



Prime Times

JULY/AUGUST 2022

Chairperson:

John Mahoney

Outreach Coordinator:

Dee Dee Rogers

Director:

Susan Curtin

Program Coordinator:

Debbie Blackington

DIRECTOR'S NOTE

Happy Summer! Our new patio installation is expected to begin in early July. While we received approval last year for this project, we've faced some challenges finding contractors. This involves some excavation, drainage and electrical work, in addition to the installation, so some of our programming will be disrupted. If all goes well, it will be completed before Labor Day, still plenty of time to use it for some Fall programs. We are excited to finally get started and thank Facilities Manager Ted Nichols for overseeing the project.

After the holiday, we are meeting with the team from the Center for Social and Demographic Research on Aging; Gerontology Institute at UMass Boston to begin working on our needs assessment. This will be a series of paper and online surveys, as well as focus group discussions, to learn more about programming and service interests and needs of older residents, as well as identify the barriers to aging in Norwell. This assessment will be targeted to residents ages 55 and older. We ask that you please help us by completing the survey or participating in a focus group. This will help us to develop a strategic plan not only for the senior center, but also to share valuable information with Town leaders.

We recently applied for a grant with South Shore Elder Services to help expand our outreach programs and begin the Dementia Friendly community designation journey. We hope to hear this summer if we are awarded the grants. Regardless, we will begin working on the Dementia Friendly community. As part of that initiative, we are convening a working group of volunteers living with a dementia diagnosis, current and former caregivers, and community members and practitioners, to help guide this process. Thank you to those who have already volunteered. If you are interested in being part of this initiative, please contact me. We will plan to meet mid-summer to begin brainstorming.

And lastly, each year, the National Council on Aging's National Institute of Senior Centers (NISC) recognizes Programs of Excellence. I am excited and proud to share that the Norwell Council on Aging was selected as the 2021 winner in the category of Marketing and Public Relations for our "12 Days of Christmas" program that ran in December of 2020! We are honored to receive our second national Program of Excellence award since 2018.

Program winners and runners up were selected by a NISC Committee of senior center professionals from across the country. Awards were given to programs in six categories including Marketing/Public Relations, Cultural Programs, Health and Wellness, Nutrition, Technology, and Hybrid Programming and in one highlighted area related to preventing social isolation. The Norwell Council on Aging is among 13 centers nationally, to receive this recognition for innovative, creative, and replicable programs for older adults and senior centers.

I'm so very proud of our staff, our volunteers, and our community for helping to make this program a success not only in 2020, but a modified version in 2021 as well. We are thrilled not only to share this award with the COA, but with all of Norwell. It would not have been possible without community support! Thank you to you all and to the National Council on Aging for this recognition.

Wishing you all a safe, healthy and happy summer!

Respectfully,

Susan Curtin, Director



NISC Programs of Excellence Winner

2021 – Marketing & Public Relations

**2018 - Community Development,
Leadership & Intergenerational
Programming**



OUTREACH NEWS by Dee Dee



Did you know?

The Supplemental Nutrition Assistance Program (SNAP) is an important benefit for seniors living on limited income. Even a small

monthly SNAP benefit can help in offsetting your household expenses. The application process takes just minutes to complete. It is completely confidential and using SNAP benefits is as simple as using a debit card for your purchases.

With the price of food continuing to increase, the SNAP program will assist you by providing the extra dollars needed to purchase nutritious food.

The documents that you will need to apply are:

- **Identification showing your name and address.**
- **Proof of Income**
- **Social Security Number**
- **Proof of certain expenses:** This is optional information but if you provide proof of the following your SNAP benefit could increase.
 1. **Medical Expenses** – out of pocket medical expenses – premiums on health insurance, co-payments, receipts for dentures, eye glasses, hearing aids, hearing aid batteries, prescription medications, doctor prescribed pain relievers or over the counter drugs and transportation to get to and from medical services.
 2. **Housing Costs** – Rent or mortgage payments, real estate taxes, homeowners insurance.
 3. **Utilities** – home heating oil, gas, electricity, telephone (including cell phones), or other utility expenses such as garbage disposal, wood or coal.
 4. **Adult Dependent Care Expenses** – In-home or out of home care.

I would be more than happy to assist you in applying for SNAP benefits, you can call me, Dee Dee Rogers, for a confidential appointment to apply or answer your questions if you are unsure of your eligibility.

