



Harwich Community Center Newsletter

March/April, 2016



Town Offices Closed on Monday, April 18th 2016 for Patriot's Day.

MARCH 31st & APRIL 28th SAND DUNES SWING ENSEMBLE PERFORMS 7-8:30

♦ **FREE HOME SAFETY ASSESSMENTS WITH HARWICH FIRE & COA**

The Harwich Fire Dept. & COA continues to carry out the grant "Remembering When, A Fire and Fall Prevention Program". We conduct FREE home safety assessments, including checking your smoke detectors and carbon monoxide detectors for dates and to see if they are in good working order. We will also look for fall or trip hazards and other safety concerns. Appointments are taken on a 1st called/in 1st served basis. Please call 508-430-7550 to make your appt. today. **The Home Assessment dates are: Monday, March 7th and Thursday, April 14th.** All appointments are between 9:00-12:00 one hour for each appointment booked. When you call, please tell us your address and when your home was built. If it was before 1975 it was not required to have the smoke detectors hardwired and this is important for us to know BEFORE we come to your home.

♦ **NO SUCH THING AS A FREE LUNCH? NOT TRUE AT THE COA!**

The Harwich COA offers our Senior Dining lunch program every Tuesday through Friday beginning at 11:30 a.m. The lunch is \$3.00 and our Supper Club is on Monday nights often with entertainment for \$5-affordable for sure! Now back to the FREE Lunch? If you Volunteer for us in our Lunch Program on any day Tuesday through Friday each week we feed you that day's lunch for FREE! The menu is provided in this newsletter. If you have not given our lunches or Supper Clubs a try-I would urge you to join us! Our Chef Linda serves great food and the camaraderie is wonderful-please don't stay home and eat alone. Our Cranberry Coach Van will pick you up and bring you to and from both dining programs. You must call by 11am the day before the meal you would like to attend. To make your lunch reservation, please call 508-430-7550. **JUST IN!! We are having a name the lunch program contest too-the prize is**

lunch free for a week.

ST. PATRICK'S DAY "TOP OF THE MORNING IRISH STORIES, SONGS AND MUSIC WITH JOHN PORCINO"

This show is brought to you thanks to the generosity of the Harwich Cultural Council Grant and Massachusetts Cultural Council! Join us **Thursday, March 17th after lunch at 12:30 for this fun event!!**



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 Drivers: Dan Eldredge & Dana DeCosta

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.
Insurance That Really Pays Off**

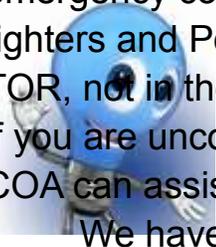
Insurance is supposed to provide security and peace of mind, but paying its escalating costs seems to produce the opposite effect. But there are types of insurance, other than car or home, which can provide great benefits for a reasonable cost.

Whether you live alone or with someone else, sooner or later, you will find yourself alone in the house. As people age, they are more prone to falls due to medication issues, osteoporosis or heart/stroke incidents. You will feel helpless and it is unnecessary to be in a position where you have “fallen and can’t get up” or are unable to call for someone to assist you. The good news---technology can come to the rescue---finally a good use for the darn thing! Many of you are already using a “lifeline” or medical alarm.

All you have to do is wear a pendant or bracelet and press a button when you need help. The alarm company will call back immediately. If they do not make contact, they summon the Fire Department. There is a nominal cost for the alarm, but the peace of mind it provides is priceless. There’s one catch---you have to actually *wear* it. NO excuses...you can’t forget to put it on after a shower, you can’t be afraid you will “accidentally” set it off, or figure you’re not planning on falling---so you don’t really *need* to wear it....Believe me when I say we’ve heard it all before. If you get a medical alarm, you will need to get a “lock box” also. This locked metal box (like the ones realtors use) is attached to your house by a simple screw and contains a key to your home. The Fire Department has the only key to this box. When they respond, and you can’t let them in because you’re lying on the bathroom floor, they don’t have to hatchet their way in to save you---just kidding. However, it is likely a window or door will sustain damage during a forced entry.

The other “free” insurance is a File of Life for your fridge. It’s a red magnetic pouch which contains information you complete regarding your doctor, meds, emergency contact and comments like whether there are pets in your home. Firefighters and Police who respond will look for this information ON YOUR REFRIGERATOR, not in the pile of bills on the table or in a kitchen drawer. This can be a lifesaver if you are unconscious, in pain, or too stressed to answer questions correctly. The COA can assist you in getting a File of Life, medical alarm or lock box.

We have enough anxiety in our lives. Let’s give ourselves a break and consider these simple steps for insurance that will really pay off.



