



HALIFAX COUNCIL ON AGING NEWSLETTER

February 2014



DIRECTOR **Barbara Brenton**
RECEPTIONIST **Judy Sheppard**
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Frank Sullivan,
Christine Tompkins
NUTRITION / M.O.W. **Maria McGaffigan**
OUTREACH WORKER **Joyce Curran**
OUTREACH ASST **Elaine Marzilli**

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.....Helen Doucette
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MEMBERS ... Lee Mulready,
Jo Schofield

We are excited about the possibility of more room at the Council on Aging with Architect Alex Knox working with a professional estimator to determine the range of magnitude for monies to renovate Popes Tavern Senior Center. The possibility of a new addition, approximately 2000 square feet will hold 62 people, be handicapped accessible with 3 room dividers for a Triage split so that 3 programs can run at the same time such as, line dancing, caregiver support group and an educational seminar! The upstairs will be enhanced with a quilting/sew room, a one room lounge, a computer classroom and a combination room with a sink for a medical room for blood pressures/podiatrist and confidential space used for taxes, or SHINE (Serving the Health Insurance Needs of Everyone).

Our 2003 Dodge van has been taken off the road the past month due to a badly rotted frame, making it unsafe to operate. The COA has rented a gray Prius to replace that van with support from the Finance Committee with a reserve fund transfer. I am happy to announce we will be awarded a grant for a brand new van to arrive from the Department of Transportation within the next few months or so!

I am hoping to meet more of you soon, please drop in the Council on Aging for lunch, or a special activity and introduce yourself! I would love to give you a tour and meet you. Fondly -- Barbara

Friday, February 14th Valentine's Day Luncheon Menu

Simply Delicious & Homemade! Caesar Salad, homemade bread, rice pilaf, marinated Chicken Breast, glazed carrots, Cupid's Valentine Cookies, and Cherry Vanilla Ice Cream.

Cost: \$5.00 RSVP your spot by calling the office!

(Limited Seating to 40)

Stay afterwards to enjoy a Valentine Bingo!



Love is cute when it's new, but love is most beautiful when it lasts.

Unknown author



Mark you calendar! To celebrate St. Patrick's Day there will be special Party at the Halifax Country Club on Thursday, March 13th with lunch and entertainment by the Hollybriar Bagpipers and Drummer!

Menu includes: Corned beef & cabbage, OR

Baked haddock with carrots & mashed potatoes, rolls, butter, coffee, tea, Apple Crisp with whipped cream.

YUM!

Tickets are \$15.00 Reserve your place NO LATER than **February 28th!**
 Need transportation? Reserve your spot and we'll help you get there by van.

Need help with confidential Tax preparation? This is Joe Benson's 4th season and we are grateful for his help!

Thank you, Mr. Benson! Call our office for your appointment with him. Thirty minute limit. \$25.00 per person

Tuesdays 1:30-3:30 from now until 4/15!



President's Day is February 17th...a time when we remember and honor all our past and current Head of

State for our country. There have been 43 people sworn into office, and 44 presidencies, as Grover Cleveland served two non-consecutive terms and is counted chronologically as both the 22nd and 24th president. Of the individuals elected as president, four died in office of natural causes (William Henry Harrison, Zachary Taylor, Warren G. Harding, and Franklin D. Roosevelt), four were assassinated (Abraham Lincoln, James A. Garfield, William McKinley, and John F. Kennedy) and one resigned (Richard Nixon). Source: Wikipedia.org

Interesting Facts about Presidents from the past:




- Most potential presidents' love lives are scrutinized before they make it into the Oval Office—and so far there have been more married commanders in chief than there have been bachelors. James Buchanan was the first unmarried man to be elected president, while Ronald Reagan was the first to have been divorced.
- Andrew Johnson never actually went to school. But he got a little help from his friends in the learning department: While working in a tailor shop, his pals allegedly taught him the letters of the alphabet. And after he married his wife, Eliza, at the age of 18, she taught him to read and write.
- In 1886, Grover Cleveland became the first president to marry in the White House and his wife, Frances Folsom Cleveland, became the youngest first lady at just 21. Despite a 27-year age difference, their romance bloomed when Frances and her mother visited the president at the White House the spring after his inauguration.

