



Harwich Community Center Newsletter

May/June 2016

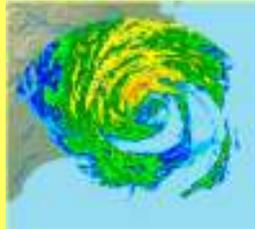


Town Offices Closed on Monday, May 30th 2016 for Memorial Day.

**THE CRANBERRY COACH WILL BE AVAILABLE FOR TOWN MTG.
PLEASE CALL 508-241-1566 TO MAKE YOUR RESERVATION NOW!!!!**

FREE HOME SAFETY ASSESSMENTS WITH HARWICH FIRE & COA

The Harwich Fire Dept. & COA continues to carry out the grant "Remembering When, A Fire and Fall Prevention Program". We conduct FREE home safety assessments, including checking your smoke detectors and carbon monoxide detectors for dates and to see if they are in good working order. We will also look for fall or trip hazards and other safety concerns. When you call in for an appointment, you will be added to a wait list and each time there are 4 on the list we will choose a date to go and call you with that date. Appointments are taken on a 1st called/in 1st served basis. Please call 508-430-7550 to make your appt. today. All appointments are between 9:00-12:00 one hour for each appointment booked. When you call, please tell us your address and when your home was built. If it was before 1975 it was not required to have the smoke detectors hardwired and this is important for us to know BEFORE we come to your home.



ARE YOU READY????????????

Hurricane season is approaching and it is vital that the Cape Cod community is prepared to stay safe during emergencies and disasters.

On Wednesday, May 18, 2016 10-11am come learn how to adequately prepare for storms and other disasters from AmeriCorps member and American Red Cross volunteer Jeff Rossi. Learn how to make a disaster kit and decide what should be included in it. Do you have a C.A.P.E. Bag? Do you have an updated File of Life magnet in your glove compartment and your refrigerator? Learn how to make a plan and to be better informed to decide to shelter at home or go to a regional shelter. Learn about Harwich's unique community partnership with local Nursing and Assisted Living Facilities who assist us in emergencies. Learn how to stay informed about what might happen and how to get information from local officials. Feel free to come and ask questions and share experiences from times you dealt with an emergency or a disaster.

WANT A FREE LUNCH?

The Harwich COA is still looking for a new name for the Senior Dining Program. We don't want the word Elderly, Senior, Lunch Bunch COA Café, ...If you can come up with a creative name we'd love to hear from you, AND...if we use your creative new name-you will win a free lunch for the week!

Council on Aging Staff

Executive Director

Barbara-Anne Foley
508-430-7550 ext. 10

Executive Assistant

Gale Crowell
508-430-7550 ext 11

Social Services Coord.

Kevin Grunwald
508-430-7551 ext 12

Town Nurse, Susan Jusell

508-430-7505

Outreach Asst./Volunteer Coordinator, Rick Anderson & for Medical Rides:

508-430-7550 ext 13

Cranberry Coach COA Van

508-241-1566

Van Drivers: Dan Eldredge & Dana DeCosta

COA Fax Number

508-430-7530

Travel Phone

508-430-4710

Senior Dining Site

508-430-7550

Friends Bus

508-432-6872 please leave a Msg. on their answering machine

Harwich Community Center

508-430-7568

Meals on Wheels

508-430-1991

To cancel a Meal from "Meals on Wheels" call 508-394-4630 ask for the Nutrition Dept. telling them you live in Harwich.

BLUE LIGHT SPECIAL



By Donna Tavano, Elder Affairs Liaison-Harwich Police Dept. It's a Bird, it's a Plane--- No...it's a Scam!

Just when we think we've educated almost everyone about common scams, more folks call for help as they are victimized. In one day this past week, I spoke to two people who were scammed and three more who barely escaped, but wanted confirmation as to the legitimacy of the situation or just wanted to share their close call.

Grandma/Grandpa Scam--- You receive a call from someone claiming to be a close relative, who has been in an accident, or is with a friend who was arrested for something not their fault. They say they might sound different because they have a cold, are scared, or have a bad phone connection. They beg you not to tell anyone, but they need money wired immediately to get out of their predicament. **DO NOT SEND MONEY!** If necessary call a relative to confirm safety of the family member, or check it out at police station.

Sweepstakes/Lottery Scam--- you have won bazillions of bucks, but... YOU need to send THEM money for fees, taxes and processing. If, on the off and extremely remote chance, you did win the Publishers Clearinghouse, they will not call and ask you to send money, and besides, did you even enter? The more often you sign up to "win" sweepstakes, the more you will be targeted by scammers.

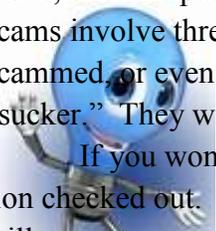
Ransom ware/Hijacking computer--- You receive a call or computer message that "they", an unknown entity, sometimes sounding like Microsoft, etc., have discovered your computer has been infected with a virus or is running poorly. So, what else is new, that's the normal state for most of us. You give them some personal information and they begin manipulating your computer right before your eyes. Instead of the original \$100, they "discover" the problems are more complex and the fee soars to \$500. To get your computer working you pay. Big mistake! You've been scammed. **DO NOT PAY** and go to a legit local agency like Staples, Geek Squad, etc. They will need to clear it out and remove the mal/spyware hidden within.

