



HALIFAX COUNCIL ON AGING

February 2015



DIRECTOR Barbara Brenton
RECEPTIONISTS Judy Sheppard & Betty Buidorket
NUTRITION / M.O.W. Maria McGaffigan
OUTREACH WORKER Joyce Curran
OUTREACH ASSISTANT Elaine Marzilli
VAN DRIVERS ... John Kealey, Deb Killeffer,
Frank Sullivan, Christine Tompkins



Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338
Hours: 9am-3pm Monday—Friday
781-293-7313 or 293-3883
Fax: 781-293-1774

BOARD OF DIRECTORS
CHAIRMAN.....Joy Marble
VICE-CHAIR.....Sharon Hartz
SECRETARY.....Helen Doucette
MEMBERS ... Jo Schofield
Ellie Murphy

Winter Advisory: IF the Town Hall is closed, the Council on Aging will also be closed.



On **Friday, MARCH 13th**, there will be a special day long trip to the **Boston Flower Show at the Seaport World Trade Center.**

Garden writers, specialty plant experts, landscape professionals, master gardeners, local chefs and the Show's talented exhibitors shared their expertise at the 2015 Boston Flower & Garden Show in a full program of daily lectures, how-to demos, floral arranging workshops, and cooking demonstrations.

Van trip=\$4.00 with entrance ticket paid at door(\$17.50).

To reserve a seat on the van as well as an entry ticket, your **RSVP MUST be completed by February 26th!**



BALL ROOM DANCING???? Yes! If you were present at the Christmas Party, you would remember Ray Brennan and Brenda Kelly, our Ball Room Dancing entertainers, who will be coming back to Halifax to offer a 1 hour *class on learning the techniques of BALL ROOM DANCING.* They will be instructing in Foxtrot, Cha, cha, Waltz & Rumba and more. No experience necessary! Even if you're single, just want to observe or are curious; please consider coming! Wear comfortable clothing and shoes, but NO sneakers, please! This opportunity for all will start Fridays, February 20th from 11-12:00 in the Halifax Town Hall. It will occur indefinitely according to interest. The cost is \$5.00 per person or \$10.00 per couple. RSVP by calling our office!!!

You're Invited to a **special PRESIDENT'S & VALENTINE'S DAY luncheon** and presentation on Thursday, February 12th, NOON. **Space will be limited** for this event, so please call soon to reserve your place! The fee (\$5.00 per person, prepaid will cover the meal and special dessert surprise) **In addition, the first 15 who sign-up will be entered into a gift card drawing.** The meal will be prepared by Harry & Joan Towne, and consist of: fruit cup appetizer, boiled dinner with carrot, onions, potatoes, warm rolls. Dessert Surprise will be done by the Traveling Chef, of New Opportunities, Inc. and Lindley Food Service. You'll enjoy Banana Foster Flambé. The Chef will flambé dessert for each person who is present!



FROM OUR DIRECTOR...

Thanks to many for your generous donations of ALL kinds! It is touching to me to see so many that are willing to give and make our world a brighter place. *Thank you!*

The Municipal & School Building Committee has put the Senior Center project on hold for the time being. We continue to desire more space so we can service and help more seniors with our many programs. Seniors continually do not participate with our 2nd floor activities, either because they cannot climb the stairs anymore, or had a difficult time to begin with.

Sincere accolades to Christine Tompkins (one of our van drivers) who coordinated the fourth year of our Salvation Army Bell Ringers from Thanksgiving through to Christmas at Stop & Shop. We are appreciative of Chris' diligence in campaigning for volunteers who give of their time to reach our **highest goal yet: \$5,475.83!!!**

Many thanks to Chris and volunteers for a job well done. Laura Sullivan prepared a tasty Chicken Parmesan meal on January 17th for a special "thank you" luncheon to all involved. Hoping for a wonderful new year for all,

Barbara

MARK YOUR CALENDAR....Wednesday, March 11th NOON Halifax Country Club will host the annual **St. Patrick's Day Festivities** which include a full, hot lunch and entertainment. Cost: \$15.00 per person. Select: Corned Beef & cabbage boiled dinner, carrots, potatoes, apple crisp, rolls & butter or Baked scrod, butternut squash, roasted potatoes, rolls & butter, apple crisp. **ROGER TINCKNELL** will bring a festive celebration of Irish musical traditions performed on a variety of traditional instruments, including guitar, banjo, Irish Bouzouki, drum, mandolin, pennywhistle, spoons and harmonica! This popular Saint Patrick's Day program includes a variety of traditional Irish and Irish-American folk songs and tunes. Ballads, work songs and traditional Celtic sing-alongs are interspersed with jigs and reels. Everybody is encouraged to sing, clap and dance!

