



Live Well, Age Well, Norwell

JANUARY/FEBRUARY 2023

Chairperson:

John Mahoney

Director:

Susan Curtin

Community Services Coordinator:

Dee Dee Rogers

Program Coordinator:

Debbie Blackington

DIRECTOR'S NOTE

Happy New Year! We hope that you all had a chance to enjoy the holidays with those who mean the most to you!

As winter approaches, remember to keep an eye on the weather and prepare for any upcoming storms. There is a helpful insert this month that includes several ways to stay informed during storms or power outages. Please put this in a handy spot!

Other helpful information you will find is about possible tax savings and fuel assistance. With the dramatic increase in the cost of food, home heating and utilities, we know more people are struggling who may not have in the past. If you are concerned about any of these issues, please contact us to learn more about benefits programs and services that may be available to you.

There are many great programs and classes coming up, many of which are free. We hope you'll come to try something new. Please be sure to register in advance! As we look forward to the new year, it's a time for new beginnings, and new friendships, and hope that we can be part of it.

Respectfully,

Susan Curtin, MS

Director

JOIN THE DEMENTIA ACTION TEAM!

We've been fortunate to receive several grants to assist us as we begin the journey toward becoming a Dementia Friendly community. A number of residents have reached out about being part of our Action Team, to help plan education and other important community activities. If you are a person living with dementia, a care partner or just interested in helping, we'd love to have you join us at a kick off meeting on **Wednesday, January 11 at 1:30 p.m.** If you can't join us in person, we're happy to set up a Zoom link for you to join us remotely. Please contact Susan for detail. Thank you for helping us break the stigma of dementia!

CAREGIVER RESPITE SCHOLARSHIPS

The Norwell Council on Aging received an \$8,000 Service Incentive Grant from the Massachusetts Council on Aging to provide scholarships to assist with caregiver respite. Respite is important to give caregivers a chance to address their own emotional, social and physical needs and varies based on each individual. This program is open to qualifying Norwell residents. For more information, please contact Susan or Dee Dee at 781-659-7878. *"This program is made possible in part from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs."*



GIFT CARD DONATIONS

THANK YOU to everyone who generously donated gift cards to us during the holidays. These are used to help support older adults facing financial challenges throughout the year. While many chose to donate during the holidays, we are happy to accept gift cards any time during the year. With rising costs in fuel, utilities and food, every little bit helps. We are grateful for your support!

SENIOR WORK PROGRAM 2023

The Senior Tax Work Off Program will return in 2023. 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. Placement is based on several factors including financial eligibility and job availability. Work cannot begin until placement is confirmed by the Council on Aging.

An information session will be held on **Wednesday, January 18, 2023 at 10:00 a.m.** in the Osborn Room at Town Hall. Please call the COA at 781-659-7878 to register. Questions can also be directed to HR Manager Barbara Childs at 781-659-8060 or COA Director Susan Curtin.

OUTREACH NEWS by Dee Dee

FUEL ASSISTANCE

Winter is upon us and heating our homes is getting to be costly. If you would like to apply for Fuel Assistance, please call me, Dee Dee Rogers for an appointment. You will need to provide the documents listed below to complete the application process.

For those of you who currently receive fuel assistance, you 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/or if you 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.

Please be aware that due to the increased volume of fuel assistance applications, South

Shore Community Action Council is experiencing a delay in processing. If you have any questions or need assistance please contact Dee Dee Rogers.

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.

WHO WILL HELP YOU DURING A WEATHER EMERGENCY?


Do you live alone with no family or friend support nearby? Are you concerned about being without power for more than 24 hours? Do you rely on oxygen or other life sustaining treatments? Are you recovering from an illness or surgery? If you answered yes to any of these questions, please consider registering your cell phone and emergency contact information with the COA, especially if you have concerns about well-being during a storm or prolonged power outage. This information is confidential and only shared with emergency personnel if needed. A reminder that in case of a weather situation, the senior center may open as a warming/cooling center, if the Town deems necessary. Please call us if you have any questions.



