SENIOR HAPP'Y'NINGS

MAY/JUNE 2018

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
lhayes@scituatema.gov

Administrative Assistant
Jill Johnston
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Transportation Coordinator
Jean Sullivan
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Van Drivers: Mary Brown, Jay Brien, John White, Jim Keeley

Outreach Coordinator
Jenny Gerbis
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Activities & Volunteer Coordinator
Lisa Thornton
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Manager of Social Services
Laura Minier
lminier@scituatema.gov
781-378-1653

COA BOARD

John D. Miller, Chair
Dr. Gordon Price, Vice
Janice Lindblom, Secretary
Caitlyn Coyle,
Lucille Sorrentino,
Helen Jablonski,
Leslie James, Henry Yeh,
Janice Desmond

Selectman Liaison
John Danehey

SENIOR CENTER
Hours of Operation:
Monday - Thursday
8:30AM - 4:30PM
Friday 8:30AM - 3:00PM

Director Note – *You can design and create and build the most wonderful place in the world. But it takes people to make the dream a reality.* – Walt Disney

I was asked recently why the Senior Center programs couldn't use existing resources and the different buildings around town—to which I immediately replied, "that is what we are doing (!) and for both staff and patrons it is inconvenient, unsafe for many, and a complete disconnection from the hoped-for benefits of a Senior Center. Why is it so important for us to have a new, standalone building? A dedicated facility for a Senior Center offers *appropriate* welcoming opportunities to the many seniors that we have and anticipate will enter the building. Parking close enough to the building and with convenient access into the building without competing for parking spaces or navigating other cars in the area is important for safety and to make our visitors confident and comfortable. Given just the number of programs we are offering now in multiple sites all gathered in the same building, the 'traffic' in and out of the building on a busy day would be 60-100 people – many with their own cars. Safe walking and access into elevators and bathrooms; unfettered guidance to different rooms in the building for the various activities, and the opportunity to stand and socialize with others upon entering or while waiting—for activities to begin, transportation for daily use or for special trips—is important for creating the connection with other patrons and staff. Providing inviting space that is dedicated to the broad demographic we are targeting for meeting, greeting and engaging will create the community and the 'home' that we want to offer and that will benefit so many more than we can today. As we move into the important DESIGN phase of the Senior Center project, we will be considering all of the elements that will make the building 'work' for seniors and the community—today and for the future. So read the newsletter, watch our *Seniorities* cable program, come to the Coffees, check the town/COA website, Scituate Council on Aging Facebook page and (new) Twitter account ☺—as we try to keep you informed of our progress and part of the process! This real plan for the Senior Center needs the votes of the community, so be a supporter, attend our events, and talk to your neighbors about the importance of the Senior Center—we need You!

♥ *Linda*

Coffee with Linda
Wed, May 2 @ 10:30 am
&
THURS, June 14 @ 10:00 am

SAVE THE DATES & RSVP for these SPECIAL EVENTS!

Mother's Day Luncheon & Movie	Friday, May 11 @ 10:30am
Pizza Party Day	Friday, May 18 @ 1:00pm
Volunteer Appreciation Luncheon	Tuesday, June 19 @ Noon
COA Summer Barbeque	Friday, June 29 @ Noon

Summertime 90+ Birthday Party & Lobster Lunch—Watch for dates!

Trips —*live & learn!*

Saturday, May 19– Heritage Museum & Gardens, **Special Event, 10-3:30p: Italian Exotic Car Day with Interviews & Book Signings with Indy Driver Lyn St. James.** Call for earlier departure time and return time to Scituate. This is a full day! *Need at least 8 sign ups to run this trip! Price TBD*

Monday, May 30- Market Basket & Walmart Shopping Trip

Saturday, June 2– Irish Festival @ Irish Cultural Center, Canton, MA. SIGN UP BY MAY 1st– HARD deadline. *Need at least 8 sign ups to run this trip!* $15-20 pp.

