



March 2018

— Anchors — The place to be.



THE ANCHORS 508-627-4368

Edgartown Council on Aging



Diane shows Janice how to knead pizza dough.



Jan and Ann give each other a helping hand.



Jean is up to something!!



Diane and Kathy mixing it up.

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

Anchors Survey Please fill out our Anchors Survey. You will find it online at our website, www.edgartowncoa.com, or here at the Anchors. We want to hear from you!

Powerful Tools for Caregivers Class at the Anchors Free. Mondays, March 5—April 9, 1-2:30 pm. A self-care program to help family caregivers care for themselves while caring for a relative or friend. This six-session series will give you tools to: help reduce stress; communicate effectively with other family members, your primary care provider, and paid help; take care of yourself; reduce guilt, anger, and depression; help you relax; make tough decisions; set goals, and problem-solve. Call 508-627-4368.

Edgartown Bowlers Monday, March 5th, 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.

Coffee with a Cop is Back! Tuesday, March 6th, before lunch at 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.

New Art Club Mondays 9-11:30. Bring your own projects, relax, create, socialize, discuss art, and have fun! Interested? 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.

Make Your Own Pocket Pie with Diane Monday, March 12th, 10-11:30. Call to sign up 508-627-4368. Limited to 10 people.

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.

Adele Dreyer Before Lunch Piano Preludes Fridays, March 9th and 23rd at 11:30.

Book Group, Women and Men Wednesday, March 28th, 3 pm, led by Jill Jupen. Book TBA. Call Wendy for information, 508-627-4368.

Conversation Group
DATES CHANGE FOR THIS MONTH ONLY
Fridays, March 9th and 23rd, 10 am.
Refreshments.

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

On Display in March Meris Keating, our part-time Outreach Worker, has been painting for 20 years. Meris studied art at Johnson State University in Vermont. She paints landscapes in oil and has painted murals for many years. To learn more about Meris' work, visit meriskeating.com.

Interested in an Anchors Travel Club? Share your adventures, stories, and pictures; plan new jaunts. Call Wendy to express interest, 508-627-4368. Beginning April, second Wednesday of every month, 2:30-3:30.

Final call for trip, Monday, March 26th to Boston's Museum of Fine Arts and the Isabella Stewart Gardner Museum.

Choose your Museum. Leave on 8:15 boat; return on 6:15 boat. Both museums have restaurants. Check out exhibits at: www.mfa.org and www.gardnermuseum.org/
Please call Wendy to sign up and for pricing: 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, 508-627-4722.

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

\$5 Friday Café

Entrée with soup and dessert
March 2nd Black Bean Burrito

March 9th Shepherd's Pie

March 16th Corned Beef & Cabbage

March 23rd Pan Pizza

March 30th Birthday Café

Sweet Potato Curry

\$2 Tuesday Lunch

Sandwich, soup, dessert

March 6th Grilled PB & J

March 13th Veggie Quiche

March 20th Chicken Quesadilla

March 27th Meatloaf Sandwich

Anchors Open Cupboard (Surplus Food)

Tuesday, March 27th, 1-3 pm

Martha's Vineyard Hospital's 23rd Annual Health Fair

To find out about the fun, go to: www.mvhospital.com/healthfair

Join us, Saturday, March 24th from 8-12 at the hospital for this year's Health Fair.

Learn about health and wellness programs, and services that enhance and improve physical and emotional health. The Fair showcases the Hospital's range of services as well as collaborations with on-island and off-island partners.

The goal is to work together to bring the best in health and wellness programs to the Vineyard community.

Please call the Hospital Development Office if you have any questions:
508-693-4645

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

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

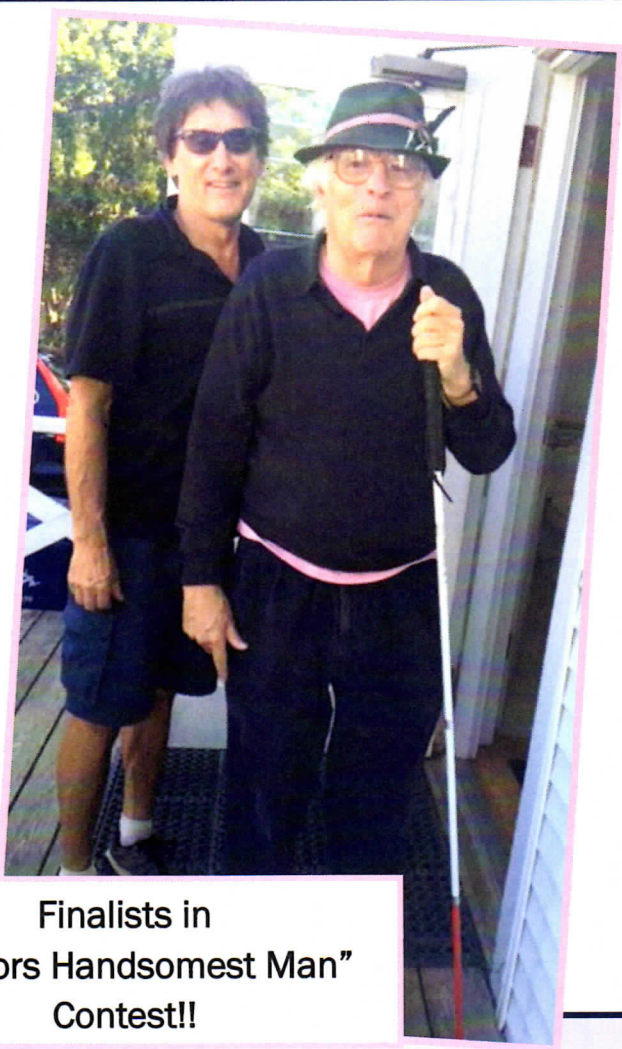
Thank you, Board Members, for your hard work and dedication!

