



Windmill Whisperings

Your Guide to Active Living

News from the Eastham Center

July-August 2025

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Thanks to our Friends of the Eastham COA for helping our programs thrive – your membership dues and donations make it possible. Renew this July to keep the momentum going all year long!

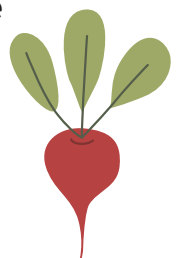
COActive Annex Update

The COActive Annex at the Eastham Library will be on break during July and August. Chair Yoga and Zumba/ Dance classes will be temporarily relocated to the COA. For more details, please refer to the Fitness section on pages 4 & 5. These classes will return to the Eastham Library on September 5.

Calling all gardeners!

Do you have extra homegrown produce you’d be willing to donate?

Please drop it off at the Senior Center and share your garden’s harvest to help provide fresh, healthy food for a senior in need.



DIRECTOR'S NOTE

With the return of warmer weather, we're launching into a new season of programs designed to bring our community together. We will continue to offer both in-person and hybrid programs, giving participants the flexibility to join us at the Eastham Senior Center or from the comfort of home.

The Eastham Senior Center's summer lineup includes a wide range of activities: fitness classes, educational workshops, art programs, musical performances, social events, and more. Whether you want to stay active, learn something new, or connect with others, there's something for everyone.



Many of our programs are free or low-cost for Eastham residents, thanks to the efforts of the Friends of the Eastham Council on Aging. They raise

funds year-round through the Thrift Shop at 580 Massasoit Road, as well as through memberships and generous community donations.

Thank you to the Friends of the Eastham COA for sponsoring our programs – continued support makes it all possible.

Remember to renew your membership this July to keep the momentum going!

If you haven't visited the Thrift Shop, please stop by and thank the amazing volunteers who make it all happen.

Stay connected! Like us on Facebook @Eastham Senior Center and sign up for our weekly emails for updates on programs and events.

Happy summer,

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. Through Columbus Day, the shop is also open on Wednesdays from 4:00 – 7:00 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.

Renew Your Friends Membership today!

July starts a new membership period.

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

Did you know?

The Friends of the Eastham Council on Aging not only support our current members but also invest in the future leaders who will continue to care for our 59+ residents. The Friends is proud to offer two scholarship opportunities to further this mission.

1. The Natalie S. Gardner and Eastham Council on Aging Memorial Scholarship

Established in June 2001 at Cape Cod Community College, this scholarship was endowed by gifts from the Gardner family and The Friends of the Eastham Council on Aging. It is awarded annually to a student in a health-related certificate program, with the goal of providing medical benefits to Barnstable County's elder population.

Donations to this endowed scholarship can be made at any time:

Office of Financial Aid
Cape Cod Community College
2240 Iyannough Road
West Barnstable, MA 02668

c/o Natalie S. Gardner Memorial Scholarship -
Eastham Council on Aging

Phone: 508-362-2131 x4393
Fax: 508-375-4026
Email: fnaid@capecod.edu

2. Friends of the Eastham Council on Aging: Senior Services Volunteer Scholarship*

This scholarship will be available to high school seniors who actively volunteer with Eastham's older adults and support the Eastham Council on Aging's mission to enhance the lives of seniors in the Eastham community. It honors the dedication of students who give their time to support local seniors—through companionship, activities, or other meaningful contributions.

Volunteering with Eastham's older residents helps strengthen community bonds, and this scholarship will recognize students who are passionate about service and committed to continuing their education while making a lasting impact.

The Friends of the Eastham Council on Aging proudly congratulates Alex Maldacker, recipient of the inaugural scholarship, in recognition of his outstanding dedication and service to Eastham's

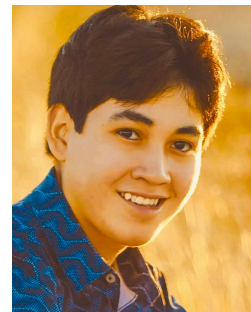
seniors. Alex will be attending the Rochester Institute of Technology this fall.

Donations to this scholarship can be made at any time:

FECOIA
c/o Eastham Senior Services Volunteer Scholarship
PO Box 1203
North Eastham, MA 02651

**Note: this is a working title and more details about this scholarship will be shared following FECOA Board approval of the criteria and funding recommendations from the newly formed Friends of the Eastham Council on Aging Scholarship Committee.*

A heartfelt thank you to **ALEX MALDACKER** for his incredible dedication and invaluable service to our members. Over the past two years, Alex has generously volunteered his time to help many of our seniors navigate the often-frustrating world of technology. Whether it was setting up a smartphone, troubleshooting a laptop, or simply offering reassurance and patience, Alex approached every interaction with kindness, respect, and a genuine desire to help.



His impact has gone far beyond tech support – he's built genuine connections, lasting friendships, and helped boost the confidence of those he's assisted. For many of our members, Alex's assistance meant staying connected to family, accessing healthcare, or simply feeling more independent in an increasingly digital world.

We are truly grateful for all he's done, and we're excited to see what the future holds for him as he heads off to the Rochester Institute of Technology this fall. We know he'll bring the same compassion, intelligence, and dedication to his studies and beyond.

If you haven't had the chance to meet Alex, there's still time! He'll be continuing to volunteer with us throughout the summer, so please be sure to stop by, say hello, and join us in thanking him for everything he's done for our community.

THINGS TO DO

Registration is required for all programs by calling (774) 801-3151 or 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

Creative Connections: Art and Support

July 24 & August 21

• 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 Mark Glenny, RN, and Cassie Cutting, LICSW, 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 Summer Break

Taught by Eastham artist Jenny Faw! This 8-week class began on May 19 and wraps up on July 21. It's perfect for beginners and a great refresher for experienced painters. Learn watercolor techniques, tips, and tricks that make painting approachable for everyone.

