



HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

March-April | 2024

Cover Artwork
"Worlds End"

by Michael Marlowe

Michael Marlowe has been a resident of the South Shore for the last 40 years, and was drawn to photography at an early age. Trips across the US and Canada fostered his love of landscape photography and the details that create the whole. Mike uses photography as his creative outlet, and loves capturing all the surprising moments that life brings us. His photos can be seen at Gallery Nantasket or by contacting him at Mike@MiMarphotos.com



GET IN TOUCH

781-925-1239 (p)
781-925-8114 (f)

town.hull.ma.us/council-aging
facebook.com/HullCOA

Hours of Operation

Mon - Thu | 9:00am-4:00pm
Fri | Closed. Holidays | Closed



Don't forget to move your clocks one hour forward on March 10th!

OUR MISSION

The purpose of the Hull Council on Aging is to identify needs and implement programs that will enhance the quality of life and assist valued independence for Hull residents over 60 years of age. We also assist in educating our leaders and community to the needs of all our senior residents. Family members are invaluable in keeping many seniors home. We provide referrals, advice, and comfort to all our families. Feel free to call or visit.

CELEBRATE ST. PATRICK'S AT THE PARROT WITH MERROW Thursday, March 7th, 5-8pm

Join the Hull Senior Center at The Parrot Restaurant to celebrate St. Patrick's Day! Sit down to a boiled corned beef and cabbage dinner with all the trimmings while tapping your toes to traditional Irish music by the three piece Irish band Merrow! Music generously provided by a donation from the Porchfest organizers. Cost for this event is \$20 to be paid at the Hull Senior Center by Monday, March 4th. Cash bar available. Space is limited! Don't wait to reserve your spot for this festive evening!



RESOURCES, SERVICES AND MORE

Page 02

Office Hours with State Senator Patrick O'Connor
3/28 & 4/25 @ 10:30am

Office Hours with State Representative Joan Meschino
3/18 & 4/29 @ 10:00am

Blood Pressure Clinic
1st & 3rd Tuesdays: 3/5, 3/19, 4/2 & 4/16 at 10:30am-11:30am—Rachel Gerold, Hull Board of Health

Town Nurse Time at Senior Center
3rd Tuesday: 4/16, 11:30am-12:00pm—Hull Town Nurse, Rachel Gerold

Meals on Wheels
South Shore Elder Services, Call to sign up at 781-848-3910 x415

Stretch Your Food Budget
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Food Pantry Aunt Dot's Kitchen
Wellspring Multi Service Center
781-925-3211 x112
Make an appointment to shop regularly. Aunt Dot's Kitchen receives donations multiple times a week that are featured in the food pantry. Most visits you will find prepared meals crafted by the talented team.

SHINE—Serving the Health Information Needs of Everyone
Thurs appt. times, 9am-1pm
3/7, 3/21, 4/4 & 4/18

Call to book an appointment at the Senior Center with Volunteer Counselor, Elaine Schembari.

Life Insurance & Long Term Care Consultation
Call to schedule. 1/2 hour appts available with Elaine Buonicino of Turning 65 Consulting.

Financial Aid Advisor
Call to schedule. 1/2 hour private appts available with Jason Luck of Commonwealth Financial.

Veteran's Office Hour
3/19 & 4/16, 9:30am
Paul Sordillo, Veterans Agent, Hull

Podiatrist Clinic
Monday, 4/8 at 10:15am-1pm
Call Dr. James Dwyer's office at 781-335-8811 to schedule appt.

Holidays Observed— Center Closed

April 15th—Patriots Day

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A NOTE FROM THE DIRECTOR...

I've been reading a book called "Breaking the Age Code" by Dr. Becca Levy, a Yale professor and leading expert on the psychology of successful aging. Levy states that "Although age beliefs are assimilated and reinforced over our lifetimes, they are also malleable...I have been able to change them in the lab, they can shift across history, and they can vary dramatically from one culture to another." In her book, Levy will show you how to change from an age-declining mind set to an age-thriving mindset. Based on her scientific findings and observations she developed her "ABC Method" to change from an age-declining mind set to an age-thriving mindset: increasing **Awareness**, placing **Blame** where blame is due, and **Challenging** negative age beliefs.

A: Increase Awareness: Identifying our own negative age beliefs helps us disprove negative stereotypes or strengthen positive ones. Think about someone you see as a positive model of aging, such as your parent, your neighbor, your professor, your barista, your grocery cashier.

B: Blame Ageism, Not Aging. Levy suggests a good place to begin is by "recognizing that it is often ageism that makes being older difficult, not the age process itself." She asks us to consider something as simple as a sore back that exposes the dual need to address pressing physical pain while also asking what's causing the problem, not simply categorizing it as 'getting older.'

