



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

January-February | 2023

Cover Artwork by  
Sheila Connor

Sheila graduated Massachusetts College of Art with BFA in painting and illustration. After retiring from her work at the Arnold Arboretum, Sheila dove into her art work. Her primary medium is watercolor, however, she also works with oils and acrylics. Her other medium is working with textiles. She can turn a favorite sweater into a beautiful pair of mittens!



Sheila donated mittens to the Hull COA for Senior Santa, and to a raffle at Wellspring!

## 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

## 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.

## LUNCH CAFÉ Coming Soon!

In collaboration with the COA Board, ideas are brewing for a grand opening of our new Lunch Café at the center in March! For two days/week the café will offer a small selection of items... sandwiches, soups and salads. We will be taste testing menu items as we create the menu to offer! Stop by the center on February 22 & 23...we will be offering free samples of some of the menu items.

Do you love cooking & preparing food? Would you be interested in volunteering? If you are interested in helping us launch the new Café, call or email Lisa 781-925-1239 x201 [lthornton@town.hull.ma.us](mailto:lthornton@town.hull.ma.us)

# RESOURCES

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## Office Hours with State Senator Patrick O'Connor

1/26 & 2/23 @ 10:30am

## Office Hours with State Representative Joan Meschino

3rd Monday @ 10am 1/30

## Sharing Loss Together

Tuesdays each week at 3:00pm

With William Zella, Ph.D. licensed  
Psychologist and Kelly Reilly, LICSW  
Outreach Coordinator. , *Sound  
Healing—1/23, 2/20*

## Blood Pressure Clinic

1st & 3rd Tuesdays, 1/3, 1/17, 2/7 & 2/21 at  
10:30am-11:30am—Rachel Gerold, Hull  
Board of Health

## Town Nurse Hours at SC

3rd Tuesdays, 1/17 & 2/21, 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  
[www.SYFB.space](http://www.SYFB.space)

## 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 1/5,  
1/19, 2/2, 2/16

Call to book an appointment at the  
senior center with Volunteer  
Counselor, Elaine Schembari, x203

## Podiatrist Clinic

Monday, 2/13 at 10:15am-1:00pm  
Call Dr. James Dwyer's office at  
781-335-8811 to schedule appt

## COA BOARD

Jim Richman, Chair

Rob Goldstein, Vice-Chair

Hannah Taverna, Secretary

Members:

Peter Dewey, Marlene Earl,

David Irwin, Mimi Leary, Irma

Lefever, Maureen O'Brien,

Greg Grey– Liaison o COA

## COA BOARD MONTHLY OFFICE HOURS

**Third Thursday, Jan 19 &  
Feb 16 9:00-10:00am**

Meet with Rob Goldstein, Vice  
Chair, over coffee and donuts to  
chat about YOUR Senior Center.

## A NOTE FROM THE DIRECTOR

Millions of people in the United States are affected by mental illness every year, and today navigating the mental health care system feels especially overwhelming, confusing, expensive and inaccessible. Many people are asking themselves questions like: How can I afford mental health appointments? How do I find a counselor? How can I get to my appointments? What about tele-health? Will I ever feel better? We understand how challenging it can be to find the help you need.

With a grant awarded to the Hull COA by Massachusetts Council on Aging (MCOA) to support older adults with behavioral health, we are prepared to support you by offering opportunities for **Healing, Education, Awareness and Coming Together ("HEAT")**.

These grant funds will provide us a unique opportunity to partner with Aspire Health Alliance (Quincy), The Healing Mind (Norwell), and Sanctuary Fitness (Hull) to address your needs. According to the Community Needs Assessment conducted in the last year, "Fear of social isolation is a key issue facing Hull residents aging in place." Isolation can lead to a number of mental, and physical health issues, including depression, anxiety, and cognitive decline. While the 36% of Hull residents aged 60 or older who live alone are particularly vulnerable, even seniors living at home with a partner or family member, can experience isolation especially if they feel like a burden to their family members. Feelings of isolation can happen to a loved one living close by - someone who we may not get to visit as often as we would like. It can happen to caregivers who are struggling to help themselves while also helping their loved one. If you are feeling isolated, sad, lonely, or anxious, we want you to know that you are not alone.

