

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

# Edgartown Council on Aging



The Anchors Tai Chi class members posing with their esteemed teacher, Nan Doty



Spring is here and the bridge players have returned for the season, some from warmer climates. Welcome ladies, we're happy to see you all.

To the right:  
Finnegan and  
Jarno Waller  
sporting their  
St Patrick's Day  
finery. Thanks  
to Pat for  
sharing!





## 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.



### **Brown Bag Lunch Pickup**

Tuesdays and Fridays

11am-12:30pm. Exact change is appreciated.

Please call the week before to register. 508-627-4368



### Tuesday SANDWICHES ~ includes dessert

4/5 Eggplant Parmesan

4/12 Ham & Swiss

4/19 NO LUNCH TODAY

4/26 Egg Salad

\$3

### Friday Café ~ Lunch TO GO

~ includes soup and dessert

4/1 Chicken Cutlet

4/8 Braised Beef

4/15 Lasagna Rollup

4/22 NO LUNCH TODAY

4/29 Chicken Marbella

\$5

# Programs and Services

## Arts

### Martha's Vineyard Garden Club Virtual MFA Tour ~ Art in Bloom

is pleased to offer this unique virtual event as part of our Blooming Art 2022 festivities. The Boston Museum of Fine Arts virtual tour will provide an up-close look at both the art and floral designs of the MFA. The one-hour tour will have commentary by an art expert and floral expert, with a Q&A at the end of the session. Club members participated last year for the first time, and it was spectacular! Monday, April 11th at 4pm. Please click this link for pricing and registration.

<https://www.marthasvineyardgardenclub.org/mfa-art-in-bloom-2022.html>

### Museum of Fine Arts Discounted Tickets

Thanks to the Friends of the Edgartown Council on Aging, we are now a member of the MFA's Institutional Pass Program. Contact Meris for a coupon code which you can use at online checkout for 2 \$10 tickets. Each \$10 ticket includes admission to a special exhibit and general admission.

**Museum of Fine Arts Trip planned for May 5th has been canceled** due to low registration. We apologize and look forward to trying again in the near future.

**Studio Painting with Meris** Mondays 4/4, 4/11, and 4/25 from 1-3pm. See page 6 for more information.

## Conversation Group

**Conversations** Thursdays, April 7th and 21st at 11am. Come with an open mind and something of interest to share. Please call Meris for more info and to register.

## Exercise & Wellness

**Mindfulness Meditation with Ed Merck on Zoom** resumes on Friday, April 8th at 9:30am! Please call or email if you would like to join us.

**Tai Chi with Nan Doty** Wednesdays, at 9:30am. \$10 session.

**Yoga with Carol Vega** Tuesdays at 9am. \$10 session.

## Games

**Bingo** Thursdays, April 7th and 21st at 1pm.

**Mah Jong** meets Tuesdays and Fridays at 1pm. New players are always welcome. Please call to register in advance if you are interested in learning to play. 627-4368

**Bridge Group** meets Mondays and Wednesdays from 12:30-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at [fligors@comcast.net](mailto:fligors@comcast.net).

**Trivia** Wednesdays 1-2pm. Give your brain some exercise, have some laughs and flex your trivia muscles. Fireplace room at the Anchors. Call to register in advance.

## Health Care Proxy

**Have you named a health care agent?** If you would like assistance or just need witnesses while you sign your health care proxy, we are here to help. Maybe you want to learn more about how much decision making power your agent will have and under what circumstances, or you want to know how to start the conversation with a loved one or other trusted person. We will provide you with the necessary forms, walk you through the process, and mail a copy to the hospital for you. Give yourself, and those who care about you, peace of mind by checking this important 'to-do' off your list. Call to arrange a meeting, or just ask for Meris when you're at the Anchors. The average appointment take 5-10 minutes. 508-627-4368

## Knitting & Needlework

**Mindful Knitting** meets at the Anchors Mondays at 3:30pm.

**Knitting for Charity** at the Anchors meets Tuesdays from 10am-12noon.

## Medicare

### Why do I need Prescription Advantage?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;
- It allows you to change your Medicare plan outside of Medicare’s open enrollment; At certain income levels it’s FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting:

[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

## Music

**Michael Haydn Piano Voice Guitar.** Zoom performance on Friday, April 1st from 1-2pm. Please join us as we welcome Michael to perform a small selection from his extensive repertoire.

<https://us02web.zoom.us/j/86444970567?pwd=QzNpTjNLSTdUVkNXVkVOZWtXb2p3QT09>

**Adele Dreyer on Piano via Zoom** Join us on Friday, April 15th at 2pm for your listening and lounging pleasure. Bring a project, your pet, or a cup of tea and just relax while listening to the musical stylings of this lovely pianist.

