

# February 2020

THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

## Edgartown Council on Aging



Thanks to all of the sweethearts who help make the Anchors such a great place to be!








Happy Valentines Day to you all.



The Anchors' Website: [www.edgartowncoa.com](http://www.edgartowncoa.com)

# THE ANCHORS NEWSLETTER

February 2020 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Outreach M-F</p> 	<p>“Love is the only sane and satisfactory answer to the problem of human existence.” ~Erich Fromm</p>		<p>“Love one another and you will be happy. It's as simple and as difficult as that.” ~Michael Leunig</p>	
<p>3</p> <p>9:30-11:30: ASLL- Lecture 7: “Sugar and Hyperactivity” Lecture 8: “Antioxidants– Hype versus Reality” 11:30 Edgartown Bowlers 3:30-5:30: Mindful Knitting</p>	<p>4</p> <p>8:30 Strength Training 10 Needlework for Charity 11 <i>Coffee with a Cop</i> 12 \$3 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments</p>	<p>5</p> <p>9:30 Tai Chi  1pm Movie: “Casablanca” 1hr 42 mins</p>	<p>6</p> <p>9:00am Yoga 9:30am Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More! 3:30 Strength Training</p>	<p>7</p> <p>12 \$5 Friday Café 12-12:30 Team Trivia! 1 Mah Jong</p>
<p>9am Hearing Appt.</p> <p>10</p> <p>9:30-11:30: ASLL- Lecture 9: “The Common Cold” Lecture 10: “Vaccination Benefits– How Well Vaccines Work” 3:30-5:30: Mindful Knitting</p>	<p>11</p> <p>8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments</p>	<p>12</p> <p>9:30 Tai Chi 1pm Men’s Group 1pm Personal Emergency Response Systems (PERS) ~Explained~</p>	<p>13</p> <p>9am Yoga 9:30 Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More! 3:30 Strength Training</p>	<p>14</p> <p><i>Happy</i>  <i>Valentines Day</i> 12 \$5 Friday Valentines Café 1 Mah Jong   </p>
<p>THE ANCHORS IS CLOSED</p> <p>17</p> 	<p>18</p> <p>8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 1–3 Foot Clinic by Appt. 1 Mah Jong</p>	<p>19</p> <p>9:30 Tai Chi 1pm Intergenerational Amusement with Preschoolers</p>	<p>20</p> <p>9am Yoga 9:30 Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More! 3:30 Strength Training</p>	<p>21</p> <p><u>ECOA Board Meeting</u> 12 \$5 Friday Café 12 Meet the Artists: All Things Knitting, Needlepoint, &amp; Yarn Arts 1 Mah Jong</p>
<p>24</p> <p>9:30-11:30: ASLL- Lecture 11: “Vaccination Risks– Real and Imagined” Lecture 12: “Antibiotics, Germs, and Hygiene” 3:30-5:30: Mindful Knitting</p>	<p>25</p> <p>8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 12-1 Blood Pressure Clinic 1 Mah Jong</p>	<p>26</p> <p>9:30 Tai Chi 1pm Men’s Group 1pm BINGO with snacks and prizes! 3pm Book Group</p>	<p>27</p> <p>9am Yoga 9:30 Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More! 3:30 Strength Training</p>	<p>28</p> <p>12 \$5 Friday Birthday Café 1 Mah Jong</p>



## The Anchors Kitchen:

Lunches served at 12:00. Reserve at least 24 hours in advance – 508-627-4368

### \$3 Tuesday Lunch

*Sandwich, soup, dessert*

- ♦ Feb 4th: Turkey Gobbler
- ♦ Feb 11th: Ham & Swiss
- ♦ Feb 18th: Hummus Veggie Wrap
- ♦ Feb 25th: Chicken Quesadilla

### \$5 Friday Cafe

*Entrée with soup and dessert*

- ♦ Feb 7th: Sweet Potato Curry
- ♦ Feb 14th: Lemon & Rosemary Chicken Cutlet
- ♦ Feb 21st: Stuffed Peppers
- ♦ Feb 28th: Lasagna Rollups

Anchors Open Cupboard (Surplus Food)

