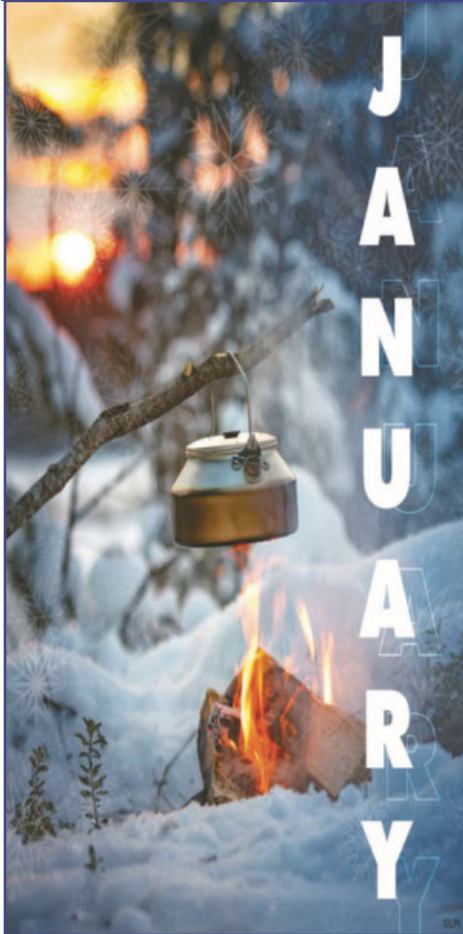


GROWING TOGETHER

SERVING THE HALIFAX AGELESS COMMUNITY



Happy New Year 2024

The Halifax Ageless Community Center welcomes ageless seniors while connecting them to long-term-services and supports. We welcome generations navigating senior living options while providing the following:

- * Front line for social and support service referrals*
- * Outreach*
- * Transportation*
- * Wellness and Fitness Programs*
- * Link to social service agencies (Legal Checks-Ups)*
- * Reinvest and Retain Generations*
- * Long -Term Learning Programs*
- * Medicare (SHINE) Counseling*
- * Masshealth Navigation and Screening*
- * Social Security Navigating*
- * Book Club*
- * Second Wind Club*
- * Senior Nutrition Programs*
- * Evidence-Based Programs: Diabetes Self-Management, Matter of Balance, Chronic pain Management, Savvy Caregiver, and other disease prevention programs*
- * Behavioral Health Service Access*
- * Home Modification Referral*
- * Tax-Exemption Eligibility (IE: Circuit-Breaker, Senior Tax Work-Off Program)*
- * Gathering Spot for Halifax Senior Community*
- * Providing resilience in the journey of aging*



HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

COMMUNITY PAGE

Our December 14th Special Town Meeting brought Halifax Ageless Community together! Though divided, the Halifax Community focused on taking action to address social needs and create an infrastructure geared toward the future of an age-friendly community. Stepping outside our comfort tends to broaden options of evidence-based quality services and programs for many communities today.

The Institute for Healthcare Improvement (IHI) and other partnerships strive to create initiatives to **"Align with What Matters to the older adult and their family caregivers."** Learning from our past is good, learning to find affirmation and gratitude with changing times also means learning to love oneself. Heal from past mistakes and build resilience when times are challenging. Use our energy to create change and empower one another to improve the lives of all. Growing Together is what we are all about!

Happy New Year 2024 with renewed spirit,
Darlene Regan, Halifax Council on Aging Director

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!

Coffee and Chat with your State Representatives

January 5

State Representative
Josh Cutler call 617-722-2013

January 22nd

State Representative
Kathy LaNatra 9:30 -11am



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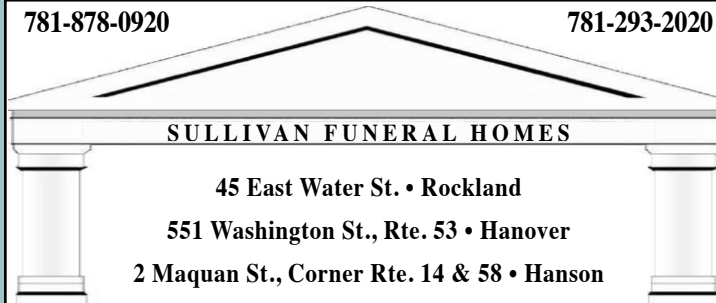
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Halifax Council on Aging, Halifax, Ma 06-5390

COMMUNITY PAGE

TRIAD SPREADS JOY

Halifax Holiday Luncheon was full of smiles and spirit. We are most thankful to Halifax Cultural Council and Mass Cultural Council for granting the entertainment. Tommy Rull belled Christmas cheer and wishing all a good night, until next year! Plymouth County Sheriff Joseph McDonald offered wit and humor to the added festivities; while District Attorney Timothy Cruz watched on with glee. Thank you to the Christina, Minhtram, Lori, Officer Cushman, Toni, Lori (the cute little elf) and Becky for their continued support.



