



SENIOR HAPP'Y'NINGS
SEPTEMBER / OCTOBER 2015
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

qcutler@scituatema.gov

Outreach Coordinator

Jennifer Gerbis

jgerbis@scituatema.gov

Activities/Volunteer Coordinator

Lisa Thornton

lthornton@scituatema.gov

Manager of Social Services

Laura Minier

lminier@scituatema.gov

COA BOARD

Dr. Gordon Price, Chair

Audrey Reidy, Vice-Chair

Pat Conway, Secretary

Dale Balog

Beth McCabe

John D. Miller

Lucille Sorrentino

Janice Lindblom

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 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

"Make the Rest of your life the Best of your life." Art Linkletter

The Aging Mastery Program or AMP is coming to the Scituate COA in September! We are looking for 30 participants to take part in this national pilot designed to enhance the lives of older adults by providing information and opportunities to make and maintain small but impactful changes in health behaviors and lifestyle choices in order to enrich your life and to age successfully and happily.

Contributing to our efforts, we are starting a Laughter Yoga club, adding Classical Music to our Café Lifelong Learning series along with more of Bob Jackman's popular local history. We are also offering Mah Jongg for beginner and experienced players, continuing to schedule local cultural trips on our van, showing monthly Friday Flix, and always looking for opportunities to connect you to the community. We will be involved in the Scituate Library's *One Read* this fall as they acknowledge the anniversary of WWII with a book that the entire community can read, enjoy and embrace together. Pickle-ball has continued to catch on and attracts new players every week. They will be back to their Monday schedule at 5:00 PM at the Jenkins School gym. Join in any time—it is truly an intergenerational sport!

We want to thank the Rotary Club of Scituate for their tremendous support of our programs and clients and encourage you to attend the special event they are sponsoring for us on Sunday, October 11 with John Duke Logan, a local magician and finalist on *America's Got Talent!*

Also, as your Council on Aging staff we know how everyone feels about the need for a new Senior Center. We are working hard to meet your needs now and are always making efforts to inform the Town about what we need in order to accommodate our growing senior population for many years to come. We are confident that new space will be identified in due course. We are working with the Town, our own Board members, Friends of Scituate Seniors, Rotary Club and concerned citizens to address the process and will keep you informed or to solicit your help!

♥ Linda

SUPPORT GROUPS

CAREGIVER SUPPORT GROUP (DAY)

Meets the third Wednesday of every month (9/16 & 10/21) 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 Caso from South Shore Elder Services facilitate this group. Please call 781-545-8722 if you have any questions.

CAREGIVER SUPPORT GROUP (EVE)

Meets the first Wednesday of the month (9/2 & 10/7) at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). Led by Bonnie Haley. For more information at 617-686-6173 or Sunrise at 781-383-6300.

CAREGIVER SUPPORT GROUP (EVE)

Meets the third Tuesday of the month (9/15 & 10/20) 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 (9/9 & 10/14) 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 fourth Monday (9/28 & 10/26) at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.**

PARKINSON'S SUPPORT GROUP—@Marshfield COA on third Thursday (9/17, 10/15) at 1:00-2:00 PM offering discussion and sharing for patients and caregivers. Call 781-834-

HAVE YOUR BLOOD PRESSURE CHECKED BY OUR TOWN NURSE!

Take advantage of our town nurse's availability for checking blood pressure at the Senior Center. 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 EACH month:

Wheeler Park - 1st Wednesday of month; Central Park - 2nd Wednesday of month; **Scituate Senior Center - 3rd Wednesday of month—9/16 & 10/21**; Lincoln Park - 4th Wednesday of month. It is free! Come and sit, have a cup and get your BP checked!

Try our NEW monthly, drop-in **Laughter Yoga** group where we **laugh** ☺ together without the use of jokes or props. It is free and open to anyone. Laughing, combined with yoga breathing, without jokes for the fun of it! **It IS good for your health!**



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.

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 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 limited to 30 minutes.

SHINE COUNSELING (Serving Health Information Needs of Everyone)

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 currently at the Senior Center 3-4 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.

Mass Audiology

complimentary Hearing Screenings

Tuesday, October 13

15-minute appointments scheduled between

1:00 PM and 3:00 PM

Please call Senior Center to sign up in advance!

