

—August 2019—

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

Edgartown Council on Aging

Let's Get Outta Here!

Please join us for an off-island jaunt to Boston on Friday, September 27th. Participants will have the opportunity to tour the Downton Abbey exhibit at the Castle at Park Plaza before heading to Haymarket and Boston's North End for shopping and lunch. You may also choose to skip the exhibit and have more time to enjoy the market.

In order to have plenty of time we will meet on the 7am VH boat and return on the 6:15pm.

Please contact Meris for a detailed itinerary and pricing.



A Heartfelt Sendoff for an Anchors Gem...

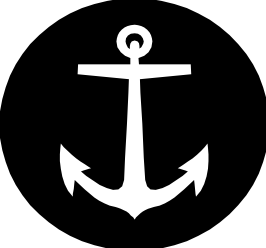

Wendy was overwhelmed by the outpouring of love and well wishes received by you all during her last weeks here. She truly appreciated all of the beautiful gifts, expressions of warmth, and written sentiments. She will treasure those, along with her memories of you all, for years to come.



The Anchors' Website: www.edgartowncoa.com

THE ANCHORS NEWSLETTER

August 2019 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach M-F 	“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is		1 8:30 Strength Training 9:30 Poetry Group 2 Needlepoint and More!	2 10 Conversation Group 12 \$5 Friday Café 1 Mah Jong
5 12-3 Bridge 3:30-5:30 Mindful Knitting	6 8:30 Strength Training 9:30 Elder Legal Aid 10 Needlework for Charity 12 \$3 Tuesday Lunch 12 Pharmacy Consult 1 Mah Jong	7 10am <u>Emergency Preparedness in the Home</u> 12:30-3:30 Bridge	8 8:30 Strength Training 9:30 Poetry Group 1pm Movie 2 Needlepoint and More!	9 12 \$5 Friday Café 1 Mah Jong
12 9am Hearing tests with Shawn– by appt. 12-3 Bridge 3:30-5:30 Mindful Knitting	13 8:30 Strength Training 10 Needlework for Charity <u>NO LUNCH TODAY</u>	14 12:30-3:30 Bridge	15 8:30 Strength Training 9:30 Poetry Group 1-3 Attorney appts. 2 Needlepoint and More!	16 <u>NO LUNCH TODAY</u> 1 Mah Jong
19 12-3 Bridge 3:30-5:30 Mindful Knitting	20 8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 1 Mah Jong	21 10:00 Susan Granthal: Photographic Journal of Africa 12:30-3:30 Bridge	22 8:30 Strength Training 9:30 Poetry Group 1pm Movie 2 Needlepoint and More!	23 12 \$5 Friday Café 12:30 Meet the Artist of the Month 1 Mah Jong
26 12-3 Bridge 1-3 Open Cupboard 3:30-5:30 Mindful Knitting	27 8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 12-1 Health Screenings 1 Mah Jong 1-3 SHINE appointments	28 10:30 iPad Class @ Library 12:30-3:30 Bridge 3 Book Group	29 8:30 Strength Training 9:30 Poetry Group 2 Needlepoint and More!	30 12 \$5 Birthday Friday Café 1 Mah Jong

~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email mkeating@edgartown-ma.us

Conversation Group meets one Friday this month, Friday August 2nd. Refreshments. Please let us know if you'll be coming, 508-627-4368.

Health Screenings Public Health Nurse Tuesday, August 27th, 12-1 pm at the Anchors.

Poetry Group meets on Thursdays at 9:30am. Call for more information

The Anchors Bridge group meets weekly throughout the year. Mondays from 12 until 3; Wednesdays 12:30-3:30. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.



The Anchors bridge group is growing!



A big thank you to Jim McKay for sharing his artwork with us in July!

Book Group Wednesday, August 28th at 3 pm. Led by Jill Jupen. August's book TBA

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Monday, August 12th, appointments begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Meris for appointment.

Foot Care with Grete Christiansen. Appointments on Tuesday, August 20th from 1 until 3pm. Call the Anchors to make an appointment.

Get the Most from your iPad Wednesday, August 28th at 10:30 am, become better acquainted with your iPad at the Edgartown library with Kathy Lavieri, technology trainer with over 20 years experience working with adult learners. iPad terminology, organizing apps, keeping your iPad up-to-date, becoming familiar with iCloud. Register in advance by calling: 508-627-4368. Co-sponsored by Edgartown Council on Aging and Edgartown Library.

The Medical Reserve Corp of Martha's Vineyard 8/7, 10am. Workshop for at-home personal emergency preparedness. Learn tips on how to be better prepared for the next storm or natural disaster.

