



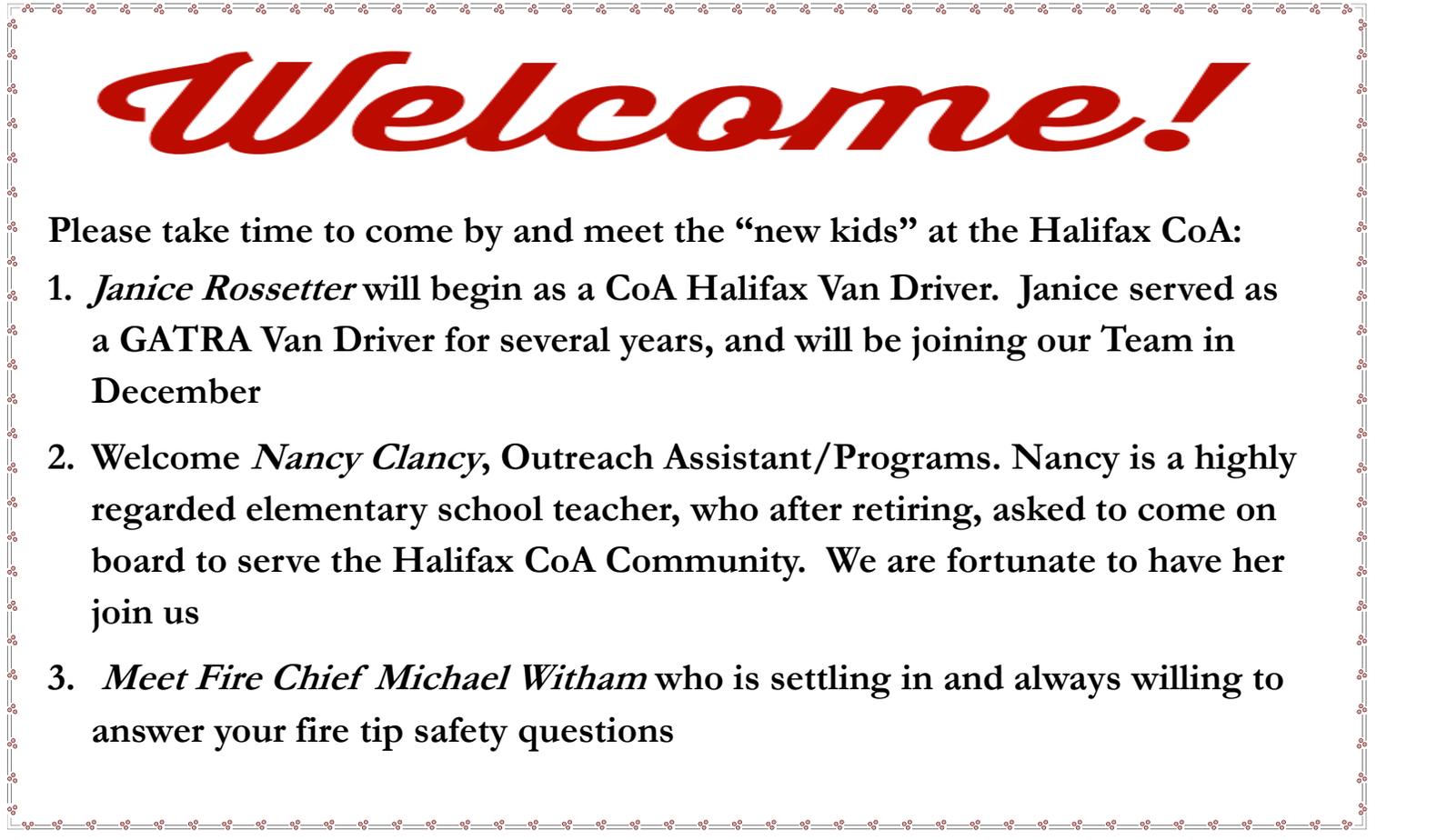
Growing Together December 2022

Season's Greetings -

Each year I often comment on how quickly the holidays come and go. The “hustle and bustle” brings stress to some and to others, a time of laughter, family, and good cheer. I ask we remember those who struggle with challenges, financial or health issues, today, tomorrow and into the New Year.

