

# GROWING TOGETHER


## SERVING THE HALIFAX AGELESS COMMUNITY



The month of May offers more than most months.  
"April showers bring May flowers!"

Perhaps there is truth to that idiom/metaphor, and we will see as the flowers bloom and trees turn to life once again. To most of us, May is a month to stop and think of those who gave us life and those who sacrificed their lives as well as time away from family; for the love of freedom.

Reading a poem credited to the National Liberty Museum in Philadelphia, "we are like 'glass' we may be polished, shine or shatter but, with every change, we build resilience. Let us remember Mother's/Caregiver's and our Veteran's who sacrifice time and themselves by buffering us from adversities that sometimes shatters our dreams and lives.

With spring, begin anew, because "there is no room for 'hate' - for each day we can improve on our ability to be resilient and for the sake of the next *GENERATION* 

*Darlene Regan*

*Halifax COA Director*

**Mother' Day Tea** at Henrich Hall, April 15th , from Noon to 3pm. Come for a spot of tea, a bit of tea trivia and a tea sandwiches for our petit appetites.

**Coffee with Senator Michael Brady**, May 17th, from 11 to Noon. Relax and chat with Senator Brady who cares about you!

**Body, Mind and Fit:** check out our classes:

Monday's from 10—11 Cardio Strength @ the Great Hall

Wednesday's from 2—3 ZUMBA GOLD @ the Great Hall

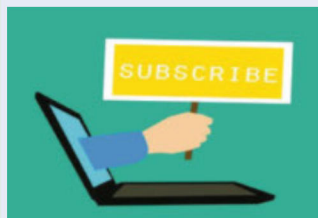
Thursday's from 10:45 to 11:45 at Soul Purpose Wellness Studio  
274 Plymouth St, Halifax

**HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM**

# OUTREACH NEWS

**Be the first to know!**  
**Subscribe to our newsletter ONLINE!**  
**How?**

Go to [www.mycommunityonline.com](http://www.mycommunityonline.com)



**Call the COA for assistance!**

## Blood Pressure Screenings

**Wednesdays**

**10:45 am-12:30pm**

**With YMCA Heart Healthy**

**Ambassador Marlene Leal**

**No Appointment Necessary!**



**Snap Senior Assistance Office**  
**833-712-8027**

**We are happy to assist with Snap Applications**  
**Please call the COA to make an appointment**

**Thursday's are Bread distribution Day!**

**Stop and Shop generously donates bread and baked goods to the COA.**

**Come in to say "Hello" and get some bread!**



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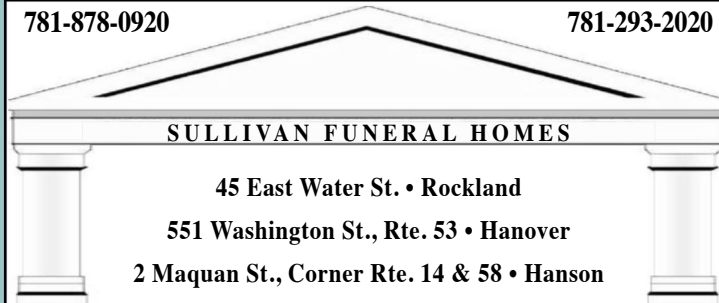
**Steve Persichetti**

[spersichetti@lpicommunities.com](mailto:spersichetti@lpicommunities.com)

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Halifax Council on Aging, Halifax, Ma 06-5390

# COMMUNITY PAGE

- **TRIAD:** May 7th 10:00 The Great Hall– The Halifax Police Department- BCI
- **Community Health Teaching :** Friday, May 3rd 10:00-12:00pm COA
- Education and Self-Management Techniques to Reduce Hypertension with Nurse Denise MacPherson.
- **Hip Hop Bootcamp: May 15th 1:00pm** The Great Hall and **May 31st 11:00-1:00pm** Bootcamp and Lunch! Call to register.



**“Exercise not only changes your body, it changes your mind, your attitude and your mood.” -Unknown**

Monday: Cardio Strength at 10:00am at the Great Hall

Move your body with Marlene! A perfect balance between cardio and strength.

Wednesday: Zumba Gold at 2:00pm at the Great Hall

Join Heather and dance along with Zumba Gold!

