



HALIFAX COUNCIL ON AGING NEWSLETTER

March 2014



DIRECTOR Barbara Brenton
RECEPTIONIST Judy Sheppard
NUTRITION / M.O.W. Maria McGaffigan
OUTREACH WORKER Joyce Curran
OUTREACH ASST 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

BOARD OF DIRECTORS
CHAIRMAN.....Joy Marble
VICE-CHAIR.....Helen Doucette
SECRETARY.....Sharon Hartz
MEMBERS ... Lee Mulready,
Jo Schofield

Good Day, all readers of our monthly newsletter!

Even with snow blizzards and storms finally behind us there are signs everywhere that 'spring' is around the corner with buds on trees, bulbs poking their heads through the ground and birds a-singing! With snow melting, and days getting longer, isn't it amazing how more sunshine and Vitamin D makes things brighter in our lives! Please remember to set your clocks ahead one hour for Sunday, March 9th, as daylight savings time begins. Remember to change the batteries in your smoke detectors (and renew your license). The progress with the Council on Aging renovation project is coming along well with work on going by our Municipal and School Building Committee. I will keep you informed each month. I hope to see more of you visiting Pope's Tavern Senior Center and taking advantage of what we have to offer. Hope to see you soon, Barbara



HEALTH and FITNESS IDEAS

Willing to try Tai-Chi? This is an ancient Chinese exercise system aimed at improving the health of the body and mind through balancing the body's energy.

Reggie Macamaux will be instructing Tai-Chi class on the front lawn for six weeks on Mondays starting May 19th @ 11:00 a.m.

Reggie comes to us with a personal story of how Tai Chi has changed his health and outlook. He is living a healthy life (after five heart attacks, stents implanted, kidney surgery and being a cancer survivor), he does many activities he wouldn't consider doing prior to learning this new way of life. At age 72, Reggie holds a certification as a Tai-Chi instructor and has won national and International medals from tournaments.

The Benefits: Improve balance, reduces the fear of falling, be more relaxed, flexible and socially engaged through being part of the group, as well as utilize these skills in your activities of daily living. *Join us as we learn a new way to health and fitness!*

- * **LINE Dancing** continues with Jean @ All Season's Sport Lounge on Tuesdays 3:00-4:30 pm & Wednesday 6:30-8:30pm Great exercise and fun! All are welcome! Call the COA for information
- * **Senior Center @ Massasoit College** have courses in Aquatics, Yoga, Zumba on the college campus. Please note the information we have in the office.
- * **A 7-week Fit Class** will be coming with Lori on Wednesdays starting May 14th 9:00 am Location: Halifax Town Hall
- * **Chair Yoga** with Judith is available @ Halifax Mobile Park every Wednesday, 11:00 am ~ \$4.00 donation
- * **Halifax Hoofers (Love To Walk group)** starts soon!
- * **Exercise** is available on the 1st three Fridays every month, 10:00 in the morning with Barbara!

ST. Patrick's Day Party is THURSDAY, March 13th @ noon
Halifax Country Club, \$15.00 for full lunch and

Hollybriar Bagpipers & drummer.
(Note your February newsletter)

Don't miss this!

Call our office ***as soon as possible*** to
reserve your place!



THURSDAY afternoons is **GAME DAY** at the council... Join us Thursday from 1-3pm for a variety of options: Boggle, Scrabble, Train Dominos, cards, checkers, bring your own & ENJOY!

▼ **TRIAD update:** Please join us as we meet on Tuesday, March 11th, 10am at the Police Station. The speaker will be Martin Touhey, speaking on melanoma skin cancer. An important topic!

Our 2014 Chair is Ken Vinton, and the Secretary is Susan Zimmerman. There is an opening for a Vice Chair position, so please consider coming alongside us and helping! Call Ken @ 781-294-1057, if you have questions.




THANK YOU to all who've served last year. Great job! (Ken & Carolyn Vinton and Elaine Dolan) We appreciate your dedication.

ANNUAL Interfaith Service will be Tuesday, April 29th from 11:00am-1:00pm in the Halifax Town Hall. Come benefit from grief, loss and the day-to-day challenges we face in this life. Collation to follow

Mark your calendar....coming on April 24...