The buzz of kindness, peace, and the human spirit, I cannot help to reflect of a favorite quote from Maya Angelou, “*Do the best you can until you know better. Then when you know better, do better.*” A simple “aha” phrase. The last two years resulted in a learning curve for most. Let us learn not to judge others, but remember we aim to practice benevolent treatment; working together to improve the lives of others. May the spirit of the holiday season, bring memories of yesterday and promise of goodwill to “all and all a good night.”

Wishing each of you good health and happiness always,
Darlene Regan , Director of Elder Services, Halifax MA



Welcome!

Please take time to come by and meet the “new kids” at the Halifax CoA:

1. *Janice Rossetter* will begin as a CoA Halifax Van Driver. Janice served as a GATRA Van Driver for several years, and will be joining our Team in December
2. Welcome *Nancy Clancy*, Outreach Assistant/Programs. Nancy is a highly regarded elementary school teacher, who after retiring, asked to come on board to serve the Halifax CoA Community. We are fortunate to have her join us
3. *Meet Fire Chief Michael Witham* who is settling in and always willing to answer your fire tip safety questions



Deadline for adding an event and/or activity to the Halifax Council on Aging calendar is the 15th of the month prior to the event or activity.

Please remember:

The Halifax Council on Aging will promote instructors who are licensed in their field and have waivers of safety from their participants

FITNESS and WELLNESS CLASSES:

PLEASE CALL THE CoA TO REGISTER -

- CHAIR YOGA/GENTLE YOGA
- ◆ HEALING HANDS
- ◆ LINE DANCING
- ◆ ZUMBA GOLD
- ◆ SOCIAL GROUPS
- ◆ LEARNING EVENTS
- ◆ FOR THE LOVE OF ART—
Starting December 2nd

