



Windmill Whisperings

Your Guide to Active Living

News from the Eastham Center

March-April 2026

IN THIS ISSUE

- Director’s Note2
- Friends of the COA 2-3
- Getting to Know You.....3
- Art, Music & Culture 4
- Fitness..... 4-6
- COActive Annex5
- Evening Classes.....5
- Fun & Games 6-7
- Health & Wellness.....7
- LGBTQ+ 8
- Life Enrichment..... 8
- Nutrition.....8-9
- Social Programs..... 9
- Speaker Series 9-10
- Technology 10
- Veterans 10-11
- Outreach Corner News
& Resources 11-12
- Helen Peterson Puzzle.....12
- Healthy Living..... 13
- Transportation Services 14
- Town of Eastham
& Community News 15
- Contact Information..... 16
- March & April Calendars 17-18



Beautiful Artwork from Jenny Faw’s Watercolor Painting class.
Photo by Jenny Faw

Got Balance?

Looking to improve balance and coordination? Qi Gong offers gentle, low-movement for those with limited mobility, while Tai Chi provides a flowing, full-body practice for those able to move more. See pages 5 and 6 for details!

New Schedule

Just a friendly reminder to those who may just be returning from the winter. Our schedule has been refreshed to offer different opportunities. Look for the “Updated” callout in the newsletter for easy reference. See pages 4, 5, 6, and 13, as well as the March and April calendars, for details.



InterPlay

Unleash your creativity and boost brain elasticity, energy, and connection! Join Dirkje Legerstee for InterPlay. For more information see page 5.

DIRECTOR'S NOTE

Spring Into Something New!

Spring is here, and with it comes new energy, new opportunities, and new ways to connect at the Senior Center! We're excited to welcome the season with a variety of programs designed to inspire, energize, and bring our community together. There are so many things to do!

Fitness & Wellness Classes: From gentle yoga and Qi Gong to Zumba and resistance band workouts, we have something for every level of mobility and experience.

Creative Workshops: Explore your artistic side with painting, crafts, and writing workshops, perfect for sparking creativity and social connection.

Technology Help: Our hybrid programs and tech drop-in sessions make it easier than ever to stay connected, whether you join in person or online.



Special Interest Groups: Join a book club, support group, walking group, or "New Connections" meet-up to make friends and share experiences.

Spring is the perfect time to try something new, meet new friends, and enjoy all that the Eastham Senior Center has to offer. Whether you join us in person or participate virtually, we can't wait to see you!

Let's make this spring bright, active, and full of connection!

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.

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

Clean seasonal donations are accepted every Tuesday, from 10:00 am – 2:00 pm only. Please do not leave items outside the shop.

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 Eastham Council on Aging: Where Volunteers and Members Make a Difference

You may know the friendly volunteers who run the Thrift Shop at 580 Massasoit Road. It is operated entirely by the Friends of the Eastham Council on Aging, and all proceeds directly support programs at the Senior Center. Their mission is to enhance the Center's offerings through both financial and volunteer support.

The Friends help keep the Center welcoming and programs free or very affordable. They fund fitness classes, meals, social programs, medical rides, educational offerings, and many other services not covered by the Town budget. Much of this support comes from the Thrift Shop, annual donations, memorial gifts, and membership dues.

The Friends are also deeply grateful to everyone who has supported the Senior Center Food Pantry with food, gift cards, and donations. Your generosity has made a real impact. For those who are able, both time and monetary contributions are welcome.

Support Eastham seniors by becoming a member of or donating to the Friends of the Eastham Council on Aging (FECO).

By Mail:

Make checks payable to Friends of the Eastham Council on Aging (FECO)

PO Box 1203,
North Eastham, MA 02651

Online:

Donate or join at: friendsofeasthamcoa.org

In Person:

At the Senior Center, place memberships or donations in the black lockbox located by the main reception desk (envelopes available).

Payments and donations for exercise classes may be placed in the collection container or given directly to the instructor in the main hall.

Donate

Online at friendsofeasthamcoa.org/donate or scan the adjacent QR code



GETTING TO KNOW YOU

Dirkje Legerstee

By Susanne Fischer

Dirkje Legerstee aptly describes herself as a "lover of the human spirit." And her description stems from life-long encounters with both the good and bad aspects of mankind.