Notes from the Outreach Office

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome." [Anne Bradstreet](#), "Meditations Divine and Moral," 1655; American poet (1612 - 1672)

- ◆ **You Call this Winter?**: OK, so the Patriots (sadly) did not return to the Super Bowl this year, we can all look optimistically to the future as pitchers and catchers report to the Red Sox spring training camp on February 18. 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. 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 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 winter weather challenges.
- ◆ **Money Management Program**: I recently attended a presentation on the Money Management Program, which is operated by Elder Services. This is a free program that assists seniors who are earning up to \$51,000/year who could be at risk of losing their independence due to their failure to pay basic rent, food and utility bills on time. Trained, supervised volunteers assist seniors in managing their money in a number of different ways. This is a great service, and for more information please call Elder Services at 508 394-4630.
- ◆ **Brown Bag Food Program**: This is a monthly food program that continues to grow in popularity. It provides 13-16 pounds of groceries every month, including some perishable food items. If you are interested in participating you will need to complete an application as required by the USDA. If you have any questions please feel free to call Kevin at 508 430-7551; extension 12.
- ◆ **Fuel Assistance**: While we have been fortunate to be spared the worst of the winter weather, we will be continuing to accept applications for the Fuel Assistance program through the end of April. 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**: Matt Pitta, local radio newscaster, started the year with his observations on the opioid crisis on Cape Cod, and Carole DeChristopher from the Harwich Historical Society joined us in February with a presentation entitled "Harwich Through Time". This has become one of the most popular events at the COA, and we encourage you to attend and bring a friend. Breakfast is 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 register.
- ◆ **Men's Book Group**: The Men's Book group meets on the second Friday of every month, immediately following breakfast. In February we read Fahrenheit 451 by Ray Bradbury. 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: We would like to welcome & thank new volunteers: Judith Butler, JoAnne Lepore, Marietta Maloney, Sherry Kotcher and Linda VanEssendelft.** 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.

Looking Forward to Spring!

Kevin & Rick

NEW SWIMMING POOL CLASS!!!

The Harwich COA has partnered with Broad Reach Rehab. In Chatham and we are so excited to be offering you a brand new "Basic Water Wellness Class"!! The class will be held on **Tuesdays and Thursdays from 1:00-2:00 p.m. in Chatham beginning on March 8th and ending on May 28th.** The class is \$8 per session/\$128 total and can be paid in two \$64 checks. The class will consist of light aerobic, strength, and flexibility exercises. If you are interested in this class and to pre-register, please call Ellen Summey at Broad Reach Rehab at 508-945-9611. The Harwich COA Director, Barbara-Anne Foley has made the Cranberry Coach Van available for transportation to this class if enough seniors are interested. If you would like to use the Van to get to this class, contact Barbara-Anne Foley directly at 508-430-7550 ext. 10.

LINDSAY HENDERSON FROM CAPE LIGHT COMPACT PRESENTS

"Your Electric Rates and competitive suppliers who market and energy efficiency". Wednesday, **March 16th from 10:30-11:15 a.m.** at the Harwich Community Center. Pre-registration is required, please call 508-430-7550.

HARWICH COMMUNITY CENTER HAPPENINGS



March 14th - Red Cross Blood Drive, 10am-3pm

April 12th- CC Hospital Blood Drive, 9AM-3PM

March 1st Massachusetts Primary

- ◆ **Tuesdays, March 1st and April 5th "Take Back Your Health" Topics to be announced. 11:00-12:00 and 6:00-8:00 p.m.**
- ◆ **Thursdays, March , 3, 10, 17, 31 5:00-5:45 p.m. Beginner Swing Dance**
- ◆ **Thursdays, March , 3, 10, 17, 31 5:45 p.m.-6:30 p.m. Beginner Samba Dance.**

- ◆ **Saturday, March 5th, three shows (10 am, 1pm & 3pm)**
10th Annual "Eyes On Owls" – Live Owl Program
Harwich Community Center Gym

Tickets are \$5 for ages 5 to 11 and \$10 for ages 12 to adult
(Not recommended for under age 5)

Marcia and Mark Wilson return to the Harwich Community Center with their owls to amaze us once again. See great-horned, snowy, barred, screech, and saw-whet owls as well as the spectacled owl from South America and the Eurasian eagle owl, the largest owl species in the world. Reserve early for this inspiring and intriguing live owl show. Reserve online at www.HarwichConservationTrust.org.



- ◆ **March 7th Mid Cape Main Replacement Project Public Hearing 7:00-9:45 p.m.**
- ◆ **March 18th Harwich Chamber of Commerce Event**
- ◆ **March 24th "After Prom" Event**
- ◆ **March 25th Egg Hunt at the Middle School 3:30 p.m. (See inside newsletter for Egg Hunt flyer)**
- ◆ **April 2nd "Meet Your Local Farmer"-Gym**

A WONDERFUL NIGHT OUT ON THE TOWN!!

"The Sound Dunes Swing Ensemble" and the Acapella quartet, "Who's The Boss" will perform at the Harwich Community Center on 2 upcoming dates: Thursdays **March 31st and April 28th from 7:00-8:30 p.m.** This interactive concert has people up on their feet dancing. If you are looking for a great night out-join us on these nights!



