

Growing Together

March 2023

Little Women - One Act Play. March 17th @ 11:00 pm

At Massasoit College, Brockton, MA - Call 781-293-7313 to Register



Triad is a community partnership between seniors and senior service agencies (Council on Aging), law enforcement (Halifax Police & Fire Departments), and public safety providers (Plymouth County Sheriff's Department).

The primary goal of the "**TRIAD**" concept is to keep our community informed of safety concerns and scams as well as provide the delivery of law enforcement and public safety services to senior citizens. The **TRIAD** concept is implemented in each town through a S.A.L.T. Council, (Seniors And Law Enforcement Together). We are blessed to be in partnership to protect and serve. TRIAD meets the **FIRST TUESDAY EACH MONTH. The next meeting will be on March 7th at 10am at the Great Hall, 2nd floor Town Hall**

Guest Speaker: David Thurston will tell us all about his successful hike of the Appalachian Trail. His presentation will include pictures from his trip and he'll show us supplies from the hike (his tent, boots, and other fun facts)

Halifax Council on Aging welcomes Ruth Mills Literary Services, LLC. Ruth Mills, an editor and ghost writer with more than 25 years' publishing experience. Ruth has worked for several prestigious publishers, including Random House, John Wiley & Sons, and Prentice Hall. During that time, she edited and published hundreds of interesting, informative, high-quality books that sold successfully and were reviewed well in The New York Times, The Wall Street Journal, and BusinessWeek.

RUTH MILLS LITERARY SERVICES, LLC

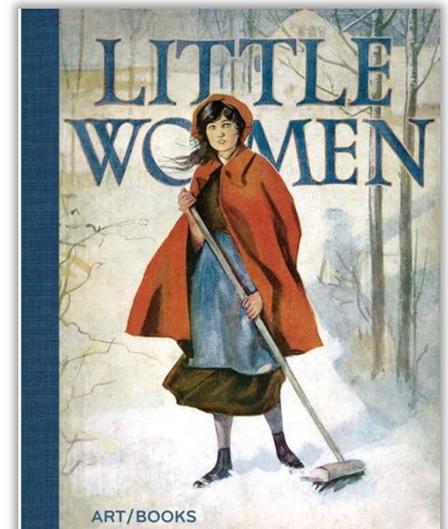


Ruth will be volunteering her talents every Friday, 10:00AM to Noon @ the Halifax CoA. Come by and let's write about you!

Little Women – A One Act Play

When: Friday, March 17th, 2023
Time: 11 am - 12:30 pm
Where: Massasoit Community College
1 Massasoit Boulevard
Brockton, MA 02302

This program is made available to Halifax Seniors through grant funding from the Commonwealth of Massachusetts.



A message from Darlene Regan, Director:

A lot will be happening for March. Take the time to review activities and events of interest and note seating is limited. We have new leadership and we look to keep the CoA renovations/building a priority. Never lose sight of humanity and the fact that the older adults and any person with disabilities deserves to be in a supportive environment. Each day, the staff at the Halifax CoA stand by its members, caregivers and families by providing healthy choices, and offering activities and programs. Without a community room, seniors are expected to migrate from place to place. We ask for the support and patience of the Halifax Community to honor and respect all who age and/or live with a disability. Aging is part of our life cycle, and not to be forgotten.



Nonnies Italian Grille is cooking up another fantastic St. Patrick Day Meal. With everyone's busy schedule this year, what better way to extend the fun time and join us on:

Friday, March 24th, 2023

12 pm - 2 pm

\$10.00 after the first 40 sign-ups

Longtime New England musician/author *Matt York* will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. He'll discuss Cash's emergence as a groundbreaking artist in the 1950's, his marriage to June Carter and many of his other career highlights. York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was just named one of Worcester Magazine's best albums of 2022. This program is supported in part by a grant from the *Halifax Local Cultural Council*, a local agency which is supported by the *Mass Cultural Council*, a state agency.

