

# Halifax Senior Center

## OCTOBER 2022



*Swing into Autumn with Matt York, Wednesday October 19 at 1:00PM - 3PM. We will have pumpkin painting at Nessaralla Farms and pizza at Nonnies as Matt plays and sings tunes to get us ready for fall.*

*The Harvest Moon bellows with many fun events this month and, until the end of the year. It is also a busy time for the our center as we connect you to needed services. Fuel Assistance, Supplemental Nutrition Assistance Program (SNAP) and Health Care Counseling and Navigating are a few social services available to you. Call to make an appointment!*

*We are beginning our monthly visits to MacMurray's Design Studio and will be offering Movies Classics each Friday at noon. In December we will be offering a six seek series of Let's Play Chess. We hope you will join us!*

*Remember to enroll before each event or activity as we now have access to our scanner purchased by GENERATIONS. GENERATIONS is a non-profit, fundraiser partner that exits to support the CoA. Please take time to ask about its important role as we ensure that everyone has the same goals in mind.*

*Lastly, thank you to the volunteers who devote countless hours to the CoA. The compassion they show each day, fuels your visit with energy. Stay well and take time to enjoy the lovely foliage and nature abound.*

*Darlene Regan  
Director of Elder Services  
Halifax*

## VOLUNTEERS KEEP US RUNNING

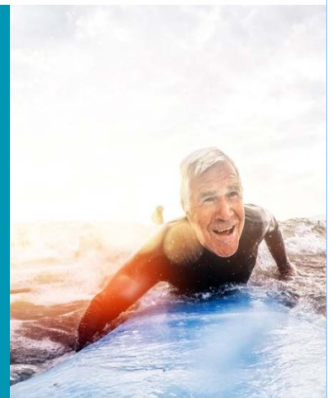
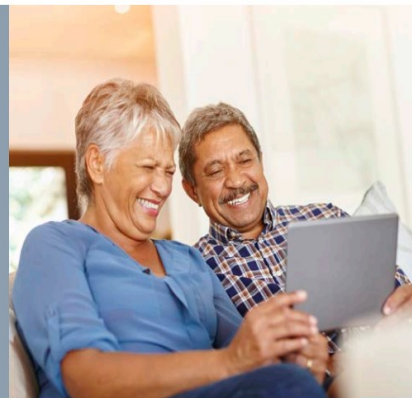
If you want to learn new skills  
become a volunteer for:

- ♦ **CoA Greeter & Office Support**
- ♦ **AARP TAX PREPARATION**  
(Learn to prepare simple tax  
forms via AARP training)

### FITNESS/WELLNESS CLASSES:

SEE THE EVENTS CALENDAR FOR  
DATES AND TIMES. TO MAKE  
ROOM FOR ALL, PLEASE CALL THE  
CoA TO REGISTER—

- CHAIR YOGA/GENTLE YOGA
- ♦ HEALING HANDS
- ♦ LINE DANCING
- ♦ ZUMBA GOLD



## Social Security 101

Everything you wanted to know.



Securing today  
and tomorrow

A **FREE** workshop from Social Security.

**Social Security Public Affairs Specialist, DELIA DeMELLO will be  
presenting ZOOM workshop on January 18, 2023 @ 11:00am**



# **Congregate Meals Offered**

**Every Monday and Wednesday @ Noon**

**At the Halifax Council on Aging**

**Call in advance to reserve a seat**

**(781) 293-7313 - Space is limited**

**\$2.50 donation is suggested**

**THANK YOU OLD COLONY ELDER SERVICES  
FOR NUTRITIOUS MEALS**

## **Upcoming menu:**

- |              |                                     |
|--------------|-------------------------------------|
| <b>10/3</b>  | <b>PORK CHOPPETTE</b>               |
| <b>10/5</b>  | <b>LASAGNE WITH BOLOGNESE SAUCE</b> |
| <b>10/10</b> | <b>HAPPY COLUMBUS DAY</b>           |
| <b>10/12</b> | <b>CRANBERRY CHICKEN</b>            |
| <b>10/17</b> | <b>CHICKEN PICATTA</b>              |
| <b>10/19</b> | <b>COLD MEAL - TUNA SALAD</b>       |
| <b>10/24</b> | <b>CHEDDAR OMELET</b>               |
| <b>10/26</b> | <b>TURKEY POT PIE</b>               |
| <b>10/31</b> | <b>ALL BEEF HOT DOG</b>             |



