

# Scituate

## SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | MARCH & APRIL 2023

### CONTACT US

Our address:

333 First Parish Road  
Scituate, MA 02066

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

### HOURS OF OPERATION

Monday - Thursday

8:30 am - 4:30 pm

Friday 8:30 am - 3 pm

### OUR MISSION

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



*Ruby throated hummingbird on a zinnia*

*Photo by Jerry Klimek*

To some, sighting a hummingbird signals that **challenging times are over and healing can begin**. To others, these tiny fliers are an inspiring sign of hope and good luck. Hummingbirds also can have a spiritual significance and mean the spirit of a loved one is near.

AD SPACE

## ABOUT US

### DIRECTOR'S NOTE

"Where flowers bloom, so does hope." –  
Lady Bird Johnson

As I contemplate topics that would be of value to you to discuss here, I have much on my mind—

Understanding the challenges of caring for a loved one with a terminal illness—my own father's cancer diagnosis with limited treatment options, and the imminent grief that must get set aside when a loved one is ill;

Looking for ways that the Senior Center can be more than an information and referral resource for the many caregiving challenges families face, such as our timely Social Day Program offering some respite for caregivers along with a caring and stimulating environment for those navigating the challenges of declining cognitive health;

Surveying our passionate patrons after our first 15 months of operation in the "new" Senior Center to evaluate our performance and progress and to see where we could improve our offerings to all;

Documenting how we are hopefully meeting the particular standards set by the National Institute of Senior Centers as we prepare to apply for the distinguished status of Nationally Accredited Senior Center in June. This is a comprehensive process that assesses how we as a Senior Center are meeting these nine standards—we may ask for your help!

So back to the flowers ... As I write this on Valentine's Day, our wonderful driver, Joe, found the time to deliver a long-stemmed rose to each of the Administrative staff (and we know he didn't forget his wife), and having also been moved by reading of the inspirational use of flower power in Italy with their campaign using the primrose, the first flower of spring, as they and the world emerged from the Covid-19 quarantine and placed their hope in flower-designed pavilions throughout the country for administering vaccines.

Flowers are a pick-me-up, a *heartfelt* gesture of condolence or friendship, and a celebration of many things for us. It also turns out they have health benefits that improve our well-being in many ways. There are proven mental and emotional benefits that go beyond the pick-me-up—they help our brain by reducing feelings of depression and anxiety and foster relaxation and a happier mood; and studies have shown that flowers and other plants can help with focus and memory recall. Flowers are used in medicinal ways to help us feel better physically—honeysuckle, roses, and magnolias are thought to help with cold symptoms, and chamomile and lavender are used in teas to promote calmness. And we have all brought or sent flowers to someone in the hospital—well, they not only lift our mood but have also been responsible for patients needing less pain medications; and, because they are constantly refreshing the air, they help us inhale cleaner air and breathe better. To me, that is a lot of hope, so, "buy the flowers" and be reminded of the good in the world and so much more. Love, Linda

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### OUR STAFF

#### Director

Linda Hayes | 781-545-8871  
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#### Administrative Assistant

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#### Transportation Coordinator

NEW: Kelly Walsh | 781-545-8872

#### Outreach Coordinator

Erin LaMonte | 781-545-8873  
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#### Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875  
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#### Social Day Program Coordinator

Jen Adams |  
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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, 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 monthly  
on the 2nd Thursday at 5:30 pm at  
the Senior Center.**

## LEARNING & PRESENTATIONS

### HISTORY SERIES WITH BOB JACKMAN

Patrons can sign up for morning or afternoon sections, but not both. The morning section will be from 10 -11:30am. The afternoon section will be from 1—2:30pm. Cost \$25. Limit 28 students .

#### COURSE I

**SCITUATE HISTORY 1895-1905**, March 1, 8, 15, 22, 29, April 5. This class will delve into lives, events, businesses and government of the Scituate community in an era when the traditional farming and fishing industries were somewhat supplanted by a building boom of summer homes which generated construction, maintenance, and landscaping jobs for locals. The course will draw heavily on period writings which will be presented in a coherent, structured manner.

