



# Windmill Whisperings

## Your Guide to Active Living

News from the Eastham Center

May-June 2025

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Thank you to our seasoned AARP Tax Aide Program volunteers: Donna Bailey, Terry Hendrix, Sharon Marotti, and Marie Watson.

Photo by Dorothy Burritt

## Calling All Friends & Volunteers!

Love the programs at the COA? The **Friends of the Eastham Council on Aging** make them possible, and we need your support to continue offering them. Join us at the **Friends Annual Meeting on May 14** to learn how you can help support these valuable programs.

Volunteers, be sure to reserve your spot for the **Volunteer Recognition Luncheon on June 11!**

See page 9 for details!



## DIRECTOR'S NOTE

Did you know that 2025 marks the thirty-eighth anniversary of the Eastham Senior Center building?

In 1981, the Friends of the Eastham Council on Aging launched a building fund drive to support the construction of the current Senior Center. The Friends, along with dedicated volunteers, raised funds through various efforts, including the Thrift Shop on Massasoit Road. These funds helped build the Senior Center on town-owned land on Nauset Road, where the current facility stands today.

The Senior Center was completed in May 1987 and was officially gifted to the town



during the Annual Town Meeting. The dedication and hard work of our Friends and volunteers during this process were truly remarkable. The Friends organization continues to play a vital role in supporting the Senior Center's

daily programming, with much of the funding coming from the Thrift Shop.

To honor our volunteers, we're hosting our Volunteer Recognition Luncheon on Wednesday, June 11, at 11:00 am. Registration is required (see page 9 for details). We look forward to celebrating all our volunteers!

We look forward to offering a diverse range of programming options to suit the needs and preferences of our members. Remember to sign in for all programs! If you don't have a key tag, please see a COA staff member for assistance.

Stay tuned for updates on our programs and join us for an enriching and engaging experience this spring and throughout the summer!

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 MEMBERSHIP APPLICATION JULY 1, 2025 - JUNE 30, 2026 [FY26]\*

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

# A HUGE THANK YOU

To everyone who has supported  
**THE FRIENDS OF THE  
EASTHAM COUNCIL ON AGING**  
throughout the years

## YOUR

- Membership dues
  - Generous donations
  - Patronage of our Thrift Shop
  - Volunteer hours
- ▶ Built the Eastham Senior Center
  - ▶ Refreshed and beautified our facilities
  - ▶ Will subsidize the purchase of new furniture
  - ▶ Makes these programs possible:
    - Arts & crafts classes
    - Exercise programs
    - Cooking workshops
    - Educational programs
    - Health series
    - LGBTQ+ events
    - Master Gardener series
    - Seaside Café
    - Community luncheons and dinners
    - ...and so much more



We invite you to come

## CELEBRATE

your successes and ours

≡ at the Friends Annual Meeting! ≡

Enjoy a gourmet lunch and dessert on us.

RSVP by May 7th: 774-801-3151

Wednesday, May 14 at 11:30 am  
Eastham Senior Center, 1405 Nauset Road



## 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, May 15 & June 26*

• 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 • May 19 – July 14 • 12:00 pm  
(8 weeks, no class on May 26)*

Join Eastham Artist Jenny Faw for this 8-week session from Monday, May 19 - July 14 (no class May 26). 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, May 2, 9, 16, 23 • 1:00 – 3:00 pm*

Instructed by Eastham artist Joan Lockhart, this 8-week, 2-hour class began on April 4 and is now closed. A new session will start in the fall. This class is open to beginners through advanced artists. Each week includes a lesson, with time for artists to work on their own paintings alongside others. Watercolorists are also welcome. Please 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. No class June 11.

### 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.

### VNA Arthritis Strength & Mobility Class

*Fridays, May 16, 23, 30 & June 13, 20, 27  
(no class June 6) • 10:00 – 11:00 am*

Does joint pain and stiffness keep you from doing the things you love? This six-week exercise program is designed to improve joint mobility and strength to keep you moving! Class is led by an Exercise Physiologist from the VNA of Cape Cod

and will meet on Fridays from 10 - 11:00 am, May 16 – June 27, 2025, with no class on June 6. Advanced registration is required. No drop ins are accepted. Please contact the VNA directly to register at (508) 957-7423.

### 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. Prerecorded classes will be available on May 12, 14, 15 and June 16, with options to join in-person or via Zoom. There will be no class on May 26 and June 11, 19.

### 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. No hiking on May 21 and June 11.

### 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.

## Fitness

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sis. The class is free for Eastham residents, \$7 for non-residents, and donations are welcome. A prerecorded class will be available on May 15 with options to join in-person or via Zoom. No class on June 19.

### 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 session includes a warm-up, cool-down, and fun music. Please note, the class is now upstairs in the main hall. A prerecorded class will be available on May 14. Free for Eastham residents; non-residents pay \$7 per class. No class on June 11.

### Sit & Be Fit with Jim

*Mondays & Thursdays • 11:00 am  
Hybrid Program*

Free to Eastham residents. \$5 per class for non-residents. No class on May 26 and June 19. Participate in person or from home via Zoom!