# OCTOBER 2022



\* PLEASE CALL OUR CENTER FOR SPECIAL EVENTS. ASK ABOUT OUR KEY TAG IF YOU DO NOT HAVE ONE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10:00 - 12 CRIBBAGE  12:00 - 3:00 Congregate Meal/Friends  1:30 - 2:30 Knit One Peal 2 and Crochet Friends  1:30- 2:30 Joy of Writing	4 9:30 Men's Coffee  <i>*10:00 TRIAD @ Great Hall - Second Flr/Every First Tuesday Month</i>	5 9:45 Chair Yoga @ Henrich Hall  10:45 Gentle Yoga @ Henrich Hall  10:00 - 12 Women's Social Coffee/Tea Teetotalers 12:00 - 1:00 Congregate Meal/Friends	6 8:30 - 11:30 Blood/Diabetes Screenings  9:30 Men's Coffee	7 10:30 - Coffee and Chat with State Representative Josh Cutler	8
9	10 <b>Columbus Day</b>	11 9:30 Men's Coffee	12 9:45 Chair Yoga @ Henrich Hall  10:45 Gentle Yoga @ Henrich Hall  10:00 - 12 Women's Social Coffee/Tea Teetotalers  10:00 Blood/Diabetes Screenings 12:00 - 1:00 Congregate Meal/Friends	13 8:30 - 11:30 Blood/Diabetes Screenings  9:30 Men's Coffee	14 <b>Movie Time Classics @ NOON</b>	15
16	17 10:00 - 12:00 CRIBBAGE  12:00 - 3:00 Congregate Meal/Friends  1:30 - 2:30 Knit & Crochet Friends  1:30- 2:30 Joy of Writing	18 9:30 Men's Coffee  9:30 Council on Aging Advisory Board Meeting @ Selectmen Board Room	19 9:45 Chair Yoga @ Henrich Hall  10:45 Gentle Yoga @ Henrich Hall  10:00 - 12 women's Social Coffee/Tea Teetotalers 10:00 Blood/Diabetes Screenings 12:00 - 1:00 Congregate Meal/Friends  <i>*1:00 - 3:00 Entertainer MATT YORK Location: TBA</i>	20 8:30 - 11:30 Blood/Diabetes Screenings  9:30 Men's Coffee  2:00 Book Club @ Holmes Library	21 <b>Movie Time Classics @ NOON</b>	22
23	24 12:00 - 3:00 Congregate Meal/Friends  1:30 - 2:30 Knit & Crochet Friends  1:30- 2:30 Joy of Writing	25 9:30 Men's Coffee	26 9:45 Chair Yoga @ Henrich Hall  10:45 Gentle Yoga @ Henrich Hall  10:00 - 12 Women's Social Coffee/Tea Teetotalers 10:00 Blood/Diabetes Screenings 12:00 - 1:00 Congregate Meal/Friends	27 8:30 - 11:30 Blood/Diabetes Screenings  9:30 Men's Coffee	28 <b>Movie Time Classics @ NOON</b>  11:30 - 12:30 Atty Rawlins (Every last Friday of the Month)	29
30	31 <b>HALLOWEEN</b> 10:00 - 12 CRIBBAGE  12:00 - 3:00 Congregate Meal/Friends  1:30 - 2:30 Knit & Crochet Friends 1:30- 2:30 Joy of Writing					



# **AARP** Foundation<sup>®</sup>

For a future without senior poverty.

**AARP Foundation Tax-Aide** is expanding its team of VOLUNTEERS for the upcoming tax season. Tax-Aide offers free in-person preparation and assistance to anyone, especially those 50 and older who cannot afford tax preparation services.

**VOLUNTEERS** are needed for several roles including tax preparers, client facilitators, technical coordinators, and appointment coordinators.

All levels of experience are welcome! You will receive complete training and receive **IRS CERTIFICATION**. Tax-Aide volunteers assist taxpayers from early February through mid-April generally during the weekday.

**TRAINING BEGINS IN THE FALL, PLEASE CALL 1-888-AARP-NOW  
(1-888-227-7669) OR VISIT  
[AARPFUNDATION.ORG/TAXAIDEVOLUNTEER](http://AARPFUNDATION.ORG/TAXAIDEVOLUNTEER) TO REGISTER**



## **HALIFAX VETERANS NEW OFFICE HOURS:**

Starting next Thursday, October 6th,  
VSO Steve Littlefield's weekly office hours  
are from **4:00-7:00pm** at the Town Hall.  
Feel free to stop in and say hi or contact him  
to set up an appointment.

Steve will also be available by ap-  
pointment (in-person or virtual) on other  
days and times as needed and can always be  
reached by email at [steve.littlefield@halifax-  
ma.org](mailto:steve.littlefield@halifax-ma.org).



## **AT YOUR SERVICE MONTHLY VISITS**

### **Meet your State Representatives:**

**Josh Cutler** is available the first Friday  
each month - 10.07.2022 @ 10AM

**Kathy LaNatra** is available the first Mon-  
day of each month

### **SHINE**

Please call 1-800-231-1155 for an  
appointment

**Legal Consultations w/ Attorney Jason  
Rawlins** will be here on 10/28/022 at  
11:30. Call for appointment -

Complimentary 30 minute appointments  
offered the last Friday of each month..  
Call to schedule an appointment





506 Plymouth Street  
Halifax, MA 02338  
Tel: (781) 293-7313 Fax: (781) 293-1774  
Website: [www.halifax-ma.org/COA](http://www.halifax-ma.org/COA)

Presorted Standard Postage  
US Postage PAID  
Permit #42  
Halifax, MA 02338

**HOURS OPEN TO THE COMMUNITY**

**MONDAY - FRIDAY: 8:00 A.M. - 4:00 P.M.**



**COUNCIL ON AGING  
ADVISORY BOARD**

**CHAIRMAN:**

Jo Schofield

**Co CHAIR:**

Darlene Regan

**MEMBERS:**

Jean Gallant

Judith Rakutis

Michael Rugnetta

Sarah Sloat

Ivy Matheny

Kimberley King-Cavicchi

**COA STAFF**

**DIRECTOR:**

Darlene Regan

**OUTREACH COORDINATOR:**

TBA

**RECEPTIONIST:**

Diane Smith

**NURSE:**

Tricia Ross

**OCES MEAL SITE MANAGER**

**MANAGER, MEALS-ON-**

**WHEELS:**

Maria Maynard

**VAN DRIVERS:**

Gary Long, Diane O'Brien

**Halifax Council on Aging Mission Statement:** To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.