



# Prime Times

MAY/JUNE 2022

Chairperson:

John Mahoney

Outreach Coordinator:

Dee Dee Rogers

Director:

Susan Curtin

Program Coordinator:

Debbie Blackington

## DIRECTOR'S NOTE

Spring is here and lots of things are happening around the center. We are thrilled to have visitors return to lunch in person, this means however that there won't be as many grab & go events. We hope you'll consider joining us in person for some of our other great upcoming programs too. Also, don't forget to sign up for the Walk Massachusetts challenge. You could win a gift certificate and we could win monies to support our wellness classes. Check out page 3 for details.

Town Meeting is scheduled for May 9 at 7:30 p.m. We will provide limited transportation for those who wish to attend. There are a several articles worth looking at, but one in particular is sponsored by the Council on Aging and Recreation Commission. We are seeking funding for a needs and site assessment to possibly build a multigenerational community center that would house both the senior center and recreation. With the space limitations for both our departments, we feel that the best use of resources is for us to explore existing town owned properties for the future site of a multigenerational community center. We invite you to watch our presentations to the Advisory and Select Boards for more details. Links to these meetings and our presentation can be found on our page under the Town of Norwell website. This is the first step in the process to determine if there is an interest and or need in the community, as well as identify any potential sites for a new facility. Based on the outcome of this review, next steps will include determining where this project falls in priority of the Town's capital plan, as well as identifying funding resources. We anticipate that a building project, if it comes to bear, would not happen for a few years. We appreciate your consideration and support.

In June, we will also begin a separate needs assessment process with the Center for Social & Demographic Research in Aging Gerontology Institute at UMass Boston. The purpose is to help us look at senior center services and programming both for today and in the future. It will also help us identify needs and barriers to aging in Norwell. This final report will be shared with Town leadership to help us develop a strategic plan to support older residents in the future. Surveys will be sent to residents age 50 and older in the upcoming months. We ask that you please take the time to complete

and return it to us. There will also be opportunities to participate in focus groups. Your input is very important and the more honest the responses, the better we can plan for future needs. This assessment is funded by a formula grant, provided by the Executive Office of Elder Affairs.

And finally, don't miss the bi-annual Norwell Summer Fest event that will be held in the center of town on Saturday, June 11. Be sure to stop by and say hi to us at our booth. Wishing you all a safe and healthy spring!

Respectfully,

*Susan Curtin*, Director

## TOWN MEETING NEWS

**Special and Annual Town Meetings** are scheduled for **May 9, 2022**, at the Norwell Middle School Gymnasium at **7:30 PM**. Transportation can be available for those unable to drive, who wish to attend. Ride reservations must be made by May 4 by calling the senior center at 781-659-7878.

Some of the articles that may have impact on older residents include:

- **#15** - Accessory Dwelling Bylaw submitted by the Planning Board & Select Board
- **#18** - Local Senior Circuit Breaker Tax Exemption proposal submitted by the Board of Assessors & Select Board
- **#39** - Needs & Site Assessment for a Community Center/Senior Center building submitted by the COA, Recreation Commission & Select Board
- **#48** - Reduction in Dog Licensing fees for seniors submitted by the COA



**Annual Town Election is May 21, 2022** at the Norwell Middle School Gymnasium. Since there are no contested races, **polling hours 10:00 a.m. to 2:00 p.m.**

Absentee ballots will be available from the Town Clerk's Office. Please call their office at 781-659-8072 for more information.

### OUTREACH NEWS by Dee Dee

#### IMPORTANT INFORMATION FOR MEDICARE RECIPIENTS – PLEASE READ

I've served as a Certified SHINE (Serving Health Insurance Needs of Everyone) Counselor since 2015, in my position as Outreach Coordinator.

This is a role that in many centers, is performed by a volunteer. We felt strongly that Medicare counseling should be part of our outreach efforts, which is why I originally became certified. I truly enjoy helping residents navigate their journey into Medicare. During consultations, I use SHINE approved information, as well as documents that have been developed by Peggy McDonough. Peggy is a highly respected, retired Regional SHINE Director, with over 30 years of experience in the SHINE program. She was the Director who trained me when I first became certified and continues to be my mentor.

