

Scituate

SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | SEPTEMBER & OCTOBER 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 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 Esther Maschio

DIRECTOR'S NOTE

I can't thank you enough for showing up. It's just not the same without you. – James Taylor, songwriter, musician

This quote made me laugh, as I hope it will you. I have seen James Taylor perform many times and I enjoy his understated and humble sense of humor. In fact, when I was in Barcelona, Spain recently I thought for a moment that I was going to be able to see his show there – and would have loved that! But, more importantly his joke reminded me how I feel about all of you! I am happy you are showing up – of course you are the reason we are here – but there simply wouldn't be a show, so to speak, without you! So, we are going to begin to ask you what sorts of things you are enjoying, and things you may think are lacking or that you would like to see added or even what your friends might like. We have appreciated your suggestions and hope you feel we are addressing those as able.



We have had the great pleasure of meeting with several Scituate Centenarians over the last few years to honor their great milestone of reaching 100 years of age. This year is especially impressive

with seven women being celebrated—Dorothy Bates Gammon—much history to share from her life and work with the Town of Scituate; Kathleen Fay (pictured above)—living in Scituate with her family all around her; Alice McGillicuddy (pictured below)—who entertained us along with her family members at her *original* Scituate home with fascinating stories of her life growing up in Scituate;



Anne Callis—another Scituate born & bred, with 9 children, and lots of grands and great-grands, all pictured here. So many deep Scituate roots and happy to share their stories and histories—and we are happy to hear them! Ann Doherty, Jane Fallon, and Mary Murphy coming up soon!



And on that note, every year September is celebrated as Senior Center Month. This year's theme sponsored by the National Council on Aging and Institute of Senior Centers is *Strengthening Community Connections*. Besides our services and activities providing information, stimulation, recreation, and connection for our patrons, we hope to help you stay connected with the greater Scituate community as well. As part of our Age-Friendly mission, we want older adults to continue to feel a part of the town in which they reside, whether having grown up here or relocated in later years. There are so many forms of community – and many different ways to connect, as we saw during the pandemic. We hope you take advantage of our community event featuring a live music performance by Billy and the Goats' and invite some family and friends to join. We will continue to find opportunities to bring the community IN and keep you *INspired* and informed of opportunities outside of our community. We want to keep you active and involved—and showing up! Love and Gratitude, *Linda*



Our driver, Joe and his wife, Patty with staff before their cross-country trip this summer! Proud of them!

OUR STAFF

Director

Linda Hayes | 781-545-8871
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Administrative Assistant

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Outreach Coordinator

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Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
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Food Service Manager

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:
September TBD; October 13

LIFE LONG LEARNING

HISTORY SERIES WITH BOB JACKMAN

Scituate Architecture West of 3A—Wednesdays (6 sessions); September 21,28, October 5, 12, 19 and 26. Tuition \$25. Members can sign up for an AM or PM session, but not both. AM session is 10am-11:30am. PM is 1pm-2:30pm. Limit 28 students per section.

Scituate Architecture West of 3A will focus on houses, barns, stores and one fire station in Scituate west of 3A, and primarily in the West End. The architecture of the area will be seen as dynamic. While the course will convey an image of how a building looked when originally constructed, it will also describe efforts to restore these structures and to enlarge them to accommodate newer residents. *Please register to attend!*

COFFEE & COMMUNITY RESOURCES~THURSDAYS FREE THIS FALL!

Coffee & Pastries w/ Richardson Gaffey Funeral Home — 9/8 & 10/13 @ 10:30—Meet w/ representatives who can guide you through transitions in life.

Q & A w/ Senior Center Outreach Team — 9/15 & 10/20 @ 10AM— Outreach Coordinator, Erin LaMonte and Town Social Worker, Erica Souris will spend time answering your questions and sharing resources and opportunities.

Meet & Greet w/ North River Home Care — 9/22 @ 10AM— Join North River Home Care Outreach Coordinator, Deanne Cavanaugh and Licensed Social Worker, Patricia Nihill to learn about the options available.

Chat w/ Real Estate Representatives, Karen & Cheryl— 9/29 @ 10AM—Get practical and friendly advice and answers for all your real estate questions.

Real ID Workshop— 10/27 @ 10:00AM—Are you ready to apply for your Real ID? Register for a spot in this workshop w/ RMV Community Outreach Coordinator Michele Ellicks to learn more.