Participants must bring their own supplies (a supply list is available at the Senior Center). Space is limited—sessions are capped at 12 participants. For more information, contact Jenny at jenny@jennyfaw.com. A new session will be offered in the fall, with full details and dates announced in the September–October newsletter.

Oil and Acrylic Painting – FREE Summer Break

Joan Lockhart (www.joanlockhart.com)

Instructed by Eastham artist Joan Lockhart, this class is open to artists of all levels—from beginners to advanced. Each session includes a guided lesson, plus time to work on your own paintings in a supportive, creative environment. Watercolorists are especially welcome. Please bring your own materials, a supply list is available. Class size is limited to 10 students.

The group will not meet in July or August. Classes will resume in the fall, with dates and details published in the September–October newsletter.

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 Summer Break

Wood Carving class with award-winning wood carver Michael R. Harnett will break for July and August. However, if you're interested in continuing during the summer months, you can find Mike carving (on occasion) down at Cooks Brook Beach. Classes will resume sometime in the fall. Full details and dates will be announced in the September–October newsletter.

Fitness*

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.



Arthritis Strength & Mobility Class

Fridays, July 11, 18, 25 & August 1
(no class July 4) • 11:00 am–12:00 pm

This class focuses on addressing joint pain and stiffness. The six-week program is designed to improve joint mobility and strength, helping participants stay active and independent.

Led by an Exercise Physiologist from the VNA of Cape Cod, the class began on Friday, June 20, and will end on August 1. Please note, this session is currently full, and no new registrants are being accepted.

Chair Yoga

Friday, July 11, 18, 25 &
August 1, 8, 15, 22 • 9:45 am

MOVED TO THE COA FOR SUMMER

This is a NEW session! Pre-registration is required for each session. Registration opens Tuesday, July 1.

Chair yoga improves flexibility, strength, and balance while reducing pain and boosting well-being. You must be registered to attend. Call (774) 801-3151.

Free for Eastham residents aged 59 and over. Limited spots available and offered on a first-come, first-served basis.

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. Class on Wednesday, August 27 will be a pre-recorded video session.

Fitness

(continued from page 4)

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 Club on July 9.

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! On July 8, a prerecorded hybrid class (not live) will be available. Join in person or watch from home.

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.

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. No class on Wednesday, July 30 or Wednesday, August 20, 27.

Sit & Be Fit with Jim

Mondays & Thursdays • 11:00 am

Hybrid Program

Free to Eastham residents. \$5 per class for non-residents. Participate in person or from home via Zoom! On July 7 and 10, a prerecorded hybrid class (not live) will be available. Join in person or watch from home.

Qi Gong

Tuesday, July 1, 8, 15, 22, 29 & August 5, 12, 19, 26 • 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.

Summer Fit with Jim

Wednesday, July 16, 23 &

August 13, 27 • 11:15 am

Continue to build strength, flexibility, and endurance in a supportive setting. All exercises are seated and include a warm-up, cool-down, and fun music! Free for Eastham residents; \$7 per class for non-residents. This class takes place in the Nauset Light Room (lower level). Pre-registration is required due to limited space.

Tai Chi for Better Balance

Mondays, August 4 – September 29

• 8:30 am (no class September 1)

Tai Chi is a mind-body exercise rooted in various Asian traditions, focusing on balance and strength. Participation requires a completed medical form. The current summer session began June 2 and ends July 14 and is now full. A new session will run from August 4 to September 29, with no class on September 1. The cost is \$40 for residents and \$80 for non-residents. Pre-payment and registration are required at (774) 801-3151.

Yoga

In-Person: Tuesdays • 8:30 am

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

Hybrid Yoga with Janet:

Tuesday, July 8 • 8:30 am

Includes meditation, stretching, and strengthening poses. Free for Eastham residents; \$7 for non-residents. Tuesday

classes are held in person, and Thursday classes are virtual (Zoom from home only). Please note: the Tuesday, July 8 class will be taught by Janet and offered in a hybrid format, so you may attend either in person at the Senior Center or virtually via Zoom.

Zumba/Dance Class

Friday, July 11, 18, 25 &

August 1, 8, 15, 22 • 8:30 am

MOVED TO THE COA FOR SUMMER

This is a NEW session! Pre-registration is required for each new session. Registration opens on Tuesday, July 1.

Love to dance and have fun? Join us for this high-energy class with lively moves! 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.

**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.

Jim's Game Hour

Monday, July 28 & August 25 • 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!

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Fun & Games

(continued from page 5)

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 starts at 12:30 pm.

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 & 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)
- **Thursdays:** COA Veterans Social Club – civilians welcome! (See page 10 for more Veterans programs.)

Free-will donations appreciated.

Lobster Roll Luncheons

Wednesday, July 30 & August 20 • 11:30 am

Enjoy a delicious lobster roll from Arnold's Lobster & Clam Bar, along with fresh iced tea provided by the Bigelow Tea Company—served with chips, dessert, and live music. All ages are welcome, so feel free to bring your grandkids!

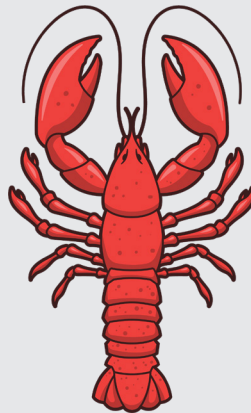
July 30 – Catie Flynn, Cape Cod native and Berklee College of Music graduate, will perform favorite songs by Joni Mitchell, Paul Simon, Norah Jones, and more.

August 20 – Watch Your Step, a local youth band featuring four talented young musicians—Trent Burritt (age 10, drums), Ali Long (age 13, vocals and bass), and Cam Long & Caidon Vasquez (both age 16, lead and rhythm guitar)—will perform popular songs from *The Beatles*, *The Rolling Stones*, *Bob Dylan*, *Stevie Wonder*, and more.

