SENIOR HAPP'Y'NINGS

JULY/AUGUST 2017

SCITUATE COA
27 BROOK ST
SCITUATE, MA 02066
781-545-8722

Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

COA STAFF

Director - Linda Hayes, x15
lhayes@scituatema.gov

Administrative Assistant
Jill Johnston, x10
jjohnston@scituatema.gov

Transportation Coordinator
Jean Sullivan, x17
jean.sullivan@scituatema.gov

Van Drivers: Mary Brown, Jay Brien, John White, Jim Keeley

Outreach Coordinator
Jenny Gerbis, x14
jgerbis@scituatema.gov

Activities & Volunteer Coordinator
Lisa Thornton, x12
lthornton@scituatema.gov

Manager of Social Services
Laura Minier
lminier@scituatema.gov
781-378-1653

COA BOARD

John D. Miller, Chair
Dr. Gordon Price, Vice
Dale Balog
Lucille Sorrentino
Janice Lindblom, Secretary
Helen Jablonski
Leslie James
Janice Desmond

Selectman Liaison
John Danehey

SENIOR CENTER
Summer Hours of Operation:
Monday - Thursday
8:00 AM - 4:00 PM
Friday 8:00AM - 3:00PM

From the Director – "*Cause a little bit of summer is what the whole year is all about.*" – John Mayer

Happy Summer, finally! So happy to have it to enjoy, but that changes things a little bit for us at the Senior Center. First, we are shifting our hours at the Senior Center for the summer, opening at 8:00AM - 4:00PM instead of 8:30-4:30. We think it fits better with our program schedule and that we can serve our clients a little better starting and ending earlier for the summer. In addition, a few of our classes take a hiatus for the summer – Cardio, Joint Efforts; and other schedules change – Yoga, Pickleball. We know you have been flexible in adjusting to the recent changes in locations and times we have had to make in order to fit our classes in and accommodate our instructors and space challenges. Transition is the name of the game around here quite often and we appreciate your patience and understanding. Someone said to me today that it is good for the brain having to keep track of the different times and places – I do hope that is true! However, summer is also about relaxing and recharging, so we hope you will be doing some of that – it is healthy and necessary – and I think our yoga, balance, meditation, and tai chi classes could help!

> "*Summertime is always the best of what might be.*" – Charles Bowden

Our yoga classes are gentle and great for stretching and strengthening; the Balance 4Life class was developed by a physical therapist and our instructor, Sue, has adapted it herself and super-charged it with her own fitness training and energy. Meditation is such a gift to yourself and our leader, Mary, is a wonderful source for trying it out if you haven't; I think you will continue to come once you try it. Tai Chi is a combination of gentle/graceful movement, strengthening of muscles and foundation, mindfulness and meditative relaxation as well as mental acuity. Many participants have felt the benefits and continue to come long after they have completed the 24-week program. Another of our activities that I would like to encourage you to try out this summer is Laughter Yoga. The name is a little misleading as it is not, in fact, yoga; however, it is a seated audible exercise that promotes the use of laughter in different ways to engage and relax the body and mind. We are changing the time for that to meet right after Chair Yoga on the 1st and 3rd Fridays at the Community Building – which does offer a beautiful view while you are laughing together. All of these are proven antidotes for high blood pressure and reducing stress, and often give you more energy to do what you love, which is what you should be doing this summer. All of our group exercise classes are a great option and have the added benefit of providing social enjoyment and wellness for the soul as well as physical fitness.

> "*Smell the sea, and feel the sky. Let your soul and spirit fly.*" – Van Morrison

We will be announcing a couple of Public Forums to address the options for a new Senior Center location, so watch for those dates and be a voice for a new building. Also, please "Like" **Scituate Council on Aging** on Facebook—it is a wonderful way for us to promote our events and celebrate our endeavors. Join us for our social events this summer. Look forward to our Fall line-up, including the Aging Mastery Program and a couple of surprises. And, finally, help us make it a summer worth remembering! ♥ *Linda*

"Rock" Lobster Luncheon **Thursday, August 3 at 12 noon**

Senior Center/COA summer lobster luncheon to kick off the excitement and tradition of Heritage Days in Scituate. Join us for a traditional boiled lobster with corn and salad; music (because music makes life better) and good company! Visiting friends/family welcome. $10 pp. Location TBD. RSVP !

