



# SENIOR HAPP'Y'NINGS

## MAY / JUNE 2015

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

### COA STAFF

**Director - Linda Hayes**

*lhayes@scituatema.gov*

**Administrative Assistant**

**Jill Johnston**

*jjohnston@scituatema.gov*

**Transportation Coordinator**

**Quincie-Ann Cutler**

*qcutler@scituatema.gov*

**Outreach Coordinator**

**Jennifer Gerbis**

*jgerbis@scituatema.gov*

**Activities/Volunteer Coordinator**

**Lisa Thornton**

*lthornton@scituatema.gov*

**Manager of Social Services**

**Laura Minier**

*lminier@scituatema.gov*

### COA BOARD

**Dr. Gordon Price, Chair**

**Audrey Reidy, Vice-Chair**

**Debby Young, Secretary**

**Dale Balog**

**Beth McCabe**

**John D. Miller**

**Lucille Sorrentino**

**Pat Conway**

**Selectman Liaison**

**Marty O'Toole**

### SENIOR CENTER

#### HOURS OF OPERATION:

**Monday through Thursday -**

**8:30 AM to 4:30 PM**

**Friday 8:30 AM to 3:00 PM**

### 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.

### *From the Director*

*I can no other answer make, but, thanks, and thanks. William Shakespeare*

As an example of what we can begin to do immediately in response to the results of the Needs Assessment survey, we are offering two presentations which address specific requests from the community. The first on Wednesday, May 20 is a retirement overview session offering an opportunity for individuals anticipating retirement as well as for those reconsidering the options they have made upon retirement. We plan to continue to offer regular opportunities to seek an understanding of what lies ahead and how to prepare for changes upon retirement and after for the segment of the population interested in hearing more on this topic. The second presentation is on Thursday, June 18 for any caregivers in the community that are facing challenges and difficult decisions and need to be reassured that there are resources that can steer you through transitions and help you remain yourself as a caregiver. We plan to provide continual informative and supportive sessions to assist caregivers of all ages in this often life-changing role.

Next, the Formula Grant is the only standardized funding that we receive from the Commonwealth in support of our programs and services to meet the needs of adults 60 and older. We are grateful that the House just voted to raise the dollar amount provided per elder from \$8 to \$9 for FY16. This annual amount is based on the 2010 census, despite the predicted and continued growth of older adults through 2020, which is the next census. This increase is a welcome start to help all communities meet the growing and unmet needs of our seniors with outreach, wellness initiatives, staffing, program support and more.

Lastly, our Volunteer Appreciation Luncheon will be held again at the Maritime Center on Tuesday, June 16. This is where we extend our sincere gratitude to those individuals who have made the Senior Center an important recipient of their time and efforts. If you have volunteered for us in any capacity for at least 25 hours throughout the year, you will receive an invitation in the mail. I hope that you will find a way to attend as we are truly grateful for your generous spirits in our midst and we want a chance to *show* you and *know* you! ♥ Linda

## **SUPPORT GROUPS**

### **CAREGIVER SUPPORT GROUP (DAY)**

Meets the third Wednesday of every month (5/20 & 6/17) at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. Laura Minier, Social Services Manager for the Town of Scituate and Nicole Caso from South Shore Elder Services facilitate this group. Please call 781-545-8722 if you have any questions.

### **CAREGIVER SUPPORT GROUP (EVE)**

Meets the first Wednesday of the month (5/6 & 6/3) at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). Led by Bonnie Haley. For more information at 617-686-6173 or Sunrise at 781-383-6300.

### **CAREGIVER SUPPORT GROUP (EVE)**

Meets the third Tuesday of the month (5/19 & 6/16) from 7:00 PM to 8:00 PM at Hingham Elder Services, 224 Central Street, Hingham. Call (781) 741-1452.

### **MID-STAGE ALZHEIMER'S GROUP**

Meets the second Wednesday of each month (1/14 & 2/11) from 10:30 AM to 12:00 PM at the Norwell VNA, 120 Longwater Drive, Norwell. Call (781) 659-2342.

