



HALIFAX COUNCIL ON AGING NEWSLETTER November 2015



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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

CHAIRMAN.....Joy Marble

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November 9th: We invite all **VETERANS** to a **special, free** breakfast which will be served in the Gathering Room of the Senior Center, 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! Please RSVP by calling our office.

On Tuesday, November 10th from 1:00-2:15PM.

You are invited to 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 pre-Holiday "eat right" and relaxation techniques. 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. Reserve your space by calling our office TODAY!



JOY OF WRITING group will hold a special meeting on Monday, Nov. 2nd (2-4pm) which will include readings of their favorite stories. Come to listen, laugh and perhaps cry! Enjoy the time together and hearing their short stories.

The **BEST BREAKFAST** (typically, every **FIRST** and **THIRD** Tuesday mornings, 9-10am) will be offering a *special menu* during the month of November...



11/3: Sausage, cheese, pepper omelet, potato breakfast casserole, orange pecan French toast, coffee cake, hot apple cider and coffee.

11/17: Eggs any style, potato breakfast casserole, sausage egg and cheese sandwich, apple stuffed strata, coffee cake, hot apple cider and coffee. **YUM!** Donations go to St. Vincent DePaul Society.

Do you need a ride to a doctor's appointment or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs. See insert page for rates.



Thursday, noon to 1pm pick up = Stop & Shop
Friday, 9-10 am pick up = Walmart & errands



The **KEEP MOVING** (More Steps Tomorrow Than Today, Walking Across America) led by motivated seniors Harold Davis (over 300 miles), Maria Burke (240 miles) Joyce Gagnon (108 miles) and Hank Finn (160+ miles) invite you to **JOIN THEM!** You can walk *anywhere, anytime, anyplace* throughout the year. Start recording your miles in a log book, which are available in our office, near the map. Even if you're in a rehabilitation program, doing physical therapy, in a wheelchair or able bodied, please challenge yourself to move with us! Record your miles when you go to the gym, line dance, while sight seeing on vacation, walking with a friend or small group, or alone your own time. (walk/step 1 hr. = 1 mile; walk/step 1/2 hr. = 1/2 mile; 1/4 hr. = 1/4 mile, 1/8 hr.= 1/8 mile. The benefits of exercise are multiple, such as: reduced stress, it boosts energy, prevents cognitive decline, controls weight, sharpens memory and reduces blood pressure. (To name a few)



PLACES TO KEEP IT MOVING ...

(and add to your **KEEP MOVING** miles)

Line Dancing @ All Season's (Tuesdays, 2:30pm and Wed., 6:30pm)

Senior Fit @ Police Station (Wednesdays, 9:30am, \$4pp)

Wii games (Wednesdays, 10:30am)

Chair yoga @ HMHP (Wednesday, 11am, \$4pp)

Ball room Dancing @ Town Hall (Fridays, 11am)

ENJOY a French Feast on Thursday, Nov. 5th: (noon)

The menu includes: chicken Cordon Bleu, Baked Potato with sour cream, Celery & Carrot Almandine, whole wheat dinner roll and Strawberry Chiffon. \$2.50pp, but **CALL FOR RESERVATIONS** because this fills up quickly!



On **Wednesday, Nov. 15th** (noon) there'll be a "Three C's" pre-Thanksgiving lunch with Chili, 'Chowda' and Cheesy macaroni. A special duo SingAlong group, Tom & Sheila Monaghan will be with us. The first 10 to **sign up** will be placed in a drawing for a gift card! **RSVP!!!**



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

Lantana's Christmas Memories, 11/16

Meet at the COA, 10:30am, \$55pp due on 11/6 to Dottie

Lunch and entertainment. Bring your own car.

CHRISTMAS THEME BAKSETS (jams, jellies, wine, cheese, baby girl/boy, etc.) due by 11/18 in the COA Gathering room. **CALL Dottie!!!**



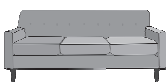
(Serving the Health Insurance Needs of Everyone)

The Medicare Rights Center publishes a free online newsletter every other week. This newsletter is written in an easy to understand Q and A format and reminds beneficiaries what is happening. Go to: www.medicarights.org/resources/newsletters, follow the instructions to sign up for the "Dear Marci" newsletter. You'll be glad you did! A BIG **THANK YOU** to **Maria Burke** for her time and guidance to our seniors in Halifax.

From: Elaine Marzilli: *Writing "THANK YOU" seems so inadequate to describe ...for all you, my friends of the COA, have done for me. You have sustained me through joy and woe, and made me feel like "one of the gang". Now to put the icing on the cake by giving me such a great retirement party! It was so wonderful to see so many friends there who worked hard to put it all together. I am truly blessed. I always said it (Outreach Assistant) was the best job in the world. Getting to meet and become friends with so many wonderful people and still be able to feel as if I were doing some good along the way. Bless you All, Elaine*



INTERESTED in being part of an informal men's widow group? Some have expressed the desire to share thoughts and concerns with one another. Please call our office and speak to Barbara.



I got tired of looking at all those leaves in my yard, so I got up off the couch and went into action. I closed the curtains.

ARE YOU "TECH SAVVY"? Are you fearful of the advances in technology today? Do you need some assistance with your technology devices, such as: cell phone, camera, iPod, laptop?

Julia Fitzgerald, a sophomore at Silver Lake Regional High School and friends will be at the COA on three Wednesdays in November (4, 18 & 25th) from 2:45-3:45 pm to help you! Please call us, so we can plan accordingly.

Webster's Definition of "Savvy": knowledgeable in the realities of life, to know and understand, common sense, insight.