These events are first-come, first-served, and walk-ins will not be allowed. Pre-payment is required in advance of each event – no exceptions.

Eastham residents may begin making reservations on July 7 and August 4 by calling (774) 801-3151. The cost is \$20 per person per event. Out-of-town residents can register one week prior to each event, on July 23 and August 13.

Dine-in only; no to-go orders, please.



Health & Wellness

Ask-A-Dietitian

July 17 & August 21 • 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!

Cooking Club

Summer Break ☀️

This class will pause for the months of July and August. The class will resume sometime in the fall. Dates and more details will be published in the September-October newsletter.

Mindfulness and Meditation

Summer Break ☀️

This class will pause for July and August. Qigong meditation will serve as the foundation, complemented by mindful activities that promote relaxation, sharpen awareness, and foster peace. Whether you're new to meditation or looking to deepen your practice, this class offers a perfect blend of

techniques to reduce stress, enhance clarity, and support emotional well-being. Reconnect with yourself and experience the transformative power of mindfulness.

Health & Wellness Improvement

July 29 & August 26 • 1:00 pm

• Hybrid Program

Join Carol Moore Penfield, M.S. NPC, Nurse Practitioner, for this monthly series. In July, learn *How to Improve Your Quality of Life*, followed by valuable insights on *Ways to Enhance Your Immune System and Fight Disease and Infection* in August. 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 Farmers' Market

Fridays, July & August

• 8:00 am – 12:00 pm

Join us for the very first Eastham Farmers' Market – a vibrant celebration of local flavor and community spirit – at the T-Time site, 4795 US-6, Eastham. Discover a delicious selection of fresh scallops and lobsters, artisan breads and cakes, unique handmade crafts, live entertainment, and so much more. Whether you're shopping, sampling, or simply enjoying the atmosphere, there's something for everyone. Support local vendors and make your weekend memorable! To schedule a ride from the Senior Center, call (774) 801-3204 at least one week in advance. Rides are first-come, first-served.

Low Vision Support Group Summer Break

A peer-led support group open to Eastham residents experiencing any degree of vision loss—you do not need to be legally blind to participate.

To register or for more information, contact Sight Loss Services at (508) 394-3904. Transportation is available for Eastham residents upon request.

This group will not meet in July or August. Meetings will resume on the second Thursday of each month, beginning September 11, from 10:00 to 11:30 am.

LGBTQ+

LGBTQ+ Community Coffee and Conversation

August 4 • 3:00 pm

Join us for our summer Community Coffee as we celebrate **National Chocolate Chip Cookie Day!** Do you know where and by whom the original Toll House Chocolate Chip Cookie was created? Come find out while enjoying refreshments, friendly conversation, and, of course, cookies!

This casual, welcoming gathering is a great opportunity to meet new people, learn about social activities, and connect with support services. No registration required — walk-ins are always welcome! Open to the local 55+ LGBTQ+ community.

An email reminder will be sent ahead of the August meeting.

The planning committee will also be meeting this summer to organize activities for the year ahead. If you'd like to

get involved, suggest ideas, or volunteer, please reach out to Cheryl Gayle at pride.eastham@gmail.com — we'd love your input!

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

Bourne, On-going Programs

Contact: (508) 759-0600 ext. 5300

Chatham Council on Aging

1st & 3rd Thursday

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

Eastham Council on Aging

1st Monday • 3:00 pm

Contact: Cheryl, 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: yarmouthlgbtgseniors@gmail.com, (508) 534-8665

What are your concerns about our changing environment and landscape? Do you have ideas about how our community can take positive action to mitigate and adapt to the impacts of climate change? How are you taking action in your own life and what challenges have you experienced? The discussion will be one hour in length, with coffee and donuts. Participants will be selected first-come-first-serve basis and we're hoping to gather 15 attendees. Call (774) 801-3151 to sign up!

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.

Medical Billing Advocate

Thursday, July 24 & August 28

• 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

Monday, July 14, 28 & August 11, 25

• 9:30 am

This group will meet on the second and fourth Mondays during the months of July and August at the library at the Senior Center. New members are always welcome!

Tuesday Trivia with John

July 1, 15 & August 5, 19 • 1:00 pm

Hybrid

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

Pride High Tea

Special thanks to the Friends of the Eastham Council on Aging, our wonderful planning committee, everyone who attended, and the Bigelow Tea Company for supporting our June Pride High Tea, a fun event enjoyed by all!

Life Enrichment

Cape Cod Commission (CCC) Focus Group

Thursday, July 24 • 10:00 am

Please join the Cape Cod Commission (CCC) for a focus group conversation about climate action in Eastham, which will inform the Town of Eastham's Climate Action Plan (<https://www.capecodcommission.org/our-work/eastham-cap>).

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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, July 11 & August 1 • 9:30–10:30 am

Eligible seniors receive a free monthly bag of healthy groceries, tailored for senior nutrition. Pre-registration required, (774) 801-3153. Pickup is downstairs from the Nauset Light Room or delivery available upon request.

“Grab & Go” Prepared Meals

Friday, July 11, 25 & August 8, 22
• 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, July 2 & August 6
• 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, July 28 & August 25 • 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.*



A Fun Night Out: Wildlife After Dark with Wild Care

Tuesday, July 8 • 5:30 pm

Join Stephanie Ellis, Executive Director of Wild Care, Inc., for a program on nocturnal animals! A light dinner will be served. Sponsored by the Friends of the Eastham COA. Free for Eastham residents; \$5 for non-residents. Donations to the Friends are appreciated. To register, call (774) 801-3153.

Lunch with Friends Summer Break ☀️

This program will pause for the months of July and August. Lunch will resume sometime in the fall. Dates and more details will be published in the September-October newsletter.

