

# Scituate

## SENIOR CENTER

Commitment ★ Connection ★ Community

### SENIOR HAPPY'NINGS | MAY & JUNE 2024

#### CONTACT US

333 First Parish Road  
Scituate, MA 02066  
Phone: 781-545-8722  
Fax: 781-545-2806  
www.scituatema.gov  
council-on-aging

#### HOURS OF OPERATION

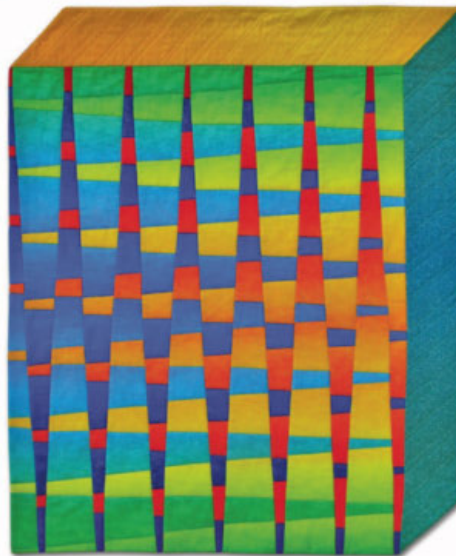
Monday - Thursday  
8:30 am - 4:30 pm  
Friday 8:30 am - 3:00 pm

**CLOSED on Mon, May 27  
and Wed, June 19**

#### OUR MISSION STATEMENT

The mission of the Scituate Senior Center is to promote the physical, intellectual, and emotional well-being of our community of older adults by cultivating connections, fostering independence, and enhancing quality of life.

*We are receiving our recognition and award officially at the National Conference in Arlington, VA on May 6! Stay tuned for pics!*



*We are excited to introduce you to the artwork of Virginia Holloway for our May/June art exhibition in the Joanne Vignoni Papandrea gallery space.*

*A Meet the Artist reception will be held on Monday, June 10 at 4:00-5:30pm.*

*We will also be enjoying the creative talents of our Gates Middle School students in the upstairs area from May 21 to June 10. A reception for these young artists will be held on Wednesday, May 29 at 4:30-6:00pm.*



**We are celebrating our newly earned National Accreditation and our 3rd birthday!**

**Friday, May 17 @11:00 am**  
at the Scituate Senior Center

Join us to acknowledge all those who assisted with this accomplishment and to celebrate our achievement and our birthday!





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For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910, or (781) 930-0200, or visit us online at [www.sselder.org/volunteer/](http://www.sselder.org/volunteer/)

Our Program's Territory Includes:

- Braintree • Canton • Dedham • Foxboro • Hingham • Medfield • Millis • Milton • Norwood • Quincy • Randolph • Scituate • Sharon • Walpole • Weymouth • Wrentham

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# ABOUT US

## DIRECTOR'S NOTE — Linda

*The afternoon knows what the morning never suspected.* Robert Frost

As I am on the precipice of turning 65 and appreciating that with this milestone comes an opportunity to mull over past, present and future goals or life directions. Over the past year I have lost more people close to me, know more people who are sick, am having health “things” creep up on me, am confused by the prospects of future health care, social security and pensions, and ... evidently need to start taking my own advice (or at least some of our classes here at the Senior Center!).

It is truly a mindset that one needs to adopt to accept aging and feel as though you are doing it well, or decide to take responsibility for lifestyle choices in order to appreciate and honor the time we are given in order to enjoy this chapter of life. “People don’t just accidentally age gracefully! *Intentionality* is the key to successful fourth quarter living.” (Allen Hunt/Matthew Kelly in “The Fourth Quarter of your Life”). This understanding really has me taking pause to assess whether I am doing things the way I would like to do them or should adopt some new habits and routines to better care for my health and well-being. But then many of you have no doubt been down this road of realization and know there is much to guide us. We have access to a myriad of articles and professional resources and reminders regarding the benefits of mindfulness, meditation, and a variety of exercise; more information on the Blue Zones arming us with facts on what contributes to longevity in different parts of the world; our understanding of the benefits of lifelong learning as well as intergenerational sharing and interaction; the availability of support if experiencing health conditions with more serious challenges; and the many ways to healing and well-being that are offered through practitioners and instructors here at the center or in our community.

It is also not the first time that I have felt blessed to be doing this job and acknowledge how grateful I am to interact with so many wonderful people that lift me

up each day with a simple conversation and the enjoyment that comes from being together in this lovely setting—it feels like great medicine every day I am here. Thank you all for your example! Together we will continue to craft a Center that represents the spirit of our patrons and clientele and helps us all navigate this gift of aging with understanding and appreciation to better embrace the changes and meet this challenge with intention and gusto!

As June is designated for **Alzheimer’s and Brain Awareness**, we hope you will take advantage of the supportive presentations on the schedule including Dr. Parker (hearing), Dr. Emerson Lombardo (herbs), and much more! ♥ *Linda*

A reminder:  
Parking continues to be a challenge, so please be mindful of your parking accuracy so you do not take up two spaces. Also please do not block the two-way access behind the Food Pantry and be sure to parallel park on the side of the driveway in back, if using. We appreciate your cooperation!

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## OUR STAFF

### Director

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

### Administrative Assistant

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

### Transportation Coordinator

Stephanie Kenney | 781-545-8872  
skenney@scituatema.gov

### Outreach Coordinator

Kelly Walsh | 781-545-8873  
kwalsh@scituatema.gov

### Activities & Volunteer Coordinator

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

### Social Day Program Coordinator

Lucille Sorrentino | 781-545-8818

### Food Service Manager

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

### Food Service Assistant

Amy Bartkiewicz

### Custodian

Jim Murray

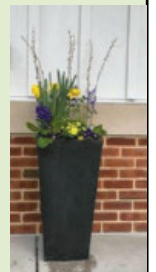
### Van Drivers

Joe Swindler, Juan Marcellana,  
Betty Durkin, Debby Young,  
Tom Kilduff

## COUNCIL ON AGING BOARD

John D. Miller, Chair  
Susan Kelly, Vice Chair

- Laurie Brady
- Pat Carleton
- Deirdra Dwyer
- Marie Fricker
- Leslie James
- Russ Paulin
- Susan Pope



### SELECTMAN LIAISON

Karen Canfield

**COA Board meetings are monthly on the 2nd Thursday at 5:30 pm.**

## LEARNING & PRESENTATIONS

### HISTORY SERIES WITH BOB JACKMAN

*Please register to attend on or after Mon, 4/22.*

#### **National Prohibition and Local Rum Running—**

This course will examine the national history of prohibition and the brief history of prohibition-era running in the local area. A highly motivated minority group used false “information” to win approval for a restrictive amendment, and the majority found farcical ways of ignoring it.

