

Town of Harwich COUNCIL ON AGING NEWS



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

JULY/AUGUST 2018

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

NEW
**Monthly Mobile
DENTAL CLINIC**



Beginning Friday, August 24th, 10am-3pm

Preventative dental services are now being offered at the Harwich COA. Mobile Dental Hygiene Services is excited to offer dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to anyone with MassHealth Standard/Medicaid. They offer affordable rates for individuals without dental insurance. Mobile Dental Hygiene Services will be providing care the fourth Friday of the month at the Harwich COA. **Please call 508-827-6725 with any questions and to make an appointment.**

**SUPPER CLUB
With "CAPE HARMONY"**



Monday, August 6th, 5pm

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

Cape Harmony is Cape Cod's premiere a cappella group, comprised of 10 talented young women from all over the nation who come to Cape Cod during the summer to make music. Cape Harmony is a dynamic group and they have been featured on radio stations and on TV. **Call early as space is limited.** (See p. 11 for menu)

PRE-REGISTRATION IS REQUIRED

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

**Sponsored by the Friends
BEACH BUS**



The Friends will sponsor special rides to the Harwich beach this summer on their new mini-bus! Beach rides will be provided the mornings of July 10th and 24th, and August 7th and 21st. Riders will be dropped off at the beach for approximately 2 hours. **Please call Friends Mini-Bus Coordinator, Joan McCarty, at 508-648-9930 to schedule your ride.** Please leave a message is no one answers, we will get back to you!

**DIRECTOR'S DIALOG
Judi Wilson, COA Director**



We cannot change the direction of the wind, but we can change the direction of our sails. For this reason, we are making an important programming change. Beginning in July, due to inconsistent attendance and programming costs, we will only host Supper Club once a month. Supper Club will be held the first Monday of the month unless it is a holiday. We are working to make our Supper Clubs more special by trying new ideas. On the weeks we don't have Supper Club, we will serve lunch on Monday. You will need to call or stop into the COA office to sign-up for each monthly Supper Club as we will no longer have "standing reservations" to make sure our Chef can get an accurate meal count. If you need a ride, you will continue to call the Cranberry Coach to arrange your ride. We are having a very special Supper Club in August to kick-off our new schedule. On August 6th we'll be having a special "Summer BBQ Buffet" with all the fixin's featuring entertainment by the incredibly popular female A Capella group, Cape Harmony! You won't want to miss this!

Our very best wishes to Kevin Grunwald as he retires this summer and begins a new chapter of his life. He has done great work here at the COA and we will miss him!

INSIDE!

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

SPECIAL UPCOMING PROGRAMS

MEN'S MORNING

Men's Breakfast

Friday, July 13th , 9am

With special guests, Steve Englert and players and staff of the Harwich Mariners. The Cape Cod Baseball League has been the premier amateur baseball league in the nation since 1885, and this is one of our most popular breakfasts of the year.



Friday, August 10th, 9am

Featuring a photo presentation of our National Parks.

Men's Book Club

Friday, July 13th , 10am

For July we are reading two books: *The Enormous Egg* by Oliver Butterworth, and *A Confederacy of Dunces* by John Kennedy Toole. The books are available at Brooks Free Library, just ask at the desk for the COA Men's Book Group selection for the month.

Friday, August 10th, 10am

Featured book TBA at the July Book Club

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

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

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

Introduction to SAILING

Sponsored by

Pleasant Bay Community Boating



Friday, August 10th

PBCB has graciously offered the Harwich COA an opportunity to introduce sailing to seniors who have never had the opportunity to sail. We will take a small group over to beautiful Pleasant Bay for a couple of hours on the water with their instructors in the afternoon. If you have never explored our Cape Cod waters this way, consider taking advantage of this amazing opportunity!

Due to boat accessibility, participants must be ambulatory. This program is for Harwich residents only. All participants must sign a liability waiver. Transportation will be provided. Please call early as space is limited.

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

WOMEN'S BREAKFAST



Friday, July 27th, 9am

With special guest local historian, Don Wilding, who will speak on Henry Beston's book, *The Outermost House*. The presentation will cover how Beston's trail to Cape Cod began at the Battle of Verdun in World War I, how he tapped into the healing power of nature on Cape Cod's Outer Beach, and how it inspired legislators to establish the Cape Cod National Seashore.

