



Norwell



Navigator

Live Well, Age Well, Norwell

JULY/AUGUST 2023

Chairperson:

John Mahoney

Program Coordinator:

Debbie Blackington

Director:

Susan Curtin

DIRECTOR'S NOTE

Well, what a send-off we had for Dee Dee Rogers! Thank you to everyone who helped with the party and especially to everyone who stopped by to wish her well in retirement! We will all miss her very much but look forward to having her come back to visit.

As of this writing, we are still interviewing candidates for the Community Services Coordinator position. Our hope is to have someone ready to begin by mid-summer. During this transition we ask for your patience and understanding, as we work to help support you. It's hard for us too.

Do you remember Martha Reeves and the Vandellas singing "Summer's here and the time is right for dancing in the street?" Well, this year, the time is right for dancing on the patio! Thanks to the generous support of our sponsors Joseph's Garage and South Shore Cocktails, we are excited to bring you the "Music & Mocktails" summer series at the Patio on Pine! Be sure to check out page 14 for more details. You won't want to miss it!

Another addition is our new Forget Me Not Cafe. Often called a Memory Café, this program offers a safe and welcoming environment for people living with cognitive impairment and their care partner to come together for a social and recreational outing. They get to enjoy the company of others without judgment and no explanations needed. The name was suggested by a resident living with dementia. The idea is those with dementia not only worry about losing their memories, but also that their loved ones may forget the essence of who they were before receiving their diagnosis. We have some great activities planned beginning in July, so please check page 4 for more information.

This summer, our Friday schedule will vary, with the office closing half days or closed completely. Because our Friday programming is quieter in the summer, this will allow for staff to take vacation time as well. Please check the calendar for dates.

We are excited about all of the great programming that we have planned for the summer and even as we look towards the fall. We hope you will join us!

Respectfully,

Susan Curtin, MS

Director



BEAT THE HEAT AT THE COA

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



THANK YOU KATE VAUGHAN!

Kate Vaughan joined us 11 years ago as a Home Delivered Meals driver and then joined the COA Board 2 years later. Kate has been a fantastic, caring and dedicated volunteer for the COA. After a long run, Kate is stepping down and getting ready to take on other pursuits. We are very grateful for her dedication and support for the past 11 years! Thank you Kate, we'll miss you!



COMMUNITY HARVEST

Do you have a successful garden?

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

Call 781-659-7878.



2 - Norwell Navigator July/August

ARMCHAIR TRAVEL TO HELSINKI, FINLAND—A LIVE walking tour on Monday, July 10 at 2:00 pm.

Welcome to one of the most beautiful Nordic countries: Finland! On this live virtual walking tour we will explore



Finland's capital, Helsinki. We will see the most common areas at the center of this Nordic city such as the Helsinki Cathedral, the Orthodox Church, the city market square Kauppatori, the Finnish parliament, and the National Museum. We will sight see and discuss the historical significance of each, we will also talk about local culture, foods, and more!

Call for the link or come to the COA, but sign up at 781-659-7878.

ARMCHAIR TRAVEL TO LUXOR TEMPLE, EGYPT—A LIVE walking tour on Thursday, August 3 at 11:30 am.



Come for a walk through this incredible temple! Go through the processional avenue that leads to Luxor Temple. We'll talk about who built this amazing temple and what it was for, and the great Pharaohs that built it. We will start on the avenue of Sphinxes before making our way to the open court. This will lead us to the entrance of the temple itself. We will walk through the temple ending the tour in the back shrines leading to the open air museum. **Call for the link or come to the COA, but sign up at 781-659-7878.**

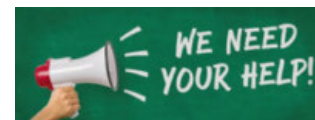
NFD "SENIOR SAFE" PROGRAM

The Norwell Fire Department is offering a free home safety visit for Norwell residents ages 60 and older, as part of our Senior S.A.F.E. program. The visit will consist of inspecting the existing smoke alarms and carbon monoxide detectors for proper operation, possibly replacing malfunctioning or expired smoke alarms or carbon monoxide detectors or making recommendations to have your system repaired or updated, as well as heating safety, storm safety concerns and assisting residents with other home safety concerns. To schedule an appointment, please contact Sean Ford at the Norwell Fire Department at 781-659-8158 or via email at sford@norwellfire.org



NORWELL HISTORICAL SOCIETY NEEDS YOUR HELP!

