

EASTHAM SENIOR CENTER

WINDMILL WHISPERINGS

“Grist for Thought”

January-February 2017 Issue



IN THE SPOTLIGHT

The early 1980's was a very special time for the Town of Eastham. A large influx of new retirees, used to volunteering, was looking for a cause to get behind. Shortly after being hired as the first Director in January of 1980, our COA office was moved from the current Fairway Restaurant to the dreary basement of the old Town Hall. With the boiler separating the office from the craft space and long flights of stairs to access, the cause had been identified. The notion of a Senior Center built with private funds began to take form.

As my secretary and I began offering a variety of classes and congregate luncheons in the space we had, the building committee began the enormous task of raising the \$300,000 necessary for construction. What a wonderful legacy these dedicated seniors left for those of you who have followed.

Construction of the Center began in 1985; at the same time we began the first social Adult Day Program on the Cape drawing from the seven Lower and Outer Cape towns. *The Gathering Place* is still in operation today.

In May of 1987, we began our operations in earnest in our new building. Thirty years later, we are still meeting the needs of Eastham seniors. It has been a “long ride”, with just a few of us left who have witnessed the entire journey. I bid adieu to all of you now, as the Director's position will become full-time at the beginning of the year. Without you, my job could not have been done. Thank you from the bottom of my heart.

Sandy

FECOIA THRIFT SHOP

The FECOIA Thrift Shop is located at 580 Massasoit Road. The building was constructed by Arthur Cobb as a grocery and general store. Samuel Brackett bought the building with his brother and continued to run the business. It was then sold to George and Marie Morse, who turned it into “The Mitten Factory”. A live monkey acted as the store mascot.

In the early 1970s, Virginia and Donald Delaney purchased the property to run an antique store. In 1984, they generously donated use of the 1st floor to the FECOIA to run a Thrift Shop. Ardeth Sander and Jeanne Berkins developed the idea for a Thrift Shop to raise a portion of the funds needed for the construction of the current Eastham Senior Center. The Thrift Shop remains an integral part of raising revenue for the FECOIA, which in turn benefits the Senior Center.

To volunteer, call 508.255.0264. A big thank you to all our current volunteers who work so hard to keep the shop running (closed for the month of January for cleaning).

JUST WHAT IS THE FECOIA?

Very briefly, it is an organization to provide manpower and money to help the Eastham Council on Aging expand its programs for older residents. The Council on Aging is a Town Department whose yearly budget is voted by the taxpayers. For any extra expenses not allocated in the budget, the FECOIA steps in to provide the manpower or money to satisfy the shortfall.

WHERE DO YOU COME IN?

“The Friends” need both volunteers and money. Anyone of any age can become a member (\$5 for individuals, \$25 for lifetime). You may make donations to “The Friends” (tax-deductible), and help in such fund-raising activities as the ingenuity of you and other members will suggest (see back of newsletter for membership form).

UPCOMING PROGRAMS

GAME DAY

Friday, January 20th 10:30 am

Join us for a fun day of games and lunch! Enjoy playing your favorite games with friends while you nosh on a cup of soup, a sandwich, beverage and dessert! All this for just \$2.00! Games start at 10:30 AM, and lunch will be served at 11:30 AM. RSVP required. For reservations call 508.255.6164.

SPELLING BEE WITH 5TH GRADERS

Friday, February 3rd 10:30 AM

Join us for our annual Spelling Bee with combined teams of Eastham Elementary School 5th graders and Eastham Seniors! **WE NEED AT LEAST 15 VOLUNTEERS TO REPRESENT THE CENTER. TO VOLUNTEER PLEASE CALL 508.255.6164.** We will even provide you with a list of words ahead of time!

MUSICAL PROGRAM TO HONOR OUR BOSTON POST CANE RECIPIENT

February 17th 10:30 AM

Join us for a celebration in honor of our Boston Post Cane recipient, Edna Dibble who turns 100 in January! We will honor Edna with delicious food and a musical performance by Julie Charland. Following the program, we will serve clam chowder, dessert and beverages. Cost is just \$2.00. RSVP to 508.255.6164.

