



Norwell



Navigator

Live Well, Age Well, Norwell

NOVEMBER/DECEMBER 2023

Chairperson:
Director:

John Mahoney
Susan Curtin

Community Services Coordinator: **Martha Shanahan**
Program Coordinator: **Debbie Blackington**

DIRECTOR'S NOTE

The holiday season is quickly approaching; a time to give thanks! On November 11, we recognize and thank all of our veterans who proudly served our great country. Thanksgiving, my favorite holiday, will be here before you know it! It's a time to gather with family and friends who are like our family. It's a time to reflect on our blessings, large and small. It's also important to remember that there are many people who are alone and for whom the holidays are a difficult time. Please take a moment to connect with your neighbors, family or friends who could use a card, a phone call, or a visit to let them know someone is thinking of them.

The season also brings a flurry of activity and sometimes stress. Be sure to take some time for yourself. Time to relax; time to reflect on the things for which you are grateful and the things that make you thankful. Even on the days we struggle, finding some small thing to be grateful for can help change our outlook. With all of the uncertainty in the world, finding time for gratitude is very important. I am thankful to the many businesses, organizations, faith communities, residents, Town employees and leaders, our Friends group and especially my staff, who help us do great things for our community and make it a pleasure to come to work each day. I often tell folks, this isn't a job, it's a vocation!

As another year ends and with 2024 on the horizon, think about the blessings in your life and your goals for making positive change in the new year. From our house to yours, we wish you a happy and healthy holiday season and look forward to seeing you at the center!

Respectfully,

Susan Curtin, MS, Director

**REGISTRATION FOR NOVEMBER PROGRAMS
BEGINS ON WEDNESDAY, NOVEMBER 1 AT
9:00 A.M. REGISTRATION FOR DECEMBER
PROGRAMS BEGINS NOVEMBER 14.
WE APPRECIATE YOUR PATIENCE!**



"SHINE THE LIGHT" LUMINARY EVENT: HONORING OUR LOVED ONES WITH DEMENTIA

Join us on Thurs., Dec. 21 for our "Shine the Light" Luminary event.

The Winter Solstice is the longest night of the year. On this night we will shine our lights together to diminish the darkness and illuminate a path towards a world without dementia. This is a way to honor and remember our loved ones and friends who are living with dementia. A \$5 donation provides you with a luminary bag with a personalized message to be displayed. Luminaries will be lit and on display in the Town Hall circular drive on December 21 from 4:30 to 6:00 p.m. Please stop by to help us honor and remember those we love, and enjoy some snacks and camaraderie. Proceeds from this event will support our Forget Me Not Café program. For more information, please call the COA office at 781-659-7878.



WINTER WEATHER POLICY

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

OFFICE CLOSED FOR STRATEGIC PLANNING

The Council on Aging office will be closed to the public on Tuesday, January 2 and Wednesday, January 3 for staff strategic planning sessions. Transportation will be provided for medical appointments and shopping, but all programs will be cancelled on these days. We look forward to planning some new and interesting programs and services for the upcoming year!

OUTREACH NEWS with Martha



FUEL ASSISTANCE

Winter is on its way! If you are interested in applying for fuel assistance, you will need the following information to complete the application:

- Photo identification
- Social Security cards for all members of the household
- Income verification (Social Security letter; 4 weeks of your most recent paystubs, interest income, dividend income, annuities etc.) of all members of the household over the age of 18
- Rent or Housing costs – principal – interest – taxes – insurance
- Homeowners' Insurance policy
- Heating company and account number as well as most recent bill
- Electric company most recent bill
- Landlords name, address and phone number

Eligibility is based on household size and the gross annual income of every household member 18 years of age or older. Household income cannot exceed the following:

Household of 1 \$45,392.00

Household of 2 \$59,359.00

The program provides assistance through a fixed benefit amount for the cost of the primary source of heat which includes but is not limited to:

Oil, Electricity, Natural Gas, Propane, Kerosene, Wood, Coal

Payments for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from November 1st to April 30th except when the cost of heating is included in the rent. If eligible, discounts are automatically given on electric and gas bills for investor-owned utilities. If you have any questions, please feel free to contact me, Martha Shanahan, at 781-659-7878 for further information.

