



HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

September-October | 2023



Cover Artwork by Anne Cruse

Several beautiful paintings by Hull resident Anne Cruse grace the walls of the Anne Scully Senior Center. As well as sharing her artwork with us, Anne donates her time decorating the Center for different seasons and holidays!

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

Fri | Closed. Holidays | Closed

OUR MISSION

The purpose of the Hull Council on Aging is to identify needs and implement programs that will enhance the quality of life and assist valued independence for 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.

END OF THE SUMMER SOIREE

Thursday, Sept 7th, 5-7pm at the DCR Pavilion

Although Labor Day has passed, summer isn't over! Help us round out the season with a bash! Emily's Food Truck will serve fish sandwiches and clam chowder while music by Steel Rhythms will have you dancing in the street! This event is generously funded through a grant by Save the Harbor, Save the Bay. Call the Hull Senior Center for more information, 781-925-1239.

YOU MUST SIGN UP FOR THIS EVENT!



RESOURCES, SERVICES AND MORE

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Office Hours with State Senator Patrick O'Connor

9/28 & 10/26 @ 10:30am

Office Hours with State Representative Joan Meschino

9/18 & 10/16 @ 10:00am

Blood Pressure Clinic

1st & 3rd Tuesdays, 9/5, 9/19, 10/3, 10/17
at 10:30am-11:30am—Rachel Gerold,
Hull Board of Health

Town Nurse Time at Senior Center

3rd Tuesdays, 9/19 & 10/17, 11:30am-
12:00pm 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

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
7/6, 7/20, 8/3, & 8/17

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

Life Insurance & Long Term Care Consultation

Thursday, 9/21, 10am -12pm, 1/2
hour appts available with Elaine
Buonvicino of Turning 65 Consult-
ing.

Financial Aid Advisor

Thursdays, 10/26, 1-3pm, 1/2 hour
private appts available with Jason
Luck of Commonwealth Financial.

Veteran's Office Hour

7/11 & 8/15, 9:30am
Paul Sordillo, Veterans Agent, Hull

Podiatrist Clinic

Monday, 11/6 at 10:15am-1:00pm
Call Dr. James Dwyer's office at
781-335-8811 to schedule appt.

Holidays Observed— Center Closed
Sept 4th—Labor Day Holiday
Oct 9th—Indigenous People's Day

A NOTE FROM THE DIRECTOR....

September is National Senior Center Month and this year's theme from the National Council on Aging is *'Discover Yours'*. National Senior Center Month is celebrated every year and is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults and offer a place for older adults to discover their unique interests, talents, and aspirations. (ncoa.org).

Senior centers, totaling 10,000+ in communities and neighborhoods across the country, have evolved since their beginning in the 1940s, through their inclusion in the Older Americans Act in 1973 and up to today. But the mission has remained: to be a local, trusted place in the community that connects people to programs, services, and opportunities they need to age well. Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment, from the smallest to the largest centers. (ncoa.org)

This September, I invite you to check out your senior center here in Hull, and celebrate how to *"Discover Yours"*. Our membership has grown in the last years and the support we have received in the community continues to grow. We are grateful for our current members and partners and look forward to connecting with more members of the community. Join us as we celebrate our first ever, "End of Summer Soiree" on September 7th at the DCR Pavilion. Emily's Food Truck will be here serving up delicious fare, "Summer in New England Style", while we enjoy live music "Caribbean Style" with the rhythms of a steel drum band. This event is generously funded by a grant from Save the Harbor, Save the Bay.

After a night of dancing at the Soiree, you might want to check out Line Dancing with Mimi Leary before she flies south for the winter, in addition to our regular fitness classes. After some summer vacation to refuel their creativity and love for learning and teaching, we are happy to welcome back history instructor Bob Jackman and writing facilitator Laura Leventhal. Jane Tenaglia is also back to introduce you to a meditation practice. If you've wanted to get started, but can't seem to do it alone, this 3-week class will be a great opportunity to get your practice going and begin to experience the benefits of meditation. We are introducing a NEW Drawing class this October, and our Book Group is getting ready to dive into some cool weather reading. Speaking of cooler weather, we have a wonderful New Hampshire Foliage Trip planned for October 11th as well as some closer to home trips to get you traveling: the Hull Life Saving Museum, Patriots Hall of Fame Museum, and the Fuller Craft Museum. We will round out October with some Halloween fun... Tea and Tarot and our festive HULLoween Party! And don't forget to check our Facebook page for flu vaccine dates!