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: **Fridays March 11th and April 8th from 8:30 a.m.-3:30 p.m. and Wednesdays, March 23rd and April 20th from 8:30 a.m.-11:30 a.m.** Gift Certificates are available and make a nice gift for a friend or family member. To make your appt. call 508-430-7550. today.



BRIDGE II IS BACK!!

Nancy Blezard's Bridge II course begins Monday, March 7th for 6 weeks from 1:00-3:00 p.m. The fee is \$30.

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

Trivia Challenge is held weekly on **Monday afternoons at 1:00 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. Please note: (Monday, April 18th Town Offices are all closed for Patriot's Day.)



WOULD YOU LIKE TO HAVE SOFT HANDS & SOFTER HEELS?

If you answered yes, join us on Tuesday, March 18th at 10:30 a.m. with the NEW Maplewood at Brewster here at the COA to make homemade Peppermint Sugar Scrub. The cost is \$5 to cover the cost of supplies. This scrub is wonderful to soften hands, feet, elbows and is safe enough for your face as well! Please pre-register by March 8th by calling 508-430-7550, as space is limited to 12 participants.



Senior Dining Program Menu March 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Chicken Marsala with Rice & Veggie	2. Corn Chowder & Ham & Cheese Croissant	3. Hot Pastrami Sandwich with French Fries & Coleslaw	4. Fish Sandwich with French Fries and Coleslaw	5.
6.	7. Supper Club Roast Beef Dinner with Potato & Veggie	8. Cranberry Chicken with Rice & Veggie	9. Beef Fajita Bowl	10. Linda's Homemade Pizza & Salad	11. Tuna Melt with Chips Men's Breakfast	12.
13.	14. Supper Club Chicken Parmesan With Salad & Ziti	15. Taco Boat with Rice	16. Scallops with Potato & Veggie & Coleslaw	17. Corned Beef & Cabbage Dinner	18. Clam Chowder & Grilled Cheese Sandwich	19.
20.	21. Supper Club Veggie Lasagna with Salad	22. Bacon Cheeseburger with French Fries	23. Bowl of Linda's Homemade Chili with Roll	24. Roast Beef Sandwich with Chips & Coleslaw	25. Baked Fish with Potato & Veggie	26.
27.	28. Supper Club Shrimp with Wild Rice & Veggie Gino Sings Sinatra	29. BLT (Bacon, Lettuce & Tomato) with Chips & Cup of Soup	30. Chicken Caesar Salad	31. Turkey Wrap with French Fries		

Menu items subject to change by COA Chef.

Senior Dining Program Menu APRIL 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Roast Beef Sandwich with Lettuce, Tomato and Chips	2.
3.	4. Supper Club Fried Chicken with Potato & Veggie	5. Salisbury Steak with Potato & Veggie	6. Meatballs & Ziti with Salad & Garlic Bread	7. Chicken Salad Sandwich with Chips & Soup	8. Macaroni & Cheese MENS BREAKFAST	9.
10.	11. Supper Club Pork Chop with Potato & Veggie Gino Sings Sinatra	12. Grilled Salmon with Rice & Veggie	13. Chicken Coron Bleu with Rice & Veggie	14. Super Salad with Tuna	15. Cheeseburger with Lettuce, Tomato & French Fries & Coleslaw	16.
17.	18. CENTER CLOSED PATRIOTS DAY	19. Stuffed Shells with Salad & Roll	20. Grilled Cheese Sandwich with Corn Chowder	21. Linda's Homemade Pizza & Salad	22. Chicken Fajita Bowl	23.
24.	25. Supper Club Hot Turkey Sandwich with Potato & Veggie	26. Hot Ham & Swiss Sandwich with Chips & Pickle	27. Meat Loaf with Potato & Veggie	28. Curried Chicken Salad with Grapes on Lettuce	29. Stuffed Green Peppers	30.

Menu items subject to change by COA Chef.