Born in the Netherlands, Legerstee was four years old when her parents emigrated to America, sponsored by a church in Dover, New Hampshire. Her parents were also Nazi war victims. Her father was abducted from the Netherlands, forced to work at a German munitions factory; her mother escaped when her parents were taken and then killed. The two met at the munitions factory, fell in love and escaped to Holland after fleeing from a forced march.

Throughout their ordeal, the couple were helped along by many unnamed people. Legerstee said her mother called them "Angels in Human Skin."

An artist, Legerstee has depicted her family's journey by creating a seven panel traveling art installation of photographs, documents, fabric and images. The work, shared with libraries, women's circles and galleries, explores the human capacity for both brutal violence and unfathomable compassion.

As the first person in her family to go to college, Legerstee majored in education at Keene State College, taught for seven years and then received first a Master of Divinity and second a Doctorate of Ministry, serving 30 years as a minister.

"My work was challenging and I had to prove myself, but it was an honor to walk with people through the most chilling and heartbreaking moments of their lives."

Legerstee met her husband, Steve, a scientist, at a church in Framingham, Massachusetts. Steve had ties to the Cape while Legerstee had never visited the area before meeting him. The couple moved to the Cape in 2023.



"I love to take walks and be outdoors, close to the earth, all the trails — I love the Cape that way," she said.

A member of the Eastham Senior Center, Legerstee said she enjoys attending lectures, taking painting classes and just sketching. She is also involved with many community groups.

"I have met the most interesting and vital people on the Cape," she said.

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, March 19 & April 16

• 1:00 pm • Hybrid Program

Join us monthly for Creative Connections: Art and Support! Each session begins with crafting festive, seasonal-themed projects led by a local artist, followed by expert advice from Mark Glenny, RN, and Cassie Cutting, LICSW, exploring ways to bring more stress relief and joy into your daily life. Make new friends and have fun!

Registration is required. Can't attend in person? No problem! We'll deliver art materials to local homes so you can join us virtually – just give us a call!

Call (774) 801-3151 for more information or to reserve your spot!

Freestyle Watercolor Painting

Monday, February 23 – April 27

• 12:00 pm

This 8-week watercolor class, taught by Eastham artist Jenny Faw, began on February 23 and will end on April 27 (no class March 30 and April 20). This class is currently full. The next session will begin May 4 and run through June 29 (no class on May 25). The class is 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.

Mixed Media Art Workshop with Jenny Faw

Friday, March 20 • 12–3:00 pm

Explore the freedom and play of mixed media collage in this hands-on workshop. Layer paper, paint, texture, and found materials to create expressive works of art. Bring your own collage materials and a sturdy paper or cardboard base. Jenny will provide glue, glitter, paints, collage materials, and inspiration, along with demonstrations and guidance. No experience necessary.

Limited to 15 participants on a first-come, first-served basis. Cost is \$5 for Eastham residents and \$10 for non-residents.

Registration for non-residents opens March 16. For more information, contact Jenny at jenny@jennyfaw.com.

Oil and Acrylic Painting – FREE

Joan Lockhart (www.joanlockhart.com)

Wednesday, March 4, 11, 18 &

April 8, 15, 22, 29 • 9:30 am

Join Eastham artist Joan Lockhart for a weekly art session every Wednesday! 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 is required for ALL participants, and both new and returning students must register for each NEW session. Call (774) 801-3151 to register.

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 free to Eastham seniors. Space is limited and first come, first served. Free-will donations are appreciated, and participation may be limited if demand is high.

Updated: Dance with Jenny!

Tuesdays • 10:00 am

Join Certified Fitness Instructor Jenny Hossfeld for fun, easy dance moves with great music and a light workout. Limited space. Free for Eastham residents; \$7 per class for non-residents. Free-will donations welcome. A pre-recorded class will be available on April 28.

Updated: HIIT with Wendy

Mondays • 9:45 am

Wednesdays & Thursdays • 8:45 am

HIIT blends intense work and rest intervals for cardio and strength, with Thursdays focusing on isometric exercises to support lower blood pressure. Free for Eastham residents, \$7 for non-residents, donations welcome. Live Zoom classes with Wendy: March 2, 4, 5, 9. Pre-recorded class available March 12. No class April 20.

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.

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

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

COA SPRING EVENING CLASSES

Classes meet Wednesdays, March 11–April 29 (Mat Pilates ends April 22). Cost is \$40 for Eastham residents and \$56 for non-residents. Mat Pilates is \$35 for Eastham residents and \$49 for non-residents. **Pre-registration and payment are required at least one week in advance; minimum 15 participants.** Sponsored by the Friends of the Council on Aging. To register, call (774) 801-3151.

