

Harwich Community Center Newsletter



March/April 2015

Town Offices Closed on Mon., April 20, 2015 for Patriot's Day. Mon. May 4th is Town Mtg. COA Van Avail for Transportation-call 508-241-1566 to R.S.V.P.



A HUGE CULTURAL SUCCESS!

The Carnival Cape Verdean Style, was a great success and incorporated all of the elements you want: Great Food, Education and happy people! A HUGE thanks to Josephine Raneo who made Kale Soup, Gufong, and Portuguese Sweet Bread too! And Chef Linda's Carrot Cake for dessert! Many braved the cold elements outside to join us for a very fun and educational event. We now have 4 plastic tubs filled with clothes and toiletries for the victims of the Fogo volcano eruption and donations to pay for the transportation of the container to ship it to Fogo recipients. Our heartfelt thanks to Albert Raneo for his beautiful educational program and Jamie Goodwin Ch 18 Director and Caleb Ladue her Asst. for all their work for this program. As you can see below-it was a good time had by all!



Anne Cameron & Doris Coupoulos



A crowd listening to Al Raneo about Fogo volcanic eruption



Josephine Raneo, Harriet Barrows, Liz Watkins and in back Angelina Raneo



Norma Demarest came in her best Carnival attire-so festive!!



Great educational photos about the Cape Verdean Island people and culture.

Council on Aging Staff

Executive Director

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

Executive Assistant

Gale Crowell
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 Driver: Dan Eldredge

COA Fax Number

508-430-7530

Travel Phone

508-430-4710

Senior Dining Site

508-430-7550

Friends Bus

508-432-6872 please leave a Msg. on their answering machine

Harwich Community Center

508-430-7568

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 Donna Tavano, Elder Affairs Liaison-Harwich Police Dept.

Held Hostage at Home

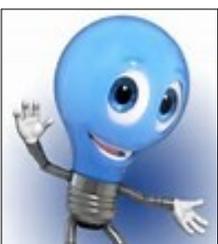
If March and April were just girl's names, they'd sound so cute. Instead, to grizzled Cape Codders, who endured the recent winter, and fear more cold and dreariness, those months more closely resemble T.S. Eliot's "April is the cruellest month..."

On a brighter note, literally, the days are getting longer and the worst should be behind us. So what happens when we hole up in our winter dens? Lots, actually! Due to inclement weather, we tend not to get our cars inspected, or check to see if our Drivers' Licenses have expired. Some lonely souls strike up ill fated telephone relationships with telemarketers and scammers, leading to financial disaster.

Others who are cooped up watch more TV and become seduced by QVC, ordering jewelry and clothing they will never wear or be able to afford. Computers can be a wonderful boon to an isolated senior, offering a window to the world, but a little knowledge can be a dangerous thing. What we are seeing more often is the slightly unsavvy senior who, while using their computer, suddenly receives a phone call or an e-mail stating that the caller or sender can help them fix problems they might be having with their computer. The caller may claim a company name very similar to one like Microsoft. You are then directed to perform certain functions to assist them in determining the problems. Suddenly you witness your screen remotely manipulated before your eyes and you are informed it's worse than they thought. They will need \$329 to complete the job. You then give them your credit card number and you part ways, assuming your computer is fixed. Days or weeks later, you become aware of inappropriate charges on credit cards or realize someone has filed for taxes under your name. After reporting it to the police they advise you may have had malware or spyware loaded into your computer. You find yourself in an awful mess.

Sometimes we become victims for reasons beyond our control, other times we open the door to crime through inattentiveness or a lack of good judgment. If you receive a phone call offering to help you with your computer, hang up! Likewise if you receive an e-mail offering the same---do not click on the link or attachment. Keep your computer security up to date, something not always possible on computers more than five years old. Legitimate help is available through local computer stores. Be as aware of suspicious computer situations as you are of a strange car hanging around the neighborhood in the middle of the night. Go with your gut instinct.

No worries, good weather is right around the corner. All you'll have to worry about then is the traffic and length of the lines at the supermarket.



**DON'T FORGET TO COME SEE ME AT THE SAFETY DAY FAIR ON MON.
APRIL 6, 2015 AT 9:30 A.M. AT THE HARWICH COMMUNITY CENTER
IN THE MULTI-PURPOSE ROOM.**

Notes from the Outreach Office

"Winter is on my head, but eternal spring is in my heart" Victor Hugo (1802-1885)

The Winter of Our Discontent: I thought last winter was something, but apparently that was just a teaser for what we have experienced this year, and as it continues to snow I truly feel that "winter is on my head." I take some comfort in the knowledge that pitchers and catchers will report to the Red Sox spring training camp in the next few days, and as A. Bartlett Giamatti wrote so well, "the game begins in the spring, when everything else begins again." For those of you who have chosen to stay here for the winter, we trust that you have been safe and warm in your homes. Despite the many storms we have been fortunate enough not to have extended power outages, and the Cranberry Coach, medical rides program and Fuel Assistance have all provided critical supports to Harwich residents. If there is a storm approaching (of course there will be another), please feel free to contact the COA to ensure that you have an adequate plan in place for your safety and health. We will be happy to assist you with that, and prevention is key to dealing with the many weather challenges that we've had.

New Programs: Two new programs have started here at the COA. The first is **Cribbage**, which takes place on **Thursday afternoons from 1:00-3:00**. This group is open to beginners and experienced cribbage players, and instruction is provided to those who need it. We have also started a **Trivia Group** on **Friday afternoons from 1:30-2:30**. This is a spin-off from our informal lunch time trivia challenge, and offers an opportunity to test your memory and work on your retention. Please call 430-7550 to register for either program.

