



SENIOR HAPP'Y'NINGS MARCH / APRIL 2016



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

COA STAFF

Director - Linda Hayes, x15

lhayes@scituatema.gov

Administrative Assistant

Jill Johnston, x10

jjohnston@scituatema.gov

Transportation Coordinator

Quincie-Ann Cutler, x17

qcutler@scituatema.gov

Outreach Coordinator

Jennifer Gerbis, x14

jgerbis@scituatema.gov

Activities/Volunteer Coordinator

Lisa Thornton, x12

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

John D. Miller

Lucille Sorrentino

Janice Lindblom

Selectman Liaison

Marty O'Toole

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

"Just where you are—that's the place to start." (Not where you wish you were, but where you are.) Pema Chodron—spiritual teacher and author

Here we are, thankfully anticipating the coming of spring ... again. We have been trying hard to add some new activities to the schedule; and though a challenge to find dates and times that coincide with the availability of limited space for the Senior Center, the positive is that our seniors are interested in these programs and are hoping that we find ways to provide them. Our needs and the needs of the growing senior community are being looked at seriously and considered a priority, which is gratifying and makes our efforts all the more worthwhile. So please help us by taking advantage of some of the Senior Center's new day-time programs, as well as the unique events we are scheduling for late afternoons and evenings—which we will continue to plan throughout the year. In particular, we think the *Age of Love* movie and subsequent speed-dating event is going to start many conversations around the community's perception of age and aging and how to see older adults as people who often have the same hopes and desires as their younger counterparts. Bring your family or younger friends to the film as well! Become part of the process as we cultivate an Age-friendly community here in Scituate to increase awareness of the lifestyle needs of our senior-age adults, and to help us find new opportunities for continued happiness, engagement and wellness. Enjoy the journey with us! ♥ *Linda*

NEW THIS ISSUE:

RMV Near Me/On-line transactions! (p. 7)
Acting Workshop: TUESDAYS @ 11:00
Classical Music Essentials: TUES @ 3:00
ZUMBA Gold: WEDNESDAY @ 1:30
TECH TIME: 2nd WEDNESDAY @ 3:00
Matter of Balance: 8 wks, THURS @ 10:30
Age Of Love Movie at Mill Wharf Cinema on April 1!

Celebrating

SAINT PATRICK'S

DAY with ... what else

- some Music—and a light lunch!

Join us for talented Scituate graduate & current UMass Acapella singer on March 15. Looking for winning Irish Soda Bread! Could mean a Harbor Gift Card! \$4pp



SENIOR CENTER

HOURS OF OPERATION:

Monday through Thursday -

8:30 AM to 4:30 PM

Friday 8:30 AM to 3:00 PM

Thanks to all who have made donations to the Food Pantry through us and also to the Senior Center to help with coffee and snacks for our visitors!

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 (EVENING)

On 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 (EVENING)

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

MID-STAGE ALZHEIMER'S GROUP

On second Wednesday of each month at 10:30 AM at Norwell VNA, 120 Longwater Drive, Norwell. Call (781) 659-2342.

VISION SUPPORT GROUP

On **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.**

HAVE YOUR BLOOD PRESSURE CHECKED!

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



LAUGHTER YOGA with Jill

Try our **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!**

Meets on the **1st and 3rd Friday** of each month at St. Luke's at 11:30-12:30 AM.



BALANCE FOR LIFE—New Fall Prevention Exercise

This new exercise class is funded by Mass Council on Aging and was developed by a physical therapist to strengthen and reduce risk of falls. Join us to strengthen & tone! Call to Sign up!

Tai Chi for Healthy Aging—24-week program in Introductory Tai Chi forms and factors to promote better balance. Sign ups req.

PROFESSIONAL MEETINGS

ASK A LAWYER

If you have a legal question, you can schedule a complimentary half-hour appointment with one of attorneys volunteering on the **3rd** Friday of each month at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan 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.