Looking For Norwell High School Year-books!



books! The Norwell Historical Society maintains an archive of photos, books and documents from Norwell's History. They are currently looking for Norwell High School year-books for the following years: 1928, 1929, 1937, 1943, 1944, 1945, 1951, 1969, 1977-78, 1983, 1988—2022.

If you have one to donate please contact Janet Watson at watsonje@comcast.net or visit the Norwell Historical Society website at Norwellhistoricalsociety.com and click on "Contact Us" under the "More" tab at the top of the page.

They would also love any photos or memorabilia related to Norwell Schools or bygone days in Norwell. They can scan photos, letters and documents if you don't want to donate them permanently. The Historical Society will be on site at the COA with coffee and refreshments to discuss their latest monthly display at the COA. Feel free to bring and share any items you may wish: **Tuesday, July 18 at 10:00 am and Tuesday, August 15 at 10:00 am. Sign up by calling 781-659-7878.**

SOUTH SHORE HABITAT FOR HUMANITY CRITICAL HOME REPAIR



South Shore Habitat for Humanity launched the Critical Home Repair Program that offers assistance to qualified seniors, veterans and families who are struggling to maintain their home. The program focuses on repairs that address health, safety and code issues. As with all Habitat programs, this offers "a hand-up, not a hand-out". This is not an emergency repair program and projects are based on current funding. For more information or to access the application, visit their website at www.sshabitat.org/critical-home-repair.

TELEPHONE CHECK IN Do you or someone you know live alone or have no family in the area? Are you recovering from an illness or a medical procedure or are frail? The Telephone Reassurance program 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 the COA, at 781-659-7878 for more information.



THURSDAY WALKERS

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



THURSDAY WALKER NEWS!

On May 18th the Norwell COA Walkers Group celebrated their 1-year anniversary. At the start we had 7 members including Linda Doyle who was recognized as the first original member. In April, Linda also participated in the American Cancer Society walk that required you walk 100 miles in 30 days. She has brought other walkers into the group and is always cheerful. The walking group now has over 20 members and walks Tuesday and Thursdays and Linda is there with a smile on her face. Congratulations!

THURSDAYS WERE NOT ENOUGH—SO NOW THERE ARE TUESDAYS TOO!

TUESDAY TRAVELERS

Do you like to walk, but can't attend our Thursday group? Do you love the Thursday group and want more? Solution: 'Tuesday Travelers' has now been added to the calendar! It's a bit different, because you'll meet at different locations, but for the most part, you'll be with the same awesome group. Call the COA to sign up and we'll put you in touch with the group leaders. 781-659-7878



NORWELL FOOD PANTRY

The Norwell Food Pantry is open to support Norwell residents, on Thursdays from 2 p.m. – 4 p.m., located at Norwell Town Hall, at 345 Main St.

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!



CHANGES TO PROGRAM FEES

Over the past three years, we've been very fortunate to offer all of our wellness classes and many lunches for free. However, in the new fiscal year beginning July 1, we will see reductions to our programming budget. Much of this is due to COVID-related funding that is ending. We know how popular many of our programs are and don't want to lose them. To help maintain our programs, we will begin charging fees or asking for a voluntary donation. We understand that this may be financially challenging for some. If you are experiencing a hardship, please come see me. Conversations are confidential and we don't want to lose you. In the meantime, we continue to explore grant and other funding opportunities to help out. We appreciate your understanding and support.

UKULELE



Tuesday's Ukulele class will resume on September 12. 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.

FRIENDS CORNER— *Who are we?*

The Friends of the Norwell Council on Aging, Inc., is a volunteer, non-profit 501(c)(3) organization whose mission is to support the Norwell COA through donations and fundraising events used to subsidize programs and supplement the financial needs of the Council on Aging not funded through the municipal budget.

