

# EASTHAM SENIOR CENTER 30<sup>th</sup> ANNIVERSARY ISSUE



## WINDMILL WHISPERINGS

“Grist for Thought”

**May-June 2017**

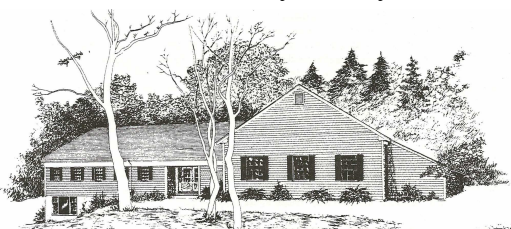
### IN THE SPOTLIGHT

#### **Eastham Senior Center Turns 30! 1987~ 2017**

1974, marked the establishment of the Eastham Council on Aging. At that time the COA functions were handled by a group of volunteers until the first Director Sandra Szedlak was hired in 1980. The first office was a rented space beside the Hole in One Donut Shop. From there the COA staff descended to the basement of the old Town Hall. Since both space and accessibility were issues, the “Friends” group launched a building fund drive in 1981. Throughout the next six years, the FECOA along with volunteers used a variety of means, including the Thrift Shop on Massasoit Road, to raise the necessary funds for the construction of the building on Town owned land on Nauset Road. The present Senior Center was completed in early May of 1987. It was then gifted to the Town during the Annual Town Meeting that month.

The dedication and hard work of our Friends and volunteers never cease to amaze us. The Friends organization continues to provide support to the daily programming of the Senior Center (with much of the funding coming from the Thrift Shop). Many volunteers effortlessly help our center and members everyday.

Thirty years have now passed since our dedication. The Town owes a debt of gratitude to all those who worked tirelessly on this project. We look forward to working together to grow our Senior Center and serve our Eastham seniors for many more years to come.



### UPCOMING PROGRAMS

#### **RECOGNITION LUNCHEON**

**FRIDAY, MAY 5**

**10:30 AM**

Our Volunteer Recognition Luncheon will be at the Senior Center at 10:30 am on Friday, May 5<sup>th</sup>. The NoteAbles Chorus, will perform and lunch will be catered by Van Rensselaer's. New Fort Knox members will also be honored. So if you have been married over 50 years, please let us know! The FECOA will hold a brief annual meeting. RSVP Required, 508.255.6164.

#### **10<sup>th</sup> ANNUAL HEALTH FAIR**

**Friday, May 12**

**10:00 AM – 1:00 PM**

**Door prizes, raffles, FREE lunch and more!** Drop by for useful information. Vendors will be here to help you with blood pressure checks, glucose readings, information on how to receive help for disabilities, services to help you stay in place at home, financial and support services and more! RSVP to 508.255.6164.

#### **CAPE COD NATIONAL SEASHORE**

**Friday, June 16**

**10:30 AM**

Come meet Ranger Zach Piotrowski from the Cape Cod National Seashore as he presents a program on interesting insights into the natural and cultural resources of the area. Topics may include wildlife, conservation and history. Refreshments will be served. Please RSVP to 508.255.6164.

### **NEW OFFERINGS!**

1. Wednesday, May 3<sup>rd</sup> and June 7<sup>th</sup> from 1-3 pm on-site **Mobile Food Pantry!** Pre-registration is required. To RSVP please call, 508.240.2327.
2. **Men's Breakfast Club.** We currently do not have enough people signed up. Please call 508.255.6164 to sign up so we can begin the program!
3. **NEW Tai Chi Class!** Pre-registration is required. Please call, 508.957.7423. Begins May 15<sup>th</sup>.

