

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

Edgartown Council on Aging



December 2023



*The Anchors Annual
Open House
Friday, December 8th,
11am-1pm
All are welcome!*

Please join us for a cup of Clam Chowder and lots of good cheer.

*2024 planners
Confections
Raffle*



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

12/5 Pulled BBQ Chicken Sand	\$5
12/12 Southwest Black Bean Burger	
12/19 Tuna Salad Sandwich	
12/26 NO LUNCH	

Friday Café ~ with dessert

12/1 Meatloaf	\$7
12/8 Open House ~Clam Chowder	
12/15 Baked Ziti	
12/22 Closing at 12noon ~NO LUNCH	
12/29 Popcorn Chicken Caesar Salad w/ sun dried tomato Caesar dressing	

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.

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

Soups: 2 for \$5

Meals: \$5



December 2023

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>The Anchors is open Mon-Fri 9am-4pm</p>	<p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>	<p><i>Happy Holidays!</i> <i>May peace and joy be with you at</i> <i>~ Christmas ~ Las Posadas ~</i> <i>~ Hanukkah ~ Winter Solstice ~</i> <i>~ Kwanzaa ~ Ramadan ~</i></p>		<p>9:30 Mindful Meditation 1</p> <p>12 Friday Café</p> <p>1:15 Mah Jongg</p>
<p>4</p> <p>11:30 Bowling</p> <p>12:30 Bridge</p>	<p>9 No Yoga 5</p> <p>10 Minnesingers</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1:15 Mah Jongg</p>	<p>6</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>7</p> <p>10 Craft Workshop—<i>Santa Tins</i></p> <p>1 Bingo</p>	<p>8</p> <p>9:30 Mindful Meditation</p> <p>11-1 Anchors Annual Holiday Open House</p> <p><i>No Mah Jongg today</i></p>
<p>11</p> <p>9am Hearing Wellness</p> <p>11:30 Bowling</p> <p>12:30 Bridge</p>	<p>12</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>11 Coffee w a Cop</p> <p>12 Tues Lunch</p> <p>12 Town Nurse</p> <p>1:15 Mah Jongg</p>	<p>13</p> <p>9:30 Tai Chi</p> <p>11 Tech Time with Rizwan</p> <p>12:30 Bridge</p>	<p>14</p> <p>1 American Buffalo, Part 1: Blood Memory</p>	<p>15</p> <p>ECO Board</p> <p>9:30 Mindful Meditation</p> <p>12 Friday Café w Holiday music by Adele</p> <p>1:15 Mah Jongg</p>
<p>18</p> <p>11:30 Bowling</p> <p>12:30 Bridge</p>	<p>19</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1:15 Mah Jongg</p>	<p>20</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>21</p> <p>1 Bingo</p>	<p>22</p> <p>9:30 Mindful Meditation</p> <p>No Lunch Today</p> <p>CLOSING at 12 noon</p>
<p>We Are Closed For Christmas</p>	<p>26</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>No Lunch Today</p> <p>1:15 Mah Jongg</p>	<p>27</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>28</p> <p>1 American Buffalo, Part 2: Into the Storm</p>	<p>29</p> <p>9:30 Mindful Meditation</p> <p>12 Birthday Café</p> <p>1:15 Mah Jongg</p>

Programs and Services

Artist of the Month

Mother-daughter duo Cindy Bonnell and Catherine Griffin's handmade quilts will adorn the walls of the Anchors again this winter season. Please come and enjoy them from mid-November through February.

Chappaquiddick Community Center

The Chappaquiddick Community Center
For a calendar of events and programs, visit them online: chappycommunitycenter.org

Closures

The Anchors closes at 12 noon on Friday, December 22, and will be closed Monday, Dec 25 for the Christmas holiday. The Anchors will also be closed on Monday, January 1, New Year's Day.

Coffee with a Cop

Coffee with a Cop Tuesday, December 12 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.

Crafts

Craft Workshop ~ Christmas Tin.
Thursday, December 7th, 10am. See page 6 for more. Supplies provided, call to register.

