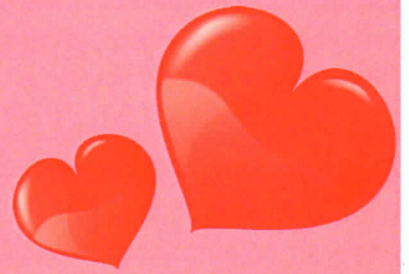




February 2018

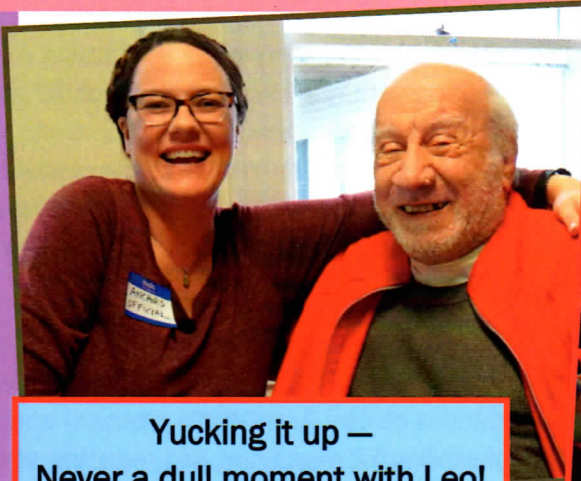
February is the month to say **WE LOVE YOU!**

Your smiles, kindness, participation,
and good vibes are what makes the
Anchors the place to be.



THE ANCHORS 508-627-4368

Edgartown Council on Aging

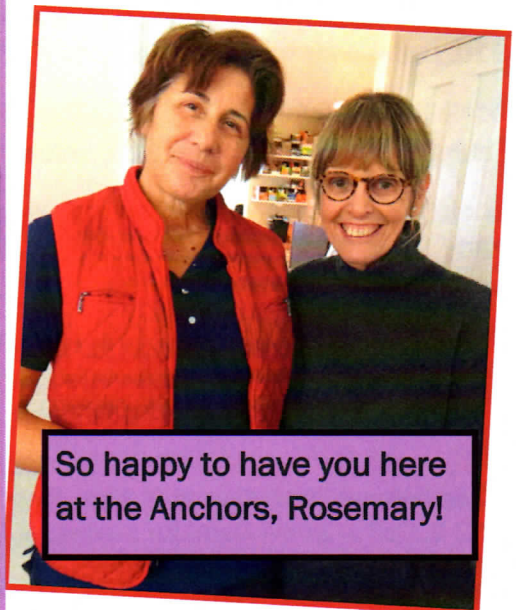


Yucking it up —
Never a dull moment with Leo!



Jan and Shirlee looking cute!

What? You ran out
of dessert?! I want
my \$2 back.



So happy to have you here
at the Anchors, Rosemary!

The Anchors' website: www.edgartowncoa.com

~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email wenedetto@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!

Edgartown Bowlers Monday, February 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.

No Strength Training Class

On Thursday, February 1st and Tuesday, February 6th.

Coffee with a Cop is Back! Tuesday, February 6th, before lunch at 11 am, Officer Will Bishop will be at the Anchors to talk with us. Please call to sign up, 508-627-4368.

New Art Club Mondays, beginning in February, from 9-11:30. Bring your own projects, relax, create, socialize, discuss art, and have fun! Interested? Projects could include water colors, acrylics, sculpture, pencils, etc. Call Wendy to express your interest, 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! Also referred to as "Accessible Yoga," taught by Arlene Stark Prisco. Wednesdays at 1 pm, \$10. Call Wendy for more information, 508-627-4368.

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

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

Conversation Group Fridays, February 2nd and 16th, 10 am. Refreshments.

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

Movie and Popcorn Monday, February 26th, 1 pm. "Victoria and Abdul" is a 2017 British biographical comedy-drama film based on the book of same name by Shrabani Basu, about the real-life relationship between Queen Victoria and her Indian Muslim servant Abdul Karim. Call to sign up, 508-627-4368.

On Display in February Meris Keating in our Outreach Department has been painting for 20 years. Meris studied art at Johnson State University in Vermont. She paints landscapes in oil and has worked professionally as a mural painter for many years. To learn more about Meris' work, visit meriskeating.com. Say Hello to Meris at lunch on Friday, February 16th.

MV Partnership for Health: Stress Management Class at Anchors Monday, February 12th, 1-2. Learn what causes stress, brainstorm practical and proven methods for managing and reducing stress. Everyone experiences adversity and stress at some level, whether due to chronic illness, pressure, relationships, finances, or too much on your plate. Stress isn't necessarily bad, but chronic stress can take its toll on our minds, bodies, and behavior. Learn to manage stress, bounce back quicker after setbacks, be more effective at work, relationships, and to improve physical and mental health. Call 508-627-4368.

