

GROWING TOGETHER

SERVING THE HALIFAX AGELESS COMMUNITY



We want to thank AgeWave Social Club Members and their families who shared in a pilot program that was made available through Massachusetts Home and Community Based Services ARPA Grant.. The Hybrid Programming for Councils on Aging was designed to help Councils on Aging provide high-quality hybrid programming to residents 60+. The grant was offered to Bridgewater and Halifax. Bridgewater Director Emily Williams, set the tone for AgeWave Social Club, bringing together a number of talented professionals, interns and entertainers who made the program a desired future offering for families and caregivers. The hybrid piece of the program is to expand programming via technology that encompasses streaming of arts, culture, wellness and support to ones home. It is in the early stages with the "seed" planted and to grow to meet the needs of Halifax Residents 60+ and their families. Stop by and chat on how we can serve you!

Thank you District Attorney Timothy Cruz for bringing forth Essential First Aid Training awareness to Halifax and surrounding communities. Halifax Town Administrator Cody Haddad and State Representative Kenneth Sweezey, Plymouth County 6th District, accepted an AED and First Aid Box that will be added to the Halifax Town Hall.

Plymouth County First Response to Substance Use and Recovery Course is a free non-certification training that aims to educate on CPR, AED and Naloxone. EpiPen, Choking Relief and Stop the Bleed are First Aid choices that were taught as well. LEARN TO SAVE A LIFE AND FIND USER-FRIENDLY BENEFITS of trainings offered in your community!



HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

Halifax COA Volunteer Appreciation Day!

Join us for a day to celebrate our outstanding Volunteers

JUMPIN' JUBA and Ice Cream Social

Friday, April 11th

1:00pm-2:00pm

The Great Hall

All are welcome!



Jumpin'Juba plays blues-based roots-rock and classic rock for your listening and dancing pleasure. They are requested favorites at many MA senior centers. The group features **Steve Hurl** on electric finger-style and slide guitar plus vocals, with **Dave Lockeretz** on upright bass.

This program is supported by a grant from the **Halifax Cultural Council**
And Halifax Cultural Council



TRIAD

**Plymouth County First Response to
Substance Use and Recovery
Essential First Aid Training**

April 1st

10:00am

The Great Hall

25 Participants



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**THRIVE
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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Coffee Social 10:00-11:00am Triad 10:00-12:00pm First Response to Recovery Training Plymouth District Attorney Office	2 Coffee Social 10:00-11:00am Community Dining 12:00pm COA Tea and Poetry 2:00pm-3:00pm	3 Coffee Social 10:00-11:00am Chair Yoga 10:45 -11:45am Soul Purpose Wellness Studio Game on! 1:30pm-2:30pm	4 Coffee Social 10:00-11:00am Open Art Class 10:00-12:00pm Zumba Gold 12:30-1:30pm The Great Hall
7 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 Library 1:30 to 3:30pm	8 Coffee Social 10:00-11:00am Attorney David Kiley 1:00-3:00pm COA	9 Coffee Social 10:00-11:00am Community Dining 12:00pm COA Nature Support Lecture 10:00am COA Bookmobile	10 Coffee Social 10:00-11:00am Chair Yoga 10:45 -11:45am Soul Purpose Wellness Studio Game on! 1:30pm-2:30pm	11 Coffee Social 10:00-11:00am Volunteer Appreciation Day Jumpin' Juba And Ice Cream Social 1:00pm-2:00pm The Great Hall Attorney Jason Rawlins 11:00-12:30pm
14 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 CRAFTS WITH MADDIE 1:00PM-3:00 PM WRITERS' GROUP Library 1:30 to 3:30pm	15 Coffee Social 10:00-11:00am Advisory Board Meeting 9:30am-10:30am Selectman Room	16 Coffee Social 10:00-11:00am Community Dining 12:00pm Tea and Poetry 2:00pm-3:00pm	17 Coffee Social 10:00-11:00am Chair Yoga 10:45-11:45am Soul Purpose Wellness Studio Blood Pressure Screening 10:30am COA Game On! 1:30-2:30pm	18 Coffee Social 10:00-11:00am Zumba Gold 12:30-1:30pm The Great Hall Open Art Class 10:00-12:00pm
21 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 Library 1:30 to 3:30pm	22 Coffee Social 10:00-11:00am	23 Coffee Social 10:00-11:00am Community Dining 12:00pm COA	24 Coffee Social 10:00-11:00am Chair Yoga 10:45-11:45am Soul Purpose Wellness Studio Game On! 1:30pm-2:30pm	25 Coffee Social 10:00-11:00am Zumba Gold 12:30-1:30pm The Great Hall
28 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 Library 1:30 to 3:30pm	29 Coffee Social 10:00-11:00am	30 Coffee Social 10:00-11:00am Community Dining 12:00pm COA Tea and Poetry 2:00pm-3:00pm		

Nature Support talk with Blake Dinius

Join Blake Dinius from Plymouth County Extension
Wednesday, April 9th at 10:00am at the Council on
Aging . Please call to sign up!

We will be learning about...

- The role of plants and insects as the foundation for life
- How are insects and plants linked?
- What are some easy landscaping tips we can choose to do?



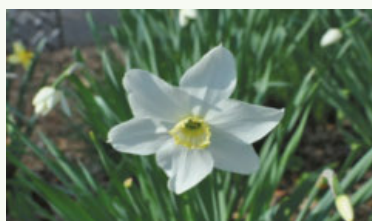
Crafts With Maddie

Spring is here! Let's
celebrate and have fun by
painting a Wooden Flower
Sign on **Monday, April 14th**
from **1-3:00pm** at the COA!
Please call the COA to
reserve your spot
781-293-7313



Happy Birthday to our April Babies!

Leave it to my April birthday to put a little spring in my step.
We hope you enjoy your special day!



OUTREACH NEWS

Blood Pressure Screening
Thursday, April 17th
10:30am



Looking to Volunteer?
We are always open to new
programs, ideas and support

*Newsletter Team

*Walking Club Leader



*Event Support

*COA Gardeners

Thank you!

Appointments are now required at
the Social Security Office.

CALL BEFORE YOU GO

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Mission Statement

The Council on Aging's Mission is to advocate for older adults, their families and caregivers. We are the hub of resources to identify the health, social and cultural needs of our community, while promoting their independence, wellness, and dignity



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Jason Rawlins, Esq

David Kiley, Esq

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