



EASTHAM SENIOR CENTER WINDMILL WHISPERINGS

“Grist for Thought”

May-June 2019 Issue



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DIRECTOR'S CORNER

Hello Friends,

Finally, summer is here! June 21st is the official start of summer, but first, in May, we will kick things off with *Older American's Month*! This year's theme is, *connect, create and contribute*.

The Eastham Senior Center staff and its volunteers are supporting this initiative through the contribution of ideas to create new and to expand existing offerings to our community.

Volunteers will offer their talents to connect with members and create new experiences. Programs include a performing arts workshop, nature and bird hike, Captain Penniman House tour, biking, hiking, and Apple device assistance.

Our staff will continue to work to meet the needs of our ambulatory and non-ambulatory Eastham members by connecting them to services that meet their transportation needs.

Beginning in May, we will expand our transportation service to include the National Cemetery in Bourne. After July 1, we will expand our medical transportation service with the addition of a vehicle. With the expansion of these services, there will also be a change to medical transportation fees (see enclosed rate sheet).

We are excited to be able to offer more services and programs. We are always open to ideas and suggestions. So please let us know how we can serve you better. Wishing you all a happy start to your summer!

Sincerely,

Dorothy Burritt

Dorothy Burritt, Director

UPCOMING PROGRAMS

RSVP REQUIRED, 508.255.6164

FENWAY PARK BASEBALL GAME

WEDNESDAY, MAY 1 1:05 PM GAME TIME

Join us for a game on Wednesday, May 1st 1:05 pm (Red Sox vs. Oakland Athletics). Limited space available. First-come, first-served. The cost is \$70. Call ASAP!

VOLUNTEER RECOGNITION LUNCHEON

FRIDAY, MAY 3 10:30 AM

The Volunteer Recognition Luncheon will be on Friday, May 3rd at the Eastham Senior Center. The event begins at 10:30 am with the FECOA's annual meeting. The Nauset Honors Choir, directed by Tom Faris, will perform and Van Rensselaer's will cater lunch. We will honor new Fort Knox members (let us know if you've been married over 50 years)! Please RSVP to, 508.255.6164. *If you RSVP and do not attend, you will be expected to pay for the meal.*

FREE~EXERCISE DEMONSTRATION

MONDAY, MAY 6 11:00 AM

Join us for our regular "Sit & Be Fit" class with a twist! It will begin with a *FREE* demonstration of "Dance for Joy" (a nationally recognized program that was featured in the *New York Times*!). The class is designed to focus on balance and movement, and ideal for those with mobility concerns. Bring a friend or care partner!

NEW~PERFORMING ARTS WORKSHOP

TUESDAY, MAY 7 / JUNE 11 2:00 PM

Do you write poetry? Sing? Act? Play an instrument? Bill Salem has offered to run a performing arts workshop to support and offer a creative outlet for your talents. To sign up, call 508.255.6164.

NATURE AND BIRD HIKE!

MAY 10 8:45 AM

(RAIN DATE: FRIDAY, MAY 17)

Join Jean Ehret, local naturalist and former Audubon bird walk guide. Hikers should easily walk the Fort Hill trails. Please wear suitable attire, bring a cell phone, water, bug spray and binoculars. Meet at the COA at 8:15 am or at Fort Hill (lower lot) by 8:30 am.*

ANNUAL VOLUNTEER
APPRECIATION LUNCHEON

Friday, May 3rd at 10:30 AM
RSVP to 508.255.6164



Friday, May 10th
10:00 AM – 1:00 PM



MORE UPCOMING PROGRAMS ~ RSVP REQUIRED, 508.255.6164

FREE EXERCISE CLASS 9:30 AM

WEDNESDAY, MAY 1, 22 / JUNE 5

Join us on the 1st and 4th Wednesdays of every month for "Dance for Joy," a *FREE* exercise program designed to focus on balance and movement – ideal for those with mobility concerns. This class is nationally recognized and was featured in the *New York Times*! Bring a friend or care partner.*

TAI CHI FOR BETTER BALANCE

MONDAYS 3:00 PM

Learn weight shifting, breathing and forms as well as therapeutic balance exercise to promote strength and fall prevention through Tai Ji Quan. This 8-week class is free to Eastham residents, and \$30 for non-residents (10 person minimum required). Class began Monday, April 22nd and runs through June 24th (no class Monday, May 13th or Monday, May 27th). Pre-register with Amy at the VNA, 508.957.7423.*

WALKING CLUB

MAY 7 / JUNE 4 8:30 AM

Join us for a walk on the 1st Tuesday of the month! Participants should easily walk local trails. Hikers should wear suitable attire and bring water. Meet at the COA at 8:30 am. RSVP required.*

BIKE IT OUT!