Christopher Del Prete, Pharmacist with Stop & Shop Pharmacy in Edgartown, will be joining us at lunch on the first Tuesday of each month to review your medication profiles and discuss any related questions including prescription insurance and vaccines. Tuesday, August 6th 12pm-1pm



Creatives and Games Mindful Knitting Mondays, 3:30-5:30, **Needlework for Charity** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Mah Jong** Tuesdays & Fridays at 1,

The Anchors Kitchen: Lunches served at 12:00

Reserve at least 24 hours in advance – 508-627-4368

\$3 Tuesday Lunch
Sandwich, soup, dessert

Aug 6th Open Faced Tuna Sandwich

Aug 13th ~NO LUNCH~

Aug 20th Chicken Salad Sandwich

Aug 27th Veggie Quesadilla

\$5 Friday Café

Entrée with soup and dessert

Aug 2nd Beef Stew

Aug 9th Diane's Famous Mac n Cheese

Aug 16th ~NO LUNCH~

Aug 23rd Almond Crusted Pork Roast

Aug 30th Stuffed Peppers

Anchors Open Cupboard (Surplus Food)

Monday, August 26th, 1-3 pm

*Note change in day

~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Kelley House and we have limited parking.

This season, to avoid being towed and other unpleasanties, please park only in the areas that are clearly designated as "Council on Aging Parking." There are 2 spaces in the corner next to the hedges on the Dock Street side of the lot. There are 7 spaces around the back in the area adjacent to our door by the kitchen entrance.

Your best summer strategy is to car pool or use the convenient Park and Ride bus which leaves from the lot across from the Triangle behind Edgartown Pizza every 20 minutes and takes you to Among the Flowers one block away. This bus service begins June 23rd and runs through September 3rd, from 11 am–6 pm daily.

Attorney Appointments

Thursday, Aug 15th, by appointment, from 1-3 pm. Arthur Bergeron, a private attorney who has his office on the mainland, will provide free consultations at the Anchors monthly, the third Thursday of the month. Arthur is a private attorney – not legal aid. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

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.

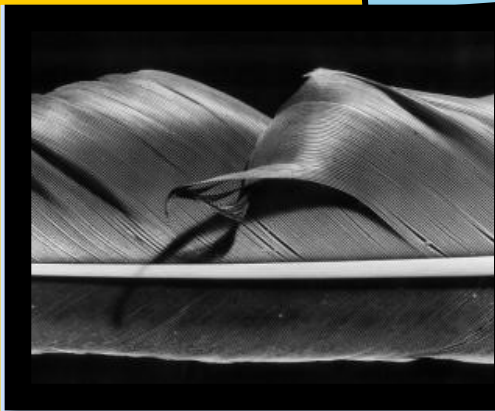
Board Members

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Donna Paulson, Secretary
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker
Meris Keating, Director of Senior Services
Paul Mohair, Administrator

Thank you, Board Members, for your hard work and dedica-



Feather by Peter Dreyer

On Display in August:
The enchanting work of photographer **Peter Dreyer**
Meet Peter at lunch, Friday, August 23rd. Short Q&A.



Kindly join us as we grieve the passing of our \$2 Tuesday Café. She was a good friend and served us well for over a decade of nutritious and delicious sandwiches, salads, soups, and desserts. She was one of a kind but, sadly, could no longer pay for herself. Please find some relief and consolation in her replacement as we present to you “**Three Dollar Thuesday**,” a most capable luncheon successor.

Beginning Tuesday, August 6th, Tuesday lunches will cost \$3. Our Friday Café shall remain a very affordable \$5.

Susan Grunthal's Photographic Journal of Africa

Susan Grunthal loves playing Bridge and Mah Jong at The Anchors. In 2017 Susan visited Rwanda, Zimbabwe and Botswana and mentioned this trip during a game of Mah Jong. Her fellow players became interested and wanted to learn more. This casual chat blossomed into the suggestion that Susan should speak about her adventures to all our friends at The Anchors. On Wednesday August 21 at 10.00 AM come and listen to some fascinating stories and see the amazing pictures she took of wildlife in Africa.

Health and Wellness —

Call to register prior to classes and clinics

Foot Clinic Appointments Tuesday, August 20th, starting at 1:00 (1/2-hr treatments \$30). Call 508-627-4368 for an appointment.

Got Strength? Strength Training Class with Lisa Amols Tuesdays & Thursdays @ 8:30 am; Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk with Lisa about walk-in pricing. Visit her website at www.lisasstudiomv.com.

Tai Chi with Nan Doty: No Tai Chi in August. Stay tuned for fall schedule.

Yoga with Carol Vega returns in the Fall. Thank you, Carol!

Exercise classes subsidized by Friends of ECOA. Anchors' exercise instructors are trained, experienced, expert professionals.