



# HULL HEARTBEAT

**HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER**

197A Samoset Avenue, Hull, MA 02045

November-December | 2022



Cover photo by Nicole Palermo  
Nicole is the owner of Sanctuary Fitness in Hull. In her holistic practice she uses yoga, movement, mindfulness, breathwork, Reiki, and aromatherapy to heal the collective mind, body and soul. She combines these practices at the Senior Center on Wednesdays at 10:30 am for her Not Just Yoga class.

## 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

## THANK YOU TO THE HULL COMMUNITY!

We are so lucky to live in such a generous and caring community! The Hull COA is grateful to be the recipients of several donations this past fall. A “grand slam” thanks to Jackie Greenway, Jamie Clasby and Justine Dixon for making the Center the beneficiary of their softball tournament 50/50 raffle. And a special thank you to Porchfest and Tom Hardey, founder and organizer, for their generous donation. Thank you to the Salt Water Club for hosting their annual fish dinner for seniors (it was a windy stormy day, but a lot of fun!) and to Lillian Parker for hosting lunch at the Sandbar.

## 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.

## PORCHFEST AT THE HULL COA

**Tuesday, Nov 15, 11:30AM**

Did you miss Porchfest? Well, come to the Senior Center to experience jazz, rock and bluegrass music. Tom Hardey, founder/organizer of Porchfest, will visit the center for an hour concert with his band Voodoo Llama, followed by lunch. Call to register 781-925-1239. Space limited.



# ABOUT US AND OUR SERVICES

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## OUTREACH CORNER

A note from Kelly Reilly....

As the sun begins to set earlier and the colder weather moves in, animals start to hibernate – but that doesn't mean that we have to! As tempting as it may be to cozy up inside, it's important to stay connected. I recently read that loneliness has the same impact on health as smoking 15 cigarettes a day. This jarring statistic serves as a reminder that socializing has benefits beyond simply passing the time. As someone who lives alone and enjoys having my own space, I understand the comfort that goes with staying in! However, I hope you'll challenge yourself to come visit us at the Senior Center and take advantage of one of the many programs described in this newsletter. This is a place where connections are built and life can be enjoyed! We hope to see you soon.



**WE'RE HERE TO HELP!**

## IMPORTANT NUMBERS

**Hull Veteran's Service Office**

781-925-0305

**South Shore Elder Services**

781-848-3910

**Wellspring Multi Service Center**

781-925-3211

**Elder Hotline, Medical, Abuse**

(physical, mental, financial...)

1-800-922-2275

**Massachusetts Health**

1-800-841-2900

**Senior Protection Team**

1-508-584-8120

**Social Security**

1-800-772-1213

**Mass. Securities Division re: scams**

1-800-269-5428

**Better Business Bureau, Natick**

1-508-652-4800

**Suicide and Crisis Lifeline**

988

**ANCHOR OF HULL**

Substance Abuse Resource

781-534-9327

**RIDE Flex Pilot Program**

617-222-3200

## A NOTE FROM THE DIRECTOR



Photos taken October 14, 2022

### Hull

"A picture is worth a thousand words"

Stunning Skies

Spectacular Color

Hullonians were out on the beach after the big rain, enjoying one more beautiful fall day in Hull!

It takes a **VILLAGE**. I am grateful for our volunteers, COA staff, COA Board, town employees and leaders, who continue to work each day to make sure our community is taken care of. And to the greater Hull community who continue to support all of us – giving of their time and making donations so we can do more for older adults living in Hull. Be Well. Lisa



## RESOURCES

### Office Hours with State Senator Patrick O'Connor

11/22 & 12/22 @ 10:30am

### Office Hours with State Representative Joan Meschino

3rd Mondays @ 10am 11/21 & 12/19

### Sharing Loss Together

Tuesdays each week at 3:00pm

With William Zella, Ph.D. licensed Psychologist and Kelly Reilly, LICSW Outreach Coordinator. , [Sound Healing—11/22, 12/20](#)

