

GROWING TOGETHER

SERVING THE HALIFAX AGELESS COMMUNITY



The center will be closed on the 4th of July!
Enjoy your holiday and be safe!



TAG-IT PROGRAM

What is TAG IT PROGRAM? Each time you register and use your key tag you will earn a free chance to win tickets to any BROCKTON ROX GAME in the Month of July and August. A fun time with grand-kids so don't wait

Summer at the Halifax Senior Center has a full schedule of events planned for you

EVENTS:

July 2nd at noon **AMERICAN PIE KIND OF GUY-MATT YORK** will be entertaining all of us. July 22, at 1pm **FRAN HART** will be entertaining us with 70's music and fun trivia facts of the ME generation. **TEA AND POETRY with EVA** on July 23, at 2pm and the **WALKING CLUB'S KICK-OFF** is on July 9 8:30am at Silver Lake High School Track.

FITNESS AND YOU:

Classes at Soul Purpose—274 Plymouth St, Halifax
Mondays Marlene's Cardio Strength and Fitness Training at 10
Thursday Karen's Chair Yoga at 10:45

Classes at Great Hall—499 Plymouth Street, Halifax
Friday Heather's ZUMBA Class at 12:30pm

SEDENTARY ACTIVITIES MADE FOR YOU:

Classes at the Council on Aging—506 Plymouth Street
Coffee Social offered Monday—Friday from 10—11 chat about current events and meet local vendors and supporters of the Halifax COA.

Knit/Crochet Club Mondays from 1:30 pm to 3pm

Classes at Holmes Library 470 Plymouth Street
Writer's Group Mondays from 1:30 to 3:30pm

ESTATE PLANNING AND ELDER LAW:

Second Tuesday each month from 1 to 3pm (20 minute consult)

Last Friday each month from 11 to noon (20 minute consult)

NUTRITION AND DINING:

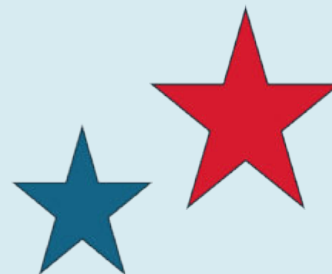
Monday's and Wednesday's join us at Noon for OCES Maria's Community Dining and Friends at the COA

Delivery of South Shore Community Action Items are available upon request—do not wait to get yours today!

HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM



American Pie Kind of Guy
MATT YORK on the Town Green
July 2nd at 12:00pm-1:00pm
Boxed Lunches will be served



This event is brought to you free of charge by a generous grant provided by the **Halifax Cultural Council**, a local agency that is supported by the **Mass Cultural Council**

The "ME" Decade A Cultural Review of the 1970s Through Music

A Multimedia Presentation featuring
VIDEO & AUDIO CLIPS
LIVE MUSIC - SING ALONGS

70's

Date: Tuesday, July 22

Time: 1:00 PM

Location: Holmes Public Library
470 Plymouth St.

This program is supported in part by a grant from the **HALIFAX Cultural Council**, a local agency, which is supported by the **Mass Cultural Council**, a state agency.



HALIFAX COA EVENTS

Two great
summer
events!

Bring the
Grandkids,
neighbors and
friends!

We look
forward to
seeing you!

Call to
Register!
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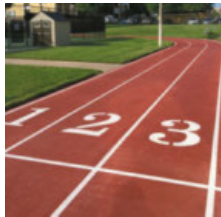
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551 Washington St., Rte. 53 • Hanover
2 Maquan St., Corner Rte. 14 & 58 • Hanson