WINTER WEATHER POLICY

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

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. 

IMPORTANT TAX RELATED INFORMATION

Another year has flown by! It's hard to believe it is 2023! I want to remind everyone about the available programs that will assist seniors in alleviating some of the burden of property taxes. The information listed below is the most recent available on the Mass.gov website.



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

If the credit exceeds the amount of total income tax due for the year, the excess amount of the credit will be refunded to the taxpayer without interest. The information listed below is for tax year 2022, the maximum credit allowed for both renters and homeowners is \$1,200.00.

To be eligible, you must

- Be a Massachusetts resident or part-year resident.
- Be 65 years old by December 31st 2022.
- File a Schedule CB Massachusetts personal income tax return.
- Own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2022, your total Massachusetts income does not exceed:
 - \$64,000.00 for a single individual who is not the head of household.
 - \$80,000.00 for a head of household.
 - \$96,000.00 for married couples filing a joint return.

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

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

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

- You are a non-resident.
- You are married and your status is married filing

separately.

- You are a dependent of another taxpayer.
- You receive a federal and/or state rent subsidy or you rent from a tax-exempt entity.

For tax year 2022, the assessed value of principal residence exceeds \$912,000.00

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

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

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

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

Please contact the Assessors Office if you would like to apply for the Tax Deferral program or the CPA Surcharge Exemption. They can also provide information about other tax exemptions. Feel free to contact Dee Dee Rogers at the Council on Aging if you would like assistance in filling out the required documentation.

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.

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



THANK YOU FROM THE FRIENDS OF NORWELL COA

Thank you to all those who came out in the cold to support the annual poinsettia and wreath sale sponsored by the Friends of the Norwell Council on Aging. Once again it was a big success! Thank you to the following companies who donated poinsettias and wreaths including Home Depot, Lowes, R & C Farms, Cohasset Village Greenery, Every Bloomin' Thing, Market Basket, Trader Joe's and That Bloomin' Place. Please support them throughout the year and tell them we appreciate their generosity. Thank you also to Eileen Costello who made beautiful bows for our wreaths and Christine Smith made lovely decorated wreaths. These specialty items were a big success! We look forward to seeing you next year.

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

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

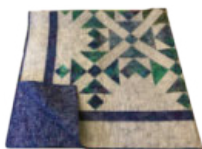


NORWELL Stop & Shop store leadership selected the **Norwell Council on Aging** as the beneficiary of the Bloomin' 4 Good Program. During the **month of January 2023**, the Norwell COA will receive a \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet, with the red circle sticker, purchased at the Norwell Stop & Shop located at 468 Washington St.

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

AND THE RAFFLE WINNER IS...

Congratulations to Chris Smith who won the beautiful quilt, made by our quilting instructor Mary Merritt! Thank you to everyone who purchased a ticket to support the Friends!



BE A DEMENTIA FRIEND

Dementia Friends is an international interactive workshop to 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. These sessions will be facilitated by COA Director, Susan Curtin, MS. Please join us for one of the following sessions:

Norwell Council on Aging Sessions

Thursday, January 12 at 2:00 p.m.

Tuesday, February 7 at 2:00 p.m.

Norwell Public Library Session

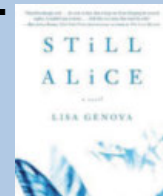
Tuesday, January 17, at 6:00 p.m.

These workshops are open to adults of all ages. Our goal is to provide this training to 500 residents and we hope you will join us! To register for any of these session, please call 781-659-7878.

NORWELL CARES CONTINUES...

Intergenerational Book Discussion at Norwell High School

We are excited to bring back our book discussion partnership with Norwell High and Middle Schools this year! As part of our Dementia Friendly Norwell initiative, the selection is the ***Still Alice*** by Lisa Genova. With so many families impacted by this condition, we hope to provide a space that allows all ages to talk about their experience and journey, and how to help support those living with dementia in our community. The book is available at the Norwell Library Circulation desk. This event is free. This event will take place the week of March 13. Watch for more details! Call the COA to register.



