

Town of Harwich COUNCIL ON AGING NEWS

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

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



SEPTEMBER/OCTOBER 2018

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

It's that time again...

MEDICARE OPEN ENROLLMENT October 15th—December 7th



Our SHINE appointments fill up fast beginning in October so call early if you want to schedule a private appointment with one of our state-certified SHINE Counselors. SHINE Counselors provide free, confidential counseling on all aspects of Medicare and related health insurance programs and can help you negotiate the Open Enrollment decisions.

Make sure to bring a list (or bottles) of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

**Please call the COA at 508-430-7550
To make a free, confidential appointment
With a state-certified SHINE Counselor.**

FALL FROLIC

Friday, October 19th, 6-8pm



Come dance, sing along, and enjoy a fun filled evening with LIVE music by **The Sand Dunes Swing Ensemble!** Music will include popular Swing, Latin, Ballroom, Disco, and Rock music. This is a FREE informal evening of musical entertainment and dancing. Complimentary refreshments will be provided.

PRE-REGISTRATION IS REQUIRED

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

We're almost done!

We're calling it our "lingering space" and on your next visit to the COA we hope you'll take some time to enjoy it!

We utilized grant funds to purchase a few new furnishings to make the COA area more welcoming and comfortable for our guests.



DIRECTOR'S DIALOG

Judi Wilson, COA Director



As you probably know, I recently made a difficult personal decision to leave my position here after only a year of service. While I love my work, I have never much enjoyed the spotlight which comes along with it. I know my decision will likely be the subject of discussion, but what bothers me most is that my actions may detract from the great work which happens here at the COA. We have some incredible staff, volunteers, and board members who serve the seniors and caregivers of Harwich. Thank you for the opportunity to serve with them.

We have made some meaningful improvements in the last year together, and my hope is that moving forward, the COA will continue the transition of preparing for the growing and changing needs of our seniors as the number continues to swell to nearly 50% of the community. The needs of those we serve have changed immensely over the last decade. While we provide many wonderful services and activities, much of what we spend our time doing is helping those hidden in our community - those living alone with dementia, those with significant health issues, those at risk of homelessness due to housing costs, those who neglect their basic needs, those caring for infirmed loved ones, and more. Please know that what the COA needs most is your support.

INSIDE!

Special Upcoming Programs	pp. 1, 2, 3 & 11
Regular Activities	p. 4
Wellness & Assistance Programs ..	pp. 1, 2, 4, 5 & 9
Outreach & Health News	p. 6
Caregivers' Corner	p. 7
Friends' News	p. 8
Community Center News.....	p. 9
Odds & Ends.....	p. 10
Menu & Food Programs.....	p. 11
Volunteer Spotlight.....	p. 12
Transportation	p. 13
Calendars	pp. 14 & 15

SPECIAL UPCOMING PROGRAMS

MEN'S MORNING

Men's Breakfast

Friday, September 14th , 9am

Friday, October 12th, 9am



Richard Waystack will be helping to coordinate the breakfast, but you need to register with the COA so our Chef knows how much food to prepare.

**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

Friday, September 14th , 10am

For September the book will be, *The Wright Brothers* by David McCullough. The books are available at Brooks Free Library, just ask at the desk. New members are always welcome to join us!

Friday, October 12th, 9am

Featured book TBA at the July Book Club

SUPPER CLUB EVENTS

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

Music & Magic

Monday, September 10th, 5pm

Come join us as favorites "Toast & Jam" provide us with the music, and "Gabe the Magician" entertains us with the slight of hand right at your tables! The menu will include chicken marsala, rice, vegetable and dessert.



Musingo!

Monday, October 1st, 5pm

Come join us for a rousing session of 1950's Music Bingo followed by a traditional October dinner of beef stroganoff, green beans and dessert.



Call early as space is limited.

PRE-REGISTRATION IS REQUIRED

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

WOMEN'S BREAKFAST



Friday, September 28th, 9am

In light of recent incidents, come hear Zach Piotrowski, Park Ranger from the National Seashore, talk about "Sharks of the Atlantic".

