



# Windmill Whisperings

## Your Guide to Active Living

News from the Eastham Center

September-October 2025



Did you know the Friends Eastham Council on Aging Thrift Shop was once a grocery, Brackett's General Store, and later "The Mitten Factory" with a live monkey mascot? Learn more about this historic Eastham landmark (see pages 3 and 8 for more details).

*Photo Credit: Eastham Historical Society Inc.*

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## DIRECTOR'S NOTE

We're excited for fall! To kick it off, we're piloting evening programs supported by the Friends of the Eastham Council on Aging. See page 5 for more details.



September is National Senior Center Month. The 2025 theme, "Powering Possibilities: Flip the Script," encourages us to challenge outdated views of aging and promote creativity, connection, purpose, and resilience. At the Eastham COA, we believe socialization, healthy aging, digital access, active living, and fun all help older adults thrive and stay connected to their community.

Fall is also a great time to inquire about entitlement programs like fuel assistance, tax exemptions, and SNAP (Supplemental Nutrition Assistance Program), or to review your Medicare Part-D plan. Book an appointment with Cindy Dunham, our Outreach Coordinator, or a SHINE

counselor for assistance. Whether you're visiting or here year-round, we hope you'll stop by the Eastham Senior Center or join us virtually for our hybrid programs!

Dorothy Burritt, Director

## STAY CONNECTED

### Email List

Are you on the Senior Center's email list? If not, sign up to stay informed about new programs and important updates like rescheduled events. It's easy! Just visit <https://tinyurl.com/2sa8au5r> or scan the QR code.



## 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.

FECOIA Thrift Shop, 580 Massasoit Road (774) 207-0160  
email: [info@friendsofeasthamCOA.org](mailto:info@friendsofeasthamCOA.org)

**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.

## FECOIA 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 \$ \_\_\_\_\_

\*Indicates your current membership expiration date.

**MAKE CHECK PAYABLE TO FECOA**

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

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

**MAIL TO:**  
FECOIA, PO Box 1203  
North Eastham, MA 02651

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

# Friends of the Eastham Council on Aging

– a History with Sandy Szedlak

What started as a part time job to help make ends meet in 1979, turned into a forty-five year labor of love for Sandy Szedlak.

“In 1974, the Commonwealth of Massachusetts legislated that every town have a Council on Aging. Eastham began with a group of volunteers tasked with helping seniors. At first, they met in various town properties, then moved into what is now the Fairway Restaurant building. In 1980, I was hired as the first part-time director and paid through a state grant. Six months later, we relocated to the old town hall basement,” said Szedlak.

In her new role, she was asked by the COA Board of Directors to establish a “Friends” group. “In 1980, the first meeting drew five people. Their goal was to volunteer and raise money to support the Eastham Council on Aging,” said Szedlak. Later, after spending several years operating in the basement of town hall, this group, along with a large group of newly retired seniors, was asked to begin raising money to build a Senior Center.

In 1976, a parcel of town land on Nauset Road was designated for use as a Senior Center. The town agreed to lease the land for \$1, and the “Friends” began fundraising efforts: barn sales, donation drives, and a mass mailing to property owners offering a three-year pledge window. By 1984, \$100,000 of the estimated \$300,000 was raised. The group realized the sum would not be enough and began looking for other ways to raise funds.

“The historic 1879 Victorian house at 580 Massasoit Road (Samuel Brackett’s grocery and general store) proved to be an ideal spot for the Friends of the Eastham Council on Aging Thrift Shop,” said Szedlak. “Owners of the property agreed to rent the first floor to the Friends group.” The thrift shop helped enable the “Friends” to reach their goal, and in 1985 construction of the senior center began.

“Cape Associates put up the shell and any other work that volunteers could not do,” said Szedlak. “Upon completion, the building was given to the town. This gift was accepted by town meeting in May of 1987, and we moved in.”

Today Senior Center activities continue to be held in this same building, heavily supported by the Friends of the Eastham Council on Aging, Inc. Szedlak noted, a small garden “Dedicated to past, present and future

volunteers, whose continued support helps make the Senior Center a welcoming place for all” remains at the back entrance.

“The heart and soul of so many went into this building,” said Szedlak, an honorary member of the Friends of the Eastham Council on Aging, Inc. Board of Directors (Board Emeritus).

**Join Sandy for a lunch & learn on October 9 – see page 8 under Speaker Series for details!**

We invite you to come

## JOIN US

at the Friends of the  
Eastham Council on Aging  
Thrift Shop Breakfast!

Are you a current  
Thrift Shop volunteer  
or thinking about joining the team?

Join us for a light breakfast,  
meet fellow volunteers, and learn  
about working in the shop.

Let’s celebrate the incredible work  
our volunteers do to support  
Senior Center programs!

Wednesday,  
September 10  
at 10:00 am

Eastham  
Senior Center  
1405 Nauset Road

RSVP by noon  
on Monday,  
September 8,  
(774) 801-3151



## 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, September 18 & October 16*

• 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

*Monday, October 6 – December 1*

• 12:00 pm (No class October 13)

Join Eastham Artist Jenny Faw for this 8-week session class. 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, September 19 – October 24*

• 1:00 – 3:30 pm

Join Eastham artist Joan Lockhart for an 6-week art session every Friday, running from September 19 – October 24. This

2.5-hour class welcomes all levels, from beginners to advanced. Each week includes a guided lesson. Beginners may use class materials, though you're encouraged to bring your own oils or acrylics. Class size is limited to 10 students. Registration required. Call (774) 801-3151.

### 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

*Fridays • 9:00 am*

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

## Fitness\*

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

### Dance with Jenny!

*Tuesdays • 9:45 am*

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

### HIIT with Wendy

*Mondays • 9:45 am*

*Wednesdays & Thursdays • 8:30 am*

HIIT combines intense work and rest intervals for cardio and strength, with Thursdays focusing on isometric exercises to help lower blood pressure. The class is free for Eastham residents, \$7 for

non-residents, and donations are welcome. Prerecorded classes will be available on September 4, 15, 17, 18 and 22, with options to join in-person or via Zoom. September 10 will be offered via Zoom remotely only with no in-person option. There will be no class on September 1 and October 13.

