



# Harwich Community Center Newsletter

MAY/JUNE 2017

Town Offices Closed on Monday, May 29th, 2017  
for Memorial Day



## THE 1st WOMEN'S BREAKFAST IS HERE!!!

The first Women's Breakfast will be held at **9:00 a.m. on Friday, May 19th, 2017 in the Multi-Purpose Room** here at the Community Center. It is very generously being

sponsored by **The Woodlands Assisted Living at Pleasant Bay**. The Breakfast will be made here by the Chef from The Woodlands and served by COA Volunteers. **Please pre-register by Friday, May 12th** if you are coming. There is no charge for this Breakfast and all are welcome. Collectively, we will decide whether to have a short program at future Women's Monthly Breakfasts-so come with ideas and an appetite! R.S.V.P. to 508-430-7550.

## THE 2017 "REMEMBERY WALK DAVE BIRTWELL MEMORIAL" (This is a 6K Safe Walk on the Bike Trail-walk as far with us as you choose).

**DATE:** Saturday, May 13th, 2017  
**TIME:** 11:00 A.M. **Registrations and all Walk Donations are accepted on the day of the Walk.**

**LOCATION:** Brooks Park in Harwich Center. We will have LIVE music from the Sound Dunes (Big Band Era type of music) FREE hot dogs and hamburgers and fun for everyone. Join us and Walk, Eat or just come and listen to the music!



**PROCEEDS:** ALL proceeds benefit the Alzheimer's Family Support Center of Cape Cod. The "Remembery Walk" funds the **FREE** Alzheimer's Family Support Groups held here at the COA for Caregivers and people with Alzheimer's and related dementias. PLEASE COME TO BROOKS PARK, BRING YOUR FAMILY, FRIENDS AND SUPPORT US! **Call 508-896-5170 for more info.**

### Council on Aging Staff

#### Director

Barbara-Anne Foley  
508-430-7550 ext. 10

#### Executive Assistant

Gale Barnes  
508-430-7550 ext. 11

#### Social Services Coord.

Kevin Grunwald  
508-430-7551 ext. 12

#### Town Nurse, Susan Jusell

508-430-7505

#### Outreach Asst./Volunteer Coordinator, Rick Anderson & for Medical Rides:

508-430-7550 ext. 13

#### Cranberry Coach COA Van

508-241-1566

#### Van Drivers: Dan Eldredge,

Gerald Golia, Remi

Thibodeau, Marietta Maloney

& Joan Hussey

#### COA Fax Number

508-430-7530

#### Senior Dining Site

508-430-7550

#### Harwich Community Center

508-430-7568

#### Harwich Recreation Dept.

508-430-7553

#### Meals on Wheels

508-430-1991

To cancel a Meal from

"Meals on Wheels" call

508-394-4630 ask for the

Nutrition Dept. telling them

you live in Harwich.

# BLUE LIGHT SPECIAL



**By Amy Walinski , Elder Affairs Liaison-Harwich Police Dept.**

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

It is estimated that senior citizens are robbed of nearly \$3 billion a year in financial scams. Phone scams are often run outside the U.S. Con artists usually buy their victims' personal information online, including age and income. A former scammer told CBS news, "We target people over the age of 65, mainly because they're more gullible, they're at home, and they're more accessible. Once you get them emotionally involved they'll do anything for you basically."

The Harwich Police Department is issuing a warning about recent phone scams that several citizens have reported to us. Often times, these calls are from overseas, primarily Africa, despite the caller using a local or United States phone number. Because they are overseas, there is little that can be done for victims who send money to the people running these scams. The best thing to do when you receive these calls is to simply hang up and not engage with the caller at all.

Below are several examples of recent scams that have been reported to the Harwich Police Department in the last several months:

**IRS Scam:** An aggressive and sophisticated phone scam targeting taxpayers has been making the rounds throughout the country. Callers claim to be employees of the IRS, but are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Or, victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

The IRS will never: 1) call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill; 2) demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe; 3) require you to use a specific payment method for your taxes, such as a prepaid debit card; 4) ask for credit or debit card numbers over the phone; or 5) threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

**The Grandparent Scam:** The "Grandparent Scam" scores among those at the top of the list for cruelty because it plays on the emotions and fears of seniors. Grandchildren tug at the heart strings of every grandparent. So when you get a call from someone claiming to be your grandchild and they ask for your help because they're in trouble, of course your protective instincts kick into gear and you'll do whatever they ask to help. That's what this scam artist is literally "BANKING" on. They will tell you they're in trouble, they've been wrongfully arrested or a number of other frightening tales and they need your help. You need to wire money immediately to help them. DON'T DO IT! It's not your grandchild. If you have doubts, ask for a phone number to call them back. Call your grandchild or their father/mother to confirm they are ok. DO NOTHING until you can confirm what the caller is saying. **Continue to next page.**



**Can you hear me? "YES" Scam:**

WARNING: Do not answer a phone call from 401-735-1901. This is one of those calls that seeks to obtain your voice saying "Yes". The caller (a female) pretends to have difficulty hearing you and says "I'm sorry - Are you still there?" Once you say "YES" they will attempt to use the recording against you. Some say the recording of your voice can be used to commit fraud. Even if the scammer doesn't use your "yes" answer to attempt to sign you up for an unwanted service or product, your "yes" can still be valuable because just by answering you have proven that your phone number is active and that you will answer calls from unknown numbers. The scammer can then turn around and sell your number and others as sales leads to other solicitors of questionable repute. The lesson here - If you don't recognize the number, DON'T ANSWER. If it's valid caller, they will leave you a message.

**Medicare Scam:** Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money.

In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

Scams and crooked deals are everywhere today, often where we least expect it. When you're home answering the phone, browsing the Internet, checking the mail, or opening your door, scam artists and fraudulent operators look for ways to get your Social Security number and other private information. You can protect yourself in many situations by following one easy principle. If someone contacts you and claims to need your private information, think twice and remember: **when in doubt, don't give it out.**

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## *Summer Card Workshop*

Create Five Beautiful Cards

June 5, 2017

4-6 PM

Harwich Community Center

\$15 per person includes all supplies. Pre-register at 508-432-2137. If no answer, leave a message and we will call you back.

## Notes from the Outreach Office-Kevin Grunwald, Social Services Coord.



**Two Quotes that I Love:** “Man plans, God laughs” which is said to come from an old Yiddish proverb, and “Life is what happens to you while you are busy making other plans.” While I am familiar with the second quote from the John Lennon song “Beautiful Boy (Darling Boy)”, the expression of this sentiment can be traced back to a 1957 [Reader's Digest](#) article, which attributes it to Allen Saunders. I’m thinking about these quotes as they relate to planning for programs here at the COA, along with the planning that all of us do in our lives. This comes on the heels of the cancellation of our February Housing Summit, along with the planned simulcast presentation by Dr. Atul Gawande on the same day. The following month brought another cancellation of the Men’s Breakfast and the appearance of the Cape Cod Ukulele Club. These were all events that I had put a lot of work into and was excited about, but since I have no control over the weather we went to Plan B. Unfortunately the simulcast could not be rescheduled at this time, but we hope to be able to do it at a later date. The Housing Summit was rescheduled, and while we had a much smaller turn-out than planned we had some great presenters who were able to network with each other in a way that will improve all of our services. The small breakfast group that showed up to hear Bill Higgins in February had a conversation with him that no one wanted to end, and eventually we will be able to discuss that great book *Water for Elephants* that several of us read. And finally the Cape Cod Ukulele Club will be joining us in May. In all of these situations we were forced to demonstrate resilience. Resilience is defined as an individual's ability to successfully adapt to life tasks in the face of social disadvantage or highly adverse conditions, or the ability to recover from or adjust easily to misfortune or change. In a sense, it’s about our ability (and willingness) to shift to Plan B.

Whether we realize it or not we are constantly engaged in a process of planning in our lives. We plan what we are going to have for lunch, how we are going to spend our day, when we can go to the dump, and when to get gas for the car. Conditions change; circumstances change; needs change; abilities change, and sometimes those changes force us to go to “Plan B.” The process of aging requires doing significant planning regarding our lifestyles, our housing needs, our healthcare and our finances (just to name a few). We do the best that we can with the information that we have available to us at the time, but sometimes the best laid plans... The important thing is to have a plan in place to begin, so that you have some idea of where you’re going.

One of the roles of the Outreach Office is to assist you in undertaking this type of planning, and to help you to explore your options when conditions change. I encourage anyone who has questions to contact me at 430-7551 to discuss this in greater detail. I *plan* to be here Monday-Friday; 8:30-4:00!

