

CENTRAL TIMES


HINGHAM DEPARTMENT OF ELDER SERVICES





MARCH 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>

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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 subscribe button 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.

Thank you to our advertisers!

The advertisers make printing of The Central Times possible. The Department of Elder Services does not specifically endorse any service or products advertised herein.

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

From Jennifer Young



GREETINGS HINGHAM SENIOR CENTER FRIENDS

We are pleased to announce the senior center's "2022 Hingham Community Survey" in cooperation with the Council on Aging and researchers at the Center for Social and Demographic Research on Aging at UMass Boston. The study will focus on the needs and interests of Hingham's adult population, as they shape the planning and development of Hingham's Council on Aging and Senior Center.

This study will consist of a 40-45 question survey which will be made available online in addition to the 3,500 printed copies which will be mailed to Hingham residents aged 45 and over. As part of the information gathering process, one on one interviews will be conducted with Town officials and other key informants to gain perspective on the adequacy of elder services in Hingham, identify key service gaps and to identify ways in which Town Leaders are planning for growth in the aging population. UMass will also develop a peer community comparison focusing on the features of senior centers in comparable Massachusetts communities; including size, budget and use patterns.

The results of this study will be presented to the community in the fall and will inform planning for programs, policies and other Town-wide efforts meant to ensure that Hingham is a friendly, accessible and inclusive place for residents to grow up and grow old.

This process comes at a critical time for Elder Services. The information gathered will guide the direction of the departments long-range strategic planning and the site design for the construction of renovations for the senior center facilities.

Keep your eyes open for the survey which should arrive to your mailbox in late April. Wishing you a March full of luck and sunshine.

Jennifer Young, Director

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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 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.

First Name	Last Name	First Name	Last Name	First Name	Last Name
Dorothy	Galo	Kerry & Troy	Erickson	Paula	Bleakley
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FUNERAL HOME

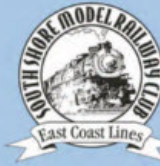
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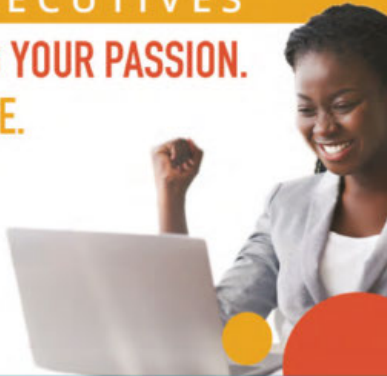
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UPCOMING PROGRAMS



MARCH GRAB AND GO LUNCH

Thursday, March 17th starting at 11:00

Register for a grab and go lunch to celebrate St. Patrick's Day. Chicken and rice soup, Irish soda bread and a dessert

You must register for this event by calling us at (781) 741- 1458. Limited delivery is available for homebound seniors. Registration begins on March 3rd.

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



VIRTUAL TOUR: ST. PATTY'S DAY WITH AN IRISHMAN

Thursday, March 10th at 3:00

Join us on a maiden voyage virtual tour to spend St. Patrick's Day with an Irishman. This is a presentation style tour with Beeyonder and is the first of three tours we are trying out. We will offer festive snacks to enjoy with the program. This month's presentation is free.

You can join us at the Senior Center or you can zoom in from the comfort of your own home. Registration is required. Meeting links will be sent out approximately 3 days ahead of the program.



OPENING DAY AGAINST TAMPA BAY

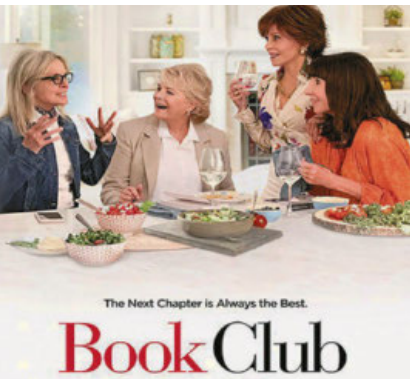
Thursday, March 31st from 1:00- 4:00

Nothing says springtime like the Red Sox Home opening game. Festivities will begin at 1:00 with steamed hot dogs, popcorn and other fan favorites. Wear your Red Sox gear to rally a win for the home team!

The game starts at 2:10 and you can watch it with your friends until our doors close at 4:00.

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

GO SOX!



Monthly Movie and Popcorn: Book Club

Wednesday, March 9th at 1:30

2018 PG-13 1h 44m

Starring: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen, Craig T. Nelson, Richard Dreyfuss.

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results.

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

MONTHLY VAN TRIPS ARE BACK!! TARGET TRIP ON THE SHUTTLE VAN

Thursday, March 24th at 1:00 (see page 12 for details and how to register)

DISCOVERY: THE PATH TO LIFELONG LEARNING

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.

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>).

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.

