



SENIOR HAPP'Y'NINGS

JULY/AUGUST 2016

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



COA STAFF

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COA BOARD

Dr. Gordon Price

Audrey Reidy

Dale Balog

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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

It's not what you look at that matters, it's what you see. We all know that our Senior Center is not much to look at—certainly not big enough for the variety of programs we would like to provide to our community of older adults and families. It is lacking in the many amenities and attributes that would make it a more valuable resource to our entire community. It does not come close to honoring the contributions of our many seniors who have lived in Scituate and contributed to the improvements we enjoy today. But I'd like to talk about some of the things that have been possible and where our successes can be seen and felt. A recent report ranked Massachusetts as the 2nd healthiest state for older adults, having been named only 6th last year. For the Scituate Senior Center/Council on Aging, cultivating wellness is a reason to come and a reason to continue coming! Whether for our tremendous exercise and fitness classes with dedicated instructors—Yoga, Tai Chi, Cardio, Joint Support, Zumba, and our newest Balance for Life; our health & wellness programs, such as Aging Mastery, Live Your Life Well, Healthy Eating, and Matter of Balance; recreation opportunities like Pickle-ball, Badminton, Softball, Mah Jongg, Knitting, and Art classes; or the additional social connections and peace of mind that come from our learning programs, support groups, outreach and informational café talks—all of these activities benefit a variety of needs for those taking part. We help people be happier, healthier and more secure with aging and transitions that are inevitable. I also want to acknowledge the many volunteers who are helping us to get closer to a new senior center for our community. The Friends of Scituate Seniors who continue to reach into the community for financial support and to increase awareness of the senior population's need and desire for a more viable facility. The Council on Aging Board of Directors' commitment to ways to increase understanding of the value of our programs and services to the town. The recent Scituate Adaptive Building Re-use Committee which has been working since September on determining uses for existing town buildings and property to see which, if any, could be an option for a senior center location. The Board of Selectmen's tireless work for the community to make Scituate an ideal place to live and work. Those supporting the staff and our daily efforts at the Senior Center—and finally those we serve and who participate and visit and enjoy—you make us love what we do! *Thank you all!* ♥ Linda



SENIOR CENTER

HOURS OF OPERATION:

Monday through Thursday
8:30 AM to 4:30 PM

Friday 8:30 AM to 3:00 PM

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 Chrissie from South Shore Elder Services. Both have great experience facilitating support needs of caregivers of all types. Please call 781-545-8722 if you have any questions.

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. Try this out!!



NEW: MEDITATION with Mary

Meditation is proven to help reduce stress, lower blood pressure, bolster your immune system, and reduce many aches and pains. It has been shown to give us a more positive outlook on life and increase happiness. A **Guided Meditation** class will begin this summer with Mary Pillsbury, a local practitioner, on **Wednesdays at 4:30-5:30** at the Senior Center. Please call to register. **\$5** class. Dates: **July 20; August 3, 17 and 31; Sept 14 and 28.**

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 the Edward Jones Office at 103 Front Street in Scituate. Please call the Senior Center to be referred for an appointment.

Adrienne Rowles, Wealth Advisor, CFDP with Raymond James is now LOCAL with new offices in North Scituate. She focuses on tax efficient, income producing portfolios and legacy planning. She is available for free 30 minute appointments at the Senior Center. Please call if interested.

Fall Prevention Exercise & Strengthening:

BALANCE FOR LIFE

Mondays @ 11:30; Thursdays @ 2:30 at St. Luke's (see p. 4).

TAI CHI for Healthy Aging—24-week program in Introductory Tai Chi forms and foundation that help to promote better balance. Sign ups preferred to determine best start date. Call Linda at 781-545-8722, x15. **Tuesdays @ 1:30 at St. Mary's.**

Programs and Events

Lifelong Learning Raising Funds for SCOA

2 presentations by Bob Jackman to assist Senior Center funding. Help Bob help us raise funds for current programs and a future Senior Center.

\$5/class; please pre-register.

Slideshow Presentation & Discussion

@ Scituate Maritime Center on Edward Foster Rd.

