

Scituate SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | JANUARY & FEBRUARY 2024

CONTACT US

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Scituate, MA 02066

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[council-on-aging](mailto:council-on-aging@scituatema.gov)

HOURS OF OPERATION

Monday - Thursday
8:30 am - 4:30 pm
Friday 8:30 am - 3 pm

OUR NEW MISSION STATEMENT CREATED AS PART OF OUR 3-5 YEAR STRATEGIC PLAN:

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.



A Family of Artists

We are happy to display a special exhibit in January and February from a family of artists featuring three generations, including Serena Green and brother Daniel Adair Brundige Shedd in his memory, along with Serena and Daniel's grandfather, Alfred Shedd, a landscape painter, and their father George Shedd, a syndicated cartoonist working with Al Capp and Stan Lee and later publishing his own strip "Marlin Keel" before becoming a successful watercolorist. Daniel passed this year after battling cancer which is when he started painting, and his watercolors and pen and ink reflect his love of family and nature. Serena is well known as an art teacher and through her work for the South Shore Art Center and her own local studio.

Please join us on Thursday, January 18 at 5:00-7:00pm for an Artist Reception at the Scituate Senior Center.

AARP TAX PROGRAM RETURNING—See p. 5 for more information

Be on the lookout for mail labeled **IMPORTANT TAX DOCUMENT** in Jan/Feb containing income, Social Security, pension, annuity and other tax documents needed.

AD SPACE

ABOUT US

DIRECTOR'S NOTE-

When we give cheerfully and accept gratefully, everyone is blessed." Maya Angelou

2023 - What a year, again! It is still so exciting for all of our staff and volunteers to be providing a place for our community of older adults to gather, exercise, eat, learn, teach, share and find comfort. Each year as we plan for the next, we have a renewed outlook on what is possible. We hope you feel the same!

As a little recap, last year we celebrated the end of 2022 with the WSU Band entertaining us with their musical talents and enthusiasm and we plan that again for this year as we usher in 2024 on **Thursday, December 28 at 1:00pm**. Don't miss this chance to mingle and move a little (or a lot) and consider the promise of the months to come.

In addition, last year we started our new Social Day Program and two happy groups attending on both Mondays and Wednesdays for stimulating activities and jovial companionship.

Our Council on Aging Board and community members answered our call to assist with the Accreditation application in order to be part of this long-standing tradition of national peer review to determine our meeting of strategic standards set by our national association. We completed in record time and have since learned of our acceptance and new status as one of 110 Nationally Accredited Senior Centers.

We participated yet again in another St. Patrick's Day Parade with and hosted parade participants. FOSS provided a fun theatrical program for our patrons, this time featuring "The Incredible Mae West" in the flesh. FOSS also continues to fund entertainment costs to bring musicians in to perform, for which we are grateful and happy to have in memory of Jim Young.

We had our annual volunteer celebration in June, to convey our immense gratitude for all of our 90+ volunteers. Our new Daylily garden was installed by members of the Beautification Commission and what a beautiful addition it is! In addition, a "kitchen garden" was created and planted with the expertise of Jon Belber of Holly Hill Farm. We also received funding from Scituate Education Foundation to start our first senior chorus. We are also grateful to continue our relationship with AARP Volunteer Tax Preparers both in 2023 and looking forward to 2024.

Our application for Accreditation was completed and submitted for review by the National Institute of Senior Centers in July, and in October we were visited by our peer reviewer as the final step in Accreditation process where she met with

board members, staff and volunteers to get a complete picture of life at the Senior Center. We said goodbye to Jen Adams in her role as Social Day Program Coordinator, and have now transitioned Kelly Walsh into the role of Outreach Coordinator and interim Social Day Program Coordinator until we have a new hire into that position. We also welcome new Transportation Coordinator Stephanie Kenney who has joined the team.

We have partnered with the Library for regular programming, and several of our Town and Committee officials have visited as guest speakers for our monthly Men's Breakfast and provided other workshops and presentations as able to keep you informed. We have hosted the Garden Club's annual public gathering, the French Sister City's Bastille Day celebration and the combined Sister Cities' winter film festival showings, school and Town forums, the Rotary Club's Pancake Breakfast and annual Veterans Day Luncheon.