Cultural/Social ... Trips and more

COA CULTURAL/SOCIAL TRIPS

Van Trips

July 13: **Cape Cod Canal Cruise**, Wareham, MA, Includes van ride & cruise ticket. Bring money for Ice Cream/Food stop after Cruise! Depart COA @ 11:45AM. Cruise @ 1:30-3:30PM Return to COA approx. 5:30PM, $15

July 25: **New Bedford Whaling Museum,** New Bedford, MA Includes van & admission. Depart COA @ 8:30AM, Tour @ 10:30AM, Lunch @ Tia Maria's. Arrive COA approx. 3:45PM, $18

Aug 18: **Georges Island**, Boston, MA Depart COA @ 8:45AM. Arrive Hingham for Ferry Departure @ 9:45AM. Lunch can be purchased at Visitor's Center Snack Bar or bring your own bag lunch. Return to COA approx. 2:30PM. $15

Aug 30: **Worcester Art Museum, Worcester, MA** FREE ADMISSION! Includes van ride, tour & admission. $5 for van transportation Depart COA @ 10am. Tour @ 11:30am

ALL INCLUSIVE DAY TRIPS w/ Joanne Tours

Luxury Coach Bus Trips

PAYMENT IS DUE at SIGN UP

Sept 21: The Spirit of Johnny Cash. Final day for sign up is **August 13th.**
Oct 12: Lake Winnipesaukee Turkey Dinner Train, Final day for sign up is **September 5th**

The above trips are planned with **Joanne Tours** in collaboration with other area COA's! Flyers with details are posted at the SCOA. These are full day trips which include luxury coach transportation, a full meal, event ticket and more! All trips $85.
Reservations with payment are currently being accepted for these trips!

ATTENTION ALL TICKETED ACTIVITIES & TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. Often times, we are able to offer a trip to people on the waitlist. Any cancellations should be made as soon as possible, so that people on the waitlist have ample time to plan. PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST.

Transportation ... local and out-of-town

10 Ride Pass for $10.00 = $1.00 each way
Cash = $1.25 each way/ $2.50 round trip
Out of Town = $5.00 round trip
Monthly Donation $25.00 includes Local and Out of Town

Transportation Coordinator

Jean Sullivan will schedule your requests for COA van transportation in Scituate or Out-of-Town Medical Rides and any questions about rides at 781-545-8722, ext. 17

Out-of-town Medical Rides require 5 days notice. Appointments must be between 10:30AM and end by 1:15 PM. Later appointments, ending after 1:15PM—Return ride can be as late as 5:00 PM.
We schedule these rides through South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans from Plymouth. Cost is $5.00 round trip to be sent to the COA- Transportation.

Local Rides within Scituate require at least 2 days notice. Medical Rides should be Monday, Wednesday or Friday between 8:30 AM. - 3:00 PM. *Local rides include appointments to doctors, the Senior Center for activities, the library, shopping, hair dresser, etc. Our van runs on a schedule during Council on Aging hours.*

We have regular van trips to the following locations with at least 2 days advance sign-ups, with the cost being the same as the local rides.

TUESDAYS
SHAWS SUPERMARKET - 9:00 – 9:45 AM

WEDNESDAYS
HANOVER MALL / TRADER JOES - 10:00 – 11:30 AM
(2nd & 4th Wednesday of the month)

THURSDAYS
SCITUATE HARBOR - 9:00 - 10:00 AM
CONGREGATIONAL CHURCH LUNCH –12:00 – 1:00PM

VOLUNTEER DRIVERS NEEDED –
Drivers needed occasionally to escort some of our seniors to and from doctor appointments. If you can help us, please call Jean at 781-545-8722 x17.

Discount Senior MBTA Cards
can be applied for or renewed by mail (or e-mail) with a new photo—call Jill, x10. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

When making medical appointments, we will need your appointment ***date, time, doctor's name, address*** *and* ***telephone number****.*
Please advise the doctor's office that the Council on Aging will be providing your transportation. When possible, please try to determine the length of your appointment for scheduling the return trip.

