

Scituate SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | NOVEMBER & DECEMBER 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 - 4:30 pm

Friday 8:30 am - 3 pm

OUR MISSION

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



Artwork by Michael Sorrentino

DIRECTOR'S NOTE

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

After what always feels like a rude and abrupt interruption of summer, I do finally start to look forward to the holidays as we acclimate to October weather and the imminent darkness, and enter November and December. As festive and fun as the December holidays can be, I have always enjoyed Thanksgiving the most. Taking the opportunity to be thankful and express gratitude we have learned is good for the soul as well as our health—and I am sure you have heard that to contemplate and communicate our gratitude regularly is a highly recommended practice. I believe it goes beyond expression by also helping to shape how we live. By always reminding ourselves of what we each have to be grateful for, we are refilling our hearts with the love and happiness those things have brought us or continue to bring us—and that is a good way to live. I am also during these times reminded of the adage about our thoughts becoming words, and our words becoming actions leading to better habits and good character. Ultimately, our gratitude become the thoughts and words and actions we live by.

We have been fortunate to have one of our volunteers lead a series of health workshops to promote better mental health and wellness and to provide strategies to help us control the natural onslaught of stress and anxiety that is often hard to avoid. We thank Andrea for providing such a helpful series and hope all of you will consider attending future sessions and learning ways to bring more peace and contentment into your lives. I remember when I interviewed for this position as Director, I was asked what I thought was the most important offering that Senior Centers should be making to the older population, and in 2013 I felt it was Wellness, and today I still feel it is wellness; although, the definition of well-

ness can take many forms and truly everything we do here is to support and supplement our physical and emotional wellness. We hope just by your being here and attending an activity that cultivates wellness, or fitness, or joy, you are in fact encouraging your own wellness to serve you in times of stress or sickness or sadness. By all reports, most of our patrons feel this is a "happy place" and one that offers stimulation and enjoyment.

Take a look at the pages of our newsletter, which takes many hands to complete and we hope provides all of the information that you need to find activities and information that will enhance and energize your days. This season we are bringing you our rescheduled Red Sox memories, brain health, Financial and Insurance information for new retirees or anyone interested in ways to maximize income, assistance with open enrollment changes to Medicare plans, Storm and Emergency preparation information, MUSIC, games, book groups, classes, exercise and recreation, great lunches, caregiver support, lifelong learning, and wellness appointments, all providing you with a myriad of opportunities to increase wellness and instill gratitude and some joy to share with others. Many thanks to our Seaside community neighbors for their recent donation to us for offering future educational programming at the Center.

Linda



Linda (Hayes) Kelley with Susan Turgis and Annette Flaherty from the Seaside Scituate Volunteer Committee

OUR STAFF

Director

Linda Hayes | 781-545-8871
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Fred Willette | 781-545-8832
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Food Service Assistant

Cam Reardon

Van Drivers

Joe Swindler, Jim Keeley,
Juan Marcellana, Betty Durkin, 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

Susan Pope

SELECTMAN LIAISON

Karen Canfield

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

LEARNING & PRESENTATIONS

COFFEE & COMMUNITY RESOURCES THURSDAYS THIS FALL!

RETIREMENT PLANNING & INSURANCE/BENEFITS INFO w/Paul Reidy — Nov 3 @ 9:30 am

Are you new to Medicare? Do you have questions about benefits and planning for retirement? Join us for this educational workshop to provide you with some financial strategies for managing income and more! Topics include: important legal documents, social security and Medicare planning, portfolio allocation and risk; elder care needs.

VOICES, CHOICES & SOLUTIONS w/Robert Flaherty — Nov 10 @ 10:30 am

An informative presentation to introduce and discuss assistance available for determining best living options beyond retirement for senior adults of all ages, whether selling family homes or looking for new opportunities.

TERRANCE ADDERLY, PHOTOGRAPHER NOV 17 @ 9-1 PM IN LAWSON

We are happy to provide this opportunity for you to have a special portrait done of yourself or with family members to receive as prints, wall art or as a memory box set. **All photography is for purchase. See flyer for packages or costs for individual Signature Matted Prints or Instant Gift Prints.**

COFFEE & PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME — Nov 17 and Dec 8 @ 10:30 AM

Meet w/ representatives who can guide you to prepare for inevitable transitions. Casual questions are great!