Fuel Assistance: This has been a difficult heating season, and we will be continuing to accept applications for the Fuel Assistance program through the end of April. Fuel Assistance provides a subsidy for all primary heating sources including: oil, electricity, natural gas, propane, kerosene, wood and coal. Applicants may be eligible for assistance even if heat is included in the cost of your rent. Applicants may also be eligible for weatherization services, heating system repairs, discount utility rates, and other assistance programs. To apply call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick.

Men's Breakfast: Russ Allen from the Cape Cod Chronicle was able to join us in February, and we look forward to future guests Bob Weiser from radio station WOMR and Attorney Jim Hilliard. This event continues to grow each month, and we encourage you to attend and bring a friend. Breakfast is on **March 13th & April 10th from 9:00-10:00 AM**, and while there is no charge for this event, **please contact Kevin at 430-7551 ahead of time to pre-register.**

Men's Book Group: The Men's Book group meets on the second Friday of every month, immediately following breakfast. In February we had a spirited discussion about Pat Conroy's The Great Santini, and we are currently reading A Walk In the Woods, by Bill Bryson. All books chosen are available at Brooks Free Library. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

Volunteering: There are many opportunities to help out here at the COA including working in the kitchen, covering the reception and greeter desks, becoming a Friendly Visitor, providing telephone reassurance calls, and joining the cadre of medical drivers. It will warm your heart! If you are interested in becoming a volunteer please contact Rick at 430-7550, ext. 13.

Bicycle Club-Dr. Gregory Wright of Wright Chiropractic & Sports Care will be joining us again for this season. **April 30th at 1:00 p.m.** we will have a "Bike Safety Day-Bicycle Tune up" on the COA side parking lot. Bring your bicycle, helmet and let's get them checked out! **Friday, May 1st at 1:00 p.m. we will start our rides on the Bike Trail.**

Looking Forward to Warmer Weather!

Kevin & Rick

INCOME TAX PREPARATION APPOINTMENTS CONTINUE! The COA is continuing to make appointments for the AARP Income Tax Preparation Season, however they are filling up **VERY FAST**-so please do not wait. ALL appointments are on **Monday or Wednesday's only**. **ALL IN-COME TAX APPOINTMENTS WILL BE LOCATED AT THE CHATHAM COMMUNITY CENTER ON RTE 28.** Harwich COA will be providing the Cranberry Coach Van to Monday appointments only. If you make a Wednesday appt. you must provide your own transportation.

IMPROVE YOUR BRIDGE

Classes are held on Monday's. New class begins March 30th 2015 from 1-3p.m. The cost is \$30 for 6 weeks. Instructor: Nancy Blezard.



HARWICH COMMUNITY CENTER BLOOD DRIVES

March 19th Red Cross Blood Drive 10-3pm Multi-Purpose Rm.

April 2nd Cape Cod Hospital Blood Drive 9:00-3pm Multi-Purpose Rm.



HARWICH COMMUNITY CENTER HAPPENINGS



March 7th Owl Show Conservation Trust 10:00 a.m. 1:00 p.m. and 3:00p.m.

March 9th CONCH 9:00-12:00

March 13th Candy Bar Bingo 5:00-7:00 p.m.



March 14th Saturday in the Gym: Meet Your Local Farmer!

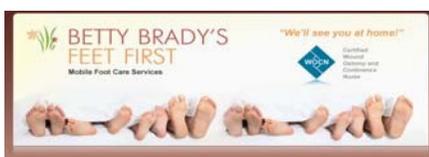
March 16th 9:30-12:00 New Comers Multi Purpose Room

April 3rd Easter Egg Hunt-see flyer insert

Fri. May 1st 5 - 6:30 p.m. Family Fun & Games Night Led by Recreation Staff in the Gymnasium- Light refreshments

Reiki Treatments & Wellness Clinics

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 **April 21st by appt.** To experience the healing energy of Reiki, call 508-430-7550 **to schedule an appointment** with Diane. **Wellness Clinics-Marcia Moe-der** is a Nurse, a Reiki Practitioner, Massage Therapist, a Zero Balance Practitioner and much more! She too donates her time to offer these to you. **Marcia's Clinics will be: Fri March 6th & Thurs. April 9th all by appt. 10-12.**



BETTY BRADY'S FOOT CLINICS

Betty Brady's Foot Clinics are each \$35 per person and held on the following dates. **Fri. March 13th, Sat. March 14th. Fri. April 17th and Sat. April 18th.** To make an appt. please call 508-430-7550.

FROM THE LEGAL CORNER: ATTORNEY ARTHUR CROOKS, ESQ

I recently attended the National Academy of Elder Law Attorneys Summit Conference in Newport Beach, California (January 26 – February 1, 2015). The Summit featured national speakers who are experts in their fields of estate planning, special needs planning, estate taxes, estate administration and most significantly Medicaid/nursing home planning. What did I learn?

One: although there are vast differences state to state, all speakers agreed on one thing—**ACT NOW**. Do your estate planning documents now. The constant refrain speakers referred to in their own offices: Says the client: “Oh, if only I had come in sooner”; says the attorney: “Yes, if you had come in sooner we could have handled this problem in a much easier fashion.” This can be particularly important in nursing home planning where you may have to run through a five-year disqualification. The sooner you start, the better off you will be. Therefore, as I am constantly reminding people: get your planning documents done—**now**.

Brand-new things:

(1.) There is a new program for disabled individuals called The ABLE Accounts Program. After several years in Congress, this act was passed this past December. Massachusetts is the first state in the country that has enacted the new legislation. It basically provides for a means of accumulating funds for disabled individuals who would otherwise be disqualified from their benefits. It is very complicated and was extensively amended during the approval process. I plan to do a presentation on it later this spring.

(2.) Unfortunately there was also bad news on the new-things front. The Veterans Administration is coming out with a whole package of new regulations regarding the Aid and Attendance Benefit--a wonderful program, but which is going to be severely proscribed by the new regulations coming into affect shortly. Once again I want to give a separate presentation on this topic because of the severe impact the new regulations will have on those veterans and their families who would otherwise qualify for this benefit. Stay tuned.