Circuit Training with Wendy Marankis
Wednesday • 5:15 pm

A fun and efficient workout combining strength and cardio to improve endurance, balance, and overall fitness. Meets on the lower level of the Senior Center.

Tai Chi with Ritch Ryan
Wednesday • 5:15 pm

Perfect for beginners, this class features gentle movements, meditation, relaxation, and breathing techniques to support balance and well-being.

Beginner Mat Pilates with Jenny Hossfeld
Wednesday • 6:15 pm

Build strength, flexibility, posture, and balance through breath and flow work. Bring your own mat.

January 28 Tai Chi & Mat Pilates makeup classes will be held March 4.

for Eastham residents and \$5 per class for non-residents. Participate in person or from home via Zoom. Please note there is no class on the first Wednesday of each month (March 4 and April 1). No class on April 20.

Updated: LIIT with Wendy
Thursdays • 10:00 am

Low 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 live Zoom classes on March 5.

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, March 6 – April 24 • 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 March 27.

InterPlay with Dirkje Legerstee

Thursday, March 12, 19, 26 & April 2, 9, 16 • 11:00 am – 12:00 pm

InterPlay is a creative play practice like improvisation without performance. It boosts brain elasticity, energy, and connection by blending four movement patterns of shape, swing, hang and thrust with story voice and gesture into a myriad of fun forms. InterPlay is interactive and

A pre-recorded class will be available on March 12. You can join us in person at the Senior Center or via Zoom from home.

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.

continued on page 6

engaging fostering curiosity and ease rather than structure or expectation.

There are no scripts, roles, or audience. Nothing is memorized or performed. Participants are simply invited to move, share, and express themselves in ways that feel natural, comfortable, and enjoyable.

This session is led by longtime InterPlay Leader Dirkje Legerstee. For more information, visit www.interplay.org.

Zumba/Dance Class

Friday, March 6 – April 24 • 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 March 27.

Fitness

(continued from page 5)

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 live Zoom classes on March 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

Exercises done sitting and using weights. All levels welcome! Free to Eastham residents. \$5 per class for non-residents. Participate from home via Zoom.

VNA Wellness Nordic Walking Series

Fridays, April 24 – May 29

• 10:00 – 11:00 am

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

The program is led by a physical therapist and certified Nordic walking instructor from the VNA of Cape Cod, in collaboration with the Cape Cod Nordic Walking Club and the Eastham Council on Aging. Advanced registration is required. No drop ins are accepted. Nordic Walking Poles will be provided. Please contact the VNA directly to register at (508) 957-7423.



Walking Group with Jim

Thursday, March 26 & April 2, 16, 30 • 12:45 pm

Join Jim for walks on local trails and scenic routes. Enjoy gentle exercise, fresh air, and social connection.

Note: Participants must walk independently, occasionally on uneven terrain. Wear appropriate footwear. Call (774) 801-3154 for more information.

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 pre-recorded class will be offered on April 21. No Zoom Yoga on April 16.

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

Fun & Games

Creative Fridays

Friday, March 13, 27 & April 10, 24

• 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 such as flower arranging, wreath decorating, collages, card making, and more! Call to register, (774) 801-3151.

Cribbage

Mondays • 10:00 am

(holiday weeks group meets on Tuesday)

Join other Cribbage players in the Nauset Light Room every Monday. Holiday week players will meet on Tuesday, April 21.

Spelling Bee

April 10 • 11:00 am

Our Spelling Bee with combined teams of Eastham Elementary School 5th graders and Eastham Seniors



is back by popular demand! We need at least 15 volunteers to represent the Senior Center. To volunteer, please call us today at (774) 801-3151. We will even provide you with a list of words ahead of time! If you're not interested in volunteering you're still welcome to join us as an audience member and cheer for your favorite team.

Jim's Game Hour

Monday, March 30 & April 27

• 2:00 pm

Join Jim in the main hall for an afternoon of engaging games and friendly competition! Whether you love board games, card games, or simply want to socialize, everyone is welcome. Don't miss out on the laughter and fun (meets after Birthday Club)!

Mah Jongg

Mondays & Wednesdays • 12:30 – 3:30 pm

Calling all avid players. Stop by anytime for a fun afternoon of games filled with laughter and great friends! No Mah Jongg on April 20.

