



Prime Times

MARCH/APRIL 2021

Chairperson:

John Mahoney

Outreach Coordinator:

Dee Dee Rogers

Director:

Susan Curtin

Program Coordinator:

Debbie Blackington

DIRECTOR'S NOTE

It's hard to believe that a year ago we were planning for 60+ people to attend our annual St. Patrick's Day luncheon, as well as the NHS traveling Jazz Combo concert. It's also incredible to think back about how our lives changed over this past year. Amidst the many challenges, missed milestones and even sorrow that we faced, I can't help but reflect on some of the good things that came from this experience. It forced us to slow down, step back and evaluate those things that are truly important. It showed us the power of community, caring and kindness. It helped cultivate new friendships and renew old ones. It taught us to be creative in programming and reach out to people in new and different ways. It gave us the chance to meet many new residents, business owners and community leaders. It also helped us to look towards the future and think about how we can continue to better serve our community.

We are excited that some of you have continued your exercise routine through our classes on NSTV and thrilled to see so many people take advantage of our Grab & Go events and virtual programming. Last month, many of our programs were full with waiting lists! Our Grab & Go events have been a huge success and given us the chance to connect with more people than we could if we were open. I hope that all of these new faces will become familiar faces once we are able to re-open the center. When we do reopen though, we will continue to offer alternative programs, since it allows each of you to connect with us in a way that works best for you.

As spring approaches and with the arrival of a vaccine, it brings hope for better days ahead. Like many of you, I too have been isolated from my own parents, living out of state. After a year of having the privilege to help support other families, I'm excited and admittedly emotional to safely be with my own family again soon. We look forward to being together again at the senior center as well. As the days grow longer and the weather

improves, it will become easier for us to enjoy being together outdoors. We've come this far and just need to be patient a little longer. Until then, remember we are here if you need us. Enjoy the upcoming programs and most importantly, be well and stay safe.

Respectfully,

Susan Curtin,

Director



Sharing a little love at our Valentine's Day Tea with Mary Bee's Travelling Teas!

COVID Update:

Onsite programming at the Senior Center is suspended until further notice.

What won't change...

- Staff will be working on-site and available by phone or by appointment to assist you.
- Grab & Go programs will continue to be offered.
- Virtual programs will continue to be offered.
- Home Delivered Meals will continue.
- Transportation services will continue for medical appointments and grocery shopping.

Please check back periodically or signup for our email notification or follow us on Facebook for updates.

COVID VACCINE UPDATE

As we go to print on February 18, 2021 the following is the current information on the COVID vaccine. Information can change daily, so please visit www.townofnorwell.net, call the COVID Hotline at 781-659-3135 or visit mass.gov/covid-19-vaccine for the latest information.

Vaccine Eligibility

Beginning at 8:00 A.M. on Thursday, February 18, 2021, Massachusetts residents ages 65+ and individuals with 2 or more comorbidities, are eligible to schedule appointments to receive the COVID vaccine. Conditions included are: Cancer, Chronic kidney disease, COPD (chronic obstructive pulmonary disease), Down Syndrome, Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies, Immunocompromised state (weakened immune system) from solid organ transplant, Obesity and severe obesity, Pregnancy, Sickle cell disease, Smoking, Type 2 diabetes mellitus, Asthma (moderate-to-severe)

With this announcement, almost 1 million individuals are now eligible for the vaccine. Those who are ages 75+ or those eligible during Phase 1 should continue to book appointments to receive their vaccine. Due to extremely high demand for appointments and limited vaccine supply, it could take more than a month for all eligible individuals to secure an available appointment, unless federal supply significantly increases. Residents are encouraged to keep checking the website as appointments are added on a rolling basis. Please be patient during this process.

Will Clinics Be Held in Norwell?

The Massachusetts Department of Public Health will no longer send vaccines to communities to run their own local clinics. Instead, eligible residents are being directed to schedule appointments at regional, mass vaccination, and pharmacy locations. More info can be found on mass.gov/info-details/covid-19-vaccination-locations or by calling 2-1-1. This scheduling line is provided by the State and available 24/7. Appointments will be scheduled based on availability.