### **VISION SUPPORT GROUP**

Meets the FOURTH Monday (5/? & 6/22) at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham.

**Scituate COA will provide transportation to and from this event for our clients.**

**PARKINSON'S SUPPORT GROUP**—@Marshfield COA on THIRD Thursday (5/21) at 1:00-2:00 PM offering discussion and sharing for patients and caregivers. Call 781-83-5581.

## **BLOOD PRESSURE SCREENING**

Take advantage of our town nurse's availability for checking blood pressure at the Senior Center Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at

**10:30-11:30 AM** at the following locations EACH month:

- Wheeler Park - 1st Wednesday of month; Central Park - 2nd Wednesday of month; **Scituate Senior Center - 3rd Wednesday of month (MAY 20 / JUNE 17)**; Lincoln Park - 4th Wednesday of month



## **NEW YOGA CLASSES ADDED FOR FRIDAY**

8-week yoga series for both Floor Yoga and Chair Yoga on Friday mornings at the Maritime Center with Anne Schroeder.

**Floor Yoga at 9:00 am; Chair Yoga at 10:15.**

Floor Class: \$10/week for 4-weeks or \$12/drop-in; Chair Class: \$5/week. Begins on Friday, May 1 through Friday, June 19.

## **PROFESSIONAL MEETINGS**

### **ASK A LAWYER**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of three attorneys volunteering on the **3rd** Friday of each month at the Scituate Senior Center (**MAY 15 & JUNE 19**). Appointments are made with Elder Law Attorneys Holly Harris, Michael Loring and Chris Sullivan who rotate monthly to provide this service. **Call 781-545-8722 for an appointment.**

### **MEET YOUR REPRESENTATIVE**

**Representative Jim Cantwell** meets at the Senior Center usually on the 4th Friday (5/22 & 6/26) each month. If you who have questions or concerns to discuss, **please call 781-545-8722 to confirm the next date.** Meetings are limited to 30 minutes.

### **SHINE COUNSELING (Serving Health Information Needs of Everyone)**

Are you a senior just retiring, or do you need help selecting a new health insurance plan or understanding changes to your existing plan? Make an appointment to see our SHINE volunteer Norman Tetrault. He is currently at the Senior Center 3 times each month. Call 781-545-8722 for an appointment.

### **FINANCIAL SERVICES**

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Deborah Flanagan, Edward Jones Financial Advisor is available free-of-charge for 30 minutes to answer your questions by appointment on the first Monday of each month (**May 6/June 3**) at the EDWARD JONES OFFICE AT 103 FRONT ST in Scituate. Please call the Senior Center to have your name forwarded to their office.

### ***Pickle-ball is catching on! Join the fun!***

It is a fun, doubles paddle sport using a solid paddle (we have 8) to hit a whiffle-type ball over a net. The game shares features of tennis, ping pong & badminton, with modifications and limited or no running. Play at **Jenkins School Gym on Mondays at 5:00 PM**. Instruction is offered. All are welcome.

## Programs and Events

### MEN'S BREAKFASTS @ 8:59 AM!

MAY—Monday, May 4

Meeting at Scituate Senior Center

Guest Speaker: *We are working on it!*

JUNE—Monday, June 1

Meeting at Widow's Walk Golf Course Pub

Guest Speaker: **Joe Malone**

*Come and enjoy coffee/tea, a hot, assorted breakfast and the camaraderie of new and familiar faces, along with an interesting discourse. Postcards will be mailed.*

**MAY—Yea!** Thanks to the several inches of snow we had in February (remember that!?), we never got to celebrate Valentine's Day with Pianist Steve Lanzillotta.



We have invited him back to play for us on **Tuesday, May 26 @ 11:30-1:00 PM** for a special May luncheon at the Senior Center. He'll



still play some love songs, so bring your favorite 'date' and he says requests are welcome, too! Call Jill to sign up! Cost \$5 per person.



