

To the Hingham Community,

Newsletter 7 | December 22 2025

Warm Wishes from the Hingham Center for Active Living Project Team

Celebrating a Season Full of Connection

This time of year, the Center feels a little brighter. Holiday luncheons fill our tables, craft workshops spill over with color and conversation, and the music from seasonal programs has a way of echoing long after the doors close. Winter may shorten the days, but it never seems to dim the energy here.

From early-morning fitness classes that make us feel a little lighter before the cookies come out, to seasonal gatherings where friends who met through HCAL now celebrate like family, this season reminds us what community really looks like.

Holiday Moments Worth Keeping

During the holiday season, the Hingham Center for Active Living becomes a place of connection and continuity. Festive gatherings, shared meals, seasonal crafts, and special entertainment bring people together at a time when many would otherwise feel isolated. At the same time, regular fitness, wellness, and lifelong learning programs continue, providing structure and routine through the winter months. Whether it's a holiday luncheon, a creative class, or a simple conversation over coffee, these moments help ensure older adults remain connected, supported, and engaged during one of the most important times of the year.

It's simple: **the season feels bigger when we celebrate it together.**





Images from the Annual Holiday Luncheon on Wednesday, December 17, 2025

A Season That Shows Us What We Need

The warmth of these programs often stretches our building to its limits, but that's a testament to the strength of the Hingham community. When people show up to learn, share meals, dance, create, and simply be with others, it becomes clear why the future Center for Active Living matters so deeply.

Our holiday calendars are full. Our events are lively. Our community is eager.

From All of Us at HCAL

Thank you for being part of something that feels a lot like a hometown holiday tradition: familiar faces, new friendships, full rooms, and a sense that no one should celebrate the season alone.

Wishing you a joyful holiday, a warm winter, a Happy New Year and all the good things that come with it.

🎄 **Happy Holidays from your HCAL Project team!** 🎄

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](#)

[CAL 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