IRS--- You receive a threatening call from the IRS or some other governmental agency claiming you owe money. If you do not immediately wire the amount they claim you owe, you will be arrested. It even looks like an area code for Washington, D.C. Neither the IRS, nor any other agency will threaten, call you on the phone, or e-mail you if you actually do owe back taxes or fees. **SEND NOTHING.** The minute the money is wired or Money Card sent, there is no way to trace it, and it has gone to a scammer in a foreign country.

Medic Alert Scam--- You are offered a medical alert system which has already been paid for by a family member or agency. In accepting, you give the scammers personal info, and they charge you \$35 per month, never delivering the product.

These are just a few of the scams by which you and your neighbors continue to be victimized. In Harwich alone, over the past few years, I can confirm losses to our scammed residents totaling over \$700,000. Most scams involve threats, an immediate response, and a request for personal information. Once you have been scammed, or even spend time on the telephone listening to their spiel, you are considered a "soft target" or a "sucker." They will continue to approach you in the guise of other scams in the future.

If you wonder at all about a phone call, if your gut just feels something is wrong, please get the situation checked out. If you do not want to speak to a family member or friend, come to the police station, or we will come to you. The non-emergency number is 508-430-7541. We can't get your money back if you've been scammed, but we can investigate the situation before you and your money are separated. It's a jungle out there, be careful!



Notes from the Outreach Office

"[Spring is] when life's alive in everything." [Christina Rossetti](#) English poet (1830 - 1894)

Spring Is Here!!: While Spring tends to come late to Cape Cod, the right whales are returning to Provincetown, daffodils and hyacinth are popping up, and I think we can all put the snow shovels away (famous last words). You may recall that I told you that Phil Burt from capecodweather.net predicted this mild winter, and we can now turn our thoughts to warmer weather, days at the beach, and the onslaught of tourists invading this special place. With those warm thoughts in mind, you may be interested in the following programs and services at the COA.

Biking Group: We had some great rides last year, and we hope to continue to add members to this activity. If you haven't ridden for a while... "it's just like riding a bicycle", (badaboom!). We will be kicking this off with the "ABC's of a do it yourself Bike Check Up" on **Thursday, May 5th at 1:00 at the Harwich COA.**



Then our first ride will be on Friday, May 6 at 1:00 PM. Our rides begin at Brooks Park just off the rail trail and across from the tennis courts. This is intended to be a casual, recreational ride with no "drops." A bike waiver will need to be completed with COA Staff, and helmets are required. Dr. Gregory Wright, of Wright Chiropractic & Sports Care in West Harwich will be with our group on rides.

 **LGBT:** What do these letters mean? They stand for Lesbian, Gay, Bisexual and Transgender. Local COA staff recently attended a workshop on Cultural Competency Training for serving LGBT residents. The goal of this training was to make our COA's welcoming for all, and we received a lot of valuable information. If you are interested in learning more about programs and resources for LGBT individuals please call the Outreach Office at 430-7551. You can also visit www.lgbtagingproject.org for more information.

LGBT Alzheimer's & Dementia Caregiver Support Group

The Barnstable Senior Center is pleased to announce a new LGBT Caregiver Support Group. The support group provides an opportunity for LGBT Caregivers for someone affected by Alzheimer's or a related dementia to share in a safe and welcoming environment and receive disease information and guidance regarding care planning strategies.

The group is led by Alan Johnson, LICSW, Director of Community and Family Outreach, Hope Dementia & Alzheimer's Services. Respite is available for those in need. One group provides information, guidance and respite to caregivers, while the other group provides conversation and socialization for those with memory impairment.

Barnstable Senior Center, 825 Falmouth Rd. Hyannis 1st and 3rd Tuesday of each month 3-4:30 PM

New members are always welcome!

For more information, please contact Donna Burns @ (508) 862-4753 or

donna-marie.burns@town.barnstable.ma.us

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

Men's Breakfast: We've had some wonderful guests recently including Carole DeChristopher from the Harwich Historical Society, Pat Zeiss from Nauset Neighbors, and a performance by local singer/songwriter Kathleen Healy. In May Bob Prescott from the Mass Audubon's Wellfleet Bay Wildlife Sanctuary will be speaking on sea turtle stranding and rescue. The crowd continues to grow, and this is a fun event! Breakfast is from 9:00-10:00 AM, and while there is no charge, please contact Kevin at 430-7551 ahead of time to register.

Men's Book Group: The Men's Book group is expanding, and meets on the second Friday of every month, immediately following breakfast. We have recently read an interesting collection of books, including Fahrenheit 451, The Girl with the Dragon Tattoo, and Into Thin Air. All books chosen are generally available at Brooks Free Library. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

Volunteering: Please join us in welcoming our newest volunteers: Roxanne Kasehagen, Desk Receptionist, Judy Barnwell. Medical Driver and Dining Aide, Sharon Malmquist, Medical Driver. There are many opportunities to contribute here at the COA including working in the kitchen, covering the reception and greeter desks, becoming a Friendly Visitor, providing telephone reassurance calls, and joining the cadre of medical drivers. If you are interested in becoming a volunteer please contact Rick at 430-7550, ext. 13.