HARWICH COUNCIL ON AGING CALENDAR MARCH 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DON'T MISS THE "SAND DUNE'S SWING BAND" 2 CONCERTS: MARCH 31st & APRIL 28th FROM 7:00-8:30 P.M. AT THE COMMUNITY CENTER. BRING A FRIEND... YOU MIGHT EVEN FIND YOURSELF DANCING! NO CHARGE- DONATIONS GLADLY ACCEPTED. ALL ARE WELCOME AND INVITED TO ATTEND.</p>	<p>1 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support Grp. 9:00 Free Hearing Screenings- Barbara Eaton 9-12 Mah Jongg 9:00 Yoga with Michele 9:30 Balance Boosters- Barbara-Anne 10:30 Tai Chi/Chi Gung 11-1 50+ Volleyball-Gym 11-12 Take Back Your Health 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music 6-8 Take Back Your Health</p>	<p>2 6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9-12 Wellness Clinic Town RN 9:30 COA Board Mtg. 9:30-10:30 Seniorfit with Charlie 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Legal Services with Tom Kosman, Esq. by appt. 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 3:45-5:15 Girl Power Program!! Stop & Shop Market pm Van</p>	<p>3 Stop & Shop Cranberry Coach 7:30 Walking Club-gymnasium 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game see inside for details 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness 5:00 NEW Beginner Swing Dance 5:00 NEW Beginner Samba Dance</p>	<p>4 9:00 Walking Club- Brooks Park 8:30-9:30 Superfit with Charlie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 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 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>7 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 9-12 Fire Dept. & COA Safety Home Assessments 1:00 Trivia Challenge with Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club 7:00 p.m. Mid Cape Main Replacement Project Public Hearing COA Van Dennisport, Dollar Store and Job Lot</p>	<p>8 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham -pre-registration required 4:15 Dancersize Movement to Music with Elaine</p>	<p>9 6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 11-12:30 Pickle Ball  11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-3:00 Zero Balancing with Marcia Moeder, R.N. 2:30-4:30 Open Gym & Game Rm 3:45-5:15 Girl Power Program!! Stop & Shop Market pm. Van</p>	<p>10 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham -pre-registration required 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness 5:00 NEW Beginner Swing Dance 5:45 Beginner Samba Dance</p>	<p>11 BETTY BRADY'S FOOT CLINIC 9:00 Walking Club- Brooks Park 8:30-9:30 Superfit with Charlie 9:00 MEN'S BREAKFAST & Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30-10:30 Seniorfit with Charlie 9:30 Balance Boosters with Barbara-Anne last class this session 10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>

HARWICH COUNCIL ON AGING MARCH 2016 CALENDAR PAGE 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</p> <p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 10-3 Am. Red Cross Blood Drive 12:30-2:00 55+ Basketball 1:00 Trivia Challenge with Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van "Market Basket"</p>	<p>15</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Dir. 10:30 Maplewood at Brewster & Barbara-Anne making Peppermint Scrub at COA pre-registration req. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham –pre-registration required 4:15 Dancersize Movement to Music with Elaine</p>	<p>16</p> <p>6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9-12 Wellness Clinic-Town RN 10:30-10:30 Seniorfit with Charlie 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 10:30-11:15 Cape Light Compact Seminar 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 2:30-4:30 Open Gym & Game Rm 3:45-5:15 Girl Power Program!! Stop & Shop Market pm. Van</p>	<p>17</p> <p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 11:30 Sr. Dining Program 12:30 St. Patrick's Day Stories, Songs & Music-John Porcino 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham –pre-regist. required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Game Rm & Gym 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness 5:00 NEW Beginner Swing Dance 5:45 Beginner Samba Dance</p>	<p>8:30-10:30 Superfit & Seniorfit 18 9:00 Walking Club Brooks 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 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 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 6:00 Harwich Chamber of Commerce Meeting</p>
<p>21</p> <p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Trivia Challenge with Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van-Patriot Square & Movies</p>	<p>22</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Dir. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham –pre-registration required 4:15 Dancersize Movement to Music with Elaine</p>	<p>23</p> <p>BETTY BRADY'S FOOT CLINIC 6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9-12 Wellness Clinic-Town RN 9:30-10:30 Seniorfit with Charlie 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 3:45-5:15 Girl Power Program!! Stop & Shop Market pm Van</p>	<p>24</p> <p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham –pre-regist required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness AFTER PROM EVENT</p>	<p>8:00 EPOCH Breakfast 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:30 Balance Boosters with Barbara-Anne 10-11:30 Blood Pressure Clinic R.N. with EPOCH Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 3:30 Egg Hunt @ Middle School</p>
<p>28</p> <p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Trivia Challenge-Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Gino Sings Sinatra COA Van-Thrift Store Extravaganza</p>	<p>29</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Dir. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham –pre-registr required 4:15 Dancersize Movement to Music with Elaine</p>	<p>30</p> <p>6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9:30-10:30 Seniorfit with Charlie 11:30 Sr. Dining Program 11-12:30 Pickle Ball  12:30-2 55+ Basketball 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p>	<p>31</p> <p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham –pre-registr. required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>5:00 NEW Beginner Swing Dance 5:45 Beginner Samba Dance 7-8:30 Sound Dunes Swing Band Concert</p> <p align="center"></p>

HARWICH COUNCIL ON AGING CALENDAR APRIL 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DON'T MISS THE "SAND DUNE'S SWING BAND" CONCERT: APRIL 28ST FROM 7:00-8:30 P.M. AT THE COMMUNITY CENTER. BRING A FRIEND... YOU MIGHT EVEN FIND YOURSELF DANCING! NO CHARGE- DONATIONS GLADLY ACCEPTED. ALL ARE WELCOME AND INVITED TO ATTEND.</p>		<p>DON'T FORGET TO JOIN US ON APRIL 2ND FOR "MEET YOUR LOCAL FARMER" PROGRAM!</p> 		<p>9:00 Walking Club- Brooks Park 1 8:30-9:30 Superfit with Charlie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 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 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>4 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Trivia Challenge with Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van Cape Cod Mall & K-Mart</p>	<p>5 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9:00 Free Hearing Screenings- Barbara Eaton 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 10:30 Tai Chi /Chi Kung 11-1 50+. Volleyball-Gym 11-12 Take Back Your Health 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham -pre-registration required 1:00 Legal Services-Elizabeth Lynch, Esq by appt 4:15 Dancersize Movement to Music with Elaine 6-8 Take Back Your Health</p>	<p>6 6:30-7:45 Turbo Tennis- Gym 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9:30 COA Board Mtg. 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 1:00-3:00 Zero Balancing with Marcia Moeder, R.N. 1:00 Legal Services with Tom Kosman, Esq. by appt. 2:30-4:30 Open Gym & Game Rm Van-Stop & Shop Market pm.</p>	<p>7 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham -pre-registration required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>8 9:00 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST & Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>