HEATHER BAILEY COOKING CLASSES

Cost is \$5 per class. RSVP to 508.255.6164.

January 11th Boost Your Immunity 9:00 am

Learn what foods are best to help boost your immune system to protect you from colds/flu and help with other illness such as asthma, allergies and even cancer.

February 8th Winter Soups & Stews 9:00 am

The cooler weather makes us crave the comfort of soups and stews! Learn how to make delicious simple and healthy ones that celebrate the seasons'. This is also a great small meal option and it is easy to digest.

WICKED GOOD LUNCH & BINGO!

January 25th /Hearty Beef Stew & Corn Bread

February 22nd /American Chop Suey & Salad

12:00 pm Lunch 12:30 pm Bingo

Join us after Sit & Be Fit" class, for just \$3 enjoy an entrée, beverage & dessert! In January enjoy an entrée of hearty beef stew and corn bread. In February enjoy homemade American Chop Suey and salad for your entrée. For more information or to RSVP please call, 508.255.6164. If you plan on just playing Bingo, then there is no need to RSVP, just stop by for a game or two!

UPCOMING TRIPS

DAY TRIPS

CAPE COD REGIONAL TECHNICAL HIGH SCHOOL

In 2017 we will try to offer more day trips. One of our first trips will be to the Cape Tech in Harwich. We will offer a van to its Hidden Cove Restaurant where the Culinary Arts students offer a daily a la carte menu with soups and salads along with a variety of entrées, sandwiches, and desserts. The menu changes daily so patrons can enjoy a culinary feast every day. Also, available are delicious desserts from the pastry and baking kitchen. These baked goods are also available in the bakery case to take home. The food is prepared and served by the students in the culinary program at the school. The Hidden Cove hours are Tuesday through Friday 11:30 am to 12:30 pm. If there is enough interest we will choose a day and head up for lunch!

We would also like to offer our members a ride back to the Cape Tech in Harwich to visit its beauty salon. The school offers visitors (by appointment) the opportunity to receive a beauty service such as a haircut, manicure, pedicure or other beauty service for a fraction of the salon price. The school is able to offer this service as part of its cosmetology program curriculum. Each student must complete a certain amount of hours to complete the program and are able to do so through the working salon. Upon completion of the required number of hours the student will be eligible to take the State Board licensing exam.

EASTHAM PUBLIC LIBRARY

Another trip we would like to offer is a visit to our new library! The library officially opened its doors on Tuesday, November 15, 2016. It has lots of windows and light with many areas for reading comfortably with a view. We are excited that the new library is now open and would like for each of you to experience it for yourself. We will offer rides once a month to visit the library. If there is a greater demand for visits we will increase rides to more than once a month.

We hope that some of you will show an interest in some of the above day trips. If you have suggestions for other day trip destinations, please don't hesitate to let us know. We would like to offer a variety of destinations and welcome your feedback. The cost for the ride to Cape Tech in Harwich will be \$5 per person. The ride to the library will be no charge. Other destination charges will be determined by the distance. For more information or to RSVP, please call 508.255.6164. Thank you to Cindy Dunham for organizing this!

THINGS TO DO & HELP YOU

TO SIGN UP CALL 508.255.6164

INTERNET/COMPUTERS AVAILABLE

We have a free computer center open weekdays from 8:00-3:30. Computer classes are Tuesdays at 1:00 pm. We are looking for donations for homebound seniors that can't afford a computer. To donate, call 508.255.6164.

CRAFT & COLORING CLUB

1st & 3rd Wednesday 1:15 pm

Join us anytime! We have materials to color, but please bring your own materials for other projects.

MAH JONGG

Mondays & Wednesdays 12:30 pm

Are you an avid Mah Jongg player? Bring your tiles and join us for a fun afternoon. Call ahead for game details.

OPEN BRIDGE

Thursdays 12:30 pm

Are you an experienced player? Join us for a game!

RUMMIKUB

Fridays 1:00 pm

Stop by for Rummikub on Fridays at 1:00 pm.

RUG HOOKERS

Mondays 9:30 am

Bring your project and join us for a rug hooking session.