At Home Hearing Healthcare— 10/27 @10AM

Join us for information and screening sessions for hearing aids and more.

Please register to attend the sessions!

UKRAINE—GLOBAL IMPACT

Putin expected a much different outcome. A presentation by Michael Quinlan in Global Affairs.

- What motivated President Putin to invade the Ukraine? What were his goals?
- What went wrong w/ planning and strategy?
- What was the global reaction?
- What would be an acceptable end to the conflict?

Discuss these and other topics surrounding the conflict in the Ukraine and its impact on the world.

Thursday, Sept. 15 @ 10:00AM. Please register to attend!

Red Sox Memories—Thursday, October 6 at 1:00 pm

What was Johnny Pesky really like? How about Yaz? And Jerry Remy? **Herb Crehan** will return 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.

NEW: MEN'S BOOK GROUP

Following the Men's Breakfast at 10:30 AM. Discussion facilitated by Tim Petersen. Please sign up in advance for the meeting. Participants will make selections for future meetings!

Sept 6—In Harm's Way (RESCHEDULED from August)

Nov 1— Title TBD at September meeting.



MEN'S BREAKFAST TIME! Ladies invited.

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

September 6—Tony Vignani, Chairman of the Scituate Select Board, will join us to discuss and answer questions regarding Special Town Meeting articles and other important projects prior to the Special Town Meeting on September 19.

October 4 — Kenneth Pearl, Bee Keeper will share his passion for bee keeping, interesting knowledge and tips and tricks should you be interested in pursuing this popular hobby.

Please call to register for breakfast. We need the count by Monday morning.

KEEPIN' IT MOVING—EXERCISE FOR ALL

JOYFUL MOVEMENT WITH RENA

Wednesdays & Thursdays 12:15 - 1:15

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.*

ESSENTRICS CLASS

Tuesdays & Fridays 9:00 - 10:00 AM

Cost: \$5/class

This full body exercise lengthens & strengthens muscles with flowing movement, increasing flexibility and mobility while developing stronger muscles.

Pre-register to attend.

CELEBRATE FALLS PREVENTION MONTH WITH A PRESENTATION FROM SOUTH SHORE HEALTH

Wednesday, Sept 28th @ 9:00-10:30 AM / FREE!

Experts from South Shore Health will join us for an informative, interactive presentation on preventing falls. Our team of experts will share strategies to help improve balance and take on topics like fear of falling, home safety assessments and the importance of nutrition. *Please register to attend.*

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

Please register.

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

LIFT YOUR SPIRITS STRENGTH CLASS W/SUE

Mon @ 12:30; Wed @ 11-12

NO FRIDAY CLASS

Cost: \$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. Class size is limited.

TAI CHI & QI GONG

Tuesday @ 1:30; \$4/class

Our Tai Chi class w/Sandy includes a 5 element flow of Qi Gong and the 24-step Tai Chi forms—both designed to strengthen the body, increase flexibility & range of motion, bring mindful awareness, and promote better balance. Please pre-register. **Sandy is also available for Chair Massages by appointment for 15 or 20 mins (\$1/minute) before class. Please call to arrange.**

BALANCE FOR LIFE

Mon & Thurs @ 11-12

This popular class w/Sue incorporates stretching, movement, strengthening, cool music & of course Sue, herself!

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



PM YOGA WITH RENA

NEW TIME: Mon 3:30-4:30 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. Class is suitable for beginners and experienced yoga students. **Please pre-register. Class size limited.**

HAPPY TRAIL WALKING!

Interested in getting outdoors and walking local trails around Scituate and the neighboring towns? Join the trail walking group resuming this Fall — Dates & locations TBA.

Call 781-545-8875 if interested.

LET'S LINE DANCE!

Tues @ 11:00-12:00

Have fun while you exercise and be a hit at your next wedding! Join this Line Dance class w/Jean to learn new steps and dance to your favorite country and popular songs. **Pre-registration requested. \$5/class**



INDOOR PICKLEBALL

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

Friday @ 11-1 at Recreation/Vets Memorial Gym

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.

NEW CLINICS OFFERED with Sylvie Franzini. \$25/week; 2-week sessions

Sept 16 & 23

Intro to Pickle @ 11-12 for beginners; limit 8. Instruction, game rules, safety and guidelines.