80 Plus

July 18 & August 15 • 11:00 am

Join lively conversations and discover how incredible women aged 80 and up face the challenges of aging with strength and humor! Share stories, exchange tips, and support one another through everyday ups and downs. Brighten each other’s days, celebrate shared experiences, and enjoy the journey together. Cool off with refreshing iced tea while you chat and connect!

Speaker Series

Resident Tax Exemption (RTE) Workshop

Monday, July 14 & August 11
• 12:00–2:00 pm

Join Eastham Assessor Colleen Mercurio for a helpful workshop designed to guide residents through the **Resident Tax Exemption (RTE)** application process.

Please bring your most recent tax return, photo ID, and vehicle registration. If you don’t have these documents, call the Assessing Office at (774) 801-3215 to find out what alternatives are acceptable. Copying and redacting services will be available on-site.

Eastham Focus Series

Thursday, August 14 • 1:00 pm
• Hybrid Program

Learn All About Library Apps!

Have you wanted to read or listen to free eBooks and eAudiobooks on your phone or tablet? Or maybe you’re looking for a library service to provide video and music streaming options? Well, if that’s the case, join Staff Librarian, Corey Farrenkopf, for an informative afternoon focusing on Libby, Hoopla, Kanopy, and Freegal. All are welcome!

Master Gardener Series

Thursday, July 10 & August 7
• 2:00 pm • Hybrid Program

This July and August, join Master Gardener Donelle Denery in-person or online for two inspiring gardening programs – perfect for gardeners of all levels!

In July, enjoy **Water Gardens: Creating Tranquil Outdoor Spaces**. Discover how to add water features and create a peaceful backyard retreat.

In August, learn **Top 10 Pro Tips for Sustainable Gardening**. From eco-friendly practices to building resilience, Donelle will share expert tips to help you cultivate a thriving, environmentally friendly garden.

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THINGS TO DO

(continued from page 8)

Technology

Artificial Intelligence in Everyday Life with Russ Wilcox

Monday, July 8 & August 12

• 1:00 pm • Hybrid Programs

Join Russ Wilcox, an Artificial Intelligence (AI) expert and TED speaker, for a monthly series on how smart computer programs are changing everyday life – from smartphones to healthcare. Russ has been featured in *Forbes*, served on Governor Healey’s AI task force, and was a UN delegate on AI policy. In July, join him for the last session on how computers can write like people. Learn easy ways to ask questions and see how different words can change the answers. In August, Russ will talk about how China is growing in computer technology and what it means for everyone. Attend in person or online – don’t miss this friendly chance to learn together! Call to sign up or get the Zoom link.

Learn to Use MyChart

Wednesday, July 16 • 12:15 pm

Lunch & Learn

Are you a patient of Cape Cod Healthcare? Join Molly Ives, VNA Public Health and Wellness Communicable Disease Investigator & Health Educator, for an overview of MyChart, Cape Cod Healthcare’s secure platform for accessing your health information. In this session, you’ll learn how to view test results, schedule appointments, communicate with providers, and more. The session will include an overview of key features, along with a hands-on workshop for registration and navigation for those who bring their device. A basic understanding of your device is required, and please remember to bring your passwords. Additional MyChart hands-on workshops may be offered on a later date. A light lunch will be served. Space is limited to 12 attendees – first come, first served. To register, call (774) 801-3151.

Tech Help with Alex & John

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.

Veterans

Veterans Rendezvous Cafe

Thursday, July 10 • 9:30 am

Join the Cape & Islands Veterans Outreach Center in the Nauset Light Room to connect with veterans of all ages. This free event offers conversation, camaraderie, and engaging programs.

Veterans BBQ

Thursday, August 14 • 11:30 am

Join the Cape & Islands Veterans Outreach Center for a Veterans’ cookout on the Senior Center deck at 11:30 am. Enjoy good

food, great company, and a chance to honor those who served. Veterans receive priority. Space is limited so please call (774) 801-3151 to register.

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, July 8, 22 & August 12, 26

• 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.

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 five letters in different order.

Cape Cod Baseball League

The Cape Cod Baseball League season has begun.

With a long history, its _____ date back to 1885.

The Firebirds rule the _____ in Orleans
when they hit a home run.

After the game, players stretch their _____
to give teammates a high five!

Answers to last issue’s Puzzle “Metamorphosis”

The butterfly’s life cycle can’t be beat! The eggs laid on the host seem to be asleep. A bit of time will elapse the larva begin to hatch and eat. Next the chrysalis stage transforms it into the shape it will keep.

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

Congratulations to Janet Benjamins and Dee Higgins who provided the correct answers to the “Metamorphosis” puzzle!

OUTREACH CORNER NEWS

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

Summer is Here!

As anyone living on Cape Cod knows, summer officially shows up in July! How glorious it is to have the beautiful, warm sunshine. That wonderful scent of salt air is oh so alluring! Sometimes it's just enough to enjoy it in our very own back yards, or venture out to a nearby beach to perhaps take a dip in the water, take in the wonders of nature! The flowers are in full bloom all around, the grass is enveloping yards in an awesome green blanket, and the trees' leaves provide us with a cool, comfortable shade when we need it! If you listen carefully, on a calm summer's eve, you just may hear peepers and maybe even an owl hooting perched high up in a tree. We hope you all enjoy the summer to its fullest!

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.

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, August 19 • 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 (July 9, 23 & August 13, 27) • 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 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.

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OUTREACH CORNER NEWS

(continued from page 10)

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 select Wednesdays. Please call (774) 801-3151 to book an appointment at the Senior Center.

GETTING TO KNOW YOU!

Margie Brazile

By Susanne Fischer

Margie Brazile turned 100 on February 25, 2025 and said she begins each day with the same routine she has found so valuable throughout her lifetime.

"I get up in the morning, take a shower, get dressed, put on an apron and eat some food," she said. "That way if someone calls, I'm ready to go."

Born in Virginia, Margie lived in the small town of Clover with her parents, two brothers and five sisters and said she enjoyed playing games including tag and dodge ball.

