



HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

November-December | 2023



Cover Artwork "School of Fish" by Sue Bradley

Sue Bradley is a stained glass artist. Sue summered in Hull as a child and now lives in Hull year round. She is very glad to call it home.

The ocean and nature are the inspirations for her glass work which can be seen throughout Hull. Sue recently received an Honorable Mention for her "School of Fish" at the Hull Lifesaving Museum Sea and Sky exhibit.

GET IN TOUCH

781-925-1239 (p)

781-925-8114 (f)

town.hull.ma.us/council-aging

facebook.com/HullCOA

Hours of Operation

Mon - Thu | 9:00am-4:00pm

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 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

Wednesday, Dec 6th, 5-7pm

How strong is your musical knowledge? Come test it out playing SINGO 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 Hull Senior Center for more information, 781-925-1239.

MEET AND GREET WITH NEW TOWN MANAGER

Thursday, Nov 30th, 10:30am

Join us in welcoming Jennifer Constable as the new town manager of Hull! Light refreshments will be served. Please call to register as space is limited, 781-925-1239.

RESOURCES, SERVICES AND MORE

Page 02

Office Hours with State Senator Patrick O'Connor

11/30 & 12/28 @ 10:30am

Office Hours with State Representative Joan Meschino

11/20 & 12/18 @ 10:00am

Blood Pressure Clinic

1st & 3rd Tuesdays, 11/7, 11/21, 12/5 &
12/19 at 10:30am-11:30am—Rachel
Gerold, Hull Board of Health

Town Nurse Time at Senior Center

3rd Tuesdays, 11/21 & 12/19, 11:30am-
12:00pm Town Nurse, Rachel Gerold

Meals on Wheels

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

SHINE—Serving the Health Information Needs of Everyone

Tues or Thurs appt. times, 9am-1pm
11/2, 11/9, 11/14, 11/21, 11/30, 12/7 & 12/21

Call to book an appointment at the
Senior Center with Volunteer
Counselor, Elaine Schembari x203

Stretch Your Food Budget

Free & Nutritious Meal Kits to Hull
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Food Pantry Aunt Dot's Kitchen

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Make an appt to shop regularly.
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donations that would otherwise get
wasted.

Life Insurance & Long Term Care Consultation

Call to schedule, 1/2 hour appts
available with Elaine Buonvicino
of Turning 65 Consulting.

Financial Aid Advisor

Call to schedule, 1/2 hour private
appts available with Jason Luck of
Commonwealth Financial.

Veteran's Office Hour

11/21 & 12/19, 9:30am

Paul Sordillo, Veterans Agent, Hull

Podiatrist Clinic

Monday, 11/6 at 10:15am-1pm

Next appointment in January '24.

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

Holidays Observed—Center Closed
Nov 13th—Veteran's Day Observed
Nov 23rd—Thanksgiving Holiday
Dec 25th—Christmas Day

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A NOTE FROM THE DIRECTOR....

With the holidays coming up, we are reminded of the importance of making time with friends to say “thank you” or “I love you”. But we may not ask our loved ones an important question: “How can I help you?” Helping and giving doesn’t have to cost money; it can be taking the time to call or visit a friend and listen, offering to help someone with a chore around the house, or making a meal to drop off. At the senior center, our volunteers are often giving their time. In November, our volunteers give by creating and delivering Thanksgiving Dessert Boxes created in partnership with The Anchor of Hull. Your donations as members of the community help to sponsor these boxes of holiday treats. If you know someone who would enjoy receiving a dessert box, please call me at the senior center. Another great way you can give is by making a donation to “Senior Santa”. See more details on page 10.

