

CENTRAL TIMES

HINGHAM DEPARTMENT OF ELDER SERVICES



FEBRUARY 2022 | NEWSLETTER



Accredited by 
National Institute of
Senior Centers



224 Central Street,
Hingham, MA 02043



(781) 741- 1458



<https://www.hingham-ma.gov/353/Elder-Services>

February

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[HTTPS://WWW.FACEBOOK.COM/
HINGHAMSENIORCENTER](https://www.facebook.com/HinghamSeniorCenter)

HOURS OF OPERATION

Mondays, Wednesdays, Thursdays: 8:30 - 4:00

Tuesdays: 8:30 - 6:30

Fridays: 8:30 - 1:00

WE WELCOME YOU!

MISSION

The Hingham Department of Elder Services supports the independence and ongoing personal development of Hingham's population 60 and older; advocates for their needs, and works to enhance the quality of their lives.

How to get our newsletter

You can get the electronic newsletter delivered directly to your inbox before it's even printed!

Go to: <https://mycommunityonline.com/>

In the search box enter:

Hingham Senior Center

Under City State or Zip enter: Hingham
Select "The Hingham Senior Center".

You will see all recent publications and can click the feature on the top right hand side. Paper newsletters may be mailed to Hingham addresses only. If you want to be removed from the paper mailing list (to reduce cost and paper usage) call us at 781.741.1458 and we would be happy to remove you.

Refund Policy

Credits may be issued for program registration fees for acute or urgent medical appointments, illness or injury, religious or holy days, family emergencies, senior center technical issues or senior center cancellations. Checks may be issued for refunds in certain individual situations.

Trips booked with an outside agency are not subject to this policy.

PROGRAM REGISTRATION

Program Registration: All programs require registration unless otherwise indicated. To register please call 781.741.1458 or visit MyActiveCenter.com with your scan card.

All programs are subject to change and or cancellation without notice. Priority is given to Hingham residents 60 years of age and older.



Pre-recorded Calls

The Department of Elder Services and the Hingham Senior Center staff share important information with our participants using pre-recorded calls. Caller ID will show 781.741.1458. We ask that you please listen to the recorded message in its entirety before calling the center back. If the message contains a lot of information, it may take a few minutes to show up in your voicemail or answering machine. If your voicemail box is full you will not receive the message.

Funding for newsletter distribution

is provided in part by the State Formula Grant through the Executive Office of Elder Affairs.

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INCLEMENT WEATHER

The Senior Center will not have programs if the public school is closed. If the school announces a delayed opening, we will cancel all morning programs and transportation. The center will close only when the Town Hall closes. Remote programs will follow the closure of in person programs to ensure the safety of our staff and volunteers.

MONTHLY UPDATES

GREETINGS HINGHAM SENIOR CENTER FRIENDS

From Jennifer Young



Welcome to February, one of the longest and shortest months of the year. It is a cold, dark month stuck between the joy of the holidays and the thoughts of spring. By this time of the year my children have had it with the cold weather and being stuck inside of the house. I am sure you feel the same way!

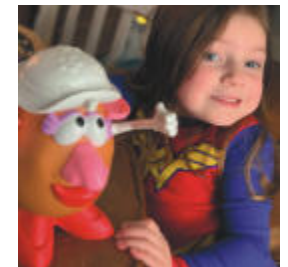
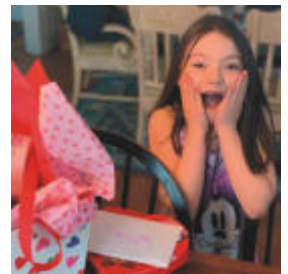
I must say, we do look forward to Valentine's Day to see the joy on their faces when they wake up to gifts from Mom and Dad (or Cupid). They get to exchange Valentine cards with their friends at school and it adds just enough excitement to the month to hold us over until daylight savings time, signaling the warmer weather and brighter days of spring, soon to come. I am longing for the feeling of warm sun on my skin, the smell of fresh cut grass and the sound of ocean waves crashing into the sand. It feels so far away. How time flies when you're having fun with us at the senior center and spring will be here before we know it. So we are in the process of planning future spring and summer programs. Please call us if you are interested in a free one time pickleball clinic, chess, Zumba, barre, ballroom or line dancing. Are there other programs you are interested in? Call us and let us know.

