



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

July-August | 2022



You can receive this newsletter electronically in your email. Email us and we will send you the link!!

## 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

Cover Photo: *The Magical Path* by Hull Resident and Photographer Bart Blumberg. You can view more of Bart's photography at [bartblumberg.zenfolio.com](http://bartblumberg.zenfolio.com)

## THANK YOU

We appreciate the assistance and support received from the community to make the Hull COA the best it can be. Many thanks to *Vitamin Sea Brewery* for the very special tour of their facility and brewing process and to the *Hull Garden Club* for beautifying our grounds.

## 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.



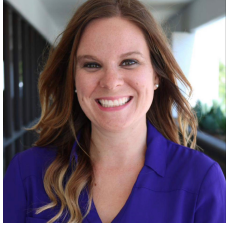
# ABOUT US AND OUR SERVICES

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## OUTREACH CORNER

### WELCOME KELLY!

Hi! I am Kelly Reilly, and I am so pleased to be a part of the Hull Senior Center as the new Outreach Coordinator! The Outreach Coordinator wears many hats, and I've spent the last few weeks getting comfortable in each of them. We have so many resources and services available, and my door is always open. I hope everyone will feel welcome to come say hello and ask any questions. I would love to hear from you and help make life as bright as it can be for you!



## 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**

**National Suicide**

**Prevention Lifeline**  
**1-800-273-8255**

**ANCHOR OF HULL**  
**Substance Abuse Resource**  
**781-534-9327**

## A NOTE FROM THE DIRECTOR

SUMMERTIME in New England is here! We New Englanders look forward to this time of year with delight and excitement! We don't have to travel far to enjoy the best that summer has to offer...from backyard BBQ's, walks on the beach, to day trips to many wonderful summer spots in New England. Right here in Hull we are lucky to enjoy beautiful sunrises and breathtaking sunsets to invigorate and heal us. Beautiful seaside images are captured and often shared on Facebook by talented photographers, such as our cover photo "*The Magical Path*" by Bart Blumberg. We invite you to take a look inside our newsletter and maybe you will find some magic here...something unexpected. This summer there are opportunities to....

*EXPLORE & HAVE FUN*, by joining the Walking Group on a local hiking trail, rising early for Beach Yoga at the end of a magical

beach path, boarding a big bus for a full day adventure on a Narragansett Cruise, or lunch & a murder mystery show in Newport.

*MEET FRIENDS or MAKE NEW ONES* at our Second Annual **Block Party**, Welcome Pizza Party, Ice Cream Social or Grilling w/ Mickey!

*LIFE LONG LEARNING* at a presentation, workshop or museum...Art For Your Mind, Woodworking, Writing, Nutrition, Local Museum Trips, Summer Reads Book Talk.

The center is bustling with activities, new members, new volunteers, new "office hours" for the Town Nurse and COA Board and new staff. Welcome Kelly and Maura!

Stay safe and healthy, and don't forget to drink fluids to stay hydrated!

We hope you stop by...we have A/C to keep you cool! Lisa



## RESOURCES

Office Hours with State Senator Patrick O'Connor

Thursdays at 10:30am 7/28 and 8/25  
617-722-2425

Office Hours with State Representative Joan Meschino

3rd Mondays @ 10am 7/18 & 8/15

Sharing Loss Together

Tuesdays each week at 3:00pm

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

Blood Pressure Clinic

1st & 3rd Tuesdays at 10:30am-11:15am—Hull Board of Health @ COA

**NEW!** Town Nurse Hours at The Senior Center

3rd Tuesdays, 11:30a-12:30p Hull Town Nurse at the Senior Center

Meals on Wheels

South Shore Elder Services 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 between 9am-1pm, 7/14, 7/28 & 8/11, 8/25

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

Podiatrist Clinic

Monday, 7/25 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

mquinn@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, Co-Chair

Hannah Taverna, Secretary

Mimi Leary, Mike Maloon,

Maureen O'Brien, Brian

McCarthy— Board Members

Greg Grey— Liaison to COA

2 Open Board Positions

**NEW** COA Board Office Hours

See back page for details.

