

# Norwell Navigator

**Live Well, Age Well, Norwell**

**SEPTEMBER/OCTOBER 2023**

**Chairperson:**

**John Mahoney**

**Community Services Coordinator:**

**Martha Shanahan**

**Director:**

**Susan Curtin**

**Program Coordinator:**

**Debbie Blackington**

## **DIRECTOR'S NOTE**

What a great summer we had! The "Patio on Pine" is a beautiful addition for our seasonal programming, where we had fun with lunches, games, dancing and music. A very special thank you to Joseph's Garage for sponsoring, and South Shore Cocktails for donating their service, for our "Music & Mocktails" series! We had four fabulous groups perform for us and hope to start a new summer tradition! We also kicked off our Forget Me Not Cafe social program for those living with dementia and their care-partners. We had a lot of fun and met some amazing people. See page 4 for more information.

As September rolls around we find ourselves in back-to-school mode. September brings new beginnings for us too. We are excited to welcome Martha Shanahan as our new Community Services Coordinator! Martha not only has COA Outreach experience, but her credentials include Licensed Mental Health Counselor, Certified Dementia Practitioner, Certified End-of-Life Doula and Registered Art Therapist. We are excited for all that this next chapter holds for our team and the residents of Norwell. Please join us in welcoming Martha!

September also kicks off National Senior Center Month. This year's theme "Discover Yours" encourages folks to learn more about what we do and find ways to get involved. We hope that you'll find something of interest in this month's newsletter and beyond, that will help you discover who we are! We always welcome new ideas for programs and services too. We look forward to seeing old friends and meeting new ones, and hope you are one of them!

Respectfully,

*Susan Curtin, MS*

Director



## **NATIONAL GOOD NEIGHBOR DAY**

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



## **WELCOME MARTHA SHANAHAN!**

We are excited to welcome Martha Shanahan, as our new Community Services Coordinator! Please drop in at the Senior Center on **September 13, at 1:00 p.m.** to meet Martha and enjoy a treat from Nona's Ice Cream Truck!

## **SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!**

Every senior center is unique, and this National Senior Center Month, we are encouraging people to see what their local center offers for them – so that you can discover your unique path to aging well! This year's theme is "Discover Yours." So what does that mean?

- "Discover Yours" encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it's never too late to try something new and encourages self-discovery.
- "Discover Yours" sets the stage for an inclusive environment where people from diverse backgrounds feel encouraged to explore personal interests and find activities that resonate with you.
- "Discover Yours" invites an opportunity for us to focus on personal growth and self-improvement.
- The theme "Discover Yours" encourages us to tap into our potential, try new things, and uncover hidden talents or passions.
- "Discover Yours" fosters a sense of community and camaraderie among people. By encouraging us to discover our individual interests, we can share our experiences with others, sparking conversations and connections within the senior center.

We hope you'll stop by to discover what the Norwell Senior Center is all about! We look forward to seeing you!



### OUTREACH NEWS with Martha

Hello, my name is Martha Shanahan, and it is my pleasure to introduce myself as your new Community Service Coordinator. I know that I am following in the footsteps of a very special person and so I walk into this space tenderly. My hope is to be of service to this community in a meaningful way.

I would like to share some of my history and experience that I carry with me. I hold a Master's Degree in Clinical Mental Health Counseling with a specialization in Art Therapy and I am licensed in both vocations. I also have pursued specific training in a few areas that I am passionate about including, grief and bereavement care, becoming a Certified Dementia Practitioner and a Certified End-of-Life Doula. The bulk of my post graduate work has been both in senior living communities and other area Councils on Aging with a personal mission of improving the independence, empowerment, well-being and quality of life for older adults.

I would also like to share a little bit about who I am as a person. My husband and I are raising three young ladies guiding them through the difficult work of becoming responsible, authentic and kind human beings. I am fascinated by the miracles of this earth, watching a seed germinate, turning sap into syrup, extracting salt from the ocean's waves and so I hold deep gratitude for the wonder and marvel of these "ordinary" things of life. I strive to live with an open mind and an open heart wanting to continuously immerse myself in a learning spirit, receiving people's stories, cultures and ways of being in this world.

