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HALIFAX COUNCIL ON AGING NEWSLETTER

MAY 2013

POPE'S TAVERN SENIOR CENTER
506 Plymouth Street

OPEN (9:00—3:00 Mon—Fri) 781-293-7313 FAX 781-293-1774

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Greetings from the Director —

I can't believe that May is here already! Time flies when your having fun! May is finally here and we have much going on at the Senior Center, we hope you get involved!!

First of all the Senior Center staff wants to wish all of the wonderful women that come to the center to visit & volunteer a fabulous Mother's Day! Life is made much more wonderful (men I think would agree) because of the special women in your life! It is your warmth, kind words, hugs & smiles that make each of you so special to us! Have a special day!

Look below on what has been going on in Halifax! Happy Spring to all of you!!— Barbara

Mother's Day Celebration at the Senior Center **Wednesday May 8th at 12:00 noon**



All ladies (whether you're a mom or not) are invited to join us for a spot of tea, finger tea sandwiches, and fruit to celebrate your special day! (cost is \$2.50p/p).

Honoring the women of Halifax—following lunch our friend, Deb Bunszel will introduce reflexology, meditation & Reiki for your relaxation. Introducing techniques of hand therapy, laughter and soothing touch harmony, with background music. Come to be pampered and adored & enjoy the company of others desiring a break from any turmoil or stress. Seating is limited to 40 so please call soon to sign-up. When the body relaxes the healing begins.

"NEW WORKSHOP" on Chronic Pain Self Management

This is an evidence based workshop presented by two trained leaders from Old Colony Elder Services of Brockton.

This Program is developed for people of all ages who are dealing with chronic pain related to fibromyalgia, neuropathy, headache, Crohn's disease, muscle pain, back pain, arthritic pain or any pain that persistently impact activities of daily living.

WHAT: Six Week Program/ Once a Week for 2 - 1/2 hours

WHERE: Halifax Council on Aging from 4:00pm –6:30pm.

WHEN: May 29th—June 26, 2013 (Wednesdays); last class to be Announced.

You will learn — 1} techniques to deal with problems such as frustration, fatigue, isolation, poor sleep. 2} exercise for improving strength, flexibility & endurance. 3} appropriate use of medications. 4} communication. 5} pacing activities. 6} nutrition

You don't want to miss this opportunity. Call to sign up today.

BABY PHOTO CONTEST — Let's have some fun!

Name the pictures—Bring in baby pictures of yourself, between the ages of 0-8+ years to the Council on Aging. If you don't have one, bring in the closest looking grandchild! The pictures will be displayed for a month and nearing the end there will be a contest to see who has the most correct guesses. The grand winner will receive a special prize! Please attach your name & address to the pictures and they will be returned to you safely after the contest.

Bring in your favorite pictures! See you soon.




Annual "SPRINGFLING" - COA on May 22 (Wednesday) at 12:00

Free luncheon for our seniors: Chicken Cordon Bleu with Baked Potato & sour cream, celery & carrots almandine with whole wheat dinner roll with strawberry chiffon for dessert! If you are diabetic the dessert is angel food cake with strawberry topping. Please let us know early if you will be coming.

Entertainment— "Keeping up with the Joneses"



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 Lunch 1:00 Red Hats	2 9:00 Oil Painting 10:00 Coffee Hour 10:30 VNA BP/ Glucose Testing 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	3 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
6 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	7 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 TRIAD/Police St. 12:00 Lunch 1:00 Nails by Julie	8 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 Mother's Day Tea & Luncheon with Deb Bunszel	9 9:00 Oil Painting 9:00 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	10 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
13 9:30 Homegoods/New Tokyo Restaurant 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	14 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	15 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 11:00 Veteran Agent 12:00 Lunch	16 9:00 Oil Painting 9:00 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 12:00 Lunch 12:30 Grocery Shopping 1:00 Bingo	17 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
20 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	21 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 Senior Celebration/Shaw's Center 12:00 Lunch	22 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 "SPRINGFLING" Luncheon with Entertainment!!	23 9:00 Oil Painting 9:00 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 12:00 Lunch 12:00 Grocery Shopping 1:00 Bingo	24 9:00 Errands & Wal-Mart 11:00 Attorney 12:00 Lunch 1:00 Train Dominos
27 MEMORIAL DAY Parade -9:30am  COA is Closed	28 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 1:00 Podiatrist	29 9:00 Exercise with Lori 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 12:00 Lunch 4:00pm-6:30pm Chronic Pain Class/1st class	30 9:00 Oil Painting 9:00 Blood Pressure/ Glucose w/Carol 10:00 Coffee Hour 12:00 Lunch/COA & Art Show at Library 12:00 Grocery Shopping 1:00 Bingo	31 9:00 Errands & Wal-Mart 12:00 Lunch 1:00 Train Dominos

