

Season's Greetings -

Each year I often comment on how quickly the holidays come and go. The "hustle and bustle" brings stress to some and to others, a time of laughter, family, and good cheer. I ask we remember those who struggle with challenges, financial or health issues, today, tomorrow and into the New Year.

The buzz of kindness, peace, and the human spirit, I cannot help to reflect of a favorite quote from Maya Angelou, "Do the best you can until you know better. Then when you know better, do better." A simple "aha" phrase. The last two years resulted in a learning curve for most. Let us learn not to judge others, but remember we aim to practice benevolent treatment; working together to improve the lives of others. May the spirit of the holiday season, bring memories of yesterday and promise of goodwill to "all and all a good night."

Wishing each of you good health and happiness always, Darlene Regan, Director of Elder Services, Halifax MA

Welcome!

Please take time to come by and meet the "new kids" at the Halifax CoA:

- 1. Janice Rossetter will begin as a CoA Halifax Van Driver. Janice served as a GATRA Van Driver for several years, and will be joining our Team in December
- 2. Welcome *Nancy Clancy*, Outreach Assistant/Programs. Nancy is a highly regarded elementary school teacher, who after retiring, asked to come on board to serve the Halifax CoA Community. We are fortunate to have her join us
- 3. Meet Fire Chief Michael Witham who is settling in and always willing to answer your fire tip safety questions



Deadline for adding an event and/or activity to the Halifax Council

on Aging calendar is the 15th of the month prior to the event or activity.

Please remember:

The Halifax Council on Aging will promote instructors who are licensed in their field and have waivers of safety from their participants

FITNESS and WELLNESS CLASSES:

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PLEASE CALL THE CoA TO REGISTER -

- CHAIR YOGA/GENTLE YOGA
- HEALING HANDS
- LINE DANCING
- ZUMBA GOLD
- SOCIAL GROUPS
- LEARNING EVENTS
- FOR THE LOVE OF ART— Starting December 2nd

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With the help from

Halifax Cultural Council and Mass Cultural Council

"FOR THE LOVE OF ART" classes will begin Friday

December 2nd from 11:00 to Noon

Duration of the classes: 2hrs Every FRIDAY

(includes supplies)/instructional assistance

Non-instructional courses are offered

Minimum of 6—8 people

Call to register at 781-293-7313



Flu season is here! If you wish to get your flu shot and cannot get one from your primary care physician, you may contact Stop and Shop, Halifax, 341 Plymouth Street, 781-293-5786 or Walmart Pharmacy, Halifax, 295 Plymouth St, (781) 294-7001

UPCOMING DATES IN DECEMBER:

Christmas Luncheon at Meadow Brook in Hanson on December 8 @ noon. \$15/person with the remaining to be paid by the Executive Office of Elder Affairs Grant

Fund.
Fror the Love of Art" classes will begin in

December. 2nd.

Arts and Crafts class will be offered in December. If you have time come join a class or two as we get ready for the holidays.

Don't forget to destress with Bella, Yoga with Mary Lou and/or ZUMBA with Heather - NAMASTE! WEEKLY CLASSES FILL UP QUICK—DON'T HESITATE TO SIGN UP EARLY AT 781-293-7313

AT YOUR SERVICE MONTHLY VISITS

Meet your State Representatives:

Josh Cutler is available the first Friday each month - 12/02/022 @ 10AM

Kathy LaNatra is available the second Monday of each month 12/12/2022 9:30-11

SHINE

Please call 1-800-231-1155 for an appointment

Legal Consultations w/ Attorney Jason Rawlins will be offered December 16 from 11:30 –12:30 (fills up quickly)

Complimentary 30 minute appointments offered the last Friday of each month.. Call to schedule an appointment

