HINGHAM CENTER FOR ACTIVE LIVING

Connect ✦ Discover ✦ Grow

December 2026



COVER ARTIST

“Xmas Crock”
by Jay Giles.
December isn’t about rushing toward a finish line, it’s about honoring a lifetime of stories, embracing the quiet beauty of the season, and realizing that it is your turn to focus on your own joy, peace, and potential.

If you have a photo or artwork you would like to submit for use on the Central Times cover, please send it as a jpg or pdf to youngj@hingham-ma.gov. Preference to portrait layout (tall) as opposed to landscape (wide).

Scan for digital copy

CONTACT US:

(781) 741- 1458
224 Central Street, Hingham MA 02043
www.facebook.com/HinghamCenterForActiveLiving

STAFF DIRECTORY

Director:
Ext. 2356
Jennifer Young
Administrative Assistant:
Ext. 2358
Theresa McDonald
Outreach Coordinator:
Ext 2357
Mary Frugoli
Program Coordinator:
Ext. 2363
Keith Clemens
Office Assistant:
Ext. 2362
Necia O'Neill
Transportation Coordinator:
Ext. 2361
TBD
Medical Drivers
Sharon James & Declan Boland
Meals on Wheels
Ext. 2382

Council on Aging

(*Typically* meets the 2nd Tuesday monthly at 1:00PM)
Meetings are open to the public.

Sara Smithson, Chair
Joshua Ross, Vice- Chair
Rory Earley
Megan Hansen
Sharon Hampton
Karen Johnson
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Joe Nevins
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Please email COA@hingham-ma.gov with any questions or concerns.

HCAL Building Committee

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Jean Silverio
Steven Young
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HOW TO GET OUR NEWSLETTER

Scan the QR code or go to: mycommunityonline.com
Call to sign up for the mailing list.

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, center technical issues or 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.

ARRIVAL TIME POLICY

As a courtesy to instructors, volunteers and other participants, please arrive to programs in a timely manner. Late arrival can be disruptive and you may be denied entry. We understand occasionally things happen which are out of your control. Please plan accordingly for parking and traffic.

INCLEMENT WEATHER

The Center for Active Living will not have programs if Hingham Public School's are 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.

BUSINESS HOURS

Mondays, Wednesdays and Thursdays: 7:30– 5:00
Tuesdays: 7:30 - 7:00

MISSION

The Hingham Center for Active Living 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.

PRE-RECORDED CALLS

The Department shares important information with our participants using pre- recorded calls. Caller ID will show 781.741.1458. 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.

DONATE ONLINE

You can now donate to The Center for Active Living online at: www.hingham-ma.gov/9/How-Do-I. Or by scanning the QR code here. Fees apply.

CENTER FOR ACTIVE LIVING

Thank you advertisers!

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Let's talk about the cup of coffee.
Not a fancy one. Just the kind you have across a table from someone who asks how your week went and actually waits for the answer. It sounds small, but over the years, research has shown that small moments like this do a lot more for our health than most of us realize.

What the science says

Doctors and researchers have found that people with strong social ties tend to have lower rates of depression, healthier hearts, sharper memories, and, yes, longer lives. The U.S. Surgeon General has even called loneliness a public health concern, and some studies compare its effects on health to those of smoking. Chatting, laughing, playing cards, and singing off-key at the holiday sing-along are good for your body as well as your spirits.
Connection also gives our days a shape. When you know someone is expecting you at Tuesday's lunch or Thursday's craft table, you have a reason to get up, get dressed, and get out the door. That sense of purpose matters at any age.

December can be a tricky month

We'd be telling only half the story if we said the holidays are cheerful for everyone. For many of us, this season brings up memories of loved ones who are no longer at the table. Family may live far away. And here in New England, the dark settles in around 4:15, the sidewalks get icy, and staying home under a blanket starts to feel like the safest plan.

Start small

You don't have to be the life of the party. Try one of these:

- Come to just one event this month and stay for as long as you like.
- Call a friend you haven't talked to in a while. Chances are they've been thinking of you, too.
- Invite a neighbor to join you here. Sometimes the person who is hardest to reach is the one who would love an invitation most.
- Say hello to someone new. Everyone here remembers what it was like to walk in for the first time.

