



THE FLASH

A monthly newsletter published by the
CHATHAM COUNCIL ON AGING
www.chathamcoa.com

March 2024

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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.

March Programs

Did you know **March** is Judicial Outreach Month in MA?



The Chatham COA is honored to be participating this year. Be sure to join us on **Thursday, March 14th at 1pm** to hear Judge Tierney and Register Perrino from Barnstable County Probate Court speak on Advanced Directives and Estate Planning!



Refreshments to be generously provided by the Friends of the Chatham COA!

Cuppa' & Caps



Chatham Time Capsule: 50 years of Coastal Charm

Chatham Community Center

Wednesday, March 20th

Noon-1:30pm

Enjoy a traditional, afternoon tea with refreshments and a bit of friendly competition. Guests are encouraged to wear their favorite hat or enter into the contest! Awards given by a panel of local Chatham celebrities for the Most Creative, Most Thematic, and People's Choice Award!



Sponsored by

SONGS & STORIES FOR THE SEASON A CELTIC CELEBRATION

A lively, participatory program by Davis Bates, celebrating St. Patrick's Day, Celtic culture and the impending arrival of Spring!



This project is funded in full by the Chatham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Friday, March 15th
1:00pm



PLEASE JOIN US FOR
THE FRIENDS OF THE COA

March

Birthday Luncheon

THURSDAY, MARCH 21ST

12-1:30PM

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

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



Please RSVP on or before Monday, March 18th!

sponsored by



COOKING CLASS

with

CHEF HEATHER BAILEY, CNC
OF THE OPTIMAL KITCHEN



Sponsored by



WEDNESDAY, MARCH 20TH
1:30PM

COMING SOON

Gentlemen Prefer Blondes

TUESDAY, MARCH 12 AT 1PM



This musical comedy features Marilyn Monroe and Jane Russell as showgirls aboard an ocean liner bound for Paris. They find themselves pursued by a tenacious private detective hired by a dubious father concerned about his daughter's fiancé. Additionally, they attract the attention of a wealthy, infatuated old gentleman and various other admirers. Monroe's unforgettable rendition of 'Diamonds Are a Girl's Best Friend' and her iconic pink dress have become synonymous with popular culture, cementing their status as truly iconic moments!

Busy Fingers

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



Fantastical Folktales of Flowers

The dramatic myths that surround favorite garden flowers come alive in this delightful weave of story, music and song.

You won't want to miss this enchanting storytelling experience with Diane Edgecomb!



Friday, March 22nd
Noon- 1:30pm



This project is funded in full by the Chatham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

HEALTHY MEALS IN MOTION

Providing food assistance since 2016

MARCH 20TH
AT 12PM

Contact Leah or Jess
for more information!

508-945-5190



LUCK OF THE LUNCHEON

Friday, March 29th
12:30pm

A St. Patrick's Day favorite in Chatham! Join for corned beef and cabbage, Irish music and a brief history of the tradition!

Call to register 508-945-5190

COMING SOON

To Catch A Thief

TUESDAY, MARCH 26 AT 1PM



"In this romantic thriller by Alfred Hitchcock, Cary Grant portrays a retired cat burglar compelled to salvage his reformed reputation by apprehending an imposter thief targeting affluent tourists, including a captivating widow and her beautiful daughter played by Grace Kelly. Set against the stunning backdrop of the French Riviera, the film is captured in glorious color, enhancing the allure of its suspenseful narrative and glamorous locale."

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



March Class

Schedule:

3/5- Gentle Flow

3/12- Chair Yoga

3/19- Gentle Flow

3/26- Chair Yoga



Yoga

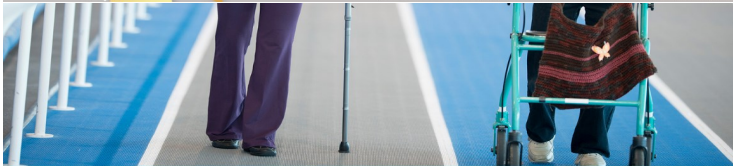
with Ashley

Every Tuesday @ 1pm

Chatham Center for
Active Living

193 Stony Hill Rd
Chatham, MA 02633

Limited Space Available!



Indoor Walking Group

Tuesdays & Thursdays
12-1:30pm
in the

Chatham Community Center
Gymnasium

Cancelled March 5th due to voting!

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



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



Arthritis Exercise Program

Improve Arthritis pain and stiffness!



