

Hingham Center for Active Living – 2025 Annual Impact

In 2025, the Hingham Center for Active Living continued to do what it has always done best: serve as the heart of connection, wellness, and support for Hingham’s older adults.

This year, **297 new members** joined the HCAL, with **213 guests** also participating in programs and events. In total, **1,223 individuals** took part in HCAL activities, attending a combined **14,131 sessions** across the year. That level of participation reflects not just strong programming, but a community that relies on this center as a vital part of daily life. [Learn how the design team engaged the community to determine the programming that shaped the proposed HCAL design.](#)

To meet those needs, HCAL offered **177 unique programs**, many of which ran weekly or monthly, resulting in **2,409 total program offerings**. From fitness and wellness to lifelong learning and social connection, the Center delivered consistent, high-quality programming throughout the year.

Transportation remained a lifeline for many residents. In 2025, HCAL provided **2,295 rides** to **177 individuals**, including **224 medical trips**, **894 non-medical trips**, and **779 rides to the Center itself**. These services ensured that residents could get to appointments, programs, and essential services safely and reliably. [Find more information about this service here.](#)

Behind the scenes, 71 dedicated volunteers contributed 4,734 hours of service which is the equivalent of 2.6 full-time staff positions or \$198,828 in labor. That support directly reduced operating costs while keeping programs, transportation, and daily Center operations running at a high level.

HCAL also deepened its role as a safety net for the community. Through direct outreach, our Outreach Coordinator provided **634 service hours** to **279 individuals**, helping residents navigate resources, stay connected, and access one-on-one support when it was needed most.

This work was amplified by collaboration. In 2025, HCAL partnered with **47 local agencies and businesses**, bringing additional expertise, services, and programming into the Center and extending its reach far beyond its walls.

DID YOU KNOW...

Across Massachusetts, nearly one in five residents is now over age 60, and every community operates a Council on Aging to meet that growing need. In Hingham alone, more than 1,200 residents used HCAL programs in 2025, generating over 14,000 visits, the fastest-growing demographic in the state. Today’s working parents and professionals are the next generation who will rely on Centers for Active Living, just as those who built Hingham’s schools, public safety, and town services do today.

Taken together, these numbers tell a simple story: HCAL is not just a place to visit, it is a place people depend on. And in 2025, that dependence was met with care, consistency, and an extraordinary level of community commitment.





Images from HCAL events through 2025

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, Paul Healey, 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, Megan Hansen

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

P-Three Inc | 150 Longwater Drive Suite 102 | Norwell, MA 02061 US

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