### 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 Wednesday, September 3.

### 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! A pre-recorded class will be available on September 2 with options to join in-person or via Zoom.

### LIIT with Wendy

*Thursdays • 9:45 am*

Light Intensity Interval Training (LIIT) is a low-impact workout that improves strength, balance, flexibility, and bone health, especially for those with osteoporosis. The class is free for Eastham residents, \$7 for non-residents, and donations are welcome. A prerecorded class will be available on September 4, 18, with options to join in-person or via Zoom.

### 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. A prerecorded class will be available on September 17 with options to join in-person or via Zoom. There will be no class on September 10. Free for Eastham residents; non-residents pay \$7 per class.

**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 September 1 and October 13. Participate in person or from home via Zoom. A prerecorded class will be available on September 4 with options to join in-person or via Zoom.

**COA EVENING CLASSES**

*Each 6-week class costs \$30 for Eastham residents and \$42 for non-residents. Pre-registration and payment are required at least one week in advance, with a minimum of 15 participants per class. Sponsored by the Friends of the Eastham Council on Aging. Please make checks payable to FEEOA. To register, call (774) 801-3151.*

**Tai Chi**

*Wednesday, September 24 – October 29  
• 5:15 – 6:00 pm*

A fun way to move and boost your health! Join this beginner Tai Chi class with meditation, relaxation, and breathing techniques.

**HIIT**

*Wednesday, September 24 – October 29  
• 6:15 pm*

HIIT combines intense work and rest intervals for cardio and strength, helping to improve endurance, burn calories, and build overall muscle tone.

**Health Insurance Counseling**

Turning 65 soon? SHINE (Serving Health Information Needs of Everyone) offers Medicare assistance at the Senior Center. Certified volunteer counselors can help you understand your options and prepare for enrollment. We are considering evening hours for Eastham residents unable to come during the day. Call (774) 801-3151 to express interest.

**Qi Gong**

*Tuesdays • 2:30 pm*

Enjoy gentle, meditative movements that improve balance and promote relaxation. Especially beneficial for those with mobility challenges such as Parkinson's.

No experience needed. Thanks to the Friends of the Eastham Council on Aging, classes are FREE for Eastham residents aged 59+ (\$7 per class for non-residents). Pre-registration required.

**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. Use only the allocated space. Sponsored by the Friends of the Eastham COA.*

**Chair Yoga**

*Friday, September 5, 12, 26  
& October 3, 10, 17, 24, 31  
(no class September 19) • 9:30 am*

**This is a NEW session – pre-registration is required for each new session. Registration now open.**

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.

**Interplay**

*Thursday, October 2, 9, 16, 23, 30  
• 11:00 am*

Shake out what you've been sitting on! Want more ease or want to laugh more? Put on your play clothes and come experience simple movement, sound and story using easy incremental forms of InterPlay ([www.InterPlay.org](http://www.InterPlay.org)) without any agenda. We will listen to our body wisdom, hold an easy focus, experience the physicality of grace, and exform to get rid of stuff! No special skills are required. Our common playground is our humanity. To register call (774) 801-3151.

**Zumba/Dance Class**

*Friday, September 5, 12, 26  
& October 3, 10, 17, 24, 31  
(no class September 19) • 8:15 am*

**This is a NEW session – pre-registration is required for each new session. Registration now open.**

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.

**Mat Pilates**

*Monday, September 15 – October 27  
(no class October 13) • 5:30 pm*

This class builds muscle strength and endurance while improving flexibility, posture, and balance. Through breath and flow work, you'll feel longer, leaner, stronger, and more connected! Bring your own mat. This 6-week session is \$30 for Eastham residents and \$42 for non-residents. Pre-registration and payment to the Senior Center are required at least one week in advance, with a minimum of 15 participants. To register, call (774) 801-3151.

## Fitness

*(continued from page 5)*

### 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. The current session began August 4 and ends September 29.

### VNA Wellness

#### Nordic Walking Series

*Fridays, September 12 – October 17*

• 10:00 – 11:00 am

This introductory series will explore the benefits and techniques of Nordic walking (with poles) along with weekly discussions on lifestyle medicine topics such as physical activity, sleep, and nutrition. Participants must be able to walk one mile independently with poles, occasionally on uneven terrain.

The program is led by a physical therapist and certified Nordic walking instructor from the VNA of Cape Cod, in collaboration with the Cape Cod Nordic Walking Club and the Eastham Council on Aging. Advanced registration is required. No drop ins are accepted. Nordic Walking Poles will be provided. Please contact the VNA directly to register 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).

*\*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 • 10:00 am*

*(holiday weeks group meets on Tuesday)*

Join other Cribbage players in the Nauset Light Room every Monday. Holiday weeks players will meet on Tuesday.

### Jim's Game Hour

*Monday, September 29 & October 27*

• 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 September 1 and October 13.

### Thursday Bridge

*Thursdays • 12:30 pm*

This group meets weekly and is open to all experienced players. Tables are arranged in advance. To join the game, please email [lotuff@comcast.net](mailto:lotuff@comcast.net) by the Monday of the same week.

### 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 10:00 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.

No Cafe on September 1 and October 13.

## Health & Wellness

### Ask-A-Dietitian

*Thursday, September 18 & October 16*

• 10:30 – 11:30 am

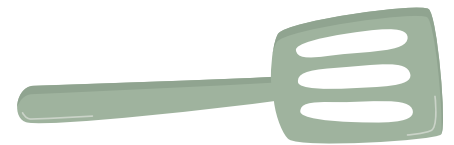
Presented by Outer Cape Wellness and the VNA of Cape Cod. Get answers on diet, nutrition, and food-related concerns, including Blue Zones, budget-friendly eating, and gut health. This program is free, and walk-ins are welcome!

