

# GROWING TOGETHER

## SERVING THE HALIFAX AGELESS COMMUNITY



### Puttin' on the Ritz

Monday May 20<sup>th</sup>,  
Plymouth Center for  
Active Living  
1pm-3pm

**PLYMOUTH NETWORK  
GROUP** is sponsoring this  
event to those who en-  
ter their names in the  
raffle box at the Council  
on Aging. Can't get here  
no problem just call at  
781-293-7313



**April 22-26th is**

### **Volunteer Appreciation Week!**

Thank you to all of our wonderful volunteers  
who dedicate their time and talents to the Coun-  
cil on Aging. We are thankful to each and every  
one of you!

If you are looking for volunteer opportunities,  
please stop by the COA! We are always looking  
for volunteers to help with various events and  
activities during the week!

Volunteers between 01/01/2024 and 03/26/2024  
Filters: Hours 6 135.5 141.5 Volunteers between  
01/01/2023 and 12/31/2023 Filters: Hours



■ Activity ■ Administrative Support ■ Board Member  
■ Food Help ■ Network Group ■ Totals

**HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM**

# COMMUNITY PAGE

Check out these great FREE events we are offering this month!

- **TRIAD: April 2nd 10:00 The Great Hall**

Eric Meschino will speak about his adventures while Deep Sea Fishing. Refreshments will be served. All are welcome!

- **The Pop Art School: April 10th 10:00 COA**

Follow along step-by-step as we paint a serene mountain landscape using watercolor paint. Learn about atmospheric perspective and how to create a sense of the depth in your painting. No experience necessary ! Please call to register!

We want to thank our local Halifax businesses who support  
our ageless community:

*Soul Purpose Wellness Studio, 274 Plymouth Street*

*Nonnie's Italian Grille, 315 Plymouth Street*

*The Farm at Raven Brook, 137 Wood Street*

*Halifax Mobile Estates, Henrich Hall*

## Landscape Water Color

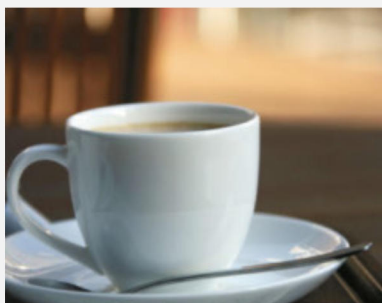
**April 10th  
10:00-11:30  
Halifax COA**



## Coffee and Conversation

Senator Michael Brady  
May 1th  
11:00-12:00pm  
Halifax COA

Kathy LaNatra  
TBD



## COA Newsletter Sponsors

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**THANK YOU**



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to reach your community



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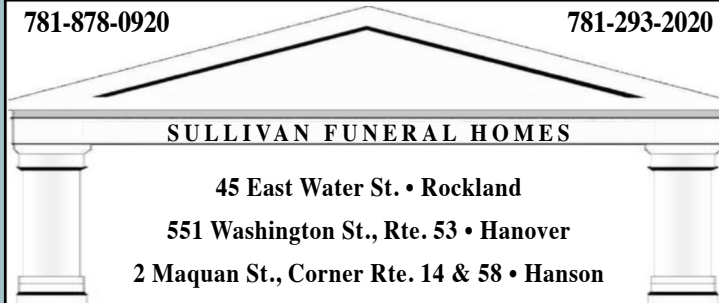
**Steve Persichetti**

[spersichetti@lpicommunities.com](mailto:spersichetti@lpicommunities.com)

**(800) 888-4574 x3403**

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Halifax Council on Aging, Halifax, Ma 06-5390



# COMMUNITY PAGE

## Welcome to Soule Purpose Wellness Studio!

Soul Purpose Wellness Studio has welcomed the COA to their beautiful studio to hold our chair yoga class. We are grateful to be apart of their Zen and peaceful space.

Thank you Kerri Macpherson for your generosity and support to our community!

**Classes will be \$5.**

**Chair Yoga will be held on Thursdays at 10:45am.**  
**The studio is located at 274 Plymouth Street, Halifax**



## **Looking to travel with Dot and her crew, check this out:**

- MAY 15th    Odyssey Lunch \$150/pp  
              2 Hour Boston Harbor Cruise  
              3 Course Plated Lunch
- JUNE 19th    Newport Marble House \$127/pp  
              Tour Of Marble House Mansion  
              Baked scrod, Pasta Primavera or Chicken Piccata  
              90 Minute Tour of Newport with a Bus Guide
- Sept 11th    Providence Little Italy \$119/pp  
              Visit Scialos Bakery with lunch at Cassarino's Restaurant  
              Choice of: Baked Fish/Ceasar Salad and Dessert  
              Guided Tour of Providence
- Oct 15th    Newport Lobsterfest \$167/pp  
              Lobster Luncheon with Theater Performance



# OUTREACH NEWS

## REMINDER!

Fuel Assistance and recertifications are due  
by April 30th!  
Appointments are required for  
application assistance



## Blood Pressure Screenings

Wednesdays  
10:45 am-12:30pm  
With YMCA Heart Healthy  
Ambassador Marlene Leal  
No Appointment Necessary!