SIGHT LOSS SUPPORT GROUP

2nd Thursday 10:00 am

January 12th & February 9th

Rides are available. To register, please call 508.394.3904.

YARN CLUB

Mondays 2:00 pm

Do you knit? Crochet? Meet new people while you make beautiful things. Experts and beginners welcome.

STROKE SUPPORT GROUP

January 10th & February 14th 2:30 pm

Join us the 2nd Tuesday of the month for our "Stroke Support". Discover how helpful it can be to share information with others. Care and be cared for in a supportive group. Make new friends! For more information, call 508.255.6164.

ELDER LAW ATTORNEY

January 25th & February 22nd

To schedule an appointment with our pro bono Elder Law Attorney, Tom Kosman, call 508.255.6164.

EZ PASS

The Massachusetts Department of Transportation (MassDOT) tolls are all electronically operated. If you do not have an electronic transponder the MassDOT will mail you a bill. If you would like to receive a transponder visit www.ezdrivema.com or call (877) 627-7745.

THINGS TO DO & HELP YOU

AARP TAX AIDE

AARP will offer tax preparation services at the Senior Center by appointment only. Appointments are offered on a first-come, first-served basis and will run from February 10th through the 2nd week of April. For an appointment, please call 508.255.6164.

SCAM WARNING

The IRS warns consumers to guard against scam phone calls from thieves intent on stealing your money or identity. Recently there has been a call claiming the IRS is filing a law suit against you. **THIS IS A SCAM!** The IRS **will not**:

- Call you if you owe taxes without first sending you a bill in the mail.
- Demand that you pay taxes and not allow you to question or appeal the amount you owe.
- Require that you pay your taxes a certain way over the phone. For instance, payment with a debit/credit card.
- Threaten to bring in police or other agencies to arrest you for not paying.

VOLUNTEERS

TO VOLUNTEER CALL 508.255.6164

FECOIA TRIP COORDINATOR WANTED

We are still looking for an FECOIA trip coordinator. This program is a fundraiser to help fund various programs at the Senior Center. If you can help, please call Pat Lariviere at 508.255.9896, or the Senior Center.

WINTER VOLUNTEERS NEEDED

Are you a year-round Eastham resident? Are you looking for a way to give back to the community? Join us and become an Eastham Senior Center volunteer! We need help all year, but specifically in the cooler months since many of our volunteers are away for the winter. We have many opportunities...front desk coverage for our secretary when she is away, bi-monthly newsletter mailing, servers/cooks for special Friday programs, Day Center volunteers, food deliveries, medical appointment rides and more! To volunteer, call us at 508.255.6164 or stop by the Senior Center to see how you might be able to help.

FECOIA THRIFT SHOP

The FECOIA Thrift Shop really needs your help! The shop is looking for volunteers beginning in February and all year long. The shop has everything you are looking for and more! Call the Senior Center at 508.255.6164 or the shop at 508.255.0264 (note, the shop is closed the month of January for cleaning).

SENIOR CENTER NEWS & ASSISTANCE

FUEL ASSISTANCE APPLICATIONS

For those of you who received a Fuel Assistance recertification form in the mail, if you haven't already please call for an appointment! The program runs November 1- April 2017; you want to be covered from the beginning. For those of you new to Fuel Assistance, applications are available at the Center.

SNOW REMOVAL HELP

If you are a year-round resident and do not have a regular snow removal person, please arrange for one now. Below is a list of some local plowers:*

- Earthtenders, 508.255.4077
- Grass Roots Landscaping, 508.255.3500, Jake
- M.A. Frazier, 508.349.7969
- NC Painting Inc., 774.353.8773, Nelio
- Ponderosa, 508.255.4773, Scott ext. 20
- Ted Skiba, 508.237.4108

**As a matter of public record, we make available this list of contractors who provide snowplowing services. This office does not endorse or recommend provider services. Services are offered on a first-come, first-served basis.*

INCLEMENT WEATHER POLICY

When Nauset Public Schools are closed, Senior Center activities, medical transportation and *The Gathering Place* program are all cancelled. However, the staff will be working and available to assist you. If the Eastham Town Hall is closed, the Senior Center will not be open.