However, for those who are caregivers, giving is what you do every day! Caregiving is a critical role that requires energy, empathy and patience for those you love. With these high levels of emotional and physical commitment to those needing care, caregiving can easily lead to burn-out, mental, and physical health issues. This is why caregivers need to fill their own cup, so that they are better able to care for themselves and their loved one. Self care is NOT selfish, it’s essential! Sharing experiences with other caregivers and finding support in a group is a great way to practice self-care. Recently, a participant in the Caregiver Support group at the Senior Center shared these words with me:

“Where do caregivers go when caregivers need support? They meet on Tuesdays at 3pm at the Hull Senior Center. This group offers support, encouragement, shares experiences and tries to answer questions, all while respecting everyone’s privacy. If you are a caregiver you are warmly welcomed to join us.”

Do you know a caregiver? Here are some simple ways to show caregivers that you care about them:

Offer a helping hand– an act of kindness can go a long way. ... Provide a homemade meal. ... Encourage self-care. ... Be there to listen. ... Write a note. ... Invite them to outings (and to the caregiver support group). ... Offer to help them with research.

Former First Lady Rosalyn Carter may have explained it best when she said “There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

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

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

Bruce Brennan | ext. 202

MEDICARE OPEN ENROLLMENT

October 15th—December 7th

If you need help signing up for Medicare or changing your current plan, call the Senior Center for a SHINE appointment, 781-925-1239

Don't wait– call soon! Appt times fill up quickly.

COA BOARD

Jim Richman, Chair

Marlene Earl, Vice Chair

Hannah Taverna, Secretary

Greg Grey, Select Board Liaison

Members: Peter Dewey, David

Irwin, Mimi Leary, Irma Lefever,

Maureen O'Brien

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SCAN QR CODE FOR ALL CONTACT INFORMATION



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Hours
 Tue-Thu: 5-10pm
 Fri-Sun: 12-10pm
 Mon: Closed

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 781.925.8749

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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 *'here 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!

TECH HELP

Mondays, Nov 6th & 20th, Dec 4th & 18th at 3pm

Having trouble with that new app on your iPhone or Android? Not sure how to get the most out of your tablet? Come see Hull High Senior, Jake, to help you with all your technology questions. First come, first served every other Monday at the Hull Senior



GARDEN THERAPY

Mondays, November 20th and December 18th, 11:00am

Gardening has been proven to be therapeutic; it can help develop skills and improve social, psychological and physical well-being. The Hull Garden Club hosts this creative "therapy" time to come together and learn how to make flower arrangements or a floral craft!



This very popular class, with all materials and instruction, is generously provided by the members of the Hull Garden Club. Space is limited and only those who pre-register can attend.

Call the Senior Center to secure your spot, 781-925-1239!

COMMUNITY

CAFÉ TALK BREAKFAST WITH A VETERAN

Tues, Nov 7th, 9:30am

Join us at the Senior Center for a community breakfast with **guest speaker and Army veteran, Mark Onorato**.

Mark served as an aircraft flight instructor and instrument flight examiner while deployed in Afghanistan during Operation Enduring Freedom. He currently serves as the Director of Aviation Operations for Boston Med-flight. He will discuss his time in service and how it has translated into his civil career. So that we can plan for food and set up, you **MUST** call to RSVP for this event, 781-925-1239. Requested donation \$3.

MONTHLY BOOK GROUP

Wednesdays, Nov 15th, 2 pm and Dec 20th, 3 pm

Are you an avid reader? Would you enjoy having an in-depth discussion about a book you've just read? Come together with others who love reading for our monthly book group! A new book will be chosen every month for discussion at the following month's meeting. Open your mind to the different perspectives that other readers bring to a book!



VOLUNTEER SPOTLIGHT

The Hull Council on Aging would like to highlight

Marjorie

(Marge)

Sullivan who gives her time

almost every

Monday to

the knitting

group at the

Center. Marge graduated from

Hingham High School and

after attending the University

of Vermont, became a nurse.

She retired from the cardiac

unit of Milton Hospital. She has

lived in Hull for 22 years and is

active with the St. Nicholas

United Methodist Church as

well as the Hull Garden Club

where she previously served as

Secretary and chaired the

Garden Therapy program.

