

# CENTRAL TIMES

HINGHAM DEPARTMENT OF ELDER SERVICES



APRIL 2022 | NEWSLETTER

## *Coming Up in April*

*Assessors Office Presents:*

*Exemptions & Abatements*

*Dinner & Magician Blanchard*

*Discovery Presents: Larry King*

*Get Kre8tive Craft*

*McNamara- Sparrell Funeral Home Presentation*

*Movie: Hidden Figures*

*Pickleball Clinic (free)*

*Rediscovering the T & the RMV*

*Shuttle Trips to Market Basket & Hornstra Farms*

*Spring Luncheon*

*Virtual Tour: Edinburgh*

*Scotland*

*Walking Group\* New*

*Whist Classes*



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National Institute of  
Senior Centers

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Joe Millburg

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## 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](http://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



## GREETINGS HINGHAM SENIOR CENTER FRIENDS

From Jennifer Young

We have a lot of great programming this month and have bumped up our transportation to include a monthly trip to Market Basket and a trip to a local attraction such as Hornstra Farms. We have a pasta dinner with a magician and a spring luncheon planned. With the warmer weather coming in, Joe Millburg has volunteered to lead a walking/hiking group twice a month starting April 7th at Webb Memorial State Park. The virtual tour program we held in March was so well liked, we will offer monthly tours moving forward, with Edinburgh Scotland live from the streets this month on April 27th. The Assessor's office and Board of Assessor's will be here on April 4th to discuss the various underutilized exemptions and abatements available to qualifying Hingham senior home owners. We have partnered with Hingham Recreation to offer a free pickleball clinic on April 26th and Ginny Ballou returns to teach whist classes. Get Kre8tive with Karen on April 11th and Rediscover the MBTA and RMV on April 28th.

April is National Volunteer month and we could not operate without all of the support we receive from our dedicated volunteers. *Thank you* to each and every one of you for everything you do for the senior center and our participants. Our volunteers staff the kitchen and front desk, run classes, sit on our COA Board, drive our shuttle vans, deliver meals and newsletters, rally community support and much more! April 14th is also National Gardening Day. Come in and celebrate with us!

This month come in and grab a cup of coffee and enjoy the sunshine on our patio or join us for our monthly movie with popcorn and treats. Bring your friends or make new ones here! While you are here, don't forget to say hello to Mary Frugoli, our newest team member. Mary is the departments Outreach Coordinator. She joined us on March 7th and her picture is on page 6. We are happy to have a full team and look forward to seeing you here at the center!

Wishing you an April full of warmth 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
Barbara	Kahane	Karen & Randy	Myrick	Frank & Nancy	Mellen
Kahy	Adams-Hurley	Ellen & Vern	Larkin	James	Sheridan
Susan	Henderson Delay	Downing Cottage		Adam & Debra	Hayes
Judith	Nims	Funeral Chapel		M. Elizabeth	Clark
Sharon & Gordon	Hampton	Karen	Johnson	Amy & Matthew	Torrey
Nancy	MacDonald	Julie	Collinge	Fran	Nottleson
Janna	Oddleifson	Phylliss & Charles	Flynn	Paul & Carol	Troy
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Salvatore & Ellen	Bartolotti	Anne Marie	Gean	David & Susan	Littlefield
Bernie & Diane	Donnelly	Heidi	Valentine	Peter & Janet	Blampied
Violet	Villani	Marilyn A.	Harrington	Janet	Higbee
Susan	Henry	Jonathan	Bouve	Chris	Rifkin
Constance	DelGizzi	Robert & Sheila Heaney	Jean Debaggis	Tim & Sheila	Finnerty
Albert & Carol	Ryan	Geroge & Frances	Cole	Mr. & Mrs. Robert	Blucke
Eleanor	Byrant	Paul & Margaret	Taylor		



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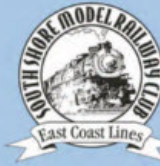
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# UPCOMING PROGRAMS



## SPRING LUNCHEON

**Wednesday, April 13th at 12:30**

Join us for a sit down meal celebrating all things spring! Enjoy a entrée salad and a seasonal dessert with your friends.

You must register for this event by calling us at (781) 741- 1458. Limited delivery is available for homebound seniors. Registration begins on April 4th. *The funding for this event is provided for through donations received from the annual appeal of Hingham residents.*



## VIRTUAL TOUR: DISCOVER EDINBURGH

**Wednesday, April 27th at 10:00**

Join us on live on the streets of Scotland for a tour of Edinburgh, Scotland with Beeyond tours . We will offer festive snacks to enjoy with the program. This month's presentation is free.