Putting Healthy Food  
Within Reach

USDA  
Supplemental  
Nutrition  
Assistance  
Program

Snap Senior Assistance Office  
833-712-8027

We are happy to assist with Snap Applications  
Please call the COA to make an appointment

First FIVE residents who call the COA April 19th will win a FREE  
Ticket to Hip Hop Boot Camp with Rondae Drafts, edu



Independence  
Associates, Inc.



BY  
APPOINTMENT





## Second Annual **"DON'T SHEAMUS—JOIN US" AFTER ST. PATRICKS DAY EVENT**

A BIG SHOUT OUT TO G. ELLEN CORRIGAN MEMORIAL FUND for financing

Musician and Entertainer

**DAVID TRY** [davetry@davetry.com](mailto:davetry@davetry.com)



TRIAD will hold its monthly meeting on  
April 2nd at 10:00 AM at the Town Hall.  
**Coffee and Refreshments** will be served.  
Eric Meschino will speak about his deep sea  
fishing adventures.  
All are welcome!





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*In youth, love and art. In age,  
investments and antiques. -Mason Cooley*

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## HALFAX COUNCIL ON AGING

**506 Plymouth Street**

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### Mission Statement

The Council on Aging's mission is to advocate for older adults and persons with a documented disability; to identify the economic, health, social, and cultural needs of our community; to provide an environment of support, learning, and socialization while striving to enrich lives by offering a wide array of programs, transportation, and advocating on the behalf of seniors and persons with a documented disability, when necessary, thereby promoting their independence, wellness, and dignity and improving their quality of life.

### National Academy of Elder Law Attorneys

Jason Rawlins, Esq

Paula Schlosser, Esq

David Kiley, Esq

Schedule your complimentary first visit today!