Programs, Special Events, Speakers…

WEDNESDAY Morning Café Talks

Information, social opportunity, and refreshments.

Call 781-545-8722 to register

Wed, July 12 @ 3:00-4:30pm
Improve Your Balance Seminar
PEAK Physical Therapy

Please join physical therapists Katy Mercurio, PT, DPT, CSCS and Meghan Harrington, PT, DPT from Peak Physical Therapy and Sports Performance for an interactive seminar on how to improve your balance! In addition to learning tips on how to prevent falls, you will learn and practice how to use tai chi to improve your balance and general well-being. This informative seminar will teach you how to be stronger on your feet and more in tune with your position in space, making it less likely that you'll trip and fall.

Wed, July 26 @ 10:30 AM
Managing Diabetes—What you need to know!
The Harborview Center for Nursing and Rehabilitation

There is no cure for diabetes, but it can be managed. Balancing the food you eat with exercise & medicine (if prescribed) will help you control your weight and can keep your blood glucose in the healthy range. This can help prevent or delay complications. Many people with diabetes live long and healthful lives.

THURSDAY, July 13 @ 10:30-12:30
Elder Law Education Program
A Public Service of the Mass Bar Association
Taking Control of Your Future: A Legal Checkup

Are you downsizing? Are you considering long-term care? Have you made a will? Have questions? Don't miss this informative and detailed program.

Wed, August 2 @ 10:30 AM
Photography Presentation

Back by popular demand- **Greg Lessard,** Photographer Greg will be here to share his stunning photos from his travels. No spot is too challenging for Greg as he travels, climbs, camps-out, and waits patiently for the perfect shot!

Wed, August 16th @ 10:30
Companion Fatigue & Care Partner Burnout
Kim Bennett, LSW- Visiting Angels

For family caregivers facing the difficult feelings of anger and guilt, including specific techniques and common sense guidance, how to manage one's own care, how to recognize– and discuss– when it's time to make transitions at life-changing points, when to ask for assistance, and how to remain yourself while you are a caregiver.

Wed, September 6 @ 10:30 AM
Roger Crawford
Boat Builder of the Melonseed Skiff

Humarock, MA—Don't miss this! Mark your calendar. Check next month's newsletter for more details!

We kindly ask that you RSVP to all events and speakers so we can plan accordingly for food and set-up. If you are NOT able to attend an appt/event you have signed up for to please call to let us know. We have professionals who volunteer their valuable time and we often have a waiting list for others who would like to attend.

DO YOU HAVE A SCAN CARD? It's important that everyone participating in Council on Aging activities has a scan card, so we know which activities and events you attend. This helps us plan programs that interest you and provide benefit to your lives! Even if you attend classes off-site, you should still have a scan card! For accurate reports we need your **birthdate**. **PLEASE make sure we have yours!** We would also like to have an **Emergency Contact** name/number and an **e-mail** ! **Stop by the Front Desk and ask our volunteer or staff person to update your information.** ***Thank you!***

MEN'S BREAKFAST **PLEASE CALL TO RSVP @ 545-8722**

9:00AM, August 7—Guest Speaker- John Clarkeson, Director of Contracts and Procurement for the Department of Conservation and Recreation. He oversees over $138 million in contracted services and construction through private vendors helping the agency meet its goal to ensure a safe and fulfilling constituent experience at DCR sites statewide. Proper procurement ensures that the result is done right, and the item is provided at a value cost to the taxpayer who supports our efforts to provide a wide range of services for the people of Massachusetts. John will discuss procurement practices at DCR, and provide an insight into the wide range of services and opportunities DCR provides the general public for recreation as well as the business community for economic opportunity. To be held at Widow's Walk North River Grille Restaurant. Full Breakfast $8/pp

9:00AM, September 11— Speaker to be announced! To be held at Widow's Walk North River Grille Restaurant. Full Breakfast $8/pp. Check Sept/Oct Newsletter or call the senior center @ 545-8722

Once a Month … Support and Services

CAREGIVER SUPPORT GROUP (DAYTIME)

COA Support Group held in **SCITUATE**

3rd Wednesday at 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-378-1653

OTHER AREA SUPPORT GROUPS—MONTHLY

EVENING CAREGIVER DISCUSSION GROUPS

⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of **Cohasset**, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.

⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME CAREGIVER DISCUSSION GROUPS

⇒ **First Tuesday** at 2:00-3:00pm at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730

⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

VISION SUPPORT GROUP

⇒ **Third Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients**. *Call the Senior Center for more support group information.*

BLOOD PRESSURE CHECK! **3rd Wednesday**

Town nurse, Eileen Scotti

@ the **Senior Center monthly on Wed.- 10:30-11:30 AM.**

BP screening, B12 shots with prescription and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS: **Weds- 10:00 AM**

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK =-Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS **2nd Friday**

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy (ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11am

ASK A LAWYER **3rd Friday**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

Call 781-545-8722 for a morning appointment.

MEET YOUR SENATOR **3rd Thursday**

Sen. Patrick O'Connor **10:30-11:30AM**

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee – you bring the talk!

MEET YOUR REPRESENTATIVE **4th Friday**

Rep. Jim Cantwell meets at the Senior Center each month. If you have questions or concerns to discuss, *please call to confirm the next date and schedule an appointment.* Meetings– approx. 30 mins.

FINANCIAL SERVICES **1st Monday**

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? ***Call the Senior Center to be referred for an appointment in their local Scituate offices.***

Deborah Flanagan, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

Call for an appt.

Adrienne Rowles, *Financial Advisor and Vice President of The Woerdeman Financial Group.*

If you are looking for predictable income and safety of your investments, she is available for a FREE 30 minute appt..

DISCUSSION GROUP **Bi-monthly Friday**

"Women, Men & Wall Street" - Discussion, Q&A, and helpful info on finance and current trends. Anything goes. *Facilitated by Adrienne Rowles, Wealth Advisor and host of* Financial Freedom on 95.9 WATD. Held at senior center. *Next meeting:* **August 11** @ 9am.

AUGUST 2017

Mon	Tue	Wed	Thu	Fri
Key: * At Scit Harbor Comm Bldg ■ At St. Mary's Parish Center ♦ At Scituate High School Other classes at the Senior Center	1 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■-Lesson 1	2 9:15 Zumba TBD 9:30 Yoga* 10:00 BP– Wheeler Park 10:30 Café Talk-Photo Present 3:30 Pickle-ball♦ 7:00 FOSS BOD Mtg	3 11:15 Balance 4 Life* 12:00 "Rock" Lobster Lunch 1:00 Pathways through Grief 3:30 Pickle-ball♦ 4:00 Painting Class	4 8:00 Yoga* 9:15 Chair Yoga* 9:30 Bridge 10:15 Laughter Yoga*
7 9:00 Yoga * 9:00 Men's Breakfast 10:15 Chair Yoga * 11:30 Balance 4 Life*	8 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■	9 9:00 Hanover Mall/Trader Joes 9:30 Yoga * 9:15 Zumba TBD 10:00 BP– Central Park 3:30 Pickle-ball♦	10 11:15 Balance 4 Life* 1:00 Knitting 1:00 Pathways through Grief 3:30 Pickle-ball♦	11 8:00 Yoga* 9:00 Life Insurance/Discussion Group 9:15 Chair Yoga 12:00 Friday Flix
14 9:00 Yoga * 10:15 Chair Yoga * 11:30 Balance 4 Life*	15 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■	16 9:30 Yoga* 9:15 Zumba TBD 10:30 BP– Senior Center 10:30 Café Talk–Compassion Fatigue/CarePartner Burnout 12:00 Caregivers Support 3:30 Pickle-ball♦ 4:30 Meditation	17 10:30 Senator O'Connor 11:15 Balance 4 Life* 1:00 Knitting 1:00 Pathways through Grief 4:00 Painting Class	18 8:00 Yoga* 8:45 Spectacle Island Trip 9:00 Ask a Lawyer 9:15 Chair Yoga* 9:30 Bridge 10:15 Laughter Yoga*
21 9:00 Yoga * 10:15 Chair Yoga * 11:30 Balance 4 Life*	22 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■	23 9:00 Hanover Mall/Trader Joe 9:30 Yoga* 9:15 Zumba TBD 10:00 BP –Lincoln Park 10:30 Memory Cafe	24 11:15 Balance 4 Life* 1:00 Knitting 1:00 Pathways through Grief 4:00 Painting Class	25 8:00 Yoga* 9:00 Rep Cantwell 9:15 Chair Yoga* 9:30 Bridge 12:00 Friday Flix 1:00 Fine Art & Craft Fair
28 9:00 Yoga* 10:15 Chair Yoga* 11:30 Balance 4 Life*	29 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■	30 9:30 Yoga* 9:15 Zumba TBD 10:00 Worcester Art Museum 10:30 BP– Senior Center	31 11:15 Balance 4 Life* 1:00 Knitting 1:00 Pathways through Grief (make-up date) 4:00 Painting Class	**The Fine Art and Craft Show will continue on Saturday, August 26 at 10:00 AM to 2:00 PM.. Paintings for exhibit and sale; fine crafts sold; demonstrtions. Lots to see. Refreshments.**