Please take advantage of this valuable resource to assist you in healthy eating!

NEW TO MEDICARE?

Medicare options can be confusing! Are you turning 65 or planning to retire and have questions about Medicare? As an Independent Medicare Consultant I will provide you with free unbiased information on Medicare and supplemental plans. Please call me, Dee Dee Rogers at 781-659-7878 to request an appointment.



SNAP Recipients.....do you know.....

SNAP recipients are eligible to participate in the Healthy Incentive Program (HIP). This is a valuable program that puts a \$1.00 back into your SNAP benefits for every \$1.00 you spend at participating HIP retailers. You do not need to apply, you just need to know how to use the program! Please call me, Dee Dee Rogers for more information.

FARMERS MARKET NUTRITION PROGRAM



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	\$2,096	\$25,142
2	\$2,823	\$33,874
3	\$3,551	\$42,606
4	\$4,279	\$51,338

These coupons should be available for pickup in August. If you qualify to receive them and are interested please contact Dee Dee at 781-659-7878 to be put on the list. 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.



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.

REGISTRY OF MOTOR VEHICLES SENIOR HOURS

The RMV designates Wednesdays at 27 Service Centers to serve customers age 65 and older. These service centers are dedicated to processing all Registry transactions for older customers. A reservation is required. Reservations can be made at www.mass.gov/RMV or by calling 857-368-8005. The designated RMV service centers in our area are: Braintree, Brockton and Plymouth.



TOWN MEETING NEWS

For those who weren't able to attend Town Meeting on May 9, 2022, we wanted to give you an update on some of the articles that impact the Council on Aging and older residents in our community.

Thank you to everyone who attended and voted to approve **Article 39** to fund a needs assessment and evaluation of potential locations for a multigenerational community center, to be the future home for the Council on Aging and Norwell Recreation Department. This is the first step in the process that we anticipate may take a few years to come to fruition. This assessment will help ensure that the COA and Recreation departments are included in the roadmap for strategic capital planning for Town facilities. We are excited about the possibilities and appreciate the support! More to come as this process begins.

Article 2 passed including of our FY'23 budget of \$340,299, a 9% increase from last year. This increase reflects staffing changes and an increase in funding for our wellness programs. This funding will help us to offer our exercise programs for free or at a discounted cost. While our budget represents only .005% of the entire budget of \$62,112,483, we are fortunate to receive \$28,488 in State Formula Grant funding to help offset other costs, as well as occasional community donations to both our Gift Fund or to our Friends group. The Friends group is a separate 501(c)(3) organization created to support the COA. Think of them as the PTO for the senior center. They are wonderful supporters and welcome residents of all ages to join their group.

Article 15 passed allowing homeowners to create accessory dwelling units (ADU) by right rather than by special permit, as well as allowing long-term rental of the ADU or main house, for non-family members. For more information, please contact the Planning Board.

Article 18 passed to create a local senior circuit breaker abatement. Those who qualify for the State Senior Circuit Breaker may be eligible for this local abatement. The next step is to obtain approval from the State Legislature. For those who currently do not file a tax return, if you file and are eligible for the Circuit Breaker Credit on your State taxes, this may be another option to provide relief on your property taxes, once approved. This would be in addition to any other property tax exemptions that

you already qualify to receive. For more information, please contact the Assessor's Office.

Article 48 passed allowing a waiver in dog licensing fees for residents ages 70 and older, effective January 2023. For more information, please contact the Town Clerk's office.

Article 54 passed allowing for the upgrade reclassification of our Outreach position, for the first time in 14 years! This job now clearly reflects the changes in responsibility that has evolved over the years and duly recognizes the work of our staff.

All in all, it was a good night for our older residents! Thank you for everyone's support. More to come!



GIFT CARD DONATIONS

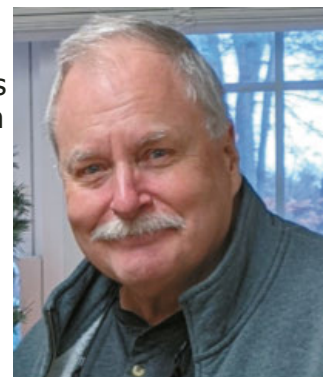


While most donations are made during the holidays, we use and accept gift cards throughout the year. With the increase in food prices, we are seeing a need greater than ever. We have many for Big Y and Stop & Shop but are currently looking for gift cards in denominations of \$25, to Market Basket or Shaws supermarkets. Thank you for your continued support!