CRIBBAGE IS FUN#

The Thursday afternoon cribbage group continues here 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 information.#

TRIVIA CHALLENGE IS ON!

Trivia Challenge will continue weekly on **Friday afternoons at 1:30 p.m.** This is a very fun and social activity that truly ANYONE can participate in. Even if you don't know the answers it is fun to listen and learn and meet new friends! Please sign up ahead by calling 508-430-7550. Maybe if we get a really great Trivia team we could challenge other local Councils on Aging!

EXERCISE PROGRAMS

All classes require a check the first week they begin, made payable to the Town of Harwich, and participants are required to show a valid Massachusetts Driver's License or a Photo I.D. to the instructor. Unless otherwise noted all classes are a show up on "day one" to register and exercise. No pre-registration is required.



DANCERSIZE-MOVEMENT TO MUSIC with Instructor Elaine Spiezio



CLASSES: TUESDAYS & THURSDAYS 4:15 to 5:15 p.m. The fee is \$45 for 4 weeks of classes. **Join Us ANYTIME** for an hour class starting with Mild Chair Stretches, Have some Fun with Low Impact Dancing, Followed with a Cool Down Routine to Help Relax and Re-Energize! All done to music that everyone enjoys. **ANYONE CAN TRY – ALL AGES – NO EXPERIENCE NECESSARY!**

SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, toning, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll look better, feel better, and know you're doing something to keep you healthy. 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. The next session starts Apr 22-May 29, cost \$38. Register now to reserve a space by contacting Charlie at 508 432 0370. Also ask how you can try out a free demo class.

MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings, 9-10:15 a.m. here are the classes in March 6, 13, 20, 27 and April 17, 24 \$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 or call 508-430-8623.

Balance Boosters with Barbara-Anne

Due to snow we have all make up classes: March 3, 6, 13, 17, 20, 24, 27, 31, & April 3rd. 10 classes total on Tuesdays & Fridays from 9:30-10:30 a.m. The fee for the entire course is \$20 and is due on or before the first day of class (made payable to the Town of Harwich) with "Balance Boosters" in the Memo. **R.S.V.P. required** by calling 508-430-7550.

MARY ANN DEMELLO BALL EXERCISES

This class is held on Tuesdays & Thursdays from 8:30– 9:30 a.m. Mary Ann will be keeping it lively with her fat burning aerobics with the ab-sculpting resist-a-ball. For more info. call the Community Center at 508-430-7568.

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 on **Tuesday, Thursday & Saturdays, at 9:00 a.m. –10:30 a.m.** at the Harwich Community Center. COST=\$15 per session, \$60 for 6 sessions. For more information, please contact Michele Insley, RYT 500 at micheleinsley@gmail.com or [508-360-7227](tel:508-360-7227).

TAI CHI/CHI GUNG-GEOFFREY CARLSON

The Tai Chi/Chi Gung class will continue through March & April focusing on the Yang-Style 37 Move Short Form, with additional Chi Gung practice. Six week course fee: \$42 or \$7 per class. This class combines the slow movements inspired by Tai Chi and Chi Gung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness" – remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor is Geoffrey Karlson. The class meets on **Tuesdays, 11:30-12:30.**

BREAKFAST AT EPOCH OF HARWICH-JOIN US!!

HARWICH—EPOCH Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, March 27th at 8 a.m. and Friday, April 24th at 8 a.m. with speakers** . These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. EPOCH is located at 111 Headwaters Drive just off Route 124.



2 T's-Tuesday Technology

Bring your device (tablet, laptop, eReader, cell phone, etc) and get your questions answered. Whether it's how to adjust the settings, perform a specific function like download an app, or just to get a quick overview, we will do our best to help you learn more about your device. For more information about this service, please contact Staff Librarian Emily Milan at emilan@clamsnet.org or by phone, 508-430-7562 ext. 4. The next dates will be held on **March 10th and April 14th**.

CARE'S SUPPORT GROUP

Alzheimer's Services of Cape Cod & the Islands is partnered with Harwich COA to offer a support group for caregivers and those they care for. It will be held on the **First and Third Wednesday of each month: March 4th & 18th & April 1st & 15th from 10:30 A.M.-12:00 P.M. AT THE HARWICH COA**. This "CARES Program" offers BOTH participants an outlet for the stresses that dementia related illnesses can place on a family. It gives the caregivers relevant information and connects them to Cape Cod resources and professionals while simultaneously, but separately, providing cognitive stimulation to those with dementia, giving them an outlet for self-expression and staying connected with others. These groups are led by Fran Lavin, RN . **Pre-registration is required, please call 508-775-5656.**

CRANBERRY COACH VAN SCHEDULE

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

Mondays: (No Mon. April 20th Van d/t Patriot's Day)

Van Drivers continue to transport people on Mon.'s to Income Tax Appt.'s in Chatham, through April 13th. If time permits in Mon. schedule, Van Driver may make the choice of a trip also on Mondays. **April 27th: Market Basket Trip.**

Tuesdays: Senior Dining Program & Shaws in afternoon.

Wednesdays: Senior Dining Program and Stop & Shop in afternoon

Thursdays: Senior Dining Program & Stop & Shop & Harwich Food Pantry in the afternoon monthly

Fridays: Senior Dining Program 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.