**Services to Seniors:** Former Harwich summer resident and Speaker of the United States House of Representatives Tip O'Neill was known to say “all politics is local”, and there is currently a lot going on in the federal government that may have an impact on seniors on the local level. According to James Firman, President and CEO of the National Council on Aging (NCOA) “the proposed budget blueprint for fiscal years 2017 and 2018 would eliminate programs that help older adults find work, keep them safe while aging in their homes, and provide opportunities for them to give back to their communities, among many others.” Programs that are targeted for cuts or elimination include:

The Senior Community Service Employment Program (SCSEP), which provides job training and placement for adults 55 and over who have limited incomes and are trying to make ends meet.

The Low-Income Home Energy Assistance Program (LIHEAP), which provides assistance to low-income households to meet the costs of electricity, heating, and cooling. Some of you may know this as the Fuel Assistance Program.

The Community Services Block Grant (CSBG), which provides states and localities with funding to improve community health and living conditions for low-income families and seniors with incomes below \$15,075.

The Corporation for National and Community Service (CNCS), which provides volunteer programs that serve distressed communities and vulnerable populations. This includes three Senior Corps programs—the Foster Grandparent Program, Senior Companion Program, and Retired Senior Volunteer Program (RSVP).

While the status of the proposed budget remains unclear at this time, it makes sense for all of us to pay attention to how what is happening on a federal level can impact the well-being of seniors in our community. We will attempt to keep you informed as some of this becomes clearer.

**Fuel Assistance:** The deadline for applications for the Fuel Assistance program has been extended to May 12, and we can continue to take your application up until that date. To apply call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick. Approval for Fuel Assistance may qualify you for other discounted utility rates.

**Men’s Breakfast:** In April our newly elected State Senator Julian Cyr joined us for breakfast, and on May 12 the Cape Cod Ukulele Club will have a chance to entertain us. This is a fun event, and we encourage you to bring your friends! Breakfast is from 9:00-10:00 AM on the second Friday of every month, and while there is no charge, please contact Kevin at 430-7551 ahead of time to register. **Men’s Book Group:** In April we finally had a chance to discuss *Water for Elephants* by Sara Gruen. All books chosen are generally available at Brooks Free Library. Please join us after breakfast from 10-11, even if you haven’t read the book. We welcome your suggestions for new books to read!

**\$5.00 SUPPER CLUB ENTERTAINMENT LINE UP! CALL 508-430-7550 TO PRE-REGISTER TODAY!**

**May 1st Liz Saunders Sings**

**May 8th & June 12th Geno Shurick sings Sinatra**

**May 15th Harry French performs**

**May 22nd & June 19th Ritchie Berns plays guitar & sings**

**June 5th John Root performs-Cultural Council Grant**

**June 26th Ukulele Group Performs**



**YOUR CONSUMER RIGHTS!!**

Joe Gordon, Emergency Management Director for Barnstable County Sheriff's Office, has teamed up with Marie Clougher, Esq., Executive Director for the Consumer Assistance Council on Cape Cod (her office falls under the direction of the Massachusetts Attorney General's Office) for a joint presentation at the Harwich COA. The presentation is a combination of **current scams and consumer rights**. You will learn what the latest scams are and what your rights are and how to avoid getting caught in these scams as well as what to do if you do get caught in a scam or fraud. The date is **Tuesday, May 16th, 12:30-2:00 p.m. R.S.V.P. by May 9th by calling 508-430-7550**. The actual presentation itself is approx. 45-50 minutes, but in other centers it has raised so many questions from attendees that we want to allow enough time for questions to be answered.

**NEW COURSE!! What's U.P.? Understanding Predicaments**



Now that winter has lessened its tenuous grip on us Cape residents, it is time to get UP and move forward with spring in our steps and calm in our hearts. So....

**U.P.** will be a group of individuals choosing to come together to explore and discuss issues of individual concern. It is anticipated that members will be able to better fathom their worries amidst peers with similar aspirations for self renewal and contentment.

**This is not designed to be a therapy group but rather an unbiased fresh airing of common predicaments.**

Like Spring itself, **UP** gatherings will provide an opportunity to clear away the detritus of what has been in order to make room for that which can be. Participants will become empowered to burst forth with vitality and renewed energy while making new friends and creating new perspectives.

This gathering will be facilitated by Dr Donna S. Bender, a retired professor of Educational Psychology who like her fellow Cape Codders is eager to welcome newness and growth. The course will run for 3 **Mondays: June 19th, June 26th and July 10th from 10:15-11:15 a.m. in room 1** on the COA side of the Community Center. **Please pre-register by June 12th to 508-430-7550.**



## SHINE NEWS



Need help with prescription drug costs?

Prescription Advantage may be your answer!

By now, some of you may have reached or are getting close to the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2017, you fall into the Medicare Part D gap when the negotiated **retail** cost of your medications reach \$3,700. Once in the gap you are now responsible for 40% of the negotiated retail cost for brand name medications and 51% for generics.

Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications

Eligibility is based on **income only** and there is **no asset limit**. If you are a **Massachusetts resident and eligible for Medicare, the income limits are:**

Age 65 or over- \$60,300 or less for a single person or \$81,200 or less for a married couple.

Under age 65 and disabled- \$22,673 or less for a single person or \$30,531 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$36,180 for a single person or \$48,720 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes.

You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is **no income limit**.

Medicare also has a program, called “Extra Help”, which can assist with the cost of your Medicare Part D plan’s premium, deductible and co-pays. Please call the Senior Center to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

### FOOT CARE CLINICS WITH BETTY BRADY

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Friday, May 12th, June 9th & July 14th from 8:30 a.m.-2:30 p.m. and Wednesday, May 24th,, June 21st & July 26th from 8:30 a.m.-11:30 a.m.** Gift Certificates are available and make a nice gift for a friend/family member. For appointments call 508-430-7550. today. **Home visits are \$55.**



### CRIBBAGE IS FUN

**The Thurs. afternoon Cribbage Group will continue year round at the Harwich Council On Aging at 1 PM. Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Contact Rick Anderson, Volunteer Coordinator for more info.**

### BRIDGE IS BACK WITH NANCY BLEZARD

Nancy Blezard’s Bridge II course sessions are for 6 weeks each and will be ongoing through the Summer from 1:00-3:00 p.m. on Mondays; the fee is \$30. You can simply show up for this program no pre-registration is required. For more information please call Nancy at 508-432-6203.

## EXERCISE PROGRAMS

### MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: 9:00-10:15 a.m., May 5, 12, 19, 26 and June 2, 9, 16, 23, and 30.** and the cost is **\$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at [krmarin@msn.com](mailto:krmarin@msn.com) or call 508-430-8623.

### SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: SUPERFIT 8:30-9:30 am is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love SENIORFIT 9:30-10:30 am. **This session is Apr 19-May 26 and Charlie's next session: June 7 to July 21 with July 4th week off. Fee (\$38) per 6 week session.** Register now to reserve a space by contacting Charlie at 508-432-0370. Also ask how you can try out a free demo class.

### EXERCISE CLASS WITH JILL BROWN:

Jill is a Certified Personal trainer who specializes in Weight Mgmt., low impact exercise, and overall well being. **Tues.'s 6:00-7:00 pm and Saturdays 8:30-9:30 a.m.. Fee: 12 lessons for \$96.00**

### BALANCE BOOSTERS CLASS

Join COA Director, Barbara-Anne Foley for the Balance Boosters Class on Tuesdays and Fridays for one hour, throughout the year in **6 week sessions, from 9:30-10:30. Fee: \$24 for 12 sessions 2 days a week-that's \$2 a class-can't beat the price! RSVP to 508-430-7550. Next sessions: 4 days only class-May 5th, 9th, 12th and 16th=\$8. Next session: June 6th, 9, 13, 16, 20, 23, 27, 30, July 7, 11, 14, and 18th=\$24** One hour of stretching safely while seated in a chair using your own body, wooden dowels, foam balls and paper plates. You will feel great without being winded, warm up without feeling sweaty and give your body the stretching it needs to maintain balance and flexibility. Call to 508-430-7550 to register.

### HATHA YOGA WITH MICHELE INSLEY

Hatha yoga classes offered throughout the year and welcome all levels. Postures and stretches are used in combination with the breath and humor to stretch the muscles, strengthen joints, improve balance and have fun! Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation. Classes are currently being offered every **Tuesday, Thursday & Saturday, from 9-10:30am ongoing until June 15th** at the Harwich Community Center. COST=\$15 per session, \$60 for 6 sessions. **Starting June 17th classes run from 9:30-10:45 a.m.** For more information or to inquire about classes, please contact Michele Insley, E-RYT500 at [micheleinsley@gmail.com](mailto:micheleinsley@gmail.com) or 508-360-7227.

