

GROWING TOGETHER

SERVING THE HALIFAX COMMUNITY



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U P C O M I N G E V E N T S

TRIAD

Tuesday, May 2 at 10:00 AM, Halifax Town Hall, 499 Plymouth Street
Halifax Police Chief presenting 9-1-1 Community Outreach and Public Education Program

Healthy Living Collaboration—Blood Pressure Checks

Tuesday, May 2, 3, 9, 10, 16, 17, 23, 24, 30, and 31 at 10 AM, at the Halifax Council on Aging

Council on Aging Board Meeting

Tuesday, May 16th at 9:30AM, Selectmen Mtg Room, 499 Plymouth Street

SPECIAL LEARNING ACTIVITIES/EVENTS AND WELLNESS

Writing from your Heart: Your Life Stories Matter with Ruth Mills-Walters:

Every Friday, May 5, 12, 19, and 26th from 10am - 12pm

Hip Hop Dance Chair Exercise for Senior Adults, 11:30AM to 1:00PM

AGING WITH GRACE (2 OF 5 PART SERIES)

Honoring Choices and a Mothers' Day Tea, Lunch and Learn, May 10 at 1:00PM— 3:00PM

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



506 Plymouth Street
Halifax, MA 02338



(781) 293-7313



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



www.halifax-ma.org/COA



**WORLD ELDER ABUSE
AWARENESS DAY**

Building Strong Support for Elders

March Against Elder Abuse

**Scan QR Code
to Register for March**

Join OCES for a **FREE** March along
Water Street in Plymouth
to bring awareness to Elder Abuse.

Plymouth June 21st



When:

Wed., June 21, 2023
11:00 AM - 1:00 PM
Registration: 10:30 AM

Where:

Tavern on the Wharf
6 Town Wharf
Plymouth, MA 02360

*1-mile March along Water St. at 11:00 AM
Followed by a light lunch*

Contact:

Terri Kourtz
tkourtz@ocesma.org
508-584-1561 ext. 255

Partners:

Plymouth Center for Active
Living, Plymouth County
District Attorney &
Plymouth Sheriff's Dept.

**To register for the March scan QR Code
or visit www.ocesma.org**



www.ocesma.org
508-584-1561

FITNESS And WELLNESS CLASSES:

VIEW THE CALENDAR FOR DATES AND TIMES !

CALL THE CoA TO REGISTER

- CHAIR YOGA/GENTLE YOGA WITH MARY LOU AT HENRICH HALL
- BLOOD PRESSURE CHECKS AT THE COA AND IN-TOWN LOCATIONS (See Pge 3)
- ZUMBA GOLD/ WITH HEATHER AT GREAT HALL



SOCIAL ACTIVITIES:

VIEW THE CALENDARE FOR DATES AND TIMES !

CALL THE CoA TO REGISTER

- CRIBBAGE EVERY MONDAY
- KNITING/CROCHET GROUP EVERY MONDAY
- OCE'S HOT COMMUNITY MEALS EVERY MONDAY AND WEDNESDAY
- JOY OF WRITING GROUP EVERY MONDAY
- WRITING FROM THE HEART: YOUR LIFE STORY MATTERS OFFER FRIDAY
- BOOK CLUB (HOLMES LIBRARY EVERY THIRD THURSDAY)
- MEN'S COFFEE GROUP EVERY TUESDAY AND THURSDAY
- WOMEN'S COFFEE GROUP EVERY WEDNESDAY
- CRAFTS WITH MADDIE 1ST AND 3RD TUESDAYS EACH MONTH
- COFFEE WITH HATLIFAX VETERAN'S AGENT 2ND MONDAY EACH MONTH
- COFFEE WITH YOUR STATE REPRESENTATIVE 1ST FRIDAY AND SECOND MONDAY/MONTH



TOWN OF HALIFAX COMMONWEALTH OF MASSACHUSETTS

Board of Health

499 Plymouth Street, Halifax, MA 02338

Telephone (781)293-6768 * Fax (781)293-1738

Robert Valery, Health Agent: Email * bob.valery@halifax0-ma.org

Peggy Selter, Administrative Assistant: Email * peggy.selter@halifax-ma.org

The Town of Halifax contracted nurse, M. Laurie Montuori will provide two (2) free, walk-in, adult wellness clinics on the 1st Tuesday of every month.

