

Halifax Senior Center

FEBRUARY 2022

A Message from Darlene Regan, Council on Aging Director:

February has arrived and spring will be here soon. In the meantime, we aim to keep you connected to wonderful programs and activities. We are assisting with scheduling appointments to complete tax returns as well as offering Tai Chi every Monday from 10 am to 11 am. Classes will be held at Great Hall, 499 Plymouth Street, Halifax. The benefits of low-impact Tai Chi can improve your strength and flexibility while keeping your limbs from everyday stressors.

Chair Yoga is offered each Wednesday at 9:45am (Chair Yoga) and (Gentle Yoga) at 10:45. Body, mind, and soul along with safety protocols is and has been our goal to keeping our members engaged during unusual times.

We are grateful to our volunteers who are compassionate and work hard to get meals out to Halifax homebound adults and seniors. Halifax CoA staff and Old Colony Elder Services are committed to supporting needs-based -community services, while monitoring the waves of mask mandates, and safety protocols.

We are excited to offer our members a new program in March! It is known as **BEEYONDER - A VIRTUAL TOUR OF THE WORLD IN REAL-TIME**. **BEEYONDER** offers interactive virtual travel experiences of various countries, and you will be able to ask questions to a professional tour guide in real-time. Closed caption is offered as well. To participate, you will need to contact the CoA to sign-up for this program. Our Halifax CoA Staff will help to select the best option for you. To find out more about this program, please give us a call at 781-293-7313, press extension 135 or 136.

Working through the barriers of the residual effects of COVID-19, our mission is to provide long-term service and support resources as well as wellness checks, transportation (based on van driver availability), delivering meals, and supporting technology services. We will continue to assist with public benefits and most importantly, connect you with the latest information on accessing COVID 19 vaccinations, boosters and home-test-kits. **DO YOUR PART! NOT FEELING WELL, STAY HOME AND CONSULT WITH YOUR DOCTOR'S OFFICE. POTENTIAL EXPOSURE! GET TESTED! NEED HELP FINDING A TESTING SITE OR REQUESTING TESTING KITS, [CLICK HERE](#) OR CALL HALIFAX CoA 781-293-7313**

Stay well and we look forward to **"GROWING TOGETHER"**



Attorney Jason Rawlins will be offering consultation appointments at the CoA on the **LAST Friday** of the month from 11:30-1:00. This month he will be here on **February 25th**. Please call the COA at 781-293-7313 to schedule an appointment



Singo was a huge hit this fall and we are bringing it back!

Join us Friday - February 25th from 11am-12pm at the Great Hall at Town Hall. Cost is \$5 per person and there will be prizes for the winners.

Pre-registration is required.

WHAT IS SINGO??

SINGO combines music and bingo in a sing a long style game. Instead of numbers, **SINGO** uses familiar songs from different genres of music with one common theme... you can sing along and keep track of your **SINGO** card to WIN!

This is "not your Grandmas Bingo"



Tax Return Appointments with Joe Benson will be scheduled on **Tuesdays** from February 1st-April 12th at the **POPE'S TAVERN COA**
506 PLYMOUTH STREET

All appointments will be 20 minutes starting at 1:30 p.m. and the last appointment at 3:30 p.m.