#### COURSE II

### SHIPS THAT CARRIED IRISH FAMINE EMIGRANTS

April 19, 26, May 3, 10, 17, and 24.

This class will delve into the voyages of specific vessels engaged to transport Irish fleeing the famine ravished nation to settle in New England. Vessels mentioned will range from stout ships with proper accommodations, to ships long past their prime and not designed for passenger transport. For each ship discussed, we will also overview passenger experiences, and lives of some passengers after they arrived in New England.

### MEN'S BREAKFAST—Ladies invited. First Tuesday of every month @ 9am. / Cost: \$5

**MAR 7**—Joby Norton, local business owner of Mullaney's seafood and all around nice guy, chef and advocate for the fishing industry, Joby's successful business is a fixture in the communities of Scituate and Cohasset.

**APR 4**—Joe Codeiro returns to share his knowledge and passion of Fly Fishing as we prepare for the next fishing season. Come learn how to tie some basic flies and about fishing in general around the South Shore and Cape Cod.

*Please register to reserve your seat.*

### PROTECT MEMORY & COGNITIVE FUNCTION AS WE AGE

**Dr. Peipei Wishnow, Tues, Mar 28 @ 1pm**

Dr. Wishnow, the Founder, Chief Scientist, & President of Inter-cerebrals, will be sharing her personal story about how hard it is when a loved one has age-related memory loss, why she is so passionate about protecting brain health and memory, and what she has discovered that gives her hope. *Please register to*

### COFFEE & COMMUNITY RESOURCES

*Please register to attend these sessions.*

#### EXPERT PANEL—*SHOULD I STAY OR SHOULD I GO?*

**TUES MAR 7 @ 1:30-2:30PM**

What to Do With All My Stuff & the Importance of Estate Planning. Come learn from a professional panel which will include:

- \*Certified Reverse Mortgage Professional, David Tourtillott (reverse mortgages and how they work)
- \*Elder Law Attorney Paula Schlosser (estate planning, avoid probate, preserve assets)
- \*Senior Real Estate Specialist, Karen Powers (right-sizing into a new home)
- \*Decluttering Specialist, Joy Murphy (What to do with all my stuff?)

For more information about the panelists and presentations please stop by the Front Desk to pick up a flyer.

#### PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME MAR 9 & APR. 13 @ 10:30AM

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

#### TLC PRIVATE HOME CARE

**THURS MAR 23 @ 10:00AM**

Learn about our in-home services to keep you and your loved ones safe and comfortable. Our CNAs and RNs are equipped to offer personalized care to meet the clinical and individualized needs.

#### CHAT W/ REAL ESTATE REPS, KAREN & CHERYL

**THURS MAR 30 @ 10:00AM**

Get practical and friendly advice and answers for all your real estate questions.

#### AT HOME HEARING HEALTHCARE & CLINIC SCREENINGS THURS, APR 6 @ 10:00AM—12:00PM

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

*Please register to attend these sessions.*

## SPECIAL EVENTS

### TUES, APRIL 25 @ 1:00PM - MATT YORK - HISTORY OF COUNTRY MUSIC

Longtime New England musician/author **Matt York** will perform songs and tell stories about the origins of country music—Hank Williams, Jimmy Rodgers, Merle Haggard, George Jones and more. York will talk about some of the important moments in country music's history and perform some of the genre's iconic songs. York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was named as one of the Patriot Ledger's 2022 Albums of the Year. ***Please register to attend.***



### POETRY "SLAM" - CELEBRATE NATIONAL POETRY MONTH

**THUR, APR 6 @ 1:30PM**

Join us for a variety of poetry readings with Christine Zaremba—come with a favorite poem you'd like to read; an original poem you'd like to share, or just to listen—all are welcome. **Signups for reading will begin at 1:00PM.**

**Please register to attend.**

### AGING SUCCESSFULLY

**THURS, Apr 20 @ 10:30PM**



In this workshop we will explore how we can live our best lives as we age. We will focus on topics and practical strategies to help with physical activity, strong relationships, stress management, mind challenges and more! The focus will be on the satisfaction and happiness of incorporating these changes.

