

GROWING TOGETHER

SERVING THE HALIFAX COMMUNITY



Special Event Dates to Watch For In June 2023

June 2 State Representative
Josh Cutler, call for appt
617-422-2013

June 12
State Representative Kathy
LaNatra 9:30—11am

Veteran's Agent Steve
Littlefield 9:30—10:30am



UPCOMING EVENTS

Council on Aging Board Meeting

Tuesday: June 20th at 9:30AM, Selectmen Mtg Rm, 499 Plymouth St.

SOCIAL AND WELLNESS ACTIVITIES

⇒ **GENERATIONS FUN FESTIVAL 2023**

Sunday: June 4th, 12 PM to 4 PM, Halifax Town Green

⇒ **Healthy Living Collaboration—Blood Pressure Checks**

Tuesday: June 6, 13, 20, 27 at 10 AM, at the Halifax Council on Aging

Wednesdays: June 7, 14, 21, 28 at 10 AM, at the Halifax Council on Aging

⇒ **TRIAD**

Tuesday: June 6th, 10– Noon, Halifax BOH Bob Valery to talk of
EPA maintenance and guidelines

⇒ **SINGO**

Thursday: June 15th, 12 pm to 2:30pm

⇒ **Honoring Dads**

Tuesday June 15th, 12pm to 2:30pm

BODY AND FIT

Chair Yoga with Mary Lou Every Wednesday from 9:45AM— 10:45AM

Gentle Yoda with Mary Lou Every Wednesday from 11:00AM— 12:00PM

ZUMBA with Heather Every Wednesday from 2:00PM to 3PM

AGING WITH GRACE (3 OF 5 PART SERIES)

Lunch n Learn to Play Chess

Thursday June 22nd, Noon to 2pm

JUNE CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>9:30am-10:30am</u> Men's Coffee Hour (COA)	2 State Representative Josh Cutler Off-Site Hours . Please call 617-422-2013
5 <u>9:30am-11am</u> Coffee with State Representative Kathleen LaNatra CoA <u>9:30am-10:30am</u> Coffee with Veteran's Agent Steve CoA <u>10am-12pm</u> CRIBBAGE <u>12pm-2pm</u> OCES Lunch <u>1:30pm-3pm</u> Joy of Writing COA Activity @ the CoA <u>1:30pm-3pm</u> Knitting/Crochet Club	6 <u>9:00</u> 2 Free Clinics (Town Hall and Henrich Hall) <u>9:30am-10:30am</u> Men's Coffee Hour (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA) <u>10:00am</u> TRIAD Great Hall	7 <u>9:45am-10:45am</u> Chair Yoga with Mary Lou (Henrich Hall) <u>10am-12pm</u> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <u>11am-12pm</u> Gentle Yoga with Mary Lou (Henrich Hall) <u>12pm-2pm</u> OCES Lunch @ CoA <u>2pm-3pm</u> ZUMBA Gold/ Heather (Great Hall)	8 <u>9:30am-10:30am</u> Men's Coffee Hour (COA) <u>12:00pm</u> CRAFTS WITH MADDIE AT THE COA	9
12 <u>10:00am-12pm</u> CRIB-BAGE <u>12pm-2pm</u> OCES Lunch <u>1:30pm-3pm</u> Joy of Writing COA Activity @ the CoA <u>1:30pm-3pm</u> Knitting/Crochet Club	13 <u>9:30am-10:30am</u> Men's Coffee Hour (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA) <u>1pm-3pm</u> Attorney David Kiley of Trefletti and Costa, PC	14 <u>9:45am-10:45am</u> Chair Yoga with Mary Lou (Henrich Hall) <u>10am-12pm</u> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <u>11am-12pm</u> Gentle Yoga with Mary Lou (Henrich Hall) <u>12pm-2pm</u> OCES Lunch @ CoA <u>2pm-3pm</u> ZUMBA Gold/ Heather (Great Hall)	15 <u>9:30am-10:30am</u> Men's Coffee Hour (COA) <u>12:00PM</u> SINGO WITH DAD GREAT HALL <u>1pm-3pm</u> Book Club a COA Event (Holmes Library)	16 <u>12pm-2pm</u> Popcorn and Movie Day— CoA
19 Juneteenth Office is Closed	20 <u>9:30am-10:30am</u> Men's Coffee Hour (COA) <u>9:30am-11am</u> Council on Aging Board Meeting (499 Plymouth Street, Halifax (Selectmen Meeting Room)) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	21 <u>9:45am-10:45am</u> Chair Yoga with Mary Lou (Henrich Hall) <u>10am-12pm</u> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <u>11am-12pm</u> Gentle Yoga with Mary Lou (Henrich Hall) <u>12pm-2pm</u> OCES Lunch @ CoA <u>2pm-3pm</u> ZUMBA Gold/ Heather (Great Hall)	22 <u>9:30am-10:30am</u> Men's Coffee Hour (COA) <u>12:00PM</u> GAME ON LUNCH N LEARN TO PLAY CHESS	
26 <u>10:00am-12pm</u> CRIB-BAGE <u>12pm-2pm</u> OCES Lunch <u>1:30pm-3pm</u> Joy of Writing COA Activity @ the CoA <u>1:30pm-3pm</u> Knitting/Crochet Club	27 <u>9:30am-10:30am</u> Men's Coffee Hour (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	28 <u>9:45am-10:45am</u> Chair Yoga with Mary Lou (Henrich Hall) <u>10am-12pm</u> Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) <u>11am-12pm</u> Gentle Yoga with Mary Lou (Henrich Hall) <u>12pm-2pm</u> OCES Lunch @ CoA <u>2pm-3pm</u> ZUMBA Gold/ Heather (Great Hall)	29 <u>9:30am-10:30am</u> Men's Coffee Hour (CoA)	30



