



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

September-October | 2022



## Skip Tull- Weir River- Autumn

You have all enjoyed the many fabulous photos documenting community news and events around Hull in The Hull Times, but maybe you have not seen Skip's photographs featured on the Hull Artists website or on the walls of Nantasket Gallery.

This beauty featured on our cover captures quintessential fall on the New England Coast.

## GET IN TOUCH

781-925-1239 (p)

781-925-8814 (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

## THANK YOU FOR A GREAT SUMMER!

The events at the Hull COA would not be as enjoyable as they are without the assistance from local businesses! Thank you to *Buck and Bloom* in Quincy for providing a beautiful and delectable charcuterie board for our Book Talk, to *Scoops Ice Cream* in Hull for dishing up their delicious wares for our Ice Cream Social, *Bob Bright and "Hull of a Band"* who volunteered their talents and time at the Block Party, and to the many local business for donated gift cards! Many thanks to *Porchfest*, *Vitamin Sea*, *Sandbar*, & *Bread Basket* for your generous donations. These donations help us provide many events & programs at low or no charge.

## 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 the 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.

## CHOWDERFEST!

Thursday, Sept 15, 11:30AM

The leaves may be turning colors, but we are holding on to summer and are excited to welcome back Kathy Behm from Life Care Center of the South Shore.

Kathy has generously offered to bring a delicious New England Chowderfest to Hull! You must sign up! Chowder bowls limited!



# ABOUT US AND OUR SERVICES

## OUTREACH CORNER

A note from Kelly Reilly...

Since beginning my role as Outreach Coordinator in May, I have received a very warm welcome which I greatly appreciate! I've visited individuals in their homes to help address specific concerns or just to check in and say hello. Some have come to me for help in applying for benefits or navigating online platforms, and I'm always happy to assist as much as I can. I am currently working with other town departments to create a database for residents with memory issues who are at risk of wandering. It's a pleasure to visit with other local agencies to spread the word about our programming. We have events and activities for everyone here, and I hope you will come say hello!



## IMPORTANT NUMBERS

Hull Veteran's Service Office  
781-925-0305

South Shore Elder Services  
781-848-3910

Wellspring Multi Service Center  
781-925-3211

Elder Hotline, Medical, Abuse  
(physical, mental, financial...)  
1-800-922-2275

Massachusetts Health  
1-800-841-2900

Senior Protection Team  
1-508-584-8120

Social Security  
1-800-772-1213

Mass. Securities Division re: scams  
1-800-269-5428

Better Business Bureau, Natick  
1-508-652-4800

Suicide and Crisis Lifeline  
988

ANCHOR OF HULL  
Substance Abuse Resource  
781-534-9327

## A NOTE FROM THE DIRECTOR

Summer in Hull always feels too short, doesn't it? As the memories of summer begin to fade, I hope the arrival of September with colors of fall dotting the landscape and the crisp temperatures will help to awaken the senses as cool mornings greet us. Reflect on shifting seasons and more in the 6-week Writing Course!

Speaking of greeting....we are pleased to welcome Maura Quinn, our new Activities and Volunteer Coordinator. We hope you have had the chance to meet Maura at one of our recent events, and if not please stop by and say hello! She comes to us after spending almost a decade at Jenkins Elementary School in Scituate. We are so fortunate to have Maura's skills, personality and great attitude joining our staff full time and I already know her grant writing experience will be greatly appreciated here!

Maura will be happy to fill you in on all

the latest activities, events and volunteer opportunities here at the Hull COA, many of which are brand new and unique offerings that focus on building our community in novel ways. Some of our new community focused experiences include an opportunity to be part of a drum circle in Community Drum Circle, taking the beat to the dance floor with our new Line Dancing class, and cooling down your body and relaxing with Not Just Yoga focusing on breath and sound healing. Do you like to get creative through visual expression with community? Tap into your roots with some floral offerings like Garden Therapy and an evening Floral Workshop, or an Art Workshop, made possible by a grant from the Mass Cultural Council.

There are so many great ways to get connected, expressive, and settled in for a gorgeous fall with your community!

