



# SENIOR HAPP'Y'NINGS

SEPT / OCT 2014

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

## COA STAFF

**Director - Linda Hayes**

*lhayes@scituatema.gov*

**Administrative Assistant**

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Coordinator**

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**Manager of Social Services**

**Laura Minier**

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## COA BOARD

**Dr. Gordon Price, Chair**

**Audrey Reidy, Vice-Chair**

**Debby Young, Secretary**

**Elizabeth McCabe**

**John D. Miller**

**Dale Balog**

**[Opening]**

**Selectman Liaison**

**Marty O'Toole**

## SENIOR CENTER

### HOURS OF OPERATION:

**Monday through Thursday**

**8:30 AM to 4:30 PM**

**Friday 8:30 AM to 3:00 PM**

## Mission of the Scituate Council on Aging

*The mission of the 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

*"This very moment is a seed from which the flowers of tomorrow's happiness grow." Margaret Lindsey*

I am very excited to announce our first steps toward the town-funded Needs Assessment Survey being designed by UMASS Boston's Gerontology Institute on Aging. The UMASS research team will be implementing the project beginning with a review of current programs and services followed by the creation of an in-depth survey to a random sampling of the community which will focus on residents' interests, experiences and satisfaction level with present Council on Aging services, identification of service gaps, and anticipation of future needs to help determine what we can do as a town to support the growing senior population.

The COA is grateful to the Friends of Scituate Seniors who brought forth the petition at Town Meeting to request the funding for the project and who have had the heart and the foresight to uphold Scituate's need for a more viable facility to support this growing population. They are doing their own fundraising to be of assistance to the town as future plans are considered. This study will lend significant data to support that outcome and will become the foundation on which the Senior Center can begin to build a mutually-sustainable relationship with the whole community that supports the needs of seniors and recognizes the value they bring to the richly multigenerational culture of Scituate. The COA staff is devoted to 'building' upon the foundation that has been created and will continue to 'grow' the seeds of a positive and vibrant senior community with programs, activities, and services that support, stimulate and perpetuate the mission of the COA. UMASS has recently completed this same initiative with Marshfield, Hingham, and Cohasset, with varying objectives but all with the ultimate goal that awareness of the role of elder services be understood, appreciated and supported by all ages.

### NEW FALL PROGRAMS:

*Pickleball at Jenkins School... See p. 3*

*Daytime Art Class..... See p. 8*

*Tai Chi for Healthy Aging ..... See p. 2*

*Café Lifelong Learning..... See p. 3*

understood, appreciated and supported by all ages.

*"The key to everything is patience. You get the chicken by hatching the egg—not by smashing it."*

♥ Linda

## SUPPORT GROUPS

### CAREGIVER SUPPORT GROUP (DAY)

Meets the third Wednesday (**SEP 17 & OCT 15**) of every month at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. Laura Minier, Social Services Manager for the Town of Scituate and Nicole from South Shore Elder Services 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.

### CAREGIVER SUPPORT GROUP (EVE)

Meets the first Wednesday of the month at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). Call Bonnie Haley for information at 617-686-6173 or Sunrise at 781-383-6300.

### 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. **We will provide transportation to and from the event.** Call (781) 545-8722.

## HEALTH & WELLNESS —

### BLOOD PRESSURE SCREENING

The Town's nurse Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at **10:30-11:30 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' (**SEP 17 & OCT 15**)

Lincoln Park - 4th Wednesday of month



### Tai Chi for Healthy Aging

Tai Chi offers many benefits, but is increasingly recognized as an evidence-based method for reducing falls as people age. This 24-week program is grant-funded by the Dept of Public Health and consists of simplified Tai Chi exercises or forms that focus on falls prevention by improving balance and facilitating greater relaxation through better breathing and controlled movement. Tai Chi's other benefits include increasing leg strength; lowering blood pressure; reducing stress; and easing pain. Next phase begins on **Tuesday, Sept 16 at 2:00-3:00 PM at SHCB.**

## PROFESSIONAL MEETINGS

### ASK A LAWYER

If you have a legal question, you can schedule a complimentary half-hour appointment with one of three attorneys volunteering on the **3rd** Friday of each month at the Scituate Senior Center (**SEP 19/ OCT 17**). 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 **4th** Friday of the month (**SEP 26/OCT 24**) 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. He is at the Senior Center 2-3 times each month. Call 781-545-8722 for an appointment.

### FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Deborah Flanagan, Edward Jones Financial Advisor is available free-of-charge for 30 minutes to answer your questions by appointment on the first Monday of each month AT THE EDWARD JONES OFFICE AT 103 FRONT ST in Scituate. Please call the Senior Center to have your name forwarded to their office.

**Visiting Dental Hygiene Appointments.** Inspects teeth and gums for disease, cleans surfaces of teeth, provides oral hygiene instructions and referrals when needed. Call Senior Center to schedule. Private pay reduced fee \$70. Free for MassHealth.



**NEXT : WED, OCT 8 @ 9:30-12:00.**

## PROGRAMS AND EVENTS

### SCITUATE COA MEN'S BREAKFASTS!

Meeting at the Scituate Senior Center

FOR SEPTEMBER

**Monday, September 8 @ 8:59 AM**

Guest Speaker: Greg Porell from South Shore Senior Newspaper on "Newspapers – Moving Beyond a Convenient Fish Wrap!"

FOR OCTOBER:

**Monday, October 6 @ 8:59 AM**

Guest Speaker: Mike Bearce – Scituate's Assistant Harbor Master

*Come and enjoy coffee/tea, a full course breakfast catered by **Jaime Miller from Widow's Walk** along with the camaraderie of new and familiar faces, and an interesting discussion. Call Jill to register @ 545-8722, x10. Donation \$8.*

### Exercise Classes at the Senior Center & Harbor Community Building

MONDAY & WEDNESDAY (SHCB)—Yoga with Elizabeth @ 9:00-10:00 Monthly rate \$10/class or Drop-in @ \$12. A gentle class that takes you through a series of yoga poses at a moderate pace combined with breathing and meditation; AND Chair Yoga with Elizabeth @ 10:15-11; Drop-in @ \$5. The benefits of yoga without the strain of moving from floor to standing. Same mind/body benefits.

MONDAY & FRIDAY (SSC)—Arthritis Exercise @ 10:00-11:00\* (\$2 donation). With NVNA RN; offers gentle movement beneficial for arthritic joints. \*Time changes to 11:00-12 on the 1st Monday of month.

TUESDAY—Cardio with Chris @ 9:00-10:00 AM @ \$3 (SSC) & ON THURSDAY @ 1:00-2:00 @ \$3 (SHCB). Experience an exercise class that increases your energy level, improves your health and keeps you moving and laughing—it should be fun!

THURSDAY—Tai Chi with Fred Willett @ 9:00-10:00 AM (New! 9/4-10/2 @ SHCB) \$7.

FRIDAY—Zumba GOLD with Angela @ 11:00-12:00 \$5 (SHCB). Try fun, light dance exercise!

### CAFÉ TALKS

@ Scituate Senior Center

**Friday, Sept 5 @ 12:30 PM SSA—My Social Security**

**Wednesday, September 17 @ 12:30-1:30 PM**

*Featuring Dog Bones Therapy Dog Trainer Mike Connors and his dog, Haylee!*

**Wednesday, October 15 @ 10:00 AM**

*SHINE Presentation: Medicare / Open Enrollment for Part D Drug Plans with Peggy McDonough, SHINE coordinator & Norman Tetrault; opportunity for Q & A.*

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

*TBD; CALL FOR INFORMATION!*

**Tuesday, October 28 @ 1:00 PM**

*Local Author of "Raising Scituate's Spirits," Kathie Lee Perfect for pre-Halloween!*