We are also revamping the walking group and are looking forward to sharing the program details in next month's edition of The Central Times.

Wishing you a February full of love and warmth.

Jennifer Young, Director

(photo right) Willa
Valentine's Day 2021



(photo above) Addy
Valentine's Day 2021

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COUNCIL ON AGING ANNUAL APPEAL FOR DONATIONS

The Council on Aging extends its sincere appreciation to the citizens and businesses of Hingham who made donations to Elder Services as a part of our Annual Appeal. Below are donations made in honor or memory of someone through November 16, 2021 . If you have not yet made a donation but wish to do so, it would be greatly appreciated. Donations are used to support programs and supplies not funded for by the municipal budget. Donate funds provide utility and emergency aid to seniors in need. Our donor listing is continued on page 13.

| From | In honor or memory of | From | In honor or memory of | | |
|-------------------|-----------------------|--------------|-----------------------|-----------------|-----------------------|
| Mark & Elizabeth | Rockoff | Rose Cundari | Mary | Cundari-Kinnear | Rose Cundari |
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| N. Clark | Bradford | Rose Cundari | Deborah | Fairbanks | Mario & Susie Ciccone |
| Robert & Andrea | Liebross, MD | Rose Cundari | Sally | Weston | Becky Weston |
| Maureen | Taylor | Rose Cundari | Nancy | Hanson | Peter Hanson |
| Rosemary | Grogan & Prayer Group | Rose Cundari | Frances | Schirmer | Wynott Family |
| Kate | (McGrath) McPherson | Rose Cundari | Edward | Leahy | Anne Leahy |
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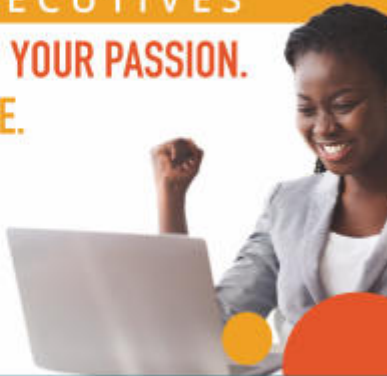
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UPCOMING PROGRAMS



FEBRUARY GRAB AND GO LUNCH

Monday, February 14th starting at 11:00

Register for a grab and go lunch to celebrate Valentine's Day. You must register for this event by calling us at (781) 741- 1458. Limited delivery is available for homebound seniors. Registration begins on February 3rd.

The funding for this event is provided through a grant in partnership with South Shore Elder Services.



HINGHAM PUBLIC LIBRARY 'S RESOURCES AND SERVICES

Tuesday, February 22nd at 1:00

Anna Byrne, Hingham's own Assistant Library Director will be at the Senior Center to show and tell you about all of the physical and digital resources the library has to offer. Have you downloaded Libby or Hoopla yet? Did you know you can access Ancestry.com at the library? Did you now you can check out paintings and artwork? What else could you be missing out on! Register for this free informative session.



GET CRE8TIVE WITH KAREN

Monday, February 28th at 12:30

Join us in wishful spring thinking for a whimsical gnome craft project. You will be led, step by step through the creative process. All of the supplies are included in the registration fee of \$20. Grab your friends for this one, you wont want to miss out! Registration opens February 1st. You can register in person, by calling or online at MyActiveCenter.com. Payment may be made the day of the program or in advance.



Monthly Movie and Popcorn

Wednesday, February 9th at 1:30.

2021 PG-13 2h 25m

Starring: Jennifer Hudson, Forest Whitaker, Marlon Wayans. Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom in the remarkable true story of the journey to find her voice and become the Queen of Soul.

Registration is required for seating arrangements and food preparation. Please call us to register at (781) 741-1458

DISCOVERY: THE PATH TO LIFELONG LEARNING

THE MUSIC OF WEST SIDE STORY

TUESDAY, FEBRUARY 8TH AT 1:00

Robert Cinnante, President of the South Shore Conservatory, leads a lecture and discussion that explores West Side Story. This iconic masterpiece has stood the test of time, across the performing arts mediums, genres, and adaptations, from stage to screen to symphony. This program comes on the heels of Steven Spielberg's recently released remake of the 1961 film version.

