

Town of Harwich COUNCIL ON AGING NEWS

Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645

Tel: 508-430-7550 ~ Fax: 508-430-7530



MAR/APR 2018

We're here to support and enhance the quality of life for Harwich's seniors and their caregivers!

SPRING FLING

Friday, March 16th, 6-8pm

Come dance, sing along, and have a fun filled evening with LIVE music by **The Sound Dunes Swing Ensemble!** Music will include Swing, Latin, Ballroom, Disco, and Rock music. This is a FREE informal evening of musical entertainment and dancing. Complimentary refreshments will be provided.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550



CORD CUTTING WORKSHOP

Friday, March 23rd, 11am-12pm

This interactive presentation, created by Representative Randy Hunt, will educate residents on how to save money on monthly bills by exploring alternatives to cable and satellite TV. He will walk attendees through some of the options, and explain how they work and what they cost. Time for Q&A will be included. The workshop is an extension of our Cape legislators' efforts to invigorate Barnstable County's residential high-speed internet service sector. The workshop is a public service provided by Cape-area legislators and Rep. Randy Hunt, Rep. Sarah Peake, and state Senator Julian Cyr will be in attendance.

This program is free of charge

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550



Sponsored by the Friends of HCOA SPRING FLOWERING GARDEN WORKSHOP

Saturday, April 7th, 2-4pm

Cost: \$15

Come make a beautiful Indoor Spring Garden!! Register by March 29th, by calling the COA at 508-430-7550. Drop your payment off at the COA or mail to: FHCOA, 100 Oak Street, Harwich MA 02645.



DIRECTOR'S DIALOG

With Judi Wilson, COA Director



Transitions

The role of the COA is evolving and we are making changes to help us improve our services and programs, and position us for the future. We are preparing to install a database utilized by more than 90% of Massachusetts COAs called, My Senior Center. This program will help staff schedule programs, maintain required records, schedule rides, communicate cancellations, and more. COA Executive Assistant, Marie Carlson, will be moving out to the COA lobby area to prepare for this transition. Our wonderful team of volunteers will continue to partner with us to greet guests and help with reception area tasks. We also hope to partner with our Friends group to create a "lingering area" which is more welcoming for our clients and visitors. But change isn't always easy, so please be patient as we adjust, and pardon our appearance during this transition as we work to improve our operations.

Don't forget....

To "Spring Forward" and change your clocks on Sunday, March 11th at 2:00 am



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The Harwich COA Newsletter is also available online.

Go to www.town.harwich.ma.us

and click on the COA Department's page

SPECIAL UPCOMING PROGRAMS

MEN'S MORNING

Men's Breakfast

Friday, March 9th, 9am

With special guest Leo Cakounes, Chair of the Barnstable County Commissioners and Harwich resident, will join us to talk about Barnstable County government.

Friday, April 13th, 9am

Special guest TBD

Men's Book Club

Friday, March 9th, 10am

Featuring *Expedition Whydah*, by Barry Clifford and Paul Perry. The book is available at Brooks Free Library, just ask at the desk for the COA Men's Book Group selection for the month.

Friday, April 13th, 10am

Featured book TBA at the March Book Club

There is no charge, but donations to the COA to support our programs are most appreciated

PRE-REGISTRATION IS REQUIRED

BY THE PRIOR WEDNESDAY

Call Kevin at the COA at 508-430-7551 to register



WOMEN'S BREAKFAST

Friday, March 23rd, 9am

With special guest legislative Representative, Sarah Peake, to talk to us about what is happening on Beacon Hill that may impact you.

Friday, April 27th, 9am

With special guest Town Administrator, Chris Clark, to provide a talk about the "State of the Town of Harwich" prior to Town Meeting.

There is no charge, but donations to the COA to support our programs are most appreciated

PRE-REGISTRATION IS REQUIRED

BY THE PRIOR WEDNESDAY

Please call the COA at 508-430-7550 to register



DEVICE ADVICE

Technology Assistance (By Appointment)

Tuesday, March 20th, 9-10am

Tuesday, April 17th, 9-10am

"Device Advice" is your chance to sit down with someone from Brooks Free Library to answer basic questions about your personal device! Each appointment is 5-15 minutes long and is open to any type of device...iPad, eReader, iPhone, laptop, etc. "Device Advice" is perfect if you want an overview, need help downloading ebooks, or have a question about how to do something online. This is not a device repair service and we cannot remove bugs or malware. Think of it as a friendly personal consultant who is here to provide free assistance.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550



REFLECTIONS ON AGING

3 Sessions: March 29th, April 26th, and May 31st

This program is designed to create a forum to discuss different aspects of what it means to grow older. There will be three separate modules, and it is designed so that you can participate in any or all of them. The modules are: **Loss; Forgiveness; and The Next Chapter.** Each session will be facilitated by Kevin Grunwald, MSW, Social Service Coordinator here at the COA. This is not a psychotherapy group, but more psycho-educational in nature. The program is intended to explore serious thoughts and feelings about getting older, along with strategies to address these issues as they emerge. Participants should come with a healthy curiosity to explore their own process of aging, along with a willingness to share and learn from others. If interested please contact Kevin to discuss further. Sessions will be held from 1-2:30 on March 29, April 26 and May 31. Enrollment will be limited.