Monday, March 2nd 1-3 pm

## February Lunch Programs

- ♥ **Coffee with a Cop– 11am on Tues., Feb 4th**
- ♥ **Team Trivia– Fri., Feb. 7th**
- ♥ **Valentines Day– Fri., Feb 14th**
- ♥ **Artists Lunch, Needle Arts– Fri., Feb. 21st**
- ♥ **Public Health Nurse– Tues., Feb. 25th**

## ~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

### Arts and Creativity

**Mindful Knitting** Mondays, 3:30– 5:30  
**Needlework for Charity** Tuesdays at 10am  
**Needlepoint** Thursdays at 2 pm  
**Studio Landscape Painting with Meris**  
Thursdays, February 6th, 13th, 20th, & 27th,  
1:30pm-3pm. \$20 Materials fee. Call to register.  
508-627-4368. Space is limited.  
**Meet the Artists Lunch** Friday, February 21st  
12noon. Join us in honoring our many knitters,  
needle pointers, and other yarn artists. Call to  
register.

### Educational

**The Anchors Society for Lifelong Learning presents:  
A Great Course: "Medical Myths, Lies, and Half-  
Truths: What We Think We Know May Be Hurting  
Us"** Call The Anchors to register.

- **Mon. Feb 3rd, 9:30am:** "Sugar and Hyperactivity" & "Antioxidants– Hype versus Reality"
- **Mon. Feb 10th, 9:30am:** "The Common Cold" & "Vaccination Benefits– How Well Vaccines Work"
- **Mon. Feb 24th, 9:30am:** "Vaccination Risks– Real and Imagined"& "Antibiotics, Germs, and Hygiene"

### Entertainment

**Wednesday Movie, starts @ 1pm at the Anchors**  
**Wed. Feb 5th: "Casablanca" 1hr, 42 min**  
Snacks and good company. Call to reserve.

### Exercise, Fitness

**Strength Training with Lisa Amols** Tuesdays @  
8:30am, Thursdays @ 3:30pm. Call Lisa at 508-  
693-1009 before first class. Punch cards  
available, join any time. Talk to Lisa about walk-in  
pricing. [www.lisasstudiomv.com](http://www.lisasstudiomv.com)  
**Tai Chi with Nan Doty** Wednesdays at 9:30 am.  
Please call The Anchors to sign up.  
**Yoga with Carol Vega** Thursdays from 9-10 am. Call  
the Anchors to register. 508-627-4368  
**Edgartown Bowlers** Monday, February 3rd, 11:30-  
1:30 at the Barn Bowl and Bistro. Lunch included,  
\$10. Call 508-627-4368 to sign up.

### Games

**The Anchors Bridge** Group meets weekly through-  
out the year. Thursdays 12:30-3:30 pm. To Join,

Call Carol Fligor at 508-627-8811 or email her at:  
[fligors@comcast.net](mailto:fligors@comcast.net)

**Mah Jong** Tuesdays and Fridays at 1 pm.  
**Team Trivial Pursuit** Friday, February 7th during  
lunch. Each table is a team.

### Health and Wellness

Call The Anchors to register. 508-627-4368

**Ear Wellness** with Shawn Woodbrey, licensed  
hearing aid specialist. Monday, February 10th,  
appointments begin at 9 am. Hearing tests are 30  
minutes; general ear check and hearing aid checks  
are 15 minutes. No cost. Call Meris for  
appointment.

**Foot Care** with Grete Christiansen. Appointments  
Tues, March 17th from 1-3 pm. Call the Anchors for  
an appointment. (1/2 hour treatments \$30)

**Health Screenings with Lila Fischer**, community  
health nurse, during lunch on Tuesday, Feb. 25th,  
12-1pm.

**Memory Support Group** meets Wednesdays, at  
10:00 am, at Featherstone Center for the Arts.  
Please call Victoria Haeselbarth for more infor-  
mation, 508-627-4368 ext. 15

### Ideas, Books, Writing

**Book Group** Meets on Wednesday, February 26th,  
at 3pm. Led by Jill Jupen.

**Poetry Group** meets Thursdays at 9:30 am. Call the  
Anchors for more information.

**New! Men's Group** led by Gary Cogley. Wednesdays  
February 12th and 26th at 1pm. Join us for  
thought provoking discussion, good company, and  
snacks. Call 508-627-4368 to register.