**Schedule**—Weds, (6 Sessions), May 8, 15, 22, 29, June 5 and 12. Tuition \$25. Patrons may sign up for either the morning or afternoon section, but not both. Mornings from 10:00—11:30. Afternoons 1:00- 2:30. Limit 28 students per section.

### **The History of Howard Johnson’s: 28 Flavors of Ice Cream!**

**Guest Lecturer: Anthony Sammarco**  
**Tues, Jun 11 @ 11:00 am / Cost: \$5**

*Please register to attend.*

Howard Johnson created an orange-roofed empire of ice cream stands and restaurants that stretched from Maine to Florida (including on 3A in Scituate), and all the way to the West Coast. With a reputation for good food at affordable prices, hungry customers would regularly return for more. “Reader’s Digest” in 1949 described them as the epitome of “eating places that look like New England town meeting houses dressed up for Sunday.” Join us as Anthony Sammarco recounts how Howard Johnson introduced 28 flavors of ice cream, the “Tender sweet” clam strips, grilled frankforts and a menu of delicious and traditional foods that families eagerly enjoyed when they traveled.

*Howard Johnson’s Ice Cream Shop on 3A in Scituate (where Oro Restaurant is today).*



### COFFEE & COMMUNITY RESOURCES

*Please register to attend these sessions.*



#### **FAIRING WAY OF SOUTH WEYMOUTH, THURS., MAY 2 @ 10:00 AM**

Wendy Wichroski, the Director of Community Relations at Fairing Way at Union Point, a modern 65+ apartment-style homes for active senior living, will be available to answer questions and provide information about this housing option.

#### **BLUE CROSS BLUE SHEILD, THURS. @ 10:00AM**

**MAY 9** — Planning for Medicare (50mins.) If you are getting close to Medicare eligibility this is the session for you! Whether you are planning to retire or continue to work, it’s important to know your options.

**JUNE 6**—Exploring Medicare Advantage Plans (45mins.). Learn about advantage plans, the differences between HMOs and PPOs, and understand your healthcare options better.

**HARBOR HEALTH ELDER SERVICE PLAN, THURS., JUNE 13 @ 10:00AM**—Meet Norma Marotta, Certified Senior Advisor (CSA) to share with you a Program of All-Inclusive Care for the Elderly. PACE provides comprehensive medical and services to certain people living in the community. Most participants in PACE are eligible also for Medicare and Medicaid.

**TRIPS & TRAVELS**—Flyers & registration instructions are in the “Trip Binder” at the Front Desk or contact Jess Souke, 781-545-8875. Spots are limited and prioritized w/ payment.

**MAY 24 (VAN): Heritage Museum & Gardens, Sandwich, MA (Lunch TBA).** Explore the lovely gardens, galleries, exhibits, carousel and more. A guided tour is offered for \$23 pp. for admission and \$5 charge for the van. **Register by May 10.**

**JUNE 2-3 (VAN) : An overnight to Jackson, NH to the Eagle Mountain House & Golf Club.** It is one of the remaining Grand Hotels in the White Mountains. Stop for lunch, shopping in the quaint downtown, and dinner and overnight at the Resort. Single rooms \$169 pp. Double rooms \$189 pp (includes breakfast) and additional van charge (TBA). Lunch and dinner is not included in the price. **Register by May 17.**

**JUNE 13 (BIG BUS TRIP) - Indian Princess Cruise & Lunch on Webster Lake.** Enjoy a narrated cruise onboard a modern replica of a Mississippi River Boat! Lunch will be at Samuel Slaters w/ gorgeous lake views—a hidden gem! Trip includes roundtrip on the motor coach, 90min. cruise, lunch. Cost: \$140 pp. **Register by May 10.**

**JUNE 22 (VAN) : The 2024 Newport Flower Show will be back at Rosecliff mansion in Newport, RI.** This is the original home of the show and the theme is “At Home” celebrating a variety of florals, horticulture that we enjoy in our homes. A van ride and stop for lunch (TBA). The cost of admission is \$35 w/ a van charge of \$5 . **Register ASAP.**

**MEN’S BREAKFAST—Ladies Welcome. First Tuesday of each month @ 9:00 am / Cost: \$5. Please register in advance to attend for our count.**

**May 7- Maura Curran**—Join us to hear from our most recent Chair of the Select Board, stepping down after many years of service to the Town of Scituate where she can recount many accomplishments and positive changes the Town has seen over her 20+ years as a Town official, committee member and resident.

**June 4 - Stephen Mone**—We are pleased to bring Scituate’s Harbormaster to review many of the changes in the harbor of interest and that he has helped to institute. Bring your questions—he is happy to answer!

## SPECIAL EVENTS

### Newcomers Meet & Greet

1st Thurs of the month. May 2nd & June 6 @  
10:00AM

Did you recently move to Scituate? Are you retired w/ time on your hands? Are you looking for a place to meet others with similar interests as you? We now have a Newcomers Meet & Greet happening on the 1st Thursday of every month. Join us for light refreshments and take a tour of our beautiful center. See what new possibilities and local friendships can be created. To sign up or for more information, call Kelly Walsh, Outreach Coord.,



**MUSIC w/ MATT YORK IS BACK!**  
**Celebrating Willie Nelson! Join us on**  
**FRIDAY, MAY 3 @1:00 PM**



In Celebration of Willie Nelson's 91st birthday, Matt will focus on the tunes of Willie's long and illustrious music career that has spanned over seven decades and includes so many familiar songs of our lifetime either written by or performed by Willie himself.

**Please register to attend.**



### SENIOR HAPPINESS TALK

*What It Is? How we can obtain it?*

w/ Henry Quinlan

Tuesday, May 21 @ 10: 30AM / Cost: \$5

Informed by research and the Harvard University Course on "Happiness" Henry delves into topics about bringing meaning to our lives and how to change our brains' views on aging.

