

Scituate

SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | MARCH & APRIL 2024

CONTACT US

333 First Parish Road
Scituate, MA 02066

Phone: 781-545-8722
Fax: 781-545-2806

www.scituatema.gov
council-on-aging

HOURS OF OPERATION

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

Friday 8:30 am - 3 pm

**CLOSED on Monday, April 15 for
Patriots Day**

OUR MISSION STATEMENT

The mission of the Scituate Senior Center is to promote the physical, intellectual, and emotional well-being of our community of older adults by cultivating connections, fostering independence, and enhancing quality of life.

Great news! —

Accredited by 
National Institute of
Senior Centers



Artwork Credit: "Beam of Light (North River)" by Serena Green currently on display at the Senior Center's Joanne Vignoni Papandrea gallery through March 27.

Happy St. Patrick's Day Luncheon

Thursday, March 14 @ Noon / Cost \$5

*Corned Beef & Cabbage, Boiled Potatoes & Carrots by Chef Fred.
Performance of Irish music provided by Deacon Martin Henry following lunch at 1pm. Please register for the lunch. If you only want to come for the entertainment please register for that event.*

St. Patrick's Day Parade in Scituate

Sunday, March 17—Meet @ Senior Center @ 11:30 am

If you would like to represent the Scituate Senior Center as a rider on our van or a walker, please call 781-545-8871 for more information.

AARP TAX AIDE PROGRAM appointments are full at this time. For those with appointments upcoming, booklets are available at the Scituate Senior Center to be picked up before your appointment and completed. The packet includes a comprehensive list of documents to collect to be prepared for your meeting. Please bring a photo ID and Social Security cards for everyone in your household.

AD SPACE

ABOUT US

DIRECTOR'S NOTE —

*As a general rule, whenever you see a piece of fruit, put it into your mouth!
(A little heart health reminder!)*

"Can little actions bring big joy? Researchers find "micro-acts" can boost well-being." Have you ever found that a small, often spontaneous, act of kindness could influence your mood for the day, the week, or get you out of a funk or negative mindset? Scientists behind a research initiative called the "Big Joy" Project found that people who commit daily "micro-acts" of joy experience about a 25% increase in emotional well-being over the course of a week. Greater well-being includes better coping, less stress, and more satisfaction with relationships. Researchers say their view of small acts helping to assuage some of our current environmental, political, health and social challenges stems from the ideas of the Dalai Lama and Archbishop Desmond Tutu who both spoke about being able to feel joy even in the midst of suffering – and to use that feeling to help do more good. So, believing we have more control over our happiness than we may know or admit, or being better able to reduce anxiety or sadness that may seep into our every day lives when under stress, is a useful "tool in the toolbox," and one that has the added benefit of potentially helping others in similar need. We thank Jeanne Fernandes for passing on similar sentiments to us in her new monthly "Ways to Enhance your Life" sessions on Friday mornings, with a little help from Sue Ribeiro as well!

Please read our newsletter to be aware of all of the wonderful things being planned and offered. We do find that with some activities that are in demand, we have to set a date for earliest sign-up to keep a fair playing field for those who may see it first on-line and those waiting to read it in the physical news-

letter. And if the newsletter is not yet at the Senior Center or in your mailbox by that date, we will have some hard copies available here for you to peruse. February 26 is the date for those special sign-ups as it is the first Monday following the newsletter completion and before the 1st of the month when it will have been on-line and at least available here in hard copy. We are happy to have so many popular classes, often filled to capacity, which is a tribute to our instructors and practitioners who have sought to bring you the best of themselves and something of interest and benefit to you.

Also, please note the special visits or presentations by professionals bringing you valuable information regarding your vascular health, hearing health, bladder health, health insurance & Medicare, and by our Emergency Management team, as well as our new Footcare specialist and other self-care treatments. All to help you to Be Well and Age Well! Linda

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OUR STAFF

Director

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

Administrative Assistant

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

Transportation Coordinator

Stephanie Kenney | 781-545-8872
skenney@scituatema.gov

Outreach Coordinator

Kelly Walsh | 781-545-8873
kw Walsh@scituatema.gov

Activities & Volunteer Coordinator

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

Social Day Program Coordinator

Lucille Sorrentino | 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,
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 Mon, 2/26.

Naval Battles of Revolutionary War will survey six vital, intriguing strategic uses of naval power and their impact upon the war. The importance of naval power to control the seas, to fire upon coastal strongholds, and lay siege to ports has often been overlooked. Some battles highlighted in this course are unknown to many historians. Naval forces patrolling seas disrupted supply shipments, military communications, and trade that supported economies. With an emphasis on strategy and consequences, the program will not dwell on blood and gore of individual weapon discharges.