With the help of the MCOA grant and our local healthcare partners, counselors will be available for you to meet with regularly. Transportation will be provided. Those costs you're worried about will be paid and technology will be available to you for tele-health. In addition, the Hull COA will be able to offer new programs centered around concerns from the Community Needs Assessment. Among older adults living in Hull, 43% of survey respondents have been affected by substance use and 47% of respondents stated they currently or have in the past 5 years provided care or assistance as a caregiver. Starting in February we will be offering Substance Use/Misuse Awareness Psycho-education as well as Mental Health First Aid/Mental Health Awareness Training for seniors and caregivers. We are also very excited to introduce a brand new series on Holistic Wellness with regular in-depth classes offered at the senior center with Sanctuary Fitness. And, beginning January, we will be offering a Clutter Reduction & Accountability Group, led by an experienced social worker and facilitator.

We hope this year will be a year of **Healing, Education, Awareness and Coming Together**.

We are here to support you, our Hull community.

Be well, stay connected, and Happy New Year!

Lisa



### Our Staff

781-925-1239 (p)

#### Director

Lisa Thornton | ext. 201

lthornton@town.hull.ma.us

#### Administrative Assistant

Jo Ann Rose | ext. 206

jrose@town.hull.ma.us

#### Outreach Coordinator

Kelly Reilly | ext. 207

kreilly@town.hull.ma.us

#### Activities & Volunteer Coordinator

Maura Quinn | ext. 205

mquinn@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** Andy Pearce | ext.202

## CIRCUIT BREAKER TAX CREDIT

The Circuit Breaker Tax Credit applies when property tax payments exceed 10% of a senior citizen's annual income. The maximum credit amount for tax year 2022 is \$1,200. Renters are also eligible for the tax break when 25% of your annual rent exceeds 10% of their total income, subject to the same \$1,200 max. To apply, fill out a Schedule CB, Circuit Breaker Credit on the MassTaxConnect website or through your tax preparer.

## VALENTINE CARD MAKING

Tuesday, Jan 31st, 10am

With Jocelyn Thomas

Join Hull Artist Jocelyn Thomas and create a special work of art to give someone for Valentines Day or another special occasion. Materials provided, however you can bring things from home to add to your creation! Please call 781-925-1239 to save your spot! Grant Funded through Mass Cultural Council, offered by Hull Artists Association



## WINTER EMERGENCY PREPAREDNESS

Tuesday, Jan 10th 12-1:30pm

Do you have a plan for an emergency? Do you know what supplies you need during storm events? How to stay informed! **Fire Chief Russo and Police Chief Dunn** will visit the Hull Senior Center to discuss how you can prepare your home and belongings in the event of a weather emergency.

- Basic supplies during a storm
- Power Outages locally and town wide
- Safe heating practices
- Warming Center
- Shelter in Place vs. Evacuation
- Signing up for notifications
- Social Media/Facebook-Posts

## CAFÉ TALK BREAKFAST

Tuesday Feb 7th, 9:30am

Join us at the Senior Center for a community breakfast with Guest Speaker, Chris Krahforst, Department of Climate Adaptation and Conservation Director for the Town of Hull.. Chris will present "Local Weather Extremes, Are you Prepared?" Join us to learn and discuss Hull specifics efforts around beach access, the dune, A Street ramp, cobbles on the beach, etc...

So that we can plan for food and prepare to set up, **MUST** call to RSVP for this event, 781-925-1239.

## VOLUNTEER SPOTLIGHT

Our spotlight volunteer needs very little introduction, as she is well known for her long commitment to the Hull Senior Center! Maureen O'Brien has been volunteering at the Hull COA since 2013, helping with crafts, bingo, or where ever she is needed. She is a familiar, friendly face who always makes the participants at the center feel welcome.



Maureen is a private licensed home health aid in town who got her start by taking care of her mother who had Alzheimer's. She lives in Hull with her son and daughter in law. In her free time, Maureen enjoys spending time with her friends, going out dinner and watching Netflix series. Her true love is visiting various spots in New England. Thank you, Maureen, for all the time you have invested in the Seniors of Hull!

## 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

## GARDEN THERAPY

Monday Feb 13th, 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. Limit 20. Sign up.

