



# Prime Times



**JANUARY/FEBRUARY 2022**

**Chairperson:**

**John Mahoney**

**Outreach Coordinator:**

**Dee Dee Rogers**

**Director:**

**Susan Curtin**

**Program Coordinator:**

**Debbie Blackington**

## **DIRECTOR'S NOTE**

Happy New Year! It was wonderful to be back with family this year for the holidays. While COVID and its variants still loom, it's nice to know we can gather with precautions. We are seeing the same here at the center. After too many months apart, the Fall was a busy time for us! Many people are participating in both in-person and virtual programming, in particular, our exercise classes. Those offerings and participation have grown significantly. For the first six months of this fiscal year, participation is already at 80% of FY'19. We use FY'19 to compare since that was the last time we were fully operational. It's exciting to see familiar faces along with many new ones, as well as a renewed focus on personal health and well-being. We will continue to monitor the health situation and adjust programming as needed. A special thanks to Norwell Spotlight TV for helping us provide a great deal of programming content on local cable TV.

In October we had that quick storm that left our Town devastated for days and weeks. We were happy to offer a warm place for people to gather, charge devices and in some cases work remotely. Through our strong partnership and involvement on the Emergency Management Team, we were also prepared to help support Fire and Police who were helping older residents in crisis, as well as answer calls from concerned family members. As the winter approaches, we strongly encourage you to register your cell phone and emergency contact information with us, especially if you have concerns about well-being during a storm. You don't need to be frail or sick, maybe just live alone or have no family or local support system. We want to be available to assist you if needed. This information is confidential and only shared with emergency personnel if needed. A reminder that in case of a weather situation, the senior center typically acts as

a warming/cooling center. Please reach out to us with any questions.

We look forward to the new year, new beginnings, and new friendships, and hope that you are a part of it. Wishing you and yours a happy and healthy New Year.

Respectfully,

*Susan Curtin*, Director

## **SENIOR WORK PROGRAM 2022**

The Senior Tax Work Off Program will return in 2022. Eligible seniors are assigned to a Town Department based on skill set and department need and will work up to 100 hours between February and November, for a reduction in property tax up to \$1,425.00. Placement is based on several factors including financial eligibility and job availability. Work cannot begin until placement is confirmed by the Council on Aging.

An information session will be held on Wednesday, January 19, 2022 at 10:00 a.m. in the Osborn Room at Town Hall. Please call the COA at 781-659-7878 to register. If you prefer to attend via Zoom, please let us know at registration and a link will be sent to you via email. Questions can also be directed to HR Manager Barbara Childs at 781-659-8060 or COA Director Susan Curtin.

**Program sign-up begins on Tuesday, January 4th. We kindly request registration messages not be left while the office is closed for vacation.**  
**Thank you!**

## **HOLIDAYS**

**The COA will be closed on the following:**

- Martin Luther King Day, Jan. 17
- President's Day, Feb. 21

### OUTREACH NEWS by Dee Dee

#### FUEL ASSISTANCE

Winter is on its way! Those of you that did not receive fuel assistance in the 2021/2022 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	\$40,951.00
Household of 2	\$53,551.00

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.

Please contact Dee Dee Rogers, at 781-659-7878 for further 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 admin-

istered 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 between \$40,952 and \$54,601 or a family of two with an income between \$53,552 and \$71,401; may be eligible for a maximum heating benefit of \$500.00 for the 2021/2022 heating season.

This benefit is paid directly to the vendor. Please contact me, Dee Dee Rogers, to apply for this benefit, applications are currently being accepted.

#### IMPORTANT TAX RELATED INFORMATION

Another year has flown by! It's hard to believe it is 2022! I want to remind everyone about the available programs that will assist seniors in alleviating some of the burden of property taxes. The information listed below is the most recent available on the Mass.gov website.



**The Circuit Breaker Tax Credit** is available to certain taxpayers age 65 and older, this tax is a refundable credit on their state income taxes for the real estate taxes paid during the tax year on the residential property they own in Massachusetts that is used as their principal residence. This credit can also be applied on the rent paid during the tax year on the residential property they rent in Massachusetts that is used as their principal residence.

If the credit exceeds the amount of total income tax due for the year, the excess amount of the credit will be refunded to the taxpayer without interest. The information listed below is for tax year 2021, the maximum credit allowed for both renters and homeowners is \$1,170.00.

