



Windmill Whisperings

Your Guide to Active Living

News from the Eastham Center

January-February 2026

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Are you ready for winter weather? Cold and snow can be tough — plan ahead! See page 10 for tips. Photo by Joe Rossetti

New Year, New Schedule

Our schedule has been refreshed to offer different opportunities, including a new class with Jim, and Lunch with Friends now at 12:30 pm. Look for the “Updated” callout in the newsletter for easy reference. Check pages 4, 5, and 9, plus the January and February calendars for details.

Important Reminder INCLEMENT WEATHER



When Nauset Public Schools are closed, Senior Center programs, including transportation, are cancelled. If schools open late, we follow the same schedule. Staff are available unless Town Hall is closed.

DIRECTOR'S NOTE

As we welcome the New Year, all of us at the Senior Center wish you health, happiness, and a season filled with comfort and connection. Winter in our community can be beautiful – but also unpredictable.



If you would like a little extra support this season, we also offer a winter check-in list. Our team can give you a call during storms or extremely cold weather just to make sure you're doing okay and see if you need anything. If you'd like to be added, please give Cindy a call at (774) 801-3153.

We are deeply grateful to everyone who has contributed to our recent food drive – your generosity makes a meaningful difference. We will continue this effort throughout the New Year to support our neighbors in need. For those who are able, we welcome both time and monetary

donations. 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 friendsofeasthamcoa.org.

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

Wishing you a joyful and healthy New Year!

Best,

Dorothy Burritt, Director

FRIENDS OF THE COA

The 'Friends' Thrift Shop Hours

The 'Friends' Thrift Shop will reopen on Thursday, February 12 and will be open Monday, Thursday, Friday, and Saturday from 10:00 am – 3:00 pm.

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

Clean seasonal donations will be accepted starting on February 10 and every Tuesday thereafter, from 10:00 am to 2:00 pm only. Please do not leave items outside the shop.

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

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How Can the Center Offer Free Classes?

You can thank the Friends of the Eastham Council on Aging for that! You probably know the friendly volunteers who run the Thrift Shop on Massasoit Road. But did you know it is operated entirely by the Friends, and all proceeds directly support programs at the Senior Center? As a nonprofit organization, their mission is to enhance the Center's offerings both financially and through volunteer support.

To help keep the Center welcoming and our programs free (or very affordable), the Friends fund a wide range of services including fitness classes, meals, social programs, medical rides, educational offerings, and many other resources not covered by the Town budget.

Much of their funding comes from the Thrift Shop, annual donations, memorial gifts, dues, and fundraising events. If you value the programs at the Center, would you consider becoming a Friend or volunteering your time?

The Friends are also deeply grateful to everyone who has contributed to the recent food drive – your generosity has had an

important impact. This effort will continue throughout the New Year to support our neighbors in need. For those who are able, both time and monetary donations are welcome. To support Eastham seniors, please consider donating to the Friends of the Council on Aging.

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



GETTING TO KNOW YOU

Jenny Faw

By Susanne Fischer

Jenny Faw likes to say that she moved from the little apple of Manhattan, Kansas, where she grew up, to the big apple of Manhattan, New York.

In between the move she attended Kansas City University, studying graphic design and after graduation, began her artistic career at Hallmark.

"My best friend and I then moved to the big apple, when it was attractive for two girls from Kansas to get a loft in Soho," said Faw.

Faw's interest and artistic abilities in surface design patterns soon led to a rewarding and successful career in greeting cards, fabrics and more. She said her designs are hand-painted, digitized and ready for production.

After 911, Faw said she moved to Providence, Rhode Island, to be closer to more areas with trees and grass, but soon

found herself moving further east because she realized she could work remotely.

She said she also met her husband, architect Peter McDonald, at an Italian restaurant in Providence.

"It was love at first sight," said Faw.

The couple now reside in the beach shack his grandmother owned. Located in the Cape Cod National Seashore, Peter enhanced a shed on the property creating a "she shed" that Faw said she adores working in.

While Faw said she admits the National Seashore limits what owners can do with their property she describes the location as "wonderful, isolated but quiet."

"I love living in Eastham," she said. "And I love learning about nature."

In addition to her artistic commercial endeavors, Faw can be found teaching weekly watercolor classes at the Eastham Senior Center. Faw and her partner, Leslie Trimbach, also lead freestyle watercolor retreats to help inspire creativity in their

students. She is also an active member of the Eastham Painter's Guild.

"Watercolor is my favorite medium now – it's magical," said Faw.

"We recently held a wonderful fun night out at the senior center where we provided all the watercolor supplies," she said. "I have met the most incredible people at the center."



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, January 15 & February 12

• 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

Friday, January 30 & February 20

• 1:00 pm

Join us for a cozy and fun afternoon at the COA with a FREE movie on the big screen! We will be showing two great films, with titles to be announced soon. Enjoy light refreshments and a relaxing time with friends. Please RSVP by calling (774) 801-3153.

Freestyle Watercolor Painting

Monday, February 23 – April 27

• 12:00 pm

Join Eastham artist Jenny Faw for this 8-week watercolor class, following the current session which concluded on February 9. Great for beginners and those wanting a refresher, this class focuses on key watercolor techniques and creative practice. Bring your own supplies. You

can pick up the list at the Senior Center after registering. Limited spots available. Cost is \$40 for Eastham residents, \$80 for non-residents. For more information, contact Jenny at jenny@jennyfaw.com. No class March 30 and April 20.

