



—April 2019—

Springtime at the Anchors is time to say
“Thank You” to our spectacular volunteers!

It’s **National Volunteer Month**, dedicated to honoring
everyone in our community who donates their time and efforts.

Our volunteers make the Anchors SHINE!

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

Edgartown Council on Aging

Devoted Humble Involved
 Vibrant Selfless Generous
 Passionate Charitable WONDERFUL
 Loving Friendly FUN Thanks
 Caring
Volunteers
 UNSELFISH HELPFUL PROSPEROUS
 Amazing GREAT
 THOUGHTFUL
 Respectable



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

Pasta Class Monday, April 1st, 10 am with Diane Wall. The thick and thin of pasta, its past and present. Call to sign up, 508-627-4368.

Edgartown Bowlers Monday, April 1st, 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.

Elder Law Appointments Tuesday, April 2nd, appointments starting at 9:30. Call 508-627-4368.

Edgartown Town Administrator James Hagerty Friday, April 5th, 12:30, James will explain and answer questions about the new state and town tax laws as they apply to "short term" rentals in Edgartown. Please call to sign up, for lunch and program, 508-627-4368.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Monday, April 8th, 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 appointment.

On Display in April the work of Kerry Hallam, a British born artist who has spent most of his life coloring the world with his music, writing, and impressionist paintings of the world's most beautiful shorelines. Meet Kerry on Friday, April 19th at lunch.

Learn about Rising Tide and its therapeutic horse riding and horse care, Friday, April 12th, 1 pm. Benefits can include social engagement, lowering blood pressure, stress relief, core strengthening, flexibility of joints, PTSD, coping with grief and more. Call to sign up, 508-627-4368.

Non-Sanctioned Duplicate Bridge — Call Ahead to make sure there are enough players! Mondays and Thursdays, 12-3. Sign up for seating, email Carol at fligors@comcast.net, or call her, 508-627-4722.

Coffee with a Cop Tuesday, April 16th, before lunch, 11 am, Officer Will Bishop at the Anchors, Q and A, and trivia! Call to sign up, 508-627-4368.

Conversation Group One meeting, instead of two, in April and May — first Friday of each month, April 5th and May 3rd, 10 am. Refreshments.

Spring Centerpiece Craft with Donna Monday, April 29th, 9:30-10:30, create something pretty for your dining table. Call to sign up, 508-627-4368.

Beading with Meris Monday, April 22nd, 9:30-10:30. Please call to sign up, 508-627-4368.

Book Group Wednesday, April 24th, 3 pm, led by Jill Jupen. April's book TBA.

Cell Phone Troubleshooting Wednesdays, April 10th and 17th, 1 pm, with Wendy and Meris. Join us in a relaxed atmosphere and get answers to common cell phone/smartphone questions. Call to sign up, 508-627-4368.

Lunch with Edgartown Selectmen Friday, April 26th, meet and greet our wonderful selectmen. Call to sign up, 508-627-4368.

Health Screenings with Lila Fisher, Public Health Nurse Tuesday, April 23rd, 12-1 pm at the Anchors.



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.

The Anchors Kitchen: Lunches served at 12:00
Reserve at least 24 hours in advance – 508-627-4368

\$2 Tuesday Lunch
Sandwich, soup, dessert
April 2nd Red Lentil Veggie Sandwich
April 9th Roast Pork & Apple Sandwich
April 16th Cheese Sandwich
April 23rd Ham Salad Sandwich
April 30th Chicken Caesar Wrap

\$5 Friday Cafe
Entrée with soup and dessert
April 5th Chicken Cannelloni
April 12th Meatloaf
April 19th Pasta Primavera
April 26th Birthday Café
Beef Stew

Anchors Open Cupboard (Surplus Food)
Tuesdays, April 2nd and 30th, 1-3 pm

Martha's Vineyard Hospital 24th Annual Health Fair
For more fun info, go to: www.mvhospital.com/healthfair
Join us, Saturday, April 6th, from 8-12 at the hospital for this year's Health Fair.
Learn about health and wellness programs, and services that enhance and improve wellness and emotional health. The Fair showcases the Hospital's range of services as well as collaborations with on-island and off-island service providers.
The goal is to work together to bring the best in health and wellness programs to the Vineyard community.

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

Jay Sigler, Chair
Rosemary Cunningham, Co-Chair
Heidi Boyd
Marvene O'Rourke
Stephen W. Miller, MD
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
Meris Keating, Part-time Outreach Worker

Join us for beading with Meris
Monday, April 22nd, from 9:30-10:30
Call to sign up, 508-627-4368



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

Foot Clinic Appointments with Audrey Harding, Tuesday, April 16th, starting at 1:30 (1/2-hr treatments \$30). Call 508-627-4368 for an appointment.

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 with 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.