

GROWING TOGETHER

SERVING THE HALIFAX COMMUNITY



**Coffee with your State
Representatives and
Veterans Agent**

December 1st

State Representative
Josh Cutler call 617-722-2013

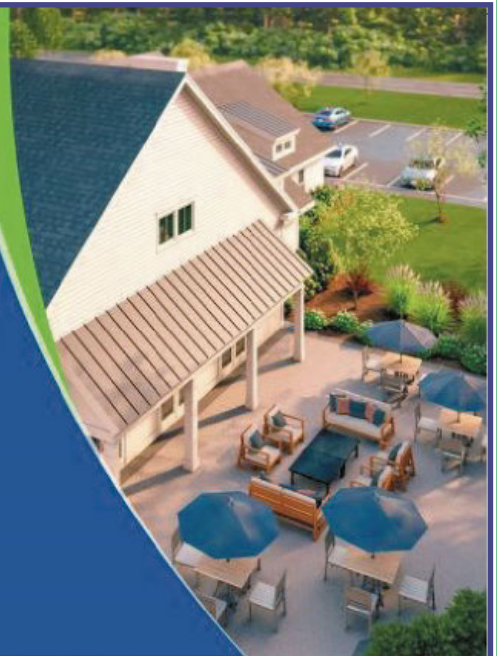
December 11th

State Representative
Kathy LaNatra 9:30 -11am
And Veterans Agent
Steve Littlefield 9:30- 10:30am



SUPPORT OUR
HALIFAX SENIORS

VOTE YES!



JOIN US IN-PERSON FOR A SPECIAL TOWN MEETING

What are we voting “YES!” on?



New Senior Center



Expanded Senior Housing



Town Pickleball Courts



Economic Growth

All at no additional cost to tax payers.

DEC. 14
6:30PM

For more information, visit

HALIFAXSENIORS.INFO

HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

COMMUNITY PAGE

Veteran's Day held on November 11, 2023 was a moment for Halifax to thank all Military Families, First Responders, Military Forces Currently Serving and those who Served always in our hearts. Forever grateful to VSO Steve Littlefield and all who planned an honorable event.



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Halifax Council on Aging, Halifax, Ma 06-5390

COMMUNITY PAGE

JOIN THE SECOND WIND CLUB AND HAVE YOUR TALENTS SHINE



Bloomin' 4 Good Program

Every time a shopper purchases a \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good" at the **Halifax MA Stop & Shop**, the Halifax Council on Aging will receive a \$1 donation

Thank you!

JOIN THE BOOK CLUB AND IMMERSE YOURSELF
CALL 781-293 -7313



RMV Senior Hour and Senior Reservation



The Massachusetts Registry of Motor Vehicles (RMV) is excited to announce senior hour, for customers who are age 65+ and for people with disabilities, at all RMV service centers every Wednesday from 9am until 10am, by reservation only.

Customers age 65+ must make a reservation to visit the RMV during designated Wednesday senior hour by either calling the RMV's 65+ reservation line at (857) 368-8005 or by going online to [Mass.Gov/RMV](https://www.mass.gov/rmv). Available RMV services during designated senior hour include driver's license and ID renewals, REAL ID transactions, and registration and title transactions.

AAA Offices offer RMV Services to Members

AAA members can conduct driver's license and ID renewals, REAL ID transactions, and registration renewals at AAA branches by appointment only. You must be a AAA member and must book an appointment with AAA in advance by visiting [AAA.com](https://www.aaa.com)

Thanks for sharing this information with staff and members of the community

OUTREACH NEWS

Blood Pressure Screenings on the Move

The Town of Halifax contracts nurse M. Laurie Montuori to provide two (2) free walk-in adult wellness screenings the first Tuesday each month in 2023. Please see the dates, times and where the screenings will be held.

WHEN: December 5, 2023

WHERE: *Halifax Town Hall—499 Plymouth Street, 9—10am (Follow the signs)*
Halifax Mobile Estates, 33 Redwood Drive, Community Bldg 10:30—11:30am

HEALTHY LIVING COLLABORATIVE (BLOOD PRESSURE SCREENINGS) OFFERED AT THE COUNCIL ON AGING - 506 PLYMOUTH STREET FROM 11:00— 12:30

TUESDAYS: December 5, 12, 19 and TBA 26

WEDNESDAYS: December 6, 13, 20 and TBA 27

DASH (Dietary Approaches to Stop Hypertension) Program:

Tuesday day DECEMBER 12th and Wednesday DECEMBER 13

Time: 11:00—12:00pm

Confused on where to find help? Contact Halifax Council on Aging at 781-293-7313



**Independence
Associates, Inc.**



**BY
APPOINTMENT**



WHAT'S UP FOR DECEMBER 2023

FIT AND WELLNESS CLASSES

We provide paid receipts for your insurance company annual workout reimbursement—just call 781-293-7313

New class offered: **CARDIO STRENGTH CLASS** is going well. Do not feel intimidated because the class will be fit-2-u once the Marlene Leal understands individuals capacity. Keep up your strength at \$5/class.