### Qi Gong

*Monday, May 5, 12, 19 • 8:30 am  
Starting in June, Tuesdays • 2:15 PM*

Join us for Qi Gong, a calming class featuring slow, meditative movements designed for mature adults. This gentle practice helps improve balance, relaxation, and overall well-being, especially for those with mobility challenges like Parkinson's. No experience is necessary – just come as you are! Thanks to the Friends of the Eastham Council on Aging, this session is FREE for Eastham residents aged 59 and older (\$7 per class for non-residents). Pre-registration is required. Starting in June, the class will meet on Tuesdays at 2:15 pm.

## NEW FOR SPRING!

### Tai Chi for Better Balance

*Mondays, June 2 - July 14 • 8:30 am*

Tai Chi is a mind-body exercise rooted in multiple Asian traditions that focuses on balance and strength. Participation requires a medical form. The cost for the eight-week session for Eastham residents is \$35, and \$70 for non-residents. Pre-payment/registration required, (774) 801-3151.

### Wellness Walking Club

*Friday, May 2, 9, 16, 23, 30 &  
June 6 • 10:00 - 11:00 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

*In-Person: Tuesdays • 8:30 am*

*Virtual Yoga: Thursdays • 8:30 am  
(Zoom at Home)*

Includes meditation, stretching, and strengthening poses. Free for Eastham residents, \$7 for non-residents. Tuesday classes are in person. Thursday classes are virtual (Zoom from home only). No yoga June 19.

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

## Fun & Games

### Cribbage

*Mondays • 9:30 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 May 26.

## 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.*

### Chair Yoga

*Friday, May 2, 9, 16, 23, 30 &  
June 6, 13, 27 • 9:30 am*

**This is a NEW session – pre-registration is required for each new session. Registration opens on Monday, April 28.**

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.

### Zumba/Dance Class

*Friday, May 2, 9, 16, 23, 30 &  
June 6, 13, 27 • 8:15 am*

**This is a NEW session – pre-registration is required for each new session. Registration opens on Monday, April 28.**

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.

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## Fun & Games

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### Jim's Game Hour

*Monday, May 19 & June 30 • 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 May 26 and June 11.

### 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. No Bridge on June 19.

### Rummikub

*Wednesdays • 12:30 – 3:00 pm*

This group meets weekly in the Nauset Light Room located downstairs at the Senior Center. No Rummikub on June 11.

### 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 9:30 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 May 26 and June 19.

## Health & Wellness

### Ask-A-Dietitian

*Thursday, May 15 & June 26*

*• 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, May 7 & June 4*

*• 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!

*Wednesday, May 7 & June 4 • 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

*Tuesday, May 6, 13, 20, 27 • 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. This class will only meet in May.

### Health & Wellness Improvement

*Tuesday, May 27 & June 24 • 1:00 pm*

*• Hybrid Program*

Join Carol Moore Penfield, M.S. NPC, Nurse Practitioner, for this monthly series. In May, learn about **assistive devices to help you stay independent at home**, followed by valuable insights on **ways to improve your energy level and mood** in June. 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.

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

*Hosted at the Eastham-Orleans Elks Lodge • Friday, May 9 • 10:00 am – 1:00 pm*

This year, join us at Eastham WellFest, held at the Eastham-Orleans Elks Lodge at 10 McKoy Road! This FREE event offers a variety of benefits for all. Enjoy a complimentary lunch, and take part in exciting vendor raffles and door prizes. You'll also have access to valuable health services, including blood pressure checks, glucose readings, and bone density tests. Learn about services that support independent living at home, explore helpful devices, and watch live exercise class demonstrations. Discover caregiver resources and much more! We look forward to seeing you for a day of empowerment and well-being. Rides are available through the Senior Center by calling (774) 801-3204.

## Health & Wellness

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### Low Vision Support Group

Thursday, May 8 & June 12 • 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+

### LGBTQ+ Community Coffee and Conversation

Monday, May 5 & June 2 • 3:00 pm

This group meets on the first Monday of each month in the lower level of the Center. 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. 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).

Let's connect and create a stronger, more inclusive community – open to the local 55+ LGBTQ+ community.

### Cinco de Mayo Celebration

Monday, May 5 • 3:00 pm

Join us for a mini-fiesta to celebrate Mexican culture on Cinco de Mayo! This is an opportunity to come together, have fun, and show support for one another while enjoying some guacamole and mock-Margaritas. (Colorful attire and Mexican hats optional.) To RSVP, call (774) 801-3151 or email to [pride.eastham@gmail.com](mailto:pride.eastham@gmail.com). Drop ins welcome!

### High Tea in Celebration of Pride Month

Monday, June 2 • 2:00 pm

We are kicking off the month with a delightful High Tea in celebration of Pride! We welcome all our 55+ friends to join us

on Monday afternoon, June 2, for a High Tea. Enjoy an afternoon of tea, treats, and community spirit. This is a wonderful opportunity to gather, celebrate, and connect with others in an elegant setting.