Massachusetts Caregiver/Companion COVID-19 Vaccine Eligibility

Beginning February 11th, an individual who accompanies a person age 75 or older to **one of four mass vaccination sites** is eligible to receive the vaccine. Both the companion and older adult must have an appointment scheduled for the same day and must be present together. Only one companion is permitted. The companion must attest that they are accompanying the individual to the appointment. Older adults **should not** accept calls offering assistance from someone they do not know or trust. If traveling to a vaccination site with someone who is not part of your household, please continue to wear masks, practice hand hygiene, and social distance to the greatest extent possible.

Supporting Home-bound Residents

If you, a family member, neighbor or friend are homebound and living in Norwell, we'd like to hear from you. We are trying to determine if there are homebound residents who may need the COVID vaccine administered at home. At this time, there is no definite date scheduled to do this, but this will help us identify those who need assistance once the vaccine is available to do so. Please contact the Council on Aging at 781-659-7878 to register and update your information.

Vaccines for Veterans

Veterans enrolled in the VA Healthcare System can contact the VA for more information about receiving the vaccine. Some area American Legion Posts are also able to host clinics on a first come, first serve basis. These clinics are only for those enrolled in the VA Healthcare System. Anyone not registered, is eligible based on the State guidelines.

How to Stay Informed About Norwell

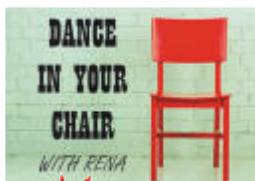
Call the COA office at 781-659-7878 to update your contact information and email so that we can provide notifications as it becomes available or visit our Facebook page or the Town website at www.townofnorwell.net.

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Things to know When Scheduling a COVID Vaccine Appointment

Here are some things to keep in mind when scheduling vaccine appointments.

- Please be mindful of the availability and only schedule an appointment in one location. This will help ensure that appointments and vaccines are available for others.
- You must be available to take both doses of the vaccine. The second dose of the Pfizer vaccine is administered 21 days later and Moderna is administered 28 days later. Please keep this in mind when you schedule your appointment so that doses are not wasted.
- When you schedule your appointment, you will need to have your insurance or Medicare and prescription drug cards available. You may be asked to provide your Medicare number, the name of your prescription drug plan, the prescription plan number, group number and Rx BIN. This information is located on your cards.
- Some sites also require a cell phone number and/or email address to schedule an appointment.
- Remember to wear a short sleeved shirt or layers to allow easy access for the vaccine.
- If you are having challenges with scheduling appointments online, we ask that you please seek the assistance of a family member or trusted friend to assist you. If you have no outside support or need help with transportation to a local clinic, please contact the Council on Aging at 781-659-7878 for more information.



NEW EXERCISE PROGRAM ON ZOOM! *DANCE IN YOUR CHAIR WITH RENA*

Come enjoy via Zoom this exercise class with music and



simple dance choreography that is safe and energizing...all while sitting in your chair! **Mondays at 11 am.**

Call the COA for your link: **781-659-7878.**

Dancing and moving to music improves the body/mind connection to improve condition, balance and memory. *The music will be a mix of classic oldies, show tunes and current upbeat pop music.*

WELLNESS ONLINE & ON NSTV



We are excited to offer several of our wellness classes to you both online and in partnership with Norwell spotlight TV.

Classes can be seen on channels Comcast 22 and Verizon 39. Please note program times may be subject to change.

FITNESS SAFETY POLICY:

Please remember to consult with your physician before engaging in any physical activity program. By participating in these online exercise classes you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructor in these online classes may be physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.



CHAIR YOGA with Ana

Join Ana DePaz as she guides you on this comfortable exercise program. **Time:** Available online anytime on the Council on Aging website & on NSTV at 9:30 a.m.



ARTHRITIS EXERCISE with the NVNA!