Thursday: Chair Yoga at 10:45am at Soul Purpose Wellness studio

Chair yoga with Karen is a great way to maintain on your balance and



**May 27th is  
Memorial Day.  
We remember  
those who gave  
the ultimate  
sacrifice.**



## COA Newsletter Sponsors

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North Easton Savings Bank  
Sullivan Funeral Homes  
Old Colony Elder Services

THANK YOU

## Join the Second Wind Club!

We are always looking for dedicated volunteers to help out at various events, meals on wheels delivery and more!  
Contact Barbara Curtis for more information!





# COMMUNITY PAGE

**HAPPY  
BIRTHDAY**

Join the **May Birthday Crew!**

We want to celebrate **YOU!**

Celebration Date:

**Friday, May 24th**

**10:00-11:00 at the COA**

## Save the Dates!

**The Halifax Farmers Market is back!**

**Saturdays 10:00am—3:00pm**

**The Halifax Town Green**

**June -1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>**

**July- 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>**

**August -3<sup>rd</sup>, 7<sup>th</sup> and 31<sup>st</sup>**

**September -14<sup>th</sup> and 28<sup>th</sup>**

**October-12<sup>th</sup> and 26<sup>th</sup>**



Triad will be held at on **May 7th** at  
**10:00am** at The Great Hall.

The Halifax Police Station will be  
presenting about The Bureau of  
Criminal Investigation.

April was a very eventful month!  
Check out these photos of all the fun that was had at the  
Halifax COA!!



**"FOR THE LOVE OF ART"** - Pop Up Art and Maddie's Art Class is funded by **Mass Cultural Council and Halifax Local Council** - THANK YOU!





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*In youth, love and art. In age,  
investments and antiques. -Mason Cooley*

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## HALFAX COUNCIL ON AGING

**506 Plymouth Street**

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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

Jean Gallant

### COA Director

Darlene Regan

### Members

Judith Rakutis, Michael Rugnetta

Sarah Sloat, Kimberly King-

Cavicchi and Ruth Mills-Walters

Fred Corrigan

### COA Staff

### Director

Darlene Regan

### Outreach Services & Programs

### Coordinator

Barbara Curtis

### Outreach Assistant

TBA

### Administrative Associate

Diane Smith

### OCES Meals-On-Wheels

### Site Coordinator

Maria Maynard

### Van Drivers

Gary Long, Diane O'Brien, and

Janice Rossetter

## National Academy of Elder Law Attorneys

Jason Rawlins, Esq

Paula Schlosser, Esq

David Kiley, Esq

Schedule your complimentary first visit today!

# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Coffee Social COA 10:00-11:00am Community Dining COA 12:00 Blood Pressure Screening 10:45-12:30 Zumba Gold The Great Hall 2:00-3:00pm	<b>2</b> Coffee Social COA 10:00-11:00am  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>3</b> Coffee Social COA 10:00-11:00am  Open Art Class COA 10:00-12:00pm  Community Health Teaching with RN Denise
<b>6</b> 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 Writer's Group Library 1:30 to 3:30pm	<b>7</b> Coffee Social COA 10:00-11:00am  Triad 10:00 The Great Hall	<b>8</b> Coffee Social COA 10:00-11:00am Community Dining COA 12:00 Blood Pressure Screening 10:45-12:30 Zumba Gold The Great Hall 2:00-3:00pm Bookmobile	<b>9</b> Coffee Social COA 10:00-11:00am  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>10</b> Coffee Social COA 10:00-11:00am  Mother's Day Tea Noon to 3pm Great Hall RSVP
<b>13</b> 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 Writer's Group Library 1:30 to 3:30pm	<b>14</b> Coffee Social COA 10:00-11:00am  Attorney David Kiley 1:00-3:00 COA	<b>15</b> Coffee Social COA 10:00-11:00am  Blood Pressure Screening 10:45-12:30 Community Dining 12:00pm COA Zumba Gold The Great Hall 2:00-3:00pm	<b>16</b> Coffee Social COA 10:00-11:00am  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>17</b> Coffee Social COA 10:00-11:00am  Senator Micheal Brady 10-11  Open Art Class COA 10:00-12:00pm
<b>20</b> 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 Writer's Group Library 1:30 to 3:30pm	<b>21</b> Coffee Social COA 10:00-11:00am  COA Advisory Board Meeting 9:30-11:00	<b>22</b> Coffee Social COA 10:00-11:00am  Blood Pressure Screening 10:45-12:30 Community Dining 12:00 COA Zumba Gold The Great Hall 2:00-3:00pm	<b>23</b> Coffee Social COA 10:00-11:00am  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>24</b> Coffee Social COA 10:00-11:00am  Attorney Jason Rawlins 11:00-12:30 COA
<b>27</b> <b>Memorial Day</b> 	<b>28</b> Coffee Social COA 10:00-11:00am	<b>29</b> Coffee Social COA 10:00-11:00am  Blood Pressure Screening 10:45-12:30 Community Dining 12:00 COA Zumba Gold The Great Hall 2:00-3:00pm	<b>30</b> Coffee Social COA 10:00-11:00am  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>31</b> Coffee Social COA 10:00-11:00am Hip Hop Senior Bootcamp At Oak Point 11am to 1:00pm Only 5 spots  Open Art Class COA 10:00-12:00pm



