

# CENTRAL TIMES

HINGHAM DEPARTMENT OF ELDER SERVICES



MAY 2022 | NEWSLETTER

## *Coming Up in May*

Discovery Presents: Art for Your Mind  
Get Kre8tive Craft  
Honoring Hingham Veterans'  
McNamara- Sparrell Funeral Home

Presentation  
Mangia, Meatballs & Murder  
Movie: Red Joan  
Prescription Advantage Presentation

Shuttle Trips: Market Basket & Job Lot  
Spring Tea  
Virtual Tour: Costa Rica  
Walking with Joe



Accredited by   
National Institute of  
Senior Centers



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MA.GOV/353/ELDER-SERVICES](https://www.hingham-ma.gov/353/elder-services)

## 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.



## GREETINGS FRIENDS

# MONTHLY UPDATES

We have many exciting programs coming up this month. Please read through the newsletter in it's entirety so you don't miss out on the fun!

I want to thank Sharon Hampton who has taken on new responsibilities by helping us with creating advertising and marketing our programs. Thank you Sharon for stepping out of your comfort zone and learning a whole new skill! You can find Sharon's work on our Facebook page. She has been creating program flyers and posting them for you all to see, before they hit the newsletter. If you haven't already, please find and follow us on Facebook. It is the quickest way we can share relevant news and program related information.

I have sent out emails through our database. You may have received some communications with glaring grammatical errors. I assure you, this is a technical glitch and the company we use is working on resolving it. If you have registered your email address with us and are not receiving the communications please check your spam filters and verify that you address is correct in our files by giving us a call.

You may have also received a text message from the Hingham Senior Center. We received notification of a scammer calling Hingham Residents claiming to be from collections of the HMLP. We were able to get the information out instantly via text to your cell phone. We received messages back from many of you thanking us, and we got the message out just in time, before some of our seniors were called by the scammer. If you have a cell phone number to add to our records please give us a call at (781) 741-1458.

Stay vigilant-

*Jennifer Young, Director*

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THE DELVENA THEATRE COMPANY

## MANGIA, MEATBALLS & MURDER

MAY 17, 2022 | 3-6PM

Registration is required.

**\$15 PP**

ENJOY A PASTA DINNER AND A FULL INTERACTIVE, "WHO DUNNIT" THEATRICAL PERFORMANCE WITH THE DELVENA THEATRE COMPANY



**TUESDAY, MAY 17TH**

**HINGHAM SENIOR CENTER**

A racy, interactive and hilarious murder mystery. From robbery to murder - Who dunnit? You decide! Set in an Italian Ristorante serving up some spicy experiences and one character winds up with the cold plate on a marble slab!

Dinner starts at 3:00 followed by the show and dessert. Payment is due at the time of registration. Register in person or over the phone with credit or debit.



**THE DELVENA THEATRE COMPANY**



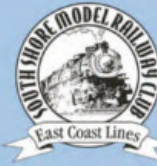
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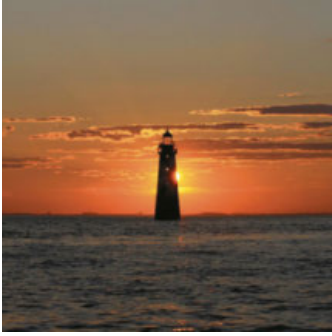
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# UPCOMING PROGRAMS



## 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 1:00 for a presentation, conversation and a light lunch with McNamara- Sparrell Funeral Homes.



## SPRING TEA

**Tuesday, May 11th at 12:30pm**

Spring is in the air! It has been two years since the annual Spring Tea luncheon. Enjoy tea sandwiches and the company of others.

*This event is sponsored by The Hingham Women's Club and the Council on Aging annual appeal for donations.*



## HOW HINGHAM HONORS ITS VETERANS

**Thursday, May 19th at 11:00**

Join Hingham's Director of Veterans' Services, Keith Jermyn, for an overview on how Hingham honors its Veterans. Light refreshments may be served.



## VIRTUAL TOUR: COSTA RICA; EXPLORING SAN JOSE & IT'S URBAN PARKS

**Tuesday, May 17th at 1:30**

Come and walk with us through the interesting city of San Jose the Capital of Costa Rica. Let's experience firsthand how Costa Ricans go about their daily business, come and admire historical buildings and in addition to that, we will see, touch, talk and learn about medicinal plants that have been used for centuries here in Costa Rica. 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. This month's presentation is free.