MAY 14 / JUNE 11 8:30 AM

Join us for a scenic bike ride on the Cape Cod Rail Trail, followed by lunch. Bikers should have their own bike and ride with ease. Participants should wear suitable attire and bring water. RSVP required.*

ORLEANS/EASTHAM ELKS NEWS

SUNDAY, MAY 26 / JUNE 9

On May 26th Lodge members will host a *FREE* breakfast for all Veterans. Adult civilians pay \$7, children under 10 eat free. On June 9th they will host a Flag Day ceremony at the Field of Dreams (behind Town Hall). Call for information, 508.255.4258.

TWO PROGRAMS: AARP FRAUD WATCH AND ORGANIC GARDENING!

FRIDAY, MAY 17 11:00 AM

Fran Lautenberger will present the most-up-to-date methods to protect yourself from fraud and identity theft. Followed by a *FREE* lunch (catered by Maplewood at Brewster) and an **organic gardening program hosted by Naturalist, John Root!**

**Consult a physician before beginning any new exercise routine. Voluntary participation releases any liability to the Town of Eastham, Eastham Council on Aging, Friends of the Eastham Council on Aging and any of its affiliates.*

CAPTAIN PENNIMAN HOUSE TOUR

MONDAY, MAY 20 11:00 AM

Our very own George Reinhardt will give a *FREE* tour of the Captain Penniman House, on Monday, May 20th. The tour will begin at 11:00 am and is about 45 minutes long. Meet at the COA at 10:30 am for the shuttle or at the site by 10:45 am (parking available across the way in the lower lot of Fort Hill).

NATIONAL CEMETERY VISIT

WEDNESDAY, MAY 29 8:30 AM

In honor of Memorial Day and our Veterans, we will offer a *FREE* ride to the Massachusetts National Cemetery in Bourne. This will be an all-day outing with planned stops.

NEW-APPLE DEVICE SUPPORT!

FRIDAY, JUNE 7 11:00 AM

Susan Scribner has graciously offered to volunteer her time to help with Apple devices! Please bring your questions along with your fully charged device. When registering, please confirm what device you will bring and how we can help!

COOKOUT AND ICE CREAM SOCIAL!

JUNE 5 5:00 PM

We are collaborating with the Cape Cod Children's Place, the Eastham Fire and Police Departments, the Orleans/Eastham Elks Lodge and other community partners to host a *FREE* multigenerational ice cream social. The event begins at the Elks at 5:00 pm with *FREE* hot dogs and a performance by Cape Harmony (Cape Cod's premiere a cappella group, comprised of 10 talented young women from all over the nation). Ice cream served following the performance. RSVP required by Wednesday, May 2nd to 508.255.6164.

HERITAGE MUSEUM AND GARDENS

WEDNESDAY, JUNE 5 8:30 AM

We will offer a shuttle to the Heritage Museums & Gardens in historic Sandwich. The flowers should be in full bloom! The roundtrip cost is \$10 per person. Entrance fees and lunch are not included. This will be an all-day outing with planned stops. RSVP required, 508.255.6164.

AARP HomeFit

FRIDAY, JUNE 7 11:00 AM

Join Andrea Cordis as she presents tools you need to create a "lifelong home," complete resources and a must for anyone planning to age in their own home.

RETIREMENT 101!

THURSDAY, JUNE 13 3:00 PM

Join us for a *FREE* workshop on Medicare and Social Security benefits, led by Tracey Benson, SHINE Program Manager and Delia De Mello, Social Security Public Affairs Specialist. This program will provide information about benefits, when you are eligible and help on how to apply.

MONTHLY OFFERINGS ~ PLEASE RSVP TO 508.255.6164

FILM & FOOD SERIES AT THE LIBRARY

EVERY OTHER WEDNESDAY 3:00-5:00 PM

Join us at the Eastham Public Library! Heather Bailey, from Optimal Kitchen, will prepare foods from different regions for you to taste as you enjoy a themed-movie (*movie titles subject to change*). RSVP required one week prior to 508.255.6164.

May 8: Indian *Life of Pi*
May 22: Caribbean *Casino Royale*
June 5: Local Vegetable *A Wrinkle in Time*

COOKING CLUB 9:00 AM

(No class July or August. Class will resume in September).

Cost is just \$5 per class!

WEDNESDAY, MAY 8 FLAVORS OF SPRING

As the weather changes so do our tastes. Soups and stews change to salads and salsas. Learn to embrace these flavors in new ways!