Be Well. Lisa

## RESOURCES

### Office Hours with State Senator Patrick O'Connor

4th Thursdays @ 10:30am  
9/22 & 10/27

### Office Hours with State Representative Joan Meschino

3rd Mondays @ 10am 9/19 & 10/17

### Sharing Loss Together

Tuesdays each week at 3:00pm

With William Zella, Ph.D. licensed Psychologist and Kelly Reilly, LICSW Outreach Coordinator.

Last Tuesday, *Sound Healing*



### Blood Pressure Clinic

1st & 3rd Tuesdays at 10:30am-11:30am—Rachel Gerold, Hull Board of Health

### Town Nurse Hours at SC

3rd Tuesdays, 11:30a-12:30p 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

### Food Pantry -Dot's Kitchen

Wellspring Multi Service Center  
781-925-3211 x112

### SHINE—Serving the Health Information Needs of Everyone

Thursday appt. times , 9am-1pm  
9/1, 9/15, 10/6, 10/20, 10/27, 11/3

Call to book an appointment at the senior center with Volunteer Counselor, Elaine Schembari, ext. 3

### Podiatrist Clinic

Monday, 10/3 at 10:15am-1:00pm  
Call Dr. James Dwyer's office at 781-335-8811 to schedule an appointment.

### Our Staff

781-925-1239 (p)  
hullcoa@town.hull.ma.us

#### Director

Lisa Thornton | ext. 4  
lthornton@town.hull.ma.us

#### Administrative Assistant

Jo Ann Rose | ext. 5  
jrose@town.hull.ma.us

#### Outreach Coordinator

Kelly Reilly | ext. 6  
kreilly@town.hull.ma.us

#### Activities & Volunteer Coordinator

Maura Quinn | ext. 7  
mqquinn@town.hull.ma.us

#### Van Drivers

Mickey Corcoran  
Alice Kaplan

#### South Shore Elder Services Nutrition

Andy Pearce | ext. 2

## COA BOARD

Jim Richman, Chair

Rob Goldstein, Vice-Chair

Hannah Taverna, Secretary

#### Members:

Mimi Leary, Mike Maloon,  
Maureen O'Brien, Brian  
McCarthy

Greg Grey– Liaison to COA

\*2 Open Board Positions

## WOULD YOU LIKE TO VOLUNTEER?

Front Desk Concierge Welcome new seniors in person or via phone, cheerfully answer questions about programs and register members for activities. Commitment: 3-4 hrs/wk or 6-8 hrs/month. Call 781-925-1239 x 7



## HULLOWEEN PARTY!

Wednesday Oct 26, 1:30pm

The SENIOR FRIENDS are hosting a Halloween Party. Enjoy pizza for lunch, apple cider, snacks, and goodie bags to take home. When you arrive you may find a treasure chest of vintage hats, clothes and accessories to create a fun costume or feel free to wear one of your own. Let's have some fun! Halloween Bingo, tattoos or face painting!

## 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 *'there for them'*.

If you're interested in joining this volunteer group, please contact the Senior Center at 781-925-1239 x7 for more information.

## GARDEN THERAPY

3rd Monday of the Month  
Sept 19th, Oct 17th, 10:30am

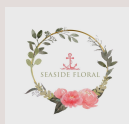
The Hull Garden Club hosts this creative "therapy" time to come together and learn how to make flower arrangements or a floral craft! This class, with all materials and instruction, is generously provided by the Hull Garden Club and its members. Space limited. Sign up.

## FLORAL WORKSHOP

Monday, Oct. 17th, 5pm @ Seaside Floral Design

Join Kim Cerny of Seaside Floral Design to create a beautiful flower arrangement. The COA will provide the container and Kim will have a beautiful selection of seasonal flowers and instruction.

BYOB. The COA will supply a light snack. Space is limited to 8 people. \$25 To sign up, call 781 925-1239 \*1



## COMMUNITY

### ART WORKSHOPS

#### Coming Soon!

Through a grant from the Mass Cultural Council, Hull Artists will offer a series of introductory art classes covering a variety of media techniques. All classes will be "hands-on" and participants will leave with a finished art work.



