



HALIFAX COUNCIL ON AGING



December 2014
&
January 2015

DIRECTOR Barbara Brenton
RECEPTIONISTS Judy Sheppard & Betty Buidorket
NUTRITION / M.O.W. Maria McGaffigan
OUTREACH WORKER Joyce Curran
OUTREACH ASSISTANT Elaine Marzilli
VAN DRIVERS ... John Kealey, Deb Killeffer,
Frank Sullivan, Christine Tompkins

Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338
Hours: 9am-3pm Monday—Friday
781-293-7313 or 293-3883
Fax: 781-293-1774

BOARD OF DIRECTORS
CHAIRMAN.....Joy Marble
VICE-CHAIR.....Sharon Hartz
SECRETARY.....Helen Doucette
MEMBERS ... Jo Schofield
Ellie Murphy



Merry Christmas, Happy Hanukkah and Happy New Year -- from the Director

As we begin another year, we wish to give thanks for the generosity of everyone who has supported Popes Tavern Senior Center! We continue reaching out to seniors in the community to provide information, programs, services & fun. Special thanks to Halifax Country Club for providing a bountiful Thanksgiving meal to many who otherwise would have eaten alone. Many thanks to Stop & Shop who provide us with weekly selections of breads & pastries to our seniors. A big thank-you to Walmart who donated water to our home delivered meal seniors & drop-ins at the Council on Aging this summer/fall. We are grateful to "GENERATIONS" for their fundraising efforts in preparation for a "new" Council on Aging building, who work hard throughout the year. Our appreciation of the many hours put in by Maria Burke our SHINE Counselor, who helps many people throughout the year! Special thanks to our walk coordinator, Janice Poulos-Villano for her time dedication to the "Love to Walk group". Many thanks to Mr. Joe Benson (taxes) & Attorney Jason Rawlins for their donations of time and giving back to their community. Gratitude to our dedicated volunteers who day in and day out give of themselves to the COA through serving, cleaning, computer help, meals on wheels, driving to medicals, decorating, special events & programs, office support, delegates and so much more. Special thanks to our Town maintenance crew: Gerry, Tommy, Brenda & Dillon for going above and beyond the call of duty constantly to make the COA a place we can be proud of! We are thankful for a safe wooden banister (going upstairs) just built by our crew! More special thank-you's to Dave the mechanic and the Town Barn team for helping and servicing our (2) senior vans and making sure they are safe! My thanks to the Board of Directors: Joy, Jo, Sharon, Helen & Ellie for all your support throughout the year(s). My sincere appreciation to all organizations & individuals who have donated time, seasonal items, money, medical equipment, and furniture to the COA, to help others in need. Thanks to all donors making financial contributions in memory of a loved one and to those who hold a special place in our hearts, whom we will never forget. Due to your efforts and those that came before you the COA remains a place where people come together socially, emotionally, educationally & for wellness, to take part in the many programs, services & recreation! We are grateful to the Daisy, Girl & Boy Scout troops for their special gifts, artwork, decorations & pumpkins donated with "love" to our seniors!

Many thanks to Town Administrator Charlie Seelig, the Board Selectman, all town employees, Police & Fire Departments, CERT team, & TRIAD Volunteers who support our town, our seniors and our families.

I am very grateful to my staff, drivers and volunteers who give of themselves daily and are very dedicated to our mission and understand the needs at the Council at Aging.

COA staff wishes you a Happy & Healthy New Year!

~Barbara Brenton

Just a reminder....Christmas "Swing" Party with Olde Kids on the Block occurs on Wednesday, Dec. 3rd. Noon at the Lady of the Lake Parish Hall

CAN YOU HELP the Salvation Army Bell Ringers some days between now and Christmas Eve? Please call Chris Tompkins (781-884-7741) to help 'give back' to our community!



Health & Wellness Corner: Want to improve your quality of life, reduce anxiety, stress & depression and loose weight?

Wednesdays: 9:30am— 10:30 Senior Fit Class with Lori at Town Hall. (note! No class on Dec. 10th) 10:30—Wii Games at the COA with Avis; 11:00— Chair Yoga with Judith at HMHP. The 1st (3) **Fridays** of the month: 10am—Exercise & meditation w/ Barbara at COA...Join us!!



LADY BUGS next meeting will be on Wed., Dec. 3rd at noontime at the Lady of the Lake Parish Hall for the Christmas "Swing" Party. They will also be meeting on Wed., January 7th at 1:30 for a fun meeting. All ladies are welcome to join them at their meetings, so please join for some laughs; we talk, socialize, go out to lunch, watch movies, visit museums and special events and trips. Bring a friend! please call **Barbara Rice at 508-807-0268**.



GENERATIONS

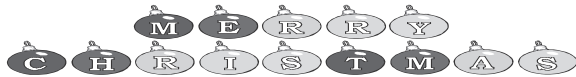


*A multi-generational community group
whose purpose is to engage in the support of the
Halifax Council on Aging*

Please call Dottie 781-754-0645 if you have questions

The depository (unused household donations, books, clothing, etc.) proceeds help support their ongoing endeavor

HELP decorate the Center, prepare the Christmas baskets (to be raffled) and to also decorate the Lady of the Lake Church Hall for the Christmas Party! Baked cookies are needed! Please call Judy or Betty in advance at 293-7313 to sign up for these important and festive times! You'll meet a new friend and make a special difference in these celebrations.



Updates from the Town of Halifax (and COA offices) are available on **Channel 15!** You can view current events and important local news....give it a try today!