Rummikub

Wednesdays • 12:30 – 3:00 pm

This group meets weekly in the Nauset Light Room located downstairs at the Senior Center.



Fun & Games

(continued from page 6)

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 pages 14 & 15 for more Veterans programs.

Free-will donations appreciated.

No Cafe on April 20.

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, March 19 & April 16

• 10:30–11:30 am

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

Barnstable County Public Nurses: Free Health Screenings

Wednesday, March 4 & April 1

• 11:30 am–12:30 pm

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

Cooking Club: NEW TIME!

Wednesday, March 11 & April 8

• 2:00 pm

Join certified nutritional consultant and natural chef Heather Bailey for a hands-on class on plant-based, seasonal recipes. Each session includes a live demo, tastings, and time for questions. In March, she will prepare recipes that incorporate greens. In April, she will feature recipes on eating to improve memory. Space is limited to 12 participants. Be sure to register 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 Improvement NEW TOPICS!

Tuesday, March 24 & April 28

• 1:00 pm • Hybrid Program

Join Carol Moore Penfield, M.S. NPC, Nurse Practitioner, for this monthly series. In March, she will discuss bowel irregularities, followed by a guide to non-prescription medications in April. Attend in person at the Center or from home via Zoom. To register, call (774) 801-3151. Sponsored by the Friends of the Eastham Council on Aging.

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

Tuesday, March 10, 24 & April 14, 28

• 12:30–2:00 pm

Losing a spouse or life partner is a uniquely personal experience. 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 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, March 12 & April 9

• 10:00 am

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



An Intergenerational Performance: “Puppets Pay it Forward” with Puppets, Paul & Mary

Saturday, April 25 • 10:00 am

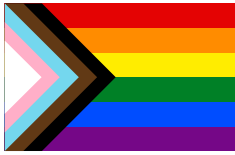
Join us for a *Musical Puppet Variety Show!* This lively and interactive performance is sure to delight audiences ages 2–100! Enjoy songs, stories, and plenty of audience participation that will keep everyone engaged and entertained.

After the show, stick around for a hands-on creative activity as we make a “Community Collage” together, a fun way to express yourself and connect with others.

Rides to the program are available through the Senior Center upon request. Please call (774) 801-3204.

continued on page 8

LGBTQ+



LGBTQ+ Community Coffee and Conversation

Monday, March 2 • 3:00 pm (Lower Level)

Monday, April 6 • 2:00 pm (Main Hall)

Join us for refreshments, friendly conversation, and seasonal fun. This monthly gathering is open to the 55+ LGBTQ+ community. No registration is needed.

March: Have some fun! Play games inspired by the *March Madness* theme. (Hint: It won't be based on basketball!). Join us for light refreshments, creative interpretations, and lots of laughs!

April: Join us for a welcoming and informative gathering with Joe Lima, President of PFLAG Cape Cod, and learn about the important work PFLAG does to support LGBTQ+ individuals, families, friends, and allies. All are welcome.

Life Enrichment

NEW! Beyond Books: A Reading Club

Monday, March 9 & April 13

• 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.

History of Cape Cod: A Lifelong Learning Series

Tuesday, March 10 & April 14 • 1:00 pm

Hybrid Program

Join us on the second Tuesday of each month for a presentation and discussion with local author and historian Michael Pregot, who specializes in Cape Cod history. His latest work, *Slavery and Abolitionism on Cape Cod*, explores the often-overlooked history of slavery in every town on the Cape. Each session includes a one-hour illustrated presentation followed by Q&A, offering a meaningful opportunity for lifelong learners to connect with Cape Cod's past.

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, 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 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, March 3, 17 &

April 7, 21 • 1:00 pm • Hybrid

Looking for a fun afternoon? Join us for Trivia Tuesdays on select dates! John will challenge your knowledge with exciting

trivia questions in a lively, interactive experience. Whether you're with us in person at the Senior Center or joining virtually via Zoom, it's sure to be a great time!

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! Offered on a first-come, first-served basis.

Brown Bag

(Pre-registration Required)

Friday, March 6 & April 3

• 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, March 13, 27 & April 10, 24

• 9:30 – 10:30 am

Stop by the Nauset Light room (lower level of the Senior Center) for a FREE delicious meal from The Family Table Collaborative (FTC), a self-sustaining nonprofit working to end hunger on Cape Cod. We are so thankful to this organization for helping provide food security to our community. These meals are offered on a first-come, first-served basis. If you are experiencing a hardship, please call Cindy Dunham at (774) 801-3153.