Social Security Benefits Increase in 2024 while Medicare Premium and Deductibles Increase

A 3.2% increase in Social Security benefits and Supplemental Security Income (SSI) payments is on the radar for calendar year 2024. With the COLA (Cost of Living Adjustment) Medicare Part B is up by \$9.80 in 2024, from \$164.90 to \$174.70. Out-of-Pocket (OOP) expenses such as Medicare's Annual Part B Deductible will go from the current \$226 to \$240. Part D Plan Deductibles varies by plan choice, and one's income.



GOT PRESCRIPTION ADVANTAGE?

If not, you may be eligible to participate in the pharmacy assistance program through the Commonwealth of Massachusetts. Prescription Advantage helps when you reach the coverage gap under Medicare Part D (prescriptions). The current income guidelines for no cost are \$0—\$43, 741.00 for singles and \$0 - \$59, 160.00 for married couples. Having this program enables you to change your drug plan outside the annual enrollment period. Call for a SHINE appointment to see if you qualify 781-293-7313 Ext. 139

OUTREACH NEWS

Blood Pressure Screenings at Pope's Tavern Senior Center will resume in March 2024. If you are in need of a Blood Pressure Screening during that time, please feel free to reach out to Barbara Curtis, Outreach Services and Programs Coordinator 781-293-7313 ext 139.



**JOIN THE SECOND WIND CLUB AND
HAVE YOUR
TALENTS SHINE**

Transportation Cancellations due to weather concerns will be posted to the website. Please feel free to check the day before your transportation due date.

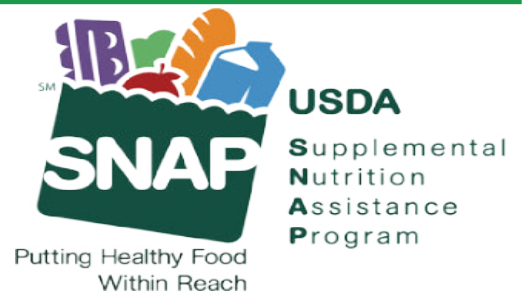
781-293-7313 Ext 137



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



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**BY
APPOINTMENT**



WHAT'S UP FOR JANUARY 2024



FIT AND WELLNESS CLASSES

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

CARDIO STRENGTH AND MOVEMENT

Mondays at 10—11 Marlene Leal will work with you to flex those muscles and keep you moving and grooving. Check it out at \$5/class! Spaces fill up so call ahead.

ZUMBA GOLD

Wednesdays from 2—3pm come to Zumba Gold/Heather Z! What a way to begin the New Year with low intensity fun classes. It is a class for people of all fitness levels; even for people who may be recovering from an injury. Zumba Gold is for anyone looking to have fun and get a good workout! Zumba gold choreography focuses on balance, range of motion, and coordination. Benefits include cardiovascular, muscle conditioning, flexibility, and balance! Come ready to sweat and prepare to leave empowered and feeling strong!



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 will hold its monthly meeting on
January 9th, 2024
10:00 AM AT THE HALIFAX TOWN HALL
Nicole Kenny, Rockland Trust Branch
Manager will be the key not speaker**



On a Medicare Advantage Plan— You Still Have Time to Review Your Choices

Halifax Council on Aging 781-293-7313 (appointments held each Thursday from 9am to 3pm at the Halifax COA)

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**Monday's and Thursday's
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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!

January 2024 | Growing Together

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Gary Long, Diane O'Brien, and

