

Senior Center key upcoming events

For full listing of programs/ services, please contact Department of Elder Services, 224 Central St., or <http://hinghamma.gov/elder/index.html>. All phone inquiries and reservations, unless otherwise noted, are to: 781-741-1458 or seniorsignup@hinghamma.gov. If by email, please include your name, telephone number and the name of program. All programs, unless otherwise noted, take place in the center.

Elder Services Lunch Program:

The center serves a nutritious lunch is served at noon every Monday and Wednesday. We request reservations; for Monday lunches, reservations should be made by 1 p.m. the previous Thursday; for Wednesday lunches, they should be made by 4 p.m. on the previous Monday. While there is no charge, there is a suggested donation of \$2.25 per meal.

Men's Breakfast (Women welcome): Tentatively scheduled at 8:30 a.m. May 15 at the Hingham Fire Department. Seating limited to 30; reservations are necessary. The cost is \$3.

Thursday Movies at the Senior Center, "The Man Who Knew Too Much": 1 p.m. May 17. An Alfred Hitchcock suspense film starring James Stewart and Doris Day. An American doctor, his wife and son, get caught up in intrigue while visiting the Far East. Please register.

Discovery, "The Path to Lifelong Learning": Unless otherwise noted, all courses

and lectures will take place at the Senior Center. Payment due at registration; no refunds unless we cancel a class. To register, stop by the center. "Till the Clouds Roll By" - Tim Kelley. 3:45 p.m. May 22. Free. Registration deadline: May 15. Tour of Mashpee Wampanoag Indian Museum. 11 a.m. June 5, tour. Cost: \$4. Admission payable at the museum. This tour is a follow-up to the May 11 "Native American Journey" lecture by Jill Sanford. Optional transportation: \$15 payable at registration. A minimum of seven required for transportation and limited to 14. We will add a second van if we have a waiting list of at least eight. Anyone can drive on their own. Van leaves South Shore Country Club at 9:45 a.m. "Butterfly, The Life and Times of James Whistler." Stephen Collins. 1 p.m. May 18. Cost: \$5. Registration deadline: May 11. Limit: 60. Please note: a minimum of 10 registered individuals is required for a course, and a minimum of eight is required for a lecture.

Rep. James Murphy cordially invites you to tour the State House:

June 13. Join us for a morning tour of the State House, including the House Chambers and lunch. Transportation will be provided; reservations required. Call no later than Friday, June 1. Vans will leave the South Shore Country Club at 9 a.m. and will be back at about 3 p.m.

May 18 – South Shore Plaza.

All reservations for this trip must be made no later than noon Wednesday, May 16. A minimum of six is required for

a trip to take place. Suggested donation for each trip is \$5.

Discussing Sensitive Topics for Women: Urinary In-

Continence 10 a.m. May 31. Presented by Peak Physical Therapy. Rather than simply treating the symptoms, physical therapy addresses the root causes of urinary incontinence, including urinary tract infections, pelvic floor muscle weakness and many other risk factors. Learn exercises and strategies to help you manage this condition. Body mechanics along with myths and realities will also be discussed. Please register in advance for this free program.

You Are Cordially Invited to High Tea:

1 p.m. Friday, June 1. Hosted by St. John the Evangelist Parish at the Center. Please RSVP to the center. The tea is limited to 40.

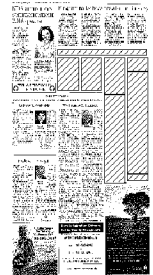
State Legislators' Hours at the

Senior Center for Hingham residents. 9:30 to 10:30 am, Fridays, May 4, 11, 18, 25, staff from Rep. James Murphy's office. Noon to 1 p.m. Thursday, May 24. Sen. Patrick O'Connor's staff.

Ask A Financial Consultant:

Free financial consultations will be available from 10 a.m. to noon May 10 by appointment. Offered by Commonwealth Financial Group. Provides individual consultations to Hingham seniors who have questions on financial, estate and related matters. Please call to schedule an appointment.

Spring Clean-Ups: Lawn mowing and small jobs pro-



vided by Launch, a division of
South Shore Support Services.
Call 781-383-0902 for an
estimate.