**THRIVE
LOCALLY**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>July</p> <p>2025</p>	<p>1</p> <p>Coffee Social 10:00-11:00am</p>	<p>2</p> <p>Coffee Social 10:00-11:00am Matt York 12:00pm Towne Green</p> <p>Community Dining 12:00pm COA</p>	<p>3</p> <p>Coffee Social 10:00-11:00am</p> <p>Chair Yoga 10:45 -11:45am Soul Purpose Wellness Studio</p>	<p>4</p> <p>Happy 4th of July!</p> <p>Center Closed</p>
<p>7</p> <p>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</p>	<p>8</p> <p>Coffee Social 10:00-11:00am</p> <p>TRIAD 10:00am-12:00pm Halifax Town Administrator Cody Haddad</p> <p>Attorney David Kiley 1:00-3:00pm COA</p>	<p>9</p> <p>Coffee Social 10:00-11:00am</p> <p>Walking Club 8:30-9:30am SLRHS Track</p> <p>Community Dining 12:00pm COA</p> <p>Bookmobile</p>	<p>10</p> <p>Coffee Social 10:00-11:00am</p> <p>Chair Yoga 10:45 -11:45am Soul Purpose Wellness Studio</p>	<p>11</p> <p>Coffee Social 10:00-11:00am</p> <p>Zumba Gold 12:30-1:30pm The Great Hall</p> <p>Open Art 10:00am- 12:00pm</p>
<p>14</p> <p>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</p>	<p>15</p> <p>Coffee Social 10:00-11:00am</p> <p>Digital Literacy Class 11:00am- 12:00pm COA</p> <p>Advisory Board Meeting 9:30am-10:30am Selectman Room</p>	<p>16</p> <p>Coffee Social 10:00-11:00am</p> <p>Walking Club 8:30-9:30am SLRHS Track</p> <p>Community Dining 12:00pm COA</p> <p>Tea and Poetry with Eva @ 2:00pm</p>	<p>17</p> <p>Coffee Social 10:00-11:00am</p> <p>Chair Yoga 10:45 -11:45am Soul Purpose Wellness Studio</p>	<p>18</p> <p>Coffee Social 10:00-11:00am ATTORNEY RAWLINS AT 11 AT THE COA Zumba Gold 12:30-1:30pm The Great Hall</p> <p>Open Art 10:00am- 12:00pm</p>
<p>21</p> <p>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</p>	<p>22</p> <p>Coffee Social 10:00-11:00am</p> <p>Fran Hart Presents "The ME Decade" 1:00 @ Library</p>	<p>23</p> <p>Coffee Social 10:00-11:00am</p> <p>Walking Club 8:30-9:30am SLRHS Track</p> <p>Community Dining 12:00pm COA</p>	<p>24</p> <p>Coffee Social 10:00-11:00am</p> <p>Chair Yoga 10:45-11:45am Soul Purpose Wellness Studio</p>	<p>25</p> <p>Coffee Social 10:00-11:00am</p> <p>Zumba Gold 12:30-1:30pm The Great Hall</p> <p>Open Art Class 10:00am- 12:00pm</p>
<p>28</p> <p>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</p>	<p>29</p> <p>Coffee Social 10:00-11:00am</p> <p>Digital Literacy Class 10:30am-11:30am COA</p>	<p>30</p> <p>Coffee Social 10:00-11:00am</p> <p>Walking Club 8:30-9:30am SLRHS Track</p> <p>Community Dining 12:00pm COA</p>	<p>31</p> <p>Coffee Social 10:00-11:00am</p> <p>Chair Yoga 10:45-11:45am Soul Purpose Wellness Studio</p> <p>State Representative Kath- leen LaNatra 10:30-11:30am</p>	

**Join the Walking Club!
Every Wednesday at
8:30am starting 7/9
The Track at Silver Lake
Regional High School.**



Please call and register so we can inform you if the class is canceled for the day. Please wear sneakers and bring a bottle of water!

**Paint your own
Garden Rocks
July 30th @ 1:00pm**



**Come join us by painting
rocks for your garden!
The class is free and sign
ups are encouraged.**

**Please remember to sign in
when you enter the
building!**

**Bring your key tag to all
events and classes for
easier check ins with our
mobile scanner!**

Thank you!



Digital Literacy Workshop

Tuesday, July 15th @ 11:00am

Tuesday, July 29th @ 10:30am

**Learn how to make the most of
your Smart Phone features in
this hands-on class.**

**Please bring you iPhone Or
Android!**

**Call the COA to
register
781-293-7313**



OUTREACH NEWS



Tuesday, July 8th

10:00am

The Great Hall

Halifax Town Administrator

Cody Haddad

**Contact the Outreach office
with any SNAP questions or
assistance applying!**



**Massachusetts State Representative
Constituent Hours**

**We invite you each month to meet
our local State Representatives.
Come in and introduce yourself!**

**State Representative
Kathleen LaNatra
July 31st at 10:30am**



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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

Thank you to the Executive Office of Aging and Independence for supporting the cost GRWOING TOGETHER newsletter

National Academy of Elder Law Attorneys

Jason Rawlins, Esq

David Kiley, Esq

Schedule your complimentary first visit today!

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