



**SENIOR HAPPENINGS
JANUARY/FEBRUARY 2014
SCITUATE COUNCIL ON
AGING
27 BROOK STREET
SCITUATE, MA 02066**

STAFF

**Director
Florence Choate**

**Administrative Assistant
Jill Johnston**

**Transportation
Quincie-Ann Cutler**

**Scituate Human Service
Manager
Laura Minier**

**Outreach Coordinator
Jennifer Gerbis**

**BOARD
Joan Powers Chair
Audrey Reidy Vice-Chair**

**Members
Dale Balog
Jim Harmon
Richard Mitchell
Meg Stillman
Debbie Young**

**Selectman Liaison
Marty O'Toole**

MISSION

The purpose of the Council on Aging is to identify needs and implement programs that will enhance the quality of life and the independence of the seniors of Scituate, and to educate and enlist the support of our community to provide successful and enriching programs.

HAPPY NEW YEAR

New Year is a time to set goals. For many of us, keeping those goals always proves difficult. The trick to this is that we make these goals attainable. Instead of making a goal that will be difficult to achieve, make one you know you can keep. For instance, I need to lose 30 pounds. The likelihood that I will stay on a diet that will actually accomplish this is doubtful. Instead of 30 pounds by June, how about 10 pounds by May? You will have met your goal and you will look and feel better. Life for most of us is difficult at best, and sometimes making a small change is better than making none at all.

I wonder just how many millions or billions of New Year's goals have not been met, and isn't it amazing that in spite of that, people continue to make them year after year. Smokers vow they are going to quit cigarettes, or cigars, those of us overweight are finally going to lose it, some are going to stop drinking, or gambling, and some will stop smoking pot, or using drugs, and I wonder how many of these goals are self directed and how many are made with others in mind such as, I will be nicer to my parents, I will be kinder to those who have less than I, I will look out for my elderly neighbor, who has no family. It would be nice to think that goals for others represent the majority, but looking at society today I seriously doubt that, but maybe that is the goal that we can all set for 2015.

LOCAL SUPPORT GROUPS

MID STAGE ALZHEIMER'S GROUP

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

COA CAREGIVER'S SUPPORT GROUP (EVE)

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

CAREGIVER'S SUPPORT GROUP (DAY)

Meets the third Wednesday of every month at 12:00PM. at the Scituate Senior Center, 27 Brook Street. Ellie O'Neil from South Shore Elder Services will be joining us.

VISION SUPPORT GROUP

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

BLOOD PRESSURE SCREENING

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

BP screens will take place

Wheeler Park 1st Wednesday of the month

Central Park 2nd Wednesday of the month

Lincoln Park 4th Wednesday of the month

MONTHLY OPPORTUNITIES

ASK A LAWYER

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

MEET YOUR REPRESENTATIVE

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

SHINE INSURANCE COUNSELING

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

FINANCIAL SERVICES

Are you wondering whether you are in the right investments for your stage of life? Do you need financial advice on trust, annuities, or other forms of financial planning? Deborah Flanagan, Financial Advisor with Edward Jones will be available by appointment at the Edward Jones Office, 103 Front St the first Monday of each month from 1:00 to 3:00PM to answer your questions. Appointments are limited to 30 minutes and there is no charge. Call for an appointment (781) 545-8722.

NEW SERVICES

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

FYI PROGRAMS AND EVENTS

MEN'S BREAKFAST: WILL BE CANCELLED FOR THE MONTHS OF JANUARY, FEBRUARY & MARCH. WINTER WEATHER IS DIFFICULT FOR SENIORS TO DRIVE IN AND WE HAVE EXPERIENCED CONSISTENTLY BAD TURNOUTS DURING THESE MONTHS. IT WILL RESUME IN APRIL. POSTCARDS WILL BE SENT OUT IN MARCH.

SCITUATE LANDFORMS: by Bob Jackman will be offered starting Monday, January 13th, and will be completed on February 24th. Classes will run from 1:00 to 2:30 PM at the Scituate Senior Center. There will be 6 sessions. The class is limited to 22 members. The course will focus on maps of Scituate and the town's physical landscape. During the six week program most significant historical maps of Scituate will be shown. In addition the maps will show features such as the Avalon granite bedrock and the extinct volcanic shaft, glacial advances, and retreat, as well as the other events that shaped the town's topography. This course will fill up fast, don't wait to make your reservation. Cost of program is \$20.00 due at registration. Call 781-545-8722 for more details.

MAPS REVEAL SCITUATE HISTORY: Taught by Bob Jackman, this six week course will begin on Wednesday, January 15th from 1:00 to 2:30pm. This is a new program that will utilize the modern Scituate maps and other documents to provide a fresh dynamic perspective on Scituate's cultural history. In addition to maps showing locations, we will also utilize recent maps of historical data that offers a comparison basis to other towns, counties and states. The course will be 6 weeks long and it will be open to 22 students. Payment of \$20 is required at registration. Call 781-545-8722 for further details.

SCITUATE GARDEN CLUB: will offer a workshop to 20 seniors on Tuesday, February 11th @ 11:00AM. The title of the workshop is "Hearts and Flowers". There is no charge for this workshop, but make sure you reserve early. All supplies are generously provided by the Scituate Garden Club. The workshop will be held at the Scituate Harbor Community Building, 44 Jericho Rd. Call 781-545-8722 to reserve your spot.

During the month of January, there may be other programs offered, please pay attention to our column in the Mariner for further details.