#### To be eligible, you must

- Be a Massachusetts resident or part-year resident.
- Be 65 years old by January 1<sup>st</sup> 2022.
- File a Massachusetts personal income tax return.
- Own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2021, your total Massachusetts income does not exceed:
  - \$62,000.00 for a single individual who is not the head of household.
  - \$78,000.00 for a head of household.
  - \$93,000.00 for married couples filing a joint return.

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If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.

If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

#### **You will NOT be eligible for the Circuit Breaker Tax if:**

You are a non-resident.  
You are married and your status is married filing separately.  
You are a dependent of another taxpayer.  
You receive a federal and/or state rent subsidy or you rent from a tax-exempt entity.  
For tax year 2021, the assessed value of principal residence exceeds \$884,000.00

If you are eligible for the Circuit Breaker Credit, complete Scheduled CB with your Massachusetts state income tax return.

If you qualify for the tax credit in a prior tax year but did not file Schedule CB with your original state income tax return, you should file an amended return with your Schedule CB. Be sure to fill in the Amended return oval on the return.

The Schedule CB must be completed within three years from the last day for filing the return without regard to any extension of time to file.

**The Tax Deferral Program** is for those taxpayers 65 and older with income based on the Circuit Breaker Tax Credit. This allows the taxpayer to defer payment of their property taxes until the sale of the property or the death of the taxpayer. Interest accrues on the unpaid taxes.

**CPA Surcharge Exemption** is for taxpayers who have a low or moderate income as defined by the U.S. Department of Housing and Urban Development.

Please contact the Assessors Office if you would like to apply for the Tax Deferral program or the CPA Surcharge Exemption. Feel free to contact Dee Dee Rogers at the Council on Aging if you would like assistance in filling out the required documentation.



#### **SUPPORTING THE COA**

Many people often contact us to ask how they can support the Council on Aging. Here are just some of the ways you can help. We thank you for your generosity and continued support of our efforts.

- **Gift Card Donations**

Please consider supporting our annual gift card drive by donating gift cards in any denomination of \$10 or more for local stores such as Shaws, Big Y, Market Basket, Trader Joes, CVS, Walgreen's Walmart Target and Amazon. These are used throughout the year to help support seniors and families in need. Your generosity is greatly appreciated.

- **COA Gift Fund**

Donations to the COA's Gift Fund are used to assist with community outreach and help off-set unbudgeted expenses to support older community members. Donations can be made in memory or in honor of a loved one as well.

- **Friends of NCOA**

The Friends are a 501(c)(3) organization that provides booster support to the Council on Aging. Donations to the Friends support community outreach, programming, special events and more, not covered through the COA budget or that required immediate funding. Please see their insert for more information.

#### **Bloomin' 4 Good Buy a Bouquet and Support the Norwell Council on Aging**

Brighten up your day with a bouquet of flowers that fights hunger in the local community!



**PEMBROKE Stop & Shop** store leadership selected the **Norwell Council on Aging** as the beneficiary of the Bloomin' 4 Good Program. During the **month of January 2022**, the Norwell COA will receive a \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet, with the red circle sticker, purchased at the Pembroke Stop & Shop located at 125 Church St.

Stop & Shop launched the Bloomin' 4 Good Program in February 2021 as an easy way for shoppers to give back as part of their regular shopping and support an organization helping to fight hunger. Donations from this program will help support a lunch program at the Norwell Senior Center. Thank you for your support!



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

**Pre-registration is REQUIRED for in-person classes.** Please call the office at 781-659-7878



#### JOY OF MOVEMENT with Rena!

Join Rena Thornbahn with this exercise program for everyone! Either standing or with a chair, this class involves music and simple dance choreography. Get in the groove with a mix of classic oldies, show tunes and current up-beat pop music.

**How to participate in this class:**

**At the COA:** Mondays at 10:00 a.m.



#### ARTHRTIS 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.

**NSTV (Comcast 22 & 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. and Tuesdays at 8:45 a.m.

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

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



#### 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.

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

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

**Please remember that NSTV programming may be subject to change**

### SIGNING UP FOR AN EXERCISE CLASS

Pre-registration is required for our exercise classes by calling 781-659-7878. If you cannot attend, please let us know since we may have a wait list. At this time, if you are fully vaccinated, masks are optional. 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.*



#### DRUMS ALIVE FITNESS

##### Returns 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® **Tuesdays at 1:00 pm beginning Jan. 25!** Sign up at 781-659-7878. It's FUN & FREE!