"30/30" Aerobic Exercise Class

This total body work-out class starts with 30 minutes of cardio exercise (light aerobics, Zumba, or interval training) to music for heart health., followed by 30 minutes of weight and floor work for strength and tone. Stretching and balance work are part of every class. Moderate intensity. Tuesday and Thursday 5:00 – 6:00 PM in the Multi-purpose Room. Bring hand weights (3 – 8 lbs). Mats are available. Walk-ins: \$13.00 Packages: \$10.00 per class Susan Quin Holbrook- Certified Exercise Instructor. susanqh@comcast.net

HARWICH COMMUNITY CENTER HAPPENINGS



May 27th - Red Cross Blood Drive, 10am-3pm

June 7th- CC Hospital Blood Drive, 9AM-3PM

MAY

KD Quilters - **May 2nd & 16th**, 9AM-4PM and Town Meeting - **May 2nd**, 3rd & 4th, starts at 7PM

Take Back Your Health "SLEEP"- **May 3rd**, 11am-12pm and Kiwanis - **May 3rd & 10th**, 5-7pm Sight Loss Support Grp - **May 3rd**, 10am-12pm

Dad's Support Group- **May 4th**, 6PM-7:30PM

Anything But Bridge - **May 5th**, 7PM-9:30PM

CONCH - **May 9th**, 9:30AM-12PM

Rec Dept: Learn to Fish - **May 10th**, 9AM-12PM

Compassionate Friends - **May 11th**, 6:30PM-8:30PM and Natural Solutions: Food Safety Training - **May 11th**, 9AM-3PM

Hydrangea Society - **May 14th**, 9AM-1PM

Town Meeting Election - **May 17th**, 7AM-8PM

Memorial Day - Building Closed May 30th

JUNE

Dad's Support - **June 1st**, 6PM-7:30PM

Anything But Bridge - **June 2nd**, 7PM-9:30PM

KD Quilters - **June 6th**, 9AM-4PM

Sight Loss - **June 7th**, 10AM-12PM and Kiwanis - **June 7th & 14th**, 5PM-7PM and Take Back Your Health - **June 7th**, 11AM-12PM

Compassionate Friends - **June 8th**, 6:30PM-8:30PM

Beach Stickers go on sale from June 10th - July 31st

Wild Care Yard Sale: **June 11th**, 9AM-1PM



Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which assists many elders with the costs of their medications. Eligibility is based on **income only** and there is **no asset limit!**

Who can join? If you are a **Massachusetts Resident, eligible for Medicare**, and are: 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple
OR

Under 65 years and disabled, with an annual income at or less than \$22,334 for a single person or \$30,118 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. There is **no income limit**.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org .

FOOT CARE CLINICS WITH BETTY BRADY

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Fridays May 13th, June 10th & July 15th from 8:30 a.m.-3:30 p.m. and Wednesdays, May 25th, June 22nd and July 27th from 8:30 a.m.-11:30 a.m.** Gift Certificates are available and make a nice gift for a friend or family member. To make your appt. call 508-430-7550. today.



CRIBBAGE IS FUN

The Thursday afternoon cribbage group continues here at the Harwich Council On Aging at 1.PM . Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Contact Rick Anderson, Volunteer Coordinator for more information.

BRIDGE II IS BACK!!

Nancy Blezard's Bridge II course began Monday, April 25th for 6 weeks and she will continue sessions through the summer from 1:00-3:00 p.m. The fee is \$30.

WOULD YOU LIKE TO HAVE SOFT HANDS & SOFTER HEELS?

If you answered yes, join us on Tuesday, May 19th at 10:30 a.m. with the NEW Maplewood at Brewster here at the COA to make homemade Peppermint Sugar Scrub. This is a FREE community outreach FUN program by them and is on a first called in first served basis. This scrub is wonderful to soften hands, feet, elbows and is safe enough for your face as well! Please pre-register by May 12th by calling 508-430-7550, as space is limited to 12 participants.



EXERCISE PROGRAMS

DANCERSIZE-MOVEMENT TO MUSIC

Instructor Elaine Spiezio CLASSES: TUESDAYS & THURSDAYS 4:15 to 5:15 p.m. The fee is \$45 for 4 weeks of classes. **Join Us ANYTIME** for an hour class starting with Mild Chair Stretches. Have some Fun with Low Impact Dancing, followed with a Cool Down Routine to Help Relax and Re-Energize! All done to music that everyone enjoys. **ANYONE CAN TRY – ALL AGES – EXPERIENCE NECESSARY!**

MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: May 6, 13, 20, 27, June 3, 10, 17, and 24th 9:00-10:15 a.m., the cost is \$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at krmarin@msn.com or call 508-430-8623.

SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: SUPERFIT 8:30-9:30 am is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love SENIORFIT 9:30-10:30 am. **This session is April 20-May 27th : Fee (\$38) per 6 week session. Next Session is June 8-July 30th.** Register now to reserve a space by contacting Charlie at 508 432-0370. Also ask how you can try out a free demo class.

BALANCE BOOSTERS CLASS

Join COA Director, Barbara-Anne Foley for the Balance Boosters Class on Tuesdays and Fridays for one hour, beginning on May 17th and ending on July 8th from **9:30-10:30. No classes on the following dates: May 27, 31, June 3, July 5th.** Fee: \$24 for 6 weeks 2 days a week-that's \$2 a class-can't beat the price! RSVP to 508-430-7550. One hour of stretching safely while seated in a chair using your own body, wooden dowels, foam balls and paper plates. You will feel great without being winded, warm up without feeling sweaty and give your body the stretching it needs to maintain balance and flexibility.

HATHA YOGA WITH MICHELE INSLEY HATHA YOGA WITH MICHELE INSLEY - Hatha yoga classes offered throughout the year and welcome all levels. Postures and stretches are used in combination with the breath and humor to stretch the muscles, strengthen joints, improve balance and have fun! Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation. Classes are currently being offered every Tuesday, Thursday & Saturday, from 9-10:30am **until June 16th** at the Harwich Community Center. **From June 18 until Sept 3, classes will run from 9:30am - 11am** COST=\$15 per session, \$60 for 6 sessions. For more information or to inquire about classes, please contact Michele Insley, E-RYT500 at micheleinsley@gmail.com or 508-360-7227.

