



# Prime Times

SEPTEMBER/OCTOBER 2021

Chairperson:

John Mahoney

Outreach Coordinator:

Dee Dee Rogers

Director:

Susan Curtin

Program Coordinator:

Debbie Blackington

## DIRECTOR'S NOTE

Wow, what a summer we had! It was exciting to begin to offer more in-person programming and see everyone's smiling faces again! As September approaches, the momentum continues as we work to return to some sense of normalcy. You'll see that most of our regular programs are back in some form, as well as new ones. This newsletter is full of exciting programs and we look forward to having you join us. We are also aware that there are concerns as numbers spike with the Delta variant. Please know that we continue to exercise safe programming practices and are ready to adapt any of our programs as needed. In the end, the safety and well-being of visitors and staff are of utmost importance.

The Council on Aging was established through Town Meeting in 1966, under the guidelines of Massachusetts General Laws. For many years, volunteers worked from various locations around town to bring limited services and programs to Norwell's older residents. In 1981, the building on Pine Street became the current home for the senior center. This year marks the senior center's 40th anniversary serving the community. We waited until September to celebrate as we fully reopen and also in conjunction with National Senior Center month. Check the newsletter for details. We hope you can join the celebration!

During the past 18 months we experienced many "ah ha" moments about how we do business. For decades, COAs continually look at ways to bring folks into the centers. One of the things we realized this year is that while it's important to offer a welcoming space for residents to meet, it's equally important for us to be able to reach you where you are. There will always be individuals who can never cross our threshold due to illness, disability, caregiving responsibilities or because you may still be working. There are also those who think we are only for "old" people. Our goal is to find opportunities to reach more people through technology whether it's hybrid programming, cable TV or in locations outside of the center. One way we are doing this is through our education initiative called "Age Well, Live Well,

Norwell". We've partnered with Norwell Spotlight TV to produce programming to air on cable TV. Our pilot episode is on Medicare Basics and will air in September. Future episodes will run the gamut of topics and we always welcome your suggestions. Another part of this initiative is a 5-part series for adults of all ages, that we will offer at Norwell Public Library. This series begins in September and runs through November. This is a very exciting opportunity for us and we hope you will join us. Please see page 8 and the insert for details.

Thank you for giving us the chance to serve you for all these years. It's an honor and a privilege and we look forward to being here for many more to come! See you in September!

Respectfully,

*Susan Curtin,*

Director



## THE SENIOR CENTER TURNS 40 JOIN THE CELEBRATION!

This year, the Senior Center celebrates 40 years of service to Norwell's older residents and their families.

Stop by the center, located at 293 Pine St. on Wednesday, September 22, between 1:00 and 4:00 p.m. to meet the staff, Board members and Friends, learn about our programs and services, enjoy some goodies and raffle prizes. We look forward to seeing you at the celebration!



## FLU SHOT CLINIC - Sept. 29!

The Norwell Board of Health in partnership with Norwell VNA & Hospice and Walgreen's, will offer a flu shot clinic at Norwell Town Hall on **Weds., September 29, from 3 p.m. - 5 p.m.** The "senior" vaccine will be available this year. Please be sure to bring your insurance card and masks are required. Transportation will be available for those unable to drive. To schedule a ride, please call the COA at 781-659-7878.



## CHECK OUT THESE NEW EXERCISE PROGRAMS!

In addition to the ones you already love!

NVNA  
AND HOSPICE



### TAI JI QUAN with Phyllis!

The NVNA and your teacher Phyllis from Arthritis Exercise will be bringing to you a 24 week Tai Ji Quan program, twice a week for one hour. There is no charge for this class, but it is not a drop in class because each class builds on the last. This grant based program is an adapted



Tai Ji Quan exercise program to help improve balance, mobility, walking, physical and mental well-being. The exercises have been tailored to train balance and self awareness while performing body movements during activities of daily life and reducing incidence of falls. This is a wonderful opportunity to learn Tai Ji Quan! Class runs on **Tuesdays and Thursdays from 3pm—4pm, beginning September 14.** If you need a ride, transportation can be provided. Please call the COA to sign up as there will be limited spots. **781-659-7878.**

### JOY OF MOVEMENT with Rena!



Join Rena Thornbahn **Mondays at 10:00 am beginning Sept. 20** with this exercise program for everyone! Either standing or with a chair, this class involves music and simple dance choreography. Call to sign up and get in the groove with a mix of classic oldies, show tunes and current upbeat pop music. Call the COA at 781-659-7878.

