



# Windmill Whisperings

## Your Guide to Active Living

News from the Eastham Center

March-April 2025

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A heartfelt thank you to Jenny Faw’s Watercolor Painting class for creating beautiful Valentine cards for our meal recipients! Did you know the Senior Center offers a range of food support programs? For more details, call Cindy at (774) 801-3153 and get the assistance you need today!

*Photo by James Small*

### IMPORTANT REMINDERS!

#### AI TECH WORKSHOP

DON'T MISS THIS! Join Russ Wilcox, AI expert and TED speaker, for a monthly program on “Artificial Intelligence in Everyday Life: What Seniors Need to Know.” See page 14 for more details.

#### HYBRID PROGRAMS

**Hybrid Programs (in blue)** can be attended in person or via Zoom. **Virtual Programs (in green)** are Zoom-only. For help with registration, setting up Zoom, or accessing a program, contact John at (508) 240-5900 extension 3159 or [jklimczak@eastham-ma.gov](mailto:jklimczak@eastham-ma.gov).

## DIRECTOR'S NOTE

### Happy Spring!

This past year, we proudly expanded our program offerings thanks to a generous grant from the Executive Office of Elder Affairs. With this support, the Senior Center installed state-of-the-art smart screens, enabling us to provide exceptional hybrid programs through March 2025. We're thrilled to announce that the town has committed to continuing this initiative, ensuring our hybrid programs remain available for all.

What is a hybrid program? It's a seamless blend of in-person and remote participation, combining the best of traditional classes with the convenience



of virtual access. You can join programs at the Senior Center or participate online from the comfort of your home.

What does this mean for our community? It means greater access, flexibility, and variety!

Hybrid programs are ideal for homebound seniors, snowbirds, seasonal homeowners, or anyone unable to attend in person. With programs led by expert virtual instructors, the possibilities are endless. Simply register to receive a Zoom link. If you're unfamiliar with Zoom, don't worry – our team is here to help!

We're also excited to announce we are working on a COA YouTube channel. This platform will feature prerecorded programs available on-demand, offering even more opportunities to stay connected and engaged.

Remember to sign in for all programs! If you don't have a key tag, see a COA staff member for assistance.

We look forward to seeing you – whether in person or online. Wishing you a joyful and vibrant spring!

Best,

Dorothy Burritt, Director

## The 'Friends' Thrift Shop Hours

The 'Friends' Thrift Shop is open on Monday, Thursday, Friday, and Saturday from 10:00 am – 3:00 pm.

FECO Thrift Shop, 580 Massasoit Road (774) 207-0160

**Clean seasonal donations are accepted every Tuesday, from 10:00 am – 2:00 pm only. Please do not leave items outside the shop.**

## FECO Thrift Shop MEMBERSHIP APPLICATION JULY 1, 2024 - JUNE 30, 2025 [FY25]\*

NAME 1 \_\_\_\_\_ new \_\_\_\_\_ renewal  \$10/person

ADDRESS \_\_\_\_\_ DOB \_\_\_\_\_

NAME 2 \_\_\_\_\_ new \_\_\_\_\_ renewal  \$10/person

ADDRESS \_\_\_\_\_ DOB \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Additional Donation:  \$25  \$50  \$100  Other \$ \_\_\_\_\_

**MAKE CHECK PAYABLE TO FECOA**

**TOTAL \$ \_\_\_\_\_**

\*Indicates your current membership expiration date.

*Contributions may be tax-deductible. The FECOA is recognized as tax exempt under section 501(c)(3) of the IRS Code.*



**Follow us on Facebook! @**  
Eastham FECOA Thrift Shop

## DID YOU KNOW?

The FRIENDS fund most of the programs at your Eastham Senior Center!



# FRIENDS of the Eastham COA

COOKING CLASSES • CULTURAL PROGRAMS  
HEALTH & WELLNESS PROGRAMS • LGBTQ+ COFFEE  
LUNCHEON SOCIALS • BRAIN LONGEVITY • CHAIR YOGA  
DANCE • HIIT • LIIT • MAH JONGG CLASS • QI GONG  
RESISTANCE BANDS • TAI CHI • WATERCOLOR CLASS  
YOGA • ZUMBA AND MORE!

These programs are not funded by your tax dollars. They are available to our 59 and over community only because of *YOUR* generous donations and funds raised by the Friends of the Eastham COA through the Thrift Shop and other volunteer efforts.

*Please, help keep your Eastham Senior Center programs ticking with your tax-deductible donation to FECOA.*

SCAN TO  
DONATE  
ONLINE:



MAIL CHECKS PAYABLE TO:

OR

FECO  
P.O. Box 1203  
North Eastham, MA.  
02651



And, if you're 70% or older, you may qualify for a tax break by donating funds from your traditional IRA, SEP IRA, or Simple IRA to FECOA, an IRS-recognized charity (501(c)(3)). Please consult your tax advisor for details. For questions, email [info@friendsofeasthamCOA.org](mailto:info@friendsofeasthamCOA.org) or call (508) 237-0527.

## THINGS TO DO

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Registration is required for all programs by calling (774) 801-3151 or [coadmin@eastham-ma.gov](mailto:coadmin@eastham-ma.gov) (unless otherwise noted). Most low or no cost programs are supported by the Friends of the Eastham Council on Aging. Free-will donations are greatly appreciated!

## Art, Music & Culture

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### Creative Connections: Art and Support

*Thursday, March 20 & April 17*

• 1:00 pm • Hybrid Program

Join us monthly for Creative Connections: Art and Support! Each session begins with crafting festive, seasonal-themed projects led by a local artist, followed by expert advice from Kerry Cox, RN, and Cassie Baker, LCSW, exploring ways to bring more stress relief and joy into your daily life. Make new friends and have fun!

Registration is required. Can't attend in person? No problem! We'll deliver art materials to local homes so you can join us virtually – just give us a call!

Call (774) 801-3151 for more information or to reserve your spot!

### Freestyle Watercolor

*Mondays • March 17–May 12 • 12:00 pm  
(8 weeks, no class on April 21)*

Join Eastham Artist Jenny Faw for this 8-week session from Monday, March 17–May 12 (no class on April 21). Perfect for beginners or as a refresher for experienced painters. Learn watercolor techniques and tips. Bring your own supplies – pick up the supply list at the Senior Center after registering. Limited spots available. Cost: \$40 for Eastham residents, \$80 for non-residents. For more info, contact Jenny at [jenny@jennyfaw.com](mailto:jenny@jennyfaw.com).



### Oil and Acrylic Painting – FREE

*Joan Lockhart (www.joanlockhart.com)  
Friday, April 4 – May 23 • 1:00–3:00 pm*

Instructed by Eastham artist Joan Lockhart, this 8-week, 2-hour class is open to everyone from beginners to advanced artists. Each week features a lesson and artists can work on their own paintings alongside others. Watercolorists are also welcome. Bring your own materials. The class is limited to 10 students.

### Ukulele

*Wednesdays • 2:15–3:15 pm*

Join Mary Abt for this fun class! Bring your own ukulele or borrow one from us (first-come, first-served). There is no charge. Free-will donations welcome.

### Wood Carving Friday

*Fridays • 9:00 am*

Join award-winning wood carver Michael R. Harnett! All levels of experience are welcome. Experienced carvers can bring tools and carvings, and new members can borrow tools and materials.

## Fitness\*

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The Friends of the Eastham Council on Aging will continue to offer select exercise classes at no cost to Eastham seniors. Space is limited and offered on a first-come, first-served basis. Free-will donations are appreciated for non-fee classes. If demand exceeds capacity, we reserve the right to limit the number of courses per individual.

### Dance with Jenny!

*Tuesdays • 9:45 am*

Step into some fun and easy dance moves every Tuesday with Certified Fitness Instructor Jenny Hossfeld. Enjoy simple steps, great music and a light workout. Limited space available. Free to Eastham residents. \$7 per class for non-residents. Free-will donations welcome.

### HIIT with Wendy

*Mondays • 9:45 am  
Wednesdays & Thursdays • 8:30 am*

HIIT combines intense work and rest intervals for cardio and strength, with Thursdays focusing on isometric exercises to help lower blood pressure. The class is free for Eastham residents, \$7 for non-residents, and donations are welcome. A live Zoom class will be held on March 3, and prerecorded classes will be available on April 7, 9, 10, 24, and 28, with options to join in-person or via Zoom. On March 31, the class will be virtual only, with no in-person option. There will be no class on April 21.

### Hiking Club with Jim

*Wednesdays • 9:00 am*

A low-impact walk on local trails (weather permitting). Water, bug spray and proper attire recommended. Meet at the COA by 8:45 am.