Senior Dining Program Menu MARCH 2015

Please call 430-7550 for cancellations or reservations by 11am the day prior to the meal you want to attend.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. Supper Club Oriental Beef w/rice & veggie and Bill Reidy entertains	3. Meatloaf with Mashed Potato and a Veggie	4. Turkey Dinner Mashed Potato and a Veggie With Roll	5. Grilled Ham & Cheese with Tomato soup and Chips	6. Tuna Roll with Chowdah & Chips	7.
8.	9. Supper Club Beef Bourguignon Rice/veggie/roll Scouts perform	10. Italian Sausage with Ziti & Salad	11. Chicken Cordon Bleu with Potato & Veggie	12. Hot Pastrami Sandwich with Soup & Chips.	13. Egg Salad with Soup & Chips	14.
15.	16. Supper Club Shrimp w/ Linguine & Veggie. Tim Van Egmund performs St. Pat's Music	17. Corned Beef & Cabbage Dinner.	18. Turkey & Cheese with Soup & Chips	19. Beef Stew with roll	20. Pizza & Salad	21.
22.	23. Supper Club Veggie Lasagna Roll & Salad Scouts perform	24. Steak & Cheese Sandwich with chips	25. Chicken-A-La King over noodles	26. Bubba Burger with Bacon & Swiss	27. Grilled Cheese with Tomato Soup & Chips	28.
29.	30. Supper Club Night Meatloaf with Mashed Potato & Veggie	31. Manicotti with Creamed Chicken.				

Menu items subject to change by COA Chef.

Senior Dining Program Menu APRIL 2015

Please call 430-7550 for cancellations or reservations by 11am the day prior to the meal you want to attend.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		.	1. Salisbury Steak with Potato & Veggie	2. Turkey Club with French Fries	3. Baked Fish with Potato & Veggie	4.
5.	6. Supper Club Night- Roast Pork with Potato & Veggie Daisy Troop Performs	7. Western Sandwich with Chips & Pickle	8. Chicken Caesar Salad	9. Roast Beef Sandwich with Lettuce Tomato & Chips	10. Meatball Sub with Chips	11.
12.	13. Supper Club Night- Ham Dinner with Potato & Veg Nutrition Speaker talks	14. Grilled Salmon with Rice & Veggie	15. Pork Pie with Potato, Veggie & Gravy	16. Grilled Cheese & Tomato with Chips & Soup	17. Chicken Salad Sandwich with Chips	18.
19.	20.CENTER CLOSED. Patriots Day	21. Cheeseburger w/ Mushrooms & Swiss & Chips	22. Scallops with Linguine	23. Tuna Salad with Chowdah & Chips	24. Veggie Lasagna with Salad & Roll	25.
26.	27. Supper Club Night-Cheesy Chicken/Broccoli & Ziti Bake with Salad Jimmy Buffet Music	28. Oven Fried Chicken	29. Fish Sandwich with Coleslaw & French Fries	30. Chef's Super Salad		

Menu items subject to change by COA Chef.

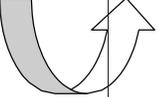
HARWICH COUNCIL ON AGING

Calendar for March 2015

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7:30 Walking Club-Gymnasium 2</p> <p>9:00 Walking Club Brooks Park</p> <p>12:30-2 55+ Basketball</p> <p>9-2:00 Game Room Open</p> <p>1:00 Improve Your Bridge with Nancy Blezard</p> <p>Cranberry Coach Van Income Tax Appt.'s to Chatham</p> <p>2:00-5:00 Open Gymnasium</p> <p>5:00 Supper Club</p> <p>Bill Reidy entertains</p>	<p>7:00 Walking Club-Gym</p> <p>8:30 Mary Ann DeMello Ball Exercises 3</p> <p>9:00 Nutrition & Diet Support Grp.</p> <p>9:00 Free Hearing Screenings-Barbara</p> <p>9:30 BALANCE BOOSTERS EXERCISE</p> <p>9-12 Mah Jongg</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9-2:00 Game Room Open</p> <p>9:00 Yoga with Michele</p> <p>11:30 Tai Chi/Chi Gung</p> <p>11-1 50+. Volleyball-gymnasium</p> <p>11:30 Sr Dining Program</p> <p>1:00 Elizabeth Lynch, Esq by appt.</p> <p>1-5:00 Open Gymnasium</p> <p>4:15 Dancersize Movement to music Elaine</p>	<p>8:30 Superfit with Charlie Abate</p> <p>9:00 Walking Club-Brooks Park 4</p> <p>9:00-12 Wellness Clinic-Town RN</p> <p>9-2:00 Game Room Open</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9:30 COA Board Mtg.</p> <p>9:30 Veteran's Coffee Hour Rm 5</p> <p>10:30-12 Caregiver Support Group call</p> <p>508-775-5656</p> <p>11:30 Senior Dining Program</p> <p>12:30-2 55+ Basketball</p> <p>1:00 Legal Services with Tom Kosman, Esq. by appt.</p> <p>1:00-4 Game room open</p> <p>Stop & Shop Market Cranberry Coach</p>	<p>Stop & Shop Cranberry Coach 5</p> <p>7:30 Walking Club-gymnasium</p> <p>8:30 Mary Ann DeMello Ball Exercises</p> <p>9-2:00 Game Room Open</p> <p>9:00 Yoga with Michele</p> <p>9:00-3:00 Blood Drive</p> <p>11:30 Sr. Dining Program</p> <p>12-5:00 Open Gymnasium</p> <p>1:00 Cribbage Game</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Superfit with Charlie Abate 6</p> <p>9:00 Walking Club -Brooks Park</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00-10:15 Mindful Yoga with Kathie</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9:30 BALANCE BOOSTERS EXERCISE</p> <p>10-11:30 Blood Pressure Clinic RN-Bayada Nursing</p> <p>10-12 Marcia Moeder-Zero Balancing, Massage, Reiki</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>11:30 Senior Dining Program</p> <p>1-2:30 55+ Basketball</p> <p>1:30 NEW TRIVIA CHALLENGE</p> <p>2:00 Current Events at Brooks Library</p>
<p>7:30 Walking Club-Gymnasium 9</p> <p>9:00 Walking Club Brooks Park</p> <p>9-12 CONCH Mtg.</p> <p>9-2:00 Game Room Open</p> <p>12:30-2 55+ Basketball</p> <p>1:00 Improve Your Bridge with Nancy Blezard</p> <p>2:00-5:00 Open Gymnasium</p> <p>Cranberry Coach Van Income Tax Appt.'s to Chatham</p> <p>5:00 Supper Club- Scouts perform</p>	<p>7:00 Walking Club-Gym</p> <p>8:30 Mary Ann DeMello Ball Exercises 10</p> <p>9:00 Nutrition & Diet Support Grp.</p> <p>NO BALANCE BOOSTERS EXERCISE</p> <p>9-12 Mah Jongg</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00 Yoga with Michele</p> <p>11:30 Tai Chi/Chi Gung</p> <p>11-1 50+. Volleyball-gymnasium</p> <p>11:30 Sr Dining Program</p> <p>12:15 Technology & Tea with Emily</p> <p>1-5:00 Open Gymnasium</p> <p>4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Superfit with Charlie Abate 11</p> <p>9:00 Walking Club-Brooks Park</p> <p>9-12 Wellness Clinic Town RN</p> <p>9-2:00 Game Room Open</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9:30 Veteran's Coffee Hour Rm 5</p> <p>11:30 Sr. Dining Program</p> <p>12:30-2 55+ Basketball</p> <p>1:00-4 Game room open</p> <p>2:00-5:00 Open Gymnasium</p> <p>Stop & Shop Market pm.</p> <p>Cranberry Coach Van</p>	<p>Stop & Shop Cranberry Coach 12</p> <p>7:30 Walking Club-gymnasium</p> <p>8:30 Mary Ann DeMello Ball Exercises</p> <p>9:00 Yoga with Michele</p> <p>9-2:00 Game Room Open</p> <p>10:00 Lucy Buckley's Osteo Discussion Group</p> <p>11:30 Sr. Dining Program</p> <p>12-5:00 Open Gymnasium</p> <p>1:00 Cribbage Game</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Superfit with Charlie Abate 13</p> <p>9:00 Walking Club-Brooks</p> <p>9:00 MEN'S BREAKFAST & Book Club</p> <p>9:30 BALANCE BOOSTERS EXERCISE</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00-10:15 Mindful Yoga with Kathie</p> <p>10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nsg & Rehab.</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>11:30 Senior Dining Program</p> <p>1-2:30 55+ Basketball</p> <p>1:30 NEW TRIVIA CHALLENGE</p> <p>2:00 Current Events at Brooks Library</p>

