

Scituate SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | JANUARY & FEBRUARY 2023

CONTACT US

Our address:

333 First Parish Road
Scituate, MA 02066

Phone: 781-545-8722

Fax: 781-545-2806

www.scituatema.gov
council-on-aging

HOURS OF OPERATION

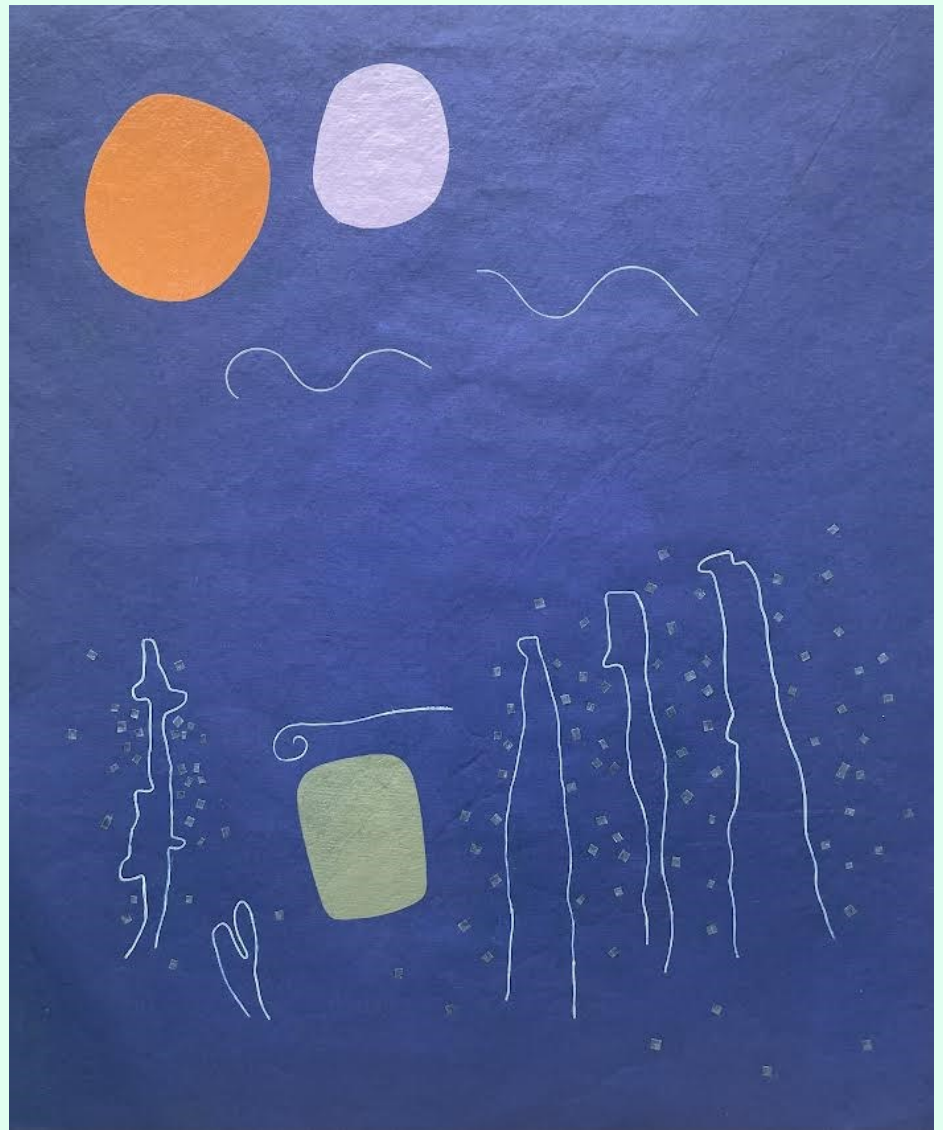
Monday - Thursday

8:30 am - 4:30 pm

Friday 8:30 am - 3 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.



