

GROWING TOGETHER

SERVING THE HALIFAX AGELESS COMMUNITY

"Let's get it started"

**We heard you and we made it
happen - peek inside for the inserts!**



Art, Wellness, Social and Educational activities and events

**"For the
Love of Art"
Classes**

**Healthcare
Navigation**

**OCES
HALIFAX COA
COMMUNITY
OUTREACH
NETWORK**

**Be Fit and
Wellness
Classes**



**SHARE YOUR TALENTS WITH THE
SECOND WIND CLUB**

**COA cancellations and delays due to weather concerns will be posted to the
website. If you have a medical appointment scheduled before a major
storm, please call your doctors office the day
before your **PICK UP** day**



HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

COMMUNITY PAGE



Community Comfort dogs bring emotional support and smiles during a TRIAD Outing. Come meet Barbara Cutis, Halifax Outreach Coordinator and let her know how we can support you.



Crafts with Maddie has been a blessing to our center. Her creativity is endless and her spirit a joy. Maddie is going to be a busy college student because she can continue her fun group activities! Thank you super star!

Coffee and Chat with your State Representative

February 12nd
State Representative
Kathy LaNatra



9:30 - 11am

Bloomin' 4 Good Program

Every time a shopper purchases a \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good" at the **Halifax MA Stop & Shop**, the Halifax Council on Aging will receive a \$1 donation

Thank you!

ADT-Monitored Home Security
Blanchard Funeral Chapel
Curtin Brothers's Oil Company
Dave's Automotive
Family Hearing Center
Ferry's Automotive
Law Offices of Ronald Whitney
North Easton Savings Bank
Sullivan Funeral Homes
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**Businesses supporting our
Halifax Community**



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to reach your community



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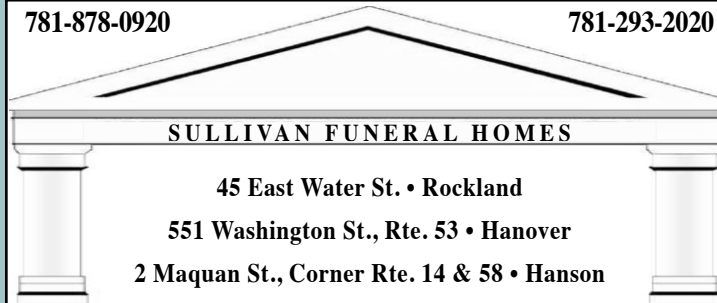
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781-878-0920

781-293-2020



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Halifax Council on Aging, Halifax, Ma 06-5390

OUTREACH NEWS



**BRIDGEWATER STATE UNIVERSITY
SENIOR COLLEGE**
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Winter/Spring Registration is OPEN

Enroll and choose UNLIMITED courses for \$95

For more information and to register, visit our website

www.bridgew.edu/seniorcollege

call us 508.531.1052 or email BSUseniorcollege@bridgew.edu

**SIX WEEK COURSES BEGIN IN
JANUARY, FEBRUARY, MARCH, APRIL, AND MAY**

50 courses: fully virtual and also many in-person



- The Great American Musical – Tony Award Nominees and Winners in the 21st Century
- Bob Dylan: Stages and Phases
- The Middle East: An Introductory Exploration of Geography, History, Culture, and Conflict
- American Art Scene: 1877 to Present
- Exploring and Preserving Your Legacy
- Why? Explaining the Holocaust
- Campaign 2024 Part 1—Parties, Primaries, Policy, Polls and Polarization
- Intriguing Life of Isabella Stewart Gardner and her collection
- Exploring Modern Ireland through Literature
- Introductory Spanish, French, and Italian Courses
- PLUS MUCH MUCH MORE!

In-person courses are offered at the Bridgewater Public Library, the Bridgewater Senior Center, Bridgewater State University, the Center for Active Living in Plymouth, and Easton Council on Aging Frothingham Hall Community Center.

Visit us online to learn more about in-person learning!

