



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

May-June | 2024

## MEMBER & VOLUNTEER APPRECIATION AND OPEN HOUSE MONTH!

Throughout the Month of May

The Hull Senior Center would like to thank those who volunteer their time and talents supporting the Center and the staff. We could not do everything we do without you! Check your mail-boxes for a special invitation for a Volunteer Appreciation Lunch.

Thank you for helping us grow!

We would also like to thank all our members who regularly attend fitness classes at the Center, and invite those who are curious about what we offer, to a month of free exercise classes. All Hull residents 60 years and older are welcome to join us for any of our exercise classes free of charge. So grab a friend and head to the Senior Center.

We love watching you grow!



## GET IN TOUCH

781-925-1239 (p)

781-925-8114 (f)

[town.hull.ma.us/council-aging](http://town.hull.ma.us/council-aging)

[facebook.com/HullCOA](https://facebook.com/HullCOA)

## Hours of Operation

Mon - Thu | 9:00am-4:00pm

Fri | Closed. Holidays | Closed

Holidays Observed- Center Closed

May 27th—Memorial Day

June 19th—Juneteenth

## Cover Photo by Patricia Fleck

Tricia is a Hull resident and volunteers for the Isabella Stewart Gardner Museum's Horticultural Program. She also writes the **Horticultural Corner** monthly column for the Hull Times.



## 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.

# RESOURCES, SERVICES AND MORE

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## Office Hours with State Senator Patrick O'Connor

5/23 & 6/27 @ 10:30am

## Office Hours with State Representative Joan Meschino

5/20 & 6/17 @ 10:00am

## Blood Pressure Clinic

1st & 3rd Tuesdays: 5/7, 5/21, 6/4 & 6/18  
at 10:30am-11:30am—Rachel Gerold,  
Hull Board of Health

## Town Nurse Time at Senior Center

3rd Tuesday: 6/18, 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

Free & Nutritious Meal Kits to Hull  
[www.SYFB.space](http://www.SYFB.space)

## 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

5/2, 5/14 (Tues), 6/6 & 6/20

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

## Financial Advisor

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

## Podiatrist Clinic

Monday, 6/17 at 10:15am-1pm  
Call Dr. James Dwyer's office at  
781-335-8811 to schedule appt.

## Veteran's Office Hour

5/21 & 6/18, 9:30am-10:30am  
Paul Sordillo, Veterans Service Of-  
ficer, Hull 781-925-0305

If you are a surviving spouse of a  
100% disabled veteran and their  
death was service connected, you  
could be eligible for FULL abate-  
ment of your real estate tax.  
Please see the Veterans Services  
Officer at the Town Hall for further  
details. Hours are Tuesdays and  
Thursdays, 8am-4pm.

## The Anchor of Hull

Substance abuse resource 781-534-  
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## A NOTE FROM THE DIRECTOR....

**“We might think we are nurturing our garden, but of course it’s our garden that is really nurturing us.” – Jenny Uglow**



When I was a young girl, my grandfather would spend countless hours in his vegetable garden surrounded by giant zucchini plants and bright red tomatoes, with dirt under his fingernails. He was always working and always smiling. Fast forward thirty years, and I can be found happily working in my garden. It was in the first year I started my own small vegetable garden that I be-

gan to appreciate why he spent so much time in his garden. In addition to providing food for his family, I believe it brought him joy, gave him a sense of purpose and pride, while also keeping him strong and healthy. These are just a few things I also enjoy about gardening!

Here are other ways gardening is good for you and your health:

- improves your balance, strength and flexibility
- burns calories, builds muscle and improves hand strength
- improves many aspects of mental health, focus & concentration
- it's a natural anti-depressant– makes you happy, increases serotonin levels, reduces stress and anxiety
- gives you a boost of Vitamin D
- connects you with nature and your local community

I hope you can join us for a hands-on workshop on May 23rd to learn about organic gardening with Jon Belber from Holly Hill Farm, and on May 20th for Garden Therapy with Hull Garden Club Members.