**Facilitator: Anita Ahearne, a local licensed psychotherapist shares practical strategies to reduce stress and get the most out of life.**  
***Please register to attend.***

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 @ 2-3PM / Cost \$5**

A great dance opportunity w/ lively music & extra toning included. Lots of fun! Pre-register.

### BALANCE FOR LIFE

**Mon & Thurs @ 11-12PM / 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.

### PM YOGA W/ RENA

**Mon 3:30-4:30PM / 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. **Pre-register.**

### BEGINNER TAI CHI & QI GONG

**Thurs @ 1-2PM / Cost \$4**

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 aware-ness. Please pre-register.

### INDOOR PICKLEBALL

**Wed @ 5-7PM - Jenkins Gym;**

**Fri @ 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. Balls provided. New players are encouraged to participate in a clinic before joining (see below). Call if a new player planning to participate.

### CLINICS

**Intro to Pickleball for new players @1-2PM**

Mar – 3 & 10; \$25 per week / \$50 total

Apr – 14 & 21; \$25 per week / \$50 total

**Skills & Drills** for beginning/intermediate players wanting to refine play and learn strategy @ 1-2:30PM

March 31; \$35 one week only

### LET'S LINE DANCE!

**TUESDAYS / Cost \$5**

**Beginner @ 10:15-11AM**

**Intermediate @ 11:15-12PM**

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

### JOYFUL MOVEMENT

**W/ RENA**

**Weds & Thurs**

**12:15 - 1:15 pm / Cost \$5**

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.*

### LIFT YOUR SPIRITS STRENGTH CLASS W/SUE

**Mon @ 12:30PM; Wed & Fri 11-12PM  
Cost \$5**

Strength training opportunity using hand weights. Lift your spirits & increase your muscle strength—good for your bones, body and mind! Pre-register to ensure your spot. Please register.

### TAP YOUR HEART OUT/COST \$6

#### BEGINNER TAP

**Thurs @ 3-4PM**



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

#### INTERMEDIATE TAP

**Thurs @ 4-5PM**

For more experienced dancers familiar with time steps and riffs.

### STRETCHING FOR EVERY-BODY

**W/ SUE RIBIERO**

**THURS @ 9AM / Cost \$5**

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

Every-body will benefit from this gentle floor stretching class! It will help 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 with regular stretching, you will keep muscles limber, strong, and healthy which will help you maintain a range of motion in your joints.



## 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 from 9:00-2:00; \$30 for 30 minutes on 3/2, 3/8, 3/16, 4/6, 4/12, 4/13**

**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 3/8 and 4/12 from 9:00-2:00 ; \$30/30 minutes.**

**REIKI w/ Elizabeth Rogers**— Last Thursday of the month, 3/30 and 4/27, 10:00—3:00 /\$75 per hour .

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

### MANICURES & PEDICURES BY JODDIE

**MARCH 14, APRIL 11 9—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.)

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

### WHAT'S ON YOUR PLATE?

**Smart Food Choices for Healthy Aging**  
**w/Barbara Leary**



**Mon, Mar 20 @ 10-11AM / Cost \$5**

This program is based on nutritional recommendations for older adults in the 2010 Dietary Guidelines for Americans on information from the National Institute for Health. It's not too late for smart food choices and staying physically active to reduce your risk for chronic diseases like diabetes, heart disease and osteoporosis. ***Please register to attend.***

