

Town of Harwich COUNCIL ON AGING NEWS

Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645
Tel: 508-430-7550 ~ Fax: 508-430-7530



May/June 2019

*The mission of the Harwich Council on Aging is
to support and advocate for older adults, their families, and caregivers.*

You don't want to miss the

Dave Birtwell Memorial Walk for Alzheimer's

Saturday, May 11th from 11 AM to 2 PM at Brooks Park

All are welcome—you can walk, dance, enjoy music by the Sound Dunes Swing Ensemble, or enjoy the barbeque!

You don't have to give to walk and you don't have to walk to give!

This walk is organized by the Alzheimer's Family Support Center of Cape Cod. You will recognize the AFSC from the many invaluable services they provide here at the Harwich COA and across Cape Cod!



The AFSC is also unique in that every service they provide is FREE!

The proceeds raised from this walk help support their programs and services so they can continue to offer them at no cost.

See you there!

Pre-Planning Seminar

Monday, June 10th, 10 AM to 2 PM

Cemetery Administrator Robbin Kelley is working diligently to prepare this fabulous program which provides straight talk on death and dying.

This seminar will feature speakers who cover everything from estate planning, legal wills and trusts, personalizing your funeral service, grieving, veteran's benefits, selecting your final resting place, and more!

This seminar aims to provide you with the resources and information you need so you can make an informed decision as to which arrangements will best suit your needs, your budget, and the lives of your loved ones.

This event is FREE and lunch will be provided.

There is a full list of speakers at the COA front desk.

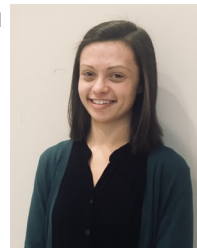
Space is limited, so you must call the COA at 508-430-7550 to RSVP if you plan to attend.

DIRECTOR'S DIALOGUE

Hello folks—happy warmer and longer days to you all! I hope you are enjoying the beautiful weather, the splashes of color popping out of the ground, and the critters coming out from hibernation!

I have just recently rediscovered my love of reading (I blew through 5 books in the last week!). It's something I've been away from for far too long.

For fiction, I've been engrossed in a series called, *The Girl Who Dared to Think* by Bella Forrest. For non-fiction, I've been reading a book of essays called, *Radical Hope: Letters of Love and Dissent in Dangerous Times*. What are you reading? I'd love to hear your recommendations!



On a more official note, this will be the last newsletter before the start of the next Fiscal Year which runs July 1, 2019 through June 30, 2020. This means we are actively planning new programs, brainstorming new speakers to invite, and generally trying to get a sense of what our community, namely YOU, would like to see more of here at the COA. Please let us know what you'd like to see and do! We are here and ready for your feedback any time. I've mentioned before, but I want to say it again—my door, phone line, and email are always open!

All my best for a happy Spring and fast-approaching Summer,

Emily Mitchell

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SPECIAL UPCOMING PROGRAMS

MEN'S MORNING



Men's Breakfast

Friday, May 10th, 9am

With special guest Mark Kelleher, a Kelp Farmer here in Harwich

Friday, June 14th, 9am

With special guest Dr. Paul Anastasio of the Harwich Health Center speaking about wellness and the role of moving, diet, and exercise in helping people be more functional.

**PRE-REGISTRATION IS REQUIRED
BY THE PRIOR WEDNESDAY**

Please call the COA at 508-430-7550 to register

*There is no charge, but donations to the COA
to support our programs are most appreciated*

Men's Book Club (new members always welcome!)

Friday, May 10th, 10am

The May book will be *Paper* by Mark Kurlansky

Friday, June 14th, 10am

The June book will be *Manhunt* by Jamie Swanson

***Copies of both books will be available at Brooks Free
Library. Just ask at the desk!***

SUPPER CLUB EVENTS

Cost: \$5 residents (\$6 non-residents)



"Who's the Boss"

Monday, May 13th*, 5pm

Join us for a musical performance with

"Who's the Boss", a 4-part a capella group

***May Supper Club is on the SECOND Monday due to
Annual Town Meeting**

Jack's Record Machine

Monday, June 3rd, 5pm

Jack and Eileen Wyatt—whose faces will be familiar from their work on Harwich Channel 18—will entertain with their professional DJ and Emcee services!

Call early as space is limited.

PRE-REGISTRATION IS REQUIRED

Please call the COA at 508-430-7550 to register

WOMEN'S BREAKFAST



Friday, May 24th, 9am

With special guest Mark Kelleher, a Kelp Farmer here in Harwich

Friday, June 28th, 9am

With special guest Dr. Paul Anastasio of the Harwich Health Center speaking about wellness and the role of moving, diet, and exercise in helping people be more functional.

**PRE-REGISTRATION IS REQUIRED
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DEVICE ADVICE—By Appointment



Tuesday, May 21st, 9:15 am to 10:00 am

Tuesday, June 18th, 9:15 am to 10:00 am

"Device Advice" is your chance to sit down with someone from Brooks Free Library who will answer basic questions about your personal device! Each appointment is 5-15 minutes long and is open to any type of device...iPad, eReader, iPhone, laptop, etc. "Device Advice" is perfect if you want an overview, need help downloading ebooks, or have a question about how to do something.

Sponsored by the Friends—BUS TRIPS

All rides are free. Call 508-432-5050 to sign up!

Friday, May 10 2019, 10 AM

Wood's Hole. Lunch at the Quicks Hole Tavern.

Friday, May 17, 2019, 10:30 AM

Cahoon Museum of American Art in Cotuit. Lunch at Cotuit Fresh Market

Saturday, June 8, 2019, 6:30 PM

Cape Cod Symphony—SOLD OUT. Waitlist only.

Friday, June 14, 2019, 10 AM

Osterville Historical Museum. Lunch at Wimpy's Seafood Café

Friday, June 21, 2019, 10 AM

Celebrate the Summer Solstice! Location is weather dependent, but Friends will provide food, drinks, & music!

... & MORE

Cooking Classes with Chef Kay Benaroch

All classes are on Thursday evenings from 4-7 PM. Be sure to bring an apron and container for leftovers!

Each class costs \$15 and is capped at 8 people

Because of how quickly these classes fill up, we will give priority to Harwich residents. Non-residents may call and be put on a waitlist. If a class is not full one week before the class date, non-residents can fill the remaining slots!

May 9—Lighten Up Menu

Want to eat healthy delicious food? Learn to make oven-fried chicken, grilled eggplant and feta cheese salad, ginger-spiced spaghetti squash, and grilled peaches served with frozen yogurt.

May 16—Taste of India

Get a taste of exotic cuisine without a passport. We'll make Indian Naan flatbreads, a simple Chicken Curry, spiced basmati rice and roasted chickpea, cauliflower and tomato curry.