### Barnstable County Public Nurses: Free Health Screenings

*Wednesday, September 3 & October 1*

• 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 TIME!

*Wednesday, September 10 & October 8*

• 2:00 pm

Join certified nutritional consultant and natural chef Heather Bailey for a hands-on class focused on plant-based, seasonal recipes. Each session includes a live demo, tastings, and time for questions.

September features recipes using the late summer harvest, while October highlights hearty autumn soups and stews.

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.

**Registration is required for all programs: (774) 801-3151  
or [coadmin@eastham-ma.gov](mailto:coadmin@eastham-ma.gov) (unless otherwise noted)**

## Health & Wellness Improvement NEW TOPICS!

*Tuesday, September 23 & October 28*

• 1:00 pm • Hybrid Program

Join Carol Moore Penfield, M.S., NPC, Nurse Practitioner in September as she features a program on therapeutic exercises for whatever hurts you! Bring your complaints and learn simple, effective exercises to help ease discomfort and improve mobility.

In October, she will focus on the ears, nose and throat. Gain valuable insights on common concerns and how to keep these vital areas healthy.

Experience this program with friends at the Center, or join us from home via Zoom – whatever works best for you! To register, call (774) 801-3151.

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

### Low Vision Support Group

*Thursday, September 11 & October 9*

• 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

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. Registration is not needed, and walk-ins are always welcome! Let's connect and create a stronger, more inclusive community – open to the local

55+ LGBTQ+ community. This group meets in the lower level of the Senior Center.

The planning committee has begun planning activities for the next 12 months. If you'd like to participate, have activity suggestions, or want to volunteer, reach out to Cheryl Gayle at [pride.eastham@gmail.com](mailto:pride.eastham@gmail.com). We need your input!

### Celebrate National Literacy Day

*Monday, September 8 • 3:00 pm*

**Note Date Change!** We will meet the second Monday, 9/8 due to Labor Day. In celebration of National Literacy Day, we'll talk about our favorite books of any genre, from childhood to present. Were you a Nancy Drew fan, do you love historical fiction, beach reads, social commentary or was there a book that transformed you? If you are so inclined, bring a book or two to share/swap!

### Movie Magic

*Monday, October 6 • 3:00 pm*

On this date in 1889, Thomas Edison showed his first motion picture, *Monkey-shines*, which was produced using a kinetograph. We'll serve popcorn and talk about movies that moved us!

### Pride Halloween Party

*Friday, October 31 • 5:30 – 8:00 pm*

Bring a friend and join us for our second Pride Halloween Party at the COA! Come as you are, wear black and orange – or get in the spirit with a great costume! We'll be serving a light meal and plenty of treats. There is time for mixing and mingling, some fun activities including our Strut-Your-Stuff-Parade-of-Costumes (with prizes!) and there will be music and dancing, yeah! Please RSVP by Friday, October 24. Email [pride.eastham@gmail.com](mailto:pride.eastham@gmail.com), or call the COA at (774) 801-3151. Suggested donation: \$5 at the door.

### Cape Cod LGBTQ+ Senior Friends

This newly formed nonprofit's mission is to enhance the quality of life for CC LGBTQ+ seniors as we age, end isolation and provide social and emotional support through the challenges of loss and

change. Visit their website: <https://www.capecodlgbtqseniorfriends.org/> for events, a community calendar and resources. Contact: (508) 534-8665 (or text) to register for an event or sign up to be on our email list. A person will respond to any questions. Our email is: [capecodlgbtqseniors@gmail.com](mailto:capecodlgbtqseniors@gmail.com).

### 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 (508) 862-4750 or just drop in!

#### 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), call (774) 801-3151 or just drop in!

#### Falmouth Senior Center

*Wednesdays • 9:00 – 10:30 am*

Contact: (508) 540-0196  
Falmouth residents aged 60 and older

#### Mashpee Senior Center

New LGBTQ+ group forming.  
Contact: Lori Nelson (508) 539-1440

#### Orleans Council on Aging

*On-going Programs*

Contact: (508) 255-6333

*continued on page 8*

## LGBTQ+

*(continued from page 7)*

### 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](mailto:yarmouthlgbtgseniors@gmail.com), (508) 534-8665

## Life Enrichment

### AARP Smart Driver Safety Course

Friday, October 3 • 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 September 26. As a bonus, lunch will be provided by the Friends of the Eastham Council on Aging, for all participants. To reserve your seat for this valuable course, please call (774) 801-3151.

### 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: Help with Medical Bills and Insurance Appeals

Thursday, September 25 & October 23

• 9:00 am – 12:00 pm

By Appointment Only

Need help understanding your Medicare plan, a medical bill, or figuring out what you owe? Have you been denied a procedure or service and need help writing an appeal? Ginny Aldrich, who has over 30

years of experience in medical billing, is generously volunteering her time to assist our members in navigating these complex issues. Appointments are available by request and can be flexible if another day works better for you. To schedule, call (774) 801-3151.

### Tea Tasting Experience

Friday, October 17 • 1:00 pm

Join Cynthia Jaekle from Bigelow Tea! Sip, savor, and learn! Join us for a delightful interactive tea tasting featuring a variety of blends from Bigelow Teas. Discover the history, health benefits, and brewing tips behind each flavor in this fun and engaging experience.

Enjoy sweet treats alongside your tasting, and leave with a new appreciation for your favorite cup of tea. Registration required, please.

### Trivia Tuesdays

Tuesday, September 2, 16

& October 7, 21 • 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!

### Writing Workshop

Monday, September 8, 22

& October 20, 27 • 9:30 am

Current and new members are welcome at this writer's workshop. Share your writing, listen to others, or simply enjoy the company of like-minded people. The group meets on select Mondays at 9:30 am in the Senior Center library.

