

Scituate

SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | MAY & JUNE 2022



CONTACT US

Our new address:

333 First Parish Road
Scituate, MA 02066

Phone: 781-545-8722

Fax: 781-545-2806

[www.scituatema.gov/
council-on-aging](http://www.scituatema.gov/council-on-aging)

Hours of Operation:

Monday - Thursday
8:30 am to 4:30 pm

Friday 8:30 am-3:00 pm

OUR MISSION

To identify the unique needs and interests of our senior community and implement programs that will enhance quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.

SCITUATE HIGH SCHOOL ART EXHIBITION



"Hydrangea" Digitally Photographed by Alex Christianson

BIG BUGS TRIPS ARE BACK!

SAVE THE DATES!

Full day excursions—Please ask at the Center for the flyer and full details on each trip. **Sign up w/ payment!**

Jun 14—Encore Casino; Boston, \$35

**Jul 27—Narragansett Lighthouse
Cruise; \$109**

**Aug 17—Newport Playhouse, show &
lunch; \$119**

Sept 15—Block Island Cruise—TBD

**Oct 13—Turkey Train/ lunch & foliage
tour; \$133**

Dec—Boston Pops—TBD

JOYFUL MOVEMENT WITH RENA

NEW

A music inspired class, modified for people who would like to do moderate in-chair movement as well as others who would like to dance to music. Participants are encouraged to work at their own pace. Thurs 12:15-1:15pm

The first session is complimentary and then following sessions are \$5.

Please register to attend

GOOD DEEDS HOUSE CLEANOUTS

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Scituate Council on Aging, Scituate, MA

06-5165

ABOUT US

DIRECTOR'S NOTE

We shape our buildings, and afterwards our buildings shape us.
— Winston Churchill

May is Older Americans Month – first proclaimed by Gerald Ford in 1976. How are we *honoring* and celebrating our Older Americans this month in Scituate? In myriad ways we hope, every day! But, you tell me ... In this first year since we have opened the doors of this beautiful new building, we have had over 1,800 people come through our doors to view the facility, sign up as “members” for the first time, participate in activities, seek out services, or volunteer their time. What do you feel we are doing right? Is there more that you would like to see in this next year?

We will be offering opportunities for you to give us your feedback as to how to best serve our older adults and the community through our Center programs! We will be surveying our Transportation riders this month and plan the same for activities in the next few months. Help us shape the things to come!

We are still ironing out our guidelines to allow for the largest number of patrons possible to enjoy our congregate lunch program on Monday through Thursdays, and our Café To-Go Options on Friday. We are so pleased that everyone is excited about the meals and the chance to dine together with friends, but we are just trying to spread the joy!

We know parking challenges continue on some of our busier days, so we are providing some assistance on days when we know the parking lot will be at maximum capacity for those arriving for lunch – so look for our occasional Valet to park your car for you when all of our spaces close by are filled. Please also note the new signs we are installing to encourage closer spaces be left for those who have more limited mobility, though we are not officially designating them as handicapped spaces. Staff and some volunteers are able to park in the farther lots, so as to keep spaces free for patrons, and with transportation services booming we are often using 2 or even 3 of the vans during the day, freeing up those spots as well.

We are still asking for pre-registrations for most of our activities so as to accommodate the numbers joining us for our exercise and other classes where we only have so many seats to offer. We have tried to add classes to provide more options for attending some of the popular classes as well.

As you read this newsletter, you will see that we continue to develop new activities, as we have been over this inaugural year in the building, to appeal to our many visitors. Look for our developing Lifelong Learning class opportunities coming this month and this summer, our added exercise and movement classes, our wellness offerings, weekly Café informational visits, and recreational games, both indoor and out (Bocce, Ping Pong, Corn Hole and more).

Lastly, I do want to thank the staff that has worked tirelessly in their own roles, and often helping each other, with providing as much as possible to make the Senior Center a success in your eyes—and theirs. Jill, Jess, Erin Lillian, Fred and Cam, along with our fabulous drivers Jim, Joe, Juan, Betty and Debby—we are very fortunate. It is also time to thank our volunteers which should happen much more often than once a year, but in June we will celebrate their donation of time and good nature during a true “building” year for the Senior Center. We are so grateful for you all! Warmly, *Linda*



The months of May & June will feature **Peggy Roth Major**, a fine art photographer who combines her imagery with insightful verse. Her art exhibit **We Live Here, Part II**, expresses love & gratitude for this place we call home & its natural surroundings that have brought her comfort—and she hopes you as well—during these challenging times.

OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

Lillian Cruz | 781-545-8872
lcruz@scituatema.gov

Outreach Coordinator

Erin LaMonte | 781-545-8873
elamonte@scituatema.gov

Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
jsouke@scituatema.gov

Food Service Manager

Fred Willette | 781-545-8832
fwillette@scituatema.gov

Food Service Assistant

Cam Reardon

Van Drivers

Betty Durkin, Juan Marcellana,
Jim Keeley, Joe Swindler, Debby
Young.

COUNCIL ON AGING BOARD

John D. Miller, Chair
Susan Kelly, Vice Chair
Leslie James
Janice Lindblom
Pat Carleton
Laurie Brady
Marie Fricker
Deirdra Dwyer

Opening

Selectman Liaison

Karen Canfield

COA Board meetings are currently held monthly at the Senior Center on the 2nd Thursday at 5:30 pm.

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA OPTIONS

Floor Yoga w/Anne

Mon at 8:30

Chair Yoga w/Anne

Mon at 9:45

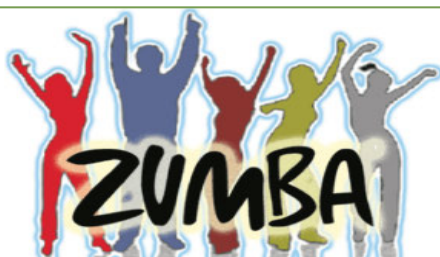
Gentle Yoga w/ Elizabeth

Wed & Fri at 8:30

Chair Yoga w/ Elizabeth

Wed & Fri at 9:45

Floor Yoga \$10; Chair \$5



ZUMBA GOLD WITH JUSTINE

Mon & Wed @ 2:00-3:00

This is a fun dance opportunity w/lively music & extra toning included.

Please pre-register. \$5/class



BALANCE FOR LIFE

Mon & Thurs @ 11-12:00

This popular class w/Sue incorporates stretching, movement, strengthening, cool music & of course Sue, herself! Please pre-register a week in advance to ensure your spot. \$5/ class

TAI CHI 4 HEALTHY AGING

Tues @ 1:30

Thurs @ 1:30

This modified Tai Chi program provides an introduction to Tai Chi movement with 8 forms designed to strengthen and relax the body and promote better balance.

Please pre-register. \$4/class



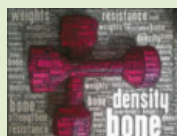
LIFT YOUR SPIRITS STRENGTH CLASS

Mon @ 12:30

Wed & Fri @ 11:00

Strength training opportunity with Sue using hand weights. Lift your spirits and increase your muscle strength—good for your bones, body and mind!

Pre-register a week in advance to ensure your spot. \$5/class



ESSENTRICS CLASS

Tues @ 9:00 –10:00

This full body exercise length-ens and strengthens muscles with flowing movement, increasing flexibility and mobility.

Pre-register to attend. \$5/class

ARTHRITIS & CONDITIONING CLASS

Tues @ 3:00-4:00pm—Instructor NEIL SULLIVAN

This class is structured on the AEA Arthritis Foundation Curriculum and designed to allow participants to exercise without putting excess strain on their joints and muscles. The class includes passive and active movements/ exercises as well as stretches to help increase joint flexibility, range of motion and muscular strength. As an essential and effective component in the health of and wellness of individuals with arthritis, the aim of this exercise class is to increase functional ability and self-care, as we decrease pain and depression.

We are planning another conditioning class with Neil—stay tuned!



LET'S LINE DANCE!

Tues @ 11:00-11:45

Join our Line Dance class w/Jean to learn some new steps and dance to your favorite country songs. Fun way to exercise and be a hit at your next wedding.

