



# HALIFAX COUNCIL ON AGING NEWSLETTER March 2016



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**Pope's Tavern Senior Center**  
506 Plymouth Street,  
Halifax, MA 02338  
**Hours: Mon. - Thurs. 8am - 3pm**  
**Fri., 8am - 1pm**  
**781-293-7313 or 293-3883**  
**Fax: 781-293-1774**

**BOARD OF DIRECTORS**  
**CHAIRMAN.....Joy Marble**  
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**MEMBERS ... Jo Schofield**



Mark your calendars for **MARCH 16th** St. Patrick's Day Event. Noon, \$15.00pp—entertainment and wonderful food, to be held at the **Halifax Country Club**. The menu selection includes: Corned Beef & cabbage dinner (carrots, potatoes) or Baked Scrod (butter nut squash, mashed potatoes) Rolls & butter, brownie sundae, hot beverages. Our entertainment will be brought by Billy Reidy, the "South Coast Rambler". He plays several instruments, including guitar, dobro, harmonica, trumpet, trombone and percussion. Reserve your place by 3/7 with our office! **DOOR PRIZES!!**

You are invited to a special presentation known as **HONORING CHOICES** to be offered here on **TUESDAY, MARCH 29TH, 1:00PM**. This first, one-of-its-kind public education and engagement program is meant to help adults open the door to lifelong health care planning discussions. The program informs and empowers competent adults to exercise their right to choose a Health Care Agent and make a personal plan. *Your plan* then becomes a roadmap for you and your care providers to promote everyday wellness and receive the best possible care that **honors your choices** at every stage of health. It will include a Tool Kit and workshop will be taught by Norwell Visiting Nurse Anne Marie Powers, PTA, CDP. (Anne is the same nurse who taught Matter of Balance last year)



**SEARCHING FOR A JOB?** Underemployed, recently retired, not ready to stop working and looking for your "Encore Career" or looking for a new career direction....the new **Regional Networking Group** program is available to you! It is open to anyone 50 years and older, and is held at the Halifax Police Station on the 1st and 3rd Thursday of each month from 9am-noon. We encourage you to come to the March 3rd and March 17th meetings, and they will continue to be held through April, May and June. To defer the cost of these events, a donation of \$5.00 is requested. Call for information!



**PIZZA and SALAD** is served on the last Monday of the month....Please call us to know if you're interested or if you need a ride to the COA on our Senior Van!



## **A note from our Director:**

*Our seniors and friends of the Council on Aging have expressed excitement with the renovation project at hand! The next step is in process through March where the town has put out to bid the hire of an architect. The town will continue to work through this process receiving applications from firms.*

*The COA has received two grants, one has been used to hire Pat Darrah to continue to coordinate the **Keep Moving Walk Program**, to give out log books, explain the "Walking Map" in our hallway and how it works, all helping us to walk and exercise more each day to stay healthy. The second grant is a **Networking Program**, assisting those 50+ years of age, meeting twice a month (Feb -June) to develop skills with a career transition, and working with a professional career coach.*

*We have also started a new program called **Adult Coloring**, meeting on Thursdays at 12:30, which proves to be very relaxing and therapeutic. We are looking forward to a grand afternoon with our annual St. Patrick's Day Party!! If you haven't signed up please join us for lunch & entertainment. I invite you to the Senior Center for lunch, a special program, van trip, or to an educational seminar. Please stop by and introduce yourself and take a tour, I would love to meet you!*

*Fondly, Barbara*



You are invited to attend the annual **INTERFAITH SERVICE** on **Tuesday, April 19th from 11am-1pm** at the Halifax Town Hall. This event provides a time to meet others who are facing the day-to-day challenges of loss, grief and demands of the week. There will be a special service of restoration, healing and new beginnings led by Rev. Edd Bernard of the Congregational Church and Father Andrew Kwang Lee of Lady of the Lake Church. Please bring family members, a friend or neighbor to share in this event. There is an elevator to the Great Room on the second floor, and there will be a light lunch following the service. *Call us if you intend to attend so that we can plan accordingly.*