Where:

Chatham Community Center
702 Main Street Chatham, MA

When:

Thursdays 10:45-11:45 am
March 28th - May 2nd

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



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!



Get to know our Independence House Advocate!

Get to know our in house advocate, learn about the organization, all over coffee and refreshments!
Join us on **Thursday, March 14th 9:00 - 10:00 a.m.**
1:1 appointments will be available following the event.

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

LGBTQ+ Documentary Series

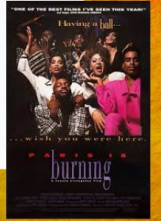
Featuring: Paris is Burning (1990)

A chronicle of New York's drag scene in the 1980s, focusing on balls, voguing and the ambitions and dreams of those who gave the era its warmth and vitality. (IMDb)

Thursday, March 28 from 2:00 pm to 4:00 pm

Call (508) 945-5190 to reserve your seat

Sponsored by Elder Services of Cape Cod & Islands



RAINBOW RALLY DINNER

Celebrate Spring and Join Us for a Dinner at the First United Methodist Church (located at 569 Main St, Chatham)

Thursday, March 21 at 5:00 - 7:00 pm

Call to save your spot (508) 945-5190 and the event is free

(Donations Welcome)

Sponsored by:  Elder Services
of Cape Cod and the Islands



How Does the Spring Season Influence Change?

A Journaling Workshop led by Tina Games

Wednesday, March 27th from 1:00 - 2:30 pm

Tina M. Games is an author, a certified creativity coach, a certified journal writing facilitator, a possibility artist, and a creative development consultant who takes a unique approach to working with clients.

Save your spot by calling (508) 945-5190

Sponsored by Elder Services of Cape Cod & the Islands



THE COA RUNS ON VOLUNTEERS!



Please join the next orientation group on
Wednesday, March 27th from 10-11:30am

At this event interested volunteers will receive a Volunteer Handbook, fill out necessary CORI paperwork, be given a facility tour and a comprehensive presentation on policies, procedures and other pertinent information.

Available roles include...

- **Serving on the Board of Directors**
- **Serving on the Friends of the COA Board of Directors**
- **Serving guests at luncheons & the monthly birthday party**
- **Program Facilitation/Support**
- **Building Beautification**
- **Program Reminder Calls**

**Contact Anna Milan to sign
up today!
amilan@chatham-ma.gov
774-701-0503**

Outreach Services & Programming

Free Caregiver Support

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

Meets in person at the CFAL on the 2nd and 4th Tuesday of the month. Please contact AFSC at (508) 896-5170 or email 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 CFAL by appointment only \$50

Blood Pressure & Wellness Clinic: Thursdays 9-10am at CFAL. 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

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)

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

March 2024

Mon	Tue	Wed	Thu	Fri
Grocery & RX Delivery Mondays & Thursdays				1 1 Coffee Hour: Tech Time with Anna (CFAL) 1 Scrabble (CFAL) SHINE by appointment
4 1 Mahjong Monday (CFAL) 1 Cribbage (CFAL)	5 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 10-12 Wellness Warriors (CC) 1 Yoga with Ashley (CFAL) 1 Scrabble (CFAL) SHINE by appointment	6 9 Coffee Hour: Gardening Club (CFAL) 1 Cribbage (CFAL)	7 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)	8 1 Coffee Hour: Tech Time with Anna CFAL) 1 Scrabble (CFAL) SHINE by appointment
11 1 Mahjong Monday (CFAL) 1 Cribbage (CFAL)	12 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 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 Attny Bardetti by appointment	13 9 Coffee Hour: Seafaring Stories (CFAL) 11 Book Club (CFAL) 1 Cribbage (CFAL) 2 Cuppa & Caps: DIY Hat Making Workshop (CFAL)	14 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 9-11 Coffee with the Independence House Advocate (CFAL) 10:30 Stop & Shop Trip 10:45 Stepping Stones to Fitness (CC) 12-1:30 Walking Group (CC) 1 Judicial Outreach Month Presentation (CFAL) 1-3 Busy Fingers (CFAL)	15 1 Celtic Celebrations with Davis Bates (CFAL) 1 Scrabble (CFAL) SHINE by appointment
18 1 Mahjong Monday (CFAL) 1 Cribbage (CFAL)	19 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 12-1:30 Walking Group (CC) 1 Yoga with Ashley (CFAL) 1 Scrabble (CFAL) SHINE by appointment	20 9 Coffee with... (CFAL) 1 Cribbage (CFAL) 12 Healthy Meals in Motion (CFAL) 1:30 Cooking Class with Chef Heather Bailey (CFAL) 12 Cuppa & Caps (CC)	21 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trip 12-1:30 Friends of the CCOA Birthday Luncheon (CFAL) 12-1:30 Walking Group (CC) 1-3 Busy Fingers (CFAL) 5-7 Rainbow Rally Dinner (FUMC)	22 10-1 Chatham Better Together (CFAL) 12 Fantastical Flowers with Diane Edgcomb (CFAL) 1 Scrabble (CFAL) SHINE by appointment
25 1 Mahjong Monday (CFAL) 1 Cribbage (CFAL)	26 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 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	27 9-2:30 Footcare (CFAL) 10-11:30 Volunteer Orientation (CFAL) 1 Cribbage (CFAL) 1-2:30 Journaling Workshop (CFAL) Attorney Lavender by appointment	28 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trip 10:45 Arthritis Exercise Program (CC) 12-1:30 Walking Group (CC) 1-3 Busy Fingers (CFAL) 2-4 LGBTQ+ Documentary Series (CFAL)	29 12:30 Monthly Luncheon (CFAL) 1 Scrabble (CFAL)

