

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

# Edgartown Council on Aging

# April 2023



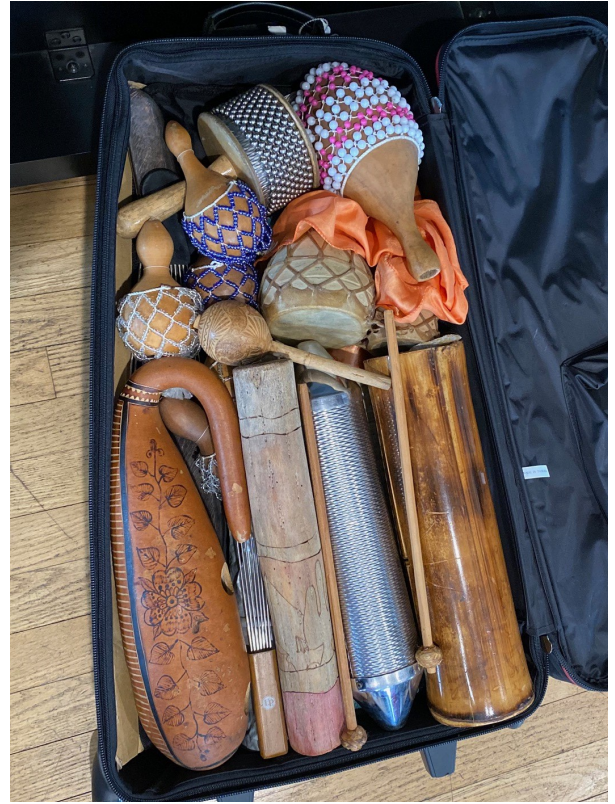
Music makers



Rick Bausman gave us a surprise demo after his recent trip to Africa.



Jean, Barby, Janice, and Adele enjoying some good laughs and a game of Spades.



Have percussion, will travel. A beautiful display of instruments which Rick handed off to our lunch crowd for an impromptu jam.



Diane's response when asked how she feels about the countdown to her last day on April 7th. The smile says it all!



## 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.

You must call at least 24 hours in advance to reserve your spot.

PLEASE JOIN US IN CONGRATULATING DIANE WALL ON HER WELL EARNED RETIREMENT AFTER 14.5 YEARS OF SERVICE. WE WILL MISS YOU!

\* LUNCHES RESUME IN MAY. SOUPS ARE STILL AVAILABLE FOR PICK UP.

Tuesday SANDWICHES \$3  
~ with dessert

4/4 Ham & Cheese Sandwich

Friday Café \$5  
~ with soup & dessert

4/7 Veggie Quiche





# April 2023

To register, or to learn more about programs at the Anchors, call 508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

<p><b>11:30</b> Bowling at the Barn in OB <b>12:30</b> Bridge <b>1</b> Journaling</p>	3	<p><b>9</b> Yoga <b>10</b> Knitting <b>12</b> Tues Lunch <b>1</b> Mah Jong</p>	4	<p><b>11-12</b> Wellness Clinic with Town Nurse</p>	5	<p><b>9:30</b> Poetry <b>1</b> Bingo</p>	6	<p><b>9:30</b> Mindful Meditation <b>12</b> Friday Café <b>1</b> Mah Jong</p>	7
<p><b>9am</b> Hearing Wellness with Shawn <b>11:30</b> Bowling at the Barn in OB <b>12:30</b> Bridge <b>1</b> Journaling</p>	10	<p><b>9</b> Yoga <b>10</b> Knitting <b>1</b> Mah Jong</p>	11	<p><b>9:30</b> Tai Chi <b>11</b> Tech Time with Rizwan <b>12:30</b> Bridge</p>	12	<p><b>9:30</b> Poetry <b>10</b> Talavera Pot Painting <b>1</b> Movie: "Faraway"</p>	13	<p><b>9:30</b> Mindful Meditation <b>1</b> Mah Jong</p>	14
<p><b>The Anchors is CLOSED for Patriot's Day</b></p>	17	<p><b>9</b> Yoga <b>10</b> Knitting <b>1</b> Mah Jong</p>	18	<p><b>9:30</b> Tai Chi <b>12:30</b> Bridge</p>	19	<p><b>9:30</b> Poetry <b>1</b> Bingo</p>	20	<p><b>ECOA Board</b> <b>9:30</b> Mindful Meditation <b>1</b> Mah Jong</p>	21
	24	<p><b>9</b> Yoga <b>10</b> Knitting <b>1</b> Mah Jong</p>	25	<p><b>9:30</b> Tai Chi <b>12:30</b> Bridge <b>2pm</b> Visit to Milokan Cultural Center</p>	26	<p><b>9:30</b> Poetry <b>1</b> Movie: "Queen of the Desert"</p>	27	<p><b>9:30</b> Mindful Meditation <b>1</b> Mah Jong</p>	28



**BLUE = OTHER LOCATION**  
**PURPLE = ZOOM**  
**GREEN = ANCHORS**

# Programs and Services

## Art Making

**Talavera style painting** Thursday, April 13 at 10am. Celebrate spring with this unique craft project. Make one for yourself or to give as a gift. Materials provided. Call or email to register.