Schedule—Weds, (6 Sessions), Mar 13, 20, 27, Apr 3, 10, & 17. Tuition \$25. Patrons may sign up for either the morning or afternoon section, but not both. Mornings from 10:00—11:30. Afternoons 1:00- 2:30. Limit 28 students per section.

Just in time for St Patrick's Day, The Boston Irish

Guest Lecturer: Anthony Sammarco

Tues, Mar 12 @ 11:00 am/Cost: \$5

Please register to attend.



An exploration of the 19th & 20th century people and institutions founded by and for Irish immigrants and their descendants. Prominent institutions Boston College, Carney Hospital, St Elizabeth Hospital, House of the Good Shepherd, House of the Angel Guardian, and many churches will be discussed. Many people think that the Irish immigration of the 1840's changed the face of Boston and contributed to the city's fabric in business, government, and the church.

LUNCH & LEARN FRIDAYS @ 12PM

Mar 22— Representatives from the **New England Wellness Solutions** will educate us about their acupuncture and other wellness resources and services.

Apr 12— Representatives from **The Vascular Care Group** will share information on their resources and services. They can also offer vascular ultrasound screening free of charge.

Please register to attend the lunch sessions.

MEN'S BREAKFAST—*Ladies Welcome.*

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

Please register to attend.

Mar 5 - Ed Kelley will share with us the history of the St. Patrick's Day Parade in Scituate.

Apr 2 - Andrew Scheele, Director of the Board of Health, will update us on important information and resources.

COFFEE & COMMUNITY RESOURCES

Please register to attend these sessions.

FREE!

MASS GENERAL HEALTH PLAN, THURS, MAR 14 @ 1:30 PM

A licensed Medicare agent, Paul Connor will go over traditional Medicare and other options available to seniors. He will remain after the presentation for individual questions.

SCITUATE FIRE DEPT/ EMERGENCY MANAGEMENT, THURS, MAR 14 @ 10:00 AM

Come meet members of SFD responsible for safety and emergency preparation keeping homes and individuals safe through storm occurrences, power outages, maintenance of in-home fixtures and 911 calls.

LIFECARE OF THE SOUTH SHORE—THURS, MAR 21 @ 10:00 AM

LifeCare is a 117 bed skilled nursing facility that accepts short and long term patients. It has a comprehensive rehabilitation center and a team which provides PT, OT and speech therapy. Please stop by with your questions to learn more.

SUNRISE OF COHASSET—THURS, APR 11 @ 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.

**KELLER WILLIAMS REALTY W/ KAREN POWERS—
THURS, APR 25 @ 10:00 AM—**Representatives will be available to answer any and all of your real estate questions.

UPCOMING DAY TRIPS

LOCAL VAN TRIP—"Outerwear Fashion Exhibit, Cohasset Historical Society, Weds, Mar 20 / Cost \$5 at Cohasset Historical Society. A van from Scituate Senior Center will leave @ 10:00 am. Docent led tour 10:30 -11:30. Lunch TBA in Cohasset Center. Space is limited to 14 people. **Please sign up with Jess .**

BIG BUS TRIP—Blithewold Mansion Daffodil Festival, Mansion Tour & Lunch at the Lobster Pot, Bristol, RI - Fri, Apr 19 / Cost \$135 per person. No refunds after 4/1/24. Please register w/ payment w/ Jess.

Round-trip bus transportation; guided tour of Blithewold Mansion & Gardens (90 mins); lunch at The Lobster Pot in Bristol, RI—chowder, entrée & dessert; free time to explore quaint Bristol and enjoy the spring air!

LOCAL VAN TRIP—MFA—ART IN BLOOM in Boston,- Tentatively Fri, 4/26. Schedule and details TBA after reservations open at the MFA on March 5. Please contact Jess if you are interested. Space limited to 14 people.

SPECIAL EVENTS

FRIENDS OF SCITUATE SENIORS (FOSS) MEMBERSHIP EVENT

Come join the Friends of Scituate Seniors!

Fri, April 26 @ 1:00 pm -3:00 pm
at the Scituate Senior Center

There will be light refreshments and conversation about the role of FOSS and how to make it better.



CLASSICAL PIANO CONCERT BY ARCHIE RICHARDS

Tues, Apr 23 @ 1:30 pm / Cost: \$5

We welcome back Archie Richards for his swansong, classical performance, featuring the first movement of Beethoven's *Waldstein* Sonata. For many years, this sonata remained Beethoven's favorite even though he wrote many others during that time. Two love songs, by composer Franz Liszt will also be performed. Don't miss this very special final classical performance ***Please register to attend.***



JOIN OUR MUSIC & MAGIC CIRCLE!

