

# Scituate SENIOR CENTER

Commitment ★ Connection ★ Community

**SENIOR HAPPY'NINGS | NOVEMBER & DECEMBER 2023**

## CONTACT US

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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 NEW MISSION STATEMENT:



The mission  
of the  
Scituate

Senior Center is to promote the  
physical, intellectual, and  
emotional wellness of our  
community of older adults by  
cultivating connections, fostering  
independence, and enhancing  
quality of life.



*The End of A Long Summer* by Michael Sorrentino

AD SPACE

## ABOUT US

### DIRECTOR'S NOTE-

*"Everyone you meet is fighting a battle you know nothing about. Be Kind. Always."*

November is Alzheimer's Awareness Month! Congratulations and THANK YOU to the team led by Kathy Fox, including Barbara McFadden and Cindy Runey, for their efforts in raising funds and lending their spirit and enthusiasm to the Alzheimer's Walk in Plymouth in October. I also want to congratulate and thank our Social Day Program Coordinator, Jen Adams, for this past year in launching our very successful program and demonstrating so much heart in creating activities and an atmosphere that recognizes the challenges and helps those who are navigating changes to feel honored and stimulated. Jen is moving on to other pursuits that need her attention but she has been invaluable to us in her short time and I know we will all be thinking of her example as we continue to provide a welcoming place of comfort to our patrons.

On November 8 at 1:30 we are showing a documentary film by Boston College professor and filmmaker, John Michalczyk, featuring a local family dealing with the loss of their mother to Alzheimer's. We hope caregivers, family members, and anyone who is interested in how this disease can affect individuals and families will attend. The filmmaker will join us on Zoom to introduce and do Q&A following the 30-minute video. This presentation is brought to us by our Scituate Rotary Club.

A big thank you to everyone who attended our Health Fair this year! We hope the information provided was interesting and valuable. Thanks to all of you who took a chance on the raffle, and to the many donors and vendors who supported the cause. It was great to bring back our annual tradition of supplying you with the information and resources you need to take care of yourself and your family members.

We also welcome our newest art exhibitor, Terry Coleman, for November

and December as we say thank you to our many amazing local artists who



we enjoyed for the past two months. We hope you continue to enjoy the thoughtful and varied artwork selected by our committee for your contemplation and appreciation.

November is also a time of extra thanksgiving and we hope to provide an atmosphere of gratitude and festivity during this season. Join us for music and merriment! Hopefully you will find a way to attend our November performances – on Nov 14 for our new Seniors Sing Chorus and then on Nov 21 for the return of Archie Richards, a remarkable classical pianist who will delight you, and some surprises for December as well. We do appreciate you all and want your experience at the Center to be as enjoyable and meaningful as possible, so keep us apprised of your thoughts and your concerns as we look ahead to bring light and compassion into our community together. Love, Linda

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### OUR STAFF

#### Director

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

#### Administrative Assistant

Jill Johnston | 781-545-8874  
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#### Transportation Coordinator

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#### Outreach Coordinator

OPEN

#### Activities & Volunteer Coordinator

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

Jen Adams | 781-545-8818  
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#### Food Service Manager

Fred Willette | 781-545-8832  
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#### Food Service Assistant

Amy Bartkiewicz

#### Custodian

Jim Murray

#### Van Drivers

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

*Please register to attend.*



Scituate History 1910-1911 – This course 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 white collar jobs in cities and careers facilitating summer visitors. The course will utilize a structured, coherent approach in presenting period writings.

Schedule—Weds, (6 Sessions), Nov 8, 15, 29, Dec 6, 13, and 20. Tuition \$25. Patrons can sign up for the morning or afternoon section, but not both. The morning section will be from 10:00 am to 11:30am. The afternoon section will be from 1:00 pm to 2:30 pm. Limit 28 students per section.