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.

GOOD NEIGHBOR ENERGY FUND



If you are not eligible for Fuel Assistance through the Low-Income Home Energy Assistance Program (LIHEAP) and you are struggling to keep your home warm, you may be eligible for the Good Neighbor Energy Fund administered by the Salvation Army.

Eligible participants need to have income certified between 60% and 80% of the state median income.

For example, a household of one with income between \$45,393 and \$60,523 or a family of two with an income between \$59,360 and \$79,145; may be eligible for a maximum heating benefit of \$500.00 for the 2023/2024 heating season.

This benefit is paid directly to the vendor. Please contact me, Martha Shanahan, to apply for this benefit.

EMERGENCY

WHO WILL HELP YOU DURING A WEATHER EMERGENCY?

Do you live alone with no family or friend support nearby? Are you concerned about being without power for more than 24 hours? Do you rely on oxygen or other life sustaining treatments? Are you recovering from an illness or surgery? If you answered yes to any of these questions, please consider registering your cell phone and emergency contact information with the COA, especially if you have concerns about well-being during a storm or prolonged power outage. This information is confidential and only shared with emergency personnel if needed. A reminder that in case of a weather situation, the senior center may open as a warming/cooling center, if the Town deems necessary. Please call us if you have any questions. **781-659-7878**



NAVIGATING GRIEF THROUGH THE HOLIDAY SEASON Thurs., November 16, 1:30 pm

A time that is traditionally filled with joy and merriment can feel very different when you're experiencing grief. There will almost undoubtedly be some hard moments within this season of holiday cheer. I want to support you through this time and give permission to allow this holiday season to be both a tender and precious time. In this workshop we will focus on how we can travel through this season well, including practical tips to help support your unique needs, how gratitude, joy and grief can co-exist and how to use ritual and tradition to stay connected to your lost loved one this holiday season. Call the COA to register: 781-659-7878.



THANK YOU VETERANS FOR YOUR SERVICE!

As both Veteran's Day and Thanksgiving Day approach, we are especially reminded of those who have put themselves in harm's way to protect us and our country.



THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES:

- **November 10: Veteran's Day**
- **November 22: Early 12:30 pm Closure**
- **November 23-24: Thanksgiving**
- **December 20 at 1pm: Staff Christmas**
- **December 25-26: Christmas & Staff Vacation**
- **December 29—January 1: Staff Vacation & New Years**
- **January 2-3: Staff Planning Sessions**

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 Street. 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.



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.

RAFFLE! RAFFLE! RAFFLE!

Stop by the **Friends Wreath & Poinsettia Sale** or the senior center during regular business hours, to take a chance on this beautiful 65"x77"



quilt created by Quilting Instructor Mary Merritt! **Raffle tickets are \$3 each or 2 for \$5, or a book is \$12.** The deadline to purchase a ticket is **Monday, December 11 by 1:00 pm**, and the drawing will be December 11 after lunch. (You don't need to be present at lunch to win.) Good luck!



FRIENDS WREATH & POINSETTIA SALE!



Saturday, Nov. 25, 9 am—Noon
at the Norwell Senior Center, 293 Pine St.

Begin decorating for holiday season on Sat., Nov. 26, when the Friends of the Norwell COA will be selling poinsettias, wreaths and bows! Payment can be made by in the following ways:

- Checks to: The Friends of the Norwell Council on Aging, Inc.
- Cash (exact change if possible)

Donations are greatly appreciated.

FRIENDS CORNER—

Read details above about our Poinsettia and Wreath Sale and our raffle of a beautiful and reversible quilt!

Enclosed in this newsletter is our annual membership form welcoming members and sharing many of the ways in which your membership and support help the Friends to provide a growing number of interesting and engaging programs for seniors. If you have any ideas or past experience that could help us increase ways to support the Friends, please contact Pat Butler, President at Norwellmom@gmail.com Thank you!

Your support is greatly appreciated! Continue to watch for special programs sponsored by the Friends or talk to any of our board members.