March 08, 2022

August 02, 2022

January 03, 2023

April 05, 2022

Sept. 06, 2022

February 07, 2023

May 03, 2022

October 04, 2022

March 07, 2023

June 07, 2022

Nov. 01, 2022

April 04, 2023

July 05, 2022

Dec. 06, 2022

May 02, 2023

June 06, 2023

The clinics will be held as follows:

- The Halifax Town Hall clinic - 499 Plymouth Street, Halifax, MA 02338. In the kitchen area from 9:00 – 10:00am.
- The Halifax Mobile Home Estate clinic - 33 Redwood Drive, Halifax, MA 02338. Upstairs in the community building from 10:30 to 11:30 am.

For more information on this and other community events please see our "Community Events Calendar" web page at: <https://www.halifax-ma.org/calendar/month>

MAY CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	2 9:30am-10:30am Men's Coffee Hour (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA) 10am-12pm TRIAD (TOWN HALL, Second Floor Great Hall)	3 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-12pm Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)	4 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA)	5 Cinco De Mayo State Representative Josh Cutler Off-Site Hours (Appt. Only) 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING)
8 9:30am-11am Coffee with State Representative Kathleen LaNatra 9:30am-10:30am Coffee with Veteran's Agent Steve Littlefield 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	9 9:30am-10:30am Men's Coffee Hour (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA) 12pm-2pm CRAFTS WITH MADDIE (HALIFAX COUNCIL ON AGING)	10 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1pm-3pm Honoring Choices for Mother's Day TEA, LUNCH & LEARN (Henrich Hall, 33 Redwood Drive, Halifax) 2pm-3pm ZUMBA Gold/Heather (Great Hall)	11 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA) 11:30am-1pm Hip Hop Dance Chair Exercise for Seniors (Henrich Hall - Halifax Mobile Estates)	12 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING)
15 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	16 9:30am-11am Council on Aging Board Meeting (499 Plymouth Street, Halifax (Selectmen Meeting Room)) 9:30am-10:30am Men's Coffee Hour (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	17 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-12pm Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)	18 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA) 1pm-3pm Book Club a COA Event (Holmes Library)	19 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING) 12pm-2pm Popcorn and Movie Day - "80 for BRADY" (Council on Aging)
22 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	23 9:30am-10:30am Men's Coffee Hour (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA) 11am-1pm Davis Bates (499 Plymouth St, Halifax, Massachusetts 02338, United States)	24 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-12pm Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)	25 9:30am-12:30pm Health Screenings TBA (COA) 9:30am-10:30am Men's Coffee Hour (COA)	26 10am-12pm WRITING FROM THE HEART: YOUR LIFE STORIES MATTER (HALIFAX COUNCIL ON AGING) 11am-12:30pm Attorney Jason Rawlins (HALIFAX COUNCIL ON AGING)
29 Memorial Day Town Offices Closed	30 9:30am-10:30am Men's Coffee Hour (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	31 9:45am-10:45am Chair Yoga with Mary Lou (Henrich Hall) 10am-12pm Healthy Living BLOOD PRESSURE CHECK (Halifax Council on Aging) 11am-12pm Gentle Yoga with Mary Lou (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/Heather (Great Hall)		



MOTHERS' DAY MAY 10TH FROM 1:00 TO 3:00
RELAX, ENJOY LUNCH WHILE YOU LEARN
WHERE HENRICH HALL, 33 REDWOOD DRIVE
HALIFAX MOBILE ESTATES
DO NOT FORGET TO RESERVE A SEAT
CALL NANCY OR DIANE AT 781-293-7313



HONORING CHOICES IT'S YOUR HEALTH AND YOUR CHOICE!

What will happen if you suddenly become ill?

- What is a Health Care Agent and what is their purpose?
- What is a Health Care Proxy?
- What is a Personal Directive?
- How do you put your plan into action?

MAY 10TH FROM 1:00PM to 3:00PM, HENRICH HALL, RESERVATIONS NEEDED

**HALIFAX COUNCIL ON AGING
WEDNESDAY, MAY 10, 2023
LUNCH 'N LEARN**

HONORINGCHOICESMASS.COM

**Registration Required
Halifax COA
(781) 293-7313**

www.ocesma.org

JOIN GENERATIONS AND SUPPORT THE HALIFAX COUNCIL ON AGING WHERE AGING MATTERS

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.