Oil and Acrylic Painting – FREE

Joan Lockhart (www.joanlockhart.com)

Wednesday, January 7 – February 25

• 9:30 am

Join Eastham artist Joan Lockhart for a weekly art session every Wednesday from January 7 – February 25! 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.

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*

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.

Updated: Dance with Jenny!

Tuesdays • 10:00 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.

Updated: HIIT with Wendy

Mondays • 9:45 am

Wednesdays & Thursdays • 8:45 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. Wendy will offer a live Zoom class on January 12, 14, 15 and February 2, 4, 5, 9. You can join us in person at the Senior Center or via Zoom from home. There will be no HIIT class on January 1, 19, and February 16.

Updated: Hiking Club with Jim

Wednesdays • 8:30 am

A low-impact walk on local trails (weather permitting). Please bring water, bug spray, and wear appropriate attire. Participants must be able to walk independently, occasionally on uneven terrain. Meet at 8:20 am in the lower-level parking lot at the COA.

Updated: Light & Fit Exercises with Jim

Mondays & Wednesdays • 11:15 am

• Hybrid Program

Join us for light exercise and strengthening, including walking, weights, and gentle movement. Classes are free for Eastham residents and \$5 per class for non-residents. Participate in person or from home via Zoom. Please note there will be no class on the first Wednesday of the month (January 7 and February 4) or on January 19 and February 16.

Updated: LIIT with Wendy

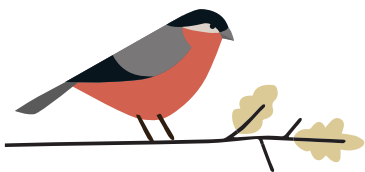
Thursdays • 10:00 am

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. Wendy will offer a live Zoom class on January 15 and February 5. You can join us in person at the Senior Center or via Zoom from home. There will be no LIIT class on January 1.

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, Qi Gong classes are FREE for Eastham residents aged 59+ (\$7 per class for non-residents). Pre-registration required.



Updated: Resistance Bands with Wendy

Wednesdays • 10:00 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. Free for Eastham residents; non-residents pay \$7 per class. Wendy will offer a live Zoom class on January 14 and February 4. You can join us in person at the Senior Center or via Zoom from home.

Updated: Sit & Fit Exercises with Jim

Tuesdays & Thursdays • 11:15 am
Hybrid Program

Free to Eastham residents. \$5 per class for non-residents. Participate from home via Zoom. There will be no class on January 1, 19, and February 16.

Did you know that some of our programs and classes are available online to watch anytime?



Update: Yoga with Janet

In-Person: Tuesdays • 8:45 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 Tuesday, February 17. No class on Thursday, January 1.

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

COA WINTER EVENING CLASSES

Each class runs from Wednesday, January 21 – February 25 and 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**, so bring a friend. Sponsored by the Friends of the Council on Aging. To register, call (774) 801-3151.

Tai Chi with Ritch Ryan

Wednesday • 5:15 pm

A fun way to get moving and boost your health! Perfect for newcomers, this class offers gentle, easy movements along with meditation, relaxation, and breathing techniques.

Beginner Mat Pilates with Jenny Hossfeld

Wednesday • 6:15 pm

Join this beginner-friendly class that builds strength, endurance, flexibility, posture, and balance. Through breath and flow work, you'll feel longer, leaner, and stronger. Bring your own mat.

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.

Chair Yoga

Friday, January 9 – February 27 • 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.

Zumba/Dance Class

Friday, January 9 – February 27 • 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.

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Fun & Games

Creative Fridays

Friday, January 9, 23 & February 13, 27

• 1:00 pm

Join us for a fun, relaxed afternoon to get creative, socialize, and enjoy crafting with new friends. Each week features a new project, so there's always something fresh to make and explore.

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, January 20 and February 17.

Jim's Game Hour

Monday, January 26 & February 23

• 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 January 19 and February 16.

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 January 1, 19, and February 16.

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.

Health & Wellness

Ask-A-Dietitian

Thursday, January 15 & February 19

• 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, January 7 & February 4

• 11:30 am – 12:30 pm

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

Cooking Club: NEW TIME!

Wednesday, January 14 & February 11

• 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 January, she will focus on winter stews. In February she will feature recipes that offer ways to conquer inflammation. 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.

Hands-Only CPR with the American Red Cross

Thursday, February 26 • 1:00 pm

• Hybrid Program

Join us on for a free, 30-minute Hands-Only CPR class led by a representative from the American Red Cross. Learn how to increase the chances of survival during a cardiac emergency and gain the skills to confidently act when it matters most. To register, call (774) 801-3151.

Health & Wellness Improvement NEW TOPICS!

Tuesday, January 27 & February 24

• 1:00 pm • Hybrid Program

Start the new year with healthy habits! In January, Carol will discuss how to build and sustain them. In February, she will offer practical strategies to support and strengthen brain fitness. Both classes are hybrid, and you can join in person at the Center or via Zoom from home.