Pre-registration requested. \$5/class



INDOOR PICKLEBALL

Wed—4- 6 pm

Jenkins School

Fri—11:00-1:00 pm

Veterans Memorial Gym
@Recreation

We ask for players to help set up nets & break down at the end of play. Players are rotated as needed. Beginning instruction and handouts available. Please pre-register and sign in!

TRAIL WALKING

Fri @ 1pm Walk trails around Scituate and beyond.

Call 781-545-8875 to register



OUTREACH & SERVICES

SHINE

SHINE -> *Serving the Health Information Needs of Everyone.*

Our SHINE Counselors receive rigorous training in aspects of Medicare and health insurance. Their role is to advise and assist with questions concerning health insurance and prescription coverage for 65 and over.

Call for appointments with Rich Durkin or Elaine Schembari at 781-545-8722, press 2 for Jill or 0 for the Front Desk.

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour with Lou Rizzo—**3rd Thurs @10:30-11:30 @ the Senior Center.**

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours
CALL TO REQUEST.

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2hr appt w/ one of our volunteer attorneys on the **3rd Fri of the month @ Scituate Senior Center. Next dates: May 20 and June 17**

BP / HEALTH CLINIC WITH NURSE EILEEN SCOTTI

1st & 3rd Wed 10:30-12:00

Check your Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription).

SNAP

Do you need assistance paying for food? SNAP may help and you may be eligible!

Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm

Thurs 3:30 – 5:15 pm

The Food Pantry is located at 327 First Parish Road behind the Senior Center in the lower level of the old Gates School building. Procedures for drive-up service from Cudworth Rd will continue. Call to register at 781-545-5827.

Van Service is available at NO CHARGE through the Senior Center by calling 781-545-8722.

HOUSING AUTHORITY VISITS

Erin LaMonte, Outreach Coordinator, will be available monthly at each of the housing sites to offer updates on benefits, answer questions, and provide information on activities over coffee and pastry. 9:30 AM in the Common rooms.

1st Tuesday—Wheeler Park

1st Wednesday—Central Park

1st Thursday—Lincoln Park

WELLNESS APPOINTMENTS

REFLEXOLOGY - with Anne Brennan, LMT & Reflexologist—Anne will guide you through a 30 minute session that will relax and relieve tension. **Appointments on Thurs, 5/5 and 6/2; Wed 5/11 & 6/8 from 9:00-2:00 pm, \$30 for 30 minutes.**

INDIAN HEAD MASSAGE - with Anne Brennan, LMT & Reflexologist—A simple, safe & effective massage applied to the shoulder, neck, arms & head that provides de-stressing for the whole body. Acupressure is used on the face to aid with relief of sinus pressure and promote a feeling of well being. **Appointments on Wed 5/11, 6/8 from 9:00-12:45. \$30 for 30 minutes.**

CHAIR MASSAGE - with Freya Schegel—Designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. **Appointments on First Fri 5/6 and 6/3; 9:00 am - 1:00 pm, \$20 20 minutes.**

REIKI - with Elizabeth Rogers—A healing technique based on the principle that the therapist can activate the natural healing process by means of touch. **Appointments last Thurs of the month, 5/26 or 6/28. 10am - 3:00 pm; \$40/30 minutes; \$75/hour session.**

Call 781-545-8722 to book all appointments. Thank you!