**Please register to attend.**



### Herbs & Spices for Brain Health

w/ Nancy Emerson Lombardo, Ph.D

Tues, June 25 @1:30—3:00 PM

Dr. Emerson Lombardo, Ph.D. and Adjunct Assistant Professor of Neurology at Boston University School of Medicine, Alzheimer's Disease Center, will share with us research and expertise on brain foods and what can help slow decline. Topics include but are not limited to: Antioxidants, sugar effects, insulin resistance, cool inflammation, the power of specific spices and herbs that impact brain power! **Please register to attend.**



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## KEEPIN' IT MOVING—EXERCISE FOR ALL

### YOGA, TAI CHI, MEDITATION

#### YOGA WITH ANNE

Mon 8:30 am—Floor \$10  
Mon 9:45 am—Chair \$5

#### GENTLE YOGA WITH ELIZABETH

Wed & Fri 8:30 am—Floor \$10  
Wed & Fri 9:45 am—Chair \$5

#### GENTLE PM YOGA WITH RENA

Mon 4:30 pm—\$6  
Wed 4:00 pm—\$6

*Please register to attend.*

#### Would you be interested in joining a Senior Biking Club?

This group could provide equipment demos for e-bikes, safety workshops, local, themed biking tours; starting late Spring 2024. **If this inspires you and you would like more information, please contact Jess at 781-545-8875.**



#### TAI CHI with LINDA

This program meets on Tuesdays at 2:00 for a total of 24 weeks. There are certain weeks that newcomers are welcome to start for the remainder of the timeframe. Please check with Linda Kelley if interested in beginning. The program will repeat for another 24 weeks at its conclusion.

### WEIGHTS & STRENGTH

#### BALANCE FOR LIFE W/SUE

Mon & Thur @ 11:00 am / Cost \$5

This class combines stretching & strengthening movements along w/ postures that contribute to better balance .

#### BEGINNER BALANCE W/SUE

Wed @ 12:30 pm / Cost \$5

*Please register to attend up to a week in advance.*

#### LIFT YOUR SPIRITS STRENGTH CLASS W/ SUE / Cost: \$5

Mon @ 12:30 pm; Wed @ 11:00 am; Friday class suspended for summer.

Strength training using hand weights to “lift” your spirits and increase your muscle strength—good for your bones, body and mind! *Please pre-register.*

#### STRETCHING FOR EVERY-BODY W/SUE / Cost \$5

Tues & Thurs @ 8:45 am. *Please bring a mat.*

A gentle floor stretching class to improve your strength, flexibility and balance. *Pre-register to attend.*

*See p12 for 8-week Matter of Balance program description—May 9-Jun 27*

### SENIOR PICKLEBALL PROGRAM — GROUP PLAY

Mon @ 2:00 - 4:00 pm at Rec Gym  
Fri @ 11:00 am - 1:00 pm at Rec Gym  
Weds @ 5:00 - 7:00 pm at Jenkins School Gym\*

\*This ends on June 12 for the summer.

**SPECIALS FOR MAY/JUNE—Please sign up ahead!**

Friday, May 10 - Mixed Doubles format—participate as a couple at 11-12:30.

Open play at 12:30-2:00 for everyone.

Friday, June 7 - Intro clinic at 10:00-11; limited spaces—must pre-register.

**BADMINTON meets on Weds, 7-9pm @ Jenkins School Gym after Pickleball until June 12—then off for the summer.**



### DANCE, DANCE, DANCE!

#### LET'S LINE DANCE W/JEAN

BEGINNER @ 10:00 am / Cost: \$5

INTERMED @ 11:00 am / Cost: \$8

Have fun learning and practicing the steps to your favorite line dances and music!

*Please register to attend.*

#### JOYFUL MOVEMENT W/ RENA

Tues @ 12:30 pm / Cost: \$5

A lively and fun music inspired class, modified for people who would like to do moderate in-chair movement and those who would like to dance .

*Please register to attend.*

#### ZUMBA W/ JUSTINE



Come dance to lively music with extra toning included. Cost \$5

TONING—Mon & Wed @ 2PM

ZUMBA GOLD—Thurs @ 10:00-10:45AM



*Please register to attend.*

#### TAP YOUR HEART OUT / Cost \$6

*Please register to attend.*

BEGINNER TAP/ Thurs @ 3:00 pm

Join this fun tap class to learn the basics and have some fun dancing. Class includes warm-ups, review and progressive routines. Tap shoes recommended.

INTERMEDIATE / Thurs @ 4:00 pm

For more experienced dancers familiar with time steps and riffs.

#### TRAIL WALKING

Fridays @ 1:00 pm (weather permitting) Call Jess at 781-545-8875 to join weekly e-mail list for locations.

## WELLNESS

**REFLEXOLOGY & INDIAN HEAD MASSAGE W/ ANNE BRENNAN, LMT & Reflexologist**—Reflexology 30-min session focuses on specific areas of the feet. Indian Head Massage 30-min session focuses on shoulders, neck, arms & head. **Appointments for each are available 9:00 am-2:00 pm on 5/2, 5/8, 5/16, 6/6, 6/12, 6/17, 6/20— Cost: \$30 for 30 minutes.**

**REIKI W/ ELIZABETH ROGERS**— Last Thursdays - 10:00 am-3:00 pm on 5/30 & 6/27—Cost: \$75 /60 mins. or \$40 /30 mins. .

*Appointments can be made for May & June on or after Mon, 4/22 by calling 781-545-8722 .*

**MANICURES & PEDICURES W/ JODDIE** 9:00 am—4:00 pm on 5/7, 5/21, 6/4 & 6/18—Manicure (with polish) \$18 (30 min) Spa Manicure \$21 (30 min) Simple Manicure (no polish, shape, clean, buff and hand massage) \$11 (30 min) Mini-pedicure \$16 (30 min) Full Pedicure \$28 (60 min). *Appointments can be made by calling 781-545-8722.*

**HEARING HEALTHCARE CLINIC W/ MICHAEL SCHMIT, BOARD CERTIFIED SPECIALIST**

May 2 & Jun 6, 10:00 am—12:00 pm - FREE hearing screening, hearing aid cleaning and ear exam. *Please register to attend.*

**DR. MARK PARKER TALK: THE INTERACTION OF HEARING LOSS AND COGNITIVE DECLINE**



**Thursday, June 27 @ 1:30PM (see flyer @ Front Desk)**

2nd talk in series. There is compelling evidence that hearing and memory health are correlated. Dr. Parker will educate us on the link between hearing loss and brain activity and how hearing aids may be helpful in treatment. *Please register to attend.*

