



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

May-June | 2023

Cover Artwork by  
Marianne Buckley-  
Curran.

Marianne Buckley-  
Curran lives in Hull and  
is a member of Hull  
Artists. Marianne has  
had the opportunity to  
study and work with  
some established art-  
ists, most recently  
John Kilroy. With their  
guidance and the ad-  
dition of classes at  
Mass Art, SMFA and  
the Art Institute she  
learned about design,  
color theory, portrai-  
ture, landscape and  
figure drawing, using  
a variety of media.  
Marianne currently  
works in watercolor,  
oil and acrylic.



## GET IN TOUCH

781-925-1239 (p)

781-925-8114 (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

May 29th – Memorial Day

June 19th – Juneteenth

## 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.

## SINGO AT CALIFORNIA UNDERGROUND

May 15th, 5-7pm

How strong is your musical knowledge? Come test it out playing **SINGO with DJ SKIP** and enjoy a fun evening with us at the California Underground restaurant, 257 Nantasket Ave, Hull. SINGO is similar to bingo using song identification instead of calling numbers. Menu items for the evening include chips and salsa, a fresh taco (beef, chicken or fish), and Spanish Rice. \$8 per person. Cash bar available. Space is limited! Sign up by calling the Senior Center today to reserve your spot! *Partially Supported by Porchfest Donations.*

# RESOURCES, SERVICES AND MORE

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## Office Hours with State Senator Patrick O'Connor

5/25 & 6/22 @ 10:30am

## Office Hours with State Representative Joan Meschino

5/15 & 6/26 @ 10:00am

## 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, 5/2, 5/16, 6/6 & 6/20  
at 10:30am-11:30am—Rachel Gerold,  
Hull Board of Health

## Town Nurse Time at Senior Center

3rd Tuesdays, 5/16 & 6/20, 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  
5/4, 5/18, 6/1, 6/15

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

## Podiatrist Clinic

Monday, 6/26 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, 5/18 & 6/15, 10am –  
12pm, 1/2 hour appts available  
with Elaine Buonvicino of Turn-  
ing 65 Consulting.

## Financial Aid Advisor

Thursdays, 5/25 & 6/22, 1-3pm,  
1/2 hour private appts available  
with Jason Luck of Common-  
wealth Financial.

## Veteran's Office Hour

5/16 & 6/20, 9:30am

With Paul Sordillo, Veterans  
Agent for Hull



## A NOTE FROM THE DIRECTOR....

**"If You Rest, You Rust!"** - Helen Hayes

So always keep moving! And YES, you are old enough to come to the senior center! We truly have something for everyone, whether you are 55 or 85, any wonderful age in-between or beyond! Your peers are here!

### The Hull Senior Center

The Council on Aging, a human service department of the town, through its Senior Center, is a central place for older adults in Hull to find resources, services, activities, and connection. For some residents, the Center is a place to try something new, learn and explore, maintain their health, have fun, see friends and make new ones! Engagement is key to healthy aging. It helps overcome feelings of isolation and loneliness that are very common as we age. The Senior Center offers various programs, such as group fitness classes; strength/flow, yoga, Zumba, Qigong, and line dancing; as well as recreational classes like mahjong, bridge, crafts, garden therapy, knitting, writing, art and music. The Senior Center also offers coffee hours, breakfasts, educational seminars, health screening clinics, support groups, farmer's market coupons, fuel assistance applications, and more.

New groups, classes, workshops and special events are always being planned at the center. In this issue of the Hull Heartbeat you will find many new things to choose from; Trail Walking, Book Club, Photography and Clay Workshops, Singo at California Underground, English Tea-time, Meditation, and Chair Massage, just to name a few!

### Information, Referral, Transportation

Our experienced staff at the Council on Aging is able to direct callers to the appropriate resources and answer questions about a variety of services. The COA makes the referral for those seeking assistance and provides follow-up to insure success. Outreach assists with applications, and helps to guide seniors and their loved ones in navigate challenging situations. Transportation, critically important for some seniors is a top priority, and we have many options to get you where you need to go!

### Volunteers

Our volunteers are a essential part of what we are able to offer the community. If you are thinking about volunteering, please consider the senior center. Volunteers have hidden skills & talents to share. In sharing your joy with others, you will likely find joy and meaning yourself.