## LUNCH AND BINGO AT THE SANDBAR

Wednesdays, Jan 11th & Feb 8th at 11:30am

Always a popular event, lunch and BINGO at the Sandbar with your friends will keep you warm and happy this winter! Join us at 297 Nantasket Ave for delicious food and fun. Call the Center to reserve your seat. Van transportation available upon request. 781-925-1239 Cost \$5

## AFFORDABLE CONNECTIVITY PROGRAM

Wednesday, Jan 18, 12pm

This program is an FCC benefit that helps ensure households can afford internet access and provides a discount of up to \$30/month toward internet service for those who qualify.



# JANUARY 2023 CALENDAR

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Monday

Tuesday

Wednesday

Thursday

<p>Call Kelly Reilly to learn about opportunities for CAREGIVER RESPITE</p>		8:45 Zumba <b>3</b>	9:00 Strength <b>4</b>	9:00 SHINE <b>5</b>
		9:45 Chair Yoga	9:00 Writing	9:45 Chair Yoga
		10:30 BP Clinic	10:30 Not Just Yoga	11:00 MahJong
		1:00 Whist	12:30 Qigong/Tai Chi	1:00 History
		3:00 Sharing Loss	1:00 Bridge	1:00 Matter of Balance
				4:30 Vinyasa Flow Yoga
9:00 Strength <b>9</b>	8:45 Zumba <b>10</b>	9:00 Strength <b>11</b>	9:45 Chair Yoga <b>12</b>	
10:30 Crafts & Games	9:45 Chair Yoga	9:00 Writing	11:00 MahJong	
1:00 Bingo	<b>12:00 Winter Emergency Preparedness Presentation</b>	10:30 Not Just Yoga	1:00 History	
1:00 Knitting	1:00 Whist	<b>11:30 Bingo &amp; Lunch at Sandbar Restaurant</b>	1:00 Matter of Balance	
	3:00 Sharing Loss	12:30 Qigong/Tai Chi	4:30 Vinyasa Flow Yoga	
		1:00 Bridge		
		4:00 Clutter Reduction		
<b>16</b>	8:45 Zumba <b>17</b>	9:00 Strength <b>18</b>	9:00 COA Board <b>19</b>	
<b>CLOSED TODAY</b>	9:30 Veterans Hour	9:00 Writing	9:00 SHINE	
<b>Martin Luther King Day</b>	9:45 Chair Yoga	10:30 Not Just Yoga	9:45 Chair Yoga	
<b>Senior Center Closed</b>	10:30 BP Clinic	<b>12:00 Affordable Connectivity Presentation</b>	10:00 Insurance Advisor	
	11:30 Nurse Office Hour	12:30 Qigong/Tai Chi	11:00 MahJong	
VISION BOARD WORK-SHOP AT THE PARROT ON JANUARY 24TH	<b>12:30 Holistic Healing</b>	1:00 Bridge	<b>11:00 Memory Café</b>	
	1:00 Whist		1:00 History	
	3:00 Sharing Loss		<b>1:00 Books in Bloom</b>	
			4:30 Vinyasa Flow Yoga	
9:00 Strength <b>23</b>	8:45 Zumba <b>24</b>	9:00 Strength <b>25</b>	9:45 Chair Yoga <b>26</b>	
10:30 Games and Crafts	9:45 Chair Yoga	9:00 Writing	11:00 MahJong	
1:00 Bingo	<b>10:30 Senior Exemptions</b>	10:30 Not Just Yoga	1:00 Financial Advisor	
1:00 Knitting	<b>11:15 Art For Your Mind</b>	12:30 Qigong/Tai Chi	4:30 Vinyasa Flow Yoga	
	1:00 Whist	1:00 Bridge		
	3:00 Sharing Loss	4:00 Clutter Reduction		
	3:45 Sound Healing			
9:00 Strength <b>30</b>	8:45 Zumba <b>31</b>	<b>Hull Veteran's Service Office</b> 781-925-0305 <b>South Shore Elder Services</b> 781-848-3910 <b>Wellspring Multi Service Center</b> 781-925-3211		<b>Elder Hotline, Medical, Abuse</b> 1-800-922-2275
10:00 Rep Meschino Hour	9:45 Chair Yoga			<b>Suicide and Crisis Lifeline 988</b>
10:30 Crafts & Games	<b>10:00 Valentine Cards</b>			<b>The ANCHOR OF HULL</b>
1:00 Bingo	1:00 Whist			Substance Abuse Resource
	3:00 Sharing Loss			781-534-9327

## OUTREACH NEWS

### A note from Kelly Reilly....

I'm excited to share that the Hull COA was recently awarded \$8,000 for Caregiver Respite Scholarships through a grant with the Massachusetts Councils on Aging (MCOA)! These scholarships will pay for care for those who need it so their loved ones who typically care for them can have a break. We are very excited to start awarding these scholarships to Hull residents.

