

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

# Edgartown Council on Aging

# February 2024



Thanks to the wonderful people at the Edgartown Fire Department for brightening the grey winter days with thoughtful gifts for the community. Please stop by for a gift bag if you haven't yet!



Apple and Brie Sandwiches with Italian ricotta cookies for lunch? Yes, please!



Invaluable Anchors volunteer Steve Jacobs pauses before lunch service with chef Chris McMahon.



Pam Lovewell receiving a birthday rose at January's birthday café. And a happy January birthday to Anchors' receptionist Donna Paulson!

*If grass can grow through  
cement, love can find you  
at every time in your life.*

*-Cher,*

*as quoted in The Reader's  
Digest, 2004, www.rd.com*

[www.edgartowncoa.com](http://www.edgartowncoa.com)



## The Anchors Kitchen

We are committed to providing those in need with nutrition resources.  
Please call 508-627-4368 to learn about nutrition programs you may be eligible for.

### **Tuesday and Friday Lunches**

Lunch is served at 12noon. Please come beforehand to find a seat.  
Exact change is appreciated. No walk-ins please.  
You must call by 12noon the day before lunch to reserve your spot.

#### Tuesday Lunch ~ with soup & dessert

2/6 Tuna Salad Sandwich

2/13 Muffaletta

2/20 Pesto Chicken Salad

2/27 NO LUNCH

\$5

#### Friday Café ~ with dessert

2/2 Pizza

2/9 Meatloaf

2/16 Chicken Curry

2/23 Tuscan Sausage Pasta

3/1 NO LUNCH

\$7

**During the month of  
February at Edgartown**

**Stop n Shop:**

**For every \$2.50  
reusable Community  
Bag** purchased during  
February 2024 at your  
selected location,  
Edgartown Council on  
Aging - **Anchors Open  
Cupboard** will receive  
**\$1.**

**Frozen soups and  
meals are available  
every day for your  
convenience. Limit 4  
per person.  
Soups: \$3 or 2 for \$5  
Meals: \$5/\$10**



# February 2024

To register, or to learn more about programs at the Anchors, call 508-627-4368 or visit [www.edgartowncoa.com](http://www.edgartowncoa.com)