CAROLING & COOKIES W/ THE GIRL SCOUT JUNIORS FROM HATHERLY ELEMENTARY SCHOOL—Dec 8 @ 1-2pm

Enjoy some holiday cheer and music w/ the 5th grade girls from Hatherly Elementary School.

CHAT W/ REAL ESTATE REPS, KAREN & CHERYL—Dec 15 @ 10am.

Get practical and friendly advice and answers to all of your real estate questions and concerns.

AT HOME HEARING HEALTHCARE CLINIC & SCREENINGS — Dec 29 @ 10 AM.

Join us for information and screening sessions for hearing aids and more. This is complimentary.

Please register to attend these sessions!

HISTORY SERIES WITH BOB JACKMAN

New Course: History of Scituate's Fishing Industry

This program will follow the series of shifts in the local fishing industry as the mix of species varied, larger vessels were constructed, and the harbor and river were dredged. Another significant change occurred as men and resources were shifted from fishing to mousing. The course will attempt to convey both large trends in the industry and the experiences of individual local fishermen. **Must register to attend.**

History of Scituate's Fishing Industry – with Bob Jackman for 6 Sessions on Wednesdays, Nov. 2, 9, 16, 30 & Dec. 7 and 14. Tuition \$25 for 6-week series.

Members can sign up for the AM session (10am-11:30am) or the PM session (1pm-2:30pm), but not both. Limited to 28 students per section. If using My Active Center online, please note the different sections; or be clear with the Front Desk or staff for your session preference.

RED SOX MEMORIES WITH HERB CREHAN TUESDAY, NOV. 3 @ 1PM

This talk was rescheduled from last month, and we are thrilled to have Herb returning to remind us or enlighten us about various players. *What was Johnny Pesky really like? How about Yaz? And Jerry Remy?* Herb Crehan returns with his special brand of history after interviewing and writing feature articles on former Red Sox stars for 27 seasons. This presentation will feature 8 of your favorite players each representing a decade of Red Sox history. **Please register to attend.**

MEN'S BOOK CLUB TUESDAY @ 10:30 am

Nov 1—"The Bomber Mafia: A Dream, a Temptation, and Longest Night of the Second World War" by Malcolm Gladwell.

Dec 6—Book Title—To be decided at the November meeting. **Register to attend.**

MEN'S BREAKFAST TIME! Ladies invited.

MONTHLY ON FIRST TUESDAY AT 9 AM; COST \$5 / PLEASE REGISTER FOR BREAKFAST

Nov 1—Local author, Ron Wheatley, will join us to discuss the book he wrote about 65 veterans, all residents of Scituate, from WWII to present day.

Dec 6 — Scituate Fire Chief John Murphy will speak about what is happening in the Fire Department and safety issues for our community.

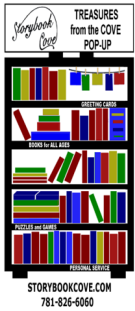
HOLIDAY EVENTS & CHEER!

GOOD BOOKS COME TO THOSE WHO SHOP EARLY AT SCITUATE COUNCIL ON AGING!

Storybook Cove, your local, independent bookstore in Hanover, MA, is “popping-up” again at the Center for your shopping convenience on:

Thursday, December 1 @ 10 am to 2 pm

Storybook Cove’s knowledgeable staff is bringing 200+ books for infants, kids, teens & adults, from classics to new releases, as well as puzzles, games, and greeting cards for your shopping convenience.



(Accepting cash, credit, checks, and Apple Pay)

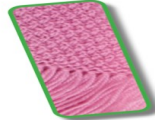
Storybook Cove is donating a portion of the proceeds to our COA programming so the more you shop, the more we benefit!

Scituate Senior Center Knitting Group **Mini Christmas Fair**

Monday- Friday December 5th to December 9th
10:00 a.m. - 1:00 p.m.
Senior Center First Floor
Most items under \$10!



Perfect for:
Secret Santas
Gifts
Stocking Stuffers



NEW YEAR'S EVE CELEBRATION

Friday, December 30

Live Entertainment—

Stay tuned!

Please register.



