



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

March-April | 2023



Cover Artwork by Betsy Taylor

Betsy Lee Taylor earned her BFA in Illustration from Rhode Island School of Design in 1974. In Honey Falls, NY she and other artist began the non-profit Mill Art Center & Gallery. There Betsy taught drawing and painting and sold her works. After 18 years, she and her husband moved to Massachusetts. Betsy serves on the Board of Directors for Hull Artists. Her paintings can be found in the Gallery Nantasket and the Hull Public Library.

## 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

Holidays Observed— Center Closed  
April 17th for Patriots Day

## 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.

## CELEBRATE ST. PATRICK'S AT THE PARROT WITH MERROW Thursday, March 9th, 5-8pm

Join the Hull Senior Center at The Parrot Restaurant to celebrate St. Patrick's Day! Sit down to a boiled corned beef and cabbage dinner with all the trimmings while tapping your toes to traditional Irish music by the three piece band, Merrow! Music is generously provided by a donation from the Porchfest organizers. Cost for this event is \$20 to be paid at the Hull Senior Center by Monday, March 6th. Cash bar available. Space is limited! Don't wait to reserve your spot for this festive evening!

# RESOURCES

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## Office Hours with State Senator Patrick O'Connor

3/23 & 4/27 @ 10:30am

## Office Hours with State Representative Joan Meschino

3/20 @ 10:00am

## Sharing Loss Together

Tuesdays each week at 3:00pm

With William Zella, Ph.D. licensed  
Psychologist and Kelly Reilly, LICSW  
Outreach Coordinator, *Sound  
Healing*—3/28, 4/25

## Blood Pressure Clinic

1st & 3rd Tuesdays, 3/7, 3/21, 4/4 & 4/18  
at 10:30am-11:30am—Rachel Gerold,  
Hull Board of Health

## Town Nurse Time at SC

3rd Tuesdays, 3/21 & 4/18, 11:30a-  
12:00p 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 3/2,  
3/16, 4/6, 4/20

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

## Podiatrist Clinic

Monday, 4/24 at 10:15am-1:00pm  
Call Dr. James Dwyer's office at  
781-335-8811 to schedule appt

## Life Insurance & Long Term Care Consultation

Thursdays, 3/16 & 4/20, 10am –  
12pm, 1/2 hour appts available  
with Elaine Buonvicino of Turn-  
ing 65 Consulting.

## Financial Aid Advisor

Thursdays, 3/23 & 4/27, 1-3pm,  
1/2 hour private appts available  
with Jason Luck of Common-  
wealth Financial.

## Veteran's Office Hour

3/21 & 4/18, 9:30am



Don't forget to move your clocks  
forward one hour on Sunday,  
March 12th!

## A NOTE FROM THE DIRECTOR....

In 1938, a Harvard study set out on a unusual and unprecedented undertaking to “understand human health by investigating not what made people sick, but what made them thrive.” This 85 year “happiness” study recorded the experience of 724 participants’ lives by asking questions about their lives every two years. And believe it or not, researchers found that the most important things are not career achievement, money, exercise, or even a healthy diet. Their key finding is that “positive relationships keep us happier, and healthier, and help us live longer.”

It was not so long ago that the world was forced to be isolated and cut off from the very relationships that we need to thrive. At first, we worried about our bodies, our health, our lives; not necessarily the critical loss of close, positive relationships. But after a while, we learned that isolation, disconnection and limited human contact have surprising effects. Now, three years later, this study reminds us that humans are inherently community driven, social creatures and our relationships matter - a lot! And just like anything worth doing, we have to work at it. Physical work and exercise is good for our bodies and similarly putting work, love, and attention into our relationships is good for a happy life. Alone, we cannot provide everything we need for ourselves, but together we can!

At the center we often offer opportunities to build and strengthen bodies through our exercise classes or improve minds through informational talks, history, art or writing classes. But more than that, this center aims to be a place for community, to connect, to open up opportunities for positive relationships to grow and be nourished! We invite you work on your relationships at the center.

And speaking of being nourished by community, we are getting close to launching our Lunch Café, a project that has been forged through hard work and new relationships. A fantastic and generous group of interested volunteers have formed a team sharing their recipes, ideas and enthusiasm around cooking and delicious food. More volunteers are welcome, so please feel free to reach out - there is plenty to help with before the opening at the end of March! And before we come together at the Lunch Cafe, we will be gathering for the (hopefully!) inaugural **St. Patrick's Day celebration on March 9th at the Parrot restaurant**

Be well and stay connected,

Lisa Thornton

**STAY TUNED** for more details on the **NEW LUNCH CAFÉ!**

Details will be posted on our Facebook Page— Hull Council on Aging

Like the Lunch Café Facebook post and get a free food item at the center!