HARWICH COUNCIL ON AGING APRIL 2016 CALENDAR PAGE 2

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<p>11 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Trivia Challenge with Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van "Market Basket"</p> 	<p>7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9:00 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9-3 Cape Cod Hospital Blood Drive 9:30 Balance Boosters with Dir. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham –pre-registr required 4:15 Dancersize Movement to Music with Elaine</p>	<p>6:30-7:45 Turbo Tennis- Gym 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9-12 Wellness Clinic-Town RN 11-12:30 Pickle Ball  11:30 Sr. Dining Program 12:30-2 55+ Basketball 2:30-4:30 Open Gym & Game Rm Stop & Shop Market pm. Van</p>	<p>13 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9-12 Fire Dept. & COA Home Safety Assessments 9:30 Mary Ann's Ex's & the Ball 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham –pre-regist. required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Game Rm & Gym 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>14 9:00 Walking Club Brooks 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 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 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>18 </p>	<p>7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Dir. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham –pre-registration required 4:15 Dancersize Movement to Music with Elaine</p>	<p>BETTY BRADY'S FOOT CLINIC 20 6:30-7:45 Turbo Tennis- Gym 8:30-10:30 Superfit & Seniorfit 9:00 Walking Club Brooks 9-12 Wellness Clinic-Town RN 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p>	<p>21 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham –pre-regist required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>22 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9:00 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:30 Balance Boosters with Barbara-Anne 10-11:30 Blood Pressure Clinic R.N. with EPOCH Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 2:00 Current Events Brooks Library</p>
<p>25 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Trivia Challenge-Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Gino Sings Sinatra COA Van-Orleans T.J. Max & Christmas Tree Shops</p>	<p>7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Dir. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham –pre-registr required 4:15 Dancersize Movement to Music with Elaine</p>	<p>27 6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9:30-10:30 Seniorfit with Charlie 11:30 Sr. Dining Program 11-12:30 Pickle Ball  12:30-2 55+ Basketball 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p>	<p>28 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 NEW Swimming Pool Class in Chatham –pre-registr. required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness 7-8:30 Sound Dunes Swing Band</p>	<p>29 8:00 EPOCH Breakfast 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9:00 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:30 Balance Boosters with Barbara-Anne 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 2:00 Current Events Brooks Library</p>

EXERCISE PROGRAMS

DANCERSIZE-MOVEMENT TO MUSIC

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 – EXPERIENCE NECESSARY!**

MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: March 4, 11, 18, and April 1, 8, 15, 22, and 29th. 9:00-10:15 a.m., 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 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 Feb 24-April 1st 2016: Fee (\$38) per 6 week session. Next Session is April 20-May 27th** -Register now to reserve a space by contacting Charlie at 508 432-0370. Also ask how you can try out a free demo class.

BALANCE BOOSTERS CLASS

Join COA Director, Barbara-Anne Foley for the Balance Boosters Class on Tuesdays and Fridays for one hour, beginning **March 15th through May 10th 9:30-10:30. (No class April 15th)** Fee: \$24 for 6 weeks 2 days a week-that's \$2 a class-can't beat the price! Location: RSVP to 508-430-7550. 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.

HATHA YOGA WITH MICHELE INSLEY 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 at the Harwich Community Center. COST=\$15 per session, \$60 for 6 sessions. For more information or to inquire about classes over the holidays, please contact Michele Insley, E-RYT at micheleinsley@gmail.com or 508-360-7227.

TAI CHI/CHI KUNG-GEOFFREY CARLSON The Tai Chi/Chi Kung class will continue focusing on the Yang-Style 37 Move Short Form, with additional Chi Kung practice. Six week course fee: \$42 or \$7 per class. This class combines the slow movements inspired by Tai Chi and Chi Kung 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, 10:30-11:30.**

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 am –9:30 a.m. and Thursdays at 9:30 a.m.-10:30 a.m.** The cost is \$8.00 per class or 2 classes for \$14 and it is pay as you go. Call Mary Ann at 774-994-0061 for questions about her personal training or her classes.

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 25th at 8 a.m. and Friday, April 29th 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**. EPOCH is located at 111 Headwaters Drive just off Route 124.



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, April 26th** by appt.

