



T H E F L A S H

APRIL 2026

A newsletter published by the Chatham Center for Active Living

Hours of Operation:

**OPEN MONDAY- FRIDAY
8AM - 4PM**

Contact Us:

508-945-5190

WWW.CHATHAM-MA.GOV

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@chathamcoa



Chatham COA

Our Mission:

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.

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Director's Desk

Hello Friends,

As we welcome April, there's a special sense of renewal in the air- especially after the long, snowy winter we've just weathered together. The snowbanks have finally melted, the days are growing brighter, and signs of spring are beginning to peek through, reminding us that warmer, lighter days are ahead. At the Council on Aging, this season is a wonderful opportunity to reconnect, refresh, and look forward to the multitude of programs, activities, and gathers that Anna has planned to bring our community together. We're excited to share what's in store this month and hope you'll join us as we step into spring with renewed energy and optimism.

Please check out these amazing opportunities- and don't hesitate to sign up today! Spots will fill quickly!

- Fri. April 3rd 11 am: **Presentation by Cape Cod Softball**- learn how you might get involved in this exciting league!
- Fri. April 3rd 1:30pm: **Red Sox Home Opener Party**- enjoy ballpark refreshments and some baseball!
- Mon. April 6th 11:00am: **Music Monday featuring Old Exit 11 Band**
- Fri. April 10th 11am: **Firehouse Friday** with Chatham Fire Department
- Wed. April 22nd - May 13th at the Community Center- **Wellness Warriors Spring Session**
- Thu. April 23rd 11am: **NHA On the Road- The Great Fire of 1856**
- Fri. April 24th 11:30 am: **Wellness Coaching Information Session** with Kerri Kelly
- Mon. April 27th 12pm: **Lunch and Learn: The CFAL Renovation Warrant Article**


I look forward to seeing each and everyone one of you!

Kind Regards,

Leah



Program Registration Information

- I. Registration for programs is either required, or drop-in and will state such in each program description.
- II. Programs may be registered for via phone, 508-945-5190, or in-person at the Center for Active Living
- III. Programs are subject to cancellation if there are less than four (4) registrants.
- IV. Chatham residents receive priority registration, non-residents may sign up if space allows.
- V. If you are no longer able to attend a program you signed up for please call to let us know. Many programs have waitlists!
- VI. Programs marked with a  are made possible due to generous support of the Friends organization. A suggested donation of \$5 per program is appreciated, but not required unless otherwise stated.

Outreach Programs & Services

Small Changes, Big Impact:

Intro to 1:1 Health & Wellness Coaching

Friday April 24th at 11:30, at the CFAL,

please call 508-945-5190 to register

Chatham Council on Aging Outreach Coordinator is kicking off a new program with Health and Wellness Lunch “Lets Swap This for That” on Friday on April 24th, with a presentation that will be launching signups.

- 1st Cohort starts May 8th
- Graduation afternoon November 13th

What is Health and Wellness Coaching:

- These are 30-minute one-on-one sessions, Friday mornings.
- Assists in creating new habits, changes in routines could include:
 - Stress management, eating habits, sleep hygiene, exercise habits, and many more health-related goals to improve overall wellbeing.
- Evidence base practices, using SMART goals, motivational interviewing.

Healthy Meals in Motion grocery pickup is Wednesday, April 15th at 12:00 p.m. Please return your order forms to the Center for Active Living no later than Friday, April 10th



kkelly@chatham-ma.gov
508-945-5190





TRANSPORTATION

GUIDELINES & INFORMATION

Rides available Monday- Friday 9:00-2:00 pm

- First come, first serve for **ALL** rides
 - New riders must complete an intake form with Alexis
 - Please allow 24 hours after your request to receive confirmation from Alexis or Maddie
 - Medical appointments receive priority scheduling
 - Medical rides available between Orleans and Hyannis
 - Rides to Bank, Post office, Hairdresser, etc. must be scheduled for Chatham, Harwich, or Orleans
 - Rides to CFAL programs or appointments available
 - **Please provide 24 hour notification for ride cancellations**
 - Advance notice allows us to offer that time slot to another community member who may be waiting for a ride. Your consideration helps us serve as many riders as possible.
- Thank you for your cooperation and support.



