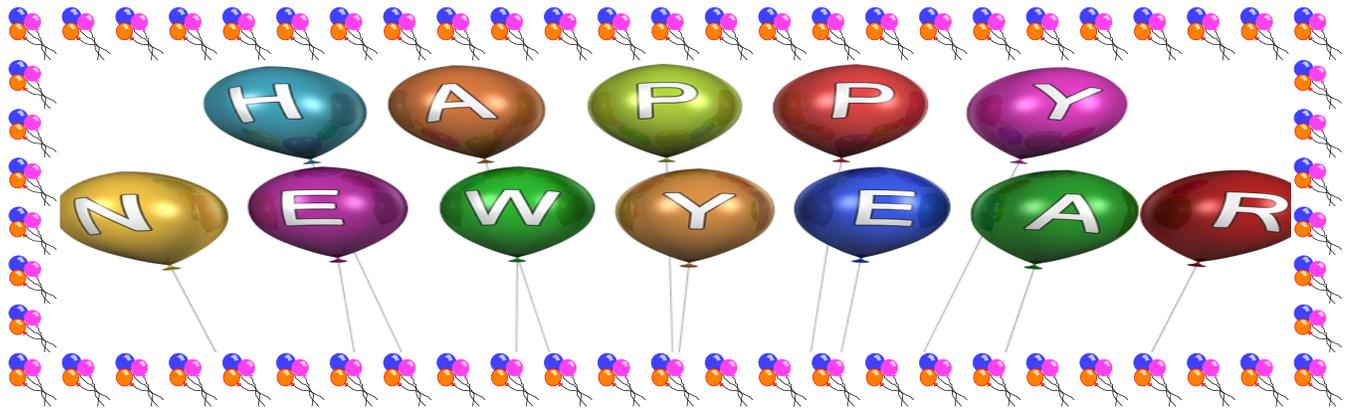


# Growing Together JANUARY 2023

**WELCOME 2023**

**MAY THE SPIRIT OF THE NEW YEAR BRING UNLIMITED RENEWED HOPE**



**TURNING 65 AND NEED HELP NAVIGATING  
MEDICARE CALL**

**HALIFAX COUNCIL ON AGING TO CONNECT**

**781-293-7313**





## GENTLE AND CHAIR YOGA CLASSES

Need another New Year's resolution? Sign up for YOGA CLASSES!

We meet Wednesday at Henrich Hall at Halifax Estates, 33 Redwood Drive.

The first class on Wednesday is *Chair Yoga*. Poses are done in the chair. Balancing poses are done at the railing for support. Some poses use bands for stretching. *The class begins at 9:45am and lasts one hour.*

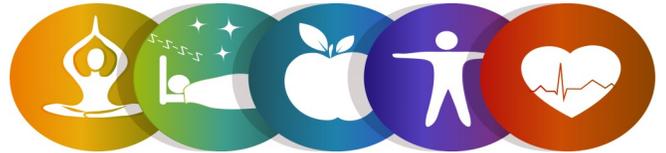
The second class is *Gentle Yoga*. This class begins at 11:00am and runs an hour. When teaching this class, I demonstrate each pose both in standing and sitting in the chair. Some participants do the poses on the floor. There is a range of abilities but everyone feels stronger at the end of class.

The participants are all very nice people. So think about starting 2023 off with a new activity. Don't think you can't do it - YOU CAN! Happy New Year Namaste, Mary Lou, YOGA INSTRUCTOR

## FITNESS and WELLNESS CLASSES:

PLEASE CALL THE CoA TO REGISTER :

- CHAIR YOGA/GENTLE YOGA
- ◆ HEALING HANDS
- ◆ BLOOD AND DIABETES CHECKS
- ◆ LINE DANCING
- ◆ ZUMBA GOLD
- ◆ SOCIAL GROUPS
- ◆ Crafts Classes each month
- ◆ FOR THE LOVE OF ART—Tuesday's from 10-12 at the MacMurray's Art Studio, 200 Rockland Street, Rockland



With the help from

Halifax Cultural Council and Mass Cultural Council

**“FOR THE LOVE OF ART”** classes will continue!

Each week, beginning Tuesday

January 3, 2023 from 10:00 to Noon

Duration of the classes: 2hrs

(includes supplies)/instructional assistance

Non-instructional courses are offered

Minimum of 6—12 people



Halifax VSO Steve Littlefield is available at the Halifax Council on Aging every second Monday of the month from 9:00 am - 10am