### The Hull Heartbeat

This newsletter lists activities and services, and keeps you up-to-date about issues of importance as well as shares resources. It is published bi-monthly. This printed newsletter can also be found online at [www.town.hull.ma.us/council-aging](http://www.town.hull.ma.us/council-aging)

If you picked up this newsletter around town and you would like to receive a copy at home, please call the center at 781-925-1239 to be added to our mailing list or go to the town of Hull website to complete the fillable form. This is our first 16 PAGE issue, an increase from 12 pages, thanks to our Advertisers! We hope you enjoy it!

Be well and stay connected,

Lisa Thornton

### Our Staff

Main Number 781-925-1239

#### 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, May 18 & June 15  
9:00-10:00am

Enjoy coffee and donuts and a chat  
with COA Chair, Rob Goldstein or  
another member of the Board.

## 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



## CAN YOU VOLUNTEER?

### 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 group or you would like to volunteer to support the programs we offer, please contact the Senior Center.

The more we do, the more we need you! Volunteer commitment can be as much or as little as you can share of your time and talent.

We are grateful for YOU!

## STAY TUNED FOR THE 3RD ANNUAL BLOCK PARTY!

Mid July—Date TBD

We are once again shutting down the street, and inviting the community to celebrate summer with us! We will have live music, food trucks, games, raffles, prizes and more! Keep your eye on the Hull Times Community Calendar and Facebook for more info. on this event!

## CLAY WORKSHOP

Wednesday, June 7th, 10am

Artist *Sue Hoy* visits the Senior Center to teach a clay sculpting class. Sue is an art educator who teaches adult art classes at the Milton and Quincy art centers. Participants will make a beautiful trinket dish with decorative sea-side embellishments. Please call to register for this event, 781-925-1239.

## INTRO TO PHOTOGRAPHY WORKSHOP

Wednesday, June 7th, 2pm-3:30pm

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 Assoc.

## COMMUNITY

### CAFÉ TALK BREAKFAST

Tues, June 6th, 9:30am



Join us at the Senior Center for a community breakfast with Herb Crehan, a recognized authority on Boston baseball history. Herb has interviewed and written articles on over 150 former Red Sox stars for the team's publications for 28 seasons. He will tell us about eight star Red Sox players from eight decades including information that you have never heard before. So that we can plan for food and set up, you **MUST** call to RSVP for this event, 781-925-1239. Requested donation \$2

### MONTHLY BOOK GROUP

Wednesdays, May 17th and  
June 21st, 2:00pm



If you are an avid reader you should join our monthly group! During our first meeting in May, a book will be chosen to discuss at the June meeting date. A new book will be chosen the following month. Open your mind to the different perspectives that other readers bring to a book! Join Harriet, Volunteer Facilitator for this newly formed book group. Harriet is a 1970 Hull Graduate with a rich work history in human services. She loves gardening, going to museums and dining. Call the Center for more information!



## VOLUNTEER SPOTLIGHT



The Hull Senior Center is fortunate to have many individuals who assist in the daily running of the

center, as well as special events. This spring we would like to spotlight our volunteer couple Jim and Ann Clapper. Jim and Ann moved to Hull from Fargo, ND to be closer to their daughter, who lives and works in Boston. Before retirement, Jim held a career as a Soil Conservationist for the Department of Agriculture, while Ann held a professorship at North Dakota State Univ. in School Administration. Currently, they volunteer twice a week at the Senior Center for the Meals on Wheels program, and Jim has led several woodworking workshops for older adults here. They are also involved with the Hull Rotary Club, and Jim volunteers with veterans groups in the area. When they are not babysitting their new grandson, the couple enjoys woodworking, baking and taking their dogs, Allie and Whiskey, to the beach. We are lucky to have them as part of our team!