MAY 2022 CALENDAR

MON 2	TUES 3	WED 4	THUR 5	FRI 6
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Meatloaf 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Grilled Ham & Swiss 1:30 Tai Chi 3:00 Arthritis Conditioning 4:00 Dementia Caregivers Support Group meeting	8:30 Yoga 9:45 Chair Yoga 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Penne w/meat sauce 1:00 Scrabble 1:00 Social Painting 2:00 Zumba Gold 4:00 Pickleball / Jenkins 6:00 Badminton-/ Jenkins	9:00 Reflexology 10:00 Mah Jong 10:00 Card Making 10:00 Caption Call Café 10:30 Grief Support 11:00 Balance 12:00 Baked Haddock 12:15 Joyful Movement 1:00 Knitting 1:30 Healthy Eating 1:30 Tai Chi Practice	8:30 Yoga 9:00 Chair Massage 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/Gym 11:00 Ukulele LESSON 12:30 Friday Flix 1:00 Trail Walking
MON 9	TUES 10	WED 11	THUR 12	FRI 13
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Pot Roast 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Men's Breakfast 9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Quidew/ Bacon 1:30 Gardening Series 1:30 Tai Chi 3:00 Arthritis Conditioning 4:00 Dementia Caregivers Support Group meeting	8:30 Yoga 9:00 Reflexology/Head massage 9:45 Chair Yoga 10:00 & 1pm Bob Jackman 11:00 Lift Spirits 11:00 Art for the Mind 12:00 American Chop Suey 1:00 Scrabble 1:00 Social Painting 2:00 Zumba Gold 4:00 Pickleball/ Jenkins 6:00 Badminton/ Jenkins	10:00 Mah Jong 10:00 Richardson-Gaffey 10:30 Garden Club Wkshp 11:00 Balance 12:00 Shrimp Casserole 12:15 Joyful Movement 1:30 Tai Chi Practice 1:00 Knitting 1:30 Junk Box Engineering 1:30 Healthy Eating 1:30 Tai Chi Practice 2:30 Ping Pong available 2:45 'No Rules' Book Club 5:30 COA Board Meeting	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/GYM 11:00 Ukulele Practice 12:30 Friday Flix 1:00 Trail Walking
MON 16	TUES 17	WED 18	THUR 19	FRI 20
8:30 Yoga 9:45 Chair Yoga 10:00 Technology Class w/Katy 11:00 Balance 11:00 Expressive Writing 12:00 Baked Stuffed Chicken Breast 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Spinach Pie 1:30 Tai Chi 1:00 Parkinson Group 1:30 Tai Chi 1:30 Civic Engagement series 3:00 Arthritis Conditioning 4:00 Dementia Caregivers Support Group meeting	8:30 Yoga 9:45 Chair Yoga 10:00 & 1pm Bob Jackman 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Baked Lasagna 12:00 Caregiver Group 1:00 Scrabble 1:00 Social Painting 2:00 Zumba Gold 4:00 Pickleball/ Jenkins 6:00 Badminton/ Jenkins	10:00 Mah Jong 10:00 William Ravies 10:30 Sen O'Connor/Lou R 10:30 Grief Support 11:00 Balance 12:00 Poached Salmon 1:00 Knitting 1:30 Tai Chi Practice 1:30 Healthy Eating 1:30 Tai Chi Practice 2:30 Ping Pong available 5:00 Reception for Peggy Roth Major art exhibit	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/GYM 11:00 Ukulele Practice 12:30 Friday Flix 1:00 Trail Walking
MON 23	TUES 24	WED 25	THUR 26	FRI 27
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Pub Steak 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Caesar Salad / Chicken 1:30 Gardening Series 1:30 Tai Chi 1:30 Civic Engagement series 3:00 Arthritis Conditioning 4:00 Dementia Caregivers	8:30 Yoga 9:45 Chair Yoga 10:00 & 1 Jackman Class 11:00 Lift Spirits 12:00 Chicken Cacciatore 1:00 Scrabble 1:00 Social Painting 2:00 Zumba Gold 4:00 / 6:00 Pickleball/ Badminton	9:00-3:00 Reiki 10:00 Hearing Health Care 10:00 Mah Jong 11:00 Balance 12:00 Baked Haddock 12:15 Joyful Movement 1:00 Knitting 1:30 Tai Chi Practice 1:30 Healthy Eating	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/GYM 11:00 Ukulele Practice 12:30 Friday Flix 1:00 Trail Walking
MON 30	TUES 31			
CLOSED HAPPY MEMORIAL DAY!	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Reuben on Rye 1:30 Tai Chi 1:30 Civic Engagement series 3:00 Arthritis Conditioning 4:00 Dementia Caregivers		Senior Center Art Exhibit Peggy Roth Major A reception open to the public will be held on Thursday evening, May 19 at 5:00-7:00 pm.	May Flowers! <u>Garden Club Workshop</u> Complete a spring time arrangement on Thursday, May 12! Signups!

