

# Halifax Senior Center

## NOVEMBER 2022

November is a time of reflection and “giving thanks” is important as well. Much of what we do at the Council on Aging reflects the voices from Halifax residents, families, older adults, and some living in isolation.

The Halifax Council on Aging’s mission and future goal is to build stronger networks and promote community collaboratives that are geared towards the demographics of the Halifax community. Our core values aim to encourage practices that tailor supportive programs to ones needs. Examples of programs and services at Halifax Council on Aging includes but not limited to outreach, transportation (with some restrictions), meals (congregate or home delivered), health benefits counseling, fitness, and wellness programs. Connecting residents to services and programs while creating partnerships to support their needs is a third of what we do, and as I mentioned in my previous shout-outs, “it takes a village” to support aging.

Let us reflect and give thanks to those who support us each day, and to caregivers who provide connections to transparent networks that really aim to “say what they do and do what they say.”

*Respectfully,*

*Darlene Regan,*

*Director of Elder Affairs, Halifax*



Thankful

We welcome STEVE LITTLEFIELD, Halifax Veteran Service Officer. We want to give thanks to former VSO WILL COREY for his public service to Halifax Veteran’s and their families. Kind thoughts to him with future endeavors.

### **REMEMBER:**

**STEVE LITTLEFIELD IS AVAILABLE AT THE HALIFAX CoA NOVEMBER 7TH AT 9AM AND EVERY SECOND MONDAY OF THE MONTH AT 9AM**





**Deadline for adding an event and/or activity to the Halifax Council on Aging calendar is the 15th of the month prior to the event or activity.**

**Please remember:**

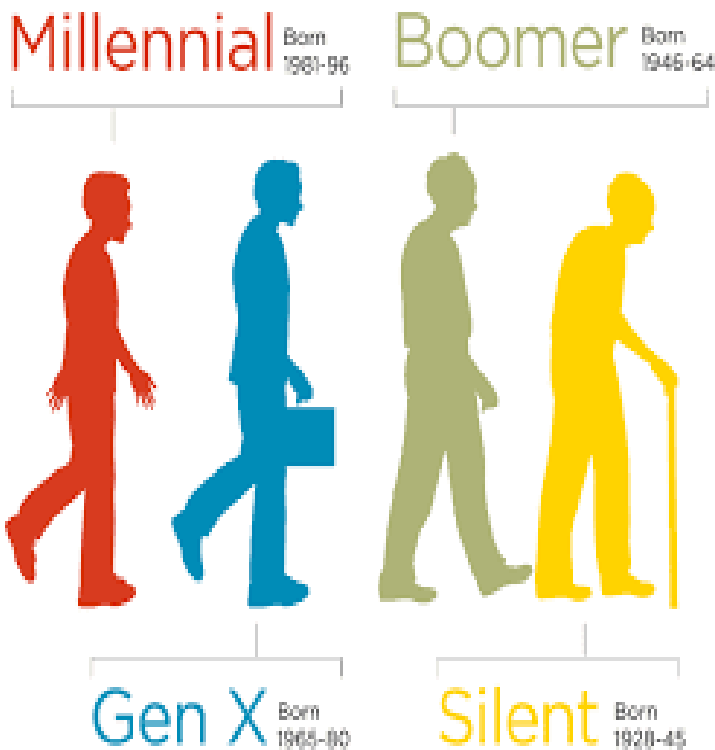
**The Halifax Council on Aging will promote instructors who are licensed in their field and have waivers of safety from their participants**

## **FITNESS and WELLNESS CLASSES:**

PLEASE CALL THE CoA TO REGISTER -

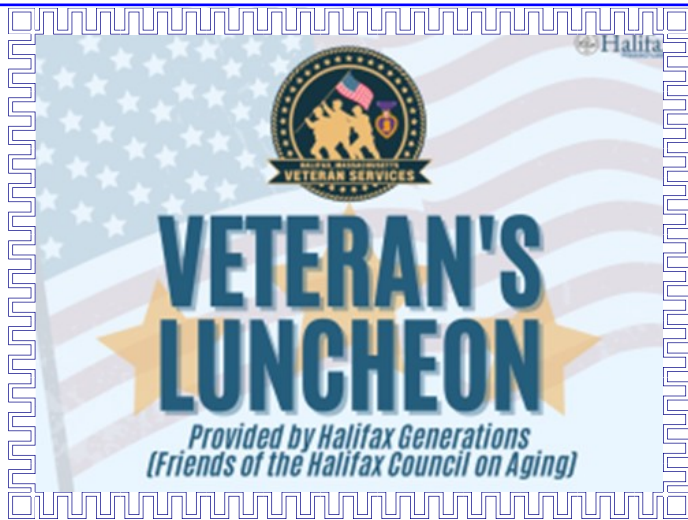
- CHAIR YOGA/GENTLE YOGA
- ◆ HEALING HANDS
- ◆ LINE DANCING
- ◆ ZUMBA GOLD
- ◆ SOCIAL GROUPS
- ◆ LEARNING EVENTS
- ◆ FOR THE LOVE OF ART

