



THE FLASH

A monthly newsletter published by the
Chatham Council on Aging
www.chathamcoa.com
193 Stony Hill Road • Chatham, MA 02633 •
(508) 945-5190

May 2024

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©LPI

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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.

May Programs



BINGO

2 - 3:30 p.m.
Wednesday, May 1st

YOU ASKED AND ANNA LISTENED! WE WILL BE OFFERING A MONTHLY BINGO GAME ON THE 1ST WEDNESDAY OF THE MONTH. EACH MONTH WILL BE THEMED, REFRESHMENTS PROVIDED AND EXCITING PRIZES TO BE WON!

Theme: May Day Please sign up!

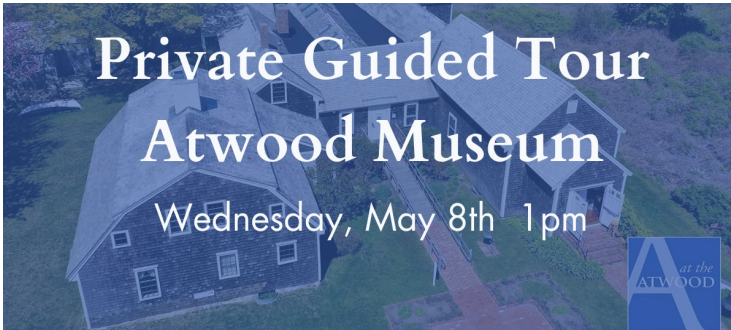


Enjoy a free meal, and learn about the recovery services available in our community and why they are important!

Monday, May 6th 12:30-2pm

Center for Active Living

Please RSVP, space is limited!



Private Guided Tour Atwood Museum

Wednesday, May 8th 1pm



Don't miss this opportunity to get a sneak peek of the newest exhibits, *A Place to Hang Your Hat*, featuring old hats from Chatham, and *In Tune with Chatham*, featuring music and musical instruments!

Please call to sign up! 508-945-5190

Coffee with the Town Manager

Wednesday, May 1st

9-10am

Center for Active Living

193 Stony Hill Rd



Take this opportunity to bring forward your questions about Annual Town Meeting Warrant Articles!

Please call to sign up (508)945-5190



Cupcake Decorating with Susan Mabile

Friday, May 10th

Center for Active Living

Join for an afternoon of sweet fun!

Susan will walk participants through the process of icing, decorating, and arranging cupcakes into a beautiful, and tasty, flower bouquet design!



Call to register! (508)945-5190



Thursday, May 9th 10am
Center for Active Living

Come learn how to be an engaged healthcare consumer, and how to prevent, detect and report healthcare errors fraud and abuse!

Please call to sign up 508-945-5190

COOKING CLASS

with

CHEF HEATHER BAILEY, CNC
OF THE OPTIMAL KITCHEN

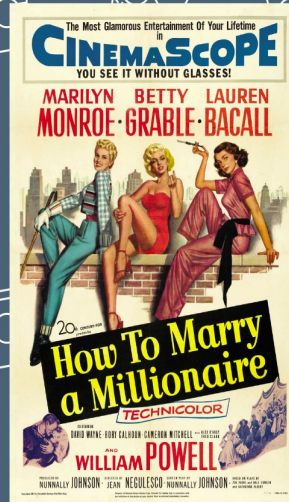


Sponsored by



WEDNESDAY, MAY 15TH 1:30 PM
CALL TO REGISTER, SPACE LIMITED!

GOLDEN OLDIES



Tuesday,
May 14th at 1pm

In this screwball comedy from 1957, presented in glorious color, Lauren Bacall, Marilyn Monroe, and Betty Grable star as three fashionable models on a mission to marry millionaires, their wealthy targets include William Powell, David Wayne, Cameron Mitchell, and Rory Calhoun.

HEALTHY MEALS IN MOTION

Providing food assistance since 2016

MAY 15TH
NOON @ CFAL

Contact Leah
for more information!

