



Halifax Senior Center

June 2022

AGE-FRIENDLY HALIFAX

*Life will start to change when you fill your
mind of positive thoughts*

Thank you, Halifax residents, for your vote on May 9th and on May 14th. It truly “takes a village” and I am proud of the folks who took the time to show their support and respect to our mom and dads who planted the seed of youth, protected, and nurtured our life cycle over time. From birth until our last days, we build our legacy from real-time achievements and, resilience from when “life takes over, and challenges rule.”

Investing in an Age-Friendly community does not take a rock star but, residents who care and respect all at any age. Let this be the beginning of a grass-roots strategy of building an *Age-Friendly Halifax!*

What does this mean? Partnering with community organizations, as well as facilitating events to encourage intergenerational learning. Staying positive and not to lose sight of growth, and opportunity. Combating ageism ensures that Halifax will lie embedded within the community and that over time, generations will also utilize the resources found at the Council on Aging Centers. Each day, we are confronted with tough decisions, and not knowing where to turn for resources. For example, over time will you be able to retire and be financially, ok? What community services can my family access to help with caring for loved ones? What tax-relief programs are available to us? Senior Circuit Breaker Tax Credit, tax-work-off programs as well as other 41C elderly exemption programs are available to reflect the impact of inflation.

There are other warrior efforts to support and strengthen the Halifax community now and into the future. An example being, the Mass Walk Challenge, an event that promotes outdoor space and encourages exercise to keep ourselves focused on important changes that surround us. May we envision that our *Age-Friendly* partnerships and growth opportunities continue to be part of Halifax community investments.

Best,

Darlene Regan, Council on Aging Director

FITNESS SAFETY POLICY

Consult with your physician before engaging in any physical activity program. When you participate in any Halifax exercise class, you assume all risks, dangers, and hazards.

All fitness programs offered may be a challenge for some more than others. If you are not able to safely perform in an exercise program, please let us know, and we can have the instructor modify the routine and help choose a different exercise program.

Prescription Advantage Presentation



Medication costs keep going up and that means you're paying more! Learn how you can save on your prescription drugs! This is where Prescription Advantage can help!

Prescription Advantage works with your Medicare Part D or other Prescription drug coverage to lower co-payments & fill gaps such as the Part D **"Donut Hole."** Prescription Advantage has benefits for people with incomes up to \$67,950 (single) and \$91,550 (married). If your income is less than **\$40,770** (single) or **\$54,930** (married), Prescription Advantage is **FREE!!!**

Join us on Tuesday, June 14th @ 6:00 PM at the HOLMES LIBRARY for this presentation. Call the COA to register at 781-293-7313

FITNESS/WELLNESS CLASSES:

SEE THE EVENTS CALENDAR FOR DATES AND TIMES—

- ♦ CHAIR YOGA/GENTLE YOGA
- ♦ FIT-4U
- ♦ HEALING HANDS
- ♦ LINE DANCING
- ♦ WALKING CLUB
- ♦ ZUMBA GOLD

Healing Hands

Healing Hands (Reiki) begins Tuesday June 7th at 1pm.

20 minute sessions by appointment. \$10 per session. Free for veterans. Call COA to register.

Reiki does not directly cure diseases or illnesses. Instead, it's used as a way to manage symptoms and improve general well-being. There are many benefits to Reiki including but not limited to the following:


- Relax the body & mind
- Clear negative emotions
- Alleviate pain & stress
- Promote restful sleep and healing
- Release painful muscle tension
- Relieve anxiety and depression
- Enhance the quality of life



Relaxation in itself has been shown to help restore immune function and improve circulation, enhancing healing throughout

Halifax Council on Aging - Calendar of Events

JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10-11-Nurse Clinic 10-11-Women's Coffee 12-*Congregate Meal 2-*Zumba Gold@Great Hall	2 9:30-Men's Coffee	3 10:30-Rep. Josh Cutler Constituent hour
6 10-12- Cards/Cribbage 11-*FIT 4 U-@Great Hall 12-*Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	7 9:30-Men's Coffee 10:00-TRIAD Meeting @Police Station 1:00*-Healing Hands	8 10-11-Nurse Clinic 10-11-Women's Coffee 12-*Congregate Meal 1-*Bookmobile 2-*Zumba Gold@Great Hall	9 8:30-11:30-Nurse Clinic 9:30-Men's Coffee	10
13 9:30-11-Rep. Kathy LaNatra-Constituent Office Hour 10-12- Cards/Cribbage 11-FIT 4 U-@Great Hall 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	14 9:30-Men's Coffee 1:00-*Healing Hands 6:00 *Prescription Advantage Presentation @Holmes Library	15 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Clinic 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal 2-*Zumba Gold@Great Hall	16 8:30-11:30-Nurse Clinic 9:30-Men's Coffee 1:00-Book Club @ Holmes Library	17
20 COA CLOSED 	21 9:30-Men's Coffee 9:30-COA Board Meeting *1:00-Healing Hands	22 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Clinic 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-*Congregate Meal 2-*Zumba Gold@Great Hall	23 8:30-11:30-Nurse Clinic 9:30-Men's Coffee	24 *11:30 Attorney Rawlins Consultations
27 10-12- Cards/Cribbage 11-FIT 4 U@ Great Hall 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	28 9:30-Men's Coffee *1:00-Healing Hands	29 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Clinic 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-*Congregate Meal 1:00-*Patriotic Craft 2-*Zumba Gold@Great Hall	30 8:30-11:30-Nurse Clinic 9:30-Men's Coffee	

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

Yummy.

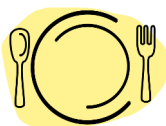
Congregate Meals

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:



6/1	TORTELLINI SALAD
6/6	POTATO CRUNCH POLLOCK
6/8	TUNA SALAD
6/13	LASAGNA ROLLS
6/15	CHICKEN CAESAR SALAD
6/22	CHICKEN PARMESAN
6/27	HONEY MUSTARD CHICKEN
6/29	CALIFORNIA CHICKEN SALAD



Perfect For

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Begins Wednesday, June 8th at 2pm at the Great Hall. Call COA to register

PATRIOTIC CRAFT

Join us Wednesday, June 29th at 1pm at the COA to make a Patriotic craft similar to this photo.

Pre-registration is required and space is limited.



THANK YOU

MASS CULTURAL COUNCIL
FOR SONGS AND STORIES WITH
MATT YORK

JULY 15, 2022 FROM
11:00 AM to 12:30 PM

MATT YORK WILL PERFORM ON
THE HALIFAX TOWN HALL GREEN
(NEXT TO THE TOWN HALL)

499 PLYMOUTH STREET
HALIFAX COUNCIL

ON AGING

PRESENTS NASHVILLE TO YOU

AT YOUR SERVICE MONTHLY VISITS

Meet your State Representatives:

Josh Cutler is available the first Friday each month

Kathy LaNatra is available the first Monday of each month

SHINE

Our Counselor is accepting limited appointments call COA to schedule

Legal Consultations w/ Attorney Jason Rawlins

Complimentary 30 minute appointments offered the last Friday of each month.. Call to schedule an appoint-



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

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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 :

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Jo Schofield

MEMBERS:

Jean Gallant
Judith Rakutis
Michael Rugnetta
Sarah Sloat
Ivy Matheny

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RECEPTIONIST:

Diane Smith

NURSE/ASSISTANT OUTREACH:

Tricia Ross

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

Maria Maynard

VAN DRIVERS:

Gary Long, Diane O'Brien

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.