We hope you stop by your senior center and *"Discover Yours"*.

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

A SPECIAL THANK YOU!

To Jim Clapper for repairing and painting the Hull COA shed!

We are lucky to have such a handy volunteer! Thank you Jim!



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

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, Sept 11th & 25th, Oct 23rd 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 rising Hull Senior, Jake, to help you with all your technology questions. First come, first served every other Monday at the Hull Senior Center.



GARDEN THERAPY

Mondays, Sept 18th and October 23rd, 11:00am

Gardening has been proven to be therapeutic and 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 LUNCH

Tues, Sept 26th, 12:30pm

Join us at the Senior Center for a community breakfast with guest speaker Chris Dilorio, Director of Community Development & Planning for the Town of Hull. Chris will discuss projects his department is working on and ask for feedback from attending seniors on what they would like to see in town to help address the needs of older adults in Hull. 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, Sept 20th and October 18th, 2:00pm

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!

Call the Center for more information!



VOLUNTEER SPOTLIGHT

This month we would like to spotlight one of our volunteers, former president and current member of the Hull Garden Club, Susan Short Green.

Susan and her husband bought a house in Hull in 2001 and have lived here full time

for 10 years. Susan likes to garden and work in her yard as well as take her dog, Brody, on walks on the beach during the off-season. Susan gives her time to the Hull Lions Club and is an active member of the Beach Management Committee and Zoning Bylaw Committee in Hull. She also enjoys being a member of the Salt Water Club. Susan began volunteering with the Hull Garden Club to provide the Garden Therapy program at the Hull Senior Center. She enjoyed the program so much that she decided to chair the Garden Therapy Committee. The Hull COA is very lucky to have Susan, and other Garden Club volunteers, provide this wonderful program at the Center! Thank you, Susan!!



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.

SEPTEMBER 2023 CALENDAR

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Monday	Tuesday	Wednesday	Thursday
<div>  <p>LABOR DAY</p> </div> <p>Senior Center Closed</p>	<p>8:45 Zumba</p> <p>9:45 Chair Yoga</p> <p>10:30 BP Clinic</p> <p>11:00 Qigong</p> <p>1:00 Whist</p> <p>1:00 Chair Massage</p>	<p>9:00 Strength</p> <p>10:30 Not Just Yoga</p> <p>11:30 Sandbar Lunch</p> <p>12:30 Tai Chi</p> <p>1:00 Bridge</p>	<p>9:00 SHINE</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong</p> <p>11:00 Line Dancing</p> <p>3:00 Caregiver Support</p> <p>5:00 END OF SUMMER SOIREE!!</p>
<p>9:00 Strength</p> <p>10:30 Crafts & Games</p> <p>1:00 Knitting</p> <p>1:00 Bingo</p> <p>3:00 Tech Help</p>	<p>8:45 Zumba</p> <p>9:45 Chair Yoga</p> <p>10:00 Plymouth Walmart</p> <p>11:00 Qi Gong</p> <p>1:00 Whist</p>	<p>9:00 Strength</p> <p>9:00 Writing I</p> <p>12:30 Tai Chi</p> <p>1:00 Bridge</p>	<p>Charles River Cruise</p> <p>9:00 Writing II</p> <p>9:45 Chair Yoga</p> <p>11:00 MahJong</p> <p>11:00 Line Dancing</p> <p>1:00 History</p> <p>1:00 Meditation</p> <p>3:00 Caregiver Support</p>
<p>9:00 Strength</p> <p>10:00 Rep J. Meschino</p> <p>10:30 Crafts & Games</p> <p>11:00 Garden Therapy</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p>	<p>8:45 Zumba</p> <p>9:30 Veterans Hour</p> <p>9:45 Chair Yoga</p> <p>10:30 BP Clinic</p> <p>11:00 Qi Gong</p> <p>11:30 Nurse 1/2 Hour</p> <p>1:00 MBTA Presentation</p> <p>1:00 Chair Massage</p> <p>1:00 Whist</p>	<p>9:00 Strength</p> <p>9:00 Writing I</p> <p>10:30 Not Just Yoga</p> <p>12:30 Tai Chi</p> <p>1:00 Bridge</p> <p>2:00 Book Group</p>	<p>9:00 SHINE</p> <p>9:00 Writing II</p> <p>9:45 Chair Yoga</p> <p>10:00 Insurance Advisor</p> <p>11:00 MahJong</p> <p>11:00 Line Dancing</p> <p>1:00 History</p> <p>1:00 Meditation</p> <p>3:00 Caregiver Support</p> <p>4:15 Vinyasa Yoga</p>
<p>9:00 Strength</p> <p>10:30 Crafts & Games</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p> <p>3:00 Tech Help</p>	<p>8:45 Zumba</p> <p>9:45 Chair Yoga</p> <p>11:15 Art For Your Mind</p> <p>12:30 Café Talk LUNCH</p> <p>1:00 Whist</p>	<p>9:00 Strength</p> <p>9:00 Writing I</p> <p>10:30 Not Just Yoga</p> <p>11:30 Trip to Nona's</p> <p>12:30 Tai Chi</p> <p>1:00 Bridge</p>	<p>9:00 Writing II</p> <p>9:45 Chair Yoga</p> <p>10:30 Sen. O'Connor Hour</p> <p>11:00 MahJong</p> <p>11:00 Line Dancing</p> <p>1:00 Meditation</p> <p>3:00 Caregiver Support</p> <p>4:15 Vinyasa Yoga</p>