Board Members: Pat Butler, President; Molly Costello, Vice President; Caroline LaCroix, Treasurer; Ernie Cormier, Secretary; Bernie Perry, Kathy Concillio, Jim Forti, Kathy Hassell, Barbara Anderson, and Peter Kapolka

DEMENTIA RELATED RESOURCES

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.*

Forget Me Not Cafe Winter Schedule

Norwell Council On Aging
293 Pine Street
Norwell, MA 02061



NOVEMBER 7 1:00 P.M. - 2:30 P.M.	MANAGING HOLIDAY STRESS YOGA SESSION WITH ANA
NOVEMBER 28 1:00 P.M. - 2:30 P.M.	FRIENDSGIVING CELEBRATION POTLUCK HOLIDAY LUNCH
DECEMBER 8 10:30 A.M. - 12:00 P.M.	GINGERBREAD WORKSHOP BUILD A GINGERBREAD HOUSE
DECEMBER 19 1:00 P.M. - 2:30 P.M.	HOLIDAY COOKIE EXCHANGE SHARE YOUR TRADITIONAL RECIPES
JANUARY 12 10:30 A.M. - 12:00 P.M.	NEW YEAR'S CELEBRATION MUSIC & FESTIVE FOOD
JANUARY 23 1:00 P.M. - 2:30 P.M.	WINTER BIRDS EXPLORATION PRESENTATION BY LOCAL BIRD EXPERT

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

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 or the find the link at www.townofnorwell.net.

"NAVIGATING DEMENTIA" EDUCATION SERIES

Are you or someone you know facing dementia and not sure what to do next? Please join us for the final two presentations in our "Navigating Dementia" Education Series. Please call the COA Office at 781-659-7878 to register.

Thurs., Nov. 2 at 6:00 p.m., Norwell COA Important Legal Document & MassHealth: What you Need to Know

Estate planning is important for everyone, but especially after a dementia diagnosis. This is the time for you and your loved ones to be sure that current and future needs are addressed. Join us for this presentation on important legal documents to consider in your plan and a general overview of navigating MassHealth. *Presented by Laura Goodman, Esq. and Julie B. Horte, Paralegal, at Margolis Bloom & D'Agostino*

Wed., Nov. 8 at 6:00 p.m., Norwell COA What Matters Most

Join us for an interactive conversation about the importance of early exploration into what matters most to a dementia patient as it relates to their physical body, physical environment and spiritual needs at end of life. This will help to inform loved ones and care givers how to best provide comfort care and peace of mind and spirit. This 90 minute session includes grounding meditations, journaling exercises and guided visualization exercises. *Presented by Aimée Yawnick, Early Exploration of Physical & Spiritual Comfort Care for End of Life, Certified Conscious Dying Coach, Educator & Death Doula*

HOLIDAY TIPS FOR CAREGIVERS

Holidays can be a wonderful time to gather with others, sharing laughter and happy memories. But for families coping with dementia, the holidays can be also be filled with stress and frustration. Here are a some tips to help you cope.

- Consider ahead of time what may be expected of you both, socially and emotionally.
- Take care of yourself (caregiver) and simplify celebrations so you can enjoy yourself too.
- Prepare the person with dementia for the family gatherings and provide a safe space if they need to take a break.
- Prepare family and friends with an honest appraisal of the person's condition to help avoid uncomfortable or harmful situations
- Involve everyone in holiday activities including the person with dementia.
- Continue favorite family traditions but understand they may need to be adapted. Create safe environments in the home to support changes in judgement and ability.

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 BACK!! Mondays at 10 am beginning Nov. 16. 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.

Wednesdays at 9:00 a.m.

Thursdays at 10:30 a.m.

Fridays at 9:00 a.m.

Sign up limit: no more than 2 per week. Norwell resident priority. Class size limited for participant safety and comfort. 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. These classes fill up quickly. If you have signed up and cannot attend, please let us know so we can open that day's slot for others.



YOGA MINDFUL MOVEMENT YOGA with Ana Fridays at 12:30 p.m.

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.

NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure with the NVNA is available on **Monday, Nov. 20 & Monday, Dec. 18 at the COA 10:30 a.m. - Noon.** Sign up by calling 781-659-7878.



