

SENIOR SCENE

Drop-in dance program starts soon

All events take place at Willcutt Commons, 91 Sohier St., unless noted. Call for Reservations: 781-383-9112.

Weekly Lunches: Lunches are served at noon Tuesdays, Wednesdays, and Thursdays. Reservations are required no less than 24-hours in advance. Delicious meals provided by local restaurants and Cohasset cooks. Cost: \$3.

- Tuesday, March 27, Chef Carol: Chicken Sandwich
- Wednesday, March 28, Olympus Grille
- Thursday, March 29, Out to Lunch, South Shore Votech. NO LUNCH AT CENTER

BROWN BAG LUNCH & MOVIE,

Monday, March 26, 11:30 am.

This month we'll be showing **TEMPLE GRANDIN**, the true story of a woman who refused to let her autism limit her potential. Adapted from Grandin's own writings, the film allows the audience to experience the world through her eyes as she recounts her colorful life and remarkable achievements. A prominent author and speaker on both autism and animal behavior, today she is a professor of Animal Science at Colorado State University. Bring your

lunch. Popcorn and drinks will be provided. Free.

DROP IN AND DANCE! New

Program! Tuesdays, beginning April 3, 3-4 pm. We are opening up the Chart Room for anyone who would like to practice his/her ballroom dance moves with or without a partner. American Style Smooth & Rhythm. Come on in and join like-minded others. Bring your favorite music. Beginners and experts welcome in a relaxed environment. We'd love to have high school kids join us so spread the word. \$3.

DENTAL HYGIENIST, Thursday April 5, 8 to 11:30 a.m. Private appointments available with Visiting Dental Hygiene Associates. A healthy mouth can actually help prevent many life-threatening diseases. There have been scientific studies showing the relationship between heart disease, stroke, diabetes respiratory diseases and periodontal (gum) disease. \$88 private pay or Mass Health insurance accepted. Appointments required.

PEAK PHYSICAL THERAPY-WOMEN'S HEALTH

PRESENTATION, Wednesday, April 11, 10:30 am. Please join

us as Peak Physical Therapy discusses the sensitive topic of urinary incontinence.

Learn how to address the root causes of this common affliction, through physical therapy rather than by simply treating the symptoms. FREE.

SPRINGTIME FLOWER WORKSHOP,

Thursday, April 12, 1:30 p.m. Sponsored by the Community Garden Club of Cohasset. Early registration is strongly suggested for this ever popular activity. Garden club volunteers will assist us in making a beautiful flower arrangement to take home. Come early for lunch (\$3) at 12:00 pm. Lunch reservations required at least 24 hours in advance. Flower registration due by Thursday, April 5, \$3.

REGULARLY SCHEDULED ACTIVITIES:

Cohasset Café: Mondays, 9 to 11 a.m. Drop in for coffee, conversation and fresh baked treats provided by The Friends of Cohasset Elder Affairs. \$3.
French Conversation: Mondays, 10 a.m. Looking to improve your French? Informal gatherings for those less-than-expert. Drop in.