WEDNESDAY, JUNE 5 FLAVORS OF SUMMER

Embrace the flavors of summer! Learn all about what foods grow locally (on Cape Cod), and how to use them to feed yourself and all summer visitors in easy and affordable ways.

CREATIVE CARD MAKING

TUESDAY, MAY 7, 21 / JUNE 4, 18 10:30 AM

Join Joanne Irish for creative card making! A new theme is presented each week. Each class costs \$5 (includes all materials). No classes in July or August. Class will resume on September 10th.

FAMILY CAREGIVER SUPPORT

WEDNESDAY, MAY 1, 15 / JUNE 5, 19 10:00 AM

We are excited to collaborate with Elder Services of Cape Cod and the Islands, to offer a Family Caregiver Support Group, led by Cecilie Brown, LSW. No matter the obstacle one is facing, this group will focus on best practices and support the caregiver. To register call, 508.394.4630 x451.

ALZHEIMER'S CAREGIVER GROUP

THURSDAY, MAY 2, 16 / JUNE 6, 20 10:30 AM

Facilitated by Molly Perdue from the Alzheimer's Family Support Center of Cape Cod (AFSCCC). This group provides support to caregivers to help them care for their loved ones diagnosed with Alzheimer's/Dementia. New participants are always welcome to attend. Please join us! For more information call, 508.896.5170.

AFSCCC FAMILY SUPPORT CHOIR

WEDNESDAY, MAY 8, 15 / JUNE 12 9:45 AM

Join Brianna LePage, Eastham Elementary and the AFSCCC, for this choir that focuses on people with cognitive impairment. This year's final concert is June 12th. Please join us! The choir runs through the summer without the children; they rejoin in the fall. Thank you to our community partners for supporting this program.

EASTHAM COACH (suggested \$2 donation)

Take a ride on the Eastham COAch! We offer trips to the grocery store (every Tuesday); Trader Joe's (3rd Tuesday) and locally to the library, pharmacy, bank, etc... (4th Tuesday). RSVP required at least one week prior to, 508.255.6164.

MONDAY

RUG HOOKING 9:30 AM

Bring your project and join us for rug hooking!

MAH JONGG 12:30 PM

Calling all avid players – join our fun group!

YARN & QUILT CLUB 1:00 PM

Knit, crochet or quilt with friends!

TUESDAY

CARD MAKING 10:30 AM

MAY 7, 21 / JUNE 4, 18

Enjoy a new theme each week! Just \$5 per class.

ELDER LAW ATTORNEY 12:30 PM

JUNE 25 (by appointment only)

PERFORMING ARTS WORKSHOP

MAY 8 / JUNE 12 2:00 PM

WEDNESDAY

ESCCI FAMILY CAREGIVER 10:00 AM

Led by Cecilie Brown, LSW.

COOKING CLUB 9:00 AM

MAY 8 / JUNE 5

MAH JONGG 12:30 PM

THURSDAY

AFSCCC CAREGIVER 1:00 PM

Led by Molly Perdue from AFSCCC.

COMPUTER CLASSES 1:00 PM

Call ahead for computer class availability.

OPEN BRIDGE 12:30 PM

Are you an experienced player? Join us anytime!

SHINE COUNSELOR 8:30 AM

MAY 20 / JUNE 17

SIGHT LOSS ~ LIBRARY 10:00 AM

MAY 9 / JUNE 13

Sight loss support group! RSVP, 508.394.3904.

FRIDAY

LADIES' COFFEE 9:00 AM

MAY 10 / JUNE 7

MEN'S COFFEE 9:00 AM

MAY 31 / JUNE 28

RUMMIKUB 1:00 PM

APPLE SUPPORT CLASS 11:00 AM

JUNE 7

HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each has the same four letters in different order.

TAKE ME OUT TO THE BALLGAME

May Day is the date of the annual trip to Fenway Park for a baseball game where the ____ meets the West!

The game time is 1:05 PM, so all should be home before dark.

Some of the players may have a lot of zest!

A fan may be on the edge of their ____ or jump to their feet to cheer that their favorite team isn't beat!

While another fan is still and just ____

peanuts and cracker jacks, even if their team has a defeat.

No matter what, most would agree,

America's favorite pastime is a great thing to see!

MARDI GRAS

Last issue's puzzle answers: In 1699, French voyagers were streaming over International waters in search of new land./ They set out to explore the world, dreaming of exciting journeys beyond the ocean and sand./ Mastering the course the sailors set, land was spotted and named Point du Mardi Gras./ To celebrate, they had a party with natives they met./ The emigrants followed and set their own law, and years later that party is now called Mardi Gras!/ Congratulations to Bill Opel and Jean Snow who provided the correct answers to the Mardi Gras puzzle!