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 a half-hour by appointment on the first Monday of each month at EDWARD JONES OFFICE at 103 FRONT ST in Scituate. Call the Senior Center to request appointment.

When it comes to your finances & investments, are you concerned about risk? Are you interested in minimizing risk, increasing income ad lower taxes? **Adrienne Rowles**, Wealth Advisor, CFPD with Raymond James in North Scituate, is available for free initial consultations at the Scituate Council on Aging on both Friday, March 11 or Friday, April 1 @ 9:00 am & 9:30 am. Please call for an appointment.

Health and Lifestyle Fair

Thursday, May 5, 2016

10:00-1:00 @St. Luke's

*Exhibits; Presentations
& Demonstrations*

Health & Wellness Experts;
Lifestyle Topics & Fitness Options

Mark your calendars now!

Programs and Events

Café Lifelong Learning

— *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!

March 8 - April 12 (*extended for snow date*)

Tuesdays @ 3:00 PM - 4:30 PM; \$20; Open to all!
Register at the Senior Center with payment

WEDNESDAY CAFÉ PROGRAMS

@ Scituate Senior Center

Interesting talks, social opportunity, coffee & snacks.
Some varying times for speakers!

Wednesday, March 16 @ 10:00 AM

Rotarian ‘Safe Passage’ in Guatemala

An amazing story—presented by Stephen Certa, Weymouth Rotary Club member since 1994. In 2005, he was asked to find a worthy International Project. Steve heard of Safe Passage and organized the first Volunteer Support Team consisting of Rotarians, High School Interact Students, and Teachers. Weymouth has since sponsored 10 volunteer support team visits. An award winning documentary short film “Recycled Life” followed by slide show and talk by Steve about project.

Wednesday, March 23 @ 10:00 AM

Panel of Professionals in Housing, Home Inspection, Real Estate and Mortgages

Healthy refreshments provided by Fairway Mortgage

Wednesday, March 30 @ 10:30 AM

I Didn't Know There Was Help Out There!* with *Visiting Angels' Kim Bennett

Community resources and advice tailored for those who are caring for loved ones or just wanting to learn how to plan for themselves.

Wednesday, April 13 @ 10:30 AM

The Aging Hand* with *occupational hand therapist Terri Nagle

Loss of function or use of our hands can have a devastating effect on our lives. Come learn about therapies and treatments available for the aging hand.

Please call Jill to register in advance, x10.

ArtMatters / Art Awareness Program

ART KEEPS US HUMAN

Art teaches. Art communicates. Art has humor, adventure and passion. Art matters! Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. *What does art mean to you?*

Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Be sure to bring your sense of humor and your sense of Human.

At the Scituate Senior Center on
MONDAY, MARCH 28 at 10:30-11:30 AM

GAME NIGHT & DINNER

WITH SHS INTERACT CLUB STUDENTS

Monday, March 28 @ 4:30-6:30 PM

A variety of games will be available to play—
Bananagrams, Scrabble, Trivia ...

Italian Dinner provided by students

These students came a year ago and enjoyed themselves so much, as did we, that they wanted to come back! Please join us—don't miss out on this fun event with these young Rotarians (“*Service above Self*”)

IT'S TECH TIME AGAIN!

SHS Interact Club students assisting with technology/mobile devices - Cell/iPhones; iPads, etc.

Bring your device and questions!

SECOND WEDNESDAY EACH MONTH:

March 9, April 13 & May 11

@ 3:00 - 4:00 PM at the Senior Center. Please sign up!

Matter of Balance

Falling is not a normal part of aging! Reduce your fear and risk of falls. Trained leaders review topics on health, habits, and fitness to give you more confidence and understanding of fall prevention as we age.

An ounce of prevention is worth a pound of cure!

Thursdays, March 10 - April 28
@ 10:30-12:30 at Senior Center

Announcements and Information

MEN'S BREAKFAST Line-up at Widow's Walk!