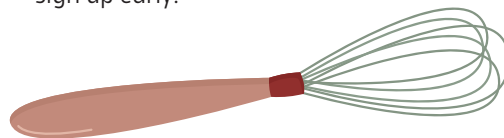
NEW Group: Learning to Live Again After the Loss of Your Life Partner

Tuesday, February 10 & 24

• 12:30 – 2:00 pm

Losing a spouse or life partner is a uniquely personal experience. Beginning in February, this group will meet in the lower level of the Senior Center on the 2nd and 4th Tuesday of each month and offer a safe, informal space for those who have experienced this specific loss to come together, share their experiences, and connect with others who truly understand. Facilitated by individuals who have also lost a spouse or partner, the group provides a level of empathy and perspective that is often difficult to find elsewhere.

This is not a therapy session. There are no structured lessons or professional counseling. Instead, it is an opportunity to listen, reflect, and share with peers who have walked a similar path, creating a



Health & Wellness

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community of understanding and mutual respect.

For more information, email Andrea at roperdaniels@gmail.com. To register call (774) 801-3151. Walk-ins welcome.

Low Vision Support Group

Thursday, January 8 & February 12

• 10:00 am

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

LGBTQ+



LGBTQ+ Community Coffee and Conversation

Monday, January 5 & February 2

• 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 January, we'll introduce a fun program called Armchair Traveler. We'll welcome the New Year with light refreshments and the company of friends. We invite you to share stories of your travels, whether to exotic places or favorite Cape spaces. Bring photos if you can, or email us at pride.eastham@gmail.com and we'll arrange to share your photos on the Smart-screen at the COA.

In February, we'll discuss a way our group can extend our hearts and hands with a local service project. We could volunteer at a soup kitchen, run a clothing or food drive, or help a homeless senior. Come with ideas and we'll decide on a project to give back to our community.

Back by Popular Demand! Winter Potluck Social

Saturday, February 21 • 5:30 pm

Chapel in the Pines in Eastham

220 Samoset Road

(adjacent to Eastham Library)

The Eastham Council on Aging LGBTQ+ Group will host a potluck dinner at the Chapel in the Pines. Bring a friend and a dish to share, and enjoy food and camaraderie. Please email Pride.Eastham@gmail.com to register. Or call (774) 801-3151.



The COA's Pride Halloween Party featured creative costumes, bone rattling decorations, food, music, fun and friends! Photo by Joan Lockhart

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

Life Enrichment

NEW! Beyond Books: A Reading Club

Monday, January 12 & February 9

• 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! The Knitters' Circle will not meet on January 1.

Medical Billing Advocate: Help with Medical Bills and Insurance Appeals

Thursday, February 26 & March 26

• 9:00 am – 12:00 pm

By Appointment Only

Need help understanding your Medicare plan, a medical bill, or what you owe, including hospital bills or ambulance fees? 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

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Life Enrichment

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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, January 6, 20
& February 3, 17 • 1:00 pm • Hybrid**

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

Nutrition

Baked Goods

Tuesdays • 10:00 am

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

Brown Bag (Pre-registration Required)

**Friday, January 9 & February 6
• 9:30 – 10:30 am**

On the first Friday of each month, free fresh and frozen items are available for pickup or delivery. For January only, this will be on the second Friday due to the holiday. Pre-registration is required, (774) 801-3153.

“Grab & Go” Prepared Meals

**Friday, January 9, 23 & February 13, 27
• 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, January 7 & February 4
• 12:00 – 12:45 pm**

Eligible participants receive a grocery shopping list to select needed food items. Pre-registration is required at (774) 801-3153. If you arrive after 12:45 pm, please call Cindy to arrange another pickup time. Delivery is available for those in need.

Whole Foods & Trader Joe's

Thursdays • 1:00 – 1:30 pm

Food is distributed at the Eastham United Methodist Church located at 3200 State Highway. No food on January 1.

Social Programs

Birthday Club

**Monday, January 26 & February 23
• 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.

New Connections

January 6 & February 3 • 10:00 am

Looking for a fun way to meet others in town? Join Beverly Hobbs at the Eastham Senior Center for a welcoming gathering where you can enjoy coffee, light refreshments, and good conversation. Whether you're new to town or just looking to meet others in the area, this is a great opportunity to build friendships, share experiences, and learn more about programs and activities offered at the Senior Center. Drop-ins welcome!

80 Plus

January 16 & February 20 • 11:00 am

Join lively discussions and discover how amazing women aged 80 and up navigate the challenges of aging with flair! Share stories, swap tips, and support one another

while tackling everyday issues. Brighten each other's days, share experiences, and enjoy the journey together!

Fun Night Out

January 13 & February 10 • 5:30 pm

We are pleased to bring back our “Fun Night Out” program! In January, Stephanie Ellis, Executive Director at Wild Care, will be here to present “Winter Wildlife on Cape.” A light dinner will be served. Free-will donations to support the Friends are greatly appreciated.

In February, we are excited to welcome back Jenny Faw for a festive Valentine's-themed Paint Night! She will provide all supplies, so just come and have fun painting. Whether you're a seasoned artist or a beginner, we invite you to join us. A light dinner will be available. The charge is \$5 for Eastham residents and \$10 for non-residents. Space is limited to 20 participants and no walk-ins will be accepted.