AT HOME HEARING HEALTHCARE

FREE Hearing Clinics/evaluations are available at the COA on **Monday, December 4 at 11:00 a.m.**

Call the COA to sign up: 781-656-7878.

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.



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.

LOW VISION SUPPORT

If you would like to be part of this support group, meetings are on Mondays: November 27 and December 18 at 11:00 a.m., 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, Nov. 17 and Dec. 15 at 11:00 am.** Call the COA at 781-659-7878 to sign up. Open to Norwell adult residents of all ages. Non-Norwell residents are welcome based on space availability.



UKULELE

Tuesday's Ukulele class at 9:15 am. Please sign up by calling the COA so we know how many people to expect. The fee is \$10 per class payable to the teacher. Call 781-659-7878 to sign up.





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

WEDS., NOV. 15, 12:30 PM - \$5

Thanksgiving Lunch by Norwell Schools

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

Chef's Salad by Market Basket with rolls & dessert

THURS., NOV. 30, 12:30 PM Cost: \$5

Butternut Squash Chili by Friendship Home

THURS., DEC. 7, 12:30 PM Cost: \$5

Chicken, Broccoli, Ziti by Lunch by Norwell Schools followed by Carols with the Clauses!

MON., DEC. 11, 12:30 PM Cost: \$5

Roast Beef Lunch by South Shore Elder Services Traveling Chef, Friends of the Norwell COA Quilt Raffle and Holiday Entertainment: Mingle & Jingle!

THURS., DEC. 14 12:30 PM Cost: \$5

Lasagna & Salad by Friendship Home

LUNCH AND LEARN: HOW TALKING ABOUT DEATH CHANGES YOUR LIFE

Mon., November 13 at 12:30 pm with presentation beginning at 1:00 pm



It's a conversation most of us avoid, yet talking about our mortality has the power to enhance our lives in the most beautiful way! Join Aimee Yawnick, Certified Conscious Dying Coach, Educator and Death Doula as she guides you through this conversation with grace and compassion and helps you think about death in a totally different way. **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!



PILGRIMS! PRESENTED BY RICH NICHOLS

Mon., November 6 at 1:30 pm

Dive into the past with Rich Nichols and his interactive presentation about the lives and hardships of the Pilgrims and the strength they had to help form this country. Come learn how the Pilgrims started, where they came from, where they went, how they lived and how they died. Adults of all ages welcome! **Sign up by calling the COA at 781-659-7878.**

RING IN THE HOLIDAY SEASON

ON DECEMBER 7 with Lunch at the COA followed by CAROLS WITH THE CLAUSES at 1:00 pm.

Bring your holiday spirit and tune up your vocal cords for some Christmas and holiday favorite songs. Enjoy this fabulous sing-a-long. Not to be missed! Sign up today by calling 781-659-7878. Norwell residents only. You do not have to attend lunch to participate in this event.



HOLIDAY LUNCH WITH ENTERTAINMENT!

**Monday, Dec. 11
beginning at 12:30 pm**

Come to our Traveling Chef Holiday Roast Beef Lunch, take a chance on the Friends of the Norwell COA beautiful quilt and win "FABULOUS" Prizes with Linda Chuckran's 'Mingle and Jingle' with Holiday Name that Tune sponsored by Welch Senior Living. It's a **NOT TO BE MISSED** traditional seasonal Favorite! Norwell residents only. Sign up in advance required. Call 781-659-7878.



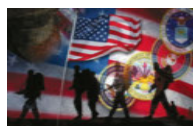
COFFEE & CONVERSATION

Come meet current friends or make new ones at Coffee & Conversation on **Thursdays at 9:00 a.m.** Topics of the day run the gambit and we ask that conversations be respectful of others' opinions. 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.



FASANO'S VETERAN'S DAY LUNCH GRAB 'n GO

THIS LUNCH IS FOR VETERANS AND THEIR SPOUSES/PARTNERS ONLY. This delicious lunch Grab 'n Go is on **Thurs., Nov. 9, pick up between Noon—12:30 p.m., catered by Fasano's.** Advanced registration is required and the deadline is noon Nov. 3. Call the COA at 781-659-7878 to register. Arrangements will be made to deliver to those who are unable to drive. This event is sponsored by the offices of Sen. Patrick O'Connor and Rep. David DeCoste, and Signet Electronic Systems.