DRIVER'S LICENSE RENEWAL

The Massachusetts Registry of Motor Vehicle seeks to decrease wait times at registry branches by encouraging the use of online transactions in community offices. If you need to renew your license you may be able to do so online at <https://www.massrmv.com/> or at your local AAA branch in Dennis. If you need assistance please call the Senior Center at 508.255.6164.

MEDICAL TRANSPORTATION

Medical transportation, follow the below minimum payment schedule. However, for those that may afford a little more, donations are appreciated. Call for off-Cape pricing. Please book your appointments at least one week prior.

Eastham/Brewster line/Orleans/Wellfleet	\$5.00
Brewster/Chatham/Harwich	\$8.00
Dennis/Hyannis/Provincetown/Yarmouth	\$10.00
Centerville/Marston Mills	\$15.00
Bourne/Sandwich	\$25.00
Falmouth/Mashpee	\$35.00

WHAT? YOU HAVEN'T DONE IT YET!

- If 1952 is your birth year, you will be 65 this year. That is the magic age for qualifying for Medicare, if you have worked under the Social Security system! Many of you may not be collecting Social Security at this time. If that is the case, you must notify Social Security three months prior to your birthday to sign up for Medicare (Hyannis office is 866.467.0440, Regional office 800.772.1213 or online at www.ssa.gov.) Are you currently employed and covered under an employer plan? Then you only need to sign up for Medicare Part A — *free to you*.
- File a Declaration of Homestead for your primary residence. Upon filing, your home is protected against attachment, levy on execution or sale to satisfy debts to the extent of \$500,000 if single or \$1,000,000 if married and over 62 years of age.
- Be sure that you have a will and a durable power of attorney in place. The power of attorney should include a guardianship and a conservatorship clause.
- Health Care Proxy forms and HIPAA Authorization forms are available in the office. Every person over the age of 18 should execute these forms.
- Tess McAlpine, a trained SHINE counselor, is available on Fridays. Feel free to call the office for an appointment – they will simplify your healthcare choices, decisions, and questions.
- **Check your driver's license. When does it expire?** The Registry will no longer notify you that it is time to renew. Many transactions, including renewing your license (if not done the last renewal date), can be done online or at the AAA office in South Dennis.

2016 MEDICARE RATES/DEDUCTIBLES

Medicare Premium Amounts

Part A: Free (for most persons)

Part B: \$134.00 for most*

Part D (RX): Range \$14.60-\$127.60/month*

**Higher if income > \$85,000 single; \$170,000 married*

Medicare Deductibles and Coinsurance Amounts

Part A (Hospital): \$1316 deductible per benefit period
(60 days between services)

Nursing Facility: \$164.50 a day for the 21st-100th day
each benefit period

Part B (Medical): \$183 per year deductible
20% co-insurance after deductible

Foreign Travel: Medicare pays nothing

MEDICAL EQUIPMENT

We have medical equipment available for loan. We ask that you return it clean and in good shape. We welcome medical equipment donations, and ask that the items are cleaned and useable before you donate them to the Center. We appreciate your cooperation and generosity.

TOWN OFFERINGS

EASTHAM FIRE DEPARTMENT

508.255.2324

The Eastham Fire Department would be happy to help you with any of the following:

- Perform a home safety visit (please schedule during non-summer months)
- Request a Lockbox for your home. Your key is placed inside the Lockbox. In case of an emergency, the Fire and Rescue Team can access your home. There is a small fee for a Lockbox.
- Change batteries in smoke detectors
- Put up house numbers so that emergency vehicles can locate your home easily.

EASTHAM POLICE DEPARTMENT

508.255.0551

CHILD CAR SEAT INSTALLATION

Officer Josh Adams of the Eastham Police Department is a certified Child Passenger Safety (CPS) Technician. He has completed an extensive course that has certified him in installing child car seats and restraints. Officer Adams is available to:

- Properly install and check installation of previously installed car seats.
- Check for expirations on car seats.
- Check for product recalls due to product defects.
- Supply information on what car seat/restraint system best fits the child and make sure the child is in the seat properly.
- Provide educational support to the child's caregiver so they can confidently install and reinstall car seats and booster seats on their own.