Those without Internet access may call the Sheriff's Field Services Division (508-830-6200), Monday through Friday, (8AM-4PM) to supply their information over the phone. Required information includes first and last name, street address



(physical address, no P.O. boxes), city, state, zip code, and primary phone number, additional phone numbers can be entered as well. If you are providing a cell number, you must indicate the carrier and if you would like to receive text



OUTREACH NEWS

Halifax Board of Health and the Council on Aging Monthly Wellness Screenings

The Halifax Board of Health will provide two free walk-in adult wellness on the first THURSDAY each month. Please see below:

9:00— 10:00am at The Halifax Town Hall, 99 Plymouth Street

10:30—11:30am at The Halifax Council on Aging, 506 Plymouth Street

Nurse Laurie will continue her screenings every Thursday from 10 TO 11am at the Halifax Senior Center beginning February 8th, 2024. If you wish to have your diabetes screening, bring your diabetes medical monitoring supplies for the Nurse Laurie to educate you on your readings



PRESCRIPTION ADVANTAGE



You may be eligible to participate in the pharmacy assistance program through the Commonwealth of Massachusetts Prescription Advantage Program. This program helps when you reach the coverage gap under Medicare Part D (prescriptions). The current income guidelines for no cost are \$0—\$43, 741.00 for singles and \$0 -\$59, 160.00 for married couples. Having this program enables you to change your drug plan outside the annual enrollment period. Call for a SHINE appointment to see if YOU qualify - 781-293-7313 Ext. 139

With the help from Mass Cultural Council and Halifax Local Council, "**For the Love of Art**" grant will fund **Open Art Classes**, every Friday from 10am to 12pm at the Council on Aging. The first class is to understand what art items are needed for the artisans and what can be stored at the COA. We will offer **PopArt** once a month and that is a fun opportunity to encourage your creative skills. Lastly, Crafts with Maddie will be every third Tuesday each month. Schedule changes do happen, so it is important to reserve a spot in advance.

WHAT'S UP FOR FEBRUARY 2024

FIT AND WELLNESS CLASSES

CARIO STRENGTH AND MOVEMENT/Marlene

MONDAYS: 10—11am

ZUMBA GOLD/Heather

WEDNESDAYS: 2—3pm

YOGA/Karen

THURSDAYS: 12 - 1pm

No Excuses:



- ⇒ All Classes are \$5
- ⇒ Forget your water bottle, no problem, we have bottled water available
- ⇒ Each year, paid receipts are available upon request
- ⇒ Classes regenerates the soul as you meet new friends

In collaboration with *Kingston Public Library*, free Basic Computer Classes will be offered to Halifax Senior Members. Halifax Council on Aging will provide:

- ♦ Transportation to classes each Thursday in the month of February
- ♦ Intro to Keyboard/Mouse (February 8th)
- ♦ Internet Searching (February 15th)
- ♦ Intro to Using E-Mail (February 22)
- ♦ Internet Scams/Fake News (February 29)
- ♦ Seats are limited to 5 patrons and you will be required to sign up for all four classes.
- ♦ Classes are from 2pm to 3pm

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Halifax Council on Aging, Halifax, MA 06-5390



HALFAX COUNCIL ON AGING

506 Plymouth Street

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Tel: (781) 293-7313 Fax: (781) 293-1774

Website: www.halifax-ma.org/COA

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Mission Statement

The Council on Aging's mission is to advocate for older adults and persons with a documented disability; to identify the economic, health, social, and cultural needs of our community; to provide an environment of support, learning, and socialization while striving to enrich lives by offering a wide array of programs, transportation, and advocating on the behalf of seniors and persons with a documented disability, when necessary, thereby promoting their independence, wellness, and dignity and improving their quality of life.

HALIFAX COA

Advisory Board Chair

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COA Director

Darlene Regan

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Judith Rakutis, Michael Rugnetta
Sarah Sloat, Kimberly King-
Cavicchi and Ruth Mills-Walters
Fred Corrigan

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Darlene Regan

Outreach Services & Programs Coordinator

Barbara Curtis

Outreach Assistant

Nancy Smith-Clancy

Receptionist

Diane Smith

OCES Meals-On-Wheels

Site Coordinator

Maria Maynard

Van Drivers

Gary Long, Diane O'Brien, and
Janice Rossetter

OCES NUTRITION PROGRAM

FEBRUARY 2024

PUREE

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

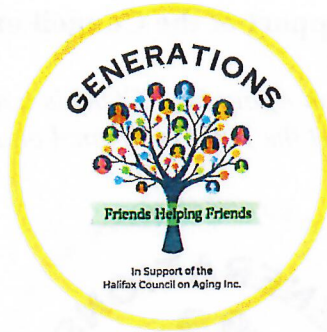
Suggested Donation-\$2.50/meal Menu subject to Purange without notice. SF=Sugar Free WG=Whole Grain

