan to fill the gap in coverage referred to as the “donut hole” which dramatically increases the costs for prescriptions.

Call Prescription Advantage *today* at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more!

**\*\*CAFÉ TALK** at the Scituate Senior Center on **Wednesday, July 8** at 10:30 AM with representative from Prescription Advantage Program. Will give overview of benefits and coverage for prescription drugs, the “Donut Hole”, etc. Refreshments and great information!\*\*

## IRS Scam Alert - phone, email, social media...

A caller says he's from the IRS and your caller ID shows the call is coming from the IRS. And, the caller knows the last four digits of your Social Security Number, so it seems like he really is calling from the IRS. But, it's not.

The caller says you owe taxes and must pay immediately via a pre-loaded debit card or wire transfer. Refuse and you're threatened with arrest, deportation or the suspension of your business or driver's license. In many cases, the caller becomes hostile and insulting. ("bullying") If you give the caller your credit card information, he'll transfer your money into his pocket.

"The IRS does not ask for credit card numbers over the phone, nor request a pre-paid debit card or wire transfer," says IRS Acting Commissioner Danny Werfel. "If someone unexpectedly calls claiming to be from the IRS and threatens police arrest, deportation or license revocation if you don't pay immediately, that is a sign that it really isn't the IRS calling." Almost every contact with the IRS starts with a letter.

The IRS does NOT initiate contact with taxpayers by email to request personal or financial information. If you get an email claiming to be from IRS, don't open any attachments and don't click on any of the links. --> Instead, forward the email to [phishing@irs.gov](mailto:phishing@irs.gov).

The IRS won't text you or contact you via social media. No real IRS official would ever ask for your PINs, passwords or similar confidential access information for credit card, bank or other financial accounts.

## HOME IMPROVEMENT, LEAD PAINT REMOVAL, SEPTIC SYSTEM REPAIR LOANS

*You can also find out more about MassHousing by visiting us online at [www.masshousing.com](http://www.masshousing.com). Call 617-854-1000.* If you have any questions you can call the senior center 781-545-8722 x 14.

**If you already own your own home, and you need to make improvements, remove dangerous lead paint or upgrade your septic system to comply with state regulations, consider a low-cost loan from MassHousing, the state's affordable housing bank. For more than 30 years we've been helping people with modest incomes affordably maintain their homes.**

### How it Works

MassHousing is not a public agency and does not have branch offices. Instead, we've partnered with a statewide network of quality lenders and community organizations who offer our loan products.

However all MassHousing Mortgage Loans are serviced by MassHousing. MassHousing mails monthly mortgage statements to its borrowers and they mail their payments to us. Any questions you may have about your mortgage will be answered by our servicing staff in Boston.

### No Well Mind this issue

*Laura Minier, our Manager of Social Services, is home on Family Medical Leave enjoying her new baby boy, Dax William Minier.*

# 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 as the schedule has been completed.

The COA vans make regular, weekly trips to the following locations:  
**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

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 supported by GATRA but contracted/provided through South Shore Community Action Council using their vans and drivers.

**NEW NEWS!** Beginning in June, GATRA will be providing additional public transportation in Scituate available to all residents. This service will not impact the COA services.

## Activities and Volunteer News

### 'Local' Learning with Bob Jackman - Summer Series

#### *The Geology of the North River*

A 6-week course offered at the Senior Center; \$20  
on **Tuesday evenings**, July 7 - August 18 @ 6:00 PM - 7:30 PM

Also, a 3-part **Monday night** series at the Maritime Center  
@ 6:30-8:00 PM. \$4 for one; \$10 for 3. Topics are:

- July 6 : Israel Litchfield Diary, Nov 1774 to Aug 1775
- August 3 : Vital Roles of Local Packet Ships - 1630 to 1900
- Sept 14 : A History of Humarock, 1630 to 1942

**Please call the Senior Center 781-545-8722 to register; open to all.**

### iPad TRAINING CLASSES with Katy Mayo

Monday, July 13 - Part I

**Intro to iPad Use**

& Monday July 20 - Part II  
**Doing More with Your iPad**

Cost of BOTH classes \$40

Call to sign up 781-545-8722,  
x10; Payment due at signup.

BOOK CLUB IS MEETING! We are excited to host this new stimulating, social opportunity. Next meeting: **Thursday, July 23 at 10:30 AM** Refreshments provided. Book for the month: Charles Dickens' *The Pickwick Papers*. If you are a reader and would like to revisit some classics or suggest some stimulating reading, come!



### FRIDAY (NET)FLIX @NOON

**July 17—Philomena** (2013, Drama, Judi Dench). Story of an Irish woman who teams up with a journalist to locate a son she lost as an infant;  
**August 21—Still Mine** (2012, Drama). An older couple fight against local authorities in rural New Brunswick to build their final home.



### ART CLASS — Watercolor, Drawing, Acrylic

No Monday class until September

**THURSDAYS @ 4:00-7:00 PM** until July 30 @Senior Center  
\$10 each class

Work from still life set ups. Demo's, class exercises, homework offered. Focus on developing solid drawing skills, understanding color and mixing, and watercolor application. Work through a series of logical, progressive steps in the fundamentals of picture making geared to individual levels. Enjoy many ah-ha moments! Instructor Joanne Pappandrea has been teaching art classes at the Scituate Senior Center since 2003.  
**Affordable supply list available at sign up. Call 781-545-8722, x10.**

### Volunteer Opportunities—

We are looking for volunteers who would like to come in and help us out by answering phones, assisting with events or have an idea for a new activity! If you are interested, please give our new **Volunteer Coordinator, Lisa Thornton**, a call (x12).

CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066

STANDARD MAIL  
US POSTAGE PAID  
PERMIT #27  
SCITUATE, MA

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants, organizations and individuals. Please support our advertisers! Anyone wishing to place an advertisement in this newsletter can contact

Lisa Templeton, Advertising Rep with LPI at:

**800-732-8070, x3450; or [ltempleton@4LPi.com](mailto:ltempleton@4LPi.com)**

WE'RE ON-LINE TOO! You can also find this newsletter (and all newsletters for the year) on-line at: [www.seekandfind.com](http://www.seekandfind.com).

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**

Or, use the Town of Scituate website at:

***[www.ScituateMA.gov](http://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.