



HALIFAX COUNCIL ON AGING NEWSLETTER

JULY & AUGUST 2013



Pope's Tavern Senior Center
506 Plymouth Street, Halifax, MA 02338
Hours: 9a-3pm Monday—Friday
781-294-7313
Fax: 781-293-1774

DIRECTOR
RECEPTIONIST
VAN DRIVERS

Barbara Brenton
Judy Sheppard
John Kealey
Debbie Killeffer
Frank Sullivan
Christine Tompkins

OUTREACH WORKER
OUTREACH ASST

Joyce Curran
Elaine Marzilli

BOARD OF DIRECTORS

CHAIRMAN...
VICE-CHAIRMANJoy Marble
SECRETARYJoy Marble
MEMBERS Lee Mulready
 Jo Schofield
 Carolyn Vinton
 Sharon Hartz

A note from The Director.....Welcome "finally" to summer everyone! We have had many events & programs at the COA and will continue to try to met your needs with more. Please let us know if you have other ideas. We are happy to have the new ramp officially open out front for more door access. The Municipal & School Building Committee is moving forward on hiring an Architect with monies voted at Town Meeting in May to hopefully renovate Pope's Tavern Senior Center. Hope to see you at the ice cream party and summer cookout! Come visit us—Barbara

Wednesday — AUGUST 14th

Town Hall lawn — NOON

Summer Cook Out with Mel Simons, "The Golden Days of Radio" This program will enchant, entertain and amuse you! Comedy AND music, trivia, nostalgia and audience participation. "You ain't heard nothing' yet!" Come and hear Mel as he astounds you with the great songs and amazing anecdotes of four show-biz legends. This "Yankee Doodle Dandy" program brings you back to a time before TV, CDs and DVDs. You don't have to 'walk a million miles' for miles of smiles! If laughter is the best medicine, then "MEL" should be taken in large doses!

RESERVE your spot at this Hawaiian style cook out!

Call our office! Tickets: \$6.00 — purchase before 8/2

Menu: BBQ Chicken, hot dogs, potato salad, corn
on the cob, watermelon & ice cream

Mark Your Calendar!

8th Annual TRIAD HEALTH FAIR

Halifax Elementary School Gym

September 21st ~ 10am—3pm



Raffles, vendors, Q&A, performances and much more!

- ◆ Arthritis Foundation
- ◆ South Shore Visiting Nurses, Bayada Home Health
 - ◆ Police, Fire, Sheriff's Depts.
 - ◆ Veterans Information
- ◆ Bella's Pizzeria, Duval's Pharmacy
- ◆ Banks, Board of Health, Braintree Rehab
 - ◆ Old Colony Elder Services
 - ◆ Health Plans, Triad Informational
 - ◆ Board of Health, Tufts Health,
- ◆ Acupuncture, Chiropractor; Mass Comm for Deaf
- ◆ Nursing Home; Braintree Rehab; Pharmacies
- ◆ Refreshments, beverages & food items available



SURGEON GENERAL'S WARNING:

Mel Simon's show may split your sides from laughing.

Our CALENDAR

JULY 2013

Monday: 10:00 Cards
12:00 Lunch (see menu)
1:00 Craft/Crochet/Knit Group
2:30 Joy of Writing

Tuesday: 9:00 Men's Coffee Hour & SHINE
12:00 Lunch

Wednesday: 9:00 Church Group
10:00 Lady's Social
10:00 Quilting With Carol
12:00 Lunch

Thursday: 9:00 Oil Painting
10:00 Computer Class & Coffee Hour
10:30 Blood Pressure/Glucose Test
(1st wk. of Month; 11:30 2-4th wk.)
12:00 Lunch
1:00 Bingo
1:30 Grocery Shopping

Friday: 9:00 Errands & Walmart
10:00 Exercise (1st three Fridays)
12:00 Lunch
1:00 Train Dominoes

AUGUST 2013

Monday: 10:00 Cards
12:00 Lunch (see menu)
1:00 Craft/Crochet/Knit Group
2:30 Joy of Writing

Tuesday: 9:00 Men's Coffee Hour & SHINE
12:00 Lunch

Wednesday: 9:00 Church Group
10:00 Lady's Social
10:00 Quilting With Carol
12:00 Lunch

Thursday: 9:00 Oil Painting
10:00 Computer Class & Coffee Hour
10:30 Blood Pressure/Glucose Test
(1st wk. of Month) 8:30am- 11:30, 2-4th wk
12:00 Lunch
1:00 Bingo
1:30 Grocery Shopping

Friday: 9:00 Errands & Walmart
10:00 Exercise (1st three Fridays)
12:00 Lunch
1:00 Train Dominoes

don't miss these...

July 2—Nails by Julie

July 11—Massage by Jen

July 17—Veteran Agent Hour, Will Corey @ 11:00

July 24—Brown Bag Program (fourth Wed of month)

Aug 6—Nails by Julie

August 8—Massage by Jen

August 21—Veteran Agent Hour, Will Corey @ 11:00

August 28—Brown Bag Program (fourth Wed of month)



Wednesday, JULY 24th

Halifax Mobile Park

1:00 pm ~ John Root, Entertainer

2:00pm ~ Ice Cream Social

* Sign up before July 19th!!