LOUIS AGASSIZ FUERTES (1874-1927)

AND HIS BIRD PAINTINGS

Wednesday, June 29 @ 7:00 PM

GREAT PAINTERS OF AMERICAN SHOREBIRDS

Monday, August 8 @ 7:00 PM

MEN'S BREAKFAST

No breakfast for July—Enjoy the 4th! **Monday, August 1**—Tom Hall returns for an on-site presentation at the **Maritime and Mossing Museum @301 Driftway.**

Learn about Scituate shipwrecks and the mossing industry from resident and author, Tom Hall. Set in the 1739 residence of Capt. Benjamin James, Scituate's Maritime & Irish Mossing Museum stands out on the South Shore as a true "gem" of local history. Meet first at the Senior Center for a bagel & coffee. **Call to reserve with Jill, x10**



July 4th Luncheon

FRIDAY, July 8 @ 12:00 PM

2nd Backyard Barbecue

on the Brown's lawn next door!

Nona's Ice Cream truck for dessert!

Please call to sign up for lunch with Jill, x10.

Happy Summer!!



WEDNESDAY CAFÉ

@ Scituate Senior Center

Interesting talks, social opportunity, coffee & snacks.



Wednesday, July 13 @ 10:30 AM

Aquatic Therapy Program by PEAK Physical Therapy
Aquatic Therapy is an exciting form of treatment, delivered by specially trained physical therapists in a pool setting. Refreshing change of pace and especially effective for clients unable to put full weight on limbs. So many benefits - come hear more!

Wednesday, July 20 @ 11:30 AM

Ice Cream Social and a side of Trivia @ noon
(You've heard of breakfast for dinner - we're having ice cream for lunch!) with **HomeInstead**

Wednesday, August 10 @ 10:30 AM

Greg Lessard Photography—Back by Popular Demand!
Come see and hear about his beautiful wildlife photographs. In his other life he is music teacher for Scituate Public Schools. *Don't miss this one!*

Film Screening & Discussion with Filmmakers:

Friday, August 26

Film @ 1:00 PM - Discussion following

Lou Montgomery: A Legacy Restored

Documentary of the first African-American football player at Boston College who persevered through discrimination during height of Jim Crow era.

Please call Jill to register in advance, x10.

FOCUS GROUP

What do you want from your Senior Center?

Join the Scituate Senior Center Director, staff and Board members to voice your thoughts on programs and services through the Senior Center. We need your help to serve your best interests and create appealing programming now and as we plan for a new facility.

Wednesday, August 17 @ 10:30 AM

Aging Mastery Program (AMP)

10 WEEKS: September 22 - December 1

Thursdays at 9:30-11:00

Up to 30 participants to enjoy healthy breakfast each week and a different topic reinforcing healthy habits and cultivating longevity and quality of life as we Age Well!

Topics include: *Navigating Longer Lives, Exercise, Sleep Quality, Financial Fitness, Advance Planning, Fall Prevention, Healthy Eating & Hydration, Medication Management, Healthy Relationships and Community Engagement*

Please call Jill, x10 to register for this program!

Announcements, Trips and Fitness

FRIDAY, JULY 1 @ 7:30 PM. The Pilgrim Festival Chorus presents *Broadway East* at the First Trinitarian Congregational Church in Scituate with songs from *Les Miserables*, *My Fair Lady*, *Phantom of the Opera* and *Fiddler on the Roof*. Tickets \$10 online or at the door.

SAVE THE DATE! *The Singing Trooper* on Friday EVENING, September 30 at St. Mary's Hall. Casual meal, cash bar along with dramatic and inspiring vocal entertainment by Sgt Dan Clark. Cost TBD.

The Scituate Council on Aging (SCOA) will join FOSS at Heritage Days this year.

Information table at Jack Conway Realty—Come Visit!

August 6 & 7 in the Harbor

CULTURAL FIELD TRIPS using COA Van Transportation

Sandwich Heritage Museum & Gardens—Special Exhibit: Cut! Costume and the Cinema.



Discover the glamour, luxury and artistry of cinematic couture. Five centuries of fashion and style will be on display along with props, movie clips and photos and movie memorabilia. Forty three costumes worn by stars including Scarlett Johansson, Kate Winslet, Julie Christie, Maggie Smith, Heath Ledger, Ralph Fiennes Randy Quaid, Minnie Driver, Jude Law, Robert Downey, Jr., Keira Knightley and more are all included in this evocative star-studded exhibition of movie costume excellence.

Tuesday, July 12 at 10 am; depart Scituate approx. 9 am. \$17 admission, self-guided tour & van ride. Bring money for lunch at on-site outdoor restaurant.