CHRISTMAS DINNER GRAB 'n GO

Come pick up a lovely Christmas Dinner by Fasano's catering, or treat yourself to a special dinner as you prepare for the holidays. **December 20, Noon—12:30 p.m. pick up! Sign up today until capacity is reached with a deadline of noon December 15.** Call 781-659-7878!

NEW PICK UP TIMES!

IT'S TIME FOR MERRY MONDAYS!

Join us in December for our festive Merry Monday Grab 'n Go Events!

Each day look forward to a surprise giveaway! **These are**

PRE-REGISTERED events! You must register for each event

as we will have a limited amount of surprises!

Pick up times will be 10:00 am –10:30 am on their designated day!

This is for Norwell Senior Residents Only. Call 781-659-7878!

Arrangements will be made to deliver to those who are unable to drive.



MERRY MONDAY #1
MERRY MONDAY #2

Pick up: Dec. 11, Registration Deadline: Dec. 7

Pick up: Dec. 18, Registration Deadline: Dec. 14

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.



ATTENTION SNOWBIRDS!

Help us reduce our postage expenses. If you are going to be away for an extended time, please call the COA office and let us know. When you return, let us know and we'll start mailing your newsletter again! If you prefer, we can add you to our online newsletter notification email list. Safe travels!



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 STUDIO with Ann McLeod

Tuesdays, 10:30 a.m. to 12:30 p.m.

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 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. Nov. 20 — WHITE CHRISTMAS
NR, 2 hrs. 1954
Comedy, Musical, Romance
Bing Crosby, Danny Kaye, Rosemary Clooney

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.



Mon. Dec. 4 — SNOW DOGS
PG-13, 1 hr. 42 min. 2002
Adventure, Comedy, Family
Cuba Gooding Jr., James Coburn, Sisqo

When a Miami dentist finds out that he's been named in a will, he travels to Alaska to claim his inheritance, which turns out to be a mischievous team of sled dogs - who have got it in for him. Making matters even worse is the crusty mountain man who wants to claim the dogs for himself.

Mon. Dec. 18— CHRISTMAS IN CONNECTICUT
NR, 1 hr. 41 min. 1945



Comedy, Romance
Barbara Stanwyck, Dennis Morgan, Sydney Greenstreet

A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves to her home for a traditional family Christmas.

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:

GIVE SOMEONE THE POPS FOR CHRISTMAS!



Thurs., Dec. 14: Boston Holiday Pops!

Cost: \$160

**Checks Payable to: Tours of Distinction
Deadline to sign up is November 9**

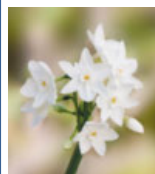
The Tour includes: Roundtrip via motorcoach, lunch at a restaurant TBD, admission to the Holiday Pops concert with 2nd Balcony reserved seating and gratuities for the driver. Head to Boston for a great day full of delicious food and holiday entertainment. Our first stop will be a lunch before we make 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! Warm up those vocal chords and get ready to join in!



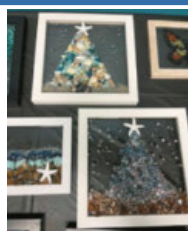
**HOLIDAY ROCK PAINTING-
Norwell residents only!** Come
**Wednesday, November 29 at
1:30 pm** for seasonally inspired

Rock Painting with Mary! Cost: \$5. Limited space is available and advanced registration is required. Call 781-659-7878.



**HOLIDAY PAPERWHITE PLANT-
ERS with the Norwell Garden
Club**

Join Susan Solis on **Thursday, November 30 at 1:30 p.m.** to create some lovely paperwhite holiday planters. **Cost: \$5.** All supplies are included, but if you would like to bring your own container, you may. Limited spots. Norwell residents only. Call 781-659-7878 to sign up! Advanced registration required.



