



# Harwich Community Center Newsletter

## July/August 2016

Town Offices Closed on Mon., July 4th 2016

For Independence Day.



### DO YOU WANT TO KNOW THE SECRETS OF LIVING TO BE 100 OR MORE WHILE STAYING HEALTHY?



Thanks to a grant from the Harwich Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State Agency, the Harwich Community Center will be the site where Tricia Silverman, Dietitian will be presenting "Longevity Secrets of the Okinawans", July 19, 2016 from 10-11:15 a.m. Discover



the nutrition and lifestyle strategies that have helped the Okinawans enjoy the world's highest population of centenarians (those living at 100 years of age or older). Tricia will share healthy practices that can help boost your health and perhaps add healthy happy years to your life! See shocking amounts of sugar in common American foods, and learn how decreasing processed foods in the diet can contribute to longevity.



Please join us for this interesting, educational and interactive program. R.S.V.P. is required and seating is limited, so please call 508-430-7550 and make your reservation now.

### VOLUNTEER RECOGNITION 1ST ANNUAL COOKOUT

Friday, August 5th, 2016 at 11:30 a.m. the Harwich Police and Fire Departments will be manning the grill cooking hot dogs and hamburgers for Council on Aging Volunteers outside on the Recreation side of the Community Center. If you Volunteer for the COA please join us on August 5th to thank you for your service. R.S.V.P. is required- please call 508-430-7550 by July 29th.



### SWING BAND, SOUND DUNES AT AUGUST 22nd SUPPER CLUB

**DON'T MISS THEM!** The Sound Dunes Swing Band will perform at the **August 22nd Supper Club**. Come and join us for Supper for \$5 and bring your dancing shoes if you like to dance! Reservations for the Supper are required no later than August 15th and can be made simply by calling 508-430-7550 for this meal.

### 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 & Gerald Golia

#### **COA Fax Number**

508-430-7530

#### **Travel Phone**

508-430-4710-ONLY FOR TRAVEL CALLS PLEASE!

#### **Senior Dining Site**

508-430-7550

#### **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.

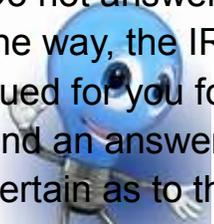


## Summer Homework Assignment

The one thing we can always count on is change. But even as time and things change, so do they remain the same---case in point? Crime. Scammers die, move, and, once in a blue moon, are apprehended, but they're always with us. Each summer, this sandy spit of land we live on sinks a few inches as our population soars four-fold, not only with tourists here to enjoy our lovely beaches and bike paths, but with criminals who enjoy picking our pockets and taking advantage of the large crowds of those in "vacation mode." Both tourists and year round folk leave vehicles unlocked, with valuables in plain view, purses unattended in shopping carts, and homes unsecured with flimsy window screens the only barriers between their security and the burglars' bonanzas of purses, wallets, jewelry, flat screen TVs and the contents of the liquor cabinet.

Here's your summer homework assignment, kids. (Stop moaning, it's only for your own good!) Lock your car, even in the driveway, and do not leave valuables in it. Secure all doors and windows, even when you are home. Mow your lawn or arrange for someone to do it when you are away, not only is it neighborly, it doesn't broadcast your home as an easy target for criminals because it looks like no one lives there. Install motion lights, even if the occasional coyote sets them off.

If you hear, or see, something suspicious, call the police, even (and especially,) if it is the middle of the night. Do not wait until morning. You could help us catch that bad guy or gal who is up to no good and maybe in the process of breaking into a house or a car. The police business number is (508) 430-7541, hit "0" for a Dispatcher. Don't hire strangers who show up at your door offering driveway sealing, power washing or tree cutting, it almost never goes well. Instead, get references, make sure your help is bonded and insured, and obtain three estimates and a written contract. Do not answer phone calls from numbers you don't know, it's always a scam, and by the way, the IRS never calls on the phone to advise an arrest warrant has been issued for you for failing to pay taxes. If you don't have a phone with caller ID, get one, and an answering machine as well, that way you can let all calls go to it if you are uncertain as to the caller's identity. Oh, I almost forgot, only make right hand turns, and don't forget that SPF 50 sunscreen! Now have a great summer, see you in September.



## 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:** I used this last year, but it is so iconic I couldn't resist bringing it back. 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 and serves as a reminder as to why we're all here. With that warm thought in mind, let's look at some of what is going on in the Outreach office.

**Biking Group:** After a brief delay, we started riding on May 13 and have already had some great rides. **We begin at 1:00 PM every Friday at Brooks Park**, just off the rail trail and across from the tennis courts. This is a casual, recreational ride with no "drops." A bike waiver will need to be completed with COA Staff, and helmets are required.



Some of you have expressed an interest in riding, but no longer own a bicycle. Fortunately **Old Colony Bikes** has recently opened at Rt. 124 and Old Colony Rd. While they typically rent for a full or half day, they have agreed to adjust their fee for those of you riding with our group. Just call **508-241-5731** to reserve a bike, and identify yourself as a member of the COA. A helmet is included with the rental.

**Food Programs:** There are several food programs available that support Harwich residents. Many local farmers' markets now accept SNAP (food stamps) benefits, and in some cases the benefit is doubled. The Cranberry Coach goes to the Family Pantry weekly, and our monthly Brown Bag program continues to grow in popularity. This includes some meats, fruits and vegetables, and if you are interested in participating you will need to complete an application as required by the USDA. Please call Kevin at 508 430-7551; extension 12.