Janice Rossetter

POPE'S TAVERN SENIOR CENTER JANUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY NEW YEAR 2024	2 Coffee Social COA/ 10 to 11am 	3 Coffee Social COA/ 10 to 11am Community Dining @ COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall	4 Coffee Social COA/ 10 to 11am 	5 Coffee Social COA/ 10 to 11am 
8 Coffee Social COA/10 to 11am CRIBBAGE COA / 10 to 12pm CARDIO/STRENGTH 10-11 Great Hall Community Dining COA / Noon KNIT/CROCHET - COA COA / 1:30 to 3pm WRITERS' GROUP Library 1:30 to 3:30pm	9 Coffee Social COA/ 10 to 11am TRIAD Great Hall 499 Plymouth Street 10am - 12pm Atty Kiley at 1pm -3pm	10 Coffee Social COA/ 10 to 11am Community Dining @ COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall	11 Coffee Social COA/ 10 to 11am SHINE/Michael 9 - 4p at the CoA 	12 Coffee Social COA/ 10 to 11am 
15 MARTIN LUTHER KING, Jr DAY Closed to Observe the day of Remembrance	16 Coffee Social COA/ 10 to 11am Crafts with Maddie at Noon - 2p COA ADVISORY BOARD MEETING Selectmen Rm 9:30 to 11am	17 Coffee Social COA/ 10 to 11am Community Dining @ COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall BOOK MOBILE DAY	18 Coffee Social COA/ 10 to 11am SHINE/Michael 9 - 1:30p at the CoA	19 Coffee Social COA/ 10 to 11am 
22 Coffee Social COA/10 to 11am CRIBBAGE COA / 10 to 12pm CARDIO/STRENGTH 10-11 Great Hall Community Dining COA / Noon KNIT/CROCHET - COA COA / 1:30 to 3pm WRITERS' GROUP Library 1:30 to 3:30pm	23 Coffee Social COA/ 10 to 11am OCES/Halifax COA Monthly Community Outreach Network 1pm to 3pm at the CoA	24 Coffee Social COA/ 10 to 11am Community Dining @ COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall	25 Coffee Social COA/ 10 to 11am 	26 Coffee Social COA/ 10 to 11am Atty Rawlins 10 - 12:30pm
29 Coffee Social COA/10 to 11am CRIBBAGE COA / 10 to 12pm CARDIO/STRENGTH 10-11 Great Hall Community Dining COA / Noon KNIT/CROCHET - COA COA / 1:30 to 3pm WRITERS' GROUP Library 1:30 to 3:30pm	30 Coffee Social COA/ 10 to 11am 	31 Coffee Social COA/ 10 to 11am Community Dining @ COA/Noon ZUMBA GOLD 2 -3pm at The Great Hall	NOTE: YMCA HEALTH CLINICS WILL RESUME IN MARCH @ THE COA 	Health screenings will be conveniently offered at the Town Hall and Hendrich Hall - Please contact the Board of Health for the times 781-590-3872