KEEPIN' IT MOVING—EXERCISE FOR ALL

AM YOGA OPTIONS

YOGA W/ANNE

Mon 8:30—Floor

Mon 9:45—Chair



GENTLE YOGA W/ ELIZABETH

Wed & Fri 8:30—Floor

Wed & Fri at 9:45—Chair

Floor Yoga \$10; Chair \$5/class

ZUMBA GOLD WITH JUSTINE



Mon & Wed @ 2:00-3:00

A great dance opportunity w/ lively music & extra toning included. Lots of fun! Please pre-register. \$5/class

BALANCE FOR LIFE

Mon & Thurs @ 11-12. \$5/class

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

LIFT YOUR SPIRITS STRENGTH CLASS W/SUE

Mon @ 12:30; Wed @ 11-12

\$5/class

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.

INDOOR PICKLEBALL

Wednesdays @ at Jenkins Gym;
5:00 - 7:00 pm

Fridays @ Recreation/Vets Gym;
11:00 am - 1:00 pm

Free, volunteer-led program. Players help to set up nets & break down at the end of play. Play is rotated if all courts are filled. Pre-registration is helpful. Some equipment available; balls provided.

CLINICS:—2 weeks; \$50; WED, Nov 2 & 9

Intro to Pickle—5:00-6:00 pm; limit 8
Instruction, rules, safety and guidelines.

Skills & Drills—6:00-7:00 pm; Limited #
Strategies and refinement for successful play

PM YOGA WITH RENA

Mon 4:30-5:30 PM—Cost \$5

Gentle afternoon flow yoga is designed to help you unwind & relax at the end of the day. We will focus on poses designed to release tension & stress. For all levels. **Please pre-register. Class size limited.**

BEGINNER TAI CHI & QI GONG

NOW ON THURSDAY

1:00PM; \$4/CLASS

We are happy to introduce a new instructor for our Tai Chi class on Thursdays—Elizabeth Durant, long-time student of Tai Chi. This class will introduce the basics of Tai Chi movement, increasing strength, flexibility & range of motion, and promoting better balance & mindful awareness. Please pre-register.

TRAIL WALKING -

FRIDAYS @ 1PM

A different walk each week. Call 781-545-8875 to register and to receive notice for week's location.



LET'S LINE DANCE!

Tues @ 11:00-12:00; \$5/Class

Beginner class @ 10:15-11; \$5

Have fun while you exercise and be a hit at your next wedding! **Pre-registration requested.**

JOYFUL MOVEMENT WITH RENA

Wednesdays & Thursdays 12:15 - 1:15 pm. Cost: \$5/class

It's a "joy" to add another Joyful Movement class to the schedule on Wednesdays! A lively and fun 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. *Please register to attend.*

DRUMS ALIVE! Thursdays, November 17 & December 15 @ 1:30 pm Cost: \$5/class

This original evidence-based drumming fitness/health/wellness program that provides a "Whole Brain & Body" workout to promote physical, social, emotional and cognitive health at all life stages. Using rhythm as a source of inspiration to discover a new fitness experience, "Drums Alive"® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. *Please register to attend.*

WELLNESS

REFLEXOLOGY w/ Anne Brennan, LMT & Reflexologist—Focusing on specific areas of the feet, Anne will guide you through a 30-minute session that will relax and relieve tension. **Appts on 11/3, 11/9, 11/17, 12/1, 12/7, 12/15 from 9:00-2:00 pm; \$30 for 30 minutes.**

INDIAN HEAD MASSAGE w/ Anne Brennan, LMT & Reflexologist—A simple, safe & effective massage applied to the shoulder, neck, arms & head that provides de-stressing for the whole body. **Appts on Weds 11/9 and 12/7 from 9-2:00 pm; \$30/30 minutes.**

REIKI w/ Elizabeth Rogers— Taking a break until the New Year! Check back for dates in January.

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

MANICURES & PEDICURES BY JODDIE, LICENSED MANICURIST

Tuesdays 9-4pm;; 11/8, 11/22 , 12/6 and 12/20-by appointment

Woman's Manicure (includes polish) - \$18; (half hour)

Spa Manicure - \$21 (half hour)

Gentlemen's Manicure (shape, clean, buff and hand massage—half hour)

\$11 Mini-pedicure - \$16 (half hour)

Full Pedicure - \$28 (full hour)



Spots fill up fast! Call us at 781-545-8722 to book your appointment w/Joddie!