**FRIDAYS W/ MOBILE MEDICAL FOOT CARE (5/3 & 6/14)**

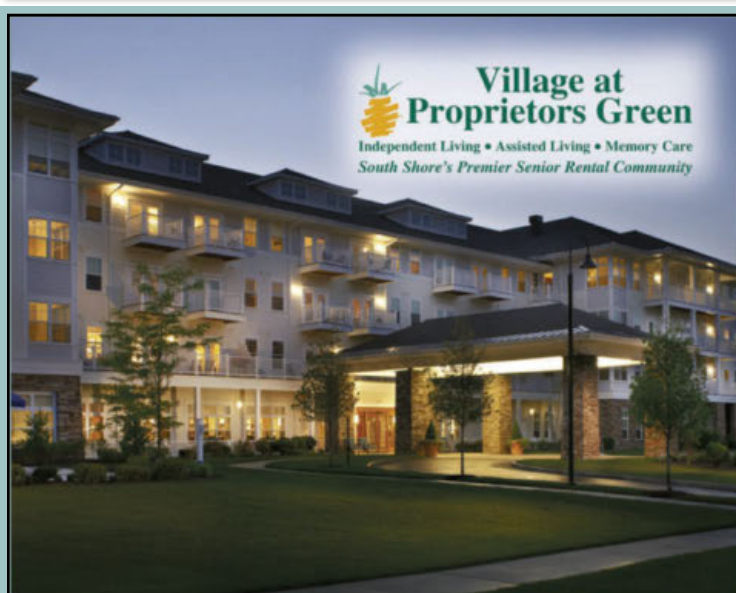
by Donna Golden, Nurse Practitioner CFCS / Cost: \$40 per 30 mins  
**Comprehensive services include:**

- Lower leg & foot health assessment (referrals if needed)
- Trimming & filing toenails, reduction of thick nails, calluses, corns etc.
- Edema management & shoe assessment

**Please call 781-545-8722 to make your appt. time/ 9am-3pm.**

**BLOOD PRESSURE / HEALTH CLINIC W/ TOWN NURSE EILEEN SCOTTI 1ST & 3RD WED @ 10:30 - 12:00 PM AND**

**JUDITH BENT, RN, 2 & 4TH WEDS FROM 12:30-1:30PM** Check your Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription).



  
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# MAY 2024 CALENDAR

		WED   1	THUR   2	FRI   3	
<p><b>VETERAN'S COFFEE HOUR</b>  <b>1st Friday of the month at Scituate Senior Center</b>  <b>May 3 &amp; Jun 7 @ 9:00—10:30am</b>                      Join fellow veterans for good company, discussions about benefits, shared concerns and issues. Veterans are encouraged to attend any all socials. Coffee &amp; pastries provided. No reservations required.</p>		8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:30 Nurse / BP 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Meet & Greet 10:00 Mah Jong 10:00 Zumba Gold 10:00 Fairing Way 10:00 Hearing Screening 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 <b>Vets Coffee Hour</b> 9:00 <b>1st Friday Footcare</b> 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:15 Ukulele 12:30 Friday Flix 1:00 <b>Matt York</b> 1:00 Trail Walking	
MON   6	TUES   7	WED   8	THUR   9	FRI   10	
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:00 <b>Men's Breakfast</b> 9:45 Spanish Class 10:00 Line Dance I 10:30 <b>Men's Book Club</b> 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Drawing & Sketching 1:00 Pool Lessons w/ Buster 1:00 <b>BINGO w/John Ross</b> 2:00 Tai Chi 4Healthy Aging 4:00 <b>Seniors Sing Chorus</b>	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 11:00 <b>Art for Your Mind</b> 11:00 Lift Your Spirits 12:30 Nurse / BP 12:30 Beginner Balance 1:00 Bob Jackman Class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball	8:45 Stretch 9:15 Beg. Mah Jong 9:30 <b>Downsizing</b> 10:00 <b>BCBS-Medicare</b> 10:00 Mah Jong 10:00 Zumba Gold 11:00 Balance 1:00 Knitting 1:30 <b>Matter of Balance</b> 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:30 Garden Club 11:00 Pickleball (VetGym) 11:15 Ukulele 12:30 Friday Flix 1:00 Trail Walking	
MON   13	TUES   14	WED   15	THUR   16	FRI   17	
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:00 Cancer Support Group 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:00 Back to Basics Yoga 11:15 Line Dance II 12:30 Joyful Movement 1:00 Pool Lessons w/ Buster 1:00 Drawing & Sketching 1:00 <b>SINGO/Musical Bingo</b> 1:30 <b>Career Corner</b> 2:00 Tai Chi 4Healthy Aging 4:00 <b>Seniors Sing Chorus</b>	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 <b>Caregiver Support Grp</b> 12:30 Beginner Balance 1:00 Bob Jackman Class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball	8:45 Stretch 9:15 Beg. Mah Jong 10:00 <b>Music &amp; Magic</b> 10:00 Mah Jong 10:00 Zumba Gold 11:00 <b>Mermaid Hair</b> 11:00 Balance 1:00 Knitting 1:30 <b>Matter of Balance</b> 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 <b>Senior Center Birthday</b> 11:00 Mixed Dbls Pickleball 11:15 Ukulele 12:30 Open Play Pickleball 1:00 Trail Walking	
		TUES   21	WED   22	THUR   23	FRI   24
		8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 10:30 Happiness Talk 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Drawing & Sketching 1:00 Pool Lessons w/ Buster 2:00 Tai Chi 4Healthy Aging 4:00 <b>Seniors Sing Chorus</b> 6:30 <b>Men's Game Night</b>	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 11:00 Lift Your Spirits 12:30 Nurse / BP 12:30 Beginner Balance 1:00 Bob Jackman Class 1:30 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball	8:45 Stretch 9:15 Beg. Mah Jong 9:30 Downsizing; Appraisals 10:00 Mah Jong 10:00 Zumba Gold 10:30 <b>Sen. O'Connor w/Lou Rizzo</b> 11:00 Balance 1:00 Knitting 1:30 <b>What if Workshop</b> 1:30 <b>Matter of Balance</b> 1:30 No Rules Book Club 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 <b>Enhance Your Life</b> 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball (VetGym) 11:15 Ukulele 12:30 Friday Flix 1:00 Trail Walking
MON   27	TUES   28	WED   29	THUR   30	FRI   31	
<p><b>Memorial Day Holiday</b>   <b>Senior Center CLOSED</b></p>	8:45 Stretch 9:45 Spanish Class 10:00-12 Line Dance I & II 11:00 Beginner Spanish 12:30 Joyful Movement 1:00 Pool Lessons w/ Buster 1:00 Drawing & Sketching 1:30 No Rules Book Club 2:00 Tai Chi 4Healthy Aging 4:00 <b>Seniors Sing Chorus</b>	8:30; 9:45 Floor Yoga/Chair Yoga 9:30 Social Day Program 10:00 Bocce Tournament 10:00 & 1:00 Bob Jackman Class 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Zumba Gold 11:00 Balance 1:00 Knitting 1:30 <b>Care in Crisis</b> 1:30 <b>Matter of Balance</b> 3:00/4:00 Beg. Tap; Int. Tap	8:30 Floor Yoga 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 <b>Parkinson's Presentation</b> 11:00 Pickleball (VetGym) 11:15 Ukulele 12:30 Friday Flix 1:00 Trail Walking	