Friday, October 26th, 9am

Come learn about what Americorps is doing here on Cape Cod.

**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

Technology Assistance (By Appointment)

Tuesday, September 18th, 9:15-10am

Tuesday, October 16th, 9:15-10am

"Device Advice" is your chance to sit down with someone from Brooks Free Library to 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. This is not a device repair service, think of it as a friendly personal consultant here to provide free assistance.



Sponsored by the Friends PIRATES & BURGERS



Join the Friends on a trip to the WHYDAH Pirate Museum in October. See the world's only pirate treasure and such personal remains as weapons, jewelry and clothing. Lunch will follow at Captain Parker's Restaurant, overlooking the Parker River.

This trip will be on a Wednesday in October, date to be announced, as a driver must be found for our new bus!

**Please call the COA at 508-430-7550 to register
& Friends volunteer will call you back with details**



COOKING CLASS

With Chef Kay



"Appetizers"

Thursday, Sept. 20th, 4-7pm, Cost: \$15

Are you stumped when it comes to bringing an appetizer to your next get together with friends? Well worry no more – we'll make some exciting items in our class. Starting with prize winning Turkey Turnovers, Chicken Sate, Fig and Blue Cheese Pita bread pizza, Peach and Brie Quesadillas, and Spicy Sweet Cranberry Meatballs. This is a hands-on class with instruction. Bring an apron and 2 containers for leftovers.

"Pies"

Thursday, October 18th, 4-7pm, Cost: \$15

If making pie crust and homemade pies are something you've always wanted to do, this is the class for you. We'll start by making homemade pie crust and then use it to fashion a double crust deep dish apple pie, pecan pie, apple crostata, pumpkin pie and pear-cranberry pie with oatmeal strudel. You'll be working in pairs of two people/pie. Bring an apron, a pie plate, and a box large and sturdy enough to carry pie home.



PRE-REGISTRATION IS REQUIRED
Payment is required to register
Make checks payable to "Harwich COA"
Space is limited so stop in soon!

Sponsored by the Friends Getting Ready for the Holidays **CARD WORKSHOP**

Monday, September 24th
4:30-6:30pm
Cost: \$15



Come alone, or come with friends, and join in on the fun! Register in person at the COA or mail a check payable to:

Friends of Harwich Council of Aging (FHCOA)
100 Oak St.
Harwich, MA 02645

**PRE-REGISTRATION AND PAYMENT
IS REQUIRED BY SEPTEMBER 17th**

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

BIG SCREEN MOVIE DAY



"Book Club" (Rating PG-13)

Tuesday, September 11th, 2pm



These women get together for many years for a book club, choosing a book to read every month and suddenly their life circumstances changes. Even if you won't read the racy books referred to in the movie, it's a tactful comedy about a taboo subject starring some of your favorite actresses.

"Won't You Be My Neighbor" (Rating PG-13)

Tuesday, October 9th, 2pm



This is a touching documentary about the life and legacy of the beloved host, and extraordinarily kind man, Fred Rogers.

Light refreshments are served

No charge, but donations gladly accepted

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

Monthly Mobile DENTAL CLINIC



Friday, September 28th, 10am-3pm

Friday, October 26th, 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. Mobile Dental Hygiene Services will be providing care the fourth Friday of the month at the Harwich COA. **Please call 508-827-6725 with any questions and to make an appointment.**

Citizens POLICE ACADEMY

10 Weeks, Beginning September 13th, 6-9pm

The Harwich Policy Department is beginning another session of their popular Citizens Police Academy. For more information, applications are available at the COA or you may call the Police Department at 508-430-7541.

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, 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.

POOL & PING PONG

The Community Center has an amazing pool and ping-pong room. Don't let the kids have all the fun! Seniors are always welcome.