NOVEMBER 2022 CALENDAR

	TUES 1	WED 2	THUR 3	FRI 4
Seasonal Garden Club Arrangement Workshop Wednesday, November 16 @ 10:30 Please sign up ahead 	9:00 Men's Breakfast 10:00 Bocce Ball 10:30 Men's Book Grp 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish Class 1:00 Bingo w/JR	8:30 Yoga / 9:45 Chair 10:00/1:00 Bob Jackman's 10:30 Nurse / BP 11:00 Lift your Spirits 12:15 Joyful Movement 1:00 Watercolor 1:00 Scrabble 5:00 Pickleball 7:00 Badminton	9:15 Beg. Mah Jong 9:30 Finance/Insur Talk 10:00 Mah Jong 10:00 Card Making 11:00 Balance 12:15 Joyful Movement 1:00 Tai Chi 1:00 Sox Memories 1:00 Knitting	8:30 Yoga 9:30 Intermediate iPad 9:45 Chair Yoga 10:00 Hand & Foot 11:00 Lift your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 7	TUES 8	WED 9	THUR 10	FRI 11
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Express Writing 12:30 Lift Spirits 1:00 Hand & Foot 1:00 Social Painting 2:00 Zumba Gold 4:30 PM Yoga w/Rena	10:00 Bocce Ball 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish Class 11:00 Art & Artist 1:00 Emergency Prep 1:00 S-INGO w/Ed	8:30 Yoga / 9:45 Chair 10:00/1:00 Bob Jackman's 11:00 Art for Your Mind 11:00 Lift Spirits 12:15 Joyful Movement 1:00 Watercolor 1:00 Scrabble 2:00 Zumba Gold 5:00 Pickleball 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Housing Options Talk 11:00 Balance 12:15 Joyf Movement 1:00 Bocce Ball 1:00 Knitting 1:00 Tai Chi	Senior Center Closed Veterans Luncheon
MON 14	TUES 15	WED 16	THUR 17	FRI 18
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Express Writing 12:30 Lift your Spirits 1:00 Hand & Foot 1:00 Social Painting 2:00 Zumba Gold 4:00 Alz Support Grp 4:30 PM Yoga w/Rena	10:00 Bocce Ball 10:15 Line Dance 1 11:00 Line Dance 11:00 Spanish Class 11:00 Protecting Brain Health Talk 1:00 Parkinson Support Group	8:30 Yoga / 9:45 Chair 10:00/1:00 Bob Jackman's 10:30 Nurse / BP 10:30 Garden Club wkshp 11:00 Lift Spirits 12:15 Joyful Movement 1:00 Scrabble 1:00 Watercolor 2:00 Zumba Gold 5:00 Pickleball/7:00 Bad	9:00-1:00 Photographer 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Richardson-Gaff 11:00 Balance 12:15 Joyf Movement 1:00 Bocce Ball 1:00 Knitting 1:00 Tai Chi 1:30 Drums Alive	8:30 Yoga 9:30 Intermediate iPad 9:45 Chair Yoga 10:00 Hand & Foot 11:00 Lift your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 21	TUES 22	WED 23	THUR 24	FRI 25
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Express Writing 12:30 Lift your Spirits 1:00 Hand & Foot 1:00 Social Painting 2:00 Zumba Gold 4:30 PM Yoga w/Rena	10:00 Bocce Ball 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish Class	8:30 Yoga 9:45 Chair Yoga 11:00 Lift your Spirits 12:15 Joyful Movement 1:00 Scrabble 2:00 Zumba Gold		Senior Center Closed
MON 28	TUES 29	WED 30		
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Express Writing 12:30 Lift your Spirits 1:00 Hand & Foot 1:00 Social Painting 2:00 Zumba Gold 4:00 Alz Support Grp 4:30 PM Yoga w/Rena	10:00 Bocce Ball 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish Class 1:00 Entertainment w/Matt York "The Highway Men"	8:30 Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman's 11:00 Lift Spirits 12:15 Joyful Movement 1:00 Scrabble 1:00 Watercolor 2:00 Zumba Gold 5:00 Pickleball/ 7:00 Badminton	Special Thanksgiving Lunches this month: On November 17—Roast Turkey Dinner On November 22—"Leftover" Turkey Sandwiches with cranberry sauce & stuffing We hope to accommodate as many patrons as possible, but they are still limited.	