**April 2024 | Growing Together**

## HALIFAX COA

### Advisory Board Chair

Jean Gallant

### COA Director

Darlene Regan

### Members

Judith Rakutis, Michael Rugnetta

Sarah Sloat, Kimberly King-

Cavicchi and Ruth Mills-Walters

Fred Corrigan

### COA Staff

### Director

Darlene Regan

### Outreach Services & Programs

### Coordinator

Barbara Curtis

### Outreach Assistant

Nancy Smith-Clancy

### Receptionist

Diane Smith

### OCES Meals-On-Wheels

### Site Coordinator

Maria Maynard

### Van Drivers

Gary Long, Diane O'Brien, and

Janice Rossetter

# April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Coffee Social</b> <b>COA 10:00-11:00AM</b> Cribbage-10-12 COA <b>Cardio Strength</b> <b>The Great Hall 10-11</b> Community Dining COA 12:00  Knitt/Crochet- 1:30-3:00	<b>2 Coffee Social</b> <b>COA 10:00-11:00am</b>  Triad 10:00 The Great Hall Eric Meschino Deep Sea Fishing 	<b>3 Coffee Social COA</b> <b>10:00-11:00am</b> Community Dining COA 12:00 <b>Blood Pressure Screening</b> <b>10:45-12:30</b>  <b>Zumba Gold</b> The Great Hall 2:00-3:00pm	<b>4 Coffee Social</b> <b>COA 10:00-11:00am</b>  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>5 Coffee Social</b> <b>COA 10:00-11:00am</b>  <b>Open Art Class</b> COA 10:00-12:00pm 
<b>8 Coffee Social</b> <b>COA 10:00-11:00AM</b> Cribbage-10-12 COA <b>Cardio Strength</b> <b>The Great Hall 10-11</b> Community Dining COA 12:00 Knitt/Crochet- 1:30-3	<b>9 Coffee Social</b> <b>COA 10:00-11:00am</b>  Attorney David Kiley 1:00-3:00 COA	<b>10 Coffee Social</b> <b>COA 10:00-11:00am</b> Community Dining COA 12:00 <b>Blood Pressure Screening</b> <b>10:45-12:30</b> <b>Pop Art School</b> <b>10:00-12:30 COA</b> <b>Zumba Gold</b> The Great Hall 2:00-3:00pm	<b>11 Coffee Social</b> <b>COA 10:00-11:00am</b>  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>12 Coffee Social</b> <b>COA 10:00-11:00am</b>
<b>15 Patriots Day</b>  COA Closed. 	<b>16 Coffee Social</b> <b>COA 10:00-11:00am</b>  <b>Crafts with Maddie</b> <b>12:00-2:00 COA</b>  COA Advisory Board Meeting 9:30-11:00	<b>17 Coffee Social</b> <b>COA 10:00-11:00am</b> <b>Blood Pressure Screening</b> <b>10:45-12:30</b> Community Dining 12:00pm COA <b>Zumba Gold</b> The Great Hall 2:00-3:00pm Bookmobile	<b>18 Coffee Social</b> <b>COA 10:00-11:00am</b>  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>19 Coffee Social</b> <b>COA 10:00-11:00am</b>  <b>Open Art Class</b> COA 10:00-12:00pm 
<b>22 Coffee Social</b> <b>COA 10:00-11:00am</b> Cribbage-10-12 COA <b>Cardio Strength</b> <b>The Great Hall 10-11</b> Community Dining COA 12:00  Knitt/Crochet- 1:30-3:00	<b>23 Coffee Social</b> <b>COA 10:00-11:00am</b>	<b>24 Coffee Social</b> <b>COA 10:00-11:00am</b> <b>Blood Pressure Screening</b> <b>10:45-12:30</b> Community Dining 12:00 COA <b>Zumba Gold</b> The Great Hall 2:00-3:00pm	<b>25 Coffee Social</b> <b>COA 10:00-11:00am</b>  Chair Yoga- 10:45am Soul Purpose Wellness Studio	<b>26 Coffee Social</b> <b>COA 10:00-11:00am</b>  Attorney Jason Rawlins 11:00-12:30 COA
<b>29 Coffee Social</b> <b>COA 10:00-11:00am</b> Cribbage-10-12 COA <b>Cardio Strength</b> <b>The Great Hall 10-11</b> Community Dining COA 12:00  Knit/Crochet 1:30-3	<b>30 Coffee Social</b> <b>COA 10:00-11:00am</b>			



# OCES NUTRITION PROGRAM

APRIL 2024

REGULAR

**Old Colony Elder Services**  
Providing services to the community since 1974

**Please call the nutrition department for meal cancellations by  
cancellation by 10 am *two days* before delivery-508-584-1561.**

