

November 2018



Dear Edgartown Veterans,

We are so grateful to you and thankful for your service!

In your honor, we invite you to lunch at the Anchors on a Tuesday or a Friday this month as our distinguished guests. Please check out the menu on Page 3 and choose a day you would like to come. Call Wendy to sign up, 508-627-4368.

— IN GRATITUDE —

The Anchors is thankful for its many Volunteers, ECOA Friends and Board Members; for generous donations from Murdick's Café, Bob Daniels (pictured at right), the Gleaners, MV Fishing Derby, Edgartown Pizza, Chilmark Chocolates, and many more who help make the Anchors special.

We are thankful for our Super Star SHINE counselor, Bill Glazier (pictured below), for his many hours counseling seniors about health insurance. Please call the Anchors for an appointment, 508-627-4368.



Thank you, Bob Daniels, for your generous donations of flowers and other garden delights this year! You brighten our days!



THE ANCHORS 508-627-4368

Edgartown Council on Aging

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



We are so very grateful for all of our wonderful volunteers! Our Director of Senior Services Wendy has Volunteer treats about which you will be hearing from her soon. Thank you, Chilmark Chocolates, for your most generous donation!

Coffee with a Cop
Tuesday, November 13th before lunch, 11 am, Officer Will Bishop at Anchors, Q and A, and trivia!

Health Screenings with Public Health Nurse Lila Fisher
Tuesday, November 27th, from 12-1 pm at the Anchors.

Handwriting Analysis Program Monday, November 19th, 12:30 pm. What does your handwriting say about you? Certified handwriting analyst, Lianne S. Boas, will tell you. Call to sign up, learn how to submit your sample, 508-627-4368.

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Cooking Class, "The History of Pasta" with Diane Wall
Wednesday, November 14th, 12:30 pm. Call 508-627-4368 to sign up.

Identifying Signs of Abuse and Neglect, Where to Find Help Friday, November 9th, at lunch, meet CONNECT to End Violence representatives from MV Community Services Domestic Violence and Rape Crisis Center. Learn about free and confidential services to victims and survivors of domestic and sexual violence of any age, and to their non-offending loved ones. Learn how to recognize signs of abuse (including neglect, self-neglect and financial abuse), how to help a friend or yourself, and about support available in our community. Call to sign up, 508-627-4368.

Edgartown Bowlers Monday, November 5th, 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.

On Display Nancy Langman's artwork — felting, knitting, drawing, watercolor and collage, and more! Meet Nancy at lunch in November, date TBA.

Conversation Group Led by Jay Sigler, Fridays, November 2nd and 16th, 10 am. Refreshments.

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

Movie and Popcorn Monday, November 26th, 1 pm, "Chappaquiddick." Call to sign up, 508-627-4368.

Book Group, Women & Men Wednesday, November 28th, 3 pm, with Jill Jupen. Book TBA.

Elder Law Attorney, Katie Wibby Tuesday, December 4th, by appointment, starting at 9:30 am. Call 508-627-4368 for appointments.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Friday, November 9th, 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.

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.

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** Thursdays, 12-3. Call or email Carol for seating at fligors@comcast.net, 508-627-4722.



Our very own Miss Anchors

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



Jean and Lucy,
beautiful
Anchorettes!



\$2 Tuesday Lunch

Sandwich, soup, dessert

*November 6th Cheddar Cheese,
Veggie Sandwich*

November 13th Chicken Caesar Wrap

November 20th Ham and Swiss

November 27th Egg Salad Sandwich

\$5 Friday Café

Entrée with soup and dessert

November 2nd Beef Stew

November 9th Chicken Parmesan

*November 16th Vegetarian Pumpkin
Curry*

November 23th ANCHORS CLOSED

November 30th Birthday Café

Chicken Marbella

Anchors Open Cupboard (Surplus Food)

Tuesday, November 27th 1-3 pm

SHINE — (Serving Health Insurance Needs for Everyone) October 15th to December 7th is Medicare Open Enrollment

If you have a Medicare Part D Prescription Drug Plan, open enrollment is the time to see if it remains the better plan for you.

Our SHINE Counselor Bill Glazier uses the Medicare Web Site to review prescription drug plans to determine which better meets your needs.

Remember, you can enroll in Medicare during the three months prior to the month — or during the month — in which you turn 65, or three months after you turn 65.

Bill is state trained and certified. Bill is a volunteer and provides services at no cost. Thank you, Bill!

Please call for appointments,

508-627-4368

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

Jay Sigler, Chair
Rosemary Cunningham, Co-Chair
Heidi Boyd
Marvene O'Rourke
Steve Miller
Nancy Ignacio
Mary Jane Carpenter

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

ECO A Staff

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

Thanksgiving Home-Delivered Meals

If you or someone you know would like a meal delivered on Thanksgiving Day, please call 508-627-4368 by Monday, November 12th.

Holiday Open House

Friday, December 7th

11:30-1:30

Chili Bar

2019 Personal Planners to earliest arrivals

And, don't miss the **Minnesingers** during lunch on December 4th. Please call to reserve.



Trudy and Dick having fun on the train trip

Health and Wellness — **Call to register before coming to classes **

Foot Clinic Tuesday, December 11th, appointments starting at 1:30 (1/2-hr treatments \$30). Call 508-627-4368 for appointment with Michelle LeBlanc.

Chair Yoga taught by Arlene Stark Prisco. First class is Free. Wednesdays, 12:30-1:15 pm, \$10. Please call to register for class, 508-627-4368. No class November 14th.

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.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Set your clocks back one hour on November 4th! 	9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training	10:30 Veterans Services 10 Conversation Group 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 1-3 SHINE 3:30-5:30 Mindful Knitting	6 8:30 Strength Training 10 Needlework for Charity 12 \$2 <i>Tuesday Lunch</i> 1 Mah Jong 2-3 SHINE appointments	7 9:30-10:30 Tai Chi Form 11-12 Qigong Easy 12:30-1:15 Chair Yoga	8 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training	9 9 Ear Wellness by appointment 12 <i>Friday Café</i> 12 Connect to End Violence Program 1 Mah Jong
12 THE ANCHORS IS CLOSED FOR VETERANS DAY 	13 8:30 Strength Training 10 Needlework for Charity 11 Coffee with a Cop 12 \$2 <i>Tuesday Lunch</i> 1 Mah Jong 2-3 SHINE appointments	14 9:30-10:30 Tai Chi Form 11-12 Qigong Easy 12:30 Cooking Class with Diane Wall	15 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training	16 8:30 ECOA Board Meets 10 Conversation Group 12 <i>Friday Café</i> 12 Meet Our Artist of the Month 1 Mah Jong
Outreach M-F 19 9-11:30 Art Club 12:30 Handwriting Analysis Program 1-3 SHINE appointments 3:30-5:30 Mindful Knitting	20 8:30 Strength Training 10 Needlework for Charity 12 \$2 <i>Tuesday Lunch</i> 1 Mah Jong 2-3 SHINE appointments	21 9:30-10:30 Tai Chi Form 11-12 Qigong Easy 12:30-1:15 Chair Yoga	22 Happy Thanksgiving! Anchors Closed 	23 Anchors Closed 
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 Needlework for Charity 12-1 Health Screenings with Lila Fisher 12 \$2 <i>Tuesday Lunch</i> 1 Mah Jong 1-3 Open Cupboard	28 9:30-10:30 Tai Chi Form 11-12 Qigong Easy 12:30-1:15 Chair Yoga 3 Book Group	29 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint 3:30 Strength Training	30 12 <i>Birthday Friday Cafe</i> 1 Mah Jong