After graduating from high school she majored in education at St. Paul's College in Virginia.

"I taught school for 47 years and loved it because they gave me the bad kids, saying I could handle them," she said with a smile.

Margie said she was introduced to her future husband, Wilson, when she spent a summer taking care of her sister's baby while her sister was in the hospital.

"He was a friend of the family and I was told he was very nice and helpful," said Margie.

The couple married, had a son, William, and Margie earned her masters' degree in education from Fitchburg State in 1980. They also began looking for a second home in Eastham.



"My husband said he wanted to retire and move to the Cape," said Margie. "I agreed because he was a good husband and we had a great life."

Margie said she thoroughly enjoys spending time and taking classes at the Eastham Senior Center.

"I love it, they have so many activities and at least two or three you would like to try," she said. "And even though my grandfather lived to be 110, I know how important it is to work at being well."

Son Bill, a retired policeman and Eastham resident, said he agreed with his mother. "If I can't reach her at home I check the senior center's calendar," he said.

Eastham Garden Tour

Creative Gardens of the Outer Cape

TUESDAY, JULY 15 • 5 unique, private gardens

All proceeds benefit Eastham Public Library

We are committed to finding the best gardens in Eastham each year for visitors to enjoy and to find "take away" ideas for their own homes.

www.easthamgardentour.org



Scan this QR Code
for more information and
how to purchase tickets

A leading partner of the



Cape Cod Hydrangea Festival

Cooking at Home

Heather Bailey, *The Optimal Kitchen*

Email: theoptimalkitchen@comcast.net

Website: theoptimalkitchen.com

Seasonal produce is much less expensive and right now many crops are at their peak in New England so these are the lowest prices we will pay for local produce. If you have healthy recipes to share in our next newsletter, email us at coadmin@easthamma.gov. Or if you have an abundance of fresh produce from your garden, feel free to bring it to the Senior Center to share with others!

Here is a recipe to help preserve and enjoy produce in the coming months:

QUICK DILLY BEANS

1/4 cup chopped fresh dill	2 teaspoons sugar
1/2 pound green beans, trimmed	2 teaspoons sea salt or kosher salt
1 cup raw cider vinegar	2 teaspoons pickling spice
1 cup water	1 garlic clove, peeled

1. Combine dill and green beans in a medium bowl.
2. Combine vinegar and the remaining ingredients in a small saucepan.
3. Bring to a boil, and cook for about 3 minutes (until beans are a bright green).

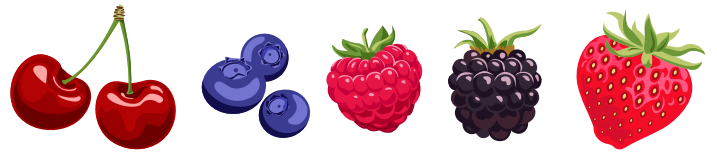


Balance and Core

Wendy Marinakis

Your core is the center of your body. It's like the trunk of a tree. A strong core will help the rest of your body with movement like sitting, climbing stairs, picking up groceries, walking, dancing and exercising. It helps a lot with balance. In my classes I emphasize the importance of core muscles with every movement and combine it with balance exercises. Isometrics is a great way to also strengthen the core while in a balance pose.

Everyday activities get more strenuous as we age. We all need to incorporate core strengthening and balance exercises into our everyday routine so we can do what we like to do. Hiit and Liit are great core and balance workouts that can strengthen your entire body and improve core and balance so you can enjoy all the activities you like to do. Come join my classes, it's a fun way to strengthen the core!



Live a "Berry" Colorful Life

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

Is your plate colorful at meal time?

The majority of foods in a typical American diet are bland and pale in color such as pasta, white breads, cheese and white rice.

Science has shown that colorful foods are healthier because they contain antioxidant pigments. For example, the orange pigment in carrots and sweet potatoes is due to the beta carotene, the red in tomatoes is from lycopene and the blue in blueberries is from anthocyanin. Antioxidants have been proven to protect against cancer, to boost the immune system as well as prevent cardiovascular disease. Berries are the second only to herbs and spices as having the most antioxidant concentration. They pack an average of nearly ten times more antioxidant content than other fruits and vegetables. According to a study comparing antioxidant levels of 100 different berries, blackberries have the most, followed by blueberries, raspberries, cranberries and strawberries. Other berries to consider are tart cherries or goji berries. Cherries have shown to have anti-inflammatory properties and natural levels of melatonin. In order to enjoy berries year around, it is reassuring to know that frozen berries retain most of their nutritious qualities.

What about the sugar content of fruit? Consuming sugar (fructose) in natural fruit form is different than the added sugars in processed foods. Eating berries can actually blunt the insulin spike that occurs after eating high glycemic foods. The fiber content apparently slows the digestion of the sugars and the phytonutrients appear to block absorption through the intestinal wall and into the bloodstream.

When shopping, antioxidant supplements are not a good substitute. The body digests and absorbs nutrients and fiber from fruits and vegetables more effectively in their natural state. Therefore, start reaching for a variety of colors in the produce section. Consider red rather than green grapes, red onions instead of white, or purple cabbage rather than green. Look for the brightest deepest colored berries and try to consume a half cup of them daily for health benefits.

**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.*

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HEALTHY LIVING

(continued from page 12)

Balance

Janet Betty, E-RYT, YACEP, BLS

“Balance in the body is the foundation for balance in life.” – BKS Iyengar

And Yoga is key to finding that balance! Here's how -

- **Stretches to Improve Posture** – Moving your spine in 5 directions: side stretches, Cat, Cow, forward fold, and twists; as well as stretching your legs (think Lunges) and shoulders (Eagle arms), helps to loosen tight muscles that can affect posture.
- **Builds Strength** – Practicing poses such as Warriors or Chair, strengthens your lower body muscles, which are essential for balance.
- **Engages Your Core** – Practicing Boat, Plank or Bridge strengthens your abdominal muscles and brings stability to your body.
- **Practicing Balance** – Specific balancing yoga poses like Tree Pose, helps to build both leg and core strength for better balance.