I look forward to getting to know all of you, so please come introduce yourself. I would love to learn about who you are and how I can be of service and support.

- Martha

#### LOOKING FOR A COA BOARD MEMBER!

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



### TELEPHONE CHECK IN

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 Check In 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 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. Please contact Sean Ford at the Norwell Fire Department at 781-659-8158 or via email at [sford@norwellfire.org](mailto:sford@norwellfire.org)

### MEDICARE OPEN ENROLLMENT

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



Independent Medicare Consultant, Dee Dee Rogers will be available on a limited basis to assist you with free, unbiased information. Please call the COA office to request a Medicare Drug Plan Pre-Enrollment form. Once the form is completed and returned, Dee Dee will assist with searching for the best plans to meet your specific needs. For more information, call the COA at 781-659-7878



### FUEL ASSISTANCE

Heating season will be here soon. If you received fuel assistance last year, you should receive a re-certification letter from South Shore Community Action Council. If you are interested in applying for fuel assistance in the 2023/2024 heating season or need help with re-certification, please call our office at 781-659-7878 for more information.



**REGISTRATION FOR PROGRAMS BEGINS ON WEDNESDAY, SEPTEMBER 6 AT 9:00 A.M. WE APPRECIATE YOUR PATIENCE!**



#### 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.



#### **WALK MASSACHUSETTS CHALLENGE ENDS ON OCTOBER 31**

The Massachusetts Council on Aging "Walk Massachusetts Challenge" began on May 1st. If you haven't started, there is still time to enter and a chance to win prizes. This program is open to adults of any age. For more information on the program, challenges, and how to enter, visit [www.walkmachallenge.com](http://www.walkmachallenge.com).

#### **JOIN THE 50 MILLION STEP CHALLENGE!**

The Executive Office of Elder Affairs is sponsoring the 5th Annual Step Challenge as part of Fall Prevention Awareness Month. This is to encourage older residents to walk or run with a statewide goal of 50 million steps! You can use your own step counter or count each mile as 2,500 steps. To log your miles go to <https://app.keysurvey.com/f/41673516/38e8/>

#### **WANTED AARP FOUNDATION TAX AIDES!**

**AARP** The AARP Foundation Tax-Aide program is looking for volunteers for the upcoming tax season. Tax-Aide offers free in-person preparation and assistance to anyone, especially those 50 and older who cannot afford tax preparation services. Volunteers can assist in a number of ways including tax preparers, client facilitators, technical coordinators, and appointment coordinators. All levels of experience are welcome. Tax preparation training is provided and receive IRS certification offered. Training begins in the fall so please call 1-888-AARP-NOW (1-888-227-7669) or visit [www.aarpfoundation.org/taxaidevolunteer](http://www.aarpfoundation.org/taxaidevolunteer) to register or to get more information, enter your contact information at [mataxaide.org/interest](http://mataxaide.org/interest). Aides will volunteer in 2024 in Scituate, with plans to start a program in Norwell for 2025.

#### **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 Susan Curtin. 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 26 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.

