



Harwich Community Center Newsletter

July/August 2015

Town Offices Closed on Friday, July 3, 2015 for
Independence Day



The Theatre of the 1930's, 40's and 50's -The Play

The Harwich Council on Aging is so grateful to have received 2 local Harwich Cultural Council Grants-one for Steve Collins to perform his ONE MAN SHOW of the Theatre of the 30's, 40's and 50's. and the other Cultural Council Grant for Tricia Silverman-see below.

"The thirties through the fifties represent a great period of American Theatrical History. The influence of and reaction to the Great Depression is evident in the work of William Saroyan. The forties saw the talent of three great playwrights emerge who dominated the theater, Tennessee Williams, Arthur Miller, and Eugene O'Neil.



All three examine dysfunctional families and the American dream gone awry. In 1954, N. Richard Nash's play The Rainmaker opens at the Cort Theater in New York City. The character Starbuck charms audiences with his brand of con and hucksterism.

Collins performs monologues from these and other playwrights and may even sing a Cole Porter and George Gershwin tune to round off the evening. PLEASE JOIN US FOR THIS WONDERFUL PERFORMANCE ON **MONDAY, JULY 13, 2015 AT THE 5:00p.m.** at our "SUPPER CLUB" Grilled Salmon, Potato and Vegetable is on the menu! **R.S.V.P IS REQUIRED BY FRIDAY JULY 10th** by calling 508-430-7550.

The Mediterranean Pathway to Wellness

With Tricia Silverman, RD, LDN, MBA
Tuesday, July 14, 10-11:15 a.m. **RSVP REQUIRED**

This fun and enlightening seminar will reveal the lifestyle and dietary practices of the people of the Mediterranean region, where elders are known for living long lives full of vitality and health. Tricia will explain via interactive discussions and food props how reducing processed foods and sugar in the diet may contribute to longevity. Learn how living the Mediterranean lifestyle can lower your risk for heart disease, cancer, diabetes and Alzheimer's. A fun olive oil tasting will follow the Mediterranean discussion.



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 Nutri-
tion Dept. telling them you
live in Harwich.

BLUE LIGHT SPECIAL

By Donna Tavano, Elder Affairs Liaison-Harwich Police Dept.



Do the Right Thing

Hi folks, happy summer! Just thought I'd remind everyone it's time to turn in the right direction. Of course, who doesn't want to turn their lives in the right direction. But I mean, literally, the RIGHT direction, as opposed to turning LEFT when driving our busy roads this summer.

Trying to make left hand turns not only takes an eternity, but I guarantee everyone stuck behind you with smart phones is researching how to hire a hit man to wipe out the white haired dude in the white Chevy holding up the line. You also have a much greater chance of being struck by an oncoming car as you pull across the traffic lane. And the subsequent accident will be determined to be your fault, for not exercising care in entering a road. Sometimes the fastest route is not the shortest one! Go with the flow...convince yourself you are smarter to turn right, and drive a bit to find an intersection or parking lot where you can safely head in the other direction. Or, recalculate, and follow a different route to get to your favorite breakfast hang out. Not only will it keep you safe, it will exercise those lazy brain cells better than your daily crossword puzzle.

While we're talking traffic, watch out for crosswalks and people standing, about to cross. Those fidgety tourists might be your great grandkids. If you see a parked car, or obstacle up ahead of you in your lane, pleeeeee don't gun your engines to Mario Andretti your way around it. I guarantee you will find yourself in a death defying maneuver to squeeze your hunk of metal between the parked car and the oncoming traffic. It is the responsibility of the driver who has the obstacle in their lane to wait patiently until clear to safely proceed. Let's face it, your turns aren't quite as tight as they were when you were thirty, you need all the space you can get.

If you do have an accident and do not have a cell phone, if you are not injured and can get out of the car, leave the vehicle and go to side of the road. Believe me, there are thousands of drivers with cell phones, someone will call the police who will then respond to investigate.

Warning...warning...watch out for parking lots. They are treacherous places (as if you didn't already know.) We could charge admission to watch the bumper car maneuvers which occur there. Many drivers, believe it or not, don't even know when they have "bumped" another car, even when witnessed by bystanders. If you sense you could be one of those people, if you return home and notice a mirror hanging off the side of your car, and see lots of dings and dents on your vehicle and the sides of your garage, it may be time to reevaluate whether you should be driving at all. When attempting to determine a senior's ability to drive safely, I often ask a family member if they would allow their aging parent to drive them, or a grandchild around. When I am met with a horrified expression, and an, "Oh no, of course not!" that pretty much answers my question. So be safe this summer, and do the RIGHT thing by turning RIGHT! Right?



Thank you!

Notes from the Outreach Office

"If you're fond of sand dunes and salty air, Quaint little villages here and there, You're sure to fall in love with old Cape Cod" **Patti Page**

Summer Has Arrived: Having been hailed as the "unofficial [Cape Cod](#) Anthem, if ever there was one", this song extols the virtues of [Cape Cod](#) as a leisure destination with each verse ending with the line "You're sure to fall in love with old Cape Cod." The nucleus of the song was a poem written by [Boston](#)-area housewife Claire Rothrock, for whom Cape Cod was a favorite vacation spot, and with summer upon us it serves as a reminder as to why we're all here.