We registered 600 new members this year and have had 2,200 patrons attending programs and events, utilizing our transportation or other services, or taking trips. Over 48,400 check-ins were recorded, and on average our daily attendance is 150 to 230 or more depending on the day.

Please join me in applauding our growth and enjoying another year together with much more to come!

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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

Stephanie Kenney | 781-545-8872
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Outreach Coordinator

Kelly Walsh | 781-545-8873
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Activities & Volunteer Coordinator

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

Social Day Program Coordinator

OPEN | 781-545-8818

Food Service Manager

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

Food Service Assistant

Amy Bartkiewicz

Custodian

Jim Murray

Van Drivers—Joe Swindler, Juan Marcellana, Betty Durkin, Debby Young, and Tom Kilduff

COUNCIL ON AGING BOARD

John D. Miller, Chair

Susan Kelly, Vice Chair

Laurie Brady

Pat Carleton

Deirdra Dwyer

Marie Fricker

Leslie James

Russ Paulin

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 on or after Tues, 12/26/23

History of the Outer Islands of Boston Harbor will present a comprehensive account of the harbor islands east of the Narrows and also those located in Hingham Bay. Scattered islands at the harbor entrance experienced some of the harshest weather in southern New England while also having the busiest ship and boat traffic in the region. An interesting assortment of individuals and families chose to live and work among the islands.

Schedule—Weds, (6 Sessions), Jan 10, 17, 24, 31, Feb 7 & 14. Tuition \$25. Patrons can sign up for either the morning or afternoon section, but not both. The morning section will be from 10am to 11:30am. The afternoon section will be from 1pm to 2:30pm. Limit 28 students per section.

Just in time for Valentine's Day...

The History of the Baker Chocolate Company:



A Sweet History

Guest Lecturer: Anthony Sammarco

Monday, February 12 @ 11 AM / Cost: \$5

In 1765, Dr. James Baker of Dorchester, MA stumbled upon a penniless Irish immigrant named John Hannon, who was crying on the banks of the mighty Neponset River. Hannon possessed the rare skills require to create chocolate but had no way of putting this knowledge to use. Baker, with pockets bursting, wished to make a name for himself-and the two men would become America's first manufacturers of this rich treat, using a mill powered by the same river upon which they met. Both bitter and sweet, this take is sure to tickle your taste buds. Please register to attend.

MEN'S BREAKFAST—Ladies Welcome.

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

Please register to attend.

Jan 9 - Maryann Regan, Executive Director of the Scituate Animal Shelter will join us to educate us about the shelter, community programs and initiatives they have to support animals making them the region's top rated resource for pet welfare services.

Feb 6 - Samantha Woods, Executive Director of the North and South Rivers Watershed Association (NSRWA), will join us to discuss efforts to restore rivers and the herring runs in Scituate and throughout the South Shore. The NSRWA is a local, grassroots nonprofit dedicated to protecting our waters through public education, civic and outdoor engagement and watershed restoration projects.

COFFEE & COMMUNITY RESOURCES



Please register to attend these sessions.

PASTRIES W/ RICHARDSON-GAFFEY FUNERAL

HOME, THURS. JAN 11 @ 10:00 AM -Meet w/ representatives who can guide you to prepare for inevitable transitions. Casual questions are great! (Also—Richardson Gaffey will have a Lunch & Learn Seminar on Feb 9 @ 12:00)

LIFE CARE OF THE SOUTH SHORE LLC, THURS, JAN 18 & FEB 22 @ 10:00 AM—Life Care Center of the South Shore is a 117 bed Skilled Nursing Facility that accepts short and long term patients. It has a comprehensive Rehabilitations Center and a team which provides PT, OT and speech therapy. Please stop by with any questions you have!

BLUE CROSS BLUE SHIELD, THURS, JAN 25 @ 10:00 AM

A member of the Blue Cross Senior Outreach Team will be onsite with an informational table to answer individual questions about any of our Medicare plans, dental plans and Geo Blue travel plans.

SUNRISE OF COHASSET—THURS, FEB 1 @ 10:00 AM

Since 1998, Sunrise of Cohasset has been championing the quality of life for all seniors, both in Assisted Living and in their Reminiscence Memory Care Neighborhood. Jennifer McMellen will be available to answer your questions.