506 Plymouth Street
Halifax, MA 02338



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Monday - Friday
8:00 AM - 4:00 PM



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Halifax Council on Aging, Halifax, Ma 06-5390

Honoring Dad's

When: Thursday June 15, 2023 - 12:00am - 2:30

Where: Great Hall, 499 Plymouth Street |

Wear your favorite baseball cap and join us for
SINGO and Teddy's Hot Dawgs

HAPPY
Father's
DAY

Halifax Council on Aging welcomes

SONGS + BINGO = **SINGO!**

An Event for Halifax CoA Members

☺ BINGO WITH A BEAT!! ☺

NOT EXACTLY YOUR GRANNY'S BINGO...

(BUT EVEN SHE WOULD LOVE IT!)

WE REPLACE THE NUMBERS WITH YOUR
FAVORITE SONGS

 **When:** Thursday June 15th
 **WHERE:** Great Hall, 499 Plymouth Street
 **TIME:** 12:00 NOON

You will need to register for this event!
781-293-7313

TEST YOUR MUSICAL KNOWLEDGE AND LUCK!

HAVE SOME FUN & WIN SOME PRIZES!

An event sponsored by the Executive Office of
Elder Affairs - thank you!

CLOSED ON JUNE 19TH



Share time and spread kindness
Volunteer and make a difference at the
Halifax Council on Aging



**CALL THE HALIFAX COUNCIL ON AGING FOR MORE
INFORMATION OF ELIGIBLE PROGRAMS**

Medicare Savings Program Expansion 2023



Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for savings on your prescriptions? In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible for this program.

For example, Susan is 73 years old, has Medicare, and has income and assets that make her eligible for MassHealth Senior Buy In (QMB). She recently became eligible for QMB and no longer has to pay the Part B monthly premium of \$164.90. Her inhaler which previously had a high copay, is now costing her \$4.15 per month. This incredible savings has given her more financial stability!

Check these current 2023 numbers below to see if you may qualify!

Medicare Savings Plans	Gross Monthly Income Limit*	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$2,309 (individual) \$3,123 (couple)	\$18,180 (individual) \$27,260 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$2,734 (individual) \$3,698 (couple)	\$18,180 (individual) \$27,260 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium and automatic full extra help with prescription costs

*Please note, some income and assets may not be counted the same, for example a primary residence and one vehicle are not counted as assets. Income and asset limits are subject to change annually.

The Travelers presents|

WHITE'S OF WESTPORT

TUESDAY, JUNE 20TH 2023
\$90/PERSON

Motorcoach Departure Time and Place:

9:45 AM WHITMAN - VFW

10:15 AM HANSON - Council on Aging Hanson

10:30 AM - Halifax Mobile Estates

- o In 1946, Aime and Rita LaFrance bought the WHITE SPA, a diner on Pleasant Street in Fall River. The six-booth diner would expand to include a small empire
- o In 1955, they opened what would become **WHITE'S OF WESTPORT**
- o Join The Travelers for lunch at **WHITES OF WESTPORT** for a buffet of Baked Scrod, Penne Pasta Marinara and Portuguese Stuffed Boneless Chicken Breast. All meals are served with real mashed potatoes, a vegetable medley, fresh cookies, brownies, and coffee
- o A visit to the Christmas Tree Shop to follow

Contact:

Dorothy (781) 801-4822

MAKE CHECKS PAYABLE TO TERRI SEERS

2023 Generations in Support of the Halifax COA Inc Board

Officers

President: Isabella "Bella" Rose

Vice President: John Laskey

Secretary: Jeanne Kling

Treasurer: Rita Magnarelli

Board Members:

Carol Gough, Carol Keegan,
Dorothy Martell.