Community Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pur Pot Roast 32 Brown Gravy 145 Whipped Potatoes 20 Pur Mixed Vegetables 42 Vanilla Pudding 220 MOD: SF Vanilla Pudding	2 Pur Macaroni & Chees 366 Pur Mixed Vegetables 14 Pur Hot Cinnamon Pears 6 
			Cal: 604 Sodium: 597 mg Carb: 78 g	Cal: 604 Sodium: 523 mg Carb: 107 g
5 Pur Chicken Parmesan 213 Pur Rotini Pasta 4 Italian Sauce 124 Pur Green Beans 2 Pur Fresh Banana 1	6 Pur Taco Beef 393 Pur Brown Rice 20 Pur Fiesta Vegetable Blend 16 Pur Fresh Orange 0 	7 Pur Chicken Breast 75 Poultry Gravy 119 Pur Buttered Noodles 38 Pur Broccoli & Cauliflower 14 Pur Raisins 4	8 Pur Pork Roast 50 BBQ Sauce 48 Whipped Sweet Potat 36 Pur Mixed Vegetables 42 Applesauce 20	9 Pur Vegetarian Chili 380 Pur White Rice 2 Pur Zucchini 2 Chocolate Pudding 190 MOD: SF Chocolate Pudding
Cal: 468 Sodium: 481 mg Carb: 83 g	Cal: 651 Sodium: 567 mg Carb: 67 g	Cal: 565 Sodium: 388 mg Carb: 71 g	Cal: 602 Sodium: 333 mg Carb: 76 g	Cal: 614 Sodium: 711 mg Carb: 97 g
12 Pur Diced Chicken 85 Pur Fried Rice 108 Pur Asian Vegetabl 43 Blend Diet Gelatin 95	13 Pur Sloppy Joe 307 Whipped Sweet Potat 36 Pur Spinach 110 Applesauce 20	14 HAPPY VALENTINE'S DAY Pur Chicken Scallopini 112 Pur Parslied Rotini 4 Pur Mixed Vegetables 42 Chocolate Pudding 190	15 Pur Homemade Meatloa 300 Patty w/Gravy Pur Baked Potato Half 47 Pur Green Peas 82 Pur Mixed Fruit 5	16 NO MILK Pur Omelet 280 Swiss Cheese 35 Pur Home Fries 6 Pur Peppers & Onions 54 Pur Maple Chip Pancal 162 Strawberry Yogurt 75 Orange Juice 15
Cal: 402 Sodium: 469 mg Carb: 43 g	Cal: 594 Sodium: 723 mg Carb: 66 g	Cal: 598 Sodium: 484 mg Carb: 82 g	Cal: 698 Sodium: 537 mg Carb: 69 g	Cal: 708 Sodium: 658 mg Carb: 96 g
19 	20 Pur American Chop Suey 126 Pur Tuscany Vegetab 41 Blend Pur Hot Cinnamon 6 Peaches	21 COLD MEAL Pur Chicken Salad 169 Pur Pasta Viniagrette 5 Salad Pur California Vegetabl 190 Salad Pur Pineapple Tidbits 1	22 Pur Beef Stew 351 Pur Green Beans 3 Pur Caramelized Pears 20 	23 Pur Potato Crunch Pollock 333 Pur Brown Rice 3 Pur Carrots 67 Tartar Sauce 85 Pur Banana 1
	Cal: 552 Sodium: 311 mg Carb: 60 g	Cal: 478 Sodium: 513 mg Carb: 44 g	Cal: 668 Sodium: 512 mg Carb: 63 g	Cal: 632 Sodium: 627 mg Carb: 87 g
26 Pur Diced Chicken 85 Pur Mushroom Gravy 156 Pur Brown Rice w/ Orz 4 Pur Buttenut Squash 2 Applesauce 20	27 Pur Hamburger 150 Pur Home Fried Potatoes 6 Pur Zucchini & Yellow Squa 4 Ketchup Packet 82 Vanilla Pudding 220	28 COLD MEAL Pur Tuna Fish 395 Pur German Potato Sal 76 Pur Garden Salad 17 Italian Dressing 20 Pur Pear 6	29 Pur Shepherd's Pie 214 Pur California Vegetable Bler 30 Lemon Pudding 105	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
Cal: 493 Sodium: 404 mg Carb: 71 g	Cal: 581 Sodium: 599 mg Carb: 76 g	Cal: 550 Sodium: 550 mg Carb: 59 g	Cal: 657 Sodium: 561 mg Carb: 77 g	