PRE-REGISTRATION IS REQUIRED

CALL KEVIN AT 508-430-7551 TO REGISTER

ST. PATRICK'S DAY SUPPER

Monday, March 12th, 5pm

Cost: \$5 for residents, \$6 for non-residents

Join us for a special St. Patrick's Day Supper Club! We'll be serving a traditional corned beef and cabbage supper with special entertainment provided by Cathy Hatch's Celtic Duo. Wear your green and bring your friends, or come and make new ones, it's sure to be a fun evening! Rides are available for Harwich seniors on our Cranberry Coach. Call 508-241-1566 by the Friday before to reserve your ride.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550



COOKING CLASS

"April in Paris"

Thursday, April 12th, 4-7pm, Cost: \$15

Enjoy the food of Paris while we create a menu that begins with Mussels in White Wine, followed by Chicken Fricassee, Baked Spinach, Oven Smashed Potatoes and ending with Chocolate Mousse. Please bring an apron and container for left-overs to class along with your appetite. Bon Appétit!



PRE-REGISTRATION IS REQUIRED

Payment is required to register

Make checks payable to "Harwich COA"

Space is limited



Our Chef Instructor is Kay Benaroch. After completing a Culinary Certificate Program at the Cambridge School of Culinary Arts, Kay assisted in recreational classes at the school before starting to give classes in local adult education programs. Her cooking classes are popular so register early!

Save the Date for Upcoming Cooking Classes:

May 24th: Springtime Baking

June 14th: Taste of New Orleans

COA RED SOX OPENING DAY

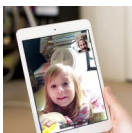


Monday, April 9th, 1-3p.m.

On April 9th we will be hosting a film on the amazing 2013 World Series winning Boston Red Sox along with a discussion on all things Sox. GO SOX!!

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

TECHNOLOGY CAFÉ: Skype & Facetime



Thursday, April 5th, 2-3p.m.

"Can you hear me now?" Come see and learn about a fun way to stay in touch with family, grandchildren and friends. Being able to see your loved ones while you chat is a great way to take advantage of technology and keep you better connected to those you love. Whether you just want to see what it's all about, or learn what you need to do it, plan to come! *This program is co-sponsored by Brooks Fee Library.*

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

NEW

BIG SCREEN MOVIE DAY



"Wonder" (Rating PG)

Tuesday, March 13th, 2pm



Starring Julia Roberts, this is an inspirational movie with a message for all of us. It is the story of a boy and his family as they learn how the human spirit can overcome differences.

"Darkest Hour" (Rating PG-13)

Tuesday, April 10th, 2pm



Academy Award nominee Gary Oldman gives a performance of a lifetime as Winston Churchill. This film chronicles Churchill's initial months in office and how he led his nation during a dangerous time.

Light refreshments are served

No charge, but donations gladly accepted

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

AARP TAX AID PROGRAM



Mondays & Wednesdays

Through April 11, 2018

Appointments from 8:30am—2:30pm

The AARP Tax Aide Program provides specially trained Tax Counselors to help low and moderate income taxpayers complete their Federal and State income tax returns free of charge.

Appointments are held at the Chatham Community Center, but there are volunteers and blocks of time reserved for Harwich residents. Transportation is available for some morning appointments.

**To schedule a Tax Aide appointment,
please call the Harwich COA at 508-430-7550**

UKULELE CLUB



1st & 3rd Thursdays, 1-2:30pm

The ukulele is a 4-stringed instrument that is relatively easy to learn to play and a lot of fun in a group setting. Cathy Hatch has volunteered to lead this group for beginners. While there is no fee or pre-registration required, donations to the instructor are appreciated.

REGULAR ACTIVITIES

FUN STUFF!

BRIDGE CLASSES

Mondays, 1-3pm, \$30 for 6 weeks (restarting Mar. 12th)

This is for intermediate players focused on improving skills. Call Instructor Nancy Blezard at 508-432-6203 for more information.

CRIBBAGE

Thursdays, 1pm

Weekly cribbage games are held in the "Glass Room" at the COA. New players are always welcome!

COMPUTER INTERNET ACCESS

The COA has free Wi-Fi and computer access whenever the "Glass Room" is not being used for a program. Please call to check availability.

MAH JONGG

Tuesdays, 9am-12pm

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but all levels of play are welcome, and new players and "walk-ins" are always welcome!

"BIG SCREEN" MOVIE DAY

2nd Tuesday of the month, 2pm

Come alone or with your friends to see a movie on the "big screen" in the multipurpose room. We even serve popcorn! Pre-registration required. See p. 3 for details.

POOL & PING PONG

The Community Center has an amazing pool and ping-pong room. Don't let the kids have all the fun! Seniors are always welcome.

There are many additional activities & fitness opportunities offered through the Recreation Dept. and Community Center...see page 9!

LAPTOPS FOR SENIORS



Harwich COA has partnered with the Masonic Angel Foundation to bring free refurbished devices to seniors in need. If you are a senior who would benefit from having a laptop and are unable to purchase one, let us know and we will add you to the list for when devices become available. If you have a laptop to donate, please bring it to the COA and it will be wiped clean, refurbished and returned right back here to our community. A win-win! For more information, call Rick in the Outreach Department at 508-430-7550.

COA FITNESS!

BALANCE BOOSTERS

Mondays & Thursdays, 10-11am, \$2 per class

Maintain balance & flexibility with 1 hour of stretching while safely seated in a chair using your own body and simple implements which are supplied. Feel great without getting winded and help reduce your fall risk! This class is led by Town Nurse, Susan Jusell. Please call the COA at 508-430-7550 to register as classes are quite full. Please be patient as we are looking to add classes.

MINDFUL YOGA

Fridays, 9-10:15am, \$8 per class

Everyone can do mindful yoga. Stretches and yoga poses are done standing and sitting in a chair. Attention is placed on breathing and being present. Each class ends with 10 minutes of meditation. For information contact Kathie Marin at 508-430-8623.

SUPERFIT

Wednesday & Friday mornings, 8:30-9:30am
\$40 per 6 week session

This is a popular class instructed by Charlie Abate. Superfit is a powerful hour that includes floor work on mats. Class will break for 2 weeks after March 30th, and resume on April 18th. For more information contact Charlie at 508-432-0370.