## UPCOMING PROGRAMS

### ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

#### DEMYSTIFYING DEMENTIA SERIES & LUNCH

**Friday, June 2 Part I** 11:30 AM – 1 PM

**Friday, June 9 Part II** 11:30 AM – 1 PM

The Alzheimer's Family Support Center of Cape Cod (AFSCCC) is proud to offer its first dementia-friendly educational series, Demystifying Dementia, with Patricia Collins, Director of Outreach for the AFSCCC. Demystifying Dementia I will offer a full range of basic information, as well as plenty of time for questions and discussion. Demystifying Dementia II will discuss the different stages of cognitive decline and associated behaviors, current research, and where our communities might be headed in relation to dementia diseases in the years to come. Participants do not need to have taken Demystifying Dementia I in order to attend. **LUNCH IS PROVIDED AT BOTH SESSIONS, RSVP REQUIRED TO (508) 896-5170.** The series will take place at the Eastham Senior Center. Please call the Alzheimer's Family Support Center at 508.896.5170 to RSVP, and for information about any of its free services.

**CAREGIVER SUPPORT GROUP** 10:30 AM  
1<sup>st</sup> / 3<sup>rd</sup> Thursday, May 4<sup>th</sup>, 18<sup>th</sup> / June 1<sup>st</sup>, 15<sup>th</sup>  
Facilitated by Molly Perdue. Open to all!

**FAMILY SUPPORT CHOIR** 9:45 AM  
2<sup>nd</sup>/3<sup>rd</sup> Wednesday, May 10<sup>th</sup>, 17<sup>th</sup> / June 14<sup>th</sup>

This choir brings together people with cognitive impairment, caregivers, and children. All are welcome to sing along! June 14<sup>th</sup> will be the end of year concert-please join us. All are welcome!

## HELEN PETERSON PUZZLE

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

### STRANGE FRIENDS

At the Eastham \_ \_ \_ \_ Shop a lonely cat sat.

With big \_ \_ \_ \_ and a tail that bends.

The door opened up and a \_ \_ \_ \_ flew in.

A strange pair, but soon fast friends.

### WINTER FOXES

The solution to last issue's puzzle *Winter Foxes*: The foxes have gone to their dens./ They know where to find their friends./ The mama sends papa for food./ For comfort until winter ends./

The following people had the correct answers: Susan McDonald, Pat Morrell, Jerry Hequembourg, Jean Snow, Jean Torppey and Henriette Camp.

## THINGS TO DO & HELP YOU

*(see calendar insert for dates)*

### ELDER LAW ATTORNEY

**Wednesdays** 12:30 PM  
To schedule an appointment with our pro bono Elder Law Attorney, Tom Kosman, call 508.255.6164.

### INTERNET/COMPUTERS AVAILABLE

We have a free computer center. Computer classes are **BY APPOINTMENT** on Tuesdays at 1:00 pm.

### MOCKTAILS & MATISSE! JOIN US FOR THE WORLD OF COLOR

**1<sup>st</sup> & 3<sup>rd</sup> Thursday** 1:30 PM  
To kick off the spring and summer season, we will offer "mocktails" on the 1<sup>st</sup> Thursday in May and June for you to sip on while you create masterpieces. We have materials for you to use. Try colored pencils, markers or some other form of medium to create beautiful artwork. Join us anytime!

### MAH JONGG

**Mondays & Wednesdays** 12:30 PM  
Are you an avid player? Join us for a fun afternoon!

### 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 (cancelled May 15<sup>th</sup>)** 9:30 AM  
Bring your project and join us for a rug hooking!

### SIGHT LOSS SUPPORT GROUP

**2<sup>nd</sup> Thursday** 10:00 AM  
This group meets at the Eastham Library. The May speaker will be Kobena Bonney (Mass Rehab Commission). June will be the annual luncheon. Rides are available. Please register to 508.394.3904.

### STROKE SUPPORT GROUP

**2<sup>nd</sup> Tuesday** 2:30 PM  
Join active survivors and loved ones for this helpful and supportive group. Call for more details, 508.255.6164.

### TAI CHI CLASS

**Mondays (runs May 15<sup>th</sup>-November 13<sup>th</sup>)** 2:45 PM  
Help improve balance and mobility. Space is limited. Pre-registration is required. Please call 508.957.7423.

### YARN CLUB

**Mondays** 1:00 PM  
Do you knit? Crochet? Meet new friends and make beautiful things. Experts and beginners are welcome!