### Café Lifelong Learning Series

with Bob Jackman

***Further History of 19th Century Scituate***

Sept 17 - October 15 (6 weeks) @ 1:00-2:30 PM

***Selected Biographies of 19th Century Scituate***

Oct 29 - Dec 10 (6 weeks) @ 1:00-2:30 PM

*These 2 programs are presented as a combination of slides, lecture and group discussion. Flyer is available at the Senior Center. \$20 payable to the Scituate COA. Signups begin on Tuesday, Sept 2 at the Senior Center.*

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

*\*Class size is limited; payment due at registration!*

### ***Time to Try Pickleball!***

One of the fastest growing sports in North America especially with senior centers and retirement communities! It is a racket sport in which two to four players use solid paddles to hit a polymer perforated whiffle-type ball over a net. The sport shares features of tennis, ping pong, & badminton; uses the dimensions and layout of a badminton court; and a net and rules similar to tennis with a few modifications. Please wear non-marking footwear. Paddles & balls provided. Instruction will be offered on the first evening and will continue as needed. Play on 1-4 available courts — up to 16 people on **Mondays at 6:00 PM beginning September 15. AND our Badminton will return on Wednesdays at 6:00 PM beginning September 3!**

## 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 by:

Trinitarian Congregational Church  
Dorothy Faulkner  
Dale Balog -

In Memory of Joseph Balog;  
In Honor of Dennis Balog



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. Donations may also be made to a specific area of interest, e.g. Programs & Activities, Special Events, Transportation, Emergency Services, or to the General Fund, if you prefer. Please make checks payable to *Scituate Council on Aging*.

The Scituate COA's

### ANNUAL HEALTH AND WELLNESS FAIR

@ SCITUATE HARBOR COMMUNITY BLDG

*It's all about Aging Well!*

**THURSDAY, OCTOBER 16 @ 10:00 AM - 2:00 PM**

Exhibitors from a variety of areas dedicated to health & wellness—medical, pharmaceutical, fitness, safety, & more. Flu shots and Shingles shots available; Hearing Screening with Mass Audiology @ 1:00; Blood Pressure screening; Tai Chi & Zumba demos; HEALTHY BAG LUNCHES; Breakout Presentations: Sheriff's Dept Safety Assurance Presentation @ 10:00 AM; TBD @ 11:00. See Flyer for details!



**ON FRIDAY, SEPTEMBER 5 @ 12:30 pm**

A representative from the **Social Security Administration** will be at the **Senior Center** for a brief presentation on their new online **My Social Security** accounts and will be able to assist you in registering and understanding how the account can be used as a quick, safe, free and easy way to review your benefits. **Must have an e-mail address.** See flyer.

**MEMBERS OF BLUE CROSS BLUE SHIELD.** You should be allowed to claim up to \$150 per calendar year toward health club or fitness class fees—and Council on Aging exercise classes qualify! Those with other health plans should also check with your Member Services for details.

### *Congregate Meals for Seniors*

**Monday, Wednesday & Friday**

@ 12:00-1:00 PM—The Methodist Church on First Parish Rd; sponsored by South Shore Elder Services; Van transportation available. SSES Meals on Wheels provided from this site M-F.

**Thursday**

@ 12:00 PM—The Trinitarian Congregational Church on Country Way; sponsored by Church Volunteers.

**Monthly on Sunday**

Community Dinner at St. Luke's Episcopal Church; Van transportation available. Call Q Cutler at the Senior Center to schedule.

### *Intergenerational Social Connections*

Do you have stories to share? Are you interested in connecting with a young person with the same interests that you have? We are starting a program to connect Scituate's seniors with our local teens by matching individuals with common interests—whether sports, music, art, ancestry, vocation, etc. If you are interested in arranging, please call the Senior Center. You will be asked to complete a short profile questionnaire. This opportunity will be offered at both the middle and high schools and each student will complete a profile as well. We will then begin the process of matching students with seniors and kick things off with a social event.

