

December 2021

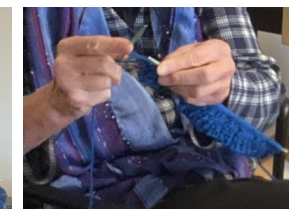
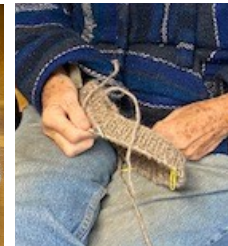
THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

Edgartown Council on Aging



Knitting for Charity at the Anchors.

Good causes,
great company!
See page 4 of this
newsletter for more
information about the
group.





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

Dec. 7 Turkey Gobbler

Dec. 14 Curried Chicken Salad

Dec 21 Ham & Cheese

Dec. 28 Tuna Salad

\$3

Friday Café ~ Lunch TO GO ~ includes soup and dessert

Dec. 3 Lasagna Roll Up

Dec. 10 Chicken Pot Pie

Dec. 17 Picadillo with Corn Bread

Dec. 24 Closed ~ Merry Christmas!

Dec. 31 Closed ~ Happy New Year!

\$5

Programs and Services

Advance Care Planning

Advance Care Planning Zoom Workshop

Tuesday, December 21st @ 1pm. Workshops are held on the 3rd Tuesday of each month at 1pm via Zoom.

Conversation Group

Conversations Thursdays, December 2nd, 16th, and 30th, 11am-12noon. 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 Fridays, 9:30-10:30am, is an experientially based study group that uses guided meditation, silence, and voluntary participant sharing to explore the principles and practices of mindfulness meditation. Students of all levels - including beginners - are welcome.

Email mkeating@edgartown-ma.us to register.

Tai Chi with Nan Doty Wednesdays, at 9:30am. Masks required. \$10 session. Please call Meris to register.

Yoga with Carol Vega Tuesdays at 9am. \$10 session. Please call 508-627-4368 or email mkeating@edgartown-ma.us to register.

Games

BINGO! Thursday, December 9th, 1-3pm. Come and join us for some good old fashioned fun. Win prizes! Call 508-627-4368 to register.

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. Pre-registration is required. Please call 508-627-4368 to register.

Holiday Happenings

Winter Greens Centerpiece Making with Cookie Perry Wednesday, December 8th

1-3pm. Free. Oasis, container, greens, red berries, pine cones, and ribbons will be provided.

Participants are encouraged to bring any special decorations they would like to use to embellish their wreath.

Holiday Open House Friday, December 10th from 11am until 1pm. A chance to stop in and let us wish you a happy holiday season. We will be giving away 2022 Planners to the first 50 people. We regret that, due to the risk of covid, we are still unable to host congregate meals. However, you may want to call in advance and register to take home some scrumptious chicken pot pie. We would love to see you!

Scallop Shell Lights Craft Workshop

Wednesday, December 15th 1-3pm. Free. Supplies provided: one string of white lights, scallop shells for your project, and glue sticks. If you have a glue gun, please bring it. We ask that you register no later than December 10th. 508-627-4368

Knitting & Needlework

Knitting and Needlework meets Mondays at 3:30pm via Zoom. Email mkeating@edgartown-ma.us for link.

Knitting for Charity returns on Tuesdays from 10am-12noon. Meets at the Anchors.

Movies

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

- **Christmas in Connecticut** (1945). 1h 41m. While recovering in a hospital, war hero Jefferson Jones (Dennis Morgan) grows familiar with the "Diary of a Housewife" column written by Elizabeth Lane (Barbara Stanwyck). Jeff's nurse arranges with Elizabeth's publisher, Alexander Yardley (Sydney Greenstreet), for Jeff to spend the holiday at Elizabeth's bucolic Connecticut farm with her husband and child. But the column is a sham, so Yardley hastens to arrange a publicity ploy by setting up single, nondomestic Elizabeth on a country farm.

- **Little Women** (2019) 2h 15m. In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.

Music

Christmas Music with Adele Dreyer via Zoom Friday, December 17th at 1pm, for your listening and lounging pleasure. This is a wonderful way to get in the holiday spirit. Bring a project, your pet, or a cup of tea and just relax while listening to the musical arrangements of this lovely pianist. Email mkeating@edgartown-ma.us for Zoom link.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations. **Medicare open enrollment is October 15th through December 7th.** Call to register. 508-627-4368

Tax Work Off

The Senior Tax Work-off Program can help you to lower your property tax bill. Please contact Lyndsay: lfamariss@edgartown-ma.us or call 627-4368 ext. 213 for opportunities and more information.

Wellness Clinics

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

Wellness Clinic with Town Nurse Lila Fischer Wednesday, December 1st from 11am-12noon. Please call to register. Wellness Clinics will be held on the first Wednesday of the month from 11am-12noon. 508-627-4368.

Knitting for Charity at The Anchors

Meets Tuesdays 10am-12noon

Our Beneficiaries:

Locally

- ♥ Harbor Homes
- ♥ Hospice of Martha's Vineyard's Handmade from the Heart: Holiday Artisans Fair Fundraiser
- ♥ Prayer Shawls for community members

Further

- ♥ The Seaman's Church Institute: Christmas at Sea

Supplies are provided through donations from our island's knitting community. We have beautiful wool and acrylic yarns, needles, and patterns for your use.