# JUNE 2024 CALENDAR

MON   3	TUES   4	WED   5	THUR   6	FRI   7
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:00 <b>Men's Breakfast</b> 9:00 <b>The Artist's Way</b> 9:45 Spanish Class 10:00 Line Dance I 10:30 <b>Men's Book Club</b> 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Drawing & Sketching 1:00 <b>BINGO</b> 1:00 Pool Lesson w/ Buster 2:00 Tai Chi 4 Healthy Aging 4:00 <b>Seniors Sing</b>	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 10:30 Nurse / BP 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Bob Jackman Class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Zumba Gold 10:00 <b>Meet &amp; Greet</b> 10:00 <b>Hearing Screenings</b> 10:00 <b>BCBS—Explore Medicare</b> 11:00 Balance 1:00 Knitting 1:30 Matter of Balance 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 <b>Veteran's Coffee Hour</b> 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:15 Ukulele 11:00 Pickleball (Vet Gym) 11:30 Lunch & Learn 12:30 Friday Flix 1:00 Trail Walking
MON   10	TUES   11	WED   12	THUR   13	FRI   14
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:00 <b>Cancer Support Group</b> 4:30 Yoga w/ Rena	8:45 Stretch 9:00 <b>The Artist's Way</b> 9:45 Spanish Class 10:00 Line Dance I 11:00 <b>History of Ho Jo's</b> 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Pool Lesson w/ Buster 2:00 Tai Chi 4 Healthy Aging 4:00 <b>Seniors Sing</b> 6:00 <b>Men's Game Night</b>	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 & 1 Bob Jackman Class 11:00 <b>Art for Your Mind</b> 11:00 Lift Your Spirits 12:30 Nurse / BP 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball—last one	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Zumba Gold 10:00 <b>PACE Presentation</b> 11:00 Balance 1:00 Knitting 1:30 Matter of Balance 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 <b>FootCare Fridays</b> 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball (Vet Gym) 11:15 Ukulele 12:30 Friday Flix 1:00 Trail Walking
MON   17	TUES   18	WED   19	THUR   20	FRI   21
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:00 <b>The Artist's Way</b> 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Pool Lesson w/ Buster 1:00 Parkinson's Support Grp 2:00 Tai Chi 4 Healthy Aging 4:00 <b>Seniors Sing</b>	<b>Juneteenth Holiday</b> <b>Senior Center CLOSED</b>	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Zumba Gold 10:30 <b>Sen. O'Connor w/Lou Rizzo</b> 11:00 Balance 1:00 Knitting 1:30 Matter of Balance 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 <b>Enhance Your Life</b> 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball (Vet Gym) 11:15 Ukulele 12:30 Lunch & Learn 12:30 Friday Flix 1:00 Trail Walking
MON   24	TUES   25	WED   26	THUR   27	FRI   28
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:00 <b>Cancer Support Group</b> 4:30 Yoga w/ Rena	8:45 Stretch 9:00 <b>The Artist's Way</b> 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Pool Lesson w/ Buster 1:30 <b>Herbs &amp; Brain Health</b>	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:30 Nurse / BP 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Zumba Gold 11:00 Balance 1:00 Knitting 1:30 Matter of Balance 1:30 Dr Parker Talk 1:30 <b>No Rules Book Club</b> 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 <b>MFA—Art in Bloom Trip</b> 8:30 Floor Yoga 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball (Vet Gym) 11:15 Ukulele 12:30 Friday Flix 1:00 Trail Walking
MON   29	TUES   30	<b>LUNCH &amp; LEARN FRIDAYS @ 12PM</b> <b>June 7</b> —A panel of experts from <b>Resources to Remember</b> will guide seniors and families through challenging topics including housing, legal, home care services, healthy living, mortgage services and more! <b>June 21</b> —Representatives from <b>Richardson-Gaffey Funeral Home</b> will host another Legacy Planning session. Bring your questions. <i>Please register to attend the lunch sessions.</i>		
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:00 <b>The Artist's Way</b> 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement			

*In youth, love and art. In age, investments and antiques. -Mason Cooley*

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- Dolls & Toys
- Books, Post Cards, Manuscripts Town Histories & Atlases
- Collectibles - Including Hummels, Doultons & Liadros Paper Weights
- Musical Instruments
- Thank You - My Interests Exceed This List!



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## PROGRAMS, CLASSES & ACTIVITIES

### SPANISH CLASSES

**Tues Cost: \$6**

**9:45 am Basics & Beyond**

Instructor, Catherine Speigel, will practice the basics of the language with you. Have fun interacting with classmates and strengthening your skills.

**11:00 am Beginners** Any true beginners interested? For those who want to start learning Spanish from scratch, this course will be beginner level. **Please register to attend.**

### ART W/ JUDY ROSSMAN

**WATERCOLOR Mon @ 1:00-3:00 PM**

**Next session: June 24 – July 29; \$65**

This 6 week course is for artists of all levels. Judy is an award winning, experienced instructor. Her emphasis is on painting from observation, working from still life and photos.

**DRAWING/SKETCHING—\$65**

**Tues, Apr 23 - Jun 4 @ 1:00-3:00 PM**

Supply list available at Front Desk.

### SOCIAL PAINTING

**Weds @ 1:00 –3:00 PM—Free opportunity to paint with peers.**

### 'SENIORS SING' SPRING CHORUS W/ BILL RICHTER

**Tuesdays 4:00-5:00 PM**

This chorus program will run through **June 18** culminating with a Spring performance in June. There is still time to join! Singing promotes health and well-being as well as a social opportunity! **Please register.**

### "NO RULES" BOOK GROUP W/

**DR. NANCY HARRIS / COST \$5**

**May 28 @ 1:30 pm - Book:**

"Code Sapphire" by Pam Jenoff

**June - No meeting**

**Please register to attend.**

### MOTHER'S DAY ARRANGEMENTS, Fri, May 10 @ 10:30 am

Our friends from the Scituate Garden Club will sponsor a workshop on arranging flowers for your Mother's day celebrations. **Please register to attend, space is limited.**

### SPARKLE INTO SPRING—Mermaid Hair w/ Janice from Oceanside Shimmers THURSDAY, MAY 16 @ 11:00-1:00PM

Choose your color to add a beautiful strand of sparkle to you hair. \$2 per strand. Call Janice directly to set up an appointment. 781-883-8144.

walk-ins are welcome if availability.