With the help from

Halifax Cultural Council and Mass Cultural Council

“FOR THE LOVE OF ART” classes will begin Friday

December 2nd from 11:00 to Noon

Duration of the classes: 2hrs Every FRIDAY

(includes supplies)/instructional assistance

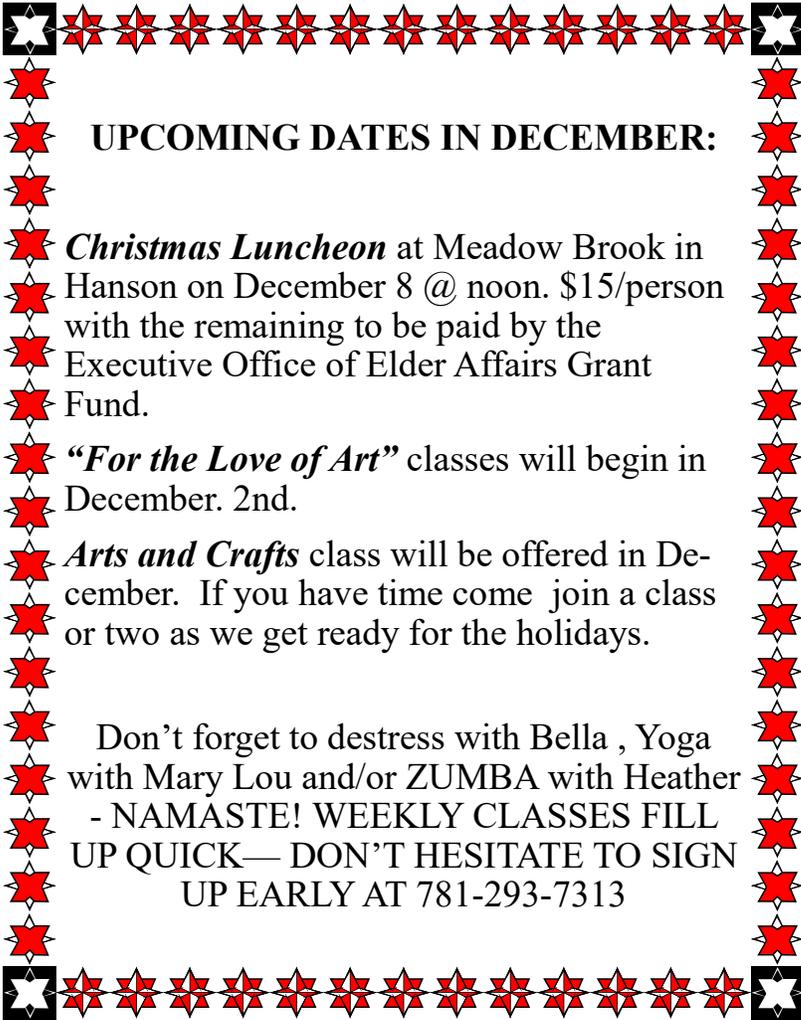
Non-instructional courses are offered

Minimum of 6—8 people

Call to register at 781-293-7313



Flu season is here! If you wish to get your flu shot and cannot get one from your primary care physician, you may contact Stop and Shop, Halifax, 341 Plymouth Street, 781-293-5786 or Walmart Pharmacy, Halifax, 295 Plymouth St, (781) 294-7001



UPCOMING DATES IN DECEMBER:

Christmas Luncheon at Meadow Brook in Hanson on December 8 @ noon. \$15/person with the remaining to be paid by the Executive Office of Elder Affairs Grant Fund.

“For the Love of Art” classes will begin in December. 2nd.

Arts and Crafts class will be offered in December. If you have time come join a class or two as we get ready for the holidays.

Don't forget to destress with Bella , Yoga with Mary Lou and/or ZUMBA with Heather - NAMASTE! WEEKLY CLASSES FILL UP QUICK— DON'T HESITATE TO SIGN UP EARLY AT 781-293-7313



**AT YOUR SERVICE
MONTHLY VISITS**

Meet your State Representatives:

Josh Cutler is available the first Friday each month - 12/02/022 @ 10AM

Kathy LaNatra is available the second Monday of each month 12/12/2022 9:30-11

SHINE

Please call 1-800-231-1155 for an appointment

Legal Consultations w/ Attorney Jason Rawlins will be offered December 16 from 11:30 –12:30 (fills up quickly)

Complimentary 30 minute appointments offered the last Friday of each month.. Call to schedule an appointment



'Twas the night before Christmas
When all through the house
Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there.
The children were nestled all snug in their beds,
While visions of sugar plums danced in their heads.
And Mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap.
When out on the lawn there arose such a clatter,
I sprang from the bed to see what the matter was.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The moon, on the breast of the new-fallen snow,
Gave the luster of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,
With a little old driver so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled and shouted and called them by name.
'Now, Dasher! Now, Dancer! now, Prancer and Vixen!
On, Comet! on Cupid! on Donner and Blitzen!
To the top of the porch! To the top of the wall!
Now dash away! dash away! dash away all!'
As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.
And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof—
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.
He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack
His eyes — how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as snow.
The stump of a pipe he held tight in his teeth,
And the smoke encircled his head like a wreath.
He had a broad face and a little round belly
That shook, when he laughed, like a bowl full of jelly.
He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself.
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose.
He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
'Happy Christmas to all, and to all a good night!'

— CLEMENT CLARK MOORE

FUN FACTS:

Published anonymously in 1823, "The Night Before Christmas" has traditionally been attributed to Clement Clarke Moore (1779-1863), who included it in his *Poems* (1844). But descendants of Henry Livingston (1748-1828) claim that he read it to his children as his own creation long before Moore is alleged to have composed it