“A smile is a curve that sets everything straight.” *Phyllis Diller*

Programs and Events

AGING MASTER PROGRAM® (AMP)

Thursdays @ 9:30 AM - 11:00 AM

SEPTEMBER 17 through DECEMBER 10

The Scituate Council on Aging is offering this 12-week health and wellness program to residents 55 and over developed by the National Council on Aging (NCOA) in 2013. The goal of this program is to empower older adults to make and maintain small but impactful changes in health behaviors. Participants will earn points for positive actions and rewards for completion.

The training sessions will explore: *Navigating Longer Lives, Exercise, Sleep, Healthy Eating and Hydration, Medication Management, Advance Planning, Financial Fitness, Healthy Relationships, Falls Prevention, Community Engagement, Housing Options and Mental Wellness.*

Call Lisa Thornton or Linda Hayes to register. **Space is limited.** This program is funded by the Tufts Health Foundation, NCOA and EOEA along with Mass Council on Aging.

6-week Café Lifelong Learning courses at Senior Center

In One Era and Out The Other with Larry King

A Historical Survey of Classical Music and Personalities

Tracing the evolution of Western music from its Greek-based beginnings through modern times, the music and personalities come alive with a presentation that utilizes listening, video and a vibrant and informative lecture that seeks to instill appreciation and passion for this special kind of music. **Tuesdays @ 3:00 PM - 4:30 PM;** September 15 though October 20; \$20.

— 'Local' Learning with Bob Jackman —

Life on the North River 1630-1900

Exploring thematic aspects of life in the North River basin, including settlement, shipbuilding, shipping, trade, harvesting and community interconnections. September 16 through October 21.

Coastal Resort Development in Scituate

Extending our understanding of the various business ventures that led to development of resort enclaves along open Scituate coast, including Humarock. October 28 through December 9 (includes November 25).

Wednesdays @ 1:00 PM - 2:30 PM; \$20.

Please call the Senior Center 781-545-8722 to register; Open to all. Payment must be made at time of registration as seats are limited to first-come, first-served.

WEDNESDAY CAFÉ

@ Scituate Senior Center

Coffee is made & treats available! An interesting talk, a social opportunity, or just a chance to relax or talk with the staff. Join us on (mostly) Wednesday mornings! Note the time for speakers!

Wednesday, September 30 @ 10:15 AM

Kathy Duggan, Licensed Acupuncturist

Wednesday, October 7 @ 10:30 AM

2Sisters Senior Living Advisors

Tuesday, October 13 @ 11:00 AM

Normal Tetreault, SHINE counselor; Jenny Gerbis

Staff will explain how to complete the Part D change form and answer questions for the group.

This is the only opportunity for assistance, so please attend to expedite the process for yourself!

Wednesday, October 14 @ 10:15 AM

Jane Flavell Collins, Courtroom Artist

The Courtroom: An Artist's View

A well known artist & prolific courtroom artist, Jane has been through many a courtroom trial & has stories about all of them—along with her incredible artwork depictions.

Wednesday, October 21 @ 10:30AM

Burials at Sea with Captain Brad White

Have you considered a burial at sea? Come listen to Capt. Brad White, (100 GT Master License) founder of New England Burials at Sea (NEBAS) who has been featured on Chronicle, Fox News, and Showtime. NEBAS is the largest east coast provider in the USA. He will discuss such options as scattering of ashes to full body burials, coordinates to the final resting place, the types of service available on board, proper protocol for the perfect sea tribute, EPA laws, state regulations and how to work with a funeral director.

Wednesday, November 4 @ 10:30 AM

Prescription Advantage Program

Overview and how it works with Medicare and other prescription drug coverage to avoid high costs.

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

Announcements and Information

ROTARY CLUB OF SCITUATE Presents:

MAGICIAN JOHN DUKE LOGAN

At BARKER TAVERN

On SUNDAY, OCTOBER 11 @ 2:00 PM

This amazing, local magician was a favorite on *'America's Got Talent'*, attends Bryant College and is author of a book: *The Perfect Illusion: Life*. You don't want to miss this!

Light refreshments and some dazzling fun! Rotary is raising funds to purchase a large-screen television for Scituate Senior Center programs, classes and films! Tickets available at the Senior Center and Scituate Library or through Rotary or Friends of Scituate Seniors. \$20; \$15/Seniors & Students.

