

# FALMOUTH COUNCIL ON AGING SENIOR CENTER SENIOR HAPPENINGS NEWSLETTER

JULY/ AUGUST 2018 PROGRAMS... ACTIVITIES... SERVICES...

**FIT & STRONG ~ GET WALKING ~ HEALTH COACHING ~ MATTER OF BALANCE ~ ZENGEVITY**  
(These classes are available to Falmouth Residents Only)



**\* SUMMER PROGRAM DATES HIGHLIGHTED ON PAGE 3 \***  
**FALL PROGRAMS INFORMATIONAL SESSION AND PRE-REGISTRATION**  
**AUGUST 20, 2018 @ 1:30PM**

## **CABLE CORD - CUTTING WORKSHOP...AUGUST 27, 2018 @ 1:30PM**

***Cable or satellite TV bills eating your budget alive?***

*Join State Representative Randy Hunt to discover ways to cut your bills while keeping the programming you love.*



There are alternatives to subscribing to cable or satellite TV that will save you money. Randy will walk you through some of those options, how they work, and how much they cost.

Learn about over-the-air (OTA) stations, Sling TV, Play Station Vue, Hulu, Amazon Prime, Netflix, CBS All Access, HBO Now, Showtime, and other TV-viewing alternatives.

**Call us at 508-540-0196 to Reserve your seat!**

## **NEW SENIOR CENTER UPDATE**

Schematic plans for the new Falmouth Senior Center were presented to the Board of Selectmen on May 21 and June 4. The plans generated an enthusiastic response and unanimous approval. Feedback from the public forums on April 24 helped to focus some specific design elements.

Our architectural firm of Bargmann, Hendrie & Archetype, Inc. have moved on to the next stage of design. This phase will refine the interior and exterior and mechanical details. The Building Committee continues to meet with the architect, Owners Project Manager and town staff to make design, budgetary and scheduling decisions.

The team continues towards it's goal for a construction start this coming fall.



Serving the Needs of  
our Community

Enhancing the  
Quality of Life

Health & Wellness  
Educational and Social  
Programs

Providing Information  
and Assistance on  
Available Resources

Volunteer  
Opportunities

Town of Falmouth  
Senior Center



300 Dillingham Avenue  
Falmouth, MA 02540  
508-540-0196

Senior@falmouthmass.us

**FREE Membership!**

## SPECIAL PROGRAMS...

**ICE CREAM SOCIAL & ENTERTAINMENT****July 9, 2018 @ 1:00PM**

**LIZ SAUNDERS SINGS...because that's what she was born to do!**

You will be taken back in time remembering favorite classics from yesteryear. Liz's energetic, interactive performance captures the style of the original artists of Big Band, Jazz, Pop, Country, Broadway, Gospel and Rock 'n' Roll.



**ICE CREAM SOCIAL...**Indulge yourself with an Ice Cream treat from Falmouth's very own Smitty's!

**\$5.00 Payable in Advance...**

**Call us at 508-540-0196 to Sign Up!**

**COOKOUT & "YESTERDAY'S COUNTRY" BAND****July 30, 2018 @ 1:00PM**

Join us for a Summer Cookout with Hamburgers, Hot Dogs, Salad, Chips, Dessert and Refreshments. Special entertainment provided by "Yesterday's Country" Band!

**\$8.00 Payable in Advance**

**Call us at 508-540-0196 to Sign Up!**

**LOBSTER FEST & LIVE ENTERTAINMENT****August 13, 2018 @ 1:00PM**

Join us for a delicious lunch consisting of Lobster Rolls, Chips, Cole Slaw, Dessert and Refreshments. Special entertainment featuring music and vocals by Earl Marryat.

**\$10.00 Payable in Advance**

**Call us at 508-540-0196 to Sign Up!**

**LOCAL LUNCH GROUP**

This is a great way to meet people, socialize and have some FUN!!! You can order off the menu and will be provided with individual checks.

**Nancy's Restaurant - Wednesday, July 18, 2018**

Since Nancy's Restaurant is located on Martha's Vineyard, we will be taking a ride on the Island Queen to Oak Bluffs.

**\$18.00 Island Queen Ticket Payable in Advance!**

**Call the Senior Center at 508-540-0196 to sign up!**

(The Senior Center will transport people from the Rec Center parking lot at 9:30AM to the Island Queen Dock... Boat Departs at 10:30AM with a return on the 2:15PM Boat)

**ALZHEIMER'S DISEASE...WHAT YOU NEED TO KNOW!****July 16, 2018 @ 1:30PM**

Join us for a FREE workshop about Alzheimer's Disease. Have you ever wondered what the difference is between dementia and Alzheimer's disease? What is normal aging and what is not? Why are some behaviors challenging and how would you manage them? Learn the answers to these questions and more.

**Call us at 508-540-0196 to Reserve your seat!**

**ACUPUNCTURE...WANT TO LEARN MORE?****August 6, 2018 @ 1:30PM**

Join us for a FREE workshop about what is Acupuncture. Contrary to popular Western belief, acupuncture is not just a system for inserting very fine needles into specific body locations to alleviate pain. So, what is acupuncture then? Traditionally it's been used to prevent, diagnose and treat disease, as well as to improve general health. Want to learn more?

**Call us at 508-540-0196 to Reserve your seat!**

**MIXED MEDIA ART WORKSHOP****SEPTEMBER 24, 2018, 1:00PM - 3:00PM**

Let's create some *Ocean Dreams* together!

- Free tuition.
- No prior art experience required.
- Linda Dias-Instructor will lead you step by step through this fun and easy mixed media painting.
- Combine paint, collage and inspirational words. Follow this Cape Cod inspired theme, or do your own thing.