Marge was taught to knit by

her mother and finds it very

relaxing. In addition to the

group in Hull on Mondays, she

has led a Tuesday group at the

Hingham Senior Center for the

past 20 years. She enjoys

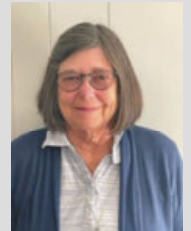
teaching others to knit and

fixing knitting mistakes. You

can join the group most

Mondays at 1pm at the Center.

Thank you for your time, Marge



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.


NOVEMBER 2023 CALENDAR

Page 06

Monday			Tuesday			Wednesday			Thursday		
Thanksgiving Dessert Boxes Do you know someone who would appreciate a sweet treat this Thanksgiving? Would you like to sponsor a dessert for a senior who may not spend the holiday with loved ones? Call the Senior Center for info, 781-925-1239. We are grateful to The Anchor of Hull, volunteers and community donations for our 3rd year of goodies!						9:00 Strength 1 10:30 Not Just Yoga 12:30 Tai Chi 1:00 Bridge			9:00 SHINE 2 9:45 Chair Yoga 11:00 MahJong 11:00 Line Dancing 1:00 History 3:00 Caregiver Support 4:15 Vinyasa Yoga		
9:00 Strength 6 10:15 Podiatrist 10:30 Crafts & More 1:00 Bingo 1:00 Knitting 3:00 Tech Help			8:45 Zumba 7 9:30 Café Talk Breakfast 9:45 Chair Yoga 10:30 BP Clinic 11:00 Qi Gong 1:00 Chair Massage 1:00 Cards & Games			9:00 Strength 8 9:00 Writing I 11:30 Sand Bar Lunch 12:30 Tai Chi 1:00 Bridge			9:00 SHINE 9 9:00 Writing II 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:00 Diabetic Shoe Talk 3:00 Caregiver Support 4:15 Vinyasa Yoga		
Veteran's Day Observed Senior Center Closed 			8:45 Zumba 14 9:00 SHINE 9:45 Chair Yoga 10:00 Water Color Class 10:30 Shelly's Tea Rooms 11:00 Qi Gong 1:00 Cards & Games 1:00 Manicures			9:00 Strength 15 9:00 Writing I 10:30 Not Just Yoga 12:30 Tai Chi 1:00 Bridge 2:00 Fall Prevention Talk 2:00 Book Group			9:00 Writing II 16 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 3:00 Caregiver Support 4:15 Vinyasa Yoga		
9:00 Strength 20 10:00 Rep J. Meschino 10:30 Crafts & More 11:00 Garden Therapy 1:00 Bingo 1:00 Knitting 3:00 Tech Help			8:45 Zumba 21 9:00 SHINE 9:30 Veterans Hour 9:45 Chair Yoga 10:00 Acrylic Class 10:30 BP Clinic 11—2 Dessert Box 11:00 Qi Gong 11:30 Nurse 1/2 Hour 1:00 Cards & Games 1:00 Chair Massage			9:00 Strength 22 10:30 Not Just Yoga 12:30 Tai Chi 1:00 Bridge			Thanksgiving Holiday Senior Center Closed 		
9:00 Strength 27 10:30 Crafts & More 1:00 Bingo 1:00 Knitting			8:45 Zumba 28 10:30 Salon B Trip 9:45 Chair Yoga 11:15 Art For Your Mind 1:00 Cards & Games			9:00 Strength 29 9:00 Writing I 10:30 Not Just Yoga 11:00 Khols Trip 12:30 Tai Chi 1:00 Bridge			9:00 SHINE 30 9:00 Writing II 9:45 Chair Yoga 10:30 Town Manager Meet & Greet 10:30 Sen. O'Connor Hour 11:00 Cardio Strength 11:00 MahJong 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga		