C. Challenge Negative Age Beliefs: Challenging ageism means calling it out when you see it: speaking out when you see an older person being treated unfairly, stopping yourself from saying something as common as "having a senior moment" when you have forgotten something, when your own concerns as an older adult are not recognized and validated even in a medical setting.

I think we all have something to learn from Levy, including me! 8 years ago, when my mom was 80 years old, our family was enjoying a picturesque weekend on a beautiful riverway. About 7 of us decided to go kayaking down the river and as we prepared to leave, I saw my mom sitting alone watching us. When I asked if she wanted to join us, she said "Not now, maybe another time," to which I replied "If not now, when?"

With some help from our family, my mom went kayaking with her grandkids, and later proudly told all her friends back at home about her experience doing something that in her belief, she was too old to do. This was also a lesson for me about ageism and stereotyping...and not presuming that she would not be interested or incapable of participating.



Here's to Spring, and "Breaking the Age Code"!

Lisa

Our Staff

Main Number 781-925-1239

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Van Drivers

Mickey Corcoran, Alice Kaplan

Medical Ride Requests

ext. 209

Non-Medical Ride Requests

ext. 206

Rides to the Senior Center, around town, food shopping.

South Shore Elder Services

Nutrition Site Manager

Bruce Brennan | ext. 202



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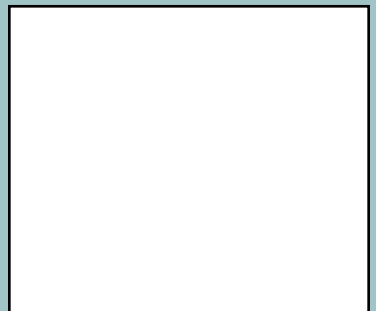


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CAN YOU VOLUNTEER?

Senior Friends—Our Mission

The goal of **Senior Friends** is to bring interest and joy to the lives of Hull seniors, embracing them as extended family and reinforcing the message that our community is *'here for them.'*

If you're interested in joining this group or you would like to volunteer to support the programs we offer, please contact the Senior Center.

The more we do, the more we need you! Volunteer commitment can be as much or as little as you can share of your time and talent.

We are grateful for YOU!

TECH HELP

Mondays, March 11th & 25th, April 8th & 22nd at 3pm



Having trouble with that new app on your iPhone or Android? Not sure how to get the most out of your tablet? Come see a Hull High National Honor Society student, to help you with all your technology questions. First come, first served every other Monday at the Hull Senior Center.

GARDEN THERAPY

Mondays, March 18th and April 22nd, 11:00am

Gardening has been proven to be therapeutic; it can help develop skills and improve social, psychological and physical well-being. The Hull Garden Club hosts this creative "therapy" time to come together and learn how to make flower arrangements or a floral craft!



This very popular class, with all materials and instruction, is generously provided by the members of the Hull Garden Club. Space is limited and **only** those who pre-register can attend. Call the Senior Center to secure your spot, 781-925-1239!

COMMUNITY

CAFÉ TALK BREAKFAST

LET'S TALK HONEY!

Tues, April 2nd, 10:00am

Join us at the Senior Center for a community breakfast with guest speaker Gail Franzen. Gail is an avid bee keeper here in town who has tremendous knowledge about the pollinators and their delicious product. Find out who collects it, how it is stored, how it is extracted and how you can find out where your honey comes from. You also might get to taste different honeys from around the world! So that we can plan for food and set up, you **MUST** call to RSVP for this event, 781-925-1239. Requested donation \$3.

MONTHLY BOOK GROUP

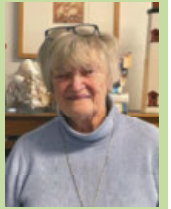
Wednesdays, March 13th and April 10th, 2:00pm

Are you an avid reader? Would you enjoy having an in-depth discussion about a book you've just read? Come together with others who love reading for our monthly book group! A new book will be chosen every month for discussion at the following month's meeting. Open your mind to the different perspectives that other readers bring to a book!



VOLUNTEER SPOTLIGHT

This month, we're SHINING a spotlight on Elaine Schembari, SHINE (Serving Health



Information Needs of Everyone) counselor. Elaine is a resident of Scituate who generously donates her time twice a month to answer questions regarding Medicare and health insurance for Hull's older adults. Her former position as Manager of Billing, Quality, and Compliance for the Mayo Clinic in Minnesota aided in her current role. However, her healthcare focus changed to the consumer experience when she became a SHINE counselor 5 years ago. In her free time, Elaine enjoys reading and gardening when the weather is nice. She also spends time with Peyton, her 9 year old Malshi dog, named for a sports figure some of you might guess. Thank you, Elaine, for helping to navigate the confusing medical insurance system!