Monday, March 7—Scituate resident Thomas Hall, author of *The T.W. Lawson: The Fate of the World's Only 7-Masted Schooner*

Monday, April 4—Nate Murray, President/Owner of Visiting Angels - *How to spend retirement years fruitfully and with meaning.*

Monday, May 2—Ron Wheatley, Scituate author sharing his new book. "*A Time for War: Veterans' Stories from One American Town: Scituate, Massachusetts*". **Reserve with Jill, x10**

CULTURAL FIELD TRIPS

March 18 - **Boston Flower Show** departing at 9:15 am. Returning at 3:30. Wait List.



March 31 - **Boston Symphony Orchestra practice session.** Van transportation only; tickets may be purchased independently/online. Departing at 8:00 am. Returning at 2:30.

April 27 - **Museum of Fine Arts.** Departing at 9:00 am. \$23

Contact Lisa Thornton 781-545-8722, x12 or email at lthornton@scituatema.gov. Payment must be made at time of reservation to ensure your place. PLEASE NOTE: 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.

EXERCISE CLASSES

- **Gentle Floor Yoga** \$10 / \$12
@ 9-10:00 on MONDAY at St. Luke's
@ 9:30-10:30 on WEDNESDAY at St. Luke's
- **Chair Yoga @** 10:15-11:00; \$5
MONDAY at St. Luke's (WED resumes on April 11)
- **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
- **ZUMBA GOLD 'DANCE' EXERCISE;** \$5
WEDNESDAY @ St. Luke's—1:30-2:15 PM
- **BALANCE FOR LIFE**—THURS @ St. Luke's—2:30
2nd day/time TBD.



Age of Love

First Friday, April 1

@ 3:00 - 4:30

Mill Wharf Cinema

Director Steven Loring recalls an experience and the result is this poignant documentary that features 70-90 year olds taking part in a speed-dating event. The director follows some brave participants who candidly tell their stories and articulate their desire to still find happiness and maybe even love—*where they are now*. This is a community event and Open to all! No charge for admission thanks to Scituate Cultural Council grant.
Concessions available for purchase.

TheAgeOfLoveMovie.com

Reception immediately following the film - Location TBD. AND THEN...

...First-time Speed-dating event for single senior adults over 65

Friday, April 29, 2016

6:00-8:00 pm

Register at Scituate Senior Center
Refreshments; \$10 per person
10 women; 10 men; 10 minutes...

#NeverTooLateToDate

Calling all aspiring actors!

Adults 'ACTING UP' Theatre Workshop

Come and have fun by unleashing your creative talents! Learn about theatre and stage, improvisation and working with scripts.

Tuesday mornings 11:00 - 12:30
@ St. Luke's Dutton Hall

March 15 - April 19, 6 week program; \$45

Final Performance date/location TBD

We need at least 10 participants to run, so don't miss out! No experience necessary!

We are lucky to have

Jean DiGiacomandrea and Sally Wright-Hull of Hat Trick Theatre Company leading program.