Outside of formal SHINE meetings, I meet regularly with a group of other seasoned counselors, with Peggy as our guide. Together we discuss case studies, review Medicare documents, create informational documents and share best practices. We spend countless hours researching and reviewing information to ensure accuracy and to prepare documents that are user-friendly and easy to read for our counseling meetings.

Recently, all SHINE Counselors were notified that to remain certified, we can no longer use documents and charts that are not officially issued by SHINE. This means I can no longer use documents developed by Peggy or our team. Without them, I feel I cannot provide you with the best available information or the level of service that you deserve.

After great deliberation, COA Director Susan Curtin and I have decided that I will no longer be a Certified SHINE Counselor. I will, however, continue to assist Norwell residents on your Medicare journey as an Independent Medicare Counselor. Please be assured that I will continue to educate myself about Medicare changes, meet with a dedicated group of counselors to share best practices and information, and continue to provide unbiased information to help you make your decisions.

On a separate note, in March, I was recertified as a Certified Application Counselor with MassHealth. I look forward to continuing to serve those who seek assistance with navigating Medicare and MassHealth.

### MEDICARE RECIPIENTS



We are offering a series of learning sessions on how to navigate the Medicare.gov website. In order to manage your prescription benefits and find the best coverage with the lowest cost for your medications.

Every year during Open Enrollment, it is very important to make sure you are in the best plan for your particular needs. Formularies and premiums change, you can save hundreds and even thousands of dollars!

Please call 781-659-7878 to sign up for one of the sessions listed below.

- **Wednesday, May 11 at 10:00 AM**
- **Tuesday, May 31 at 2:30 PM**
- **Wednesday, June 15 at 2:30 PM**

### 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!



### 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](http://www.mass.gov/RMV) or by calling 857-368-8005. The designated RMV service centers in our area are: Braintree, Brockton and Plymouth.

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#### FROM THE VETERAN'S OFFICE



It's my pleasure to announce that on Memorial Day 2022, we will hold a parade with the Norwell High School Marching Band! It's been a long time since we were able to do that and everyone I have spoken to is pleased to honor our veterans as we have for so many years! As we get closer to Memorial Day, a definite schedule will be announced!

There are two other civic projects worth noting. Roadside Flag Decorating: Two years ago I started a roadside flag decoration project. It began on Main St., but several people have put them on other roads and it continues to grow. About 1,300 flags were distributed and displayed around town last year. If you received flags in the past, I hope you will put them out sometime in the 10 days before Memorial Day. This is a strictly volunteer program and **VOLUNTEERS ARE NEEDED TO HELP** with this rapidly growing project, regarding requests for information, flags, donations, etc. If anyone needs replacements, wants to participate or wants more information about volunteering, please call the **Veteran Service Office at 781-659-8004**. Thank you very much to all the folks who have helped for the last two years. Many residents have called the Veteran's office to comment on how nice Main St. looks with the flags on display in front of the houses.

Veteran Home Repairs: I recently began a project to assist with minor home repairs to homes owned by Norwell veterans. This is mostly for folks who need help repairing or fixing minor painting, electricity, or plumbing. The work is free and material cost varies. We are always looking for volunteers who have a few hours to assist, especially in the scraping & painting endeavor. Please call my office at 781-659-8004 for more information. Dave Osborne, Veteran Service officer



#### CORNHOLE ANYONE?

Join us for cornhole in the parking lot on Mondays beginning June 6 at 11:00 am. Open to adults of all ages, from beginner and 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.



#### WALK MASSACHUSETTS STARTS MAY 1!

Let's get ready to walk! May 1, 2022 is the official kick-off of the "Walk Massachusetts" challenge!

Walkers who complete one of four challenges will be entered to win a gift card and our senior center could win up to \$1,000 for our wellness programs. You'll have an easy way to track your progress online.

For those who have difficulty walking, you can still participate! This year, the program is open to everyone ages 5 and up. Those under 60 can be a designated (sponsor) walker for parent, grandparent, neighbor or friend who cannot walk themselves. Just enter the senior's name when you register. No fundraising is involved, just a great way to have some fun with family and friends and possible help the Senior Center!

For more information or to register visit [www.walkmachallenge.com](http://www.walkmachallenge.com). If you don't have access to a computer, no worries, we can help you register and track your progress! So let's get ready to walk Norwell!