DECEMBER 2023 CALENDAR

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Monday	Tuesday	Wednesday	Thursday
9:00 Strength 4 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting 3:00 Tech Time	8:45 Zumba 5 9:45 Chair Yoga 10:30 BP Clinic 11:00 Qi Gong 1:00 Chair Massage 1:00 Cards & Games 1:00 Alzheimer's Ten Warning Signs	9:00 Strength 6 9:00 Writing I 10:30 Not Just Yoga 12:30 Tai Chi 1:00 Bridge 1:00 Manicures 5:00 SINGO at California Underground	9:00 SHINE 7 9:00 Writing II 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 11:30 Bridgeway Lunch 1:15 History 1:00 Wood Working 3:00 Caregiver Support 4:15 Vinyasa Yoga
9:00 Strength 11 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting	8:45 Zumba 12 9:45 Chair Yoga 10:00 Daniel Webster Estate Trip 11:00 Qi Gong 1:00 Cards & Games	9:00 Strength 13 9:00 Writing I 11:30 Sandbar Lunch 12:30 Tai Chi 1:00 Bridge	Boston Pops Trip 14 9:00 Writing II 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:15 History 1:00 Wood Working 3:00 Caregiver Support 4:15 Vinyasa Yoga
9:00 Strength 18 10:00 Rep J. Meschino Hr 10:30 Crafts & Games 11:00 Garden Therapy 1:00 Bingo 1:00 Knitting 3:00 Tech Time	8:45 Zumba 19 9:30 Veterans Hour 9:45 Chair Yoga 10:30 BP Clinic 11:00 Qi Gong 11:30 Nurse 1/2 Hour 1:00 Chair Massage 1:00 Cards & Games	9:00 Strength 20 9:00 Writing I 10:30 Not Just Yoga 12:30 Tai Chi 1:00 Bridge 1:00 Holiday Lunch 3:00 Book Group	9:00 SHINE 21 9:00 Writing II 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga
25 Christmas Holiday Senior Center Closed 	26 The following exercise classes will be DVD led: 8:45 Zumba 9:45 Chair Yoga 1:00 Cards & Games	27 9:00 Strength 10:30 Not Just Yoga 12:30 Tai Chi 1:00 Bridge	28 9:45 Chair Yoga 10:30 Sen. O'Connor Hr 11:00 Cardio Strength 11:00 MahJong 3:00 Caregiver Support 4:15 Vinyasa Yoga

Manicures with Nails to You Mobile Nail Spa

Tuesday Nov 14th and Wednesday, Dec. 6th, 1-4pm



Get your nails ready for the holidays with a manicure at the Senior Center! A Spa manicure is \$20 and a Dazzle Dry manicure is \$25. Dazzle Dry is a healthy alternative to gel and dip. It's long lasting, fast drying, hypoallergenic and vegan. Call the Senior Center to book your 1/2 hour appointment!

CLASSES & PRESENTATIONS

Page 08

SPEAKER PRESENTATIONS

DIABETIC SHOE DISCUSSION

Thursday, Nov 9th, 1pm

Did you know that diabetics are prone to foot issues? Pamela Hoaglund, TSOE, of Diabetic Shoe Solutions will visit the Hull Senior Center to teach diabetics how to take care of their feet and explain what makes a shoe perfect for them. Over her 26 year career, she has helped thousands of individuals find perfect fitting shoes. She will also explain how Medicare and most other insurances cover diabetic footwear and shoe insoles. Call to register for this informative talk, 781-925-1239.

FALLS PREVENTION CLASS

Wednesday, November 15th, 2pm

Our ability to balance changes as we age. Christine Goldstein, Physical Therapist Assistant at Peak Physical Therapy and Sports Performance will visit the Hull Senior Center to inform individuals of the risk factors that can lead to falls. She will describe ways to reduce falling risks and demonstrate important exercises to improve strength, balance and flexibility. Christine will also go over what you can do to make your home safer. Please call to register for this informative talk or to schedule and appointment, 781-925-1239.