Zero Balancing is with Marcia Moeder, R.N. **March 9th, April 6th & May 11th 1:00-3:00 p.m. by appt..** Deeply relaxing and energizing. Promotes wellness and balance. To schedule your appt. with Diane or with Marcia please 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 a **NEW** Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Dates: March 2nd & March 16th and April 6th & April 20th.** 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 "Rememberby Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN, Activity group facilitator: Gail Bunnell. 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.**

CRANBERRY COACH VAN SCHEDULE

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

Mondays: **March 7** Dennisport:Dollar Store & Job Lot. **March 14th** Market Basket **March 21st** Patriot Square & Movies **March 28th** Thrift Store Extravaganza. **April 4th** Cape Cod Mall & K-Mart **April 11th** Market Basket . **April 18th** Patriot's Day the Center is closed. **April 25th** Orleans T.J. Max & Christmas Tree Shops. .

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

Wednesdays: Senior Dining Program and Stop & Shop in afternoon & Chatham for Tax Appt.s

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

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.

MARCH/APRIL TRIPS Trips with Funtastic Getaway



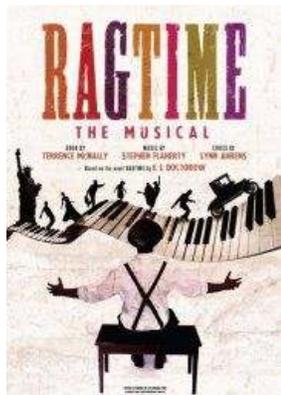
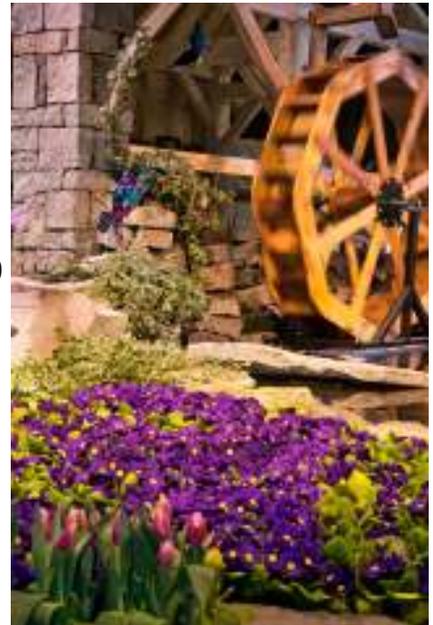
Thursday, March 10, 2016 “The Sound of Music” Providence Performing Arts Center Orchestra Seating 1pm Matinee & free time at Providence Place Mall. **\$115**

Saturday, March 19, 2016 Boston Flower Show at the Seaport World Trade Center. The 2016 theme is “Nurtured by Nature”. Visit the Garden Marketplace to purchase gifts or kick off your own spring transformation. **\$68**

Wednesday, March 23rd Maine Culinary Treasures. Start at “When Pigs Fly Bakery” in Kittery for fresh bread then onto Stone-wall Kitchen in York for a delicious brunch and so much more! **\$110**

Saturday April 2-Saturday April 9th Southern Charm: Charleston & Savannah. Explore the southern charms of Charleston, Savannah, and Beaufort, and take a tour of Parris Island. Activities an entire page long come in a take a peak! **\$1,599 ppdo \$2,285 Single.**

Thursday, April 7-Sunday April 10th Washington DC Cherry Blossoms. **\$739 ppdo \$999 single**

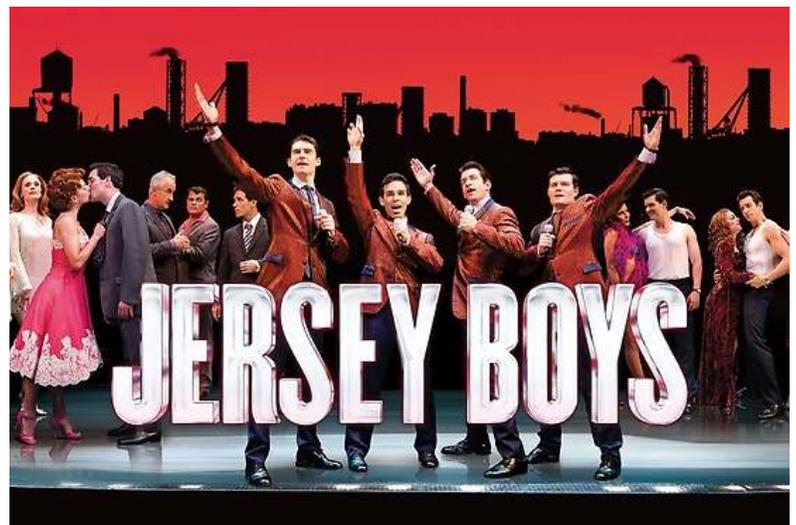


Saturday, April 9, 2016 “Ragtime” Providence Performing Arts Center Orchestra Seating 2pm Matinee & free time at Providence Place Mall **\$119**

Wednesday, April 13th Newport Playhouse “One Slight Hitch” Comedy Show & Cabaret Show & Buffet Lunch. **\$103**