Yoga also decreases stress by lessening the fluctuations of the mind, improving focus and cognition. Yoga improves sleep too, which is just as important to your brain health as food and water. The practice of Yoga ensures optimal physical and mental function, both of which are important for balance in your body and balance in life!



TOWN OF EASTHAM & COMMUNITY NEWS

EASTHAM ASSESSING DEPARTMENT

The town is considering a Residential Tax Exemption. To prepare, the Assessor's Office is mailing prequalification applications. If adopted, qualifying residents will receive a tax reduction next fall, which can be combined with other exemptions. Be sure to return your application to avoid missing out. Questions? Call the Assessor's Office at (774) 801-3215.

EASTHAM BEACH & RECREATION

Sticker Office

Summer sticker office hours are, Thursday–Monday, from 9:00 am to 3:00 pm (closed on Tuesdays, Wednesdays, and Holidays). 2025 Beach and Transfer Station stickers will be required starting July 1. For more information, call (508) 240-5974.

Food 4 Kids

From June 30 to August 8, stop by Eastham Elementary School on weekdays between 11:30 am and 12:30 pm for a free lunch program for kids and teens. Bring your kids or grandkids – no registration required!

EASTHAM CLIMATE ACTION COMMITTEE

The Eastham Climate Action and Energy Committee (ECAC) is launching a news bulletin packed with information on ways to reduce energy costs and help to mitigate climate change and also on upcoming events. Submit your email to easthamclimate@gmail.com to get on the distribution list for the bulletin which will be published every two months starting in July. The ECAC advises the Town's Select Board on policies to help mitigate climate change and provides individuals, businesses, and neighborhoods with information, education, and assistance.

Visit the ECAC's website at <https://eastham-ma.gov/521/Energy-and-Climate-Action-Committee> for more information.



EASTHAM COMMUNITY DEVELOPMENT

Housing Emergency Loan & Rental Assistance Programs

The Eastham Affordable Housing Trust offers two programs: H.E.L.P. provides loans for major home repairs (call (508) 432-0015 ext. 102), and the Rental Assistance Program offers monthly stipends for Eastham residents or workers (visit hpccepcod.org/rental-assistance or call (508) 255-9667).

EASTHAM DEPARTMENT OF HEALTH AND ENVIRONMENT

Community Fridge

The Eastham Community Fridge, located in the foyer of the Health and Conservation Department (2500 State Highway), offers free food to residents while supplies last. Narcan is also available. For questions, call (774) 801-3230.

EASTHAM NATURAL RESOURCES

The Eastham Natural Resources Office stocks donated dog and cat food. If you or someone is in need, please contact the office at (774) 801-0502.

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TOWN OF EASTHAM & COMMUNITY NEWS

(continued from page 13)

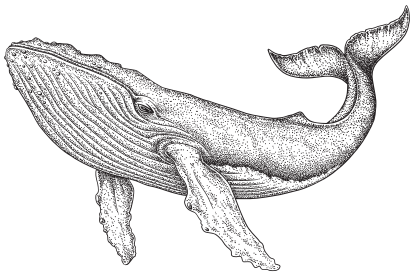
EASTHAM PUBLIC LIBRARY

For more info, visit EasthamLibrary.org or call (508) 240-5950.

Travel Training with the CCRTA

Tuesday, July 8 • 10:00 am

The Eastham Public Library, in collaboration with the Cape Cod Regional Transit Authority (CCRTA), is hosting an informative session on local transportation options. Learn how to navigate services like Boston Hospital Transportation, FLEX, and SmartDART—from trip planning and schedules to fares, mobility devices, and more. You'll even have the chance to take a ride on the bus!



Cape Cod Whalers to Rice Whales

Tuesday, July 8 • 6:00 pm

Join the Eastham Library for a Marine Biology talk with Scientist Tommy Tucker!

Eastham Climate Action Plan Community Workshop

Tuesday, July 29 • 6:00 pm

Please join a public workshop to inform the Eastham Climate Action Plan (www.capecodcommission.org/our-work/eastham-cap), which intends to provide a local strategy to support climate adaptation, mitigation, and resiliency measures in Eastham.

Trivia Night at Eastham Library

Tuesday, August 19 • 6:00 pm

Join the Eastham Library for a fun Trivia Night! Lots of great categories...maybe a few laughs along the way. Who knows? Teams of up to 6 are welcome or just play alone!

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.

ELKS COMMUNITY EVENTS

Orleans-Eastham Elks Lodge

10 McKoy Road, Eastham

(508) 255-4258

The Orleans-Eastham Elks Lodge will host a variety of summer events featuring dinner and live music! Guests can begin arriving for all events at 5:00 pm.

Enjoy **Cookouts at the Pavilion every Wednesday night** all summer long!

No reservation needed.

Special events include a **Pig Roast on July 19** and a **Clambake or Steak BBQ on August 2** (burgers and hot dogs will also be available). Advance registration is required by calling (508) 255-4258 or reservations can be made online www.oelks.org. Event costs will vary.

HELPING OUR WOMEN (HOW) PROGRAMS

The following programs are hosted at the Ann Maguire Women's Wellness Center, 3 Main Street, Eastham (unless otherwise noted).

Register by emailing pam@helpingourwomen.org or monica@helpingourwomen.org

Acupuncture & Meditation

Wednesday July 2 & August 6

• 1:00 – 2:00 pm

Led by Heather Louks and supported by Recovery Without Walls. Open to all women. Registration required.

Cancer Support Group

Wednesday, July 9, 23 & August 13, 27

Truro Public Library

Meets on the second and fourth Wednesdays of the month. To register, contact Ginny at (508) 648-1639.

