



# HALIFAX COUNCIL ON AGING NEWSLETTER

## May 2014



**DIRECTOR** Barbara Brenton  
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**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**

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Dear Friends: With snow and rain showers in April, and a very severe winter finally behind us, let us look forward with a "smile" to Spring time with the birds chirping their songs and bulbs popping beautiful colors. Talking about colors, thank you to the decorating group of Pope's Tavern for their creative talents which have been getting many accolades these days! "Generations" our friends of the senior center have been working hard as usual with special luncheons, trips and mark this on your calendars, June 14th, Saturday night from 6:30-8:30pm at Town Hall Great Room a fun-filled line dancing night with instruction to great music! We are happy to say that our Municipal & School Building Committee will have an article at Town meeting on May 12th at 7:30pm to purchase "All Season's Restaurant" for a new location of the Senior Center. Did you know it has been over 15 years that the Council on Aging has been looking to increase space and to meet the needs of its' senior population? United State seniors will increase by 40% in five years, while the world senior age group will triple by the year 2050. The Senior Van will be available for this town meeting so please call to reserve a seat.

~ Barbara Brenton, Director



*Not to be missed! A very special brunch for women and girls to attend the Mother's Day Brunch on Friday, May 9th, noon at Great Hall in town Hall.*

*Call our office so that you have a reserved spot. Tommy Rull, singer and entertainer will present "A Musical Journey through The Years" will be which is a gift by the Halifax Cultural Council Grant! We thank them for supporting the COA! A delicious meal will be provided of fruit cup, omelet, home fries, French toast, coffee cake, cinnamon apples and carnation flowers! A \$2.50 donation is requested. RSVP!*

On Thursday, May 15th, 12:45 there will be a presentation by the Registry of Motor Vehicles HERE on special placards and vehicle plates. What is required to get a disability identifier and the laws governing them? What are the penalties for illegal use of placards? Come early and have lunch on this day (reserve your space two days before the event.)



**For 7 weeks on Wednesdays, starting MAY 14th@ 9:00 a.m.,** Lori will begin a Senior Fit Class at the Town Hall...jump right in at any week and enjoy the benefits of movement. It will include 30 minutes of cardio aerobics, followed by 30 minutes of light toning and core strengthening. The location is at the Great Hall, Halifax Town Hall, 2nd floor. Donation is \$2.00 per class. Call our office to sign up if you plan to attend! The last class will be on June 25th.

### Interesting fact about this month:

In any given year, no month ever begins or ends on the same day of the week as May does.

### HOW TO OBSERVE MEMORIAL DAY

The "Memorial" in Memorial Day has been ignored by too many of us who are beneficiaries of those who have given the ultimate sacrifice. Often we do not observe the day as it should be, a day where we actively remember our ancestors, our family members, our loved ones, our neighbors, and our friends who have given the ultimate sacrifice: **by visiting cemeteries and placing flags or flowers on the graves of our fallen heroes, by visiting memorials, by flying the U.S. Flag at half-staff until noon, by flying the 'POW/MIA Flag', by participating in a "National Moment of Remembrance": at 3 p.m. to pause and think upon the true meaning of the day, and for Taps to be played, by renewing a pledge to aid the widows, widowers, and orphans of our fallen dead, and to aid the disabled veterans.**

Taken from: [www.usmemorialday.org/observe.htm](http://www.usmemorialday.org/observe.htm)

### Coming in June....

On Monday, June 2, 6:30pm Representative Tom Calter will be speaking at the Holmes Library regarding the minimum wage and our state budget. Please come early to get a seat and bring your questions and friends to hear him speak. It is a joint project with the COA and the Library.