Saturday, April 30, 2016 “Jersey Boys” the story of Frankie Valli and the Four Seasons. Providence Performing Arts Center Orchestra Seating 2pm

WE ARE LOOKING FOR VOLUNTEERS FOR THE TRAVEL DEPARTMENT AND A VOLUNTEER TO COORDINATE THE TRAVEL DESK AT THE COA. IF YOU ARE INTERESTED, AND CAN OFFER A FEW HOURS A MONTH WE WOULD BE MOST GRATEFUL. THIS IS A GREAT SERVICE THE COA OFFERS AND WE HATE TO HAVE IT COME TO AN END! BUT IF WE DON'T GET NEW VOLUNTEERS IT WILL!



WINE TASTING, CHEESE & CHOCOLATE PARTY!!



FIRST CRUSH
WINERY
CAPE COD

Come & join the fun!!!
It doesn't get better
than this

- Wine Tasting
- Great Food
- Chocolate
- LIVE Music on the Keyboard by Attorney, Michael Lavender

Supported by the Harwich Council on Aging.

When: Saturday, March 19, 2016, at First Crush Winery @ 4:30 p.m.

Where: 527 Main Street, Harwich, MA. First Crush Winery resides in buildings 16-18 enter at 18

Food: All food generously donated by Maplewood at Brewster

Cost: \$25.00 per person (Your Ticket is Tax Deductible) Call AF5CC at 508-896-5170

~Proceeds to benefit~
Alzheimer's Family Support Center of Cape Cod, a 501C3 that supports Residents across the Cape, affected by Alzheimer's disease.



MAPLEWOOD
at brewster

A SENIOR LIVING COMMUNITY



Harwich Community Center
Egg Hunt!

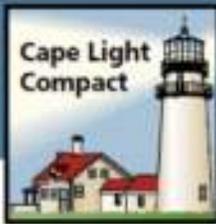
Friday
March 25th, 2016
3:30PM

****At the Harwich Middle School****

**Bring a decorated egg carton
to collect your eggs in!**

Be sure to arrive on time,
the eggs won't last long!





Competitive Electric Supply — What Consumers Need to Know

Electricity Market Information

The electricity market is volatile, and prices are typically higher during winter months (January – March) than the rest of the year.

Approximately 45% of New England's electricity is generated from natural gas-fired plants. New England experiences natural gas constraints in the winter when it is used for both heating homes and electricity production, causing an increase in electricity prices during this time. This dynamic causes power suppliers to market more aggressively through direct mail, phone solicitations and door-to-door.

All competitive suppliers must be registered with the Massachusetts Department of Public Utilities and are required to follow specific rules.

Understand What You Are Looking At – Terms & Conditions of Contract Are As Important As Price

Important key terms to consider when comparing electric supply offers to make sure that you are comparing apples-to-apples:

3 important cautions to be aware of when approached with an offer:

ALWAYS ask for written information on what is being offered to you, so that you may review it without any pressure.

NEVER provide your Eversource electric account number before you have decided to sign a contract, as the supplier has the ability to switch your account to their supply without your consent.

NEVER commit to a price or contract over the phone. Verbal offers may not provide you with all the terms & conditions of the contract you are about to enter into.

Contract and Term Length

- What months does the new term cover? Keep in mind that prices are generally higher in the winter months and lower during the rest of the year.
- If the term is 12 months or longer, the supplier averages the price over that period, meaning it may be lower at certain times of the year.
- What will happen at the end of your contract? Will you be automatically changed to a different rate if you don't cancel the contract?

Rates

- Offers you receive are for **electric supply only**. Some marketers include the delivery portion of your bill as a comparison to make it look like you are paying a lot more.
- Understand the rate offer that is made. Is it an introductory or promotional rate (similar to credit card offers where rate changes after X months)?

Fees

- **Monthly Service Fee** – Some suppliers charge a monthly fee in addition to the price for the electricity you use.
- **Termination/Cancellation Fee** – Is there a fee if you wish to cancel the contract before the end of the term? For example, some suppliers charge at least \$25.
- **Return Fee** – Will you be charged an additional fee by your present supplier if you want to return to them?

Green Power

Many suppliers offer to sell you electricity that comes from renewable resources, meeting this claim by purchasing renewable energy certificates (RECs) to match a certain percentage of your usage. RECs, which can be tracked and traded, capture the benefits of renewable electricity. **Not all RECs are created equal, however.** Many suppliers purchase inexpensive RECs from older sources or generators outside of New England, which is not likely to drive the development of new renewables above what would have already occurred. Purchasing RECs from newer renewables in New England, however, results in the addition of new, clean, local energy on our grid.

Other

- If your electric usage changes (e.g., decreasing usage by adding solar), will your price change?
- **Supplier Cancellation Rights** – Can the supplier cancel or assign your contract to another company at any time without your consent, including if it is no longer profitable for them to continue supplying you?
- If market or legislative changes occur, can additional charges be passed through to you?

