



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

March - April | 2022

Cover Photo  
by Hull  
Resident and  
Retired  
Freelance  
Photographer  
Richard  
Green

More of  
Richard's  
photos can  
be found on  
Facebook.

If you would be  
interested in  
sharing your  
artwork or  
photography  
on the cover of  
our next issue,  
let us know.



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

## GET IN TOUCH

781-925-1239 (p)

781-925-8814 (f)

[town.hull.ma.us/council-aging](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

## 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.

## QR CODE

Do you want to receive  
our newsletter delivered  
to your home? Use your  
smart phone camera, scan the  
image  
below,  
click the  
link &  
sign up!



# ABOUT US AND OUR SERVICES

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## OUR STAFF

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

Lisa Thornton | ext. 4  
Director

Jo Ann Rose | ext. 5  
Administrative Assistant

Rachel Gerold | ext. 6  
Outreach Coordinator

Mickey Corcoran  
Van Transportation

Alice Kaplan  
Van Transportation

Elaine Schembari | ext. 3  
SHINE Coordinator

SSS NUTRITION | ext. 2

Get Better Mickey, we need you!



**WE'RE HERE TO HELP!**

## IMPORTANT PHONE NUMBERS

Hull Veteran's Service Office  
781-925-0305

South Shore Elder Services  
781-848-3910

Wellspring Multi Service Center  
781-925-3211

Elder Hotline, Medical, Abuse  
(physical, mental, financial...)  
1-800-922-2275

Massachusetts Health  
1-800-841-2900

Senior Protection Team  
1-508-584-8120

Social Security  
1-800-772-1213

Mass. Securities Division re: scams  
1-800-269-5428

Better Business Bureau, Natick  
1-508-652-4800

National Suicide

Prevention Lifeline  
1-800-273-8255

ANCHOR OF HULL  
Substance Abuse Resource  
781-534-9327

## A NOTE FROM THE DIRECTOR



I write to you all on one of those unseasonably warm New England winter days and feeling the excitement for spring! Traditionally spring is a time of transition and rebirth, when we come out of hibernation after a long winter and start to spend time with family and friends after hunkering down in the cold. After a “pandemic hibernation” these past few months, I know I am ready to re-emerge and join back into life! I hope you are too.

We at the Council on Aging are springing back to new life too. After closing for the safety of our volunteers, staff, and the community during the most recent surge, we will be opening

again on February 28th to serve you! I am so excited to bring you some new activities but also pleased to report that we will be bringing back your favorite programs.

The *Grab and Go* program with hot soup and freshly baked bread from local businesses will be continuing after reopening as it was popular with you!

I am also looking forward to change and new life that will come in the form of the most recent Needs Assessment. The team at UMass Boston has been compiling and analyzing the data this winter. They will be sharing the results and their recommendations in the coming weeks at a public presentation (date TBA)-from the data collected through community surveys, focus groups, and interviews. Preliminary

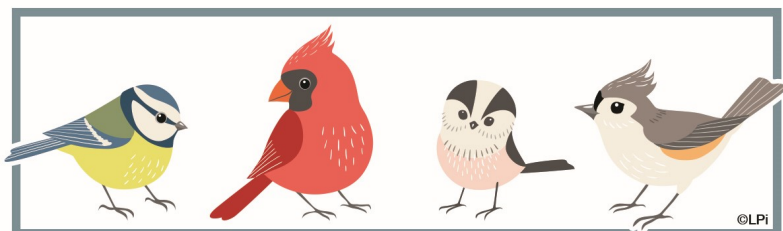
statistics from 1750 surveys (35% response rate) suggest that 42% of you are looking for indoor exercise, 36% for outdoor exercise and 33% for day trips. In this newsletter, you will find some new exercise & recreational classes (page 9) and some day trips (page 10) planned in the coming months.

I'm excited to announce that a new member of the Hull Council on Aging team joined this week. Alice Kaplan will be a new Van Driver. You can read more about Alice on page 4. Finally, Rachel Gerold has accepted a position with the Hull Board of Health. We will miss her and wish her the very best in her new role.

Stay Well.

