

# Scituate

## SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | JULY & AUGUST 2023

### CONTACT US

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Scituate, MA 02066

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[www.scituatema.gov](http://www.scituatema.gov)  
[council-on-aging](http://council-on-aging.org)

### HOURS OF OPERATION

Monday - Thursday

8:30 am - 4:30 pm

Friday 8:30 am - 3 pm

### OUR MISSION

To ensure the physical, intellectual, emotional and social wellbeing of our older adults by identifying unique needs and interests of community and offering programs and services that enhance quality of life and foster independence.

***Happy Fourth of July from all of us at the Senior Center!***



Above, an example of J. Dixon Bergman's artwork which will be on display at the Senior Center in the Joanne Vignoni Papandrea Gallery during July & August. The artist is also our featured speaker at the Men's Breakfast (*Ladies invited*) on Tuesday, August 8 at 9:00 AM to discuss his work and the process for creating these unique pieces.

Announcing our **Open Call for Artists** for our annual **Fall Invitational Exhibition in September & October** to submit a single, suitably framed piece of art in any medium. Forms for entry submission will be available at the Senior Center or on the website. **More details on page 4.**



AD SPACE



## ABOUT US

### DIRECTOR'S NOTE—

*Those who bring sunshine to the lives of others cannot keep it from themselves.*  
—J. M. Barrie

There is a beautiful statement attributed to **St. Augustine** that says: "Those who sing, pray twice". I do sing in church. I travelled to West Virginia with a group of Confirmation candidates from my church when my son was a teenager and experienced the beauty of everyone (old and young) singing together—because it engages the emotions and helps us connect with the words and each other! And I still think about our Senior Ukulele "group" that became a cohesive "brother/sisterhood" because we were making music together and even became confident enough to perform!

So having received multiple requests to provide a chorus opportunity at the Senior Center, we have enlisted Scituate's well-known high school chorus leader to help us in forming our own Seniors Sing chorus group beginning this summer. A "Meet and Greet" will have occurred in June, with (weekly) practices beginning in August and all interested still encouraged to sign up! Among other benefits, singing just makes you feel better; can help you to beat stress and relax; may enhance lung function, improve memory and help with pain relief; absolutely builds a sense of community, and can boost your confidence! Even one of those things is a bonus. And ALL are welcome to participate, with and without singing experience – just bring your enthusiasm for trying something new or something you love. And yet another opportunity to celebrate the "singing" life, we will be showing a new documentary film called "The Drive to Sing" which highlights how people found a way to gather and sing together during the early pandemic months and what a blessing and benefit it was to keep people connected. There was another uplifting documentary film done in 2007 which highlighted an older group's experience learning and performing a collection of rock songs together under a conductor's tutelage. So, we encourage you to join in and experience what singing can offer a group of peers of all levels—AND ALSO COME TO THE FILM—showing on Friday, July 28 at 12:30 pm with PIZZA

at noon courtesy of our friends at LifeCare Center of the South Shore!

Belated recognition of our tremendous AARP Tax-Aide Program volunteers who completed 237 total returns this season which is an increase of 50% from last year—such a valuable service for our community!

Our new Daylily garden—a gift from the Stephen and Janet Tooker family—with plantings selected from Stephen's display and research plots at *Collamore Gardens* on Tilden Road and graciously replanted by members of the Beautification Commission (thank you Mary, Alan and Ariel). We are pleased to have them here for our enjoyment and their lasting legacy!

We are "naming" our Artist Gallery for the first and second floor hallways after *Joanne Vignoni Papandrea* to recognize her significant contributions of time and talent for her students, and also for her efforts toward supporting our new building through artist sales and exhibits—not to mention the many paintings that she and her family have generously bestowed on us that now grace and add to the beauty of our new building. *Linda*

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### OUR STAFF

#### Director

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

#### Administrative Assistant

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

#### Transportation Coordinator

Kelly Walsh | 781-545-8872  
kwalsh@scituatema.gov

#### Outreach Coordinator

OPEN

#### Activities & Volunteer Coordinator

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

#### Social Day Program Coordinator

Jen Adams | 781-545-8818  
jradams@scituatema.gov

#### Food Service Manager

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

#### Food Service Assistant

Cam Reardon

#### Custodian

Jim Murray

#### Van Drivers

Joe Swindler, Juan Marcellana,  
Betty Durkin, Debby Young  
And welcoming Tom Kilduff!

### 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 monthly  
on the 2nd Thursday at 5:30 pm.**



## LEARNING & PRESENTATIONS

### HISTORY SERIES WITH BOB JACKMAN

#### THE SEIGE OF BOSTON FROM SOUTH SHORE PERSPECTIVE ( 4 SESSIONS)

**Wednesdays - July 26, August 2, 9, 16 / \$18**

The morning section 10am to 11:30am.

The afternoon section 1pm to 2:30pm.

***Please register early to attend as space is limited to 28 students per section.***

This course will examine events from the Boston Massacre in 1770 to the Evacuation of British forces from Boston in March, 1776 with precision and insight consistent with the best writings on the subject. However, the special feature of this course will be the presentation for the first time of materials both about and by South Shore relative to the Seige.

To cover the extensive materials on this subject, this course will have less discussion than other courses in this series.

