

Town of Harwich COUNCIL ON AGING NEWS



Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645

Tel: 508-430-7550 ~ Fax: 508-430-7530

November/December 2019

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

Stars For Our Heroes



Join the COA and Veterans Affairs to repurpose American flags that can no longer be flown. We will cut stars from the flags and then the VA will distribute them to military personnel and veterans on Veterans' Day, as well as at other ceremonies that pay tribute to those who have served.

Wednesday, November 6th, 12:30 PM—2 PM

The COA and Veterans Agent will be supplying all materials. Feel free to drop in or stay for the full hour and a half!

An RSVP is appreciated but not required—call 508-430-7550

Holiday Concert and Dance

Wednesday, December 18th, 6-8 PM

Celebrate the holiday season with the Sound Dunes Swing Ensemble—a LIVE 17-piece big band that will perform all our favorite holiday tunes!

All are welcome! This event will be great for kids and families, so bring the whole crew!

Come, dance, sing along, and enjoy complimentary desserts and refreshments. If we have some kids in the audience, the band will even do a reading of "Twas the Night Before Christmas"

This event is **FREE**.

Please **RSVP** by December 16th by calling 508-430-7550 or by email at emitchell@town.harwich.ma.us



DIRECTOR'S DIALOGUE

It's hard to believe, but by the time you receive this newsletter, I will have been serving as your Director for a full year. I have learned so much in the last year—about myself, about so many of you, about our Town and the services we provide, about our community partners and resources, and about the important work and needs in the area of aging. Thank you for your support, kindness, passion, generosity, and wisdom. It is an honor to teach, learn, and serve alongside you.



As many of you have noticed, I am no longer the newest member of the COA team. We are thrilled to welcome Julie Witas as our new Program Specialist! She has only been here a few short weeks, but I am sure all who have met or talked with her will agree that she is a wonderful addition to our COA family! Learn more about Julie in the Volunteer Spotlight section of this newsletter.

A couple of other notes for the season—we have entered the Medicare Open Enrollment period. Between now and December 7th, schedule an appointment with one of our SHINE counselors if you'd like to review or change your health insurance coverage. Call soon, as appointments are filling quickly. Second, we are coming up on the 2020 United States Census. This census will have a significant impact on funding and other important areas for the next 10 years. Check out page 10 for more info! Lastly, winter is fast approaching. If you need information or assistance with planning for weather emergencies, don't hesitate to contact us at the COA and we are happy to help!

Happy Holidays and we look forward to celebrating with you for many fun events during these two months!

Emily Mitchell

INSIDE!

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SPECIAL UPCOMING PROGRAMS

MEN'S MORNING

Men's Breakfast

Friday, November 8th, 9am

With special guest Christine Menard, Executive Director for the Family Pantry.

Friday, December 13th, 9am

With our very own Richard Waystack speaking in his capacity as Chairman for the Board of Assessors to talk about programs that benefit Harwich seniors.

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, November 8th, 10am

The November book will be *The Pioneers: The Heroic Story of the Settlers Who Brought the American Ideal West* by David McCullough

Friday, December 13th, 10am

The December book will be *Saturn Run* by John Sandford

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



WOMEN'S BREAKFAST

Friday, November 22nd, 9am

With special guest Christine Menard, Executive Director for the Family Pantry.

Friday, December 27th, 9am

With special guest Richard Waystack speaking in his capacity as Chairman for the Board of Assessors to talk about programs that benefit Harwich seniors.

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



DEVICE ADVICE—By Appointment

Tuesday, November 19th, 9:15 am to 10:00 am

Tuesday, December 17th, 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.



Thanksgiving Dinner for Seniors



The Monomoy Regional High School Wellness Department invites seniors to attend a FREE Thanksgiving Turkey Dinner on **Thursday, November 14th at 4 PM.**

You must RSVP by calling 508-815-5849. Don't miss this wonderful and delicious opportunity!

Attention Snow Birds:

Are you heading south to avoid the snow and frigid temperatures? Let us know and help us save on postage—we can suspend your newsletter delivery for the winter. When you return, give us a call and we'll put you right back on the mailing list!