Lisa

lthornton@town.hull.ma.us



## RESOURCES

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

Thursdays, 3/24 and 4/21 @ 10:30am  
617-722-2425

**Office Hours with State Representative Joan Meschino**

3rd Mondays @ 10am. 3/21. Call the office at 617-722-2320 for April.

**Meals on Wheels**

South Shore Elder Services 781-848-3910 x415

**Stretch Your Food Budget**  
Free & nutritious Meal Kits to Hull Food Pantry -Dot's Kitchen  
Wellspring Multi Service Center  
781-925-3211 x112

**SHINE—Serving the Health Information Needs of Everyone**

Thursday appt times between 9am-1pm, Mar 3 & 17, Apr 7 & 21

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

## COA BOARD

Jim Richman, Chair

Rob Goldstein, Co-Chair

Hannah Taverna, Secretary

Mimi Leary, Mike Maloon,

Maureen O'Brien, Brian

McCarthy– Board Members

Greg Grey– Liaison to COA

## Open Staff Positions

**Now Hiring**

- **Activities/Volunteer Coordinator**
- **Outreach Coordinator**

## Open COA Board Positions

- **Board Members (2)**

**Note:** Although we make every effort to ensure that our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please call 781-925-1239 to verify info.

If you provide your best phone # and an email address we can keep you up to date with changes, cancellations and new programs.

## CHAIR YOGA ON TV

Tue/Thur @ 10am - Hull TV

Tune in to Hull Cable for chair yoga at home. Verizon Channel 35, Comcast Channel 9



## WELCOME ALICE KAPLAN

We are so excited to have Alice join the team as a VAN DRIVER!

Alice recently retired from the transportation industry. She is an avid hiker and kayaker, and attends Sara's Strength Class at the senior center on Monday's. She is a hopeless animal lover. She says she is so happy to take seniors where they need to go

and enjoys listening to all their life stories! Happy Driving Alice!

## RACHEL'S NEXT STEP

Congratulations Rachel! We are so excited for you as you take a new step on your journey (luckily you are not walking too far) Rachel joins HULL BOARD OF HEALTH as the Town Nurse, so we will continue to see Rachel at the center.

We wish her much success in her new role, and thank her for all she has done these past two years!

You can still see Rachel for Outreach on Wednesdays at the Senior Center in the coming weeks.

## SENIOR FRIENDS

*"Senior Friends" is a group of volunteers serving Hull's senior citizens in coordination with the Hull Senior Center and Wellspring Senior Outreach.*

### 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'*.

Our Ongoing Projects include: Hull's Living Treasures, Moments of Joy, Birthday Buddies, Bereavement, Senior Santa.\*

If your interested in joining this volunteer group, please contact the Senior Center at 781-925-1239 x6 for more information.

### Tell Your Life Story!

Anne Cruse, a Senior Friend, volunteers and is composing life stories of our seniors so they may be shared with their family and friends. She calls the project 'Hull's Living Treasures', inspired by her Mom. Our participants loved the stroll down memory lane and how wonderful it is, to pass their story along to those they love. Contact The Center, 781-925-1239 x6 for further information.



THANK YOU TO THE RESIDENTS OF HULL FOR YOUR DONATIONS OVER THE HOLIDAY SEASON! We are grateful & thankful every time you choose to support the work that we do for the seniors we love

## COMMUNITY

### VOLUNTEER SPOTLIGHT

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

#### MEET SANDY BLOOM!



Sandy has been volunteering at the Hull Senior Center for FIVE years. On Monday Mornings you can find Sandy getting creative with seniors doing all sorts of different activities. Sandy has been an amazing asset to our team for years. She brings smiles and joy to everyone she encounters. If you get a chance to see Sandy, say "Hello"- you might even find LOVELY LILY here too!

## VOLUNTEER OPPORTUNITIES

[Volunteer & Save Money!](#)

SENIOR REAL ESTATE TAX CREDIT PROGRAM

100 hours required. To learn about opportunities, policies and procedures, call 781-925-1239. x4

## WHY VOLUNTEER?

Strengthens your community

Good for your brain health

Continue to learn and grow

Share your skills and talents in a productive, purposeful way

Get out of the house—volunteering is a great routine!