### Light & Fit Exercises with Jim

*Tuesdays • 11:00 am • Hybrid Program*

Join us for light exercise and strengthening, incorporating walking, weights, and movement. Free for Eastham residents; \$5 per class for non-residents. Participate in person or from home via Zoom!

### LIIT with Wendy

*Thursdays • 9:45 am*

Light Intensity Interval Training (LIIT) is a low-impact workout that improves strength, balance, flexibility, and bone health, especially for those with osteoporosis. The class is free for Eastham residents, \$7 for non-residents, and donations are welcome. Prerecorded hybrid classes are available on April 10 and 24, with options to join in-person or watch at home.

### Resistance Band Exercises with Wendy

*Wednesdays • 9:45 am*

Learn to use resistance bands in exercises that improve strength, flexibility, and endurance. Suitable for all fitness levels, with options for seated or standing. The

## Fitness

*(continued from page 4)*

session includes a warm-up, cool-down, and fun music. Please note, the class is now upstairs in the main hall. On April 9, a prerecorded hybrid class will be available in person or via Zoom at home. Free for Eastham residents; non-residents pay \$7 per class.

### Sit & Be Fit with Jim

*Mondays & Thursdays • 11:00 am*

*Hybrid Program*

Exercises done sitting and using weights. Free to Eastham residents. \$5 per class for non-residents. No class on March 31 and April 21. Participate in person or from home via Zoom!

### Qi Gong

*Monday, March 3, 10, 17, 24 & April 7, 14, 28 • 8:30 am*

Join us for Qi Gong, a calming class with slow, meditative movements for mature adults. This gentle practice improves balance, relaxation, and well-being, especially for those with mobility issues like Parkinson's. No experience needed—just come as you are! Thanks to the Friends of the Eastham Council on Aging, the session is FREE for Eastham residents 59+ (\$70 for non-residents). Preregistration required. No class on March 31 and April 21.

Thanks to the Friends of the Eastham Council on Aging, this session will be offered FREE to Eastham residents 59 and over (\$70 for non-residents). Pre-registration required.

### Wellness Walking Club

*Friday, May 2, 9, 16, 23, 30 & June 6 • 10:00 am*

Join us for guided trail walks with a VNA Physical Therapist and a Cape Cod National Seashore Park Ranger! Explore scenic trails and learn about the landscape from a local expert. Participants should be able to walk a mile on uneven terrain. Bring water, bug spray, sunscreen, and dress appropriately. Registration and medical clearance are required. To sign up, contact the VNA at (508) 957-7423.

### Yoga with Janet

*In-Person: Tuesday, March 4, 11, 18, 25 & April 1, 8, 15, 29 • 8:30 am*

*Hybrid: Tuesday, April 22 • 8:30 am*

*Virtual Yoga: Thursday, March 6, 13, 20, 27 & April 3, 10, 17, 24 (Zoom at Home) • 8:30 am*

Includes meditation, stretching, and strengthening poses. Free for Eastham residents, \$7 for non-residents. All Tuesday classes, except April 22, are in person. Thursday classes are virtual (Zoom from home).

*\*Consult a physician before starting a new fitness routine. This agency provides resources but does not endorse or recommend these services.*

## COActive Annex: Eastham Public Library

*If you were registered for the previous session, please note that you are not automatically registered for this one. Pre-registration is required to secure your spot. Classes are first-come, first-served with limited space, so be sure to register in advance. You will only be admitted if you're pre-registered. Also, please remember that some programs are held before the library opens to the public at 10:00 am. Use only the allocated space.*

### Caregiver Support & Activity Group

*2nd & 4th Wednesdays (March 12, 26 & April 9, 23) • 1:00 – 2:30 pm*

Join the Alzheimer's Family Support Center's Caregiver Support Group while your loved one attends the Activity Group. Both groups run simultaneously with experienced facilitators. For more information or to join, contact AFSC at (508) 896-5170.

### Chair Yoga

*Friday, March 7, 14, 21, 28 & April 11, 18, 25 • 9:30 am*

*7-week Session*

**This is a NEW session — pre-registration is required for each session.**

Chair yoga improves flexibility, strength, and balance while reducing pain and boosting well-being. This is a NEW session — pre-registration is required for each session. You must be registered to attend.

Call (774) 801-3151. Free for Eastham residents aged 59 and over. Limited spots available, offered on a first-come, first-served basis. No class on April 4.

### Zumba/Dance Class

*Friday, March 7, 14, 21, 28 & April 11, 18, 25 • 8:15 am*

*7-week Session*

**NEW session — pre-registration is required for each session.**

Love to dance and have fun? Join us for this high-energy class with lively moves! NEW session — pre-registration is required for each session. Call (774) 801-3151 to register. You must be registered to attend. Free for Eastham residents aged 59 and over. Limited spots available, offered on a first-come, first-served basis. No class on April 4.

## Fun & Games

### Cribbage

*Mondays • 10:00 am*

*(holiday weeks group meets on Tuesday)*

Join other Cribbage players in the Nauset Light Room every Monday. Holiday weeks players will meet on Tuesday. No Cribbage on March 31 or April 21.

### Hybrid Game Experience

*Tuesday, March 4, 18 & April 1, 15 • 12:30 pm • Hybrid Program*

Join John for a fun morning of virtual games! Play from home on Zoom or in person at the Senior Center, with favorites like Family Feud, Jeopardy, and more. Don't miss the fun — come join us!

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## Fun & Games

*(continued from page 5)*

### Jim's Game Hour

**Monday, March 24 & April 28 • 2:00 pm**

Join Jim in the main hall for an afternoon of engaging games and friendly competition! Whether you love board games, card games, or simply want to socialize, everyone is welcome. Don't miss out on the laughter and fun (meets after Birthday Club)!

### Mah Jongg

**Mondays & Wednesdays • 12:30 – 3:30 pm**

Calling all avid players. Stop by anytime for a fun afternoon of games filled with laughter and great friends! No Mah Jongg on April 21.

### Open Bridge

**Thursdays • 12:30 pm**

This group meets weekly and is open to all experienced players. Join anytime! Due to lack of parking, bridge will now start at 12:30 pm.

### Ready, Set, Safe!

**Friday, April 25 • 11:00 am**

Looking for something to do school vacation week? Join First Responders from Eastham for an afternoon about staying safe! All are welcome – kids, grandchildren, grandparents, parents, friends, and family caregivers. A light lunch will be provided. To RSVP, call (774) 801-3153.

### Rummikub

**Wednesdays • 12:30 – 3:00 pm**

This group meets weekly in the Nauset Light Room located downstairs at the Senior Center.

### Seaside Café

**Mondays, Tuesdays & Thursdays**

**• 9:00 – 10:00 am**

Join us at the Seaside Café in the Nauset Light Room for complimentary breakfast treats, coffee, and good company!

- **Mondays:** Cribbage at 10:00 am (Cribbage moves to Tuesday if the Senior Center is closed on Monday)

- **Tuesdays:** Trivia at 9:00 am
- **Thursdays:** COA Veterans Social Club – civilians welcome!

Free-will donations appreciated. No cafe on on March 31 or April 21.

### Spelling Bee

**April 11 • 11:00 am**

Our Spelling Bee with combined teams of Eastham Elementary School 5th graders and Eastham Seniors is back by popular demand! **We need at least 15 volunteers to represent the Senior Center. To volunteer, please call us today at (774) 801-3151.** We will even provide you with a list of words ahead of time! If you're not interested in volunteering you're still welcome to join us as an audience member and cheer for your favorite team.

## Health & Wellness

### Ask-A-Dietitian

**Thursday, March 20 & April 17**

**• 10:30 – 11:30 am**

Presented by Outer Cape Wellness and the VNA of Cape Cod. Get answers on diet, nutrition, and food-related concerns, including Blue Zones, budget-friendly eating, and gut health. This program is free, and walk-ins are welcome!

### Barnstable County Public Nurses: Free Health Screenings

**Wednesday, March 5 & April 2**

**• 11:30 am – 12:30 pm**

Join us monthly for our "Ask a Public Nurse" sessions with Barnstable County Public Nurses. They'll offer blood pressure checks, health screenings, and more. Stop by for a free consultation!

### Cooking Club:

#### New Recipes for 2025!

**Wednesday, March 12 & April 9 • 9:30 am**

Discover seasonal, plant-based recipes with Heather Bailey, certified nutritional consultant and natural chef. These classes focus on improving wellness and addressing nutrition challenges like autoimmune issues, heart health, and dental concerns.

Classes are tailored to your needs, featuring live demonstrations, plenty of time for questions, and a tasting of the featured recipes! Space is limited to 12 participants – so be sure to sign up early.