*It was one of those  
March days when the SUN shines hot  
and the wind blows cold:  
when it is summer in the light,  
and winter in the shade.*

—Charles Dickens



## GENERATIONS

*A multi-generational community group  
whose purpose is to engage in the support of the  
Halifax Council on Aging*



The Paris Cabaret....Enjoy "Broadway at Your Table" with The Starliners as they perform The Best of Broadway and Beyond! On **Sunday, April 3rd** there will be a presentation of Annie Dinner show with choice of fish, chicken, lasagna at the Starline Room in Stoughton. Car poolers will meet and leave from the COA on that day at 11:30am, \$45.00 pp, RSVP to Dottie by *March 11th!*

You're invited to the **next meeting** on Friday, April 22nd at 11:30am, with lunch (\$5.00pp). Please RSVP to Janet 781-293-9261.

There is an ongoing SILENT AUCTION of a beautiful, handmade quilt, displayed in the Common Room. Starting bids begin at \$150.00. It is 80"x80" (full size). Speak to Janet Vilano (781-293-9261) if you have questions!



## DID YOU KNOW?

●Our local library has a **FREE** "Bookmobile" program, providing home-bound residents a delivery service every other Wednesday. Based on your reading preferences (mystery, historical novel, current events, etc.) they will pick up and deliver. Sign up is EASY: call 781-293-2271

●Colored (blue, red, green, white & tan) **plastic bags** are needed for Kerstin at Rockland Trust, who knits them into blankets and they are given to homeless through the Salvation Army. Also, the COA Knitters & Crochet group meets on Monday afternoons from 1-3 and they are working on hats for the homeless through the same outreach. *Thank you all!*

●**COLORING** for adults is highly helpful! Research has proven that time spent in visual arts and coloring improves physical and emotional health! It helps distract negative thoughts away from pain and promotes feelings of peace, reducing stress, improves creativity and is fun! Bring a friend on Thursday afternoons from 12:30-2:30. Bring your coloring pencils or crayons, but coloring page options will be provided. Call to sign up!

●Some elders and those with disabilities are seeking help to clear their walkways, driveways and cars because many cannot afford to hire someone. Consider helping one of these neighbors as some need to get through this winter. Call our office if you can help! (781-293-7313)

**Why can't you tell a kleptomaniac a joke?**

*They always take things literally.*

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**KNIGHTS OF COLUMBUS**



## TRIAD

**Ken Vinton, Chairman**



Triad typically meets every **2nd Tuesday** of the month at the **Halifax Police Station, 2nd floor**. Our next meeting will be Tuesday, March 8th with Jason Thomas from the Brockton District Attorney's office. His topic involves **"Crimes Against The Elderly"**. Jason works out of the Superior Court in Brockton. All of our meetings are open to everyone, so come, listen to the speaker and enjoy coffee and refreshments after the meetings.

**COFFEE & CONVERSATION** with the Assessor, Karen Trudeau will occur at the Senior Center on **Wednesday, March 23rd at 10:00 am**. Do you want to save on your taxes? Do you qualify for tax exemptions? This will be a fun, informal session to learn more about the Senior Tax Work-Off Program which was voted at our town meeting last May 2015. Would you like to work some hours to save on your taxes if you qualify? Bring your questions and meet Karen on this date!



Call to reserve your place at the table!

## MARCH LUNCH SPECIAL (March 3rd) MENU

Roast Pork Loin with apple glaze sauce  
Baked potato with sour cream  
Parsley Buttered carrots  
Whole wheat roll  
Pumpkin cake

**LOOKING FOR VETERANS....**We'd like to host a group of veterans to meet once a month or every other month to share their memories, ideas or plan community outreach...ALL ideas are welcome. Submit ideas to starting or naming this group to Barbara Brenton, our Director.



**COMING IN APRIL...**Reduce stress through self-hypnosis on April 7 & 14th, 2:00 pm. Pre-pay and reserve your spot ... call our office!

Do you need a ride to a doctor's appointment or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs.