OUTREACH CORNER NEWS

Cindy Dunham LPN, 508.240.2327

As most of us know, March may be the advent of spring, but truly, we know, its grand entrance is the month of May! Look around and see the signs of renewal that seem to arrive with magnificent shades of yellow, violet, pinks, and reds! The leaves are coming out and the trees seem alive once again! Nature's sounds surround us, the alluring song of the birds, the chorus of the peepers in our nearby ponds and swampy areas. The Earth has awoken again!

Hoping that you all get a chance to venture out and enjoy the beauty we all cherish here on Cape Cod. Wishing you all health and happiness in the coming days.

As Spring is an awakening, we must follow suit and look at the possibilities that address our safety and wellness. With knowledge and a little help, we may be able to successfully "age in place" in our own homes. There are many programs offered which speak to this, learn about them at our Health Fair on Friday, May 10th!

We can help! Call for an appointment to apply for benefit programs (such as Supplemental Nutrition Assistance Program). Call Cindy at 508.240.2327.

Calling all volunteers! You are needed, more than you think! There is always a variety of things one could do to lift the spirits of your "neighbor"! Visit a homebound person, bring them a snack to share, play a game, engage them in a hobby! Maybe they can go out, if you are able, take them for a drive. Possibilities abound!

We welcome volunteers at the Senior Center as well as at *The Gathering Place*. Think about it, and see where you feel that you fit in! We'll be excited to have you on board!

OUTREACH PROGRAMS

PLEASE RSVP TO 508.255.6164

12TH ANNUAL HEALTH FAIR

MAY 10

10:00 AM – 1:00 PM

Come one; come all to our annual Health Fair! As always you are sure to gain some insight on healthy living, devices you can use to enhance your quality of life, interact with the community health nurses, and so much more! There will be lunch and door prizes, as well! Come & have fun!

NEW TECHNOLOGY FROM BCSO!

MAY 24

11:00 AM

Learn how the Barnstable County Sheriff's Office (BCSO) is using the latest advances in technology to investigate, track down, and apprehend criminal offenders. This program will be presented by Joseph Gordon, Emergency Management Director from the BCSO.

UNLOCKING MEMORY

JUNE 21

11:00 AM

Learn how to unlock memory in people with memory impairment. This wonderful program is brought to us by Maureen Bradley, LPN.

MONTHLY OFFERINGS

BROWN BAG FOOD PROGRAM

MAY 3 / JUNE 7

11:00 AM

The "Brown Bag" food program offers fresh vegetables, meats, eggs, and other items to those in need. To register, call Cindy at 508.240.2327.*

MOBILE FOOD PANTRY AND ASK A PUBLIC NURSE

MAY 1 / JUNE 5

12:30 PM

The Mobile Food Pantry and 'Ask a Public Nurse' program is available every 1st Wednesday of the month. Choose food items you need such as vegetables, dairy, grains, meats and more. Preregistration required, call 508.240.2327.*

**We will deliver food to the homebound!*

WICKED GOOD LUNCH & BINGO

12:00 PM LUNCH 12:30 PM BINGO

MAY 22: Baked ham, potatoes and vegetable

JUNE 19: Rollup Sandwiches, salad and fruit

Join us after "Sit & Be Fit"! For \$5 enjoy an entrée, dessert and beverage, followed by bingo. RSVP to 508.255.6164.

NOTARY AND BLOOD PRESSURE

Call ahead for blood pressure checks and/or Notary services 508.240.2327.

SUPPORT SERVICES

NAUSET NEIGHBORS

This group helps seniors stay in their homes and active in the community. For information please call 508.514.7067.

COUNSELING SERVICES

MAY 6 / JUNE 3 9:00-11:00 AM

Nancy Higgins, LICSW offers confidential counseling. Appointments are available. Try a *FREE* session with no obligation. If you wish to continue, services are insurance billable. For an appointment, please call 508.255.6164.

VETERANS OFFICER

MAY 22 / JUNE 19 9:00 AM-12:00 PM

Shawney Carroll, Veteran Services Officer, is available to help veterans and their spouses with available services. No appointment needed. Just stop by between the hours of 9:00 am – 12:00 pm.

FECOIA

WHERE DO YOU COME IN?

Very briefly, the FECOA (Friends of the Eastham Council on Aging) provides help to the Council on Aging (a Town Department whose budget is voted on by the taxpayers). For extra expenses not allocated in the budget, the FECOA provides manpower or funds to help with the shortfall.

WHAT IS NEEDED FROM YOU?

The FECOA needs both volunteers and funding. Anyone of any age can become a dues paying member (membership form on page 7). Or you may choose to make a tax-deductible donation or volunteer to help.