**Men's Breakfast:** We've had some wonderful guests recently including Bob Prescott from the Mass Audubon's Wellfleet Bay Wildlife Sanctuary who spoke on sea turtle stranding and rescue, and members of the Cape Cod Classic Car Club brought some of their beautifully restored vehicles in June. In July Steve Englert and some of his players from our own **Harwich Mariners Baseball** will join us. 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 crowd continues to grow, and this is a lot of fun! Breakfast is from 9:00-10:00 AM, on the 2nd Fri. monthly and while there is no



charge, donations to the Harwich Council on Aging are appreciated to support all of our programs and services. Please contact Kevin at 508-430-7551 ahead of time to register.

**Men's Book Group:** The Men's Book group is expanding, and meets on the second Friday of every month in the Playroom at the Community Center, immediately following breakfast. We have recently read a wide range of books, including [the Kite Runner](#) and [Sophie's Choice](#). Hopefully a local author will be joining us in August to discuss his latest book. All books chosen are generally 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:** Please join us in welcoming our newest volunteers: **Anne Hennessey, Shirley DeRosa, Tom Metzler and Joel Bradley**. **And a welcome back to Volunteer Katherine Twait!** 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. We have several volunteers looking to become friendly visitors. If you or a loved one would enjoy the companionship of a friendly visitor or If you are interested in becoming a volunteer please contact Rick at 508-430-7550, ext. 13.

## HARWICH COMMUNITY CENTER HAPPENINGS



July 21st- Red Cross Blood Drive, 10-3pm

August 2nd - CC Hospital Blood Drive, 10-4p.m.

July 8th, and August 12th Men's Breakfast: 9AM-10AM followed by the Men's Book Club: 10AM-11AM



Mondays: July 11th and August 8th-Sing A Long with Dot Hemmings-Bassett and Joyce Barse at the Supper Club-5:00 p.m.

Tuesday, July 19th 10-11:15 a.m. "Longevity Secrets of the Okinawans" presented by Tricia Silverman, RD.

July 23rd, Guild of Harwich Artists - Art Sale: 8AM-1PM

Monday, July 25th Michael Kennedy with the group "Crossroad Singing" perform at the Supper Club at 5:00 pm

Over 55 Basketball is now at Harwich Middle School for the Summer –check with Rec Dept. for times.

Starting June 27th, Summer Playground is in the gym 8:00-4:30 p.m.

**T D BANK FREE Summer Concert Series!** Mondays in July 5 -8 pm  
Brooks Park Gazebo 7/11, 7/18, 7/25 & 8/1 Blues, Pop, Reggie & More...[www.artsfoundation.org](http://www.artsfoundation.org)

Pickleball-all outside courts right now as follows: **Mon.'s: 4-6 & 6-8 p.m. Wed.'s 4:00 p.m. & Fri's. Sat.'s & Sun's 9:30 a.m.**

The changing face as the deer tick engorges



### FINANCIAL ASSISTANCE AVAILABLE FOR TICK TESTING

**Anyone who lives in Barnstable County can send in a tick for the \$15 discounted fee in 2016, from January- September. (This is normally \$50 per tick!)**

[www.TickReport.com](http://www.TickReport.com)

All packages include:

- Identification of tick species and life stage
- High resolution photomicrographs of the tick
- Assessment of the tick's feeding status
- Tests for presence of pathogens common to the determined tick species
- Secure, private report delivered via email

Place your tick in a plastic bag and mail it to our lab. It can be sent via USPS, FedEx or UPS. We'll identify it and determine the correct tests to apply. Your results are securely delivered via email within 3-5 business days after your tick arrives at our lab. **All information (including where to send the tick)** is done online-if you need assistance in processing your tick report form please contact Barbara-Anne Foley at 508-430-7550. At right is the Lone Star Tick .



### HARWICH TOWN BAND FREE CONCERTS

Brooks Park Band Stand  
Harwich Ctr. Tues.'s.

July & August @ 7:00



## SHINE news... When Can You Enroll in a Medigap (Supplement) Plan?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies that are sold now do not cover prescription drugs. A separate Medicare Part D plan would be needed if you have no other creditable prescription coverage.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the COA to schedule an appt. with a SHINE counselor.

### 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's July 15th & Aug 12th from 8:30 a.m.-3:30 p.m. and Wednesday's, July 27th & August 24th 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.



### CRIBBAGE IS FUN

**The Thursday afternoon cribbage group will continue all throughout the summer 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.**

### BRIDGE II

Nancy Blezard's Bridge II course sessions are for 6 weeks each and will be ongoing throughout the summer and into the fall from 1:00-3:00 p.m. on Mondays; the fee is \$30.



**THANK YOU TO MAPLEWOOD OF BREWSTER**  
**Thank you to Rachel Greenfield from Mapewood of Brewster for taking time out of her busy schedule to offer a peppermint sugar scrub making class at the COA. As you can see at left all had a great time and we will be repeating this class in the late fall to make holiday gifts for friends and family.**



## EXERCISE PROGRAMS

### MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: 9:00-10:15 a.m., July 8, 15, 22, 29 and August 5, 12, 19, 26. the cost is \$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at [krmarin@msn.com](mailto:krmarin@msn.com) or call 508-430-8623.

### SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: **SUPERFIT 8:30-9:30 am** is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love **SENIORFIT 9:30-10:30 am. This session is : June 8-July 30th Fee (\$48) per 8 week session.** Register now to reserve a space by contacting Charlie at 508-432-0370. Also ask how you can try out a free demo class.

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

### BALANCE BOOSTERS CLASS

Join COA Director, Barbara-Anne Foley for the Balance Boosters Class on Tuesdays and Fridays for one hour, throughout the year in **6 week sessions, from 9:30-10:30. Fee: \$24 for 6 weeks 2 days a week-that's \$2 a class-can't beat the price! 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. Call for the next set of class dates: 508-430-7550.

**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 **until June 16th** at the Harwich Community Center. **From June 18 until Sept 3, classes will run from 9:30am - 11am** COST=\$15 per session, \$60 for 6 sessions. For more information or to inquire about classes, please contact Michele Insley, E-RYT500 at [micheleinsley@gmail.com](mailto:micheleinsley@gmail.com) or 508-360-7227.

**TAI CHI/CHI KUNG-GEOFFREY KARLSON** 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>SENIOR DINING PROGRAM MENU JULY 2016</b>	<b>CALL 430-7550 FOR RESERVATIONS BY 11AM THE DAY PRIOR TO THE MEAL OF CHOICE</b>	PLEASE CALL 430-7550 TO CANCEL YOUR MEAL IF YOU ARE UNABLE TO ATTEND	<b>MENU ITEMS SUBJECT TO CHANGE BY COA CHEF</b>	1. Hot Dog & Beans with Potato Salad	2.
3.	<b>4. Center Closed</b>	5. Taco Boat with Rice.	6. Super Antipasto with roll	7. Grilled Cheese & Bacon with chips & pickle	8. Hot Ham & Cheese with chips. <b>Men's Breakfast</b>	9.
10.	11. Supper Club-Supper Salad with Crabmeat & roll. Dot & Joyce Sing-A-Long	12. Chicken with Basil Cream Sauce & Garden Salad.	13. Meatball Sub with French Fries	14. Roast Beef Sandwich with chips	15. Linda's Homemade Pizza and Garden Salad.	16.
17.	18. Supper Club-Baked Ham & Beans, Potato Salad & Brown Bread. Trivia-Doc	19. Scallops with Rice &and Veggie.	20. Western Sandwich with Chips	21. Chili Boat with roll	22. Tuna Roll with Linda's Homemade Clam Chowder, chips & pickle.	23.
24..	25. Supper Club-Roast Pork & Pot & Veg. Michael Kennedy & Crossroad Singing Group	26. Stuffed Manicotti & Salad.	27. Grilled Chicken Sandwich with French Fries & coleslaw	28. Pulled Pork Sandwich with coleslaw & chips	29. Grilled Ham & Cheese with Pasta Salad.	30.
31.						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Supper Club Chicken Al-La-King with Egg Noodles. Trivia with Doc.	2. Meatballs & Ziti with Salad and Garlic Bread	3. Hot Pastrami & Swiss with Chips & Pickle	4. Roast Beef Sandwich with Lettuce & Tomato & French Fries	5. Super Salad with Chicken	6.
7.	8. Supper Club American Chop Suey with Salad & Roll. Dot Bassett & Joyce Bearse Sing-A-Long.	9. Stuffed Peppers with Rice.	10. Ham & Cheese Club with French Fries & Coleslaw	11. Macaroni & Cheese with Salad.	12. Egg Salad Sandwich & Chips. Men's Breakfast	13.
14.	15. Supper Club Baked Haddock Fish with Potato & Veggie. Trivia with Doc.	16. Chicken Fajita Bowl with Rice	17. Linda's Homemade Pizza & Garden Salad	18. Sausage & Pepper Sub with French Fries	19. Swiss Burger with Coleslaw & French Fries	20.
21.	22. Supper Club Chef's Choice for Dinner Night. "Sound Dunes" Swing Ensemble Concert & Dancing	23. Pork Chop with Roasted Peppers & Potato	24. Super Salad with Chicken	25. Steak & Cheese Sub with French Fries	26. Fish Sandwich with French Fries and Coleslaw	27.
28.	29. Supper Club Hot Roast Beef Dinner with Potato & Veggie	30. Spinach Penne Salad	31. Cheesy Chicken with Rice & Roll			
	<b>SENIOR DINING PROGRAM MENU AUGUST 2016</b>	<b>CALL 430-7550 FOR RESERVATIONS BY 11AM THE DAY PRIOR TO THE MEAL OF CHOICE</b>	PLEASE CALL 430-7550 TO CANCEL YOUR MEAL IF YOU ARE UNABLE TO ATTEND	<b>MENU ITEMS SUBJECT TO CHANGE BY COA CHEF</b>		

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

**HARWICH**—Wingate Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, July 29th at 8 a.m. and Friday, August 26th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. WINGATE is located at 111 Headwaters Drive just off Route 124. (Formerly EPOCH of Harwich).