"Two Moons Rising" by Larry Guilmette

Magpie Scratchings, works by Larry Guilmette, will be on display at the Senior Center beginning January 3 through February. The exhibit will be a combination of prints, paintings, and mixed media. **There will be a reception to meet the artist and view the exhibit at a special time on Friday, January 20 at 4:00 to 6:00 pm.**

AD SPACE

ABOUT US

DIRECTOR'S NOTE

The great thing about getting older is that you don't lose all the other ages you've been. — Madeleine L'Engle

Wow – January 2023. It is nice that time marches on and we are part of the parade. Age, or the lack thereof, is something that we talk about a lot here at the Senior Center—not how old (or young) we are, but maybe what age do I have to be to come here? Or, I never thought I'd be this age; or, I don't feel my age! It is the surprise that we are enjoying our age(s), and for the most part are happy about it, that seems to be on everyone's lips. Of course, we do want to support the various ages and realize things are changing for many. January—and the winter, in general—is a time of rebirth or retooling or renewing, and so nice that we have this turning point of the new year to review our past year, our selves, and decide what we may want to change for this coming year. The Senior Center wants to be a support for that inevitable looking inward, or looking outward for a new and healthy stimulus, so how about refreshing your Tap Dancing with us; or Decluttering to De-stress; or thinking about a “new you” in the new year ... just a few of the thoughtful additions to our programs in January. And looking to February, well, it is hard not to think about love of all kinds—*where there is love, there is life (Mahatma Gandhi)*—and we will provide some special musical entertainment to take you back with Steve Lanzillotta and special guest, BB “Queen” to spark that old feeling. Not to mention, it is tax time as well, but knowing AARP is here to help makes that yearly task a lot more pleasant.

We all know that aging is actually a gift—a gift of time and longevity that not all get to enjoy, but of course we

do want to make the most of it. So, let's hope the winter weather doesn't keep us captive this season. Though we are hearty, it is tough to have routines disrupted by cancellations. Let us know if you have any concerns for your safety and welfare during what can be a stressful weather season. Try to be proactive to find plowing or snow shoveling help before the storms—I am sorry to say that it is difficult for us to have those resources for you, though we will advertise the availability of resources if we find them. We know the cost of food has risen for everyone, even us! If anyone is experiencing undue challenges with obtaining food or resources, please let us know. I hope you feel the warmth and love when you come in, whatever the season. *Love, Linda*

PROGRAMS & ACTIVITIES INDEX

Art	11
Art for Your Mind	11
Book Clubs	4, 11
Cards & Games.....	11
Coffee/Community Resources	4
Crafts.....	11
Exercise/Dance	6
Friday Flix	12
Learning Programs	4
Lunch Menu	15
Mani/Pedis.....	7
Men's Breakfast	4
Outreach News	14
Pickleball	6
Professional Appts	14
Recreation/Leisure.....	11
Reflexology	7
Reiki	7
Scituate History.....	4
SHINE	14
Social Day Program	13
Spanish.....	11
Story telling	12
Support Groups.....	12, 13
Technology.....	12
Transportation	14
Wellness.....	7

OUR STAFF

Director

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

Administrative Assistant

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

Transportation Coordinator Open | 781-545-8872

Outreach Coordinator

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

Activities & Volunteer Coordinator

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

Social Day Program Coordinator

Jen Adams |
jradams@scituatema.gov

Food Service Manager

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

Food Service Assistant

Cam Reardon

Van Drivers

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

COUNCIL ON AGING BOARD

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

AT HOME HEARING HEALTHCARE & CLINIC SCREENINGS JAN. 5 & FEB. 2 @ 10 – 12PM

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

COFFEE & PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME JAN. 12 & FEB. 9 @ 10:30AM

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

CHARM MEDICAL SUPPLY JAN. 26 @ 10AM

Do you or a loved one struggle to pay for certain medical supplies?

Charm Medical may be able to help. Mary Lou Dolan will be in the Café w/ snacks to answer questions. Bring your insurance cards to see if you are eligible to have these supplies and others covered by insurance with no cost to you.

COFFEE W/ THE COPS FEB. 23 @ 10AM

Come chat with a few of Scituate's finest, to discuss town safety and other topics.

Please register to attend these sessions.

HISTORY SERIES WITH BOB JACKMAN

HISTORY OF SHIPBUILDING ON THE NORTH RIVER AND SCITUATE HARBOR WITH BOB JACKMAN

6 Sessions—Jan 4, 11, 18, 25, Feb 1 and 8. Tuition \$25.

History of Shipbuilding on the North

River and Scituate Harbor will provide a solid overview of local shipbuilding from 1640 to 1870. The process of building ships will be presented from standing timber to a completed vessel passing between Humarock and Rexhame to enter the Atlantic Ocean. Using maps, period images, and modern photographs the locations of the shipyards will be identified. The work routine of shipbuilders will be presented along with glimpses of the lives of some craftsmen. We will also examine the bust and boom nature of the industry

Patrons can sign up for the morning or afternoon session, but not both. The morning session will be from 10am to 11:30am. The afternoon session will be from 1pm to 2:30pm. Limit 28 students per session.

