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# HALIFAX COUNCIL ON AGING NEWSLETTER

**APRIL 2013**

**POPE'S TAVERN SENIOR CENTER**  
506 Plymouth Street

**OPEN (9:00—3:00 Mon—Fri )781-293-7313 FAX 781-293-1774**

## **BOARD OF DIRECTORS**

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Mother's Day Celebration at the Senior Center  
Wednesday May 8th at 12:00 noon



All ladies (whether you're a mom or not) are invited to join us for a spot of tea, finger tea sandwiches, and fruit to celebrate your special day! (cost is \$2.50/p).

Honoring the women of Halifax—following lunch our friend, Deb Bunszel will introduce reflexology, meditation & Reiki for your relaxation. Introducing techniques of hand therapy, laughter and soothing touch harmony, with background soothing music. Come to be pampered and adored & enjoy the company of others desiring a break from any turmoil or stress. Seating is limited to 40 so please call soon to sign-up. When the body relaxes the healing begins.

**ANNUAL INTERFAITH SERVICE**—Tuesday \*April 30th  
from 11:00am—1:00pm \*Halifax Town Hall  
**A SERVICE OF HEALING and RESTORATION**

All are welcome — to help yourself heal from grief, loss, and day to day challenges we face in this life together.

Reverend Joseph Wadsworth & Father Healy will help with the service on this day. A light coalition will follow the service. Call if you need the senior van.

## **BABY PHOTO CONTEST**



Name the pictures—Bring in baby pictures of yourself, between the ages of 0-8+ years to the Council on Aging after April 4th. If you don't have one, bring in the closest looking grandchild! The pictures will be displayed for one month and nearing the end there will be a contest to see who has the most correct guesses. The grand winner will receive a special prize! Please attach your name & address to the pictures and they will be returned to you safely after the contest.

Bring in your favorite pictures! See you soon.

## **Annual "SPRINGFLING" - COA on May 22 (Wednesday) at 12:00**

Free luncheon for our seniors: Chicken Cordon Bleu with Baked Potato & sour cream, celery & carrots almandine with whole wheat dinner roll with strawberry chiffon for dessert! If you are diabetic the dessert is angel food cake with strawberry topping. Please let us know early if you will be coming.



Entertainment— "Keeping up with the Joneses"

## **"NEW WORKSHOP" on Chronic Pain Self Management**

~ This is an evidence based workshop presented by two trained leaders from Old Colony Elder Services of Brockton.

This Program is developed for people of all ages who are dealing with chronic pain related to fibromyalgia, neuropathy, headache, Crohn's disease, muscle pain, back pain, arthritic pain or any pain that persistently impact activities of daily living.

**WHAT:** Six Week Program/ Once a Week for 2 - 1/2 hours  
**WHERE:** Halifax Council on Aging from 4:00pm —6:30pm.  
**WHEN:** May 29th—June 26, 2013 (Wednesdays); last class to be Announced.

You will learn — 1} techniques to deal with problems such as frustration, fatigue, isolation, poor sleep. 2} exercise for improving strength, flexibility & endurance. 3} appropriate use of medications. 4} communication. 5} pacing activities. 6} nutrition

You don't want to miss this opportunity. Call to sign up today.

## **SPRING —HEALTH & FITNESS — Just for You!**

### **I. Chair Exercise & Stretch Class...**

The first three Fridays of every month—10am-11am at the COA. The class includes stretching, strength training & meditation for one hour. Please call to sign up.




**II. Wii Games available at the COA**—Baseball, bowling, boxing, tennis and golf—We would like to start playing times Wednesday morning or afternoon. Stop in and give it a try!

**III. Cardio Pump Dance Senior Exercise 8 week Class (Wednesdays)** with Lori Hunter coming this Spring, starting May 1st—June 19th at the Halifax Town Hall Upper Hall from 9am—10am, (\$2 donation p/class).

**IV. Chair Yoga**—8 week course— starts April 8—May 27 (Mondays) - 11am—12 noon at the Halifax Mobile Home Park Community Room (free). Call to sign up!

\*There are many benefits to exercise, hope you join us.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft /Crochet & Knitting Group 2:30 Joy of Writing	<b>2</b> 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 1:00 Nails by Julie	<b>3</b> 9:00 Church Group 10:00 Ladies Social 12:00 Lunch 1:00 Red Hats 1:00 Tax Preparer	<b>4</b> 9:00 Oil Painting 9:00 Blood Pressure/ Glucose w/Carol 10:00 Coffee Hour 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	<b>5</b> 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
<b>8</b> 10:00 Bridge/Cribbage 10:00 Basic Computer 11:00 Chair Yoga 12:00 Lunch 1:00 Craft /Crochet & Knitting Group 2:30 Joy of Writing	<b>9</b> 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 TRIAD/Police St. 12:00 Lunch	<b>10</b> 9:00 Church Group 10:00 Ladies Social 12:00 Lunch 1:00 Red Hats 1:00 Tax Preparer	<b>11</b> 9:00 Oil Painting 10:00 Coffee Hour 10:30 VNA Blood Pressure/Glucose 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	<b>12</b> 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
<b>15</b> CLOSED in HONOR Of —Patriot's Day 	<b>16</b> 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 1:00 Podiatrist	<b>17</b> 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 St. Patrick's Day Party	<b>18</b> 9:00 Oil Painting 9:00 Blood Pressure/ Glucose w/Carol 10:00 Coffee Hour 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	<b>19</b> 9:00 Errands & Wal-Mart 10:00 No Exercise 12:00 Lunch 1:00 Train Dominos
<b>22</b> 10:00 Bridge/Cribbage 10:00 Basic Computer 11:00 Chair Yoga 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	<b>23</b> 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	<b>24</b> 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 11:00 Veteran Agent 12:00 Lunch	<b>25</b> 9:00 Oil Painting 9:00 Blood Pressure/ Glucose w/Carol 10:00 Coffee Hour 12:00 Lunch & Flag Talk 12:30 Grocery Shopping 1:00 Bingo	<b>26</b> 9:00 Errands & Wal-Mart 11:00 Attorney 12:00 Lunch 1:00 Train Dominos
<b>29</b> 10:00 Bridge/Cribbage 10:00 Basic Computer 11:00 Chair Yoga 12:00 Pizza Lunch 1:00 Craft /Crochet/ Knitting Group 2:30 Joy of Writing	<b>30</b> 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch			