**HOLIDAY SEA GLASS RESIN
CRAFT Monday, December 4,**

10:00 am—Noon Come for this beautiful 8x8 framed Holiday Resin and sea glass workshop. Trees are a suggestion, bring your imagination!

Sign up deadline is Monday, Nov. 20. Cost is \$25 per person, includes class, all supplies & frame. Reserve your spot by calling: 781-659-7878.



COOKIE DECORATING!

Come join us at the COA for some festive cookie decorating, **Wednesday, December 6 at 1:30 pm.** If you are inspired to do more cooking, Norwell Cookbooks sold by the Norwell Historical Society are available for purchase. Cookbooks are \$5. It also makes a great gift for someone! Available while supplies last!



**HOLIDAY CARD MAKING
AT THE COA**

Get in the seasonal spirit by sitting with friends—new or old and making cards with

Carol at the COA on **Thursday, Dec. 14 at 1:00 pm! Cost is \$5** for 2 seasonal cards. Call to sign up: 781-659-7878 by Weds., December 6.



NAILS TO YOU MANI SPA

Treat yourself or a friend this holiday season to a Mani Spa at the Norwell Council on Aging! Lee Ann Zappi of *Nails To You* will set up her mobile salon to offer holiday manicures on **November 27 and December 13**. Appointments are offered every 30 minutes between 1:30 p.m. and 4:00 p.m. **Cost: Standard Mani is \$20, Dazzle Dry Mani is \$25.** To make an appointment call 781-659-7878.



BIRDS OF WINTER WITH JUDY MACIOCI

Thursday, November 9 at 1:30 pm

Have you ever wondered which birds stay here in our backyard during the cold winter months? How do they stay warm? How do they adapt to the frigid temperatures? Learn the answers to these questions and more interesting facts about our birds of winter. **To sign up call the COA at 781-659-7878.**

This program is sponsored by the Friends of the Norwell Council on Aging.



VETERANS DAY OPEN HOUSE

Norwell Veterans Service Officer Dave Osborne will host a Veterans Day Open House on **Saturday, November 11 from 11:00 a.m. to 1:00 p.m.** This will take place at Central Fire station on Main St. Light lunch and refreshments will be served. This event is open to the public to come and thank our veterans.



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.



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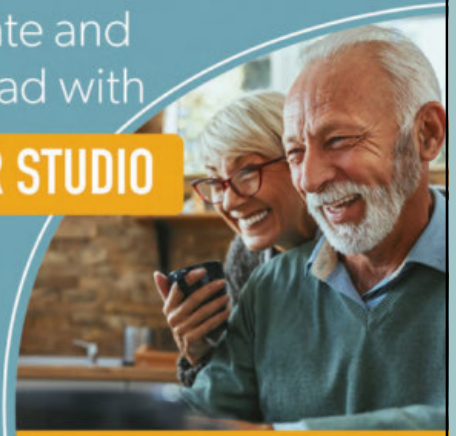
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SENIOR LEARNING NETWORK

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

Programs are Tuesday afternoons at 2:00 pm.

Tues., Nov. 7—Eisenhower Birthplace Historic Site: From Humble Roots

Dwight David "Ike" Eisenhower was born in the bedroom of the two-story house in Denison, TX. on Oct. 14, 1890. He was the only one of David and Ida Eisenhower's seven children born in Texas. Eisenhower was always the pride of Denison. The community acquired the Birthplace home in 1946 and he was hailed as a hometown hero when he came back to visit that year.



Tues., Nov. 14—Acadia National Park: What makes Acadia...Acadia?

Acadia National Park is mostly located on Mount Desert Island, the largest island off the coast of Maine. Join us as we showcase the diverse resources protected in Acadia National Park. From the mountains to the sea and everything in between, our park ranger will lead us through the beauty and importance of the park, as well as our own connections to the natural world.



Tues., Nov. 21—Lewis and Clark National Historic Trail (NE)

The Lewis and Clark National Historic Trail winds nearly 4,900 miles through the homelands of more than 60 Tribal nations! It follows the historic outbound and inbound routes of the Lewis and Clark Expedition of 1803-1806 from Pittsburgh, Pennsylvania to the Pacific Ocean. Follow the trail to find the people, places, and stories that make up the complex legacy of the expedition as our ranger leads us on this historic trail! Our program will cover information about the Lewis and Clark expedition, the hardships of the journey, and members of the legendary Corps of Discovery.