Friends and family welcome!

w/ Cathy Kang

Tues, Apr 23 @ 10:30 am - 11:30 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.



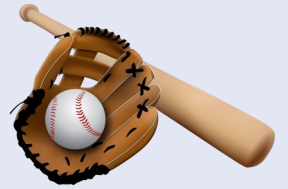
COME ONE, COME ALL, It's the Opening Day of Baseball!

Thurs, Mar 28 @ 1:30 pm

Highlights from Red Sox Opening Days with author Herb Crehan, bringing lots of baseball anecdotes from his time writing and interviewing many of your favorite players. Baseball card display courtesy of Bruce Marshman.

Please register to attend.

NEW



AD SPACE

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA, TAI CHI, MEDITATION

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.

Would you be interested in joining a Senior Biking Club?

This group could provide equipment demos for e-bikes, safety workshops, local, themed biking tours; starting late Spring 2024. **If this inspires you and you would like more information, please contact Jess at 781-545-8875.**



SOUTH SHORE SENIOR SOFTBALL LEAGUE REGISTRATION 2024!

New season beginning!

Ages 55+ play on Sunday mornings; and age 65+ games are on Fridays; practices on Wednesdays. Call or stop by the Senior Center for more information.

SENIOR PICKLEBALL PROGRAM — GROUP PLAY

Mon @ 2:00-4:00

Fri @ 11:00 am—1:00 pm at Rec Gym

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

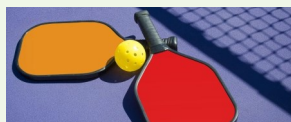
INTRO/BEG CLINIC: Friday, March 1 at 10-11:30

ADV. BEGINNER CLINIC: Friday, March 8 at 10-11

SKILLS/INTERMED CLINICS: Friday, March 15 at 10-11

Please call Linda at 781-545-8871 to check schedule and availability.

BADMINTON on Weds, 7-9pm @ Jenkins School Gym / after Pickleball



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.*

DANCE, DANCE, DANCE!

LET'S LINE DANCE W/JEAN

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

INTERMED @ 11:00 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 3/7, 3/13, 3/21, 4/4, 4/10, 4/18** Cost: \$30 for 30 minutes.

REIKI W/ ELIZABETH ROGERS— Last Thursday of the month 10:00 am-3:00 pm on 3/28 & 4/25—Cost: \$75 for 60 mins. or \$40 for 30 mins. *Appointments can be made for March & April on or after Mon, 2/26 by calling 781-545-8722 .*

MANICURES & PEDICURES W/ JODDIE 9:00 am—4:00 pm on 3/12 & 4/9—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

Mar 7 & Apr 4, 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, Mar 25 @ 1:00—2:00 pm Menopause: A natural process with many different symptoms— discussion will include personal experience and available treatments.

Mon, Apr 29 @ 1:00—2:00 pm Bladder Health: Discussion of common bladder problems and issues requiring medical attention. ***Please register to attend each of these sessions.***

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



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).

