



HAPPY★NEW★YEAR

January 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 OUR OFFICE IS CLOSED IN OBSERVANCE OF THE NEW YEAR!</b>  <b>Town Hall + Services + schools closed</b>	<b>3</b> 9-11 SHINE* 10:00 TRIAD 12:00 Lunch* 12:30 Pedicare* <i>and</i> Nails by Julie*	<b>4</b> 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran Agent 12:00 Lunch*	<b>5</b> 9-11 Networking Group 9:00 Men's Coffee 10:00 Oil Painting 12:00 <b>SPECIAL LUNCH*</b> 12:30 Grocery Shopping 1-3 Adult Coloring 7PM Ted Reinstein at Hanson	<b>6 8:30 Pedicare*</b>  9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes
<b>9</b> 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	<b>10</b> 9-11 Best Breakfast & SHINE* 12:00 Lunch*  3:00-4:30pm Line Dancing @ All Seasons Restaurant	<b>11</b> 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Vet's Chat 12:00 Lunch* 12:30 My Life, My Health /BBB*	<b>12</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage* 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	<b>13</b> 9:00 Errands / Wal- Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes
<b>16 OFFICES CLOSED</b>   1929 1968	<b>17</b> 9-11am SHINE* 10:00 Board Mtg. 12:00 Lunch* 3:00-4:30pm Line Dancing @All Season's Restaurant	<b>18</b> 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 6:30 Line Dancing @ All Season's Restaurant	<b>19</b> 9-11 Networking Grp@Marshfield COA 8:30 Blood Pressure 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult coloring	<b>20</b> 9:00 Errands / Wal- Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes
<b>23</b> 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/ Knitting 2:00 Joy of Writing	<b>24</b> 9-11 SHINE* 12:00 Lunch*  3:00-4:30pm Line Dancing @ All Seasons Restaurant	<b>25</b> 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	<b>26</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	<b>27</b> 9:00 Errands / Wal- Mart 11:00 Attorney Rawlins* 12:00 Lunch* 1:00 Office closes
<b>30</b> 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/ Knitting 2:00 Joy of Writing	<b>31</b> 9-11am Men's Coffee & SHINE* 12:00 Lunch*  3:00-4:30pm Line Dancing @ All Season's Restaurant	<b>FAMOUS BIRTHDAYS THIS MONTH:</b> 6-Joan of Arc 14- Albert Schweitzer, Faye Dunaway 17- Al Capone, Benjamin Franklin 18- A.A. Milne, Oliver Hardy 27- Arthur Rubenstein  <b>WHO were they &amp; WHAT did they do?</b>	<b>Events noted with * means that You need to reserve by calling our office!</b>  	<b>LOCAL FOOD PANTRYS:</b> ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393  ♦ Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 781-293-7971



OUR SPOTLIGHT IS ON **BARBARA NEWCOMB** THIS MONTH.... Many of our Halifax neighbors and friends will know Barbara and have known her for awhile because she celebrated her 95th birthday in October and still enjoys her drive back and forth to Florida and here throughout the year. She can log on 1,400+ miles in 2.5 days in her standard shift Ford Focus! Barbara has an incredible ability to remember days long ago, even when the Pocahontas Coal Company was in town, and the days that she worked at the Hingham Shipyard during WWII. She was born in Norwell and had one sister, and after graduation from high school attended Bryant & Straton Business school. She has been a member of the United Methodist Church in Norwell for 60 years and met her husband at a dance. He worked as a millwright and was a Navy Seabee as well as her hero. (She's holding a picture of him) They traveled extensively through the years (Britain, Hawaii, Canada, Mexico and even drove across country a number of times). In the early 60's, Bea Calderwood asked her to help transport those who needed help getting out for errands and doctor's appointments, which she did for over 20 years. Now, she loves to play cards and participate in pool exercise. If she was able to give advice to anyone in this generation, she would stress the need to *love and listen* to our parents, accept their wisdom and learn the basics (Grades 1-6) well. If she was going out for dinner, her favorite food would be sea foods, butternut squash, tossed salad, a cream puff with chocolate sauce and ice cream. Be safe on the road and come back to visit again soon, Barbara! Happy 95th year young!



From Harold & Linda Davis....



"Our walking group is always "revved" up on the morning of our monthly walks. (Spring through Fall) The parks we visit are great and there are both medium and longer walks with good companionship. Thanks to Janet (Poulos Villano) for coordinating and planning, and her effort into making our trips truly great.... and the van drivers for bringing us safely back."



The **Better Business Bureau** will be coming to provide information about protecting and educating elderly from scams and unscrupulous companies who are looking to make a quick buck. This program will be on **Wednesday, January 11th at 12:30**. Please join us for this informative session and have lunch just before we begin! Call our office for reservations.

#### **GUARANTEED\* RECIPE FOR HAPPINESS IN 2017**

Take two heaping cups of **PATIENCE**, one heart full of **LOVE**, two handfuls of **GENEROSITY**, a dash of **LAUGHTER**, sprinkle generously with **KINDNESS**, add plenty of **FAITH**, and *mix well*. Spread over a *lifetime* and serve to everyone you meet!



A new **HOPE OUTREACH CENTER** is open in East Bridgewater at the Community Covenant Church, 400 Pleasant St., every 1st and 3rd Thursdays of the month from 5-9pm. This program is designed to proactively provide resources on a regular basis for those who are suffering from addiction or their family members can learn about resources before problems have gone too far. Find out more information at [www.ebhopes.net](http://www.ebhopes.net) or call: 504-800-0942. We also have a brochure in our office that gives more information.

#### **COMING IN FEBRUARY/MARCH....**

- Have health problems caused you to have poor sleep, physical limitations, pain, stress or anxiety, difficult emotions, depression, shortness of breath or fatigue? **Pain Self-Management** is a **FREE** 6-week program meeting weekly on Wednesdays beginning March 1-April 5th, 1-3:30pm. **LIMITED** seating for 15 people, so sign up as soon as you make the decision to join!



- Presenting "Jerri-Atric" ....

Mabel and Jerry....a hilarious, warm and exciting love story. Romeo and Juliet meet Burns and Allen! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love...the best way they can. This forty minute, one-act play will keep us laughing out loud from start to finish and leaving with a smile guaranteed to last the whole day. You don't want to miss this; **more info to come!** Our Valentine's Day Party is on Feb. 15th...

♥**BEING A GRANDPARENT** can be challenging and full of adaptations while being an influence on a child growing up in the 21st century. There is help, however, because you're not alone! Our Commonwealth has a website with much information available: [www.massgrp.com](http://www.massgrp.com)

♦**DO YOU KNOW SOMEONE STRUGGLING TO PUT FOOD ON THE TABLE?** Call **1-800-645-8333** to find out more about the food stamp program and other community food resources.