### EXERCISE CLASSES IN PERSON, ONLINE & ON NSTV

Your favorite exercise classes are currently in person! But we know not everyone can be here, so we want to be sure that you can continue to exercise by watching on Norwell Spotlight TV or online. Days and classes are listed below. Please remember that NSTV programming may be subject to change.

#### SIGNING UP FOR AN EXERCISE CLASS

To register for a class, please call the office at 781-659-7878. We are hoping to hold classes outside, weather permitting. If you are fully vaccinated, at the time of this newsletter printing you do not need to wear a mask at the COA. This is subject to change. Please bring a mask with you. If you are not fully vaccinated, wearing a mask is still required. Thank you for your understanding as we work hard to keep everyone safe.

#### **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.*

**MORE EXERCISE CLASSES ARE ON PAGE 3**



### DRUMS ALIVE FITNESS with Julie!

This evidence-based program combines music, fun and fitness to help exercise the body and brain, fostering a better balance of physical, mental and social health. This class is a fitness class that uses fitness balls and drumsticks to move to the beat. Using rhythm as a source of inspiration to discover a new group fitness, experience Drums Alive® **Thursdays at 11:30 am beginning Sept. 30—Oct. 28.** Come to one class, or come to them all, but be sure to sign up at 781-659-7878. It's FUN & FREE!

## EXERCISE CLASSES IN PERSON, ONLINE & ON NSTV



### CHAIR YOGA with Ana

Join Ana DePaz as she guides you on this comfortable exercise program of gentle chair yoga and meditation. Exercises may be done seated and standing.

#### How to participate in this class:

**At the COA:** Fridays at 9:30 a.m. (pre-registration required)

**NSTV (Comcast 22 and Verizon 39):** 9:30 a.m.

**Online:** Visit the COA page at [www.townofnorwell.net](http://www.townofnorwell.net)



### 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.

#### How to participate in this class:

**At the COA:** Wednesdays at 9:00 & 10:00 a.m. (pre-registration required)

**NSTV (Comcast 22 and Verizon 39):** 10:00 a.m.

**Online:** Visit [www.nvna.org/nvna-supports](http://www.nvna.org/nvna-supports) or the COA page at [www.townofnorwell.net](http://www.townofnorwell.net)



**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, core strength and range of motion.

#### How to participate in this class:

**At the COA:** Thursdays at 9:00 a.m. (pre-registration required)

**NSTV (Comcast 22 and Verizon 39):** 11:00 a.m.

**Online:** Visit the COA page at [www.townofnorwell.net](http://www.townofnorwell.net)

### NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure returns with the NVNA beginning in September. Available on the 3rd Monday of each month at the COA 10:30 am—Noon.



### INTRUDER ALERT: INVASIVE INSECTS with Blake Dinius

Are you being bothered by invasive insects? Come learn some up-to-date information on these local pests. Learn how introduced insects can impact nature and the most effective ways to manage these insects. What's new on the horizon? Come to the COA on **Wednesday, Sept. 8 at 11:30 am** to find out! Sign up by calling: 781-659-7878. **Sign up deadline: Noon, Sept. 7.**

### THE MYSTERIES OF THE FOREST with Judy Macioci at the COA

**Thursday, Oct. 14 at 1:30 pm**  
The forest is a great place to walk, study nature or just sit and meditate! Take this virtual tour of our great forests and learn about all the different species of plants and animals that call the forest their home. Call 781-659-7878 to sign up.



### FLORAL ARRANGING

Susan Solis brings her love of gardening and interior design together for this fun hands-on workshop on

**Wednesday, Sept. 15 at 11:30 a.m.**, where you get to create your own silk floral arrangement. Participants should bring a container of choice, pictures of arrangements you like or of the space you want to use it, scissors and wire cutters. The flowers have been generously donated by the Ackers family. Space is limited and open to Norwell residents only. To sign up, call the COA at 781-659-7878.