## Reiki & Zero Balancing Treatments

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20-minute treatment. Next Reiki Clinic will be on **Tuesdays**, by appt. 9-11:40 a.m. **July 12th and August 16th.** **NEW: "There will be availability for two people at one time to be treated. Tables will be set up and an additional practitioner will be available. Couples are welcome."** Zero Balancing with Marcia Moeder will resume in the fall. To schedule your appt. with Diane 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: July 6th & 20th and Aug 3rd & Aug 17th** . An activity group for people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered **FREE OF CHARGE**, thanks to the generous support of the "Remembery Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN, 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:** July 4th Independence Day. July 11th Market Basket July 18th Patriot Square & Movies July 25th Trader Joes & Xmas Tree Shop Mall August 1st Orleans T.J. Max & Christmas Tree Shops August 8th Market Basket August 15th WalMart August 22nd Provincetown Fun August 29th Thrift Stores Extravaganza.

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

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

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

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

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

**HARWICH COUNCIL ON AGING CALENDAR JULY 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p>  <p><b>Independence Day-All Town Offices are Closed</b></p>	<p><b>5</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball <b>9:00 Free Hearing Screenings- Barbara Eaton</b> 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele <b>9:30 NO Balance Boosters class today with Barbara-Anne</b> 10-12 Sight Loss Support Grp. <b>10:30 Tai Chi /Chi Kung</b> 11-1:50+. Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Legal Services-Elizabeth Lynch, Esq by appt</b> 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks Park</p>	<p>Pickleball is on the Outside Courts for the Summer at Brooks Park. Monday's 4-6 p.m. &amp; 6-8 p.m. and Wednesday's at 4:00 p.m. and Friday's, Saturday's and Sunday's at 9:30 a.m.</p> <p><b>Stay tuned for the Pickleball Tournaments with the Recreation Dept.</b></p>	<p><b>Exercise Classes with Jill Brown, Tuesday's 6:00-7:00 p.m. and Saturday's 8:30-9:30 a.m.. Fee: 12 lessons for \$96.00</b></p>	<p><b>1</b> 8:30 Walking Club- Brooks Park 8:30-9:30 Superfit with Charlie 9-12 S.H.I.N.E. Counseling <b>9:30 Balance Boosters class with Barbara-Anne</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic</b> <b>RN-Bayada Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park</b> 2:00 Current Events Brooks Library 1-4:00 Game Room Open</p>
<p><b>6</b></p>  <p>8:30 Walking Club Brooks Park 8:30-9:30 Superfit with Charlie <b>9-12 Wellness Clinic Town RN</b> 9:30-10:30 Seniorfit with Charlie <b>9:30 COA BOARD MTG</b> <b>10:30-12 Caregiver Support Grp Call</b> <b>Alzheimer's Family Support Ctr 508-896-5170</b> 11:30 Sr. Dining Program <b>1:00 Legal Services with Tom Kosman, Esq. by appt.</b> 1-4:00 Open Game Rm &amp; Gym 1/2 <b>6-7:30 Dad's Support Group</b> <b>Van Stop &amp; Shop Market pm.</b></p>	<p><b>7 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness</p>	<p><b>8 8:30-3:30 BETTY BRADY'S FOOT CLINIC</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club- Brooks Park <b>9:00 MEN'S BREAKFAST</b> <b>Speakers: Steve Englert &amp; the Harwich Mariners followed by Men's Book Club</b> 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters with Barbara-Anne</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic</b> <b>RN-Wingate of Harwich Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park</b> 2:00 Current Events Brooks Library 1--4:00 Game Room Open</p>	<p><b>8 8:30-3:30 BETTY BRADY'S FOOT CLINIC</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club- Brooks Park <b>9:00 MEN'S BREAKFAST</b> <b>Speakers: Steve Englert &amp; the Harwich Mariners followed by Men's Book Club</b> 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters with Barbara-Anne</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic</b> <b>RN-Wingate of Harwich Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park</b> 2:00 Current Events Brooks Library 1--4:00 Game Room Open</p>	<p><b>8 8:30-3:30 BETTY BRADY'S FOOT CLINIC</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club- Brooks Park <b>9:00 MEN'S BREAKFAST</b> <b>Speakers: Steve Englert &amp; the Harwich Mariners followed by Men's Book Club</b> 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters with Barbara-Anne</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic</b> <b>RN-Wingate of Harwich Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park</b> 2:00 Current Events Brooks Library 1--4:00 Game Room Open</p>