DASH (Dietary Approaches to Stop Hypertension) Nutritional Seminar went well in September and October! The next class is: *and November 8th* at the COA. Please call to reserve a seat, it fills up fast!

Inserts to GROWING TOGETHER newsletter allows for more information to get out to the community and to our Halifax Council on Aging members. All inserts can be found at [Monthly Newsletters](#) | [Halifax MA \(halifax-ma.org\)](#) or visit us during scheduled activities
Have a good day!



**TRIAD MEMBERS WILL ENJOY THEIR
HOLIDAY PARTY/YANKEE SWAP
TUESDAY DECEMBER 5TH
10:00 AM AT THE HALIFAX TOWN HALL**



**Medicare Open Enrollment begins
October 15th—December 7th**

Call 1-800-231-1155 or Halifax Council on Aging 781-293-7313 (appointments held each Thursday from 9am to 3pm at the Halifax COA)

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Halifax Council on Aging, Halifax, Ma 06-5390



HALFAX COUNCIL ON AGING

506 Plymouth Street

Halifax, MA 02338

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

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We are here to support South Shore Community Action Council and its efforts to reach out to qualified residents needing fuel assistance

**Monday's and Thursday's
BY APPOINTMENT ONLY**

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.

National Academy of Elder Law Attorneys

Jason Rawlins, Esq
Paula Schlosser, Esq
David Kiley, Esq

Schedule your complimentary first visit today!

HALIFAX COA

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OCES Meals-On-Wheels

Site Coordinator

Maria Maynard

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Gary Long, Diane O'Brien, and
Janice Rossetter

Plympton & Carver TRIAD



GIVING BACK

FOOD DONATION DRIVE

This holiday season we are asking
our TRIAD to give back to the
community. Please bring non-
perishable food items.

PLYMPTON GREEN

DECEMBER 8TH

12:00 - 3:00

Plymouth County
Comfort Dogs
&
Sheriff McDonald
District Attorney Cruz

Santa
& Mrs Claus

Warm up with
Hot Chocolate
& goodies!

HAPPY BIRTHDAY DECEMBER BABYS

pDavid Acevich	Richard Gray	Diane Evans	Howard Richardson
James Alexander	Thomas Hammond	Pamela Farley	Karen Rollins
Mark Almy	Mary Hanks	Marissa Fitzgerald	Michael Rugnetta
Charles Anderson	Francis Harrington	Edward Fowler	Leslie Russo
Peter Annis	Ida Hathaway	Jean Franciosi	Frank Ryan
Linda Arena	Joel Hathaway	Mia Gallagher	Tom Schindler
Linda Arnold	Judith Hawks	David Geisser	Michael Schleiff
Carmen Asero	Kathleen Hayden	Richard Gilcoine, Sr.	Joanne Shepard
Carol Bailey	Kevin Hurley	Stanley Glinski	Robert Smith
James Bent	Claire Johnson	Pauline Gosselin	Craig Snoeyenbos
Kathleen Blakeman	Joan Jolley	Robert Gould	Khodr Soufan
Mary Blanchard	Gerald Joy	Thomas Manning	Patricia Spector
Roger Blanchett	Jane Joyce	Albert Mason	Sylvia Sprague
Stephen Boncek	Carol Keegan	Ivy Matheny	Jane Staples
Linda Brunette	Elizabeth Kelley-Ward	Charles McCauley	Althea Swanson
Elizabeth Buidorket	Pamela King	Michelle Mirotta	Catherine Taglieri
Marian Bushey	Claire Kyser	Frederick Monticone	Linda Tansey
Sandra Campbell	James Lacivita	Evelyn Moretti	Robert Tierney
Kathryn Clark	Sheila Langelier	Amelia Mosley	John Travers
Richard Coady	Margaret Lawless	Ellen Murphy	Phillip Tringali
Mary Coletti	Scott (Ernest) Leavitt	Diane Murray	Raymond Troville
Carol Corrieri	Carol Lesieur	Jean Noyes	John Werra
Frederick Corrigan	Webster Lithgow	Marie O'Brien	Robert Wesson
Joan Covey	E. Alison Long	John O'Donoghue	Gerald Wheland
Vicki Crovo	Manuel Lopes	Patricia O'Loughlin	Brenda White
Elaine Dolan	Lois Luce	Mary Pasteris	Marla White
Joan Doucette	James Lyons	Maureen Perkins	Anne Williams
Philip Doyle	Frank MacSwain	Sharon Perry	Ronald Winch
Pat Duphily	Beth Mahan	Bernice Pizzi	David Woods
Francis Dutton	Janet Mahoney	Margaret Ricciardi	Charles Zandberg
Janice Emery	Dorothy Manley	Theresa Ricciarelli	Robert Zubert

