

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

Edgartown Council on Aging

April 2024



Jack McGroarty takes questions during his talk on homeowner's insurance in March



Chef Chris serving up a traditional Irish corned beef supper with apple bread



Donna J looking fabulous and festive in green



Rizwan giving Janice tips on her Apple watch during Tech Drop-In—every 2nd Friday of the month during lunch



Donna B and Peter D ready for the feast



Jacquie and Sandy brought some Irish cheer to the luncheon

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

4/2 Vegetarian Chili	\$5
4/9 Sausage Peppers & Onion Sandwich	
4/16 Corned Beef Sandwich	
4/23 Chicken Salad Wrap	
4/30 Asian Pork Sandwich	

Open Cupboard

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors.

Call Donna to request a pickup date and time.

We always have an assortment of dry, canned, frozen, and fresh food items as well as toiletries for anyone in need.

Friday Café ~ with dessert

4/5 Spaghetti & Meatballs	\$7
4/12 Chicken Picatta	
4/19 Pasta Primavera	
4/26 Roasted Pork Loin	

Frozen soups and meals are available every day for your convenience. Limit 4 per person.



April 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>1</p> <p>11:30 Bowling</p> <p>12:30 Bridge</p>	<p>2</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1:15 Mah Jongg</p>	<p>3</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>4</p> <p>9:15 Intro to Tai Chi</p> <p>11 Intro to Google Docs</p> <p>1 Bingo</p>	<p>5</p> <p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1:15 Mah Jongg</p>
<p>8</p> <p>9am Hearing Wellness</p> <p>9 Chair Yoga</p> <p>11:30 Bowling</p> <p>12:30 No Bridge</p> <p>2:30 Eclipse Party!</p>	<p>9</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>11 Coffee w a Cop</p> <p>12 Tues Lunch</p> <p>12 Wellness Clinic –Nurse</p> <p>1:15 Mah Jongg</p>	<p>10</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>11</p> <p>9:15 Intro to Tai Chi</p> <p>1 Movie: <i>American Fiction</i></p>	<p>12</p> <p>9:30 Mindful Meditation</p> <p>10:30 Dementia Friends</p> <p>12 Friday Café</p> <p>12 Drop-In Tech</p> <p>1:15 Mah Jongg</p>
<p>Closed for Patriot's Day</p>	<p>16</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1:15 Mah Jongg</p>	<p>17</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>18</p> <p>9:15 Intro to Tai Chi</p> <p>1 Bingo</p>	<p>19</p> <p>ECO Board</p> <p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1:15 Mah Jongg</p>
<p>22</p> <p>9 Chair Yoga</p> <p>11:30 Bowling</p> <p>12:30 Bridge</p>	<p>23</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1:15 Mah Jongg</p>	<p>24</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>25</p> <p>9:15 Intro to Tai Chi</p> <p>10 Writing Through</p> <p>1 Movie: <i>Victor Victoria</i></p>	<p>26</p> <p>9:30 Mindful Meditation</p> <p>12 Birthday Café</p> <p>1:15 Mah Jongg</p>
<p>29</p> <p>9 Chair Yoga</p> <p>11 Guest Chef Carlos Montoya</p> <p>11:30 Bowling</p> <p>12:30 Bridge</p>	<p>30</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Artist's Lunch</p> <p>1:15 Mah Jongg</p>		<p>The Anchors is open Mon-Fri 9am-4pm</p>	<p>BLUE = OTHER LOCATION</p> <p>PURPLE = ZOOM</p> <p>GREEN = ANCHORS</p>

Programs and Services

Artist of the Month

Ed 'Woody' Shulman is the Anchors Artist of the month for March and April. See ad in this newsletter for more about the artist and his work. Join us for an Artist's Lunch with Woody on Tuesday, April 30th.

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, April 15 for Patriot's Day

Coffee with a Cop

Coffee with a Cop Tuesday, April 9 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 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.

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. \$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

Exercise & Wellness cont.

opportunity to do so. \$10 per class. Please get in touch to register in advance.