Institute of Contemporary Art, Boston, MA. Wednesday, July 27 at 10:45 am; depart Scituate approx. 9:15 am. \$18 admission, docent tour of summer exhibit & van ride. Bring money for lunch at on-site venue.

Isabella Stewart Gardner Museum, Boston, MA. Thursday, August 11 at 11:15 am; depart Scituate at 9:30 am. \$20 for admission, docent tour "Off the Wall" & van ride. Bring money for lunch at on-site venue.

Harvard Museum of Natural History—Glass Flowers Exhibit returns to Harvard after major renovation—One of the Harvard's most famous treasures is the internationally acclaimed Ware Collection of Blaschka Glass Models of Plants, the *Glass Flowers*. This unique collection of over 4,000 models, representing more than 830 plant species, was created by glass artisans Leopold and Rudolf Blaschka, a father and son from Germany. **Tuesday, August 23 at 12:30pm, depart Scituate approx. 9:30am (lunch before in Harvard Square).** \$15 for admission, self-guided tour & van ride. Possible Group Docent-led tour will become available. Bring money for lunch at local Harvard Square restaurant.

Contact Lisa Thornton 781-545-8722, x12. Must have payment. See flyer for more details!

EXERCISE CLASSES

Gentle Floor Yoga @ 9:00-10:00; \$10 / \$12 drop-in. MONDAY & WEDNESDAY at St. Luke's (Elizabeth)

Chair Yoga @ 10:15-11:00; \$5. MONDAY & WED at St. Luke's (Elizabeth)

Joint Efforts Gentle Exercise @ 1:00 PM; \$4 or as able; MONDAY at Senior Center. This Summer class with Sue will use the same principles for exercise gentle on the joints with her own twist for variety and interest! Give it a try at this new time once a week!



Laughter Yoga @ 11:30-12:30; No charge. 1st & 3rd FRIDAY at St. Luke's (Jill). You will be glad you tried it and will be laughing your way to good health!

What? No Cardio with Chris for the summer? Try our ZUMBA GOLD 'Dance' Exercise class—Lots of fun; great cardio workout that melts fat, strengthens your core, and improves flexibility! @1:15-2:00 PM; \$5; WEDNESDAY at St. Luke's with Pasqualina.

Balance for Life Fall Prevention & Strengthening Exercise; \$4. MONDAY 11:30; THURSDAY 2:30 at St. Luke's (Sue). Developed to strengthen and reduce risk of falls. Join us to strengthen & tone with Sue! Lots of fun! This class was covered by a grant through June and will now require a nominal charge for Sue's wonderful instruction. We hope that \$4 per class is manageable for all.

JULY 2016

Mon	Tue	Wed	Thu	Fri
* Denotes program held off site	**PICKLE-BALL PLAY @JENKINS SCHOOL FOR JULY AND AUGUST ON FRIDAYS BEGINS @10:00AM			1 10:00 Pickle-ball* 11:30 Bridge 11:30 Laughter Yoga*
4 Holiday Offices Closed	5 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	6 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 10:30 Coloring 1:30 Zumba Gold*	7 9:30 Harbor Shops 10:30 Healthy Eating 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class	8 10:00 Pickle-ball* 12 4th of July Cookout
11 9:00 Yoga 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts	12 9:00 Heritage Museum Trp 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	13 9:00 Yoga* 10:30 BP Clinic 10:15 Chair Yoga* 10:30 Café Talk-Aqua Ther 12:00 Caregivers Support 1:30 Zumba Gold*	14 9:00 Harbor Shops 10:30 Healthy Eating 1:00 Knitting 2:30 Balance for Life* 5:00 COA Board Meeting	15 9:00 Ask a Lawyer 10:00 Pickle-ball* 11:30 Bridge 11:30 Laughter Yoga*
18 9:00 Yoga* 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts	19 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	20 9:00 Yoga* / Mall 10:15 Chair Yoga* 11:30 Ice Cream Social 1:30 Zumba Gold* 4:30 Meditation	21 9:00 Harbor Shops 10:30 Healthy Eating 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class	22 9:00 Rep Cantwell 10:00 Pickle-ball* 12:00 FRIDAY FLIX
25 9:00 Yoga* 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts	26 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	27 9:15 ICA Trip 9:00 Yoga* 10:15 Chair Yoga* 1:30 Zumba Gold*	28 9:00 Harbor Shops 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class	29 10:00 Pickle-ball*