We assist the Council on Aging by:

- Providing emergency assistance for Norwell residents experiencing unexpected financial crisis.
- Hosting and funding holiday parties, luncheons and barbeques
- Donating gift cards to seniors in need
- Providing for bimonthly mailing of the Norwell Navigator newsletter, to 1,600 households
- Funding a variety of cultural and arts programs including science, art & travel
- Helping with equipment, supplies, and a variety of other needs

Board Members-Friends of the COA are

Pat Butler, President,
Molly Costello, Vice President,
Caroline LaCroix, Treasurer,
Bernie Perry, Kathy Concillio, Penny Kapolka,
Jim Forti, Kathy Hassell, Margaret Lynch

DEMENTIA RELATED RESOURCES

FORGET ME NOT CAFÉ BEGINS IN JULY!

Do you or someone you know live with a cognitive impairment? Are you looking for social opportunities? If so, join us as we kick off our "Forget Me Not Café". Often called a Memory Café, this program offers a safe and welcoming environment for individuals with cognitive impairment and their care partner to come together for an entertaining, social and recreational outing. You can enjoy the company of others who may share a similar journey. The name was suggested by one of our Dementia Action Team members who is living with dementia. The idea was those with dementia not only worry about losing their memories, but also that their loved ones may forget the essence of who they were before receiving their diagnosis. Check out the schedule below for more information on dates and themes. Registration is requested by calling 781-659-7878. We understand that sometimes you can't plan ahead and we'll welcome walk-ins. *This program is made possible through a Title IIIb grant through South Shore*

Elder Services and the Executive Office of Elder Affairs.

WE WANT TO HEAR FROM YOU!

If you or a loved one are living with dementia or are a caregiver, we'd like to hear from you!

Take Our Survey: We are developing a survey that will be available on July 15. This will help us to better understand the needs in our community and help to plan for future programming and support. Be sure to check our web page www.townofnorwell/council-aging on July 15.

Register with the COA: Please consider registering with the Council on Aging. We maintain a confidential listing of residents including emergency contacts. This information is only shared with the Fire and Police Departments in the event of an emergency. Letting us know if someone in your home is living with a cognitive impairment also allows us to reach out if there is programming or support that may be available to assist you. To register, please call the office at 781-659-7878 or email Susan at scurtin@townofnorwell.net.

OTHER LOCAL MEMORY CAFES

Bridgewater:

1st and 3rd Thursday of each month
Coffee 10 A.M.
Program 10:30 A.M. - 11:30 A.M

Duxbury:

In person:

1st and 3rd Thursday of each month
10 A.M. - 11:00 A.M.

Virtual:

2nd and 4th Thursday of each month
1:00 P.M. - 2:00 P.M.

Hull:

3rd Thursday of each month
11:00 A.M. - 1:00 P.M

Marshfield:

First Monday of each month
1:00 P.M. - 3:00 P.M.

Pembroke:

3rd Tuesday of each month
1:30 P.M. - 3:00 P.M.

Forget Me Not Café

Summer Schedule

Norwell Council On Aging
293 Pine Street
Norwell, MA 02061



JULY 14 11:00 A.M - 12:00 P.M.	BEACH PARTY SANDCASTLE BUILDING COMPETITION
JULY 25 1:00 P.M - 2:00 P.M.	CAMPFIRE BANJO PLAYER AND STORYTELLING
AUGUST 11 11:00 A.M - 12:00 P.M.	SIGHTSEEING WATERCOLOR PAINTING WITH ARTIST
AUGUST 29 1:00 P.M - 2:00 P.M.	END OF SUMMER PICNIC VISIT FROM SKIPPER THE DOG

 This program is made possible in part by a Title IIIb grant through South Shore Elder Services.

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. and Thursdays at 10:30 a.m. with Phyllis

Join Instructor Phyllis Shea on Tuesdays and Thursdays 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.



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.



DRUMMING **with Ed Sorrentino**

Enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on **Friday, July 21 at 11:00 am.** **There will be no Drumming in August, but Drumming will return in September.** 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.

AT HOME HEARING HEALTHCARE

FREE Hearing Clinics/evaluations are available at the COA on **Monday, August 7 at 11:00 a.m.** Call the COA 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.

NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure with the NVNA is available on **Monday, July 17 & Monday, Aug. 21 at the COA 10:30 a.m. - Noon.**

Sign up by calling 781-659-7878.



LOW VISION SUPPORT

Low Vision Support Group returns! If you would like to be part of this support group, meetings are on Mondays July 31 and August 28 at 11:00 a.m. Call to sign up!



COFFEE WITH A COP

Join our Senior Resource Officer Sean Sutton and other members of Norwell Police Department for a monthly Coffee with a Cop. This is an opportunity to discuss scams and other safety issues and concerns as well as hear about initiatives with the Police Department. This is a drop-in event on the **second Wednesday of the month at 9:00 a.m.**

LOOKING FOR A BOARD MEMBER!

The Norwell Council on Aging is currently looking for a new Board Member to fill an upcoming vacant seat. If you are interested, please contact Susan Curtin at 781-659-7878 for more information.





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

MON., JULY 17, 12:30 PM - \$5

Greek Salad w/Grilled Chicken and Brownie Sundae by the Friendship Home

MON., JULY 31, 12:30 PM Cost: \$5

Picnic on the Patio—Turkey Sandwiches

MON., AUGUST 7, 12:30 PM Cost: \$5

Picnic on the Patio—Chicken Salad Sandwiches

MON., AUGUST 21, 12:30 PM Cost: \$5

Picnic on the Patio—Lobster Rolls
-For Norwell Senior Residents Only. Spots are Limited! *A special thank you to Lobster Express for your generous donation!!*

THURS. AUG. 31, 12:30 PM - \$5

BBQ Ranch Grilled Chicken with Bacon-Ranch Pasta Salad by the Friendship Home

JOIN US ON THE PATIO ON PINE!



BBQ's SEASON!

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

Limited to Norwell residents. Limited seating.



Thursday, July 20 @ 12:30 p.m. - Join us at the COA as the Norwell Fire Department heats up the grill! Where there is smoke, it's always a great meal!



Thursday, August 17 @ 12:30 p.m. - Join us at the COA for the Norwell Police Department BBQ. Come on down and bring your appetite!



TEA AND TALK

Ladies? The gentlemen appear to have grabbed a corner on the Coffee and Conversation. Still interested in meeting up? Drop by **Mondays at 9:00 am.** Call 781-659-7878 to sign up so we know how much tea to brew!



COFFEE & CONVERSATION

Come meet current friends or make new ones at Coffee & Conversation on **Thursdays at 9:00 a.m.** Topics of the day run the gamut and we ask that conversations be respectful of others' opinions. Call 781-659-7878 to sign up.

FIELD TRIP TO CASTLE ISLAND!

Monday, July 24, weather permitting!



Join us via our van or meet us there for a day at Castle Island! Bring a picnic lunch or buy some clams and ice cream at Sullivan's. Our van leaves the COA at 9:30 a.m. and leaves Castle Island at 1:30 p.m. Call the COA office to sign up at **781-659-7878.** Van space is limited. Norwell resident priority. Trip is weather dependent.



I SCREAM! YOU SCREAM! LET'S HIT THE ROAD FOR ICE CREAM!

Join us at our destination, or ride the van with us to have ice cream at:

Dairy Twist on Tuesday, July 18, at 2:00 pm and Hornstra on Tuesday, August 15, at 2:00 pm

Each person is responsible for the cost of their own ice cream, except for one lucky winner chosen each day! **Call 781-659-7878 to sign up!**



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 are ONLY a 1/2 hour! If you do not arrive during this time, your Grab 'n Go may be given to someone on the waiting list.**
- 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.



