



Windmill Whisperings

Your Guide to Active Living

News from the Eastham Center

November-December 2025

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Thanks to the Eastham COA Veterans Social Club, Roger Patskanick, Peter Bouyea, and Alton (Al) Maurais (from left to right) discovered they had served in Vietnam together decades earlier – with 102 years of service collectively. See page 3 for the story. Photo by John Klimczak.

Turn Clocks BACK ONE HOUR on November 2

This is also a great time of year to check the batteries in your smoke detectors. If you need assistance, please contact Cindy at (774) 801-3153.



Friends of the COA New Website!

The Friends have a brand-new website where you can easily renew your membership or become a member. Support our mission and stay connected: friendsofeasthamcoa.org.

DIRECTOR'S NOTE

The holiday season can be busy and at times, a bit lonely. We want you to know there are many ways to stay connected at the Senior Center!

November brings both Thanksgiving and Veterans Day, offering a chance to honor those who have served our country. We'll host our annual Veterans Luncheon to recognize our Veterans (see page 14) and offer Thanksgiving and Holiday meals for those in need (see page 16 under "Holiday Meals").

November also marks GivingTuesday on December 2, a global day of giving that kicks off the charitable season. Please consider supporting Eastham seniors by donating to the Friends of the Council on

Aging (FECO), a (501(c)(3)) non-profit organization – See page 3 for donation details or **visit the Friends of the COA's new website at friendsofeasthamcoa.org**.

December is a time for celebration! Join us for the Holiday Luncheon at the Elks and the Holiday Sing featuring Eastham Elementary students (see page 13).

As winter nears, remember: if Nauset Schools close, medical transport and activities are canceled, but staff remains available. If Town Hall closes, the Senior Center will too.

A few seasonal reminders: on cold or snowy days, enjoy our hybrid programs from the comfort of your home! If you

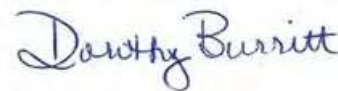
haven't arranged plow service yet, now's the time – see page 16 for recommended providers.

Do we have your current contact and emergency info, both on and off Cape? And, if you've left for the winter, please let us know.

We hope to see you at the Senior Center this holiday season – whether in person or virtually through our hybrid programs.

Wishing you a joyful and healthy holiday season!

Best,



Dorothy Burritt, Director

FRIENDS OF THE COA

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 December 13. The shop will reopen on February 12, 2026.

FECO Thrift Shop, 580 Massasoit Road
Contact: info@friendsofeasthamCOA.org | (774) 207-0160

Clean seasonal donations accepted Tuesdays, 10 am – 2:00 pm only. Please do not leave items outside. Last donation day: Tuesday, December 2.

Join or Renew Today! The Friends have a brand-new website where you can easily renew your membership or become a member. Support our mission and stay connected: friendsofeasthamcoa.org.

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

*Indicates your current membership expiration date.

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 \$ _____

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

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

Renew Online: friendsofeasthamcoa.org
Or mail to: PO Box 1203
North Eastham, MA 02651

FRIENDS OF THE COA

(continued from page 2)

Giving Tuesday



Giving Tuesday, celebrated on the Tuesday following Thanksgiving (December 2), is a worldwide movement dedicated to generosity, kindness, and community. It marks the beginning of the charitable season, when people around the globe come together to support causes that make a difference.

This holiday season, as you think about ways to help those in need, we invite you to consider supporting Eastham's older adults by making a gift to the Friends of the Eastham Council on Aging. The Friends is a tax-exempt, 501(c)(3) nonprofit organization that plays a vital role in enriching the lives of our seniors through programs, services, and community support.

Your donation – big or small – will help us continue to promote independence, well-being, and connection for Eastham seniors.

The Friends of the Eastham Council on Aging funds most of the programs at our Eastham Senior Center!

Including but not limited to

- Cooking Classes
- Chair Yoga
- Cultural Programs
- Dance
- Health & Wellness Programs
- HIIT
- LIIT
- Luncheons
- Resistance Bands
- Qi Gong
- LGBTQ+ Events
- Veterans Events
- Watercolor Class
- Yoga
- Zumba

Donate by check: Payable to Friends of the Eastham Council on Aging (FECO), mailed to PO Box 1203, North Eastham, MA 02651.

Donate online: Give with ease at your convenience! friendsofeasthamcoa.org/donate

Join us: Not yet a member of the Friends? This is a wonderful time to register and become part of our mission: friendsofeasthamcoa.org/get-involved-1

Together, we can ensure our seniors feel supported, valued, and connected – not just during the holidays, but all year long.

GETTING TO KNOW YOU

Eastham Veterans

By Susanne Fischer

One hundred and two years isn't an eon but it still is a pretty long chunk of time – and exactly how long three Eastham residents have collectively served their country.

These three men – Peter Bouyea, Alton Maurais and Roger Patskanick – also spent one year of that service in Vietnam – 1966-1967.

Bouyea said “all three of us were shocked when we found out we had served in the Vietnam War at the same time. We were attending weekly meetings at the Eastham Council On Aging Veteran's Social Club when this whole story emerged.”

Although the three men now live within two miles of each other, each originally lived in different states and were enlisted in different branches of the military: Bouyea, the Marine Corps and then the Army, Patskanick, the Air Force and Maurais, the Army and then the National Guard.

Their service in Vietnam placed them in different sections of the country and required different skills: Patskanick was close to Saigon and checked aircraft weapon control systems, Maurais, stationed in the central highlands, flew artillery helicopters, Bouyea was stationed in Chu Lai, site of a major airbase featuring a portable airfield.