Harwich Council on Aging Calendar for March 2015

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p align="right">16</p> <p>7:30 Walking Club-Gym 8:30 Walking Club Brooks Park 9-12 New Comers Mtg. 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Tim Van Egmund performs St. Patrick's Day music! Cranberry Coach Van Income Tax Appt.'s to Chatham</p>	<p align="right">17</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann DeMello Ball Exercises 9:00 Nutrition & Diet Support Grp. 9:30 BALANCE BOOSTERS EXERCISE 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:00 Hearing Screenings-Miracle Ear 11-1 50+. Volleyball-gymnasium 11:30 Tai Chi /Chi Kung 11:30 Sr Dining Program Shaw's Market -Cranberry Coach 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">18</p> <p>8:30 Superfit with Charlie Abate 8:30 Walking Club-Brooks 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 10:30-12 Caregiver Support Group call 508-775-5656 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p align="right">19</p> <p>Stop & Shop Cranberry Coach 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10-3 Blood Drive-Am. Red Cross Multi Purpose Rm. 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">20</p> <p>8:30 Walking Club-Brooks Park 8:30 Superfit with Charlie Abate 9:00-10:15 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30 BALANCE BOOSTEREXERCISE 9:30 Seniorfit with Charlie Abate 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events at Brooks Library</p>
<p align="right">23</p> <p>7:30 Walking Club-Gym 8:30 Walking Club Brooks Park 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard-new class begins 2:00-5:00 Open Gymnasium 5:00 Supper Club-Scouts perform Cranberry Coach Van Income Tax Appt.'s to Chatham</p>	<p align="right">24</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 9:30 BALANCE BOOSTEREXERCISE 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">25</p> <p>8:30 Walking Club-Brooks Park 8:30 Superfit with Charlie Abate 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 9:30 Legal Services-Michael Lavender, Esq. by appt. 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p align="right">26</p> <p>Stop & Shop Cranberry Coach 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">27</p> <p>8:00 FREE Breakfast at EPOCH 8:30 Superfit with Charlie Abate 8:30 Walking Club-Brooks Park 9-12 S.H.I.N.E. Counseling 9:00-10:15 Mindful Yoga with Kathie 9:30 Seniorfit with Charlie Abate 9:30 BALANCE BOOSTEREXERCISE 10-11:30 Blood Pressure Clinic Gentiva Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events Brooks Library</p>
<p align="right">30</p> <p>7:30 Walking Club-Gym 8:30 Walking Club Brooks Park 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Scouts perform Cranberry Coach Van Income Tax Appt.'s to Chatham</p>	<p align="right">31</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 9:30 BALANCE BOOSTEREXERCISE 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p>DON'T FORGET TO TAKE CARE OF YOUR FEET IN THIS TERRIBLE WINTER WE HAVE HAD AND AS WE HEAD INTO SPRING THINK ABOUT YOUR FEET!! Betty Brady's Foot Clinics are on Fri.'s March 13 & April 17th and Sat.'s March 14th and April 18th by appointment only. Cost is \$35.</p>		<p align="center"></p> <p align="center">MARK YOUR CALENDARS NOW & GET TICKETS TO THE 2ND ANNUAL WINE TASTING & CHOCOLATE PARTY!! SATURDAY, MARCH 28th.</p>

