



# HALIFAX COUNCIL ON AGING NEWSLETTER



OCTOBER 2013

**DIRECTOR  
RECEPTIONIST  
VAN DRIVERS**

*Barbara Brenton*  
Judy Sheppard  
John Kealey  
Deb Killeffer  
Frank Sullivan  
Christine Tompkins

**Pope's Tavern Senior Center**  
506 Plymouth Street, Halifax, MA  
02338  
**Hours: 9a-3pm Monday—Friday**  
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**Fax: 781-293-1774**

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*From our Director....Summer breezes have come and gone. Autumn is here and time seems to pass too quickly like the tides. People are talking about Almanac predictions for a long, cold winter. I hope not! Please thank Brenda Pettingill for her beautiful design and planting of the gardens along the new sidewalks of the COA! We ALL appreciate her labor of love.*

*Change is happening at Popes Tavern Senior Center as three architects walked through on Sept. 7th with the Building Committee. The architects will be bidding on the design phase in January or February 2014, of an addition to Popes Tavern for necessary expansion due to lack of space. A one room addition that holds 40-60, an elevator to the second floor and two small confidential office spaces downstairs will be considered. Future plans for an Open Forum with town department heads and architects for questions and answers will help seniors into the future so more support can be offered to them. We are hoping to bring this to Town Meeting in May 2014. Please drop by or call with your thoughts and concerns....Barbara*

A very special luncheon invitation to ALL seniors in Halifax! Join *All American Assisted Living* on Thursday, October 17th @ 12pm for a free lunch (Chicken Ziti & Broccoli, garlic bread, etc.) here at the COA! They will be telling us more about the new building under construction in Hanson, and telling us about their community and programs. It will be a great opportunity to meet some of the staff and learn more about what *All American Assisted Living* will have to offer the community. CALL early to reserve a spot!

## Lenny & ShaNaNa

Lenny Baker, former sax player and vocalist for the group Sha-NaNa (as well as having starred in movies) will be at the Town Hall on Thursday, October 31st, 1 pm for a FUN time of nostalgia and entertainment!  
RESERVE your seat by calling our office!

**Dessert & Goodies following**



**SHINE is here to help!**  
**MEDICARE OPEN ENROLLMENT IS**  
**OCTOBER 15—DECEMBER 7**


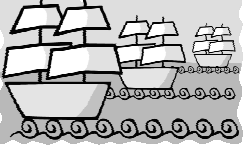

Medicare plans change every year. This is time to choose your coverage for 2014....FREE Medicare counseling is available from SHINE. Call our office now, or dial  
**1-800-243-4636**

*You Are Invited....*

To an informal yet vital informational presentation by Attorney Ian Oppenheim on Tuesday, October 15th at 12:30pm.

He will provide some basic information regarding wills, Power of Attorney, mistakes in estate planning, social security benefits & Medicare, health care proxy, and how to be best prepared for the future. He has an active practice located in Halifax, and we are grateful that this professional will be giving of his time and sharing important legal issues facing elders.

Reserve a seat by calling our office!

