

January 2019

Ring in the New Year with happy memories of shared time together



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

Edgartown Council on Aging



Happy New Year!



The Anchors' website: www.edgartowncoa.com

~What's Happening at the Anchors and Beyond~

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



Just call me the "Anchors Elf"!

Diane rocks our Holiday Open House — as ALWAYS!



Art Club, January Classes Mondays, 9-11:30. Classes to be guided by different artists. Please call to express interest, 508-627-4368.

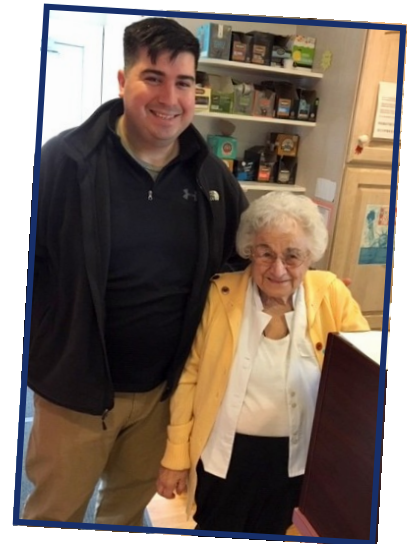
Attorney Appointments Thursday, January 17, by appointment, from 1-3 pm. Arthur Bergeron, a private

attorney who has his office on the mainland, will provide free consultations at the Anchors monthly, the third Thursday of the month. Arthur is a private attorney — not legal aid. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

Health Screenings with Public Health Nurse Lila Fisher Tuesday, January 29th, from 12-1 pm at the Anchors.

Tai Chi and Qigong with Nan Doty Wednesdays, "Tai Chi Form" from 9:30-10:30 and "Qigong Easy" from 11-12. Tea time in between. \$10; pre-registration required. Please call 508-627-4368.

Movie and Popcorn Wednesday, January 23rd, 1 pm, TBA. Call to sign up, 508-627-4368.



Our Artists of the Month Creations made by our Needlework for Charity and Mindful Knitting groups. Come meet these lovely and talented ladies at a lunch TBA in January.

Edgartown Bowlers Monday, January 7th, join Team Anchors to challenge TCOA, 11:30-1:30, Barn Bowl & Bistro. Lunch included, \$10. Sign up, 508-627-4368.

Conversation Group Led by Jay Sigler, Fridays, January 4th and 18th, 10 am. Refreshments.

Non-Sanctioned Duplicate Bridge — Call Ahead! Monday and Thursdays, 12-3. Sign up for seating, email Carol at fligors@comcast.net, or call her, 508-627-4722.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Monday, January 7th, appointments begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Wendy for appointments, 508-627-4368.

Book Group, Women and Men This month's meeting is Wednesday, January 30th, 3 pm, led by Jill Jupen. January's book TBA.

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



Thanks for all your help, Channing — Best Helper Ever!!



Cookie always has something up her sleeve!!



Wait! — Isn't it, "Fa La La La Laaa, La, La, La, Laaaaa" ???



Hey, look, a new volunteer! Yay, Pam!



Don't be misled by those cute smiles, these two are always up to something!!

Thank you MVRHS Minnesingers — what a treat!



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.

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



Creations by our Needlework for Charity and Mindful Knitting groups for the Holiday Sale at the Dr. Daniel Fisher House during Christmas in Edgartown.

Health and Wellness – **Call to register prior to classes and clinics **

Foot Clinic Appointments in February, starting at 1:30 (1/2-hr treatments \$30). Call 508-627-4368 for appointment dates with Michelle LeBlanc.

Chair Yoga taught by Arlene Stark Prisco returns in the Spring. Thank you Arlene!

Got Strength? Strength Training Class with Lisa Amols Tuesdays, 8:30 am; Thursdays, 3:30 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.

Yoga with Carol Vega, Thursdays at 9 am. Check with Carol about pricing and punch cards.

Tai Chi and Qigong with Nan Doty: Wednesdays, "Tai Chi Form" from 9:30-10:30 and "Qigong Easy" from 11-12. Tea time in between. \$10/class. For more information, 508-627-4368.

Exercise classes subsidized by Friends of ECOA. Anchors' exercise instructors are trained, experienced, expert professionals.

Updates and information about our programs are also available:

**In the 55Plus Times (an insert in the MV Times) the last Thursday of each month, on our Facebook page EdgartownCOA, on MV Patch, MVTV, and by receiving weekly emails. Please visit our website at www.edgartowncoa.com
Email us at wbenedetto@edgartown-ma.us**