Free for Eastham residents thanks to the Friends of the Eastham Council on Aging. \$5 per class for non-residents. Call (774) 801-3151 to register.

#### NEW!

### Mindfulness and Meditation

**Tuesdays • 2:15 pm**

Immerse yourself in a calming journey with Qigong meditation as the foundation, while exploring a variety of mindful activities designed to promote deep relaxation, sharpen awareness, and nurture a sense of peace. Whether you're new to meditation or looking to deepen your practice, this class offers a perfect blend of techniques to help reduce stress, enhance clarity, and foster emotional well-being. Join us to reconnect with yourself and experience the transformative power of mindfulness.



### FREE Cape Cod Tech Fair!

**Monday, March 31 • 9 – 11:00 am**

Join us at the CCT Fair for a variety of services: **Cosmetology** students will offer hand and arm massages, along with wigs and wig fittings; **Dental Assisting** students will provide educational resources on home care, including xerostomia and denture care, with live demonstrations; **Culinary** students will serve delicious soup and bread samples; and **Health Technologies** students will conduct blood pressure, pulse, and oxygen screenings while offering education on hypertension. Don't miss out on this opportunity to learn and benefit from these valuable services!

## Health & Wellness

*(continued from page 6)*

### Health & Wellness Improvement

Tuesday, March 25 & April 22 • 1:00 pm  
• Hybrid Program

Join Carol Moore Penfield, M.S. NPC, Nurse Practitioner, for this monthly series. In March, learn “*managing your blood sugar and preventing diabetes*,” followed by valuable insights on “*how to get good quality sleep*” in April. Experience this engaging program with friends at the Center, or join us comfortably from home via Zoom – whatever works best for you! To register, call (774) 801-3151. Sponsored by the Friends of the Eastham Council on Aging.

### Low Vision Support Group

March 13 & April 10 • 10:00 am

A peer led support group that is open to Eastham residents who are experiencing vision loss of any degree. You do not have to be designated legally blind to attend. To register, call Sight Loss Services at (508) 394-3904. Rides available to Eastham residents upon request.

## LGBTQ+

### A Year of Connections!

February marks the first anniversary of the Eastham COA's LGBTQ+ Community Coffee and Conversation program. It has been warmly received, with 12-15 people attending each monthly gathering. Fun events – from Pride Potlucks to Halloween Parties – have been a hit, with over 35 community members attending each.

Thanks to the Eastham COA staff and Friends of the Council on Aging for supporting and sponsoring these programs. And a very special thanks to the volunteer planning committee for organizing future events, and to everyone who has come together to connect and celebrate the community!

### LGBTQ + Community Coffee and Conversation

Monday, March 3 & April 7 • 3:00 pm

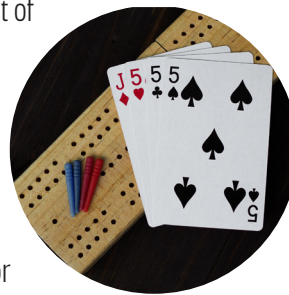
Join us for refreshments and engaging conversation in a friendly, casual, and safe environment! Whether you're looking to make new friends, learn about social activities, or discover support services, we'd love to have you join us. Celebrate “33 Flavors Day” with some ice cream on March 3, and who knows – maybe we'll get a jump on “National Grilled Cheese Day” on April 7! Sharing fun moments and building camaraderie is what makes our community special.

If you'd like to attend, have activity suggestions, or want to volunteer, reach out to Cheryl Gayle at [pride.eastham@gmail.com](mailto:pride.eastham@gmail.com). Registration is not required, and walk-ins are always welcome! Let's connect and create a stronger, more inclusive community – open to the local 55+ LGBTQ+ community.

### Game Night

Friday, April 25 • 5:30 pm – 8:00 pm

Join us for a night of friendly competition! Form a team to play Pictionary or Trivia, enjoy a game of Cribbage or Hearts, or challenge friends to Scrabble. Feeling adventurous? Try a round of musical chairs! A light supper, dessert, and tea/coffee will be served. Please email [Pride.Eastham@gmail.com](mailto:Pride.Eastham@gmail.com) to register April 21 or call (774) 801-3151.



### OutstandingLife

OutstandingLife is committed to improving the quality of life for LGBTQ+ older adults by fostering meaningful connections through free online programs. These include book clubs, social groups, special events, and legal lunch-and-learn sessions, among others. For more information, visit [outstandinglife.org](http://outstandinglife.org) or contact Amy at [programs@outstandinglife.org](mailto:programs@outstandinglife.org).

### Senior Center LGBTQ+ Older Adult Programs:

**Barnstable Adult Community Center**  
2nd Friday • 10:30 – 11:30 am

Contact: Maureen, [maureen.Vetter@town.barnstable.ma.us](mailto:maureen.Vetter@town.barnstable.ma.us)

**Bourne, On-going Programs**

Contact: (508) 759-0600 x 5300

**Chatham Council on Aging**

1st & 3rd Thursday

Contact: Kerri Kelly, [KKelly@chatham-ma.gov](mailto:KKelly@chatham-ma.gov), (508) 945-5190

**Eastham Council on Aging**

1st Monday • 3:00 pm

Contact: Cheryl, [pride.eastham@gmail.com](mailto:pride.eastham@gmail.com), (774) 801-3151

**Falmouth Senior Center**

Wednesdays • 9:00 – 10:30 am

Contact: (508) 540-0196

Falmouth residents aged 60 and older

**Orleans Council on Aging**

On-going Programs

Contact: (508) 255-6333

**Truro Council on Aging**

3rd Monday • 1:30 – 2:30 pm

Contact: (508) 487-2462

**Yarmouth Senior Center**

2nd Wednesday • 1:00 pm

Contact: [yarmouthlgbtqseniors@gmail.com](mailto:yarmouthlgbtqseniors@gmail.com), (508) 534-8665

### SAGE Table

Friday, March 21 • 5:30 pm

Orleans Senior Center  
150 Rock Harbor Rd, Orleans, MA

The Orleans and Eastham Councils on Aging are hosting a SAGE Table event, part of an international initiative bringing LGBTQ+ individuals together for a meal and conversation to combat social isolation. Enjoy a delicious Tex-Mex dinner and enriching discussions. Space is limited, and registration is open until filled. Call (508) 255-6333 to reserve your spot!

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## Life Enrichment

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### Dad I Wanna' Go Fishin' with Peter Cook

Wednesday, March 12 • 12:15 pm (lunch served at 12:00 pm) • Hybrid Program

Join us for a special screening of *Dad I Wanna Go Fishin'* a documentary by Peter R. Cook and Paul DeRuyter. This heartfelt film, which premiered at the Provincetown International Film Festival, follows a father and son navigating life and the sea. Featuring archival footage from the 1950s to the 1970s, it offers a unique look at commercial fishing aboard the F/V *Little Infant*. Peter Cook, a Native Provincetown resident, will be present for a Q&A session after the screening. Don't miss this chance to experience Provincetown's history! Light lunch will be served. Please RSVP at (774) 801-3151.

### The DA & Us

Wednesday, March 26 • 11:00 am  
• Hybrid Program

Join Kelly Quealy, Community Officer for The Cape & Islands District Attorney's Office, as she hosts "The DA and Us." This program, launched by District Attorney Galibois, builds town-based coalitions of 8 - 12 volunteers who meet quarterly to discuss local issues and keep the DA's office connected with the community. Join us in-person in the Nauset Light Room (downstairs at the Senior Center) or via Zoom.

### French Club

Tuesdays • 2:00 pm

This group is for fluent French speakers only! This is not an instructional group. Join other fluent French speakers every Tuesday to practice speaking the language and meet some new friends.

### Gone Fishin'

Friday, March 28 • 1:00 pm  
• Hybrid Program

Take a break and join John for some recreational fun! Participate in-person or online each month for talks on topics like baseball, fishing, sports, cars, trivia,

movies, Cape Cod memories, and more! Topics will be promoted via weekly eblasts or for more information call John at (508) 240-5900 extension 3159 or email [jklimczak@eastham-ma.gov](mailto:jklimczak@eastham-ma.gov).

### NEW! Medical Billing Advocate

Thursday, April 17 • 9:00 am - 12:00 pm

Ginny Aldrich, with more than 30 years of medical billing experience, is volunteering to help our members navigate this complex process. She will be available by appointment on April 17. To schedule, call (774) 801-3151.

### Memoir Writing

Mondays • 9:30 am

The current members of the Memoir Writing class will continue to meet Mondays at 9:30 am in the library at the Senior Center. New members are welcome! This group will not meet on March 31 and April 21.

## Nutrition

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### Baked Goods

Tuesdays • 10:00 am

Typically, after 10:00 am Tuesday, volunteers deliver donated day-old baked goods. Stop by and help yourself in the lower level of the Senior Center!