ALLERTON HOUSE AT HARBOR PARK IN HINGHAM—THURS, FEB 29 @ 10:00 AM—Representatives from the Allerton House community will be available to answer your individual questions regarding their traditional assisted living, memory care and independent living resource for all seniors.

UPCOMING DAY TRIPS



ORCHID IMPRESSIONS, HYANNIS, MA -

Cape and Islands Orchid Society Sat, Jan 20, 2023. Tickets: \$20 and Van: \$4 + lunch.

Emerald Resort & Hyport Conference Center, Hyannis

A van from Scituate Senior Center will leave @ 8:30 am and return @ 4:30 pm. After the show we will go to the Black Cat Tavern for lunch. Van space is limited. **Please sign up at the Front Desk Trip Binder.**

MUSEUM OF FINE ARTS/ SARGENT EXHIBIT -(pending)

We are trying to plan a trip the 2nd week of January. Details to be announced at the Front Desk Trip Binder when we have the available.

SPECIAL EVENTS



PRE-NEW YEAR'S CELEBRATION

Thursday, Dec 28 @ 1:00-2:00 PM

*Get out on the dance floor for 2024! Ring in the New Year with the WSU Band.
Join us for refreshments, music and festivity!*

SHARE IN THE LOVE VALENTINE'S PARTY

Feb 14, Weds, 1:00 pm —2:00 pm

Refreshments, games and prizes!

Sponsored by our friends at Bridges by Epoch



JOIN OUR NEW COMMUNITY MUSIC CIRCLE!

Friends and family welcome!

w/ Cathy Kang

Thurs, Jan 18 @ 11:00 am - 12:00 pm / Cost:\$5

Instruments including drums, songs, positive energy and spirit to get us through the winter doldrums! Experience all the wellness benefits of this joyful activity!

Please register to attend.



AARP TAX ASSISTANCE - Appointments will be made for **Tue & Thu, Feb 8 through April 9**. Tax-Aide booklets will be available at the Scituate Senior Center on Jan 16. You **DO NOT** need to book your appointment prior to picking up your intake booklet, which includes a list of required documents for your appt. The booklet can be filled out and signed at home and brought with you to your appt along with all tax documents. Please be sure to bring a photo ID and Social Security cards for everyone in your household. To schedule your appointment, call the Senior Center at 781-545-8722 and press 2; or schedule on-line at <https://tinyurl.com/Scituate-Tax-Appts>. If you have a tax question or a question about the intake form call 781-352-0004 and leave a message and a Tax-Aide volunteer will return your call.

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

Please register to attend.

BACK TO BASICS YOGA w/ RENA



4 week series (Jan 9 - 30)

Tues 11:00 am—12:00 pm

Cost: \$45 for the 4 weeks—includes more instruction than a regular yoga class to help students of ALL levels to learn and master the basic postures.

Please bring your mat and register to attend!

TAI CHI FOR HEALTHY AGING



24-WEEK PROGRAM

8 weeks beg. **Feb 6 - Mar 26**. This program is a modified, slow-moving introduction to Tai Chi principles and movements to improve balance and strength and bring mind/body awareness.

Tues @ 2:00-3:00 PM ; Cost: \$3. Please register to attend.

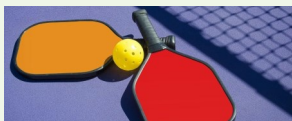
SENIOR PICKLEBALL PROGRAM

Fri @ 11:00 am—1:00 pm at Rec Gym

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

Expecting to add a 3rd time on Mondays. Stay tuned!

This program is for over 55 players only with participants assisting as able with set-up and take-down of nets before and after. Play is rotated and guided by official Protocols (please see handout before playing). New players encouraged to call to receive introduction. Call Linda at 781-545-8871 to check availability.



WEIGHTS & STRENGTH

BALANCE FOR LIFE W/SUE

Mon & Thur @ 11:00 am / Cost \$5

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

NEW BEGINNER BALANCE W/SUE

Weds. @ 12:30 pm / Cost: \$5

Please register to attend up to a week in advance.