		WED 1	THUR 2	FRI 3
Celebrating the 4th of July with BBQ lunch on Thursday, June 28! Join us for our barbecue luncheon with hamburgers, hotdogs, salad, baked beans & surprise dessert! Weather permitting, seating inside & out! 		8:30 Yoga 9:45 Chair Yoga 10 & 1 Bob Jackman class 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Baked Pasta w/Chicken 1:00 Social Painting 1:00 Cribbage 1:00 Scrabble 2:00 Zumba Gold 4&G Pickleball / Badminton	9:00 Reflexology 10:00 Mah Jong 10:30 Grief Support Group 11:00 Balance 12:00 Coconut Shrimp 12:15 Joyful Movement 1:00 Knitting 1:30 Tai Chi Practice 2:30 Ping Pong available	8:30 Yoga 9:00 Chair Massage 9:00 Pool Tournament 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele Practice 12:30 Friday Flix 1:00 Trail Walking
MON 6	TUES 7	WED 8	THUR 9	FRI 10
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Meatloaf 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Men's Breakfast 9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Chef Salad Shrimp 1:00 Shuffleboard 1:30 Tai Chi 1:30 Civic Engagement 1:30 Garden Series 3:00 Arthritis Conditioning 4:00 Dementia Caregivers Grp	8:30 Yoga 9:00 Reflexology / Head massage 9:45 Chair Yoga 10 & 1 Bob Jackman Class 11:00 Lift Spirits 11:00 Art for the Mind 12:00 Quiche 1:00 Social Painting 1:00 Cribbage 1:00 Scrabble 2:00 Zumba Gold 4 & 6 Pickleball/ Badminton	10:00 Mah Jong 10:00 Richardson Gaffey 11:00 Balance 12:00 Shrimp Salad & Linguine 12:15 Joyful Movement 1:00 Knitting 1:30 Tai Chi Practice 1:30 Junk Box Engineering 2:30 Ping Pong available 5:30 COA Board Meeting	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele Practice 12:30 Friday Flix 1:00 Trail Walking
MON 13	TUES 14	WED 15	THUR 16	FRI 17
8:30 Yoga 9:45 Chair Yoga 10:00 Technology class w/Katy 11:00 Balance 11:00 Expressive Writing 12:00 BBQ Chicken 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Chef Salad 1:00 Parkinson Support Grp 1:00 Shuffleboard 1:30 Tai Chi 1:30 Civic Engagement 3:00 Arthritis Conditioning 4:00 Dementia Caregivers Grp	8:30 Yoga 9:45 Chair Yoga 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Spinach Lasagna 12:00 Caregiver Support Grp 1:00 Scrabble 1:00 Social Painting 2:00 Zumba Gold 4:00 Pickleball 6:00 Badminton	10:00 Mah Jong 10:30 Sen O'Connor 11:00 Balance 12:00 Baked Haddock 12:15 Joyful Movement 1:00 Knitting 1:30 Tai Chi Practice 2:45 'No Rules' Book Club	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele w/Instructor 12:30 Friday Flix 1:00 Trail Walking
MON 20	TUES 21	WED 22	THUR 23	FRI 24
CLOSED FOR JUNETEENTH!	9:00 Essentrics 10:00 Alzheimer's Warning signs 11:00 Line Dance 11:00 Spanish Class 12:00 Chef Salad w/ Chicken 1:00 Shuffleboard 1:30 Gardening Series 1:30 Tai Chi 1:30 Civic Engagement 3:00 Arthritis Conditioning 4:00 Dementia Caregivers Grp	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:00 Chicken w/ Broccoli 1:00 Scrabble 1:00 Social Painting 2:00 Zumba Gold 4:00 Pickleball 6:00 Badminton	10:00 Mah Jong 11:00 Balance 12:00 Grilled Salmon 12:15 Joyful Movement 1:00 Knitting 1:30 Tai Chi Practice [No Ping Pong]	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 11:00 Ukulele Practice 12:30 Friday Flix 1:00 Trail Walking
MON 27	TUES 28	WED 29	THUR 28	
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Chicken Francaise 12:30 Lift Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 12:00 Chef Salad Plate 1:00 Shuffleboard 1:30 Gardening Series 1:30 Tai Chi 3:00 Arthritis Conditioning	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:00 Spaghetti/Sausage 1:00 Scrabble 1:00 Social Painting 2:00 Zumba Gold 4:00 Pickleball 6:00 Badminton	10:00 Reiki 10:00 Mah Jong 11:00 Balance 12:00 4th of July BBQ—Burgers & Dogs, Salad, Beans 12:15 Joyful Movement 1:00 Knitting 1:30 Healthy Eating 1:00 Shuffleboard 1:30 Tai Chi Practice	

PROGRAMS, CLASSES, ACTIVITIES

ART CLASSES

Instructor: Judy Rossman

Mon 1:00-3:30 pm

6 weeks: Jun 6—July 25*

*Monday holidays: June 20; July 4

An opportunity to work with transparent water-based media for all levels. Emphasis on painting from observation—work from still life provided or referenced photos.