#### NEED YOUR BLOOD PRESSURE TAKEN? **CHANGED DATES FOR JANUARY AND FEBRUARY!**

Blood Pressure with the NVNA is typically available on the 3rd Monday of each month at the COA 10:30 am—Noon. However with holiday closures for 3rd Mondays—Martin Luther King Day and President's Day, we have changed to a week earlier: **Monday, January 10 & Monday, February 14, both 10:30 am—Noon.**

#### COMING TO A PROGRAM?

Pre-registration is **required** for all of our program and events. Many of our programs have limits due to space and this helps us to plan. It also helps us to inform you of any program changes or cancellations. If you are interested in coming to a program, please call 781-659-7878. We look forward to seeing you!

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### UKULELE

**Come to Ukulele class** Tuesdays at 9:30 am. 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

Enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on Friday, **Jan. 21 and Feb. 18 at 11:00 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."*

### GAMES! GAMES! GAMES!

Join us for games! To sign up, please call the COA at 781-659-7878.



**SCRABBLE** Mondays at 11:00 a.m.

**MAH JONG** Mondays at 1:00 p.m.

**GOLF! A CARD GAME** Tuesdays at 11:00 a.m.

**CRIBBAGE** Wednesdays at 10:00 a.m.

**HAND & FOOT** Wednesdays at 1:00 p.m.

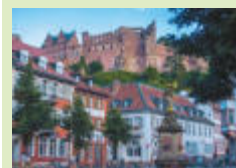
### QUILTING

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.



### ARMCHAIR TRAVEL TO GERMANY & SOUTH AFRICA Wouldn't it be nice to travel far away?

Come to the COA or call for the link to join in on the opportunity to virtually travel LIVE to two locations: **Heidelberg, Germany on Thursday, January 20 at 10:30 a.m.** and to South Africa—A cultural



**Tour of the Bo-Kaap District of Cape Town, LIVE from the Street on Wednesday, February 20, at 10:00 a.m.** Facilitated by Beeyonder. Choose either or both, but call to sign up at the COA at 781-659-7878.

### 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 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 often have a waiting list.**

Lunches will be held on the following dates. Please note the times:

#### Wednesday, January 26 CHICKEN-BROCCOLI-ZITI AT THE COA @ 12:30 pm

**Cost - \$5**

Sign up deadline is Friday, Jan. 21, as space permits. Come join us for a delicious meal of Chicken, Broccoli, Ziti, with garlic bread and tossed salad as well as time with friends. Seating is limited. Don't delay signing up!

*This program is made possible in part by a grant from South Shore Elder Services, through the American Recovery Plan Act.*



#### Wednesday, February 9 PRE-GAME SOUPER BOWL LUNCH AT THE COA @ 12:30 pm

**Cost - \$5**

Score big with our menu of Chicken soup, Chowder and Chili at our Pre-Game Souper Bowl lunch at the COA. Sign up deadline is Weds., Feb. 2, as space permits. Come join us and spend time with friends. Seating is limited. Don't delay signing up! *Thank you to our Friends at the Friendship Home and The Cordwainer for helping to underwrite this lunch.*



**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, so that we can open it up to our wait list or adjust our order. Thank you for your help and understanding.

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### 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 are 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.



### CRAFT KIT GRAB 'n GO

Are you feeling creative and looking for something to do? Come to our Craft Kit Grab 'n Go on **Monday, January 24, from noon—12:30 pm. The deadline to sign up is Tuesday, January 18 by 2pm.** Call the COA at 781-659-7878 to register. *Arrangements will be made to deliver to those who are unable to drive. Norwell residents Only.*



### SEND A VALENTINE CARD TO A FRIEND GRAB & GO

Would you like to make some personalized cards? Cards with Christine is offering this 4 pack kit of Valentine Cards with video instruction for this Grab & Go on **Thurs., Feb. 3 between Noon—12:30 pm. Cost is \$5.** Call the COA to sign up. **Sign up deadline: Thurs., Jan. 27.** *Arrangements will be made to deliver to those who are unable to drive. Norwell Residents Only.*

### CHINESE NEW YEAR GRAB & GO



Let's ring in 2022 again with Chinese New Year the Year of the Tiger! So join us with this Chinese New Year Grab & Go on **Weds., February 2 from 1:00 pm—1:30 pm.** Prepared by a local restaurant, this pick up date may change based on availability. **Cost is \$5. Sign up deadline: Weds, January 26.** Let's have some good luck with the Year of the Tiger! *Norwell Residents Only. No Delivery.*



