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HALIFAX COUNCIL ON AGING NEWSLETTER

JUNE 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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VOLUNTEERS BECAUSE OF YOU WE ARE A SUCCESS!

Even if it's a little thing, do something for those who have need of a man's help, something for which you get no pay but the privilege of doing it. For, remember, you don't live in a world all your own. — Albert Schweitzer

We take this opportunity to thank our 80+ Volunteers who faithfully serve each week/month at the Senior Center. Together, our Volunteers have given over 3500 hours this year! **THANK-YOU** so much for your precious time and energy!

Our annual luncheon is on June 12th at BRs Monponsett Inn at noon. The luncheon is paid for through a grant from the Department of Elder Affairs. If you have given twenty or more hours of service throughout the year an invitation is given to you.

HAPPY FATHER'S DAY BREAKFAST —come one, come all...

To Celebrate All "Dad's"
SPECIAL FATHER'S DAY BREAKFAST

WHERE: Council on Aging

DATE: Thursday, June 13, 2013

MENU: sausage, pancakes, eggs & coffee —(\$2.50) — Hope to see you!



Happy Father's Day

We may not shower him with praise
Nor mention his name in song,
And sometimes it seems that we forget
The joy he spreads as he goes along,
But it doesn't mean that we don't know
The wonderful role that he has had.
And away down deep in every heart
There's a place that is just for Dad....

MASSACHUSETTS SENIOR MEDICARE PATROL PROGRAM...

"Empowering seniors to prevent Healthcare Fraud"

FREE Informational Medicare Workshop
Tuesday, June 18, 2013 at Council on Aging
From 12:30—1:30

Learn how to protect yourself & your loved ones from fraud
& deceptive marketing tactics
Learn the tools to help yourselves
(Annual estimate of Medicare fraud is between \$60 to \$120 billion!) Any questions for Mass Senior Medicare Patrol please call 1-800-892-0890X1337.

PLEASE CALL THE COA TO SIGN-UP

INVITE A FRIEND



Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 :00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 1:00 Nails by Julie	5 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 Lunch 4-6:30pm Chronic Pain Management Class	6 9:00 Oil Painting 10:00 Coffee Hour 10:30 VNA Blood Pr 12:00 Lunch 11:30 Massage w/Jen 12:30 Grocery Shopping 1:00 Bingo	7 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
10 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	11 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 TRIAD/Police St 12:00 Lunch	12 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 Lunch 4-6:30pm Chronic Pain Management Class	13 8:30 Blood Pressure/ Glucose with Carol 9:00 Oil Painting 10:00 Coffee Hour 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	14 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos ~Flag Day~
17 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	18 9:00 Men's Coffee Hr. 12:00 Lunch 12:30 Medicare Program 1:00 Nails by Julie	19 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 11:00 Veteran Agent 12:00 Lunch 12:00 Red Hatters 4-6:30pm Chronic Pain Management Class	20 8:30 Blood Pressure/ Glucose with Carol 9:00 Oil Painting 10:00 Coffee Hour 12:00 Lunch 12:00 Grocery Shopping 1:00 Bingo	21 9:00 Errands & Wal-Mart 9:00 Keep Moving Walk to Carson Beach 12:00 Lunch 1:00 Train Dominos
24 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	25 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	26 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Brown Bag 12:00 Lunch 4-6:30pm Chronic Pain Management Class	27 8:30 Blood Pressure/ Glucose w/Carol 9:00 Oil Painting 10:00 Coffee Hour 12:00 Lunch 12:00 Grocery Shopping 1:00 Bingo	28 9:00 Errands & Wal-Mart 9:00 Walking Group to Houghton's Pond 11:00 Attorney 12:00 Lunch 1:00 Train Dominos

Advertising Sponsors
make this newsletter possible



For Information Call

Mark Bell

1-800-732-8070 ext. 3429

email: mbell@4LPi.com



Bridgewater Nursing Home

Quality Care in a Home-Like Setting
 16 Pleasant Street, Bridgewater, MA
 Phone: 508-697-4616

Medicaid/Medicare Certified



Registry of Motor Vehicle Information — (RMV)

If you have a lost or stolen driver's license or ID card log onto the website at www.massrmv.com or call Customer Phone Center at this number, 857-368-8000 or 800-858-3926 week-days from 9:00—5:00pm.

If moving with a change of address did you know it is the law that you report any change within 30 days. If you don't notify the RMV of your new address, you may not receive vehicle renewal notifications, excise bills, etc.

WALKING TRIPS & KEEP MOVING REGIONAL WALKS

The Halifax Hooper, love to walk group is on the move twice monthly, staying healthy, walking at local parks. The next Regional walk is on Friday, June 21 to Carson Beach in Dorchester. If you want to stay in shape or start walking more and give us a call for the schedule. Our van transports to most of the walks! Please join us.

**BINGO PLAYERS HAVE FUN!**

Now using — paper sheets & daubers!!

On Thursday afternoons from 1:00—3:30pm. The group has much fun and play for small prizes and chocolate!

RED HAT LADYBUGS

NEXT MEETING:—Wednesday June 19th

Meeting held at Royal Gardens at noon & lunch to follow. New members are always welcome. A tour will follow at John Alden House—\$6.50. Please call Glenda Firlotte— 781-293-5695, with any questions. Please join us!

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. Give us a call.

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 the 2nd & 4th Friday. All rates are the same—Halifax \$2 roundtrip; South Shore area, \$6 (RT); Cape Cod \$10 (RT) and \$30 Boston (RT).

**QUILTING and Basic Sewing with Carol**

Every Wednesday at the Council on Aging from 10:00am to noontime. It is 3.00 p/class for fabric to start! Stay for lunch at noon for only \$2.50, or bring your own lunch or salad!

THE HALIFAX FIRE DEPARTMENT ...

Through a grant from the 20/20 Project has 30 Smoke Detectors. The department will be able to install them for residents who currently have battery operated smoke detectors. The first 30 residents who call and make an appointment will be able to have the battery operated smoke detectors installed. The alarms will be installed Tuesday and Thursdays, between the hours of 9:00am and 3:00 pm. Batteries will be provided.

To make an appointment please call Patty at the Fire Station at 781-293-1751.

Two ways—TO VIEW OUR NEWSLETTER —

For Quicker Access to Our Newsletter go to our Website:
www.halifax.ma.us Or www.seekandfind.com.

Attorney Jason Rawlins volunteers his time for seniors in Halifax. Please call for an appointment time. He meets at the COA every fourth Friday. Next Meeting Date: June 28th, from 11am-1pm.

TRY BASIC COMPUTER CLASS with Debbie

Every Monday from 10:00am – 11:00, 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!

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

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). Teacher— Lori Hunter .

Free—BLOOD PRESSURE & GLUCOSE TESTING

The first Thursday of the month from 10:30-11:30, testing is done with VNA Nurse, Mary. The following Thursdays, from 8:30am—11:30am, testing is done with Carol Elliott, RN. Carol loves educating about various health related topics. We hope to see you this month. Records are kept for your convenience at the Council on Aging.

Quote of the Month

"I wonder what it would be like to live in a world where it was always June." —L.M. Montgomery