THE TEN WARNING SIGNS OF ALZHEIMER'S

Tuesday, December 5th, 1pm

The Alzheimer's Association provides care and support to those affected by Alzheimer's and all other forms of dementia. Your memory often changes as you get older. However, memory loss that affects your daily life is different. This one hour presentation led by a trained Alzheimer's Association volunteer will help you recognize common signs of the disease in yourself and others, plus next steps to take, including how to talk to a doctor about the symptoms. Call to register for this important discussion, 781-925-1239.

ENGAGE IN LIFE LONG LEARNING!

ART FOR YOUR MIND

Tuesday, Nov 28th, 11:15am

This one-hour art experience, presented by Jill Sanford, continues in November with **Celebrations and Holidays in Art**. A collection of images from medieval times to present day will offer a colorful backdrop to a discussion about the effective ways artists have represented important traditions over time. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see art in new ways! Call to register for this popular series, 781-925-1239. \$3 suggested donation per class.

HISTORY LECTURE SERIES

HULL'S ROLE IN MASSACHUSETTS FROM 1600-1920

Thursdays, 11/30, 12/7, 12/14, & 12/21, 1:15PM

Presented by Bob Jackman

This four week history series will examine the various roles that Hull served for the colony and later the state of Massachusetts. Hull and maybe a dozen other coastal communities were burdened with selected responsibilities and in return, the colony and state were content to overlook some regulations and requirements imposed elsewhere. Find out how different responsibilities and lower conformity contributed to the town's unique development.

Limited to 20 participants. Cost is \$16.

PAINTING CLASSES

Tuesdays, Nov 14th & 21st, 10-11:30am

Join Fine Artist Marianne F. Buckley Curran, a Hull resident and a Hull Artist member, as she provides two distinct introductory painting classes. Try your hand at painting in watercolors or acrylics. Marianne has taught at the Fuller Art Museum, South Shore Charter School, and Hull Continuing Education.

Painting classes are as follows:

- Nov 14th—Intro to Watercolor Painting
- Nov 21st—Intro to Acrylic Painting

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

WELLNESS & GROUP FITNESS CLASSES

Page 09

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.

VINYASA YOGA

Thursdays at 4:15pm

with Sara Pearson

Vinyasa is a type of yoga in which the instructor strings postures together so that you flow from one to another, seamlessly, while also practicing breath work. Vinyasa classes offer a variety of postures and can be modified if needed. This slow flow vinyasa mat class will improve strength and mobility while helping you attain balance in the mind and body. All levels are welcome. Please call ahead to register for this class, 781-925-1239. \$5/class

CARDIO STRENGTH FUSION

Thurs. 11 am beginning November 9th

with Marcia Patch

A fun and effective workout that combines the high-energy nature of HIIT intervals with the strength-building benefits of resistance training. This class offers a well-rounded fitness experience that improves cardiovascular endurance, burns calories, and enhances overall strength and body composition. Modifications and progressions for different fitness levels will be provided, ensuring that everyone can participate and challenge themselves at their own pace. The class concludes with a cool-down including stretching to promote flexibility and prevent muscle soreness. Call to register! \$5/person, first class is free!



Marcia Patch is a highly experienced personal trainer and wellness coach with over 25 years of expertise, specializing in guiding clients of all fitness levels and ages towards improved health.

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.

QI GONG

Tuesdays at 11:00am, no class 11/28 & 12/26

With Sandy O'Hara

Qigong is for anyone who wants to lower their stress levels and maintain long term health and wellness. 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. Call to sign up. \$5 per 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 every day can make all the difference in your balance. Helps with fall prevention. Pull up a chair! NAMASTE. \$3.25/class.

NOT JUST YOGA

Wednesdays at 10:30am

No class on 11/8 & 12/13

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. Pre-registration is encouraged.