## 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.

# MAY 2023 CALENDAR

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| Monday   | Tuesday  | Wednesday  | Thursday  |
|--|--|--|---|
| 9:00 Strength <b>1</b><br>10:30 Crafts & Games<br>1:00 Bingo<br>1:00 Knitting<br><br><b>7pm Annual Town Meeting</b>  | 8:45 Zumba <b>2</b><br>9:45 Chair Yoga<br>10:30 BP Clinic<br>1:00 Whist<br>3:00 Sharing Loss   | 9:00 Strength <b>3</b><br>10:30 Not Just Yoga<br>12:30 Qigong/Tai Chi<br>1:00 Bridge<br>4:00 Clutter Reduction   | 9:00 SHINE <b>4</b><br>9:45 Chair Yoga<br>11:00 MahJong<br>1:00 History<br>4:30 Vinyasa Flow Yoga   |
| 9:00 Strength <b>8</b><br>10:30 Crafts & Games<br>1:00 Bingo<br>3:00 Tech Help   | 8:45 Zumba <b>9</b><br>9:45 Chair Yoga<br>11:00 Qi Gong<br><b>1:00 English Tea</b><br>1:00 Whist<br>3:00 Sharing Loss  | 9:00 Strength <b>10</b><br>9:00 Writing<br>10:30 Not Just Yoga<br><b>11:30 Sandbar Lunch</b><br>12:30 Qigong/Tai Chi<br>1:00 Bridge                                  | 9:00 Writing II <b>11</b><br>9:45 Chair Yoga<br>11:00 MahJong<br>1:00 History<br>4:30 Vinyasa Flow Yoga   |
| 9:00 Strength <b>15</b><br>10:00 Rep J. Meschino<br><b>10:30 Garden Therapy</b><br>1:00 Bingo<br>1:00 Knitting<br><b>5:00 SINGO at the California Underground</b><br>257 Nantasket Ave, Hull | 8:45 Zumba <b>16</b><br>9:30 Veterans Hour<br>9:45 Chair Yoga<br>10:30 BP Clinic<br>11:00 Trip to Job Lot<br>11:00 Qi Gong<br>11:30 Nurse 1/2 Hour<br><b>12:30 Holistic Healing</b><br>1:00 Chair Massage<br>1:00 Whist<br>3:00 Sharing Loss | 9:00 Strength <b>17</b><br>9:00 Writing<br><b>10:00 Commonwealth Museum Trip</b><br>12:30 Qigong/Tai Chi<br>1:00 Bridge<br>2:00 Book Group<br>4:00 Clutter Reduction | 9:00 COA Board <b>18</b><br>9:00 SHINE<br>9:00 Writing II<br>9:45 Chair Yoga<br>10:00 Insurance Advisor<br>11:00 MahJong<br><b>1:00 Bugs That Bug You</b><br>4:30 Vinyasa Flow Yoga |
| 9:00 Strength <b>22</b><br>10:30 Crafts & Games<br>1:00 Bingo<br>3:00 Tech Help  | 8:45 Zumba <b>23</b><br>9:45 Chair Yoga<br>11:00 Quincy Church Trip<br><b>11:15 Art For Your Mind</b><br>1:00 Whist<br>3:00 Sharing Loss   | 9:00 Strength <b>24</b><br>9:00 Writing<br><b>10:00 Elder Law Class</b><br>10:30 Not Just Yoga<br>12:30 Qigong/Tai Chi<br>1:00 Bridge                                | 9:00 Writing II <b>25</b><br>9:45 Chair Yoga<br>10:30 Sen. O'Connor Hour<br>11:00 MahJong<br>1:00 History<br>1:00 Financial Advisor<br>4:30 Vinyasa Flow Yoga                       |
| <b>29</b><br><b>Memorial Day</b><br><b>Senior Center Closed</b><br>                                       | <b>30</b><br>8:45 Zumba<br>9:45 Chair Yoga<br>11:00 Trip to Walmart<br>11:00 Qi Gong<br>1:00 Chair Massage<br>1:00 Whist<br>3:00 Sharing Loss  | <b>31</b><br>9:00 Strength<br>9:00 Writing<br>10:30 Not Just Yoga<br>12:30 Qigong/Tai Chi<br>1:00 Bridge<br>4:00 Clutter Reduction                                   |    |

