



Prime Times

MARCH/APRIL 2022

Chairperson:

John Mahoney

Outreach Coordinator:

Dee Dee Rogers

Director:

Susan Curtin

Program Coordinator:

Debbie Blackington

DIRECTOR'S NOTE

On March 16, 2020 we closed our doors to the public never thinking that two years later we'd still be dealing with COVID-19. Frankly I can't wait to erase the term from my daily vocabulary. While our building was closed off and on, we've always been here working to support our older residents and their families. We continue to thank the many residents, organizations, businesses and Town leaders who have generously supported us with their time, talents and donations. They say it takes a village, and our village is amazing!

Spring is finally in the air and that's a sign of new beginnings! We are excited to be fully open with no restrictions. That means lunches return to the center, but we'll continue to offer limited grab & go's. Hybrid programming is also here to stay. We have some great programs coming up and look forward to having you join us. One very exciting event is Redhot & Blue a cappella group from Yale University. Norwell's very own Rose Hansen reached out to us about giving a special performance at the center during their East Coast tour. We are excited to co-sponsor this event with Norwell Public Library and use their beautiful new space so more people can enjoy this performance. We expect this to be a sold-out event. Details are on page 3.

There are several other initiatives coming up that are important. Please read the Town Meeting warrant carefully. There are a couple articles being presented that impact older residents, as well as the future of the senior center. Also, we will be partnering with UMass Boston Gerontology Institute to conduct a needs assessment. The purpose is to identify the needs of current and future older adults in our community, on topics including housing, recreation, support services and more. The target group will be residents ages 50 and over. This initiative is being funded through a Formula Grant through the Executive Office of Elder Affairs. More details to come later in the Spring.

We look forward to offering some educational programs on dementia in the coming months, as well as continue providing content for NTV to share with the community. If you have topics of interest, please let us know.

May the luck of the Irish be with you all!

Respectfully,

Susan Curtin, Director

SENIOR WORK PROGRAM 2022

Applications are available for the Senior Tax Work Off Program. 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. Application packets are available in the Human Resource Department at Town Hall or at the Senior Center. Questions can be directed to HR Manager Barbara Childs at 781-659-8060 or COA Director Susan Curtin at 781-659-7878.

EMERGENCY CONTACTS

We work closely with Norwell Fire and Police and this winter we had several incidents where they needed to reach emergency contacts for some older residents. In some cases we couldn't help because information was not available to us. We encourage you to call us to update your Emergency Contacts, especially if you live alone or do not have family close by. This information is kept confidential and only used in the event of an emergency. Call the COA at 781-659-7878 for more information.



OUTREACH NEWS by Dee Dee

FUEL ASSISTANCE

If you need assistance with the high cost of heating your home, you may be eligible for Fuel Assistance. The deadline to apply is April 30, 2022. You will need to provide 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
Household of 3	\$66,151.00
Household of 4	\$78,751.00

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 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.

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

ARE YOU TURNING 65 SOON?

Please call me, Dee Dee Rogers, at the COA for any questions you have regarding Medicare, Supplemental plans and Drug Plans. I am available by appointment Monday through Thursday 8:30 through 4:30. I look forward to helping you navigate through the maze of Medicare!



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 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.



PROTECT YOURSELF FROM SCAMMERS

There are so many scams circulating at this time, we must do our best to protect our self from becoming a victim. I did a little research online to find what the best way to avoid being victimized; below are some suggestions that I found.

- Do your best to recognize a scam attempt and end all communication with the perpetrator.
- Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
- Be extremely cautious of unsolicited phone calls, mailings, emails and door to door service offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls. Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.

Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.



REDHOT & BLUE!



The Norwell Council on Aging and Norwell Public Library are excited to sponsor a performance by Yale University's Redhot & Blue. Come to the Norwell Public Library on **Monday, March 21 at 3 p.m.** to hear this wonderful group! Sign up with the Norwell COA or Norwell Public Library. Space is limited. Sign up begins on March 7 by calling the Library at 781-659-2015 or online at norwell-publiclibrary.org. Transportation will be available through the COA by calling 781-659-7878.