### Intergenerational

**Intergenerational Amusement** Wednesday,  
February 19th at 1pm. Spend time with some local  
preschoolers who are eager to share what they  
have been learning with us. Popcorn and laughs  
guaranteed. Please call to register 508-627-4368

### Services, Information

**SHINE appointments with Bill Glazier** Tuesdays  
from 1-3, by appointment. Call the Anchors to  
schedule. 508-627-4368

**Coffee with a Cop is Back!** Tuesday, February 4th at  
11:00am. Please join us in welcoming back our  
favorite man in blue, Will Bishop. He will be talking

### Services, Information cont.

about the new 'hands free driving law', sprinkled with a little fun and maybe some updates about what's going on at the EPD. Call the Anchors at 508-627-4368 to sign up.

**Personal Emergency Response Systems Explained** by Mark Jeanmaire of Alert Sentry. Wednesday, February 12th, 1pm. Call or email Meris to register.

### On Display in February

Knitting, Needlework, and all things Yarn Art. Join us in welcoming the many talented women who meet at the Anchors throughout the year to create beautiful pieces in various forms and fibers. Call to sign up for their Artists Lunch on Friday, February 21st at 12pm.

## New! Men's Group at The Anchors

Wednesdays, February 12th & 26th at 1pm



We are lucky to have Gary Cogley as the facilitator of this new Men's Group. His breadth of experience and knowledge set the stage for engaging conversation on a variety of topics. Please join us for good company and refreshments!

*Gary has spent nearly 50 years of his professional life as a musician, teacher, coach, university administrator and professor, entrepreneur, and chamber of commerce executive.*

Please call The Anchors at 508-627-4368 to register. Or email Meris at: [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)



## The Anchors

At the center of it all

10 Daggett Street, Edgartown, MA. 508-627-4368



### Personal Emergency Response Systems (PERS)



### Explained



Please join us at the Anchors on Wednesday, February 12th at 1pm, for an informational session about **PERS use on Martha's Vineyard.**

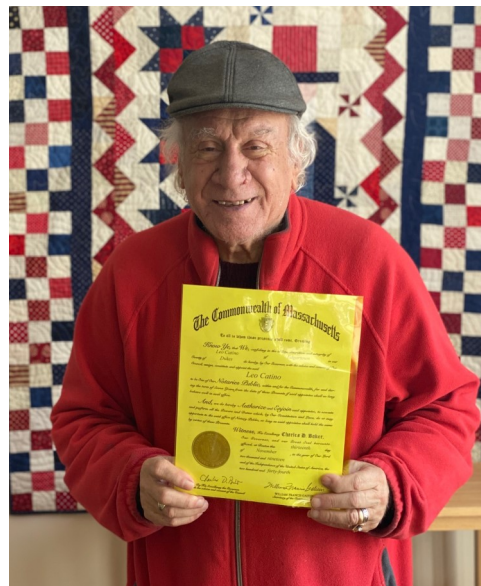
Mark Jeanmaire of Alert Sentry, out of Lakeville, MA. will explain some of the different systems available to us on the island, and how they work. He will also introduce some of the newest PERS technology, recently made available.

Mark will be available for questions after the information session.

**Call to register!**

508-627-4368

Or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)



Congratulations to Edgartown's newest Notary Public, Leo Catino.

#### 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

Rosemary Cunningham, Chair  
Jay Sigler, Co-Chair  
Heidi Boyd  
Marvene O'Rourke  
Stephen W. Miller, MD  
Nancy Ignacio  
Mary Jane Carpenter

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

EOA Staff

Katie Vieira, Department Assistant  
Donna Paulson, Secretary  
Diane Wall, Cook  
Victoria Haeselbarth, Outreach Worker  
Meris Keating, Director of Senior Services  
Greg Rollins, Administrator



Members enjoying a visit from Ms. Knight's class. The students gave us lovely solstice inspired candle holders. Thanks!

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Also shown, artists in our studio class hard at work on some very nice landscape paintings.