Senior Medicare Patrol: I recently attended the statewide Conference for the Massachusetts Senior Medicare Patrol. This program provides information and training on the importance of being engaged healthcare consumers to prevent healthcare errors, fraud and abuse. One of their initiatives is called "Choosing Wisely", which encourages patients to ask their doctor the following questions before any test, treatment, or procedure: 1) Do I really need this; (2) What are the risks and side effects; (3) Are there simpler, safer options; (4) What happens if I don't do anything; and (5) How much does it cost, and will my insurance pay for it? There are a number of other initiatives that are a part of this program, and if you would like more information about what is available to you please feel free to contact me.

Men's Breakfast: In May we had an informative presentation by Beth Marcus, co-founder of Cape Cod Beer, followed by an optional tour of the brewery. Harwich Mariners' Manager Steve Englert returned in June with some of his players. The Cape Cod Baseball League has been the premier amateur baseball league in the nation since 1885, and this has been one of our most popular events. The remaining summer dates are July 10 and August 14. On July 10, Dr. Frank Puzio from First Crush Winery will join us to talk about making wine in Harwich. This will be followed by an optional tour of the winery with Dr. Puzio following breakfast." The breakfast continues to grow each month, and we encourage you to attend and bring a friend. Breakfast is from 9:00-10:00 AM, and while there is no charge, 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 May we read [Trapped Under the Sea](#), a captivating story about the completion of the Boston Outfall Tunnel, followed by [The Tender Bar](#) a memoir by JR Moehringer. July we will be reading: "[The Devil In the White City](#)" by Erik Larson. 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!

Biking Group: The biking group is rolling along (groan), and we have had a steadily growing group of riders each week. The ride begins each Friday promptly at 1:00 PM at Brooks Park, just off the rail trail and across from the tennis courts. This is a casual, recreational ride with no "drops." There is no need to register for this activity, but a bike waiver will need to be completed with COA Staff, and helmets are required for the ride.

SNAP: SNAP (formerly the Food Stamp program) has undergone some administrative changes, and I recently had a chance to meet with the new director of the Hyannis office. The SNAP program has implemented a complete transformation of their procedures, and individuals no longer have a case worker assigned to them in Hyannis. A new commissioner of the Department was appointed last month after many months with an interim commissioner in place. One thing that I learned was that while they require verification of identification, income and residence, things such as rent and utilities can be self-declared. Hopefully we have identified a mechanism to address problems with the program as they arise, but if you are having difficulty with your SNAP benefits please contact Kevin or Rick to assist you in resolving this.

Volunteering: Please join us in welcoming our newest volunteers; Nita Monteiro, Phyllis Robinson, Katherine Twait, Pea Wee Lusher, and Linda Yurof.. Nita and Pee Wee are working both in the kitchen and on the front desk, while Phyllis, Katherine and Linda can be found helping out with meals and Katherine also intends to be a Friendly Visitor as well! There are many opportunities to contribute 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. If you are interested in becoming a volunteer please contact Rick at 430-7550, ext. 13.

Here's to a Glorious Summer!