'Twas the night before Christmas When all through the house Not a creature was stirring, not even a mouse. The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there. The children were nestled all snug in their beds, While visions of sugar plums danced in their heads. And Mamma in her 'kerchief, and I in my cap, Had just settled our brains for a long winter's nap. When out on the lawn there arose such a clatter, I sprang from the bed to see what the matter was. Away to the window I flew like a flash, Tore open the shutters and threw up the sash. The moon, on the breast of the new-fallen snow. Gave the luster of mid-day to objects below, When, what to my wondering eyes should appear, But a miniature sleigh, and eight tiny reindeer, With a little old driver so lively and quick, I knew in a moment it must be St. Nick. More rapid than eagles his coursers they came, And he whistled and shouted and called them by name. "Now, Dasher! Now, Dancer! now, Prancer and Vixen! On, Comet! on Cupid! on Donder and Blitzen! To the top of the porch! To the top of the wall! Now dash away! dash away! dash away all!" As dry leaves that before the wild hurricane fly, When they meet with an obstacle, mount to the sky. So up to the house-top the coursers they flew, With the sleigh full of toys, and St. Nicholas too. And then, in a twinkling, I heard on the roof The prancing and pawing of each little hoof-As I drew in my head, and was turning around, Down the chimney St. Nicholas came with a bound. He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot A bundle of toys he had flung on his back, And he looked like a peddler just opening his pack His eyes — how they twinkled! his dimples how merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up like a bow, And the beard of his chin was as white as snow. The stump of a pipe he held tight in his teeth, And the smoke encircled his head like a wreath. He had a broad face and a little round belly That shook, when he laughed, like a bowl full of jelly. He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself. A wink of his eye and a twist of his head, Soon gave me to know I had nothing to dread. He spoke not a word, but went straight to his work, And filled all the stockings; then turned with a jerk, And laying his finger aside of his nose, And giving a nod, up the chimney he rose. He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle. But I heard him exclaim, ere he drove out of sight, "Happy Christmas to all, and to all a good night!"

— CLEMENT CLARK MOORE

FUN FACTS:

Published anonymously in 1823, "The Night Before Christmas" has traditionally been attributed to Clement Clarke Moore (1779-1863), who included it in his Poems (1844). But descendants of Henry Livingston (1748-1828) claim that he read it to his children as his own creation long before Moore is alleged to have composed it





PEACE TO HALIFAX COUNCIL ON AGING MEMBERS AND TO THOSE WHO "BELIEVE"

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| Mon | Tue | Wed | Thu 1 | Fri 2 "FOR THE LOVE OF ART" |
| Please call the COA at | | | [| CLASS FROM |
| | <i>3-7313</i> to regist | MEN'S COFFEE HOUR 10 to 12 pm @ CoA | 10:00 – NOON MINIMUM OF 6 PEOPLE | |
| and prog | grams. Lack of | | REGISTER EARLY COFFEE WITH STATE | |
| may res | sult in an event | | REPRESENTATIVE JOSH CUTLER | |
| | being cancell | | COA/ 10:30 to 11:30 am | |
| 5 CDIDDAGE | 6 | 7 | 8 CHRISTMAS | 9 |
| CRIBBAGE COA / 10 to 12pm | TRIAD Great Hall | HEALTH SCREENINGS COA/ 10 to 11am | PARTY | "FOR THE LOVE OF ART" |
| CONGREGATE MEAL COA / Noon | 499 Plymouth Street 10am – 12pm | CHAIR YOGA Henrich Hall at Halifax Estates | Meadowbrook | CLASS FROM |
| KNIT/CROCHET | MEN'S COFFE HOUR | 9:45 am | Restaurant, | 10:00 – NOON |
| COA / 1:30 to 3pm JOY OF WRITING | COA/ 10 to 11am | WOMEN'S COFFEE HOUR COA / 10 am to 12 pm | Hanson @ | MINIMUM OF 6 PEOPLE |
| COA 1:30 to 3:30pm | HEALING HANDS/BELLA | GENTLE YOGA Henrich Hall at Halifax Estates | 12 pm | REGISTER EARLY |
| | COA / 1:00 to 2pm | 10:45am | | |
| | | Zumba Gold with Heather 2pm | | |
| 12 | 13 | 14 | 15 | 16 |
| CRIBBAGE COA / 10 to 12pm | MEN'S COFFE HOUR | HEALTH SCREENINGS COA/ 10 to 11am | | Appointments for Atty Rawlins moved to 16 ^t |
| CONGREGATÉ MEAL COA / Noon | COA/ 10 to 11am | CHAIR YOGA | HEALTH SCREENINGS | Nawiiiis iiioveu to 10 |
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| OOA 1:30 to 3:30pm | · | COA / 10 am to 12 pm GENTLE YOGA | BOOK CLUB | 10.00 – NOON |
| COFFEE WITH STATE REPRESENTATIVE KATHY | | Henrich Hall at Halifax Estates 10:45am | Holmes Library at 1pm | MINIMUM OF 6 PEOPLE |
| LaNATRA | | Zumba Gold with Heather | | REGISTER EARLY |
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| | | GENTLE YOGA Henrich Hall at Halifax Estates | | |
| TOWN OFFICES | | 10:45am | | N. Y. |
| CLOSED | | Zumba Gold with Heather 2pm | | |
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OCES NUTRITION PROGRAM