UKULELE CLUB

Fridays, 10-11:30am

7 weeks, Beginning Friday, September 7th

Our faithful leader Cathy Hatch is back! The ukulele is a 4-stringed instrument that is relatively easy to learn to play, and a lot of fun in a group setting. This group for beginners. While there is no fee, donations to the instructor are appreciated. If you are interested, and want to borrow a ukulele for your first class, please let us know when you register. ***Please call 508-430-7550 to pre-register so we know how many to plan for.***

There are many additional activities & fitness opportunities offered through the Recreation Dept. and Community Center...see page 9!

COA FITNESS!

BALANCE BOOSTERS

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

We're sorry, but this class is currently full. If you would like to put your name on a waiting list for when space becomes available, please call the COA at 508-430-7550.

HEALTHY FOR LIFE

Wednesdays & 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

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

This is a popular class instructed by Charlie Abate. Superfit is a powerful hour that includes floor work on mats. Session begins September 5th. 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.

SENIORFIT

Wednesdays & Fridays, 9:30-10:30am, \$40/6 wks.

This is a popular class instructed by Charlie Abate. Seniorfit is a slower, gentler workout with no work on the floor. Session begins September 5th. For more information contact Charlie at 508-432-0370.

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 - 9/5, 9/26, 10/3, 10/24

With Janet Tinney - 9/21, 10/19

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 Service Coordinator



Welcome Susanna!

We are pleased to introduce you to our new Social Service Coordinator, Susanna Keith. Susanna grew up on the Cape, and spent time working and raising three happy, healthy kids in Maine before returning to live in Harwich a couple of years ago. She has extensive experience working with older adults, as well as some experience as a case manager and family educator. Susanna brings an awareness of aging issues, a knowledge of clinical standards for working with clients, and considerable judgement in the handling of sensitive issues. Her references described her as an even tempered person with a gentle disposition who was empathetic, reliable, and hard working. Susanna loves the outdoors and makes time to enjoy whatever Mother Nature has to offer. We are excited to have Susanna on our team and hope you will join us in helping her feel welcome!

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse



The air is better & the traffic is too!

If you have felt cooped up in those dog days of summer then it's time to get back outside again! If you haven't been walking too often then start small and walk a couple houses to your right then a couple houses to the left, keeping your home in the center knowing you can stop and take breaks if you begin to feel fatigued.

Dr. Lauren Daniels presented a couple times over the summer educating us on proper nutrition and so much more! She was a wonderful resource of information for all who attended. Many questions came up about the different diet trends, and what is best? There's no best way of eating for everyone because many of us have special dietary needs with foods that are added or omitted daily. However, the DASH diet (Dietary Approaches to Stop Hypertension) is still one that she feels comfortable recommending to maintain proper nutrition. It consists of mostly fruits, vegetables, whole-grains & lean meats. It's also low in red meats, salt, added sugars, and fat. Are you having 4-5 servings of fresh fruits and 4-5 fresh vegetables a day? Eating a balanced diet is challenging for many reasons. If this is a challenge for you, let's brainstorm together about options you have to promote a healthy diet.

Don't let the flu catch you!

Supporting a healthy immune system is important all year long. A few simple steps make a big difference including eating a balanced diet, getting enough sleep and practicing good hand washing, always! In addition to a healthy lifestyle, receiving the flu shot each fall helps protects you and reduces the risk of exposure to those around you. If you are homebound and would like to receive the flu shot, please call me at 508-430-7505 and I will work with your doctor to see that you don't go without. It's a good idea to receive your vaccination prior to Thanksgiving when we are often exposed to groups of people. This is also a good time to give your primary care doctor a call and inquire about other vaccinations you should be receiving.

I'm always happy to meet and get to know you. I have Wellness Clinics at the Community Center on Mondays from 4:30-5:30pm & Wednesdays from 9:30am-noon.



CAREGIVERS' CORNER

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.

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.

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 508-430-7550.

GRANDPARENTS RAISING GRANDCHILDREN

A special group for grandparents raising their grandchildren will take place the last Tuesday of the month, from 9:30-10:30am at Harwich Elementary School, 263 South Street. This group is sponsored by Child and Family Services and Monomoy Early Childhood Council. For more information call 508-430-1692.

