



HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

May - June | 2022

Cover
Photos :

Creative Card
Making Class
with Artist
Jocelyn Dana
Thomas

Look inside
for the
NEW
monthly
calendars
and the
many
activities,
events and
classes
available at
your Senior
Center



Creativity at Play

Share your EMAIL ADDRESS to be entered into a raffle to win a \$25 gift card! Monthly Winner!

GET IN TOUCH

781-925-1239 (p)

781-925-8814 (f)

town.hull.ma.us/council-aging

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.

STRETCH YOUR CREATIVE MUSCLES

Exciting News

The Hull COA has been awarded a grant for a fabulous art education & appreciation series. This is a wonderful opportunity to view, discuss and learn about a wide range of art topics. You won't want to miss it. See details inside for this popular monthly series *Art for Your Mind*.

ABOUT US AND OUR SERVICES

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OUR STAFF

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

Lisa Thornton | ext. 4
Director

Jo Ann Rose | ext. 5
Administrative Assistant

Rachel Gerold | ext. 6
Outreach Coordinator

Mickey Corcoran
Van Transportation

Alice Kaplan
Van Transportation

Elaine Schembari | ext. 3
SHINE Coordinator

Andy Pearce | ext. 2
SSES NUTRITION

Welcome Back, Mickey!



WE'RE HERE TO HELP!

IMPORTANT PHONE 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

The daffodils planted by individual homeowners and the Hull Garden Club, creating the “Daffodil Trail”, are blooming in full beauty, and on my drives and walks through Hull I feel compelled to take it all in. Do you ever see something that makes you stop and look a little longer? Maybe it reminds you of a song or a memory, maybe it inspires you to write, draw, **create!** Inspiration can come from anywhere and brings with it the opportunity to create anything. And luckily for us, studies have found that engaging in creative activities is really good for us! Creative pursuits like painting, knitting, writing, dancing and more give us a sense of purpose, bolsters personal growth and creates opportunities to interact with others in a fulfilling way. Creativity is especially good for older adults and lead to benefits like:

- mood improvements
- boost in self esteem
- improved cognitive functioning
- improved social life
- Decreased stress and anxiety levels

Sometimes embarking on an artistic pursuit like this can be intimidating; maybe you feel you don't have the skills, that everything has already been done, your ideas aren't good enough. But creativity doesn't have to be grand, sweeping, or even novel. An idea must simply be yours, new and inventive to you. And as Maya Angelou expertly reminds us

"You can't use up creativity. The more you use, the more you have."

At the Council on Aging we have some great programming coming up where you can **flex your creative muscles...** Creative Card making class, Writing class, Hula for Health (movements tell a story), Art For Your Mind, Create a Succulent Garden, Garden Therapy, Knitting, and more.

We invite you to join us!

Stay Well.

Lisa

lthornton@town.hull.ma.us



RESOURCES

Office Hours with State Senator Patrick O'Connor

Thursdays, 5/26 and 6/23, 10:30am
617-722-2425

Office Hours with State Representative Joan Meschino

3rd Mondays @ 10am. 5/16. No office hours in June

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, May 5 & 19, Jun 2 & 16

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

BLOOD PRESSURE CLINIC

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

PODIATRIST CLINIC

May 23 at 10:15am-1:00pm

Call Dr. James Dwyer's office at 781-335-8811 to schedule an appointment.

CREATIVE NOTE CARD MAKING

Join us for some fun and creative card making!

Tues. May 10, 11am

Create something that has both art and function. It should be fun, challenging in a good way, and will focus on creating a personal way to connect.

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

WALKING CLUB INTEREST MEETING

Mon, May 9th at 1:00pm

Please join us for the kick-off meeting and help shape the direction of this fun new group.

Top Five Reasons to Join a Walking Club:

- Improves overall health
- Boosts energy levels
- Combats depression and reduces stress
- Meet new friends
- It's fun!

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

MEET ANCHOR!



A friendly, furry neighbor has been visiting the Senior Center lately—**Anchor**, the therapy

dog! He always spreads joy during

his visits. Thank you to Anchor's trainer and owner, Anne Finely, for sharing this wonderful dog with us!