Seated Yoga with Jennifer Fingado

Mondays at 9:00am, beginning April 8. \$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

Bingo Thursdays, April 4th & 18th 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 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.

Lifelong Learning

Cooking Demo with Carlos Montoya

Monday, April 29 at 11am. Join us for a cooking demo, followed by a sampling of the menu in good company.

Dementia Friends Presentation by Mary Holmes Friday, April 12, 10:30-11:30am. Come and learn about how we can better support those in our community who are living with dementia. See flyer in this newsletter for more information.

Party!

Solar Eclipse Watch Party! Monday, April 8th 2:30pm. 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.

Tech Help

Learn the Basics of Google Docs Thursday, April 4, 11am with Anchors staff. Learn how to more efficiently collaborate on projects with friends, colleagues or fellow board members. All are welcome.

Drop-In Tech Help with Rizwan Friday, April 12th 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 EOE. 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 older 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 administrator Lyndsay Famariss.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, April 8. 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, April 9, 12-1pm. The town nurse will be available for consults every 2nd Tuesday of the month during lunch.

Writing

Writing Through with Sue Guiney begins Thursday, April 25, 10am-12pm. This 6 week course meets at the same time each Thursday. Cost is \$20, space is limited so register asap. See ad on page 9.

A Note from the Administrator:

Spring has sprung at the Anchors! As we turn our sights to the signs of spring- the very welcome increase in daylight, the slow but steady re-opening of Edgartown businesses, welcoming our friends back who have been enjoying their winter in warmer climes – we need to ask for your help. This year, we have one item on the Special Town Meeting warrant and three items on the regular town warrant at the Annual Town Meeting on Tuesday, April 9th at 7pm.

EOA Special Town Meeting warrant article:

- \$7000 to replace the failed gutter and trim above our entrance

Regular Town Meeting warrant articles:

- \$130,000 to replace the failing ramps, steps, and decks on the Anchors building and to address the drainage issues that plague the building
- \$100,000 to conduct a comprehensive building feasibility study to determine the best solution to meet the needs of the Council on Aging's current and future programs.
- A vote to change my title from Administrator back to Director, to decrease confusion and align with common practice in MA.

The Financial Committee has approved all of these articles, and we welcome your support. If you have any questions about any of these requests, please don't hesitate to be in touch with me (lfamariss@edgartown-ma.us, 508.627.4368, ext. 213). We hope to see you at the Old Whaling Church on April 9th!

Solar Eclipse Watch Party at the Anchors!



Monday, April 8th,
2:30-4pm

Coffee, tea, ice cream, and good company.
The first 44 people to register will receive
a pair of solar observation glasses



CHAIR YOGA



YOGA ON THE VINE
MARTHA'S VINEYARD

Mondays

Starting April 8th

9-10am @ The Anchors

10 Daggett Street,
Edgartown

Price:

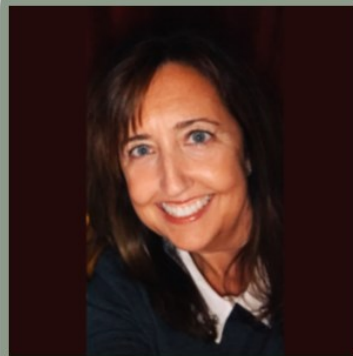
\$15 per class, or buy a 5
session pass for \$50

Pre-register:

Call 508-627-4368

Email:

mkeating@edgartown-ma.us



Jennifer Fingado, grew up summering on Martha's Vineyard and now resides on island full time. After relocating to the Vineyard, she joined Yoga on the Vine and Aligned Pilates Communities. Jennifer holds certifications in Hatha, Pre/Post Natal, and Kids Yoga. She is currently enrolled in the Yoga San Kalpa/Yoga on the Vine 200-Hour Yoga Teacher Training program.

She graduated from the 50-hour Yin Yoga & Nidra training, and Chair Yoga training both through Yoga San Kalpa/Yoga on the Vine.

Jennifer truly believes anyone can do yoga and it is a wonderful tool for those interested in helping live their best life, mentally, emotionally and physically.