This class from the NVNA and Hospice leads you in both sitting and standing exercises to improve joint mobility, muscle strength and endurance, in order to improve the performance of daily activities. **Time:** Online at www.nvna.org/nvna-supports, online anytime on the COA website & on NSTV: 10:00 a.m.



BALANCE ~STRETCH~ & STRENGTH

Instructor Sue Ribeiro from the NVNA will lead you through a series of seated and standing exercises. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. **Time:** Online anytime on the COA website and on NSTV at 11:00 a.m.

ARE YOU INTERESTED?-In Zoom Tai Ji

Quan class? We have the opportunity to have this class which is a *modified Tai Chi for fall prevention* from the NVNA. Please call Debbie if you would like to participate: 781-659-7878

OUTREACH NEWS by Dee Dee

FUEL ASSISTANCE



Winter is here! Those of you that did not receive fuel assistance in the 2019/2020 heating season and would like to apply, you will need the following information to complete the application:

- Photo identification
- Social Security cards for all members of the household
- Income verification (Social Security letter; 4 weeks of your most recent paystubs, interest income, dividend income, annuities etc.) of all members of the household over the age of 18
- Rent or Housing costs (principal, interest, taxes and insurance)
- Homeowners Insurance policy
- Heating company and account number as well as most recent bill
- Electric company most recent bill
- Landlord's name, address & phone number

Eligibility is based on household size and the gross annual income of every household member 18 years of age or older. Household income cannot exceed the following:

Household of 1	\$39,105
Household of 2	\$51,137
Household of 3	\$63,169
Household of 4	\$75,201

The program provides assistance through a fixed benefit amount for the cost of the primary source of heat which includes but is not limited to: Oil, Electricity, Natural Gas, Propane, Kerosene, Wood, Coal

Payments for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from Nov. 1st to April 30th except when the cost of heating is included in the rent.

If eligible, discounts are automatically given on electric and gas bills for investor owned utilities.

Contact Dee Dee Rogers, at 781-659-7878 for further information.

TURNING 65 SOON?

Medicare and health insurance options can be confusing. Are you turning 65 and have questions about Medicare, Supplemental plans and Drug Plans? Please call me, Dee Dee Rogers at 781-659-7878 to receive more information.



GOOD NEIGHBOR ENERGY FUND



If you are not eligible for Fuel Assistance through the Low-Income Home Energy Assistance Program (LIHEAP) and you are struggling to keep your home warm, you may be eligible for the Good Neighbor Energy Fund administered by the Salvation Army. Eligible participants need to have income certified between 60% and 80% of the state median income. For example, a household of one with income of \$39,106 to \$52,140 or a family of two with income between \$51,138 and \$68,183; may be eligible for a maximum heating benefit of \$300.00 for the 2021 heating season. Applications are being accepting beginning January 4, 2021. This benefit is paid directly to the vendor. Please contact me, Dee Dee Rogers, to apply.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM



Do you need help buying healthy food? You may be eligible for SNAP benefits. Find out if you're eligible in 10 seconds by visiting <http://DTAConnect.com/screening>. SNAP (Food Stamp) If you need assistance applying for SNAP benefits, please contact Dee Dee Rogers at 781-659-7878.



MEALS ON WHEELS IS A GOOD OPTION

If you are having challenges accessing or preparing meals, Meals on Wheels may be available to you. For information about eligibility, please contact South Shore Elder Services at 781-848-3910 and ask for their intake and referral department. Delivery arrangements are subject to change. Thank you to our amazing volunteers that continue helping us to get meals on wheels out on a weekly basis.



NORWELL FOOD PANTRY

The Norwell Food Pantry is open to support Norwell residents, on Thursdays from 2 – 4 p.m., located at Norwell Town Hall, at 345 Main St. For the safety of patrons and volunteers, masks are required at all times. Patrons are required to fill out a preprinted checklist each week and bring it to the Food Pantry. Volunteers will pick your order while you wait in your vehicle. Only a registered family member is allowed to pick up. For more information, call 781-690-5050.