Advertising Sponsors
make this newsletter possible



For Information Call

Mark Bell

1-800-732-8070 ext. 3429

email: mbell@4LPi.com



Bridgewater Nursing Home

Quality Care in a Home-Like Setting

16 Pleasant Street, Bridgewater, MA

Phone: 508-697-4616

Medicaid/Medicare Certified



Hydration...THE key to keeping **healthy** this summer

It is suggested by health specialists that we need to increase our level of fluid intake during the days of summer. Why? As we age, our ability to adjust our 'internal' thermostats is reduced, thus causing an increased likelihood of not noticing the signs related heat related diseases and injuries. Drink 4-8 glasses (8oz.) of water daily and eat more fruits and vegetables, be aware that many medications can block the body's natural ability to cope with heat and sun. Drinking coffee can complicate the body's need to keep hydrated. If you experience weakness, nausea or sweating, call for medical help as soon as possible.

WALKING TRIPS with The Halifax 'Hooper' Group

July 12th ~ Webb State Park, Weymouth

July 26th ~ Old Railway Walkway, Plymouth

Aug. 9 ~ Nantasket Beach, Hull

Aug. 23 ~ Old Shipyard, Hingham

Sept. 13~ Daniel Webster Audubon, Marshfield

RESERVE YOUR SPOT ON THE VAN BY CALLING EARLY

Janet-/Walk Coordinator 781-307-1746 or the COA 293-7313



BINGO PLAYERS HAVE FUN!

On Thursday afternoons from 1:00—3:30pm. The group has much fun and play for small prizes and chocolate!

RED HAT LADYBUGS NEXT MEETING:—July 8th, 1pm - They'll offer "Old Fashioned Whist", goodies and social time.

Please call Glenda Firlotte— 781-293-5695, with any questions. You may have **All are welcome!**

Trip to Island Terrace, Lakeville Sunday July 21st, 2:30-3:30pm leaving on bus from COA @ 1:15pm.

Healthy, Happy Feet! Dr. Greg Cormier (Podiatry) has appointments on Tuesday, July 16th and Tuesday, August 20th between the hours of 1pm and 3:30. Call for your appointment time. Only \$25.00 per visit.



Transportation Schedule

Please call in advance if you need transportation to the pharmacy, medical or grocery appointments. Every Thursday at 12:30 pm the van travels to Stop & Shop for your grocery needs and on Fridays at 9am the van travels to Wal-Mart and town errands. A Lunch & shop group travels once a month on Monday to a local shopping area & out to lunch. Give us a call for specifics.

On FRIDAYS there is one van open to do medical appointments from 8am—2pm; first come, first serve basis. Keep in mind that the walking group ("Halifax Hoofers") use the van on the 2nd & 4th Friday. All rates are the same—Halifax \$2 roundtrip; South Shore area, \$6 (RT); Cape Cod \$10 (RT) and \$30 Boston (RT).

WHY NOT TRY A BASIC COMPUTER CLASS ?

Every Monday from 10:00am – 11:00, you are invited to learn a new skill or practice other computers skills that you have been meaning to learn! Are you new to computers, or a bit rusty? Give us a call to sign up! Taught by Debbie —

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

— F. Scott Fitzgerald, *The Great Gatsby*



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

Attorney Jason Rawlins volunteers his time for seniors in Halifax. Please call for an appointment time. He meets at the COA every fourth Friday. (7/26 & 8/23)



QUILTING and Basic Sewing with Carol

Every Wednesday at the Council on Aging from 10:00am to noontime. It is \$3.00 p/class for fabric to start! Stay for lunch at noon for only \$2.50, or bring your own lunch or salad!

NAILS BY JULIE...Includes manicures, pedicures, waxing....will be available July 2nd and August 6th from 1:00pm on. MUST make your appointment, and CASH only for this service.





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

Are you ever alone?

You're never alone when you have a medical alert!

"I feel more independent, safe, and secure with my medical alert."

Less than \$1 per day

► No Long-Term Contracts

► Price Guarantee

► A+ Rating with BBB

► Made and Monitored in the USA

Call Today to learn more about our Special Offer.

1.877.801.5055

Toll Free



Great Heating Oil Prices
With Great Service

Fuel Assistance Accepted
Serving South Shore Area

781-294-0220

curtinbros@comcast.net

www.curtinbrosoil.com

Space for Sale

SPONSOR THIS NEWSLETTER!!!

For more information, please call

800-732-8070

Coin-Operated Self Laundry

OPEN DAILY 6 a.m. till 9 p.m.

121 Center Street in Middleboro Center 02346

617-828-2350



The Empty Hamper
PUDDROMAT

ANY SIZE COMFORTER, QUILT, BLANKET

& SLEEPING BAG \$12 EACH.

(excluding down)

For Ad Info Call 1-732-8070 © COMMUNITY PUBLICATIONS A DIVISION OF LPI

MAY 20, 2013 8:52 AM

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

HALIFAX COUNCIL on AGING NEWSLETTER
506 Plymouth Street
Halifax, MA 02338

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



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