DECEMBER 2022 CALENDAR

			THUR 1	FRI 2
Festive New Year's Entertainment & Dessert Friday, December 30 1:00 pm Stay tuned!		NOTE: Sue Ribeiro will be on vacation this month BUT we will have some of her classes led by Rena. Please check with the Front Desk or staff for an up-to-date schedule for these classes in December.	9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Card Making 10:30 Grief Support 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 1:00 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Hand & Foot 11:00 Pickleball 12:30 Friday Flix
MON 5	TUES 6	WED 7	THUR 8	FRI 9
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 PM Yoga	9:00 Mens Breakfast 10:00 Bocce Ball 10:30 Mens Book 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish 1:00 Bingo w/JR	8:30 Yoga 9:45 Chair 10:00/1:00 Bob Jackman 10:30 Nurse/BP 11:00 Lift your Spirits 1:00 Scrabble 1:00 Watercolor 2:00 Zumba Gold 5:00 Pickleball 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 1:00 Tai Chi 1:00 Caroling	8:30 Yoga 9:30 iPad Photo 9:45 Chair Yoga 10:00 Hand & Foot 11:00 Pickleball 12:30 Friday Flix
MON 12	TUES 13	WED 14	THUR 15	FRI 16
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Express. Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:00 Alz Support 4:30 PM Yoga	10:00 Bocce Ball 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish 1:00 S-INGO	8:30 Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 11:00 Art Your Mind 11:00 Lift your Spirits 1:00 Scrabble 1:00 Watercolor 2:00 Zumba Gold 5:00 Pickleball 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Grief Support 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 1:00 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Hand & Foot 11:00 Pickleball 12:30 Friday Flix
MON 19	TUES 20	WED 21	THUR 22	FRI 23
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 PM Yoga	10:00 Bocce Ball 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish 1:00 Parkinson Support Group	8:30 Yoga 9:45 Chair Yoga 10:30 Nurse/BP 11:00 Lift your Spirits 12:00 Caregiver Supp Gr 1:00 Scrabble 2:00 Zumba Gold 5:00 Pickleball 7:00 Badminton	9:15 Beg. MahJong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 1:00 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Hand & Foot 11:00 Pickleball 12:30 Friday Flix
MON 26	TUES 27	WED 28	THUR 29	FRI 30
CLOSED! MERRY CHRISTMAS! 	10:00 Bocce Ball 10:15 Line Dance I 11:00 Line Dance II 11:00 Spanish	8:30 Yoga 9:45 Chair Yoga 11:00 Lift your Spirits 1:00 Scrabble 2:00 Zumba Gold	9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 1:00 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Hand & Foot 11:00 Pickleball 12:30 Friday Flix

PROGRAMS, CLASSES & ACTIVITIES

HOLA! SPANISH CLASS

Tuesdays, 11 - 12 PM

Conversational Spanish with Instructor Catherine Spiegel at an intermediate level. \$5/class

Pre-register to attend.

Beginner Spanish Class (pending)

Are you interested in learning a new language? We are looking to add a beginner level class in the New Year. Call 781-545-8875 if you are interested!

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—Thursday:
 - **Beginners @ 9:15**
 - **Regular @ 10:00**
- Hand & Foot Cards—
Mon @ 1:00 pm AND
Fri @ 10:00 am–1:00 pm
- Scrabble—Wed @ 1:00 pm



ART FOR YOUR MIND

Wednesdays @ 11 - 12

Nov 9 - Early American Art-Western Frontier

Dec 14 - Celebration & Holidays in Art

Experience this enriching Art Appreciation presentation series with Jill Sanford on the 2nd Wednesday of the month. Seats are limited. Please pre-register.
Funded by Joanne Papandrea Memorial Donation

CREATE YOUR OWN DECOUPAGE

Are you interested in learning decoupage?

Contact Jess Souke @ 781-545-8875 if interested.



"NO RULES" BOOK GROUP WITH DR. NANCY HARRIS / \$5.

No meeting in November

Thursday, Dec 1 @ 2:45 —"The Other Einstein" by Marie Benedict



ART CLASSES & GROUPS

**Watercolor w/ Judy Rossman —
Wednesdays @ 1 - 3:30 PM**

**6 weeks: Begins November 2 through
December 14. NO CLASS on 11/23**
Course cost: \$65

We offer this opportunity to all levels. Judy is an award-winning, experienced instructor working in transparent water-based media. The emphasis is on painting from observation, working from still life or referenced photos.

**Social Painting —
Mondays @ 1-3 PM**



If you like to paint, share and talk, this group setting is for you! Bring your own supplies and painting projects; some materials will be available.

Please register to attend classes.

CARD MAKING

**Monthly on the 1st Thursday,
@ 10:00 AM-12. Cost only \$5!**

NOV 6—All Things Fall

DEC 1— Winter & Christmas

Join local card maker, Beth McGaw and learn how to make beautiful homemade cards with her wonderful selection of fabric.