THANK YOU DON TAVARES!

After more than five years working with us, COA Van Driver Don Tavares is hanging up his COA van keys! Don is ready to truly retire and enjoy his time off. We are very grateful to him for his years of service and supporting older residents in Norwell. We'll miss you Don and hope you enjoy retirement!



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 Thorbahn for 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 upbeat pop music.

How to participate in this class:

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



ARTHRITIS EXERCISE with the NVNA!

Join Phyllis from the NVNA and Hospice as she 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 as she 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 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.



DRUMMING with Ed Sorrentino

Enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on Friday, **July 15 at 11:00 am., and then resume in September.** 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."

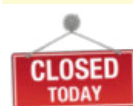


NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure with the NVNA is available on Monday, July 18 and Monday, August 15 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!



The senior center will be closed on the following dates:

- **July 1, 4: For Independence Day**
- **July 8: Rug Cleaning—No programs**

5 - Norwell Prime Times July/August



LUNCH AT THE COA

We invite you to join us and see old friends and make new ones.

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: 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.

UPCOMING LUNCHES

Monday, August 22

Antipasto Salad w/Breadstick

Lunch at the COA @ 12:30 pm,

Cost: \$5 Come for a delicious lunch at the COA made by our friends from the Friendship Home. *Limited seating.*



BBQ's SEASON!

Barbecue season is here and we have some great ones coming up! Please remember to sign up in advance by calling 781-659-7878.

Limited to Norwell residents. Limited seating.



Thursday, July 21 @ 12:30 p.m. - Join us at the COA as the Norwell Fire Department heats up the grill! Where there is smoke, it's always a great meal!



Monday, August 8 @ 12:30 p.m. - Join us at the COA for the Norwell Police Department BBQ. Come on down and bring your appetite!

I SCREAM! YOU SCREAM! WE ALL SCREAM FOR ICE CREAM ICE CREAM SOCIAL

Celebrate summer with an ice cream social at the COA, **Monday, July 11 at 1:30 pm! Norwell Seniors Only. FREE!** Sign up by calling 781-659-7878 by Thurs. July 7.



GRAB 'n GO!

Wednesday, July 13 @NOON Chicken Parmesan Grab 'n Go with Bridges, Free

Join us as Bridges sponsors a delicious Chicken

Parmesan lunch grab 'n go style. Sign up deadline in July 11 at noon. *Norwell residents only. Delivery will be coordinated for homebound residents.*



Thursday, August 4, Grab n Go S'Mores @NOON, FREE!

Celebrate summer with this seasonal fun Grab 'n Go. Sign up deadline Friday, July 29. *Norwell residents only.*



Thursday, August 18, Grab n Go Picnic @NOON, Cost: \$5

There's nothing like a picnic in the summer! Enjoy this Grab 'n Go. Sign up today! Sign up deadline Friday, August 12. *Norwell residents only. Delivery will be coordinated for homebound residents.*



HORNSTRA FARM TOUR AND ICE CREAM

July 28 at 11:00 a.m. Cost \$5

Sign up for limited spots on the van or meet us there, but you must pre-register for a spot on this special tour. Learn the workings of Hornstra Farm, including visiting the animals! Group space is limited. Norwell resident priority. This is a walking tour. If you are riding the van to this event, you must be at the COA at 10:30 a.m. A kiddie scoop voucher is included as part of this tour!

Tour and Voucher Cost: \$5. Payment is due upon sign up. Stop by the COA to register! **Deadline is when capacity is reached or by July 25.** Don't delay!



PONTOON BOAT RIDES WITH THE NSRWA ARE BACK WITH THE COA!

Would you like to experience a nice relaxing pontoon boat ride on the North River? Limited spots for Norwell Seniors only! Come to the COA or meet us there, but sign up early. Choose either:



- **Tuesday, August 9,** at 9:00 a.m. departure from the COA for a 9:30 a.m.—11:30 a.m. Pontoon Boat Ride
- **Tuesday, September 6,** at 9:30 a.m. departure from the COA for a 10:00 a.m.—noon Pontoon Boat Ride

Limit 6 people per pontoon boat. Checks are to be made to: NSRWA for \$44.16 at time of sign up.