### DAY TRIP TO NEW BEDFORD WHALING MUSEUM

**w/ BOB JACKMAN**

**Tuesday, August 8th**

**Departs: 8:45am Returns: 4:00pm Cost: \$45-65\***

Join us in exploring the New Bedford Whaling Museum and experience the art, history and culture rooted in the stories of people, the region and an international seaport. The trip includes a bus ride to and from New Bedford and admission to the museum. Bring your own lunch to enjoy together on the grounds of the museum. **\*Approximate; please register for final pricing.**

### MEN'S BREAKFAST—*Ladies Welcome*

**First Tuesday of each month @ 9AM / \$5**

***Please register to attend***

**July** — No Breakfast— Happy 4th of July!

**August 1**—J. Dixon Bergman, a contemporary artist, will join us to share his passion projects. He works extensively with wood working equipment, cameras, and computers, as well as his favorite oil paints. Dixon considers himself a "Constructionist." His work has been exhibited with numerous regional art associations in both Florida and Massachusetts.



### COFFEE & COMMUNITY RESOURCES

***Please register to attend these sessions.***

#### **PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME— THURSDAY, JULY 13 & AUGUST 10 @10:30AM**

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

#### **SPECIALIZED PHONES FOR PEOPLE W/DISABILITIES W/ MASSEDP—THURSDAY, JULY 20 @ 10:00AM**

The Massachusetts Equipment Distribution Program (MassEDP) is a service that provides residents who have a permanent disability access to the telephone network for free or at a reduced cost, depending on income. Questions encouraged.

#### **BRAIN HEALTH & WELLNESS TIPS W/ LYNN STEFANO FROM BRIDGES BY EPOCH—THURSDAY, JULY 20 @ 1:30PM**

This session will be about "The Benefits of Early Detection". You will receive tips from the experts and please bring your questions!

#### **CHAT W/ THE COPS—THURS, JULY 27 @ 10AM**

Come meet and greet Scituate police officers to have your safety related questions answered in the Café/Dining Room.

#### **SHIFTING GEARS W/ MICHELE ELLICKS FROM THE RMV— WEDNESDAY, AUGUST 16 @ 1:30PM**

The RMV's safe driving workshop, Shifting Gears, explores the warning signs of unsafe driving, Massachusetts licensing policies, and provides information on driving retirement and various transit options.

#### **LIFE INSURANCE TALK W/ CAITLIN SWEENEY— THURSDAY, AUGUST 17 @ 10AM**

Caitlin Sweeney is a National Insurance Broker who will meet individually w/ you to discuss your insurance options.

### OPEN CALL FOR ARTISTS

#### **ANNUAL EXHIBIT OF LOCAL ARTISTS FOR SEPT & OCT**

The Scituate Senior Center is again calling for all local artists 18-years and older to submit a piece of artwork to display in our Fall Exhibit in the *Joanne Vignoni Papandrea* Gallery space in the first floor hallway. As part of the Scituate Historical Society's lighthouse "topper" renovation and replacement in October, this exhibit will also welcome pieces that feature our own Scituate Light in their work. This is not a requirement. Exhibit will include Best & Honorable Mention awards as well as a special "What's In Your Backyard" award for lighthouse artwork.





## SPECIAL EVENTS

### DRIVE TO SING DOCUMENTARY SHOWING

**Friday, July 28<sup>th</sup> @ 12:30PM**

**Pizza Lunch donated by *Life Care Center of the South Shore* begins @ 12pm prior to the film.**

Please register to attend.

The Drive to Sing is an award winning documentary film that tells the story of the Car Choir which began during the 2020 pandemic lockdowns. Released in July 2022, the film shares the experience of choruses who found an unusual way to continue singing together despite a global pandemic. We will host a brief discussion after the showing.. Run time is 75 mins.

*"They focused on what is most important: that music, especially made together, is a fundamental force in our lives that brings us joy in so many ways."*

- Choir Member in Massachusetts



**To join Scituate Senior Center's very own Singing Group please see pg. 11 for details.**

### ARTIFICIAL INTELLIGENCE: A Presentation for Seniors

**Tuesday, July 25<sup>th</sup> @ 1:30PM**

**Presented by of Therapy Gardens**

Please register to attend.

Virtual Reality. Chatbots. Deep Fakes. Do you ever feel like the technological world is moving too fast? And do you really know what any of these terms mean to you, never mind all of humanity? Take a breath and enjoy a presentation on new and emerging technologies. You might not want to use them, but you should know what they are. Come find out in a fun and supportive manner. And bring your questions!

### GET SAFE! Financial Fraud Targeting Seniors by FBI

**Friday, July 21st @ 10:00AM.** Please register to attend.

Presented by Special Agent Bill McDermott, Private Sector Coordinator for FBI Boston Field Office and Randy Jarvis, FBI Agent. Hear how older adults are being targeted and how the FBI is involved in preventing these crimes! We are sure it will be fascinating and helpful in understanding what we all should be careful to watch for.

AD SPACE



## KEEPIN' IT MOVING—EXERCISE FOR ALL

### YOGA OPTIONS

#### YOGA W/ANNE

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

#### GENTLE YOGA W/ELIZABETH

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

#### GENTLE PM YOGA W/RENA

#### NEW TIMES!

Mon @ 4:30 \$5  
Wed @ 4:00 \$5



### ZUMBA GOLD WITH JUSTINE

Mon & Wed @ 2-3PM / \$5

A great dance opportunity w/ lively music & extra toning included.