JULY 2017

Mon	Tue	Wed	Thu	Fri
3 9:00 Yoga * 10:15 Chair Yoga * 11:30 Balance 4 Life*	**4** Holiday Senior Center Closed 	**5** 9:15 Zumba Gates School Gym 9:30 Yoga* 10:00 BP– Wheeler Park 3:30 Pickleball ♦	**6** 11:15 Balance 4 Life* 1:00 Knitting 3:30 Pickleball ♦ 4:00 Painting Class	**7** 8:00 Yoga* 9:15 Chair Yoga * 9:30 Bridge 10:15 Laughter Yoga* 11:30 Bridge
10 9:00 Yoga * 10:15 Chair Yoga * 11:30 Balance 4 Life *	**11** 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/Cribbage	**12** 9:00 Hanover/Trader Joe's 9:15 Zumba TBD 10:00 BP– Central Park 3:00 Peak PT– Balance 3:30 Pickleball ♦	**13** 10:30 Elder Law Program 11:15 Balance 4 Life* 11:45 Cape Cod Canal Cruise 1:00 Knitting 3:30 Pickleball ♦ 4:00 Painting Class	**14** 8:00 Yoga* 9:00 Life Insurance 9:15 Chair Yoga * 9:30 Bridge 12:00 Friday Flix
17 9:00 Yoga * 10:15 Chair Yoga * 11:30 Balance 4 Life *	**18** 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/Cribbage 1:30 Tai Chi ■	**19** 9:15 Zumba TBD 9:30 Yoga* 10:30 BP– Senior Center 12:00 Caregivers Support ■ 3:30 Pickleball ♦	**20** 10:30 Senator OConnor 11:15 Balance 4 Life* 1:00 Knitting 1:00 Pathways through Grief 3:30 Pickleball ♦ 4:00 Painting Class	**21** 8:00 Yoga* 9:00 Ask a Lawyer 9:15 Chair Yoga * 9:30 Bridge 10:15 Laughter Yoga*
24 9:00 Yoga * 10:15 Chair Yoga * 11:30 Balance 4 Life*	**25** 8:30 New Bedford Whale Museum 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/Cribbage 1:30 Tai Chi ■	**26** 9:15 Zumba TBD 9:30 Yoga* 9:00 Hanover/Trader Joe's 10:00 BP-Lincoln 10:30 Café Talk– Diabetes 3:30 Pickleball ♦	**27** 11:15 Balance 4 Life* 1:00 Knitting 1:00 Pathways through Grief 3:30 Pickleball ♦ **5:30 COA Board Meeting**	**28** 8:00 Yoga* 9:00 Rep Cantwell 9:15 Chair Yoga * 9:30 Bridge 12:00 Friday Flix
31 9:00 Yoga * 10:15 Chair Yoga * 11:30 Balance 4 Life*	Our first **Memory Café** will be held on **Wednesday, August 23** at **10:30 AM** to offer an opportunity to Caregivers and their Care Partners, as well as family members, friends, or professional companions of individuals living with Alzheimer's or related memory impairment. Please join us for this opportunity for social connection, support, and activity together.		Key: ● At Gates ■ At St. Mary's Parish Center ♦ At Scituate High School * At Scituate Harbor Community Bldg Other classes at Senior Center	

Social Services & Outreach

Did you know we offer a **Friendly Visitor Program**? If you are interested in being a visitor or you would like to receive a social visit one hour/week, please call Jenny or Lisa at 545-8722 to learn more details.