### Brown Bag

#### (Pre-registration Required)

Friday, March 7 & April 4 • 9:30 - 10:30 am

On the first Friday of each month, free fresh and frozen items available for pickup or delivery. Pre-registration required, (774) 801-3153.

### "Grab & Go" Prepared Meals

Friday, March 14, 28 &  
April 11, 25 • 10:30 - 11:30 am

Stop by the Nauset Light room (lower level of the Senior Center) for a FREE delicious meal from The Family Table Collaborative (FTC), a self-sustaining nonprofit working to end hunger on Cape Cod. We are so thankful to this organization for helping provide food security to our community. These meals are offered on a first-come, first-served basis. If you are experiencing

a hardship, please call Cindy Dunham at (774) 801-3153.

### Mobile Food Pantry (Pre-registration Required)

Wednesday, March 5 & April 2  
• 12:00 - 12:45 pm

Eligible participants receive a grocery shopping list to select needed food items. Pre-registration required, (774) 801-3153. If you arrive after 12:45 pm please see Cindy for your food.

### Whole Foods

Thursdays • 1:00 - 2:00 pm

Food is distributed at the Eastham United Methodist Church located at 3200 State Highway.

## Social Programs

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### Birthday Club

Monday, March 24 & April 28 • 1:00 pm

Is it your birthday month? Celebrate with us at the Center! Join us for a sweet treat and birthday fun! To RSVP or for more information, call Jim at (774) 801-3154. *After the celebration, stay for an afternoon of games at 2:00 pm.*



### Fun Night Out: Line Dancing

Wednesday, April 16 • 5:30 pm

Join instructor Monique Costa, who will teach the basics of line dancing that will encompass a mix of dancing styles. This is easy to learn for newcomers and beyond, and all are welcome. This is a fun-filled evening and no partner is necessary. A light dinner will be available. The charge is just \$5 for Eastham residents and \$10 for non-residents. To register call (774) 801-3153. Free-will donations to support the Friends are greatly appreciated too!

*continued on page 9*

## THINGS TO DO

### Social Programs

*(continued from page 8)*

#### Lunch with Friends

*Sponsored by the Friends of the Eastham Council on Aging*  
**Wednesday, March 26 & April 30**  
• 12:00 pm

Calling all Eastham residents over 59! Thanks to the generosity of the Friends of the Eastham Council on Aging, Eastham residents can enjoy a complimentary meal at the Eastham Senior Center. Reservations are required and must register at least one week in advance. January features a delicious Polish-themed meal, followed by a Chinese-themed meal in February! Non-residents may register starting one week before each luncheon, with a cost of \$5 per person/event.

#### St. Patrick's Day Luncheon

**Friday, March 14 • 11:30 am**

The Eastham Elementary School will perform traditional Irish music, then join us for lunch! RSVP is required by noon on Monday, March 3. There is limited capacity and reservations are offered on a first-come, first-served basis. The cost per person is just \$5. To register call, (774) 801-3151.



#### 80 Plus

**Friday, March 14 & April 18 • 11:00 am**

Join lively discussions and discover how amazing women aged 80 and up navigate the challenges of aging with flair! Share stories, swap tips, and support one another while tackling everyday issues. Brighten each other's days, share experiences, and enjoy the journey together!

## Speaker Series

#### Eastham Focus Series

**Thursday, March 13 & April 10 • 1:00 pm**  
• Hybrid Program

In March, join us on Zoom for an informational session with Fire Chief Lisa Albino and Deputy Fire Chief Eric Littmann as they discuss the Fire Department's services and priorities for 2025, followed by a Q&A.

In April, join Town Administrator Jacqueline Beebe for an exciting opportunity to learn about what's happening in our town! Jacqui will be at the Senior Center on April 10 at 1:00 pm to discuss the upcoming warrant articles and share details about new and exciting projects planned for Eastham's thriving community. Both programs will be available both in-person and online.

#### Eastham Historical Society: Connecting Memories

**Thursday, March 27 • 1:00 pm**

Join Marca Daley, Archivist and Museum Curator for the Eastham Historical Society, for a virtual tour of the society's four museums. Explore the 1869 Schoolhouse Museum, the 1741 Swift-Daley House, the Dill Beach Camp (the only camp to survive the 1978 hurricane blizzard), and the Ranlett Tool Museum, which showcases Eastham's agricultural history. Marca will also introduce the newest Eastham Historical Society project: the restoration of the 3rd wing of the historic schoolhouse, which will feature exhibits on Eastham's rich and diverse past. Join us in person or via Zoom at home!

#### Environmental Series: Cape Cod National Seashore

**Wednesday, March 19 & April 16**  
• 11:30 am • Hybrid Program

We're excited to have John Hanlon, Youth and Outreach Programs Coordinator for the Cape Cod National Seashore, presenting two programs for our Environmental Series. In March, he will focus on birds. Do you enjoy birdwatching? Winter is actually the best time to see birds at the Seashore, with visitors from all over the

hemisphere. Whether you're a beginner or expert birder, come learn about the many species that call the Seashore home during each season.

In April, John will discuss how the Cape Cod National Seashore offers more than just beautiful beaches. Learn about the Seashore's rich history and what makes it one of more than 400 National Parks. Both programs available in person and online.

#### Master Gardener Series

**Thursday, March 6 & April 3**  
• 2:00 pm • Hybrid Program

Join Master Gardener Cherie Bryan in March for *Naturalizing with Natives!* Learn how to create a sustainable, low-maintenance garden using native plants that support local ecosystems, attract pollinators, and enhance biodiversity. This session will cover plant selection, design tips, and best practices for a thriving native garden. Leave inspired to create your own eco-friendly outdoor space!

In April, join Donelle Denery as she presents Spring Into Gardening: Seed Starting and Garden Prep. Participants will gain practical guidance on preparing their gardens for planting, including tips on soil preparation, selecting the right plants, and starting seeds indoors or outdoors. This workshop is designed to help you get things started with confidence and ease. Both programs available in person and online.

#### Medicare Advocacy

**Wednesday, April 9 • 12:15 pm (lunch served at 12:00 pm)**  
• Hybrid Program

Has Medicare refused payment? Need help with an appeal? Join Katie Kane, Elder Law Attorney at South Coastal Counties Legal Services, an agency dedicated to helping low-income community members protect their homes, families, health, jobs, and rights, as they present on Medicare Advocacy. Discover how South Coastal Counties Legal Services can assist with the new appeal process for those placed on observation status and help navigate the process to receive the coverage needed.

*continued on page 10*

Don't miss this program! Please RSVP to (774) 801-3151. Available in person and online.

### Registry of Motor Vehicles

Friday, April 18 • 11:00 am

Hybrid Program

Join Michele Ellicks, Community Outreach Coordinator for the RMV, as she covers driving topics like rule changes, Real IDs, unsafe driving signs, and possibly Disability Parking Placards. Light lunch provided. Attend in person or online.

### Senior Medicare Patrol (SMP)

Friday, March 28 • 11:00 am

The SMP program helps seniors protect against Medicare fraud, abuse, and errors. Learn to spot billing issues, review statements, and report suspicious activity. Protect your benefits by never sharing your Medicare number and reporting discrepancies. Join us to find out how to safeguard your Medicare.

## Technology

### Digital Life Tech Workshops

Friday, March 7 & April 18 • 1:30 pm

Tuesday, March 11 & April 8, 29 • 12:30 pm

Unlock the power of technology with our engaging workshops, designed just for you! Our expert speakers, John Klimczak (a creative IT professional with 20+ years of experience) and Alex Maldacker (a tech-savvy student from Nauset Regional High School), will guide you through smart devices and apps that simplify life. Stay tuned for exciting weekly updates on specific topics, delivered straight to your inbox. Join us and make technology work for you!

### NEW! Artificial Intelligence (AI) Workshops with Russ Wilcox

Monday, March 31 & April 14 • 1:00 pm

• Hybrid Program

Join us for monthly sessions on "Artificial Intelligence in Everyday Life: What Seniors Need to Know." Presenter Russ Wilcox, a global AI leader and TED speaker, will explore how AI is already shaping our lives,

from smartphones to healthcare. He has been featured in *Forbes* and served on Governor Healy's AI task force and as a UN delegate on AI policy. Russ will address common concerns, highlight benefits, and offer practical insights, with time for questions and discussion. Don't miss this! Both programs will be available in person and online.

### Tech Help with Alex & John

Select Thursdays • 1:30 – 3:00 pm

By Appointment Only)

Feeling a little technology-challenged? Need help with your phone, tablet, or laptop? Want assistance with using Zoom for Senior Center hybrid programs? Or telehealth appointments? Or something else? Alex and John are here to help!