POPE'S TAVERN SENIOR CENTER DECEMBER CALENDAR 2023

Mon	Tue	Wed	Thu	Fri
	<p>Pre-Signups are encouraged and to stay informed. Call 781-293-7313</p>			1 Coffee Social COA/ 10 to 11am STATE REPRESENTATIVE JOSH CUTLER Is available by appointment 617-722-2023
4 Coffee Social COA/10 to 11am CRIBBAGE COA / 10 to 12pm CARDIO/STRENGTH 10 – 11 Great Hall CONGREGATE MEAL COA / Noon KNIT/CROCHET - COA COA / 1:30 to 3pm WRITERS' GROUP Library 1:30 to 3:30pm	5 Coffee Social COA/ 10 to 11am HEALTH SCREENINGS COA/ 10 to 11am TRIAD Great Hall 499 Plymouth Street 10am – 12pm	6 Coffee Social COA/ 10 to 11am HEALTH SCREENINGS COA/ 10 to 11am Congregate Meal COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall	7 CHRISTMAS PARTY Meadowbrook Restaurant, Hanson @ 12 pm	8 Coffee Social COA/ 10 to 11am
11 Coffee Social COA/10 to 11am CRIBBAGE COA / 10 to 12pm CARDIO/STRENGTH 10 – 11 Great Hall CONGREGATE MEAL COA / Noon KNIT/CROCHET - COA COA / 1:30 to 3pm WRITERS' GROUP Library 1:30 to 3:30pm	12 Coffee Social COA/ 10 to 11am HEALTH SCREENINGS COA/ 10 to 11am DASH Session 3 Noon – 2p Atty Kiley at 1pm -3pm	13 Coffee Social COA/ 10 to 11am HEALTH SCREENINGS COA/ 10 to 11am DASH Session 3 Noon – 2p Congregate Meal COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall	14 Coffee Social COA/ 10 to 11am	15 Coffee Social COA/ 10 to 11am
18 Coffee Social COA/10 to 11am CRIBBAGE COA / 10 to 12pm CARDIO/STRENGTH 10 – 11 Great Hall CONGREGATE MEAL COA / Noon KNIT/CROCHET - COA COA / 1:30 to 3:30pm WRITERS' GROUP Library 1:30 to 3:30pm	19 Coffee Social COA/ 10 to 11am Crafts with Maddie at Noon – 2p HEALTH SCREENINGS COA/ 10 to 11am COA ADVISORY BOARD MEETING Selectmen Rm 9:30 to 11am	20 Coffee Social COA/ 10 to 11am HEALTH SCREENINGS COA/ 10 to 11am Congregate Meal COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall BOOK MOBILE DAY	21 Coffee Social COA/ 10 to 11am	22 Coffee Social COA/ 10 to 11am Atty Rawlins 10 – 12:30pm
25  TOWN OFFICES CLOSED for the HOLIDAY	26 Coffee Social COA/ 10 to 11am HEALTH SCREENINGS COA/ 10 to 11am	27 Coffee Social COA/ 10 to 11am HEALTH SCREENINGS COA/ 10 to 11am Congregate Meal COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall	28 Coffee Social COA/ 10 to 11am	29 Coffee Social COA/ 10 to 11am