Friday, August 24th, 9am

Program to be announced at July Women's Breakfast

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

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

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

DEVICE ADVICE



Technology Assistance (By Appointment)

Tuesday, July 17th, 9:15-10am

Tuesday, August 21st, 9:15-10am

"Device Advice" is your chance to sit down with someone from Brooks Free Library to answer basic questions about your personal device! Each appointment is 5-15 minutes long and is open to any type of device...iPad, eReader, iPhone, laptop, etc. "Device Advice" is perfect if you want an overview, need help downloading ebooks, or have a question about how to do something. This is not a device repair service, think of it as a friendly personal consultant here to provide free assistance.

DON'T LET ONE BITE CHANGE YOUR LIFE



Join Larry Dapsis, "Tick King of Cape Cod"

Monday- July 23rd @ 2 pm

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

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

COOKING CLASS

“Picnic on the Beach”

Thursday, July 19th, 4-7pm, Cost: \$15

What could be nicer than a picnic on the beach? In this class we'll make an Italian Tomato/Bread (Panzanella) salad, Banh Mi Sandwiches, Barley/Apricot salad, Asian Cole Slaw and Tropical Trifle. Please come prepared with at least two leftover containers and your appetite!



“Great Grilling”

Thursday, August 16th, 4-7pm, Cost: \$15

At your next cookout wow your guests with some new dishes! We'll start with stove-top smoke chicken skewers and then make stuffed burgers, oven sweet potato fries, grilled eggplant/olive and feta salad and end with chocolate macarons. Please bring two left-over containers.

PRE-REGISTRATION IS REQUIRED

Payment is required to register

Make checks payable to “Harwich COA”

Space is limited so stop in soon!



Our Chef Instructor is Kay Benaroch who has a Culinary Certificate from the Cambridge School of Culinary Arts and experience teaching recreational cooking classes. Her cooking classes are popular so register early!

HEALTHY FOR LIFE FITNESS

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

This new “walk-in” class promotes healthy aging through a program aimed at keeping your bodies moving. The “Healthy For Life” class is taught by certified fitness instructor, Debbie Benton, and is intended to complement our Balance Boosters class. Classes will focus on seated exercises to help maintain strength, range of motion, coordination, balance, and muscle tone. Classes will incorporate participants of differing abilities. Participants will use small equipment like resistance bands, medicine balls and small weights, and music will help keep the energy positive.



One participant recently said, “I can’t believe what a difference this class has already made in how I feel!”

BIG SCREEN MOVIE DAY



“A Dog’s Purpose” (Rating PG)

Tuesday, July 10th, 2pm



Based on the beloved bestselling book, A Dog’s Purpose, this film shares the heart-warming and uplifting story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love.

“Book Club” (Rating PG-13)

Tuesday, August 14th, 2pm



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

Light refreshments are served

No charge, but donations gladly accepted

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

NUTRITION NEWS

With Dr. Lauren Daniels



Wednesday, July 25th, 1:00-2:00pm

“Nutrition 101”! Dr. Daniels will be discussing food labels, macro nutrients, supplements, & an following an anti-inflammatory diet.

Wednesday, August 22nd, 1:00-2:00pm

Nutrition for Type-2 diabetes and how to manage this type of healthy cooking with a budget.

Dr. Daniels is sharing her passion with us to review healthy eating options, proper nutrition, and how to access healthy food. Healthy eating is important for all of us and you’re sure to learn something new.

PRE-REGISTRATION IS REQUIRED

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



REGULAR ACTIVITIES

FUN STUFF!

BRIDGE CLASSES

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

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

CRIBBAGE

Thursdays, 1pm

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

COMPUTER INTERNET ACCESS

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

MAH JONGG

Tuesdays, 9am-12pm

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

"BIG SCREEN" MOVIE DAY

2nd Tuesday of the month, 2pm

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

POOL & PING PONG

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

UKULELE CLUB

1st & 3rd Thursdays, 1-2:30pm

We had a short break in the class this spring, but our faithful leader Cathy Hatch is back! The ukulele is a 4-stringed instrument that is relatively easy to learn to play and a lot of fun in a group setting. This group for beginners. While there is no fee, donations to the instructor are appreciated. *Please call 508-430-7550 to pre-register so we know how many to plan for.*

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



COA FITNESS!

