



# SENIOR HAPP'Y'NINGS

JULY/AUGUST 2014

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**

**Activities/Volunteer  
Coordinator**

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**Outreach Coordinator**

**Jennifer Gerbis**

*jgerbis@scituatema.gov*

**Manager of Social Services**

**Laura Minier**

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## COA BOARD

**Chair TBD**

**Vice-Chair, Audrey Reidy**

**Dale Balog**

**Jim Harmon**

**Debby Young**

**Elizabeth McCabe**

**John D. Miller**

**Dr. Gordon Price**

**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 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.*

### From the Director

*“Love is our true destiny. We do not find the meaning of life by ourselves alone; we find it with another.” Thomas Merton*

I think of two things when I read this quote. One, is how fortunate I am to have met so many wonderful and loving people who have made a difference in my life, whether for a few short months or years of knowing them, or the many years I have had the strong friendships and family ties that have helped to define me. A lovely woman in her early 90s that I knew while working in Duxbury sent me this quote because she thought of me and wanted me to have it as I embarked on my new adventure here in Scituate. That is something you can't buy—and to have them pass that sentiment on to you is a gift. She touched my heart often with her wisdom, humor and gentleness, and I could talk of many such instances over the last 10 years while I have worked for a Senior Center. I know many others as well, young and old, who have been lifted up by the unanticipated friendships they made by taking advantage of what their Senior Center had to offer, so as not to be looking for meaning *'by ourselves alone...'* as we move through later life.

The second thing that strikes me about this quote is that love takes so many forms. There is nothing better than being *'in love'*, but there is so much more to love and ways to love as we age—to bring love, compassion and charity whenever and wherever one can also makes our lives meaningful beyond that which sustains us; and most everything is best done *with* and *for* others. Remembering our own compassion and charity as an important form of love drives us to exist beyond ourselves—to

I have wept in the night  
For the shortness of sight  
That to somebody's need made me  
blind;

But I have never yet  
Felt a twinge of regret  
For being a little too kind.

*C.R. Gibson*

*spread love everywhere we go—  
and to strive to create a thriving  
Senior Center where we can  
come together to find meaning  
with others is a gift to ourselves  
and to those whose lives we  
make better that day just by join-  
ing them. Hope to see you this  
summer. ♥ Linda*

**SUPPORT GROUPS**

**CAREGIVER SUPPORT GROUP (DAY)**

Meets the third Wednesday (**July 16/Aug 20**) of every month at **12:00 PM**. The group meets at **St. Mary's Parish Center** at One Kent Street in Scituate. Laura Minier, Social Services Manager for the Town of Scituate & Council on Aging and Nicole \* from South Shore Elder Services co-facilitate this group. Please call 781-545-8722 if you have any questions.

**CAREGIVER SUPPORT GROUP (EVE)**

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

**MID-STAGE ALZHEIMER'S GROUP**

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

**VISION SUPPORT GROUP**

Meets the third Monday of the month at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from the event.** Call (781) 545-8722 to make arrangements.

**HEALTH & WELLNESS**

The next **HEARING SCREENING** provided by Mass Audiology Associates by appointment at no charge is on **August 21** at 9:00-10:00 AM. Space is limited. Call 781-545-8722 to schedule the appointment with the Senior Center.



**BLOOD PRESSURE SCREENING**

The Town's nurse Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at **10:00-11:00 AM** at the following locations during the month:

Wheeler Park - 1st Wednesday of month

Central Park - 2nd Wednesday of month

**Scituate Senior Center - 3rd Wednesday of month**—come in for coffee/tea and see Eileen to check BP or to 'Ask the Nurse' (**July 16/August 20**)

Lincoln Park - 4th Wednesday of month

**PROFESSIONAL APPOINTMENTS**

**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 third Friday of each month at the Scituate Senior Center (**July 18/Aug 15**). 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** will be at the Senior Center the fourth Friday of the month (**July 25/Aug 22**) to meet with anyone who has questions or concerns. Please call 781-545-8722 for an appointment. Meetings are limited to 30 minutes.