**PEACE TO HALIFAX COUNCIL ON
AGING MEMBERS
AND TO THOSE WHO “BELIEVE”**



DECEMBER 2022

Mon	Tue	Wed	Thu	Fri
<p>Please call the COA at (781) 293-7313 to register for events and programs. Lack of registrations may result in an event or program being cancelled</p>			<p>1</p> <p>MEN'S COFFEE HOUR 10 to 12 pm @ CoA</p>	<p>2 "FOR THE LOVE OF ART" CLASS FROM 10:00 – NOON MINIMUM OF 6 PEOPLE REGISTER EARLY <i>COFFEE WITH STATE REPRESENTATIVE JOSH CUTLER</i> <i>COA/ 10:30 to 11:30 am</i></p>
<p>5</p> <p>CRIBBAGE COA / 10 to 12pm CONGREGATE MEAL COA / Noon KNIT/CROCHET COA / 1:30 to 3pm JOY OF WRITING COA 1:30 to 3:30pm</p>	<p>6</p> <p>TRIAD Great Hall 499 Plymouth Street 10am – 12pm</p> <p>MEN'S COFFE HOUR COA/ 10 to 11am</p> <p>HEALING HANDS/BELLA COA / 1:00 to 2pm</p>	<p>7</p> <p>HEALTH SCREENINGS COA/ 10 to 11am CHAIR YOGA Henrich Hall at Halifax Estates 9:45 am WOMEN'S COFFEE HOUR COA / 10 am to 12 pm GENTLE YOGA Henrich Hall at Halifax Estates 10:45am Zumba Gold with Heather 2pm</p>	<p>8</p> <p>CHRISTMAS PARTY Meadowbrook Restaurant, Hanson @ 12 pm</p>	<p>9</p> <p>"FOR THE LOVE OF ART" CLASS FROM 10:00 – NOON MINIMUM OF 6 PEOPLE REGISTER EARLY</p>
<p>12</p> <p>CRIBBAGE COA / 10 to 12pm CONGREGATE MEAL COA / Noon KNIT/CROCHET COA / 1:30 to 3pm JOY OF WRITING COA 1:30 to 3:30pm <i>COFFEE WITH STATE REPRESENTATIVE KATHY LaNATRA</i> <i>COA/ 9:30 to 11am</i></p>	<p>13</p> <p>MEN'S COFFE HOUR COA/ 10 to 11am</p> <p>HEALING HANDS/BELLA COA / 1:00 to 2pm</p>	<p>14</p> <p>HEALTH SCREENINGS COA/ 10 to 11am CHAIR YOGA Henrich Hall at Halifax Estates 9:45 am WOMEN'S COFFEE HOUR COA / 10 am to 12 pm GENTLE YOGA Henrich Hall at Halifax Estates 10:45am Zumba Gold with Heather 2pm</p>	<p>15</p>  <p>HEALTH SCREENINGS COA/ 8:30 to 11:30 am</p> <p>MEN'S COFFEE HOUR COA / 10 to 12 pm</p> <p>BOOK CLUB Holmes Library at 1pm</p>	<p>16</p> <p>Appointments for Atty Rawlins moved to 16th</p> <p>"FOR THE LOVE OF ART" CLASS FROM 10:00 – NOON MINIMUM OF 6 PEOPLE REGISTER EARLY</p>
<p>19</p> <p>CRIBBAGE COA / 10 to 12pm CONGREGATE MEAL COA / Noon KNIT/CROCHET COA / 1:30 to 3pm JOY OF WRITING COA 1:30 to 3:30pm</p>	<p>20</p> <p>COA ADVISORY BOARD MEETING Selectmen Mtg Rm @ 9:30 to 11am</p> <p>MEN'S COFFE HOUR COA/ 10 to 11am</p> <p>HEALING HANDS/BELLA COA / 1:00 to 2pm</p>	<p>21</p> <p>HEALTH SCREENINGS COA/ 10 to 11am CHAIR YOGA Henrich Hall at Halifax Estates 9:45 am WOMEN'S COFFEE HOUR COA / 10 am to 12 pm GENTLE YOGA Henrich Hall at Halifax Estates 10:45am Zumba Gold with Heather 2pm</p>	<p>22</p> <p>HEALTH SCREENINGS COA/ 8:30 to 11:30 am</p> <p>MEN'S COFFEE HOUR COA / 10 to 12 pm</p>	<p>23 "FOR THE LOVE OF ART" CLASS FROM 10:00 – NOON MINIMUM OF 6 PEOPLE REGISTER EARLY HAPPY MOVIE DAY~ Don't forget to register</p> 
<p>26</p>  <p>TOWN OFFICES CLOSED</p>	<p>27</p> <p>MEN'S COFFE HOUR COA/ 10 to 11am</p> <p>HEALING HANDS/BELLA COA / 1:00 to 2pm</p>	<p>28</p> <p>HEALTH SCREENINGS COA/ 10 to 11am CHAIR YOGA Henrich Hall at Halifax Estates 9:45 am WOMEN'S COFFEE HOUR COA / 10 am to 12 pm GENTLE YOGA Henrich Hall at Halifax Estates 10:45am Zumba Gold with Heather 2pm</p>	<p>29</p> <p>HEALTH SCREENINGS COA/ 8:30 to 11:30 am</p> <p>MEN'S COFFEE HOUR COA / 10 to 12 pm</p>	<p>30</p> <p>"FOR THE LOVE OF ART" CLASS FROM 10:00 – NOON MINIMUM OF 6 PEOPLE REGISTER EARLY</p> 

