



# T H E F L A S H

*A monthly newsletter published by the*  
**CHATHAM COUNCIL ON AGING [www.chathamcoa.com](http://www.chathamcoa.com)**  
193 Stony Hill Road • Chatham, Massachusetts 02633 • (508) 945-5190

**February 2024**

**Vol. 51 No. 2**



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## Chatham Council on Aging Mission Statement

We support Chatham residents age 60 and over with a range of health and wellness, social, educational and outreach programs and services to enhance the quality of their lives. We welcome the support of Chatham residents of all ages to promote our mission through community service and resource development.

### Chatham Council on Aging DISCLAIMER

The Chatham Council on Aging (COA) promotes programs and opportunities for patrons of the Center to receive legal, financial, medical, recreational and other services or activities by volunteers or nominal cost practitioners. Seniors participating in these services or activities do so with the understanding that the COA, the Town of Chatham and/or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

# February Programs

Are you looking for a way to relax, reduce stress, and enhance your wellbeing? Come and discover the benefits of meditation in a supportive and welcoming environment!

## INTRO TO MEDITATION

WITH  
**TERRY WALSH**



Where?  
Chatham Center for Active Living

When?  
Thursday, February 15th  
11am-Noon

Call to register! 508-945-5190

## Wreath Making Workshop



Come learn how to make a beautiful seasonal wreath with local business owners Sarah & Maddie!

When?

TUESDAY, FEBRUARY 13TH AT 1PM

Where?

CHATHAM CENTER FOR ACTIVE LIVING  
193 STONY HILL RD CHATHAM, MA 02633

Call to sign up (508)945-5190



## GOLDEN OLDIES

Tuesday,

February 13th at 1pm

Now, Voyager (1942), directed by Irving Rapper, is a timeless film that delicately explores themes of self-discovery and transformation. Starring Bette Davis, the movie follows a woman's journey to independence and love, offering a poignant reflection on personal growth and the pursuit of happiness.



CALL TO REGISTER (508)-945-5190

PLEASE JOIN US FOR  
THE FRIENDS OF THE COA

## February

*Birthday Luncheon*

THURSDAY, FEBRUARY 15TH

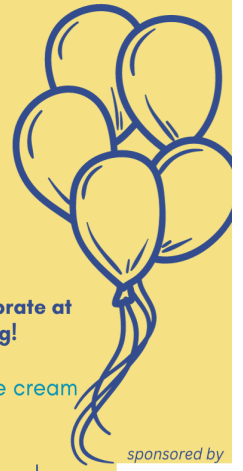
12-1:30PM

If you have a February birthday, celebrate at Chatham Center for Active Living!

Sandwiches, sides, cupcakes and ice cream will be served.



Please call to RSVP on or before Monday, February 12th (508) 945-5190



sponsored by



## CUPID



Celebrate Valentines Day at the CFAL! Bingo games, music, refreshments, and prizes!

When?

Wednesday, February 14th from 12:30 - 1:30pm

Where?

Chatham Center for Active Living  
193 Stony Hill Rd Chatham, MA 02633

Call to reserve your spot! (508) 945-5190

## COOKING CLASS

with

CHEF HEATHER BAILEY, CNC  
OF THE OPTIMAL KITCHEN



Sponsored by



WEDNESDAY, FEBRUARY 21ST

1:30PM

CALL TO SIGN UP! (508) 945-5190

# Busy Fingers

EVERY THURSDAY  
1-3PM AT THE  
CHATHAM CENTER FOR  
ACTIVE LIVING  
NO REGISTRATION REQUIRED



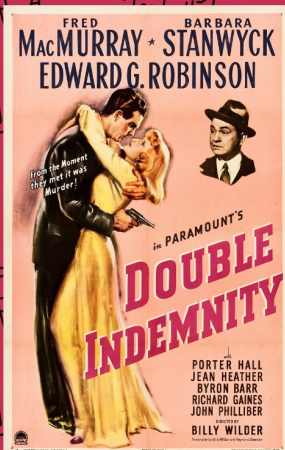
## The Alzheimer's Family Support Group

Chatham Center for Active Living  
February 13th and February 27th  
Meets at 10:30am

Call to register  
(508)- 896-5710



## GOLDEN OLDIES



**Tuesday,  
February 27th at 1pm**  
Double Indemnity (1944), a film noir directed by Billy Wilder, weaves a compelling story of insurance fraud and betrayal, starring Barbara Stanwyck and Fred MacMurray. A classic masterpiece, it explores the dark side of human nature through suspenseful storytelling.