| MONDAY                                                                                                                                        | TUESDAY                                                                                                                                 | WEDNESDAY                                                                                                                                                                      | THURSDAY                                                                                                                                                                           | FRIDAY                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>OCTOBER</b>                                           | <b>1</b><br>9:00 Men's Coffee Hr.<br>9:00 SHINE<br>12:00 Lunch<br>1:00 Nails by Julie                                                   | <b>2</b><br>9:00 Church Group<br>10:00 Red Hat trip to Suffolk Downs<br>10:00 Ladies Social<br>10:00 Quilting<br>10:30 Wii Games<br>11:00 Chair Yoga<br>12:00 Lunch            | <b>3</b><br>9:00 Oil Painting<br>10:00 Coffee Hour<br>12:00 Lunch<br>12:30 Grocery Shopping                                                                                        | <b>4</b><br>9:00 Errands & Wal-Mart<br>10:00 Exercise<br>12:00 Lunch<br>1:00 Train Dominos                                                |
|                                                                                                                                               | <b>7</b><br>10:00 Bridge/Cribbage<br>10:00 Basic Computer<br>12:00 Lunch<br>1:00 Craft /Crochet & Knitting Group<br>2:30 Joy of Writing | <b>9</b><br>9:00 Church Group<br>10:00 Ladies Social<br>10:00 Quilting<br>10:30 Wii Games<br>11:00 Chair Yoga<br>12:30 My Life, My Health Support group                        | <b>10</b><br>9:00 Oil Painting<br>8:30 Blood Pressure/ Glucose with Carol<br>10:00 Coffee Hour<br>11:30 Massage w/Jen<br>12:30 Grocery Shopping                                    | <b>11</b><br>9:00 Hooper's Last Get Together & Walk!<br>9:00 Errands & Wal-Mart<br>10:00 Exercise<br>12:00 Lunch<br>1:00 Train Dominos    |
| <b>14</b><br>C L O S E D<br>IN HONOR OF<br>COLUMBUS DAY<br> | <b>15</b><br>9:00 Men's Coffee Hr.<br>9:00 SHINE<br>12:00 Lunch<br>12:30 Atty. Oppenheim presentation                                   | <b>16</b><br>9:00 Church Group<br>10:00 Ladies Social<br>10:00 Quilting<br>10:30 Wii Games<br>11:00 Veteran Agent<br>11:00 Chair Yoga<br>12:00 Lunch                           | <b>17</b><br>9:00 Oil Painting<br>8:30 Blood Pressure/ Glucose with Carol<br>10:00 Coffee Hour<br>12:00 All American Luncheon & Info (see Pg. 1 details)<br>12:30 Grocery Shopping | <b>18</b><br>9:00 Errands & Wal-Mart<br>10:00 Exercise<br>11:00 Generations Annual Mtg. & Lite lunch<br>12:00 Lunch<br>1:00 Train Dominos |
| <b>21</b><br>10:00 Bridge/Cribbage<br>10:00 Basic Computer<br>12:00 Lunch<br>1:00 Craft/Crochet & Knitting Group<br>2:30 Joy of Writing       | <b>22</b><br>9:00 Men's Coffee Hr.<br>9:00 SHINE<br>12:00 Lunch<br>-----<br>11:00 "Hearing Loss 101" offered @ Holmes Library           | <b>23</b><br>9:00 Church Group<br>10:00 Ladies Social<br>10:00 Quilting<br>10:30 Wii Games<br>10:30 Brown Bag<br>11:00 Chair Yoga<br>1-3pm Hearing Screenings /Mass. Audiology | <b>24</b><br>9:00 Oil Painting<br>8:30 Blood Pressure/ Glucose with Carol<br>10:00 Coffee Hour<br>12:00 Lunch<br>12:30 Grocery Shopping                                            | <b>25</b><br>9:00 Errands & Wal-Mart<br>11:00 Attorney<br>12:00 Lunch<br>1:00 Train Dominos                                               |
| <b>28</b><br>10:00 Bridge/Cribbage<br>10:00 Basic Computer<br>12:00 Lunch<br>1:00 Craft/Crochet & Knitting Group<br>2:30 Joy of Writing       | <b>29</b><br>9:00 Men's Coffee Hr.<br>9:00 SHINE<br>12:00 Lunch                                                                         | <b>30</b><br>9:00 Church Group<br>10:00 Ladies Social<br>10:00 Quilting<br>10:30 Wii Games<br>11:00 Chair Yoga                                                                 | <b>31 Trick Or Treat Day!</b><br>9:00 Oil Painting<br>8:30 Blood Pressure/ Glucose with Carol<br>10:00 Coffee Hour<br>12:00 Lunch<br>12:30 Grocery Shopping<br>1:00 Lenny Baker    |                                                      |

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### **THINGS TO COME AND BENEFIT FROM THIS MONTH– Health, Wellness & Special Programs & Services**

- ◆ Last “hoofer” walking group will occur on October 11th. Reserve your spot on the van and enjoy time together with a great group who love the outdoors. Surprise location! Thank you, Janet Poulos-Villano our Coordinator!
- ◆ Interested in restarting BINGO? *Give us a call!*
- ◆ HAPPY FEET with Dr. Greg Cormier, Podiatrist, Tuesday, Nov. 5 Call to reserve a spot, only \$25.00 for treatment
- ◆ COMPUTER INTRO IS Mondays 10-11:00. Get a grip on this important and necessary tool!
- ◆ LEGAL HELP is available every 4th Friday. Call for appointment. Attorney Jason Rawlings provides his advise and help.
- ◆ BLOOD PRESSURE & GLUCOSE TESTING with Carol/ nurse available every 2,3,4th Thursday from 8:30-11:30. **(The VNA nurse will not be available the 1st Thursday of the month at the COA )**
- ◆ HAPPY HANDS With Julie. Would you like a nice manicure or hand massage? Call the office to reserve a time! CASH only
- ◆ QUILTING with Carol. Learn from a great teacher. By appointment only. Call our office.
- ◆ MASSAGE by Jennifer...so many benefits! Only \$1.00 a minute. Available Sept. 12 and October 10th.
- ◆ Mass Audiology Hearing tests on Oct 23 from 1-3pm. Call for an appointment if interested.
- ◆ Attorney Ian Oppenheim coming to talk on special subject matter on Oct 15th at 12:30pm

GENERATIONS' Annual Membership meeting will be held promptly at 11:00a.m on Friday, October 18th The first 20 people in attendance will be entered into a drawing for a gift certificate. A lite lunch will be served.

