



SENIOR CENTER NEWSLETTER



October
2019



NUTRITION / M.O.W. Maria Maynard
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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 781-293-3883

BOARD OF DIRECTORS
CHAIRMAN Jo Schofield
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OUR **ANNUAL HALLOWEEN PARTY** WILL be on Thursday, October 31st from 12-2pm in the Great Hall of the Town Hall.

DON'T MISS THIS FUN EVENT! We'll offer a pumpkin carving display, costume contest, music and the Traveling Chef Carving Station (Turkey + trimmings, special dessert also) from Old Colony Elder Services. Call to reserve your space, wear a special costume and bring a friend!



Don't miss **GENERATIONS Family Friendly Cow Plop Day** On The Grid at NEXT STEP FARM—65 County Rd., Plympton. Raffles, feed the animals, cornhole challenge, crafters—and much more!

Did you know that TaiChi is offered **Mondays in the Town Hall from 11am to noon?** The minimal cost is \$4.00 pp but the benefits are priceless! Here are a few of the benefits of Tai Chi for seniors: Relieves physical affects of stress, promotes deeper breathing, improves lower body and leg strength, helps with arthritis pain, reduces blood pressure, requires mind and body integrate through mental imagery, improves your balance and stability by strengthening ankles and knees. *That's a win—win!*

OCTOBER IS A PERFECT MONTH TO GET OUT AND RIDE TO NEW PLACES, TAKE A WALK AND ENJOY THE COMPANY OF OTHERS. Chris Tompkins is ready for you to join them! Join this friendly traveling group, bring your lunch and water, wear comfy shoes, and \$5pp for a seat on the van. CALL our office to reserve your space! (9a-2p)



Monday, October 7th: Brewster Gardens & Jenny Grist Mill

Monday, October 28th: Spooky Trip to ??



Our local **FIRE DEPARTMENT** will bring a presentation on **KITCHEN SAFETY** and **CARBON MONOXIDE & SMOKE DETECTOR** tips on **Wednesday, October 16th from 1-2pm**. Join us for lunch and stay after for this very helpful seminar on how to avoid being a percentage of in-home fires. Call to let us know you'll be here!



Come on in and see what **changes** that are on the horizon.... This summer, there was a Board of Selectman meeting about the future of our building. A few ideas were introduced, and now we want to hear from **YOU!** A suggestion box will be located in the entry to the Gathering Room, and we'd appreciate you taking the time to complete an anonymous survey and tell us **YOUR** ideas.

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 programs, transportation and advocating on their behalf when necessary; thereby promoting independence, wellness and dignity.



GENERATIONS

... a multigenerational community group whose purpose is to engage in the support of the Council on Aging. They invite you to be a part of their mission and attend their events. Please make donations of clothing & books in the metal container behind the Pope's Tavern COA Bldg. Proceeds will benefit the group's mission.

FAMILY FRIENDLY COW PLOP & FUN

at NEXT STEP FARM
(65 County Rd., Plympton)
October 5, 11a-4pm

MIDSUMMER NIGHT'S DREAM

Theatre trip Oct. 20th
Call Dottie Martel 781-801-4822
to reserve by 10/10

MEMBERSHIP MEETING@HH, HMP

October 21st, 10:00 am

ALL BOARD MEMBERS MUST BE PRESENT!

DO YOU KNOW OF SOMETHING THAT WOULD BE OF INTEREST TO OUR SENIOR CITIZENS? Please bring details for possible inclusion in our monthly newsletter.

The DEADLINE for updates or changes for our newsletter is the 5th of each month.

Join us!

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) Ongoing programs include: File of Life (for car and home), safe disposal of used medications, Safety Low Jack for autism/dementia, visible house number replacement, Lock Box and the "Are You Okay?" phone program and updates on recent scams.



TUESDAY, OCTOBER 1, 10am-noon

Robin Putnam will speak on IDENTITY THEFT AND FRAUD PROTECTION. She is the Research Manager for the Mass. Office of Consumer Affairs and Business Regulation. Very timely and useful information will be available to help you guard your personal information.

TRIAD meetings are open to everyone. TRIAD typically meets at the Halifax Police Station, 2nd floor on the first Tuesday of each month at 10:00am. Come hear about important community news and updates. *You don't have to be a resident of Halifax to attend!* Enjoy coffee and refreshments.

BEST BREAKFAST = *Best place to be!*

9-10:30am

October 8th, Tuesday

Join us for Dave's Famous omelets, breakfast casserole, country apple coffee roll cake, cider and hot beverages

Please be mindful that donations given are to cover costs and benefit our local food pantry.