#### **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 Cafe

##### Fall Schedule

Norwell Council On Aging  
293 Pine Street  
Norwell, MA 02061



**SEPTEMBER 8** **BRICKOLOGY**  
10:30 A.M. - 12:00 P.M. JOY TO GO LEGO BUILDING

**SEPTEMBER 26** **FALL HARVEST PARTY**  
1:00 P.M. - 2:30 P.M. SEASONAL COOKING DEMONSTRATION

**OCTOBER 13** **OKTOBERFEST**  
10:30 A.M. - 12:00 P.M. POLKA MUSIC & FESTIVE FOOD

**OCTOBER 24** **HALLOWEEN BLOCK PARTY**  
1:00 P.M. - 2:30 P.M. PUMPKIN DECORATING

**NOVEMBER 7** **MANAGING HOLIDAY STRESS**  
1:00 P.M. - 2:30 P.M. YOGA SESSION

**NOVEMBER 28** **FRIENDSGIVING CELEBRATION**  
1:00 P.M. - 2:30 P.M. POTLUCK HOLIDAY LUNCH

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

### "NAVIGATING DEMENTIA" EDUCATION SERIES

Are you or someone you know facing dementia and not sure what to do next? We are excited to offer "Navigating Dementia" Education Series this fall. We'll have speakers to talk about the different types of dementia, the diagnosis process, having the conversations with families, building a caregiving team and resources, managing money, legal documents, home modifications and more. Please see the insert and calendar for dates and times. We look forward to seeing you!

### ARE YOU A CAREGIVER? 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! Please take a few moments to take our survey. This will help identify the needs of caregivers for those living with dementia, and help to plan for future programming and support.

To access the survey, use the QR code above or the following weblink

<https://tinyurl.com/ycyr9v7m> or visit our web page [www.townofnorwell.net/council-aging](http://www.townofnorwell.net/council-aging).

### FORGET ME NOT CAFÉ

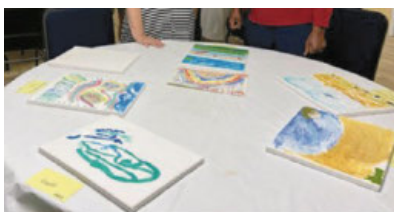
Do you or someone you know live with a cognitive impairment? Are you looking for social opportunities? Join us at our Forget Me Not Café! The Café is a social and recreational program that meets twice a month. This is a space for individuals and their care-partner to have fun in a supportive and safe environment. 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.*

This summer, we had 21 participants and guests. Here is a look at some of our activities from the summer!



History of Sand sculpting and our own competition

An afternoon around our campfire at Nostalgia Camp, complete with camp songs and s'mores!



A morning exploring our creative side with seascapes.

### JOIN THE DEMENTIA ACTION TEAM!

Our Dementia Friendly Action Team will meet next on Tuesday, September 19 at 1:30 p.m. This is a group of individuals living with dementia, care-partners or anyone interested in being part of this initiative. Our goal is to provide education and awareness about dementia and create opportunities for support and inclusion in our community. 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 details. Thank you for helping us break the stigma of dementia!



### EXERCISE CLASS SCHEDULE

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



#### **JOY OF MOVEMENT with Rena!**

**Is currently on hiatus and will return in November**

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 NEW CLASSES ADDED!**

**Tuesdays at 9:00 a.m. and Thursdays at 10:30 a.m. with Phyllis OR beginning Sept. 13, Weds. & Fri. at 9:00 am**

Join Instructor Phyllis Shea 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. We've had such a demand for this class that we are offering it in two different sessions. Please sign up for either the

**Tues/Thurs or Weds/Fri sessions. For participant safety and comfort, class size is limited.**



#### **YOGA MINDFUL MOVEMENT YOGA with Ana**

**Fridays at 12:30 p.m. NEW TIME!**

Join Ana DePaz as she guides you on this comfortable exercise program of gentle yoga exercises and meditation for joint health and mobility with the option of chair assist: exercises may be done seated and/or standing.

#### **AT HOME HEARING HEALTHCARE**

FREE Hearing Clinics/evaluations are available at the COA on **Monday, October 2 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, Sept. 18 & Monday, Oct. 16 at the COA 10:30 a.m. - Noon.**

Sign up by calling 781-659-7878.



### LOW VISION SUPPORT

**If you would like to be part of this support group, meetings are on Mondays: Sept. 25 and Oct. 30 at 11:00 a.m., with a special presentation by TIC on Sept. 25! Call to sign up! 781-659-7878**



### DRUMMING with Ed Sorrentino



Enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on **Friday, Sept. 15 and Oct. 20 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.