SPAULDING PARKINSON'S PROGRAM

Tuesday & Thursday mornings, 10-11:30am

Under the guidance of licensed Physical Therapists, this program focuses on exercises and problem solving to improve day-to-day function and quality of life. For more information and cost information, please contact Heather Merrill at Spaulding at 508-240-7203.

SENIORFIT

Wednesday & Friday mornings, 9:30-10:30am
\$40 per 6 week session

This is a popular class instructed by Charlie Abate. Seniorfit is a slower, gentler workout with no work done on the floor. Class will break for 2 weeks after March 30th, and resume on April 18th. For more information contact Charlie at 508-432-0370.

DROP-IN WALKING CLUB

Mondays, Tuesdays, & Thursday mornings
6-8:30am

Drop in and walk laps in the gym on a dry level surface without worrying about the weather...21 laps is approximately one mile!

WELLNESS PROGRAMS

AL-ANON

Fridays, 5:30-6:30pm

This is a group for those affected by another person's drinking. You have choices and Al-Anon can help.

BLOOD PRESSURE CLINIC *NEW*

Mondays, 5-6pm

Have your BP checked with Town Nurse, Susan Jusell.

CLUTTERERS ANONYMOUS

Wednesdays, 9:30-10:30am

This is a 12-Step Recovery Program for both clutterers and hoarders. All are welcome.

DIET & NUTRITION SUPPORT

With Ginny O'Halloran, RN, Tuesdays, 9-10am

This group offers support and strategies to lose and maintain your desired weight through understanding food labels and choices, and evaluating diets.

FOOTCARE CLINICS

With Betty Brady - 3/9, 3/21, 4/13, 4/25

With Janet Tinney - 3/16, 4/20

Trained nurses will provide a general assessment of your feet and will trim, file, clean and reduce thickening of nails, smooth corns & calluses and massage your feet. Appointments at the COA are \$35, and home visits are available for \$55. Please call the COA at 508-430-7550 to schedule your appointment.

HEARING SCREENINGS

Appointments for hearing checkups with Barbara Eaton, a licensed Hearing Instrument Specialist. If you wear hearing aides, bring them and she will clean them if needed. There is no obligation to purchase, but recommendations for follow-up care may be made. Call the COA at 508-430-7550 to schedule an appointment.

HOME SAFETY ASSESSMENTS

COA and Fire Dept. staff come to your home to assess your safety risks. Your home will be assessed for fall risks, and smoke detectors and carbon monoxide detectors will be checked to be sure your home is as safe as possible. If your smoke detectors and carbon monoxide detectors are not working properly or out of date, batteries will be replaced or new ones will be installed at cost. Call the COA at 508-430-7550 and ask to be put on the list for a home safety assessment visit.

LEGAL ASSISTANCE

Free half-hour consultations with lawyers who specialize in elder law and are performing pro bono service. Call the COA at 508-430-7550 for appointment times.

MEDICAL EQUIPMENT LOANS

Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc.). Call or stop by the COA prior to purchasing to see if we have what you need. Non-resident loans are dependent on supply. *(NOTE: Please clean equipment thoroughly before returning.)*

OVEREATERS ANONYMOUS

Mondays, 2-3pm & Thursdays, 10-11am

OA is a fellowship of men and women from all walks of life who meet in order to help solve a common problem - compulsive overeating. All are welcome.

S.H.I.N.E. - Health Insurance Counseling

SHINE (Serving Health Insurance Needs of Everyone...on Medicare) offers free assistance to help older adults navigate the complex health insurance system. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs to help those on or eligible for Medicare. Call the COA at 508-430-7550 for appointment times.

SIGHT LOSS SERVICES SUPPORT GROUP

1st Tuesday of the month, 10-11:30am

Peer meetings for those with vision loss and blindness. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Please RSVP to Sight Loss Services at 508-394-3904.

SOCIAL SECURITY APPOINTMENTS

3rd Monday of each month

Communicate with a local Social Security representative using our special Community Social Security Video Service. You can video conference with a live person without waiting in line. Apply for benefits, report changes, ask questions, and more. Call 508-430-7550 to schedule your appointment.

WELLNESS CLINIC

Wednesdays, 9:30am-12pm

Walk-in clinic with Town Nurse, Susan Jussell, where you can have your blood pressure taken, ask health related questions, or discuss your health needs.

VETERAN'S ASSISTANCE

Veterans Service Officers Wil Remillard and Shawney Carroll are available Tuesdays, Wednesdays and Thursdays by appointment to assist Veterans, as well as surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits and more. Please call 508-430-7510 for an appointment.

OUTREACH & HEALTH NEWS

NOTES FROM THE OUTREACH OFFICE

With Kevin Grunwald,
Social Service Coordinator



Spring Is Here (almost)!!

While Spring tends to come late to Cape Cod, the right whales have returned to Provincetown and I believe the daffodils and hyacinth will be popping up soon.

Unfortunately, our NEW ENGLAND PATRIOTS were turned back in their attempt to win an unprecedented 6th Super Bowl Championship, and fans will have to endure that pain along with whatever winter has left for us. Despite my best intentions I did not take part in the Polar Bear Plunge on January 1. If you remember the cold snap we had at the end of the year, the temperature was 12 degrees and the event was officially cancelled (much to my relief). Disregarding the formal cancellation of the event about 10 brave souls went in any way, leaving me with the thought that maybe I should have joined them.

I'm at a point in my life right now where I'm considering making some changes, and there's a lot of coulda'/woulda'/shoulda' thinking going on inside my head. In that personal context, and with encouragement from Judi Wilson, I've developed a new program called, ***Reflections on Aging: Where we've been, where we are, where we're going...*** Take a look at page 2 for details. This program is designed to create a forum to discuss different aspects of what it means to grow older.

