

January 2020

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



Edgartown Council on Aging



We love our Anchors angels!



Two pairs of sweethearts enjoying the open house together.



The talented *Needlework for Charity* group with some of the lovely items they created in 2019, to benefit MV Hospice. Nice work ladies!



Thanks to everyone who came to the Ornament Making workshop, we had a great time!



Thank you to the Minnesingers for sharing their gift of holiday music during Tuesday's lunch.

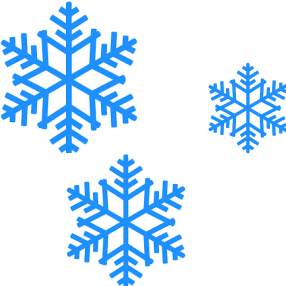



The Anchors' Website: www.edgartowncoa.com



THE ANCHORS NEWSLETTER



January 2020 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach M-F 	 			
		THE ANCHORS IS CLOSED 1	2 9:00am Yoga 9:30am Poetry 12:30-3:30 Bridge 2 Needlepoint and More! 3:30 Strength Training	3 12 \$5 Friday Café 1 Mah Jong
6 9:30-11:30: ASLL- Lecture 1: "Medical Knowledge vs Misinformation" Lecture 2: "Myths About Water and Hydration" 3:30-5:30: Mindful Knitting	7 8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments	8 9:30 Tai Chi 11 Tai Chi Easy 1pm Movie: "A Star is Born" (2018) 2hr 14min	9 9:00am Yoga 9:30am Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More! 3:30 Strength Training	10 12 \$5 Friday Café 12-12:30 Team Trivia! 1 Mah Jong
13 9am Hearing Appt. 9:30-11:30: ASLL- Lecture 3: "Vitamin and Nutrition Myths" Lecture 4: "Dieting—Separating Myths from Facts" 3:30-5:30: Mindful Knitting	14 8:30 Strength Training 10 Needlework for Charity 11 Visit from Ms. Knight's 3rd grade class. 12 \$3 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments	15 9:30 Tai Chi 11 Tai Chi Easy 1pm Dick Jennings Bird Talk	16 9am Yoga 9:30 Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More!	17 <u>ECOA Board Meeting</u> 12 \$5 Friday Café 12 Meet Quilt Artists Catherine Griffin and Cindy Bonnell 1 Mah Jong
20 THE ANCHORS IS CLOSED  MARTIN LUTHER KING JR (1929-1968) <small>The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.</small>	21 8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 1-3 Foot Clinic by Appt. 1 Mah Jong	22 9:30 Tai Chi 11 Tai Chi Easy 1pm Movie: "The Farewell" (2019) 1 hr. 41 min	23 9am Yoga 9:30 Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More! 3:30 Strength Training	24 12 \$5 Friday Café Dr David Halsey Lunch n Lecture; "What's New and What's True in Arthritis Care" 1 Mah Jong
27 9:30-11:30: ASLL- Lecture 5: "The Fallacy that Natural is Always Better" Lecture 6: "Probiotics and Our Bacterial Friends" 1-3 Open Cupboard 3:30-5:30: Mindful Knitting	28 8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 12-1 Blood Pressure Clinic 1 Mah Jong	29 9:30 Tai Chi 11 Tai Chi Easy	30 9am Yoga 9:30 Poetry 12:30-3:30 Bridge 1:30 Landscape Painting 2 Needlepoint and More! 3:30 Strength Training	31 12 \$5 Friday Birthday Café 1 Mah Jong



The Anchors Kitchen:

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

\$3 Tuesday Lunch

Sandwich, soup, dessert

- Jan 7th: Chicken Salad
- ♦ Jan 14th: Egg Salad
- ♦ Jan 21st: Quinoa Burger
- ♦ Jan 28th: Open Faced Avocado and Bacon

\$5 Friday Cafe

Entrée with soup and dessert

- ♦ Jan 3rd: Meatloaf
- ♦ Jan 10th: Eggplant Parmesan
- ♦ Jan 17th: Manicotti
- ♦ Jan 24th: Almond Crusted Pork Loin
- ♦ Jan 31st: Mac n Cheese

Anchors Open Cupboard (Surplus Food)

Monday, January 27th 1-3 pm

January Lunch Programs

- **Fri, Jan. 10th— Team Trivia**
- **Tues, Jan. 14th— (11-11:45am) Edgartown School, 3rd graders visit.**
- **Fri, Jan. 17th- Artist's Lunch**
- **Fri, Jan. 24th— Lunch and Lecture: “What’s New and What’s True in Arthritis Care” with Dr. David Halsey**