Monday, June 25– Swan Boats and Lunch in the city along with driving tour of Boston by our own driver, John White. Bring money for lunch stop. There is walking! Cost TBD.

Please call for pricing and travel details on all above trips.

Monday, July 9– Heritage Museum & Gardens, Hydrangea Festival. 10am-3:30pm $25 9am departure/return @ 3pm

Stay Tuned for some summer baseball… Brockton Rox or Worcester Brave-hearts—
July or August

Even if you plan to drive yourself, call for reservation!

SPECIAL INVITATION
Outdoor Summer Barbeque
@ Allerton House, Hingham
Tuesday, July 31 @ Noon

Scituate & Cohasset seniors are invited for a summer BBQ outdoor on the patio (but under the awning)! RSVP required by July 26. Transportation available. Please call Jean at 545-8872. to reserve a seat on the van. Hosted by The Allerton House

ATTENTION ALL TICKETED ACTIVITIES and 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.

LOCAL & OUT-OF-TOWN TRANSPORTATION

MEDICAL RIDES WITHIN SCITUATE* require 2 or more days notice. Monday, Wednesday, Friday between 8:00 a.m. to 3:00 p.m., Tuesdays 12 noon to 4 p.m.

MEDICAL RIDES OUT OF SCITUATE* provided Monday-Friday between 10:15 a.m. to 1:15 p.m. Rides require 5 days notice. [Provided by South Shore Community Action Council] Scheduled thru Scituate COA.

AMERICAN CANCER SOCIETY provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300.

NON-MEDICAL LOCAL RIDES WITHIN SCITUATE require at least 2 days notice. Local rides include trips to the Senior Center for activities, Town Library, local shopping, hair dresser, etc. Our vans run on the same schedule as Council on Aging hours.

REGULAR SCHEDULED TRIPS:

TUESDAYS: Shaws Supermarket 9:00—9:45 a.m.

WEDNESDAYS: (2nd and 4th Wed of the Month)
Hanover Mall / Trader Joes / Dollar Tree 10:00—11:30 a.m.

THURSDAYS: Scituate Harbor 9:00—10:00 a.m.
Congregational Church Lunch 12:00—1:00 p.m.

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 Ext 3.

Discount Senior MBTA Cards
can be applied for or renewed by mail (or e-mail). Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.
Call Jill @ 545-8722 Ext 2.

* 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.

10 Ride Pass for $10.00 = $1.00 each way
Cash = $1.25 each way/ $2.50 round trip
Out of Town = $5.00 EACH WAY
Monthly $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
Any questions about rides at 781-545-8722, Ext. 3

Programs, Special Events, Speakers

Call 781-545-8722 to register

Café Talks– times vary

Information, social opportunity, and refreshments.

We have a BIG line up of CAFÉ TALKS you don't want to miss!

May 9 @ 10:30am—When is the Right Time? Exploring the journey to making important life decisions. Presented by Phyllis De Larichelliere, Fairing Way, Weymouth

May 16 @ 10:30am– Discussing Sensitive Topics for Women. Physical therapy can address root causes of urinary incontinence, including urinary tract infections (UTI's), pelvic floor muscle weakness, and many other risk factors. Learn exercises and strategies to help you manage this condition. Body mechanics along with myths and realities will also be discussed. Presented by PEAK Physical Therapy

May 23 @ 11:00am—Earring Party We will be making beaded earrings! Limit 12. Sign up required. Presented by Linda Felix, North River Home Care

May 30 @ 10:30am— "Dementia Live!" Do you know what it's like to live w/ dementia? "Experience" it for yourself so you gain a better understanding of what your loved ones are going through. Presented by Right At Home, South Shore

June 6 @ 10:30am– Medicare Patrol Program Workshop Become a better educated and engaged healthcare consumer! Don't get scammed!