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: _____

Total Enclosed: _____

**THE TRAVELERS PRESENTS:
THE SPIRIT OF BOSTON**



Wednesday, May 10, 2023

\$139 per Person

Your Motorcoach Will Depart:

9:15 AM—Whitman VFW Parking Lot

9:30 AM—Hanson Senior Center

10:00 AM—Halifax Estates Mobile Park

Approximate Return: 3:30 PM

Step aboard the “Spirit of Boston” for an afternoon of unparalleled cruising fun on historic Boston Harbor. This luxurious 2-hour cruise features live entertainment – you’ll dine, dance, enjoy star-quality entertainers and breathtaking views! On board, you’ll enjoy an outstanding buffet luncheon to suit every taste and appetite, all freshly prepared onboard in the ship’s excellent galley. Sample a little bit of everything!

FOR RESERVATIONS PLEASE CONTACT:

Dottie @ 781-801-4822 by 4/30/2023

Full Payment Due Upon Reservation

Trip Operated by Bloom Tours

COA COMMUNITY ENRICHMENT



For the Love of Art



Halifax COA Art Classes
with Renée MacMurray



Storyteller Davis
Bates

May 23rd at 11:00
Great Hall
Reservations needed



THANK YOU MATT YORK A SUCCESSFUL EVENT

Hip Hop DANCE CHAIR EXERCISE FOR SENIORS

This chair exercise and dance class is about an hour. Elders do a complete chair, dance, warm-up and hip hop class that begins and ends in the chairs. We travel through time on the "Soul Train" and chair dance to clean cut hip hop and R&B songs. We use creative props such as smiley faces and African maracas to help make our soul train journey come to life. Senior participants will leave feeling more limber.

“ All Aboard
the *Hip Hop*
Soul Train
Express! ”

This class is specifically designed for seniors. There is some evidence that physical activity can slow down the decline of cognitive disabilities and may improve a demented patients' quality of life. It has also been suggested that physical activity is a preventative health measure and may improve cognitive function in daily activities, and balance mental health.

PERFECT FOR
SENIOR CENTERS
ASSISTED LIVING
ADULT DAY PROGRAMS
AND
NURSING HOMES



MUSIC DANCE.EDU • 617.429.2507

PUZZLES & GAMES



Name: _____ Date: _____

What's in Your Vegetable Garden?

W	O	P	O	T	A	T	O	O	N	S	P	L	M
A	H	T	R	I	I	T	L	O	G	I	C	C	R
E	S	A	A	A	O	E	I	T	N	P	A	U	C
N	A	P	R	M	T	N	N	R	R	I	U	D	O
I	U	A	A	T	O	A	U	S	A	N	L	O	R
K	Q	A	U	R	L	T	P	B	D	S	I	B	N
P	S	C	A	P	A	E	N	E	I	R	F	R	S
M	E	R	G	I	A	G	B	A	S	A	L	A	O
U	E	G	R	S	O	G	U	N	H	P	O	B	R
P	E	C	A	R	R	O	T	S	H	I	W	U	R
E	E	P	E	P	P	E	R	S	L	C	E	H	E
U	E	Z	U	C	C	H	I	N	I	L	R	R	L
K	A	L	E	B	R	O	C	C	O	L	I	P	H
B	E	E	T	S	C	U	C	U	M	B	E	R	P

Word List:

CARROTS	PEPPERS	BEANS	PEAS
ZUCCHINI	SQUASH	PUMPKIN	ASPARAGUS
BEETS	BROCCOLI	PARSNIP	CAULIFLOWER
CORN	CUCUMBER	EGGPLANT	LETTUCE
ONION	POTATO	RADISH	TURNIP
RHUBARB	KALE	SORREL	TOMATO





HALFAX COUNCIL ON AGING

506 Plymouth Street

Halifax, MA 02338

Tel: (781) 293-7313 Fax: (781) 293-1774

Website: www.halifax-ma.org/COA

Presorted Standard Postage

US Postage PAID

Permit #42

Halifax, MA 02338

Forever In Our Hearts



HALIFAX COA

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Jean Gallant

COA Director

Darlene Regan

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Judith Rakutis

Michael Rugnetta

Sarah Sloat, and Kimberly King-Cavicchi

COA Staff

Director

Darlene Regan

Outreach Coordinator

TBA

Outreach Assistant

Nancy Smith-Clancy

Receptionist

Diane Smith

OCES Meals-On-Wheels

Site Coordinator

Maria Maynard

Van Drivers

Gary Long, Diane O'Brien, and Janice Rossetter