OCES NUTRITION PROGRAM

January 2024

REGULAR

Old Colony Elder Services
Providing services to the community since 1974

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
1 ALL SITES CLOSED	2	3	4	5
	BBQ Pulled Pork 307 Whipped Sweet Potatoes 36 Spinach 110 WW Hamburger Bun 180 Fresh Apple 2	Chicken Scallopini 112 Parslied Rotini 4 Mixed Vegetables 42 Vienna Bread 150 Fig Bar 149 MOD: Lorna Doones 100	Meatloaf Patty w/ Gravy** 523 Baked Potato Half 4 California Vegetables 30 Whole Wheat Bread 65 Sour Cream 9 Mixed Fruit Cup 5	Swiss Cheese & Vegetable Omelet 369 Home Fries 6 Maple Chip Pancakes 162 Strawberry Yogurt 75 Orange Juice - No Milk 15
	Cal: 637 Sodium: 771 mg Carb: 90 g	Cal: 686 Sodium: 593 mg Carb: 101 g	Cal: 740 Sodium: 775 mg Carb: 81 g	Cal: 708 Sodium: 658 mg Carb: 96 g
8	9	10 COLD MEAL	11	12
Grilled Chicken with Gravy** 539 Mashed Potatoes 20 Broccoli 12 Whole Wheat Bread 65 Brownie Cookie 230 MOD: Vanilla Wafers 50	American Chop Suey 399 Tuscany Vegetables 41 WW Dinner Roll 180 Hot Cinnamon Peaches 6 	Chicken Salad on Lettuce Bed 185 California Vegetable Salad 190 Cracked Wheat Bread 115 Pineapple Chunks 1	Beef Stew 345 Green Beans 3 Corn Muffin 80 Hot Caramelized Pears 20 	Potato Crunch Pollock 333 Brown Rice 3 Sliced Carrots 67 Whole Wheat Bread 65 Tartar Sauce 85 Fresh Banana 1
Cal: 905 Sodium: 1004 mg Carb: 112 g	Cal: 747 Sodium: 764 mg Carb: 95 g	Cal: 608 Sodium: 628 mg Carb: 69 g	Cal: 695 Sodium: 586 mg Carb: 83 g	Cal: 762 Sodium: 692 mg Carb: 111 g
15 ALL SITES CLOSED	16	17 COLD MEAL	18	19
	Hot Dog 480 Vegetarian Baked Beans 282 Zucchini/Summer Squash 4 Hot Dog Bun 165 Mustard 55 Blueberry Lemon Bites 60	Turkey & Swiss Cheese 430 German Potato Salad 76 Garden Salad 17 WW Hamburger Bun 180 Italian Dressing 20 Fresh Pear 2	Shepherd's Pie 284 California Vegetables 30 WW Dinner Roll 180 Lemon Square 105 MOD: SF Lemon Cookie 60	Baked Salmon with Lemon Butter Sauce 339 Rosemary Roasted Potatoes 109 Green Beans 3 Cracked Wheat Bread 115 Mandarin Oranges 7
	Cal: 733 Sodium: 1184 mg Carb: 105 g	Cal: 650 Sodium: 862 mg Carb: 90 g	Cal: 772 Sodium: 736 mg Carb: 85 g	Cal: 690 Sodium: 710 mg Carb: 78 g
22	23	24	25	26 COLD MEAL
Turkey Chile 373 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 80 Chocolate Oatmeal Bar 75	Cheese Lasagne with Bolognese Sauce 324 Italian Vegetables 19 Vienna Bread 150 Hot Caramelized Pears 20	Hawaiian Chicken 95 Pineapple Rice 10 Mixed Vegetables 42 Multigrain Bread 150 Fresh Banana 	Roast Pork with Brown Sugar Sage Sauce 118 Roasted Sweet Potatoes 45 Broccoli 12 Dinner Roll 250 Applesauce 13	Dilled Egg Salad 284 Carrot Raisin Salad 146 Tossed Salad 17 Whole Wheat Bread 65 Italian Dressing 20 Chocolate Chip Cookie 56 MOD: SF Chocolate Chip Cookie 55
Cal: 808 Sodium: 670 mg Carb: 114 g	Cal: 696 Sodium: 671 mg Carb: 87 g	Cal: 639 Sodium: 429 mg Carb: 100 g	Cal: 777 Sodium: 576 mg Carb: 91 g	Cal: 865 Sodium: 725 mg Carb: 80 g
29	30 COLD MEAL	31		Nutrition information
Salisbury Steak with Gravy 443 Mashed Potatoes 20 Carrots 57 Oatmeal Bread 40 Fresh Banana 1	Chicken Salad 169 Coleslaw 64 Three Bean Salad 33 Whole Wheat Bread 65 Oatmeal Crème Cookie 150 MOD: Graham Crackers 95	Beef Burgundy 109 Buttered Noodles 38 Green Peas 82 Cracked Wheat Bread 115 Ginger Snaps 105		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
Cal: 730 Sodium: 909 mg Carb: 98 g	Cal: 841 Sodium: 619 mg Carb: 86 g	Cal: 733 Sodium: 588 mg Carb: 91 g		

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

**If you would like to attend this special event, call the Halifax Council on
Aging for registration sign-ups
781-293-7313**



DAY IN THE LIFE OF A WHALER

**TUESDAY, JANUARY 9
6:00 PM**

Join Nancy Gentile and Captain Michael Taylor, docents from the NB Whaling Museum, as they describe a typical whaling vessel, captain and crew, whale hunt, whale processing, and wives who accompanied their husbands.

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HAPPY NEW YEAR JANUARY 2024 BABIES



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Frank Alderman

Mary Alexander

Ernestine Alger

Linda Archibald

James Avellino

Judy Barry

Ronald Blanchard

Richard Blom

Murray Brannen

Philip Brides

Ted Broderick

Paul Bryson

Anna Byers

Fran Calderaro

Mary Ann
Calderwood

Elisabeth Cantor

James Casey

Nancy Christie

Lawrence Connolly

Alfred Cook

Elizabeth Corshia

Paul Cunningham

Stephen Currie

Barbara Curtis

Mary Daley

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Lionel Edson

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Valerie Feldman

John Ferraro

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Marilyn Lewis

Pat Littlefield

Kathleen Loja

Gary Long

Dorothy Lopes

Diane Matthews

Kevin Matthews

Silvia Mauerhoffer

Mary Mohan-Twigg

Paula Muller

Amidou Nasser

William Nickerson

Dorothy Nogueira

Pat Nunzio

Dale O'Donnell

Virginia O'Kelly

Catherine O'Leary

Kathy Page

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Barbara Riccio

Barbara Robertson

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