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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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Jo Schofield Carolyn Vinton Sharon Hartz

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.

GALENDAR PAGE

DECEMBER 2012

Mondays: 10:00 Bridge/Cards

10:00 Massage with Kevin 10:00 Basic Computer Class

12:00 Lunch

1:00 Craft/Crotchet/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

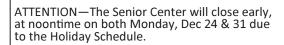
10:00 Exercise & Meditation (1st three Fridays only)

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 CHRIST-MAS 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



JANUARY 2013

Mondays: 10:00 Bridge/Cards

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12:00 Lunch

1:00 Craft/Crotchet/Knit Group

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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 Mon-

day, January 21, 2013 in observance of Martin Luther King

Winter Weather & Snow Emergency

Please tune into the local weather on your radio or T.V. and listen for no school announcements for public school closings. If Halifax Elementary School is closed due to inclement weather, the COA will also be closed including all programs such as meals on wheels and van transportation. Home delivered meal participants do have emergency meals on hand for times like this.

<u>Winter Driving</u> — Please take a cell phone with you and let someone know where you are going and when to expect you home. Make sure you have emergency supplies in your car such as: first aid kit, blankets, extra warm clothes, windshield scraper, rock salt, bag of sand, shovel, booster cables, water, flashlight & snacks. Be safe.

<u>BINGO PLAYERS</u>...Would like more people to join them on Thursday afternoons from 1:00—3:00 pm. They play for prizes and have a lot of fun. If your interested, drop in

<u>FATHER BILL'S & MAINSPRING HOUSE</u> wish to thank our Monday afternoon knitting & crocheting group for their donations they have made with "love" and dropped off to help end homelessness throughout the South Shore area. Thank-you to Dorothy Pease & all the ladies who continue to help others and make a difference in other peoples lives! One step at a time!

Senior Center Transportation Schedule

Please call in advance if you need transportation to the pharmacy, medical or grocery appointments. Every Thursday at 1pm the van travels to Stop & Shop for your grocery needs and on Fridays at 9am the van travels to Wal-Mart and town errands. There are no medical appointments on Fridays. (RT) is Roundtrip.

HALIFAX	\$2 RT
SOUTHSHORE AREA	\$6 RT
CAPE COD	\$10 RT
BOSTON	\$30.00 RT



FOOT DOCTOR — Dr. Greg Cormier

Has appointments on Tuesday, Dec 18th from 1:00—3:30pm. There are a few time slots open. Please call if interested. He charges \$25.00 a visit.

S.N.A.P. (Supplemental Nutrition Assistance Program)

Applications can be filed at any time. Please contact our Outreach Worker Joyce, if you need assistance.

SHINE COUNSELOR, (Serving Health Information Needs of Elders), Maria Burke, volunteers her time to help seniors navigate the Medicare, Mass Health & prescription coverage system. Her confidential office hours at the COA are

Tuesday mornings from 9:00-11:00am. Call for an appointment.

HOW TO VIEW THIS NEWSLETTER & OTHER COAS

GO to website-<u>www.seekandfind.com.</u>

Click on "find community", then click on Massachusetts and choose the city/town you want & scroll down to find the month you wish to view! It is simple! If you need help come to our computer class from 10:30–11:30 and learn how!

HOW DO I APPLY FOR FUEL ASSISTANCE—If you need help with your Recertification paperwork, or are new, please call to make an appointment with Joyce or Elaine on Tuesdays or Wednesdays from 1:00—3:00pm at the Council on Aging.

Bring with you: Recent electric, phone & fuel bills; 4 recent pay stubs or annual award letter & pension statement for your Social Security, for each person in household; Veteran benefits, worker's comp. or unemployment benefits; Interest bearing accounts, child support, alimony, other income; tax bill, rent receipt or land rent; social security cards for all in household; and Photo ID; Home owner's policy.

*If you need a ride call us for the senior van . If you are homebound, the Outreach Worker can visit you and give assistance.

JANUARY 2013 MENU is not included in this combined newsletter (December & January), therefore if you would like one please call us or drop by after December 17th and we will have one available.

Thank-you from —The Staff —

Barbara, Joyce, Judy, Maria & Elaine

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



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Debra Trotta, Proprietor



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