Skills & Drills 12-1; limit 4. Strategies and refinement for successful play.

Clinics will utilize 1 of the 4 courts during lesson.

ARTHRITIS / JOINT CONDITIONING CLASS

Tues @ 3:00-4:00pm—Instructor NEIL SULLIVAN: \$4/CLASS

This class helps participants to exercise without straining their joints and muscles. Includes passive and active movements/exercises as well as stretches to help increase joint flexibility, range of motion and muscular strength as well as activities for balance and fall prevention. Primary aim is to increase functional ability and self-care for individuals with arthritis and joint pain.

WELLNESS

CHAIR MASSAGE—Designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. **Appts on 1st Friday of the month w/Freya Schlegal (9/2 and 10/7) @ 9:00- 1:00; \$20/20 mins.**

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 9/1, 9/14 and 10/6 and 10/12 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 9/14, 10/12 from 9-2:00 pm; \$30/30 minutes.**

REIKI w/ Elizabeth Rogers—A healing technique based on the principle that the therapist can activate the natural healing process by means of touch. **Appts last Thurs of the month, 9/29 and 10/27 10 - 3pm; \$75/hour session.**

NEW: Reiki or Chair Massage opportunity with Sandy before Tai Chi/Qi Gong class on Tuesdays: 15 or 20 minute appointments beginning at 12:00. \$15/\$20, respectively.

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

We Welcome Manicures & Pedicures by Joddie, Licensed Manicurist

Tuesdays: Oct 18—12:30-4pm; Nov 8—9:00-4pm; Nov. 22—9:00-4pm, by appt

NEW **Woman's Manicure** (includes polish) - \$18; **Spa Manicure** - \$21
Gentlemen's Manicure (shape, clean, buff and hand massage) - \$11
Mini-pedicure - \$16; **Full Pedicure** - \$28

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

SEP/OCT Art Exhibit at Senior Center

Our newest exhibit is a collection of work submitted by local area artists. Please join us for a reception with the artists on Friday, Sept 9 at 4:00-6:00pm. We are so grateful for the all of the contributions to our wall gallery by all of our artists of all varieties!



SEPTEMBER 2022 CALENDAR

End of Summer Celebration



Friday, Sept 2 @ 4:00—6:00 pm

Live Music featuring Billy & the Goats

Community event—all are welcome!