CHAIR MASSAGE

Tues 11/7, 11/21, 12/5 & 12/19

With Sandy O'Hara

These 20 minute chair massages focus on your back, shoulders, neck, and arms and are done over clothes. For chair massage, you are seated in a special chair while Sandy relieves muscle tension using compression and kneading. Cost is \$20/20 minute session. Call 781-925-1239 for an appointment.

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. Tai Chi can improve strength, flexibility, and range of motion w/ gentle movements. \$3.25/class.

WEEKLY GROUPS AND SPECIAL EVENTS

Page 10

WEEKLY GROUPS

CRAFTS & MORE

Mondays at 10:30-Noon

WITH SANDY BLOOM



BINGO

Mondays at 1-3:30pm

KNITTING GROUP

Mondays at 1 pm

WITH INSTRUCTION BY MARGE SULLIVAN



MAH JONG

Thursdays at 11 am

.Mah Jong is a game of skill and luck! New players welcome. Instruction available



BRIDGE

Wednesdays at 1 pm



CARDS AND GAMES

Tuesdays at 1:00pm

NEW

Sharpen your brain with games! Meet new and old friends for a game of your choice during CARDS AND GAMES. We will have Scrabble, Uno, Whist, Cribbage, or a game of your choice!. What's your favorite?

WRITING COURSES

Wednesdays, Nov 8th—Dec 20th, 9-10:30am

Thursdays, Nov. 9th—Dec 21st, 9-10am

These six week writing sessions 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 personal favorite. 10 person limit for Wednesday class; 6 person limit for Thursday class. Cost \$18/person. Call to register! Writing returns in 2024.



HOLIDAY LUNCH & GIFT SWAP

Wedn, Dec 20th, 1:00pm

Shopping and gift wrapping tiring you out? Come by and enjoy lunch and conversation. Join us for a holiday lunch provided by the Sand Bar restaurant. Bring a gift of \$10 to share with a friend. Call the Senior Center to register for this fun event, 781-925-1239. \$3/person.

LUNCH AND BINGO AT THE SANDBAR

Wednesdays, November 8 & December 13, 11:30am

Sign up and join us at the Sandbar Restaurant, 297 Nantasket Ave. for delicious food and fun. Call the Senior Center at 781-925-1239, to sign up. Cost \$5 each date. This event does fill up quickly, so call in advance on the first of each month. Preference given to those on the previous month's waitlist. Transportation available. Please call

WOODWORKING WORKSHOP

Thursdays, Dec. 7th & 14th at 1:00pm

Jim Clapper will again hold a woodworking workshop at the Senior Center, just in time for the Holidays! Over the course of two sessions, participants will make a beautiful wooden tray using cherry, walnut and other hard woods. This class is designed for beginners, but all levels are welcome \$25 includes material and instruction. Class is limited to 8 participants.



SENIOR SANTA RIDES AGAIN!

Holiday Gifts Home Delivered by the Senior Friends 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 need your help to reach our goal, so we are asking the community for holiday donations, which we will deliver for Hanukkah and Christmas in December.

All gifts should be new, unwrapped, non-perishable, not too heavy, one size fits all and senior friendly. Ideas for gifts are: Coloring books and colored pencils, word searches, boxes of chocolate, hats, scarves, and gloves, lotion, note cards, stamps, twinkle lights or battery votives. Nothing should be larger than a water bottle.

DONATION DROP OFF LOCATIONS:

Items can be dropped off at the Hull Senior Center, or in collection boxes at Sand Bar or California Underground restaurants from November 6th—December 11th. Thank you for your generosity !

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OUTREACH AND RESOURCES

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SUPPORT GROUPS

Alzheimer's Association Caregiver Support Group at the Hull Senior Center on Thursdays at 3pm. Call the Hull COA for more information, 781-925-1239.