### Blood Pressure Clinic

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

### Town Nurse Hours at SC

3rd Tuesdays, 11:30a-12:30p Hull Town Nurse, Rachel Gerold

### Meals on Wheels

South Shore Elder Services, Call to sign up at 781-848-3910 x415

### Stretch Your Food Budget

Free & Nutritious Meal Kits to Hull

### 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 11/3, 11/9, 11/17, 11/22, 12/1, 12/15

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

### Podiatrist Clinic

Monday, 12/5 at 10:15am-1:00pm  
Call Dr. James Dwyer's office at 781-335-8811 to schedule an appointment.

### Our Staff

781-925-1239 (p)

#### 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  
mqquinn@town.hull.ma.us

#### Van Drivers

Mickey Corcoran, Alice Kaplan

#### Medical Ride Requests

Ext. 209

#### Non-Medical Ride Requests

Ext. 206

Rides to the Senior Center , around town, food shopping.

#### South Shore Elder Services

Nutrition Andy Pearce | ext.202

## COA BOARD

Jim Richman, Chair

Rob Goldstein, Vice-Chair

Hannah Taverna, Secretary

Members:

Peter Dewey, Marlene Earl,

David Irwin, Mimi Leary, Irma

Lefever, Maureen O'Brien,

Greg Grey– Liaison to COA

## COA BOARD MONTHLY OFFICE HOURS

**Third Thursday Nov 17 and Dec 15, 9-10am.**

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



## Holiday Lunch & Swap

**Tuesday, December 20th,  
12:00-2:00pm**

Shopping and gift wrapping tiring you out?

Come by and enjoy lunch and entertainment. Leave your wrapping at home and join us for a holiday wrap sandwich and a treat. Bring a gift of \$10 to share with a friend at our holiday gift swap. Call to reserve a spot.

## SENIOR FRIENDS

### Our Mission

The goal of **Senior Friends** is to bring interest and joy to the lives of Hull seniors, embracing them as extended family and reinforcing the message that our community is 'there for them'.

If you're interested in joining this volunteer group, please contact the Senior Center at 781-925-1239 x7 for more information.

## GARDEN THERAPY

**Nov 21st & Dec 12th, 10:30am**

The Hull Garden Club hosts this creative "therapy" time to come together and learn how to make flower arrangements or a floral craft! This class, with all materials and instruction, is generously provided by the Hull Garden Club and its members. Limit 20. Sign up.

## BOOKMARK MAKING WORKSHOP

**Wednesday, Nov. 16th, 2pm**

Join Betsy Russo of the Hull Garden Club in creating a beautiful bookmark for the Hull Library "Books in Bloom" event in January. Betsy will bring supplies to aid in design, all you need to bring is your imagination and creativity! To sign up, call 781 925-1239 \*1

## COMMUNITY

### COLLAGE ART CLASS

**Wednesday Nov 9, 11am**

Through a grant from the Mass Cultural Council, Hull Artist Trish Baggot will offer



a class on the art of collage. This will be a hands on class with all materials provided by the Hull Cultural Council. Explore how different media and color can come together to create a beautiful work of art. Please call the Senior Center to sign up for this unique workshop at 781-925-1239

### CUTTING BOARD WORKSHOP

**Tuesdays Dec 6 & 13, 12-2pm**

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



## VOLUNTEER SPOTLIGHT

This month we want to thank **Rita Carapellucci** for her dedication to the Hull Senior Center. On Thursday mornings Rita assists the Meals on Wheels coordinator



in the Center's kitchen, a position she has held for over five years. She enjoys her time at the Hull Senior Center as both a volunteer and event participant, and feels the community at the center "is like a family". Rita is originally from East Boston, and moved to Hull in 1972 with her husband. Her two daughters and three grandsons live in Hull as well. In her free time, Rita enjoys doing word search puzzles and shopping with her friends from the Center.