## WISH LIST

Gently Used or New Items

- Paper Shredder
- Air Fryer
- Crock Pot (recent model)

## BE LIKE TRIXIE!



Trixie joined her friend Dotty on a walk to the Senior Center and decided to stay awhile to check out the latest news. We encourage you to drop in to see what's happening.

## ICE CREAM SOCIAL

Tuesday, July 26th, 12:30pm

Scoops will be dishing up ice cream after the Art for Your Mind presentation. Come for the art and stay for the ice cream! Or just come for the delicious ice cream! Suggested donation \$2.



## 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 x6 for more information.

### Tell Your Life Story!

Anne Cruse is composing life stories of our seniors so they may be shared with their family and friends. She calls the project 'Hull's Living Treasures', inspired by her Mom. Our participants loved the stroll down memory lane and how wonderful it is, to pass their story along to those they love. Contact The Center, 781-925-1239 x6 for info.

## COMMUNITY

### GRILLING WITH MICKEY

Thurs, August 25th 12:30pm

Join us for summertime fun, laughs and lunch. Our very own Mickey Corcoran will be grilling up some burgers and hot dogs on our brand new grill. We have picnic tables, umbrellas and tents. This is sure to be a great time! \$4 Please sign up by August 18th

### WELCOME MIXER & PIZZA LUNCH

Thursday, July 7th 12:30pm

Please come to the Senior Center to give a warm Hull welcome to our newest staff members, Kelly Reilly (Outreach Coordinator) and Maura Quinn (Activities and Volunteer Coordinator). You will have a chance to meet Kelly & Maura while enjoying pizza and some social time together. Please sign up by July 6th.

## VOLUNTEER!

Are you interested in improving your health and happiness by sharing a few hrs/week or month to support the Hull Senior Center? We may have the following volunteer positions available or would like to know of your interest for when a position opens up.

**Receptionist / Front Desk** Welcome new seniors, answer phones, greet visitors, answer questions about programs and register members for activities. Commitment: 3-4 hrs/wk or 6-8 hrs/mo.

**Tech Tutor** - Assist Hull seniors with cell phones, tablets, and laptops. Commitment: 3-4 hrs/mo.

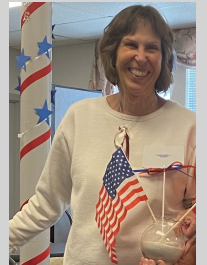
## BLOCK PARTY!

Second Annual  
Wed, July 13th, 1-3pm

It's BACK! After a wildly popular debut last year, we are once again shutting down the street and inviting the community to celebrate summer while enjoying a glimpse of the many programs and events offered by your Senior Center. We will have live music, food and ice cream trucks, games, raffles, prizes and more! Sign up by July 6th.

## VOLUNTEER SPOTLIGHT

This month we want to thank Anne Cruse for her dedication to the Senior Center. Anne generously shares her artistic talents with us by decorating the Center for each season. Many of Anne's beautiful paintings can also be seen throughout the Center.



Anne grew up in New Jersey and graduated from the nursing program at Cornell. She moved to New Mexico after college, where she practiced and taught nursing in Santa Fe for 40 years. She is married with one son and a big extended family.

Her favorite interests include painting, gardening, hiking, and being outdoors.. Thank you, Anne, for bringing your talents to our Senior Center!