THE GREAT AMERICAN SONGBOOK

TUESDAYS, APRIL 12TH THROUGH MAY 10TH AT 1:00 (6 WEEKS)

American popular songs and jazz standards from the early and mid 20th century. Each week your instructor will focus on a different topic:

Week 1: In the beginning - the 1920s

Week 2: The singers and big bands of the 1930s

Week 3: Films and Broadway

Week 4: The War, the songs and all that jazz.

Week 5: The crooners and lady singers

Week 6: The Great American Songbook today.

Program fee: \$30 due at the time of registration. Limited to 20 participants.

Registration will open on March 21st by calling 781.741.1458 or online on MyActiveCenter with your scan card.



PRESENTER BIO

Larry King is a longtime radio veteran in the Boston area, currently the evening announcer/host on the World Classical Network, heard locally on Cape Classical 107.5, WFCC. His interest in music began at an early age listening to the New York City radio stations that programmed a variety of the American standards. Besides radio broadcasting, Larry teaches adult education classes sharing his passion, enthusiasm and love of good music.

Don't forget that March 13th is Daylight savings! Set your clock's back on the 12th before you go to bed and change out those batteries in your smoke and CO detectors!





VOLUNTEER OF THE MONTH:

BILL ENGLISH

Hingham Elder Services would like to express our sincere appreciation to Bill English one of our extra-ordinary van drivers. Bill has been a volunteer van driver at the Senior Center for the past **16 years!** He transports our seniors Mondays and Wednesdays to our Congregate Meal Program held weekly at the center. Bill arrives with a warm smile and a helping hand to provide our seniors with exceptional service. Hingham Elder services would like to thank Bill for going beyond his volunteer duties providing our seniors with much needed socialization.

VOLUNTEERING at the Hingham Senior Center

VOLUNTEERING

Springtime is a great time to look ahead! Hopefully, the snow has melted and the flowers have started to sprout. It's a beautiful time of the year to share your talent and join us at the Senior Center. Please call today!



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.

WE WOULD LIKE TO WELCOME STEVE MONTEIRO AND SHARON JAMES TO THE TEAM

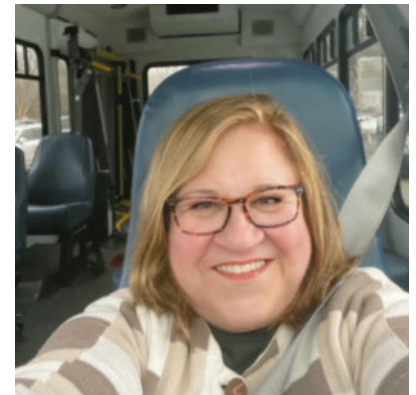
A Note from Stephen

I'm Stephen Monteiro the new Transportation Coordinator at Elder Services. I'm from and currently live in Scituate MA., in the house I was raised in. I'm 3rd generation to reside on the property. I'm a graduate of Scituate High School (as was my



Mother) and I have a BA from Bridgewater State Collage. I've recently retired from my career in Purchasing and Materials Management from a high-tech manufacturing company west of Boston. I have two sons Anthony 33 and Joseph 29, graduates from Wentworth Institute of Technology and the University of Massachusetts at Bridgewater respectfully. Anthony works as an Engineer/Construction Management and resides and works in Boston. Joseph works as a Marketing Rep. and currently lives in Tampa, Florida. I'm very pleased to be here at the Senior Center and look forward with great anticipation to being of service to you.

Respectfully Yours,
Steve



Sharon has lived in Hingham for the last 23 years. She has two wonderful adult children and an adorable but annoying little dog Vinny. Sharon enjoys baking, sewing and reading. She also loves to drive and meet all types of people. She is delighted to be part of the great team at the Senior Center.

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 (3/15 & 3/22)	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. (3/24) Jason Luck Financial Advisor	9:00 Drop-in Mah Jongg (LR)
10:00 Low Vision Support (3/21)	10:00 Knitting (Lg)	11:15 Balance & Stretch w/ Amy (Hybrid)	11:00 Grab & Go (3/17)	9:30 Drop-in Dominoes (Lg)
11:00 Parkinson's Support (3/28) Hybrid	11:15 Ukulele (M)	12:30 Lunch	12:00- 2:00 Hearing Screenings (3/3)	10:30 Ladies Coffee (Zoom)
12:30 Lunch	1:00 Memoir Writing (3/9 & 3/23) Zoom	1:00 iPad Lessons (3/9 & 3/23)	12:00- 2:00 Lou Rizzo (3/24)	11:30 Let's Color Together (Lg)
1:00 Drop- In Bridge (M)	1:00 Oriental Rug (3/1 & 3/15)	1:00 Blood Pressure Clinic (3/2)	1:00 Quilting (Lg)	
	1:00 Cribbage (D)	1:30 Movie (3/09)	1:00 Slammers (Sm)	
	1:00 Mah Jongg (M)		1:00 Opening Day at Fenway (3/31)	
	1:00 Scrabble (LR)		3:00 Virtual Tour (3/10)	

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 can be found on Harbor Media's HD Channels, Comcast 1072, and Verizon 2131. Check your local listing for air times. It's a great way to add to your fitness routine!