Lots of fun!

*Please register*



### BALANCE FOR LIFE

Mon & Thurs @ 11am / Cost \$5

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.

### TAP YOUR HEART OUT / \$6

#### BEGINNER TAP/Thurs @ 3PM

Join this fun tap class for beginners wanting to learn the basics and have some fun dancing. The class will consist of warmups; review of steps and progressive routines. Tap shoes recommended.

#### INTERMEDIATE TAP/Thurs @ 4PM

For more experienced dancers familiar with time steps and riffs.

*Please register.*

### BEGINNER TAI CHI & QI GONG

Thurs @ 1-2PM / Cost \$4

Elizabeth Durant, long-time student of Tai Chi leads this introduction to the basics of Tai Chi movement and forms for increasing strength, flexibility & range of motion, and for promoting better balance and physical awareness.

*Please register.*

### LIFT YOUR SPIRITS STRENGTH CLASS w/Sue Cost \$5

Strength training using hand weights to “lift” your spirits and increase your muscle strength—good for your bones, body and mind!

*Summer Hours:*

Mon @ 12:30 PM; Wed @ 11 AM  
Thur @ 12:30; No Friday class.

*Please pre-register to ensure a spot.*

### WALKING POLES AVAILABLE

We have Nordic walking poles available for loan/use and instruction video for proper form and benefits!

### INDOOR PICKLEBALL

Fridays @ 11-1PM—Veterans Gym

Free, volunteer-led program. Players help to set up nets & break down at end. Play is rotated as courts are filled. Pre-registration is helpful but not required. Balls provided. New players are encouraged to participate in introductory clinic before joining or to request orientation from a volunteer for first 30 minutes before playing.

#### CLINICS

Please call for dates if you are interested.

**Intro to Pickleball** for brand new players or casual players looking to understand rules, scoring and technique. 2 week sessions; \$25 per week / \$50

**Skills & Drills** for beginning/intermediate players wanting to refine play and learn strategy; \$35 one week only or as needed.

### LET'S LINE DANCE! W/JEAN ON TUESDAYS / \$5

BEGINNER @ 10:15-11AM

INTERMEDIATE @ 11:15-12PM

Have fun learning the steps and be a hit at your next wedding!

*Please register*

### TRAIL & OTHER SCITUATE WALKING FRIDAYS @ 1PM

A different walk each week — leader's choice; weather permitting.

Call Jess @ 781-545-8875 to register and to join the weekly email list to receive notice for the location and where to meet.



### STRETCHING FOR EVERY-BODY W/ SUE RIBIERO

Tues & Thurs @ 8:45 AM / Cost \$5

**Please bring a mat and register to attend!**

Every BODY will benefit from this gentle floor stretching class! Regular stretching helps to improve your strength, flexibility and balance. It will benefit anyone who sits too much as well as those who do or do not regularly exercise and those who enjoy being active with walking, yard work, or gardening. By boosting your flexibility you will keep muscles limber, strong, and healthy. Space is limited.





## 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.

**Appointments on 7/6, 7/12, 7/20, 8/3, 8/9, 8/17 from 9:00am-2:00pm; \$30/30 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.

**Appointments on Wednesdays, 7/12 & 8/9 from 9:00am-2:00 pm; \$30/30 minutes.**

**REIKI w/ Elizabeth Rogers**— Last Thursday of the month, 7/27 & 8/31 @ 10:00am—3:00pm /\$75 per hour .

### MANICURES & PEDICURES BY JODDIE

**MAY 9 & 16, JUNE 6 & 20 / 9AM—4PM—Manicure** (includes polish) - \$18 (30 mins.) **Spa Manicure** - \$21 (30 mins.) **Simple Manicure** (no polish, shape, clean, buff and hand massage) - \$11 (30 mins.) **Mini-pedicure** - \$16 (30 mins.) **Full Pedicure** - \$28 (60mins.) Call for appointment 781-545-8722.

### WOMEN'S DISCUSSION GROUP W/

**BARBARA LEARY NEW DAY AND TIME!**

**LAST TUESDAY OF MONTH @ 9AM / Cost \$5**

**July 25** —The Elusive Good Night's Sleep

**August 29** — Memory Loss /Forgetfulness— what's normal?

*Please register to attend.*

### HEARING HEALTHCARE CLINIC W/

**MICHAEL SCHMIT, Board Certified Specialist**

**THURSDAY, AUGUST 3 @ 10AM-12PM / FREE**

Hearing screening, hearing aid screening,  
video ear exam. *Please register to attend.*