TAI CHI/CHI KUNG-GEOFFREY KARLSON The Tai Chi/Chi Kung class will continue focusing on the Yang-Style 37 Move Short Form, with additional Chi Kung practice. Six week course fee: \$42 or \$7 per class. This class combines the slow movements inspired by Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness" – remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor is Geoffrey Karlson. The class meets on **Tuesdays, 10:30-11:30.**

MARY ANN DEMELLO-AEROBICS/EXERCISE BALL

Burn fat with 25 Minutes of low impact-aerobics and 25 minutes of great abdominals and resistance training using the Exercise Ball! **Tuesdays at 8:30 am –9:30 a.m. and Thursdays at 9:30 a.m.-10:30 a.m.** The cost is \$8.00 per class or 2 classes for \$14 and it is pay as you go. Call Mary Ann at 774-994-0061 for questions about her personal training or her classes.

Senior Dining Program Menu May 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. No Supper Club Due to Town Meeting	3. Macaroni & Cheese with a Roll	4. Salisbury Steak with Potato and Vegetable	5. Vegetable Lasagna with a Roll	6. Tuna Roll with Chips & a Pickle	7.
8.	9. Supper Club- Cranberry Roast Pork with Potato & Vegetable Geno Sings	10. American Chop Suey tuffed Shells, Garden salad and a Roll a Pickle e adato & veggie	11. Chicken Marsala with Rice and Vegetable	12. Spicy Grilled Shrimp with Rice and Vegetable	13. Bacon Lettuce & Tomato with Chips and a Pickle Men's Breakfast	14.
15.	16. Supper Club- Orange Chicken & Rice w/ Vegetable- "The Mystery & Majesty of Crop Circles" J Root	17. Crabmeat Salad Roll, Coleslaw and Chips	18. Hot Pastrami with Swiss, Chips and Pickle	19. Antipasto Salad and Roll	20. Grilled Cheese with Tomato Soup and Chips	21.
22.	23. Super Club- Grilled Salmon with Rice and Vegetable	24. Bacon Mushroom Swiss Burger with Chips and Pickle	25. Chicken Cacciatore	26. Fish Sandwich with French Fries and Coleslaw	27. Chicken Salad Sandwich with Soup and Chips	28.
29..	30. Center Closed Memorial Day	31. Turkey Club Sandwich with French Fries and Coleslaw				

Menu items subject to change by COA Chef.

Senior Dining Program Menu JUNE 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Greek Spinach Stuffed Chicken with Pasta	2. Corned Beef Rubeen with Chips and Pickle	3. Super Salad with Tuna & Pita Bread	4.
5.	6. Supper Club Oriental Beef with Mixed Vegetable and Rice	7. Hot Turkey Sandwich with Mashed Potato and Vegetable	8. Meat Sauce and Spaghetti with Salad and Garlic Bread	9. Ham & Swiss with Lettuce, Tomato and Chips	10. Quiche with Salad Men's Breakfast	11.
12.	13. Supper Club Meatloaf with Mashed Potato and Vegetable	14. Steak & Cheese Sandwich with French Fries and Coleslaw	15. Chicken Vegetable Alfredo with Pasta	16. Super Salad with Crabmeat and Roll	17. Baked Haddock with Potato and Vegetable	18.
19.	20. Supper Club Cranberry Chicken with Rice and Vegetable Geno Sings Sinatra	21. Pulled Pork Sandwich with Coleslaw and Chips	22. Stuffed Cabbage with Mashed Potato and Vegetable	23. Slow Cooked Roast Beef with Potato and Vegetable	24. Chicken Fajita Boat with Rice	25.
26.	27. Supper Club Shrimp Scampi with Linguine and Salad	28. Bacon Swiss Mushroom Burger with French Fries and Coleslaw	29. Orange Chicken with White Rice and Vegetable	30. Grilled Cheese & Tomato Sandwich with Chips and Pickle		

Menu items subject to change by COA Chef.

Harwich Council on Aging Celebrating 45 Years of Service "At the Center of it All!"

BREAKFAST AT EPOCH OF HARWICH-JOIN US!!

HARWICH—EPOCH Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, May 27th at 8 a.m. and Friday, June 24th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. EPOCH is located at 111 Headwaters Drive just off Route 124.



Reiki & Zero Balancing Treatments

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20-minute treatment. Next Reiki Clinic will be on **Tuesdays, May 17th & June 21st** by appt.

Zero Balancing is with Marcia Moeder, R.N. **May 11th 1:00-3:00 p.m. by appt.** Deeply relaxing and energizing. Promotes wellness and balance. To schedule your appt. with Diane or with Marcia please call 508-430-7550 .

ALZHEIMER'S SUPPORT GROUP FOR PATIENTS AND FAMILIES



The Alzheimer's Family Support Center of Cape Cod and the Harwich Council on Aging are partnering to offer a **NEW** Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Dates: May 4th & May 18th and June 1st & June 15th.** An activity group for people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered **FREE OF CHARGE**, thanks to the generous support of the "Remembery Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN, Activity group facilitator: Gail Bunnell. For more info., to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170.**



CRANBERRY COACH VAN SCHEDULE

MONDAYS ARE SUPPER CLUB NIGHT SERVING AT 5:00 P.M.