Serving in the military is one thing none of these men regret.

“If you don't know what you want to do in life, go into the military,” said Patskanick. “You will receive a free education and training – this is a positive experience, not a negative thing.”

Maurais would agree. His military experience flying helicopters would eventually lead to employment in civilian life.

“And I was inducted into the Rhode Island Aviation Hall of Fame,” he said.

All three veterans eventually retired and settled in Eastham. Joining the Eastham Council on Aging Veteran's Social Club and attending meetings have become an important part of each veteran's life.

“We met right here at a meeting and have been coming ever since,” said Bouyea. “We have great conversations, camaraderie like old camp fire days – it's like a band of brothers – no arguments, no politics.”

The Veteran's Social Club meets every Thursday from 9:00 to 10:00 am, has 49 members and is the largest such group on the Cape. All meetings are open to all veterans. There is no age limit and anyone is welcome to attend, including high school students and wives.

“We come together to communicate without directives on what to do. We can organize parades, cookouts, anything,” said Patskanick.

“Get involved and join the fun,” echoed Bouyea.



Left to right: Roger Patskanick, Peter Bouyea, and Alton (Al) Maurais. Photo by John Klimczak.

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

Thursday, November 20 & December 18

• 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!

Free Flick Friday: Holiday Classics

Friday, November 14 & December 19

• 1:00 pm

Join us for a cozy afternoon at the COA and enjoy a FREE holiday movie on the big screen! This season, we'll feature *It's a Wonderful Life* and *Miracle on 34th Street* (titles subject to change). Light refreshments will be served.

Please RSVP by calling (774) 801-3153.

Freestyle Watercolor Painting

Monday, December 1 – February 9

• 12:00 pm

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. No class December 15 and January 19.

Oil and Acrylic Painting – FREE

Joan Lockhart (www.joanlockhart.com)

Wednesday, November 5 – December 17

• 9:30 am

Join Eastham artist Joan Lockhart for a 6-week art session every **Wednesday, running from November 5 – December 17**. 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. This class meets in the lower level of the Center. Class size is limited to 10 students. Registration required. Call (774) 801-3151. No class November 26.

Provincetown Art Association and Museum (PAAM): Blanche Lazzell Senior Access Program

Tuesday, December 9 • 8:45 am

We are partnering with PAAM for a day trip exploring Blanche Lazzell and the history of the white-line print. Lazzell was a co-founder of the Provincetown Printers and a leader in this art form.

Join local artist Lynn Stanley for a documentary screening, a technique demonstration, and a guided exhibition tour.

Only 14 spots available. Call (774) 801-3151 to reserve your seat. Rides provided by the Senior Center. The van departs the Senior Center at 9:00 am.

Ukulele

Wednesdays • 2:15 – 3:15 pm

Join Mary Abt for this fun class! Bring your own ukulele or borrow one from us (first-come, first-served). There is no charge. Free-will donations welcome. No class on November 26 and December 24, 31.

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. No class on November 28 and December 26.

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.

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. No class November 11.

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 nonresidents, and donations are welcome. Join us in person on November 20 and 26, and December 24, 29, and 31 for a pre-recorded video class offered at the Center. There will be no in-person option on December 15, but Wendy will host the class live on Zoom so you can exercise at home.

There will be no HIIT class on November 27, 28, and December 25.

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

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.



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 FECOA. To register, call (774) 801-3151.

Tai Chi with Ritch

November 5 - December 17

• 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. No class November 26.

LIIT with Wendy

November 5 - December 17

• 6:15 pm

Join Wendy for a lively, full-body LIIT workout designed to build strength, improve flexibility, and boost energy. All levels welcome – move, have fun, and feel your best! No class November 26.

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 those unable to come during the day. Call (774) 801-3151 to express interest.

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 December 9 with options to join in-person or via Zoom. No class November 11.

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 November 20, with options to join in-person or via Zoom. There will be no LIIT class on November 27 and December 25.

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,

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COActive Annex: Eastham Public Library

All of the below are new class sessions. Previous session registration does not guarantee a spot in this one. Pre-registration is required, and spaces are limited. Admission is first-come, first-served and only for those pre-registered. Some programs start before the library opens – please use only the designated space. Sponsored by the Friends of the Eastham COA.

Beginner Mat Pilates with Jenny

Monday, November 3 - December 8

• 5:30 pm

Join Jenny Hossfeld for this **beginner-friendly class** – a new approach from last session – that 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.

Chair Yoga

Friday, November 7, 14 & December 5, 19, 26 • 9:30 am

Chair yoga improves flexibility, strength, and balance while reducing pain and boosting well-being. You must register for each new session to attend. Call (774) 801-3151. Free for Eastham residents aged 59 and over. Limited spots available, offered on a first-come, first-served basis. No class November 21, 28 & December 12..

Zumba/Dance Class

Friday, November 7, 14 & December 5, 19, 26 • 8:15 am

Love to dance and have fun? Join us for this high-energy class with lively moves! Pre-registration is required for each new session. Call (774) 801-3151 to register. You must be registered to attend. Free for Eastham residents aged 59 and over. Limited spots available, offered on a first-come, first-served basis. No class November 21, 28 & December 12.

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Fitness

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Qi Gong classes are FREE for Eastham residents aged 59+ (\$7 per class for non-residents). Pre-registration required. No class November 11.

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 December 24, 31 with options to join in-person or via Zoom. 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-resident. Participate from home via Zoom. No class November 27 and December 15, 25.