Registration is required for each event separately. To register, call (774) 801-3153.

History of Cape Cod: A Lifelong Learning Series

**Tuesday, January 13 & February 10
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.

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Social Programs

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Updated: Lunch with Friends

Sponsored by the Friends of the Eastham Council on Aging

Wednesday, January 28 & February 25

• 12:30 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 you 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

Thursday, January 22 & February 19

• 1:00 pm • Hybrid Program

Learn All About Library Apps! Have you wanted to read or listen to free eBooks and eAudio-books on your phone or tablet? Or maybe you're looking for a



library service to provide video and music streaming options? Well, if that's the case, join Staff Librarian, Corey Farrenkopf, for an informative afternoon focusing on Libby, Hoopla, Kanopy, and Freegal. All are welcome!

In February 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!

Master Gardener Series

Thursday, January 8 & February 5

• 1:00 pm • Hybrid Program

In January learn how to grow and care for herbs on Cape Cod with Master Gardener Steve Flack. This program will cover everything from selecting the right herbs for our coastal climate to planting, pruning, and harvesting techniques. Discover tips for growing herbs, while gaining insights into seasonal care and pest management. Perfect for gardeners of all levels, this program will help you create a thriving herb garden to enjoy year-round.

In February, learn about invasive plants of Cape Cod with Master Gardener Fran Raleigh. This program will cover everything from identifying common invasive species to understanding their impact on our coastal ecosystems. Discover strategies for managing and controlling invasives, while gaining insights into native plant alternatives and seasonal care. Perfect for gardeners and nature enthusiasts of all levels, this program will help you protect and preserve Cape Cod's natural landscapes.

Help Managing Your Energy and Utility Bills

Friday, January 16 • 11:00 am

Join us for an informative session with Jason Bertrand, Marketing and Communications Coordinator at Cape Light Compact; Rachel Cruz, Senior Customer Advocate at National Grid; and Charles Moore from South Shore Community Action Council's Home Energy Assistance Program (HEAP) as they share valuable programs and support available to help manage rising utility bill costs.

Learn about local assistance options, energy-saving resources, and how to you apply for a discount rate, enroll in a "no-shutoff" program, and navigate customer service phone tree with ease.

Don't miss this opportunity to get practical guidance and personalized support. For more information or to register, call (774) 801-3153.

Your Money, Your Future: Fixed vs. Variable Annuities

Thursday, January 29 • 1:00 pm

• Hybrid Program

Join Trey Shelton, MBA, Financial Advisor and learn how to make your retirement savings last with this informative session. Trey will talk about the basics of Fixed and Variable Annuities and how they can support your financial security in retirement. Join us to understand the benefits, differences, and key considerations so you can make confident decisions about your long-term financial planning. This session is ideal for anyone looking to create a reliable and informed income strategy for the years ahead.

Technology

NEW! Artificial Intelligence (AI) Workshops with Russ Wilcox

Monday, January 12 & February 9

• 1:00 pm • Hybrid Program

Join AI expert and TED speaker Russ Wilcox. In January, explore the state of AI, key concerns, and its impact on our communities.



In February, build on your prompt engineering skills to venture into computer vision, creating rich visual content such as visualizations, cards, and images from text prompts. Learn to communicate ideas more effectively, explore data visually, and craft engaging graphics for presentations or projects.

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.

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Veterans

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

Veterans Social Club Breakfast Meetup at the Fairway *Thursday, February 12 • 7:30 am*

All members of the Eastham Veterans Social Club are invited to join us for breakfast on Thursday, February 12 at 7:30 am at The Fairway Restaurant, where the Friends of the Eastham Council on Aging will treat the group, and RSVP is required by calling (774) 801-3151, with a snow date of Thursday, February 19.

Veterans Rendezvous Cafe

Thursday, January 8 & February 12
• 9:30 am

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

Veterans Social Club

Thursdays • 9:00 am

Join us in the Nauset Light Room (downstairs) for coffee, conversation, and breakfast treats. Veterans, spouses, and civilians are all welcome! No meeting on January 1.

Veterans Mobile Food Pantry

at the Orleans-Eastham Elks

Tuesday, January 13, 27 & February 10, 24
• 10:00 am – 1:00 pm

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

Veterans' Agent

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



OUTREACH CORNER NEWS

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

Winter is Here!

Amazing how quickly a year passes! Here's to a New Year full of possibilities. My heart-felt wish is to see all of you at the Center, enjoying each other's company, making memories, and taking full advantage of our programs and services.

As we head into winter, it's important to plan ahead for inclement weather. Make sure your home is winter-ready and that you have essential supplies on hand.

Here are some helpful tips:

- Are you prepared for a power outage with essentials like a flashlight, food, water, a week's worth of medications, and a warm place to go?
- Is your oil burner cleaned, and do you have enough oil?
- Have you re-certified for Fuel Assistance to ensure coverage through May 2026?
- Do you have a plow person lined up?
- Are you registered for CODE RED for

emergency, storm, and road updates?