If you would like to be contacted for these upcoming classes, please call the Hull COA and we will notify you when the class schedule has been finalized. 781-925-1239

### CUTTING BOARD WORKSHOP

Our skilled volunteer, Jim Clapper, recently held a woodworking workshop at the Senior Center. Over the course of a few hours the attendees made beautiful cutting boards to take home.



We sincerely thank Jim for donating the materials, equipment and many hours of his time preparing for the workshop.

Did you order daffodil bulbs last Spring? Hull Garden Club Daffodil Pick up is Sept 24th at the center.

### VOLUNTEER SPOTLIGHT

This month we want to recognize Angela Bruzzese for her dedication to the Senior Center and the Hull community. Angela can be found at the Senior Center every Wednesday morning assisting with distribution of meals for Hull seniors through Meals on Wheels. Angela also dedicates many hours throughout the summer keeping our garden and plants watered and healthy. We are so fortunate to have Angela, her green thumb, big smile and cheerful attitude!



Angela emigrated from Italy as a young woman and has lived in Hull for many years. If you are lucky, you may just see Angela behind the register at the Village Market.

Thank you Angela, for all that you do for the Hull Community!

### Holistic Health Series

#### Stay Tuned for Details

Topics will vary monthly. We can add you to the "Notify me" list. Give us a call.

# SEPTEMBER 2022 CALENDAR

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Monday

Tuesday

Wednesday

Thursday

Hull Library Director, Diane Costagliola returns to the senior center with her list of favorite reads and book recommendations! Join us on October 5th @ 3pm. Sign up or drop in. Date subject to change.						9:00 SHINE 1
						9:45 Chair Yoga
						11:00 MahJong/Hand & Foot
		5	8:45 Zumba 6	9:00 Strength 7	9:45 Chair Yoga 8	
			9:45 Chair Yoga	10:30 Not Just Yoga	11:00 MahJong/Hand & Foot	
			10:30 BP Clinic	12:30 Qigong/Tai Chi	Foot	
			1:00 Whist	1:00 Bridge	1:00 History	
			1:00 Conditioning			
			3:00 Sharing Loss			
9:00 Strength 12	8:45 Zumba 13	9:00 Strength 14	9:00 SHINE 15			
10:30 Crafts & Games	9:45 Chair Yoga	9:00 Writing	9:45 Chair Yoga			
11:00 Line Dancing	1:00 Whist	10:30 Not Just Yoga	11:00 MahJong/Handfoot			
1:00 Bingo	1:00 Conditioning	12:30 Qigong/Tai Chi	11:30 CHOWDERFEST			
1:00 Knitting	3:00 Sharing Loss		1:00 History			
9:00 Strength 19	8:45 Zumba 20	9:00 Strength 21	9:45 Chair Yoga 22			
10:30 Garden Therapy	9:45 Chair Yoga	9:00 Writing	11:00 MahJong/Hand & Foot			
11:00 Line Dancing	10:00 Harvard Museum	10:30 Not Just Yoga	Foot			
1:00 Bingo	10:30 BP Clinic	10:30 Red Sox Presentation 	1:00 History			
1:00 Knitting	11:30 Nurse Office Hour	12:30 Qigong/Tai Chi	1:00 Cannabis Talk			
	1:00 Whist	1:00 Bridge				
	1:00 Conditioning					
9:00 Strength 26	8:45 Zumba 27	9:00 Strength 28	9:45 Chair Yoga 29			
10:30 Crafts & Games	9:45 Chair Yoga	9:00 Writing	11:00 MahJong/Hand & Foot			
11:00 Line Dancing	11:15 Art For Your Mind	10:30 Not Just Yoga	Foot			
1:00 Bingo	1:00 Whist	12:30 Qigong/Tai Chi	11:00 Financial Advisor Discussion			
	1:00 Conditioning	1:00 Bridge				
	3:00 Sharing Loss and Sound Healing					

## LUNCH AT SANDBAR RETURNS!

Wednesday, Oct 12th at 1:00pm

The ever-popular lunch and BINGO at the Sandbar returns after a brief summer break. Join us at 297 Nantasket Ave for delicious food and fun. Be sure to call the Senior Center to reserve your seat. Van transportation available upon request. 781-925-1239 x 1 Cost \$5

## NUTRITION PRESENTATION

### MINDFUL & HEALTHY SNACKING

Tues, Oct 18th at 4:30pm via ZOOM

Kathy Jordan, M.S., RDN, Consulting Dietician for Big Y Supermarkets, will share tips for pre-planning and creating healthy snacks for home and on the go. Contact the Senior Center for the Zoom link.