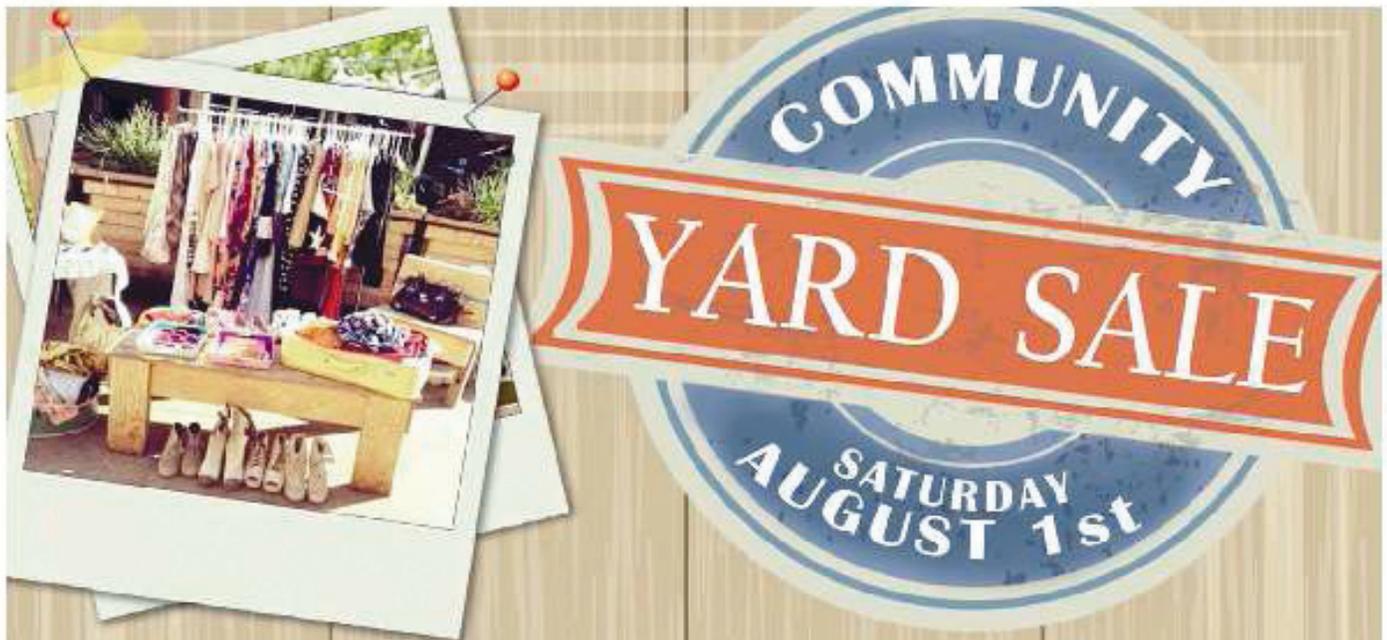
Kevin & Rick

HARWICH COMMUNITY CENTER HAPPENINGS

July 23rd 10:00-3:00 Red Cross Blood Drive Multi-Purpose Rm.

August 13th 9:00-3:00pm Cape Cod Hospital Blood Drive Multi Purpose Rm.

July 25th 9:00-1:00 Art Sale



It's time again to clean out your closets
and save the date for . . .

Harwich Community Center's Annual Yard Sale!

**In Brooks Park
9:00AM – 1:00PM**

**Tables are available
for just \$20!**

Call **(508)-430-7568** for more
information or reservations

Community Groups, Clubs,
Organizations, and the
public offering items for sale!

[In the event of rain, the Yard Sale will be held in the Community Center Gym]



HARWICH TOWN BAND

FREE CONCERTS

Brooks Park Band Stand Oak Street Harwich Center,
TUESDAYS AT 7:00 PM JULY & AUGUST

Beach Stickers New Locations!!!

Res. Dump=\$160, Non Res Dump=\$180, Add'l cars=\$25 Res. Beach Sticker=\$25

Sold at the Community Center June 8th - July 26th 8 am- 3 pm 7 Days A Week 100 Oak St. 508-432-7638 Sold at Harwich Town Hall 732 Main Street 508-430-7501 June 8th - Labor Day: MONDAYS 8:30 am - 8 pm TUES - THURS 8:30 am - 4 pm & FRI'S 8:30 AM - NOON- Sold at the Chamber of Commerce with \$3 convenience fee-June 22nd - Labor Day MON - FRI 9 am- 5 pm SAT.'s 10 - 4 SUN'S 10 - 2 1 Schoolhouse Road, Harwich Port 508-432-1600

VEHICLE REGISTRATION & PROOF OF RESIDENCY REQUIRED. NO REFUNDS DUE TO INCLEMENT WEATHER

Daily Passes \$20 Sold and for use Red River, Earle Road, Long Pond & Pleasant Road Beaches Only.

NEW PROGRAM!!!!!! SPORTS FAN CLUB!



Starting Tuesday, July 7, 2015 from 1:00-3:00 p.m. Talk and share stories about local sports Teams, bring in memorabilia to share. ***Special attention given to grieving Red Sox Fans!**** Stop in or call the COA Reception Desk at 508-430-7550 to sign up.



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 Wednesdays 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. 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. **No classes in summer 2015. Next session begins Sept. 9th for six weeks to October 13th. Fee (\$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 July & August: July 3, 10, 17, 24, 31 and August 14, 21, 28 (no class on August 7th) \$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.

YOGA ON THE BEACH!

Red River Beach - offered **daily 7:30 - 8:45am**

June 21 - September 7, 2015 west end of red river beach harwichport. Kripalu yoga teacher Michele Insley offers classes for all levels. No experience or registration required. please bring a beach towel or blanket. classes are cancelled on rainy days.

\$10 per session \$100 for 11 sessions, sponsored by the Harwich Recreation Department .

HATHA YOGA WITH MICHELE INSLEY HATHA YOGA - Kripalu yoga teacher Michele Insley offers a compassionate, gentle approach to yoga. Postures and breath become tools to release tension, stretch and strengthen the body and increase self awareness. Each class ends with time for relaxation.

Classes are currently being offered every Tuesday, Thursday & Saturday, from 9-10:30am until June 20. From June 23 until Sept 5, classes will run from 9:30- 11:00am.

Cost is \$15 per session, \$60 for 6 sessions. For more information please contact Michele Insley, RYT-500 at micheleinsley@gmail.com or 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, 10:30-11:30.**

BREAKFAST AT EPOCH OF HARWICH-JOIN US!!

HARWICH—EPOCH Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, July 31st at 8 a.m. and Friday, August 28th 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-Resumes in the Fall

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 in the Fall.

NEW 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, beginning Wednesday, July 1. 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 "Remember Walk Fund" and the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN, Activity group facilitator: Gail Bunnell. For more information, 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: July 6th Walmart. July 13th Market Basket Trip. July 20th Thrift Shops Extravaganza. July 27th Christmas Tree Shop & Trader Joes. Aug 3rd Cape Cod Mall & Kmart Mall Lunch at Panera's Aug 10th Market Basket Aug 17th Ocean State Job Lot & Dollar Store Lunch at Buckies. Aug 23rd Orleans-TJMax Store Aug 31st Patriot Square Plaza & Harney's Plaza Lunch at Burger King.

