

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

Edgartown Council on Aging



Summer by the water's edge. Listening to music with good friends, eating sweet treats, and soaking in the harbor view. We couldn't ask for more. Thanks to all who came to the Vineyard Sound!



www.edgartowncoa.com



The Anchors Kitchen

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



Gleaned Produce

Fresh from island farms.
Mondays from 1-3pm.



Brown Bag Lunch Pickup
Tuesdays 11am-12:30pm. Exact change is appreciated.
Please call by Friday afternoons to register.

\$3

SANDWICHES

- Aug 3 Summer Marinated Beef Sandwich
- Aug 10 Veggie Quesadilla
- Aug 17 Chicken Salad Sandwich
- Aug 24 Pork Roast Sandwich
- Aug 31 Roasted Eggplant and Veggie Wrap

Brown Bag Lunch



Diane's Soups

An assortment of healthy and delicious soups are available for pickup at the Anchors.

\$3 each, or 2 for \$5

Exact change is appreciated.

Open Cupboard

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors on July 26th from 10am-12

Programs and Services

Advance Care Planning

Advance Care Planning Zoom Workshop

Tuesday, August 17th @ 1pm. Workshops are held on the 3rd Tuesday of each month at 1pm via Zoom. Be prepared. Learn to communicate your wishes and navigate sensitive conversations. You will learn about standard and personalized forms used to document your directives, and where or with whom they should be kept. Give yourself and your loved ones peace of mind. Email mkeating@edgartown-ma.us to register.

Exercise & Wellness

Manicures with Meris Come pamper yourself with a manicure and have your rings cleaned too. Starting at 1pm. Call 508-627-4368 to register. No cost.

Mindfulness Meditation with Ed Merck

Fridays, 9:30-10:30am. Our regular attendees have been raving about the difference it has made in their lives. Please join us to see for yourself. Email mkeating@edgartown-ma.us to register.

Tai Chi and Yoga classes will resume in the fall. Please call 508-627-4368 or email mkeating@edgartown-ma.us to register.

Games

BINGO! Thursday, August 12th, 1-3pm. Come and join us for some good old fashioned fun. Win prizes! Call 508-627-4368 to register.

The Anchors 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.

Mahjong meets Tuesdays and Fridays from 1-3pm in the Great Room at the Anchors, beginning June 8th. Pre-registration is required. Please contact Shirlee Miller at 508-627-6706 to sign up.

Men's Card Group meets Thursdays 1-3 at the Anchors. Gin, Backgammon, Cribbage. Please call or email to register. 508-627-4368 or mkeating@edgartown-ma.us

Knitting & Needlework

Knitting and Needlepoint meets every Monday at 4pm at the Anchors. You may also attend the live session via Zoom. Call 508-627-4368 or email mkeating@edgartown-ma.us to register.

Knitting for Charity Tuesdays 10am-12pm.*For more information about the Anchors Knitting and Needlework groups, please contact Shirley Dewing at 508-627-9650

Movies

Join us for a matinee! Please call 627-4368 to register so we know that you're coming.

- **Minari** (2020) Thursday, Aug 5th at 1pm. 1hr 56min. A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home.
- **At Eternity's Gate** (2018) Thursday, Aug 19th at 1pm. 1hr 51min. Famed but tormented artist Vincent van Gogh spends his final years in Arles, France, painting masterworks of the natural world that surrounds him.

Music

Susan Grunthal Presents "Great Opera Scenes from Great Movies" Wednesdays at 10am in August. See page 5 for more information. Call or email mkeating@edgartown-ma.us to register.

Newspaper Group

Newspaper Discussion Group Fridays 10-11am. Join us for a friendly conversation about the week's events and topics of interest. Call 508-627-4368 to register.

Social

Costume Jewelry Swap Thursday, August 26th at 1pm. Bring 5-10 pieces to contribute. Get one "shopping token" per piece you bring.

SHINE

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

Trip

Boston's North End Friday, September 24th. \$45 for round trip coach fare. Cash, or check written to: *Friends of the Edgartown Council on Aging*. In the case of a trip cancellation, we will announce it one week prior and your money will be refunded. See page 7 for more information.

Nantucket Whaling Museum October date TBD. Day trip to Nantucket on the Hyline's inter-island fast ferry. Group tour of the Whaling Museum followed by an unstructured afternoon of shopping and dining in the beautiful downtown area. Please email mkeating@edgartown-ma.us or call 508-627-4368 to pre-register.