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ENGAGE AND LEARN

Bridgewater State University is growing its "Senior College" program, offering affordable convenient and stimulating non-credit courses to mature learners (50+).

Registration is open! Courses are 100% online. Courses meet weekly for 4 to 8 weeks and run until the end of May. For the low registration fee of \$65 per person, learners can enroll in AS MANY COURSES AS THEY LIKE! There is no course limit and no other expenses, but there will be plenty of conversation, fun and community shared. Interested learners can get more information by going to:
<https://www.bridgew.edu/ccs/seniorcollege>

NORWELL CARES CONTINUES... Just Mercy by Brian Stevenson



Join students and community members for an inter-generational discussion of this timely story of racial justice and redemption: **Just Mercy by Brian Stevenson**. The **event is March 24 at 1pm**. Register by **March 17** to receive your link to participate. **Call the Council on Aging at 781-659-7878 and give us your email address if you would like to have the link to register.** Copies of the book are available at the Norwell Public Library.

UKULELE class is available on zoom **Mondays at 10:30 a.m. through March and April**. The 9 week session is \$72 (\$8 per class). Call 781-659-7878 to sign up.



BEGINNER UKULELE 4 week course starts Saturday, March 20 at 12:30 via zoom. Call 781-659-7878.



DRUMMING IS CURRENTLY ON HOLD!

We know how much you enjoy the Drum Circle with Ed Sorrentino at the COA. Check our Facebook page or email announcements for when we will be able to resume.



GIVE ZOOM A TRY!



While we are socially distancing, many people are gathering on Zoom, a website that allows for video conferencing. It's easy to use and a fun way to connect. We are all in this together learning new technology. You don't need to know everything about Zoom to join in. Jump in and learn as you go.

The Basics

- Use a computer with a built in camera and microphone. If you don't have one, you can use a smart phone or tablet.
- It's free! You don't need to have a paid Zoom account to join in.
- You will get a Zoom invitation to your email, which includes a link to open Zoom. If you click on the link, Zoom should launch. (The first time you do this, your computer might ask you to Download Zoom, just follow the prompts to do this.) If the link doesn't work, go to www.Zoom.us and click "Join Meeting" at the top of the screen. Type in the Meeting ID and password (that will also be included in the email invitation. Not all Zoom meetings may have a password.)
- If you're using a smart phone or tablet, download the free Zoom app from the App store. When Zoom opens you'll have the option to use your video or not. People like to see each others faces, so it is encouraged for you to "Join with Video!"
- Important Tips: Test it! If you've never used Zoom before, go to Zoom.us/test. Here you can try out the audio and video features you'll use in the programs to practice, chat & play! Try to log in about five minutes before it starts. Remember, everyone can see and hear you.
- You want to be in a place where the background noise isn't distracting. If you have a dog barking or the TV or radio on, mute your mic. (You'll see a microphone icon, click on that.) You can also turn off video too. Unmute yourself when you want to add to the discussion.
- You can change your view of the meeting. To view only the speaker, click "Show Speaker View" or you can click "Show Presentation View," to see images of everyone in the meeting who has their camera on. (If you're using a phone 'Swipe' left to see different views.) Go for it!

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GRAB & GO EVENTS

We are offering limited "Grab & Go" events for Norwell residents only.

- Pre-registration is required by the date noted with each event. Sorry, but we cannot serve anyone who is not pre-registered. To sign up, call 781-659-7878.
- Unless otherwise noted, Grab & Go can be picked up at the senior center between 11:30 a.m. and 12:30 p.m. on the designated dates.
- When you arrive, please pull up to the table in front of the center and give your name to the volunteers. Your Grab & Go will be placed in your car.