## 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, September 5 & October 3

• 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, September 12, 26 & October 10, 24

• 9:30 – 10:30 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, September 3 & October 1

• 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, September 29

& October 27 • 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.*



*continued on page 9*

## Social Programs

*(continued from page 8)*

### Thrift Shop Breakfast — New and Current Volunteers Welcome

*Wednesday, September 10 • 10:00 am*

Are you a current Thrift Shop volunteer or are you interested in joining the team? Stop by the Senior Center to enjoy a breakfast treat and learn more about how you can be a volunteer! Thanks to all the current volunteers for their hard work to help raise the funds for Senior Center programming. Please RSVP to (774) 801-3151 by noon on Monday, September 8.

### A Fun Night Out

*Tuesday, September 16 • 5:30 pm*

Calling all artists! Join Jenny Faw for 'Painting with Jenny.' All supplies are provided! The charge is \$5 for Eastham residents and \$10 for non-residents. In addition, a light dinner will be available. Just bring yourself & be ready to have a lot of fun. Beginner friendly. Pre-registration and payment are required at least one week in advance, with a minimum of 15 participants. To register, call (774) 801-3151.

### Lunch with Friends

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

*Wednesday, September 24 & October 29 • 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.

### 80 Plus

*September 19 & October 17 • 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

### All About Honeybees

*Thursday, October 23 • 1:00 pm*  
• Hybrid Program

Join Lisa Gledhill of Outer Cape Honeybees for a fascinating program on honeybees! Taste local honeys, see bees up close in an observation hive, and learn about beekeeping essentials, including honey extraction and the dangers of pesticides. Don't miss this sweet event, available both in-person and online!

### Cape Cod Housing Rehab Program: Critical Repairs

*Friday, October 10 • 11:30 am*  
• Hybrid Program

Are you a year-round Eastham resident in need of critical home repairs? You may be eligible for funding through the Housing Rehabilitation Program!

Join Jean Stanley and Christy Donovan from Cape Cod's Housing Rehab Program, to learn how income-qualified homeowners can access up to \$70,000 for major home repairs. Eligible projects include roof, siding, window, or heating system replacement, septic upgrades, and accessibility improvements such as walk-in showers, ramps, and more. Join us in person at the Senior Center or via Zoom.

Staff will be on hand to answer questions, explain eligibility guidelines, and help interested residents get started with the pre-application process.

Don't miss this opportunity to get the support you need to stay safe and secure in your home.

*Flyers and pre-applications will be available at the event.*

### The DA & Us

*Monday, September 8 • 11:30 am*  
• Hybrid Program

Join Kelly Quealy, Community Engagement Officer for The Cape & Islands District Attorney's Office, as she introduces "The DA and Us." This new program, launched

by District Attorney Galibois, builds town-based coalitions of 8–12 volunteers who meet quarterly to discuss local issues and keep the DA's office connected with the community. Join us in-person at the Senior Center or via Zoom. Light refreshments will be served. RSVP to (774) 801-3151.

### Eastham Focus Series

*Thursday, September 11 & October 9*  
• 1:00 pm • Hybrid Program

In September Join Librarian Melanie McKenzie for a live introductory workshop on Learn, Connect, and Thrive at 55+! Discover a vibrant online learning community designed just for adults 55+. From tech basics to wellness tips, GetSetUp offers live and on-demand classes that build confidence, spark curiosity, and connect you with others – at your pace, on your schedule. Start learning something new today!

Join us this October for a special presentation with Sandy Szedlak as she shares how the historic Brackett General Store became home to the Friends of the Eastham Council on Aging Thrift Shop, how the group raised the funds to build the current Senior Center, and how the Friends continue to support its mission today. Enjoy a light lunch at 12:30 pm, followed by the presentation at 1:00 pm. Don't miss this inspiring look at how it all began!

### Managing & Preserving Retirement Savings: Two Part Series

*Thursday, September 25 & October 30*  
• 1:00 pm • Hybrid Program

Join Trey Shelton, MBA, Financial Advisor and learn how to make your retirement savings last with this informative session on financial longevity planning. Topics will include long-term care options, tax-efficient investment drawdown strategies, protecting yourself from scams and fraud, and a high-level overview of estate planning.

*continued on page 10*

## Speaker Series

*(continued from page 9)*

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Plus, join him on October 30 for a special session on understanding cryptocurrency – what it is, how it works, and what retirees should know before investing.

### Master Gardener Series

*Thursday, September 4 & October 2*

• 1:00 pm • Hybrid Program

In September, join Master Gardener Pat Amos for an inspiring presentation on extending your garden's color into fall and preparing it for winter. Learn how to create vibrant, low-maintenance garden beds with shrubs and perennials that offer multi-season interest, thrive on Cape Cod, and attract pollinators, while keeping deer and rabbits at bay.

In October, discover how to design a beautiful, resilient garden that supports local wildlife with Master Gardener Gary Bowden. He'll share practical tips, Cape Cod-friendly plant suggestions, and his favorite low-maintenance choices that bring color, texture, and life to your yard year-round.

### Medicare Open Enrollment: Two Part Series

*Friday, September 26 • 1:00 pm*

*Friday, October 31 • 11:30 am*

On Friday, September 26 at 1:00 pm, join Kristina Whiton-O'Brien, LICSW, SHINE Program Manager, along with SHINE volunteers, for a helpful overview on navigating the Medicare Open Enrollment process.

Then, come back on Friday, October 31 at 11:30 am for a hands-on workshop. Bring your device and all necessary passwords – SHINE counselors will walk you through the enrollment process step-by-step.

Space is limited for the workshop, and participants must be able to use their own device. Call (774) 801-3151 to reserve your spot!

### Nantucket Historical Association: Fall of Nantucket Whaling

*Monday, September 8 • 12:30 pm*

• Hybrid Program

Every Community has fires and Nantucket is no different. The Great Fire of 1846 not only helped destroy the economy of the Island but also led to it no longer being one of the whaling capitals of the world. This program will talk about the Great Fire and the response for help from people on Cape Cod. Available in-person and online.