To schedule an appointment with Officer Adams contact him at the station at 508-255-0551, or email him at jadams@eastham-ma.gov. Child safety seats save lives. Let's make sure your grandchildren are safe and secure when riding in your vehicle!

REASSURANCE LINE

Do you or a loved one live alone? Consider the Reassurance Program to check in with someone daily. For more information call Cindy at 508.240.2327.

TRIAD-NEIGHBORHOOD WATCH

Meetings are held on the 1st Tuesday in the months of March, June, September and December. For information or to volunteer, call Officer Adams at 508.255.0551.

TOWN OFFERINGS

PUBLIC LIBRARY

508.240.5950

The new library located at 190 Samoset Road is open! The Senior Center will offer rides! Please call us for more details at 508.255.6164. Below are some offerings at the library. For schedule information log onto www.easthamlibrary.org or call 508.240.5950.

- Formal dedication of the new Eastham Public Library for 11:00 am on Saturday, February 4th. There will be a week-long celebration for all ages which will include music, author visits and more. The week will culminate with the first program of the 2017 One Book One Town, "Being Moral".
- On February 13th at 4:30 pm, the Library is working with Nauset Neighbors to host a simulcast from the Boston Public Library talk about the importance of aging in place and more with a focus on Gawande's book "Being Mortal". Partnerships with many community groups will be developed to create a series of programs.

RECREATION & BEACH DEPARTMENT

508.240.5974

We know that many of you grandparents are very active in your grandchildren's lives. Below are a few of the offerings. To register for any of the programs please call the Recreation and Beach Department at 508.240.5974.

INDOOR TENNIS

This program is offered to children in grades 2nd-5th. The program runs from January 10th-February 14th every Tuesday from 2:30-3:30 pm. The cost is \$75 per participant and is offered on a first-come, first-served basis. Students should bring their own tennis racquet (or one will be provided).

DRAMA WORKSHOPS

This program will offer two sets of workshops tailored to meet the appropriate age group. The program will run every Thursday & Friday from January 12th-February 17th at the Senior Center. The first session will be offered for grades 3rd-5th from 3:30-5:00 pm. The second session will be offered for grades K-2nd from 5:00-6:30 pm. The cost is \$40 per participant and is offered on a first-come, first-served basis. The instructor, Lynne Johnson has over 30 years of experience in drama. On the final day of class there will be a short performance for families and friends.

HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each contain the same five letters in different order.

A NEW YEAR'S TOAST

In his doorway Janus stands,
a _____ look on both his faces.
“Get a _____ glass!” he demands,
“for I have two drinking places.”
“What, no champagne?” Janus cries.
Well, bring a _____, double size!”

THE UNHAPPY GOLD MINER

The solution to last issue's puzzle *The Unhappy Gold Miner* is: A gold miner's life is full of strife, a shovel tight in his **fi**st./ The ground is tough and hard to **si**ft./ And the hot sun gives him **fi**ts./

The following people had the correct answers: Henriette Camp, Pat Carroll, Jerry Hequembourg & Jean Snow.

OUTREACH NEWS

HAPPY NEW YEAR!

Cindy Dunham LPN, 508.240.2327

Wow, the New Year has arrived after such a busy 2016! We had our share of excitement for sure with the elections over, the “changing of the guard” upon us, we are certainly looking forward to this New Year, a blank slate, ready for anything! Now we'll settle in for the thick of the winter, which we New Englanders manage quite well. I enjoy seeing a blanket of snow occasionally when I wake up in the morning, birds at our feeders, and some small animals scurrying about in the yard. But we do know there can be issues when snow arrives...this leads to the question we must ultimately ask ourselves, am I prepared? Is the oil tank full? Do I have a person to shovel or plow? If I lose power, do I have flashlights, candles, non perishable foods and other needed items?

Our Senior Center personnel are here if you need any help. We especially want you to be aware that we have Fuel Assistance Applications here. In addition we have SNAP applications to help you get food. All are welcome to fill out applications, but we ask that you call and make an appointment.