MAC & CHEESE AND HAM DINNER GRAB & GO

Our delicious Mac & Cheese and Ham Dinner Grab & Go was postponed from **Thurs., Feb. 18 to March 9** from 11:30—12:30. If you signed up for the Feb. 18 event, you are all set. Otherwise, **this event has already been filled and is no longer open for registration.** Arrangements will be made to deliver to those who are unable to drive. *Norwell Residents Only.*



SAINT PATRICK'S DAY GRAB & GO

Come to our delicious Saint Patrick's Day Grab & Go catered by Fasano's on **Tuesday, March 16** between 11:30—12:30. If your mouth is watering for some Irish food, don't miss this event. Sign up by calling the COA today! Sign up deadline: **Tues. March 9**, while spots last. **Cost \$10.** *Norwell Residents Only.* Arrangements will be made to deliver to those who are unable to drive.



SEND A CARD TO A FRIEND GRAB & GO

Would you like to make some personalized cards? Christine is offering this 4 pack kit (of Butterflies and Flowers Spring Cards) with video instruction for this Grab & Go on **Tues., March 30** between 11:30—12:30. **Cost is \$5.** Call the COA to sign up. **Sign up deadline: March 23.** Arrangements will be made to deliver to those who are unable to drive. *Norwell Residents Only.*



TAKE ME OUT TO THE BALLGAME LUNCH GRAB & GO

Hit one out of the park with our Take Me Out to the Ballgame Lunch Grab & Go. **Cost is \$5.** Get in the spirit of baseball! Pick up is **Thurs., Apr. 15 at the COA** between 11:30—12:30. Enjoy it at home and watch the Red Sox vs. the Twins at 1:10 PM. **Sign up deadline is Tues., April 6.** Arrangements will be made to deliver to those who are unable to drive. *Norwell Residents Only.*



EASTER BASKET GRAB & GO

Treat yourself to some seasonal surprises with our Easter Basket Grab & Go! Pick up is **Thursday, April 1 (no fooling!) at the COA** between 11:30—12:30. Sign up deadline is **Thurs., March 25.** Arrangements will be made to deliver to those who are unable to drive. *Norwell Residents Only.*

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY

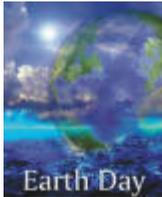


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NATIONAL GARDENING DAY GRAB & GO

Thinking Spring? Sign up for the National Gardening Day Grab & Go and let the Norwell Garden Club start you off on the right foot! **This event is Free.** Limited reservations and spots will go quickly! Call the COA today! **Pick up is Tuesday, April 13 at 11:30—12:30. Sign up deadline, spots permitting: Tues. April 6.** Arrangements will be made to deliver meals to those unable to drive. *Norwell Residents Only.*



EARTH DAY GRAB & GO

Celebrate the Earth with this special Earth Day Grab 'n Go. Come with your 'caretaker hat' on for your own butterfly hatching kit. Watch and help your painted lady caterpillar develop into a butterfly and then set it free! Pick up is: **Thursday, April 22** between 11:30—12:30. Call 781-659-7878. **Sign up deadline is Wednesday, April 14.** *Norwell Residents Only.* Arrangements will be made to deliver to those who are unable to drive. **Cost: \$5.** 1 per household. Enjoy!



NORWELL STORIES GRAB & GO

Read a nice short story about Norwell lately? Probably not, but there are plenty of them out there, and one of the authors could be you! Join us in putting together a book of Norwell memories. Submit to us a no more than 2 page story about your favorite memory (the older the better) about living in Norwell. It could be from school, or moving to Norwell, or any fun or interesting story that happened in Norwell. It could be something that could make people laugh or bring a tear to the eye, but not make them blush! Don't forget to sign your name to your masterpiece! Deliver or mail us your story to arrive at the COA **by Wednesday, March 31.** We'll then compile them and everyone who participated will get a copy! Copies will be picked up as a **Grab & Go pick up on Wednesday, April 21 between 11:30—12:30.**



NATIONAL BLUEBERRY PIE DAY GRAB & GO

Say goodbye to April by signing up for our last Grab & Go for the month on National Blueberry Pie Day, **Wednesday, April 28.** Pick up is between 11:30—12:30. Don't miss out on this delicious event! **Sign up deadline is: Wednesday, April 21.** **This event is free.** Arrangements will be made to deliver to those who are unable to drive. *Norwell Residents Only.*

We've got some great Grab & Go events coming up in May. Here are two of them. **SAVE THE DATE!**



CINCO DE MAYO GRAB & GO—come pick up some tasty tacos for a **May 5th** treat! **Cost: \$5.** Pick up is between 11:30 - 12:30. Sign up **deadline is April 28!** Don't wait until May to sign up!