Yoga with Janet

In-Person: Tuesdays • 8:30 am

Virtual (Zoom at Home): Thursdays

• 8:30 am

Includes meditation, stretching, and strengthening poses. Classes are free for Eastham residents and \$7 for non-residents. Tuesday classes are held in person, and Thursday classes are offered virtually only. A live Zoom class will be held on November 25. Pre-recorded sessions will be offered at the Senior Center on December 23, and December 30. There will be no classes on November 11.

**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. No cribbage on December 15.

Jim's Game Hour

Monday, November 24 & December 29

• 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 November 26 & December 15, 24, 31.

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 by the Monday of the same week. No bridge November 26 & December 25.

Rummikub

Wednesdays • 12:30 – 3:00 pm

This group meets weekly in the Nauset Light Room located downstairs at the Senior Center. No Rummikub November 26 & December 24, 31.

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 14 for more Veterans programs.)

Free-will donations appreciated.

No Cafe on November 27 & December 15, 25.

Health & Wellness

Ask-A-Dietitian

Thursday, November 20 & December 18

• 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, November 5 & December 3

• 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, November 12 & December 10

• 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.

In November, she will focus on meals that boost the immune system. In December she will feature recipes that offer healthy holiday treats.

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.



Health & Wellness

(continued from page 6)



Diabetes 101: FREE Workshop with VNA Nurse

Friday, November 21 • 12:30 – 2:30 pm

Learn the essentials of diabetes – from symptom management to lifestyle changes that can improve your health. Presented by Lauren Forziati, VNA Public Health Nurse and Certified Community Diabetes Educator.

Stay after for a free A1C Screening Clinic to check your average blood sugar levels in just 5 minutes with a simple fingerstick test.

Registration is required. Please call (508) 957-7423

Health & Wellness Improvement NEW TOPICS!

Tuesday, November 25

• 1:00 pm • Hybrid Program

Join Carol Moore Penfield, M.S., NPC, Nurse Practitioner in September as she discusses cancer prevention. 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.

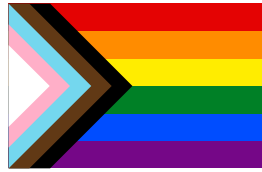
Low Vision Support Group

Thursday, November 13 & December 11

• 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+



Lower Cape LGBTQ+ Seniors "FRIENDSGIVING"

Friday, November 14 • 5:30 – 7:30 pm

Orleans Senior Center
150 Rock Harbor Rd, Orleans, MA

The difference in this fall tradition lies in who you celebrate with, hence the name! We will have a home-cooked dinner of traditional Thanksgiving fare with music provided by DJ Tom Tuttle for a chance to celebrate, have some fun, and connect before the formal holiday season is upon us. Call the Orleans Senior Center to register, (508) 255-6333.

LGBTQ+ Community Coffee and Conversation

Monday, November 3 & December 1

• 3:00 pm

Join us for refreshments, friendly conversation, and seasonal fun! Meetings are held on the first Monday of each month in the Nauset Light Room (lower level) and are open to the 55+ LGBTQ+ community. No registration is needed.

In November, we'll craft something fun and seasonal as we share reasons to be thankful. We'll be serving up pumpkin-spiced treats and warm apple cider (or coffee or tea). And in the spirit of giving, bring a canned good or two for the local food pantry.

And in December, we will celebrate the joys of the holiday season with holiday treats and a Yankee Swap with a twist – all presents must be re-gifted and wrapped in recycled materials! More details to come.

But it's guaranteed to be a jolly good time with lots of laughs, celebrating with friends.



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 Council on Aging

Ongoing programs. Call 508-759-0060 ext.5300

Chatham Council on Aging

Contact: Kerri Kelly, kkelly@chatham-ma.gov

Or call the COA (508) 945-5190

Eastham Council on Aging

1st Monday • 3:00 – 4:00 pm.

Just drop in!

Contact: Cheryl at

pride.eastham@gmail.com

Or call the COA (774) 801-3151

Mashpee Senior Center

New LGBTQ+ group forming.

Contact: Lori Nelson, (508) 539-1440

Orleans Council on Aging

Ongoing programs

Contact: COA, (508) 255-6333

Truro Council on Aging

3rd Monday • 1:30 – 2:30 pm

Contact: COA, (508) 487-2462

Yarmouth Senior Center

2nd Wednesday • 1:00 pm

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 for events, a community calendar, and resources: capecodlgbtqseniorfriends.org.

Contact: (508) 534-8665 (call or text) to register for an event or join the email list. A representative will respond to questions.

Email: capecodlgbtqseniors@gmail.com

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Life Enrichment

NEW! Beyond Books: A Reading Club

Monday, November 10 & December 8
• 10:00 am

Join Paula Bruns and Beverly Hobbs for a new monthly club! Each month read and discuss a variety of works, including short stories, books, and more, in a relaxed and friendly setting. This isn't your typical book club. It takes a fresh approach to exploring different forms of storytelling to inspire conversations. All are welcome. Group size will be kept to 15 to encourage meaningful and personal connections. To register, 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.

NEW! Knitters' Circle

Thursdays • 1:00 pm

Bring your yarn and needles and join us every Thursday from 1:00 – 3:00 pm for fun, friendship, and projects. All skill levels are welcome, whether it's your first stitch or your fiftieth. Come knit, chat, laugh, and create!

Medical Billing Advocate: Help with Medical Bills and Insurance Appeals

Thursday, November 20 & December 11
• 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

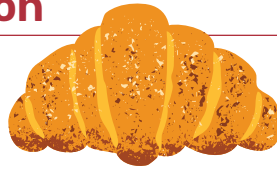
works better for you. To schedule, call (774) 801-3151.

