



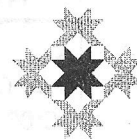
February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Church 10:00 Computer Class & Cards 1-3pm Crochet/ Knitting 2:00 Joy of Writing	2 9:00 SHINE Assistance 12:00 Lunch 12:00-1:30 Nails by Julie* 1:30-3:30 Tax Help with Joe Benson* 2:30 Line Dancing @ All Seasons Restaurant	3 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing, All Seasons Restaurant	4 9:00 Men's Coffee 10:00 Oil Painting 12:00 Special Lunch* 12:30 Grocery Shopping <i>*Massage available 11:30-12:30—call office for appointment</i>	5 9:00 Errands & Walmart 10:00 Exercise 11:00 Ball Room dancing—Town Hall* 12:00 Lunch 1:00 Office closes
8 9:00 Church 10:00 Computer Class & Cards 1-3pm Crochet/ Knitting 2:00 Joy of Writing	9 9:00 Best Breakfast* & SHINE Assistance 10:00 TRIAD 12:00 Lunch 1:30-3:30 Tax Help with Joe Benson* 2:30 Line Dancing @ All Seasons Restaurant	10 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga & Veteran Agent Wil Corey 12:00 Mardi Gras* 6:30 Line Dancing, All Seasons Restaurant ASH Wednesday	11 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11:00 Ball Room dancing* 12:00 Lunch 12:30 Grocery Shopping 1:00 Gun Laws program*	12 9:00 Errands & Walmart 10:00 Exercise 11:00 Ball Room dancing—Town Hall* 12:00 Lunch 1:00 Office closes 14—SUNDAY Valentine's Day
15 President's Day  OFFICE CLOSED	16 9:00 SHINE Assistance 12:00 Lunch 1:30-3:30 Tax Help with Joe Benson* 1-3pm Podiatry appointments* 2:30 Line Dancing @ All Season's Restaurant	17 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 12:30 My Life, My Health 2:00 Men's Widow Support Group 6:30 Line Dancing, All Seasons Restaurant	18 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11:00 Ball Room dancing* 12:00 Lunch 12:30 Grocery Shopping	19 9:00 Errands & Walmart 10:00 Exercise 11:00 Ball Room dancing—Town Hall* 12:00 Lunch 1:00 Office closes
22 9:00 Church 10:00 Computer Class & Cards 1-3pm Crochet/ Knitting 2:00 Joy of Writing	23 9:00 Best Breakfast* & SHINE Assistance 12:00 Lunch 1:00 SEMASS* 1:30-3:30 Tax Help with Joe Benson* 2:30 Line Dancing @ All Seasons Restaurant	24 10am-noon Quilting 10a-1pm Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing, All Season's restaurant	25 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11:00 Ball Room dancing* 12:00 Lunch 12:30 Grocery Shopping	26 9:00 Errands & Walmart 11:00 Attorney Rawlins Available* Ball Room dancing—Town Hall* 12:00 Lunch 1:00 Office closes
29 9:00 Church 10:00 Computer Class & Cards 12:00 Pizza & Salad Lunch 1-3pm Crochet/ Knitting 2:00 Joy of Writing	COMING IN MARCH 3/16—St. Patrick's Day Lunch* @ Halifax Country Club. Tickets needed! 3/29 Honoring Choices/ Health care planning		Note—NO exercise with Lori this month!	LOCAL FOOD PANTRYS: ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays 2:30-400pm ♦ Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 293-7971



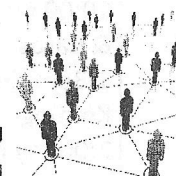
You are invited to a special SEMASS presentation (The Southeastern Massachusetts Resource Recovery Facility) operating as Covanta SEMASS Partnership, provides the community with an alternative to municipal solid waste (MSW) disposal at landfills. They will be offering a collection day here on **February 23rd, 1pm**. Bring your mercury or mercury-containing items such as: thermostats, thermometers, fluorescent light bulbs, etc. Bring your questions, and Coryanne will be here to answer!