### 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.**





### 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., SEPT. 11, 12:30 PM - \$5**

Chicken Salad Sandwiches Lunch by On Rye Deli

**THURS., SEPT. 21, 12:30 PM Cost: \$5**

Turkey Bacon Croissants plus dessert by the Norwell Schools

**MON., SEPT. 25, 12:30 PM Cost: \$5**

Ham & Cheese subs by Market Basket

**MON., OCT. 16, 12:30 PM Cost: \$5**

1/2 Roast Beef Sandwich Lunch by On Rye Deli and Soup by Norwell Schools

**THURS., OCT. 26, 12:30 PM Cost: \$5**

American Chop Suey plus dessert by the Norwell Schools

**MON., OCT 30, 12:30 PM Cost: \$8**

Meatball Sub Lunch with Pasta Salad by Fasanos.



### WELCOME MARTHA & ENJOY NONA'S ICE CREAM TRUCK!

**Weds. Sept. 13 at 1:00 pm.**

Come meet Martha Shanahan, our new Community Services Coordinator and enjoy some end of the summer ice cream with Nona's Ice Cream Truck. Call 781-659-7878 to sign up!

### COMING TO A PROGRAM?

Pre-registration is **required** for all of our programs and events. Many of our programs have limits due to space and fill up quickly with waitlists. Registering helps us to plan allows 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!

### PIZZA PALOOZA!

Do you like Pizza? Join us at the COA on October 5 at 12:30 p.m. to try and determine the best pizza in Norwell! Limited seats. Call the Norwell COA today: 781-659-7878.



### 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.



### VETERAN RECOGNITION GRAB & GO LUNCHEON

Veteran Grab & Go Luncheon for Veterans and their spouse or partner is catered by Fasanos is on **Thurs., Nov. 9, 12:00—12:30 pm.** Call the COA at 781-659-7878 to sign up by **Nov. 3.** This event is sponsored by the offices of Sen. Patrick O'Connor and Rep. David DeCoste, and Signet Electronic Systems. Thank you to our sponsors!

### PRESCRIPTION BY ADMISSION

**Weds. Sept. 20 at 2:00 pm.**

A hospital is meant to be a place for support, not frustration and confusion. Join Dr. Monique Nugent as she talks about her book *Prescription for Admission, a Doctor's Guide for Navigating the Hospital, Advocating for yourself and having a better hospitalization.*

Some of what you'll discover:

- What to expect during an average four to five day hospital stay and how to prepare for a future hospital visit today.
- A behind-the-scenes look at the health care system, including urgent care and emergency medicine.
- Tips to help you stay mentally grounded, communicate more effectively with your doctor and nurse, and advocate for yourself.
- Advice for a stress-free discharge, whether to a long-term care facility or home.

Call the COA at 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, Thursday, September 28 at NOON—12:30 pm**

Drive in for this delicious lunch from Bridges by Epoch, Pembroke, including Bolognese over cavatappi pasta, a side garden salad, and a garlic roll. **Prior registration is required. Limited sign ups!**

**Sign up deadline, space permitting: by Sept. 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.*



#### **GRAB & GO CHINESE MOON FESTIVAL, Wednesday, Sept. 20 at 1:00 pm—1:30 pm**

Celebrate the Chinese Moon Festival with this Chinese Food Grab 'n Go. **Sign up deadline: Sept. 14 space permitting. Cost: \$7** *Norwell Senior Residents Only. No Delivery.*

#### **EMBELLISHED PUMPKINS with the Norwell Garden Club**

Join Susan Solis on **Thursday, October 12 at 1:30 p.m.** to create some magical pizzazz and turn your pumpkin into a beautiful seasonal display. All supplies are included. Limited spots. Norwell residents only. Call 781-659-7878 to sign up! Advanced registration required.



#### **SPOOKTACULAR ROCK PAINTING -Norwell residents only!**

Come Wednesday, October 4 at 1:30pm for seasonally spooky Rock Painting with Mary. Cost: \$5.

Limited space is available and advanced registration is required. Call 781-659-7878.