To make appointment please call John at the Senior Center at (508) 240-5900 and dial extension 3159 or email [jklimczak@eastham-ma.gov](mailto:jklimczak@eastham-ma.gov) to schedule a time to meet.

## Veterans

### Cape Cod Veterans Center

Thursday, March 13 • 9:30 am

Join Donna Scaglione, LICSW, and Adam Doerfler, from the Cape Cod Vet Center as they discuss VA benefits, services, and free counseling.

### Veterans Rendezvous Cafe

Thursday, March 20 & April 17 • 9:30 am

Join us in the Nauset Light room to connect with Veterans of all ages. Hosted by the Cape and Islands Veterans Outreach Center, this FREE event features programs and activities.

### Veterans Social Club

Thursdays • 9:00 am

Join us in the Nauset Light Room (downstairs) for coffee, conversation, and breakfast treats. Veterans, spouses, and civilians are all welcome!

### Veterans Mobile Food Pantry at the Orleans-Eastham Elks

Tuesday, March 11, 25 & April 8, 22

• 10:00 am – 1:00 pm

The mobile food pantry will be at the Orleans-Eastham Elks Lodge, 10 McKoy Road, Eastham. Please bring a DD214 or VA ID card.

### Veterans' Agent

Wednesday, March 19 & April 23

• 1 – 3:00 pm

Veteran Services Officer, Shawney Carroll, is available by appointment at the Eastham Senior Center. Call (774) 801-3151.

## OUTREACH CORNER NEWS



### Eastham WellFest: Community Health, Wellness & Safety Fair!

Friday, May 9 at the Eastham/Orleans Elks from 11:00 am – 2:00 pm

Save the Date

Cindy Dunham, LPN  
Outreach Coordinator  
(774) 801-3153

### We're Ready for Spring!

Winter is behind us! Spring officially starts on March 20, and each day we're experiencing daylight just a little bit longer. Slowly a bit of warmth, new beginnings. We may begin seeing signs of new life – new hatchlings, buds bursting on the trees – a promise of the spring awakening.

A newness that provides inspiration to get out and perhaps start a new routine at the Senior Center. Move a muscle, change a thought! We have programs and offerings for everyone listed below and throughout the newsletter. Come join us and try something new!

*continued on page 11*

## OUTREACH RESOURCES

### AARP Tax Aide

The AARP Tax Aide Program provides free tax assistance for low and moderate-income residents on Fridays, through April 11, by appointment starting at 8:30 am at the Eastham Center. Trained volunteers assist using a drop-off system. Appointments can be made by calling (774) 801-3151. No walk-ins. Offered on a first-come, first-served basis. No tax services offered on Friday, March 14.

### Application Assistance

Help is available by appointment for benefit programs such as SNAP (Supplemental Nutrition Assistance Program), Fuel Assistance, MassHealth/Medicaid and Medicare/Social Security.

### Blood Pressure and Notary

Blood pressure and notary services available by appointment.

### Driver's License Renewal

Is it time to renew your license? Remember we can help you navigate through getting an appointment, printing forms, and completing them.

### Durable Medical Equipment Loans

Wheelchairs, walkers, shower seats, and other durable medical equipment may be available.

### Dry Goods Pantry

*Monday-Friday*

A dry goods pantry is available daily at the Senior Center. Sundry items, non-perishables, personal items, and more are available to those in need.

### Eastham Food Pantry

The Eastham Food Pantry is located at 3200 State Highway, at the back of the Methodist Church, and is supported by the Lower Cape Outreach Council. The food pantry is open to Eastham residents during the following hours:



- Mondays: 4:00 – 6:00 pm
- Tuesdays: 10:00 am – 12:00 pm
- Wednesdays: 2:00 – 4:00 pm

No appointment is needed. Come by during pantry hours, and a friendly volunteer will help you sign up.

### Elder Law Attorney

*Tuesday, April 15 & June 17 • 10:00 am*

To schedule an appointment with a pro bono Elder Law attorney at the Eastham Senior Center, call Ms. Rasheda Dickerson at (774) 487-3251, Monday – Friday, 9:00 am – 5:00 pm. Appointments are first-come, first-served.

### Friendly Visitor Program

Are you able to visit a homebound senior? Just an hour of your time can make a big difference – enjoy a chat over coffee, play a game, take a walk, or more. We're looking for volunteers!

We're also exploring virtual visits, which can be a great option for those unable to meet in person. These visits could include video calls, reading together, or simply chatting with a senior to brighten their day. If you're interested in helping in person or with virtual visits or want to learn more, please call Cindy at (774) 801-3153.

### Helping Our Women

HOW is in Eastham! Its health & wellness events are open to all women, non-binary, and gender-diverse individuals at the Ann Maguire Women's Wellness Center, 3 Main Street Mercantile, Eastham. For questions, call Cathy at (508) 487-4357 ext. 103.

### Home Meal Delivery Services

Do you or someone you know need home meal delivery services? There are many options available in our community. If you or someone you know needs a home delivered meal, please contact Cindy Dunham, (774) 801-3153.

### Nauset Neighbors

Want to make a difference? Nauset Neighbors is an all-volunteer nonprofit helping older adults stay independent at home and engaged in their community.

The organization offer rides, tech support, handyman tasks, and friendly visits. Volunteering is easy and flexible with online scheduling. For more information or to volunteer, visit [nausetneighbors.org](http://nausetneighbors.org) or call (508) 514-7067.

### Outer Cape Health Services Community Resource Navigator

The Outer Cape Health Services Community Resource Navigator (CRN) program assists residents with unmet medical, behavioral health, or human service needs. For more information, call (774) 722-2398 or visit the Eastham Police Station on Fridays between 1:30 – 4:30 pm.

### Reassurance Program

Do you live alone or know someone that does? The Senior Center works with the Eastham Police Department to support the Reassurance Program. This allows elders living independently the chance to check in with someone daily. Remember the Reassurance Program phone number is used for non-emergency calls. Should you have an emergency, please remember to call 911.

### Rock Harbor Respite

Qualified Eastham residents may be eligible to attend Rock Harbor Respite in Orleans, an adult supportive day program. This program is limited and is offered on a first-come, first-served basis.

### SHINE News

Missed Medicare Open Enrollment? You have options if you're already in a Medicare Advantage Plan. You have until March 31 to make changes. SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. They can also look to see if you qualify for any assistance programs to help alleviate some of the out-of-pocket expenses. For help, please call SHINE at (508) 375-6762 or for an in-person appointment offered on select Wednesdays at the Center call (774) 801-3151.

## HEALTHY LIVING\*

### Cooking at Home

Heather Bailey, *The Optimal Kitchen*

Email: [theoptimalkitchen@comcast.net](mailto:theoptimalkitchen@comcast.net)

Website: [theoptimalkitchen.com](http://theoptimalkitchen.com)

A healthy immune system is our body's best defense against disease and chronic illness. It is a lot easier to prevent disease than it is to cure it, and a strong and robust immune system will either prevent us altogether from getting sick or shorten the duration of an illness. What we feed ourselves daily plays a key role in the health of our immune system. When it comes to our immune systems we need to fully understand all of the different factors in our lives that are determined to weaken our immune system, and how we can positively act to repair them. Join us at our monthly Cooking Club to explore healthy recipes to support your immune health. See page 6 for details.

### Bits of Bliss Yoga

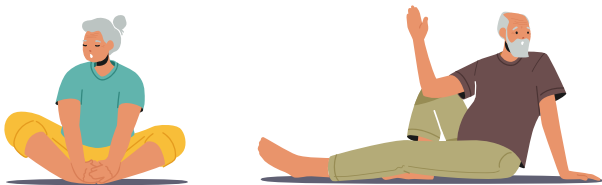
Janet Betty, E-RYT, YACEP, BLS

The COA offers a wealth of opportunities to connect! In addition to the many in-person classes, you can also join virtual ones to stay engaged with your community, no matter where you are! It's incredibly convenient – whether you spend your winters away, are traveling, or simply have busy days with company or time constraints, there's something for everyone!

Yoga is all about connection. While it's a personal practice, gathering with like-minded individuals adds a nourishing dimension for your body, mind, and soul. Cultivating a sense of community is crucial for our well-being, both mentally and physically. In a world where digital communication has become the norm, fostering real connection is more important than ever.

Research shows that social support can increase longevity by 50 percent – connecting with others is a fundamental part of the human experience. Just like yoga, community is about unity and connection. Join us in person or virtually to find a little more bliss in your life!