### Exercise Classes at the Senior Center (SSC) & St. Luke's Episcopal Church

MONDAY & WEDNESDAY (@ St. Luke's)- **YOGA with Elizabeth**

**FLOOR YOGA @ 9:00-10:00** Monthly rate \$10/class or Drop-in @ \$12. A gentle class that takes you through a series of yoga poses at a moderate pace combined with breathing and meditation; and

**CHAIR YOGA @ 10:15-11;** Drop-in @ \$5. The benefits of yoga without the strain of moving from floor to standing. Same mind/body benefits.

MONDAY & FRIDAY (@SSC)—**Arthritis Exercise @ 10:00-11:00 (\$2).** With a NVNA Nurse/PT offering an hour of gentle movement and activity beneficial for arthritic joints and overall wellness. Does not meet in summer after June 29.

TUESDAY—**CARDIO with Chris @ 9:00-10:00 AM @ \$3 (@SSC) & ON THURSDAY @ 1:00-2:00 (@St. Luke's)—\$3/class.** Experience an exercise class that increases your energy level, improves your health and keeps you moving and laughing—a fun group keeps you coming back! Chris's classes will stop on May 26/28.

### CAFÉ TALKS

@ Scituate Senior Center

**Wednesday, May 6 @ 10:30 AM**

*Michelle Ellicks, Registry of Motor Vehicles*  
**'Shifting Gears' Driving Program (see below).**

Hear about COA transportation options and GATRA pilot for new public transportation in Scituate.

**Monday, May 11 @ 11:00 AM - 12:00 PM**  
**Open House Café**

Meet Lisa Thornton, our new Activities & Volunteer Coordinator; come and see what we are planning for the coming year that you could get involved in.

**Wednesday, May 20 @ 10:00 AM**

*Marsha Golla McCarthy, Agent for New York Life*  
**Choosing Your Retirement Path**

Learn more about the financial concerns one may face in retirement and possible solutions. Annuities; Long-term Care; Life Insurance. Come with questions for this educational overview.

**Thursday, June 18 @ 10:00 AM**

*Kim Bennett, LSW, Visiting Angels*

**Compassion Fatigue & Care Partner Burnout**

A special presentation for family caregivers of all ages offering specific techniques for managing and common sense guidance for assistance and transitions.

**Wednesday, June 24 @ 1:00 PM**

*Mark Flaherty, Scituate Farmer's Market*

Come to hear about the fabulous 'shopping' available at our unique, weekly Farmer's Market.

Call Jill to register at 781-545-8722, x10.

### "Shifting Gears"

**Wednesday, May 6 at 10:30 AM**

*Presented by Michele Ellicks, Community Outreach*

Topics: Issues facing senior drivers, the Commonwealth's rules of the road, recent changes that have taken place at the RMV, warning signs of unsafe driving. Also, requirements to apply for a handicap placard or plate as well as a Massachusetts identification card; the most recent research concerning mature drivers, and alternative forms of transportation available in your community. Portions of this program have been featured on WCVB-TV's "Chronicle" and in the Boston Globe and Patriot Ledger.

For additional information and to register for the talk, please call the Senior Center at 781-545-8722, x10.

## Announcements and Information

Donations made in 2015:

**Pattie Gustafson**, Transportation Fund in memory of her Mother, Mary Horne.

**Lillian & Mary Santia**, Transportation Fund in memory of dear cousin Joseph Cerilli, former Meals on Wheels volunteer.



### *Meals for Seniors in Scituate*

On Monday, Wednesday & Friday

@ **Harbor Methodist Church** on First Parish Rd 12:00-1:00 PM—South Shore Elder Services provides this meal to Seniors. A \$3 donation is requested. Van transportation is available by calling the Senior Center. Meals on Wheels is also provided from this site Mon-Fri—call 781-545-0818.

On Thursday

@ **Congregational Church** at 381 Country Way 12:00 PM—This lunch is sponsored and served by dedicated church volunteers. Donations accepted. Call 545-5300.