"At Yoga on the Vine, we merge the traditional wisdom of yoga with modern anatomical understanding, ensuring safe and accessible practice for everyone. We prioritize alignment and tailored instruction, guiding each student to move with mindfulness and intention. From traditional mat yoga to inclusive chair yoga, we offer a diverse range of classes, inviting practitioners of all levels to practice for greater well-being."



Join the global movement to change the way people think, act and talk about dementia!

How do I become a Dementia Friend?

You will become a Dementia Friend by attending this one-hour information session to learn five key messages about living with dementia, and the simple things you can do to make a difference in your community.



What Happens at the Information

Session? This free information session is a discussion led by a volunteer Dementia Friends Champion. You'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia.

Participants say:

"This has opened my eyes."

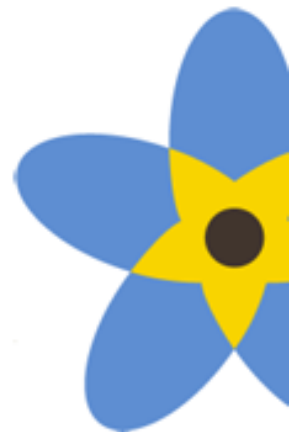
"I wish I knew this five years ago when my family was going through it."

"I will be much more aware at work and out in my community."

**When & Where: Friday, April 12th 10:30am.
Edgartown Council on Aging @ The Anchors
10 Daggett Street Edgartown**

**RSVP: Call 508-627-4368 or email mkeating@edgartown-ma.us
*Maybe you'd like to register for lunch afterwards too?**

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in Massachusetts and across the United States. To learn more, visit www.dementiafriendsma.org or contact Beth Soltzberg at bsoltzberg@jfcscsboston.org



A PROGRAM OF
JF&CS

Writing Through



Sponsored by the Friends of the Edgartown Council on Aging

Do you want to kick start or rejuvenate your creativity?

Writing Through will help you via a series of 6 unique writing sessions where you will work with others and individually to develop and share your unique voice.

Classes will be held for 6 Thursdays from 10am-12pm at the Anchors:

- Thurs, April 25
- Thurs, May 16
- Thurs, May 2
- Thurs, May 23
- Thurs, May 9
- Thurs, May 30

You must register by Thursday, April 11th.

Call 508-627-4368 or email mkeating@edgartown-ma.us

Cost = \$20 per person



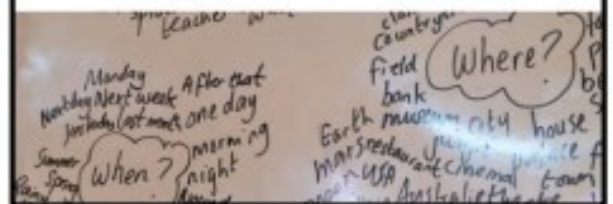
Writing Through Founder and Executive Director, Sue Guiney will lead a workshop at the Anchors this spring.

At Writing Through, we believe that today's world benefits from engaged and contributing citizens who are able to think conceptually and critically, know what they believe, and have the confidence and poise to stand up and say it in their own voices.

These skills, which are so crucial to intellectual enrichment and personal advancement, are not always taught in school systems. We know that creative language training and exposure to the arts creates new perspectives and opens minds, and open minds lead to self-esteem. The combination of conceptual thinking, language skills and self-esteem will open minds, one poem, one story, one voice at a time.

I just think that the workshop, it's simple, but it's probably one of the most powerful things I've been a part of. It impacts people, both the student and the facilitator, in ways that are unusual, unexpected and just wonderful.

Patty Bierley, Long Term Facilitator



About Ed Schulman



Mr. Schulman has a style that is unlike any other artist on the Vineyard, and he is easily recognizable as his own. He uses a limited palette of muted colors favoring brick tones, grayish blues, off whites, and grays. He tends to favor the linear, making good use of somewhat elongated vertical lines — people, buildings, sailboats. His style could be called primitive but, more accurately, his paintings are highly stylized yet he

makes perfect sense of his subjects with limited, well-placed lines, palette knife strokes, lots of texture, and a few daubs of color or white.