COMMUNITY 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.

Trip Chaperone - for off-site events

Please call the Senior Center at 781-925-1239 to speak to our Volunteer Coordinator if you are interested.

PATRIOTIC SING-A-LONG

Thurs, May 26th
11:00am



Get ready for Memorial Weekend with a sing-a-long featuring patriotic songs. The talented and lively Lynda Chuckran is a real crowd pleaser. Even if you don't sing, Lynda will keep you laughing and entertained.

Light lunch will be served. \$3

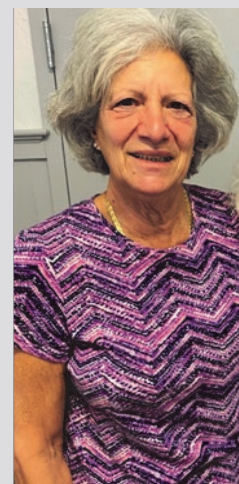
Allerton House, Hingham is providing dessert. Please call the Senior Center to sign up.

VOLUNTEER SPOTLIGHT

We want to recognize all the hard work our volunteers put in every month to help make our days better! We have so many great volunteers each day it is hard to pick just one a month but we will highlight them all in months to come!

This month we want to thank **IRMA LEFEVER** for her dedication to the Hull Senior Center. Irma may be the fastest walker in Hull. If you need something done she has probably already thought about it or done it!

Irma helps bring good ideas to Hull and really cares about each person she helps. Not only is she willing to help with events at the center, and also can also be spotted in the kitchen helping with Meals on Wheels 2x/week. Irma brings fun and laughs wherever she goes and we are so thankful for her. Thank you IRMA for helping make the Senior Center a fun, caring place!



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, a Senior Friend, volunteers and 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

BLOCK PARTY!!!

Second Annual

Wed, July 13th, 1-3pm

We will have live music, food and ice cream trucks, games, raffles, prizes and more!

Be sure to mark your calendar!

WISH LIST

Gently Used or New Items

16 -20 Quart Size Cooking Pots, Roomba Robot Vacuum, K-Cups for Keurig, Sandwich Board Sign.

Monday	Tuesday	Wednesday	Thursday
9:00 Strength 2 10:00 Crafts 1:00 Bingo 1:00 Knitting	9:45 Chair Yoga 3 10:30 Blood Pressure 1:00 Whist 1:00 Conditioning	9:00 Strength 4 9:30 Writing 12:30 Qigong/Tai Chi 2:00 Bridge 2:00 Matinee	9:45 Chair Yoga 5 11:00 MahJong 12:30 History 1:00 Conditioning 2:30 Zumba
9:00 Strength 9 10:00 Crafts 1:00 Bingo 1:00 Walking Club Meeting	8:45 Zumba 10 9:45 Chair Yoga 11:00 Creative Cards 1:00 Whist 1:00 Conditioning	9:00 Strength 11 9:30 Writing 10:30 Brewery Tour 12:30 Qigong/Tai Chi 2:00 Bridge 2:00 Matinee	9:45 Chair Yoga 12 11:00 Candidates' Coffee 11:00 MahJong 1:00 History 1:00 Conditioning 2:30 Zumba
9:00 Strength 16 10:30 Garden Therapy Is going outdoors 1:00 Bingo 1:00 Knitting Van Rides— call by 5/10 ELECTION DAY	8:45 Zumba 17 9:45 Chair Yoga 10:00 Tick/Mosquito Presentation. 10:30 Blood Pressure 1:00 Whist 1:00 Conditioning	9:00 Strength 18 9:30 Writing 12:30 Qigong/Tai Chi 2:00 Bridge 2:00 Matinee	9:45 Chair Yoga 19 11:00 MahJong 11:00 Gender in 21st Century 12:30 History 1:00 Conditioning 2:30 Zumba
9:00 Strength 23 10:00 Crafts 10:15 Podiatrist 1:00 Bingo	8:45 Zumba 24 9:00 Heritage Museum 9:45 Chair Yoga 1:00 Whist 1:00 Conditioning	9:00 Strength 25 9:30 Writing 12:30 Qigong/Tai Chi 2:00 Bridge 2:00 Matinee	9:45 Chair Yoga 26 11:00 MahJong 11:00 Sing-A-Long/lunch 1:00 Conditioning 2:30 Zumba
30 Memorial Day Senior Center Closed	31 8:45 Zumba 9:45 Chair Yoga 11:00 Art For Your Mind 1:00 Whist 1:00 Conditioning	THE WALK MA CHALLENGE BEGINS MAY 1ST. MORE INFORMATION WILL BE ANNOUNCED on Face- book. YOU set your own goals to walk in 2022! Prizes awarded- for YOU and for the Hull Senior Center Register NOW on-line. Open to all ages 5 and above.	

