

THE ANCHORS 508-627-4368

# Edgartown Council on Aging

—May 2018—

Every May, the Administration on Aging leads our nation's observance of — **Older Americans Month** — with a different theme each year.

The Anchors fits right into this year's motif:  
**ENGAGE AT EVERY AGE!!**

You are never too old for activities that can enrich your physical, mental, and emotional well-being and make a difference in your community.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—these are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than NOW to begin. We hope you will join in and Engage at Every Age!



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)



### 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.

**Kids Give Back Day** Monday, May 21st, 9-11:30, join High School "Global Politics and Civil Engineering" Class with our regularly scheduled Art Club. Get to know MVRHS students and create! Let us know if you'll be here, 508-627-4368. Art Club meets every Monday. Bring projects, relax, create, socialize, discuss art, and have fun! Projects may include painting with water colors or acrylics, sculpture, sketching, etc.

**Edgartown Bowlers** Monday, May 7, join Team Anchors to challenge TCOA, 11:30-1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10. Call to sign up, 508-627-4368. Next one, October.

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

**Anchors Travel Club** Share your adventures, stories, and pictures; plan new jaunts. Call Wendy, 508-627-4368. Second Wednesday of every month, May 9th, 2:30-3:30 pm.

**Vineyard Smiles Dental Clinic at Anchors** Friday, May 11th, 9-3, free oral health screening, cleaning, oral hygiene instruction. Call 508-696-0020, x14, for appt.

**Movie with Popcorn** Monday, May 14th, 1 pm, "The Darkest Hour" with Academy Award nominee Gary Oldman. Call to sign up, 508-627-4368.

**Jill Jupen, Author Talk** Tuesday, May 15th, 11:15 am, before lunch, Jill tells us about her new book [The Space Between](#). Please call to sign up, 508-627-4368.

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

**Chair Yoga!** Known as "Accessible Yoga," taught by Arlene Stark Prisco. Wednesdays at 1 pm, \$10. First class, free. Call for more information, 508-627-4368.

**Book Group, Women and Men** Wednesday, May 23rd, 3 pm, led by Jill Jupen. Book TBA. Call for information, 508-627-4368.

**Conversation Group** Fridays, May 4th and 18th, 10 am. Refreshments.

**On Display in May** Laureen Van de Workeen watercolors. Laureen, a member of our Anchors Art Club, was influenced by her mother, a prolific artist. Meet Laureen at lunch Friday, May 18th at noon.

**"Antibiotics Aware" Program** with David Caron, MV Hospital Director of Pharmacy, 11-11:45, Tuesday, May 29th, before lunch. Call to sign up, 508-627-4368.

**Save the Date: Tom Dresser's new book, [Whaling on Martha's Vineyard](#)**, Monday, June 11th at 1 pm with coffee and snacks.

**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.





Nice visit to Boston Museums in March!

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

Anchors Open Cupboard  
(Surplus Food)  
Tuesday,  
May 29th, 1-3 pm

\$2 Tuesday Lunch

Sandwich, soup, dessert

May 1st Cauliflower, Hummus, & Veggie Sandwich

May 8th Turkey & Cheese Sandwich

May 15th Tuna & Egg Salad Sandwich

May 22nd Quinoa Caesar Wrap

May 29th Sausage & Pepper Hoagie

\$5 Friday Café

Entrée with soup and dessert

May 4th Chicken Quesadilla

May 11th Sweet Potato Curry

May 18th Baked Ziti & Meatballs

May 25th Birthday Café

Chicken Cutlet

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!**

### ECO Staff

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



### ~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Kelley House and we have limited parking.

This season, to avoid being towed and other unpleasanties, please park only in the areas that are clearly designated as "Council on Aging Parking." There are 2 spaces in the corner next to the hedges on the Dock Street side of the lot. There are 7 spaces around the back in the area adjacent to our door by the kitchen entrance.

Your best summer strategy is to car pool or use the convenient Park and Ride (trolley) which leaves from the lot across from the Triangle behind Edgartown Pizza every 20 minutes and takes you to Among the Flowers one block away. This trolley service begins June 23rd.

### Health and Wellness

**Foot Clinic** Next foot clinic Tuesday, May 15th, 1:30-3:00 (1/2-hr treatments \$30). Call 508-627-4368 for appointment with Michelle LeBlanc.

**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](http://www.lisasstudiomv.com).

**Yoga with Carol Vega, 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.**