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Coffee Social COA 10:00-11:00am Blood Pressure Screening/Nurse Laurie COA 10:30-11:30PM Chair Yoga The Great Hall 12:00-1:00	2 Coffee Social COA 10:00-11:00am Open Art Class COA 10:00-12:00pm
5 Coffee Social COA 10:00-11:00AM Cribbage-10-12 COA Cardio Strength The Great Hall 10-11 Community Dining COA 12:00 Knitt/Crochet- 1:30-3 Writers Group- Library 1:30-3:20	6 Coffee Social COA 10:00-11:00am	7 Coffee Social COA 10:00-11:00am Community Dining COA 12:00 Zumba Gold The Great Hall 2:00-3:00pm	8 9:30-12:30 Blood Pressure/Laurie, Nurse Coffee Social COA 10:00-11:00am SHINE with Micheal 9:00-4:30pm Chair Yoga The Great Hall 12:00-1:00 FREE BASIC COMPUTER classes KINGSTON LIBRARY 2-3pm	9 Coffee Social COA 10:00-11:00am
12 9:30 -11:00 State Rep Kathy LaNatra Coffee Social COA 10:00-11:00am Cribbage-10-12 COA Cardio Strength The Great Hall 10-11 Community Dining COA 12:00 Knitt/Crochet- 1:30-3 Writers Group- Library 1:30-3:20	13 Coffee Social COA 10:00-11:00am Attorney David Kiley 1:00-3:00 pm COA COA Advisory Board 9:30-11am	14 Coffee Social COA 10:00-11:00am The Pop Art School 11:00-12:30 Community Dining 12:00 COA Zumba Gold The Great Hall 2:00-3:00pm	15 Blood Pressure Screening/Nurse Laurie COA 9:30-12:30PM Coffee Social COA 10:00-11:00am Chair Yoga The Great Hall 12:00-1:00 FREE BASIC COMPUTER classes KINGSTON LIBRARY 2-3pm	16 Coffee Social COA 10:00-11:00am Open Art Class COA 10:00-12:00pm Attorney Jason Rawlins 11:30-12:30pm COA
19 COA is closed in Honor of President's Day 	20 Coffee Social COA 10:00-11:00am Crafts with Maddie COA 12:00-2:00pm	21 Coffee Social COA 10:00-11:00am Community Dining 12:00 COA Zumba Gold The Great Hall 2:00-3:00pm	22 Coffee Social COA 10:00-11:00am Blood Pressure Screening/Nurse Laurie COA 9:30-12:30PM SHINE with Micheal 9:00-4:30pm Chair Yoga The Great Hall 12:00-1:00 FREE BASIC COMPUTER classes KINGSTON LIBRARY 2-3pm	23 Coffee Social COA 10:00-11:00am
26 Coffee Social COA 10:00-11:00am Cribbage-10-12 COA Cardio Strength The Great Hall 10-11 Community Dining COA 12:00 Knitt/Crochet- 1:30-3 Writers Group- Library 1:30-3:20 A 10:00-11:00am	27 Coffee Social COA 10:00-11:00am	28 Coffee Social COA 10:00-11:00am Community Dining 12:00 COA Zumba Gold The Great Hall 2:00-3:00pm Community Outreach Meeting 1:00-3:00 Henrich Hall	29 Blood Pressure Screening/Nurse Laurie COA 9:30-11:30PM Coffee Social COA 10:00-11:00am Chair Yoga The Great Hall 12:00-1:00 FREE BASIC COMPUTER classes KINGSTON LIBRARY 2-3pm	



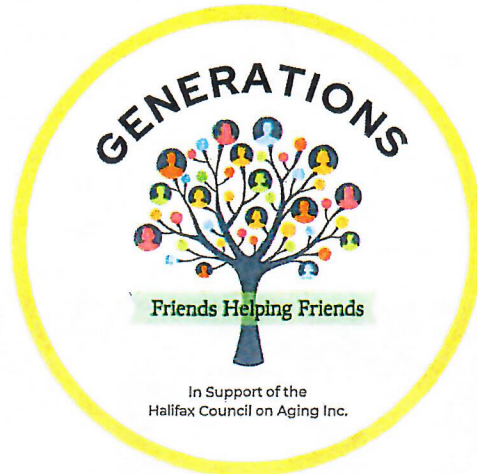
Generations in Support of the Halifax Council on Aging, Inc.

Generations is a 501(c)3 non-profit organization. Our purpose is to provide services, resources, and activities for seniors in the Halifax community. We raise, hold, and disperse funds for the accomplishment of those purposes. In addition, Generations manages the Johnny Appleseed Fund which provides one-time emergency assistance to community members in need.

Board Members (pictured left to right): Louise Carbone, Rita Magnarelli (Treasurer), Carol Keegan, Jeanne Kling (Secretary), Carol Gough, John Laskey (Chair), Dottie Martel, Brian Kling (Asst. Chair) and Gerry Lambert

Generations in Support of the Council on Aging Inc.

Generations in Support of the Council on Aging Inc. (COA) is a nonprofit, 501(c)3, all-volunteer organization whose mission is to support the Halifax Council on Aging.