*Please register to attend.*



### ONE FAMILY'S EXPERIENCE WITH ALZHEIMER'S—FILM AND DISCUSSION

*Please register to attend.*

**Weds, Nov 8 @ 1:30 pm—2:30 pm / Free**



In recognition of National Alzheimer Awareness Month the Senior Center will present a Rotary-sponsored documentary on one local family's personal experience with Alzheimer's Disease, directed by John Michalczyk, professor at Boston College in Film Studies and an honorary Scituate Rotarian. This 30 -minute film showing will be followed by a Q&A discussion with the director via Zoom. Some of the family members featured in the film will be present at the showing. Please join us to help bring more awareness and understanding of this disease and some of the profound effects it has on the individuals and their families. *Please register to attend.*

### MEN'S BREAKFAST—*Ladies Welcome*

**First Tuesday of each month @ 9:00 am /Cost: \$5**

**Nov 7—Robert Chessia, President of the Scituate Historical Society**, will share with us the history and lure of Dreamwold and life in Scituate during the turn of the century (1900s).

**Dec 5—Superintendent Burkhead** will join us to share an update on the new elementary school proposal and answer any of your questions regarding happenings at Scituate Public Schools.

### COFFEE & COMMUNITY RESOURCES

*Please register to attend these sessions.*



#### PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME—THURS., NOV 9 & DEC 14 @ 10:00 AM

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

#### COFFEE W/ THE SCITUATE COPS — DATE/TIME (TBA)

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

**COTTAGE CAREGIVERS—THURS., NOV. 16TH @ 10AM**—A family based home care agency which provides hourly and live-in caregiving to seniors throughout the South Shore and Southeastern MA. Some of the services include medication reminders, incidental transportation, social interaction & companionship, meal preparation and light house-keeping. Stop by and bring your questions!

#### DIABETIC SHOE SOLUTIONS—THURS., NOV 30 @ 11AM -

An experienced provider of diabetic shoes and inserts. Your instructor, Pamela Hoaglund, TSOE, has fitted 1000's of diabetics with proper shoes over her 26 year career as the owner of Orthotic Solutions. She is able to bill through your insurance. You will be able to see and feel many samples of stylish and comfortable shoes, sneakers and boots. You will learn what makes a shoe "diabetic" and understand why Medicare and other insurances have covered them since 1998.

### FESTIVE SOUPS w/ THERAPY GARDENS

**Weds, Nov 15 @ 1:30-3 pm/ Cost: \$5**



With the holidays approaching now is a good time to start thinking soup! Whether it is for a holiday meal, get together with friends, gift idea or a quiet night at home, we've got you covered. Come learn how to make Butternut Squash and Ginger Soup, Roasted Red Bell Pepper Soup, Pumpkin Soup w/ Lentils, and Beet and Apple Soup w/ Horseradish Cream. Samples, recipes and plenty of laughs included.



*Please register to attend.*



## HOLIDAY EVENTS & CHEER!

### 2nd Annual Knitting Group



#### MINI CHRISTMAS FAIR

Monday, Dec 4th  
9am-3pm

**Most items under \$10!** Great for...  
Secret Santa, Stocking Stuffers, Gifts

### Friends of Scituate Seniors (FOSS)

#### 2023 HOLIDAY FAIR

Join us for Holiday Shopping  
Sun., Nov. 18th / 9 am– 2 pm



### ANNUAL ZUMBA CHRISTMAS GATHERING



Weds, Dec 20 @ 3:00 pm

After our regular 2:00 pm Zumba class please join classmates and instructor Justine Hobin for a celebration.

**Storybook Cove**  
TREASURES from the COVE POP-UP

**STORYBOOKCOVE.COM**  
781-826-6060

#### GOOD BOOKS & GIFTS COME TO THOSE WHO SHOP EARLY AT SCITUATE SENIOR CENTER!

Storybook Cove, your local, independent bookstore of Hanover, MA, is "popping-up" at SCITUATE SENIOR CENTER, 333 First Parish Road, Scituate, MA on **TUESDAY, NOVEMBER 28 from 10:00 a.m. to 2:00 p.m.**

- Avoid the holiday stress! Storybook Cove's knowledgeable staff is bringing 200+ books for infants, kids, teens & adults, from classics to new releases, as well as puzzles, games, and greeting cards for your shopping convenience.
- Accepting **cash, credit cards, checks, ApplePay.**
- **A signed book makes a great gift!** Local author Kevin V. Symmons, a traditionally published author of 5 novels of life, romance & suspense, will be signing his books from 11 a.m. to 2 p.m.
- Storybook Cove is donating a portion of the proceeds to our COA programming, so the more you shop, the more we benefit!
- Open to the public.