We'd like to thank Rita for her unwavering commitment to the center and Hull seniors

## HOLIDAY BRUNCH SPONSORED BY HULL PRIDE

Saturday, December 10th, At the Senior Center, 11—1pm

Celebrate the season with music, food and friends! Call the Senior Center to be put on the guest list, 781-925-1239.



# NOVEMBER 2022 CALENDAR

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Monday	Tuesday	Wednesday	Thursday
<b>iPAD Training</b> <b>Wed, Nov 15 &amp; 22</b> <b>1:00-2:30pm</b> <b>Class held at Wellspring</b> <b>814 Nantasket Ave</b>	8:45 Zumba <b>1</b> 9:45 Chair Yoga 10:30 BP Clinic 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>2</b> 9:00 Writing 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge	9:45 Chair Yoga <b>3</b> 11:00 MahJong/Hand Foot <b>11:30 Drum Circle</b> <b>1:30</b> Matter of Balance <b>4:00</b> Caregiver Support
9:00 Strength <b>7</b> 10:30 Crafts & Games 11:00 Line Dancing 1:00 Bingo 1:00 Knitting	8:45 Zumba <b>8</b> 9:45 Chair Yoga <b>11:00 Hull Lifesaving</b> <b>Museum Trip</b> 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>9</b> 9:00 Writing 10:30 Not Just Yoga <b>11:00 Collage Workshop</b> 12:30 Qigong/Tai Chi 1:00 Bridge	<b>Veterans Holiday</b> <b>10</b> <b>Senior Center</b> <b>Closed</b> 
9:00 Strength <b>1</b> 10:30 Crafts & Games 11:00 Line Dancing 1:00 Bingo	8:45 Zumba <b>15</b> 9:45 Chair Yoga 10:30 BP Clinic 11:30 Nurse Office Hour <b>11:30 PORCHFEST</b> 1:00 Whist 3:00 Sharing Loss	9:00 Strength <b>16</b> 9:00 Writing 10:30 Not Just Yoga <b>12:00 Prevites Market</b> 12:30 Qigong/Tai Chi <b>1:00 Bridge</b> <b>2:00 Bookmark Making</b>	9:00 COA Board <b>17</b> 9:45 Chair Yoga 11:00 MahJong, Handfoot <b>11:00 Memory Café</b> 1:00 Matter of Balance 1:00 Financial Advisor
9:00 Strength <b>21</b> <b>10:30 Garden Therapy</b> 11:00 Line Dancing 1:00 Bingo 1:00 Knitting	8:45 Zumba <b>22</b> 9:30 Veterans Hours 9:45 Chair Yoga 1:00 Whist 3:00 Sharing Loss, Sound Healing	<b>23</b> <b>Closed for Thanksgiving</b>	<b>Thanksgiving</b> <b>24</b> <b>Holiday</b> <b>Center Closed</b> 
9:00 Strength <b>28</b> 10:30 Crafts & Games 11:00 Line Dancing 1:00 Bingo	8:45 Zumba <b>29</b> 9:45 Chair Yoga <b>11:15 Art For Your Mind</b> 1:00 Whist 1:00 Climate Focus Grp 3:00 Sharing Loss 7:00 Climate Focus Grp	9:00 Strength <b>30</b> 9:00 Writing 10:30 Not Just Yoga <b>11:30 Fall Prevention Zoom</b> 12:30 Qigong/Tai Chi 1:00 Bridge	<b>Senior Santa Donations</b> <b>November 14 - December 15</b> Donation bins located at: <b>Hull Senior Center</b> <b>Hull Town Hall</b> Monday-Thursday 9am-4pm <b>Sandbar Restaurant</b> 297 Nantasket Ave 1:00pm- 10:00pm except Wednesdays

## GIFTS

### HOME DELIVERED FROM THE HULL SENIOR CENTER

Our goal is to bring a little extra holiday cheer to some of our Hull seniors, especially those in need. We are reaching out to the community for holiday donations which we will deliver for Hanukkah and Christmas in December.