LIFT YOUR SPIRITS STRENGTH

CLASS W/ SUE / Cost: \$5

Mon @ 12:30 pm; Wed @ 11:00 am;

Fri @ 10:00 am (NEW TIME)

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. *Please register to attend.*

SOUTH SHORE SENIOR SOFTBALL LEAGUE REGISTRATION 2024 in January! Call for more info.

DANCE, DANCE, DANCE!

LET'S LINE DANCE W/JEAN

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

INTERMED @ 11:15 am / Cost:\$8

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

Please register to attend.

JOYFUL MOVEMENT W/ 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 and those who would like to dance .

Please register to attend.

ZUMBA GOLD WITH JUSTINE



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

Come dance to lively music & extra toning included.

Please register to attend.

TAP YOUR HEART OUT / Cost: \$6

Please register to attend.

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.

TRAIL WALKING

Fridays @ 1:00 pm (weather permitting) Call Jess at 781-545-8875 to join weekly e-mail list for locations.

WELLNESS

REFLEXOLOGY & INDIAN HEAD MASSAGE W/ ANNE BRENNAN, LMT & Reflexologist—Reflexology 30-min session focuses on specific areas of the feet. Indian Head Massage 30-min session focuses on shoulders, neck, arms & head. **Appointments for each are available 9:00 am-2:00 pm on 1/4, 1/10, 1/18, 2/1, 2/14, 2/15 / Cost: \$30 for 30 mins.**

REIKI W/ ELIZABETH ROGERS— Last Thursday of the month 10:00 am-3:00 pm on 1/25 & 2/29 - **NEW OFFERING**—Cost: \$40 for 30mins.or \$75 for 60mins. *Appts. can be made for Jan & Feb on or after Tues, 12/26 by calling 781-545-8722 .*



MANICURES & PEDICURES W/ JODDIE 9:00 am—4:00 pm on 1/2 & 2/13 Manicure (with polish) \$18 (30 min) Spa Manicure \$21 (30 min) Simple Manicure (no polish, shape, clean, buff and hand massage) \$11 (30 min) Mini-pedicure \$16 (30 min) Full Pedicure \$28 (60 min). *Appointments can be made by calling 781-545-8722.*

HEARING HEALTHCARE CLINIC W/ MICHAEL SCHMIT, BOARD CERTIFIED SPECIALIST

No January Clinic. Feb 1, 10:00 am—12:00 pm FREE hearing screening, hearing aid cleaning and ear exam. **Please register to attend.**

WOMEN'S GROUP W/ BARBARA LEARY

Mon, Jan 29 @ New Time 1:00—2:00 pm - Hormones: how they change and impact us as we age.



Mon, Feb 26 @ new time 1:00—2:00 pm Healthy Heart: heart function, risk factors, and steps to lower BP.

Please register to attend.

FIRST FRIDAYS w/ MOBILE MEDICAL FOOT CARE PLLC by Donna Golden, Nurse Practitioner CFCS / Cost: \$40 per 1hr. Comprehensive services include:

- Lower leg & foot health assessment (referrals if needed)
- Trimming & filing toenails, reduction of thick nails, calluses, corns etc.
- Edema management & shoe assessment

Please call 781-545-8722 to make your appt. time 9am-3pm.



BLOOD PRESSURE / HEALTH CLINIC WITH TOWN NURSE EILEEN SCOTTI JAN 4, JAN 17& FEB 21 @ 10:30 - 12:00 PM.