Fitness Programs Session 5 began Monday, March 21 and runs through Friday, April 29th.

Registration for Session 5 begins on Monday, March 7th, 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 3/21 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 4/18) 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 4/18) 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 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, March 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 MELLEEN 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.

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. March 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 5 runs March 22nd through April 26th. The session fee is \$60 for 6 weeks. Registration for Session 5 begins Monday, March 7th online via MyActiveCenter or in-person at the Senior Center. Please bring your ukulele. Juli also holds 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: March 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 March 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: March 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, March 15th and 22nd.

SUPPORT

LOW VISION SUPPORT GROUP

This informative and supportive group meets monthly on the 3rd Monday at 10:00am. Next session: March 21st.

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; March 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)

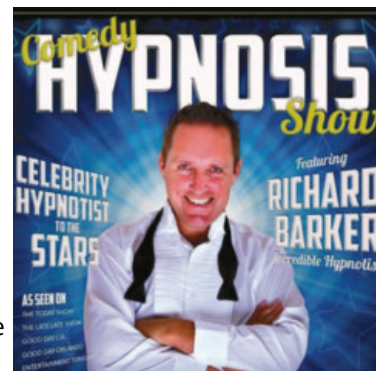
Slammers (Closed)

Thursdays at 1:00pm. (Small Class)



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. \$101 per person.

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

HinghamLink (781) 908- 0590
hinghamlink@gmail.com

HOME DELIVERED MEALS

South Shore Elder Services (781) 848- 3910

DIGITAL LIBRARY RESOURCES

Hingham Public Library (781) 741-1405

DAILY WELLNESS CALLS

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

HINGHAM FOOD PANTRY

For those families who may need assistance please call the pantry if this is your first visit.

Distribution dates: Tuesdays, March 1st, 15th and 29th from 9 am to 12 pm. We deliver to families in need of this service.

Donations accepted on Mondays, March 4th and 19th from 2:30- 4:00.
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. The deadline to file is September 1. To apply for the State Circuit Breaker Tax Credit you must file a Schedule CB with your 2021 state income tax return. Eligible seniors must file a return and claim a refund even if they do not owe taxes.

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 \$884,000.

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.

To apply, go to: <https://www.hingham-ma.gov/909/Means-Tested-Exemption> or call the Senior center at 781.741.1458 for information.

RESOURCES

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.



TRANSPORTATION PAGE

SCHEDULE

MONTHLY TRIPS ARE BACK!
JOIN US ON OUR TRIP TO TARGET ON THURSDAY, MARCH 24TH. SEE BELOW FOR MORE INFORMATION.

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 11:00
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

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 Mondays through Thursdays; Fridays between 8:30am and 11:00am.
- 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.

MONTHLY TRIPS ARE BACK!

TRIP TO TARGET ON THURSDAY, MARCH 24TH

Join the Hingham Senior Center Shuttle Van trip to Target in Hanover on Thursday, March 24th from 1:00pm to 3:00pm (pick up and return times may vary based on attendance.) You must register for the trip as seating is limited to 7 riders. This trip may be cancelled or postponed if inclement weather impacts the schedule.

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, March 2nd, 8:15- 11:15 and March 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: March 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, March 24th from 1:00 – 3:00. Please call us at (781) 741.1458 to schedule your appointment.

Annual Appeal donors continued from page 3.

First	Last	First	Last	First	Last
Judith	Gabbe	Thomas & Margaret	Lyons	Felice	Asnault
Robert	Chapman	Paula	McDonald	Irene	Sullivan
Gloria	Alvino	Necia & Ray	O'Neill	Philip & Marie	Messina
William	Loivo Jr.	William H.	Schmitt	Phyllis	Chapman
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Gregory	Partyka	Charles	Arena	Patricia	MacAllen
Teri	Eaton	Christopher	Ayer	March 2022 Newsletter Edition Newsletter Edition	

THANK YOU

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First	Last
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Gerald & Joanne	Pollick
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Jennifer	Lampert
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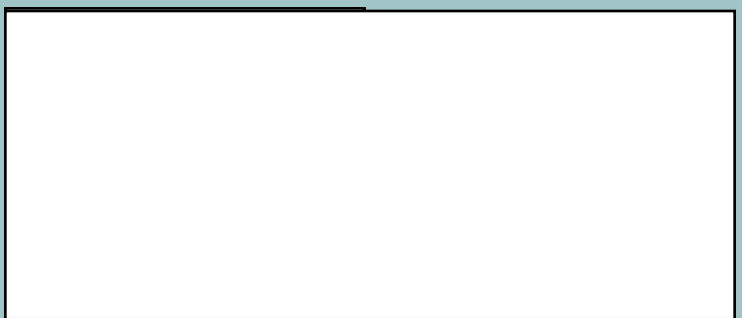
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CENTRAL TIMES

Hingham Senior Center

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If you would like a membership please contact the Rec: 781-741-1464