Our theme for May is “Let’s grow together!” We are celebrating the growth of the center, our members and volunteers. We will be thanking our hard working and talented volunteers at an upcoming Volunteer Appreciation Luncheon in May. To keep our members (60+) growing in May, all our fitness classes are FREE! If you are not a member, this is a great time to give us a try! And for all our van riders going grocery shopping, to local appointments, and on local trips, all senior center van rides are FREE!

We are pleased to announce that our team has been growing, too! Please make sure to welcome our NEW Outreach Coordinator, Allison Cochrane!

Let’s keep growing!



Lisa

### Our Staff

Main Number 781-925-1239

#### Director

Lisa Thornton | ext. 201

lthornton@town.hull.ma.us

#### Administrative Assistant

Jo Ann Rose | ext. 206

jrose@town.hull.ma.us

#### Activities & Volunteer Coordinator

Maura Quinn | ext. 205

mquinn@town.hull.ma.us

#### Outreach Coordinator

Allison Cochrane | ext. 207

acochrane@town.hull.ma.us

#### Van Drivers

Mickey Corcoran, Alice Kaplan

#### Medical Ride Requests

ext. 209

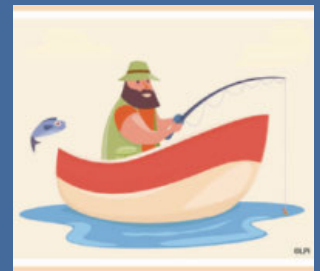
#### Non-Medical Ride Requests

ext. 206

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

#### South Shore Elder Services Nutrition

Bruce Brennan | ext. 202



## COA BOARD

Jim Richman, Chair

Marlene Earl, Vice Chair

Hannah Taverna, Secretary

Greg Grey, Select Board Liaison

Members: Peter Dewey, David

Irwin, Mimi Leary, Irma Lefever,

Maureen O'Brien

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 Fri-Sun: 12-10pm  
 Mon: Closed



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 781.925.8749

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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, May 6th & 20th, June 3rd & 17th 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

**Monday, May 20th, 11:30am**

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.



Wishing you a wonderful Mother's Day and Father's Day!

## COMMUNITY

### CAFÉ TALK BREAKFAST

**Tuesday, June 4th, 10am**

Join us at the Senior Center for a community breakfast with guest speaker Al Emond. Al loves to tinker with anything he can take apart and put together. He works on old cars, new cars, kit cars, home appliances and arcade games. You might be inspired to take on a project of your own! 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, May 8th and  
June 12th, 2pm**

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. The May book to be discussed is "The Covenant of Water" by Abraham Verghese. Open your mind to the different perspectives that other readers bring to a book! Call the Center for details.

### MOVIE MATINEES

**Coming Soon! Dates TBA**

## VOLUNTEER SPOTLIGHT

This month, the Hull

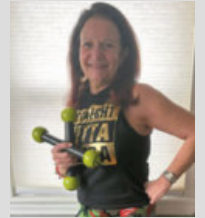
Senior Center would like to spot-light Justine

Hobin, our

Zumba Gold

instructor! Justine has been teaching Zumba for 7 years and has been teaching in Hull since 2021. She has a strong following in other COA's throughout the South Shore.

Justine has loved to dance since she was a small child. So when another Zumba instructor suggested she try it, she was instantly hooked. Zumba Fitness is designed to draw in the interest of any age group. The Latin music and choreography disguise the fact that participants are actually strengthening their cardio while enhancing their sense of rhythm and coordination. The use of fun Moroccan style toning sticks use resistance to build muscles and core strength. Come dance with Justine every Tuesday morning at 8:45 am. If it's your first time dancing with her, we bet it won't be your last!