Outside on the patio/backyard; Hotdogs & Beans, Games

<div>End of Summer Celebration</div> <div></div> <div>Friday, Sept 2 @ 4:00—6:00 pm</div> <div>Live Music featuring Billy & the Goats</div> <div>Community event—all are welcome!</div> <div>Outside on the patio/backyard; Hotdogs & Beans, Games</div>			<div>THUR 1</div> <div>9:00 Reflexology</div> <div>10:00 Mah Jong</div> <div>10:00 Card Making</div> <div>11:00 Balance</div> <div>12:15 Joyful Movement</div> <div>1:00 Bocce Ball</div> <div>1:00 Knitting</div> <div>2:30 Ping Pong</div>	<div>FRI 2</div> <div>8:30 Yoga</div> <div>9:00 Essentrics</div> <div>9:00 Chair Massage</div> <div>9:45 Chair Yoga</div> <div>12:30 Friday Flix</div> <div>4:00 Outdoor Summer Celebration</div>
<div>MON 5</div> <div>LABOR DAY HOLIDAY!</div> <div>Senior Center CLOSED</div>	<div>TUES 6</div> <div>9:00 Men's Breakfast</div> <div>9:00 Essentrics</div> <div>10:00 Bocce Ball</div> <div>10:30 Men's Book Group</div> <div>11:00 Line Dance</div> <div>11:00 Spanish Class</div> <div>1:00 Bingo</div> <div>1:30 Tai Chi & Qi Gong</div> <div>3:00 Joint Conditioning</div>	<div>WED 7</div> <div>8:30 Yoga</div> <div>9:45 Chair Yoga</div> <div>10:00 Bocce Ball</div> <div>10:30 Nurse / BP</div> <div>11:00 Lift Spirits</div> <div>12:15 Joyful Movement</div> <div>1:00 Scrabble</div> <div>2:00 Zumba Gold</div> <div>5:00 Pickleball/Badmint</div>	<div>THUR 8</div> <div>10:00 Mah Jong</div> <div>10:00 Richardson-Gaffey</div> <div>11:00 Balance</div> <div>12:15 Joy Movement</div> <div>1:00 Bocce Ball</div> <div>1:00 Knitting</div> <div>2:30 Ping Pong</div>	<div>FRI 9</div> <div>8:30 Yoga</div> <div>9:00 Essentrics</div> <div>9:45 Chair Yoga</div> <div>11:00 Pickleball/Vet Gym</div> <div>12:30 Friday Flix</div> <div>4:00-6:00 Artist Reception for Sept/October art exhibit. All are welcome!</div>
<div>MON 12</div>	<div>TUES 13</div>	<div>WED 14</div>	<div>THUR 15</div>	<div>FRI 16</div>
<div>8:30 Yoga</div> <div>9:45 Chair Yoga</div> <div>11:00 Balance</div> <div>11:00 Expressive Writing</div> <div>12:30 Lift Spirits</div> <div>1:00 Hand & Foot</div> <div>2:00 Zumba Gold</div> <div>4:00 Alzheimer's Caregivers</div> <div>4:30 PM Yoga w/Rena</div>	<div>9:00 Essentrics</div> <div>10:00 Bocce Ball</div> <div>11:00 Line Dance</div> <div>11:00 Spanish Class</div> <div>12:00 Chair massage</div> <div>1:30 Tai Chi & Qi Gong</div> <div>1:30 Gardening Series</div> <div>3:00 Joint Conditioning</div>	<div>8:30 Yoga</div> <div>9:00 Reflexology/ Head</div> <div>9:45 Chair Yoga</div> <div>10:00 Bocce Ball</div> <div>11:00 Lift Spirits</div> <div>11:00 Art for Your Mind</div> <div>12:15 Joyful Movement</div> <div>1:00 Scrabble</div> <div>1:00 Watercolor Class</div> <div>2:00 Zumba Gold</div> <div>5:00 Pickleball/Badmint</div>	<div>10:00 Mah Jong</div> <div>10:00 Ukraine Talk</div> <div>10:00 Outreach in Café</div> <div>10:30 Sen O'Connor/Lou</div> <div>11:00 Balance</div> <div>12:15 Joyful Movement</div> <div>1:00 Knitting</div> <div>1:00 Bocce Ball</div> <div>1:30 Stress Mgmt</div> <div>2:30 Ping Pong</div>	<div>8:30 Yoga</div> <div>9:00 Essentrics</div> <div>9:45 Chair Yoga</div> <div>11:00 Pickleball/Vet Gym</div> <div>11:00 Pickleball Clinics</div> <div>12:30 Friday Flix</div>