HISTORY SERIES: BRITAIN'S WAR



TUESDAYS for 8 weeks;

Jan 3 - Feb 21 @ 1:30-3pm /Tuition is \$20 per person for 8 weeks. Class limit of 25 people.

This eight part series covers the years, Sep. 1939—Dec. 1941 of WWII from the viewpoint of Britain and the rest of Europe, before the US entered the conflict.

The course begins at the time of the Peace Treaty at the end of World War I, with its effects on both the Axis and Allied powers in various parts of Europe, the Middle East and the Far East. It continues up to December 7th 1941, and the attack on Pearl Harbor, when the United States declared war on Japan, making it a true World War.

The narrator, David Barrett, was a young child living in London during the Blitz, and its memory still persists decades later. For more information about the course and instructor please visit the front desk for a flyer.

Please register to attend.

MEN'S BOOK CLUB TUESDAY @ 10:30 am

JAN. 10—"*Last Hope Island: Britain, Occupied Europe, and the Brotherhood That Helped Turn the Tide of War*" by Lynne Olson.

FEB. 7—Book Title—To be decided at the January meeting.
Please Register to attend.

MEN'S BREAKFAST—Ladies invited.

First Tuesday of every month @ 9am. / Cost: \$5

Jan 10— Chief of Police, Mark Thompson will join us to update us on the department and the many community and safety resources it offers.

Feb 7— The Massachusetts South Shore Woodturners will share their passion for wood turning, a demonstration and bring many of their finely made products.

SPECIAL EVENTS

VALENTINE'S TUNES & TREATS—SPECIAL ENTERTAINMENT

"It's All About Love, Baby"

A new musical duo, Steve Lanzillotta and international soul singing sensation, BB Queen will sing love songs from all of the decades with accompanying musicians. We are thrilled to offer this special entertainment opportunity to enjoy this timeless winter holiday together.

Monday, February 13 @ 1pm in the Egypt Room after lunch; refreshments provided



A NEW YEAR ... A NEW YOU! TUES, JAN. 24 @ 10-11:30AM

How to re-invent yourself and transition into a new chapter or "encore" pursuit after retirement.

Career Consultant, Susan Kelly, will facilitate a workshop to help you navigate this time of life and explore new opportunities for you.

Please register to attend the workshop.



DE-CLUTTERING TO DE-STRESS IN THE NEW YEAR!

Post holidays could you use some organization in your life? Would you like to learn some tips and tricks to de-stress and bring balance to your home?

Thurs, Jan 19 @ 1:30 PM

This is a great workshop for anyone who is interested in learning how to better organize your home for the new year. **Facilitator:** Anita Ahearne, a local licensed psychotherapist with expertise in stress management. Please register.

AD SPACE

KEEPIN' IT MOVING—EXERCISE FOR ALL

AM YOGA OPTIONS

YOGA W/ANNE

Mon 8:30—Floor

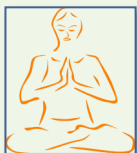
Mon 9:45—Chair

GENTLE YOGA W/ELIZABETH

Wed & Fri 8:30—Floor

Wed & Fri at 9:45—Chair

Floor Yoga \$10; Chair \$5



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.

PM YOGA WITH RENA

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 while also challenging your balance. For all levels. **Please pre-register. Class size limited.**

BEGINNER TAI CHI & QI GONG

NOW ON THURSDAY
1:00 PM; \$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.

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.*

LET'S LINE DANCE! TUESDAYS

Beginner @ 10:15-11

Cost \$5/class

Intermediate @ 11:15-12:00

Cost \$5/Class

Have fun while you exercise and be a hit at your next wedding!

Pre-registration requested.

INDOOR PICKLEBALL

Wed at Jenkins Gym; 5 - 7 pm

Fridays at Recreation/Vets Gym;
11 am - 1 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. Equipment/balls provided.

BEGINNER CLINIC - 2 weeks; \$50

Fri, Jan 13 & 20 @ 1:00-2:00 pm

SKILLS & DRILLS - 2 weeks; \$50

Fri, Feb 3 & 10 @ 1:00-2:00 pm

Must register; payment before

TRAIL WALKING - FRIDAYS @ 1PM



A different walk each week as long as weather permits us.