CALL TO REGISTER (508) 945-5190

## Weekly Blood Pressure & Wellness Clinics

**Every Thursday  
at the  
Chatham Center  
for Active Living**

9-10am



- Blood Pressure Screenings
- Wellness Education

Walk-ins Always  
Welcome



## AARP Tax Aide is here to help!



Income tax filing season is here again and AARP Tax Aide will be offering federal and state income tax preparation and filing services **FREE** to everyone, of ANY age. You do not have to be an AARP member. However, Tax Aide services are focused on low and moderate income taxpayers.

Tax Aide is the largest free, volunteer based tax assistance and preparation program in the United States. It began in 1968 and is offered in conjunction with the IRS. Tax Aide counselors are trained and pass several IRS certification exams every year, plus they have been CORI checked.

Tax preparation is by appointment only and services will begin in early February 2024 through the mid-April filing deadline. Appointments will be held Tuesday and Wednesdays at the Chatham Community Center.

Please contact the Chatham COA at (508)-945-5190 to make an appointment!



## February Class

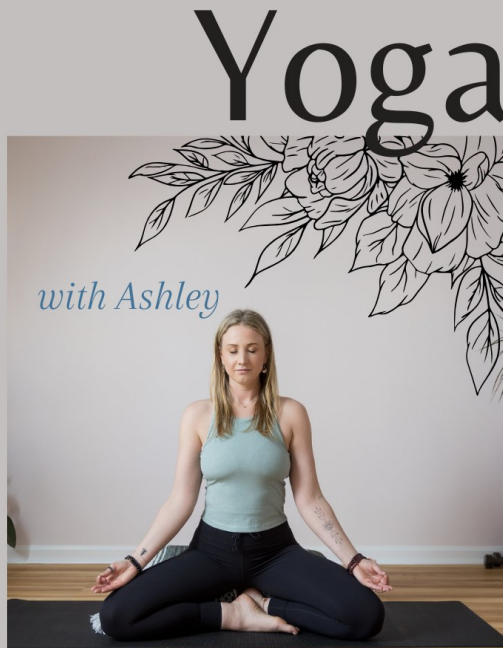
### Schedule:

2/6- Gentle Flow

2/13- Chair Yoga

2/20- Gentle Flow

2/27- Chair Yoga

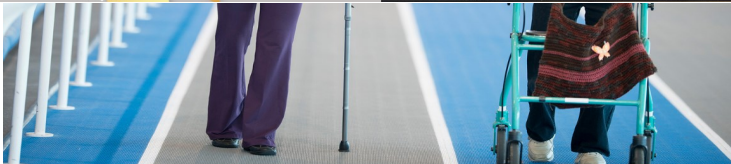


Every Tuesday @ 1pm  
Chatham Center for Active  
Living

193 Stony Hill Rd  
Chatham, MA 02633

Call for information and to  
reserve your spot!

(508)945-5190



## Indoor Walking Group

Tuesdays & Thursdays  
12-1:30pm  
in the

Chatham Community Center  
Gymnasium

### All are welcome!

## Osteoporosis Prevention Exercise Class

Tuesdays & Thursdays at 8:30am  
First United Methodist Church  
569 Main St Chatham, MA 02633

- Classes are structured to help people diagnosed with or those who are at risk of Osteoporosis with strength, flexibility and function
- Classes are free and open to the public
- Led by trained ESCCI volunteers

**\*\*IMPORTANT\*\***

**A medical release form is required to start the class**

Contact Dawn at ESCCI to sign up!  
(508)394-4630 x 530

 **Elder Services**  
of Cape Cod and the Islands

## Chatham Tai Chi

Every Tuesday from

8:00-9:00 a.m.