- Is your File of Life card up to date?
- Do you have emergency and non-emergency numbers handy? (Contact Fire and Police only for real emergencies. For non-emergency assistance, reach out to the Senior Center, a local family member, or a neighbor or friend.)
- Do you have a safety alert bracelet or wristband?
- Are you registered for Reassurance?

Staying prepared helps ensure your safety and peace of mind all winter long!

OUTREACH RESOURCES

AARP Tax-Aide Update

The AARP Tax Aide Program will return in 2026 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 (January 14, 28 & February 11, 25) • 1:00 – 2:30 pm

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

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.

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The COA Community Pantry Open Monday – Friday, 9:00 am – 3:00 pm

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.

COA Community Pantry

Monday-Friday • 9:00 am – 3:00 pm

Did you know the Senior Center has a food pantry? Located on our lower level and open Monday–Friday from 9:00 am to 3:00 pm, it offers sundry items, non-perishables, personal care products, and more to support those in need. We gratefully accept donations of non-expired food and unopened personal care items to help keep the pantry stocked for the community. All are welcome! Delivery available. For more information, please call Cindy at (774) 801-3153.

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, February 17 • 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.

Medical Equipment Loans

The Council on Aging offers free donated durable medical equipment. Examples include rollators, wheelchairs, transfer chairs, canes, walkers, knee scooters, shower chairs and benches. Equipment is loaned to residents on a first come first served basis for as long as needed. The COA accepts donations of some new or gently used and cleaned medical equipment. We do not have the ability to refurbish or repair damaged or non-functioning equipment. Donations must be reviewed by staff for storage capacity and safety.

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.

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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

Open enrollment ended in December. Starting January 1, 2026, your new Medicare health and drug coverage is in effect. Each year, it's important to review your Medicare plan to ensure it still meets your needs and to check if you can reduce out-of-pocket costs.

You don't need to enroll in Medicare every year, but you should review your options. For most Medicare drug plans, using a network pharmacy can affect your medication costs. If you go to an out-of-network pharmacy, your medications may not be covered, and you'll pay full price. Many plans offer mail-order programs for 90-day supplies of prescriptions, but sometimes using a local preferred pharmacy may be more cost-effective.

For assistance, call SHINE at (508) 375-6762 or schedule an in-person appointment at the Center by calling (774) 801-3151.

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.*

HEALTHY LIVING*

Cooking at Home

Heather Bailey,
The Optimal Kitchen

Email: theoptimalkitchen@comcast.net

Website: theoptimalkitchen.com

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



“Bulk” Up on Fiber

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

Fiber is making a comeback. With the introduction of refined, processed and packaged foods; fiber has been disappearing from the American diet. In the Paleolithic age (over 4,000 years ago) the average human consumed 100 grams of fiber daily. Today, a typical intake is 15 grams. What is the recommended amount? The more the better, with 35 – 40 grams per day being an ideal goal.

Fiber is defined as the part of some carbohydrates that the body is unable to digest. It passes through the intestinal tract undigested. Fiber cannot be broken down into sugar molecules like most carbohydrates, so it helps to stabilize blood sugar as well as create satiety.

There are two major types of fiber: soluble and insoluble. Soluble fiber is simply defined as a type of fiber that dissolves or changes form in water, examples being oatmeal or lentils. Studies have shown that they aid in lowering cholesterol and

blood sugar levels. Insoluble fiber does not dissolve in water and moves through the digestive system, which ultimately helps with constipation. Fruits and vegetables contain insoluble fiber.

There are multiple benefits from a high fiber diet rich in fruits, vegetables, nuts, seeds and legumes. It helps to lower bad (LDL) cholesterol, reduce the risk of heart disease and prevent type 2 diabetes. Fiber also decreases constipation or diverticulosis, lowers cancer risk and manages weight by increasing the sensation of fullness. More recent research has shown that fibrous foods help feed the “good” bacteria in the gut. This leads to enhanced immune function and decreased inflammation in the body.

Examples of high fiber foods are:

- Vegetables: artichokes, avocado, peas and broccoli
- Fruits: raspberries, apples, pears and figs
- Legumes: black beans and lentils
- Nuts & seeds: Flax, chia, sunflower seeds and almonds

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Bulk Up on Fiber, *continued*

- Grains: Quinoa, Bran cereals, oatmeal and barley

Tips to increasing your fiber intake:

1. Choose oatmeal or a whole grain cereal for breakfast
2. Have ½ cup of legumes daily
3. Eat fruit and vegetables as snacks
4. Replace white pasta, breads and baked goods with whole grain products. Make sure the first ingredient on the food label states “Whole grain _____”
5. Have colorful vegetables with every lunch and dinner with the goal of at least 3½ cups per day

Not only will high fiber foods help prevent disease, but they also can help you lose weight.

Peace of Mind – How Yoga Helps!

Janet Betty, E-RYT, YACEP, BLS

As life expectancy rises, more people are entering their golden years and looking to take an integrated approach to physical fitness; focusing on overall health and quality of life. As many have already discovered, yoga fits the bill across the board.

Yoga has a positive impact on not just physical health but mental wellbeing and longevity too!