BALANCE BOOSTERS

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

Maintain balance & flexibility with 1 hour of stretching while safely seated in a chair using your own body and simple implements which are supplied. Feel great without getting winded and help reduce your fall risk! This class is led by Town Nurse, Susan Jusell. Please call the COA at 508-430-7550 to register as classes are quite full. Please be patient as we are looking to add classes.

DROP-IN WALKING CLUB

**Mondays, Tuesdays, & Thursday mornings
6-8:30am**

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

HEALTHY FOR LIFE

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

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

MINDFUL YOGA

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

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

SUPERFIT - *ON BREAK FOR SUMMER*

Wednesday & Friday mornings, 8:30-9:30am
WILL RESUME SEPTEMBER 5TH

SPAULDING PARKINSON'S PROGRAM - *ON BREAK FOR SUMMER*

Tuesday & Thursday mornings, 10-11:30am
WILL RESUME SEPTEMBER 11TH

For more information and cost information, please contact Heather Merrill at Spaulding at 508-240-7203.

SENIORFIT - *ON BREAK FOR SUMMER*

Wednesday & Friday mornings, 9:30-10:30am
WILL RESUME SEPTEMBER 5TH

WELLNESS PROGRAMS

AL-ANON

Fridays, 5:30-6:30pm

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

BLOOD PRESSURE/WELLNESS CLINIC

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

Have your BP checked with Town Nurse, Susan Jusell.

CLUTTERERS ANONYMOUS

Wednesdays, 9:30-10:30am

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

DIET & NUTRITION SUPPORT GROUP

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

This group offers support and strategies to lose and maintain your desired weight through understanding food labels and making health food choices.

FOOTCARE CLINICS

With Betty Brady - 7/13, 7/25, 8/1

With Janet Tinney - 7/20, 8/17

Trained nurses will provide a general assessment of your feet and will trim, file, clean and reduce thickening of nails, smooth corns & calluses and massage your feet. Appointments at the COA are \$35, and home visits are available for \$55. Please call the COA at 508-430-7550 to schedule your appointment.

HEARING SCREENINGS

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

HOME SAFETY ASSESSMENTS

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

LEGAL ASSISTANCE

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

MEDICAL EQUIPMENT LOANS

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

OVEREATERS ANONYMOUS

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

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

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

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

SIGHT LOSS SERVICES SUPPORT GROUP

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

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

SOCIAL SECURITY APPOINTMENTS

3rd Monday of each month

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

WELLNESS CLINIC

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

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

VETERAN'S ASSISTANCE

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

OUTREACH & HEALTH NEWS

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse



WELCOME SUMMER TIME!!!

For some of you, this is an opportunity to steal a few precious moments with your close friends & family as they retreat to the Cape for warm sunny days and a little R & R. For others, you may desire a little more peace & quiet and be looking forward to less traffic and cooler temperatures! Regardless of which you enjoy more... we all need to take a little better care of ourselves as the season changes.

The greatest challenge I see every year is for people to maintain adequate hydration when the muggy air creeps its way over the bridge. Some people are slightly dehydrated on a daily basis and for some drinking fluids is a challenge. People that conquer that battle are the ones who find a routine that fits into their day. If this is a challenge for you, give me a call we'll figure something out together.

Some medications cause an adverse reaction to the heat and sun, and you may not know of this risk factor unless you are paying close attention to your prescription bottles. Some topical medications, antibiotics, vitamins & herbs, and non-steroidal anti-inflammatory drugs are just a few to ask questions about. Please do not ignore signs of lightheadedness, headaches, nausea and weakness as these could all be signs that you are having a hard time regulating your body temperature.

Studies state that 10 minutes of exposure to the sun is enough to absorb your daily requirements of vitamin D. When is the right time to apply sun block? Before you leave your house apply sun block to your face that's safe for use near your eyes and apply it to exposed areas of your body. It's important to reapply it throughout the day especially if you're sweating or swimming.

Since the tick population is so dense this season we have asked Larry Dapsis, Entomologist from the Cape Cod cooperative Extension to visit our town in July and discuss with us tick borne disease control and prevention. This is very important information because just one tick bite can become life altering.

I wish you all a happy, healthy summer! Come to a Wellness Clinic if you'd like to touch base.