### LAVENDAR & LACE VALENTINE SACHET GRAB 'N GO

The Norwell Garden Club is providing this lovely Valentine Grab 'n Go to Norwell residents on **Friday, February 11 from noon—12:30 pm. Limited spots!** The deadline to sign up is Friday, February 4 by 2pm. **Call the COA at 781-659-7878 to register.** *Arrangements will be made to deliver to those who are unable to drive. Norwell residents Only.*



### VALENTINE'S DAY SCONE & TEA GRAB & GO

Treat yourself to a delicious Chicken Salad Sandwich, with a Cranberry Orange and a Raspberry Chocolate Scone and Lemon Bar Dessert! It comes with jam and special tea bags too. All that's missing is you! **Cost is \$5.** Limited reservations and spots will go quickly! Call the COA today! **Pick up is Feb. 14 at noon—12:30 and sign up deadline, spots permitting: Mon. Feb. 7.** *Arrangements will be made to deliver meals to those unable to drive. Norwell Residents Only.*

# SUPPORT OUR ADVERTISERS!







## INTRODUCTORY iPad PROGRAM

Do you have an iPad and need the skills to use it? Come to this 3 part BEGINNERS program with Katy Mayo! Each class is 90 minutes long and will help you get the most out of your technology!

**Classes are Fridays**

**Feb. 4, 11, 18**

**At 1:00 p.m. at the Norwell COA**

**Open to all Norwell residents with priority for iPad Loaner Program participants.**

**Sign up today!**

**Call 781-659 7878**



### iPad Loaner Program Update

After delays in receiving some equipment, we will finally roll out our iPad Loaner program beginning on January 24, 2022! This program is for those interested in learning how to use an iPad or those who are homebound and interested in participating in our virtual programming. Don't have internet access at home? We'll have a limited number of data hotspots available to help connect our iPads. These devices have the latest technology and can help you explore the internet, research your interests, play games and connect with others. The loan period is for six weeks and participants are required to participate in some of our virtual programming.

For more information, please call us at 781-659-7878. This program is made possible through funding from Coronavirus Aid, Relief, and Economic Security (CARES) Act and a grant through the Massachusetts Executive Office of Elder Affairs.

## DO YOU NEED TECHNICAL HELP?

The Norwell High School Tech Solutions Center is a student-run help desk at NHS, open during school hours, from 8:00 a.m. to 2:37 p.m. Students can assist you with a wide variety of technology needs, including learning how to use the apps on your mobile devices, navigating social media, and troubleshooting technology issues you may be having. Students can assist with iOS and Android operating systems. The Tech Solutions Center will also support the Council on Aging's iPad loaner program. To schedule an appointment with Tech Solutions Center, please send an email to ([tech.solutions@norwellschools.org](mailto:tech.solutions@norwellschools.org)) or leave a message for advisor John Goniatis. We look forward to helping you.



## ART FOR YOUR MIND

with

**Jill Sanford—**

### AMERICAN ART EXPLORED

*Art For Your Mind* is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds – artists and non-artists alike.

**On Thursday, February 24 at 11:00 am at the COA,** the featured topic, ***American Art Explored***, offers a way to experience American paintings from colonial times to today. From early folk art paintings to surprising realism, then on to modern abstract images—visualize not only America's growth and change, but also America's developing artistic styles through time. Join local art historian Jill Sanford on for an enjoyable hour of challenging yourself to see in new ways! Call the COA to sign up today! **Sign up deadline, Tuesday, February 22 at noon.**



**AVAILABLE FOR A LIMITED TIME!**

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

**DON'T MISS THESE GREAT UPCOMING PROGRAMS WITH JUDY MACIOCI**



**ENDANGERED SPECIES**

There are so many species of plants, animals and insects which are becoming extinct. Learn which species are threatened, why this is happening and what is done locally and throughout the world to protect them from extinction. Join Judy Macioci at the Norwell COA **Thurs., Jan. 13, at 1:30 pm. Sign up deadline Jan. 11. Call 781-659-7878 today!**



**OWLS ON THE PROWL WATCH PARTY AT THE COA**

Last year, Judy worked with NSTV to produce this wonderful video exploring and learning about local owls. Join Judy for this exclusive watch party at the COA on **February 10 at 1:30 p.m.** Following the video join her in a discussion about their discoveries and more! Sign up by calling 781-659-7878 **Deadline Feb. 7 at noon.**



**IRON FROM THE SKY**

Meteors are the fiery space rocks which are amazing to watch. Learn about how ancient civilizations used meteorites as tools, weapons and ornaments. Discover some interesting facts about meteorites and how they were formed billions of years ago. Join Judy at the COA for this interesting presentation on **Thurs., Feb. 17 at 1:30 p.m.** Call 781-659-7878 to sign up today! **Sign up deadline is Feb. 15 at noon.**



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

**Wednesday, Jan. 19 at 11:30 am**

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: Mon., Jan. 17. Call 781-659-7878 today!