TO SCHEDULE A RIDE PLEASE CALL OR EMAIL:

Alexis Weglarz
508-945-5190
aweglarz@chatham-ma.gov

WEEKLY SCHEDULE

Please call 24 hours in advance for deliveries

Grocery Delivery from:

- Chatham Village Market

Prescription Delivery from:

- CVS in Chatham
- CVS in East Harwich
- Stop & Shop Pharmacy

MON:

Grocery & RX Delivery

THUR:

AM trip to Stop & Shop

Grocery & RX Delivery

COMMUNITY RESOURCES



Contact CCRTA for all options below: 800-352-7155

DART: Door-to-door, ride by appointment service that is wheelchair accessible. Booking 72 hrs. in advance recommended, not required. Fare is \$1.50/ride for seniors.

Smart DART: App based, on-demand, door-to-door ride hail service. Download SmartDart from the app store (Apple or Android) and search CCRTA.

H2O: CCRTA's fixed route public transportation between Orleans and Hyannis.

FLEX: CCRTA's bus picks up and drops off at designated stops between Harwich and Provincetown.

Boston Hospital Transport: Weekdays, Call to reserve by 11am the day before your appointment. \$30 round trip, \$15 one-way

April Programs

Bingo, Wednesday, April 1st 1:00-2:15 PM

Don't miss our fun-filled monthly bingo game! It's a perfect way to connect, unwind, and work your brain muscles.

Location: CFAL, 193 Stony Hill Road **Registration:** Required Please call 508-945-5190 to sign up.



Cupcake Decorating, Wednesday, April 1st 11:00-12:30 PM

A CFAL favorite returns! Join Brenda for a guided cupcake decorating class where you will leave with delicious, and adorable treats.

Location: CFAL, 193 Stony Hill Road **Registration:** Required Please call 508-945-5190 to sign up.



Red Sox Home Opener Party, Friday, April 3rd 1:30-3:30 PM

Calling all Boston sports fans! Enjoy ballpark refreshments and the 2026 season home opener.

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Cape Cod Softball League Presentation Friday, April 3rd 11:00 AM

Come learn about the ever popular CC Softball League from current players.

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Music Monday, Monday, April 6th 11:00-12:30 PM

Ease into the week with a beautiful live performance by the Old Exit 11 Band. Enjoy brunch refreshments as you relax, listen, and start your Monday on a harmonious note.

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



NHA On the Road- The Great Fire of 1846 Thursday, April 23rd 11:00 AM

Join speakers from Nantucket Historical Association and learn about the greatest catastrophe in Nantucket history.

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Fall Risk Assessments with VNA of Cape Cod Friday, April 17th 11:00 AM

Meet 1:1 with Physical Therapists or an Exercise Physiologist that will stratify your fall risk and receive a home exercise program!

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-957-7423 to sign up

Wellness Warriors Spring Session Wednesdays, April 22nd - May 13th 10- 11:30 AM

A CFAL favorite returns to our calendar this month with the theme "Bloom Where You're Planted"

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Chair Yoga, Mondays, 1:00- 2:00 P.M.

This gentle form of yoga enhances flexibility, strength, and relaxation—all from a seated position or using a chair for support. Perfect for all abilities, this class offers a safe and accessible way to improve balance, reduce stress, and increase overall well-being.

Location: Community Center, Aerobics Room,

Registration: *Required with a signed liability waiver. Please call 508-945-5190 to sign up.*



Full Body Fitness, Tuesdays, 12:00-12:45 P.M.

This 45-minute class is designed to enhance muscular strength, endurance, mobility, and balance. Participants will engage in a variety of upper and lower body exercises, with modifications available for all ability levels. Exercises can be performed seated or standing.

Location: Community Center, Aerobics Room **Registration:** *Required with a signed liability form, Please call 508-945-5190 to sign up.*

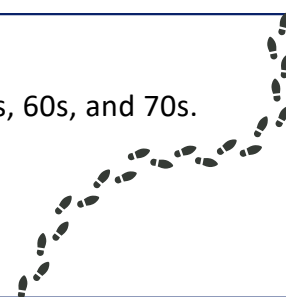


Indoor Walking, Tuesdays & Thursdays, 12:00-1:30 P.M

Walk at your own pace in a welcoming, weather-proof space, to the tunes of the 50s, 60s, and 70s. Stay active and connect with others in the community!

Location: Community Center, Gymnasium

Registration: Drop In



Strong at Heart, Thursdays, 10:45-11:45 A.M. April 9th - May 28th

This program aims to help seniors build on their strength and endurance. A mix of interval and circuit training that will keep your heartrate up and muscles engaged. Must be able to tolerate 60 minutes of seated and standing exercises independently.