#### **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 **Monday, September 18, 5:00 pm –6:30 pm at the Norwell COA.**

**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!!**

#### **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.

**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.



#### **ART with Ann McLeod**

**Tuesdays 10:30 am to 12:30 pm Beginning Sept. 12. Cost \$3**

All mediums are welcome to join our supportive and friendly group. Bring your own paints, papers or canvas and start painting again, or try painting for the first time. I'll be ready to help you at any time! Call 781-659-7878 to sign up.



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



### MONDAY MATINEES

Show times are at **1:45 p.m.**  
**Call 781-659-7878 to sign up.**



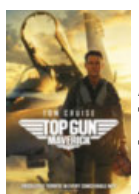
**Mon. Sept. 11 — JERRY AND MARGE GO LARGE**

**PG-13 1 hr. 36 min. 2022**

**Biography Comedy, Drama**

**Bryan Cranston, Annette Bening, Rainn Wilson**

Based on a true story about a long-married couple, Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.



**Mon. Oct. 2 — TOP GUN MAVERICK**

**PG-13, 2 hr. 10 min. 2022**

**Action, Drama**

**Tom Cruise, Jennifer Connelly, Miles Teller**

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

### ART FOR YOUR MIND

**Massachusetts Art Revealed**

**with Jill Sanford. Weds., Oct. 11 at 1:30 pm**

This program is for artists and non-artists alike, offering a colorful presentation of artists' creative ways of visually telling stories in Massachusetts.

**Sign up deadline Thursday, Oct. 5.**



### 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 but donations are accepted.
- 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.



### 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!

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

**Cost: \$110**

**Registration for this trip has closed. If you wish to be on the waiting list. Please call the office for more details.**

##### Weds., Oct. 11: NH's Foliage Splendor

**Cost: \$129**

**Registration sign up for this trip will begin August 1 thru September 6, space permitting. After Sept. 5, you may still call to be put on a waiting list.**



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, Home-made 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!

##### Thurs., Dec. 14: Boston Holiday Pops!

**Cost: \$160**

**Checks Payable to: *Tours of Distinction***

***Sign up begins Wednesday, September 13***



The Tour includes: Roundtrip via motorcoach, lunch at a restaurant TBD, admission to the Holiday Pops concert with 2nd Balcony reserved seating and gratuities for the driver. Head

to Boston for a great day full of delicious food and holiday entertainment.

Our first stop will be a lunch (location TBD) before we make our way to the Boston Symphony Orchestra.

A holiday tradition in the same leagues as the Nutcracker in its many iterations, The Boston Pops' Holiday Pops concert is a festive feast for the eyes, ears and soul. Perfect for the whole family, the time-honored production is filled with Yuletide cheer, bolstered by upbeat arrangements of classic carols and popular Christmas songs, a joyful sing-along and a visit from the one and only St. Nick himself! Unlike any other classical music concert, the Holiday Pops takes place in a relaxed atmosphere, striking the perfect balance between sophistication and comfort. Often joined by a large ensemble of performers who radiate warmth goodwill throughout songs like 'Hark! The Herald Angels Sing!', Handel's 'Hallelujah Chorus' and of course, their trademark rendition of 'Sleigh Ride'. Warm up those vocal chords and get ready to join in!





### ARE YOU PREPARED FOR AN EMERGENCY? with the Norwell Fire Dept.



**Monday, Sept. 25 at 1:30 pm.**

September is National Emergency Preparedness Month. Join members of Norwell Fire Department and the CERT Team to learn tips to prepare for storms and other emergencies and how Norwell works to protect you! Participants will receive items to add to their emergency kits. Call the COA at 781-659-7878.

### DEMENTIA FRIENDS WORKSHOPS

Dementia Friends is an interactive workshop to learn five key messages about dementia, what it's like to live with the disease and how you can support people living with dementia. Please join us for one of the following workshops:

- **Sun., Sept. 17 at 11:30 a.m.** at the United Church of Christ, 460 Main St., Norwell
- **Wed., Oct. 18 at 2:00 p.m.** at the Norwell Senior Center, 293 Pine St.

This workshop is open to adults of all ages. Out-of-town residents are welcome. To register, please call 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 Thurs. Sept. 14, 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.