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

JANUARY 2024 CALENDAR

MON 1	TUES 2	WED 3	THUR 4	FRI 5
NEW YEARS DAY OBSERVED SENIOR CENTER CLOSED	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 BINGO 1:00 Career Corner	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Nurse / BP 10:30 Grief Support Group 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 Veteran's Coffee Hour 9:00 Footcare Fridays 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 12:30 Friday Flix 1:00 Trail Walking
MON 8	TUES 9	WED 10	THUR 11	FRI 12
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 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:00 Men's Breakfast 9:45 Spanish Class 10:00 Line Dance I 10:30 Men's Book Club 11:00 Beginner Spanish 11:00 Back to Basics Yoga 11:15 Line Dance II 12:30 Joyful Movement 1:00 Ride the Wave 1:00 SINGO 1:00 Career Corner	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 / 1:00 Bob Jackman Class 11:00 Art for Your Mind 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Richardson-Gaffey 11:00 Balance 1:00 Knitting 1:30 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 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 12:30 Friday Flix 1:00 Trail Walking
MON 15	TUES 16	WED 17	THUR 18	FRI 19
MLK DAY SENIOR CENTER CLOSED	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:00 Back to Basics Yoga 11:15 Line Dance II 12:30 Joyful Movement 1:00 Career Corner 1:00 Parkinson's Support Grp	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 / 1:00 Bob Jackman Class 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 Caregiver Support Grp 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Life Care 10:30 Grief Support Group 10:30 Sen. O'Connor w/ Lou Rizzo 11:00 Balance 11:00 Music Circle 1:00 Knitting 3:00 Beg. Tap Class 4:00 Intermediate Tap 5:00 Artists Reception	8:30 Floor Yoga 9:00 Enhance Your Life 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 12:30 Friday Flix 1:00 Trail Walking
MON 22	TUES 23	WED 24	THUR 25	FRI 26
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 11:00 Real Estate Tax Workshop 12:30 Lift Your Spirits 1:00 Watercolor 1:00 Hand & Foot 2:00 Zumba Gold 4:30 Yoga w/ Rena 6:30 Men's Game Night	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:00 Back to Basics Yoga 11:15 Line Dance II 12:30 Joyful Movement 1:00 Ride the Wave 1:00 Career Corner	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 / 1:00 Bob Jackman Class 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Bob Jackman Class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Blue Cross Blue Shield 11:00 Balance 1:00 Knitting 1:00 Tai Chi 2:30 GATRA Zoom Workshop 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:30 Tech Class w. Katy Mayo 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 12:30 Friday Flix 1:00 Trail Walking
MON 29	TUES 30	WED 31	<div> Entertainment Tuesdays @ 1pm after lunch! 1/2 & 2/ 6: BINGO w/ John Ross. Win a free lunch! 1/9 & 2/13: SINGO w/ Ed Kelley. Prizes & great music! 2/14: Valentine's Day Party: Treats, Games & Prizes! </div>	
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 1:00 Watercolor 1:00 Women's Discussion 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:00 Back to Basics Yoga 11:15 Line Dance II 12:30 Joyful Movement 1:00 Career Corner	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 / 1:00 Bob Jackman Class 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)		

FEBRUARY 2024 CALENDAR

			THUR 1	FRI 2
<p>Volunteer Dishwasher needed for the New Year!</p> <p>Tues and Thurs shifts available 11:30-1:30 PM- Work as a part of a great team w/ Chef Fred and his kitchen crew--lunch included! This could also qualify as a tax work off position.</p> <p>Call Jess @ 781-545-8875 if interested.</p> 			8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Sunrise of Cohasset 10:00 Hearing Screenings 10:30 Grief Support Group 11:00 Balance 1:00 Knitting 1:30 Author Talk: Mary Ford 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 Veteran's Coffee Hour 9:00 Footcare Fridays 9:30 Tech Class w. Katy Mayo 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 12:30 Friday Flix
MON 5	TUES 6	WED 7	THUR 8	FRI 9
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 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:00 Men's Breakfast 9:45 Spanish Class 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:: Tips for Job Seekers Presentation 2:00 Tai Chi	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 10:30 No Nurse 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Bob Jackman Class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Screenings 11:00 Balance 1:00 Knitting 2:30 Librarian's Book Bag 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 10:30 Valentine's Flowers 11:00 Pickleball (VetGym) 12:00 Lunch & Learn w/ Richardson Gaffey 12:30 Friday Flix
MON 12	TUES 13	WED 14	THUR 15	FRI 16
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 History of Baker Chocolate Company Lecture 11:00 Story telling / Writing 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 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 SINGO 1:00 Ride the Wave 1:00 Career Corner 6:30 Men's Game Night 2:00 Tai Chi	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 11:00 Lift Your Spirits 11:00 Art for Your Mind 12:30 Beginner Balance 1:00 Bob Jackman Class 1:00 Social Painting 1:00 Scrabble 1:00 Valentine's Party 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Richardson-Gaffey 10:30 Grief Support Group 11:00 Balance 1:00 Knitting 1:30 Memory Training 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 Enhance Your Life 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 12:30 Friday Flix
MON 19	TUES 20	WED 21	THUR 22	FRI 23
PRESIDENTS' DAY SENIOR CENTER CLOSED	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Parkinson's Support Grp 1:00 Career Corner 2:00 Tai Chi	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 Caregiver Support Grp 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Life Care 10:30 Sen. O'Connor w/Lou Rizzo 11:00 Balance 1:00 Knitting 1:30 No Rules Book Club 1:30 Memory Training 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 12:30 Friday Flix
MON 26	TUES 27	WED 28	THUR 29	
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 1:00 Women's Discussion 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Career Corner 1:00 Ride the Wave 2:00 Tai Chi	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Lift Your Spirits 12:30 Beginner Balance 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball (Jenkins)	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Allerton House 11:00 Balance 1:00 Knitting 1:30 Memory Training 3:00 Beg. Tap Class 4:00 Intermediate Tap 6:30 Men's Game Night	

