



HALIFAX COUNCIL ON AGING NEWSLETTER



December 2016—January 2017



DIRECTOR Barbara Brenton
RECEPTIONISTS Judy Sheppard, Betty Buidorket
NUTRITION / M.O.W. Maria Maynard
OUTREACH WORKER Brenda Fitzgerald
OUTREACH ASSISTANT & NURSE Tricia Ross
VAN DRIVERS Gary L. George A., Frank S.,
Christine T.
SHINE COORDINATOR Maria Burke
NEWSLETTER Deb Killeffer

Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338
Hours: Mon. - Thurs. 8am - 4pm
Fri., 8am - 1pm
781-293-7313 or 781-293-3883
Fax: 781-293-1774

BOARD OF DIRECTORS

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VICE-CHAIR
SECRETARY Ellie Murphy
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Helen Doucette

Merry Christmas, Happy Hanukkah & Happy New Year to all!

Christmas is a magical, wonderful, heart- warming time of year and the greatest joy is that of "giving." I have learned that giving of self always brings peace and contentment to one's life. I am very thankful this year to Halifax organizations, businesses and individuals for their giving throughout this year; Halifax Country Club (Thanksgiving meal), Wal-Mart, Stop & Shop, Nessaralla Farm, "GENERATIONS", Rockland Trust, COA Board, Municipal School & Building Committee, Congregational (food pantry+) & Lady of Lake churches (food pantry+!! Much gratitude and thanks to our valuable COA STAFF & VOLUNTEERS who dedicate their time and devotion to the Council on Aging and its many activities, events and for always going the extra mile!

The holiday season can be a time of loneliness and stress, so please pace yourself; call a friend, invite someone over for a cup of tea to talk, or visit the Council on Aging for a hot lunch and conversation. Please check on one another during the cold winter months coming. Remember to take a minute and check fireplaces, chimneys, furnaces, space heaters or woodstoves and don't forget the new batteries in your smoke detectors (call the Fire Department if you have questions, they are happy to help).

Folks that come in to visit or take part in our programs are asking about the status of the renovation of our building. The Municipal School & Building Committee meets every 2-3 weeks on this project, and construction plans should be completed by November 15th. A cost estimate to start the renovation project will be due by the end of November. When the price estimate comes in, the building committee tries to keep it as low as possible and if the Board of Selectman agree on the price, they will go out to bid (6 week process). *When you come in for a class/program please inquire as to the update with this important project.*

I wish you all a very blessed Christmas, Hanukkah & a most Happy New Year no matter what circumstances you may be facing, we all face them together, always helping one another. So, to all of you my sincere thanks and best wishes for peace & joy in you life. My door is always open, please stop in and say hello.

---- Barbara



CHRISTMAS DINNER AT NOON....

Tuesday, Dec. 13th

Join us at the Lady of the Lake Function Hall for a delicious home baked meal (Laura Sullivan + team) with Baked ham and orange sauce, rice pilaf, baked butternut squash, peas, rolls, beverages and dessert. Only \$5.00 pp, but it's imperative that you call our office to reserve your space at the table, and pre-pay also!

ENTERTAINMENT will be from a local resident, Laura James, formerly of Herb Reed & The Platters. She will 'stroll down' Memory Lane with Christmas music and selections from 50's, 60's and 70's. What a great time to **meet up with friends and enjoy a superb meal.**



BELL RINGERS needed for 2-hour shifts (9am-7pm, except Sunday) through **Christmas Eve**. Please call Christine Tompkins (781-884-7741), the Salvation Army Kettle Coordinator, to get more details and schedule a time to help! Please consider giving back to your community....

JOIN US for **lunch at NOON** Monday-Friday for a delicious meal that is only \$2.50 pp. Review the menu selections in our insert and simply call us 2 days before so that we can plan accordingly. Good company, lovely gathering room with new chairs and tables. Bring a neighbor or friend, and stay for an activity afterwards. (Review our daily activities calendar) On the **FIRST Thursday** of the month (Dec. 1st and Jan. 5th) we will be offering **special** lunches. For the month of December it will be: Chicken Cordon Bleu, baked potato and sour cream, peas and mushrooms, snowflake dinner roll, chocolate éclairs. In January there will be a "Mother's Day" special: fresh fruit cup, omelet with cream sauce, home fries, French toast sticks, cinnamon crumb coffee cake and carnation flowers!



Q. What word can describe a person who leaves abruptly?

A. abruptante

**WORD OF
THE
MONTH**



GENERATIONS



A multi-generational community group whose purpose is to engage in the support of the Halifax Council on Aging

We are in need of people to make Christmas **baskets**! Last year, we had 47 but this year's goal is 50. This program is a big part of what this group does to raise funds to support the COA. Please consider providing a **basket** that contains any items which would be of interest in someone purchasing in a raffle. (NO perishables!) Use clear wrap and a bow to make it special. The deadline for **baskets** to be delivered to the COA is Dec. 1st. If you need an (empty) **basket**, please call Patti Bright or come to the COA office.

All the **baskets** will be on display at the COA, then also at the Christmas Party on Dec. 13th (see front) as well as on the Halifax in Lights evening Open House, Dec. 10th. Call Patti Bright (781-293-6704) if you have questions

FUEL ASSISTANCE SEASON IS HERE ~ Recertification & First Timers ~

We will be taking appointments on Tuesday and Wednesdays from 1:00-3:00 pm with Outreach Worker **Brenda Fitzgerald** and Assistant Outreach Worker **Tricia Ross**. Bring :

- ◆ Recent Electric, phone & fuel bills
- ◆ 4 recent income stubs or annual award letter or pension statement from Social Security for each person in household
- ◆ Veteran benefits
- ◆ Worker's Comp or unemployment benefit letters
- ◆ Interest bearing accounts information
- ◆ Child support, Alimony
- ◆ Tax bills, rent receipt or land rent
- ◆ Social Security cards for ALL in household
- ◆ Photo ID
- ◆ Copy of your homeowners insurance policy



YOUR HANDS + NAILS CAN LOOK SO

AMAZING! Call our office and set up an appointment with JULIE, our beautician who cleans and trims and polishes the fingernails. She is in our office on the FIRST Tuesday of

the month between 12:30 and 1:30pm.