TRIAD

Ken Vinton, Chairman

Triad typically meets every 2nd Tuesday of the month at the
Halifax Police Station, 2nd floor.

TRIAD is a community partnership between seniors and senior service agencies (COA), law enforcement (Halifax Police & Fire Departments), and public safety providers (Plymouth County Sheriff's Dept.). The primary goal of the **TRIAD** concept is to reduce criminal activity targeted at seniors, and to enhance the deliver of law enforcement and public safety services to senior AND younger citizens. Triad has introduced many help programs to assist our seniors, which are listed below. *Please call us if you have questions on the following programs!*

- **Safety Net:** For those at risk of wandering, afflicted with cognitive/memory disorders may receive a wristband to help in electronic search and rescue.
- **Medication Collection:** Unused, unwanted and outdated medications can be dropped off at the Halifax Police Dept.
- **Glasses Donations:** Used eye glasses can be refurbished for others in need, place in LIONS Club basket in the COA office.
- **Picture ID:** Personal information for glove compartments of your car in case of an emergency.
- **File of Life:** A medical info container which can be placed on any metal surface to aid EMTs or other responders who may need to assist you at your home
- **Monthly Speakers:** Our next meeting will be **November 10th, Tuesday, 10am**. The Guest Speaker will be Police Chief Ted Broderick. He will be speaking on how he started in the force, how he became Chief and the dangers facing that patrolmen face during night and day shifts. *We're looking forward to you coming to this event!*

Morris, an 82-year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doctor, 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said you got a heart mummer and be careful."

BEFORE and DURING all the holiday festivities (stress, eating, parties and plans), consider coming in for a *free blood pressure check* with our Nurse, Tricia Ross. She is available the second, third and fourth Thursday mornings at 8:30am (except 11/26, Thanksgiving Day). She can keep track of your readings and all information is kept confidential.



Nov. 7, 1976 - "Gone With the Wind" was *televised* for the first time. The film was released in 1939, seventy six years ago!

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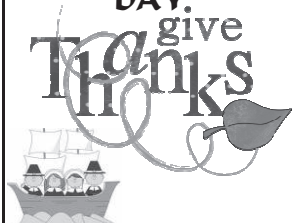

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November 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 2 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2-4pm Joy of Writing Special Readings!* | 3 9:00 The Best Breakfast* SHINE Assistance 12:00 Lunch 2:30 Line Dancing @ All Season's Restaurant <i>Nails by Julie</i> —call office for times available | 4 9:30 Senior Fit @ Police Station, upstairs 10:00 Quilting 10:30 Wii games 11:00 Chair yoga 12:00 Lunch 2:45 Tech. Savvy 6:30 Line Dancing @ All Seasons Restaurant | 5 9:00 Men's Coffee 10:00 Oil Painting 12:00 French Feast* 12:30 Grocery Shopping  | 6 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing, town Hall 12:00 Lunch 1:00 Office closes |
| 9 9:00 Church 10:00 Computer Class & Cribbage 12:00 Special Breakfast for Veterans* 1:00 Crochet/Knitting 2:00 Joy of Writing | 10 9:00 SHINE Assistance 10:00 COA's Board Mtg. 12:00 Lunch 1:00-2:15 Holiday Eat right Hypnosis Presentation* 2:30 Line Dancing @ All Seasons Restaurant | 11  | 12 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 appointment times open | 13 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing, Town Hall 12:00 Lunch 1:00 Office closes |
| 16 9:00 Church 10:00 Computer Class & Cribbage 10:30 Generations Trip to Lantana/Christmas memories 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing | 17 9:00 The Best Breakfast* , SHINE Assistance 10:00 TRIAD 12:00 Lunch 2:30 Line Dancing @ All Season's Restaurant | 18 9:30 Senior Fit @ Police Station, upstairs 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 "3 C's" Lunch with entertainment* 2:45 Tech. Savvy <i>Christmas Theme Baskets due HERE</i> 6:30 Line Dancing | 19 8:30 Blood Pressure 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 Attorney Rawlins available Ball Room Dancing class, Town Hall 12:00 Lunch 1:00 Office closes |
| 23 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing National "Eat A Cranberry Day" | 24 9:00 SHINE Assistance 10:00 COA Board Mtg. 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant 1:20-4pm, Podiatry appoints. (call office) | 25 9:30 Senior Fit @ Police Station, upstairs (last class will be 12/2) 10:00 Quilting 10a-1pm Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 2:45 Tech. Savvy 6:30 Line Dancing | 26 THANKSGIVING DAY. Give Thanks  | 27 9:00 Errands & Walmart 12:00 Lunch 11:00 Ball Room Dancing, Town Hall 1:00 Office closes |
| 30 9:00 Church 10:00 Computer Class & Cribbage 12:00 Pizza & Salad Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing | LOCAL Food Pantry's: •Congregational Church (503 Plymouth St./Rt.106) <i>Tuesdays 2:30-400pm</i> •Our Lady of the Lake Church (580 Monponsett/Rt.58) <i>Second Thursday of the month 5-7pm; Last Saturday of month 9a-noon</i> | Gratitude <i>is the best</i> attitude. <i>- Author Unknown</i> | | <i>"Save The Dates..."</i> Dec. 9, Wed., 3-5pm, "An Artist Afternoon" Dec. 13th, Sunday, 1-4pm @ HMHP Special music, free desserts! Dec. 15th, Tuesday, 9-11am, Christmas Celebration Brunch with Santa  |

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There are two ways to view the newsletter: www.halifax.ma.us Or www.seekandfind.com.