**HARWICH COUNCIL ON AGING JULY 2016 CALENDAR PAGE 2**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>11</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Blezard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club Dot Bassett and Joyce Bearse Sing-A-Long</b> <b>5-8 pm TD Bank Summer Concert Series Brooks Park-Visit after Supper Club!</b> <b>COA Van Market Basket</b></p>	<p><b>12</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support <b>9:00 Reiki with Diane Thibodeau</b> 9:30 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling <b>9:30 Balance Boosters with Barbara-Anne</b> 11-1 50+. Volleyball-Gym <b>10:30 Tai Chi /Chi Kung</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks Park</p>	<p><b>13</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks Park <b>9-12 Wellness Clinic Town RN</b> 9:30-10:30 Seniorfit with Charlie <b>10:00 Friends of Harwich COA Board Mtg.</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm &amp; Gym 1/2 Van-Stop &amp; Shop Market pm.</p>	<p><b>14 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p>	<p><b>15 8:30-3:30 Betty Brady's Foot Clinic</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters with Dir.</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b> 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Bicycle Club Brooks Park</b> 2:00 Current Events Brooks Library</p>
<p><b>18</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Blezard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club-Trivia With Doc</b> <b>5-8 pm TD Bank Summer Concert Series Brooks Park-Visit after Supper Club!</b> <b>COA Van-Patriot Square &amp; Movies</b></p>	<p><b>19</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele <b>9:30 NO Balance Boosters class</b> 10:00 Secrets of the "Okinowans Longevity" by Tricia Silverman, R.D. RSVP is required call 430-7550. 11-1 50+. Volleyball-Gym <b>10:30 Tai Chi /Chi Kung</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness</p>	<p><b>20</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks <b>9-12 Wellness Clinic-Town RN</b> 9:30-10:30 Seniorfit with Charlie <b>10:30-12 Caregiver Support Grp Call</b> <b>Alzheimer's Family Support Ctr 508-896-5170</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm &amp; Gym 1/2 <b>Stop &amp; Shop Market pm Van</b></p> 	<p><b>21 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball <b>10-3 Red Cross Blood Drive</b> 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p>	<p><b>22</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks <b>9:00 Mindful Yoga with Kathie</b> 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie <b>9:30 Balance Boosters with Barbara-Anne</b> <b>10-11:30 Blood Pressure Clinic R.N. with Wingate Nursing</b> 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Bicycle Club Brooks Park</b> 1-4:00 Open Game Rm 2:00 Current Events Brooks Library</p>
<p><b>25</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Blezard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club-Michael Kennedy and Crossroad Singing Group</b> <b>5-8 pm TD Bank Summer Concert Series Brooks Park-Visit after Supper Club!</b> <b>COA Van-Trader Joes &amp; Xmas Tree Shops Mall Hyannis</b></p>	<p><b>26</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele <b>9:30 Balance Boosters with Barbara-Anne</b> 11-1 50+. Volleyball-Gym <b>10:30 Tai Chi /Chi Kung</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks Pk</p>	<p><b>27</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks <b>8:30-11:30 Betty Brady's Foot Clinic</b> <b>9-12 Wellness Clinic-Town RN</b> 9:30 Seniorfit with Charlie 11:30 Sr. Dining Program <b>12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt</b> 1-4:00 Open Game Rm &amp; Gym 1/2 <b>Stop &amp; Shop Market pm Van</b></p>	<p><b>28 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p>	<p><b>29 8:00 Wingate Breakfast</b> 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters with Barbara-Anne</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b> 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Bicycle Club Brooks Park</b> 1-4:00 Open Game Rm 2:00 Current Events Brooks Library</p>

**HARWICH COUNCIL ON AGING CALENDAR AUGUST 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Blezard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club Trivia with Doc</b> <b>5-8 pm TD Bank Summer Concert Series Brooks Park-Visit after Supper Club!</b> <b>COA Van Orleans T.J. Max &amp; Christmas Tree Shops</b></p>	<p><b>2</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball <b>9:00 Free Hearing Screenings-Barbara Eaton</b> 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele <b>9:30 Balance Boosters with Barbara-Anne</b> 10-12 Sight Loss Support Grp. <b>10-4 CCH Blood Drive</b> <b>10:30 Tai Chi /Chi Kung</b> 11-1 150+. Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Legal Services-Elizabeth Lynch, Esq by appt</b> 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks Park</p>	<p>3 8:30 Walking Club Brooks Park 8:30-9:30 Superfit with Charlie <b>9-12 Wellness Clinic Town RN</b> 9:30-10:30 Seniorfit with Charlie <b>9:30 COA BOARD MTG</b>  <b>10:30-12 Caregiver Support Grp Call</b> <b>Alzheimer's Family Support Ctr 508-896-5170</b> 11:30 Sr. Dining Program <b>1:00 Legal Services with Tom Kosman, Esq. by appt.</b> 1-4:00 Open Game Room 1-4:00 Open Gym ½ court only <b>6-7:30 Dad's Support Group</b> <b>Van Stop &amp; Shop Market pm.</b></p>	<p><b>4 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness</p>	<p><b>5</b> 8:30 Walking Club- Brooks Park 8:30-9:30 Superfit with Charlie 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters class with Barbara-Anne</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic</b> <b>RN-Wingate of Harwich Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>11:30 NEW!! Volunteer Recognition</b> <b>Cookout with Harwich Police and Fire Departments cooking for us! RSVP is required. Please call 508-430-7550.</b> <b>1:00 NO BICYCLE CLUB TODAY</b> 2:00 Current Events Brooks Library 1-4:00 Game Room Open</p>
<p><b>8</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Blezard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club Dot Bassett and Joyce Bearse Sing-A-Long</b> <b>COA Van Market Basket</b></p>	<p><b>9</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support <b>9:00 Reiki with Diane Thibodeau</b> 9:30 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling <b>9:30 Balance Boosters with Barbara-Anne</b> 11-1 150+. Volleyball-Gym <b>10:30 Tai Chi /Chi Kung</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks PK</p>	<p><b>10</b> 8:30 Walking Club Brooks Park <b>9-12 Wellness Clinic Town RN</b> <b>10:00 Friends of Harwich COA Board Mtg.</b> 11:30 Sr. Dining Program 1-4:00 Open Game Room 1-4:00 Open Gym-1/2 court only <b>Van-Stop &amp; Shop Market pm.</b></p>	<p><b>11 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness</p>	<p><b>12 8:30-3:30 BETTY BRADY'S FOOT CLINIC</b> 8:30 Walking Club- Brooks Park <b>9:00 MEN'S BREAKFAST</b> followed by <b>Men's Book Club</b> 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters with Barbara-Anne</b> <b>10-11:30 Blood Pressure Clinic</b> <b>RN-Bayada Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park</b> 2:00 Current Events Brooks Library 1-4:00 Game Room Open</p>