**Community Dining Menu in the Yellow**

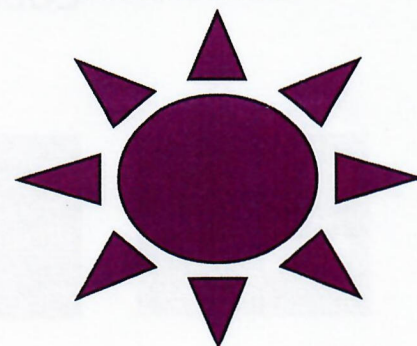
**Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pasta with Meat Sauce 294 Italian Vegetables 19 WW Dinner Roll 180 Parmesan Cheese 55 Hot Caramelized Apple 23  Cal:756 Sodium: 709 mg Carb: 112 g From Meal: 85 g	<b>2</b> Chicken Stew 318 Green Beans 3 Corn Muffin 80 Hot Cinnamon Pears 19  Cal: 640 Sodium: 545 mg Carb: 85 g From Meal: 54 g	<b>3 COLD MEAL</b> Tuna Salad on Lettuce Bed 294 Potato Salad 50 Tomato Broccoli 58 Cucumber Salad WW Hamburger Bun 180 Raisins 5  Cal: 735 Sodium: 729 mg Carb: 97 g From Meal: 52 g	<b>4</b> Honey Mustard Chicken 235 Brown Rice & Orzo 4 Broccoli 12 Vienna Bread 150 Fresh Banana 1   Cal: 756 Sodium: 540 mg Carb: 109 g From Meal: 70 g	<b>5</b> Roast Pork with 100 Apple Cider Gravy Mashed Potatoes 20 Mixed Vegetables 42 Whole Wheat Roll 180 Vanilla Pudding 220 MOD: Diet Gelatin  Cal:794 Sodium: 699 mg Carb: 100 g From Meal: 51 g
<b>8 No Milk</b> Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 115 Yogurt 75 Orange Juice 15  Cal: 728 Sodium: 614 mg Carb: 96 g From meal: 61 g	<b>9 HIGH SODIUM MEAL</b> Hot Dog 480 Vegetarian Baked Beans 282 Zucchini Squash 3 Mustard 55 WW Hot Dog Bun 165 Apple Oatmeal Bar 75  Cal: 752 Sodium: 1207 mg Carb: 107 g From meal: 71 g	<b>10</b> Chicken Marsala 319 Parslied Rotini 4 Roman Vegetables 16 Vienna Bread 150 Lorna Doones 100  Cal: 714 Sodium: 726 mg Carb: 84 g For meal: 54 g	<b>11</b> Turkey Chile 285 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 80 Fresh Nectarine 0  Cal: 743 Sodium: 507 mg Carb: 105 g From meal: 79 g	<b>12</b> HM Meatloaf with Gravy 300 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Blueberry Bites 60  Cal: 893 Sodium: 657 mg Carb: 100 g From meal: 67 g
<b>15 NO MEALS SERVED</b>  Happy Patriots' Day	<b>16</b> Chicken Parmesan 395 Pasta with Italian Sauce 125 Italian Vegetables 19 Dinner Roll 260 Parmesan Cheese 55 Graham Crackers 85  Cal: 782 Sodium: 1077 mg Carb: 103 g From meal: 73 g	<b>17 COLD MEAL</b> Dilled Egg Salad 289 Pasta Vinaigrette Salad 5 Coleslaw 64 Cracked Wheat Bread 115 Fresh Orange 0  Cal: 915 Sodium: 610 mg Carb: 95 g From meal: 65 g	<b>18</b> Cajun Tilapia 102 Brown Rice Pilaf with 15 Peas and Carrots Carrots 77 Rye Bread 330 Fruit Cup 6  Cal: 619 Sodium: 677 mg Carb: 85 g From meal: 59 g	<b>19</b> American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6  Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 57 g
<b>22</b> BBQ Chicken 231 Mashed Spiced Yams 66 Fiesta Blend Vegetables 16 Whole Wheat Bread 65 Chocolate Pudding 190 MOD: Diet Gelatin  Cal: 783 Sodium: 846 mg Carb: 123 g From meal: 86 g	<b>23</b> Macaroni & Cheese 366 Spinach 110 WW Roll 180 Fresh Apple 2   Cal: 717 Sodium: 795 mg Carb: 127 g From meal: 92 g	<b>24</b> Chicken Cacciatore* 502 Parslied Rotini 4 Green Beans 3 Dinner Roll 260 Pineapple Tidbits 1  Cal:790 Sodium: 908 mg Carb: 113 g From meal: 58 g	<b>25</b> Potato Crunch Pollock 333 Buttered Rice 14 Broccoli & Carrots 45 Tartar Sauce 85 Whole Wheat Roll 180 Fresh Pear 2  Cal: 725 Sodium: 796 mg Carb: 104 g From meal: 52 g	<b>26 COLD MEAL</b> Mediterranean 597 Tortellini Salad* California Vegetable Salad 190 Cracked Wheat Bread 115 Apple Cinnamon 85 Grahams  Cal: 710 Sodium: 1125 mg Carb: 103 g From meal: 73 g
<b>29</b> Cheeseburger 390 Oven Browned 6 Potatoes Jardiniere Blend Vege 31 Ketchup 82 WW Hamburger Bun 180 Fresh Tangerine 4  Cal :743 Sodium: 749 mg Carb: 101 g From meal: 63 g	<b>30</b> Chicken with Gravy 302 Roasted Sweet Potatoes 45 Collard Greens 30 Oatmeal Bread 240 Cinnamon Bites 71  Cal: 748 Sodium: 852 mg Carb: 95 g From meal: 62 g	<b>Nutrition information</b> 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		