June 13 @ 11:00am—The NEW Shingles Vaccine- Information you need to know. Pharmacist will be at the Senior Center to administer vaccine if you register in advance. Presented by Stop & Shop Pharmacy. *Fill out form ahead to get vaccination on June 13.*

LADIES Breakfast, $5

Wed, May 23 @ 10am
Wed, June 27 @ 10am
TED Talks…
"Ideas Worth Spreading"

The women have asked for a breakfast….we hope that you sign up so we can continue offering this engaging opportunity to meet new women or come with a friend to share a delicious breakfast with a "side of discussion". SIGN UP REQ'D

Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

GARDEN THERAPY
"Spring Fling"
Tuesday May 8 @ 10:30am

Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful seasonal arrangement!

Space limited!

Call to sign up!

ICE CREAM PARTY
Friday, June 8th
11:45am

Join us at the senior center for ice cream and stay for the movie @ Noon– **The Post** starring Meryl Streep and Tom Hanks Provided by Sen. O'Connor's Office

Projects for a Purpose **Thursdays, 3:30-4:30**
@ The Senior Center **May 10—Last ONE!**

Please join this intergenerational group– SENIORS and SCOUTS!

Let's make someone's day!

Join us for this lighthearted workshop to produce something for others. Enjoy socializing and working together with young school-age children on projects to **donate** to the needy or confined. **FREE**! Funded by **12Womencare**. Led by Lisa Thornton and Debbie Carlino.
RSVP 781-545-8722, x12 or lthornton@scituatema.gov

Volunteer Appreciation Luncheon **Tuesday June 19 @ Noon**

Check your mailboxes for your invitation to our annual "Thank you" lunch for our talented and generous volunteers who help to keep the **COA full of energy**! Event at North River Grille @ Widow's Walk

Summer Barbeque Friday, June 29
@ St. Mary's Parish Center @ Noon
Annual COA BBQ to kick off 4th of July (the official start of summer) Nona's Ice Cream Truck returns!

Tuesday Men's Breakfast—9 AM (Ladies Welcome!)
May 1 — Tom Hall, Scituate Author — "Tower Talk"– Lawson Tower!
We will take a ride to Lawson Tower for an on-site tour, after the breakfast. You will get a tour inside the tower—a sight that most people do not get to see! *Why not invite a friend from another town to share our local secrets!* Next quarter, Tom Hall will take us to the Grist Mill and Scituate Lighthouse!

All Men's Breakfast's will be held at The North River Grille @ Widow's Walk Golf Pub, unless otherwise noted.. $8/pp.
Come and connect– socializing is a key to good health, as well as starting the day with a delicious breakfast!

Tuesday Men's Breakfast— 9 AM (Ladies Welcome!)
June 5—TOUR of Scituate Public Safety Complex
Meet for Breakfast first at the Senior Center at 9am

Tuesday Men's Breakfast— 9am
July 10– Bob Jackman- Scituate's Cape Verdean Community
Tuesday Men's Breakfast— 9am
August 7– Tom Hall– Scituate Lighthouse Talk & Tour

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: **Wed- 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 **1st 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.***

Lori Shea, 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 min. appt.

Ice Cream Party

Provided by Senator O'Connor's Office
Friday, June 8th @ 11:45am
Enjoy ice cream and the Award Winning Movie– THE POST
Rated PG13– Starring Meryl Streep and Tom Hanks