On another note—please pay special attention to the information about the 2020 U.S. Census on page 10!

SUPPER CLUB EVENTS

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

Dot Hemmings

Monday, November 4th, 5pm

We're thrilled to have Dot back to perform "30 Hits from 30 Years"!

Ella Hunt

Monday, December 2nd, 5pm

You may recognize Ella as the Homeless Prevention Council caseworker serving Harwich, but did you know she also sings and plays piano? We're thrilled to have her join us for a holiday themed performance!

Call early as space is limited.

PRE-REGISTRATION IS REQUIRED

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



... & MORE

The Friends of the Harwich Council on Aging present:

November Bus Trip:

Friday, November 8th, 10 AM—Wellfleet and Truro

Snack at PB Boulangerie, a tour of Truro Vineyards and then to Chequessett Chocolate. If time allows, there will be a stop at the Atlantic Spice Company.



The Annual Holiday Luncheon at the Hidden Cove Café (located at the Cape Cod Regional Technical High School)

Tuesday, December 3rd, 11:30 AM

The luncheon includes soup, a buffet, and dessert.

Cost: \$12 (scholarships available)

RSVP no later than November 25th by calling 508-432-5050.

Please indicate if you need transportation when you RSVP!

Holiday Line Dance Showcase

Wednesday, December 18th, 12:30—1 PM

Stay after lunch to enjoy a holiday dance showcase put on by members of the Cape Sands Ballroom Dance Performing Team. The team put on a fabulous show last year performing to pop, rock, Latin, and holiday music—we are thrilled to have them back!

This event is **FREE!** RSVP by calling the COA at 508-430-7550.



Aging in Place (Part 1)

Tuesday, November 19th, 10 AM

Our priority is your quality of life! Please come join the COA Director, Social Services Coordinator, and Town Nurse in a round table discussion on how to age gracefully in your own home.



We'll discuss how to plan for a safe and nurturing environment guided by your own wishes, programs and services you may benefit from, and an introduction to how legal services will fit into this plan.

Part 2, coming at the start of the new year, will delve deeper into these legal services including topics such as healthcare proxy, power of attorney, and guardianship.

Please RSVP for this program by calling 508-430-7550.

BIG SCREEN MOVIE DAY

"Red Joan" (Rated R)

Tuesday, November 12th, 2:00 PM

Watch Judi Dench as "Red Joan" - a Cambridge University student in the 1930s who becomes involved with the Communists. She acts as a Soviet spy, sharing classified information including details on building the atomic bomb. Based on a true story.



"Elf" (Rated PG)

Tuesday, December 10th, 2:00 PM



An uplifting holiday comedy about a human raised as an elf. When he discovers his true identity, he travels to New York City to find his true place in the world—and to save his father from being on the naughty list!

RSVP Required—Please Call 508-430-7550

Monthly Mobile DENTAL CLINIC



Friday, November 22nd, 10am-3pm

Friday, December 20th, 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.

"Walk with a Doc"

Wednesday, November 20th, 1 PM



Join Dr. Greg Wright, local Harwich chiropractor, for a "Walk with the Doc". Dr. Wright is beginning this monthly series—folks will meet at the Community Center, listen to a brief talk on a relevant health topic, and then head outside for a 1 hour walk. Walks are on fully paved services. Folks of all ages and abilities are welcome and this program is FREE. Be on the lookout for a December date! Questions? Call Dr. Wright at 508-432-7002!

Free Memory Screenings

Wednesday, November 13th, 1-3 PM

November is National Memory Screening Month. The Alzheimer's Family Support Center will offer free 30-minute memory screenings. The screenings are not diagnostic, but may indicate whether participants should see a doctor for further testing. Screenings are free, confidential, and open to the public.

**To sign up, call the COA at 508-430-7550.
For more information, call AFSC at 508-896-5170.**

REGULAR ACTIVITIES

FUN STUFF!

