

**SOUTH SHORE ELDER
SERVICES - LUNCH PROGRAM
LUNCH AT THE SENIOR CENTER**

The Ann Scully Senior Center is the Hull Senior Dining Center of the **South Shore Elder Services**. It is also the home base of their **Meals-on-Wheels** program for Hull, where lunches are set up for delivery to home bound seniors and disabled. The **SSES** staff, include Mary Nugent, Nutrition Site Manager, Ann Richardson, Retired Jacob's School office manager, in collaboration with the senior center staff, and the terrific volunteers, who pack meals, deliver to homes, and serve those at the center for lunch. We have many senior residents who come every day for a hot lunch and to socialize. Call us if you wish to join us. Lunch is served at 11:45 sharp, there is a donation of \$2. **SSES** survives on donations and is funded in part by the *Executive Office of Elder Affairs*. For over 25 years, at the center, many new friendships have been established over lunch. As we become the generation losing old friends, it is nice to have a place to meet new friends. "Companionship optimizes good health through happiness". Our non driving friends come in with our van about 9:30, have coffee, tea, pastry, socialize, occasionally make crafts, exercise, eat, and return home just after Noon. Others drive in about 10:30-11, socialize, have lunch and get on with their day. Some hang around for the card clubs, bingo, mah jong or whatever the afternoon program is.

Most of us have been through life trials and tribulations as many of you.

If you're house bound or temporarily disabled and need Meal-on-Wheels, please call **SSES** at 781-848-3910. If you wish lunch at the center, you must call the Wednesday, the week before, the day you wish to come in, 781-925-1239 X2 leave message. Meals are ordered a week in advance, this gives plenty of time for you to be added to the list. Volunteers are appreciated. Inquire within. A background check is mandatory.