| Monday   | Tuesday   | Wednesday  | Thursday   |
|--|---|--|--|
| <b>TECH HELP</b><br>Having trouble with your tablet or mobile phone? Drop in for tech help from a high school National Honor Society student every other Monday from 3-4pm beginning May 8th. Call for specific dates, 781-925-1239. |   |    |  |
| 9:00 Strength <b>5</b><br>10:30 Crafts & Games<br>1:00 Bingo<br>1:00 Knitting<br>3:00 Tech Help  | 8:45 Zumba <b>6</b><br><b>9:30 Café Talk Breakfast</b><br>9:45 Chair Yoga<br>10:30 BP Clinic<br>11:00 Qi Gong<br>1:00 Whist<br>1:00 Chair Massage<br><b>1:00 Nature Walk</b><br>3:00 Sharing Loss   | 9:00 Strength <b>7</b><br>9:00 Writing<br><b>10:00 Clay Workshop</b><br>10:30 Not Just Yoga<br>11:00 Hornstra Farm Trip<br>12:30 Qigong/Tai Chi<br>1:00 Bridge<br><b>2:00 Photography Class</b><br><b>5:00 Virtual Estate Talk</b> | 9:00 SHINE <b>1</b><br>9:00 Writing II<br>9:45 Chair Yoga<br>11:00 MahJong<br>11:00 Line Dancing<br>1:00 History<br>1:00 Meditation<br>4:30 Vinyasa Flow Yoga  |
| 9:00 Strength <b>12</b><br>10:30 Crafts & Games<br>1:00 Bingo  | 8:45 Zumba <b>13</b><br>9:45 Chair Yoga<br><b>10:00 Heritage Museum</b><br>11:00 Qi Gong<br>1:00 Whist<br>3:00 Sharing Loss   | 9:00 Strength <b>14</b><br>9:00 Writing<br>10:30 Not Just Yoga<br><b>11:30 Sandbar Lunch</b><br>12:30 Qigong/Tai Chi<br>1:00 Bridge<br>4:00 Clutter Reduction  | 9:00 SHINE <b>15</b><br>9:00 COA Board<br>9:00 Writing II<br>9:45 Chair Yoga<br>10:00 Insurance Advisor<br><b>11:00 Birds of Prey Talk</b><br>11:00 MahJong<br>1:00 History<br>1:00 Meditation<br>4:30 Vinyasa Flow Yoga |
| <b>CLOSED TODAY</b><br><b>Juneteenth</b><br>  | <b>19</b><br>8:45 Zumba <b>20</b><br>9:30 Veterans Hour<br>9:45 Chair Yoga<br>10:30 BP Clinic<br>11:00 Qi Gong<br>11:00 Trip to Marshfield<br>11:30 Nurse Office 1/2 Hr<br><b>12:30 Holistic Healing</b><br>1:00 Whist<br>1:00 Chair Massage<br>3:00 Sharing Loss | <b>21</b><br>9:00 Strength<br>9:00 Writing<br>12:30 Qigong/Tai Chi<br>2:00 Book Group<br>1:00 Bridge   | <b>22</b><br>9:00 Writing II<br>9:45 Chair Yoga<br>10:30 Sen. O'Connor Hr<br>11:00 MahJong<br>11:00 Line Dancing<br>1:00 Meditation<br>1:00 Financial Advisor<br>4:30 Vinyasa Flow                                       |
| 9:00 Strength <b>26</b><br>10:00 Rep J. Meschino Hr<br>10:15 Podiatrist<br>10:30 Crafts & Games<br>1:00 Bingo<br>1:00 Knitting   | <b>27</b><br>8:45 Zumba<br>9:45 Chair Yoga<br>11:00 Trip to Brewster Gardens<br><b>11:15 Art For Your Mind</b><br>1:00 Whist<br>3:00 Sharing Loss   | <b>28</b><br>9:00 Strength<br>9:00 Writing<br>10:30 Not Just Yoga<br>12:30 Qigong/Tai Chi<br>1:00 Bridge   | <b>29</b><br>9:00 Writing II<br>9:45 Chair Yoga<br>11:00 Line Dancing<br>11:00 MahJong<br>4:30 Vinyasa Flow Yoga   |

# CLASSES & PRESENTATIONS

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## HISTORY LECTURE SERIES

### History of Hull Geology

Thursdays, May 4, 11, 25 and June 1, 8, 15,  
1:00-2:30pm

**6-WEEK CLASS Presented by Bob Jackman**

**Hull Geology** was created by the same set of processes as those which operate around the globe, and yet the local landmass substantially differs from that of other Massachusetts towns. Efforts will be made to follow local processes, from colliding and separating continents, volcanoes, mountain erosion, slumping of Boston Harbor, glaciation, and coastal erosion and deposition. By following those processes, a rational explanation of Hull's current landmass will be presented. Tuition \$20. Limit 25.

Call to register for this popular series, 781-925-1239.

## SPEAKER PRESENTATIONS

### ELDER LAW CLASS

Wednesday, May 24th, 10am

Attorney Robert E. Romano will discuss important estate planning issues that affect ALL seniors. Come and learn why it is important to have documents such as a Health Care Proxy, Living Will, Durable Power of Attorney, HIPAA authorization form, and a Last Will or a Trust. Learn the differences between a Revocable Trust and an Irrevocable Trust. We will discuss the Medicaid rules and dispel the myths on how to protect your assets from a nursing home as well as how to protect your assets for your children or other loved ones from divorce, lawsuits, etc. Call the Senior Center to register for this informative talk.