Thursday, noon to 1pm pick up = Stop & Shop

Friday, 9-10 am pick up = Walmart & errands



## Van rates, roundtrip

In town = \$3.00 Surrounding towns = \$6.-00

(E. Bridgewater, Hanson, Pembroke, Plympton)

Outer Towns = \$8.00

(Brockton, Weymouth, Plymouth, Hanover, etc.)






Cape Cod = \$12.00 Boston = \$30.00 (one way OR roundtrip)

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# MARCH 2016

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
|  <p><b>ALL events marked with an * require RSVP !!</b></p>                   | <p><b>1</b><br/>9:00 SHINE Assistance<br/>12:00 Lunch<br/>12:00-1:30 Nails by Julie*<br/>1:30-3:30 Tax Help with Joe Benson*<br/><br/>2:30 Line Dancing @ All Seasons Restaurant</p>   | <p><b>2</b><br/>10am-noon Quilting<br/>10:30 Wii games<br/>11:00 Chair Yoga<br/>12:00 Lunch<br/><br/>6:30 Line Dancing, All Seasons Restaurant</p>  | <p><b>3</b><br/>9:00 Men's Coffee, <b>Networking</b> @Police Station<br/>10:00 Oil Painting<br/>12:00 <b>Special Lunch*</b><br/>12:30 Coloring, Grocery Shopping</p>   | <p><b>4</b><br/>9:00 Errands &amp; Walmart<br/>10:00 Exercise<br/>11:00 Attorney Rawlins*, Ball Room dancing—Town Hall*<br/>12:00 Lunch<br/>1:00 Office closes</p>  |
| <p><b>7</b><br/>9:00 Church<br/>10:00 Computer Class &amp; Cards<br/>12:00 Lunch<br/>1-3pm Crochet/ Knitting<br/>2:00 Joy of Writing</p>                     | <p><b>8</b><br/>9:00 Best Breakfast* &amp; SHINE Assistance<br/>10:00 TRIAD @ Police Station<br/>12:00 Lunch<br/>1:30-3:30 Tax Help with Joe Benson*<br/><br/>2:30 Line Dancing @ All Seasons Restaurant</p>                                       | <p><b>9</b><br/>10am-noon Quilting<br/>10:30 Wii games<br/>11:00 Chair Yoga &amp; Veteran Agent Wil Corey<br/>12:00 Lunch<br/>12:30 My Life, My Health<br/><br/>6:30 Line Dancing, All Seasons Restaurant</p>                       | <p><b>10</b><br/>8:30 Blood Pressure<br/>9:00 Men's Coffee<br/>10:00 Oil Painting<br/>11:30-? Massage*<br/>12:00 Lunch<br/>12:30 Coloring, Grocery Shopping<br/><br/><i>call office for Massage* appointment</i></p>   | <p><b>11</b><br/>9:00 Errands &amp; Walmart<br/>10:00 Exercise<br/>11:00 Ball Room dancing—Town Hall*<br/>12:00 Lunch<br/>1:00 Office closes<br/><b>13—SUNDAY</b> </p>   |