**HARWICH COUNCIL ON AGING AUGUST 2016 CALENDAR PAGE 2**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>15</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Bleazard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club Dot-Trivia with Doc</b> <b>COA Van WalMart</b></p>	<p><b>16</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support <b>9:00 Reiki with Diane Thibodeau</b> 9:30 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling <b>9:30 Balance Boosters with Barbara-Anne</b> 11-1 50+. Volleyball-Gym <b>10:30 Tai Chi /Chi Kung</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks PK</p>	<p><b>17</b> 8:30 Walking Club Brooks Park <b>9-12 Wellness Clinic Town RN</b>  10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 1-4:00 Open Game Rm &amp; Gym 1/2 Van-Stop &amp; Shop Market pm.</p>	<p><b>18 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness <b>1:30-3pm "HomeFit Workshop" with AARP IN HYANNIS RSVP REQUIRED CALL 877-926-8300 (see inside for more details).</b></p>	<p><b>19</b> 8:30 Walking Club Brooks 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> <b>9:30 Balance Boosters with Dir.</b> <b>10-11:30 Blood Pressure Clinic R.N. with Wingate of Harwich Nursing</b> 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Bicycle Club Brooks Park</b> 2:00 Current Events Brooks Library</p>
<p><b>22</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Bleazard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club-Sound Dunes Swing Band bring your dancing shoes!</b> <b>COA Van-Provincetown Fun!</b></p>	<p><b>23</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele <b>9:30 NO Balance Boosters class</b> 10:00 Secrets of the "Okinowans Longevity" by Tricia Silverman, R.D. RSVP is required call 430-7550. 11-1 50+. Volleyball-Gym <b>10:30 Tai Chi /Chi Kung</b> 11:30 Sr. Dining Program 5:00 30/30 Fitness</p>	<p><b>24</b> <b>8:30-11:30 Betty Brady's Foot Clinic</b> 8:30 Walking Club Brooks <b>9-12 Wellness Clinic-Town RN</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm 1-4:00 Open gym 1/2 Court only <b>Stop &amp; Shop Market pm Van</b></p>	<p><b>25 Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball <b>10-3 Red Cross Blood Drive</b> 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p>	<p><b>26</b> <b>29</b> <b>8:00 Wingate Breakfast</b> 8:30 Walking Club Brooks <b>9:00 Mindful Yoga with Kathie</b> 9-12 S.H.I.N.E. Counseling <b>9:30 Balance Boosters with Barbara-Anne</b> <b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b> 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Bicycle Club Brooks Park</b> 1-4:00 Open Game Rm 2:00 Current Events Brooks Library</p>
<p><b>29</b> 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3:00 Bridge II with Nancy Bleazard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club</b> <b>COA Van-Thrift Store Extravaganza</b></p>	<p><b>30</b> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele <b>9:30 Balance Boosters with Barbara-Anne</b> 11-1 50+. Volleyball-Gym <b>10:30 Tai Chi /Chi Kung</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks PK</p>	<p><b>31</b> 8:30 Walking Club Brooks <b>8:30-11:30 Betty Brady's Foot Clinic</b> <b>9-12 Wellness Clinic-Town RN</b> 11:30 Sr. Dining Program <b>12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt</b> 1-4:00 Open Game Rm &amp; Gym 1/2 <b>Stop &amp; Shop Market pm Van</b></p>	<p><b>Pickleball is on the Outside Courts for the Summer at Brooks Park. Monday's 4-6 p.m. &amp; 6-8 p.m. and Wednesday's at 4:00 p.m. and Friday's, Saturday's and Sunday's at 9:30 a.m.</b>  <b>Stay tuned for the Pickleball Tournaments with the Recreation Dept.</b></p>	<p><b>Exercise Classes with Jill Brown, Tuesday's 6:00-7:00 p.m. and Saturday's 8:30-9:30 a.m. Fee: 12 lessons for \$96.00</b></p>