**GENERATIONS IS A MULTIGENERATIONAL COMMUNITY GROUP WHOSE SOLE PURPOSE IS TO ENGAGE IN THE SUPPORT OF THE COUNCIL ON AGING.**



**INTERESTED IN JOINING, PLEASE SEE THE MEMBERSHIP FORM INSERT. THE CURRENT YEAR RUNS FROM SEPTEMBER 2022 TO AUGUST 2023.**

**BECOMING A MEMBER OF GENERATIONS EITHER AS A MEMBER OR VOLUNTEER WILL HELP HALIFAX SENIOR CENTER SERVE OUR NEXT GENERATION TODAY AND FOR TOMORROW**



**We invite all Halifax veterans to be honored at a Veterans Luncheon assembly in the Great Hall at the Halifax Town Hall on Wednesday, November 9th, 2022 from 11 am to 1pm**

**Please RSVP by Monday, November 7th, 2022 to Isabella Rose via e-mail at [isabellarose343@aol.com](mailto:isabellarose343@aol.com) or to Jeanne Kling by calling (781) 258-6537.**

***This event is provided by Halifax Generations (Friends of the Halifax Council on Aging), a non-profit 501(c)3 organization and is not an official department, group, or entity of the Town of Halifax, MA***

**UPCOMING DATES IN DECEMBER:**  
***Christmas Luncheon*** at Meadow Brook in Hanson on December 8 @ noon. \$15/person with the remaining to be paid by the Executive Office of Elder Affairs Grant Fund.  
***“For the Love of Art”*** classes will begin in December. Watch for the details ...  
***Arts and Crafts*** class will be offered in December. If you have time come join a class or two as we get ready for the holidays.  
 Don't forget to destress with Bella , Yoga with Mary Lou and/or ZUMBA with Heather - NAMASTE! WEEKLY CLASSES FILL UP QUICK— DON'T HESITATE TO SIGN UP EARLY AT 781-293-7313

**AT YOUR SERVICE**  
**MONTHLY VISITS**  
**Meet your State Representatives:**  
**Josh Cutler** is available the first Friday each month - 11.04.2022 @ 10AM  
**Kathy LaNatra** is available the first Monday of each month 11.07.2022 9:30-11  
**SHINE**  
 Please call 1-800-231-1155 for an appointment  
**Legal Consultations w/ Attorney Jason Rawlins will be offered on December 16 from 11:30 –12:30 (fills up quickly)**  
 Complimentary 30 minute appointments offered the last Friday of each



506 Plymouth Street  
Halifax, MA 02338  
Tel: (781) 293-7313 Fax: (781) 293-1774  
Website: [www.halifax-ma.org/COA](http://www.halifax-ma.org/COA)

Presorted Standard Postage  
US Postage PAID  
Permit #42  
Halifax, MA 02338

**HOURS OPEN TO THE COMMUNITY**

**MONDAY - FRIDAY: 8:00 A.M. - 4:00 P.M.**



**COUNCIL ON AGING  
ADVISORY BOARD**

**CHAIRMAN:**

Jo Schofield

**Co CHAIR:**

Darlene Regan

**MEMBERS:**

Jean Gallant

Judith Rakutis

Michael Rugnetta

Sarah Sloat

Ivy Matheny

Kimberley King-Cavicchi

**COA STAFF**

**DIRECTOR:**

Darlene Regan

**OUTREACH COORDINATOR:**

TBA

**RECEPTIONIST:**

Diane Smith

**NURSE:**

Tricia Ross

**OCES MEAL SITE MANAGER**

**MANAGER, MEALS-ON-**

**WHEELS:**

Maria Maynard

**VAN DRIVERS:**

Gary Long, Diane O'Brien

*Halifax Council on Aging 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.*



