

GROWING TOGETHER

SERVING THE HALIFAX COMMUNITY



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UPCOMING EVENTS

TRIAD

Tuesday, April 4 at 10:00 AM

Presentation on Paramedics

SPECIAL LEARNING ACTIVITIES/EVENTS AND WELLNESS

- ♦ **Every Tuesday**, April 4, 11, 18, 25 time TBA
For the Love of Art" with Renee MacMurray/Local Artisan
- ♦ **Every Friday**, April 7, 14, 21, and 28 time 10am - 12pm
Writing from your Heart: Your Life Stories Matter

AGING WITH GRACE (1 OF 5 PART SERIES)

April 26th from 1:00pm to 2:00pm

NeighborWorks Housing Solutions Presentation

FIELD TRIP EVENT

Friday, April 28 at 11:00am to 1pm

Poet Laureate Martin Espada at 11:00 at Massasoit Community College



506 Plymouth Street
Halifax, MA 02338



(781) 293-7313



Monday - Friday
8:00 AM - 4:00 PM



www.halifax-ma.org/COA

FITNESS And WELLNESS CLASSES:

VIEW THE CALENDAR FOR DATES AND TIMES !

CALL THE CoA TO REGISTER

- CHAIR YOGA/GENTLE YOGA WITH MARY LOU AT HENRICH HALL
- ZUMBA GOLD/ WITH HEATHER AT GREAT HALL
- BLOOD AND DIABETES CHECKS WITH THE HALIFAX Board of Health (see schedule)



SOCIAL ACTIVITIES:

VIEW THE CALENDARE FOR DATES AND TIMES !

CALL THE CoA TO REGISTER

- CRIBBAGE EVERY MONDAY
- KNITING/CROCHET GROUP EVERY MONDAY
- OCES HOT COMMUNITY MEALS EVERY MONDAY AND WEDNESDAY
- JOY OF WRITING GROUP EVERY MONDAY
- WRITING FROM THE HEART: YOUR LIFE STORY MATTERS OFFER FRIDAY
- BOOK CLUB (HOLMES LIBRARY EVERY THIRD THURSDAY)
- MEN'S COFFEE GROUP EVERY TUESDAY AND THURSDAY
- WOMEN'S COFFEE GROUP EVERY WEDNESDAY
- CRAFTS WITH MADDIE 1ST AND 3RD TUESDAYS EACH MONTH
- FOR THE LOVE OF ART EVERY TUESDAY AT THE DESIGN STUDIO ROCKLAND
- HEALTH SCREENINGS
- COFFEE WITH HATLIFAX VETERAN'S AGENT 2ND MONDAY EACH MONTH
- COFFEE WITH YOUR STATE REPRESENTATIVE 1ST FRIDAY AND SECOND MONDAY/MONTH

APRIL CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	4 9:30am-10:30am Men's Coffee Hour (COA) 9:30am-11:30am RENEE MacMURRAY (200 WEYMOUTH STREET, ROCKLAND, MA 02370) 10am-12pm TRIAD - Paramedic Presentation (TOWN HALL, Second Floor Great Hall) 12pm-2pm CRAFTS WITH MADDIE (HALIFAX COUNCIL ON AGING)	5 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-11am Health Screenings - TBA (COA) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)	6 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA)	7 Good Friday State Representative Josh Cutler Off-Site Hours (Please call 617-422-2013 for an appointment; or email josh.cutler@mahouse.go) 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING)
10 9:30am-11am Coffee with State Representative Kathleen LaNatra 9:30am-10:30am Coffee with Veteran's Agent Steve Littlefield 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	11 9:30am-10:30am Men's Coffee Hour (COA) 9:30am-11:30am RENEE MacMURRAY (200 WEYMOUTH STREET, ROCKLAND, MA 02370)	12 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-11am Health Screenings - TBA (COA) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)	13 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA)	14 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING)
17 Tax Day (Taxes Due) PATRIOT'S DAY 	18 9:30am-11am Council on Aging Board Meeting (499 Plymouth Street, Halifax (Selectmen Meeting Room)) 9:30am-10:30am Men's Coffee Hour (COA) 9:30am-11:30am RENEE MacMURRAY (200 WEYMOUTH STREET, ROCKLAND, MA 02370) 12pm-2pm CRAFTS WITH MADDIE (HALIFAX COUNCIL ON AGING)	19 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-11am Health Screenings - TBA (COA) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)	20 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA) 1pm-3pm Book Club a COA Event (Holmes Library)	21 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING) 12pm-2pm Popcorn and Movie Day - EASTER PARADE (Council on Aging)
24 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	25 World Malaria Day 9:30am-10:30am Men's Coffee Hour (COA) 9:30am-11:30am RENEE MacMURRAY (200 WEYMOUTH STREET, ROCKLAND, MA 02370)	26 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-11am Health Screenings - TBA (COA) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 1pm NeighborWorks Housing Solutions Presentation (499 Plymouth Street, Halifax (Great Hall)) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)	27 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA)	28 Arbor Day 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING) 11am-12:30pm Attorney Jason Rawlins (HALIFAX COUNCIL ON AGING) 11am-1:30pm POET LAUREATE MARTIN ESPADA (MASSASOIT COMMUNITY COLLEGE)

WHAT'S THE CHATTER



FOR THE LOVE OF ART



WHAT'S NEW AT HALIFAX COA?