Food Stamps

Several years ago the name of the Food Stamp program was changed to **SNAP: The Supplemental Nutrition Assistance Program**. While SNAP is not intended to cover your entire food costs, the supplement that you receive through this program can make a difference for many people in their monthly budget. Eligibility is determined by a combination of income, housing expenses, and family size, and many people are surprised to find that they qualify. SNAP has also recently opened a Senior Assistance Office, where calls are answered by live workers, trained to work with older adults. Their new phone number is:

1-833-712-8027. Please contact Kevin at 508 430-7551 for additional information and help with the application process.

HERE'S TO YOUR HEALTH

With Susan Jusell,
Town Nurse



SPRING IS COMING! It's time to prioritize good eating habits and feel our best. What's your greatest challenge? Feel free to come talk to me about what's holding you back, so you can make plans to move forward!

Have you had your cholesterol levels checked in the past year? Do you know what your HDL (high-density lipoprotein) reading is? It's suggested level should be greater than 40 mg/dL and best if greater than 60 mg/dL. People often look at the results of their lab work and would like a better understanding as to what the values mean. HDL is referred to as the "good" cholesterol because it helps remove the bad cholesterol from your arteries. I find it helpful to replace the word "good" with "**Healthy**", as the **H** in your HDL in our conversation. Genetics play a big role in your overall cholesterol, however what you eat in addition to your lifestyle can help enhance your good cholesterol and help lower your total cholesterol level, reducing your risk of a heart attack or stroke. Eating more fruits and vegetables, a balance of healthy fats, stop smoking and increase your level of exercise are factors you do have some control over.

If you have any concerns about your cholesterol or have a family history of stroke or coronary artery disease, then this would be an important topic of discussion to have with your primary care doctor or your cardiologist. If you feel like you need some personalized education on how you should be eating better, they may be able to offer you a dietary consult with a nutritionist. You can create a team of professionals and choose from a variety of support groups that can enhance a healthier lifestyle for all of us.

FUEL ASSISTANCE

The Harwich COA Outreach Office will continue to accept applications for the Fuel Assistance program through April 30, which is considered the end of the heating season. To apply, please call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick. Don't be left in the cold!

CAREGIVERS' CORNER

DEMENTIA CAREGIVING SUPPORT GROUP

**1st and 3rd Wednesdays, 10:30am-12pm
At the Harwich COA**



This group will help families develop better coping strategies, learn more about Alzheimer's Disease and dementia, and help connect to support services in the community. Two groups meet at the same time, one for caregivers and family members, and the other an activity group for those with cognitive impairments.

Group Facilitator: Fran Lavin, RN
Of Cape Cod Alzheimer's Family Support Center

PRE-REGISTRATION IS REQUIRED
Call 508-896-5170 for more information.

SUPPORTIVE DAY PROGRAM

The Day Center Program at the Orleans Senior Center is a regional adult supportive day program offering a safe, caring, person-centered environment for older adults with physical and cognitive disabilities, and for those in need of social stimulation. It also provides respite time for caregivers of older adults.

They offer a structured day that includes music, art and fitness to promote optimal social, emotional and physical wellness while allowing clients to remain in their own homes for as long as possible. There is even a special "Men's Day" on Tuesdays.

The Day Center Program is open to residents of Orleans, Brewster, Chatham and Harwich and attendance is subsidized by these communities. Fees for Harwich residents are \$55 per day which includes all activities and meals. Financial assistance may be available for eligible families to help defray costs.

To learn more about scheduling a complimentary trial day or for more information about eligibility, contact the Day Center Director at 508-255-6333.

**We make a living by what we get,
but we make a life by what we give.**
- Winston Churchill

ARE YOU A CAREGIVER IN NEED OF HELP?



For information about community resources available to help support you, please call the COA Social Services Coordinator at 508-430-7550.

GRANDPARENTS RAISING GRANDCHILDREN

A special group for grandparents raising their grandchildren will take place the last Tuesday of the month, from 9:30-10:30am at Harwich Elementary School, 263 South Street. This group is sponsored by Child and Family Services and Monomoy Early Childhood Council. For more information call 508-430-1692.

COMMUNICATION TIPS FOR CAREGIVERS



- ♦ *Realize that illness may make communication difficult*
- ♦ *Remember to exercise patience*
- ♦ *Try not to take things personally*
- ♦ *Sometimes you may have to step away from the situation*
- ♦ *Use humor to ease stressful times*
- ♦ *Talk to other caregivers who understand*
- ♦ *Hugging, kissing and touching are important ways to communicate*





A Nonprofit Organization Helping the Harwich Council on Aging

100 OAK STREET, HARWICH, MASSACHUSETTS 02645

A MESSAGE FROM THE PRESIDENT

With Jack Brown, President of the FHCOA

The Friends' mission is to provide funding and support for Harwich's Council on Aging programs and services for Harwich Seniors. The funding primarily supports counseling, nutrition, socialization, transportation, and certain types of medical equipment and emergency assistance. Founded in 1974, Friends continues to support Harwich's COA.

In the past year, FHCOA has provided funding to help the COA meet its inventory needs for durable medical equipment, such as canes, wheel chairs, walkers, etc. As a result, over 200 Seniors have been able to borrow medical equipment rather than buy or rent it because of the Friends' donations. To meet our Socialization goals, Board members Andrea Terney and Linda Johnson have surveyed seniors to assess their interests. This has led to Friends holding card and craft making workshops and an Author's Tea. Friends have helped with startup costs for COA's popular Movie Day. The Board has responded generously to Senior Nutrition needs by funding food gift cards for the Brown Bag and USDA food programs.