THURSDAY WALKERS



Put on your walking boots and join our Thursday Walkers group! Volunteers Margaret Lynch and Barbara Anderson are our leaders on Thursday mornings at 9:30 am. With the winter weather, our walk locations may need to be flexible. You'll receive an email with a confirmed destination or, if necessary, a cancellation. To walk, you must register and complete a waiver to walk. To register, please call 781-659-7878. We hope to see you!



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 CLASS SCHEDULE

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



JOY OF MOVEMENT with Rena! Mondays at 10:00 a.m.

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.



ARTHRTIS EXERCISE with the NVNA! Wednesdays at 10:00 a.m.

Join Phyllis Shea 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.



BALANCE ~STRETCH~ & STRENGTH

Tuesdays at 9:00 a.m. with Phyllis
Thursdays at 9:00 a.m. with Rena

Join Instructor Phyllis Shea on Tuesdays and Rena Thorbahn on Thursdays as they 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.



CHAIR YOGA with Ana Fridays at 9:30 a.m.

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

NEW CLASS A MATTER OF BALANCE



Join Phyllis Shea in this new 8-week evidence based program beginning **Weds., Jan. 11 from 1:00 pm—3:00 pm.** You will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Who should attend? Anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, anyone who has restricted activities because of falling concerns. Participants must attend all classes over the eight weeks. Call to sign up!

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. **If you are not feeling well, please call and cancel, and we will look forward to seeing you on another day.** 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 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, Jan. 20 and Feb. 17 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 welcome based on space availability.

UKULELE With Juli Finn



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.

LOW VISION SUPPORT



Low Vision Support Group returns! If you would like to be part of this support group, meetings are on Mondays Jan. 30 and Feb. 27 at 11:00 a.m. Call to sign up!

AT HOME HEARING HEALTHCARE

FREE Hearing Clinics are available at the COA on **Monday, Jan. 9 and Feb. 6 at 11:00 a.m.** Call the COA to sign up.



NEED YOUR BLOOD PRESSURE TAKEN?



Blood Pressure with the NVNA is available on **Monday, Jan. 23 & Monday, Feb. 13 at the COA 10:30 a.m. - Noon.**



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.

REGISTRATIONS FOR LUNCH MUST BE MADE IN ADVANCE! Call 781-659-7878.

Limited Seating available.

UPCOMING LUNCHES AT THE COA

THURS., JAN. 19, 12:30 PM - *FREE

American Chop Suey by the Norwell Schools

MON., JAN. 23, 12:30 PM Cost: \$5

Chicken-Broccoli-Ziti by Friendship Home

MON., JAN. 30 *NOON* note special time!

Cost: Free - Ham, Mac & Cheese

MON., FEB. 6, 12:30 PM - *FREE

It's our Souper Bowl! Enjoy several heart warming soups with us.

THURS., FEB. 9, 12:30 PM - *FREE

Shepherd's Pie by the Norwell Schools

MON., FEB. 27, 12:30 PM Cost: \$5

Lasagna Rolls by the Friendship Home

**Free lunches are made possible through ARPA grant funding provided by South Shore Elder Services.*

CHINA TRAVELS WITH NORMA



Join us at the COA on **Thursday, Jan. 19 at 1:30 pm** for this special presentation by our own Norma Morgan. Norma, who has been an extensive world traveler, especially to parts of the world less traveled, worked with the Norwell Spotlight TV to create a video of her travels and will be presenting and showing additional items from her adventures. Call to sign up at 781-659-7878.