DECEMBER 2022

Old Colony Elder Services Providing services to the community since 1974

CONGREGATE MEAL DAYS ARE IN YELLOW

Please call the nutrition department for meal cancellations by

cancellation by 10 am two days before delivery-508-584-1561.

Community Dining Menu

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| 20 Ch Sweet & Sour Chick 662 Ch Cheese Fritatta 236 Ch Turkey Lo Mein with Ch White Rice 2 Ch Winter Vegetables 14 Ch Asian Vegetables 43 Ch Italian Vegetables 19 Honey Glazed Carrots 77 Ch Mandarin Oranges 7 Ch Buttercotch Puddi 270 Ch Buttercotch Puddi 270 Ch Buttercotch Puddi 270 Ch Pineapple Chunks 1 Ch | | | | | |
| Ch Sweet & Sour Chick 662 Ch Cheese Fritatta 236 Ch Turkey Lo Mein with Ch White Rice 2 Ch Sweet Potato Tots 230 Ch Asian Vegetables 369 Ch Meat Sauce 272 Mashed Potatoes 165 Ch Mole Wheat Bread 65 Ch Mole Wheat Roll 270 Ch Buttercotch Puddi 270 Ch Pineapple Chunks 1 Parmesan Cheese 67 Ch Peaches 7 Ch P | | | Carb: 88 g From meal: 62 g | Carb: 88 g From meal: 52 g | |
| Ch White Rice 2 Ch Sweet Potato Tots 230 Vegetables 369 Ch Broccoli 12 Ch Winter Vegetables 14 Ch Asian Vegetables 43 Ch Asian Vegetables 43 Ch Italian Vegetables 19 Honey Glazed Carrots 77 Ch Buttercotch Puddii 270 Ch Pineapple Chunks 1 Parmesan Cheese 55 Ch Peaches 7 Ch Apple Crisp 137 Ch Peaches 7 Ch | | | | | |
| Ch Broccoli Whole Wheat Bread Ch Mandarin Oranges Ch Buttercotch Puddii 270 Ch Buttercotch Puddii 270 Ch Pineapple Chunks Ch Asian Vegetables 43 Ch Italian Vegetables 19 Honey Glazed Carrots 77 Scala Bread 310 Ch Apple Crisp 131 Ch Apple Crisp 131 Ch Apple Crisp 131 Ch Apple Crisp 131 Ch Apple Crisp 132 Ch Pineapple Chunks 15 Ch Peaches 7 Ch Peaches 7 Ch Peaches 7 Cal: 944 Sodium: 1087 mg Cal: 769 Sodium: 666 mg Carb: 102 g From meal: 67 g Carb: 116 g From meal: 61 Carb: 88 g From meal: 57 g Carb: 109 g From meal: 47 g Carb: 109 g From meal: 47 g Carb: 115 g From meal: 58 g | | | 5 | | |
| Whole Wheat Bread 65 Ch Mandarin Oranges 7 Whole Wheat Roll 240 Cracked Wheat Bread 115 Ch Pineapple Chunks 1 Parmesan Cheese 55 Ch Apple Crisp 133 Ch Pineapple Chunks 1 Parmesan Cheese 55 Ch Peaches 7 Ch Peaches 7 Cal: 695 Sodium: 886 mg Cal: 944 Sodium: 1087 mg Cal: 769 Sodium: 666 mg Carb: 102 g From meal: 67 g Carb: 116 g From meal: 61 Carb: 88 g From meal: 57 g Carb: 109 g From meal: 47 g Carb: 115 g From meal: 58 g | | | | | |