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**ANNUAL ART SHOW at HOLMES PUBLIC LIBRARY**

Please drop by the library during the month of May to view the creative and beautiful paintings of the oil painting class from the Council on Aging. They work on these projects throughout the year!

A dessert coalition will take place at 1pm for the Art Class group and interested friends. Please join us !

SHINE COUNSELING - with Maria is available every Tuesday at the COA from 9:00— 11:30. Maria Burke our Counselor will help you with Medicare, Mass Health, Health Insurance & prescriptions. Please call for an appointment time.

**CALLING ALL WALKERS**

Our Halifax Hoofer, love to walk group will be starting this month traveling to local parks with their picnic lunch, water bottles & chairs. If you want to stay in shape or start walking more and enjoy being outside give us a call for the schedule. Our van transports to most of the walks! Join us.

**LOOKING FOR BINGO PLAYERS...**

On Thursday afternoons from 1:00—3:30pm. The group has much fun and play for small prizes and chocolate! Marie Cook calls each week and Carol Page fills in when Marie is out. All are welcome. Love to see you!

**RED HAT LADYBUGS**

NEXT MEETING:— Wednesday, April 3 -- COA—1:00 pm.  
*New members are always welcome. Please inquire with Glenda Firlotte— 781-293-5695, with any questions or concerns you may have. Join us soon!*

Change

**Senior Center Transportation Schedule**

Please call in advance if you need transportation to the pharmacy, medical or grocery appointments. Every Thursday at 12:30 pm the van travels to Stop & Shop for your grocery needs and on Fridays at 9am the van travels to Wal-Mart and town errands. A Lunch & shop group travels once a month on Monday to a local shopping area & out to lunch.

On FRIDAYS there will be one van open to do medical appointments from 8am—2pm, first come, first serve basis. The walking group will use the van on some Friday's. All rates are still the same—Halifax \$2 roundtrip; South Shore area,\$6 (RT); Cape Cod \$10 (RT) and \$30 Boston roundtrip.

**MONTHLY NEWSLETTERS — GOOD NEWS !!**

**We are happy to announce we will continue to send monthly newsletters to those turning age 60 each month. We do ask that if you know of someone who has moved or does not wish to receive the newsletter to please give us a call. Thank-you .**

**“GENERATIONS” — (nonprofit friends of the COA)**

Luncheon: APRIL 6th - 11:30am - Halifax Police Station. Menu: Ham & Beans for \$8 p/p. Sign up with Dottie.

Special Trip: April 3 , a trip to Newport Playhouse at \$69 p/p, leave Halifax Mobile Home Park at 10am. Includes buffet & Cabaret Show!

Fundraiser: If you are interested in joining Viridian please call Dottie for more information.

President— Dottie Martel —781-754-0645.

**Attorney Jason Rawlins** volunteers his time for seniors in Halifax. If you wish to talk to him, please call for an appointment time. He meets at the COA every fourth Friday. Next Meeting Date: April 26, from 11am-1pm. Please call for an appointment.

**TRY BASIC COMPUTER with Debbie**

Every Monday from 10:00am – 11:30, you are invited to learn a new skill or practice other computers skills that you have been meaning to learn! Are you new to computers, or a bit rusty? Give us a call to sign up!

**Senior Lunches at the Council on Aging**

Please consider stopping by one day for a hot lunch for a donation of \$2.50. The lunch menu is in the newsletter each month for your convenience. Our senior van is here for transportation if needed. Call our meal site manager Maria, if you would like to order a meal. You can also drop in just to socialize. You can bring your own salad or sandwich for lunch. We hope to see you soon!

**Annual Town Meeting—MAY 13th at 7:30pm at HALIFAX ELEMENTARY SCHOOL (www.town.halifax.ma.us)**

**Free—BLOOD PRESSURE & GLUCOSE TESTING**

The first Thursday of the month from 10:30-11:30, testing is done with VNA Nurse, Mary. There after, the following Thursdays, from 9am—noon, testing is done with our very own Carol Elliott, RN.! Carol educates about many health related topics. We hope to see you this month. Records are kept for your convenience at the Council on Aging.



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**Old Colony Elder Services**

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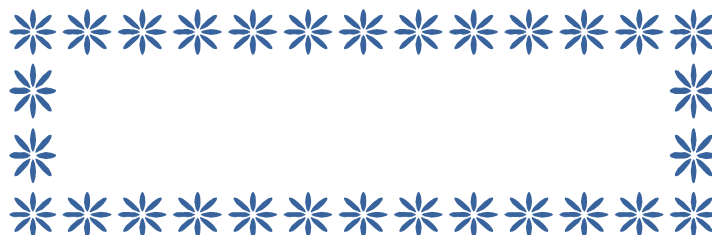
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