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

Jessica Stetz
Donald Freudenheim
Christine Fenniman
David Chu & Lori Tosi
Jennifer Newcombe





March Coffee Hours

Wednesdays 9-10am

3/6: Gardening Club Speaker

3/13: Seafaring Stories

3/20: Coffee with Judy Giorgio,
Director of the Health Department

Fridays 1-2pm

3/1: Tech help with Anna

3/8: Tech help with Anna

*10 minute appointments, limited to 2 per
person*



FRIENDS OF THE CHATHAM COA

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Contact us:

508-945-4190
193 Stony Hill Rd
Chatham, MA 02633
www.friendsofchathamcoa.com

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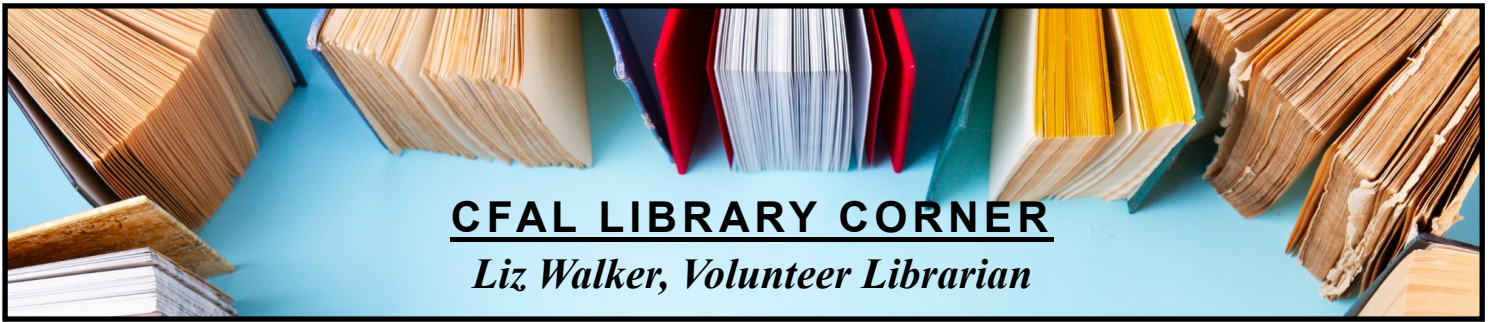
WELLNESS WARRIORS BEGIN THEIR JOURNEY!

January marked the beginning of Wellness Warriors, the 6th installment of Artful Living, facilitated by Gail Tilton. Each session features a handful of wellness practitioners, ranging from Chiropractors, to RNs to Massage Therapists. Participants will leave each week with new tips and tricks that can be incorporated into their daily lives.

When Gail Tilton was asked to briefly describe this program she said, "In the words of 102 year old M.D. Gladys McGarey, the Mother of Holistic Medicine , 'your health and vitality ... and your purpose and your happiness as well... depend on creating a doctor-patient relationship with your own self where you are listening closely to what feeds you and brings you joy, as well as prescribing for yourself, the healing you most need.' The mission of Wellness Warriors is to assist in creating the tool box that will support you in developing that relationship. .