### VIRTUAL ESTATE PLANNING PRESENTATION

Wednesday, June 7th, 5pm

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Do you know what those documents are? Join this virtual presentation with Atty. Shani Collymore from the comfort of home and learn how to avoid a crisis for your family. Don't delay in getting your most crucial estate planning documents in place. Please call to register for this informative talk, 781-925-1239, so that we can share the Zoom link with you!

## ART FOR YOUR MIND

Tuesdays, May 23rd & June 27th, 11:15am

This one-hour art experience, presented by Jill Sanford, continues in May with **Pablo Picasso and Cubism**, exploring the thinking and theories behind this famous artist and the Cubist art style, with an effort towards making sense of his totally unique approach. June brings **John Singer Sargent – An American Legacy**, offering a look at a selection of paintings spanning Sargent's career, lending insight into his ever-evolving techniques and subjects that brought him both commercial success and critics' disapproval. Call to register for this popular series, 781-925-1239.



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

## MASS AUDOUBON PRESENTS BIRDS OF PREY

Thursday, June 15th, 11:00am

What makes a hawk or owl a bird of prey? Why do their images grace everything from our sports helmets to our coins? Come find out what characteristics make them great hunters and learn about their roles in the environment. Participants will be able to see birds up close and actually touch natural history artifacts. An experienced naturalist will be available for questions. Cost \$5. Call to register at 781-925-1239.

## WRITING COURSES

Wednesdays, May 10th—June 28th  
9-10:30am

Thursdays, May 11th—June 29nd, 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.

# WELLNESS & GROUP FITNESS CLASSES

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## ZUMBA TONING

W/ MOROCCAN STICKS

**Tuesdays at 8:45am**

With Justine Hobin

Let yourself dance and tone to the beat of Latin/American music! Zumba toning combines body-sculpting exercises and a cardio workout with Zumba moves to create a calorie burning/strength training fitness workout. The class is focused on using lightweight toning sticks to enhance rhythm and tone the target zones, including arms, abs, and thighs. Come join us for a fun 45 minutes of joy and movement. \$5 per class. Sign up by calling 781-925-1239.

## QI GONG 6-WEEK SERIES

**Tuesdays at 11:00am, 5/9, 5/16, 5/30, 6/6, 6/13, & 6/20**

With Sandy O'Hara

Qigong is for anyone who wants to lower their stress levels and maintain long term health and wellness. With roots in Chinese medicine, philosophy, and martial arts, Qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance Qi (Chee) which is "life energy". Qigong is the perfect exercise for anyone looking for mental and physical balance. This 6-WEEK series will be offered for \$30.

The class will need 5 registrants to run. Call to Sign Up.



## HOLISTIC WELLNESS SERIES

**Tuesdays, 12:30-2:30pm, May 16th and June 20th**

Don't miss out on this GRANT FUNDED opportunity to nurture your mind, body and soul. This monthly series wraps up this spring into the summer with two mini-retreats focused on intentions, meditation, rituals, movement, breath work, and Reiki healing. Following class, a light snack & tea will be served. Enjoy a take home treat from Sanctuary Fitness- "make and take" foot soak! Call to register 781-925-1239. Bring yourself or bring a friend!

Generously Funded by a Grant Awarded to the Mass. Council on Aging by Executive Office of Elder Affairs.



## 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, link breath to movement. \$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.

No class on May 17 and June 21

## 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 that improves ones mental and physical health. Tai Chi can improve strength, flexibility, range of motion w/ gentle movements \$3.25/class.

WE HAVE NEW FITNESS  
EQUIPMENT DONATED BY HULL  
PARKS AND RECREATION DEPT!

## LINE DANCING

**Thursday 6/1, 6/8, 6/22 & 6/29 at 11:00am**

with Mimi Leary

Anyone can learn line dancing with this 4 week series! It's a terrific way to get some exercise and have a fun time while supporting the brain, body and your balance. Build strength and community. Come for one session and you might just get hooked! Cost \$5/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. Must pre-register, \$5/class.



# WEEKLY GROUPS

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## GAMES AND CARDS

### BINGO

**Mondays at 1-3:30pm**



### WHIST

**Tuesdays at 1:00pm**



### BRIDGE

**Wednesdays at 1:00pm**

### MAH JONG

**Thursdays at 11:00am**



## CRAFTS & MORE

WITH SANDY BLOOM

**Mondays at 10:30-12:00pm**



## KNITTING GROUP

WITH INSTRUCTION BY MARGE SULLIVAN

**Mon, May 1st & 15th, June 5th & 26th**

**1pm-3pm**

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

## SPECIAL EVENTS AND PROGRAMS

### ENGLISH TEATIME

**Tuesday, May 9th, 1-3pm**

Take some time for yourself and join us for a cup of tea! We will be hosting an English tea with fine china, tablecloths, selections of hot tea and delectable refreshments. Dress in your best and bring a friend or meet new friends. \$5pp

Please make sure to call to reserve your spot, 781-925-1239.