### BP / HEALTH CLINIC WITH 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).



# JULY 2023 CALENDAR

MON   3	TUES   4	WED   5	THUR   6	FRI   7
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor Class 2:00 Zumba Gold 4:30 Yoga w/ Rena	<b>Senior Center Closed</b> 	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Bocce 10:00/1:00 Bob Jackman 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Healthcare 11:00 Balance 12:30 Lift Your Spirits 1:00 Knitting 1:00 Tai Chi 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 Veteran's Coffee Hour 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON   10	TUES   11	WED   12	THUR   13	FRI   14
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor Class 2:00 Zumba Gold 4:00 Alz Support Group 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Beginner Spanish 10:00 Bocce 10:15 Line Dance I 10:30 Men's Book Club 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 1:00 Bingo 2:00 Library Resources 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Bocce 10:00/1:00 Bob Jackman 11:00 Art for Your Mind 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena	8:45 Stretch 9:15 Beg Mah Jong 10:00 Mah Jong 10:30 Richardson-Gaffey 11:00 Balance 12:30 Lift Your Spirits 1:00 Knitting 1:00 Tai Chi 2:45 No Rules Book Club 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON   17	TUES   18	WED   19	THUR   20	FRI   21
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Beginner Spanish 10:00 Bocce 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 3:15 Tech Time 5:30 Evening Activity: Opening Minds Through Art	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Bocce 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 Caregiver Support 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena	8:45 Stretch 9:15 Beg. Mah Jong 9:30 Memory Training 10:00 - MASSEDP—Phones 10:00 Mah Jong 10:30 Sen. O'Connor w/ Lou Rizzo 11:00 Balance 12:30 Lift Your Spirits 1:00 Knitting 1:00 Tai Chi 1:30 Brain Health Info 3:00 Tap beginner 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 FBI Get Safe presentation 10:00 Hand & Foot Cards 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON   24	TUES   25	WED   26	THUR   27	FRI   28
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:00 Alz Support Group 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Beginner Spanish 10:00 Bocce 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 1:00 Parkinson's Support Group 1:30 Artificial Intelligence Workshop 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Bocce 10:00/1:00 Bob Jackman 11:00 Lift Your Spirits 12:00 Caregiver Support 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena	9:00 Stretch 9:15 Beg. Mah Jong 9:30 Memory Training 10:00 Coffee w/ the Cops 10:00 Mah Jong 11:00 Balance 12:30 Lift Your Spirits 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball <b>12:00 Pre-Film Pizza Lunch</b> <b>12:30 Special Friday Film</b> <b>Showing: "Drive to Sing"</b> 1:00 Trail Walking
MON   31	<div> <div> <b>NEW: VETERAN'S COFFEE HOUR</b>  <b>1st Friday of Every Month at Scituate Senior Center</b>  <b>9AM—10:30AM; Begins July 6th</b>            Join fellow veterans for good company, discussions about benefits, shared concerns and issues. Veterans are encouraged to attend any all socials. Coffee &amp; pastries provided. No reservations required.         </div> <div>   </div> </div>			
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena				



## AUGUST 2023 CALENDAR



**AUGUST Only:**  
**65+ BASKETBALL LEAGUE**  
**TUESDAYS**  
**10am-12pm**  
**Scituate High School**  
**Small GYM**  
**Aug 1, 8, 15, 22, 29**  
**Call Kevin McLaughlin**  
**781-545-5441**

TUES | 1

8:45 Stretch  
**9:00 Men's Breakfast**  
 10:00 Bocce  
 10:15 Line Dance I  
 10:30 Men's Book Club  
 11:15 Line Dance II  
 12:30 Joyful Movement  
 1:00 Bingo  
 3:15 Tech Time

WED | 2

8:30 Floor Yoga  
 9:30 Focus Group w/Director  
 9:45 Chair Yoga  
 10:00 Bocce  
 10:00 Bob Jackman class  
 10:30 Nurse / BP  
 11:00 Lift Your Spirits  
 1:00 Bob Jackman class  
 1:00 Social Painting  
 1:00 Scrabble  
 2:00 Zumba Gold  
 4:00 Yoga w/Rena

THUR | 3

8:45 Stretch  
 9:15 Beg. Mah Jong  
 9:30 Memory Training  
 10:00 Mah Jong  
 10:00 Hearing Healthcare Clinic  
 10:00 Mosquito Control  
 11:00 Balance  
 12:30 Lift Your Spirits  
 1:00 Knitting  
 1:00 Tai Chi  
 3:00 Beginner Tap  
 4:00 Intermediate Tap

FRI | 4

8:30 Floor Yoga  
 9:00 Veteran's Coffee Hour  
 9:45 Chair Yoga  
 10:00 Hand & Foot Cards  
 11:00 Lift Your Spirits  
 11:00 Pickleball (Vet Gym)  
 12:30 Friday Flix  
 1:00 Trail Walking

MON | 7

8:30 Floor Yoga  
 9:30 Social Day Prog.  
 9:45 Chair Yoga  
 11:00 Balance  
 11:00 Storytelling / Writing  
 12:30 Lift Your Spirits  
 1:00 Hand & Foot Cards  
 2:00 Zumba Gold  
 4:30 PM Yoga w/Rena

TUES | 8

8:45 Stretch  
 10:00 Bocce  
 10:15 Line Dance I  
 11:15 Line Dance II  
 12:30 Joyful Movement  
 3:15 Tech Time

WED | 9

8:30 Floor Yoga  
 9:45 Chair Yoga  
 10:00 Bocce  
 10:00 Bob Jackman class  
 11:00 Art for Your Mind  
 11:00 Lift Your Spirits  
 1:00 Bob Jackman class  
 1:00 Social Painting  
 1:00 Scrabble  
 2:00 Zumba Gold  
 4:00 Yoga w/Rena

THUR | 10

8:45 Stretch  
 9:15 Beg. Mah Jong  
 9:30 Memory Training  
 10:00 Richardson-Gaffey  
 10:00 Smartphone Workshop  
 10:00 Mah Jong  
 11:00 Balance  
 12:30 Lift Your Spirits  
 1:00 Knitting  
 1:00 Tai Chi  
 2:45 No Rules Book Club  
 3:00 Beg. Tap Class  
 4:00 Intermediate Tap

