



SENIOR HAPP'Y'NINGS NOVEMBER/DECEMBER '15

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

COA STAFF

Director - Linda Hayes, x15

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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

Life is a great big canvas; throw all the paint you can at it! —Danny Kaye

Of course, this is our month for being thankful. First off, MANY thanks go out to the Rotary Club of Scituate and all who attended the wonderful program with young magician John Duke Logan in October, which was organized for our benefit. We are very excited about the prospect of getting our large-screen TV display for programs very soon! Also, as part of our Aging Mastery Program, we have had the great benefit of hearing from knowledgeable speakers on a variety of topics contributing to our understanding of the aging process and ways in which our lifestyle choices and behavior modifications can add to that enjoyment and our longevity. During our first 6 weeks, participants have heard the benefits of incorporating gratitude into their daily routines; the pleasures of a healthy diet; the importance of proper sleep habits; the joy and necessity of exercising in different ways, as well as mindfulness in thought and action; the importance of careful medication management and use of supplements; and gaining peace of mind and assisting family members with thoughtful advance planning. All of our sessions have brought information and inspiration to our participants, and even excitement to the inevitability of aging and the idea that it is another chapter to be celebrated if we can make the most of it. A recent article in the Wall Street Journal discusses how important it is for us and our culture to reverse negative stereotypes and adopt a more positive mind-set about the aging process. Viewing aging as an opportunity for growth improves our sense of well-being and better fortifies us to face challenges. So, I am also thankful for the opportunities we have as a senior center in this wonderful community to assist adults of all ages through transitions and to provide information and activities that contribute to a positive self-image, convey our respect for achievements and add to a feeling of pride in our community. Thank you for supporting what we do! ♥ and Gratitude, *Linda and COA staff*

Scituate Reads Together* & COA FRIDAY FLIX** showing the film ***Unbroken on Friday, November 13 at 12:00 at the Senior Center.

All are welcome!

SCOA CAREGIVER SUPPORT GROUP (DAY)

The Scituate COA Support Group for all caregivers meets the third Wednesday of every month at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. Laura Minier, Social Services Manager for the Town of Scituate and a social worker from South Shore Elder Services facilitate this group. Please call 781-545-8722 if you have any questions. New participants always welcome.

OTHER AREA SUPPORT GROUPS

CAREGIVER SUPPORT GROUP (EVE)

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

CAREGIVER SUPPORT GROUP (EVE)

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

MID-STAGE ALZHEIMER'S GROUP

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

VISION SUPPORT GROUP

Meets the **FOURTH** Monday 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 at 1:00-2:00 PM offering discussion and sharing for patients and caregivers. Call 781-83-5581.

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.

HAVE YOUR BLOOD PRESSURE CHECKED BY OUR TOWN NURSE!

Town nurse Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at **10:30-11:30 AM** at the following locations **EACH** month: Wheeler Park - 1st Wednesday of month; Central Park - 2nd Wednesday of month; **Scituate Senior Center - 3rd Wednesday of month**; Lincoln Park - 4th Wednesday of month. It is free!



Try our NEW 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 — **and it's good for your health!** This class will meet with Jill on the **1st and 3rd Friday** of each month at St. Luke's at 11:30-12:30 AM.



'SIP & SWIPE' - iPad User Group

Come to the Senior Center and meet with others who are tackling the latest technology. Hear how your peers are using their device and trade tips and questions. We will invite guest 'experts' on occasion and give demonstrations for the group. **2 MONDAYS @ 11:15-12:15.** November 16 & December 14.

Programs and Events

Café Lifelong Learning courses at Senior Center

Coastal Resort Development in Scituate— Bob Jackman

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

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

— Essential Classics of Classical Music— Larry King

Will introduce the class to familiar classical music “hits” based on specific genres from each era. Six weeks: Jan 12 - Feb 16, 2016. Call for more info.

Tuesdays @ 3:00 PM - 4:30 PM; \$20.

Open to all. Call the Senior Center to register; payment must be made at sign-up.