### BRINGING THE OUTDOORS IN... THE VALUE OF INDOOR PLANTS

**Thurs., Oct. 19, 1:30 pm**

Do you talk to your plants? Feed them regularly? Enjoy the beauty of the green, lush colors? Discover new facts about our indoor plants including propagation, health benefits, as well as ways they communicate with other plants. **To sign up for either or both of these FREE events call the COA at 781-659-7878.**



*These programs are sponsored by the  
Friends of the Norwell Council on Aging.*



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## SENIOR LEARNING NETWORK

*Senior Learning Network is sponsored by the Friends of the Norwell Council on Aging.*

Programs are Tuesday afternoons at 2:00 pm.

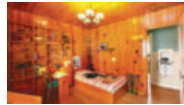
### Tues., Sept. 5—Stories from Manhattan Project National Historic Park

The Manhattan Project, a top-secret US military project leading to the creation of the first atomic bombs, ushered in the nuclear age. Join a park ranger from Manhattan Project National Historical Park in exploring the World War II history of the three secret cities constructed for the project; Hanford, WA, Los Alamos, NM, and Oak Ridge, TN. Hear the stories of Americans who worked across these sites and their contributions.



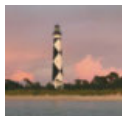
### Tues., Sept. 12—Virtual Tour of the Bush Family Home

Join us for a virtual tour of the Bush Family Home, which boasts 2 Presidents, 2 Governors and a First Lady and another nearby First Lady). The Bushes lived in the home from 1951-1955 and is where they lived when Rob-in died and Jeb and Neil were born.



### Tues., Sept. 19—North Carolina Maritime Museum in Beaufort, SC The Cape Lookout Lighthouse

Shortly after it was completed, it became apparent that the 1812 Cape Lookout Lighthouse was ineffective. Almost half a century later, the second Cape Lookout Lighthouse was completed. The light was extinguished to prevent Union ships from using it to navigate the treacherous North Carolina coast. The light was reestablished with a third order Fresnel lens in 1863 and shone for most of the remainder of the war. Join us as we learn more of the history of the Cape Lookout Lighthouse, an iconic landmark of Carteret County, known as "The Diamond Lady".



### Tues., Sept. 26—Art Collection at The Longfellow House Washington's Headquarters National Historic Site

The Longfellow House fine art collection numbers about 2,000 works on exhibit and in storage. It includes paintings, drawings, prints, and sculpture that range in date from the seventeenth to the early twentieth century. Ranging from marble sculptures to drawings by the Longfellow children, the collection spans multiple continents and centuries. Join Ranger Kate for a virtual tour of what's on display in the house and talk about what makes art worth preserving.



### Tues., Oct. 3—Fort Frederica: History comes Alive on Beautiful St. Simons Island

Three years after founding Georgia in 1733, Gen. James Edward Oglethorpe established Fort Frederica to defend the fledgling colony against Spanish attack from Florida. Georgia's fate was decided in 1742 when Spanish and British forces clashed on St. Simons Island. Fort Frederica's troops defeated the Spanish, ensuring Georgia's future as a British colony. Today, the archeological remnants of Frederica are protected by the National Park Service. Join us as we learn about this beautiful island that is both a popular vacation spot as well as an important time and place in US History.

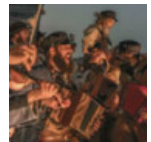


### Tues., Oct. 10—Music of the Sea at Mystic!

*"What shall we do with a drunken sailor?"*

Join us with one of our favorite partners, The Mystic Seaport Museum, as we listen and learn! We will hear all about the history of sea chanteys and their use, as we listen along in interactive songs with a live musician!

Sing along with one of the museum's renowned musician educators, as the chanter staff can make sailors' work come alive with stories told through music. We will join with crew members as they sing a chorus, picture the events in a ballad or use a chanter as a tool to help accomplish hard work like raising the sail or swabbing the deck!