Mobile Food Pantry

(Pre-registration Required)

Wednesday, March 4 & April 1

• 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.

continued on page 9

THINGS TO DO

Nutrition

(continued from page 8)

Nourishing Neighbors: Grocery Pickup

Thursdays • 1:00 – 1:30 pm

Volunteers distribute donated food from a variety of grocery and market sources at the Eastham United Methodist Church, 3200 State Highway. Offered on a first-come, first-served basis.

Social Programs

Birthday Club

Monday, March 30 & April 27 • 1:00 pm

Is it your birthday month? Celebrate with us at the Center! Join us for a sweet treat and birthday fun! To RSVP or for more information, call Jim at (774) 801-3154.

After the celebration, stay for an afternoon of games at 2:00 pm.

New Connections

March 3 & April 7 • 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

March 13 & April 17 • 11:00 am

Join lively discussions and discover how amazing women aged 80 and up navigate the challenges of aging with flair! Share stories, swap tips, and support one another while tackling everyday issues. Brighten each other's days, share experiences, and enjoy the journey together!

A Fun Night Out with Wild Care!

Tuesday, April 21 • 5:30 pm

We are pleased to bring back our "Fun Night Out" program! Stephanie Ellis, Executive Director at Wild Care, will be here to present "It's a Spring Thing – Wildlife Happenings on Cape Cod!" It's Springtime. Love is in the air. Learn about spring wildlife activities taking place in your own backyard. These include salamander emergence, bird migration, owl nesting and many resident species that breed in early spring. Stephanie will also discuss what to do if you find an orphaned baby songbird, rabbit, squirrel and more.

Don't miss this informative fun talk. A light dinner will be served. Donations welcome! To register call (774) 801-3153.

Updated: Lunch with Friends

**Wednesday, March 25 & April 29
• 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.

St. Patrick's Day Luncheon

Friday, March 13 • 11:30 am

The Eastham Elementary School will perform traditional Irish music, then join us for lunch! RSVP is required by noon on Monday, March 3. There is limited capacity and reservations are offered on a first-come, first-served basis. The cost per person is just \$5. To register call, (774) 801-3151.

The We Do Not Care Club

Friday, March 6 & April 3 • 1:00 pm

Have you heard of "The We Do Not Care Club," created by Melani Sanders? It is a movement inspired by the powerful voices of peri- and postmenopausal women everywhere, driven by humor, vulnerabil-

ity, and authenticity. It celebrates women and creates space for all to finally exhale and speak their truth.

Now, we are bringing that spirit to the Eastham Senior Center and starting our own movement. Join us for a supportive, judgment-free space to connect, laugh, vent, and share real-life experiences about the physical, emotional, and social changes that come with this stage of life. Whether you are navigating hot flashes, sleep issues, brain fog, shifting relationships, or simply feeling more confident speaking your mind, you are not alone. No membership card required. Just honesty, humor, and a willingness to show up as you are.

Speaker Series

Eastham Focus Series

**Thursday, March 12 & April 9
• 1:00 pm • Hybrid Program**

In March, join Hillary H. Greenberg Lemos, Director of Health and Environment, for an introduction to **CredibleMind**, a free and anonymous mental health resource available to anyone ages 12 and up. This program will highlight how CredibleMind supports mental wellness through reliable information, confidential self checks, and links to local resources, while walking participants through the many features available to help navigate the platform with confidence.

In April, join members of the Eastham Energy and Climate Action Committee for **Climate Conversations: What Can We Do?** This program explores how climate change can feel overwhelming, yet meaningful progress is possible when individuals and communities work together. Learn how small, practical daily changes, paired with community action, can reduce greenhouse gas emissions, and help protect the Cape Cod environment we know and cherish.

To register, call (774) 801-3151. Walk-ins are welcome!

continued on page 10

Speaker Series

(continued from page 9)

Let's Talk About Tomorrow

Friday, March 27 • 11:00 am

Join representatives from the Homeless Prevention Council (HPC) for **Let's Talk About Tomorrow**, an informative session for older adults to explore and plan for long-term housing needs. This workshop provides guidance on housing options and encourages participants to work with HPC Case Managers to review possibilities for later-in-life living arrangements. HPC's early intervention and outreach help neighbors before crises, making programs like this key to preventing housing emergencies.