The practice of yoga can:

- Manage arthritis, pain and inflammation
- Build joint stability and bone density
- Improve flexibility, range of motion and mobility

- Improve balance and reduce fall risk
- Improve posture and proprioception
- Lower the risks of cardiovascular disease
- Manage diabetes and digestive issues
- Improve cognition, memory and brain longevity
- Improve sleep quality
- Decrease stress
- Manage depression and anxiety
- And so much more!

When you consider just some of these amazing benefits, it's not surprising that several studies concluded that yoga measurably helps to improve seniors' sense of overall well-being!

Happy New Year!

Wendy Marinakis

Happy New Year! Did you make a New Year's resolution? It's a common tradition for some of us to set some goals for the new year.

These resolutions may include setting healthier habits and your own personal goals. Creating new year's health and fitness resolutions is one of the many things you can focus on. Whether it's going to exercise classes, eating more protein, drinking more water or taking daily walks to move more.

Committing to a healthier lifestyle won't happen overnight. It's a journey and progress takes time. To stay motivated, try taking a group exercise class and invite a friend to go with you. It helps make fitness fun so that it can become a habit over time.

Let's make 2026 a wonderful, healthy new year!

HELEN PETERSON PUZZLE

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

Happy New Year!

Perform a good deed,

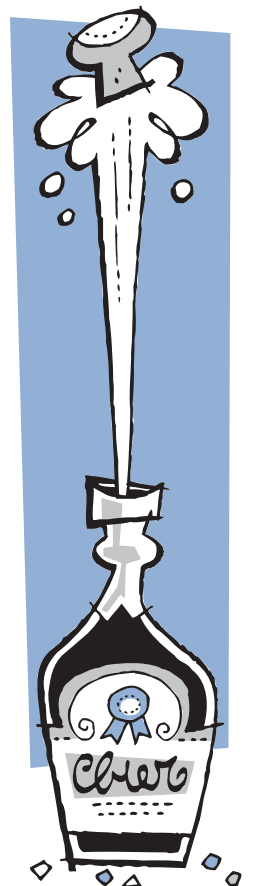
Start a healthy _____ .

Declutter and _____ out the things
you don't need.

Hear the _____ at the beach
and enjoy the quiet.

**Answers to last issue's Puzzle:
“Holiday Happenings”**

As the season begins to change, some may be **obverse** to the snow. Others may **observe** this behavior to be strange. And some **verbose** about the weather as the cold winds blow.



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 in advance to schedule your ride. Rides are offered on a first-come, first-served basis, and service is limited, so rides cannot be guaranteed.** We suggest the minimum contribution listed below, but additional donations are gratefully accepted from those who are able and would like to support the program. If you are experiencing a hardship, 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 January 2.

Cape Cod Adventures with Jim

**Monday, January 5 & February 2
• 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, January 14 & February 11
• 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, January 28 & February 25
• 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

**Wednesday, January 21 & February 18
• 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.**

COMMUNITY TRANSPORTATION RESOURCES



B.H.T. Boston Hospital Transportation

Transportation to Boston hospital appointments is available Monday–Thursday, with pick-ups in Wellfleet, Eastham, Orleans, Harwich, Hyannis, Barnstable, and Sagamore. Call (800) 352-7155 to reserve by 11:00 am the day before. Cost: \$30 round trip, \$15 one-way.

DART

Low-cost public transportation, by reservation, from place to place on Cape Cod. Available for all ages. Please register by calling (800) 352-7155, Monday-Friday, 8:00 am – 5:00 pm.

FLEX Bus:

Low-cost fixed-route service runs from Harwich to Provincetown, with designated stops along the way. The bus can detour up to ¾ mile for those who have difficulty reaching regular stops. Reservations are required for off-route pickups. Fares are free on fixed routes. The Eastham Senior Center is a requested stop! For more information, call (800) 352-7155.

“SmartDART”

This is an app-based, on-demand rides operate Monday-Saturday, 8:30 am – 4:30 pm. Fixed fare: \$3. For those who don't have smartphones or need help scheduling rides, call (508) 418-3278 to book trips and make payments by phone. This service is available to older adults and individuals with disabilities.



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. Call the Senior Center to find out how you can donate your volunteer hours!

The Tax Aid Fund helps low-income residents age 61+ with higher limits than the senior exemption (\$68,500 if single or less than \$78,250 if married). Donations are always welcome at the tax office. Also, it’s not too late to apply for the Residential Exemption – legal ownership and full-time occupancy are the only requirements. For details or to apply, contact the Assessing Department at (774) 801-3215.

EASTHAM CLIMATE ACTION COMMITTEE

The Eastham Energy and Climate Action Committee (ECAC) has created a helpful guide with several low-cost and easy ways – for homeowners and renters – to reduce energy use and costs that also help reduce climate-polluting fossil fuels! Simple tips such as changing driving habits, unplugging appliances and switching to electric lawn equipment help save money and our climate. The guide is available at <https://tinyurl.com/bdusb6F8> or email us at Easthamclimate@gmail.com.

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 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 PUBLIC LIBRARY

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

Cape Cod Whalers and Rice’s Whales: Where History and Conservation Meet in the Gulf of Mexico

Tuesday, January 13 • 6:00 pm

Join us for Cape Cod Whalers and Rice’s Whales: Where History and Conservation Meet in the Gulf of Mexico, an evening of Marine Biology and Whale History with Tommy Tucker, a researcher and conservation-based crafter from Texas. All are welcome. Free and open to the public.