Nonnies Italian Grille, 315 Plymouth Street, Halifax, MA 02338 | (781) 754-0001



MARCH 2023 CALENDAR



March 1 WEDNESDAY

9:45 AM - 10:45 AM Chair Yoga/ Mary Lou -- Henrich Hall
 10:00 AM - 11:00 AM Health Screenings/Tricia, RN -- COA
 11:00 AM - 12:00 PM Gentle Yoga -- Henrich Hall
 12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
 2:00 PM - 3:00 PM ZUMBA Gold/ Heather -- Great Hall

March 2 THURSDAY

8:30 AM - 11:30 AM Health Screenings -- COA
 9:30 AM - 10:30 AM Men's Coffee Hour -- COA

March 3 FRIDAY

By Appointment State Representative Mobile Hours for February -- Please call 617-422-2013 for an appointment.
 10:00 AM - 12:00 PM WRITING FROM THE HEART: YOUR LIFE STORIES MATTER -- HALIFAX COUNCIL ON AGING

March 6 MONDAY

10:00 AM - 12:00 PM CRIBBAGE
 12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
 1:30 PM - 3:00 PM Joy of Writing a COA Activity @ Holmes Library
 1:30 PM - 3:00 PM Knitting/Crochet Club

March 7 TUESDAY

1:30 PM - 3:00 PM Knitting/Crochet Club
 9:30 AM - 11:30 AM RENEE MacMURRAY -- 200 WEYMOUTH STREET, ROCKLAND, MA 02370
 9:30 AM - 10:30 AM Men's Coffee Hour -- COA
 10:00 AM - 12:00 PM TRIAD -- TOWN HALL, Second Floor Great Hall
 12:00 PM - 2:00 PM CRAFTS WITH MADDIE -- HALIFAX COUNCIL ON AGING

March 8 WEDNESDAY

9:45 AM - 10:45 AM Chair Yoga/ Mary Lou -- Henrich Hall
 10:00 AM - 11:00 AM Health Screenings/Tricia, RN -- COA
 11:00 AM - 12:00 PM Gentle Yoga -- Henrich Hall
 12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
 2:00 PM - 3:00 PM ZUMBA Gold/ Heather -- Great Hall

March 9 THURSDAY

8:30 AM - 11:30 AM Health Screenings -- COA
 9:30 AM - 10:30 AM Men's Coffee Hour -- COA

March 10 FRIDAY

10:00 AM - 12:00 PM ATTORNEY PAULA SCHLOSSER -- HALIFAX COUNCIL ON AGING
 9:30 AM - 11:00 AM Coffee with State Representative Kathleen LaNatra

March 13 MONDAY

9:30 AM - 10:30 AM Coffee with Veteran's Agent Steve Littlefield
 10:00 AM - 12:00 PM CRIBBAGE
 12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
 1:30 PM - 3:00 PM Joy of Writing a COA Activity @ Holmes Library
 1:30 PM - 3:00 PM Knitting/Crochet Club

March 14 TUESDAY

9:30 AM - 11:30 AM RENEE MacMURRAY Art Studio -- 200 WEYMOUTH STREET, ROCKLAND, MA 02370
 9:30 AM - 10:30 AM Men's Coffee Hour -- COA

March 15 WEDNESDAY

9:45 AM - 10:45 AM Chair Yoga/ Mary Lou -- HENRICH HALL
 10:00 AM - 11:00 AM Health Screenings/Tricia, RN -- COA
 11:00 AM - 12:00 PM Gentle Yoga -- Henrich Hall
 12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
 2:00 PM - 3:00 PM ZUMBA Gold/ Heather -- Great Hall



MARCH 2023 CALENDAR



March 16 THURSDAY

8:30 AM - 11:30 AM Health Screenings -- COA
9:30 AM - 10:30 AM Men's Coffee Hour -- COA

March 17 FRIDAY

1:00 PM - 3:00 PM Book Club a COA Event -- Holmes Library
11:00 AM - 12:00 PM LITTLE WOMEN - A ONE ACT PLAY -- MASSASPOT COMMUNITY COLLEGE,
ONE MASSASOIT BLVD, BROCKTON MA 02302
12:00 PM - 2:00 PM Popcorn and Movie Day -- Council on Aging