THRIFT SHOP / POP-UP SHOP

The FECOA Thrift Shop is open! The shop is an integral part of raising revenue to help support programming at the Senior Center. **The Thrift Shop is in need of volunteers.** To help, please call 508.255.6164. Also, stop by the Senior Center for the FECOA “Pop-up Shop.”

AMAZON SMILE!

Choose the “Friends of the Eastham Council on Aging” as your charity to donate 0.5% of a sale at no cost to you.

MATCHING GIFT DONATIONS

Many companies offer a matching gift program. Please explore if former employers, children’s or grandchildren’s companies offer this type of matching gift program to donate to the FECOA. We thank you!

VOLUNTEER CORNER

We are always looking for volunteers! Call us to sign up. Right now, we really need help with our **Newsletter Mailing, Volunteer Greeter Program, and front desk coverage!** We have also started an Events Committee, and are looking for people to help plan and execute programs! To volunteer please call us at 508.255.6164.

TOWN OFFERINGS

EASTHAM FIRE DEPARTMENT, 508.255.2324

The Eastham Fire Department is here to help seniors in need with any of the following:

- Perform a home safety visit (call ahead).
- Request a Lockbox for your home. Your key is placed inside the Lockbox. In case of an emergency, the Fire and Rescue Team can access your home. There is a small fee for a Lockbox.
- Change batteries in smoke detectors.
- Put up house numbers so that emergency vehicles can locate your home easily (must be pre-purchased and at least four inches in size).

EASTHAM POLICE DEPARTMENT, 508.255.0551

CAR SEAT INSTALLATION

Sergeant Josh Adams and Officer Andi Williams of the Eastham Police Department are certified Child Passenger Safety (CPS) Technicians. Both have completed an extensive course that certified them in installing child car seats and restraints. Child safety seats save lives. Help ensure your grandchild is safe in your vehicle! To schedule an appointment send an email to jadams@eastham-ma.gov or awilliams@eastham-ma.gov or call 508.255.0551. Sergeant Adams and Officer Williams are available to:

- Properly install/check previously installed car seats.
- Check for expirations on car seats.
- Check for product recalls due to product defects.
- Supply information on what car seat/restraint system best fits the child, and that s/he is in the seat properly.
- Provide educational support to caregiver to confidently install and reinstall seats on their own.

EASTHAM PUBLIC LIBRARY, 508.240.5950

The library is located at 190 Samoset Road. Rides are available through the library. Call for more information or log onto www.easthamlibrary.org.

PLANNING AND ZONING

A meeting will be held on May 20th at 6:00 pm at the Eastham Public Library to discuss Eastham’s Five Year Strategic Plan. For more information, www.eastham-ma.gov/strategic-planning-committee. All residents are welcome to attend. If you need a ride, call the Senior Center.

EASTHAM RECREATION & BEACH, 508.240.5974

We know that many of you grandparents are very active in your grandchildren’s lives. The Field of Dreams has a great playground, and recreation has many offerings for all ages. For more information, call 508.240.5974.

EASTHAM TOWN HALL, 508.240.5900

The Annual Town Meeting will be held on Monday, May 6th at Nauset Regional High School at 7:00 pm. The Annual Town Election is Tuesday, May 21st from 7:00 am – 8:00 pm at Town Hall. If you need a ride, please call the Senior Center ahead of time.

OTHER USEFUL INFORMATION

SCAM WARNING

Watch out for scam phone calls claiming to be the Social Security Office (SSA) or the IRS!

THE IRS WILL NOT:

- Call you if you owe taxes without first sending you a bill in the mail.
- Demand that you pay taxes and not allow you to question or appeal the amount.
- Require that you pay taxes a certain way over the phone with a debit or credit card.
- Threaten to bring in police or other agencies to arrest you for not paying.

THE SSA WILL NOT:

- Call you, they will send a letter.
- Real SSA employees will never threaten you to get personal information. They also won't promise to increase your benefits in exchange for information. If they do, it's a scam.
- If you get a call, please report it. If someone calls, claiming to be from SSA and asking for information such as your Social Security number, report it to the SSA's Office of the Inspector General at 800-269-0271.

TURNING 65? THINGS TO DO!

