



HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

January - February | 2022

Cover Photo
by Hull
Resident,
Ann E.
Goldman

Ann captures
everyday
moments
showcasing
the beauty
surrounding
us in Hull.

To see more
of Ann's
photos
check out
Facebook
Ann E.
Goldman



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

GET IN TOUCH

781-925-1239 (p)

781-925-8814 (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 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.

CREATIVE CARDS

Window to Your Heart

Join Hull Artist Jocelyn Thomas
for card making!

February 9, 10-11AM

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

Please call 781-925-1239 to RSVP
MORE DETAILS ON PAGE 7

ABOUT US AND OUR SERVICES

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OUR STAFF

Lisa Thornton | ext. 4
Director

Jo Ann Rose | ext. 5
Administrative Assistant

Rachel Gerold | ext. 6
Outreach Coordinator

Mickey Corcoran
Van Transportation

Elaine Schembari | ext. 3
SHINE Coordinator

SSS NUTRITION | ext. 2

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



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

Happy New Year!

The word January comes from Latin “Janus,” a Roman god. Janus was often depicted with two faces and is the god of beginnings, transitions, doorways, and endings. And so, when we celebrate the ending of an old year and the beginning of a new one, it is perfectly fitting that we are at once looking backward and forward, like Janus.

January is a time of reflection; taking stock of all we accomplished and learned in 2021, remembering time shared with friends and family, and feeling at peace with the knowledge of time passing by. January also means New Year’s Resolutions! We make plans for the next year, set lofty goals, and envision a life we want to start

creating for ourselves.

One of my goals for this year is the project I’m calling “100 Walks. In an effort to merge my personal and professional life, I would like to take 100 walks in Hull this year, so that I can reinvigorate my fitness routine, spend time outdoors taking in the beauty at our backdoor, while having an opportunity to see and learn more about the neighborhoods in Hull and the people who live here. I hope to see you on one of my “destination walks” around town and if you see me, make sure to say “hi!”

So, what would you like to accomplish in 2022? What are you proud of accomplishing in 2021? Take some time in the doorway to feel joy and pride

when looking back on your year. And a little more time to think about what’s on the other side of the door in 2022! Transitions can be hard for some of us, but as we think of Janus, we can take comfort in knowing for all of time, people have celebrated and meditated on these transitions. Humans have rung in the new year for millennia and we get to continue this tradition here in Hull at the Senior Center!

Stop by to checkout what’s going on through our doorway! I look forward to seeing you all in 2022 and hearing about your transition into a new year.

Stay Well.

Lisa

lthornton@town.hull.ma.us



RESOURCES

Office Hours with State Senator Patrick O'Connor

Thursdays, 1/27 & 2/24 @ 10:30am
617-722-2425

Office Hours with State Representative Joan Meschino

January 24 @ 10am. For February, call 617-722-2320 to set up a call.

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, Jan 6 & 20, Feb 3 & 17

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

Activities/
Volunteer
Coordinator

Now Hiring

Van Driver, Part-time

Open COA Board
Positions

Board Members (2)

Note: Although we make every effort to ensure that the 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.

VALENTINE'S DAY

Monday, February 14, 11am

Join us at the center to decorate your own cookies to take home and enjoy yourself or share with a friend. We'll have hot tea and cocoa to warm you up from the cold. Connect and share your Valentine traditions. Call to sign up so we have enough cookies and decorations.



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



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 ANN JACKSON! We are grateful for all the time she gives to the Hull Senior



Center, staff & participants! Ann goes above and beyond to get things done at the senior center in a kind professional manner. Sometimes we say something out loud, and without knowing it Ann gets it done right away! Although Ann is a relatively new volunteer she taps into many skills from her previous work experience, and learns fast. We tease Ann that she is not allowed to take time off—but she does—she takes time to participate in almost all of the fitness classes. Since Ann started volunteering, we do not know what we would do without her. She is part of our team! Thank you ANN J!

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.

Senior Santa

It's January, which means that all 150+ gifts have been delivered! As I write this, the donations from the community are still coming into the center. Hanukkah gifts have already been delivered directly to people's homes, and the final push to package up all the wonderful gift items to deliver to seniors at home is in full swing. It is an enormous effort by staff and volunteers, and especially by the "Senior Friends" group coordinating the details. They

could not do it without the support of the community, who surprise us everyday with unique and generously donated items—sometimes in the cover of night, so we don't know who you are! But we THANK YOU! THANK YOU! THANK YOU! for helping us to give so generously to seniors to make the holiday season feel magical.

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.

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

TOWN ASSESSOR INFORMATION SESSION

January 25 at 11:30AM

Are you missing out on reducing your Real Estate Tax bill?

Come to the senior center to hear about program options and new guidelines that can assist older residents with easing their tax obligation from our Town Assessor's Office. Learn about Real Estate Tax Credit Program and Real Estate Tax Abatements.