Location: Community Center, Aerobics Room

Registration: **Required, with signed waiver from physician. Call 508-957-7423 to sign up**



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

Sound Meditation with Ashley Woodworth, Thursday, April 9th and April 16th

11:00-12:15 PM

Experience deep relaxation through soothing soundscapes. This gentle session uses tones and vibrations to calm the mind and restore balance.

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up.

Fee: \$10 / session



Reiki Healing Sessions, Mondays 11:00-1:00 p.m.

Experience the calming and restorative benefits of Reiki, a gentle energy healing practice that promotes relaxation, stress relief, and overall well-being.

Location: CFAL, 193 Stony Hill Road

Registration: By Appointment, **please call 508-945-5190**



Weekly Game Schedule

1:00-3:30 p.m.

Location: CFAL



Monday: Cribbage

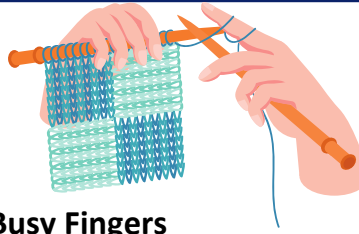
Tuesday: Rumikub

Wednesday: Cribbage

Thursday: Scrabble

Friday: Bridge, Cribbage

**MAHJONG PLAYERS WANTED!
CALL 508-945-5190 FOR
INFORMATION**



Busy Fingers

Thursdays, 1:00- 3:00 p.m.

Join us for a relaxed gathering where people come together weekly to work on various fiber arts projects.

All are welcome to join!

Location: CFAL

Registration: Drop In



Alzheimer's Family Support Center
Until there's a cure, there's community.

Caregiver Support Group

April 14th 10:30 AM

April 28th 10:30 AM

This guided group offers support for caregivers of people with AD/dementia, and for those in the early stages of decline.

Location: CFAL

Registration: Drop In

Nature of Spring with MA Audubon, Thursday, April 16th 10:00-11:00 AM

Learn about the changes our environment is experiencing from an engaging Audubon naturalist.

Location: CFAL, 193 Stony Hill Road

Registration: Required, Please call 508-945-5190 to sign up



Cooking Class, Wednesday, April 15th 1:30-3:00 PM

Join Chef Heather Bailey from The Optimal Kitchen for a session that is sure to be cozy, and be packed with tips for a super Spring!

Location: CFAL, 193 Stony Hill Road

Registration: Required, Maximum 9 participants. Please call 508-945-5190 to sign up



Lunch and Learn, Monday, April 27th 12:00-1:15 PM

Join Leah LaCross, Director of Community Services to learn more about the 2026 Town Meeting
CFAL Renovation Warrant Article

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Firehouse Fridays, 2nd Friday of the Month, April 10th 11:00 a.m.

Firehouse Friday is a monthly program featuring Chatham Fire Department staff, who will share important fire safety tips and cover a variety of topics to help keep our community safe.

Topic: Cooking Safety

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Golden Oldies hosted by: Barbara Nickerson Registration Required **Adams Rib (1949)**

Tuesday, April 7th 1:00 p.m.

A courtroom rivalry finds its way into the household when prosecuting lawyer Adam Bonner faces off against his wife, Amanda, who happens to be a defense attorney. Working on opposite sides of a lawsuit where a woman has shot her cheating husband, Adam and Amanda are both determined to win the case, and their home becomes the setting for comical showdowns, with neither spouse willing to relent.

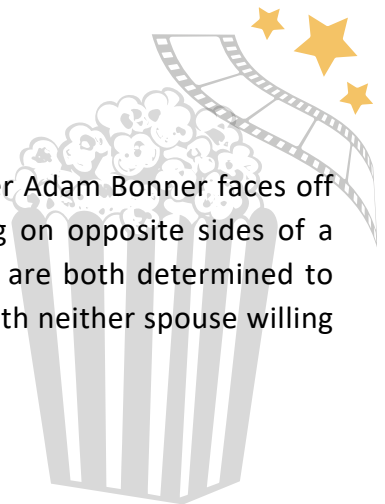
Starring: Spencer Tracy, Katharine Hepburn, Judy Holliday

The Damned Dont Cry (1950)

Tuesday, April 21st 1:00 p.m.

Trapped in an unhappy marriage and a dirt-poor town, Ethel Whitehead decides to break free of these confines after the death of her child changes her outlook on life. She leaves her husband, begins using her good looks to manipulate men into doing her bidding and eventually schemes her way into the arms of wealthy but sinister mobster George Castleman. But despite her cunning, Ethel realizes she's in over her head when she tries to con George and things turn deadly.