On Thursday, June 26th, a presenter from the Plymouth County Mosquito Control Project will be here to provide the most recent **information** available. The presentation will begin @12:30, following lunch if you'd like to enjoy both. (Lunch reservations are necessary two days before so that we have necessary food for all)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>May</b></p>	<p><b>ART SHOW</b> held <i>all month</i> at Holmes Library (Cultural Council Event)</p> 	<p><b>1</b></p> <p>9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon</p>	<p><b>2</b></p> <p>9:00 Errands &amp; Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes</p>
<p><b>5</b></p> <p>10:00 Computer class &amp; Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing</p>	<p><b>6</b></p> <p>9:00 Men's Coffee Hr. 10:00 SHINE &amp; TRIAD (TRIAD @ Police Dept.) 12:00 Lunch 1:00 Nails by Julie</p>	<p><b>7</b></p> <p>9:00 Church 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games 11:00 Chair Yoga @HMHP 12:00 Lunch 1:30 Ladybugs Mtg.</p>	<p><b>8</b></p> <p>8:30 Blood Pressure/Glucose with Carol 9:00 Men's Coffee 10:00 Oil Painting 11:30 Chair Massage with Jen 12:00 Lunch 12:30 Grocery Shopping 1-3 Games Afternoon</p>	<p><b>9</b></p> <p>9:00 Errands &amp; Walmart 10:00 Exercise Class 12:00 Lunch &amp; <b>Mother's Day Brunch @ Town Hall</b> 1:00 Train Dominoes</p>
<p><b>12</b></p> <p>9:30 Love To Walk 10:00 Computer class &amp; Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing <b>7:30pm Town Mtg. Re: a possible new location for the COA</b></p>	<p><b>13</b></p> <p>9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch  <b>7:30pm Possible extension of Town Hall Mtg.</b></p>	<p><b>14</b></p> <p>9:00 Church/ <b>Senior Fit begins</b> 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games, 11:00 Chair Yoga @HMHP 11:00 Veteran Agent, Will Corey 12:30 <b>Osteoarthritis Pain presentation-My Life My Health support group</b></p>	<p><b>15</b></p> <p>8:30 Blood Pressure/Glucose with Carol 9:00 Men's Coffee Hr. 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 12:45 <b>Motor Vehicle disability placard info presentation</b> 1-3 Game Afternoon</p>	<p><b>16</b></p> <p>9:00 Errands &amp; Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes</p>
<p><b>19</b></p> <p>10:00 Computer Class &amp; Cribbage 11:00 <b>TaiChi starts</b> 12:00 Lunch 1:00 Train Dominoes 2:30 Joy of Writing</p>	<p><b>20</b></p> <p>9:00 Men's Coffee Hr. 10:00 SHINE &amp; Board Mtg. 12:00 Lunch 12:30 <b>Home Instead presentation on Stress &amp; Caregiving</b></p>	<p><b>21</b></p> <p>9:00 Church/Sr. Fit 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games 11:00 Chair Yoga @ HMHP 12:00 Lunch</p>	<p><b>22</b></p> <p>8:30 Blood Pressure/Glucose with Carol 9:00 Men's Coffee Hr. 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping</p>	<p><b>23</b></p> <p>9:00 Errands &amp; Walmart 11:00 Attorney Rawlins 12:00 Lunch <b>Spring Fling</b> 1:00 Train Dominoes</p>
<p><b>26 Memorial Day</b></p>  <p><b>(office closed)</b></p>	<p><b>27</b></p> <p>9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch 1:00 Dr. Cormier, Podiatrist</p>	<p><b>28</b></p> <p>9:00 Church/Sr. Fit 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games &amp; Brown Bag 11:00 Chair Yoga @ HMHP 12:00 Lunch 12:30 -2:00 <b>Vision Screening</b></p>	<p><b>29</b></p> <p>8:30 Blood Pressure/Glucose with Carol 9:00 Men's Coffee Hr. 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1:00 <b>Reception @ Art Show / Library</b></p>	<p><b>30</b></p> <p>9:00 Errands &amp; Walmart 12:00 Lunch 1:00 Train Dominoes</p>

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### HEALTH and FITNESS OPTIONS

\***REGGIE MACAMAUX** will be instructing Tai-Chi class on the front lawn for six weeks on Mondays starting May 19th @ 11:00 a.m. (followed by June 2,9,16,23 & 30th) \$2.00 donation for each session. Reggie will share his amazing medical experiences, and how at the age of 72, is living an amazing healthy life and does many activities he wouldn't have considered 5 years ago. Reggie and his wife of 47 years live in Kingston. He welcomes you to his Tai-Chi class!