508-945-5190



Sound Meditation

with Ashley Woodworth

Join for a healing and relaxing session with Tibetan singing bowls, etheric chimes, frame drums, rattles and more!



Please call to sign up (508)945-5190

The Alzheimer's
Family Support Group
Chatham Center for Active
Living

May 14th and May 28th
Meets at 10:30am

Call to register
(508)- 896-5710

Alzheimer's
Family Support
Center
of Cape Cod



PLEASE JOIN US FOR THE FRIENDS OF THE COA

Birthday Luncheon

THURSDAY, MAY 16TH
12-1:30PM

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

Sandwiches, sides, cupcakes and ice cream will
be served, followed by a gift card drawing!

Please RSVP on or before
Monday, May 13th
508-945-5190



THE COA RUNS ON VOLUNTEERS!

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.



Please join the next orientation group on **Wednesday, May 27th 10-11am**

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



MailArt2

presented by Barbara Nickerson

Learn how to create amazing envelopes from magazines, collage pcs, stencils, washi tape and more! Reimagine your ephemera and household objects by thinking outside the box!

Supplies Included

Wednesday, May 15th
1-3 PM

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

Call to register (508)-945-5190

Busy Fingers



Thursday's 1-3pm


Chatham CFAL

No registration required.

All levels welcome!

GOLDEN OLDIES

Tuesday, May 28th at 1pm



This 1943 Hitchcock-directed psychological thriller stars Teresa Wright and Joseph Cotton, where an unexpected visit from "Uncle Charlie" brings excitement to their quiet town until his young niece realizes her beloved uncle is, in fact, a wanted serial killer.



CHATHAM HARVESTERS
A Fishermen's Cooperative

COOKING DEMO

Tuesday, May 21st 1-2pm

95 Commerce Park, South Bay 7 & 8

- Learn about local and abundant fish
- Discuss Chatham Harvesters programs and upcoming events
- Enjoy cooking demonstration with samples to taste!

SPACE LIMITED, CARPOOLING ENCOURAGED
PLEASE CALL 508-945-5190 TO SIGN UP

May Class Schedule:

- 5/6 - Gentle Flow
- 5/13 - Chair Yoga
- 5/20 - Gentle Flow
- 5/28 - Chair Yoga

Every Tuesday @ 1pm
 Please call to register!
 508-945-5190



IMPORTANT
ANNOUNCEMENT:

In an effort to alleviate waitlists, and address space concerns, moving forward classes will be held at the Chatham Community Center in the Aerobics Room.

Equipment (mats, blocks, straps) will remain available for participants to utilize.



Chatham Tai Chi

Meditation in Motion



- Low impact, slow moving exercise
- Proven to help maintain strength, flexibility and balance
- Easily adaptable for all levels of ability

Tuesdays 8-9 a.m.

Chatham Community Center



**Osteoporosis Prevention
 Exercise Class**

Tuesdays & Thursdays 8:30- 9:30 a.m.

**First United Methodist Church
 569 Main St Chatham, MA 02633**

- Structured to help people diagnosed with or at risk of Osteoporosis with strength, flexibility, balance and function
- Classes are FREE and open to all
- Led by trained ESCCI volunteers

****IMPORTANT****

Participant acknowledgment form required!



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

Nordic Walking for Beginners

This series will...

- Be led by a certified Physical Therapist and certified Nordic Walking instructor
- Teach the benefits and techniques of Nordic Walking (walking with poles)
- Explore lifestyle medicine topics such as physical activity, nutrition, sleep

Where: Chatham Center for Active Living
 193 Stony Hill Rd
When: Thursdays, 10:45-11:45am
 May 9th- June 27th

**For more information, or to register,
 please call (508) 957-7423**

Participants must be able to walk a mile independently, with poles, sometimes on uneven terrain



**VISITING NURSE ASSOCIATION
 OF CAPE COD**
 Member Cape Cod Healthcare



LGBTQ+ Older Adult Group News



Dinner Club

**Thursday, May 16th 5-7 pm
Chatham Community Center**

This month the LGBTQ+ Older Adult Group will be honoring the International Day Against Homophobia, Transphobia, and Biphobia. Join us for a meal, conversation, and to raise awareness!

