

CENTRAL TIMES

HINGHAM DEPARTMENT OF ELDER SERVICES



JUNE 2022 | NEWSLETTER

Coming Up in June

Discovery Presents: Tumultuous
Times of the 60's
Get Kre8tive Craft

Movie: Best Exotic Marigold Hotel
Plein Air Drawing/ Painting
Shuttle Trips: Market Basket & Peaceful Meadows

Summer Shuttle Trips
Virtual Tour: New Zealand
Walking with Joe



Accredited by 
National Institute of
Senior Centers

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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 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!

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INCLEMENT WEATHER

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

GREETINGS FRIENDS



Welcome to the summer! We New Englanders manage through seemingly endless dark winter days, nor'easters, blizzards and bomb cyclones to earn the reward of the beautiful New England summer season. The pace of life seems to slow down, or maybe it's longer days that give us more time to fit in the things we enjoy.

As we shift into the warmer weather, we will be running additional shuttle trips to local popular destinations. Our trips in June will be to Hull and Plymouth. Each trip will last a couple of hours and provide you with the opportunity to take in the beautiful coastal sights and enjoy lunch or shopping in the company of others. Plein Air Drawing/ Painting returns with Pat LaLiberte. This popular course will take students outdoors to draw or paint subjects of choice. Our walking group with Joe is growing in popularity. Participants gather to enjoy a group walk and conversation at nearby parks. The walks are a great opportunity for individuals who want to meet others with a common interest and enjoy the great outdoors.

If staying indoors is your preference, our virtual tours will Zoom you to New Zealand this month and to an Australian koala habitat in July. These are interactive tours with a guide coming to you live on location. You can ask questions and enjoy the commentary of other groups around the world who are joining in.

I hope you find more opportunities to enjoy yourself this summer. Talk a walk at the beach, feel the warmth of the sun on your skin and be mindful in your moment.

We hope you can find the time in your schedule to join us.

Jennifer Young, Director

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Hingham Senior Center & Best of Times Travel Proudly Present

NH's Turkey Train



October 5, 2022
\$121 pp

Featuring Foliage Train Ride, Harts Turkey Farm Luncheon, Mystery Stop, & Sightseeing



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CHRISTMAS IN JULY

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UPCOMING PROGRAMS



GET KRE8TIVE WITH KAREN:

Hand Painted Art

Monday, June 13th at 12:30

Enjoy step by step instructions with Karen to create a spring themed hand painted piece of art. The cost is \$18 and includes all the materials you will need. It is so easy and fun to do! Impress your family and friends when you tell them you are the artist!



PLEIN AIR DRAWING/PAINTING RETURNS

THURSDAYS, JUNE 16- JULY 28TH. (NO CLASS JULY 7) 10:00- 2:00

Instructor - Patricia LaLiberte, will provide ample group and individual instruction.

Artists will meet at different, pre-selected local outdoor location and draw or paint subject of choice. Some walking on uneven ground may be necessary to reach desired site. Bring a chair. If inclement weather, we will meet indoors at the senior center and work from your landscape photos.

Bring whatever personal art materials you have to first class, which will meet at the senior center, where we will discuss additional materials and painting options before going out on the grounds to sketch. Program fee: \$35 due at registration.

UPCOMING VIRTUAL TOURS

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.

NEW ZEALAND

Tuesday, June 21st @ 4:00

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.

KOALA DISCOVERY WALK

Tuesday, July 26th @ 4:00

Come on a virtual tour looking for koalas in the wild with local guide and koala whisperer Wendy Bithell. Wendy will take you via zoom to wild koala habitat and will search for wild koalas. On the way, she will discuss their biology, habitat and their threats.



SUMMER SHUTTLE TRIPS

Hop on the shuttle van to take a day trip. Trips will take approximately 2-4 hours depending on location. Riders are responsible for their own purchases and lunches unless otherwise specified. Registration is required. Trips may be cancelled due to weather or other unforeseen circumstances.

SCENIC TOUR: HULL TUESDAY, JUNE 7TH, 11:00

Enjoy a scenic ride through Hull to look at the beautiful beaches, Fort Revere Park and end at the Hull Gut to enjoy lunch.