BRIDGE CLASSES

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 9 AM—12 PM

Tuesdays 1 PM—4 PM

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! Can't get enough Mah Jongg? Join our new group on Tuesday afternoons!

"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.

UKULELE CLASSES with Cathy Hatch

Absolute Beginner: Thursdays 9:30-10:30 AM

Advanced Beginner: Thursdays 10:30—11:30 AM

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

Next session: November 7, 14, 21, December 5, 12, 19

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

Living with Vision Loss

Learn about devices and adapted techniques that help people with vision loss perform daily tasks independently. Sessions take place the first Tuesday of the month from 9:30-10:30 AM at the Harwich Community Center.

November 5: The Amazon Echo: What Alexa Can Do For You

December 3: Money Matters: Handling Cash, Checks, & Credit Cards

Cosponsored by the Harwich COA and the Brooks Free Library. RSVP is preferred, but not required. Call 508-430-7550 to RSVP or arrange transportation. Questions? Call Carla Burke at 508-430-7562, ext. 5.

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! **NEW: Please RSVP the day before class!**

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 with music to keep the energy positive.

MEDITATION AND MINDFUL MOVEMENT

Thursdays, 2:30-3:30 PM, \$10/class or \$45/5 classes

Gentle, mindful movement and breathing practices that support your meditation practice. Leave feeling centered, restored, and balanced within the body, mind, and spirit. These classes offer a safe and nourishing space to experience the benefits of meditation for all levels.

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—(Holiday break following class on 12/6; classes will resume in the new year on 1/8/20!)

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 Abate 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, 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—November 6th, December 4th

With Janet Tinney—November 15th, December 20th

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. Please call the COA at 508-430-7550 to schedule your appointment.

FUEL ASSISTANCE APPLICATIONS

Assistance with Fuel Assistance applications is available now. Call the COA at 508-430-7550 to schedule an appointment with Susanna.

HEARING SCREENINGS

1st Tuesday of the month, 9:30-11:30am

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 & Wednesdays, 2-3pm

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**



Well, shiver me timbers it's already November! Hard to believe that the holidays are upon us and it's time to turn your clocks back an hour on November 3rd.

This time of year also ushers in Open Enrollment, so make sure to give us a call if you need to make any changes to your Medicare. Our SHINE volunteers will continue to work wonders assisting with desired changes and sometimes lowering out-of-pocket costs! Make sure you sign up soon, as the enrollment period ends on December 7th; you don't want to be stuck with an unsatisfactory plan for another year.

Fuel Assistance applications continue to be filed through my office so call me to make an appointment.

Read through the newsletter carefully, as you will probably discover some new activities being offered. The winter is long 'round these parts and having some activities to look forward to pass the time while we wait for longer days again.

Please join us for a special "Stars for Our Heroes" program on November 6th. More information on this is inside the newsletter. We look forward to having a good-sized group join us here at the COA so Shawnee Carroll, one of our dedicated Veterans Services Officers, will have a basket FULL of stars for a variety of ceremonies. Thank you in advance! Veterans Day falls on the 11th so please make the extra effort to thank those who have served.



HERE'S TO YOUR HEALTH

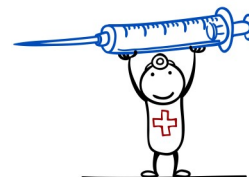
Susan Jusell, Town Nurse



I don't know about all of you, but my beach chair is still in my car! I could enjoy this weather all year long, I hope you're out enjoying it too!

If you have not gotten your flu shot yet and you're planning on having one, there's no better time than the present! With Thanksgiving quickly approaching, we may soon be exposed to our family and community with the risk of getting sick. It should be a relief to know that you have built an immunity towards the flu viruses and will reduce your risk of receiving or spreading the flu to anyone else. People often ask what vaccine is right for them. Your doctor or pharmacist will direct you on the best option, however, it's still helpful to understand the basics.