### Tues., Oct. 17—American History, Alive in Stone: Mt Rushmore!

Majestic figures of George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln, surrounded by the beauty of the Black Hills of South Dakota, tell the story of the birth, growth, development and preservation of The United States. From the history of the first inhabitants to the diversity of America today, Mount Rushmore brings visitors face to face with the rich heritage we all share. Join us as we discover the carving history and current conditions of Mount Rushmore National Memorial.



### Tues., Oct. 24—Wind Cave National Park: Discover Two Parks in One!

Wind Cave National Park protects two very different worlds - one deep within the earth, the other a sunlit world of many resources.

Bison, elk, and other wildlife roam the rolling prairie grasslands and forested hillsides of one of America's oldest national parks. Below the remnant island of intact prairie sits Wind Cave, one of the longest and most complex caves in the world. Join us as we learn more about this beautiful national park!







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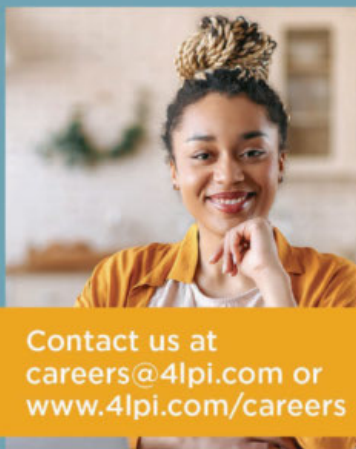
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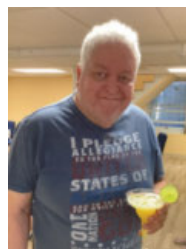
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## A Look Back at MUSIC & MOCKTAILS

Thanks to everyone who joined us out on the Patio on Pine for our summer Music & Mocktails series! We had a lot of fun, even when we had to move indoors for weather. This series was made possible through a generous donation by our event sponsor Joseph's Garage and South Shore Cocktails, LLC. Here is a quick look at three fun! If you missed this, be sure to check it out next summer!



### SAY GOOD-BYE TO SUMMER CONCERT Play It Again Band Returns! Sept. 21 - 2:00—3:00 p.m.

Back by popular demand, the Play It Again Band returns to say goodbye to summer and welcome in the Fall! Shake, rattle and roll as you listen to these four talented musicians who get us movin' and groovin' to Rock 'n' Roll, Swing, Latin, and Country and more! You never know what they'll play next, but you'll want to stick around to find out! Please sign up by calling the COA office at 781-659-7878.

## LINE DANCING WITH MAUREEN GODDING



We had so much fun in June that Maureen is returning to help us kick things up this summer. Join us on **Mon., September 25 at 10:00 a.m.** and **Mon., October 16 at 10:00 a.m.**, out on the patio, weather permitting, otherwise indoors! 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.



### FLU SHOT CLINIC

A flu vaccine clinic will be held on **Wed., Oct 11 from 4:30 p.m.-6:30 p.m.**, at Norwell Town Hall, 345 Main St. This clinic will be provided by Walgreen's Pharmacy. Attendees are reminded to wear a short sleeve shirt and bring their insurance cards. If you need a ride, please call the COA at 781-659-7878.

### SAVE THE DATE: SENIOR-2-SENIOR DAY AT NHS SEPT. 27, 2023!



The 4th annual Senior-2-Senior event returns! Join us at Norwell High School on **Wed., Sept. 27, 9:00 a.m. to Noon**. This is an intergenerational activity day hosted by Norwell High School seniors and staff members. Join us for drumming, rock painting, chair volleyball, corn hole tournament, Yardzee, card games and discussion groups ranging from sports to current events, movies to world travel and more! Come spend a day with the Class of 2024 as they kick off their final year and spend some time getting to know them. Sign-up is requested to help plan for lunch. Call 781-659-7878! Watch our Facebook page for updates!







## NEWS FROM AROUND TOWN

### NORWELL HISTORICAL SOCIETY

First Parish Comes Alive! Cemetery Tour  
Saturday, October 21 at First Parish Cemetery from noon to 3:00 p.m. Reservations for this annual event will be available on the Historical Society website in September. Save the date for this tour featuring portrayals of historic figures buried in Norwell Center.