RESERVE YOUR SPOT TODAY AND CALL OUR OFFICE!



GENERATIONS

*A multi-generational community group
whose purpose is to engage in the support of the
Halifax Council on Aging*

Please call Dottie 781-754-0645 if you have questions

The book depository in back of the COA (unused household donations, books, clothing, etc.) proceeds help support their ongoing endeavor.

On **Sunday, March 29th** at 3:00pm, a trip to see the show
"Jesus Christ Superstar" (\$40.00 per person)

Please call Dottie BY **MARCH 14TH!**

There will be a meeting on **Friday, April 10th** at 11:30 am,
Hotdogs and Hamburgers \$5.00 per person.



Come & Join In On The Fun! Starting on Tuesday, March 3, 2015 from 1 - 3 p.m. at the Halifax COA, Don Brown, author of "The Morphine Dream" will be holding a **Writing Workshop** for all present and future writers. His style is fun, informative and inspirational. This workshop will be held on the first Tuesday of each month from March 2015 up to and including September 2015. As Don has said many times, "If you can talk, you can write!" Come and learn how easy it is to get your life stories down on paper or perhaps publish your story. Even if you only want to share those stories with family and friends, the important part is to preserve them because only you can tell your story and **everyone** has a story to tell. Your work may be something to publish in the future. Mark your calendar! If you are interested, please **CALL** our office to be on the list!

There was such a tremendous response to the first "Matter of Balance" class (see last month's newsletter), that the 2nd class is filled! **However, please inquire in case those who've registered have to cancel.**

IT'S NEVER TOO EARLY....to be prepared for TAX DEADLINES.

Beginning at the end of January (2015) on Tuesdays, 1:30-3:30pm Joe Benson, a fellow Halifax resident and certified tax preparer, will help advise on simple tax returns for seniors again this year for a nominal fee of \$25.00. Please call our office if you're interested in a particular time slot (reserve ahead), or call him at

After collating the returned **surveys from September 2014**, we are able to determine that a very high percentage of responses included an interest (if provided) in day trips to museums, libraries, lunch, shopping trips, and sport events. **We'd like to know more! Please write us a note, or give us a call.** We have many places as possibilities, and would LOVE TO HEAR FROM YOU.

Helpful information! You do **NOT** need to be a Halifax resident or 60+ year to attend ANY of our activities. (parties and special events are open to Halifax residents first, however). We have wireless access also!



TRIAD

Ken Vinton, Chairman

Triad meets every 2nd Tuesday of the month at the **Halifax Police Station, 2nd floor**. Everyone is welcome to attend the meetings, which starts at 10a.m.

On Tuesday, February 10th, the Guest Speaker and renown author will be **Susan Playfair** who has just written a book entitled "America's Founding Fruit: The Cranberry in a New Environment" This is her second book published and she will discuss the problems of growing the berries and what must be done for survival and future. (check: www.susanplayfair.com)



WHAT would be more fun
afternoons (1-3pm) than
of folks for a cup of tea or
play a game or discuss



or local news concern, or article from the newspaper? JOIN us on the first Thursday of every month—we'll be looking for you!

on Thursday

to meet with a group
coffee, watch a movie,
current events and

The most precious gift of love is not diamonds or chocolate with roses...

it is attention, warmth and understanding.

(Source unknown)



CONGREGATE (To assemble or come together)

lunches are available EVERY day at noon at the COA Dining Hall. Suggested donation is only \$2.50, and these are provided by Old Colony Elder Services Nutrition program, designed to enhance the quality of life for seniors. Anyone coming to the lunch will receive a well-balanced meal and have the opportunity to participate in other programs going on at the COA. Our Meal Site Manager is Maria McGaffigan, and you should reserve your space at the table by calling ahead (at least 2 days).

DID YOU KNOW?

Walking is a low-cost, high-return activity that almost everyone can engage in to improve their health and maintain their ability to live independently. It's been proven to help *treat or prevent diabetes, depression, breast and colon cancer, high blood pressure, cardiovascular disease, obesity, anxiety and osteoporosis*. One can start by walking just 50 steps at home once or twice per week to start. You can walk at the mall during winter months if it is too cold. If your mobility is limited you can start doing just 25 steps with your favorite music, even sitting up straight in your favorite chair!! Let's start doing this together by making positive changes this year. Let us keep moving and walking (or chair 'dancing' into a healthier place.



THANK YOU to Grill 58 for their provisions for our Christmas Party, delicious food and catering the function!