Trivia Tuesdays

*Tuesday, November 4, 18
& December 2, 16 • 1:00 pm • Hybrid*

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

Nutrition



Baked Goods

Tuesdays • 10:00 am

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

Brown Bag (Pre-registration Required)

Friday, November 7 & December 5
• 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, November 14 & December 12
Wednesday, November 26
Tuesday, December 23
• 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, November 5 & December 3
• 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. No food on November 27 & December 25.

Social Programs

Birthday Club

Monday, November 24 & December 29
• 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.

80 Plus

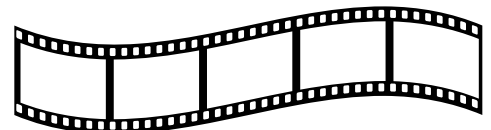
November 21 & December 19 • 11:00 am

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!

Free Flick Fridays: Holiday Edition

November 14 & December 19 • 1:00 pm

Enjoy a FREE movie on the BIG SCREEN! In November, we'll show *It's a Wonderful Life*, and in December, *Miracle on 34th Street* (titles subject to change).



continued on page 9

Social Programs

(continued from page 8)

History of Cape Cod: A Lifelong Learning Series

Tuesday, December 9 & January 13

• 1:00 pm • Hybrid Program

Join us on the second Tuesday of each month for a fascinating monthly presentation and discussion with local author and historian Michael Pregot, who specializes in Cape Cod's rich history. His latest work, *Slavery and Abolitionism on Cape Cod*, explores the often overlooked history of slavery in every town on the Cape. Michael also writes a monthly column for the *Cape Cod Chronicle* on past maritime events and has spoken at libraries, historical societies, book stores, town halls, and museums throughout the region.

Each session will feature a one-hour illustrated presentation, followed by a Q&A and discussion. This series offers an engaging opportunity for lifelong learners to connect with the history of Cape Cod in a meaningful way.

Holiday Luncheon

Monday, December 15 • 11:30 am

Join us for our annual holiday luncheon! Eastham seniors (caregivers and family members welcome). The event will be held at the Orleans-Eastham Elks Lodge, located at 10 McKoy Road. Please RSVP by noon on Monday, November 24 with your meal choice (choice of chicken OR fish) and to confirm if you need a ride, please call, (774) 801-3151.

Holiday Sing & Luncheon

Friday, December 12 • 11:30 am

Join the Eastham Elementary School students as they perform a medley of holiday songs! Plus, enjoy a light lunch. RSVP required by noon on Friday, December 5. To RSVP, (774) 801-3151.

Lunch with Friends

Sponsored by the Friends of the
Eastham Council on Aging

Wednesday, November 19 & December 17

• 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, please.**

Non-residents may register starting one week before each luncheon, with a cost of \$5 per person/event.

Speaker Series

Eastham Focus Series: Lunch & Learn

Thursday, November 13 & December 11

• 1:00 pm • Hybrid Program
(lunch served at 12:30 pm)

We need your help! In November, join members from the Council on Aging Board at the Senior Center for a warm gathering with a light lunch, seasonal treats like donuts and cider, and a chance to share your ideas for the future of the Center. Please RSVP to (774) 801-3151.

Calling all history buffs! In December, join Sandy Szedlak for a fascinating look at how the historic Brackett General Store became home to the Friends of the Eastham Council on Aging Thrift Shop, how the group funded the current Senior Center, and how they 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 trip through Eastham's history!

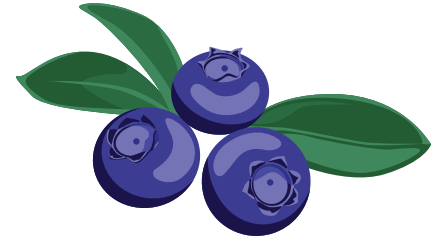
Master Gardener Series

Thursday, November 6 & December 4

• 1:00 pm • Hybrid Program

In November, join Master Gardener Fran Raleigh for an engaging talk on poison ivy. Learn how to identify it, prevent rashes, manage exposure, and discover its ecological value in supporting local wildlife.

In December, join Master Gardener Catherine Cetta for a fun talk on growing berries in your backyard. Learn planting, care, and harvest tips, and get answers to your berry-growing questions!



One Big Beautiful Bill: How it Will Impact You

Friday, November 14

• 10:00 am - 12:00 pm

Join Donald Reynolds, AARP Tax-Aide Volunteer District Coordinator for Cape Cod and the Islands, for an informative program on *One Big Beautiful Bill*—a new tax initiative that could directly affect you, your family, and especially those who are retired or nearing retirement.

This session will break down what the bill includes, how it may impact household finances, retirement income, and family planning, and what changes you can expect moving forward. Don will explain the practical implications in clear, easy-to-understand terms, with time for questions. Don't miss this program!

Protect Yourself from Fraud and Identity Theft

Friday, December 5 • 1:00 pm

Join us for an important presentation with Bruce Farrell from AARP, Detective Andi Murphy from the Eastham Police Department, and Kelly Quealy, Community Engagement Officer, Cape & Islands District Attorney's Office.

Learn how to recognize, prevent, and protect yourself against fraud and identity theft, including information on the latest scams affecting our community.

Don't miss this important program on staying safe, especially in today's digital world. Call (774) 801-3151 to register.

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Speaker Series

(continued from page 9)

Tax Relief Options for Seniors: Lunch & Learn

Monday, December 1 • 12:30 pm

Join Eastham Assessor Colleen Mercurio for an informative presentation on the exemptions and tax assistance programs available to you, including the Residential Tax Exemption (RTE). Learn what options may work best for your circumstances, then sign up for a follow-up one-on-one session to complete applications for any programs you qualify for. Enjoy lunch while gaining valuable information to save money and make the most of available benefits! To RSVP call (774) 801-3151.