Holiday Gathering @ Senior Center with Somethin’ Else Trio!

Join us for somethin’ special—including Musical cheer, hot cider and a light luncheon to celebrate the holiday season together!



Tuesday, December 22 at 11:30-1:00.

Bring a friend!

Call for reservations. \$3

First Friday - December 4—Let’s Stroll! Scituate Harbor Holiday Stroll

Come to the Senior Center at 3:00 PM for some cider and cookies, enjoy 1st stop for Victorian Carolers and stroll down to the harbor with friends to enjoy the season!



MEN’S BREAKFASTS @ 8:59 AM!

NOVEMBER—**Monday, November 2**

Guest Speaker Rick English, ROTC/8-year active naval ‘top gun’ in Desert Shield & Desert Storm in honor of Veterans Day! Don’t miss it!



@ Senior Center; **\$4 donation**

DECEMBER—**Monday, December 7**

@ Widow’s Walk—Guest Speaker TBD.

Hot breakfast and the camaraderie of new and familiar faces. PLEASE Call Jill, x10 to register IN ADVANCE so we make enough food!

WEDNESDAY CAFÉ PROGRAMS

@ Scituate Senior Center

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

Monday, November 4 @ 10:30 AM

Kathy Devine, Prescription Advantage Program

This is a good time of year to hear about how this plan works with Medicare and other prescription drug coverage to avoid high costs.

Tuesday, November 17 @ 1:00 PM

Norman Tetreault / Medicare Open Enrollment

Information on submitting application Medicare Part D and other supplemental changes...???

Wednesday, November 18 @ 10:00 AM

MEMA—Emergency Management

Rachel Potts of MEMA (Mass. Emergency Management Agency), Elena Cheverie from the Scituate Fire Department, Kim Stewart our Animal Control Officer & Laura Minier, Social Services Manager. All will discuss their roles and specific safety protocols for responding to our emergency situations and will provide valuable information regarding resources & sheltering in emergencies.

Wednesday, December 2 @ 10:00 AM

Energizing & Delicious ‘Smoothies’ with Joanne Papandrea and Lisa Thornton

Join us to learn how to eat healthier with nutrition-packed easy to make smoothies! Taste samples!

Advance ‘plan’ and mark your Calendar NOW!

Wednesday, January 20 @ 10:00 AM

New Year Program

‘What if’ Workshop with Gwen Morgan

Cost: \$20 for workbook

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

Coffee “Talk” Casual Discussion Group with Laura Minier, Social Services Manager

An opportunity to share thoughts and concerns on navigating the highs and lows of the holiday season in a small group setting. **November 19 @ 11:30-12:30 at Senior Center**

Announcements and Information

Field Trip Opportunities



Hingham Hospice House for Tour & Lunch at noon. **Friday, November 20** - LV @ 11:15 AM.

Rockport Art Association, Rockport, MA. Monday, November 9; leaving at 9:15 AM. Exhibit: Strokes of Genius: Women Artists of New England with a docent-guided tour. Call Lisa at the Senior Center for more information. \$10 adm, tour & van. Bring own money for a lunch stop. Call early!

Transportation to the **Christmas Designer Show House at the Daniel Webster Estate, Marshfield on Friday, December 11; leaving at 10:30 AM** from the Senior Center; returning 1:30 PM. **Cost is \$8 for seniors.** Cider and cookies are served. Reservations are not required but sign-up at COA will be first-come, first-served!

Holiday Matinee of What Christmas Means To Me at The Common Market in Quincy, incl lunch with coffee/tea and show. **Thursday, December 10; leaving at 10:30;** seating at 11:30 AM. \$35/pp (inc tax & gratuity), BY NOV 3.

GARDEN THERAPY! 2 DATES

Garden Club members provide their ideas for seasonal centerpieces, bring the materials, and get us started.

Tuesday, November 17 @ 10:30 AM

Fall Foliage Centerpiece



Tuesday, December 15 @ 10:30 AM
Holiday Greens / Boxwood Christmas Tree Centerpiece



Fall Yardwork Services

Through a work program for young adults with special needs.