Elder Services of Cape Cod & The Islands

Supportive Services & Care Management by Elder Services of Cape Cod & The Islands
As we age, our bodies, minds, and priorities change. Learn about some of the low or no-cost programs available locally to help us age safely and with dignity in the community, including programs designed to support our families and caregivers. Call to find out more about services which may benefit you or your loved one today.
508-394-4630

Exercise & Wellness

Bowling at the Barn Mondays at 11:30am. All are welcome, please register in advance

Exercise & Wellness cont.

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. **Yoga with Carol Vega** Tuesdays at 9am. First class? Please call to let us know you're coming. **Please note there is no class on Tuesday, December 5.*

Games

Bingo Thursdays, December 7th and 21st 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 * *Please note new start time.* meets Tuesdays and Fridays at 1:15pm. Please call to register in advance 508-627-4368

Holiday Open House

Anchors Annual Open House is Friday, December 8th from 11am until 1pm. It's the time of year to welcome friends both old and new into the Anchors. Come and see what we are all about! Get your 2024 Planner while supplies last. Each person to sign in gets one free raffle ticket for a chance to win one of 4 fabulous holiday gift baskets. You can also support the Friends of the Edgartown Council on Aging, and increase your chances of winning, by purchasing more raffle tickets! Don't forget to try one of Carolyn 'the Cookie Lady' O'Daly's Christmas confections.

Knitting & Needlework

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

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.

Legal Aid cont.

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.

Memory Support

The Martha's Vineyard Center for Living is the island's only supportive day program for caregivers and their care partners. Contact Mary Holmes for more information. Please call (508) 939-9440 or email maryh@mvcenter4living.org
Dementia Caregiver Support Group Please call Nancy at 508-498-1948.

Fridays 10am-11:00am on Zoom

Discreet and Confidential Memory Screenings available at the Anchors

If you have concerns about your memory, call to schedule a memory screening with Victoria Haeselbarth today. 508-627-4368

Music

Minnesingers Holiday Choir Tuesday, December 5th at 10:00am at the Anchors. Please call ahead to let us know you are coming.

Adele Dreyer Holiday Sounds Friday, December 15th during lunch. Please call ahead to register.

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.

Support Groups

The Martha's Vineyard Cancer Support Group hosts Zoom meetings every Wednesday at 5 pm. Participation is voluntary and everyone that plans to attend will get an invite via email. All meetings are moderated and confidential. Interested participants should send their email address to mvcancersgroup@gmail.com.

Vineyard Isles Parkinsonian Group meets every second and fourth Tuesday at 1pm at the Howes House in West Tisbury. Drop in or contact Sue Merrill for more information. 508-693-2896.

Technology

Tech Time with Rizwan Wednesday, Dec 13 beginning at 11am. Call to register for a 20 minute 1-1 session. Rizwan will help answer your questions about using your laptop, smartphone, iPad, or other devices.

Wellness

Aging Greatfully Coffee Chat With Dr. Michael Jacobs at the YMCA of Martha's Vineyard every other Wednesday at 10:15. This is an informal group of seniors sharing the challenges of aging here on the Vineyard. This warm and compassionate group is open to anyone who identifies as a senior. Wide ranging conversations about the physical, medical and emotional challenges of aging and sharing of Information about resources on the Vineyard to meet those challenges. Humor, empathy and companionship are shared as the group explores different topics at each meeting. The next meeting is Wednesday December 6th at 10:15 with guest, Dr. Elliott Dacher, talking about beginning meditation and leading the group through a guided meditation
Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, Dec 11. 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 Public Health Nurse

Tuesday, December 12 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.

Vaccine Bus The Vaccination Bus is Back! *Ônibus da Vacinação está de volta!* **COVID-19 and Flu Vaccines for adults and children ages 6 months and up** Sunday, December 10, (9am - 5pm) - Martha's Vineyard Regional High School 100 Edgartown Vineyard Haven Rd Oak Bluffs, MA. Please register online <https://home.color.com/vaccine/register/cdrmaguire?site=marthas-vineyard-regional-high-school-cdr>