Make a new friend or two :-)



# RESOURCES, INFORMATION, PRESENTATIONS

Page 06

## GARDEN THERAPY

3rd Monday of the Month

March 21st & April 25th

@10:30AM

The Hull Garden Club hosts GARDEN THERAPY, a time to come together and learn how to create flower arrangements,



or create a floral craft!

This class with all materials and instruction are generously provided

by the Hull Garden Club and its members.

Call ahead (781) 925-1239 Ext 1

Space is limited.

## LENDING LIBRARY

The Hull Public Library has a small floating collection of Large Print books available to checkout at the Senior Center! A COA staff member will be able to assist you (and you don't even need a library card!).

If there is a SPECIFIC TITLE that you would like to place a hold on, or would like the Library to purchase and add to our collection? Please call us at 781-925-2295 or email [hucirc@ocln.org](mailto:hucirc@ocln.org). We can also arrange for book delivery to your home.



## DON'T GET SCAMMED!



March 15 @ 11 AM

Detective Andrew K. Reilly

Hull Police Department

### KNOWLEDGE IS POWER!

Detective Reilly will present important and up-to-date information on scams, so you can stay ahead of the scammers!

Why are seniors targeted?

How are seniors targeted?

Common Scams

Protecting yourself from fraud

Steps to take if you become a victim

Contact information for reporting fraud

Q&A at the end, so bring your questions. RSVP @ 781-925-1239

## SOUP IT UP, PICK IT UP

@ HULL SENIOR CENTER

Grab & Go Tuesdays 12-1PM

Mar 1 and 15, Apr 5 and 19

(Limit 50, Reservation Required.)

Drive up for delicious HOT SOUP & FRESH BREAD. A sweet treat is included too!

SIGN UP at (781) 925-1239 \*1 or by

EMAIL: [hullcoa@town.hull.ma.us](mailto:hullcoa@town.hull.ma.us)

\*\*Please drive up to the front of the bldg (197A Samoset Ave) and we will hand it to you in your vehicle.

\*THIS EVENT IS FREE-

DONATIONS ALWAYS WELCOME



## MONDAY LUNCH

@ HULL SENIOR CENTER

11:45am—12:30pm

Join us for lunch together. Socializing is good for your health and mind! Lunches provided by SSES. Menu available at the senior center. Suggested donation \$2

Call by Wednesday the week before to reserve your lunch!

**CIRCUIT BREAKER?** It is called the Circuit Breaker Tax Credit because your eligibility is "triggered," like an electrical circuit breaker, when property tax payments exceed 10% of a senior citizen's annual income. Those who qualify will still be required to pay property taxes to their local communities. Seniors who are homeowners may be eligible to receive a credit on their MA state income taxes. DETAILED BROCHURE AT THE CENTER..

## 1:00PM WEDNESDAY LUNCH

HOSTED @ SANDBAR IN HULL

March 16th: Irish themed Lunch and Bingo

April 13th: Spring at the Sandbar

Call to reserve a spot (781) 925-1239 \*1



## VIRTUAL/IN-PERSON PRESENTATION

### WORLD'S END AND WEIR RIVER FARM

Tuesday, March 8th @ 1:00pm (In person & Zoom)

#### What is the value of public green spaces?

Join the Trustees South Shore Education Manager, Jasmine Smith-Gillen for a virtual trip to beautiful World's End Reservation in Hingham. Jasmine will share the history and unique ecology of this special place and how it came to be a public park. We will talk about our other favorite green spaces, and discuss why they are important civic, educational, and spiritual assets worth stewarding for future generations.

Jasmine Smith-Gillen is the South Shore Education Manager at the Trustees properties of World's End and Weir River Farm in Hingham. She grew up in Massachusetts and has always delighted being out on the water or on the beach. Jasmine's love for the ocean, led her to getting a Master's degree in marine biology. Her career has been focused on environmental education at non-profits, including a number of Mass Audubon sanctuaries, the Lloyd Center for the Environment in Dartmouth MA, and the Roger Williams Park Zoo in Providence, RI. All have involved working in beautiful places where she has enjoyed connecting people with nature and animals, encouraging stewardship for our home planet  
**CALL TO SIGN UP (781) 925-1239 \*1**