AD SPACE

PROGRAMS, CLASSES & ACTIVITIES

SPANISH CLASSES

Tues Cost: \$6

9:45 am Basics & Beyond

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

11:00 am Beginners 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.

ART W/ JUDY ROSSMAN

WATERCOLOR Mon @ 1:00-3:00 pm

New Course: Jan 8—Feb 26

6 week course 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 available. **Please register to attend.**

'SENIORS SING' CHORUS

w/ Bill Richter

The chorus will be taking a break for the winter months and will resume March—May 2024. More details will be announced closer to March. For information please contact Jess at 781-545-8875.

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

GARDEN CLUB VALENTINE ARRANGEMENTS

Sponsored by the Scituate Garden Club

Feb 9, Fri @ 10:30 am—12:00 pm

Please register to attend.



ART FOR YOUR MIND

Weds @ 11:00 am

Experience this enriching Art Appreciation series with Jill Sanford.

Jan 10 — The Abstract Expressionists

Feb 14— Norman Rockwell

Remembered

Funded by the Joanne Papandrea Memorial Donation

Please register to attend.

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

Jan 11 @ NEW TIME 1:30 pm

"Remarkably Bright Creatures" by Shelby Van Pelt

Feb 22 @ NEW TIME 1:30 pm - Title

TBA on Jan 11

Please register to attend.



MEN'S BOOK CLUB

First Tues of the month (following the Men's Breakfast)

Jan 9 @ 10:30 am - "Leave the World Behind" by Rumaan Alam

Feb 6 @ 10:30 am - Title TBA on Jan 9

Please register to attend.

AUTHOR TALK w/ MARY FORD

"Boy at the Crossroads"

Thursday, Feb 1 @ 1:30 pm

Fictionalized by Conley's wife, Mary, this book is an adventurous coming of age novel about making it on your own and overcoming a hardscrabble childhood. For more information regarding the book, author and talk please see the flyer at the Front Desk.

Please register to attend.

MEN'S GAME NIGHT!

6:00—8:30 PM

Join us for shuffleboard, pool, (darts are in the works) while the Bruins play on TV.

Mon Jan 22 (vs. Winnipeg)

Tues Feb 13 (vs. Tampa Bay)

Thurs Feb 29 (vs. Dallas Stars)

Donations for food & beverages are welcome!

Please register to attend!



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—Wed @ 1:00 pm

BOCCE BALL

Group Play - Rotating games. Equipment provided.

Tues & Weds @ 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.

PROGRAMS, GROUPS, ACTIVITIES

FUN FRIDAY FLIX!

MOVIE @ 12:30



1/5—Dumplin' (2018) - "Dumplin'", the plus-size teenage daughter of a former beauty queen, signs up for the Miss Teen Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and a small Texas town.

1/12—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.

1/19—Charade (1963) - After Regina Lampert (Audrey Hepburn) falls for the dashing Peter Joshua (Cary Grant) on a skiing holiday in the French Alps, she discovers upon her return to Paris that her husband has been murdered.

1/26—Grace of Monaco (2014) - Story of Hollywood star Grace Kelly's (Nicole Kidman) crisis of marriage and identity, during a political dispute between Monaco's Prince Rainier III and France's Charles De Gaulle, and a looming French invasion of Monaco in the early 1960s.

