



HALIFAX COUNCIL ON AGING NEWSLETTER



SEPTEMBER 2013

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VAN DRIVERS

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

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A NOTE FROM OUR DIRECTOR...It seems like summer just gets started and with a quick blink of the eye it is all over. As we celebrate Labor Day and autumn is on it's way, I think of our great Volunteers who make a huge difference at Popes' Tavern! I am proud of the programs and range of services we offer our seniors with a hard working staff day in and day out who serve consistently. I thank you for your continued support through the town budget and your donations. I thank "GENERATIONS" for their support of buying new chairs and new tents for the COA! Also for donating 150 hot dogs and rolls to the Annual Cookout in August. The Municipal & School Building Committee is hard at work with architects coming to Popes Tavern on September 7th at 10am for a walk through. We are hoping to renovate and add a good sized room or two where space is desperately needed for seniors and their families in town when they visit with sensitive matters that must stay confidential. Did you know America's 78 Million baby boomers began turning 65 last year at a rate of 1 every 10 seconds (3 million to 4 million per year)? The Council on Aging's will become more vital over the next 15-20 years and we must prepare now for this staggering increase and demand for assistance and help. Please think on this for the future of our seniors— Barbara

8th Annual TRIAD HEALTH FAIR **Halifax Elementary School Gym** **Saturday, 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 Information
Board of Health, Tufts Health,
Acupuncture, Chiropractor, Mass Commission for Deaf
Nursing Home; Braintree Rehab; Pharmacies
Refreshments, beverages & food items available
Special Dance Performance and the
Mascot from Brockton ROX will be there!!

CHAIR YOGA - EXERCISE

is back by popular demand at 11am!
Starting Wednesday, Sept. 18th,
ending November 20th

Located at the Halifax Mobile Home Park Community
Room on Redwood Drive.

Only \$4.00 per class....call our office to sign up!



TOWN ASSESSOR—SUZAN DUGGAN will visit us

September 26th ,2013 at 12:15




She will speak on Eligibility & answer questions on Tax Exemptions for seniors age 65+. A variety of exemptions are available to reduce property tax obligations for certain taxpayers: elderly, blind, disabled veterans, extreme hardship, and more... Come & call for our Congregate Lunch (\$2.50) or bring your own lunch and stay for this special presentation. Please sign-up for this event!

TECHNOLOGY SANDBOX DAY

Saturday, September 28, 11am-1pm

Holmes Public Library. A video magnifier allows people with impaired vision to see the smallest print or peruse family photos again. An amplification system will allow people with hearing loss to participate in book club meetings, listen to speakers. Free pen for everyone who attends! Sign up at

781-293-2271

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CENTER CLOSED LABOR DAY 	3 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 1:00 Nails by Julie	4 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 Lunch 1:00 Red Hats	5 9:00 Oil Painting 10:00 Coffee Hour 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	6 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
9 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft /Crochet & Knitting Group 2:30 Joy of Writing	10 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 TRIAD/Police St. 12:00 Lunch	11 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Wii Games 12:30 My Life, My Health Support group	12 9:00 Oil Painting 9:00 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 11:30 Massage w/Jen 12:00 Lunch & Choose My Plate 12:30 Grocery Shopping 1:00 Bingo	13 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
16 9:00 Hoofers Walk 9:00 Bridge/Cribbage 12:00 Lunch 1:00 Craft /Crochet & Knitting Group 2:30 Joy of Writing	17 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	18 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Wii Games 11:00 Veteran Agent 11:00 Chair Yoga 12:00 Lunch	19 9:00 Oil Painting 9:00 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 12:00 Lunch & Choose My Plate 12:30 Grocery Shopping 1:00 Bingo	20 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos  <u>Saturday</u> 21st: TRIAD FAIR!! 10am — 3:00pm
23 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	24 9:00 Hoofers Walk 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	25 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Wii Games 10:30 Brown Bag 11:00 Chair Yoga	26 9:00 Oil Painting 9:00 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 12:00 Lunch 12:00 Grocery Shopping 12:15 Assessor Talk. 1:00 Bingo	27 9:00 Errands & Wal-Mart 11:00 Attorney 12:00 Lunch 1:00 Train Dominos
30 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	<div>  <h1>SEPTEMBER 2013</h1> </div>			

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THINGS TO COME AND BENEFIT FROM THIS MONTH— Health, Wellness & Special Programs & Services