# MARCH 2023 CALENDAR

MON	TUES	WED   1	THUR   2	FRI   3
<b>BINGO (after lunch) w/ John Ross</b> <b>Mar 7 &amp; Apr 4 @ 1:00PM</b> Join us for laughs, games and prizes! <b>SING-O! (Music Bingo) w/ DJ Ed Kelley</b> <b>Mar 14 &amp; Apr 11 @ 1:00PM</b> Join us for tunes, prizes and fun! Please register to play! <b>March 16 for St. Patrick's Day Lunch enjoy Matt Browne singing &amp; playing 'for the Irish'</b>		8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 10:30 Nurse / BP 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w /Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 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 1:30 Top Tax Tips Presentation 3/4:00 Tap & Intermediate Tap	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
MON   6	TUES   7	WED   8	THUR   9	FRI   10
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 Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena	9:00 Men's Breakfast 9:45 Beginner Spanish 10:15 Line Dance I 10:30 Men's Book Club 11:00 Spanish Class 11:15 Line Dance II 1:00 Bingo 1:30 Panel: Should I Stay or Should I Go? 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Art for Your Mind 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Richardson Gaffey 10:30 Craft: Candle Making 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 2:45 No Rules Book Club 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:30 iPad/iPhone -: ID & iCloud 9:45 Chair Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix
MON   13	TUES   14	WED   15	THUR   16	FRI   17
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 What's On Your Plate? 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Group	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 S-INGO w/Ed Kelley 3:15 Tech Time 5:00 Real Estate Tax Exemption Workshop	8:30 Floor Yoga 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 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Grief Support Group 10:30 Pat O'Connor / Lou Rizzo 11:00 Balance 12:00 Matt Browne Music for St. Patrick's Day 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	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 4:00 Alz Support Grp
MON   20	TUES   21	WED   22	THUR   23	FRI   24
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 What's On Your Plate? 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena	9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Parkinson's Support Group 2:15 Parkinson's Presentation w/ Brett Miller 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w /Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 9:30 iPad/iPhone: iPhotos 10:00 Mah Jong 10:00 TLC Private Home Care 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:30 Shuffleboard Tournament 9:30 iPad-/iPhone 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   27	TUES   28	WED   29	THURS 30	FRI 31
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 Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Grp	9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Protect Memory As You Age 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Chat w/ Real Estate Reps 11:00 Balance 12:15 Joyful Movement 1:00 Candle Making 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	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



## APRIL 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 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 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 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 10:30 Nurse / BP 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 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 1:30 Top Tax Tips 1:30 Poetry Slam 2:45 No Rules Book Club 3:00 Tap Class/ 4:00 Int. Tap	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   10	TUES   11	WED   12	THUR   13	FRI   14
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 What's On Your Plate? 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Grp	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 SHINGO w/ Ed Kelley 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 11:00 Art For Your Mind 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 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 3:00 Tap Class/4:00 Int. Tap	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   17	TUES   18	WED   19	THUR   20	FRI   21
	9:45 Beginner Spanish Class 10:00 Road to Reinvention 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Parkinson Support Group 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 Caregiver Support Group 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 9:30 Ipad/Iphone: Refresher 10:00 Mah Jong 10:30 Grief Support Group 10:30 Aging Successfully 10:30 Pat O'Connor / Lou Rizzo 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	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   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 Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Grp	9:45 Beginner Spanish Class 10:00 Road to Reinvention 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 11:00 History of Country Music w/ Matt York 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 2:00 Spring Planting 3:00 Tap Class/ 4:00 Int. Tap	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

AD SPACE

## PROGRAMS, CLASSES & ACTIVITIES

### 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—1:00-3:00
- Scrabble—Wed @ 1:00

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

**Mar 9 @ 2:45PM- "The Magnolia Palace" by Fiona Davis**

**Apr 6 @ 2:45PM—Title to be announced at the March meeting.**



### MEN'S BOOK CLUB TUESDAY @ 10:30AM

**Mar 7—"All Creatures Great & Small" by James Herriot**

**April 4—Title to be announced at March meeting**



### ART CLASSES & GROUPS

**Watercolor w/ Judy Rossman**

**Mon, April 3 – May 15 @ 1:00-3:00PM / 6 weeks / Cost: \$65**

We offer this class to all levels. The emphasis is on painting from observation, working from still life or photos. Please register and stop by the Front Desk to pick up a supply list.

