



HALIFAX COUNCIL ON AGING NEWSLETTER October 2015



DIRECTOR Barbara Brenton
RECEPTIONISTS Judy Sheppard &
Betty Buidorket
NUTRITION / M.O.W. Maria McGaffigan
OUTREACH WORKER Joyce Curran
OUTREACH ASSISTANT Tricia Ross
VAN DRIVERS George A., Deb K, Gary L.,
Frank S, Christine T.



Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338
Hours: Mon. - Thurs. 8am - 3pm
Fri., 8am - 1pm
781-293-7313 or 293-3883
Fax: 781-293-1774

BOARD OF DIRECTORS
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ARE YOU PAYING TOO MUCH FOR YOUR HEALTH COVERAGE? IS YOUR POLICY MEETING YOUR NEEDS?

Medicare's Open Enrollment Period (Oct. 15—Dec.7) is **YOUR** chance to make sure you have the best insurance at the best price for you and your circumstances. To learn more, come to an informational talk on **WEDNESDAY, OCT. 28TH, at 11:00am**. Bring your questions! Hear representatives from the Regional **SHINE** office talk about updates to Medicare and explain your coverage options. You will also have the opportunity to meet with your Halifax **SHINE** counselor, Maria Burke, to compare drugs plans and see if it is time for a change to save you money. Mark your calendars now! Call and let us know that you plan to attend so that we have enough hand-outs for everyone.



You're Invited to a special Halloween Costume Party on **Thursday, October 29th at Noon**. This will take place in the Great Hall of Town Hall. Enjoy small-variety sandwiches, chips, pickles, decorated cupcakes by Joan & Harry Towne, a beverage and ... D.J. David Becker who plays the saxophone, playing oldies from the 50s, 60s, and 70s. Only \$3pp! Wear your costume or mask, and enjoy the fun! Three costumes will be awarded for unique categories and the winners will receive a prize! CALL the office to inform us of your plans. Pillow People may appear! *Kindly pre-pay at our offices before the special day.*



COMING on Tuesday, November 10th from 1:00-2:15PM. . . (reserve your space!)

Join us during a special presentation by Joanne Campbell, a certified Consulting Hypnotist, since 1996. She has worked with senior centers in southeastern Massachusetts, presenting group hypnosis for many issues. On this day, she will come to our Senior Center for a "Holiday" relaxation and "eat right" through the holidays. Eight people needed to cover the cost, which is a mere \$4.00 pp. Give yourself a break, chose to eat right, make yourself happier and healthy for the holidays.

From our Director:

Welcome to a most beautiful time of year in Ol' New England, autumn and the fall harvest with bright colors and a change of season. With the season changing we at the COA are announcing the retirement of our Assistant Outreach Worker- Elaine Marzilli, who started in the Spring of 1994. She volunteered for 9 years and worked for 12 years and we will not have time to miss her yet because she has decided to volunteer at the COA one day a week and train the new assistant Outreach worker - Tricia Ross (blood pressure/glucose RN). Welcome aboard, Tricia! Thank you, Elaine for your diligence to your community and town.

Our "Keep Moving" one step at a time walk, across America (to New Orleans & Rio Grande National Park, Colorado) is led by Harold Davis (300 miles) and Hank Finn (155 miles). Come visit the COA and take a look at the U.S. map to see the participants and the distance they have walked! Please join us and you can step, walk, jog or run on your own time and log your miles (for the next year). Give me a call if you would like to get involved. Come in to visit your Senior Center!

Fondly -- Barbara

"SAVE THE DATES"

November 9th: A very special, free breakfast for VETERANS will be served in the Gathering Room of the Senior Center from 9-10 am. All Halifax veterans are invited as we thank you for your service to us and our country. Commander David B. Walsh of VFW Post 6258 & Assistant State Service Officer/Chaplain, Michael A. Raymond will be attending to meet our veterans and provide info!



December 13th: The COA Christmas Party, 1-4pm @HMHP, Surprise entertainment and dessert buffet!