Tues., Nov. 28—Martin Luther King National Memorial (DC)

Dr. King's memorial is the first to honor an African American individual on the National Mall. It is a place to contemplate Martin Luther King, Jr.'s legacy: a non-violent philosophy striving for freedom, justice, and equality. King was a Baptist minister and social activist who became a notable figure during the U.S. civil rights movement from the mid-1950s until his assassination in 1968. He played a pivotal role in ending the legal segregation of African American citizens in the U.S., influencing the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. He received the Nobel Peace Prize in 1964, among other honors.



Tues., Dec. 5—Marching Together Along the Path of the American Revolution: Boston National Historic Park

The earliest Native Americans adapted this landscape for their survival. They lived on the harbor's islands and peninsulas for protection. When interactions with Europeans began in the 1500s, the people of this place were called the Massachusett. By the early 1600s, English colonists chose to settle this harbor for many of the same advantages. The beginning of this settlement marks the beginning of Boston's written history. Throughout the next four centuries, the story of Boston has been one of revolution: Stories of dramatic change, intense conflict, painful exploitation, but also empowering pursuits of freedom. Join us as we march together along the path of the American Revolution!



Tues., Dec. 12—An American Life: Clara Barton—Clara Barton National Historic Site

How did a shy girl born on a New England farm in 1821 break through the barriers that so often confined women to the domestic sphere? How did she go on to have a 60 year career of public service that touched people all over the world through the founding of the American Red Cross? Clara Barton dedicated her life and energies to help others in times of need - both home and abroad, in peacetime as well as during military emergencies. Glen Echo was her home the last 15 years of her life and the structure illustrates her dedication and concern for those less fortunate than herself. Join us as we learn more about this incredible woman.



Tues., Dec. 19—Maple Sugar Time! Indiana Dunes National Historic Park

Who doesn't love real maple syrup? This truly North American product has a fascinating and rich past from pre-contact tools and methods to modern-day techniques. Join us as a park ranger takes us on the farm trail to explain how Native Americans first boiled maple sap into sugar and how early settlers used large iron kettles to make syrup.



Thurs., Dec. 21—Special Christmas Edition with FDR Always a favorite, and always something new to learn!

If you have ever heard Jeff Urban share about Christmas at the Roosevelt White House, you'll know he has plenty to say! There's always something new to learn, and we'll have lots of fun while we're at it. Join us for our last program of the year celebrating the holidays with the Roosevelts!





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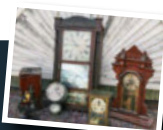
In youth, love and art. In age, investments and antiques. - Mason Cooley

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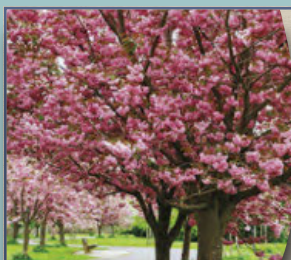
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SUPPORTING THE COA

Many people give generously during the holiday season and often contact us to ask how they can support the Council on Aging. Here are just some of the ways you can help. We thank you for your generosity and continued support of our efforts.

- **Gift Card Donations**

Please consider donating gift cards to the COA for local stores such as Market Basket, Shaws, Big Y and Trader Joes, Target, CVS or Walgreen's. These are used throughout the year to help support seniors and families in need during the holidays and throughout the year. Your generosity is greatly appreciated.

- **COA Gift Fund**

Donations to the COA's Gift Fund are used to assist with community outreach and help offset unbudgeted expenses to support older community members. Donations can be made in memory of a loved one as well.

- **Program Gift Fund**

Contributions specifically to the Program Gift Fund help to support and expand the offering of the quality programs offered at the senior center, as well as program participation scholarships.

- **Friends of NCOA**

The Friends are a 501(c)(3) organization that provides booster support to the Council on Aging. Donations to the Friends support community outreach, programming, special events and more, not covered through the COA budget or that required immediate funding. Please see their insert for more information.