MARCH 2024 CALENDAR

FRI 1				
<div> <div> VETERAN'S COFFEE HOUR First Friday of Every Month at Scituate Senior Center Mar 1 & Apr 5 @ 9:00—10:30am Join fellow veterans for good company, discussions about benefits, shared concerns and issues. Veterans are encouraged to attend any all socials. Coffee & pastries provided. No reservations required. </div> <div>   </div> </div>				
<div> <div>8:30 Floor Yoga</div> <div>9:00 Veteran's Coffee Hour</div> <div>9:00 First Friday Footcare</div> <div>9:30 Drop-In Bridge</div> <div>9:45 Chair Yoga</div> <div>10:00 Hand & Foot Cards</div> <div>10:00 Lift Your Spirits</div> <div>11:00 Pickleball (Vet Gym)</div> <div>11:00 Ukulele</div> <div>12:30 Friday Flix</div> <div>1:00 Trail Walking</div> </div>				
MON 4	TUES 5	WED 6	THUR 7	FRI 8
<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>11:00 Balance</div> <div>11:00 Story telling / Writing</div> <div>12:30 Lift Your Spirits</div> <div>1:00 Hand & Foot</div> <div>1:00 Watercolor</div> <div>2:00 Zumba Gold</div> <div>4:30 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:00 Men's Breakfast</div> <div>9:45 Spanish Class</div> <div>10:00 Line Dance I</div> <div>10:30 Men's Book Club</div> <div>11:00 Beginner Spanish</div> <div>11:15 Line Dance II</div> <div>12:30 Joyful Movement</div> <div>1:00 BINGO w/John Ross</div> <div>1:00 Career Corner</div> <div>2:00 Tai Chi 4Healthy Aging</div> <div>5:00 Real Estate Tax Workshop</div>	<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>10:30 Nurse / BP</div> <div>11:00 Lift Your Spirits</div> <div>12:30 Beginner Balance</div> <div>1:00 Social Painting</div> <div>1:00 Scrabble</div> <div>2:00 Zumba Gold</div> <div>4:00 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:15 Beg. Mah Jong</div> <div>10:00 Mah Jong</div> <div>10:00 Hearing Screenings</div> <div>10:30 Grieve Not Alone</div> <div>11:00 Balance</div> <div>1:00 Knitting</div> <div>3:00 Beg. Tap Class</div> <div>4:00 Intermediate Tap</div>	<div>8:30 Floor Yoga</div> <div>9:30 Drop-In Bridge</div> <div>9:45 Chair Yoga</div> <div>10:00 Hand & Foot Cards</div> <div>10:00 Lift Your Spirits</div> <div>11:00 Pickleball (Vet Gym)</div> <div>11:00 Ukulele</div> <div>12:30 Friday Flix</div> <div>1:00 Trail Walking</div>
MON 11	TUES 12	WED 13	THUR 14	FRI 15
<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>11:00 Balance</div> <div>11:00 Story telling / Writing</div> <div>12:30 Lift Your Spirits</div> <div>1:00 Hand & Foot</div> <div>1:00 Watercolor</div> <div>2:00 Zumba Gold</div> <div>4:30 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:45 Spanish Class</div> <div>10:00 Line Dance I</div> <div>11:00 Beginner Spanish</div> <div>11:00 The Boston Irish Lecture</div> <div>11:00 Back to Basics Yoga</div> <div>11:15 Line Dance II</div> <div>12:30 Joyful Movement</div> <div>1:00 SINGO/Musical Bingo</div> <div>1:00 Ride the Wave</div> <div>1:00 Career Corner</div> <div>2:00 Tai Chi 4Healthy Aging</div>	<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>10:00 Bob Jackman Class</div> <div>11:00 Art for Your Mind</div> <div>11:00 Lift Your Spirits</div> <div>12:30 Beginner Balance</div> <div>1:00 Bob Jackman Class</div> <div>1:00 Social Painting</div> <div>1:00 Scrabble</div> <div>2:00 Zumba Gold</div> <div>4:00 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:15 Beg. Mah Jong</div> <div>10:00 Mah Jong</div> <div>10:00 Emergency Prep</div> <div>11:00 Balance</div> <div>12:00 St. Patrick's Day Lunch</div> <div>1:00 Irish Music w/ Deacon Mattie</div> <div>1:00 Knitting</div> <div>1:30 MGH/ Medicare 101</div> <div>3:00 Beg. Tap Class</div> <div>4:00 Intermediate Tap</div>	<div>8:30 Floor Yoga</div> <div>9:30 Drop-In Bridge</div> <div>9:30 Tech Class w/ Katy Mayo</div> <div>9:45 Chair Yoga</div> <div>10:00 Hand & Foot Cards</div> <div>10:00 Lift Your Spirits</div> <div>11:00 Pickleball (Vet Gym)</div> <div>11:00 Ukulele</div> <div>12:30 Friday Flix</div> <div>1:00 Trail Walking</div>
MON 18	TUES 19	WED 20	THUR 21	FRI 22
<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>11:00 Balance</div> <div>11:00 Story telling / Writing</div> <div>12:30 Lift Your Spirits</div> <div>1:00 Watercolor</div> <div>1:00 Hand & Foot</div> <div>2:00 Zumba Gold</div> <div>4:30 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:45 Spanish Class</div> <div>10:00 Line Dance I</div> <div>11:00 Beginner Spanish</div> <div>11:15 Line Dance II</div> <div>12:30 Joyful Movement</div> <div>1:00 Career Corner</div> <div>1:00 Parkinson's Support Grp</div> <div>4:00 Seniors Sing Chorus</div> <div>6:30 Men's Game Night</div> <div>2:00 Tai Chi 4Healthy Aging</div>	<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>10:00 Bob Jackman Class</div> <div>10:00 Trip Cohasset Hist Society</div> <div>10:30 Nurse / BP</div> <div>11:00 Lift Your Spirits</div> <div>12:00 Caregiver Support Grp</div> <div>12:30 Beginner Balance</div> <div>1:00 Bob Jackman Class</div> <div>1:30 Social Painting</div> <div>1:00 Scrabble</div> <div>2:00 Zumba Gold</div> <div>4:00 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:15 Beg. Mah Jong</div> <div>10:00 Mah Jong</div> <div>10:00 LifeCare of South Shore</div> <div>10:30 Sen. O'Connor w/Lou Rizzo</div> <div>10:30 Grieve Not Alone</div> <div>11:00 Balance</div> <div>1:00 Knitting</div> <div>3:00 Beg. Tap Class</div> <div>4:00 Intermediate Tap</div>	<div>8:30 Floor Yoga</div> <div>9:00 Enhance Your Life:</div> <div>9:30 Drop-In Bridge</div> <div>9:30 Tech Class w/ Katy Mayo</div> <div>9:45 Chair Yoga</div> <div>10:00 Hand & Foot Cards</div> <div>10:00 Lift Your Spirits</div> <div>11:00 Pickleball (Vet Gym)</div> <div>11:00 Ukulele</div> <div>12:00 Lunch & Learn w/ New England Wellness Solutions</div> <div>12:30 Friday Flix</div> <div>1:00 Trail Walking</div>
MON 25	TUES 26	WED 27	THUR 28	FRI 29
<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>11:00 Balance</div> <div>11:00 Story telling / Writing</div> <div>12:30 Lift Your Spirits</div> <div>1:00 Hand & Foot</div> <div>1:00 Watercolor</div> <div>1:00 Women's Discussion</div> <div>2:00 Zumba Gold</div> <div>4:30 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:45 Spanish Class</div> <div>10:00 Line Dance I</div> <div>11:00 Beginner Spanish</div> <div>11:15 Line Dance II</div> <div>12:30 Joyful Movement</div> <div>1:00 Ride the Wave</div> <div>1:00 Career Corner</div> <div>4:00 Seniors Sing Chorus</div>	<div>8:30 Floor Yoga</div> <div>9:30 Social Day Program</div> <div>9:45 Chair Yoga</div> <div>10:00 Bob Jackman Class</div> <div>10:30 Easter Flower Arranging</div> <div>11:00 Lift Your Spirits</div> <div>12:30 Beginner Balance</div> <div>1:00 Bob Jackman Class</div> <div>1:00 Social Painting</div> <div>1:00 Scrabble</div> <div>2:00 Zumba Gold</div> <div>4:00 Yoga w/ Rena</div>	<div>8:45 Stretch</div> <div>9:15 Beg. Mah Jong</div> <div>10:00 Mah Jong</div> <div>11:00 Balance</div> <div>1:00 Knitting</div> <div>1:30 Opening Day w/ Herb Crehan</div> <div>1:30 No Rules Book Club</div> <div>3:00 Beg. Tap Class</div> <div>4:00 Intermediate Tap</div>	<div>8:30 Floor Yoga</div> <div>9:30 Drop-In Bridge</div> <div>9:45 Chair Yoga</div> <div>10:00 Hand & Foot Cards</div> <div>10:00 Lift Your Spirits</div> <div>11:00 Pickleball (Vet Gym)</div> <div>11:00 Ukulele</div> <div>12:30 Friday Flix</div> <div>1:00 Trail Walking</div>