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. **Farmer's Market as Schedule Permits (call the Driver if interested)**

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.

Senior Dining Program Menu JULY 2015

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Grilled Ham & Cheese, Chips & Pickle	2. Hot Dog & Beans with potato Salad	3. No Lunch Today	4.
5.	6. Supper Club Chicken Parmesan w/Ziti & Garlic Bread. Dr. Ferrucci Trivia	7. Crabmeat Roll with Chips & Colelaw	8. Taco Boat with Rice	9. Meatball Sub with French Fries	10. Tuna Roll with Chowder, Chips & Pickle. MEN'S BREAKFAST	11.
12.	13. Supper Club Grilled Salmon with Potato & Veg. Steve Collins-Theatre of the 30's 40's & 50's	14. Orange Chicken with Rice & Veggie	15. Grilled Pork with Potato & Veggie	16. Roast Beef Sand. With Lettuce & Tomato, Chips	17. Macaroni & Cheese, with Salad & Roll	18.
19.	20. Supper Club Meatloaf with Potato & Veggie. Gino Sings Sinatra	21. Linda's homemade American Chop Suey with Roll	22. Baked Haddock with Potato & Veggie	23. Linda's Homemade Pizza & Salad	24. Chicken Salad Sandwich with Chips & Pickle	25.
26.	27. Supper Club Potted Beef over Mashed & Veggies. Michael Lavender Keyboard & Flute	28. Stuffed Shells with Salad & Roll	29. Chef's Salad	30. Ham & Swiss Sandwich with Chips	31. Shrimp with Rice & Veggie	

& for any cancellations. Menu items subject to change by COA Chef.

Senior Dining Program Menu AUGUST 2015

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3. Supper Club Scallops with Potato & Veggie Dr. Ferrucci Trivia	4. Grilled Chicken with Rice & Veggie	5. Cheeseburger with French Fries & Coleslaw	6. Grilled Cheese with Tomato Soup & Chips	7. Swedish Meatballs over Egg Noodles, Veggie & Roll	8.
9.	10. Supper Club Pork Chop, Scalloped Potato & Veggie. Vic Solo Classic Country	11. Steak Sandwich with French Fries & Coleslaw	12. Fried Chicken with Potato & Veggie	13. Italian Sausage with Ziti, Salad & Garlic Bread	14. Tuna Sandwich with Chips & Pickle Men's Breakfast Day	15.
16.	17. Supper Club Chicken Marsala with Rice & Veggie Dr. Ferrucci Trivia	18. Hot Pastrami Sandwich with Coleslaw & Chips	19. Western Sandwich with Chips & Pickle	20. Turkey Sandwich with Chips & Pickle	21. Linda's homemade Stuffed Green Peppers	22.
23.	24. Supper Club Veggie Lasagna with Salad & Roll Gino sings Sinatra	25. Chicken Caesar Salad	26. Salisbury Steak with Potato & Veggie	27. Pulled Pork Sandwich with Chips & Pickle	28. Chicken Cordon Bleu with Rice & Veggie	29.
30.	31. Supper Club Shrimp with Rice & Veggie. Michael Lavender on Keyboard & Flute					

& for any cancellations. Menu items subject to change by COA Chef.

