

GROWING TOGETHER

SERVING THE HALIFAX AGELESS COMMUNITY



Upcoming Dates

The Center will be closed on February 17th in observance of Presidents Day



SMP TO SPEAK AT TRIAD IN MARCH 2025

The SENIOR MEDICARE PROTOCOL projects receive grants from ACL to recruit and train retired professionals and other older adults and community members to prevent, detect, and report health care fraud, errors, and abuse. These SMP team members participate in outreach events to help educate Medicare and Medicaid beneficiaries on the same prevention, detection, and reporting techniques. Learn more on March 4, 2025 at the Great Hall

SERVING HALIFAX MEMBERS TODAY AND TOMORROW **KEY TAG MEMBERS HAVE BENEFITS**

TRANSPORATION:

- Medical and shopping rides Monday through Friday with a 48 hour notice Medical runs to Boston need to be made prior to 1pm Monday - Thursday
- Halifax COA Vans are travel to many towns and cities with 48 hour notice
- Rides to COA Programs and Events
- Cost is from \$3.00—\$30

Come meet our newest Van Driver, William (Bill Kolczewski). His years of driving experience is key to navigating Boston area hospitals. Thank our current drivers Gary Long and Janice Rossetter for their years of dedication to getting our Members to their destination, with safety as a priority

Please note that we cannot provide transportation for individuals being discharged from a hospital or skilled nursing facility, or those undergoing procedures involving anesthesia. We will assist with finding you other options if you struggle to find rides.

HEALTH AND HUMAN SERVICES APPOINTMENTS:

- ◇ SNAP Application Assistance
- ◇ Medicare Counseling
- ◇ Medicaid Screening
- ◇ Meals-On-Wheels and In-House Dining with Maria Maynard of OCES
- ◇ OCES home-care support and Guidance
- ◇ PACE and Senior Care Options referrals
- ◇ Navigate, Advocate, and Educate that aims to retains our independence

WELLNESS AND FITNESS:

Yoga with Karen
Zumba with Heather
Strength and Conditioning with Marlene

SOCIAL ACTIVITIES:

Craft with Maddie
Poetry in Motion with Eva
AgeWave Social Club-a pilot-tested hybrid program in progress

HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

Join us for a Valentine's Day Party!

Friday, February 14th

11:30am-1:30pm

The Great Hall

Entertainment by the Signing Seniors

Pizza and Salad will be served for Lunch

Prizes and Games

Please call to register by 2/11!

781-293-7313



Triad will be held on
February 4th
10:00am at the Great Hall
Topic: FBI



BE A PARTICIPANT as local
Artist, Renee MacMurray paints
a mural in the COA resource room
Friday, February 21st
10:00am -12:00pm

Paint along side with her or sit back and watch
Light refreshments served

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Halifax Council on Aging, Halifax, Ma 06-5390

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Coffee Social 10:00-11:00AM Cardio Strength 10:00-11:00am Soul Purpose Wellness Studio Community Dining COA 12:00 Knitt/Crochet- 1:30-3:00 WRITERS' GROUP <i>Library</i> 1:30 to 3:30pm	4 Coffee Social 10:00-11:00am Triad 10:00-12:00pm The Great Hall FBI	5 Coffee Social 10:00-11:00am Community Dining 12:00pm COA Tea and Poetry 2:00pm-3:00pm	6 Coffee Social 10:00-11:00am Chair Yoga 10:45 -11:45am Soul Purpose Wellness Studio Game on! 1:30pm-2:30pm	7 Coffee Social 10:00-11:00am Open Art Class 10:00-12:00pm Zumba Gold 12:30-1:30pm The Great Hall
10 Coffee Social 10:00-11:00AM Cardio Strength 10:00-11:00am Soul Purpose Wellness Studio Community Dining COA 12:00 Knitt/Crochet- 1:30-3:00 WRITERS' GROUP <i>Library</i> 1:30 to 3:30pm	11 Coffee Social 10:00-11:00am Attorney David Kiley 1:00-3:00pm COA Crafts with Maddie 1:00-2:30pm	12 Coffee Social 10:00-11:00am Community Dining 12:00pm Bookmobile	13 Coffee Social 10:00-11:00am Chair Yoga 10:45-11:45am Soul Purpose Wellness Studio Game On! 1:30-2:30pm	14 Coffee Social 10:00-11:00am No Zumba Today Valentines Day Event 11:30am-1:30pm
17  PRESIDENTS DAY COA Closed	18 Coffee Social 10:00-11:00am Advisory Board Meeting 9:00am-10:30am Selectman Room	19 Coffee Social 10:00-11:00am Community Dining 12:00pm Tea and Poetry 2:00pm-3:00pm	20 Coffee Social 10:00-11:00am Chair Yoga 10:45-11:45am Soul Purpose Wellness Studio Game On! 1:30pm-2:30pm	21 Coffee Social 10:00-11:00am Live Mural Demo with Renee MacMurray 10:00am COA Open Art Class COA 10:00-12:00pm Zumba Gold 12:30-1:30pm The Great Hall State Rep. Ken Swezey 2:00-3:00pm
24 Coffee Social 10:00-11:00AM Cardio Strength 10:00-11:00am Sou Purpose Wellness Studio Community Dining COA 12:00 Knitt/Crochet- 1:30-3:00 WRITERS' GROUP <i>Library</i> 1:30 to 3:30pm	25 Coffee Social 10:00-11:00am	26 Coffee Social 10:00-11:00am Community Dining 12:00pm	27 Coffee Social 10:00-11:00am Chair Yoga 10:45-11:45am Soul Purpose Wellness Studio Game On! 1:30pm-2:30pm COA State Representative Kathy LaNatra 10:30 - 11:30	28 Coffee Social 10:00-11:00am Zumba Gold 12:30-1:30pm The Great Hall Attorney Jason Rawlins 11:00-12:30pm