## GET KRE8TIVE WITH KAREN:

**Hand Painted Sign**

**Monday, May 16th at 12:30**

Enjoy step by step instructions with Karen to create a spring themed hand painted sign. The cost is \$22 and includes all the materials you will need. Just look at how much fun we had last month making wreaths!



Registration is required for all programs. Fees are due at the time of registration unless other wise indicated. You may register in person, or over the phone or at [myactivecenter.com](http://myactivecenter.com) with a credit or debit card.



# DISCOVERY: THE PATH TO LIFELONG LEARNING

## 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.

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>).

## THE TUMULTUOUS TIMES OF THE 1960'S TUESDAYS, JUNE 4TH- 28TH AT 2:00 PRESENTED LIVE AT THE HINGHAM SENIOR CENTER

This course will provide greater insight into this contentious decade of the 1960s.

**Program fee: \$20 due at the time of registration.**

### PRESENTER BIO

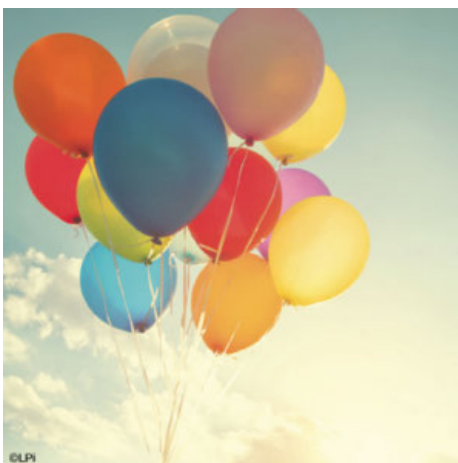
Jason Roberts is a History and Government instructor at Quincy College. He has a PhD in American History and a Master of Arts in History from Northwest Missouri State University.



## *Celebrate Discovery with Us!*

This September, The Discover Committee will be celebrating their 11th anniversary. The 10 year anniversary celebrations were not held last year out of an abundance of health and safety precautions.

Plans are underway and we will be inviting you to join us to learn about the development of the committee and how programming has changed over the last decade. Don't worry, there will be cake too!





## VOLUNTEER OF THE MONTH:

**DON JENSEN**

Hingham Elder Services would like to express our sincere appreciation to Don Jensen one of our sensational Shuttle drivers. Don has been transporting our amazing seniors for the past 8 years. Whether it's a trip to Target or a visit to Stop n' Shop, Don always arrives with a cheerful smile. Hingham Elder Services would like to thank Don Jensen for his unwavering dedication to the residents of Hingham.

## VOLUNTEERING

at the Hingham Senior Center



### Piano Player for the OPALS

The OPALS singing group would like to return to entertaining seniors with their performances at assisted living and skilled nursing facilities. A piano player is needed for the group, for weekly practice and performances. Vaccinations and an interview are required.

### WHEN TO VOLUNTEER

April showers bring May flowers. The warmer temps are coming our way. It's a great time to consider volunteering at the Senior Center. Volunteering can help you feel connected to your community and the people you are helping. Please call or stop in to learn more about our volunteer opportunities.



## ADDITIONAL PROGRAMS

### HEARING HEALTHCARE PROFESSIONALS

**Friday, May 20th at 9:30**

Join us for an educational talk about hearing healthcare with Dr. Elena Schepis Tzeng, audiologist and owner of Hearing Healthcare Professionals in Hanover. At this presentation, Dr. Schepis will discuss the science of hearing, how untreated hearing loss contributes to a number of social, psychological, and physical health complications, and what you can do to help prevent further damage and cognitive decline. Coffee and refreshments will be served.



### TAI JI QUAN: MOVING FOR BETTER BALANCE WITH PHYLLIS SHEA

**Tuesdays, starting May 10th from 3:30- 4:30.**

The purpose of the class is to use an adapted Tai ji Quan exercise program to help improve balance, mobility, walking, physical and mental well-being. These exercises have been tailored to train balance, self-awareness and controlling body movements while performing activities of daily life and reducing incidence of falls. The class will be 48 weeks and is not a drop in class. This program is supported by NVNA.