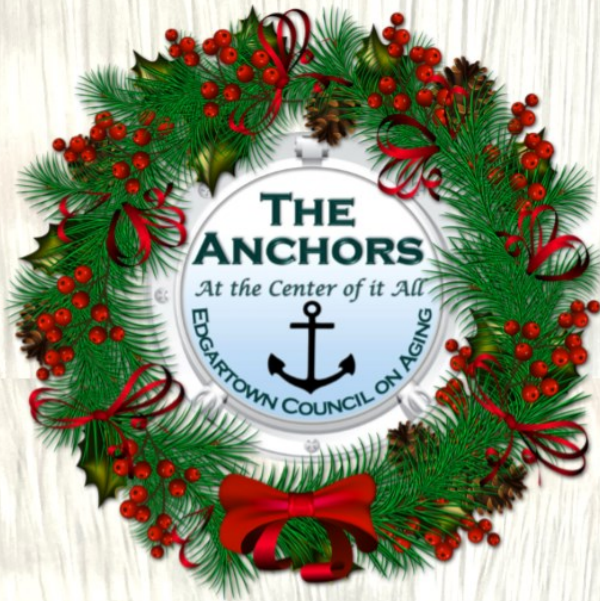


Attention:

Upcoming repairs on the Anchors roof may cause some program interruptions during December. We appreciate your patience during this time. Staff will promptly communicate any impact the work will have on regularly scheduled programs and services. Regular and pre-registered attendees will be contacted by phone and/or email.

Updates will be posted on the home page of our website.

www.edgartowncoa.com



Christmas Tin Craft

Makes a great gift box, cookie tin, or plant holder!

Enjoy some sweet treats and good company.

*Thursday, December
7, 10am-12noon.*



We're Always Grateful for the Chance to Thank You, Veterans



Thank you for joining us!

~ Thomas Bennett ~ David Brennan
~ Randy Dull ~ Bill Glazier ~ James Hagerty ~ Michael Haydn ~ Alan Hirschberg ~ Kenneth Ivory ~ Steven Jacobs ~ Katherine Kretschmann ~ Hugh McGraw ~ Joanne Murphy ~ Garrett Orazem ~ Edson Rodgers ~ Kevin Searle ~ Phyllis Whorton ~ Stephen Whorton ~



MVPS
MINNESINGERS





*Minnesingers holiday performance.
Free and open to all.
Please call ahead or register online.
Tuesday, December 5, 10:00am*

A **FLU**
VACCINE
CAN TAKE
FLU FROM



WILD
TO
mild

**NATIONAL INFLUENZA
VACCINATION WEEK**
DECEMBER 4-8

#FIGHT FLU




A big thank you to Rob Morrison and the Edgartown Shellfish department for organizing an Oyster giveaway just before Thanksgiving.

Halloween Scene



Jay Airis and Jean Migdal Halloween in Harry Potter inspired costumes.



Meris 'Wood nymph' Keating with Yogi Janice Belisle.



Diane Wall with daughter Tessa and (baby penguin stuffie) granddaughter Adelyn.



Jane 'Mama Bear' Littell with Baby Bear.



Anchors staff having fun incognito.



Fisherwoman, Eileen Paccia



Is that you, Janice?



Susan Brown looking fabulous in her Halloween attire.



Look, a sweet little mouse in the house!



A wonderful swine dining experience at the Anchors.



Okay, kids! Out of the pool! It's adult swim time .

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

THE AMERICAN BUFFALO

A FILM BY KEN BURNS



Playing in December at the Anchors:
Parts 1 & 2 of The American Buffalo

- **Part 1: "Blood Memory"** 1hr 56m
Thursday, Dec 14 @ 1pm
- **Part 2: "Into the Storm"** 1hr 59m
Thursday, Dec 28 @ 1pm

The American Buffalo, a new two-part, four-hour series, takes viewers on a journey through more than 10,000 years of North American history and across some of the continent's most iconic landscapes, tracing the animal's evolution, its significance to the Indigenous people and landscape of the Great Plains, its near extinction, and the efforts to bring the magnificent mammals back from the brink.

For thousands of generations, buffalo (species bison) have evolved alongside Indigenous people who relied on them for food and shelter, and, in exchange for killing them, revered the animal. The stories of Native people anchor the series, including the Kiowa, Comanche, and Cheyenne of the Southern Plains; the Lakota, Salish, Kootenai, Mandan-Hidatsa, and Blackfeet from the Northern Plains; and others.

From all of us at the Anchors,
We wish you peace, joy, and good health this holiday season.



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.