The holidays can be a wonderful time full of joy and wonder, but sometimes they can also bring up feelings of grief and isolation. The Hull COA was also recently awarded a grant from the MCOA to provide individual

counseling (in-person, or telehealth with iPads for virtual visits at home). We are happy to offer these services to help. If you are interested in learning more, contact me. I look forward to hearing from you! Please call me at 781-925-1239 x6

Do you have a loved one with Alzheimer's/ Dementia? MEMORY CAFES provide a safe space for fun and exploration through music, dance, art, and movement. Loved ones and caregivers can relax and be in the company of others. Join our Memory Café on Jan 19th! 11am

## HISTORY LECTURE SERIES

### Hull History 1970 to 1980

Thursdays, Jan 5, 12 & 19 and Feb 2, 9 & 16,  
1-2:30pm

#### 6 WEEK CLASS Presented by Bob Jackman

This class will address the community's effort to create a new identity as a thriving suburban town with locally based businesses that welcome summer visitors, but are not dominated by summer residents and business. It will also cover the creation of the HRA, its implementation and dashed plans for the reuse of cleared lands. Tuition \$20. Limit 25

## ART FOR YOUR MIND

### Tuesdays, Jan 24th & Feb 28th, 11:15am

This one hour art experience, presented by Jill Sanford, continues with *The Allure of Water Color*, a wide range of watercolor images from accomplished artists of earlier times to well-known American artists of the 19th and 20th Centuries. In February, *Early New England Seascapes* showcases beautiful images by several prominent 19th and 20th-Century American artists including Fitz Henry Lane, Winslow Homer, and Edward Hopper. Supported by community donations and grant funding.



## FEBRUARY 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday
<b>Bowling at the South Shore Country Club!</b> <b>Bring a friend and hit the lanes, Tuesday, Feb. 7th, 1pm. \$10 for game and shoe rental.</b>		9:00 Strength <b>1</b> 9:00 Writing 10:30 Not Just Yoga 1:00 Bridge	9:00 SHINE <b>2</b> 9:45 Chair Yoga 11:00 MahJong 1:00 History 4:30 Vinyasa Flow Yoga
9:00 Strength <b>6</b> 10:30 Crafts & Games 1:00 Bingo	8:45 Zumba <b>7</b> <b>9:30 Café Talk Breakfast</b> 9:45 Chair Yoga 10:30 BP Clinic 1:00 Bowling 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>8</b> 9:00 Writing 10:30 Not Just Yoga <b>11:30 Bingo &amp; Lunch at Sandbar Restaurant</b> 1:00 Bridge 4:00 Clutter Reduction	9:45 Chair Yoga <b>9</b> 11:00 MahJong 1:00 History 4:30 Vinyasa Flow Yoga
9:00 Strength <b>13</b> 10:15 Podiatrist <b>10:30 Garden Therapy</b> 1:00 Bingo 1:00 Knitting	8:45 Zumba <b>14</b> 9:45 Chair Yoga 1:00 Whist 3:00 Sharing Loss 	9:00 Strength <b>15</b> 9:00 Writing 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge	9:00 SHINE <b>16</b> 9:00 COA Board 9:45 Chair Yoga 10:00 Insurance Advisor 11:00 MahJong 1:00 History 4:30 Vinyasa Flow Yoga
<b>CLOSED TODAY</b> <b>20</b> <b>Presidents Day</b> <b>Senior Center Closed</b>	8:45 Zumba <b>21</b> 9:30 Veterans Hour 9:45 Chair Yoga 10:30 BP Clinic 11:30 Nurse Office Hour <b>12:30 Holistic Healing</b> 1:00 Whist 3:00 Sharing Loss and 3:45 Sound Healing	9:00 Strength <b>22</b> 10:30 Not Just Yoga <b>12-1pm FREE SAMPLES from THE CAFÉ</b> 12:30 Qigong/Tai Chi 1:00 Bridge <b>2:00 Scam Presentation</b> 4:00 Clutter Reduction	9:45 Chair Yoga <b>23</b> 11:00 MahJong <b>12-1pm FREE SAMPLES from THE CAFÉ</b> 1:00 Financial Advisor <b>2:00 Substance Use Seminar</b> 4:30 Vinyasa Flow Yoga
9:00 Strength <b>27</b> 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting	8:45 Zumba <b>28</b> <b>9:30 Salon B Trip</b> 9:45 Chair Yoga <b>11:15 Art For Your Mind</b> 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>1</b> 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge	9:45 Chair Yoga <b>2</b> 11:00 MahJong 4:30 Vinyasa Flow Yoga