FRI | 11

8:30 Floor Yoga  
 9:45 Chair Yoga  
 10:00 Senior Scams/FBI Talk  
 10:00 Hand & Foot Cards  
 11:00 Lift Your Spirits  
 11:00 Pickleball (Vet Gym)  
 12:30 Friday Flix  
 1:00 Trail Walking

MON | 14

8:30 Floor Yoga  
 9:30 Social Day Program  
 9:45 Chair Yoga  
 11:00 Balance  
 11:00 Storytelling / Writing  
 12:30 Lift Your Spirits  
 1:00 Hand & Foot Cards  
 2:00 Zumba Gold  
 4:00 Alz Support Group  
 4:30 PM Yoga w/Rena

TUES | 15

8:00 Whaling Museum Trip  
 8:45 Stretch  
 10:00 Bocce  
 10:15 Line Dance I  
 11:15 Line Dance II  
 12:30 Joyful Movement  
 1:00 Parkinson's Support Group  
 2:00 Library Resources  
 3:15 Tech Time  
 4:00 Seniors Sing

WED | 16

8:30 Floor Yoga  
 9:45 Chair Yoga  
 10:00 Bocce  
 10:00 Bob Jackman class  
 10:30 Nurse / BP  
 11:00 Lift Your Spirits  
 12:00 Caregiver Support Group  
 1:00 Bob Jackman class  
 1:00 Social Painting  
 1:00 Scrabble  
 1:30 RMV—Shifting Gears Workshop  
 2:00 Zumba Gold  
 4:00 Yoga w/Rena

THUR | 17

8:45 Stretch  
 9:15 Beg. Mah Jong  
 10:00 Mah Jong  
 10:00 Life Insurance Talk/ Appts.  
 10:30 Sen. O'Connor w/Lou Rizzo  
 11:00 Balance  
 12:30 Lift Your Spirits  
 1:00 Knitting  
 1:00 Tai Chi  
 3:00 Beg. Tap Class  
 4:00 Intermediate Tap

FRI | 18

8:30 Floor Yoga  
 9:30 Pool Tournament  
 9:45 Chair Yoga  
 10:00 Hand & Foot Cards  
 11:00 Lift Your Spirits  
 11:00 Pickleball (Vet Gym)  
 12:30 Friday Flix  
 1:00 Trail Walking

MON | 21

8:30 Floor Yoga  
 9:30 Social Day Program  
 9:45 Chair Yoga  
 10:00 Women's Health Discussion  
 11:00 Balance  
 11:00 Storytelling / Writing  
 12:30 Lift Your Spirits  
 1:00 Hand & Foot Cards  
 2:00 Zumba Gold  
 4:30 PM Yoga w/Rena

TUES | 22

8:45 Stretch  
 10:00 Bocce  
 10:15 Line Dance I  
 11:15 Line Dance II  
 12:30 Joyful Movement  
 1:30 Ask the Experts / Living  
 3:15 Tech Time  
 4:00 Seniors Sing

WED | 23

8:30 Floor Yoga  
 9:45 Chair Yoga  
 10:00 Bocce  
 11:00 Lift Your Spirits  
 1:00 Social Painting  
 1:00 Scrabble  
 2:00 Zumba Gold  
 4:00 Yoga w/Rena

THUR | 24

8:45 Stretch  
 9:15 Beg. Mah Jong  
 10:00 Mah Jong  
 11:00 Balance  
 12:30 Lift Your Spirits  
 1:00 Knitting  
 1:00 Tai Chi  
 3:00 Beg. Tap Class  
 4:00 Intermediate Tap

FRI | 25

8:30 Floor Yoga  
 9:45 Chair Yoga  
 10:00 Hand & Foot Cards  
 11:00 Lift Your Spirits  
 11:00 Pickleball (Vet Gym)  
 12:30 Friday Flix  
 1:00 Trail Walking

MON | 28

8:30 Floor Yoga  
 9:30 Social Day Program  
 9:45 Chair Yoga  
 10:00 Women's Health Discussion  
 11:00 Balance  
 11:00 Storytelling / Writing  
 12:30 Lift Your Spirits  
 1:00 Hand & Foot Cards  
 2:00 Zumba Gold  
 4:00 Alz Support Group  
 4:30 PM Yoga w/Rena

TUES | 29

8:45 Stretch  
 10:00 Bocce  
 10:15 Line Dance I  
 11:15 Line Dance II  
 12:30 Joyful Movement  
 3:15 Tech Time  
 4:00 Seniors Sing

WED | 30

8:30 Floor Yoga  
 9:45 Chair Yoga  
 10:00 Bocce  
 11:00 Lift Your Spirits  
 1:00 Social Painting  
 1:00 Scrabble  
 2:00 Zumba Gold  
 4:00 Yoga w/Rena

THUR | 31

8:45 Stretch  
 9:15 Beg. Mah Jong  
 10:00 Mah Jong  
 11:00 Balance  
 12:30 Lift Your Spirits  
 1:00 Knitting  
 1:00 Tai Chi  
 3:00 Beg. Tap Class  
 4:00 Intermediate Tap

FRI | SEPT 1



**More Music & Mayhem!**  
 2nd annual  
 appearance! Patio  
 seating or bring a lawn  
 chair.  
**Friday, Sept 1**



AD SPACE



## PROGRAMS, CLASSES & ACTIVITIES

### SPANISH CLASSES

**Tuesdays / Cost \$5**

**No classes August 1-29**

**Beginner @ 9:45AM** Instructor, Catherine Spiegel, will introduce you to the basics of the language and have you interact w/ classmates.