Source: <http://mashable.com/2013/07/04/us-presidents-fun-facts/>



February 2014

"Love Your Library" Month

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Bridge/Cribbage & Computer Class 12:00 Lunch 1:00 Craft/Crochet/ Knitting 2:30 Joy of Writing	4 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch 1:00 Nails by Julie 1:30-3:30 Tax Help (30 minutes each)	5 9:00 Men's Coffee Hour 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games 11:00 Chair Yoga @ HMHP 12:00 Lunch & LADYBUGS to lunch @ Meadowbrook 1:00 Podiatry	6 10:00 Oil Painting 10:00 Coffee Hr. 12:00 Lunch 12:30 Grocery Shopping	7 9:00 Errands & Walmart 12:00 Lunch 1:00 Train Dominoes
10 10:00 Bridge/Cribbage & Computer class 12:00 Lunch 1:00 Craft/Crochet/ Knitting 2:30 Joy of Writing	11 9:00 Men's Coffee Hr. 10:00 SHINE & TRIAD 12:00 Lunch 1:00 Podiatry Appts. 1:30-3:30 Tax Help (30 minutes each)	12 9:00 Men's Coffee 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games 11:00 Chair Yoga @HMHP 12:00 Lunch 12:30 "My Life, My Health" support group Topic: Hydration	13 8:30 Blood Pressure/ Glucose with Carol 10:00 Oil Painting 10:00 Coffee 11:30 Chair Massage with Jen 12:00 Lunch 12:30 Grocery Shopping 12:30 Cookie Bake	14 Valentines Day  9:00 Errands & Walmart 12:00 Special Lunch* & games
17 President's Day OFFICE CLOSED 	18 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch 1:30-3:30 Tax Help (30 minutes each)	19 9:00 Men's Coffee 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games, 11:00 Chair Yoga @HMHP 11:00 Veteran Agent, Wil Corey 12:00 Lunch	20 8:30 Blood Pressure/ Glucose with Carol 10:00 Oil Painting 10:00 Coffee 12:00 Lunch 12:30 Grocery Shopping	21 9:00 Errands & Walmart 12:00 Lunch 1:00 Train Dominoes
24 10:00 Bridge/Cribbage & Computer Class 12:00 Lunch 1:00 Train Dominoes 2:30 Joy of Writing	25 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch 1:30-3:30 Tax Help (30 minutes each)	26 9:00 Men's Coffee 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games, Brown Bag 11:00 Chair Yoga @ HMHP 12:00 Lunch	27 8:30 Blood Pressure/ Glucose with Carol 10:00 Oil Painting 10:00 Coffee Hr. 12:00 Lunch 12:30 Grocery Shopping	28 9:00 Errands & Walmart 11:00 Attorney Rawlins 11:30 GENERATIONS Lunch & Mtg. following 12:00 Lunch 1:00 Train Dominoes  Last Day to reserve & purchase tickets for St. Pat's Lunch

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Changes you should know about:

- ♦ COMPUTER class (with Deb) is now going to meet in the Great Hall at the Town Hall every Monday, 10:00 a.m. Join them to learn the basics. Call our office for more info!
- ♦ STAMPS for mail will increase beginning January 26th to 49 cents! (3 cent increase)
- ♦ Be sure to read about someone you want to know in the new "People Profile" corner of this newsletter!

A BIG THANK YOU to all who helped donate and assemble the beautiful Christmas baskets for the "Generations" fund raiser. They raised \$384.00!!

Avis Arsenault, Barbara Brenton, Joyce Curran, Linda Davis, Bill Derochea, Mary Dorney, Jean Duncan, Carol Elliot, Gilda Flanagan, Joyce Gannon, Pat Joseph, Paul Marchant, Wanda & Mike Manoogian, Elaine Marzilli, Aldine McGee, Priscilla Murphy, Paul Murray, Carol Page, Brenda Pettigill, Sandra Rigo, Judy Sheppard, Martin Touhey, Chris Vadeboncour, Rosalie Vess, Susan Zimmerman

THANK YOU, Carol Elliott for coordinating the Christmas project, crafty creation day, making walking sticks and the cookie swap! Thank you to Patsy Bright for her Christmas decorations, talent and donations to Pope's Tavern! **THANK YOU** to Chris Thompkins and all the Bell Ringers during the Salvation Army community drive! Their efforts raised a total of \$4,663.61!



