

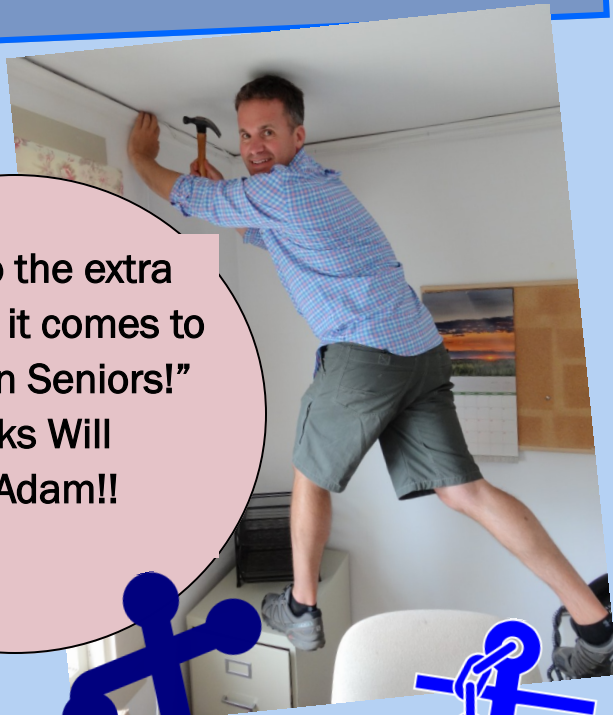
September
2018

Moving into Autumn

We hold our summer memories close at heart.
We would like to thank Island Grown Gleaning,
Farmer Bob Daniels, and Murdick's Café for their many
generous donations!

Edgartown Council on Aging

THE ANCHORS 508-627-4368



"We go the extra
mile when it comes to
Edgartown Seniors!"
Thanks Will
and Adam!!



— Our lunch crowd enjoying
The Vineyard Sound —



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

Coffee with a Cop Tuesday, September 25th, 11 am, with Officer Will Bishop. 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.

On Display Dianne Holt's photography. Meet Dianne, Tuesday, September 18th, at lunch with a Q and A.

ECOA and Library, iPad Workshop Continued

10:30 am, Wednesday, September 12th, at Edgartown Library with Kathy Lavieri, technology instructor, over 20 years experience training diverse groups of adults. Call ECOA, 508-627-4368 or Edgartown Library, 508-627-4221 to reserve.

Fish Distribution — Donated by Striped Bass and Bluefish Derby Fishermen and Women

Wednesdays, September 12th, to 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 and snacks.

Conversation Group Led by Jay Sigler, Fridays, September 7th and 21st, 10 am. Refreshments.

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

Chair Yoga "Accessible Yoga," with Arlene Stark Prisco. Wednesdays, 12:30-1:15 pm, \$10, first class free. Call Wendy for more information and register, 508-627-4368.

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. \$10/class. Call for more details, 508-627-4368.

Book Group, Women & Men Wednesday, September 26th, 3 pm, with Jill Jupen. Book TBA.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Friday, September 14th, 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, September 25th, from 12-1 pm at the Anchors.

Book Talk 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.

Island Bike Ride in October with Paul Mohair Who's interested? Call us, 508-627-4368.

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.

Free Class called "My Life, My Health" See Calendar Page for details.



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.

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

\$2 Tuesday Lunch
Sandwich, soup, dessert
September 4th Roast Pork Sandwich
September 11th Egg Salad Sandwich
September 18th Turkey Gobbler
September 25th Open Face Tuna Melt

\$5 Friday Café
Entrée with soup and dessert
September 7th Veggie Burrito
September 14th Beef Stroganoff
September 21st Eggplant Parmesan
September 28th Mac & Cheese

Anchors Open Cupboard
(Surplus Food)
Tuesday,
October 2nd, 1-3 pm

Thank you to our wonderful kitchen
volunteers, Barbara and Carol!



Thank you for keeping us
healthy, Lila!



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

ECOIA 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!

ANCHORS NEW BOARD MEMBERS

We welcome Mary Jane Carpenter, Nancy Ignacio, and Steve Miller 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.

We are very excited to have them on board and look forward to working with them, continuing to make the Anchors a vital part of the Edgartown community.

Look for their pictures and bio's in next month's newsletter.

Health and Wellness

Foot Clinic Next foot clinic Tuesday, September 18th, 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, 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. *****NOTE: No class September 11th.

Yoga with Carol Vega, Thursdays at 9 am starting September 20th.

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.

SHINE (Serving Health Insurance Needs for Everyone) Appointments with Bill Glazier, Anchors SHINE counselor. Call 508-627-4368 for appointment.

Exercise classes are subsidized by Friends of ECOIA. 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

Email us at wbenedetto@edgartown-ma.us