News from Bella

April showers bring life, May flowers, Mother's Day, and Memorial Day. Generations was delighted to welcome 3 new members on board last month.

Thank you for your support. We are excited to collaborate with Steve Littlefield, Director of Veterans Services, to host a Memorial Day cookout this year after the parade and Memorial Day ceremony. Be on the lookout for more information about Fur Festival 2023, our first fundraiser of the year on Sunday, June 4th. As a reminder, membership dues for Generations are open. I'm often asked, "What is Generations?" Simply put, Generations is a group of volunteers whose purpose is to foster community, provide service, resources, and activities for the Seniors in Halifax and provide financial support to the Halifax Council on Aging. We meet the first Monday of every month at 10 am at the Holmes Public Library in the Community Room.

Meetings are open to all Generations members who wish to attend. Generations can use the support of all its members to achieve our goals, so please let me know if you would like to help in any way. If you would like to become a member or donate to Generations, please use the Generations form below. If you have any questions about volunteering, becoming a member, or our upcoming fundraiser, please reach out to me Bella Rose at 508-927-1322 or by email at isabellarose343@aol.com. Until next month...

Join Us!

Become a member of Generations in Support of the Halifax COA Inc.

The Generations Board would like to thank all of our members for their support. Generations in Support of the Halifax Council on Aging Inc. is a private non-profit corporation with a 501(c)(3) status, whose primary purpose is to seek donations through memberships, fundraising events, sponsorships and/or corporate gifts to financially assist the various projects that support and enhance the operation of the Halifax Council on Aging. Please note membership is annual and runs from September 1st – August 31st. Membership will be renewable on September 1st.

Membership dues are \$5.00 a year (per person)

(Please make checks payable to Generations In Support of the Halifax COA)
Drop off at the Halifax COA or mail to: Generations In Support of the Halifax COA
506 Plymouth St.
Halifax, MA 02338

Name (s): _____ Phone: _____

Address: _____

Membership Dues: _____

I am happy to join "Generations" but would like to do more. I'm also including an additional Contribution of: _____

In Memory of: _____

In Honor of: _____

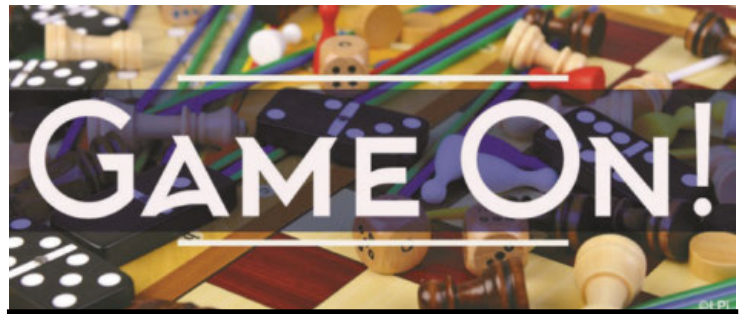
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LEARN CHESS

Playing chess improves your memory and helps prevent dementia. It's also a great way to have fun and socialize.

Come learn and play chess. Topics include moving the pieces, opening, middle, and endgame play, and tips and tricks for improving your game.

Great for beginners, chess enthusiasts, and former players.
Bring a friend!

LUNCH N LEARN TO PLAY CHESS

**NO EXPERIENCE NECESSARY—JUST
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YOU LIKE!**

WHEN: JUNE 22, 2023
**WHERE: HALIFAX COUNCIL
ON AGING**

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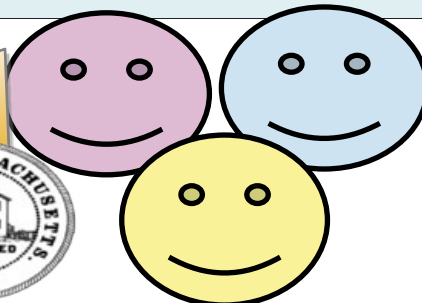
Fun to know: the most popular baby names for 2023:

Male name

Female name

1	Liam	Olivia
2	Noah	Emma
3	Oliver	Charlotte
4	James	Amelia
5	Elijah	Sophia
6	William	Isabella
7	Henry	Ava
8	Lucas	Mia
9	Benjamin	Evelyn
10	Theodore	Luna

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