NOTES FROM THE OUTREACH OFFICE

Kevin Grunwald,
Social Service Coordinator



What I Learned at the Council on Aging:

When I moved to the Cape permanently five years ago I wasn't quite sure what the future held for me in terms of my career. I had worked primarily in human services' administration for the previous 25 years, but originally came into the field of Social Work because of a desire to work with and help people. My job here as the Social Service Coordinator helped me to rediscover that passion. As someone who believes in the concept of "life-long learning" I have been amazed at how much I have learned over the past five years here, and I wanted to share some of that with you as part of my farewell:

- **Everyone has a story:** Many of you are "washashores", which I don't take to be a derogatory term. What I have found to be remarkable are the stories that you have about how you got here, or for the natives, how you were able to stay on the Cape. I have been struck by the rich history and wealth of experience that resides within the members of this community. I have also found that our stories are often the crucial link that connect us to others in a meaningful way. Thank you for sharing them!
- **There's Always a "Next Chapter":** I have come to learn that life is lived in stages, and no matter how old you get there is always something that comes next. I am excited about some of the opportunities that await me as I retire from the COA, and look forward to finding out what's in store (*look for me at Truro Vineyards and Winery or rescuing seals and dolphins with IFAW!*).
- **Old Age Is Not for Sissies!** You've probably seen that bumper sticker, and most of you are intimately acquainted with what it means. No one gets to this point in life without experiencing a few bumps and bruises along the way, and some of those bumps are bigger than others. In my work here I have encountered individuals who have experienced terrible loss and difficulties in their lives, yet somehow they're still moving forward. I am so impressed by how many of you have dealt successfully with these challenges, and I think we have many role models among us to learn from.

Cont. p. 7

CAREGIVERS' CORNER

DEMENTIA CAREGIVING SUPPORT GROUP

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



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

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

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

OUTREACH NOTES

Continued from p. 6

- **Laughter Is Still the Best Medicine:** If you know anything about me you know that I love to laugh, and I am steadfast in my belief that I am the funniest person that I know. One of my favorite experiences at the COA has been to share that laughter with all of you, and many of you can give me a run for my money in the humor department. Thank you for listening to my corny jokes and my silly stories, even if you really didn't think that they were funny. Laughter does not get you through everything, but it helps.
- **The impact that we have on each other's life is remarkable, and not to be taken for granted:** The most important thing that an organization like the COA can do is to forge a connection with our senior residents and hopefully improve the quality of their lives in some meaningful way. We all live in communities, and the community that you are a part of here will sustain you through good times and bad. Cherish what you have.

So that's my somewhat self-indulgent and mawkish farewell message. I will miss you all and want to thank you from the bottom of my heart for what you've given to me in my short time here.

"Happy trails to you, until we meet again!"

ARE YOU A CAREGIVER IN NEED OF HELP?



For information about community resources available to help support you, please call the COA Social Services Coordinator at 508-430-7550.

GRANDPARENTS RAISING GRANDCHILDREN

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

SUPPORTIVE DAY PROGRAM

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

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

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

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

"There are only four kinds of people in the world, those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

Rosalynn Carter



100 OAK STREET, HARWICH, MASSACHUSETTS 02645

A MESSAGE FROM THE PRESIDENT

Jack Brown, President of the FHCOA

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

I ask you to give our new minibus a try this summer. From all accounts it is quite comfortable and handles well! Joan McCarty, doing a fine job as the Minibus Coordinator, leads this effort. We provide transportation on a fixed schedule for grocery shopping, (Shaw's), banking, pharmacy visits, post office, Cape Cod Mall visits, and so on. Give us a call for a ride. We know you will like it!

Our Board members have been holding fun activities to help you get folks out and meet and participate alongside their friends and neighbors. A recent example is the creative paper effort led by Linda Johnson. I had a chance to observe this fun and creative program and I saw some very interesting efforts!

Cont. next column

We hope to continue to work closely with the COA Director and her staff as they improve activities. We recently provided funds to partially support a new software program to increase efficiency in many areas of scheduling, volunteer tracking and so on.

With your support, FHCOA will continue to meet its mission. Please consider supporting Harwich Seniors by becoming a member of our dedicated non-profit organization. And I assure you, your Donations are always welcome!