DEMENTIA CAREGIVING TIPS



- ◆ Maintain a daily routine
- ◆ Use distractions such as music, singing, or other activities to re-direct attention or address agitation
- ◆ Ask for help from family, friends, or church groups to prevent caregiver burnout
- ◆ Look for the early signs of agitation such as a raised voice, fidgeting, or repetitive behaviors
- ◆ Offer reassurance, such as, "I am right here" or "You are okay"
- ◆ Reduce noise, clutter, or the number of people in the room
- ◆ Try soothing music, reading, or walks to promote a calm mood
- ◆ Slow down and try to relax if you think your stress or fatigue may be affecting your loved one with dementia
- ◆ Join a support group

**"The simple act of CARING
Is HEROIC"**

- Edward Albert, Actor





100 OAK STREET, HARWICH, MASSACHUSETTS 02645

A MESSAGE FROM THE PRESIDENT

Jack Brown, President of the FHCOA

The Friends' mission is to provide funding and support for Harwich's Council on Aging programs and services for Harwich Seniors. The funding primarily supports nutrition, socialization, transportation, and certain types of medical equipment and emergency assistance.

We have a new Board Member: Susan (Sue) Lellis. Sue comes with an impressive background, both in terms of her occupational background as well as her volunteer efforts. The Board looks forward to Sue's contributions.

Once again, I ask you to give our new minibus a try this Fall. We really do need increased ridership to keep our minibus a viable proposition. We also are in need of a couple of volunteer drivers and aides. Please contact me or Joan McCarty if you can help us out in these two roles. A reminder: We provide transportation on a fixed schedule for grocery shopping, (Shaw's), banking, pharmacy visits, post office, and so on. If ridership increases we will be able to add other venues to our trips. Give us a call for a ride. We know you will like it!

Cont. next column

With your support, FHCOA will continue to meet its mission. We have been fortunate to receive two major donations this past year: Mr. James Athens donated \$100,000 in honor of his wife, Helen. A portion of this donation helped fund the minibus purchase. In addition, the Thode Family Trust generously donated \$10,000 to help with that purchase.

Please consider supporting Harwich Seniors yourself by becoming a member of our Senior-dedicated non-profit organization. And I assure you, your donations are most welcome!

FRIENDS BOARD:

Jack Brown (President), JoAnne Brown (Secretary), Andrea Terney (Treasurer), Linda Johnson, Chris Joyce, Susan Lellis, and Richard Waystack.

FRIENDS MINI-BUS 508-648-9930



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 5pm on Wednesday to make a reservation.**

2018 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_____

Donation: \$ _____

Member #2 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

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: 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.town.harwich.ma.us
or call 508-430-7568.**

SPECIAL DATES

September Events

Sept 1st, 10AM-3PM – Harwich Historical Society

Antique Show

Sept 3rd – Building Closed for Labor Day

Sept 4th, 7AM-8PM – Voting for Democratic Primary
Elections

Sept 5th, 11AM-5PM – Cape Cod Healthcare Blood Drive

Sept 15th – Harwich Cranberry Festival

Sept 15th, 9AM-4PM – Harwich Chamber of Commerce
Fall Business EXPO (in Gymnasium)

Sept 19th, 9AM-5PM – Red Cross Blood Drive

Sept 29th, 8AM-4:30PM – Master Gardeners: *Fall Conference Gardening Symposium*

October Events

Oct 8th – Building Closed for Columbus Day

Oct 13th, 11AM-2PM – Touch-A-Truck (an event where
kids come interact with different vehicles)

Oct 18th, 5PM-8PM – 'Boo'-tique *Costume Donation
Drive*

Oct 22nd, 2PM-4PM – Line Dance Free Open House

Oct 31st, Begins 4:30PM – Halloween Party (Trick-or-
Treating & food for kids and their families)

Children's Halloween Costume Donations Needed for children in need

The Community Center is once again collecting children's costumes during the 4th Annual Costume Donation Drive. Donations should be dropped off by October 15th.