Powerful Tools for Caregivers Class at the Anchors Free. Mondays, March 5–April 9, 1-2:30 pm. A self-care program designed to help family caregivers care for themselves while caring for a relative or friend. This six-session series will give you tools to: help you 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.

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

\$2 Tuesday Lunch
Sandwich, soup, dessert
February 6th Sausage & Pepper
February 13th Grilled Cheese & Apple
February 20th Tofu Loaf Sandwich
February 27th Chicken Salad

\$5 Friday Café
Entrée with soup and dessert
February 2nd Pigs in a Blanket
February 9th Lasagna Rollup
February 16th Chicken Chow Mein
February 23rd Birthday Café
Turkey Meatball Stroganoff

Anchors Open Cupboard (Surplus Food)
Tuesday, February 27th, 1-3 pm

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



We are planning a 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

Take advantage of Beginners Sign Language Workshops through MV Signs Then & Now, an MVTV Sign Language Series
February — Edgartown Library
Wednesdays 6:30-7:30
March — Oak Bluffs Library
Tuesdays, 6-7 pm
April — Chilmark Library
Tuesdays, 4-5 pm
Also, on Channel 13, Saturdays 9 am, Tuesdays at 7:30 pm, Thursdays 3:30 pm

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



Ted and Alex, tied for winners of
"Most Handsome" Contest

Beautiful works of art displayed
by our Knitters for Hospice

Health and Wellness

Foot Clinic Next foot clinic February 20th, 1:30-3:00 (1/2-hr treatments \$30). Call 508-627-4368 for appointment with Michelle LeBlanc.

New! Chair Yoga Also known as "Accessible Yoga," taught by Arlene Stark Prisco. 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. **No Strength Training on February 1st, and 6th.**




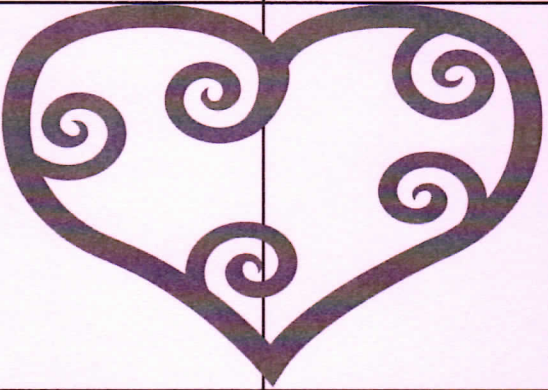
Yoga with Carol Aranzabe, Thursdays at 9 am; \$80 for 8 weeks; \$15 drop-ins.

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9 Yoga 9:30 Poetry Class 12-3 Bridge 2 Needlepoint NO Strength Training	2 10 Conversation Group 10:30 Veterans Services 12 <i>Friday Cafe</i> 1 Mah Jong
Outreach M-F 5 9-11:30 Art Club 11:30 Bowling at MV Barn Bowl & Bistro 3:30-5:30 Mindful Knitting	6 NO Strength Training 10 Knitting for Hospice 11 Coffee with a Cop 12 \$2 <i>Tuesday Lunch</i> 1 Mah Jong 1-3 SHINE appointments	7 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga	8 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training	9 11:30 Piano Preludes with Adele 12 <i>Friday Cafe</i> 1 Mah Jong
Outreach M-F 12 9-11:30 Art Club 1 Stress Management Class 3:30-5:30 Mindful Knitting	13 8:30 Strength Training 10 Knitting for Hospice 12 \$2 <i>Tuesday Lunch</i> 1 Mah Jong 1-3 SHINE appointments	14 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga	15 8:30 ECOA Board Meets 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training	16 10 Conversation Group 12 <i>Friday Cafe</i> 12 Meris, our Artist of the Month, is honored 1 Mah Jong
Outreach M-F 19 Presidents Day Anchors Closed	20 8:30 Strength Training 10 Knitting for Hospice 12 \$2 <i>Tuesday Lunch</i> 1 Mah Jong 1:30 Foot Clinic	21 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga	22 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training	23 11:30 Piano Preludes with Adele 12 <i>Birthday Friday Cafe</i> 1 Mah Jong
Outreach M-F 26 9-11:30 Art Club 1 Movie and Popcorn 3:30-5:30 Mindful Knitting	27 8:30 Strength Training 10 Knitting for Hospice 12 \$2 <i>Tuesday Lunch</i> 12-1:30 <i>Health Screenings with Liz Sanderman</i> 1 Mah Jong 1-3 SHINE appointments 1-3 Open Cupboard	28 9:30-10:30 Tai Chi Form 11-12 Tai Chi Simple Movement 1 Chair yoga 3 Book Group		



**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 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 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.