### MAKE YOUR OWN SEASONINGS with Dave from Therapy Gardens

**Tuesday, Oct. 12 at 1:30 pm**

Looking to spice up your life? From savory to spicy, come make your own mixed seasoning packets using our herbs and spices. Participants will learn about different seasonings and make their own mixes to take home. Over 30 different herbs and spices will be available to make your own mix. Sign up deadline: **Thurs., Oct. 7.** Call 781-659-7878 today!



### OUTREACH NEWS by Dee Dee



#### FUEL ASSISTANCE

It is hard to believe that summer is almost over; what an interesting summer it has been! Now is the time to get ready for the heating season. Those of you who currently receive fuel assistance should be receiving your re-certification letters from South Shore Community Action Council; please feel free to contact me, Dee Dee Rogers, if you need assistance with the re-certification process.

Those of you that did not receive fuel assistance in the 2020/2021 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 – insurance
- Homeowners' Insurance policy
- Heating company and account number as well as most recent bill
- Electric company most recent bill
- Landlords name, address and 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	40,951
Household of 2	53,551
Household of 3	66,151
Household of 4	78,751

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 November 1<sup>st</sup> to April 30<sup>th</sup> 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.

Once again, please feel free to contact me, Dee Dee Rogers, at 781-659-7878 for further information.

#### FARMERS MARKET NUTRITION PROGRAM



##### Farmers Market Coupons are here!

If you are over the age of 60, or disabled and living in senior housing where congregate nutrition services are provided and your income falls within the guidelines outlined below you are eligible to receive these valuable coupons.

Household	Monthly Income	Annual Income
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025

These coupons should be available for pickup now. If you qualify to receive them and are interested please contact Dee Dee at 781-659-7878. The COA receives a limited number of coupons and they will be distributed on a first come, first serve basis to Norwell residents only.

The coupons can be used at many Farmers Markets in the area. A complete list of participating markets will be distributed with the coupons.

#### MEDICARE OPEN ENROLLMENT



Medicare Open Enrollment is October 15<sup>th</sup> through December 7<sup>th</sup> every year. This is the time for Medicare Beneficiaries to review their options and to be certain they have the best coverage to meet their individual needs. It is important to be confident that the Part D Prescription drug Plan or Medicare Advantage plan you currently have is the best option for you for the coming year.

As a Certified SHINE Counselor I am available to assist you, please call me and request a Medicare Drug Plan Pre-Enrollment form. Once the form is completed and returned to me I will search for the best plans to meet your specific needs. I can mail the results to you and schedule a phone consult to go over those results and enroll you in the plan of your choice.

For those of you that are approaching 65 and are unsure of what to do next please call for an appointment. There are many variables to be considered and it is important to know the facts to avoid incurring a lifetime penalty if you fail to sign up within the required time period. If you have any concerns regarding when you should sign up for Medicare please feel free to call the COA and ask to speak to me, Dee Dee Rogers. I look forward to assisting you.

## 5 - Norwell Prime Times Sept/Oct

### UKULELE

**UKULELE** class at the COA begins on Tuesday Sept. 7 at 9:45 am for 8 weeks. Please sign up by calling the COA so we know how many people to expect. The fee is \$10 per class payable to the teacher. Call 781-659-7878 to sign up.



### DRUMMING with Ed Sorrentino

We know how much you enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on Friday, Sept. 17 and Oct. 15 at 11:30 am. Call the COA at 781-659-7878 to sign up. **Open to Norwell adult residents of all ages. Non-Norwell residents are also welcome based on space availability.**



*"This program is supported in part by a grant from the Norwell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."*

### MAHJONG RETURNS ON A NEW DAY AND TIME

Mahjong returns to the COA on **Mondays beginning September 13 at 1:00 pm.** Call to sign up: 781-659-7878.



### HAND AND FOOT

Jump in with both feet at our new time of **Wednesdays from 1:00 pm—4:00 pm beginning July 14.** Sign up by calling the COA at 781-659-7878.

### QUILTING

Have you always wanted to learn to quilt? Do you quilt but need some assistance with a project? Come join the Quilting Group, led by instructor Mary Merritt on Fridays at 1:00 p.m. For more information, call the COA office at 781-659-7878.