6 - Norwell Prime Times July/August

Dementia Friendly Norwell Volunteers

Dementia impacts individuals of all ages. Since COVID, we've seen an increased need for support for families living with dementia. To help better support our community, we are seeking a small team of volunteers to help us start a Dementia Friendly Norwell initiative. If you are personally living with a dementia diagnosis, are a current or previous caregiver, a family member, neighbor or friend or a practitioner interested in being part of this group, please contact Susan via email at scurtin@townofnorwell.net or by calling 781-659-7878. As we begin to develop our plan, there will be more opportunities for greater community involvement.

TRIPS HAVE RETURNED!

UPCOMING TRIPS with New Rules - Please Read Carefully!

The Norwell COA is pleased to offer a variety of trips with the COAs in Cohasset, Hull and Scituate. Checks should be made payable to the **particular trip company used for each trip** and will not be deposited until the trip is confirmed.

Payment must be made when you sign up and during respective sign up dates. Each town's residents must sign up in their own town.



Please note that refunds are only available if you or the Norwell Council on Aging is able to find a substitute. We look forward to having you travel with us!

Important: Passengers with mobility or personal care concerns must be accompanied by family member or other escort. The COA, tour company and site staff cannot be responsible for personal care assistance.

NEWPORT PLAYHOUSE LUNCH & PLAY "Murder at Howard Johnsons"

Wednesday, August 17

Cost: \$119 pp.

Sign up Begins: July 1

Deadline: until full or no later than July 18

Departs Scituate COA at 8:30 am on a luxury coach to Newport's Playhouse and Cabaret Restaurant for a delicious buffet luncheon, wonderful play and fun filled cabaret. After lunch enjoy the comedy of "Murder at Howard Johnsons". Arrive home approximately at 6:00 pm.

- Make check payable to: Fox Tours
- Must be vaccinated with two shots, have license and vaccination card to board bus.

PEABODY ESSEX MUSEUM, LUNCH & SHOPPING

Thursday, September 8

Cost: \$99 pp. Gratuity is not included

Sign up Begins: July 10

Deadline: until full or no later than August 8

Departures will be from Scituate and Cohasset COA's ONLY and specific times will be announced. Let us know what town you will be departing from when you sign up. This cannot change. Lunch choice TBD.

- Make check payable to: Fox Tours
Must be vaccinated with two shots, have license and vaccination card to board bus.
- Bring mask and vaccination card, unless rules change.

Please watch for flyers or call the COA at 781-659-7878 for more details.

More Trips slated, watch for flyers

*October: Turkey Train foliage trip to New Hampshire
December—tentatively— The Boston Pops*

FIELD TRIP TO CASTLE ISLAND! Monday, August 1, weather permitting!

Join us via our van or meet us there for a day at Castle Island!

Bring a picnic lunch or buy some clams and ice cream at Sullivan's. Our van leaves the COA at 9:30 a.m. and leaves Castle Island at 1:30 p.m. Call the COA office to sign up at **781-659-7878**. Van space is limited. **\$5 Fee for van riders.** Norwell resident priority. Trip is weather dependent.



SUPPORT OUR ADVERTISERS!



7 - Norwell Prime Times July/August

TWO GREAT OPPORTUNITIES TO LEARN MORE ABOUT YOUR FAVORITE FILMS – AND WIN SOME PRIZES TOO!



WITH FILM LECTURER, FRANK MANDOSA

PRIZES!

SOAKING IN THE CINEMATIC SUN: SUMMERTIME FILMS

Monday, July 25 at 1:30 p.m.

Long winter months are forgotten. It's time to soak in some sun – cinematic sun! The summer months have long been a boom season for the movies. You will hear about a wide array of different films: comedies, dramas, thrillers, and musicals – that are set during the summertime and provide us with laughs, tears, and thrills. Join Frank as he discusses behind-the-scenes stories of the production of these films, interactive trivia questions, and movie-themed door prizes for a few lucky people!



PRIZES!

GRACE KELLY: FROM HOLLYWOOD ROYALTY TO PRINCESS OF MONACO

Monday, August 15 at 1:30 p.m.



One of the most glamorous actresses of the 20th century, Academy Award winner Grace Kelly starred in some of the best films of her era. She worked with directing legends such as Fred Zinnemann, John Ford, and Alfred Hitchcock and capped an Academy Award on her performance in *The Country Girl* opposite William Holden and Bing Crosby. You will hear about her early life, her start in show business, and her decision to leave films behind when she was still at the top of her game to marry into royalty. There will be behind-the-scenes stories, interactive trivia questions, and movie-themed door prizes for a few lucky people.