Redhot & Blue is Yale University's all gender a cappella group and innovative jazz ensemble. Redhot & Blue has won national recognition for its innovative arrangements of jazz standards that infuses American Songbook classics with the creative dynamism of the collegiate a cappella tradition. Since 1977, the ensemble has brought its award-winning sound to venues across the world. We are excited to welcome them to Norwell, along with vocalist Rose Hansen, NHS Class of '21 Alum! Don't miss this incredible performance opportunity!

JUICING, CLEANSING AND MORE, OH MY

We hear a lot about juicing and cleanses as a way to promote good health. But what's it all about? Join us with The Organic Juice Barn in Norwell on April 13 at 11:15 a.m., to learn more about juicing and the potential health benefits. Participants will have a chance to sample different juices. To register, call the COA at 781-659-7878.



ATTENTION WOMEN OF NORWELL!

The Norwell Women's Club will be bringing to the COA a **Mother's Day Luncheon on Friday, May 13**. Make it your lucky day and sign up beginning the last week of April! Spots are limited.

WALK MASSACHUSETTS RETURNS

Winter is behind us and now it's time to get out and enjoy the good weather! That also means it's time to get ready for the "Walk Massachusetts" challenge, that kicks off on May 1, 2022! This year, it will be an intergenerational program, open to everyone ages 5 and up. Walkers who complete one of four challenges will be entered to win a gift card and our senior center could win up to \$1,000 for our wellness programs. Last year, Jack Boden was a winner representing Norwell. You'll have an easy way to track your progress online. This is a great way to help the Senior Center and have some fun with family and friends!



What is the Walk Massachusetts Challenge?

May 1 - October 31

- It's easy - online registration and tracking
- It's intergenerational - open to ages 5-59 (sponsoring an older adult)
- It's flexible - choose from one of four challenges
- It's fun - walk solo, with a group, outdoors or indoors
- It's rewarding - earn chances to win individual gift cards (and cash for your Council on Aging)



Registration opens April 1: www.walkmachallenge.com

GIFT CARD DONATIONS

During the holidays we run our annual gift card drive. Thank you to the many residents and businesses who helped support us! We appreciate your generosity. These cards are used throughout the year to help support older residents in need. While most donations are made during the holidays, we use and accept gift cards throughout the year. With the increase in food prices, we are seeing a need greater than ever. We have many for Big Y and Stop & Shop but are currently looking for gift cards in denominations of \$25, to Market Basket or Shaws supermarkets. Thank you for your continued support!



An Irish Blessing

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.

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.



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 10:00 a.m.

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

Online: Visit www.nvna.org/nvna-supports or the COA page at 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: Tuesdays at 8:45 a.m. and
Thursdays at 9:00 a.m.

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

Online: Visit the COA page at
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

**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** Sign up at 781-659-7878. It's FUN & FREE!



NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure with the NVNA is available on the 3rd Monday of each month at the COA 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!

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





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.**

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.

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 and times:

**Wednesday, March 23,
Shepherd's Pie at the COA
@12:30 pm, Cost: \$5**

Come join us at the COA for a delicious Shepherd's Pie lunch from the Norwell Schools. *Limited seating. Norwell residents only.*



**Thursday, March 31
Take Me Out to the Ball Game
Lunch @ 12:30 pm, Cost: \$5**

Get ready for opening day and hit one out of the park at our Take Me Out to the Ballgame Lunch. Enjoy hot dogs and other tasty treats then feel free to stay and watch the Sox take on the Rays at 2:10 p.m. **Sign up deadline is Thurs., March 24. Norwell Residents Only.**



**Monday, April 4
Grilled Chicken Salad by the
Friendship Home @ 12:30 pm,
Cost: \$5**

Come for a delicious lunch at the COA made by our friends from the Friendship Home. *Limited seating.*



Lunch at the COA continued

**Thursday, April 14,
Calzones at the COA
@12:30 pm, Cost: \$5**

Reserve your spot at the COA for a delicious Calzone lunch from the Norwell Schools. *Limited seating. Norwell residents only.*



**Thursday, April 28,
Chicken, Broccoli, Ziti at the COA
@12:30 pm, Cost: \$5**

Enjoy this hearty favorite at the COA from the Norwell Schools. *Limited seating. Norwell residents only.*



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 pre-printed 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.