Fluzone High-Dose injection is available for people 65 years and older. This "trivalent" protects you from three types of virus with more antigen (the part that builds protection) in the serum. The higher dose of antigen is likely to give seniors a better immune response to combat the flu viruses. There is also the quadrivalent that helps protect you from four strains of the flu virus. Just a reminder, there is no live flu virus in a flu shot, it cannot cause the flu and is intended to initiate an immune response.



By receiving the flu shot you are reducing the likelihood of illness or hospitalization due to the flu viruses. Many doctors' offices and all the pharmacies are offering the flu vaccine and most at no cost to you.

I'm still receiving questions about when and where to get the shingles vaccinations. The CDC recommends that healthy older adults receive the shingles vaccine. Please bring this question up with your primary care provider at your next visit if you have not yet discussed it. Most local pharmacies have a waiting list, so it's better to get on the list and you will be called. The vaccines are being supplied, but in low quantity and those waiting for their second dose will be prioritized. In addition to your local pharmacy, you may try calling the Barnstable County Public Health Nurse's office (508-375-6617) as they are also providing the shingles vaccinations along with many others.

Try to keep yourself well hydrated, maintain a balanced diet, and get a restful night's sleep on a routine basis. This helps to build a healthy immune system.

As always, I welcome you to come see me with any concerns you may have and we'll work together at resolving them.

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

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.

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

"Gratitude and Grief at the Holidays"

Wednesday, November 13th, 6 PM to 7:30 PM
Broad Reach Hospice (1455 Main Street, Chatham, MA 02633)
Call 508-945-4601 to register. Event is free and open to the public.

At this time of Thanksgiving and celebration, it can be difficult for those of us who are facing the holidays without the physical presence of loved ones who have died. Please join us for a chance to remember, sharing precious memories and stories of gratitude for the gifts they gave you over the years. Bring pictures or mementos if you would like. Tips and ideas for coping through the holiday season will be provided.

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

The Samaritans Senior Outreach Program

The Samaritans on Cape Cod and the Islands is a non-profit volunteer organization whose mission is to provide emotional support to those who are lonely, depressed, or suicidal. The Samaritans may be known for their signs at the bridges, but they also do much more! Consider their Senior Outreach program:

If you have been impacted by health problems, retirement, social isolation, the loss of loved ones, depression, or have concerns about aging, our volunteers are here to listen with compassion and empathy. Or if you know of a senior who might be isolated, lonely, or simply in need of a caring voice, please contact our office to find out more about how we can match that senior with a volunteer in our Senior Outreach program.

Office: 508-548-7999 Crisis Line: 508-548-8900

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.

Homeless Prevention Council

Caseworker Ella Hunt from the HPC is available to meet at the Harwich Council on Aging on Tuesday afternoons from 1:30-4 PM.



Update: Ella will now be meeting with people at the COA by appointment only. You can schedule an appointment with her by calling 508-255-9667, ext. 15.

Ella can help with housing applications, applying for food stamps, fuel assistance, and much more.

Older adults are among the largest and fastest growing groups facing housing insecurity. We hope you'll take advantage of this excellent resource!

FRIENDS' NEWS



100 Oak Street, Harwich, Massachusetts 02645

A MESSAGE FROM THE PRESIDENT: Jack Brown

RIDE REQUESTS:

Please call 508-432-5050 to leave your ride request message.

Summer has gone and Halloween is getting closer. November is just around the corner. I am pleased to inform you that the Summer venues were enjoyed by many seniors and so became a part of our riders' memories. Why not make some memories by taking rides on our minibus?

45th Anniversary Fundraising Update: A huge thanks to all the donors who have made a contribution to our 2019 fundraising effort that helps to ensure Friends can continue its mission to support Harwich seniors - primarily in the areas of nutrition, socialization, transportation, medical equipment, and emergency assistance.

The Board hopes you will consider donating to the 2019 Campaign by using the form below.

As I hope you know, we are dependent on volunteer drivers and aides. Please contact us if you know of others who might want to join our volunteer team in providing seniors a ride in our new minibus, or if you yourself are interested in volunteering.