**SHINE COUNSELING**

**(Serving Health Information Needs of Elders)**

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. We are taking appointments for designated dates at the Senior Center as follows: July 8, 15 & 24; August 5, 12 & 24. Times vary. Call the Senior Center to schedule at 781-545-8722.

**FINANCIAL SERVICES**

Do you need financial advice on trust, annuities, or other forms of financial planning or question your investments for your stage of life? Deborah Flanagan, Financial Advisor with Edward Jones is available free-of-charge for 30 minutes to answer your questions by appointment on the first Monday of each month AT THE EDWARD JONES OFFICE at 103 Front St., Call 781-545-8722 to schedule.

**DENTAL WELLNESS SERVICE**—FREE for those with Mass Health! Emma Lawson of **Visiting Dental Hygiene Associates** will provide dental screenings and preventive treatments to any interested individuals. This service is intended to provide easier access to dental care for those with transportation or cost issues. Emma brings her own sterilized equipment and has over 23 years of experience in dentistry. The service will include inspecting teeth and gums for disease, cleaning surfaces of teeth, providing oral hygiene instructions and referrals when needed. Limited appointments. Please call the Senior Center to schedule. Private pay reduced fee \$70. Free for MassHealth subscribers.



**NEW DATE: AUGUST 13 @ 9:00-12:00 with Emma**

## PROGRAMS AND EVENTS

### SCITUATE COA MEN'S BREAKFASTS!

Meets on the 1st Monday of the Month.

#### FOR JULY:

**Monday, July 7 @ 8:59 AM**

**@ WIDOW'S WALK GOLF COURSE! \$8**

**Full Course Breakfast by Chef Jaime Miller  
EGGS, SAUSAGE/BACON, HASH BROWNS**

Guest Speaker: TBD

#### FOR AUGUST:

**Monday, August 4 @ 8:59 AM**

CONINENTAL BREAKFAST at the Senior Center

**Guest Speaker: Dave Casoni, Lobster Tales**

Dave is a retired Science teacher, lobsterman, and active with the Lobsterman's Association in Scituate as well as science liaison to the industry.

*Come and enjoy coffee/tea, a light breakfast, the camaraderie of new and familiar faces, and lively and interesting discussion. Call Jill to register at 781-545-8722.*

\$3.

## WEDNESDAY CAFÉ TALKS

**@ Scituate Senior Center**

27 Brook St

*Join us for free refreshments*

**Wednesday, July 9**

**@ 10:00 AM**

**Featuring Matt Brown**

***(Yes, he's back!)***

Come enjoy Matt's one-of-kind Crazy History of Scituate via Slide Show & many anecdotes of the way things were.

**Wednesday, July 23**

**@ 1:00 PM\***

**Ice Cream Social Café Hour**

***featuring John Roser on piano***

*Please call Jill to register ahead of time at  
781-545-8722, x10*

### Exercise Classes at the Community Building

**MONDAY & WEDNESDAY—Yoga with Elizabeth @ 9:00-10:00 Monthly rate \$10/class or Drop-in @ \$12 (SHCB).** A gentle class that takes you through a series of healthful yoga poses at a moderate pace combined with breathing techniques and meditation.

**MONDAY & WEDNESDAY—Chair Yoga with Elizabeth @ 10:15-11; Drop-in \$5 (SHCB).** The benefits of yoga without the strain of moving from floor to standing. Gentle with same mind/whole body benefits.

**FRIDAY—A Month of ZUMBA GOLD with Angela @ 11:00 AM - 12:00 PM. \$5 (SHCB 7/11-8/1).** Zumba Gold is a fun dance fitness program. The moves have been carefully designed to be easy to follow. It provides a safe and effective total body workout and is easily modified for various fitness levels. One of the most exciting things about Zumba Gold is that it is possible for individuals to participate in dance while seated in a chair or wheelchair. We are offering this class in **JULY** to see if there is interest, so come try it while looking at the Harbor and listening to great music! We think you'll want to keep it up once you start!