Please register in advance.

AARP TAX-AIDE PROGRAM IS STILL LOOKING FOR VOLUNTEERS

AARP provides all training and support. Brochures available in the Senior Center offices.

BOCCE BALL

Group Play - Rotating games.
Equipment provided.

Tues & Wed @ 10:00 AM

Thurs @ 1:00 PM

Or call to reserve the Bocce set for a private game.

SHUFFLEBOARD & POOL TABLE

You can reserve a spot at the Front Desk for an hour at a time when the Game Room is available.

PING PONG

We have a great new table available for use in the Egypt Room on designated afternoons. You can reserve a spot at the Front Desk. See the calendar for designated times or check with staff.

BINGO! (After lunch)

with John Ross

1st Tuesday of the month:

**Nov 1 And Dec 6 at
1:00 pm.** Join us for
laughs and a fun
game!



S-INGO! (Music Bingo)

w/ DJ Ed Kelley

2nd Tuesday of the month:

Nov 8 and Dec 13 at 1:00. Join
us for tunes and good times!

**SPECIAL ENTERTAINMENT on
the 5th Tuesday in November—
November 29 @1:00 - 2:15 PM.**

Join us for this special 75-minute program with Matt York: The Highway Men Songs & Stories

**TBD for Tuesday Entertainment
in December**—Stay tuned!

*Entertainment provided in
memory of Jim Young.*

PROGRAMS, GROUPS, ACTIVITIES

CAREGIVER SUPPORT GROUP

Meets on the 3rd Wednesday of each month at 12:00pm-1:30pm

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 led by longtime group facilitator and Licensed Social Worker and educator, Suzanne Otte.

Please call the Senior Center for information or to be added to the e-mail list for notifications. Please let us know if you will be attending.

PARKINSON SUPPORT GROUP

Participants have an opportunity to meet in person the **3rd Tuesday of each month** at the Senior Center with long-time leader Leslie Vickers.

Meets on the 3rd Tuesday of the month: 11/15 & 12/20 @ 1-2 pm

FUN FRIDAY FLICKS!

MOVIE STARTS AT 12:30 PM

POPCORN PROVIDED

Nov 4 - Respect, 2021

Nov 11 - Closed

Nov 18 - Planes Trains & Automobiles, 1987

Dec 2 - Little Women, 2019

Dec 9 - Being the Ricardos, 2021

Dec 16 - Scrooged, 1988

Dec 23 - Miracle on 34th St, 1947

EXPRESSIVE WRITING

Mondays @ 11-12pm

Everyone is welcome at this weekly writing group.

A new prompt is provided each week & participants write for 15 minutes, then read aloud for feedback, if you wish. Some-times light, sometimes deep, sometimes funny & always fun. A great opportunity to hone your writing style. Friendly group. Volunteer facilitators.

TECHNOLOGY CLASSES

Join our instructional classes with Katy Mayo. Fridays this November.

Intermediate iPad Class

Nov 4 @ 9:30-11:00 am

Nov 18 @ 9:30-11:00am

iPad/iPhone Photos for Holidays

Learn tips and tricks to take, edit and organize your photos. You will also learn how to easily send your photos in text and email.

Dec 9 @ 9:30-11:00am

Please register to attend! **\$20/class**

MICHAEL SORRENTINO RETROSPECTIVE ART SHOW (NOV-DEC)

PRESENTATION: THE ART AND THE ARTIST

November & December Original Watercolor Paintings & Giclee Prints

These original watercolor paintings and beautiful Giclee prints by local New England artist, Michael Sorrentino, will be on display at the Senior Center November 2 through December 30.

Join us for a brief slide presentation and lecture about his work on **Tuesday, November 8 at 11:00 AM** with the artist's wife, Lucille.

Artwork, gift notepads and books will ALSO be available for purchase.

A special OPEN HOUSE will be held on **Saturday, 11/19 f@ 9:30 to 11:30 AM** for special viewing and gift sales.

TUESDAY MUSIC EVENT

November 29 - 1:00 pm-2:15 pm in Egypt Room—Refreshments

Just back from Nashville, longtime New England musician & author Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers.

The four songwriting legends joined forces in the 1980's to form the country supergroup The Highwaymen, though each had established themselves independently during the 1960's.