CONGREGATE MEAL DAYS ARE IN YELLOW

Please call the nutrition department for meal cancellations by cancellation by 10 am *two days* before delivery-508-584-1561.

Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutrition Information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium Margarin = 30 mg sodium. From meal total includes meat, starch, vegetable & bread</p>			<p>1 Ch Hamburger 150 Ch Macaroni & Cheese 185 Ch Broccoli & Carrots 45 Whole Wheat Bread 65 Ch Hot Cinnamon Peach 6</p> 	<p>2 Ch Chicken Scallopini 377 Ch Parslied Rotini 4 Ch Tuscany Vegetables 41 Oatmeal Bread 240 Ch Mandarin Oranges 7</p> 
			Cal: 692 Sodium: 586 mg Carb: 99 g From meal: 69 g	Cal: 675 Sodium: 800 mg Carb: 95 g From meal: 68 g
<p>5 Ch Macaroni Beef & Tomatoes 399 Ch Green Beans 3 Rye Bread 330 Ch Hot Cinnamon Appl 9</p> 	<p>6 COLD MEAL Ch Tuna Salad 294 Ch Potato Salad 50 Ch Tossed Salad 17 Whole Wheat Bread 65 Dressing 20 Butterscotch Pudding 105</p>	<p>7 Ch Meatloaf with Gravy 377 Ch Baked Potato 4 Ch Scandinavian Vegetab 41 Sour Cream 9 WW Breadstick 65 Chocolate Pudding 190</p>	<p>8 Ch Herbed Chicken Breast with Gravy 387 Ch White Rice & Orzo 77 Ch California Vegetabl 30 Cracked Wheat Bread 115 Ch Fresh Banana 1</p>	<p>9 Ch Potato Crunch Pollock 220 Ch Tater Tots 230 Ch Winter Blend Vegetab 14 Tartar Sauce 85 Multigrain Bread 240 Ch Mixed Fruit 10</p>
Cal: 755 Sodium: 879 g Carb: 93 g From meal: 69 g	Cal: 754 Sodium: 688 mg Carb: 85 g From meal: 51 g	Cal: 740 Sodium: 689 mg Carb: 76 g From meal: 38 g	Cal: 697 Sodium: 747 mg Carb: 92 g From meal: 63 g	Cal: 844 Sodium: 1023 mg Carb: 101 g From meal: 65 g
<p>12 Ch Cheese Omelet 399 Ch Home Fries 6 Ch Peppers & Onions 54 Snack Loaf 160 Yogurt 75 Orange Juice-NO MILK 15</p>	<p>13 Ch Chicken Cacciatore 408 Ch Pasta with Italian Sauce 75 Ch Roman Vegetables 16 Scala Bread 310 Ch Pears 2</p> 	<p>14 Ch Baked Pollock with Lemon Dill Sauce 235 Ch Rice Pilaf 16 Ch Jardiniere Vegetabl 31 Whole Wheat Bread 65 Vanilla Pudding 220</p>	<p>15 COLD MEAL Ch Chicken Salad 123 Ch Pasta Vegetable Sal. 46 Ch Coleslaw 64 WW Breadstick 65 Applesauce 2</p> 	<p>16 Ch Roast Pork with Apple Cider Gravy 100 Ch Oven Browned Potato 6 Ch Spinach 110 Whole Wheat Roll 254 Chocolate Pudding 190</p>
Cal: 775 Sodium: 740 mg Carb: 97 g From meal: 57 g	Cal: 748 Sodium: 938 mg Carb: 112 g From meal: 67 g	Cal: 601 Sodium: 590 mg Carb: 88 g From meal: 62 g	Cal: 815 Sodium: 438 mg Carb: 88 g From meal: 52 g	Cal: 857 Sodium: 798 mg Carb: 104 g From meal: 66 g