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 - Wednesdays, 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

Mary Ann's Exercise

Tuesdays & Thursdays, 9-10am

Foot Fit - Perfecting Posture from the Bottom Up

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

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

Bit of Bliss Yoga

Mondays 5-6pm, Wednesdays 7-8pm

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

SHINE NEWS

Medicare's Open Enrollment is just around the corner...Don't wait until it is too late!



The Open Enrollment Period (Oct 15 – Dec 7, 2018) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is very important to re-evaluate your Medicare options for 2019 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals.

Your current plan is required to notify you by September 30th of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) - please make sure you review it. If you decide to stay with your current plan there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period it will take effect January 1, 2019 (Please note - this enrollment period may not affect you if you have retiree coverage).

SHINE appointments fill up quickly so don't forget to call the COA late September or early October to make your SHINE appointment for this year's open enrollment. ***Remember...if you don't make a change during the Open Enrollment Period (Oct 15 - Dec 7, 2018) you may have to stay with your existing plan for another whole year.***

How can SHINE help you? State certified SHINE counselors are trained regarding all aspects of Medicare and related health insurance programs.

Call the Harwich COA at 508-430-7550 to make a free, confidential appointment with a SHINE counselor.

MERCURY DISPOSAL

Recently there was a large spill of mercury in the Town of Bourne. This situation is still unfolding but the results will be extremely costly and the spill was preventable. If you have liquid mercury call 800-319-2783 and Barnstable County will arrange a free pickup. For more information go to: www.loveyourlocalwater.org

ALZHEIMER'S FAMILY SUPPORT CENTER



This organization is Cape Cod's premier resource for caregivers and families impacted by Alzheimer's Disease and Dementia. They are a non-profit organization created by caregivers to support families, and they have some fun and exciting events coming up and would love your participation and support!

ALZHEIMER'S DINNER PLATE PARTY AND PLATE SALE Saturday, September 1 – Monday, September 3

60 unique porcelain dinner plates designed by artists, writers, and people living with cognitive disease.
Catered Reception and Exhibition of plates Sunday, September 2, 3-7 pm, Fine Arts Work Center in Provincetown, 24 Pearl St. Satellite parking available.

CAPE COD ALZHEIMER'S WALK Sunday, October 14th, 10am

Food by Cosmos Catering, trolley rides, live music and dancing with the Sound Dunes, Cape Cod's Big Band. All proceeds remain on the Cape and fund free services for the Cape's Alzheimer's and dementia families. This year, all donations will be matched! Provincetown Town Hall, beginning at 10 am

**For information about these events,
or about any of their free services,
please call (508) 896-5170, or
email support@capecodalz.org, or
visit our website: www.alzheimerscapecod.org**

LAPTOPS FOR SENIORS



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. A win-win! For more information, please call Rick at the COA at 508-430-7550.

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!

- **September 10th: "Music & Magic"**
- **October 1st: "Musings"**

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 event)*

Mon 9/10 Chicken Marsala, Rice, Veggie, and Dessert

Mon 10/1 Beef Stroganoff, Veggie, and Dessert

Senior Dining Lunch Menu

September

Tue 9/4 Swedish Meatballs, Noodles & Veggie
 Wed 9/5 Pineapple Chicken Tenders, Rice & Veggie
 Thu 9/6 Tuna Sandwich & Clam Chowdah
 Fri 9/7 Ham & Cheese Club, Fries & Cole Slaw
 Tues 9/11 Turkey Reuben, Chips & Slaw
 Wed 9/12 Pizza & Salad
 Thu 9/13 Grilled Cheese & Bacon & Soup
 Mon 9/17 Hot Roast Beef Sandwich, Potato & Veggie
 Tue 9/18 Alfredo Tortellini with Shrimp & Veggie
 Wed 9/19 Hamburger Macaroni & Cheese & Veggie
 Thu 9/20 Grilled Chicken Sandwich & Soup
 Fri 9/21 Pasta & Meatballs, Garlic Bread
 Mon 9/24 American Chop Suey & Veggie
 Tues 9/25 Pork Tenderloin, Smashed Potato & Veggie
 Wed 9/26 Philly Cheese Steak Subs
 Thu 9/27 BLT Sandwich & Soup