HARWICH COUNCIL ON AGING

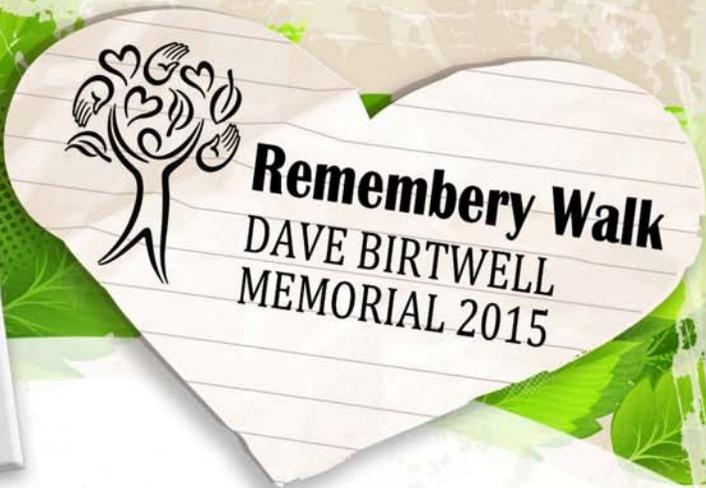
Calendar for April 2015

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.

Monday	Tuesday	Wednesday	Thursday	Friday
		8:30 Superfit with Charlie Abate 9:00 Walking Club-Brooks Park 1 9:00-12 Wellness Clinic-Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 COA Board Mtg. 9:30 Veteran's Coffee Hour Rm 5 10:30-12 Caregiver Support Group call 508-775-5656 11:30 Senior Dining Program 12:30-2 55+ Basketball 1:00 Legal Services with Tom Kosman, Esq. by appt. 1:00-4 Game room open Stop & Shop Market Cranberry Coach	Stop & Shop Cranberry Coach 2 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9-2:00 Game Room Open 9:00 Yoga with Michele 9:00-3:00 Blood Drive 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine	3 8:30 Superfit with Charlie Abate 9:00 Walking Club -Brooks Park 9-12 S.H.I.N.E. Counseling 9:30 Seniorfit with Charlie Abate 9:30 BALANCE BOOSTERS EXERCISE 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events at Brooks Library 3:30 Community Center Easter Egg Hunt-Volunteers needed call Carolyn 430-7568
7:30 Walking Club-Gymnasium 9:00 Walking Club Brooks Park 6 9-12 CONCH Mtg. 9-2:00 Game Room Open 9:30-11:30 SAFETY DAY-SEE INSIDE FOR DETAILS 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium Cranberry Coach Van Income Tax Appt.'s to Chatham 5:00 Supper Club- Daisy's perform	7:00 Walking Club-Gym 7 8:30 Mary Ann DeMello Ball Exercises 9:00 Nutrition & Diet Support Grp. 9:00 Free Hearing Screenings-Barbara 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 11:30 Tai Chi/Chi Gung 11-1 50+. Volleyball-gymnasium 11:30 Sr Dining Program 1:00 Elizabeth Lynch, Esq by appt. 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine	9:00 Walking Club-Brooks Park 8 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Veteran's Coffee Hour Rm 5 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van	Stop & Shop Cranberry Coach 9 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10:00 Lucy Buckley's Osteo Discussion Group 10-12 Marcia Moeder-Zero Balancing, Massage, Reiki 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine	9:00 Walking Club- Brooks 10 9:00 MEN'S BREAKFAST & Book Club 9-12 S.H.I.N.E. Counseling 10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nsg 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events at Brooks Library

Harwich Council on Aging Calendar for APRIL 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7:30 Walking Club-Gym 13 8:30 Walking Club Brooks Park 9-12 New Comers Mtg. 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Nutrition Speaker Cranberry Coach Van Income Tax Appt.'s to Chatham-LAST TRIP!</p>	<p>7:00 Walking Club-Gym 14 8:30 Mary Ann DeMello Ball Exercises 9:00 Nutrition & Diet Support Grp. 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 11-1 50+. Volleyball-gymnasium 11:30 Tai Chi /Chi Kung 11:30 Sr Dining Program 12:15 Technology & Tea with Emily 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine Shaw's Market -Cranberry Coach</p>	<p>8:30 Walking Club-Brooks 15 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Veteran's Coffee Hour Rm 5 10:30-12 Caregiver Support Group call 508-775-5656 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p>Stop & Shop Cranberry Coach 16 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10-3 Blood Drive-Am. Red Cross Multi Purpose Rm. 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine Stop & Shop Cranberry Coach</p>	<p>8:30 Walking Club-Brooks Park 17 9:00-10:15 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events Brooks Library Betty Brady's Foot Clinic by Appt.</p>
<p>PATRIOT'S DAY OBSERVED 20 OFFICES ARE CLOSED TODAY</p> 	<p>7:00 Walking Club-Gym 21 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9:00 Reiki with Diane Thibodeau 9:00 Hearing Screenings-Miracle Ear 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with</p>	<p>8:30 Superfit with Charlie Abate 22 8:30 Walking Club-Brooks 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 9:30 Legal Services-Michael Lavender, Esq. by appt. 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm.</p>	<p>Stop & Shop Cranberry Coach 23 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10-3 Blood Drive-Am. Red Cross Multi Purpose Rm. 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine Stop & Shop Cranberry Coach</p>	<p>8:00 FREE Breakfast at EPOCH 24 8:30 Superfit with Charlie Abate 8:30 Walking Club-Brooks Park 9-12 S.H.I.N.E. Counseling 9:00-10:15 Mindful Yoga with Kathie 9:30 Seniorfit with Charlie Abate 10-11:30 Blood Pressure Clinic Gentiva Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1- 2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events Brooks Library</p>
<p>7:30 Walking Club-Gym 27 8:30 Walking Club Brooks Park 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Jimmy Buffet Music with Vic Solo Cranberry Coach Van -MARKET BASKET TRIP</p>	<p>7:00 Walking Club-Gym 28 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Walking Club-Brooks Park 29 8:30 Superfit with Charlie Abate 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p>Stop & Shop Cranberry Coach 30 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9- 2:00 Game Room Open 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 1:00 Bicycle Safety Day-Bicycle tune Up COA side Parking Lot-FREE 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music</p>	<p>DON'T FORGET TO TAKE CARE OF YOUR FEET IN THIS TERRIBLE WINTER WE HAVE HAD AND AS WE HEAD INTO SPRING THINK ABOUT YOUR FEET!! Betty Brady's Foot Clinics are on Fri.'s March 13 & April 17th and Sat.'s March 14th and April 18th by appointment only. Cost is \$35.</p>