For convenience sake, we have a dry goods pantry on premises. We feel that no one should go hungry or be cold and we'll work hard to help you!

BLOOD PRESSURE READINGS DAILY

Available during business hours. Please call ahead to confirm Cindy is available, 508.240.2327.

MOVIE FRIDAY 12:30 PM

Fridays, January 6th, 27th and February 10th

Enjoy a movie and treat yourself to delicious snacks!

OUTREACH PROGRAMS

WICKED GOOD LUNCH & BINGO

12:00 pm Lunch

12:30 pm Bingo

January 25th / Beef Stew & Corn Bread

February 22nd / American Chop Suey & Salad

After “Sit & Be Fit” class, for just \$3 enjoy an entrée, dessert & beverage! We will also play bingo after lunch. To RSVP call 508.255.6164.

MEMORY ISSUES PROGRAM 11:00 am

January 13th

Maureen Bradley from the Royal Health Group presents: learning how to recognize signs of a memory issue, and what strategies you might undertake to handle certain situations.

RMV TRAINING SESSIONS 11:00 am

January 27th

RMV Near Me Training Session presented by Michele Ellicks from the Registry of Motor Vehicles.

TOOLS FOR CAREGIVERS 11:00 am

February 10th

Susan Fernald from Home Instead, will present “Valuable Tools for the Caregiver.”

ELDER SERVICES PROGRAM 11:00 am

February 24th

Eddie Murphy from Elder Services, will be here to present an overview of Protective Services. What can you do to help? Do you need help? These questions and more will be answered by Eddie. Please come and stay informed.

KDC SUPPORT PROGRAM 10:30 AM

4th Tuesday, January 24th & February 22nd

Join Dan Small from the Kennedy Donovan Center as he leads this group that is primarily for caregivers of individuals with developmental disabilities.

ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD OFFERINGS:

CHAMPAGNE BRUNCH FUNDRAISER 11:30 am Sunday, January 8

Join the celebration of two years of service to the Cape community! The event will be hosted at the Dennis Inn located at 25 Scarsdale Road. The cost is \$20 per person. RSVP 508.896.5170.

CAREGIVER SUPPORT GROUP 10:30 am

1st & 3rd Thursday, January 5, 19 & February 2, 16

Facilitated by Molly Perdue. Open to all!

SUPPORT CHOIR 9:45-10:45 am

Wednesday, January 11, 18 & February 8, 15

This choir brings together people with cognitive impairment, caregivers, and children. All are welcome to sing along!

HEALTHY YOU

Janet Reinhart, Exercise Instructor

I've Got My Love (and Exercise) to Keep Me Warm

Too cold and snowy to be outside? We can still, easily, be active inside. It's important for your heart.

1. Put on some music
2. Walk in place: Hold on to chair or counter, change your pace with the music, faster, slower, lift your knees a little higher, walk on your toes, then your heels. Mix it up.
3. Walk up and down a hallway or stairs. Increase your stride and pace, carefully.
4. Chair squats. Get up & down 10 or so times.
5. Step up & down a stair. Turn sideways for a few.
6. Wall push-ups. Always good for you.

Be aware of your alignment. Stand straight, pull your navel in and up, squeeze your tailbone down. Feel like you're using your muscles. Changing pace also changes heart rate.

Isometric Exercises

Systematically squeeze and tighten-**hard**-all your different muscles.

1. Start with right leg, then left leg, then hips, buttocks, abdomen. Right arm, left arm shoulders, face and head. Hold for 10-20 seconds, then release and relax.
2. Nothing should hurt, knees, shoulders or back.
3. Modify your alignment or the way you are doing the exercises.

EXERCISE CLASSES

All classes are \$5.00, except Sit & Be Fit, which is \$1.00. Drop-ins are welcome, but please be on time.

LIFE EXERCISE

Tuesday/Thursday

10:00 am

A light exercise and strengthening class, using weights, walking and movement to increase your heart rate, bone density, muscles and agility. The last half of class is usually done with a chair, either sitting or holding on.

EASY YOGA

Mondays

9:00 am

This is a gentle yoga using a chair. It is relaxing, meditative and energizing.