APRIL 2024 CALENDAR

MON 1	TUES 2	WED 3	THUR 4	FRI 5
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 2:00 Tai Chi 4 Healthy Aging 4:00 Seniors Sing	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 12:30 Beginner Balance 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 Hearing Screenings 10:30 Grieve Not Alone 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 9:30 Drop-In Bridge 9:30 Tech Class w./ Katy 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Ukulele 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 4:00 Cancer Support Group 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 2:00 Tai Chi 4 Healthy Aging 4:00 Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bob Jackman Class 11:00 Art for Your Mind 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	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Sunrise of Cohasset 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 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 11:00 Ukulele 12:00 Lunch & Learn The Vascular Care Group 12:30 Friday Flix 1:00 Trail Walking
MON 15	TUES 16	WED 17	THUR 18	FRI 19
CLOSED FOR PATRIOTS DAY	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 4 Healthy Aging 6:30 Men's Game Night	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 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 10:30 Sen. O'Connor w/Lou Rizzo 10:30 Grieve Not Alone 11:00 Balance 1:00 Knitting 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 8:30 Blithewold Mansion Daffodil Festival & Lunch in Bristol, RI 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 11:00 Ukulele 12:30 Friday Flix
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 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:00 Cancer Support Group 4:30 Yoga w/ Rena	8:45 Stretch 9:45 Spanish Class 10:00 Line Dance I 10:30 Music & Magic Circle 11:00 Beginner Spanish 11:15 Line Dance II 12:30 Joyful Movement 1:00 Ride the Wave 1:00 Drawing/ Sketching 1:00 Career Corner 1:30 Classical Piano Concert 4:00 Seniors Sing	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	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Keller Williams Realty 11:00 Balance 1:00 Knitting 1:30 No Rules Book Club 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 MFA—Art in Bloom Trip 8:30 Floor Yoga 9:00 Enhance Your Life 9:30 Drop-In Bridge 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (VetGym) 11:00 Ukulele 12:30 Friday Flix 1:00 FOSS Event 1:00 Trail Walking
MON 29	TUES 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 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 1:30 Navigating Your Finances On Your Own 1:00 Drawing/ Sketching 1:00 Career Corner 2:00 Tai Chi 4 Healthy Aging 4:00 Seniors Sing	<div> MATT YORK IS BACK— FRIDAY, MAY 3 @1:00 PM In Celebration of Willie Nelson's 91st birthday, York will focus on Willie's long and illustrious music career that has spanned over seven decades and includes so many familiar songs of our lifetime either written or performed by Willie himself. <i>Please register to attend.</i> </div>		