Technology

NEW! Artificial Intelligence (AI) Workshops with Russ Wilcox

Monday, November 17 & December 8
• 1:00 pm • Hybrid Program

Join AI expert and TED speaker Russ Wilcox for a two-part series on how smart computer programs are reshaping our world. In November, explore creating stunning AI-generated images. In December, learn about the state of AI, key concerns, and its community impact. Attend in person or online. Call to register or get 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.



Veterans

All are welcome to join our community programs dedicated to supporting and honoring both active and retired service members.

Veterans Luncheon

Friday, November 7 • 11:30 am

Calling all Veterans, family members and friends to join us for our annual Veterans luncheon. Enjoy a delicious meal and a musical program. We will have a Veterans' picture gallery so please bring a picture of yourself/loved one from your service days. Register by calling (774) 801-3151.

Elks Annual Veterans & Active Military Breakfast

Sunday, November 9 • 8–11:00 am

In honor of Veterans and Active Military members, enjoy breakfast at the Orleans-Eastham Elks Lodge, located at 10 McKoy Road. Breakfast will include eggs, pancakes, hash browns, hash, bacon, sausage, toast, and breakfast goodies along with coffee, tea and juices. Veterans and Active Military eat FREE. Adults pay \$13, children ages 6-11 pay \$8, and children under 5 eat free. Call for information, (508) 255-4258. All are welcome!

Veterans Rendezvous Cafe

Thursday, November 13 & December 11
• 9:30 am

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

Veterans Social Club

Thursdays • 9:00 am

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

No meeting on November 27 & December 25.

Veterans Mobile Food Pantry

at the Orleans-Eastham Elks

Tuesday, November 11, 25 & December 9, 23
• 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.



Our Nordic Walking series was a great success — thanks to all who joined us for movement, connection, and healthy living. Photo: Kristen Siminski

OUTREACH CORNER NEWS

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

Winter is Upon Us!

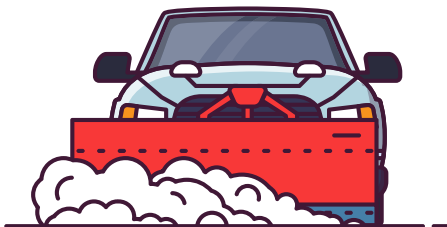
Each season brings its own charm. November and December invite reflection, nostalgia, and the first taste of cold air, along with the spirit of giving – of time, friendship, and gratitude. November honors our veterans and the joys of Thanksgiving, while December brings celebrations like Christmas and Hanukkah, filling hearts with joy. The Eastham Senior Center wishes you a peaceful, warm, and safe holiday season.

Winter is on the way! Be sure to plan for inclement weather – prepare ahead to keep your home safe and stocked. See below for helpful tips!

If you need assistance with any of the offerings below, please call Cindy for more information (774) 801-3153.

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 are available. Some may also qualify for a free cell phone.
- **Plan Ahead:** Know where to go if you lose power and arrange for snow removal (see page 16). Have your oil burner cleaned and filled.



OUTREACH RESOURCES

AARP Tax-Aide Update

The AARP Tax Aide Program will return in 2025 to offer appointments to help low and moderate income residents complete their federal and state tax returns free of charge. All AARP Tax Aide Program volunteers have been specially trained and will help file your returns with a drop-off system. Appointments can be made after January 26 by calling (774) 801-3151.

Alzheimer's Family Support Center Caregiver Support

The Terraces Orleans

2nd & 4th Wednesdays (November 12, 26 & December 10, 24) • 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.

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, December 16 • 10:00 am

To schedule an appointment with a pro bono Elder Law attorney at the Eastham Senior Center, call Ms. Heather Pearce at (774) 487-3250, 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.

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.

continued on page 12

OUTREACH CORNER NEWS

(continued from page 11)

Holiday Meals

On Tuesday, November 25, we will deliver Thanksgiving meals to those in need, thanks to the Family Table Collaborative. If you or someone you know needs a meal, please call Cindy at (774) 801-3153 by Friday, November 14.

On Thursday, December 25, Our Lady of the Cape Parish at 468 Stony Brook Road in Brewster will host a Christmas roast beef dinner. Reservations are required. Arrive between 12:00 and 12:30 pm for a family-style meal. For a reservation or to have a meal delivered to your home, please call Cindy at (774) 801-3153 by Monday, November 24.



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 seven letters in different order.

Holiday Happenings

As the seasons begin to change,

Some may be _____ to the snow

Others may _____ this behavior to be strange

And some _____ about the weather

as the cold winds blow.

Answers to last issue's Puzzle: "The Evolution of Fall"

Gone are the days of no worries or cares as summer fades we try not to shed tears. Time to trade beach plums and sand for pumpkins and apples growing on acres of land. Trick-or-treaters may bring a little scare or fright, but no need to worry the harvest moon will light the night.

Congratulations to Henriette Camp, who provided the correct answers to the "The Evolution of Fall" puzzle!

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.

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. For help, please contact Cindy at (774) 801-3153.

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. Call Cindy for more information, (774) 801-3153.

SHINE News

Are you ready? Medicare Open Enrollment ends December 7!

Don't miss your chance to review your Medicare health and drug coverage before January 1, 2026. Even if you're happy with your current plan, reviewing it each year can help you save money and make sure it still meets your needs.

Get personalized help from SHINE! Call (508) 375-6762 or schedule an in-person appointment at the Center at (774) 801-3151.

Appointments are limited and offered on a first-come, first-served basis. Not all requests can be accommodated, so we encourage you to schedule as soon as possible.