<https://us02web.zoom.us/j/86051857111?pwd=SodxWHR4aWsxVWt6cERWNCttWldLUT09>

## SHINE

**SHINE counselor Bill Glazier** is available by appointment for phone consultations. 508-627-4368

## Tech Help

### Cell phone/ device/ laptop help.

Tuesday, April 12th from 11am—12noon. Does the thought of using your cell phone or other device send chills down your spine? Don’t fear! In April we would like to welcome Rizwan, tech librarian from the EPL. We promise to be calm and patient while showing you some great uses for your devices (other than a paperweight). Call to register.

## Wellness Clinics

**Shawn Woodbrey** hearing aid specialist. Monday, April 10. 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. 508-627-4368



## SUPPORT US & THE ENVIRONMENT

Use the Giving Tag attached to the \$2.50 reusable Community Bag at any Stop & Shop location at any time to send us a \$1 donation.

Learn more at [stopandshop.bags4mycause.com](http://stopandshop.bags4mycause.com).



# April 2022

To register, or learn more about programs at  
The Anchors,

Call 508-627-4368

~or email~ mkeating@edgartown-ma.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PURPLE= ZOOM GREEN= AT THE ANCHORS BLUE= OTHER LOCATION</p>	<p>Why not learn to enjoy the little things — there are so many of them. ~Author unknown</p>		<p>“Real friends are those who, when you've made a fool of yourself, don't feel that you've done a permanent job”. ~Erwin T. Randall, quoted in <i>The Reader's Digest</i>, 1955</p>	<p>1 <u>1:00</u> Michael Haydn <u>1:00</u> Mah Jong</p>
<p><u>12:30</u> Bridge 4 <u>1:00</u> Studio Painting <u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega 5 <u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 6 <u>12:30</u> Bridge <u>1:00</u> Trivia</p>	<p><u>9:30</u> Poetry 7 <u>11:00</u> Conversations <u>1:00</u> Bingo</p>	<p><u>9:30</u> Mindful Meditation 8 <u>11-12:30</u> Friday Café To-Go <u>1:00</u> Mah Jong</p>
<p><u>9:00</u> Hearing Wellness with Shawn 11 <u>12:30</u> Bridge <u>1:00</u> Studio Painting <u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega 12 <u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 13 <u>12:30</u> Bridge <u>1:00</u> Trivia</p>	<p><u>9:30</u> Poetry 14 <u>1:00</u> Movie “Me Before You”</p>	<p><u>8:30</u> ECOA Board 15 <u>9:30</u> Mindful Meditation <u>11-12:30</u> Friday Café <u>1:00</u> Adele Dreyer Piano Lounge Hour <u>1:00</u> Mah Jong</p>
<p>18 Closed for Patriot's Day</p>	<p><u>9:00</u> Yoga with Carol Vega 19 <u>10</u> Knitting for Charity <b>NO LUNCH</b> <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 20 <u>12:30</u> Bridge <u>1:00</u> Trivia</p>	<p><u>9:30</u> Poetry 21 <u>11:00</u> Conversations <u>1:00</u> Bingo</p>	<p><u>9:30</u> Mindful Meditation 22 <b>NO LUNCH</b> <u>1:00</u> Mah Jong</p>
<p><u>10-12</u> Open Cupboard 25 <u>12:30</u> Bridge <u>1:00</u> Studio Painting <u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega 26 <u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 27 <u>12:30</u> Bridge <u>1:00</u> Trivia</p>	<p><u>9:30</u> Poetry 28 <u>1:00</u> Movie “My Week with Marilyn”</p>	<p><u>9:30</u> Mindful Meditation 29 <u>11-12:30</u> Friday Café To-Go <u>1:00</u> Mah Jong</p>



## **Studio Landscape Painting**

with Meris Keating

At The Anchors

**Mondays**

**April 4th, 11th, & 25th**

1:00pm-3:00pm

Some of you know Meris as the director of senior services at the Edgartown Council on Aging. Before becoming immersed in the world of gerontology, Meris received her bachelor's degree in secondary art education from what is now Northern Vermont University. After her formal schooling, she immersed herself in her art. She has worked professionally as both a muralist and commercial artist. She has also studied studio painting privately, under the tutelage of several well known painters. Meris' work has been sold privately, as well as in galleries on Nantucket island. She believes painting is a teachable skill and looks forward to sharing some of her knowledge with you.

This studio landscape painting class will focus on composition, use of color and light, and technique. We will be using acrylic paints on canvas.



# *From the Anchors Poetry Group*

## Green Evening Sea

With you, my son, I walk  
out onto this time-worn jetty  
to cast  
as far back into the years  
as our reach  
into the green evening sea.