A Very Happy Birthday to all of our February Babies!

Ruth Bosworth	William Clawson
Lorriane Donahue	Lucille Estes
Iver Jacobsen	Beverly Johnson
Charlotte Lawson	Youssef Nasrallah
Elaine Parks	Emil Pinkham
Kathryn Ruane	Phyllis Tashjian
Sally Burke	Richard Carney
Claire Doyle	Frederick Gervais
Robert Hogan	Geraldine Lambert
Jean Quimby	Sally Romeo
Darlene Sullivan	David Walsh
Barbara Anti	Charles Boyd
George Byford	Cotie Cowgill
Joseph Feeney	Barbara Gifford
Carol Glinski	Janice Hamilton
Roberta Kailher	Ann Keegan
Michael Lewis	Patricia Loyd
Bruce Miller	Janice Nickerson
Diane O'Brien	Linda O'Brien
Thomas Ray	Phyllis Tirrell
Rita Warren	Robert Woodbury
Rita Bennett	Jeffery Bolger
Jean Cole	Russell Donovan
Kathryn Eastman	Joyce Howells
Charlotte Howland	John Keller
John Mahoney	Catherine McDermott
James Paiva	Gayle Peck
Joanne Robinson	Patricia Schilling
Linda Thurston	David Wagner
Linda Wheland	Mark Wojciechowski



Crafts With Maddie

Happy Valentines Day! Let's celebrate and have fun by making a Valentine Garland on **Tuesday, February 11th** from 1-3:00pm at the COA! Please call the COA to reserve your spot 781-293-7313



Tea and Poetry

Whether you're a seasoned poet or just starting out, this session will awaken your creativity and allow you to connect with others over the simple pleasures of Tea and Poetry.

**Class is hosted by
Eva Chapman**

**Wednesday, February 5th and 19th
2:00pm - 3:00pm**

OUTREACH NEWS

Fuel Assistance

Energy Assistance Program assists with paying heating bills this winter. The Heating season runs until April 1st so apply today!

Documents Needed- Photo ID-Social Security Card-Rent/Lease-Electric Bill-Telephone Bill-IRA-Heating Bill-Real Estate Tax- Social Security Award Letter-Homeowners Insurance-Proof of Income.

Once you have all your documents, call the COA for a fuel assistance appointment.

Food Assistance Program

Would you like to receive a monthly nutrition bag?

The bag will provide shelf stable food on the 4th Wednesday of the month.

The bags are delivered directly to your home.

Please call to Register.



Need help buying groceries?

Apply for SNAP!

Senior Assistance Line:

(833)-712-8027

Constituent Hours

State Representative Ken Swezey

Friday, February 21st

2:00pm-3:00pm

State Representative Kathy LaNatra

Thursday, February 27th

10:30am-11:30am



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Halifax Council on Aging, Halifax, Ma 06-5390



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Mission Statement

The Council on Aging's mission is to advocate for older adults and persons with a documented disability; to identify the economic, health, social, and cultural needs of our community; to provide an environment of support, learning, and socialization while striving to enrich lives by offering a wide array of programs, transportation, and advocating on the behalf of seniors and persons with a documented disability, when necessary, thereby promoting their independence, wellness, and dignity and improving their quality of life.

National Academy of Elder Law Attorneys

Jason Rawlins, Esq

David Kiley, Esq

Schedule your complimentary first visit today!

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