Dress with 'pride' or wear your fanciest hats and party attire. Embrace both traditions of PRIDE and High Tea and come ready to enjoy this classic experience. The event will be held in the main hall. Don't miss out on this fun celebration! To RSVP, call (774) 801-3151 or email to [pride.eastham@gmail.com](mailto:pride.eastham@gmail.com). REGISTRATION REQUIRED! Please add RSVP by Friday, May 23.



Unity in Community

### Unity in Community!

That's the theme of the **first Lower Cape Pride Celebration** to be held the weekend of June 13-15, to celebrate Pride Month and show support for our local LGBTQ+ community. The weekend kicks off with the Orleans COA's 10th anniversary Pride BBQ on Friday evening, June 13. Call the Orleans COA at (508) 255-6333 to reserve your spot. There will be a **Pride Parade** on Main Street in Orleans on Saturday June 14 at 10 am, followed by many other multi-generational programs and festivities in Orleans and neighboring towns. Check out the website: [lowercapepride.org](http://lowercapepride.org) for updated details.

We encourage all COA members to take part and show support for the LGBTQ+ community. More details will be shared soon, so stay tuned!

### 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 ext. 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

## Life Enrichment

### AARP Smart Driver Safety Course

Friday, June 6 • 10:00 am – 3:00 pm

Join us for the AARP Safe Driving Course. The cost is \$20 for AARP members or \$25 for non-AARP members, with pre-registration required to secure your spot. We extend our heartfelt thanks to Seamen's Bank for generously providing tuition for up to 15 seniors! This offer is available on a first-come, first-served basis. Non-residents may register beginning May 23. As a bonus, lunch will be provided by the Friends of the Eastham Council on

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## Life Enrichment

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Aging, for all participants. To reserve your seat for this valuable course, please call (774) 801-3151.

### Aromatherapy

*Thursday, May 29 • 1:00 pm*

Join Lisa Bushy, RN, for an informative workshop on the incredible world of aromatherapy! Aromatherapy has been a trusted form of alternative medicine for centuries, harnessing the healing power of essential oils to improve physical, mental, and cognitive well-being. While getting started with essential oils is easy, it's crucial to have a basic understanding of their usage, including proper precautions and how to procure medicinal-grade oils. Join us to delve deeper into the wonderful benefits of essential oils. Please remember to bring a notepad to capture valuable insights from this program and make the most of your learning experience! We look forward to seeing you there.

### 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.

### NEW! Medical Billing Advocate

*Thursday, May 22 & June 26*

*• 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 only. 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 May 26.

### Putnam Garden Tour

*Tuesday, May 20 • 8:30 am*

Immerse yourself in the beauty of spring with a guided tour of the stunning Putnam Farm in Orleans. This picturesque garden is a sight to behold, especially during this time of year when vibrant flowers such as hydrangeas, dahlias, and asters are in full bloom!

To access the Putnam Farm parking area, simply take the dirt drive located next to and northeast of the Barnstable County Courthouse at 237 Rock Harbor Road in Orleans. For those in need of transportation assistance, rides are available upon request.

To secure your spot or gather more information about this enchanting event, please reach out to Jim at (774) 801-3154. Space is limited, so don't delay! Call now to reserve your place and embark on a delightful journey through Putnam Farm's exquisite gardens.

### Trivia Tuesdays

*Tuesday, May 20 & June 3, 17 • 1:00 pm*

*Hybrid*

Looking for a fun afternoon? Join us for Trivia Tuesdays on select dates! John will challenge your knowledge with exciting trivia questions in a lively, interactive experience. Whether you're with us in person at the Senior Center or joining virtually via Zoom, it's sure to be a great time!

## Nutrition

### 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, May 2 & June 6 • 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, May 9, 23 & June 13, 27*

*• 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, May 7 & June 4*

*• 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 & Trader Joe's

*Thursdays • 1:00 – 2:00 pm*

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

## Social Programs

### Birthday Club

*Monday, May 19 & June 30 • 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.*



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## Social Programs

*(continued from page 8)*

### Friends Annual Meeting & Luncheon

*Wednesday, May 14 • 11:30 am*

The Friends play a vital role in supporting the Senior Center by funding many of our programs. They raise money through the Thrift Shop, donations, fundraisers, and your membership dues.

If you find value in the programs at the Senior Center, please join us for the annual Friends meeting on Wednesday, May 14, at 11:30 am. All dues-paying members are encouraged to attend, and officers will be elected.

Gourmet sandwiches and dessert will be served! Please RSVP by Wednesday, May 7 if you plan to attend.

### Fun Night Out: Line Dancing

*Wednesday, June 11 • 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!

### Lunch with Friends

*Sponsored by the Friends of the Eastham Council on Aging*

*Wednesday, May 28 & June 25 • 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. Non-residents may register starting one week before each luncheon, with a cost of \$5 per person/event.

### Volunteer Recognition Luncheon

*Wednesday, June 11 • 11:00 am*

Join us for our Volunteer Recognition Luncheon at the Senior Center, starting at 11:00 am on Wednesday, June 11. It's a time to honor and celebrate the invaluable contributions of our dedicated volunteers. During the luncheon, enjoy a live musical performance and a delicious meal catered by Van Rensselaer's!