HARWICH COUNCIL ON AGING CALENDAR JULY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>T D BANK Free Concert Series! Mon.'s in July 5 - 8 pm Brooks Park Gazebo 7/6, 7/13, 7/20 & 7/27 Blues, Pop, Reggie & More www.artsfoundation.org</p>	<p>Check out the NEW Pickle Ball Outdoor Courts at Brooks Park Complex! MEN'S SUMMER PICK-UP BASEBALL, BROOKS PARK AGES 18+ FREE JULY 2, 9, 16, 23, 30 AND AUG 7th at 6:00 p.m.</p> 	<p>6:30-7:45 Turbo Tennis- Gym 1 8:30 Walking Club-Brooks Pk 9-12 Wellness Clinic-Town RN 9:30 COA Board Mtg. 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 896-5170 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Legal Services-Tom Kosman, Esq. by appt. 1:00 Trivia Challenge-bring your friends 2:30-4:30 Open Gymnasium</p>	<p>Stop & Shop Cranberry Coach 2 7:30 Walking Club-gymnasium 9:00 Yoga with Michele 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food & Pantry Farmers Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine Spezio</p>	<p>INDEPENDENCE DAY OBSERVED</p>  <p>8:30 Walking Club- Brooks Pk 10 9:00 MEN'S BREAKFAST Dr. Frank Puzio First Crush Winery Speaker & Book Club "The Devil in the White City" by Erik Larson 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 1:00 Bicycle Grp. meets @ Brooks Park 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>6:30-7:45 Turbo Tennis-Gym 6 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Dr. Ferrucci Trivia for all COA Van-WalMart</p>	<p>7:00 Walking Club-Gym 7 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 10:30 Tai Chi/Chi Gung 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 Beth Lynch, Esq by appt 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5-6 Zumba Fitness 7:00 Town Band Concert Brooks Park</p>	<p>6:30-7:45 Turbo Tennis- Gym 8 8:30 Walking Club-Brooks Park 9-12 Wellness Clinic-Town RN 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Trivia Challenge-bring your friends 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market Cranberry Coach</p>	<p>Stop & Shop Cranberry Coach 9 7:30 Walking Club-gymnasium 9-2:00 Game Room Open 9:00 Yoga with Michele 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry & Farmer's Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Walking Club- Brooks Pk 10 9:00 MEN'S BREAKFAST Dr. Frank Puzio First Crush Winery Speaker & Book Club "The Devil in the White City" by Erik Larson 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 1:00 Bicycle Grp. meets @ Brooks Park 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 JULY CALENDAR PAGE 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club- Steve Collins-Theatre of the 30's 40's and 50's - Thanks to a Harwich Cultural Council Grant COA Van Market Basket</p>	<p>7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 11-1 50+. Volleyball-Gym 10-11:15 "Mediterranean Pathway" to Wellness, Tricia Silverman, RD 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5-6 Zumba Fitness 7:00 Town Band Concert Brooks Pk</p>	<p>6:30-7:45 Turbo Tennis- Gym 8:30 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 10:30-12 Caregiver Support grp Call Alzheimer's Family Support Ctr 896-5170 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Trivia Challenge 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm. Van</p>	<p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry & Farmer's Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Walking Club Brooks 17 9:00-10:15 Mindful Yoga-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 1:00 Bicycle Grp. meets @ Brooks Park 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Betty Brady's Foot Clinic by appt</p>
<p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club- Gino Shurick performs Sinatra COA Van Thrift Shops Extravaganza</p>	<p>7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9:00 Reiki with Diane by Appt. 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5-6 Zumba Fitness 7:00 Town Band Concert Brooks Pk</p>	<p>6:30-7:45 Turbo Tennis- Gym 8:30 Walking Club Brooks 9-12 Wellness Clinic Town RN 9:30-3:00 Legal Services with Michael Lavender. Esq. by Appt 11:00 Consumer Affairs Office-Speaker Julian Smith "Shopping Rights, Scams, & Identity Theft" RSVP required 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Trivia Challenge 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p>	<p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 10-3 American Red Cross Blood Drive-Multi-Purpose Room 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry & Farmer's Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Walking Club Brooks 24 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 EPOCH of Harwich 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:00 Bicycle Grp. meets @ Brooks Park 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Michael Lavender on Keyboard & Flute COA Van -Xmas Tree Shop & Trader Joes</p>	<p>7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize- Elaine 5-6 Zumba Fitness</p>	<p>6:30-7:45 Turbo Tennis- Gym 8:30 Walking Club Brooks 9-12 Wellness Clinic Town RN 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Trivia Challenge 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p>	<p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry & Farmer's Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Walking Club Brooks 31 9:00-10:15 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 10-11:30 Blood Pressure Clinic R.N.-Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:00 Bicycle Grp. meets@ Brooks Pk 2:00 Current Events Brooks Library</p>

HARWICH COUNCIL ON AGING CALENDAR AUGUST 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>6:30-7:45 Turbo Tennis Gym 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Dr. Ferrucci Trivia for all COA Van-Cape Cod Mall & Kmart Mall Lunch at Paneras</p>	<p>4</p> <p>7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9:00 Free Hearing Screenings 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9-11 NEW AMP Program 10:30 Tai Chi/Chi Gung 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 Beth Lynch, Esq by appt 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5-6 Zumba Fitness 7:00 Town Band Concert Brooks Park</p>	<p>5</p> <p>6:30-7:45 Turbo Tennis- Gym 8:30 Walking Club-Brooks Pk 9-12 Wellness Clinic-Town RN 9:30 COA Board Mtg. 10:30-12 Caregiver Support Grrp Call Alzheimer's Family Support Ctr 896-5170 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Legal Services-Tom Kosman, Esq. by appt. 1:00 Trivia Challenge-bring your friends 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market COA Van</p>	<p>6</p> <p>Stop & Shop Cranberry Coach 7:30 Walking Club-gymnasium 9:00 Yoga with Michele 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food & Pantry Farmers Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine Spezi</p>	<p>7</p> <p>8:30 Walking Club Brooks 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 1:00 Bicycle Grp. meets @ Brooks Park 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>10</p> <p>6:30-7:45 Turbo Tennis Gym 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Vic Solo-Classic Country COA Van-Market Basket</p>	<p>11</p> <p>7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-11 NEW AMP Program 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 10:30 Tai Chi/Chi Gung 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5-6 Zumba Fitness 7:00 Town Band Concert Brooks Park</p>	<p>12</p> <p>6:30-7:45 Turbo Tennis- Gym 8:30 Walking Club-Brooks Park 9-12 Wellness Clinic-Town RN 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Trivia Challenge-bring your friends 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market Cranberry Coach</p>	<p>13</p> <p>Stop & Shop Cranberry Coach 7:30 Walking Club-gymnasium 9:00 Yoga with Michele 9-2:00 Game Room Open 9-3:00 Cape Cod Hospital Blood Drive Multi-Purpose Room 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry & Farmer's Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine</p>	<p>14</p> <p>8:30 Walking Club- Brooks Pk 9:00 MEN'S BREAKFAST & Book Club 9:00-10:15 Mindful Yoga-kathie 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 1:00 Bicycle Grp. meets @ Brooks Park 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Betty Brady's Foot Clinic by appt</p>