ART FOR YOUR MIND

Tuesday, May 31st at 11am

Narrated Speaker Presentation with
Slideshow - Last Tuesday –Every Month

Creative Thinking Through Observing Art

Presented by Jill Sanford— Jill leads participants through a selection of engaging presentations combining art history and art appreciation. New focus every month. Sign-up early. Space is limited.

You won't want to miss this dynamic series

generously supported by the Local
Cultural Council through a Grant



GENDER IN THE 21ST CENTURY: AN OVERVIEW

Thurs, May 19th at 11am

This is a 30-minute presentation by Hull seniors discussing what gender means today and how it continues to change to allow people to express who they are. The presentation will try to address current issues and some of the new words that we hear and read relating to gender, gender expression and "what is transgender and non-binary". Please join us for the presentation, followed by Q&A. Presented by Mary Diamond-Kissiday and Deb Bayer (Both Hull Seniors/Fellow Older Adults)

6 WEEK WRITING COURSE

w/ Laura Leventhal at 9:30-11:00am

Notebooks and pens will be supplied, but bring your own if you have a preference. Please call the Senior Center at (781) 925-1239 to reserve your spot.

Thursdays, May 5, 12, 19 and June 2, 9, 16,
12:30-2:00PM

Bob Jackman will present an overview of the several iterations of Paragon Park—the cycles of boom and bust. There were amazing entertainment experiences at Paragon Park; there was also knavery and exploitation. At this time it probably is not possible to capture the full essence of the park as it prospered, burned, and rose from the ashes. This course will attempt to convey some of the park's history. Join the roller coaster history ride of Paragon!. Limit 20

Monday

Tuesday

Wednesday

Thursday

9:00	Strength	1
9:30	Writing	
12:30	Qigong/Tai Chi	
2:00	Bridge	
2:00	Matinee	

9:45	Chair Yoga	2
11:00	MahJong	
12:30	History	
1:00	Conditioning	
2:30	Zumba	

9:00	Strength	6
10:00	Crafts	
1:00	Bingo	

8:45	Zumba	7
9:45	Chair Yoga	
10:00	Succulent Craft	
10:30	Blood Pressure	
1:00	Whist	

9:00	Strength	8
9:30	Writing	
12:30	Qigong/Tai Chi	
2:00	Bridge	
2:00	Matinee	

9:45	Chair Yoga	9
11:00	MahJong	
12:30	History	
1:00	Conditioning	
2:30	Zumba	

9:00	Strength	13
10:00	Crafts	
1:00	Bingo	
1:00	Knitting	

8:30	Trip to Encore	14
8:45	Zumba	
9:45	Chair Yoga	
1:00	Whist	
1:00	Conditioning	

9:00	Strength	15
10:30	Butterfly Tour	
12:30	Qigong/Tai Chi	
2:00	Bridge	
2:00	Matinee	

9:45	Chair Yoga	16
11:00	MahJong	
12:30	History	
1:00	Conditioning	
2:30	Zumba	

20
Juneteenth
Senior Center Closed

8:45	Zumba	21
9:45	Chair Yoga	
10:30	Blood Pressure	
1:00	ConditioningWhist	
1:00	Green Dock House	

9:00	Strength	22
12:30	Qigong/Tai Chi	
2:00	Bridge	
2:00	Matinee	

9:45	Chair Yoga	23
11:00	MahJong	
1:00	Conditioning	
2:30	Zumba	

9:00	Strength	27
10:00	Crafts	
1:00	Bingo	
1:00	Knitting	

8:45	Zumba	28
9:45	Chair Yoga	
11:00	Art for Your Mind	
1:00	Whist	
1:00	Conditioning	