ECOA 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



Taking a breather during a busy Anchors Friday.



Finalists in "Anchors Handsomest Man" Contest!!

Health and Wellness

Foot Clinic Next foot clinic Tuesday, March 20th, 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.

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.




Yoga with Carol Aranzabe, Thursdays at 9 am; \$80 for 8 weeks; \$15 drop-ins. Next class is March 8th.

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.

THE ANCHORS NEWSLETTER
MARCH 2018 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
		 Spring Forward March 11th	<p>9 No Yoga Class 9:30 Poetry Class 12-3 Bridge 2 Needlepoint 3:30 Strength Training</p>	<p>10:30 Veterans Services 12 Friday Cafe 1 Mah Jong</p>
<p>Outreach M-F 5 9-11:30 Art Club 11:30 Bowling at MV Barn Bowl & Bistro 1-2:30 Power Tools Class 3:30-5:30 Mindful Knitting</p>	<p>6 8:30 Strength Training 10 Knitting for Hospice 11 Coffee with a Cop 12 \$2 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments</p>	<p>7 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga</p>	<p>8 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training</p>	<p>9 10 Conversation Group 11:30 Piano Preludes with Adele 12 Friday Cafe 1 Mah Jong</p>
<p>Outreach M-F 12 9-11:30 Art Club 10-11:30 Cooking Class 1-2:30 Power Tools Class 3:30-5:30 Mindful Knitting</p>	<p>13 8:30 Strength Training 10 Knitting for Hospice 12 \$2 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments</p>	<p>14 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga</p>	<p>15 8:30 ECOA Board Meets 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training</p>	<p>16 12 Friday Café 1 Mah Jong</p>
<p>Outreach M-F 19 9-11:30 Art Club 1-2:30 Power Tools Class 3:30-5:30 Mindful Knitting</p>	<p>20 8:30 Strength Training 10 Knitting for Hospice 12 \$2 Tuesday Lunch 1 Mah Jong 1:30 Foot Clinic First Day of Spring</p>	<p>21 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga</p>	<p>22 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training</p>	<p>23 10 Conversation Group 11:30 Piano Preludes with Adele 12 Friday Cafe 1 Mah Jong</p>
<p>Outreach M-F 26 TRIP TO BOSTON 9-11:30 Art Club 1-2:30 Power Tools Class 3:30-5:30 Mindful Knitting</p>	<p>27 8:30 Strength Training 10 Knitting for Hospice 12 \$2 Tuesday Lunch 12-1:30 Health Screenings with Liz Sanderman 1 Mah Jong 1-3 SHINE appointments 1-3 Open Cupboard</p>	<p>28 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga 3 Book Group</p>	<p>29 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training</p>	<p>30 12 Birthday Friday Cafe 1 Mah Jong</p>



**THE EDGARTOWN COUNCIL ON AGING ~ THE ANCHORS
2018 PROGRAM SURVEY — PLEASE HELP! TELL US WHAT YOU WANT!**

The Edgartown Council on Aging wants to know what activities, programs, events we may offer that you or those you know would use and enjoy, and how we may better meet your needs.

You will be heard!

Take a moment to complete this survey and, if you wish, include your name, phone number and/or email address. **Your responses and personal information will be kept confidential.**

The survey may be personally returned to The Anchors at 10 Daggett Street, or mailed to PO Box 1295, Edgartown, MA 02539, or we will come to your home and pick it up.

Please put a check mark next to the activity you would like to see at the Anchors.

- | | |
|---|---|
| <input type="checkbox"/> COMPUTER TRAINING/
INTERNET WORKSHOPS | <input type="checkbox"/> HEALTH AND EXERCISE CLASSES |
| <input type="checkbox"/> LUNCHESES, (Mon? Wed? Thurs?) | <input type="checkbox"/> WALKING/NATURE HIKES |
| <input type="checkbox"/> OFF ISLAND TRIPS/TOURS | <input type="checkbox"/> ARTS AND CRAFTS |
| <input type="checkbox"/> MEDICAL CHECK-UPS/SCREENINGS | <input type="checkbox"/> TABLE AND BOARD GAMES |
| <input type="checkbox"/> HOME VISITS/PHONE CALLS/
SERVICES/HOME MEALS/
SUPPORT AT HOME | <input type="checkbox"/> OUTREACH/SUPPORT/COUNSELING |
| | <input type="checkbox"/> SEMINARS/WORKSHOPS |
| | <input type="checkbox"/> PROGRAMS/ACTIVITIES |

If you checked programs/activities, what specifically would you like?

What other programs, services, activities, events do you suggest?

What do you like about the Anchors, Edgartown Council on Aging?

How can we improve?

Are you interested in volunteering? In what capacity?

(please use the back of this form for your continued answers, thoughts, comments)

If you have any questions call Wendy, Paul, or Victoria at 508.627.4368.

Print Name: _____

Phone: _____

Email: _____

Please put a smiley face here if you would like to receive a wellness call and check during an extreme weather event or other emergency.