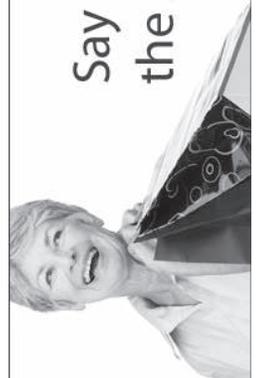
### **Day Trip**

#### **Peabody Essex Museum**

Visit the Peabody Essex Museum in Salem, MA on **Tuesday, September 16** on the SCOA van for guided tours of the "**Calder and the Abstract**" and the "**Chinese House**" special exhibits! There will also be plenty of time to have lunch and to explore the rest of the museum (without the guide) on your own. Tickets are **\$25.00 per person**. Cost includes the ride, parking and museum ticket. The van will leave from 27 Brook Street at **8:00 AM and return around 5:00 PM**. Space is limited to 12 passengers. Call us at 781-545-8722 to reserve your spot!

# SEPTEMBER 2014

Mon	Tue	Wed	Thu	Fri
1 <b>CLOSED FOR LABOR DAY HOLIDAY</b>	2 9:00 Shaws 10:30 Bridge	3 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton/JS	4 9:00 Harbor Shops 9:00 Tai Chi w/Fred* 1:00 Knitting 4:00 Art Class	5 10:00 Arthritis Exercise 12:30 <b>Social Security</b>
8 8:59 Men's Breakfast 9:00 Yoga* 10:15 Chair Yoga* 11:00 Arthritis Exercise 1:00 Financial Advisor	9 9:00 Shaws 10:30 Bridge 12:00 Lobster Lunch 1:00 SHINE	10 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton/JS	11 9:00 Harbor Shops 9:00 Tai Chi w/Fred* 1:00 Knitting 4:00 Art Class 5:30 Board Meeting	12 10:00 Arthritis Exercise
15 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 6:00 PICKLEBALL @ JS	16 8:00 Field Trip 9:00 Shaws 10:30 Bridge 1:00 SHINE 2:00 Tai Chi*	17 10:30 BP Clinic 9:00 Yoga* / 10:15 Chair* 12:00 Caregivers Support 12:30 Therapy Dog Cafe* 1:00 19th c. Scit. History	18 9:00 Harbor Shops 9:00 Tai Chi w/Fred* 1:00 Knitting / SHINE 4:00 Art Class	19 9:00 Ask a Lawyer 10:00 Arthritis Exercise 11:00 Zumba Gold*
22 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 NEW Art Class 6:00 PICKLEBALL @ JS	23 9:00 Shaws 9:00 Card is Back! 10:30 Bridge 2:00 Tai Chi*	24 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 19th c. Scit. History 6:00 Badminton/JS	25 9:00 Harbor Shops 9:00 Tai Chi w/Fred* 1:00 Knitting 1:00 SHINE 4:00 Art Class	26 9:00 Rep Cantwell 10:00 Arthritis Exercise 11:00 Zumba Gold*
29 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 NEW Art Class 6:00 PICKLEBALL @ JS	30 9:00 Shaws 9:00 Cardio Exercise 10:30 Bridge 2:00 Tai Chi*			*Denotes program held at Scituate Harbor Community Building; JS = Jenkins School



Say "Thank you" with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit [SeekAndFind.com](http://SeekAndFind.com)