SATURDAY, MAY 9, 2015 – 11AM
Walk Location: Brooks Park on Oak Street & Rte 39

The Annual "Remembery 6K Walk" will be held on Saturday, May 9, 2015 with registration beginning at 11:00 a.m. at Brooks Park in Harwich Center. This Walk offers: FREE Massages, FREE Face Painting, a HUGE Raffle with wonderful local prizes, FREE Health Screenings with local Chiropractors, 2 sets of LIVE local music and of course the infamous X-Grille for food!

All of the proceeds benefit residents in **Harwich, Chatham, Orleans and Brewster** with Alzheimer's disease and related dementias. Last year the "Remembery Walk" paid for 2 full Psychological Evaluations, Adult Day Care attendance & transportation and Broken Dentures-all thanks to people like YOU who walked and made it happen!!

Recruit a team or walk alone. Either way, the money you raise in this 6k walk benefits people who need assistance in dealing with their dementia.

REGISTER ONLINE NOW AT www.rememberywalk.org
FOR MORE INFORMATION
CALL 508-430-0027



In case of rain:
The *Remembery Walk* will be held at the Harwich Community Center
100 Oak Street in Harwich.

The walk begins and ends at Brooks Park, Harwich Center.



Like us on Facebook!



Harwich Community
Center

Egg Hunt!

Friday
April 3rd, 2015
3:30PM

Bring a decorated egg carton
to collect your eggs in!

Besure to arrive on time –
the eggs won't last long!



VETERAN'S COFFEE HOUR CONTINUES

Harwich COA is hosting a Veteran's Coffee Hour for ALL people who ever served in the military, to enjoy a FREE cup of coffee and something for your sweet tooth, on us, while enjoying each other's company. We are not looking to change any location/establishment you may already frequent, but instead provide an additional day to get together, to **THANK YOU FOR YOUR SERVICE TO OUR COUNTRY!** This Coffee Hour will continue to be held weekly on **Wednesdays, in March and April, at 9:30-10:30 in Rm 5** (COA side near the Veteran Agent's Office), Enjoy, and bring your fellow veteran's too!



Harwich Council on Aging Travel Club

Hours: Monday – Friday 10 a.m. -2 p.m. 508-430-4710

Trips with Funtastic Getaway

Wed. March 4th “The Silk Road Ensemble with Yo Yo Ma” at Boston Symphony Hall 8:00 p.m. Show \$120 Rear 1st Balcony and \$132 for Front 1st Balcony

Tues. March 3-5th Philadelphia & The Philadelphia Flower Show. 2 Nights at the Hampton inn City Center, 2 expanded continental breakfasts, dinner at City Tavern & guided Philadelphia tour. After hours tour of Independence Hall with Costumed Impersonators. Admission to Philadelphia Flower Show. Admission to National Constitution Center and Betsy Ross House. \$499 per person double occupancy or \$672 Single Occupancy

Wed. 3/11 Boston Symphony Orchestra 101 & Isabella Gardner Museum. Admission to the Museum, Boston Symphony Orchestra Adult Learning Center and reception.

Sat. 3/14 BOSTON FLOWER SHOW Bus and Flower Show Tix –Seaport World Trade Ctr. \$65

Sat. 3/14 “Stars on Ice” at Dunkin Donuts Center. Bus & Show Tix only \$75

Sun. 3/15 Reagle Players “A Little Bit of Ireland” Reagle Music Theatre in Waltham. Lunch at Chateau Restaurant. Pkg. includes Bus, Lunch and Tickets to the show. \$115

Tues. 3/10-Thurs. 3/12 Omni Mt. Washington Resort Getaway. Bus, 2 Nights at Mt. Washington Resort Hotel, 2 Full Buffet Breakfasts & 1 Full Lunch Buffet, Horse Drawn Sleigh Ride \$565 ppdo \$738 Single Occupancy

Thurs. 3/19 The Kennedy’s on the Cape @ JFK Library & Museum with a Corned Beef & Cabbage Lunch at The Black Rose. \$102

Sun. 3/22 Celtic Woman 10th Anniversary Celebration Tour-Providence. Orchestra Seating for a 3pm Show at Providence’s Performing Arts Center. \$120

Fri. 3/27 “The Sweet Life” Bus, Brunch at Parker’s Maple Barn & Tour of Sugar House, Tour & Candy Making at Van Otis Chocolates, Winery Tour, Wine Tasting with Cheese & Crackers, Souvenir glass at Flagg Hill Winery. \$95

Wed. 4/1-Sat. 4/4 Washington D.C. Cherry Blossom Festival. 3 Nights at the Hampton Inn & Suites National Harbor. 3 Expanded Continental breakfasts, Dinner at Carmine’s restaurant. Full Day Monuments & Memorials Tour \$655 ppdo \$915 Single Occupancy