Starring: Joan Crawford, David Brian, Steve Cochran



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Key: CC = Community Center, 702 Main Street VFW= Chatham VFW, 50 George Ryder Road</p>		<p>1</p> <p>11 Cupcake Decorating 1-2:15 Bingo 1 Cribbage Tax Appointments (CC)</p>	<p>2</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble</p>	<p>3</p> <p>9-1 SHINE 11 Cape Cod Softball Presentation 1 Bridge 1 Cribbage 1:30 Red Sox Home Opener</p>
<p>6</p> <p>11 Music Monday 11 Reiki 1 Chair Yoga (CC) 1 Cribbage</p>	<p>7</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Indoor Walking(CC) 1 Golden Oldies 1 Rumikub Tax Appointments (CC)</p>	<p>8</p> <p>11 Book Club 1 Cribbage Tax Appointments (CC)</p>	<p>9</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 11 Sound Meditation 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble</p>	<p>10</p> <p>9-1 SHINE 11 Firehouse Friday 1 Bridge 1 Cribbage</p>
<p>13</p> <p>11 Reiki 1 Chair Yoga (CC) 1 Cribbage</p>	<p>14</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness(CC) 12 Indoor Walking (CC) 1 Rumikub Tax Appointments (CC)</p>	<p>15</p> <p>12 Healthy Meals in Motion 1 Cribbage 1:30 Cooking Class Tax Appointments (CC)</p>	<p>16</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10 MA Audubon Presentation 11 Sound Meditation 10:45 Strong at Heart (CC) 12 Indoor Walking(CC) 12:30 Birthday Party (VFW) 1 Busy Fingers 1 Scrabble</p>	<p>17</p> <p>9-1 SHINE 10 Chatham Better Together 1 Fall Risk Assessments 1 Bridge 1 Cribbage</p>
<p>20</p> <p>In Honor of Patriots Day the CFAL is CLOSED</p>	<p>21</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Golden Oldies 1 Rumikub</p>	<p>22</p> <p>9-3 Footcare Clinic 10 Wellness Warriors (CC) 1 Cribbage 1 Fraud Prevention with AARP</p>	<p>23</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 11 NHA On the Road 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble</p>	<p>24</p> <p>9-1 SHINE 12 Small Changes, Big Impact with Kerri Kelly 1 Bridge 1 Cribbage</p>
<p>27</p> <p>11 Reiki 12 Lunch & Learn 1 Chair Yoga (CC) 1 Cribbage</p>	<p>28</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub</p>	<p>29</p> <p>10 Wellness Warriors(CC) 1 Cribbage</p>	<p>30</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble</p>	

Weekly Transportation Services:

Mondays & Thursdays- Grocery & RX Delivery **9**

Thursday- Trip to Stop & Shop

CFAL Community Spotlight--



Rick Jacobson

1. **Where did you grow up?** New Jersey and Cape Cod
2. **What was your favorite job you ever held?** I have had so many amazing jobs over the years that I cannot just pick on. From working at Thompson's Clam Bar as a teen to working as a cabinet maker/woodworker, I have enjoyed them all. I have worked for Sotheby's, The Museum of Fine Arts, The Museum of Modern Art, numerous art galleries in NYC and Boston, and as a self-employed cabinet maker.
3. **What is something that never goes out of style?** Kindness. It is an important gift to share and accept.
4. **What is a lesson life taught you the HARD way?** After suffering a severe trauma in a car accident 5 years ago, I quickly realized who my real friends are. Friendship is precious and true friends are priceless.
5. **What is something SMALL that makes your day better?** Waking up every morning and knowing I am safe.
6. **What is your favorite way to spend a quiet afternoon?** Reading a book and sitting by Oyster Pond, reflecting.
7. **Coffee, tea, or something stronger?** Coffee
8. **What is a smell that brings back a happy memory for you?** Sawdust
9. **What is something you learned that you wish everyone knew?** The value of a true friend. When you have nothing to offer but someone is there to help you...that is a real friend. Priceless.
10. **What is one thing you are looking forward to this year?** Getting to know my new friend better.

Ryder's Cove Respite

Tuesdays & Thursdays

9:30 a.m.- 2:30 p.m.



Josephine Fennell

Director of RCR

jfennell@chatham-ma.gov

508-945-5190

Happy 100th Birthday Dr. Carl!

On March 12th, 2026, we had the extraordinary joy of celebrating Dr. Carl Needy as he turned 100 years young-- proving that 100 is just a number (a very impressive three-digit number!)