This class will be offered in person with a remote option. **Fee is \$5 per person.**



The Discovery Program offers educational opportunities for adults on the South Shore. Registration fees are listed in course descriptions.

You may register for Discovery courses by calling the Hingham Senior Center at 781.741.1458 or by using your scan card on MyActiveCenter.com at: (<https://myactivecenter.com/#centers/USA.MA.Hingham.Hingham-Elder-Services-Department>).

FIRE SAFETY

TUESDAY, FEBRUARY 15TH AT 2:00

The Hingham Fire Chief Steve Murphy will be discussing Fire Safety and devices in the home including extinguishers, smoke and carbon monoxide detectors. He will talk about where to purchase them, how to use and maintain them and other fire hazards you might not know about. This program will be offered in person with a remote option. **NOFEE.**

PRESENTER BIO

Chief Stephen Murphy was hired to the department in April 2000. He was promoted to Lieutenant in July 2005, then Captain in July 2013. In August 2015 he was promoted one again to Deputy Chief. Finally in March of 2018 he became Chief of the Hingham Fire department. He holds a B.S. in Biology from the University of Maine and a Masters in Public Administration from Anna Maria College.



MADAM C.J.WALKER

TUESDAY, MARCH 15TH AT 1:00

The well-known Madam C.J. Walker, African American entrepreneur, philanthropist and political social activist will be highlighted by Rev. Stephanie Kelsch. This program will be offered in person with a remote option. **Fee is \$5 per person.**

PRESENTER BIO

Stephanie Shute Kelsch taught high school English for 36 years, as well as teaching for Northeastern University and Fitchburg State University as an adjunct professor. With her late husband, Steve, she gave professional development courses on the American Civil War for teachers. Together they gave numerous presentations to historical groups in Massachusetts. For three summers she participated in workshops at the Harriet Beecher Stowe Center in Hartford and at Trinity College that focused on abolition. After retiring from teaching she attended and graduated from Andover Newton Theological Seminary and now serves as minister at Second Parish in Hingham.



VOLUNTEERING

at the Hingham Senior Center



VOLUNTEER OF THE MONTH:

JULIAN BUBROUSKI

Hingham Elder Services would like to express our sincere appreciation to Julian Bubrouski one of our dedicated

van drivers. Julian has been transporting seniors throughout Hingham for the past 11 years. He is prompt, helpful and friendly and provides a safe comfortable ride for seniors. Whether Julian is taking passengers to Stop & Shop or errands throughout Hingham he always goes above and beyond his volunteer duties. The Hingham Elder Services would like to thank Julian for providing those without transportation the means to get out into our community.



WHEN TO START VOLUNTEERING

February is a great month to start volunteering. The holidays are over and the New Year's resolutions have fallen away. Now is the perfect time to consider volunteering at the Senior Center. Call today your time and talent can make a difference in the lives of our seniors.

Stroke Group Leader

The Hingham Senior Center is in need of a leader for our long standing stroke support group. The ideal volunteer would be a great conversationalist, coordinate the weekly snack and enjoy the company of others. The group meets weekly on Tuesdays at 10:00am.

Program Leaders

Do you have a special talent, hobby or interest? If so, perhaps you could share that skill with seniors who would like to learn. Language, culture, self-reflection, mindfulness, photography, design, Pinterest projects, drones, dance...the sky is the limit.

Shuttle Van Drivers

The Hingham Senior Center is in need of Volunteer Shuttle Van Drivers. Volunteers can work as little as one shift a month, taking seniors shopping, to the senior center, library, post office etc. Trips are local in our 7-8 passenger vans. Call Terry at 781.741.1458 for more information.

CONGRATULATIONS TO KATHY GLENZEL AND ED RINELLA ON RETIREMENT!



Senator O'Connor presents Kathy with her citation from the State of MA.

Kathy Glenzel came to the Town Hall from the School Department in 2007 as the benefits Coordinator. She has been an invaluable asset to Hingham and the Department of Elder Services. She has touched the lives of many seniors and leaves us with big shoes to fill. Kathy's last day was on January 11th.

