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HALIFAX COUNCIL ON AGING NEWSLETTER

MARCH 2013

POPE'S TAVERN SENIOR CENTER
506 Plymouth Street

OPEN (9:00—3:00 Mon—Fri)781-293-7313 FAX 781-293-1774

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HEALTH & FITNESS IDEAS



I. Chair Exercise & Stretch Class...

The first three Fridays of every month—10am-11am at the COA. The class includes stretching, strength training & meditation for one hour. Please call to sign up.

II. Wii Games available at the COA—Baseball, bowling, boxing, tennis and golf—We would like to start playing times Wednesday morning or afternoon. Stop in and give it a try!

III. Cardio Pump Dance Senior Exercise 8 week Class (Wednesdays) with Lori Hunter coming this Spring, starting May 1st—June 19th at the Halifax Town Hall Upper Hall from 9am—10am, (\$2 donation p/class).

IV. Chair Yoga—8 week course— starts April 8—May 27 (Mondays) - 11am—12 noon at the Halifax Mobile Home Park Community Room (free).

*The re are many benefits to exercise, hope you join us.

DISABLED AMERICAN VETERAN AUXILIARY UNIT

Present action: -AMERICAN FLAGS & WWII FACTS & TRIVIA with Prizes & Snacks to follow!

Thursday - **MARCH 21st at 12:15am** at the Council on Aging at Pope's Tavern.

Alan Herrick (2nd Junior Vice Commander, MA), Jackie Herrick (past Commander, MA), Betty Bonney (Chaplin) and Janet Delgado (Commander) will speak. You can stay for lunch (at noon), bring your own lunch or come in for the talk & trivia flag education. Hope to see you.

ANNUAL INTERFAITH SERVICE—Tuesday *April 30th from 11:00am—1:00pm *Halifax Town Hall
A SERVICE OF HEALING and RESTORATION



Come to help yourself heal from grief, loss, and the day to day challenges we face in this life.

Reverend Joseph Wadsworth & Father Healy will help with the service on this day. A light coalition to follow the service. All are welcome.

ST. PATRICKS'S DAY PARTY **MARCH 13th -WEDNESDAY**

CELEBRATE AT THE HALIFAX COUNTRY CLUB



Corned Beef & Cabbage or Baked Scrod luncheon starts at noon and entertainment begins at 1:00pm with legendary female vocalist —Jennifer Mello who sings great Irish classics from Bing Crosby and the Dubliners, as well as hits from Patsy Cline, Connie Francis, Johnny Cash and many, many more!

Last Day For Tickets (\$14.95) are March 1st at the Council on Aging . Tickets go fast so please get them early.

TRIAD MEETING & SPEAKER

WHERE: Halifax Police Station

WHEN: Tuesday, March 12, 2013

TIME: 10am

⇒ LiISA BUDGE -JOHNSON from the Plymouth County Sheriff's Department will speak on "Charitable Giving." All are welcome and consider bringing a friend where TRIAD is trying to build its' working committee. She will also be helping Halifax Triad with fundraising ideas for programs that help Halifax residents ; one example is SafetyNet by LoJack where devices help track those who wander.

CIRCUIT BREAKER TAX WORKSHOP

THURSDAY * MARCH 28th—12:15

JOE BENSON our Tax Preparer at Halifax COA for the past two years will speak and answer your questions on this topic. Do you or someone you know and care about qualify for the Massachusetts Senior Circuit Breaker Tax Credit? No charge for this workshop. Please RSVP by 3/25.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Errands & Wal-Mart 12:00 Lunch 1:00 Train Dominos
4 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft /Crochet & Knitting Group 2:30 Joy of Writing	5 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 12:00 Lunch & Shop 1:00 Nails by Julie	6 9:00 Church Group 10:00 Ladies Social 12:00 Lunch 1:00 Red Hats 1:00 Tax Preparer	7 9:00 Oil Painting 10:00 Coffee Hour 10:30 VNA Blood Pressure/Glucose 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	8 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
11 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 12:00 Wal-Mart/Bertucci's 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	12 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 TRIAD Speaker 12:00 Lunch 1:00 Podiatrist	13 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 St. Patrick's Day Party 1:00 Tax Preparer	14 9:00 Oil Painting 9:00 Blood Pressure/Glucose w/Carol 10:00 Coffee Hour 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	15 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
18 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	19 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 COA Board Mtg 12:00 Lunch	20 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 11:00 Veteran Agent 12:00 Lunch 1:00 Tax Preparer	21 9:00 Oil Painting 9:00 Blood Pressure/Glucose w/Carol 10:00 Coffee Hour 12:00 Lunch & Flag Talk 12:30 Grocery Shopping 1:00 Bingo	22 9:00 Errands & Wal-Mart 11:00 Attorney 12:00 Lunch 1:00 Train Dominos
25 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Pizza Lunch 1:00 Craft /Crochet/ Knitting Group 2:30 Joy of Writing	26 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	27 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 Lunch 1:00 Tax Preparer	28 9:00 Oil Painting 9:00 Blood Pressure/Glucose w/Carol 10:00 Coffee Hour 12:00 Lunch & Circuit Breaker Talk 12:30 Grocery Shopping 1:00 Bingo	

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LOOKING FOR BINGO PLAYERS...