*"We're all just walking each other home." – Ram Dass*



*\*Consult a physician before you begin a new diet/health/exercise routine. As a matter of public record, this agency makes available these resources, but does not endorse or recommend these services.*

## Staying Hydrated

Wendy Marinakis

I always make sure to take water breaks during my exercise classes, and I encourage everyone to do the same. It's great to see those water bottles beside everyone! Drinking enough water helps keep your body hydrated, which supports your heart in pumping blood and helps your muscles work efficiently. When you're well-hydrated, your heart doesn't have to work as hard.

Staying hydrated during exercise is important because it helps you maintain concentration, boosts endurance, regulates body temperature, supports muscle movement, and cushions your joints. Hydration also plays a key role in breathing. When you inhale, body fluids help moisten the air, making it easier for your lungs to absorb oxygen.

Dehydration can make you feel dizzy, tired, give you a headache, or even make you irritable. If you feel thirsty, you're already dehydrated.

Water is the best choice for staying hydrated, and it's so refreshing! So, cheers to a healthy, hydrated you! See you in class!

## IMPROVING YOUR HEALTH

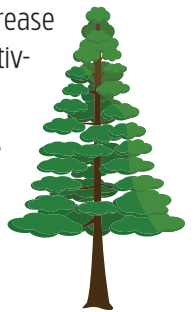
### Forest Bathing Enhances Anticancer Immunity

Carol Penfield, MS, NPC, Nurse Practitioner and Certified Lifestyle Medicine Specialist

Email: [carolmpenfield@gmail.com](mailto:carolmpenfield@gmail.com)

Spending time in a forest, or even anticipating it, significantly lowers levels of cortisol (a stress hormone), more so than being in an urban area. Studies on the effects of Forest Bathing on immune function have shown that spending time in a forest can lead to a significant increase in the number and activity of natural killer (NK) cells, which play a key role in fighting off cancer.

- Forest exposure is associated with a notable increase (around 50 percent) in natural killer (NK) cell activity, which plays a role in fighting off cancer.
- After a single forest trip, NK cell activity remains elevated for up to a week, and, in some cases, positive effects last up to a month.
- A day trip to the forest can be enough to maintain elevated NK cell activity if done weekly or monthly.
- Studies comparing forest versus city exposure confirm that forest environments uniquely boost immune function, independent of other factors like exercise and sleep.



We live in a place with plenty of opportunities for forest bathing – explore the Cape Cod National Seashore or other beautiful, wooded trails in our area!

# TRANSPORTATION SERVICES\*

## COUNCIL ON AGING

### Medical Transportation

Our goal is to provide safe and affordable door-to-door/round-trip transportation to medical appointments. **Please call Kathy at (774) 801-3204 at least one week prior to schedule your medical appointment ride.** Rides are offered on a first-come, first-served basis. We follow the below minimum payment schedule. However, for those that may be able to give a little more to help fund the program, we appreciate donations. Or if you experience a hardship paying, please call (774) 801-3153.

#### Medical Transportation Fees:

Eastham.....	\$5
Brewster/Harwich/Orleans/Wellfleet .....	\$10
Chatham/Dennis/Provincetown/Truro.....	\$15
Centerville/Hyannis/Yarmouth.....	\$20
Bourne/Mashpee/Sandwich.....	\$35
Falmouth .....	\$50

### EASTHAM COACH TRIPS

All trips are first-come, first-served, and registration is required. Call Jim at (774) 801-3154 for reservations. Participants must shop and move independently. Care partners are welcome. Rides available upon request.

#### Orleans

*Fridays • 9:00 am or 12:30 pm*

Join us on the Eastham COAch for a trip to Orleans, starting at Stop and Shop at 9:00 am or Shaw's at 12:30 pm. Each shopper has about one hour to shop independently.

*Mondays, March 10 & April 14 • 12:45 pm*

Join us for local shopping in Orleans! We will visit local shops, Main Street, Friends' Marketplace, and more. Meet at the Senior Center at 12:45 pm; the bus departs promptly at 1:00 pm and returns by 3:15 pm.

#### Trader Joe's

*Wednesdays, March 19 & April 16  
• 12:15 pm*

Ride to Trader Joe's in January and February. Meet at the Senior Center at 12:15 pm; the bus departs at 12:30 pm and returns by 3:15 pm.



### Market Basket

*Wednesday, March 12 & April 9 • 11:15 am*

Join us for a shopping trip to Market Basket. Meet at the Senior Center at 11:15 am; the bus departs at 11:30 am and returns by approximately 3:15 pm.

### Jim's Adventures

*Monday, March 3, 31 & April 7 • 12:45 pm*

Join Jim for a fun afternoon exploring local sites such as lighthouses, beaches, and other scenic spots.

*\*Senior Center staff may request a care partner accompany an individual. For information or to book a ride, call (774) 801-3151.*

## CCRTA (Cape Cod Regional Transit Authority)

*Below are CCRTA transportation services available in our area.*

### Boston Hospital Transportation

Medical transportation service to all the major hospitals in Boston. Available by reservation, Monday – Thursday. Appointment times must be between 10:00 and 2:00 pm. The fare is \$30.00 round trip and \$15.00 one way.

### DART – Dial-A-Ride Transportation & ADA Paratransit Service

A daily general public demand response service that offers door-to-door rides by appointment.

### FLEX Route Bus

The Flex picks up and drops off passengers at designated stops (between Provincetown and Harwich) and also flexes off its route up to 3/4 of a mile to serve people who have difficulty getting to a regular bus stop. Reservations are required for the off route stops. The Eastham Senior Center is a requested stop!

### SmartDART

SmartDART is an app-based, on-demand, door-to-door, ride-hail service. Available from 8:30 am – 4:30 pm, Monday – Saturday. Fixed fare is \$3.00. More information at <https://capecodrta.org/schedules-services/smartdart/>

*For more information or a travel reservation call (800) 352-7155 and select 1, Monday – Friday between 8:00 am and 5:00 pm.*

## GETTING TO KNOW YOU!

### Alex Maldacker

By Susanne Fischer

Most 18-year-olds don't get excited about working with senior citizens. Alex Maldacker does.

"I've been connected with the Town of Eastham Council on Aging for a long time," he said. "Eastham Elementary School old-fashioned sing-a-longs at the COA, helping build a ramp at the center as part of an Eagle Scout project, and teaching a class on digital and on-line safety."

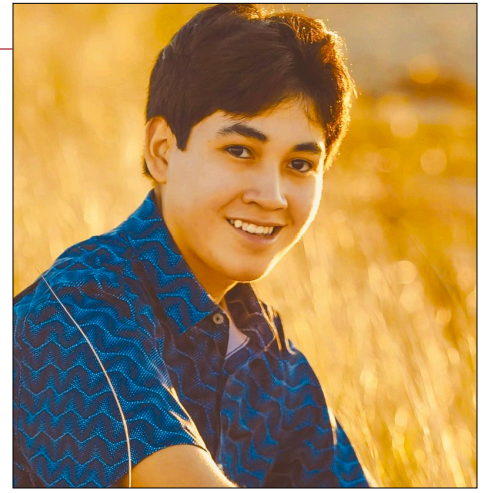
For his senior project at Nauset Regional High School in Eastham, Maldacker said the self-led project requires reaching out to an organization in the community and then setting up a schedule to work with its members and the senior center at the COA was a natural choice. He helps support hybrid programs and digital equity for older adults.

"Basically, seniors sometimes are left behind in the revolving age of technology and my role helps close that gap," he said. "Hybrid programs can connect homebound seniors with programs offered online at the center, giving them more opportunities to be healthier by accessing health and physical education classes. We can set up zoom classes from their homes and if they are traveling they can also stay connected."

Maldacker said he is very excited to be working at the senior center and although the hybrid program grant ends in March he said he will continue to work there until the end of the school year.

"I love being at the senior center," said Maldacker. "The seniors are so nice and very welcoming. I feel like part of their community."

Maldacker, who was born in California and has an older brother and a younger sister, said he enjoyed playing with building



kits as a child. Today, he also competes with the high school robotics team, which won Cape Cod and regional competitions last year.

Accepted at both the Rochester Institute of Technology and the University of Massachusetts, Amherst, Maldacker said he plans to major in mechanical and electrical engineering – and robotics if offered.

## HELEN PETERSON PUZZLE

If you have a puzzle idea or would like to contribute a puzzle, give us a call at (774) 801-3151. Directions: Fill in the blanks with three words, each has the same four letters in different order.

### Spring Has Sprung!

The birds are chirping, and seeds are \_ \_ \_ \_ upon the grass,

and the last of the \_ \_ \_ \_ has finally melted away

It's time to clear out the clutter at every impasse

Declutter the things one \_ \_ \_ \_ ,

clear your mind and enjoy the day.