March 20 MONDAY

10:00 AM - 12:00 PM CRIBBAGE
12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
1:30 PM - 3:00 PM Joy of Writing a COA Activity @ Holmes Library

March 21 TUESDAY

1:30 PM - 3:00 PM Knitting/Crochet
9:30 AM - 11:30 AM RENEE MacMURRAY -- 200 WEYMOUTH STREET, ROCKLAND, MA 02370
9:30 AM - 10:30 AM Men's Coffee Hour -- COA
12:00 PM - 2:00 PM CRAFTS WITH MADDIE -- HALIFAX COUNCIL ON AGING

March 22 WEDNESDAY

9:45 AM - 10:45 AM Chair Yoga/ Mary Lou -- Henrich Hall
10:00 AM - 11:00 AM Health Screenings/Tricia, RN -- COA
11:00 AM - 12:00 PM Gentle Yoga -- Henrich Hall
12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
2:00 PM - 3:00 PM ZUMBA Gold/ Heather -- Great Hall

March 23 THURSDAY

8:30 AM - 11:30 AM Health Screenings -- COA
9:30 AM - 10:30 AM Men's Coffee Hour -- COA

March 24 FRIDAY

11:00 AM - 12:30 PM Attorney Jason Rawlins -- HALIFAX COUNCIL ON AGING
NOON - 2:00 PM MATT YORK - St Patrick's Day Event at Nonnies

March 27 MONDAY

10:00 AM - 12:00 PM CRIBBAGE
12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
1:30 PM - 3:00 PM Joy of Writing a COA Activity @ Holmes Library
1:30 PM - 3:00 PM Knitting/Crochet Club

March 28 TUESDAY

9:30 AM - 11:30 AM RENEE MacMURRAY -- 200 WEYMOUTH STREET, ROCKLAND, MA 02370
9:30 AM - 10:30 AM Men's Coffee Hour -- COA

March 29 WEDNESDAY

9:45 AM - 10:45 AM Chair Yoga/ Mary Lou -- Henrich Hall
10:00 AM - 11:00 AM Health Screenings/Tricia, RN -- COA
11:00 AM - 12:00 PM Gentle Yoga -- Henrich Hall
12:00 PM - 2:00 PM OCES CONGREGATE MEAL AT THE COA
2:00 PM - 3:00 PM ZUMBA Gold/ Heather -- Great Hall

March 30 THURSDAY

8:30 AM - 11:30 AM Health Screenings -- COA
9:30 AM - 10:30 AM Men's Coffee Hour -- COA

*For the Love of Art
Program*



MACMURRAY DESIGNS
FINE ART GALLERY & ART STUDIOS
A collaboration of Art & Inspirational Wellness for all Ages

Join us for an

"ART ESCAPE"

STEP BY STEP PAINTING WORKSHOP

Instructed by Renée MacMurray at MacMurray Designs Art Studios

Many thanks to Mass Cultural Council and Halifax Local Council for the funding of this program - bringing Communities Together

To register for a class - Contact the Halifax Council on Aging @ 781. 293.7313

An Art Escape is a 2 Hour Step-by-Step Acrylic Painting Workshop.
A crash course art lessons for anyone to enjoy becoming a "real" artist for a day.

Do Not be intimidated by the Picture - There is Absolutely No Artistic Experience Necessary