### CLASSICAL PIANO CONCERT PERFORMED BY ARCHIE RICHARDS

Tues, Nov 21st @ 1:30—2:30 pm

**Please register to attend.**

This free concert will feature eight Etudes, a Waltz, and the Scherzo in C# Minor, all by Frederic Chopin. Additional pieces by Sergei Rachmaninoff and Franz Liszt will be performed.



AD SPACE

## KEEPIN' IT MOVING—EXERCISE FOR ALL

### YOGA, TAI CHI, MEDITATION

#### YOGA OPTIONS

##### YOGA WITH ANNE

Mon 8:30 am—Floor

\$10

Mon 9:45 am—Chair \$5

##### GENTLE YOGA WITH ELIZABETH

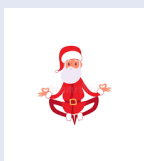
Wed & Fri 8:30 am—Floor \$10

Wed & Fri 9:45 am—Chair \$5

##### GENTLE PM YOGA WITH RENA

Mon 4:30 pm—\$6

Wed 4:00 pm—\$6



#### BEGINNER TAI CHI

Is suspended at this time. We would like to re-start both the 24-week Tai Chi for Healthy Aging on Tuesdays and Tai Chi Practice on Thursdays in January. Please call to indicate your interest in one or both programs to help our planning.

#### Qi Gong & a “teence” of Gentle Yoga with Amy Cost \$5

Thurs @ 10:00 – 10:45 am

Amy Webb’s Qi Gong/Gentle Yoga will NOT continue until January.

Please check back for dates when Amy will begin “again”

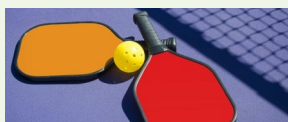
#### SENIOR PICKLEBALL PROGRAM—DROP-IN

Fri @ 11:00 am—1:00 pm at Rec Gym

Weds @ 5:00—7:00 pm at Jenkins School Gym

Free program with players helping to set up and take down nets before and after. Play is rotated (see Protocol sheet). New players encouraged to attend clinics or receive orientation. **INTRO CLINICS & SKILLS CLINICS AVAILABLE BY REQUEST.** Please call Linda at 781-545-8722 to check schedule and availability.

**BADMITON** available for drop-in sessions are Weds, 7-9pm @ Jenkins.



### WEIGHTS & STRENGTH

#### BALANCE FOR LIFE W/SUE

Mon & Thurs @ 11:00 am / \$5

This popular class combines stretching & strengthening movements along w/ postures that contribute to better balance.

#### NEW BEGINNER

#### BALANCE W/SUE

Weds. @ 12:30 pm / \$5

*Please register to attend* up to a week in advance.



#### LIFT YOUR SPIRITS STRENGTH CLASS W/ SUE / Cost \$5

*Fridays are back; Fall hours as follows:*

**Mon @ 12:30 pm;**

**Wed @ 11:00 am; Fri @ 11:00 am**

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

*Please register to attend.*

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

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

*Please bring a mat.*

A gentle floor stretching class to improve your strength, flexibility and balance.



### DANCE, DANCE, DANCE!

#### LET’S LINE DANCE W/JEAN

**BEGINNER @ 10:00 am / \$5**

**INTERMEDIATE @ 11:00 am / \$8**

Have fun learning and practicing the steps to your favorite line dances and music!

*Please register to attend.*

#### JOYFUL MOVEMENT WITH RENA

**Tues @ 12:30 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. *Please register to attend.*

#### ZUMBA GOLD WITH JUSTINE



**Mon & Wed @ 2:00 pm / \$5**

Come dance to lively music & extra toning included. Alicia Green will substitute 10/30, 11/1, 11/6, 11/8 *Please register to attend.*

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

**BEGINNER TAP/ Thurs @ 3:00 pm**

Join this fun tap class for beginners to learn the basics and have some fun dancing. Class includes warm-ups, review and progressive routines. Tap shoes recommended.

**INTERMEDIATE / Thurs @ 4:00 pm**

For more experienced dancers familiar with time steps and riffs.

*Please register to attend.*

#### TRAIL WALKING IS BACK!

**Fridays @ 1:00 pm**

Call Jess at 781-545-8875 to join weekly e-mail list for locations.