September is National Senior Center Month

Friendships



Health

Purpose



Creativity



DISCOVER YOURS

OCTOBER 2023 CALENDAR

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Monday			Tuesday			Wednesday			Thursday			
9:00	Strength	2	8:45	Zumba	3	9:00	Strength	4	9:00	SHINE	5	
10:30	Crafts & Games		9:45	Chair Yoga		9:00	Writing I		9:00	Writing II		
1:00	Bingo		10:00	Drawing		10:30	Not Just Yoga		9:45	Chair Yoga		
1:00	Knitting		10:30	BP Clinic		12:30	Tai Chi		11:00	MahJong		
			11:00	Hull Lifesaving Museum Visit		1:00	Scam Prevention		11:00	Line Dancing		
			11:00	Qi Gong		1:00	Bridge		1:00	History		
			1:00	Chair Massage					3:00	Caregiver Support		
			1:00	Whist					4:15	Vinyasa Yoga		
 INDIGENOUS PEOPLE'S DAY Senior Center Closed			9	8:45	Zumba	10	NH Foliage Trip	11	9:00	Writing II	12	
				9:45	Chair Yoga		9:00	Strength		9:45	Chair Yoga	
				10:00	Patriot Hall of Fame Trip		9:00	Writing I		10:00	Medicare Enrollment Talk	
				10:00	Drawing		10:30	Not Just Yoga		11:00	MahJong	
				11:00	Qi Gong		11:30	Sandbar Lunch		11:00	Line Dancing	
			1:00	Chair Massge		12:30	Tai Chi		1:00	History		
			1:00	Whist		1:00	Bridge		3:00	Caregiver Support		
									4:15	Vinyasa Yoga		
9:00	Strength	16	8:45	Zumba	17	9:00	Strength	18	9:00	SHINE	19	
10:00	Rep J. Meschino Hr		9:30	Veterans Hour		9:00	Writing I		9:00	Writing II		
10:30	Crafts & Games		9:45	Chair Yoga		10:30	Not Just Yoga		9:45	Chair Yoga		
1:00	Bingo		10:00	Drawing		11:00	Fuller Craft Museum Trip		11:00	MahJong		
1:00	Knitting		10:30	BP Clinic		12:30	Tai Chi		11:00	Line Dancing		
			11:00	Qi Gong		1:00	Bridge		1:00	History		
			11:30	Nurse 1/2 Hour					3:00	Caregiver Support		
			1:00	Elegant Glass Talk		2:00	Book Group		4:15	Vinyasa Yoga		
			1:00	Chair Massage								
			1:00	Whist								
9:00	Strength	23	8:45	Zumba	24	9:00	Strength	25	9:00	SHINE	26	
10:30	Crafts & Games		9:45	Chair Yoga		10:30	Not Just Yoga		9:45	Chair Yoga		
11:00	Garden Therapy		10:00	Drawing		12:30	Tai Chi		10:30	Sen. O'Connor Hr		
1:00	Bingo		11:15	Art For Your Mind		1:00	Bridge		11:00	MahJong		
1:00	Knitting		12:30	Bowling at SSCC					11:00	Line Dancing		
3:00	Tech Help		1:00	Whist					1:00	Financial Advisor		
									3:00	Caregiver Support		
									4:15	Vinyasa Yoga		
9:00	Strength	30	8:45	Zumba	31	9:00	Strength	Nov 1	9:00	SHINE	Nov 2	
10:30	Tea and Tarot		9:45	Chair Yoga		10:30	Not Just Yoga		9:45	Chair Yoga		
10:30	Crafts & Games		11:00	Qigong		12:30	Tai Chi		11:00	Line Dancing		
1:00	Bingo		12:30	Hulloween Party		1:00	Bridge		11:00	MahJong		
			1:00	Whist					1:00	History		
									3:00	Caregiver Support		
									4:15	Vinyasa Yoga		