**Call the Senior Center at 508-540-0196 to Pre-Register!**



*This program is supported in part by a grant from the Falmouth Cultural Council, a local agency which is supported by the Mass Cultural Council.*

**CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP****September 6th - October 11th, 2018****6 Sessions on Thursdays from 9:00AM - 11:30AM**

This FREE Workshop is for people who are experiencing chronic health conditions, such as arthritis, hypertension, heart disease, stroke, lung disease, diabetes, chronic pain and more. The group meets once a week for six weeks. Our overall goal is to build the self-confidence to assume an active role in maintaining your health and managing health conditions.

**Call the Senior Center at 508-540-0196 to Sign Up!**

## SPECIAL PROGRAMS...

# FIT & STRONG ~ GET WALKING ~ HEALTH COACHING ~ MATTER OF BALANCE ~ ZENGEVITY

## PROGRAM INFORMATIONAL SESSION AND PRE-REGISTRATION FOR SEPT/OCT CLASSES!

**AUGUST 20, 2018 @ 1:30PM**

*(Classes are available to Falmouth Residents Only)*



### FIT & STRONG! ...Advanced Session!

This is a **FREE** multi-component, evidenced-based physical activity program that combines flexibility, strength training, and aerobic walking with health education for sustained behavior change among older adults.

**The group will meet Wednesdays & Fridays**  
**July 6 - September 28, 2018 from 2:15PM - 3:45PM**  
 Call the VNA at 508-957-7423 to Sign Up!



### GET WALKING PROGRAM...

Join our **FREE** Walking Program. This is an Instructor Led Walking Program. Educational/Motivational materials provided and Pre & Post screenings offered.

**The group will walk on Tuesdays & Thursdays at 10:00AM-11:00AM.**

**Summer Session: July 10th - August 30, 2018**  
 Call the VNA at 508-957-7423 to Sign Up!



### GROUP HEALTH COACHING...

In health coaching, we look at how all areas of your life are connected and contribute to your overall wellbeing. Things such as relationships and spirituality have just as much impact on your health as does kale and spinach.

**Here are 6 reasons to join our FREE group health coaching program:** personal support system, higher likelihood of achieving your goals, collective wisdom, new perspective, team investment, and having fun!

**Join us every Friday 12:30PM-2:00PM**  
**Summer Session: July 13th - August 31, 2018**  
 Call the Senior Center at 508-540-0196 to Sign Up!



**A MATTER OF BALANCE**  
 MANAGING CONCERNS ABOUT FALLS

**FREE MATTER OF BALANCE** program designed to manage falls and increase activity levels.

**This program emphasize strategies to manage falls.**

**You Will Learn To:**

- ◆ View falls as controllable
- ◆ Set goals for increasing activity
- ◆ Make changes to reduce fall risks at home
- ◆ Exercise to increase strength and balance

**Join us every Wednesday 12:00PM-2:00PM**  
**Summer Session: July 11th - August 29, 2018**  
 Call the VNA at 508-957-7423 to Sign Up!



### ZENGEVITY PROGRAM...

Join our **FREE** ZENgevity Program. This program incorporates body and brain fitness in a fun, safe, and gentle movement program designed to help older adults stay independent, feel good, be healthy and happy!

Join us to learn cutting edge neuro-movements, yoga moves, balance and brain exercises that increase energy, mobility, strength and flexibility, so you feel strong and live longer!

**The group will meet Fridays**  
**July 6 - August 24, 2018 from 12:30PM-2:00PM**  
 Call the VNA at 508-957-7423 to Sign Up!

## MEN'S FITNESS

### MEN'S STRENGTH & CARDIO TRAINING

*Workout every Wednesday*

**9:00AM - 10:00AM (\$7.00 per Class)**



A certified personal trainer will bring today's hottest training styles in the fitness industry. We will focus on strength training, cardiovascular intervals, agility and good form while improving flexibility and balance.




## PROGRAMS &amp; ACTIVITIES...

**EXERCISE<sup>ST</sup>**

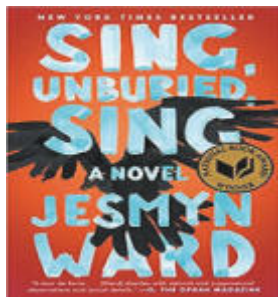
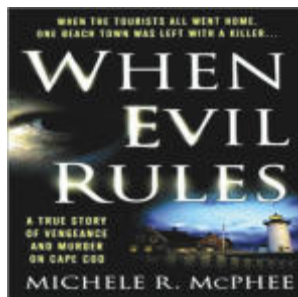
- ♦ **CARDIO/STRENGTH TRAINING FOR ACTIVE ADULTS:**  
**MON-11:30AM · WED-10:45AM · FRI-10:45AM**  
 Lose weight, increase your energy, improve your overall well-being. *See Instructor for pricing.*
- ♦ **CHAIR YOGA CLASSES:**  
**MON-9:00AM · WED-9:00AM**  
 Linda Dias, MS Ed./Certified Yoga Instructor  
*Drop-In \$8.00*  
*Discount 5 Class Pass is \$35.00 (used within 2 months),*  
*Discount 10 Class Pass is \$65 (used within 4 months).*  
**Please wear comfortable clothing and footwear.**
- ♦ **LINE DANCING CLASS:**  
**MON-10:30AM** *Drop-in price \$5.00.*
- ♦ **MEDITATION GROUP:**  
**TUE-10:00AM**  
 Meditation allows one to settle down body and mind.  
*\$2.00 suggested donation.*
- ♦ **MEN'S CARDIO & STRENGTH TRAINING WORKOUT:**  
**WED-9:00AM** *Drop-In \$7.00*  
 Focus will be on Strength Training, Cardio Intervals & Good Form while improving Flexibility and Balance.  
 **If you are Interested in a Beginner or Advanced Men's Cardio & Strength Class... Call us at 508-540-0196.**
- ♦ **OSTEO PREVENTION EXERCISE CLASS:**  
**MON-9:00AM · TUE-11:00AM · THURS-11:00AM**  
*See Instructor for pricing.*
- ♦ **YOGA CLASSES:**  
**THURS-10:00AM**  
 Gunjan Laborde Yoga Instructor  
*Each class costs \$8.00; a package of 6 classes (to be used within 8 weeks) costs \$40.00.*  
**Please bring non-skid socks and/or Yoga mat.**
- ♦ **YOUNG AT HEART:**  
**TUE-9:00AM · FRI-9:00AM**  
 Exercise and strength training. Cost is \$2.00 per class.
- ♦ **TAI JI:**  
**THURS-9:00AM**  
*Beginners, please come on the 1st Thursday of the month. See Instructor for pricing.*