ST. PATTY'S DAY LUNCH

Tuesday, March 5th, 12pm

Our Valentine's Day lunch rescheduled! Live music from pianist Mark Davis and lunch compliments of **Bridges by Epoch in Hingham**. Priority given to previous registrants. Call to see if spots are still open, 781-925-1239!



MARCH 2024 CALENDAR

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Monday			Tuesday			Wednesday			Thursday		
9:00	Strength	4	8:45	Zumba	5	9:00	Strength	6	9:00	SHINE	7
10:30	Crafts & More		9:45	Chair Yoga		9:00	Writing I		9:00	Writing II	
1:00	Bingo		10:30	BP Clinic		10:30	Not Just Yoga		9:45	Chair Yoga	
			12:00	St. Patty's Lunch at the Senior Center		12:30	Tai Chi		11:00	Cardio Strength	
			1:00	Cards & Games		1:00	Bridge		11:00	MahJong	
									1:15	History	
									3:00	Caregiver Support	
									4:15	Vinyasa Yoga	
									5:00	St. Patrick's at the Parrot Restaurant	
9:00	Strength	11	8:45	Zumba	12	9:00	Strength	13	9:00	Writing II	14
10:30	Crafts & More		9:45	Chair Yoga		9:00	Writing I		9:45	Chair Yoga	
1:00	Bingo		11:00	Ancestry Talk		11:30	Sand Bar Lunch		11:00	Cardio Strength	
1:00	Knitting		11:00	Ocean Kai Lunch		12:30	Tai Chi		11:00	MahJong	
3:00	Tech Help		1:00	Cards & Games		1:00	Bridge		1:15	History	
			1:00	In the Moment Café		2:00	Book Group		3:00	Caregiver Support	
									4:15	Vinyasa Yoga	
9:00	Strength	18	8:45	Zumba	19	9:00	Strength	20	9:00	SHINE	21
10:00	Rep Meschino Hr		9:30	Veterans Hour		9:00	Writing I		9:00	Writing II	
10:30	Crafts & More		9:45	Chair Yoga		10:30	Not Just Yoga		9:45	Chair Yoga	
11:00	Garden Therapy		10:30	BP Clinic		12:30	Tai Chi		11:00	Cardio Strength	
1:00	Bingo		11:00	Kidney Health Talk		1:00	Bridge		11:00	MahJong	
1:00	Knitting		1:00	Cards & Games		1:00	Manicures		1:15	History	
			1:00	Planning for End of Life					3:00	Caregiver Support	
									4:15	Vinyasa Yoga	
9:00	Strength	25	8:45	Zumba	26	9:00	Strength	27	9:00	Writing II	28
10:30	Crafts & More		9:45	Chair Yoga		9:00	Writing I		9:45	Chair Yoga	
1:00	Bingo		1:00	Nutritionist Talk		10:30	Not Just Yoga		10:30	Sen. O'Connor Hr	
1:00	Knitting		1:00	Cards & Games		12:30	Tai Chi		11:00	Cardio Strength	
3:00	Tech Help					1:00	Bridge		11:00	MahJong	
						1:00	Pastel Workshop		3:00	Caregiver Support	
									4:15	Vinyasa Yoga	

IN THE MOMENT CAFÉ

A Memory Café

Tuesday, March 12th & April 9th, 1-2pm

Caregivers and loved ones can enjoy an hour of music, movement, and engagement in a light and fun atmosphere under the expert guidance of Dance/Movement Therapist, Kaitlyn Mazzilli, BC-DMT, LMHC and Music Therapist, Joanna Kennedy, MM, MT-BC from the South Shore Conservatory. This monthly memory cafe is presented for those living with cognitive decline and their caregivers. Upcoming dates are 5/14 & 6/11. RSVP to the Senior Center, 781-925-1239.