Sessions will be held at the Chatham  
Community Center

All sessions are  
**FREE OF CHARGE**

No Registration  
Required



## Stepping Stones to Fitness

*A program to get you confidently exercising at home!*

This progressive exercise program teaches participants basic home exercise programs to build strength and endurance, improve balance and flexibility, and maintain your independence!



Class is led by an Exercise Physiologist from the VNA of Cape Cod.

**For more information or to sign up, please contact the VNA of Cape Cod (508) 957- 7423**

### Where:

Chatham Community Center  
702 Main Street Chatham, MA

### When:

Thursdays 10:45-11:45 am  
January 25- March 14, 2024

# Chatham Council on Aging Transportation

## Transport to medical appointments remains the priority.

- Make travel request with COA as soon as possible
- Drivers available 8:00 a.m. - 4:00 p.m. Monday thru Friday
- Chatham, Brewster, Harwich, Orleans, Dennis, Yarmouth, or Hyannis



## Grocery and prescription delivery

- Will deliver orders placed at Chatham Village Market Mondays and Thursdays
- Will deliver prescriptions Mondays and Thursdays from CVS Chatham, CVS Harwich and Stop & Shop Harwich and Outer Cape Health (Harwich Port)
- Weekly Thursday morning trips to Stop & Shop Harwich



## New: Request no more than 5 days in advance

- Transport to bank, post office, or hair appointments (area to include Chatham, Harwich or Orleans)
- Rides to COA programming



# Independence House is back at the CFAL!

February 8th  
9:00 - 11:00 a.m.

Receive confidential support, and information from  
Independence House Advocate  
Please call to make an appointment  
(508)-945-5190

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Independence House Mission Statement:

To help all domestic violence and sexual assault victims, survivors and children by creating opportunities for safety and empowerment through crisis intervention, advocacy, counseling, referral, outreach, prevention and education.

# Chatham LGBTQ+ Older Adult Group News

The Chatham LGBTQ+ Older Adults Group Presents:

## Chocolate Tasting and Talk 101

with Therapy Gardens at the Chatham Center for Active Living

**Wednesday, February 28 at 11am**

“Eating chocolate releases endorphins that make you happy. Come try samples of craft, small batch chocolate, totally unlike the industrial, mass-produced chocolate you’ve had before. Also learn about the ingredients, processing, and where cocoa pods are grown from our own resident chocolate expert. We will also review the latest nutritional and health information. A very popular introduction! Great for all you chocoholics out there!” - (Therapy Gardens)

**Please call to save your spot! (508) 945-5190**

Sponsored by Elder Services of Cape Cod & the Islands



LGBTQ+ OLDER ADULT GROUP

## Valentine's Day Dinner

Thursday, February 15 from 5-7pm

at the Chatham Community Center.

Call (508) 945-5190 to save your spot



Sponsored by:  
**Elder Services**  
of Cape Cod and the Islands

The Chatham LGBTQ+ Older Adult Group Presents:

## LGBTQ+ Docuseries Matinee

at the Chatham Center for  
Active Living

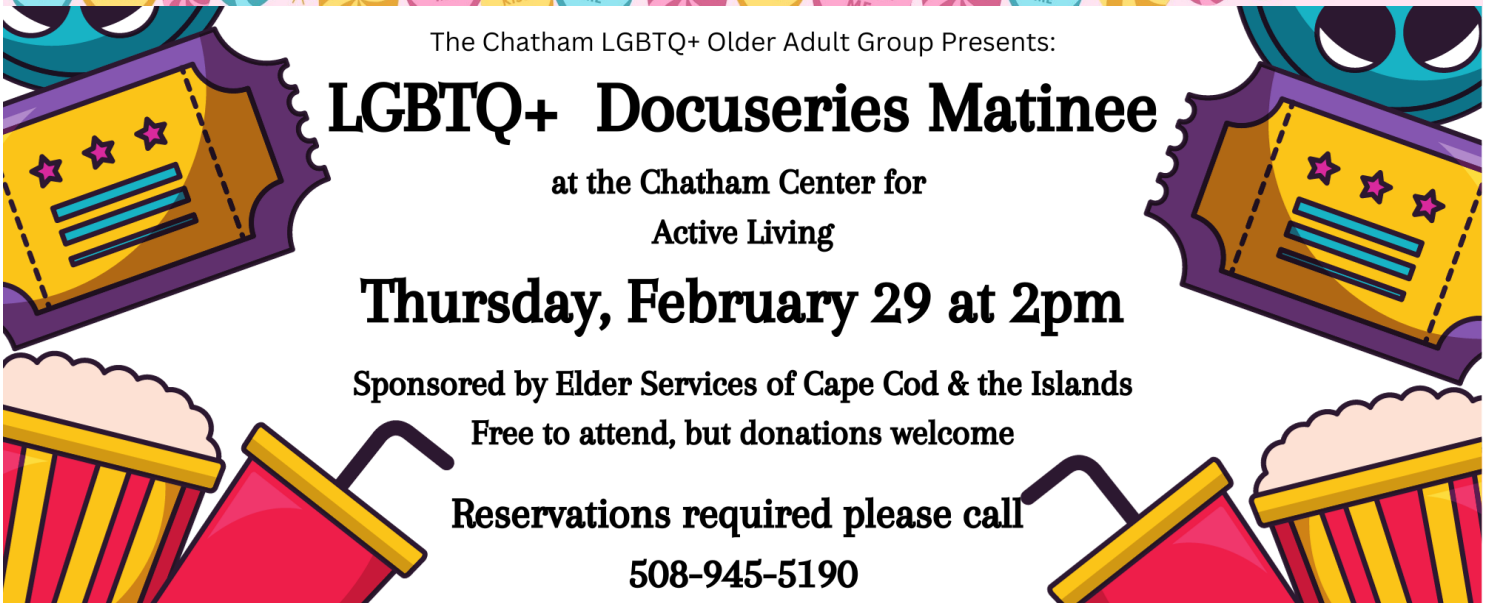
**Thursday, February 29 at 2pm**

Sponsored by Elder Services of Cape Cod & the Islands

Free to attend, but donations welcome

Reservations required please call

**508-945-5190**



# ENIGMA<sup>TM</sup>

## CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "D" = "I"*

“TDBU NA FYSF PYUL CAOQ KYDTIQUL  
FYDLG AH HSDQLUNN, KSQDLJ, SLI  
DLFUJQDFC, FYUC FYDLG AH CAO.”  
— Y. XSKGNAL MQAPL, XQ.

# Outreach Services & Programming

## Transportation

**The Chatham Center for Active Living (CCAL) currently offers transportation for:**

- Grocery & Pharmacy delivery
- Transportation to medical and dental appointments
- Rock Harbor Respite for Chatham residents
- Weekly trips to Stop & Shop

Call (508) 945-5190 for more information.

## Free Caregiver Support

**Alzheimer's Family Support Center Caregiver & Dementia Support Group (AFSC)**

Meets in person at the CCAL on the 2nd and 4th Tuesday of the month. Please contact AFSC at (508) 896-5170 or email [info@capecodalz.org](mailto:info@capecodalz.org).

**ESCCI Caregiver Support Group**

Online via Zoom, Tuesdays 10-11:00am. Registration is required: (508) 394-4630 x227

## Health & Wellness

Call (508) 945-5190 for information

**Footcare Clinic:** 4th Wednesday of the month, 9a-3p at the CCAL by appointment only \$50

**Blood Pressure & Wellness Clinic:** Thursdays 9-10am at CCAL. Walk-ins Welcome

## Legal Services

Call (508) 945-5190 for information and/or set up an appointment

**Michael Lavender :** Trusts, wills, estate planning

**SCCLS Andrew Bardetti:** Housing, government benefits, health law, guardianship, reverse mortgages, consumer issues

## Library Services

**Eldredge Public Library** (508) 945-5170 or visit [www.eldredgelibrary.org](http://www.eldredgelibrary.org)

**South Chatham Library** (508) 430-7989

## Support Services

**Alzheimer's Family Support Center (AFSC):**

Offers Free virtual & in person support groups for caregivers & people with memory loss. Call for more information and to make an appointment (508) 896-5170 ([www.alzheimerscapecod.org](http://www.alzheimerscapecod.org))

**The Cape & Islands Veterans Outreach Center Food Pantry:**

For former military personnel and their families. Please bring proof of Veteran status. Please call (508) 778-1590

**For Family and Friends of People with Mental Illness:**

Call NAMI Cape Cod & Islands (508) 778-4277.