### CHAIR MASSAGE

WITH SANDY O'HARA

**Tuesdays 5/16, 5/30, 6/6 & 6/20, 1-3pm**

These 20 minute chair massages focus on your back, shoulders, neck and arms and are done over clothes. They don't require any massage oil. For chair massage, you are seated in a special chair with your face resting in a cradle, looking down towards the floor, with support for your arms to rest. Your back and neck completely relax while Sandy relieves muscle tension using compression, kneading and tapotement. Cost is \$20/20 minute session. Call 781-925-1239 for an appointment.

### MEDITATION

WITH JANEY TENAGLIA

**4-WEEK Series—Thursdays, 6/1, 6/8, 6/15 & 6/22 at 1pm**

*You've been wanting to try meditation, but you just can't start! This class will get your commitment started!*

Meditation allows the mind to rest giving the nervous system deep rest, deeper than deep sleep. Meditation lets us grow by integrating the right brain functions like peace, happiness, love, art, music, creativity, and intuition with the left brain functions of language, logic, sequential time, reasoning, strategy, and control. Meditating is a routine like brushing your teeth daily. Donations Requested.

### HULL GARDEN CLUB HOSTS GARDEN THERAPY

**Monday, May 15, 10:30am**

Join Garden Club members for 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 25, Sign up!

### BUGS THAT BUG YOU



**Thursday, May 18th, 1pm**

With warmer weather comes seasonal pests like mosquito's and ticks!

Blake Dinius, Entomologist Educator for Plymouth County Extension Program, will join us at the Senior Center to discuss the biology of these insects, proven protection methods for both and ecology. He might even bust a few myths along the way!

### LUNCH AND BINGO AT THE SANDBAR

**Wednesdays, May 10th & June 14th at 11:30am**

Sign up and then join us at the Sandbar Restaurant, 297 Nantasket Ave for delicious food and fun. Call the Senior Center, at 781-925-1239, to reserve your seat. Transportation available upon request. Cost \$5 each date. This event does fill up, so call in advance.

# OUTREACH AND RESOURCES

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## MEMORY CAFE

Do you or a loved one have memory issues such as Alzheimer's or Dementia? We are interested in offering increased memory care programming at the Senior Center. Our bimonthly Memory Cafes are a good opportunity to come together with others on this journey and join in on a fun activity. Lunch will be offered.

GRANT FUNDED through South Shore Elder Affairs.

Were you away this winter?

We are also looking to restart our Caregiver Support Group. Please contact Kelly at 781-925-1239 x207 for more info.

## INFORMATION AND REFERRALS

*St. Vincent de Paul Society of St. Mary Parish* helps a number of Hull residents by providing direct financial support. They offer critical assistance for clothing, medicine, food, housing, and utilities, and provide emotional and spiritual support to those who feel they have nowhere to turn. If you or someone you know is in need call 508-510-7765.

*Wellspring Multi-Service Center*, in addition to their self-select food pantry and thrift store, offers a variety of services including legal advocacy and financial assistance. For more information, call Pat Martin, LCSW at 781-925-3211 x112.

*South Shore Elder Services* offers a variety of in-home services in addition to the Meals on Wheels program. Those interested in learning more about laundry services, home care, or medical

needs such as LifeAlert or medication management systems can call 781-848-3910 and speak with someone in the Information, Outreach & Referral (IOR) Department. These services are often offered on a sliding scale basis although there may be a wait list for home care services. For those who have trouble paying bills, the Money Management program is a free option that may be able to assist those who qualify.

## MENTAL HEALTH FIRST AID

Date TBA

Offered by Aspire Health Alliance through the Hull Senior Center.

MCOA GRANT FUNDED

## A NOTE FROM KELLY

It's hard to believe that I've been working at the Senior Center for a year as of May 9<sup>th</sup>! Time has certainly flown by. I often get asked what I do each day. My job can range from assisting someone with a benefit application to finding emergency shelter for an at risk senior, and everything in between. Sometimes you will see me running out of the Center to address an emergency, so I've started asking that those who want to visit me please make an appointment first to ensure I will be there. I truly love what I do and serving our beautiful community. It's a pleasure to work for you and with you! I believe that what makes Hull unique is the way we truly look out for one another, and it's the greatest feeling to see loved ones and neighbors who care so much about each other. I am here to help, so please don't hesitate to call if you have questions.