May 23—Cooking for One or Two—Salmon and Mussels

We'll begin our menu with Mussels Mariniere (mussels in white wine and butter sauce), followed by salmon with a home-made pesto to topping and rice pilaf. Dessert is a quick to make in the microwave, chocolate "mug" cake.

June 6—Great Grilling

At your next cookout wow your guests with some new dishes... We'll start with Peruvian grilled chicken skewers and then make Asian turkey burgers, oven sweet potato fries, grilled eggplant/olive and feta salad, and end with chocolate macaroons.

June 13—Spanish Tapas

When invited to a pot luck, are you at a loss when it comes to what to bring? Why not consider Tapas – the Spanish hors d'oeuvres, traditionally served in bars along with drinks. In this class we'll make tuna balls in white wine sauce, squid braised in beer, a Spanish torta with spinach and asparagus, shrimp in spicy tomato sauce, and ham and goat cheese empanadillas.

The Cape Cod Community Development Partnership (CDP) presents a

Housing Rehabilitation Program Information Session

Wednesday, June 12, 2019, 1:00 to 2:00 PM

Come learn more about CDP's Housing Rehabilitation Program which can help eligible Harwich residents pay for critical home repairs.

BIG SCREEN MOVIE DAY

"A Star is Born" (Rated R)

Tuesday, May 14th, 2:00 PM

The 2018 remake of the 1937 classic. Seasoned musician Jackson Maine discovers-and falls in love with-struggling artist Ally. She has just about given up on her dream as a singer until Jack coaxes her into the spotlight.



"Million Dollar Baby" (Rated PG-13)

Tuesday, June 11th, 2:00 PM



"I DON'T TRAIN GIRLS", trainer Frankie Dunn growls. But something's different about the spirited boxing hopeful who shows up daily at Dunn's gym. All she wants is a fighting chance.

Light refreshments are served
No charge, but donations gladly accepted

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

Monthly Mobile DENTAL CLINIC



Friday, May 24th, 10am-3pm

Friday, June 28th, 10am-3pm

Preventative dental services are now being offered at the Harwich COA. Mobile Dental Hygiene Services is excited to offer dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to anyone with MassHealth Standard/Medicaid. They offer affordable rates for individuals without dental insurance.

Please call 508-827-6725 with any questions and to make an appointment.

LARRY DAPSIS, the "Tick King of Cape Cod"

Wednesday, May 15th, 1:00—2:00 PM

Larry, who has been featured on WCVB Channel 5 Chronicle Episode, will discuss the detection, testing, and prevention of tick borne diseases. Larry is an Entomologist based here in Barnstable and is making a difference with community outreach programs. Please come listen to what he has to say and leave with a better understanding of the tick borne diseases!

An RSVP is always appreciated—call the COA at 508-430-7550

REGULAR ACTIVITIES

FUN STUFF!

BRIDGE CLASSES—*RETURNS MAY 13th!*

Mondays, 1-3pm, \$35 for 6 weeks

This is for intermediate players focused on improving skills. Call Instructor Nancy Blezard at 508-432-6203 for more information.

CRIBBAGE

Thursdays, 1pm

Weekly cribbage games are held in the “Glass Room” at the COA. New players are always welcome!

COMPUTER INTERNET ACCESS

The COA has free Wi-Fi and computer access whenever the “Glass Room” is not being used for a program. Please call to check availability.

MAH JONGG

Tuesdays, 9am-12pm

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but all levels of play are welcome, and new players and “walk-ins” are always welcome!

“BIG SCREEN” MOVIE DAY

2nd Tuesday of the month, 2pm

Come alone or with your friends to see a movie on the “big screen” in the multipurpose room. We even serve popcorn! Pre-registration required. See p. 3 for details.

SINGO BINGO

1st Monday of the month, 11:15am

Bingo, but with songs! Your scorecard will have the names of songs instead of numbers and letters. We’ll play a song—you have to identify it and see if it’s on your card!

Ukulele Classes with Cathy Hatch

Absolute Beginner: Thursdays 12:30-1:30 PM

Advanced Beginner: Thursdays 2-3 PM

Six week sessions—pre-registration required (508-430-7550).

Next session: May 2, 9, 16, 23, 30, & June 6

You must bring your own ukulele! Contact Cathy Hatch (cathy_hatch@comcast.net) for more info!

NEW—Living with Vision Loss

Tuesday, June 4th, 9:30-10:00 AM

Staff from the Brooks Free Library will demonstrate devices that will help people with vision loss perform daily tasks independently. Basic instruction on these devices will be provided. Additional individual instruction will be available by appointment. Call 508-430-7550 to make an appointment!

COA FITNESS!

BALANCE BOOSTERS

Mondays & Thursdays, 10-11am, \$2 per class

Maintain balance & flexibility with 1 hour of stretching while safely seated in a chair using your own body and simple implements which are supplied. Taught by Town Nurse Susan Jusell. Call the COA at 508-430-7550 for more information.

GENTLE CHAIR YOGA

Wednesdays, 10-11am, FREE

This class emphasizes light stretching and strengthening with a focus on the link between breath and movement. All ages and fitness levels welcome!

HEALTHY FOR LIFE

Fridays, 10:30-11:30am, \$2/class

Keep your bodies moving in this class taught by certified fitness instructor, Debbie Benton. Classes incorporate different abilities and focus on seated exercises to help maintain strength, range of motion, coordination, balance, and muscle tone. Participants use small equipment like resistance bands, medicine balls and small weights, with music to keep the energy positive.

MINDFUL YOGA

Fridays, 9-10:15am, \$8 per class

Everyone can do mindful yoga. Stretches and yoga poses are done standing and sitting in a chair. Attention is placed on breathing and being present. Each class ends with 10 minutes of meditation. For information contact Kathie Marin at 508-430-8623.

SUPERFIT & SENIORFIT

Wednesdays & Fridays, 8:30-9:30am/9:30-10:30am, \$40/6 weeks

This is a popular class instructed by Charlie Abate. Superfit is a powerful hour that includes floor work on mats. Seniorfit is a slower, gentler workout with no work on the floor. For more information contact Charlie at 508-432-0370.

SPAULDING PARKINSON’S PROGRAM

Tuesdays & Thursdays, 10-11:30am

Under the guidance of licensed Physical Therapists, this program focuses on exercises and problem solving to improve day-to-day function and quality of life. For more information and cost information, please contact Heather Merrill at Spaulding at 508-240-7203.

WALKING CLUB

Mondays, Tuesdays, & Thursdays, 6-8:30am

Drop in and walk laps in the gym on a dry level surface without worrying about the weather...21 laps is a mile!

WELLNESS PROGRAMS

AL-ANON

Fridays, 5:30-6:30pm

This is a group for those affected by another person's drinking. You have choices and Al-Anon can help.

