

GROWING TOGETHER SERVING THE HALIFAX COMMUNITY



Coffee with your State Representatives and Veterans Agent

November 3rd

State Representative
Josh Cutler call 617-722-2013

November 13th

State Representative
Kathy LaNatra 9:30 -11am

&

Veterans Agent
Steve Littlefield 9:30- 10:30am



Halifax Council on Aging Special Town Meeting

December 14, 2023 - a Special Town Meeting will be held to vote on two Articles that bring us closer to a new Senior Center with a well needed Community Room. Please watch for "town hall" meetings that will help with any questions. As we know, misinformation is more harmful to a community as change occurs.

Topics at that will be discussed:

- The Physical Impact of the Thorndike project and gifting to the town of Halifax.
- The Senior Center and its Community Room will become a viable municipal building for individuals with physical limitations.
- Thorndike Development Corporation will encourage those currently residing in Halifax to perhaps down-size to a manageable life style.
- Thorndike Development Corporation will discuss their years of development and their "gold standard" to quality

Please watch for various dates and times to bring forth a *Growing Together* environment that encourages longevity. Your value to the community is key to future generations. Please join us on December 14, 2023 at the Halifax Elementary School. Watch for the time in the local media.

Best, Darlene Regan, Director of Halifax Council on Aging

HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

COMMUNITY PAGE



Remember to Support Our Advertisers

©LPi

ADT-Monitored Home Security
Blanchard Funeral Chapel
Curtin Brothers's Oil Company
Dave's Automotive
Family Hearing Center
Ferry's Automotive
Law Offices of Ronald Whitney
The Magical Years
North Easton Savings Bank
Sullivan Funeral Homes
Old Colony Elder Services

Veterans Day Celebration

The Town of Halifax and Halifax Department of Veteran Services invites the public to attend our annual Veterans Day Celebration located outside **Town Hall on Saturday, November 11th, 2023, at 11:00 am.**



Halifax
Massachusetts



**Medicare Open Enrollment begins
October 15th—December 7th**

Call 1-800-231-1155 or Halifax Council on Aging 781-293-7313
(appointments held each Friday from 9am to 3pm beginning
November 2nd at the Halifax COA)



NOVEMBER BIRTHDAYS

Mary Adams
Gail Alden
Sarah Almy-Hermitage
Mary Anderson
Ann Annis
Patricia Arigo
Shirley Barrows
Cathy Battles
James Battles
Paul Bauer
Kevin Bean
Angela Bell
David Bent
Jeanne Brannen
Maryellen Buckley
Gayle Burgess
Russell Burke
Alexa Buter
Cesar Calouro
James Campbell
Janice Campbell
Judith Cappoli
Patricia Cappoli
William Cappoli
Charles Cargill
Denise Cargill
Richard Clark
Jeanne Cobb
Elizabeth Corti
George Crompton
Lynette Crovo
George Davey
Patricia Davidson
Constance Delano
Denise Delrosso
Michael Delrosso
Anne Demariano
Cathy Demeo
Linda Dipasqua
Maria Docanto
James Donahue
Margaret Doucette
Judith Duncan
Brenda Durant
Marilyn Epstein
Carroll (Carl) Faith
Edward Fanning
Michael Farr
Charles Fletcher
Marie Fletcher
Harriet Fogarty
Judy Fuller
Dina Furlong
Elaine Gallagher
Joan GallagherLaurie Gar-
nett
Sandy Gauthier