FRIENDS BOARD:

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

FRIENDS MINI-BUS
Ready for Passengers!
508-648-9930



Friends Mini-Bus Coordinator: Joan McCarty

On Thursday afternoons we take riders to :

- ◆ TD Bank & Cape Cod Five
- ◆ Then to CVS & the Post Office
- ◆ Followed by Shaw's on Sisson Road
- ◆ Then home where we will help bring your groceries in.

Call before 5pm on Wednesday to make a reservation.

2018 FRIENDS OF HARWICH COA MEMBERSHIP

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

Member #1 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Donation: \$ _____

Member #2 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Donation: \$ _____

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

Please make checks payable to: Friends of the Harwich COA

Mail to: Friends of the HCOA, 100 Oak Street, Harwich, MA 02645

COMMUNITY CENTER NEWS

COMMUNITY CENTER ACTIVITIES

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

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

SPECIAL DATES

July

Beach Stickers and Dump Passes will be on sale until July 22nd here at the Community Center in Room 3

July 11th, 11am-5pm, Blood Drive, Cape Cod Health Care (parking lot)

July 11th, 6:30-9pm, Compassionate Friends

July 19th, 9am-5pm, Red Cross Blood Drive

July 21st, 8am-2pm, Sacrifice Art Sale

August

August 4th, 9am-1pm, Harwich Community Center's Annual Community Yard Sale at Brooks Park
Spaces available for \$20, Call 508-430-7568 for details
(in the event of rain, will be held in Community Center Gym)

August 8th, 6:30-9pm, Compassionate Friends

September 1st, 10am-4pm, Antique Show



**Community Center
BUILDING CLOSED:
Wednesday, July 4th**

REC. DEPT. ACTIVITIES FOR SENIORS

Senior Volleyball

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

Pickleball (*Harwich Residents Only*)

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

Men's Over 55 Basketball

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

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

MORE WELLNESS PROGRAMS AT THE COMMUNITY CENTER

New Zumba - Wednesdays, 5:30pm – 6:30pm

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

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

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

Insight Meditation Circle

Tuesdays, 7-8pm

Yoga

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

Pilates Plus Cardio

Thursdays, 5-6pm

Exercise Class with Jill

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

Mary Ann's Exercise

Tuesdays & Thursdays, 9-10am

Foot Fit - Perfecting Posture from the Bottom Up

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

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

Bit of Bliss Yoga

Mondays 5-6pm, Wednesdays 7-8pm

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

SHINE NEWS

The New Medicare Card



You may have heard that everyone on Medicare will be receive new Medicare cards with new identification numbers. Social Security numbers will no longer be used on Medicare cards to prevent identity theft. Instead, each Medicare beneficiary will receive their own unique Medicare number. If you are new to Medicare after April 2018, you may be issued one of these new cards. **Current Medicare beneficiaries in Massachusetts are scheduled to receive their cards starting in summer 2018.**

These cards are **FREE**. You do not need to do anything to receive the new Medicare card except to make sure the Social Security Administration has your correct address. Medicare will **NOT** call you to ask for information in order to send you the new card. Please do not be tricked into sharing your personal information.

Once you receive your new Medicare card, you can destroy the old one.

Don't hesitate to give us a call if you have any questions regarding your Medicare coverage or the new Medicare cards.

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

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

HARC MEMBERS NEEDED



The Harwich Accessibility Rights Committee (HARC) is looking for members. Their mission is to advise and guide the Town and the general public regarding issues of accessibility by the Americans with Disabilities Act. They are advocates for the disabled and assist the community with ADA compliance issues. HARC seeks grants, provides information for assistive devices and services, and conducts projects to benefit the disabled community. They meet in the small conference room at Town Hall on the 4th Thursday of the month at 6:30pm. For more information contact the Town Administrator's Office at 508-430-7513.

HOT WEATHER SAFETY



When the temperature climbs near 90 degrees, older adults need to be proactive and take precautions.

- Stay out of the sun if possible.
- Air conditioning is your friend.
- Stay hydrated. Drink plenty of cool water and other liquids without caffeine or alcohol.
- Dress appropriately. Wear loose, light-colored clothing.
- Use broad spectrum sunscreen.
- Cool down. Place a cool, wet washcloth on your neck or wrist or take a tepid bath or shower.