## CRITICAL HOME REPAIR PROGRAM

Offered by South Shore Habitat for Humanity

This program focuses on repairs that address health, safety and code issues. It is supported through donations and grants, and projects are accepted based on current funding.

You MUST apply and qualify for this program. For information call the senior center or visit [www.sshabitat.org/critical-home-repair](http://www.sshabitat.org/critical-home-repair)



## SUPPORT GROUPS

### Sharing Loss Grief Support

**Group** — 3pm Tuesdays at the Hull Senior Center. Many participants join to find a sense of community after losing a spouse or another loved one, although all types of loss can be discussed. Please call Kelly Reilly, LICSW at 781-925-1239 x207 for more information.

### Hingham Elder Services

offers the following GROUPS:  
Parkinson's Disease Caregiver Support, 4<sup>th</sup> Monday of the Month at 10am  
Vision Support, 3<sup>rd</sup> Monday of the month at 10am (call to confirm if Monday holiday)  
Stroke Support every Tuesday at 10am.

Hingham Elder Services is located at 224 Central Street in Hingham, their phone number is 781-741-1458.

## SENIOR CENTER VAN TRANSPORTATION

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

**The Hull Senior Center provides transportation for seniors 60+ and disabled adults in our community. Our van service is in full demand and we may not be able to accommodate all ride requests. All requests should be made at least 7 days before appointment dates. Call 781-925-1239 X206 to request a ride or information.**

### Medical Rides

**Available Monday—Thursday with 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 the Senior Ctr.

### Medical out-of-area Rides

MAPC Transportation Grant provides medical rides through Seaside Transport to Boston area hospitals, VA hospitals, or those rides the senior van cannot



### 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

#### Local Shopping

Rides to local businesses in Hull, including market, pharmacy, library, etc. Call for specific dates.

## ALICE'S ADVENTURES Tuesdays in May and June

Join COA van driver, Alice, for a destination or shopping trip. Call to reserve your spot:

- 5/16: Marshfield Job Lot
- 5/23: Quincy City Hall and Church
- 5/30: Plymouth Walmart
- 6/7: (Wed) Hornstra Farms
- 6/20: Marshfield Christmas Tree Shop
- 6/27: Brewster Gardens, Plymouth

Space is limited! Call the Hull Senior Center to sign up for a trip and find out cost and van departure times, 781-925-1239.

## RIDE REQUEST ONLINE



### On the Town Webpage

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

Using your smart phone camera, scan the image, click the link, & request a ride! If you don't want to submit a request online, you can still call us and leave a message. 781-925-1239 x206 and x209

## OTHER RIDE OPTIONS

### 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.

### THE RIDE

Flex Pilot Program 617-222-3200  
This transportation option is facilitated through the MBTA. Ride shares such as Lyft, Uber, etc. are used.

## Volunteer Driver Program

### FISH—Friends In Service Helping

The Hull COA has launched a volunteer transportation program. Fully vetted FISH volunteers provide rides for medical and other appointments in Hull, surrounding towns, and Boston when other means of transportation are not available. As with all medical rides, 7 days advance notice is required.

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.

## COMMONWEALTH MUSEUM

**Weds, May 17th, 10am**

Do you enjoy Massachusetts history? The Commonwealth Museum brings our shared history to life with state of the art exhibits and galleries filled with historic documents that are the basis of our civil liberties. Call for a ride on the Hull COA van for \$3 or drive yourself and join us for an 11am Tour at the Museum, 220 Morrissey Blvd. Boston. Admission to the museum is free. Bring \$ for lunch.

## HERITAGE MUSEUM AND GARDENS

**Tues, June 13th, 10am**

Take a ride on the Hull COA van to beautiful Sandwich and enjoy the guided Heritage Highlights tour in the American Art and Carousel Gallery. American folk art sculptures and paintings, fine art, militaria, and Native American artifacts will be on display. Then take a walk through the beautiful gardens there! \$25 fee includes van ride and admission. Bring \$ for lunch.