CLUTTERERS ANONYMOUS

Wednesdays, 9:30-10:30am

This is a 12-Step Recovery Program for both clutterers and hoarders. All are welcome.

DIET & NUTRITION SUPPORT GROUP

Tuesdays, 9-10am, with Ginny O'Halloran, RN

This group offers support and strategies to lose and maintain your desired weight.

FOOTCARE CLINICS

With Betty Brady—May 8th & 29th, June 5th & 26th

With Janet Tinney—May 17th, June 21st

Trained nurses will provide a general assessment of your feet and will trim, file, clean and reduce thickening of nails, smooth corns & calluses and massage your feet.

Appointments at the COA are \$35, and home visits are available for \$55. Please call the COA at 508-430-7550 to schedule your appointment.

FUEL ASSISTANCE APPLICATIONS

Assistance with Fuel Assistance applications is available starting September 14th. Call the COA at 508-430-7550 to schedule an appointment with Susanna or Rick.

HEARING SCREENINGS

Appointments for hearing checkups with Barbara Eaton, a licensed Hearing Instrument Specialist. If you wear hearing aides, bring them and she will clean them if needed. There is no obligation to purchase, but recommendations for follow-up care may be made. Call the COA at 508-430-7550 to schedule an appointment.

HOME SAFETY ASSESSMENTS

COA and Fire Dept. staff come to your home to assess your safety risks. Your home will be assessed for fall risks, and smoke detectors and carbon monoxide detectors will be checked to be sure your home is as safe as possible. If your smoke detectors and carbon monoxide detectors are not working properly or out of date, batteries will be replaced or new ones will be installed at cost. Call the COA at 508-430-7550 and ask to be put on the list for a home safety assessment visit.

LEGAL ASSISTANCE

Free half-hour consultations with lawyers who specialize in elder law and are performing pro bono service. Call the COA at 508-430-7550 for appointment times.

MEDICAL EQUIPMENT LOANS

Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc.). Call or stop by the COA prior to purchasing to see if we have what you need. Non-resident loans are dependent on supply. *(NOTE: Please clean equipment thoroughly before returning.)*

OVEREATERS ANONYMOUS

Mondays, 2-3pm & Thursdays, 10-11am

OA is a fellowship of men and women from all walks of life who meet in order to help solve a common problem - compulsive overeating. All are welcome.

S.H.I.N.E. - Health Insurance Counseling

SHINE (Serving Health Insurance Needs of Everyone...on Medicare) offers free assistance to help older adults navigate the complex health insurance system. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs to help those on or eligible for Medicare. Call the COA at 508-430-7550 for appointment times.

SIGHT LOSS SERVICES SUPPORT GROUP

1st Tuesday of the month, 10-11:30am

Peer meetings for those with vision loss and blindness. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Please RSVP to Sight Loss Services at 508-394-3904.

SOCIAL SECURITY APPOINTMENTS

3rd Monday of each month

Communicate with a local Social Security representative using our special Community Social Security Video Service. You can video conference with a live person without waiting in line. Apply for benefits, report changes, ask questions, and more. Call 508-430-7550 to schedule your appointment.

WELLNESS CLINIC (& BLOOD PRESSURE)

Wednesdays, 9:30am-12pm & Mondays, 4:30pm

Walk-in clinic with Town Nurse, Susan Jussell, where you can have your blood pressure taken, ask health related questions, or discuss your health needs.

VETERAN'S ASSISTANCE

Veterans Service Officers Wil Remillard and Shawney Carroll are available Tuesdays, Wednesdays and Thursdays by appointment to assist Veterans, as well as surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits and more. Please call 508-430-7510 for an appointment.

OUTREACH & HEALTH NEWS

NOTES FROM THE OUTREACH OFFICE

Susanna Keith,
Social Services Coordinator



Hot diggity spring is upon us! Robins, Red-winged black birds, peepers, longer days, the herring running, I could go on and on! I so look forward to hearing the Red-winged Blackbirds and the “peepers”, both of which have been filling the air with songs for several weeks now. I just returned from a weekend in Maine where the rivers are BUSTING at the seams with snow-melt! Another beautiful sight to behold. (Could have used my snowshoes, however, as my shins are a mess from unexpected DEEP pockets of snow layered with sheets of ice!)

Here at the COA we are all experiencing our own signs of spring; more of you are coming out to enjoy the wonderful programs being offered here. For example, our wonderful Women’s and Men’s Breakfasts are becoming more and more popular each month. Between Linda’s awesome culinary presentations and interesting guest speakers, you can’t go wrong! Supper Club is making a comeback, too! It’s a great way to spend an evening out with great food and entertainment, with transportation provided as well, if needed. Please refer to the newsletter for details on these events. Reservations required!

Just because warmer weather is here it doesn’t mean our food programs end. SNAP benefits, Brown Bag, and Cranberry Coach trips to the Food Pantry are all on-going. Programs vary in terms of eligibility so please contact us here for details.

Lastly, there will be a “Pre-planning Luncheon” taking place in June. From what I understand, this is a well-attended program with a host of speakers presenting a variety of items to consider. Previous speakers have included Elder Law attorneys, Veterans Agents, Hospice, Funeral Directors, and representatives from the Harwich Police Department. The date has been set for June 10th at the Community Center, so refer to your handy newsletter for the details.

We look forward to seeing all of you here at the COA, so stick your head in and say hello when you’re in the building...and in the evening stand outside and listen to the sounds of spring!

HERE’S TO YOUR HEALTH

Susan Jusell, Town Nurse



Welcome Spring!

I’m thrilled to have longer days and time enjoyed outdoors! Many of you, are already back outside visiting the beach and cleaning up your yards.

Fortunately we escaped a wild New England winter, unfortunately the ticks did too. PREVENTION is the name of the game when it comes to Lyme disease and other tick borne illnesses. These steps include walking on paths when possible and to avoid walking in tall grass and brushing up against tree limbs. In addition to that, tucking your pants into your socks, wearing clothing treated with Permethrin and an application of DEET be used on your skin, will help prevent a tick bite. When you are back indoors check yourself carefully for ticks, knowing they can be as small as the punctuation of a period. Lastly, change your clothes when you get home & if you are not putting them directly into the wash, then 20-30 minutes in the dryer should kill any ticks that could still be on your clothing.

Did you know that Barnstable County residents can send a tick to the UMass lab of Medical Zoology for a discounted fee? A discounted standard DNA panel is \$15 and the enhanced discounted panel that includes Powassan virus is \$65.

There are computers available here at the COA and at the library to complete an online submission form at www.TickReport.com. The laboratory will send you an email that they have received your tick to be tested and have begun the process. The results of the tick tested will often be emailed to you in about three business days.

