

THE ANCHORS 508-627-4368

# Edgartown Council on Aging



Happy August  
2018, everyone!

Please call the Anchors before attending  
programs...because, well, August can  
be ...August. ~~~ 508-627-4368



We whoop it up  
at the Anchors!

Double Trouble!



Thank you, Carol, for all your hard work and  
being part of our Anchors Volunteer Team!

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)

**Elder Law with Attorney Katie Wibby** Tuesday, August 7th, appointments starting at 9:30. No cost. Call 508-627-4368.

**Conversation Group** Led by Jay Sigler, Fridays August 3rd and 17th, 10 am. Refreshments.

**Non-Sanctioned Duplicate Bridge** Mondays and Wednesdays, 12-3. Sign up for seating, email Carol at [fligors@comcast.net](mailto:fligors@comcast.net), or call her, 508-627-4722.

**Chair Yoga** Known as "Accessible Yoga," taught by Arlene Stark Prisco. First class is Free. Wednesdays, 12:30-1:15 pm, \$10. Call Wendy for more information and to register for class, 508-627-4368.

**Tai Chi with Nan Doty** Wednesdays, August 1st and 29th, "Tai Chi Primordial Form," 9:30-10:30 with tea time following class, \$10. No classes the 8th, 15th, and 22nd. Call for more details, 508-627-4368.

**Book Group, Women and Men** Wednesday, August 22th, 3 pm, led by Jill Jupen. Book TBA. Call 508-627-4368.

**"Needlework for Charity"** is the new name of "Knitting for Hospice." Tuesdays, 10 am. Make projects benefitting charitable organizations and also work on personal projects. The more the merrier! Bring knitting, crewel, needlepoint, crochet, etc.!



Thank you,  
Adele,  
for your beautiful  
trip  
presentation!



**Ear Wellness** with Shawn Woodbrey, licensed hearing aid specialist, Friday, August 10th, appointments begin at 10 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.

**Health Screenings with Town Nurse Lila Fisher** Tuesday, August 28th from 12-1 at the Anchors.

**Looking Ahead to September with Herb Foster** Friday, September 7th, 12:45, following lunch, Herb tells us about his newly published book [Ghetto to Ghetto: Yiddish & Jive in Everyday Life](#). Please call to sign up, 508-627-4368.

**Antibiotics Aware** with David Caron, MV Hospital Director of Pharmacy, 12:45, Tuesday, September 11th, following lunch. Call to sign up, 508-627-4368.

**Island Bike Ride in September with Paul Mohair** Who's interested? Call us, 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** Mondays and Wednesdays, 12-3. Call or email Carol for seating at [fligors@comcast.net](mailto:fligors@comcast.net), 508-627-4722.

## The Anchors Kitchen

Lunches served at 12:00

Reserve at least 24 hours in advance

*Lunch menus will be published and emailed soon.*

*Please check our website for lunch menus in August.*

*Menus will also be available at the Anchors.*

### \$2 Tuesday Lunch

*Sandwich, salad, dessert*

### \$5 Friday Café

*Entrée with salad and dessert*

Thank you, Leah!  
Our youngest Anchors volunteer.



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.

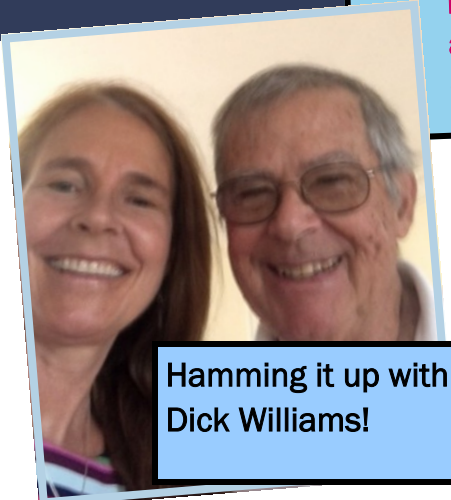
### Board Members

Jay Sigler, Chair  
Rosemary Cunningham, Co-Chair  
Heidi Boyd  
Marvene O'Rourke  
Steve Miller

### ECO Staff

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

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



Hamming it up with  
Dick Williams!



What's better than a fun  
game of Mah Jong on a  
hot summer day — in air  
conditioning?



### ~ 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.

### Health and Wellness

**Foot Clinic** Next foot clinic Tuesday, August 21st, appointments starting at 1:30 (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, 12:30-1:15 pm, \$10. Call Wendy for more information and to register for class, 508-627-4368.

**Got Strength? Strength Training Class with Lisa Amols** Tuesdays and Thursdays, 8:30 am. 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 returns in the Fall. Thank you, Carol!**

**Tai Chi with Nan Doty:** Wednesdays, August 1st and 29th, "Tai Chi Primordial Form" from 9:30-10:30 with tea following. No Tai Chi August 8th, 15th, and 22nd. 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.**