#### SOCIAL PAINTING —

**Weds @ 1-3 PM—Register to attend**

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.

### HOLA! SPANISH CLASS—TUESDAYS

**BEGINNER SPANISH CLASS- 9:45AM**

Are you interested in learning a new language? Instructor Catherine Speigel will introduce you to the basics of the language and have you interact with classmates.

**CONVERSATIONAL SPANISH 11-12PM**

Instructions is taught at an intermediate level. \$5/class Please register.

### ART FOR YOUR MIND

**Weds @ 11:00 - 12:00 PM**

**Mar 8—J.M.W. Turner, the Pride of Great Britain**

**Apr 12—Social Realism of America 1930's**

Experience this enriching Art Appreciation presentation series with Jill Sanford. Seats are limited. Please pre-register. *Funded by Joanne Papandrea Memorial Donation* These presentations are always popular and space is limited. Please register to attend.

### IDEAS FOR SPRING PLANTING

**Thurs, Apr 27 @ 2:00PM / \$3 donation**

(Egypt Rm; outside weather permitting)

Jon Belber from Holly Hill Farm will be here to talk about your spring gardening plans. Learn about organic practices, sustainable methods, good growing tips for your gardens. He will also do some planting and planning for the Senior Center gardens as well as providing seeds and seedlings for you to take home to grow and enjoy. Please register to attend.

### BOCCE BALL

Group Play - Rotating games. Equipment provided. Tues & Wed @ 10:00AM\* weather permitting Or call to reserve the Bocce set for a private game.

### SHUFFLEBOARD & POOL TABLE

Reserve a spot at the Front Desk.

### SHUFFLEBOARD TOURNAMENT

**Mar 24th/ 9:30-1:30PM**

Timeslots will be scheduled; space is limited. Organizer: Ann Mullen. No buy-in amount. Playing for a free lunch & bragging rights! Sign up with Front Desk or on a sign-up sheet in the Satuit Game room.

### 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.

### CRAFTY CORNER

March is National Craft Month! Candle Making Workshop with Kathy Behm  
**Tues Mar 9 @ 10:30-12:00PM / Free**

Participants bring their own container and the rest is provided to make a small candle to bring home. Containers can be tea cups, small dish or flower pot (no holes), small juice glass or small jar, 8oz. or less.



### BUS TRIPS ARE BACK for the 2023 SEASON!

Are you looking to explore the fun and festivities of New England and make friends along the way? We are planning the following day trips in collaboration with local COAs. Please inquire with Jessica, 781-545-8875 for trip, registration and payment details.

**The Newport Flower Show- Fri, Jun 23rd, \$150 / Registration begins April 1**

**Isle of the Shoals Water Cruise—Tues, Jul 18th, \$149 / Registration begins May 1**

**Martha's Vineyard Day Trip—Aug—TBA— \$215 / Registration begins June 1**

**NH Foliage Splendor—Oct—TBA- \$129 / Registration begins Aug 1**

**Holiday Trip—TBA—late Nov or early Dec - stay tuned!**

## PROGRAMS, GROUPS, ACTIVITIES

### FUN FRIDAY FLIX! - OSCAR WINNERS!

**MOVIE STARTS AT 12:30**

**POPCORN PROVIDED**



**Mar 3- Elvis (2022)**

**Mar 10-Loving Vincent (2018)**

**Mar 17- The Quiet Man (1952)**

**Mar 24- All Quiet on the Western Front (1961)**

**Mar 31- Breakfast at Tiffany's (1961)**

**Apr 7- Glass Onion: Knives Out Mystery (2022)**

**Apr 14- Philomena (2013)**

**Apr 21- The Trial of the Chicago 7 (2020)**

**Apr 28- The Sting (1973)**

### STORY TELLING IN A NEW WAY

**Mon at 11:00-12:00PM/ 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 note-book 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.***

### IPAD/IPHONE CLASSES W/ KATY MAYO

Join our instructional classes and hone your tech skills. Cost \$20 per class  
**Please register to attend.**

**March 10 @9:30-11AM- Apple ID & iCloud-** If you are confused about what the Apple ID and iCloud are used for, this is the session for you. Learn how to make your devices synch (share) information.