Now a man of quiet virtue, once my boy you  
ran barefoot  
over the coolness of evening sand  
into dune forts and lookouts  
collecting wishing rocks and wampum.

Tonight again  
this red ball sun drops  
from sight  
with a final reminiscence of the day.

Darkness settles in and mingles  
with the shadows on the shore.  
We try another lure and watch  
for luminescence  
to flick on stories  
in among the jellied lights.

We talk of tides and moon lines,  
your years growing up.

Beside this stretch of rocks,  
waves reach up,  
Slapping memories onto this night shore,  
then pull back again  
through scallop shells and periwinkles  
back, into the wash of the green evening sea.

Amarylis Douglas

## April's Flower Show

tiny yellow forsythia bells  
line supple stalks waving  
like a conductor's wand

gold trumpets of daffodils  
pinkletink silver voices  
herald spring

lavender hyacinth buds  
fill the crisp air  
with intoxicating perfume

royal purple crocus  
their stigma still make saffron  
as in days long ago

hellebores, burgundy parachutes  
bloom above lenten snow  
early roses

pansies with faces  
of blue and fuchsia  
delight us with smiles

later sunsets shine crimson  
on double flowered ranunculus  
Persian buttercups

full moon arrives next week  
glows pink on cascading phlox  
inspires us to paint our life new

Ellie Bates

## Watching Television

They are carefree  
in their drama  
people on the screen  
making stories  
actors in costumes  
from some other era  
their thick car coats  
and beaded dresses  
are real for us  
when we stop  
to feed the dog  
or find a cold drink  
they do not disappear  
or exit their roles  
appearing once again  
at the moment we left  
We are not much more  
bright stars  
beautiful fires  
burning in the moment

Nan Byrne

The Anchors poetry group meets each Thursday morning beginning at 9am, throughout the year.

Board Members

Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Nancy Ignacio  
Heidi Boyd  
Jay Sigler  
John Dropick

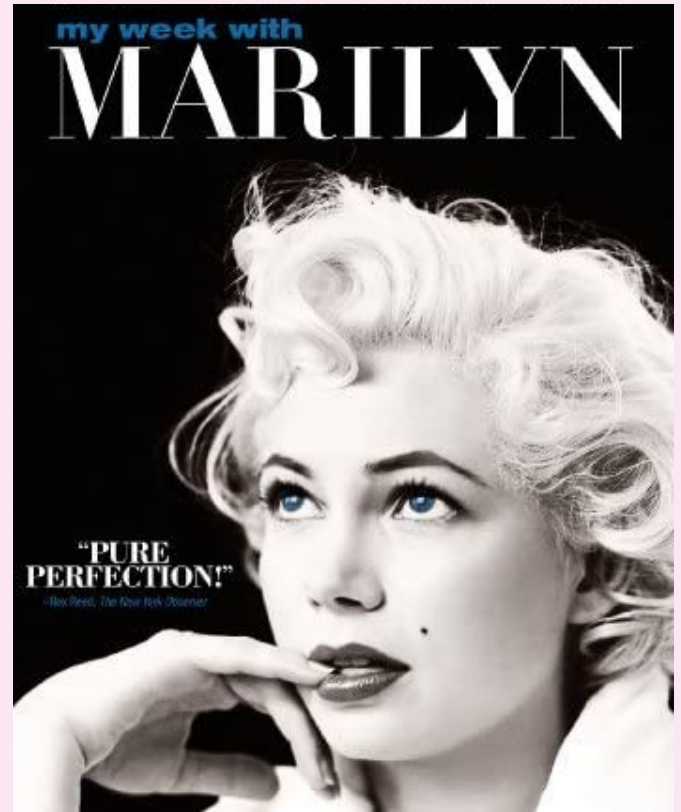


EOA Staff

Gabrielle Nash, outreach  
Donna Paulson, Receptionist, 210  
Diane Wall, Cook  
Victoria Haeselbarth, Outreach Worker, 215  
Meris Keating, Director of Senior Services, 214  
Lyndsay Famariss, Administrator, 213



**Me Before You, 2016. 1h 50min. Thursday, April 14th at 1pm.** Young and quirky Louisa "Lou" Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.



**My Week with Marilyn, 2011. 1hr 39min. Thursday, April 28th at 1pm.** In 1956 England, Colin Clark (Eddie Redmayne) lands a job as a production assistant on the set of "The Prince and the Showgirl," starring Marilyn Monroe (Michelle Williams). Marilyn is also honeymooning with her new husband, playwright Arthur Miller, but the combined pressure of work and the demands of the Hollywood hangers-on is driving her to exhaustion. When Miller departs for Paris, Colin seizes the opportunity, to give Marilyn respite during a week in the idyllic British countryside.

**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.