### GOLF! A CARD GAME

Come learn a new version of Golf and make some friends with this addictive low scoring card game. Join Susan Curtin as she gets you started! Call 781-659-7878 to sign up. **Play runs Tuesdays, beginning September 14 from 11:00 am—1:00 pm.**

## LUNCH AT THE COA

We invite you to join us and see old friends and make new ones. **This is currently open to Norwell residents and out-of-town volunteers.** If weather is inclement, we may move indoors or possibly offer a Grab & Go event.

**Please note that our food events, on site or Grab 'n Go, are extremely popular and often are limited in number. Although we have sign up deadlines, capacity may be reached before then. Don't delay in signing up if you are interested, and please cancel if you find you can't come, as we probably have a waiting list.** Lunches will be held on the following dates.

Please note the times:

**Wednesday, September 29**

**AMERICAN CHOP SUEY  
AT THE COA @ 12:30 pm**

**Cost - \$5**

Sign up deadline is Sept. 22. Come join us for a delicious meal and time with friends. Seating is limited. Don't delay signing up!



**Monday, October 18**

**ON RYE DELI LUNCH AT THE COA  
with Entertainment! @ 12:30 pm**

**Cost - \$6**

**Limited Seating!** Sign up deadline is October 8 but we anticipate to be sold out before! Menu includes Homemade Chicken Noodle Soup and half a turkey sandwich.



**Monday, October 25**

**HEART TO HOME LUNCH  
AT THE COA @ 12:30 pm.**

**Heart to Home is sponsoring lunch today, so no charge, but sign up early. Limited Seating. When you call to sign up choose between:**

**Chicken Teriyaki:** Authentic teriyaki sauce mixed with chicken and vegetables, served with a fluffy vegetable rice pilaf. OR

**Pork with Stuffing:** Roast pork with gravy served with a savory bread stuffing, mashed potatoes, and a blend of vegetables. Your choice must be made when you sign up. **Call 781-659-7878 today!**



**IMPORTANT:** Please keep in mind that the Council on Aging or Friends subsidizes the cost of the lunches. If there are no-shows or last minute cancellations, we still need to pay the full cost of a meal. If you sign up and need to cancel, please call us as soon as possible. Thank you!

## 6 - Norwell Prime Times Sept/Oct

### GRAB 'n GO EVENTS



- Limited to Norwell residents, unless otherwise noted.
- Pre-registration is required by the date noted with each event, capacity permitting. Sorry, but we cannot serve anyone who is not pre-registered. To sign up, call 781-659-7878.
- **PLEASE CHECK PICK UP TIMES as they may have changed & they may be only a 1/2 hour!**
- When you arrive, please pull up to the table in front of the center and give your name to one of our staff and we will give you a bag.



### CHINESE FOOD GRAB 'n GO

September is the time of the Chinese Mid-Autumn Moon Festival! Celebrate with this Grab 'n Go on **Thurs., Sept. 16, NOON to 12:30 pm. Cost \$6** Sign up deadline is Sept. 9. *Norwell Residents and Out of Town Volunteers Only. We are unable to make deliveries for this event.*



### HALLOWEEN & FALL CARD GRAB 'n GO

Would you like to make some personalized cards? Cards with Christine is offering this 4 pack kit of Halloween and Fall cards with video instruction for this Grab & Go **Weds., Oct. 6 between 11:30—NOON. Cost is \$5.** Call the COA to sign up. **Sign up deadline: Weds., Sept. 29.** *Arrangements will be made to deliver to those who are unable to drive. Norwell Residents Only.*



### FASANO'S FOOD TRUCK GRAB 'n GO

Don't delay signing up for this one! Fasano's is bringing **it's food truck to our Grab 'n Go on Thursday, Oct. 7 from 12:30 pm—1:15 pm! YOU MUST REGISTER IN ADVANCE WITH YOUR ORDER by Sept. 30 or until capacity is reached. Cost: \$12** You'll need to choose from the following: Garden Salad or Potato Salad, Choose one of the following sandwiches: BBQ Pulled Pork topped w/Coleslaw; or Pastrami; or Chicken-Bacon-Ranch. Everyone will also receive Clam Chowder and Strawberry Shortcake. Beverage not included. Don't miss out on this delicious day! *Norwell Residents and Out of Town Volunteers Only. Limited capacity. We are unable to make deliveries for this event.*