## FINANCIAL ASSISTANCE

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



# MAY 2024 CALENDAR

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Monday		Tuesday		Wednesday		Thursday	
<b>Call for an Appt. at the Senior Center...</b> <b>AT HOME HEARING HEALTHCARE</b> <b>Mondays, May 13th &amp; June 10th</b> Board Certified Hearing Instrument Specialist, Mike Schmit of At Home Hearing Healthcare will provide hearing tests and hearing aid consultations.		9:00 Strength <b>1</b> 12:30 Tai Chi 1:00 Bridge		9:00 SHINE <b>2</b> 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 3:00 Caregiver Support 4:15 Vinyasa Yoga			
9:00 Strength <b>6</b> 10:30 Crafts & More 1:00 Bingo 1:00 Knitting 3:00 Tech Help <b>3:30 De-clutter Class</b>		8:45 Zumba <b>7</b> 9:45 Chair Yoga 10:30 BP Clinic <b>10:30 Painting Class</b> 1:00 Cards & Games <b>1:00 Around the World Presentation</b> <b>1:00 Chair Massage</b>		9:00 Strength <b>8</b> 9:00 Writing I <b>11:30 Sand Bar Lunch</b> 12:30 Tai Chi 1:00 Bridge <b>2:00 Book Group</b>		9:00 Writing II <b>9</b> 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga	
9:00 Strength <b>13</b> 10:30 Crafts & More <b>10:30 Hearing Health</b> 1:00 Bingo 1:00 Knitting		8:45 Zumba <b>14</b> 9:00 SHINE 9:45 Chair Yoga <b>10:30 Painting Class</b> <b>1:00 Felting Class</b> <b>1:00 In the Moment Café</b> 1:00 Cards & Games		<b>Evivva Trattoria Dinner 15</b> 9:00 Strength 9:00 Writing I 12:30 Tai Chi 1:00 Bridge <b>1:00 Manicures</b>		9:00 Writing II <b>16</b> 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga	
9:00 Strength <b>20</b> 10:00 Rep Meschino Hr 10:30 Crafts & More <b>10:30 Malnutrition Talk</b> <b>11:30 Garden Therapy</b> 1:00 Bingo 1:00 Knitting 3:00 Tech Help <b>3:30 De-clutter Class</b>		<b>Arnold Arboretum Trip 21</b> 8:45 Zumba 9:30 Veterans Hour 9:45 Chair Yoga 10:30 BP Clinic <b>10:30 Painting Class</b> <b>11:00 Arthritis Talk</b> 1:00 Cards & Games <b>1:00 Pelvic Health Talk</b> <b>1:00 Chair Massage</b>		9:00 Strength <b>22</b> 9:00 Writing I 10:30 Pilates 12:30 Tai Chi 1:00 Bridge: <b>2:00 Cannabis Talk</b>		9:00 Writing II <b>23</b> 9:45 Chair Yoga 10:30 Sen. O'Connor Hr 11:00 Cardio Strength 11:00 MahJong <b>1:00 Garden Talk</b> 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga	
 <b>27</b>		8:45 Zumba <b>28</b> 9:45 Chair Yoga <b>10:30 Painting Class</b> 1:00 Cards & Games <b>1:30 Plein Air Info Session</b>		9:00 Strength <b>29</b> 9:00 Writing I 10:30 Pilates 12:30 Tai Chi 1:00 Bridge		9:00 Writing II <b>30</b> 9:45 Chair Yoga 10:30 Sen. O'Connor Hr 11:00 Cardio Strength 11:00 MahJong 3:00 Caregiver Support 4:15 Vinyasa Yoga	

Keep an eye out for new technology and other improvements to the center that will help us create a better in-person and virtual experience for you!