****Please note**, the staff at the Anchors, in collaboration with the town of Edgartown, continue to consider the developments of the covid-19 pandemic and how those could affect our operations. As with any program, we strive to minimize associated risks by following the guidance of local and state public health officials. Your safety is always our top priority.

Wellness Clinics

Foot Care Non-Diabetic with Grete Christiansen. Appointments held on the third Tuesday of the month from 1-3 pm. Call the Anchors for an appointment. 1/2 hour treatments \$30

Shawn Woodbrey hearing aid specialist. 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 Meris to schedule an appointment. 508-627-4368



Poet's Corner

Traffic

There's a shiny metal parade
Inching slowly into Edgartown.
Twisting along the narrow road,
Sun glinting off windows and
Glancing off the sunglasses
Of people inside the cages
Of painted metal and glass.
They itch about in their seats,
Craning to see the road ahead.
They honk their horns as if
It were going to do some good.
Some look resigned, bored even.
Some slap the steering wheel in
Frustration and mouth obscenities,
Raising their temperatures,
As well as their blood pressure.
Inch by inch, yard by yard,
Like a disjointed snake
They make painful progress
Until at last they reach
Their destination - the beach,
The grocery store, the theater,
The dentist -knowing the return
Will be more of the same.
Hot, tired and cranky, they mutter
Under their breath that
They will start taking the bus
And never again drive into
Edgartown in the middle of August.

~Barbara Peckham

“Great Opera Scenes in Great Movies”

Join music teacher Susan Grunthal, every Wednesday in August, for a 4 week exploration of opera and its role in cinema. Classes are in person, at the Anchors.

During each class we will watch a scene from a movie where part of a great opera is played. This will be followed by a discussion exploring the relationship between the opera and the movie. Susan will then talk in more detail about the opera and play segments from it.

- **Aug 4th, 10am: Sull'aria - che soave zeffiretto from Mozart's The Marriage of Figaro in The Shawshank Redemption.**
- **Aug 11th, 10am: Selections from La Traviata by Verdi in Pretty Woman**
- **Aug 18th, 10am: La Mamma Morta from Giordano's Andrea Chenier in Philadelphia**
- **Aug 25th, 10am: Donde Lieta from Puccini's La Boheme in Moonstruck**

**Please call 508-627-4368,
or email mkeating@edgartown-ma.us to register**

The Anchors North End Trip

Friday, September 24th.

Depart 7:00am Vineyard Haven, return 5:00pm Woods Hole



\$45 per person for a round trip ticket on a Cape Destinations coach. Checks payable to:
The Friends of the Edgartown Council on Aging.

Your payment secures your spot!

Participants purchase their own ferry tickets. Join us for an autumn day in one of Boston's most beloved neighborhoods. Call 508-627-4368 or email mkeating@edgartown-ma.us for more information.



Costume Jewelry Swap at The Anchors

Thursday, August 26th.

1-3pm

Bring 5-10 pieces to swap. Receive a 'shopping token' for each piece you bring.



**To register or for more info
call 508-627-4368 or email
mkeating@edgartown-ma.us**



~ 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 un-pleasantries, 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 25th and runs through September 3rd, from 7:35am-11pm daily.



August 2021

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
10-12 Soup Takeout 2 12:30 Bridge 1 Gleaning Produce available for pickup 4 Knitting and Needlework	10 Knitting for Charity 3 11-12:30 Brown Bag Lunch Pickup 1 Mahjong	10 Opera Appreciation 4 12:30 Bridge 1 Manicures with Meris	9:30 Poetry 5 1:00 Men's Cards 1:00 Movie "Minari" 1hr 56 min	9:30 Mindful Meditation ~ Zoom 6 10-11:00 Newspaper Discussion Group 1pm Mahjong
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10-12 Soup Takeout 30 10-12 Open Cupboard 12:30 Bridge 1 Gleaning Produce available for pickup 4 Knitting and Needlework	10 Knitting for Charity 31 11-12:30 Brown Bag Lunch Pickup 1 Mahjong			<i>The change always comes about mid-August, and it always catches me by surprise. I mean the day when I know that summer is fraying at the edges, that September isn't far off and fall is just over the hill or up the valley.</i> ~Hal Borland

Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Stephen W. Miller, MD
Nancy Ignacio
Heidi Boyd
Jay Sigler
John Dropick

Thank you, Board Members, for your hard work and dedication!

EOA Staff

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

~MOVIE AT THE ANCHORS~
Thursday, August 5th @ 1pm
2020. 1hr 56 min



~MOVIE AT THE ANCHORS~
Thursday, August 19th @ 1pm
2018. 1hr 51 min



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.