Thank you to the many local artists who so generously displayed & sold their unique works at our annual Art Show and Sale, June 27 with a % of their proceeds donated to programs at the Senior Center. More thanks to our inspirational instructor and coordinator of the show, Joanne Papan-drea, along with artists: Sheila Reid, Eleanor Hayes, Elizabeth Durant, Bill Mattern, Nancy Howell, John White, Ann Johnson, Margie Moore, Patricia McCarthy, Anna McCarthy, Marsha & Charlie Hoar, Evelyn Murphy & Cindy Fusco, as well as volunteer Bette Johnson.



THANK YOU to **Howard Mathews, Steve Young and Bonnie Canfield** from *Somethin' Else* for their fabulous music during our Volunteer Luncheon in June. We are fortunate to have them & appreciate their musicianship & willingness to share their talents on our behalf!

MEN'S BREAKFASTS @ 8:59 AM!

SEPTEMBER—Monday, Sept 14

Meeting at Senior Center - \$3; Guest Speaker Rep James Cantwell.

OCTOBER—Monday, October 5

Meeting at Widow's Walk Golf Course - \$8; Guest Speaker TBD.

Coffee/tea, a hot breakfast and the camaraderie of new and familiar faces, along with an interesting discourse. Call Jill to register.

A couple of trips! Limited space! Call Early!

Heritage Museum & Gardens in Sandwich for

The Wyeths: America Reflected in the Special Exhibitions Gallery. **Friday, September 18.** Call Lisa at the Senior Center for more information. Cost is \$25.



Victorian Tea at the Daniel Webster Estate, Marshfield on SUNDAY, October 18 at 2:00 - 4:00 PM. Cost is \$18.

Homemade 3-course tea includes scone, clotted cream, breads, small sandwiches, cookies & bars. A tour with docent is included. We must make reservations. Deadline with payment for this tea is September 10—it fills up fast!

MEALS for Seniors in Scituate

On Monday, Wednesday & Friday

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

Sponsored by South Shore Elder Services and assisted by community volunteers, this congregational lunch is provided to Seniors 3 x week for a requested \$3 donation. ALSO, the *Meals on Wheels* program for home-bound or convalescing seniors is provided from this site Monday-Friday—call 781-545-5885 or 781-837-3900 to register for this service.



On Thursday

@ Congregational Church at 381 Country Way; 12:00 PM—This lunch is sponsored & served by dedicated church volunteers. Donations accepted. Call 545-5300 for reservations.

Community Dinner @ St. Luke's Episcopal Church every 4th Sunday @ 5:00 PM.

This is a free, community dinner, and all ages are welcome. This dinner is sponsored by the church as well as various community groups throughout the year, including ... **NOTE:** The Scituate/Marshfield **Rotary Club** is sponsoring the meal on October 25, 2015—our senior center staff is helping to serve the meals that evening; and again on May 22, 2016.

FINALLY, the Scituate Food Pantry is open every Tuesday @ Masonic Temple on Country Way @ 11:00 AM - 12:30 PM; and 6:30-8:00 PM on the last Tuesday of the month.

Transportation is offered to all of the listed above by the Scituate Council on Aging.

NEW: Mah Jongg—Volunteer instruction available. **TUESDAYS @ 10:15-12:15.** If you prefer Bridge, we can set that up as well.

FRIDAY Flix: Movies @ Noon
Sept 11 *The Pursuit of Happiness*
Oct 9 *Argo*
Oct 30 *Psycho*

