



# SENIOR CENTER NEWSLETTER

NOVEMBER 2018



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**Pope's Tavern Senior Center**  
**506 Plymouth Street**  
**Halifax, MA 02338**  
**Hours: M - Th 8am - 4pm**  
**Fri., 8am - 1pm**  
**781-293-7313 or 781-293-3883**  
**Fax: 781-293-1774**

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**WELCOME to Amy Kotouch,** our new Podiatrist who will be coming to the Senior Center every 4-6 weeks on Fridays from 8:30-2:30pm. Amy lives locally and is a graduate of Salve Regina and Temple University, doing her residency in Binghamton, New York. She has been practicing podiatry

since 2014, and will schedule 15 minute visits and treatment for the reduced cost of \$30pp. *Please call our office to schedule your appointment.*

A **FREE**  
 Thanksgiving  
 Day Lunch



(NOON) is offered to senior residents who don't have plans with family. It is held at the Halifax Country Club. CALL to reserve your space (781-293-9061) by Nov. 16th. The only stipulation is that guests bring a NON PERISHABLE food item. This donation will be given to a Food Pantry in our town.



*thankful  
 grateful  
 blessed*

Learn about how you can **save** by not over-paying for prescriptions here on **Friday, November 9th** at 11:am with Kathy Devine, Director of Prescription Advantage Operations and Outreach of the Executive Office of Elder Affairs in Boston. She will show us how, if your income is less than \$36,420 (single) or \$49,830 (married), the program can be **FREE!** **Save the date but call to reserve your space!** Be watching for your new Medicare card in the mail.



*Can't make this event? Make an appointment with our SHINE Counselor, Marie Burke to have questions and concerns answered!*



Any **VETERAN** who has served in the U.S. military is invited to a Special LUNCHEON on **WEDNESDAY, NOV. 7TH at NOON** in our Gathering Room. This lunch will be prepared by our special Chef, Laura Sullivan. Wil

Corey, our Halifax Veteran Service Officer, will be sharing his story from the military and bringing special materials and handouts.

The delicious menu plans include: Shepard's Pie, Acorn Squash wedges, crusty rolls and butter, followed by chocolate trifle and cider. No cost. **PLEASE call our office to reserve your space by Nov. 1st!**



**Our mission.....**is 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 senior lives, offering a wide array of

# GENERATIONS

... a multigenerational community group whose purpose is to engage in the support of the Council on Aging.

Please call Ken Vinton for details on being involved and monthly plans. 781-294-1057



The **INTERGENERATIONAL** program has returned! Once a month, a group of 6th graders visit the senior center to share a snack and interesting games with our senior population. Please call our office to get more details and enjoy this opportunity to keep connected with the younger generation!

On Monday, November 19th, join a group of folks with the Lunch & Shop Program who enjoy time getting out to shop and share lunch. They will be going to **Kohl's** in Pembroke, then on to the **British Beer Company** for lunch. It's only \$5pp for use of the van for transportation, not including your shopping and lunch. Please call to reserve your space and enjoy!



**YOU'RE INVITED** to come and learn how to be more confident and informed about today's technologies every **Monday morning from 10 to 11am** with our helpful volunteer Computer

Instructor, Amidou Nasser. He has knowledge and expertise with BASIC computer, Facebook, Goggle email, internet and basic browser familiarity, cell ("smart") phones, regular or basic cell phones, and so much more. Are you frustrated with basic Personal Computer basics, digital photos and management? Do you want to remove or add software to your computer? *Amidou can help!* Please call to let us know you are coming or cancelling.

**TRIAD** is a national and local three-way commitment for communication between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement (Police and Fire departments). Typically, TRIAD meets at the Halifax Police Station, 2nd floor on the first Tuesday of the month (11/6) at 10:00am.



Meetings are open to everyone; so come, hear about updates and then enjoy coffee and refreshments. TRIAD's ongoing programs include: File of Life (or car and home), safe disposal of used medications, unused eye glasses drop off, Safety Low Jack for autism/dementia, visible house number placements, and the "Are You Okay?" phone program and updates on recent scams.