Call 781-545-8875 to register and to receive notice for the location.

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.



TAP YOUR HEART OUT

Thurs @ 3-4 pm.

Join this fun tap class for people with some experience with dance. Whether you tapped yesterday or in your youth but have been waiting to do it again – come dance with Melissa. The class will consist of warmups; typical dance steps reviewed and progressive routines will be taught. Tap shoes recommended. Let us know if you need more information. 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 1/5, 1/11, 1/19, 2/2, 2/8, 2/16, 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 1/11 and 2/8 from 9-2:00 pm; \$30/30 minutes.**

REIKI w/ Elizabeth Rogers— Last Thursdays of the month, 1/26, 2/23, 10:00—3:00pm \$75 per hour

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

MANICURES & PEDICURES BY JODDIE

Tuesdays 9-4pm - 1/3, 1/17, 2/14 -by appointment

Manicure (includes polish) - \$18 (30 mins.)

Spa Manicure - \$21 (half hour)

Simple Manicure (no polish, shape, clean, buff and hand massage) - \$11 (30 min.)

Mini-pedicure - \$16 (half hour) **Full Pedicure** - \$28 (full hour)

Spots fill up fast! Call the Front Desk, 781-545-8722 to book your appointment w/Joddie!

DE-CLUTTERING TO DE-STRESS IN THE NEW YEAR!

Post holidays could you use some organization in your life? Would you like to learn some tips and tricks to de-stress and bring balance to your home?



Thurs, Jan 19 @ 1:30 PM

This is a great workshop for anyone who is interested in learning how to better organize your home for the new year.

Facilitator: Anita Ahearne, a local licensed psychotherapist with expertise in stress management. Please register.

JANUARY 2023 CALENDAR

MON 2	TUES 3	WED 4	THUR 5	FRI 6
Center Closed 	10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 BINGO w/ John Ross 1:30 Britain's War series	8:30 FloorYoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 10:30 Nurse/ BP 11:00 Lift Your Spirits 12:15 Joyful Movement 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball/ 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Healthcare 10:30 Grief Support Group 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class	8:30 FloorYoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 9	TUES 10	WED 11	THUR 12	FRI 13
8:30 FloorYoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Social Painting 2:00 Zumba Gold 3:30 Yoga w Rena 4:00 Alz Support Grp	9:00 Men's Breakfast 9:45 Beginner Spanish Class 10:15 Line Dance I 10:30 Men's Book Club 11:00 Spanish Class 11:15 Line Dance II 1:00 S-INGO w/Ed Kelley 1:30 Britain's War series	8:30 FloorYoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Art for Your Mind 11:00 Lift Your Spirits 12:15 Joyful Movement 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball/ 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Richardson Gaffey 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 2:45 No Rules Book Club 3:00 Tap Class	8:30 FloorYoga 9:45 Chair Yoga 9:30 iPad/iPhone Class: - Get Organized 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 16	TUES 17	WED 18	THUR 19	FRI 20
Center Closed 	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Parkinson's Support Group 1:30 Britain's War series	8:30 FloorYoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 10:30 Nurse/ BP 11:00 Lift Your Spirits 12:00 Caregiver Support Group 12:15 Joyful Movement 1:00 Scrabble 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball/ 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Grief Support Group 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 1:30 De-cluttering Session 3:00 Tap Class	8:30 FloorYoga 9:30 Pool Tournament 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking 4:00 Art Reception: The works of Larry Guilmette
MON 23	TUES 24	WED 25	THUR 26	FRI 27
8:30 FloorYoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Social Painting 2:00 Zumba Gold 3:30 Yoga w Rena 4:00 Alz Support Grp	9:45 Beginner Spanish Class 10:15 Line Dance I 10:00 A New Year, New You 11:00 Spanish Class 11:15 Line Dance II 1:30 Britain's War series	8:30 FloorYoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Lift Your Spirits 12:15 Joyful Movement 1:00 Scrabble 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball/ 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Charm Medical Supply 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class	8:30 FloorYoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 30	TUES 31			
8:30 FloorYoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Social Painting 2:00 Zumba Gold 3:30 Yoga w Rena	9:45 Beginner Spanish Class 10:00 Succulent Workshop 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:30 Britain's Warseries			

