

To the Hingham Community,

Newsletter 1 | September 2025

Welcome to CAL CONNECT

CAL CONNECT is a series of newsletters designed to keep Hingham residents informed and connected to the Center for Active Living (CAL) Building Project.

September is National Senior Center Month

A Modernized Center for Active Living at Bare Cove Park Drive is a transformative, not to be missed opportunity for the community of Hingham.

Hingham's dedication to Senior Services dates to Town Meeting (1970) and the establishment of Hingham's first Senior Center on North St. in 1971. In dire need of space, the Senior Center relocated to Town Hall in 1995. By 2011, driven by demographic shifts, changing needs, and evolving interests, the limitations of Hingham's Senior Center were again becoming pronounced. *Today, the CAL is operating from unchanged and profoundly inadequate space. The need for a modernized Center has been recognized and studied for close to 15 years.*

Throughout Hingham's Senior Center history, space requirements have grown in tandem with historic growth in the older population. In fact, for the first time in U.S. history, older adults are projected to outnumber children by 2034. Today, 32% of Hingham residents are over age 60. As epic demographic shifts continue in the community, limitations of the CAL will increasingly restrict operations and be a barrier to both participation levels and the expansion of impactful wellness promoting programs and services. *Today, the community of Hingham is at a critical crossroads, with a promising opportunity to build a modernized Center for Active Living, an impactful community resource and focal point.*

Inadequate Space and Limitations at Hingham's Center for Active Living

Since 2011, the current 5,500 SF location has operated with limited programming due to inadequate space, insufficient parking, and outdated features. These limitations inhibit the CAL in establishing awareness of its impactful role in the community; developing and providing essential evidence-based health and wellness promoting programs and services; obtaining program specific grant funds; building participation levels among thousands of adult residents; and fostering intergenerational engagement and community wide connections. In addition to demographic shifts, the role of Senior Centers has changed dramatically over the last 30 years. Larger modernized centers with dedicated spaces that respond to diverse need and interests have become community focal points. *A modernized Center for Active Living with increased square footage, parking capacity, and accessible features will become a foundational community resource that fosters independence, wellness, and community wide engagement.*

DID YOU KNOW...

through their evolution, many Senior Centers have been reimagined and renamed to Centers for Active Living and Intergenerational Community Centers. Hingham's Senior Center was renamed the Center for Active Living in 2023 to reflect its mission; dedication to older residents; community wide impact across the lifespan; and the longtime, closely held goal to advance plans for a modernized and expanded Center.

An Optimal Time in History to Build a New Center for Active Living

It's an epic time of aging in Hingham, and across the country. In 2024 the youngest (of an estimated 75 million) baby boomers turned 60. By 2034, for the first time in the country's history, the share of people over age 60 will outnumber the share under age 18. Many towns, including Hingham, have already reached this historic milestone. The share of residents age 60 and over nearly doubled from 17% in 1997 to 32% in 2025. Projections estimate that close to 40% of the community will be over age 60 by 2035. As demographic shifts continue the CAL will be increasingly restricted in meeting the needs of Hingham's large and growing population of older adults.

The proposed CAL will be a mixed-use center that reflects innovation in the field of aging and CAL's mission to support the independence and ongoing personal development of Hingham's population age 60 and older, advocate for their needs, and work to enhance the quality of their lives. As a Center for Active Living, the proposed center will reflect the value of fostering mutually rewarding connections and collaboration across generations.



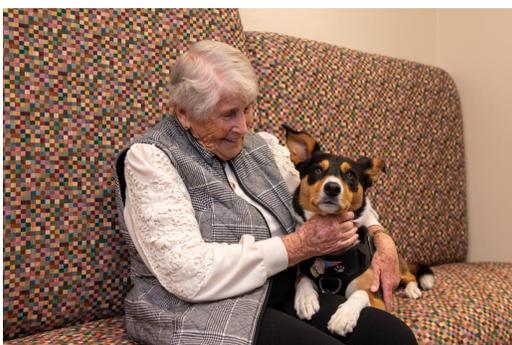
Please Join the Conversation

The CAL project is the product of thoughtful community conversations and shared goals. As we move forward, your voice matters. We will be engaging you throughout the process and look forward to your questions and feedback. For up to date information in the project please visit the Center for Active Living Building Project Website.

[HCAL Building Project Website](#)

Up Next...

Please tune into the next issue of CAL Connect to meet the team and learn about the programs and services that have contributed to the historic recognition of Senior Centers, and Hingham's Center for Active Living, as vital community resources that facilitate aging in the community while simultaneously strengthening a sense of belonging and community across the lifespan.



Sign Up for Project Newsletters

Center for Active Living Building Committee: Tom Carey (Chair), Beth Rouleau (Vice-Chair), Vicki Donlan, Joseph Kelly, Sally O'Hare, Jean Silverio, Steve Young, Jennifer Young (CAL Director, ex officio, non-voting member)

Council on Aging (COA): Joe Nevins (Chair), Sara Smithson (Vice-Chair), Rory Earley, Ethel Franks, Karen Johnson, Lucinda King-Frode, Leon Merian, Joshua Ross, Jean Silverio, Elaine Ward

Friends of the Center for Active Living (FOCAL): John Slater (President), Nick Amdur, David Anderson, Betty Foley, Dorothy Galo, Yvette Kanter, Donna Linskey, Eileen McCracken