FREE FUN FRIDAYS



"Free Fun Fridays" offers visitors no-cost admission to many of the most treasured cultural venues in Massachusetts on select Fridays during the summer months. It is underwritten by the Highland Street Foundation. In addition to Boston museums, many Cape museums are participating including Heritage Museums & Gardens, Cahoon Museum, Chatham Shark Center, JFK Hyannis Museum, Sandwich Glass Museum, and Cape Cod Maritime Museum. You can find the schedule and all the details at: www.highlandstreet.org

LOWER CAPE COMMUNITY HOUSING

The mission of Lower Cape Community Housing is to provide affordable housing for adults with disabilities who can live independently. Interested community members and those with adult children with disabilities are encouraged to get involved in the program or fundraising efforts. For information contact Jeff at 774-237-0696 or locantorejeff1985@gmail.com. The group meets at the Community Center in Harwich on the 4th Thursday of each month.



SENIOR DINING



Senior Dining Lunches

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

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

Supper Club

Come join us for a traditional supper on the first Monday of the month at 5pm. Meal includes a home-cooked dinner, dessert and special entertainment! **July 2nd: "Sinatra in the Summer"** with a traditional summer ham & bean supper. **August 6th: "Cape Harmony"** with a summer BBQ buffet. The cost is \$5 for residents and \$6 for non-residents. **Reservations are required by 11am the Friday before by calling the COA at 508-430-7550.** Also, please call to cancel by 1pm on the day of the meal if necessary.

NUTRITIONAL SUPPORT PROGRAMS



Brown Bag Food Program

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

MEALS ON WHEELS

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

S.N.A.P.

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

MENU

Supper Club Menu

- Mon 7/2 Traditional Summer Ham & Bean Supper
With Potato Salad & Brown Bread
- Mon 8/6 Summer BBQ Buffet with All the Fixins!

Senior Dining Lunch Menu

July

- Tue 7/3 Clam Cakes & "Chowdah"
- Thu 7/5 Taco Boat with Rice
- Fri 7/6 Roast Beef Sandwich & Fries
- Mon 7/9 Chicken Cordon Blue, Rice & Veggie
- Tues 7/10 Grilled Chicken Caesar Salad & Roll
- Wed 7/11 French Burger with Slaw & Chips
- Thu 7/12 Swedish Meatballs with Egg Noodles & Veggie
- Mon 7/16 American Chop Suey & Veggie
- Tue 7/17 Baked Fish, Potato & Veggie
- Wed 7/18 Chili Bowl with Corn Bread
- Thu 7/19 Grilled Cheese & Soup
- Fri 7/20 Stuffed Manicotti with Salad & Garlic Bread
- Mon 7/23 Pizza & Salad
- Tue 7/24 Oriental Beef with Mixed Veggies & Rice
- Wed 7/25 Stuffed Peppers & Salad
- Thu 7/26 Tuna Melt with Slaw & Chips
- Mon 7/30 Chicken Parmesan with Ziti
- Tue 7/31 Chicken Salad Roll with Salad

August

- Wed 8/1 Meat Loaf with Potatoes & Veggie
- Thu 8/2 Sloppy Joes with Slaw & Chips
- Fri 8/3 Bubba Burger & Chips
- Tue 8/7 Macaroni & Cheese with Salad
- Wed 8/8 Roast Beef Club Sandwich with French Fries
- Thu 8/9 Pizza & Salad
- Mon 8/13 Pasta with Italian Sausage & Salad
- Tue 8/14 BLT with Soup & Chips
- Wed 8/15 Chicken Pot Pie
- Thu 8/16 Beef Fajita Bowl with Rice
- Fri 8/17 Gilled Salmon with Rice & Veggie
- Mon 8/20 Fried Chicken with Mashed Potatoes & Veggie
- Tue 8/21 Ham & Swiss Sandwich with Soup & Chips
- Wed 8/22 "Super Salad" with Crabmeat
- Thu 8/23 Grilled Cheese & Bacon with Chips
- Mon 8/27 Salisbury Steak with Potatoes & Veggie
- Tues 8/28 Fish Sandwich with French Fries & Slaw
- Wed 8/29 Hot Dog with Chips
- Thu 8/30 Open Hot Chicken Sandwich with Potato & Veggie
- Fri 8/31 Pizza & Salad

VOLUNTEER SPOTLIGHT



VOLUNTEER SPOTLIGHT



Janice Bernabeo, Medical Driver

Janice Bernabeo retired after 24 years at Russell Stover Candies. A graduate of Simmons College, she previously volunteered as a driver at the Foxboro Senior Center's "Fish" program. Janice is always eager to help with medical rides and has been a welcome addition to the Harwich COA. Thank you for your service Janice!