### 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| ext.202

## COA BOARD MONTHLY OFFICE HOURS

Third Thursday, Mar 16 & April 20  
9:00-10:00am

Meet with Rob Goldstein, Chair,  
over coffee and donuts to chat

## COA BOARD

Rob Goldstein, Chair

Marlene Earl, Co Vice Chair

Peter Dewey, Co Vice Chair

Hannah Taverna, Secretary

Greg Grey– Select Board Liaison

Members: Jim Richman, David

Irwin, Mimi Leary, Irma Lefever,

Maureen O'Brien

## Intro to Photography Workshop

Weds, April 19th,  
2pm-3:30pm

With Skip Tull



Join Skip Tull, photographer for the Hull Times, as he provides the basics of how to take great photographs using your digital camera or your smart phone. Indoor instruction will be followed by outdoor application. Please call 781-925-1239 to save your spot! Grant Funded through Mass Cultural Council, offered by Hull Artists Association.

## 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.

## GARDEN THERAPY

Mondays, Mar 20th and  
April 24th, 10:30am

The Hull Garden Club hosts this creative "therapy" time. 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!

## COMMUNITY

### CAFÉ TALK BREAKFAST

Tues, April 18th, 9:30am

Join us at the Senior Center for a community breakfast with Town of Hull Harbor Master, Kurt Bornheim, as he discusses the duties of the office including maintenance of town owned slips and moorings, floats and gangways, permitting for shellfishing and boat pumping stations and pump out boats as well as upcoming projects.

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

### CUTTING BOARD WORKSHOP

Thursdays Mar 16th & 23rd,  
1:00pm

Jim Clapper will hold a third, very popular woodworking workshop at the Senior Center. Over the course of two weeks, participants will make a beautiful cutting board using cherry, walnut and other hard wood planks. This class is designed for beginner woodworkers, but all levels are welcome. \$25 includes materials and instruction and is limited to 8 students.



## VOLUNTEER SPOTLIGHT

The Hull Senior Center is very fortunate to have Laura Leventhal to teach writing courses. Laura has lived in Hull for most of her life. She has enjoyed reading and writing from the young age of six! To fuel her passion, Laura has attended many writing workshops, seminars and classes. She feels that writing is another way to experience life and a vehicle to connect with yourself and others. Her classes give her students permission to put down on paper how they think and feel. She loves teaching classes at the center and experiencing the bonds that develop between her students through their writing and the stories they share with her and each other.



**Correction:** Last month's spotlight volunteer, Maureen O'Brien, is a Licensed Certified Nurse Assistant, as well as a Home Health Aide.

## FINANCIAL ASSISTANCE

If there is a class you wish to attend, but are experiencing financial difficulty, please call Lisa Thornton, Director, to discuss scholarship possibilities, 781-925-1239 x201.