### Resident Tax Exemption (RTE) Workshop

*Monday, September 15 & October 6*

• 12 – 2:00 pm

Join Eastham Assessor Colleen Mercurio and Assistant Assessor Alexandra Peterson for a helpful workshop designed to guide residents through the Resident Tax Exemption (RTE) application process. This is a **drop-in program**. You may stop by anytime between 12:00 – 2:00 pm, but an **RSVP is encouraged**.

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.

## Technology

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

*Monday, September 22 & October 20*

• 1:00 pm • Hybrid Program

Join Artificial Intelligence (AI) expert and TED speaker Russ Wilcox for a two-part series on how smart computer programs are reshaping our world. Russ has been featured in Forbes, served on Governor Healey's AI Task Force, and was a UN delegate on AI policy.

In September, discover practical ways to use AI to simplify tasks, spark creativity, and stay organized, with hands-on group activities in **Using AI in Your Everyday**

**Life**. Then in October, explore **The AI Race: US vs. China** and learn about the global competition driving AI innovation and its potential impact on technology, business, and society.

Attend in person or online – call to register or receive the Zoom link.

### Tech Help with John

*By Appointment Only*

Need help with your phone, tablet, laptop, or using Zoom for Eastham Senior Center programs or telehealth? This service is available for **Eastham residents only**. John is here to assist! To schedule an appointment, call (508) 240-5900 ext. 3159 or email [jklimczak@eastham-ma.gov](mailto:jklimczak@eastham-ma.gov).

## Veterans

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### Veterans Rendezvous Cafe

*Thursday, September 18 & October 9*

• 9:30 am

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

### Veterans Social Club

*Thursdays • 9:00 am*

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

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

*Tuesday, September 9, 23 &*

*October 14, 28 • 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

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

### Fall is Here!

As the lazy days of summer wind down and temperatures begin to drop, it's time to start preparing for the inevitable winter months and potential inclement weather, like hurricanes, that could impact our safety. Here are some things to consider now to ensure you're prepared:

#### Friendly Reminders:

- **Be Prepared:** Have a flashlight, nonperishable food, potable water, and a week's worth of medications for power outages.
- **Fuel Assistance:** Low-income households may qualify to get heating bill help. Re-certification is from November 1 – May 2026. New applications available in October. Some may also qualify for a free cell phone.
- **Plan Ahead:** Know where to go if you lose power and arrange for snow removal. Have your oil burner cleaned and filled.

## OUTREACH RESOURCES

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### 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, October 21 • 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.

### 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.

### Alzheimer's Family Support Center Programs:

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#### Caregiver Support & Activity Group

*The Terraces Orleans*

*2nd & 4th Wednesdays (September 10, 24 & October 8, 22) • 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.

#### Alzheimer's Family Support Center Annual Walk

*Sunday, October 12 • 11:00 am–2:00 pm*

Join the Alzheimer's Family Support Center for this free, community event featuring live music, dancing, trolley rides, lunch, and more! You don't have to walk to give – or give to walk. **Sign up at [alzfamilysupport.org](http://alzfamilysupport.org)**. For details, call (508) 896-5170 or email [info@capecodalz.org](mailto:info@capecodalz.org). All proceeds support free local dementia services.

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## OUTREACH CORNER NEWS

(continued from page 11)

### 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

#### Are you ready for Medicare Open Enrollment? SHINE Can help!

Counselors are available by appointment. Medicare's open enrollment for Part C (Medicare Advantage) and Part D (Prescription Drug Plan) is from October 15 – December 7, with changes effective January 1, 2026. A quick review could save you money.

Counselors can help with plan options, assistance programs, and other choices.

Bring a list of your current medications, and if you're a couple, request two appointments.

Book starting October 1 by calling the Senior Center at (774) 801-3151. Join us on Friday, September 26 and October 31 for a presentation from SHINE! See page 10 for details.

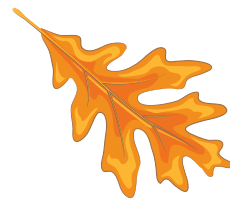
### Helpful Information:

- **Medicare** (800) 633-4227  
[medicare.gov](http://medicare.gov)
- **Social Security** (800) 772-1213  
[ssa.gov](http://ssa.gov)
- **RX Advantage** (800) 243-4636  
[prescriptionadvantagemma.org](http://prescriptionadvantagemma.org)



## 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.



### The Evolution of Fall

Gone are the days of no worries or \_ \_ \_ \_ \_

as summer fades we try not to shed tears.

Time to trade beach plums and sand

for pumpkins and apples growing on \_ \_ \_ \_ \_ of land.

Trick-or-treaters may bring a little \_ \_ \_ \_ \_

or fright, but no need to worry

the harvest moon will light the night.



### Answers to last issue's Puzzle: "Cape Cod Baseball League"

The Cape Cod Baseball League season has begun. With a long history, its **roots** date back to 1885. The Firebirds rule the **roost** in Orleans when they hit a homerun. After the game, players stretch their **torso** to give a teammate a high five!

Congratulations to Janet Benjamins, Adric Camp and Lisa Panaccione who provided the answers to the "Cape Cod Baseball League" puzzle!

## Cooking at Home

Heather Bailey, *The Optimal Kitchen*

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

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

September is a great time to take advantage of fresh, seasonal produce, often at lower prices. It's the perfect opportunity to create delicious meals and reap the health benefits of fresh vegetables.

As October approaches, fresh produce becomes less abundant and prices tend to rise. This makes it a great season for hearty soups and stews, which are a flavorful and comforting way to get all the veggies your body needs.

Try out the delicious soup recipe right next to this. We hope you enjoy it! If you have a favorite healthy recipe you'd like to share in our next newsletter, please email us at [coadmin@eastham-ma.gov](mailto:coadmin@eastham-ma.gov). And if your garden is producing more than you can use, feel free to bring some by the Senior Center to share with others!