The Cooperative Extension office will offer assistance If you need help Identifying a tick or a bug. They are located at the deeds and probate building at 3195 Main St., West Barnstable.

We are fortunate here in Cape Cod to have Larry Dapsis, Entomologist, working hard to bring us educational programs as his efforts are making a difference! Please join us for a talk from the “Bug Guy” himself on, **MAY 15th @ 1pm**.

Please RSVP to the COA at 508-430-7550.



CAREGIVER & COMMUNITY RESOURCES

DEMENTIA CAREGIVING SUPPORT GROUP

1st and 3rd Wednesdays, 10:30am-12pm
At the Harwich COA

This group will help families develop better coping strategies, learn more about Alzheimer's Disease and dementia, and help connect to support services in the community. Two groups meet at the same time, one for caregivers and family members, and the other an activity group for those with cognitive impairments.

Group Facilitator: Fran Lavin, RN
Of Cape Cod Alzheimer's Family Support Center

PRE-REGISTRATION IS REQUIRED
Call 508-896-5170 for more information.
Program is free



Alzheimer's Family Support Center of Cape Cod

Art Fridays for People with Cognitive Loss and their Caregivers
Every Friday, 2:00—3:30 PM at the Cape Cod Museum of Art (Dennis)

Men's Alzheimer's Monthly Coffee & Conversation Group
Third Thursday each month, 9:30—11:00 AM at Maplewood in Brewster

Senior Tax Work Off Program

Do you need some assistance paying your property tax bill? The Senior Tax Work Off Programs allows you to earn up to \$1,500 off your tax bill by volunteering for the Town.

You can volunteer for up to 125 hours between January 1st and November 30th and earn credit at a rate of \$12 per hour.

There are income and asset restrictions—call the Assessor's Department today to see if you qualify (508-430-7503)! If you do, I will work with you to find a volunteer position you will enjoy.

SUPPORTIVE DAY PROGRAM

The Day Center Program at the Orleans Senior Center is a regional adult supportive day program offering a safe, caring, person-centered environment for older adults with physical and cognitive disabilities, and for those in need of social stimulation. It also provides respite time for caregivers of older adults.

They offer a structured day that includes music, art and fitness to promote optimal social, emotional and physical wellness while allowing clients to remain in their own homes for as long as possible. There is even a special "Men's Day" on Tuesdays.

The Day Center Program is open to residents of Orleans, Brewster, Chatham and Harwich and attendance is subsidized by these communities. Fees for Harwich residents are \$55 per day which includes all activities and meals. Financial assistance may be available for eligible families to help defray costs.

To learn more about scheduling a complimentary trial day or for more information about eligibility, contact the Day Center Director at 508-255-6333.

LAPTOPS FOR SENIORS

We are thrilled to report that this program has **returned!**

Harwich COA has partnered with the Masonic Angel Foundation to bring **free** refurbished devices to seniors in need. If you are a senior who would benefit from having a laptop and are unable to purchase one, let us know and we will add you to the list for when devices become available. If you have a laptop to donate, please bring it to the COA and it will be wiped clean, refurbished, and returned right back here to our community. For more information, please call the COA at 508-430-7550.

ARE YOU A CAREGIVER IN NEED OF HELP?

For information about community resources available to help support you, please call the COA Social Services Coordinator at 508-430-7551.



Homeless Prevention Council

A caseworker from the HPC is now in the Harwich Council on Aging on BOTH Tuesday and Thursday afternoons from 1-4 PM to meet folks on a drop-in basis!

The HPC provides access to housing programs and funding, budgeting assistance, negotiation services for rent and mortgage back payments, and assistance in pursuing job training or educational opportunities. All services are **FREE**. Older adults are one of the largest and fastest growing groups experiencing housing insecurity.



FRIENDS' NEWS



100 OAK STREET, HARWICH, MASSACHUSETTS 02645

A MESSAGE FROM THE PRESIDENT

Jack Brown, President of the FHCOA

IMPORTANT NEWS:

Please call 508-432-5050 AND LEAVE YOUR VOICEMAIL RIDE REQUEST!

The Friends' are pleased to announce our new Minibus ride request phone number: 508-432-5050. If no one picks up, please leave a voicemail message.

As this newsletter goes to press shortly, and things pick up in Harwich, I hope you will take advantage of the warm weather and our minibus and its many offerings.

Our drivers and aides are eager to take some of you to local attractions. With all this going on, this Summer, it shouldn't be too hard to find a fun activity to do as we drive around Town.

Please, remember only use the new 508-432-5050 number.

Once again, I ask you to give our new minibus a try. Please contact us if you know any Seniors who might like to join us or who might want to join our other volunteers in providing

Seniors a ride in our sparkling new minibus. A reminder: at this point, we provide transportation on a fixed schedule for grocery shopping, (Shaw's), banking, pharmacy visits, and the Harwich Port USPO. If ridership increases, we hope to be able to add other venues to these type trips. Give us a call for a ride on our new minibus. We know you will like it!

Please consider supporting Harwich's Seniors by becoming a member of our Seniors-dedicated non-profit organization. The application is below. And I can assure you that your donations are most welcome!

FRIENDS BOARD:

Jack Brown (President), JoAnne Brown (Secretary), Chris Joyce (Membership/Treasurer), Linda Johnson (Fun Committee), and Directors Susan Lellis and Richard Waystack

FRIENDS MINI-BUS 508-432-5050



Friends Mini-Bus Coordinator: Joan McCarty

On Thursday afternoons we take riders to :

- ◆ TD Bank & Cape Cod Five
- ◆ Then to CVS & the Post Office
- ◆ Followed by Shaw's on Sisson Road

We'll even help bring your groceries in at home! ***Call before 4pm on Wednesday to make a reservation.***

FY 19 FRIENDS OF HARWICH COA MEMBERSHIP

Annual dues are \$5.00 per person / Life dues are \$40 per person

Member #1 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL DUES: \$5.00 _____ LIFE DUES: \$40.00 _____

Additional Donation: \$ _____

Member #2 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL DUES: \$5.00 _____ LIFE DUES: \$40.00 _____

Additional Donation: \$ _____

USE THIS SLIP TO MAIL DUES TO THE FRIENDS, OR DROP YOUR MEMBERSHIP SLIP & DUES OFF AT COA

Please make checks payable to: Friends of the Harwich COA

Mail to: Chris Joyce, c/o Friends of the HCOA, 100 Oak Street, Harwich, MA 02645

COMMUNITY CENTER NEWS

COMMUNITY CENTER ACTIVITIES

The Harwich Community Center hosts many activities with independent instructors. There are rug braiding classes, a weight room, a "Stitchers" group, quilting, community music groups, service and social groups, gardening groups, business groups, support groups, and more! For more information, stop in and pick up an updated Activities & Groups Information Booklet. Staying active and engaged is beneficial to healthy aging, and there's something here for you!