We are looking for interested members to join the Program and Event Planning Committee! Please contact Anna Milan for more information.

*To register, please contact **Anna Milan**
amilan@chatham-ma.gov or
call 508-945-5190*

Senior Tax Work Off Program



Program Overview

- Allows senior citizens to work in municipal jobs in exchange for a reduction in their property taxes.
- Aims to provide an opportunity for seniors to engage with their community, while easing the burden of property taxes on fixed income.

Requirements for Participation

- Must be 60+ years old (Valid ID required)
- Pass a CORI check
- Primary residence in Chatham

Call (508) 945-5190 for more information

Outreach Services & Programming

Transportation

The Chatham Center for Active Living currently offers transportation for:

- Medical and Dental appointments
- Rock Harbor respite for Chatham residents
- Grocery & Pharmacy delivery
- Weekly trips to Stop & Shop
- Bank, Post Office, Hair appointments, Library, COA programs only *if drivers are available, medical appointments receive priority*

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

Healthy Meals in Motion: Grocery Program
3rd Wednesday of the month, 12p at the CFAL.

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

Recovery Services

Outer Cape Health Recovery Coach-
Kelly Connolly 774-801-8133

Office Hours: Chatham Police Department
Wednesdays 12p-4pm

Support Services

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.

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 Mental Illness Services :

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

Mental Illness Support Group:

Meets every Wednesday 2-3:30p
Federated Church of Orleans (162 Main Street East Orleans).

Call Carolyn Witt at 774-722-4528.

Neuropathy Support Group:

tinameserveycpnp@aol.com

Parkinson's Support Group

Call Betty Magnusson at (508) 945-1106

SHINE:

Serving the Health Insurance Needs of Everyone, at CFAL Appointments available Tuesday's and Friday's (508) 945-5190

Sight Loss Services

(508)394-3904 www.sightloss.org

Support group meets 1st Tuesday of the month at the Harwich Community Center 10:30 am