YOGA

Tuesday & Thursday

8:30 am

Relaxing and revitalizing, this class is done with both standing postures and on the floor with a mat. It also incorporates meditation, stretching and strengthening.

SIT & BE FIT

Monday & Wednesday

11:00 am

The most popular class! All exercises are done sitting and using weights. All levels of fitness attend because you can choose the weights that work for you.

JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOLIDAY CENTER CLOSED	8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	12:30 Free Movie 1:00 RUMMIKUB
9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class 2:30 Stroke Support Group	9:00 Cooking Club RSVP 9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge	11:00 Memory Program with Maureen Bradley 1:00 RUMMIKUB
HOLIDAY CENTER CLOSED	8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	10:30 Game Day~ RSVP 1:00 RUMMIKUB
9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:00 Pedicare 10:30 KDC 1:00 Computer Class	9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Attorney 12:00 Wicked Good Wednesday Lunch~RSVP 12:30 Bingo 1:15 Needlepoint	8:30 Yoga 10:00 Life Exercise 12:30 Open Bridge	11:00 RMV Program with Michele Ellicks 12:30 Free Movie 1:00 RUMMIKUB
9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class			

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	2 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	3 10:30 5 th Grade Spelling Bee VOLUNTEER SPELLERS NEEDED! 1:00 RUMMIKUB
6 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	7 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	8 9:00 Cooking Club RSVP 9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	9 8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge	10 11:00 Tools for Caregivers 12:30 Free Movie 1:00 RUMMIKUB
13 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	14 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class 2:30 Stroke Support Group	15 9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	16 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	17 10:30 Boston Post Cane Celebration ~Julie Charland RSVP Required 1:00 RUMMIKUB
20 HOLIDAY CENTER CLOSED	21 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	22 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Attorney 12:00 Wicked Good Wednesday Lunch~RSVP 12:30 Bingo 1:15 Needlepoint	23 8:30 Yoga 10:00 Life Exercise 12:30 Open Bridge	24 11:00 Elder Services~Protective Services Program 1:00 RUMMIKUB
27 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	28 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:00 Pedicare 10:30 KDC 1:00 Computer Class			

FECOIA TRAVEL SECTION

Trips are a FECOA fundraiser and must be booked with trip coordinator to receive credit. Full fliers are available at the Senior Center. For domestic travel RSVP to Pat Lariviere at 508.255.9896. For international travel RSVP to Russ Moehlich at 508.255.7076.

2017 NORWEGIAN DAWN BOSTON TO SAN JUAN, P.R. CRUISE: NOW OFFERING CHOICE OF TWO FREE BONUSES! Choose from: ultimate beverage, internet, prepaid service charge, \$50 excursion credit, specialty dining, 20 photos or \$75 onboard credit! Departs from Boston and visits St. Thomas, St. Maarten, Antigua, St. Kitts, Tortola and ends in San Juan. Package includes cruise, all meals and return flight back to Boston. It will sell out quickly. Detailed flyer at COA office. **For reservations, call Russ Moehlich at 508.255.7076.** Nov. 3-12, 2017 \$1279 (starting)

FEBRUARY TRIPS:

- BOSTON'S MUSEUM OF FINE ARTS & ISABELLA STEWART GARDENER ~ 8th
- THE CURIOUS INCIDENT OF THE DOG IN THE NIGHTTIME IN PROVIDENCE ~ 11th
- NEW ORLEANS MARDI GRAS & FAMILY GRAS ~ 15th-22nd
- GIRLFRIENDS WINTER BLUES BUSTER SHOPPING TRIP ~ 24th
- NEWPORT PLAYHOUSE ROMANTIC COMEDY ~ 26th
- BOSTON LANDMARKS ~ 28th

MARCH TRIPS:

- LION KING IN PROVIDENCE ~ 16th
- BOSTON FLOWER SHOW ~ 24th
- 42ND STREET IN PROVIDENCE ~ 25th

APRIL TRIPS:

- RENT IN BOSTON ~ 15th
- CHICAGO IN PROVIDENCE ~ 6th
- KENTUCKY BLUE GRASS ~ 8th-13th
- 13-DAY GRAND HAWAIIAN VACATION WITH GLOBUS ~ 18th-30th

FECOIA MEMBERSHIP APPLICATION JULY 1, 2016 - JUNE 30, 2017 (FY17)

The address label on this newsletter indicates when your FECOA (Friends) membership expires. If it says LF you are a life member. If it's FY16 or earlier, your membership has expired. The new fiscal year FY17 began on July 1, 2016. Please renew your membership at your earliest convenience (checks made payable to FECOA). To receive your membership card, please send a self-addressed stamped envelope or stop by.