Sign up by calling 781-659-7878.

LAST MONDAY MATINEE

Show times are at 1:45 p.m. unless otherwise noted on the last Monday of the month unless that is a holiday.



AUGUST

Mon. May 29 — *The Visitor*

1hr. 44 min., (2007) PG-13

Drama/Romance

A college professor travels to New York City to attend a conference and finds a young couple living in his apartment.

CORNHOLE ANYONE?

Join us for cornhole in the dining room or parking lot on Mondays beginning at 11:00 a.m. Open to adults of all ages, from beginner to experienced players. We'll have fun and some healthy competitions. If you are interested in helping to teach others how to play, please let us know. To sign up, please call the senior center 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.** Please contact the COA for summer hours by calling 781-659-7878. Currently there is no quilting scheduled for July 8, 29, and also August 5 and 12.



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 Tuesdays 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.



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!**



GROW YOUR BUSINESS BY PLACING AN AD HERE!

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

CONTACT US!





ARMCHAIR TRAVEL TO BRUGES, BELGIUM

Join us for a walking tour through Bruges, Belgium, the

Venice of the North!

Thursday, July 14, at 3:00 p.m.

Watch with us at the COA or at home.

Bruges has a perfectly preserved medieval centre that reflects its golden age when it was the most important city of commerce in Europe! Explore its beautiful Market Square and Burg Square. These are home to the dramatic Belfry tower, the town hall, which is considered to be the best piece of gothic civic architecture in Belgium. Call to sign up at 781-659-7878.



ARMCHAIR TRAVEL TO SAILING THE NILE RIVER, EGYPT

Join us for a LIVE tour of the Nile!

Tuesday, August 16 at 10:00 a.m.

Via Zoom or at the COA, come join us as we take a boat trip up the Nile and we watch the sun go down.

We will travel by motor boat, taking a trip on the the longest river in the world that has had so much history sail on, it is one on nearly everyone's bucket list. You will get to see the difference between the East and West Banks of the Nile, plus some of the wildlife that lives there.

Call 781-659-7878 to sign up today!

COVID UPDATE

For the safety and well being of our staff and visitors, if you are experiencing cold or flu-like symptoms, we ask that you please refrain from attending programs and events at the senior center. COVID test kits are available at our front entry for those who may need one. Thank you for helping us to stay safe!

GNOME GARDENING with the Norwell Garden Club!

Create an adorable Gnome Fairy Garden with this special workshop by the Norwell Garden Club on **Wednesday, July 20 at 2:00 p.m. Deadline for sign up is Thursday, July 14. LIMITED SPOTS!** Don't delay! All the supplies, container, plants and decorations. are provided.



JOIN OUR THURSDAY WALKERS

Do you like to walk? Are you looking for a chance to make new friends or get out with existing friends? Lace up your sneakers and come join our Thursday Walkers group! Led by volunteers Margaret Lynch and Barbara Anderson, we'll look to explore a variety of walking trails around Norwell and the South Shore. To register, please call 781-659-7878.



BEAT THE HEAT AT THE COA

As the temperatures start to rise, please remember that we are a cooling center. Feel free to stop by to escape the heat, participate in a program, have a cup of coffee and connect with friends new and old!

ORGANIC CONTAINER GARDENING WITH HOLLY HILL FARM

Mon. July 18 at 1:30 p.m.

Farming on your back patio or deck? Come to the COA to hear Jon Belber of Holly Hill Farms provide insight on how to grow organic seedlings for food and flowers responsibly for the environment easily in containers. There will be time for questions and answers and you'll leave with your own organic plant! Don't miss out! Limited seating. Sign up today by calling 781-659-7878. **Sign up deadline is Thursday, July 14.**



SEAWEED, NATURE'S HEALTH FOOD WITH JUDY MACIOCI AT THE COA

Discover the health and environmental benefits from this wonderful ocean food. Learn how it can be good for humans, the oceans and the creatures who live there. Join Judy Macioci to learn more on **Thursday, August 25 at 1:30 p.m.** There is no charge for this event. Sign up deadline **Monday, August 22.** Call 781-659-7878!



COMMUNITY HARVEST Do you have a successful garden?