Home Media Service Delivery

In partnership with the Senior Center, we offer FREE home delivery of media, such as books, DVDs, and movies. For assistance, call (508) 240-5950 ext. 3314 or email librarydirector@eastham-ma.gov.

EASTHAM TOWN CLERK

Watch your mail 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 SAMPSON FUND: PET CPR CLASS

Saturday, February 28 • 10:00 am

VCA Pleasant Bay and the Sampson Fund for Veterinary Care are hosting a Pet CPR class led by technician supervisor, Eduardo Netto, Certified Veterinary Technician. Eduardo Netto, CVT is RECOVER certified in basic and advanced life support.

Join us for this class on Saturday, February 28 at 10:00 am. There is a suggested donation of \$20 which will be given to the Sampson Fund (www.sampsonfund.org), which provides financial assistance for critically ill or injured pets when the owners cannot afford the treatment.

Space is limited. To sign up, call or text (508) 367-0551.

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



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Current Resident Or

EASTHAM SENIOR CENTER

Open Monday – Friday, 8:30 am – 3:30 pm
 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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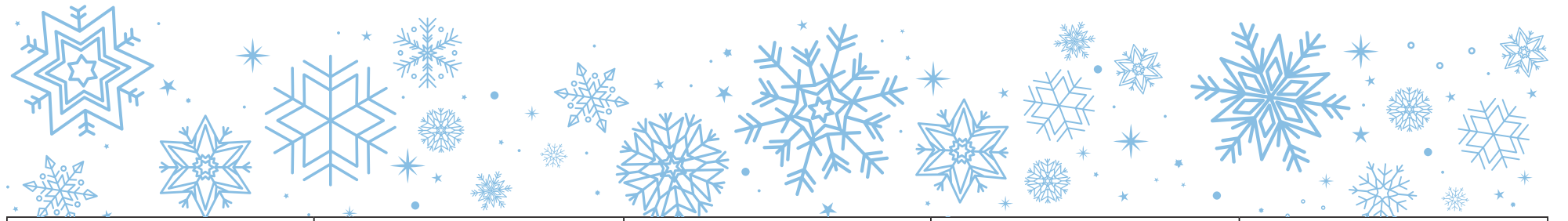
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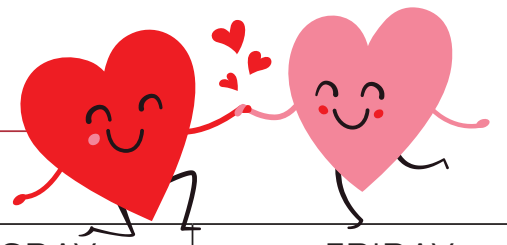
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Programs in BLUE are Hybrid programs. Attend in person or online!</p> <p>Programs in GREEN are online only; no in-person program</p> <p>Programs in ORANGE are hosted at the Eastham Public Library</p> <p>AFSC Support Groups is hosted at The Terraces, Orleans</p>			<p>HOLIDAY SENIOR CENTER CLOSED</p>	
<p>9:00 Seaside Café 5</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>11:15 Light & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Cape Cod Adventures</p> <p>12:30 Mah Jongg</p> <p>3:00 LGBTQ+ Community Coffee</p>	<p>8:45 Yoga 6</p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 New Connections</p> <p>11:15 Sit & 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 Hiking Club 7</p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:30 Ask a Nurse</p> <p>12:00 Mobile Pantry</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p>	<p>8:30 Zoom at Home Yoga 8</p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>9:30 Veterans Cafe</p> <p>10:00 LIIT Class</p> <p>10:00 Low Vision Support</p> <p>11:15 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</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 9</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Grab & Go Meals</p> <p>9:30 Brown Bag</p> <p>9:30 Chair Yoga (Library)</p> <p>12:30 Eastham COAch</p> <p>1:00 Creative Fridays</p>


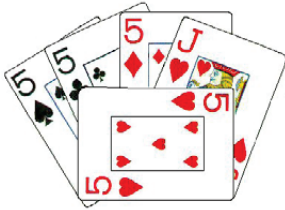
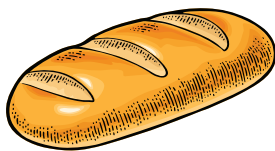