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ANNUAL ART SHOW at HOLMES PUBLIC LIBRARY

Please drop by the library during the month of May to view the creative work and beautiful artistry of the oil painting class from the Council on Aging. They work on these projects throughout the year!



A dessert coalition at the library will take place on Thursday, May 30th at 1pm for the Art Class group and all interested friends. Please join us!

NEW RAMP AT SENIOR CENTER The new front ramp at Pope's Tavern is ADA compliant, made from Azack plastic composite. Many thanks to the Municipal & School, Building Committee who oversaw and coordinated the project. Kudos to the fine job of our Highway Department for the walkways & landscaping. SLRHS metal fabrication & welding juniors & seniors did an awesome job on the metal railings! 😊

CALLING ALL WALKERS

Our Halifax Hooper, love to walk group has started this month traveling to local parks with their picnic lunch, water bottles & chairs. If you want to stay in shape or start walking more and enjoy being outside 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, May 1st -- COA—1:00 pm.
On 5/15/13 (Wednesday) meet at Heathers at noon.
New members are always welcome. Please inquire with Glenda Firlotte— 781-293-5695, with any questions or concerns you may have. Join us soon!

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).



Annual Town Meeting—MAY 13th at 7:30pm at HALIFAX ELEMENTARY SCHOOL (www.town.halifax.ma.us)

MEMORIAL DAY PARADE: May 27, starts at Shelby Plaza To the Town Hall at 9:30am. Hope to see you there!

"GENERATIONS" — (nonprofit friends of the COA)

Next Meeting: Friday, May 10th—11am at Henrich Hall — located at the Mobile Home Park on Redwood Drive.

Trip: Cheesecake Factory Luncheon & Cruise—Boston, MA on Saturday, May 11th, \$64 p/p— leaves Henrich Hall 7:30am—returns 3:30/5:00pm. Questions—call...

President— Dottie Martel —781-754-0645.

Attorney Jason Rawlins volunteers his time for seniors in Halifax. If you wish to talk to him, please call for an appointment time. He meets at the COA every fourth Friday. Next Meeting Date: May 24, from 11am-1pm. Please call for an appointment time.

TRY BASIC COMPUTER CLASS with Debbie

**Thank-you to Diane O'Brien & Jeff Jones for filling in as computer teacher the past month! You are appreciated!*

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!**I. 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.

II. 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 .

III. Chair Yoga with Judith—8 week course— starts April 8—May 27 (Mondays) - 11am—12 noon at the Halifax Mobile

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 9am—noon, testing is done with our friend Carol Elliott, RN. Carol enjoys educating about the varied health related topics we may face. We hope to see you this month. Records are kept for your convenience at the Council on Aging.



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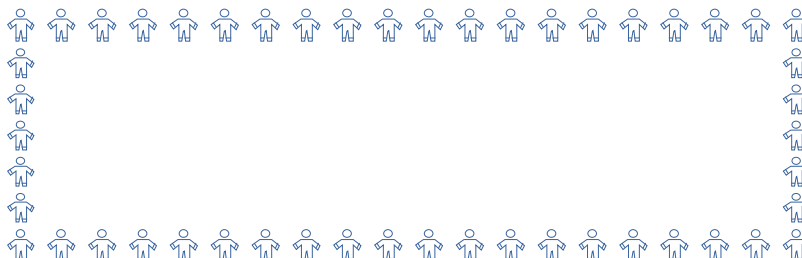


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