Monthly on the 4th Sunday

@ **St. Luke's Church** on First Parish Rd 5:00-6:00 PM—Free, community dinner, all ages; Van transportation available by calling the Senior Center to schedule your ride.

**Food Pantry open every Tuesday**

@ Masonic Temple on Country Way 11-12:30 PM; 6:30-8 PM last Tuesday of the month Transportation offered to seniors and disabled by the Scituate Council on Aging.

### *New Headlight Law*

TURN ON HEADLIGHTS  
NEXT 137 MILES

As of April 7, headlights should be on whenever windshield wipers are needed AND in use 30 minutes *before* sunrise and *before* sunset, or when visibility is under 500 feet. Drivers can be ticketed for not complying and could incur an insurance surcharge if that occurs, so get in the habit!

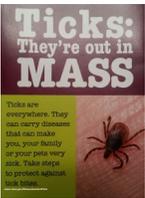
### *Lyme Disease Awareness*



Brochures with more detailed and comprehensive information about Ticks and Lyme Disease are available and placed at the **Senior Center** and at Town Hall at the **Department of Public Health**.

Scituate **Cable TV** is broadcasting the public service announcement on local **Channels 8, 9, and 22**. It is also on the town website under the Board of Health along with the Scituate Lyme Disease brochure ([www.ScituateMA.gov](http://www.ScituateMA.gov)).

### **Facts about Lyme Disease — Did you know?**



- Lyme disease is spread by the bite of an infected deer tick, usually by small immature ticks called nymphs. The nymph is the size of a poppy seed.
- Scituate's land use is quite diverse. Beaches, woodlands, and residential areas all may provide a habitat in which ticks may be present.
- You may be exposed to Lyme disease while walking your dog at the beach, hiking in the woods, golfing at your favorite course, working outside, or gardening.

- Because children spend a lot of time playing outside, they are at particular risk. Joint pain is common among children that have become infected with Lyme disease.
- It is possible to be exposed to or contract Lyme disease at any time of year.
- Lyme disease is on the rise, nationally and in Scituate. Lyme disease was first reported in Scituate in 1998. In 2013, there were 71 reported cases in Scituate.

### **Helpful tips:**

- ✓ Exposure is most likely in wooded areas and where the woods meet residential yards, or where there are tall grasses or leaf litter.
- ✓ Limit time in tick infested areas. Check yourself, loved ones, and pets daily for ticks. Use insect repellent appropriately for yourself and your pets. Change clothes and shower after being in areas where ticks may thrive.
- ✓ Many Scituate residents share their homes with dogs. Protect your pets by using tick prevention measures recommended by their veterinarian. Protecting them also protects your family. Ticks can hitch a ride indoors with your pets, so be sure to check pets when they come inside.
- ✓ Contact your health care provider if you are bitten by a tick, develop a rash, or experience any signs of illness associated with tick exposure.