MOTHER'S DAY TEA GRAB & GO—it's our annual Mother's Day Tea, but Grab & Go style. Don't miss out! **Sign up BEGINS April 12 and ENDS May 4. Pick up date is May 11** at the COA from 11:30-12:30. This event is free, courtesy of the Norwell Women's Club!

Save the Date

These events are for *Norwell Residents Only.* Arrangements will be made to deliver to those who are unable to drive.

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!

ltempleton@lpseniors.com or (800) 477-4574 x6377

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SENIOR LEARNING NET-

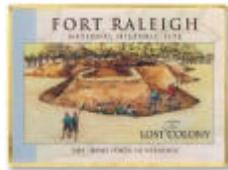
WORK Programming is available LIVE on ZOOM! Call the COA at 781-659-7878 to get your LINK to these amazing programs.

SLN Zoom Program **THE LOST COLONY/ Ft. Raleigh National Historic Park**

Thurs. March 4, 1:45 pm

An in-depth look at the complex history and mystery of England's start in North America.

Join park rangers exploring events and unknowns surrounding the first English colony in North America. The program begins at the historic Waterside Theater and covers the multiple English voyages, the interactions between the English and Native people and some theories about what happened to the Lost Colony. The program continues with a tour to the archaeology site of the 1585 scientific workshop (this is not an active dig site, but rather where known parts of the story exist) and the earthen fort which is a reproduction of one from the 1580's. Continuing through the forest and ending at the north shore of the island provides an opportunity to discuss the, yet to be discovered, location where the colonists built their homes. CALL THE COA for the Link **before 11:30 am on Monday March 1.**



SLN Zoom Program **FIRST 100 DAYS of FDR Presented by Roosevelt Presidential Library**

Tues., March 9, 1:45 pm

The first 100 days of the Roosevelt Administration was the most legislatively active period in American history. This session explores the flurry of dramatic actions taken by FDR as he sought to pull the United States from the grips of the Great Depression in the opening days of his presidency. CALL THE COA for the Link **before 11:30 am on Mon., March 8!**



HESITANT ABOUT LEARNING ZOOM?

CALL THE COA FOR A ONE-ON-ONE SESSION WITH YOUR SMART PHONE, TABLET, or LAPTOP! Call 781-659-7878 today!



SLN Zoom Program **LOVINGLY, MARION/McNay Art Museum**

Thurs., March 11, 1:45 pm

Tour the McNay Collection! This tour highlights Marion Koogler McNay's bequest of her home and art collection with particular emphasis on 20th and 21st-century modernist artists Paul Cézanne, Marc Chagall, Pablo Picasso, Georgia O'Keeffe, and Diego Rivera among others.

Marion Koogler McNay, was an American painter, art collector, and art teacher who inherited a substantial oil fortune upon the death of her parents. She later willed her fortune to be used to establish San Antonio's first museum of modern art, which today bears her name. CALL THE COA for the Link **before 11:30 am on Mon., March 8!**

SLN Zoom Program **THE STORY AMISTAD/ Mystic Seaport Museum**

Thurs., March 18, 1:45 pm



This new joint program of Mystic Seaport Museum and Discovering Amistad tells the story of the Amistad and how it serves as an example of how citizens and communities, working together, can bring about landmark change. Using the legacy of the 1839 Amistad Uprising, the program bridges history and the challenges of that time to present-day issues of inequity. See behind the scenes footage from the vessel itself, and a special Planetarium show that showcases changes in the night sky as seen by the Amistad Africans on their return trip to Sierra Leone, and the role that celestial navigation played in this local story. CALL THE COA for the Link **before noon on Fri., March 12!**