| Ch Mandarin Oranges 7 Ch Buttercotch Puddi 270 Ch Pineapple Chunks 1 Parmesan Cheese 55 Ch Apple Crisp 131 Ch Peaches 7 Cal: 695 Sodium: 886 mg Cal: 944 Sodium: 1087 mg Cal: 769 Sodium: 666 mg Cal: 746 Sodium: 798 mg Cal: 914 Sodium: 972 mg Carb: 102 g From meal: 67 g Carb: 116 g From meal: 61 Carb: 88 g From meal: 57 g Carb: 109 g From meal: 47 g Carb: 115 g From meal: 58 g | | | | | |
| Cal: 695 Sodium: 886 mg | | | | | |
| Cal: 695 Sodium: 886 mg | Un Mandarin Oranges | on Buttercotch Puddi 270 | | | Cii Appie Crisp 131 |
| Cal: 695 Sodium: 886 mg | * | | | on reacties / | |
| Carb: 102 g From meal: 67 g Carb: 116 g From meal: 61 Carb: 88 g From meal: 57 g Carb: 109 g From meal: 47 g Carb: 115 g From meal: 58 g | - | | | | |
| Carb: 102 g From meal: 67 g Carb: 116 g From meal: 61 Carb: 88 g From meal: 57 g Carb: 109 g From meal: 47 g Carb: 115 g From meal: 58 g | Cal: 695 Sodium: 886 mg | Cal: 944 Sodium: 1087 mg | Cal: 769 Sodium: 666 mg | Cal: 746 Sodium: 798 mg | Cal: 914 Sodium: 972 mg |
| | | | | | |
| 26 ALL SITES CLOSED 27 28 29 30 High Sodium Day | 26 ALL SITES CLOSED | 27 | 28 | 29 | 30 High Sodium Day |
| Ch BBQ Pulled Chicke 368 Ch Breaded Whitefish 401 Ch All Beef Hot Dog** 610 Ch Chicken Cordon Bleu* 679 | | Ch BBQ Pulled Chicke 368 | Ch Breaded Whitefish 401 | Ch All Beef Hot Dog** 610 | |
| Ch Roasted Sweet Potat 45 Ch Potato Wedges 260 Ch Vegetarian Baked Rec 282 Ch Herbed Rice 4 | | Ch Roasted Sweet Potat 45 | | _ | |
| | 000000000000000000000000000000000000000 | Ch Brussels Sprouts 17 | · · | - | |
| Scala Bread 310 Whole Wheat Bread 65 WW Hot Dog Bun 85 Dinner Roll 250 | | Scala Bread 310 | = | = | = |
| | Happy | | | = | |
| Hanny Iello 95 Tartar Sauce 85 Mustard 55 Vanilla Pudding 220 | | ,, | | | |
| Happy Jello 95 Tartar Sauce 85 Mustard 55 Vanilla Pudding 220 | nomays! | | on Photo Praire Gup | on Manual III Of aliges 0 | |
| Happy Jello 95 Tartar Sauce 85 Mustard 55 Vanilla Pudding 220 Ch Mixed Fruit Cup 5 Ch Mandarin Oranges 0 | | Cal: 628 Sodium: 973 mg | Cal: 695 Sodium: 983 mg | Cal: 672 Sodium: 1172 mg | Cal: 773 Sodium: 1306 mg |
| Holidays! Ch Mixed Fruit Cup 5 Ch Mandarin Oranges 0 | d | | Carb: 99 g From meal: 70 g | Carb: 91 g From meal: 61 g | Carb: 102 g From meal: 60 g |



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MONDAY - FRIDAY: 8:00 A.M. - 4:00 P.M.

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Halifax Council on Aging 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 lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.