**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

- Sat. 7/9 Boston Duck Tour & Lunch of an Italian Feast at Maggiano's Restaurant \$107
- Sun. 7/10 Cirque du Soleil "Kurios" 1:30 p.m. show. Step into the Curio Cabinet of an ambitious inventor who defies the laws of time, space & dimension in order to reinvent everything around him. \$129
- Wed. 7/13 Doris Duke's Newport-Guided Tour of Rough Point, Lunch at the Mooring, Free Time for Shopping or to Walk The Cliff Walk. \$109
- Fri 7/15 Beauport Mansion 2.5 hr Lobster Lunch Cruise, Tour of Beauport Sleeper-McCann Mansion. \$122
- Tues. 7/19 Newport Playhouse "A Whole Lot of Cheatin' Goin' On" Lobsterfest Comedy Show & Cabaret Show, Full Lobsterfest Luncheon Buffet. \$111
- Mon. 7/25 Summer Holiday in Wolfeboro Lunch at Wolfeboro Inn, (choice of Grilled Chicken Breast or Baked Haddock), located directly on the shores of Lake Winnepesaukee. Then board the Winnepesaukee Belle a 65 ft replica paddleboat on a 1.5 hr cruise, time for shopping in quaint downtown. \$110
- Thurs. 7/28 Boston by Land & Sea. 2 hour lunch Cruise on "The Spirit of Boston Yacht" on Boston Harbor, One hour Motor Coach Bus Tour of Boston. \$109
- Wed. 8/3 Take the morning Ferry to Block Island from Point Judith, R.I. Enjoy a bus tour of the island and a New England Lobster bake on the front porch of the National Hotel, which overlooks the harbor and the Atlantic. \$139
- Wed. 8/3-Thurs, 8/11 The Canadian Maritimes & The Cabot Trail: Visit Nova Scotia, Cape Breton Island, Prince Edward Island and the Cabot trail. Lunch in Portland Maine, then take the CAT Ferry to Yarmouth, Nova Scotia to the Rodd Grand Hotel. Travel along the Bay of Fundy. Stop at St. Mary's Church, whose columns are 70 ft tall tree trunks. Then stop in Digby for lunch with a view, visit Ft. Anne National historic site. Overnight in Halifax at the Lord Nelson Hotel, see the changing of the guard at the Citadel, travel the Lighthouse route to Lunenburg...PPDO \$1859 SO \$2,417
- Tues. 8/9 Essex Ct Rail & Sail Travel on a vintage 1920's coach pulled by an authentic steam locomotive with a guided history rail tour. Full lunch then board the Becky Thatcher one hour Riverboat Cruise along the CT. River. Shopping in downtown Essex. \$115
- Wed. 8/17 North Shore Music Theatre Inner Circle Seating for "Singing in the Rain" Lunch at Calitris Restaurant. \$135
- Sun. 8/14 Cape Cod Canal Jazz Cruise. Start at the Cape Cod Canal Visitor Center led by a Park ranger. Watch 20 min film "Canal Story", followed by lunch at Mezza Luna Italian Restaurant in Buzzard's Bay. Then board the 2.5 hour Cruise of the Cape Cod Canal while listening to the live music of Harry French. \$105
- Sun. 8/21 Seaside Village of Kennebunkport, lunch at the 1914 Colony Hotel: Clam Chowder, Maine Lobster Rolls, Old Fashioned Potato Salad & Blueberry Pie! Then cruise for 1.5 hours down the scenic Kennebunk River, time to shop at Dock Square. \$115

**WE ARE STILL 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!**

# The AARP Home Fit Guide

Information and Tips for a Comfortable, Safe and Livable Home



HomeFit Workshops: What if all homes could be suitable for anyone, regardless of a person's age or physical ability? AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP HomeFit program was created to help people age-in-place in the homes they love. The AARP HomeFit Guide offers solutions that range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise, but are well worth the expense. Is your home "HomeFit"? Learn more about the AARP HomeFit program.

**WHAT:** HomeFit Workshop in **Hyannis**

**WHEN:** Thursday, Aug. 18, 1:30-3 p.m.

**WHERE:** **Barnstable Senior Center**, 825 Falmouth Road, Hyannis, MA 02601

**RSVP:** Pre-Registration is required and can be made by calling 1-877-926-8300. **Please Note:** If you would like to take the Cranberry Coach Van to this Workshop, if we have 5 or more who would like to attend, we will make the COA Van available to transport seniors to this event. Call 508-241-1566 to make your Cranberry Coach reservation only.

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## **COA E-BLASTS CAN BE SO IMPORTANT-PLEASE CONSIDER GIVING US YOUR EMAIL**

Does the COA have your current email? We are trying to stay current and inform seniors of important information such as the Legislative Update: "Outside Section 11" that could have been a major disaster and had a severe financial impact on many of our seniors, Current Scams from the Attorney General's Office and our own Local Harwich Police Department. We would like to send our e-blasts to all of you to keep you well informed but sadly, we have very few emails from members and those that we do have most are inactive at this point. Please send COA Director, Barbara-Anne Foley your CURRENT email address to her email at bfoley@town.harwich.ma.us and be sure to include your name, address and phone so we have the correct "John Smith" for example. Thank you very much.

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## **COA HURRICANE AND WEATHER EMERGENCY SYSTEM UPDATE-BE PREPARED!!**

Harwich is revered all over the State of MA. because of our Emergency Plan for our seniors, according to friends I met at a MEMA training for emergency planning. We work with Wingate of Harwich & Brewster (formerly EPOCH), The Royal of Harwich, Rosewood Manor and Maplewood at Brewster to place seniors temporarily (in a weather emergency) instead of having to go to the shelter at the Cape Cod Regional Technical High School when it is appropriate due to age or medical conditions that the senior would be better served and safer in a facility. Harwich Residents self identify to the COA Director, Barbara-Anne Foley that they want to be on the "call list" in the Emergency Operations Center, she makes the calls and arranges for the Cranberry Coach Van to pick you up at home and drop off back home when the weather event is over. There is no cost to the Resident or the Town for this service-it is just a phenomenal community service on the part of these facilities involved. If you have NOT notified the COA Dir. Barbara-Anne Foley and you WANT to be on this call list, please contact Barbara-Anne directly at 508-430-7550 ext 10 and leave a voicemail with your name and phone number & she will return your call promptly.