HARWICH COUNCIL ON AGING AUGUST CALENDAR PAGE 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Dr. Ferrucci Trivia for all COA Van Ocean State Job Lot & Dollar Store Lunch at Buckies</p>	<p>18</p> <p>7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9-11 Reiki with Diane by Appt. 9-11 NEW AMP Program 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5-6 Zumba Fitness 7:00 Town Band Concert Brooks Pk</p>	<p>19</p> <p>6:30-7:45 Turbo Tennis- Gym 8:30 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 10:30-12 Caregiver Support grp Call Alzheimer's Family Support Ctr 896-5170 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Trivia Challenge 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm. Van</p>	<p>20</p> <p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry & Farmer's Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine</p>	<p>21</p> <p>8:30 Walking Club Brooks 9:00-10:15 Mindful Yoga-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 1:00 Bicycle Grp. meets @ Brooks Park 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>24</p> <p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club- Gino Shurick performs Sinatra COA Van Orleans TJ Max Store</p>	<p>25</p> <p>7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9-11 NEW AMP Program 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00-3:00 NEW Sports Fan Club 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5-6 Zumba Fitness 7:00 Town Band Concert Brooks Pk</p>	<p>26</p> <p>6:30-7:45 Turbo Tennis- Gym 8:30 Walking Club Brooks 9-12 Wellness Clinic Town RN 9:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00 Trivia Challenge 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p>	<p>27</p> <p>Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry & Farmer's Market 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine</p>	<p>28</p> <p>8:00 EPOCH Breakfast 8:30 Walking Club Brooks 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 EPOCH of Harwich 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:00 Bicycle Grp. meets @ Brooks Park 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>31</p> <p>6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 8:30 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Michael Lavender on Keyboard & Flute COA Van -Patriot Sq. & Harney's Plaza Lunch at Burger King</p>				

VETERAN'S COFFEE HOUR WILL BE DISCONTINUED

Harwich COA has been 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! After months of offering this service it apparently wasn't a popular one as only one to 3 people attended. We are going to discontinue this program now and perhaps re-visit it in the future if the need and attendance are present. Until then....**WE THANK YOU FOR YOUR SERVICE TO OUR COUNTRY!**

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**Harwich Council on Aging Travel Club** Hours: Mon – Fri 10 a.m. -2 p.m. 508-430-4710

### **JULY & AUGUST TRIPS Trips with Funtastic Getaway**

**Mon 6/29-Wed 7/1** Springtime in Vermont at the Mountaintop Inn and Resort **\$539 ppdo**  
\$685 Single Occupancy

**Mon. July 20** Newport Playhouse Lobsterfest "Killjoy" includes a Lobster Lunch **\$105**

**Wed. July 22** Lighthouses and Lobsters-Ogunquit Maine, Perkins Cove, 1.5 hr Nubble Light-house Cruise Lobster Dinner at Fosters Downeast Clambake **\$117**

**Tues July 21-Thurs July 23** Rangeley Inn Moose Safari Explore Maine's Mountains and Lakes Regions, including a scenic cruise on Rangeley Lake & a Moose Safari. \$499 ppdo

**Sun Aug 9** Cape Cod Canal Cruise. Park Ranger led Tour of the Cape Cod Canal Visitor Center. 20 min history film of "Canal Story", lunch at Mezza Luna in Buzzard's Bay ending with a 3 hour Dixieland Cruise by the New Orleans trio Jazz Cruise. **\$100**

**Mon. Aug 10-Tues. Aug 18** Nova Scotia, Cape Breton Island, Prince Edward Island and the Caabot Trail. Dinner on your own in Portland Maine, then board the Brand New Nova Star Ferry cruise overnight to Yarmouth Nova Scotia. Deluxe Cabins on the ship and a casino with 70 slot machines. See the flyer in the COA for all of the wonderful places you will stop on this trip! This trip requires a CURRENT Passport. **\$1,775 ppdo \$2,393 single occup**

**Wed Aug 12** Cirque Eloize at Foxwoods. This astonishing modern circus features, acrobats, break dancers, contortionists, and a stunning finale on a one of a kind video trampwall. After the 2pm show, enjoy a casino bonus \$10 slot bonus and free lunch buffet OR a \$10 food coupon. **\$85**

**Sat. Aug 15** Waterfire & Studio Ten31. Enjoy a special "behind the mask" Tour at Studio Ten31-the company behind the bronze living statues that perform at Waterfire. Close-Up Show and tell on the Costumes and photos with the performer. Then, view 100 bonfires illuminate the waters of Providence River and fill the air with the scent of burning cedar logs as music from a variety of cultures ad rhythms echo from the venetian bridges. **\$75**

**Wed Aug 19** Boston Harbor Cruise and Frost Bar including Boston's Inner and Outer Harbors during this 90 min cruise. Time at Faneuil Hall Marketplace for lunch on your own & light shopping. End the day with a drink at Boston's coolest bar "Frost Ice Bar"-a bar entirely made of ice-the world's largest permanent indoor ice bar is kept at a refreshing 21 degrees at all times so insulated full length capes and gloves are provided at the door-Don't forget your camera. **\$89 with non-alcoholic drink \$95 with alcoholic drink**