## COMMUNITY DRUM CIRCLE

Thursday, November 3, 11:30am

Ed Sorrentino, South Shore Conservatory

A drum circle/rhythm event is appropriate for participants of all ages and populations, primarily because it is fun and very accessible. Every session encourages group teamwork and community building and is specifically designed to maximize individual creativity, improve health and wellness, and build confidence, while creating fun in-the-moment. All instruments will be provided or you are welcome to bring your own. Call to register at 781-925-1239. Ed Sorrentino, Certified Drum Circle Facilitator and HealthRHYTHMS Facilitator

## HISTORY LECTURE SERIES

Hotels, Inns & Restaurants of Hull

Thursdays, Sept 15-Oct 20, 1:00-2:30PM

Presented by Bob Jackman

**5-WEEK SERIES**, Sept 15, 22, Oct 6, 13, 20. Tuition \$16 for 5 wk series. Limit 20

This course will convey a more nuanced perspective of the hospitality industry of old Hull that flourished from 1830-1960. Postcards, photos, and the published accounts of owners, managers, and clients will present the robust resort industry of the time.

## ART FOR YOUR MIND

Tuesday, September 27th, 11:15am

This one hour art experience, presented by Jill Sanford, continues in September with a focus on *The Art of Ancient Greece*. Experience innovations in Ancient Greek architecture, pottery, and sculpture, which forever changed the world of art.



This fabulous series is generously supported by the Local Cultural Council through a Grant.

The next presentation, *Norman Rockwell Remembered*, will be November 29th.

## OCTOBER 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday
9:00 Strength 3 10:30 Crafts & Games 10:15 Podiatrist 11:00 Line Dancing 1:00 Bingo 1:00 Knitting	8:45 Zumba 4 9:45 Chair Yoga 10:00 FERRY TRIP 10:30 BP Clinic 1:00 Conditioning 1:00 Whist 3:00 Sharing Loss	9:00 Strength 5 9:00 Writing 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge 3:00 Book Talk	9:00 MEDICARE OPEN Enrollment Presentation 6 9:45 Chair Yoga 11:00 MahJong 11:00 Hand and Foot 1:00 History
 10	8:45 Zumba 11 9:45 Chair Yoga 1:00 Whist 1:00 Conditioning 3:00 Sharing Loss	9:00 Strength 12 9:00 Writing 10:30 Not Just Yoga 1:00 Bridge 1:00 SANDBAR Bingo and Lunch	8:00 TURKEY Train 13 9:45 Chair Yoga 11:00 MahJong 11:00 Hand and Foot 1:00 History
9:00 Strength 17 10:30 Garden Therapy 11:00 Line Dancing 1:00 Bingo 1:00 Knitting 5:00 Floral Workshop	8:45 Zumba 18 9:45 Chair Yoga 10:30 BP Clinic 11:30 Nurse Office Hour 1:00 Conditioning 1:00 Whist 3:00 Sharing Loss 4:30 ZOOM NUTRITION	9:00 Strength 19 9:00 Writing 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge	9:00 SHINE 20 9:45 Chair Yoga 11:00 MahJong 11:00 Hand and Foot 1:00 History
9:00 Strength 24 10:30 Crafts & Games 11:00 Line Dancing 1:00 Bingo	8:45 NO Zumba 25 9:45 Chair Yoga 1:00 Conditioning 1:00 Whist 3:00 Sharing Loss and Sound Healing	9:00 Strength 26 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:30 HULLoween Party 1:00 Bridge	9:00 SHINE 27 9:45 Chair Yoga 11:00 MahJong 11:00 Hand and Foot 1:00 Financial Advisor Appts
 31 9:00 Strength 10:30 Tarot and Tea 10:30 Crafts & Games 1:00 Bingo	<b>NOVEMBER 1</b> 8:45 NO Zumba 9:45 Chair Yoga 1:00 Whist 3:00 Sharing Loss	<b>2</b> 9:00 Strength 12:30 Qigong/Tai Chi 1:00 Bridge	<b>3</b> 9:00 SHINE 9:45 Chair Yoga 11:30 Drum Circle 1:00 History-New Series