#### JOIN OUR WEDNESDAY 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 Wednesday 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. Join us for an informational meeting on Wed., May 18 at 10:30 a.m. Be sure to stay for the Tick Awareness Talk following at 11:30 a.m. To register, please call 781-659-7878.



#### NORWELL SUMMER FEST 2022!

Don't miss this wonderful community event! Be sure to stop by our tent to say hello and meet some of our staff, volunteers and Friends. Come learn more about our programming and services See you there!

### 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](http://www.nvna.org/nvna-supports) or the COA page at [www.townofnorwell.net](http://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](http://www.townofnorwell.net)



#### CHAIR YOGA with Ana

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

**How to participate in this class:**

**At the COA:** Fridays at 9:30 a.m.

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

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

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

### SIGNING UP FOR AN EXERCISE CLASS

Pre-registration is required for our exercise classes by calling 781-659-7878. If you cannot attend, please let us know since we may have a wait list. At this time, if you are fully vaccinated, masks are optional. If you are not fully vaccinated, wearing a mask is still required. Thank you for your understanding as we work hard to keep everyone safe.

#### **FITNESS SAFETY POLICY:**

*Please remember to consult with your physician before engaging in any physical activity program. By participating in these online exercise classes you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructor in these online classes may be physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.*

### TAI JI QUAN—MOVING FOR BETTER BALANCE, IS STARTING AGAIN MAY 11 If you didn't get in the last session, here is your chance!

The purpose of the class is to use an adapted Tai ji Quan exercise program to help improve balance, mobility, walking, physical and mental well-being. These exercises have been tailored to train balance, self-awareness and controlling body movements while performing activities of daily life and reducing incidence of falls. The class will be 48 weeks and is not a drop in class. Commitment to either Weds. at 9 am class OR Thursday at 3:15 pm. Call 781-659-7878 to sign up.



### NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure with the NVNA is available on Monday, May 16 and Monday, June 13 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!



### LUNCH AT THE COA

We invite you to join us and see old friends and make new ones. **Lunches are currently open to Norwell residents and out-of-town volunteers.**

**IMPORTANT:** Please keep in mind that the Council on Aging or Friends subsidizes the cost of the lunches. **If there are no-shows or last minute cancellations, we still need to pay the full cost of a meal.** If you sign up and need to cancel, please call us as soon as possible, so that we can open it up to our wait list or adjust our order. Thank you for your help and understanding.

**Please note that our food events, on site or Grab 'n Go, are extremely popular and often are limited in number. Although we have sign up deadlines, capacity may be reached before then. Don't delay in signing up if you are interested, and please cancel if you find you can't come, as we often have a waiting list. Lunches will be held on the following dates and times:**

**Wednesday, May 11,  
Taco Lunch at the COA  
@12:30 pm, Cost: \$5**

It's Cinco de Mayo plus 6! Come join us at the COA for a delicious Taco lunch by Susan. *Limited seating. Norwell residents only.*

**Thursday, May 19,  
Teriyaki Chicken Wraps at the COA  
@12:30 pm, Cost: \$5**

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

**Monday, May 23  
American Chop Suey 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. Norwell residents only.*

**Thursday, June 9,  
General Tso's Chicken Lunch at the COA  
@12:30 pm, Cost: \$5**

Enjoy this delicious lunch from Norwell Public Schools. *Limited seating. Norwell residents only.*

### Celebrating Moms & Dads



**Friday, May 13 (Your Lucky Day!)  
Mother's Day Lunch @ 11:30 am,**  
Norwell Moms—it's our annual Mother's Day Tea at the COA, don't miss out! **Sign up ENDS May 9.** This event is free, courtesy of the Norwell Women's Club

and flowers from the Norwell Garden Club. **For those who don't feel comfortable to gather in a group, a Grab & Go will be offered 12:00 p.m. - 12:30 p.m. Norwell Moms and out-of-town volunteers only.** Arrangements will be made to deliver to those who are unable to drive. Please indicate your preference at sign up.