**GAME ROOM<sup>BLVD</sup>**

- ♦ **BRIDGE:**  
**WED-12:30PM** *This is NOT a learn to play.*
- ♦ **BRIDGE - LEARN TO PLAY:**  
**FRI-1:00PM** Call 508-540-0196 to Sign Up.
- ♦ **CANASTA "HAND & FOOT":**  
**THURS-1:00PM**  
 This is a fun and easy to learn stimulating card game.
- ♦ **CRIBBAGE:**  
**TUE-1:00PM**  
*Please do not arrive before 12:30!*
- ♦ **MAHJONGG:**  
**MON-1:00PM** at Gus Canty Rec Center  
**WED-12:30PM** at Senior Center
- ♦ **MEXICAN TRAIN DOMINO:**  
 If you are Interested in learning to play Mexican Train Domino... Call us at 508-540-0196.
- ♦ **POKER:**  
**THURS-1:00PM**
- ♦ **SCRABBLE:**  
**THURS-1:00PM**  
 Players should have a basic knowledge of the game.
- ♦ **CHESS GAME:**   
**THURS-1:00PM**
- ♦ **BINGO FUN & GAMES:**  
**WED-1:00PM (First Wednesday of the Month)**  
 Join us for an afternoon of Fun & Games !  
 Light refreshments will be provided. \$2.00 Donation.  
**Call us at 508-540-0196 to Sign Up!**



## PROGRAMS &amp; ACTIVITIES...

**BOOK CLUB... ALL ARE WELCOME!****TUES-1:30PM (Second Tuesday of the Month)****JULY 10TH  
SING UNBURIED SING****AUGUST 14TH  
WHEN EVIL RULES****MOVIE MATINEE AT THE SENIOR CENTER****FREE** movie entertainment on the **Fourth Tuesday** of the month at **1:00PM**. Call us at 508-540-0196 to Sign up!**JULY 24TH, 2018  
"QUEEN OF KATWE"****AUGUST 28TH, 2018  
"OUR SOULS AT NIGHT"****Bereavement Support Groups****BEREAVEMENT SUPPORT GROUP****TUES-1:00PM (First & Third Tuesday of the Month)**Join us for a **FREE** support group offered through the VNA of Cape Cod. For more information please call Rick Bickford of the VNA at 508-957-7716. **Just show up!****WIDOWS INFORMAL GET TOGETHER SUPPORT GROUP****FRI-10:00AM (Second Friday of the Month)**Join us at an informal Widows Support Group. Get Together conversation and then proceed to go out for lunch. **Just show up!****MEN'S CONVERSATION AND COFFEE****WED-10:00AM (Second & Fourth Wednesday of the Month)**You are invited to join us for some **GREAT** conversations, discussions and stories! Refreshments provided. **Just show up!****PATCHWORK QUILTERS OF CAPE COD:****FRI-10:00AM to 1:00PM**

We make quilts for children at risk. Experience in quilting necessary. All are welcome!

**GADGET TECH SUPPORT:****WED-9:00AM**Need some assistance with your iPhone, iPad or PC? **By appointment only!**

Call the Senior Center at 508-540-0196

**CAREGIVER SUPPORT GROUP****MON-1:00PM****(First & Third Monday of the Month)****FREE** Caregiver Support Group for Alzheimer's and Dementia here at the Senior Center.

The two groups run simultaneously.

The Caregiver Group is a confidential support group for people in the caregiver role. At the same time, the people living with Alzheimer's will meet for social interaction.

This support group is being offered by the Alzheimer's Family Support Center of Cape Cod, a new non-profit dedicated to providing **FREE** supportive services to the Cape Cod families caring for someone with Alzheimer's or other dementia-related illnesses.For more information call 508-896-5170  
or visit their website: [www.alzheimerscapecod.org](http://www.alzheimerscapecod.org).**HAVING FUN WITH POETRY**

Join us and have some fun with Poetry!

*"The Quahog Poets" are a cordial group, any level of writing is welcome.... "criticism-free".***The next session is July 26, 2018 at Dillingham Place at 1:00PM.****New Senior Center**

*Hurrah, a new Senior Center is planned,  
And Falmouth already possesses the land  
Between the Police Station and Gus Canty Center.  
With more parking where from Main Street we'll enter.  
After events we can leave by the back way,  
And hence via Dillingham Avenue - - - they say.  
They've settled the budget and soon they will build.  
We hope things will progress as did the Art Guild.  
There's even a chance that they may be done early!  
(If that doesn't happen, please don't get all surly.)  
It's going to be beautiful, just wait and see.  
More space, fun, and services, for you and me!*

**Alice Batchelor "Quahog Poets" Member**

## TRIP INFORMATION...

## TRIP SIGN-UP PROCEDURES



**SIGN UP FOR TRIPS:** You can sign up any day using the new trip envelopes located at trip posting area. Please fill out the envelope completely, place your check inside & drop in the black lock box.

Someone from the trip committee will be in the office on **Tuesdays & Thursday afternoon** to answer any questions you may have. Cancellations are accepted up to **30 days prior to the trip date** for a refund.

