



SENIOR CENTER NEWSLETTER

July & August 2019



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SPECIAL EVENTS FOR JULY....



WEDNESDAY, JULY 10th at 1:00pm, there will be an educational workshop conducted by David Tourtillott of Homestead Mortgage. David will be discussing the pros and cons of Federally insured reverse mortgage program and how to use one as you stay in place or sell your existing home and purchase a new more suitable home. Surprise giveaways provided. Reserve your space by calling our office!

WEDNESDAY, July 24th at 1:30pm, our annual ICE CREAM PARTY will be held at the Heinrich Hall of the Halifax Mobile Home Park with guest performer and comedian Steve Henderson. This program is supported in part by a grant from the Halifax Cultural Council, AND *free!* You don't want to miss this. Call our office to reserve your ice cream! Be prepared for MUCH laughter.



SPECIAL EVENTS FOR AUGUST...

WEDNESDAY, AUGUST 21st at NOON, our annual Summer COOK OUT will feature a Hawaiian theme with entertainment provided by local resident, Warren Phillips. He will provide a wide variety of music and there will be delicious food, door prizes, and more! Call our office to reserve your space. Tickets are \$6.00 each, purchased *before Aug. 9th!* Park behind the Town Hall and walk or shuttle to the Town Barn. Wear your Hawaiian outfits! (Menu on page 2)

TUESDAY, August 27th at 1:30, Linda Felix from North River Home Care will be sponsoring an EARRING PARTY here. There will be hundreds of different beads for you to choose from as you creatively put them together to make your own personal earrings. Be sure to reserve your space, as there is a limit (12) for this class.



During the summer months, some regular activities will be taking a 'hiatus'. Please be sure to recheck the calendar included in this newsletter for possible changes or adaptations. Have a wonderful summer, read some great books, call a friend, listen to the birds and watch the children play on the new playground next to the elementary school! We'll be so glad to hear of your summer adventures when we return in September with a full calendar of events and activities.

A new, automated check-in system called

MY SENIOR CENTER



will be installed in the foyer of Pope's Tavern (i.e., Halifax Council on Aging building). It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to Halifax management and county agencies. *The system will increase our chances of receiving additional funding in the future.* You will receive: **a small keytag and help** from our staff members and volunteers who will be in the foyer for the first weeks to help operate this new, user-friendly check-in system. *Thank you for your cooperation to making this run smoothly!*

Our mission.....is 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, offering a wide array of programs, transportation and advocating on their behalf when necessary; thereby promoting independence, wellness and dignity.



OUR ANNUAL SUMMER COOK OUT MENU INCLUDES:

BBQ Chicken, hot dogs, potato salad, corn on the cob, watermelon and ice cream. Tickets are \$6.00 pp, purchased by Aug. 9th.

You can park behind Town Hall, walk or be shuttled to the Town Barn property. Bring a friend, but **TICKETS** are required and reserved by coming in to our office.

GENERATIONS

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

Their ANNUAL MEETING will occur on Tuesday, July 9th at 10am, at Henrich Hall, 33 Redwood Dr. Please come, vote for new officers and enjoy hearing about plans for the future!

Time for lunch

On the **FIRST THURSDAY** of every month (unless it falls on a National Holiday) we offer a very **SPECIAL** lunch here. There is a need to **RESERVE** your lunch spot by calling at least two days before so that we can plan accordingly.

July 11th: BBQ Special which includes Boneless chicken or legs, Cole slaw, potato salad, dinner roll and watermelon.

August 1st will feature the **PICNIC LUNCH** which includes ham & cheese or turkey & cheese sandwich on a bulkie roll, lettuce, tomato, mayo/mustard, carrot raisin salad, potato chips, juice and a cookie.

Requested price pp = \$2.50



On Thursday, July 25th YOU are invited to join us on a bus & boat trip to cruise the Narragansett Bay and learn about Rhode Island's 10 Lighthouses. There will be a delicious lunch at the Quonset O Club. A will stop off at the Narragansett Marketplace Pier before we head home. Reserve today! Cost is \$97pp, please call Dottie Martel 781-801-4822 for details and reservations. 8:45 am departure from HMP, or 9:15 from Hanson Senior Center at 132 Maquan St.

BEST BREAKFAST

is taking a short break during July and August. It will return on Tuesday, September 10th. Mark your



"Be faithful in small things because it is in them that your strength lies."