MONDAY, WEDNESDAY & FRIDAY

12:00-1:00 PM

@ Harbor United Methodist Church; $2 sponsored by **South Shore Elder Services.**

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY, 12 NOON @ Congregational Church, This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations needed.

Monthly Community Dinner

4th SUNDAY, 5PM @ St. Luke's Episcopal Church, This is a free, community dinner for all ages sponsored by various community groups. No Reservations needed.

Van transportation is available to clients by calling the Senior Center 48 hours ahead for meals or food pantry.

Pathways Through Grief — **Thursdays, July 20-Aug 24**
@ Harbor Community Building — **1:00PM—2:30PM**

NEW! Beacon Hospice is offering a support group for anyone experiencing grief and loss because of the death of a loved one. Pathways through Grief is a grief support group that meets once a week, for 6 weeks. The meetings will be facilitated by Terri Henshaw, a licensed social worker, who is the bereavement coordinator for Beacon Hospice in Plymouth.

This weekly group will offer a safe and supportive place to share your experience of loss with others and move toward healing and hope in a confidential and supportive environment. **Pre-registration is required.** Call 781-545-8722 (Lisa) or 508-747-7222 (Terri)

TUESDAYS @ HOUSING AUTHORITY ~

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Stop by to say "hello" and see what information is available to you, or just have a chat.

July 2017 - If you need to chat or have any questions or concerns please call Laura Minier at 781-378-1653

August 2017
8/1 10:30 at Lincoln
8/8 10:30 at Central
8/15 10:30 at Wheeler l, 11:00 at Wheeler ll

S H I N E—by APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor, Norman Tetreault, volunteer at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an available time on the following dates.

July 2017: Thursday 7/6; Tuesday 7/11; Thursday 7/20; and Thursday 7/27
August 2017: Thursday 8/3; Tuesday 8/8; Thursday 8/24; and Thursday 8/31

Clutter Reduction Group– Current groups are ending for the summer months and we hope to have another round of groups in September/October so stay tuned.

Get your mind in shape this summer! Building mental strength works the same way that physical strength does and a little can go a long way. Research clearly demonstrates that you can train your brain to think differently, manage your emotions, and be more productive. The website PsychologyToday.com offers these brain boosting exercises:

Identify three things you are grateful for every day.
Did a friend make you laugh today? Maybe you felt a really nice, cool breeze on a hot day. These are small, simple things but study after study shows that making **gratitude** a habit increases happiness and reduces depression.
There are many different versions of this exercise. It can be done first thing in the morning, in the moment, or at the end of the day. You can also ask yourself: What was the best part of my day? Or, what do I hope to do better tomorrow? These are also great activities to do with children or grandchildren. It provides a special time together and it helps them learn to make gratitude a habit.

Practice mindfulness
The next time you catch yourself lost in thought notice something: Are you thinking about something in the past or in the future? Is what you are thinking about causing worry, stress, or anxiety? We spend so much of our mental energy in the past or future and, often, it is riddled with all kinds of difficult emotions (doubt, regret, fear). **Mindfulness is the practice of staying present in the moment.** It has been very well studied (https://www.samhsa.gov/nrepp) and boasts a multitude of physical and psychological benefits. You can try it at home by just focusing on what is happening around you. If you are looking for more guided mindfulness, there are many videos you can watch for free on You Tube, as well as classes in the community!

-Laura Minier

Age Well at the Senior Center—*fun & learning!*

"FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; closed caption & popcorn!