# 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**

Learn a New Card Game!  
Instruction given the 3rd week of every  
month (Jan 16th & Feb 20th)!

### WHIST

**Tuesdays at 1:00**



### BRIDGE

**Weds. at 1:00**

### MAH JONG

**Thursdays at 11am**



## Knitting Group

©LPI

**Mon, Jan 9th & 23rd, Feb 13th & 27th**  
**1pm-3pm**

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

### 8 WEEK WRITING COURSE

**Wednesdays, Jan 4th—Feb 22nd**  
**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. Call the center to sign up at 781 925-1239.

## SPEAKER PRESENTATIONS

### TOWN ASSESSORS OFFICE VISIT

**Tuesday, January 24th, 10:30am-12pm**

The Hull Town Assessor's office will be available at the Senior Center for one on one sessions to answer questions regarding Senior Exemptions. Call the Senior Center to reserve a time, 781-925-1239.

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

### LIFE INSURANCE & LONG TERM CARE CONSULTATIONS



**Thursdays, Jan 19th & Feb 16th, 10:00-12pm**

Elaine Buonvicino of Turning 65 Consulting, is an independent insurance agent focusing on individuals entering into retirement. If you are concerned about your coverage, knowing if your beneficiaries are up to date, or have any other questions, call the center to schedule a 1/2 hour appointment, 781-925-1239.

### PROTECT YOURSELF FROM SCAMS!

**Wednesday, Feb 22nd, 1:30pm**

Robin Putnam from the Office of Consumer Affairs and Business Regulation will present important and up to date information on current scams. Q & A will be held at the end. Please RSVP at 781-925-1239.

### CLUTTER REDUCTION AND ACCOUNTABILITY GROUP

**Begins Wednesday, January, 11th, 4-5:30p**

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 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, set de-cluttering-related home commitments between meeting dates. Sign-up is required for this group, 781-925-1239.

# WELLNESS & GROUP FITNESS CLASSES

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## VISION BOARD WORKSHOP

**Tuesday, Jan 24, 5:00pm at the Parrot**

Join Nicole Palermo of Sanctuary Fitness at the Parrot restaurant to create a vision board for the new year. Using collage materials, you will design a road map for 2023, helping you visualize new intentions and resolutions. Images and affirmations will inspire you to define what you want most and then serve as a reminder to work towards those goals throughout the year. Light appetizers will be served, drinks and cash bar are available. Call to sign up, 781-925-1239.

## SUBSTANCE USE SEMINAR

**Tuesdays, Feb 23rd, 2:00pm**

Katie Terrio, LMHC, owner of The Healing Mind in Norwell, will offer a presentation to educate and bring awareness to substance use and misuse, teach how to help others as well as how to ask for help, and normalize thoughts and feelings about the significant health risks associated with alcohol and drug use. The goal is to emphasize the available supports in the community and to begin reaching those that need help. Call to register, 781-925-1239. Grant Funded by MCOA

## HOLISTIC WELLNESS SERIES

**Tuesdays, Jan 17th and Feb 21st, 12:30-2:30pm**

This TWO HOUR Holistic Wellness Class starts you off in January with a snowy white clean slate! The practitioners from Sanctuary will nourish your mind, body and soul with an immersive experience focused on intentions, meditation, rituals, movement, breath-work, and healing!