## OTHER OPPORTUNITIES

### Helping Our Women (HOW)

A non-profit organization that offers resources and referrals for women with chronic and life threatening/disabling illness. It provides both financial and non-financial services to women in Provincetown, Truro, Wellfleet, and Eastham. All services are free and confidential. All clients must have a verified medical diagnosis.

HOW clients may receive:

- Social services advocacy and referrals.
- Help with benefit assistance such as SS, SSI, SSDI, SNAP and fuel assistance.
- Transportation to medical and social service appointments and assistance with errands
- Medical advocacy.
- Income eligible stipend program providing up to \$55/month.

HOW also provides its clients with no cost transportation on-Cape. Rides are offered based on volunteer availability, but please remember to try to give at least one week's notice. HOW can also arrange weekday medical transportation to Boston through the CCRTA van **at no cost to the client**. HOW will also arrange roundtrip taxi transportation (if needed) to/from the van/home. For more information on transportation or any of HOW's other services please call 508.487.4357.

### SHINE

By now, some of you may have reached or are getting close to the gap or "donut hole" with your Medicare prescription coverage. In 2017, you fall into the Medicare Part D gap when the negotiated retail cost of your medications reach \$3,700. Once in the gap you are responsible for 40% of the cost for brand name medications and 51% for generics. Prescription Advantage, a state-run program, may be able to help you. Eligibility is based on income only, not assets! There is no charge for joining Prescription Advantage, but you must meet the annual income guidelines of less than \$36,180 (single person) or \$48,720 (married couple). Higher income person(s) pay a \$200 annual per person fee. You may also join if you are 65 years or older and not eligible for Medicare. Medicare also has a program, called "Extra Help", which can assist with the cost of Medicare Part D plan's premium, deductible and co-pays. Please call the Senior Center to make an appointment with a SHINE counselor for help on Medicare and other health insurance programs. For an appointment, please call 508.255.6164.

## OUTREACH NEWS

Cindy Dunham LPN, 508.240.2327

As most of us know, March may be the advent of spring, but truly we know here, it's really in full swing as we enter the month of May! Recently we have noticed that indeed, spring is coming! All of a sudden we are surrounded by magnificent shades of colors - yellow, violet, pinks, and reds! The leaves are coming out and the trees seem alive once again! Nature's sounds surround us, the alluring song of the birds and the chorus of the peepers in our nearby ponds and swampy areas. The Earth has awoken once more!

Hoping that you all get a chance to venture out and enjoy the beauty we all cherish here on Cape Cod. Wishing you all health and happiness in the coming days. Please feel free to give us a call with any inquiry. We'll do our best to serve you! We realize that there are many things that you may have previously done in the spring, perhaps yard cleaning, taking out patio furniture, etc., and are unable to do at this time. We have a list of workers that may be able to help.

Calling all volunteers! You are needed, more than you think! There is always a variety of things one could do to lift the spirits of your "neighbor"! You could go visit a homebound person, bring them a beverage and snack to share, play a game, engage them in a hobby! Maybe they can go out, if you are able, take them for a drive. Possibilities abound!

It is our feeling that no one should feel isolated and alone. When we bring good cheer to someone, we can't help but feel the happy in our hearts! Thank you for caring!

### BLOOD PRESSURE READINGS & NOTARY

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

### MOVIE FRIDAY

12:30 PM

Fridays, May 19<sup>th</sup> / June 23<sup>rd</sup>

There are beverages, goodies, and popcorn served. For the schedule of titles, please call us at 508.255.6164.

### 10<sup>th</sup> ANNUAL HEALTH FAIR

Friday, May 12

10:00 AM – 1:00 PM

Come one, come all to our Health Fair! You will be sure to gain some insight on healthy living, devices to help enhance your quality of life, interact with the Community Nurses, and so much more! Find out various options available to you to "Age in Place". Free lunch, door prizes and fun!

### WICKED GOOD LUNCH & BINGO

12:00 PM~Lunch

12:30 PM~Bingo

May 24<sup>th</sup> / Pasta, Salad & Garlic Bread

June 28<sup>th</sup> / Chef Kathy's Choice

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

### FOOD PANTRY

For convenience, we have a food pantry on premises. We feel no one should go hungry. We're here to help!