65" FLAT SCREEN TV & SURROUND SOUND

July 14: **Hacksaw Ridge R**, 2hr 7min, Drama/History/War

July 28 : **Manchester By The Sea, R**, 2hr 13min, Drama

August 11: **Beauty and The Beast**, **PG**, 2hr 19mins, Fantasy/Romance

August 25: **The Zookeeper's Wife**, **PG13**, 2hr 7min, Drama/History

"Scituate Seniorities" on TV

We hope you have enjoyed our first few segments of ***Seniorities***, our new cable television program addressing aspects of aging and promoting the activities and services of the Council on Aging and Senior Center.

Check out upcoming episodes….

Episode 6: An interview with Lisa Thornton on Activities and Programs. ***Coming Soon***– Opportunities for Volunteering.

You will find episodes on cable channel 9, on YouTube, & Scituate Community TV which stores all videotaped meetings and cable segments. Search for **Scituate Seniorities.**

PAINTING CLASSES — Thursday 4:00-7:00pm

Ongoing @ Senior Center — $10 class

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722;*

No class on 2nd Thursday of the month.

Monday class ended June 5th for summer break.
Monday class to resume in the fall on Sept. 18th

AGING MASTERY PROGRAM ® (AMP)

Thursdays @ 9:30 AM - 11:00 AM

SEPTEMBER 21 through NOVEMBER 30

The Scituate Council on Aging is offering this 10-week health and wellness program to residents 55 and over developed by the National Council on Aging (NCOA) in 2013. The goal of this program is to empower older adults to make and maintain small but impactful changes in health behaviors.

This popular program has been offered the last two years and is only available in the Fall. Space is limited! Sign-up Now!

The weekly presentations will explore:
Navigating Longer Lives, Exercise, Sleep, Healthy Eating and Hydration, Medication Management, Advance Planning, Financial Fitness, Healthy Relationships, Falls Prevention, and *Community Engagement*.

Call Lisa Thornton or Linda Hayes to register. This program is partially funded by Harvard Pilgrim Healthcare and the Massachusetts Council on Aging.

FINE ART & CRAFT FAIR — Friday, Aug. 25, 1pm-5pm; Saturday, Aug. 26, 10am-2pm

Fine Art and Craft Show sponsored by the Scituate Senior Center Artists at the Harbor Community Building - 44 Jericho Rd. Please join us to see the paintings and artwork produced by many of the participants of our Watercolor Painting classes with Joanne Papandrea, as well as her peers and our many local artist friends. In addition, quality crafts will be on display and for sale along with many of the paintings on exhibit.

COA Book Club *New members always welcome!*

Book Club will take a break for the summer. Check out the new Community Library for a comfy reading spot!

QUILTING GROUP — Call **NOW** if interested.

New group forming this fall! RSVP 545-8722

KEEP COOL IN THE HEAT

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

- Wear loose-fitting clothing, preferably of a light color. Cotton clothing will keep you cooler than many synthetics.
- Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
- Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
- If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. The Council on Aging/Senior Center in Scituate is available as a cooling center. You could also visit the Scituate Community Library for a 'cool' spot to read!
- Use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

Body & Brain Health at the Senior Center—*fun & fitness!*

FARMERS MARKET NUTRITION PROGRAM

Household	Monthly	Annual Income
1	$1,815	$21,775
2	$2,456	$29,471
3	$3,098	$37,167
4	$3,739	$44,863

If you are over the age of 60, or disabled and your income falls within the guidelines below you are eligible to receive these valuable coupons. The coupons arrive in mid-July for distribution. Quantities are limited and are on a first come first serve basis. Please contact me in advance to reserve your coupons. I will call you when they arrive, you will only need to sign a form stating you meet the above requirements. You can use these coupons at many area Farmers Markets. Scituate Farmers Market is on Wed 3-7p at St. Mary's Church Parking Lot.

Our first MEMORY CAFÉ to be held at the Senior Center on Wednesday, August 23 @ 10:30-12:00.

EXERCISE & WELLNESS CLASSES

DAYTIME WEEKLY CLASSES

Gentle Floor Yoga - MONDAY @ 9:00-10:00AM at SHCB (Anne);

WED @ 9:30 at SHCB (Anne); FRI @ 8:00-9:00AM at SHCB (Anne/Elizabeth); $10/class for 4 weeks or $12 - *Please note some time & location changes.*

Chair Yoga - MONDAY @ 10:15-11:00AM at SHCB (Anne); and FRIDAY @ 9:15 – 10:00AM at SHCB (Anne/Elizabeth); $5. *Please note some time & location changes.*

Joint Efforts Gentle Exercise - *No classes for summer.*

Balance for Life - MONDAY @ 11:30AM; THURSDAY @ 11:15AM at SHCB (Sue). Stretch, strengthen & tone with Sue! Lots of fun! Donation of $2. Partial grant.