## Advance Care Planning

**Advanced Care Planning guidance** is available. April 16 is National Health Care Decisions Day. This is a good reminder for us all to review our advance directives. Need to have the conversation and assign an agent but unsure where to start? Give us a call, we are here to help!

## Coffee with a Cop

**Coffee with a Cop** is Tuesday, April 11 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department.

## Exercise & Wellness

**Bowling** Every Monday through the end of May. Please arrive at 11:30. Edgartown players pay \$10 for bowling and lunch thanks to the Friends of the ECOA. Price for non-Edgartown residents is \$20 per person.

**Mindfulness Meditation with Ed Merck on Zoom** Fridays at 9:30am on Zoom! Please call or email if you would like to join us.

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

**Yoga with Carol Vega** Tuesdays at 9am. Please call to register if you would like to join us.

## Games

**Bingo** Thursdays, April 6 and 20 at 1pm. Come and have some good clean fun!

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

**Mah Jong** meets Tuesdays and Fridays at 1pm. Please call to register in advance 508-627-4368

**Spades** Thursdays in March at 1pm. We hope you'll join us! Want to learn how to play? Adele Dreyer has offered to teach this fun card game to anyone who is interested. Learning something new is a great way to maintain mental acuity! Call to register.

## Knitting & Needlework

**Knitting** at the Anchors meets weekly on Tuesdays from 10am-12noon.

## Legal

The following attorneys all have their main offices on the mainland and frequently come to Martha's Vineyard to meet with clients. They all specialize in elder and estate law. These are not legal aid attorneys; they charge for their services:

**Suprenant and Beneski** 508-994-5200

<https://myfamilyestateplanning.com>

**Arthur P Bergeron** 508-860-1470

[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)

## Music

**Milokan Cultural Center** Wednesday, April 26, at 2pm. Come experience the 'Rhythm of Life' with musician Rick Bausman. See ad on page 6.

## 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 508-627-4368. Medicare.com

## Technology

**Tech Time with Rizwan** Wednesday, April 12, beginning at 11am. Call to register for a 20 minute 1-1 session. Do you have questions about using your laptop, smartphone, iPad, or other devices?

## Transportation

**Transportation** Thanks to a partnership with the VTA, the Anchors now has a van. We are currently using the van to bring people to select programs and local errands. If you live on Chappy and need a ride to the Boston Medivan on an upcoming Tuesday, please call the Anchors to schedule. Call at least 24 hours in advance to reserve.

## Trips

**Trip to Harvard Museum of Natural History** Wednesday, May 17. Price to be determined based on registration. If you are interested please be in touch ASAP. See ad on page 7 for more info.

## Wellness

**Shawn Woodbrey** hearing aid specialist from At Home Hearing Healthcare. 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.

## Wellness cont.

**Wellness Clinic with Public Health Nurse**  
Wednesday, April 5 from 11am-12. Come by and have your blood pressure checked, or consult with the nurse about your health.

## Writing

**Journaling Workshop** Mondays from 1-2pm at the Anchors. Free and open to all. Materials provided. Call or email to register.



**Thursday, April 13 at 10am**



**Please call to  
register  
508-627-4368**



Lunch and Learn with Delia De Mello from the Social Security Administration on 3/31.



She's makin' her (lunch) list, she's checkin' it twice!



Anne and Carol proving that teamwork makes the dream work!

Please join us in experiencing **The Rhythm of Life at the Milokan Cultural Center in Chilmark.**

Sponsored by the Friends of the Edgartown Council on Aging.



*"The overall goals of Rhythm of Life are to bolster the self esteem of Individual participants, demonstrate the relationship of the individual to the group, foster a sense of belonging and confidence, nurture the spirit of communication, encourage group awareness, and provide a sense of accomplishment.*

*Through contact with the instruments and music of other cultures we become aware of our place in the global community, and increase our understanding of those around us.*

. **Wednesday, April 26th at 2pm**

. **94 North Road Chilmark, Ma**

. **Please call 508-627-4368 to register**



**Rick Bausman, Founder and Executive Director**

# Anchors Trip! Wednesday, May 17th



Harvard Museum of  
Natural History



For more information on the Museum and its collections visit <https://hmn.harvard.edu/>



Spend the afternoon enjoying all there is to see and do in Harvard Square.