Master Gardener Series

Thursday, March 5 • 1:00 pm &

Thursday, April 2 • 2:00 pm

• Hybrid Program

In March, discover how your garden can become a welcoming habitat for birds! Join Master Gardener Fran Raleigh for Gardening for Birds, a fun and informative program designed for gardeners of all experience levels. Learn which plants provide food, shelter, and nesting opportunities, and how small changes in your garden can make a big difference for local bird populations.

In April, join Donelle Denery as she presents *Spring Into Gardening: Seed Starting and Garden Prep*. Participants will gain practical guidance on preparing their gardens for planting, including tips on soil preparation, selecting the right plants, and starting seeds indoors or outdoors. This workshop is designed to help you get things started with confidence and ease. Both programs available in person and online.

PFLAG Cape Cod: Allies, Friends, and Community Welcome!

Monday, April 6 • 2:00 pm

Join us for a welcoming and informative gathering with Joe Lima, President of PFLAG Cape Cod, and learn about the

incredible work PFLAG does to support LGBTQ+ individuals, families, friends, and allies.

This program is open to everyone, whether you are part of the LGBTQ+ community, an ally, a family member, or simply interested in learning more. All are welcome!

Come connect, ask questions, and discover the many resources available right here on Cape Cod. Plus, enjoy treats and sweets as we spend the afternoon building community together in a warm, supportive space.

All allies and friends are truly welcome. We hope you'll join us! Register by calling (774) 801-3151. Drop-ins welcome!

Registry of Motor Vehicles

Friday, March 20 • 11:30 am

Hybrid Program

Join Michele Ellicks, Community Outreach Coordinator for the RMV, as she covers driving topics like rule changes, Real IDs, unsafe driving signs, and possibly Disability Parking Placards. Attend in person or online.

Senior Living Simplified

Friday, April 17 • 11:30 am

Curious about senior living residences? Discover local options, explore what's available in our area, and get the information you need to make the best choice.

Your Money, Your Future: Tax Planning

Thursday, April 30 • 1:00 pm

Hybrid Program

Join Trey Shelton, MBA, Financial Advisor for an informative program on **Tax Planning for Seniors**. With tax season just wrapping up, get a jump start on next year. Learn helpful tips to plan for the year ahead!

Please note: This program is for informational and educational purposes only and does not provide financial advice or individualized financial guidance. The Eastham Council on Aging does not endorse any specific financial products, services, or providers.

Technology

NEW! Artificial Intelligence (AI) Workshops with Russ Wilcox

Monday, March 16 & April 13

• 1:00 pm • Hybrid Program

Explore the World of AI! Join AI expert and TED speaker Russ Wilcox for this engaging and informative program.

In March, he will present on The U.S.-China AI Race (from the U.S. perspective). In April, he will cover Making Sense of Government Forms with AI.

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.

YouTube Workshop with John

March 23 & April 6 • 1:00 pm

Join John for this two-part workshop and learn how to navigate YouTube like a pro! Discover how to watch Town podcasts, Council on Aging videos, and other online resources with ease. Perfect for beginners or anyone looking to get more comfortable with online videos. Registration required.

Veterans

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

Veterans Rendezvous Cafe

Thursday, March 12 & April 9

• 9:30 am

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

continued on page 11

Veterans

(continued from page 10)

Veterans Social Club

Thursdays • 9:00 am

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

Veterans Mobile Food Pantry

at the Orleans-Eastham Elks

Tuesday, March 10, 24 & April 14, 28

• 10:00 am – 1:00 pm

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

Veterans' Agent

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



OUTREACH CORNER NEWS

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

We're Ready for Spring!

Winter is behind us! Spring officially starts on March 20, and each day we are enjoying a little more daylight. Slowly, we feel more warmth and the sense of new beginnings. We may begin seeing signs of new life, such as new hatchlings and buds bursting on the trees, a promise of spring awakening.

This sense of newness can inspire us to get out and perhaps start a new routine at the Senior Center. Move a muscle, change a thought! We have programs and offerings for everyone, listed below and throughout the newsletter. Come join us and try something new!

OUTREACH RESOURCES

AARP TaxAide

The AARP Tax Aide Program offers free tax help for low- and moderate-income residents on Fridays through April 10 at the Center. Appointments start at 8:30 am and use a drop-off system. Call (774) 801-3151 to schedule. No walk-ins. First-come, first-served. No tax services on Friday, March 13.

Alzheimer's Family Support Center Caregiver Support

The Terraces Orleans

2nd & 4th Wednesdays (March 11, 25 &

April 8, 22) • 1:00 – 2:30 pm

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

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.