VETERANS INFO

Are you a senior citizen veteran, married to a veteran or a widow (er) of a veteran?

You may be entitled to supplementary financial/medical assistance or reimbursement of your medical expenses under Mass. General Law Chapter 115 . Benefits based on your military service or your spouse's.

Eligibility Guidelines

Maximum Monthly Income

\$ 2,147 (1 person)

\$ 2,904 (2 persons)

Asset Limits

Single \$ 8,400.00

Married \$16,600.00

(Note: Home and vehicle are not included as assets.)

Contact Paul Sordillo, Veteran's Service Officer at 781-925-0305 to verify eligibility.

DON'T GET SCAMMED!



January 13 at 11AM

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"

@ HULL SENIOR CENTER

Tuesdays 12-1PM

Jan 11 & 25 | Feb 8 & 22

It's that time of year when a bowl of hearty hot soup and freshly baked bread hits the spot! \$4

Call on Monday to reserve a bowl of the soup du jour! Nov & Dec featured Butternut Squash Soup, Beef Barley and Freshly Baked Bread from THE BREAD BASKET!



EATING HEALTHY FOR A STRONG IMMUNE SYSTEM

- Eat orange vegetables and Vitamin C rich foods
- Take Vitamin D
- Get daily exercise

- Get enough sleep
- Stay hydrated!

MONDAY LUNCH

@ HULL SENIOR CENTER

11:45am—12:30pm

Call ahead if you would like to join for lunch. Socializing is good for your health! Lunches provided by SSES. Menu available at the senior center . Suggested donation \$2

FILE OF LIFE



These small red packets are available at the senior center. Complete the FILE OF LIFE with important medical information... a list of medications, allergies, and health impairments. First Responders look for the FILE OF LIFE packet. In an emergency, if you are unable to communicate with a first responder, this info packet may save your life.

EMERGENCY GROCERIES

If you find yourself short of groceries and need a few things to get you through, we often have a small selection of items provided by South Shore Community Action Council. We also have STRETCH YOUR FOOD BUDGET meal kits to add to your pantry. This town-wide project is assisted by the Hull Rotary Club local businesses, and Hull residents. Also, Dot's Kitchen at Wellspring is a wonderful resource.

VIRTUAL PRESENTATION

WORLD'S END AND WEIR RIVER FARM

Wednesday, February 2nd
@ 3pm (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 Earth. CALL for ZOOM link!

HISTORY LECTURE SERIES

STEAMBOATS TRAINS AND TROLLEYS, MASS TRANSPORTATION-HULL

Thursdays, January 13—
February 17, 1:00-2:30PM

6-WEEK LECTURE SERIES, January 13, 20, 27 February 3, 10, 17, 2022.
Tuition \$20. 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 CARDS

Window to Your Heart

Join Hull Artist Jocelyn Thomas for card making!

February 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 in anticipation of Valentines. 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)

JANUARY 12th, 19th, 26th, FEBRUARY 2nd, 9th, 16th

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.

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

PROGRAM LEADERS

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!

CLINICS AT THE SENIOR CENTER



BLOOD PRESSURE CLINIC

Tuesday at 10:30am-11:15am

1st & 3rd Tuesday, with Town Nurse, Joan Taverna. Jan 4, 18 Feb 1, 15

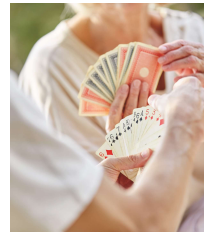


PODIATRIST CLINIC

Feb 7 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 welcome.



MOVIE MATINEE'S

WEDNESDAYS @ 2pm

1/12 WILD OATS, PG-13, 2016
COMEDY/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.

1/26 1917, R, 2019, WAR/DRAMA

2/9 LAUNDROMAT, R, 2019,
DRAMA/COMEDY

2/23 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—FAST TRACK 1 @ PICKLES (HANOVER)

Court reserved on Monday, 12-1pm (8 people/court) Additional court is available 1pm-2pm for next 8 people who sign up.

Jan 24, 31, Feb 7, 14 (4 week clinic)

Learn to play Pickleball this winter so you are ready to join in the outdoor fun this spring. This clinic is for someone new to the game. Coach provided instruction. Learn to score. Learn to serve. Begins with DRILLS , ends with GAMEPLAY. Call the senior center to reserve your spot. Must have 8 people to run this program! \$100/person

Located at 357 Columbia Rd, Hanover, MA

Fitness Class Schedule

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

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



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

CHAIR YOGA ON TV

Daily @ 10am on Hull TV

Can't get to the center? Tune in to Hull Cable for chair yoga at home.