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This month at the Center

We have a full December lined up. You'll find all the dates and times in the calendar on page 5. If you've never joined us before, just come. We'll save you a seat and a cookie.
Can't get out because of the weather, or because getting around is tough? Let us pick you up.

One last thing

If this season feels heavy for you, please talk to us. Our staff are happy to listen, and we can point you toward other local resources if you'd like extra support. Reaching out is a sign of strength.
We'd love to see you this month. The coffee's on us.

Jennifer Young
Director, Hingham Center for Active Living

MEDICARE ASSITANCE

For the period October 15 - December 7 we will not make any appointments to review Part D plans; we do not have enough appointment time available to satisfy everyone. The only appointments that will be given will be for New Medicare retirement enrollments in the remainder of 2026 and January/February 2027 and MassHealth assistance.

SHINE appointments fill up fast so register today:
Wednesdays from 8:30-12:30.

SHINE
Serving the Health Insurance Needs of Everyone

HOME ENERGY ASSISTANCE

2026-2027 Fuel assistance will begin soon

Program Recertification forms will be going out to last year's applicants in September.
New applications will be accepted in October. The heating season runs November 1, 2026 through April 30, 2027.

Eligibility rules apply. For more information, or for help completing an application (starting October 1) please speak with our
Outreach Coordinator, Mary Frugoli

A Smoother Move Starts Here.

Change can be overwhelming—especially when it involves downsizing, relocating, or moving closer to loved ones.

I specialize in helping older adults and families navigate these transitions with care, strategy, and a personal touch.

We can start with coffee and a conversation—because every big move begins with a small, honest chat.

Leon Merian, CSA & SRES
A doer, a leader, a neighbor you can count on.
Founding Member: CompassPLUS: Older Adult Divison
President, Friends of South Shore Health Board
Board Member: Center for Active Living
July 4th Committee Member
Lifelong Hingham Resident
781.258.7418
Leon@ListingWithLeon.com

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Join Me for Coffee!



Complimentary Hearing Clinic at Cohasset COA
Please Call for Clinic Dates and Times

AT HOME HEARING HEALTHCARE



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December Events at HCAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 9:00a Reflexology 1:00p Oriental Rug Making 1:30p Sammarco: Christmas	**2** 11:00a Ask a Nurse 12:00p Jingle & Mingle	**3**10:00 Senior Portraits 9:30a Market Basket Trip 1:00p Hearing Screen/Aid Clean
7 9:30a Current Affairs Discussion 12:30p Kre8tive 1:00p Watch Your Step	**8** 11:00a Blood Pressure Clinic 1:00p Memoir Writing 4:00p Crafts & Cocoa	**9** 12:00p Police Lunch	**10** 12:00p Walmart Trip 1:00 Lunch Bunch
14 3:00p Quintessential	**15** 9:00a Reflexology 1:00p Oriental Rug Making 2:00 Trader Joes Van 4:00p Lights Tour	**16** 11:00a Ask a Nurse 12:30p Holiday Lunch	**17** 9:00a Manual Lymphatic Drainage 12:00p Market Basket Trip 12:30p Men's Group
21 1:00p Movie	**22** 1:00p Memoir Writing 1:00p Movie 2:30p Book Club 4:30p Lights @ the Fairgrounds	**23** 10:00a Movie	**24** **CLOSED** **Christmas Eve**
28 10:30a Candy LCR 11:00a Parkinson's Support Group 1:00p Movie	**29** 1:00p Movie	**30** 10:00a Movie	**31** **CLOSED** **New Year's Eve**

WEEKLY SCHEDULE AT A GLANCE — these classes repeat every week all month long

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30a Aerobics 9:30a Strength Fitness 11:00a Gentle Flow Yoga 12:00p Congregate Lunch 1:00p Bridge 1:00p Hand and Foot 2:00p Chess	8:45a Pilates 9:30a Stop & Shop Trip 10:00a Knitting 10:20a Line Dancing OFF 11:00a Ukulele Club 12:30p Bal, Str & Stretch 12:30p Congregate Lunch 1:00p Mahjongg	8:30a Chair One Fitness 9:30a Barre 9:30a Bridge 9:30a Stop & Shop Trip 12:00p Congregate Lunch 12:00p Dominos 1:00p Let's Color 1:00p Whist	8:30a Yin Yoga 10:00a Pound 10:00a Crochet 10:00a Cribbage 10:00a Mahjongg 12:30p Pizza Thursdays 1:00p Quilting 1:00p Bridge	9:00a Zoom Coffee Shop 9:30a Walking Group