National Suicide Prevention Lifeline - 988

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



ARE YOU PREPARED FOR EMERGENCIES?

As we enter storm season, we encourage you to register your cell phone and emergency contact information with us, especially if you have concerns about well-being during a storm. You don't need to be frail or sick, maybe just live alone or have no family or local support system. We want to be available to assist you if needed. Call the COA office at 781-659-7878.

EMERGENCY KITS

In September, Fire Chief Dave Kean gave a presentation on emergency preparedness for older adults. As part of this program, we offered starter emergency kits to participants. There are a limited number of additional kits available and are offering one per household. Pictured below are the kits. These were made possible through an Economic Development grant. Please call the COA office at 781-659-7878 if you'd a bag.



EXCEPTIONAL NEED REGISTRY

The Norwell Fire, Police and Council on Aging Departments seek to serve all the residents of the community with the utmost respect and dignity. The Town of Norwell has created the Exceptional Needs Registry to help first responders assist residents in need and who may have unique circumstances. Who should consider registering? Anyone who has a physical, cognitive, emotional, behavioral or other circumstance that may require additional assistance in the event of emergency or special situation. The information provided will remain confidential and a resident can request to be removed at any time. The online form can be found at <https://arccg.is/1WK5uf0>. If you need assistance completing this information, please contact the COA at 781-659-7878 and one of our staff can assist you.



NEWS FROM AROUND TOWN

FIRST PARISH COMMUNITY DINNERS

Enjoy dinner, conversation and community at First Parish Norwell Unitarian Universalist Church. The next monthly dinners will be held on Tues., November 7 and December 12, 5:00 PM to 6:15 P.M., at 24 River St. This event is free and you are invited to bring a friend. For more information, please call 781-659-7122.

NORWELL WOMEN'S CLUB "HOLIDAY ON THE COMMON"

Join the festivities at the Norwell Women's Club Annual "Holiday on the Common" on Sunday, December 3rd from 3:00 to 5:00 p.m. Watch for Santa to drive by, enjoy the lighting of the Common, check out the vendors and pick up a map for the house decorating contest! For more information visit <http://www.norwellwomensclub.org/holiday-on-the-common>

SOUTH SHORE WOMEN-OWNED BUSINESS POP-UP IS BACK!

Kick off your holidays and shop your favorite local, women-owned brands, on November 5, 3 to 7 p.m., at UCC Norwell, 460 Main St. Join us for refreshments, music, raffles and more. Free and open to the public!

SNOWFLAKE FESTIVAL AT CHURCH HILL UNITED METHODIST

Church Hill United Methodist Church's annual Snowflake Festival will be Saturday, December 2 from 9:00 a.m. - 2:00 P.m., at 11 Church St. Stop by for Silent Auction, Country Store, Bistro, birch logs, baskets, boxwood trees, wreaths, homemade baked goods and more!

ONE SPIRITED CONCERT, TWO SHOWS

Join us for one of two festive (and completely identical) Christmas concerts filled with joyous choir music, handbells, trumpets, flutes, violins, pianos, and more. Starring the many talented choirs of the United Church of Christ in Norwell, this is a UCC tradition you don't want to miss! Saturday, December 2, 2023, 5 p.m. and Sunday December 3, 2023, 2 p.m. Tickets are free, but reservations are required and will open to the public in November at www.uccnorwell.org.

NORWELL GRANGE PANCAKE BREAKFAST

Mark your calendar to join us for our next Pancake Breakfast on Sat., November 11, 8:30 - 10:30 a.m., at the Church Hill United Methodist Church Fellowship Hall, 11 Church St. Suggested donation is \$10 for adults, \$5 for kids 5-12 and kids under 5 are free. As a thank you to our veterans, we invite you to eat for free!

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.

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.



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COVID UPDATE

For the safety and well being of our staff and visitors, if you are experiencing cold or flu-like symptoms, we ask that you please refrain from attending programs and events at the senior center. COVID test kits are available at our front entry for those who may need one. Thank you for helping us to stay safe!



GIFT CARD DONATIONS

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

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