## HISTORY LECTURE SERIES

### STEAMBOATS TRAINS AND TROLLEYS, MASS TRANSPORTATION-HULL

Thursdays, March 3-April 7, 1:00-2:30PM

**6-WEEK LECTURE SERIES**, March 3, 10, 17, 24, 31 April 7 2022. Tuition \$20 for 6 wk series. Limit 20

Steamboats, Trains and Trolleys, Mass Transportation in Hull – w/ Bob Jackman

Steamboats, Trains and Trolleys, Mass Transportation in Hull will chronologically detail the arrival of each of these transportation modes in Hull and demonstrate the relation between transportation, the economy, and the culture of the town. The program will delve into the investors, managers and captains

who operated the systems, and also identify some of the more fondly recalled vessels and engines that serviced Hull.

**Weather Note:** Classes will be cancelled if there are snowy or slick travel conditions. Make-up classes will be offered.

## CREATIVE NOTE CARD MAKING

Join Hull Artist Jocelyn Thomas for card making!

**Wed. March 9, 10-11AM**

You may have noticed Jocelyn's work around town! She has painted a few of the Utility Boxes on Nantasket Ave.

Jocelyn has many paintings, fused glass and cards for sale at Gallery Nantasket. She is a Cohasset Open Studios member and member of the SSAC.

Her interest in hand making cards will be the focus of this workshop. Create something that has both art and function. It should be fun, challenging in a good way, and will focus on creating a personal way to connect.

Some materials provided. We suggest you bring scissors, any yarn, buttons, etc. that you might want to use on your card, or even a small favorite picture of family or pets that you might want to add to your card.

Please call 781-925-1239 to RSVP for this event! No walk-ins!

## 6 WEEK WRITING COURSE

Wednesdays - 9:45-10:45am (w/ Laura Leventhal)

March 16th, 23rd, 30th April 6th, 13th, 20th

**This class is for any level of writer! Whether you haven't written a word, have poems stashed in your desk drawer, or you want to put your ideas and thoughts and dreams on paper, join us! 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. (I like plain old Bic pens.) Please call the Senior Center at (781) 925-1239 to reserve your spot.**

# CLASSES, CLUBS, CLINICS

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## CRAFTS & GAMES

Monday at 10-11:30am

WITH SANDY BLOOM

Easy crafts to tap into your creative side. Fun games for socializing. Snacks served and/or stay for lunch.



## BINGO

Monday at 1-3:30pm

Come enjoy a fun afternoon with friends. Maureen & Ann are here calling bingo and bringing smiles! Please call to sign up. Space limited.



1st and 3rd Mondays

1:00pm-3:00pm

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

INSTRUCTION PROVIDED by MARGIE

Mar 7

Mar 21 (After Garden Therapy)

Apr 4

Apr 25 (Holiday on April 18th)



## CLINICS AT THE SENIOR CENTER



## BLOOD PRESSURE CLINIC

Tuesday at 10:30am-11:15am

1st & 3rd Tuesday, with Town Nurse, Rachel Gerold Mar 1, 15 Apr 5, 19

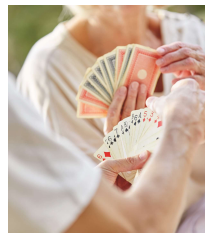


## PODIATRIST CLINIC

Mar 21 at 10:15am-1:00pm

Call Dr. James Dwyer's office at

781-335-8811 to schedule an appointment.



## CARD CLUB

Tuesdays at 1:00

Currently playing Whist. We would like to expand to other card games. Call if interested. Meet someone new or bring a friend.



## MAH JONG

Thursdays at 11am-1pm

WITH BARBARA LAWLOR

Tile based game that was developed in the 19th century in China and has spread throughout the world. Beginners and experienced players.



## MOVIE MATINEE'S

WEDNESDAYS @ 2pm

3/9 WILD OATS, PG-13, 2016 COM-EDY/ADVENTURE

A retired widow hits the jackpot when she receives a life insurance check mistakenly made out for five million dollars instead of fifty thousand dollars.