July 2018

Mon	Tue	Wed	Thu	Fri
2 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand Foot Card Game 4:00 Pickleball	3 9:00 Shaws NEXT TUESDAY for Men's Breakfast—Not today 9:30 Pickleball 9:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	4 Holiday	5 9:30 Pickleball 1:00 Knitting 4:00 Art Class	6 8:30 Yoga 9:45 Chair Yoga
9 8:30 Yoga 9:45 Chair Yoga 11:00 Transportation Day Heritage Museum Trip 11:15 Balance for Life 1:00 Hand Foot Card Game 4:00 Pickleball	10 9:00 Shaws 9:00 Coffee with Linda 9:00 **Men's Breakfast** 9:30 Pickleball 9:30 Mah Jong 11:00 Networking Group 1:00 Scrabble 1:30 Tai Chi	11 8:30 Yoga 9:00 Mall 9:45 Men's Yoga & Chair Yoga 12:30 Balance for Life	12 9:30 Pickleball 10:00 NEW Walking Group 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	13 8:30 Yoga 9:45 Chair Yoga 11:00 Shingles Vaccinations 12:00 Friday Flix
16 8:30 Yoga 9:45 Chair Yoga Isabella Stewart Gardner Museum Trip 11:15 Balance for Life 1:00 Hand Foot Card Game 4:00 Pickleball	17 9:00 Shaws 9:30 Pickleball 9:30 Mah Jong 10:00 Nordic Walking Course 1:00 Scrabble 1:30 Tai Chi	18 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 12:00 Café Talk & Lunch– Your Life Your Legacy 10:30 Blood Pressure/Nurse 12:30 Balance for Life 5:00 Dine Out– Jake's	19 9:30 Pickleball 10:00 NEW Walking Group 10:00 Wine Glass Painting 11:15 Balance for Life 1:00 Knitting 5:30 COA Board Meeting	20 8:30 Yoga 9:45 Chair Yoga 11:30 Ladies Brunch
23 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand Foot Card Game 4:00 Pickleball	24 9:00 Shaws 9:30 Pickleball 9:30 Mah Jong 10:00 Nordic Walking Course 11:00 Networking Group 1:00 Scrabble 1:30 Tai Chi	25 8:30 Yoga 9:00 Mall 9:45 Men's Yoga & Chair Yoga 10:30 Café Talk– Red Sox Heroes 12:00 Caregivers Support 12:30 Balance for Life	26 9:30 Pickleball 10:00 NEW Walking Group 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	27 8:30 Yoga 9:45 Chair Yoga 12:00 Friday Flix
30 8:30 Yoga 9:45 Chair Yoga 1:00 Hand Foot Card Game 4:00 Pickleball	31 9:00 Shaws 9:30 Pickleball 9:30 Mah Jong 12:00 Allerton House BBQ 1:00 Scrabble 1:30 Tai Chi			

on	Tue	Wed	Thu	Fri
		1 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 12:30 Balance for Life	2 9:30 Pickleball 10:00 Walking Group 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	3 8:30 Yoga Quilt Show & Tumbleweeds T 9:45 Chair Yoga
Life Card Game	7 9:00 **Men's Breakfast @ Scituate Lighthouse** 9:00 Shaws 9:30 Pickleball 9:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	8 8:30 Yoga 9:00 Mall 9:45 Men's Yoga & Chair Yoga 11:00 Café Talk– The Family System 12:30 Balance for Life	9 9:30 Pickleball 10:00 Walking Group 11:00 4H Presentation 11:15 Balance for Life 1:00 Knitting 5:30 COA Board Meeting	10 8:30 Yoga 9:45 Chair Yoga 12:00 Friday Flix
Card Game	14 9:00 Shaws 9:30 Pickleball 9:30 Mah Jong 11:00 Networking Group 1:00 Scrabble 1:00 Crafting Group 1:30 Tai Chi	15 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 12:00 Caregivers Support 12:30 Balance for Life 1:30 Trivia & Ice Cream Floats 5:00 Dine Out– Blakemans at Duxbury Beach	16 9:00 Coffee with Linda 9:30 Pickleball 10:00 Walking Group 11:00 4H Presentation 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	17 8:30 Yoga 9:45 Chair Yoga
Card Game	21 9:00 Shaws 9:30 Pickleball 9:30 Mah Jong 1:00 Scrabble Marshfield Fair– FREE 1:30 Tai Chi	22 8:30 Yoga 9:00 Mall 9:45 Men's Yoga & Chair Yoga	23 9:30 Pickleball 10:00 Walking Group 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	24 8:30 Yoga 9:45 Chair Yoga 12:00 Friday Flix **Saturday August 25** **Art and Craft Sale** **10am-4pm**
Life Card Game	28 9:00 Shaws 9:30 Pickleball 9:30 Mah Jong 11:00 Networking Group 1:00 Scrabble 1:30 Tai Chi	29 8:30 Yoga 9:30 Worcester Art Museum 9:45 Mens Yoga/Chair Yoga 12:30 Balance for Life	30 9:30 Pickleball 10:00 Walking Group 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	31 8:30 Yoga 9:45 Chair Yoga

Social Services & Outreach

NEW!

