

December 2019

The holiday season is a wonderful time to celebrate togetherness, community, and giving. It is a time to slow down, settle into the cozy armchair of favored traditions, and seek out what makes you feel at peace in your life. It can also be a season of hope and renewal, of looking forward, and perhaps resolving to improve in some area.

In anticipation of a great winter season here at the Anchors, we hope to see both new and familiar faces in the various groups, classes, and events held throughout the year. Programming is inspired by its member's creativity, and a shared desire to engage in meaningful and rewarding avocations.

December's programs will include music, food, crafts, holiday movies, and hopefully all of you! If you have never been in and have been meaning to come visit, we would love to welcome you. The generosity of our donors, in collaboration with the Friends of the ECOA makes our programming possible. We want to thank all of you for your continued support.

The staff would like to express its sincere gratitude for being a part of this amazing Anchors community with all of you. We hope that whether or not you celebrate the holidays, you will find peace, joy, and comfort in your days.

All of the very best to you and yours,

The Anchors Crew



Holiday Happenings at The Anchors

Holiday Movies through December

Wed., Dec 4th: "White Christmas" 120 mins

Wed., Dec 11th: "Love Actually" 135 mins

Wed., Dec 18th: "Miracle on 34th Street" 101 mins

Ornament Making Workshop

Mon., Dec 9th, 9:30 am at the Anchors. Make a miniature Adirondack chair, or sled ornament. Supplies and instruction provided. Call to reserve.

Get in the Spirit!

Tuesday, Dec 10th, 12 noon, Join us for lunch and some sounds of the season, courtesy of Martha's Vineyard High School's Minnesingers

The Anchors Holiday Open House

Friday, Dec 13th, 11:30am-1:30pm. Join us as part of the annual Christmas in Edgartown event. Warm up at our chili bar and share in the festive spirit of the season!

Holiday Sing Along with Adele Dreyer

Friday, Dec 20th at 12:15pm. Join us in singing some Christmas and holiday classics with the lovely and talented Adele on piano.

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

Edgartown Council on Aging






The Anchors' Website: www.edgartowncoa.com



THE ANCHORS NEWSLETTER



December 2019 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Outreach M-F 2</p> <p>9 Hearing Appointments with Shawn</p> <p>9:30-11:30 ASLL: Great Courses; "Aging Well: Diet & Stress", & "The Science of Immortality"</p> <p>11:30 Edgartown Bowlers</p> <p>3:30-5:30: Mindful Knitting</p>	<p>3</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch & Team Trivia</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>4</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>1pm Movie: "White Christmas" (120 mins)</p> <p>1-3 SHINE appointments</p>	<p>5</p> <p>9:00am Yoga</p> <p>9:30am Poetry</p> <p>12:30-3:30 Bridge</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>6</p> <p>12 \$5 Friday Café</p> <p>1 Mah Jong</p>
<p>9</p> <p>9:30-11:30 Ornament Making Workshop</p> <p>3:30-5:30: Mindful Knitting</p>	<p>10</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>12 Minnesingers</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>11</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>1pm Movie: "Love Actually" (135 mins)</p>	<p>12</p> <p>9:00am Yoga</p> <p>9:30am Poetry</p> <p>12:30-3:30 Bridge</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>13</p> <p>11:30am-1:30pm Anchors Annual Open House and Chili Bar</p> <p>1 Mah Jong</p>
<p>16</p> <p>9:30 Cell phone help with Meris</p> <p>3:30-5:30: Mindful Knitting</p>	<p>17</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>1-3 Foot Clinic by Appt.</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>18</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>1pm Movie: "Miracle on 34th Street" (101 mins)</p>	<p>19</p> <p>9am Yoga</p> <p>9:30 Poetry</p> <p>12:30-3:30 Bridge</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>20</p> <p><u>ECO Board Meeting</u></p> <p>12 \$5 Friday Birthday Café</p> <p>12:15 Holiday Sing-Along with Adele</p> <p>1 Mah Jong</p>
<p>23</p> <p><i>Happy Hanukkah</i>  (Dec. 22nd-30th)</p> <p>1-3 Open Cupboard</p> <p>3:30-5:30: Mindful Knitting</p>	<p>24</p> <p>THE ANCHORS IS CLOSED</p>	<p>25</p> <p>THE ANCHORS IS CLOSED</p>	<p>26</p> <p>9am Yoga</p> <p>9:30 Poetry</p> <p>12:30-3:30 Bridge</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>27</p> <p>12 \$5 Friday Café</p> <p>1 Mah Jong</p>
<p>30</p> <p>9:30 Cell phone help with Meris</p> <p>3:30-5:30: Mindful Knitting</p>	<p>31</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>12-1 Blood Pressure Clinic</p> <p>1 Mah Jong</p> <p></p>	<p></p>	<p></p>	<p></p>