GRAB & GO LUNCH, Tuesday, July 25 at NOON—12:30 pm

Drive in for this delicious lunch from Bridges by Epoch, Pembroke, including Cranberry Chicken Salad Roll-up, Tri-colored Tortellini Pasta Salad with Italian Balsamic Dressing and Oatmeal Raisin cookie. **Prior registration is required. Limited sign ups! Sign up deadline, space permitting: July 18. Call 781-659-7878 today!** You can also 'Grab and Stay' for a picnic on the patio, weather permitting! *Norwell Senior Residents Only. No Delivery.*



GRAB & GO S'MORES, Tuesday, August 9 at NOON—12:30 pm

Celebrate summer with this seasonal fun Grab 'n Go. **Sign up deadline: Norwell Senior Residents Only. No Delivery.**



GRAB & GO LUNCH, Monday, August 28 at Noon—12:30 pm

Drive in for this delicious lunch from The Cordwainer, Norwell, including Apricot Chicken over Pilaf and a Blondie Brownie with Chocolate Chips. **Prior registration is required. Limited sign ups! Sign up deadline, space permitting: August 21. Call 781-659-7878 today!** You can also 'Grab and Stay' for a picnic on the patio, weather permitting! *Norwell Senior Residents Only. No Delivery.*

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



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

- **Monday, August 14, at 9:30 a.m. departure from the COA for a 10:00 a.m.—Noon Pontoon Boat Ride**
- **Monday, August 14, at 11:30 a.m. departure from the COA for a Noon—2:00 p.m. Pontoon Boat Ride**

Limit 6 people per pontoon boat. Checks are to be made to: NSRWA for \$44.16 at time of sign up. If you choose to drive yourself, please be early as the boat will not wait!

BUSTING MYTHS AND GETTING SAVVY ABOUT SENIOR LIVING! (...with refreshments!)



Senior living expert, Jodi Tolman, from Oasis Senior Living, will present an informative program on **Wednesday, July 19, from 1:30 pm -3:00 pm.**

Busting Myths and Getting Savvy About Senior Living will help older adults and their families learn about the full continuum of housing options, from independent living, assisted living, memory care, and skilled nursing; when is the right time to make a move; how to find just the right community for yourself or a loved-one; what will it cost; and how will you pay for it! The goal of this presentation is to help you avoid the often overwhelming, confusing and time-consuming research necessary to find the right community. **All adults are welcome and encouraged to join their loved-ones for this very important program!** Please call the COA to register at 781-659-7878. And perhaps most important of all... **refreshments will be served!!**



TRANSPORTATION TO THE MARSHFIELD FAIR!

Marshfield Fair Senior Day is **Tuesday, Aug. 22.** If you would like to go, sign up by calling 781-659-7878. At this time, transportation drop off and pick up time is to be determined.

PROFESSIONAL SERVICES

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.



DISCOUNTED LIFETIME PARKING PASS TO STATE PARKS FOR SENIORS

Massachusetts residents age 62 or older are eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most State Parks, including Nantasket Beach.

Parking pass: fee \$10

To purchase a pass or for more information, contact the Department of Conservation and Recreation at **617-626-1250** or visit their website at www.mass.gov/how-to/get-a-senior-parking-pass.



**We hope
Every-
one
enjoyed
Father's
Day
Break-
fast!**



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.

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!

MONDAY MATINEES

Show times are at **1:45 p.m.**



Mon. July 17 — A MAN CALLED OTTO
PG-13 2 hrs. 6 min. 2022

Comedy, Drama
Tom Hanks, Mariana Trevino, Rachel Keller

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.



Mon. July 31 — TEA WITH THE DAMES

Unrated, 1 hr. 24 min. 2018
Documentary

Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith

Dames Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith get together for tea to reminisce and discuss their acting careers.



Mon. Aug. 7— 80 FOR BRADY
PG-13 1 hr. 38 min. 2023

Comedy, Drama, Sport
Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, Tom Brady

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

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

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.

CORNHOLE Tuesdays at 2:00 p.m.

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

RUMMIKUB Thursdays, at 11:30 a.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.** Please contact the COA by calling 781-659-7878.

PROGRAMS

WITH JUDY MACIOCI

Come to the COA for these two upcoming programs:



21 AMAZING FACTS ABOUT BIRDS FROM ALL OVER THE WORLD!

on Weds., July 26, 1:30 pm

Have you ever wondered what is the largest bird? The fastest, the most colorful, loudest and most aggressive bird ever? Learn the answers to these questions and many more and discover new information about our amazing birds.