Richard Gilmartin
Scott Gilpatrick
Patricia Graham
Ava Grimason
Dorothy Grindstaff
Peter Hayhow
David Heffel
Craig Hoemke
Stacy Hoemke
Robert Jenkinson
Barbara Jennings-Rampsi
Kevin Johndrow
Gail Jones
Alana Joseph
Alvin Jutz
Michele Keaney
Gail Keene
Mary Klerowski
Judith Lewis
Karen Mahan
Patricia Mahan
Joy Marble
Bernice Martel
Dorothy Martel
John Martin
Scott Materna
Patricia McCarthy
Deb McCormick
Joseph McMahon
Barbara Meikle
James Merchant, Jr.
John Mirotta
Henry Moniz, Jr.
Annmarie Nelson-Tisdale
Laureen Oaks
Donna O'Connell
Joseph Page
Gail Parkinson
Florence Pelaquin
James Perry
Geraldine Presby
Richard Quimby
Roberta Quimby
Geraldine Rawson
Barbara Rice
Lisa Riviera
Donald Robbins
Joan Rodgers
Sarah Rogers
William Russell, Sr.
Ann Saba
Dan Salvucci
Alice Seggelin
Richard Seggelin
Earl Servant
Velma Siegel
Ellen Snoeyenbos
Matthew Stinson

Michael Storey
Stephen Strug
Allen Swift
Gordon Tice, Jr.
Martha Tisdale
Patricia Toomey
Steven Trop
Beverly Uburtis
Julius Ventura
John Veronesi
Raymond Vincent
Clarence Walker
Jenny Walker
John Weber
Elizabeth Weckbacher
Sarah Wendell
Robert H. Williams
Daniel Willis
Rose Winiewicz
Ralph Wise
Peter Wright
Thomas Wright
Susan Zimmerman



JOIN THE SECOND WIND CLUB



OUTREACH NEWS

Blood Pressure Screenings on the Move

The Town of Halifax contracts nurse M. Laurie Montuori to provide two (2) free walk-in adult wellness screenings the first Tuesday each month in 2023. Please see the dates, times and where the screenings will be held.

WHEN: November 7, 2023 and December 5, 2023

WHERE: *Halifax Town Hall—499 Plymouth Street, 9—10am (Follow the signs)*
Halifax Mobile Estates, 33 Redwood Drive, Community Bldg 10:30—11:30am

HEALTHY LIVING COLLABORATIVE (BLOOD PRESSURE SCREENINGS) OFFERED AT THE COUNCIL ON AGING - 506 PLYMOUTH STREET FROM 11:00— 12:30

TUESDAYS: October 3, 17, and 24

WEDNESDAYS: October 4, 11, 18 and 25

DASH (Dietary Approaches to Stop Hypertension) Program:
Tuesday day November 7th and Wednesday November 8th

Time: 11:00—12:00pm

Confused on where to find help? Contact Halifax Council on Aging at 781-293-7313



**Independence
Associates, Inc.**



**BY
APPOINTMENT**



WHAT'S UP FOR NOVEMBER 2023

WooHoo!!

New class offered: **CARDIO STRENGTH CLASS!** Do not feel intimidated because the class will be fit-2-u once the Marlene Leal understands individuals capacity. See her bio as an insert! Welcome Marlene <3

Medicare Open Enrollment begins October 15 -December 7th. Call 1-800-231-1155 to schedule an appointment with a SHINE Counselor. NOTE: welcome Michael Hes-sion, Halifax SHINE Counselor **who is volunteering his time to our center. He will be available each Thursday, beginning November 2nd.**

DASH (Dietary Approaches to Stop Hypertension) Nutritional Seminar went well in September and October! The next class is: **November 7th and November 8th** at the COA. Please call to reserve a seat, it fills up fast!

Inserts to GROWING TOGETHER newsletter allows for more information to get out to the community and to our Halifax Council on Aging members. All inserts can be found at [Monthly Newsletters | Halifax MA \(halifax-ma.org\)](#) or visit us **during scheduled activities**

Have a good day!



TRIAD Group welcomes **MASS WILDLIFE** key note speaker. Mass Wildlife is responsible for the conservation of freshwater fish and wildlife in the Commonwealth, including endangered plants and animals. Mass Wildlife restores, protects, and manages land for wildlife to thrive and for people to enjoy.