Emergency Preparedness Workshop with CORD (Hybrid)

Wednesday July 23 • 2:00 – 3:00 pm

Join CORD (Cape Organization for the Rights of the Disabled) for a vital workshop on preparing for emergencies.

Grieving & Growing Group

Thursdays in July & August

• 3:00 – 4:15 pm

For anyone who has experienced the death of a loved one. Facilitated by health educator Betsy Simmons.

Women's Health with Jamie Adachi

Registration required for in-person attendance. Email Pam for the virtual link.

The Pelvis Party (Hybrid)

Thursday, July 17 • 6:00 – 7:30 pm

A fun, candid conversation about how pelvic wellness affects overall quality of life.

Menopause (Hybrid)

Wednesday, August 20 • 12:00 – 1:00 pm

Join for a talk on navigating menopause, starting with perimenopause and beyond.

Women's Money Matters (3-month Virtual Series)

July 9 • 12:00 – 1:30 pm

July 15 • 6:30 – 8:00 pm

July 19 • 9:30 – 11:00 am

A FREE, 3-month, financial program that empowers women living on low incomes with the skills they need to achieve their goals. Email Monica to register.

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.

Bayberry Quilters Show

Wednesday, July 30 • 10:45 am

Join us for a trip to Cape Cod Regional Technical High School for the 42nd Bayberry Quilters Show!

Enjoy this year's theme, "Old is New Again," and explore a beautiful display of creativity and craftsmanship.

Please arrive at the Senior Center by 10:45 am sharp. The bus departs promptly at 11:00 am.

Jim's Adventures

Monday, July 21 & August 4, 18 • 12:30 pm

Join Jim for a fun afternoon exploring local sites such as lighthouses, beaches, and other scenic spots. Meet at the Senior Center at 12:30 pm; the bus departs at 12:45 pm and returns by 3:15 pm.

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. No shopping on July 11.

Trader Joe's

Monday, July 14 & August 11 • 12:30 pm

Ride to Trader Joe's! Meet at the Senior Center at 12:30 pm; the bus departs at 12:45 pm and returns by 3:15 pm.

Market Basket Summer Break ☀️

The Eastham COAch to Market Basket will break for the summer. The trips will resume in the fall. Dates and more details will be published in the September-October newsletter.

Summer Garden Tours with Jim

Wednesday, July 16, 23 & August 13, 27 • 12:45 pm

Explore Cape Cod's charming local gardens with Jim and other COA members, featuring vibrant blooms like hydrangeas and daylilies. Space is limited! To reserve your spot, call Jim at (774) 801-3154. Meet at the Senior Center at 12:45 pm; the bus departs promptly at 1:00 pm.

**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!

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

SmartDART

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

Are you uncomfortable using APPs to book your SmartDART?

Cape Cod Regional Transit Authority can help!

Through a Grant made available by MassDOT, folks who don't have smart phones or have been having trouble using their smart phone to book services can

**CALL THIS NUMBER:
(508) 418-3278**

A dedicated, trained operator stationed in our Operations Center to assist older adults and individuals with disabilities who may face barriers to using the app-based SmartDART system. Assistance will be provided to book trips and make payments by phone in real time.

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



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EASTHAM SENIOR CENTER

1405 Nauset Road, Eastham, MA 02642

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

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

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

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

Transportation: (774) 801-3204 kgill@eastham-ma.gov

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Kathy GillSenior Services Administrative Assistant
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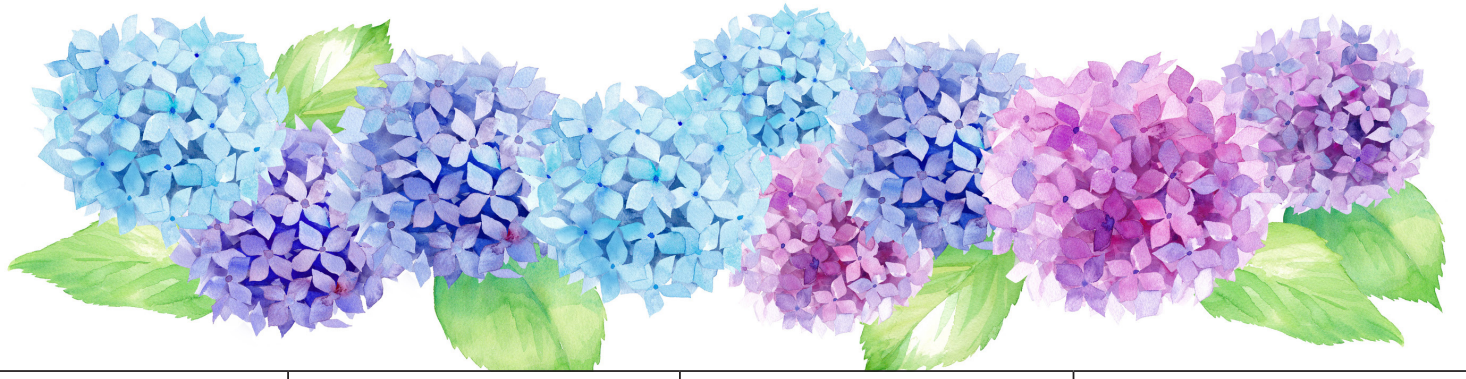
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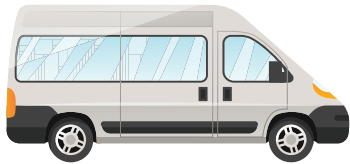



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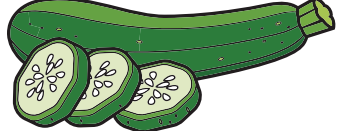