We hope you spend a lot of time with your family and that your days are filled with joy and love!

Ed Rinella came to the department in 2016 as the Transportation Coordinator. He had been working as a volunteer shuttle driver.

Ed has helped many seniors over his tenure and he surely will be missed! Ed retired on December 30th.

Thank you to both Ed Rinella and Kathy Glenzel for their years of service to Hingham Seniors and congratulations!



Ed Rinella poses in front of the tree for one last picture here.

MONTHLY PROGRAMS FEBRUARY

Please note the Hingham Senior Center will be closed on Monday, February 21st. There will be no programs or transportation.

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|---|---|---|---|---------------------------------|
| 8:30 Aerobics w/MJ (hybrid) | 9:00 Pilates w/ MJ (hybrid) | 8:30 Strength w/Sue (hybrid) | 8:30 Yin Yoga w/ Beverly (hybrid) | 8:30 Strength w/Sue (Zoom only) |
| 9:30 Strength w/ MJ (hybrid) | 9:00- 1:30 by appt. Reflexology (2/16 & 2/23) | 9:45 Drop- In Bridge (Sm) | 10:00 Strength w/ Joan (hybrid) | 9:00 Coffee Shop (Zoom) |
| 9:30 World Affairs (2/7) Zoom | 10:00 Strength w/ Joan (hybrid) | 10:00 Aerobics w/ Amy (hybrid) | 10:00- 12:00 by appt. (2/24) Jason Luck Financial Advisor | 9:00 Drop-in Mah Jongg (LR) |
| 10:00 Low Vision Support (2/28) | 10:00 Knitting (Lg) | 11:15 Balance & Stretch w/ Amy (Hybrid) | 12:00- 2:00 Hearing Screenings (2/3) | 9:30 Drop-in Dominoes (Lg) |
| 11:00 Parkinson's Support (2/28) Hybrid | 10:00 Stroke Support | 12:30 Lunch | 12:00- 2:00 Lou Rizzo (2/24) | 10:30 Ladies Coffee (Zoom) |
| 12:30 Lunch | 11:15 Ukulele (M) | 1:00 iPad Lessons (2/9 & 2/23) | 1:00 Quilting (Lg) | 11:30 Let's Color Together (Lg) |
| 12:30 Grab &Go (2/14) | 1:00 Memoir Writing (3/9 & 3/23) Zoom | 1:00 Blood Pressure Clinic (2/2) | 1:00 Slammers (Sm) | |
| 12:30 Get Cre8tive (2/28) | 1:00 Oriental Rug (2/1 & 2/15) | 1:30 Whist Class (2/2) | | |
| 1:00 Drop- In Bridge (M) | 1:00 Mah Jongg (M) | 1:30 Movie (2/09) | | |
| | 1:00 Scrabble (LR) | | | |

DROP-IN FITNESS FOR IN-PERSON ATTENDANCE HAS RETURNED.

You may pay as you go to drop- in to in-person fitness classes if capacity allows. Masks are **required** to participate in-person. This will be strictly enforced to ensure the safety of all.

Check out new videos weekly by our very own Sue on Harbor Media. The free lessons run daily at 10am and 3:30pm, on Harbor Media's HD Channels, Comcast 1072, and Verizon 2131. It's a great way to add to your fitness routine!

Fitness Programs Session 4 began Monday, Feb. 7 and runs through Friday, March 18th.

Registration for Session 4 began on Tuesday, January 18th, in- person or online via MyActiveCenter.com at: (<https://myactivecenter.com/#centers/USA.MA.Hingham.Hingham-Elder-Services-Department>). Fees are included in descriptions. **To register after 2/7 call the Hingham Senior Center at 781.741.1458.**

Aerobics: Stay active and keep moving at a good pace, while exercising your mind and body.

Mondays 8:30a: Mary Jane Fee: \$25 (no class 2/21) Wednesdays 10:00a: Amy Fee: \$30

Balance and Stretch: Guided exercise for people with moderate problems affecting movement.