## WELLNESS

**REFLEXOLOGY w/ Anne Brennan, LMT & Reflexologist**—Focusing on specific areas of the feet. This 30-min session will relax you and relieve tension. **Appointments 9:00 am-2:00 pm on 11/2, 11/8, 11/16, 12/7, 12/13, 12/21 / Cost: \$30**

**INDIAN HEAD MASSAGE w/ Anne Brennan, LMT & Reflexologist**—A simple, safe and effective 30-min massage session for the shoulder, neck, arms & head to de-stress the whole body. **Appointments 9:00 am-2:00 pm on 11/8, 12/18 / Cost: \$30**

**REIKI w/ Elizabeth Rogers**— Last Thursday of the month 10:00 am-3:00 pm on 11/30, 12/28 / Cost: \$75

*To book all appointments for Nov & Dec call (on or after Monday, October 30th) 781-545-8722 .*

**MANICURES & PEDICURES BY JODDIE—9:00 am—4:00 pm —11/7 & 12/5—Manicure (with 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 (60 mins) Call for appt. 781-545-8722.**

**WOMEN'S DISCUSSION GROUP W/ BARBARA LEARY**

**LAST TUESDAY OF THE MONTH @ 9:00 am / Cost: \$5**

**11/28—Hormones:** We'll discuss hormones and how they change and effect our health as we age.

**No group in December—enjoy your holiday break!**

**Please register.**

**HEARING HEALTHCARE CLINIC W/ MICHAEL SCHMIT, BOARD CERTIFIED SPECIALIST**

**FIRST THURSDAY OF THE MONTH 11/2 & 12/7**

**@ 10:00 am – 12:00 pm**

Free hearing screening, hearing aid cleaning and video ear exam.

**Please register to attend by calling 781-545-8722.**



**BLOOD PRESSURE / HEALTH CLINIC WITH TOWN NURSE EILEEN SCOTTI 1ST & 3RD WED @ 10:30 - 12:00 PM.**

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

# NOVEMBER 2023 CALENDAR

		WED   1	THUR   2	FRI   3
<b>LUNCH &amp; LEARN: ESTATE PLANNING &amp; ELDER LAW—FRI., DEC 1 @ 12PM</b>  Join Attorney Fred Hayes for lunch & an interactive discussion on estate planning and elder law. Topics include taxes, wills, trusts, probate court and nursing home care. Please see flyer at the front desk for more details . <i><b>Please register to attend.</b></i>		8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:30 Nurse / BP 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 <b>10:00 Hearing Screenings</b> 11:00 Balance 1:00 Knitting 2:45 No Rules Book Club 3:00 Beg. Tap Class 3:15 Tech Time 4:00 Intermediate Tap	8:30 Floor Yoga <b>9:00 Veteran's Coffee Hour</b> 9:45 Chair Yoga 10:00 Hand & Foot Cards <b>10:30 Garden Club—Fall Foliage Centerpieces</b> 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
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 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch <b>9:00 Men's Breakfast</b> 9:45 Spanish Class 10:00 Bocce 10:00 Line Dance I 10:30 Men's Book Club 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Bingo 1:00 Career Corner 3:15 Tech Time 4:00 Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 Bob Jackman Class <b>11:00 Art for Your Mind</b> 11:00 Lift Your Spirits 1:00 Bob Jackman Class 1:00 Social Painting 1:00 Scrabble <b>1:30 Alzheimer's Film</b> 2:00 Zumba Gold 4:00 Yoga w/ Rena	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong <b>10:00 Pastries w/ Richardson-Gaffey</b> 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 3:15 Tech Time 4:00 Intermediate Tap	<b>VETERANS DAY OBSERVED SENIOR CENTER CLOSED</b>
MON   13	TUES   14	WED   15	THUR   16	FRI   17
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Story telling / Writing 11:00 Balance 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:00 Alz Support Group 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Singo 1:00 Career Corner 3:15 Tech Time 4:00 <b>SENIORS SING Fall Performance</b>	8:30 Floor Yoga 9:30 Social Day Program 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 1:00 Bob Jackman Class 1:00 Social Painting <b>1:30 Festive Soups</b> 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong <b>10:00 Cottage Caregivers</b> 10:30 Sen. O'Connor w/ Lou Rizzo 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 3:15 Tech Time 4:00 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 1:00 Trail Walking
MON   20	TUES   21	WED   22	THUR   23	FRI   24
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Career Corner 1:00 Parkinson Support Group <b>1:30 Piano Concert</b> 3:15 Tech Time 4:00 Holiday Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 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		
MON   27	TUES   28	WED   29	THUR   30	
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:00 Alz Support Group 4:30 Yoga w/ Rena	8:45 Stretch <b>9:00 Women's Discussion Group</b> 9:45 Spanish Class <b>10:00—2pm Book/ Gift Sale</b> 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Career Corner 3:15 Tech Time 4:00 Holiday Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 Bob Jackman Class 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	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance <b>11:00 Diabetic Shoe Solutions</b> 1:00 Knitting 1:00 Tai Chi 3:00 Beg. Tap Class 3:15 Tech Time 4:00 Intermediate Tap	