Steve is here to help with questions and/or concerns. Come by to say "hello" to a wonderful Advocate for our Veteran's and Spouses of Veteran's



January 3rd at from 10am to Noon, TRIAD will present an educational question and answer session of the duties and responsibilities of law enforcement Officers who serve locally and Statewide. Halifax PD as well as Massachusetts State Police Community Liaison Officer as key note speakers. Come join the talk and learn more of their community safety support resources. Where: 499 Plymouth Street, Great Hall

## UPCOMING DATES IN JANUARY 2023:

**OFFICE CLOSED ON JANUARY  
2ND IN OBSERVANCE OF NEW  
YEAR**

***New Years Eve Party**—December 31st  
at Henrich Hall from 7 to 11pm. Call  
either Iris Perkoski 781-293-1577 or  
Nancy Froio 781-293-8685 for tickets*

**TRIAD**—January 3rd from  
10am to Noon at the Great Hall

**VSO AGENT MEET AND GREET** —  
January 9th from 9:30am to 10:30am

**CoA ADVISORY BOARD MEETING**  
January 17th from 9:30—11am

**CRAFTS WITH MADISON**—January 24th  
at 12:00pm—2PM. Where: Halifax CoA—  
reservations required— limit of 12. A GOOD  
TIME TO RELAX AND SOCIALIZE WITH  
GREAT PEOPLE!

## AT YOUR SERVICE MONTHLY VISITS

Meet your State Representatives:

**Josh Cutler** is available virtually or by appointment only. Please call the State House at 617-422-2013 to make an appointment. Office hours are open to any resident of the 6th Plymouth District. Visit [www.repjoshcutler.com](http://www.repjoshcutler.com)

**Kathy LaNatra** is available the *second Monday of each month*

### SHINE

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

**Legal Consultations w/ Attorney Jason Rawlins** will be offered **January 27 from 11:30 –12:30 (fills up quickly)**

Complimentary 30 minute appointments offered the last Friday of each

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b>CRIBBAGE</b> COA / 10 to 12pm CONGREGATE MEAL COA / Noon <b>KNIT/CROCHET</b> COA / 1:30 to 3pm <b>JOY OF WRITING</b> COA 1:30 to 3:30pm</p>	<p>3 <b>"FOR THE LOVE OF ART"</b> TBA – call the CoA <b>TRIAD</b> Great Hall 499 Plymouth Street 10am – 12pm</p> <p><b>MEN'S COFFE HOUR</b> COA/ 10 to 11am</p> <p><b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm <b>Line Dancing</b> 2:00 – 3:30pm Great Hall</p>	<p>7</p> <p><b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 am to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am <b>Zumba Gold</b> with Heather 2pm</p>	<p>5</p> <p><b>HEALTH SCREENINGS</b> COA/ 8:30 to 11:30 am</p> <p><b>MEN'S COFFEE HOUR</b> COA / 10 to 12 pm</p>	<p>6</p> <p><i>State Representative Mobile Office Hours for January and February - by appointment only. Please call 617-422-2013</i></p>