**FOR MORE INFORMATION
ABOUT COMMUNITY CENTER ACTIVITIES,
go to the Community Center webpage at
www.harwich-ma.gov/community-center
or call 508-430-7568.**

You can also reach Community Center Director
Carolyn Carey at ccarey@town.harwich.ma.us

SPECIAL DATES

May Events

May 6th, 7th (8th*), 7:00 PM—Harwich Annual Town Meeting
May 8th, 2:30 PM—Attracting Birds, Butterflies, & Other Beneficials
with Naturalist John Root
May 8th, 7:00 PM—Compassionate Friends
May 15th, 10 AM to 3:00 PM—Hydrangea Society Meeting
May 18th, 10:00 AM to 2:00 PM—Cranberry Rug Hookers
May 18th, 10:00 AM to 3:00 PM—Front Porch Rug Braiding
May 21st, 7:00 AM to 8:00 PM—Town Election
May 23rd, 1:00 PM to 6:00 PM—American Red Cross Blood Drive
May 27th—Building Closed for Memorial Day

June Events

June 1st, 10:00 AM—Harwich Democratic Town Committee
June 8th, 9:00 AM to 1:00 PM—Wild Care Yard Sale
June 10th—Beach Stickers go on Sale
June 12th, 7:00 PM—Compassionate Friends
June 15th, 10:00 AM to 2:00 PM—Cranberry Rug Hookers
June 19th, 11:00 AM to 5:00 PM—Cape Cod Healthcare Blood Drive

REC. DEPT. ACTIVITIES FOR SENIORS

Senior Volleyball

Tuesdays 11:00-1:00, Fridays 11:00-1:00

Pickleball (*Harwich Residents Only*)

Monday-Friday 8:00am-2pm at Former Middle School

Men's Over 55 Basketball

Mondays & Wednesdays 12:30-2:00pm, Fridays 1-3pm

Pre-registration and a reasonable annual fee is required. Some restrictions apply. For more information call 508-430-7553 or download the Adult Registration Form on the Rec. Dept. webpage at www.town.harwich.ma.us

MORE WELLNESS PROGRAMS AT THE COMMUNITY CENTER

**Zumba - Tuesdays, 5:00 pm—6:00 pm &
Thursdays, 5:30pm – 6:30pm**

Zumba in an interval style dance fitness class. For information contact Alissa at 617-959-4922.

NAMI (National Alliance on Mental Illness) Cape & Islands - Wednesdays, 6PM-8:30PM

For family members of individuals with mental health issues. For information contact Kim at 508-778-4277.

Insight Meditation Circle

Tuesdays, 7-8pm

Yoga

Tuesdays, Thursdays & Saturdays, 9-10:30am

Pilates Plus Cardio

Thursdays, 5-6pm

Exercise Class with Jill

Thursdays, 6-7pm & Saturdays, 8:30-9:30am

Foot Fit - Perfecting Posture from the Bottom Up

Wednesdays & Fridays Pilates Mat, 8:30-9:30am, Foot Fit, 9:30-10:30am

NEW: Monday and Wednesday evenings Foot Fit, 5:30-6:30pm, Pilates Mat 6:30-7:30pm

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

Bit of Bliss Yoga

Mondays 5-6pm

**Cost & registration information varies.
Contact the Community Center for more information.**

ODDS & ENDS

Brooks Free Library Resources



Our very own Brooks Free Library offers an incredible variety of services and resources for our community. From providing assistive technology to delivering books to your home, the library has so much to offer. Learn more below!

VITAL: The VITAL (Vision Impaired Technology Assistance at the Library) Program offered at Brooks Free Library includes assistive technology, and offers assistive technology training as well as resource and referral services, for people with vision loss. Through the VITAL program, the library offers free, one-on-one instruction in the use of assistive technology to individuals with vision loss on devices such as the Apple iPhone, iPod Touch, and iPad using Apple's assistive technologies such as VoiceOver screen reader and Zoom screen magnifier. They also offer training in the use of the Victor Reader Stream media player, ZoomText screen magnifier & reader, JAWS screen reader, Dolphin Guide screen magnifier & screen reader. Kurzweil 1000 Text to Speech software, and Duxbury Braille Translation software used with a Juliet Pro60 Braille embosser. In addition to training, the VITAL program also offers access to a variety of materials for users with vision loss, including talking books and digital players from the Perkins Library.

Tech Help @ Brooks Free Library: In addition to the Device Advice offered at the COA, the Reference Desk at Brooks Free Library is a great resource for tech help. The staff offers weekly Device Advice, a quick tech help hour, at the Brooks Free Library on Saturdays from 2pm to 3pm. For those who need a little more time, the Library also offers one on one appointments through their Book a Librarian program.

Books on Wheels: The Friends of Brooks Free Library are pleased to support the Books on Wheels Program. The program is designed to provide free delivery of library materials to Harwich residents who are permanently or temporarily unable to visit the library due to illness, physical disability, lack of either transportation or a caregiver, or any other reason that makes it either difficult or impossible to get to the library. The BOW Program is provided by volunteers who give individual care and attention to each patron in choosing and receiving the library materials that are requested.



Free Ebooks, Consumer Reports, and more: Did you know that you can fill up your Kindle or other device with ebooks, eaudiobooks, and even e-edition magazines from the Brooks Free Library? The library offers a number of electronic resources for free, you just need a library card to access them. Printed handouts with directions are available to walk you through the steps of downloading books or you can drop by the Reference desk on the second floor of the library anytime for ebook help. At the Brooks Library site you can also find the Newsbank database that allows free access to the Metrowest collection of newspapers that includes the Cape Cod Times and Cape Cod Chronicle.

Sponsored by the FRIENDS

Card Making Class

It's time for a card/craft class! Join us on Friday, May 31st at 4:00 PM to create beautiful all-occasion greeting cards. All supplies will be provided. Following the class, those interested will go to a local restaurant.

Cost for class: \$15. Call 508-432-5050 to sign up!



Council on Aging Board of Directors Meetings

The Council on Aging Board of Directors meets every month on the first Wednesday of the month. Meetings are at 10:00 AM in the Community Center. All meetings are open to the public—we invite you to come!

Agendas for upcoming meetings are posted on the Town website at :

<https://www.harwich-ma.gov/node/2376/agenda>

Our next meetings will be **May 1st** and **June 5th**!

The NEW Seaside Marketplace at Saquatucket Marina

Beginning this summer, there will be four artists' shacks located at Saquatucket Harbor. The shacks will be rented out by different artists each week. The artists will have work in a variety of media for viewing and sale. The Town is excited about this opportunity to welcome and celebrate artists and to make Saquatucket Harbor a more vibrant and diverse space.