NOVEMBER 7TH AT 10:00 AM AT THE HALIFAX TOWN HALL

Bloomin' 4 Good Program

Every time a shopper purchases a \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good" at the **Halifax MA Stop & Shop**, the Halifax Council on Aging will receive a \$1 donation

Thank you!



HALFAX COUNCIL ON AGING

506 Plymouth Street

Halifax, MA 02338

Tel: (781) 293-7313 Fax: (781) 293-1774

Website: www.halifax-ma.org/COA

Presorted Standard Postage

US Postage PAID

Permit #42

Halifax, MA 02338

We are here to support South Shore Community Action Council and its efforts to reach out to qualified residents needing fuel assistance

**Monday's and Thursday's
BY APPOINTMENT ONLY**

Mission Statement

To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.

National Academy of Elder Law Attorneys

Jason Rawlins, Esq

Paula Schlosser, Esq

David Kiley, Esq

Schedule your complimentary first visit today!

HALIFAX COA

Advisory Board Chairman

Jean Gallant

COA Director

Darlene Regan

Members

Judith Rakutis, Michael Rugnetta
Sarah Sloat, Kimberly King-
Cavicchi and Ruth Mills-Walters
Fred Corrigan

COA Staff

Director

Darlene Regan

Outreach Coordinator

Search Team in Progress

Outreach Assistant

Nancy Smith-Clancy

Receptionist

Diane Smith

OCES Meals-On-Wheels

Site Coordinator

Maria Maynard

Van Drivers

Gary Long, Diane O'Brien, and
Janice Rossetter



GROWING TOGETHER

November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>We encourage Pre-Signups as we can call you with changes or cancellations!</p>		<p>1 Coffee Social COA/ 10 to 11am</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p> <p>Congregate Meal @ Noon</p> <p>ZUMBA GOLD WITH HEATHER 2 -3PM at The Great Hall</p>	<p>2 Coffee Social COA/ 10 to 11am</p> <p>YOGA WOTH KAREN CHAIR: Noon – 1:00pm GENTLE: 1:15 – 2:15pm</p> <p>SHINE BY APPOINTMENT</p>	<p>3 Coffee Social COA/ 10 to 11am</p> <p>YOUR STATE REPRESENTATIVE JOSH CUTLER is available by appointment 617-722- 2013.</p>
<p>6 Coffee Social COA/10 to 11am CRIBBAGE COA / 10 to 12pm</p> <p>CONGREGATE MEAL COA / Noon</p> <p>KNIT/CROCHET - COA COA / 1:30 to 3pm</p> <p>WRITERS' GROUP Library 1:30 to 3:30pm</p>	<p>7 Coffee Social COA/ 10 to 11am</p> <p>TRIAD GROUP AT 10 GREAT HALL</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p> <p>DASH Session 3 Noon – 2p</p>	<p>8 Coffee Social COA/ 10 to 11am</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p> <p>DASH Session 3 Noon – 2p</p> <p>ZUMBA GOLD WITH HEATHER 2 -3PM at The Great Hall</p>	<p>9 Coffee Social COA/ 10 to 11am</p> <p>YOGA WITH KAREN CHAIR: Noon – 1:00pm GENTLE: 1:15 – 2:15pm</p> <p>SHINE BY APPOINTMENT</p>	<p>10</p> <p></p> <p>Closed in Honor of Our Veterans</p>