### TRICK OR TREAT GRAB 'n GO

Sweet tooth? **On Weds., October 27, stop by the COA between Noon-12:30 pm** for your own Trick or Treat Grab 'n Go. Pre-registration is required by calling the COA at 781-659-7878. *Norwell Residents and Out of Town Volunteers Only. Arrangements will be made to deliver to Norwell residents who are unable to drive.*



### FASANO'S VETERAN'S DAY LUNCH GRAB 'n GO

**THIS LUNCH IS FOR VETERANS AND THEIR SPOUSES/PARTNERS ONLY.**

**Please save the date** for this delicious lunch Grab 'n Go on **Wednesday, November 10, pick up between 11:30 am—12:30 pm, catered by Fasano's. Advanced registration is required and the deadline will be November 3. Call the COA at 781-659-7878 to register.** *Arrangements will be made to deliver to those who are unable to drive. Norwell Veteran's & Spouses/Partners Only.*

# SUPPORT OUR ADVERTISERS!





## 7 - Norwell Prime Times Sept/Oct

### TRANSPORTATION

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.*

- Federal regulations require riders to 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.*
- Seating restrictions have been lifted.
- 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.
- Riders must schedule a minimum of 3 business days in advance.

**FOR MORE POLICY INFORMATION  
OR IF YOU HAVE ANY QUESTIONS,  
PLEASE CALL THE COA 781-659-7878**

### FORENSIC ENTOMOLOGY with Blake Dinius

Join us at the COA for this fascinating program on how insects often provide clues to solving crimes from housing disputes to murder investigations on

**Wednesday, October 13 at 11:30**

**am. Registration deadline is Fri.,**

**October 8. Call: 781-659-7878.**



### ARMCHAIR TOUR OF HISTORIC CEMETARIES IN NORWELL w/Wendy Bawabe

Visit all the historic and some little known cemeteries in Norwell... from the comfort of your chair at the COA! Wendy Bawabe, president of the Norwell Historical Society and member of the Norwell Cemetery Committee, will give you a virtual tour of the many old cemeteries in our town—with photos of gravestones, a brief history of each burying ground, and stories about the notable people buried within. "Visit" these historic sites, learn a little history, and admire the artistry of the old gravestones, **Mon., Oct. 4 at 1:30 pm. Register by Thurs. Sept. 30 by calling: 781-659-7878.**



### iPAD BASICS with Robin Billing

**Mon. Sept. 27, 1:00 pm—2:30 pm**

Are you interested in gaining new skills and confidence using your iPad? If you have some or even no experience, this class is for you. In this hands-on in-person class you will

- Become familiar with general features and settings
- Connect to a Wi-Fi Network
- Learn how to open, close and organize your apps
- Explore how to multitask
- Access the App Store to find & download new apps
- Download Zoom & practice joining a meeting

Participants may bring their own iPad or join with the iPad loaner program. You will need to also have your Apple ID and password to download apps. Call us at 781-659-7878 to register.

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Lisa Templeton** to place an ad today!  
ltempleton@4LPi.com or (800) 477-4574 x6377

**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!**



### **SCAMS & FRAUD PREVENTION** **with Robin Putnam at the COA** **Thurs., Sept. 23 at 1:30 pm**

Robin Putnam, from the Office of Consumer Affairs and Business Regulation and Amy Schram from the Better Business Bureau, will deliver a program on scams & fraud prevention. The presentation will include information about their offices and what they do. It will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. **Call to register by Mon., Sept. 20 at 781-659-7878.**



### **AMAZING WILD FLOWERS,** **EDIBLE OR NOT! with Judy** **Macioci at the COA**

Wildflowers are still around in the Fall. Their brilliant colors and smells always make us happy! This program will let you discover the native wildflowers here in New England, which ones are edible and which ones we should leave alone. Also learn which wild flowers were used by the Native Americans who lived in New England several thousand years ago. **Thurs., Sept. 9, at 1:30 pm. Sign up deadline Sept. 7. Call 781-659-7878 today!**



### **THERAPY TEA INFUSIONS with** **Dave at the COA**

Learn how to preserve your garden herbs to make herbal teas, water infusions, and infused olive oil. From drying thyme and mint for tea to infusing oils for cooking, this is a great workshop for home gardeners and home cooks. Everyone goes home with some of their own herbal tea blends and more! **Tues., Sept. 14 at 1:30 pm. Limited Seating! Sign up by calling: 781-659-7878.**

### **GAMES RETURN TO THE COA!**

We are excited to bring back the following games this fall. Please check the calendar for start dates.