QUESTIONS?

Call Cape Light Compact at 508.375.6644 or visit www.capelightcompact.org/power-supply.



How to Read your Electric Bill

3 things you need to know

Most of us just look at the payment line on our monthly electric bill to see how much we have to pay. But there is very important information that you need to know if you want to save money and energy.

1 How Much Electricity You Use

A The left-hand side of the bill shows your kilowatt hour usage either on a graph or a month-by-month listing for each of the past 12 months. Are you using more or less than last year?

You have control over how much electricity you use. To save energy and money, call 1-800-797-6699 for a Free Energy Assessment.

2 What You Pay

The payment section of your electric bill is divided into two parts:

B Delivery Charges. These charges are from Eversource (sole provider) for delivering electricity, reading your meter and sending monthly bills to your home or business each month. This section is not subject to competition.

C Supply or Generation Charge. This charge is for each kilowatt hour (kWh) of electricity you use each month. Electric supply is open to competition, and various competitive suppliers may contact you to sell electricity. Competitive supply costs can be noted on your monthly bill, or billed separately to you by the competitive supplier.

If you are interested in considering offers from competitive suppliers, you need to be aware that contract terms and conditions can be more important than the comparative price you are offered. Visit www.capelightcompact.org/power-supply for a list of key items to be aware of.

3 Your Account Number

D Never provide this number to any competitive supplier unless you have reviewed a contract and wish to switch your supply.

EVERSOURCE

Account Number
 12 2 0000033694 05 70

— —

— —

— —

Electric

D

Please Pay By	Dec. 27, 2015
Please Pay Amount	\$136.94

MONDAY PLEASE LET US KNOW OTHERWISE YOU MAY BE RESPONSIBLE FOR ENERGY USE AFTER YOU MOVE

Service Provided To:

Electric Bill Summary

Account Number		XXXXXXXXXXXX
Please Pay By	Please Pay Amount	
December 27, 2015	\$136.94	
Current Bill Date	Next Meter Read Date	
December 9, 2015	January 9, 2016	

Electric Bill Comparison			
	Current Month	Last Month	Last Year
Electric Charges	\$128.94	\$105.91	\$105.73
Total Electricity Use (kWh)	644	484	527
Delivery Charges (per kWh) <small>Cost to deliver electricity to your home</small>	11.16	11.26	11.19
Delivery Charges Total	\$71.81	\$54.72	\$58.87
Generation Charges (per kWh) <small>Cost to purchase electricity from COMED/EDS</small>	10.16	10.16	9.56
Generation Total	\$65.43	\$49.19	\$49.90

Bill Analysis			
	33	30	39
Billing Days			
Avg. Daily Electric Use (kWh)	19.5	16.4	18.1
Avg. Daily Temp (degrees)	52	58	45

A

B

C

What Role Does Cape Light Compact Play For Consumers?

Cape Light Compact is the regional municipal aggregator providing electricity to consumers within the 21 towns of Cape Cod and Martha's Vineyard.

Energy Efficiency

The Compact manages Energy Efficiency services for Cape Cod and Martha's Vineyard and has saved consumers more than \$600 million since 2001.

Community Power Supply

Using the aggregated purchasing power of electric consumers on Cape Cod and Martha's Vineyard, the Compact conducts a competitive bidding process to select a supplier(s) with the best terms and conditions for electric supply. Consumers are free to opt-out of the Compact supply at any time. Since 2001, the Compact's residential supply price has been lower than the Eversource Basic Service price almost 70 percent of the time.

Consumer Advocacy

The Compact protects electricity consumers' interest in energy issues that arise at the state level, and has saved consumers more than \$35 million.

For more information, visit: www.capelightcompact.org/power-supply
 or call 800.381.9192

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, 2016

IMPORTANT: We continue to seek 1 to 3 volunteers to join our Friends' Board of Directors. Given the nature and importance of our work for seniors, we seriously need additional Board members. Also, if you know someone who might be interested in joining our Board, please have them call me at 508-432-5956.

In December, we had to “retire” our old minibus as its problems multiplied beyond our ability to afford the repairs. As we cast about for a solution, a Harwich business member stepped forth and charitably donated a minibus from his fleet. Jay Kavanaugh of Cape Destinations is the generous donor of the used, but “new to us” Chevrolet minibus. We are just so appreciative of this gracious donation. Joan McCarty and Dana DeCosta were integral to this effort and we thank them as well. We are now exploring other options for a truly new bus and will have more to come on that over the next few months.

I hope Winter has not proven too arduous for you. Arizona or San Diego look better every day! As I write this newsletter in early February we have just had our second snowstorm in four days. – one of which was a blizzard. All I can say is: Stay warm and dry

Jack Brown, FHCOA President

Membership Form 2016-2017

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

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COA Disclaimer

The Harwich COA offers many legal, financial, medical, recreational and other services and /or activities by volunteers or nominal cost practitioners. Seniors participating in 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

"Nobody cares how much you know, until they know how much you care." - Theodore Roosevelt

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