<p>13 Coffee Social COA/ 10 to 11am CRIBBAGE COA / 10 to 12pm</p> <p>Cardio/Strength Class 10 – 11 at Great Hall</p> <p>CONGREGATE MEAL COA / Noon</p> <p>KNIT/CROCHET - COA 1:30 to 3pm</p> <p>WRITERS GROUP Library 1:30 to 3:30pm</p> <p>COFFEE WITH YOUR STATE REPRESENTATIVE KATHY LaNATRA COA/ 9:30 to 11am</p>	<p>14 Coffee Social COA/ 10 to 11am</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p> <p>Atty Kiley at 1PM</p>	<p>15 Coffee Social COA/ 10 to 11am</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p> <p>ZUMBA GOLD WITH HEATHER 2 -3PM at The Great Hall</p> <p>BOOK MOBILE DAY</p>	<p>16 Coffee Social COA/ 10 to 11am</p> <p>YOGA WITH KAREN CHAIR: Noon – 1:00pm GENTLE: 1:15 – 2:15pm</p> <p>BOOK CLUB Holmes Library at 1pm</p> <p>SHINE BY APPOINTMENT</p>	<p>17 Coffee Social COA/ 10 to 11am</p>
<p>20 Coffee Social COA/ 10 to 11am</p> <p>Cardio/Strength Class 10 – 11 at Great Hall</p> <p>CRIBBAGE COA / 10am to 12pm</p> <p>CONGREGATE MEAL COA / Noon</p> <p>KNIT/CROCHET COA / 1:30pm to 3pm</p> <p>WRITERS' GROUP Library 1:30am to 3:30pm</p>	<p>21 Coffee Social COA/ 10 to 11am</p> <p>COA ADVISORY BOARD MEETING Selectmen Mtg Rm 9:30 to 11am</p> <p>Crafts with Maddie at Noon – 2p</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p>	<p>22 Coffee Social COA/ 10 to 11am</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p> <p>ZUMBA GOLD WITH HEATHER 2 -3PM at The Great Hall</p>	<p>23</p> <p>CLOSED</p> <p></p>	<p>24 Coffee Social COA/ 10 to 11am</p>
<p>27 Coffee Social COA/ 10 to 11am</p> <p>Cardio/Strength Class 10 – 11 at Great Hall</p> <p>CRIBBAGE COA / 10am to 12pm</p> <p>CONGREGATE MEAL COA / Noon</p> <p>KNIT/CROCHET COA / 1:30pm to 3pm</p> <p>WRITERS' GROUP Library 1:30am to 3:30pm</p>	<p>28 Coffee Social COA/ 10 to 11am</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p>	<p>29 Coffee Social COA/ 10 to 11am</p> <p>HEALTH SCREENINGS COA/ 10 to 11am</p> <p>ZUMBA GOLD WITH HEATHER 2 -3PM at The Great Hall</p>	<p>30</p> <p>FEEL THE BENEFITS OF BEING WELL</p> <p>Mondays: CARDIO/STRENGTH WITH MARLENE Class 10 – 11 at The Great Hall</p> <p>Wednesdays: ZUMBA GOLD WITH HEATHER 2 -3PM at The Great Hall</p> <p>Thursdays: YOGA WITH KAREN CHAIR: Noon – 1:00pm/GENTLE: 1:15 – 2:15pm</p>	

NOTE: MONDAY AND WEDNESDAY IS CONGREGATE MEAL SITE AT THE COA

OCES NUTRITION PROGRAM

NOVEMBER 2023




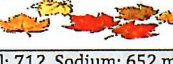




REGULAR

Please call the nutrition department for meal cancellations by cancellation by 10 am **two days** before delivery-508-584-1561.



Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starch, vegetable	1 Hawaiian Chicken 430 Pineapple Rice 4 California Vegetables 30 WW Roll 180 Fresh Banana 1 	2 Potato Crusted Pollock 333 Italian Roasted Potatoes 6 Broccoli 12 Dinner Roll 250 Lemon Juice 1 Mandarin Oranges 7	3 American Chop Suey 399 Jardiniere Vegetables 31 Oatmeal Bread 240 Brownie Cookie 230 MOD: Chocolate Oatmeal Bar 75 
		Cal: 682 Sodium: 782 mg Carb: 96 g	Cal: 698 Sodium: 990 mg Carb: 95 g	Cal: 1048 Sodium: 1038 mg Carb: 131 g
6 BBQ Pulled Pork** 547 Tater Tots 230 Sliced Carrots 77 WW Hamburger Bun 180 Fresh Apple 2	7 COLD MEAL Chicken Caesar Salad 357 Pasta Salad 46 Three Bean Salad 33 Wheat Bread 65 Caesar Dressing 287 Oatmeal Crème Cookie 150 MOD: Vanilla Bites 50	8 Macaroni & Cheese 366 Winter Vegetables 14 Cracked Wheat Bread 115 Hot Cinnamon Applesauce 20 	9 Pot Roast with Gravy 79 Buttered Noodles 38 Peas 82 Dinner Roll 250 Lorna Doones 100	10 ALL SITES CLOSED  Veterans Day
Cal: 735 Sodium: 1173 mg Carb: 88 g	Cal: 1007 Sodium: 1075 mg Carb: 114 g	Cal: 712 Sodium: 652 mg Carb: 125 g	Cal: 847 Sodium: 687 mg Carb: 112 g	
13 Chicken Parmesan** 566 Rotini w/Italian Sauce 142 Roman Vegetables 16 Vienna Bread 150 Chocolate Chip Cookie 56 MOD: SF CC Cookie 55	14 Beef Tortilla 393 Mexicali Rice 20 Chuckwagon Vegetables 3 Taco Sauce 30 Pineapple Chunks 1 	15 Honey Mustard Chicken** 607 Brown Rice & Orzo 4 Broccoli 12 Vienna Bread 150 Fresh Orange 0	16 Salmon with Lemon 6 Dill Sauce 339 Oven Browned Potatoes 6 Mixed Vegetables 42 WW Bread 65 Vanilla Pudding 229 MOD: Vanilla Wafers 50	17 Homemade Meatloaf with Gravy 202 Baked Potato Half 4 Stewed Tomatoes 251 Whole Wheat Bread 65 Sour Cream 9 Fresh Pear 2
Cal: 618 Sodium: 1066 mg Carb: 82 g	Cal: 716 Sodium: 681 mg Carb: 97 g	Cal: 651 Sodium: 910 mg Carb: 108 g	Cal: 739 Sodium: 810 mg Carb: 110 g	Cal: 860 Sodium: 671 mg Carb: 103 g
20 Popcorn Chicken w/ Sweet & Sour Sauce** 666 Fried Rice 108 Asian Vegetables 43 Oatmeal Bread 240 Clementines (2) 1	21 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 115 Strawberry Yogurt 75 Orange Juice - No Milk 15	22 HIGH SODIUM DAY Roast Turkey with Stuffing & Gravy** 722 Mashed Potatoes 165 Green Beans 3 Cranberry Sauce 1 Corn Muffin 80 Pumpkin Pie 400	23 All Sites Closed  Happy Thanksgiving	All Sites Closed
Cal: 728 Sodium: 1196 mg Carb: 106 g	Cal: 728 Sodium: 614 mg Carb: 97 g	Cal: 1714 Sodium: 1506 Carb: 132 g		
27 High Sodium Day Hot Dog** 610 Vegetarian Baked Beans 282 Zucchini & Summer Squash 3 Hot Dog Bun 165 Mustard 55 Blueberry Lemon Bites 60	28 Pasta with Meat Sauce 389 Tuscany Vegetables 41 WW Roll 180 Parmesan Cheese 55 Hot Cinnamon Peaches 6	29 COLD MEAL Chef's Salad 450 Pasta Vegetable Salad 46 WW Breadsticks 65 Italian Dressing 20 Lemon Pudding 180 MOD: SF Lemon Cookie 60	30 Beef Stew 127 Green Beans 3 Biscuit 340 Hot Caramelized Pear: 20	
Cal: 751 Sodium: 1313 mg Carb: 106 g	Cal: 792 Sodium: 809 mg Carb: 122 mg	Cal: 818 Sodium: 898 mg Carb: 96 g	Cal: 656 Sodium: 629 mg Carb: 74 g	

*Indicates food item w/>500mg sodium v=high sodium meal

ZUMBA GOLD OFFERED EVERY WEDNESDAY FROM 2 – 3PM



ZUMBA GOLD

Zumba Gold is for active adults who want to participate in a Zumba Dance class at a lower intensity. It is a class for people of all fitness levels; even for people who may be recovering from an injury. ***Zumba Gold*** is for anyone looking to have fun and get a good workout! ***Zumba gold*** choreography focuses on balance, range of motion, and coordination.