Cont. next column

Board members also volunteered to help with the distribution of the Brown Bag packages during the Holiday season. The Friends contributed to the purchase of books for the Buried in Treasures Classes and holiday decorations for the COA office area.

Our big-ticket item in late 2017 was the Friends' purchase of a new minibus to supplement Senior transportation. Volunteer Joan McCarty leads this effort to provide transportation for grocery shopping, (Shaw's), banking, pharmacy visits, post office, Cape Cod Mall visits, and so on. Give us a try!

With your support, FHCOA will continue to meet its mission. Please consider supporting Harwich Seniors by joining our dedicated non-profit organization. And your Donations are always welcome!

FRIENDS NEW MINI-BUS 508-648-9930

Friends Mini-Bus Coordinator:
Joan McCarty



We are beginning to provide transportation for local errands on Thursday afternoons and Friday mornings on our new Mini-Bus with volunteer drivers. For more information please call 508-648-9930. **Please leave a message if no one answers!**

FY 2017-2018 MEMBERSHIP

Annual dues are \$5.00 per person / Life Membership dues are \$40

Member #1 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL DUES: \$5.00 _____ Lifetime Dues: \$40.00 _____

Donation: \$ _____

Donation to be applied to:

General Use _____ Specific Purpose _____

Member #2 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL DUES: \$5.00 _____ Lifetime Dues: \$40.00 _____

Donation: \$ _____

Donation to be applied to:

General Use _____ Specific Purpose _____

USE THIS SLIP TO MAIL DUES TO THE FRIENDS, OR DROP MEMBERSHIP OFF AT COA

Please make checks payable to: Friends of the Harwich COA

Mail to: Membership Chair, Andrea Terney, Friends of the HCOA, 100 Oak Street, Harwich, MA 02645

COMMUNITY CENTER NEWS

COMMUNITY CENTER ACTIVITIES

The Harwich Community Center hosts many activities with independent instructors. There are rug braiding classes, a weight room, a "Stitchers" group, rug hooking, quilting, community music groups, service and social groups, gardening groups, business groups, support groups, and more! For more information, stop in and pick up an updated Activities & Groups Information Booklet. Staying active and engaged is beneficial to healthy aging, and there's something here for you!

**FOR MORE INFORMATION
ABOUT COMMUNITY CENTER ACTIVITIES,
go to the Community Center webpage at
www.town.harwich.ma.us
or call 508-430-7568.**

SPECIAL DATES

March 3 – Owl Show

Located in the Gym. There are 3 separate showings: 10am, 1pm & 3pm. Tickets are required. Sponsored by the Harwich Conservation Trust. For information, call (508) 432-3997.

March 15 – Cape Cod Healthcare Blood Mobile

Blood Mobile will be parked in the COA parking lot

March 20 – Red Cross Blood Drive

Located in the Multi-Room, 10am-3pm

March 24 – "Meet Your Local Farmers" Event

FREE event located in the gym, 12-3pm. Kick-off the 2018 growing season by meeting local farmers from around Cape Cod and learn more about locally grown products, scenic farm settings, and farm-related activities for all ages. Sponsored by Harwich Conservation Trust and The Cape & Islands Farm Bureau.

March 29 – Line Dance Open House

FREE event located in the Multi-Room, 2-4pm

March 30 – Egg Hunt

Begins at 3:30pm and lasts until all eggs are gone

**Community Center
BUILDING CLOSED:**

April 16th—Patriots Day

REC. DEPT. ACTIVITIES FOR SENIORS

Senior Volleyball

Tuesdays 11:00-1:00, Fridays 11:00-1:00

Pickleball (*Harwich Residents Only*)

Monday-Friday 8:00am-2pm at Former Middle School

Men's Over 55 Basketball

Mondays & Wednesdays 12:30-2:00pm, Fridays 1-3pm

Pre-registration and a reasonable annual fee is required. Some restrictions apply. For more information download the Adult Registration Form on the Rec. Dept. webpage at www.town.harwich.ma.us or call 508-430-7553.

WEIGHT ROOM

The Community Center Winter Weight Room Special starts in January. You can get a membership for \$100, and it will run from Jan 1st – June 30th.

MORE WELLNESS PROGRAMS AT THE COMMUNITY CENTER

Insight Meditation Circle

Tuesdays, 7-8pm

Hatha Yoga

Tuesdays, Thursdays & Saturdays, 9-10:30am

"30/30" Fitness & Pilates Plus Cardio

Tuesdays & Thursdays, 5-6pm

Exercise Class with Jill

Thursdays, 6-7pm & Saturdays, 8:30-9:30am

Mary Ann's Exercise

Tuesdays & Thursdays, 9-10am

Foot Fit - Perfecting Posture from the Bottom Up

Wednesdays & Fridays, 8:30-9:30am, Pilates Mat 9:30-10:30am, Foot Fit

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

Bit of Bliss Yoga

Mondays 5-6pm, Wednesdays 7-8pm

*Cost & registration information varies.
Contact the Community Center for more information.*

SHINE NEWS

Are you happy with your 2018 Medicare health insurance plan?

Now that you are a few months into 2018, let's think about your 2018 Medicare health and prescription plans. Have you had some out of pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out of pocket expenses.

We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation.

Call the Harwich COA at 508-430-7550 to make a free, confidential appointment with a SHINE counselor.



BROOKS FREE LIBRARY PRESENTS

Here is some information about upcoming programs at Brooks Free Library. For more information call them directly at 508-430-7562.

