



In the Moment Cafe

For Caregivers and Loved Ones

Enjoy an hour of music, movement, and engagement in a light and fun atmosphere with

South Shore Conservatory's

Dance/Movement Therapist, Kaitlyn Mazzilli &

Music Therapist, Joanna Kennedy.

This monthly memory cafe is offered by the Hull Council on Aging for those living with cognitive decline and their caregivers.

Date: March 12th

Time: 1:00 p.m.

Location: 197A Samoset Ave, Hull

RSVP: 781-925-1239



Generously sponsored by a grant from
South Shore Elder Services and the
MA Executive Office of Elder Affairs

Note Upcoming Dates:

April 9th

May 14th

June 11th



HULL SENIOR CENTER

FITNESS CLASSES

Mon 9:00am Strength & Flow

Mon 11:00am **NEW!** Line Dancing

Tues 8:45am Zumba Gold

Tues 9:45am Chair Yoga

Wed 9:00am Strength & Flow

Wedn 10:30am **NEW!** Not Just Yoga

Wed 12:30pm Qigong/Tai Chi

Thurs 9:45am Chair Yoga

*WE ENCOURAGE YOU TO SIGN UP IN ADVANCE IF
YOU PLAN TO ATTEND. CLASSES MAY BE
CANCELLED FOR LOW ATTENDANCE. CLASS SIZE
MAY BE LIMITED WITH HIGH ATTENDANCE.*



Bring payment on class
day or pay forward at
the office. Cash or Check
payable to Hull COA

Register at the Hull Senior Center
HullCOA@town.hull.ma.us or (781) 925-1239

HULL SENIOR CENTER



ZUMBA TONING

W/ MOROCCAN STICKS

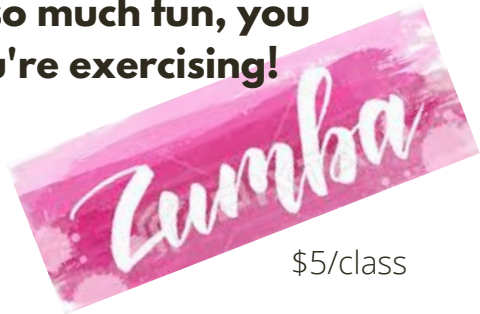
Tuesday 8:45AM

**Use of light weight toning sticks
enhances sense of rhythm and
coordination -tone arms, core, and
lower back.**

**We will focus on strengthening muscle
groups and reducing the loss of muscle
mass.**

**Its purpose is to sculpt and tone
through resistance. Improves
cardiovascular health. This class
keeps you moving with great music.
You will be having so much fun, you
will forget that you're exercising!**

Bring payment on class
day or pay forward at the
office. Checks payable -
Hull COA



\$5/class



Register at the Hull Senior Center
HullCOA@town.hull.ma.us or (781) 925-1239

Hull Senior Center

Not Just Yoga

Wednesdays 10:30am



Release the issues within your tissues! This class infuses mindfulness, breath work, Reiki and sound healing with mat-based movement to cleanse and rejuvenate your body and mind.

Cost: \$5 per class

Bring a mat and beach towel or small blanket.



**Sign up by phone or email
(781) 925-1239**

HullCOA@town.hull.ma.us

HULL SENIOR CENTER

Qigong/Tai Chi

Wednesdays 12:30 - 1:30pm
with Bill Mazzeo



Qigong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self massage, sound, and focused intent.

Tai Chi is a low-impact exercise ideal for seniors. Gentle movements of regular Tai Chi can improve your strength, flexibility, and range of motion, as well as decrease the effects of common degenerative diseases, such as arthritis.



\$3.25/class

Register at the Hull Senior Center
HullCOA@town.hull.ma.us or (781) 925-1239
197 Samoset Ave., Hull, MA



HULL SENIOR CENTER

CARD GROUPS MEETING WEEKLY

**LEARN TO PLAY WHIST, BRIDGE, MAH JONG OR HAND
AND FOOT. INSTRUCTION IS AVAILABLE FOR ALL
CARD GAMES!**

WHIST

Tuesdays at 1:00pm

WITH BARBARA LAWLOR



BRIDGE

Wednesdays at 1:00pm

WITH BARBARA LAWLOR

MAH JONG

Thursdays at 11:00am

WITH BARBARA LAWLOR



HAND AND FOOT

Thursdays at 11:00am

WITH IRMA LEFERVE



Register at the Hull Senior Center
by email at HullCOA@town.hull.ma.us
by phone at (781) 925-1239

Sign up required.