May 2024

Mon	Tue	Wed	Thu	Fri
		<p>1 9 Coffee with the Town Manager, Jill Goldsmith (CFAL) 1 Cribbage Masters (CFAL) 2 Bingo (CFAL)</p>	<p>2 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trip 10:45 Arthritis Exercise (CC) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>3 9 Coffee Hour: Tech Help with Anna (CFAL) 1 Scrabble (CFAL) SHINE by appointment</p>
<p>6 12:30 Lunch & Learn: Outer Cape Health Recovery Coach (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery</p>	<p>7 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 10:30 Alzheimer's Family Support Group (CFAL) 1 Yoga with Ashley (CC) 1 Golden Oldies (CFAL) 1 Scrabble (CFAL) SHINE by appointment</p>	<p>8 9 Coffee Hour: Social Media for Seniors (CFAL) 11 Book Club (CFAL) 1 Atwood Museum Tour 1 Cribbage Masters (CFAL)</p>	<p>9 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10 Senior Medicare Patrol Presentation (CFAL) 10:30 Stop & Shop Trip 10:45 Nordic Walking (CFAL) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>10 1 Scrabble (CFAL) 1 Cupcake Decorating w Susan Mabile (CFAL) SHINE by appointment</p>
<p>13 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery</p>	<p>14 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 1 Yoga with Ashley (CC) 1 Scrabble (CFAL) SHINE by appointment</p>	<p>15 9 Coffee Hour: Homeopathy with Casey Hammond (CFAL) 12 Healthy Meals in Motion (CFAL) 1:30-3 Cooking with Chef Heather Bailey (CFAL) 1 Cribbage Masters (CFAL) 1-3 Mail Art with Barbara Nickerson (CFAL)</p>	<p>16 8:30 Osteoporosis Prevention Exercise (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trip 10 Get to know the Friends! (CFAL) 10:45 Nordic Walking (CFAL) 12 Friends of the CCOA Birthday Party (CFAL) 1-3 Busy Fingers (CFAL) 5-7 LGBTQ+ Older Adult Dinner (FUMC) Grocery & RX Delivery</p>	<p>17 1 Scrabble (CFAL) SHINE by appointment</p>
<p>20 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery</p>	<p>21 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 1 Yoga with Ashley (CC) 1 Scrabble (CFAL) 1 Chatham Harvesters Demonstration SHINE by appointment</p>	<p>22 9 Coffee Hour: Seafaring Stories (CFAL) 9-3 Footcare (CFAL) 1 Cribbage Masters (CFAL) 1 Sound Meditation (CFAL) Attny Lavender by appointment</p>	<p>23 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trip 10:45 Nordic Walking (CFAL) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>24 10-1 Chatham Better Together (CFAL) 1 Scrabble (CFAL) SHINE by appointment</p>
<p>27 In Honor of Memorial Day the Center for Active Living is CLOSED</p>	<p>28 8 Chatham Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise (FUMC) 10:30 Alzheimer's Family Support Group (CFAL) 1 Golden Oldies (CFAL) 1 Yoga with Ashley (CC) 1 Scrabble (CFAL) SHINE by appointment</p>	<p>29 10 Volunteer Orientation (CFAL) 1 Cribbage Masters (CFAL)</p>	<p>30 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9-10 Blood Pressure Clinic (CFAL) 10:30 Stop & Shop Trip 10:45 Nordic Walking (CFAL) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>31 9 Coffee Hour: Tech Help (CFAL) 1 Scrabble (CFAL) SHINE by appointment</p>

ENIGMATM

CRYPTOGRAM

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

“ZFBFM GK NZEQVCZY CZ VNRQF
QVNQ WNZ ZFBFM SF XZGKZF.”

– ENDZNBNUJEN GNRN

Name: _____

Date: _____

Collector Car Fanatic

T E K C O R Y H R I I I I F E O T L
 N S E E E R S O C E A F O L C S O H
 E O E S U G A L N A A R O A U O J E
 E E T C I D A I I S O C E T E C N A
 I R R S S U L T T A U C L H D H A D
 E E E T I T R B N S R C I E B A B E
 M L E M L P A C T I A I B A O S H R
 L R I E M C S O R M V S O D N S A E
 E A B B K A M N R D O S M A N I R Y
 E E C R O A C V R L R A O X E S D I
 M A D E O M N E R O D L R L T O T T
 A N A P E A O R S F Y C E E O F O T
 H T G U A A R T I I H I A W L O P T
 G I M O S D E I U N R E S T O R E D
 U Q A C E L B B L A I G N I T E R E
 O U R E L A R L M M C N O T E A H P
 R E S U A A T E L O I R B A C O E I
 B A B E F R S N A P P L E T O N S T

Word List:

VINTAGE
 AXLE
 BONNET
 CABRIOLET
 COACH
 DAGMARS
 PISTON
 IGNITER
 PHAETON
 RESTORED

ANTIQUE
 BELTLINE
 BROUGHAM
 CAM
 CONVERTIBLE
 DEUCE
 HARDTOP
 AUTOMOBILE
 RAILS
 ROCKET

APPLETONS
 WOODY
 BULLETS
 CAMMER
 CRUISE
 FASTBACK
 HEADER
 MERCURY
 MANIFOLD

BANJO
 CHASSIS
 COUPE
 CLASSIC
 CUSTOM
 FLATHEAD
 HYDRO
 AEROMOBILE
 ROADSTER



May Coffee Hours

Wednesday's + Friday's

9-10 am

Wed, 5/1: Coffee with Jill Goldsmith, Town

Manager

Fri, 5/3: Tech Help with Anna

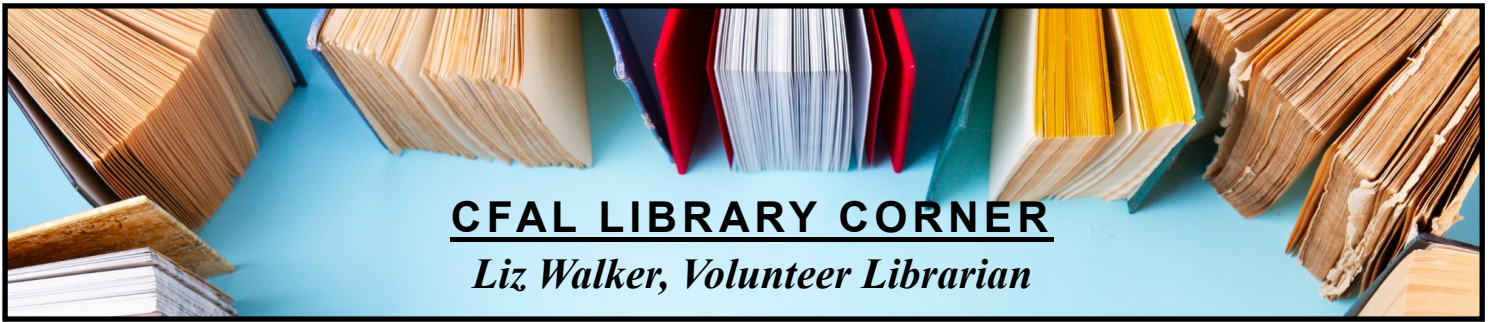
Wed, 5/8: Social Media for Seniors

*Come learn how to navigate Facebook Groups
and more!*

Wed, 5/15: Homeopathy with Casey Hammond

Wed, 5/22: Seafaring Stories

Fri, 5/31: Tech Help with Anna



CFAL LIBRARY CORNER

Liz Walker, Volunteer Librarian

Our wonderful volunteer, retired librarian Annie Holton, has been weeding our shelves this spring to make room for exciting new acquisitions— both donated and purchased with funds from the Friends of the COA. We asked ourselves, “How many James Patterson books do we really need, when David Baldacci’s recent thrillers fly off the shelf?” Come by to browse new fiction and nonfiction, mysteries and large-print books. Consider these recent acquisitions:

***The Demon of Unrest: A Saga of Hubris, Heartbreak, and Heroism at the Dawn of the Civil War* by Eric Larson (2024)**

Bestselling author Eric Larson brings to life the pivotal months between Abraham Lincoln’s election and the start of the Civil War. This masterful storyteller recounts “the disastrous errors, craven ambitions, personal tragedies and heartbreaking betrayals that Lincoln endured.”

***The Heiress* by Rachel Hawkins (2024)**

The author of *The Wife Upstairs* (2021) delivers “a delivious tale of murder, greed and the ties that bind”. Flamboyant Ruby McTavish, infamous in her home state of North Carolina for surviving a kidnapping as a child, burning through four husbands as an adult and controlling her vast family fortune until her death 10 years before the story opens. Ruby’s son and sole heir quickly realizes that family bonds stretch far beyond the grave.