Renee' MacMurray will assist you throughout the Entire Class

EMAIL: RENEE@MACMURRAYDESIGNS.COM

Call/Text: 781.707.8519



TUESDAY, MARCH 7th
9:30 - 11:30am



TUESDAY, MARCH 14th
9:30 - 11:30am



TUESDAY, MARCH 21st
9:30 - 11:30am



TUESDAY, MARCH 28th
9:30 - 11:30am

* LOCATION *

MACMURRAY DESIGNS

200 WEYMOUTH STREET, ROCKLAND MA 02370 * RENEEMACMURRAYDESIGNS.COM

781.707.8519 call/text * Renee' MacMurray

OCES NUTRITION PROGRAM

MARCH 2023

REGULAR



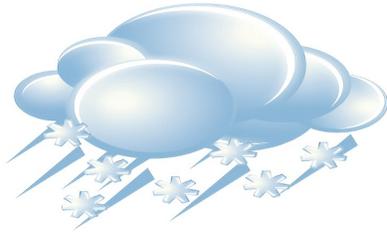
Community Dining Menu

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 change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starch, vegetable, and bread.	1 Swedish Meatballs* 260 Buttered Noodles 38 Mixed Vegetables 42 WW Bread 65 Caramelized Peaches 20 	2 Roast Pork with Apple Cider Gravy 100 Roasted Sweet Potatoes 45 Green Peas 82 WW Roll 240 Applesauce 13	3 Cheese Lasagne with Marinara Sauce 285 Italian Vegetables 19 Scala Bread 310 Brownie Cookie 230 MOD: Blueberry Bites 60
		Cal: 818 Sodium: 563 mg Carb: 100 g From Meal: 66 g	Cal: 819 Sodium: 618 mg Carb: 91g From meal: 67 g	Cal: 833 Sodium: 982 mg Carb: 124 g From Meal: 65 g
6 Veal Choppette with Gravy* 377 Cheese Mashed Potatoes 248 Carrot Coins 67 WW Bread 65 Fresh Apple 2	7 Beef Shepherd's Pie 276 California Vegetables 30 WW Breadstick 65 Hot Cinnamon 6 Peaches	8 NO MILK Omelet with 3 cheese blend 338 Home Fries 6 Peppers and Onions 54 Blueberry Snack Loaf 160 Strawberry Yogurt 75 Orange Juice 15	9 Pot Roast with Gravy 79 Buttered Noodles 38 Mixed Vegetables 56 Oatmeal Bread 240 Vanilla Wafers 117	10 Lemon Dill Pollock 235 Brown Rice with Orzo 4 Jardiniere Vegetables 31 WW Bread 65 Diced Pineapples 1
Cal: 752 Sodium: 895 mg Carb: 96 g From Meal: 61g	Cal: 696 Sodium: 514 mg Carb: 79 g From meal: 48 g	Cal: 790 Sodium: 679 mg Carb: 98 g From Meal: 66 g	Cal: 841 Sodium: 668 mg Carb: 104 g From Meal: 66 g	Cal: 618 Sodium: 707 mg Carb: 101 g From meal: 69 g
13 BBQ Pulled Pork 385 O'Brien Potatoes 6 Winter Vegetables 43 WW Hamburger Bun 80 Mixed Fruit Cup 5	14 Chicken Pot Pie 490 Green Beans 3 Corn Muffin 80 Fresh Apple 2	15 COLD MEAL Chicken Salad 75 Pasta Vegetable Salad 142 Tomato Cucumber Salad 3 WW Hamburger Roll 80 Fig Bar 99 MOD: Vanilla Wafers 117	16 HIGH SODIUM MEAL Corned Beef* 911 Parsley Potatoes 8 Cabbage and Carrots 49 WW Breadstick 65 Apple Crisp 131	17 HAPPY ST. PATTY'S DAY! Baked Ziti Casserole 323 Italian Vegetables 19 WW Bread 65 Hot Caramelized Pears 20 
Cal: 654 Sodium: 656 mg Carb: 94 g From Meal: 68 g	Cal: 675 Sodium: 713 mg Carb: 93 g From Meal: 58 g	Cal: 921 Sodium: 537 mg Carb: 93 g From Meal: 60 g	Cal: 699 Sodium: 1301 mg Carb: 89 g From meal: 44 g	Cal: 698 Sodium: 565 g Carb: 98 g From meal: 63 g
20 Chicken Picatta 248 Parslied Rotini 4 Tuscany Vegetables 41 Cracked Wheat Bread 115 Raisins 4	21 Beef Chili 260 White Rice 5 Green Beans 3 Cornbread Muffin 80 Lemon Square 105 MOD: SF Lemon Cookie 60	22 Hot Dog* 610 Home Fried Potatoes 6 Broccoli 12 WW Hot dog roll 85 Mustard 55 Lorna Doones 100	23 Salisbury Steak with Gravy 417 Buttered Noodles 38 Spinach 110 WW Dinner Roll 240 Fresh Banana 1	24 Potato Crunch Fish 330 Potato Wedges 260 California Vegetables 30 Whole Wheat Bread 65 Tartar Sauce 85 Diced Peaches 6
Cal: 702 Sodium: 549 mg Carb: 112 g From Meal: 70 g	Cal: 888 Sodium: 591 mg Carb: 103 g From meal: 69	Cal: 791 Sodium: 1006 mg Carb: 96 g From Meal: 66 g	Cal: 695 Sodium: 943 mg Carb: 87 g From Meal: 61 g	Cal: 728 Sodium: 913 mg Carb: 94 g From meal: 63 g
27 American Chop Suey 399 Brussels Sprouts 17 Corn Muffin 80 Caramelized Pears 20	28 BBQ Chicken 248 Roasted Sweet Potatoes 45 Collard Greens 57 WW Bread 65 Fresh Orange 0	29 Breaded Whitefish 401 Potato Wedges 260 California Blend Vegetables 30 WW Breadstick 65 Tartar Sauce 85 Mixed Fruit 5	30 Meatloaf with Gravy 377 Baked Potato 4 Scandinavian Vegetables 41 WW Dinner Roll 240 Sour Cream 9 Chocolate Chip Cookie 56 Mod: SF Choc. Chip Cookie 55	31 Stuffed Pasta with Marinara Sauce* 581 Italian Vegetables 19 Scala Bread 310 Parmesan Cheese 55 Raisins 30 
Cal: 851 Sodium: 654 mg Carb: 108 g From meal: 72 g	Cal: 646 Sodium: 553 mg Carb: 101 g From meal: 71	Cal: 645 Sodium: 983 mg Carb: 89 g From Meal: 66 g	Cal: 800 Sodium: 864 mg Carb: 86 g From Meal: 57 g	Cal: 631 Sodium: 1088 mg Carb: 107 g From Meal: 65 g