**For People with Mental Illness:**

Meets every Wednesday 2-3:30p at the Federated Church of Orleans (162 Main Street East Orleans). Call Carolyn Witt at 774-722-4528.

**Grandparenting Support Group:**

Contact Lucy Gilmore at (508) 430-1692

**Neuropathy Support Group:**

Call Kristina Meservey at (774) 207-0153

**Parkinson's Support Group**

Call Betty Magnusson at (508) 945-1106

**SHINE:**

Serving the Health Insurance Needs of Everyone, at CCAL (508) 945-5190

**Sight Loss Support Group**

Meeting in person 1st Tuesday of every month. 10:30am -12pm at Harwich Community Center (100 Oak St)

**Sight Loss Services**

(508)394-3904

**Stroke Support Group**

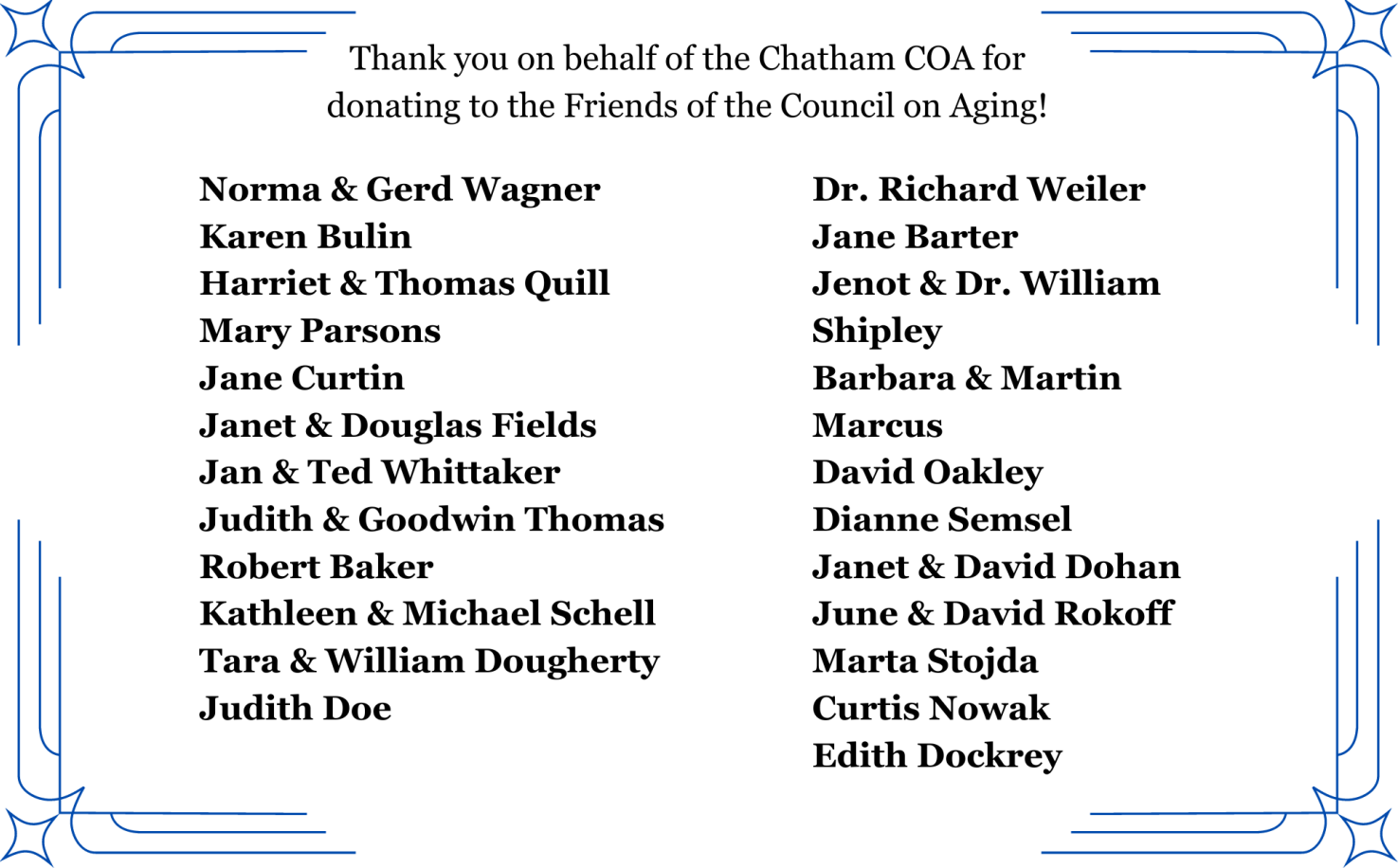
Call Steve Franco (508) 945-4611 x 245

**Swift 911 Registration**

Call the Chatham Fire Department (508) 945-2324

# February 2024

Mon	Tue	Wed	Thu	Fri
**Every Monday and Thursday Grocery & RX Delivery**			1 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trip 10:45 Stepping Stones to Fitness (CC) 12-1:30 Walking Group (CC) 1-3 Busy Fingers (CFAL)	2 1 Coffee Hour: Podcasts 101 (CFAL) 1 Scrabble (CFAL) SHINE by appointment
5 1 Mahjong (CFAL) 1 Cribbage (CFAL)	6 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 10-12 Wellness Warriors (CC) 12-1:30 Walking Group (CC) 1 Yoga with Ashley (CFAL) 1 Scrabble (CFAL) SHINE by appointment	7 9 Coffee Hour: Social Media for Seniors (CFAL) 1 Cribbage (CFAL)	8 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 9-11 Independence House Advocate (CFAL) 10:30 Stop & Shop Trips 10:45 Stepping Stones to Fitness (CC) 12-1:30 Walking Group (CC) 1-3 Busy Fingers (CFAL)	9 1 Coffee Hour: Open Studio CFAL) 1 Scrabble SHINE by appointment