### MONTHLY MOVIE AND POPCORN: RED JOAN

**WEDNESDAY, MAY 18TH AT 1:30**

2019 R 1h 41m Drama/ Biography

Starring: Sophie Cookson, Judi Dench, Stephen Campbell Moore, Tom Hughes  
Loosely inspired by a true story, this dramatized biopic shifts between two eras as it recounts the tale of Joan Stanley, a longtime British spy for the KGB who sees her peaceful suburban retirement abruptly shattered when she's arrested for treason.

## MONTHLY PROGRAMS MAY

The Center is closed **Monday, May 30th and Friday, June 3rd**. 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 (5/2) Zoom 10:00 Low Vision Support (5/16) 11:00 Parkinson's Support (5/23) Hybrid 12:30 Lunch 1:00 Bridge (M)	9:00 Pilates w/ MJ 9:00- 1:30 by appt. Reflexology (5/17 & 5/3) 10:00 Strength w/ Joan 10:00 Knitting (Lg) 11:15 Ukulele (M) 1:00 Memoir Writing (5/10 & 5/24) Zoom 1:00 Oriental Rug (5/3 & 5/17) 1:00 Cribbage (LR) 1:00 Mah Jongg (SM) 1:00 Scrabble (LR) <b>3:00 Mangia, Meatballs &amp; Murder (5/17)</b> 3:30 Tai Ji (Lg) <b>3:30 Virtual Tour 5/17</b>	8:30 Strength w/Sue 9:45 Bridge (Sm) 10:00 Aerobics w/ Amy 11:15 Balance & Stretch w/ Amy 12:30 Lunch <b>12:30 Spring Tea (5/11)</b> 1:00 iPad Lessons (5/12 & 5/26) 1:00 Blood Pressure Clinic (5/4) <b>1:30 Movie (5/18)</b> 1:30 Whist Class (4/20- 5/11)	8:30 Yin Yoga w/ Beverly 10:00 Strength w/ Joan 12:00- 2:00 Hearing Screenings (5/5) 12:00- 2:00 Lou Rizzo (5/26) 12:15 Drawing w/Color 1:00 Quilting (Lg) 1:00 <b>Walking w/Joe (5/5 &amp; 5/19)</b> 1:00- 3:00 by appt. (5/26) Jason Luck, Financial Advisor 2:00 Drawing w/Color	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 5/30</b>				<b>CLOSED 6/3</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.

### Fitness Programs Session 6 began Monday, May 2nd and runs through Friday, June 10th.

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:** This is primarily a Yin Yoga class with a slow flow of postures woven into the class. Yin is a practice that targets the body's deep connective tissues. The yin portion is mostly 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. The gentle flow links breath to movement with proper alignment for safety, strength and stability. Thursdays 8:30am: 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 28th- JUNE 2nd

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. May 11th & 25th.

## 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: May 10th and 24th.

## 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: May 2nd. New participants please call to register.

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# ADDITIONAL PROGRAMS

Registration is required for all programs, unless otherwise indicated.

## 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: May 4th.

### HEARING SCREENINGS & AID CLEANINGS

Family Hearing Center will be at the center on the 1st Thursday monthly from 12:00 – 2:00 by appointment. Next session: May 5th.

At Home Hearing Healthcare: Join Michael Schmidt, board certified hearing instrument specialist (Lic # 224) on the third Thursdays from 11:00- 1:00 monthly for hearing aid cleanings, hearing screening or video ear exam. You must register for a 20 minute appointment. First session: Thursday, May 19th.

### 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 (May dates differ). Next sessions: Tuesdays, May 17th and 31st



## SUPPORT

### LOW VISION SUPPORT GROUP

This informative and supportive group meets monthly on the 3rd Monday at 10:00am. Next session: May 16th. May guest speaker: Chris Plant, MA Equipment Distribution Program. 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: May 23rd. 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 (Living Room)

### DOMINO'S (DROP-IN)

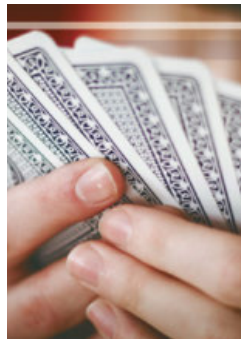
Fridays, 9:30 (Large Classroom)

### 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 1th -May 4th from 1:30- 3:30.



### WALK WITH JOE

#### THURSDAY, 5/5 at 1:00: Bare Cove Park

Meet at the main entrance. 484 acres along the banks of the Weymouth Back River

#### THURSDAY, 5/19 at 1:00: Wompatuck State Park

Meet at the Visitor Station

Join Joe Millburg and the *Walkie Talkie's* group 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.