### 30/30 CLASS

Tuesdays/Thursdays 5:00 – 6:00 PM Multi-purpose room. One hour of total body fitness! 30 minutes of low-impact aerobics to music followed by 30 minutes of weights, balance, and floor work. Easy to follow, adaptable to multi-levels, join anytime. Classes are ongoing. For more information to contact Michele email her at [su-sanhq@comcast.net](mailto:su-sanhq@comcast.net)

### MARY ANN DEMELLO-AEROBICS/EXERCISE BALL

Burn fat with 25 Minutes of low-impact-aerobics and 25 minutes of great abdominals and resistance training using the Exercise Ball! **Tuesdays at 8:30 a.m.–9:30 a.m. and Thursdays at 9:30 a.m.-10:30 a.m.** The cost is \$10.00 per class and it is pay as you go. Call Mary Ann at 774-994-0061 for questions. about her personal training or her classes.

## MAY 2017

### Senior Dining Program Menu

Please call 430-7550 for reservations by 11am the day prior to the meal you want to attend & for any cancellations. **Menu items subject to change by COA Chef.**

**Lunches are \$3 for Harwich residents and \$4 for Non residents. Supper Club is \$5 for residents and \$6 for Non Residents**

| MONDAY                                                                                                                  | TUESDAY                                        | WEDNESDAY                                    | THURSDAY                                                      | FRIDAY                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>1. SUPPER CLUB</b><br>Roast Beef Dinner with Potato & vegetable.<br>Liz Saunders performs                            | 2. Ham Steak with Potato & Vegetable           | 3. Linda's Homemade Pizza & salad            | 4. Turkey Reuben with chips and Coleslaw                      | 5. Fish Sandwich with French Fries & Coleslaw                                                                               |
| <b>8. SUPPER CLUB</b><br>Turkey Dinner with Potato & vegetable<br>Geno Shurick performs<br>Sinatra                      | 9. Italian Combo Plate with Salad              | 10. Hot Ham & Cheese with Soup & Chips       | 11. Swedish Meatballs with Egg Noodles & Vegetable            | <b>12. Men's Breakfast</b><br><br><b>NO LUNCH TODAY</b>                                                                     |
| <b>15. SUPPER CLUB</b><br>Vegetable Lasagna, Salad & Garlic Bread<br>Harry French performs                              | 16. Hot Dog with Chips & a Pickle              | 17. Linda's Homemade Chili with Cornbread    | 18. Super Salad with Tuna and a roll                          | 19. <b>WOMEN'S BREAKFAST</b><br>(Provided by Woodlands Assisted Living Chef)<br><br>Salisbury Steak with Potato & Vegetable |
| <b>22. SUPPER CLUB</b><br>Baked Stuffed Filet of Sole, Potato & veggie<br>Ritchie Berns performs<br>on guitar & Singing | 23. Pulled Pork Sandwich with Coleslaw & Chips | 24. Taco Boat with Rice                      | 25. Bubba Burger with bacon, Swiss Cheese, Mushrooms & Chips. | 26. Shrimp with Rice & Vegetable                                                                                            |
| <b>29. MEMORIAL DAY ALL TOWN OFFICES ARE CLOSED</b>                                                                     | 30. Cranberry Chicken with Rice & Vegetable    | 31. Egg Salad Sandwich with Coleslaw & Chips |                                                               |                                                                                                                             |



## JUNE 2017

### Senior Dining Program Menu

Please call 430-7550 for reservations by 11am the day prior to the meal you want to attend & for any cancellations. **Menu items subject to change by COA Chef**  
**Lunches are \$3 for Harwich residents and \$4 for Non residents. Supper Club is \$5 for residents and \$6 for Non Residents**

| MONDAY                                                                                                           | TUESDAY                                  | WEDNESDAY                                                  | THURSDAY                                                    | FRIDAY                                                                                                             |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                                                                                                                  |                                          |                                                            | 1. Tuna Roll with Coleslaw & Chips                          | 2.. Grilled Cheese and Bacon Sandwich with Chips & a Pickle                                                        |
| 5. <b>SUPER CLUB</b><br>Chicken Parmesan with Salad & Ziti<br><b>John Root Performs- Cultural Council Grant</b>  | 6. Scallops with Rice & a Vegetable      | 7. Chicken Salad Sandwich with Chips & Coleslaw            | 8. Roast Beef Sandwich with Coleslaw & Chips                | 9. <b>Men's Breakfast</b><br><b>NO LUNCH TODAY</b>                                                                 |
| 12. <b>SUPPER CLUB</b><br>Meatloaf with Potato & Vegetable<br><b>Geno Shurick performs Sinatra</b>               | 13. Chicken Fajita Boat with Rice        | 14. Stuffed turkey Breast with Potato & Vegetable          | 15. Ham & Swiss Club with French Fries & Cole-slaw          | 16. <b>Women's Breakfast</b><br>(provided by the Woodlands As-sisted Living)<br><br>Linda's Homemade Pizza & Salad |
| 19. <b>SUPPER CLUB</b><br>Chicken Cordon Bleu with Rice & Vegetable<br><b>Ritchie Bern Guitar &amp; Sing-ing</b> | 20. Vegetable Strata with Sal-ad & Fruit | 21. Bubba Burger with Let-tuce, Tomato, Chips and a Pickle | 22. Italian Sausage & Pep-pers with French Fries & Coleslaw | 23. Super Salad Plate with Crab-meat                                                                               |
| 26. Ham and Beans, Potato Salad, Brown bread and Coleslaw<br><b>Ukulele Group Performs</b>                       | 27. Pork Chop with Potato & vegetable    | 28. Fried Chicken with Potato & Vegetable                  | 29. Baked fish with Potato & Vegetable                      | 30. Egg Salad Roll with Chips & a Pickle                                                                           |

## BREAKFAST AT WINGATE OF HARWICH-JOIN US!!

**HARWICH**—Wingate Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, May 26th at 8 a.m. and Friday, June 30th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. WINGATE is located at 111 Headwaters Drive just off Route 124. (Formerly EPOCH of Harwich).



## Reiki & Zero Balancing Treatments

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20-minute treatment. Next Reiki Clinic will be on **Tuesday, June 20th** by appt. 9-11:40 a.m. and **"There will be availability for two people at one time to be treated. Tables will be set up and an additional practitioner will be available. Couples are welcome."** **Zero Balancing** with **Marcia Moeder**, a powerful body-mind therapy that uses skilled touch to address the relationships between energy and structures within the body **Thursday, May 11th and June 8th 1-3 p.m. And then Marcia will return in September.** To schedule your appt. with Marcia call 508-430-7550 .

## ALZHEIMER'S SUPPORT GROUP FOR PATIENTS AND FAMILIES



The Alzheimer's Family Support Center of Cape Cod and the Harwich Council on Aging are partnering to offer our Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Dates: May 3rd & 17th and June 7th and 21st.** An activity group for

people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered FREE OF CHARGE, thanks to the generous support of the "Remembery Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN. For more info, to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170. JOIN US FOR THE REMEMBERY WALK, SAT. MAY 13TH AT 11:00 AT BROOKS PARK!!**



## CRANBERRY COACH VAN SCHEDULE

**MONDAYS ARE SUPPER CLUB NIGHT SERVING AT 5:00 P.M.**

**Mondays:** May 1st: Dennisport Job Lot Dollar Store May 8th Market Basket May 15th Trader Joe's & Christmas tree Shop Plaza May 22nd Orleans Trip Monday May 29th Memorial Day-Town Offices Closed. June 5th 3 local Thrift Stores June 12th Market Basket June 19th Patriot Square & Movies June 26th Cape Cod Mall & KMart

**Tuesdays:** Senior Dining Program & Shaw's in afternoon.

**Wednesdays:** Senior Dining Program and Stop & Shop in the afternoon

**Thursdays:** Senior Dining Program & Stop & Shop & Harwich Food Pantry.

**Fridays:** Senior Dining Program and Current Events at Brooks Library

The Cranberry Coach will transport to and from any COA Program as well as bring Volunteers to COA to work. All **Monday Trips must have a minimum of 6 to make the trip.** Call 508-241-1566. You must call by the day before to make your reservation for the van for any program.