Mondays: May 2 WalMart May 9th Market Basket May 16th Trader Joes Mall & Kmart May 23rd Dennisport trip. May 30th Memorial Day. June 6th Thrift Stores Extravaganza June 13th Market Basket June 20th Orleans T.J. Max & Christmas Tree Shops. June 27th Cape Cod Mall & Kmart.

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

Wednesdays: Senior Dining Program and Stop & Shop in afternoon & Chatham for Tax Appt.s

Thursdays: Senior Dining Program & Stop & Shop & Harwich Food Pantry in the afternoon monthly.

Fridays: Senior Dining Program and Current Events at Brooks Library

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

HARWICH COUNCIL ON AGING CALENDAR MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 TOWN MEETING BEGINS 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 8:30-9:30 Superfit with Charlie in Multi-Purpose Rm 9:00 Walking Club Brooks Park 9-4pm KD Quilters 9:30-10:30 Seniorfit with Charlie in Multi Purpose Rm 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 NO SUPPER CLUB-TOWN MEETING BEGINS TONIGHT COA Van Wal-Mart</p>	<p>3 TOWN MTG CONTINUES 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9:00 Free Hearing Screenings- Barbara Eaton 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters 10-12 Sight Loss Support Grp. 10:30 Tai Chi /Chi Kung 11-1.50+. Volleyball-Gym 11-12 Take Back Your Health 11:30 Sr. Dining Program 1:00 Swimming Pool Class in Chatham 1:00 Legal Services-Elizabeth Lynch, Esq by appt 4:15 Dancersize Movement to Music with Elaine</p>	<p>4 6:30-7:45 Turbo Tennis- Gym 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9:30 COA Board Mtg.  10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 1:00 Legal Services with Tom Kosman, Esq. by appt. 2:30-4:30 Open Gym & Game Rm 6-7:30 Dad's Support Group Van Stop & Shop Market pm.</p>	<p>5 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 "ABC's of a Do It Yourself Bike "Check-Up" with Dr. Greg Wright 1:00 Cribbage Game 1:00 Swimming Pool Class in Chatham -pre-registration required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness 7-9:30 "Anything But Bridge"</p>	<p>6 9:00 Walking Club- Brooks Park 8:30-9:30 Superfit with Charlie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:00 Mindful Yoga with Kathie Anne 9:30 Balance Boosters with Barbara-Anne 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1:00 Bicycle Club with Dr. Greg Wright, Kevin Grunwald & Barbara-Anne Foley-meet at Brooks Park Cape Cod Rail Trail 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>9 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 9:30-12 CONCH Mtg 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Geno Sings Sinatra COA Van Market Basket</p>	<p>10 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9-12 Rec. Dept. "Learn to Fish" 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 10:30 Tai Chi /Chi Kung 11-1.50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Swimming Pool Class in Chatham -pre-registration required 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>11 11:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 1:00-3:00 Zero Balancing with Marcia Moeder, R.N 2:30-4:30 Open Gym & Game Rm 6:30-8:30 Compassionate Friends Van-Stop & Shop Market pm.</p>	<p>12 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 Swimming Pool Class in Chatham -pre-registration required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>13 8:30-3:30 Betty Brady Foot Clinic 8:30-9:30 Superfit with Charlie 9:00 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST Speaker: Bob Prescott from the Mass Audubon's Wellfleet Bay Wildlife Sanctuary then Men's Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie Anne 9:30 Balance Boosters -Barbara-Anne 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1:00 Bicycle Club with Kevin & Barbara-Anne & Dr. Wright-meet at Brooks Park Tennis Courts 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>

HARWICH COUNCIL ON AGING MAY 2016 CALENDAR PAGE 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1:00 Trivia Challenge with Barbara-Anne 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-John Root presents "The Mystery & Majesty of Crop Circles" COA Van Trader Joes Mall & K-Mart</p>	<p>17 7:00 Walking Club-Gym 7:00 Town Elections until 8pm 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9:00 Yoga with Michele 9:00 Reiki with Diane Thibodeau 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Balance Boosters with Dir. 11-1 50+, Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham -pre-register required 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>18 6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 Wellness Clinic- Town RN by Am. Red Cross  9:30-10:30 Seniorfit 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 2:30-4:30 Open Gym & Game Rm Stop & Shop Market pm. Van</p>	<p>19 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30 Making Homemade Sugar Scrub FREE class must Pre-register 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 Swimming Pool Class in Chatham -pre-regist. required 2:00 Harwich Family Food Pantry 2:30-4:30 Open Game Rm & Gym 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>20 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9-12 S.H.I.N.E. Counseling 9:30 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 Bicycle Club Brooks Park 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>23 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van-Dennisport Trip</p>	<p>24 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Dir. 11-1 50+, Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1:00 NEW Swimming Pool Class in Chatham -pre-registration required 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>25 6:30-7:45 Turbo Tennis- Gym 8:30-10:30 Superfit & Seniorfit 8:30-11:30 BETTY BRADY'S FOOT CLINIC 9:00 Walking Club Brooks 9-12 Wellness Clinic- Town RN 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p> 	<p>26 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1:00 Swimming Pool LAST Class in Chatham 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>27 8:00 EPOCH Breakfast 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9:00 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:30 NO Balance Boosters class today with Barbara-Anne 10-11:30 Blood Pressure Clinic R.N. with EPOCH Nursing 10-3 Red Cross Blood Drive 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 Bicycle Club Brooks Park 1-2:30 55+ Basketball 2:00 Current Events Brooks Library</p>
<p>30 HAPPY MEMORIAL DAY EVERYONE SALUTE A VETERAN TODAY All Town Offices are Closed today.</p> 				