For more information, please see program descriptions on the following pages

■ **Special Programs** ■ **Fitness Programs** ■ **Education & Social** ■ **Games**
■ **Health & Wellness** ■ **Menu Line Up / Digital Literacy** ■ **Trips & Transportation / Movies**

HCAL VOLUNTEER OF THE MONTH

HCAL is delighted to name **Joyce Foster** our Volunteer of the Month. A valued member of our knitting group, Joyce has now stepped into the role of facilitator, and we couldn't be more grateful. Her warmth, patience, and generosity have made the group a welcoming place for everyone who joins, and she brings that same spirit to leading it. Under Joyce's guidance, our knitting circle will continue to be a place where stitches are shared, stories are told, and everyone feels at home.

Thank you, Joyce, for your kindness, your dedication, and your generous gift of time.



SPECIAL PROGRAMS THIS MONTH

Anthony Sammarco: The Christmas Tree Shops	$5	Tuesday Dec. 1st 1:30 PM	The Christmas Tree Shop was not just an icon of New England, it was a destination with stores that boasted a diverse assortment of merchandise from seasonal decorations, home decor, housewares, food, giftware and just about everything else that the public just had to have. These were items you never thought you needed before stepping through the door, but who could resist a bargain?
Lynda's Jingle & Mingle Presented by Welch Senior Living	Free	Wednesday Dec. 2nd 12:00 PM	Lynda is back and she's bringing her music library with her. Thanks to Allerton House Hingham, we will kick off December with an afternoon of Name That Tune! Join us as we kick off December and get into the Holiday spirit!
Senior Holiday Portraits	Free	Thursday Dec. 3rd 10:00 AM	Professional Photographer Josh Ross will take your picture in front of a festive backdrop at the center. Photos make great gifts for your family!
Kre8tive	$5	Monday Dec. 7th 12:30 PM	**Decoupage Ornaments** Shells aren't just for Summer! Choose from a variety of pretty prints. No artistic abulity required, Karen will be giving step by step instructions.
Watch Your Step: Here Comes the Holidays! Presented by Croi	Free	Monday Dec. 7th 1:00 PM	As we age, our risk of falling increases, especially during the winter months and the busy holiday season. Snow, ice, cluttered walkways and cold dark nights can create new hazards. The good news is there are simple, proactive steps we can take to STAY SAFE!
Intergenerational Crafts & Cocoa	Free	Tuesday Dec. 8th 4:00 PM	Share cookies and cocoa while enjoying a fun Christmas craft with Hingham's next generation!
Police Holiday Lunch	Free	Wednesday Dec. 9th 12:00 PM	Tickets are in! Come by the Center to get yours now! Out of town members can get their tickets starting Dec. 1st.

Registration is required for all programs by calling the HCAL. 781-741-1458
Fees due at registration.Transportation available by reservation.

Hingham High's Quintessential	Free	Monday Dec. 14th 3:00 PM	Hingham's quartet the Quintessential's are coming BACK to the CAL for some Holiday tunes! The Quintessential's are a group of Hingham High Students looking to spread the Holiday spirit. Come listen to the future of Hingham! Singing encouraged but not required.
Flower Arranging w/ Ginny Ballou!	$10	Monday Dec. 14th 10:00 AM	Come and make a fabulous, colorful Winter arrangement. We'll use, beautiful blooms and creative greens - many from Mrs. Blossom's own garden.
Hingham Christmas Lights	Free	Tuesday Dec. 15th 4:00 PM	Jump on the van we're going to check out the Holiday Spirit here in Hingham! Our driver takes you for a ride through town to see the decorations here in town.
Holiday Lunch	$10	Wednesday Dec. 18th 12:30 PM	The Holiday's are upon us! Join us as we enter our festive Center and have lunch with friends to celebrate.
SS Hiliday Lights @ the Marshfield Fairgrounds	$5	Tuesday Dec. 22nd 5:00 PM	Take a tour of the Holiday lights down at the Fairgrounds! Our vans large windows make this 3 mile trail of lights a must see!
Candy LCR	Free	Monday Dec. 28th 10:30 AM	Bring three full size candy bars to play three rounds of Left, Center Right (LCR). Don't know how to play? Don't worry, your Jr. Volunteers are experienced LCR Instructors and the game is easy and fun to play. Registration is required. Seating is limited.
Discovery: Spirits of 76	$5	Wednesday Jan. 13th 12:00 PM	More info to come.