**All gifts should be new, non perishable, not too heavy, one size fits all and senior friendly.**

**Gifts should be delivered unwrapped . Please note days and locations above. Can you help us bring some cheer with a donation?**



## SENIOR SANTA RIDES AGAIN-2022

### A few ideas for gifts...

Stamps, stationary, monthly planners, word or puzzle book (large print), box of chocolates or cookies, jellies and jams, scarves, hats, gloves, throws, socks/sock slippers, lotion, arm rest organizer, flashlight with batteries, snow globes, pill organizer boxes, liquid soaps and sanitizers, refrigerator magnets, coffee mugs, neck pillow, hand towels, adult coloring book with markers, lip balm, holiday paper napkins/plates, Hull merchandise.

Thank you for your wonderful generosity in the past and going forward. It is truly heartwarming and greatly appreciated by our Senior Community.



## HISTORY LECTURE SERIES

### Hull History 1950-1969

Thursdays, December 1st-22nd, 1-2:30pm

Presented by Bob Jackman

No November Classes. Tuition \$12. Limit 25

**This 4 week class** will address the community's shifting identity and practices as it emerged from the post war era to become a year-round suburban town. Cultural changes manifested themselves in new business models, changing expectations for town government, and a greater emphasis on educational spending. Class member issues examined in class

## ART FOR YOUR MIND

### Tuesday, November 29th, 11:15am

This one hour art experience, presented by Jill Sanford, continues in November with **Norman Rockwell Remembered**. Revisit many of the beloved images by Rockwell and hear the stories behind his choices and inspirations. Come and discover how clever and surprisingly complex many of his paintings are and leave with a new appreciation for his art.

This fabulous series is generously grant supported by the Local Cultural Council & Mass Cultural Council.



## DECEMBER 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday
<p><i>Do you have a loved one with Alzheimer's/Dementia?</i></p> <p>Join us for our very first Memory Cafe! Memory cafes provide a safe space for fun and exploration through music, dance, art, and movement. Loved ones and caregivers are invited to relax and be in the company of others on the journey of memory decline.</p> <p>More details to come! <b>First Memory Café November 17, 11am-1pm</b></p>			<p>9:00 SHINE 1</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong</p> <p>11:00 Hand and Foot</p> <p>1:00 History</p> <p>1:00 Matter of Balance</p> <p>3:00 Caregiver Support</p>
<p>9:00 Strength 5</p> <p>10:15 Podiatrist</p> <p>10:30 Crafts &amp; Games</p> <p>11:00 Line Dancing</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p>	<p>8:45 Zumba 6</p> <p>9:45 Chair Yoga</p> <p>10:30 BP Clinic</p> <p>11:00 <b>Design Show House</b></p> <p>12:00 <b>Wood Workshop</b></p> <p>1:00 Whist</p> <p>3:00 Sharing Loss</p>	<p>9:00 Strength 7</p> <p>9:00 Writing</p> <p>10:30 Not Just Yoga</p> <p>1:00 Bridge</p>	<p><b>Boston Pops Concert 8</b></p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong</p> <p>11:00 Hand and Foot</p> <p>1:00 History</p> <p>1:00 Matter of Balance</p> <p>3:00 Caregiver Support</p>
<p>9:00 Strength 12</p> <p>10:30 <b>Garden Therapy</b></p> <p>11:00 Line Dancing</p> <p>1:00 Bingo</p>	<p>8:45 Zumba 13</p> <p>9:45 Chair Yoga</p> <p>12:00 <b>Derby St Shoppes</b></p> <p>12:00 <b>Wood Workshop</b></p> <p>1:00 Whist</p> <p>3:00 Sharing Loss</p>	<p>9:00 <b>NO</b> Strength 14</p> <p>9:00 Writing</p> <p>10:30 <b>NO</b> Not Just Yoga</p> <p>12:30 Qigong/Tai Chi</p> <p>1:00 Bridge</p>	<p>9:00 SHINE 15</p> <p>9:00 COA Board</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong, HandFoot</p> <p>1:00 History</p> <p>1:00 Matter of Balance</p> <p>3:00 Caregiver Support</p>
<p>9:00 Strength 19</p> <p>10:30 Crafts &amp; Games</p> <p>11:00 Line Dancing</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p>	<p>8:45 Zumba 20</p> <p>9:45 Chair Yoga</p> <p>10:30 BP Clinic</p> <p>11:30 Nurse Office Hour</p> <p>1:00 Whist</p> <p>12:00 <b>Holiday Lunch/Swap</b></p> <p>3:00 Sharing Loss and Sound Healing</p>	<p>9:00 Strength 21</p> <p>10:30 Not Just Yoga</p> <p>12:30 Qigong/Tai Chi</p> <p>1:00 Bridge</p>	<p>9:45 Chair Yoga 22</p> <p>11:00 MahJong</p> <p>11:00 Hand and Foot</p> <p>1:00 History</p> <p>1:00 Matter of Balance</p> <p>3:00 Caregiver Support</p>
<p>26</p> <p><b>Holiday Center Closed</b></p> 	<p>8:45 Zumba 27</p> <p>9:45 Chair Yoga</p> <p>1:00 Whist</p> <p>3:00 Sharing Loss</p>	<p>9:00 Strength 28</p> <p>10:30 Not Just Yoga</p> <p>12:30 Qigong/Tai Chi</p> <p>1:00 Bridge</p>	<p>9:45 Chair Yoga 29</p> <p>11:00 MahJong, HandFoot</p> <p>1:00 Matter of Balance</p> <p>3:00 Caregiver Support</p>