# OCES NUTRITION PROGRAM

MAY 2024

REGULAR

**Old Colony Elder Services**  
Providing services to the community since 1974

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>Nutrition information</b> 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		<b>1 COLD MEAL</b> Turkey & Swiss 425 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 Bulkie Roll 210 Mustard 55 Fresh Banana 1 Cal: 744 Sodium: 1066 mg Carb: 111 g From meal: 71 g	<b>2</b> Pork Oriental 214 Lo Mein Noodles 50 California Vegetables 30 Whole Wheat Roll 180 Applesauce 13 Cal: 659 Sodium: 624 mg Carb: 78 g From meal: 53 g	<b>3</b> Lasagne Rolls with Bolognese Sauce 409 Tuscany Vegetables 41 Vienna Bread 150 Hot Caramelized Pears 20 Cal: 678 Sodium: 759 mg Carb: 88 g From meal: 53 g
<b>6</b> BBQ Pulled Pork 312 Tater Tots 230 Scandinavian Vegetables 41 WW Hamburger Bun 130 Fresh Peach 0 Cal: 658 Sodium: 901 mg Carb: 84 g From meal: 62 g	<b>7 COLD MEAL</b> Chicken Salad on Lettuce Bed 174 Pasta Vegetable Salad 46 Spinach Salad w/ Mandarin Oranges 206 Whole Wheat Bread (2) 130 Fresh Apple 2 Cal: 919 Sodium: 695 mg Carb: 119 g From meal: 82 g	<b>8</b> Honey Garlic Salmon 385 Brown Rice Pilaf 16 Asian Vegetables 43 Whole Wheat Roll 180 Fresh Watermelon 1 Cal: 578 Sodium: 762 mg Carb: 74 g From meal: 55 g	<b>9</b> Ziti Casserole** 525 Roman Vegetables 16 Cracked Wheat Bread 115 Hot Cinnamon Apples 9  Cal: 642 Sodium: 803 mg Carb: 85 g From meal: 62 g	<b>10</b> Pot Roast with Gravy 177 Oven Roasted Potatoes 6 Butternut Squash & Apples 4 White Dinner Roll 260 Vanilla Bites 50 Cal: 813 Sodium: 635 mg Carb: 102 g From meal: 69 g
<b>13</b> Pasta with Meat Sauce 294 Italian Vegetables 19 WW Dinner Roll 180 Parmesan Cheese 55 Hot Caramelized Apples 23 Cal: 756 Sodium: 709 mg Carb: 112 g From meal: 86 g	<b>14</b> Chicken Stew 318 Green Beans 3 Corn Muffin 80 Hot Cinnamon Pears 6  Cal: 640 Sodium: 545 mg Carb: 85 g From meal: 53 g	<b>15 COLD MEAL</b> Tuna Salad on Lettuce Bed 299 Potato Salad 50 Tomato Broccoli Cucumber Salad 58 WW Hamburger Bun 180 Raisins 5 Cal: 735 Sodium: 729 mg Carb: 97 g From meal: 50 g	<b>16</b> Honey Mustard Chicken 235 Brown Rice & Orzo 4 Broccoli 12 Vienna Bread 150 Fresh Banana 1 Cal: 756 Sodium: 540 mg Carb: 109 g From meal: 70 g	<b>17</b> Roast Pork with Apple Cider Gravy 100 Mashed Potatoes 20 Mixed Vegetables 42 Whole Wheat Roll 180 Vanilla Pudding 220 MOD: Diet Jello 95 Cal: 794 Sodium: 699 mg Carb: 100 g From meal: 59 g
<b>20</b> Swiss Cheese Omelet 315 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Yogurt 75 Orange Juice - No Milk 15 Cal: 728 Sodium: 614 mg Carb: 96 g From meal: 63 g	<b>21 COLD MEAL</b> Cottage Cheese & Fruit Salad 148 Macaroni Salad 78 Carrot & Raisin Sala 146 Multigrain Bread 150 Fresh Apple 2 Cal: 779 Sodium: 870 mg Carb: 107 g From meal: 71 g	<b>22</b> Chicken Marsala 364 Parslied Rotini 4 Roman Vegetables 16 Vienna Bread 150 Lorna Doones 100 Cal: 642 Sodium: 771 mg Carb: 83 gm From meal: 52 g	<b>23</b> Turkey Chile 285 White Rice 5 Chuckwagon Vegetab 64 Corn Muffin 80 Fresh Nectarine 0  Cal: 743 Sodium: 507 mg Carb: 105 gm From meal: 77g	<b>24</b> HM Meatloaf with Gravy 300 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Blueberry Bites 60 Cal: 893 Sodium: 657 mg Carb: 100 g From meal: 66 g
<b>27</b>  <b>MEMORIAL DAY</b>	<b>28 HIGH SODIUM MEAL</b> Hot Dog 480 Vegetarian Baked Beans 282 Zucchini Squash 2 WW Hot Dog Bun 165 Mustard 55 Apple Oatmeal Bar 85 Cal: 752 Sodium: 1207 mg Carb: 107 g From meal: 71 g	<b>29</b> American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 54 g	<b>30 COLD MEAL</b> Dilled Egg Salad 315 Pasta Vinaigrette Salad 5 Coleslaw 64 Cracked Wheat Bread 115 Fresh Orange 0 Cal: 915 Sodium: 610 mg Carb: 95 gm From meal: 64 g	<b>31</b> Cajun Tilapia 107 Brown Rice Pilaf 16 Carrots 77 Rye Bread 330 Fruit Cup 5  Cal: 619 Sodium: 677 mg Carb: 85 g From meal: 50 g
<b>ALL SITES CLOSED</b>	Cal: 752 Sodium: 1207 mg Carb: 107 g From meal: 71 g	Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 54 g	Cal: 915 Sodium: 610 mg Carb: 95 gm From meal: 64 g	Cal: 619 Sodium: 677 mg Carb: 85 g From meal: 50 g