# DECEMBER 2023 CALENDAR

				FRI   1
 <p><b>Stay Tuned for our Pre-New Year Celebration Details!</b></p>				8:30 Floor Yoga <b>9:00 Veteran's Coffee Hour</b> 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) <b>12:00 Lunch &amp; Learn</b> 12:30 Friday Flix
MON   4	TUES   5	WED   6	THUR   7	FRI   8
8:30 Floor Yoga <b>9:00-2pm Knitting Fair</b> 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch <b>9:00 Men's Breakfast</b> 9:45 Spanish Class 10:00 Bocce 10:00 Line Dance I 10:30 Men's Book Club 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Bingo 1:00 Career Corner 3:15 Tech Time 4:00 Holiday Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 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	8:45 Stretch 9:15 Beg. Mah Jong <b>9:30 Memory Cafe</b> 10:00 Mah Jong <b>10:00 Hearing Screenings</b> 10:30 Grief Support Group 11:00 Balance 1:00 Knitting <b>2:30 Librarian's Book Bag</b> 3:00 Beg. Tap Class 3:15 Tech Time 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards <b>10:30 Garden Club Boxwood</b> 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix
MON   11	TUES   12	WED   13	THUR   14	FRI   15
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:00 Alz Support Group 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Singo 1:00 Career Corner 3:15 Tech Time 4:00 Holiday Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 Bob Jackman Class 11:00 Lift Your Spirits <b>11:00 Art for Your Mind</b> 1:00 Bob Jackman Class 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 Pastries w/ Richardson -Gaffey 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 3:15 Tech Time 4:00 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   18	TUES   19	WED   20	THUR   21	FRI   22
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga <b>11:00 Tax Exemption Workshop</b> 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Parkinson's Support Group 1:00 Career Corner 3:15 Tech Time <b>4:00 Holiday Sing Performance</b>	8:30 Floor Yoga 9:30 Social Day Program 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 1:00 Bob Jackman Class 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 Richardson-Gaffey 10:30 Sen. O'Connor w/Lou Rizzo 10:30 Grief Support Group 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 3:15 Tech Time 4:00 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   25	TUES   26	WED   27	THUR   28	FRI   29
	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Career Corner 3:15 Tech Time	8:30 Floor Yoga 9:30 Social Day Program 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	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 3:15 Tech Time 4:00 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

AD SPACE

## PROGRAMS, CLASSES & ACTIVITIES

### SPANISH CLASSES

**Tues Cost: \$6**

#### 9:45 am Basics & Beyond

Instructor, Catherine Speigel, will practice the basics of the language with you. Have fun interacting with classmates and strengthening your skills.

**11:00 am** Any true beginners interested? For those who want to start learning Spanish from scratch, this course will be beginner level and run if enough people enroll.

*Please register to attend.*

### ART W/ JUDY ROSSMAN

**WATERCOLOR Mon @ 1:00 pm**

**Next Course: Jan. 8—Feb. 12**

A 6 week course DATE for artists of all levels. Judy is an award winning, experienced instructor. Her emphasis is on painting from observation, working from still life and referenced photos.

**Please register to attend, and pick up a supply list at the front desk.**

**SOCIAL PAINTING Weds @ 1:00 pm**

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 avail-

**The Boston Holiday Pops Trip —Tickets Still Available! Thurs, Dec 14 / Cost: \$160** includes bus fare, lunch at Venezia in Boston (meal choices TBA), Pops ticket – 2nd balcony, gratuity for driver.

