

## From our Director...

Welcome to Summertime! Did you ever think back in February and March that we would be enjoying the warmth and cutting grass or pulling weeds instead of shoveling the white "stuff"! I am happy to announce the June 3rd kick-off of "Keep Moving" walk, which was led by Mr. Bill Perkins, followed by fifty seven other excited walkers. This was a wonderful opportunity to realize we can challenge ourselves, and it *DOES WORK*! Congratulations to all who participated and those at home who could not make it, but were with us in spirit! Blue Cross/Blue Shield representative Peta Shepard helped us register everyone, while Hillary Troia of Home Instead (home care) gave out water at the 1/2 mile turn around. The 27 pedometers were given out along with mileage tracking booklets. These booklets will keep track of mileage and steps for one year and will be used to track your mileage even *after* July 1st on the USA map, which is in our office. Your name will appear on the map and you will be able to 'move' yourself across the map during the course of the following year. Our destination will be **RIO GRAND NATIONAL FOREST in Colorado**, directly on Rt. 285. The tracking key example is as follows (whether you have a pedometer or not):

1 hour of walking = 1 mile = 2,000 steps

15 minutes of walking = 1/4 mile = 500 steps

If you wish to join our program, please stop by for a tracking book and get started with us by walking more this week than you did last. Continue with the "Keep Moving" program, step by step to challenge yourself for better breathing and health!

Stop by your Pope's Tavern Senior Center for a tour, cup of coffee, chatting with our staff. I would love to meet you and talk with you!



If you are interested in a **workshop** to learn how to set up your pedometers, take the stride test so that it is fitted to your gait, Joyce Gannon and John Capless will help! Call our office, and we'll arrange the **workshop**.

Track your steps or "mileage" in various ways at any time...(on vacation, stepping to music, walking around in your home or on a treadmill, shopping or doing errands...Record your 'mileage' in your tracking book, then come to the COA and put your distance on the USA map after July 1st!

#### PLACES TO KEEP IT MOVING....

- Love To Walk (2nd and 4th Mondays, 9am)
- Line Dancing (Tuesdays, 2:30pm & Wed., 6:30pm)
- Senior Fit (Wednesdays, 9:30am, \$4pp)
- Wii games (Wednesdays, 10:30am)
- Chair Yoga (Wednesday, 11am, \$4pp)
- Ball Room Dancing (Fridays, 11am)

## You're invited to Aloha Fun

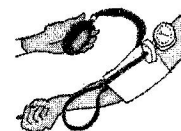
Join us on Wednesday, August 19th, NOON, for our **Annual Summer Cookout**, located at the Town Hall green. Enjoy a meal of BBQ chicken, hot dogs, potato salad, coleslaw, corn on the cob, watermelon and ice cream for only \$6.00 pp. Enjoy some great, local professional music with Jeff Rosen. He's a longtime resident of Halifax and will bring us a variety of music which everyone will enjoy. Dress in your best Hawaiian! RSVP your ticket before Aug. 10th!!

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**DID YOU KNOW?** There's a fantastic theatre program in town, sponsored for the 31st consecutive year by the YOUTH and RECREATION Commission. Don't miss an "ON STAGE" performance, entitled "Songs of War, Songs of Peace" directed by Bob Kniffen to be conducted **Thursday, July 30th at 10:30am or 7:00pm** at the Halifax Elementary School. This performance is FREE, appropriate for children of all ages, and a wonderful opportunity to see local talent in action! If you'd like to attend, please call to sign-up reserve seats for you!

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**BLOOD PRESSURE & GLUCOSE CHECKS** are FREE and available in our building on the *second, third and last* Thursday mornings, 8:30-11:30am. Stop in and meet our Nurse, Trishia Ross. Don't underestimate the opportunity for a FREE blood pressure check and glucose testing and clinic. *All information is kept confidential.*



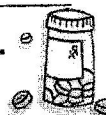
**DIABETES SELF MANAGEMENT...**

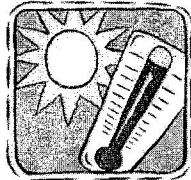
A six week workshop, starting September 14th (through Oct. 16), noon to 2:30pm

If you have type 2 diabetes, or are caring for someone with diabetes, this workshop may help!

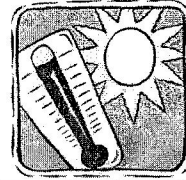
Learn techniques to deal with symptoms, fatigue, pain, stress and emotional difficulties which come with the disease. Learn appropriate exercises for maintaining and improving strength and endurance. Learn healthy eating skills, action planning, reading food labels, or just become more aware of how this disease impacts your life.

Available to the **first sixteen** individuals who are interested in managing their diabetes more efficiently. Old Colony Elder Services will be instructing. Call our office to reserve your spot! Due to space issues, this course will be held at the Town Hall.





# August 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 DAY TRIP</b> 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>4</b> 9:00 Best Breakfast SHINE 12:00 Lunch, Nails by Julie 2:30 Line Dancing @ All Seasons Restaurant	<b>5</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair yoga 12:00 Lunch 6:30 Line Dancing @ All Seasons Restaurant	<b>6</b> 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen <b>12:00 Lunch &amp; Pool Party</b> 12:30 Grocery Shopping	<b>7</b> 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing, Town Hall 12:00 Lunch 1:00 Office closes
<b>10</b> 9:00 Church/Love To Walk group 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>11</b> 9:00 Men's Coffee Hr. SHINE 10:00 TRIAD presentation 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	<b>12</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair yoga Veteran Agent Will Corey 12:00 Lunch 12:30 MLMH cancelled 6:30 Line Dancing @ All Seasons Restaurant	<b>13</b> 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	<b>14</b> 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing class, Town Hall 12:00 Lunch 1:00 Office closes
<b>17</b> 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>18</b> 9:00 Men's Coffee Hr. SHINE 10:00 Board Mtg. 12:00 Lunch 2:30 Line Dancing @ All Season's Restaurant	<b>19</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga <b>12:00 TOWN COOK OUT</b> 6:30 Line Dancing @ All Seasons Restaurant	<b>20</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	<b>21</b> 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ball Room Dancing class, Town Hall 12:00 Lunch 1:00 Office closes
<b>24</b> 9:00 Church/Love To Walk group 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>25</b> 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	<b>26</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10a-1p Brown Bag distribution 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing	<b>27</b> 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	<b>28</b> 9:00 Errands & Walmart 11:00 Attorney Jason Rawlings available Ball Room Dancing 12:00 Lunch 1:00 Office closes
<b>31</b> 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>COMING IN SEPTEMBER...</b> ♦ Thursday, <b>Sept. 3rd</b> Pre-Labor Day event! (Goodbye summer, Hello autumn) Cookout—hot dogs, hamburgers, cheeseburgers, potato salad, & "special" Banana Foster dessert" Banana Fosters \$4.00 pp. The first TWLEVE people to sign up go into a drawing for a Walmart gift card! ♦ Friday, <b>Sept. 18th</b> : DAY TRIP to Fullercraft Museum 9:30am-2:30 \$4.00 van/ \$5.00 Senior Guided Tour Call to reserve your space on the van! ♦ DIABETES self-management WORKSHOP for 6 weeks, beginning every Monday, Sept. 14th! NOON to 2:30, sponsored by Old Colony Elder Services. FIRST 16 who call get a place!			