To reserve your spot, kindly RSVP by Friday, May 23, to (774) 801-3151. When making your reservation, please select one entrée from the following options: Grilled Salmon, Boneless Beef Short Ribs, or Eggplant Parmesan.

We look forward to sharing this special occasion with you and expressing our heartfelt gratitude for your dedication and service as volunteers.

### 80 Plus

*May 16 & June 20 • 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, May 8 & June 12 • 1:00 pm*  
• *Hybrid Program*

Join us in May for an informational session with Paul Lagg, Eastham's Community Development Director, followed by a Q&A. In June, learn about the Outer Cape Health Services Community Navigator program with Brianna Smith, LICSW. This program helps residents with unmet medical, behavioral health, or human service needs through collaboration with local agencies. Both sessions will be available in-person and online.

### Lifelong Learning

*Friday, May 2 • 1:00 pm • Hybrid*

Join us in person or online for this special event with Peter Ubertaccio, Ph.D., Associate Professor of Political Science and VP for Academic Affairs at Stonehill College. Dr. Ubertaccio, an expert in American political development and institutions. His work appears in the Routledge Handbook of Political Management and Winning Elections with Political Marketing, and he is a sought-after analyst on state and national politics. Peter will discuss some of the key policies and decisions of President Trump's first 100 days of his second term, focusing on shifts in domestic policy, economic initiatives, and foreign relations. He will also discuss how these early actions set the tone for the administration and what they signal for the future.

### Master Gardener Series

*Thursday, May 1 & June 5*

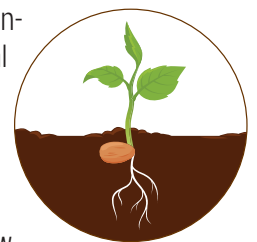
• *2:00 pm • Hybrid Program*

In May, join Fran Raleigh for Gardening for Wildlife and learn how to create a wild-life-friendly garden using native plants and sustainable practices. In June, join Beth Hutchinson Taylor for The Art of Growing Dahlias, where you'll get expert tips and solutions for cultivating these stunning flowers. Offered in-person and online.

### Seed to Plate Workshop

*Friday, May 30 • 1:00 pm*

Kickstart your gardening journey with local horticulture experts and a nutrition educator from Cape Cod Cooperative Extension! Learn how to start seeds, transplant, and grow your own herbs and vegetables, plus get tips on storing your harvest. **The session will conclude with a cooking demo using fresh garden ingredients, along with a recipe to try at home.** Registration is required – call (774) 801-3151 to reserve your spot!



*continued on page 10*

## Speaker Series

(continued from page 9)

### Stroke Awareness

Friday, May 16 • 1:00 pm

Learn about strokes at a presentation by a VNA nurse and physical therapist. Topics include prevalence, signs, symptoms, treatment, and lifestyle changes to reduce stroke risk, such as improving activity, nutrition, stress management, and social connections. Drop-ins welcome!

## Technology

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

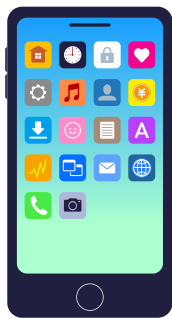
Monday, May 13 & June 10 • 1:00 pm  
• Hybrid Program

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 • 2:00 – 3:30 pm  
(By Appointment Only)

Need help with your phone, tablet, laptop, or using Zoom for Senior Center programs or telehealth? Alex and John are here to assist! To schedule an appointment, call John at (508) 240-5900 ext. 3159 or email [jklimczak@eastham-ma.gov](mailto:jklimczak@eastham-ma.gov).



## Veterans

### My HealtheVet

Tuesday, May 6 • 12:15 pm  
Lunch & Learn • Hybrid Program

Join Kathryn Murphy, My HealtheVet Coordinator from the Providence VA Medical Center, for a program on the My HealtheVet app, designed to help veterans manage their healthcare.

The session will include an overview of key features, followed by a hands-on workshop for registration and navigation. Please bring your device and a basic understanding of how to use it, along with your passwords. Additional hands-on assistance will be available at a later date. Kathryn will demonstrate how to register, access medical records, refill prescriptions, communicate with your healthcare team, manage appointments, and more. A light lunch will be provided at 12:15 pm and the program will begin at 12:30 pm.

### Veterans Rendezvous Cafe

Thursday, May 15 & June 12 • 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! No meeting on June 19.

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

Tuesday, May 13, 27 & June 10, 24  
• 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

A Veteran Services Officer is available by appointment. Please call (508) 778-8740 to schedule.

## OUTREACH CORNER NEWS

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

Friday, May 9 at the Eastham/Orleans Elks  
from 10:00 am – 1:00 pm

Save the Date

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

### Spring!

Here we are, those months of transition. We start feeling the warmth in May and suddenly June is here with its brilliance springing us into summer. This is a great time to get outside, soak up the beautiful sun, sit beneath a shade tree with a captivating book, or just check out the beautiful flowers. If you’re lucky you may see a variety of birds and rabbits in the yard, perhaps turkeys, a deer or maybe even a fox, like the one that visited my house the other day. With this seasonal change, it’s also a good time to think about how to keep our bodies and minds healthy as well as think ahead to make sure all our affairs are in order. Below are helpful tips and some information that might be helpful.