A special visit from Visiting Angels who will talk on healthy & fun ways to maintain your memory
Watch for more information here!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Computer Class & Cribbage 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 Podiatrist Dr. Cormier 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 @ Monponsett Inn	6 10:00 Oil Painting 10:00 Coffee Hr. 12:00 Lunch 12:30 Grocery Shopping 1-3pm Games!	7 9:00 Errands & Walmart 10:00 Exercise 12:00 Lunch 1:00 Train Dominoes
10 10:00 Computer class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	11 9:00 Men's Coffee Hr. 10:00 SHINE & TRIAD (TRIAD @ Police Dept.) 11:00 Nails by Julie (note change/this month only) 12:00 Lunch Tax Help not available on this date	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	13 8:30 Blood Pressure/Glucose with Carol 10:00 Oil Painting 10:00 Coffee 11:30 Chair Massage with Jen 12:00 Lunch here St. Patty's LUNCH @ Country Club (tickets req'd) 12:30 Grocery Shopping 1-3 Games!	14 9:00 Errands & Walmart 10:00 Exercise 12:00 Lunch 1:00 Train Dominoes
17 St. Patrick's Day 10:00 Computer class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing 	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 First Day of Spring 8:30 Blood Pressure/Glucose with Carol 10:00 Oil Painting 10:00 Coffee 12:00 Lunch 12:30 Grocery Shopping 1-3 Games! 	21 9:00 Errands & Walmart 10:00 Exercise 12:00 Lunch 1:00 Train Dominoes
24 10:00 Computer Class & Cribbage 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 & Brown Bag* (see note on pg. 3)	27 8:30 Blood Pressure/Glucose with Carol 10:00 Oil Painting 10:00 Coffee Hr. 12:00 Lunch 12:30 Grocery Shopping 1-3 Games!	28 9:00 Errands & Walmart 11:00 Attorney Rawlins 11:30 GENERATIONS Lunch & Mtg. following 12:00 Lunch 1:00 Train Dominoes
31 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Train Dominoes 2:30 Joy of Writing				

This Space Available

For information on advertising,
please call Liturgical Publications at
1-800-368-7010



Liturgical Publications Inc
Connecting Your Community™

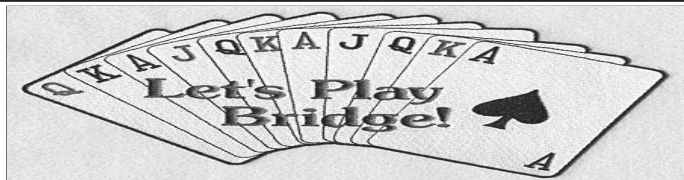


Bridgewater Nursing Home

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

Medicaid/Medicare Certified





COME on Mondays, 10am and let's form a new team of Bridge players! Call if interested! **More players for Cribbage are welcome**

WHAT IS A brown bag* EVENT? It is a distribution of pre-bagged (10-15 pounds) groceries.

A typical brown bag would include many of these items: milk, cheese, rice, pasta, tomato sauce, beef stew, tuna fish, peanut butter, oatmeal, raisins, beans, and apple juice. Fresh produce and frozen meats may be included. These are available at the Halifax COA every **4th Wednesday** by meeting the income guidelines of being on other programs (such as Mass Health, Fuel Assist, SNAP, welfare, etc.) Give us a call to sign up, completing an application and reserving ahead of delivery day.



Do you have a loved one who has been diagnosed with dementia? Caregivers face many daily challenges dealing with the emotional rollercoaster of this disease. A group is meeting on the **FIRST Tuesday** of every month from 7-9pm at Bay Path in Duxbury, 308 Kings Town Way. Please call 781-585-5561 for more information. They hope you can join them!

Are you missing out on benefits? There are more than 2,000 federal, state and private programs that assist people who are living on limited incomes. Some are better known than others and now you can get help finding these programs in the privacy of your own home with an online program called Benefits Check Up. (www.benefitscheckup.org) This online program is sponsored by the National Council on Aging and is free and confidential. It empowers seniors, family members and caregivers by helping to determine what benefits a person may qualify for and how to apply. It will also help those apply for the Supplemental Nutrition Assistant Program (SNAP) and is a wonderful help for those who have limited incomes.

APPOINTMENTS need to be set with our Receptionist, Judy, for the following: Dr. Cormier (podiatrist), fuel assistance counseling, chair massage, manicures by Julie, tax help, Attorney Rawlins, lunch, special lunches, doctor's appointments or shopping trips.



Did you know that....