We will be taking a trip there with the Cranberry Coach van on Monday, June 3rd! Sign up today by calling 508-430-7550.

Support the Friends of the Harwich Town Band!

Attend the Boston Pops Orchestra Concert as a fundraiser for the FHTB. For \$97, you will pay for the bus ride to and from the concert and donate \$10 to FHTB.

Contact Dot Hemmings at 508-237-1514 or dotcapecod@gmail.com by May 15th to reserve your seat!

SENIOR DINING



Senior Dining Lunches

Lunch is served at 11:30am most days Monday - Fridays (see the menu) and includes a delicious home-cooked meal by Chef Linda along with a special dessert treat. (No lunch on Friday if there is a breakfast program.) The cost is \$3 for residents and \$4 for non-residents. Come alone and make new friends, or come with a group...either way, we're sure you'll enjoy it!

Reservations are required by 11am the day before by calling the COA at 508-430-7550. Also, please call to cancel by 10am on the day of the meal if necessary.

Supper Club

Come join us for a traditional supper on the first* Monday of the month at 5pm. Meal includes a home-cooked dinner, dessert and special entertainment!

***Second Monday in May due to Annual Town Meeting**

- **May 13th: Who's the Boss**
- **June 3rd: Jack's Record Machine**

See page 2 for details.

Reservations are required by 11am the Friday before by calling the COA at 508-430-7550. Also, please call to cancel by 1pm on the day of the meal if necessary.

NUTRITIONAL SUPPORT PROGRAMS



Brown Bag Food Program

The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. If you have a low income and/or are on Mass Health, SNAP, or Fuel Assistance you will qualify. For more information contact the COA Social Service Coordinator at 508-430-7550.

MEALS ON WHEELS

Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$3 per meal. For more information call 508-394-4630.

S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. If you would like more information please contact the COA Social Service Coordinator at 508-430-7550.

MENU

Supper Club Menu *(see page 2 for details of the events)*

Mon 5/13 Turkey Dinner w/ Potato, Vegetable, & Stuffing

Mon 6/3 Meatloaf w/ Potato & Vegetable

Senior Dining Lunch Menu

ALL MONDAYS ARE CHEF'S CHOICE

May

Wed 5/1	Beef Stroganoff w/ Egg Noodles & Vegetable
Thu 5/2	Pineapple Chicken Tenders w/ Rice & Vegetable
Fri 5/3	Fish Sandwich w. French Fries & Cole Slaw
Mon 5/6	NO LUNCH
Tues 5/7	Hot Pastrami Sandwich w/ Chips & Pickle
Wed 5/8	Grilled Chicken w/ Caesar Salad & Roll
Thu 5/9	Hot Dog w/ Beans & Potato Salad
Tues 5/14	Chicken Marsala w/ Rice & Vegetable
Wed 5/15	Honey Apricot Pork Chops w/ Potato & Vegetable
Thu 5/16	Oriental Beef w/ Mixed Vegetables over Rice
Fri 5/17	Pizza and Salad
Tues 5/21	Pulled Pork w/ French Fries and Cole Slaw
Wed 5/22	Spinach & Artichoke Chicken w/ Potato & Vegetable
Thu 5/23	Tuna Sandwich w/ Lettuce & Tomato with Chips & Pickle
Tues 5/28	Knife&Fork Burgers w/ onion, mushroom, & Mashed Pot
Wed 5/29	Roast Beef Club w/ French Fries and Slaw
Thu 5/30	Swedish Meatballs w/ Egg Noodles
Fri 5/31	Meatball Sub w/ French Fries & Cole Slaw

June

Tues 6/4	Beef Lo Mein w/ Rice
Wed 6/5	Super Salad w/ Tuna
Thu 6/6	Spinach Pie w/ Soup
Fri 6/7	Taco's w/ Rice
Tues 6/11	Mac & Cheese w/ Salad
Wed 6/12	Philly Steak w/ Onions & Provolone
Thu 6/13	Egg Salad Roll w/ Chips & Pickle
Tues 6/18	Chicken Fajita w/ Rice
Wed 6/19	Bubba Burger w/ French Fries & Cole Slaw
Thu 6/20	Chicken Salad Sandwich w/ Chips
Fri 6/21	Pastrami & Swiss w/ French Fries & Pickle
Tues 6/25	Hot Roast Beef Sandwich w/ Potato & Vegetable
Wed 6/26	Fried Chicken w. Mashed Potato & Vegetable
Thu 6/27	Fried Scallops w/ Potato & Vegetable

VOLUNTEER SPOTLIGHT



FEATURED VOLUNTEER



I would like to take this time to extend a special thank you to our featured volunteer for May and June—**David Rogers!**



David comes to us, in a round-about-way, from Wareham, Massachusetts where he worked for the Department of Mental Health for 23 years, serving the Taunton-Cape Cod and the Islands area. He has been married for 37 years. Dave reports having “been adopted” by his wife’s two children, who both reside in Florida. Dave and his wife did have a 13 year stint in Florida where he worked for Walmart. He and his wife decided to return up north and were encouraged to move to Harwich. They came for a vacation and the decision was made. They have lived in Harwich since 2011.

Dave keeps himself pretty busy helping out folks in their neighborhood when they are in need and he has been delivering COA Newsletters to area organizations for the last year or so. When he’s not assisting others he likes to spend time walking the length of Red River beach weather permitting. He also enjoys walking to Brooks Library and the COA.

Thanks again to Dave for his volunteer efforts here at the Harwich Council on Aging!

CURRENT VOLUNTEER NEEDS

Rick Anderson,
Volunteer Coordinator



As many of you have noticed, Rick has been away from the COA for about two months with an injury. We miss him dearly and wish him the speediest recovery and a quick return. He continues to express his gratitude for all our of fabulous volunteers (and he has loved hearing from and seeing many of you who have gone to visit him!). We can’t wait to see you back in the office soon, Rick!

Below are some of the areas where we have an ongoing need for volunteer assistance. Give us a call or stop in if you’re interested in helping out!

DINING ROOM AIDE

Volunteers help set up, serve, and clean up for our meal programs—either daily lunches or our once a month Supper Club. Volunteers even receive a free meal!

FOOD DELIVERY

Volunteers help in either packing or delivering food for our Brown Bag Food program which happens the morning of the first Friday of each month. Packers gather at 9:00 AM and Drivers make local deliveries at 10:00 AM.

MEDICAL DRIVER

Drive seniors to medical appointments in the local area. Transportation is a top need of seniors and we are happy to have volunteers who wish to drive once a week or even once a month!

COMPUTER/TECHNOLOGY ASSISTANCE

Do you have intermediate to advanced computer skills? We’d love your help with special projects including event planning and advertising, maximizing the use of our My Senior Center software, or even helping to prepare the next edition of this newsletter!