# Harwich Community Center Events

100 Oak Street

(508) 430-7568

[www.harwichcommunitycenter.org](http://www.harwichcommunitycenter.org)

## Monday

|                        |                  |
|------------------------|------------------|
| Morning Tennis         | 6:30AM – 8AM     |
| Walking Club           | 8AM – 9AM        |
| Quilt Bank             | 10AM – 2PM       |
| Lvl 2 Line Dancing     | 9:15AM – 10AM    |
| Line Dancing           | 10AM – 10:45AM   |
| Adult Tennis           | 10:30AM – 12PM   |
| Men's 55+ Basketball   | 12:30PM – 2:30PM |
| Bridge II              | 1PM – 3PM        |
| Overeaters Anonymous   | 2PM – 3PM        |
| Corn Hole Toss         | 3PM – 4:30PM     |
| Crafting & Confections | 3:30PM – 5PM     |
| Supper Club            | 5PM – 7PM        |

## Tuesday

|                      |                 |
|----------------------|-----------------|
| Walking Club         | 8AM – 9AM       |
| MLS                  | 8AM – 10AM      |
| Yogini               | 8AM – 9AM       |
| Mary Ann's Exercise  | 8:30AM – 9:30AM |
| Diet Support         | 9AM – 10AM      |
| Mah Jongg            | 9AM – 12PM      |
| Yoga                 | 9AM – 10:30AM   |
| Children's Playgroup | 9AM – 12:00PM   |
| Volleyball           | 11AM – 1PM      |
| Ukulele Club         | 7PM – 8:30PM    |
| Town Band            | 7PM – 9PM       |
| Insight Meditation   | 7PM – 9PM       |

## Wednesday

|                        |                   |
|------------------------|-------------------|
| Business Network Intr. | 6:45AM-8:30AM     |
| Morning Tennis         | 6:30AM – 8AM      |
| Super/Senior Fit       | 8:15AM – 10:45AM  |
| Foot Fit               | 8:30Am – 11:30AM  |
| Wellness Clinic        | 9AM – 12PM        |
| Clutterers Anonymous   | 9:30AM – 10:30AM  |
| Wednesday Stitchers    | 10AM – 3PM        |
| Pickleball             | 10:45AM – 12:30PM |
| Men's 55+ Basketball   | 12:30PM – 2:30PM  |
| Mah Jongg              | 1PM – 4PM         |
| Community Orchestra    | 6PM – 8:45PM      |
| Swing Band             | 7PM – 9:30PM      |
| NA                     | 7:30PM – 9PM      |

## Thursday

|                       |                |
|-----------------------|----------------|
| Walking Club          | 8AM – 9AM      |
| Lower Cape BNI        | 7:30AM – 9AM   |
| CC Business Referrals | 7AM – 8:30AM   |
| Yogini                | 8AM – 9AM      |
| Yoga                  | 9AM – 10:30AM  |
| Mary Ann's Exercise   | 9:30AM 10:30AM |
| Children's Playgroup  | 10AM – 11:30AM |
| Overeaters Anonymous  | 10AM – 11AM    |
| Lvl 2 Line Dancing    | 9:15AM – 10AM  |
| Line Dancing          | 10AM – 10:45AM |
| Adult Tennis          | 10:30AM – 12PM |
| Cribbage              | 1PM – 3PM      |
| Harwich Artists       | 1PM – 4PM      |
| Swing Dance Night     | 5PM – 6:30PM   |
| Exercise Class        | 6PM – 7PM      |
| NA                    | 7:30PM – 9PM   |

## Friday

|                      |                  |
|----------------------|------------------|
| Super/Senior Fit     | 8:15AM – 10:45AM |
| Foot Fit             | 8:30AM – 11:30AM |
| Mindful Yoga         | 9AM – 10:15AM    |
| Volleyball           | 11AM – 1PM       |
| Men's 55+ Basketball | 1PM – 3PM        |
| ALANON               | 5:30PM-6:30PM    |

## Saturday

|                |                 |
|----------------|-----------------|
| Yoga           | 9AM – 10:30AM   |
| Exercise Class | 8:30AM – 9:30AM |

**\*\* For more information about specific class schedules, as well as contact information for groups & instructors, please contact the Community Center at the number above\*\***

M  
A  
Y

- **Town Meeting**  
May 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>
- **Chamber of Commerce Toast of Harwich**  
May 5<sup>th</sup>
- **Town Election**  
May 16<sup>th</sup> – 7AM-8PM
- **Sampson Fund for Vet Care**  
May 20<sup>th</sup> – 9AM-1PM
- **Blood Drive (Red Cross)**  
May 26<sup>th</sup> – 10AM-3PM

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E

- **Blood Drive (Outside)**  
June 1<sup>st</sup> – 10AM-4PM
- **Beach Stickers on Sale!!**  
June 12<sup>th</sup> –
- **Wild Care Yard Sale**  
June 10<sup>th</sup> –

## \*\*Building Hours\*\*

**Monday – Friday** 6AM – 10PM  
**Saturday** 9AM – 5PM

*Closed on Sunday & major holidays*

◆ **CLOSED on May 29<sup>th</sup>**



## **BOOKS ON WHEELS**

"Can't get to the library? Love to Read? Try Books on Wheels. This is a free delivery program sponsored by the Friends of the **Brooks Free Library**, and is a long running program designed to bring the library to Harwich residents who are unable to come to our building. The need may be long-term or temporary. We deliver 2 times each month, and call before each delivery to check on your needs for that week. In addition to requesting books, you may also enjoy DVD's. Along with delivering your new items, we also pick up your prior delivery. You tell us what types of books and the authors you enjoy, as well as how many items you would like delivered. It's easy. It's fun. It's Free. We would love to hear from you. To sign up or have any questions you may have answered, just call the Brooks Library - 508-430-7562. "

### **FROM THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

#### **Do you have difficulty reading or holding books and newspapers?**

The Talking Information Center Network (**TIC**) is a radio reading service that provides around the clock programming for the blind, visually impaired or otherwise disabled. Tune in to volunteers as they read state and local newspapers, magazines, periodicals and other information about state programs and events. **HOW TO LISTEN:** Call TIC at **781-834-4400** to order a radio receiver. **Listen** by telephone: call **712-832-7025**. **Listen** via website: [www.ticnetwork.org](http://www.ticnetwork.org) **Download** our **free app** on your phone. ~~~~~

#### **DO YOU KNOW ABOUT THE ORLEANS DAY CENTER???**

The Day Center, located within the Orleans Senior Center, is a community-based, adult supportive day program serving residents from Orleans, **Harwich**, Chatham and Brewster. We offer a safe, caring, person-centered environment for older adults with cognitive disabilities, and for those in need of socialization. The program also serves as much needed **respite for caregivers**. **Hours are Monday through Thursday from 9:30 am until 3:00 pm.**

Daily activities include: current events, a nutritious lunch, fitness art and music classes, special holiday events and guest speakers. Our average daily census is 10-12 clients with a staff-client ratio of 1:6. Fees for a full day is \$40 per day for Orleans residents and \$55 for residents from outside of Orleans. Financial assistance is available. Transportation is provided by family or by CCRTA. For more information, please call The Day Center at (508) 255-6333.

#### **WHAT IS A MOON? IT'S NOT WHAT YOU THINK!!!!!!!!!!!!**

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

## **It's classic "mom" advice: *Eat your greens.* And you know what? Moms are right!**

In fact, one of the best pieces of advice I can give you, if you want to stay slim and healthy for your whole life, is to load your plate with greens every day. Here's why:

- The fiber in greens fills you up, so you eat less and stay slim.
- That same fiber reduces blood sugar swings, helps to regulate your cholesterol, and keeps you regular.
- The vitamins, minerals, and phytonutrients in greens do everything from protecting your skin from sun damage to keeping your bones strong to lowering your risk for cancer.

So working leafy greens into your diet every day is really, really important. However, I know that over time, you can develop "salad fatigue." (Believe me, I've been there.) And even green drinks and veggie-filled smoothies can get a little old, if you eat them every day.

But not to worry! If you find yourself getting burned out on salads, green drinks, and smoothies, here are seven other easy ways to work greens into your diet.

### **Make wraps.**

You can use all sorts of greens in place of bread—for instance, Romaine, cabbage, and even blanched collard greens. To make a basic wrap, simply load your leaves with a high-quality, additive-free lunch meat. Add some sliced tomato and avocado (and any other extras you like), and slap on a little mustard, sriracha, or avocado mayo. Then fold everything up into a "burrito" or "taco" shape, and voila!—you have a super-healthy, low-carb sandwich. For variety, try egg salad or tuna salad, or go gourmet with an Asian lettuce wrap.

### **Make kale chips.**

These are fast, easy, and crunchy, and even people who *hate* kale love them. The only trick is to watch them very carefully, so they don't burn.

### **Cook up a frittata.**

Frittatas have so many advantages: They're delicious, they're versatile, and they're simple. And here's another point in their favor: They're a terrific place to add those greens! For instance, check out the recipe on the next page for a "BLT Frittata" using spinach, kale, or chard.

### **Cook your greens.**

For a change of pace, serve cooked greens instead of a salad. Here are two easy ways to do it: If you're cooking a tender green such as spinach or bok choy, a quick sauté or stir-fry will do the trick. If you're cooking bitter greens such as collards, dandelion greens, or turnip greens, you can sauté them with pork fat or bacon and then cook them in chicken broth (preferably bone broth, of course!) until they're tender.