Possible raking, pruning, edging, wood stacking, final lawn mowing, weeding, hedge trimming.

There is a cost involved.

An assessment of work is required before acceptance of the job. Please call Jenny Gerbis, x14 at the Scituate Senior Center if you are interested in receiving an estimate for work.

Work crews are supervised.

VOLUNTEERS

NEW Friendly Visitor Program

We are currently looking for volunteers interested in participating in a Friendly Visitor Program with seniors in Scituate. If you might be interested in becoming a volunteer for this program, please call Lisa Thornton, x12.

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 congregated lunch is provided to Seniors three days per week for a requested \$2 donation. Transportation is available by calling the Senior Center.

ALSO, the *Meals on Wheels* program for home-bound or convalescing seniors is also 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 and served by dedicated church volunteers. Donations accepted. Reservations are not required.


Monthly Community Dinner

@ St. Luke's Episcopal Church every 4th Sunday @ 5:00 PM. This is a free, community dinner, and all ages are welcome. **Van transportation is available to our clients by calling the Senior Center to schedule your ride.** This dinner is sponsored by various community groups throughout the year.


@ Scituate Food Pantry

The **Scituate Food Pantry is open every Tuesday @ Masonic Temple on Country Way @ 11:00 AM to 12:30 PM.** It is also open on the last Tuesday evening of the month 6:30-8:00 PM. Transportation is offered to eligible clients by the Scituate Council on Aging. **The Senior Center will have a DONATION BASKET for our visitors to donate their canned or dry goods and we will transport to the Food Pantry before the holidays in November and December. Thank you!!**

NOVEMBER 2015

Mon	Tue	Wed	Thu	Fri
2 9:00 Men's Breakfast/Yoga* 11:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	3 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 12:30 Memoir Writing 1:30 Tai Chi for HA*	4 9:00 Yoga* 10:15 Chair Yoga* 10:30 Café Talk - Prescription Advantage 1:00 Coast Resort w/ BJ	5 9:00 AMP 9:00 Harbor Shops 1:00 Knitting 1:00 Cardio* 4:00 Art Class	6 10:00 Joint Efforts Exer 11:30 Laughter Yoga*
9 Rockport Museum Trip 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	10 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 12:30 Memoir Writing 1:30 Tai Chi for HA*	11 Holiday Office Closed	12 9:30 AMP 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 NO Art Class 5:30 COA Board Meeting	13 10:00 Joint Efforts Exer 12:00 Friday FLIX - Unbroken with Scituate Reads
16 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:15 iPad User Group 12:30 Art Class 5:00 Pickle-ball	17 9:00 Cardio/ Shaws 10:15 Mah Jongg* 10:30 Garden Club 12:00 SHINE—Part D 1:30 Tai Chi for HA*	18 9:00 Yoga*/Mall 10:00 Café -Emerg Prep 10:15 Chair Yoga* 10:30 BP Clinic 12:00 Caregivers Support* 1:00 Coast Resort w/ BJ	19 9:00 Harbor Shops 9:30 AMP 11:30 Coffee Talk 1:00 Knitting 1:00 Cardio* 4:00 Art Class	20 Lunch/Tour 9:00 Ask a Lawyer 10:00 Joint Efforts Exer 11:30 Laughter Yoga* 12:00 Friday Flix
23 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	24 9:00 Shaws/ Cardio 10:15 Mah Jongg 12:30 Memoir Writing 1:30 Tai Chi for HA*	25 9:00 Yoga* 10:15 Chair Yoga* 1:00 Coast Resort w/ BJ	26 Holiday Offices Closed	27 9:00 Rep Cantwell 10:00 Joint Efforts Exer
30 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball	<p>Food Pantry donations for Thanksgiving and Christmas holiday. Help out if you can with donations for the Food Pantry during this special and often challenging holiday season! We will have a box available and will transport to the Food Pantry. Thank you!!</p> 			