## LUNCH AND BINGO AT THE SANDBAR

Wednesdays, Mar 8th & April 12th at 11:30am

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

# MARCH 2023 CALENDAR

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Monday

Tuesday

Wednesday

Thursday

<b>Do you have a loved one with Alzheimer's or Dementia? Join our Memory Café on Thursday, March 30th at 12pm for lunch followed by a community drum circle led by Ed Sorrentino of the South Shore Conservatory!</b>		9:00 Strength 10:00 Covid Booster Clinic 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge	9:00 SHINE <b>2</b> 9:45 Chair Yoga 11:00 MahJong 4:30 Vinyasa Flow Yoga
9:00 Strength <b>6</b> 10:30 Crafts & Games 1:00 Bingo	8:45 Zumba <b>7</b> 9:45 Chair Yoga 10:30 BP Clinic 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>8</b> 9:00 Writing 10:30 Not Just Yoga <b>11:30 Sandbar Lunch</b> 12:30 Qigong/Tai Chi 1:00 Bridge 4:00 Clutter Reduction	9:45 Chair Yoga <b>9</b> 9:00 Writing II 11:00 MahJong 1:00 History 4:30 Vinyasa Flow Yoga <b>5:00 St. Patrick's at the Parrot</b>
9:00 Strength <b>13</b> 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting	8:45 Zumba <b>14</b> 9:45 Chair Yoga <b>12:00 Allerton House Lunch</b> 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 COA Board <b>16</b> 9:00 SHINE 9:00 Writing II 9:45 Chair Yoga 10:00 Insurance Advisor 11:00 MahJong <b>1:00 Wood Working</b> 1:00 History 4:30 Vinyasa Flow Yoga
9:00 Strength <b>20</b> 10:00 Rep Meschino Hour <b>10:30 Garden Therapy</b> 1:00 Bingo 	8:45 Zumba <b>21</b> 9:30 Veterans Hour 9:45 Chair Yoga 10:30 BP Clinic 11:30 Nurse 1/2 Hour <b>12:30 Holistic Healing</b> 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>22</b> 9:00 Writing 10:30 Not Just Yoga <b>11:00 Blue Hills Museum</b> 12:30 Qigong/Tai Chi 1:00 Bridge 4:00 Clutter Reduction	9:00 Writing II <b>23</b> 9:45 Chair Yoga 10:30 Sen. O'Connor Hour 11:00 MahJong <b>11:00 Substance Use Talk</b> 1:00 History <b>1:00 Wood Working</b> 1:00 Financial Advisor 4:30 Vinyasa Flow Yoga
9:00 Strength <b>27</b> 10:00 Rep Meschino Hour 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting	8:45 Zumba <b>28</b> 9:45 Chair Yoga <b>11:15 Art For Your Mind</b> 1:00 Whist 3:00 Sharing Loss 3:45 Sound Healing	9:00 Strength <b>29</b> 9:00 Writing 10:30 Not Just Yoga 12:30 Qigong/Tai Chi <b>1:00 To Stay or Go Talk</b> 1:00 Bridge	9:00 Writing II <b>30</b> 9:45 Chair Yoga 11:00 MahJong <b>12:00 Memory Café</b> <b>1:00 Drum Circle</b> 4:30 Vinyasa Flow Yoga

## OUTREACH NEWS A NOTE FROM KELLY

It's that time of year when the sun starts setting later in the day, the flowers begin to bloom, and we slowly begin to see the moorings go back in the water so the boats can be launched. It is a time of anticipation, hope, and sunshine. We've made it to spring!

Thank you to everyone who visited us at the Senior Center through the winter months and helped us keep a warm atmosphere despite the cold weather. We've enjoyed hosting you for exercise classes, educational seminars, health insurance counseling, financial consultations, and social events.

As a social worker, I continue to be available to connect you and your loved ones with various resources, to offer information and referrals for mental healthcare, and to assist other Town departments with crisis intervention in the community. Above all, I believe that the most important aspect of our Center is the opportunities these activities provide to foster positive connections with others in our community. We are looking forward to some fun social events you'll read more about in this newsletter, and there are plenty of daily opportunities to stop by and see us for a cup of coffee and some cheer. We love to see you and we love being a part of this community. Stop by and say hello!

## HISTORY LECTURE SERIES

### Hull History 1895 to 1905

Thursdays, Mar 9, 16 & 23 and April 6, 13 & 20, 1-2:30pm

**6 WEEK CLASS Presented by Bob Jackman**

This class will delve into the lives, events, businesses and developing government of the Hull community in an era when resort hotels were being expanded, devastating storms eradicated buildings in vulnerable locations, and the resort craze reached its zenith with the completion of Paragon Park. This class will draw heavily from the *Hull Beacon* newspaper. Tuition \$20. Limit 25.


## ART FOR YOUR MIND

### Tuesdays, Mar 28th & April 25th, 11:15am

This one hour art experience, presented by Jill Sanford, continues in March with **American Women Artists**, highlighting the work of a selection of women from the 18<sup>th</sup> to the 21<sup>st</sup> Centuries whose art helped to shape America's artistic identity and advanced the role of women in art. In April, **Masters of the Dutch Golden Age**, offers a close look at images by famous painters such as Rembrandt and Vermeer, as well as other 17th Century Dutch masters who reached levels of excellence that still inspire viewers today.