<div>MON 19</div>	<div>TUES 20</div>	<div>WED 21</div>	<div>THUR 22</div>	<div>FRI 23</div>
<div>8:30 Yoga</div> <div>9:45 Chair Yoga</div> <div>11:00 Balance</div> <div>11:00 Expressive Writing</div> <div>12:30 Lift Spirits</div> <div>1:00 Hand & Foot Cards</div> <div>2:00 Zumba Gold</div> <div>4:30 PM Yoga w/Rena</div> <div>7:00 PM Fall Special Town Meeting</div>	<div>9:00 Essentrics</div> <div>10:00 Bocce Ball</div> <div>11:00 Line Dance</div> <div>11:00 Spanish Class</div> <div>12:00 Chair massage</div> <div>1:00 Parkinson Supp Grp</div> <div>1:30 Tai Chi & Qi Gong</div> <div>1:30 Internet Safety Talk</div> <div>3:00 Joint Conditioning</div>	<div>— FLU CLINIC —</div> <div>8:30 Yoga</div> <div>9:45 Chair Yoga</div> <div>10:00 Bocce Ball</div> <div>10 & 1 Bob Jackman class</div> <div>11:00 Lift Spirits</div> <div>12:00 Caregiver Supp Grp</div> <div>12:15 Joyful Movement</div> <div>1:00 Scrabble</div> <div>1:00 Watercolor Class</div> <div>2:00 Zumba Gold</div> <div>5:00 Pickleball/Badmint</div>	<div>10:00 Mah Jong</div> <div>10:00 Outreach in Café</div> <div>10:30 Grief Support Grp</div> <div>11:00 Balance</div> <div>12:15 Joyful Movement</div> <div>1:00 Knitting</div> <div>1:00 Bocce Ball</div> <div>2:30 Ping Pong</div> <div>2:45 No-rules Book Club</div>	<div>8:30 Yoga</div> <div>9:00 Essentrics</div> <div>9:30 Introduction to iPad</div> <div>9:45 Chair Yoga</div> <div>11:00 Pickleball/Vet Gym</div> <div>11:00 Pickleball Clinics</div> <div>12:30 Friday Flix</div>
<div>MON 26</div>	<div>TUES 27</div>	<div>WED 28</div>	<div>THURS 29</div>	<div>FRI 30</div>
<div>8:30 Yoga</div> <div>9:45 Chair Yoga</div> <div>11:00 Balance</div> <div>11:00 Expressive Writing</div> <div>12:30 Lift Spirits</div> <div>1:00 Hand & Foot Cards</div> <div>2:00 Zumba Gold</div> <div>4:00 Alzheimer's Caregivers Grp</div> <div>4:30 PM Yoga w/Rena</div>	<div>9:00 Essentrics</div> <div>10:00 Bocce Ball</div> <div>11:00 Line Dance</div> <div>11:00 Spanish</div> <div>12:00 Chair massage</div> <div>12:30 Music w/Matt Browne</div> <div>1:30 Tai Chi & Qi Gong</div> <div>1:30 Gardening Series</div> <div>3:00 Joint Conditioning</div>	<div>8:30 Yoga</div> <div>9:00 Fall Prevention Demo</div> <div>9:45 Chair Yoga</div> <div>10:00 Bocce Ball</div> <div>10 & 1 Bob Jackman class</div> <div>11:00 Lift Spirits</div> <div>12:15 Joyful Movement</div> <div>1:00 Scrabble</div> <div>1:00 Watercolor Class</div> <div>2:00 Zumba Gold</div> <div>5:00 Pickleball/Badminton</div>	<div>10:00 Mah Jong</div> <div>10:00 Real Estate Reps</div> <div>10:00 Reiki appointments</div> <div>11:00 Balance</div> <div>12:15 Joyful Movement</div> <div>1:00 Knitting</div> <div>1:00 Bocce Ball</div> <div>2:30 Ping Pong</div>	<div>8:30 Yoga</div> <div>9:00 Essentrics</div> <div>9:45 Chair Yoga</div> <div>11:00 Pickleball/Vet Gym</div> <div>12:30 Friday Flix</div>