## **HURRICANE SEASON WILL BE LATE SUMMER-PLEASE BE PREPARED AND MAKE YOUR EMERGENCY KITS!**

**When is hurricane season?** The Atlantic hurricane season runs from June 1 to November 30 with the peak period from early August through the end of October. The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation you do today. While each person's abilities and needs are unique, every individual can take steps today to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This guide outlines commonsense measures older Americans can take to start preparing for emergencies before they happen.

### **Get or Make a Kit Of Emergency Supplies**

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

**Basic Supplies:** Think first about the basics for survival – food, water, clean air and any life sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include:

**Water**, one gallon of water per person per day for at least three days, for drinking and sanitation.

**Food**, at least a three-day supply of nonperishable food and a can opener if kit contains canned food.

**Radio**-Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.

**Flashlight** and extra batteries or hand crank operated flashlight.. **First aid kit. A Whistle** to signal for help.

**Dust mask** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.

**Moist wipes, garbage bags and plastic ties** for personal sanitation. **Wrench** or pliers to turn off utilities.

**Local maps. Pet food**, extra water and supplies for your pet or service animal

**Include Medications and Medical Supplies:** If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. (You can simply ask your pharmacist to print this out for you. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage. Additional Items: If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. Include Emergency Documents: Include copies of important documents in your emergency supply kits such as family records, wills, power of attorney documents, deeds, social security numbers, credit card and bank information, and tax records. It is best to keep these documents in a **waterproof container**. Include the names and phone numbers of everyone in your personal support network, as well as your medical providers. Also be sure you have cash in your kits in case you need to purchase supplies.

**MAKE YOUR EMERGENCY PLAN NOW:** The Harwich Water Dept. has a form available at the Community Center (also available online) for you to complete to be phoned in an emergency by a robo call telling you when a shelter is open and where. In addition, the COA asks that seniors self identify that they would like to be placed on an additional call list to be transported by the Cranberry Coach Van to one of our community partner facilities for safety during a weather emergency. There the senior will need to be self contained with their own medications, a book or something to do etc.. They will be given a bed and 3 meals a day at no charge and be transported home when the event is over and power has been restored. **Please call Barbara-Anne the Director if you would like to be placed on this Emergency Call List. 508-430-7550 ext. 10.**

# Cape Cod Senior Appreciation Picnic



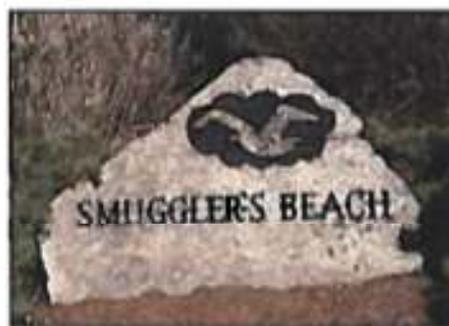
*Sheriff*  
*James M. Cummings*

Hosted by Barnstable County  
**Sheriff James M. Cummings**  
and the  
**Yarmouth Police Department**



*Chief*  
*Frank Frederickson*

Wednesday, September 28, 2016  
11:00 A.M. – 1:00 P.M.  
Bass River Beach Parking Lot  
(aka Smuggler's Beach),  
Yarmouth, MA



Entertainment provided by retired  
Massachusetts State Trooper Sgt. Dan Clark  
K9 Demonstration  
Free Lunch Provided to Cape Cod Seniors  
Bingo games with prizes  
For further information please  
contact Joseph Gordon at 508-563-4319

**This event is sponsored by the Barnstable County Deputy Sheriff's Association**



# COMMUNITY YARD SALE

Clean out your closets and save the date for **Harwich Community Center's** Annual Yard Sale!

**Saturday, Aug 6th**  
**9AM-1PM**

**\*\* In Brooks Park \*\***

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

Tables are  
available for just \$20!  
Call (508)-430-7568 for more  
information or reservations

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

## 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, 2016**

**IMPORTANT:** I want to thank the COA Director, Barbara-Anne Foley, her staff, and the Cranberry Coach drivers and aides, for stepping up and filling the service void created by the Friends having had to suspend its minibus operation. We are considering long-term solutions, but that process will take time-please be patient.

Please call 508-241-1566 to request rides on the COA's "Cranberry Coach".

This Summer the Friends are holding a fundraising raffle for a quilt generously donated to us by the Harwich Quilt Bank. Tickets will be 1 for \$2, 3 for \$5, and 6 for \$10. They are available for purchase at the Community Center on weekends.

In May, we were fortunate to receive \$590 in donations from several individuals. We are dependent on such donations, both from individuals and businesses, fundraiser efforts, and bequests from those who have benefitted from, and/or are appreciative of, our efforts to help Harwich's seniors.

I hope you are enjoying Summer and the wonderful weather. What a wonderful time of year!

**DOES THE COA HAVE YOUR E-MAIL ADDRESS? IF NOT PLEASE HELP US TO HELP YOU BY GIVING THE COA YOUR EMAIL ADDRESS TODAY. CONTACT THE DIR. BARBARA-ANNE TO GIVE HER YOUR EMAIL [bfoley@town.harwich.ma.us](mailto:bfoley@town.harwich.ma.us)**

**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

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Richard Waystack

Nicole Muller

Bob Widegren

**Council on Aging Board**

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

**COA Disclaimer**

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

**Harwich Council on Aging  
Mission Statement**

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

**Office of Elder Affairs**

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

**"I like the dreams of the future better than the history of the past."  
Thomas Jefferson**

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