Remembering her example, Aug. 27

Join us!

During July & August, there will be no planned meetings. Be on the look out for September plans!



TRIAD meetings are open to everyone. TRIAD typically meets at the Halifax Police Station, 2nd floor on the **first Tuesday** of each month at 10:00am. Come hear about important community news and updates. **You don't have to be a resident of Halifax to attend!** Enjoy coffee and refreshments.

TRIAD is a national and local three-way commitment for communication between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement (Police and Fire Departments) Ongoing programs include: File of Life (for car and home), safe disposal of used medications, Safety Low Jack for autism/dementia, visible house number replacement, Lock Box and the "Are You Okay?" phone program and updates on recent scams.

► Reach the Senior Market

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The Origin of World Mosquito Day.... (locate this on the August calendar!)



Sir Ronald Ross declared the annual observance of *World Mosquito Day*. He did so shortly after his discovery of the linkage between mosquitos and malaria. He felt that this day should be known as World Mosquito Day in future years, to act as a reminder of the educational importance of knowing that mosquitos transmit malaria.

A Pot Luck Lunch* is offered twice a month during the summer and we provide a delicious homemade meal for only \$2.50pp. We need to receive YOUR reservation by the *Monday before* with your intent to attend *so that we have enough food prepared. If you have a special diet or want to bring your own, please know that we're flexible!*

July 17th: Meatloaf & veggies, July 31st: Tuna Sandwich and Salad,
August 14th: Chicken & Pork Cacciatori; August 28th: Surprise menu!



Do you need a ride for a doctor's appointment, pharmacy or to do food shopping? Call our office to check for van availability....we are here to try and accommodate your needs.

Mon-Friday 9am-2pm Medical Appointments

Thursday, noon-is pick up for Stop & Shop

Friday, 9-10 am pick up = Wal-Mart & errands

Van rates, round-trip

In town = \$3.00 Surrounding towns = \$6.00
(E. Bridgewater, Hanson, Pembroke, Plympton) Outer Towns = \$8.00 (Brockton, Weymouth, Plymouth, Hanover, etc.) Cape Cod = \$12.00

Boston = \$30.00 (one way OR round-trip)



They say age is merely a number. But no matter how young or old we may feel, there's no denying that our brains still age. As we age, approximately 40% of individuals over the age of 65 will experience memory loss to some degree.

In addition to normal aging, conditions such as Dementia and Alzheimer's further affect the brain as we get older. However, recent studies show that exercise- specifically **dancing**- not only helps maintain a healthy and youthful body, but also your brain! A study, published in the journal "Frontiers in Human Neuroscience," showed that **dancing** (when compared with other physical activities), was overwhelmingly effective in reversing aging in the brain. Whether you like to just go out and **dance**, or are a regular **dance** class attendee, **dancing** can help improve the functionality of your brain in various ways. **Dancing** can be a powerful tool that allows new challenges for the body and mind. Taken from: <https://www.healthy-holistic-living.com/dancing-can-reverse-the-signs-of-aging-in-the-brain>

WE OFFER....

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| <ul style="list-style-type: none"> * Attorney Assistance * "Best " Breakfasts * Book Loans/Display * Brown Bag services * Chair Yoga * Community Outreach * Computer Help * Cribbage/Card Games * Day Trips * Educational Workshops * Exercise Classes * Food Stamp/Fuel Assistance Applications * "Generations" Support | <ul style="list-style-type: none"> * Health Education Workshops * Information & Referrals * Intergenerational Programs * Keep Moving Program * Knitting & Crochet * Legal Referrals & Resources * Line Dancing * Manicure Service * Medical Equipment Loans * Men's Social Group * Quilting * Seasonal Celebrations * SHINE / Medicare Counselor * Therapeutic Coloring | <ul style="list-style-type: none"> * Taiichi * Tax Assistance * Transportation—(Doctor's appointments, errands, church, events) * TRIAD * Veteran's Chat * Volunteer Opportunities * Wellness Programs; Nurse checks (BP, weight, glucose) * Walking Groups—Love To Walk trips * Wii on a wide screen * Writing Sessions |
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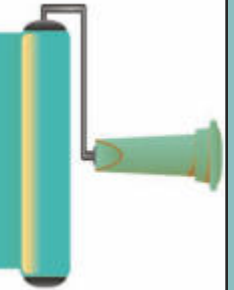
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