SEPTEMBER 2015

Mon	Tue	Wed	Thu	Fri
	1 9:00 Pickle-ball 9:00 Shaws 1:30 Tai Chi— <i>Lesson 1</i>	2 9:00 Yoga* 10:15 Chair Yoga*	3 9:00 Harbor Shops 1:00 Knitting	4 10:00 Joint Efforts Exer 11:30 Laughter Yoga*
7 Holiday Offices Closed	8 9:00 Shaws 1:30 Tai Chi for HA*	9 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga*	10 9:30 Harbor Shops 1:00 Knitting 5:30 COA Board Meeting	11 9:00 Floor Yoga* 10:00 Joint Efforts Exer 12:00 FRIDAY FLIX
14 9:00 Men's Break/Yoga 11:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 iPad Intro Class 1:00 Financial Advisor 5:00 Pickle-ball	15 9:00 Shaws 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class	16 9:00 Yoga* 10:30 BP Clinic 10:15 Chair Yoga* 12:00 Caregivers Support 1:00 North River w/ BJ	17 9:30 AMP Begins! 9:00 Harbor Shops 1:00 Knitting	18 9:00 Heritage Museum TRIP 9:00 Floor Yoga* 9:00 Ask a Lawyer 10:00 Joint Efforts Exer 12:30 iPad Training
21 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	22 9:00 Shaws / Cardio 10:45 Book Club 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class	23 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 1:00 North River w/ BJ	24 9:00 AMP 9:30 Harbor Shops 1:00 Knitting 1:00 Cardio* 4:00 Art Class	25 9:00 Floor Yoga* 9:00 Rep Cantwell 10:00 Joint Efforts Exer
28 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga 12:30 Art Class 5:00 Pickle-ball	29 9:00 Shaws 9:00 Cardio 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class	30 9:00 Yoga* 10:15 Chair Yoga* 10:15 Café w/ Kathy Duggan 1:00 North River w/ BJ		

* Denotes program held off site

Please Support These Advertisers,
They Make Our Bulletin Possible

OCTOBER 2015

2Mon	Tue	Wed	Thu	Fri
Denotes program held off site			1 9:30 AMP 9:00 Harbor Shops 1:00 Knitting/ Cardio 4:00 Art Class	2 10:00 Joint Efforts exercise 11:30 Laughter Yoga*
5 8:59 Men's Break/ Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 1:00 Financial Advisor 5:00 Pickle-ball	6 9:00 Cardio/ Shaws 10:15 Mah Jongg/Bridge 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class	7 9:00 Yoga* 10:15 Chair Yoga* 10:30 Café Talk 2Sisters 1:00 North River w/BJ	8 9:30 AMP 9:00 Harbor Shops 1:00 Knitting/ Cardio* 4:00 NO Art Class 5:30 SCOA Board Mtg	9 9:00 Floor Yoga* 10:00 Joint Efforts exercise 12:00 Friday Flix
12 Holiday Offices Closed *Sunday, October 11 - John Duke Logan at Barker Tavern at 2:00 PM - Tickets!	13 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg/Bridge 1:00 M.A. Hearing Tests 1:30 Tai Chi for HA* 3:00 Classical Music Class	14 9:00 Hanover Mall 9:00 Yoga* 10:15 Café w/Jane Collins 10:15 Chair Yoga* 12:00 Caregivers Support 1:00 North River w/BJ	15 9:30 AMP 9:00 Harbor Shops 1:00 Knitting/ Cardio* 4:00 Art Class	16 9:00 Floor Yoga* 9:00 Ask a Lawyer 10:00 Joint Efforts exercise
19 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	20 9:00 Cardio/ Shaws 10:15 Mah Jongg/Bridge 12:30 Memoir Writing 1:30 Tai Chi for HA* 3:00 Classical Music Class	21 9:00 Yoga* 10:15 Chair Yoga* 10:30 Café w/Cap'n Brad 11:30 BP Clinic 1:00 North River w/BJ	22 9:30 AMP 9:00 Harbor Shops 1:00 Knitting/ Cardio* 4:00 Art Class	23 9:00 Floor Yoga* 9:00 Rep Cantwell 10:00 Joint Efforts exercise
26 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	27 Health Fair 9:00 Cardio;/ Shaws 10:15 Mah Jongg/Bridge 10:45 Book Club 12:30 Memoir Writing 1:30 Tai Chi for HA*	28 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 Coast Resort w/BJ	29 9:30 AMP 9:00 Harbor Shops 1:00 Knitting/ Cardio* 4:00 Art Class	30 10:00 Joint Efforts exercise 12:00 Friday Flix



For Advertising Information, call
LISA TEMPLETON at LPi today!

1 (800) 888.4574 ext. 3450
ltempleton@4LPi.com

Space for Sale **SPONSOR THIS NEWSLETTER!!!**
For more information, please call **1-800-888-4574**

Outreach and Social Services



SCOA OUTREACH AT YOUR HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator for the Scituate COA will be in the Community Room at each of the Housing Authority locations on the following days and times. If you have a question on any matter, drop in and see her.