# Happy Birthday April Babies!

Bruce Egerton	Karen Thomsen	Doreen Bent	William Albanese
Lorrie Getchell	Tina Tonello	Georgianna Co-Wallis	Donn Burgess
Melanie Harvey	Joanne Uvanitte	Gerald Co-Wallis	June Cordone
Lisa Penzo-Johnson	Shelia Woolf	David Currier	MaryAnn Delacono
Robert Almedia	Donald Brine	Robert Douyette	William Johnson
David Balkcom	Donna Marie Cheever	Jean Glenda Duncan	Ronald Martin
Judith Barry	Linda Evans	Maria Dutra	David Mason
Ann Bernier	Paula Foley	Mary Fahey	Robert Majarian
Deborah Bowles	Joyce Gannon	David Harraden	Kathleen Patterson
Frederick Brady Jr.	Dawn Gauthier	Herbert Hawkins	Mary Rose
Edward Brown	Donna Grady	Janet Lamarche	Teresa Sears
Suzane Bruno	Robert Howland	Alfred Lemay	Harry Towne
Terry Flaherty	John Leary	Elizabeth McLaughlin	Janet Bosley
Edwin Freeman	Wanda Manoogian	Gail Macgillivray	Theresa Festa
Nancy Giblin	Dennis McGurr	Kathleen Mitchelle	Carol Gough
Glorida Gould	Daniel Parsons	Elizabeth Mclaughlin	Mary Harlow
Robert Haugh	Karen Phillips	Iris Perkoski	Sandra Landstrom
Rita Hill	Canstance Rapoza	Sandy Pratt	Mildred Mahar
Rhonda Hinchey	Charles Sherman	Peter Provost	Fran Mollomo
Jean Jennings	Margaret Smith	Jeffery Shadrick	Richard Nolan
Karen Kotai	David Sprague	Judith Shea	Pricilla Torrey
Shirley Macleod	Maureen Stennes	Kathleen Smith	William Sherwood
Richard Mahoney	Williams Carol	Roseanne Walsh	
Bryan Newell	Dick Wright	Patricia Wells-Williams	
Walter Perlman	Margaret Babcock	Cheryl Wise	
Carolyn Petitjean	Susan Basile	Tom Zotos	
Joseph Smith			

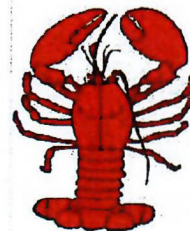


# TRAVEL WITH THE FUN PACK

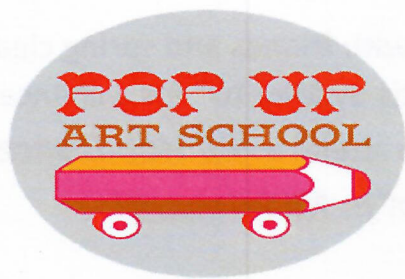
**Looking to travel with Dot and her crew  
check this out:**

**Call Dottie at 781-801-4822**

- MAY 15th**    Odyssey Lunch \$150/pp  
2 Hour Boston Harbor Cruise  
3 Course Plated Lunch
- JUNE 19th**    Newport Marble House \$127/pp  
Tour Of Marble House Mansion  
Baked scrod, Pasta Primavera, or Chicken  
Piccata  
90 Minute Tour of Newport with a Bus Guide
- Sept 11th**    Providence Little Italy \$119/pp  
Visit Scialos Bakery with lunch at  
Cassarino's Restaurant  
Choice of: Baked Fish/Ceasar Salad and  
Dessert  
Guided Tour of Providence
- Oct 15th**    Newport Lobsterfest \$167/pp  
Lobster Luncheon with Theater Performance







## For the Love of Art Program

**Wednesday, April 10<sup>th</sup>**

**10:00 AM Halifax COA**

With Instruction from the Pop-Up Art School, follow along step-by-step as we paint a serene mountain landscape using watercolor paint. Learn about atmospheric perspective and how to create a sense of the depth in your painting. No experience necessary! Please call the COA to register!



Many Thanks to the Massachusetts Cultural Council and The Halifax Local Council



**Mass  
Cultural  
Council**





## "Spring in your Step" Bingo!

Springtime is a great time to move your body, reconnect with friends and spring clean! Get 4 spots in a row in any direction and submit to Barbara Curtis by May 10<sup>th</sup> for a chance to win some great prizes. **5 lucky** participants will get a chance to attend a **Hip Hop Dance Bootcamp with Music Dance.edu on May 31<sup>st</sup> Oak Point in Middleboro!**

Take a walk outdoors	Donate books/games to a local charity	Come to Zumba at the COA	Call a friend or family member to say hello
Attend any class at the COA	Eat a meal outside or near a bright sunny window	Spring Clean your home	Get social! Come to coffee hour at the COA
Take 5 deep breaths or try meditation	Try a new and healthy recipe	Do a random act of kindness	Come to Cardio Strength
Listen to music that makes you happy	Stay Hydrated. Drink extra water today	Come to yoga class at the COA	Go outside and listen for the birds and the sounds of spring

Name: \_\_\_\_\_

Please Choose one!

- ☐ Please sign me up for a chance to win Hip Hop Bootcamp on May 31<sup>st</sup>
- ☐ Please sign me up for other great prizes
- ☐ No prizes needed- Happy to participate!