Monday

Tuesday

Wednesday

Thursday

<p>4</p> <p>Closed for Independence Day Holiday</p> 	<p>5</p> <p>8:45 Zumba</p> <p>9:45 Chair Yoga</p> <p>10:30 Blood Pressure</p> <p>1:00 Whist</p> <p>1:00 Conditioning</p> <p>3:00 Sharing Loss</p>	<p>6</p> <p>9:00 Strength*</p> <p>10:00 Walking</p> <p>12:30 Qigong/Tai Chi</p> <p>2:00 Bridge</p>	<p>7</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong/Scrabble</p> <p>12:30 WELCOME MIXER</p> <p>1:00 Conditioning</p> <p>2:30 Zumba</p>
<p>11</p> <p>9:00 Strength</p> <p>10:30 Crafts &amp; Games</p> <p>1:00 Knitting</p> <p>1:00 Bingo</p>	<p>12</p> <p>8:45 Zumba</p> <p>9:45 Chair Yoga</p> <p>1:00 Whist</p> <p>1:00 Conditioning</p> <p>3:00 Sharing Loss</p>	<p>13</p> <p>9:00 Strength*</p> <p>10:00 Walking– Web Park</p> <p>12:30 Qigong/Tai Chi</p> <p>1:00 <b>BLOCK PARTY</b></p> <p>2:00 NO Bridge</p>	<p>14</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong/Scrabble</p> <p>1:00 Conditioning</p> <p>2:30 Zumba</p>
<p>18</p> <p>9:00 Strength</p> <p>10:30 Crafts &amp; Games</p> <p>1:00 Knitting</p> <p>1:00 Bingo</p>	<p>19</p> <p>8:45 Zumba</p> <p>9:45 Chair Yoga</p> <p>10:30 Blood Pressure</p> <p>11:00 CREATIVE CARDS</p> <p>11:30 Nurse Office Hour</p> <p>1:00 Whist</p> <p>1:00 Conditioning</p> <p>3:00 Sharing Loss</p>	<p>20</p> <p>9:00 Strength*</p> <p>9:30 Writing</p> <p>10:00 Walking</p> <p>10:00 FULLER CRAFT MUSEUM</p> <p>12:30 Qigong/Tai Chi</p> <p>2:00 Bridge</p>	<p>21</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong/Scrabble</p> <p>1:00 Conditioning</p> <p>2:30 Zumba</p> <p>3:00 BOOK TALK</p>
<p>25</p> <p>9:00 Strength</p> <p>10:30 Crafts &amp; Games</p> <p>10:15 Podiatrist</p> <p>1:00 Bingo</p>	<p>26</p> <p>8:45 Zumba</p> <p>9:45 Chair Yoga</p> <p>11:15 ART FOR YOUR MIND</p> <p>12:30 ICE CREAM SOCIAL</p> <p>1:00 NO Conditioning</p> <p>3:00 Sharing Loss</p>	<p>27</p> <p>8:30 NARRAGANSETT</p> <p>9:00 Strength*</p> <p>9:30 Writing</p> <p>10:00 Walking—Norwell</p> <p>12:30 Qigong/Tai Chi</p> <p>2:00 Bridge</p>	<p>28</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong/Scrabble</p> <p>1:00 Conditioning</p> <p>2:30 Zumba</p>

## SUPPORTING IMMUNITY WITH NUTRITION

Tuesday, August 2, 5:30pm

Kathy Jordan, M.S., RDN, Consulting Dietician for Big Y Supermarkets

Protect your body from colds, flu and other illnesses. Learn how probiotics, vitamin C, protein and other nutrients may help you maintain a healthy immune system and keep you healthy throughout the year.

Get your immune system ready to handle the upcoming cold and flu season. Learn fact from fiction about supplements and immunity. Find out if certain foods or dietary supplements protect against colds, flu, and other viruses.

Kathy will be with us via Zoom, but we will be serving up some of her recommended dishes right here at the Senior Center. This is sure to be an informative and delicious event. Please call or email to RSVP. Make sure we have your email address for Zoom link.



## 6 WEEK WRITING COURSE

Wednesdays July 20th—  
August 24th  
w/ Laura Leventhal  
9:30-11:00am

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.

R.S.V.P. (781) 925-1239

## BOOK TALK AND CHEESE!

Summer Reading Recommendations  
Thursday, July 21st 3:00PM

Are you looking for new titles but get overwhelmed by the many choices? How about getting some advice from an expert? Diane Costagliola, Director of the Hull Public Library, will share her carefully curated list for your summer reading enjoyment. Join us for a chat about Diane's must-read books while enjoying a beautiful crafted charcuterie board by Buck and Bloom. Sign up (781) 925-1239

## ART FOR YOUR MIND

Tuesday, July 26th & August 30th at 11:15am

Presented by Jill Sanford— Jill leads participants through a selection of engaging presentations combining art history and art appreciation. New focus every month.