Reminder:
The Center will be closed on
Thursday, December 24th and Thursday the 31st
for Christmas and New Years

Registration is required for all programs by calling the HCAL. 781-741-1458.
Fees due at registration.Transportation available by reservation.

FITNESS PROGRAMS

Aerobics: Stay active and keep moving at a good pace, while exercising your mind and body.
Max 20 members
Mondays 8:30am Mary Jane

Balance, Strength and Stretch: Guided exercise including standing and sitting for members with moderate problems affecting movement.
Max 20 members.
Tuesdays 12:30pm: Sam

Barre: Barre is a low impact class that works on muscle isolation. It uses principals of ballet to work on strength and creating long lean muscles, but dance experience is mot required. Isolating one muscle or muscle group at a time guarantees a full body work out. There are many ways to modify this class as well and it is wonderful for posture, balance, and creating a strong core to help protect the lower back. *Please bring a yoga mat.*
Max: 15 members
Wednesday's 9:30am: Sam

Chair One Fitness: A seated, dance-based fitness program that provides a fun, full-body workout for people of all ages and abilities, especially those who have difficult standing or using heavy equipment.
Max 20 members.
Wednesday's 8:30am: Liana

Gentle Flow Yoga: This class combines the components of slow flow yoga, linking breath to movement with proper alignment for safety, strength and stability and Hatha yoga, holding and experiencing the depth of postures. There will be a focus on breath, balance and strength. The class style offers a relaxed pace and thoughtful, meditative approach to the practice. The session begins in a chair or comfortable seat on a mat and progresses to standing postures. This class type is suitable for everyone and celebrates the joy of movement.
Max 20 members.
Mondays 11:00am: Beverly

Line Dancing: Kick up your heels and learn the basic steps to a variety of music. Registration is required. Please wear comfortable shoes that can gently slide on the floor.
M*ax 20 members.*
Tuesdays 10:20am: Susan **OFF Until January 5th**

Pilates: Controlled movements which improve flexibility, build strength and develop control and endurance in the entire body.
Max 20 members.
Tuesdays 8:45am: Mary Jane

Pound: A full-body drumming workout combining cardio, conditioning & strength training with yoga and Pilates movements using lightly weighted drumsticks ("Ripstix"). Designed for all fitness levels.
Max 20 members.
Thursdays at 10:00am: Liana - Off 12/24 & 12/31

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 at home).
Max 20 members.
Mondays at 9:30am: Mary Jane

Walking Group: (Free) Join Kathleen Carrol and Kathy Berry every FRIDAY for a 1 hour walk through Bare Cove Park. Group will meet in the parking lot at 226 Beal St. Hingham. Across from Stop and Shop.
Please register in advance.
Fridays 9:30am **Off until Spring.**

Yin Yoga: Yin 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. Often meditation and pranayama (breathwork) are a part of the class. Yin is suitable for all including beginners.
Max 20 members.
Thursdays 8:30a: Beverly - Off 12/24 & 12/31

Fitness Classes are $5 each and are "drop in" unless otherwise indicated. Your first fitness class is free. Programs and Instructors are subject to change without notice.

DIGITAL LITERACY

Social Media Help

Having trouble navigating different social media apps? come join our local expert Rory! Setting up a profile, navigating pages and do's and don't's. Whether you are new to social media or want to update your profiles, Rory is here to help!

Call for Appointment.

Tech Help with Griffin

Hingham High School's Griffin is volunteering his time to help members with basic technology. If you have a new Phone, Tablet or iPad or an old one you still can't figure out, Griffin is here to help! Please make sure to bring your device and any passwords or emails you may need helpwith.
Space is limited. Registration is required.
Next Date: January 6th from 12:30 - 1:30

Ask a Nurse IS BACK!!