If you would like to learn more about these meaningful COA volunteer opportunities, please call 508-430-7550.

“THE SMALLEST ACT OF KINDNESS IS WORTH MORE THAN THE GRANDEST INTENTION.”

~ Oscar Wilde

TRANSPORTATION INFORMATION

CRANBERRY COACH



COA Transportation Services

Transportation on our handicapped accessible van is provided for shopping, all COA programs and special trips. You must call the COA at 508-430-7550 **between 9:00 AM and 4:00 PM the day before** to make a reservation for a ride.

As a reminder, drivers will only make stops at the locations scheduled below!

IMPORTANT:

**YOU MUST CALL THE COA AT 508-430-7550 TO SCHEDULE ALL RIDES.
CALL MONDAY - FRIDAY, BETWEEN 9AM-4PM.**

The drivers will no longer schedule rides so they may focus on driving.

Cranberry Coach Weekly Schedule

Mondays: COA Activities & Special Trips
Tuesdays: COA Activities & Shaws afternoons
Wednesdays: COA Activities & Stop&Shop afternoons
Thursdays: COA Activities & Stop&Shop and Family Pantry afternoons
NEW: Harwich Farmer's Market
Fridays: COA Activities & Library and Errands

You must bring your own bags for all grocery shopping trips!

Monday Trips

Trip departure times are dependent on COA Dining Schedule. Trips involve a stop for lunch or dinner, and typically last 4-6 hours.

Mon. 5/6: Hyannis Shopping
Mon. 5/13: Market Basket
Mon. 5/20: Provincetown
Mon. 6/3: Artist Shacks at Saquatucket /Local Thrift
Mon. 6/10: Market Basket
Mon. 6/17: Orleans Shopping
Mon. 6/24: Dennis and Dennis Port Shopping

Please call the COA by Friday at noon to reserve your ride for the following Monday.

FRIENDS MINI-BUS (508-432-5050)

On Thursday afternoons the Friends will take riders to:

- ◆ TD Bank & Cape Cod Five
- ◆ Then to CVS & the Post Office
- ◆ Followed by Shaw's on Sisson Road

They'll even help bring your groceries in! ***Call before 5pm on Wednesday to make a reservation & leave a message if nobody answers...you will get a call back.***

COA VOLUNTEER MEDICAL RIDES

Volunteers provide rides to medical appointments from Wellfleet to Hyannis. Requests for rides must be made a MINIMUM OF 4 BUSINESS DAYS in advance, this does not count the day of your appointment. More advance notice is always appreciated. Guidelines:

- Ride requests should be made by calling the COA Monday-Friday, between 9am-4pm at 508-430-7550. We cannot be responsible for requests left on voicemail.
- No extra riders are permitted unless required due to disability.
- We are unable to provide ongoing rides for medical therapy.
- A stop to a pharmacy after your medical appt. is at the discretion of the volunteer driver.
- You may not request any additional stops during your ride.
- Limit of 3 volunteer rides per month.
- Please provide a cash donation to your driver:
 - \$5 for rides to Harwich, Chatham, Orleans, Brewster and Dennis
 - \$15 for rides to Hyannis, Yarmouth, Eastham, and Wellfleet.

We do our best to find rides. However, ride availability is based on volunteer availability.

COMMUNITY TRANSPORTATION RESOURCES

DART

Low cost public transportation is provided by the CCRTA DART bus, by reservation from curb to curb. You must register by calling 1-800-352-7155 weekdays, 8am-5pm.

H2O

Fixed route public transportation provided on CCRTA buses between Orleans and Hyannis, with stops in Harwich Port and at Shaws in Harwich. Call 1-800-352-7155 for information. Exact change needed.

Boston Hospital Transportation

Transportation is provided for medical appointments at Boston hospitals daily by the CCRTA. There is a pick-up in Harwich. Call 1-800-352-7155 to reserve by 11am the day before. Cost is \$30 round trip, \$15 one way.

Nauset Neighbors

Join for \$75/year and you'll qualify for 3 services/week. This includes transportation (medical and social), light home maintenance, general support, and more!