ARMCHAIR TRAVEL TO GALWAY, CITY OF TRIBES, Ireland



Come on a **live walking tour** with us **Wednesday, Jan. 25 at 10:30 am** via

a link at your home or at the COA. Galway City retains a distinctly Irish identity and character. Come start our 60 minute stroll around Ireland's Western capital at Lynch's Castle where the term 'lynching' was first coined following an infamous murder in 1493. Learn how a monkey once rescued a baby from a house fire, and the story behind Galway's famous moniker 'City of the Tribes'. Find out why Christopher Columbus would never have discovered America but for his visit in 1477 to the City of Galway, and the true love story of Richard Joyce and Sarah Curran which led to the creation of the first Claddagh Ring in 1689. We'll cover the city's rich history from ancient times, its long-standing cultural and architectural links with Spain - and you'll learn a little Gaelic along the way! Sign up: 781-659-7878.

ARMCHAIR TRAVEL TO ENGLAND: London's Royal Westminster



Join us **at the COA or at home for this live presentation tour Thurs., Feb. 2 at 10:00 am.** Sit back and let Stephen show Westminster, an area in London which has had Royal connections for over 1,000 years. You will see Westminster Abbey where most monarchs have been crowned and many buried. Hear the stories of four Royal palaces, two of which we can only see fragments today. We also visit two very different Royal Parks. Call 781-659-7878 to sign up!

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



7 - Norwell Navigator Jan/Feb

HISTORY OF CHOCOLATE with Deanne Cavanaugh from North River Home Care.

Come to the COA on **Monday, February 13 at 1:30 p.m.** and indulge in chocolate's history—with sampling! Limited seating. Don't delay registering for your spot! Call 781-659-7878.



VALENTINE ROCK PAINTING with Mary

Back by popular demand and just in time for Valentine's Day—it's rock painting! Class is **Wednesday, Feb. 8 at 11:30 a.m.** Limited spots. Norwell residents only. Call 781-659-7878 to reserve your spot.



GRAB & GO EVENTS

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



CHINESE NEW YEAR GRAB & GO

Ring in 2023 again with Chinese New Year—Year of the Rabbit and this Chinese Food Grab & Go on **Weds., Jan. 25 from 1:30 - 2:00 p.m.** Prepared by a local restaurant, this pick up date may change based on availability. **Cost is \$7. Sign up deadline: Thurs., Jan. 19.** Have good luck with the Year of the Rabbit! *Norwell Residents Only. No Delivery.*



SEND A VALENTINE CARD TO A FRIEND GRAB & GO

Would you like to make some personalized cards? Christine is offering this 4 pack kit of Valentine Cards with video instruction for this Grab & Go on **Weds., Feb. 1 between Noon—12:30 p.m.** **Cost is \$7.** Call the COA to sign up. **Sign up deadline: Thurs., Jan. 26.** *Arrangements will be made to deliver to those who are unable to drive. Norwell Residents Only.*



VALENTINE'S DAY SCONE IN-HOUSE TEA OR GRAB & GO

Treat yourself to a delicious Chicken Salad Sandwich, with a Cranberry Orange and a Raspberry Chocolate Scone and Lemon Bar Dessert! It comes with jam and special tea bags too. All that's missing is you! **Cost is \$10.** Limited reservations and spots will go quickly! Call the COA today and let us know if you want to dine in or grab n go. **Dine in is Feb. 14 at 1:00 p.m. and Grab 'n Go is 1:30 p.m.** Sign up deadline, spots permitting: Tues. Feb. 7, but we sold out last year so don't wait! *Arrangements will be made to deliver meals to those unable to drive? Norwell Residents Only.*



COLORING KIT GRAB & GO

Are you feeling creative and looking for something to do? Come to our Coloring Kit Grab 'n Go on **Weds., Feb. 15, from Noon -12:30 p.m.** **The deadline to sign up is Weds., Feb. 8 by 2p.m.** 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.*



WINTER WEDNESDAY LUNCH GRAB & GO

Drive by for a delicious "to go" Hungarian Goulash lunch sponsored by The Cordwainer on **Weds. Feb. 22, Noon -12:30 p.m.** **Limited Spots! Call today.** *Norwell residents Only. No delivery.*

MEMORY CARE REIMAGINED

cordwainermemorycare.com

Norwell, MA



THE
CORDWAINER
ANTHEMION SENIOR LIFESTYLES

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 COA 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 COA on the **2nd Thurs. of the month at 10:30 a.m.** You are welcome to come discuss any of your questions or concerns.