Walk-in blood pressure clinics led by the Regional Public Health Nurse, Jacqueline Cregg, R.N. These health clinics are entirely free of charge and require no prior appointment. Residents can drop in freely to get their blood pressure checked, monitor pulse and oxygen levels, or speak with the nurse to address general medical and health questions.

Next session: December 2nd & 16th at 11:00 - 12:00PM

Hearing Screenings & Aid Cleanings

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

Next session: December 3rd.

At Home Hearing Healthcare

Join Michael Schmidt, board certified hearing instrument specialist (Lic # 224) quarterly for hearing aid cleanings, hearing screening or a video ear exam. Registration required.

Next session: 2027

Manual Lymphatic Drainage (MLD)

LMT Nikki Monteiro is at the Center on the 3rd Thursday monthly by appointment starting at 9:00. Fee: $35 per half hour session.

Next session: December 17th 9:00am.

Low Vision Support Group At Scituate's Senior Center

Please contact Scituate COA's (781-545-8870) or Ellen Dorgan, Facilitator at 781-545-2263 to learn more.

Blood Pressure Clinic

The South Shore VNA hosts monthly blood pressure clinics. Appointments available on the 2nd Tuesday, 11:00am- 12:00pm of each month to check your BP and explain the results.

Next Session: Tuesday, December 8th

Parkinson's Support Group

Meets the 4th Monday monthly at 11:00.

Our support group is here to help. Please call us confidentially or attend a meeting in person. Below are some of the questions we hear most often:

- Could this new symptom be related to Parkinson's?
- What medications tend to work best for managing symptoms?
- Why am I having trouble sleeping?

For more information, please contact Leslie Vickers, Group Facilitator, at 617-750-2275.

Next meeting: December 28th.

Reflexology

By appointment only. These 45 minute sessions are provided by Anne Brennan. Cost is $30 payable the day of service. 1st and 3rd Tuesday of the month from 9:00am – 1:30pm

Next sessions: Tuesdays, December 1st and 15th

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EDUCATIONAL AND SOCIAL PROGRAMS

Book Club
Meets Monthly on the 4th Tuesday at 2:30pm. Join our group of avid readers to discuss a new title, led by our own Outreach Coordinator, Mary Frugoli
Next meeting: Tuesday, Dec. 22nd at 2:30.

November's Book:
The Lies They Told – Ellen Marie Wiseman
The Lies They Told is set in rural Virginia during the 1930s and follows Magdalena "Lena" Conti, a young immigrant mother, as she navigates the harsh realities of America's eugenics movement, which targeted individuals based on class, race, disability, education, and country of origin.

Coffee Shop Via Zoom
Fridays at 9:00am. Virtual weekly coffee shop meeting, where our seniors have a "no-agenda" discussion of whatever is on their minds. Registration is required

Let's Color Together
Wednesdays from 1:00 - 3:00pm (Drop-in) with Pat LaLiberte. An informal group that enjoys coloring and company. Bring your own pencils, crayons and coloring books or projects.

Quilting
Thursdays at 1:00 (Drop- in) Bring your own project and join Irene Cockinos for this friendly and helpful group!

Knitting
Tuesdays from 10:00 – 12:00 (Drop- in) Learn the basics of knitting, including how to select patterns, books and yarns with Joyce Foster.

Men's Group
Join us for some hot coffee and some great conversations.
Next meeting: Off for December 1/14/27 at 12:30pm.

Memoir Writing with Frank Mellen
(Zoom & In person)
Join Frank and others for a small group session. Typically meets the 2nd & 4th Tuesday at 1:00pm.
Next meetings: 12/8 via Zoom & 12/22 in person.

Oriental Rug Making
1st and 3rd Tuesdays monthly at 1:00 (drop- in) 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!
Next meetings: December 1st and 15th

World/Current Affairs Discussion Group
1st Monday Join Alan Greenstein for a lively discussion of current events on the 1st Monday of the month at 9:30am. Call to register for link.
Next session: Monday, December 7th.