You can join us at the 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.



## ASSESSOR PRESENTS: ABATEMENTS & RELIEF PROGRAMS

**Monday, April 4th at 12:30**

What is the means Tested Tax Relief Program? Are you leaving money on the table?

Join the Assessors Department and the Board of Assessors for a presentation on the various abatements and real estate tax relief programs available to Hingham residents. Light refreshments will be served.

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



## DINNER AND MAGICIAN DENNIS BLANCHARD

**Tuesday, April 19th from 4:00 -6:00pm**

Entertainer and Magician Dennis Blanchard will perform at 4:00 and a three course pasta dinner will follow at 5:00.

Registration is required.

Please call us to register at (781) 741-1458.

This event is sponsored by Epoch and the Council on Aging annual appeal for donations.



## FREE PICKLEBALL CLINIC WITH PRO PHIL HAYMAN

**Tuesday, April 26th from 10:00- 11:30am** (rain date Thursday, 4/28)

The Hingham Senior Center is partnering with the Hingham Recreation Department to offer a free pickleball clinic to Hingham senior residents at the Cronin tennis courts. Have you ever wondered if this relatively new sport is for you? We invite you to register for this free one time clinic. Please dress accordingly in comfortable clothes with sneakers. Please bring your own water and chair. limited number of paddles available. If you have your own please bring them. Register by calling us at (781) 741- 1458. Limited to 30.



# DISCOVERY: THE PATH TO LIFELONG LEARNING

## THE GREAT AMERICAN SONGBOOK

**TUESDAYS, APRIL 12TH -MAY 17TH AT 1:00  
(6 WEEKS) IN PERSON AT THE LIBRARY**



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.

### 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.

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

*Courses are open to non-residents. Priority registration to Hingham residents.*

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>).

## ART FOR YOUR MIND: NORMAN ROCKWELL REMEMBERED

**TUESDAY, MAY 24TH AT 2:00**

**IN PERSON AT THE SENIOR CENTER NO ZOOM OPTION**

Art For Your Mind, LLC is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all backgrounds – artists and non-artists alike. The featured topic, Norman Rockwell Remembered, offers a chance to experience many beloved images by Rockwell, to learn about the way he worked, and to hear the stories behind his choices and inspirations. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

**Program fee is \$5 per person due at the time of registration. Limit 40.**

### PRESENTER BIO

Jill Sanford is the owner, creator and primary presenter of Art for Your Mind, LLC. She holds a Bachelor of Arts degree from UMass Amherst. Jill worked for several years as an art supervisor in a high-tech firm, then as an independent graphic designer and she now has over 20 years of experience presenting art enrichment to adults and students.



## WE WOULD LIKE TO INTRODUCE AND WELCOME MARY FRUGOLI, OUTREACH COORDINATOR TO OUR TEAM!

Mary is a life-long resident of Cohasset. Mary has three adult children, 2 girls and a boy and is eagerly awaiting her first grandchild, due in early April. Two crazy dogs complete the household. Mary loves reading, knitting and can be found on the beach in the summer. Mary is thrilled to be part of the awesome team at the Senior Center and we are so happy to have her here with us! The next time you are in, stop by and say hello to Mary!





## VOLUNTEER OF THE MONTH:

**ANNE MARIE GEAN**

Hingham Elder Services would like to express our sincere appreciation to Anne Marie Gean on her exceptional work with complete dedication to the Discovery Program. Anne Marie plays a vital role in our Discovery program bringing together cultural themes and current events to our residents. Anytime you run into Anne Marie, you are welcomed with a warm friendly smile. Hingham Elder Services would like to thank Anne Marie for her positive outlook always seeing the bright side.

## VOLUNTEERING

at the Hingham Senior Center



### Tech Savvy Volunteers

Do you have a willingness to try something new? The center is looking to train volunteers to help with creating flyers using Canva and distributing program information using our MySeniorCenter System, Facebook, Harbor Media and good old fashioned mailings. Basic computer skills (using internet) and attention to detail required. Call or email Terry for our volunteer application.

### WHEN TO VOLUNTEER

April is National Volunteer month – a month dedicated to recognizing and thanking our volunteers for all that they do. Here at the Senior Center we are grateful for all our hardworking dedicated volunteers. Without our amazing volunteers we would not be able to provide the services that we do. If you have interest in volunteering at the Senior Center please stop in.