#### **DID YOU KNOW?**

When you need extra help with having food on hand, there is help at two Halifax pantries... Our Lady of the Lake (293-7971) is open the 1st and last Saturdays of every month from 9:00-10:30 a.m. The Congregational Church, across from COA (293-6393) is open Tuesdays 2;30-4:00p

#### **RED HAT LADYBUGS**

New members are ALWAYS welcome. Please give Glenda Firlotte (781-293-5695) a call to get details on upcoming meetings and trips! You'll be glad you did! Suffolk Down Trip is Oct. 2nd: leaving COA @ 10a.m



LOOKING FOR Cribbage & Bridge players for Monday morning, 10:00 am! Please let us know if you'd be interested! Maybe another card game would be of interest....Rummy, Pinochle, Dominoes? ***GIVE US A CALL!***



**Walking Group at the Hingham Shipyard in August!**

Do you need a ride? Every Thursday at noon, the van travels to Stop & Shop, Friday at 9am it travels to Walmart and other town errands. A lunch & Shop group travels once a month on Mondays to local shopping areas and out to lunch. On Fridays, there is also a van available for medical appointments from 8am-2pm; first come, first serve basis.

All rates are the same: Within Halifax: \$2.00 roundtrip; South Shore area: \$6.00 roundtrip, Cape Cod \$10.00 roundtrip; and \$30.00 roundtrip to Boston.

### **BETTER BUSINESS BUREAU (BBB) TALK**

coming NEXT month...

November 14th at 12:15 at the COA: The Strands of Trust talk will discuss ways in which the consumer can utilize the BBB as a free precautionary tool before signing contracts or hiring a business. BBB.org in particular is a major resource tool with over four million business reviews. It would be good to learn how to use this tool when researching businesses and charity organizations and staying up to date on the latest scams. Give us a call to sign up for the talk and/or lunch.

#### **'JOKE OF THE MONTH'**

Want Ad seen in an Arizona weekly:

Bonded escort, silver-haired (not dyed), two days a week for three active ladies 80+. Should look rich (but not 'too' rich). Politically conservative. Good bridge player and waltzes. Sharp enough to handle six Bingo cards at once. Prefer chauffeur's license, L.P.N and a Black Belt in Karate.

There are two ways to view the newsletter:

[www.halifax.ma.us](http://www.halifax.ma.us) **Or** [www.seekandfind.com](http://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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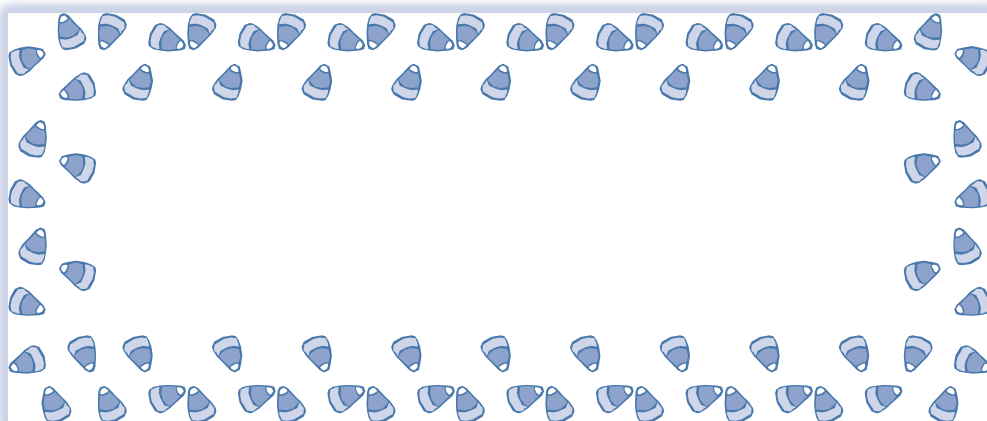
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