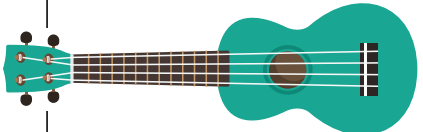


JULY 2025 SENIOR CENTER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Programs in BLUE are Hybrid programs. Attend in person or online!</p> <p>Programs in GREEN are online only; no in-person program</p>	<p>8:30 Yoga 1</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Trivia Tuesday</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 2</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</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 3</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p>	<p>HOLIDAY SENIOR CENTER CLOSED</p> 
<p>8:30 Tai Chi 7</p> <p>9:00 Seaside Café</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit Video Class</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> 	<p>8:30 Yoga 8</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit Video Class</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 AI Technology with Russ Wilcox</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p> <p>5:30 Fun Night Our</p>	<p>8:30 HIIT Class 9</p> <p>9:45 Resistance Bands</p> <p>1:00 AFSC Support Group (HOW)</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> 	<p>8:30 HIIT Class 10</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:30 Veterans Cafe</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit Video Class</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p> <p>2:00 Master Gardener Series</p>	<p>8:00 Eastham Farmers' Market 11</p> <p>8:30 Zumba</p> <p>9:30 Brown Bag Program</p> <p>9:45 Chair Yoga</p> <p>10:30 Grab & Go</p> <p>11:00 VNA Arthritis Exercise Class</p> 
<p>8:30 Tai Chi 14</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>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:00 RTE Workshop</p> <p>12:30 Mah Jongg</p> <p>12:30 Trader Joe's</p>	<p>8:30 Yoga 15</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 Elder Lawyer</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Trivia Tuesday</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 16</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>11:15 Summer Fit with Jim</p> <p>12:15 MyChart Workshop</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:45 Summer Garden Tour with Jim</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 17</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>10:30 Ask-A-Dietitian</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p>	<p>8:00 Eastham Farmers' Market 18</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:45 Chair Yoga</p> <p>11:00 VNA Arthritis Exercise Class</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p>
<p>9:00 Seaside Café 21</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:30 Jim's Adventures</p> 	<p>8:30 Yoga 22</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 23</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>11:15 Summer Fit with Jim</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:45 Summer Garden Tour with Jim</p> <p>1:00 AFSC Support Group (HOW)</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 24</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:00 Medical Bill Advocate</p> <p>9:45 LIIT Class</p> <p>10:00 CCC Focus Group</p> <p>11:00 Sit & Fit</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 Creative Connections</p>	<p>8:00 Eastham Farmers' Market 25</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:45 Chair Yoga</p> <p>10:30 Grab & Go</p> <p>11:00 VNA Arthritis Exercise Class</p> <p>12:30 Eastham COAch</p>
<p>9:00 Seaside Café 28</p> <p>9:30 Memoir Writing</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p> 	<p>8:30 Yoga 29</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Health Series</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 30</p> <p>9:00 Hiking Club</p> <p>10:45 Bayberry Quilter's Show Shuttle</p> <p>11:30 Lobster Roll Lunch</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 31</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p>	

AUGUST 2025

SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Programs in BLUE are Hybrid programs. Attend in person or online!</p> <p>Programs in GREEN are online only; no in-person program</p>				<p>8:00 Eastham Farmers' Market 1</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:30 Brown Bag Program</p> <p>9:45 Chair Yoga</p> <p>11:00 VNA Arthritis Exercise Class</p> <p>12:30 Eastham COAch</p>
<p>8:30 Tai Chi 4</p> <p>9:00 Seaside Café</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:30 Mah Jongg</p> <p>12:30 Jim's Adventures</p> <p>3:00 LGBTQ+ Community Coffee</p>	<p>8:30 Yoga 5</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Trivia Tuesday</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 6</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</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 7</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p> <p>2:00 Master Gardener Series</p>	<p>8:00 Eastham Farmers' Market 8</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:45 Chair Yoga</p> <p>10:30 Grab & Go</p> <p>12:30 Eastham COAch</p>
<p>8:30 Tai Chi 11</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>11:00 Sit & Fit</p> <p>12:30 Mah Jongg</p> <p>12:00 RTE Workshop</p> <p>12:30 Trader Joe's</p>	<p>8:30 Yoga 12</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 AI Tech with Russ Wilcox</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 13</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>11:15 Summer Fit with Jim</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:45 Summer Garden Tour with Jim</p> <p>2:15 Ukulele</p> <p>1:00 AFSC Support Group (HOW)</p>	<p>8:30 HIIT Class 14</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit</p> <p>11:30 Veterans BBQ</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 Eastham Focus</p>	<p>8:00 Eastham Farmers' Market 15</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:45 Chair Yoga</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p> 
<p>8:30 Tai Chi 18</p> <p>9:00 Seaside Café</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:30 Mah Jongg</p> <p>12:30 Jim's Adventures</p> 	<p>8:30 Yoga 19</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 Elder Lawyer</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Trivia Tuesday</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 20</p> <p>9:00 Hiking Club</p> <p>11:30 Lobster Roll Lunch</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> 	<p>8:30 HIIT Class 21</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>10:00 Focus Group</p> <p>10:30 Ask-A-Dietitian</p> <p>11:00 Sit & Fit</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 Creative Connections</p>	<p>8:00 Eastham Farmers' Market 22</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:45 Chair Yoga</p> <p>10:30 Grab & Go</p> <p>12:30 Eastham COAch</p> 
<p>8:30 Tai Chi 25</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>11:00 Sit & Fit</p> <p>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p> 	<p>8:30 Yoga 26</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Health Series</p> <p>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Video Class 27</p> <p>9:00 Hiking Club</p> <p>11:15 Summer Fit with Jim</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:45 Summer Garden Tour with Jim</p> <p>1:00 AFSC Support (HOW)</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 28</p> <p>8:30 Zoom at Home Yoga</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>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods/Trader Joe's</p>	<p>8:00 Eastham Farmers' Market 29</p> <p>9:00 Eastham COAch</p> <p>12:30 Eastham COAch</p> 