To learn more and create great meals, join us at the Senior Center on September 10 and October 8 at 2:00 pm for our monthly Cooking Club (see page 6 for more details)!

## Yoga Is For Every Body!

Janet Betty, E-RYT, YACEP, BLS

More and more, people are recognizing the shortcomings of traditional fitness approaches. Seniors in particular are pursuing practices that take a more holistic approach to physical fitness; practices that benefit one's whole being and places an emphasis on quality of life and overall health.

As many have discovered, yoga is not purely a physical practice and I think this is why yoga has become so popular with seniors.

Yoga weaves in conscious breathing and meditation, which improves respiratory function while easing stress. The practice of yoga has a direct relationship to the nervous system, offering one to upregulate their parasympathetic nervous system. This is the part of the body's autonomic nervous system that controls the body's ability to relax.

Yoga IS for EVERY body! There IS a yoga practice available to you, no matter your age or your physical abilities. With the many opportunities for senior specific classes available, there's never been a better time for seniors to discover yoga and find bliss!



## BUTTERNUT SQUASH & APPLE BISQUE

2 cups cubed butternut, or any other winter squash

1 cup cubed apple

1 onion, roughly chopped

1 inch piece of fresh ginger, sliced

1 tsp dried rosemary

1 quart+ vegetable stock

olive oil for cooking

sea salt to taste

1. Sauté onion and ginger in olive oil until soft and then add apple and the rosemary and cook for another few minutes.
2. Add the squash cubes, stir and pour vegetable stock over it.
3. Let simmer for 25-30 minutes until the squash is soft.
4. Use an immersion blender to puree smooth and add a bit more water if necessary to get desired thickness. Season with salt.

*This recipe can be easily doubled or tripled to make a large batch and freezes beautifully.*

## Exercise and Healthy Habits!

Wendy Marinakis

Fall is here on Cape Cod, and we are preparing to embrace the cooler weather. I usually start thinking about being outside and taking walks or hikes, and biking. As a personal trainer and exercise instructor, I think about how to motivate people to make exercise fun and a healthy habit. Exercise must be fun and enjoyable so you can be consistent, which leads to feeling stronger and more confident so you can have fun doing the things you love to do. Seeing positive changes in your physical activity can help motivate you to stay on track. I've seen many people in my class getting stronger, lifting heavier weights and their balance and core is really improving. I enjoy seeing everyone smile. It also motivates me! So, start integrating exercise into your daily life and sticking with your healthy habits. Happy Fall!



*\*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.*

# 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.

#### Newly Renovated Schoolhouse Museum Tours!

*Wednesday, September 10, 24  
& October 8, 22 • 12:30 pm*

Join us for a special trip to visit the Schoolhouse Museum and explore its newly renovated wing! This town's historic yellow schoolhouse, serves as a museum run by the local historical society, has been beautifully restored to its former glory.

Enjoy the charm of restored wood floors, high ceilings, and sunny windows that bring the building's history to life.

Please arrive at the Center by 12:30 pm sharp. The van will depart promptly at 12:45 pm. To RSVP, or if you need a ride from your home, please call us at (774) 801-3204 at least one week before your chosen date.

### 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.

### Trader Joe's

*Monday, September 15  
& Wednesday, October 15, 29 • 12:15 pm*

Ride to Trader Joe's in September and October. 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, September 17  
& Monday, October 20 • 12:15 pm*

Join us for a shopping trip to Market Basket. Meet at the Senior Center at 12:15 pm; the bus departs at 12:30 pm and returns by 3:15 pm.

### Jim's Adventures

*Monday, September 8, 22  
& October 6 • 12:15 pm*

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

### 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.*

## IMPORTANT REMINDER! Medicare Enrollment Dates:

- **October 1:**  
Begin scheduling open enrollment appointments, (774) 801-3151
- **October 15:**  
Open enrollment period begins
- **December 7:**  
Open enrollment period ends
- **January 1, 2026:**  
New Medicare plans take effect

# 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 pre-qualification applications. If approved, this exemption can be combined with others. For help, call (774) 801-3215 or attend one of the drop-in workshops at the Senior Center on Monday, September 15 or October 6 anytime between 12 – 2:00 pm (see page 9 for more details). Be sure to complete the application to take advantage of this potential benefit.

## EASTHAM CLIMATE ACTION COMMITTEE

### What's Next for Green Energy?

Federal tax credits and rebates for green energy home upgrades are going away at the end of 2025. However, MassSave is still offering significant incentives and low-interest loans to encourage adoption of energy-efficient and eco-friendly heat pumps, appliances and lawn equipment. Visit [CapeLightCompact.org](http://CapeLightCompact.org) for details, and check out our Energy and Climate Action Committee website for upcoming events and informational guides.

## 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 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.



### Vaccine Clinic – Date Coming Soon!

The VNA, in partnership with the Town of Eastham Health Department, will offer flu and COVID vaccines to Eastham residents **by appointment only**.

Please consult your physician to determine which vaccines are right for you. Bring a photo ID and insurance card to your appointment. The clinic will be held in the Elks parking lot at 10 McKoy Road, where staff will direct you. **Pre-registration is required; no walk-ins.** Rides from the Senior Center are available upon request at least one week prior to the clinic.

Once the date is announced, the Senior Center will email the registration link to all residents signed up for COA emails. Not on our list? Sign up here: <https://tinyurl.com/2sa8au5r>

The VNA will also provide registration assistance at the Senior Center on **September 15** and **September 29** from 10 am – 12 pm. This is a first-come, first-served drop-in service. Please bring a photo ID, and insurance card.

For questions, call the Health Department at **(774) 801-3230** or the VNA at **(508) 957-7737** for registration help.