# MAY 2015

Mon	Tue	Wed	Thu	Fri
<p>* Denotes program held off site: St. Luke's Church St Mary's Church Maritime Center</p>				<p><b>1</b> 9:00 Yoga w/ Anne* 10:00 Arthritis Exercise</p>
<p><b>4</b> 9:00 Men's Break /Yoga* 11:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 1:00 Financial Advisor 5:00 Pickleball</p>	<p><b>5</b> 9:00 Cardio 9:00 Shaws <b>10:30 Garden Club</b></p>	<p><b>6</b> 9:00 Yoga* 10:15 Chair Yoga* <b>10:30 Cafe Talk</b> 6:00 Badminton</p>	<p><b>7</b> 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>8</b> 9:00 Yoga w/ Anne* 10:00 Arthritis Exercise</p>
<p><b>11</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* <b>11:00 OPEN HOUSE Cafe</b> 12:30 Art Class 5:00 Pickleball</p>	<p><b>12</b> 9:00 Cardio 9:00 Shaws <b>10:30 Book Club</b></p>	<p><b>13</b> 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 6:00 Badminton</p>	<p><b>14</b> 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>15</b> 9:00 Yoga w/ Anne* 9:00 Ask a Lawyer 10:00 Arthritis Exercise</p>
<p><b>18</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:00 Vision Support 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball</p>	<p><b>19</b> 9:00 Cardio 9:00 Shaws <b>11:00 Film: Beyond Belief</b> 2:00 Tai Chi for HA*</p>	<p><b>20</b> 9:00 Yoga* 10:15 Chair Yoga* <b>10:00 Cafe Talk</b> 10:30 BP Clinic 12:00 Caregivers Support 6:00 Badminton</p>	<p><b>21</b> 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>22</b> 9:00 Yoga w/ Anne* 9:00 Rep Cantwell 10:00 Arthritis Exercise</p>
<p><b>25</b> <b>Holiday Offices Closed</b></p>	<p><b>26</b> 9:00 Cardio 9:00 Shaws <b>11:30 May Luncheon-</b> <i>Steve Lanzillotta, pianist</i> 2:00 Tai Chi for HA*</p>	<p><b>27</b> 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 6:00 Badminton</p>	<p><b>28</b> 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>29</b> 9:00 Yoga w/ Anne* 10:00 Arthritis Exercise</p>

# JUNE 2015

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 8:59 Men's Break/ Yoga 10:15 Chair Yoga* 10:00 Arthritis Exercise 12:30 Art Class 1:00 Financial Advisor 5:00 Pickleball</p>	<p><b>2</b> 9:00 Cardio 9:00 Shaws 2:00 Tai Chi for HA*</p>	<p><b>3</b> 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton</p>	<p><b>4</b> 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>5</b> 9:00 Yoga w/Anne* 10:00 Arthritis Exercise</p>
<p><b>8</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball</p>	<p><b>9</b> 9:00 Cardio 9:00 Shaws 2:00 Tai Chi for HA*</p>	<p><b>10</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton</p>	<p><b>11</b> 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class 6:00 SCO A Board Mtg</p>	<p><b>12</b> 9:00 Yoga w/Anne* 10:00 Arthritis Exercise</p>
<p><b>15</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball</p>	<p><b>16</b> 9:00 Cardio 9:00 Shaws 12:00 Volunteer Luncheon 2:00 Tai Chi for HA*</p>	<p><b>17</b> 9:00 Yoga* 10:15 Chair Yoga* 10:30 BP Clinic 12:00 Caregivers Support 6:00 Badminton</p>	<p><b>18</b> 9:00 Harbor Shops <b>10:00 Café Talk</b> 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>19</b> 9:00 Yoga w/Anne* 9:00 Ask a Lawyer 10:00 Arthritis Exercise</p>
<p><b>22</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball</p>	<p><b>23</b> 9:00 Cardio 9:00 Shaws 2:00 Tai Chi for HA*</p>	<p><b>24</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* <b>1:00 Café Talk</b> 6:00 Badminton</p>	<p><b>25</b> 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>26</b> 9:00 Rep Cantwell 10:00 Arthritis Exercise</p>
<p><b>29</b> 9:00 Yoga* 10:00 Vision Support 10:00 Arthritis Exercise 10:15 Chair Yoga* 5:00 Pickleball</p>	<p><b>30</b> 9:00 Cardio 9:00 Shaws 2:00 Tai Chi for HA*</p>			<p>*Denotes program held off site: St. Luke's Church St. Mary's Church Maritime Center</p>

# Outreach and Social Services



## SCOA OUTREACH AT YOUR HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator for the Scituate COA will be in the Community Room at each of the Housing Authority locations on the following days and times. If you have a question on any matter, drop in and see her.