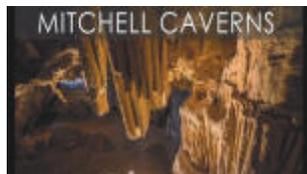
INSPIRING WOMEN OF THE SOUTH SHORE with John Galluzzo

Women have changed and are changing the South Shore in numerous positive, amazing ways. Who have these movers and shakers been? Join John Galluzzo via Zoom on **Thursday, March 18 at 11:00 a.m.** as he runs down his favorite list of the women who have created the South Shore we now live in, and the women who he personally holds among the superstars of South Shore history. **To sign up call the COA:**

781-659-7878 by Mon. March 15.

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SLN Zoom Program
**VIRTUAL TOUR AT
MITCHELL CAVERNS,
Tuesday, March 23,
1:45 pm**



Mitchell Caverns, within the Mitchell Caverns Natural Preserve, is a trio of limestone caves, located on the east side of the Providence Mountains. For many years the caves were thought to be "dead", that is, the formations were no longer growing. However, recent studies have found some signs of life. Numerous paleontological and archaeological finds have been made in and around the caverns. Scientists have found the remains of several prehistoric animals, including a sloth. The caverns were a sacred place for the Chemehuevi Indians, and a number of tools and fire pits have been found. Join us for a virtual tour with California State Park Interpreter Andrew Fitzpatrick, taking us through a crash course in desert and cave ecology & local history of the Mitchell Caverns in the Mojave Desert. CALL THE COA for the Link **by noon Fri., March 19!**

SLN Zoom Program
**BIG BEND NATIONAL
PARK/Texas' Gift to
the Nation
Thurs., March 25,
1:45 pm**



There is a place in Far West Texas where night skies are dark as coal and rivers carve temple-like canyons in ancient limestone. Here, at the end of the road, hundreds of bird species take refuge in a solitary mountain range surrounded by weather-beaten desert. Tenacious cactus bloom in sublime southwestern sun, and diversity of species is the best in the country. This magical place is Big Bend... During this program, we will view the mountains, river, and desert of Big Bend, and be introduced to a few animals that live in each area. We will also learn what tourists love to do --learning to canoe down the river, or backpack in the mountains. See you at Big Bend! CALL THE COA for the Link **by noon Fri., March 19!**

Call the COA at 781-659-7878 if you are interested in speaking with your local Senator or Representative. Even though meetings at the COA are not possible at this time, we will try to put you in touch to have a meeting via zoom or phone.



**RESCHEDULED FOR
MARCH 16**

**OWLS OF THE SOUTH SHORE
with Judy Macioci on Zoom**

Everyone loves Owls! Their beauty and mystery fascinates both young and old. Join teacher/naturalist Judy Macioci for a special program on these magnificent creatures. Learn about their habitats, what they eat, their mating behavior and other adaptations which makes them so special. Find out which owls live here in our area, and others who visit for just the winter! You will also be able to hear some of their special calls. Join this presentation on **Tues., March 16 at 1:30 p.m.** LIVE via Zoom. Please sign up by calling the COA at 781-659-7878 for your Zoom Link. **Sign up deadline: Fri. March 12.**

**BIRDS OF PREY with
Judy Macioci on Zoom
Thurs. April 8 at 1:30 pm**



Owls, hawks and Falcons, oh my! Birds of prey are so very unique and have some strange adaptations. Join Judy Macioci LIVE on Zoom for a look at these magnificent creatures. Learn about their habitat, what and how they eat, and discover which birds of prey live here on the South Shore year round. **Sign up deadline: Monday, April 5.** Call the COA for the Link: 781-659-7878