OUR NEWEST VOLUNTEERS



- ◆ **Barbara & Les Parmalee:**
Volunteered to assist in our food delivery program
- ◆ **Doris Holyst-DeSaulnier:**
Volunteered for the dining program
- ◆ **Charlie Corkum:**
A warm welcome back to longtime medical driver volunteer Charlie Corkum

A warm welcome to you!

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

*"What is the essence of life?
To serve others and to do good."
-Aristotle*

CURRENT VOLUNTEER NEEDS

**Rick Anderson,
Volunteer Coordinator**



We wish to express our sincerest gratitude to all the amazing volunteers who help the Harwich COA and the senior community here in Harwich in so many ways. Each of you bring light into the hearts and homes of so many. If you would like to learn more about these meaningful COA volunteer opportunities, please call Rick at 508-430-7550.

GREETER

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

DINING ROOM AIDE

Help set-up, serve and clean up for our meal programs. Volunteers even receive a free meal.

FOOD DELIVERY

Volunteers help in either packing or delivering food for our Brown Bag Food program which happens the morning of the first Friday of each month.

MEDICAL DRIVER

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

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

WHY VOLUNTEER? *It's Patriotic!*

The commitment to volunteerism has been a hallmark of American civic life since the country's founding. It was Benjamin Franklin who formed the first volunteer fire department in 1736, and some of the most well-known American charitable organizations, such as the YMCA and the American Red Cross, were founded in the 19th century. Not only does volunteering allow people to help others through direct action, but it fosters an incredible sense of community as well.

TRANSPORTATION INFORMATION

CRANBERRY COACH



COA Transportation Services

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

Cranberry Coach Weekly Schedule

Mondays	COA Lunch, Special Trips & Supper Club
Tuesdays	COA Lunch & Programs Shaws in the afternoon
Wednesdays	COA Lunch & Programs Stop & Shop in the afternoon
Thursdays	COA Lunch & Programs Stop & Shop and Harwich Food Pantry
Fridays	COA Lunch & Programs & Errands around Harwich, including the library

Monday Trips

The Cranberry Coach departs for these trips mid-Monday mornings on the first Monday of the month, and just after lunch on other Mondays. Trips involve a stop for lunch or dinner, and typically last 4-6 hours.

Mon. 7/2	Hyannis Shopping/Errands
Mon. 7/9	Market Basket
Mon. 7/16	Dennis & Dennisport Shopping/Errands/ Movies
Mon. 7/23	Orleans Shopping
Mon. 7/30	Route 6A from Barnstable to Brewster
Mon. 8/6	Hyannis Shopping/Errands
Mon. 8/13	Market Basket
Mon. 8/20	Local Thrift Shops
Mon. 8/27	Dennis & Dennisport Shopping/Errands/ Movies

Please call 508-241-1566 by Friday at noon to reserve your ride for the following Monday.

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

FRIENDS MINI-BUS (508-648-9930)

On Thursday afternoons we take riders to:

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

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

COA VOLUNTEER MEDICAL RIDES

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

- Ride requests should be made by calling the COA at 508-430-7550 Monday-Friday, between 9am-2pm. We cannot be responsible for requests left on voicemail. ***NO FRIDAY RIDES TO HYANNIS BETWEEN MEMORIAL DAY AND LABOR DAY.***
- No extra riders are permitted unless required due to disability.
- We are unable to provide ongoing rides for medical therapy.
- A stop to a pharmacy after your medical appt. is at the discretion of the volunteer driver.
- You may not request any additional stops during your ride.
- Limit of 3 volunteer rides per month.
- Please provide a cash donation to your driver:
 - \$5 for rides to Harwich, Chatham, Orleans, Brewster and Dennis
 - \$15 for rides to Hyannis, Yarmouth and Wellfleet.