UKULELE

Come to Ukulele class Tuesdays at 9:30 am beginning again in April. 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, **March 18 and April 15 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."

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GRAB 'n GO EVENTS



- Limited to Norwell residents, unless otherwise noted. If you need to cancel, please let us know right away as we often have waitlists.
- 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.
- Due to the number of participants, we can no longer make reminder calls for pick-up. Be sure to write down the dates on your calendar.
- Please keep in mind that cost of Grab 'n Go is typically more than we charge participants. The COA, Friends, sponsors or grant funding helps underwrite the total cost. In case of "no shows", we still need to pay the full cost of the meals. We recently had 10 "no shows" that cost the COA \$150. Those are monies that can be used to fund other programs. Thank you for your cooperation.



FASANO'S ST. PATRICK'S GRAB 'n GO

Don't delay signing up for our St. Patrick's Corned Beef and Cabbage meal from Fasano's—a Grab 'n Go on **Wednesday, March 16, from noon—12:30 pm. The deadline to sign up is Thursday, March 11 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.* **Thank you to Sen. Patrick O'Connor and Rep. David DeCoste for generously sponsoring this lunch!. We are grateful for their support!**



SPRING GRAB 'N GO

Join in on a touch of Spring, with this Daffodil bouquet Grab 'n Go. **Cost is \$2.** Pick up is on **Monday, April 4 from 1:30 pm—2:00 pm.** The deadline to sign up is Monday, March 21 by 2pm. **Call the COA at 781-659-7878 to register.** One bouquet per household. *Arrangements will be made to deliver to those who are 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: **Monday, April 11 between Noon—12:30.** Call 781-659-7878. **Sign up deadline is Monday, March 28.** *Norwell Residents Only.* Arrangements will be made to deliver to those who are unable to drive. **Cost: \$5.** 1 per household. Enjoy!



SEND A CARD TO A FRIEND GRAB & GO

Would you like to make some personalized cards? Cards with Christine is offering this 4 pack kit (of Butterflies and Flowers Spring Cards) with video instruction for this Grab & Go on **Weds., April 27 between noon—12:30. Cost is \$5.** Call the COA to sign up. **Sign up deadline: April 20. One packet per household.** *Arrangements will be made to deliver to those who are unable to drive. Norwell Residents Only.*

SUPPORT OUR ADVERTISERS!



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iPAD LOANER PROGRAM UPDATE



We are excited to offer an iPad loaner program for Norwell residents ages 60 and older. This is a great way to try it out before purchasing one or accessing our virtual programs for those who cannot get to the center. Don't have internet access at home? We'll have a limited number of data jetpacks available to help connect our iPads to the internet. 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 45 days 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.

BEGINNER iPAD CLASSES



Do you have an iPad and need the skills to use it? Sign up for either or both of these upcoming classes with Katy Mayo! Each class will help you get the most out of your technology!

Friday, March 11 at 1:00 pm
Zoom

Learn Zoom (or be better at it)!

Friday, April 8 at 1:00 pm
"Appy Hour"

Learn how to use Apps and what's the latest!

held at the Norwell COA
Open to all Norwell residents with priority for iPad
Loaner Program participants.
Sign up today! Call 781-659 7878

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) or leave a message for advisor John Goniatis. We look forward to helping you.



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 infor-



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.

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

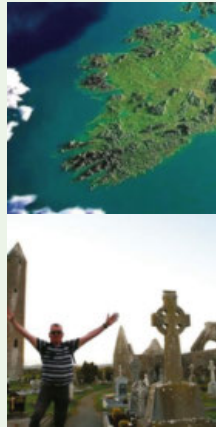
Contact **Lisa Templeton** to place an ad today!
ltempleton@4LPi.com or **(800) 477-4574 x6377**

ARMCHAIR TRAVEL TO IRELAND

St. Paddy's Day with an Irishman

Thursday, March 10 at 3:00 pm via Zoom and at the COA

This St. Patrick's Day Special Virtual Tour includes "In The Footsteps Of Saint Patrick" and more. A true Paddy invites you to experience this interactive virtual tour including places where St. Patrick actually visited during his lifetime in Ireland. After all the virtual visit there is a questions and answers spot and general discussion and CRAIC (Irish word for fun). Call the COA to sign up at 781-659-7878.