### Friendly Reminders:

- Remember always to hydrate.
- Stay well-nourished even if it is several small meals spread apart.
- Always use sunblock; even on a cloudy day you can still get a sunburn!
- Wear light clothing to avoid overheating.

## OUTREACH RESOURCES

### 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.

continued on page 11

## **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, located at 3200 State Highway behind the Methodist Church and supported by the Lower Cape Outreach Council, is open to residents on Mondays (4 – 6 pm), Tuesdays (10 am – 12 pm), and Wednesdays (2 – 4 pm). No appointment needed – just stop by, and a volunteer will assist you.

## **Elder Law Attorney**

*Tuesday, 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) in Eastham!**

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

## **Caregiver Support & Activity Group**

*Helping Our Women*

*2nd & 4th Wednesdays (May 14, 28 & June 11, 25) • 1:00 – 2:30 pm*

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

## **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**

Make a difference with Nauset Neighbors, a nonprofit helping older adults stay independent through rides, tech support, handyman tasks, and friendly visits. Volunteering is flexible with online scheduling. For more info 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**

A SHINE counselor is available by appointment on Wednesdays. Please call (774) 801-3151 to book an appointment at the Senior Center. No appointments on June 11.

## **Tom Hawko Memorial Fund**

In 2017, our beloved friend Tom Hawko passed away, leaving behind a legacy of compassion and service. Tom was an active member and volunteer at the Council on Aging, and he dedicated over a decade of his life as a medical van driver, serving the community with kindness and dedication. In honor of Tom's memory, his family established the "Tom Hawko Memorial Fund." This fund is dedicated to assisting seniors in need with transportation fees for medical appointments. If you or someone you know could benefit from this support, please don't hesitate to reach out. You can contact Cindy at (774) 801-3153 for assistance. Together, let's continue Tom's spirit of generosity and care for our seniors in need.

## Cooking at Home

Heather Bailey, *The Optimal Kitchen*

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

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

As the temperatures start to climb and the days become longer and warmer, our culinary preferences and dietary needs tend to shift. We often find ourselves drawn to the abundance of seasonal fresh produce, particularly colorful salads that reflect the diversity of the rainbow. However, when discussing salads, it's essential to consider dressings as well.

Store-bought dressings frequently contain high levels of sugar, often in the form of corn syrup, along with unhealthy oils, and can be quite costly. While salads are a nutritious choice, they alone may not provide all the essential nutrients our bodies require. As the weather heats up, we often crave lighter meals that require minimal cooking time. With the extended daylight hours, local hens also produce more eggs, making springtime frittatas one of my personal favorites.

Frittatas are not only simple to prepare but also versatile, suitable for brunches, lunches, or dinners. They offer a fantastic opportunity to utilize any leftover spring vegetables from your salads, making them both economical and nutritious.

Join us at the Cooking Club on May 7 and June 4 at 9:30 am to delve deeper into culinary delights! Refer to page 6 for further details.

## SPRING PEA SOUP

1 Vidalia or sweet onion, minced

2 cups of cooked white beans (or 1 can, rinsed and drained)

2 cups fresh or frozen spring peas

4 cups of low sodium vegetable stock

¼ cup chopped fresh parsley

¼ cup chopped fresh mint

1 tbs fresh chopped chives

Sea salt and pepper to taste

Oil for cooking

1. In a stockpot sauté onion until clear and add broth or stock
2. Once liquid is at boiling add peas and beans
3. Continue to cook for about 5-8 minutes until peas are soft
4. Add the parsley and mint and remove from heat
5. Working in batches use a blender or food processor and blend until smooth. Be sure to have a vent open for air flow
6. Season soup and serve warm topped with chopped chives



## May is the Gateway to Summer!

Janet Betty, E-RYT, YACEP, BLS

SPRING...SUMMER...one season flowing into the next. And what happens in nature, happens within. Like increases like and opposites balance. As the heat begins to rise, we too are more likely to lose our cool. Relax and refresh with more meditative practices to beat the heat; like gentle yoga stretches and breathing practices that balance the body and mind. Here is a cooling breathwork practice for you to explore to keep you cool: Bring your tongue to the back of your front teeth. If able, curl the sides of the tongue. With your teeth together, slowly breathe in through your mouth allowing the air to cool your tongue. Close your lips, relax your tongue allowing it to float up to cool the roof of your mouth as you slowly exhale through your nose. Repeat 5 – 10 times.

***"Nature does not hurry, yet everything is accomplished."***

*– Lao Tzu*

***\*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.***

## Spring!

Wendy Marinakis

Springtime is here and with it a renewed motivation to workout, to be outdoors, eat fresh seasonal foods and prioritize your overall health. As seasons change and spring arrives, there is a natural boost in mood and motivation. You may be evaluating your health goals so you can enjoy outdoor time. Exercise is a great way to achieve renewed motivation in your overall fitness and there are great exercise classes at the COA to keep you smiling throughout your workout. Feeling that warm sunshine makes you want to be outside. Outdoor workouts will spice up your fitness routine such as walking, hiking or riding your bike.