July: *American Art Explored*

August: *The Fascinating Georgia O'Keeffe*

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



Monday		Tuesday		Wednesday		Thursday	
9:00	Strength 1	8:45	Zumba 2	9:00	*Strength 3	9:45	Chair Yoga 4
10:30	Crafts & Games	9:45	Chair Yoga	9:30	Writing	10:00	JFK Library Tour
11:00	ELDER LAW PRESENTATION - Mass Bar	10:30	BP Clinic	10:00	Walking	11:00	MahJong/ Scrabble
1:00	Bingo	1:00	Conditioning/Whist	12:30	Qigong/Tai Chi	1:00	Conditioning
1:00	Knitting	3:00	Sharing Loss	2:00	Bridge	2:30	Zumba
		5:30	Nutrition-Immunity	2:30	Woodworking		
9:00	Strength 8	8:45	Zumba 9	9:00	*Strength 10	9:45	Chair Yoga 11
10:30	Crafts & Games	9:45	Chair Yoga	9:30	Writing	11:00	MahJong/ Scrabble
1:00	Bingo	10:30	HOMESTEAD ACT	10:00	Walking—Gr Esker	1:00	Conditioning
1:00	LIFE SAVING MUSEUM TOUR	1:00	Whist	12:30	Qigong/Tai Chi	2:30	Zumba
		1:00	Conditioning	2:00	Bridge		
		3:00	Sharing Loss	2:00	Wood Workshop		
9:00	Strength 15	8:45	Zumba 16	8:45	NEWPORT TRIP 17	9:00	Office Hours 18
10:30	Crafts & Games	9:45	Chair Yoga	9:00	*Strength	9:45	Chair Yoga
1:00	Bingo	10:30	BP Clinic	9:30	Writing	11:00	MahJong/ Scrabble
1:00	Knitting	11:30	Nurse Office Hour	10:00	Walking	1:00	Conditioning
		1:00	Conditioning/Whist	12:30	Qigong/Tai Chi	2:30	Zumba
		3:00	Sharing Loss	2:00	Bridge		
9:00	Strength 22	8:45	Zumba 23	9:00	*Strength 24	9:45	Chair Yoga 25
10:30	Crafts & Games	9:45	Chair Yoga	9:30	Writing	11:00	MahJong/ Scrabble
1:00	Bingo	10:00	Marshfield Fair	10:00	Walking— Wheelwright Trail	12:30	GRILLING w/ MICKEY
		10:30	Blood Pressure	12:30	Qigong/Tai Chi	1:00	Conditioning
		1:00	Conditioning/Whist	2:00	Bridge	2:30	Zumba
		3:00	Sharing Loss				
9:00	Strength 29	8:45	Zumba 30	9:00	*Strength 31	<p><i>Many thanks for k-cup donations for the Keurig. Come by to check out our Coffee and Tea bar at the senior center.</i></p>	
10:30	Crafts & Games	9:45	Chair Yoga	12:30	Qigong/Tai Chi		
1:00	Bingo	11:15	Art For Your Mind	2:00	Bridge		
1:00	Knitting	1:00	Conditioning/Whist				
		3:00	Sharing Loss				



# CLASSES, CLUBS & PRESENTATIONS

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Mon, July 11th & 18th, Aug 1st, 15th & 29th

1:00pm-3:00pm

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.

## 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 2:00

### MAH JONG

Thursdays at 11am-1pm

Learn Mah Jong with Barbara Lawlor.



### SCRABBLE

Thursdays at 11am-1pm

Love Scrabble? Join this newly forming group on Thursdays. We are looking for more players!



## CLASSES

### CREATIVE NOTE CARD MAKING

Tues. July 19, 11am

The ever-popular card making class is back.

Create something that has both art and function. This is a lovely way to stretch your creative talents while making something you can share with a loved one.

