



Senior Center NEWSLETTER

July  August 2018



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Pope's Tavern Senior Center

506 Plymouth Street

Halifax, MA 02338

Hours: M - Th 8am - 4pm

Fri., 8am - 1pm

781-293-7313 or 781-293-3883

Fax: 781-293-1774

BOARD OF DIRECTORS

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Doucette

What's Happening in July...

- Tues., 7/3 All are welcome to join us with TRIAD tour of Brockton District Court leaving at 9:30am by carpool from the Senior Center. Call for details and reservation.
- Thurs., 7/5: Independence Day Special Lunch with cold oven fried boneless chicken breast, potato salad, spinach mandarin orange salad, garlic roll, cranberry juice and strawberry short cake! Call our office to reserve your spot! (\$2.50pp donation)
- Wed., 7/11: Come to lunch (12:00) then enjoy a special presentation at 12:30 with Nadine Shweiri, RN who represents Boston Elder Solutions. She will speak on understanding the different types of dementia (vascular and Alzheimer's), as well as how to navigate through senior care services such as home health, assisted living, nursing home and hospice. Bring your questions, but call to reserve your spot by calling our office today.



•Tues., 7/17: Our Annual Ice Cream Social will take place at Henrich Hall at the Mobile Home Park at 2:30pm, followed by the renowned John Root, entertainer with a "Celebration of Song". See page 3 for details. This is a free event, but please call to reserve your spot soon!

•WELLNESS CHECKS (blood pressure, glucose checks, etc.) with TRICIA are every 2nd, 3rd & 4th, 5th Thursday mornings from 8:30-1:30am

•There will be NO COMPUTER CLASS from July 30th to Sept. 3rd. Amidou will return to teach basic & intermediate computer usage on Sept. 10th, from 10-11am. See you then!

•NETWORKING GROUP (50+ JOB SEEKERS) will NOT MEET DURING JULY & AUGUST. CALL BRENDA OR BARBARA TO GET THE REOPENING DATES IN SEPTEMBER

What's happening in August...

- Thurs., 8/2: "On Stage" ...free performance with Bob Kniffen and 4th graders at 10:30am, Congregational Church. "On Stage" is a four week summer theatre program sponsored for the past 33rd consecutive years by the Halifax Youth and Recreation Commission. Robert Kniffen, retired Director of Music for the Rockland Public Schools and Drama Director at Rockland High School, has had extensive experience as a director and performer. As one of the founders of "On Stage", this will be his 34th year with the program. Bob is a resident of Halifax. Call us so we can plan!
- Thursday, 8/2: Labor Day Special Lunch with Mediterranean chicken breast, lemon olive rice, vegetable ratatouille, dinner roll and chocolate fudge cake! Call our office to reserve your spot! (\$2.50pp donation)
- Tues., 8/14 at 2pm, Linda Felix will be leading a mini art project called "Kindness Rocks" where you'll be able to paint sayings or pictures on rocks and place them outside in our yard or pathway, or for you to take home and enjoy. Coffee and chocolate milkshakes or frappes by Tricia! Call to reserve!



- Wed., 8/22 our Annual Hawaiian Cookout (NOON) at Town Hall with another great time to enjoy a party by wearing straw hats, Muumuus, tropical print shirts or dresses and feel the tropical mood! Menu includes: BBQ Chicken, hot dogs, potato salad, corn on the cob and watermelon. (\$6.pp, reserve by calling our office by 8/15) Followed by entertainment from the BLUES CREW, a family of six that will shake your hoola skirt and straw hats! See page 3 for details.



GENERATIONS

We are a multigenerational community group whose purpose is to engage in the support of the Council on Aging.

On Saturday, July 14th from 9am-2pm there will be a **YARD SALE** on the Town Hall green. If you'd like to reserve a table to sell items, this must be made by 7/9 for \$20.00. Set up is at 8am.

On Saturday, August 18th, GENERATIONS will be hosting a **Show Your Dog Day** at the Town Hall Green. Anyone wishing to 'show' their canines, a \$5.00 pet fee is required. Call

781-801-4822 for specifics.



YOU ARE INVITED to join a great group of friends to go shopping and have lunch together once a month! Trip Guide and van driver is Chris Tompkins, and she would love to have you join them! Meet at the Senior Center at 9:30am returning approximately 2pm. Reserve your space

by calling Kerry by June 28th.

Monday, July 2nd: to a Nantasket Beach restaurant and a stop at the Shoppes at Derby St.

Monday, August 6th: Journey to the CC Canal, lunch at Seafood Sam's, shop at Christmas Tree Shop.



COMING THIS AUTUMN... BE AWARE...

During the summer months (through August) there will be no 'BEST BREAKFASTS', "My life, My Health", Computer class, TRIAD or Networking Group.