A reminder: at this point, we provide transportation on a fixed schedule for grocery shopping, (Shaws), banking (TD Bank and Cape Cod 5), CVS pharmacy visits, and the Harwich Port Post Office.

We are also looking for several new Board members. Please call me at 508-432-5956 if you are interested in possibly joining our Board.

And of course, we hope to see you at our annual Holiday Luncheon at the Hidden Cove Café on December 3rd at 11:30 (more details on page 3)!

FRIENDS BOARD:

Jack Brown (President), JoAnne Brown (Secretary), Chris Joyce (Membership/Treasurer), and Director Susan Lellis

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

November Events

Nov 11th—Building CLOSED for Veterans' Day
Nov 15th—Last Day for "Support our Troops" Collection Drive
See Community Center Front Desk for suggested donations
Nov 28th—Building CLOSED for Thanksgiving
Nov 29th—Building CLOSED for Thanksgiving Holiday
Nov 30th, 10 AM to 2 PM—Kiwanis Holiday Yard Sale

December Events

Dec 7th, 9 AM to 12 PM—Garden Club Holiday Boutique
Dec 10th, 7 PM to 9 PM—Town Band Holiday Concert
Dec 25th—Building CLOSED for Christmas
Dec 26th, 11 AM to 5 PM—Cape Cod Healthcare Blood Drive

Holiday Bazaar and Open House

Saturday, November 30th, 10 AM to 1 PM
Harwich Cultural Center

Explore the work of local artists—this is the perfect opportunity to gather with your community, support local artists, and to shop small!

Do you want to sell your own crafts or creations? Tables are available for \$20.

Contact Carolyn Carey (ccarey@town.harwich.ma.us or 508-430-7568) for more information or to sign up for a table!

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 Harwich Cultural Center

Men's Over 55 Basketball

Mondays & Wednesdays 12:30-3:00pm, 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 is 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, 9-10:15am

Exercise Class with Jill

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

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

Bit of Bliss Yoga

Mondays 5:30-6:30pm
Thursdays, 4-5pm

***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.

The United States Census 2020



Every 10 years, the federal government sets out to count every person living in the United States. The outcome of the Census affects critically important areas of government including the allocation of funding and the apportionment of congressional representation.

So what do you need to know? First, all people living in the United States (regardless of citizenship status) are legally required to participate (Note: you will not be asked your citizenship status on the census). Second, you can complete the census in a number of ways (and in many different languages) - online, by phone, or by mail. Third, your personal information is kept absolutely **confidential**—your data is used only for statistical purposes.

Census Day is April 1, 2020. You may receive your census questionnaire earlier than April 1st, but you will definitely receive it by April 1st. If you have not responded to the questionnaire by May, Census workers will begin following up in person to collect the data.

Very importantly (especially for our snow birds!), you should complete the census based on where you live for the majority of the year (not necessarily where you're registered to vote or where you are staying on Census Day).

As many of you know, the number and proportion of older adults in Harwich has grown significantly since the last federal census in 2010. Accurately documenting this growth should provide us with greater funding opportunities to support services for the older adults in our community!

Be on the lookout for information and events about the 2020 Census beginning at the start of the new year!

Interested in a paid census job: apply online at 2020census.gov/jobs

Council on Aging Board of Directors Meetings

Next Meetings: November 20th & December 4th

Meetings are at 10 AM and are held at the Harwich Community Center. All meetings are open to the public!

All meeting agendas and approved meeting minutes are available on the Town website and at the Town Clerk's Office

VOLUNTEER SPOTLIGHT



FEATURED VOLUNTEER



I would like to take this time to extend a special thank you to our featured volunteer for November and December—**Noelle Donovan!**



While most of our volunteers are Harwich-area seniors, we welcome people of all ages who want to help out. This month, we'd like to introduce you to one of our younger team members – Noelle Donovan! A certified yoga instructor, Noelle leads Gentle Chair Yoga every Wednesday and then volunteers with our Senior Dining program.