Snow Removal Help

Do you have a snow removal person? If not, arrange for one now! Below is a list of a few local snow removers (please allow 48 hours for call back)*:

- **Averett Construction**, (774) 994-0550
- **Belair Landscape & Hardscape**, (774) 216-1446
- **Ponderosa**, (508) 255-4773, extension 1

**As a public record, we provide this list of contractors who may offer snowplowing services. This office does not endorse or guarantee service, which is offered on a first-come, first-served basis.*

Cooking at Home

Heather Bailey, *The Optimal Kitchen*

Email: theoptimalkitchen@comcast.net

Website: theoptimalkitchen.com

Each year the holidays come and between the stress and parties it is no wonder we all end up feeling lousy and unhealthy. Statistically Americans will gain an average of 3-5 pounds from Thanksgiving to New Years and one of those pounds will stay with us forever. Over a period of 10 years we will have gained 10 pounds just from holiday indulgence. However, it isn't just the weight gain, it is also the time of year. Due primarily to stress and lack of sleep, we inevitably end up getting sick. Believe it or not, with a few simple changes you can keep yourself fit and trim and feeling energetic and healthy.



To learn more and create great meals, join us at the Senior Center on November 12 and December 10 at 2:00 pm for our monthly Cooking Club (see page 6 for more details)!

Peace of Mind – Yoga for Brain Health

Janet Betty, E-RYT, YACEP, BLS

Yoga is more than a physical practice – it supports three of the four Pillars of Alzheimer's Prevention.

Stress Management (Pillar II): Yoga promotes relaxation, reduces cortisol, improves mood, lowers anxiety, and protects against cognitive decline.

Exercise (Pillar III): Yoga benefits the brain by improving attention, memory, focus, and processing speed. It stimulates neurogenesis, enhances connectivity, and increases gray matter in the hippocampus, important for memory and learning.

Spiritual Fitness (Pillar IV): Yoga fosters interconnectedness and may boost brain health through increased levels of brain-derived neurotrophic factor (BDNF).

Through yoga, peace comes from within. May you have peace of mind and find your bliss!

Is your “get up and go” gone? What is interfering with you motivation?

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

Trying to exercise regularly, eat well, manage stress and take care of yourself is not easy to do. Healthy behaviors have been clearly proven to help prevent illness, yet Americans find it difficult to motivate themselves to do them. What is driving the lack of motivation or willpower?

Many understand what they “should” do but find it hard to start or maintain a healthy program. People seeking a weight loss and fitness regime often are unaware of the possibility of depression affecting their level of motivation. Depressed people often experience weight gain, lose interest in activities they usually enjoy, and/or have a loss of energy. These symptoms may be an indication that depression is interfering with their ability to initiate or continue healthy behaviors.

Depression can be subtle and difficult to recognize. People are affected by depression in different ways. Some may experience trouble sleeping, agitation or guilt, while others may have a lack of appetite, fatigue or difficulty with concentration or memory. Additional symptoms can include depressed mood, chronic pain, reduced level of interest in activities, weight loss or gain, decreased energy, feelings of worthlessness or persistent thoughts of death or suicide. Criteria have been developed by the American Psychiatric Association to help identify if depression may be present.

Seeking professional help from your physician or health care provider is important if you feel you might be depressed. Counseling or a trial of medication may be all it takes to get those suffering from depression back to a healthy lifestyle.

Carol Penfield RN, MS, NPC, is a nurse practitioner and certified personal trainer and is available for private consultations on health, fitness and weight loss.



**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.

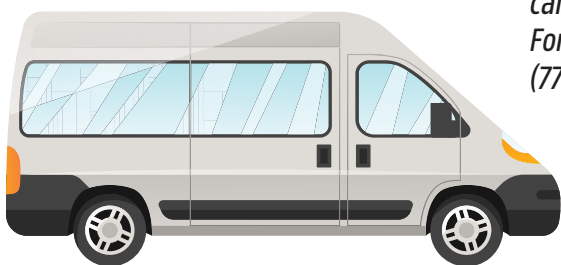
Medical Transportation Fees:

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

EASTHAM COACH & LOCAL 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.

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 trip. RSVP required!



Eastham COAch

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 trips on November 28.

Jim's Adventures

*Monday, November 3 & December 1
• 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. The bus departs at 12:30 pm and returns by 3:15 pm.

Market Basket

*Wednesday, November 19, December 17
& Monday, December 8 • 12:30 pm*

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

Ocean State Job Lot: Chatham

*Monday, November 10 & December 22
• 12:30 pm*

Ride to Ocean State Job Lot in Chatham for some holiday shopping! Meet at the Senior Center. The bus departs at 12:30 pm and returns by 3:15 pm.

Trader Joe's

*Monday, November 17 & Wednesday,
November 12, December 10 • 12:30 pm*

Ride to Trader Joe's with friends! Meet at the Senior Center. 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:

The open enrollment period ends on December 7, and appointments are filling up quickly! Eastham residents, call now to reserve your spot at (774) 801-3151

New Medicare plans will take effect on January 1, 2026.

TOWN OF EASTHAM & COMMUNITY NEWS

EASTHAM ASSESSING DEPARTMENT

Eastham property owners may qualify for a tax reduction if they are legally blind, have a 10%+ service-connected disability, or are age 65+ with income under \$30,536 (single) or \$45,853 (married). Homebound residents may request home or hybrid appointments.

The **Tax Work-Off Program** lets eligible residents volunteer in exchange for a tax reduction. The **“Angel Provision”** allows others to donate time for those unable to work.

