

SENIOR SCENE

Springtime Flower Workshop April 12

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, April 3, Chef Diane and Launch: Chicken Marsala
- Wednesday, April 4, Chef Diane and Launch: Grilled cheese and soup
- Thursday, April 5, Chef Mary Kay, Macaroni and cheese

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.

LOCAL & EXOTIC BIRD TALK, Wednesday, April 18, 10:30 am. Dick and Sally Avery, who have shared a life of travel and bird watching, will share their photos and knowledge of birds, including identification, habitats, habits and migration. Learn how to attract them to your home, in addition to identifying environmental threats. Refreshments served. For space considerations please let us know you will be joining us. FREE.

A POLAR EXPERIENCE, Thursday, April 19, 1:00 pm, brought to us through South Shore Art Center's Mobile museum. Enjoy a creative presentation and discussion with Lisa Goren, an experienced water-color painter who depicts glacier landscapes and artworks

inspired by images of ice. Lisa shares stories of her experiences and travels through Antarctica and the High Arctic in a colorful presentation. Her watercolors show us this unfamiliar landscape in a new light and opens our minds to the nature of abstraction. Many of her pieces feature threatened terrains. Registration is required by Friday, April 13, \$5. **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. Zumba Gold, Additional day: Wednesdays (starting April 4), 9 a.m.; Fridays, 10 to 11 a.m. Ditch the work out! Join the party! Zumba Gold workout incorporates dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity than regular Zumba. Great for cardio, range of motion and balance. Drop in. \$5.

Gentle Yoga: Tuesdays at 9:30 am. Instructor, Amy DiLillo. Drop in \$5. Drop in and Dance: Tuesdays (starting April 3) 3 to 4 p.m. Drop in and practice your steps with others in a casual group setting. Beginner to expert are welcome \$3. Chair Yoga: Wednesdays, 1 p.m. Instructor, Amy DiLillo. Drop in \$5. Veteran's Services Hours, Tuesday afternoon, by appointment. Bridge: Wednesdays, 1 to 4 p.m. Bring your own foursome.