Most materials provided. We suggest you bring any special pictures—of family, friends or pets, or a beautiful object to add to your card. RSVP so we can plan.

## SPEAKER PRESENTATIONS

### HOMESTEAD ACT & WHAT YOU NEED TO KNOW TO PROTECT YOUR HOME

Tuesday, August 9th at 10:30am

Register of Deeds, John R. Buckley, Jr., Esq., will discuss the Homestead Act and how it applies to you as a homeowner. To be held at the Hull Senior Center. To sign up, call (781) 925-1239 \*1 or email [HullCOA@town.hull.ma.us](mailto:HullCOA@town.hull.ma.us)

### ELDER LAW PROGRAM PRESENTED BY MASS BAR ASSOCIATION

Monday, August 1 at 11:00am



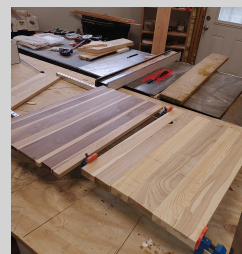
Attorney Judith M. Flynn will present an overview of elder law issues, discuss basic planning documents that every person should have, what these documents do, what to consider in selecting agents, and much more. Bring your questions, as there will be a time for Q & A. This free event will be held at the Hull Senior Center. To sign up, call (781) 925-1239 \*1 or email [HullCOA@town.hull.ma.us](mailto:HullCOA@town.hull.ma.us).

## WOODWORKING WORKSHOP

Wednesday, August 3, 2:30pm

Join Jim Clapper in this hands on project to create a custom cutting board based on your design. This class is aimed at beginning woodworkers but all levels are welcome.

Materials will be provided, including hard maple with cherry and walnut accent strips, glue and sealing oil. Pick a size up to 18"x15"x3/4". Participants will lay out pieces of wood to their liking, assemble with glue and clamps. The instructor will take your cutting board to a shop for smooth planing. You will pick it up at the Hull Senior Center and complete the oiling step at home. \$20 includes materials and instruction. Limited to 8 participants. RSVP.



## TOWN NURSE OFFICE HOUR

3rd Tuesday  
11:30-12:30pm

Drop in welcome.

- Administering B12 Injections
- Help with filling of medication boxes
- Health Education
- Wound Assessment and Dressing Changes with a Doctor's Order

At the Senior Center

**NEW!**

## BEACH YOGA

Fridays, 7:00am

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. Parking at Senior Center available. \$5/class  
**STARTING July 8th**

## HULL SENIORS WALKING CLUB

Wednesdays, 10:00am

Join the Walking Club each Wednesday morning for either a local Hull walk from the Senior Center or as we take the COA van to a destination walk. Destinations currently on the schedule include:

Web State Park, N. Weymouth —July 13th

“Wooden Bridges “Pathway, Norwell —July 27th

Great Esker Trail, Weymouth —Aug 10th

Wheelwright Trail, Cohasset —Aug 24th

Contact the COA, (781) 925-1239, for more information or to sign up.

You're only one workout away from a good mood.

## 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

\*Wednesday classes will be pre-recorded for the summer unless a guest instructor is announced.

## 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

## BALANCE & CONDITIONING

Tues and Thurs at 1:00pm

with Neil Sullivan

The class will consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. The stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the ROM (range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls.

Neil is a Clinical Exercise Physiologist. He has worked at Spaulding Rehab. Hospital and BIDMC leading Falls Prevention Programs and Post-Rehab Back Care. Neil teaches at local COA's.

Sign up for 8 classes \$55\*

Sign up for 16 classes \$100\*

\*Price may increase if class size drops below 10 students.

**SIGN UP IN ADVANCE**

## ZUMBA TONING W/ MOROCCAN STICKS

Tuesdays at 8:45am

Thursdays at 2:30pm

with Justine Hobin

Light weight toning Moroccan sticks enhances sense of rhythm and coordination -tone arms, core, and lower back. We will focus 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

## 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,, sound, and focused intent. Tai chi is a low-impact exercise. Gentle movements of regular tai chi can improve your strength, flexibility, and range of motion. \$3.25/class

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.