Noelle and her husband, a Harwich native, moved here about a year and a half ago from Westford, MA to start their family. She wanted to get to know her new community, and since she had been working at a senior center in Westford, she immediately reached out to the Harwich COA looking for volunteer opportunities. Five months pregnant when she started with us, she never slowed down! Her daughter, Layna, was born in September 2018, and Noelle returned to volunteering just a few weeks later. Each week, mom and baby brightened the days of our lunch guests, and they recently celebrated Layna's 1st birthday with cake and gifts here at the COA. When asked what she most enjoys about volunteering here, she didn't hesitate to say, "The people I work with!" and went on to explain that she feels so lucky that Layna has so many "honorary grandmas" who dote on her.

In her free time, Noelle enjoys gardening and spending time in nature – she and her family often go hiking with their 2 dogs at nearby Hawksnest State Park.

We are so grateful to have such a dedicated and caring volunteer! Sign up for Gentle Chair Yoga or visit Noelle and Layna at lunch on Wednesdays!

CURRENT VOLUNTEER NEEDS

Julie Witas, Program Specialist



Hello! It is my pleasure to introduce myself as your new Program Specialist at the Harwich Council on Aging. I'll be acting as your volunteer coordinator, scheduling transportation, and signing people up for COA programs.

Although I've only been in this position for 3 weeks as of the time I write this, I already feel so at home at the COA, and I'm looking forward to learning more about how I can best support the important work we do here.

To share a little about myself – a native of Houston, I moved to Boston in 2004 to attend BU's graduate program in Social Work and Public Health. Having fallen in love with New England, I stayed in Boston after graduation, working primarily in large teaching hospitals. Throughout my career, I've held positions in case management, program management, healthcare research, and even worked as a pharmacy tech! The common thread throughout has been helping people improve their health and well-being.

More recently, I spent a year providing end of life care for my mother. It was after this experience that my partner and I decided to relocate to beautiful Cape Cod in order to be closer to his parents, who recently retired here. As a life-long "city mouse," this was a big leap for me, but I cannot express enough how much I have already grown to love this community.

Thank you to everyone who's stopped by to introduce yourself and given me such a warm welcome! I look forward to meeting more of you, and especially want to hear from any current (or interested!) volunteers who I haven't yet had a chance to meet.

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

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!

FRIENDLY VISITOR

Volunteers visit with a homebound senior for 1 hour a week. We'll work to match you with a compatible partner!

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!

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!

- **November 4th: Dot Hemmings**
- **December 2nd: Ella Hunt**

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 Services 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 11/4 Meatloaf w/ Potato and Veggie
Mon 12/2 Roast Pork w/ Potato and Veggie

Senior Dining Lunch Menu

November

Fri 11/1 Taco Boat w/ Rice
Tues 11/5 American Chop Suey w/ Roll
Wed 11/6 Hot Turkey Sandwich w/ Potato & Veggie
Thu 11/7 BLT w/ Chips & Pickle
Tues 11/12 Fried Chicken w/ Potato & Veggie
Wed 11/13 Pasta and Meatballs w/ Garlic Bread
Thu 11/14 Caesar Salad w/ Chicken
Fri 11/15 Tuna Melt w/ French Fries & Slaw
Mon 11/18 Grilled Cheese and Tomato w/ Chips & Pickle
Tues 11/19 Chicken Cordon Bleu w/ Rice & Veggie
Wed 11/20 Beef Stew w/ Roll
Thu 11/21 Mac and Cheese w/ Roll
Mon 11/25 Hot Dog w/ Beans & Slaw
Tues 11/26 Chicken Parm w/ Pasta
Wed 11/27 Bubba Burger w/ French Fries & Slaw