There are a few spots available but please register as soon as possible by calling Jessica at 781-545-8875. It's a magical holiday experience!



### ART FOR YOUR MIND

**Weds @ 11:00 am**

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

**Nov 8—Journey into Native American Art**

**Dec 13—Children in Art**

### RECREATION & LEISURE

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

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

**Nov 9 @ 2:45 pm**—“The Matchmaker’s Gift” by Lynda Cohen Loigman

**Dec— Holiday Break—No Meeting**

### MEN’S BOOK CLUB

First Tues of the month @ 10:30 am  
(Following the Men’s Breakfast)

**Nov 7**—“Mornings on Horseback” by David McCullough

**Dec 5** — TBD

### BOCCE BALL

Group Play - Rotating games. Equipment provided.

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

*\*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.

### ‘SENIORS SING’ CHORUS

**Weekly Practices Tues @ 4:00—5:00 pm**

**Fall Senior Sing Performance - Tues, Nov 14 @ 4pm.**

Family & friends are welcome to attend and enjoy some favorite tunes, prepared with love and a reception to follow. *Please register to attend.*

**Holiday Chorus & Performance- 4 week series (Nov. 21-Dec. 19) / Cost \$10**

Get into the holiday spirit and practice some of favorite holiday carols with Director Bill Richter. The series will culminate in a Holiday Senior Sing Performance on Tuesday, Dec 19 @ 4pm. Family & friends are welcome to join the festivities and a reception to follow. *Please register to attend.*



### GARDEN CLUB HOLIDAY ARRANGEMENTS @ 10:30 AM

**Spots are limited please register to attend.**

**Friday Nov 3**—Fall Foliage Centerpiece

**Friday Dec 8**—Christmas Boxwood Trees



## PROGRAMS, GROUPS, ACTIVITIES

### FUN FRIDAY FLIX!

MOVIE @ 12:30



**11/3—Barbie (2023)** - Barbie & Ken live in the perfect world of Barbie Land. When they go to the real world, they soon discover the joys and perils of life w/ humans.

**11/10—Air (2023)** - Matt Damon & Ben Affleck explore how Nike's basketball shoe division was struggling in 1984 and how the company's leadership asked basketball talent scout to find a new spokesperson for their shoes.

**11/17—Champions (2023)** - The story about a Des Moines, Iowa young adult basketball team whose players all have developmental disabilities with one of the best ensemble casts ever. Starring Woody Harrelson as the coach.

**12/1—Gifted (2017)** -The plot follows an intellectually gifted seven-year-old who becomes the subject of a custody battle between her maternal uncle (Chris Evans) and maternal grandmother.

**12/8—An Affair to Remember (1957)** - Nickie Ferrante (Carey Grant), a well-known playboy, meets Terry McKay (Deborah Kerr) aboard the transatlantic ocean liner SS Constitution en route from Europe to New York. Each is romantically involved with someone else.

**12/15—Home Alone (1990)** - An 8 year-old troublemaker (Macaulay Culkin) mistakenly left *home alone*, defends his home against burglars on Christmas eve.

**12/22—Spirited (2022)** - Will Farrell & Ryan Reynolds star in this musical version of the classic Christmas Carol by Charles Dickens.

**12/29—The Holiday (2006)** - Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love over the holidays.

### STORY TELLING IN A NEW WAY

Every Mon @ 11:00-12:00 pm

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 that topic. People write in rhyme, some make lists, we all tell something about our lives. Join us! ***Please register to attend.***

### NEW: RIDING THE WAVE OF GRIEF SUPPORT GROUP facilitated by Susan Drevitch Kelly

Are you feeling stuck in grief? Do you feel like you've lost your way in healing and moving forward with your "new normal"? If its' now been more than a year or two, and you are still feeling stuck in your process we invite you to join the Riding the Wave Grief Support Group. This is a bi-monthly group that meets every 2nd and 4th Tuesday of the month from 1-2:30pm at the Senior Center.



### TECH TIME @ THE SENIOR CENTER

Every Tues & Now Thurs @ 3:15-4:30 pm

Receive 1 on 1 tech support from knowledgeable SHS students / 20-30 minutes sessions depending on availability.