| Monday                                                                                                                                                      | Tuesday                                                                                                                                                                           | Wednesday                                                                                                            | Thursday                                                                                                                                                    | Friday                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The Anchors is open Mon-Fri 9am-4pm</b></p>                                                                                                           |                                                                                                                                                                                   |                                                                                                                      | <p><b>1</b></p> <p><b>9:15</b> Introduction to Tai Chi</p> <p><b>1</b> Bingo</p>                                                                            | <p><b>2</b></p> <p><b>9:30</b> Mindful Meditation</p> <p><b>12</b> Friday Café</p> <p><b>1:15</b> Mah Jongg</p>                                                             |
| <p><b>11:30</b> Bowling <b>5</b></p> <p><b>12:30</b> Bridge</p> <p><b>1</b> Genealogy</p>                                                                   | <p><b>6</b></p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>12</b> NO LUNCH</p> <p><b>1:15</b> Mah Jongg</p>                                                             | <p><b>7</b></p> <p><b>9:30</b> Tai Chi</p> <p><b>12:30</b> Bridge</p>                                                | <p><b>8</b></p> <p><b>9:15</b> Intro to Tai Chi</p> <p><b>11:00</b> <i>Cooking Demo with Chef Jesse Martin</i></p> <p><b>1</b> <i>Movie: Knives Out</i></p> | <p><b>9</b></p> <p><b>9:30</b> Mindful Meditation</p> <p><b>12</b> Friday Café</p> <p><b>1:15</b> Mah Jongg</p>                                                             |
| <p><b>9am</b> Hearing Wellness <b>12</b></p> <p><b>11:30</b> Bowling</p> <p><b>12:30</b> Bridge</p> <p><b>1</b> Genealogy</p> <p><b>2:30</b> CPR Basics</p> | <p><b>13</b></p> <p><b>AARP TAXES</b></p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>11</b> Coffee w a Cop</p> <p><b>12</b> Tues Lunch</p> <p><b>1:15</b> Mah Jongg</p> | <p><b>14</b></p> <p><b>9:30</b> Tai Chi</p> <p><b>11</b> <i>Tech Time with Rizwan</i></p> <p><b>12:30</b> Bridge</p> | <p><b>15</b></p> <p><b>9:15</b> Introduction to Tai Chi</p> <p><b>1</b> Bingo</p>                                                                           | <p><b>16</b></p> <p><b>ECO Board</b></p> <p><b>9:30</b> Mindful Meditation</p> <p><b>12</b> Friday Café &amp; <i>Valentines with Adele</i></p> <p><b>1:15</b> Mah Jongg</p> |
| <p><b>CLOSED FOR PRESIDENT'S DAY</b><br/>***<br/>(Open for Vineyard Smiles Clinic only)</p>                                                                 | <p><b>20</b></p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>12</b> Tues Lunch</p> <p><b>1:15</b> Mah Jongg</p>                                                          | <p><b>21</b></p> <p><b>9:30</b> Tai Chi</p> <p><b>12:30</b> Bridge</p>                                               | <p><b>22</b></p> <p><b>9:15</b> Introduction to Tai Chi</p> <p><b>1</b> <i>Movie: Killers of the Flower Moon</i></p>                                        | <p><b>23</b></p> <p><b>9:30</b> Mindful Meditation</p> <p><b>12</b> Birthday Café</p> <p><b>12</b> <i>Artist's Lunch</i></p> <p><b>1:15</b> Mah Jongg</p>                   |
| <p><b>11:30</b> Bowling <b>26</b></p> <p><b>12:30</b> Bridge</p> <p><b>1</b> Genealogy</p>                                                                  | <p><b>27</b></p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>12</b> Tues Lunch</p> <p><b>1:15</b> Mah Jongg</p>                                                          | <p><b>28</b></p> <p><b>9:30</b> Tai Chi</p> <p><b>12:30</b> Bridge</p>                                               | <p><b>29</b></p> <p><b>9:15</b> Introduction to Tai Chi</p>                                                                                                 | <p><b>BLUE = OTHER LOCATION</b></p> <p><b>PURPLE = ZOOM</b></p> <p><b>GREEN = ANCHORS</b></p>                                                                               |

# Programs and Services

## Artist of the Month

**Mother-daughter duo Cindy Bonnell and Catherine Griffin's** handmade quilts have graced the Anchors walls this holiday season for all to enjoy. Join us for an Artists Lunch in their honor on Friday, February 23.

## Chappaquiddick Community Center

**The Chappaquiddick Community Center**  
For a calendar of events and programs, visit them online: [chappycommunitycenter.org](http://chappycommunitycenter.org)

## Closures

**The Anchors will be closed on Monday, February 19**

## Coffee with a Cop

**Coffee with a Cop** Tuesday, February 13 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department and meet some of the other officers.

## Elder Services of Cape Cod & The Islands

### Supportive Services & Care Management by Elder Services of Cape Cod & The Islands

As we age, our bodies, minds, and priorities change. Learn about some of the low or no-cost programs available locally to help us age safely and with dignity in the community, including programs designed to support our families and caregivers. Call to find out more about services which may benefit you or your loved one today.  
508-394-4630

## Exercise & Wellness

**Bowling at the Barn** Mondays at 11:30am. All are welcome, please register in advance through the Anchors if you plan to bowl this season. Bowling and lunch for non-Edgartown residents is \$20. Edgartown residents pay \$10 thanks to the Friends of the Edgartown Council on Aging.

**Mindfulness Meditation with Ed Merck on Zoom** Fridays at 9:30am on Zoom! Please call or email if you would like to join us.