Please use the form below for a new Generations membership or to renew an existing one. 100% of the dues and donations go towards the COA for programming and other needs. Membership dues shall be paid between September 1st through the annual meeting (first Saturday in October) each year.

Also, please consider donating to the *Johnny Appleseed Fund*. This fund provides one-time emergency assistance to local residents in need.

GENERATIONS MEMBERSHIP FORM

(Mail completed form to Generations c/o COA, 506 Plymouth Street, Halifax, MA 02338)

Name: _____

Address: _____ Phone: _____

Email: _____

Please check all that apply:

☐ \$5.00 per person Annual Membership dues (Make checks payable to *Generations*)

☐ I would like to include an additional contribution of \$ _____

☐ In loving memory of _____

☐ Donation to the Johnny Appleseed Fund \$ _____

When: February 14th

Time: 1:00-12:30pm

Location: The Great Hall

(2nd floor of the Town) Hall)

Call to Register

781-293-7313

15 Participants Only

"For The Love of Art Grant"

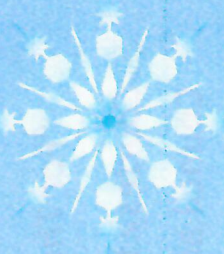
Courtesy through Mass Cultural
Council and regranting through
Halifax Cultural Council

THANK YOU!

Learn to Needle Felt with the Pop up Art School!

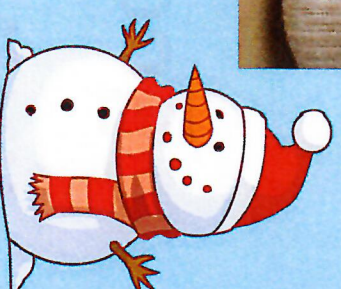


One Cacti Per Person



Crafts With Maddie

Winter is here! Let's keep warm and make adorable sock snowmen together on **Tuesday, February 20th** from 12-2pm at the COA! No experience needed! Please call the COA to reserve your spot so we can gather materials at 781-293-7313



Open Art Class

Friday 2nd and February 16th

10:00-12:00 PM

Halifax Council on Aging

Please call and Register

781-293-7313



Open Art classes at the COA! This class will allow for an open space for your creativity to flow. We asked that you call to reserve your seat, spacing is limited to 6/class and classes are held twice a month on Fridays

We're here to help!
Here's how:

FUEL ASSISTANCE

The fuel assistance program helps eligible low income households with their heating bills in the winter. We assist with oil, kerosene, propane, gas, electric, or wood/pellets. For information about the fuel assistance program or to apply call us at 508-746-6707 or go to our website www.SSCAC.org.

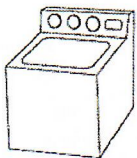
# of household members	Yearly household gross income limit
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
*	Call for limits for larger households, income levels change annually

WEATHERIZATION

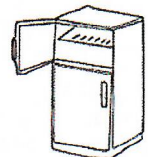
Is your home cold and drafty in the winter and hot in the summer?
Want to save \$\$ on your electric bills?

Our weatherization program offers no cost insulation and weather sealing to eligible households. If you have been approved for fuel assistance or have a low income discount on your utility bill you may qualify. To see if you qualify for this FREE program Call the Energy Conservation Dept. (508) 747-7575 x6221.

APPLIANCE MANAGEMENT PROGRAM

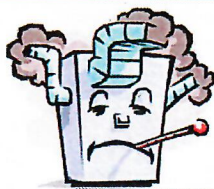


Do you have an old, energy inefficient washing machine, refrigerator, freezer, dehumidifier or window AC unit(s) contributing to high electric bills?

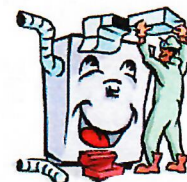


Our Appliance Management Program will assess these appliances for energy efficiency. Qualifying appliances will be replaced at no cost with new, energy efficient models. We will also replace incandescent light bulbs with energy efficient bulbs as well as provide some other energy saving items and suggestions. If you have been approved for fuel assistance or have a low income discount on your utility bill you may qualify. To see if you qualify for this FREE program Call the Energy Conservation Dept. (508) 747-7575 x6221. (Program not available in towns with municipal electric.)

HEATING SYSTEM REPAIR AND REPLACEMENT



Does your heating system need to be repaired or replaced?



Eligible homeowners may qualify to have their system repaired or replaced at no cost. You may qualify for this FREE program if you are an eligible fuel assistance applicant or receive a low income discount on your utility bill(s). For more information call the Energy Conservation Dept. (508) 747-7575 x6253