## APRIL 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday
9:00 Strength <b>3</b> 10:30 Crafts & Games 1:00 Knitting 1:00 Bingo	8:45 Zumba <b>4</b> 9:45 Chair Yoga 10:30 BP Clinic 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>5</b> 9:00 Writing 10:30 Not Just Yoga 1:00 Bridge 4:00 Clutter Reduction	9:00 SHINE <b>6</b> 9:00 Writing II 9:45 Chair Yoga 11:00 MahJong 1:00 History <b>3:00 Book Talk</b> 4:30 Vinyasa Flow Yoga
9:00 Strength <b>10</b> 10:30 Crafts & Games 1:00 Bingo	8:45 Zumba <b>11</b> 9:45 Chair Yoga <b>12:30 Hearing Loss Talk</b> 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>12</b> 9:00 Writing 10:30 Not Just Yoga <b>11:30 Sandbar Lunch</b> 1:00 Bridge	9:00 Writing II <b>13</b> 9:45 Chair Yoga 11:00 MahJong 1:00 History 4:30 Vinyasa Flow Yoga
<b>CLOSED TODAY</b> <b>Patriots Day</b>  <b>17</b>	8:45 Zumba <b>18</b> 9:30 Veterans Hour <b>9:30 Café Talk Breakfast</b> 9:45 Chair Yoga 10:30 BP Clinic 11:30 Nurse Office 1/2 Hr <b>12:30 Holistic Healing</b> 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>19</b> 9:00 Writing 10:30 Not Just Yoga <b>2:00 Photography Class</b> 12:30 Qigong/Tai Chi 1:00 Bridge 4:00 Clutter Reduction	9:00 SHINE <b>20</b> 9:00 COA Board 9:45 Chair Yoga 10:00 Insurance Advisor 11:00 MahJong 1:00 History <b>2:00 Pelvic Health Talk</b> 4:30 Vinyasa Flow Yoga
9:00 Strength <b>24</b> 10:15 Podiatrist <b>10:30 Garden Therapy</b> 1:00 Knitting 1:00 Bingo	8:45 Zumba <b>25</b> 9:45 Chair Yoga <b>11:15 Art For Your Mind</b> 1:00 Whist 3:00 Sharing Loss and 3:45 Sound Healing	9:00 Strength <b>26</b> 9:00 Writing <b>10:15 Day Trip to ISGM</b> 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge	9:45 Chair Yoga <b>27</b> 10:30 Sen. O'Connor Hour 11:00 MahJong 1:00 Financial Advisor <b>1:00 Hull Beacon Talk</b> 4:30 Vinyasa Flow Yoga

**Fuel Assistance for Hull residents—end April 30** Eligibility is based on gross income, household size, and vulnerability to heating costs. Call (781) 925-1239 x 207 for questions, an application or assistance.

# 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 Game! Instruction given the 3rd week of every month (Mar 20th & April 17th)!

### WHIST

**Tuesdays at 1:00**

### BRIDGE

**Weds. at 1:00**

### MAH JONG

**Thursdays at 11am**



**Mon, Mar 13th & 27th, April 3rd & 24th**

**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.

### COMMUNITY DRUM CIRCLE

**Thursday, March 30th, 1pm**

**Ed Sorrentino, South Shore Conservatory**

A drum circle/rhythm event is appropriate for participants of all ages. Every session 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. Funded in part by South Shore Elder Services. Call to register at 781-925-1239.

## SPEAKER PRESENTATIONS

### TO STAY OR TO GO?

**Wednesday, March 29th, 1pm**

Local professionals David Tourilott, CRMP, Karen Powers, Senior Real Estate Specialist, Att. Paula Schlosser, and Joy Murphy of Smooth Transitions will explain the ins and outs of reverse mortgages, future housing alternatives, elder law topics, de-cluttering, and move management. Q & A to follow. Call the Senior Center to register for this informative talk, 781-925-1239.

### HEARING LOSS INFO FOR EVERY-DAY LIFE

**Tuesday, April 11th, 12:30pm**

Losing one's hearing and navigating life after hearing loss can be a challenge. Jonathan O'Dell of the Mass Commission for the Deaf and Hard of Hearing will inform you of what programs, services, technologies and strategies may be available to help. Please call to register for this informative talk, 781-925-1239.

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

### WRITING COURSES

**Wednesdays, Mar 8th—April 26th  
9-10:30am**

**Thursdays, Mar 9th—April 13th, 9-10am**

These classes are for any level of writer! Laura Leventhal 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. 10 person class limit. Thursday class maximum 4 participants. Call the center to sign up at 781-925-1239.

### BOOK TALK WITH THE HULL LIBRARY

**Thursday, April 6th, 3:00pm**

Are you looking for new titles but get overwhelmed with too many choices? Get some advice from an expert! Hull Public Library Director Diane Castiglione will share her carefully curated list for your spring reading enjoyment! Light refreshments will be served with the talk. Please call to register for this event, 781-925-1239.

