

HALIFAX TRIAD INFORMATION

Next Meeting: May 7th, 10am - Police Station—SPEAKER is Melissa Weidman from HopeHealth, Touching Lives from Hyannis, speaking on—"The Road We Are All On, " Healthy Planning for Healthy Aging.

Thank-you to Peg Fitzgerald who came in April to teach us about the real account of "Kilroy was Here!"

PLEASE MARK ON YOUR CALENDERS: TRIAD HEALTH FAIR will take place on Saturday, September 21st from 10am—3pm at the Halifax Elementary School Gymnasium. You don't want to miss the information you will receive!

SENIOR CELEBRATION ~ 21st Annual on MAY 21st — Tuesday
WHERE: Shaw's Center, Brockton, MA
WHAT: Free Seminars, Entertainment, Workshops, Exhibitor's, Information and Refreshments.

* Our Halifax resident & exercise instructor Lori Hunter will perform with her exercise class at 11:00am!! Halifax COA will be trying to get a group together to go for a few hours! Give us a call.

Nails by Julie— The first Tuesday of every month—May 7th- Julie gives basic manicures & pedicures for a great price. Call anytime for information & to make an appointment.

Halifax Library Event: LINE DANCE— May 7th, 2013 from 6:30-8:00pm at Halifax Town Hall—\$5.00p/p

Beginner Lesson at 6:30pm with Instructor, John Peters.

* This event benefits the "Friends " of the Homes Public Library. Please stop by and give it a try!

TOWN VETERAN AGENT—WIL COREY, visits the Council on Aging every third Wednesday of the month from 11am—noon for our Veterans and their families. If you have a need or questions please stop by Popes Tavern Senior Center and see Wil who will get answers for you. Next Visit— May 15th—See you soon!

REGIONAL SHINE OFFICE NEWS (Serving The Health Insurance Needs of Elders) — The Regional Office is preparing again for new changes in 2014 with Prescription & Medical Insurance Plans. The Region is happy to announce they now have 52 volunteer SHINE Counselors serving 29 towns and cities in the region. Halifax is one of these towns! This has been a busy year with changes brought forth by Health Care Reform. Please know the Regional Directors will be in Halifax again sometime this Fall to give much information to Halifax residents turning 60 and older. Please stay tuned for the date and time.

THANK-YOU'S— for your heart & time:

~Betty Bonney & Pre-American Flag & WWII facts & Trivia in March!

~Halifax Mobile Home Park Association for their \$200.00 donation to the COA!

~Halifax Beach Association for your donation!

~ "Generations" for their \$200.00 donation!

Need a Lawyer: For over 50 years the Boston Bar Lawyer Referral Service connects you to an attorney qualified to help with legal issues. There are over 350 areas of law from divorce, child custody, personal injury, criminal, elder law to employment/ landlord. Call— 800-552-7046 or bostonbarlawyer.org

SHINE COUNSELING is available on Tuesdays at the Council on Aging from 9:00— 11:30. Maria Burke is our volunteer Counselor. She will help you with Medicare, Mass Health, Health Insurance & prescription drug coverage. Please call for an appointment.

"GENERATION" TRIPS

1. June 20/Thursday— Isle of Shoals—\$85p/p— 8:30am— 8:00pm— Lunch at Warrens in Kittery, Maine
2. July 20/Saturday—Norman Rockwell Museum—Lunch at Red Lion Inn— \$79p/p
3. Oct 1/Tuesday—Mohawk Trail—Lunch at Williams Inn— 7am— 7:30pm.

*Please call President Dottie Martel for more information if you are interested in these trips: 781-754-0645.

RIDDLES of the MONTH

- 1) What two things can you never eat for breakfast?
- 2) If you have it you want to share it. If you share it you don't have it. What is it?


Answers: (1. lunch & dinner 2) a secret)

QUOTE OF THE MONTH

We Need To Learn To Enjoy Where We Are While We Are On Our Way To Where We Are Going! (Anonymous)