**March 23 @ 9:30-11AM—PHOTOS!  
(Rescheduled from 12/10)**

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.

**April 20 @ 9:30-11:00AM - Ipad/ Iphone Refresher**—Learn the basic applications of each device and tips and tricks to use them most efficiently.

**Please register to attend.**

### CAREGIVER SUPPORT GROUP

**Mar 15 & Apr 19—Third Wednesday of each month at 12:00-1:30PM**

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, 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 register to attend.**

### PARKINSON SUPPORT GROUP

**3rd Tuesday of each month—3/21 & 4/18 @ 1:00PM**

Participants have an opportunity to meet in person at the Senior Center with long-time group leader Leslie Vickers for information and discussion.

### **\*SPECIAL PRESENTATION: HOW TO USE FITNESS TO POSITIVELY EFFECT PARKINSON'S DISEASE**

**TUES, MAR 21 @ 2:15PM**

Brett Miller, owner of 110 Fitness, one of the world's largest wellness centers for Parkinson's Disease and author of *It's A Beautiful Day To Save Lives: A Medic's Journey to His Destiny*, will discuss techniques to address movement disorders and his own experiences. He is a licensed physical therapist, certified fitness instructor specializing in movement disorders, and research consultant. He will be available to sell/sign books. Sponsored by Scituate Rotary Club

**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.

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

## PROGRAMS, GROUPS, ACTIVITIES

### **ROAD TO REINVENTION with Career/ Life Coach, Susan Drevitch Kelly—Cost \$15 for four weeks**

**Tues, 10:00-11:30aAM—APR 18, 25 and MAY 2, 9**

Are you searching for new meaning and purpose in your life? Are you considering retiring but asking “What’s Next”? Are you already retired but not feeling fulfilled and seeking your “Second Act”? Learn how to integrate your skills and experiences with your passions and desire to “make a difference” to create a path to you reinvention. Space is limited. Please register to attend.

### **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.**

### **TOP TAX TIPS FOR 2023 THURS, MAR 2 @ 1:30PM—**

**Sheila May, owner of May Tax Services, Inc., will speak about tax updates for 2022.**

Topics will include but are not limed to—Long Term Care deduction  
Medical costs, Safeguarding your tax return information, Power of Attorney w/ the IRS and MA DOR , Communication w./ IRS and the GiftTax Exclusion. Please register.

### **REAL ESTATE TAX EXEMPTION WORKSHOP**

**Tues, Mar 14<sup>th</sup> @ 5pm w/ Town Assessor, Joe DiVito**

Are you a homeowner in Scituate? Would you like to reduce your property taxes? The Town of Scituate invites you to a FREE workshop to learn tips to help you navigate your property taxes presented by Joe DiVito, Town Assessor. Please register to attend.

### **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**.

### **AARP TAX PREPARATION PROGRAM IS BACK!**

To schedule appointments, call Jill (x8874). Appts. available for Tues & Thurs thru April 11.

You **MUST** pick up an Intake Packet and fill out completely before 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.).

### **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.

### **SOCIAL DAY PROGRAM**

This program is 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.

### **ALZHEIMER’S SUPPORT GROUP—Monday, Mar 13, Mar 27, Apr 10, Apr 24 @ 5-6PM**

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.



## 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.

**Elaine Schembari: 2<sup>nd</sup> & 4<sup>th</sup> Mon**

**Sue Laspada —Appt. times vary**

Please call 781-545-8722.

### 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 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 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 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

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.

