

CAL CONNECT



To the Hingham Community,

Newsletter 2 | September 2025

September and National Senior Center Month. Here's what you need to know about their historic and impactful role.

For decades, Senior Centers have been recognized as community focal points for adults on the path of aging. Growth in the network of Senior Centers was sparked by funding made available by the enactment of the Older Americans Act (OAA) in 1965. The OAA established the foundation of a national aging services network that includes more than 11,000 Senior Centers throughout the country.

It's a pivotal time for community planning related to the modernization of Senior Centers.

Unprecedented demographic shifts; diverse needs and interests among multiple generations of older adults; and encouraging research on the correlation between purposeful engagement and improved physical, emotional, and cognitive health are driving innovation in the development and design of Senior Centers. Across the country, communities are being challenged to create modernized spaces that strengthen the community through enriching programs and services.

Many unchanged historic Centers, including Hingham's CAL, are operating with profound constraints that are barriers to the development of essential services and participation. Newly built Centers have demonstrated the impact of modernization through significant increases in participation among residents and collaborative partnerships that strengthen the shared goal of promoting health and wellness across the lifespan.

A Modernized CAL at Bare Cove Park Drive is a long-awaited opportunity to create a vital resource at a historic time of aging. The proposed Center for Active Living, with increased square footage, parking capacity, and accessible features, will become an essential destination for Hingham, for the next 50+ years.

DID YOU KNOW...

Research demonstrates that older adults who participate in programs at Senior Centers (or Centers for Active Living) can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. (National Council on Aging)

Meet the Team

The CAL Building Committee

In May of 2020, Town Meeting established the seven-member Senior Center Building Committee. The Building Committee's charge reflects the continuation of a long trajectory of Council on Aging advocacy, community discussions, and supportive studies to address the longtime awareness that the space and features of Hingham's 30-year-old CAL are profoundly inadequate. The Committee was initially appointed to guide the exploration of plans for the design, engineering, and renovation of the Senior Center in Town Hall and the adjacent space currently occupied by the Police Department. In 2023, amidst growing concerns around parking, accessibility, and design barriers, the Town approved broadening the purpose of the 2020 appropriation to include consideration of five alternative sites. The Select Board then narrowed the process to two sites, and the charge of the Building Committee was expanded to include the site at Bare Cove Park Drive. In April 2024, the Town finalized an agreement with EDM Design Studio, Inc. to conduct a feasibility study of the two sites. In December 2024, informed by 47 public meetings and the findings of the feasibility study, the Building Committee confirmed their unanimous recommendation to advance Bare Cove Park Drive as the most preferable and feasible location for the Center of Active Living. Subsequently, Town Meeting 2025 approved

Warrant Article 15 to advance the design and pre-construction bid documents in order to obtain construction bids for a new Center for Active Living at Bare Cove Park Drive.

Jennifer Young

Jennifer Young is the Director of the Hingham Center for Active Living. She has 15 years' experience, eight as a Director, with the last six years in Hingham. During her time in Hingham, she has led the Center through a pandemic, which altered the approach of how we service and support our seniors. In her tenure she has introduced educational, fitness, transport and emotional wellbeing programming and services to better meet our seniors' needs. She has maintained the Center's National Accreditation Status, implemented the Volunteer Brand Ambassador program to provide community education and expand the volunteer pool (and manages the now 80 volunteers that are essential to the delivery of programs and services), implemented MySeniorCenter (for program registration, digitalization of member records, email communications) introduced streamlined registration system by credit and debit card for payments, was awarded a MassDOT grant to purchase the 14 passenger shuttle van. Jennifer's leadership has increased participations, supported participants' independence and foster's community engagement.

Council on Aging

The Council on Aging is appointed by the Select Board and consists of 11 members, a majority of whom are over 60, that serves in an advisory capacity to the Hingham Center for Active Living (HCAL). The HCAL provides programs, services, activities, and transportation for all residents 60 years of age and older and serves as a resource for information to families, friends and neighbors who may find themselves caring for an older person.

Friends of the Center for Active Living (FOCAL)

The Hingham Friends of the Center for Active Living (FOCAL) was established to support and assist the Council on Aging in enhancing the community's awareness of the activities offered by the Center for Active Living and augment its efforts to provide enriching programs and resources for Hingham residents.

edmStudio

edmSTUDIO is an architecture firm built on the idea that *every detail matters*. Rooted in a love for craft and collaboration, the firm delivers thoughtful, community-driven design that strengthens connections and enhances quality of life. With a deep expertise in designing for aging populations and community spaces, edmSTUDIO has partnered with many New England communities on their Senior Center projects—helping towns create welcoming, functional, and resilient environments for older adults. Guided by principles of curiosity, responsibility, and joy, the firm's mission is simple but powerful: to make the process enjoyable, the results enduring, and the communities they serve stronger.

Lifespan Design Studio

Lifespan Design Studio is led by architect Douglas Gallow and gerontologist Ellen Gallow with the mission of advancing universal, aging-friendly design. Lifespan Design Studio brings unmatched expertise to the field, combining architectural excellence with a deep commitment to gerontology and design for aging having consulted on more than 120 Senior Center project to deliver aging-friendly universal designs. A Fellow of the American Institute of Architects. Doug is also a frequent national presenter, author, and thought leader, currently serving on the National Institute of Senior Centers' Modernizing Senior Centers Task Force.

P3 – Project Planning Professionals

P3 is an Owner's Project Management (OPM) firm with a distinguished 80-year collective track record in project and construction management, civil engineering, architecture, design, and public-sector facility planning. Led by President Daniel Pallotta—who brings over 25 years of experience as a construction manager, general contractor, and municipal official—P3 excels at guiding complex public projects from conception through construction. The firm's deep expertise in Senior Center design is evident in successful projects across Massachusetts. P3's strengths lie in its highly skilled multidisciplinary team who bring rigorous cost control, lifecycle value analysis, and proactive regulatory oversight to every project.



CENTER FOR ACTIVE LIVING
Connect + Discover + Grow



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. Visit the project website for up-to-date information—and sign up below to get these newsletters sent to your inbox.

[Sign Up for Project Newsletters](#)

[HCAL Building Project Website](#)

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