MARCH 2016

Mon	Tue	Wed	Thu	Fri
<p><i>Joy of Coloring</i></p> <p>Drop in to the Senior Center on the first Wednesday of the month at 10:30 am to relax and color. Books and colored pencils provided.</p>	<p>1</p> <p>9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*</p>	<p>2</p> <p>9:00 Yoga* 10:15 Chair Yoga* 10:30 Joy of Coloring 1:00 Bob Jackman/Inns 1:30 Zumba Gold*</p>	<p>3</p> <p>9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>4</p> <p>10:00 Joint Efforts Exer 11:30 Laughter Yoga*</p>
<p>7 9:00 Men's Break*/Yoga 10:00 Joint Efforts Exercise 10:15 Chair Yoga 12:30 Art Class 1:00 Financial Advisor 5:00 Pickle-ball*</p>	<p>8 9:00 Cardio/Shaws 10:30 Garden Club 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class</p>	<p>9</p> <p>9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 1:30 Zumba Gold* 3:00 Tech Time</p>	<p>10</p> <p>9:30 Harbor Shops 10:30 Matter of Balance 1:00 Knitting/Cardio* 5:00 COA Board Meeting</p>	<p>11</p> <p>9:00 Wealth Advisor 10:00 Joint Efforts Exer 12:00 FRIDAY FLIX</p>
<p>14</p> <p>9:00 Yoga 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball*</p>	<p>15 9:00 Cardio/Shaws 11:00 Theater/Act Class* 11:30 St. Patrick's Lunch 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class</p>	<p>16 9:00 Yoga* 10:00 Café Talk 10:30 BP Clinic 10:15 Chair Yoga* 12:00 Caregivers Support 1:30 Zumba Gold*</p>	<p>17</p> <p>9:00 Harbor Shops 10:30 Matter of Balance 1:00 Knitting/Cardio* 2:30 Balance for Life 4:00 Art Class</p>	<p>18</p> <p>9:00 Ask a Lawyer 10:00 Joint Efforts Exer 10:00 Boston Flower Show 11:30 Laughter Yoga*</p>
<p>21</p> <p>9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball*</p>	<p>22 9:00 Cardio/Shaws 10:15 Mah Jongg 11:00 Theater/Act Class* 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class</p>	<p>23</p> <p>9:00 Yoga* 9:00 Hanover Mall 10:00 Café Talk 10:15 Chair Yoga* 1:30 Zumba Gold*</p>	<p>24 9:00 Harbor Shops 10:30 Book Club 10:30 Matter of Balance 1:00 Knitting/Cardio*; 2:30 Balance for Life 4:00 Art Class</p>	<p>25</p> <p>9:00 Rep Cantwell 10:00 Joint Efforts Exer 12:00 FRIDAY FLIX</p>
<p>28 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 10:30 Art Matters 12:30 Art Class 4:30 Game Nite/Dinner 5:00 Pickle-ball*</p>	<p>29</p> <p>9:00 Cardio/Shaws 10:15 Mah Jongg 11:00 Theater/Act Class* 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class</p>	<p>30</p> <p>9:00 Yoga* 10:15 Chair Yoga* 10:30 Café Talk 1:30 Zumba Gold*</p>	<p>31</p> <p>8:00 Open Rehearsal/BSSO 9:00 Harbor Shops 10:30 Matter of Balance 1:00 Knitting/Cardio* 2:30 Balance for Life 4:00 Art Class</p>	<p>* Denotes program held off site ALSO: Badminton on Wednesdays at Jenkins School @ 6:00 PM!</p>

