

# GROWING TOGETHER

## SERVING THE HALIFAX COMMUNITY



### Coffee with your State Representative

**July 7** State Representative Josh Cutler, call for appt 617-422-2013

**July 12** State Representative Kathy LaNatra 9:30—11am

Veteran's Agent Steve Littlefield 9:30—10:30am



## UPCOMING EVENTS

### SOCIAL AND WELLNESS ACTIVITIES

#### HEALTHY LIVING COLLABORATION (BLOOD PRESSURE SCREENINGS)

Tuesday: July 11, 18, 25 at 10:30am, Halifax Council on Aging

Wednesdays: June 5, 12, 19, 26 at 10:30am, Halifax Council on Aging

#### TRIAD

Tuesday: July 11th, 10– Noon, Eric Meschino, talk on the impact of state and federal guidelines of fishing /lobstering

#### COUNCIL ON AGING BOARD MEETING

Tuesday: July 18th at 9:30am, Selectmen Mtg Rm, 499 Plymouth St.

### BODY AND FIT

**Chair Yoga with Mary Lou** Every Wednesday from 9:45AM—10:45AM

**Gentle Yoda with Mary Lou** Every Wednesday from 11:00AM—12:00PM

**ZUMBA with Heather** Every Wednesday from 2:00PM to 3PM

### AGING WITH GRACE (4 OF 5 PART SERIES)

#### MCR Chiropractic Group—"Eliminate Your Back Pain"

Thursday July 20, 10am to 11am, Holmes Library, 470 Plymouth St  
Halifax, SEATS ARE LIMITED, CALL 781-293-7313



#### "MATT YORK"—CONCERT ON THE GREEN

Friday July 28, Noon to 2pm

MAKE SURE YOU REGISTR FOR ACTIVITIES AND EVENTS  
DUE  
TO LIMITED SEATING



# JULY CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>10am-12pm</b> CRIBBAGE <b>1:30pm-3pm</b> Knitting/Crochet Club	 <b>All Town Offices Closed</b>	<b>5</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10:30am-12:30pm</b> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>6</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA)	<b>7</b> State Representative Josh Cutler Off-Site Hours, please call 617-422-2013 for an appointment; or email him at josh.cutler@mahouse.gov
<b>10</b> <b>9:30am-11am</b> Coffee with State Representative Kathleen LaNatra <b>9:30am-10:30am</b> Coffee with Veteran's Agent Steve Littlefield <b>10am-12pm</b> CRIBBAGE <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>11</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10am - Noon</b> TRIAD <i>Eric Meschino (lobsterman/fisherman) will discuss the new state and federal laws and their impact on fishing</i> <b>10:30am-12:30pm</b> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	<b>12</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10:30am-12:30pm</b> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>13</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>Noon—2pm</b> Crafts with Maddie	<b>14</b> <b>10am-12pm</b> ATTORNEY PAUL SCHLOSSER (HALIFAX COUNCIL ON AGING)
<b>17</b> <b>10am-12pm</b> CRIBBAGE <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>18</b> <b>9:30am-11am</b> Council on Aging Board Meeting (499 Plymouth Street, Halifax (Selectmen Meeting Room)) <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10:30am-12:30pm</b> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	<b>19</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10:30am-12:30pm</b> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>20</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10am - 11am</b> MCR Group Health Talk Light Refreshments (470 Plymouth Street, Halifax (Holmes Library)) <b>1pm-3pm</b> Book Club a COA Event (Holmes Library)	<b>21</b> <b>12pm-2pm</b> Popcorn and Movie Day - SECOND HAND LIONS (2003) (Council on Aging) 
<b>24</b> <b>10am-12pm</b> CRIBBAGE <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>25</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10:30am-12:30pm</b> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	<b>26</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10:30am-12:30pm</b> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>27</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA)	<b>28</b> World Hepatitis Day <b>Noon - 2pm</b> Matt York—Concert on the Green
<b>31</b> <b>10am-12pm</b> CRIBBAGE <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>!Thank you to our sponsors who support senior and aging with grace!</b> 			

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Halifax Council on Aging, Halifax, Ma 06-5390

