

## Programming That Meets Community Needs

The new Hingham Center for Active Living is being designed with one clear goal: to meet the needs of Hingham's growing older adult population with programs and services that keep residents **active, engaged, and supported**. Over the next several newsletters, we will be highlighting the programming that will shape the new Center — drawing on **community input** as well as lessons learned from **similar centers in neighboring towns**. These updates will give residents a closer look at how the Center's spaces and services are being tailored to Hingham's needs.

### Why This Matters for Hingham

- By 2030, nearly **one in three Hingham residents will be over the age of 60**, a higher proportion than the state average.
- According to the [Massachusetts Healthy Aging Data Report](#), older adults are most at risk for **falls, chronic disease, and social isolation**.
- [Statewide surveys](#) confirm that **transportation and access to services** are among the top barriers to participation.

The Center for Active Living addresses these challenges head-on with **programming tailored to health, learning, connection, and support**.

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### Health & Wellness

- Fitness and exercise programs for all ability levels, from balance and strength training to yoga and tai chi. These activities directly respond to fall-risk data, which shows nearly **30% of Massachusetts residents over 65 experience a fall each year**.
- Wellness clinics and screenings in partnership with local providers, helping older adults stay on top of chronic health conditions.
- Private consultation rooms for nutrition workshops, counseling, and preventive care.

### Lifelong Learning & Creativity

- Classrooms and multi-purpose rooms for educational lectures, book clubs and discussion groups. Research shows older adults who participate in learning programs experience **slower cognitive decline and stronger mental health**.
- Art, craft, and music programming — areas where current participation in Hingham is so high that existing programs have waiting lists.
- Technology training that helps residents stay connected with family, friends, and telehealth resources.

### Social Connections

- A café and lounge designed for informal gathering — an intentional response to studies showing that **social isolation increases the risk of dementia by 50%**.
- Community dining events, including lunches, holiday meals, and intergenerational programs with local schools.
- Social games like mahjong and cards that foster friendships and daily engagement.

## Support & Services

- Counseling and support groups for caregivers and those living with chronic conditions.
- Transportation coordination to address the well-documented barrier of reliable access, a top issue identified in Massachusetts Council on Aging surveys.
- Staff and volunteers ready to help residents navigate resources and services in Hingham and beyond.

## Outdoor Opportunities

- Walking paths and outdoor gathering spaces, building on research that shows **time in green spaces improves both physical and mental health.**
- Gardening programs and seasonal outdoor wellness activities.

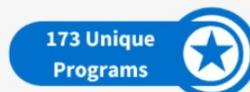
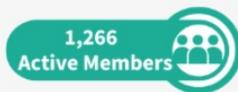
## Looking Ahead

The new Center for Active Living is more than a building — it's a community hub that will help Hingham's older adults thrive. By combining evidence-based programming with spaces designed for wellness, learning, and connection, the Center ensures our residents can age with dignity, vitality, and community.

This newsletter is the first of several that will be exploring the proposed programming for the new Center. Future editions will take a closer look at specific offerings — from fitness and wellness, to lifelong learning, to support services and social connections — and will highlight how ideas from Hingham residents and successful nearby centers are shaping the design.

## HCAL BY THE NUMBERS: A YEAR OF GROWTH & ENGAGEMENT

Building Connection • Learning • Wellness • Community



- Art & Cultural Programs
- Craft Club & Workshops
- Day Trips
- Digital Literacy Support
- Life-Long Learning & Lecture Series
- Discussion & Book Groups

- Fitness & Movement Classes
- Health Education & Screenings
- Nutrition & Congregate Meal Programs
- Recreation & Social Activities
- Outreach & Support Groups
- Volunteer Opportunities





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### 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](#)

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**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

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