12 1 Mahjong Monday (CFAL) 1 Cribbage (CFAL)	13 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 10-12 Wellness Warriors (CC) 10:30 Alzheimer's Family Support Group (CFAL) 12-1:30 Walking Group (CC) 1 Yoga with Ashley (CFAL) 1 Golden Oldies (CFAL) 1 Scrabble (CFAL) 1 Wreath Making (CFAL) SHINE by appointment	14 9 Coffee with...(CFAL) 12:30 Cupid's Bingo (CFAL) 1 Cribbage (CFAL)	15 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trips 10:45 Stepping Stones to Fitness (CC) 11 Introduction to Meditation (CFAL) 12-1:30 Walking Group (CC) 12-1:30 Friends of the CCOA Birthday Luncheon (CFAL) 1-3 Busy Fingers (CFAL)	16 1 Coffee Hour: Tech Time with Anna (CFAL) 1 Scrabble (CFAL) SHINE by appointment
19  The Center for Active Living is CLOSED Today	20 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 10-12 Wellness Warriors (CC) 12-1:30 Walking Group (CC) 1 Yoga with Ashley (CFAL) 1 Scrabble (CFAL) SHINE by appointment	21 9 Coffee Hour: Seafaring Stories (CFAL) 11 Book Club (CFAL) 1 Cribbage (CFAL) 12 Healthy Meals in Motion (CFAL) 1:30 Cooking Class with Chef Heather Bailey (CFAL)	22 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop and Shop Trips 10:45 Stepping Stones to Fitness (CC) 12-1:30 Walking Group (CC) 1-3 Busy Fingers (CFAL)	23 1 Coffee Hour: Gardening Club (CFAL) 1 Scrabble SHINE by appointment
26 1 Mahjong Monday (CFAL) 1 Cribbage (CFAL)	27 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 10-12 Wellness Warriors (CC) 10:30 Alzheimer's Family Support Group (CFAL) 12-1:30 Walking Group (CC) 1 Yoga with Ashley (CFAL) 1 Golden Oldies (CFAL) 1 Scrabble (CFAL) SHINE by appointment	28 9-2:30 Footcare (CFAL) 1 Cribbage (CFAL)		



Thank you on behalf of the Chatham COA for  
donating to the Friends of the Council on Aging!