# CLASSES, CLUBS & PRESENTATIONS

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## GROUPS MEETING WEEKLY

### CRAFTS & GAMES

Mondays at 10-11:30am

WITH SANDY BLOOM



### BINGO

Mondays at 1-3:30pm

### WHIST

Tuesdays at 1:00



### BRIDGE

Weds. at 1:00



### MAH JONG

Thursdays at 11am-1pm

Learn Mah Jong with Barbara Lawlor.

### HAND & FOOT

Thursdays at 11am-1pm

Join this newly forming group on Thursdays. We are looking for more players! If you are new to Hand & Foot, Irma Lefever will be happy to teach you! Give it a try!



## Knitting Group

Mon, Sept 12th & 19th, Oct 3rd & 17th  
1pm-3pm

With instruction by Margie, we are happy to offer an opportunity for knitters, new and seasoned, to come together to knit, crochet and share conversation.

### 6 WEEK WRITING COURSE

Wednesdays, Sept 14th—Oct 19th  
w/ Laura Leventhal at 9:00-10:30am

This class is for any level of writer! The instructor 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 preference. Please sign up. Call the Center at (781) 925-1239 \*1

## SPEAKER PRESENTATIONS

### BOSTON RED SOX HISTORY

Wed, Sept 21 at 10:30am



Herb Crehan, a recognized authority on Boston baseball history and a 1961 Hull High graduate, will visit the Hull COA and share a presentation on some of your favorite players over the decades. Herb will share his insights on the players and include colorful stories about player interviews. This FREE event will be held at the Hull Senior Center. To sign up, call (781) 925-1239 \*1.

### CANNABIS QUESTIONS?

Thursday, Sep 22 at 1:00pm

Wondering about Cannabis for Health and Wellness?

- Brief History of Cannabis
- Types of Cannabis
- How Cannabis Works
- Modes of medicating

Ellen Kasper is an RN with 43 years varied nursing experience, from the Navy, to Visiting Nursing and Acute Care. She developed an interest in the use of Cannabis for Health and has been learning, networking and doing Community Outreach since 2015. Ellen will provide educational information, answer your questions. Alternative Wellness Centers (ACS) is a women-owned, multi-state company dedicated to expanding access to alternative medicine and promoting total body health and wellness. Kathleen McKinnon, President of ACS, educates around safe and effective use of Cannabis for health, and assists individuals to access Medical Cannabis through advocacy and education.

Signing-up in advance for classes and presentations helps us plan. Thank you

### FINANCIAL ADVISOR DISCUSSION

Thursday, Sept 29 at 11am

Are you wondering how to navigate the markets during these uncertain times? Learn from a seasoned financial advisor THE TOP 3 THINGS YOU NEED TO KNOW TO INVEST DURING RETIREMENT. To sign up, call the Hull COA at (781) 925-1239 \*1



### FINANCIAL ADVISOR CONSULTS

Thursday, Oct 27. Appt times from 1-3pm

Jason Luck of Commonwealth Financial will be available for free 1/2 hour in-person consultations at the Hull Senior Center. Please call 781-925-1239 to reserve a FREE 30 min appt.



## TAROT AND TEA ON HALLOWEEN

**Monday, October 31, 10:30am**

Join Sara Pearson for a bit of "futuristic fun" following her *Strength and Flow* class. The hot tea will be flowing while Sara shares stories from her tarot cards. Every tarot is a narrative of which you are the hero and the surrounding cards represent issues or people affecting you and the story of your life. Please sign up.