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.



MAKE YOUR OWN SEASONINGS with Dave from Therapy Gardens

Wednesday, March 30 at 11:30 am

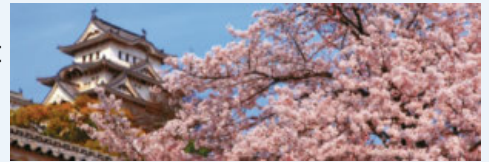
Looking to spice up your life? From savory to spicy, come make your own mixed seasoning packets using our herbs and spices. Participants will learn about different seasonings and make their own mixes to take home. Over 30 different herbs and spices will be available to make your own mix. **Sign up deadline: Mon., March 28. Call 781-659-7878 today!**

ARMCHAIR TRAVEL TO JAPAN

—Cherry Blossom Season

Wednesday, April 6 at 10:30 am via Zoom and at the COA

Experience this important and gorgeous season celebrated the



JAPANESE way! Take a fun and interactive trip to Japan from your own home!

On our 1 hour and 15-minute online experience, we will share Sakura (Cherry Blossom time) in Japan from a local's perspective. You will get to hear about the history, Hanami traditions and culture as well as stories, fun facts, trivia, and play some unique Cherry Blossom games together online. Find out why this time of year is so special to Japanese people, learn a few tricks to creating your own Sakura art at home and what the best things to see, do and eat during Sakura Season. There will also be Q&A time about any of your Japan Cherry Blossom and travel questions. Call the COA to sign up at 781-659-7878.

DON'T MISS THESE UPCOMING PROGRAMS WITH JUDY MACIOCI VIA ZOOM AND/OR AT THE COA

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 **Thursday, March 24, at 1:30 pm. Sign up deadline March 21. Call 781-659-7878 today!**

EARTH DAY: SIMPLE WAYS TO SAVE THE EARTH



Celebrate Earth Day by learning creative ways to save our environment, wildlife and humankind. Be a part of the growing change for our future!

Join Judy on April 21 at 1:30 pm. Sign up deadline is Friday, April 15. Call the COA at 781-659-7878.



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.

PROGRAMS WITH JOHN GALLUZZO: IRISH MOSS and HALF DAY ON FOOT ON THE SOUTH SHORE

Come to the COA or watch on Zoom to these upcoming presentations.



Join John as he tells the story of the history of **Irish Moss** on the South Shore, **Thursday, March 17 at 1:30 pm.**

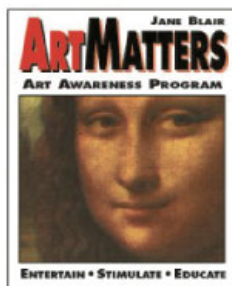
Join John exploring our local area as he describes his adventures with **Half Day on Foot on the South Shore.** **Thursday, April 7 at 1:30 pm.** Call 781-659-7878 to sign up.



ART MATTERS

Participate in the Art Matters Community Library!

Participants (Norwell residents) will be free to watch whatever subject you choose, at any time you wish, as many times as you like by going on to the Art Matters website with a special password for the weeks of **March 28 through the first week of April.** You will have access to over 40 presentations made by Jane Blair, available to you, with new videos being added all the time. To sign up for this special opportunity, please call the Norwell COA at 781-659-7878.



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.

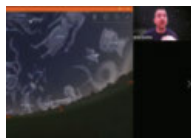
Tues., March 1—Ford's Theatre: "After the Assassination"

After President Lincoln was assassinated at Ford's Theatre on April 14, 1865, an angry public threatened to burn the building to the ground. But Ford's Theatre still stands over 150 years later. Ford's Education explores what happened to the building after the assassination, who occupied it, and how it came to be a working theatre once more.