Job Seekers/Networking Group @Harbor Building — **2nd & 4th Tuesdays 11:00am-1:00pm**

NETWORKING WORKS! Your AGE really is your EDGE!

This 50+ Job Seeker Networking Group will begin March 13 for 14 weeks through September 25

Offered by the Scituate Senior Center, this newly-formed ***Job Seekers Networking Program*** *is designed to support and assist people age 50 and older who are looking for a new job or career direction, reentering the workforce after an employment gap, or looking for a Second Act career after a retirement.*

Meetings are open to anyone who is 50+ years old and residing in MA. This program is being offered successfully at several other Senior Centers in the state. Lead facilitator is Susan Kelly, a Certified Career Coach with 35+ years of experience, along with COA Outreach Coordinator Jenny Gerbis as co-facilitator. **Please pick up a flyer at the Senior Center for more information or call us at 781-545-8722.** Pre-register!

Van transportation is available by calling the Senior Center at 781-545-8722—48 hrs ahead!

MONDAY, WEDNESDAY & FRIDAY

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; $3 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, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations.

Monthly Community Dinner — No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,
This is a free, community dinner for all ages sponsored by various community groups..

The Scituate Food Pantry

Client hours:
Tuesday 10:00AM - 12:45PM, Thursdays 3:30-5:30PM
Food donation drop offs:
Tuesday 9AM to 1PM, Thursday 3PM to 6PM.

The Food Pantry is located in the lower level of the Masonic Hall at 344 Country Way. It is a valuable support service for all Scituate residents. If you would like to learn more about using its service, stop by at any time during the client hours.

THURSDAYS @ 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.

March: Please note NEW DAY!
Thursday 5/3 12:30 PM @ Lincoln
Thursday 5/10 12:30 PM @ Central
Thursday 5/17 12:30 PM @ Wheeler 1 1PM Wheeler 2

April : Please note NEW DAY!
Thursday 6/7 12:30 PM@ Lincoln
Thursday 6/14 12:30 PM @ Central
Thursday 6/21 12:30 PM @ Wheeler 1 1PM Wheeler 2

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. NO PART D DRUG SEARCH APPTS.
May 3, 8, 17, 24, 31
June 7, 12

Hoarding Disorder Online Treatment Group Starting May 3!
The South Shore Clutter Reduction Collaborative is sponsoring a unique clinical treatment option for persons experiencing symptoms of Hoarding Disorder. This 20 session group will include weekly, two-hour online group sessions with an experienced clinician. To learn more or sign up, please visit: www.SouthShoreCRC.org

Buried in Treasures Facilitator Training- June 11, 12, 13
Whether you have lived experience with Hoarding Disorder and clutter or are a clinician or other professional seeking to learn more about Buried in Treasures, please join this free three-day training to become a BIT group facilitator. To learn more or sign up, please visit: www.SouthShoreCRC.org or contact Laura Minier, Manager of Social Services at 781-378-1653

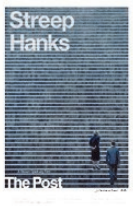
Beginning April 2018 **New Medicare Cards** will be sent out to your home address from Medicare. These new cards will no longer use your social security number. A new Medicare # will be assigned. Please attend workshop on **June 6th**.

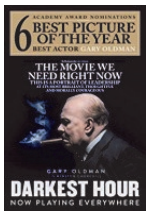
Age Well at the Senior Center—*fun & learning!*

"FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; CC & popcorn!