Wednesdays 11:15a: Amy Fee: \$30

Pilates: Controlled movements which improve flexibility, build strength and develop control and endurance in the entire body. Tuesdays 9:00a: Mary Jane Fee: \$30

Strength and Chair Exercise: Combine Strength Fitness class with a period of chair exercises.

Wednesdays 8:30a: Sue Fee: \$30

Strength Fitness: Stretch those muscles and keep them firm and fit as you exercise with handheld weights, weighted balls, and resistance bands (or comparable items found within your home).

Mon. at 9:30a: Mary Jane Fee \$25 (no class 2/21) Tues. at 10:00: Joan Fee \$30 Thurs. at 10:00a: Joan Fee \$30

Fridays at 8:30a: Sue Fee \$30 Zoom only (no drop-in)

Yin Yoga: Yin Yoga is a practice that targets the body's deep connective tissues. The class is primarily floor-based with passive, longer held poses. The experience of the postures with breath may be calming, invite introspection, and enhance energy flow within the body. Thursdays 8:30a: Beverly Fee: \$30



EDUCATION & SOCIAL PROGRAMS

Register for programs in-person, by calling us at (781) 741- 1458 or online at MyActiveCenter.com

COFFEE SHOP VIA ZOOM

The Hingham Senior Center sponsors a weekly “Coffee Shop” get-together every Friday morning from 9:00 am to 11:00 am virtually where our seniors have a “no-agenda” discussion of whatever is on their minds. Fridays at 9:00 am.

DRAWING WITH COLOR SESSION 7 has been cancelled out of an abundance of caution.

DRAWING WITH COLOR SESSION 8: THURSDAYS, MARCH 10- APRIL 14TH

Class 1 runs 12:15 - 1:45 and Class 2 runs 2:00 to 3:30.

Working with still life, we will continue to hone our observation skills. We will also work on black/gray/white and color value studies to help develop a more realistic appearance to objects within our still life drawings. Students of all abilities are welcome. Individual attention is given to each student. You must register in advance. Fee is \$35 per session due at registration.

IPAD WITH MARY ELLEN

Bring your questions about using your iPad in person to Mary Ellen on Wednesdays, February 9th and 23rd, from 1:00 – 3:00. Please call us at (781) 741.1458 to schedule your free appointment. Mary Ellen is typically available the 2nd and 4th Wednesday monthly.

KNITTING

Tuesdays from 10:00 – 12:00, with Marjorie Sullivan. Learn the basics of knitting, including how to select patterns, books and yarns. Fee: \$2. Registration is not required.

LADIES COFFEE VIA ZOOM

Join other ladies for a weekly social opportunity and open discussion on whatever is important to you. This group enjoys pleasant conversation. Fridays at 10:30 am. Call to register.

LET'S COLOR TOGETHER

An informal group that enjoys coloring and company. Bring your pencils, crayons and coloring books. With Pat LaLiberte. Fridays 11:30a- 12:55p in our large classroom. Registration is not required.

MEMOIR WRITING WITH FRANK MELLEN VIA ZOOM

Join Frank and others for a small group session. 2nd and 4th Tuesday each month at 1:00pm. Next meetings: March 9th & 23rd. The group will not meet in February.

ORIENTAL RUG MAKING

Instructor Ginny Harvey provides information on purchasing materials to begin your first rug. Seasoned rug makers are welcome to join and work on your current project amid pleasant conversation. A beautiful oriental rug never goes out of style! 1st and 3rd Tuesdays monthly. February 1st and 15th at 1:00pm.

QUILTING

Bring your own project and join this friendly and helpful group! Thursdays at 1:00pm. (LG)

UKULELE

Tuesdays at 11:15. Session 4 runs February 8 through March 15. The session fee is \$60 for 6 weeks. Registration for Session 3 begins Monday, December 6th online via MyActiveCenter or in-person at the Senior Center. Please bring your ukulele. Juli is also holding a 4 week Zoom session to get new Uker's ready for the group lessons. Please call us if you are interested in the Zoom lessons.

WORLD AFFAIRS DISCUSSION WITH ALAN GREENSTEIN VIA ZOOM

Join us in a lively discussion of current events on the 1st Monday each month at 9:30am. Next session: February 7th. New participants please call to register.