CLASSES & PRESENTATIONS

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SPEAKER PRESENTATIONS

MBTA CUSTOMER SERVICE

Tuesday, Sept 19th, 1pm

Have you ever wondered how to catch the MBTA bus in Hull? Do you know if you qualify for the MBTA RIDE or RIDE Flex program?

The MBTA Office of Customer Engagement and the Department of System-Wide Accessibility will visit the Hull Senior Center to answer all your questions. They will also have individuals available to help you apply for Senior Charlie Cards. Bus schedules for the Hull MBTA Route 714 will be available in both small and large print, as well as brochures on general accessibility and RIDE information.

Call to register for this informative talk, 781-925-1239.



PROTECT AGAINST SCAMS!

Wednesday, October 4th, 1pm

Robin Putnam from the Office of Consumer Affairs and Business Regulation will relay tips and strategies to help you protect your credit and your assets from scammers and hackers. She will also provide up to date information on current scams and how to avoid falling prey to them. Detective Andrew Reilly from Hull Police Department will be here to share local information. Q & A will be held at the end of the program. Call for the upcoming date and to register for this informative talk, 781-925-1239.

MEDICARE OPEN ENROLLMENT PRESENTATION

Thursday, October 12th, 10am

Medicare Open Enrollment is 10/15/23-12/7/23

Are you turning 65 soon or would you like to change your current Medicare plan? SHINE Volunteer Counselor, Elaine Schembari, will discuss what you need to know and answer your questions about the process. Elaine will also offer appointments each week at the Hull COA throughout the open enrollment season. Please call to register for this informative talk or to schedule and appointment, 781-925-1239.

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

ENGAGE IN LIFE LONG LEARNING!

ART FOR YOUR MIND

Tuesdays, Sept 26th & Oct 24th, 11:15am

This one-hour art experience, presented by Jill Sanford, continues in September with *Appreciating Sculpture*, offering an opportunity to experience the art medium of sculpture more fully. From ancient masterpieces to modern creations, increase your understanding of the choices artists make as they give physical form to the elements of design. And in October, discover *Ansel Adams' Artistry*, allowing one the chance to admire and interpret the intriguing photographs of Ansel Adams, offering a renewed respect for his unique and visionary use of photography as an art form. Call to register for this popular series, 781-925-1239. \$3 suggested donation per class.

HISTORY LECTURE SERIES

THE HISTORY OF HULL'S SEVENTEEN ISLANDS AND ROCKS

Thursdays, 9/14, 9/21, 10/5, 10/12, 10/19 & 11/2

Presented by Bob Jackman

This six week history series will examine the geology, history, and current use of Hull's dozen islands and half dozen rock clusters in Boston Harbor and the Atlantic Ocean. Given its size and robust history, Peddocks Island will receive more attention than any of the other islands. The course will also provide an overview of the way that these islands have been utilized in the defense of Boston Harbor from colonial times through World War II.