# OCTOBER 2014

Mon	Tue	Wed	Thu	Fri
<p>*Denotes program held at Scituate Harbor Community Building</p> <p><b>6</b> 8:59 Men's Breakfast 9:00 Yoga* 10:15 Chair Yoga* 11:00 Arthritis Exercise 12:30 NEW Art Class 6:00 PICKLEBALL @ JS</p>	<p><b>7</b> 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p><b>1</b> 9:00 Yoga* 10:15 Chair Yoga 1:00 19th C. Scit. History 6:00 Badminton/JS</p>	<p><b>2</b> 9:00 Tai Chi w/Fred 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p><b>3</b> 10:00 Arthritis Exercise</p>
<p><b>13</b> COLUMBUS DAY HOLIDAY</p>	<p><b>14</b> 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p><b>8</b> 9:00 Hanover Mall 9:00 Yoga* / 10:15 Chair* 9:30 Dental Hygienist Appts 6:00 Badminton/JS 1:00 19th C. Scit. History</p>	<p><b>9</b> 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class 5:30 SCOA Board Mtg</p>	<p><b>10</b> 10:00 Arthritis Exercise</p>
<p><b>20</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 NEW Art Class 6:00 PICKLEBALL @ JS</p>	<p><b>21</b> 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p><b>15</b> 10:00 BP Clinic 9:00 Yoga* / 10:15 Chair* 10:00 Medicare D Café Talk 12:00 Caregivers Support 1:00 19th C. Scit. History 6:00 Badminton/JS</p>	<p><b>16</b> HEALTH FAIR @ 10-2 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p><b>17</b> 9:00 Ask a Lawyer 10:00 Arthritis Exercise</p>
<p><b>27</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 NEW Art Class 6:00 PICKLEBALL @ JS</p>	<p><b>28</b> 9:00 Shaws 10:30 Bridge 1:00 Café Talk Scit. Spirits 2:00 Tai Chi for HA*</p>	<p><b>22</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 19th C. Scit. History 6:00 Badminton/JS</p>	<p><b>23</b> 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p><b>24</b> 9:00 Rep Cantwell 10:00 Arthritis Exercise</p>
<p><b>31</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 NEW Art Class 6:00 PICKLEBALL @ JS</p>	<p><b>30</b> 9:00 Shaws 10:30 Bridge 1:00 Café Talk Scit. Spirits 2:00 Tai Chi for HA*</p>	<p><b>29</b> 9:00 Yoga* 10:15 Chair Yoga* 1:00 Biographies 19th c Scit. 6:00 Badminton/JS</p>	<p><b>30</b> 9:00 Harbor Shops 1:00 Knitting 4:00 Art Class</p>	<p><b>31</b> Happy Halloween! 10:00 Arthritis Exercise</p>

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# Outreach and Social Services



## NOTARY SERVICE AVAILABLE AT COA

Outreach Coordinator Jenny Gerbis is also a Notary Public. If you have a document that needs to be notarized, please call the COA for assistance. This is a free service for the senior residents of Scituate.

PLEASE CALL FOR AN APPOINTMENT.

### Dog Lover?

We are proud to offer a dog therapy program to 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.



### NEW PROGRAM

Jenny Gerbis, Outreach Coordinator for the COA, will have office hours for the residents of the Scituate Housing Authority beginning in September. No need to call for an appointment!! She will be available in the Community Room for information and referrals.

You can drop in at:

Lincoln Park: September 3, from 11-12;

Central Park: September 10, from 11-12;

Wheeler Park I: September 17 from 11-12 PM; and

Wheeler Park II: September 17 from 12-1 PM.

October dates:

October 1 @ Lincoln Park 11-12;

October 15 @ Wheeler Park I 11-12; Wheeler Park II 12-1; and October 22 @ Central Park 11-12.

Information on SNAP food stamps, Part D drug plans, Prescription Advantage will be available. Come with a specific question, or just come by to say Hi!

### FUEL ASSISTANCE APPS

Recertification applications for Fuel Assistance from South Shore Community Action have been mailed to some clients.

If you are in need of assistance to complete the 2014-2015 application, please call Jenny at 781-545-8722, x14 - BY APPOINTMENT ONLY.

A Social Security Rep will be here on **Friday, Sept 5 at 12:30 PM** to introduce and assist with on-line registration for your own account.