<p>9:00 Seaside Café 12</p> <p>9:45 Zoom HIIT Class</p> <p>10:00 Cribbage</p> <p>10:00 Reading Club</p> <p>11:15 Light & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>1:00 AI Technology with Russ Wilcox</p>	<p>8:45 Yoga 13</p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 History of Cape Cod</p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p> <p>5:30 Fun Night Out</p>	<p>8:30 Hiking Club 14</p> <p>8:45 Zoom HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:15 Light & Fit</p> <p>12:30 Market Basket</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support Group</p> <p>2:00 Cooking Club</p> <p>2:15 Ukulele</p>	<p>8:30 Zoom Yoga 15</p> <p>8:45 Zoom HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>9:00 Medical Bill Advocate</p> <p>10:00 Zoom LIIT Class</p> <p>10:30 Ask-A-Dietitian</p> <p>11:15 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>8:15 Zumba (Library) 16</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>11:00 80+ Group</p> <p>11:00 Managing Your Energy Bill</p> <p>12:30 Eastham COAch</p>
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<p>HOLIDAY SENIOR CENTER CLOSED</p>	<p>8:45 Yoga 20</p> <p>10:00 Dance</p> <p>10:00 Cribbage</p> <p>10:00 Baked Goods Pickup</p> <p>11:15 Sit & 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 Hiking Club 21</p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:15 Light & Fit</p> <p>12:30 Trader Joe's</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 Beginner Mat Pilates</p>	<p>8:30 Zoom Yoga 22</p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p>11:15 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</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 23</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Grab & Go</p> <p>9:30 Chair Yoga (Library)</p> <p>12:30 Eastham COAch</p> <p>1:00 Creative Fridays</p>
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<p>9:00 Seaside Café 26</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>11:15 Light & 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>8:45 Yoga 27</p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p>11:15 Sit & 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 Hiking Club 28</p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:15 Light & Fit</p> <p>12:30 Lunch with Friends</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:30 Ocean State Job Lot</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>6:15 Beginner Mat Pilates</p>	<p>8:30 Zoom Yoga 29</p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Knitters' Circle</p> <p>1:00 Whole Foods</p> <p>1:00 Your Money & Future</p>	<p>8:15 Zumba (Library) 30</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>12:30 Eastham COAch</p> <p>1:00 Movie</p>
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FEBRUARY 2026 SENIOR CENTER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Seaside Café 2 9:45 HIIT Class 10:00 Cribbage 11:15 Light & Fit 12:00 Watercolor Painting 12:30 Cape Cod Adventures 12:30 Mah Jongg 3:00 LGBTQ+ Community Coffee	8:45 Yoga 3 10:00 Dance 10:00 Baked Goods Pickup 10:00 New Connections 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Trivia Tuesday 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club 4 8:45 Zoom HIIT Class 9:30 Painting 10:00 Zoom 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 Beginner Mat Pilates	8:30 Zoom at Home Yoga 5 8:45 Zoom HIIT Class 9:00 Veterans Social Club 10:00 Zoom LIIT Class 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Master Gardener 1:00 Knitters' Circle	8:15 Zumba (Library) 6 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag 9:30 Chair Yoga (Library) 12:30 Eastham COAch 
9:00 Seaside Café 9 9:45 Zoom HIIT Class 10:00 Cribbage 10:00 Reading Club 11:15 Light & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 AI Technology with Russ Wilcox 	8:45 Yoga 10 10:00 Dance 10:00 Baked Goods Pickup 11:15 Sit & Fi 12:15 Mobile Meals 12:30 Closed Bridge 1:00 History of Cape Cod 2:00 French Club 2:30 Qi Gong 5:30 Fun Night Out 	8:30 Hiking Club 11 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 Light & Fit 12:30 Mah Jongg 12:30 Rummikub 12:30 Market Basket 1:00 AFSC Support Group 2:00 Cooking Club 2:15 Ukulele 5:15 Tai Chi 6:15 Beginner Mat Pilates	7:30 Veterans Breakfast at Fairway 12 8:30 Zoom at Home Yoga 8:45 HIIT Class 9:00 Veterans Social Club 9:30 Veterans Cafe 10:00 LIIT Class 10:00 Low Vision Support 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Creative Connections 1:00 Knitters' Circle	8:30 Tax Appointments 13 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Grab & Go Meals 9:30 Chair Yoga (Library) 12:30 Eastham COAch 1:30 Creative Fridays 

16 HOLIDAY SENIOR CENTER CLOSED 	8:45 Zoom Yoga 17 10:00 Dance 10:00 Baked Goods Pickup 10:00 Elder Lawyer 10:00 Cribbage 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Trivia Tuesday 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club 18 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 Light & Fit 12:30 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi 6:15 Beginner Mat Pilates	8:30 Zoom at Home Yoga 19 8:45 HIIT Class 9:00 Veterans Social Club 10:00 LIIT Class 10:30 Ask-A-Dietitian 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Eastham Focus Series 1:00 Knitters' Circle	8:30 Tax Appointments 20 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 11:00 80+ Group 12:30 Eastham COAch 1:00 Movie
23 HAPPY BIRTHDAY!	8:45 Yoga 24 9:30 Grab & Go Meals 10:00 Dance 10:00 Baked Goods Pickup 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Health Series 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club 25 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 Light & Fit 12:30 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 12:30 Ocean State Job Lot 1:00 AFSC Support Group 2:15 Ukulele 5:15 Tai Chi 6:15 Beginner Mat Pilates	8:30 Zoom at Home Yoga 26 8:45 HIIT Class 9:00 Veterans Social Club 9:00 Medical Bill Advocate 10:00 LIIT Class 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 ARC Hands-Only CPR 1:00 Knitters' Circle	8:30 Tax Appointments 27 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Grab & Go 9:30 Chair Yoga (Library) 12:30 Eastham COAch 1:30 Creative Fridays 

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

Programs in ORANGE are hosted at the Eastham Public Library

AFSC Support Groups is hosted at The Terraces, Orleans

Learn Pet CPR!

Join us Saturday, February 28 at 10:00 am.

See page 15 for details.