The **Tax Aid Fund** helps low-income residents age 55+ or disabled. Donations are welcome.

It's not too late to apply for the **Residential Exemption** – full-time occupancy is the only requirement.

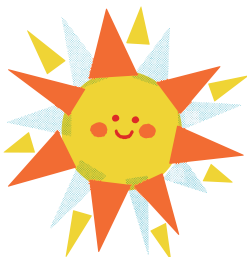
For details or to apply, contact the Assessing Department at (774) 801-3215. Join Colleen on Monday, December 1 at 12:30 pm to learn more. See page 13 for details.

EASTHAM CLIMATE ACTION COMMITTEE

Clean Energy Clinic for Your Home

Would you like to save some money and also make your home energy cleaner? This clinic is for anyone interested in either heat pumps and/or solar for their home. The event will provide updates on incentives and opportunities, and answer your questions on whether this may be right for you, and how to proceed. Register in advance by sending an email to easthamclimate@gmail.com. This clinic will be held on Thursday November 6 at 6:00 pm at the Eastham Public Library, and is sponsored by your

Eastham Energy and Climate Action Committee in partnership with Cape Light Compact.



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 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, located at 2500 State Highway in the cottage between Town Hall and the Fire Department.

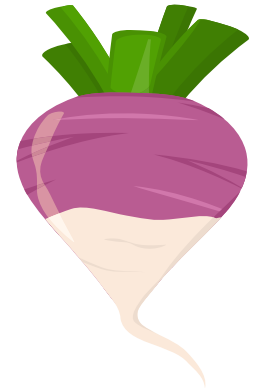
The model is simple: take what you need, leave what you can. Stocked with fresh produce, prepared meals, and other essentials, the fridge is open to all and helps reduce food waste.

Hours: Monday–Friday, 8:00 am – 4:00 pm
Call (774) 801-3229 to check availability.

Fresh produce donations – especially from gardens or surplus harvests – are always appreciated. Updates are shared on the Town of Eastham's social media and website. Narcan is also available at the site.

EASTHAM PUBLIC LIBRARY

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



This year's **Eastham Turnip Fest** is Saturday, November 22! Enjoy live music and entertainment at the library and the Chapel in the Pines from 10:00 am – 3:00 pm! Check out your favorite local restaurants to see this year's Taste of Turnip menu items!

- **Open Mic Night at the Library**
Tuesday, November 18 • 6:00 pm
- **Trivia Night at the Library**
Tuesday, December 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.

EASTHAM TOWN CLERK

Watch your mail in late December/early January for the Annual Street Listing and Dog Registration forms from the Town Clerk's office. Please take a moment to review and return them promptly, as this helps keep our records accurate and ensures compliance with town requirements. Timely submissions also help avoid late fees for dog registration. Thank you for your cooperation!

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



Non-Profit
Presorted Standard
U.S. Postage
PAID
Permit 51
Orleans, MA 02653

Current Resident Or

EASTHAM SENIOR CENTER

1405 Nauset Road, Eastham, MA 02642

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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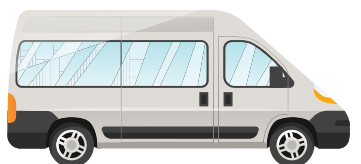

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- Alan Larson
- Jeffrey Nogas
- Raymond Shupenis
- Sandra Williams

NOVEMBER 2025 SENIOR CENTER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Seaside Café 3</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Jim's Adventures</p> <p>12:30 Mah Jongg</p> <p>3:00 LGBTQ+ Community Coffee</p> <p>5:30 Beginner Mat Pilates (Library)</p>	<p>8:30 Yoga 4</p> <p>9:45 Dance</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>2:30 Qi Gong</p>	<p>8:30 HIIT Class 5</p> <p>9:00 Hiking Club</p> <p>9:30 Painting</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>5:15 Tai Chi</p> <p>6:15 LIIT Class</p>	<p>8:30 HIIT Class 6</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 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p>1:00 Master Gardener Series</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 7</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Brown Bag Program</p> <p>9:30 Chair Yoga (Library)</p> <p>11:30 Veterans Luncheon</p> <p>12:30 Eastham COAch</p>
<p>9:00 Seaside Café 10</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>10:00 Reading Club</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:30 Ocean State Job Lot</p> <p>5:30 Beginner Mat Pilates (Library)</p>	<p>HOLIDAY 11</p> <p>SENIOR CENTER CLOSED</p> 	<p>8:30 Zoom at Home HIIT Class 12</p> <p>9:00 Hiking Club</p> <p>9:30 Painting</p> <p>9:45 Resistance Bands</p> <p>12:30 Trader Joe's</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>5:15 Tai Chi</p> <p>6:15 LIIT Class</p>	<p>8:30 HIIT Class 13</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>10:00 Low Vision Support Group</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p>1:00 Eastham Focus Series (lunch 12:30)</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 14</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>9:30 Grab & Go Meals</p> <p>10:00 One Big Beautiful Bill</p> <p>12:30 Eastham COAch</p> <p>1:00 Holiday Movie: <i>It's a Wonderful Life</i></p> <p>5:30 Orleans COA LGBTQ+ "Friendsgiving"</p>