**RHODE ISLAND LIGHTHOUSE CRUISE** – Join us on **Thursday, July 12, 2018**, as we travel to Rhode Island. Experience Narragansett Bay the only way you should. Enjoy a 90 minute cruise showcasing 10 of Rhode Island's most beautiful Lighthouses. The captain will take you throughout Narragansett Bay bringing you up close and personal to these historic landmarks. Before the cruise enjoy a delicious lunch at the popular George's of Galilee in Narragansett, RI and some free time at the Pier Marketplace. Price is \$99.00 and includes bus, cruise, lunch and gratuities. Depart Gus Canty at 9:00AM. Reservations accepted until **June 22, 2018**.



**LOBSTER ROLL CRUISE ON CAPE COD BAY** - Join us on **Wednesday, August 8, 2018**, as we travel to East Dennis, MA.



Enjoy a delightful 1 1/2 hour cruise on Cape Cod Bay aboard the **SS Lobster Roll**. **We have reserved the entire boat for our group.** This 58 ft. custom designed boat has a climate controlled main cabin with booths for dining and an upper deck for taking in the sights. A restroom is also located in the main cabin area. You will have lunch right on the boat. Their specialty is the Lobster Roll. You may also **pre-choose** the Roast Beef Rollup or the Vegetarian Rollup. All sandwiches include chips, cole slaw and a choice of soft beverage. Following our cruise we will make a stop at the **Cape Cod Creamery** in Hyannis if you would like to purchase ice cream. The package price is \$84.00 and includes, bus, boat cruise, lunch, taxes and gratuities. Bus will depart Gus Canty Center at 11:00 am. Reservations are limited and will be accepted with payment until **July 25th, 2018**.

**PROVINCETOWN/DUNE RIDE** - Join us on **Tuesday, August 28, 2018**, for a Suburban, air-conditioned vehicle rain or shine



tour of the historic sand dunes of the Provincetown's National Seashore. We will have a guided one hour tour as we travel through majestic dunes, see points of interest including dune shacks and the Peaked Hill Life Saving Station. We will have an opportunity to get out and take pictures. You will also have time to shop and sightsee on your own. Tables at the Lobster Pot Restaurant in Provincetown for lunch at 11:30AM have been reserved. You will have individual checks. We will leave Gus Canty at 8:00AM. Cost of trip is \$59.00 for adults and \$52.00 for children under 12, includes bus, dune ride and gratuities for bus and dune ride. Some walking is involved.

#### FRIENDS OF THE FALMOUTH SENIOR CENTER ISLAND QUEEN SUNSET CRUISE



Join us on **Thursday, September 20, 2018, 5:30PM-7:30PM**, for a Sunset Cruise aboard the Island Queen out of Falmouth Harbor. The Cost of the trip is \$35.00 (**NO REFUNDS**). Trip will include dock parking, entertainment, hors d'oeuvres, raffle prizes and a cash bar. Dock Parking will be at 75 Falmouth Heights Road. Guests should arrive no earlier than 4:45PM. Ferry Boarding will begin at 5:15PM for guests.

**All proceeds of this trip will benefit the Falmouth Senior Center.**

**More Day Trip Ideas**  
↓  
**This way!** ↓

SEPT - On Golden Pond - Squam Lake, NH boat cruise- Lunch at Walter's Basin Rest, shopping at Mill Falls Marketplace  
OCT - Newport Playhouse Lobsterfest  
NOV - Salem Cross Inn- luncheon, tour of Quabbin Reservoir, stop at Brookfield Orchards.  
DEC - Cape Cod Symphony Holiday- Buffet lunch at Alberto's





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# SENIOR HAPPENINGS CALENDAR