# 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**

### WHIST

**Tuesdays at 1:00**



### BRIDGE

**Weds. at 1:00**



### MAH JONG

**Thursdays at 11am-1pm**

Learn Mah Jong with Barbara Lawlor.

### HAND & FOOT

**Thursdays at 11am-1pm**

Join this newly forming group on Thursdays. We are looking for more players! If you are new to Hand & Foot, Irma Lefever will be happy to teach you! Give it a try!



## Knitting Group

**Mon, Nov 7th & 21st, Dec 5th & 19th  
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.

### 6 WEEK WRITING COURSE

**Wednesdays, Nov 2—Dec 14th  
w/ Laura Leventhal at 9:00-10:30am**

This class is for any level of writer! The instructor will explore techniques to jump start your creativity, help you find your writer's voice, and enjoy the magic of writing. Notebooks and pens will be supplied, but bring your own if you have a preference. Call the center to sign up at 781 925-1239. No class 11/23

## SPEAKER PRESENTATIONS

### ONE HOUR WORKSHOP (ZOOM) FALL PREVENTION

**Wednesday, Nov 30th at 11:30am**

Overview by Injury Prevention Professionals from BI-Deaconess Med Center, MGH –Brigham, Tufts Medical

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

### IPAD INTRODUCTION TRAINING

**Wednesday, Nov 15 & 22, 1-2:30pm, \$10/class**

This TWO part session is designed for the person with little or no experience using their iPad. You will learn to connect to Wi-Fi, navigate your way around the iPad, learn some basic settings and an introduction to downloading apps from the App Store. Please bring your iPad.

Classes will be held at Wellspring Multi Service Center, 814 Nantasket Avenue.

Instruction by Katy Mayo. Contact Katy at [781-855-3874](tel:781-855-3874) to register or if you have questions.

Please call the Hull Senior Center at 781-925-1239 if you

need transportation to this class.