Grant Funded through South Shore Elder Services



APRIL 2024 CALENDAR

Monday		Tuesday		Wednesday		Thursday	
9:00	Strength 1	8:45	Zumba 2	9:00	Strength 3	9:00	SHINE 4
10:30	Crafts & More	9:45	Chair Yoga	9:00	Writing I	9:00	Writing II
1:00	Bingo	10:00	Café Talk Breakfast	10:30	Not Just Yoga	9:45	Chair Yoga
1:00	Knitting	10:30	BP Clinic	12:30	Tai Chi	11:00	Cardio Strength
		1:00	Cards & Games	1:00	Art Complex Trip Duxbury, MA	11:00	MahJong
				1:00	Bridge	1:00	Wood Working
						1:15	History
						3:00	Caregiver Support
						4:15	Vinyasa Yoga
9:00	Strength 8	8:45	Zumba 9	9:00	Strength 10	9:00	Writing II 11
10:15	Podiatrist	9:45	Chair Yoga	9:00	Writing I	9:45	Chair Yoga
10:30	Crafts & More	10:30	Painting Class	11:30	Sand Bar Lunch	11:00	Cardio Strength
1:00	Bingo	1:00	Cards & Games	12:30	Tai Chi	11:00	MahJong
1:00	Knitting	1:00	In the Moment Café	1:00	Bridge	1:00	Wood Working
3:00	Tech Help			2:00	Book Group	1:15	History
						3:00	Caregiver Support
						4:15	Vinyasa Yoga
	15	8:45	Zumba 16	9:00	Strength 17	9:00	SHINE 18
	Patriot's Day Senior Center Closed	9:30	Veterans Hour	10:30	Not Just Yoga	9:45	Chair Yoga
		9:45	Chair Yoga	12:30	Tai Chi	11:00	Cardio Strength
		10:30	Painting Class	1:00	Bridge	11:00	MahJong
		10:30	BP Clinic	1:00	Manicures	1:15	History
		11:30	Nurse 1/2 Hour			3:00	Caregiver Support
		1:00	Cards & Games			4:15	Vinyasa Yoga
9:00	Strength 22	8:45	Zumba 23	9:00	Strength 24	9:45	Chair Yoga 25
10:00	Hearing Health	9:45	Chair Yoga	10:30	Not Just Yoga	10:30	Sen. O'Connor Hr
10:30	Crafts & More	10:30	Painting Class	11:00	Sandwich Glass Museum Trip Sandwich, MA	11:00	Cardio Strength
11:00	Garden Therapy	1:00	Cards & Games			11:00	MahJong
1:00	Bingo	1:00	Navigating Hospitalizations Talk	12:30	Tai Chi	1:00	Spring Seedling Garden Talk
1:00	Knitting			1:00	Bridge	3:00	Caregiver Support
3:00	Tech Help					4:15	Vinyasa Yoga
9:00	Strength 29	8:45	Zumba 30	<p>Coming to the Senior Center...</p> <p>AT HOME HEARING HEALTHCARE</p> <p>Monthly beginning Monday, April 22nd</p> <p>Board Certified Hearing Instrument Specialist, Mike Schmit of At Home Hearing Healthcare will provide hearing tests and hearing aid consultations. Call for an appointment, 781-925-1239.</p>			
10:00	Rep Meschino Hr	9:45	Chair Yoga				
10:30	Crafts & More	10:30	Painting Class				
1:00	Bingo	11:00	Voyage Lunch Trip				
1:00	Knitting	1:00	Cards & Games				

CLASSES & PRESENTATIONS

Page 08

SPEAKER PRESENTATIONS

EXPLORE YOUR FAMILY TREE

A Deep Dive into Ancestry.com
Tuesday, March 12th, 11:00am

Are you descended from royalty? Probably not, but it's still interesting to learn about family members who came before you! Join us as Hull resident Jim Curran describes why he decided to research his family history and how Ancestry.com has aided in the search for family members past and present, near and far. Jim will also inform attendees of the DNA testing option and how it can aid in, or possibly detract from, the family history process. Please call to register for this informative talk, 781-925-1239.

PLANNING FOR END OF LIFE

Tuesday, March 19th, 1:00pm

Conversations about dying and death can be difficult. However, communicating and documenting your end of life wishes can give you peace of mind and allows your loved ones guidance. This "Let's Talk about Death and Dying" workshop, led by End of Life Doula Eileen Shaw, will provide participants with vital information, powerful strategies, and personalized advance care documents that will support their ability to stay in charge and have their goals honored. This workshop is limited to 15 participants. Call the Senior Center to reserve your spot, 781-925-1239.

ULTRA-PROCESSED FOODS AND THEIR LINK TO DEMENTIA

Tuesday, March 26th, 1:00pm

What are examples of ultra-processed foods? How do the ingredients of these foods adversely affect the body and mind? Anne McDonald, Registered Dietician for South Shore Elder Services, will discuss the latest research and will inform you of the changes you can make to decrease your risk. Please call to register.

NAVIGATING HOSPITALIZATIONS

Tuesday, April 23rd, 1:00pm

Dr. Monique Nugent, in affiliation with the South Shore Health VNA, will discuss the ins and outs of hospital visits based on her book, "Prescription For Admission". From admittance to discharge, find out what you need to know to have a better hospitalization. Call to register, 781-925-1239.

ENGAGE IN LIFE LONG LEARNING!

SPRING FOR SEEDLINGS

Presented by Jon Belber of Holly Hill Farm
Thursday, April 25th, 1:00pm

Join us in a hands-on workshop presentation on organic gardening and regenerative agriculture. Jon Belber of Holly Hill Farm will show you all the necessary seeds, soil and plants for growing a healthy, diverse garden. Learn about ways to have success with early season crops and take home a sample of vegetables and flowers for your garden.