***The Berrypickers* by Amanda Peters (2023)**

In this debut novel, a four-year-old Mi’kmaq girl goes missing one summer from a Main blueberry field, sparking a lifelong saga of mystery and tragedy that haunts the survivors and unravels a community. “The strength of this captivating story lies in its understanding of how trauma can define a family, as well as its honest depiction of the great challenges Indigenous people face,” wrote one reviewer. **(Recommended by Friends VP, Judy Hanlon)**

***Katharine Wright: The Wright Sister* by Patty Dann (2020)**

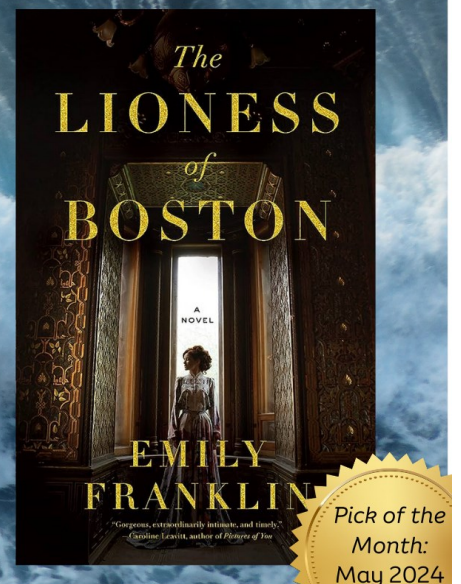
The author of *Mermaids* (1986) presents a work of historical fiction about the younger sister of aviation pioneers Wilbur and Orville Wright. Their “whip-smart kid sister Katharine” was a suffragette, their business manger and a trusted sounding board for their visionary ideas. A college graduate and high school teacher, when few middle-class American women worked outside the home, Katharine also was a significant figure in the early 20th-century women’s movement.

CFAL BOOK CLUB

***The Lioness of Boston* by
Emily Franklin (2023)**

A novel about Boston’s Isabella Stewart Gardner, a daring visionary who created a singular legacy in American art and transformed the city itself.

Please call to register!
Wednesday, May 8th 11am-Noon



Contact us:

508-945-4190

193 Stony Hill Rd

Chatham, MA 02633

www.friendsofchathamcoa.com

FRIENDS OF THE CHATHAM COA

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Director

Janet Fields, **Director**

David Oppenheim, **Director**



Donation Report

Thank you to those who have generously
donated. We appreciate you!

Dr. Robert and Anne Brebbia

Kathleen Read

Susan Fishback

Nancy Tansey

In Memoriam of Maria D'Arrigo & Marlene Herliky

In Honor of Carole de Christopher, Joseph Gagliano, and

Barbara Segall

Chatham Center for Active Living

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



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CFAL Staff

Leah LaCross, *Director of Community Services*
Deborah Mayhew,
Department Coordinator
Vacant, *Outreach Coordinator*
Anna Milan, *Programs & Communication*
Vacant, *Receptionist*

Van Drivers

Dick Hosmer
Mark Massoni
Paul Robinson
Dexter Smith

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Betty Magnussen, *Member*
Laura Everett, *Member*
Stan Mansfield, *Member*
Vacant, *Member*



Greetings CFAL Friends, and Happy May!

I think it is finally safe to say that we've made it through the worst of winter weather and that beautiful days are in front of us. Many of us are busy getting our gardens ready for planting and are looking forward to yards filled with flowers and fresh vegetables. The staff at the CFAL have been busy welcoming the warmer season as well, and we are excited to present to you all that we have to offer!

First, please don't forget to participate in one of the most important days of the year in Chatham: Annual Town Meeting on May 13th. This is your time to voice your thoughts, and to make your vote count on things that matter to you/ If you're unable to drive, and in need of a ride, please call Debbie at 508-945-5190. She would be happy to reserve your place in one of our comfortable vans and will ensure that you get brought back home when the meeting concludes. Do you have questions on some of the Warrant Articles that you would like answered before Town Meeting? If so, please sign up for "Coffee with the Town Manager" on Wednesday, May 1st. Act fast on this one! Seats are sure to fill up.

Other events this month that are sure to please are the Private Atwood Museum Tour on Wednesday, May 8th, Mail Art with Barabara Nickerson, on Wednesday, May 15th, our Lunch and Learn with local Outer Cape Health Services Recovery Coach.

I can't wait to see you all!

Kind regards,

Leah