



# HALIFAX COUNCIL ON AGING NEWSLETTER

December 2015-January 2016



**DIRECTOR** Barbara Brenton  
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Betty Buidorket  
**NUTRITION / M.O.W.** Maria McGaffigan  
**OUTREACH WORKER** Joyce Curran  
**OUTREACH ASSISTANT & NURSE** 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**  
**CHAIRMAN.....Joy Marble**  
**VICE-CHAIR.....Sharon Hartz**  
**SECRETARY.....Helen Doucette**  
**MEMBERS ..... Jo Schofield**  
Ellie Murphy



A big thank-you to Halifax Country Club for their 24<sup>th</sup> season of serving Thanksgiving meal to seniors and those individuals who did not have to eat alone.

As we look ahead to the Christmas season please be of good cheer, help one another, look after your neighbor and pass a good deed forward. I am grateful for our dedicated volunteers who give of themselves unselfishly and the senior center staff who go above and beyond to help our seniors.

The School & Municipal Building Committee are working towards a design phase and renovating Pope's Tavern Senior Center in the next two years.

Much gratitude to our SHINE Counselor Volunteer, Maria Burke who put in many hours from Oct – Dec, during Open Enrollment helping the seniors of Halifax & Plympton.

To all of you, my best wishes for peace, joy and love this Holiday season, wishing you a very Merry Christmas and Happy Hanukkah. Have a happy and safe New Year! Please stop by and visit your Senior Center this year and take a tour!

Peace be with you -- *Barbara*

## PAY IT FORWARD!? Volunteers are needed....

- ☺ To help at the Halifax Food Pantry (First Congregational Church). Please call Normal Clay 339-933-5388.
- ☺ To help visit and provide companionship, support and respite to hospice patients and family members in their homes or other living facilities. Free training is available at Compassionate Care Hospice, 174 Dean St., Taunton Call 508-399-5900 Jeanine Hight.

## NOTES ON SPECIAL EVENTS IN DECEMBER...

**Wednesday, December 2nd, 3-5pm:** An "Artist Afternoon" come and share your poetry, music, song, short stories or short story-telling. RSVP with your name, phone and talent. Dessert and Coffee provided.

**Thursday, December 3rd, 12pm:** Winter **Special Lunch** of chicken breast with spinach & red pepper, white rice, parsley carrots, herbed dinner roll and snowflake cookie!

**Saturday, December 12th, 4-8pm:** Christmas Baskets on display at Pope's Tavern Open House during Halifax in Lights celebrations.

**Sunday, December 13th, 1-4pm:** Our annual Christmas PARTY at Henrich Hall, HMHP Featuring our home town vocalist Tami Allen with her rich contralto tones. Coming from a long line of performers, it is not uncommon for family members to make a special appearance at her performances. Enjoy an afternoon of holiday favorites, melodious music of the 30's and 40's followed by line dancing. Bring a dessert to share! Winners of the Christmas Baskets contest will be announced during the party. RSVP!

**Tuesday, December 15th, 9-11am:** Christmas Brunch with Santa. RSVP! Donations for this event will go towards helping stock the shelves at the Lady of the Lake Food Pantry (St. Vincent DePaul)

From Chris Tompkins....It's that time of year again! This will my 5th year of running the Kettle Drive for the Salvation Army. I'm looking for volunteers to help ring INSIDE Stop & Shop's carriage area. I set up, break it down, provide chairs for those who want or need them. I encourage quiet ringing only when people are walking in or out. (No need to be obnoxious while looking for donations!) This is one of the organizations that actually gives almost every penny to people in need. You hear the best stories of how people have been helped through them. Even a 2 hour shift will be rewarding and make you feel good! Please pass this along to friends, kids looking for community service. Thank you in advance and ringing schedule starts the **day after Thanksgiving. It occurs Monday through Saturday 11am-7pm.** Posting of the schedule could be on Facebook Halifax Locals or calling Chris @781-884-7741





## GENERATIONS

*A multi-generational community group  
whose purpose is to engage in the support of the  
Halifax Council on Aging*  
**New Committee Members:**  
President: Patty Bright  
Vice President: Dottie Martel  
Treasurer: Rita Magnarelli  
Secretary: Janet Poulos Villano

## PLACES TO KEEP IT MOVING ...

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

Line Dancing (Tuesdays, 2:30pm and Wed., 6:30pm, All Seasons)  
Senior Fit (Wednesdays, 9:30am, \$4pp, Police Station)  
Wii games (Wednesdays, COA, 10:30am)  
Chair yoga (Wednesday, Henrich Hall, HMHP, 11am, \$4pp)  
Exercise & Meditation (Friday, 10am, COA)

Please note: Ball Room Dancing will *discontinue* during the months of December and January. Be watching for the start-up again in February! Learn Waltz, Rumba, etc.!