AUGUST 2016

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:00 Yoga*/Men's Break 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts</p>	<p>2</p> <p>9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*</p>	<p>3</p> <p>9:00 Yoga* 10:15 Chair Yoga* 10:30 Coloring 1:15 Zumba Gold* 4:30 Meditation</p>	<p>4</p> <p>9:00 Harbor Shops 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class</p>	<p>5</p> <p>10:00 Pickle-ball* 11:30 Bridge 11:30 Laughter Yoga*</p>
<p>8</p> <p>9:00 Yoga* 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts</p>	<p>9</p> <p>9:00 Shaws 10:15 Mah Jongg* 1:30 Tai Chi for HA*</p>	<p>10</p> <p>9:00 Yoga*/Hanover Mall 10:15 Chair Yoga* 10:30 Cafe-Photography 1:15 Zumba Gold*</p>	<p>11</p> <p>9:30 Isabella Stewart Trip 9:00 Harbor Shops 1:00 Knitting 2:30 Balance for Life*</p>	<p>12</p> <p>10:00 Pickle-ball* 12:00 Friday FLIX</p>
<p>15</p> <p>9:00 Yoga* 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts</p>	<p>16</p> <p>9:00 Shaws 10:00 Mah Jongg 1:30 Tai Chi for HA*</p>	<p>17 9:00 Yoga* 10:15 Chair Yoga* 10:30 Focus Group 12:00 Caregivers Support 1:15 Zumba Gold* 4:30 Meditation</p>	<p>18</p> <p>9:00 Harbor Shops 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class</p>	<p>19</p> <p>9:00 Ask a Lawyer 10:00 Pickle-ball* 11:30 Bridge 11:30 Laughter Yoga*</p>
<p>22</p> <p>9:00 Yoga* 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts</p>	<p>23</p> <p>9:00 Shaws 9:30 Harvard Museum of Natural History 10:15 Mah Jongg</p>	<p>24</p> <p>9:00 Yoga*/Hanover Mall 10:15 Chair Yoga* 1:15 Zumba Gold*</p>	<p>25</p> <p>9:00 Harbor Shops 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class</p>	<p>26 9:00 Rep Cantwell 10:00 Pickle-ball* 1:00 Special Friday FLIX Rotary affiliated Documentary on BC foot-</p>
<p>29</p> <p>9:00 Yoga* 10:15 Chair Yoga* 11:30 Balance for Life* 1:00 Joint Efforts</p>	<p>30</p> <p>9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*</p>	<p>31</p> <p>9:00 Yoga* 10:15 Chair Yoga* 1:15 Zumba Gold* 4:30 Meditation</p>		<p>*Denotes program held off site</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 varies each month.
Please call 781-545-8722, x10 for an appointment.

RMV NEAR ME! Skip the Line/Go online!
 Available for seniors and disabled clients 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); Registration renewal; Address change; Lost/stolen placard.

TUESDAYS @ HOUSING AUTHORITY ~
30-minute visits w/Jenny Gerbis, Outreach
 July 5—10:30-11 @ Lincoln
 July 12—0:30-11 @ Central
 July 19 - 10:30-11 Wheeler 1; 11-11:30 Wheeler 2
 Aug 2—10:30-11 @ Lincoln
 Aug 9—10:30-11 @ Central
 Aug 16—10:30-11 Wheeler 1; 11-11:30 Wheeler 2

MEALS for Seniors in Scituate on
 MONDAY, WEDNESDAY & FRIDAY; \$2 sponsored by **South Shore Elder Services at Harbor United Methodist Church.** 12:00-1:00 PM. Also, SSES offers the *Meals on Wheels* program for home-bound or convalescing seniors Monday-Friday—Call 781-848-3910, x415 to inquire about this service.



FARMERS MARKET NUTRITION PROGRAM

If you are over the age of 60, or disabled and your income falls within the guidelines below you are eligible to receive these valuable coupons. You will need to sign a form verifying your eligibility.



Coupons arrive mid-July for distribution. Quantities are limited and are

Household	Monthly	Annual Income
1	\$1,815	\$21,775
2	\$2,456	\$29,471
3	\$3,098	\$37,167
4	\$3,739	\$44,863

distributed on a first-come first-served basis. Please contact Jenny to re-serve your coupons.