The Anchors Kitchen:

Lunches served at 12:00. Reserve at least 24 hours in advance – 508-627-4368

\$3 Tuesday Lunch

Sandwich, soup, dessert

- ♦ Dec 3rd: Egg Salad
- ♦ Dec 10th: Veggie Quesadilla
- ♦ Dec 17th: Ham & Swiss
- ♦ Dec 24th: No Lunch
- ♦ Dec 31st: Cheese Sandwich

\$5 Friday Cafe

Entrée with soup and dessert

- ♦ Dec 6th: Chicken Cutlet
- ♦ Dec 13th: OPEN HOUSE ~ Chili Bar
- ♦ Dec 20th: Chicken Marbella
- ♦ Dec 27th: Beef Stew

Anchors Open Cupboard (Surplus Food)

Monday, December 23rd 1-3 pm

The Anchors ~ ECOA Open House Friday, December 13th

11:30am to 1:30pm

~CHILI BAR~

Regular and Vegetarian



Donations Accepted

~What's Happening at the Anchors and Beyond~

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

Arts and Creativity

Mindful Knitting Mondays, 3:30– 5:30

Needlework for Charity Tuesdays at 10am

Needlepoint Thursdays at 2 pm

Call The Anchors for more information or to request or start a new creative program.

Educational

The Anchors Society for Lifelong Learning presents: The Great Courses- "The Aging Brain"

Growing older may be inevitable, but mental decline is not. Learn what science has to say about how your brain changes over time.

- **Mon. Dec 2nd, 9:30am:** "Aging Well: Diet and Stress" & "The Science of Immortality"

Sign up for the next Great Course: "Medical Myths, Lies, and Half-Truths: What We Think We Know May Be Hurting Us"

- **Mon. Jan 6th, 9:30am:** "Medical Knowledge versus Misinformation" & "Myths about Water and Hydration"

Cell Phone Tips with Meris Mondays, Dec., 16th, & 30th from 9:30am-11:30am. Bring your phone and your questions. Let's figure it out!

Entertainment

Wednesday Movies, start @ 1pm at the Anchors

Wed., Dec 4th: "White Christmas" 120 mins

Wed., Dec 11th: "Love Actually" 135 mins

Wed., Dec 18th: "Miracle on 34th Street" 101 mins

Snacks and good company. Call to reserve.

Exercise, Fitness

Strength Training with Lisa Amols Tuesdays @ 8:30am, Thursdays @ 3:30pm. Call Lisa at 508-693-1009 before first class. Punch cards available, join any time. Talk to Lisa about walk-in pricing. www.lisastudiomv.com

Tai Chi with Nan Doty Tai chi for those with some experience; Wednesdays at 9:30 am. Tai Chi Easy, Wednesdays 11 am– 12 noon. Please call The Anchors to sign up.

Yoga with Carol Vega Thursdays from 9-10 am. Call the Anchors to register. 508-627-4368

Edgartown Bowlers Monday, December 2nd 11:30-1:30 at the Barn Bowl and Bistro. Lunch included, \$10. Call 508-627-4368 to sign up.

Games

The Anchors Bridge Group meets weekly throughout the year. Thursdays 12:30-3:30 pm. To Join, Call Carol Fligor at 508-627-8811 or email her at: fligors@comcast.net

Mah Jong Tuesdays and Fridays at 1 pm.