### MAY

- 1/7 Lincoln Park @ 11-12
- 1/14 Central Park @ 11-12
- 1/21 Wheeler Park I @ 11-12  
& Wheeler Park II @ 12-1

### JUNE

- 6/3 Lincoln Park @ 11-12
- 6/10 Central Park @ 11-12
- 6/17 Wheeler Park I @ 11-12  
& Wheeler Park II @ 12-1

## Massachusetts "Do Not Call" Registry

To register for the Massachusetts Do Not Call List, you may call **1-866-231-2255** or go directly to the Do Not Call Registry website (see below).

In addition to the Massachusetts' Do Not Call list, there is a **National "Do Not Call" registry**, enacted by the Federal Trade Commission (FTC). The National Do Not Call Registry allows you to block telemarketing calls.

You can call or visit the website to add your landline and cell numbers. Your registration will be effective for five years. To be added to the FTC's Do Not Call list, you can register online at [WWW.DONOTCALL.GOV](http://WWW.DONOTCALL.GOV) or

call toll-free, **1-888-382-1222** (TTY 1-866-290-4236) from the number you wish to register.

**Registration is free.**

## Fuel Assistance until May 15

The STATE/FEDERAL Fuel Assistance Program is administered by South Shore Community Action Council in Plymouth. The Council on Aging is the go-between for the Town of Scituate. The program is open to the community, regardless of age, based on the following income guidelines:

- Household of 1: \$11,70-32,618
- Household of 2: \$15,730-42,654
- Household of 3: \$19,790-52,691
- Household of 4: \$23,850-62,727

Proper documentation is mandatory and applications cannot be sent without all paperwork. Call Jenny Gerbis with questions, a list of required paperwork, or an **appointment** at 781-545-8722, x14.

**Prescription Advantage** is a state-sponsored program that supplements your Medicare prescription drug plan to fill the gap in coverage referred to as the "donut hole" which dramatically increases the costs for prescriptions.

Call Prescription Advantage *today* at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more!

## The Well Mind



There seems to be a growing body of evidence to suggest that singing contributes significantly to a person's wellbeing, especially when part of a singing group. In a 2011 study out of Melbourne, Australia, involvement in community singing groups increased an individual's social capital, mental health, and wellbeing. "Social capital is a sociological concept, which values connections and experiences between individuals and communities. Study participants' sense of safety and inclusion within their community was significantly higher than that of the general population," according to Ann Steves from the University of New Hampshire, who reviewed the study. In addition, singing requires mindful deep breathing, which we already know has a powerful positive impact on reducing anxiety.

In a recent WBUR episode of Here and Now, reporter Robin Young, explored the current explosion of A cappella groups among young people and on college campuses across the country. The program referenced multiple studies and books that identified and explored the link between singing and happiness. Many of you have probably seen the beautiful documentary, *Young At Heart*, which chronicles the story of a group of older adults who started a choir group more than thirty years ago. That group continues to thrive today.

Time Magazine wrote a piece in 2013 titled, "Singing Changes Your Brain: Group singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins." This article was able to identify research which demonstrated that you don't even have to be a good singer to reap the benefits—good news for me! So...when was the last time you sang, either by yourself or with a group? Perhaps it's time for Scituate Seniors to consider an A cappella group of their own or maybe a joint effort with the schools? *Laura Minier, Mgr of Social Services*

# Transportation Information

Call Q Cutler, Transportation Coordinator, for all transportation requests at 781-545-8722, ext. 17

Reservations for out-of-town medical rides need to be made at least 1 week in advance as they are scheduled with South Shore Community Action Council and require more coordination. We ask 72-hours notice (3 business days) to schedule a local ride. Our Scituate COA vans are available for local medical appointments, shopping and rides to/from home and locations in and around Scituate. A monthly pass for local rides is \$14/mo. or \$2 per round-trip ride. Please note: rides for MONDAYS need to be made by the previous WEDNESDAY. Calls made after 11:30 a.m. on Fridays cannot be honored until THURSDAY of the following week as the schedule has been completed.

The COA vans make regular, weekly trips to the following locations:

**TUESDAY @ 9:00 am** to Shaws in Cohasset;

**WEDNESDAY @ 9:00 am** to Hanover Mall, including Trader Joe's!

**THURSDAY @ 9:00 am** to Scituate Harbor.

All out-of-town transportation is provided through South Shore Community Action Council and uses their vans and drivers.