If you have extra bounty to share, please feel free to drop off at senior center and we will share it, and help pass it along. If you don't have a garden, give us a call and ask what we have on hand! **Call 781-659-7878.**



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.

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.

TELEPHONE REASSURANCE

Do you or someone you know live alone or have no family in the area? Are you recovering from illness or medical procedure or frail? The Telephone Reassurance offers you a chance to have someone check in on you daily, weekly, bi-weekly, or whatever works best for you. For more information please call Dee Dee, at 781-659-7878 for more information.



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

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 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.
- We understand that things can come up last minute. If same-day transportation can be accommodated we will provide it, but it is not guaranteed.
- There is no fee for our transportation.
- Masks are strongly encouraged while riding on our vans.
- 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.

MAP Transportation

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 Title IIIb grant-funded program offered through South Shore Elder Services and is scheduled by us.

Special Transportation schedule

Tuesdays - Library
Wednesdays - Market Basket
Thursdays - Food Pantry
Fridays - Target or Stop 'n Shop or Big Y
Other local errands may be scheduled based on availability.



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., July 5—The Energy Crisis (of the 70s) Jimmy Carter Presidential Library

Have you heard the phrase: "not since the '70s" lately? On February 2, 1977, less than two weeks after assuming the Presidency, Jimmy Carter addressed the nation in a televised "fireside chat" to speak to Americans about the looming Energy Crisis. What tools and resources does the Constitution provide the Executive branch to take on such a crisis? What role do the other branches of government play? This program will examine the 39th President's response to this crisis through the lens of primary sources of the Carter Library and National Archives.



Tues., July 12— John Muir National Historic Site

Located in Martinez, California, the John Muir National Historic Site and National Historic Landmark is where Muir lived and worked during the period of his greatest influence in conservation. Muir's writing and advocacy during his years in Martinez were instrumental to the establishment of early national parks and forest reserves. The property reveals tensions and intersections between the various sides of Muir as the solitary mountaineer, the wealthy grower and family breadwinner, and the passionate advocate for nature.



Tues., July 19—"Making Her Mark" Amon Carter Museum of American Art

Join us as we enjoy a new presentation from Amon Carter! Explore works by women artists in the Carter's collection who have demonstrated courageous talent despite adversity and made their mark in the art world.



Tues., July 26—Gateway Arch National Park

The process of creating the Gateway Arch took many years before its completion in 1965. In this virtual program, a National Park Ranger will share Eero Saarinen's story and take us back to the 1960s to learn about the process of conceiving, designing, and building the tallest national monument in the United States.



Tues., Aug. 9—Historic Hoover Dam—We're back!

Formerly called Boulder Dam, it is named in honor of Herbert Hoover, the U.S President during whose administration (1929–33) construction began on the dam. 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.



Tues., Aug. 16—Architectural History of Angel Island

This program will survey the rich architectural history of Angel Island, ranging from the American Civil War into the end of the Second World War, and beyond to the eventual architectural restoration efforts in more recent years. The imposing military architecture of Fort McDowell and Camp Reynolds will be reviewed, along with the contributions of celebrated California architects Walter J. Mathews and Julia Morgan, who were commissioned by the US Department of Commerce to design the buildings of USIS Angel Island.

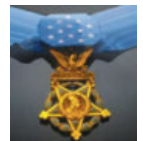


Tues., Aug. 23—Mission #77—Ruthie II Mighty 8th National Museum of the Mighty Eighth Air Force

DATELINE: July 26, 1943 Hanover, Germany

"BACKGROUND— B-17 Ruthie II of the 92nd BG 325th BS crewmembers demonstrated the true meaning of the word hero on July 26, 1943. One plane, one mission....two unforgettable stories...."

Join us as we hear from Heather Thies, Director of Education at the Mighty 8th museum for a captivating story of bravery and heroism.



Tues., Aug. 30—Theodore Roosevelt Birthplace National Historic Site

The comfort and opportunities, inherent in the wealthy Victorian-era home and family life that Roosevelt experienced as a youth, helped him overcome a potentially limiting childhood illness and develop into an intellectually and physically bold adult, who welcomed and successfully navigated numerous challenges in his public life. It also led him to build a successful political career in spite of the restrictions common to members of the upper class in the late 19th century. Join us as we take a tour of Theodore Roosevelt's home, room by room! The emphasis here is on TR's youth, but in conclusion, we can cover the effect of his early years on his later life, including the presidency.