Team Trivial Pursuit Tuesday, December 3rd during lunch. Each table is a team.

Health and Wellness

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist. Monday, December 2nd, 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 Non-Diabetic with Grete Christiansen. Appointments Tues, Dec. 17th from 1-3 pm. Call the Anchors for an appointment. (1/2 hour treatments \$30)

Blood Pressure Clinic with the town nurse during lunch on Tuesday, Dec 31st.

Memory Support Group meets Wednesdays, at 10:00 am, at Featherstone Center for the Arts. Please call Victoria Haeselbarth for more information, 508-627-4368 ext. 15

Ideas, Books, Writing

Book Group Meets on Wednesday, January 29th, at 3pm. Led by Jill Jupen. The book is "The Waterfall" by Margaret Drabble. (No December meeting)

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

Services, Information

SHINE appointments with Bill Glazier Tuesdays from 1-3, by appointment. Call the Anchors to schedule. 508-627-4368

Legal Aid with Katie Wibbey of South Coastal Counties Legal Services. Tuesday, December 3rd. Appointments begin at 9:30am. Please call the Anchors to reserve.

PROGRAM SPOTLIGHT

Strength Training/Body Conditioning Class "Be Strong, Flexible, Fit, & Happy!"

This is no ordinary class! Instructor Lisa Amols is an AFAA certified fitness professional who has been helping folks improve their overall fitness for 35 years. This is a multi-level class allows everyone to work at her or his ability. Weights and strength training equipment are used. Most classes include a 15-minute cardio component. Classes are 75 minutes long, allowing time for stretching, and a variety of balance exercises. To keep things fresh, Lisa provides members an opportunity to practice a variety of exercises. Our goal is to work hard. The reward? Feeling great at the end of each class!

During fall & winter, class meets Tuesday mornings 8:30, and Thursday afternoons 3:30. A 10-class punch card, good for 10 consecutive weeks is \$150. Single walk-in rate is \$18.

Before signing up, you are encouraged to give Lisa a call @ 508 693-1009 to make sure this is an appropriate class for you! You can read more about this instructor by going to her website: lisasstudiomv.com

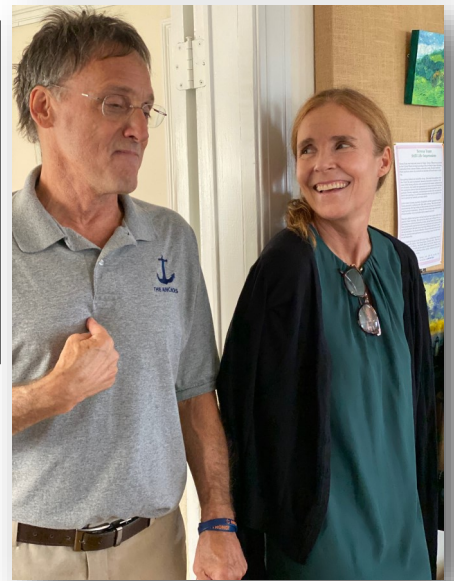


Poet's Corner

The Loggerhead Turtle

Newcomb Hollow beach in late November is sleek and endless
Sea heather and bayberry ice locked
On the horizon great waves crash down as wild horses
Residual swells silk green
A lone jogger
Suspended in self
Near blind
To a pewter sphere of light
Surrounding a mammoth loggerhead turtle
Lying death still
Front flippers badly maimed
Neck arm thick
Barnacles cling to armored shell
~Barry Nevin

Wishing
nothing but
the best for
these two
wonderful
people!



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

Rosemary Cunningham, Chair

Jay Sigler, Co-Chair

Heidi Boyd

Marvene O'Rourke

Stephen W. Miller, MD

Nancy Ignacio

Mary Jane Carpenter

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

ECO.A Staff

Donna Paulson, Secretary

Diane Wall, Cook

Victoria Haeselbarth, Outreach Worker

Meris Keating, Director of Senior Services

Greg Rollins, Administrator

Thank you to the Veterans, and all who came to help us express our gratitude during November's Lunch. It was a pleasure to spend time together.