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.

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.

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 currently 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 & Shop or Big Y
Local errands are scheduled based on availability.



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.



FLOWER ARRANGING WITH THE NORWELL GARDEN CLUB

Bring your creativity and join the Norwell Garden Club for this flower arranging class at the Norwell COA on **Thurs., Feb. 9 at 1:30 p.m.** There is no charge for this event, but space is limited. Norwell residents only. Call 781-659-7878 to sign up today!

WINTER PROGRAMS WITH JUDY MACIOCI

Come to the COA for these two upcoming programs:

WOLVES, COYOTES & FOX on Thurs., Jan. 26, 1:30 pm

Wolves, Coyotes and Fox are beautiful in the natural world. But what about the difficulties when they enter our world? We should try to live in harmony, but it may be a problem. Learn about their habitats, breeding habits, diets, government regulations and what we personally can do when we encounter them in our neighborhood.



NATIVE AMERICANS AND WILDLIFE on Thurs., Feb. 16, 1:30 pm

For thousands of years, Native Americans had a strong relationship with wildlife. Through their stories and oral traditions, learn about how animals and Native people connected and lived peacefully together.



Call 781-659-7878 to sign up for these free events.



ART FOR YOUR MIND: *African American Artists We Should Know*, on Thursday, Feb. 23 at 1:30 p.m.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of

all backgrounds – artists and non-artists alike. The featured topic, ***African American Artists We Should Know***, sheds light on the creations and careers of prominent 19th- and 20th-Century African American artists such as Augusta Savage, Henry Ossawa Tanner, Jacob Lawrence, and others. Learn about the many obstacles these artists overcame, and the ways each of them made an impact on the history of art. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Call the COA at 781-659-7878 to sign up!

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!

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.

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

INTRO TO IPAD WITH KATY MAYO



Did you get a new iPad for Christmas? Thinking of getting one? Just want to be able to brush up on the basics?

Come join Katy Mayo on **Friday, January 13 at 1:00 p.m.** for this hands on class. Space is limited. Norwell resident preference. Call 781-659-7878 to sign up today!

AUTHOR VISIT: JOHN E. HAPP AND THE NAVIGATION CASE: FIGHTING THE NEW GUINEA WAY 1943-1945



Join us at the COA on **Monday, Jan. 30 at 1:30 p.m.** to hear John Happ discuss his book that was

born from discovering his father's aged and glossy leather briefcase as they cleaned out their family home. Meticulously collected military documents, private letters and more began his investigation of what America was doing fighting in New Guinea when they were supposed to be fighting Japan. *The Navigation Case* details never before recorded Pacific War operations such as the "Madang Fake" and General MacArthur's "Triple Play," followed by an overwhelming natural disaster called "Black Sunday" by the men who survived. In the greatest of campaigns in Air Force history, the Battle for New Guinea established for the first time the primary goal in any military conflict—air superiority.

John E. Happ is a contributing author to the Journal of the American Revolution, has written for the World War One website The 75th Artillery C.A.C., and the adventure magazine Atlantic Coastal Kayaker. Call 781-659-7878 to register for this free event.



SENIOR LEARNING NETWORK

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

Tues., Jan. 10—African Burial Grounds National Monument, Manhattan, NY

Come hear the story of African Burial Ground, - a sacred space in lower Manhattan, the oldest and largest known excavated burial ground in North America for both freed and enslaved Africans. It protects the historic role slavery played in building New York. The African Burial Ground is widely acknowledged as one of America's most significant archeological finds of the 20th century. Learn about this once forgotten piece of New York history and how the rediscovery of the burial ground united a community.