# JUNE 2024 CALENDAR

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Monday	Tuesday	Wednesday	Thursday
9:00 Strength <b>3</b> 10:30 Crafts & More 1:00 Bingo 1:00 Knitting 3:00 Tech Help <b>3:30 De-clutter Class</b>	8:45 Zumba <b>4</b> 9:45 Chair Yoga <b>10:00 Café Talk Breakfast</b> 10:30 BP Clinic 1:00 Cards & Games <b>1:00 Chair Massage</b> <b>1:30 Plein Air Class</b>	9:00 Strength <b>5</b> 9:00 Writing I 10:30 Pilates 12:30 Tai Chi 1:00 Bridge <b>2:00 Elder Law Talk</b>	9:00 SHINE <b>6</b> 9:00 Writing II 9:45 Chair Yoga 11:00 MahJong 11:00 Line Dancing 1:15 History 3:00 Caregiver Support
9:00 Strength <b>10</b> 10:15 Podiatrist 10:30 Crafts & More <b>10:30 Hearing Health</b> 1:00 Bingo 1:00 Knitting	<b>Mill Wharf Lunch 11</b> 8:45 Zumba 9:45 Chair Yoga <b>1:00 In the Moment Café</b> 1:00 Cards & Games <b>1:30 Plein Air Class</b>	9:00 Strength <b>12</b> 9:00 Writing I 10:30 Pilates <b>11:30 Sand Bar Lunch</b> 12:30 Tai Chi 1:00 Bridge <b>2:00 Book Group</b>	<b>Webster Lake Cruise 13</b> 9:00 Writing II 9:45 Chair Yoga 11:00 MahJong 11:00 Line Dancing <b>1:00 Woodworking</b> 1:15 History 3:00 Caregiver Support
9:00 Strength <b>17</b> 10:00 Rep Meschino Hr <b>10:15 Podiatrist</b> 10:30 Crafts & More 1:00 Bingo 1:00 Knitting 3:00 Tech Help <b>3:30 De-clutter Class</b>	8:45 Zumba <b>18</b> 9:30 Veterans Hour 9:45 Chair Yoga 10:30 BP Clinic <b>11:00 Korean Lotus Lantern Project</b> 11:30 Nurse 1/2 Hour 1:00 Cards & Games <b>1:00 Chair Massage</b> <b>1:30 Plein Air Class</b>	<b>19</b> <b>Juneteenth</b> <b>Senior Center Closed</b> 	9:00 SHINE <b>20</b> 9:45 Chair Yoga 11:00 MahJong 11:00 Line Dancing <b>1:00 Woodworking</b> <b>1:00 Manicures</b> 1:15 History 3:00 Caregiver Support
9:00 Strength <b>24</b> 10:30 Crafts & More 1:00 Bingo 1:00 Knitting	<b>Castle Island Trip 25</b> 8:45 Zumba 9:45 Chair Yoga 1:00 Cards & Games <b>1:30 Plein Air Class</b>	9:00 Strength <b>26</b> 10:30 Pilates 12:30 Tai Chi 1:00 Bridge	9:45 Chair Yoga <b>27</b> 10:30 Sen. O'Connor Hr 11:00 MahJong 11:00 Line Dancing 3:00 Caregiver Support

## NAILS TO YOU

Wed. May 15th and Thur. June 20th, 1-4pm

Pamper yourself with a manicure at the Senior Center! A 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!

## SANDBAR LUNCH AND BINGO

Wed. May 8th & June 12th at 11:30am

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

## CLUTTER REDUCTION AND ACCOUNTABILITY GROUP

Begins May 6th. This closed group meets bi-weekly. Must Sign Up. Call soon to see if there is space available.

# CLASSES & PRESENTATIONS

Page 08

## SPEAKER PRESENTATIONS

### AROUND THE WORLD IN 24 DAYS

**Tuesday, May 7th, 1:00pm**

Ever wondered what it would be like to see some of the world's most incredible sites, all within the span of a month? Well, that's just what Hull resident Mark Kohn and his wife did. During a 24 day trip with National Geographic Expeditions they visited sites that spanned from Peru to Jordan, Tanzania, and beyond. Come hear about this fabulous experience and see beautiful images of some of the most culturally rich and naturally beautiful places on Earth! Please call to register for this informative talk, 781-925-1239.