May 11: **Ladybird**—2017, R, Drama, Comedy
May 25: **The Darkest Hour**—2017, PG-13, Bio, Drama, History
June 8: **The Post**—2017, PG-13, Bio, Drama, History
June 22: **The Battle of the Sexes**—2017, PG-13, Bio, Sport





AWARD WINNING MOVIES from 2017

65" FLAT SCREEN TV & SURROUND SOUND

Dine Out

Wednesday, May 16 @ 5:00pm
Plaza Azteca, Hingham $3 van ride

Wednesday, June 20 @ 5:00pm
East Bay Grille Restaurant, Plymouth $3 van ride

Wednesday, July 18 @ 5:00pm
Jake's Seafood Restaurant, Hull $3 van ride

Call the Senior Center @ 545-8722 for reservation. Van available.

CRAFTING GROUP — Tues. June 12 @ 1pm

Are you interested in getting creative? We are planning a NEW group to meet monthly. Call if you want to join in on our first craft/meeting...it'll be **"Beachy Keen".** Most craft projects will be around $5-$10 each to cover material costs.

PAINTING CLASSES

Monday 12:30-3:30pm
@ Senior Center Thursday 4:00-7:00pm

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. $10 class

Monday classes end June 4. Resume Sept 11—Dec 3
Thursday classes continue thru summer. Ending —Dec 6

Slideshow on Architecture of New England Churches 1680-1930

Presented by Bob Jackman

Across the nation there is strong admiration and deep respect for the architecture of New England churches. **On Wednesday June 20 from 1:00 to 2:30pm** a slideshow will be presented on the Architecture of New England Churches 1680-1930. Some fine South Shore examples will be noted, but we will also look wider across New England to survey the full range of structures. Depending upon a specific church under discussion, our overview will show interiors, exteriors or both. We will also take time to examine the placement at a specific location, and its relation to sightlines created by landscaping and other buildings. The speaker will be antiques writer Bob Jackman. If you have an image of a specific church, bring it to the show, and Bob will be happy to offer comments. While the talk will be organized around a sequence of 70 slides, the atmosphere will be informal with questions and answers throughout the presentation. Expect to learn a bit, share some laughs, and have a good time. Fee $4. Please sign up at 781-545-8722.

"Scituate Stitchers" QUILTING GROUP

Wednesday 3-4:30pm
May 2, Jun 6, Jul 11, Aug 1

Join other quilters, experienced and beginners. Bring a project or start a new one. Drop in or call to sign up 545-8722. Held at Senior Center, on occasion held at Harbor Building. Call to confirm location

TECH TIME

Wednesday 3-4:00pm
w/ S.H.S. students May 9, June 13

Sign up to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club for SHS students in grades 9-12, experienced and ready to help.

Lifelong Learning Class

Wednesday 1—2:30pm
Tuition $20 Apr 25 - May 30

Scituate's Victorian Architecture – w/Bob Jackman
The course will survey some of the better documented Victorian houses in Scituate. We will utilize material on the MACRIS website, but we will also search the town for homes not yet in that database.

EXPRESSIVE WRITING

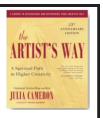
April 5—May 31 Thurs. 11:30—12:30pm

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling, and connection in a casual and welcoming environment. Great activity for cultivating mindfulness, gratitude and joy! No fee.

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

new

The Artist's Way *by Julia Cameron* **Tuesdays @ 3- 5:30 PM, April 24 through July 10**



The Scituate Senior Center is pleased to offer this dynamic, 12-week work/study program designed to move you forward and enhance your creative energies – yes, everyone has creative energies! Each week is designed to renew or unleash creativity that you may not have known you have! This is a spiritual approach to growing your life in the most positive of ways. Regardless of one's life circumstances, age or career, this program can work for you! *The book is required. No fee for this program.* Program @ Harbor Community Building.