One reminder: If you cook your greens with bacon, be sure to use a nitrate, sugar, and gluten-free

## BLT Frittata Recipe

8 eggs  
4 slices bacon, cooked and chopped  
3-4 cups spinach (or other greens of your choice)  
1 large tomato, sliced and seeded  
1 tbsp almond milk  
1/2 tsp salt  
1/4 tsp pepper  
2 tbsp chopped fresh basil  
1 tbsp extra virgin olive oil



**Instructions:** Preheat oven to 400 degrees F. In a medium bowl, whisk together the eggs, milk, basil, salt and pepper. Set aside. Heat olive oil in a 10-inch nonstick skillet over medium heat. Add greens and cook 3-4 minutes until wilted. Add in bacon and stir. Add egg mixture to the pan and place tomatoes on top. Using a spatula, occasionally lift the edges to allow uncooked egg to run under. When the frittata has set, transfer to the oven and cook for 12-15 minutes or until egg is cooked through. Cut into wedges and serve warm. Serves 5. **OR HOW ABOUT POURING THE INGREDIENTS INTO A MUFFIN TIN AND THEN YOU WILL HAVE 5 INDIVIDUAL SERVINGS!**

### **HAVE YOU HAD YOUR HOME SAFETY ASSESSMENT DONE YET?**

This program is a joint venture with the Harwich Council on Aging and the Harwich Fire Department. 2 Staff come to your home with clipboard in hand and a safety assessment checklist that includes smoke detectors and carbon monoxide detectors. We also check for Fall Prevention items such as scatter rugs and flashlights and how your snow removal is taken care of. This is a free service and can be done by calling the COA for an appointment at 508-430-7550. When you call, please have ready your name, address, phone and approx. age of your home. If we have batteries or detectors that will work in your home that have come through the grant we will use them. If not, and you want to purchase them, that works as well. The Fire Association purchases items in bulk that we could sell to you at cost. This is a donation check made payable to the Harwich Fire Association which is tax deductible. The next available Assessment dates are: **May 15th, June 5th and June 19th** and appt.'s are 1 hour and begin at 9:00 and the last appt. is at 12 noon.

#### **Demystifying Dementia I Wednesday, May 17, 12:15-1:45**

##### **Harwich Council on Aging**

The Alzheimer's Family Support Center of Cape Cod is proud to announce our first dementia-friendly educational series, Demystifying Dementia, with Patricia Collins, Director of Outreach for the AFSCCC. A full range of basic information will be provided, as well as plenty of time for questions and discussion. Please call the Alzheimer's Family Support Center at (508) 896-5170 to register **by May 10th**, and for information about any of our free services.

#### **Demystifying Dementia II**

**Wednesday, May 31, 12:15-1:45 pm (R.S.V.P. by May 24th)**

The Alzheimer's Family Support Center of Cape Cod presents the second seminar in our series Demystifying Dementia, with Patricia Collins, Director of Outreach for the AFSCCC. **Demystifying Dementia II** discusses the different stages of cognitive decline and associated behaviors, current research, and where our communities might be headed in relation to dementia diseases in the years to come. Participants do not need to have taken Demystifying Dementia I in order to attend. **Please call the Alzheimer's Family Support Center at (508) 896-5170 to register, for either or both seminars and for information about any of our free services.**

# HARWICH COUNCIL ON AGING CALENDAR MAY 2017


| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p>1:7:00 Walking Club-Gym<br/>                     9:00 Walking Club Brooks Park<br/>                     1:00-3:00 Bridge with Nancy<br/>                     1-4:00 Open Game Rm &amp; Gym 1/2<br/>                     2-3:00 Overeaters Anonymous<br/>                     5:00 Supper Club-Liz Saunders Performs</p>  <p><b>COA Van-Dennisport: Job Lot &amp; Dollar Store.</b></p> | <p><b>2</b><br/>                     7:00 Walking Club-Gym<br/>                     8:30 Mary Ann's Ex's &amp; the Ball<br/>                     9:00 Free Hearing Screenings-<br/>                     Barbara Eaton<br/>                     9:00 Nutrition &amp; Diet Support<br/>                     9-12 Mah Jongg<br/>                     9-12 S.H.I.N.E. Counseling<br/>                     9:00 Yoga with Michele<br/>                     10-12 Sight Loss Support Grp.<br/>                     11-1 50+. Volleyball-Gym<br/>                     11:30 Sr. Dining Program<br/>                     1:00 Legal Services-Elizabeth Lynch, Esq by appt<br/>                     1-4:00 Open Game Rm<br/>                     5:00 30/30 Fitness<br/>                     6:00 Exercise Class with Jill Brown</p> | <p><b>3</b><br/>                     9:00 Walking Club Brooks Park<br/>                     8:30 Pilates Mat Class<br/>                     8:30-9:30 Superfit with Charlie<br/>                     9:30-12 Wellness Clinic<br/>                     Town RN<br/>                     9:30 Footfit Class<br/>                     9:30-10:30 Seniorfit -Charlie<br/>                     9:30 COA BOARD MTG<br/>                     9:30 Clutterer's Anonymous<br/>                     10:30-12 Caregiver Support Grp<br/>                     Call Alzheimer's Family Support Ctr 508-896-5170<br/>                     11:30 Sr. Dining Program<br/>                     1:00 Legal Services with Tom Kosman, Esq. by appt.<br/>                     1-4:00 Open Game Rm &amp; Gym 1/2<br/>                     6-7:30 Dad's Support Group</p> | <p><b>4</b><br/>                     Stop &amp; Shop COA Van<br/>                     7:00 Walking Club-Gym<br/>                     9:00 Yoga with Michele<br/>                     9:30 Mary Ann's Ex's &amp; the Ball<br/>                     10-11 Overeaters Anonymous<br/>                     10:30-12 Open Tennis-Gym<br/>                     11:30 Sr. Dining Program<br/>                     1:00 Cribbage Game<br/>                     2:00 Harwich Family Food Pantry<br/>                     1-4:00 Game Room Open<br/>                     5:00 30/30 Fitness<br/>                     7-9:30 pm Anything but Bridge</p>                         | <p><b>5</b><br/>                     8:30 Pilates Mat Class<br/>                     8:30-9:30 Superfit with Charlie<br/>                     9:00 Walking Club- Brooks Park<br/>                     9-12 S.H.I.N.E. Counseling<br/>                     9:00 Mindful Yoga with Kathie<br/>                     9:30 Footfit Class<br/>                     9:30-10:30 Seniorfit -Charlie<br/>                     9:30 Balance Class<br/>                     10-11:30 Blood Pressure Clinic<br/>                     RN-Bayada Nursing<br/>                     11-1:00 50+ Volleyball-Gym<br/>                     11:30 Senior Dining Program<br/>                     1-4:00 Game Room Open<br/>                     1:00 COA Bicycle Group meets at Brooks Pk if weather permits<br/>                     2:00 Current Events Brooks Library.</p>                                                                                                                                                                                                                                                                            |
| <p><b>8</b><br/>                     7:00 Walking Club-Gym<br/>                     9:00 Walking Club Brooks Park<br/>                     1:00-3:00 Bridge with Nancy<br/>                     1-4:00 Open Game Rm &amp; Gym 1/2<br/>                     2-3:00 Overeaters Anonymous<br/>                     5:00 Supper Club-Geno Shurrick<br/>                     COA Van-Market Basket Store</p>                                                                    | <p><b>9</b><br/>                     7:00 Walking Club-Gym<br/>                     8:30 Mary Ann's Ex's &amp; the Ball<br/>                     9:00 Nutrition &amp; Diet Support<br/>                     9-12 Mah Jongg<br/>                     9-12 S.H.I.N.E. Counseling<br/>                     9:00 Yoga with Michele<br/>                     10-12 50+. Volleyball-Gym<br/>                     11:30 Sr. Dining Program<br/>                     1:00 Balance Class today<br/>                     11-1 50+. Volleyball-Gym<br/>                     11:30 Sr. Dining Program<br/>                     1-4:00 Open Game Rm<br/>                     5:00 30/30 Fitness<br/>                     6:00 Exercise Class with Jill Brown</p>                                                                         | <p><b>10</b><br/>                     8:30 Pilates Mat Class<br/>                     8:30-9:30 Superfit with Charlie<br/>                     9:00 Walking Club Brooks Park<br/>                     9:30 Footfit Class<br/>                     9:30-12 Wellness Clinic<br/>                     Town RN<br/>                     9:30-10:30 Seniorfit- Charlie<br/>                     9:30 Clutterer's Anonymous<br/>                     10:00 Friends of Harwich COA Board Mtg.<br/>                     11:30 Sr. Dining Program<br/>                     1-4:00 Open Game Rm &amp; Gym 1/2<br/>                     7-8:30 Compassionate friends grp.</p>                                                                                                                                                                                  | <p><b>11</b><br/>                     Stop &amp; Shop COA Van<br/>                     7:00 Walking Club-Gym<br/>                     9:00 Yoga with Michele<br/>                     9:30 Mary Ann's Ex's &amp; the Ball<br/>                     10-11 Overeaters Anonymous<br/>                     10:30-12 Open Tennis-Gym<br/>                     11:30 Sr. Dining Program<br/>                     1:00 Cribbage Game<br/>                     1:00 ZERO BALANCING WITH MARCIA MOEDER by appt. only<br/>                     1-4:00 Game Room Open<br/>                     2:00 Harwich Family Food Pantry<br/>                     5:00 30/30 Fitness</p> | <p><b>12</b><br/>                     8:30 Pilates Mat Class<br/>                     8:30-9:30 Superfit with Charlie<br/>                     8:30-2:30 Betty Brady's Foot Care Clinic by Appt.<br/>                     9:00 Walking Club- Brooks Park<br/>                     9:00 MEN'S BREAKFAST followed by Men's Book Club<br/>                     9-12 S.H.I.N.E. Counseling<br/>                     9:00 Mindful Yoga with Kathie<br/>                     9:30 Balance Class<br/>                     9:30 Footfit Class<br/>                     9:30-10:30 Seniorfit -Charlie<br/>                     10-11:30 Blood Pressure Clinic<br/>                     RN-Wingate Nursing &amp; rehab.<br/>                     11-1:00 50+ Volleyball-Gym<br/>                     NO Senior Dining Program<br/>                     1-4:00 Game Room Open<br/>                     1:00 COA Bicycle Group meets at Brooks Pk if weather permits<br/>                     2:00 Current Events Brooks<br/>                     Remember Walk-for Alzheimer's tomorrow May 13th at 11:00 a.m. @ Brooks Park, Harwich Ctr.</p> |