To further supercharge your fitness, incorporate fresh seasonal foods to your diet. Make colorful salads, use fresh herbs and try antioxidant rich fruits to make berry smoothies and also drink plenty of water to stay hydrated.

Spring into wellness means revisiting your goals, prioritizing self-care, connecting with others, and healthy nutrition. It's a time of renewal and taking steps towards a healthier lifestyle. So, be inspired to reset, recharge and take that journey towards better health and wellness.

# 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.

### Bourne National Cemetery Visit

*Wednesday, May 21 • 8:30 am*

In honor of Memorial Day and our Veterans, we're pleased to offer a shuttle service to the Massachusetts National Cemetery in Bourne. Join us for a meaningful day outing to pay tribute to our fallen heroes. Please arrive at the Center at 8:30 am sharp (van leaves promptly at 8:45 am).

This all-day excursion includes planned stops, including lunch. While there is no charge for the shuttle, participants are kindly asked to cover the cost of their own lunch.

To ensure we have adequate accommodations, please RSVP by Friday, May 16, by calling (774) 801-3204. Let's come together to honor and remember our Veterans on this special day.

### 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, May 12 & June 9, 23 • 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, May 28 & June 25 • 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, May 14 & June 18 • 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, May 5 & June 2, 16 • 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.*



### Boston Hospital Transportation

Medical transportation to major Boston hospitals. Available by reservation, Monday – Thursday, between 10:00 am and 2:00 pm. Fare: \$30 round trip, \$15 one way.

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

Door-to-door rides by appointment for the general public.

### FLEX Route Bus

Services between Provincetown and Harwich with designated stops. The bus can also detour up to 3/4 mile to assist those with difficulty reaching regular stops. Reservations required for off-route stops. The Eastham Senior Center is a requested stop!

### SmartDART

App-based, on-demand service, Monday – Saturday, 8:30 am – 4:30 pm. Fixed fare: \$3. More details at <https://tinyurl.com/ryyaeafz>.

*For reservations, call (800) 352-7155, select 1, Monday – Friday, 8:00 am – 5:00 pm.*



## GETTING TO KNOW YOU!

### John Klimczak

By Susanne Fischer



When it was time for John Klimczak to pick which college he would attend he said his father made him a offer he couldn't refuse.

"I was the youngest of five and my dad was a professor at Trinity College in Hartford, Connecticut. My college education would be free if I attended Trinity," said Klimczak. "And it would save my father money after putting my siblings through college. I chose Trinity and it was the college of my choice."

Majoring in economics and computer science at Trinity prepared Klimczak for finding IT employment at accounting firms and insurance companies. Vacations introduced him to Cape Cod.

"I took my kids to be with family. Kingsbury Beach was my favorite, we had a lot of fun together," he said.

Klimczak grew up in Newington, Connecticut, a short distance from Hartford. Both of his children were raised in West Hartford and still reside there.

In 2015 Klimczak said he moved to Fisher's Island located at the eastern end of

Long Island in New York. His next move, in 2023, would be to Cape Cod.

"I wanted to do something special for myself," he recalled. "I love Cape Cod and working with elderly people. I needed a job, bought myself a truck and worked as a caregiver for a wonderful 99 year old veteran."

Klimczak said a heart attack when he was 38 changed his whole life.

"I was pronounced dead for 35 minutes but survived," said Klimczak. "I knew then that I was here for a purpose."

As the Hybrid Program Administrator at the Eastham Council on Aging Klimczak helps senior citizens bridge the gap of technical inequality by connecting them with programs offered online at the center and setting up zoom classes so they can stay connected from their homes.

"I love sharing my technical gifts with the senior citizens," he said.

## 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 six letters in different order.

### Metamorphosis of a Butterfly

The butterfly's life cycle can't be beat!

The eggs laid on the host seem to be \_\_\_\_\_.

A bit of time will \_\_\_\_\_ the larva begin to hatch and eat.

Next the chrysalis stage transforms it into the shape it will keep.

\_\_\_\_\_ be patient, and soon you will have  
a beautiful butterfly!

### Answers to last issue's Puzzle, "Spring Has Sprung"

The birds are chirping, the seeds have been sown upon the grass, and the last of the snow has finally melted away. It's time to clear out the clutter at every impasse. Declutter the things one owns, clear your mind and enjoy the day.

Congratulations to Janet Benjamins, Henriette Camp, Sue Fischer, Dee Higgins, and Sue Ellen Raphaelson, who provided the correct answers to the "Spring Has Sprung" puzzle.

## PRIDE MONTH HIGH TEA

Join us for a High Tea in celebration of Pride Month on **Monday, June 2** at 2:00 pm!

Open to the local 55+ community — everyone is welcome! Let's celebrate individuality, embrace diversity, and enjoy a fun, welcoming afternoon filled with Pride and friendship. Registration required! To RSVP, call (774) 801-3151 or email [pride.eastham@gmail.com](mailto:pride.eastham@gmail.com). Please RSVP by Friday, May 23.



# 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, through June. Be sure to complete the application to take advantage of this potential benefit.

