



Chairperson:

John Mahoney

Director:

Susan Curtin

Community Services Coordinator: Dee Dee Rogers

Program Coordinator:

Debbie Blackington

DIRECTOR'S NOTE

Fall is quickly approaching and with it that back-to-school season brings a sense of new beginnings. We are excited to be offering some new programs and begin some larger scale initiatives.

One change is to the name of our newsletter. "Prime Times" was originally a nod to being active in what some would consider the prime of life. Today, the change to "Norwell Navigator" is more reflective of our goal to help you navigate life transitions at all stages of life, and recognizing our ship-building heritage. We hope you find it full of great programming opportunities and information.

At Town Meeting this year, we received approval for a new position, Community Services Coordinator, which is held by Dee Dee Rogers. This new title better reflects the work being done beyond outreach. As part of her position, Dee Dee is also taking on the role as our Independent Medicare Consultant. This role replaces her former SHINE designation and allows her to access and use a broader scope of information, to continue to provide free and unbiased information about Medicare and associated plans. If you have questions about your health plans, please call Dee Dee at the COA 781-659-7878 for more information. You can also review page 2 of this newsletter.

Coming up this Fall, watch for our survey and as we kick off Dementia Friendly Norwell. More on these initiatives inside the newsletter.

Whether you are new to us or a long-time visitor, we hope that you will join us and be part of the excitement at the center!

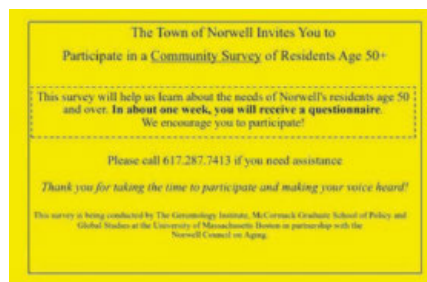
Respectfully,

Susan Curtin, MS

Director

THE SURVEY IS COMING!

We are partnering with the Center for Social and Demographic Research on Aging; Gerontology Institute at UMass Boston to begin our needs assessment! In October, a paper survey will be mailed to every Norwell resident, ages 50 and older. Every resident in a household 50 or older will receive their own survey to complete and each individual's feedback is very important. This will help us to learn more about programming and service interests and needs of residents now and for the future, as well as identify the barriers to aging in Norwell. Below is a sample of the card that will be mailed to you prior to the survey.



If you have difficulty completing the paper version, you can contact the survey team and they will assist you with completing it over the phone. An online version will also be available at www.townofnorwell.net

We know that there are many things that we do well but also understand that there is always room for growth and improvement. Our job is to help serve and support you as older residents, so your feedback is essential. Completing a survey or participating in a focus group is one of the best ways that you can help us with our strategic planning. Thank you for being part of this community process to better enrich the lives of Norwell's older residents!

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!

This year's theme is "Strengthen Community Connections!" We celebrate and take pride in the work we do to develop connections in the community, and are grateful for the continued support of our community. This month, we are excited to develop new connections as we kick off Dementia Friendly Norwell and begin our Needs Assessment process. If you are new to Norwell or haven't visited us yet, please stop by to say hello. We look forward to meeting you and welcoming you to our center!

OUTREACH NEWS by Dee Dee

FUEL ASSISTANCE

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

Those of you that did not receive fuel assistance in the 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	42,412
Household of 2	55,462
Household of 3	68,512
Household of 4	81,562

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 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.

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

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.



MEDICARE OPEN ENROLLMENT

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

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

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

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.

TRIPS!

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.

LAKE WINNIPESAUKEE

TURKEY TRAIN

Thursday, October 13

Cost: \$113 pp. (includes driver gratuity)

Sign up Begins: August 1

Deadline: until full or no later than Sept. 26.

Your bus departs Cohasset COA at 8:00 am and Norwell COA at 8:20 am for a fabulous foliage tour as you head to New Hampshire. A quick restroom stop will be made along the way. You will board an original Boston and Maine Railway car for an unforgettable 2-hour train ride along the scenic Lake Winnepesaukee. A hand-carved roast turkey dinner with all the fixings is served to you at your table as you travel through the scenic route of New Hampshire. A stop will also be made at an apple orchard either before or after lunch.

- Make check payable to: BRS Tours
- Full payment is due with reservation.