## JULY ~ AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO/STRENGTH TRAINING 1:00 CAREGIVER GROUP (2 rooms)	3 FOOTCARE 8:30 YOUNG AT HEART 9:00 GROUP MEDITATION 10:00 OSTEO 11:00 CRIBBAGE 1:00 BEREAVEMENT GROUP	4 	5 9:00 TAI JI 10:00 CAPE COD 5 10:00 YOGA 11:00 OSTEO 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:30 VNA BLOOD PRESSURE	6 9:00 YOUNG AT HEART 10:00 PATCHWORK QUILTERS 10:45 CARDIO/STRENGTH TRAINING 12:30 GROUP HEALTH COACHING 12:30 ZENGEVITY CLASS 1:00 BRIDGE "Learn to Play" 2:15 FIT AND STRONG
9 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO/STRENGTH TRAINING 1:00 ICE CREAM SOCIAL & ENTERTAINMENT	10 9:00 YOUNG AT HEART 9:00 C. KENNEY, ATTORNEY 10:00 WALKING GROUP 10:00 GROUP MEDITATION 11:00 OSTEO 1:00 CRIBBAGE 1:30 BOOK CLUB	11 9:00 CHAIR YOGA 9:00 MENS CARDIO STRENGTH 9:00 GADGET TECH SUPPORT 10:00 MEN'S CHAT GROUP 10:45 CARDIO/STRENGTH TRAINING 12:00 MATTER OF BALANCE 12:30 SOCIAL BRIDGE 12:30 MAHJONGG 2:15 FIT AND STRONG	12 9:00 TAI JI 10:00 YOGA 10:00 WALKING GROUP 11:00 OSTEO 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:30 VNA BLOOD PRESSURE	13 9:00 YOUNG AT HEART 9:00 MIRACLE EAR 10:00 WIDOWS SUPPORT GROUP 10:00 PATCHWORK QUILTERS 10:45 CARDIO/STRENGTH TRAINING 12:30 GROUP HEALTH COACHING 12:30 M. LAVENDER, ATTORNEY 12:30 ZENGEVITY CLASS 1:00 BRIDGE "Learn to Play" 2:15 FIT AND STRONG
16 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO/STRENGTH TRAINING 1:00 CAREGIVER GROUP (2 rooms) 1:30 ALZHEIMER'S WORKSHOP	17 9:00 YOUNG AT HEART 10:00 WALKING GROUP 10:00 GROUP MEDITATION 11:00 OSTEO 1:00 CRIBBAGE 1:00 BEREAVEMENT GROUP	18 9:00 CHAIR YOGA 9:00 MENS CARDIO STRENGTH 9:00 GADGET TECH SUPPORT 9:00 P.MELLO, ATTORNEY 9:30 LOCAL LUNCH GROUP 10:45 CARDIO/STRENGTH TRAINING 12:00 MATTER OF BALANCE 12:30 SOCIAL BRIDGE 12:30 MAHJONGG 2:15 FIT AND STRONG	19 9:00 TAI JI 10:00 YOGA 10:00 WALKING GROUP 11:00 OSTEO 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:30 VNA BLOOD PRESSURE	20 9:00 YOUNG AT HEART 9:00 REIKI 10:00 PATCHWORK QUILTERS 10:45 CARDIO/STRENGTH TRAINING 12:30 GROUP HEALTH COACHING 12:30 ZENGEVITY CLASS 1:00 BRIDGE "Learn to Play" 2:15 FIT AND STRONG
23 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO/STRENGTH TRAINING 1:00 K.WIBBY, ATTORNEY 1:00 MIXED MEDIA ART WORKSHOP	24 9:00 YOUNG AT HEART 10:00 WALKING GROUP 10:00 GROUP MEDITATION 11:00 OSTEO 1:00 CRIBBAGE 1:00 MOVIE MATINEE	25 9:00 CHAIR YOGA 9:00 MENS CARDIO STRENGTH 9:00 GADGET TECH SUPPORT 10:00 MEN'S CHAT GROUP 10:45 CARDIO/STRENGTH TRAINING 12:00 MATTER OF BALANCE 12:30 SOCIAL BRIDGE 12:30 MAHJONGG 2:15 FIT AND STRONG	26 9:00 TAI JI 10:00 YOGA 10:00 WALKING GROUP 11:00 OSTEO 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:00 POETRY GROUP (Dillingham Place) 1:30 VNA BLOOD PRESSURE	27 9:00 YOUNG AT HEART 10:00 PATCHWORK QUILTERS 10:45 CARDIO/STRENGTH TRAINING 12:30 GROUP HEALTH COACHING 12:30 ZENGEVITY CLASS 1:00 BRIDGE "Learn to Play" 2:15 FIT AND STRONG
30 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO/STRENGTH TRAINING	31 9:00 YOUNG AT HEART 10:00 WALKING GROUP 10:00 GROUP MEDITATION 11:00 OSTEO	1 9:00 CHAIR YOGA 9:00 MENS CARDIO STRENGTH- Cancelled 9:00 GADGET TECH SUPPORT	2 9:00 TAI JI 10:00 YOGA 10:00 CAPE COD 5 10:00 WALKING GROUP	3 9:00 YOUNG AT HEART 10:00 PATCHWORK QUILTERS 10:45 CARDIO/STRENGTH TRAINING 12:30 GROUP HEALTH COACHING



1:00 COOKOUT LUNCHEON & YESTERDAY'S COUNTRY BAND	1:00 CRIBBAGE	10:45 <b>CARDIO / STRENGTH TRAINING</b> 12:00 <b>MATTER OF BALANCE</b> 12:30 SOCIAL BRIDGE 12:30 MAHJONGG 1:00 <b>FUN &amp; GAMES BINGO</b> 2:15 <b>FIT AND STRONG</b>	11:00 OSTEO 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:30 VNA BLOOD PRESSURE	12:30 <b>ZENGEVITY CLASS</b> 1:00 BRIDGE "Learn to Play" 2:15 <b>FIT AND STRONG</b>
6 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO / STRENGTH TRAINING 1:00 CAREGIVER GROUP (2 rooms) 1:30 ACUPUNCTURE WORKSHOP	7 8:30 <b>FOOTCARE</b> 9:00 YOUNG AT HEART 10:00 <b>WALKING GROUP</b> 10:00 GROUP MEDITATION 11:00 OSTEO 1:00 CRIBBAGE 1:00 <b>BEREAVEMENT GROUP</b>	8 9:00 CHAIR YOGA 9:00 MENS CARDIO STRENGTH 9:00 GADGET TECH SUPPORT 10:00 <b>MEN'S CHAT GROUP</b> 10:45 CARDIO / STRENGTH TRAINING 12:00 <b>MATTER OF BALANCE</b> 12:30 SOCIAL BRIDGE 12:30 MAHJONGG 2:15 <b>FIT AND STRONG</b>	9 9:00 TAI JI 10:00 YOGA 10:00 <b>WALKING GROUP</b> 11:00 OSTEO 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:30 VNA BLOOD PRESSURE	10 9:00 YOUNG AT HEART 9:00 <b>MIRACLE EAR</b> 10:00 <b>MIDWINTER SUPPORT GROUP</b> 10:00 PATCHWORK QUILTERS 10:45 CARDIO / STRENGTH TRAINING 12:30 <b>M. LAVENDER, ATTORNEY</b> 12:30 <b>GROUP HEALTH COACHING</b> 1:00 BRIDGE "Learn to Play" 2:15 <b>FIT AND STRONG</b>
13 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO / STRENGTH TRAINING 1:00 <b>LOBSTER FEST LUNCHEON &amp; ENTERTAINMENT</b>	14 9:00 YOUNG AT HEART 9:00 <b>C. KENNEY, ATTORNEY</b> 10:00 <b>WALKING GROUP</b> 10:00 GROUP MEDITATION 11:00 OSTEO 1:00 CRIBBAGE 1:30 <b>BOOK CLUB</b>	15 9:00 CHAIR YOGA 9:00 MENS CARDIO STRENGTH 9:00 <b>P.MELLO, ATTORNEY</b> 9:00 GADGET TECH SUPPORT 10:45 CARDIO / STRENGTH TRAINING 12:00 <b>MATTER OF BALANCE</b> 12:30 SOCIAL BRIDGE 12:30 MAHJONGG 2:15 <b>FIT AND STRONG</b>	16 9:00 TAI JI 10:00 YOGA 10:00 <b>WALKING GROUP</b> 11:00 OSTEO - Cancelled 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:30 VNA BLOOD PRESSURE	17 9:00 YOUNG AT HEART 9:00 <b>REIKI</b> 10:00 PATCHWORK QUILTERS 10:45 CARDIO / STRENGTH TRAINING 12:30 <b>GROUP HEALTH COACHING</b> 12:30 <b>ZENGEVITY CLASS</b> 1:00 BRIDGE "Learn to Play" 2:15 <b>FIT AND STRONG</b>
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27 9:00 CHAIR YOGA 9:00 OSTEO 10:30 LINE DANCING 11:30 CARDIO / STRENGTH TRAINING 1:00 <b>K.WIBBY, ATTORNEY</b> 1:30 <b>CABLE CORD-CUTTING WORKSHOP</b>	28 9:00 YOUNG AT HEART 10:00 <b>WALKING GROUP</b> 10:00 GROUP MEDITATION 11:00 OSTEO 1:00 CRIBBAGE 1:00 <b>MOVIE MATINEE</b>	29 9:00 CHAIR YOGA 9:00 MENS CARDIO STRENGTH 9:00 GADGET TECH SUPPORT 10:45 CARDIO / STRENGTH TRAINING 12:00 <b>MATTER OF BALANCE</b> 12:30 SOCIAL BRIDGE 12:30 MAHJONGG 2:15 <b>FIT AND STRONG</b>	30 9:00 TAI JI 10:00 <b>WALKING GROUP</b> 10:00 YOGA 11:00 OSTEO 12:30 POKER 1:00 SCRABBLE 1:00 CANASTA 1:00 CHESS 1:30 VNA BLOOD PRESSURE	31 9:00 YOUNG AT HEART 10:00 PATCHWORK QUILTERS 10:45 CARDIO / STRENGTH TRAINING 12:30 <b>GROUP HEALTH COACHING</b> 12:30 <b>ZENGEVITY CLASS</b> 1:00 BRIDGE "Learn to Play" 2:15 <b>FIT AND STRONG</b>