| <p><b>14</b><br/>9:00 Church<br/>10:00 Computer Class &amp; Cards<br/>12:00 Lunch<br/>1-3pm Crochet/ Knitting<br/>2:00 Joy of Writing</p>                    | <p><b>15</b><br/>9:00 SHINE Assistance<br/>12:00 Lunch<br/>1:30-3:30 Tax Help with Joe Benson*<br/><br/>2:30 Line Dancing @ All Season's Restaurant</p>  | <p><b>16</b><br/>10am-noon Quilting<br/>10:30 Wii games<br/>11:00 Chair Yoga<br/>12:00 <b>St. Patrick's Lunch*</b> @ Country Club<br/>2:00 Men's Widow Support Group<br/><br/>6:30 Line Dancing, All Seasons Restaurant</p>         | <p><b>17</b><br/>8:30 Blood Pressure<br/>9:00 Men's Coffee, <b>Networking</b> @ Police Station<br/>10:00 Oil Painting<br/>12:00 Lunch<br/>12:30 Coloring, Grocery Shopping<br/><br/> St. Patrick's Day</p> | <p><b>18</b><br/>9:00 Errands &amp; Walmart<br/>10:00 Exercise<br/>11:00 Ball Room dancing—Town Hall*<br/>12:00 Lunch<br/>1:00 Office closes<br/><b>20-</b>  <i>Palm Sunday</i><br/>Moving Heels Race, 9am</p> |
| <p><b>21</b><br/>9:00 Church<br/>10:00 Computer Class &amp; Cards<br/>12:00 Lunch<br/>1-3pm Crochet/ Knitting<br/>2:00 Joy of Writing</p>                    | <p><b>22</b><br/>9:00 Best Breakfast* &amp; SHINE Assistance<br/>12:00 Lunch<br/>1-3pm Podiatry*<br/>1:30-3:30 Tax Help with Joe Benson*<br/>2:30 Line Dancing @ All Seasons Restaurant<br/><br/><i>Call office for Podiatry* appointments</i></p> | <p><b>23</b><br/>10:00 <b>Conversation &amp; Coffee with Town Assessor</b><br/>10am-noon Quilting<br/>10a-1pm Brown Bag<br/>10:30 Wii games<br/>11:00 Chair Yoga<br/>12:00 Lunch<br/>6:30 Line Dancing, All Season's restaurant</p> | <p><b>24</b><br/>8:30 Blood Pressure<br/>9:00 Men's Coffee<br/>10:00 Oil Painting<br/>12:00 Lunch<br/>12:30 Coloring, Grocery Shopping</p>   | <p><b>25 GOOD FRIDAY</b><br/>9:00 Errands &amp; Walmart<br/>11:00 Ball Room dancing—Town Hall*<br/>12:00 Lunch<br/>1:00 Office closes<br/><b>27-</b>  <b>EASTER</b></p>  |
| <p><b>28</b><br/>9:00 Church<br/>10:00 Computer Class &amp; Cards<br/>12:00 Pizza &amp; Salad Lunch*<br/>1-3pm Crochet/ Knitting<br/>2:00 Joy of Writing</p> | <p><b>29</b><br/>9:00 SHINE Assistance<br/>12:00 Lunch<br/>1:00 <b>Honoring Choices*</b><br/>1:30-3:30 Tax Help with Joe Benson*<br/><br/>2:30 Line Dancing @ All Season's Restaurant</p>  | <p><b>30</b><br/>10am-noon Quilting<br/>10:30 Wii games<br/>11:00 Chair Yoga<br/>12:00 Lunch<br/><br/>6:30 Line Dancing, All Season's restaurant</p>  | <p><b>31</b><br/>8:30 Blood Pressure<br/>9:00 Men's Coffee<br/>10:00 Oil Painting<br/>12:00 Lunch<br/>12:30 Coloring, Grocery Shopping</p>   | <p><b>LOCAL FOOD PANTRIES:</b><br/>♦ Congregational Church (503 Plymouth St./Rt.106)<br/>Tuesdays 2:30-400pm<br/>♦ Our Lady of the Lake Church, 2nd and last Saturday of every month<br/>9:00-10:30am. 293-7971</p>   |



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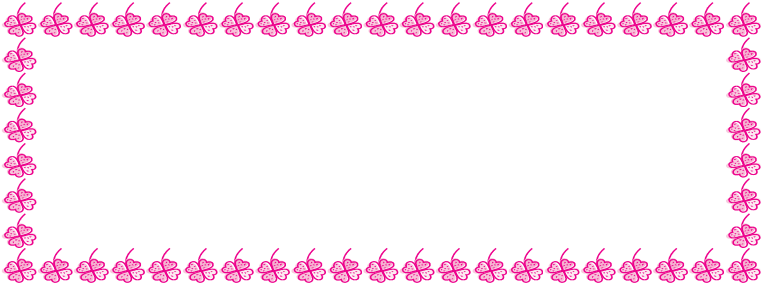
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