**Norma & Gerd Wagner**

**Karen Bulin**

**Harriet & Thomas Quill**

**Mary Parsons**

**Jane Curtin**

**Janet & Douglas Fields**

**Jan & Ted Whittaker**

**Judith & Goodwin Thomas**

**Robert Baker**

**Kathleen & Michael Schell**

**Tara & William Dougherty**

**Judith Doe**

**Dr. Richard Weiler**

**Jane Barter**

**Jenot & Dr. William**

**Shipley**

**Barbara & Martin**

**Marcus**

**David Oakley**

**Dianne Semsel**

**Janet & David Dohan**

**June & David Rokoff**

**Marta Stojda**

**Curtis Nowak**

**Edith Dockrey**

January was a busy month at the CFAL! The program, Melodies and a Meal held on January 12th, is pictured on the right. 30 Chatham community members gathered to share a warm meal and acoustic tunes!

Guests enjoyed a delicious lunch from local restaurant Drifters! After an A+ meal, acoustic musician Bill Reidy captivated the crowd with renditions of classic songs by the greats! Ranging from The Beatles to the Beach Boys, Frank Sinatra to Elvis and everything in between! Bill took requests and had members of the crowd singing right along with him.



Thank you to the Friends of the Chatham COA for sponsoring the entertainment.





# Wellness Warriors

*An Artful Living Series*  
**January 30th- March 5th**

Featured Presentors:



**Where:**

Chatham Community Center

**When:**

Tuesdays, 10-Noon

A 6-week series exploring wellness tools for maintaining a healthy, active lifestyle. Topics such as brain health, balance, qigong, nutrition, Nordic walking, homeopathy, foot care, stress reduction with EMT tapping and forest bathing.

sponsored by



**Call to register (508)945-5190**

## February Coffee Hour Themes

Wednesdays 9—10am and Fridays 1– 2pm

Call to reserve your spot!

### **Podcasts 101** *Friday, February 2nd*

Anna Milan will give a tutorial on how to navigate the apps and ways to find shows that appeal to you!

### **Social Media for Seniors** *Wednesday, February 7th*

Participants will be given a live tutorial of platforms such as Facebook, Instagram, X and more. Hosted by Program Coordinator Anna Milan. Bring your questions and leave with answers!

### **Open Studio** *Friday, February 9th*

Open studio hour where participants can come in, pick from our supplies, and express their artistic side freely. This unstructured hour will be an opportunity for beginner or seasoned artists to come together and create in a shared space. A variety of supplies will be available free of charge, but attendees are welcome to bring supplies from home.

### **Coffee with...** *Wednesday, February 14th*

Guest TBD! Stay tuned, announcement coming soon!

### **Tech Time** *Friday, February 16th*

Having any issues with your iPad, Kindle or other tablet? Need help with internet platforms such as Instagram, Facebook or your email? Program Coordinator, Anna Milan will be available for 10-minute appointments to help answer questions or solve problems over a cup of coffee. Call to reserve your spot.

### **Seafaring Stories** *Wednesday, February 21st*

A new program where once a month a local fisherman will share their rich maritime experiences with our community. Through heart felt narratives and interactive discussions, participants will gain insight into the challenges, triumphs, and traditions of the local fishing community! Seafaring Stories is about connecting generations over the shared love and respect for Chatham's local waters and fishing traditions. All are welcome.

### **Gearing up to Garden!** *Friday, February 23rd*

It's almost time to start planning our gardens and preparing for spring. Come down for complimentary coffee and a chat about gardening on Cape Cod!