**HARWICH COUNCIL ON AGING MAY 2017 CALENDAR PG 2**

| Monday                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><b>15</b><br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/><b>9:00-12:00 Social Security Machine Live by Appt.!!</b><br/>1-4:00 Open Game Rm &amp; Gym<br/>1:00-3:00 Bridge with Nancy<br/>2-3:00 Overeaters Anonymous<br/>5:00 Supper Club Harry French performs<br/>COA Van-Trader Joes &amp; Xmas Tree Shops</p> | <p><b>16</b> 7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9:00 Yoga with Michele<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:30 Balance Boosters</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>12:15 Demystifying Dementia I Seminar</b><br/><b>12:30-2:00 Consumer Scams &amp; Consumer Rights, Em. Mgmt. Dept. &amp; Consumer Assistance Council</b><br/>1-4:00 Open Game Rm<br/><b>3:45 Girl Power!</b><br/>5:00 30/30 Fitness<br/>6:00 Exercise Class with Jill Brown</p> | <p><b>17</b><br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/><b>9:30-12 Wellness Clinic Town RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/><b>10:30-12 Caregiver Support Grp</b><br/><b>Call Alzheimer's Family Support Ctr 508-896-5170</b><br/>11:30 Sr. Dining Program<br/><b>12:30-2:00 "Relaxation" Hypnotism Program Erika Slater, CH</b><br/>1-4:00 Open Game Rm &amp; Gym<br/>1/2</p> | <p><b>18</b><br/><b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11 Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>1-4:00 Open Game Rm<br/>2:00 Harwich Family Pantry<br/>5:00 30/30 Fitness</p> | <p><b>19</b> 8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie</b><br/><b>9:00 1ST WOMEN'S BREAKFAST!! R.S.V.P.</b><br/><b>9:30 NO Balance Boosters</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/><b>10-11:30 Blood Pressure Clinic</b><br/><b>R.N. with Bayada Nursing</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</b><br/><b>2-4 AUTHOR'S TEA see flyer</b><br/>2:00 Current Events Brooks Library</p> |
| <p><b>22</b><br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/>1:00-3:00 Bridge with Nancy<br/>2-3:00 Overeaters Anonymous<br/>4:00 Open Game Rm &amp; Gym<br/>5:00 Supper Club-Ritchie Bern on Guitar &amp; Songs<br/>COA Van Orleans Trip</p>                                                                         | <p><b>23</b> 7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Yoga with Michele<br/><b>9:30 NO Balance Boosters</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm<br/><b>3:45 Girl Power!</b><br/>5:00 30/30 Fitness<br/>6:00 Exercise Class Jill Brown</p>                                                                                                                                                                  | <p><b>24</b><br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/><b>8:30-11:30 Betty Brady's Foot Clinic</b><br/>9:00 Walking Club Brooks<br/><b>9:30-12 Wellness Clinic-Town RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/>11:30 Sr. Dining Program<br/><b>12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt</b><br/>1-4:00 Open Game Rm &amp; Gym</p>                                                                 | <p><b>25</b><br/><b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11 Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>1-4:00 Open Game Rm<br/>2:00 Harwich Family Pantry<br/>5:00 30/30 Fitness</p> | <p><b>26</b> 8:00 FREE Wingate Bkfst<br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie</b><br/><b>9:30 NO Balance Boosters</b><br/>9:30-10:30 Seniorfit with Charlie<br/>9:30 Footfit Class<br/><b>10-11:30 Blood Pressure Clinic</b><br/><b>R.N. with Wingate of Harwich</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</b><br/>2:00 Current Events Brooks library</p>                                                        |
| <p><b>29 MEMORIAL DAY-ALL TOWN OFFICES ARE CLOSED</b></p>                                                                                                                                                                                        | <p><b>30</b> 7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Yoga with Michele<br/><b>9:30 NO Balance Boosters</b><br/>11-1 50+ Volleyball-Gym<br/><b>11:30 Sr. Dining Program</b><br/><b>3:45 Girl Power!</b><br/>5:00 30/30 Fitness<br/>6:00 Exercise Class Jill Brown</p>                                                                                                                                                                                   | <p><b>31</b><br/>8:30 Pilates Mat Class<br/>9:00 Walking Club Brooks<br/><b>9:30-12 Wellness Clinic-Town RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>9:30 Footfit Class<br/>11:30 Sr. Dining Program<br/><b>12:15 Demystifying Dementia II Seminar</b><br/>1-4:00 Open Game Rm &amp; Gym<br/>1/2</p>                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |



# HARWICH COUNCIL ON AGING CALENDAR JUNE 2017

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                               | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p>5<br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/>1-3:00 Bridge with Nancy Blezard<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/>2-3:00 Overeaters Anonymous<br/>5:00 Supper Club-John Root Cultural Council grant Performs</p>  <p>4-6 CARD MAKING -CREATE 5 CARDS \$15 R.S.V.P. REQUIRED<br/>COA Van-3 Local Thrift Stores</p> | <p>6<br/>7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Free Hearing Screenings- Barbara Eaton<br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Yoga with Michele<br/>9:30 Balance Boosters with Barbara-Anne<br/>10-11:30 Sight Loss Support Grp.<br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>1:00 Legal Services-Elizabeth Lynch, Esq by appt<br/>1-4:00 Open Game Rm<br/>3:45 Girl Power!<br/>5:00 30/30 Fitness<br/>6:00 Exercise Class with Jill</p> | <p>7<br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/>9:30-10:30 Seniorfit Charlie<br/>9:30 FootFit Class<br/>9:30 COA BOARD MTG<br/>9:30-12 Wellness Clinic Town RN<br/>9:30 Clutterer's Anonymous<br/>10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170<br/>11:30 Sr. Dining Program<br/>1:00 Legal Services with Tom Kosman, Esq. by appt.<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/>6-7:30 Dad's Support Group</p> | <p>8<br/>Stop &amp; Shop COA Van<br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/>10-11 Overeaters Anonymous<br/>1:00 Cribbage Game<br/>2:00 Harwich Family Food Pantry<br/>1-4:00 Game Room Open<br/>5:00 30/30 Fitness</p> | <p>9<br/>8:30-3:30 Betty Brady's Foot Clinic<br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club- Brooks Park<br/>9:00 MEN'S BREAKFAST, followed by Men's Book Club<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Mindful Yoga with Kathie<br/>9:30 Balance Boosters with Barbara-Anne<br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/>10-11:30 Blood Pressure Clinic<br/>RN-Wingate of Harwich Nursing<br/>11-1:00 50+ Volleyball-Gym<br/>NO Senior Dining Program<br/>12:00 Current Events Brooks Library<br/>1-4:00 Game Room Open<br/>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</p> |
| <p>1<br/>Stop &amp; Shop COA Van<br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/>10:30-12 Open Tennis-Gym<br/>10-11 Overeaters Anonymous<br/>10am-4pm Cape Cod Healthcare Blood Mobile (outside)<br/>11:30 Sr. Dining Program<br/>1:00 Cribbage Game<br/>2:00 Harwich Family Food Pantry<br/>1-4:00 Game Room Open<br/>5:00 30/30 Fitness</p>                                       | <p>2<br/>8:30 Pilates Mat Class<br/>9:00 Walking Club- Brooks Park<br/>9:00 Mindful Yoga with Kathie<br/>9-12 S.H.I.N.E. Counseling<br/>9:30 NO Balance Boosters<br/>9:30 Footfit Class<br/>10-11:30 Blood Pressure Clinic<br/>RN-Bayada Nursing<br/>11-1:00 50+ Volleyball-Gym<br/>11:30 Senior Dining Program<br/>2:00 Current Events Brooks Free Library<br/>1-4:00 Game Room Open<br/>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</p>                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