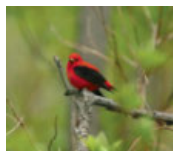
Tues., March 8—Treworgy Planetarium at Mystic Seaport Museum: "Backyard Stargazing"

It's time to re-visit a favorite presenter! Brian from the Treworgy Museum will share information about the moon, visible planets, and the constellations that are visible this time of year – where they are and how to find them in the sky. You'll learn everything you need for backyard stargazing!



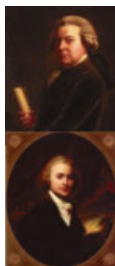
Tues., March 15—Dunes National Park: "Bird Easy"

Indiana Dunes attracts a diverse array of birds, including hawks during migration, waterfowl along the shoreline, and colorful tanagers found in the trees and bushes. Join Indiana Dunes park rangers live on camera to learn the basics of birdwatching and what it means to be a "birder"! (Level: beginner) Learn the 7 S's to consider when learning and identifying bird species. Basic birding tools and techniques will also be discussed.



Tues., March 22—Adams National Historic Park: "America's First Father and Son Presidents"

Learn how the Adams story includes four generations of Admasses, including two Presidents. We will focus on the stories of the two First Ladies, their families, and the collection of artifacts that help tell their stories. Adams National Historical Park encompasses the birthplaces, burial place, and the Old House at Peace field, which provides opportunities to connect with the places that shaped the lives and ideas of the statesmen who had a profound and lasting influence on United States nation building, constitutional theory, and international diplomacy. All the ob-



jects in the collection are original to the family and were gifts from the Adams family.

Kelly is the Curator for Adams National Historical Park has directed the Cultural Resource Department for over 30 years.

Tues., April 5—Sleeping Bear Dunes National Lakeshore (Michigan)

"The area that is now Sleeping Bear Dunes National Lakeshore is a treasured place for the Anishinaabe, the native peoples of this region. This program will highlight the traditional activities undertaken by the Anishinaabe during each of the four seasons in both a historical and contemporary context, and will end with a note on dominant narratives and how the Lakeshore is working to incorporate a wider variety of stories into its interpretation efforts."



Tues., April 12—Joshua Tree National Park

Surrounded by twisted, spiky trees, you might begin to question where are we? Known as the park namesake, the Joshua tree, *Yucca brevifolia*, is a member of the Agave family. Until recently, it was considered a giant member of the Lily family. However, modern DNA studies led to the division of that formerly huge family into 40 distinct plant families. This program provides an introduction to the NPS and Joshua Tree National Park specifically, highlighting some plant and animal desert adaptations while showing plants in their natural habitat.



Tues., April 19—WWII Victory Gardens: FDR Presidential Library and Museum Celebrate Spring at the Victory Gardens!

It has been said that an army travels on its stomach, never was this more true than during the dark days of WWII. This session examines the unprecedented contributions made by millions of ordinary Americans who fought the war literally in their own backyards growing food for themselves, the army and our allies in small plots known as Victory Gardens.



Tues., April 26—Hoover Dam

Hoover Dam, formerly called Boulder Dam is named in honor of Herbert Hoover, the U.S. president during whose administration (1929–33) construction began and whose work as commerce secretary in the 1920s secured agreements necessary for the project. Erected during the Great Depression, the dam was a major endeavor that employed thousands of workers; around 100 fatalities occurred during its construction. Hoover Dam extends for 115 miles (185 km) upstream and is one of the largest artificial lakes in the world. The dam is used for flood and hydro-electric power, agricultural irrigation, and domestic water supply. It is also a major sightseeing destination.



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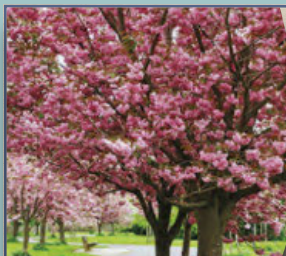
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ATTENTION SNOWBIRDS!

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!



The senior center will be closed on the following dates:

- **March 25: 9 - Noon for staff First Aid/CPR Training**
- **Patriot's Day, Monday, April 18**

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