

THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

Edgartown Council on Aging



Thanks to Mother Nature for the Eclipse Party on April 8, 2024. Highlights included a classic eclipse viewer made by Susan Brown, the crowd singing happy birthday to Willow for her 6th, ice cream treats, blue skies, and great company. Thanks to all who joined us!



www.edgartowncoa.com



The Anchors Kitchen

We are committed to providing those in need with nutrition resources.
Please call 508-627-4368 to learn about nutrition programs you may be eligible for.

Tuesday and Friday Lunches

Lunch is served at 12noon. Please come beforehand to find a seat.
Exact change is appreciated. No walk-ins please.

You must call by 12noon the day before lunch to reserve your spot.

Tuesday Lunch ~ with soup & dessert

5/7	Beef Burrito	
5/14	Chicken Cordon Bleu Sand	\$5
5/21	Bacon Egg & Cheese Sand	
5/28	Tuna Salad Sand	

Thanks to the Generosity of Slough Farm,
the Anchors will be receiving fresh eggs weekly for use in Anchors meals and to benefit the health of our community

Friday Café ~ with dessert

5/3	Pulled Chicken Bowl	\$7
5/10	Tortellini with Ham & Peas	
5/17	Wild Mushroom Pasta	
5/24	Lasagna	
5/31	Turkey Meatloaf	





May 2024

To register, or to learn more about programs at the Anchors, call 508-627-4368 or visit www.edgartowncoa.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>	<p>The Anchors is open Mon-Fri 9am-4pm</p>	<p>1 9:30 Tai Chi 12:30 Bridge</p>	<p>2 9:15 Intro to Tai Chi 1 Art Making with Sea Glass</p>	<p>3 12 Friday Café 1:15 Mah Jongg</p>
<p>6 9 Chair Yoga 11:30 Bowling 12:30 Bridge</p>	<p>7 9 Yoga 10 Knitting 12 Tues Lunch 1:15 Mah Jongg</p>	<p>8 9:30 Tai Chi 12:30 Bridge</p>	<p>9 9:15 Intro to Tai Chi 1 Movie: Frida</p>	<p>10 12 Friday Café 12 Drop-In Tech Help 1:15 Mah Jongg</p>
<p>13 9am Hearing Wellness 9 Chair Yoga 11:30 Bowling 12:30 Bridge</p>	<p>14 9 Yoga 10 Knitting 11 Coffee w a Cop 12 Wellness Clinic –Nurse 12 Tues Lunch 1:15 Mah Jongg</p>	<p>15 9:30 Tai Chi 12:30 Bridge</p>	<p>16 9:15 Intro to Tai Chi 1 Art Making with Sea Glass</p>	<p>17 ECO Board 12 Friday Café Transportation Lunch & Learn 1:15 Mah Jongg</p>
<p>20 9 Chair Yoga 11:30 Bowling *Last day of the season! 12:30 Bridge</p>	<p>21 9 Yoga 10 Knitting 12 Tues Lunch 1:15 Mah Jongg</p>	<p>22 9:30 Tai Chi 12:30 Bridge</p>	<p>23 9:15 Intro to Tai Chi 1 Arthur the King</p>	<p>24 12 Birthday Café 1:15 Mah Jongg</p>
<p>27  CLOSED for Memorial Day. Remember & Honor</p>	<p>28 9 Yoga 10 Knitting 12 Tues Lunch 1:15 Mah Jongg</p>	<p>29 9:30 Tai Chi 12:30 Bridge</p>	<p>30 9:15 Intro to Tai Chi 2 Screening of Growing up in Edgartown</p>	<p>31 12 Friday Café 1:15 Mah Jongg</p>

Programs and Services

Art Making

Sea Glass Art on Canvas Thursdays, May 2nd & 16th at 1pm. Come for one or both workshops. We have all of the supplies you'll need to make a beautiful sea glass picture. Feel free to bring materials from your stash! Call or email Meris to register and for more information.

Chappaquiddick Community Center

The Chappaquiddick Community Center
For a calendar of events and programs, visit them online: chappycommunitycenter.org

Closures

The Anchors is closed Monday, May 27 for Memorial Day

Coffee with a Cop

Coffee with a Cop Tuesday, May 14 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department and meet some of the other officers.