DECEMBER 2015

Mon	Tue	Wed	Thu	Fri
<p>*Denotes program held off site</p> <p>7 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</p>	<p>1 9:00 Cardio; Shaws trip 10:15 Mah Jongg 10:45 Book Club meeting 12:30 Memoir Writing 1:30 Tai Chi for HA*</p>	<p>2 9:00 Yoga* 10:00 Café / Smoothies! 10:15 Chair Yoga* 1:00 Coast Resort w/BJ</p>	<p>3 9:00 Harbor Shops 9:30 AMP 1:00 Knitting/ Cardio* 4:00 Art Class</p>	<p>4 10:00 Joint Efforts Exercise 11:30 Laughter Yoga* 12:00 Friday FLIX 3:00 Pre-Holiday Stroll</p>
<p>7 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</p>	<p>8 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 12:30 Memoir Writing 1:30 Tai Chi for HA*</p>	<p>9 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga*</p>	<p>10 VAN TRIP 9:00 Harbor Shops 9:30 AMP 1:00 Knitting/ Cardio* 4:00 NO Art Class 5:30 SCOA Board Mtg</p>	<p>11 VAN TRIP 10:00 Joint Efforts Exercise</p>
<p>14 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:15 iPad User Group 12:30 Art Class 5:00 Pickle-ball</p>	<p>15 9:00 Cardio/Shaws 10:00 Mah Jongg* 10:30 Garden Club 12:30 Memoir Writing 1:30 Tai Chi for HA*</p>	<p>16 9:00 Yoga* 10:15 Chair Yoga* 12:00 Caregivers Support</p>	<p>17 AMP Celebration— Time TBD 9:00 Harbor Shops 1:00 Knitting/ Cardio* 4:00 Art Class</p>	<p>18 9:00 Ask a Lawyer 10:00 Joint Efforts Exercise 12:00 Friday FLIX 11:30 Laughter Yoga*</p>
<p>21 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball</p>	<p>22 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 11:30 Holiday Gathering 1:30 Tai Chi for HA*</p>	<p>23 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 11:30 BP Clinic</p>	<p>24 9:00 Harbor Shops <i>Merry Christmas!</i></p>	<p>25 Holiday Offices Closed</p>
<p>28 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickle-ball</p>	<p>29 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*</p>	<p>30 9:00 Yoga* 10:15 Chair Yoga*</p>	<p>31 9:00 Harbor Shops 1:00 Knitting/ Cardio* 4:00 Art Class</p>	<p>PAINT NITE w/Paula! Pending for November 30, December 1 <u>OR</u> December 28. Stay tuned! 😊 </p>

Outreach and Social Services



SCOA OUTREACH AT YOUR HOUSING AUTHORITY

The Senior Center Outreach Coordinator Jenny Gerbis will spend an hour in each of the Community Rooms for all three Housing Authority locations once a month on the following days and times:

November

November 4 Lincoln 11-12 pm
 November 18 Central 11-12 pm
 November 25 Wheeler 1 & 2—
 11-12, 12-1 pm

December

December 2 Lincoln 11-12pm
 December 9 Central 11-12pm
 December 16 Wheeler 1 & 2—
 11-12, 12-1 pm

If you have a question on any matter, drop in and see her!

SHINE—Serving Health Information Needs of Everyone

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

- Thursday, November 19
- Tuesday, November 24

In addition, Norm will be presenting information on **Medicare Part D Prescription Drug Plan** or a Medicare Advantage Plan on **November 17 @ 1:00 PM.**

Anyone in need of assistance in submitting their application for this plan during **Open Enrollment** (ending December 7, 2015)

SHOULD ATTEND THIS INFORMATION SESSION. No private appointments can be made.

FUEL ASSISTANCE

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun and will run until April 30 2015. The program is open to the community and the Council on Aging is the agent for the Town of Scituate. The income guidelines for fuel assistance are within the following range.

Household of 1: \$11,770.00-\$33,126.00
 Household of 2: \$15,930.00-\$43,319.00
 Household of 3: \$20,090.00-\$53,511.00
 Household of 4: \$24,250.00-\$63,704.00

For Recent Clients

If all household members have social security numbers on file, no action is required.