October

Tue 10/2 Taco Bowl & Rice
 Wed 10/3 Honey Garlic Chicken, Potato Salad & Veggie
 Thu 10/4 Grilled Ham & Swiss & Onion Soup
 Fri 10/5 Tuna in Cream Sauce with Noodles & Veggie
 Tues 10/9 Beef Stew & Crusty Bread
 Wed 10/10 Greek Turkey Burgers, Fries & Cole Slaw
 Thu 10/11 Roast Beef Sandwich & Soup
 Mon 10/15 Open Hot Turkey Sandwich, Potato & Veggie
 Tue 10/16 Ham Sandwich & Tomato Soup
 Wed 10/17 Baked Fish, Potato & Veggie
 Thu 10/18 Chicken Salad Sandwich & Soup
 Fri 10/19 Hot Dog, Macaroni Salad
 Mon 10/22 Bubba Burger & Salad
 Tues 10/23 Stuffed Shells, Salad & Garlic Bread
 Wed 10/24 Rosemary Lemon Chicken, Rice & Veggie
 Thu 10/25 Grilled Cheese & Soup
 Mon 10/29 Baked Chicken, Potato & Veggie
 Tues 10/30 Pork Chops & Quinoa Salad
 Wed 10/31 Sausage, Pepper & Onion Subs



Chef Linda in her "birthday suit", and her trusty kitchen partner Pee Wee. Happy Birthday Linda!!

VOLUNTEER SPOTLIGHT



VOLUNTEER SPOTLIGHT



Tom Donovan

Tom Donovan was a teacher for 33 years in Weymouth and he taught ESL to students in Naples, Florida. He currently volunteers in ESL classes in Hyannis, and has for the past 10 years. Tom has a B.S. In Elementary Education and a Master's Degree in Supervision in Elementary Schools. We have been privileged to have Tom as a volunteer medical driver and a stalwart of our Brown Bag food delivery program. Tom enjoys sports, bike riding, golf and reading.

Thank you for your service Tom!

OUR NEWEST VOLUNTEER

thank
YOU

♦ **Jim Masterson:**

Volunteered to assist in our kitchen

A warm welcome to you!

Thank you for your willingness to share the gift of your time to serve with the Harwich COA!



Harwich seniors enjoying this summer's "Intro to Sailing" program sponsored by Pleasant Bay Community Boating!

CURRENT VOLUNTEER NEEDS

Rick Anderson,
Volunteer Coordinator



For the past 5 years I have had the honor of being the Volunteer Coordinator here at the Harwich Council On Aging. During this time I have met so many wonderful people who have volunteered here. I want to take this opportunity to thank all of you volunteers past and present for your invaluable contributions.

GREETER

Responsible for greeting guests Directing clients to proper COA Staff, helping in the distribution of medical equipment, acting as a backup answering phones, and making reminder calls. Excellent communication skills and friendly demeanor would make this a very rewarding experience. We are looking for afternoon coverage.

DINING ROOM AIDE

Help set-up, serve and clean up for our meal programs. 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.

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!

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

**"Service to others
is the rent you pay
for your room here on earth."
-Muhammad Ali**



TRANSPORTATION INFORMATION

CRANBERRY COACH



COA Transportation Services

Transportation on our handicapped accessible van is provided for shopping, COA programs and special trips. You must call 508-241-1566 ***the day before*** to make a reservation for a ride.

IMPORTANT CHANGE:

**BEGINNING OCTOBER 1ST,
YOU MUST CALL THE COA AT 508-430-7550
TO SCHEDULE ALL RIDES.
CALL MONDAY - FRIDAY, BETWEEN 9AM-NOON.
*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

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. 9/10: Provincetown
Mon. 9/17: Market Basket
Mon. 9/24: Orleans Shopping
Mon. 10/1: Hyannis Shopping/Errands
Mon. 10/15: Market Basket
Mon. 10/22: Local Thrift Shops
Mon. 10/29: Dennis & Dennisport Shopping/Errands/
Movies

**Beginning in October, please call the COA
by Friday at noon to reserve your ride
for the following Monday.**

Monday trips need a minimum of 4 to make the trip.