# November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>TRIAD</b> Great Hall, 499 Plymouth St 10am – 12pm  <b>MEN'S COFFE HOUR</b> COA/ 10 to 11am  <b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm	<b>2</b> <b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 am to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am Zumba Gold with Heather	<b>3</b>   <b>MEN'S COFFEE HOUR</b> COA / 10 to 12 pm	<b>4</b>   <b>COFFEE WITH YOUR STATE REPRESENTATIVE JOSH CUTLER</b> COA/ 10 to 11am
<b>7</b> <b>CRIBBAGE</b> COA / 10 to 12pm <b>CONGREGATE MEAL</b> COA / Noon <b>KNIT/CROCHET</b> COA / 1:30 to 3pm <b>JOY OF WRITING</b> COA 1:30 to 3:30pm  <b>MEET AND GREET WITH VETERAN'S AGENT STEVE LITTLEFIELD</b> COA/ 9:00 to 10:00am	<b>8</b> <b>MEN'S COFFE HOUR</b> COA/ 10 to 11am  <b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm  <b>STATE ELECTION AND SPECIAL HALIFAX TOWN ELECTION</b> HALIFAX ELEMENTARY SCHOOL 7pm to 8pm	<b>9</b> <b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am <b>VETERAN'S LUNCHEON</b> Halifax Great Hall 11 to 1pm	<b>10</b>   <b>HEALTH SCREENINGS</b> COA/ 8:30 to 11:30 am  <b>MEN'S COFFEE HOUR</b> COA / 10 to 12 pm	<b>11</b>   <b>TOWN OFFICES CLOSED</b>
<b>14</b> <b>CRIBBAGE</b> COA / 10 to 12pm <b>CONGREGATE MEAL</b> COA / Noon <b>KNIT/CROCHET</b> COA / 1:30 to 3pm <b>JOY OF WRITING</b> COA 1:30 to 3:30pm  <b>COFFEE WITH YOUR STATE REPRESENTATIVE KATHY LaNATRA</b> COA/ 9:30 to 11am	<b>15</b>  <b>COA ADVISORY BOARD MEETING</b> Selectmen Mtg Rm @ 9:30 to 11am  <b>MEN'S COFFE HOUR</b> COA/ 10 to 11am  <b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm	<b>16</b> <b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am  <b>BOOK MOBILE DAY</b>	<b>17</b>   <b>HEALTH SCREENINGS</b> COA/ 8:30 to 11:30 am  <b>MEN'S COFFE HOUR</b> COA / 10 to 12 pm  <b>BOOK CLUB</b> Holmes Library at 1pm	<b>18</b>   <b>MOVIES &amp; POPCORN</b>  
<b>21</b> <b>CRIBBAGE</b> COA / 10am to 12pm <b>CONGREGATE MEAL</b> COA / Noon <b>KNIT/CROCHET</b> COA / 1:30pm to 3pm <b>JOY OF WRITING</b> COA 1:30am to 3:30pm	<b>22</b>  <b>MEN'S COFFE HOUR</b> COA/ 10 to 11am  <b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm	<b>23</b> <b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am	<b>24</b> COA will be closed to observe the Holiday  	<b>25</b>  <b>*ATTORNEY RAWLINS ESTATE PLANNING</b> COA at 10  *By appointment only
<b>28</b> <b>CRIBBAGE</b> COA / 10am to 12pm <b>CONGREGATE MEAL</b> COA / Noon <b>KNIT/CROCHET</b> COA / 1:30pm to 3pm <b>JOY OF WRITING</b> COA 1:30am to 3:30pm	<b>29</b>  <b>MEN'S COFFE HOUR</b> COA/ 9:30am to 11am  <b>HEALING HANDS/BELLA</b> COA / 1:00 to 2pm	<b>30</b> <b>HEALTH SCREENINGS</b> COA/ 10 to 11am <b>CHAIR YOGA</b> Henrich Hall at Halifax Estates 9:45 am <b>WOMEN'S COFFEE HOUR</b> COA / 10 to 12 pm <b>GENTLE YOGA</b> Henrich Hall at Halifax Estates 10:45am	Please call the COA at (781) 293-7313 or e-mail <a href="mailto:COA@halifax-ma.org">COA@halifax-ma.org</a> to sign-up for activities and events.  Want to receive our newsletter via e-mail? Subscribe today on the Town's website ( <a href="http://www.halifax-ma.org/subscribe">www.halifax-ma.org/subscribe</a> ).	