- If 1954 is your birth year, you will be 65 this year and that means you are eligible for Medicare (if you, or your spouse has worked under Social Security). If you are not collecting Social Security at this time, you must notify Social Security three months prior to your birthday to sign up for Medicare (visit www.ssa.gov or call 866.467.0440). If you are employed and covered under an employer plan, you still need to sign up for Medicare Part A (free).
- File a Declaration of Homestead for your primary residence. Upon filing, your home is protected against attachment, levy on execution or sale to satisfy debts to the extent of \$500,000 if single or \$1,000,000 if married and over 62.
- Be sure that you have a will and a durable power of attorney. The power of attorney should include a guardianship and a conservatorship clause.
- Health Care Proxy and HIPAA Authorization forms are available in the office. Every person over the age of 18 should execute these forms.
- The Senior Center has a SHINE counselor available (by appointment) to help navigate Medicare choices. Call 508.255.6164.

SENIOR CENTER MEDICAL APPOINTMENT TRANSPORTATION PROGRAM



Our goal is to provide safe and affordable door-to-door/round-trip transportation to medical appointments. Please call us at least one week prior to schedule your medical appointment ride. Whether the ride is provided by volunteers, or our paid drivers, we follow the below minimum payment schedule (new fees effective July 1, 2019). However, for those that may afford a little more, to help fund the program, we appreciate donations. If you experience a hardship paying a fee, please contact the Senior Center, 508.255.6164.

NEW FEES AS OF JULY 1, 2019

Eastham	\$5
Brewster Line/Orleans/Wellfleet	\$10
Brewster/Harwich	\$10
Chatham/Dennis/Truro/Provincetown	\$15
Hyannis/Centerville/Yarmouth	\$20
Sandwich/Mashpee/Bourne	\$35
Wareham/Plymouth	\$45
Falmouth/Duxbury/Weymouth/New Bedford	\$50
Boston/Providence/Waltham	\$75

ALTERNATE TRANSPORTATION OPTIONS

BOSTON HOSPITAL TRANSPORTATION

Enjoy a safe and comfortable ride from Cape Cod DIRECT to Boston hospitals on a wheelchair accessible van. Reservations are required and must be made by 11:00 am at least one day prior, and up to one month in advance. Rides are available Monday–Wednesday, Friday (no Thursdays or holidays). Appointment time must fall between the hours of 10 am – 2 pm. A fare is charged. To book your reservation please call 800.352.7155. The Senior Center provides rides to/from the pickup/dropoff location (located at the Eastham Superette).

ROAD TO RECOVERY

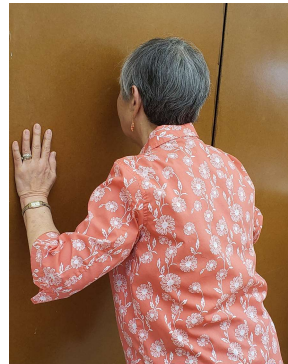
The American Cancer Society matches volunteers with cancer patients to offer free rides to and from cancer treatments. To register please call 800.227.2345.

HEALTHY YOU

Janet Reinhart, Exercise Instructor

THE EASIEST AND THE BEST EXERCISE—WALL PUSH-UPS

**Wall push-ups strengthen the whole body: your core, spine, abs, and shoulders
They stretch your calves, legs and back & warm and energize your back.**



Start with arms straight-leaning in a bit.

The further away, the harder.

Note position of arms = in line with center of chest.

Eyes straight ahead, shoulders back and down, chest forward.

In order to strengthen your shoulders, neck, arms and upper body
you need to get your shoulder blades squeezing together at the arrow point.

Heels down=Stretches calves, legs and back.



Note: poor posture.

Hips & back should be straight.

Tailbone should be tucked.

Lead with chest,
not head

FECOA MEMBERSHIP APPLICATION JULY 1, 2018 - JUNE 30, 2019 (FY19)

Below are the membership dues. Your address label indicates when your FECOA membership expired. If it says FY18 or earlier, your membership has expired. The new fiscal year FY19 began on July 1, 2018. Please renew your membership at your earliest convenience (checks made payable to FECOA). To receive your membership card, please send a self-addressed stamped envelope or stop by.

NAME _____	DOB _____	Renewal ___ New ___	\$10/PP (annual) \$ _____
NAME _____	DOB _____	Renewal ___ New ___	\$10/PP (annual) \$ _____
			Donation \$ _____
			TOTAL \$ _____

MAILING ADDRESS _____ HOME ADDRESS _____

TELEPHONE _____ EMAIL _____

OTHER OFFERINGS

BRING A FRIEND!

Are you an active Eastham Senior Center member? If so, next time you visit please bring a friend! We love meeting different members of our community and welcome new members!

MEDICAL APPOINTMENT TRANSPORTATION

Please call at least one week prior to book an appointment. A driver will pick you up at your home, take you to the appointment, wait for you, and then return you to your home. This is a fee based program based on your destination, and is offered on a first-come, first-served basis.