**Thursday, June 16,  
Father's Day BBQ Lunch at  
the COA @ Noon**

Raising kids is a tough, but rewarding job. So this lunch is all about our Norwell Dads only! Sign up for and enjoy this much deserved delicious lunch. Sign up deadline: **Mon. June 13** **For those who don't feel comfortable to gather in a group, a Grab & Go will be offered at 12:30 pm. Norwell Residents Only.** Arrangements will be made to deliver to those who are unable to drive. Please indicate your preference at sign up. *Limited seating. Norwell fathers only please.*

### UKULELE

**Come to Ukulele class** Tuesdays at 9:30 am. Please sign up by calling the COA so we know how many people to expect. The fee is \$10 per class payable to the teacher. Call 781-659-7878 to sign up.



### DRUMMING with Ed Sorrentino

Enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on Friday, **May 20 and June 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 also welcome based on space availability.



*"This program is supported in part by a grant from the Norwell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."*

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### 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](mailto: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.

### Lifelong Learning Planning Volunteers

Learning, discovery and exploration help us find meaning and purpose at every stage of life. From cooking to kayaking, arts to science, sports to history, there are many ways to engage in lifelong learning. We are looking for a group of committed volunteers to help us begin creating a formal lifelong learning program to kick off in September. Classes can be a simple brown bag lunch discussion or a multi-week topic. We are also looking for individuals with a broad range of general interests or professional experience interested in sharing your knowledge to lead a program or discussions. Please contact Susan at 781-659-7878 or email [scurtin@townofnorwell.net](mailto:scurtin@townofnorwell.net) for more information.

### 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.*

#### FIRST TRIP: ENCORE on Tues., June 14

Departs Norwell COA at 9:00 am on a luxury Coach to The Encore Boston Casino. You'll receive a Casino Bonus of \$20 slot play on arrival.

Return @4:00 pm

Cost: \$35 pp. Sign up

Deadline: May 20 or until full

Make check payable to: Fox Tours

Fox Tours is currently requiring all passengers to have had the Covid-19 vaccine as a prerequisite to

travel to ensure everyone's safety and wellbeing. Current CDC guidelines require all passengers to wear masks while traveling on the coach. **BE SURE TO BRING YOUR VACCINATION CARD AND LICENSE.**

#### NARRAGANSETT LIGHTHOUSE CRUISE on Weds., July 27

Departs Norwell COA at 9:30 am on a luxury Coach to Quonset Point Officer's Club for a full course luncheon including a garden tossed salad, entrée of fresh baked scrod or baked chicken with lemon, mashed potatoes and green beans, chocolate cake dessert and a choice of coffee or tea. Then board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour including 10 beautiful lighthouses and a Newport Harbor Tour. Cruise under breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights. Return home at @ 5:30 pm.

Cost: \$109 pp. Sign up Begins: May 31

Deadline: until full or no later than June 29

Make check payable to: Fox Tours

Must be vaccinated with two shots, have license and vaccination card to board bus.

#### ***More Trips slated, watch for flyers***

*August: Newport Playhouse lunch and play "Murder at Howard Johnsons"*

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

# SUPPORT OUR ADVERTISERS!



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### iPAD LOANER PROGRAM UPDATE



We are excited to offer an iPad loaner program for Norwell residents ages 60 and older. This is a great way to try it out before purchasing one or accessing our virtual programs for those who can't 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.

### ART FOR YOUR MIND with Jill Sanford—



**Art For Your Mind** is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds – artists and non-artists alike. Join Jill for her outstanding presentations at the Norwell COA on:  
**Thursday, MAY 26 at 1:30 p.m. for Norman Rockwell**, Sign up deadline: May 23  
**Thursday, JUNE 23 at 1:30 p.m. for Van Gogh**  
Sign up deadline: June 20.  
Call the Norwell COA 781-659-7878

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



### DO YOU NEED TECHNICAL HELP?

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



### 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.

### QUILTING

Have you always wanted to learn to quilt? Do you quilt but need some assistance with a project? Come join the Quilting Group, led by instructor Mary Merritt on **Fridays at 1:00 p.m.** For more information, call 781-659-7878.



### 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.

### GROW YOUR BUSINESS BY PLACING AN AD HERE!

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

**CONTACT US!**



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### ARMCHAIR TRAVEL TO GREECE

Join us for a walking tour through Athens!