The course exposes students to color mixing methods specific to the media and explores a variety of techniques. Guided instruction and less structure offered for more experienced students. Basic drawing instruction included in series with structured, sequential exercises. Drawing skills are not “inherited” — Drawing is a taught skill, which any student can learn with the proper instruction. Individual attention will address all skill levels. Please pre-register.

Please register to attend.

Cost \$65 for the course.

SOCIAL PAINTING

Wednesdays in May & June, 1-3 PM

If you like to paint, share and talk, this is the group for you!

Bring your own supplies, some materials will be available.

Register to attend! FREE!

HOLA! TRY SPANISH

Tuesdays, 11 - 12 PM

Are you interested in speaking Spanish? Do you want to exercise your brain? Learn a new language to benefit your travels?

Beginner Spanish class

Instructor Catherine Speigel

Pre-register to attend.

\$5 / class

“No Rules” Book Group with Dr. Nancy Harris / \$5.

Thurs May 12 @ 2:45 - “The Invention of Wings” by Sue Monk Kidd

Thurs June 16 @ 2:45.- Book title to be decided. Please call 781-545-8722 for more details and to register.



RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—THURSDAYS!
 - Beginners temporarily on hold - will resume in late Spring. Beginners are welcome to join the 10:00 session to learn!
 - Regular @ 10:00
- Hand & Foot Cards—Mon @ 1:00

LET’S PLAY POOL

Our 2nd Tournament!

June 3rd at 9:00 or 10 AM

Sign up sheet in the pool room



ART FOR YOUR MIND

MAY 11—Ansel Adams Artistry 11:00 - 12

JUNE 8—Art of Ancient Egypt 11:00 - 12

Experience this enriching Art Appreciation Presentation series with Jill . Please pre-register.

CARD MAKING

MAY 5

Join local card maker, Beth McGaw and learn how to make homemade cards with fabric.

May—Spring flowers- daffodils, tulips & irises

June-No Class

Class will resume in July

Please register to attend.

JUNK BOX ENGINEERING

MAY 12 & JUNE 9 @ 1:30-2:30PM

Out of a limited supply of materials, build something that does something or has never been done before. It will be a MacGyver adventure! Instructor— Fred Dorr

Please register to attend!

BOCCE BALL

Group Play - Rotating games. Equipment provided.

Tues & Wed @ 10:00 am

Thursdays @ 1:00!

You can also call to reserve the Bocce set for a private game.

SHUFFLEBOARD & POOL TABLE

You can reserve a spot at the Senior Center Front Desk for an hour at a time when the Game Room is available. See schedule!

NEW: PING PONG STARTING UP!

You can reserve a spot at the Senior Center Front Desk for in the afternoons. See the calendar for designated times or check with staff.

SWIM TIME ANYONE?

We may have an opportunity to get some outdoor pool time at the Cohasset Swim Center. We just want to see who would be interested in a free-swim spot this summer.. **Please call Jess at 781-545-8875 if interested.**

GARDENING SERIES w/ SALLY ROSSI ORMAN

TUES 1:30—3:00

5/10—INVASIVES of the yard, garden and neighborhood.

5/24—COMPOSTING 1-2-3

6/7—PLANTS and HERBS for repelling insect pests

6/21—SAFE FORAGING- Learn the 3 principles of safe foraging

Call to register at 781-545-8722.

PROGRAMS, GROUPS, ACTIVITIES

TECHNOLOGY CLASSES

Would you like to learn to hone your tech skills? Join our classes with instructor Katy Mayo on monthly Mondays from 10:00-11:30am.