### PELVIC HEALTH LECTURE

**Tuesday, May 21st, 1:00pm**

Join Dr. Ashley Mahan, Pelvic Health Physical Therapist from Peak Physical Therapy to discuss how to keep your pelvic floor strong! She will review the anatomy of the pelvis and teach skills to improve your pelvic health and bladder control. You will leave with a better understanding of how the pelvic floor functions in your everyday life, allowing you to be more empowered about your body and lead a leak free lifestyle. Call the Senior Center to reserve your spot, 781-925-1239.

### CANNABIS FOR HEALTH AND WELLNESS

**Wednesday, May 22nd, 2:00pm**

Ellen Kasper, registered RN and outreach coordinator for Alternative Compassion Services, Inc., and Kathleen McKinnon, President and Co-Founder of Alternative Wellness Centers will discuss the history and types of medicinal cannabis and how it can be used as an alternative to Western medicine. They will also discuss the different modes in which marijuana can be used. Please call to register 781-925-1239.

### ELDER LAW CLASS

**Wednesday, June 5th, 2:00pm**

Offered through Mass Bar Association, join this presentation with Attorney Justin B. McCarthy and learn what documents are crucial to protecting your health wishes and estate planning. Each participant will receive the 15th annual edition of the Elder Law guide book. Call to register, 781-925-1239.

## ENGAGE IN LIFE LONG LEARNING!

### SUMMER GARDEN SUCCESS

**Presented by Jon Belber of Holly Hill Farm**

**Thursday, May 23rd, 1:00pm**

Join us in a hands-on workshop presentation on organic gardening and regenerative agriculture. Jon Belber of Holly Hill Farm will discuss what flowers, vegetables and herbs work well in summer gardens. He will also suggest which crops grow well together and which need space to thrive. Participants will take home crops for their own summer garden!

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

## HISTORY LECTURE SERIES

### Colonies of Massachusetts 1610 to 1700

**Thursdays, 5/9, 5/16, 5/23, 6/6, 6/13, & 6/20, 1:15pm**

Presented by Bob Jackman

This six week history series will examine various iterations of Massachusetts colonies, their structures of governments and societies, and relations with Great Britain and foreign powers. A series of charters established guidelines for governance and commerce of each colony and their obligations to Great Britain, but unilateral replacements of charters triggered mistrust and animosity in Massachusetts. Discover the staunch sense of righteousness that permeated Massachusetts during this era!

Limited to 22 participants. Cost is \$25.

## PAINTING CLASSES

### Four Week Series: Water Based

**Tuesdays, May 7th - 28th, 10:30am-12pm**

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.

Please sign up in advance for all presentations!



## CRAFTS & MORE

**Mondays at 10:30**

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**



Always looking for new players! Instruction available for beginners.

## 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, May 8th—June 12th, 9-10:30am**

**Thursdays, May 9th—June 13th, 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. Donation \$18/person. Call to register!

## FELTING FUN!

**Tuesday, May 14th, 1:00pm**

with **Pop Up Art School**

Needle felting is a novel craft that uses wool roving and a barbed needle to create a sculptural form. All materials will be provided & students will leave with a completed project, foam block, felting needles and the knowledge to continue felting in the future. \$5/person. Please call to register as space is limited, 781-925-1239. Funded in part by a grant from the Massachusetts Cultural Council and Hull Cultural Council

and prevention. Join the talk to learn and share what you learn. Call the Center for more information.

## MALNUTRITION TALK

**Monday, May 20th, 10:30am**

Are you at risk of malnutrition? One out of two older Americans are! Join Anne McDonald, Registered Dietician for South Shore Elder Services, as she discusses healthy nutrition for older adults and provides free screenings plus tips to avoid this serious health issue. Call the Center to register, 781-925-1239.