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



Friday, October 2nd, 10a.m **Annual Meeting** at Halifax Mobile Home Park.
Election of new officers. Please call Dottie and tell her what you might be
interested in or able to contribute.

COMING IN OCTOBER...Line Dancing Fund Raiser Saturday, 10/17,
6:30-8:30pm, Lite refreshments @ \$5pp, Town Hall
Company Theatre trip on 10/18, reserve by 10/4!

COMING IN NOVEMBER...Lantana's Christmas Memories, 11/16

HELP us decorate **PUMPKINS** and **GOURDS** on
October 21st and 22nd, from 1-3pm, located in
the Gathering Room. Pumpkins, gourds and
necessary art supplies will be supplied....Thank
you, Patty Bright for organizing this fun project!



JOIN the Love to Walk group this month as they complete
their last outing for the year.

October 5th: Trip to Houghton's Pond & Trailside Museum
in the Blue Hills Park. Bring your lunch, wear comfy shoes.

October 19th: Francis Byrd State Park in Waltham, followed
by lunch out. CALL our office for details and necessary
reservation as **space on the van is limited.**



Would you like to know how you could save
on heating this winter? Join us on
Wednesday, October 14th at 12:30 for a
presentation from Self Reliance Fuel Corp. on

their **money-saving methods** and other ways to help
reduce your home heating and cooling costs. Call to
reserve your seat!

You can visit this website:

www.selfreliancefuelcoop.org for more info or call

We're looking for folks who are interested in **OIL PAINTING**
and **QUILTING**! These wonderful crafts are such a delight to
be knowledgeable of during the upcoming colder "stay at
home" days, and even year 'round! Join us on Wednesdays
for quilting and oil painting on Thursdays, 10:00-noon!

DID YOU KNOW that our town's Recycling and
Solid Waste (located at 917 Plymouth St.) is
open **MONDAYS 5-8pm, WEDNESDAY 10am-
1pm., and SATURDAY from 7:30am-12:30pm**



"Autumn carries more gold in its pocket than all the other
seasons."

~Jim Bishop



TRIAD

Ken Vinton, Chairman



Triad typically meets every 2nd Tuesday of the month at the
Halifax Police Station, 2nd floor. Our next meeting will be
October 13th, 10 am, when Author Susan Playfair will be
speaking on the past and current status of
our local cranberry bogs.

On **November 10th, 10am**, our Guest Speaker will be
Police chief Ted Broderick. His talk will be on how he started
in the force and how he became Chief. He will also dis-
cuss the dangers facing that patrolmen face during night
and day shifts. *We're looking forward to your
coming to these events!*

The State 911 Department would like to make you
aware of an exciting program (MassEDP) that could
greatly benefit you or members of your family. It
provides adaptive telephone equipment to people who
have difficulty using the phone due to issues such as
hearing or vision loss. This specialized equipment is
offered to people with a permanent disability for little or
no cost, depending on income level. *These disabilities
include: deaf/hard of hearing, blind/low vision, motion,
cognitive and speech.* There are several different types of
equipment, each offering special benefits based on the
disability. **They will be with us at our Senior Center on
Wednesday, October 7th at 1:00pm**, providing details and
specifics about this. Please call to save a spot...

If you're unable to join us, please contact a MassEDP
Specialist at 1-800-300-5658 (Voice/TTY) or view details at
their website, which is www.mass.gov/massedp



It's **Fuel Assistance Season**, and we will begin accepting
applications on Tuesday, October 6th. Please make an
appointment with Joyce Curran, our Outreach Worker between
1-3pm on Tuesday or Wednesday afternoons. You will need a
copy of the following:

- 1) Recent electric, telephone and fuel bills.
- 2) Copy of 4 recent pay stubs or an award letter and pensions
statement for your Social Security, for each person in the
household.
- 3) Copy of any Veteran's benefits, Workers Compensation, or
unemployment benefits.
- 4) Information on any interest bearing accounts, child support,
alimony, or any other income.
- 5) Copy of a tax bill, recent receipt or land rent receipt.
- 6) Social Security cards for each person in the household,
including children.
- 7) Photo ID, License ID with photo, etc.
- 8) Front page of your homeowners insurance policy.