Housing office visits:

September 2 Lincoln: 11:00-12:00

September 9 Central: 11:00-12:00

September 16 Wheeler 1 &2:

11:00-12:00; 12:00-1:00

October 7 Lincoln: 11:00-12:00

October 14 Central: 11:00-12:00

October 21 Wheeler 1&2:

11:00-12:00; 12:00-1:00

SHINE—Serving Health Information Needs of Everyone

Norman Tetreault is our dedicated SHINE volunteer. His appointments for SEPT are:

- Thursday 9/3 – 1-4 pm
- Thursday 9/17 – 1-4 pm
- Thursday 9/24 – 1-4 pm

Thank you to *Healthy Harvest*, a component of the Food Resources Program at South Shore Community Action Council. They have provided us with an abundance of fresh produce this summer that many of our senior patrons have enjoyed!



Farmers Market Coupons

The Mass Dept. of Agriculture is once again offering the Farmers Market Coupons to eligible senior residents of Scituate. Those seniors who are on Medicaid (MassHealth), SSI, SNAP food stamps, Section 8 Housing, or receiving transitional assistance qualify for these coupons. Please call Jenny Gerbis with any questions.

The income guidelines are:

Household of 1 Monthly gross \$1,815

Household of 2 Monthly gross \$2,456



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

Get Ready Now for Medicare's Open Enrollment

October 15 - December 7, 2015

During **Medicare Open Enrollment**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, fill out the SHINE Pre-Enrollment form available at the Scituate Senior Center so you can receive information about the best Medicare drug plan for you in 2016.*

- You can fill out the form and drop it off at the Senior Center and the results will be mailed to you.
- It is important that you review your coverage every year.
- Plan premiums, formularies and co-pay costs change.
- SHINE counselors look to find coverage that meets your needs at the lowest cost.

If you provide income information requested on the form, SHINE will also check to see if there are any benefit programs that might help with some of your health care costs.

It's not too early to make sure you have the coverage you want in 2016. The following presentations at the Senior Center will give you information to help you to make a decision regarding your coverage preferences, especially for Part D! **Tuesday, October 13 @ 11:00 AM-12:00 PM; Tuesday, November 17 @ 1:00 PM.**

FUEL ASSISTANCE APPS

The Senior Center Outreach staff can facilitate applications for Fuel Assistance for seniors and families in Scituate. It is much more efficient to have called to receive an APPOINTMENT AND A LIST of the necessary documents BEFORE coming in to request help. The applications are sent to SOUTH SHORE COMMUNITY ACTION COUNCIL in Plymouth to be reviewed. Call 781-545-8722.

Transportation Information

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

Reservations for out-of-town medical rides need to be made at least 1 week in advance as they are scheduled with South Shore Community Action Council and require more coordination. We ask 72-hours notice (3 business days) to schedule a local ride. Our Scituate COA vans are available for local medical appointments, shopping and rides to/from home and locations in and around Scituate. A monthly pass for local rides is \$14/mo. or \$2 per round-trip ride. NOTE: Calls made after 11:30 a.m. on Fridays cannot be honored until THURSDAY of the following week as the schedule has been completed. The COA vans make regular, weekly trips to the following locations:

TUESDAY @ 9:00 am to Shaws in Cohasset;

WEDNESDAY @ 9:00 am to Hanover Mall, AND Trader Joe's;

THURSDAY @ 9:00 am to Scituate Harbor.

THE 'LINK' INFORMATION

Local rides are provided by the COA vans/drivers and are supported by **GATRA**, a state-funded transportation system for our region. **Out-of-town Medical Transportation** is supported by GATRA but contracted/provided through South Shore Community Action Council using their vans and drivers.

The GATRA pilot public transportation in Scituate is a success! It is available to all residents with stops being added in October. You can still call to utilize our COA service for rides but it is nice to have the more casual option.

Activities and Volunteer News

EXERCISE CLASSES:

MONDAY/WEDNESDAY at St. Luke's with Elizabeth. Gentle Floor Yoga 9-10:00 \$10 or \$12; Chair Yoga 10:15-11:00 ; \$5

FRIDAY 6-wk Floor Yoga @ Maritime Center with Anne. 9:00-10:00 \$10 or \$12

TUESDAY Cardio Class at Senior Center with Chris @ 9:00-10:00; \$3

THURSDAY Cardio Class at St Luke's with Chris @ 1:00-2:00 ; \$3

MONDAY/FRIDAY at Senior Center: Joint Efforts Gentle Exercise with NVNA @ 10:00. *Donation only.*

NEW: Laughter Yoga (not really exercise) with Jill @ St. Luke's 11:30 on the 1st FRIDAY (Sept 4 and Oct 2). Try it out!! *Donation only.*

iPad TRAINING CLASSES with Katy Mayo

Monday, Sept 14 - Part I
Intro to iPad Use

& Friday, Sept 18 - Part II
Doing More with Your iPad

Cost of BOTH classes \$40

Call to sign up 781-545-8722, x10;
Payment is due at signup.