CORAL REEFS on Weds., Aug. 16, 1:30 pm

Coral reefs are an underwater ecosystem which is so important to our planet. Learn about what they are (they are alive), where they are located, why they are becoming endangered and what we can do to help!!



To sign up for either or both of these FREE events call the COA at 781-659-7878.

ROCK PAINTING IN JULY with Mary Norwell residents only!

Come join Mary on Monday, July 24 at 1:30pm for Patriotic Rock Painting.

Cost: \$5. Limited space is available and advanced registration is required. Call 781-659-7878



ROCK PAINTING IN AUGUST with Mary Norwell residents only!

Celebrate the Seaside with Mary on Wednesday, August 23 at 1:30pm for Beach Rock Painting. Cost: \$5. Limited space is available and advanced registration is required. Call 781-659-7878



ENJOY AN EXCITING AFTERNOON OF MAGIC WITH ILLUSIONIST LYN DILLIES

A multi-generational event co-sponsored by
the Norwell Council on Aging and
the Norwell Public Library



From the grand stages of New York's Lincoln Center, to the glitter of Hollywood's Magic Castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Her show is guaranteed to fill your heart with magic!

For ages 10 and up.

July 12 at 2:00 pm at the Norwell Public Library.

Call the Norwell COA at 781-659-7878 to sign up for this FREE event.

Rides to the Library are available for Norwell Seniors.



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SENIOR LEARNING NETWORK

Senior Learning Network is taking a summer break but will be back in September with more outstanding programs on Tuesday afternoons at 2:00 pm. Check our next newsletter for details!



TRIPS!

UPCOMING TRIPS and Rules - Please Read Carefully!

The Norwell COA is pleased to offer a variety of trips with the COAs in Cohasset, Hull and Scituate. As we are working with various trip companies, please note payment procedures may vary, however-

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!

Please note: Trips through the Norwell COA are for Norwell residents. If you are interested in a trip and are not a resident, you may leave your name on a waiting list. If, as we get closer to the trip date, or if a substitution needs to be made, space may be available.

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.

We expect trips to fill quickly. Please note the date when registration opens and be prepared to sign up if you would like to have a spot.

Next Trips:

Thurs., Aug. 10: The Corvettes Doo Wop Revue

Cost: \$119

Registration sign up for this trip begins June 1 thru July 5, space permitting.

Travel to York, Maine for a rollicking ride



through the good old days of Rock & Roll with this fabulous touring group: The Corvettes, and enjoy a traditional Maine Lobsterbake at Fosters Lobsterbake. Your meal includes a whole boiled 1-1/4 lb. lobster, clam chowder, fresh steamed mussels, fresh Maine clams, corn-on-the-cob, potatoes & onions, blueberry cake, rolls, butter, and beverage **OR** a 1/2 BBQ chicken is available as a Non-Lobster Alternative!!

Thurs., Sept. 14: Charles Riverboat Cruise and Cheesecake Factory Lunch

Cost: \$110

Registration sign up for this trip begins July 5 thru August 4, space permitting

This 70-minute narrated cruise, hosted by Charles Riverboat Company, offers all the historic sights of Boston and Cambridge. Experience landmarks from Beacon Hill to Harvard, all while cruising along the Charles River on our climate controlled boat. After the cruise you will be treated to lunch at **The Cheesecake Factory**. Choose an entree from their fantastic menu, with cheesecake for dessert, of course! After lunch, take some time for shopping at the Cambridge Galleria.



Weds., Oct. 11:

NH's Foliage Splendor

Cost: \$129

Registration sign up for this trip will begin August 1 thru September 5, space permitting.

This trip not only includes the seasonal foliage of New Hampshire, but also includes a stop at the Granite State Candy Shoppe, in Concord, NH; and a luncheon at the Common Man Restaurant. Meal choices include: Apple Walnut Chicken or Baked Haddock, House Salad, Homemade Breads, Homemade Mashed Potato, Vegetable, The Common Man's signature Dessert, Coffee/Tea. We'll wrap up the day with a stop at Meadow Ledge Farm and country store, with a tractor ride through the orchard, hot apple cider and a cider donut, - donuts which WMUR Viewer's Choice ranks as the best in the state! Plus, everyone will receive a gift of Meadow Ledge's delicious Apple Cider Donuts to take home!