APRIL 2016

Mon	Tue	Wed	Thu	Fri
<p>*Denotes program held off site</p>	<p><i>The Age of Love</i>—documentary film depicting speed-dating event for older adults, including stories and interviews with participants. Community event funded by Scituate Cultural Council. Mill Wharf Cinema—No admission for film at 3:00 PM. Reception to follow. Speed-dating event on April 29! ♥</p>			<p>1 9:00 Wealth Advisor 10:00 Joint Efforts exercise 11:30 Laughter Yoga* 3:00 Film Screening—Age of Love @Mill Wharf</p>
<p>4 8:59 Men's Break/ Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 1:00 Financial Advisor 5:00 Pickle-ball*</p>	<p>5 9:00 Cardio/ Shaws 10:15 Mah Jongg 11:00 Theater/Act Class * 12:30 Expressive Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class</p>	<p>6 9:00 Yoga* 10:15 Chair Yoga* 10:30 Joy of Coloring 1:30 Zumba Gold*</p>	<p>7 9:00 Harbor Shops 10:30 Matter of Balance 1:00 Knitting/ Cardio* 4:00 Art Class</p>	<p>8 10:00 Joint Efforts exercise 12:00 Friday Flix</p>
<p>11 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball*</p>	<p>12 9:00 Cardio/Shaws 10:15 Mah Jongg 11:00 Theater/Act Class * 12:30 Expressive Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class</p>	<p>13 9:00 Hanover Mall/Yoga 10:30 Café Talk 10:15 Chair Yoga* 12:00 Caregivers Support 1:30 Zumba Gold* 3:00 Tech Time</p>	<p>14 9:00 Harbor Shops 10:30 Matter of Balance 1:00 Knitting/ Cardio* 4:00 NO Art Class 5:30 SCOA Board Mtg</p>	<p>15 9:00 Ask a Lawyer 10:00 Joint Efforts exercise 11:30 Laughter Yoga*</p>
<p>18 Holiday Offices Closed</p>	<p>19 9:00 Cardio/ Shaws 10:15 Mah Jongg 11:00 Theater/Act Class * 12:30 Expressive Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class</p>	<p>20 9:00 Yoga* 10:15 Chair Yoga* 10:30 BP Clinic 1:30 Zumba Gold*</p>	<p>21 9:00 Harbor Shops 10:30 Matter of Balance 10:30 Book Club 1:00 Knitting/ Cardio* 4:00 Art Class</p>	<p>22 9:00 Rep Cantwell 10:00 Joint Efforts exercise 12:00 Friday Flix</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 12:30 Expressive Writing 1:30 Tai Chi for HA*</p>	<p>27 9:00 MFA Trip 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:30 Zumba Gold*</p>	<p>28 9:00 Harbor Shops 10:30 Matter of Balance 1:00 Knitting/ Cardio* 4:00 Art Class</p>	<p>29 10:00 Joint Efforts exercise 6:00 Speed Dating Event*</p>

Outreach and Social Services



SHINE

Serving the Health Information Needs of Everyone

Norman Tetreault, our dedicated SHINE volunteer, is available BY APPOINTMENT at the Senior Center to discuss issues and concerns regarding your health insurance coverage. His schedule for Scituate is below.

Please call 781-545-8722, x10 for an appointment.

MARCH: Thursdays, 3/3; 3/17; 3/24; 3/31; Tuesday, 3/8
APRIL: Thursdays, 4/7; 4/21; 4/28; Tuesday, 4/12

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. IF you received Fuel Assistance, you are NOT eligible for GNEF.

State/Federal FUEL ASSISTANCE

This program is operated and administered by South Shore Community Action Council. It is open to the community. Applications may be facilitated through the Council on Aging at the Senior Center. Documentation is required! *Call Jenny Gerbis with any questions.*

Tuesdays at Housing Authority ~ 30-minute visits w/COA Outreach

Tuesday, March 1 & April 5, 9:00 - 9:30 @ Lincoln
Tuesday, March 8 & April 12, 9:00 - 9:30 @ Central
Tuesday, March 15 & April 19, 9:00 - 9:30 @ Wheeler I
& 9:30 - 10:00 @ Wheeler II

Tax Abatements, Credits and Senior Tax Work-off Program

For up-to-date information on ways to receive a reduction in federal, state or municipal taxes, call or visit the Town Assessor's office to speak directly to a staff person.

The **Senior Tax Work-off Program** is available to Scituate residents 62 and over if there is an available position with Town offices. The program offers a **\$1,000** reduction in your property tax for **100** hours of volunteer service for which \$ is accrued and reported. For information or application, call or see Linda Hayes, Director at the Scituate Council on Aging/Senior Center.

RMV NEAR ME! Skip the Line/Go online!

Available for seniors at the Scituate Senior Center. Do your Registry/RMV transactions on-line using Senior Center computers/assistance.
Hours: TUESDAY - FRIDAY at 8:30-10:00;
TUES/THURS at 3:00-4:30. Transactions include: License renewal (under 75 only); Registration renewal; Address change/Placard renewal.