- **Scrabble:** Mondays at 11:00 a.m.
- **Cribbage:** on Wednesdays at 10:00 a.m.

Weekly pre-registration is required by calling the center at 781-659-7878.

## **AGE WELL, LIVE WELL NORWELL SERIES**

Join us for a 5-part educational series for older residents and adult family members of any age. Topics will include:

- "Fast Forward: A Look Into the Future"  
This documentary screening is made possible through PBS and a grant by the John H. Hartford Foundation.
- "Should I Stay or Should I Go" A panel discussion on housing options as we age
- "Do I Really Need..." Explore important documents that we all need to consider.
- "Creating Your Support Circle" A panel discussion on choosing the right individuals and agencies to help support you as you age.
- "Tough Conversations; Planning for End-of Life" End of life happens for us all, but how we choose to spend that time is a personal choice. Learn about care options and having those conversations with your family.

This series will be hosted in the meeting room at Norwell Public Library. In partnership with Norwell Spotlight TV, this will be recorded to air on local cable TV. Please see the insert for dates, times and more details!

## **COVID MASK UPDATE**

The center is a mask friendly environment that welcomes those who are **fully vaccinated** to wear a mask if they desire. Please keep in mind that some people may choose to continue to wear a mask due to health reasons, please be respectful of that decision. Mask are required in the following circumstances:



- If you are **not vaccinated**, masks are **REQUIRED based on CDC recommendations.**
- Masks are currently **REQUIRED** to be worn on the COA vans at all times, based on Federal transportation regulations.

Based on fluctuations in the Delta variant, the mask requirements may change at any time. Thank you for helping to keep our staff and all visitors safe.



### PROFESSIONAL SERVICES

#### NOTARY SERVICE

Looking for a Notary Public? Outreach Coordinator Dee Dee Rogers can assist you. If you need to have anything notarized, feel free to stop by the COA.

**BEGINNING IN  
SEPTEMBER...**



#### MEET YOUR REPRESENTATIVE

State Representative David DeCoste or his aide will hold office hours at the senior center on the **1st and 3rd Fridays at 9:00 a.m.** of each month for anyone interested in meeting with him.

#### MEET YOUR STATE SENATOR

State Senator Patrick O'Connor's aide Lou Rizzo, will hold office hours at the senior center on the **2nd Thursday of the month at 10:30 a.m.** You are welcome to come discuss any of your questions or concerns.

#### COFFEE & CONVERSATION



Come meet current friends or make new ones at Coffee & Conversation on **Thursdays at 9:00 a.m.** Topics of the day run the gambit and we ask that conversations be respectful of others opinions. Call the COA office at 781-659-7878 to sign up.

#### LOOKING FOR HOSPITALITY VOLUNTEERS!



We are looking for a group of individuals to help support our "grab & go" and on-site lunch program. Tasks may include picking up supplies, helping to prep boxes for pick up, portioning foods, lunch set up, serving and clean up. If you are interested, please call Susan at the office at 781-659-7878.

#### 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.

#### SAVE THE DATE:

#### SENIOR-2-SENIOR SEPT. 24, 2021!

We're excited to return to Norwell High School to spend a day of friendly competition, conversation, snacks and camaraderie with the Class of 2022! Join us at Norwell High School on **Friday, September 24 from 10:00 a.m. to Noon** (rain date, 9/27) All events will take place outdoors and masks are optional for those who are fully vaccinated. To help us with planning, please call the COA at 781-659-7878 by September 21. We look forward to another fun and rewarding intergenerational experience!



*Photos from Senior-2-Senior in 2019*

#### THE SMILE PROJECT



After a year behind masks, it's finally time to see each other's faces again. Norwell photographer, Lisa Comness is helping us out with a very special project. No matter your age, whether you've visited the center just once or hundreds of times, or use our other services, we'd love you to be part of our photo shoots. Don't be camera shy. Come with a group of friends, your spouse or partner, or on your own; we just want to capture your beautiful smile! Can't make it to the center? We'll come photograph you at your Norwell home. If you'd like to be part of this exciting project, please call the office at 781-659-7878 and speak to Susan for more details. Let's get ready for lights, camera, smile!