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-per-

ishables, 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 Thursdays (2 – 4 pm). No appointment needed.

Elder Law Attorney

Tuesday, April 21 • 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. Share a cup of coffee, play a game, take a walk, or simply enjoy a conversation.

continued on page 12

We also offer virtual visits for those unable to meet in person, including video calls, reading together, or just chatting. To volunteer or learn more, 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.

Homeless Prevention Council (HPC)

Tuesday, March 31 & April 28
• 10:00 am – 12:00 pm

Meet with a Homeless Prevention Council case manager by appointment only to learn how HPC can help with everyday challenges. To schedule an appointment call (774) 801-3151.

Medical Equipment Loans

The Center offers free donated durable medical equipment, including wheel-chairs, walkers, rollators, canes, shower chairs, transfer chairs, knee scooters, and benches. Equipment is loaned to residents on a first-come, first-served basis for as long as needed. We accept some new or gently used, cleaned donations, but cannot

repair damaged items. All donations are reviewed by staff.

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.

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.

SHINE News

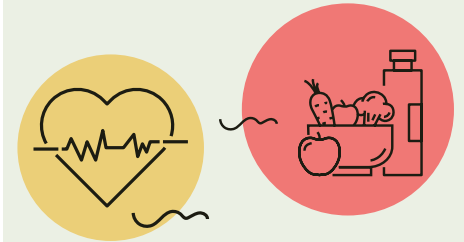
Missed Medicare Open Enrollment? You have options if you're already in a Medicare Advantage Plan. You have until March 31 to make changes. SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. They can also look to see if you qualify for any assistance programs to help alleviate some of the out-of-pocket expenses. For help, please call SHINE at (508) 375-6762 or for an in-person appointment offered on select days at the Center call (774) 801-3151.

SAVE THE DATE

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

Friday, May 8

**at the Eastham/Orleans Elks
from 10:00 am – 1:00 pm**



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.



Weather Report

“Oh, Dear!” says the ant as the rain _ _ _ _ the grass.

The worm, who loves the rain, says “This, too, shall, pass.

Don’t _ _ _ _ about it. The cloud has gone by.

And the sky in the _ _ _ _ says you soon will be dry”

**Answers to last issue’s
Puzzle, “Happy New Year!”**

Perform a good deed. Start a healthy diet. De-clutter and edit the things you don’t need. Hear the tide at the beach and enjoy the quiet.

Congratulations to puzzle solvers Henriette Camp and Sue Ellen Raphaelson!

Cooking at Home

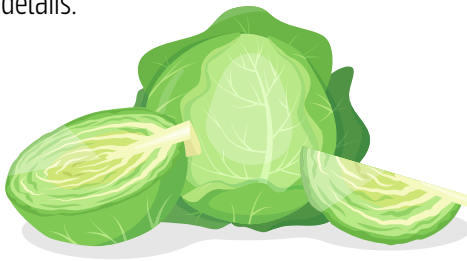
Heather Bailey,
The Optimal Kitchen

Email: theoptimalkitchen@comcast.net

Spring is here and summer is on its way! Spring is all about greens – the earth waking up and fresh shoots popping up. It's the perfect time to plant cold-weather greens like kale, Swiss chard, and arugula, ready to harvest in just a few weeks.

Cabbage is often overlooked but is packed with plant compounds that boost the immune system and help fight infections. It stores well and is delicious in slaws, stuffed leaves, sautéed with garlic and olive oil, or in soups. March is the ideal time to try cabbage as it's often available and on sale.

Join us at our monthly Cooking Club to explore healthy recipes. See page 7 for details.



Community & Motivation

Wendy Marinakis

Staying motivated to work out can sometimes be challenging. Finding a community of people who share your goals can make all the difference in your motivation and health and fitness goals. When I look out at my classes and see everyone smiling and exercising together, I see the power of community. The Eastham COA is a wonderful community that boosts wellness for many seniors. Community boosts motivation because seeing others working hard keeps you going, even on tough days. It's more fun working out with friends and you're more likely to stick to it when your friends are expecting you. The energy is contagious. Join a class and experience the benefits yourself.

Fitness in a Hurry

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

A fitness routine does not have to take a lot of time. Health benefits can accrue in just 30 minutes or 3 bouts of exercise that last 10 minutes. Exercise can increase energy levels, help relieve stress and elevate mood.