Tues., Jan. 17—National Museum of the Pacific War: Admiral Nimitz-Lessons in Leadership

This museum is a favorite, and we return for a new program - on Admiral Nimitz. Chester W Nimitz was born in Fredericksburg TX in 1885, and served as the Commander-in-Chief of Allied Forces, Pacific Ocean Area during World War II, rising to the rank of Fleet Admiral. "As considerable as his tactical skills were, perhaps Nimitz's greatest gift was his leadership ability. Join us as we learn what made this remarkable man's life a lesson in leadership.



Tues., Jan. 24—Plains Indian Culture: Yesterday and Today, Buffalo Bill Center of the West

Join our presenters journeying from past to present, as they share the vibrant cultures of Plains Indian tribes. This program will focus on how northern Plains Indian people's resiliency and grit have endured and flourished in the face of adversity throughout their history. We will learn about the traditions and cultures of these tribes' past and how many of these endure and are celebrated today through art, powwow, family, language, and other important components of their cultures.



Tues., Jan. 31—Federal Hall National Monument

When the Constitution was ratified in 1788, New York remained the national capital. Pierre L'Enfant was commissioned to remodel the City Hall for the new federal government. The First Congress met in the now Federal Hall and wrote the Bill of Rights. George Washington was inaugurated here as the country's first President on April 30, 1789. When the capital moved to Philadelphia in 1790, the building again housed city government until 1812,



when Federal Hall was demolished. The current structure on the site was built as a Customs House, opening in 1842. In 1862, Customs moved to 55 Wall Street, and the building became the US Sub-Treasury.

Tues., Feb. 7—"Polynesian Wayfinders": Mystic Seaport Museum

One of our favorite presenters- Brian from the Planetarium at Mystic traveled to the Pacific recently and did his own research of the Polynesian skies! This show offers a unique perspective on star lore as well as navigation. We will view the night sky as seen from Honolulu, Hawaii while learning about how the people of Polynesia could find their way across vast distances of ocean without any tools of technology.



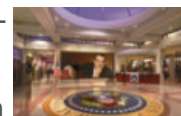
Tues., Feb. 14—Selma to Montgomery National Historic Trail

The Selma to Montgomery National Historic Trail was established by Congress in 1996 to commemorate the events, people and route of the 1965 Voting Rights March in Alabama. The 54-mile-long national historic trail begins at the Brown Chapel African Methodist Episcopal (A.M.E.) Church in Selma and then follows the 1965 historic routes of the Selma to Montgomery voting rights marches through the city. Join us as we visit this site which stands as an enduring testament to the long struggle and sacrifices made by many individuals to preserve the right to vote as a fundamental cornerstone of American democracy.



Tues., Feb. 21—Richard M Nixon Presidential Library and Museum

Born on January 9, 1913, on his parents' citrus farm in Yorba Linda, California, Richard Milhous Nixon's life spanned eight decades. Join us for a virtual tour of the library and museum from a presenter who will share the stories from the museum that cover much of President Nixon's life and his extraordinary accomplishments prior to becoming the 37th President of the United States.



Tues., Feb. 28—New River Gorge National Park, W VA

We're off to to see America's Newest National Park in "Wild Wonderful" West Virginia! In December 2020, this 73,000-acre slice of paradise, encompassing a whitewater river, limestone cliffs and deep canyons, became the country's newest national park. The lifeblood of the park is the New River, and despite its name it is believed to be one of the oldest rivers in the world. For more than 260 million years, it has run. Join us as discover the breathtaking beauty of this park, and see for yourself why it is referred to as "Almost Heaven"!





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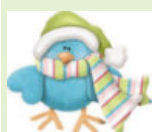
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ATTENTION SNOWBIRDS!

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 COA will be closed on the following:

- New Year's Day, Jan. 2
- Martin Luther King Day, Jan. 17
- President's Day, Feb. 21

MONDAY MATINEES

Attention Downton Abbey fans! The month of February, the COA will be showing two Downton Abbey movies. Show times are at **1:45 p.m.**



Mon. Feb. 6 — The Crawleys and their intrepid staff are preparing for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leaves the future of Downton hanging in the balance.



Mon. Feb. 27 — The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.

Call the COA at 781-659-7878 to sign up.

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