#### 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. Thanks to our amazing volunteers that help us get meals on wheels out each week.



## SENIOR LEARNING NETWORK IS BACK!

Enjoy these great programs coming from Senior Learning Network. Watch Live on Zoom at the COA or, we will also have a few home links for those unable to come on site. Call the COA to sign up today at 781-659-7878! All programs are Tuesdays at 2:00 pm.

### Tues., Sept 7- Mystic Seaport Museum

Come sail with us and learn about the true tale that inspired Herman Melville to write Moby-Dick.

Explore the history of 19th century whaling through the lens of the last wooden whaleship in the world, and one of the star artifacts at Mystic Seaport Museum, the Charles W. Morgan. See rare artifacts from the Museum's collection.



### Tues., Sept 14-Smithsonian National Portrait Gallery -Highlights of the National Portrait Gallery Permanent Collection

Experience portraiture beyond the frame. This collection presents people of remarkable character and achievement: American artists, politicians, scientists, inventors, activists, and performers who help us understand who we are and remind us of what we can aspire to be.



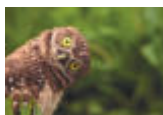
### Tues., Sept 21- FDR Presidential Library and Museum/Jeff Urbin "Books, Boots and Bridles: The Story of the Horse Back Librarians"

Join one of our favorites, Jeff Urbin-as he shares the story of the Pack Horse Library initiative, a little known program of the Roosevelt Administration's WPA. Its mission, carried out almost entirely by women, was to deliver and distribute reading materials to the far off corners of Appalachia during the darkest hours of the Great Depression.



### Tues., Sept 28- Buffalo Bill Center of the West "What's all the hoot about owls?"

(Yellowstone Park) Owls have



managed to survive as a group for more than 80 million years. Using visual aids *and a real, live owl*, explore the adaptations such as hearing and silent flight that make owls some of the top predators in the Greater Yellowstone Ecosystem and the world.

### Tues., Oct 5- Scotts Bluff National Monument

A real gem of a natural area and historic site along the North Platte River in western Nebraska that draws visitors from all over. Ponder the travels of the pioneers who saw the bluffs here as a landmark on their travels to Oregon, California and the Salt Lake Valley of Utah. Discover some unique geology. Enjoy the scenery of the North Platte River Valley from the summit of the bluff.



### Tues., Oct. 12- Return to Hearst Castle: "From Campsite to Castle"

#### Julia Morgan, Architect

Julia Morgan designed nearly 700 buildings, more than any other architect of the 20th century. Her best known project, Hearst Castle, is world-renowned for its dramatic beauty. Join us in a unique presentation highlighting the achievements of the architect and the fascinating, 28 year- long building process of the estate.



### Tues., Oct.19- Jimmy Carter Presidential Library "The Extraordinary Life of Jimmy Carter"

This presentation will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, "What is the secret to an extraordinary life?"



### Tues., Oct.26- National Mall and Memorial Parks in Washington, D.C

#### "A Visit to America's Front Yard"

Visit with a Park Ranger from National Mall and Memorial Parks in Washington, D.C, for a virtual tour of the park sometimes referred to as America's Front Yard. We will explore the history and symbolism of memorials, such as Lincoln, Thomas Jefferson, Franklin D. Roosevelt, and Martin Luther King, Jr and more!





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### **DON'T USE SOCIAL MEDIA? SIGN UP FOR OUR EMAIL NOTICES!**

One of the ways we have been trying to keep you up to date with things that have been happening at the COA is through email notices. Please be sure to check your junk or spam folder so you don't miss out. You may also select unsubscribe if you wish to be removed from the list. To be included, please call the office at 781-659-7878 to give us your email address.

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



### **SHARED FOOD AT THE CENTER**

For the safety and well-being of all visitors, we ask that groups please refrain from bringing foods to share, unless they are individually wrapped or packaged items. Due to these uncertain times, we are erring on the side of caution. We appreciate your cooperation.

### **COMING TO A PROGRAM?**



Pre-registration is required for all of our program and events. This helps us to plan for space and inform you of any changes or cancellations. If

you are interested in coming to a program, please call 781-659-7878. Thank you!

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

- Friday, Sept. 3 & Mon., Sept. 6 for Labor Day
- Monday, October 11 for Columbus Day



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