On Thursday afternoons from 1:00—3:30pm. The group has much fun and play for small prizes and chocolate! Marie Cook calls each week and Carol Page fills in when Marie is out. All are welcome. Love to see you!

SHINE COUNSELING - is available every Tuesday at the COA from 9:00—11:30. Maria Burke our Counselor will help you with Medicare, Mass Health, Health Insurance & prescriptions. Please call for an appointment time.

READ—ONLY IF YOU HAVE A TOUCH TONE PHONE

If you need help and CANNOT SPEAK— FIRST **DIAL 911**

Then press the appropriate number to get the help you need...



POLICE—Press 1

FIRE — Press 2

AMBULANCE— Press 3

(Ask grand kids to help program your phone)

RED HAT LADYBUGS

NEXT MEETING:—Wednesday, March 6, at All Season's Restaurant—1:00 pm. New members are always welcome. Please inquire with Glenda Firlotte— 781-293-5695, with any questions you may have..

**Senior Center 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.

On FRIDAYS there will be one van open to do medical appointments from 8am—2pm, first come, first serve basis. All rates are still the same—Halifax \$2 roundtrip; South Shore area, \$6 (RT); Cape Cod \$10 (RT) and \$30 Boston roundtrip.

MONTHLY NEWSLETTERS — GOOD NEWS !!

We are happy to announce we will be sending monthly newsletters out to those turning age 60+ every month. We do ask that if you know of someone who has moved or does not wish to receive a newsletter to please give us a call.

**"GENERATIONS"**

Monthly Meeting: March 5th, 2013, at the Halifax Mobile Home Community Room. Looking for new members who love to get involved and have some fun! See phone number below.

Luncheon: APRIL 6th - 11:30am - Halifax Police Station. Menu: Ham & Beans for \$8 p/p. Sign up with Dottie.

Special Trip: April 3, a trip to Newport Playhouse at \$69 p/p, leave Halifax Mobile Home Park at 10am. Includes buffet & Cabaret Show!

Fundraiser: If you are interested in joining Viridian please let Dottie know. If you pick a company, National Grid will do it for you.

Call President, Dottie Martel to sign up—781-754-0645.

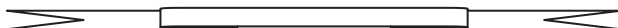
We are delighted to have **Attorney Jason Rawlins** volunteering his time for seniors in Halifax. If you wish to talk to him, please call for an appointment time. He meets at the COA every fourth Friday. Next two Meeting Dates: March 22, from 11am-1pm.

TRY BASIC COMPUTER with Debbie

Every Monday from 10:00am – 11:30, 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? Give us a call to sign up!

To Report Elder Abuse

Call the Hotline— 1-800-922-2275



LOOKING FOR VOLUNTEERS FOR THE COUNCIL ON AGING WHO KNOW MICROSOFT PUBLISHER FOR A FEW HOURS ONCE A MONTH.

CALL Barbara if interested—293-7313.

Free—BLOOD PRESSURE & GLUCOSE TESTING

The first Thursday of the month from 10:30-11:30, testing is done with VNA Nurse Mary. There after, the following Thursdays, from 9am—noon, testing is done with our very own Carol Elliott, RN. Carol also educates about various health topics. We hope you will visit us this month. Records are kept for your convenience.



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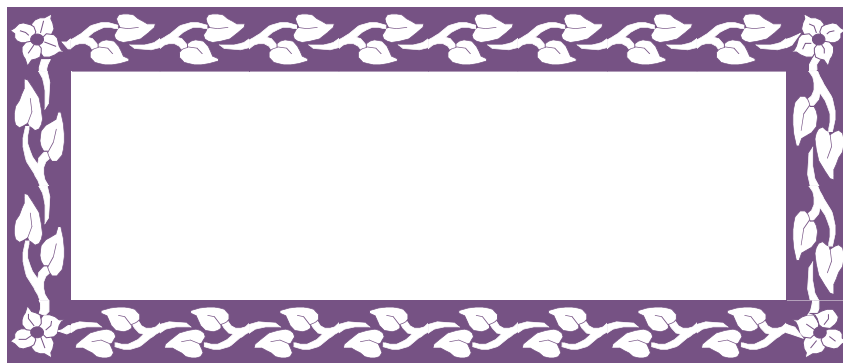
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