**WHAT IF? WORKSHOP**  
**Monday, February 28**  
**at 1:30 p.m. @ the COA**



WHAT IF something unexpected were to happen to you? Does anyone know about your *stuff*? Who to call, your financial information, user names/passwords, the location of your important documents, your final wishes? Join Gwen Morgan as she shares the story behind the creation of the *What if...* Workbook. Learn about the importance of organizing personal information for loved ones, review which legal documents are imperative to have in place, how to best communicate your wishes, and think about legacy; an invitation to reflect on living your life to the fullest *now*. By putting your affairs in order, you are providing your loved ones with the necessary information they need should anything happen to you. Give the Gift of Preparedness to Your Loved Ones! This \$10 workshop is 2 hours. A workbook and refreshments will be provided. **Sign up by calling the COA at 781-659-7878 by Thurs., Feb. 24 at noon.** This program is offered as part of our "Live Well, Age Well, Norwell" series and sponsored in part by a grant through the Executive Office of Elder Affairs.



**COVID MASK UPDATE**

The senior 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. Masks are required in the following circumstances:

- If you are **not vaccinated**,
- If you are riding on the COA van, based on Federal regulations.

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



**COFFEE & CONVERSATION**

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



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



## 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.



### 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.



### THANK YOU FROM THE FRIENDS OF NORWELL COA

Thank you to all those who came out in the cold to support the poinsettia and wreath sale on the Saturday after Thanksgiving, sponsored by the Friends of the Norwell Council on Aging. Once again you made it a big success. Thank you to the companies listed below who donated poinsettias and wreaths. Please support them throughout the year and tell them we appreciate their generosity: Home Depot, Lowes, R & C Farms, Cohasset Village Greenery, Every Bloomin Thing, and That Bloomin Place. Thank you also to Eileen Costello and Erica Curtin who made beautiful bows for our wreaths; Christine Smith made lovely decorated wreaths, and Carol Thornell who donated a beautiful stained glass wreath. These specialty items were a big success! We look forward to seeing you next year.

### 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.

## TRANSPORTATION

We provide transportation to medical appointments, grocery shopping and local prescription pick up. Please call the COA at 781-659-7878 for additional information or to schedule a ride.

- **Riders must schedule a minimum of three (3) business days in advance.** No Friday or weekend calls for Mondays.
- Our priority is medical appointments (doctor, PT and other procedures not involving sedation) and our service area includes Norwell, Hanover, Hingham, Weymouth, Cohasset, Scituate and some parts of Pembroke. Transportation to Boston-area hospitals, VA hospitals or those rides we can't accommodate along the Route 3 corridor, are scheduled through South Shore Community Action Council. This is a grant-funded program through South Shore Elder Services and is scheduled by us.
- Transportation is available Monday through Thursday for appointments with a start time between 9:00 a.m. and no later than 2:00 p.m. Appointments on Friday mornings between 9:00 and Noon, in Norwell and Hanover only.
- Riders ***MUST be ready at least 15 minutes before designated pickup time*** at home. Our schedules are tight and drivers cannot wait.
- Be sure to ask your medical provider about their waiting policy before and after your appointment.
- Due to liability issues, we do not provide transportation for hospital, nursing home or rehab discharge or procedures that require sedation. In certain cases, South Shore Community Action Council may be able to assist in this type of transportation. Please call us to inquire.
- We understand that things can come up last minute. If same-day transportation can be accommodated we will provide it, but is not guaranteed.
- Transportation to the Library is on Tuesdays, grocery shopping is on Wednesdays and Food Pantry on Thursdays. Other local errands may be scheduled based on availability.
- Transportation to Target is now on Friday mornings.
- There is no fee for our transportation.
- Federal regulations **require** riders to wear masks or face coverings at all times on our vehicles.