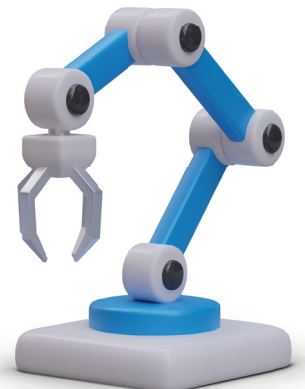
### Answers to last issue's Puzzle, "Happy New Year!"

Perform a good deed. Start a healthy diet.  
De-clutter and edit the things you don't need.  
Hear the tide at the beach and enjoy the quiet.

Congratulations to Janet Benjamins, Henriette Camp, Sue Fischer, and Sue Ellen Raphaelson, who provided the correct answers to the "Happy New Year" puzzle.

## EXCITING ROBOTICS COMPETITION!

Come witness the thrill of innovation and teamwork as Nauset High School students showcase their hard work in an exciting robotics competition! Date to be announced.



# TOWN OF EASTHAM & COMMUNITY NEWS

## EASTHAM ASSESSING DEPARTMENT

The Eastham Select Board is considering a Residential Tax Exemption, which could reduce your tax bill next fall (amount TBD). The Assessor is mailing out prequalification applications. If approved, this exemption can be combined with others. For help, call (774) 801-3215 or visit drop-in hours every Thursday from 10:00 am to 12:00 pm at Town Hall, March-June. Be sure to complete the application to take advantage of this potential benefit.

## EASTHAM BEACHES & RECREATION

### Adult Fitness Programs

Stay active this spring with the Eastham Recreation Department's fitness programs! Whether you're looking to boost your energy, improve strength, or simply have fun, there's something for everyone. For more details and locations, call (508) 240-5974.



## EASTHAM COMMUNITY DEVELOPMENT

### Housing Emergency Loan & Rental Assistance Programs

The Eastham Affordable Housing Trust offers two programs to support residents. The Housing Emergency Loan Program (H.E.L.P) provides loans for major home repairs. To learn more, call Harwich Ecumenical Council for Housing at (508) 432-0015 ext. 102.

The Rental Assistance Program offers a monthly stipend for those who live or work in Eastham. For more information or to apply, visit [hpcacapecod.org/rental-assistance](http://hpcacapecod.org/rental-assistance) or call (508) 255-9667.

## EASTHAM ELEMENTARY SCHOOL

Eastham Elementary School has a hydroponics Flex Farm, a vertical hydroponic system that serves as both a STEM educational tool and a food source for our cafeteria. We are seeking volunteers to help with the planting, maintenance, and harvesting of our hydroponic crops. The expected time commitment is 3-5 hours per week to support the growth cycle. Training modules and staff support are provided for all new volunteers. If you're interested, please contact Mary Ellen Reed at Nauset Public Schools at (508) 255-8800 extension 7031.

## EASTHAM ENERGY AND CLIMATE ACTION COMMITTEE

Join the Eastham Energy and Climate Action Committee (ECAC) for an informational event on the impacts of climate change and how to build a resilient coastal community. The event, co-sponsored by the ECAC, will be held on Tuesday, March 25, from 10:30 am to 12 pm at Snow Library in Orleans. Shelly McComb, Coastal Resilience Specialist for the Cape Cod Cooperative Extension and Woods Hole Oceanographic Institution's Sea Grant Program, will speak. Registration is open at Snow Library or online at <http://www.friendsosnowlibrary.org/lifetime-learning-program>. Attend in person or via Zoom; the event will be recorded. Learn more about the ECAC at <https://eastham-ma.gov/521/Energy-and-Climate-Action-Committee>.

## EASTHAM DEPARTMENT OF HEALTH AND ENVIRONMENT Community Fridge

The Eastham Department of Health and Environment offers free food to Eastham residents through its *Community Fridge* at 2500 State Highway, in the foyer of the Health and Conservation Department. Food is available while supplies last. For ques-

tions or availability, call (774) 801-3230. Narcan is also available.

## EASTHAM NATURAL RESOURCES

The Eastham Natural Resources office will stock donated dog and cat food in their office. If you or you know community members in need, please contact Stephanie Sykes directly at (774) 801-0502 or via email at [ssykes@eastham-ma.gov](mailto:ssykes@eastham-ma.gov).

## EASTHAM PUBLIC LIBRARY SURVEY

Make your voice heard! Please help us plan for the future success of the Eastham Public Library by completing this short survey. All responses are anonymous. Surveys will be collected until April 2, 2025. Thank you for your feedback!



Questions? Please contact Library Director Melanie McKenzie at [mmckenzie@clamsnet.org](mailto:mmckenzie@clamsnet.org) for more information.

## Grief 101

*Eastham Public Library*  
Thursday, March 6 • 2:00 pm

Grief is a natural response to loss, yet many feel misunderstood and isolated due to a lack of understanding about the needs of the grieving. Start the conversation with Grief 101, a presentation at local libraries that covers the basics of grief – its impact on our brains and bodies and how we can support those who are grieving. For more information or to register, call (508) 240-5950. Transportation is available for those in need by calling the Senior Center at (774) 801-3151.

## EASTHAM TOWN CLERK

The 2025 Annual Town Meeting will be held on May 5, 2025, and the Annual Town Election will take place on May 20, 2025. The last day to register to vote for both events is April 25, 2025.

**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, Eastham, MA 02642

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Senior Center: (774) 801-3151 coadmin@eastham-ma.gov

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Director: (774) 801-3152 coadirector@eastham-ma.gov

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Outreach: (774) 801-3153 coaoutreach@eastham-ma.gov

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Programs: (774) 801-3154 coaprograms@eastham-ma.gov

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**SENIOR CENTER STAFF**

**Dorothy Burritt** .....Director  
**Cindy Dunham** .....Outreach Coordinator  
**Monica Keefe-Hess** .....Administrative Assistant  
**Kathy Gill** .....Senior Services Administrative Assistant  
**James Small** .....Program Aide  
**Harriett Emerson** .....Hybrid Program Administrator  
**John Klimczak** .....Hybrid Program Administrator  
**Susan Abbott** .....Volunteer Newsletter Graphic Designer

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Carol DiBona	Linda Reed
Cheryl Gayle, Vice Chair	Dr. Richard Trimble,
Beverly Hobbs, Chair	Secretary
Elaine Lipton	

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**FEOA BOARD OF DIRECTORS**

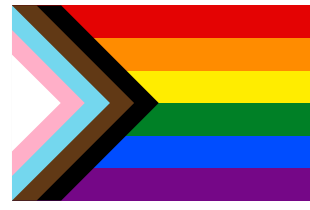
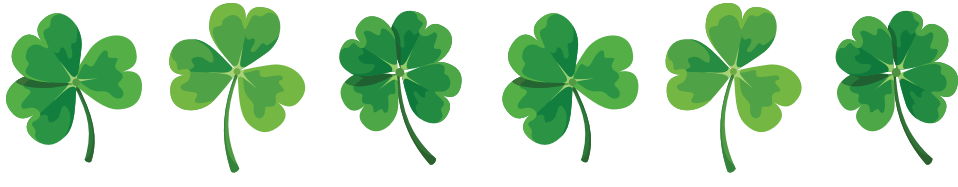
Mindy Baransky, President	Terry Hendrix, Assistant Treasurer
Sue Barnhart, Secretary	Joanne Irish
Jane Burritt	Mary Jane Kearns, Treasurer
Pat Flannery	Pat Lariviere
Karen Harmon, Vice President	Eileen Pflanz
Thomas Harmon	Sandra Szedlak
	Angela Welch

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**VAN DRIVERS**


George Abbott	Paul Langlois
Gerard Boucher	Alan Larson
Keith Burritt	Jeffrey Nogas
John Klimczak	Raymond Shupenis