May 16 – Podcasts, music, games and other “apps”

June 13 – Edit photos and organize to albums

Please call 781-545-8722 to signup.

Cost \$15 per class.

MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for on-site & virtual classes! Simply login on to MYACTIVECENTER.COM, locate “NEW USER” and use your personal key tag number on the back of your scan card, including the ‘X’. **If you need a key tag or help setting up your account, please call us at 781-545-8722.**

E-MAIL, & ON-LINE!

You can receive an e-mail giving you immediate access to the newsletter online at ourseniorcenter.com site. Once the newsletter is published on -line, we immediately place it on our website page at scituatema.gov/council-on-aging/newsletters.

ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website.

On your browser, go to:

- Scituatema.gov.
- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/ Schools/COA,
- Select Town of Scituate Council on Aging,

If there is a cost associated with your program, you can also pay w/check made out to the Senior Center or cash.

CAREGIVER SUPPORT GROUP

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group.

This facilitated group meets the **3rd Wednesday of the month at 12:00-1:00pm.**

Our group is led by an experienced facilitator & social worker, Suzanne Otte. Please call the Senior Center for more information and to be added to the e-mail list at 781-545-8722.

PARKINSON'S SUPPORT GROUP

Participants have an opportunity to meet in person at the Senior Center with long-time leader Leslie Vickers.

Meetings are held on **May 17 & June 15 at 1:00 pm**

Call the Senior Center for information.

GRIEF SUPPORT GROUP

Led by Susan Drevitch Kelly

Spring theme: finding New Meaning and Purpose after a Loss.

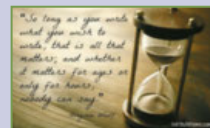
May 5 and May 19

The group session is followed by the option to sign up to have lunch together. Please register in advance for the group and make your reservation for lunch at 781-545-8722.

EXPRESSIVE WRITING

Mondays 11:00-12:00

Everyone is welcome at this weekly writing group. We choose a new prompt each week & write for 15 mins, then read aloud. Some-times light, sometimes deep, sometimes funny & always fun!



FUN FRIDAY FLIX!

MOVIE STARTS AT 12:30; POPCORN PROVIDED

May 6 — Saving Mr. Banks

May 13 — CODA

May 20 — Mr. Holland's Opus

May 27 — On Golden Pond

June 3 — West Side Story

June 10 — The Dig

June 17 — Knives Out

June 24 — Eyes of Tammy Faye

THE UNLIKELY STRUMMERS

UKULELE LESSONS AND SCHEDULED PRACTICE.

Fridays 11-12pm for general practice

May 6- Beginners focus w/ instructors Cindy & Deb

June 17—Former strummers and new folks practice w/ instructors Cindy & Deb. \$10/ class

MEMORY CARE OPPORTUNITIES

SUPPORT & RESOURCES GROUP FOR DEMENTIA CAREGIVERS—OFFERED BY ALZHEIMER'S ASSOCIATION

8 weeks on Tuesday, May 3rd - June 21st at 4:00 - 5:00 pm

Develop a support system, share challenges, solutions and resources.

Call 800-272-3900 to register.



10 WARNING SIGNS OF ALZHEIMER'S—EDUCATION SESSION WITH ALZHEIMER'S ASSOC

Tuesday, June 21st at 10am—11am

What to watch for yourself and others. Alzheimer's causes changes in memory, thinking and behavior that are not normal to aging. Learn common warning signs and much more! Call 800-272-3900 to register.

TRANSPORTATION

LOCAL RIDES

We provide rides to medical or dental appointments, senior center activities & for other personal needs. Please call at least 2 days in advance!

GROCERY SHOPPING

Wed—

Shaw's in Cohasset

Thurs—

Village Market & Scituate Harbor



Market Basket Shopping Trips

First & third Wed of the month beginning on **May 5**

Call Lillian @ 781-545-8872 to schedule your ride.

OUT OF TOWN MEDICAL RIDES

We arrange out-of-town medical rides to other locations on the South Shore, from Plymouth to the southern part of Boston. PLEASE NOTE—the out of town vans are extremely busy in the morning and late afternoons. For best service, try to schedule your out of town medical appointments for midday. Call at least 5 days in advance.