## LOTUS FLOWER LANTERN CRAFT

**Tuesday, June 18th, 11am**

Create a lovely lotus flower lantern using colored paper and wire frame, followed by a short documentary film about Korean culture. This workshop is presented by the Korean Spirit and Culture Promotion Project and can be accessed at home through Zoom. Space is limited! \$5/person. **Must register by May 16th !**

## PLEIN AIR CLASSES

**Tuesdays, June 4, 11, 18, 25 at 1:30-3:30pm**

Join instructor Patricia Laliberte for Plein Air drawing or painting sessions at predetermined spots in Hull/Hingham area. Bring art supplies of your choice and a chair. Some walking may be necessary from car to site. Limited to 10 participants, all skill levels welcome. **Information session on Tuesday, May 28th, 1:30pm** held at the Hull Senior Center. Call for more info!

## BI-MONTHLY HEALTH LECTURES

**Tuesday, May 21st, 11am**

with Town Nurse, Rachel Gerold

### May is Arthritis Awareness Month

During this health talk Rachel will discuss two different types of arthritis: osteoarthritis and rheumatoid arthritis, as well as living with arthritis, signs and symptoms of arthritis, treatment

## CUTTING BOARD WORKSHOP

**Thurs. June 13th & 20th, 1pm**

With Jim Clapper

Over 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 & instruction. Limited to 8 students. Scholarships available.

## BEACH YOGA

**Fridays, 7am beginning June 7th**

With Sara Pearson.



Start your day with ocean breezes, beautiful sights and gentle yoga on Nantasket Beach. Back by popular demand, this slow flow Vinyasa mat class will improve strength and mobility by linking movement and breath to help you attain balance in the mind and body. Bring your mat and a beach towel, and meet at the Lewis St. beach access. Hull permit parking is available in municipal lot behind St. Ann's Church. Parking also available at the Senior Center only during class time. All levels welcome. Must pre-register, \$5/class. If class is cancelled due to weather or instructor availability, messages will only go out to those who pre-registered.

## FREE FITNESS CLASSES—THE MONTH OF MAY!

### STRENGTH & FLOW

**Mon. & Wed. at 9am**

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. Strengthen and tone major muscle groups, improve overall flexibility, link breath to movement. \$5/class

### ZUMBA TONING

**Tuesdays at 8:45am**

With Justine Hobin

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 arms, abs, and thighs. \$5/class Sign-up at 781-925-1239

### 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 \$325/class.

### PILATES

**begins May 22nd**

**Wednesdays at 10:30am**

with Mary Jane Butera

Pilates is a series of exercises inspired by calisthenics, yoga and ballet. This mat class is designed to increase muscle strength and endurance, as well as flexibility to improve posture and balance. Bring your mat or borrow one from the Center. \$5/class.

### 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, and focused intent. Tai Chi can improve strength, flexibility, and range of motion w/ gentle movements. \$325/class.

### CARDIO STRENGTH FUSION

**thru May 30th**

**Thursdays at 11am**

with Marcia Patch

A fun and effective workout that combines the high-energy nature of HIIT intervals with resistance training. CSF offers a well-rounded fitness experience that improves cardiovascular endurance, burns calories, and enhances strength & overall body composition. \$5/class.

### LINE DANCING

**begins**

**Thursdays at 11am**

with Mimi Leary

Just in time for summer! Line dancing is a terrific way to get some exercise and have fun while stimulating the brain, body and your balance! A perfect way to exercise and have fun! \$3/class.

### VINYASA YOGA

**thru May 30th**

**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. This slow flow Vinyasa mat class will improve strength and mobility while helping you attain balance in the mind and body. Please call ahead to register for this class, 781-925-1239. \$5/class

### CHAIR MASSAGE

**Tuesdays, 5/7, 5/21, 6/4, & 6/18,**

**1pm-4pm**

With Sandy O'Hara

These 20 minute clothed chair massages focus on back, neck, shoulders, and arms. Cost is \$20/20 min. Call for an appointment!