3/23 1917, R, 2019, WAR/DRAMA

4/13 LAUNDROMAT, R, 2019, DRAMA/COMEDY

4/27 MONEYBALL, PG13, 2011 Sports/Drama

The film is based on an account of the Oakland Athletics baseball team's 2002 season and their general manager Billy Beane's attempts to assemble a competitive team. In the film, Beane (Brad Pitt) and assistant general manager Peter Brand (Jonah Hill), faced with the franchise's limited budget for players, build a team of undervalued talent by taking a sophisticated sabermetric method approach to scouting and analyzing players.

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



## PICKLEBALL@ PICKLES

Located at 357 Columbia Rd, Hanover, MA

**Fast Track ONE Mondays, 1-2:00pm**

**Fast Track TWO Mondays, 12-1:00pm**

**March 7, 14, 21, 28 (4 week clinic)**

**Level ONE:** Learn to play Pickleball this winter so you are ready to join in the outdoor fun this spring. Level One is for someone new to the game. Coach provided instruction. Learn to score. Learn to serve. Begins with DRILLS, ends with GAMEPLAY. Level Two advances your game (4-8 people/court).

Call the senior center to reserve your spot. Must have 4-8 people to run this program! \$100/person

Strength & Flow	Mon	9:00am
Chair Yoga	Tues	9:45am
Balance/Condition	Tues	1:00pm
Strength & Flow	Wed	11:00am
Qi Gong/Tai Chi	Wed	12:30pm
Chair Yoga	Thurs	9:45am
Balance/Condition	Tues	1:00pm
Zumba-Moroccan	Thurs	2:30pm

Bring payment on class day or pay forward at the office. Checks payable - Hull COA



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

## 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

## STRENGTH & FLOW

**Mon. 9:00am, Wed. 11:00am**

with Sara Pearson

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

## ZUMBA TONING

**W/ MOROCCAN STICKS**

**Thursdays @ 2:30pm**

**No class 4/7, 4/14. 4/21**

with Justine Hobin

Light weight toning Moroccan sticks enhances sense of rhythm and coordination -tone arms, core, and lower back. We will focus on strengthening muscle groups and reducing the loss of muscle mass. Its purpose is to sculpt and tone through resistance. Improves cardiovascular health. \$5/class

## QI GONG/TAI CHI

**Wednesdays at 12:30pm**

with Bill Mazzeo

Qigong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Tai chi is a low-impact exercise. Gentle movements of regular tai chi can improve your strength, flexibility, and range of motion. \$3.25/class

## BALANCE & CONDITIONING

**Tues and Thurs 1:00pm**

with Neil Sullivan

**Begins on MARCH 15th with a MEET & GREET / CLASS (1-2:30)**

**NO FEE FOR THIS FIRST CLASS**

The class will consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. The stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the ROM (range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls.

Neil is a Clinical Exercise Physiologist. He has worked at Spaulding Rehabilitation Hospital and BIDMC where he has led the Balance and Falls Prevention Program and Post-Rehab Back Care. Neil teaches at local COA's. \$5/class



# TRANSPORTATION, SUPPORT, RESOURCES

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## SENIOR CENTER VAN TRANSPORTATION

Grocery Shopping, Medical ,  
Local Errands, Out-of-Town  
Call 781-925-1239 X5 to request a  
ride and get more information.

COMING SOON! Ride request can  
be submitted on-line at  
[www.town.hull.ma.us/council-aging](http://www.town.hull.ma.us/council-aging)

Medical rides are available  
on Monday & Tuesday with a 5-7  
day notice. If you make a request  
without advance notice  
availability may be limited.

### Grocery shopping

2-3 day advance notice is  
requested for shopping.

Stop and Shop Cohasset  
Wednesday's 10:00 am

Stop and Shop Hingham  
Thursday's 10:00 am

REMINDER: Wear your mask on  
the van. Hand sanitizer available.



## LOCAL DAY TRIPS

Vitamin Sea Brewery  
Weymouth, MA

May 11th 10:30AM

Take a behind the scenes tour of  
Vitamin Sea Brewery. Learn about  
the brewing process, what they

have been brewing and what's  
new to come in Hull this Summer.

Heritage Museum and  
Gardens, Sandwich, MA

May 24th, morning van  
departure, approx 9am

Call to sign up. COSTS TBA.