If one of more members does NOT have a SSN on file, an incomplete letter will be issued by SSCAC.

For New Clients

New for 2015-16 SSCAC is required to document household members' status as a citizen, qualified alien or a non-qualified alien. To be eligible for this program, you must either be a U.S. Citizen or a Qualified Alien.

- **Social Security Card**
- **Birth Certificate**
- **Valid U.S. Passport**
- **Certificate of Naturalization**

Proof of income

Last 4 weeks gross income for everyone in the household 18 years and older. All income must be documented such as Child Support, Odd Jobs, Veterans, Pension, AFDC, Social Security, ect.

Any adult receiving income for a minor must have proof of that income.

For the Self Employed, a copy of 2014 Federal Tax Return with pages and schedules. Full Time Students need documentation from the school or college.

You will also need:

- Complete Electric Bill
- Heating Bill
- Mortgage or Lease,
- Homeowners Insurance
- Real Estate Tax
- Photo ID
- Social Security #'s and Birthdates for all household members

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan about changes for 2016 and the application process: *it is important to review, understand and save this information!*

Medicare's Open Enrollment (through December 7, 2015)

During **Medicare Open Enrollment**, you are able to change your plan for next year. If you would like help understanding the 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.

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. Regular, weekly COA van trips:

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

COA 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 largely supported by GATRA as well, but contracted/provided through **South Shore Community Action Council** using their vans and drivers.

Our NEW Scituate (S)LOOP public GATRA transportation is a success! It is available to ALL residents. Seniors can CALL to ride using COA van service; OR hop on the GATRA for .50/1.00 round-trip. Schedules are available and you can also flag it down on it's regular route.

Activities and Volunteer News

EXERCISE CLASSES:

MONDAY/WEDNESDAY at St. Luke's with Elizabeth. \$10 / \$12

Gentle Floor Yoga 9-10:00; **Chair Yoga** 10:15-11:00

TUESDAY - @ Senior Center—9:00-10:00 AM; &

THURSDAY - @ St. Luke's—1:00-2:00 PM.

Cardio Class with Chris; \$3

MONDAY/FRIDAY at Senior Center with NVNA. \$2 *donation*.

Joint Efforts Gentle Exercise @ 10:00-11:00

NEW on FRIDAY: **Laughter Yoga** (it is kind of exercise!) with Jill at St. Luke's @11:30-12:30 on the 1st & 3rd Fridays of the month. Try it out!!



The **COA Book Club** is a stimulating and social opportunity for readers. The next meeting is **Tuesday, Dec 1 at 10:45 AM** at the Senior Center. Call to find out the selected book for our next meeting!

NEW:

Mah Jongg—Involves calculation and a little luck! Volunteer-led instruction by Janet Fairbanks. **TUESDAYS @ 10:15-12:00 noon**. Good for the brain!

Memoir Writing—6-week series facilitator by Lynn Sheridan. Be creative, bring your own stories to life.

TUESDAYS @ 12:30. \$20

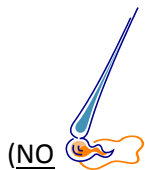
READERS! Join our Scituate Library for *Scituate Reads Together* by reading *Unbroken* by Laura Hillenbrand.

COA FRIDAY FLIX @ NOON :

11/13—*Unbroken* (2015 — based on incredible life of Olympian and war hero Louie Zamperini.)

12/4—*Young at Heart* (2006—documentary about a group of senior citizens introduced as a chorus to rock 'n roll classics);

12/18—*Joyeux Noelle* (2007 French foreign film—subtitles, some English, beautiful depiction of the true story of a Christmas Eve truce forged by three armies during WWI.) Everyone should come! Always popcorn!



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

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, and watercolor application. Instructor Joanne Pappandrea has been teaching art classes at the Scituate Senior Center since 2003. **Affordable supply list available at sign up. Call 781-545-8722, x10.**

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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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.