### CLIMATE CHANGE FOCUS GROUP

**Tuesday, Nov 29th — 1-2:30pm, 7-8:30m**

The Town of Hull, in collaboration with the Metropolitan Area Planning Council, is hosting two focus group sessions to better understand resident experiences, concerns, and needs regarding coastal flooding. The recent Community Needs Assessment commissioned by the Council on Aging highlighted concerns about increasing sea level rise, coastal storms, and flood insurance rates. Space is Limited If you would be interested in participating in an upcoming focus group, please reply to Anne Herbst at [aherbst@mapc.org](mailto:aherbst@mapc.org)

### FINANCIAL ADVISOR CONSULTS

**Thursday, Nov 17th. Appt times from 1-3pm**

Jason Luck of Commonwealth Financial will be available for free 1/2 hour in-person consultations at the Hull Senior Center. Please call 781-925-1239 to reserve a FREE 30 min appt.



## MATTER OF BALANCE

**Thursdays, Nov 3rd –Jan 5th, 1-3pm**

**NOTE: First Class on Nov 3rd meets @ 1:30PM**

(no class 11/10, 11/24) Must sign up, Space limited.

8-Week program emphasizes practical strategies to manage falls. Offered FREE, by a grant from South Shore Elder Services.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity

- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls, or fallen in the past
- anyone interested in improving balance, flexibility and strength
- anyone who has restricted activities because of falling concerns

If you are interested in receiving more details, call (781) 925-1239. Presented by Norwell Visiting Nurses

New to class? Try it for free! Bring a friend and their first class is free!

## STRENGTH & FLOW

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

with Sara Pearson

Strength and Flow is a dynamic class that integrates breath, mindful movement, yoga, with the use of small hand weights, resistance bands, and balls to increase strength & flexibility. Benefits: Strengthen and tone major muscle groups, improve overall flexibility, and link breath to movement. \$5/class

## ZUMBA TONING

W/MOROCCAN STICKS

**Tuesdays at 8:45am**

with Justine Hobin

Light weight toning Moroccan sticks enhances sense of rhythm and coordination -tone arms, core,

and lower back. Focus is on strengthening muscle groups and reducing the loss of muscle mass. Its purpose is to sculpt and tone through resistance. Improves cardiovascular health. \$5/class

## NOT JUST YOGA

**Wednesdays at 10:30am**

with Nicole Palermo

Infuses mindfulness, breath work, Reiki, and sound HEALING with mat-based movement to cleanse and release the issues within your tissues. Bring a mat and beach towel or small blanket. \$5/class

## LINE DANCING

**Mondays at 11:00am**

We know it's cozy at home, but we want to see you for some line dancing FUN! Dates TBA



## 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 gentle movements can improve your strength, flexibility, and range of motion. \$3.25/class

## GRANT NEWS

The Hull COA just learned we have been selected among a number of applicants for various grants. These grants are offered by MCOA– Mass. Council on Aging and SSES– South Shore Elder Services, to assist us in better serving older adults in the community. We are looking forward to sharing the details in the coming weeks. Stay tuned! This word search will give you some clues!

MENTAL HEALTH  
WELLNESS  
VILLAGE  
HEALING  
HOLISTIC  
TELEHEALTH  
EDUCATION  
AWARENESS  
TOGETHER  
ART THERAPY  
MUSIC  
MEMORY CAFE

T	M	C	T	W	M	E	G	A	N	L	T	H	N
O	I	T	E	E	U	F	H	T	T	E	Y	E	S
R	R	I	N	L	S	A	T	E	O	H	P	A	S
E	T	E	I	L	I	C	L	O	G	N	A	L	E
I	I	S	A	N	C	Y	A	H	E	N	R	I	N
A	T	E	D	E	C	R	E	O	T	O	E	N	E
E	G	F	H	S	I	O	H	L	H	I	H	G	R
A	H	E	O	S	E	M	L	I	E	T	T	A	A
V	I	L	L	A	G	E	A	S	R	A	T	E	W
O	H	W	A	E	H	M	T	T	O	C	R	O	A
L	L	E	E	T	L	L	N	I	V	U	A	F	L
L	L	M	P	G	A	A	E	C	G	D	E	M	C
C	E	L	E	L	L	O	M	R	E	E	Y	G	C
E	R	I	E	T	E	L	E	H	E	A	L	T	H



## SENIOR CENTER VAN TRANSPORTATION



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

Call 781-925-1239 X5 to request a ride or information. Our van service is in demand. We may not be able to provide ride requests without proper notice.