- **"Adventurer's Club: Journey to the roof of Africa"**
Friday, March 2nd, 1:30-2:30pm
- **"Essential Oils:**
February 26 & March 5, 12, 19, 26, 5:30-6:30pm
- **Music Series: Jeff Snow**
Saturday, March 10th, 2-3pm
- **Wellness Series: "Tick Days"**
Tuesday, April 3rd 1-3pm
- **"Adventurer's Club: Lobbying on Capitol Hill"**
Friday, April 6th, 1:30-2:30pm
- **iPhone Photography:**
Saturday April 14th and 21st, 11am-12:30pm



AARP DRIVER SAFETY CLASS

Friday, April 6th, 9am-2pm

Cost: \$15 AARP Members, \$20 Non-members

****FREE FOR FIRST 10 HARWICH RESIDENTS TO REGISTER***



This AARP initiative helps older drivers stay safe, educated and confident behind the wheel. It is designed to help participants stay ahead of a changing driving landscape, including a refresher with new rules of the road, safety strategies to reduce accidents, information regarding how age related issues can affect driving ability, and how to adjust driving accordingly to allow for these changes. Participants will receive a certificate which can submit to your insurance company for a possible discount. Lunch is included.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

BENEFIT FOR ALZHEIMER'S ASSN. SERVING THE LOWER CAPE

The Alzheimer's Association Serving the Lower Cape Towns (including Harwich), is a local organization which provides scholarships for families coping with dementia to assist with important services. They are holding their Annual Wine and French Cuisine Reception Benefit on Wednesday, March 7th at PB Boulangerie Bistro in Wellfleet. Tickets are \$35 per person. For tickets or more information please call Mary at 508-737-3328.

LOWER CAPE LGBT SENIORS



The Orleans Senior Center and Council on Aging hosts the Lower Cape LGBT Seniors Group one Friday evening each month. A light dinner is served which is usually followed by a program and an opportunity for socialization. The program is free but donations are encouraged. Here are some upcoming programs:

Friday, March 23rd, 6pm: "Spring Social"

Friday, April 27th, 6pm: "Feel the Beat" (drumming demonstration)

Please RSVP in advance to Maryanne Ryan at mryan@town.orleans.ma.us or 508-255-6333 ext. 16

SENIOR DINING



Senior Dining Lunches

Lunch is served Tuesdays-Fridays and includes a delicious home-cooked meal by Chef Linda along with a special dessert treat. (No lunch on Friday if there is a breakfast program.) The cost is \$3 for residents and \$4 for non-residents. Come alone and make new friends, or come with a group...either way, we're sure you'll enjoy it! Reservations are required by 11am the day before the meal you want to attend by calling the COA at 508-430-7550. *Please also call by 10am if for any reason you need to cancel your reservation.*

Supper Club

Come join us for a traditional supper on Mondays at 5pm. Meal includes a home-cooked dinner, dessert **and musical entertainment!** The cost is \$5 for residents and \$6 for non-residents.

NUTRITIONAL SUPPORT PROGRAMS



Brown Bag Food Program

The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. If you have a low income and/or are on Mass Health, SNAP, or Fuel Assistance you will qualify. For more information contact the COA Social Service Coordinator at 508-430-7550.

MEALS ON WHEELS

Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$3 per meal. For more information call 508-394-4630.

S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. If you would like more information please contact the COA Social Service Coordinator at 508-430-7550.

USDA Food Program

This bi-monthly food distribution is helpful to supplement your food supply. To see if you qualify for this benefit, please contact the COA Social Service Coordinator at 508-430-7550.

MENU

Supper Club Menu

Mon 3/5	Fried Chicken, Potato & Veggie
Mon 3/12	Special St. Patrick's Day Supper Corn Beef, Cabbage, Potato & Carrots
Mon 3/19	Beef with Pea Pods over Rice
Mon 3/26	Pork Chop, Potato & Veggie
Mon 4/2	Chicken Marsala, Rice & Veggie
Mon 4/9	Meatloaf, Potato & Veggie
Mon 4/23	Baked Stuffed Fish, Potato & Veggie
Mon 4/30	Scallops, Potato & Veggie

Senior Dining Lunch Menu

March

Thu 3/1	American Chop Suey, Roll & Veggie
Fri 3/2	Fish Sandwich, Fries & Slaw
Tue 3/6	Shepherd's Pie with Roll
Wed 3/7	Steak & Cheese Sub with Fries & Slaw
Thu 3/8	BLT Sandwich with Chips
Tues 3/13	Pasta with Meatballs & Salad
Wed 3/14	Chicken Marsala, Rice & Veggie
Thu 3/15	Beef with Onion Gravy, Rice & Veggie
Fri 3/16	Egg Salad Roll with Chips
Tue 3/20	Sweet & Sour Chicken with Rice
Wed 3/21	Ham & Cheese Sandwich, Chips & Soup
Thu 3/22	Chili Bowl
Tue 3/27	Chicken Pot Pie
Wed 3/28	Super Salad with Tuna & Roll
Thu 3/29	Open Hot Turkey Sandwich, Potato & Veggie
Fri 3/30	Crabmeat Salad Roll with Fries & Slaw

April

Tues 4/3	Fish Sandwich, Fries & Slaw
Wed 4/4	Swedish Meatballs, Noodles & Veggie
Thu 4/5	Pulled Pork Sandwich with Chips & Slaw
Fri 4/6	Burgers with Mushrooms & Onions and Chips
Tue 4/10	Chicken Salad Roll & Fries
Wed 4/11	Shrimp Scampi, Linguini & Veggie
Thu 4/12	Chicken Stuffed with Broccoli & Cheese, Rice
Tue 4/17	Chicken & Pasta Alfredo with Veggie
Wed 4/18	Hot Dogs, Beans & Potato Salad
Thu 4/19	Macaroni & Cheese with Salad
Fri 4/20	Tuna Melt, Fries & Slaw
Tue 4/24	American Chop Suey, Roll & Veggie
Wed 4/25	Turkey Reuben, Chips & Veggie
Thu 4/26	Steak & Cheese Sub, Fries & Slaw



VOLUNTEER SPOTLIGHT



VOLUNTEER SPOTLIGHT



COA Volunteer, Lee Pierce

Please say hello to Volunteer Lee Pierce and her faithful assistant Timmy. Lee has volunteered at the Harwich COA for the past three years both as a medical driver and desk receptionist. She has spent the greater part of her life as a teacher, counselor, and volunteer. Lee's interests include teaching, sailing, swimming, knitting, her church and daughter's schools. Her volunteer partner is Timmy, and eight year old Coton de Tulear. Timmy has volunteered as a nursing home visitor, dancer and cuddler. Together they brighten up every room they enter and we are very grateful to have them here at the Harwich COA. Thank you Lee for your service!