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 Beginners Any true beginners interested? For those who want to start learning Spanish from scratch, this course will be beginner level. *Please register to attend.*

ART W/ JUDY ROSSMAN

WATERCOLOR Mon @ 1:00-3:00 pm

New Course: Mar 4—Apr 8

Next Course: Apr 22—Jun 3

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.

NEW DRAWING/SKETCHING

Tues Apr 23 - Jun 3

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

Social Painting—Weds @ 1:00 –3:00 PM—Free of Charge! Please register.

‘SENIORS SING’ SPRING CHORUS IS BACK! w/ Bill Richter

Tuesdays 4:00—5:00 PM

The choral group will reunite for a spring session to run **March 19 - June 18** and culminate with a Spring performance in June.

This program was initially funded by a generous grant from the Scituate Education Foundation.

EASTER FLOWER ARRANGEMENTS, Weds, Mar 27 @ 10:30 am

Our neighbors at “The Root” in Scituate will sponsor a workshop on arranging flowers for your Easter table. Cost: \$5 (to cover the cost of supplies)

Please register to attend, space is limited.

SCITUATE GARDEN CLUB MEETING IS OPEN TO THE PUBLIC!

Weds—April 28 @ 7:00 PM

C.L. Fornari, “The Plant Lady” will be the speaker. *Please register to attend.*

ART FOR YOUR MIND

Weds @ 11:00 am

Experience this enriching Art Appreciation series with Jill Sanford.

Mar 13 — American Women Artists

Apr 10 — Famous Impressionists

Funded by the Joanne Papandrea Memorial Donation

Please register to attend.

“NO RULES” BOOK GROUP W/

DR. NANCY HARRIS / COST: \$5

Mar 28 @ 1:30 pm “The Scent Keeper” by Erica Bauermeister

Apr 25 @ 1:30 pm - Title TBA in Mar
Please register to attend.

MEN’S BOOK CLUB

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

Mar 5—“The Prince and the Coyote”, by David Bowles and Amanda Mijangos

Apr 2—“The Wager”, by David Grann
Please register to attend.

UKULELE LESSONS ARE BACK!

W/ Matt Brown

Fridays, 11:00 am-12:00pm

A mix of lessons and practice/jam sessions. Schedule and cost TBD.

Please register to attend.

MEN’S GAME NIGHTS!

6:00—8:30 PM

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

Tues, Mar 19 (vs. Ottawa Senators)

Tues, Apr 16 (vs. Ottawa Senators)

Donations for food & beverages are welcome!

Please register to attend.

RECREATION & LEISURE

- Hand & Foot Cards—
 - Mon @ 1:00 pm - 4:00 pm
 - Fri @ 10:00 am - 1:00 pm
- Mah Jong—Thurs
 - Beginners @ 9:15 am
 - Group @ 10:00 am
- Scrabble—Wed @ 1:00 pm
- Knitting—Thurs @ 1:00 pm
- **Drop-in Bridge—Fri @ 9:30 am**
Beg & Skilled players welcome

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 PM



3/1—Oppenheimer (Part 1) - The story of American Scientist, J. Robert Oppenheimer and his role in the development of the atomic bomb. (Starring Cillian Murphy, Emily Blunt, Matt Damon)

3/8—Oppenheimer (Part 2)

3/15—The Holdovers (2023) - A cranky history teacher (Paul Giamatti) at a remote prep school in Massachusetts is forced to remain on campus over the holidays with a troubled student who has no place to go and a grieving cook.