9:00	Strength	29
12:30	Qigong/Tai Chi	
2:00	Bridge	
2:00	Matinee	

9:45	Chair Yoga	30
11:00	MahJong	
1:00	Conditioning	
2:30	Zumba	

CLASSES & CLUBS– PLAY YOUR HAND IN LEARNING

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May 2nd & 16th, June 13th & 27th

Mondays 1:00pm-3:00pm

With instruction by Margie

We are happy to offer an opportunity for knitters to come together to knit, crochet and share conversation.

SPEAKER PRESENTATIONS

BLAKE DINIUS, Entomologist and Extension Educator of Plymouth County will offer the following presentations.

TICK & MOSQUITO BITE PREVENTION

Tues, May 17 at 10:00am

Learn how to defend yourself from ticks and mosquitoes while still maintaining a healthy and happy outdoor lifestyle.

BUTTERFLIES AROUND US

Wed, Jun 15 at 10:30am at World's End

Do you love catching sight of a Monarch in the garden or out on a walk in nature? Tour World's End with BLAKE DINIUS and learn about these lovely creatures.

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

WITH BARBARA LAWLOR



GARDEN THERAPY

May 16th at 10:30am

We are going outside to the garden...

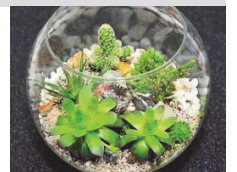
The Hull Garden Club will share their talents to spruce up the grounds of the Senior Center. Vegetables and flowers will be planted in the raised beds and planters. We will also be doing general yard clean up. Please come out to lend a hand and enjoy some outdoor activity. Call ahead (781) 925-1239 Ext 1 - Rain date May 23rd.

SUCCULENT GARDEN

Tues, Jun 7 at 10:00am

Create your own succulent garden with Kathy Behm, a passionate succulent gardener. These exquisite plants love summering outside and inside in the cooler months.

All material are generously supplied by the Life Care Center of the South Shore. Sign up in advance. Space is Limited.



Sign-up in advance for all classes and matinees is suggested. Snacks & drinks provided for matinees!

ENTERTAINMENT

MATINEE SERIES

EVERY WEDNESDAY at 2pm

We are trying something a little different this time around. Join us to watch the QUEEN'S GAMBIT series over the next 4 weeks. Next up will be THE KOMINSKY METHOD through Summer

5/4, 5/11, 5/18, 5/25 QUEEN'S GAMBIT : "In a 1950s orphanage, a young girl reveals an astonishing talent for chess and begins an unlikely journey to stardom while grappling with addiction. "

6/1, 6/8, 6/15, 6/22, 6/29 THE KOMINSKY METHOD: "Acting coach Sandy Kominsky and best friend Norman Newlander keep each other laughing as they navigate the ups and downs of getting older"



HULA FOR HEALTH

Wednesdays , 11:15am

with Barbara Smith

Why not give Hula in Hull a try! Hula Dancing tells a story. This class will get your brain, body and even your face muscles working, because you will be smiling! 8 week session for \$40 Must sign up in advance.

START DATE TBA

ZUMBA

NEW EARLY MORNING CLASS TIME

Tuesdays at 8:45am

with Justine Hobin

Start your day with a happy BEAT. No dance experience necessary, just a positive attitude! By 10am you will be ready for the day! This class needs 5 students to stay on our calendar! \$5/class.

WELLNESS RETREAT

June 8th—9:00am-12:00pm

\$10pp

Sanctuary Fitness, Two Little Feet Yoga, Girl On Fire Reiki, Shore Skin Care, Mary Palmer, & Burke Nutrition want to immerse your mind, body & soul in a full morning of self-love to celebrate YOU this June! Allow the various practitioners to bring gentle yoga, reiki energy healing, CBD & nutritional education to enlighten, brighten and inform you on the various holistic modalities at your fingertips on our beautiful peninsula. Demonstrations, samples and classes will be offered between 9-12 and will conclude with light refreshments provided by Toast! Call for details and to reserve your space.