- ◆ Last “hooper” walking group will occur on October 11th. Reserve your spot on the van and enjoy time together with a great group who love the outdoors. Surprise location!
- ◆ BINGO is every Thursday, 1:00-3:30pm. Prizes and fun!
- ◆ HAPPY FEET with Dr. Greg Cormier, Podiatrist, Tuesday Sept. 24th & Nov. 5 Call to reserve a spot, only \$25.00 for treatment
- ◆ COMPUTER INTRO IS Mondays 10-11:00. Get a grip on an important and necessary tool!
- ◆ LEGAL HELP is available every 4th Friday. Call for appointment. Attorney Jason Rawlings provides his advise and help.
- ◆ BLOOD PRESSURE & GLUCOSE TESTING with Carol/ nurse available every 2,3,4th Thursday from 8:30-11:30. **(The VNA nurse will not be available the 1st Thursday of the month.)**
- ◆ HAPPY HANDS With Julie. Would you like a nice manicure or hand massage? Call the office to reserve a time! CASH only
- ◆ QUILTING with Carol. Learn from a great teacher. By appointment only. Call our office.
- ◆ MASSAGE by Jennifer...so many benefits! Only \$1.00 a minute. Available Sept. 12 and October 10th.
- ◆ COMING SOON: Mass Audiology Hearing tests on Oct 23 from 1-3pm. Call for an appointment if interested.
- ◆ Attorney Ian Oppenheimer coming to talk on a special subject matter on Oct 15th at 12:30pm

GENERATIONS' Annual Membership meeting will be held promptly at 11:00a.m on **Friday, October 18th**
The first 20 people in attendance will be entered into a drawing for a gift certificate. A lite lunch will be served.

WII TOURNAMENT starts September 11th, 10:30
Come and Join Avis and Staff for some fun!!

BINGO PLAYERS HAVE FUN!

Please give us a call if you would like to start-up playing BINGO on Thursday afternoons from 1:00—3:00pm.
Your suggestions and ideas would be appreciated.

QUOTE Of the MONTH:

You know, people talk about this being an uncertain time. You know, all time is uncertain. I mean, it was uncertain back in - in 2007, we just didn't know it was uncertain. It was - uncertain on September 10th, 2001. It was uncertain on October 18th, 1987, you just didn't know it.
Warren Buffett

CHOOSE MY PLATE

FREE Workshop by Old Colony Elder Services!
Don't miss this....

September 12 & 19th @ 12:15pm

- Building a healthy plate concept
- Cutting back on foods high in solid fats, added sugars and salt
- Being more physically active
- Eating the right amount of calories and a variety of colorful foods

CALL TO SAVE YOUR SPOT!



RED HAT LADYBUGS NEXT MEETING:—Sept. 4th, 1p.m
Special Trip to Island Terrace on Sept. 8th, 1:00-4:00pm
\$5.00 donation . *Presentation by Lebanese belly dance!*
Call Glenda Firlotte 781-293-5695 with any questions. All are welcome! Leaving from COA @ 1:15pm. Find a red hatter!

WALKING TRIPS with The Halifax 'Hooper' Group

Sept. 16~ Daniel Webster Audubon, Marshfield
Sept 24 ~ State Walk—Walpole!
Oct 11 ~ Last Walk To be announced & Party to follow!!
RESERVE YOUR SPOT ON THE VAN BY CALLING EARLY
Thank-You to Janet Poulos - Villano our Walk Coordinator for the season!! Great Job Janet! Call the COA to sign-up —293-7313

**Transportation Schedule**

Please call in advance if you need transportation to the pharmacy, medical or grocery appointments. Every Thursday at 12:00 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).

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

TAKE NOTE of the free hearing screening to learn the benefits of early diagnosis of hearing loss. You can be helped and learn about the most advanced hearing technically available. October 23rd, 1-3pm





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Debra Trotta, Proprietor

 **Old Colony Elder Services**
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HALIFAX CONGREGATIONAL CHURCH

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ALL ARE WELCOME

FOR AD INFO CALL 1-800-732-8070

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LETTER**

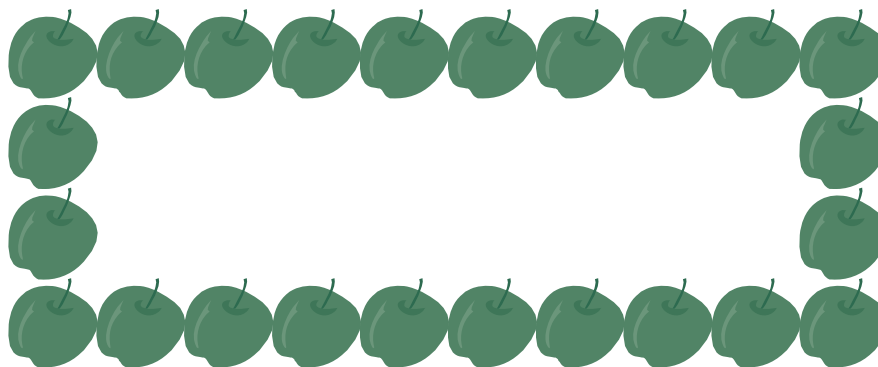
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