THE SCITUATE COUNCIL ON AGING REQUEST FOR DONATIONS

DONOR'S NAME: _____

ADDRESS: _____

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

I WOULD LIKE MY DONATION TO SUPPORT

- Transportation
 Postage for Senior Happenings
 Emergency Services for Elders in Need
 Program / Activities / Services
 Health and Wellness Education and Seminars
 Events and Lunches
 Contribution Towards a New Senior Center

THIS CONTRIBUTION IS MADE IN MEMORY OF:

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

Thank you for your contributions, we appreciate your help!

Those who agree to be recognized are

Ruth & George Kelly
Lilla May O'Donoghue
Robert Demers
Micheal Sacchitella
Nancy Bresnahan

The following contributions were given in memory of:

Thanks to Florence by Dennis Balog
Louise Doyle Bolvell by Anonymous

JANUARY 2014

Mon	Tue	Wed	Thu	Fri
<p>*Denotes program held at Scituate Harbor Community Building</p>		<p>1</p> <p>Holiday Offices Closed</p>	<p>2 9:00 Tai Chi/Yoga* 9:00 Harbor Shops 10:15 Chair Yoga 10:30 C&W Dancing 1:00 Knitting/Cardio*</p>	<p>3 10:00 Arthritis Exercise</p>
<p>6 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge 1:00 Financial Advisor</p>	<p>7 9:00 Cardio 9:00 Shaws 10:30 Bridge</p>	<p>8 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 6:00 SCOA Board 6:00 Badminton</p>	<p>9 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>10 10:00 Arthritis Exercise</p>
<p>13 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*</p>	<p>14 9:00 Cardio 9:00 Shaws 10:30 Bridge</p>	<p>15 9:00 Yoga* 10:15 Chair Yoga* 12:00 Caregivers 1:00 Maps Scituate History</p>	<p>16 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio*</p>	<p>17 9:00 Ask a Lawyer 10:00 Arthritis Exercise</p>
<p>20 Holiday Office Closed</p>	<p>21 9:00 Cardio 9:00 Shaws 10:30 Bridge</p>	<p>22 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps Scituate History 6:00 Badminton</p>	<p>23 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>24 9:00 Rep Cantwell 10:00 Arthritis Exercise</p>
<p>27 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*</p>	<p>28 9:00 Cardio 9:00 Shaws 10:30 Bridge</p>	<p>29 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps Scituate History</p>	<p>30 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio*</p>	<p>31 10:00 Arthritis Exercise</p>

FEBRUARY 2014

Mon	Tue	Wed	Thu	Fri
3 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Scituate in Maps	4 9:00 Cardio 9:00 Shaws 10:30 Bridge	5 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps Scituate History 6:00 Badminton	6 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio*	7 10:00 Arthritis Exercise
10 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Scituate in Maps	11 9:00 Cardio 9:00 Shaws 10:30 Bridge 11:00 Garden Club*	12 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps Scituate History 6:00 SCOA Board	13 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio*	14 10:00 Arthritis Exercise
17 Holiday Offices Closed	18 9:00 Cardio 9:00 Shaws 10:30 Bridge	19 9:00 Yoga* 10:15 Chair Yoga* 12:00 Caregivers	20 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio*	21 9:00 Ask a Lawyer 10:00 Arthritis Exercise
24 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Scituate in Maps	25 9:00 Cardio 9:00 Shaws 10:30 Bridge	26 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps Scituate History	27 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio*	28 9:00 Rep Cantwell 10:00 Arthritis Exercise
				*Denotes program held at Scituate Harbor Community Building

EXERCISE PROGRAMS

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

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

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

CARDIO : Tuesday mornings 9:00AM at the Scituate Senior Center and Thursday afternoons 1:00PM @Scituate Harbor Community Building. **YOU HAVE TO TRY THIS!!!** If you want an experience that increases your energy level, improves your health and keeps you laughing while you are doing it, then this is the program for you. Our Instructor Chris has found the secret to making exercise fun. Call for further information, or to reserve a spot. 781-545-8722.

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INTRODUCING CHANGES AT THE SCITUATE COUNCIL ON AGING

Scituate has a new Council on Aging Director, her name is Linda Hayes and she has been the Assistant Director at Duxbury Council on Aging. Linda has been with Duxbury 9 years and she comes highly recommended. She is a lovely person and I know you are going to like her....Florence

Jenny Gerbis is Scituate Council on Aging's new Outreach Coordinator. Jenny served with us for 3 years as Nancy's assistant, Nancy is now working in Cohasset as the Assistant Director, and Jenny has taken her position. You will find that Jenny is as dedicated as Nancy.

Laura Minier is Scituate's new Human Service Manager, she will be working with the town , and in the mean time is hanging out at the Senior Center, drop by and say hello. She is great!

We are waiting to hire another person as Activities/Volunteer Coordinator. She will be facilitating all new programs and events, along with those we are already committed to. This position has been long in coming, please remember anything concerning new programming and activities comes through her.

I am saying goodbye to my beloved friends, as I retire from this job. I have enjoyed so much. Please know I will miss you, but I will be around, working on a couple of endeavors and I am sure that I will meet up with you. Please take care of yourselves. You are all so special!!

Thanks for all of your good wishes and pats on the back and thanks especially to St. Luke's, Joan Powers and all my friends who hosted that wonderful goodbye on the 24th. I will always cherish the memories.

Florence

**St. Luke's
Community Supper
Honoring Florence Choate
November 24, 2013**



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

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

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

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

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

HOURS OF OPERATION:

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

Friday 8:30AM to 3:00PM