

**Drop in Center** The Anne Scully Senior Center / 781-925-1239  
Mon - Thurs 9:00 - 4:00 Summer hours may include Tuesday evenings > 7:00 p.m.

### **Transportation**

1. Daily rides for those attending lunch & activities.
2. Daily rides for medical appointments Mon, Tues & Thurs  
9:30 - 10:45 (out of town) or 12:00 (Hull, Cohasset)
3. Contract with MAP (grant thru So. Shore Elder Services) medicals to Boston  
7 days advance notice for Medical transportations, 1<sup>st</sup> come basis
4. Weekly grocery shopping at Stop & Shop - Wed/Cohasset & Fri/Hingham-mornings
5. Monthly shopping trips
6. Most recreation trips / transportation is provided

### **Health & Medical**

1. Free Blood Pressure Screen - (1<sup>st</sup> and 3<sup>rd</sup>) Tuesday of month. @ 11- Noon
2. Podiatrist; every two months
3. Exercise class Mon. & Gentle Exercise Wed. @ 10:00 a.m.
4. Yoga classes Tues. & Thurs. @ 9:30-10:30 a.m.
5. Monthly seminars on different health subjects. Check the newsletter or call center
6. Socialization is for your well-being – stop in at 9:30 -11:45 coffee, tea .25

### **Information & Referral**

1. SHINE- Health Benefits & Claims Assistance, questions on insurances
2. Fuel Assistance / Preparation by appointment November 1 - April 30
3. SNAP (Food Stamp) Applications offered at Wellspring - by appointment 781-925-3211
4. Referrals for South Shore Elder Services - Meals on Wheels, and elder care
5. Alzheimer's & Dementia information/referrals, for families
6. Seminars on all different subjects monthly. Check the newsletter or call center. *Some Tuesday evenings during summer. Call for schedule.*

### **Nutrition**

1. Meals on Wheels are based out of this center. Lunch delivered Mon - Fri
2. The same meals are provided for anyone visiting the center. @ 11:45 a.m. \$2 donation. You must call 781-925-1239 EX 2 for lunch reservation the Wed. (week) before (leave message).
3. SNAP (Food Stamp) apply at Wellspring 781-925-3211

### **Education**

1. The center features random seminars during the month
2. Computer training
3. Crafts – with volunteer instructor, 1 or 2 Tuesday mornings a month 10:00 a.m.

### **Social**

1. Tuesday afternoon Whist Club @ 1:00 p.m.
2. Bridge Club Wednesdays @ 1:00 p.m.
3. Thursday Card Club-poker @ 1:00 p.m. MahJong @ 1:00 p.m.
4. Bingo @ 1:00 p.m. every Monday (except holidays)
5. Foxwoods trip once a month
6. Spring/Summer/Fall day trips
7. Occasional overnight or 3 - 5 day trips (check newsletter).

### **Tax & Legal Counseling**

1. Tax referrals (no cost)
2. Legal clinics (no cost) 6 - 8:00 p.m. Quincy District Court 617-471-9693 Free
3. Occasional seminars on legal or financial info - check schedule

**JOSIE'S THRIFT SHOP** Hours Tues/Thurs 11-1 & Wed 10-2.  
*Very affordable clothing and items for our senior population.*