Thanks to generous funding from the Friends of the Chatham Council on Aging the following programs were brought to our community:

Wellness Warriors
The First 3 Women Senators
Introduction to Meditation
Chair and Gentle Flow Yoga
Melodies and a Meal
Plant Potting with Graceful Home and Garden



CFAL LIBRARY CORNER

Liz Walker, Volunteer Librarian

When the relentless March winds make the case for a late afternoon spent indoors with a steaming “cuppa”, as my Limerick-born grandmother used to offer, plus a comfortable chair and an enticing book, the self-service Center for Active Living library has great titles available! The recently weeded shelves offer new fiction, noteworthy nonfiction and nerve-knotting mysteries and thrillers. In addition, check out (literally) recently published Large Print editions, including the novel *Lessons in Chemistry* and the true-grit story of *The Boys in the Boat*. A special nod to Irish and Irish-American writers this month, including the brilliant Paul Murray (*The Bee Sting*) and the luminous Alice McDermott (*Absolution*). Other selections to consider:

***The Bee Sting* by Paul Murray (2023)**

Shortlisted for the 2023 Booker Prize, this stunning novel has been described as “A penetrating look at the human condition, as heavy with pathos as it is rich with humor.” Weighing in at a hefty 650 pages, the brilliant young Irish author “asks a lot of the reader, but more than delivers.”

***The Boys from Biloxi* by John Grisham (2023)**

The Bestselling author returns to Mississippi with another legal thriller. The riveting story centers on two sons of immigrant families. With a plot full of harrowing twists and hairpin turns readers are kept guessing until the stunning conclusion. **(On our shelves)**

***Death by Chocolate Marshmallow Pie* by Sara Graves (all 2023)**

The author of the *Death by Chocolate Mystery Series* (and *Home Repair is Homicide* series) finds our amateur sleuth on a rocky road when a chocolate shop rivalry turns deadly in usually quiet, but always quirky, Eastport, Maine. **(On our shelves)**

***Facing the Mountain: The True Story of Japanese American Heroes in WWII* by Daniel James Brown (2021)**

In this gripping nonfiction chronicle of war-time America from the author of *The Boys in the Boat*, the sons of four Japanese-American families who volunteer for the 442nd Regimental Combat Team become uncommon heroes. They were deployed to France, Germany and Italy to accomplish the near impossible. **(On our shelves)**

Chatham Center for Active Living Book Club

March

West with Giraffes
by Lynda Rutledge

Wednesday, March 13th
11am- Noon

In 1936, two giraffes who survive a hurricane in the Atlantic take a cross-country road trip in a custom truck to the San Diego Zoo with a young Dust Bowl rowdy behind the wheel.
Inspired by true events!

LYNDA RUTLEDGE
AUTHOR OF FAITH BASS DARLING'S LAST GARAGE SALE

West With Giraffes
A Novel

Call to Register: (508) 945-5190

Chatham Center for Active Living

193 Stony Hill Road, Chatham, MA 02633
508-945-5190, www.chatham-ma.gov



Printing and Postage for the FLASH are generously provided by the Friends of the Chatham Council on Aging and a grant from the Executive Office of Elder Affairs.

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Anna Milan, Programs & Communication
Mariann Miller, Receptionist

Dick Hosmer, Van Driver
Mark Massoni, Van Driver
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Hello Friends!

We sure had a busy winter here at the Center for Active Living (CFAL), and we are truly looking forward to milder temperatures and seeing much more of that elusive sun! Along with the sun comes new, enjoyable programs to offer our participants, and we hope that you join us for one, or for all.

Estate Planning can be tricky, and at times, overwhelming. Please join us Thursday, March 14th when we honor “Judicial Outreach Month” by welcoming Hon. Susan Tierney, First Justice of Barnstable Probate and Family Court, and Anastasia Welsh-Perrino, Register, to discuss Estate Planning and Advanced Directives.

Are you in more of a “Saint Patrick’s Day” frame of mind? Then don’t miss “Celtic Celebrations” with storyteller Davis Bates, on Friday, March 15th, which will include traditional songs and tales from Ireland, Scotland & Wales, sea songs & shanties, ghost stories and family tales. There will also be plenty of sing-alongs, a short lesson in how to play music with spoons from a kitchen drawer, and an appearance by an Irish dancing wooden dog named Bingo. Yes, you read that right!

Finally, please sign up for a CFAL favorite, and have a delicious corned beef and cabbage dinner on Friday, March 29th to celebrate the Irish in all of us! There will be food, trivia and raffle prizes!

“May the most you wish for be the least you get” -- Old Irish Proverb, Unknown Author

Kind Regards,

Leah