### ART FOR YOUR MIND

**2nd WEDNESDAY @ 11:00 AM**

Experience this enriching Art Appreciation series with Jill Sanford.

**May 8 — The Art of Ancient Greece**

**Jun 12 — The Wyeths**

*Funded by the Joanne Papandrea Memorial Donation. Please register!*

### MEN'S GAME NIGHTS!

**6:00—8:30 PM**

Join us for shuffleboard, pool, darts, while a game is featured on TV.

**Tues, May 21 (Sox vs. Rays)**

**Tues, Jun 11 (Sox vs. Phillies)**

**Please register to attend.**

### MEN'S BOOK CLUB

**First Tues of the month @ 10:30 AM**  
(following the Men's Breakfast)

**5/7 "Small Mercies" by Dennis Lehane**

**6/4 "The Soldier's Truth: Ernie Pyle and the Story of WWII" David Chrisinger. Please register.**

### UKULELE LESSONS

**w/ Matt Browne; \$10/week  
Fridays, 11:15 AM - 12:15**



A mix of lessons and practice/jam sessions available w/players who have experience. **Please register ahead.**

**Beginners please call Jess @ 781-545-8875 to set up a new opportunity.**

### MUSIC & MAGIC CIRCLE IS BACK!

**w/ Cathy Kang**

**Tues, May 16 @ 10-11AM; Cost: \$5**

*Instruments including drums, songs, positive energy and spirit to get us through the winter doldrums!*

*Experience all the wellness benefits of this joyful activity!*

**Please register to attend.**



### RECREATION & LEISURE

- Hand & Foot Cards—
  - Mon @ 12:30 pm - 4:15 pm
  - Fri @ 10:00 am - 1:00 pm
- Mah Jong—on Thursday
  - Beginners @ 9:15 am
  - Group @ 10:00 am
- Scrabble—Wed @ 1:00 pm
- Knitting—Thurs @ 1:00 pm
- **Drop-in Bridge—Fri @ 9:30 am**  
**Beg & Skilled players welcome**

### BOCCIE BALL

Group Play - Rotating games. Equipment provided.

**Tues & Weds @ 10:00 am**

**BOCCIE TOURNAMENT vs. LIFECARE of the SOUTH SHORE**

**Weds., May 29 @ 10AM**

*\*weather permitting*

Or any time you'd like to play—call to reserve the Bocce equipment.

**Also:**

**SHUFFLEBOARD & POOL TABLE**

Reserve a spot at the Front Desk.

**PING PONG**

We have a great new table available for use in the Egypt Room on designated afternoons. You can request a time at the Front Desk.

## PROGRAMS, GROUPS, ACTIVITIES

### MATTER OF BALANCE

8-week evidenced-based program led by trained PT professionals.



Thursdays, May 9 through June 27 @ 1:30-3:30 PM. Sponsored by NVNA through Grant funding.

This program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Participants will join for 8 two hour sessions focusing on setting realistic goals to change their environment and habits to reduce risk factors for falls and promote activity and exercise to improve strength, balance, and flexibility. **For more information or to register, call 781-545-8722.**

### FUN FRIDAY FLIX!

MOVIE @ 12:30 PM



5/3—*The Color Purple*

(2023) - American musical period drama of one women's journey to independence.

5/10—*Fever Pitch* (2005) - Red Sox centered romantic comedy with Drew Barrymore and Jimmy Fallon.

5/17— No Movie today

5/24—*Boys in the Boat* (2023) - Drama about 1936 Univ. of Washington Rowing team that competed in the *Summer* Olympics.

5/31—*Megan Leavey* (2017) - Based on true story of young, female Marine Corporal and her military combat dog.

6/7—*Where the Crawdads Sing* (2022) Mystery coming of age story of a girl raised in the south in the 1950s.

6/14—(upstairs in Peggotty Room) *The Beautiful Game* (2024) - British sports drama follows a young soccer team to Rome for the *Homeless* World Cup.

6/21—*Book Club Next Chapter* (2023) - Book Club with 4 best friends *continues* in Italy.

6/28— *Miracle Club* (2023) - Story of 3 generations from Dublin travelling to Lourdes together.

### STORY TELLING IN A NEW WAY

Every Mon @ 11:00-12:00 pm

Are you interested in telling a story? You do not have to consider yourself a writer to join in the fun. Each week one prompt is provided and participants write on that topic. People write in rhyme, some make lists, we all tell something about our lives. Join us!

### POOL LESSONS W/ BUSTER (EXPERIENCED PLAYERS)

TUES @ 1:00-2:00 pm (for 8 weeks starting May 7) / Cost: \$20



Learn the skills of aiming, stroke, English and positions. Limited to 4 players w/ Buster at a time. **Please register.**

Beginners call Jess at 781-545-8875 to set up individual tutorial appts. (20mins.)

### TECH TIME @ THE SENIOR CENTER

If you have a specific issue please call Jess at 781-545-8875 and we can reach out to high school volunteers for appointments.



### CAREER CORNER WORKSHOP "SEARCHING & APPLYING FOR JOBS"

Tues May 14 @ 1:00— 3:30 PM w/ Debbie Raymond, Career Specialist



Are you finding it a challenge to search for a job whether it's full time or part time? Are you overwhelmed by filling out job applications both on paper and online? Join Deb Raymond, experienced career coach at the Scituate Senior Center to learn how to successfully apply for a job.

**On May 21st**—Debbie will also be available for follow up 1 on 1 appointments from 1:00-3:00PM.

**For more information or to register for an appt. by calling 781-545-8722.**

### PARKINSON SUPPORT GROUP

Third Tues of each month

6/18 only @ 1:00 pm

No meeting on 5/21 in lieu of **special presentation on May 31**

This monthly group meets with nurse / group leader Leslie Vickers to share information and resources around living w/ Parkinson's Disease.

**\*Special Parkinson's Presentation:**

**"Advances in Parkinson's Disease"**

Friday, May 31 @ 11:00-12:00

Speaker, Dr. Anna Hohler, MD Movement Disorders Specialist SEMC & Chair of Neurology at St. Elizabeth's Medical Center

All welcome to attend this valuable presentation by a practiced professional in the field. (See flyer at the Front Desk). **Please register!**

### CANCER SUPPORT GROUP

NEW bi-monthly support group for people experiencing the challenges of cancer or a new diagnosis that would benefit from sharing among others with similar needs/concerns. The facilitator is a long-time, retired oncology nurse Janet Travers.



Meetings will be held the 2nd and 4th Mondays at 4-5pm.