Born and raised in Newton, Massachusetts, Carl's remarkable journey has spanned a full century of dedication, adventure, and service. A graduate of Harvard College and Harvard Medical School (clearly he liked the place so much he went twice!), he went on to serve as a full lieutenant in the Navy during the Korean conflict before settling in New York. There, he founded a multidisciplinary medical center and practiced internal medicine with compassion, skill, and undoubtedly-- a prescription or two for common sense.

He and his beloved wife built a beautiful home in the Blue Mountains of the Adirondacks, which is still one of his favorite destinations-- where he enjoyed boating, skiing, tennis, and personally working on the house. He loved tennis and skiing so much that some suspected he only slowed down to let the rest keep up. And if you haven't noticed, he'll be happy to point out his town different-colored eyes-- a feature he wears with pride and just a hint of mischief.

Carl is the proud father of two wonderful daughters, Susan and Lynn; grandfather of four; and great-grandfather of four-- a growing fan club that spans generations. Now retired and living in the beautiful town of Chatham, Massachusetts, he continues to charm everyone with his sharp wit, vibrant good health, and steadfast determination to live life to the fullest.

After 100 years, Dr. Needy has mastered many things-- medicine, military service, sports, and family life-- but perhaps his greatest achievement is mastering the art of aging with humor, grace, and gratitude. He reminds us all that a well-lived life is measured not only in years, but in the lives touched along the way. We are so fortunate to celebrate this extraordinary milestone with him. Happy 100th Birthday, Dr. Needy, from all of us at the Ryders Cove Respite Program and the staff at the Council on Aging-- you make 100 look easy!

From the Desk of Diane Nash.....Behavioral Health Clinician

Staying Safe from Scams

As many of you may likely have already experienced, scammers are becoming more creative every day. But below are a few takeaways you can think about to hopefully protect yourself from these relentless callers.

Common Scams Targeting Older Adults:

1. **Imposter Scams:** The caller pretends to be from Social Security, IRS, Medicare, or even a grandchild of family member in trouble. They may ask for personal information of payment.
2. **Romance Scams:** Someone you meet online builds trust, then asks for money or gift cards for an “emergency”, and you give your “friend” the money because they have made you feel like they are a true friend.
3. **Prize Scams:** You receive a call or email telling you that you have won money, but you first must pay fees or taxes, and they ask for your personal bank information.
4. **Tech Support Scams:** You receive a phone call or email, telling you they are from Apple or that your computer has a virus. They will ask you for permission to access your account , your phone, or ask for money.

How to Protect Yourself:

1. Talk to someone you trust (family member) before sending anyone money
2. Hang up and verify
3. SLOW DOWN, before giving any money ask yourself if this feels right
4. NEVER give anyone your personal information unless you are the one who called the agency first.

Remember:

- SSA or IRS will NOT ever ask for immediate payment or threaten you with arrest over the phone.
- Scammers have found a way to mimic the voice of your loved one to convince you that your loved one is in danger and needs money.
- If someone asks for payment in the form of a gift card, it is likely a scam

Where to report Scams:

- Federal trade Commission
- Chatham Police Department
- Your bank, IMMEDIATELY if money was sent

I am here to help!

Diane Nash, 508-945-5107

Stay Safe. Stay Healthy. Stay Hopeful.

Fraud Prevention Presentation, Wed, April 22nd 1:00-2:00 PM

Join AARP presenter and learn more about the most common scams and tips on how to avoid and/or respond to them

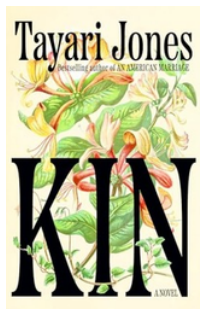
Location: CFAL, 193 Stony Hill Road

Registration: Required, Please call 508-945-5190 to register



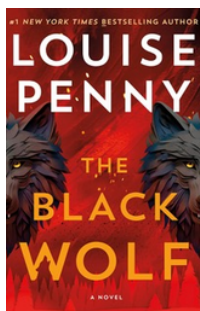
Library Corner *By Liz Walker, Volunteer Librarian*

April sweeps in with the promise of unreliable sun, intermittent warmth, random showers and inconvenient snow squalls. You can count on a good book and a strong cup of tea while waiting for flowers to appear when this unpredictable month lives up to its “cruellest” of the twelve moniker. Here are a few selections awaiting you on our shelves:



Kin- A Novel by Tayari Jones (2026)

Two motherless daughters raised in Louisiana have been best friends since childhood. Vernice lives with an aunt who provides her with a stable home. The friends' lives diverge when Vernice goes off to Spelman College, while Annie, abandoned as a baby, sets off on a perilous journey to find her absent mother. In alternating chapters, the best friends tell their life stories.