OCTOBER 2022 CALENDAR

MON 3	TUES 4	WED 5	THUR 6	FRI 7
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 3:30 PM Yoga	9:00 Men's Breakfast 9:00 Essentrics 10:00 Bocce Ball 10:30 Men's Book Group 11:00 Line Dance 1:00 Bingo 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning	8:30 Yoga 9:45 Chair Yoga 10 & 1 Bob Jackman 10:00 Bocce Ball 10:30 Nurse / BP 11:00 Lift Spirits 1:00 Scrabble 1:00 Watercolor class 2:00 Zumba Gold 5:00 Pickleball/Badmin	9:00 Reflexology 9:15 Beginner Mah Jong 10:00 Mah Jong 10:00 Card Making w/Beth 10:30 Grief Support 11:00 Balance 12:15 Joyful Movement 1:00 Red Sox Memories 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong	8:30 Yoga 9:00 Chair Massage 9:00 Essentrics 9:45 Chair Yoga 12:30 Friday Flix
MON 10	TUES 11	WED 12	THUR 13	FRI 14
COLUMBUS DAY HOLIDAY Senior Center CLOSED	9:00 Essentrics 9:30 SHINE Presentation 10:00 Bocce Ball 11:00 Line Dance 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning	8:30 Yoga 9:00 Head massage & Reflexology appts 9:45 Chair Yoga 10 & 1 Bob Jackman 10:00 Bocce Ball 11:00 Art for Your Mind 11:00 Lift Spirits 1:00 Scrabble 1:00 Watercolor class 2:00 Zumba Gold 5:00 Pickleball/Badm	9:15 Beginner Mah Jong 10:00 Mah Jong 10:00 Richardson/Gaffey 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong 5:30 COA Board Mtg	8:30 Yoga 9:00 Essentrics 9:45 Chair Yoga 12:30 Friday Flix
MON 17	TUES 18	WED 19	THUR 20	FRI 21
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 3:30 PM Yoga	9:00 Essentrics 10:00 Bocce Ball 10:00 Memory Care—Effective Communication 11:00 Line Dance 1:00 Parkinson Group 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning	8:30 Yoga 9:45 Chair Yoga 10 & 1 Bob Jackman 10:00 Bocce Ball 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Caregiver Group 1:00 Watercolor class 1:00 Scrabble 2:00 Zumba Gold 5:00 Pickleball/Badm	9:15 Beginner Mah Jong 10:00 Mah Jong 10:00 Outreach Team/Café 10:30 Sen O'Connor/Lou 10:30 Grief Support Grp 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 1:30 Relaxation Practice 2:30 Ping Pong	8:30 Yoga 9:00 Essentrics 9:45 Chair Yoga 12:30 Friday Flix
MON 24	TUES 25	WED 26	THUR 27	FRI 28
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 4:00 Alz. Caregivers Grp 3:30 PM Yoga	9:00 Essentrics 10:00 Bocce Ball 11:00 Line Dance 12:30 Music w/Matt 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce Ball 10 & 1 Bob Jackman 11:00 Lift Spirits 1:00 Scrabble 2:00 Zumba Gold 5:00 Pickleball/Badminton	9:00 Reiki 9:15 Beginner Mah Jong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong	8:30 Yoga 9:00 Essentrics 9:45 Chair Yoga 12:30 Friday Flix
MON 31				
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot Cards 2:00 Zumba Gold 3:30 PM Yoga	<p>Our Bocce Court is available <u>any time</u> for individuals or groups who would like to play in addition to the scheduled opportunities. Equipment is available. Instructions are also available; or for a lesson, see the staff for information.</p> <p>Our Pool and Shuffleboard tables are also available for requests to use, excepting Monday afternoons and Thursday mornings. Ping Pong table can be requested when Egypt room is not in use.</p>			 <p>AARP TAX-AIDE PROGRAM LOOKING FOR VOLUNTEERS</p> <p>AARP provides all training and support. Brochure available.</p>

PROGRAMS, GROUPS, ACTIVITIES

ART CLASSES

WATERCOLOR w/ Judy Rossman
Wednesday @ 1 - 3:30 PM

6 weeks: Sept 14 - Oct 19
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.

Individual attention will address all skill levels. Please pre-register.

SOCIAL PAINTING IS BACK!

Monday (new day) @ 1:00 - 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.

CARD MAKING

Join local card maker, Beth McGaw and learn how to make beautiful homemade cards with fabric. Monthly on 1st Thursday, **10 AM - 12, Cost \$5.**
SEPT 1—Cats! (domesticated & wild); **OCT 6**—Halloween (bats, pumpkins and black cats!)

Please register.

TRADITIONAL RUG HOOKING?

Would you be interested in learning a new art this Fall?

We would love to bring this opportunity to start a traditional rug hooking class taught by a certified and talented instructor, Pearl McGowan.

If you are interested, please contact Jessica at 781-545-8875.

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

Thursday, Sept 22 @ 2:45—"Surviving Savannah" by Patti Callahan and "Where the Forest Meets the Stars" by Glendy Vanderah

Thurs. Oct 20 @ 2:45— Book Title TBA



RECREATION & LEISURE

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

HOLA! SPANISH CLASS

Tuesdays, 11 - 12 PM

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

Instructor Catherine Spiegel

Pre-register to attend. \$5/class

Beginner Spanish?

If you are interested in a beginner Spanish class, contact Jess at 781-545-8875. If there is enough interest we will start another session 10am-11am in November.

ART FOR YOUR MIND

Monthly on Wednesdays @ 11 - 12

September 14 - Early American Art—Revolutionary Images

October 12 - Early American Art—Everyday Life

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*

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

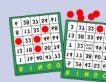
We have a great new table available for use in the Egypt Room on designated afternoons. You can reserve a spot at the Front Desk. See the calendar for designated times or check with staff.

BINGO! (After lunch)

with John Ross

On the **first Tuesday** of the month at 1:00 pm—**Sept 6 & Oct 4 at**

1:00 pm. Join us for laughs and a fun game!