Limited to 20 participants. Cost is \$25.

DRAWING CLASS

Tuesdays, October 3rd- 24th, 10-11:30am

Join Fine Artist Marianne F. Buckley Curran, a Hull resident and a Hull Artist member, as she provides a four week series on drawing. Marianne has taught at the Fuller Art Museum, South Shore Charter School, and Hull Continuing Education. Each class will consist of a different focus that builds on the week before: Drawing and Using Basic Shapes, Perspective Part I & II, and Drawing from Life or a reference picture. Cost is \$45 for the series and must be paid before the first class. Space is limited, call for more information!

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

Tuesdays at 11:00am, no class 9/26 or 10/24

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. Call to sign up. \$5 per class.



VINYASA YOGA Thursdays at 4:15pm, Beginning October 5th

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

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.

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 9/13

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. Drop-ins welcome.

LINE DANCING Thursday at 11:00am

with Mimi Leary

Anyone can learn line dancing with this energizing class! 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.

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.

CHAIR MASSAGE

WITH SANDY O'HARA

Tuesdays 9/5, 9/19, 10/3, 10/10 & 10/17

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.

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

Mondays: Sept. 11th, 18th, & 25th; Oct. 2nd, 16th, & 23rd at 1:00pm

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

LUNCH AND BINGO AT THE SANDBAR

**Wednesdays, Sept 6th &
October 11th at 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 reserve your seat. Transportation available upon request. 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.

ELEGANT AMERICAN GLASS

**Tuesday, October 17th,
1:00pm**

Avid glass collector, Maria Martell will discuss how several American glass companies from 1900 to the 1960's manufactured glass that collectors called 'Elegant' glassware. The glass was very good quality, highly polished, and decorative, as well as utilitarian. Many items were decorated with etchings and cuttings. Maria will also be bringing items from her glass collection to view. Call 781-925-1239 to register.

TEA AND TAROT

**Monday, October 30th,
10:30am**

Join Sara Pearson for a bit of mystical fun following her *Strength and Flow* class. The hot tea will be flowing while Sara shares stories from her tarot cards. Every tarot is a narrative of which you are the hero and the surrounding cards represent issues or people affecting you and the story of your life. Please register for this event. \$5/person

HULLOWEEN PARTY

**Tuesday, October 31st,
12:30pm**

The Senior Friends are hosting a Halloween Party. Enjoy pizza for lunch, drinks, snacks and a goodie bag to take home. When you arrive you may find a treasure chest of vintage hats, clothes and accessories to create a fun costume. Or feel free to wear one of your own. We'll also have Halloween Bingo, a costume contest, and tattoos. Let's have some fun! Call the Senior Center to register for this fun event, 781-925-1239. \$2/person



WRITING COURSES

**Wednesdays, Sept 13th—
Oct 18th, 9-10:30am
Thursdays, Sept. 14th—Oct
19th, 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 the Center to register!

MEDITATION

WITH JANEY TENAGLIA

**3-Week Series
Thursdays, Sept. 14th, 21st &
28th at 1:00pm**

Meditating is a routine, like brushing your teeth daily, that allows the mind to rest. Janey will return to the Senior Center this fall to help you begin your practice. \$15 per person. Must sign up for the series. No drop ins. First class Sept 14th. Don't miss it!

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 10am (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 are 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 and 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 x207.

HULL EMERGENCY MANAGEMENT UPDATE

The Hull Emergency Management team has implemented a new feature to allow the public to notify the Fire Department in the event that someone has evacuated from their home. If a severe weather event is forecasted, like a hurricane or winter storm, and a resident decides to evacuate their home until the storm is over, they can inform the fire department by going to the fire department page on the town website <https://www.town.hull.ma.us/fire-department> and clicking the "I have evacuated" button on the toolbar on the left-hand side. They will then be

re-directed to a page to input a first and last name, the address evacuated from, when they evacuated, and contact information. This information will allow the fire department to contact the resident if need be, or follow up after the event has passed.