The Black Wolf- A Novel by Louise Penny (2025)

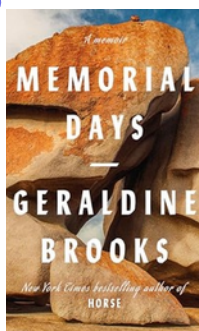
The 20th book in the author's Chief Inspector Arman Gamache series is another thriller. As injured Gamache recuperates after halting a dire terrorist threat (The Gray Wolf) in Montreal, he and his team must contend with the haunting possibility that they've only seen the tip of the iceberg. They continue to search for the main architect of the deadly chaos.



This Strange Eventful History by Claire Messud (2024)

This sweeping family saga with some biographical roots, starts in Algeria in 1940 and ends in Connecticut in 2010. The chapters, defined by time and location, are told from daughter Chloe's perspective. The author, who also had an international upbringing, examines ties of family, purpose and identity when connected to a land that no longer exists.

CFAL Book Club April Selection: Wednesday, April 8th 11 am - Noon



Memorial Days by Geraldine Brooks (2025)

A deeply personal and beautifully written memoir about the sudden loss of her husband and her journey toward peace from the Pulitzer Prize-winning author of *Horse*.

Registration required. Some copies available to borrow.

MEMBERS

Robin Zibrat, *President*

Michael Barry, *Vice President*

Sue Foster, *Treasurer*

Darcy Mallowes, *Asst. Treasurer*

Paula Carroll, *Secretary*

Elizabeth Walker, *Director*

Jill James, *Director*

Anthony Pacillo, *Director*

Janet Fields, *Director*

Larry Marsland, *Director*

Cindy Dolinger, *Director*



CONTACT US



www.friendsofchathamcoa.com



508-945-5190



P.O Box 38
Chatham, MA 02633

Birthday Luncheon, Thursday, April 16th 12:30-2:00 PM

Those with April birthdays are invited to celebrate their milestone with the Friends of Chatham COA to enjoy a delicious lunch, and desserts among your fellow birthday celebrants.

Location: VFW, 50 George Ryder Road in Chatham

Registration: Required, Please call 508-945-5190 to sign up no later than Monday, April 13th

Spring is a perfect time to get involved and join the fun at the CFAL!

The Friends are excited to continue funding the following programs:

- Full Body Fitness
- Chair Yoga
- Reiki & Sound Meditation
- Lunch & learn
- Monthly Birthday parties
- Bingo Prizes
- Cooking classes
- Educational programs
- Golden Oldies, and more!



Valentines Day Party 2026

We hope you to see soon at the upcoming programs.



Chatham Better Together



Music Monday

Chatham Center for Active Living

193 Stony Hill Road Chatham, MA 02633

508-945-5190, www.chatham-ma.gov



Postage for the Flash is generously provided by the Friends of Chatham COA.

CFAL Staff

Leah LaCross, *Director of Community Services*

Alexis Weglarz, *Department Coordinator*

Diane Nash, *Adult Behavioral Health Clinician, LICSW*

Kerri Kelly, *Outreach Coordinator*

Josephine Fennell, *Adult Supportive Day Program Director*

Martha Vokey, *Adult Supportive Day Program Assistant*

Danielle James, *Adult Supportive Day Program Assistant*

Anna Milan, *Programs & Communication Coordinator*

Madeline Vokey, *Department Assistant*

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CFAL Drivers

Dick Hosmer

Mark Massoni

Paul Robinson

Dexter Smith

Huntley Harrison

Chatham Center for Active Living Board of Directors

We work closely with the Town's Council on Aging Division to advocate for and meet the needs of residents aged 60 and over.

Upcoming Meetings

Monday, April 13th 9:00-10:30 a.m.

Board Members

Pat Burke, *Chair*

Nancy Fields, *Vice-Chair*

Laura Everett, *Clerk*

Joan Bagnell, *Member*

Stan Mansfield, *Member*

Ann Ryan, *Member*

Cyndi Kreisher, *Member*



Our meetings are the third Monday of every month at the Town Hall Annex at 9:30 am, and we invite members of the public to join us!

We welcome your ideas, questions, and especially suggestions to help identify the needs of Chatham's older population. Alternatively, you can simply join us to learn about who we are and what we do!