Working out with others provides inspiration and connection. Enjoy renewed strength and energy.

STRENGTH & FLOW

Mon. & Wed. at 9:00am

with Sara Pearson

Strength and Flow is a dynamic class that integrates breathe, mindful movement, yoga, with the use of small hand weights, resistance bands, and balls to increase strength & flexibility.

Benefits include: Strengthen and tone major muscle groups, improve overall flexibility, and link breath to movement. \$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



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 Rehabilitation Hospital and BIDMC where he has led the Balance and Falls Prevention Program and Post-Rehab Back Care. Neil teaches at local COA's.

Sign up for 9 classes \$65*

Sign up for 18 classes \$120*

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

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.

ON-LINE Ride request is NOW available at the town webpage www.town.hull.ma.us/council-aging

Use your smart phone camera, scan the image, click the link & request a ride!



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 \$2

Boston Area Medical Fee varies

Grocery shopping

3 day advance notice is requested

Stop and Shop -3

Cohasset -Weds 10:00 am \$3

Hingham- Thurs 11:00 am \$3

Around the Town Day \$2

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

Adventures w/Alice: Watch for upcoming trips to Scituate Harbor Light, Milton Mansion, Hornstra Farms, Movies...she has all sorts of fun plans for you! TBA

LOCAL DAY TRIPS

Vitamin Sea Brewery Weymouth, MA

May 11th 10:30AM

Take a behind the scenes tour of Vitamin Sea Brewery. Learn about the brewing process, what's brewing and what's new to come in Hull this Summer. Sign up! Van transportation \$3

Heritage Museum and Gardens, Sandwich, MA

Departs May 24th, 9am

The Rhododendron Festival will be in full swing - this is the best time to see the spring flowers in bloom! Bring a bagged lunch or purchase lunch on site at Magnolia Café. **SIGN-UP by May 16th \$20**

GREEN DOCK HOUSE MUSEUM & BARE COVE PARK TRIP

Tues, June 21st at 1:00pm

Visit the rustic, original ammunition building from the days of WWI thru WWII. View some of the ammunition & military supplies that were manufactured here. There is memorabilia in every nook of this small building that will be of particular interest to veterans and history buffs. Van transportation available for \$3. Bring cash for a snack. Sign up.



SAVE THE DATE

BIG BUS DAY TRIPS—2022

Encore Boston Casino

June 14

8:30am Departure from Cohasset COA; \$35 (includes \$20 slot play). Vaccination Card for venue and mask on bus. SIGN-UP with Payment

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.) Enjoy a 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

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 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!

ELECTION DAY—MONDAY MAY 16TH



Van transportation available 9:00-4:30. Please call by Tuesday, 5/10 for a pick up resv. 781-925-1239

COFFEE HOUR WITH THE CANDIDATES

@ Hull Senior Center

Thursday, May 12th, 11:00am



This is a great opportunity for senior residents to meet all the fine people running for various town offices in this upcoming election. Find out where the politicians stand on important issues facing our town and the senior population.

COMMUNITY NEEDS ASSESSMENT PRESENTATION

Hosted by the Senior Center, Dates TBA

The final report is complete. Watch the Hull COA Facebook, Hull Times, or Town of Hull COA webpage for date and time of public presentation by Research Fellows of University of Massachusetts Boston, Gerontology Institute.

STEM TO STERN YARD SALE

Saturday & Sunday May 21 and 22

The Chamber of Commerce is opening the summer season with the annual town-wide yard sale. It's the event of the season !!

STRETCH YOUR FOOD BUDGET

Meal Kits Available at the Senior Center

SYFB is a grassroots effort by the Nantasket-Hull Rotary Club to help any Hull citizens who will benefit. You can pick up a meal kit from the Anne Scully Senior Center. Meal kits available: Macaroni & Cheese, Minestrone Soup, Rice & Beans, Tex Mex Chicken & Rice, and Apple Cinnamon Oatmeal.



QR CODE

Do you want to receive our [NEWSLETTER](#) delivered to your home? Use your smart phone camera, scan the image, click the link & sign up!