***Please register for an appointment.***

### CAREER CORNER

Every Tues 1:00 –3:00 pm

Do you need help with career decisions? Writing a resume or cover letter? Job searching? Interviewing? LinkedIn? Career Coach Deb Raymond has 20 years experience helping others move their lives forward. See flyer at front desk for more information. ***Please register for an appointment.***



### CAREGIVER SUPPORT GROUP

Third Wed of each month

11/15, 12/20 @ 12:00-1:30 pm

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? Join our monthly Caregiver Support Group led by Licensed Social Worker and educator, Suzanne Otte. Please call the Senior Center to get on the e-mail list for notifications.

***Please register to attend.***

### PARKINSON SUPPORT GROUP

Third Tues of each month

11/21 & 12/19 @ 1:00 pm

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

2nd & 4th Mon @ 4:00 pm

11/13, 11/27, 12/11

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, to share challenges, and find solutions & resources.

***Please register to attend by***

***calling 800-272-3900.***

**Special Presentation: Alzheimer's, A Life Interrupted, Weds, Nov 8 @ 1:30-2:30pm**

***(see pg. 4 for more details)***



## 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.

### "LIBRARIAN'S BOOK BAG" W/ ANN LATTINVILLE FROM THE SCITUATE TOWN LIBRARY - Thurs., Dec 7 @ 2:30 PM

Calling all readers! Come find out what's in the Adult Services Librarian's Book Bag! Ann will talk about some great books from recently published popular titles, to read-alike suggestions for the hottest best-sellers. Whether you've been in a reading rut or you read all the time, you might just find your next great read. She'll have general fiction, mysteries, nonfiction and more-- something for everyone! Bring your questions about e-books, audiobooks, and other library services as well. ***Please register to attend.***

### REAL ESTATE TAX EXEMPTION WORKSHOP

**Monday, Dec 18 @ 11 am—** *Are you a homeowner in Scituate? Would you like to reduce your property taxes? The Town of Scituate invites you for a FREE workshop to learn tips to help you navigate your property taxes presented by Joe DiVito, Town Assessor.*

***Please register to attend.***

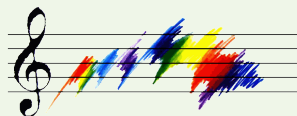
### FINDING WAYS TO ENHANCE YOUR LIFE

This is a spiritual and philosophical discussion opportunity led by our very own, Jeanne Fernandes and based on ideas from the handbook, "Holy Moments" by Matthew Kelly.

The first meeting is scheduled for Friday, November 17 @ 9am. Coffee and refreshments will be served in the Minot Room. Come explore what is possible together! ***Please register to attend.***

### MEMORY CAFÉ—

**Thurs, Dec 7 @ 9:30– 11:00 am**



Our first Memory Café for patrons experiencing memory loss and wanting social time together along w/ others navigating the same challenges and changes.

This month we welcome Cathy Kang from Presto Music Therapy to share in a Music Memory Café session. Activities include breathing exercises and movement to music, sing-along, music trivia, name that tune and instrument playing. Come enjoy the music and socialize!

***Please register to attend.***

### SOCIAL DAY PROGRAM — MONDAYS AND WEDNESDAYS

Led by the Social Day Program Coordinator, this program is offered two days a week to those individuals with a diagnosis of early-stage Alzheimer's or dementia disorder.

Prior screening is required. Space is limited to 8. Hours are 9:30 am - 2:30 pm on Mondays and Wednesdays. 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.

## 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 — Mon 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 10:00 am – 12:15 pm  
Thurs 3:30 – 5:15 pm

The Food Pantry is located at 327 First Parish Road behind the Senior Center. Drive-up service from Cudworth Rd. 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.

