



—April 2018—

Springtime at the Anchors is time to say  
“Thank You” to our spectacular volunteers!

It’s National Volunteer month, dedicated to honoring all  
those in our community who donate their time and efforts.  
Our volunteers make the Anchors SHINE!

THE ANCHORS 508-627-4368

# Edgartown Council on Aging



— What our knitters have been up to —

Socializing...that’s part of the fun!

Gossiping...of course not!

They have been helping “Project Amigo,” a charity that supports students from Colima in rural western Mexico.

Our knitters have made over 100 squares (and on the road to many more!) that are sent to Mexico where seamstresses sew the squares together to create beautiful afghans for the students. You can view the afghans at [www.srbrown.info/afghans](http://www.srbrown.info/afghans). If you’d like to help, call Wendy for details, 508-627-4368.

**Way to go, Anchors Knitters!**

**The Anchors’ website: [www.edgartowncoa.com](http://www.edgartowncoa.com)**

## ~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email [wbenedetto@edgartown-ma.us](mailto:wbenedetto@edgartown-ma.us)

**Patriots' Day** Please note the Anchors is closed on Monday, April 16th.

**Elder Law Attorney Tom Kosman** Monday, April 2nd, appointments starting at 10. Call 508-627-4368.

**Edgartown Bowlers** Monday, April 2nd, join Team Anchors to challenge TCOA on the first Monday of every month, 11:30-1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10. Call to sign up, 508-627-4368.

**Meet and Greet with High School Leadership Class** Before lunch, at 11:30, Tuesday, April 3rd, get to know our MVRHS students. Please call to sign up, 508-627-4368.

**Edgartown Fire Department and EMTs Fall Prevention Program at Anchors** 11 am, Friday, April 13th, Firefighters and EMTs present an interactive presentation on fall prevention before our noontime meal. Call to sign up, 508-627-4368.

**Lunch with Edgartown Selectmen** Friday, April 27th, say "hello" to our wonderful selectmen, Michael Donaroma, Margaret Serpa, and Arthur Smadbeck. Please call to sign up, 508-627-4368.

**New Art Club** Mondays 9-11:30. Bring your own projects, relax, create, socialize, discuss art, and have fun! Projects could include painting with water colors or acrylics, sculpture, sketching, etc. Call Wendy, 508-627-4368.

**More and New Tai Chi with Nan Doty** Wednesdays, two tai chi classes, "Tai Chi Form" from 9:30-10:30 and "Tai Chi Simple Movement" from 11-12. Tea time in between. \$10 per class. Please call Wendy for more details, 508-627-4368.

**New! Chair Yoga!** Known as "Accessible Yoga," taught by Arlene Stark Prisco. Wednesdays at 1 pm, \$10. First class is Free. Call Wendy for more information, 508-627-4368. Note: No class on 4/11 and 4/25.

Thank you  
Volunteer  
Leah for all  
your hard  
work!



### **Book Group, Women and Men**

Wednesday, April 25th, 3 pm, led by Jill Jupen. Book TBA. Call for information, 508-627-4368.

**Conversation Group** Fridays, April 6th and 20th, 10 am. Refreshments.

**Non-Sanctioned Duplicate Bridge** Thursdays, 12-3. Sign up for seating, email Carol at [fligors@comcast.net](mailto:fligors@comcast.net), or call her, 508-627-4722.

**On Display in April** Margaret Emerson, a Chilmark resident and artist since retiring in 2009 from Professor of Nursing at Northeastern University. Member of the MV Art Association, she shows her work at Old Sculpin Gallery. Her paintings are at various island art shows, and she sells work at Kennedy Gallery in VH. Meet Margaret at lunch on Tuesday, April 10th. Website: [Margaret-emerson.squarespace.com](http://Margaret-emerson.squarespace.com).

**Anchors Travel Club** Share your adventures, stories, and pictures; plan new jaunts. Call Wendy, 508-627-4368. Beginning April, second Wednesday of every month, April 11th, 2:30-3:30.

**Bingo and Free Pizza with High School "Global Politics and Civil Engineering" Class** Monday, April 30th 12-1, call to sign up, 508-627-4368.

**Coffee with a Cop in May** Tuesday, May 8th, before lunch, 11 am, Officer Will Bishop will be at the Anchors to talk with us, Q and A, and trivia! Please call to sign up, 508-627-4368.

**Creatives and Games** **Mindful Knitting** Mondays, 3:30-5:30, **Knitting for Hospice** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Mah Jong** Tuesdays & Fridays at 1, **Non-Sanctioned Duplicate Bridge** Thursdays, 12-3. Call or email Carol for seating at [fligors@comcast.net](mailto:fligors@comcast.net), 508-627-4722.



Welcome Back Joan! We missed you a lot!

The Anchors Kitchen: Lunches served at 12:00  
Reserve at least 24 hours in advance

\$2 Tuesday Lunch  
Sandwich, soup, dessert  
April 3rd Chicken Salad Sandwich  
April 10th Reuben Slider  
April 17th Meatball Sub  
April 24th Veggie Quiche

Anchors Open Cupboard  
(Surplus Food)  
Tuesday,  
May 1st, 1-3 pm

\$5 Friday Café  
Entrée with soup and dessert  
April 6th Beef Stew  
April 13th Eggplant Parmesan  
April 20th Black Bean Burrito  
April 27th Birthday Café  
Chicken Marbella



More finalists in  
"Anchors Handsomest Man"  
Contest!!



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.

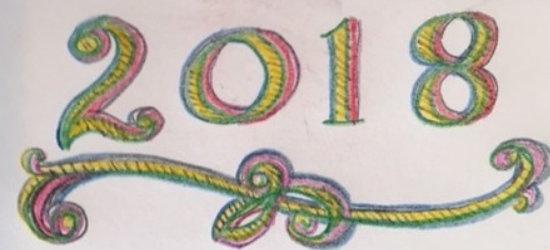
### Board Members

Kevin Ryan, Chair  
Jay Sigler, Co-Chair  
Olga Church  
Heidi Boyd  
Rosemary Cunningham  
Marvene O'Rourke

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

### EOCA Staff

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



**Look what our Anchors Art Club  
has been creating!**



### **Health and Wellness**

**Foot Clinic** Next foot clinic Tuesday, April 17th, 1:30-3:00 (1/2-hr treatments \$30). Call 508-627-4368 for appointment with Michelle LeBlanc.

**New! Chair Yoga** Known as "Accessible Yoga," taught by Arlene Stark Prisco. First class is Free. Wednesdays, 1 pm, \$10. Call Wendy for more information and to register for class, 508-627-4368. No class 4/11 and 4/25.

**Got Strength? Strength Training Class with Lisa Amols** Tuesdays, 8:30 am, and Thursdays from 3:30-4:30 pm. Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk to Lisa about walk-in pricing. Visit her website at [www.lisasstudiomv.com](http://www.lisasstudiomv.com).

**Yoga with Carol Aranzabe, Thursdays at 9 am; \$80 for 8 weeks; \$15 drop-ins.**

**Tai Chi with Nan Doty:** Two tai chi classes on Wednesdays, "Tai Chi Form" from 9:30-10:30 and "Tai Chi Simple Movement" from 11-12. Tea time in between. Call Wendy for more information, 508-627-4368.

**SHINE Appointments** with Bill Glazier, Anchors SHINE counselor. Call 508-627-4368 for appointment.

**Exercise classes are subsidized by Friends of ECOA. Anchors' exercise instructors are trained, experienced, expert professionals who provide their services at reduced rates.**