This Space Available



For Information On Advertising,
Please Call Our
Representative

Karla Naylor
at 800-888-4574 x3330 or
Email: KNaylor@4LPi.com



Liturgical Publications Inc
Connecting Your Community™



Bridgewater Nursing Home

Quality Care in a Home-Like Setting
16 Pleasant Street, Bridgewater, MA
Phone: 508-697-4616

Medicaid/Medicare Certified





FEBRUARY 2015

A loving heart is the truest wisdom.

Charles Dickens

www.brainyquote.com/quotes/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	3 9:00 Men's Coffee Hr. SHINE 12:00 Lunch, Nails by Julie 1:30-3:30 Tax help, by appointment only	4 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 12:00 Lunch	5 9:00 Men's Coffee 10:00 Oil Painting 12:30 Grocery Shopping 1-3pm Game & Tea Afternoon	6 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch
9 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	10 9:00 Men's Coffee Hr. SHINE, Special TRIAD Mtg. (pg.2) 12:00 Lunch 1-4pm Podiatry Appts. 1:30-3:30 Tax help, by Appointment only	11 10:00 Quilting 10:30 Wii games 12:00 Lunch 12:30 My Life, My Health & SSVNA presentation	12 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 SPECIAL lunch  12:30 Grocery Shopping,	13 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch <u>Saturday, the 14th</u> <u>Valentine's Day</u>
16 OFFICE CLOSED 	17 9:00 Men's Coffee Hr. SHINE 10:00 Board Mtg. 12:00 Lunch 1:30-3:30 Tax help, by appointment only	18 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Veteran Agent, Will Corey 12:00 Lunch	19 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 12:00 lunch 12:30 Grocery Shopping	20 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ball Room Dancing class, Town Hall 12:00 Lunch
23 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	24 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 1:30-3:30 Tax help by appointment only	25 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:00a-1:00pm Brown Bag Pick up 10:30 Wii games 12:00 Lunch	26 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 12:00 lunch 12:30 Grocery Shopping 12:30 Norwell VNA Presentation (see pg.4)	27 9:00 Errands & Walmart 11:00 Attorney Jason Rawlings available, Ball Room Dancing 12:00 Lunch
29 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	30 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 1:30—3:30 Tax help by appointment only	31 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 12:00 Lunch	<u>WATCH for upcoming important events:</u> ●Interfaith Service, April 21st, 11:00 ●Writing Workshop on Tuesdays in March	



grille58@comcast.net
www.GRILLE58.COM

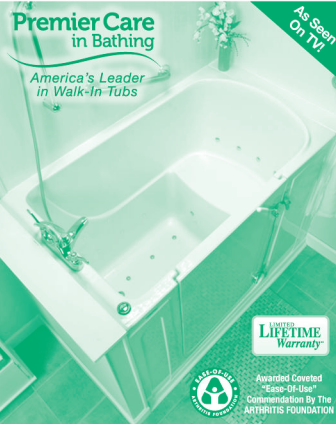
GRILLE 58
Where good friends meet

284 Monponsett St., Halifax MA 02338
781-293-6665
Debra Trotta, Proprietor

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

144 Main Street - Brockton, Massachusetts 02301
508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org

Bathe Safely And Easily



Payments As Low As **\$150** Per Month*

America's Best Walk-In Baths Are Now More Affordable!

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ **No More Fear of Slipping or Falling**
- ▶ **Premium Quality for High Performance**
- ▶ **Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days**

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for FREE Information Kit **1-800-345-0181** www.GoToPremierBath.com
Promo Code 20727

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited lifetime Warranty subject to terms and conditions.



Laura Sullivan
William Raveis Real Estate
508-341-4645
Serving the Real Estate Needs
of Plymouth Area Seniors
LSulli924@aol.com
www.raveis.com



Great Heating Oil Prices
With Great Service
Fuel Assistance Accepted
Serving South Shore Area
781-294-0220
curtinbros@comcast.net
www.curtinbrosoil.com

HELP PROTECT YOUR FAMILY
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

FOR AD INFO CALL 1-800-732-8070

© LITURGICAL PUBLICATIONS INC.

DECEMBER 3, 2014 11:53 AM

POPE'S TAVERN SENIOR CENTER, HALIFAX, MA 06-5101 W ID

*Partial printing of this newsletter is made possible by a Grant from the Massachusetts Executive Office of Elder Affairs.
If you want to discontinue receiving this publication, kindly call our office.
There are two ways to view the newsletter: www.halifax.ma.us Or www.seekandfind.com.*



Presorted Standard Postage
US Postage PAID
Permit # 42
HALIFAX, MA 02338

Halifax Council on Aging Newsletter
506 Plymouth St.
Halifax, MA 02338