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



YOU ARE INVITED TO THE

***Halifax COA***  
***Mother's Day***  
***Tea***



Friday, May 10<sup>th</sup>  
12:00-3:00pm

Light Refreshments will be served.

RSVP at 781-293-7313



## **RONDAE DRAFTS**

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## **Sassy and Sixty!**

Founder and Executive Director of MUSIC Dance.edu

Rondae Drafts is the former Director of Hip Hop Dance Company in Massachusetts. She was also an Adjunct Humanities Professor at various universities throughout New England. In addition to Public Speaking, English, Writing, and Theatre Courses, Professor Drafts also instructed Hip Hop Dance at MIT where one of the students was in a wheelchair.

The current Executive Director of MUSIC Dance.edu, Rondae is a Ph.D. candidate researching Hip Hop's impact on contemporary music. She is a Pittsburgh, Pennsylvania Native who graduated from the Pennsylvania State University with a Bachelor of Arts Degree in Speech Communications, and later moved to Massachusetts and received a master's degree in education from Cambridge College.

"I love music and dance! We are so excited to bring ageless adults from across Massachusetts to celebrate, move and groove. This is the place where the arts join forces with health and movement to improve the quality of life for seniors."

**BE THE FIRST FIVE TO SIGN  
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HIP HOP DANCE  
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Friday, May 31, 2024  
11am to 1pm  
Where: Oak Point Senior  
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Middleboro**