**CONVERSATIONAL @ 11AM**

Intermediate level class.

**Please register to attend.**

### SOCIAL PAINTING —

**Weds @ 1-3PM**

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

**Please register to attend classes.**

### 'SENIORS SING' CHORUS

**TUESDAYS 4-5PM**

**BEGINNING AUGUST 15TH**

Are you interested in joining a community choral group? Choral Director, Bill Richter, will lead a fun weekly senior chorus. All abilities welcome! The plan is to organize a weekly singing program that will culminate in a dynamic local performance for all members to participate in along with other opportunities to share the music at the Senior Center and in the community.

*This program is currently funded by a generous grant from the Scituate Education Foundation.*

**Please register to attend.**



### BEGINNER BRIDGE LESSONS WITH DICK PONTE

**Space is limited. Please register to attend;**

**Fridays @ 9:30-11:30AM for 8 weeks: July 7 – August 25 / \$20**

**Sign-ups begin Wednesday, June 21<sup>st</sup>.**

This is a course for **NEW** bridge players who have little or no knowledge of the game that will cover all the fundamentals of playing.

**NEW**

### ART FOR YOUR MIND

**Weds @ 11:AM - Pre-register for a seat**

**July 12 - The Allure of Watercolor**

**Aug 9 - Winslow Homer's America**

Experience this enriching Art Appreciation presentation series with Jill Sanford. Seats are limited. **Please pre-register.** *Funded by the Joanne Papandrea Memorial Donation*

### RECREATION & LEISURE

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

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

**July 13 — 2:45PM — "The Chanel Sisters" by Judith Little**

**August 10 — 2:45PM— Reader's Choice (w/ recommendations from Nancy)**

### BOCCE BALL

Group Play - Rotating games. Equipment provided.

**Tues & Wed @ 10:00AM**

*\*weather permitting*

Or any time you'd like to play—call to reserve the Bocce set for a private game or request the equipment.

### SHUFFLEBOARD & POOL TABLE

Reserve a spot at the Front Desk.

### PING PONG

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

### MEN'S BOOK CLUB

1st Tuesday of the month @ 10:30AM  
(Following the Men's Breakfast)

**July 11—**"Such Kindness" by Andre Dubus III (note change due to July 4th holiday)

**August 1—**New title to be decided at the July meeting.

### BUS TRIPS ARE BACK FOR THE 2023 SEASON!

The following day trips are planned in collaboration with local COAs.

Please inquire about flyers and more details w/ Jessica Souke, 781-545-8875.

- The Corvettes Doo Wop Revue, York, ME – Thurs, Aug 10 - \$119 / Reg begins Jun 1 (Only 4 spots left!)
- Charles Riverboat Cruise & Cheesecake Factory – Thurs, Sept 14- \$110 / Reg begins Jul 1
- NH Foliage Splendor – Weds, Oct 11 - \$129 / Reg. begins August 1
- Holiday Trip – TBA – late Nov or early Dec – stay tuned!

**NEW**



## PROGRAMS, GROUPS, ACTIVITIES

### FUN FRIDAY FLIX!

#### MOVIE AT 12:30PM



#### 7/7 – Ticket to Paradise

(2022) — Julia Roberts & George are exes who try to stop their daughter from getting married.

#### 7/14 – Beaches (1988)

—Bette Milder & Barbara Hersey are an unlikely and dynamic duo who are by each other's side for a lifetime.

#### 7/21 – Indiana Jones—Raiders of the Lost Ark (1981)

—Harrison Ford is the quick-witted, hardy archaeologist who goes on a hunt for the Lost Ark of the Covenant.

#### 7/28 – Special Viewing: “Drive to Sing”

award-winning Documentary w/ Pizza @ 12pm (see description on page 5)

#### 8/4 – Stand by Me (1986)

—12 year old boys embark on an adventure to find a missing body. They discover more about themselves and the meaning of friendship.

#### 8/11 – Under the Tuscan Sun —(2003)

Diane Lane is a newly divorced woman who rebuilds her life in enchanting Tuscany.

#### 8/18 – Something's Gotta Give (2003)—A

swinger (Jack Nicholson) w/a taste for young women falls in love with an accomplished woman (Diane Keaton) closer to his age.

#### 8/25 – Grease (1978)

—Experience the friendships, romances and adventures of a group of high school kids in the 1950s.

### STORY TELLING IN A NEW WAY

#### Every Mon at 11:00-12:00PM

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

Each week one prompt is provided and participants write on the that topic. Part of the intrigue is the many different ways to write about the same subject. 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! **Please register to attend.**

### NEW GRIEF SUPPORT GROUP

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 of “Grieve Not Alone” facilitated by Susan Kelly will begin **Thursday, September 21st.**

This group will continue to meet **every 1st and 3rd Thursday of the month at 10:30AM—12:00PM** followed by the option to sign up to have lunch together.

Please register in advance for the group with Jessica Souke and make your reservation for lunch at 781-545-8875.