# HAPPY BIRTHDAY!

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 Maureen Allen  
 Donna Almeida  
 Diane Bellrose  
 Shirley Bent  
 Deborah Berry  
 John Blante  
 Judith Boyd  
 Lois Boyd  
 Doreen Brady  
 Edmond Burgess  
 John Burke  
 Sally Burkhardt  
 Linda Carel  
 Helen Cogswell  
 Cheryl Cole  
 Ronald Coletti  
 Deborah Crompton  
 Roxanne Currier  
 Jacqueline Cutter  
 Maryjo Deignan  
 Rose Deines  
 Andrea Delaney  
 Eugene Dias  
 Bob Doherty  
 Edward Dolan  
 Tracy Egerton  
 Robert Evans  
 Theresa Evans  
 Ellen Everson  
 Arthur Fitzgerald  
 John Fitzgerald  
 Louise Foley  
 Deborah Ford  
 Hildegard Frattasio  
 Edward Giacomozzi  
 Karen Glidden  
 Linda Grew  
 Michael Hawks  
 Judith Higgins  
 Mabelene Hiltz  
 John Hiltz  
 Nancy Hiltz  
 Pia Jacobsen  
 Richard Jacobsen  
 Harry Jefferson, Jr.

# HAPPY JULY BIRTHDAY WISHES

Edward Kauffman  
 Marylou Keenan  
 Clare Kenney  
 Ellen King  
 Gerald Lapierre  
 Irene Lapierre  
 Lois Lasdow  
 Linda Laskey  
 Becky Lee -PCSD  
 Gerald Libby  
 Karen Lozzi  
 Julie Mack  
 Eileen Mahan  
 Robert Mahoney  
 Dian Marks  
 Peter Matthews  
 Mary Mayer  
 Robert McEvoy  
 Paula McLaughlin  
 Maureen McNally  
 Barbara McRae  
 Edward McSweeney  
 Margaret McSweeney-Martin  
 Donald Meikle  
 Catherine Merchant  
 Richard Merry  
 Richard Moore  
 Terri Morris  
 Lee Mulready  
 Jane Murphy  
 William Murphy  
 David Nickerson  
 Bernard Nunn  
 Virginia O'Connell  
 Sheila Ohandley  
 Rae Olson  
 Ida Pardo  
 Mary Paris  
 Nancy Pica  
 Van Poeschl  
 Lawrence Powers  
 Susan Provost  
 Diane Purcell  
 John Purpura  
 Lois Ready  
 Colleen Reardon  
 Arnold Richmond

# HAPPY BIRTHDAY!

Dorothy Riley  
 Wendy Rodrigues  
 Joan Rogers  
 Mark Rose  
 Jane Ruprecht  
 Joan Ryan  
 Joan Sawler  
 Margaret Schnyer-Smith  
 Linda Schultz  
 Mary Smith  
 Nancy Sobral  
 James Sorocco  
 Jacqueline Stack  
 Stephen Stanton  
 Charlotte Stevens  
 Linda Sullivan  
 Madeline Tartaglia  
 Manuel Tavares  
 Annie Thacker  
 Priscilla Thompson  
 Joan Touhey  
 Elaine Tracy  
 Diane Umbrianna  
 Chris Vadeboncour  
 Simon Veneau  
 Carolyn Vinton  
 Stephen Walley  
 Virginia Whiting  
 Jacqueline Wirth  
 Robert Woodard  
 Elizabeth Woods

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**Gentle Yoga Instructor**

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**DATES AND TIMES ARE ON THE**  
**CALENDAR**

**GENERATIONS** sets a path for all who wish to become a member. Any young adult may join to support older adults and the Halifax Council on Aging, a municipal Long-Term-Service and Supports Resource

**2023 Generations in Support of  
the Halifax COA Inc Board**

**Officers**

President: Isabella "Bella" Rose

Vice President: John Laskey

Secretary: Jeanne Kling

Treasurer: Rita Magnarelli

**Board Members:**

Carol Gough, Carol Keegan,  
Dorothy Martell.

**News from Bella**

April showers bring life, May flowers, Mother's Day, and Memorial Day. Generations was delighted to welcome 3 new members on board last month.