OUR NEWEST VOLUNTEERS



- ◆ **Cynthia Kirker** has volunteered as a medical driver
- ◆ **Johanne Arnerann** has volunteered on our reception desk
- ◆ **Robert Carney** has volunteered as an aid on the bus
- ◆ And a special shout out to volunteers new and old for our fabulous Girl Power Program:
Angela Raneo-Chilaka, Christina Joyce, Susan Lellis, Linda Gillespie, Nicole Muller, Gail Harding, and Jo Anne Brown

*A warm welcome to you!
Thank you for your willingness to share the gift*



CURRENT VOLUNTEER NEEDS

**With Rick Anderson,
Volunteer Coordinator**



Volunteering is truly medicine for the soul, where both those helping and those helped are enriched.

We have need for volunteers in our Dining Program, Medical Drivers, Food and Newsletter deliveries and Friendly visitors. If you would like to learn more about these meaningful COA volunteer opportunities, please call Rick at 508-430-7550.

Medical Drivers

Drive seniors to medical appointments in the local area. Transportation is a top need of seniors and we are happy to have volunteers that wish to drive once a week or even once a month!

COA Ambassadors

Help deliver our newsletters 6 times per year to local community locations.

Dining Room Aides

Help set-up, serve and clean up for our meal programs. Volunteers even receive a free meal!

Food Delivery

We need help delivering food for our Brown Bag and USDA food programs. USDA delivery happens 6 Tuesdays a year, and the Brown Bag delivery is the first Friday of the month. Food is picked up at the COA and then delivered to private homes. This is a great volunteer opportunity for men and couples, or anyone with a strong body and kind heart who wants to make a real difference in the life of a neighbor!

*If you would like to learn more
about these meaningful COA volunteer opportunities,*

*"The best way to find yourself
is to lose yourself
in the service of others."
- Mahatma Gandhi*

TRANSPORTATION INFORMATION

CRANBERRY COACH



COA Transportation Services

Transportation on our handicapped accessible van is provided for shopping, COA programs and special trips. You must call 508-241-1566 **the day before** to make a reservation for a ride.

Cranberry Coach Weekly Schedule

Mondays	Special Trips, Supper Club & Tax Appts.
Tuesdays	COA Lunch & Programs Shaws in the afternoon
Wednesdays	COA Lunch & Programs Stop & Shop in the afternoon
Thursdays	COA Lunch & Programs Stop & Shop and Harwich Food Pantry
Fridays	COA Lunch & Programs & Errands around Harwich, including the library

Monday Trips

The Cranberry Coach will leave for these trips late Monday mornings. Trips usually involve a stop for lunch and you will typically return home late afternoon.

Mon. 3/5	Rides for Tax Appts. & errands in Harwich or Chatham
Mon. 3/12	Market Basket
Mon. 3/19	Hyannis Shopping
Mon. 3/26	Dennis & Dennisport Shopping
Mon. 4/2	Rides for Tax Appts. & errands in Harwich or Chatham
Mon. 4/9	Market Basket
Mon. 4/23	Orleans Shopping
Mon. 4/30	Local Thrift Shops

Please call 508-241-1566 by Friday at noon to reserve your ride for the following Monday.

All Monday trips need a minimum of 4 to make the trip.

Special Transportation:

Rides for your AARP Tax Aide Appointment

During tax season, the COA's Cranberry Coach will provide transportation for Harwich seniors to have their taxes done through the AARP Tax Aide Program being held at the Chatham Community Center. Because our bus is busy on Mondays, most rides can only be provided for the 8:30am tax appointments. However, we are providing rides for other appointment times on March 5th and April 2nd. If you need a ride to your AARP Tax Aide appointment be sure to let the COA Receptionist know so you receive an appointment when a ride is available.

COA VOLUNTEER MEDICAL RIDES

Volunteers provide rides to medical appointments from Wellfleet to Hyannis. Requests for rides must be made a MINIMUM OF 4 BUSINESS DAYS in advance, this does not count the day of your appointment. More advance notice is always appreciated. Guidelines:

- Ride requests should be made by calling the COA at 508-430-7550 Monday-Friday, between 9am-2pm. We cannot be responsible for requests left on voicemail.
- No extra riders are permitted unless required due to disability.
- We are unable to provide ongoing rides for medical therapy.
- A stop to a pharmacy after your medical appt. is at the discretion of the volunteer driver.
- You may not request any additional stops during your ride.
- Limit of 3 volunteer rides per month.
- Please provide a cash donation to your driver:
 - \$5 for rides to Harwich, Chatham, Orleans, Brewster and Dennis
 - \$15 for rides to Hyannis, Yarmouth and Wellfleet.

We do our best to find rides.

However, ride availability is based on volunteer availability.

COMMUNITY TRANSPORTATION RESOURCES

DART

Low cost public transportation is provided by the CCRTA DART bus, by reservation from curb to curb. You must register by calling 1-800-352-7155 weekdays, 8am-5pm.