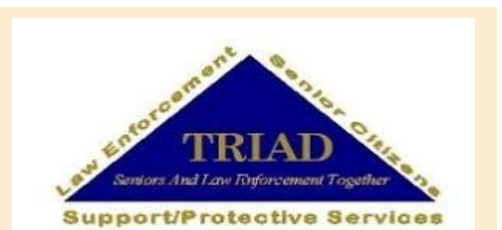
Spring is near and we set our clocks back an hour, where did time go?

There have been many studies exploring the effect of age on the perception of time passing faster as we age. Gerontologists have looked at the relationship between age and one's perception of time; only to find that "older adults versus younger adults perceive time passing quickly when engaged in productive activities" John and Lang (2015, p. 1836).

Halifax Council on Aging Community has an energy like no other. Always willing to learn, participate and grow to adapt to the environment that never remains stagnant. From TRIAD, ART, CROCHETING and CRAFTS, the CoA Community rises to the occasion. The blueprint of every Council on Aging/Community of Active Living aims to promote age-friendly centers. The future State of Massachusetts is to work to build stronger networks that can improve economic security, transportation, affordable housing, and ensure access to credible resources that support aging with grace.

Each community has a different perspective of caring for its aging population, creating an imbalance of services, activities, and wellness programs. The spirit and leadership, however, can spark the interest of promoting quality resources and helping individuals navigate options. The "good thing" - we have choices; and not everyone should follow the same path. We hope you will enjoy viewing some of the many pictures from our Halifax CoA Community. Time is precious, and every day should matter for the betterment of living well.

Wishing you all well,
Darlene Regan,
Director



COA COMMUNITY ENRICHMENT



MASS CULTURAL COUNCIL AND HALIFAX LOCAL CULTURAL COUNCIL

Mass Cultural Council and Halifax Local Cultural Council have provided wonderful opportunities for the Halifax Community. Many thanks to those who write grants to make value-added programs.



MATT YORK - Songs and Stories is a music series that I've been performing throughout New England since just before COVID. While all my life, I've performed my own original songs, I've also been a huge fan of music and been an avid reader and listener of so many of my musical heroes. Songs and Stories is a 60 or 90 minute performance that blends songs by the artists and stories about their upbringing and impact on music



Davis Bates has been telling stories for over forty-four years, in schools, libraries, colleges and community settings around New England and across the country. His recording of Family Stories won a Parent's Choice Gold Award, and was named one of the year's best Audio Recordings by Booklist Magazine. He has also served as director and consultant for several local and regional oral history and folk arts projects. Davis lives in the village of Shelburne Falls, MA, and when he isn't collecting or learning stories, he spends his time acting in local theater productions, developing various pollinator projects and working with the Hampshire College Alumni Action Group and gardening on the Hampshire campus and at home.

Answer to Sudoku

1	9	8	4	7	3	5	6	2
4	7	3	2	6	5	1	9	8
2	6	5	9	1	8	4	3	7
7	2	6	5	4	1	9	8	3
3	8	4	7	2	9	6	5	1
5	1	9	3	8	6	2	7	4
9	3	7	1	5	4	8	2	6
8	5	1	6	3	2	7	4	9
6	4	2	8	9	7	3	1	5

GIVING THANKS TO ALL THE VOLUNTEERS WHO GIVE OF THEIR TIME TO HALIFAX COUNCIL ON AGING





HALIFAX COUNCIL ON AGING

506 Plymouth Street

Halifax, MA 02338

Tel: (781) 293-7313 Fax: (781) 293-1774

Website: www.halifax-ma.org/COA

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PUZZLES & GAMES

Dad Jokes

What do dentists call
their x-rays?

Tooth pics!

Did you hear about
the first restaurant
to open on the
moon?

*It had great food, but
no atmosphere.*

What did one ocean
say to the other
ocean?

*Nothing, it just
waved.*

Why should you
never trust stairs?

*They're always up to
something.*

When does a joke
become a 'dad' joke?

*When it becomes
apparent.*

Sudoku **Answers on page 6**

Fill in the grid so that every row, column and
3x3 box contains the numbers 1 through 9.

			4	7			6	
4	7		2		5	1		
2				1	8			
7	2	6				9		
					9			1
		9					7	4
				5			2	6
8							4	

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DIFFICULTY: ★★★★★

What does a house wear?

Address!

Why doesn't Dracula have any friends?

Well, honestly, he's a real pain in the neck.

HALIFAX COA

Advisory Board

Chairman

Jean Gallant

COA Director

Darlene Regan

Members

Judith Rakutis

Michael Rugnetta

Sarah Sloat, and Kimberly King-
Cavicchi

COA Staff

Director

Darlene Regan

Outreach Coordinator

TBA

Outreach Assistant

Nancy Smith-Clancy

Receptionist

Diane Smith

Nurse

Tricia Ross

OCES Meals-On-Wheels

Site Coordinator

Maria Maynard

Van Drivers

Gary Long, Diane O'Brien, and
Janice Rossetter