## 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: Tuesday, May 24th from 9- 12. We deliver to families in need of this service.

Donations accepted on May 23rd & 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, May 11th from 8:15- 11:15 and May 25th from 8:30 – 11:30.

## SENATOR PATRICK O'CONNOR OFFICE HOURS

Representative 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. Do you have an issue you need help with? Come and see if Lou can help you. Next session: May 26th. 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, May 26th 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 Monday, May 30th or Friday, June 3rd. 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
<b>No Shuttle Services</b>	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.**

**In March 2022, we provided 216 rides to 38 seniors.**

## 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 may be made to offset the cost of the program to SSCAC, MAP, 71 Obery St., Plymouth, MA. 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, MAY 12

Join the Hingham Senior Center Shuttle Van trip to Market Basket in Hanover on Thursday, May 12th 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, MAY 26TH: OCEAN STATE JOB LOT WEYMOUTH

Join the Hingham Senior Center Shuttle Van trip to Ocean State Job Lot on Thursday, May 26th 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.

## DO YOU HAVE A SUGGESTION FOR A SHUTTLE TRIP DESTINATION ON THE SOUTH SHORE?

We are trying to plan out our monthly shuttle destinations and are seeking input from our riders. We have done trips to Hornstra Farms, Target, Christmas Tree Shops and the Plymouth waterfront. If you have an idea on where to go, please call Steve Monteiro, Transportation Coordinator at (781)741- 1458.







## ADDITIONAL PROGRAMS

### PRESCRIPTION ADVANTAGE PRESENTATION

**MAY, 18TH AT 1:30**

Medication costs keep going up and that means you're paying more!

This is where Prescription Advantage can help!

Prescription Advantage is a state sponsored program that can lower prescription drug costs for people who do not qualify for MassHealth.

Prescription Advantage works with your Medicare Part D or other Prescription drug coverage to lower co-payments and fill gaps such as the Part D "Donut Hole."

Prescription Advantage has benefits for people with incomes up to \$67,950 (single) and \$91,550 (married).

And if your income is less than \$40,770 (single) or \$54,930 (married), Prescription Advantage is FREE!!!

Join us on Wednesday, May 18th @ 1:30 to learn how you can *save* on your prescription drugs.

You don't want to miss this important presentation!

Hingham Senior Center & Best of Times Travel Proudly Present

# *NH's Turkey Train*



Join us as we travel to central New Hampshire and Lake Winnepesaukee on board our deluxe motorcoach for a day of fun and the wonderful sights of Fall Foliage. Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can only be seen in New Hampshire. We arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train. ALL ABOARD the dining car to enjoy our Turkey luncheon provided by Hart's Turkey Farm. Our meal includes Roast Turkey, whipped potatoes, butternut squash, beverage, and a delicious dessert to top it all off. Take in the foliage as the train rides along the shores of the Lake and through wooded areas to take in the fall foliage. During our adventurous day out we will make a Mystery Stop that is sure to "sweeten your day." We will depart after our train ride with great memories of this fun day out!

**October 5, 2022**

**\$121 pp**

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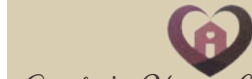
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When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2-3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



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## CENTRAL TIMES

### Hingham Senior Center

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### VIRTUAL TOUR: ALL ABOUT NEW ZEALAND



From spectacular landscapes to Kiwi kindness, this is what makes New Zealand such a special place. People come from all over the world to experience our little paradise at the bottom of the Earth. Learn about how we protect our unique environment and how we integrate our fantastic culture.

I will clear up some myths in this *virtual* session and give you some fun facts about our country. For example, what is the weather like? What are the differences between the North and South Islands?

From volcanos to primeval forests, stunning snow-capped mountains and sub-tropical beaches - the variety of sightseeing in our backyard is phenomenal. Enjoy the beautiful landscapes of our diverse scenery. Discover our progressive nation while we seek to protect and care about what is dear to us. What's even more remarkable is how few people live here. We are guardians of

people, places, and the planet. Discover what it is that makes this place so special.

New Zealand's friendly and down-to-earth people will be one of the things you treasure. Find out how Maori culture and activities are an important part of New Zealand's identity.

**TUESDAY, JUNE 21ST, 4:00- 5:00PM**

Registration is required for this program. It will be offered via Zoom at the Senior Center or you may log in from home.