## LINE DANCING

6 weeks, held on Mondays at 11:00am  
Sept 12, 19, 26 and Oct 3, 17, 24

Anyone can learn line dancing! With Mimi Leary's instruction, it will be a breeze. It's a terrific way to get some exercise and have a fun time while supporting the brain, body and your balance! Build strength and community! Come for one session and you might just be hooked! Cost \$5



## CAN YOU TOUCH YOUR TOES???

Attend the Qigong class regularly and you will be touching your toes within 4-6 months. 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. Wednesdays @ 12:30pm

If you are new to a class, give it a try and then decide! You can sign up at the end of the first class.

## STRENGTH & FLOW

**Mon. & Wed. at 9:00am**

with Sara Pearson

Strength and Flow is a dynamic class that integrates breath, mindful movement, 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, and link breath to movement. \$5/class

## BALANCE & CONDITIONING

**Tuesdays at 1:00pm**

with Neil Sullivan

This class will consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. Stretching and strengthening exercises utilized in class are focused on specific key muscles and joints designed to increase the range of motion and strength in order to bring greater stability \$7/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 everyday can make all the difference in your balance. Helps with fall prevention. Pull up a chair! NAMASTE. \$3.25/class

## ZUMBA TONING W/ MOROCCAN STICKS

**Tuesdays at 8:45am**

with Justine Hobin

Light weight toning Moroccan sticks enhances sense of rhythm and coordination -tone arms, core, and lower back. Focus is on strengthening muscle groups and reducing the loss of muscle mass. Its purpose is to sculpt and tone through resistance. Improves cardiovascular health. \$5/class

## LINE DANCING

**Mondays at 10:30am**

with Mimi Leary

See details at the top of the page!



## NOT JUST YOGA

**Wednesdays at 10:30am**

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



## QIGONG/TAI CHI

**Wednesdays at 12:30pm**

with Bill Mazzeo

Qigong is a mind-body-spirit practice. Tai chi gentle movements can improve your strength, flexibility, and range of motion. \$3.25/class

## BEACH YOGA

**Fridays in Sept, 9am**

with Sara Pearson

Start your day with ocean breezes, beautiful sights and gentle yoga on Nantasket Beach. Bring your mat and meet at the Lewis St. beach access. \$5/class





# TRANSPORTATION, EVENTS, TRIPS

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## SENIOR CENTER VAN TRANSPORTATION



### Grocery Shopping, Medical, Local Errands, Out-of-Town

Call 781-925-1239 X5 to request a ride or information. Our van service is in demand. We may not be able to provide ride requests without proper notice.

### Medical rides

Available Monday—Thursday with 5-7 day notice required.

Hingham, Weymouth \$10

Hanover, Norwell \$15

Braintree, Quincy \$15

Hull \$3

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. This is a Title IIIb grant-funded program offered through South Shore Elder Services and is scheduled by us.

### Grocery shopping

3 day advance notice is required.

#### Stop and Shop

Cohasset -Weds 10:00 am \$3

Hingham- Thurs 11:00 am \$3

#### Around the Town Day \$3

Make a plan to run your errands in Hull . Third Weds, 11:00- 2:00pm

#### Market Basket

Every other Thursday 11:00 am  
\$4

## LOCAL DAY TRIPS

### HARVARD NATURAL HISTORY MUSEUM

Tuesday, Sept. 20th, 10am

Visit the Harvard Natural History Museum's exhibits, including the famous Ware Collection of Blaschka Glass Models of Plants. Admission includes guided tour of this and other museum exhibits. SIGN UP by Sept. 16th. Cost \$15

Alice & Mickey want to thank you for submitting your ride requests in advance, to keep their days smooth sailing! This newsletter was created before "Grilling with Mickey" on Aug. 25th, but knowing Mickey, it was THE BEST DAY EVER! Thank's Mickey for everything you do to fill our days with laughter & smiles. Thank you George at GW Toma for a fabulous grill.