**If you do not have all the above information, your potential of
receiving fuel assistance will be held up or denied.**

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



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October Happenings 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 4th is the LAST date to reserve spot on "39 Steps" Company Theatre trip with Generations, Oct. 18th 2:30pm	<i>Diabetes Workshop cancelled; will be returning—keep posted!</i>	1 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	2 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Office closes
5 9:00 Church, Love to Walk Group Trip 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	6 9:00 The Best Breakfast* SHINE Assistance 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant Nails by Julie—call office for times available New or Reapplications Accepted for Fuel Assistance begin on this day	7 9:30 Senior Fit @ Police Station, upstairs 10:00 Quilting 10:30 Wii games 11:00 Chair yoga 12:00 Lunch 6:30 Line Dancing @ All Seasons Restaurant	8 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 Lunch 12:30 Grocery Shopping Massage available 11:30- 12:30—call office for times open	9 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing class restarts, Town Hall 12:00 Lunch 1:00 Office closes 11 / Sunday <i>Fire Prevention Program at the Halifax Fire Station</i>
12 COLUMBUS DAY  (OFFICE closed)	13 9:00 Men's Coffee Hr. SHINE Assistance 10:00 TRIAD 12:00 Lunch 2:30 Line Dancing @ All Season's Restaurant	14 9:30 Senior Fit @ Police Station, upstairs 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 12:30 FUEL CO-OP WORKSHOP & MLMH 6:30 Line Dancing Seasons Restaurant	15 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	16 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ball Room Dancing class, Town Hall 12:00 Lunch 1:00 Office closes 17 / Saturday <i>Line Dancing ~ 6:30- 8:30pm</i>
19 9:00 Church & Love to Walk Group Trip 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	20 9:00 The Best Breakfast* SHINE Assistance 10:00 COA Board Mtg. 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant 1:00 Podiatry appoints.	21 9:30 Senior Fit @ Police Station, upstairs 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 1-3 DECORATE A PUMPKIN or GOURD! 6:30 Line Dancing	22 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3 pm, DECORATE A PUMPKIN or GOURD!!	23 9:00 Errands & Walmart 11:00 Ball Room Dancing 12:00 Lunch 1:00 Office closes
26 9:00 Love to Walk trip 9:00 Church 10:00 Computer Class & Cribbage 12:00 Pizza & Salad Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	27 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	28 9:30 Senior Fit @ Police Station, upstairs 10:00 Quilting 10a-1p Brown Bag distribution 11:00 Chair Yoga, REGIONAL SHINE TALK 12:00 Lunch 6:30 Line Dancing	29 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch with Halloween Costume Party & Music 12:30 Grocery Shopping	30 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Attorney Jason Rawlings available; Ball Room Dancing 12:00 Lunch 1:00 Office closes 31 / Saturday <i>Halloween Tricks</i>



Old Colony Elder Services

Providing services to the community since 1974

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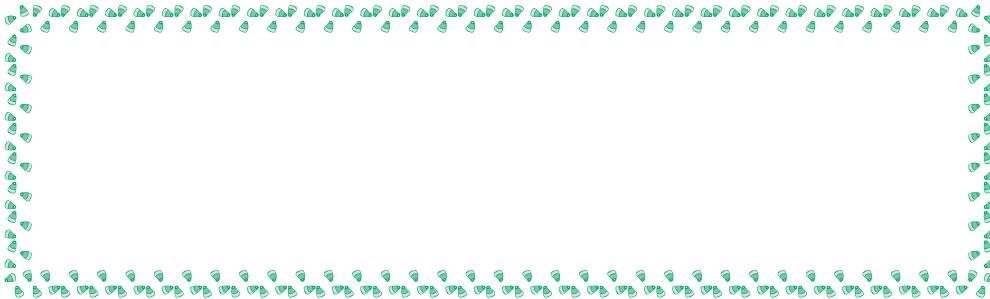

FOR AD INFO CALL 1-800-888-4574

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

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