new

Special Event! **Community Drumming Circle** *"Immunity to Community"* on **Friday, May 4 @ 1:30pm** @ Harbor Community Building. *We are excited to offer this activity funded by our local Cultural Council!*

In a Drumming Circle, a group of people come together and play a variety of drums and hand percussion. Members of the circle participate in the spontaneous creation of music. There are many surprising health benefits to drumming and we encourage you to come try out this free offering! *Call to register at the Senior Center!*

EXERCISE & WELLNESS CLASSES—-DAYTIME WEEKLY & BI-WEEKLY CLASSES

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio **Ends May 29**	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB			9:45 Men's Yoga	HCB			9:45 Chair Yoga	HCB
9:30 Joint Efforts **Ends Jun 25**	SC							9:30 Joint Efforts **Ends Jun 29**	SC
11:15 Balance 4Life	HCB			9:45 Chair Yoga	HCB	11:15 Balance 4Life	HCB	1:00pm Trail * Walk—May 4	SC
NO Balance For Life Class on **5/14 and 6/25**		1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB			Meet at SC to carpool to walk location	

HCB = Harbor Community Building @ 44 Jericho Rd
SC= Senior Center **STM**– St. Mary's Parish Center

***TRAIL WALKING: May 4 The Glades, May 11 The Spit, May 18 Norwell, May 25 The R.R. Bed Trail, June 1 TBA**

Please review CALENDAR PAGE for NO yoga class dates– instructor vacations!

Floor Yoga: Anne/Elizabeth, $10/12 Chair Yoga: w/ Anne/Elizabeth, $5;
Men's Yoga: Anne, $10/12.
Balance For Life: Stretch, strengthen & tone with Sue! Lots of fun!
$5 per class; $8/2 classes; $10/3 classes per week only*

Tai Chi: Improve balance and overall health and well-being with this 24 week program. Invited to begin every 8 weeks. Call 545-8722, for Lesson 1 start date. Led by Linda; $2 donation appreciated.

Bowling League
TUESDAYS
9:30-11:30 AM
Satuit Bowlaway, Cole Pkwy
Join for $5 which includes End of Season Banquet; $10/wk for lanes & shoes.

Pickleball @ Jenkins School
Mondays & Wednesdays, 4:00-6:00 PM
Doubles; four courts; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/cleanup requested.
This is a volunteer-led Senior Center program.

Badminton
Wednesdays, 6:00PM
@ Jenkins School
Drop-in!
All are welcome!

SPORT Games

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-12:30 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.

Scrabble—TUESDAYS @ 1:00-2:30PM NEW! **Hand & Foot Card Game MONDAYS 1:30-3:30,**

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.

The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants, organizations and individuals. Please support our advertisers! Anyone wishing to place an advertisement in this newsletter can contact Advertising with LPI at: 800-477-4574 x6377

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: May 10 & June 14 at 5:30 pm.

Job Seekers/Networking Group 11am-1pm
NETWORKING WORKS! Your AGE really is your EDGE!
2nd & 4th Tuesdays @ Harbor Building
Continuing through September 25

WE ARE ON-LINE TOO!

You can read this newsletter on-line BEFORE it comes in the mail.

Go to: ***Ourseniorcenter.com***
Find: ***Scituate Council on Aging***

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

or, Go to: ***Scituatema.gov***
Select: **Department**, **Council on Aging**, **Newsletters**

and, "Like" us on **Facebook**:
Search: **Scituate Council on Aging** and **TownofScituate**
Share to your friends!
Follow us on Twitter: @**ScituateCOA**

FOSS Friends of Scituate Seniors

Upcoming FOSS Fundraising Event:

Our 3rd Annual Golf Tournament
Friday, June 15 at Widows Walk Golf Course

All events support the Senior Center Building Fund

Consider joining the **Friends of Scituate Seniors** to lend your support to fundraising efforts for a new Senior Center. $10/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/Senior Center with financial support** for programs, events, and material needs not met by the town budget.

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 N. Scituate, MA 02060 and share with the Senior Center!