\$5 per person. Call to save your spot, 781-925-1239.

HISTORY LECTURE SERIES

French & Indian Wars 1740-1758

Thursdays, 3/7, 3/14, 3/21, 4/4, 4/11, & 4/18
1:15pm

Presented by Bob Jackman

This six week history series will give an overview of an exciting period when residents of British North America joined with Royal forces compelling France to relinquish its claims to North American territories. During this time the Americans also learned to fight a major war while discovering they disliked British mercenaries and the regular army even more. The course will also address the divisions among Native tribes which impacted decisions to ally with France or Great Britain. Limited to 22 participants. Cost is \$25/series

PAINTING CLASSES

Four Week Series: Water Based Paints

Tuesdays, April 9th - 30th, 10-11:30am

Join fine artist and instructor Marianne F. Buckley Curran, a Hull resident and a Hull Artist member, as she provides classes on water based painting medium. Bring your own watercolor or acrylic paints, painting supplies, and paper or canvas. Classes will start with information covering laying out a composition, blocking in shapes, creating a design, value and use of colors. Be prepared to have a reference photo of your own to work from or choose one from the instructor. These workshops are partially supported by Hull Artists Association. Limited to 12 participants. Cost is \$45.

Please sign up in advance for all presentations!

WEEKLY GROUPS AND SPECIAL EVENTS

Page 9

WEEKLY GROUPS

CRAFTS & MORE

Mondays at 10:30-noon

WITH SANDY BLOOM



BINGO

Mondays at 1-3:30pm

KNITTING GROUP

Mondays at 1:00pm

WITH INSTRUCTION BY MARGE SULLIVAN



BRIDGE

Wednesdays at 1:00pm

MAH JONG

Thursdays at 11:00am

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CARDS AND GAMES

Tuesdays at 1:00pm



Sharpen your brain with games! Meet new and old friends for a game of your choice during CARDS AND GAMES on Tues! We will have Scrabble, Uno, Whist, Cribbage, or a game of your choice! What's your favorite?

WRITING COURSES

Wednesdays, March 6th—April 10th, 9-10:30am

Thursdays, March 7th—April 11th, 9-10am

These six week writing sessions are for any level of writer! Laura Leventhal will explore techniques to jump start your creativity, help you find your writer's voice, and enjoy the magic of writing. Notebooks and pens will be supplied, but bring your own if you have a personal favorite. 10 person limit for Wednesday class.

6 person limit for Thursday class. Cost \$18/person. Call to register!

PASTEL WORKSHOP

**Wednesday, March 27th,
1:00pm**

With Patricia Laliberte

Make a unique piece of art using pastels, stencils and paper during this one and a half hour workshop. Pat has been an art instructor on the South Shore for over 55 years. All materials will be provided. Please call to register as space is limited, 781-925-1239.

CUTTING BOARD WORKSHOP

**Thursdays, April 4th & 11th,
at 1pm**

With Jim Clapper

Over the course of two weeks, participants will make a beautiful cutting board using cherry, walnut and other hard woods. Designed for beginner woodworkers, but all are welcome. \$25 includes materials and instruction. Limited to 8 students. Pre-register 781-925-1239

HEALTH LECTURES

**BI-MONTHLY beginning
Tuesday, March 19th, 11am**

with Town Nurse, Rachel Gerold

Bi-monthly health lecture series at the Hull Senior Center begins in **March** which is National Kidney Month. During this round table health talk Rachel will be discussing overall **kidney health** including how the kidneys work, common kidney disorders, and ways to try and keep your kidneys functioning their best. Your kidneys are some of the most important organs in the body. Come learn more about them!

MANICURES

**Wednesdays, March 20th
and April 17th, 1-4pm**

NAILS TO YOU MOBILE NAIL

SPA will pamper you with a manicure at the Senior Center!

Spa manicure is \$20 and a Dazzle Dry manicure is \$25. Dazzle Dry is a healthy alternative to gel and dip.

Call the Senior Center to book your 1/2 hour appointment, 781-925-1239!

LUNCH AND BINGO AT THE SANDBAR

**Wednesdays, March 13th &
April 10th at 11:30am**

Sign up and join us at the Sandbar Restaurant, 297 Nantasket Ave., for delicious food and fun. Call the Senior Center, at 781-925-1239, to reserve your seat. Transportation available upon request. Cost \$5 each date. This event does fill up quickly, so call in advance on the first of each month. Preference given to those on the previous month's waitlist.

FINANCIAL ASSISTANCE

If there is a class you wish to attend, but are experiencing financial difficulty, please call Lisa Thornton, Director, to discuss scholarship possibilities, 781-925-1239. x201.