Crochet
Thursdays at 10:00 - 12:00 (Drop- in) Bring your own project and join Lori Randall for this friendly and helpful group! Beginners Welcome!

Ukulele Club
Tuesdays at 11:00 Join the Ukers! All levels welcome. Bring your own ukulele.

DROP IN GAMES

Bridge
Players should be familiar with basics.
Mondays at 1:00pm (Mural Room)
Wednesdays at 9:30am (Small Rm.)
Thursdays at 1:00pm (Living Rm.)

Cribbage
Thursdays at 10:00am (Living Rm.)

Dominos
Wednesdays at 12:00

Hand and Foot
with Paul Capella
Mondays at 1:00 (Living Rm.) off for winter

Mahjongg
Players should be familiar with basics.
Tuesdays at 1:00pm (Living Rm.)
Thursdays at 10:00am (Small Rm.)

Chess
All skill levels welcome.
Mondays at 2:00pm (Living Rm.)

Whist
All skill levels welcome.
Wednesdays at 1:00pm

Rummikub - NEW
Thursdays at 1:30pm

We are looking to start new groups. Call us to register if you are interested in meeting weekly for Scrabble, or other games.

Holiday Movies at the CAL!

We will be showing pop up movies with our community meals on the following dates. Movies will be decided day of. Registration is still required by calling 781-741-1458.

Mon, Dec. 21st
1:00 PM

Tues, Dec. 22nd
1:00 PM

Wed, Dec. 23rd
10:00 AM
BEFORE LUNCH

Mon, Dec. 28th
1:00 PM

Tues, Dec. 29th
1:00 PM

Wed, Dec. 30th
10:00 AM
BEFORE LUNCH

WHAT'S ON THE MENU?

Connie's Lunch Bunch

Join Connie Coleman and friends for this popular monthly luncheon at a local restaurant. This is a great way to try a new venue and meet some new people. Meal prices vary based on restaurant and meal chosen. Participants are responsible for the cost of their meal. Registration is required for reservations; seating is limited. **Next meal: Thursday, December 10th at Evviva Trattoria at the Hanover Crossing, 1775 Washington Hanover, MA 02339 @ 1:00PM**

Pizza Thursdays!

Join us every **Thursday at 12:30** for a hot pizza lunch!! Reservations required by Wednesday each week.
Cost: $5 Due at registration. **No Pizza 12/3, 12/24, 12/31**

The Joyful Kitchen Cooking Class

Check back in January

Community Dining

Enjoy lunch at the HCAL. For those 60 and older. Suggested donation $2.50.This program is supported by Old Colony Elder Services. Reservations required one week in advance. 781-741-1458. Suggested donation of $2.50.
Monday & Wednesday 12:00p; Tuesdays 12:30p
The Special Holiday Roast will be December 3rd. This meal will feature a Pork Roast with Apple Glaze

Mon	Tue	Wed
Nov. 30	**Dec. 1**	**Dec. 2**
Herbed chicken, brown rice and red bell peppers, pullman bread and a peach	December Menu not available at time of printing.	TBD
Dec. 7	**Dec. 8**	**Dec. 9**
TBD	TBD	**Closed for Police Luncheon**
Dec. 14	**Dec. 15**	**Dec. 16**
TBD	TBD	**No Meal Holiday Party**
Dec. 21	**Dec. 22**	**Dec. 23**
TBD	TBD	TBD
Dec. 28	**Dec. 29**	**Dec. 30**
TBD	TBD	TBD

RIDES TO HCAL

Rides are available to the HCAL Monday through Thursday. Shuttle services may be available for special events, with satellite parking at Hailey Field.

MEDICAL TRANSPORTATION

Transportation is available for well visit medical appointments in surrounding towns. Appointments must be scheduled between 8:15am and 2:00pm, Monday through Thursday. Our transportation services are intended to supplement other resources. If your needs are long term, please speak with our Outreach Coordinator to learn about other services you may qualify for. Appointments must be made at least 1 week in advance by calling our Transportation Coordinator at (781) 741- 1458. Suggested donation is $5 for Hingham and abutting towns and $10 for Quincy and Scituate. Hingham residents only. Restrictions apply.