#### Medical rides

Available Monday—Thursday with 5-7 day notice required.

Hingham, Weymouth \$10

Hanover, Norwell \$15

Braintree, Quincy \$15

Hull \$3

Boston Area Medical Fee varies

Transportation to Boston-area hospitals, VA hospitals or those rides we can't accommodate along the Route 3 corridor, are scheduled through South Shore Community Action Council. This is a Title IIIb grant-funded program offered through South Shore Elder Services and is scheduled by us.

#### Grocery shopping

3 day advance notice is required.

##### Stop and Shop

Cohasset -Weds 10:00 am \$3

Hingham- Thurs 11:00 am \$3

Around the Town Day \$3

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

##### Market Basket

Every other Thursday, 11am, \$4

## LOCAL DAY TRIPS

### HULL LIFE SAVING MUSEUM

**Tuesday, Nov 8th, 11am**

The Smithsonian Museum on Main Street Initiative, The Crossroads: Change in Rural America exhibit, explores changes in Hull over the past century. Meet at the museum or call for a ride. No charge, donations appreciated.

Prevites Market Shopping in Hanover, November 16th, 12Noon  
Experience a European Style Specialty Market

### ALICE'S ADVENTURES

**Usually Tuesdays, 11:00am**

The van will travel to places like Scituate Harbor, Derby Street Shops, Prevites Market, Movie Matinees, 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.

Dates/locations are listed on calendar, or will be announced.

## CHRISTMAS DESIGNER SHOW HOUSE

**December 6th, 11am**

The 14 room Daniel Webster Estate in Marshfield is decorated for the holidays! Christmas trees, twinkling lights and sparkling displays, will delight visitors to this historic house and fill you with all the magic of the season Admission \$10 at the door. Meet at the Estate or call to arrange a ride in the COA van.

### 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.



## 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.

**NEW**

# HULL COUNCIL ON AGING

Department of Elder Services

Anne Scully Senior Center

197A Samoset Avenue, Hull, MA 02045

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

## RETURN SERVICE REQUESTED

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!

## WHAT'S HAPPENING IN HULL?

### Daddy's Thanksgiving

Thursday November 24th, 12Noon

Daddy's Beach Club, 280 Nantasket Ave, Hull

Full hot dinner with dessert, plus a grocery bag of food from SSCAC and End Hunger. To eat in at Daddy's, call 781-925-3600 for reservation.

Questions call "Wolfie"-Craig Wolfe at 781-771-6461

To reserve meal pick up or request delivery, call Jim Richman at 617-688-0303. Pick up or delivery will be between 11:00am - 1:00pm in front of Daddy's between 11:00am

### Hull Holiday Showcase

Sunday, November 27th, 11am-4pm

Nantasket Beach Resort, 45 Hull Shore Drive, Hull

The Hull Nantasket Chamber of Commerce has sponsored this free event for more than a decade. The showcase features business, artist and artisans from Hull and surrounding towns in a great atmosphere for festive shopping. Shop local during the all Business Weekend!

## Gift Giving Returns

The Senior Center is launching its THIRD year of "Senior Santa", a holiday tradition for **Christmas, Hanukkah and all faiths. Refer to page 6 for details!**

Do you know a Hull senior who could use a little cheering up over the holidays.? Let us know at 781-925-1239 x207 We would love to add them to the gift list.

### THANK YOU TO OUR VETERANS.

Thank you to their family and friends as well for the sacrifices they make. Stay safe and wishing you the happiest holidays!



MEDICARE OPEN ENROLLMENT ENDS DEC. 7th

SHINE Counselor Elaine Schembari is here to help during this time! Call the Hull Senior Center to make an appt (781) 925-1239

Holidays Observed- Center Closed

11/10, 11/24, 12/26 and 1/2