As things return in place this September, please note on our calendar that the due date for submitting news letter items is Aug. 1st!

SAVE THE DATES...

"BEST BREAKFAST" (BRUNCH) will return on Tuesday, Sept. 11th from 9:00am in the Gathering Room with Dave's Famous Omelets, Cheesy potatoes, baked ham, sausage breakfast ring, baked apple fritters, cinnamon coffee bread and banana cr me coffee cake! Yum.

FLU SHOTS will be available here on Wednesday, September 12th from 12:30-2:30pm by the Stop & Shop Pharmacy.

DID YOU KNOW ? ? ? ? ? ? ?

The Boston Bar Lawyer Referral Service will be easier than before to look for and connect with lawyers online and at any time. Those in search of a lawyer can view and compare attorney profiles, filter by geographic region, topic of legal need, and then be matched with the appropriate lawyer, making finding a lawyer online even more convenient. Simply collect the information via telephone (Monday through Friday 9am-5pm at 617-421-0625, online at www.bostonbarlawyer.org (24 hours a day) or via email to lr@bostonbar.org

If you go online before you attempt to make the 'dreaded' visit to the RMV, you may find out that you don't need to make a trip to an RMV service center! Due to new federal and state requirements, you need to provide more documents than you have before in order to get or RENEW a driver's license, ID card or learner's permit. Visit Mass.gov/ID for all the information. You may be able to complete the entire transaction needed online! In addition, after October 2020, you will need either a passport or 'REAL ID' when you fly in the U.S. or attempt to enter certain federal buildings. Contact Michele Ellicks/Community Outreach of the Registry of Motor Vehicles at 857-368-9457 or Michele.ellicks@state.ma.us

LYME DISEASE comes from ticks and causes rash, fatigue, fever and flu-like symptoms. Wear light colored clothing, use insect repellent with DEET or natural oils, avoid grassy areas and perform daily tick checks on yourself. If you think you have been bitten, contact your doctor! Mosquitoes are in full force now. Wear insect repellent with DEET or natural oils and avoid being outside at dusk. Don't have any standing water around your home.

Stay in good health during the summer months by drinking water that has added electrolytes to keep your body from getting dehydrated!

<<< DIY >>>
Insect Repellent
 BrightNest.com

1 cup warm water
 +
 50 drops of essential oils
 (Tea Tree, Rosemary, & Citronella)
 +
 1 cup witch hazel

Mix and store in a spray bottle. Spray liberally to ward off bugs!

Sensitive skin? Test on a small patch of skin before using.

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"A Celebration of Song" by John Root, Musician & Educator on Tuesday, July 17th, 2:30pm (following the Ice Cream Social at HMHP)



John sings, a cappella or accompanying himself on the piano, and plays the flute, clarinet and saxophone. His diverse repertoire features the best loved songs of the first five decades of the twentieth century. Everyone is invited to sing along, and requests for favorite selections are welcome. Program duration is one hour. Comments from other Council on Aging Directors and others:

"John's performance was delightful. We were especially pleased at his skill in involving the audience; the seniors loved it!"

"Mr. Root is a very versatile performer who had our seniors mesmerized by his wit and charm. Before they realized it, they were clapping and smiling."

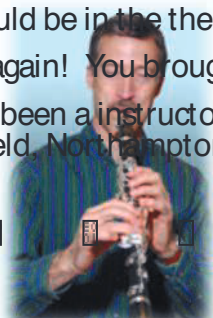
"How do you know so many songs! You should be in the theatre!"

"It was so much fun to sing those old songs again! You brought back a lot of memories."

John comes from Springfield, Mass. And has been an instructor of piano and woodwinds for students of all ages at Community Music School of Springfield, Northampton Community Music School, as well as many other venues.

For more information: www.johnroot.net

Need a ride? Call us!



DON'T MISS our Annual **Hawaiian Cookout** on Wednesday, August 22nd

At the Town Hall Green, lunch will be served at noon, followed by an incredible musical performance from the **BLUES CREW** family of six from Rhode Island. Band Members include: Mr. Blues (Daddy), vocals/ harmonica; Mrs. Blues, sound technician; Movin' Mitch, vocals; Absolutely Fabulous Abigail, stage manager; Shakin' Nathan, vocals/ harmonica; Joliet Jillian, vocals; T.C., vocals/ plastic guitar; Dancin' D.J., show stealer

Their Genre is: Blues Brothers Tribute Show / 50's / Country Oldies

They are a six member family singing group, performing at local events such as church festivals and dinners, community functions, and fundraisers.

WEAR something festive for our luau theme! straw hats, Muumuus, tropical print shirts or dresses or leis necklace garlands and feel the tropical mood! Get your tickets at our office by Aug. 14th. Need a ride? Call us!



These special occasions are paid by the State Formula Grant through Massachusetts Executive Office of Elder Affairs

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