For dining, shopping, music, and other suggested activities to do while you're visiting:

<https://www.harvardsquare.com/about-harvard-square/>

**\$50 per person includes private coach and museum entrance fees.**

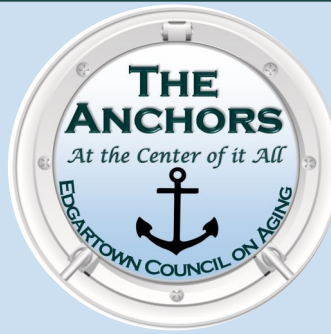
Cash or check payable to the Friends of ECOA secures your spot. Ferry tickets and lunch are purchased on your own. Meet on the 8:15am ferry and return on the 6:15pm. Call the Anchors at 508-627-4368 or email Meris at [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

**Registration deadline is Friday, May 5th.**

**Cancellation for a full refund is also Friday, May 5th, otherwise you may transfer your spot to someone else.**

Board Members

Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Nancy Ignacio  
Jay Sigler  
John Dropick  
Lisa Sherman  
Janice Belisle, Friends of ECOA rep

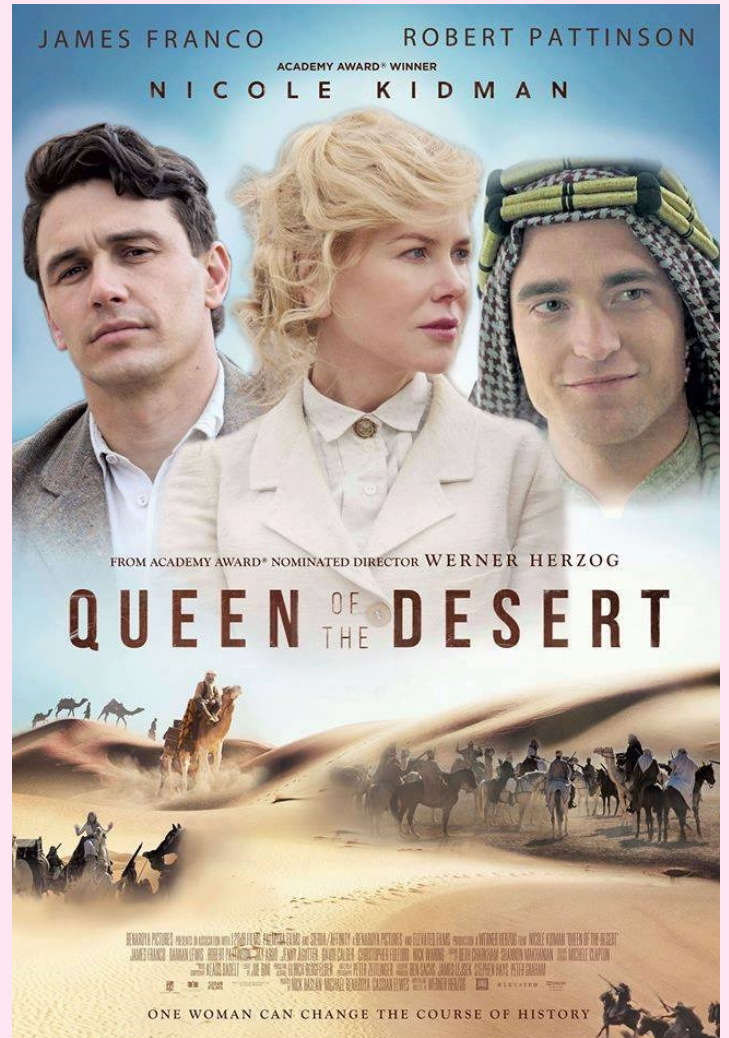


ECOA Staff

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



**Faraway. 2023. Thursday, April 13. 1hr 49min.** Zeynep is unhappy. That's why she flees to a Croatian island, where her deceased mother bought a house long ago. She hopes to find peace and relaxation finally - but she hasn't reckoned with Josip, who still lives on the property.



**Queen of the Desert. 2015. Thursday, April 27 at 1pm.**  
A chronicle of Gertrude Bell's life, a traveler, writer, archaeologist, explorer, cartographer, and political attaché for the British Empire at the dawn of the twentieth century.

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.