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

COMMUNITY TRANSPORTATION RESOURCES

DART

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

H2O





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

Boston Hospital Transportation

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



July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic 5:00 Supper Club "Sinatra in the Summer"</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 11:30 Lunch 1:00 Legal Appts.</p>	<p>CLOSED Independence Day </p>	<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club</p>	<p>*Brown Bag Distrib. 6 9:00 Mindful Yoga 9:00 SHINE Appts. 10:30 Healthy for Life Fitness Class 11:30 Lunch</p>
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 11:30 Lunch 2:00 Big Screen Movie</p>	<p>9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Fitness Class 11:30 Lunch</p>	<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage</p>	<p>*NO Lunch 13 8:30 Footcare w/ Betty 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Men's Breakfast 10:00 Men's Book Club 10:30 Healthy for Life Fitness Class</p>
<p>6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 9:15 Device Advice 11:30 Lunch</p>	<p>9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Fitness Class 10:30 Dementia Caregiving Support 11:30 Lunch</p>	<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 4:00 Cooking Class: "Picnic on the Beach"</p>	<p>9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 10:30 Healthy for Life Fitness Class 11:30 Lunch 20</p>
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 11:30 Lunch</p>	<p>8:30 Footcare with Betty 9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 NO Healthy for Life Class 11:30 Lunch 1:00 Legal Appts. 1:00 Nutrition Program with Dr. Lauren Daniels</p>	<p>6:00 Drop-in Walking Club 10:00 NO Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 26</p>	<p>*NO Lunch 27 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 10:30 NO Healthy for Life Class</p>
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 11:30 Lunch</p>	<p> "May the sun in his course visit no land more free, more happy, more lovely, than this our own country!"  - Daniel Webster</p>	<p></p>	



August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Then followed that beautiful season....Summer... Filled was the air with a dreamy and magical light; and the landscape Lay as if new created in all the freshness of childhood.</p> <p>- <i>Henry Wadsworth Longfellow</i></p>	<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic 5:00 Supper Club "Cape Harmony"</p>	<p>8:30 Footcare with Betty 9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 NO Healthy for Life Class 10:30 Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts.</p>	<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club</p>	<p>*Brown Bag Distrib. 9:00 Mindful Yoga 9:00 SHINE Appts. 10:30 Healthy for Life Fitness Class 11:30 Lunch</p>
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic 5:00 Supper Club "Cape Harmony"</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 11:30 Lunch 1:00 Legal Appts.</p>	<p>9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Fitness Class 11:30 Lunch</p>	<p>6:00 Drop-in Walking Club 10:00 NO Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage</p>	<p>*NO Lunch 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Men's Breakfast 10:00 Men's Book Club 10:30 Healthy for Life Fitness Class</p>
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 11:30 Lunch 2:00 Big Screen Movie</p>	<p>9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Fitness Class 10:30 Dementia Caregiving Support 11:30 Lunch</p>	<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club 4:00 Cooking Class: "Great Grilling"</p>	<p>9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 10:30 Healthy for Life Fitness Class 11:30 Lunch</p>
<p>6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 9:15 Device Advice 11:30 Lunch</p>	<p>9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Fitness Class 11:30 Lunch 1:00 Legal Appts. 1:00 Nutrition Program with Dr. Lauren Daniels</p>	<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage</p>	<p>*NO Lunch 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 10:00 Dental Clinic 10:30 Healthy for Life Fitness Class</p>
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anon. 4:30 BP Clinic</p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 11:30 Lunch</p>	<p>9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Fitness Class 11:30 Lunch</p>	<p>6:00 Drop-in Walking Club 10:00 NO Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage</p>	<p>9:00 Mindful Yoga 9:00 SHINE Appts. 10:30 Healthy for Life Fitness Class 11:30 Lunch</p>

HARWICH COUNCIL ON AGING
100 Oak Street
Harwich, MA 02645

PRE-SORTED
STANDARD
U.S. POSTAGE PAID
PROVIDENCE, R.I.
PERMIT NO. PI 2475



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

HARWICH COUNCIL ON AGING

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

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

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

Staff Contacts

Director: Judi Wilson
Town Nurse: Susan Jusell
Social Service Coord: Kevin Grunwald
Volunteer Coord: Rick Anderson
Executive Asst: Marie Carlson
Chef: Linda St Pierre
Van Drivers: Gerry Golia, Dick Rogers
..... & Kathy Skipper

COA BOARD:

Richard Waystack, Chair
Lee Culver, Vice Chair
Angelina Chilaka
Joan Felahi
Joanne Lepore
James Mangan
Ralph Smith
Carol Thayer

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

COA Disclaimer

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