## ADDITIONAL PROGRAMS



### MONTHLY MOVIE AND POPCORN: HIDDEN FIGURES

Wednesday, April 20th at 1:30

2016 PG 2h 7m Drama

Starring: Cast Taraji P. Henson, Octavia Spencer, Janelle Monáe, Kirsten Dunst  
In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth.

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



### GET KRE8TIVE WITH KAREN: SPRING WREATH

Monday, April 11th at 12:30

Don't miss out on the fun this month! Last month participants had a blast painting garden pot gnomes together. Enjoy step by step instructions with Karen to create a spring themed wreath. The cost is \$22 and includes all the materials you will need. Registration is required by calling (781) 741-1458.



### REDISCOVERING THE T AND THE RMV

Thursday, April 28th from 11:00- 1:00

Join Linda Shepard Salzer from the MBTA Travel Training Program and Michele Elicks from the RMV for an interactive hybrid program. Learn how to ride the T safely and confidently and get to know and the RMV in a whole new way. Registrations is required for this program by calling (781) 781- 1458 or by going to Myactivecenter.com.

## MONTHLY PROGRAMS APRIL

The Center is closed **FRIDAY, APRIL 8TH AND MONDAY, APRIL 18TH**. There will be no programs or transportation.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:30 Aerobics w/MJ 9:30 Strength w/ MJ 9:30 World Affairs (4/4) Zoom 10:00 Low Vision Support (4/25) 11:00 Parkinson's Support (4/25) Hybrid 12:30 Lunch 1:00 Bridge (M)  <b>CLOSED 4/18</b>	9:00 Pilates w/ MJ 9:00- 1:30 by appt. Reflexology (4/19 & 4/26) 10:00 Strength w/ Joan 10:00 Knitting (Lg) 11:15 Ukulele (M) 1:00 Memoir Writing (4/12 & 4/26) Zoom 1:00 Oriental Rug (4/5 & 4/19) 1:00 Cribbage (LR) 1:00 Mah Jongg (SM) 1:00 Scrabble (LR) <b>4:00 Dinner &amp; Magician (4/19)</b>	8:30 Strength w/Sue 9:45 Bridge (Sm) 10:00 Aerobics w/ Amy <b>10:00 Virtual Tour: (hybrid) 4/27</b> 11:15 Balance & Stretch w/ Amy 12:30 Lunch <b>12:30 Spring Luncheon (4/13)</b> 1:00 iPad Lessons (4/13 & 4/27) 1:00 Blood Pressure Clinic (4/6) <b>1:30 Movie (4/20)</b> 1:30 Whist Class (4/13- 5/4)	8:30 Yin Yoga w/ Beverly 10:00 Strength w/ Joan 12:00- 2:00 Hearing Screenings (4/7) 12:00- 2:00 Lou Rizzo (4/28) 12:15 Drawing w/Color 1:00 Quilting (Lg) 1:00 <b>Walking w/Joe (4/7 &amp; 4/21)</b> 1:00- 3:00 by appt. (4/28) Jason Luck Financial Advisor 2:00 Drawing w/Color  <b>April 14th is National Gardening Day! Come in and celebrate!</b>	8:30 Strength w/Sue 9:00 Coffee Shop (Zoom) 9:00 Mah Jongg (LR) 9:30 Dominoes (Lg) 10:30 Ladies Coffee (Zoom) 11:30 Let's Color Together (Lg)  <b>CLOSED 4/8</b>

You may pay as you go to drop-in to in-person fitness classes as capacity allows. Fee is \$5 per class for drop-in. 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 6 began Monday, May 2nd and runs through Friday, June 10th.**

**Registration for Session 6 begins on Monday, April 11th**, 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 May 2nd call The 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 5/30)      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 5/30)    Tues. at 10:00: Joan Fee \$30    Thurs. at 10:00a: Joan Fee \$30  
Fridays at 8:30a: Sue Fee \$30

**Yin & Gentle Flow 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](http://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 9: THURSDAYS, APRIL 21ST- MAY 26TH

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. Please call us at (781) 741.1458 to schedule your free appointment. Mary Ellen is typically available the 2nd and 4th Wednesday monthly from 1:00- 3:00. April 13th and 27th.

## 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 MELLE VIA ZOOM

Join Frank and others for a small group session. 2nd and 4th Tuesday each month at 1:00pm. Next meetings: April 12th & 26th.