# WELLNESS & GROUP FITNESS CLASSES

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## PELVIC HEALTH LECTURE

**Thursday, April 20th, 2:00pm**

Join Dr. Ashley Mahan, Pelvic Health Physical Therapist from Peak Physical Therapy to discuss a very common condition, urinary incontinence! She will review the anatomy of the pelvic floor and teach skills to improve your pelvic health and bladder control. You will leave with a better understanding of how the pelvic floor functions in your everyday life, allowing you to be more empowered about your body and lead a leak free lifestyle. Sign up 781-925-1239

## SUBSTANCE USE TALK

**Thursday, March 23rd, 11am**

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.



Massachusetts

## HOLISTIC WELLNESS "MINI-RETREAT" SERIES

**Tuesdays, March 21st and April 18th, 12:30-2:30pm**

This monthly series continues into the spring, slowly awakening your mind, body and soul focused on intentions, meditation, rituals, movement, breath work and healing!

- March welcomes the spring equinox as we focus on breathing through the transition from winter and learn the basics of reflexology to deepen your physical and emotional connections within!
- April showers can feel like a shedding of all that no longer serves your physical, emotional, and spiritual being. Just like the beautiful perennials outside, we will shed the layers of conditioning and get YOU ready to BLOOM!

Following the immersions, a light snack & tea will be served. Join us! MCOA Grant Funded

Save your spot. Sign up in advance at 781-925-1239 Thank you!

## STRENGTH & FLOW

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

with Sara Pearson

Strength and Flow is a dynamic class that integrates breath, mindful movement, and 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 4:30 pm**

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.

# TRANSPORTATION, EVENTS, TRIPS

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## SENIOR CENTER VAN TRANSPORTATION



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

Call 781-925-1239 X206 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

## LOCAL DAY TRIPS

### BLUE HILLS TRAILSIDE MUSEUM

Weds, March 22nd, 11am

The Hull COA will visit this Mass Audubon Sanctuary which features a natural history museum and outdoor exhibits of native wildlife. Come see the resident river otter and red foxes! Call for a ride on the Hull COA van or join us at the Museum. \$8 with van ride.

### ISABELLA STEWART GARDNER MUSEUM VISIT

Weds, April 26th, 10:15am

Join the Hull COA van as it travels into Boston for an 11:30am guided tour of this famous art museum. Explore masterpieces of the Museum and learn about the history of Isabella Stewart Gardner, the founder, and why this is one of the great private art collections in America. Limit of 8 attendees. Payment must be made by April 12th. \$28 per person. Bring additional funds for a lunch stop.

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.

### South Shore Hospital Shuttle

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.

# 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

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## IRISH LUNCH HOSTED BY ALLERTON HOUSE, HINGHAM Tuesday, March 14th, @ 12pm



Just in time for St. Patrick's Day! Come enjoy traditional corned beef and cabbage with friends at the Allerton House in Hingham. Transportation provided by the Hull COA and the Allerton House, or you can meet us there. Spots are limited for this free event, call to reserve your spot!

## 2023 BIG BUS—FULL DAY TRIPS

### Newport Flower Festival June 23

8:00am departure from Cohasset; \$150 (gratuity incl.) Enjoy "The Grand Tour" themed flower displays in beautiful seaside Newport, RI. Lunch at the Brick Pub and Restaurant to follow with time for exploring this coastal town. SIGN UP with payment begins April 1st.

### Isle of Shoals July 19

Learn the fascinating legends that surround this 9 island archipelago aboard the M/V Thomas Loughton followed by a delicious meal at the Portsmouth Gas Light Company. SIGN-UP with payment begins May 1st. Call the Hull COA for more information!

## Hull Beacon News Digitization

### Thursday, April 27th, 1pm

Hull Public Library Director, Diane Castiglione, details the digitization process of the Hull Beacon newspaper from 1897-1920. Learn how to use this incredible resource and what interesting finds were made within the pages of this historic paper!

## MY ACTIVE CENTER—ONLINE SIGN UPS FOR EVENTS AT THE HULL SENIOR CENTER COMING APRIL 1, 2023!

### HOW IT WORKS:

If you have been issued a My Senior Center Key Tag by the Senior Center, you can create a log-in and activate your account using the link below:

<https://myactivecenter.com>

Follow the instruction on the site to create your 'My Active Center' account. There are only a few steps to create your log-in. You can do this from home, or you can call the center and a staff member will be happy to assist you. When your registration is successful, you will be able to scroll through available programs and find the events you would like to register for. For more information, call the Hull Senior Center at 781-925-1239.