HARWICH COUNCIL ON AGING CALENDAR JUNE 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 9-4 KD Quilters 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van Thrift Stores</p>	<p>7 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Free Hearing Screenings- Barbara Eaton 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9-3 Cape Cod Hospital Blood Drive 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 10-12 Sight Loss Support Grp. 10:30 Tai Chi /Chi Kung 11:00 Take Back Your Health 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>1 6:30-7:45 Turbo Tennis- Gym 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN NO COA BOARD MTG TODAY-SEE JUNE 8th  10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 1:00 Legal Services with Tom Kosman, Esq. by appt. 2:30-4:30 Open Gym & Game Rm 6-7:30 Dad's Support Group Van Stop & Shop Market pm.</p>	<p>2 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness 7-9:30 "Anything But Bridge"</p>	<p>3 9:00 Walking Club- Brooks Park 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 NO Balance Boosters class today with Barbara-Anne 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1:00 Bicycle Club Brooks Park 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>
<p>6 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 9-4 KD Quilters 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van Thrift Stores</p>	<p>7 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Free Hearing Screenings- Barbara Eaton 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9-3 Cape Cod Hospital Blood Drive 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 10-12 Sight Loss Support Grp. 10:30 Tai Chi /Chi Kung 11:00 Take Back Your Health 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>8 6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 9:30 COA Board Mtg. followed by a joint mtg. @ 10am with Friends 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 1:00-3:00 Zero Balancing with Marcia Moeder, R.N 2:30-4:30 Open Gym & Game Rm 6:30-8:30 Compassionate Friends Van-Stop & Shop Market pm.</p>	<p>9 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>10 8:30-3:30 BETTY BRADY'S FOOT CLINIC 8:30-9:30 Superfit with Charlie 9:00 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST Speaker: Bob Prescott from the Mass Audubon's Wellfleet Bay Wildlife Sanctuary followed by Men's Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-2:30 55+ Basketball 1:00 Bicycle Club Brooks Park 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open</p>

HARWICH COUNCIL ON AGING JUNE 2016 CALENDAR PAGE 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van Market Basket</p>	<p>14 7:00 Walking Club-Gym 7:00 Town Elections until 8pm 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9:00 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Balance Boosters with Dir. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>15 6:30-7:45 Turbo Tennis- Gym 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 Wellness Clinic Town RN 9-12 Wellness Clinic-Town RN  10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 9:30-10:30 Seniorfit with Charlie 11-12:30 Pickle Ball 11:30 Sr. Dining Program 12:30-2 55+ Basketball 2:30-4:30 Open Gym & Game Rm Stop & Shop Market pm. Van</p>	<p>16 Stop & Shop COA Van 7:30 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 2:30-4:30 Open Game Rm & Gym 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>17 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 Bicycle Club Brooks Park 1-2:30 55+ Basketball 2:00 Current Events Brooks Library 2:30-4:30 Open Gymnasium</p>
<p>20 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club-Geno Sings Sinatra COA Van-Orleans T.J. Max & Xmas Tree Shops</p>	<p>21 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Reiki with Diane Thibodeau 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele 9:30 Balance Boosters with Dir. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>22 6:30-7:45 Turbo Tennis- Gym 8:30-10:30 Superfit & Seniorfit 8:30-11:30 BETTY BRADY'S FOOT CLINIC 9:00 Walking Club Brooks 9-12 Wellness Clinic-Town RN 9:30-10:30 Seniorfit with Charlie 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p>	<p>23 Stop & Shop COA Van 7:30 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>24 8:00 EPOCH Breakfast 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9:00 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:30 NO Balance Boosters class today with Barbara-Anne 10-11:30 Blood Pressure Clinic R.N. with EPOCH Nursing 10-3 Red Cross Blood Drive 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 Bicycle Club Brooks Park 1-2:30 55+ Basketball 2:00 Current Events Brooks Library</p>
<p>27 6:30-7:45 Turbo Tennis 8:00 Walking Club-Gym 9:00 Walking Club Brooks Park 12:30-2:00 55+ Basketball 1-3:00 Bridge II with Nancy Blezard 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open 5:00 Supper Club COA Van-Cape Cod Mall</p>	<p>28 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele 9:30 NO Balance Boosters class today with Barbara-Anne 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>29 6:30-7:45 Turbo Tennis- Gym 8:30-10:30 Superfit & Seniorfit 9:00 Walking Club Brooks 9-12 Wellness Clinic-Town RN 11:30 Sr. Dining Program 11-12:30 Pickle Ball 12:30-2 55+ Basketball 2:30-4:30 Open Gymnasium 2:30-4:30 Game Room Open Stop & Shop Market pm Van</p> 	<p>30 Stop & Shop COA Van 7:30 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 2:30-4:30 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine 5:00 30/30 Fitness</p>	<p>31 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 Bicycle Club Brooks Park 1-2:30 55+ Basketball 2:00 Current Events Brooks Library</p>

MAY/JUNE TRIPS Trips with Funtastic Getaway

Saturday, May 7th, 2016 I Love New York-Lower Manhattan-Explore the sites of Lower Manhattan for 5 1/2 hours of free time. Go to the 9/11 Memorial Park, & twin reflecting pools, Take the Ferry to Statue of Liberty or Ellis Island or travel to Little Italy. **\$105**