<p>19 Ch Sweet & Sour Chick 662 Ch White Rice 2 Ch Broccoli 12 Whole Wheat Bread 65 Ch Mandarin Oranges 7</p> 	<p>20 Ch Cheese Frittata 236 Ch Sweet Potato Tots 230 Ch Winter Vegetables 14 Whole Wheat Roll 240 Ch Buttercotch Puddi 270</p>	<p>21 Ch Turkey Lo Mein with Vegetables 369 Ch Asian Vegetables 43 Cracked Wheat Bread 115 Ch Pineapple Chunks 1</p> 	<p>22 Ch Cheese Ravioli with Meat Sauce 272 Ch Italian Vegetables 19 Scala Bread 310 Parmesan Cheese 55 Ch Peaches 7</p>	<p>23 Roast Beef w/Gravy 79 Mashed Potatoes 165 Honey Glazed Carrots 77 Snowflake Roll 250 Ch Apple Crisp 131</p> 
Cal: 695 Sodium: 886 mg Carb: 102 g From meal: 67 g	Cal: 944 Sodium: 1087 mg Carb: 116 g From meal: 61 g	Cal: 769 Sodium: 666 mg Carb: 88 g From meal: 57 g	Cal: 746 Sodium: 798 mg Carb: 109 g From meal: 47 g	Cal: 914 Sodium: 972 mg Carb: 115 g From meal: 58 g
<p>26 ALL SITES CLOSED</p>  <p>Happy Holidays!</p>	<p>27 Ch BBQ Pulled Chicke 368 Ch Roasted Sweet Potat 45 Ch Brussels Sprouts 17 Scala Bread 310 Jello 95</p>	<p>28 Ch Breaded Whitefish 401 Ch Potato Wedges 260 Ch California Vegetable 30 Whole Wheat Bread 65 Tartar Sauce 85 Ch Mixed Fruit Cup 5</p>	<p>29 Ch All Beef Hot Dog** 610 Ch Vegetarian Baked Bea 282 Ch Zucchini Squash 2 WW Hot Dog Bun 85 Mustard 55 Ch Mandarin Oranges 0</p>	<p>30 High Sodium Day Ch Chicken Cordon Bleu* 679 Ch Herbed Rice 4 Ch Roman Vegetables 16 Dinner Roll 250 Vanilla Pudding 220</p>
	Cal: 628 Sodium: 973 mg Carb: 88 g From meal: 56 g	Cal: 695 Sodium: 983 mg Carb: 99 g From meal: 70 g	Cal: 672 Sodium: 1172 mg Carb: 91 g From meal: 61 g	Cal: 773 Sodium: 1306 mg Carb: 102 g From meal: 60 g

*Indicates food item w/>500mg sodium v=high sodium meal



506 Plymouth Street
Halifax, MA 02338
Tel: (781) 293-7313 Fax: (781) 293-1774
Website: www.halifax-ma.org/COA

Presorted Standard Postage
US Postage PAID
Permit #42
Halifax, MA 02338

HOURS OPEN TO THE COMMUNITY

MONDAY - FRIDAY: 8:00 A.M. - 4:00 P.M.



**COUNCIL ON AGING
ADVISORY BOARD**

CHAIRMAN:

Jo Schofield

Co CHAIR:

Darlene Regan

MEMBERS:

Jean Gallant

Judith Rakutis

Michael Rugnetta

Sarah Sloat

Ivy Matheny

Kimberley King-Cavicchi

COA STAFF

DIRECTOR:

Darlene Regan

OUTREACH COORDINATOR:

TBA

RECEPTIONIST:

Diane Smith

NURSE:

Tricia Ross

OCES MEAL SITE MANAGER

MANAGER, MEALS-ON-

WHEELS:

Maria Maynard

VAN DRIVERS:

Gary Long, Diane O'Brien

Halifax Council on Aging Mission Statement: To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.