### EMPLOYMENT OPPORTUNITIES WITH NORWELL PUBLIC SCHOOLS

Norwell Public Schools is currently hiring for the following positions: Special Education Aides at the elementary, middle and high school level; a Recess Monitor/Duty Aide and a Building Aide at the Cole School; and Math Tutor/Aide and Transition Room Academic Aide at the high school. Information for these positions and an application can be found online at <https://www.applitrack.com/norwellschools/onlineapp/> under the "Support Staff" vacancies.

### NORWELL CERT WANTS YOU!

If you're looking for a great way to get involved in the community, check out Norwell CERT (Community Emergency Response Team)! This group of incredible volunteers provide important support to Norwell's Emergency Management team, from weather events, power outages, road races, community events and much more. During COVID they played a critical role helping support the senior center and many older adults in our community. For more information on how to join this team, please email [norwellcert@gmail.com](mailto:norwellcert@gmail.com).

### DON'T MISS THE 46TH CORN FESTIVAL!

The 46th annual South Shore YMCA Corn Festival is on **Saturday, September 16, and Sunday, September 17, 2023, 12 – 5 p.m.**, located this year at the South Shore YMCA Emilson Branch in Hanover. This family-friendly event celebrates the natural and cultural traditions surrounding the fall harvest in New England. Enjoy historical interpreters and storytellers, 4-H farm animals, traditional crafts, live music, hay rides, corn maze, and more!



### FOOD DRIVE FOR NORWELL FOOD PANTRY!

National Hunger Action Day is September 23. In recognition, the COA will host a food drive from September 17 through 22 to support the Norwell Food Pantry. Items can be dropped off at the reception desk. Please donate only those items that have not expired. It takes a great deal of time for volunteers to sort through food donations and this will help minimize waste. Thank you for your consideration!



### COA VOLUNTEER OPPORTUNITIES

Volunteers are an important part of any organization, especially at senior centers! We are looking for volunteers to help win the following ways:

- **Green Thumb Gardeners** - to periodically weed and help maintain our gardens and planters.
- **Creative Decorators** - We need help to give our space those fun and special touches for the different seasons, holidays or for special events!
- **Let's Get Organized!** - Do you love organizing? We can use your help! Storage is limited and it's time to clean house and get our space organized!
- **Meals on Wheels Drivers** - help deliver meals to residents who are unable to prepare Noon-time meals on their own.
- **Kitchen Krew** - our hospitality volunteers help serve lunches or grab & go meals at the center.
- **Forget Me Not Cafe Ambassadors** - volunteers play an important role in our bi-monthly Forget Me Not Cafe, for those living with cognitive impairments and their care-partners. Help with setup/clean up, greeters, photographer and activity support.
- **Guest Chef** - Do you love to cook for a crowd? We love having guest chefs help prepare a meal for our on-site lunches or grab & go meals!
- **Share Your Talents** - Do you have a craft, educational topic, class, game or more that you'd like to teach others? We love adding local knowledge and talent to our programming repertoire!
- **Newsletter Support** - help us prep our bi-monthly newsletter for mailing and get to meet some fun people!

If you are interested in volunteering in any way, please call the COA at 781-659-7878.



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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.

#### **SENIOR CENTER MONTH BINGO**

As we kick off a new season and in honor of the National Senior Center Month theme "Discover Yours," let's play some BINGO! Grab your BINGO card at our reception desk and attend different programs and events throughout September. Be sure to ask one of the staff to stamp your card. Get a BINGO and your name will be entered into a drawing to win a prize!! Come join the fun and see what we're all about!

#### **WISH LIST ITEMS**

 Thank you to everyone who donated items from our wish list! We truly appreciate the support. As Fall approaches, we gladly accept donations of the following items.

- Ground Coffee Decaf
- Plastic tablecloths (84" round or 105" rectangle, white, colored, or seasonal)

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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