**Please register to attend.**

### CAREGIVER SUPPORT GROUP

Third Wed of each month

5/15, 6/19 @ 12:00-1:15 pm

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? Join our monthly group led by Licensed Social Worker and educator, Suzanne Otte. Please call 781-545-8722 for more information or to register.

## PROGRAMS, ACTIVITIES & RESOURCES

### MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for our classes!

Login at:

MYACTIVECENTER.COM

Locate "NEW USER" and use your personal key tag number located on the back of your scan card (issued by the Senior Center), including the 'X' in front.

**If you need a key tag or help setting up your account, please call us at 781-545-8722, press 0 for Front Desk.**

### E-MAIL, & ON-LINE TOO!

You can receive an e-mail giving you immediate access to the newsletter online once it has been published by Liturgical Publications on their [mycommunityonline.com](http://mycommunityonline.com) website. Use the Login option to create an account.

Once the newsletter is published online, we will also place it on our Town website page at [scituatema.gov/council-on-aging/newsletters](http://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](http://Scituatema.gov).
- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/ Schools/COA,
- Select Town of Scituate Council on Aging,

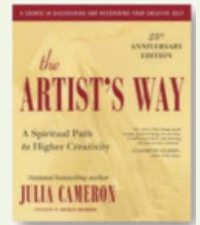
If there is a cost associated with your program, you can also pay w/check made out to the Senior Center or cash.

### THE ARTIST'S WAY: A SPIRITUAL PATH TO HIGHER CREATIVITY

w/ ESTHER MASCHIO - On TUESDAYS @ 9:30-11:30 AM for **12 weeks starting on June 4 thru August 20;**

Cost of Book is about \$30.

This course will work through the book each session to teach techniques and employ exercises designed to help you gain self-confidence and to harness or refresh your creativity and skills. Esther will guide you in gaining artistic inspiration over the 12-week sessions. **Please register to attend .**



### FINDING WAYS TO ENHANCE YOUR LIFE W/ JEANNE FERNANDES

FRIDAYS @ 9:00 AM—*Please register to attend.*

Fri, May 24—The Power of the Pause and the Power of Listening

"When people talk listen completely. Most people never listen." Ernest Hemingway

Fri, June 21—The Power of Empathy and the Power of Letting Go

"Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it." Ann Landers

### SPRING WORKSHOPS SERIES — "To Prepare for Our Best Lives"

*Please register to attend the workshops that interest you.*

Thurs, May 9 @ 9:30 am—Downsizing for Transitioning Seniors w/ Pegeen

Doran will present options for people looking for a different residential lifestyle along w/ an antique appraisal expert who will talk about common household items and furnishings that may or may not have value as people look to sell or give them away. Samples will be provided and seniors are welcome to bring appropriate items for an appraisal or pictures for discussion.

Thurs, May 23 @ 1:30pm—"What if...Workbook" an Interactive Workshop created by Gwen Morgan, facilitator for CircleXChange, a wellness lifestyle program.

Gwen will walk participants page by page through the workbook. Topics include: planning finances, personal assets and personal wishes. It also touches on document storage, what to do w/ pets, end of life wishes, celebrations etc. It is a great tool to open communication w/ family members. **The book cost is \$25.**

Thurs, May 30 @ 1:30 PM : "Care In Crisis" presented by Mark Friedman, owner of Senior Helpers Boston and South Shore.

"It is never too late to start to put plans in place." Mark will present on his book "A Guide to Excellent (and Successful) Aging." Attendees will receive a free copy of the book. The program is presented in conjunction w/ Bridges by Epoch of Hingham and Pembroke.

### SOCIAL DAY PROGRAM — MONDAYS AND WEDNESDAYS

This program is offered 1 or 2 days a week to individuals with a diagnosis of early-stage Alzheimer's or dementia disorder. Prior screening is required. Space is limited to 8. Hours are 9:30 am - 2:30 pm on Mondays and Wednesdays. Cost is \$40 per day including lunch, payable on a monthly basis. This is not a drop-in activity. For more information, call Linda at 781-545-8871.

## OUTREACH, PROFESSIONAL & TRANSPORTATION SERVICES

**Our Outreach Coordinator is Kelly Walsh, 781-545-8873. You can make an appointment or drop-in to get help with:** Food Assistance, Fuel Assistance, Alzheimer's or dementia resources, Home Health Aide & personal care attendants, Assisted Living & Memory Care communities, Handyman assistance, Hoarding/De-Cluttering resources AND MORE!

**SHINE (SERVING THE HEALTH INFORMATION NEEDS OF EVERYONE)**  
Counselors advise and assist w/ questions on health insurance and prescription coverage for 65+. Appts. are 9am-12pm with **Elaine Schembari on Mondays.**

Please call 781-545-8722 for an appointment. Press '0' for the Front Desk.

**HOUSING AUTHORITY VISITS**  
**Monthly Housing Authorities visits w/ Kelly Walsh from Outreach . Come join for coffee questions & answers. Stay connected & informed!**

**Tues 5/7 & 6/4:**

**Central @ 10:30-11:30am**

**Tues 5/14 & 6/11:**

**Wheeler 1 @ 10:00-10:45am**

**Wheeler 2 @ 11:00 –11:45am**

**Tues 5/21 & 6/18:**

**Lincoln @ 10:30-11:30am**

### **NEW HANDYMAN PROGRAM**

Volunteers available through the Senior Center for light repairs in seniors' home. Please call Kelly at 781-545-8873 for more information.

### **FUEL ASSISTANCE**

The period to apply to the Home Energy Fuel Assistance Program is ending by April 30. Call to see if extended. No information as yet for Water/Sewer program.

### **SNAP**

Do you need assistance paying for food? SNAP may help! Apply for SNAP food stamps by calling Kelly at the Senior Center at 781-545-8873. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

### **SCITUATE FOOD PANTRY**

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. Drive-up service from Cudworth Rd. Register at 781-545-5827.

### **SSES—MEALS ON WHEELS**

Call **South Shore Elder Services** to sign up for meal delivery to your home at 781-848-3910.

### **FARMERS MARKET COUPONS**

should become available in June.

### **PROFESSIONAL VISITS**

#### **STATE SENATOR PATRICK O'CONNOR**

Senator Patrick O'Connor office hour w/**Lou Rizzo—3rd Thurs @ 10:30-11:30 am at the Senior Center** in the Café or private room as needed.

#### **STATE REPRESENTATIVE PATRICK KEARNEY**

Rep. Patrick Kearney office hours—**CALL TO REQUEST.**

#### **ASK A LAWYER**

For a legal question, you can schedule a complimentary 1/2 hr appt w/one of our volunteer attorneys on the **3rd Fri of the month @ Scituate Senior Center.** Please call Jill or the Front Desk.