## ALICE'S ADVENTURES

Most Tuesdays, 11:00am

The Van will travel to places like Scituate Harbor Lighthouse, Hornstra Farms, Hingham Shipyard Cinema, shopping and picnics. Thank you Alice for snacks and coming up with creative ideas for these outings, when weather permits. Dates and locations TBA

If this sounds like fun to you, call us to be placed on the "NOTIFY ME" list, and you will be informed of any newly planned trips.

## BOSTON HARBOR FERRY RIDE

Tuesday, Oct 4th, 12pm

Enjoy a round trip ferry ride from Hingham to Boston Long Wharf, with a couple stops in between. We'll pack a bag lunch for you to enjoy while taking in the view of the Boston Harbor and the Islands. \$13 covers a bag lunch and round trip ferry ticket. Please call to reserve your spot.

## RIDE REQUEST ON-LINE

On the town webpage

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

Use your smart phone camera, scan the image, click the link & request a ride! If you don't want to submit a request on-line, you can still call us and leave a message.



## BIG BUS- FULL DAY TRIPS—2022

### Lake Winnepesaukee Turkey Train

October 13

8:00am Departure from Cohasset COA; \$113 Foliage tour, 2 HR TRAIN RIDE with fabulous turkey dinner. SIGN-UP with Payment

### New! Holiday Pops Concert & Lunch

December 8th

12:30pm Departure from Cohasset COA; \$140 Enjoy lunch at the Venezia (choice of Haddock, Chicken Parmigiana, Chicken Piccata, Pasta Primavera) before the 4pm Pops Concert. SIGN-UP with Payment. This event will sell out, so don't wait to sign up! Bring Vax Card and a mask.

TRIP POLICY: You may sign up for yourself and one other person. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. PAYMENT MUST BE MADE WITHIN 3 DAYS OF SIGN UP. Form of Payment- CHECKS please.



# HULL COUNCIL ON AGING

Department of Elder Services

Anne Scully Senior Center

197A Samoset Avenue, Hull, MA 02045

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Hull, MA 02045

RETURN SERVICE REQUESTED

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 ext. 1.

*This Newsletter is sponsored in part by the Executive Office of Elder Affairs and by our Advertisers. Shop our ads!*

## FISH FRY AT THE SALT WATER CLUB

Sunday, Oct 2nd at Noon

Enjoy a free fish fry luncheon for Seniors courtesy of the Nantasket Beach Salt Water Club. There will be raffles too!

Advanced reservation required. Limited to 75.

To sign up, call the Hull COA at (781) 925-1239 \*1 by September 27th. Van transportation available.



## COA BOARD OFFICE HOURS

Third Thursday each month: Sept 15, Oct 20, Nov 17 and Dec 15, 9-10am.

Meet with Rob Goldstein, COA Board Vice Chair, over coffee and donuts to chat about YOUR Senior Center. Please drop in and share your thoughts.

## MEDICARE OPEN ENROLLMENT

Presentation: Thursday, Oct 6 at 9am

SHINE Volunteer Counselor, Elaine Schembari, will discuss what you need to know about Medicare Open Enrollment and answer your questions. Open enrollment begins 11/1. Elaine will offer appointments each week at the Hull COA throughout the open enrollment season. Must sign up for appts.

## FOOD DELIVERY PROGRAM

South Shore Community Action Council has recently launched a new Food Delivery Program that partners with Stop & Shop to deliver groceries to low to moderate income residents of the South Shore. This is a temporary service funded by a Community Development Block Grant to remedy food insecurity caused by the pandemic. This program is available until funding is expended. All you need to do is complete an application, once approved, SSCAC will contact you to arrange to have groceries delivered to your home at no cost to you. You will be able to receive groceries twice a month up to the dollar amount based on your household size: 1 Person @ \$75/per order; 2 people @ \$125/per order; 3+ people @ \$175 per order. We have applications at the Senior Center; give us a call and we can send one to you! (781) 925-1239 \*6



### QR CODE

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www.SYFB.space f@SYFBHull  
Add our meal kits to your pantry

SYFB is a grass-roots effort by the Nantasket-Hull Rotary Club. We have meal kits!