**Yikes! No Dental Insurance?** Many do not have it, and even if we did, it has a maximum pay-out amount that does not help much if we are needing major work such as a root canal or crown. Research has been done on this and a wonderful alternative

has been found! It is the **Harbor Community Health Center (508-778-5470) Dental at Cordage Park in Plymouth.** Their services are subsidized so, if you pay on the day of service, you will receive 50% off their already discounted rates! This is something to keep in mind if you are anticipating dental work soon. We'd like to know about your experience, and we thank Maria Burke, our SHINE counselors for this helpful news!



Do you need some help with computers, iPad or tablet, laptop, camera, smartphone, etc.? There are **two times in the month** that you can bring your concerns and difficulties to get help...

**\*Basic Computer Class** on Monday 10-11am.

Learn all the benefits of being computer-savvy, 'surf the Internet', and more. Sign up by calling our office!

**\*Tech Savvy** on Wednesdays 2:45-3:45pm provided by Julia & friends from Silver Lake Regional High School. Let us know if you are coming, so that we can plan!

Please be aware that the newsletter is created the **FIRST** week of most months, and although information is needed **PRIOR** to the 10th of **every** month, it is always a good idea to call our office for any observed discrepancies or errors on the calendar. Submissions for the newsletter should be given to Deb K.



## TRIAD

**Ken Vinton, Chairman**

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

Join us on Tuesday, Dec. 8th (10am) for our annual **Christmas Party and election of new officers.**

On Tuesday, Jan. 12th (10am) there will be a presentation about NaviCare, a group that helps you (without copays and no monthly premiums) get through the maze of benefits and medical networking to help you stay healthy.



On the second Monday of December (14th) and January (11th) there will be a **Lunch & Shop** trip leaving at 10:30, returning at 2pm. Chrissy Thompkins will take folks to the **Kingston Mall** in December and passengers will have one hour for lunch at the food court, with an additional hour to shop, leaving the mall at 2pm. In January, the van will travel to the **Hanover Mall** with the same schedule and plan. CALL our office to reserve your seat on the van.

Is someone hurting you emotionally or physically? (Domestic violence) The South Shore Women's Resource Center (508-746-2664) provides help to women 55 years and older with counseling, advocacy, **free of charge and confidential.** Call them for more information, or pass this information on to someone you might know who needs the help.



**TIME TO GET PAMPERED FOR HOLIDAY PARTIES!** You can be indulged right HERE at the COA, with Nails By Julie! She is here for you on the first Tuesday of the month (12:00-1:30pm) and you can come away feeling very good indeed. Her prices are nominal...please call our office for prices and to reserve a time!

WINNERS of the October 30th 2015 Halloween Party were:  
1st Place: Patti Bright ( → )  
2nd Place—Joan & Harry Towne  
3rd Place—Helen Doucette & Joe McCullough

Winners of the Decorated Pumpkins (centerpieces) were:  
Elaine Marzilli, Janet Poulos Villano, Judy Abar, Ivy Matheny, Anne Marie McKay, Linda Hurd, Joan Jolley, Joan Rogers and Rosalie Vess.