December

Tues 12/3 No Lunch—Friends Holiday Luncheon
Wed 12/4 Veggie Lasagna w/ Salad
Thu 12/5 Turkey Club w/ French Fries & Slaw
Fri 12/6 Sloppy Joe Sandwich w/ Chips & Slaw
Mon 12/9 Grilled Cheese and Bacon w/ Chips
Tues 12/10 Salisbury Steak w/ Potato & Veggie
Wed 12/11 Ham Dinner w/ Potato & Veggie
Thu 12/12 Grilled Tuna and Cheese w/ Chips & Pickle
Mon 12/16 Mac and Cheese w/ Roll
Tues 12/17 Beef and Mixed Veggies over Rice
Wed 12/18 Pizza and Salad
Thu 12/19 Antipasto w/ Assorted Meats and Roll
Fri 12/20 Baked Haddock w/ Potato & Veggie
Mon 12/23 Cheeseburger w/ French Fries
Tues 12/24 Grilled Salmon w/ Rice & Veggie
Thu 12/26 Chicken Salad Sandwich w/ French Fries & Pickle
Mon 12/30 Swedish Meatballs w/ Noodles
Tues 12/31 Grilled Cheese and Bacon w/ Chips

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
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. 11/4: Hyannis Shopping
Mon. 11/18: Market Basket
Mon. 11/25: Orleans Shopping
Mon. 12/2: Walmart in Falmouth
Mon. 12/9: Hyannis Shopping
Mon. 12/16: Market Basket
Mon. 12/23: Dennis and Dennis Port Shopping
Mon. 12/30: Local Thrift Stores

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

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!

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 4pm on Wednesday to make a reservation & leave a message if nobody answers...you will get a call back.***

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No Balance Boosters</p> <p>6:00 Drop in Walking</p> <p>1:00 Bridge</p> <p>1:00 Legal Appts</p> <p>2:00 Overeaters Anonymous</p> <p>4:30 BP Clinic</p> <p>5:00 Supper Club</p> <p>Entertainment: Dot Hemmings</p>	<p>4</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>9:30 Living with Vision Loss</p> <p>10:00 Sight Loss Services</p> <p>11:30 Lunch</p> <p>1:00 Legal Appts</p>	<p>6</p> <p>8:30 Super Fit w/ Charlie</p> <p>8:30 Footcare w/Betty</p> <p>9:00 SHINE Appts</p> <p>9:30 Senior Fit w/Charlie</p> <p>9:30 Wellness Clinic w/ RN</p> <p>10:00 Gentle Chair Yoga</p> <p>10:30 Dementia Caregiving Support</p> <p>11:30 Lunch</p> <p>12:30 Stars for our Heroes</p>	<p>7</p> <p>No Balance Boosters</p> <p>6:00 Drop in Walking</p> <p>9:00 SHINE Appts</p> <p>9:30 Ukulele Class (Abs. Beginner)</p> <p>10:30 Ukulele Class (Adv. Beginner)</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>2:30 Meditation & Mindful Movement</p>	<p>1</p> <p>*Brown Bag Distribution*</p> <p>8:30 Super Fit w/Charlie</p> <p>9:00 Mindful Yoga</p> <p>9:30 Senior Fit w/Charlie</p> <p>10:30 Healthy for Life Fitness</p> <p>11:30 Lunch</p>
<p>11</p> <p>BUILDING CLOSED</p> <p>VETERANS' DAY</p>	<p>12</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>11:30 Lunch</p> <p>1:00 Mah Jongg</p> <p>2:00 Big Screen Movie Day</p>	<p>13</p> <p>8:30 Super Fit w/ Charlie</p> <p>9:00 SHINE Appts</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 Memory Screenings</p>	<p>14</p> <p>6:00 Drop in Walking</p> <p>9:00 SHINE Appts</p> <p>9:30 Ukulele Class (Abs. Beginner)</p> <p>10:00 Balance Boosters</p> <p>10:30 Ukulele Class (Adv. Beginner)</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>2:30 Meditation & Mindful Movement</p>	<p>15</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>18</p> <p>6:00 Drop in Walking</p> <p>9:15 Social Security Appts</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>19</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>9:15 Device Advice</p> <p>10:00 Aging in Place</p> <p>11:30 Lunch</p> <p>1:00 Mah Jongg</p>	<p>20</p> <p>8:30 Super Fit w/ Charlie</p> <p>9:00 SHINE Appts</p> <p>9:30 Senior Fit w/Charlie</p> <p>10:00 Gentle Chair Yoga</p> <p>10:30 Dementia Caregiving Support</p> <p>11:30 Lunch</p> <p>1:00 Walk with the Doc</p> <p>1:00 Legal Appts</p>	<p>21</p> <p>6:00 Drop in Walking</p> <p>9:00 SHINE Appts</p> <p>9:30 Ukulele Class (Abs. Beginner)</p> <p>10:00 Balance Boosters</p> <p>10:30 Ukulele Class (Adv. Beginner)</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>2:30 Meditation & Mindful Movement</p>	<p>22</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>25</p> <p>6:00 Drop in Walking</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>26</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>11:30 Lunch</p> <p>1:00 Mah Jongg</p>	<p>27</p> <p>8:30 Super Fit w/ Charlie</p> <p>9:00 SHINE Appts</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>28</p> <p>BUILDING CLOSED</p> <p>THANKSGIVING</p>	<p>29</p> <p>BUILDING CLOSED</p> <p>THANKSGIVING HOLIDAY</p>