### SMART PHONE CLASS

#### Build a Solid Foundation of Knowledge

#### Thursday, August 10 @ 10am-12pm

John Kostad, a computer technology specialist and trainer, will present this class free of charge to help improve your knowledge and confidence using an Apple iPhone and Android phone. Handouts will be provided.

**Please register to attend.**

### CAREGIVER SUPPORT GROUP

#### July 19 & August 16

#### 3rd Wednesday of each month @ 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 Licensed Social Worker and educator, Suzanne Otte. Please call the Senior Center for information or to get on the e-mail list for notifications.

**Please register to attend.**

### PARKINSON SUPPORT GROUP

#### July 25 & August 15 @ 1pm

#### Third Tuesday of each month—

Participants and their caregivers are welcome to join this monthly group providing an opportunity to meet with long-time group leader Leslie Vickers for sharing of information, resources and discussion around living with Parkinson's Disease.

**Please register to attend.**

### ALZHEIMER'S & DEMENTIA CAREGIVERS SUPPORT GROUP

#### JULY 10 & 24, AUGUST 14 & 28

#### 2nd & 4th Monday @ 4PM

Support group & resources for dementia caregivers—sponsored by the Alzheimer's Association. This is an opportunity to develop a support system with others in a similar role, share challenges, and find solutions & resources.

**Call 800-272-3900 to register.**

**TECH TIME  
@ THE SENIOR CENTER**

1 on 1 Tutorial Sessions  
Tuesdays 3:15-4:30pm  
20 mins per session  
\*You could have more time depending on availability.

Knowledgeable tech support from  
SHS High School Students.  
Please register to attend.



## PROGRAMS, ACTIVITIES & RESOURCES

### MYACTIVECENTER.COM

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

Login at:

MYACTIVECENTER.COM

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

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

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

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

Once the newsletter is published online, we will also place it on our Town website page at **scituatema.gov/council-on-aging/newsletters**.

### 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.

### LEARN ABOUT THE LIBRARY RESOURCES @ THE SENIOR CENTER!

#### Tuesday, July 11 @ 2PM-- Genealogy Resources

If you're interested in genealogy or family history, join the Scituate Town Library staff for a discussion of the online resources available to you for free. Learn about Ancestry.com-- Library Edition, Heritage Hub, FamilySearch and more! Staff will give an overview of each resource and a few tips and tricks to get you started on your genealogy journey.

**Please register to attend each session.**

### DO YOU "REMEMBER" MEMORY TRAINING? WE ARE BRINGING IT BACK!

#### Thursdays, July 20 & 27 & Aug 3 & 10 @ 9:30-11:30AM



Developed by the UCLA Longevity Center, Memory Training is an innovative, educational course that teaches techniques to improve your memory in a fun, interactive classroom format. The course combines trainer presentations with group discussions, memory checks, and skill-building exercises for people with mild memory concerns, focusing on the four top memory challenges:

- Forgetting names and faces
- Forgetting to do things in the future
- Forgetting where you put things
- Inability to immediately recall something you know—"tip of the tongue" moments

The course is not intended for people with Alzheimer's disease or other forms of dementia but is a creative way to retool your memory to work better for you.

### OPENING MINDS THROUGH ART (OMA)

#### Tuesday, July 18 @ 5:30- 7:30PM

**Register by July 11 to help prepare supplies order. Small materials charge \$3**

Do you have a creative side or are you looking for one?

Opening Minds Through Art (OMA) is a program designed for attendees to work independently on an art project, whether interested in cultivating your individual creativity or seeing what the program can spark for you. Originally developed to provide a stimulating creative opportunity for individuals experiencing memory loss, we want to encourage ANYONE interested in a fun and creative activity to join us and see what you can do! And an evening opportunity to socialize!



### SOCIAL DAY PROGRAM — MONDAY AND WEDNESDAY IN SEPT

Led by Social Day Program Coordinator Jen Adams, this program will be offered two days per week beginning in September to those individuals with a diagnosis of early-stage Alzheimer's or dementia disorder. The day-long schedule provides a respite opportunity for 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 and adding Wednesdays in September. Cost is \$40 per day including lunch, payable on a monthly basis. This is not a drop-in activity.

For more information, call Linda at 781-545-8871 or Jen at 781-545-8818.



## OUTREACH, PROFESSIONAL & TRANSPORTATION 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 on designated days.

**Elaine Schembari — Monday appts**

**Sue LaSpada — Thursday appts**

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

### HOUSING AUTHORITY VISITS

**At this time we must suspend our visits to the Housing Authorities, but we encourage you to please call us if you have questions on benefits, services, or are seeking other resources.**

Call Linda at 781-545-8871 or the main number at 781-545-8722, press '0' for the Front Desk.

### FUEL ASSISTANCE

The period to apply to the Home Energy Fuel Assistance Program begins again in November.

### 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 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. Register at 781-545-5827.

### SSS—MEALS ON WHEELS

Call South Shore Elder Services directly to sign up for meal delivery to your home at 781-878-3910. **ALSO, Farmer's Market coupons available. Contact Linda at 781-545-8871.**

### PROFESSIONAL VISITS

#### STATE SENATOR PATRICK O'CONNOR'S OFFICE

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

#### STATE REPRESENTATIVE PATRICK KEARNEY

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

#### ASK A LAWYER

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

#### FINANCIAL ADVICE FROM EDWARD JONES REPRESENTATIVE

Consultation or questions with a financial consultant are available by appointment with Lori Shea at Edward Jones in Scituate. Calls can be made directly at 781-545-5246 or arrangements can be made through the Senior Center.