OCES NUTRITION PROGRAM

NOVEMBER

CONGREGATE MEALS ARE HIGHLIGHTED YELLOW

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 CONGREGATE	TUESDAY	CONGREGATE WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 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 and bread.	<b>1</b> Beef Chili 260 Brown Rice 4 Green Beans 3 Corn Muffin 80 Peach Cups 6	<b>2</b> Pesto Chicken 437 Parslied Rotini 4 Roma Vegetables 16 Oat Bread 115 Diced Pears 18 	<b>3</b> Potato Crunch Fish 337 Sweet Potato Wedges 200 Roasted Italian Zucchini 15 Wheat Bread 65 Tartar Sauce 85 Fresh Orange 0	<b>4</b> Roast Pork with Apple Cider Gravy 100 Whipped Sweet Potatoes 36 Mixed Vegetables 42 WW Roll 180 Applesauce 15
Cal: 814 Sodium: 490 mg Carb: 101 g From meal: 58	Cal: 814 Sodium: 490 mg Carb: 101 g From meal: 58	Cal: 742 Sodium: 728 mg Carb: 94 g From Meal: 65	Cal: 874 Sodium: 839 mg Carb: 105 g From meal: 75 g	Cal: 722 Sodium: 509 mg Carb: 90g From meal: 66 g
<b>7** HIGH SODIUM DAY</b> Hot Dog* 610 Vegetarian Baked Bean 282 Jardiniere Vegetable: 31 Mustard 55 WW Hot Dog Roll 85 Canteloupe Chunks 12	<b>8</b> Pasta w/Meat Sauce 101 Tuscany Vegetables 41 Parmesan Cheese 55 Whole Wheat Roll 180 Lorna Doones 100	<b>9</b> Omelet with Cheese 424 Home Fries 6 Pepper and Onions 54 Snack Loaf 160 Yogurt 75 Orange Juice- No milk 15	<b>10</b> Italian Pot Roast 280 Buttered Egg Noodles 38 Spinach 110 WW Breadstick 65 Chocolate Pudding 190 Mod: SF Choc Pudding 170	<b>11</b> NO MEALS SERVED 
Cal: 663 Sodium: 1214 mg Carb: 86 g From meal: 62	Cal: 707 Sodium: 618 mg Carb: 91 g From Meal: 66	Cal: 761 Sodium: 765 mg Carb: 98 g From meal 64 g	Cal: 706 Sodium: 821 mg Carb: 84 g From Meal: 45	
<b>14</b> Lasagne with Bolognese Sauce 344 Italian Vegetables 19 Italian Bread 97 Parmesan Cheese 55 Hot Cinnamon Peach 6	<b>15</b> Pork Choppette with Gravy* 657 Roasted Potatoes 6 Carrot Coins 67 Whole Wheat Bread 65 Fresh Apple 2	<b>16 Cold Meal</b> Egg Salad 224 Potato Salad 50 Coleslaw 64 WW Hamburger Bun 80 Chocolate Chip Cookie 56 MOD: SF Chocolate Chip Cookie 55	<b>17</b> Beef Burgundy 181 Buttered Noodles 38 Zucchini & Carrots 40 Whole Wheat Roll 240 Caramelized Pears 20 	<b>18</b> Breaded Pollock 190 Potato Wedges 260 Scandinavian Vegetables 41 Tartar Sauce 85 Italian Bread 97 Vanilla Pudding 220 MOD: SF Vanilla Pudding 142
Cal: 661 Sodium: 658 mg Carb: 78 g From meal: 48	Cal: 822 Sodium: 934 mg Carb: 101g From meal: 66	Cal: 903 Sodium: 612 mg Carb: 90 g From meal: 47	Cal: 766 Sodium: 658 mg Carb: 93 g From Meal: 48 g	Cal: 736 Sodium: 1030 mg Carb: 96 g From meal: 57 g
<b>21</b> BBQ Pulled Pork 385 Sweet Potato Tots 230 Broccoli Cuts 12 WW Hamburger Bun 127 Mixed Fruit Cup 5	<b>22</b> Beef Shepherd's Pie 276 California Vegetables 30 Rye Bread 330 Caramelized Apples 24 	<b>23** HIGH SODIUM DAY</b> Cranberry Chicken 349 Stuffing 33 Mashed Potatoes 165 Green Beans 3 Dinner Roll 250 Pumpkin Pie 398 Mod: Apple Crisp 131	<b>24</b> NO MEALS SERVED 	<b>25</b> Cheeseburger 337 Brown Rice & Orzo 4 Zucchini Squash 2 WW Hamburger Bun 80 Ketchup 82 Brownie Cookie 230 MOD: Lorna Doones 100
Cal: 610 Sodium: 849 mg Carb: 87 g From meal: 61	Cal: 746 Sodium: 797 mg Carb: 85 g From Meal: 57	Cal: 1016 Sodium: 1335 mg Carb:142 g From Meal: 71 g		Cal: 1030 Sodium: 872 mg Carb: 124 g From Meal: 60 g
<b>28</b> BBQ Chicken 181 Whipped Sweet Potato: 38 Collard Greens 110 Oatmeal Bread 254 Vanilla Wafers 98 	<b>29</b> Chicken Picatta 368 Parslied Rotini 4 Tuscany Vegetables 41 Cracked Wheat Bread 142 Fresh Apple 2	<b>30</b> Potato Crunch Pollock 220 Sweet Potato Tots 230 Stewed Tomatoes 251 WW Bread 65 Tartar Sauce 85 Mandarin Oranges 7		
Cal: 725 Sodium: 855 mg Carb: 107 g From Meal: 48 g	Cal: 696 Sodium: 667 mg Carb: 105 g From meal: 69	Cal: 853 Sodium: 999 mg Carb: 129 g From meal: 68		

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