3/22—Nyad (2023) - Athlete, Diana Nyad, sets out at 60 to achieve a nearly impossible lifelong dream: to swim from Cuba to Florida across more than 100 miles of open ocean. (Starring Annette Bening and Jodie Foster).

3/29—Maestro (2023) - The fearless love story chronicles the complicated lifelong relationship between music legend Leonard Bernstein (Bradley Cooper) and Felicia Montealegre Cohn Bernstein (Carey Mulligan).

4/5—American Fiction (2023) - A frustrated novelist is fed up with the establishment that profits Black entertainment that relies on offensive tropes. To prove his point, he uses a pen name to write an outlandish Black book of his own. Filmed in Scituate and Cohasset.

4/12—Mama Mia! Here We Go Again! (2018) - Five years after the events of Mamma Mia! (2008), Sophie prepares for the reopening of the Hotel Bella Donna as she learns more about her mother's past. (Starring Meryl Streep, Amanda Seyfried, Pierce Brosnan)

4/19—Moonstruck (1987) - Loretta Castorini (Cher), a bookkeeper from Brooklyn, finds herself in a difficult situation when she falls for the brother (Nicolas Cage) of the man she has agreed to marry.

4/26—Priscilla (2023) - When teenage Priscilla Beaulieu meets Elvis Presley, the rock and roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.

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. 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 w./ Jess, 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

FRIDAYS @ 9:30 —11:00 am

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

Mar 15—Beginner Ipad - Learn the basic functions, helpful tips & tricks for setting up your device .

Mar 22—Iphoto & Photo Editing— Learn all things “photos” from organizing, to editing, cropping and more.

Please register to attend.

CAREER CORNER:

Tues 1:00—3:00 PM w/ Debbie Raymond , Career Specialist

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?

Please register for an appt. by calling 781-545-8722.



CAREGIVER SUPPORT GROUP

Third Wed of each month

3/20, 4/17 @ 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 group led by Licensed Social Worker and educator, Suzanne Otte. Please call 781-545-8722 to get on the e-mail list . **Please register to attend.**

PARKINSON SUPPORT GROUP

Third Tues of each month

3/19 & 4/16 @ 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 information, resources and discussion around living with Parkinson's Disease.

Please register to attend.

CANCER SUPPORT GROUP

We are hosting a bi-monthly group for people experiencing the challenges of a cancer diagnosis and loved ones that would benefit from sharing among others with similar concerns. The facilitator is long-time hospice nurse, Janet Travelers. **Meetings will be held the 2nd and 4th Mondays at 4 pm beginning on April 8.**

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, Apr 11 @ 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. She'll have general fiction, mysteries, nonfiction and more-- something for everyone! Bring your questions about e-books, audio-books, and other library services as well.

Please register to attend.

FINDING WAYS TO ENHANCE YOUR LIFE W/ JEAN FERNANDES

Aspire Higher, Fri, Mar 22 @ 9:00 AM

Let's tap into our inner voice of hope, unity, equality and love...a wise steady voice calling us to become the Best Version of Ourselves. *(Guest Sue Ribiero)*

The Power of the Mind Fri, Apr 26 @ 9:00 AM

As you venture out into the Open Field of Life, keep your mind and heart open. Don't be afraid to be afraid. Courageous people are often afraid. Have the courage to go beyond shoulda - coulda - woulda! You can do anything you set your mind on.

Please register to attend.

REAL ESTATE TAX EXEMPTION WORKSHOP

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.



NAVIGATING YOUR FINANCES On Your Own w/ Paula Harris, Financial Advisor & Dream Architect. *Please register to attend.*

Tuesday, April 30 @ 1:30-2:30 pm

Join us for a crucial and compassionate talk on managing personal finances on your own. You may have always been responsible or due to a death or divorce you find yourself in need of a thinking partner. This session will include immediate financial steps to long-term planning, how to organize your finances, adjust to a new financial reality, and plan for your future and end of life planning.



SOCIAL DAY PROGRAM — MONDAYS AND WEDNESDAYS

This program is offered one or 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 with **Elaine Schembari on Mondays**.

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

HOUSING AUTHORITY VISITS
Monthly Housing Authorities visits are back on schedule w/ Kelly Walsh from Outreach on Tuesdays at 10:30 AM each month.

Call Kelly at 781-545-8873 or the main number at 781-545-8722 if you have specific questions. Drop-ins welcome!

Tues 4/5 — Central

**Tues 4/12 – Wheeler 1 (10:30 am)
Wheeler 2 (11:00 am)**

Tues 4/19 – Lincoln

NEW HANDYMAN PROGRAM

Volunteers available through the Senior Center for light repairs in seniors' home. Please call Kelly at 781-545-8873 for more information.