CLUTTER REDUCTION AND ACCOUNTABILITY GROUP

Begin Monday, April 22nd, 3:30pm

Facilitated by Suzanne Otte of the South Shore Clutter Reduction Collaborative, this 12 session, bi-weekly private group will utilize the book "Buried in Treasures" to build participant's knowledge about how to tackle the problem of compulsive acquiring and saving. The group can be joined **in person or virtually** and is designed to provide those who are challenged by clutter and/or hoarding behavior with an experience focused upon goal setting and accountability. Participants will be given a copy of the book "Buried in Treasures", take part in large and small group discussions, and set de-cluttering related home commitments between meeting dates. This program FUNDED by Executive Office of Elder Affairs using the HYBRID PROGRAMMING GRANT.

Sign up is required for this group and is limited to 12 participants, 781-925-1239.

ZUMBA TONING W/ MOROCCAN STICKS

Tuesdays at 8:45am

With Justine Hobin

Dance and tone to the beat of Latin-American music! Zumba toning combines body-sculpting exercises and a cardio workout with Zumba moves to create a calorie burning/strength training fitness workout. The class is focused on using lightweight toning sticks to enhance rhythm and tone the target zones, including arms, abs, and thighs. Come join us for a fun 45 minutes of joy and movement. \$5/class

VINYASA YOGA

Thursdays at 4:15pm

with Sara Pearson

Vinyasa is a type of yoga in which the instructor strings postures together so that you flow from one to another, seamlessly, while also practicing breath work. Vinyasa classes offer a variety of postures and can be modified. This mat class will improve strength and mobility while helping you attain balance in the mind & body. All levels welcome. Please call ahead to register! \$5/class

Exercise not only changes your body, it changes your mind, your attitude and your mood.

STRENGTH & FLOW

Mon. & Wed. at 9:00am

with Sara Pearson

Strength and Flow is a dynamic class that integrates breath, mindful movement, and yoga with the use of small hand weights, resistance bands, and balls to increase strength & flexibility. *Benefits* : Strengthen and tone major muscle groups, improve overall flexibility, link breath to movement. \$5/class.

CHAIR YOGA

Tues. & Thurs. at 9:45am

with Kathy Dunn

Stay active, flexible, and strong. Chair Yoga will improve balance, build muscle strength, and it even supports brain health! A little bit of movement every day can make all the difference in your balance. Helps with fall prevention. Pull up a chair! NAMASTE. \$3.25/class.

NOT JUST YOGA

Wednesdays at 10:30am

No class on 3/13 & 4/10

with Nicole Palermo

Infuses mindfulness, breath work, Reiki, and sound healing with mat-based movement to cleanse and release the issues within your tissues. Bring a mat and beach towel or small blanket. \$5/class. Pre-registration is encouraged.

QIGONG/TAI CHI

Wednesdays at 12:30pm

with Bill Mazzeo

Qigong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, sound, and focused intent. Tai Chi improves strength, flexibility, and range of motion w/ gentle movements. 3.25/class.

CARDIO STRENGTH FUSION

Thursdays at 11:00am

with Marcia Patch

A fun and effective workout that combines the high-energy nature of HIIT intervals with the strength-building benefits of resistance training. This class offers a well-rounded fitness experience that improves cardiovascular endurance, burns calories, and enhances overall strength and body composition. Modifications and progressions for different fitness levels will be provided, ensuring that everyone can participate and challenge themselves at their own pace. The class concludes with a cool-down including stretching to promote flexibility and prevent muscle soreness. Call to register! \$5/class.





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SUPPORT GROUPS

Hull Senior Center offers a Caregiver Support Group which meets every Thursdays at 3pm. Call for more information, 781-925-1239 x207

Hingham Elder Services offers a Parkinson's Disease Caregiver Support Group, the 4th Monday of the month at 11am (call to confirm if Monday holiday). Hingham Elder Services is located at 224 Central Street in Hingham. Their phone number is 781-741-1458.

South Shore Health has a Stroke Support Group for survivors and their caregivers on the 3rd Thursday of the month from 3-4pm. Virtual and in person meetings offered at South Shore Hospital. To register and learn more, call 781-624-8303.

IN THE MOMENT CAFÉ

Tuesday, March 12th & April 9th, 1-2pm

See page 6 for details or call to learn more.

Music and Dance Therapy by the South Shore Conservatory

Memory Café generously sponsored by a grant from South Shore Elder Services and the MA Executive Office of Elder Affairs

Upcoming dates:
May 14th and June 11th

St. Vincent de Paul Society of St. Mary Parish helps a number of Hull residents by providing direct financial support. They offer critical assistance for clothing, food, medicine, housing, and utilities; they also provide emotional and spiritual support to those who feel they have nowhere to turn. If you or someone you know is in need, please call 508-510-7765.

Wellspring Multi-Service Center, in addition to their self-select food pantry, prepared meals, and thrift store, offers a variety of services, including legal advocacy and financial assistance. For more information, call Pat Martin, LCSW, at 781-925-3211 x112.