S-INGO! (After lunch)

On the **2nd Tuesday** of the October at 1:00 pm—**first time on Oct 11 at 1:00 pm.**



Music w/Matt Browne

On the **4th Tuesday** of the month at

12:30-1:30—9/27 and 10/25. Join Matt for a chance to be entertained or to sing along!
In memory of Jim Young.

PROGRAMS, GROUPS, ACTIVITIES

CAREGIVER SUPPORT GROUP

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group. This group meets the **3rd Wednesday of the month at 12-1.**

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

PARKINSON'S 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.

Meetings on **9/20 & 10/18 @ 1:00-2:00 pm**

GRIEF SUPPORT GROUP

NEW PROGRAM STARTING!

Are you trying to navigate through a profound loss in your life? You don't need to do it alone. There is healing power in the collective wisdom and compassion of a support group.

A new program will begin **Thursday, September 22.** This group will continue to meet **every 1st and 3rd Thursday of the month at 10:30,** followed by the option to sign up to have lunch together.

Please register in advance for the group and make your reservation for lunch at 781-545-8722.

EXPRESSIVE WRITING

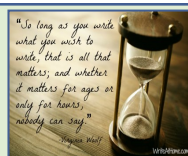
Mondays @
11:00-12:00pm

Starts back up—Sept 19th!

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.



FUN FRIDAY FLICKS!

MOVIE STARTS AT 12:30PM
POPCORN PROVIDED

Sept 2 - Dave (1993)
Sept 9 - Downton Abbey
Sept.16 - Roman Holidays (1953)
Sept 23 - tick, tick ... Boom (2021)
Sept 30 - Green Book (2018)
Oct 7 - Good Will Hunting (1997)
Oct 14 - Death at a Funeral (2007)
Oct 21 - The Descendents (2011)
Oct 28 - Hocus Pocus (1993)

TECHNOLOGY CLASSES

Would you like to hone your Ipad skills this fall? Join our monthly classes with instructor, Katy Mayo. Fridays this Fall!

Introduction to iPad—Sept 23 @ 9:30-11:00 am -

Intermediate iPad—Oct 14 @ 9:30-11:00am

Please register to attend! **\$15/class**

MEMORY CARE OPPORTUNITIES

Support & Resources group for dementia caregivers—offered by the Alzheimer's association

2nd and 4th Monday @ 4:00 - 5:00 pm, ongoing

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

Call 800-272-3900 to register.

PRESENTATION provided by the Alzheimer's Association:

Alzheimer's—Effective Communication Strategies

Tuesday, October 18th at 10 - 11 am

Explore ways that Alzheimer's disease and other forms of dementia affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Call 800-272-3900 to register.

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.

INTERNET SAFETY & SECURITY

SEPT 20TH @ 1:30PM

Bobbi Bookstaver, a Cyber Security Specialist will present about online safety and security especially with the senior population in mind.

- Understand how you could become a target.
- Learn how to avoid scams.
- Protect yourself and your data.

Please register to attend.

MENTAL HEALTH MATTERS

Thursdays from 1:30-2:30pm

Join Anita Ahern, licensed psychotherapist and trainer, to discuss how we can take care of our mental health as we age.

9/15—Stress Management—

Learn tips and strategies to effectively manage the stressors of life.

10/20—Relaxation Practice

Learn relaxation & meditation techniques to bring more calm and peace into your everyday life.

GARDEN SERIES IS BACK!

Presented by Sally Rossi Ormon

Tuesdays this Fall! 1:30-3pm

9/13—Preserving the Harvest

From flowers to fruit, herbs to roots; learn how to preserve your garden's abundance.

9/27—Fall Foraging

Learn the principles of safe wild plant foraging.

10/11— Fall Planting

Learn methods for successful food, flower and herb growing.

10/25— Put the Garden to Bed

Learn how to prepare the garden for winter rest.

Donations of \$3-5 are accepted to help w/ supplies.

Please register to attend.

MEDICARE OPEN ENROLLMENT SHINE PRESENTATION

OCTOBER 11 @ 9:30 AM

Do you have questions regarding your Medicare health plan? It's that time of year to enroll and learn about your options. Our volunteer SHINE Counselor Elaine Schembari will be here for Q&A.

Please call for more information and to register 781-545-8722.



Join us for a Halloween Party!

Ice Cream Social & Costume Contest w/ Prizes!

Monday, October 31 @ 1:30-3pm

Sponsored by our friends at North River Home Care

Please register to attend!