The tax preparation fee is \$40.00

Please arrive at your designated appointment time

To schedule an appointment, call the COA at (781) 293-7313



CARDS/CRIBBAGE



JOIN US ON MONDAYS FROM 10-12 FOR YOUR FAVORITE CARD GAMES



Halifax Council on Aging - Calendar of Events

FEBRUARY 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Men's Coffee 10:00 TRIAD CANCELLED 1:30-3:30 *Tax Appointments	2 9:45 Chair Yoga @Henrich Hall 10-11 Blood Pressure and Glucose Screenings 10-11 Women's Coffee Hour 10:45 Gentle Yoga @Henrich Hall NOON *Congregate Meal	3 9:30 Men's Coffee	4
7 10 to 11 Tai Chi @ Great Hall 10 to 12 Cards/Cribbage NOON *Congregate Meal 1:30 Knit/Crochet 1:30 Joy of Writing	8 9:30 Men's Coffee 1:30-3:30 *Tax Appointments	9 9:45 Chair Yoga @Henrich Hall 10-11 Blood Pressure and Glucose Screen- ings 10-11 Women's Coffee Hour 10:45 Gentle Yoga @Henrich Hall NOON *Congregate Meal	10 8:30 to 11:30 Blood Pressure and Glucose Screenings 9:30 Men's Coffee Hour 1:30 *VALENTINE CRAFT	11
14 10 to 11 Tai Chi @ Great Hall 10 to 12 Cards/Cribbage NOON *Congregate Meal 1:30 Knit/Crochet 1:30 Joy of Writing	15 9:30 Men's Coffee Hour 9:30 COA Board Meeting @Town Hall 1:30-3:30 *Tax Appointments	16 9:45 Chair Yoga @Henrich Hall 10-11 Blood Pressure and Glucose Screenings 10-11 Women's Coffee Hour 10:45 Gentle Yoga @Henrich Hall NOON *Congregate Meal	17 8:30 to 11:30 Blood Pressure and Glucose Screenings 9:30 Men's Coffee Hour 1:00 Book Club Holmes Library	18
21 <i>CoA CLOSED</i> 	22 9:30 Men's Coffee Hour 1:30-3:30 *Tax Appointments	23 9:45 Chair Yoga @Henrich Hall 10-11 Blood Pressure and Glucose Screenings 10-11 Women's Coffee Hour 10:45 Gentle Yoga @Henrich Hall NOON *Congregate Meal	24 8:30 to 11:30 Blood Pressure and Glucose Screenings 9:30 Men's Coffee Hour	25  11:00 to 2:00 *SINGO Great Hall
28 10 to 11 Tai Chi @ Great Hall 10 to 12 Cards/Cribbage NOON *Congregate Meal 1:30 Knit/Crochet 1:30				

***Pre-registration is required for the events with an asterisks.**

Please call the CoA at (781) 293-7313.

Yummy.

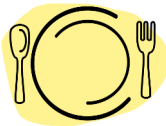
Congregate Meals

Every Monday and Wednesday

12:00 p.m. at the Halifax Council on Aging

Call in advance to reserve a seat at

**(781) 293-7313. Space is limited. \$2.50 donation is
suggested**



Upcoming menu:

- | | |
|-------------|------------------------------|
| 2/2 | CHICKEN PARMESAN |
| 2/7 | LASAGNA W/ MEAT SAUCE |
| 2/9 | LEMON PEPPER CHICKEN |
| 2/14 | CHICKEN CORDON BLUE |
| 2/16 | SHEPHERDS PIE |
| 2/23 | BBQ PULLED CHICKEN |
| 2/28 | AMERICAN CHOP SUEY |



Triad is a community partnership between seniors and senior service agencies (Council on Aging), law enforcement (Halifax Police & Fire Departments), and public safety providers (Plymouth County Sheriff's Department).

The primary goal of the "TRIAD" concept is to keep our community informed of safety concerns and scams as well as provide the delivery of law enforcement and public safety services to senior citizens. The **TRIAD** concept is implemented in each town through a S.A.L.T. Council, (Seniors And Law Enforcement Together). We are blessed to be in partnership to protect and serve.

TRIAD meets the **FIRST TUESDAY EACH MONTH**. ***The next meeting will be on March 1st at 10am at the Great Hall, 2nd floor Town Hall.*** Come join us for a **MOCK TRIAL** - an educational experience.

BLOOD PRESSURE and GLUCOSE SCREENINGS

We are here to keep you in check with your health and while you continue to see your doctor. use this form if we need to share personal information about your screenings.



COA STORM POLICY

When the Halifax Public Schools are closed ALL HALIFAX COA ACTIVITIES AND PROGRAMS ARE CANCELLED

THE COA Office will be open for emergency information



VALENTINE CRAFT

JOIN US ON THURSDAY, FEBRUARY 10TH AT 1:30 PM TO MAKE THIS VALENTINE CRAFT. COST OF MATERIALS AND INSTRUCTION IS \$10/PP AND PRE-REGISTRATION IS REQUIRED. SPACE IS LIMITED



506 Plymouth Street • Halifax, MA 02338
Tel: (781) 293-7313 • Fax: (781) 293-1774
Website: www.halifax-ma.org/COA
[Follow us on Facebook!](#)

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

HOURS OPEN TO THE COMMUNITY

MONDAY - THURSDAY: 8:00 A.M. - 4:00 P.M.

FRIDAY: 8:00 A.M. - 1:00 P.M.

RETURN SERVICE REQUESTED



COUNCIL ON AGING BOARD :

CHAIRMAN:

Jo Schofield

MEMBERS:

Jean Gallant
Judith Rakutis
Michael Rugnetta
Sarah Sloat
Ivy Matheny

HALIFAX COA STAFF

DIRECTOR:

Darlene Regan

OUTREACH COORDINATOR:

Donna Porcello

NURSE/ASSISTANT OUTREACH:

Tricia Ross

**OCES MEAL SITE MANAGER
MANAGER, MEALS-ON-
WHEELS:**

Maria Maynard

VAN DRIVERS:

Diane O'Brien, Van Driver
Gary Long, Van Driver

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.