## SENIOR LEARNING NETWORK

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 at 2:00 p.m.

### **Tues., Jan. 4—Amon Carter Art Museum's Art of the American West**



Join us as we view the Carter Legacy galleries housing the original collection of Frederic Remington and Charles Russell objects. We will also discover how other artist of the time and modern and contemporary artists have depicted the American west.

### **Tues., Jan. 11— Ste. Genevieve National Historical Park**



Come discover the unique history of Ste. Genevieve! Established by 1750, Ste. Genevieve was the first permanent European settlement in Missouri. Early French Canadian settlers were drawn here by the rich agricultural land known as Le Grand Champ (the Big Field). After the flood of 1785, the town relocated to its present location on higher ground approximately three miles to the northwest of its original site. A true embodiment of the "melting pot" metaphor, Ste. Genevieve is rich with history, telling the stories of the people that lived and settled the land.

### **Tues., Jan. 18—Gerald R. Ford Presidential Museum**



Did you know the Ford Presidential Library and Museum is the only split Presidential museum? The Library is located in Ann Arbor on the University of Michigan's campus. The Museum is located in Grand Rapids, Michigan. Join Kristin Phillips, Public Affairs Specialist, as she gives you a glimpse inside the Gerald R. Ford Presidential Library and Museum. Find out why there are two separate facilities, and more fun facts about the 38th President Gerald R. Ford.

### **Tues., Jan. 25—Mitchell Caverns**



Mitchell caverns are the only limestone caves in the California State Park system. Stalactites, stalagmites, and other cave formations were formed from calcium carbonate left by dripping mineral water. For many years the caves were thought to be "dead", that is, the formations were no longer growing. However, recent studies have found something different. Our park ranger, Andrew asked us to return to see a special presentation of the caverns in Providence Moun-

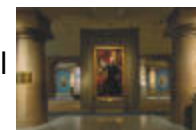
tains with their new and improved internet connections.

### **Tues., Feb. 1—Ulysses S. Grant National Historic Site**



Will the real Ulysses S. Grant please stand up? As the nation celebrates Ulysses S. Grant's 200th birthday in 2022, popular interest in the Civil War general and two-term president is at an all-time high. Was Grant an uncaring general who had no regard for his troops? Was he an alcoholic who engaged in destructive behavior? In this presentation, Park Ranger Nick Sacco (Ulysses S. Grant National Historic Site) looks to address various claims about Grant and uncover the characteristics of a deeply complex person who faced serious challenges during his lifetime.

### **Tues., Feb. 8—National Portrait Gallery—It's Presidents' Month! Presidential Portraits**



In honor of Presidents' Month, we will once again visit the National Portrait Gallery! The nation's only complete collection of presidential portraits outside the White House, this exhibition lies at the heart of the Portrait Gallery's mission to tell the American story through the individuals who have shaped it. Updated content provides visitors with improved ways to understand historical events—both national and international—that coincided with the respective President's time in office.

### **Tues., Feb. 15—Andrew Johnson National Historic Site**



Nestled in a valley of eastern Tennessee sits a quaint town, Greeneville, named after Nathanael Greene a Revolutionary War hero. The county took the same "Greene" name. Years later another famous soldier was born into these same hills, named Davy Crockett. Andrew Johnson our 17th president, born in North Carolina, moved to Greeneville when he was only a teenager and made this his home. Join us as we learn about this little known politician, who assumed the presidency upon the assassination of Abraham Lincoln.

### **Tues., Feb. 22—Agate Fossil Beds National Monument (Nebraska)**



No Dinosaurs Here, Only Mammals! Join an Education Ranger as you are introduced to several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. And some other fun facts as well!



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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.



#### **ATTENTION SNOWBIRDS!**

Did you know the Friends paid \$70 last month for returned postage? Please help us reduce our postage expenses. If you are going to be away for an extended time, please call the COA office and let us know. When you return, let us know and we'll start mailing your newsletter again! If you prefer, we can add you to our online newsletter notification email list. Safe travels! We look forward to seeing you soon!



#### **WINTER WEATHER POLICY**

During a significant winter weather event, COA programs and transportation may be subject to cancellations. In the event that Norwell schools are closed, COA programming and transportation will be cancelled, however the office may remain open. When Town Hall offices are closed, the senior center will also be closed, unless it is deemed necessary and safe to open. Please call the COA office at 781-659-7878 if you have questions regarding any closure or cancellations.

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