Masks are required on the van.

Call to be added to the trip schedule. 781-545-8722, press 3.

We are in need of a few volunteers willing to act as a companion to an older person riding the van who needs additional assistance. Please call if interested in this role.

COST FOR RIDES

Local trips:

\$1.75 / \$3.50 round-trip

10-ride pass: \$15

Medical Out-of-Town:

\$10 local round-trip

\$20 (Plymouth or Boston)



LIFE LONG LEARNING

LIFE LONG LEARNING OPPORTUNITIES

SCITUATE'S WEST END WITH BOB JACKMAN

May 11, 18, 25; June 1, 8, 15. Please sign up for either morning session, 10-11:30am or afternoon session 1:00-2:30pm. These sessions will focus on the history of Scituate's West End, adjoining areas of Scituate, and the Beechwood sections of Cohasset and Norwell. Topics will include settlement, families, farming, industries, transportation, institutions and civic organizations and changes that occurred in decades past. The intent will be to convey a broad sense of life in the West End from 1680 to 1940. **Cost: \$25 for the course.**

CONVERSATIONS FOR CIVIC ENGAGEMENT: A ROUNDTABLE SERIES HOSTED BY THE OFFICE OF REPRESENTATIVE PATRICK KEARNEY

Tuesdays, 1:30 to 2:30pm—May 17, 24, 31 and June 7, 14 and 21

Want to be better at following the moving pieces of a legislative session? Attend this series for insight and tips for addressing your interests in and giving your time and energy to the processes of the Massachusetts Legislative Branch. This series is provided free of charge as a community service by the Office of Representative Kearney and guests. Please pre-register to attend.

Coming this summer—more ***Lifelong Learning!***

Reading & Writing Short Stories with Meredith Pumphrey; 6 week class

Climate Change Today with John Clarkeson; 4 week class

MEN'S BREAKFAST TIME! MONTHLY ON TUESDAY AT 9 AM; \$5

May 10 - Kyle Boyd, Scituate's Director of Planning and Development with information on town projects and new Master Plan.

June 7 - Dan Hannigan, Volunteer for Habitat for Humanity and Heart 911 in the Bahamas and other islands impacted by natural disasters.

PLEASE CALL BY FRIDAY TO REGISTER FOR BREAKFAST!

Coffee & Community Resources – THURSDAYS

CAPTION CALL—MAY 5, AVAILABLE @ 10AM—1PM

Learn about true FREE telephone captioning. CaptionCall does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support. We make it possible for people with qualified hearing loss to participate in this FREE federal program.

RICHARDSON GAFFEY FUNERAL HOME—MAY 12, JUNE 9 @ 10AM

Monthly "Coffee & Conversation" where coffee and pastries will be provided to chat with people and answer any questions about advanced planning / end of life planning for yourself or loved ones.

WILLIAM RAVEIS WORKSHOP—THURSDAY, MAY 19 @ 10AM

Paula & Peggy, Realtors at William Raveis, invite you to meet Joy Murphy, owner of Smooth Transitions of the South Shore, and hear some of her best advice for how to prepare for a move.

AT HOME HEARING HEALTHCARE—MAY 26 @ 10AM

Michael Schmit, Board Certified, Licensed Hearing Aid specialist
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The cost of mailing this newsletter is supported by funds we receive from the Executive Office of Elder Affairs through the annual Formula Grant.

ADVERTISERS

Printing of this newsletter by LPi is made possible through local advertising. Anyone wishing to advertise, call LPi at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for the lunch program. They are also supplying the Hershey’s kisses we are all so fond of in honor of Bette Johnson, for whom they have also purchased benches to be placed in her memory and a future tree and seating area to be enjoyed. They also purchased our new Ping Pong table and Corn Hole boards for your enjoyment. FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

DONATIONS IN MEMORY OF / IN HONOR OF

You could memorialize or honor your loved one or a dear friend here in support of future Senior Center programs by donating directly to the Scituate Council on Aging for Programs, Transportation or Outreach Services. Donations may also be made to the Friends of Scituate Seniors as stated above.

Thank you to those families and individuals who donated through the Friends “Fund a Room” campaign for your enduring legacy.

Donor

Ann Gifford

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In Memory of