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# OUTREACH AND RESOURCES

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## SUPPORT GROUP

Caregiver Support Group at the Hull Senior Center, for those caring for loved ones with memory decline, on **Thursdays at 3pm**. Call the Hull COA for more information, 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](http://www.sshabitat.org/critical-home-repair).



## INFORMATION AND REFERRALS

### 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.

### Hull Light Financial Hardship

Program – if you have financial hardship, 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). For questions, call Hull Light at 781-925-0051. If you'd like assistance with the forms, call the Senior Center.

### South Shore Dementia Resource –

a NEW resource for families living with cognitive impairment. South Shore Dementia Resources is a public Facebook group that provides information on programs, services, and educational opportunities offered throughout the many South Shore communities. To access the Facebook page, use the QR code.



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, or medical needs such as LifeAlert or medication management systems can call 781-848-3910 and speak with someone in the Information, Outreach & Referral (IOR) Dept. These services are often offered on a sliding scale, although there may be a wait list for home care services.

## IN THE MOMENT CAFÉ

**Tuesday, May 14th & June 11th, 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. RSVP to the Senior Center, 781-925-1239.

Generously sponsored by a grant from South Shore Elder Services and MA Executive Office of Elder Affairs.



## REGISTRY OF MOTOR VEHICLES SENIOR HOURS

The RMV designates Wednesdays at Service Centers to serve customers age 65 and older. They are dedicated to processing all Registry transactions for older customers.

A reservation is required. Reservations can be made at [www.mass.gov/RMV](http://www.mass.gov/RMV) or by calling 857-368-8005.

The designated RMV service centers in our area are: Braintree, Brockton and Plymouth.

## DISCOUNTED LIFETIME PARKING PASS TO STATE PARKS FOR SENIORS

Massachusetts residents age 62 or older are eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most State Parks, including Nantasket Beach. Parking pass: fee \$10

To purchase a pass or for more information, contact the Department of Conservation and Recreation at 617-626-1250 or visit their website at [www.mass.gov/how-to/get-a-senior-parking-pass](http://www.mass.gov/how-to/get-a-senior-parking-pass)



## SENIOR CENTER VAN

**Our New Van Arrived!**

## 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

### South Shore Community Action Council (SSCAC)

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 Staff at the Senior Center. Early AM and Late PM appointments cannot be accommodated. One-way or Two-way rides can be provided.

### Grocery Shopping

**3-day advance notice is required.**

#### Stop & Shop

Cohasset -Weds 10am \$3  
Hingham- Thurs 10am \$3

#### Shaw's

Cohasset -Weds 10am \$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 are used.

## REQUEST A RIDE FROM YOUR PHONE, TABLET

### On the Town Webpage

[www.town.hull.ma.us/council-aging](http://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.



*Tony & Gary from Hull DPW ❤️ our NEW ride!*

## 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.

The FISH program is looking for volunteer drivers. If you enjoy driving and meeting new people, we would love to talk to you. Certain criteria pertaining to volunteer drivers and their vehicle is required. Call the Center for details.

## LOCAL DAY TRIPS

### ARNOLD ARBORETUM OF HARVARD

**Tuesday, May 21st, 11am**

Hop on the Hull COA van and see what's in bloom at the Arnold Arboretum! This lovely space in the Emerald Necklace park system was designed by Frederick Law Olmsted. The Arboretum boasts 281-acres with over 15,000 acquired plants, so there will be plenty to explore! There will be moderate walking on this trip. \$4 van ride. Free admission. Bring money for a possible snack stop afterwards. Call for more information

### CASTLE ISLAND EXCURSION

**Tuesday, June 25th, 11am**

The Hull COA van will travel to Castle Island State Park, the home of Fort Independence, a pentagonal five-bastioned, granite fort built between 1834 and 1851. Enjoy a stroll around the park, and check out the many historical monuments there. Enjoy a picnic lunch at Sullivan's, a landmark on Castle Island since 1951. Or bring your own lunch to enjoy at one of the many picnic sites. \$4 van ride, bring money if planning on ordering from Sullivan's.