## CAPE COD HEALTHCARE

### HERITAGE AT FALMOUTH

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**Stephanie Henry**, Care Coordinator  
**Jessica Soccio**, Au.D., Doctor of Audiology  
**Lianne R. Carbone**, Owner, MA HIS LIC.#192



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FRIENDS OF THE FALMOUTH SENIOR CENTER...

FRIENDS OF THE FALMOUTH SENIOR CENTER

# SUNSET CRUISE

## ABOARD *ISLAND QUEEN*

THURSDAY, SEPTEMBER 20, 2018

5:30PM - 7:30PM

***Space is limited....Sign-up Now!!!***

\$35.00 per Person

*Tickets available at the  
Falmouth Senior Center  
300 Dillingham Avenue  
Falmouth, MA 02540  
508-540-0196*

Entertainment • hors d'oeuvres • Raffles • Cash Bar

*Proceeds to benefit the Falmouth Senior Center*



## MEDICAL SERVICES & INFORMATION...



*Julia Tooher RN-VNA of Cape Cod* will be at the Senior Center for Blood Pressure. Please feel free to stop by and address any medical questions or concerns.

**BLOOD PRESSURE Thursdays from 1:30-3:00PM**



***It's summertime!  
Let's be cool and be careful!***

### ***Why are older adults more prone to heat stress?***

- Older adults do not adjust as well as young people to sudden change in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

### ***Stay cool, stay hydrated***

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you are thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook-it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you!

**REIKI:** Reiki is a gentle and non-invasive system which greatly enhances all other healing methods. It is an ancient and sacred healing art. Reiki has helped in the healing of many injuries and illnesses including migraine headaches, broken bones, arthritis, cancer, heart disease, low energy, depression, back pain, etc. Dawn Tavilla will be at the Senior Center. **By Appointment Only!**

**Call us at 508-540-0196 to make an appointment.**



### **SHINE NEWS...**

***When Can You Enroll in a Medigap (Supplement) Plan?***

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month.

In Massachusetts, there are two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to schedule an appointment with a SHINE counselor.

***Make a SHINE Appointment... Call us at 508-540-0196***

### **FOOT CARE FOR SENIORS**



A foot care program is open to our residents each month by a certified in foot and nail care Nurse. The following services for those that are not diabetic are: assessments of the feet and lower extremities including circulation, skin conditions, trimming, filing and cleaning of nails; reduction of thickened toenails; smoothing of corns and calluses; massaging and moisturizing lotion.

Cost is \$35.00 per visit and is not covered by insurance.

**Call us at 508-540-0196 to make an appointment.**

### **HEARING AID CLEANING**



Miracle-Ear will provide **FREE Cleaning of your present Hearing Aids** regardless of which brand or where from. A representative can be seen at the Senior Center the 2nd Friday of each month.

**Call us at 508-540-0196 to make an appointment.**

## TRANSPORTATION SERVICES & INFORMATION...

### SENIOR CENTER SHUTTLE VAN SERVICE

- ◆ Shuttle Van Reservations (**Falmouth area ONLY**) can be made by calling 508-540-0196.
- ◆ Schedule rides **no sooner** than 2 weeks in advance of appointment.
- ◆ Medical Appointments are suggested to be morning appointments.
- ◆ Please be ready for pick-up 1 hour prior to your appointment.
- ◆ **Grocery Shopping will be on THURSDAYS!**



In FY2017  
we provided 4,931  
Rides to Seniors!

### SENIOR CENTER VOLUNTEER RIDE SERVICE

Senior Center Volunteer Ride Reservations can be made by calling the Senior Center at 508-540-0196.

The Volunteer Ride Service is to provide a ride to **Medical Appointments** for seniors who are unable to ride our Shuttle Van. Scheduling of rides depends on availability of Volunteer Drivers.