FEBRUARY 2023 CALENDAR

		WED 1	THUR 2	FRI 3
<div style="border: 2px solid red; padding: 10px;"> <p style="text-align: center;">VALENTINE'S TUNES & TREATS</p> <p style="text-align: center;">"It's All About Love, Baby"</p> <p>A new musical duo, Steve Lanzillotta and international soul singing sensation, BB Queen will sing love songs from all of the decades with accompanying musicians.</p> <p style="text-align: center;">Monday, Feb. 13th @ 1pm</p>  </div>		8:30 FloorYoga 9:45 ChairYoga 10:00/1:00 Bob Jackman classes 10:30 Nurse / BP 11:00 Lift Your Spirits 12:15 Joyful Movement 1:00 Watercolor 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball / 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Healthcare 10:30 Grief Support Group 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class	8:30 FloorYoga 9:45 ChairYoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 6	TUES 7	WED 8	THUR 9	FRI 10
8:30 FloorYoga 9:30 Social Day Program 9:45 ChairYoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Social Painting 2:00 Zumba Gold 3:30 Yoga w/ Rena	9:00 Men's Breakfast 9:45 Beginner Spanish Class 10:15 Line Dance I 10:30 Men's Book Club 11:00 Spanish Class 11:15 Line Dance II 1:00 BINGO w/ John Ross 1:30 Britain's War series 1:30 Craft Corner: Decoupage	8:30 FloorYoga 9:45 ChairYoga 10:00/1:00 Bob Jackman classes 11:00 Art for Your Mind 11:00 Lift Your Spirits 12:15 Joyful Movement 1:00 Watercolor 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball / 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Richardson Gaffey 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 2:45 No Rules Book Club 3:00 Tap Class	8:30 FloorYoga 9:30 iPad/Iphone Class: Podcasts & Music 9:45 ChairYoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 13	TUES 14	WED 15	THUR 16	FRI 17
8:30 FloorYoga 9:30 Social Day Program 9:45 ChairYoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Your Spirits 1:00 Valentine's Tunes 1:00 Hand & Foot Cards 1:00 Social Painting 2:00 Zumba Gold 3:30 Yoga w/ Rena 4:00 Alz. Support Group	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Valentine's S-INGO w/ Ed Kelley 1:30 Britain's War series	8:30 FloorYoga 9:45 ChairYoga 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 Caregiver Support Group 12:15 Joyful Movement 1:00 Watercolor 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball / 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Grief Support Group 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class	8:30 FloorYoga 9:45 ChairYoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 20	TUES 21	WED 22	THUR 23	FRI 24
<p style="text-align: center;">Center Closed</p> 	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Parkinson Support Group 1:30 Britain's War series	8:30 FloorYoga 9:45 ChairYoga 11:00 Lift Your Spirits 12:15 Joyful Movement 1:00 Watercolor 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w Rena 5:00 Pickleball / 7:00 Badminton	9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Coffee w/ the Cops 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class	8:30 FloorYoga 9:45 ChairYoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 27	TUES 28			
8:30 FloorYoga / 9:45 ChairYoga 9:30 Social Day Program 11:00 Balance 11:00 Expressive Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Social Painting 2:00 Zumba Gold 3:30 Yoga w/ Rena 4:00 Alz. Support Group	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:30 Britain's War series			

AD SPACE

PROGRAMS, CLASSES & ACTIVITIES

POOL TOURNAMENT

Friday, Jan 20 / 9:30-2:30pm .

Men & Women invited to participate. Names will be drawn to determine the schedule of play. Donuts, coffee, refreshments will be provided. Sign up at front desk.

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—Thursday:
 - **Beginners @ 9:15**
 - **Regular @ 10:00**
- Hand & Foot Cards—
Mon @ 1:00—4:00 pm
Fri @ 10:00 am—1:00 pm
- Scrabble—Wed @ 1:00 pm

ART FOR YOUR MIND

Wednesdays @ 11 - 12

Jan 11—The Art of America's Unique Regions

Feb 8—African American Artists We Should Know

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

CRAFTY CORNER

Learn the art of decoupage w/ our crafty instructor, Sue Ellen Logan. (See sample of a shell in the image to the right.)

Tues, Feb 7 @ 1:30pm Call 781-545-8875 if you are interested and would like to register for the class.

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

Jan 12— Vera a Novel by Carol Edgarian— historical fiction, coming of age story about a young girl set in the backdrop of the 1906 San Francisco earthquake .

Feb 9 @ 2:45 Title to be announced at the January meeting.