Wednesday, May 11th, 2016 Newport Lunch Train. Enjoy this Dining Train on a 22 mile narrated sentimental journey along scenic Narragansett Bay. Stop at Newport Vineyards for a tour of the wine making facilities as well as a wine tasting. Enjoy a Newport Vineyards wine glass memento. **\$125**

Sunday, May 22nd, 2016 “Laughter & Reflection with Carol Burnett” This is an interactive experience where the audience gets to ask the questions. The format harkens back to the legendary openings to the Carol Burnett Show. Orchestra Seating for the 4:00 p.m. show at Providence’s Performing Arts Center with free time before the show at the Providence Place Mall for lunch on your won. **\$130**

Thursday, May 26, 2016 “Newport Playhouse Surf & Turf Buffet “Play it Again Sam”. This is an all you can eat buffet lunch which includes their Baked Shrimp with a Crabmeat Stuffing and Angus Prime Rib. The fun isn’t over after the show~you’ll head back to the Dining room for a hilarious cabaret show-an afternoon of laughter and fun! **\$117**

Saturday, June 4th, 2016 “Bullets Over Broadway”. This is a hilarious comedy about the making of a Braodway Show, written by Woody Allen. It’s the story of a young playwright who, in desperate need of financial backing for his next show, accepts an offer he can’t refuse from a mobster looking to please his Showgirl girlfriend. Orchestra Seating for the 2:00 p.m. matinee at the Providence Performing Arts Ctr with free time before the show at the Providence Place Mall. **\$119**

Thursday, June 23rd, 2016 “Made in Vermont” you will visit the company headquarters & baker’s store for the King Arthur Flour, with all things related to baking! Enjoy a cooking demonstration at King Arthur’s Cooking School, followed by lunch at the 1797 Norwich Inn. The Inn was the inspiration for the popular TV show “Newhart” which was set in Norwich. End the day shopping at the Quechee Gorge Village which houses Cabot Cheeses, Danforth Pewter, Putney Mountain Winery, Vermont Country Store, Yankee Candle and more! End the day with a visit to Simon Pearce Flagship Store, home to the famed VT Glass maker & watch a live glass blowing demonstration. **\$129**

WE ARE STILL LOOKING FOR VOLUNTEERS FOR THE TRAVEL DEPARTMENT AND A VOLUNTEER TO COORDINATE THE TRAVEL DESK AT THE COA. IF YOU ARE INTERESTED, AND CAN OFFER A FEW HOURS A MONTH WE WOULD BE MOST GRATEFUL. THIS IS A GREAT SERVICE THE COA OFFERS AND WE HATE TO HAVE IT COME TO AN END! BUT IF WE DON’T GET NEW VOLUNTEERS IT WILL!

Saturday, June 25th, 2016 “Salem by the Sea”

Take the new fast ferry service from Boston to Salem, followed by a guided tour of historic Salem where in 1692 the Witch Trials took place, then onto Essex St. Pedestrian Mall for shopping & lunch on your own. End the day with a visit to the 1799 Peabody Essex Museum and the Yin Yu Tang Chinese House. Return to the Cape by motorcoach bus. **\$95**

Monday, June 27, 2016 Saints & Sinners of Newport. Begin the day exploring 3 historic places of worship: 1763 Touro Synagogue-America’s oldest Jewish House of worship, 1726 Colonial Trinity Episcopal Church and then 1847 St. Mary’s Catholic Church (where the Kennedy’s wed in 1953). Lunch on your own in Newport before boarding your Rum Runner 75 minute Cruise of Newport Harbor. Walking between the 3 houses of worship is 1/3 of a mile-please wear comfortable shoes. **\$109**



Remembery Walk

Dave Birtwell Memorial 2016



SATURDAY
May 7, 2016
11AM

Location: Brooks Park



This is a 6K walk beginning at Brooks Park and using the Cape Cod Rail Trail on Oak Street in Harwich Center.

Registration will begin at 11AM at Brooks Park in Harwich Center.

This walk offers: Massage Therapists, Health Screenings, FUN Raffle with many local great prizes and gift cards, Hamburgers, Hot Dogs, and LIVE music from the Sound Dunes Swing Band!

ALL proceeds benefit patients and their families living with Alzheimer's disease and related dementias through "Alzheimer's family Support Center of Cape Cod" a Non Profit 501C3.

Services include: Support Groups, Dementia Training, Outreach, Memory Screenings, Individual/Family Meetings & Supportive Counseling, Personalized Care Planning & Consultation, Community Education & Information, Cultural Events & Activities, and much more!

Recruit a team or walk alone. Either way, the money you raise in this 6K Walk benefits the Cape's 10,000 families currently living with Alzheimer's and other dementia related diseases.

Register Online Now At www.rememberywalk.org

In Case of Rain:

The Remembery Walk will be held at the Harwich Middle School
204 Sisson RD, Harwich

**Alzheimer's
Family Support
Center
of Cape Cod**



**WHAT IS IT ABOUT THIS ISLAND AND THEIR DIET
THAT ENABLES THEM TO LIVE SO LONG?????**

“LONGEVITY SECRETS OF THE OKINOWANS” -Presented By Dietitian, Tricia Silverman (who you may remember from her packed presentation last year on the Mediterranean Diet.) Join us on **Tuesday, July 19th, 2016 from 10-11:15 a.m.** to learn what the secrets of the Okinawan people are and how they stay forever young. **Pre-Registration is required and can be made by calling 508-430-7550.**



Stretched over 1,000 km from the southern tip of Kyūshū until 100 km east of Taiwan, the Ryūkyū Islands, more commonly known as Okinawa, is Japan's top beach & resort destination.