HAPPY HOLIDAYS BOSTON POPS!

Thursday, December 8

Cost: \$140 pp.

Sign up Begins: September 6

Deadline: until full or no later than November 1
Departures: From Norwell COA at 12:30pm and from Scituate COA at 12:45pm (for Norwell/Scituate residents ONLY). A second bus will be leaving from Cohasset for Cohasset and Hull residents ONLY. Join the Boston Pops in a performance filled with holiday music favorites, the traditional Pops sing-along, and a visit from Santa Claus himself! These concerts take



place in the special atmosphere of world famous Symphony Hall, specially decorated to evoke all the magic and charm of the season! Enjoy a delicious luncheon with your friends at the Venezia prior to the 4 p.m. Holiday Concert.

Lunch choices are to be made at sign up:

Boston Haddock; Chicken Parmigiana; Chicken Piccata or Pasta Primavera.

- Make check payable to: BRS Tours
- Full payment is due with reservation.

FROM THE DESK OF THE TOWN CLERK OPTIONS FOR VOTING

Please be aware the State has sent out postcards for a vote by mail ballot for the September Primary and the November State Election. If you choose to vote by mail please be sure to fill the postcard out completely. You must sign the card to receive a ballot.

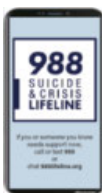
For those of you who are Unenrolled Voters or listed in a Political Designation, please list the Primary Ballot you want for the September Primary. (Democrat or Republican ballot) If no Party choice is listed, we cannot send you a ballot. You must sign your application.

All those registered in the Democratic Party will receive a Democratic Ballot, all those registered in the Republican Party will receive a Republican Ballot.

The deadline to apply for the State Election is November 1, 2022 at 5:00pm. Applications are also available on our website, www.townofnorwell.net and at the Town Clerk's office. Any questions please call 781-659-8072.

The State Primary will be held on Tuesday, September 6, 2022 at the Norwell Middle School, 328 Main St. The polls will be open from 7:00am – 8:00pm.

Early Voting Hours for the November Election, to be announced. For more information, please contact the Town Clerk's Office at 781-659-8072.



National Suicide Prevention Lifeline - 988

If you or someone you know needs support for substance use issues, a suicidal crisis, or mental health-related distress, call or text 9-8-8. The National Suicide Prevention Lifeline network has trained counselors who will listen to callers, provide support, and connect them to resources as necessary. For more information visit: www.988lifeline.org

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

Join Instructor Rena Thorbahn as she leads 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.

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.



DRUMMING Returns! with Ed Sorrentino

Enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on **Friday, Sept. 16 and Oct. 21 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.



Mass
Cultural
Council

"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."



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® **2nd and 4th Fridays of the month in Sept.—Oct. at 11:00 am**

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.



like us on

facebook



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.

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, September 19

Chicken Salad Sandwich (with apples nuts and cranberries) Lunch and Dessert 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.*

Thursday, September 29

Turkey and Cheese Croissant Lunch and Dessert at the COA @ 12:30 pm, Cost: \$5 Come for a delicious lunch at the COA made by our Norwell Schools. *Limited seating. This lunch is made possible by a nutrition grant through South Shore Elder Services and American Recover Plan Act (ARPA) funding.*

Monday, October 3

Some sort of Lunch and Dessert at the COA @ 12:30 pm, Cost: \$5 Come for a lunch at the COA. Whatever it is, it'll be good. *Limited seating.*

Thursday, October 13

Fall Harvest Salad Lunch with Apple Cake at the COA, 12:30 pm, Cost: \$5. Enjoy a wonderful seasonal salad with pumpkin dressing and fabulous Apple Cake dessert from the Friendship Home! *Limited seating*

LOW VISION SUPPORT

Low Vision Support Group returns! If you would like to be part of this support group, meetings are starting up again on the last Monday of each month at 11:00 am.

LUNCH AT THE COA CONTINUED...

Monday, October 31

Halloween Lunch at the COA @ 12:30 pm, Cost: \$5 Come for a ghoulishly lovely lunch at the COA ... and perhaps some treats! Mwah-ha-ha! *Limited seating.*



BBQ Rescheduled

If you signed up for the Fire Dept. BBQ, here is the new date! This event is full, but if you did not already sign up, you may call to be on the waiting list.

