

**January 2018**

**“This Place Rocks,” an Anchors friend  
recently proclaimed.**

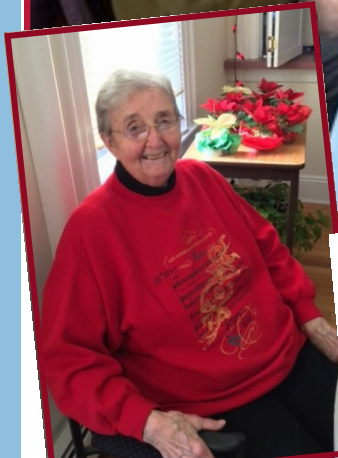
**Where better to start the New Year?**

**Happy New Year and let’s keep on Rocking!**



**THE ANCHORS 508-627-4368**

**Edgartown Council on Aging**



**Happy  
New Year!**



**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)

Are you interested in going to Boston's Museum of Fine Arts this spring?

Please call Wendy to express your interest:

508-627-4368

**Anchors Survey** Please take the time to fill out our Anchors Survey. You will find it online at our website, [www.edgartowncoa.com](http://www.edgartowncoa.com), or here at the Anchors. We want to hear from you!

**Edgartown Bowlers** Monday, January 8th, 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.

**Tour the Vineyard Gazette with Anchors Folks** Wednesday, January 10th at 1 pm, free. Visit the Gazette's link for basic background and fun facts: <https://vineyardgazette.com/about-us>. Please call Wendy to sign up, 508-627-4368. Meet at the Gazette, 34 South Summer Street.

**More and New Tai Chi with Nan Doty** Wednesdays, beginning January 17th, two tai chi classes, "Tai Chi Form" from 9:30-10:30 and "Tai Chi Simple Exercises" 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, beginning January 17th at 1 pm, \$10. Call Wendy for more information, 508-627-4368.

**Vineyard Smiles Dental Clinic at Anchors** Friday, January 19th, free oral health screening, cleaning, oral hygiene instruction. Call 508-696-0020, x 14 for appointment.

**Adele Dreyer Before Lunch Piano Preludes** Fridays, January 12th and 26th at 11:30, before lunch with our wonderful Adele.

### Conversation Group

Fridays, January 5th and 19th, 10 am.  
Refreshments.

### Book Group, Women and Men

Wednesday, January 24th, 3 pm, led by Jill Jupen. Book TBA. Call Wendy for information, 508-627-4368.

### Non-Sanctioned Duplicate Bridge

Thursdays, from 12-3. Sign up for seating, email Carol at [fligors@comcast.net](mailto:fligors@comcast.net), or call her, 508-627-4722.

### Bingo and Pizza

Monday, January 22nd, 12 pm, \$3. Call to sign up.

### Make Your Own Pizza with Diane Wall

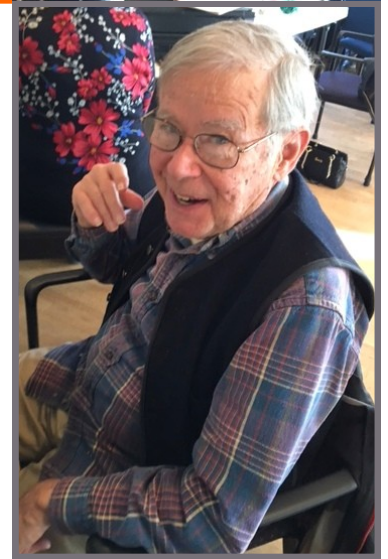
Monday, January 29th, 9 am-11 am. Call to sign up 508-627-4368. Limited to 10 people.

### Movie and Popcorn

Monday, January 29th at 1 pm. "Lion" is a 2016 biographical film based on the non-fiction book [A Long Way Home](#) by Saroo Brierley. "Lion" received six Oscar nominations. Call to sign up, 508-627-4368.

### On Display in January

The pictures displayed this month are linoleum block and dry-point etching artwork by Herb Foster's graphic arts students from the 1950's and 1960's in New York City. Herb taught public school classes for students with emotional and social disorders and disabilities. We honor Herb on Tuesday, January 16th at lunch.



### Anchors Open Cupboard (Surplus Food)

Tuesday, January 30th, 1-3 pm

**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.



Marvene O'Rourke of Chappaquiddick has joined the Board of the Edgartown Council on Aging.

We asked her to tell us about herself:



"I come to the ECOA Board following a 30+ year career in international relations with four different Federal agencies. After I retired, my husband and I moved to our house on Chappaquiddick. We are beginning our 15th year as year-rounders. I can honestly say life on the Vineyard has never been dull. I volunteered for a variety of organizations including the Museum, Friends of the Library, and served as President of the Chappaquiddick Community Center Board of Directors for six years.

And I am delighted to be the newest member of the Board for the ECOA. This is, I believe, a place where I can make a positive contribution to a large and growing population. Because the ECOA Board is a supervisory Board, there is always an opening for creative ideas and things to do as a volunteer.

With more than 600 folks in Edgartown 65 or older, there is no shortage of challenges – aging in community, appropriate housing for elders whether it be co-housing or shared housing or accessory dwelling units, dementia, providing programs that stimulate mind, body and soul – all opportunities for strategic thinking and creative solutions!"

We are happy to have you with us, Marvene!

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

***\$2 Tuesday Lunch***

*Sandwich, soup, dessert*

*January 2nd Sausage & Hoagie*

*January 9th Curried Chicken  
Salad*

*January 16th Black Bean Burger*

*January 23rd Caesar Salad Wrap*

*January 30th Veggie Quiche*



***\$5 Friday Café***

*Entrée with soup and dessert*

*January 5th Veggie Burrito*

*January 12th Mini Meatloaf*

*January 19th  
Mac & Cheese*

*January 26th  
Birthday Café  
Almond Crusted  
Pork Roast*

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  
Meris Keating, Part-time Outreach Worker  
Wendy Benedetto, Director of Senior Services  
Paul Mohair, Administrator



## Health and Wellness

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

**New! Chair Yoga starts January 17th** Also referred to as "Accessible Yoga," taught by Arlene Stark Prisco. Wednesdays, 1 pm, \$10. Call Wendy for more information and to register for the 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 Aranzabe, Thursdays at 8:30 am; \$80 for 8 weeks; \$15 drop-ins. New session begins January 4th, and beginning, January 18th, the class will begin at 9 am instead of 8:30 am.**

**Tai Chi with Nan Doty, Thursdays, 10-11, tea following, \$10. Starting January 17th, we will have two tai chi classes on Wednesdays, "Tai Chi Form" from 9:30-10:30 and "Tai Chi Simple Exercises" 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.**

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](http://www.edgartowncoa.com)  
Email us at [wbenedetto@edgartown-ma.us](mailto:wbenedetto@edgartown-ma.us)