2/2—Four Weddings and a Funeral (1994) - Over the course of five social occasions, a committed bachelor (Hugh Grant) must consider the notion that he may have discovered love.

2/9—Set it Up (2018) - Two corporate executive assistants hatch a plan to match-make their two workaholic bosses. Along the way they realize they might be right for one another.

2/16—Harriet (2019) - Based on the inspirational life of an iconic American freedom fighter, Harriet tells the tale of Tubman's escape from slavery and transformation into one of America's greatest heroes.

2/23—Black Panther (2018) - The heir to the hidden and advanced kingdom of Wakanda, Black Panther must step forward to lead his people into a new future. He also must confront a challenger from his country's past in this Marvel Comics Universe.

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? If it's 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.

Please register in advance, 781-545-8875.

TECH TIME @ THE SENIOR CENTER

Is on hold for the winter months. If you have a specific issue please call Jess at 781-545-8875 and we can reach out to volunteers for appointments.



TECH CLASSES W/ KATY MAYO ARE BACK!

FRIDAYS @ 9:30 - 11:00 AM

COST: \$20 for series or \$15 per class

Jan 26—Ipad Basics—Learn the basic functions, helpful tips & tricks for setting up your device and managing its settings.

Feb 2—Ipad II—Boost your Ipad skills by learning about specific applications and to keep your device safe and secure. **Please register to attend.**

CAREGIVER SUPPORT GROUP

Third Wed of each month

1/17, 2/21 @ 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

1/16 & 2/20 @ 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.

CAREER CORNER:

KICKSTART YOUR CAREER!
w/ Debbie Raymond , Career Specialist



Are you retired and looking to start something new?

Would you like to transition out of full time and into a new opportunity? Are you wondering how to find the right volunteer position for you?

"Tips for Job Seekers & Volunteering"

Tuesday, February 6 @ 1:00—3:00 PM .

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.

LIBRARIAN'S BOOK BAG W/ ANN FROM SCITUATE TOWN LIBRARY

Thurs, Feb 8 @ 2:30 pm

Ann will return to discuss some of the great 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.***

FINDING WAYS TO ENHANCE YOUR LIFE W/ JEAN FERNANDES

"How Are You Doing? And Who Has Your Back?" Fri, Jan 19 @ 9:00 am



If you are feeling completely overwhelmed, powerless, emotional, angry, and scared, let's find ways to balance these emotions for a healthy and peaceful 2024 with guest Sue Ribiero.

"Enhance Your Life" Fri, Feb 16 @ 9:00 AM

Whether you feel like you've got it all together or like it's all falling apart; whether you're taking stock of your life or simply looking to recharge, let's explore together the power within us. A way to move forward in life with hope and grace.

Please register to attend.

REAL ESTATE TAX EXEMPTION WORKSHOP



Mon, Jan 22 @ 11 am & Tues, Mar 5 @ 5:00 pm

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.

MEMORY TRAINING IS BACK!!

4 week course with classes on Thursdays, Feb 15 -- Mar 7 @ 1:30- 3:30 pm

Developed by the UCLA Longevity Center this course teaches techniques to improve your memory in a fun interactive classroom format. It is a creative way to retool your memory to work better for you. The course is designed for people with mild memory concerns and not intended for people with Alzheimer's disease or other forms of dementia.

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

***Special Staffing Note:** As of November 2023, Kelly Walsh became our new Outreach Coordinator if you have any questions regarding Outreach services, referrals and resources please call her at 781-545-8873. We also welcomed, Stephanie Kenney as our new Transportation Coordinator and she can be reached at 781-545-8872.

SHINE (SERVING THE HEALTH INFORMATION NEEDS OF EVERYONE)

Counselors advise and assist w/ questions on health insurance and prescription coverage for 65+. Appts. 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

Housing Authorities visits are suspended, but we encourage you to please call us if you have questions on benefits, services, or resources.

Call Kelly at 781-545-8873 or the main number at 781-545-8722.

GATRA PUBLIC MEETING via ZOOM

Thursday, Jan 25 @ 2:30—3:30 PM

Learn more about GATRA's transportation services and give feedback. ***Please register to attend.***

FUEL ASSISTANCE

The period to apply to the Home Energy Fuel Assistance Program is November 2023—April 2024

Call Kelly at 781-545-8873 .