Matt York was recently nominated for a Boston Music Award as "Best Country Artist" of 2022. His album *Bruisable Heart* was named one of the Boston Globe's best albums of 2019! Don't miss this opportunity for fun and music thanks to the generosity of Jim Young Memorial Music Fund.



PROGRAMS, GROUPS, ACTIVITIES

MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for our classes! Simply login on to:

MYACTIVECENTER.COM

Locate "NEW USER" and use your personal key tag number located 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 TOO!

You can receive an e-mail giving you immediate access to the newsletter online once it has been published, at ourseniorcenter.com site.

Once the newsletter is published on-line, we also 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.

SPECIAL PRESENTATION:

PROTECTING YOUR MEMORY & COGNITIVE FUNCTION AS WE AGE

TUESDAY, NOVEMBER 15 @ 11:00 AM

Presenter, Dr. PeiPei Wishnow, scientist, entrepreneur, and healthy-aging advocate. Dr. Wishnow, is the Founder and Chief Scientist of Interceuticals, will be sharing her personal story about how hard it is when a loved one has age-related memory loss, why she is so passionate about protecting brain health and memory, and what she has discovered that gives her hope.

MEMORY CARE OPPORTUNITIES & RESOURCES

ALZHEIMER'S SUPPORT GROUP

2nd & 4th Monday of the month @ 4:00 - 5:00 pm, ongoing

Support group & resources for dementia caregivers—provided by the Alzheimer's Association and facilitated by Lillian Cruz.

This is an opportunity to develop a support system, share challenges, solutions & resources. Call 800-272-3900 to register.

DEMENTIA RESOURCE



LIBRARY

If you are a dementia caregiver, or just someone who wants to learn more about this topic to support our community; please visit our new dementia resource library section in the book nook located in the senior center. There are books for caregivers, information books about dementia, activity ideas and a shelf stocked with free resources from the Alzheimer's Association. Please use the dementia resources sign out sheet when borrowing from this section. For a list of resources available, email our dementia support group facilitator Lillian Cruz at lcruz@scituatema.gov



SOCIAL DAY PROGRAM — COMING SOON

This program is being developed to provide an opportunity for stimulation and socialization in a supportive environment for those patrons with a diagnosis of early-stage Alzheimer's or dementia disorder. Prior screening is required. Space is limited. For more information, call Linda at 781-545-8871.

OUTREACH & SERVICES

SHINE

Serving the Health Information Needs of Everyone.

Our SHINE Counselors advise and assist with questions concerning health insurance and prescription coverage for 65 and over.

Appointments are 9am - 12pm.

Elaine Schembari: 2nd & 4th Mon

Richard Durkin—3rd Thurs

Please call 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. **10:00-11:30am in the Common rooms.**

1st Wednesday—Lincoln Park

2nd Wednesday—Wheeler 2

3rd Wednesday—Central Park

PROFESSIONAL VISITS

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour with **Lou Rizzo—3rd Thurs @10:30-11:30 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 1/2hr appt w/one of our volunteer attorneys on the **3rd Fri of the month @ Scituate Senior Center.** Please call Jill or the Front Desk.

BP / HEALTH CLINIC

Town 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! 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

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 will continue. Register at 781-545-5827. Van Service is available at NO CHARGE.

EMERGENCY PREP PLANNING

with Erin LaMonte, Outreach Coordinator, along with Fire Department team and other resources—

Tues Nov 8 @ 1pm

Know, Plan & Prepare so you can be ready for the storm season this winter and other emergencies.

TRANSPORTATION

LOCAL RIDES

We provide rides to in-town medical and dental appointments, senior center activities or personal errands around town. *No prior notice necessary*, but rides are on a first come first serve basis.

GROCERY SHOPPING

- **Every Wednesday**—Shaw's, Cohasset
- **1st & 3rd Thursday** of the month—Market Basket, Hanover

OUT OF TOWN MEDICAL RIDES

We arrange out-of-town medical rides to other locations on the South Shore, as well as Boston. PLEASE NOTE: We ask for **5 day advance notice** to book an out-of-town ride.

To schedule any ride, please call the Transportation Coordinator, Lillian Cruz at 781-545-8722, press 3.

NEW: FALL SHOP HOP AT DERBY STREET IN HINGHAM! Trips to the Derby St. Shoppe so you can enjoy some holiday shopping or stop for lunch. **Mondays: 10/24 & 11/28 from 11:00-2:00pm.** Please call Lillian Cruz, 781-545-8872, to reserve your spot!