ART CLASSES & GROUPS

Watercolor w/ Judy Rossman

Jan 18-Mar 1 @ 1 - 3:30 PM

6 weeks/ 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 photos. Please register and stop by front desk to pick up a supply list.



SOCIAL PAINTING —

Mon. @ 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.

HOLA! SPANISH CLASS

Beginner Spanish Class—Begins Jan 10 @ 9:45am

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 to register.

Tuesdays, 11 - 12 PM

Conversational Spanish with Instructor Catherine Speigel at an intermediate level. \$5/class
Pre-register to attend.



BOCCE BALL

Group Play - Rotating games.
Equipment provided.

Tues & Wed @ 10:00 AM

*weather permitting

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:

Jan 3 And Feb 7 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:

Jan 10 and Feb 14—at 1:00. Join us for tunes, prizes and good times! February will have a special "love song" theme!

PROGRAMS, GROUPS, ACTIVITIES

FUN FRIDAY FLICKS! MOVIE STARTS AT 12:30 POPCORN PROVIDED



Jan 6 - St. Vincent (2014)
Jan 13 - Don't Look Up (2021)
Jan 20 - The Bucket List (2007)
Jan 27 - Secondhand Lions (2003)
Feb 3 - Selma (2014)
Feb 10 - Shall We Dance? (2004)
Feb 17 - Hidden Figures (2016)
Feb 24 - Four Jills in a Jeep (1944)

SENIOR SKIERS!

Are you an experienced skier (downhill or cross country) and interested in carpooling w/ others to some nearby mountains this winter?

We will collect names and contacts & put everyone in touch.

Please contact Jessica, 781-545-8875

STORY TELLING IN A NEW WAY - FORMERLY EXPRESSIVE WRITING

Mon at 11:00-12:00 – Harbor Room

Are you wanting to tell a story? You do not have to consider yourself a writer to join in the fun. This is not a place of critiquing. You have lived a life full of stories that often times we forget until prompted to think about a certain topic.

We choose one prompt each week and all write on the same topic. Part of the intrigue is the many different ways to write about the same subject. It is amazing how alike and different we are. What you end up with is a notebook full of stories that you might never have told. People write in rhyme, some make lists, we all tell something about our lives. It is rich and rewarding to have taken the time to think about things in this unique way. Join us!

TECHNOLOGY CLASSES

Join our instructional classes with Katy Mayo.

Jan 13 @ 9:30 Cost \$20

Get organized on your iPhone/iPad

Learn to use the Calendar App to put your appointments on your iPhone/iPad along with reminders. Learn to use the Notes App to keep misc. information.

Feb 10 @ 9:30-11:00am Cost \$20

iPad/iPhone 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.

Please register to attend!

CAREGIVER SUPPORT GROUP

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

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 on the **3rd Tuesday of each month** at the Senior Center with long-time group leader Leslie Vickers for information and discussion.

3rd Tuesday of the month:
1/17 & 2/21 @ 1:00 pm

SUCCULENT WORKSHOP W/ KATHY BEHM

Tues, Jan 31 @ 10 am

Create simple and elegant succulent designs to brighten any space.

No charge. Space limited so register early!

GARDEN CLUB—VALENTINE'S ARRANGEMENT

February—Date/Time—To Be Announced.

Please check flyers at the Senior Center for more information.

No charge. Space is limited.

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.

MEMORY CARE OPPORTUNITIES & RESOURCES

ALZHEIMER'S SUPPORT GROUP

Mondays twice a month; Jan 9, Jan 23, Feb 13, Feb 27 @ 4:00 - 5:00 pm.

Support group & resources for dementia caregivers—provided by the Alzheimer's Association. This is an opportunity to develop a support system, share challenges, solutions & resources. Call 800-272-3900 to register.

SOCIAL DAY PROGRAM — BEGINNING IN JANUARY

This new program is now being offered one day per week to those individuals with a diagnosis of early-stage Alzheimer's or dementia disorder. The day-long schedule provides a respite opportunity to caregivers and stimulation and socialization in a safe and supportive environment for attendees.

Prior screening is required. Space is limited to 8. Hours are 9:30 am - 2:30 pm on Mondays. Cost is \$40 per day including lunch, payable on a monthly basis. This is an ongoing arrangement, not a drop-in.

For more information, call Linda at 781-545-8871. Jen Adams is our new Social Day Program Coordinator and will be available on Mondays as well.

DEMENTIA RESOURCE LIBRARY

If you are a dementia caregiver, or just someone who wants to learn more about this topic, please visit our new Dementia Resource library in The Cliffs 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.