NAME(S) _____	\$5/PP (annual) or \$25/PP (lifetime)	\$ _____
DOB _____	DOB _____	\$5/PP (annual) or \$25/PP (lifetime) \$ _____
New ___ Renewal ___	New ___ Renewal ___	Donation \$ _____
		TOTAL \$ _____
MAILING ADDRESS _____	HOME ADDRESS _____	
TELEPHONE _____	EMAIL _____	

FOR OFFICE USE ONLY: card given/sent cash/check# check date Database input



The Gathering Place

*A Supportive Day Center co-located at the Eastham Senior Center.
All are welcome, call now 508.255.6734.*

- G**et together to share life experiences
- A**llow us to provide respite and support
- T**ake part in informative and fun events
- H**ealthy meals, exercise and the arts
- E**xperience new hobbies and music therapy
- R**elax in our therapeutic environment
- I**mmerse yourself in enriching programs
- N**urture and grow new friendships
- G**uide and learn from others



The Friends of the Eastham Council on Aging, Inc.
Eastham Council on Aging
Box 1203
North Eastham, MA 02651

Non-Profit
Presorted Standard
U.S. Postage Paid
Permit 51
Orleans, MA 02653

Current Resident Or



EASTHAM SENIOR CENTER

1405 Nauset Road, PO BOX 1203, North Eastham, MA 02651

Senior Center: (508) 255-6164

EasthamCOADirector@comcast.net

Outreach: (508) 240-2327

cindyoutreach@comcast.net

Day Center: (508) 240-6734

LCADC@comcast.net

SENIOR CENTER/OUTREACH STAFF

Cindy Dunham.....Outreach Coordinator

Dorothy Burritt.....Secretary

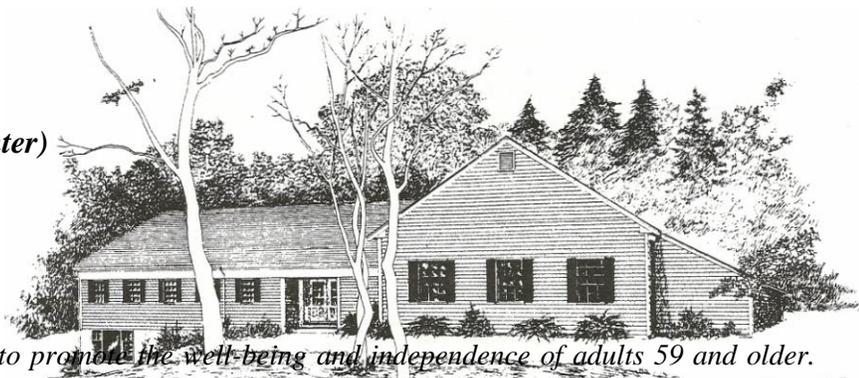
DAY CENTER STAFF (co-located with Senior Center)

Brianna LePage.....Activities Director

MEDICAL VAN DRIVERS

George Civita Ron Edson Tom Hawko

Paul Langlois Bob Nazarian



Mission Statement: Established in 1974, our mission is to promote the well-being and independence of adults 59 and older. The Eastham Senior Center provides multi-purpose programs (health, educational, social, and recreational), as well as supportive daycare, transportation, and outreach for this purpose. Our continuing goal as a community resource is to maintain and enhance a quality independent lifestyle for our senior population by meeting their current and future needs.

BUSINESS SPONSORS

Eastham Discount Oil

Eastham Veterinary Hospital

Kerry Insurance

Seamen's Bank