<p>9</p> <p><b>CRIBBAGE</b> COA / 10 to 12pm CONGREGATE MEAL COA / Noon <b>KNIT/CROCHET</b> COA / 1:30 to 3pm <b>JOY OF WRITING</b> COA 1:30 to 3:30pm</p> <p><i>COFFEE WITH STATE REPRESENTATIVE KATHY LaNATRA COA/ 9:30 to 11am</i></p>	<p>10</p> <p><b>TRIAD</b> Great Hall 499 Plymouth Street 10am – 12pm</p> <p><b>MEN'S COFFE HOUR</b> COA/ 10 to 11am</p> <p><b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm <b>Line Dancing</b> 2:00 – 3:30pm Great Hall</p>	<p>11</p> <p><b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 am to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am <b>Zumba Gold</b> with Heather 2pm</p>	<p>12</p> <p><b>HEALTH SCREENINGS</b> COA/ 8:30 to 11:30 am</p> <p><b>MEN'S COFFEE HOUR</b> COA / 10 to 12 pm</p>	<p>13</p>
<p>16</p> <p><b>CRIBBAGE</b> COA / 10 to 12pm CONGREGATE MEAL COA / Noon <b>KNIT/CROCHET</b> COA / 1:30 to 3pm <b>JOY OF WRITING</b> COA 1:30 to 3:30pm</p>	<p>17</p> <p><b>TRIAD</b> Great Hall 499 Plymouth Street 10am – 12pm</p> <p><b>MEN'S COFFE HOUR</b> COA/ 10 to 11am</p> <p><b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm <b>COA ADVISORY BOARD MEETING</b> Selectmen Mtg Rm @ 9:30 to 11am <b>Line Dancing</b> 2:00 – 3:30pm Great Hall</p>	<p>18</p> <p><b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 am to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am <b>Zumba Gold</b> with Heather 2pm</p>	<p>19</p> <p><b>HEALTH SCREENINGS</b> COA/ 8:30 to 11:30 am</p> <p><b>MEN'S COFFEE HOUR</b> COA / 10 to 12 pm</p> <p><b>BOOK CLUB</b> Holmes Library at 1pm</p>	<p>20</p> <p><b>POPCORN AND MOVIE @ NOON</b></p> 
<p>23</p> <p><b>CRIBBAGE</b> COA / 10 to 12pm CONGREGATE MEAL COA / Noon <b>KNIT/CROCHET</b> COA / 1:30 to 3pm <b>JOY OF WRITING</b> COA 1:30 to 3:30pm</p>	<p>24</p> <p><b>TRIAD</b> Great Hall 499 Plymouth Street 10am – 12pm</p> <p><b>MEN'S COFFE HOUR</b> COA/ 10 to 11am</p> <p><b>NEW: CRAFT CLASS/MADISON</b> NOON – 2:00pm</p> <p><b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm <b>Line Dancing</b> 2:00 – 3:30pm Great Hall</p>	<p>25</p> <p><b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 am to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am <b>Zumba Gold</b> with Heather 2pm</p>	<p>26</p> <p><b>HEALTH SCREENINGS</b> COA/ 8:30 to 11:30 am</p> <p><b>MEN'S COFFEE HOUR</b> COA / 10 to 12 pm</p>	<p>27</p> <p><b>Atty Jason Rawlins</b> 11:00am to 12:30</p>
<p>30</p> <p><b>CRIBBAGE</b> COA / 10 to 12pm CONGREGATE MEAL COA / Noon <b>KNIT/CROCHET</b> COA / 1:30 to 3pm <b>JOY OF WRITING</b> COA 1:30 to 3:30pm</p>	<p>31</p> <p><b>TRIAD</b> Great Hall 499 Plymouth Street 10am – 12pm</p> <p><b>MEN'S COFFE HOUR</b> COA/ 10 to 11am</p> <p><b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm</p>	<p><b>JANUARY 2023</b></p>		