Civic Engagement & Equity

The NAACP of Martha's Vineyard meets on the second Sunday of each month at 2pm in the community room at Hillside Village in Vineyard Haven. To learn more or become a member visit: <http://marthasvineyardnaacp.com/>

Exercise & Wellness

Bowling at the Barn **The last day of the season is Monday, May 20.* Mondays at 11:30am. All are welcome, please register in advance through the Anchors if you plan to bowl this season. Bowling and lunch for non-Edgartown residents is \$20. Edgartown residents pay \$10 thanks to the Friends of the Edgartown Council on Aging.

Tai Chi with Nan Doty Wednesdays at 9:30. Call to register if you would like to join the class. \$10 per class.

Introduction to Tai Chi Qigong with Nan Doty Thursdays at 9:15am. If you have always wanted to learn Tai Chi and develop more balance, we hope you'll take advantage of this perfect opportunity to do so. \$10 per class. Please get in touch to register in advance.

Exercise & Wellness cont.

Seated Yoga with Jennifer Fingado

Mondays at 9:00am. \$15 per class or prepay \$50 for 5 classes.

Yoga with Carol Vega Tuesdays at 9am. First class? Please call to let us know you're coming. Drop-in price is \$15. Pay ahead for 8 classes—price is \$80.

Games

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, please call 508-627-4368.

Mah Jongg meets Tuesdays and Fridays at 1:15pm. Please call to register in advance 508-627-4368

Knitting & Needlework

Knitting at the Anchors meets weekly on Tuesdays from 10am-12noon. All are welcome!

Legal Aid

Massachusetts Attorney General's Office Consumer Hotline provides information about consumer concerns and issues specific to immigrants, veterans, homeless, and elderly residents. <https://www.mass.gov/get-consumer-support> or call: (617) 727-8400

South Coastal Counties Legal Services, Inc. Offers legal aid to qualified clients after reviewing their case. If you need legal help and are experiencing financial hardship, contact Ms Rasheda Dickerson directly at 774-487-3251.

Medical Supplies

Medical Supplies and Incontinence Items

We have a large number of briefs and other personal care items available to you or your care partner, free of charge. Please call and speak to a staff member if this would help. We are happy to arrange for a pickup. We also have lots of medical equipment to loan out including knee rovers, wheelchairs, walkers, rollators, commodes, shower seats and transfer chairs, crutches, and more.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. Call for an appointment.

Tech Help

Drop—In Tech Help with Rizwan Friday, May 10th during lunch. Rizwan will be available to help answer your questions about using your laptop, smartphone, iPad, or other devices.

Call the Tech Pro is an exciting new program brought to you by Healthy Aging Martha's Vineyard and the EOEA. Visit to your nearest council on aging to fill out a release. A fully vetted tech pro will set up a time to come to your home and help with your tech related question, for free!

Transportation

Attention Chappy Residents: We need to hear from you! In our efforts to provide residents with transportation solutions tailored to you, it is imperative that we know your specific needs and challenges. Thanks in advance for your participation. Please call or email ECOA Director, Lyndsay Famariss.

Transportation Lunch and Learn with HAMV Mobility Manager, Lisa Stewart. Friday, May 17 during lunch. Join us in welcoming Lisa, who will speak about transportation options available to Older Adults on Martha's Vineyard including some recent changes to the popular Go Go Grandparent program.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, May 13. Second Monday of the month, beginning at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call to schedule an appointment.

Wellness Clinic with the town nurse Tuesday, May 14, 12-1pm. The town nurse will be available for consults every 2nd Tuesday of the month during lunch.

Volunteer Opportunities

The Edgartown Council on Aging currently has two openings on its Board. The board of the ECOA supports our programs and operations and is critical in our mission as a Town of Edgartown human service organization. We seek dynamic and diverse Edgartown residents with a commitment to the aging population. and who wish to play an active role supporting and advocating for the Anchors community while in the present and looking ahead. If you are an Edgartown resident and are interested in this rewarding volunteer position, please send a letter of interest to Director Lyndsay Famariss at: lfamariss@edgartown-ma.us

Plant Swap at the Anchors

~Begins in May, through summer~

Take a plant. Leave a plant.