### VETERAN'S TRANSPORTATION SERVICES



Fellowship Health Resources, Inc. (FHR) - Transportation available to Veterans to and from Medical Appointments at:

**Providence VA Medical Center**  
**VA at Eagle Square Providence/Benefits Center**  
**New Bedford Audiology Clinic**  
**Brockton VA Clinic**

### CAPE COD REGIONAL TRANSIT AUTHORITY

**We're Going Your Way 3 ways!**

**Fixed Route Buses**  
The Cape Cod RTA covers the Cape with regularly scheduled bus routes from Falmouth to Provincetown. Wheelchair accessible buses and friendly drivers await you.  
**\$2 PER ONE-WAY RIDE • \$1 FOR PEOPLE 60+**

**Boston Hospital Transportation (BHT)**  
Enjoy comfortable, safe and wheelchair accessible transportation from Cape Cod direct to all major Boston Hospitals. Monday through Friday. Reservations a must.  
**FARE \$30 ROUND TRIP • \$15 ONE WAY**

**Dial-A-Ride Transportation (DART)**  
Enjoy the convenience of a door-to-door service (DART) available daily to all Cape Cod residents and visitors. Reservations a must.

**Seniors 60+ are eligible for reduced fare CharlieCards** available at the Hyannis Transportation Center.

**FOR RESERVATIONS**  
**800.352.7155**  
**capecodrta.org**  
Weekday reservations must be made by 5:00 p.m. the day before you wish to travel

**Cape Cod Regional Transit Authority**

### BOSTON AREA HOSPITAL TRANSPORTATION

- ◆ Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston Area Hospitals. Wheelchair accessible bus.
- ◆ Monday – Friday (No holiday service).
- ◆ Fare \$30.00 ROUND TRIP \$15 one way.
- ◆ Reservations by 11:00AM the DAY BEFORE by calling **1-800-352-7155 (Monday – Friday except Thursday) 8:00-5:00PM.**
- ◆ **Schedule your medical appointments between 10:00AM and 2:00PM.**
- ◆ **The bus will leave Boston no later than 3:00PM.**
- ◆ **Pickup Locations** Mid & Upper Cape:  
8:00AM Barnstable (Rt. 6 & 132 Burger King)  
8:15AM Sagamore (Rotary Commuter Lot)

#### MEDIVAN

A Medivan will meet Falmouth folks in front of the Ticket Office in Woods Hole at 7:30AM on Tuesdays. **Transportation to Boston Area Hospitals and Medical Services** are available by making reservations by calling 508-693-9440.

# Boston

## FOR YOUR INFORMATION...

## MEALS ON WHEELS...



## VOLUNTEER DRIVERS NEEDED!!!

Volunteer drivers are needed 1-2 hours/week (9:30-12:00 Noon at the latest) to deliver meals to Falmouth residents.

We have immediate openings on Wednesday, Thursday or Friday mornings, or you may prefer to be a substitute driver and deliver meals on a day convenient to you. Mileage is paid to drivers. **Please contact us at 508-548-4198.**

## THE ELDER RESOURCE BOOK FOR FALMOUTH...



<http://www.elderresourcebook.com/falmouth-ma>

## CONSUMER ASSISTANCE COUNCIL...

Consumer problem? If you are having problems with a product or service you have purchased, call 508-771-0700 or 1-800-867-0701 for free assistance.

## AROUND THE TABLE...



We wish to thank all the wonderful seniors who each month show their gratefulness for what they have by sharing in the needs of the Soup Kitchen.

*On behalf of clients and volunteers, we thank you.*

*Want to help...*

**This month we are in need of PAPER TOWELS.** Just drop off in the Senior Center Around the Table Basket.

MASS EQUIPMENT DISTRIBUTION PROGRAM  
SPECIALIZED TELEPHONES...

The MassEDP, which is a division of the State 911 Department, provides free or at a reduced cost telephone to residents of Massachusetts who have difficulty using the phone due to a disability. Whether you have trouble with hearing, vision or mobility the State 911 Department has options that can help you make and receive calls easily. To be a part of the program all you need is an application signed by your doctor or health care provider. **Contact MassEDP Tele:800-300-5658 or Email: [masedp@state.ma.us](mailto:massedp@state.ma.us)**

## HOME DELIVERY PROGRAM...



The Service Center, our local food pantry, offers senior citizens participation in our home deliver program.

We deliver on the 2nd and 4th Tuesday of each month between the hours of 9:30AM - 1:30PM. Our delivery includes meat, canned goods, milk, eggs, cheese. We also send vegetables, fruit and home cooked meals if available.

Clients who are eligible for our pantry and are housebound permanently or temporarily due to a recent hospitalization may call us at 508-548-2794 to be added to our service.



## FALMOUTH PUBLIC LIBRARY ...

**Do you know about the Falmouth Homebound Service?** This service provides residents that cannot personally visit the Main Library or the satellite facilities in East/North Falmouth with: books, large print books, books on tape, books on C.D. and D.V.D. movies. **Contact the Homebound Service @ 508-457-2555 ext. 2910.**

## FALMOUTH EATS TOGETHER...



Come one and come all and become a part of this Falmouth-wide community get-together.

**Share a free delicious meal with your neighbors on the following Thursdays from 4-6PM!!!**

July 12th at the John Wesley Methodist Church  
July 26th at the Cape Cod Church

For more information please call the **Falmouth Service Center at 508-548-2794.**

## MEDICAL EQUIPMENT PROGRAM



The Medical Equipment Program will now be coordinated through the Falmouth Senior Center located at 300 Dillingham Avenue.

Can I Donate Equipment?

We are currently accepting the following equipment in good, clean condition **Monday-Friday 9AM-2PM: Wheel Chairs, Walkers, Shower Chairs and Benches.**

How Do I Request Equipment?

Call the Senior Center at 508-540-0196 to see if we have the item you are looking for and we will check on its availability.

