

THE ANCHORS 508-627-4368

# Edgartown Council on Aging



Good Times  
this Spring at  
the Anchors...



Thank you, Chief McNamee, for  
visiting with us at the Anchors!

and MORE to come!

## June 2018

Thank you Edgartown Selectmen  
for joining our Anchors lunch!



Informative "Fall Prevention Program" with  
Edgartown EMTs and Firefighters — Thank you!



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)



**On Display in June** Works of Anchors Art Club. Meet the group at lunch on Tuesday, June 19th.

**Elder Mediation and Conflict Resolution Workshop** Monday, June 4th, 1-2:30 pm with Sara Barnes, Lead Mediator at MV

Mediation Program. Coaching of elder and family mediation disputes, including role play by MV Mediation program. Learn the core principles of Mediation: Confidentiality, Neutrality, Voluntariness, and Self-Determination. Please call to sign up, 508-627-4368.

**Robert Gilkes Slideshow** Friday, June 8th, 12:45 pm, following lunch, former Harbor Master, Robert Gilkes, presents a slideshow and discussion of coastal erosion at Wasque point on Chappaquiddick. For almost a decade, Robert photographed the loss of hundreds of acres of land with the goal of helping others understand the threat erosion presents to coastal communities. Please call to sign up, 508-627-4368.

**Tom Dresser's new book, Whaling on Martha's Vineyard**, Monday, June 11th at 1 pm with coffee and snacks. Please call to sign up, 508-627-4368.

**Cape Pogue Lighthouse and Mytoi Tour** Wednesday, June 13th, 10 am meet on Chappy side, tour starts at 10:30, 1.5 hours, \$24 per person. Self-guided Mytoi Tour after Lighthouse Tour. Bring bag lunch. Call to sign up, 508-627-4368.

**Handwriting Analysis** Wednesday, June 20th, 2:15-3:45 pm. Want to know what your handwriting says about you? A certified handwriting analyst, Lianne S. Boas, will join us interactively through a program called "Zoom," over the internet. Call to sign up and learn how to submit your handwriting sample, 508-627-4368.

**Movie with Wendy's Famous Popcorn** Monday, June 18th, 1 pm, "The Post." Call to sign up, 508-627-4368.

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

**More Tai Chi with Nan Doty** Wednesdays, two tai chi classes, "Tai Chi Form," 9:30-10:30 and "Tai Chi Simple Movement," 11-12. Tea time in between. Call for more details, 508-627-4368.

**Chair Yoga!** Known as "Accessible Yoga," taught by Arlene Stark Prisco. Wednesdays at 1 pm, \$10. First class, free. Call for more information, 508-627-4368.

**Book Group, Women and Men** Wednesday, June 27th, 3 pm, led by Jill Jupen. Book TBA. Call for information, 508-627-4368.

**Anchors Travel Club** includes accounts, pictures, and presentations by individuals, couples, groups. Stay tuned for Tuesday, July 17th, 12:45, Adele and Peter Dreyer describe their trip to Europe. Please call to sign up, 508-627-4368.

**Free My Life, My Health Class** Mondays, July 9th-August 13th, 12-2:30 pm. Self-management for those with long-term conditions. Learn about exercise, portion control, symptom management, coping mechanisms, and communication with providers. Develop a personal action plan. Call to sign up, 508-627-4368.

**Jim Thomas' Spiritual Choir** Monday, June 25th, 1 pm, coffee and refreshments. Call to sign up, 508-627-4368.

**Get the Most from your iPad** Thursday, June 28th, 10:30-11:30, become better acquainted with your iPad at the Edgartown Library with Kathy Lavieri, a technology trainer with over 20 years of experience working with adult learners. iPad terminology, organizing your apps, keeping your iPad up-to-date, becoming familiar with iCloud. Please register in advance by calling: 508-627-4368. Co-sponsored by Edgartown Council on Aging and Edgartown Library.

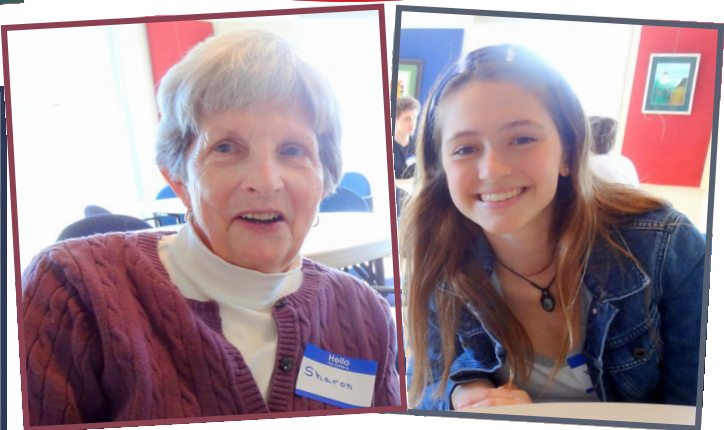
**Creatives and Games** **Mindful Knitting** Mondays, 3:30-5:30, **Knitting for Hospice** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Mah Jong** Tuesdays & Fridays at 1, **Non-Sanctioned Duplicate Bridge** Thursdays, 12-3. Call or email Carol for seating at [fligors@comcast.net](mailto:fligors@comcast.net), 508-627-4722.



Thank you to the MVRHS "Global Politics and Civil Engineering" class for visiting the Anchors.



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



**\$2 Tuesday Lunch**  
*Sandwich, soup, dessert*  
*June 5th Chicken Salad Sandwich*  
*June 12th Turkey Gobbler Sandwich*  
*June 19th Veggie Burger*  
*June 26th Turkey and Swiss Sandwich*

**\$5 Friday Café**  
*Entrée with soup and dessert*  
*June 1st New England Boiled Ham Dinner*  
*June 8th Mini Meatloaf*  
*June 15th Not Your Average Mac & Cheese*  
*June 22nd Chicken Country Captain*  
*June 29th Birthday Café*  
*Lasagna Rollup*

**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

### 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!



### Thank You Olga and Kevin!

Olga Church and Kevin Ryan, pictured here, recently stepped down from their positions as members of the Anchors Board. Both Olga and Kevin, our past Board Chair, have been dedicated, hard-working Board members for many years, helping to make our Council on Aging a welcoming and supportive senior center for Edgartown and all islanders. Their contributions and guidance have been invaluable to our department, seniors, and Town. On behalf of all, from the bottom of our hearts, we gratefully thank Olga and Kevin for their direction, efforts, and donations of time and wisdom.

### ~ 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. This trolley service begins June 23rd.

### Health and Wellness

**Foot Clinic** Next foot clinic Thursday, June 14th, 1:30-3:00 (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, 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 in June. 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, Thursdays at 9 am through June; \$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.**