ALTERNATIVE TRANSPORTATION

MBTA– The RIDE/FLEX - (800) 392-6100 or MBTA.com/accessibility/the-ride

MAP (Medical Access Program) Door to door handicap accessible transportation to Boston medical appointments. Made possible by Title III-B funding under the Older Americans Act from South Shore Elder Services. Donations may be made to offset program costs to SSCAC, MAP, 71 Obery St., Plymouth, MA. Eligibility screening required.

Shuttle Van Trips: Shopping

Retail Shopping:	Monday, 12/7 at 12:00
Market Basket:	Thursday, 12/3 at 9:30 Thursday, 12/17 at 12:00
Thrifting:	Monday, 12/14 at 12:00
Walmart:	Thursday 12/10 at 10:00
Stop and Shop-	Thaxter: Tuesdays at 9:30 LSA: Wednesdays at 9:30
Trader Joe's:	Tuesday, 12/15 at 2:00
Fruit Center:	Off for December

TRIPS

Each month we offer trips around the South Shore. Riders are responsible for all other costs unless otherwise indicated. *Registration is required for all trips and rides. Pick up and return times may vary based on attendance and traffic.*

Holiday Light Trips!

Hingham Light Tour
Tuesday, December 15th at 4:00pm
Join us on a trip through Hingham! Main St. to backroads, commercial properties to culdisacs we are checking out all the best Christmas decorations here in town!

South Shore Celebratin of Lights - $5
Tuesday, December 22nd at 4:30
This year we are heading to Marshfield Fairgrounds to see over 1 mile of roadway that has been transformed into a glittering display of over 1 million LED lights — featuring a 300' multi-colored tunnel and animatronic scenes.

Retail - Derby St
Monday, December 7th at 12:00
The Holiday Season is upon us. Let us help you! Let us bring you to Derby St. Shops where you can get every gift you need for the end of the year skip the parking headache, we'll drop you off right in front of the store!

Big Bus Trips

This years Big Bus Trips are full and on wait lists. Keep an eye out on this page next year for some new trips!

Trip fees are non– refundable. The bus will pick up at the Hingham SSCC.

Requests must be made for all transportation services at least one week in advance. Rides are provided on a first come, first serve basis and requests are not guaranteed. Some restrictions apply. 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.** When the Hingham Public Schools close or delay opening, our transportation services are cancelled. Check your local news station for closures.

SHINE (Serving Health Information Needs of Everyone)

SHINE provides FREE unbiased health insurance counseling information and assistance to residents with Medicare, their caregivers and those approaching Medicare eligibility. The SHINE website (shinema.org) provides valuable information on Medicare.

Appointments will be taken on Wednesdays from 8:30-12:30. If you are looking for the best prescription prices, please complete a 'Medicare drug pre-enrollment' sheet. Please contact Mary Frugoli, Outreach Coordinator to pick one up or request one to be mailed or emailed to you.

NOTARY SERVICES AVAILABLE BY APPOINTMENT

Call Terry at The Center to schedule an appointment for simple notary services. Mobile services now available! Call for appointments. (781) 741-1458.

SENATOR PATRICK O'CONNOR'S COFFEE WITH CONSTITUENTS

Representative Elizabeth Vater from Senator Patrick O'Connor's Office will be at the Hingham Center to meet with constituents. Typically the 4th Thursday of each month from 12:00 – 1:00. Do you have an issue you need help with? Come and see if Elizabeth can help you. Next session: **Tuesday, Dec. 22nd. No appointments are necessary.**

FINANCIAL ADVISOR

Jason Luck of Commonwealth Financial is conducting free consultations at the Hingham CAL by appointment on the 4th Thursday monthly from 10:00-12:00. Next appointment 2026, **Next meeting Thursday, Dec. 17th**. Please call us at (781) 741.1458 to schedule your appointment.

SENIOR ADVISING

Get free help finding the best senior living, care, and resources that fit your needs. Oasis Senior Advising will be here quarterly by appointment.
Next visit 1/4/27 starting at 10:00am.

FINANCIAL ASSISTANCE

Financial assistance may available for qualifying individuals to pay for a portion or full program costs. Contact Mary at 781-741-1458 to learn more.