## EASTHAM PUBLIC LIBRARY

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

- **“Candlestick in the Library”:  
Let's write a mystery!**  
*Thursday, October 30 • 6:00 pm*
- **Growing Native Climate Healthy Gardens with the Master Gardeners**  
*Tuesday, September 30 • 6:00 pm*
- **Red Hawk Singers and Dancers**  
*Tuesday, August 26 • 2:00 pm*
- **Spooky Trivia Night**  
*Tuesday, October 28 • 6:00 pm*
- **Talking Horror with Emmett Nahil and B.R. Yeager**  
*Tuesday, October 21 • 6:00 pm*
- **The Life and Death (mostly death) of Edgar Allan Poe with Greg Williams**  
*Tuesday, October 14 • 6:00 pm*
- **Third Thursday Book Group**  
*Thursday, September 18 • 6:00 pm*
- **WildCare: Backyard Animals Program**  
*Tuesday, September 9 • 6:00 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).



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



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**Permit 51**  
**Orleans, MA 02653**

**Current Resident Or**

**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

**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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 Carol DiBona Joan Lockhart  
 Cheryl Gayle, Vice Chair Linda Reed, Secretary  
 Beverly Hobbs, Chair

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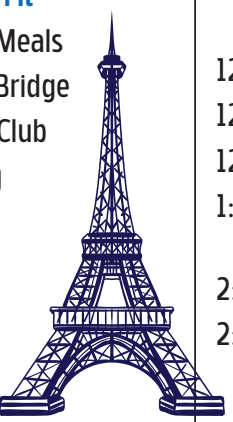
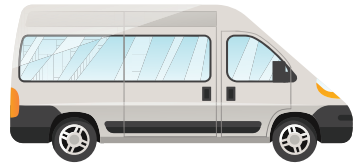
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 Jane Burritt Donna Jeye  
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 Keith Burritt Alan Larson  
 Bob Jacovino Jeffrey Nogas  
 John Klimczak Raymond Shupenis

# SEPTEMBER 2025 SENIOR CENTER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HOLIDAY SENIOR CENTER CLOSED</b> <b>1</b></p> 	<p><b>2</b></p> <p>8:30 Yoga</p> <p>9:45 Dance with Jenny</p> <p>10:00 Cribbage</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>2:30 Qi Gong</p>	<p><b>3</b></p> <p>8:30 HIIT Class</p> <p>9:00 Hiking 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><b>4</b></p> <p><b>8:30 HIIT Video Class</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p><b>9:45 LIIT Video Class</b></p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Master Gardener Series</b></p>	<p><b>5</b></p> <p><b>8:15 Zumba (Library)</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>12:30 Eastham COAch</p> 
<p><b>8</b></p> <p>8:30 Tai Chi</p> <p>9:00 Seaside Café</p> <p>9:30 Writer's Workshop</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p><b>11:00 Sit &amp; Fit</b></p> <p><b>11:30 The DA &amp; Us</b></p> <p>12:30 Mah Jongg</p> <p><b>12:30 Nantucket Historical Society</b></p> <p>12:15 Jim's Adventures</p> <p>3:00 LGBTQ+ Community Coffee</p>	<p><b>9</b></p> <p>8:30 Yoga</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>2:00 French Club</p> <p>2:30 Qi Gong</p> 	<p><b>10</b></p> <p><b>8:30 Zoom at Home HIIT Class</b></p> <p>9:00 Hiking Club</p> <p>10:00 Thrift Shop</p> <p>Volunteer Breakfast</p> <p>12:30 Schoolhouse Tour</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support Group (The Terraces)</p> <p>2:00 Cooking Club</p> <p>2:15 Ukulele</p>	<p><b>11</b></p> <p>8:30 HIIT Class</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 Group</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Eastham Focus Series</b></p>	<p><b>12</b></p> <p><b>8:15 Zumba (Library)</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>9:30 Grab &amp; Go Meals</p> <p>10:00 VNA Nordic Walking Club</p> <p>12:30 Eastham COAch</p> 

<p><b>15</b></p> <p>8:30 Tai Chi</p> <p>9:00 Seaside Café</p> <p><b>9:45 HIIT Video Class</b></p> <p>10:00 Cribbage</p> <p>10:00 Vaccine Clinic Reg.</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:00 RTE Workshop</p> <p>12:15 Trader Joe's</p> <p>12:30 Mah Jongg</p> <p><b>5:30 Mat Pilates (Library)</b></p>	<p><b>16</b></p> <p>8:30 Yoga</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</b></p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p> <p>5:30 Fun Night Out</p> 	<p><b>17</b></p> <p><b>8:30 HIIT Video Class</b></p> <p>9:00 Hiking Club</p> <p><b>9:45 Resistance Bands Video Class</b></p> <p>12:15 Market Basket</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p>	<p><b>18</b></p> <p><b>8:30 HIIT Video Class</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 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Creative Connections</b></p>	<p><b>19</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>10:00 VNA Nordic Walking Club</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> 
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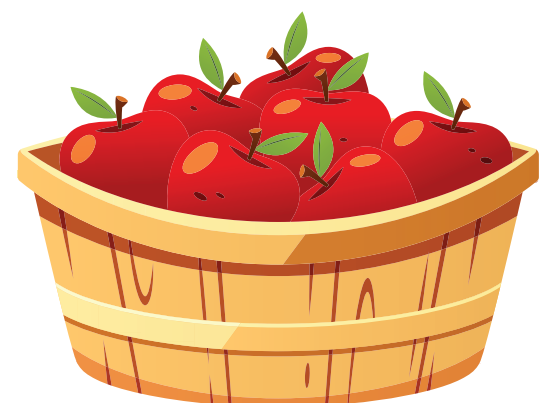
<p><b>22</b></p> <p>8:30 Tai Chi</p> <p>9:00 Seaside Café</p> <p>9:30 Writer's Workshop</p> <p><b>9:45 HIIT Video Class</b></p> <p>10:00 Cribbage</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Jim's Adventures</p> <p>12:30 Mah Jongg</p> <p><b>1:00 AI Technology with Russ Wilcox</b></p> <p><b>5:30 Mat Pilates (Library)</b></p>	<p><b>23</b></p> <p>8:30 Yoga</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>2:30 Qi Gong</p> 	<p><b>24</b></p> <p>8:30 HIIT Class</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>12:00 Lunch with Friends</p> <p>12:30 Schoolhouse Tour</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support Group (The Terraces)</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>6:15 HIIT Class</p>	<p><b>25</b></p> <p>8:30 HIIT Class</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>9:45 LIIT Class</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Managing Retirement Funds: Part 1</b></p>	<p><b>26</b></p> <p><b>8:15 Zumba (Library)</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>9:30 Grab &amp; Go Meals</p> <p>10:00 VNA Nordic Walking Club</p> <p>12:30 Eastham COAch</p> <p>1:00 SHINE Medicare Program</p> <p>1:00 Painting</p>
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<p><b>29</b></p> <p>8:30 Tai Chi</p> <p>9:00 Seaside Café</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>10:00 Vaccine Clinic Reg.</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p> <p><b>5:30 Mat Pilates (Library)</b></p>	<p><b>30</b></p> <p>8:30 Yoga</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>2:00 French Club</p> <p>2:15 Qi Gong</p>
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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




