



SENIOR CENTER NEWSLETTER

December 2019—January 2020



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Pope's Tavern Senior Center
506 Plymouth Street
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Hours: M - Th 8am - 4pm
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BOARD OF DIRECTORS
CHAIRMAN Jo Schofield
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YOU are invited to our
CHRISTMAS EXTRAVAGANZA*

Tuesday, December 10th, 12-3pm

at Lady of the Lake Function Hall.

Laura and her crew will be preparing an amazing seasonal feast (\$8.00pp) and a surprise is planned for entertainment! Reserve your space by Tuesday, Dec. 4. Entertainment will be a surprise!

The Menu

Roast Beef, Potato casserole
Gravy, Green Beans, Butternut Squash
Rolls & butter
Cake & Ice Cream
Coffee and water

THANK YOU to the GENERATIONS group for supplying the decorations and paper products



MARK YOUR CALENDARS!

The Singing Seniors Group will be at the local Stop & Shop on CHRISTMAS EVE from 10a-11am. Come on in and enjoy their joyous arrangements of special carols.

THIS YEAR, the Salvation Army will team up with North Easton Savings Bank (formerly Mutual Bank) to host the **indoor Bell Ringing** in two hour shifts from 9am to 5pm beginning Nov. 30th to Christmas Eve at Stop & Shop. Please call to reserve your spot for this very important community event with Kristine Barrows at the bank, 781-524-5041. You can also send her an email: kbarrows@mymutualbank.com to request a time slot for helping. We are able to provide transportation for some of those who schedule volunteering time to help with bell ringing. A portion of the funds benefit those in need in Halifax. A Thank You Luncheon for all volunteers will occur sometime in the near future. Watch for details here!



On Tuesday, Dec. 3rd the Halifax Fire Department will be doing a presentation in our Gathering Room from 9am to 11am regarding Holiday fire safety. Do you wonder how many extension cords are safe to use, and what is the #1 reason for fires during the holiday season? Come and learn more! You'll be glad you did. Stay for Lunch afterwards!



PUSH BACK the aches and pains, improve your balance and stamina! Join **Reggie Macamaux** who shows us how to make progress with better health on Mondays, from 11am to noon. The location is the Great Hall of the Town Office Building, 2nd floor. There is an elevator, so no unexpected exertion is needed to join! Reggie has studied Tai Chi and other disciplines for many years. He has competed in several local, national and international tournaments, and holds an Instructor's Certificate. Each class costs \$4.00 pp, and if you have TUFTS supplemental coverage, they MAY reimburse part your session fees! (Contact the person who knows your policy)

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.

Join us!

visible house number replacement, Lock Box and the "Are You Okay?" phone program and updates on recent scams.

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.

On **January 7th**, the Guest Speaker will be Senator Michael Brady to share the details on the WEP Reform Bill. This affects many retired people who worked and paid into Social Security and were involved in the Plymouth County Retirement program and may receive cuts in their expected returns.

There will be no meeting in December.

SHOP HERE for very special handmade hats, scarves and gloves! We have a great selection, and your donation will help the COA through Generation's work. **\$3.00 for one, or \$5.00 for two!**

GENERATIONS

Generations is a multigenerational community group whose purpose is to engage in the support of the Council on Aging. They invite you to be a part of their mission and attend their events. Please make donations of clothing & books in the metal container behind the Pope's Tavern COA Bldg. Proceeds will benefit the group's mission.

CHANCES ON BEAUTIFUL BASKETS!

Chances on Christmas Baskets will be available at the Halifax COA Christmas Party Dec.

10th and also at the "Holidays in Halifax" evening. Donations of gift cards would be greatly appreciated. Winners will be announced on December 18th! Don't miss this important opportunity to support many of the things to help our work at the Senior Center.

THERE ARE beautiful, assorted Christmas Card packets for SALE at Pope's Tavern, 12 in a packet for ONLY \$1.00 a packet! A real deal!



We have a Wednesday **Potluck Lunch*** offered during the month and it is 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!*

December 4th—Surprise Chef!

December 18th—David Zeoli will prepare a Most Excellent Meal of baked stuffed, boneless breast of chicken, mashed potato, butternut squash, roasted chicken gravy, cranberry sauce and bread, fruit & vegetable trays with dip, Apple Pie

January 8th and 22nd—keep in touch! Surprise Chefs will be cooking

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Karen Fontaine to place an ad today!

kfontaine@lpiseniors.com or (800) 477-4574 x6350



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Our **TRIP OUT*** adventures with **Chris Tompkins** for the next two months are below. Be sure to CALL to reserve your space on the van! We leave approximately 9am, return at 2pm. \$5pp

Monday, Dec. 2nd: Wrentham Outlets and Cracker Barrel Restaurant

Monday, Dec. 16th: Enchanted Village in Avon and Cheese Cake Factory Restaurant

Monday, Jan. 6th: Burlington Coat Factory in Bridgewater, Frank's Restaurant

Monday, Jan. 20th: Tiverton Casino



Did you miss our creative pumpkin creation get together? That's a good reason to be watching and reading the newsletter for future fun events, and enjoy what might be available here. These were made by a pumpkin-loving bunch in October and are on display at the Entry Hall of Pope's Tavern. Any leftover pumpkins which need to be repurposed, please take to Next Step Farm in Plympton (Rt. 106) where the Scottish Highland Cows love pumpkin leftovers, but please do **NOT** donate overly ripe (moldy) pumpkins to the cows as it isn't pleasant for their tummies.

DID YOU KNOW? The Best Breakfast in town is served here once a month. Don't miss out on Tuesday, January 14th when Laura and her crew will provide an array of delicious starters for your day. There will be casseroles, Dave's Famous Omelets, French toast, blueberry pancakes, oven baked potatoes and coffee cakes for you to select! Don't forget that your DONATIONS for this lovely meal is simply to cover costs and benefit our local food pantry.



Not satisfied with your Medicare Advantage Plan? It is not too late to change.

If you are in a Medicare Advantage plan on January 1, 2020 and do not like it, you can make another choice during the **Medicare Advantage Open Enrollment Period** (MA OEP). During this period which runs from **January 1 to March 31**, you can switch to another Advantage plan or leave your Advantage plan and join Original Medicare. If you choose to do the latter, you will be allowed to enroll in a drug plan and add a Medigap plan if you wish. Appointments with our SHINE Volunteer, Maria Burke, are available Tuesday mornings 9-11am.

You are invited to join us for **'LUNCH & LEARN' ON Thursday, January 16th** for lunch and a presentation by **Barbara Nelson-Cardosa**. Barbara is a Nutritionist from Old Colony Elder Services in Brockton and she will provide some very helpful information on how to read and understand the new labels on foods. Eating right doesn't have to be complicated. Start with these recommendations from the *Dietary Guidelines for Americans*: (www.eatright.org)

♥ Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes. Vary protein choices with more fish, beans and peas. Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Choose whole grains whenever possible. Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy. Make the fats you eat polyunsaturated and monounsaturated fats. Switch from solid fats to oils when preparing food.