MEALS for Seniors in Scituate on: MONDAY, WEDNESDAY & FRIDAY

Sponsored by **South Shore Elder Services** and assisted by community volunteers, this congregational lunch is provided to Seniors three days per week for a requested \$2 donation. Transportation is available by calling the Senior Center.

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

ALSO, the *Meals on Wheels* program for homebound or convalescing seniors is also provided by South Shore Elder Services from this site Monday-Friday—**Call 781-545-5885 or 781-837-3900 to register for this service.**

THURSDAY

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

4th SUNDAY - Monthly Community Dinner

@ St. Luke's Episcopal Church @
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 @ Masonic Temple** on Country Way **is open every Tuesday** at 11:00 AM to 12:30 PM. It is also open on the last Tuesday evening of the month at 6:30 PM to 8:00 PM. **Transportation is available to eligible clients by the Council on Aging.**

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 5 days in advance as we schedule with South Shore Community Action Council which requires coordination. We ask 48-hours notice (2 business days) to schedule a local ride.

Our Council on Aging vans are available for local medical appointments, shopping and rides to/from home and locations in and around Scituate. You may see our newest 14-person van, courtesy of GATRA—and not to be confused with the public SLOOP GATRA bus service. A monthly pass for local rides is \$14/mo or \$2 round-trip. 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, our regional transit authority providing transportation services for our region, including 28 communities. **Out-of-town Medical Transportation** is also funded by GATRA, but the 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. Wait on the GATRA route (.50/1.00 round-trip) at a designated stop or give them a WAVE! Schedules and brochures available at the Senior Center.

Activities `n All - Please remember to sign in always!!

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

March 24: We Are All Completely Beside Ourselves by Karen Joy Fowler

April 21: The Remains of the Day by Kazuo Ishiguro
(made into an Oscar-winning movie!)

Drop-ins welcome! Refreshments provided. Facilitated by volunteer Cindy Fusco, retired librarian.

Memoir Writing with Lynn Sheridan 4 weeks on Tuesdays @ 12:30-2:00

March 8 - March 29; \$10. Bring your stories to life!
Also running @Norwell COA on Wed at 10:00 AM
6 weeks beg. March 9; \$10 pp

Expressive Writing with Liz Ennis Tuesdays, April 5 - May 10 @ 12:30

This popular new weekly COA writing group uses *thematic* writing to encourage healthy discussion not for the sake of creative writing but for the *expressing!* Encourages sharing, storytelling, connection.

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 watercolor application. Long-time Instructor Joanne Papandrea. *Supply list available.*



GARDEN THERAPY

Tuesday, MARCH 8 @ 10:30 am

Scituate Garden Club members will again provide ideas, materials and instruction for creating a beautiful seasonal arrangement! Beautiful & Fun! Spots are limited! Call to register! NEXT on May



COA FRIDAY FLIX @ NOON

See flyer at Senior Center for movie descriptions; there's always popcorn!

March 11: **Noble** (2014; PG-13)

March 25: **Les Misérables** (2012; PG-13)

April 8: **The Great Gatsby** (2013; PG-13)

April 22: **Inside Out** (PG) - *Bring a kid or BE a kid!*

GAMES & RECREATION

Mah Jongg—This popular game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! COA provides game tiles. **TUESDAYS @ 10:15-12:00.**

Pickle-Ball—Jenkins School/instruction available; **MONDAYS @ 5:00-6:30 (4:45 setup).** Time changes in May to 4:15-6:15.

Badminton—Jenkins School on **WEDNESDAYS @ 6:00 PM.**

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

WE'RE ON-LINE TOO!

You can find this newsletter (and all newsletters for the year) on-line at: <http://ourseniorcenter.com/find/scituate-council-on-aging>. Sign up with your e-mail and receive notice when it is available (well before mailing!)

*Follow us on Twitter: [@ScituateCOA](https://twitter.com/ScituateCOA)

*Like us on Facebook: Search **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.