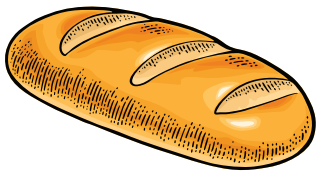
# OCTOBER 2025



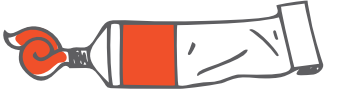
## SENIOR CENTER CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Don't miss the Pride Halloween Party on Friday, October 31, 5:30-8:00 pm</b></p>		8:30 HIIT Class <b>1</b> 9:00 Hiking Club 9:45 Resistance Bands 11:30 Ask A Nurse 12:00 Mobile Pantry 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi 6:15 HIIT Class	8:30 HIIT Class <b>2</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> <b>11:00 Interplay (Library)</b> 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods <b>1:00 Master Gardener Series</b>	8:15 <b>Zumba (Library)</b> <b>3</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program <b>9:30 Chair Yoga (Library)</b> 10:00 AARP Smart Driver Course 10:00 VNA Nordic Walking Club 12:30 Eastham COAch 1:00 Painting
	9:00 Seaside Café <b>6</b> 9:45 HIIT Class 10:00 Cribbage <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:00 RTE Workshop 12:15 Jim's Adventures 12:30 Mah Jongg 3:00 LGBTQ+ Community Coffee <b>5:30 Mat Pilates (Library)</b>	8:30 Yoga <b>7</b> 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 2:30 Qi Gong 	8:30 HIIT Class <b>8</b> 9:00 Hiking Club 9:45 Resistance Bands 12:30 Schoolhouse Tour 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (The Terraces) 2:00 Cooking Club 2:15 Ukulele 5:15 Tai Chi 6:15 HIIT Class	8:30 HIIT Class <b>9</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:00 Veterans Cafe 9:45 LIIT Class 10:00 Low Vision Support Group <b>11:00 Sit &amp; Fit</b> <b>11:00 Interplay (Library)</b> 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods <b>1:00 Eastham Focus (lunch at 12:30 pm)</b>

<b>HOLIDAY SENIOR CENTER CLOSED</b> 	<b>13</b> 8:30 Yoga <b>14</b> 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Cribbage <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 2:00 French Club 2:30 Qi Gong	<b>15</b> 8:30 HIIT Class 9:00 Hiking Club 9:45 Resistance Bands 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi 6:15 HIIT Class 	<b>16</b> 8:30 HIIT Class <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:45 LIIT Class 10:30 Ask-A-Dietitian <b>11:00 Sit &amp; Fit</b> <b>11:00 Interplay (Library)</b> 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods <b>1:00 Creative Connections</b>	<b>17</b> 8:15 <b>Zumba (Library)</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 10:00 VNA Nordic Walking Club 11:00 80+ Group 12:30 Eastham COAch 1:00 Painting 1:00 Tea Tasting
<b>20</b> 9:00 Seaside Café 9:30 Writer's Workshop 9:45 HIIT Class 10:00 Cribbage <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:15 Market Basket 12:30 Mah Jongg <b>1:00 AI Technology with Russ Wilcox</b> <b>5:30 Mat Pilates (Library)</b>	<b>21</b> 8:30 Yoga 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 2:30 Qi Gong	<b>22</b> 8:30 HIIT Class 9:00 Hiking Club 9:45 Resistance Bands 12:30 Schoolhouse Tour 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (The Terraces) 2:15 Ukulele 5:15 Tai Chi 6:15 HIIT Class	<b>23</b> 8:30 HIIT Class <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:00 Medical Bill Advocate 9:45 LIIT Class <b>11:00 Sit &amp; Fit</b> <b>11:00 Interplay (Library)</b> 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods <b>1:00 All About Honeybees</b>	<b>24</b> 8:15 <b>Zumba (Library)</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 9:30 Grab & Go Meals 12:30 Eastham COAch 1:00 Painting 
<b>27</b> 9:00 Seaside Café 9:30 Writer's Workshop 9:45 HIIT Class 10:00 Cribbage <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 <b>5:30 Mat Pilates (Library)</b>	<b>28</b> 8:30 Yoga 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 2:30 Qi Gong	<b>29</b> 8:30 HIIT Class 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 2:15 Ukulele 5:15 Tai Chi 6:15 HIIT Class	<b>30</b> 8:30 HIIT Class <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:45 LIIT Class <b>11:00 Sit &amp; Fit</b> <b>11:00 Interplay (Library)</b> 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods <b>1:00 Managing Retirement Funds: Part 2</b>	<b>31</b> 8:15 <b>Zumba (Library)</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 11:30 SHINE Medicare Workshops 12:30 Eastham COAch 5:30 Pride Halloween Party