NEW DATE: Wednesday, Sept 14 @ 12:30pm -



Join us at the COA as the Norwell Fire Department heats up the grill! Where there is smoke, it's always a great meal!



GRAB 'n GO!



Wednesday, Sept. 28 @NOON



Grab 'n Go Chinese Moon Festival

Lunch Cost: \$8 Join us for Grab 'n Go Chinese Food. Sign up deadline in Sept. 22 at noon. *Norwell residents only. No delivery.*

Thursday, October 6



Grab n Go Fall and Halloween Cards!

Send along your Fall and Halloween wishes with cards made by you and Cards with Christine! 4 cards for \$6. Call to sign up. Sign up deadline is Sept. 29. *Norwell residents only. Delivery will be coordinated for homebound residents.*

NSRWA PONTOON BOAT RIDE WITH THE COA!

Would you like to experience a 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:

- 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.



TWO SPOTS LEFT!



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.

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.

DEMENTIA FRIENDLY NORWELL SERIES

Join us as we begin our journey towards being a Dementia Friendly community. This series offers a broad range of education for individuals, whether or not you are living with dementia. This series will be held at Norwell Public Library at 6:00 p.m. on the designated days. To register, please call the COA office at 781-659-7878.

Sept. 20: Understanding Alzheimer's & Dementia

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments. *Presented by the Alzheimer's Association*

Sept 27: Be a Dementia Friend

Join this one-hour session to increase your understanding of dementia. Learn five key messages about dementia, what it's like to live with the disease and how to turn your understanding into action that supports people living with dementia. *Presented by Patty Sullivan, Program Director. Dementia-Friendly Massachusetts*

Oct. 4: Positive Approach to Dementia Care

During this interactive workshop attendees will learn how to approach someone living with dementia, how to personalize your approach, effective communication, and participate in hands-on experiences to help caregivers better support themselves and the person living with dementia. This presentation provides individuals with the tools they need to make their time spent with their loved one more meaningful and stress-free. *Presented by Shari Flight, CDP, Director of Community Relations, The Cordwainer*

Oct. 25: Dementia Conversations

If you know someone who is experiencing changes in memory, thinking and behavior, this program provides tips and strategies for difficult (but important)

conversations about changes that may be related to dementia. *Presented by the Alzheimer's Association*

Nov. 1: Living With Dementia: A Conversation

At this presentation, you will hear from individuals who are currently living with a dementia diagnosis. Hear how they have learned to live with the physical, social, and emotional changes they are experiencing, to gain a different perspective on this disease.

Be a Dementia Friend

Oct 11 @ 2:00 p.m. @ Norwell COA

Learn five key messages about dementia, what it's like to live with the disease and how to turn your understanding into action that supports people living with dementia. *Presented by Tammy Murray, LCSW Hanover Director Community/ Elder Services*

WELCOME TO THE PATIO ON PINE!

Town Meeting 2021 approved CPA funding for our patio project. After a year and three bidding cycles, we finally secured a contractor! Dandel Construction in Hanson won the bid and installed our gorgeous new patio during the heat wave this summer! As of this writing, we still have a couple finishing touches including sealing the patio, installing a small section of split rail fence, adding the electrical outlets, planting for the surrounding gardens and adding a framed tent. We look forward to using this space to expand some of our program offerings and do more outside in the nice weather.

We are grateful to the community for supporting this project and look forward to seeing you at "The Patio on Pine"!



SUPPORT OUR ADVERTISERS!

7 - Norwell Navigator Sept/Oct

MEDICAL MARIJUANA

Sept. 12 at 1:30 pm,

Come to the COA as Kathleen McKinnon, Pres. Of Alternative Wellness covers the topic of Cannabis for Health and Wellness. Ask questions and find where to go for answers. Learn a brief history of Cannabis, different types, how it works, modes of medicating and information about becoming a Medical Cannabis patient. Call the COA to sign up at 781-659-7878.

Sign up deadline 11 am, Sept. 9.