# MARCH 2025 SENIOR CENTER CALENDAR



**Reminder: Sage Table on Friday, March 21 at 5:30 pm at the Orleans Senior Center!**  
Details on page 7.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Qi Gong <b>3</b> 9:00 Seaside Café 9:30 Memoir Writing 9:45 <b>Zoom HIIT Class</b> 10:00 Cribbage 11:00 <b>Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures 3:00 LGBTQ+ Community Coffee	8:30 Yoga <b>4</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 <b>Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 12:30 <b>Hybrid Games</b> 2:00 French Club 2:15 Meditation	8:30 HIIT Class <b>5</b> 9:00 Hiking Club 9:45 Resistance Bands 11:30 Ask A Nurse 12:00 Mobile Pantry 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class <b>6</b> 8:30 <b>Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:45 LIIT Class 11:00 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods 2:00 <b>Master Gardener Series</b> 2:00 <b>Grief 101 (Library)</b>	8:15 <b>Zumba (Library)</b> <b>7</b> 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 9:30 <b>Chair Yoga (Library)</b> 12:30 Eastham COAch 1:30 <b>Digital Life</b>
8:30 Qi Gong <b>10</b> 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 Cribbage 11:00 <b>Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping 	8:30 Yoga <b>11</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 <b>Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 12:30 <b>Digital Life</b> 2:00 French Club 2:15 Meditation	8:30 HIIT Class <b>12</b> 9:00 Hiking Club 9:30 Cooking Club 9:45 Resistance Bands 11:15 Market Basket 12:00 <b>Dad I Wanna' Go Fishin'</b> 12:30 Mah Jongg 12:30 Rummikub 1:00 <b>AFSC Support Group (Library)</b> 2:15 Ukulele	8:30 HIIT Class <b>13</b> 8:30 <b>Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:30 <b>Cape Cod VA Center</b> 9:45 LIIT Class 10:00 Low Vision Support 11:00 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 <b>Eastham Focus Series</b> 1:00 Whole Foods	8:15 <b>Zumba (Library)</b> <b>14</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 <b>Chair Yoga (Library)</b> 10:30 Grab & Go 11:00 80+ Group 11:30 St. Patrick's Day Luncheon  12:30 Eastham COAch

8:30 Qi Gong <b>17</b> 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 Cribbage 11:00 <b>Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping	8:30 Yoga <b>18</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 <b>Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 12:30 <b>Hybrid Games</b> 2:00 French Club 2:15 Meditation	8:30 HIIT Class <b>19</b> 9:00 Hiking Club 9:45 Resistance Bands 11:30 <b>NPS: Bird Program</b> 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 1:00 Veterans Agent 2:15 Ukulele	8:30 HIIT Class <b>20</b> 8:30 <b>Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:30 Veterans Cafe 9:45 LIIT Class 10:30 Ask-A-Dietitian 11:00 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods 1:00 <b>Creative Connections</b>	8:15 <b>Zumba (Library)</b> <b>21</b> 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 <b>Chair Yoga (Library)</b> 12:30 Eastham COAch 5:30 SAGE Table Orleans Council on Aging
8:30 Qi Gong <b>24</b> 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 Cribbage 11:00 <b>Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour 	8:30 Yoga <b>25</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 <b>Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 1:00 <b>Health Series</b> 2:00 French Club 2:15 Meditation	8:30 HIIT Class <b>26</b> 9:00 Hiking Club 9:45 Resistance Bands 11:00 <b>The DA &amp; Us</b> 12:00 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 1:00 <b>AFSC Support Group (Library)</b> 2:15 Ukulele	8:30 HIIT Class <b>27</b> 8:30 <b>Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:30 COA Board Meeting 9:45 LIIT Class 11:00 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods 1:00 <b>Connecting Memories: Eastham Historical Society</b>	8:15 <b>Zumba (Library)</b> <b>28</b> 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 <b>Chair Yoga (Library)</b> 10:30 Grab & Go 11:00 Senior Medicare Patrol 12:30 Eastham COAch 1:00 <b>Gone Fishin'</b>

9:00 <b>FREE Cape Cod Tech Fair</b> <b>31</b> 9:45 <b>Zoom at Home HIIT</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures 1:00 <b>AI Technology with Russ Wilcox</b>
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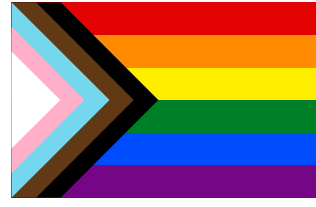
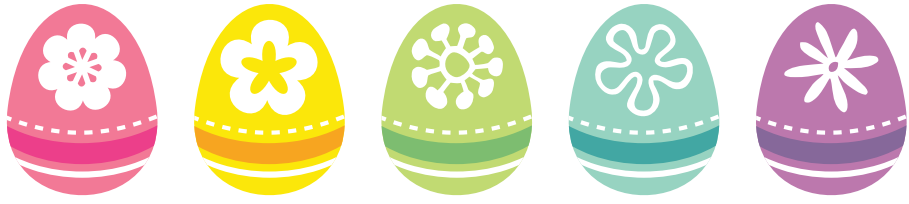


**Programs in BLUE are Hybrid programs. Attend in person or online!**

**Programs in GREEN are online only; no in-person program**



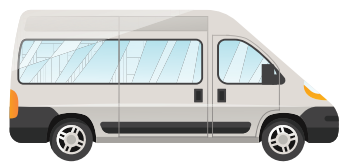



**Programs in ORANGE are hosted at the Eastham Public Library**

# APRIL 2025 SENIOR CENTER CALENDAR



**Reminder: Game Night  
on Friday, April 25  
at 5:30 pm!**

**Details on page 7.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30 Yoga <b>1</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Cribbage <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>12:30 Hybrid Games</b> 2:00 French Club 2:15 Meditation	8:30 HIIT Class <b>2</b> 9:00 Hiking Club 9:45 Resistance Bands 11:30 Ask A Nurse 12:00 Mobile Pantry 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	8:30 HIIT Class <b>3</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:45 LIIT Class <b>11:00 Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods <b>1:30 Tech Appointments</b> <b>2:00 Master Gardener Series</b>	8:30 Tax Appointments <b>4</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 12:30 Eastham COAch 1:00 Painting 
	8:30 Qi Gong <b>7</b> 9:00 Seaside Café 9:30 Memoir Writing <b>9:45 HIIT Video Class</b> 10:00 Cribbage <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures 3:00 LGBTQ+ Community Coffee	8:30 Yoga <b>8</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>12:30 Digital Life</b> 2:00 French Club 2:15 Meditation	8:30 <b>HIIT Video Class 9</b> 9:00 Hiking Club 9:30 Cooking Club <b>9:45 Resistance Bands Video Class</b> 11:15 Market Basket <b>12:00 Medicare Advocacy</b> 12:30 Mah Jongg 12:30 Rummikub <b>1:00 AFSC Support Group</b> 2:15 Ukulele	8:30 <b>HIIT Video Class 10</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club <b>9:45 LIIT Video Class</b> 10:00 Low Vision Support <b>11:00 Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge <b>1:00 Eastham Focus Series</b> 1:00 Whole Foods <b>1:30 Tech Appointments</b>
8:30 Qi Gong <b>14</b> 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 Cribbage <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping <b>1:00 AI Technology with Russ Wilcox</b>	8:30 Yoga <b>15</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Elder Lawyer <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>12:30 Hybrid Games</b> 2:00 French Club 2:15 Meditation	8:30 HIIT Class <b>16</b> 9:00 Hiking Club 9:45 Resistance Bands <b>11:30 NPS: Cape Cod National Seashore</b> 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:30 Fun Night Out: Line Dancing	8:30 HIIT Class <b>17</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:00 Medical Bill Advocate 9:30 Veterans Cafe 9:45 LIIT Class 10:30 Ask-A-Dietitian <b>11:00 Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods <b>1:00 Creative Connections</b> <b>1:30 Tech Appointments</b>	<b>8:15 Zumba (Library) 18</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 11:00 80 + Group <b>11:00 RMV Program</b> 12:30 Eastham COAch 1:00 Painting <b>1:30 Digital Life</b> 
<b>HOLIDAY SENIOR CENTER CLOSED 21</b> 	<b>8:30 Zoom Yoga 22</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Cribbage 10:00 Baked Goods Pickup <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>1:00 Health Series</b> 2:00 French Club 2:15 Meditation	<b>8:30 HIIT Class 23</b> 9:00 Hiking Club 9:45 Resistance Bands 12:30 Mah Jongg 12:30 Rummikub <b>1:00 AFSC Support Group (Library)</b> 1:00 Veterans Agent 2:15 Ukulele	<b>8:30 HIIT Video Class 24</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:30 COA Board Meeting <b>9:45 LIIT Video Class</b> <b>11:00 Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods <b>1:30 Tech Appointments</b>	<b>8:15 Zumba (Library) 25</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 10:30 Grab & Go 11:00 Safety Program 12:30 Eastham COAch 1:00 Painting 5:30 Game Night
8:30 Qi Gong <b>28</b> 9:00 Seaside Café 9:30 Memoir Writing <b>9:45 HIIT Video Class</b> 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour	8:30 Yoga <b>29</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>12:30 Digital Life</b> 2:00 French Club 2:15 Meditation	8:30 HIIT Class <b>30</b> 9:00 Hiking Club 9:45 Resistance Bands 12:00 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	<p><b>Programs in BLUE are Hybrid programs. Attend in person or online!</b></p> <p><b>Programs in GREEN are online only; no in-person program</b></p> <p><b>Programs in ORANGE are Hosted at the Eastham Public Library</b></p>	

