



HALIFAX COUNCIL ON AGING



May 2015


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Pope's Tavern Senior Center
506 Plymouth Street,
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Hours: 9am-3pm Monday—
Friday
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Don't miss an opportunity to learn more about **PRESCRIPTION ADVANTAGE** on Tuesday, **May 26th at 10:30**. This state sponsored program works together with Medicare drug coverage to lower prescription costs for those enrolled in Medicare. If you reach the 'donut hole' (the gap) your drug cost rise dramatically. This class can help! Call to reserve a seat!

ANNUAL SPRING FLING will occur here on Wednesday, **May 27th at noon**. Enjoy an Italian lunch with penne, meatballs, sausage and salad!  Don't miss, as seats are limited. Donation only. Jim Merchant will be our Chef of the Day! Reserve your place today!

"Every time you smile at someone, it is an action of love, a gift to that person, *a beautiful thing*."
Mother Teresa

SENIOR ART SHOW exhibit will be at the Holmes Public Library all month. Stop by the library to view beautiful, creative artistry work of the COA Oil painting class and friends of the COA. Dessert celebration to honor all artists of the COA on **Thursday, May 28th at 1pm**. to be held *at the COA!* Invite and bring your friends!

From our Director. . .

I am truly grateful for authentic signs of spring, which is revitalizing after this long, snow-filled winter. Life is coming alive before our eyes with buds on trees, bulbs popping through soil and sounds of wild geese honking overhead. New Beginnings are fresh but goodbyes are always difficult, so we will say farewell to our COA friend Carol Page who will be moved to Connecticut as you read this newsletter. Carol was a loyal Volunteer to the COA for many years as quilt & sewing instructor, brown bagger and also driving the senior van for the Red Hat Ladybug field trips. We will miss you Carol and please do not be a stranger, visit us often! Our annual Volunteer Luncheon will be celebrated on June 11th. The details will be coming shortly, so please stay tuned. We honor our Volunteers for their twenty or more hours of service they give throughout the year. We are thankful for your dedicated time and service this year to the Council on Aging.

Lastly, the challenge before us to "Keep Moving" step by step and walk your way to better health is a goal I hope you are not just thinking about but have been acting upon the past few weeks. The Anatomy of Walking and Moving is interesting, as follows: limits sickness, reduces glaucoma risk, eases stress, tension, fatigue and confusion, improves heart health, blood pressure & circulation, limits colon cancer, strengthens legs, shoulders muscles & improves balance, burns more fat and much more!

Part I of the **New Walking Program** is to decide to commit to this challenge and that you will move more today than yesterday and you can do this in the privacy of your home (and on your own time) and incorporate the steps you take each day with increasing your steps for the week (1-3x week). Part II of the program - sign-up for our Kick-Off Event- 1 Mile Walk on June 3rd at 3:30pm which starts at Popes Tavern (rain or shine). You will receive a logging sheet at registration. The grant provided 28 pedometers, and to date there are 2 left, so please call for one. An alternative to the tracking device is for people who commit to use the conversion for the logging sheet as follows: 1 hour walk= 2000 steps or ½ half=1000 steps. We are hoping that people will stay on board for all three pieces of this program.

Letter continues on insert page...



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 the parking lot behind the COA (unused household donations, books, clothing, etc.) proceeds help support their ongoing endeavor.

Looking forward:

Monday, June 29th—Lantana's DooWop Pop & Rock Music of the 50s,60s,70s! \$55.00 pp. Leave Halifax COA at 10am, pay by 5/22

DID YOU KNOW? A new (effective 4/6/2015) Massachusetts law requires drivers to turn on their headlights when their windshield wipers are in use and during times of low visibility during the day. A violation is subject to a \$5 fine and is considered a surchargeable minor motor vehicle traffic offense for insurance purposes. Source: <http://www.bostonherald.com/news>



CRIBBAGE PLAYERS needed! We're seeking those who enjoy this game (or another card game) to start up soon on Monday mornings, 10am. LET US KNOW if you're interested!

We offer a 1 hour **BALL ROOM DANCING class on techniques**, including instruction in Foxtrot, ChaCha, 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 occurs on Fridays from 11-12:00 in the Halifax Town Hall. The cost is \$5.00 per person or \$10.00 per couple. RSVP by calling our office!!!



WHEN medicines are no longer needed, it is important to dispose of them safely so as to avoid harm to others. AFTER removing your name from the labels, PLEASE take unused and outdated medications or needles, to the town's Police Dept. Lobby, where a red and white box is available to safely dispose of these items.

Most towns have these in their Police Departments as an aid to keeping your home safe.

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is **Get into the Act**. Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to **Get into the Act** to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.



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, May 5th**. The Halifax Fire Chief will be the speaker, and his subject will be on how one becomes a Chief, and the educational requirements of the position.