# HEALTHY YOU

Janet Reinhart, Exercise Instructor

## WHAT IS THE BEST EXERCISE CLASS FOR YOU?

The COA offers many exercise classes designed for seniors. There are different fitness levels and activities for each class. Many times, a person chooses a class simply for the convenience of the day and the time, or because a friend is going to that class. All classes, even the chair classes, teach and practice: Balance, flexibility, strength, breathing, alignment, focus and relaxation.

All classes are \$5.00, except Sit & Be Fit, which is \$1.00. It may be possible that the class can accommodate different injuries and body types. Feel free to talk with the instructor. It is what we all need! Be sure to also check with your physician before starting any new exercise routine.

Please note, if you are homebound we offer a shuttle to the Monday/Wednesday's Sit & Be Fit class! Call the office to sign up, 508.255.6164.

### **Senior Exercises Tuesday & Thursday, 10:00-11:00 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.

### **Sit & Be Fit Monday & Wednesday, 11:00-11:45 AM**

Our most popular class-only \$1.00! All exercises are done sitting and using weights. It is good for stretching and getting you going. All levels of fitness attend because, depending upon the size of weights you use, you can go easily or break a sweat!

### **Yoga Tuesday & Thursday, 8:30-9:45 AM**

Relaxing and energizing, this class is done with both standing postures and on the floor with a mat. Yoga is excellent for lowering blood pressure, anxiety and flexibility. Meditation is included with stretching and strengthening.

### **Easy Yoga Monday, 9:00-10:00 AM**

This is gentle yoga, using a chair while standing and holding on, or while sitting. Relaxing, meditative, energizing, like the others, just easier!

**On Tuesday, May 23<sup>rd</sup> there will be no 8:30 am yoga class. Life Exercise class will begin at 11:00 am.**

## **NEW EXERCISE OFFERING FROM THE VNA**

This program focuses on preventing falls and improving balance through regular practice of Tai Chi. Participants will learn eight single forms, all of which are derived from the traditional, well known, 24-form Yang Style Tai Chi. The forms are tailored to older adults who wish to improve balance, mobility, reduce the risk of falling, and reduce stress. This class will run from May 15<sup>th</sup>–November 13<sup>th</sup> from 2:45-3:45 pm at the Eastham Senior Center. Space is limited and pre-registration is required. Please call 508.957.7423.

# HEALTHY EATING

**Heather Bailey Cooking Classes. Cost is \$5 per class. RSVP to 508.255.6164.**

**Wednesday, May 10<sup>th</sup> at 9:00 AM ~ Healthy Entertaining**

Learn how to make healthy pot luck dishes that are both nutritious and delicious.

**Thursday, June 8<sup>th</sup> at 10:00 AM ~ Celebrate Summer with Soups and Salsas**

Learn how to make the most out of summer fruits and vegetables! From gazpacho to salsa verde – make the most out of your garden harvest.

# UPCOMING TRIPS

We are working on more trips to local sites. How about a trip to the Audubon in Wellfleet? Or to see a matinee at the Academy Playhouse? Let us know where you'd like to go and we will take you there! We are still offering rides to the new library and to Cape Tech in Harwich for lunch or beauty services. Please call us at 508.255.6164 if you're interested.

# SUMMER LOBSTER ROLL LUNCHEONS


**We will begin taking reservations for our lobster roll luncheons starting June 15<sup>th</sup>. RSVP to 508.255.6164.**

# MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club	<b>2</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge	<b>3</b> 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Mobile Food Pantry 1:15 Needlepoint	<b>4</b> 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge 1:30 World of Color	<b>5</b> 10:30 <b>Volunteer Recognition Luncheon- RSVP Required</b>
<b>8</b> 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club	<b>9</b> 8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge 2:30 Stroke Support Group	<b>10</b> 8:30 Market Van 9:00 <b>Cooking Club RSVP</b> 9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	<b>11</b> 8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss (Library) 12:30 Open Bridge	<b>12</b> 10:00-1:00 <b>Health Fair</b>  1:00 Rummikub (Library)
<b>15</b> 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club 2:45 Tai Chi	<b>16</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise	<b>17</b> 9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	<b>18</b> 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge 1:30 World of Color	<b>19</b> 12:30 Free Movie  1:00 Rummikub (Library)
<b>22</b> 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club 2:45 Tai Chi	<b>23</b> 8:00 Nauset Regional High School "Mock Crash" 8:30 Market Van 11:00 Life Exercise	<b>24</b> 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:00 <b>Wicked Good Wednesday Lunch~RSVP</b> 12:30 Mah Jongg 12:30 Bingo 1:15 Needlepoint	<b>25</b> 8:30 Yoga 10:00 Life Exercise 10:00 Pedicare 12:30 Open Bridge	<b>26</b> 1:00 Rummikub (Library)
<b>29</b> <b>MEMORIAL DAY</b>  <b>CLOSED</b>	<b>30</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise	<b>31</b> 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Attorney 1:15 Needlepoint		



# JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			<b>1</b>	<b>2</b>
			<b>8:30</b> Yoga <b>10:00</b> Life Exercise <b>10:30</b> Alzheimer's Caregiver Support <b>10:00</b> Sight Loss <b>12:30</b> Open Bridge <b>1:30</b> World of Color	<b>11:30</b> Demystifying Dementia I- <b>RSVP</b> <b>Required</b>  <b>1:00</b> Rummikub <b>(Library)</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>9:30</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>1:00</b> Yarn Club <b>2:45</b> Tai Chi	<b>8:30</b> Yoga <b>8:30</b> Market Van <b>10:00</b> Life Exercise	<b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>1:00</b> Mobile Food Pantry <b>1:15</b> Needlepoint	<b>8:30</b> Yoga <b>10:00</b> Life Exercise <b>10:00</b> Sight Loss (Library) <b>10:00</b> <b>Cooking Club</b> <b>RSVP</b> <b>12:30</b> Open Bridge	<b>11:30</b> Demystifying Dementia II- <b>RSVP</b> <b>Required</b>  <b>1:00</b> Rummikub <b>(Library)</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>9:30</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>1:00</b> Yarn Club <b>2:45</b> Tai Chi	<b>8:30</b> Yoga <b>8:30</b> Market Van <b>10:00</b> Life Exercise <b>2:30</b> Stroke Support Group	<b>9:15</b> Mass Rehab Appts. Library <b>9:45</b> Family Support Choir <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>1:15</b> Needlepoint	<b>8:30</b> Yoga <b>10:00</b> Life Exercise <b>10:30</b> Alzheimer's Caregiver Support <b>12:30</b> Open Bridge <b>1:30</b> World of Color	<b>10:30</b> Cape Cod National Seashore Program  <b>1:00</b> Rummikub <b>(Library)</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>9:30</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>1:00</b> Yarn Club <b>2:45</b> Tai Chi	<b>8:30</b> Yoga <b>8:30</b> Market Van <b>10:00</b> Life Exercise	<b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>12:30</b> Attorney <b>12:30</b> Bingo <b>1:15</b> Needlepoint	<b>8:30</b> Yoga <b>10:00</b> Life Exercise <b>10:00</b> Pedicare <b>12:30</b> Open Bridge	<b>12:30</b> Free Movie  <b>1:00</b> Rummikub <b>(Library)</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>9:30</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>1:00</b> Yarn Club <b>2:45</b> Tai Chi	<b>8:30</b> Yoga <b>8:30</b> Market Van <b>10:00</b> Life Exercise	<b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>1:15</b> Needlepoint <b>2:00</b> <b>Wicked Good Wednesday Lunch~RSVP</b>	<b>8:30</b> Yoga <b>10:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>1:00</b> Rummikub <b>(Library)</b>

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

Your address label indicates when your FECOIA membership expired. 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 FECOIA). 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	\$ _____
		<b>TOTAL</b>	<b>\$ _____</b>
MAILING ADDRESS _____	HOME ADDRESS _____		
TELEPHONE _____	EMAIL _____		

### FECOIA TRAVEL SECTION

Trips are a FECOIA fundraiser and must be booked with trip coordinator to receive credit. Fliers are available at the Center. For domestic travel RSVP to Pat Lariviere at 508.255.9896. Note: Boston/San Juan cruise is sold out. For more information call Russ Moehlich, 508.255.7076.