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ADDITIONAL PROGRAMS

CONGREGATE LUNCH: Mondays and Wednesdays at 12:30

Join us every Monday and Wednesday at 12:30 for lunch (suggested donation of \$2.25). This program is supported by South Shore Elder Services and reservations are required.



HEALTH AND WELLNESS

BLOOD PRESSURE CLINIC (DROP IN)

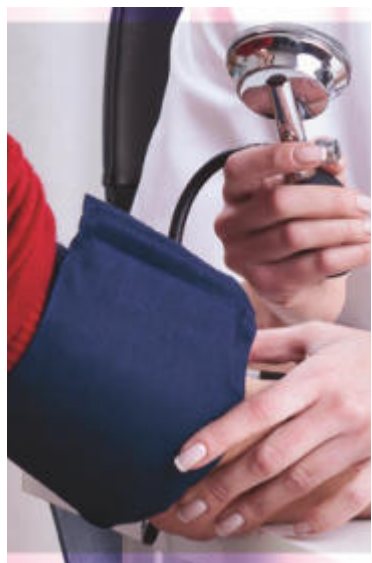
1st Wednesday monthly with Kathy Crowley from 1:00- 2:00. Next session February 2.

HEARING SCREENINGS

Family Hearing Center will be at the center on the 1st Thursday monthly from 12:00 – 2:00 by appointment. Next session: February 3.

REFLEXOLOGY

By appointment only. These 45 minute sessions are provided by Anne Brennan. Cost is \$30 payable the day of service. Appointments are taken from 9:00am – 1:30pm the 3rd and 4th Tuesday monthly. Next sessions: Tuesdays, February 16th and 23rd.



SUPPORT

LOW VISION SUPPORT GROUP

This informative and supportive group meets monthly on the 3rd Monday at 10:00am. For more information please contact Kathy Glenzel at 781-741-1458. Next session: February 28th due to President's Day.

PARKINSON'S SUPPORT GROUP

This group meets on the 4th Monday monthly at 11:00 at the Senior Center. Please contact Leslie Vickers, Group Facilitator at 617-750-2275 for more information. The next meeting; February 28th. Hybrid via Zoom.

GAMES AND MORE

Bridge (Drop-in)

Players should be familiar with the basics of the game. Monday at 1:00pm (Mural Room) and Wednesdays at 9:30am (Small Classroom)

Cribbage (Drop-in)

Tuesdays at 1:00pm (Dining Room)

Domino's (Drop-in)

Fridays, 9:30 (Large Classroom)

Mah Jongg (Drop-in)

Players should be familiar with the basics of the game. Tuesdays at 1:00pm (Mural Room)

Scrabble (Drop-in)

Tuesdays at 1:00pm. (Living Room)

Slammers (Closed)

Thursdays at 1:00pm. (Small Class)



WHAT DO YOU WANT TO DO?

The Hingham Senior Center would like to know if you would like to take any of the following programs: **chess, ballroom dance lessons, line dancing, barre or Zumba.** Would you like to participate in a free one time **PickleballClinic?** Would you like to play **chess** against others? Please call the center and leave your contact information. We will put your name on a list while we coordinate programs of interest.

FOOD ASSISTANCE REFERRALS

Hingham Senior Center (781) 741- 1458
SNAP/Project Bread (800) 645- 8333

FUEL ASSISTANCE/ LIHEAP

South Shore Community Action Council (508) 747- 7575

ESSENTIAL SHOPPING ASSISTANCE, TRANSFER STATION, OTHER LIMITED SERVICES

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HOME DELIVERED MEALS

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DIGITAL LIBRARY RESOURCES

Hingham Public Library (781) 741-1405

DAILY WELLNESS CALLS

Plymouth County Sheriff's Department Assurance Program
(508) 830- 6256

HOME ENERGY ASSESSMENT

Whether you rent or own, keep your home comfortable while saving energy and money with a no-cost Home Energy Assessment. With a Home Energy Assessment, you can uncover energy-saving solutions crafted specifically for your home, including:

- Money saving rebates
- Expert home improvement advice
- Energy-saving tips

Hingham Municipal Light Plant (HMLP) customers can request an energy audit from Energy New England.