He covers a range of subjects — both static and animated — but there's similar energy in both. The cityscape is one of his staples. He manages to capture the mood and energy of city perfectly, which is not surprising since it is a subject he knows very well. "I was born and raised in New York City where I had unlimited opportunities to visit museums, the opera, universities, and libraries," Mr. Schulman said during a recent visit to his Vineyard Haven studio. "After a successful work career, I started painting. Cityscapes come naturally to me because I can see the city whenever I want to. I chose to paint cities because I find that a very satisfying subject." **Artists statement from Old Sculpin Gallery online*

**Join us for Lunch with the Artist
At the Anchors - Tuesday, April 30, 12noon**

Thanks to the Edgartown
Patrolman's Association
for putting on another
wonderful dinner for
Edgartown's Older Adults.



*Thanks to Bruce DiRuggiero for sharing his
photos of the event.*



Board Members

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



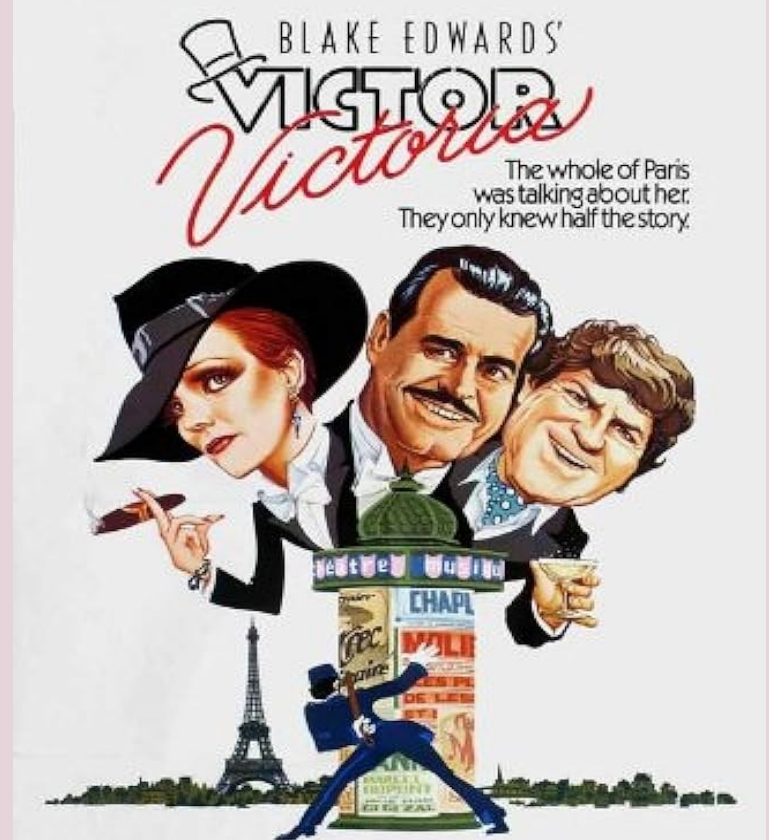
ECOA Staff

Lyndsay Famariss, Administrator, 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



American Fiction, 2023. Rated R. Comedy/ Drama. 1hr 57 min. Thursday, April 11 @ 1pm

Monk is a frustrated novelist who's fed up with the establishment that profits from Black entertainment that relies on tired and offensive tropes. To prove his point, he uses a pen name to write an outlandish Black book of his own, a book that propels him to the heart of hypocrisy and the madness he claims to disdain.



Victor Victoria, 1982. Rated PG. Comedy/ Musical. 2hr 13 min. Thursday, April 25 @ 1pm

Victoria Grant (Julie Andrews), a down-and-out British soprano, struggles to find work in the nightclubs of 1930s Paris. While trying to scam a free meal, Grant meets cabaret performer Toddy (Robert Preston), who comes up with an idea that will change everything. Acting as her manager, Toddy bills Grant as a male female impersonator. When the nightclubs eat it up, the duo makes it big -- even a Chicago mobster (James Garner) is enamored with Grant. But keeping the truth a secret is no easy task.

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.