**OCES NUTRITION PROGRAM**

**JANUARY 2023**



**COMMUNITY MEALS @ HALIFAX COA HIGHLIGHTED 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
<b>2 No Meals Served</b>  Cal: 614 Sodium: 714 mg Carb: 96 g From meal: 71 g	<b>3</b> BBQ Chicken 368 Whipped Sweet Potatoes 36 Collard Greens 57 Cracked Wheat Bread 115 Fresh Banana 1 Cal: 614 Sodium: 714 mg Carb: 96 g From meal: 71 g	<b>4</b> Turkey Pot Pie 432 Green Beans 3 Corn Muffin 80 Hot Cinnamon Apples 10  Cal: 706 Sodium: 662 mg Carb: 85 g From Meal: 61	<b>5</b> Breaded Pollock 190 Potato Wedges 260 Scandinavian 41 Vegetables 85 Tartar Sauce 85 Cracked Wheat Bread 115 Diced Peaches 8 Cal: 765 Sodium: 828 mg Carb: 103 g From Meal: 70	<b>6</b> Italian Pot Roast 280 Buttered Egg Noodles 38 Spinach 110 WW Breadstick 65 Chocolate Pudding 190 Mod: SF Choc 170 Pudding Cal: 706 Sodium: 821 mg Carb: 84 g From Meal: 57
<b>9</b> Baked Ziti Casserole 323 Italian Vegetables 19 WW Bread 65 Hot Cinnamon Pears 6 Cal: 670 Sodium: 551 g Carb: 93 g From meal: 69 g	<b>10</b> Beef Shepherd's Pie 276 California Vegetables 30 Rye Bread 330 Caramelized Apples 24 Cal: 746 Sodium: 797 mg Carb: 86 g From meal: 58 g	<b>11</b> Potato Crunch Fish 337 Sweet Potato Wedges 200 Roasted Italian Zucchi 15 Tartar Sauce 85 WW Bread 65 Fresh Orange 0 Cal: 874 Sodium: 839 mg Carb: 105 g From meal: 74 g	<b>12</b> Broccoli and Chicken 607 Casserole* White Rice 5 Roman Vegetables 16 WW Bread 65 Vanilla Pudding 220 MOD: SF Vanilla Pudding Cal: 834 Sodium: 1051 mg Carb: 104 g From meal: 63 g	<b>13</b> Roast Pork with Apple Cider Gravy 100 Whipped Sweet Potatoes 36 Mixed Vegetables 42 WW Roll 180 Applesauce 15 Cal: 722 Sodium: 509 mg Carb: 90g From meal: 66 g
<b>16 No Meals Served</b>  Cal: 669 Sodium: 750 mg Carb: 95 g From meal: 70 g	<b>17</b> Tuna Noodle Casserole 411 Jardiniere Vegetables 31 WW Bread 65 Oatmeal Cookie 105 MOD: Chocolate 75 Oatmeal Bar Cal: 669 Sodium: 750 mg Carb: 95 g From meal: 70 g	<b>18</b> Turkey Meatloaf with Gravy 377 Baked Potato 4 Scandinavian Vegetables 41 Sour Cream 9 WW Breadstick 65 Mixed Fruit 10 Cal: 711 Sodium: 643 mg Carb: 76 g From meal: 49 g	<b>19</b> Herbed Chicken Breast 325 Whipped Sweet Potatoes 36 Potatoes 12 Broccoli w/ red bell pepper 240 WW Dinner Roll 2 Fresh Pear 2 Cal: 630 Sodium: 752 mg Carb: 94 g From meal: 57 g	<b>20</b> Salmon with Lemon Dill Sauce 300 Roasted Potatoes 6 Carrots 67 WW Dinner Roll 240 Fresh Apple 2 Cal: 622 Sodium: 577 mg Carb: 89 g From meal: 54 g
<b>23</b> Chicken Picatta 368 Parslied Rotini 4 Tuscany Vegetables 41 Cracked Wheat Bread 115 Applesauce 14  Cal: 656 Sodium: 679 mg Carb: 94 g From meal: 70 g	<b>24</b> Cheese Ravioli with Meat Sauce 272 Italian Vegetables 19 Parmesan Cheese 55 Scala Bread 310 Raisins 4 Cal: 746 Sodium: 798 mg Carb: 109 g From meal: 67 g	<b>25 NO MILK</b> Cheese Omelet 409 Home Fries 6 Peppers and Onions 54 Blueberry Snack Loaf 160 Yogurt 75 Orange Juice 15 Cal: 775 Sodium: 740 mg Carb: 97 g From Meal: 63 g	<b>26 COLD MEAL</b> Tuna Salad 294 Potato Salad 50 Tossed Salad 17 Italian Dressing 20 WW Hamburger Bun 80 Lemon Square 105 MOD: Cinnamon Bites Cal: 794 Sodium: 703 mg Carb: 91 g From meal: 58 g	<b>27</b> Beef Burgundy 181 Buttered Noodles 38 Spinach 110 Whole Wheat Roll 240 Fresh Banana 20 Cal: 699 Sodium: 708 mg Carb: 83 g From meal: 58 g
<b>30</b> Cheeseburger 390 Brown Rice & Orzo 4 Zucchini Squash 2 WW Hamburger Bun 80 Ketchup 82 Brownie Cookie 230 MOD: Lorna Doones 100 Cal: 958 Sodium: 925 mg Carb: 124 g From meal: 87 g	<b>31</b> Beef Chili 260 White Rice 5 Green Beans 3 Cornbread Muffin 80 Diced Peaches 0 Cal: 828 Sodium: 486 mg Carb: 102 g From meal: 69			<b>Nutrition Information</b> 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

\*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

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**Halifax, MA 02338**

**HOURS OPEN TO THE COMMUNITY**

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



**Board of Selectmen Member Office Hours:**

Each member of the Board of Selectmen will hold office hours for residents and community members. They will be

1st Tuesday/month from 6:00pm to 7:30pm

3rd Tuesday/month from 10:30am to 12pm

**COUNCIL ON AGING  
 ADVISORY BOARD**

**CHAIRMAN:**

TBA

**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

**OUTREACH ASSISTANT:**

Nancy Clancy

**RECEPTIONIST:**

Diane Smith

**NURSE:**

Tricia Ross

**OCES MEALS-ON-WHEELS**

**SITE COORDINATOR:**

Maria Maynard

**VAN DRIVERS:**

Gary Long, Diane O'Brien

Janice Rossetter

*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.*