Local rides on our COA van and out-of-town medical rides are supported by GATRA, a state-funded transportation system for our region.

Beginning in June, GATRA will be providing additional public transportation in Scituate available to all residents. This service will not impact the COA services.

## Activities and Volunteer News

**'Local' Learning with Bob Jackman - July and August series.** The Geology of the North River - A new 6-week course offered at the Senior Center on **Tuesday evenings, July 7 - August 18 @ 6:00-7:30.** \$20 required at sign-up. We are also planning three special Monday night topics with Bob on July 6, August 3 and September 14 at 6:30-8:00 PM. *Flyers to follow.*

### Flower Arrangement

**Tuesday, May 5  
@ 10:30 AM**



We are pleased to welcome our Scituate Garden Club volunteers for creation of a beautiful spring arrangement. Limited to 20 participants; no charge for this event. Call Jill as soon as possible to register.

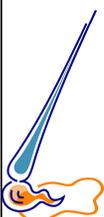
2nd Showing of Documentary *Beyond Belief*

**Tuesday, May 19 at 11:00 AM**  
Commemorate Memorial Day with this beautiful film about the positive impact of two American women who were directly affected by the tragedy of 9-11. You will be glad you took the time! Powerful and inspiring!

**WE ARE STARTING BOOK CLUB!** Thanks to our new volunteer, Cindy Fusco, we are excited to form this new stimulating and social opportunity. Come to a Kick-off Meeting on **Tuesday, May 12 at 10:30 AM** Refreshments provided. Book suggestions, meeting frequency, summer reading—all ideas welcome.



**Art Show & Sale**  
Scituate Senior Center, 27 Brook St  
**Saturday, June 27 - 11:00 am**  
View art work by more than 20 talented senior Artists. Paintings, photographs, cards and more will be for sale. A percentage of sales benefit the Scituate Council on aging. Refreshments too!



**ART CLASS — Watercolor, Drawing, Acrylic**  
on **MONDAYS @ 12:30-3:30** (every week) until June 22  
on **THURSDAYS @ 4:00-7:00 PM** (3 weeks/month) until July 30  
@Senior Center - \$10 each class

Classes will pick up again in September

Work from still life set ups. Demo's, class exercises, homework offered. Focus on developing solid drawing skills, understanding color and mixing, and watercolor application. Students will develop their individual talents through a series of logical, progressive steps in the fundamentals of picture making geared to individual levels. Enjoy many ah-ha moments! Instructor Joanne Pappandrea has been teaching art classes at the Scituate Senior Center since 2003. **Affordable supply list available at sign up. For questions, call 781-545-8722, x10.**

### Volunteer Opportunities

We are always looking for volunteers who would like to come in and help us out by answering phones or assisting with events. If you are interested in volunteering for us, please give our new **Volunteer Coordinator, Lisa Thornton**, a call at 781-545-8722, x12.

CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066

STANDARD MAIL  
US POSTAGE PAID  
PERMIT #27  
SCITUATE, MA

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

Lisa Templeton, Advertising Rep with LPI at:

**800-732-8070, x3450; or [ltempleton@4LPi.com](mailto:ltempleton@4LPi.com)**

WE'RE ON-LINE TOO! You can also find this newsletter (and all newsletters for the year) on-line at: [www.seekandfind.com](http://www.seekandfind.com).

Type 'Scituate' to find **Scituate Council on Aging (MA)** and select **Download**.

\*Follow us on Twitter: **@ScituateCOA &**

\*Like us on Facebook **@Scituate Council on Aging**

Or, use the new Town of Scituate website at:

**[www.ScituateMA.gov](http://www.ScituateMA.gov)**.

Select *Departments, Council on Aging, and Council on Aging Newsletters*.

The website will also have our Calendar of activities for the two months and any special announcements.