H2O

Fixed route public transportation provided on CCRTA buses between Orleans and Hyannis, with stops in Harwichport and at Shaws in Harwich. Call 1-800-352-7155 for information. Exact change needed.

Boston Hospital Transportation

Transportation is provided for medical appointments at Boston hospitals daily by the CCRTA. There is a pick-up in Harwich. Call 1-800-352-7155 to reserve by 11am the day before. Cost is \$30 round trip, \$15 one way.






March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." - Charles Dickens</p>				
<p>5</p> <p>6:00 Drop-in Walking Club 10:00 NO Balance Boosters 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Ritchie Bern</i></p>	<p>6</p> <p>6:00 Drop-in Walking Club 9:00 Mahjongg & SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Legal Appts.</p>	<p>7</p> <p>8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts. 2:00 Buried in Treasures Group</p>	<p>1</p> <p>6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 NO Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club 2:30 Girl Power Intergen. Prog.</p>	<p>2</p> <p>*Brown Bag Distrib. 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch 1:00 Savvy Caregiver Prog.</p>
<p>12</p> <p>6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Special St. Patrick's Day Supper Club w/ Cathy Hatch's Celtic Duo</p>	<p>13</p> <p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 2:00 Big Screen Movie</p>	<p>14</p> <p>8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch 2:00 Buried in Treasures Group</p>	<p>15</p> <p>6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club 2:30 Girl Power Intergen. Prog.</p>	<p>16</p> <p>8:30 Super Fit w/Charlie 9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 11:30 Lunch 6:00 SPRING FLING EVENT</p>
<p>19</p> <p>6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Supper Club <i>Entertainment: Brian Kelley</i></p>	<p>20</p> <p>6:00 Drop-in Walking Club 9:00 Device Advice 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch</p>	<p>21</p> <p>8:30 Super Fit w/Charlie 8:30 Footcare with Betty 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Dementia Caregiving Support 11:30 Lunch 2:00 Buried in Treasures Group</p>	<p>22</p> <p>6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Girl Power Intergen. Prog.</p>	<p>23</p> <p>*NO Lunch 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 9:30 Senior Fit w/ Charlie 11:00 Cord Cutting Workshop</p>
<p>26</p> <p>6:00 Drop-in Walking Club 10:00 NO Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Supper Club <i>Entertainment: Denya</i></p>	<p>27</p> <p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch</p>	<p>28</p> <p>8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch 1:00 Legal Appts. 2:00 Buried in Treasures Group</p>	<p>29</p> <p>6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Reflections on Aging Program 2:30 Girl Power Intergen. Prog.</p>	<p>30</p> <p>8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 11:30 Lunch</p>



April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Supper Club <i>Entertainment: Ritchie Bern</i>	3 6:00 Drop-in Walking Club 9:00 Mahjongg & SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Legal Appts.	4 8:30 NO Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 NO Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts. 2:00 Buried in Treasures Group	5 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club 2:00 Tech Café: Facetime/Skype	6 *Brown Bag Distrib. 8:30 NO Super Fit w/ Charlie 9:00 AARP Driver Safety Prog. 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 NO Senior Fit w/ Charlie 11:30 Lunch SAT. APRIL 7TH—FLOWER WORKSHOP
9 6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 1:00 Red Sox Program 5:00 BP Clinic 5:00 Supper Club <i>Entertainment: Nick Pangakis</i>	10 *USDA Food Distrib. Drop-in Walking Club 6:00 Mahjongg & SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 2:00 Big Screen Movie	11 8:30 NO Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 NO Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch 2:00 Buried in Treasures Group	12 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 4:00 Cooking Class	13 *NO Lunch 8:30 Footcare w/ Betty 8:30 NO Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Men's Breakfast 9:30 NO Senior Fit w/ Charlie 10:00 Men's Book Club
16 CLOSED Patriots Day 	17 6:00 Drop-in Walking Club 9:00 Device Advice 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	18 8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Dementia Caregiving Support 11:30 Lunch 2:00 Buried in Treasures Group	19 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club	20 8:30 Super Fit w/Charlie 9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch
23 6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Supper Club <i>Entertainment: Toast & Jam</i>	24 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	25 8:30 Super Fit w/Charlie 8:30 Footcare with Betty 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch 1:00 Legal Appts. 2:00 Buried in Treasures Group	26 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Reflections on Aging Group	27 *NO Lunch 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 9:30 Senior Fit w/ Charlie
30 6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Supper Club <i>Entertainment: Brian Kelley</i>		There is no glory in star or blossom till looked upon by a loving eye; There is no fragrance in April breezes till breathed with joy as they wander by. - William C. Bryant		
				

HARWICH COUNCIL ON AGING
100 Oak Street
Harwich, MA 02645

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FOR THOSE WITH VISUAL IMPAIRMENTS, A LARGE PRINT VERSION OF THE NEWSLETTER IS AVAILABLE UPON REQUEST.

HARWICH COUNCIL ON AGING

Harwich Council on Aging
100 Oak Street
Harwich, MA 02645
508-430-7550 (COA)
508-430-7505 (Town Nurse)

OFFICE HOURS:
Monday—Friday 8:30 am—4:00 pm

www.town.harwich.ma.us
click on "Departments" then "Council on Aging"

Staff Contacts

Director: Judi Wilson
Town Nurse: Susan Jusell
Social Service Coord: Kevin Grunwald
Volunteer Coord: Rick Anderson
Executive Asst: Marie Carlson
Chef: Linda St Pierre
Van Drivers: Gerry Golia & Kathy Skipper

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COA Disclaimer

The Harwich COA offers many legal, financial, medical, recreational and other services and/or activities by volunteers or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Harwich COA, the Town of Harwich or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or practitioners.