~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email 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, January 9th, 16th, 23rd, & 30th,
1:30pm-3pm. \$20 Materials fee. Call to register.
508-627-4368. Space is limited.
Meet the Artists Lunch Friday, Jan 17th 12noon.
Quilters Catherine Griffin and Cindy Bonnell join us
at lunch to talk about their craft. 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. Jan 6th, 9:30am:** "Medical Knowledge versus Misinformation" & "Myths about Water and Hydration"
- **Mon. Jan 13th, 9:30am:** "Vitamin and Nutrition Myths" & "Dieting– Separating Myths from Facts"
- **Mon. Jan 27th, 9:30am:** "The Fallacy that Natural is Always Better" & "Probiotics and Our Bacterial Friends"

Dick Jennings Bird Talk on Wednesday, Jan. 15th
at 1pm. Osprey recovery, migration, and a bird
named Belle. Call to register. 627-4368

Entertainment

Wednesday Movies, start @ 1pm at the Anchors
Wed. Jan 8th: "A Star is Born" (2018) 2hr 14min
Wed. Jan. 22nd: "The Farewell" (2019) 1hr 41min
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

Tai Chi with Nan Doty Tai chi for those with some
experience; Wednesdays at 9:30 am. Tai Chi Easy,
Wednesdays 11 am– 12 noon. 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, January 6th, 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

Mah Jong Tuesdays and Fridays at 1 pm.

Team Trivial Pursuit Friday, January 10th during
lunch. Each table is a team.

Health and Wellness

Ear Wellness with Shawn Woodbrey, licensed
hearing aid specialist. Monday, January 13th,
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 Non-Diabetic with Grete Christiansen.
Appointments Tues, Jan. 21st from 1-3 pm. Call the
Anchors for an appointment. (1/2 hour treatments
\$30)

Blood Pressure Clinic with the town nurse during
lunch on Tuesday, Jan 28th, 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

Dr. David Halsey's "Lunch and Lecture" Friday,
January 24th during lunch. Dr. Halsey will discuss
"What's New and What's True in Arthritis Care".
Call The Anchors to register. 508-627-4368

Ideas, Books, Writing

Book Group Meets on Wednesday, January 29th, at
3pm. Led by Jill Jupen. The book is "The Waterfall"
by Margaret Drabble .

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

Intergenerational

Ms. Knight's 3rd Graders visit the Anchors and
teach us about the winter solstice. Tuesday,
January 14th from 11am to 11:45am. Please call
the Anchors to register.

Services, Information

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

Bird Talk!

Dick Jennings

At The Anchors
Wednesday, January 15th at 1pm.
Call 508-627-4368 to register

Dick will speak about Osprey recovery, migration, and a bird named "Belle"



On Display in December

Quilters Catherine Griffin and Cindy Bonnell

If you've been to the Anchors in the past month you couldn't have missed the warm and cozy atmosphere, made possible thanks to this wonderful and talented mother daughter duo. Cindy and her mother have both enjoyed quilting, along with other "Needle Arts" for many years. We are very lucky to have their quilts on display through January. Please join us during lunch on Friday, January 17th for an Artists Lunch. Catherine and Cindy will join us to talk a bit about their craft, followed by a Q & A. Call to register.



Studio Landscape Painting

with Meris Keating

At The Anchors

Thursdays, January 9th, 16th, 23rd, & 30th

1:30pm-3:00pm

\$20 materials fee

Some of you know Meris as the director of senior services at the Edgartown Council on Aging. Before becoming immersed in the world of gerontology, Meris received her bachelor's degree in secondary art education from what is now Northern Vermont University. After her formal schooling, she immersed herself in her art. She worked as a muralist and commercial artist, and found time to work on landscapes in oil in the studio. During this time she studied under nautical painter Richard Loud. Meris' work has been sold privately, as well as in galleries on Nantucket island. She believes painting is a teachable skill and looks forward to sharing some of her knowledge with you.

This studio landscape painting class will focus on composition, use of color and light, and technique. We will be using acrylic paints on canvas.



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

Donna Paulson, Secretary

Diane Wall, Cook

Victoria Haeselbarth, Outreach Worker

Meris Keating, Director of Senior Services

Greg Rollins, Administrator