**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.**

## DINE 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:

- **Wed, 5/15**—Evviva Trattoria, Hanover (Early Dinner)
- **Tues, 6/11**—The Mill Wharf, Scituate (Lunch)

Space is limited! Call the Hull Senior Center to sign up for a trip and find out van departure times, 781-925-1239.

## BIG BUS TRIPS RETURN!

**Webster Lake Cruise Thursday, June 13**

Enjoy a narrated cruise of Lake Webster aboard the Indian Princess, a modern day replica of a Mississippi river boat. Lunch will be served at Samuel Slaters with views of the lake. A visit of the Boston Honey Company will be made before or after the cruise as well! Sign ups end June 1st. Cost is \$140.

## NEW HULL COA REGISTRATION POLICIES

### PROGRAM REGISTRATION DATES

Looking to join us for a program or event? Please keep these registration dates AND times in mind.

**May Programs** sign-ups begin —May 1st at 9am

**June Programs** sign-ups begin —June 3rd at 9am

### THREE WAYS TO REGISTER:

Payment due at the time of event, or before, if so directed.

- **Online** through MyActiveCenter (<https://myactivecenter.com>)
- **By phone** 781-925-1239
- **In Person** at the Hull Senior Center, 197A Samoset Ave, Hull

Our program registration process helps us provide equitable signups for all. Here are a couple of reminders to help us out:

- Please honor the registration dates and times.
- If you sign up by telephone you must speak to an individual; DO NOT leave a voicemail with a list of the events you would like to attend.
- You may register for only yourself and one other person.

• If a program is full, we are happy to add you to a waitlist, but this does not guarantee participation. We will call you if a space opens for that particular program.

• Priority is given to Hull residents 60 years of age or older.

### Important Notes:

**Program/Class Cancellations** – Programs that do not attain the minimum enrollment will be canceled one business day in advance of the event. There is a specific Refund Policy for Trips and Special Events that require advance tickets and reservations. We reserve the right to reschedule or change classes. You will be notified by phone and/or email if your class is canceled.

**Participant Photograph Policy** – Unless participants inform us of their desire not to be photographed/recorded, the Hull COA may use photographs/recordings for promotional purposes.

Next time you visit the center, please take a moment to have your picture taken at the kiosk. Thank You



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## RETURN SERVICE REQUESTED

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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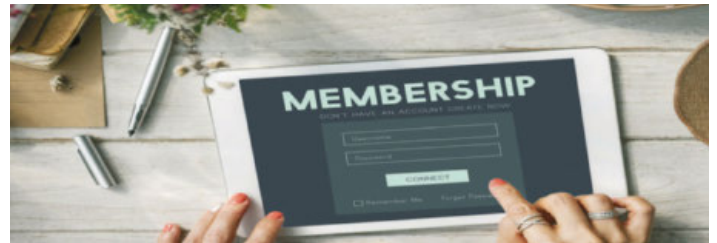
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**SOUTH SHORE SENIOR NEWS** presents its 29th Annual Senior Celebration, free health and lifestyle expo at the Dedham Holiday Inn. May 8th, 9am-2pm

### HAPPENINGS AROUND HULL

- **Stem to Stern Yard Sale** sponsored by the Hull Nantasket Chamber of Commerce, <https://hullchamber.com/stem-to-stern/>, May 18th & 19th
- **Memorial Day Parade and Ceremony**—From HHS to the cemetery on Duck Lane, ceremony to follow Monday, May 27th.
- **Health for Hull Wellness Fair** at the Jacobs School. Saturday, June 8th, 10am-1pm.



### 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 below:

<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 more information, call the Hull Senior Center at 781-925-1239.