SCENIC TOUR: PLYMOUTH TUESDAY, JUNE 28TH AT 11:00

Visit America's hometown waterfront and downtown; home to hundreds of locally owned shops and restaurants. Riders who separate from the group must meet back up at predetermined spot for return ride. Grab lunch at Wood's Seafood and an ice-cream at Ziggy's, or peruse the shops at Village Landing.



Registration is required for all programs. Fees are due at the time of registration unless otherwise indicated. You may register in person, or over the phone or at myactivecenter.com with a credit or debit card.

DISCOVERY: THE PATH TO LIFELONG LEARNING

THE TUMULTUOUS TIMES OF THE 1960'S TUESDAYS, JUNE 7TH- 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

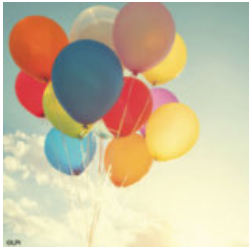
Jason Roberts is a History and Government instructor at Quincy College. He has a PhD in American History and a Master of Arts in History from Northwest Missouri State University.



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>).



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!

Dinner and Magician Dennis Blanchard

Photos from Dinner and Magician Dennis Blanchard from April, curtesy of Volunteer Photographer Jon Stobierski. We also wanted to thank Brides by Epoch for donating, preparing and serving the evenings meal, It was quite a success!





VOLUNTEER OF THE MONTH:

PAULA BOYLE

Hingham Elder Services would like to express our sincere appreciation to Paula Boyle for her genuine passion serving our Congregate Meal. Paula interacts with our seniors in a friendly, positive manner. She is always available to step in without hesitation and help others. Hingham Elder Services would like to thank Paula for her compassion to the residents of Hingham.

VOLUNTEERING

at the Hingham Senior Center



WHEN TO VOLUNTEER

Summer officially arrives in June. The days are longer and the sun is shining brighter. Here at the Senior Center we are looking for "Friendly Visitor Volunteers". If you would like to hear more about this program please call or stop in today.



Transcriptionist

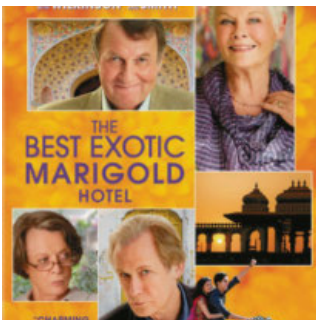
The Department of Elder Services is in need of a volunteer to take meeting minutes for both the Senior Center Building Committee and the Council on Aging Board. Both groups meet monthly for approximately one hour. A template will be provided to assist. This is a great way to give back to the Town and a great way to stay on top of what is going on at the Senior Center. This is an exciting time to get involved with us. Call us to learn more about this role!



Senior Center Library Clerk

The Hingham Senior Center is looking for a volunteer to periodically organize and freshen up our living room library. Ideally, the Library Clerk would stop in weekly and spend about an hour organizing the books and donating worn or older titles to other charitable organizations. If you have an appreciation for books, this may be the perfect role for you. Give Terry or Mary a call.

ADDITIONAL PROGRAMS



MONTHLY MOVIE AND POPCORN: BEST EXOTIC MARIGOLD HOTEL

WEDNESDAY, JUNE 22ND AT 1:30

2011 pg13 2h 04m Comedy

Starring: Judi Dench, Bill Nighy, Penelope Wilton, Tom Wilkinson, Dev Patel

To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably.



MONTHLY MOVIE AND POPCORN: THE SECOND BEST EXOTIC MARIGOLD HOTEL

WEDNESDAY, JULY 13TH AT 1:30

2011 pg13 2h 04m Comedy

Starring: Judi Dench, Bill Nighy, Maggie SMith, Dev Patel

As the Best Exotic Marigold Hotel has only a single remaining vacancy, posing a rooming predicament for two fresh arrivals, Sonny Kapoor (Dev Patel) pursues his expansionist dream of opening a second hotel.