<p>9:00 Seaside Café 17</p> <p>9:45 HIIT Video Class</p> <p>10:00 Cribbage</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Trader Joe's</p> <p>12:30 Mah Jongg</p> <p>1:00 AI Technology with Russ Wilcox</p> <p>5:30 Beginner Mat Pilates (Library)</p>	<p>8:30 Yoga 18</p> <p>9:45 Dance</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</p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 HIIT Class 19</p> <p>9:00 Hiking Club</p> <p>9:30 Painting</p> <p>9:45 Resistance Bands</p> <p>12:00 Lunch with Friends</p> <p>12:30 Market Basket</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>6:15 LIIT Class</p>	<p>8:30 HIIT Video Class 20</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 Video Class</p> <p>10:30 Ask-A-Dietitian</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p>1:00 Creative Connections</p> <p>1:00 Knitters' Circle</p> 	<p>9:00 Eastham COAch 21</p> <p>9:00 Wood Carving</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p> <p>12:30 Diabetes 101</p>
<p>9:00 Seaside Café 24</p> <p>9:45 HIIT Video Class</p> <p>10:00 Cribbage</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p> <p>5:30 Beginner Mat Pilates (Library)</p>	<p>8:30 Yoga 25</p> <p>9:45 Dance</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>2:30 Qi Gong</p>	<p>8:30 HIIT Video Class 26</p> <p>9:00 Hiking Club</p> <p>9:30 Grab & Go Meals</p> <p>9:45 Resistance Bands Video Class</p> <p>1:00 AFSC Support Group (The Terraces)</p> <p>COA closed at noon. No afternoon or evening programs.</p>	<p>HOLIDAY 27</p> <p>SENIOR CENTER CLOSED</p>	<p>HOLIDAY 28</p> <p>SENIOR CENTER CLOSED</p> 

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

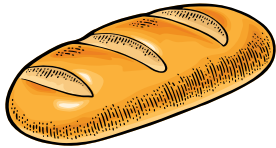


Programs in GREEN are online only; no in-person program


Programs in ORANGE are hosted at the Eastham Public Library






DECEMBER 2025

SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Seaside Café 1 9:45 HIIT Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Jim's Adventures 12:30 Mah Jongg 12:30 Lunch & Learn: Tax Relief 3:00 LGBTQ+ Community Coffee 5:30 Beginner Mat Pilates (Library)	8:30 Yoga 2 9:45 Dance 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Trivia Tuesday 2:00 French Club 2:30 Qi Gong 	8:30 HIIT Class 3 9:00 Hiking Club 9:30 Painting 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 LIIT Class	8:30 HIIT Video Class 4 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT Video Class 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 2:00 Master Gardener Series 1:00 Knitters' Circle	8:15 Zumba (Library) 5 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 9:30 Chair Yoga (Library) 12:30 Eastham COAch 1:00 Identity Theft & Fraud Protection Program 
9:00 Seaside Café 8 9:45 HIIT Class 10:00 Cribbage 10:00 Reading Club 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 12:30 Market Basket 1:00 AI Technology with Russ Wilcox 5:30 Beginner Mat Pilates (Library)	8:30 Yoga 9 8:45 PAAM Trip 9:45 Dance 10:00 Baked Goods Pickup 11:00 Light & Fit Video Class 12:15 Mobile Meals 12:30 Closed Bridge 1:00 History of Cape Cod 2:00 French Club 2:30 Qi Gong	8:30 Zoom at Home HIIT Class 10 9:00 Hiking Club 9:30 Painting 9:45 Resistance Bands 12:30 Mah Jongg 12:30 Rummikub 12:30 Trader Joe's 1:00 AFSC Support Group (The Terraces) 2:00 Cooking Club 2:15 Ukulele 5:15 Tai Chi 6:15 LIIT Class	8:30 HIIT Class 11 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:00 Veterans Cafe 9:00 Medical Bill Advocate 9:45 LIIT Class 10:00 Low Vision Support 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Eastham Focus Series (lunch 12:30) 1:00 Knitters' Circle	9:00 Eastham COAch 12 9:00 Wood Carving 9:30 Grab & Go Meals 11:30 Holiday Sing Along Lunch with Eastham Elementary 12:30 Eastham COAch 

9:45 Zoom at Home HIIT Class 15 (no in-person) 11:30 Holiday Luncheon at the Elks - RSVP Required No in-person programs due to the Holiday Luncheon 	8:30 Yoga 16 9:45 Dance 10:00 Baked Goods Pickup 10:00 Elder Lawyer 10:00 Cribbage 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Trivia Tuesday 2:00 French Club 2:30 Qi Gong	8:30 HIIT Class 17 9:00 Hiking Club 9:30 Painting 9:45 Resistance Bands 12:00 Lunch with Friends 12:30 Market Basket 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi 6:15 LIIT Class	8:30 HIIT Class 18 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT Class 10:30 Ask-A-Dietitian 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Creative Connections 1:00 Knitters' Circle	8:15 Zumba (Library) 19 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 11:00 80+ Group 12:30 Eastham COAch 1:00 Holiday Movie: <i>Miracle on 34th Street</i>
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9:00 Seaside Café 22 9:45 HIIT Video Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Ocean State Job Lot 12:30 Mah Jongg 	8:30 Yoga 23 9:30 Grab & Go Meals 9:45 Dance 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 2:00 French Club 2:30 Qi Gong	8:30 HIIT Video Class 24 9:00 Hiking Club 9:45 Resistance Bands Video Class 1:00 AFSC Support Group (The Terraces) COA closed at noon. No afternoon or evening programs.	HOLIDAY SENIOR CENTER CLOSED 25 	8:15 Zumba (Library) 26 9:00 Eastham COAch 9:30 Chair Yoga (Library) 12:30 Eastham COAch 
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9:00 Seaside Café 29 9:45 HIIT Video Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour	8:30 Yoga 30 9:45 Dance 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 2:00 French Club 2:30 Qi Gong	8:30 HIIT Video Class 31 9:00 Hiking Club 9:45 Resistance Bands Video Class 	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
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