Do you have concerns that you'll need some help with paying for heat or food this winter? We offer an opportunity to have a **confidential conversation** with either Brenda or Trish to learn more about ways to get help. (Fuel Assistance, Food stamp program, etc.) Please call our office to make an appointment! These appointments are Tuesday or Wednesdays, 1-3pm.



You may be asked to supply: Recent electric, telephone and fuel bills, copy 9of recent pay stubs or an award letter, copy of Veteran's benefits, worker's compensation or unemployment benefits, miscellaneous income, tax bills, rent receipts, social security cards, photo ID, and front page of your homeowners insurance policy.



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## DID YOU KNOW ?



Tuesday, November 13th the **Best Breakfast** occurs from 9-10am in the Gathering Room. Join Laura Sullivan & her amazing crew of happy volunteers. You can choose - Dave's famous Made To Order Omelets, Sausages, home fries, cheese & egg casserole, apple cranberry coffee cake, fruit crisp, hot cider and coffee/tea! Your donation for these events are going to St. Vincent DePaul Food Pantry.

The **Pot Luck Lunch** offered on **Wednesdays** is a unique opportunity to enjoy something *homemade and delicious!* It is \$2.50pp, but we need to receive YOUR phone call on the Monday before with your intent to attend *so that we have enough food prepared.*



The last Friday of every month includes a **CELEBRATION** of those who have a birthday in the month! It's offered by Old Colony Elder Services and is **FREE** to those who have a birthday in the month. All are welcome! Enjoy this special *offering but reserve your space by calling us AT LEAST 3 days beforehand.* Menu: Chicken Meatballs with Sauce, Spiral Pasta, California Vegetable blend, wheat bread, lemon squares

**Leftover Turkey?** Try this recipe for **TURKEY TETRAZZINI**



### Ingredients

- \* 8 ounces whole wheat pasta
- \* 4 Tbsp. unsalted light butter
- \* 2 cps. Fresh mushrooms
- \* 1 tsp. dried thyme
- \* 1/2 cp. All purpose flour
- \* 2 cups. Reduced-sodium chicken broth
- \* 1+1/2 cup. Low fat milk
- \* 4 cps. Chopped cooked turkey
- \* 1 cp., frozen peas
- \* 2 Tbsp. grated Parmesan cheese

### Directions

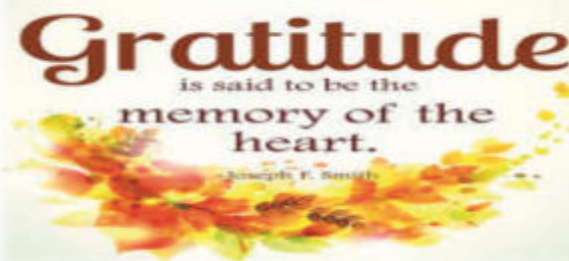
1. Preheat oven to 400 degrees. Lightly grease 9x9 baking dish.
2. Boil pasta until done but slightly firm.
3. While pasta is cooking, melt butter in saucepan over medium heat. Add mushrooms and thyme. Cook until mushrooms are soft.
4. Slowly whisk flour into butter mushroom mixture until well blended.
5. Slowly whisk in chicken broth and milk. Bring to boil, then reduce heat; simmer until sauce is thickened. (<5 minutes)
6. Mix in turkey, peas, and cooked pasta to sauce. Pour into baking dish and sprinkle with cheese.
7. Bake until the sauce is bubbly and cheese is golden brown (25-35 minutes)

Adapted from [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov) by Old Colony Elder Services

On Thursday, November 15th, Kathleen Nolan will be offering a craft creation class at 1:30 for you to make this

**handsome turkey in a**

**pumpkin.** It will cost only \$4pp, and all supplies are provided. Please call our office to *reserve your space* so that enough supplies will be ready.



### SAVE THE DATE!

On December 11th, our **Christmas Lunch** at the Lady of the Lake Function Hall will feature Halifax residents, Jeff and Heather Jones. Aka "The Joneses" are a married acoustic duo who have played music together for over 30 years and have made a living playing in bars, restaurants, weddings, senior centers, house parties, and corporate events for the last 2.5 years. They play popular songs from the last six decades and beyond with lots of harmonies and toe-tapping fun!



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