South Shore Elder Services offers a variety of in-home services in addition to the Meals on Wheels program. Those interested in learning more about laundry services, home care, medical needs such as LifeAlert, caregiver support can call 781-848-3910 and speak with someone in the Information, Outreach & Referral (IOR) Department. These services are often offered on a sliding scale basis although there may be a wait list for home care services.

The Anchor of Hull provides a safe, sober, and supportive environment for building community, wellness, and recovery. Join sober activities and events. Recovery Coaching, resources, and assistance to individuals and their families. Call 781-534-9327 or visit theanchorofhull.org

Hull Light Financial Hardship Program—Your Hull Light account may be protected from termination for non-payment if someone in your household is seriously ill (a doctor's letter is required), and/or if you have a child under the age of 12 months (birth certificate required). Call Hull Light w/ questions, 781-925-0051.

Friendly Phone Call

Feeling lonely? Do you or a loved one live alone or have no family in the area? Are you recovering from an illness or surgery? The Friendly Callers can check in weekly or bi-weekly. For more information, call 781-925-1239.

CRITICAL HOME REPAIR PROGRAM

Offered by South Shore Habitat for Humanity

This program focuses on repairs that address health, safety and code issues. It is supported through donations and grants, and projects are accepted based on current funding.

You MUST apply and qualify for this program. For information call the Senior Center or visit www.sshabitat.org/critical-home-repair.

CIRCUIT BREAKER TAX CREDIT

This tax credit is available to seniors over 65 and is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2023 is \$2,590. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. Check out the MassTaxConnect website or ask your tax preparer.

Call the Senior Center at 781-925-1239 for assistance in completing forms.

SENIOR CENTER VAN TRANSPORTATION

Medical, Local Errands, Out-of-Town Medical

The Hull Senior Center provides transportation for seniors 60+ and disabled adults in our community. Our van service is in full demand and we may not be able to accommodate all ride requests. All requests should be made at least 10 days before appointment dates. Call 781-925-1239 X206 to request a ride or information.

Medical Rides

Available Monday—Thursday with 7-day notice required.

- Hull \$3, Cohasset \$5
- Scituate, Hingham, Weymouth \$10
- Braintree, Quincy, Hanover, Norwell, Marshfield \$15
- Duxbury,-Plymouth Area \$20
- Boston Area Medical fee varies

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 (SSCAC) This is a Title IIIb grant-funded program offered through South Shore Elder Services and is scheduled by the Senior Center. Early AM and Late PM appts cannot be accommodated.



Grocery shopping

3-day advance notice is required.

Stop and Shop

Cohasset -Weds 10:00 am \$3
Hingham- Thurs 11:00 am \$3

Market Basket

Every other Thursday, 11am, \$4

Local Shopping

Rides to local businesses in Hull, including market, pharmacy, library, etc. Call for specific dates.

To help us better PLAN and SCHEDULE as many rides as possible, please:

- Give advance notice on all rides.
- Do not call last minute to request a ride. Same day rides cannot be accommodated.
- The Senior Center will not call you to ask if you need a ride. Riders should call the Center, 781-925-1239.
- The Senior Center van is not available for appointments before 9:30am or after 2:30pm (unless the driver can be back in Hull by 3:45pm).
- Cancellations need to be made ASAP!
- Grocery Shopping Trips - Call early! Seating is limited.

OTHER RIDE OPTIONS

South Shore Hospital Shuttle

Provides rides to SSH or a program or service directly affiliated with SSH. They will not deliver patients to physician offices. For information, call 781-624-4350. Appts. must be made two weeks in advance. Shuttle days available: Tues. & Thurs. FIRST PICK UP time is 8:00 a.m. - LAST trip leaving facility (SSH) is 3:00 p.m. Call Hull COA for more info.

THE RIDE

Flex Pilot Program 617-222-3200
This transportation option is facilitated through the MBTA. Ride shares such as Lyft, Uber, etc. .

REQUEST A RIDE FROM YOUR PHONE OR TABLET



On the Town Webpage

www.town.hull.ma.us/council-aging
Using your smart phone camera, scan the image, click the link, & request a ride! If you don't want to submit a request online, you can still call us and leave a message. 781-925-1239 x206 and x209.

Volunteer Driver Program

FISH—Friends In Service Helping

The Hull COA has launched a volunteer transportation program. Fully vetted FISH volunteers provide rides for medical and other appointments in Hull, surrounding towns, and Boston when other means of transportation are not available. As with all medical rides, 7 days advance notice is required.

If you have an interest in volunteering, and enjoy driving and meeting new people, we would love to talk to you. Certain criteria pertaining to volunteer drivers and their vehicle will need to be supplied. Call for more information.