MONTHLY PROGRAMS JUNE

The Center is closed **Friday, 6/3, Monday, 6/20 and Monday, 7/4**. 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 (6/6) Zoom 10:00 Low Vision Support (6/27) 11:00 Parkinson's Support (6/27) Hybrid 12:30 Lunch 1:00 Bridge (M)	9:00 Pilates w/ MJ 9:00- 1:30 by appt. Reflexology (6/15 & 6/22) 10:00 Strength w/ Joan 10:00 Knitting (Lg) 11:15 Ukulele (M) 1:00 Memoir Writing (6/8 & 6/22) Zoom 1:00 Oriental Rug (6/7 & 6/21) 1:00 Cribbage (LR) 1:00 Mah Jongg (SM) 1:00 Scrabble (LR) 3:30 Tai Ji (Lg) 4:00 Virtual Tour (6/21)	8:30 Strength w/Sue 9:45 Bridge (Sm) 10:00 Aerobics w/ Amy 11:15 Balance & Stretch w/ Amy 12:30 Lunch 1:00 iPad Lessons (6/8 & 6/22) 1:00 Blood Pressure Clinic (6/1) 1:30 Movie (6/22)	8:30 Yin Yoga w/ Beverly 10:00 Strength w/ Joan 10:00 Plein Air 11:00- 1:00 Hearing Aid Cleanings & Screenings (6/16) 12:00- 2:00 Hearing Screenings (6/2) 12:00- 2:00 Lou Rizzo (6/23) 1:00 Quilting (Lg) 1:00 Walking w/Joe (6/2 & 6/16) 1:00- 3:00 by appt. (6/23) Jason Luck Financial Advisor	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)
CLOSED 6/20 CLOSED 7/4				CLOSED 6/3

Fitness Programs Session 7 begins Monday, June 13th and runs through Friday, July 22nd.

To register after June 13th call The Center at 781.741.1458. 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.

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

Mondays 8:30a: Mary Jane Fee: \$20 (no class 6/20, 7/4) 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 \$20 (no class 6/20, 7/4) 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

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.

PLEIN AIR DRAWING/PAINTING

Instructor, Patricia LaLiberte, will provide ample group and individual instruction. Artists will meet at different, pre-selected local outdoor location and draw or paint subject of choice. Some walking on uneven ground may be necessary to reach desired site. Bring a chair. If inclement weather, we will meet indoors at the senior center and work from your landscape photos. Bring whatever personal art materials you have to first class, which will meet at the senior center, where we will discuss additional materials and painting options before going out on the grounds to sketch. You must register in advance. Fee is \$35 per session due at registration. Thursdays from 10:00- 12:00 on June 16, 23, 30 and July 14, 21, 28. There will be no class 7/7.

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 MELLE VIA ZOOM

Join Frank and others for a small group session. 2nd and 4th Tuesday each month at 1:00pm. Next meetings: June 8th and 22nd.

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. June 7th and 21st at 1:00pm.

QUILTING

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

UKULELE CLUB

Tuesdays at 11:15. Students of the ukulele classes will continue to meet during the summer months to socialize and practice together. Please bring your ukulele.

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: June 6. 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: June 2nd.

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: June 2nd.

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, June 16.

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, June 15th and 22nd.

SUPPORT

LOW VISION SUPPORT GROUP

This informative and supportive group meets monthly on the 3rd Monday at 10:00am. Next session: June 27th.

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: June 27th. 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)

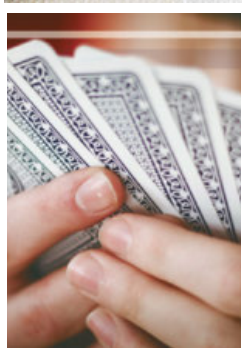
Fridays, 9:30 (Large Classroom)

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)



WALK WITH JOE

THURSDAY, 6/2 at 1:00: Wompatuck State Park

The Whitney Spur Rail Trail. Located across 3A Cohasset MBTA station. Parking spaces are marked for the Rail Trail. The 1.5 mile trail connects the Cohasset commuter rail station with Whitney and Thayer Woods, Turkey Hill and 3500 acre Wompatuck State Park.