**Tues Aug 25** Newport Playhouse Lobsterfest "Flamingo Court". Enjoy the all you can eat buffet at Newport Playhouse including Lobster! The "Flamingo Court" show is a comedy and the day will end with a hilarious cabaret show in the dining room. **\$107**



*The Harwich Council on Aging is proud to participate in the Aging Mastery Program*

## *National Council on Aging*

This is the 2nd year of the pilot program in Massachusetts. **The Harwich Council on Aging is one of only 35 senior centers in the state and 60 in the country to offer the Aging Mastery Program.** Nationwide there are around 15,000 COA/ senior centers; there are 349 COA/senior centers in Massachusetts. We are very fortunate **to have been selected and awarded grant funding as a site to make this program possible at the Harwich COA!!!** This program is made possible by grant funding from the Executive Office of Elder Affairs and the Tufts Health Plan Foundation. This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting edge wellness program. **We are currently recruiting 30 adults (ages 55+) to participate in a 12-week educational program. The goal of this program is to empower older adults to make and maintain small but impactful changes in health behaviors. The training sessions will explore: navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, falls prevention, and community engagement.. For each of these modules, we will provide basic educational materials developed from highly trusted sources, a checklist of potential next steps, and a system for tracking behaviors. Participants will earn points for positive actions and rewards-and who doesn't like prizes??.**

What: A Light Snack will be provided each Session of the AMP Program.

When: **Tuesdays, 9:00-11:00 a.m. August 4,10, 18, 25, Sept. 1, 15, 22, 29, Oct. 6, 13, 20, 27. (No Class Sept. 8th)**

Where: Harwich Council on Aging, 100 Oak St, Harwich Center

**For more information or to R.S.V.P for this important course please contact Barbara-Anne Foley: at 508-430-7550 (no later than July 28th)**



## A Golden Anniversary for America's Health

In 1965, President Johnson signed legislation to establish Medicare for the elderly and Medicaid for low-income adults, children, pregnant women, and people with disabilities. Since then, these programs have transformed the delivery of health care in the United States. They have greatly reduced the number of uninsured Americans and have become the standard bearers for quality and innovation in American health care.

Chances are, you or a family member either have Medicare or Medicaid or know someone who does. In fact, about 55 million Americans have Medicare this year and more than 70 million have Medicaid in any given month. Has one of Medicare's many covered preventive benefits helped detect cancer at an early and more treatable stage for you or a parent? Have rehabilitation services provided in a nursing home or in your own home helped you get stronger and return to regular activity after surgery? Has Medicaid helped pay for your parent to live in a nursing home or helped you or your children get treatment for an illness?

As part of the 50th anniversary celebration for these programs, the federal Centers for Medicare & Medicaid Services is collecting stories of how Medicare and Medicaid have made a difference for everyday Americans. Please visit [Medicare.gov/anniversary/share-your-story](http://Medicare.gov/anniversary/share-your-story) to share your Medicare or Medicaid story.

### 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 **Tuesday, July 21st and Tuesday, August 18th by appt.** To experience the healing energy of Reiki, call 508-430-7550 to schedule an appointment with Diane.



### FROM THE OFFICE OF CONSUMER AFFAIRS

Julian Smith, Consumer Research & Programs Coordinator from the Office of Consumer Affairs & Business Regulation, will present Consumer University. This presentation will include information about the office, shopping rights, the types of scams that target consumers and especially seniors, how to spot and avoid scams, and how to prevent identity theft. She will be at the Harwich Council on Aging on **Wednesday, July 22, 2015 from 11:00-12:00. RSVP is required please call 508-430-7550.**

### **FOOT CARE CLINICS WITH BETTY BRADY**

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Friday July 17th and Saturday, July 18th and Friday, August 14th and Saturday August 15th.** Gift Certificates are also available and make a nice gift for a friend or family member. To make your appt. call 508-430-7550 today.



## A HARWICH HISTORICAL PERSPECTIVE!!

This is a new column we are adding to the Community Center Newsletter, that will feature a historical figure in Harwich that you may or may not know about. We have some ideas for a few newsletters ahead, but if you have ideas-we'd love to hear from you.

### Historic Harwich:

When you think about the history of Harwich it is always best to look at the changes made by the people of Harwich. Some of these changes come from individuals and sometimes the changes come from all of the people. For example for about a hundred years, (1860 to 1960), the population of Harwich was about the same at **3,400 people**. Then from 1960 to 1970 the population of the Town **doubled**, and **over the next 20 years it doubled again** which means that the voters of 1960 went from being 100% of the Town Meeting voters to about one fourth of the vote in a short amount of time. **This population change made a difference in Harwich.**

**Caleb Chase** of West Harwich was one of those rare individuals that also made a difference. Born in 1831 he was the **youngest of 17 children** to survive. He went to Boston and learned the import, export world of trade. At one point he teamed up with James S. Sanborn and the Chase & Sanborn Coffee and Tea Company was born. This certainly changed Caleb's life which he used to change the Town.



In 1903 Caleb bought the Exchange Hall and later donated the entire building to the Town. He also funded the West Harwich Library which still bears his name. Caleb also created a fund for the needy in Town and he put \$10,000.00 in to it. This money was invested and has grown over the years. The Board of Selectmen still authorize payments from the interest in this fund to help needy families in Harwich today.