Energy New England (ENE) will schedule and conduct a free home energy audit for all Hingham Light's residential customers. ENE handles HMLP's Energy Audits and Rebate programs. If a customer is interested in having an energy assessment, they can call ENE on 888-772-4242.

HINGHAM FOOD PANTRY

For those families who may need assistance please call the pantry if this is your first visit. Tuesday, February 1st and 15th from 9 am to 12 pm. We deliver to families in need of this service)

685 Main Street, Hingham, MA 02043
(781) 740-8180



TOWN OF HINGHAM'S MEANS TESTED SENIOR EXEMPTION

IF YOU QUALIFY FOR THE 2021 CIRCUIT BREAKER TAX CREDIT YOU MAY QUALIFY FOR THIS EXEMPTION

Longtime Hingham residents and property owners who are 65 and older and who qualified for the Massachusetts State Income Tax Refundable Credit known as the Circuit Breaker in Calendar Year 2021 and meet all other requirements may qualify for the Town of Hingham's Senior Means Tested Exemption Program.

Exemption Requirements:

Age: 65 or older (co-owner must be 60 or older) by December 31, 2021.

Resident: Must have been a resident of Hingham for 10 years.

Income: Must meet the 2021 State Circuit Breaker Limits

Must have applied for and received the Massachusetts State Circuit Breaker Tax Credit in 2021.

Homeowners Principal Residence not to exceed \$848,000.

Applicant must not have excessive assets that place them outside of the intended recipients of the senior exemption.

The Board of Selectmen shall annually set the exemption amount and the amount of the exemption shall be within a range of 50 per cent to 100 per cent of the amount of the circuit breaker income tax credit.

TRANSPORTATION PAGE

SCHEDULE

| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| Medical Rides for appointments made between 8:30 and 2:00 | Medical Rides for appointments made between 8:30 and 2:00 | Medical Rides for appointments made between 8:30 and 2:00 | Medical Rides for appointments made between 8:30 and 2:00 | Medical Rides for appointments made between 8:30 and 2:00 |
| Senior Center Programs 8:30- 4:00 | Senior Center Programs 8:30- 4:00 | Senior Center Programs 8:30- 4:00 | Senior Center Programs 8:30- 4:00 | Senior Center Programs 8:30- 12:30 |
| Shuttle Van Errands within Hingham 9:00- 1:00 | Thaxter to Stop & Shop pick up at 9:00 | Lincoln School Apts. to Stop & Shop pick up at 9:00 | Shuttle Van Errands within Hingham 9:00- 1:00 | No Shuttle Services |

THERE WILL BE NO TRANSPORTATION ON FEBRUARY 21, 2022.

WHEN THE HINGHAM PUBLIC SCHOOLS CLOSE OR DELAY OPENING, TRANSPORTATION IS CANCELLED.

MASKS MUST BE WORN AT ALL TIMES IN VEHICLE.

TO SCHEDULE A RIDE WITH HINGHAM ELDER SERVICES PLEASE CALL US AT (781) 741- 1458.

Requests must be made at least one week in advance. Requests must be made for all transportation services; including shuttle services from Thaxter and Lincoln apartments. Rides are provided on a first come, first serve basis and requests are not guaranteed. The schedule is subject to change based on weather, driver availability and other circumstances out of our control.

MEDICAL RIDES

- Transportation provided to local and surrounding area medical appointments between 8:30am and 2:00pm.
- Reservations must be made at least one week prior to the requested appointment.
- Rides are provided on a first come first serve basis and there are no guarantees.
- Suggested donation is \$5 for Hingham and abutting towns and \$10 for Quincy, Braintree, Hanover and Scituate. Inquire about other towns.

SHUTTLE VAN SERVICES AND SENIOR CENTER PROGRAMS

- Reservations required one week prior to requested ride.
- Shuttle Van errands include local shopping, beauty appointments, pharmacy, the Library etc.
- Rides are provided on a first come first serve basis and there are no guarantees.
- Van transportation from Lincoln School Apartments and Thaxter to Stop and Shop require reservations.