DIGITAL LIBRARY RESOURCES

Hingham Public Library (781) 741-1405

ELDER ABUSE HOTLINE: (800) 922-2275

Elder Abuse reports can be filed 24 hours a day either online or by phone. Protective Services only investigates cases of abuse where the person is age 60 and over and lives in the community. To report abuse of a person with a disability under the age of 60, call the Disabled Persons Protection Commission at (800) 426-9009. To report abuse of a person by nursing home or hospital, call the Department of Public Health at (800) 462-5540.

FOOD ASSISTANCE REFERRALS

Hingham Center for Active Living: (781) 741- 1458
SNAP/Project Bread: (800) 645- 8333
Old Colony Elder Services: (508) 584-1561

ESSENTIAL SHOPPING ASSISTANCE, TRANSFER STATION, & OTHER LIMITED SERVICES

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

HOME ENERGY ASSISTANCE PROGRAM:

Recertification forms will be going out to last year's applicants in September. New applications will be accepted in October. The heating season runs November 1, 2026 through April 30, 2027.
Eligibility rules apply. For more information, or for help completing an application (starting October 1) please speak with our Outreach Coordinator, Mary Frugoli.

HINGHAM FOOD PANTRY: (781) 740-8180

685 MAIN STREET, HINGHAM, MA 02043
For those families who may need assistance please call the pantry if this is your first visit. Distribution dates: **Tuesdays: Dec. 8th and 22nd** 9:00 -12:00. We deliver to families in need of this service.

SAGE: 877-360-LGBT (5428)

We don't always know how to provide the support our friends and loved ones need. If you know an LGBTQ+ elder struggling with loneliness, depression, workplace issues, anxiety, HIV/AIDS, or anything else, tell them to call the SAGE Hotline at 877-360-LGBT (5428).

NATIONAL SUICIDE PREVENTION HOTLINE:

800-273-8255

findmass money.gov
UNCLAIMED PROPERTY DIVISION

Did you know that you may have money waiting for you?
1 in 10 Massachusetts residents has unclaimed property.
Unclaimed property can refer to an old bank account, a forgotten insurance policy, uncashed checks, a refund you didn't know about, or even a forgotten safe deposit box.
Search and claim at Findmassmoney.gov or call our office at 617-367-0400.
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A letter from Old Colony Elder Services (OCES):

'Tis the Season. Tips for Managing Holiday Stress and Seasonal Depression

The holiday season is often associated with joy, celebration and time spent with loved ones. However, for many people, it can bring feeling of stress, loneliness, and anxiety.

Winter brings shorter days, colder temperatures, and fewer opportunities to spend time outdoors. For some people, the seasonal changes can affect mood, energy levels and overall well-being.

Seasonal affective disorder (SAD) is a type of depression that follows a seasonal pattern, most often occurring in late fall and winter. Symptoms may include sleeping more than usual, overeating or craving carbohydrates, feeling down, having trouble concentrating, and experiencing low energy. While winter blues are common, persistent symptoms should not be ignored. SAD is a treatable condition, and a healthcare provider can help determine the most appropriate support.

Although you can't change winter's shorter days or eliminate all holiday stress, there are steps you can take to make the season more manageable and support your overall well-being. Establishing a self-care routine can help reduce stress, improve your mood, and make it easier to cope with seasonal challenges.

Self-care is about recognizing your own needs and taking steps to stay physically, mentally, and emotionally well. Incorporating simple, healthy habits into a daily routine can make a meaningful difference in how you feel throughout the winter months.

Here are steps to help you maintain overall health and boost your mood:

- Regular exercise
- A healthy sleep schedule
- Let in the light
- Spend time outdoors
- Make time for activities/hobbies you enjoy
- Connect with others
- A well-balanced diet
- Recognizing when to seek help
    - It's important to see your healthcare provider if you are feeling sad, anxious, or not like yourself. If you lose interest in activities you usually enjoy, notice changes in your sleep patterns, or experience other symptoms of SAD mentioned earlier, talk with your healthcare provider.

Old Colony Elder Services' (OCES) is designated as one of 22 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts and proudly serves older adults, individuals with disabilities, caregivers, and families across 34 communities throughout Plymouth County, the South Shore, and surrounding areas. To learn more, visit ocesma.org.