Hearing Healthcare Professionals

Elena Schepis
Tzeng, AuD.
Doctor of Audiology



Hearing Aids • Diagnostic Hearing Evaluations
Tinnitus Evaluation and Treatment
Cerumen (Wax) Management • Cochlear Implants / Baha
Custom Earmolds • Assistive Listening Devices • Ear Piercing
20 EAST STREET UNIT 1, HANOVER, MA 02339
781-924-3648 | www.HearingHealthHHP.com



Life Care Center
of the South Shore
781.545.1370
www.LCCA.com

Short and Long term Rehabilitation
Semi Private rooms Available



TWIN PINE LAW FIRM
ESTATE PLANNING & ELDER LAW

ESTATE PLANNING • WILLS • TRUSTS
HEALTH CARE PROXIES • PROBATE
Paul Schwartzman, Esq. | 781-214-8185
1001 Hingham Street, Ste 100, Rockland, Ma
www.twinpinelaw.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD
CREATOR
STUDIO



ipicommunities.com/adcreator

McNamara-Sparrell FUNERAL HOME

DIRECTOR/OWNER: BRENDAN M. MCNAMARA

COHASSET & NORWELL

781-383-0200 • 781-659-2200

WWW.MCNAMARA-SPARRELL.COM

FAMILY OWNED AND OPERATED

ENGEL & VÖLKERS[®] MARY BETH MCGILLICUDDY

Taking the uncertainty out of your
downsizing process.

Offering complimentary room by room staging
report to guide your home sale.

Visit my website www.marybethmcgillcuddy.com or call (617) 216-1809



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: careers@4pi.com | www.4pi.com/careers



CALL TODAY: 781-319-5067

Memory Care Reimagined

Coming to Norwell Summer 2022



THE
CORDWAINER
ANTHEMION SENIOR LIFESTYLES

781-871-5550 | cordwainermemorycare.com

Visit our Welcome Center at 124 Washington Street, Norwell

Licensure Pending EOE Certification

VILLAGE AT PROPRIETORS GREEN[®]

Independent Living
Assisted Living • Memory Care

10 Village Green Way • Marshfield, MA

ProprietorsGreen.com

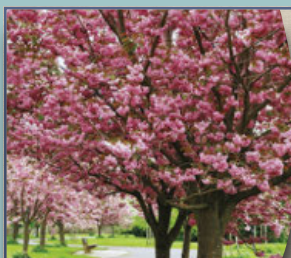


781-878-0920 781-293-2020

SULLIVAN FUNERAL HOMES

ROCKLAND HANOVER HANSON

www.SullivanFuneralHomes.com



- Family Owned & Operated For 5 Generations Since 1897 -



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.ipicommunities.com

Norwell Council on Aging, Norwell, MA

06-5146

MAILING COURTESY OF THE FRIENDS OF THE NORWELL COUNCIL ON AGING, INC.

Norwell Council on Aging

P.O. Box 699, 293 Pine St., Norwell, MA 02061

Ph.: 781-659-7878 or 781-659-2919

Fax: 781-659-0215

Center hours: Monday - Friday, 8:30 a.m. to 4:30 p.m.

NON-PROFIT
U.S. POSTAGE

PAID

PERMIT NO. 50
NORWELL, MA

RETURN SERVICE REQUESTED

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.

SUMMER HOURS AT THE SENIOR CENTER

To accommodate staff vacations, the senior center will close early or entirely on selected Fridays, between July 1 and September 2.

- The center **will be closed** on the following Fridays: July 1, July 8 (carpet cleaning), and September 2.
- On all other Fridays, the center **will close at 12:30 p.m.**

A reminder that transportation will be available only until Noon on Fridays for grocery shopping or medical appointments in Norwell or Hanover only!



THE NORWELL GRANGE NEEDS YOU!

The Norwell Grange is being revitalized and is looking to connect with past members, families and individuals who participated in events at the building. Little historical information was left behind, so we are looking for photos, memorabilia and to hear your stories. Efforts are underway to restore the building, but restoring the history is equally important. To learn more about the Norwell Grange please visit www.norwellgrange.org or contact us at info@norwellgrange.org.

We thank the advertisers featured in this newsletter for their support. The advertisers make printing of Prime Times possible. The Council on Aging does not specifically endorse any service or product advertised herein.