FRIENDS MINI-BUS (508-648-9930)

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-2pm 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 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 Harwichport 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.



September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED Labor Day 	4 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 11:30 Lunch 1:00 Legal Appts.	5 8:30 Footcare with Betty 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 10:30 Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts.	6 6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage	7 *Brown Bag Distrib. 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 10:00 Intro to Ukulele 10:30 Healthy for Life Fitness Class 11:30 Lunch
10 6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic 5:00 Supper Club "Music & Magic"	11 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 2:00 Big Screen Movie: "Book Club"	12 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 11:30 Lunch	13 6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Cribbage	14 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Men's Breakfast 9:30 Senior Fit w/Charlie 10:00 Men's Book Club 10:00 Intro to Ukulele 10:30 Healthy for Life Fitness Class
17 6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic	18 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 9:15 Device Advice 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	19 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 10:30 Dementia Caregiving Support 11:30 Lunch	20 6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Cribbage 4:00 Cooking Class: "Appetizers"	21 8:30 Super Fit w/Charlie 9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 10:00 Intro to Ukulele 10:30 Healthy for Life Fitness Class 11:30 Lunch
24 6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic	25 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	26 8:30 Footcare with Betty 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 11:30 Lunch 12:30 Legal Appts.	27 6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Cribbage	28 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 9:30 Senior Fit w/Charlie 10:00 Dental Clinic 10:00 Intro to Ukulele 10:30 Healthy for Life Fitness Class





"By all these lovely tokens September days are here,
with summer's best of weather and autumn's best of cheer."

- H.H. Jackson





October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic 5:00 Supper Club <i>"Musingo!"</i>	2 6:00 Drop-in Walking Club 9:00 Mahjongg & SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Legal Appts.	3 8:30 Footcare with Betty 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 10:30 Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts.	4 6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Cribbage	5 *Brown Bag Distrib. 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 10:00 Intro to Ukulele 10:30 Healthy for Life Fitness Class 11:30 Lunch
8 CLOSED Columbus Day 	9 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 2:00 Big Screen Movie: "Won't You Be My Neighbor"	10 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 NO Healthy for Life Class 11:30 Lunch	11 6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Cribbage	12 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Men's Breakfast 9:30 Senior Fit w/Charlie 10:00 Men's Book Club 10:00 Intro to Ukulele 10:30 NO Healthy for Life Class
15 6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic	16 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 9:15 Device Advice 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	17 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 10:30 Dementia Caregiving Support 11:30 Lunch	18 6:00 Drop-in Walking Club 10:00 NO Balance Boosters 10:00 Overeaters Anon. 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Cribbage 4:00 Cooking Class: "Pies"	19 8:30 Super Fit w/Charlie 9:00 Footcare w/ Jan 9:00 Mindful Yoga & SHINE Appts. 9:30 Senior Fit w/Charlie 10:00 Intro to Ukulele 10:30 Healthy for Life Fitness Class 11:30 Lunch 6:00 FALL FROLIC
22 6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic	23 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 11:30 Lunch	24 8:30 Footcare with Betty 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 11:30 Lunch 12:30 Legal Appts. 4:30 Friends Card Workshop	25 6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage	26 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 9:30 Senior Fit w/Charlie 10:00 Dental Clinic 10:00 Intro to Ukulele 10:30 Healthy for Life Fitness Class
29 6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 2:00 Overeaters Anon. 1:00 Bridge 4:30 BP Clinic	30 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 11:30 Lunch	31 8:30 Super Fit w/Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Healthy for Life Fitness Class 11:30 Lunch	"Autumn is a second spring when every leaf is a flower." - Albert Camus 	

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"

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COA Disclaimer

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