All are welcome, including beginners!
Call Meris for more info

508-627-4368





December 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		
PURPLE= ZOOM GREEN= AT THE ANCHORS BLUE= OTHER LOCATION		1 <u>9:30</u> Tai Chi <u>11:00</u> Wellness Clinic <u>12:30</u> Bridge	2 <u>9:30</u> Poetry <u>11:00</u> Conversations <u>1:00</u> Movie 'Christmas in Connecticut' 1945	3 <u>9:30</u> Mindful Meditation <u>11-12:30</u> Friday Café To-Go <u>1:00</u> Mahjong		
		6 <u>12:30</u> Bridge <u>3:30</u> Knitting and Needlework	7 <u>9:00</u> Yoga with Carol Vega <u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mahjong	8 <u>9:30</u> Tai Chi <u>1pm</u> Wreath Making with Cookie <u>12:30</u> Bridge	9 <u>9:30</u> Poetry <u>1:00</u> BINGO	10 <u>9:30</u> Mindful Meditation <u>11-12:30</u> Friday Café To-Go <u>1:00</u> Mahjong
		13 <u>9</u> Hearing Wellness <u>12:30</u> Bridge <u>3:30</u> Knitting and Needlework	14 <u>9:00</u> Yoga with Carol Vega <u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mahjong	15 <u>9:30</u> Tai Chi <u>1pm</u> Scallop Shell Lights Workshop <u>12:30</u> Bridge	16 <u>9:30</u> Poetry <u>11:00</u> Conversations <u>1:00</u> Movie "Little Women" (2019)	17 <u>8:30</u> ECOA Board <u>10:00</u> Mindful Meditation <u>11-12:30</u> Friday Café <u>1:00</u> Holiday Songs with Adele Dreyer <u>1:00</u> Mahjong
		20 <u>12:30</u> Bridge <u>3:30</u> Knitting and Needlework	21 <u>9:00</u> Yoga with Carol Vega <u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mahjong	22 <u>9:30</u> Tai Chi <u>12:30</u> Bridge	23 <u>The Anchors closes at 12noon today</u> <u>9:30</u> Poetry	24 CLOSED TODAY
		27 <u>10-12</u> Open Cupboard <u>12:30</u> Bridge <u>3:30</u> Knitting and Needlework	28 <u>9:00</u> Yoga with Carol Vega <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mahjong	29 <u>9:30</u> Tai Chi <u>12:30</u> Bridge	30 <u>9:30</u> Poetry <u>11:00</u> Conversations <u>1:00</u> BINGO	31 CLOSED TODAY

Off Island Transportation Providers

***Please call 508-627-4368 for a more comprehensive list, including local options.**



Green Shuttle to Boston 508-563-6472, gogreenshuttle.com

Private shuttle service that will bring patient, and up to 2 other passengers, to appointments in Boston. \$175 round-trip, \$60/hr wait time for up to 4 hrs. Will charge a second \$175, if more than 4 hr wait. Unlimited stops, at no additional charge.

Medivan (VTA) to Boston 508-693-9440 **Tuesdays Ongoing**

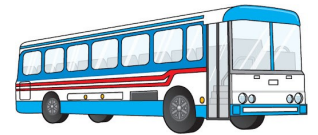
To participate in the Medivan program, those interested must submit a one-time application through the MVTA. Applications do not require a doctor's note if passenger is over the age of 60. The Medivan holds 12 passengers and provides service on a first come, first served basis. The van picks up passengers every Tuesday from either the Vineyard Haven Park & Ride at 6:15am or the VH ferry parking lot at 6:30am for a 7:00am ferry to Woods Hole. The van travels to all hospitals within Boston. Doctor's appointments must be made between 10:00 and 1:00 for a 2:00ish pick-up. Fee is \$40.00 round trip, including ferry.



Door To Door Transportation 508-776-0307 Sempinc20@aol.com

Ron Semprini provides door to door travel for seniors and will go into the appointment with the client if desired, help them check-in, and attend appointment or remain in the lobby until the appointment has concluded. Very personalized transportation. \$300 roundtrip to Boston, includes 2 hours waiting. \$40 each additional hour of waiting.

All Seasons 774-510-0150 –or- 508-548-9990 Chuck Burrige. Discounted rates for seniors traveling to medical appointments from Woods Hole.



Sealine Bus (Cape Cod Regional Transit Authority)

Bus departs Woods Hole at the following times Mon-Sat:

Woods Hole	6:45*	8:30*	9:30	10:30	11:30	12:30	1:30	2:30	3:30	4:30	5:30	6:30	7:30	8:10
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Beginning at 8:30am, M-F, the bus stops at the Falmouth hospital.

**No service at these times on Saturdays.*



Edgartown Shellfish License Holders:

In the mood for oysters?

Call Warren Gaines at 508-627-9989



We want to extend our **thanks** to
Donnie & Doug Benefit for the incredibly generous
 donation of bay scallops last month.
 What a treat! All who received them were grateful.



Fish Chowder & Stew



Free at the Anchors!

*Please limit 2 per person



Black Sea Bass Stew
(Tomato Based)



Black Sea Bass Chowder
(Milk and Cream Based)

The MV Fishermen's Presentation Trust was the recipient of a COVID relief grant to buy fish from local fishermen to be professionally produced and packaged into 18oz containers.

They have generously delivered containers to be donated locally.

Thanks to the Martha's Vineyard Seafood Collaborative for this incredible program. A true win-win for our island community!

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!

COA 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, December 2nd @ 1pm
1945. 1hr 42min



~MOVIE AT THE ANCHORS~

Thursday, December 16th @ 1pm
2019. 2hr 15min



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.