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No Lunch</p> <p>6:00 Drop in Walking</p> <p>10:00 Balance Boosters</p> <p>11:15 Singo Bingo</p> <p>1:00 Legal Appts</p> <p>2:00 Overeaters Anonymous</p> <p>4:30 BP Clinic</p> <p>7:00 Annual Town Meeting</p> <p>6</p>	<p>6:00 Drop in Walking</p> <p>9:00 SHINE Appts</p> <p>9:00 Diet & Nutrition Support</p> <p>9:00 Hearing Screenings</p> <p>10:00 Sight Loss Services</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 Legal Appts</p> <p>7:00 Annual Town Meeting</p> <p>7</p>	<p>8:30 Super Fit w/ Charlie</p> <p>9:30 Senior Fit w/Charlie</p> <p>9:30 Wellness Clinic w/ RN</p> <p>9:30 Clutterer's Anon</p> <p>10:00 Gentle Chair Yoga</p> <p>10:00 COA Board Meeting</p> <p>10:30 Dementia Caregiving Support</p> <p>11:30 Lunch</p> <p>8</p>	<p>6:00 Drop in Walking</p> <p>10:00 Balance Boosters</p> <p>10:00 Overeaters Anon</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>1:00 HPC Caseworker</p> <p>9</p>	<p>*Brown Bag Distribution*</p> <p>8:30 Super Fit w/Charlie</p> <p>9:00 Mindful Yoga</p> <p>9:00 SHINE Appts</p> <p>9:30 Senior Fit w/Charlie</p> <p>10:30 Healthy for Life Fitness</p> <p>11:30 Lunch</p> <p>3</p>
<p>6:00 Drop in Walking</p> <p>10:00 Balance Boosters</p> <p>1:00 Bridge</p> <p>2:00 Overeaters Anonymous</p> <p>4:30 BP Clinic</p> <p>5:00 Supper Club</p> <p>Entertainment: Who's the Boss</p> <p>13</p>	<p>6:00 Drop in Walking</p> <p>9:00 Mah Jongg</p> <p>9:00 SHINE Appts</p> <p>9:00 Diet & Nutrition Support</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 HPC Caseworker</p> <p>14</p>	<p>8:30 Footcare w/Betty</p> <p>8:30 Super Fit w/ Charlie</p> <p>9:30 Senior Fit w/Charlie</p> <p>9:30 Wellness Clinic w/ RN</p> <p>9:30 Clutterer's Anon</p> <p>10:00 Gentle Chair Yoga</p> <p>11:30 Lunch</p> <p>7:00 Annual Town Meeting (if 3rd night)</p> <p>15</p>	<p>6:00 Drop in Walking</p> <p>10:00 Balance Boosters</p> <p>10:00 Overeaters Anon</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>1:00 HPC Caseworker</p> <p>16</p>	<p>8:30 Super Fit w/Charlie</p> <p>9:00 Mindful Yoga</p> <p>9:00 SHINE Appts</p> <p>9:30 Senior Fit w/Charlie</p> <p>10:30 Pedi-Care w/ Jan</p> <p>10:30 Healthy for Life Fitness</p> <p>11:30 Lunch</p> <p>17</p>
<p>No Drop in Walking</p> <p>9:15 Social Security</p> <p>10:00 Balance Boosters</p> <p>11:30 Lunch</p> <p>1:00 Bridge</p> <p>2:00 Overeaters Anonymous</p> <p>4:30 BP Clinic</p> <p>20</p>	<p>No Drop in Walking</p> <p>7:00 Town Election</p> <p>9:00 Mah Jongg</p> <p>9:00 SHINE Appts</p> <p>9:00 Diet & Nutrition Support</p> <p>9:15 Device Advice</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 HPC Caseworker</p> <p>21</p>	<p>8:30 Super Fit w/ Charlie</p> <p>9:30 Senior Fit w/Charlie</p> <p>9:30 Wellness Clinic w/ RN</p> <p>9:30 Clutterer's Anon</p> <p>10:00 Gentle Chair Yoga</p> <p>11:30 Lunch</p> <p>1:00 Legal Appts</p> <p>22</p>	<p>No Balance Boosters</p> <p>6:00 Drop in Walking</p> <p>10:00 Overeaters Anon</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>1:00 HPC Caseworker</p> <p>23</p>	<p>8:30 Super Fit w/Charlie</p> <p>9:00 Women's Breakfast</p> <p>9:00 Mindful Yoga</p> <p>9:00 SHINE Appts</p> <p>9:30 Senior Fit w/Charlie</p> <p>10:00 Dental Clinic</p> <p>10:30 Healthy for Life Fitness</p> <p>24</p>
<p>MEMORIAL DAY</p> <p>BUILDING CLOSED</p> <p>27</p>	<p>6:00 Drop in Walking</p> <p>9:00 Mah Jongg</p> <p>9:00 SHINE Appts</p> <p>9:00 Diet & Nutrition Support</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 HPC Caseworker</p> <p>28</p>	<p>8:30 Footcare w/Betty</p> <p>8:30 Super Fit w/ Charlie</p> <p>9:30 Senior Fit w/Charlie</p> <p>9:30 Wellness Clinic w/ RN</p> <p>9:30 Clutterer's Anon</p> <p>10:00 Gentle Chair Yoga</p> <p>11:30 Lunch</p> <p>29</p>	<p>6:00 Drop in Walking</p> <p>10:00 Balance Boosters</p> <p>10:00 Overeaters Anon</p> <p>10:00 Spaulding PD Wellness</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>1:00 HPC Caseworker</p> <p>30</p>	<p>8:30 Super Fit w/Charlie</p> <p>9:00 Mindful Yoga</p> <p>9:00 SHINE Appts</p> <p>9:30 Senior Fit w/Charlie</p> <p>10:30 Healthy for Life Fitness</p> <p>11:30 Lunch</p> <p>4:00 Friends of COA Card Making</p> <p>31</p>

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 11:15 "Singo Bingo" 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic 5:00 Supper Club Entertainment: Jack's Record Machine</p>	<p>4</p> <p>6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Services 10:00 Spaulding PD Wellness 11:30 Lunch 1:00 HPC Caseworker 1:00 Legal Appts</p>	<p>5</p> <p>8:30 Super Fit w/ Charlie 8:30 Footcare w/Betty 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 10:00 COA Board Meeting 10:30 Dementia Caregiving Support 11:30 Lunch</p>	<p>6</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 10:00 Spaulding PD Wellness 11:30 Lunch 1:00 Cribbage 1:00 HPC Caseworker</p>	<p>7</p> <p>*Brown Bag Distribution* 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:30 Healthy for Life Fitness 11:30 Lunch</p>
<p>10</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Pre-Planning Seminar 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic</p>	<p>11</p> <p>6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 10:00 Spaulding PD Wellness 11:30 Lunch 1:00 HPC Caseworker 2:00 Big Screen Movie Day</p>	<p>12</p> <p>8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch 1:00 CDP Housing Rehab Info Session</p>	<p>13</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 10:00 Spaulding PD Wellness 11:30 Lunch 1:00 Cribbage 1:00 HPC Caseworker</p>	<p>14</p> <p>8:30 Super Fit w/Charlie 9:00 Men's Breakfast 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:00 Men's Book Club 10:30 Healthy for Life Fitness</p>
<p>17</p> <p>6:00 Drop in Walking 9:15 Social Security 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic</p>	<p>18</p> <p>6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 9:15 Device Advice 11:30 Lunch 1:00 HPC Caseworker</p>	<p>19</p> <p>8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 10:30 Dementia Caregiving Support 11:30 Lunch</p>	<p>20</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 1:00 HPC Caseworker</p>	<p>21</p> <p>8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:30 Healthy for Life Fitness 10:30 Pedi-Care w/ Jan 11:30 Lunch</p>
<p>24</p> <p>No Balance Boosters or BP Clinic 6:00 Drop in Walking 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous</p>	<p>25</p> <p>6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 HPC Caseworker</p>	<p>26</p> <p>8:30 Super Fit w/ Charlie 8:30 Footcare w/Betty 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch 1:00 Legal Appts</p>	<p>27</p> <p>No Balance Boosters 6:00 Drop in Walking 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 1:00 HPC Caseworker</p>	<p>28</p> <p>8:30 Super Fit w/Charlie 9:00 Women's Breakfast 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:00 Dental Clinic 10:30 Healthy for Life Fitness</p>

HARWICH COUNCIL ON AGING
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Harwich, MA 02645

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FOR THOSE WITH VISUAL IMPAIRMENTS, A LARGE PRINT VERSION OF THE NEWSLETTER IS AVAILABLE UPON REQUEST.

HARWICH COUNCIL ON AGING

Harwich Council on Aging
100 Oak Street
Harwich, MA 02645
508-430-7550 (COA)
508-430-7505 (Town Nurse)

OFFICE HOURS:
Monday—Friday 8:30 am—4:00 pm

www.town.harwich.ma.us
click on "Departments" then "Council on Aging"

Staff Contacts

Director: Emily Mitchell
Town Nurse:..... Susan Jusell
Social Service Coord:..... Susanna Keith
Transportation/Volunteer Coord:..... Rick Anderson
Executive Asst:Marie Carlson
Chef:.....Linda St Pierre
Van Drivers:..... Gerry Golia, Dianne Dagon,
..... & Kathy Skipper

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Ralph Smith
Carol Thayer
Justin White, Alternate

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by the Town of Harwich.***

COA Disclaimer

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