UKRAINE—GLOBAL IMPACT

Join us at the COA on **Monday,**

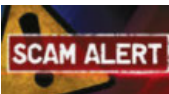
Sept. 26 at 1:30 pm as Michael

Quinlan discusses the much different outcome than Putin expected, and its consequences. What were Putin's motivations and goals? What went wrong? What would be an acceptable end and will Russia's economy survive? How does this impact global order and Russia's relationship with China. All this and more! To sign up call: 781-659-7878 **by Thurs., Sept. 22.**



SCAM ALERT— IDENTITY THEFT & FRAUD

Preparing to do holiday shopping online? Want to be up to date in general with the latest identity theft and fraud? Come to the COA on **Wednesday, October 5 at 11:30 am** and get protected with information presented by Robin Putnam from the Office of Consumer Affairs and Business Regulation. **Call by noon, Monday, October 3 to sign up.**



PUMPKIN DECORATING with the Norwell Garden Club.

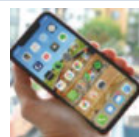
Come join the Norwell Garden Club and create a beautiful seasonal pumpkin on **Thursday, October 27 at 1:30 pm!**

Class size is limited, so don't delay! Call 781-659-7878 with a sign up deadline of Thurs. Oct. 20 or when class fills. There is no charge for this class.



IPHONE PHOTOGRAPHY

The holidays will soon be upon us. What better time to take pictures? Are you getting the most out of your iPhone? Come join Katy Mayo at the COA on **Monday, Oct. 17 at 1:30pm** and learn tips on better photography, how to find pictures you've taken and more! Deadline to sign up is **Thurs., October 13.**



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 by calling 781-659-7878.



AT HOME HEARING HEALTHCARE

Come hear Michael Schmit discuss hearing loss and options on **Monday, Sept. 12 at 11:00 am** at the COA. Clinics to determine your hearing loss assessment will be on the first Monday of the month at 11:00 am beginning October 3. Call the COA to sign up for this informative presentation and/or clinics.



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.

CORNHOLE 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.



The senior center will be closed on the following dates:

- **September 2 & 5: for Labor Day**
- **October 10 for Columbus Day**
- **October 19 for staff at MCOA Conference**

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 PORTUGAL!

Join us for a walking tour through the Alfama District of Lisbon, Thursday, Sept. 15, at 1:30 p.m. Watch with us at the COA or at home.

Explore one of the oldest districts in Lisbon: Alfama, whose name comes from the root word for hammam, a bathing space during the Islamic occupation. Visit the viewpoint of Portas do Sol (Doors of the Sun) and while walking down the narrow streets of Alfama, learn about St. Vincent and his connection to the city's history, the Tagus river and its importance for the city's development, and more! Call to sign up at 781-659-7878.

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!

JOIN OUR THURSDAY WALKERS



Lace up your sneakers and come join our Thursday Walkers group! Volunteers Margaret Lynch and Barbara Anderson are our leaders on Thursday mornings at 9:30 am at Circuit Street Parking lot to walk the Donovan Farm Wildcat Trail. The trail is approximately 2.5 miles long, paved & boardwalk, fairly flat, with shaded areas and seating along the way. Walks will be at the Circuit Street location the first Thursdays of the month, Sept. 1, 8, 15 and 22 and Oct. 6, 13, 20. The last Thursday of the month the group can decide if they would like to walk a different trail. You will receive an email with a confirmed destination. To walk, you must register and complete a waiver to walk. To register, please call 781-659-7878.

HISTORIC CEMETARIES IN NORWELL

With Wendy Bawabe at the COA

Learn about the historic and some little known cemeteries in Norwell at the COA! Wendy Bawabe, president of the Norwell Historical Society and member of the Norwell Cemetery Committee, will give you a virtual tour of the many old cemeteries in our town—with photos of gravestones, a brief history of each burying ground, and stories about the notable people buried within. "Visit" these historic sites, learn a little history, and admire the artistry of the old gravestones, **Weds., Oct. 26 at 1:30 pm. Register by Thurs. Oct. 20 by calling: 781-659-7878.**



ARMCHAIR TRAVEL TO BERGEN, NORWAY



Join us at the COA or at home for a LIVE tour of 1,000 Years Around Bergen, Norway's Harbor! Tuesday, October 4 at 11:00 a.m.