Old Colony Elder Services - Menu

May 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Soup on 5/14 will be served at home and congregate.</p>	<p>Milk and margarine are served at every meal.</p> <p>❖ Indicates entrée has > 700 mg Sodium</p>	<p>1 Pier 17 Fish Parslied Potato Carrot Coins Pumpernickel Bread Cherry Snack 'n Loaf MOD: Lemon Grahams</p>	<p>2 Cheese Lasagna w/ Meat Sauce Cauliflower Spinach Whole Wheat Bread Fruit Cocktail</p>	<p>3 Spanish Chicken w/ Pepper & Onion on Tortilla Wrap Rice & Beans Summer Veggies Fresh Banana</p>
		<p>Calories: 730 Fat: 36% Sodium: 820mg Fiber: 6g</p>	<p>Calories: 620 Fat: 27% Sodium: 820mg Fiber: 12g</p>	<p>Calories: 630 Fat: 21% Sodium: 660mg Fiber: 10g</p>
<p>6 American Chop Suey Brussels Sprouts Garlic Roll Pears</p>	<p>7 Sweet & Sour Chicken Steamed Brown Rice Oriental Vegetables Oatmeal Bread Mandarin Oranges</p>	<p>8 Beef Burgundy Paprika Roasted Potatoes Green Bean Almondine Rye Bread Tapioca Pudding MOD: SF Pudding</p>	<p>9 Roast Turkey w/ Gravy Mashed Sweet Potato Zucchini Multigrain Bread Fresh Apple</p>	<p>10 Salmon Boat w/ Dill Sauce O'Brien Potatoes Peas & Carrots Whole Wheat Bread Apple Cinnamon Graham</p>
<p>Calories: 700 Fat: 30% Sodium: 450mg Fiber: 9g</p>	<p>Calories: 580 Fat: 22% Sodium: 590mg Fiber: 6g</p>	<p>Calories: 620 Fat: 22% Sodium: 560mg Fiber: 6g</p>	<p>Calories: 600 Fat: 22% Sodium: 830mg Fiber: 10g</p>	<p>Calories: 730 Fat: 35% Sodium: 680mg Fiber: 7g</p>
<p>13 Italian Meatballs Pasta w/ Tom. Sauce Green & Wax Beans Multigrain Roll Raisins</p>	<p>14 Chicken Salad Minestrone Soup** Carrot-Pineapple Salad Pumpernickel Bread Pears</p>	<p>15 Sloppy Joe Corn w/ Red Pepper Broccoli Hamburger Roll Strawberry Cake MOD: LS Cake</p>	<p>16 Fish Florentine Roasted Potatoes Harvard Beets Oatmeal Bread Chocolate Pudding MOD: SF Pudding</p>	<p>17 Pork w/ Gravy Brown-Wild Rice Blend Country Vegetables Rye Bread Pineapple</p>
<p>Calories: 770 Fat: 33% Sodium: 740mg Fiber: 8g</p>	<p>Calories: 670 Fat: 26% Sodium: 950mg Fiber: 9g</p>	<p>Calories: 660 Fat: 28% Sodium: 660mg Fiber: 9g</p>	<p>Calories: 780 Fat: 32% Sodium: 1060mg Fiber: 6g</p>	<p>Calories: 710 Fat: 30% Sodium: 520mg Fiber: 5g</p>
<p>20 BBQ Chicken. Mashed Potato Peas & Carrots Whole Wheat Bread Snack 'n' Loaf MOD: Strawberry Graham</p>	<p>21 Cheeseburger Potato Wedges Mixed Vegetables Ketchup Hamburger Roll Peaches</p>	<p>22 Turkey a la King Egg Noodles Green Beans w/ Red Onion Multigrain Bread Pineapple</p>	<p>23 Orange Ginger Beef Broccoli Herbed Brown Rice Dinner Roll Fruit Cocktail</p>	<p>24 Potato Crunch Fish Tartar Sauce Succotash Cabbage & Carrots Pumpernickel Bread Butterscotch Pudding MOD: SF Pudding</p>
<p>Calories: 650 Fat: 21% Sodium: 1250mg Fiber: 7g</p>	<p>Calories: 820 Fat: 38% Sodium: 1150mg Fiber: 10g</p>	<p>Calories: 740 Fat: 28% Sodium: 900mg Fiber: 9g</p>	<p>Calories: 700 Fat: 34% Sodium: 440mg Fiber: 7g</p>	<p>Calories: 730 Fat: 36% Sodium: 1000mg Fiber: 8g</p>
<p>27 Memorial Day <i>No Meals Served</i></p> 	<p>28 Tortellini w/ Tomato Sauce Peas & Onions Spinach Oatmeal Bread Pears</p>	<p>29 Herbed Chicken Garlic Mashed Potato Herbed Carrot Coins Rye Bread Vanilla Pudding MOD: SF Pudding</p>	<p>30 Tuna Salad Pesto Pasta Salad Three Bean Salad Hot Dog Roll Fresh Orange</p>	<p>31 Roast Beef au Jus Roasted Sweet Potato Mixed Vegetable Whole Wheat Roll Fruit Cocktail</p>
	<p>Calories: 710 Fat: 22% Sodium: 920mg Fiber: 12g</p>	<p>Calories: 600 Fat: 25% Sodium: 890mg Fiber: 5g</p>	<p>Calories: 750 Fat: 24% Sodium: 800mg Fiber: 10g</p>	<p>Calories: 700 Fat: 32% Sodium: 450mg Fiber: 8g</p>

Menu is subject to change without notice

Suggested donation - \$2.50 per meal.