| Monday                                                                                                                                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><b>12</b><br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/>1-3 Bridge with Nancy Blezard<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/>2-3:00 Overeaters Anonymous<br/>5:00 Supper Club Geno Shurick<br/>Sings Sinatra<br/>COA Van-Market Basket Trip<br/><b>Beach stickers go on sale today!!</b></p>                                                                                        | <p><b>13</b><br/>7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9:00 Yoga with Michele<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>1:00 REMEMBERING RFK PROGRAM with Rick Rm. 5</b><br/>1-4:00 Open Game Rm<br/><b>5:30-45 Girl Power!!</b><br/>:00 30/30 Fitness<br/><b>6:00 Exercise Class with Jill Brown</b></p>                                                       | <p><b>14</b><br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/><b>9:30-12 Wellness Clinic RN</b><br/>9:30-10:30 Seniorfit with Charlie<br/><b>9:30 Clutterer's Anonymous</b><br/><b>9:30 FootFit Class</b><br/><b>10:00 Friends of Harwich COA Board Mtg</b><br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/>Van-Stop &amp; Shop Market pm</p>                                                                                                                                   | <p><b>15</b><br/><b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11 Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>1-4:00 Open Game Rm<br/>2:00 Harwich Family Food Pantry<br/>5:00 30/30 Fitness</p> | <p><b>16 8:30 Pilates Mat Class</b><br/>8:30-9:30 Superfit with Charlie<br/><b>9:00 WOMEN'S BREAKFAST! R.S.V.P.</b><br/>9:00 Walking Club Brooks<br/><b>9:00 Mindful Yoga with Kathie</b><br/>9-12 S.H.I.N.E. Counseling<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/><b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</b><br/>2:00 Current Events Brooks Libr</p>                |
| <p><b>19</b><br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/><b>9:00-12:00 Social Security Machine Live by Appt. NEW!</b><br/><b>10:15 "What's U.P.? Class with Dr. Donna bender, PhD.</b><br/>1-3 Bridge with Nancy Blezard<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/>2-3:00 Overeaters Anonymous<br/>5:00 Supper Club-Ritchie Berns Performs<br/>COA Van-Patriot Square &amp; Mov-ies</p> | <p><b>20</b><br/>7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/><b>9:00 REIKI with Diane Thibodeau by appt. only</b><br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:30 Yoga with Michele<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>12:30-2 "SLEEP" Hypnotism Program Erika Slater, CH</b><br/>1-4:00 Open Game Rm<br/><b>3:45 Girl Power!</b><br/>5:00 30/30 Fitness<br/><b>6:00 Exercise Class with Jill</b></p> | <p><b>21</b><br/><b>8:30 Pilates Mat Class</b><br/>8:30 Walking Club Brooks Park<br/>8:30-9:30 Superfit with Charlie<br/><b>8:30-11:30 Betty Brady's Foot Clinic</b><br/>9:00 Walking Club Brooks Park<br/>9:30-10:30 Seniorfit with Charlie<br/><b>9:30 FootFit Class</b><br/><b>9:30-12 Wellness Clinic RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/><b>10:30-12 Caregiver Support Grp</b><br/>Call Alzheimer's Family Support Ctr 508-896-5170<br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm &amp; Gym<br/>Van-Stop &amp; Shop Market pm</p> | <p><b>22</b><br/>7:00 Walking Club-Gym<br/>9:30 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11 Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness</p>                                                                        | <p><b>23 8:30 Pilates Mat Class</b><br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks pk<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie</b><br/>9:30-10:30 Seniorfit with Charlie<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>9:30 Footfit Class<br/>11:30 Senior Dining Program<br/><b>10-11:30 Blood Pressure Clinic R.N. with Wingate Nursing</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</b><br/>1-4:00 Open Game Rm<br/>2:00 Current Events Brooks Lib</p> |
| <p><b>26</b><br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/><b>10:15 "What's U.P.? Class with Dr. Donna bender, PhD</b><br/>1-3 Bridge with Nancy Blezard<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/>2-3:00 Overeaters Anonymous<br/>5:00 Supper Club-Ukulele Group Performs<br/>COA Van-Cape Cod Mall &amp; K Mart</p>                                                                     | <p><b>27</b><br/>7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:30 Yoga with Michele<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness<br/><b>6:00 Exercise Class with Jill</b></p>                                                                                                                                                    | <p><b>28</b><br/>8:30 Pilates Mat Class<br/>8:30 Walking Club Brooks Park<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/>9:30-10:30 Seniorfit with Charlie<br/><b>9:30 FootFit Class</b><br/><b>9:30-12 Wellness Clinic RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt</b><br/>1-4:00 Open Game Rm &amp; Gym<br/>Van-Stop &amp; Shop Market pm</p>                                                                              | <p><b>29</b><br/>7:00 Walking Club-Gym<br/>9:30 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11 Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>12:30-2 "SLEEP" Hypnotism Program Erika Slater, CH</b><br/><b>1:00 Cribbage Game</b><br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness</p>          | <p><b>30 8:00 Wingate Breakfast</b><br/><b>8:30 Pilates Mat Class</b><br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks pk<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/><b>9:30 Balance Boosters</b><br/>11:30 Senior Dining Program<br/><b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</b></p>                                             |

## RICK'S VOLUNTEER CORNER



### **SPRING IS HERE, TIME TO VOLUNTEER!**

Many years ago, Aristotle wrote; "What is the essence of life? To serve others and do good". Those words are as true today as the day they were spoken. If you would like to enrich your life through volunteering we have needs in the following areas: Friendly Visitors, Medical Drivers, Greeters, Dining Room Aides and Front Desk Receptionists.

#### **Volunteer Job Descriptions:**

**Friendly Visitor**-Provide companionship to seniors who are isolated and have limited contact with family and friends.

**Desk Receptionist**-Respond to calls, make appointments, answer questions in person and on the phone.

**Greeter**-Answers questions about the COA and assists in the medical equipment loan program.

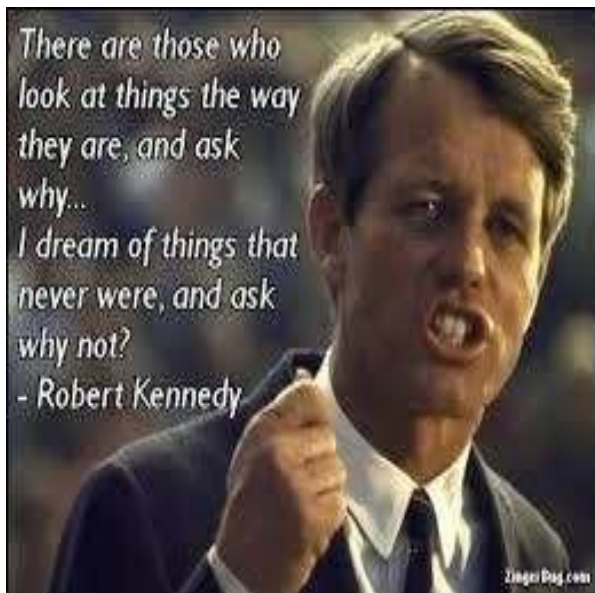
**Medical Drivers**-Drive seniors to medical appointments in the local area.

**Dining Room Aide**-Set up, serving and clean up for our luncheon and supper club programs.

We are please to welcome new volunteers: Liz Sutter in food Delivery; Deborah Lear Medical Driver and Food Delivery; Rev. Charles Morris, Medical Driver and Food Delivery; Kay Cooper, Friendly Visitor & Medical Driver and Beverly Farris, Medical Driver. Our featured volunteer (pictured at rt) is Jane Angiolillo, who has been a Staple on our Reception Desk for many years. Tuesday Mornings would not be Complete without her!!!!