## STICKER OFFICE

The Sticker Office will open on Thursday, June 5, for the 2025 season. For the summer season, the Sticker Office will be open Thursday through Monday, from 9:00 am to 3:00 pm, and closed on Tuesdays, Wednesdays, and holidays.

Town bay beaches will be staffed starting Saturday, June 21, and beach stickers will be required from that date. Additionally, 2025 Beach and Transfer Station stickers will be required beginning July 1.

For more information, call the Beach and Recreation Office at (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 [hpccapecod.org/rental-assistance](http://hpccapecod.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 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 questions 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 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. If you require transportation assistance, kindly contact the Eastham Senior Center at least one week prior at (774) 801-3151.

## EASTHAM PUBLIC LIBRARY

For more info, visit [EasthamLibrary.org](http://EasthamLibrary.org) or call (508) 240-5950.

### Eastham Library Concerts:

- **Jacqueline Schwab:**  
Saturday, May 3 at 1:00 pm
- **The Lariats**  
Saturday, May 10 at 1:00 pm
- **Pitchfork:**  
Saturday, May 24 at 1:00 pm
- **Front Street Jazz Ensemble:**  
Saturday, May 31 at 1:00 pm

### Eastham Library Programs:

- **Local Author Fair:**  
Saturday, May 17 from 12:00 – 3:45 pm
- **Art Class: Collage & Mark Making:**  
Monday, June 2 at 1:00 pm
- **Trivia Night:**  
Tuesday, June 17 at 6:00 pm
- **Friends of the Library Book Sale:**  
Saturday and Sunday, June 21, 22 from 10:00 am – 4:00 pm

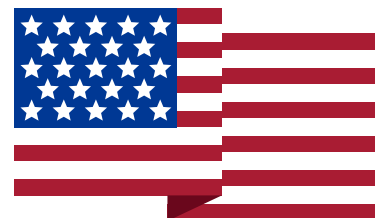
### Home Media Service Delivery

In partnership with the Senior Center FREE home delivery! For assistance, call (508) 240-5950 ext. 3132 or email [msinopoli@clamsnet.org](mailto:msinopoli@clamsnet.org).

## ELKS COMMUNITY EVENTS

*Orleans-Eastham Elks Lodge*  
10 McKoy Road, Eastham  
(508) 255-4258

- **FREE Breakfast:** Mother's Day (May 11) & Father's Day (June 15) from 8:00 – 11:00 am (nominal fee for others)
- **Flag Day Ceremony:** Wednesday, June 18 at 5:00 pm, followed by a cookout (indoor if rain)



**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  
**John Klimczak** .....Hybrid Program Administrator  
**Susan Abbott**.....Volunteer Newsletter Graphic Designer

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Pat Flannery	Pat Lariviere
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**VAN DRIVERS**

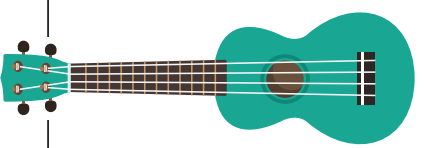
George Abbott	Paul Langlois
Gerard Boucher	Alan Larson
Keith Burritt	Jeffrey Nogas
John Klimczak	Raymond Shupenis

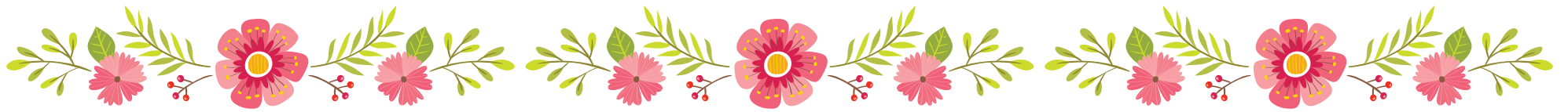
# MAY 2025 SENIOR CENTER CALENDAR

Reminder: Friends Annual Meeting & Lunch  
Wednesday, May 14! Details on page 9.