**Tai Chi with Nan Doty** Wednesdays at 9:30. Call to register if you would like to join the class.

## Exercise & Wellness cont.

**Introduction to Tai Chi Qigong with Nan Doty** Thursdays at 9:15am. If you have always wanted to learn Tai Chi and develop more balance, we hope you'll take advantage of this perfect opportunity to do so. Please get in touch to register in advance.

**Yoga with Carol Vega** Tuesdays at 9am. First class? Please call to let us know you're coming.

## Games

**Bingo** Thursdays, February 1st and 15th at 1pm. No Bingo on Feb 29th. Come and have some good clean fun!

**Bridge Group** meets Mondays and Wednesdays from 12:30-3:30pm. To join, please call 508-627-4368.

**Mah Jongg** meets Tuesdays and Fridays at 1:15pm. Please call to register in advance 508-627-4368

## Knitting & Needlework

**Knitting** at the Anchors meets weekly on Tuesdays from 10am-12noon.

## Legal Aid

**Massachusetts Attorney General's Office** Consumer Hotline provides information about consumer concerns and issues specific to immigrants, veterans, homeless, and elderly residents. <https://www.mass.gov/get-consumer-support> or call: (617) 727-8400

**South Coastal Counties Legal Services, Inc.** Offers legal aid to qualified clients after reviewing their case. If you need legal help and are experiencing financial hardship, contact Ms Rasheda Dickerson directly at 774-487-3251.

## Lifelong Learning

**Cooking Demo with Jesse Martin** Thursday, February 8 at 11am. See page 6 for more info.

**Explore your Family Tree** in a private, individualized session with our Director of Senior Services, Meris Keating. Call to register for a one hour session Mondays in February from 1-2pm.

## Memory Support

**The Martha's Vineyard Center for Living** is the island's only supportive day program for

## Memory Support cont.

caregivers and their care partners. Contact Mary Holmes for more information. Please call (508) 939-9440 or email [maryh@mvcenter4living.org](mailto:maryh@mvcenter4living.org)  
**Dementia Caregiver Support Group** Please call Nancy at 508-498-1948.

Fridays 10am-11:00am on Zoom

### **Discreet and Confidential Memory Screenings available at the Anchors**

If you have concerns about your memory, call to schedule a memory screening with Victoria Haeselbarth today. 508-627-4368

## SHINE

**SHINE counselor Bill Glazier** is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. Call for an appointment.

## Support Communities

**The Martha's Vineyard Cancer Support Group** hosts Zoom meetings every Wednesday at 5 pm. Participation is voluntary and everyone that plans to attend will get an invite via email. All meetings are moderated and confidential. Interested participants should send their email address to [mvcancersgroup@gmail.com](mailto:mvcancersgroup@gmail.com).

**Vineyard Isles Parkinsonian Group** meets every second and fourth Tuesday at 1pm at the Howes House in West Tisbury. Drop in or contact Sue Merrill for more information. 508-693-2896.

## Technology

**Tech Time with Rizwan** Wednesday, February 14, beginning at 11am. Call to register for a 20 minute 1-1 session. Rizwan will help answer your questions about using your laptop, smartphone, iPad, or other devices.

**Call the Tech Pro** is an exciting new program brought to you by Healthy Aging Martha's Vineyard and the EOEA. First, call 508-693-7900 ext. 246 to register. Second, go to your nearest council on aging to fill out a release. A fully vetted tech pro will set up a time to come to your home and help with your tech related question, for free!

## Trips

### **Shopping Trip to Wareham Crossing**

Thursday, March 14th. Space is limited on this fun shopping day trip to Ocean State Job Lot and Wareham Crossing Shopping Center. Lunch at the new Towne Tavern (formerly Lindsey's).

## Trips cont.

Transportation on Home Grown Tours shuttle is \$40 per person. Lunch and RT ferry ticket on your own. Please contact Meris ASAP to register.