## NATURE WALK

**Tues, June 6th, 1pm**

Diversity in nature is all around you, take a stroll and see! Blake Dinius, Entomologist Educator for Plymouth County, will lead a guided walk through **Worlds End**. Along the way many different types of insects will be identified and Blake will share his wealth of knowledge about several amazing creatures such as butterflies, dragonflies and fireflies. Take the Hull COA van or meet us at the park. Parking fee, or membership.

**Trips may be cancelled or rescheduled due to unforeseen circumstances. Make sure we have your best contact information! Trip Policies & Procedures available at the Senior Center. Please ask for details.**

## BIG BUS TRIPS ARE BACK!

### Newport Flower Festival

**June 23**

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. 8:00am departure from Cohasset; \$150 (gratuity incl.)

### Isle of Shoals

**July 19**

Learn the fascinating legends that surround this Nine island archipelago aboard the M/V Thomas Loughton followed by a delicious meal at the Portsmouth Gas Light Company. SIGN-UP with payment begins on May 1st. Cost \$149 Call the Hull COA for more info!

### Corvettes Doo Wop Revue

**Aug 10**

Travel to York, Maine and enjoy the Doo Wop music of the 50's with the incredibly popular revue band, The Corvettes. Groove to old favorites like *Earth Angel*, *Runaround Sue* and *Rock Around the Clock*. Afterwards, enjoy a traditional lobster bake at Fosters Lobsterbake. SIGN UP with payment begins June 1st. Cost \$119.

### Charles River Boat Cruise

**Sept 14**

View famous landmarks from Boston and Cambridge, including Beacon Hill and Harvard, all while traveling on a climate controlled boat. Afterwards, enjoy a delicious lunch at The Cheesecake Factory with time left for shopping at the Cambridge Galleria. SIGN UP with payment begins July 1st. Cost \$110.

*Big Bus Trips offered in collaboration with local COA's.*

## TRAIL WALKING DATES AND SITES

Are you an avid walker? Do you enjoy being out in nature? **The Hull Senior Center is looking for some active seniors to lead trail walks at these destinations through May and June.** Days and locations are already in place, you just have to show up! Call the Senior Center for more information, 781-925-1239.

- Thursday, May 11th, 9:30am: Whitney Woods, Cohasset
- Thursday, May 18th, 9:30am: Great Esker Park, Weymouth
- Thursday, May 25th, 9:30am: Norris Reservation, Norwell
- Thursday, June 8th, 9:30am: Wheelwright Park, Cohasset
- Thursday, June 15th, 9:30am: Jacobs Pond Conservation Area, Norwell
- Thursday, June 22nd, 9:30am: Bare Cove Walking Trails, Hingham

A group from the Hull Senior Center enjoyed a trip to the Blue Hills Trailside Museum in March. Blue Hills also has great hiking trails!





# 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

**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!*

## AROUND TOWN

### Health for Hull Wellness Fair

Saturday, May 20th, 12-3pm

Come to the lawn of the Salt Water Yacht Club and gather information and resources surrounding physical, emotional, mental and spiritual wellness. Come by and visit the Senior Center table! We will have some surprises and information on a Mental Health First Aid Class.

### Stem to Stern Yard Sale

May 20th and 21st

Organized by the Hull Chamber of Commerce, over 100 residences, business and organizations will take part in this annual event. Shop for bargains from one end of Hull to the other while enjoying beautiful views, quaint neighborhoods and all that Hull has to offer! Contact the Chamber for more information, [info@hullchamber.com](mailto:info@hullchamber.com)

### Memorial Day Parade and Ceremony

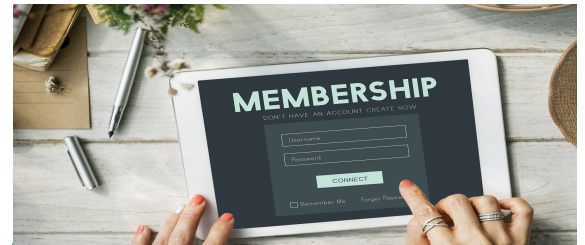
Monday, May 29th, 9:00-12:00pm

The town's Memorial Day ceremony and parade will travel from the high school, 180 Main St., to the cemetery on Duck Lane. There will be a ceremony at 10 a.m. at the cemetery. For more information, contact Paul Sordillo, Hull Town Veterans Officer.

### Nantasket Beach Car Show

Sunday, June 11th, 8:00am-2pm

This popular annual event will be held at the HRA parking lot at Water St. and Hull Shore Drive. Money raised at this event will be donated to several Veterans charities. Enjoy food and merchandise vendors while checking out some really cool cars.



## MY ACTIVE CENTER

### 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.