LOCAL DAY TRIPS

THE ART COMPLEX MUSEUM, DUXBURY

Wednesday, April 3rd, 1pm

Join us for a quick trip to Duxbury to explore this little hidden gem on the South Shore! The museum houses the art collection of the Weyerhaeuser family including a gallery for rotating objects from the permanent collection, and exhibition spaces that feature painting, sculpture, prints and craft objects created by contemporary artists, as well as the museum's Asian collection. Free Admission to the museum. Bring money for a possible coffee stop afterwards. \$4 van ride.

SANDWICH GLASS MUSEUM

Wednesday, April 24th, 11am

The Hull COA van will travel to Cape Cod to visit the Sandwich Glass Museum. Join a guided tour and learn the history and artistry of Glass Art as produced by the Boston and Sandwich Glass Company in the 20th century. You will also get to see a live glass blowing demonstration! Bring money for a lunch stop. Cost is \$14 to be paid IN ADVANCE OF trip date. Call 781-925-1239 for details.



Trips may be cancelled or rescheduled due to unforeseen circumstances. Make sure we have your best contact information! Trip Policies & Procedures available at the Senior Center. Please ask for details.

LUNCH AROUND THE SOUTH SHORE

Hop on the COA van as we travel around the South Shore to enjoy some delicious fare at these popular dining establishments. Van cost is \$4, bring money to order from the menu:

- Tues, 3/12—The Ocean Kai Restaurant, Hingham
 - Tues, 4/30—The Voyage, Humarock
- Space is limited! Call the Hull Senior Center to sign up for a trip and find out about van departure times, 781-925-1239.

BIG BUS TRIPS RETURN!

Blithewold Daffodil Days Friday, April 19

Travel to beautiful Bristol, RI. The Blithewold Mansion is a beauty to behold every spring where they have over 50,000 daffodils! A Guided tour will take you inside the Mansion as well as their amazing gardens! Lunch after at the Lobster Pot with time to explore downtown Bristol! Sign ups begin March 1st. Cost is \$135.

Stay tuned for potential upcoming trips...

- Webster Lake Paddle Boat Cruise and Lunch, June
- Rockport Shopping, lunch and Cape Ann Museum, August
- Providence, RI Little Italy Tour, September
- Newport Playhouse Show and Lunch, October
- New Hampshire Turkey Train, October
- Boston Pops and Lunch, December

IMPORTANT NUMBERS

<p>Hull Veteran's Service Office 781-925-0305</p> <p>South Shore Elder Services 781-848-3910</p> <p>Wellspring Multi Service Center 781-925-3211</p> <p>Elder Hotline, Medical, Abuse (physical, mental, financial...) 1-800-922-2275</p> <p>Massachusetts Health 1-800-841-2900</p> <p>Senior Protection Team 1-508-584-8120</p>	<p>Social Security 1-800-772-1213</p> <p>Mass. Securities Division 1-800-269-5428</p> <p>Better Business Bureau 1-508-652-4800</p> <p>Suicide and Crisis Lifeline 988</p> <p>The ANCHOR OF HULL Substance Abuse Resource 781-534-9327</p>
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TAX WORK-OFF PROGRAM FOR SENIORS AND VETERANS

Are you interested in working for the Town of Hull in exchange for abatement on your real estate taxes? There are limited spots available, and applicants must qualify.

If you would like to complete an application, contact Lisa Thornton at the Senior Center, 781-925-1239 x201

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INCLEMENT WEATHER If Town Hall is closed, the senior center is closed. If schools in Hull are closed, the VAN does NOT operate. It is the discretion of the Director of the Senior Center to cancel van rides due to poor road conditions. During inclement weather, call the center to check if activities have been cancelled. The office remains open unless there's a severe storm. If your call is not answered please leave a message - 781-925-1239

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WE WANT TO SEE YOUR SMILE!

We have been seeing many new faces here at the Hull Senior Center and we'd like to get to know you better! Our Average Daily Attendance is up by 50% from last year! Next time you come to the Center, please consider letting us take a picture of you to enter into our database. This will help us put a face to your name, and make it easier for us to introduce ourselves!

MY ACTIVE CENTER

HOW IT WORKS:

If you have been issued a My Senior Center Key Tag by the Senior Center, you can create a log-in and activate your account using the link

<https://myactivecenter.com>

Follow the instruction on the site to create your 'My Active Center' account. There are only a few steps to create your log-in. You can do this from home, or you can call the center and a staff member will be happy to assist you. When your registration is successful, you will be able to scroll through available programs and find the events you would like to register for. For assistance, call the Center, 781-925-1239

FUEL ASSISTANCE

Ends April 30th

Eligibility is based on gross income, household size, and vulnerability to

heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. Available for all residents of Hull. Call 781-925-1239