## TRANSPORTATION

To schedule a ride, please call **Kelly Walsh, Transportation Coordinator**, at 781-545-8872, press 3

**LOCAL RIDES —** We provide rides to in-town medical and dental appointments, Senior Center/COA activities or around town personal errands. PLEASE NOTE: We ask for **2 day advance notice** to book these rides.

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

### GROCERY SHOPPING

**Shaw's in Cohasset— Every Wednesday**

**Market Basket in Hanover—July 13, Aug 3, 17 & 31**

**Trader Joe's In Hanover—July 6, 20, Aug 10 & 24**

### MONDAY SHOP HOPS

**July 10th—Marshall's / Ocean State Job Lot In Marshfield**

**August 7th—Derby St. / Whole Foods/Kohl's in Hingham**



### COST FOR RIDES

#### Local trips:

\$1.75 / \$3.50 Round-trip

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

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

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

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



## SENIOR CENTER LUNCH MENUS

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

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



### MENU FOR JULY

Mon, July 3	Tuna fish sandwich, chips, watermelon
<b>Tue, July 4</b>	<b>CLOSED</b>
Wed, July 5	Cavatappi w/sausage, spinach & roasted butternut squash
Thu, July 6	Caesar salad w/ grilled chicken thighs
Mon, July 10	Chicken piccata, roast potatoes, broccoli
Tue, July 11	Open faced pastrami w/ caramelized onions, swiss cheese, poppy seed dressing; and Gazpacho
Wed, July 12	BBQ pulled pork on a bun, potato salad
Thu, July 13	Baked haddock persillade w/lemon beurre blanc, lyonnaise potato, minted peas
Mon, July 17	Meatloaf with gravy, mashed potatoes, buttered carrots
Tue, July 18	Grilled ham steak, pineapple chutney, baked sweet potatoes, fresh corn
Wed, July 19	Papardelle Bolognese, garlic toast, roasted zucchini
Thu, July 20	Shrimp scampi with rice pilaf, green beans
Mon, July 24	Grilled pork chop w/ stuffing & apple rings, mashed potato & roasted butternut squash
Tue, July 25	Cheeseburgers w/ lettuce, tomato & fries
Wed, July 26	Eggplant rollatini with marinara, meatball, garlic bread
Thu, July 27	Salmon burger w/ lemon aioli, lettuce, tomato, noodle salad w/tahini-miso sesame dressing
Mon, July 31	BBQ chicken thighs, potato salad, marinated bean salad

### MENU FOR AUGUST

Tue, Aug 1	Bacon, egg and tomato salad in a grilled roll with corn chowder
Wed, Aug 2	Sausage, peppers, potatoes, fresh broccoli, garlic bread
Thu, Aug 3	Broiled haddock, lemon parsley crumbs, rice pilaf, zucchini and summer squash
Mon, Aug 7	Chicken francaise, parsleyed red bliss potatoes, peas
Tue, Aug 8	Caprese salad w/ prosciutto, garlic toast, vichyssoise
Wed, Aug 9	Grilled pork tenderloin on orange couscous salad
Thu, Aug 10	Shrimp risotto w/ mussels
Mon, Aug 14	Quiche Lorraine with pasta fagioli soup
Tue, Aug 15	Greek salad w/ grilled chicken thighs and spinach pie
Wed, Aug 16	Butternut ravioli with sage cream, glazed carrots
Thu, Aug 17	Caesar salad with grilled shrimp, roll & butter
Mon, Aug 21	Oven fried chicken, garlic mashed potatoes, peas
Tue, Aug 22	Cobb salad, roll & butter
Wed, Aug 23	Spinach lasagna with sausage and marinara, garlic bread
Thu, Aug 24	Honey garlic shrimp, jasmine rice ; sautéed bok choy
Mon, Aug 28	Pot roast, roasted potatoes, asparagus
Tue, Aug 29	Caesar salad with grilled chicken thighs, garlic toast
Wed, Aug 30	Baked mac 'n cheese with ham and broiled stuffed native tomatoes
Thu, Aug 31	Shrimp salad roll, pasta salad, seafood chowder

### Supermarket/Bread donations and special visits:

Mondays - Shaw's  
Tuesdays - Panera  
Thursdays - Coffee & Conversation w/Community Resources (check p. 4 for schedule)

### Lighthouse Café Policies

Daily Hours of operation 8:30-1:00 pm. Coffee & Tea are complimentary—*thanks to the Friends for funding our coffee purchases!*  
**Purchase of lunch items on Fridays TO GO when available begins at 10:30; items may not be reserved. Please limit to 1 pp.**





& Council on Aging

333 FIRST PARISH RD  
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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 the Hershey’s kisses we are all so fond of in honor of Bette Johnson. They continue to meet our requests for purchases and funding for entertainment.

FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

#### IN MEMORY OF / IN HONOR OF

Yvonne Hughes - Thank you for all of the donations in Yvonne’s memory! She was a special lady and we are so grateful.

Thank you also to David DeGhetto for a generous donation in Honor of and to support our Lunch program.

Also, special thanks to our friends from the South Shore Woodturners Association! They do such beautiful work!