BOOK CLUB IS MEETING! New stimulating, social opportunity. **Tuesday, Sept 22/Oct 27 @10:45** Book for Sept "The Goldfinch." by Donna Tart. If you are a reader or would like to be!



NEW: Memoir Writing Class

TUESDAYS 12:30-2PM, SEPT. 15, 22, 29 and OCT. 6, 20, 27 .

Take the time to write in this new 6-week class. We will strengthen skills and create a written collection of memories through writing prompts and writing exercises. We will focus on getting your stories on the page.

Instructor Lynn Sheridan is a 2011 graduate of Simmons MFA in Writing program.

\$20 Space is limited.



FALL SCHEDULE WEEKLY ART CLASS @ Senior Center Watercolor, Drawing, Acrylic - \$10 each class

MONDAYS @ 12:30-3:30—SEPT 21 thru DEC 7, 2015

THURSDAYS @ 4:00-7:00 PM—SEPT 24 thru DEC 3, 2015

(NO THURS CLASS on 2nd Thursday of each month for COA BOARD meeting)

Work from still life set ups. Demos, exercises. Focus on developing solid drawing skills, understanding color and mixing, & watercolor application. Work through a series of steps in the fundamentals of picture making geared to individual levels—many 'aha' moments! Instructor Joanne Pappandrea has been teaching art classes at the Scituate COA since 2003. **Affordable supply list available at sign up. Call 781-545-8722, x10.**



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

Allerton House

at Hingham

Tradition and Memory Care Assisted Living

Private Apartments • Short Stay Program
Personal Care • Social Activities

Call today for your personal tour!

781-749-3322

15 Conditto Rd., Hingham, MA

Are stairs a problem? A Stannah Stairlift is the answer!

A Stannah Stairlift allows you to ride up and downstairs, safely and comfortably, preventing falls. Models for straight and curved stairs, with a range of payment options, including rental.

Call for a free, no-obligation quotation:

1-888-782-6624



Stannah
The Stairlift People

PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

**TOLL FREE:
1-877-801-5055**

**First Three Months*

HOLIDAY SPECIAL



HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



VISION SOURCE™ Since 1972

Eye Wellness Exams ▪ Glasses ▪ Contacts
Cataracts ▪ Glaucoma ▪ Macular Degeneration
Post - Operative Care ▪ *New Patients Welcome*
781-545-0792 ▪ 85 Front St. Scituate Harbor
www.scituateharborvisionsource.com

South Shore's Premier Senior Rental Community

VILLAGE AT PROPRIETORS GREEN®

Independent Living • Assisted Living • Memory Care

781.834.7885

10 Village Green Way, Marshfield, MA

ProprietorsGreen.com

Welch HEALTHCARE & RETIREMENT GROUP
*Trusted family name in senior services
for over 65 years*

Spotlight Your Special Event Here

- Grand Opening
- Special Offer/Sale
- Seasonal Event
- Anniversary/Birthday
- 1- or 2-month ad space available



1-800-888-4574

THIS SPACE IS AVAILABLE



- Growing company currently hiring Ad Sales Executives
- Sales experience preferred
- Full-time
- Uncapped commissions
- Competitive benefits program offered
- Overnight travel required

E-mail jobs@4LPI.com for more information

Life Care Center
of the South Shore
781.545.1370
www.LCCA.com

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

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

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants, organizations and individuals. Please support our advertisers! Anyone wishing to place an advertisement in this newsletter can contact

Lisa Templeton, Advertising Rep with LPI at:
800-732-8070, x3450; or ltempleton@4LPi.com

WE'RE ON-LINE TOO! You can also find this newsletter (and all newsletters for the year) on-line at: www.seekandfind.com.

Type 'Scituate' to find **Scituate Council on Aging (MA)** and select *Download*.

*Follow us on Twitter: **@ScituateCOA &**

*Like us on Facebook: **Scituate Council on Aging AND ALSO 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.