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)



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 two weeks in advance. We also request you 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 to add. If you have made a reservation and need to cancel, please notify us 1 day in advance so that another patron can be called from the Wait List. **We continue to have issue with Late Cancellations and No Shows for lunch signups** so must begin to ask for \$5 before another reservation is made for those patrons. Please be mindful of the dates for which you have registered or check with the Front Desk if you are unsure whether you have a reservation. If you are on the WAIT LIST, you will be called when there is an opening.

MENU FOR NOVEMBER

Mon 11/2	Chicken piccata , rice pilaf, peas
Tues. 11/2	Sloppy Joe sandwich on a bun, sweet potato fries, chicken noodle soup
Wed. 11/3	Breaded pork tenderloin cutlet w/ mush room & sour cherry sauce, garlic mashed potatoes, sautéed Brussel sprouts
Thu. 11/5	Baked haddock , Lyonnaise potatoes, Asparagus
Mon. 11/8	Corned beef , Cabbage, boiled potatoes, buttered Carrots
Tues. 11/9	Quiche Lorraine , mixed green salad
Wed 11/10	Chicken Parmesan , spaghetti, buttered cauliflower, garlic bread
Thu 11/11	CLOSED
Mon 11/15	Beef stew , buttermilk biscuits
Tues. 11/16	BLT wrap with corn chowder
Wed 11/17	Roast turkey , stuffing, butternut squash, peas, mashed potatoes, pan gravy
Thu 11/18	Poached salmon with dilled hollandaise, rice pilaf, peas
Mon 11/22	Grilled marinated chicken thighs on a Greek salad, pita and hummus
Tues. 11/23	Burgers sandwich, pea soup, cottage fries, lettuce and tomatoes
Wed. 11/ 24	Lasagna with marinara sauce, tossed salad, garlic bread
Thu. 11/25	Closed; Happy Turkey Day
Mon 11/29	Meatloaf , mashed potatoes, green beans
Tues 11/30	Pulled pork sandwich with house bbq sauce, cottage fried potatoes, green apple/cabbage slaw

Supermarket/Bread donations:

Mondays—Shaw's;
Tuesdays—Panera, when available
Thursdays—Coffee & Conversation w/Community Resources
(check p.4 for schedule)

MENU FOR DECEMBER

Thu, 12/1	Coconut shrimp orange sauce, broccoli
Mon 12/5	Roast pork , pan gravy, mashed potatoes , buttered peas
Tues 12/6	Cranberry chicken salad w/ toasted almonds on house salad, blue cheese vinaigrette
Wed, 12/7	Cavatappi w/ sausage , capers , baby spinach and rstd. Butternut
Thu, 12/8	Baked Haddock, baked potatoes, garlic string beans
Mon, 12/12	Swedish Meatballs stroganoff on buttered noodles , roasted zucchini
Tue, 12/13	Greek salad w/ fried chicken thigh & spinach pie
Wed, 12/14	Baked pasta with chicken
Thu, 12/15	Shrimp Creole, rice pilaf, buttered peas
Mon, 12/19	Chicken Saltimboca , linguine, fresh broccoli
Tue, 12/20	Quiche Lorraine w/ soup du jour
Wed, 12/21	Honey garlic shrimp on roasted winter vegetables , cherry tomatoes & couscous
Thu, 12/22	Baked ham, pineapple sauce, roast sweet potatoes w/ honey pears & cinnamon, French peas
Mon, 12/26	CLOSED
Tue, 12/27	Baked mac 'n cheese w/ ham & tomatoes, roasted butternut squash
Wed, 12/28	Meatloaf , Lyonnaise potatoes , garlic spinach
Thu, 12/29	Baked haddock, au gratin potatoes, garlic spinach

*If the cost of lunch is a hardship or preventing you from signing up for lunch, please see our Outreach Coordinator, Erin LaMonte.

Lighthouse Café Policies

Daily Hours of operation 8:30-1:00 pm. Coffee and Tea are complimentary all day—*thank you to the Friends for funding our coffee!* Purchase of lunch items on Fridays **TO GO** when available begins at 10:30; items may not be re-served.



& Council on Aging

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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.

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 also supply occasional Hershey’s kisses we are all so fond of in honor of Bette Johnson. 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

Seaside Scituate
Volunteer Committee

In Honor of

Programming

In Memory of