Its position in between China and Japan forced the kings of Okinawa to pay tribute either to China (fro 1372 to the late 19th century), or Japanese rule since it was officially made a prefecture in 1879, or even the American occupation from 1945 to 1972 - although Okinawa is still home to 75% of the 63,000 U.S. soldiers stationed in Japan. Okinawa has thousands of white sandy beach islands with crystal blue waters, colorful coral and fishes. Some islands have jungle and mangrove forest as well.

This wonderful FREE Cultural Program is brought to you by the Harwich Cultural Council through a grant to the Harwich Council on Aging. Please join us for this interesting, educational and interactive program.



**R.S.V.P. to Harwich Council on Aging
508-430-7550.**

massculturalcouncil.org

HARWICH SINGLE-USE PLASTIC BAG PROHIBITION SUMMARY

PURPOSE AND INTENT

The production and use of single purpose plastic bags has significant impacts on the marine and land environment of communities including coastal communities, including but not limited to deaths of marine and terrestrial animals through ingestion, entanglement, the pollution of land resources through litter requiring significant expense to remove, the clogging of storm drainage systems, interference with single stream resource recovery systems which are generally not equipped to handle plastic bags and using millions of gallons of fossil fuels in the U.S. in connection with their manufacture.

DEFINITIONS

“Establishment” means any business selling goods, articles, food or personal services to the public, including take out restaurants.

“Single use plastic bags” means bags made of plastic with integral handles, and of a thickness less than 2.5 mils, that are intended to be used for the transport of products purchased at an establishment as defined herein.

“Reusable bag” means a bag that is specifically designed for multiple use and is made of cloth, fabric or other durable materials.

USE REGULATIONS

Single-use plastic bags shall not be distributed or sold at any Establishment within the Town of Harwich. Existing stock of single-use bags shall be phased out by **June 15, 2016**; any remaining stock shall be disposed of properly by the Establishment. If Establishment is part of a franchise or chain it is suggested that such excess inventory be redistributed to other Establishments within the company where they are not yet affected by a single-use plastic bag ban.

Customers are encouraged to bring their own reusable shopping bags to stores. Establishments may provide reusable bags at no charge or charge a fee for paper or other reusable bag, as they choose. Establishments are strongly encouraged to make reusable bags available to customers at a reasonable price.

Thin-film plastic bags used by Establishments to contain dry cleaning, newspapers, produce, meat, bulk foods, wet items and other similar merchandise, typically without handles, are exempt from the provisions of this By-Law.

ADMINISTRATION AND ENFORCEMENT

This By-Law may be enforced by any Town police officer, enforcement officers or agents of the Board of Health.

This By-law may be enforced through any lawful means in law or in equity, including but not limited to, non criminal disposition pursuant to G.L. c. 40 sec. 21D and appropriate chapter of the General By-Laws of the Town of Harwich. If non criminal disposition is elected, then any Establishment which violates any provision this By-Law shall be subject to the following penalties:

First Offense: \$50 fine **Second Offense:** \$100 fine **Third & Subsequent Offense:** \$200 fine

Subsequent offenses shall be determined as offenses occurring within two years of the date of the first noticed offense. Each day or portion thereof shall constitute a separate offense.

WHAT THE BAG BAN DOES NOT DO

Does not authorize that law enforcement in any way to enforce this by-law amendment in any manner except at retail establishment check out; no individual can be cited for possession of a plastic bag even though banned at check out.



COMMUNITY YARD SALE

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

Saturday, Aug 6th
9AM-1PM

**** In Brooks Park ****

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

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

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

Friends of the Harwich Council on Aging



Mission: To Support the Harwich Council on Aging, in ways not available by Town budget and to provide for Senior needs and programs.

A Non-Profit 501C3

Membership dues, donations, bequests, fundraisers support this mission.

APRIL-MAY, 2016

IMPORTANT: As you may have heard, the Friends have had to temporarily suspend its minibus operation. Unfortunately, the used Minibus we were fortunate to acquire had too many expensive repair issues for us to handle. We are looking for a long-term solution, but that will take a several months' efforts. We regret having to have needed to take this step, but it was necessary due to minibus reliability and safety issues.

Fortunately, Barbara Anne Foley, the COA Director, has worked with us to ensure that seniors who have been availing themselves of the Friends' minibus service will be able to use the COA's "Cranberry Coach" for rides. Please call 508-241-1566 to request rides on the COA's "Cranberry Coach" .

Please accept our apologies for this turn of events and we look forward to getting our minibus operation back up and running.

I hope you are enjoying Spring and the much-improved weather. What a wonderful time of year!

Jack Brown, FHCOA President

Membership Form 2016-2017

Checks Payable: FHCOA **Attn: Andrea Terney, Treasurer**
100 Oak Street, Harwich, MA. 02645

Member: _____ Annual/Individual: \$5.00 _____

Member: _____ Lifetime/Individual: \$40.00 _____

Address: _____ Phone: _____

Email: _____

Additional Donation Appreciated: \$ _____

Designated for: Minibus Operation _____

Senior in Need Support _____

Board of Directors

Jack E. Brown, Chairman

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Bob Widegren

Nan Bailey

Council on Aging Board

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

COA Disclaimer

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

**Harwich Council on Aging
Mission Statement**

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

Office of Elder Affairs

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

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward

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**Harwich Council on Aging
100 Oak Street
Harwich, MA. 02645**