*BOSTON TO SAN JUAN, P.R. CRUISE. SOLD OUT! STAND BY FOR 2018 OFFERINGS.*

#### MAY TRIPS (pricing is per person):

- N.Y. BOTANIC GARDEN~ 13<sup>th</sup> / \$115
- MATISSE MFA ~ 16<sup>th</sup> / \$ 73
- 14 DAY GRAND HAWAIIAN VACATION ~ 18<sup>th</sup> / \$4,069 / \$5,859
- HIDDEN GARDENS OF BEACON Hill ~ 18<sup>th</sup> / \$95
- MATILDA ~ 20<sup>th</sup> / \$125
- QUEBEC CITY ~ 21<sup>st</sup> / \$799 / \$1,148
- NEWPORT PLAYHOUSE ~ 23<sup>rd</sup> / \$119
- FILM NIGHT WITH JOHN WILLIAMS ~ 31<sup>st</sup> / \$130
- SALEM BY THE SEA ~ 31<sup>st</sup> / \$105

#### JUNE TRIPS (pricing is per person):

- *RIVERDANCE* ~ 3<sup>rd</sup> / \$122
- BOSTON POPS ~ 6<sup>th</sup> / \$115
- RED SOX VS. TIGERS ~ 11<sup>th</sup> / \$145
- 8 DAY LILAC FESTIVAL ~ \$,1789 / \$2,520
- GRAND PARADE OF SAIL DELUXE CRUISE ~ \$175
- SAIL BOSTON FESTIVAL DAY TRIPS ~ 18<sup>th</sup>/21<sup>st</sup> ~ \$89
- REMEMBERING THE 50's at VENUS DE MILO ~ 22<sup>nd</sup> / \$105
- NEWPORT FLOWER SHOW ~ 24<sup>th</sup> / \$90
- DOWNEASTER RAIL & SAIL ~ 28<sup>th</sup> / \$129

### DID YOU KNOW?!

Our Day Center, *The Gathering Place* has been very busy! The group has starting writing its own daily newspaper, flower arranging group, art therapy class, music therapy band, baking club and other inspiring programs to help those that are socially isolated by cognitive impairment. The Day Center has also received a mini-renovation – stop by and take a look at the brand new space!

We would also like to recognize that May is “Older Americans Month” so in celebration we would like to feature our two Mature Workers, Frank Massa and Carole Roberts. Both Frank and Carole work at our Day Center and have a musical background. Carole sings and plays the piano. Frank plays the bass and drums. The group along with Brianna LePage, Program Manger, is called the *Gathering Trio*. Both Frank and Carole are a wonderful addition to our team!

### MASS. MEMORIES ROAD SHOW

On May 7<sup>th</sup> from 10:00 am – 3:00 pm stop by the Eastham Library to share your memories and take your place in Massachusetts history at this free, public event. Please bring up to three photographs related to your experience of Eastham. The photos will be scanned and immediately returned to you at the event. All images and stories collected at the event are available online at [openarchives.umb.edu](http://openarchives.umb.edu).

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

Outreach: (508) 240-2327

Day Center: (508) 255-6734

EasthamCOADirector@comcast.net

cindyoutreach@comcast.net

LCADC@comcast.net

### SENIOR CENTER/OUTREACH STAFF

Dorothy Burritt.....Director  
Cindy Dunham.....Outreach Coordinator  
Monica Keefe-Hess.....Secretary

### DAY CENTER STAFF (co-located with Senior Center)

Brianna LePage.....Program Manager  
James Small.....Program Aide  
Frank Massa and Carole Roberts.....ESCCI Program Aides

### 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 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  
Kerry Insurance

Eastham Veterinary Hospital  
Seamen's Bank