### Museum of Fine Arts Field Trip for 'Quilts & Color'

Visit the MFA in Boston on **Wednesday, July 16** to see the special exhibit Quilts & Color, The Pilgrim Roy collection. Tickets are \$25.00 per person. Cost includes a ride on the SCOA Van, parking and museum ticket. The van will leave from the Senior Center at 9:00 AM and return about 5:00 PM. Space is limited to 12 passengers—4 spots left! Call us at 781-545-8722 to reserve your spot.

**TUESDAY—NEW: Power Stretch with Angela @ 9:00 AM in August.** Power Stretch is a blend of Pilates (core exercise) and yoga stretches; as well as some strength training with light hand weights. This class will help to strengthen and stretch your body from head to toe. It is easy to follow and appropriate for all levels of fitness. Modifications will be shown for all movements. Try it for a month! \$5/class

## Announcements and Information

**Many thanks** to the following individuals or organizations who have made donations to the Scituate Council on Aging since our previous newsletter. We appreciate all of your support in helping us to provide programs and services to the community and Scituate's senior population.

Contributions given since our last printing:

FROM	IN MEMORY OF
Barbara Gillis	Isabelle Martell
Lilla M O'Donoghue	

Donations may be made **In Memory of** loved ones or **In Honor of** friends, family, volunteers, or groups that you would like to recognize for their contributions and efforts on behalf of our seniors.

We apologize that donations made directly to the Senior Center/COA are not tax deductible. A non-profit 501(c) 3 group needs to be established to accept donations for us in order for them to be tax deductible and we do not as yet have that organization working on behalf of the Senior Center.

Donations may be made to a specific area of interest, e.g. Programs & Activities, Special Events, Transportation, Emergency Services, or the General Fund, if you prefer.

Please make checks payable to *Scituate Council on Aging*. Our heartfelt thanks to all of you who support us in so many different ways!



**In preparation for the upcoming, town-approved Needs Assessment Survey to go out to the community**, we need our records in *My Senior Center* complete and accurate. We would so appreciate everyone giving us their **BIRTHDATE as well as MAILING ADDRESS, PHONE, and E-MAIL** if you have one. Also, it will be especially important to have accurate records of individuals coming to the Senior Center for activities and events or to sponsored events elsewhere. Numbers talk, of course, and we want ours to reflect the growing community we have supporting our efforts and utilizing our many essential services, so please use your scan cards! Thank you in advance! ♥

*In addition to the newsletter...*

We are always adding programs and activities that may have missed the deadline for the newsletter to go to print or were scheduled after delivery of the newsletter.

Continue to check the *Scituate Mariner* and *The Patriot Ledger* for up-to-date information on programs and events happening at the Scituate Senior Center or in the community. Also look for flyers at the Senior Center and other locations around town publicizing special events.



**We Hope You Don't Mind!**

We have begun to use a function of the My Senior Center system to send Voice Broadcasts to your home phone or cell to remind you of programs and events happening at the Senior Center. It may be one of our voices or sometimes a 'machine' voice. We hope it is helpful. Let us know what you think! ☺



**Thank you** to **Roger Crawford, Melonseed Skiff Builder** for an entertaining and fascinating description of the boatbuilding process and **Susan Sheehan from Life Care Center in Scituate** for her insightful presentation on maintaining mental acuity. Many thanks also to the **Stellwagen Bank Sanctuary** and especially to **Mike Thompson** for his 'dazzling' presentation on all of the ecological efforts of the scientists and researchers at the 'Bank'.

**Thank you** also to our local retail donors: **Kennedy Country Gardens** for their floral donations and **Roche Bros and Shaws** supermarkets for the many breakfast, bread and dessert donations for our seniors and events.