BUY TICKETS FOR GREEN-BUSH TRAIN USING YOUR SMART PHONE!

Just takes seconds! Download the new **MBTA mTicket App** for Commuter Rail and Ferry, and you can securely purchase single-ride, round-trip and 10-ride tickets in seconds. Your smartphone IS your ticket—so cool! You can also get an easy-to-read **schedule** for all lines. Search for *MBTA mTicket*.

Transportation Information

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

Reservations for out-of-town medical rides should be made at least 5 days in advance. We schedule these rides with South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans.

We ask 48-hours notice (2 business days) to schedule a local ride. Our Scituate Council on Aging vans are available for any local transportation within Scituate, including local medical appointments, shopping, the senior center, and other locations in and around Scituate. The COA has 3 vans of varying sizes in use for local rides and cultural trips planned by our staff. They run only during COA hours at this time. You may see our newest 14-person van—not to be confused with the public GATRA SLOOP bus service.

For a monthly pass for unlimited local rides we ask \$14/mo or \$2 round-trip. We run regular, weekly van trips with sign-ups: **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.**

Weekly & Monthly Activities - *Please remember to sign in always!!*



COA FRIDAY FLIX

Comfortable viewing; closed caption & always popcorn! See flyer for movie descriptions. No movie on the 8th - July barbecue.

July 22: **In the Heart of the Sea** (2015; PG-13) @12

In the winter of 1820, the New England whaling ship Essex was assaulted by something no one could believe: a whale of mammoth size and will, and an almost human sense of vengeance.

August 12: **The Age of Adaline** (2015; PG-13)

@12—Romantic drama about a 29-year-old woman who has stopped aging - and the timeless power of love.

August 26 @ 1:00 PM: Special screening of this new documentary film courtesy of our Scituate Rotary Club:

Lou Montgomery: A Legacy Restored (2015; R)

Filmmakers Susan Michalczyk and John Michalczyk will be with us for an introduction and discussion following the film. Lou Montgomery, the first African-American football player at Boston College in 1937, at the height of the Jim Crow era, faced discrimination despite his talent. Lightning Lou was not allowed to play in two BC bowl games with southern teams due to the "Gentleman's Agreement" in place at the time, despite his incredible ability on the field. Join us for this remarkable player's story!



COA Book Club @ the Senior Center

Looking for new members; call if interested! This erudite group is taking the summer to read, rest and relax and will meet again beginning in September. The next book selection will be available if you call. A new day/time is being considered for the monthly meeting. Refreshments are part of the meeting!



PAINTING CLASS @ Senior Center; \$10 class

THURSDAYS @ 4:00-7:00 PM

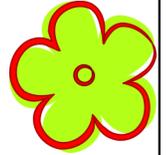
NO THURS CLASS on the 2nd Thursday;

NO MONDAY classes for the summer

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Long-time Instructor Joanne Papandrea. *See supply list.*

Coloring — for Mindfulness, Serenity and Creative Stimulation

Enjoy the calming benefits of coloring - it is even recommended as a form of meditation! Books and pencils, markers supplied. On the 1st Wednesday at the Senior Center at 10:30 AM.



GAMES & RECREATION

Mah Jongg—**TUESDAYS @ 10:15-12:15** at the Senior Center. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Bridge Play—On **1st & 3rd FRIDAYS** at the Senior Center (alternating with movies) @ **11:30 AM**. We would love to have multiple bridge groups—whether you come with a 4-some or just one or two looking for additional players. Please call to register your participation and we will work on completing the groups. We are also looking for someone willing to instruct beginners who are interested in playing!

Play Chess? Interested in playing, learning or teaching? We would love to add Chess to our schedule and are thinking of **Mondays at 3:30 -4:30** to start. Let us know if you would be interested in any of the above roles!

Pickle-Ball—Indoor Summer Hours @ Jenkins School: **FRIDAYS at 10:00-12:00 AM**. Doubles format. Nets, beginner paddles and balls provided by Senior Center.

Badminton—Will resume in September



Looking forward to our social knitting group raffling this beauty of a knit blanket off as a fundraising opportunity to benefit the senior center. They are not just a happy group, but also generous with their time and talents! ❤

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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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 Advertising with LPI at: **800-732-8070**

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**

*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.