(RE-SCHEDULED) SAFETY DAY FAIR

APRIL 6th 9:30-11:30 a.m. Senior Safety Fair, Multi-Purpose Room to include: **Home** Safety, **Fire** Safety, **Police** Safety, **Back** Safety, **Personal** Safety, **Medication** Safety, **Balance** Safety, and Safety for **Alzheimer's** and people with memory impairment. The format of the morning will be: each speaker will talk for approx. 5-7 minutes at each table then move to the next table so the seniors and attendees are seated at a table and they never move-only the speakers move! When all of the speakers have met with each table of attendees, then the attendees will visit each of the vendors tables of information and items on the perimeter of the room. Speakers: Harwich Police Dept., Elder Affairs Liaison, Donna Tavano, Harwich Fire, Lt. Leighanne Deering, Brewster Medical, Nurse Practitioner, Town Nurse, Susan Jusell, Philips Lifeline, Hope Dementia & Alzheimer's Services, Melissa Roberts Weidman, Director of Community Relations, Visiting Angels, Ellen Aldrich, Home Instead, Susan Fernald, Broad **Reach** Rehabilitation, Bayada Nursing, & Cape Organization for the Rights of the Disabled, June Barrett, DHILS Advocate, Gregory Wright, Wright Chiropractic & Sports Injury Care, Elena Medeiros, Community Relations Dir. Royal at Home.

Harwich Fire Department will have our Files of Life for you to update with them, as well as their computers to add or delete any of your medical information-so it is all **CURRENT**. This is a **FREE** event. Reservations are required and can be made by calling 508-430-7550.



MARK YOUR CALENDARS NOW FOR SAT. MARCH 28th 2015

FIRST CRUSH Winery Cape Cod Wine Tasting, Hors d'Oeuvres, & Chocolate Party with **LIVE Music** to benefit the "Remembery Fund". The Friends of the Harwich Council on Aging, (a 501C3 non Profit) receive the proceeds of this fundraiser on behalf of the "Remembery Fund" to be distributed to Residents of Harwich, Chatham, Brewster and Orleans affected by Alzheimer's disease and related memory impairment. Tickets will be \$25 and there is a limited capacity at the Winery so please buy your tickets early! For more information or to purchase tickets, please call The Foleys at 508-430-0027.



THE LIBRARY CORNER

Harwich holds its first community-wide read ever!

“One Book” reading promotion projects have increased in popularity since the late 1990s as a way to connect people to literature through the reading and discussion of a common book. This winter, we began a Community read entitled: Harwich Reads: Growing Our Community. We are reading “Animal, Vegetable, Miracle” by Barbara Kingsolver and “The Secret Garden” by Frances Hodgson Burnett. Our program began on Saturday February 7 and will end in May, at Brooks Free Library. Both of these books have the theme of the joy of gardening and of creating a locally based sustainable society.

Originally proposed to us by the Harwich Cultural Council in June of last year, it has blossomed into a joint collaboration between many organizations in town. These include: Brooks Free Library, Harwich Cultural Council, Friends of Brooks Free Library, Harwich Chamber of Commerce, Harwich Historical Society, Harwich Junior Theater, Harwich Conservation Trust, Harwich Council on Aging, Harwich Conservation Department, Garden Club of Harwich, Chase Library, Monomoy Regional School District, and the Lighthouse Charter School.

The programs offered are for a wide range of ages and encompass a variety of topics surrounding gardening. Some of these include: book discussions by our book groups, making birdfeeders and grass head guys for children, a garden craft with the Council on Aging, Stephanie Foster discussing her book, “Farms of Cape Cod”, the History of Cape Cod Gardening, and Gardening Older/ Gardening Wiser.

The Harwich Junior Theater will be producing The Secret Garden from April 3-May 3 as a tribute to the book being offered for families to share. Students in grades 5 & 6 from the Monomoy Regional School District will attend the matinee performance of it on Wednesday, April 8 thanks to partial funding of grants from the Harwich Cultural Council. There will also be a Gala Reception celebrating the ending of Harwich Reads as well as the theater’s 64-year heritage as a community landmark.

For more information visit <http://www.brooksfreelibrary.org>



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.

March-April, 2015

Dear Friends,

With the start of Spring, the Friends hope that everyone has put the snow behind them and is looking forward to flowers popping up from the ground!

We continue to support the senior-oriented programs and services that the COA Director, Barbara Anne Foley, and her staff work at each and every day. With financial support from generous donors we were able to help several seniors with EMERGENCY OIL deliveries and Stop & Shop EMERGENCY Food cards for people who were in real need. We can't do it without your help!!! We are always looking for new members to join the Friends of the Council on Aging Board too!

Why not take a look at the Monday Supper Club & Entertainment Nights for a great meal out and join us for the Wine Tasting Night, March 28th at the First Crush Winery in Harwich and don't forget the "Remembery Walk" on Sat. May 9, 2015 at 11:00 a.m. Did you know, the more we stay engaged socially with each other the better our brains function?! Besides, with all the snow we had aren't you happy to get out of the house now?

Jack Brown, FHCOA President

Membership Form 2014-2015

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 _____

Senior in Need Support _____

Board of Directors

Jack E. Brown, Chairman

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Bob Widegren

Ruth Avitia

Nan Bailey

Linda Johnson

Len Long

Council on Aging Board

Adrienne Johnson -Chair

Joe Johnson-Vice Chair

Ralph Smith

Lee Culver

Michael Smith

The COA Board is currently looking for NEW COA Board Members!

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.

The Harwich Council on Aging newsletter printing is made possible with a grant provided by the Executive Office of Elder Affairs

In Life, All Good Things come hard, but wisdom is the hardest to come by. Lucille Ball

PRE-SORTED
STANDARD
U.S. POSTAGE PAID
PROVIDENCE, R.I.
PERMIT NO. P1 2475

Harwich Council on Aging
100 Oak Street
Harwich, MA. 02645