Hingham Elder Services offers a Parkinson's Disease Caregiver Support Group, 4th Monday of the Month at 11am (call to confirm if Monday holiday). Hingham Elder Services is located at 224 Central Street in Hingham. Their phone number is 781-741-1458.

South Shore Health has a Stroke Support Group for survivors and their caregivers on the 3rd Thursday of the month from 3-4pm. Virtual and in person meetings offered at South Shore Hospital. To register and learn more, call 781-624-8303.

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, food, medicine, housing, and utilities; they also provide emotional and spiritual support to those who feel they have nowhere to turn. If you or someone you know is in need, please 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.

The Anchor of Hull provides a safe, sober, and supportive environment for building community, wellness, and recovery. They offer sober activities and events, Recovery Coaching, access to resources, and assistance to all individuals and their families. Visit theanchorofhull.org or call 781-534-9327.

Hull Light Financial Hardship Program – if you have financial hardship, your Hull Light account may be protected from termination for non-payment if someone in your household is seriously ill (a doctor's letter is required), and/or if you have a child under the age of 12 months (birth certificate required). For questions, call Hull Light at 781-925-0051. If you'd like assistance with the forms, call the Senior Center at 781-925-1239.

FUEL ASSISTANCE

November 1st– April 30th

Eligibility is based on gross income, household size, and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal.

You can apply online at www.sscac.org/fuel assistance click "apply online"

OR by calling 508-746-6707.

Assistance with your application is available at the Senior Center.

Call 781-925-1239

LAUNDRY LOVE

**FREE LAUNDRY
(Detergent, Wash and Dry)**

Mondays, Nov 20th and Dec 18th
3:30pm-5:45pm (last load in)

The Episcopal Parish of St. John the Evangelist in Hingham is sponsoring a Laundry Love Partnership with SuperWash, 259 Nantasket Ave, Hull, Wellspring and the Quincy Family Resource Center. Limit to total loads is 6 or under so others may have a chance to use the machines. Refer questions to sjlaundrylove@gmail.com

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.





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. We do our best to accommodate most ride requests. All requests should be made at least 10 days before appointment dates. Call 781-925-1239 X206 to request a ride or more information.

Medical Rides

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

Hull \$3, Cohasset \$5
Scituate, Hingham, Weymouth \$10
Braintree, Quincy, Hanover, Norwell,
Marshfield \$15
Duxbury, -Plymouth Area \$20
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 (SSCAC) This is a Title IIIb grant-funded program offered through South Shore Elder Services and is scheduled by the Senior Center. Early AM and Late PM appts cannot be accommodated.

Grant Funded Medical Rides

Available Until December 31st
With **Seaside Transport**
Call the Senior Center to
schedule. 781-925-1239 x209

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

For November and December

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

- Wedn, 11/29—Kohl's and Derby Street Shoppes
- Thurs, 12/7—Lunch at the Bridgeway in Marshfield

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

Cost is \$4/person/trip.
Bring money for lunch.



TRANSIT NAVIGATORS

Schedule with the MBTA

A transit navigator can help you learn to travel using public transportation.

RIDE REQUEST ONLINE

On the Town Webpage

www.town.hull.ma.us/council-aging

Using your smart phone camera, scan the QR code below, click the link, & request a ride! If you don't want to submit a request online, you can call us at 781-925-1239. Messages requests can left on x206 and x209.

**Scan QR Code for the
COA town website — >**



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

Call 617-222-3200

This transportation option is facilitated through the MBTA. Ride shares such as Lyft, Uber, etc. are available at a reduced rate for those who qualify.

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, 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.

TRIP TO SHELLY'S TEA ROOMS, PLYMOUTH

Tues, Nov 14, 10:30am

Take a ride on the Hull COA van to Shelly's English Tea Rooms. There, they serve traditional English afternoon tea, including over 100 loose leaf teas and delicious treats as well. You can also start your holiday shopping early in their gift shop filled with unique tea and British themed gifts. \$5 for the van ride, bring money to order menu items. Space is limited!