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



CoA STORM POLICY

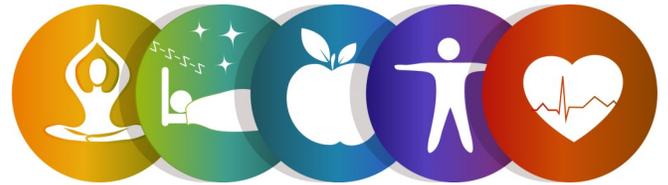
When the Halifax Public Schools are closed the *Halifax CoA Activities and Programs are cancelled.*

The CoA Office will keep you up to date for emergency information and will be open to serve the Halifax mature adults/and individuals with a disability

FITNESS and WELLNESS CLASSES

Please call the CoA to register. See the calendar for the times and locations:

- 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– Each Tuesday from 9:30 –10:30 at the MacMurray’s Art Studio, 200 Rockland Street, Rockland



COFFEE AND CONSULTATIONS

State Representative Kathy LaNatra is available the second Monday of each month March 13th from 9:30 to 11am



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

State Representative 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

SHINE Appointments: Call 1-800-231-1155

Legal Consultations:

Elder Law Attorney Paula Schlosser March 10 from 10 - 12:30

Complimentary 45 minute appointments offered the second Friday every other month

Elder Law Attorney Jason Rawlins March 31st from 11:30 –12:30

Complimentary 30 minute appointments offered the last Friday of each month





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- THURSDAY 8:00 A.M. - 4:00 P.M.
FRIDAY (By Appt 1-4) 8:00 A.M. - 4:00 P.M.



**COUNCIL ON AGING
 ADVISORY BOARD**

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COA DIRECTOR:

Darlene Regan

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 Judith Rakutis
 Michael Rugnetta
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Tricia Ross

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Maria Maynard

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 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.