The first ancestor of the Chase family in America was William Chase born in 1595. There will be more on this historic Harwich family in future columns. (Scribe, Dana DeCosta)

**Footnote:** The Caleb Chase Fund originally began to help "fund shoes for orphans". Today it is used solely for utilities. This is a one time in your life hand-up to assist people who for whatever reason have fallen behind or cannot pay a utility bill. You must be a resident of Harwich, over 18, bring an original bill from a utility company and a letter you have written to explain the circumstances of how the utility bill is going to be late or past due and how this fund will help to make a change. The sooner a person in this circumstance can come into our Social Services Office the better. Please call Kevin Grunwald our Social Services Coordinator at 508-430-7551 to make an appointment.

## Summer Reading at Brooks Free Library!

Every time a child reads (or is read to) for 2.5 hours, they receive a prize and a free book! Sign up at the library or at <http://readsinma.org/brooks>. Special programs will be going on almost every day, including crafts, educational programs, and magic shows. Check our online calendar at [www.brooksfreeibrary.org](http://www.brooksfreeibrary.org) for more information, or pick up a calendar in the library children's room.

### CAN YOU GUESS HOW OLD I AM AFTER READING THIS??

*Stay with this -- the answer is at the end... It will blow you away.*

One evening a grandson was talking to his grandmother about current events. The Grandson asked his Grandmother what she thought about the shootings at schools, the computer age, and just things in general. The Grandmother replied, "Well, let me think a minute, I was born before:

' television, penicillin, polio shots, frozen foods, Xerox, contact lenses, Frisbees and the pill.

There were no: credit cards, laser beams or ball-point pens.

Man had not yet invented: pantyhose, air conditioners, dishwashers, clothes dryers and the clothes were hung out to dry in the fresh air and man hadn't yet walked on the moon!

Your Grandfather and I got married first, and then lived together. Every family had a father and a mother. Until I was 25, I called every man older than me, "Sir." And after I turned 25, I still called policemen and every man with a title, "Sir."

We were before computer-dating, dual careers, daycare centers, and group therapy. Our lives were governed by the Ten Commandments, good judgment, and common sense. We were taught to know the difference between right and wrong and to stand up and take responsibility for our actions.

Serving your country was a privilege; living in this country was a bigger privilege. We thought fast food was what people ate during Lent. Draft dodgers were those who closed front doors as the Evening breeze started.

We never heard of FM radios, tape decks, CD's, electric typewriters, yogurt, or guys wearing earrings. We listened to Big Bands, Jack Benny, and the President's speeches on our radios.

The term 'making out' referred to how you did on your school exam. Pizza Hut, McDonald's, and instant coffee were unheard of. We had 5 & 10-cent (5 and dime) stores where you could actually buy things for 5 and 10 cents.

Ice-cream cones, phone calls, rides on a streetcar, and a Pepsi were all a nickel. And if you didn't want to splurge, you could spend your nickel on enough stamps to mail 1 letter and 2 postcards. You could buy a new Ford Coupe for \$600, but who could Afford one? Too bad, because gas was 11 cents a gallon.

In my day:

"grass" was mowed, "coke" was a cold drink, "pot" was something your mother cooked in & "rock music" was your grandmother's lullaby. "Aids" were helpers in the Principal's office, "chip" meant a piece of wood, "hardware" was found in a hardware store & "software" wasn't even a word. We volunteered to protect our precious country. No wonder people call us "old and confused" and say there is a generation gap. Guess how old I am? Did you say 80's? late 70's-You would be incorrect with those guesses. Are you ready? **This woman would be 61 years old and born in late 1952!** Now don't you feel much younger??!!

## 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.

**July-August 2015**

**Dear Friends,**



The Friends are pleased to provide the many programs we do as we work to increase and improve life for the seniors in our Town. Each month we provide see the same wonderful riders benefit from the Minibus program. Each month we see seniors benefiting from our non-profit's donations to the Harwich COA of needed medical equipment (e.g., wheelchairs, canes, walkers ,etc.) available to seniors on a loan basis. It is the unrestricted donations to our general fund that make such equipment available. We also sponsor various program for Harwich's seniors in conjunction with the COA. We see folks donate for restricted purposes such as to our minibus program, and these are greatly appreciated by the Friends' Board.

We continue to seek volunteers to join our Friends' Board of Directors. Given the important work we are taking on, we hope you will consider donating some of your time to our efforts and become a Board member.

Finally, Summer is finally here – enjoy the kids and grand-kids, slather on the suntan lotion, watch out for ticks, enjoy the water, and just plain have a great Summer!

**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

Nan Bailey

**Council on Aging Board**

**Adrienne Johnson -Chair**

**Joe Johnson-Vice Chair**

**Ralph Smith**

**Lee Culver**

**Michael Smith**

**Richard Waystack**

**The COA Board is currently looking for 1 NEW COA Board Member!**

**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**

**provided by the Executive**

**The Harwich Council on Aging newsletter printing is made possible with a Grant**

**- Benjamin Franklin**

**"A healthy attitude is contagious but don't wait to catch it from others; be a carrier."**

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**Harwich, MA. 02645**

**100 Oak Street**

**Harwich Council on Aging**