During this month, **GENERATIONS** (see page 2 in this newsletter) will be having a **SILENT AUCTION** of a beautiful, handmade quilt. It will be displayed in the Common room, and starting bids begin at \$150.00. It is 80"x80" (full size) and you could speak to Janet Vilano (781-293-9261) if you have questions!

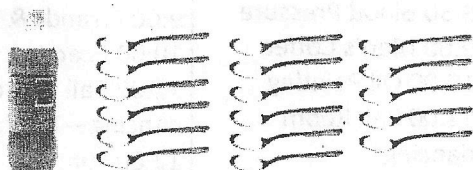


You will want to mark you calendars (**Tuesday, March 29th, 1:00 pm**) for a special presentation known as **"Who's Your Agent?"** This first, one-of-its-kind public education and engagement program is meant to help adults open the door to lifelong health care planning discussions. The program informs and empowers competent adults to exercise their right to choose a Health Care Agent and make a personal plan. Your plan then becomes a roadmap for you and your care providers to promote everyday wellness and receive the best possible care that honors your choices at every state of health. It will include a Tool Kit and workshop will be taught by Norwell Visiting Nurse Anne Marie Powers, PTA, CDP. (Anne is the same nurse who taught Matter of Balance last year)

COMING SOON TO Halifax Council on Aging....Regional Networking Group program in our area, will support and assist people **50+ years** of age who are looking for **new jobs** or guidance in transitioning into a new career direction. If you are unemployed and actively looking for work, underemployed and looking for a new career direction, or recently retired or not ready to stop working and looking for something to do, this program is for YOU and will go every 1st & 3rd Thursday from Feb until June. The **1st networking training** and informative session will start on Feb 4, 9am –noon, bring your resume, business card & elevator speech; **JOB FAIR** follows in June. Call for Info!



Sweet Facts about Sugar



The American Heart Association recommends that women consume no more than six teaspoons (~100 calories) and men no more than 9 teaspoons (~150 calories) of added sugar a day

A 20-ounce bottle of sugary soft-drink contains 17 teaspoons of sugar

KEEP SUGAR CONSUMPTION TO A MINIMUM TO AVOID NEGATIVE EFFECTS:

Weight gain * cavities * provides empty calories * Increased heart disease risk * cravings for more sweets

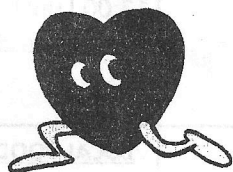
The Paris Cabaret....Enjoy "Broadway at Your Table" with The Starliners as they perform The Best of Broadway and Beyond! On **Sunday, April 3rd** there will be a presentation of Annie Dinner show with choice of fish, chicken, lasagna at the Starline Room in Stoughton. Car poolers will meet and leave from the COA on that day at 11:30am, \$45.00 pp, RSVP to Dottie by February 29th!



FEBRUARY is HEART HEALTH MONTH!

Heart disease is the leading cause of death for both men and women. Every year, approximately 785,000 Americans have a first coronary attack. With that in mind, here are a few ways to prevent heart disease:

Healthy Heart



Healthy You

- ♥ Control your portion size. Use small plates.
- ♥ Eat more vegetables and fruits.
- ♥ Eat **WHOLE** grains.
- ♥ Limit unhealthy fats such as saturated and trans fats.
- ♥ Choose low fat protein sources: skim or low fat milk, yogurt, etc.
- ♥ Reduce sodium intake; no more than 2,300 milligrams per day/ 1,500 milligrams if you have high blood pressure, diabetes or a chronic kidney disease.
- ♥ Drink plenty of water. Drink enough so that your output is colorless or light yellow.
- ♥ Exercise! Aim for 30 minutes a day; walking is a great start.

Come in and talk with me! I offer free blood pressure and glucose screenings Thursdays 8:15am—11:30am. I am also your new Outreach Assistant and look forward to meeting you! *Yours in good health, Tricia Ross, RN*