### PROFESSIONAL VISITS

#### STATE SENATOR PATRICK O'CONNOR

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

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

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

#### GROCERY SHOPPING (Cost: \$1.75 / \$3.50 Round-trip)

**Shaw's in Cohasset— Every Wednesday @ 10 am**

**Market Basket/Trader Joe's in Hanover— Every Thursday @ 10 am**

#### TUESDAY SHOP HOPS

Nov 7—Savers & Ollies in Plymouth

Nov. 14—Marshalls/Ocean State Job Lot in Marshfield

Nov. 21—Super Walmart in Plymouth

Nov 28—Stop & Shop, Kohls & Dollar Store in Pembroke

Dec 5—Savers in Hanover

Dec 12—Marshalls/Ocean State Job Lot in Marshfield

Dec 19—Super Walmart in Plymouth



#### COST FOR RIDES

##### Local trips & Shot Hops:

\$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, Brockton, Dedham 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 2 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 NOVEMBER

Wed, Nov 1	Lasagna w/ meat sauce, peas, garlic bread
Thu, Nov 2	Baked haddock, roasted carrots, parsnips, creamed spinach
Mon, Nov 6	Meatloaf, mashed potatoes, green beans
Tue, Nov 7	Baked ham w/ pineapple sauce, sweet potatoes, buttered corn
Wed, Nov 8	Butternut squash ravioli w/ sage and lemon beurre blanc, brussels sprouts, garlic bread
Thu, Nov 9	Seafood casserole, rice and peas
Mon, Nov 13	Pot roast, baked potato, buttered carrots
Tue, Nov 14	Broccoli, bacon, cheddar quiche w/ homemade tomato soup
Wed, Nov 15	Baked pasta w/ chicken, roll and butter
<b>Thu, Nov 16</b>	<b>Turkey Dinner—Happy THANKSGIVING!</b>
Mon, Nov 20	Roast pork, lyonnaise potatoes, mashed turnip
Tue, Nov 21	Kielbasa w/ parsleyed red bliss potatoes, sauer kraut w/ apples and caraway
Wed, Nov 22	Pappardelle w/ Bolognese sauce, roasted cauli flower, garlic bread
<b>Thu, Nov 23</b>	<b>CLOSED FOR THANKSGIVING</b>
Mon, Nov 27	Shepherd's pie w/ buttered peas
Tue, Nov 28	Turkey stuffer sandwich w/ sweet potato fries
Wed, Nov 29	Chicken stew w/ biscuits
Thu, Nov 30	Baked haddock, baked potato, fresh broccoli

### Lighthouse Café Policies

Daily Hours of operation 8:30-1:00 pm. Coffee & Tea are complimentary—**thanks to the Friends of Scituate Senior Center FOSS for their generously 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.**

### MENU FOR DECEMBER

Mon, Dec 4	Grilled chicken thighs, mashed potatoes w/ corn pudding
Tues, Dec 5	Meatloaf, mashed potatoes w/ green beans
Wed, Dec 6	Lasagna w/ meat sauce, peas, garlic bread
Thu, Dec 7	Fish cakes, baked beans, coleslaw
Mon, Dec 11	Grilled pork chops, mashed potatoes w/ garlic spinach
Tues, Dec 12	Beef stew w/ biscuits
Wed, Dec 13	Chicken parmesan, spaghetti w/ garlic bread
Thu, Dec 14	Baked haddock, roasted potatoes w/ butternut squash
Mon, Dec 18	Chicken marsala, linguini w/ rolls and butter
Tues, Dec 19	Quiche Lorraine w/ corn chowder
Wed, Dec 20	Boneless short ribs, cheesy polenta, fresh buttered carrots
Thu, Dec 21	Shrimp risotto w/ mussels, peas and garlic bread
<b>Mon, Dec 25</b>	<b>CLOSED FOR CHRISTMAS</b>
Tues, Dec 26	Chicken francaise, rice pilaf w/ roasted zucchini
Wed, Dec 27	Spinach lasagna w/ marinara and garlic bread
Thu, Dec 28	Baked haddock, mashed potatoes w/ broccoli
<b>Mon, Jan 1</b>	<b>CLOSED FOR NEW YEAR'S DAY</b>

### Supermarket/Bread donations and special visits:

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

### Entertainment Tuesday Reminders @ 1pm after lunch!

**Nov 7 & Dec 5**—BINGO w/ John Ross. Play for a free lunch!

**Nov 14 & Dec 12** —SINGO w/ Ed. Prizes and great music!

**Nov 21**— Classical Piano Concert w/ Archi Richards @ 1:30pm



& 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 continue to meet our requests for purchases and funding for entertainment.

FOSS ADDRESS for membership & donations:

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