**Tues., May 3, at 10:00 am**

Meet online at home or at the COA and journey to where modern life meets the ancient, and where ambience flirts with the bohemian. Walk on the oldest street of Athens called Tripodon, located in the famous Plaka area, see some amazing sites of the past, and marvel the sacred rock of Acropolis from afar. See the best of Athens, and find out a little more about the Ancient Greeks' daily routine and compare it with a day in the life of a contemporary Athenian. Call 781-659-7878 to sign up today!



### ARMCHAIR TRAVEL TO CROATIA

Join us for a walking tour of Zadar!

**Weds., June 15 at 10:30 am**

Via Zoom or at the COA travel to Zadar, a city where ancient architecture and modern art combine. Walk through beautiful Zadar and get to know its history which spans 3,000 years! Some of the sites you will see are: 5 Wells Square, remains of ancient Gates and ancient city walls of the 16th century, city walls and Land Gates (UNESCO protected), ancient pillar from a Roman temple, Church of St. Simon, Kalelarga main street, Ancient forum, Cathedral of St. Anastasia, Sea Organ. Call 781-659-7878 to sign up



### COVID MASK UPDATE

The senior center is a mask friendly environment that welcomes those who are **fully vaccinated** to wear a mask if they desire. Please keep in mind that some people may choose to continue to wear a mask due to health reasons, please be respectful of that decision.

- If you are **not vaccinated** please wear a mask.
- If you are riding on the COA van, masks are strongly encouraged.

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

### SUSTAINABLE GARDENING WITH HOLLY HILL FARM

**Thurs. May 19 at 1:45 pm**

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 with various practices. 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 Monday, May 16.**



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

**Monday, May 16 at 11:30 am**

Looking to spice up your food? From savory to spicy, come make your own mixed seasoning packets using our herbs and spices. Participants will learn about different seasonings and make their own mixes to take home. Over 30 different herbs and spices will be available to make your own mix. **Sign up deadline: Thurs., May 12. Call 781-659-7878 today!**

### UPCOMING PROGRAMS WITH JUDY MACIOCI VIA ZOOM /OR AT THE COA BACKYARD ASTRONOMY

We have so many questions about our Universe. Where does it begin and end? Who else is out there, are we alone in the universe? What other planets are beyond our solar system? These and many more topics will be discussed when we study our backyard astronomy. Join Judy Macioci **Thurs., May 12, at 1:30 pm. Sign up deadline Tues., May 10 by 2pm. Call 781-659-7878!**



### INTRODUCTION TO BIRD WATCHING

Join Judy as she shows and discusses this fun video she created with NSTV to show the many ways you can become a good bird watcher! Learn the basic skills to identify the common birds in our area and witness some of their characteristics and songs. There will be some items on display to handle and observe. **Thurs., June 30 at 1:30 pm. Sign up deadline is Tues., June 28. Call 781-659-7878!**



### 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.

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### 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.

### TICK SPRAYING AND TICK TALK

Ticks are out and it's best to be safe and informed. Plymouth County Entomologist Educator, Blake Dinius joins us on



**Wednesday, May 18 at 11:30 am** to spray a pair of shoes that you bring, and while they dry, he'll update and inform you about this year's tick season. Sign up by calling the COA at 781-659-7878. Sign up deadline Monday, May 16.

### MOVIE MATINEES RETURN!

#### With 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.



#### MAY

**Mon. May 23 — *The Biggest Little Farm***  
1hr. 31 min., (2018) PG Documentary  
John Chester and his wife Molly work to develop a sustainable farm on 200 acres outside of Los Angeles. 4.8 Stars out of 5.



#### JUNE

**Mon. June 27 — *Secondhand Lions***  
1hr. 49 min., (2003) PG Comedy, Drama  
A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. 4.8 Stars out of 5.



The senior center will be closed on the following dates:

- **May 30: For Memorial Day**
- **June 20: For Juneteenth**

### 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., May 3—"Our Girls Over There": The Hello Girls of World War I**



#### **National Museum of the US Army**

During World War I, over 200 women served the American Expeditionary Forces as telephone operators connecting calls between the front line and higher headquarters. The women, nicknamed the "Hello Girls," worked tirelessly, under at times combat conditions as the first women to actively support combat operations. Learn more about how these female telephone operators were recruited for specific skills and how their contributions were critical to effective U.S. Army wartime communications.