SALON B AND BRASS LANTERN VISIT

Tuesday, Nov. 28th, 10:30am

Take a ride with the Senior Center to the South Shore Vocational School's Studio B for a manicure or facial, followed by lunch (bring money to order from their menu!) at the Brass Lantern, the school's café.

- Manicure \$8
- Facial \$15

Call the Center to reserve your spot! \$4 van ride at 9:30am.

CHRISTMAS DESIGNER SHOWCASE

Tuesday, Dec. 12th, 11:00am

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! Cost is \$14/person for the van ride and admission to the house. Meet at the Estate or call to arrange a ride in the COA van. Bring money for lunch. Van leaves at 10am.

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.

FINAL BIG BUS TRIP OF THE YEAR

Boston Pops Trip, Thursday, Dec. 14th

Last Day to Sign Up—November 9th!

Head to Boston for a great day full of delicious food and holiday entertainment. The first stop will be lunch at the Venezia before we make our way to the Boston Symphony Orchestra. The Boston Pops' Holiday Pops concert is a feast for the eyes, ears and soul. Perfect for the whole family, the time-honored production is filled with Yuletide cheer, bolstered by upbeat arrangements of classic carols and popular Christmas songs, a joyful sing-along and a visit from the one and only St. Nick himself!

Depart: 11:10am from Cohasset Elder Affairs, 91 Sohier St., Cohasset MA

Cost: \$160, Checks made payable to Tours of Distinction

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



.Last year Hull Seniors had a fabulous time at the Boston Pops!

WE WANT TO SEE YOUR SMILE!



We have been seeing many new faces here at the Hull Senior Center and we'd like to get to know you better! Our Average Daily Attendance is up by 50% from last year! Next time you come to the Center, please consider letting us take a picture of you to enter into our database. This will help us put a face to your name, and make it easier for us to introduce ourselves!

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

1-800-269-5428

Better Business Bureau

1-508-652-4800

Suicide and Crisis Lifeline

988

The ANCHOR OF HULL Substance Abuse Resource

781-534-9327

RIDE Flex Pilot Program

617-222-3200

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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

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AROUND TOWN & THE SOUTH SHORE

Veteran's Day is Observed on November 13th. The staff and volunteers at the senior center say, "Thank you for your service and sacrifice."



Daddy's Thanksgiving

Thursday, Nov 23rd, 10am-12pm

Daddy's Beach Club, 280
Nantasket Ave, Hull

Full hot dinner with dessert, plus a grocery bag of food from SSCAC and End Hunger. For and EAT-IN, 12pm-7pm, reservation at Daddy's, call 781-925-3600. Questions call Craig "Wolfie" Wolfe at 781-771-6416.

To reserve meal pick up or request delivery, call Jim Richman at 617-688-0303. Pick up or delivery will be made between 10am—12pm in front of Daddy's.

Hull Holiday Showcase

Saturday, Nov 25th, 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 show features businesses, artists and artisans from Hull and surrounding towns in a great atmosphere for festive shopping. SHOP LOCAL!

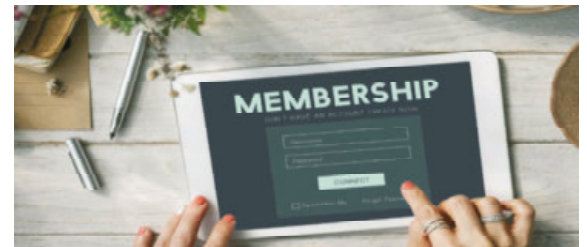
Lions Club Holiday Lunch

Sunday, Dec 3rd, 12:00pm



at South Shore Country Club
274 South Street, Hingham

Join the Hull Lions Club for this annual tradition as they host a delicious holiday luncheon—turkey dinner with all the fixings will be served. Space is limited so please call the Hull COA to reserve your spot, 781-925-1239.



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.