COMING NEXT MONTH...

(Details to be revealed in June's newsletter)

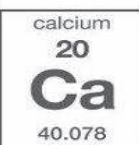
- June 2, Wednesday, Special Lunch presentation by OCES
- June 11, Thursday, Volunteer Appreciation Luncheon
- June 15th, Monday: Father's day Brunch, 9-10am

NOONTIME BRUNCH to celebrate Mother's Day will be on Thursday, May 7th at the Town Hall. This event is meant to honor ALL women of Halifax, daughters, grand daughters, daughters-in-law, best girlfriends! Wear your dancing shoes, as **Tommy Rull**, singer and entertainer will be back again by popular demand.



MENU: Fresh fruit cup, omelet with cream sauce, home friends, French toast sticks with syrup, cinnamon crumb coffee cake, beverage. Donation is ONLY \$2.50 per person, but we MUST have a head count. **Reserve a seat** for you and your friend by calling our office, 781-293-7313

*Forget the day's troubles
Remember the day's blessings*



Taking enough calcium and vitamin D? After this long and difficult winter, it's important to be sure that you've integrated enough leafy green veggies, soybeans and salmon in your diet. Vitamin D is important in absorbing the calcium in your GI tract. Eat well and enjoy some sunlight this week!

TAI-CHI is back and starts on **May 4th, 11:00-noon, until June 29th, Great Hall of Town Hall**. This ancient Chinese exercise system aims at improving the health of your body and mind through balancing the body's energy. **REGGIE MACMAUX** will be leading our group in the Town Hall, and brings his personal story of how he was motivated to change his health after five heart attacks, having stents implanted, kidney surgery, and surviving cancer. He holds a certification as a Tai-Chi instructor and at the young age of 72, as won national and international medals from tournaments. What are the benefits of Tai Chi? To name just a few, it improves balance, reduces the fear of falling, helps you to be more relaxed, flexible and socially engaged through being part of a group. **JOIN US!** Call to let us know if you plan to attend!



As weather improves, the class will occur on the lawn of Pope's Tavern.

This Space Available



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MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing, Town Hall 12:00 Lunch 1:00 Office closes
4 9:00 Church 10:00 Computer Class & Cribbage 11:00 Tai Chi 12:00 Lunch 12-2 Matter of Balance 1:00 Crochet/Knitting 2:00 Joy of Writing	5 9:00 Men's Coffee Hr. SHINE 10:00 TRIAD presentation 12:00 Lunch & Nails by Nancy 1-3pm Writing Workshop* 2:30 Line Dancing @ All Seasons Restaurant <i>*call to confirm</i>	6 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair yoga 12:00 Lunch 6:30 Line Dancing @ All Seasons Restaurant	7 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 Mother's Day Brunch @ Town Hall 12:00 Lunch 12:30 Grocery Shopping	8 9:00 "Love To Walk" goes to North River Audubon 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing class, Town Hall 12:00 Lunch 1:00 Office closes
11 9:00 Church 10:00 Computer Class & Cribbage 11:00 Tai Chi 12:00 Lunch 12-2pm Matter of Balance 1:00 Crochet/Knitting 2:00 Joy of Writing 7:30 Halifax Town Mtg.	12 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 1-4pm Podiatrist here 2:30 Line Dancing	13 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 11:00 Veteran Agent, Will Corey 12:00 Lunch 12:30 My Life My Health 6:30 Line Dancing @ All Seasons Restaurant	14 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11a-2p Massages 12:00 Lunch 12:30 Grocery Shopping	15 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ball Room Dancing class, Town Hall 12:00 Lunch 1:00 Office closes
18 9:00 Church 10:00 Computer Class & Cribbage 11:00 Tai Chi 12:00 Lunch 12-2pm Matter of Balance (ends 6/15) 1:00 Crochet/Knitting 2:00 Joy of Writing	19 9:00 Men's Coffee Hr. SHINE 10:00 Board Mtg. 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	20 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing	21 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	22 9:00 "Love to Walk" goes to Webb State Park 9:00 Errands & Walmart 11:00 Attorney Jason Rawlings available, Ball Room Dancing 12:00 Lunch 1:00 Office closes
25 OFFICE CLOSED 	26 9:00 Men's Coffee Hr. SHINE 10:30 Prescription Advantage Information 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	27 9:30 Senior Fit 10:00 Quilting 10A-1P Brown Bag distribution 10:30 Wii games 11:00 Chair Yoga 12:00 Spring Fling 6:30 Line Dancing @ All Seasons Restaurant	28 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1:00 Art Show collation @ COA	29 9:00 Errands & Walmart 11:00 Ball Room Dancing 12:00 Lunch 1:00 Office closes



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