The **Friends of Scituate Seniors** is a community group of independent volunteers promoting the needs of seniors in Scituate as the town addresses the issues of space and accommodations for a new Senior Center. You may contact them directly at P.O. Box 75, Scituate, MA to become a member or to make a tax-deductible donation.

# JULY 2014

Mon	Tue	Wed	Thu	Fri
<p><b>1</b></p> <p>*Denotes program held at Scituate Harbor Community Building</p> <p>9:00 Shaws 10:30 Bridge 2:00 Tai Chi*</p>	<p><b>2</b></p> <p>9:00 Badminton 9:00 Yoga* 10:15 Chair Yoga*</p>	<p><b>3</b></p> <p>9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p><b>4</b></p> <p>Holiday Office Closed</p>	
<p><b>7</b></p> <p>8:59 Men's Breakfast 1:00 Financial Advisor</p>	<p><b>8</b></p> <p>9:00 Shaws 10:30 Bridge 1:00 SHINE 2:00 Tai Chi*</p>	<p><b>9</b></p> <p>9:00 Badminton 9:00 Hanover Mall 10:00 Café Talk</p>	<p><b>10</b></p> <p>9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class 6:00 SCOA Board Mtg</p>	<p><b>11</b></p> <p>11:00 Zumba Gold*</p>
<p><b>14</b></p> <p>9:00 Yoga* 10:15 Chair Yoga*</p>	<p><b>15</b></p> <p>9:00 Shaws 10:30 Bridge 1:00 SHINE 2:00 Tai Chi*</p>	<p><b>16</b></p> <p>9:00 Badminton 9:00 Yoga* / MFA Trip 10:00 BP Clinic 10:15 Chair Yoga* 12:00 Caregivers Support</p>	<p><b>17</b></p> <p>9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p><b>18</b></p> <p>9:00 Ask a Lawyer 11:00 Zumba Gold*</p>
<p><b>21</b></p> <p>9:00 Yoga* 10:15 Chair Yoga*</p>	<p><b>22</b></p> <p>9:00 Shaws 10:30 Bridge 2:00 Tai Chi*</p>	<p><b>23</b></p> <p>9:00 Hanover Mall 9:00 Badminton 9:00 Yoga* 10:15 Chair Yoga* 1:00 Ice Cream Social</p>	<p><b>24</b></p> <p>9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting/SHINE 4:00 Art Class</p>	<p><b>25</b></p> <p>9:00 Rep Cantwell 11:00 Zumba Gold*</p>
<p><b>28</b></p> <p>9:00 Yoga* 10:15 Chair Yoga*</p>	<p><b>29</b></p> <p>9:00 Shaws 10:30 Bridge 2:00 Tai Chi*</p>	<p><b>30</b></p> <p>9:00 Badminton 9:00 Yoga* 10:15 Chair Yoga*</p>	<p><b>31</b></p> <p>9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	

# AUGUST 2014

Mon	Tue	Wed	Thu	Fri
<p>*Denotes program held at Scituate Harbor Community Building</p>				<p><b>1</b> 11:00 Zumba Gold*</p>
<p><b>4</b> 8:59 Men's Breakfast 9:00 Yoga* 10:15 Chair Yoga* 1:00 Finance Advisor</p>	<p><b>5</b> 9:00 Power Stretch 9:00 Shaws 10:30 Bridge 1:00 SHINE 2:00 Tai Chi*</p>	<p><b>6</b> 9:00 Badminton 9:00 Yoga* 10:15 Chair Yoga</p>	<p><b>7</b> 9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p><b>8</b></p>
<p><b>11</b> 9:00 Yoga* 10:15 Chair Yoga*</p>	<p><b>12</b> 9:00 Power Stretch 9:00 Shaws 10:30 Bridge 1:00 SHINE</p>	<p><b>13</b> 9:00 Hanover Mall 9:00 Yoga* 9:00 Badminton 10:15 Chair Yoga* 12:00 Caregivers Support</p>	<p><b>14</b> 9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class 5:30 SCOA Board Mtg</p>	<p><b>15</b> 9:00 Ask a Lawyer</p>
<p><b>18</b> 9:00 Yoga* 10:15 Chair Yoga*</p>	<p><b>19</b> 9:00 Power Stretch 9:00 Shaws 10:30 Bridge 2:00 Tai Chi*</p>	<p><b>20</b> 9:00 Badminton 9:00 Yoga* 10:00 BP Clinic 10:15 Chair Yoga*</p>	<p><b>21</b> 9:00 Hearing Screening 9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 1:00 SHINE 4:00 Art Class</p>	<p><b>22</b> 9:00 Rep Cantwell</p>
<p><b>25</b> 9:00 Yoga* 10:15 Chair Yoga*</p>	<p>26 9:00 Power Stretch 9:00 Shaws 10:30 Bridge 2:00 Tai Chi*</p>	<p>27 9:00 Badminton 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga*</p>	<p>28 9:00 Walking Club 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p>29</p>