**Watch for flyers
for more trip details!**



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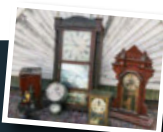
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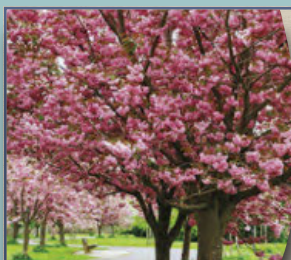
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MUSIC & MOCKTAILS AT THE PATIO ON PINE!

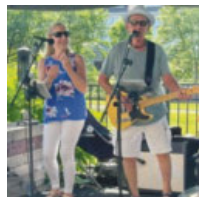


This summer, join us out on the Patio on Pine for **"Music & Mocktails" on the 2nd and 4th Thursdays of July and August, 2:30 - 4:00 p.m..** Each week we'll serve up a different genre of music along with a delicious signature mocktail, lemonade and iced tea. Sit back and enjoy the music or dance the afternoon away! Feel free to bring a lawn chair and your favorite snacks. We'll have a few reserved spots on the patio for those with mobility issues. In the event of rain, we'll move indoors.

Please register for these events separately, by calling 781-659-7878. Priority is given to Norwell residents and out-of-town guests are welcome based on availability. Here's the line-up!

July 13 Cruisin' - Classic rock

Cruisin', the biggest small band on the South Shore, Cape Cod, and the Islands. We are a unique duo, full of fun and energy that have been entertaining audiences of all ages for 20 years!! Everyone's toes tapping and feet dancing throughout the show!



July 27 - Blame the Whiskey - Country

Blame The Whiskey is an Americana/Country band from New England. The group was founded in April 2017 by Rebecca Carter Burke and David Alex-Barton. They were initially looking to create an acoustic country duo, but as their plans took off, so did the band, now up to seven members. We look forward to hosting their traveling trio!



August 10 - Play It Again Band - 50's & 60'
Shake, rattle and roll as you listen to the talented musicians of the Play It Again band. We are a live 5 piece band performing all the great hits of the last 100 years including rock 'n' roll, swing, Latin, and country. Play It Again features three amazing vocalists backed up by an array of instruments and a stellar sound system, playing fun, upbeat tunes for all ages. You never know what they'll play next, but you'll want to stick around to find out!"



August 24 - Les Sampou - Blues & jazz




Americana musician and award-winning songwriter Les Sampou got her start in the Boston folk scene and toured nationally and overseas for over twenty five years. Les has performed at such world-class stages as Montreal Jazz Festival, Toronto Blues Festival, SXSW, and Philadelphia Folk Festival, and has appeared on top-syndicated radio programs such as Acoustic Cafe, World Cafe, and NPR. Les won the coveted Kerrville Folk Festival New Folk Award and First Prize for Lyrics in the 2021 26th Annual US Songwriting Contest.

This series is made possible through the generous support of our sponsors Joseph's Garage and South Shore Cocktails. We look forward to seeing you out on the Patio on Pine!

BONUS EVENT

August 3 - SINGO with Jim the DJ Guy

 Never been to SINGO? It's BINGO but with music! Jim the DJ Guy returns with some great music, fun and prizes! Call the COA at 781-659-7878 to sign up!



LINE DANCING w/MAUREEN GODDING

We had so much fun in June that Maureen is returning to help us kick things up this summer. Join us on Friday, July 21 at 10:00 a.m. and Monday, August 21 at 10:00 a.m., out on the patio. You will learn terminology and movements and string them together in easy-to-follow dances. This class moves quickly and increases your heart rate with laughter. No partner necessary, all you need to know is your left from your right and how to smile and have a good time. Cost is \$5. To register, please call the COA office at 781-659-7878. Priority is given to Norwell residents. Out-of-town residents are welcome based on availability.