March 1, is Peanut Butter Lovers Day, or that March 10th is No Smoking Day, as well as Harriet Tubman Day, and March 25th is Waffle Day? Juliette Low, founded the Girl Scouts on March 12, 1912. According to tradition, on March 23, 1775, Patrick Henry declared, "Give me liberty, or give me death." The United States purchased Alaska from Russia on March 30, 1867, and the Virgin Islands from Denmark on March 31, 1917. Just about everyone knows that Amendment 15 to the U.S. Constitution, stating that a person cannot be denied the ballot because of race or color, was proclaimed in March 1870, and the Star Spangled Banner became the National Anthem on March 3, 1931. Save A Spider Day is March 14th, and the International Day of Happiness is March 20th. The emphasis for the month is also American Red Cross and Fire Prevention.

This month is the birthdays of:

Michelangelo, Alexander Graham Bell, William Shatner, Karl Malden and Chico Marx.

From Barbara Rice....The LADYBUGS had a great time on January 15th at the Venus III. Please join them on **March 5th at the Monponset Inn** where we will have our meeting and lunch at 12:00pm. Come for some good laughs and lunch...new members welcome. Questions?



DID YOU KNOW? Mass Med Line is our state's pharmacy counseling program. They will help answer questions about less costly medication alternatives and provide help with enrolling in prescription drug programs. Simply call their Toll Free Help Line: 1-866-633-1617

(M-F, 8:30am-5pm)

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!

Note: NOT available on 3/11



The **FIRST** spring flowers to be seen are....Glory-of-the-snow (pink & white), Crocus, Winter aconite, snowdrop, iris, spring snowflake, grape hyacinth and snow glories. Eye candy is coming soon!!!

When the weather is unsure, please check the status of the TOWN HALL being closed. We will be closed when the TOWN HALL is closed. Call our office if you need to know whether we are open or closed.

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

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

If you prefer to view the newsletter online, please let us know so that we might save postage



grille58@comcast.net
www.GRILLE58.COM

GRILLE 58
Where good friends meet

284 Monponsett St., Halifax MA 02338
781-293-6665

Debra Trotta, Proprietor

 **Old Colony Elder Services**
Providing services to the community since 1974

144 Main Street - Brockton, Massachusetts 02301
508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org

Are you ever alone?

You're never alone when you have a medical alert!

"I feel more independent, safe, and secure with my medical alert."

Less than \$1 per day

▶ No Long-Term Contracts

▶ Price Guarantee

▶ A+ Rating with BBB

▶ Made and Monitored in the USA

Call Today to learn more about our Special Offer.

1.877.801.5055

Toll Free



dish *Make the Switch to DISH Today and Save Up To 50%*

Call Now and Ask How! **1-800-316-0283**

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST. Promo Code: MB0913 *Offer subject to change based on premium movie channel availability.



FOR AD INFO CALL 1-800-732-8070

© LITURGICAL PUBLICATIONS INC.

FEBRUARY 7, 2014 10:14 AM

POPE'S TAVERN SENIOR CENTER, HALIFAX, MA 06-5101 W ID



Great Heating Oil Prices
With Great Service

Fuel Assistance Accepted
Serving South Shore Area

781-294-0220

curtinbros@comcast.net
www.curtinbrosoil.com



HALIFAX CONGREGATIONAL CHURCH

503 Plymouth St. (106)

Sunday School & Service at 10AM

ALL ARE WELCOME

Halifax Council on Aging Newsletter

506 Plymouth St.

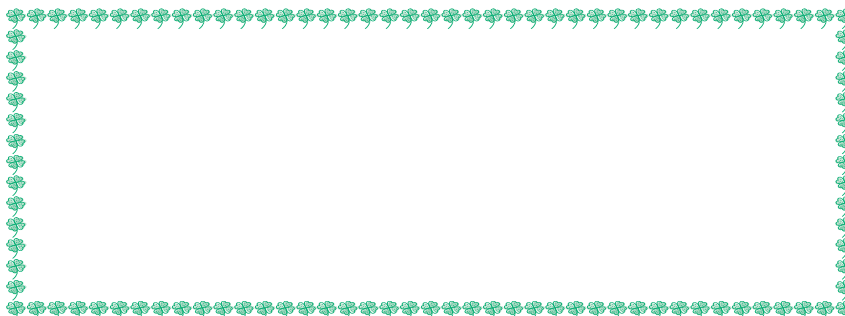
Halifax, MA 02338

Presorted Standard Postage

US Postage PAID

Permit # 42

HALIFAX, MA 02338



Partial printing of this newsletter is made possible by a Grant from the Massachusetts Executive Office of Elder Affairs.

If you want to discontinue receiving this publication, kindly call our office.