## Outreach and Social Service



### Dog Lover?

We are proud to offer a Dog Therapy program to senior residents in Scituate. If you or someone you know would like to be visited by a certified dog therapy team for friendly visits, please contact Laura Minier for further information at 781-378-1653.



### FARMER'S MARKET COUPONS

The SCOA has been awarded a Mass Dept. of Agriculture Farmer's Market Grant for this summer. Low income seniors are eligible to receive \$25.00 in coupons redeemable at local farmers markets in Cohasset, Marshfield, Hingham, and Plymouth. Seniors must sign and attest that they are low income (SSI, Food Stamps, SNAP or Mass Health). Call Jenny Gerbis at 545-8722.

### BenefitsCheckUp Screening

There is a new tool available to Councils on Aging for assessing an older adult's eligibility for federal and state financial assistance programs. Call to make an appointment with Jenny if you are 60 or over and would like to see what benefits you may qualify to receive.

### *Delta Dental PPO Value for Seniors*

#### **AFFORDABLE COVERAGE FOR MAINTAINING GOOD ORAL HEALTH**

As we get older, maintaining good oral health is just as important as maintaining healthy weight, strong bones, and an active heart. Older Americans are at higher risk for dental disease associated with long-term, chronic health conditions. For many people retirement means the loss of dental insurance, and the loss of dental insurance means a loss of regular visits to the dentist. You can continue your healthy oral hygiene routines with the Delta Dental PPO *Value for Seniors* dental plan to help you continue to stay healthy. For around \$22 a month for an individual or \$54 for a family,\* the Delta Dental PPO *Value for Seniors* plan offers.

\*\*\*\*\* Call your dentist and find out if they participate in the PPO Value for Seniors \*\*\*\*\*

No deductibles, copays or financial maximums • Preventive and diagnostic care covered at 100% •

Up to 45% off restorative treatment • Access to 2,700 dental offices across Massachusetts

\*Call for exact rates. For more information and to enroll: *Delta Dental of Massachusetts, 465 Medford Street Boston, MA 02129 • DeltaDentalMA.com | 1-800-872-0500*

### The Well Mind



*This month's Well Mind Column comes from Nate Murray, LICSW, President and Managing Partner of MBC Senior Services, Inc, the parent company for The Visiting Angels of the South Shore, a private elder home care practice serving Massachusetts south of Boston.*

### **What is Mild Neurocognitive Disorder?**

Formerly referred to as "*Mild Cognitive Impairment*," the American Psychiatric Association recently formalized this general term with a more specific diagnosis, now termed ***Mild Neurocognitive Disorder (MND)***.

The diagnosis is made based on:

- A. Evidence of modest cognitive decline in one or more domains based on observation by the individual or someone connected to the individual (family member, friend, colleague, etc.) AND objective assessment (such as the administration of certain tests).
- B. Decline does not interfere with independent living but may require greater effort and compensatory strategies.