And, it's NOT just for ladies! Men would love the care as well.



TRIAD

Ken Vinton, Chairman



Triad typically meets on 1st or 2nd Tuesday of the month at the **Halifax Police Station, 2nd floor at 10:00am**

Call Ken Vinton for details (781-294-1057)

Next Mtg: Tuesday, Jan. 3rd

Allen Vandett, Manager of Rockland Trust Halifax Branch, speaking on fraud awareness, banking services, etc.

All meetings are open to everyone; so come, listen to the speaker and then enjoy coffee and refreshments.



DID YOU KNOW?



On the second Thursday of each month, Jennifer is here from 11:30-1:00 to provide a wonderful **massage** for weary necks, backs, hands and feet! (Yes, even the hands and feet) For only \$1.00 a minute (10 minute minimum) you can come off the table feeling like brand new! Please call our office for an appointment.



Our very own **SHINE** (Serving the Health Insurance Needs of Everyone) Maria Burke, Counselor, has been offering extra time and energy to helping our seniors during Open Enrollment these past weeks. Her private/confidential office hours are Tuesday mornings from 9-11am. CALL our office to set up an *appointment*, as it is necessary for her to plan for your individual concerns.



WHEN **STORMS** are predicted, check local TV and radio for public school closings. When the Elementary School is closed, the COA will also be closed for all programs, activities, transportation, lunch AND Meals on Wheels. (M.O.W recipients have an emergency meal on hand for these snow days) If Town Offices are closed, the COA is also closed as well as the Halifax Food Pantry.



EXERCISE is **STILL** an important part of **aging well**, and keeping the joints moving reduces aches, pains and strains. To quote from the recent (Oct/Nov 2016) AARP magazine, "...it's all up to **you**. How long you live is 80 percent genes and 20 percent you. But how **WELL** you live is 80 percent up to you and 20 percent genes. You're in control here. That's nice. Very, very nice..." This includes: aerobic training, balance training, strength training and eating better food. Even though it's suggested to do something for 45 minutes, 6 times a week is a high goal, try out OUR **WALKING PROGRAM** as well as: **CHAIR YOGA** (Halifax Henrich Hall Mobile Home Park) every Wednesday from 11-12. (only \$4pp) **LINE DANCING** (see calendar dates) **EXERCISE/MEDITATION**: 1st, 2nd and 3rd Fridays, COA **TAI CHI**: Town Hall, Mondays 11am-noon

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December 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		LOCAL FOOD PANTRYS: ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393 ♦ Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 781-293-7971	1 9-11 Networking Group 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL LUNCH* 12:30 Grocery Shopping 1-3 Adult Coloring BASKETS due today (see note on pg. 2)	2 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Office closes
5 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	6 9-11 Men's Coffee & SHINE* 10:00 TRIAD Party 12:00 Lunch 12:30 Pedicare* <i>and</i> Nails by Julie* 3:00-4:30pm Line Dancing @ All Seasons Restaurant	7 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing MLMH not meeting 6:30 Line Dancing @ All Seasons Restaurant	8 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11:30-1pm Massage* 12:00 Lunch 12:30 Grocery Shopping 1-3 Adult Coloring	9 9:00 Errands / Wal-Mart 11:00 Atty. Rawlins* 12:00 Lunch 1:00 Office closes 10—Saturday Halifax In Lights 4-8 pm
12 9:00 Church 9-2 Christmas Shop & Lunch out trip* 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	13 9-11am BEST Breakfast & SHINE* 12:00 CHRISTMAS DINNER* 3:00-4:30pm Line Dancing @ All Season's Restaurant	14 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing @ All Season's Restaurant	15 9-11 Networking Grp@Marshfield COA 8:30 Blood Pressure 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1:00 Veteran's Group 1-3 Adult coloring	16 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Office closes
19 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	20 9-11 Men's Coffee & SHINE* 10:00 Board Mtg. 12:00 Lunch 3:00-4:30pm Line Dancing @ All Seasons Restaurant	21 10am-noon Quilting 10:30 Wii games 10a-1p Brown Bag 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing @ All Season's Restaurant FIRST DAY OF WINTER	22 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3 Adult Coloring	23 9:00 Errands / Wal-Mart NO lunch, office closes at NOON SUNDAY—25 MERRY CHRISTMAS
26 OUR OFFICE IS CLOSED Town Hall, + Services + schools closed HANUKKAH begins through Jan. 1	27 NO Best Breakfast 9-11am Men's Coffee 12:00 Lunch 3:00-4:30pm Line Dancing @ All Season's Restaurant	28 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing @ All Season's Restaurant	29 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3 Adult Coloring	30 9:00 Errands / Wal-Mart 11:00 Atty. Rawlins* NO LUNCH, office closes at NOON SATURDAY—31 NEW YEAR'S EVE

HELP PROTECT YOUR FAMILY CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

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are reading this newsletter.*

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If you want to discontinue receiving this publication, kindly call our office.
There are two ways to view the newsletter: www.halifax.ma.us Or www.seekandfind.com.*

Our 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 senior lives by offering as wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.



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