Stations

STRENGTH, BALANCE & FLOW

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

with Sara Pearson

Strength, Balance and Flow is a dynamic class that integrates breathe, mindful movement, yoga, with the use of small hand weights, resistance bands, and balls to improve your balance, and increase strength & flexibility. This

class complements other modalities such as yoga, Pilates, walking and more. Some of the benefits include...strengthen and tone the major muscle groups, improve overall flexibility, and links breath to movement.

Working out with others provides inspiration and connection. You are sure to leave with renewed strength and balance. \$5/class

ZUMBA TONING W/ MOROCCAN STICKS

Thursdays @ 2:30pm

with Justine Hobin

We will be using light weight toning Moroccan sticks enhancing sense of rhythm and coordination while toning 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 while adding muscle resistance. Improves cardiovascular health. \$5/class

QI GONG/TAI CHI

Wednesdays at 12:30pm

with Bill Mazzeo

Qigong can be described as 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 ideal for seniors. The gentle movements of regular tai chi can improve your strength, flexibility, and range of motion. \$3.25/class

MEN'S YOGA—TBA

Guys, don't be shy, give yoga a try!

Yoga is for women, kids & MEN!

This is a great way to add something new to your fitness routine or start one. We have an instructor ready to teach this class! Call if interested!

NEW CLASSES BEING PLANNED !

Arthritis Exercise Class

Strength & Fitness Circuit Training Class

Call if you would like more details.



SENIOR CENTER VAN TRANSPORTATION

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

Medical rides are typically available on Monday & Tuesday mornings with 5-7 day advance notice. If you make a request without advance notice we will do our best to accommodate, but availability will be limited.

Stop & Shop Trips to Cohasset and Hingham stores are typically on Wednesday and Thursday mornings, 10AM. 2-3 day advance notice is requested for shopping. To request a ride, 781-925-1239 X5

REMINDER: Mass.gov safety guidelines for COVID-19 requires face coverings/masks be worn when riding the van. Please wear your mask on the van. Hand sanitizer available.

MAPC TAXI-VAN TRANSPORTATION

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

The Hull Senior Center is working in collaboration with local livery/taxi service to provide seniors additional options for necessary rides. This service provides rides to the Boston area, local out-of-town, as well as around town in Hull. Rides are FREE.

Avoid cancellation fee, with over 48 hour notice.

Call 781-925-1239 X5 for information and to request a ride.

DAY TRIPS

Trips are being planned, but we need to know if you are interested. We want to add your name, phone number and email address to the "trip traveler list". We will let you know the details of any UPCOMING TRIPS! One of our new volunteers will be helping to plan local trips. Feel free to let us know where you would like to travel to and she will check it out!

We are also collaborating with Norwell, Scituate and Cohasset Senior Centers in offering group trips on Luxury Coaches. More to be announced Spring of 2022!

LIFE LESSONS & SHARING LOSS TOGETHER

GROUPS MEET AT THE SENIOR CENTER

hosted by William Zella, Ph.D., licensed Psychologist and Rachel Gerold, Outreach Coordinator

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.

The Community Needs Assessment Project facilitated by UMass Boston in collaboration with The Town of Hull and the Council on Aging is wrapping up. Thank you again to all members of the community who completed surveys and participated in focus groups and interviews. The data is continuing to be collected and compiled. We are looking forward to the findings in this report. Stay Tuned.

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.

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, January 7, 9:00-10:30 AM

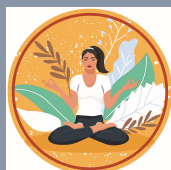
Enjoy the camaraderie of other Veterans. All veterans welcome on the first Friday of each month. January's meeting will be held at The Hull Lifesaving Museum, 1117 Nantasket Ave. (closed to public during meeting)

New speakers each month on varying topics.


Discussion & snacks. Contact Craig "Wolfie" Wolfe at 781-771-6416 or by email at 89edge@comcast.net

NEW YEAR 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 Valentines 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! More to come next month on the specifics of holistic modalities, but for now- please save the date February 16, 2022, 9am-noon! Call for details/sign-up!



Holidays Observed- Center Closed
Jan 3, Jan 17, Feb 21



Am I eligible for a COVID-19 booster shot?




Who?
Individuals **18+** who are fully vaccinated

When?

- At least 6 months after Pfizer or Moderna
- At least 2 months after J&J

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot



More information at mass.gov/COVID19booster

There is no shortage of vaccine at this time, but appointment times are booking out.

To make an appointment:

Nantasket Pharmacy has booster shots! Give them a call at (781) 925-1270 to make an appointment.

You can also visit the VaxFinder tool at vaxfinder.mass.gov for a full list of locations. You are able to narrow results to search for locations that are offering boosters, with appointments available now for booking. For individuals who have difficulty accessing the Internet, or do not have a computer you can call 2-1-1 (Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9 AM-2 PM) for vaccine information.