NEWS FROM AROUND TOWN



NORWELL CONSERVATION DAY

Norwell Conservation Day will be held for the first time since Covid this year from 9-1 at Jacobs Pond on **Saturday August 19th** (rain day August 20th). Walks, kayaking, fishing, volunteer opportunities, and information sessions will be held, with many local groups and departments helping out. For more information, please contact the Norwell Conservation Office at 781-659-8022.

NORWELL FARMS POP-UP EVENTS

Norwell Farms is hosting Summer Pop-Up Markets on Norwell Town Common! Join them from 4:00 to 7:00 p.m. on Wednesdays, July 19, August 16 and September 20 for local artisans, farmers, food & brewery trucks, and live music! Visit www.norwellfarms.org for more information.

NORWELL RECREATION DEPARTMENT COMMUNITY MOVIE NIGHTS

Norwell Recreation is excited for the return of FREE Community Movie Nights at Norwell Town Common in Summer 2023! Bring your family and friends for a fun night enjoying a movie under the stars in the center of Town. Stop by Town Center businesses for dinner, drinks or snacks. BYO blanket, chairs, bug spray, snacks and non-alcoholic beverages compliments of Norwell Recreation Department. Check Facebook for more updates and information! Sponsorship opportunities are available to local businesses! Pre-Movie games and fun will be provided by Norwell Recreation and Knucklebones starting at 7:00pm.

Location: Norwell Town Common (River St. & Main St.) Rain Location: Cushing Center

- Wed., July 12 "Sing 2" 8:30 -10:00 p.m.
- Wed., Aug 2 "The Greatest Showman" 8:15 - 10:00 p.m.

For more information about Recreation programs contact ggrey@townofnorwell.net. Find the Summer 2023 brochure at <https://www.townofnorwell.net/recreation-department>.

SUMMER SAFETY TIPS

Minimize Sun Exposure: During the summer season, avoid relying on just sunscreen to protect your child from excess sun exposure. Avoid mid-day sun when the sun's rays are the strongest (10:00 a.m. – 4:00 p.m.). Cover up with light-weight clothing to protect the arms and legs. Wear a wide brimmed hat/ visor and wear UV sunglasses to protect the eyes. Have lots of bottled water on hand.



Note: Some medications make a person more susceptible to sunburn, so extra precautions are needed to avoid prolonged sun exposure. Check with your doctor or pharmacist if you are not sure, as there are many more that can cause sensitivity when combined with sun exposure.



Heat safety: Young and elderly, overweight and people with chronic conditions can have problems with heat. Stay hydrated and drink plenty of fluids throughout the day. Water is the best choice, soda and caffeine drinks are poor choices. Try to avoid being outside in the sun between 10 a.m. and 4 p.m. on the really hot days. The longer it is hot (heat waves of over 90 degrees) the more danger. Avoid strenuous activity during hot days. Watch extreme temperature changes, as when going from air-conditioning to outside heat. Wear light colored clothing. Watch for signs of heat exhaustion: heavy sweating, severe thirst, weakness, headache, nausea and vomiting. Protect head and face with hat and wear sun- glasses! NEVER! Leave anyone in a parked car during a heat wave! This includes pets!

Lyme disease: From ticks - causes rash, fatigue, fever and flu like symptoms. Wear light colored clothing, use insect repellant with DEET, avoid grassy areas, perform daily tick checks on yourself and your children and promptly remove any ticks (save removed tick for MD). If you think you have been bitten – call your doctor.



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The COA will be closed on the following:

- Independence Day, Tues., July 4



To accommodate staff vacations, the senior center will close early or entirely on Fridays between July 7 and September 1.

- The following Fridays, **the COA will be closed all day: August 18, 25 and Sept. 1.** All other Fridays, **the Center will close at 12:30 pm.**



WISH LIST ITEMS

With the summer here, we will use a lot of paper products and coffee. We gladly accept donations of the following items.

- Ground Coffee Decaf
- Disposable 8 oz. Cups (hot or cold)
- Dessert plates & napkins (plain or seasonal)
- Plastic tablecloths (84" round or" rectangle, white, colored, or seasonal)
- Mr. Clean Magic Erasers

Please note that items must be in unopened packages. Donations can be dropped off at our Reception Desk! Thank you for the support!

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