# 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.

### Medical rides

Available Monday—Thursday with a 5-7 day notice. If you make a request without advance notice availability may be limited.

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 requested

#### 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 11:00am

Must Sign Up in advance. Van \$4

## LOCAL DAY TRIPS

Sign-up in advance for all trips

### Fuller Craft Museum

Wednesday, July 20th, 10am

Enjoy a guided tour of the craft-based art museum in Brockton. Current special exhibit: *Out of Bounds: The Art of Croquet* Van transportation & entry fee \$20 (Bring along a bagged lunch).

### JFK Presidential Library & Museum

Thursday, Aug 4th, 10:00am

Join us as we travel to The John F. Kennedy Presidential Library and Museum in Boston, which visitors have described as "an unforgettable journey through American history and the life of a truly remarkable man." Experience his legacy and impact through original artifacts, films, and interactive displays throughout the museum. SIGN-UP by Aug 1st . Cost \$20

HULL LIFESAVING MUSEUM  
SAVING LIVES THEN. CHANGING LIVES NOW.



### Hull Lifesaving Museum

Monday, Aug 8th, 1:00pm

This is an amazing bit of history right here in our backyard. You may be surprised by the stories of the heroic lifesavers who risked their lives to save mariners out on the stormy seas. On the tour you will be introduced to Joshua James, the first Station Keeper, and see the surf rescue boat and many other historic items. Hop on the Senior Center van or meet us at the Lifesaving Museum for a tour and light snack. Monday, Aug 8th at 1:00pm. Advance sign up is required. Cost \$4 (a very special price for this tour. donations to the *Hull COA* is paying 1/2 for each participant).

## BIG BUS- FULL DAY TRIPS—2022



### Narragansett Cruise

July 27

8:00am departure from Cohasset ;\$109 (gratuity not incl.) Luncheon and scenic cruise; choice of baked scrod or baked chicken. Vaccination card for venue and mask required on bus. SIGN UP with Payment.

### Newport Playhouse & Cabaret

August 17

8:45am departure from Cohasset COA; \$119 (gratuity not incl.)  
Buffet lunch, a light and funny play, *Murder at the Howard Johnson's*, and a cabaret. Returning home at 6:00pm. Vaccination Card for venue and mask required on bus. SIGN-UP with Payment

### NEW! Peabody Essex Museum, Lunch & Shopping Sept 8

8:15 am departure from Cohasset COA; \$99 (bring cash for gratuity). Includes admission, lunch at Village Tavern (baked chicken or haddock) & time for shopping. Mask & vaccination card . SIGN-UP with Payment

### 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

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 MADEW/IN 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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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.

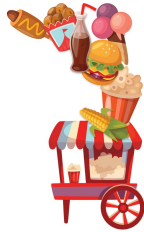
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## MARSHFIELD FAIR SENIOR CITIZEN DAY

Tuesday, August 23rd

Seniors **FREE** all day. Van Ride \$2

Van transportation available to and from fair grounds. Call to reserve your seat.



## ON-LINE RIDE REQUEST

Now available 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!



## QR CODE

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home? Use your smart  
phone camera, scan the  
image, click the link &



## COA BOARD OFFICE HOURS

Third Thursday each month: Aug 18, Sept 15, Oct 20, Nov 17 and Dec 15, 9-10am.

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

NEW

## STRETCH YOUR FOOD BUDGET

We are thrilled to have received TWO beautiful cabinets from our friends at the Nantasket Hull Rotary Club to hold the SYFB meal kits. We offer a huge thanks to Dennis Zaia, Craig Wolfe, Amy Duggan, Marianne Gottfried, Beth Straley, and



all the other Rotarians who are working behind the scenes to provide these meal kits to the seniors and larger Hull community. We also thank Jim Clapper for assembling both cabinets!



Rotarians Beth Straley, Jim Clapper and Amy Duggan (left to right.)

For further information about the Stretch Your Food Budget program please visit [www.SYFB.space](http://www.SYFB.space).