NEW Social Day Program for Individuals w/Early-stage Alzheimer's or Dementia

This program is being developed to provide an opportunity for stimulation and socialization in a supportive environment. Activities are designed to meet the needs of participants by qualified staff. Prior screening is required beforehand. Space is limited. Cost is \$35/day, lunch included. For more information, call Linda at 781-545-8871.

OUTREACH & SERVICES

SHINE

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.

PROFESSIONAL VISITS

STATE SENATOR PATRICK O'CONNOR'S OFFICE

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

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours CALL TO REQUEST.

ASK A LAWYER

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

BP / HEALTH CLINIC WITH TOWN NURSE EILEEN SCOTT

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

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

A Flu Clinic will be offered at the Senior Center on Wednesday, September 21 by the Town Nurse.

SNAP

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

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

SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm

Thurs 3:30 – 5:15 pm

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

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

HOUSING AUTHORITY VISITS

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

1st Tuesday—Wheeler Park

1st Wednesday—Central Park

1st Thursday—Lincoln Park

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
- **2nd & 4th Thursday** of the month—Village Market, Harbor

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.

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)



NEW

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: 9/26, 10/24 & 11/28 from 11:00-2:00pm.** Please call Lillian Cruz, 781-545-8872, to reserve your spot!

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, and only up to two dates at one time when asking the Front Desk. 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 feel we must begin to ask for \$5 before another reservation can be 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 SEPTEMBER

Mon, 9/5	LABOR DAY HOLIDAY; Senior Center CLOSED
Tues, 9/6	Monte Cristo Sandwich with Mornay sauce, fries
Wed, 9/7	Lasagna with sausage and marinara, peas, bread
Thurs, 9/8	Baked stuffed chicken, gravy, potatoes, squash
Mon, 9/12	Fruit stuffed roast pork loin, sweet potatoes, corn
Tues, 9/13	Turkey sandwich w/stuffing and cranberry, chips
Wed, 9/14	Cavatappi w/sausage, capers, spinach, squash
Thurs, 9/15	Shrimp scampi with broccoli, garlic toast
Mon, 9/19	Shepard's pie, peas, pan gravy
Tues, 9/20	Ham & swiss on NY rye, chicken noodle soup
Wed, 9/21	Turkey Tetrazzini, focaccia bread
Thurs, 9/22	Mussel bisque, baked haddock or salmon, Lyonnaise potatoes, asparagus
Mon, 9/26	Pot roast, mashed potatoes, buttered carrots
Tues, 9/27	Chicken stew with buttermilk biscuits
Wed, 9/28	Ravioli w/meatball, sautéed spinach, garlic bread
Thurs 9/29	Baked haddock, baked stuffed potatoes, broccoli

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 begins at 10:30; items may not be reserved.

MENU FOR OCTOBER

Mon, 10/3	Chicken marsala, linguini, roasted zucchini
Tue, 10/4	Beef stew, fresh buttermilk biscuits
Wed, 10/5	American chop suey, peas, garlic bread
Thu, 10/6	Shrimp scampi, buttered asparagus
Mon, 10/10	HOLIDAY; Senior Center CLOSED
Tue, 10/11	Oven fried chicken w/gravy, mashed, carrots
Wed, 10/12	Spinach lasagna with marinara, garlic bread
Thu, 10/13	Grilled pub steak w/bernaise sauce, fresh green beans, roasted potatoes
Mon, 10/17	Pot roast, gravy, mashed potatoes, carrots
Tue, 10/18	Grilled corned beef and swiss, pasta fagioli soup
Wed, 10/19	Spaghetti w/meatballs, garlic bread, peas
Thu, 10/20	Baked haddock, red bliss potatoes, broccoli
Mon, 10/24	Chicken piccata, wild rice pilaf, butternut squash
Tue, 10/25	Open faced roast beef sandwich w/caramelized onions and swiss cheese on garlic toast, side of au jus, sweet potato fries
Wed, 10/26	Penne with Italian sausage, zucchini, rolls & butter
Thu, 10/27	Shrimp and asparagus risotto
Mon, 10/31	Roast pork tenderloin dijonnaise, mashed potatoes, cabbage and apples

Supermarket/Bread donations:

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



& 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

Anonymous

In Honor of

Pat Paglierani

In Memory of