#### **FINANCIAL ADVICE FROM EDWARD JONES REPRESENTATIVE**

Consultation or questions for a financial consultant are available by appointment with Lori Shea at Edward Jones in Scituate. Calls can be made directly at 781-545-5256 or arrangements can be made through the Senior Center.

## **TRANSPORTATION**

To schedule a ride, please call **Stephanie Kenney, Transportation Coordinator**, at 781-545-8872.

**LOCAL RIDES** — We provide rides to in-town medical and dental appointments, Senior Center/COA activities or around town personal errands for Scituate residents 60+. **PLEASE NOTE: 2 days notice.**

**MEDICAL OUT OF TOWN RIDES** — We arrange out-of-town medical rides to other locations on the South Shore, as well as into Boston for Scituate older residents 60+. **PLEASE NOTE: 5 day advance notice to book out-of-town rides**

**GROCERY SHOPPING (Cost: \$1.75 / \$3.50 Round-trip)**

**Shaw's in Cohasset — Every Wednesday @ 10 am**

### **COST FOR RIDES**

#### **Local trips & Shop Hops:**

\$1.75 / \$3.50 Round-trip

A 10-ride pass is \$15 which reduces cost of each ride to \$1.50 / \$3.00 round-trip.

#### **Medical Out-of-Town rides:**

\$10 local round-trip (\$5 each way);

\$20 for Plymouth, Brockton, Dedham or Boston (\$10 each way)

# SENIOR CENTER LUNCH MENUS

**Congregate Lunch is served Monday through Thursday at 12:00 pm / Cost for lunch is \$5**

We request lunch reservations be made at least 2 days before and only up to 2 weeks in advance. Please limit your reservation to yourself and one other party. We also request you limit your consecutive dates for lunch each week so others may have a chance. If you have made a reservation and need to cancel, please notify us 1 day in advance so that another patron can be called. **We continue to have a problem with late cancellations and no shows for lunch reservations.** Please be mindful of the dates for which you register or check with the Front Desk if you are unsure. If you are on the WAIT LIST, you will be called when there is an opening. Thank you and Bon Appetit!

## MENU FOR MAY

Wed, May 1	Spaghetti & meatballs, sautéed spinach
Thu, May 2	Shrimp risotto with peas, garlic bread
Mon, May 6	Roast pork, parsleyed red bliss potatoes, buttered corn
Tue, May 7*	Quiche with ham, peppers and cheese
Wed, May 8	American chop suey, roll and butter
Thu, May 9	Baked haddock, mashed potatoes, roasted butternut
Mon, May 13	Chicken Francaise, rice pilaf, peas
Tues, May 14*	Croque Monsieur, cottage fries
Weds, May 15	Chicken broccoli ziti with garlic and oil
Thurs, May 16	Shrimp casserole, rice pilaf, dilled carrots
Mon, May 20	Meatloaf, mashed potatoes, green beans
Tues, May 21	Butternut ravioli with sage cream
Weds, May 22	Lasagna with meat sauce
Thurs, May 23	Baked haddock, roasted potatoes, veg
<b>Mon, May 27</b>	<b>CLOSED – MEMORIAL DAY! NO LUNCH</b>
Tues, May 28	Grilled pork chops, rice, butternut squash
Weds, May 29	Tortellini with marinara sauce and sausage
Thurs, May 30	Shrimp casserole, rice

## MENU FOR JUNE

Mon, Jun 3	Grilled chicken thighs on vegetable couscous
Tues, Jun 4*	Beef stew and biscuits
Weds, Jun 5	Penne with meat sauce, peas
Thurs, Jun 6	Baked haddock, garlic mashed potatoes, asparagus
Mon, Jun 10	Pot roast, mashed potatoes, carrots
Tues, Jun 11*	Quiche Lorraine, Soup du jour
Weds, Jun 12	Spaghetti and meatballs
Thurs, Jun 13	Pub steak with bearnaise, cottage fries, peas
Mon, Jun 17	Pork tenderloin teriyaki, rice, sautéed bok choy
Tues, Jun 18	Cheeseburger with fries, lettuce, tomato
<b>Weds, Jun 19</b>	<b>CLOSED – JUNETEENTH HOLIDAY! NO LUNCH</b>
Thurs, Jun 20	Haddock, Lyonnaise potatoes, baby carrots
Mon, Jun 24	Baked stuffed chicken, mashed potatoes, broccoli
Tues, Jun 25	Spinach pie with Greek salad, potato leek soup
Weds, Jun 26	Cavatappi pasta with sausage, baby spinach, and roasted butternut squash
Thurs, Jun 27	Shrimp risotto with peas
Mon, July 1	Chicken marsala, roasted potatoes, roasted zucchini
Tue, July 2	Asparagus & cheddar quiche, salad
Wed, July 3	Penne with meat sauce

### Supermarket/Bread donations and special visits:

- Mondays - Shaw's\*
- Tuesdays - Panera\*
- Thursdays - Coffee & Conversation w/Community Resources (check p. 4 for schedule)
- \*A big thank you to our Shaw's & Panera pick-up volunteers!

### Tuesday Entertainment Reminders @ 1pm after lunch!

- May 7 & June 4**—BINGO w/ John Ross. Play for a lunch!
- May 14 only!** — SINGO w/ Ed. Prizes and great music!

### Lighthouse Café Policies

- Daily Hours of operation 8:30-1:00 pm.
- Coffee & Tea are complimentary—**thanks to the Friends of Scituate Seniors/ FOSS for their generous funding of our coffee!**
- Purchase of lunch items on Fridays TO GO when available begins at 10:30; items may not be reserved. **Please limit to 1 per person when limited; can include person at home.***



**& Council on Aging**

**333 FIRST PARISH RD  
SCITUATE, MA 02066**

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#### SUPPORT

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.



The Friends of Scituate Seniors provide funding for items or events not supported by the municipal budget or through grants.

The Friends also support our complimentary coffee in the Café and the lunch program as well as

some of our programs that thrive on refreshments. They also supply the Hershey's kisses we are all so fond of in honor of Bette Johnson. Our monthly and seasonal entertainment is funded by the Friends as well and was established through donations in memory of Jim Young.

Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time.

Please see the FOSS/Friends of Scituate Seniors membership form in our lobby if you are interested in becoming a member with a \$10 donation. FOSS ADDRESS for membership & donations: P.O. Box 75, North Scituate, MA 02060

#### Upcoming FOSS Events:

SAVE THE DATE—Saturday, November 16 for Holiday Fair