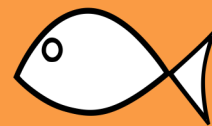


October
2018

*There's something fishy going on
at the Anchors.*

*Visit Page 3 for an inside
look...*



— Please call ahead for all programming —

Welcome!

WELCOME ANCHORS
NEW BOARD MEMBERS

We welcome Nancy Ignacio, Steve Miller, and Mary Jane Carpenter to our Edgartown Council on Aging Board!

Mary Jane, Nancy, and Steve are well qualified, active, and committed Edgartown residents who are eager to contribute their talents and skills to the supervision and management of our town department.

Each represents a career in medicine, law, or education. We are blessed and fortunate to have them as members of our Anchors family.



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're all proud of our Anchors friends, Herb Foster and Pat Tyra, who won the senior division of the MV Oar & Paddle Regatta in a double kayak on Sengekontacket. Congrats!

Conversation Group Led by Jay Sigler, Fridays, October 5th and 19th, 10 am. Refreshments.

Non-Sanctioned Duplicate Bridge — Call Ahead! Mondays and Wednesdays, 12-3; Also, Thursdays, beginning October 18th, 12-3. Sign up for seating, email Carol at fligors@comcast.net, or call her, 508-627-4722.

Book Group, Women & Men Wednesday, October 31st, 3 pm, with Jill Jupen. Book TBA.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Friday, October 12th, 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 Public Health Nurse Lila Fisher Tuesday, October 23rd, from 12-1 pm at the Anchors.

Vineyard Smiles Dental Clinic at Anchors Friday, October 26th, free oral health screening, cleaning, oral hygiene. Call Vineyard Health Care Access at 508-696-0020, x 14, for apt.

Edgartown Bowlers Monday, October 1st, 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.

Meet James M. Hagerty, our New Town Administrator Tuesday, October 16th, we honor James at lunch, congratulate him on his new position. Some Q and A. Call to reserve, 508-627-4368.

Fire Safety with Members of Edgartown Fire Department Friday, October 26th, 12:45 following lunch. Call to sign up, 508-627-4368.

On Display Paintings by Sam Valley, daughter of our wonderful landscaper, George Valley.

Fish Distribution — Donated by Striped Bass and Bluefish Derby Fishermen and Women Wednesdays, through October 10th. Doors open at 8 am. In order of arrival, each person receives a number. As soon thereafter as possible, fish will be cheerfully distributed to each as his/her number is called. Coffee & snacks.



Spontaneous music during lunch with Adele and Muriel!

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, 508-627-4722.



**"I can clean dishes faster than you make them dirty!"
Thanks Diane!**



"I'll trade you 2 blues for one bass..?"

The Derby "Fish Bagging Dream Team" in action! Thanks everyone!



Peter and Frank swap recipes



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

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, Edgartown Library, for hosting iPad classes! A special thank you to Kathy Laverie for volunteering to teach three very helpful classes. We learned a lot!

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 can use the Medicare Web Site to review prescription drug plans to see 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 Glazier, our SHINE counselor, 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.

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

Foot Clinic Tuesday, October 23, 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. Call to register for class, 508-627-4368.

Got Strength? Strength Training Class with Lisa Amols Tuesdays, 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.

Yoga with Carol Vega, Thursdays at 9 am.

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. \$10/class. For more information, 508-627-4368.

Exercise classes subsidized by Friends of ECOA. Anchors' exercise instructors are trained, experienced, expert professionals.