Garden. Repeat.



Look for the Plant Swap table on the Daggett St side of the building

Art Making with Sea Glass

At the Anchors

Thursdays, May 2nd & 16th from 1-3pm

Please feel free to bring your own stones, beach glass, driftwood, and other materials. We will have some beach glass for you to use as well. Canvas or paper and other necessary supplies will be provided.

*All artwork pictured below found on [Pinterest.com](https://www.pinterest.com). Credit goes to the individual makers.



MVTV Screening at the Anchors

**Come see the
latest episode of
*Growing up in
Edgartown*,
filmed at the
Anchors in
June of 2023.**



**Thursday, May
30th at 2pm**



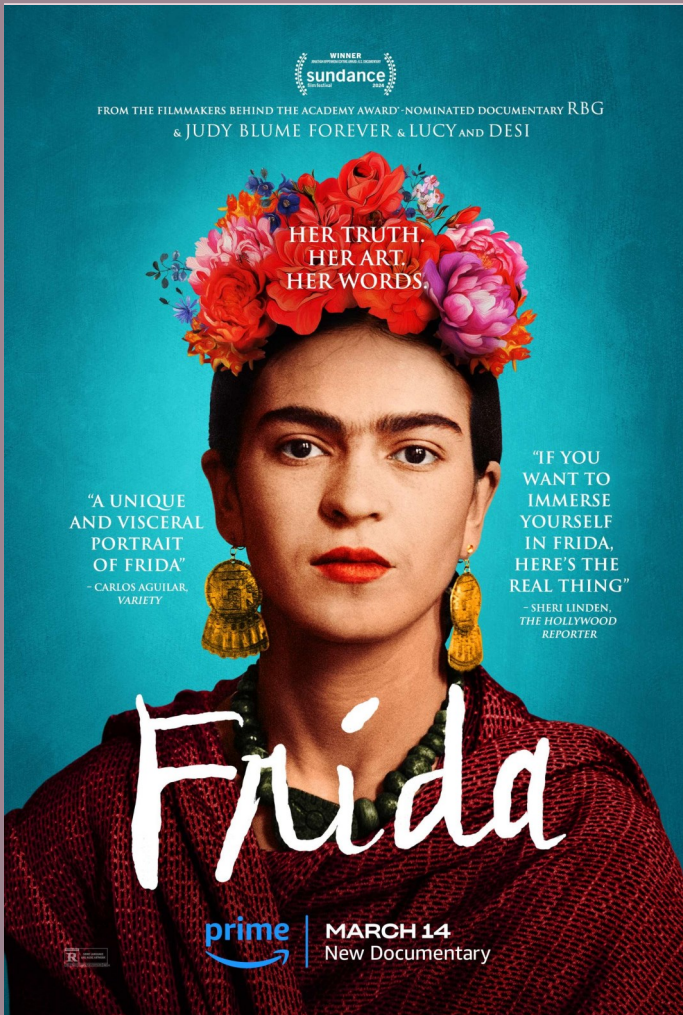
Board Members

Nancy Ignacio, Chair
Marvene O'Rourke, Vice Chair
John Dropick
Lisa Sherman
Sue Carroll
Janice Belisle, Friends of ECOA rep



ECOA Staff

Lyndsay Famariss, Director, 213
Meris Keating, Director of Senior Services, 214
Victoria Haeselbarth, Outreach Worker, 215
Donna Paulson, Receptionist, 210
Chris McMahon, Cook
Bill Glazier, Part-time Outreach Worker, 212



Frida, 2024. Rated R. Documentary/ Animation. 1hr 28 min.

The life of iconic artist Frida Kahlo, told through her own words from diaries, letters, essays, and interviews.



Arthur the King, 2024. PG-13. Adventure/ Family. 1hr 48m. Desperate for one last chance to win, Michael Light convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. As the team gets pushed to the outer limits of endurance, a dog named Arthur comes along for the ride, redefining what victory, loyalty and friendship truly means.

Disclaimer: The Edgartown Council on Aging offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Edgartown COA, the Town of Edgartown or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal cost practitioner. Any act, advice, or service by outside providers at the COA is neither endorsed nor sponsored by the COA.