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 **Stephanie Kenney, our NEW 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

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 JANUARY

Mon, Jan 1	<i>CLOSED FOR NEW YEAR'S DAY</i>
Tues, Jan 2	Monte Cristo w/ mornay sauce, turkey noodle soup
Weds, Jan 3	Tortellini w/ sausage, garlic toast
Thurs, Jan 4	Seafood casserole, rice pilaf, buttered peas
Mon, Jan 8	Chicken Francaise, rice pilaf, buttered broccoli
Tues, Jan 9	Pot roast with pan gravy, roasted potatoes, carrots
Weds, Jan 10	Ham, mushroom, swiss and spinach quiche, and curried cream of cauliflower soup
Thurs, Jan 11	Risotto Milanese w/ shrimp, peas & mussels, and roll
Mon, Jan 15	<i>CLOSED FOR MARTIN LUTHER KING DAY</i>
Tues, Jan 16	Meatloaf w/ mushroom sauce, mashed potatoes, and Buttered broccoli
Weds, Jan 17	Grilled ham steak w/ pineapple sauce, scalloped potatoes, and peas
Thurs, Jan 18	Baked fresh haddock, rice pilaf, butternut squash
Mon, Jan 22	Chicken marsala, lyonnaise potatoes, roasted zucchini
Tues, Jan 23	Pot roast, carrots and mashed potatoes
Weds, Jan 24	Lasagna w/ marinara sauce, and parmesan cauliflower
Thurs, Jan 25	Shrimp scampi, linguini, and buttered peas
Mon, Jan 29	Roast pork loin, pan gravy, roasted garlic mashed potatoes, fresh broccoli
Tues, Jan 30	Grilled teriyaki chicken thighs, rice and sautéed oriental vegetable
Weds, Jan 31	Baked pasta with chicken, fresh broccoli, garlic bread creamed spinach

MENU FOR FEBRUARY

Thu, Feb 1	Baked haddock, parsley red bliss potatoes, fresh green beans
Mon, Feb 5	Chicken Francaise w/ roasted red bliss potatoes, and roasted zucchini
Tues, Feb 6	Open face Rueben sandwich, butternut bisque
Weds, Feb 7	Spaghetti and meatballs, garlic bread
Thurs, Feb 8	Shrimp casserole, rice pilaf, and buttered peas
Mon, Feb 12	Shepard's pie, and peas
Tues, Feb 13	Quiche Lorraine, soup du jour
Weds, Feb 14	Chicken cacciatore w/ penne, garlic bread
Thurs, Feb 15	Baked haddock, mashed potatoes, fresh broccoli
Mon, Feb 19	<i>CLOSED – PRESIDENT'S DAY</i>
Tues, Feb 20	Roast pork, Delmonico potatoes, buttered corn
Weds, Feb 21	Spinach lasagna w/ meat sauce, fresh baked rolls
Thurs, Feb 22	Shrimp scampi with linguini, buttered peas
Mon, Feb 26	Oven fried chicken, garlic mash, buttered carrots
Tues, Feb 27	Chili bowl w/ cornbread, sour cream and cheddar
Weds, Feb 28	Cavatappi w/ sausage, capers, baby spinach and roasted butternut
Thurs, Feb 29	Baked haddock, rice pilaf, sautéed vegetables

Entertainment Tuesday Reminders @ 1pm after lunch!

Jan 2 & Feb 6 —BINGO w/ John Ross. Play for a lunch!
Jan 9 & Feb 13 —SINGO w/ Ed. Prizes and great music!
Feb 14 — Valentine's Day Party - Games & Prizes

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.

Supermarket/Bread donations and special visits:

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



& Council on Aging

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SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the Executive Office of Elder Affairs through the annual Formula Grant.

ADVERTISERS

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for the lunch program. They also supply 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:

IN MEMORY OF / IN HONOR OF

Marilyn Riley, donation in memory of Paul Scarpino

We are saddened by these other losses for our community:

Marie Murray, Director of Scituate Food Pantry

Brendan Lynch, former Treasurer/Collector for Town of Scituate