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 No Balance Boosters 6:00 Drop in Walking 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic 5:00 Supper Club Entertainment: Ella Hunt	3 6:00 Drop in Walking 9:00 SHINE Appts 9:00 Diet & Nutrition Support 9:00 Hearing Screenings 9:30 Living with Vision Loss 10:00 Sight Loss Services 11:30 Friends Holiday Luncheon 1:00 Legal Appts	4 8:30 Super Fit w/ Charlie 8:30 Footcare w/Betty 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:00 Gentle Chair Yoga 10:30 Dementia Caregiving Support 11:30 Lunch	5 6:00 Drop in Walking 9:00 SHINE Appts 9:30 Ukulele Class (Abs. Beginner) 10:00 Balance Boosters 10:30 Ukulele Class (Adv. Beginner) 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement	6 *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
9 6:00 Drop in Walking 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic	10 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 Mah Jongg 2:00 Big Screen Movie Day	11 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch	12 6:00 Drop in Walking 9:30 Ukulele Class (Abs. Beginner) 10:00 Balance Boosters 10:30 Ukulele Class (Adv. Beginner) 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement	13 9:00 Men's Breakfast 9:00 Mindful Yoga 9:00 SHINE Appts 10:00 Men's Book Club 10:30 Healthy for Life Fitness
16 6:00 Drop in Walking 9:15 Social Security Appts 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic	17 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 Mah Jongg	18 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch 12:30 Holiday Line Dance Showcase 1:00 Legal Appts 6:00 Holiday Concert w/ Sound Dunes	19 6:00 Drop in Walking 9:30 Ukulele Class (Abs. Beginner) 10:00 Balance Boosters 10:30 Ukulele Class (Adv. Beginner) 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement	20 9:00 Mindful Yoga 9:00 SHINE Appts 10:00 Dental Clinic 10:30 Pedi-Care w/ Jan 10:30 Healthy for Life Fitness 11:30 Lunch
23 6:00 Drop in Walking 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic	24 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 Mah Jongg	25 BUILDING CLOSED CHRISTMAS DAY	26 No Balance Boosters 6:00 Drop in Walking 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement	27 9:00 Women's Breakfast 9:00 Mindful Yoga 9:00 SHINE Appts 10:30 Healthy for Life Fitness
30 6:00 Drop in Walking 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic	31 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 Mah Jongg			

HARWICH COUNCIL ON AGING
100 Oak Street
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

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Social Service Coord:..... Susanna Keith
Program Specialist:Julie Witas
Executive Asst:Marie Carlson
Chef:.....Linda St Pierre
Van Drivers:..... Gerry Golia & Kathy Skipper

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Carol Thayer
Justin White, Alternate

*The printing of this newsletter was made possible
with grant funding from the Massachusetts
Executive Office of Elder Affairs.
Postage is generously provided
by the Town of Harwich.*

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 these 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 practitioners.