Weir River Farm Barn Tour

May—date TBA

Bring your own  
bagged lunch or  
order a lunch  
when you sign up



## THE DAFFODIL TRAIL



Hop on the van and enjoy a ride  
around scenic Hull taking in in-  
credible views of the ocean and  
enjoying the beautiful DAFFODIL  
TRAIL planted by members of the  
Hull Garden Club!

Van Rides available on Monday  
April 25th

Call to reserve your spot!

## FUEL ASSISTANCE

2021-22 Fuel Assistance Heating Season

November 1—April 30

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.

This is available for all residents in Hull, not only people 60 and older.

Please call the Hull Senior Center at (781) 925-1239 x 6 for Fuel Assistance  
questions, to fill out an application and to get assistance in filling out the  
application.

## LIFE LESSONS & SHARING LOSS TOGETHER

GROUPS MEET AT THE SENIOR CENTER

hosted by William Zella, Ph.D., licensed Psychologist  
and Rachel Gerold, Town Nurse

LIFE LESSONS—1ST & 3RD TUESDAY, 3-4PM

Join Dr. Zella and Rachel to share your “Life Lessons” with a small group  
of community members. There is so much value in sharing your life  
with others and it is our hope we can share them with Hull High School  
students this upcoming year.

SHARING LOSS TOGETHER—2ND & 4TH TUESDAY, 3-4PM

This discussion will talk about all types of loss. Loss of a loved one, pet,  
career, meaning in life, youth and so much more. Are you feeling the  
effects of pandemic depression?

Please join in our conversation or simply join to listen. We have so many  
lessons to learn together. (NO meeting the 5th Tuesday) Call 781-925-  
1239 \*6 if you have questions or you are interested in joining this group.

# HULL COUNCIL ON AGING

Department of Elder Services

Anne Scully Senior Center

197A Samoset Avenue, Hull, MA 02045

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Hull, MA 02045

RETURN SERVICE REQUESTED

If Town Hall is closed, the senior center is closed. If schools in Hull are closed, the VAN does NOT operate. It is the discretion of the Director of the Senior Center to cancel van rides due to poor road conditions. During inclement weather, call the center to check if activities have been cancelled. The office remains open unless there's a severe storm. If your call is not answered please leave a message - 781-925-1239 ext. 1.

*This Newsletter is sponsored in part by the Executive Office of Elder Affairs and by our Advertisers. Shop our ads!*

## VETERAN'S COFFEE

@ Hull Lifesaving Museum

Friday, March 4th & April 1, 9:00-10:30 AM

Enjoy the camaraderie of other Veterans. All veterans welcome on the first Friday of each month. January's meeting will be held at The Hull Lifesaving Museum, 1117 Nantasket Ave. (closed to public during meeting)

New speakers each month on varying topics.

Discussion & snacks . Contact Craig "Wolfie" Wolfe at 781-771-6416 or by email at [89edge@comcast.net](mailto:89edge@comcast.net)



## WELLNESS RETREAT

Sanctuary Fitness, Two Little Feet Yoga & Girl On Fire Reiki want to immerse your mind, body & soul in a full morning of self-love to celebrate YOU this Spring Season! Allow Sara Pearson and Nicole Palermo to bring gentle yoga, reiki energy healing, essential oils & healthy bites to show gratitude and love to YOU!

This retreat is being planned for May-June! DATE & TIME To Be Announced!

Call for details and to reserve your space. Early sign-ups accepted.



Holiday: Monday April 18th



**SUNDAY  
MARCH 13TH**  
Longer days are ahead and the sun is coming. Don't forget to turn your clocks ahead ONE hour!

**LET US KNOW IF YOU ARE  
INTERESTED IN BEING A  
PROGRAM LEADER!**

Do you have a special talent, hobby or interest? If so, have you thought about sharing that skill or passion with seniors ? Language, travel/culture, journaling, photography, painting, design, crafting projects, dancing, knitting, quilting. What is the commitment? It could be a one time event, or a monthly or weekly commitment. You are more interesting than you think! People love learning, and you might be surprised at what you can offer. Don't keep your talents a secret! We need YOU!