IT'S NEVER TOO EARLY....to be prepared for TAX DEADLINES. Beginning at the end of January (2015) on Tuesdays, 1:30-3:30pm Joe Benson, a fellow Halifax resident and certified tax preparer, will help advise on simple tax returns for seniors again this year for a nominal fee of \$25.00. Please call our office if you're interested in a particular time slot (reserve ahead), or call him at 781-588-5764 with more details.

"The worst thing that happens to you may be the best thing for you if you don't let it get the best of you."

-Will Rogers

Do you need a ride to the doctor or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs.



Thursday, noon to 1pm pick up = Stop & Shop
Friday, 9-10 am pick up = Walmart

Van rates roundtrip

In town = \$2.00 South Shore Area = \$6.00
Cape Cod = \$10.00 Boston = \$30.00



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TRIAD

Ken Vinton, Chairman



Barbara Brenton, Treasurer & Susan Zimmerman, Secretary
Halifax Triad meets every 2nd Tuesday of the month at the **Halifax Police Station, 2nd floor**. There is a speaker at each meeting concerning health and wellness, plus other subjects of interest. Everyone is welcome to attend the meetings, which starts at 10a.m.

Tuesday, January 13th

Speakers include: Al Hingst (Police Prosecutor) and Lisa Robinson (D.A. Office/witness Victim Advocate)

Come & Join In On The Fun! Starting on Tuesday, March

3, 2015 from 1 - 3 p.m. at the Halifax COA, Don Brown, author of "The Morphine Dream" will be holding a **Writing Workshop** for all present and future writers. His style is fun, informative and inspirational. This workshop will be held on the first Tuesday of each month from March 2015 up to and including September 2015. As Don has said many times, "If you can talk, you can write!" Come and learn how easy it is to get your life stories down on paper. Even if you only want to share those stories with family and friends, the important part is to preserve them because only you can tell your story and **everyone** has a story to tell. Your work may be something to publish in the future. Mark your calendar! If you are interested, please CALL our office to be on the list!



Do you have a loved one (or other significant person) who might have Alzheimer's? Here's a great resource: 1-800-272-3900 or check their website: www.alz.org for tons of helpful information!



Did you know? Every Monday from 1-3pm, the Knitters and Crochet Gang gets busy! Come and join them for fun and laughter as they knit and crochet for charity. *If anyone needs help learning, they would love to teach you. Free of charge, of course!* All donations of hats, mittens, etc. are picked up by ALTRUSA and delivered to local organizations where the need exists: battered women's and homeless shelters, schools, etc. Thank you for coming to be a part of this important work!

CONGREGATE (To assemble or come together)

lunches are available EVERY day at noon at the COA Dining Hall. Suggested donation is only \$2.50, and these are provided by Old Colony Elder Services Nutrition program, designed to enhance the quality of life for seniors. Anyone coming to the lunch will receive a well-balanced meal and have the opportunity to participate in other programs going on at the COA. Our Meal Site Manager is Maria McGaffigan, and you should reserve your space at the table by calling ahead (at least 2 days). Every day, you will see a posted **"WORD OF THE DAY"** displayed on the wall in the Dining area. It's always fun to guess and talk with others about what the word means, *thanks to Patsy Bright* who posts a new one every morning!







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Phone: 508-697-4616

Medicaid/Medicare Certified



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	2 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch, Nails by Julie	3 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 12:00 Lunch Christmas "Swing" Party & Buffet @ Lady of the Lake	4 9:00 Men's Coffee 10:00 Oil Painting 12:30 Grocery Shopping 1-3pm Game & Tea Afternoon	5 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch
8 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	9 9:00 Men's Coffee Hr. 10:00 SHINE, TRIAD Mtg. 12:00 Lunch 1-4pm Podiatry Appts.	10 10:00 Quilting 10:30 Wii games 12:00 Lunch	11 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 lunch 12:30 Grocery Shopping, 1-3pm Games Afternoon	12 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch
15 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	16 9:00 Men's Coffee Hr. 10:00 SHINE, Board Mtg. 12:00 Lunch	17 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 12:00 Lunch <i>Chanukah begins</i>	18 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 12:00 lunch 12:30 Grocery Shopping 1-3pm Games Afternoon	19 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Attorney Jason Rawlings 12:00 Lunch
22 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	23 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch	24 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 12:00 Lunch Office closes after LUNCH <i>Christmas Eve</i>	25  OFFICE CLOSED	26 9:00 Errands & Walmart 12:00 Lunch <i>Kwanzaa begins</i>
29 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	30 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch	31 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 12:00 Lunch Office closes after LUNCH <i>New Year's Eve</i>		December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2015			1 NEW YEAR'S DAY  OFFICE CLOSED	2 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch
5 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	6 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch, Nail by Julie	7 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch	8 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	9 9:00 Errands & Walmart 10:00 Exercise Class, 12:00 Lunch
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19  MARTIN LUTHER KING DAY OFFICE CLOSED	20 9:00 Men's Coffee Hr. 10:00 SHINE, Board Mtg. 12:00 Lunch 1-4pm Podiatry Appts.	21 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga	22 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	23 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Attorney Jason Rawlings 12:00 Lunch
26 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	27 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch 1:30-3:30 Tax Help with Joe Benson (continuing February-April)	28 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch	29 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	30 9:00 Errands & Walmart 12:00 Lunch



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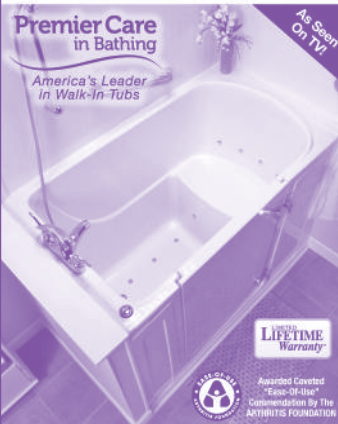


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