Thank you for your support. We are excited to collaborate with Steve Littlefield, Director of Veterans Services, to host a Memorial Day cookout this year after the parade and Memorial Day ceremony. Be on the lookout for more information about Fur Festival 2023, our first fundraiser of the year on Sunday, June 4th. As a reminder, membership dues for Generations are open. I'm often asked, "What is Generations?" Simply put, Generations is a group of volunteers whose purpose is to foster community, provide service, resources, and activities for the Seniors in Halifax and provide financial support to the Halifax Council on Aging. We meet the first Monday of every month at 10 am at the Holmes Public Library in the Community Room.

Meetings are open to all Generations members who wish to attend. Generations can use the support of all its members to achieve our goals, so please let me know if you would like to help in any way. If you would like to become a member or donate to Generations, please use the Generations form below. If you have any questions about volunteering, becoming a member, or our upcoming fundraiser, please reach out to me Bella Rose at 508-927-1322 or by email at isabellarose343@aol.com. Until next month...

**Join Us!**

**Become a member of Generations in Support of the Halifax COA Inc.**

The Generations Board would like to thank all of our members for their support. Generations in Support of the Halifax Council on Aging Inc. is a private non-profit corporation with a 501(c)(3) status, whose primary purpose is to seek donations through memberships, fundraising events, sponsorships and/or corporate gifts to financially assist the various projects that support and enhance the operation of the Halifax Council on Aging. Please note membership is annual and runs from September 1<sup>st</sup> – August 31<sup>st</sup>. Membership will be renewable on September 1<sup>st</sup>.

**Membership dues are \$5.00 a year (per person)**

(Please make checks payable to Generations In Support of the Halifax COA)  
Drop off at the Halifax COA or mail to: Generations In Support of the Halifax COA  
506 Plymouth St.  
Halifax, MA 02338

Name (s): \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Membership Dues: \_\_\_\_\_

I am happy to join "Generations" but would like to do more. I'm also including an additional Contribution of: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_



**HALIFAX VSO  
AGENT STEVE  
LITTLEFIELD**



### **COMMUNITY NEWS**

**HANKING HALIFAX VETERAN'S AGENT STEVE LITTLEFIELD FOR COORDINATING A FUN FILLED MEMORIAL DAY PARADE ON MONDAY MAY 29TH. ANTIQUE CARS, CUB SCOUTS, HALIFAX POLICE AND FIRE, ALONG WITH SILVER LAKES MARCHING BAND JOINING ON AN AMAZING DAY. GENERATIONS PRESIDENT ISABELLA ROSE, WORKED DILIGENTLY ALONG WITH SARA SLOAT, JEAN AND BRIAN KING AND THE GENERATIONS MEMBERS: Linda Arnold, Louise Carbonne, Carol Gough, Carol Keegan, Geraldine Lambert, Jo Schofield, Dot Martel, Judy Rakutis, and our famous John Laskey**



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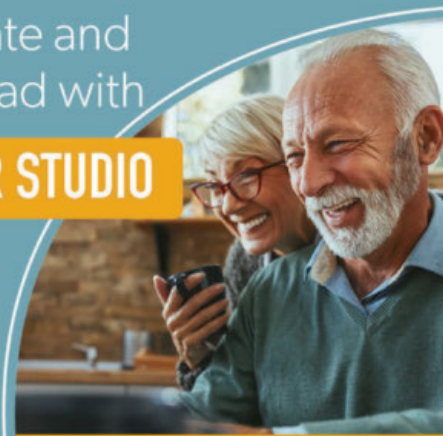
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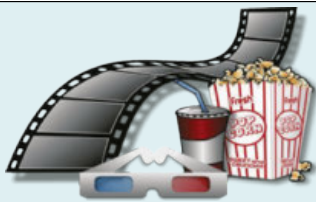
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### 12pm-2pm Popcorn and Movie Day - SECOND HAND LIONS (2003) (Council on Aging)

This coming-of-age comedy follows a young boy named Walter, who is sent to live with his two great uncles. As he stays with them, he learns about their mysterious past and the exciting adventures they had when they were younger.

Have a Voice! Give us a call and let us know the programs, wellness activities and educational events you enjoy. We are “approachable” and will do our best to locate a safe environment to keep you smiling.

Starting in September, COFFEE HOURS will have a now be Daily. It will be open to Halifax CoA Members and Friends who wish to talk of current events, with respect of others in mind. Come laugh, educate and be choose wisely your topics in a public place - Thank you

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## HALIFAX COA

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