## Wellness

**Shawn Woodbrey** hearing aid specialist from At Home Hearing Healthcare. Monday, Feb 12. Second Monday of the month, beginning at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call to schedule an appointment.



# FREE

## Adult Dental Cleanings!

*For Island residents, 18 years or older, who do not have access to dental care.*

February 19  
**At The Anchors**  
10 Daggett Street, Edgartown

Feb 20– 22, April 15 – 19  
**At the First Baptist Church Parish Hall**  
66 Williams Street, Vineyard Haven

February 23  
**At Island Elderly Housing for IEH residents**  
Woodside Village Community Room 60A  
Village Road Vineyard Haven



**To register text or email Polished Dental:**  
**(978) 549-0659 [PolishedVHCA@gmail.com](mailto:PolishedVHCA@gmail.com)**

¶ *Sponsored by Vineyard Smiles and supported by the Martha's Vineyard Community Foundation and the Island Boards of Health* ¶



**LOVE YOUR  
HEART  
THIS FEBRUARY**



# Guest Chef Demo

## At the Anchors



Join us in welcoming guest chef Jesse Martin who will be making gnocchi.

**Thursday, February 8th,  
11am-1pm.**

Learn something new, and have lunch with friends.

Space is limited,  
register ahead.

***Chef Jesse Martin*** has resided on Martha's Vineyard for 28 years, after moving east from his native California where he first discovered his passion for food. Inspired by Mexican, Southwestern European, and East Asian cuisines, his eclectic American fusion style of cooking is as creative as it is delicious. Jesse is perhaps best known for his role as chef owner of the Park Corner Bistro in Oak Bluffs, where locals and seasonal residents filled the restaurant for 18 years of good times and great food. In the past several years Jesse has reinvigorated his repertoire by cooking at favorite island restaurants offering haute cuisine such as La Soffitta, Fish MV, and most recently Détente.

# Come for a class on CPR & First Aid. Learn how to save a life!



Brought to you by **Haley Krauss Duquette, NREMT-Paramedic** and the **Edgartown Fire Department**.

*Before registering, please note that in order to perform compressions, you will need to be able to safely lower yourself to the ground.*

**Monday, February 12, 2:30pm**

**at the Anchors.**

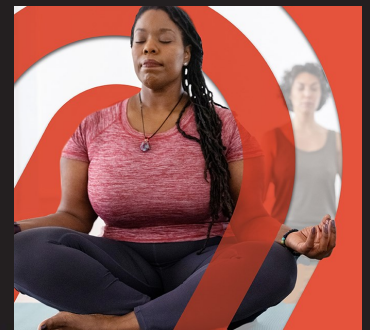
**Space is limited - register now!**



## You can lower your risk for heart disease.

Small steps can make a big difference. There are lots of ways to start — like taking a quick walk after dinner or using less salt when you cook. But at the end of the day, the choice is yours. Find a way that works for you!

Visit [livesothebeat.org](https://livesothebeat.org) for heart healthy tips and tricks based on your lifestyle.



Board Members

Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Nancy Ignacio  
John Dropick  
Lisa Sherman  
Sue Carroll  
Janice Belisle, Friends of ECOA rep



ECOA Staff

Lyndsay Famariss, Administrator, 213  
Meris Keating, Director of Senior Services, 214  
Victoria Haeselbarth, Outreach Worker, 215  
Donna Paulson, Receptionist, 210  
Chris McMahon, Cook  
Bill Glazier, Part-time Outreach Worker, 212



**Knives Out. Rated PG-13. Mystery/ Thriller 2h 10m. Thursday, February 8 @ 1pm.**  
The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth.



**Killers of the Flower Moon**  
**Rated R. 2023. Crime/Western. 3h 26m**  
**Thursday, February 22 @ 1pm.**  
Real love crosses paths with unspeakable betrayal as Mollie Burkhart, a member of the Osage Nation, tries to save her community from a spree of murders fueled by oil and greed.

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.