ALTERNATIVE TRANSPORTATION PROGRAMS

- MAP (Medical Access Program): Door to door handicap accessible transportation to Boston appointments. Free of charge and made possible by Title III-B funding under the Older Americans Act from South Shore Elder Services. Donations are encouraged to offset the cost of the program.
- MBTA- The Ride: Contact Jennifer Young, Director at the Senior Center (781) 741.1458 for more information.

BOSTON SYMPHONY ORCHESTRA REHEARSAL DATES & TRANSPORTATION

The BSO upcoming rehearsal dates: March 3, 2022 April 14, 2022



The Hingham Senior Center contracts with a livery service to offer transportation to the BSO Open Rehearsals. BSO trips depart the South Shore Country Club at 8am and return approximately at 2:00pm. Due to rising costs of the livery service, round trip transportation will be available for each rehearsal for \$25 per person due at registration. Register in person at the Hingham Senior center. Participants are responsible for purchasing their own rehearsal tickets at: <https://tinyurl.com/jxu68pe3> or by calling the BSO Office at 888-266-1200. Proof of vaccination is required by BSO.



ADDITIONAL RESOURCES

SHINE (SERVING HEALTH INFORMATION NEEDS OF EVERYONE)

SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. Statewide, there are more than 600 certified volunteer counselors trained to assist residents with Medicare. The SHINE website (shinema.org) provides valuable information on Medicare, Mass Health (Medicaid) and other benefit programs.

If you need assistance from a SHINE Counselor, please call the Senior Center at 781-741-1458. Appointments will be taken on Wednesday, February 2nd and 23rd from 8:30 – 11:30.

SENATOR PATRICK O'CONNOR

Lou Rizzo of Senator Patrick O'Connor's Office will be at the Senior Center to meet with constituents, typically on the 4th Thursday of each month from 12:00 – 1:00. Next session: February 24th. No appointments are necessary.

FINANCIAL ADVISOR

Jason Luck of Commonwealth Financial is conducting free consultations in- person at the Hingham Senior Center by appointment. Thursday, February 24th from 1:00 – 3:00. Please call us at (781) 741.1458 to schedule your appointment.

Annual Appeal donors continued from page 3.

| From | | In honor or memory of | From | | In honor or memory of |
|-------------------|------------|------------------------------|------------------------|------------|-----------------------|
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THANK YOU



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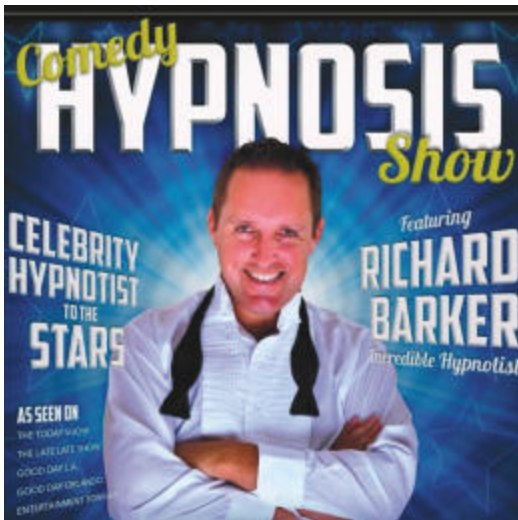


CENTRAL TIMES

Hingham Senior Center

224 Central Street
Hingham, MA 02043

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**COMEDY HYPNOSIS LUNCH AND SHOW
THURSDAY, MAY 19TH, 2022**

Join us on a trip to Windham, New Hampshire for lunch and a show! World-renowned professional hypnotist Richard Barker will entertain you with a show filled with high-quality fun and laugh out loud interactions. As The Incredible Hypnotist, Richard brings his charm and experience to blow the minds of audiences.

His work can be seen on The Today Show, Reader's Digest, Marie Claire, as well as many major news shows and publications across the globe. This is an interactive show that requires audience participation to be a success. We hope you join us for this fun filled day!

Please call the Senior Center at 781-741-1458 so we can get an idea of interest. The cost will be \$101 (including driver gratuity). We are not currently taking payment on the trip as we need to determine a minimum interest to book it. Please call us if you would like to put your name in.