## 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. April 5th and 19th 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 6 runs May 3rd through June 7th. The session fee is \$60 for 6 weeks. Registration for Session 6 begins Monday, April 11th 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: April 4th. 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: April 6th.

### HEARING SCREENINGS

Family Hearing Center will be at the center on the 1st Thursday monthly from 12:00 – 2:00 by appointment. Next session: April 7th.

### 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, April 19th and 26th.



## SUPPORT

### LOW VISION SUPPORT GROUP

This informative and supportive group meets monthly on the 3rd Monday at 10:00am. Next session: April 25th due Patriot's Day holiday. April guest speaker: Carleen Boyd, Social Rehab Counselor, Mass Commission for the Blind. Pastries donated by Allerton House.

### 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. Next meeting: April 25th. Hybrid via Zoom. **Special virtual guest speaker Dr. Okeanis Vaou, Director of the Movement Disorders and Deep Brain Stimulation Center at St. Elizabeth's Medical Center. Dr. Vaou will present *Parkinson's Disease: Back to basics, An Overview of Parkinson's Disease Treatments*.** Her expertise is treating patients with Parkinson's disease, Atypical Parkinson's, essential tremor and other movement disorders. She is also a board-certified sleep specialist and treats sleep disorders in patients with movement disorders. Dr. Vaou is skilled in DBS and Botox injections. After receiving her medical degree from Semmelweis University of Medicine in Budapest, Hungary, Dr. Vaou completed her neurology residency at New York Medical College and served as a chief resident. She then pursued fellowships at Boston University School of Medicine in Movement Disorders and in Sleep Medicine.



Dr. Okeanis Vaou

## 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 (Living 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 (Small Classroom)

### SCRABBLE (DROP-IN)

Tuesdays at 1:00pm. (Living Room)



## WHIST CLASSES

**Wednesdays, April 13th -May 4th from 1:30- 3:30.**

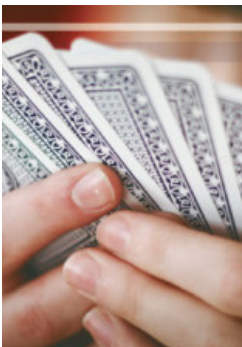
Did you used to play Kitty Whist back in the day?

Need a refresher or want to learn?

Ginny Ballou will be teaching this fun game.

It's kinda like bridge but without all those pesky rules!

This class is limited to 12 participants. We need at least 4 to run class.



Registration is required and the fee is \$10 for the series. You may register in person, by calling us or online at MyActiveCenter.

## 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, April 12th & 26th from 9- 12. We deliver to families in need of this service.

Donations accepted on Mondays, April 11th & 25th from 2:30- 4:00.

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

## NOTARY SERVICES AVAILABLE BY APPOINTMENT

Call Terry at The Center to schedule an appointment for simple notary services.

## 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, April 13th from 8:15- 11:15 and April 27th from 8:30 – 11:30.

## SENATOR PATRICK O'CONNOR OFFICE HOURS

Lou Rizzo of Senator Patrick O'Connor's Office will be at the Senior Center to meet with constituents, on the 4th Thursday of each month from 12:00 – 1:00. Next session: April 28th. 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, April 28th from 1:00 – 3:00.

Please call us at (781) 741.1458 to schedule your appointment.

## RESOURCES

### \$\$\$ 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.

### YOU MAY BE MISSING OUT ON \$\$\$\$\$



# TRANSPORTATION

There will be no transportation on Friday, April 8th or Monday, April 18th. The Center will be closed.

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 9:30	Lincoln School Apts. to Stop & Shop pick up at 9:30	Shuttle Van Errands within Hingham 9:00- 1:00	<b>No Shuttle Services</b>

## MASKS MUST BE WORN AT ALL TIMES IN VEHICLE.

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

## 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.

**There is a one destination per day maximum per person. Only 2 rides may be booked at a time.**

**Between January 1 and March 15th we provided over 500 rides to 51 individuals.**

## 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. Eligibility screening required. Please call Mary Frugoli, Outreach Coordinator at The Center.
- MBTA- The Ride: Contact Mary Frugoli, Outreach Coordinator at The Center for more information.

## MONTHLY TRIP TO MARKET BASKET ON THURSDAY, APRIL 14TH

Join the Hingham Senior Center Shuttle Van trip to Market Basket in Hanover on Thursday, April 14th 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.

## MONTHLY TRIPS ARE BACK! THURSDAY, APRIL 28TH: HORNSTRA FARMS

Join the Hingham Senior Center Shuttle Van trip to Hornstra Farms on Thursday, April 28th 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.