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				
				
<p>8:30 Qi Gong <b>5</b></p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:45 Jim's Adventures</p> <p>3:00 LGBTQ+ Community Coffee: Cinco de Mayo</p>	<p>8:30 Yoga <b>6</b></p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p><b>12:15 MyHealtheVet Lunch &amp; Learn</b></p> <p>12:30 Closed Bridge</p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class <b>7</b></p> <p>9:00 Hiking Club</p> <p>9:30 Cooking Club</p> <p>9:45 Resistance Bands</p> <p>11:30 Ask A Nurse</p> <p>12:00 Mobile Pantry</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class <b>8</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>10:00 Low Vision Support</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p><b>1:00 Eastham Focus Series</b></p> <p>1:00 Whole Foods / Trader Joe's</p>	<p><b>8:15 Zumba (Library) 2</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Brown Bag Program</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>10:00 VNA Walking Club</p> <p>12:30 Eastham COAch</p> <p><b>1:00 Lifelong Learning</b></p> <p>1:00 Painting</p>
<p>8:30 Qi Gong <b>12</b></p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p>9:30 Cribbage</p> <p><b>9:45 HIIT Video Class</b></p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:45 Orleans Shopping</p>	<p>8:30 Yoga <b>13</b></p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 AI Technology with Russ Wilcox</b></p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p><b>8:30 HIIT Video Class 14</b></p> <p>9:00 Hiking Club</p> <p><b>9:45 Resistance Bands Video Class</b></p> <p>11:15 Market Basket</p> <p>11:30 Friends Annual Meeting &amp; Luncheon</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support (HOW)</p> <p>2:15 Ukulele</p>	<p><b>8:30 HIIT Video Class 15</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p>9:30 Veterans Cafe</p> <p><b>9:45 LIIT Video Class</b></p> <p>10:30 Ask-A-Dietitian</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods/Trader Joe's</p> <p><b>1:00 Creative Connections</b></p>	<p><b>8:15 Zumba (Library) 16</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>10:00 VNA Walking Club</p> <p>10:00 VNA Arthritis Exercise Class</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p>1:00 VNA Stroke Awareness</p>
<p>8:30 Qi Gong <b>19</b></p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p>	<p>8:30 Putnam Garden <b>20</b></p> <p>8:30 Yoga</p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 Trivia Tuesday</b></p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class <b>21</b></p> <p>8:30 Bourne Cemetery</p> <p>9:45 Resistance Bands</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class <b>22</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p>9:00 Medical Bill Advocate</p> <p>9:30 COA Board Meeting</p> <p>9:45 LIIT Class</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods/Trader Joe's</p>	<p><b>8:15 Zumba (Library) 23</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>10:00 VNA Walking Club</p> <p>10:00 VNA Arthritis Exercise Class</p> <p>10:30 Grab &amp; Go</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p>
<p><b>26</b></p> <p><b>HOLIDAY SENIOR CENTER CLOSED</b></p> 	<p>8:30 Yoga <b>27</b></p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:30 Cribbage</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 Health Series</b></p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class <b>28</b></p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>12:00 Lunch with Friends</p> <p>12:15 Trader Joe's</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support (HOW)</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class <b>29</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p> <p>1:00 Aromatherapy</p>	<p><b>8:15 Zumba (Library) 30</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>10:00 VNA Walking Club</p> <p>10:00 VNA Arthritis Exercise Class</p> <p>12:30 Eastham COAch</p> <p>1:00 Seed to Plate</p>



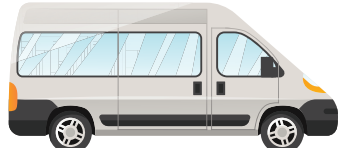





# JUNE 2025 SENIOR CENTER CALENDAR

**Reminder:**  
**Volunteer Recognition Luncheon Wednesday, June 11!**  
Details on page 9.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Tai Chi <b>2</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures 2:00 Pride Month High Tea	8:30 Yoga <b>3</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>1:00 Trivia Tuesday</b> 2:00 French Club 2:15 Qi Gong	8:30 HIIT Class <b>4</b> 9:00 Hiking Club 9:30 Cooking 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>5</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/Trader Joe's <b>2:00 Master Gardener Series</b>	<b>8:15 Zumba (Library) 6</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program <b>9:30 Chair Yoga (Library)</b> 10:00 VNA Walking Club 10:00 AARP Safe Driving 12:30 Eastham COAch
8:30 Tai Chi <b>9</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping	8:30 Yoga <b>10</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>1:00 AI Technology with Russ Wilcox</b> 2:00 French Club 2:15 Qi Gong	<b>11</b> 11:00 Volunteer Recognition Luncheon 1:00 AFSC Support Group (HOW) 5:30 Fun Night Out: Line Dancing 	8:30 HIIT Class <b>12</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:30 Veterans Cafe 9:45 LIIT Class 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 / Trader Joe's	<b>8:15 Zumba (Library) 13</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 10:00 VNA Arthritis Exercise Class 10:30 Grab & Go 12:30 Eastham COAch

8:30 Tai Chi <b>16</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage <b>9:45 HIIT Video Class</b> <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures	8:30 Yoga <b>17</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>1:00 Trivia Tuesday</b> 2:00 French Club 2:15 Qi Gong	8:30 HIIT Class <b>18</b> 9:00 Hiking Club 9:45 Resistance Bands 11:15 Market Basket 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	<b>19</b> <b>Juneteenth</b> <b>SENIOR CENTER CLOSED</b> 	9:00 Eastham COAch <b>20</b> 9:00 Wood Carving 10:00 VNA Arthritis Exercise Class 11:00 80 + Group 12:30 Eastham COAch 
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8:30 Tai Chi <b>23</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping 	8:30 Yoga <b>24</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>1:00 Health Series</b> 2:00 French Club 2:15 Qi Gong	8:30 HIIT Class <b>25</b> 9:00 Hiking Club 9:45 Resistance Bands 12:00 Lunch with Friends 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (HOW) 2:15 Ukulele	8:30 HIIT Class <b>26</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:00 Medical Bill Advocate 9:30 COA Board Meeting 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 / Trader Joe's <b>1:00 Creative Connections</b>	<b>8:15 Zumba (Library) 27</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 10:00 VNA Arthritis Exercise Class 10:30 Grab & Go 12:30 Eastham COAch
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8:30 Tai Chi <b>30</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour
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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**