FLU CLINICS

The Hull Board of Health will be providing Flu vaccines for all. They will have Fluzone High dose quadrivalent for those 65+. Flu clinics will be held early October, please watch for flyers and via facebook for an exact date

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



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 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 Ctr. Early AM and Late PM appts cannot be accommodated.

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 Sept. and Oct.

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

- Sept. 12th Plymouth Walmart
- Sept. 27th Visit to Nona's Ice Cream in Scituate Harbor
- Oct. 24th Bowling at the SSCC (cost is \$12)

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.



RIDE REQUEST ONLINE



On the Town Webpage

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.



HULL LIFESAVING MUSEUM

Mary Sparrow Exhibit
Tues, Oct 3rd, 11:00am

Mary Evelyn Sparrow was the wife of Captain William Sparrow, Keeper of Point Allerton US Lifesaving Station in the early 1900's. During that time, Mary documented her life and that of the brave mariners who battled the elements to save those in peril at sea. Join the Hull COA for a private tour of this exhibit. \$8/person.

PATRIOTS HALL OF FAME

Tuesday, Oct. 10th, 9:00am

The Patriots Hall of Fame boasts an interactive self-guided museum and hall of fame displaying fantastic team memorabilia. It's a must see for all Patriots and football fans. All six of the team's Vince Lombardi Super Bowl Championship trophies are on display as well as Super Bowl rings. Cost is \$12/person. Bring money for lunch.

FULLER CRAFT MUSEUM

Wedn, Oct. 18th, 11:00am

Hop on the Hull COA van and take a ride to this fascinating museum currently housing six separate exhibits of contemporary crafts by amazing artists. A wide range of materials, innovative techniques, and subject matter is on display for your viewing pleasure. Cost is \$4/person for the van ride. Bring money for lunch.

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!

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 Cambridgeside Galleria. SIGN UP with payment begins July 1st. Cost \$110.

NH's Foliage Splendor **Oct 11**

Visit the famous Granite State Candy Shoppe and take a behind the scenes tour with samples of their delicious chocolates. Enjoy an uncommon meal at the Common Man Restaurant in Concord, NH. Then visit Meadow Ledge Farm for farm stand goodies. SIGN UP with payment begins August 1st. Cost \$129.

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

Hull COA travelers enjoy a trip to Boston for lunch at Joe's Waterfront Grill.



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

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

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AROUND TOWN & THE SOUTH SHORE

Endless Summer

Saturday, Sept 9th, 12pm-5pm

Endless Summer Waterfront Festival, located at Nantasket Beach, is a free event hosted by the Hull Nantasket Chamber of Commerce. There will live music, food, vendors and contests. It's a great way to spend an afternoon with friends and family.

Nantasket Beach Car Show

Sunday, Sept 17th, 8am-12pm

Nantasket Beach Car Show is a great way to spend the morning by the ocean while viewing hundreds of classic, antique and modern cars and trucks for a half-mile along Nantasket Avenue.

Fish Fry at the Salt Water Club

Sunday Sept 17, 12pm



Enjoy a free fish fry luncheon for Seniors, courtesy of the Nantasket Beach Salt Water Club. Advanced reservation required. Limited to 75. To sign up, call the Hull COA at 781-925-1239 by Sept 11th.

Hull PorchFest 2023

Saturday Sept 23rd, 1-6pm

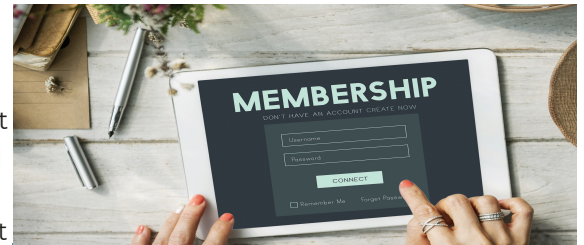
Located in Hull's Kenberma neighborhood, local bands and performers play free sets on porches, driveways, front yards and other unique performance sites around town. To find out more information, go to hullporchfest.org.

Crosstown Quilters Guild Quilt Show

Sat & Sunday, Oct 14th & 15th, 10am-3pm



Held at the Abington Senior Center, 441 Summer St., Abington
Admission \$7, Vendors, raffles and beautiful quilts on display.



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.