\***SENIOR FIT CLASS** starts MAY 14th@ 9:00 a.m., for 7 weeks on Wednesdays. **Lori** will conduct this at the Town Hall...jump right in at any week and enjoy the benefits of movement. Call for a spot!

\***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

\*A VARIETY of opportunities for short-term courses in Aquatics, Yoga, Zumba at the Senior Ctr. on the college campus of Massasoit, Brockton. Please note the information we have in the office or call: 508-588-9100 x1695

\***CHAIR Yoga** with **Judith** is available @ Halifax Mobile Park every Wednesday, 11:00 am ~ \$4.00 donation

\***EXERCISE** is available on the 1st three Fridays every month, 10:00 in the morning with **Barbara**!

\***WII GAMES** are on Wednesdays from 10:30—noon

\***LOVE TO WALK** has restarted, offering walking trips every other week until October to different parks. (9am—2pm) Bring a bag lunch, good walking shoes but reserve a spot on the senior van! Next walk trip on May 12th is to Houghton's Pond, Milton.

ENJOY Board games? How about Scrabble, Michigan Rummy, Skip-Bo, Boggle, Dominoes, brain teasers or Trivial Pursuit? Come on over with a friend on Thursday afternoons, 1-3pm and start up a good time.



Notify the office if you have a change of address, new phone number, emergency contact information, or if you do not wish to receive a newsletter, please let us know. Thank you!



**LADYBUGS** Their next meeting will be on Wed., May 7th at the COA, 1:30. An activity is planned for a trip to the Tea room and Heritage Museum. Anyone interested in joining the "Lady Bugs" please call Barbara Rice at 508-807-0268

Please call our office in advance if you need a ride to the pharmacy, medical or grocery appointments Monday-Friday. (Every Thursday at noon the van travels to Stop & Shop, and Friday at 9am it travels to WalMart and other town errands.) *First come, first served on Fridays 8am-2pm for medical appointments.*



#### **The cost for roundtrip service:**

Halifax—\$2.00

South Shore area / towns—\$6.00

Cape Cod (over bridge) - \$10.00 Boston—\$30.00



## 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. The speaker for this month:

**MAY 6 —Sgt. Ted Benner (Halifax Police Dept.)**

**Subject: Safety Net by LoJack**

Drop by the Holmes Public Library during the month of May to view the beautiful art work by seniors from the COA. They will be sharing their creative projects that have been worked on throughout the year. A dessert coalition will take place at 1pm on Thursday, May 29th.



### GROWING OLD

Growing old is a fact of life. It's a fact we all must face.

It sneaks up so gradually, and strikes without a trace.

First it hits our memory, and we can't remember things.

So we have to use a memo pad, and jot down everything.

Our eyesight is growing dimmer, so glasses we must wear.

Our hearing isn't up to par, so batteries are put in our ear.

Our teeth are another matter, they're taken out and then,

They're replaced with imitations, that gag us 'til we're used to them.

Our heart reacts. It needs a boost. Our hips and knees replaced.

We're now a walking robot, with spare parts every place.

Old age is going to get you, no matter who you are.

You can't escape it's clutches. It follows you near and far.

**THANKS to Flo St. Laurent**, a 99 year young Halifax resident for sharing something she wrote years ago.

EVERYONE is welcome to attend the May 23rd, Friday SPRING FLING with the Joneses (Heather & Jeff) at noon, here at the COA. Lunch begins at noon, with hot dogs and hamburgers, etc. A great time to get out and enjoy the season, but CALL to reserve your spot! (\$3.00 per person)



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