## **CFAL LIBRARY CORNER**

*Liz Walker, Volunteer Librarian*

February is the perfect time to fall in love with new authors and to renew your relationships with your favorites. I was reminded of this recently when I overheard a woman in the CFAL Library say in a stage whisper, “I can’t believe they don’t have any Danielle Steel. I was hoping to check out her newest book.” The prolific author of 150 novels had three books published in 2023, including *Happiness*, now on our shelves. Here are some selections to consider:

***Chasing White Medusas: A Life of Willa Cather* by Benjamin Taylor (2023)**

This well-told biography of Willa Cather is defined by “her lifetime of determination, struggle, and gradual emergence.” She took her time and transformed herself by stages as a writer. The author of *O Pioneers!* (1913), *The Song of the Lark* (1915), and *My Antonia* (1918) was 40 before her first book was published.

***Somebody’s Fool* by Richard Russo (2023)**

The Pulitzer Prize winning author of *Empire Falls* returns to North Bath, in upstate New York, and to the compelling, but often flawed characters that populated *Nobody’s Fool* (1993) and *Everybody’s Fool* (2016). Ten years after the death of the iconic and chronically unlucky “Sully” Sullivan, the town is going through a major upheaval after being annexed by its much wealthier neighbor.

***Happiness, The Ball at Versailles and Second Act* by Danielle Steel (all 2023)**

*Happiness* is an uplifting novel about the choices we must make to find the life we want and the rejuvenating power of love. Steel is the world’s bestselling living author, and has sold one billion copies of her books worldwide, publishing several each year.

***The Secret History of Wonder Woman* by Jill LePore (2014)**

The Harvard history professor connects the origins of 20th century feminism to the story of the creation of Wonder Woman, while exploring the character’s early portrayals to the life, work and feminist beliefs of Wonder Woman’s creator. (on the CFAL shelves)



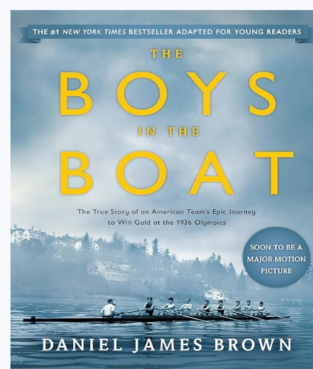
### Chatham Center for Active Living February Book Club

## February

***The Boys in the Boat* (2014) by  
Daniel James Brown**

**Wednesday, February 21st  
11am- Noon**

A lively nonfiction account about how a team of Depression-era young men from University of Washington showed the world what true grit is during their improbable journey- and epic quest to row for gold at the 1936 Berlin Olympics



Call to Register: (508) 945-5190

Chatham Council On Aging & CCAL  
193 Stony Hill Road, Chatham MA 02633  
508 945-5190, Fax 508 945-5198, www.chathamcoa.com

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Director's Desk  
February 2024

Hello Friends,

I'm sure that I'm not the only one, but February makes me want to embrace the hombebody in myself and hunker down until the first buds poke through the ground in the spring. Fortunately, the CFAL has so many excellent programs this month, that you will want to leave your couch behind and come join us for some fun, educational, and meaningful times with the friends you know, and the friends you haven't met yet.

If you're feeling crafty, join us on Tuesday the 13th for "Wreath Making with Graceful Home and Garden", where you can create your own beautiful wreath and take it home with you. Are you in the mood for something a little quieter? "Introduction to Meditation" with Terry Walsh on Thursday the 15th is a can't miss. Of course, we will have all of the favorites you have come to rely on, such as our "Coffee With" series, Birthday Luncheon, and our monthly Book Club! Speaking of the book club, have you checked out our library lately? It's chock-full of good reads for those days that you really don't want to leave your house.

Have you had a chance to "watch" the Flash on television yet? If not, don't miss out! Tune in to Chatham TV daily, at either 5:00 am or 11:00 am to see Anna Milan, our Programs and Communications Coordinator, and her new, vibrant program, "Flash TV"!

As always, if you have any questions or suggestions to make the CFAL an even better place, please feel free to stop by and see me, or email me at [llacross@chatham-ma.gov](mailto:llacross@chatham-ma.gov). I really do value your feedback!

Thank you to all of you for making the CFAL such a happy place to be. We are filled with gratitude for being a part of your community!

Warm Regards,

*Leah*