**What is important to understand:** As with any medical condition, these symptoms may parallel other conditions so it is important to see your doctor for a thorough evaluation. **MND** may be detected very early, often in our late 50's and early 60's. The best research thus far shows that the strongest defense against cognitive decline is in our hands. Regular and challenging physical exercise - both aerobic activity and resistance training - and a healthy diet (think "Mediterranean" diet!) seem to show favorable outcomes for cognition. It turns out.....***What's good for your heart is good for your brain!***

# Transportation Information

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

72-hours notice (3 business days) is required to reserve a local ride. Vans are available for local medical appointments, shopping and rides around town. A monthly pass for rides in Scituate to lunch sites, Senior Center and in-town errands is \$14 or \$2 per round-trip use.

We also run special vans for out of town medical appointments. Reservations for these rides need to be made at least 1 week in advance.

The vans make regular, weekly trips to the following:

TUE @ 9: Shaws in Cohasset;

WED @ 9: Hanover Mall;

THU @ 9: Scituate Harbor

## Foxwoods Casino Bus Trip

Join us for a fun filled day at Foxwoods Casino in CT on **Friday, July 11th!**

The Brush Hill Tour bus leaves from the Bandstand at Cole Parkway at 8 AM and arrives back around 5 PM. Cost is \$42.00 per person. The price includes bus trip, a \$10.00 lunch voucher and \$15.00 in slot machine tokens. There is a 30 person minimum requirement to get this special rate. There are 10 spots left and space is limited, so please call 781-545-8722 to reserve your spot .

# Volunteer News and Opportunities

## Seasonal Assistance for Seniors

Students from Scituate High School and the **Rotarian Interact Club** are offering to perform limited clean-up assistance to a select number of Scituate senior homeowners in the Fall (summer furniture; raking leaves), Winter (storm windows; snow shoveling); and Spring (raking, picking up debris) . This new program will connect service-oriented students with our local senior community.

The service will focus on providing 2-4 hours of assistance during designated weekend periods, or as needed following winter storms, and is weather dependent. Participation is limited. This is a FREE community service for seniors in need of household assistance arranged jointly through the Council on Aging and Scituate High School. If you are interested in receiving assistance, please call the COA office and register your name, address, and phone number. You will be contacted by a representative of the Interact Club to schedule work assignments.



## Volunteer Opportunities —

**The Senior Center is hoping to fill the following volunteer roles:**

**Kitchen Assistant**—Interest in assisting with kitchen and/or food tasks in preparation for a breakfast, café hour or lunch.

**Recycling Transporter**—Help us *Go Green!* We're looking for a reliable volunteer to pick up our recycling and bring it to the transfer station every week.

**Front Desk Volunteer**—For Friday afternoons and/or as a back-up person for our currently filled shifts. The responsibilities of this position include greeting visitors, answering phone calls and helping with mailings, filing and organizing, as needed.

*Call Melanie with questions or interest @ 781-545-8722, x12.*

## SCOA WALKING CLUB

Let's enjoy Scituate the old fashioned way – by foot! Join us on **Thursday mornings @ 9:00 AM** in July and August for a walk around the Scituate Harbor area. We'll meet at our 27 Brook Street facility and start with walking stretches inside the building and finish with a walk to a designated location in the Harbor area. The program will run from Thursday, July 10 through Thursday, August 21, weather dependent.

*Bring a yoga mat or towel for the stretching portion of the program. There is no charge.*

*Call us at 781-545-8722 to inquire or sign up.*



## P-I-a-y Bridge!

At the Senior Center n Tuesday mornings at 10:30 AND/OR



Mondays at 1:00 PM. Come with your own foursome or put your name on a list to become part of a group here. Call 781-545-8722 to reserve a spot!.

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.

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Nina Kritter, Advertising Rep with LPI at:

**800-888-4574, x3448; or NKritter@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*.

Or, use the new Town of Scituate website at:

[www.scituatemagov.gov](http://www.scituatemagov.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 special announcements.

You can also "follow" us on Twitter now @ScituateCOA. Working on Facebook, too!