### **Tues., May 10— Exploring Southeast Arizona National Parks**



Deserts, mountains, and grasslands, oh my! People are often surprised by the diversity one can find in Southeast Arizona. Our three parks are located in the Sky Island region, which is one of the world's premier biodiversity hotspots. Come explore the unique rock formations of Chiricahua National Monument and more!

### **Tues., May 17—"Invasion of the Body Snatchers" - The Plot to Steal Lincoln's Body** **Abraham Lincoln Presidential Library and Museum/Illinois State Museum**



It was a comedy of errors! Incompetent robbers tried to steal Abraham Lincoln's body and bumbling officials almost let them get away with it. Learn about this dramatic story from Abraham Lincoln Presidential Library and Museum research historian, Jacob Friefeld, Illinois and Midwest Studies Research Historian.

### **Tues., May 24—Virtual Tour with National Air and Space Museum (VA)**



Our own personal docent will take us on a tour of the National Air and Space Museum's one-of-a-kind collections! Hundreds of historically significant air and spacecraft, along with thousands of small artifacts, are on display in an open, hangar-like setting. Highlights in this companion museum to the one in DC is the Space Shuttle Discovery; B-29 Superfortress Enola Gay; Concorde, Lockheed Martin SR-71 Blackbird; Boeing Stratoliner.

### **Tues., June 7—James A. Garfield National Historic Site**



At first glance, Abraham Lincoln and James A. Garfield have some obvious similarities: they were both bearded Republican presidents struck down by assassins. But there's much more to the story than that! This presentation will explore many of the similarities and differences between the nation's sixteenth President, Abraham Lincoln, and its twentieth President, James A. Garfield.

### **Tues., June 14—Exploring Lincoln in Washington: National Mall and Ford's Theatre**



Ford's Theatre and The National Mall and Memorial Parks join forces to explore what Washington, D.C., was like for President Lincoln and how the city has grown and changed over time. Examine places that mattered to Lincoln during his lifetime and places where he matters to us today, including the U.S. Capitol, Washington Monument, Lincoln Memorial and Ford's Theatre. In this interactive program, participants will look closely at historic and contemporary images of Washington D.C. including maps, photographs and illustrations.

### **Tues., June 21—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. Though many theories have been suggested, we still aren't sure as to its purpose. All we can assume is that the Casa Grande must have been very important to the people who built it. Join us as we learn about this fascinating mystery in Arizona!

### **Tues., June 28—Truman Presidential Library: The Upset of the Century**



Truman's approval in 1948 was at an all-time low. Still, he enjoyed being President and threw himself into the challenge of his longshot reelection bid. His aggressive cross-country "Whistle Stop" campaign began nearly broke. Defections by southern "Dixiecrats" on the right and Henry Wallace supporters on the left endangered the party. Yet these setbacks only energized Truman. He predicted victory using his own electoral calculations. Traveling via train, he met with midwestern farmers and cheering crowds in Harlem in the last campaign where television did not play a role. His win over Thomas Dewey was one of the greatest upsets in U.S. political history.

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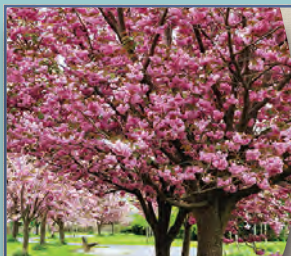


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#### **DON'T USE SOCIAL MEDIA? SIGN UP FOR OUR EMAIL NOTICES!**

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.

#### **Wanted: Hospitality Volunteers**

As we begin bringing our lunches back in person, we are looking for a few additional Hospitality Volunteers to assist us with setting up, serving and cleaning up after lunches. We are also looking for a volunteer Hospitality Coordinator who is willing to help oversee our volunteer pool to include scheduling and managing supplies. Volunteers are required to complete an application and subject to a CORI check. If you are interested, please call the center at 781-659-7878.



#### **FINE ARTS FESTIVAL**

The COA Over The Hill Gang artists joins student artists and musicians at the 2022 Fine Arts Festival at Norwell High School on **Thurs., May 26, 5:00 p.m.—7:00 p.m.** Please come and support these talented artists of all ages.



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