What keeps the average American from doing regular exercise? Time.

Lack of time is the most reported reason for dropout. Researchers believe that this reason is usually based on the exercisers' rationalizations. Not "having enough time" provides an acceptable excuse to avoid accountability.

A second factor that affects faithfulness to a fitness plan is the length of the workout. The longer the duration of an exercise program, the higher rate of discontinuation.

Thirdly, people who exercise alone tend to stop exercising earlier. Participating in a small exercise group has shown to improve adherence.

Taking a regularly scheduled class will increase the success rate for adopting or maintaining a consistent fitness routine. A busy person should consider committing to only the first half of a class or trying a beginner level stretch class. Adherence occurs when exercise becomes scheduled during the course of the day, rather than requiring a decision that is weighed against other time-consuming activities.

Establishing a routine induces regular exercise adherence. Don't forget that the health benefits occur in just 10 minutes. Set your alarm and get up and walk for 10 minutes every 2 hours during the day. Choose something and start today!



The Science Behind Yoga

Janet Betty, E-RYT, YACEP, BLS

While there are countless benefits to any type of exercise, studies have shown that seniors who practice yoga experience greater improvements in regulating feelings of anger and anxiety, as well as an increase to one's sense of overall well-being, than those in an exercise control group.

In yoga, you coordinate movement with your breath, which regulates your autonomic nervous system, stimulating vagal tone.

When practiced mindfully, yoga helps to: lower heart rate and blood pressure, reduce inflammatory markers, enhance emotional resilience, retrain the brain/body connection encouraging bottom-up regulation (signaling safety to the brain), as well as top-down awareness (reframing how you interpret emotional stimuli).

The nervous system is much more than just a biological system, it is a "bridge" between body, mind and Self. How you breathe, move and focus your mind directly affects your internal state. *"Yoga is the journey of the self, through the self, to the self."* – Bhagavad Gita

Yoga = more bliss within!



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 to reserve your spot.

Participants must shop and move independently. Care partners are welcome, and a caregiver may be required for some individuals. RSVP required.

Eastham COACH

Fridays • 9:00 am or 12:30 pm
Thursday, March 19 & April 9, 23
• 12:45 pm

Join us on the Eastham COACH for trips to Orleans. On Fridays, we go to Stop & Shop at 9:00 am or Shaw's at 12:30 pm, with about one hour for independent shopping. On select Thursdays, local rides to Orleans are available for necessary services. RSVP required.

Cape Cod Adventures with Jim

Monday, March 2 & April 6
• 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, March 11 & April 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, March 9, 23, & April 13

Wednesday, April 22 • 12:30 pm

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

Trader Joe's

Wednesday, March 18 & April 15 • 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

Climate vulnerability is an important issue shared by the Eastham community and all of Cape Cod. Over the past months, the town of Eastham has been developing a Climate Action Plan towards the goal of preserving our extraordinary natural environment and building a more resilient future for the community. The Plan incorporates Inputs from all members of the Eastham community, including the



COA. You are invited to participate in the 30-day public comment period for the Plan; links for viewing and commenting are posted on the Town website.

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 TOWN CLERK

Just a reminder that the census and dog registrations are due. For those looking for a low-cost rabies vaccine for their dogs, the Eastham Veterinary Hospital and the Eastham Health Department will be holding a rabies clinic in March or April. More details will be announced on the town website.

April 20, 2026 is the last day to register to vote for the Annual Town Meeting on May 4, 2026, and the Annual Town Election on May 19, 2026. Voting for the Annual Town Meeting must be done in person. However, you may request a mail-in ballot for the Annual Town Election.

The Town Clerk’s Office is now open until 5:00 pm on Wednesdays to better serve residents. If you are seeking vital records,

EASTHAM PUBLIC LIBRARY

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

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.

Library Programs

Seed Swap

Tuesday, March 10 • 6:00 pm

Share and trade seeds!

Tick Talk with Escher Cattle

Tuesday, March 17 • 6:00 pm

An informational talk about ticks.

Trivia Night at the Library

Tuesday, April 14 • 6:00 pm

Teams of up to six are invited to play for prizes!

Spring Open Mic Night

Tuesday April 21 • 6:00 pm

Sign up for one of the 12, six-minute slots open for performers.



including birth, death, or marriage certificates, please feel free to call ahead and we can have these ready for you.

We have also installed a new drop box in front of the Town Hall entrance for census forms, dog registrations, and mail-in ballots.

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

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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