A **Potluck Lunch*** is offered during the month and we provide a delicious homemade meal for only \$2.50pp. **We need to receive YOUR reservation by the Monday before with your intent to attend so that we have enough food prepared.** If you have a special diet or want to bring your own, please know that we're flexible!



October 2nd: Tortilla Wrap Sandwich, Macaroni Salad & Cornbread

October 9th: Chicken Soup (for the soul), Grilled Sandwich, and Pumpkin Surprise Dessert

October 16th: Macaroni & Cheese, Salad & Dessert

October 23rd: American Chop Suey, Salad, Homemade crusty bread and Lemon Lush

► Reach the Senior Market

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Karen Fontaine to place an ad today!

kfontaine@lpiseniors.com or (800) 477-4574 x6350



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WE THINK YOU SHOULD KNOW!

The mission of **Old Colony Elder Services (OCES)** is to support the independence and dignity of elders and individuals by providing essential information and services that promote healthy and safe living. The Old Colony Elder Service Nutrition Program enhances the quality of life for older adults by providing nutritionally sound and satisfying meals. Meals are available here Monday, Thursday and Friday at our "Gathering" Dining Room. You are invited to attend any Community Dining program. In addition to a nutritious meal, Community Dining gives you opportunities for socialization and education. You may get help with home health, Lifeline and even homemaking services by contacting one of our **Outreach Workers, Tricia or Brenda** will be glad to help you.

If it is difficult to prepare nutritious meals at home, you can also receive a home-delivered meal through the **Meals on Wheels (MOW) Program**. MOW gives you a connection to the community and also serves as a safety check. The OCES monthly menu is planned by a registered dietician and is included in our monthly newsletter.

We'd like you to meet and know **Maria Maynard, our Nutrition Manager** in Halifax. Maria has been working here for eighteen years and **LOVES** her job. She **LOVES** to cook up Italian foods (especially Chicken Cacciatore), **LOVES** her 2 dogs, **LOVES** her childhood sweetheart, Brian, and **LOVES** to cook on a grill all year long! Maria also **LOVES** overseeing the delivery of delicious meals to seniors to their homes. The meals come from a catered kitchen (check the menu enclosed here!). Maria **LOVES** seeing the benefits of MOW has for so many who just need a friendly volunteer to bring a meal and smile. Each meal offers: bread, milk, entrée and dessert for a small suggested donation of \$2.50. **PLEASE CALL MARIA, BRENDA or TRICIA to set up this wonderful and helpful service!**



Here's the pumpkin nutrition facts to show you just how good it is to eat.

One cup=80 calories with 18g carbs, zero cholesterol, 80 mg. sodium, zero fat, 588 mg. potassium, 4 g. protein. They are 90% water! Yummy.

Taken from:

www.pumkinnook.com/facts/nutrition.htm



Keep Learning!

Keep Growing!

Bridgewater State University

offers six week seminars and courses for mature learners. Check out what is available at

www.bridgew.edu/seniorcollege or call

508-531-2711 and have their flyer mailed to you.

- ◆ History
- ◆ Relationships
- ◆ Election 2020 concerns
- ◆ Making the Media meaningful
- ◆ Local Government engagement
- ◆ Debunking Nutrition Myths

We have their flyer available in the office for you to look at



We're happy to inform you of a monthly **BOOK CLUB** that meets here. The next meeting will **Thursday, October 10th, 1:00pm**. Please join Lynette Toohey who will facilitate us. It is time to join a lively discussion and thoughtful conversation!



TEXTING FOR SENIORS

BFF - best friend fell
BTW - bring the wheelchair
TTYL - talk to you louder
BYOT - bring your own teeth
LMDO - laughing my dentures out
FWIW - forgot where I was
IMHAO - is my hearing aid on?
OMMR - on my massage recliner
ROFLACGU - rolling on the floor laughing and can't get up

New in town!

Halifax has received a website makeover, and it's quite impressive! Take the time to explore the pages within.

Go to: www.halifax-ma.org



We make every effort to ensure the accuracy of information within our newsletter.

However, changes and cancellations may occur during off site printing, so it is best to **recheck with our office** on a specific interest

<p>Independent, Assisted Living & Memory Care</p>  <p>508.588.5334 www.ConnemaraSeniorLiving.com 25 E. Nilsson St, Brockton, MA 02301</p>	<p>Home Sales @ Halifax Estates Visit Us @ ParkSalesGroup.com "Plain - Simple - Straightforward"</p>  <p>@Halifax Estates 781-294-1087 Home Sales @ Halifax Estates</p>	 <p>Old Colony Elder Services Providing services to the community since 1974</p> <p>144 Main Street • Brockton, MA 02301 • 508-584-1561 Fax: 508-897-0031 • info@ocesma.org • www.ocesma.org</p>
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