Tai Chi for Healthy Aging and Balance - TUESDAY @ 1:30PM at St. Mary's Parish Hall. This is a 24-week program with a rotating first lesson every 8 weeks. The next Lesson 1 will be on Aug. 1. No class on July 4 or 11. Please call Linda if interested in starting.

Cardio with Chris - *No classes for summer.*

Zumba Gold 'Dance' Exercise class—WEDNESDAY @ 9:15AM—10:00AM at **Gates School Gym** on June 28 & July 5 (Pasqualina). Dance exercise fun! Drop in class fee $5. **CALL SENIOR CENTER at 545-8722 to confirm summer schedule.**

EVERY OTHER WEEK CLASSES

Laughter Yoga—1st and 3rd Fridays @ 10:15-11:00AM at SHCB (Jill). Healthy & fun class where we laugh together without jokes or props incorporating breathing techniques with 'healthy' laughter. Laugh your way to good health! **FREE** *Please call to register.*

Meditation — **Alternating Wednesdays** @ 4:30-5:15PM at the Senior Center.
These ***Guided Meditation*** classes will be held on **July 5, 19, August 16, 30**.

BRAIN GAMES @ Senior Center

Scrabble—TUESDAYS @ 1:00-2:30PM at the Senior Center. **Have some fun, meet someone new and challenge the mind!** Volunteer led instruction. Games provided.

Cribbage—TUESDAYS @ 1:00-2:30PM at the Senior Center,

Mah Jong—TUESDAYS @ 9:30-12:00 at the Senior Center. **NEW TIME just for July & August.** This popular and lively game involves calculation and a little luck! Volunteer -led instruction. It is good for the brain and the smiles! Game tiles provided.

Bridge Play— FRIDAYS @ 9:30AM. **NEW TIME just for July & August.** We would love to have multiple bridge groups—SIGN UP is REQUIRED to complete groups.

Some exercise classes have moved to the Scituate Harbor Community Building, 44 Jericho Rd. Please be sure to call the senior center at 781-545-8722 before going to classes. Locations, days & times may have changed. Thank you!

Pickle-Ball

Wednesdays, 3:30PM
June 28 —August 16
Thursdays, 3:30PM
July 6 —August 10

SHS Gymnasium(s) - small gym with large gyms available for some dates.
Doubles format; Four courts, rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available. No charge.
This is a volunteer-led Senior Center program.

Dance Classes

Begin in September

Please call the senior for details..Jazz & Tap classes with long time Scituate Instructor, Vivienne Leonard

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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

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SHARE YOUR EMAIL ADDRESS WITH THE COA! In July & August your email address will be entered into a drawing to win a gift card to a local merchant. Call 545-8722.

Meetings for the **Council on Aging Board** are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: July 27 & Sept 14 at 5:30 pm.

Thank you from the staff at the COA! We enjoyed thanking our volunteers at the Volunteer Celebration on June 20th at The Maritime Center.

WE ARE ON-LINE TOO!

You can read this newsletter on-line BEFORE it comes in the mail. Go to: town web page- www.***ourseniorcenter.com***
Find: ***Scituate Council on Aging.***

You can sign up with your e-mail and receive notice when it is published (well before mailing!).

Follow us on Twitter: @**ScituateCOA**

"Like us' on **Facebook**: Search **Scituate Council on Aging** AND **TownofScituate**
and Share to your friends!

FOSS Friends of Scituate Seniors

Consider joining the Friends of Scituate Seniors to lend your support to fundraising efforts for a new Senior Center. $5/annual membership

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

The events they sponsor champion the work of the Senior Center and together with the COA help to create new supporters in the community. Please send your name, address, phone and email address to FOSS at P.O. Box 75 Scituate, MA 02060.