### HOUSING AUTHORITY VISITS

Erin LaMonte, Outreach Coordinator, will be available at each of the housing sites to offer updates on benefits, answer questions, and provide information on activities over coffee & pastries. **10:00 - 11:30AM**

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

1st Wednesday -**Lincoln Park**

2nd Wednesday -**Wheeler Park**

3rd Wednesday -**Central Park**

### MASSHEALTH

MassHealth coverage redetermination will begin March 1: You must respond to stay covered. Ensure your mailing address, phone and email are up-to-date to receive renewal instructions from MassHealth (a blue envelope in the mail). Contact Outreach Coordinator, Erin LaMonte, 781-545-8873, with questions.

### 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. 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 MARCH

Wed 3/1	Cavatappi w/ sausage, capers, baby spinach & roasted potatoes
Thurs 3/2	Baked Haddock, Lyonnaise potatoes, fresh green beans
Mon 3/6	Baked stuffed chicken mashed potato, broccoli
Tues 3/7	Open faced hot pastrami w/ tomato, caramelized onion & swiss, poppy seed dressing, sweet potato fries
Wed 3/8	Chicken Broccoli Ziti alfredo
Thurs 3/9	Shrimp Casserole, noodles and peas
Mon 3/13	Roast pork, lyonnaise potatoes, Brussel sprouts
Tues 3/14	Ham, spinach & cheddar quiche, soup du jour
Wed 3/15	Stuffed Shells w/ marinara sauce & sausage
<b>Thurs 3/16</b>	<b>Special St. Patrick's Day Luncheon— Corned beef &amp; cabbage w/ potatoes &amp; carrots—Enjoy special musical entertainment by Matt Browne</b>
Mon 3/20	Oven fried chicken w/ sour cream gravy, baked potatoes, green beans
Tues 3/21	Chef salad w/ chicken salad, rolls
Wed 3/22	Lasagna w/ marinara sauce, garlic bread
Thurs 3/23	Risotto w/ ham, peas & mushrooms
Mon 3/27	Pot roast, roasted potatoes, carrots
Tues 3/28	Grilled ham & cheese sandwich, pea soup
Wed 3/29	Spaghetti w/ meatballs
Thurs 3/30	Shrimp Scampi, rice pilaf, fresh string beans
Tues 3/28	Shrimp scampi, rice pilaf, fresh string beans

### MENU FOR APRIL

Mon 4/3	Shepard's pie, peas
Tues 4/4	Greek salad w/ Greek chicken thighs & spinach pie
Wed 4/5	Cavatappi w/ sausage, baby spinach & roasted butternut squash
Thurs 4/6	Baked haddock, broccoli, rice pilaf
Mon, 4/10	Chicken piccata, parsley red bliss potato, carrots
Tues 4/11	Seafood casserole, parsley red bliss potatoes, buttered peas
Wed 4/12	Mac' n cheese with ham & tomatoes, rolls & butter
Thurs 4/13	Pub steak w/ Bearnaise sauce, mashed potatoes, fresh broccoli
Mon 4/17	NO LUNCH—Holiday
Tues 4/18	Baked ham w/ pineapple sauce, sweet potato, corn
Wed 4/19	Chicken cacciatore w/ linguini, garlic bread
Thurs 4/20	Seafood casserole, noodles, carrots
Mon 4/24	Roast pork tenderloin dijonaise, rice pilaf, asparagus
Tues 4/25	Pasta Primavera
Wed 4/26	Roast turkey w/ stuffing, mashed potatoes, butternut squash
Thurs 4/27	Baked haddock, roasted potatoes, peas

#### Supermarket/Bread donations and special visits:

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 & Tea are complimentary—*thanks 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. Please limit to 1 pp.



& 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 the 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

#### IN MEMORY OF / IN HONOR OF

I would like to mention our tremendous sadness at the passing of Dick Eckhouse, who has been a stalwart volunteer, stimulating discussion leader, and all-around great guy with a ready smile for us and his many friends both here and in his Meetinghouse Lane community—he will be greatly missed.

We are also saddened to learn of the loss of Conley Ford, a friend to us here who was a staunch supporter of veterans and advocated for other individuals dealing with Parkinson’s Disease.