**Please do not drop off any equipment during weekends, holidays or non-business hours.**



Providing financial assistance to eligible applicants residing in Falmouth for low cost spays/neuters and vet care. Call our hotline, 508-540-5654 and press 2. A volunteer will return your call and provide the necessary information.



## FOR YOUR INFORMATION...

## LEGAL ASSISTANCE...



The Attorneys and the fields that each would feel most qualified to assist seniors with, **BY APPOINTMENT ONLY** are:

- ♦ **An Attorney from Patricia Mello's Office:** Estate Planning matters which include Wills; Trusts; Powers of Attorney; Estate Settlement; Nursing Home/Medicaid Planning; and Guardianships.
- ♦ **Katherine Wibby:** Housing Problems, Government Benefits, Health Law, Guardianship, Reverse Mortgage, Consumer Issues
- ♦ **Michael Lavender:** General Legal Problems, Trusts, Wills, Estate Planning & Settlement
- ♦ **Carol Kenney:** Probate, Trusts, Estate Planning, Wills, Guardianship, Health Care Proxy, Real Estate matters

Thank you to Legal Services of Cape Cod and the Islands and the attorneys for their dedication to the elderly of our area. **Call us at 508-540-0196 to make an appointment!**

## THE CAPE COD FIVE CENTS SAVING BANK...



A representative from The Cape Cod Five Cents Savings Bank will be coming to the Falmouth Senior Center on the **First Thursday of the Month** to help you with any banking or financial questions that you have.

**Call us at 508-540-0196 to make an appointment!**

## VOLUNTEER OPPORTUNITIES...



**Make a difference in the life of a Senior...  
Become a Volunteer Driver**  
*Give a Senior a ride to medical appointments!*

**Get involved now!  
Call us at 508-540-0196**

## EMERGENCY PREPAREDNESS...

TOWN OF FALMOUTH  
LOCAL EMERGENCY PLANNING TIPS

One of our main goals is to ensure that our community is well informed and properly prepared, particularly where evacuation or sheltering-in-place is required.

- ☒ **Create a Plan to Shelter-in-Place**
- ☒ **Create a Plan to Get Away**
- ☒ **Assemble an Emergency Supply Kit**
- ☒ **Know your Resources**
- ☒ **Neighbors Helping Neighbors**

KNOW YOUR RESOURCES

Emergency Operating Center.....1-508-495-2602  
 Fire Rescue Dept. (Non Emergency)....1-508-548-2325  
 Fire Rescue **Emergency Line** .....**911**  
 Police Dept (Non Emergency).....1-774-255-4527  
 Police Department **Emergency Line**.....**911**  
 Falmouth Senior Center.....1-508-540-0196  
 Eversource (www.Eversource.com).....1-800-592-2000  
 Town of Falmouth Website (www.falmouthmass.us)

## NEWSLETTER RENEWAL...

*How to Receive our Monthly  
Senior Happenings Newsletter...*

- ☐ E-mail a copy to me.
- ☐ I will obtain a copy from the Website.
- ☐ I will pick-up a copy at the Senior Center, Town Hall, Library, Senior Housing.
- ☐ Mail a hard copy

**Please send a donation of \$3.00 to the Falmouth Senior Center for your 2018 mailed subscription.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Tele # \_\_\_\_\_

Falmouth COA Senior Center  
300 Dillingham Avenue  
Falmouth, MA 02540

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## **FALMOUTH SENIOR CENTER**

300 Dillingham Avenue, Falmouth, MA 02540

Tele: 508-540-0196 • Fax: 508-457-2597 • Email: [senior@falmouthmass.us](mailto:senior@falmouthmass.us) • Website: [www.falmouthmass.us](http://www.falmouthmass.us)

Hours: Monday-Friday 8:00AM-4:00PM

### **MISSION STATEMENT**

The Falmouth Council on Aging functions as a human service organization for all residents of Falmouth who are at least 60 years old. The Council on Aging provides assistance, information on available resources, health services, referrals to other community agencies, education and recreation programs and activities. There is a special emphasis in promoting Healthy Aging and Enhancing Quality of Life for Seniors.

### **SENIOR CENTER STAFF**

Jill Irving Bishop.....Director  
Kathy Barrett .....Outreach Coordinator  
Kathleen Coyne.....Administrative Asst.  
Linda Moniz.....Mini-Van Driver

### **COUNCIL ON AGING BOARD**

James Vieira .....Chairman  
Brenda Swain .....Vice Chairman  
Cynthia Barkley.....Member  
Joseph Clancy.....Member  
Susan Gallagher .....Member  
Patricia Mello.....Member  
Judith Rebello.....Member  
Susan Ripley.....Member  
Vacant.....Member

### **SENIOR CENTER WEATHER POLICY**

If the schools are closed due to weather, Senior Center activities, programs and VANGO bus transportation will be cancelled. The staff will still report to the Senior Center and be available by phone. If weather is severe enough for Town Hall to close, the Senior Center will also be closed.

### **EMERGENCY PREPAREDNESS**

Falmouth Town Hall: 508-548-7611  
Emergency Shelter: Falmouth High School  
Emergency Radio Station: WCIB, WQRC and WMVY  
Local Cable: FCTV Channel 13 & 15

**EMERGENCY CALL LIST:** If you would like your name to be placed on a call list in the event of an emergency or disaster in Town, please stop by the Senior Center to fill out an informational form. Anyone who is unable to come by to pick-up the form can call and ask that it be mailed to them.

**LIABILITY STATEMENT:** The Falmouth Senior Center offers many legal, financial, recreational, medical screenings or other services and/or activities by volunteer or nominal costs practitioners. Seniors participating in these services/activities do so with the understanding that the Falmouth Senior Center, the Falmouth Council on Aging, the Town of Falmouth or its long term care insurance information employees do not assume any legal or other responsibility for any advice or services rendered by such volunteer or nominal cost practitioners.