



Halifax Senior Center

HAPPY NEW YEAR 2022

A Message from Darlene Regan, Council on Aging Director:

We have a lot to cover in our monthly newsletters and aim to fill the pages with the most important facts. The objective is to cover immediate news, current events/activities, and programs, though if you do not see something, give us a call at 781-293-7313 ext 135. Hope this brief overview will be helpful in planning for the 2022 calendar year.

- **Secretary Elizabeth Chen of Massachusetts Executive Office of Elder Affairs** is asking Council on Aging Centers and community partners to promote COVID-19 Booster Shots for Halifax older adults. Individuals who received their second Pfizer or Moderna vaccine 6 or more months ago, or the Johnson & Johnson Janssen vaccine 2 or more months ago, should schedule a booster appointment as soon as possible according to Secretary Chen and the CDC
- **Retail pharmacies are continuously working to add capacity;** while anyone can schedule a booster through [**BROCKTON VACCINATION CLINIC**](#). Calling 2-1-1 and following the prompts for assistance (Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9AM-2PM) is another way for those who do not have access to a computer
- **For individuals who cannot reasonably leave their homes, call (833) 983-0485** to arrange for an in-home booster shot through The Commonwealth
- **Pope's Tavern Senior Center and its staff are focused on creating space** to have some activities return to the center. We will over time seek alternative spacing for art classes, arts and crafts and knitting. Cubbies to store items will be key when finding space and having a staff member present
- **Mass Cultural Council and Halifax Cultural Council allowed us the opportunity to offer wonderful events in 2021.** We will continue to do the same this year with concerts on the green and other cheerful events
- **We will be bringing back free legal consultations** starting in February, as well as "after holiday blues" group sessions
- **Tax season is around the corner** – our tax person is scheduled February 1st
- **Healthy Eating Series with OCES**, Patricia Livie begins in April 2022 and **Fitness classes like Tai Chi, Chair Yoga** will continue
- **"Aging with Grace" a Family Caregiver event** will happen in June 2022

A new year means a new chapter. I hope 2022 will be an incredible part of our story of

"GROWING TOGETHER"

THINKING OF HOW YOU CAN HELP?

GIVE BACK TO THE “FRIENDS OF THE
COUNCIL ON AGING”

PLEASE CONSIDER NAMING THEM AS THE
BENEFICIARY UNDER YOUR WILL OR
PLANNED GIVING INSTRUMENT

THE BENEFICIARY SHOULD BE DESIGNATED
AS:

**FRIENDS OF THE HALIFAX COUNCIL ON
AGING/GENERATIONS**

A 501C3 CORPORATION

ORGANIZED UNDER THE LAWS OF THE
COMMONWEALTH OF MASSACHUSETTS.
PLEASE CONTACT THE HALIFAX COA FOR
ADDITIONAL INFORMATION 781-293-7313

“Giving and Growing Together”



Please join us on **Friday January 21st** to create cards and letters that will be sent in care packages to Military service members and their families across the nation and

overseas. This initiative is being coordinated by Courtney Krajeski, Volunteer Coordinator of Old Colony Elder Services



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

Join us Friday, January 28th
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”



**CARDS/CRIBBAGE
RETURNS TO COA
BEGINNING MONDAY
JANUARY 3RD
JOIN US ON MONDAYS FROM
10-12 FOR YOUR FAVORITE
CARD GAMES**

Halifax Council on Aging - Calendar of Events

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	4 9:30-Men's Coffee	5 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Clinic 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal	6 9:30-Men's Coffee	7
10 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	11 9:30-Men's Coffee	12 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Clinic 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal	13 8:30-11:30-Nurse Clinic 9:30-Men's Coffee	14
17 COA CLOSED 	18 9:30-Men's Coffee	19 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Clinic 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal	20 8:30-11:30-Nurse Clinic 9:30-Men's Coffee 1:00-Book Club @ Holmes Library	21 *10-12-Operation Gratitude Card & Letter Making Event 
24 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	25 9:30-Men's Coffee	26 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Clinic 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal	27 8:30-11:30-Nurse Clinic 9:30-Men's Coffee	28 *11-SINGO @ Great Hall 
31 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing				

Pre-registration is required for the events with an * mark. Call the COA at (781) 293-7313.

Yummy.

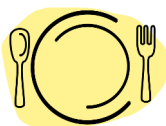
Congregate Meals

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:



- | | |
|-------------|---|
| 1/3 | HONEY MUSTARD CHICKEN |
| 1/5 | LEMON PEPPER CHICKEN |
| 1/10 | MEATLOAF W/ GRAVY |
| 1/12 | VEAL CHOP & ROASTED POTATOES |
| 1/19 | TURKEY CHILI |
| 1/24 | LASAGNA ROLLS |
| 1/26 | BBQ PORK PATTY |
| 1/31 | OVEN FRIED CHICKEN |

FUEL ASSISTANCE PROGRAM



Fuel Assistance Heating Season runs from November 1st until April 30th. New applicants can apply online at www.sscac.org. If you need assistance applying you can schedule an appointment with the COA Outreach Department by calling us at 781-293-7313. Appointments are available on Tuesday & Wednesday afternoons from 1-4pm. Please note income guidelines are applicable

# PER HOUSEHOLD	ANNUAL INCOME
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

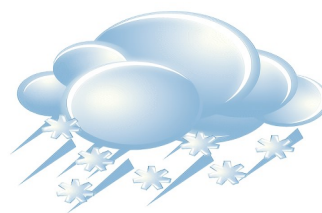


Tax Return Appointments will be scheduled on **Tuesdays** from February 1st-April 12th at the POPE'S TAVERN COA
506 PLYMOUTH STREET

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



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



Bookmobile is a once a month book delivery service for residents of Halifax who may not always be able to get to the library. A selection of books is chosen for our homebound patrons based on their reading preferences.

A friendly Librarian arrives via the Council on Aging van to pick up your books for return and bring your new selections. Contact the ***Holmes Public Library at 781-293-2271*** to register for this service



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



*We have received a donation of adult
disposable briefs in a variety of sizes
Please stop by COA to pick up at your
convenience*

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.