Benefits include cardiovascular, muscle conditioning, flexibility, and balance! Come ready to sweat and prepare to leave empowered and feeling strong!

MEET THE INSTRUCTOR 😊 **Heather Zukowski**

Heather is a mom to 4 kiddos and Zumba has been her “me time” for about 12 years. She is fun, silly, and goofy. Heather has loved to dance since she was a little girl. She grew up going to dancing school and was on the cheer squad and dance team in high school. Heather has been licensed to teach Zumba Fitness and ***Zumba Gold*** for over 7 years. Her goal is to create a fun atmosphere where people forget they are working out and look forward to coming back to take their next class. Expect to hear not only Latin music but also fun songs you will remember from back in the good old days and hits of today. Don't miss out on the fun and fitness!

CARDIO/STRENGTH AND MOVEMENT WITH MARLENE LEAL Monday's 10 – 11am **beginning November 13th** at 499 Plymouth Street, GREAT HALL – Halifax Town Hall



Move, sweat, and have fun... that is Marlene's motto for everyone! Marlene Leal has been a group exercise instructor for the past thirteen plus years with a concentration in ZUMBA, ZUMBA Gold, and ZUMBA Kids and Kids Jr. The last several years, Marlene added *Enhance Fitness, Forever Fit, and Aqua ZUMBA* classes to the list of her exercise programs.

Working with various demographics, and currently as an instructor for the East Bridgewater and Middleboro YMCAs, Marlene also teaches at different COAs within the Southeastern region of Massachusetts. With her busy schedule she managed to become a Healthy Heart Ambassador with the East Bridgewater YMCA.

Marlene's goal is to support others in taking care of themselves, both physically and mentally, by way of exercise. Her claim to fame is to exercise, because taking care of oneself is what allows for mobility. Mobility is what allows us the freedom to live life to its fullest! Marlene's goal is to empower ourselves because "we deserve it!" ❤️

THE HALIFAX COUNCIL ON AGING
Presents
TOMMY RULL, SINGER/ENTERTAINER'S
December Holiday Show
Classic Christmas Songs and songs from his show
"A Musical Journey Through the Years"



At The Meadow Brook Restaurant
1486 Main Street, Hanson, MA 02341
Thursday, December 7, 2023
Luncheon @ Noon . . . Entertainment @ 1:00 p.m.



"This program is supported in part by a grant from the Halifax Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Please Reserve Your Seat by November 23rd at Noon

*Cost for Lunch: \$10/person Includes your choice of
Roast Beef and Stuffed Chicken dessert, coffee, or tea.*

View Song Clips from Tommy's show at: <http://www.tommyrull.com/>



NEW LOCATION FOR HALIFAX COUNCIL ON AGING
HEALTH FITNESS PROGRAMS WILL BE AT THE GREAT HALL
(SECOND FLOOR), 499 PLYMOUTH STREET, HALIFAX 02338

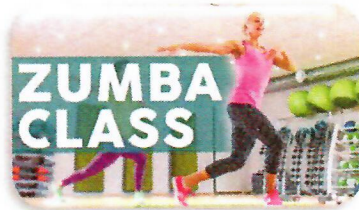
CARDIO STRENGTH CLASS WITH MARLENE LEAL

MONDAYS FROM 10 AM TO 11AM



ZUMBA GOLD WITH HEATHER ZUKOWSKI

WEDNESDAYS FROM 2PM TO 3PM



Chair and Gentle Yoga with Karen Lyons

THURSDAY'S: Chair Yoga 12:00pm (noon) to 1:00pm
Gentle Yoga 1:15pm to 2:15pm