THURSDAY, 6/16 at 1:00: Bare Cove II

Second chance to enjoy pleasant surroundings in well marked paved pathways that was once "the Hingham Naval Ammunition Depot". Walking the pathway along the Back River and realizing Europeans from Hingham, England arrived at the Bare Cove area in 1633, naming their settlement "Barecove".

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. Registration for the walk is 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: Tuesdays, June 7th and 21st from 9- 12. We deliver to families in need of this service.

Donations accepted on June 6th and 20th 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, June 22nd from 8:15- 11:15 and June 29th 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: June 23rd. 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, June 23rd from 1:00 – 3:00.

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

RESOURCES

USING SNAP BENEFITS AT THE FARMER'S MARKETS

It's farmer's market season again and did you know that you could use your SNAP benefits at many of the local farmer's markets?

Hingham Farmer's Market

95 Station St.

Opened May 7,

10-1 Saturdays

SNAP benefits up to \$20, ask at Administration booth

Cohasset Farmer's Market

41 Highland Ave, Town Common,

Opens May 13

2-6 Thursdays

Weymouth Farmer's market

1 Wildcat Way

June 19th Opening

10-2 Sundays

Braintree Farmer's Market

One JFK Drive, Braintree Town Hall,

June 18 Opening

9-1 Saturdays

SNAP benefits available at market manager tent

NEW PROGRAM FROM THE RIDE

The Ride has a new pilot program partnering with Lyft and Uber, and participants do not need to schedule in advance.

Features:

- Same day booking
- Wheelchair accessible
- Curb-to-Curb
- Prices as low as \$3

Monthly allocations of Flex rides based on past usage of The Ride.

Base fee is \$3.00 per ride. The Ride subsidizes up to \$40. For Example a \$43 trip costs \$3; a \$50 tip costs \$10 for the \$3.00 base and \$7.00 over the limit.

Talk to Mary for further information or assistance in completing the application

TRANSPORTATION

There will be no transportation on Monday, May 30, Friday, June 3, Monday June 20, or Monday, July 4. 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
No Shuttle Services	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	No Shuttle Services

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, JUNE 9

Join the Hingham Senior Center Shuttle Van trip to Market Basket in Hanover on Thursday, June 9th 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, JUNE 22: PEACEFUL MEADOWS, WHITMAN

Join the Hingham Senior Center Shuttle Van trip to Peaceful Meadows in Whitman on Thursday, June 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. Riders are responsible for funding their purchases.

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.



Christmas at the Newport Mansions

December 15th, 2022

There is something magical in the air at Christmas time in Newport. Come and see two of Newport's most elegant mansions decorated and on display during this wonderful time of the year.

Our Best of Times Tour Director will provide commentary and background on the history of Newport and point out interesting sights and historical landmarks during the driving portion of our Newport tour.

Visits to The Breakers, the grandest of Newport's summer "cottages", and showcased will be The Marble House decked out in yuletide finery, with thousands of poinsettia plants, evergreens, wreaths, and fresh flowers to highlight our day.

Lunch today will be on our own at the famous Bowen's Wharf area of Newport.



\$117 pp

Includes: Transportation, Driver's Gratuity, Admission to The Breakers & Marble House Mansions, Best of Times Travel Tour Director, Tour Director Gratuity, and Touring of Newport per itinerary. This program contains a certain degree of walking.

Contact: Terry McDonald (781)741-1458

\$117 pp



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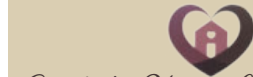
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Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public—for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**®.

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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SPRING TEA WITH THE HINGHAM WOMEN'S CLUB

I want to thank Pam Gillig, Darleen Lannon, Sherri Hamm and Jenee Melgoza from the Hingham Women's Club for their work at the Spring Tea Luncheon Event. I would also like to thank everyone who donated food to the luncheon and anyone else who worked behind the scenes. Thank you, also to Sharon Callahan for checking people in to the event. Photos by John Stobierski.