The old and well-preserved Bergen wharf is one of the key locations to visit in beautiful Norway. We'll start this virtual tour right from Bryggen and will tell about the history of the Hanseatic League and medieval trade. Learn about the everyday life of the locals and merchants of that time and then proceed to the city port. The tour ends near St. Mary's Church, the oldest building in the city and the church that was eventually taken over by German merchants of the Hanseatic League. Call 781-659-7878 to sign up today!

SEED SAVING FOR THE SPRING WITH HOLLY HILL FARM



Monday, Oct. 24 at 1:30 p.m.

Gardeners and green thumb wannabees! Come to the COA to hear Jon Belber of Holly Hill Farms provide insight on how to successfully save your seeds and prepare for next spring! Don't miss out! Limited seating. Sign up today by calling 781-659-7878. **Sign up deadline is Thurs., Oct. 20.**

UNUSUAL BIRDS IN OUR GARDENS With JUDY MACIOCI at the COA



Thurs. Sept. 22 at 1:30pm. Every once in a while we see unusual birds in our yards. Birds of different colors which have unusual sounds and may not live around here! Learn about the variety of birds who may visit our gardens and why are they here! **To sign up call 781-659-7878** Sign up deadline, Tues., Sept. 20.

THE MYSTERIES OF CROWS & RAVENS With JUDY MACIOCI at the COA



Thurs. Oct. 20 at 1:30pm. Crows and Ravens are always associated with spirits, mysteries, and even death! Learn about these very intelligent, awesome birds and what's the connection to Halloween! Sign up deadline **Tues. Oct. 18.** Call 781-659-7878!

ART FOR YOUR MIND

Early New England Seascapes with Jill Sanford. Weds., Oct. 12 at 1:00 pm at the COA



This program is for artists and non-artists alike. The featured topic explores and interprets a selection of beautiful and interesting images by several prominent American artists, Fitz Henry Lane, Winslow Homer, and Edward Hopper, to name a few. Sign up deadline Friday, Oct. 7.

PROFESSIONAL SERVICES

NOTARY SERVICE

Community Services Coordinator Dee Rogers, is a Notary. Documents needing notarizing should not be signed until the Notary reviews the documents and checks the photo ID of the person needing the notarization.

Please note that Chapter 222 section 17(e) of MA General Laws:

*A notary public who is **not** an attorney licensed to practice law in the commonwealth shall not conduct a real estate closing and shall not act as a real estate closing agent, provided, however that a notary public who is employed by an attorney so licensed may notarize a document in conjunction with a real estate closing conducted by the attorney and a notary public who is employed by a lender may notarize a document in conjunction with the closing of such lender's real estate loans.*

Additional Important Information

Please know Council on Aging Notary Service is not available for wills, living wills, power of attorney, living trusts, codicils or depositions.

**Please call Dee Dee Rogers at the Council on Aging for a Notary Service appointment.
781-659-7878.**

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.



SENIOR-2-SENIOR DAY RETURNS AT NHS!



After a three year break from COVID, The 3rd annual Senior-2-Senior event returns! Join us at Norwell High School on Wednesday, Sept. 21, 9:00 a.m. to Noon. This is an intergenerational activity day hosted by Norwell High School seniors and staff members. Join us for drumming, rock painting, chair volleyball, corn hole tournament, Yardzee, card games and

discussion groups ranging from sports to current events, movies to world travel. Come spend a day with the Class of 2023 as they kick off their final year and spend some time getting to know them. Sign up is requested to help plan for lunch. Call 781-659-7878! Watch our Facebook page for updates!



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, we do not provide transportation for hospital, nursing home or rehab discharge or procedures involving sedation. In some 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 funded through a Title IIIb grant of the Older Americans Act through South Shore Elder Services and is scheduled by us. Ride donations can be made to SSCAC at 71 Obery St., Plymouth, MA 02360.

Special Transportation schedule

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

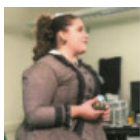


SENIOR LEARNING NETWORK

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., Sept. 6—Witness History with Mystic Seaport Museum: Russian Immigrant Inna Belova

Meet a Museum role player who specializes in bringing her character to life and transporting people back to the 1800s. Inna Belova, a Russian immigrant in New London, by way of Alaska, shares entertaining personal travel and other stories. We will also have a chance to speak with the educator out of character to learn how she created this character using primary and secondary sources.