PUBLIC LIBRARY 508.240.5950

The library offers a shuttle to Saturday programs at the library for seniors. To RSVP, please call the library at 508.240.5950.

NEIGHBORHOOD BLOCK WATCH

Eastham has an active Neighborhood Block Watch program made up of year-round residents. To volunteer call Kimberly at 480.201.0874.

SUMMER LOBSTER ROLL LUNCHEONS

Reservations for all three lobster roll luncheons will be taken starting June 17th. Please note these luncheons will sell out! Pre-payment is required two weeks prior to each scheduled event date (July 19, August 16 and September 6). If not payment is received two weeks prior, we will cancel your reservation. If you plan to attend all the luncheons, we encourage you to sign up for all three at once. To RSVP please call starting June 17th to 508.255.6164.

THANK YOU

We would like to thank all of our volunteers for everything they do for the Senior Center. Thank you to our AARP Tax-Aide volunteers who served over 150 members of our community!

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:30 Dance for Joy 10:00 Family Caregiver 11:00 Sit & Be Fit 12:30 Mah Jongg 12:30 Mobile Pantry & Ask an RN 1:05 Fenway Trip 1:15 Needlepoint	8:30 Yoga 10:00 Senior Exercise 10:00 Sight Loss 10:30 Alzheimer's Caregiver 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class	10:30 Volunteer Luncheon 11:00 Brown Bag
6	7	8	9	10
9:00 Counseling 9:30 Rug Hooking 11:00 Free Exercise "Demo" with Sit & Be Fit 12:30 Mah Jongg 1:00 Yarn/Quilt Club 3:00 Tai Chi 7:00 Town Meeting-high school	8:30 Yoga 8:15 Eastham COAch: Market Van 8:30 Walking Club 10:00 Senior Exercise 10:30 Card Making 2:00 Performing Arts Workshop	9:00 Cooking Club 9:45 Support Choir 11:00 Sit & Be Fit 12:30 Mah Jongg 1:15 Needlepoint 3:00 Film & Food Series-library	8:30 Yoga 10:00 Senior Exercise 10:00 Sight Loss-library 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class	8:45 Nature & Bird Hike 9:00 Ladies' Coffee 10:00 Health Fair 1:00 Rummikub
13	14	15	16	17
9:30 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg Yarn/Quilt Club	8:15 Eastham COAch: Market Van 8:30 Bike It Out 8:30 Yoga 10:00 Senior Exercise	9:45 Support Choir 10:00 Family Caregiver 11:00 Sit & Be Fit 12:30 Mah Jongg 1:15 Needlepoint	8:30 Yoga 10:00 Senior Exercise 10:30 Alzheimer's Caregiver 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class	11:00 AARP Fraud Watch & Organic Gardening Program 1:00 Rummikub
20	21	22	23	24
8:30 SHINE 9:30 Rug Hooking 11:00 Sit & Be Fit 11:00 Capt. Penn. House Tour 12:30 Mah Jongg 1:00 Yarn/Quilt Club 3:00 Tai Chi 6:00 Strategic Planning Meeting-library	8:15 Eastham COAch: Market Van Trader Joe's Van 10:00 Senior Exercise 10:00 Rides for Town Election 10:30 Card Making	9:00 VA Officer 9:30 Dance for Joy 11:00 Sit & Be Fit 12:00 Wicked Good Lunch 12:30 Bingo 12:30 Mah Jongg 1:15 Needlepoint 3:00 Film & Food Series-library	8:30 Yoga 10:00 Senior Exercise 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class	11:00 BCSO Technology Program 1:00 Rummikub
27	28	29	30	31
MEMORIAL DAY CENTER CLOSED	8:15 Eastham COAch: Market Van Local Van Rides 8:30 Yoga 10:00 Senior Exercise	8:30 National Cemetery Trip 11:00 Sit & Be Fit 12:30 Mah Jongg 1:15 Needlepoint	8:30 Yoga 10:00 Senior Exercise 12:30 Open Bridge 1:00 Computer Class	9:00 Men's Coffee 1:00 Rummikub