## The Well Mind



**Positive psychology** is a relatively new field of study that examines happiness and fulfillment. Whereas the traditional field of psychology focuses on dysfunction, positive psychology aims to understand what makes people resilient and strong. It does not argue that there is no bad in life, it simply underscores that there is also, equally powerful, good going on at the same time. The following are some exercises that positive psychologists often use to help individuals manage stress and lift mood. Try one or two for a week and see if you notice a difference.

- **Three Good Things-** Before you go to sleep at night, take a few moments to think about three good things that occurred during your day. Alternatively, take a few moments each morning to think about three things you are looking forward to in your day. Even small things, such as getting a cup of coffee, count!
- **A Letter of Gratitude-** Think of someone who once did something that changed your life for the better, but who you were not able to properly thank. Sit down and write a letter of gratitude to that person. The letter can either be mailed or shared with that person or not.
- **Gift of Time-** Offer the gift of time to three different people this week. This might be in the form of meeting for coffee or tea, driving someone to a doctor's appointment, or sharing a meal

**Use your strengths in a new way-** There are several great, free online surveys that evaluate your specific, individual strengths (<http://www.viacharacter.org>). Once you have a list of your personal strengths, try using one or two in a new way. For example, if Curiosity or Love of Learning are key strengths, plan a visit to a restaurant that serves culturally different foods you have never tried.

## 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, including TRADER JOE'S!

THU @ 9: Scituate Harbor



Joan Powers and Noreene Rowley at Maritime Ctr

## Volunteer and Activities News

Thank you to **Vinnie Bucca** of the West End's Appleton Field Farm for his supply of gorgeous zucchinis and the wonderful butternut squash plants for seniors and staff to take home for Thanksgiving reaping! Thank you to our new "Go Green" volunteer **Gwen Morgan**. We're so proud to finally be *green* and we truly appreciate your help! Thank you to local Scituate businesses, **The Village Market** and **Dribbles Ice Cream** for the generous and delicious donations of ice cream and fixings for our July Ice Cream Social. We couldn't have done it without you! Thank you to SCTV's **John Roser** for the fabulous and entertaining piano playing during our summer Social. We are so grateful and hope to get you back again soon! We would also like to thank **Jean Young** for the fabulous flowers and plantings we have enjoyed around the outside of the building this summer. Your green thumb and gardening time is truly appreciated!

### Volunteer Opportunities

We could still use:

Kitchen Assistant  
Back-up Front Desk  
Linens Launderer

If you have an idea,  
please call or come in!

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



### NEW ART CLASS on MONDAYS

@ 12:30-3:30

At Senior Center - \$10 each class; beg. Sept 22

Beginners / Experienced

**Watercolor, Drawing, Acrylic**

Work from still life set ups. Demo's, class exercises, homework offered. Focus on developing solid drawing skills, understanding color and mixing, and watercolor application. Students will develop their individual talents through a series of logical, progressive steps in the fundamentals of picture making with exercises geared to individual levels. Enjoy many aha moments if you have struggled. Experienced, prize winning instructor has been teaching art classes at the Scituate Senior Center since 2003. **PLEASE CALL IN ADVANCE at 781-545-8722, x10. Affordable supply list available at sign up.**

Summer in September

Lobster Luncheon

at the Senior Center



Lobsters off the boat! & Sides

**Tue, Sept 9 @ 12:00 pm**

\$6

Limited Seating. Please call to make a  
reservation at 718-545-8722 x10

We are very sad to report the passing of our long-time Tai Chi Leader Tony MacAlear in August. He will be missed and remembered by many for his gentle, intelligent and humorous manner of conveying all kinds of wisdom to his class participants! ♥



**SCITUATE HOUSING AUTHORITY**

- Providing Housing for Qualified Low-Income Elderly and Handicapped
  - Preference given to local veterans and local residents
  - Application available upon request
  - Equal Opportunity Housing
- 791 Country Way, Scituate, MA  
**781-545-3375**

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