- January's focus on earth elements will help clear and balance your energetic body to prepare and support you during the darkest cycle of the year. Through focused breath-work, writing exercises, meditation and frequency healing to help YOU manifest whatever you choose into your life! February brings with it the inner healer. In this immersion you will be practicing and learning self-care tools to cleanse and fill our cups. Following the immersions, a light snack & tea will served. Call 781-925-1239 to take part in this new series. Grant Funded by MCOA



## 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

## 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

## 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

## 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

## QIGONG/TAI CHI

**Wednesdays at 12:30pm**

with Bill Mazzeo

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

## VINYASA YOGA

**Thursdays at 4:30pm**

with Sara Pearson

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. All levels welcome. \$5/class





## 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. Hull \$3**

Hingham, Weymouth \$10

Hanover, Norwell \$15

Braintree, Quincy \$15

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

##### Market Basket

**Every other Thursday, 11am, \$4**

**Around the Town Day \$3**

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

RIDE Flex Pilot 617-222-3200

#### South Shore Hospital Shuttle

## LOCAL DAY TRIPS

### BOOKS IN BLOOM

**Thursday, Jan 19th, 1pm**

Join the Senior Center on a trip to the Hull Library and see books come alive through floral arrangements crafted to interpret a books message or theme. This exhibit is created in conjunction with Hull Garden Club to help drive out the winter doldrums! Please call us if you need a ride.

## VISIT TO SALON B AND THE BRASS LATERN

**Tuesday, Feb 28th, 9:30am**

Who doesn't like a to be pampered? Take a ride with the Senior Center to the South Shore Vocational School's Studio B for a manicure or facial, followed by lunch at the Brass Lantern, the schools café.

- Manicure \$8
- Facial \$15

Call the Senior Center to reserve your spot, space is limited, 781-925-1239.

**It's Wintertime! Trips may be cancelled or rescheduled based on weather conditions. Make sure we have your best contact information!**

## ALICE'S ADVENTURES

**Usually Tuesdays, 11:00am**

The van will travel to places like Cardinal Cushing consignment and cafe, Scituate Harbor, movie matinees, and shopping.

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.

Weekly locations will be announced.

## 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. 781-925-1239 x206 and x209



## Volunteer Driver Program

### FISH—Friends In Service Helping

The Hull COA is launching a volunteer transportation program. Our senior vans are busy every day with many different destinations, but we'd like to provide more seniors with rides. That's why we need you!

The FISH Program helps seniors without their own transportation find volunteer transport to medical and other appointments. If you have an interest in volunteering, and enjoy driving and meeting new people then we would love to talk to you. Certain criteria pertaining to volunteer drivers and their vehicle will need to be supplied. Call the Hull COA for more information.

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 2 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.

**NEW**

# HULL COUNCIL ON AGING

Department of Elder Services  
Anne Scully Senior Center

197A Samoset Avenue, Hull, MA 02045

U.S. Postage  
PAID  
STD. PRESORT  
Permit #19  
Hull, MA 02045

## 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

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

### VETERANS INFO

Are you a senior citizen veteran, married to a veteran or a widow(er) of a veteran?

You may be entitled to supplementary financial/medical assistance or reimbursement of your medical expenses under Mass. General Law Chapter 115. Benefits based on your military service or your spouse's. Contact Paul Sordillo, Veteran's Service Officer at 781-925-0305 for more information and to verify eligibility.

#### Eligibility Guidelines

Maximum Monthly Income

\$ 2,265 (1 person), \$ 3,052 (2 persons).

### FUEL ASSISTANCE

**November 1—April 30**

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 in Hull. Call (781) 925-1239 x 207 for questions, an application and assistance in filling out the application

Holidays Observed— Center Closed  
Jan 2, Jan 16 & Feb 20

**AGE FRIENDLY!** In December 2022, Hull's Select Board unanimously supported the COA Board's request to submit a letter of commitment to become part of AARP's Network of Age-Friendly Communities!

This is an action based on input we received from you through surveys and focused groups which led to recommendations outlined in the Community Needs Assessment, conducted by the University of Massachusetts Boston, the Town, and the COA.

**NEXT STEP:** Develop an age-friendly action plan to submit to AARP Massachusetts. This plan would provide recommendations for improvements in eight domains that influence the health and quality of life of residents of Hull. These domains are outdoor spaces & buildings; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information.

Come to a Coffee Hour or COA Meeting to learn more!

### CONSULTS WITH FINANCIAL ADVISOR

**Thursdays, Jan 26th & Feb 23rd, 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 PRIVATE appt. Call for an appt

**FITNESS CLASSES** - New to class?

**Try it for free! Bring a friend and their first class is free!**