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HALIFAX COUNCIL ON AGING NEWSLETTER

DEC 2012 & JAN 2013

POPE'S TAVERN SENIOR CENTER

506 Plymouth Street

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As I finish up the December newsletter in mid November and Thanksgiving is right around the corner, I cannot believe where the time has gone. As we begin another New Year, we have much to be excited about at the Halifax Council on Aging!. We continue reaching out to seniors in our community with the celebration of over a year with the Friendly Visitor Program headed by Carol Elliott and our "Joy of Writing" course managed by Ivy Matheny, went beautifully. An upstairs room has been newly designed & stocked, by our maintenance crew (Gerry, Tommy & Brenda) into a "wrapping" room. The room will be named ,"Re—Create" after Marie MacNeil, sister of Carol Elliott. "Re" as she was affectionately called loved to create, and all of her materials were donated to our Senior Center, in hopes many seniors will take part in wrapping, designing and having good times working in this new room. Thanks also to the Elliott family for the T.V. and Wii game donated to the COA in hopes that many will have hours of fun!

Wheelchair ramp construction has been ongoing for two months in front at Popes Tavern for more accessibility into the building, and many thanks to the Town Barn crew who have been working diligently on this project. Much has been going on at Popes Tavern Senior Center, please stop by and give us a visit.

Holidays can particularly be a time of stress and loneliness.

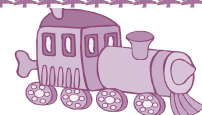
Sometimes we expect this season to be much more than it actually is. Please try to pace yourself, don't do too much, please too many people or buy too much. Please let us check on our family, friends and neighbors during these winter months. Be very careful with your fireplaces, woodstoves, heaters and chimneys.

Check your space heaters regularly to make sure they are working properly and are at least 3 feet from flammable materials like curtains, bedspreads and sofas. Make sure smoke detectors have new batteries. Please stay safe and well.


Enjoy this wonderful season and I wish you all, much peace, joy and prosperity during Christmas, Hanukkah, and all through the year!

Fondly —Barbara, Director

COOKIE "Chew-Chew" Walk & Swap



Thursday December 20 at COA

Start: Time: 12:45pm after Lunch (You may bring your own lunch or order with us— Let us know early  so we have time to order it)

Please bring in your favorite homemade cookies to share as you swap & walk & have fun! Only \$3.00p/p and you will take home the tastiest cookies in town to enjoy! Take chances on "Baskets", made by "Generations" on this day, 4 for \$1.00 or .25 each. Please call to sign-up!

* The first 15 people who sign up for this event will be put into a drawing for a WalMart gift card!

COZY COUNTRY CHRISTMAS LUNCHEON

Thursday December 13th—Pope's Tavern Senior Center.

(2) Seating's: 12:00 noon and 1:00 pm

Cost: \$4.00 p/p—Space is limited, please make reservations early! When reserving your seat please designate what time you prefer. Bring a wrapped gift under \$5 value, if you wish to participate in a FUN GIFT SWAP!

Ask a friend or neighbor to join you!



ATTENTION—This monthly Newsletter put out by the COA will not be mailed to your homes after April 2013. It is too costly. You will be able to pick up a copy from local businesses , the library, & COA . More to be announced at a later date.

CALENDAR PAGE

DECEMBER 2012

Mondays: 10:00 Bridge/Cards
10:00 Massage with Kevin
10:00 Basic Computer Class
12:00 Lunch
1:00 Craft/Crochet/Knit Group

Tuesdays: 9:00 Men's Coffee Hour
9:00 SHINE Counseling
12:00 Lunch
1:00 Joy Of Writing

Wednesdays: 9:00 Church Group
10:00 Ladies Social
10:00 Quilting with Carol
12:00 Lunch

Thursdays: 9:00 Oil Painting
9:00 Blood Pressure/Glucose Test
10:00 Coffee Hour
12:00 Lunch
1:00 Bingo
12:00 Grocery Shopping

Fridays: 9:00 Errands & Walmart
10:00 Exercise & Meditation
(1st three Fridays only)
12:00 Lunch
1:00 Train Dominos

SPECIAL EVENTS THIS MONTH:

Tuesday, Dec 4— Nails by Julie & TRIAD Meeting & Party; Dec 5— Red Hatters at 1pm; Dec 13—COZY CHRISTMAS LUNCHEON; Dec 17—Pizza Lunch; Dec 18—Board Meeting & Podiatrist; Dec 19—Veteran Agent Wil Corey; Dec 20—Christmas Cookie Train (\$4.00/Tray) at 12:45; 12/26; Dec 26—Brown Bag; Dec 28—Attorney Jason Rawlins

ATTENTION—The Senior Center will close early, at noontime on both Monday, Dec 24 & 31 due to the Holiday Schedule.

JANUARY 2013

Mondays: 10:00 Bridge/Cards
10:00 Massage with Kevin
10:00 Basic Computer Class
12:00 Lunch
1:00 Craft/Crochet/Knit Group

Tuesdays: 9:00 Men's Coffee Hour
9:00 SHINE Counseling
12:00 Lunch

Wednesdays: 9:00 Church Group
10:00 Ladies Social
10:00 Quilting with Carol
12:00 Lunch

Thursdays: 9:00 Oil Painting
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1:00 Bingo
12:00 Grocery Shopping

Fridays: 9:00 Errands & Walmart
10:00 Exercise & Meditation
(1st three Fridays only)
12:00 Lunch
1:00 Train Dominos

SPECIAL EVENTS THIS MONTH:

Tuesday, Jan 2— Red Hats to lunch; Jan 8— Nails by Julie at 1pm & TRIAD at 10am; Tues, Jan 15, Lunch & Shop 9am-2pm, & Board Meeting; at 10am; Wed, Jan 16—Vet Agent from 11am-1pm ; Wed, 01/23— Brown Bag; 01/25— Attorney from 1-3pm; 01/28—Pizza Lunch,

ATTENTION— The Council on Aging will be closed on Monday, January 21, 2013 in observance of Martin Luther King Day.



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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 also educates you about various health topics. Hope to see you visit us this month.



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