FEBRUARY is *Cove Your Library* month! It's the perfect time to join the Friends of the Library. Annual membership dues are only \$2.00 for seniors. When you join, you can pin up a heart at the library to show your love. Check out <http://holmespubliclibrary.org> for fun February activities at the library such as "Blind Date with a Book" and an easy Valentine's Day menu!



- Calling all **bridge & cribbage** players! Every Monday morning from 10am-noon. We're looking for more people who enjoy playing! Bring your friends and join us a fun-filled morning!
- Did you know that there are WONDERFUL benefits from relishing in a **chair massage**? Only \$1.00 per minute, Jen Davis will make you feel **BRAND NEW**. Be sure to reserve your time by calling the office for Thursday, February 13th 11:30-?
- When storms are predicated, please turn to your local TV and radio stations for announcements regarding public school closings. The COA will close similarly for ALL programs (transportation, lunch, Meals on Wheels, etc.) If the schools are closed due to inclement weather, the COA will also be closed.
- Does having 'cabin fever' cause you to count down the days until spring? Come on out and try easy **Wii games** out our wide-screen TV! It's worth the effort for some fun and relaxation.

TRIAD Meeting Agenda: February 11th, 10:00 am., held at the Police Dept., 540 Plymouth Street

1. Review the 2013 year
2. Discussion of what TRIAD does and what it includes
3. Scheduling the 2014 speakers, topics and new programs of interest to seniors in Halifax.

All are welcome! Please call Ken Vinton, Chairman for any more information or questions. 781-294-1057

GENERATIONS WILL BE HOLDING A LUNCH (11:30) AND MEETING (12:30) ON FRIDAY, FEBRUARY 28TH **here**. COME AND HELP WITH NEW IDEAS FOR THE NEW YEAR! Call Dottie Martel (781-754-0645) with questions or ideas. Membership forms for joining are available on the insert of this newsletter.

Did you know?

- Proceeds from what you deposit in the clothing/book donation box (located the back of the parking lot) will benefit **GENERATIONS**. Please bring items that you no longer want or need!
- The beautiful **QUILT** displayed in the Dining Room is to be raffled off sometime in October. Please buy a ticket(s) from Dottie Martel (781-754-0645)

COOKIE BAKERS NEEDED!

On Thursday, February 13th @ 12:30 we need **cookie bakers and decorators** for the yummys to be eaten on Valentine's Day Lunch the following day. Bring your favorite recipe **and ingredients** to make something special with your friends at the COA! Many hands make light work!

Please let us know if you'll be coming—call Carol Elliott @ 781-293-3146

QUOTE OF THE MONTH

"Good resolutions are simply checks that men draw on a bank where they have no account."
Oscar Wilde

NEED ASSISTANCE with paying your fuel bill? The process includes an appointment to help you have your verifications in order. This includes : Recent utility bills, income sources and/or benefits, tax bills, Social Security cards, photo ID, etc. All the necessary information is kept confidential as you receive our guidance. *Call the office for an appointment.*

WORD OF THE MONTH

Ardor

ardor: [ahr-der] noun

1. great warmth of feeling; fervor; passion
2. intense devotion, eagerness, or enthusiasm; zeal
3. burning heat.

There are **two ways** to view the newsletter:

www.halifax.ma.us or www.seekandfind.com.

If you view the newsletter online, please let us know so that we remove you from our regular mailing list (and thus save postage!)



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Debra Trotta, Proprietor

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HALIFAX CONGREGATIONAL CHURCH

503 Plymouth St. (106)

Sunday School & Service at 10AM

ALL ARE WELCOME

FOR AD INFO CALL 1-800-732-8070

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