OCES NUTRITION PROGRAM
NOVEMBER 2023

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			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	1 Beef Stew 351 Green Beans 3 Biscuit 267 Hot Cinnamon Pears 5 Cal: 737 Sodium: 765 mg Carb: 74 g From meal: 42
4 Diced Chicken 420 BBQ Sauce 16 Whipped Potatoes 58 Collard Greens 57 Whole Wheat Bread 90 Fresh Apple 2 Cal: 639 Sodium: 779 mg Carb: 82 g From meals: 47	5 Grilled Chicken Breast 420 Ancho Lime Sauce 93 Brown Rice 4 Cilantro Carrots 81 WW Roll 180 Gingersnaps ### Cal: 691 Sodium: 1020 mg Carb: 87 g From meal: 48	6 Tuna Salad 294 Lettuce Leaf 0 Venetian Pasta Salad 46 WW Hamburger Bun 180 Applesauce 13 Cal: 601 Sodium: 638 mg Carb: 80 g From meal: 36	7 Shepherd's Pie 460 California Vegetable B 30 California Vegetable B 30 WG Dinner Roll 180 Lemon Bar 105 Mod: SF Lemon Blueberry Bites Cal: 844 Sodium: 912 mg Carb: 81 g From meal: 47	8 Deli Turkey Breast 62 Swiss Cheese 35 German Potato Salad 17 Garden Salad 17 Wheat Hamburger Bun 180 Italian Dressing 20 Fresh Pear 2 Cal: 710 Sodium: 469 mg Carb: 87 g From meal: 51
11 White Chicken Chili 362 Butternut Squash 24 Green Beans 3 Dinner Roll 260 Graham Crackers 65 Cal: 785 Sodium: 855 mg Carb: 104 g From meal: 72	12 Cheese Lasagna 220 Bolognese Sauce 387 Tuscany Vegetable B 41 Wheat Bread 90 Hot Caramelized Pear 20 Cal: 680 Sodium: 896 mg Carb: 93 g From meal: 61	13 Grilled Chicken 267 Hawaiian Sauce 10 Pineapple Rice 4 Mixed Vegetables 30 WG Dinner Roll 180 Fresh Banana 1 Cal: 639 Sodium: 629 mg Carb: 95 g From meal: 66	14 Potato Crusted Pollock 333 Whipped Potatoes 165 Broccoli 12 Dinner Roll 250 Tartar Sauce 85 Mandarin Oranges 7 Cal: 698 Sodium: 990 mg Carb: 95 g From meal: 65	15 American Beef Chop 399 Suey Jardiniere Vegetable 31 Blend Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 796 Sodium: 814 mg Carb: 103 g From meal: 73
18 BBQ Pulled Pork** 547 Tater Tots 230 Sliced Carrots 77 Hamburger Bun 180 Fresh Apple 2 Cal: 735 Sodium: 1173 mg Carb: 88 g From meal: 53	19 Cheese Omelet 283 Swiss Cheese 35 Home Fries 6 Peppers & Onions 54 Whole Wheat Bread 90 Strawberry Yogurt 75 Orange Juice 15 Cal: 658 Sodium: 589 mg Carb: 86 g From meal: 49	20 Salisbury Steak 370 Brown Rice 4 Broccoli 12 WG Dinner Roll 180 Clementines (2) 1 Cal: 571 Sodium: 705 Carb: 82 g From meal: 53	21 Macaroni & Cheese 366 Mixed Vegetables 14 Cracked Wheat Bread 115 Hot Cinnamon Pears 6 Cal: 734 Sodium: 638 mg Carb: 132 g From meal: 100	22 HIGH SODIUM DAY Glazed Ham** 592 Au Gratin Potatoes 396 Green Beans 2 Vienna Bread 150 Apple Pie 190 Cal: 726 Sodium: 1467 mg Carb: 85 g From meal: 42
25 ALL SITES CLOSED 	26 Taco Beef 397 Black Beans 140 Fiesta Rice 148 Flour Tortilla 95 Salsa 182 Fresh Orange 0 Cal: 694 Sodium: 1099 mg Carb: 86 g From meal: 55	27 Honey Mustard Chicker 454 Brown Rice and Orzo 4 Broccoli 22 Vienna Bread 150 Pineapple tidbits 0 Cal: 652 Sodium: 767 mg Carb: 117 g From meal: 76	28 Pork Lo Mein 369 Asian Vegetables 43 Corn Muffin 80 Vanilla Pudding 220 Mod: SF Cookie Cal: 864 Sodium: 850 mg Carb: 98 g From meal: 57	29 10 Grain Pollock 330 Oven Roasted Potatoes 311 Zucchini 2 Whole Wheat Bread 90 Fresh Banana 1 Tartar Sauce 85 Cal: 787 Sodium: 957 mg Carb: 94 g From meal: 65

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