Tues., Sept. 13— Midwest Archeological Center -Tour through Time: Exploring History through Artifacts

The Midwest Archeological Center is dedicated to the study, interpretation and preservation of archeological resources within the National Park System, taking care of archeological collections from national parks. We conduct research on sites ranging from 10,000-year-old American Indian campsites to the garbage in Abraham Lincoln's backyard. Join us as we take a tour of stories of the human past and learn how we care for artifacts!



Tues., Sept. 20—Abraham Lincoln Birthplace National Park, Hodgenville, Kentucky

This is home to the Sinking Spring Farm, also known as the birthplace of our 16th President Abraham Lincoln. The park is made up of 2 units: The Birthplace Unit and the Boyhood Home Unit at Knob Creek. His Kentucky roots would have a lasting impact on the boy, who would later become President. Join Stacy Humphreys, the park's Chief of Interpretation and Resource Management as we explore Lincoln's Kentucky roots and influences, and she shares stories of the park's creation and detail the work that is still being done to tell the story of the early formative years of Lincoln's life.



Tues., Sept. 27—Casa Grande Ruins National Monument

The building of the Casa Grande was a major event of the Classic Period (1100 – 1450. C.E.). The best dating methods available indicate that this large, caliche structure was built during the 1300's. The construction appears to have been well planned and organized, requiring tons of material and a huge cooperative



effort on the part of many people. Today we can only marvel at the Casa Grande and try to imagine what it was used for. Join us as we learn about this fascinating mystery in Arizona!

Tues., Oct. 4—"Powerful Partnerships" — Civil War Era Couples from the National Portrait Gallery

"Powerful Partnerships: Civil War-Era Couples" sheds light on the stories and faces of five couples whose work and lives shaped the nation around them during tumultuous times. Featuring photography by the iconic Mathew Brady Studio, the exhibition introduces visitors to the exploits of Nathaniel and Mary Banks, John and Jessie Frémont, Ulysses and Julia Grant, George and Ellen McClellan, and Charles and Lavinia Stratton (better known to the public as Mr. and Mrs. Tom Thumb).



Tues., Oct 11—Celebrate Eleanor's Birthday with the FDR Presidential Library and Museum! "Eleanor Roosevelt, Tireless Advocate for Change"

Having been First Lady for 12 years, and then pursuing a career as a social activist for 17 years on her own, Eleanor Roosevelt had a tremendous impact on the social conditions in this country, and around the world. This session explores some of the causes to which she lent her considerable skills and encouragement.



Tues., Oct. 18—Frederick Douglass National Historic Site, DC

Frederick Douglass spent his life fighting for justice and equality. Born into slavery in 1818, he escaped as a young man and became a leading voice in the abolitionist movement. People everywhere still find inspiration today in his tireless struggle, brilliant words, and inclusive vision of humanity. Douglass's legacy is preserved here at Cedar Hill, where he lived his last 17 years.



Tues., Oct 25—"The Tabors: An Epic Tale of the West" National Mining Hall of Fame and Museum

H.A.W Tabor lived the 19th century dream migrating to the west and finding wealth. After working as a stone cutter he moved west from Maine with an abolitionist party, took up a farm in Kansas, and married a long time sweet heart Augusta Pierce who he brought from Maine to the Kansas farm. In 1859 they joined the Pikes Peak gold rush. The family, including Augusta, and their one and one half year old son Maxcy traveled 600 miles in a covered wagon to Auraria (now Denver, Colorado where they struck it rich in CA. Gulch (near what is now) Leadville, Colorado. Sign up to hear the fascinating "rest of the story!"





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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.

VETERAN RECOGNITION GRAB & GO LUNCHEON

Veteran Grab & Go Luncheon catered by Fasanos is on Thursday, November 10 at 12:00—12:30 pm.

Sponsored by Rep. David DeCoste and Sen. Patrick O'Connor. Call the COA at 781-659-7878 to sign up. Sign up deadline is Nov. 4.



NATIONAL GOOD NEIGHBOR DAY

National Good Neighbor Day is Sept. 28th. While it's a blessing to have a good neighbor, BEING a good neighbor is an even greater thing! Watch out for each other, lend a helping hand, and even become friends!



GIFT CARD DONATIONS

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

NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure with the NVNA is available on Monday, Sept. 19 and Monday, Oct. 17 at the COA 10:30 am—Noon.



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