**Don't miss the party next year!**



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# DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00 SHINE Assistance 12:00 Lunch 12:00-1:30 Nails by Julie* 2:30 Line Dancing @ All Season's Restaurant  <i>*Nails by Julie—call office for times available</i>	<b>2</b> 9:30 Senior Fit @ Police Station, upstairs <b>LAST mtg</b> 10:00 Quilting 10:30 Wii games 11:00 Chair yoga 12:00 Lunch 2:45 Tech. Savvy <b>3-5 An Artist Afternoon*</b> 6:30 Line Dancing @ All	<b>3</b> 9:00 Men's Coffee 10:00 Oil Painting 12:00 <b>Special Lunch*</b> 12:30 Grocery Shopping  <i>*call office for reservation!</i>	<b>4</b> 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Office closes
<b>7</b> 9:00 Church 10:00 Computer Class & Cards 12:00 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>8</b> 9:00 SHINE Assistance 10:00 TRIAD party & elections 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	<b>9</b> 10:00 Quilting 10:30 Wii games & Brown Bag 11:00 Veteran's Agent, Wil Corey Chair Yoga 12:00 Lunch 12:30 MLMH 2:45 Tech. Savvy 6:30 Line Dancing at Seasons Restaurant	<b>10</b> 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  <i>*Massage available 11:30-12:30—call office for appointment times open</i>	<b>11</b> 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Office closes <b>12 SATURDAY</b> 4-8 Christmas Basket display/Halifax In Lights <b>13 SUNDAY</b> 1-4pm Annual Christmas Party @HMHP
<b>14</b> 9:00 Church 10:00 Computer Class & Cards 10:30 Lunch & Shop trip with Chris to Kingston Mall 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>15</b> 9-11 <b>The Best Breakfast*, Christmas Celebration Brunch with Santa</b> SHINE Assistance 10:00 COA Board Mtg. 12:00 Lunch 2:30 Line Dancing @ All Season's Restaurant	<b>16</b> 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 2pm Men's Widow Support Group 2:45 Tech. Savvy 6:30 Line Dancing Seasons Restaurant	<b>17</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	<b>18</b> 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Attorney Rawlins available* 12:00 Lunch 1:00 Office closes  <i>*Call for appointment</i>
<b>21</b> 9:00 Church 10:00 Computer Class & Cards 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>22</b> 9:00 SHINE Assistance 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	<b>23</b> 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 2:45 Tech. Savvy 6:30 Line Dancing at All Seasons Restaurant	<b>24</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting  <b>OFFICE CLOSSES AT NOON FOR THE HOLIDAY</b>	<b>25</b>  <b>OFFICE CLOSED</b>
<b>28</b> 9:00 Church 10:00 Computer Class & Cards 12:00 Pizza & Salad Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>29</b> 9:00 SHINE Assistance 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant 1:20-4pm, Podiatry with Dr. Cormier* (\$25.pp)  <i>*Call our office for appointment! Next time available: February 9th</i>	<b>30</b> 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga  <b>OFFICE CLOSSES AT NOON FOR THE HOLIDAY</b>	<b>31</b> <b>Office closed</b> 	<b>LOCAL Food Pantry's:</b> ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays 2:30-4:00pm  ♦ Our Lady of the Lake Church (580 Monponsett/Rt.58) 2nd and last Saturday of every month 9:00-10:30am. 293-7971



# Old Colony Elder Services

Providing services to the community since 1974

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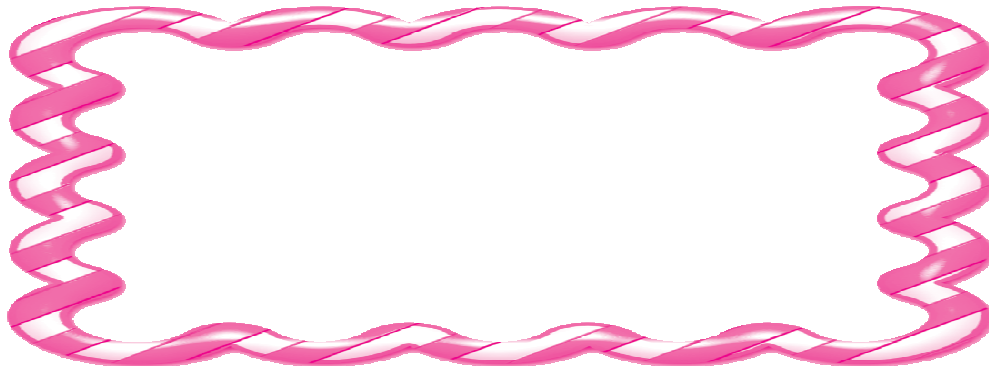
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SEPTEMBER 9, 2015 3:23 PM

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Partial printing of this newsletter is made possible by a Grant from the Massachusetts Executive Office of Elder Affairs.  
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