**BIRDING LIKE IT'S 1839
with John Galluzzo on Zoom**

Prior to 1839, Massachusetts did not have a full list of the birds that had been seen within the state borders. But, in the post-Revolution years, the state government desired to know what its natural resources were – plant, animal, mineral and more – and the list was created. What has changed? Join John Galluzzo LIVE on Zoom, **Thursday, April 15 at 1:30 p.m.** for a look into the wilds of Massachusetts a century and a half ago. Call the COA at 781-659-7878 for the link. **Sign up deadline: Monday, April 12.**

**LIKE us on
Facebook and stay
up-to-date on
what's happening!**



TRANSPORTATION UPDATES

We are currently providing limited transportation to medical appointments, grocery shopping and local prescription pick up. Please call the COA at 781-659-7878 a minimum of 3 business days in advance.

No Friday or weekend calls for Mondays.

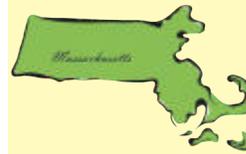
REQUIREMENTS FOR RIDERS: *Service may be denied if protocol is not followed.*

- Wear masks or face coverings at all times. *If your physician feels you are exempt from this requirement you **MUST** notify the COA when you make your ride request.*
- You will be pre-screened when ride is scheduled and day of ride.
- If you or a household member is not feeling well or you have been in contact with someone who has tested positive for COVID-19, ***you will not be allowed*** to ride the bus.
- Riders and drivers must practice social distancing regarding seating, boarding and exiting the bus.
- Riders ***MUST be ready at least 15 minutes before designated pickup time*** at home. Our schedules are tight and drivers cannot wait.
- Transportation is available Monday through Thursday. Appointments can be made between 9:00 am start time and no later than 2:00 pm.
- **Transportation is available on Friday mornings between 9:00 and Noon, in Norwell and Hanover only.**
- Be sure to ask your medical provider about their waiting policy before and after your appointment.
- Grocery shopping will be done on Wednesdays based on previously scheduled medical appointments. Please be ready at designated grocery store pickup time.

GETTING YOUR HANDS DIRTY: AN INTRODUCTION TO ARCHAEOLOGY with Judy Macioci on Zoom Tues., April 27 at 1:30 pm



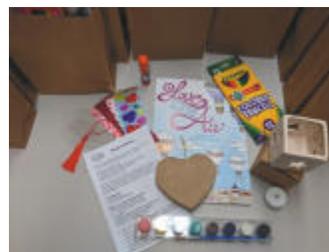
Archaeology fascinates everyone. It's the story of ancient cultures which gives us a glimpse into the past. Join Judy Macioci via zoom for a presentation about prehistoric and historic archaeology. View local artifacts from some sites and learn about the laws regarding the future of archaeology. Please sign up by calling the COA for your Zoom Link. **Sign up deadline is Fri., April 23.**



MASSACHUSETTS THROUGH THE SEASONS via Zoom with John Galluzzo Thurs., April 29, 1:30pm

Join local author, historian and naturalist John Galluzzo as he takes us through a year in the life of Massachusetts. The variety of the seasons in our state makes for many wonderful moments of transition, from migrations north and south, to leaves falling and flowers budding anew. John will help us turn over every rock to find every salamander, help us identify the first Robin of spring and recognize the howl of a hungry coyote in winter. To attend this wonderful Zoom presentation, call the COA at 781-659-7878 for the link. **Sign up deadline is Monday, April 26.**

If you haven't signed up for our Grab & Go events, here's a look at some of the things you've been missing!!



The Council on Aging will be closed on the following dates:

- Good Friday, Friday, April 2
- Patriot's Day, Monday April 19

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*Thank
you*

The Friends of the NCOA would like to
thank all those who have graciously
joined us this year in supporting the
NCOA by returning the yellow sup-
porter forms. Special thanks to those who have
been so generous in their additional gift giving.

It is never too late to join us in our efforts to sup-
port the Council. Please send any donations to
Friends of the NCOA, P.O. Box 699, 293 Pine St,
Norwell, MA 02061. Stay well and thank you for
all you do.

DO WE HAVE YOUR EMAIL ADDRESS?

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