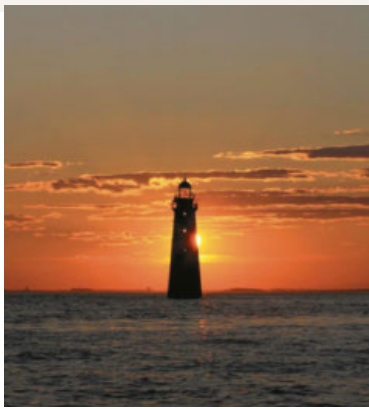
## BOSTON SYMPHONY ORCHESTRA REHEARSAL DATES & TRANSPORTATION

The BSO upcoming rehearsal dates: 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 PROGRAMS

### MCNAMARA- SPARRELL PRESENTS: PREPLANNING

Tuesday, May 10th at 1:00

How do you want to be remembered..... And, who will tell your story??

The benefit of funeral pre-arrangements and how important planning really is!!

JOIN US ON TUESDAY, MAY 10TH AT 1PM FOR A PRESENTATION,

CONVERSATION AND A LIGHT LUNCH WITH THE MCNAMARA-SPARRELL

FUNERAL HOMES. Registration is required for set up and food preparation.



### WALK WITH JOE

**THURSDAY, 4/7: WEBB MEMORIAL STATE PARK (PARKING LOT)**

**THURSDAY, 4/21: WOMPATUCK STATE PARK (VISITOR STATION)**

Join Joe Millburg for a bi-weekly walk in Hingham and surrounding

communities. The South Shore is home to some of the State's most beautiful

parks and recreation area. Get out of the house and meet new people with

similar interests; walking, talking and enjoying

nature. The walks will vary each month and

may consist of varying terrain and distances.

Walkers should dress appropriately and use

bug spray and sunscreen accordingly. Walkers

should bring their own waters and walking sticks. Shuttle van available for

7 seniors. Registration for the van and the walk are required. Completed

liability release waivers are required.



Annual Appeal donors continued from page 3.

First	Last	First	Last
Rose M.	Abbott	Catherine	Hession
Irene Keeley & Charles Clarke		Joan	Cook
Patricia & Peter	Colby	Frances	Charles
John & Mary	Richmond	Dennis	Ballou
Marie	Doyle	Willard	Ferguson
Dunkin Donuts		Paul	Holland
Katherine	Clifford	John & Sally	Devin
Kate	Philbin	Robert	Weisleder
Hingham Police Association		Ed & Andrea	Gillis
Connie	Gigon	Eileen McIntyre	Roy J. Harris
Stewart	Wood	Michael & Margaret	Weymouth
Deborah Schoeller, Laurence Perlmutter		Kathleen & Ed	Gaydos
Richard	Higbee	Stephen & Maryann	Leary
Jane & Jerry	Goldberg	Martha & Robert	Linares
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Diana C.	Charles	Paul & Elizabeth	Wuori
Charlotte	Adams	Franz	Wolff
Harriet & Richard	Carpenter	Margaret	Coleman
MarK & Beth	Rockoff	Kathy & Greg	MacCune
Edward & Pamela	Rothe	Leslie & Shawn	Sullivan
Michael C.	Frates	Bob	Carr
Donna	Austin	Joyce & Edward	Schreier
		William	Kelleher
		Karen	Keogh

## THANK YOU

First	Last	In Memory/ Honor Of
David	Sabbag	Helen Sabbag
Margaret	Callahan	Dot Burns
Liz	Bailey, LMHC	All Who Have Passed from COVID
Dr. Frances	Galton	Dr Robert Galton
Carole R.	O'Connell	John T. O'Connell, SR
Janice	Gallivan	Laura Morton
Cynthia & Thomas	Kelleher	Tim Cockery
Jean	Silverio	Eugene Silverio
Carol	Lynch	Jack Lynch
Jane	Flanders	Past & Present Members of Wednesday's Bridge
Robert	Freedman	June Freedman
Russ & Vana	Peck	Russell & Paula Peck, Sr.
Friends of		Walter Dziure
Walter at Linden Ponds		
Jack	Gardner	Ruth Gardner & Carol Ohlson
Barbara	Falvey	Edward Falvey
Maida P.	Antigua M.D.	Dr. Benita Antigua
Claudia & Robert	Eaton	Caroline Gibson



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## CENTRAL TIMES

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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. \$101 per person.