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Counseling 9:30 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 1:00 Yarn/Quilt Club 3:00 Tai Chi	4 8:30 Yoga 8:15 Eastham COAch: Market Van 8:30 Walking Club 10:00 Senior Exercise 10:30 Card Making	5 9:00 Cooking Club 9:30 Dance for Joy 8:30 Heritage Museum & Gardens Trip 10:00 Family Caregiver Support Group 11:00 Sit & Be Fit 12:30 Mah Jongg 12:30 Mobile Pantry & Ask an RN 1:15 Needlepoint 3:00 Film & Food Series-library 5:00 Cookout & Ice Cream Social (Elks Lodge)	6 8:30 Yoga 10:00 Senior Exercise 10:30 Alzheimer's Caregiver Support Group 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class	7 9:00 Ladies' Coffee 11:00 Brown Bag 11:00 AARP Home Fit Program 11:00 Apple Device Help 1:00 Rummikub
10 9:30 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 1:00 Yarn/Quilt Club 3:00 Tai Chi	11 8:15 Eastham COAch: Market Van 8:30 Bike It Out 8:30 Yoga 10:00 Senior Exercise 2:00 Performing Arts Workshop	12 9:45 Support Choir 11:00 Sit & Be Fit 12:30 Mah Jongg 1:15 Needlepoint	13 8:30 Yoga 10:00 Senior Exercise 10:00 Sight Loss-library 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class 3:00 Retirement 101 Workshop	14 1:00 Rummikub
17 8:30 SHINE 9:30 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 1:00 Yarn/Quilt Club 3:00 Tai Chi	18 8:30 Yoga 8:15 Eastham COAch: Market Van Trader Joe's Van 10:00 Senior Exercise 2:00 Mah Jongg Class 10:00 Senior Exercise 10:30 Card Making	19 9:00 VA Officer 10:00 Family Caregiver Support Group 11:00 Sit & Be Fit 12:00 Wicked Good Lunch 12:30 Bingo 12:30 Mah Jongg 1:15 Needlepoint	20 8:30 Yoga 10:00 Senior Exercise 10:30 Alzheimer's Caregiver Support Group 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class	21 1:00 Rummikub 11:00 Unlocking Memory Program
24 9:30 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 1:00 Yarn/Quilt Club 3:00 Tai Chi	25 8:30 Yoga 8:15 Eastham COAch: Market Van Local Ride Van 10:00 Life Exercise 12:30 Elder Attorney	26 Day Center & Senior Center Closed	27 8:30 Yoga 10:00 Senior Exercise 11:15 Sit & Be Fit 12:30 Open Bridge 1:00 Computer Class	28 9:00 Men's Coffee 1:00 Rummikub

Your Path to Find Financial Independence
EASTHAM RENTAL ASSISTANCE PROGRAM

Monthly Assistance Up to \$350 Per Month

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RENTERS ELIGIBLE**

If you presently rent or plan to rent a home in Eastham, you may qualify for up to \$350 per month for rental assistance. For more information please call Nicole at HECH at (508) 432-0015 x 101 or the Eastham Senior Center at (508) 255-6164. Openings are currently available, and applications are being accepted. Call now!

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EASTHAM SENIOR CENTER

1405 Nauset Road, PO BOX 1203, North Eastham, MA 02651

Senior Center: (508) 255-6164

Outreach: (508) 240-2327

Day Center: (508) 255-6734

coadirector@eastham-ma.gov

coaoutreach@eastham-ma.gov

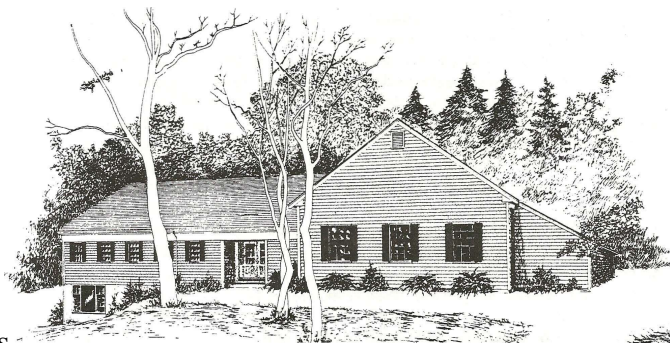
daycentermanager@eastham-ma.gov

SENIOR CENTER/OUTREACH STAFF

Dorothy Burritt..... Director
Cindy Dunham..... Outreach Coordinator
Monica Keefe-Hess..... Secretary

DAY CENTER STAFF *(co-located with Senior Center)*

Brianna LePage.....Program Manager
James Small.....Program Aide
Kathy Gill.....Program Cook
Frank Massa and Carole Roberts.....ESCCI Program Aides



MEDICAL VAN DRIVERS

Gerard Boucher	George Civita	Paul Flaherty	Kathy Gill	Paul Langlois
Alan Larson	Bob Nazarian	Jeffrey Nogas	Bill Salem	

Mission Statement: Established in 1974, our mission is to promote the well-being and independence of adults 59 and older. The Eastham Senior Center provides multi-purpose programs (health, educational, social, and recreational), as well as supportive daycare, transportation, and outreach for this purpose. Our continuing goal as a community resource is to maintain and enhance a quality independent lifestyle for our senior population by meeting their current and future needs.

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