FUEL ASSISTANCE

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

Call Kelly at 781-545-8873 for information or assistance with your application.

SNAP

Do you need assistance paying for food? SNAP may help! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Tues 10:00 am – 12:15 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 781-848-3910.

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 for a financial consultant are available by appointment with Lori Shea at Edward Jones in Scituate. Calls can be made directly at 781-545-5256 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 for Scituate residents 60+. **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 for Scituate older residents 60+. **PLEASE NOTE: 5 day advance notice to book out-of-town rides**

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

Shaw's in Cohasset — Every Wednesday @ 10 am

COST FOR RIDES

Local trips & Shop 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 a problem with late cancellations and no shows for lunch reservations.** 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

Mon, Mar 4	Baked ham, baked potatoes, carrots
Tues, Mar 5	Quiche Lorraine, Greek lemon soup
Weds, Mar 6	Lasagna with meat sauce, garlic bread
Thurs, Mar 7	Seafood casserole, rice, green beans
Mon, Mar 11	Meatloaf, mashed potatoes, broccoli
Tues, Mar 12	Grilled pork chops, garlic mashed, corn
Weds, Mar 13	Penne with sausage, peas and pesto
Thurs, Mar 14	St. Patrick's Day Luncheon of Corned Beef & Cabbage, boiled potatoes, carrots
Mon, Mar 18	Chicken Piccata, rice pilaf, peas
Tues, Mar 19	Pork tenderloin with apples and cabbage
Weds, Mar 20	Fettucine alfredo with roasted vegetables
Thurs, Mar 21	Baked haddock, mashed potatoes, sautéed spinach
Mon, Mar 25	Braised short ribs, cheesy polenta, carrots
Tues, Mar 26	Open-face turkey Reuben, sweet potato fries
Weds, Mar 27	Spinach lasagna with marinara sauce
Thurs, Mar 28	Shrimp risotto with mussels

Supermarket/Bread donations and special visits:

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

*A big thank you to our Shaw's & Panera pick-up volunteers!

Tuesday Entertainment Reminders @ 1pm after lunch!

Mar 5 & Apr 2—BINGO w/ John Ross. Play for a lunch!
Mar 12 & Apr 9 —SINGO w/ Ed. Prizes and great music!

MENU FOR APRIL

Mon, Apr 1	Chicken piccata, roasted potatoes, garlic spinach
Tues, Apr 2	Grilled ham and swiss on rye with pea soup
Weds, Apr 3	Spaghetti & meatballs
Thur, Apr 4	Seafood casserole
Mon, Apr 8	Pot roast with roasted potatoes, carrots
Tue, Apr 9	Vegetable frittata with cottage fried potatoes
Wes, Apr 10	Baked pasta with chicken
Thurs, Apr 11	Baked haddock, baked potato, roasted butternut squash
Mon, Apr 15	CLOSED—PATRIOTS DAY
Tues, Apr 16	Quiche Lorraine, soup du jour
Weds, Apr 17	Penne with meat sauce, garlic toast
Thurs, Apr 18	Shrimp scampi with linguini, buttered peas
Mon, Apr 22	Meatloaf, mashed potatoes, green beans
Tues, Apr 23	Ham and cheddar quiche, soup du jour
Weds, Apr 24	Spinach lasagna with marinara, garlic toast
Thurs, Apr 25	Baked haddock, lyonnaise potatoes, peas
Mon, Apr 29	Caesar salad with grilled chicken
Tue, Apr 30	Baked ham with pineapple sauce, lyonnaise potatoes, broccoli
Wed, May 1	Spaghetti & meatballs, sautéed spinach
Thu, May 2	Shrimp risotto with peas, garlic bread

Lighthouse Café Policies

Daily Hours of operation 8:30-1:00 pm. Coffee & Tea are complimentary—**thanks to the Friends of Scituate Seniors/ FOSS for their generous funding of 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

**333 FIRST PARISH RD
SCITUATE, MA 02066**

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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, including our beautiful built-in bookcases in the Café as well as the wonderful teak patio tables, chairs and umbrellas. The Friends also support our continued “free” coffee in the Café and for the lunch program as well as for some of our programs that thrive on refreshments. They also supply the Hershey’s kisses we are all so fond of in honor of Bette Johnson. Our monthly and seasonal entertainment is funded by the Friends as well and was established initially in memory of Jim Young.

Please see the FOSS/Friends of Scituate Seniors membership form in our lobby if you are interested in becoming a member with a \$10 donation.

FOSS ADDRESS for membership & donations:

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