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### **REMEMBERING RFK**

A discussion and film on the life and times of Robert F. Kennedy will be held at the Harwich Community Center on **Tuesday, June 13th, 2017 in Room #5 at 1pm**. Discussion and personal memories presented by Rick Anderson, Volunteer Coordinator, Harwich Council On Aging. Please pre-register by June 6th by calling (508) 430-7550 Ext. 13. Email: [randerson@town.harwich.ma.us](mailto:randerson@town.harwich.ma.us)

Please also let Rick know if you would like more of these historical programs in the future and topics of interest.



A WARM WELCOME TO CEMETERY DIRECTOR, ROBBIN KELLEY, WHOSE OFFICE IS NOW LOCATED ON THE COA SIDE OF THE HARWICH COMMUNITY CENTER. PLEASE STOP BY AND SAY HELLO AND WISH HER WELL. ROBBIN CAN BE REACHED AT 508-430-7549.



#### **NUTRITION & DIET SUPPORT GROUP**

- Want to watch your Weight for \$0.25 a visit?
- Learn what's important on Food Labels?
- Not Diet, but Eat Well, Eat Healthy.?
- Then come and join us!
- It works, and it's fun!
- We meet every **Tuesday mornings at 9:00 AM** at the Harwich Community Center. For more information call Ginny O'Halloran at 508-430-1909.

#### **THE PILATES SCHOOL has 2 classes AT THE HARWICH COMMUNITY CENTER**

**FOOT FIT:** Wednesdays & Fridays 9:30 a.m. \$15 per class. Instructor: Carolina Alcantara  
Do you droop? Does standing make you want to sit? Are you friends with your feet? Using the concepts of Pilates, learn to align, lengthen and strengthen your spine from a strong base of support. Good for all ages, the class is designed to help you sit taller, stand straighter and move better on happier feet, with tips for daily practice. Bring a mat to class.

**PILATES MAT:** Wednesdays and Fridays 8:30 a.m. \$20 per class. Instructor: Carolina Alcantara. Pilates improves: Posture, Flexibility, Strength & Attitude. Beginners encouraged-call now to pre-register: 508-432-2111



Local residents with one or more spare rooms needed to share their homes with one or more J-1 visa international university or post-graduate students with verified jobs from Provincetown to Falmouth!

Hosts can charge up to a maximum of \$140 a week per student for a furnished room and shared use of the home, depending on how many amenities are available, which are spelled out on the Information Form hosts fill out. J-1 students purchase their own food and supplies.

Director Rev. Catherine Boyle works confidentially with hosts, and posts suitable information on the Program's website. More information about this State Dept. cultural exchange program, and applications are available at [www.midcapej1housing.org/forhosts](http://www.midcapej1housing.org/forhosts).

#### **OVEREATERS ANONYMOUS MEETING AT THE COMMUNITY CENTER**

Mondays from 2:00-3:00 p.m. and again on Thursdays from 10:00-11:00 a.m.



## GIRL POWER NEEDS WOMEN MENTORS!!



Girl Power is a program administered by COA Director, Barbara- Anne Foley and Youth Counselor, Sheila House and carried out by Adult Women Volunteer Mentors age 60+ who together ALL work with Girls in Grades 3 and 4 at the Harwich

Community Center. This is a FREE after school program that empowers and educates young girls and encourages wonderful intergenerational relationships that often last well beyond the course period. The course ends with all joining the **Harwich 5k Road Race on Saturday, June 24th** where we all walk in the race together (all of the classes of Girl Power held since September). Additional, we host a **Pizza Party Friday June 23rd** with the Mentors, Girls and their families', when we will show photos of what Girl Power has been doing all year. **The last Girl Power Session will be Tuesday, May 16th through Tuesday, June 20th from 3:45 p.m.- 5:15 p.m.** All Adults must complete a C.O.R.I. Form in order to participate in this program. We are ALWAYS looking for NEW Adult Mentors and would love to have you join us. For more information, questions, or to register to be a Mentor for this session, please call Barbara-Anne Foley at 508-430-7550.

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**HEY JUST RELAX!!! IT IS MUCH EASIER SAID THAN DONE!  
AND HOW ABOUT YOUR SLEEP??? ARE YOU GETTING FEWER HOURS  
THAN YOU DID AS A YOUNGER PERSON?**

Join us for a new program, listen and learn from Certified Hypnotist, Erika Slater, who will dispel any misconceptions you may have about the benefits of hypnotherapy and at the same time help you to reach a more relaxed state of mind through hypnotism. This is a complimentary one day class.



**Date: May 17th 12:30-2:00 p.m. Room 3** with time for questions and answers. **Please pre-register for this event by Wednesday, May 10th at 508-430-7550.**

The second event has 2 sessions and a **fee for the service**. The topic will be **“Sleep”** and will be held on **Tuesday, June 20th and Thursday, June 29th both sessions will be from 12:30-2:00 p.m. in room 4** at the Community Center. **The fee is \$30 total** for both sessions and you must **pre-register by June 13th, 2017** by calling **508-430-7550**. Attendance at BOTH Sleep sessions is required. We must have 20 in attendance for this session to run, so please call as soon as possible as we do not want to have to cancel this program for lack of participation.

## Disabled Parking Placards Are Not Transferrable

When a person who holds a disabled parking placard passes away, the placard must be returned to the Registry of Motor Vehicles as soon as possible.

A disabled placard is only authorized for use by the person to whom it is issued.

### **Penalties for Misuse = \$500 citation & 30 day license suspension!**

Misuse of a disabled placard is illegal. A person who uses a disabled placard that was issued to somebody else (living or deceased) can face penalties.

When the RMV receives notice that a person has passed away, the deceased's placard is canceled and the RMV sends a letter to that person's estate to request that the placard be returned.

If you received a letter about the cancellation of a disabled placard that was issued to a person who is now deceased, please know:

- ♦ There will be no action taken against you, your Massachusetts driver's license, or your Massachusetts ID card as a result of the letter;
- ♦ The placard has been canceled and it is illegal for anybody to use it (even if it displays a future expiration date);
- ♦ If the placard has already been discarded, the customer does not need to take any further action; and
- ♦ If you have no way of contacting the estate of the deceased person, you can disregard the letter.
- ♦ If you have possession of the disabled placard, you should return the placard to the RMV at the following address: Registry of Motor Vehicles

Medical Affairs

ATTN: Returns

PO BOX 55889

Boston, MA 02205-5889

If you wish to keep the placard photo, please return the other sections of the placard, especially the placard number and expiration date.

Questions? Please contact Medical Affairs at 857-368-8020.



## Friends of the Harwich Council on Aging



**Mission:** To Support the Harwich Council on Aging, in ways not available by Town budget and to provide for Senior needs and programs.

A Non-Profit 501C3

Membership dues, donations, bequests, fundraisers support this mission.

May/June 2017

**PLEASE JOIN US FOR A HIGH TEA-FEATURING CAPE HISTORICAL AUTHORS,  
JAMES COOGAN AND JACK SHEEDY!**



Friday, May 19, 2017 from 2:00 to 4:00  
At the Harwich Community Center,  
100 Oak Street, Harwich, MA.

Tickets: \$20. For ticket information,  
contact: JoAnne Brown, 508-432-5956.

[joanne3brown@comcast.net](mailto:joanne3brown@comcast.net)

**Seasonal Raffle Baskets!** Seasonal Raffle Baskets! **Seasonal Raffle Baskets!**

This Event is being sponsored by: The Friends of the Harwich Council on Aging, a 501C3 Non-Profit.

### **Membership Form 2017-2018**

Checks Payable: FHCOA                      **Attn: Andrea Terney, Treasurer**  
100 Oak Street, Harwich, MA. 02645

Member: \_\_\_\_\_ Annual/Individual: \$5.00 \_\_\_\_\_

Member: \_\_\_\_\_ Lifetime/Individual: \$40.00 \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Additional Donation Appreciated: \$ \_\_\_\_\_

Designated for: Minibus Operation \_\_\_\_\_

### **Board of Directors**

Jack E. Brown, Chairman  
Andrea Terney- Treasurer  
JoAnne Brown, Secretary  
Richard Waystack  
Nicole Muller

**Council on Aging Board**

**Adrienne Johnson -Chair  
Joe Johnson-Vice Chair  
Ralph Smith  
Lee Culver  
Michael Smith  
Richard Waystack  
James Mangan**

**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 those 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 nominal cost practitioners.**

**Harwich Council on Aging  
Mission Statement**

**The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.**

**Office of Elder Affairs**

**The Harwich Council on Aging newsletter printing is made possible with a Grant provided by the Executive**

**Zig Ziglar**

**"You don't have to be great to start, but you have to start to be great." -**

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**Harwich Council on Aging  
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Harwich, MA. 02645**