AARP TAX PREPARATION PROGRAM IS BACK!

The amazing AARP volunteer tax preparers are returning again in 2023 for the tax season. The scheduling for appointments will begin on January 16 through Jill (x8874). Appointments will be scheduled for Tuesdays and Thursdays beginning February 9 through April 11, 2023.

You **MUST** pick up an Intake Packet and fill out completely before your appointment or before making your appointment. Inside the packet is a list of items to bring to the appointment. Please review carefully. If documents are missing, you will be asked to reschedule.

Please plan on spending 2.5-3 hours to complete the process. You may call Maria from AARP at 781-352-0004 if you have any tax related questions or unusual situations (Crypto currency, rental property, self-employment income, etc.). Here we go!

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 & pastry.

10:00 - 11:30 am

Find her in the Common room or call to let her know you are coming.

1st Wednesday -Lincoln Park

2nd Wednesday—Wheeler 2

3rd Wednesday—Central Park

FUEL ASSISTANCE

The Scituate Senior Center Outreach Coordinator can assist patrons with application to the Home Energy/Fuel Assistance Program administered by South Shore Community Action Council. Please call Erin with questions about eligibility, required documents, or the on-line application.

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 – 12:15pm

Thurs 3:30 – 5:15pm

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.

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 10:30-12:00pm

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

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*. 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 a ride, please call the Transportation Coordinator 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)



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 JANUARY

Mon 1/2	CLOSED
Tues. 1/3	Monte Cristo sandwich w/ cottage fries
Wed. 1/4	Tortellini w/ sausage, garlic toast
Thu. 1/5	Bbq pulled pork w/ sweet potato fries & coleslaw
Mon. 1/9	Chicken stew w/ buttermilk biscuits
Tues. 1/10	Pot roast w/ pan gravy, roasted potatoes & buttered carrots
Wed 1/11	Ham, mushroom, swiss & spinach quiche w/ soup du jour
Thu 1/12	Risotto w/ shrimp, peas and mussels
Mon 1/16	CLOSED
Tues. 1/17	Meatloaf w/ mushroom sauce, mashed potatoes, buttered broccoli
Wed 1/18	Grilled ham & cheese on rye, split pea soup
Thu 1/19	Baked fresh haddock, rice pilaf, butternut squash
Mon 1/23	Chicken marsala, rice pilaf, roasted zucchini
Tues. 1/24	Beef stew w/ buttermilk biscuits
Wed. 1/ 25	Lasagne w/ meat sauce, garlic bread, Parmesan cauliflower
Thu. 1/26	Shrimp scampi, linguine, buttered peas
Mon 1/30	Roast pork loin, pan gravy, roasted garlic mashed potatoes, fresh carrots
Tues 1/31	Grilled teriyaki chicken thighs, rice & sautéed oriental vegetables

MENU FOR FEBRUARY

Wed, 2/1	Baked pasta w/ chicken, fresh broccoli, garlic bread
Thurs 2/2	Baked haddock, Lyonnaise potatoes, fresh green beans
Mon 2/6	Chicken francaise w/ roasted red bliss potatoes, roasted zucchini
Tues 2/7	Chicken salad sandwich, butternut bisque
Wed, 2/8	Spaghetti & meatballs, garlic bread, roasted cauliflower
Thurs 2/9	Seafood casserole, parsleyed red bliss potatoes, buttered peas
Mon 2/13	Pot roast, roasted potatoes, buttered carrots
Tues 2/14	Quiche Lorraine, soup du jour
Wed 2/15	Chicken cacciatore with penne, garlic bread
Thurs 2/16	Baked haddock, mashed potatoes, fresh broccoli
Mon 2/20	CLOSED
Tues 2/21	Shepards pie, peas
Wed 2/22	Spinach lasagna w/ meat sauce, fresh baked rolls
Thurs, 2/23	Shrimp scampi w/ linguine, buttered peas
Mon, 2/27	Oven fried chicken, garlic mash, buttered carrots
Tues, 2/28	Chili bowl with cornbread

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

Supermarket/Bread donations:

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

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 reserved.*



& Council on Aging

333 FIRST PARISH RD
SCITUATE, MA 02066

PRSRT STD
US POSTAGE PAID
BROCKTON, MA
PERMIT NO. 653

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

In Honor of

In Memory of

Storybook Cove Bookstore—Programming