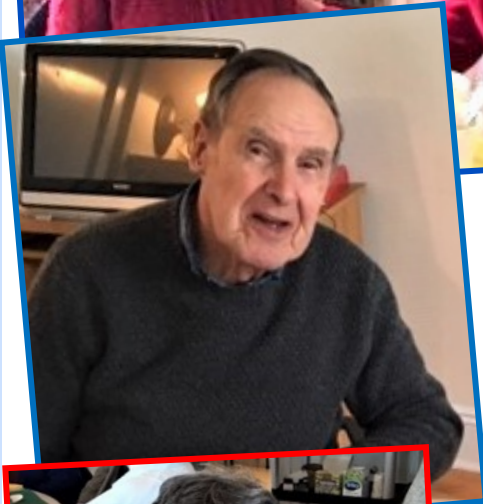


—July 2019—

THE ANCHORS 508-627-4368 P.O. BOX 1295 EDGARTOWN 02539

Edgartown Council on Aging



The Anchors' website: www.edgartowncoa.com

THE ANCHORS NEWSLETTER

JULY 2019 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Outreach M-F 1</p> <p>12-3 Bridge</p> <p>3:30-5:30 Mindful Knitting</p>	<p>2</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$2 Tuesday Lunch</p> <p>1 Mah Jong</p>	<p>3</p> <p>9:30-10:30 Tai Chi Form</p> <p>12:30-3:30 Bridge</p>	<p>4</p> 	<p>5</p> <p>10 Conversation Group</p> <p>12 \$5 Friday Café</p>
<p>8</p> <p>9am Hearing tests with Shawn– by appt.</p> <p>12-3 Bridge</p>	<p>9</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$2 Tuesday Lunch</p> <p>1 Mah Jong</p>	<p>10</p> <p>9:30-10:30 Tai Chi Form</p> <p>12:30-3:30 Bridge</p>	<p>11</p> <p>8:30 Strength Training</p> <p>9:30 Poetry Group</p> <p>2 Needlepoint and More!</p>	<p>12</p> <p>12 \$5 Friday Café</p> <p>12:30 Meet the Artist of the Month</p>
<p>15</p> <p>12-3 Bridge</p> <p>3:30-5:30 Mindful Knitting</p>	<p>16</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$2 Tuesday Lunch</p> <p>1 Mah Jong</p> <p>1:30-3 Foot Clinic by Appt.</p>	<p>17</p> <p>9:30-10:30 Tai Chi Form</p>	<p>18</p> <p>8:30 Strength Training</p> <p>9:30 Poetry Group</p> <p>1-3 Attorney appts.</p>	<p>19</p> <p>12 \$5 Friday Café</p> <p><u>12:30 Vineyard Sound</u></p> <p>1 Mah Jong</p>
<p>22</p> <p>12-3 Bridge</p> <p>3:30-5:30 Mindful Knitting</p>	<p>23</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$2 Tuesday Lunch</p> <p>12-1 Health Screenings</p> <p>1-3 SHINE appointments</p>	<p>24</p> <p>9:30-10:30 Tai Chi Form</p> <p>12:30-3:30 Bridge</p>	<p>25</p> <p>8:30 Strength Training</p> <p>9:30 Poetry Group</p> <p>2 Needlepoint and More!</p>	<p>26</p> <p>12 \$5 Birthday Friday Café</p> <p>1 Mah Jong</p>
<p>29</p> <p>12-3 Bridge</p> <p>3:30-5:30 Mindful Knitting</p>	<p>30</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$2 Tuesday Lunch</p> <p>1 Mah Jong</p> <p>1-3 Open Cupboard</p>	<p>31</p> <p>9:30-10:30 Tai Chi Form</p> <p>10:30 iPad Class @ Library</p> <p>12:30-3:30 Bridge</p> <p>1-3 Advance Care Planning with Healthy Aging MV</p>		

~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email mkeating@edgartown-ma.us

Conversation Group meets one Friday this month, Friday July 5th. First Friday of the month for the rest of the summer, at 10 am. Refreshments. Let us know if you'll be coming, 508-627-4368.

The Vineyard Sound Returns! Please join us for a performance by "Martha's Vineyard's Finest All-Male A Cappella, Since 1992"! Friday, July 19th @ 12:30. Please call to sign up for lunch and program.

The Anchors Bridge group meets weekly throughout the year. Please note new time: Mondays from 12 until 3; Wednesdays 12:30-3:30. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

Health Screenings Public Health Nurse Tuesday, July 23rd, 12-1 pm at the Anchors.

Book Group Wednesday, July 31st at 3 pm. Led by Jill Jupen. July's book is: "Couples" by John Updike.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Monday, July 8th, 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.

Get the Most from your iPad Wednesday, July 31st at 10:30 am, become better acquainted with your iPad at the Edgartown library with Kathy Lavieri, technology trainer with over 20 years experience working with adult learners. iPad terminology, organizing apps, keeping your iPad up-to-date, becoming familiar with iCloud. Register in advance by calling: 508-627-4368. Co-sponsored by Edgartown Council on Aging and Edgartown Library.

Advance Care Planning Interested in preparing a health care proxy, or talking with family and/or physicians about your desires if something were to happen to you? If you want to prepare for end-of-life or serious illness care, and get an Advance Directive on file at the hospital, at-

tend Healthy Aging MV's free 2-part workshop at The Anchors on Wednesdays, July 10th and 31st, 1-3. Call to sign up, limited space, 508-627-4368.

On Display in July, Jim McKay's Watercolor and acrylic paintings. Meet Jim at lunch, Friday, July 12th. Short Q&A.



Patrice modeling some very funky carrots!



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 12-3, and Wednesdays, 12:30-3:30 **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 – 508-627-4368

\$2 Tuesday Lunch

Sandwich, soup, dessert

July 2nd Black Bean Burger

July 9th Turkey Gobbler

July 16th Peanut Butter Bagel

July 23rd Ham and Swiss

July 30th Chicken Caesar Wrap

\$5 Friday Cafe

Entrée with soup and dessert

July 5th Beef Stew

July 12th Bacon & Mushroom Quiche

July 19th Chicken Croquette on Salad Greens

July 26th Birthday Café
Pasta Primavera

Anchors Open Cupboard (Surplus Food)

Tuesday, July 30th, 1-3 pm

~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Kelley House and we have limited parking.

This season, to avoid being towed and other unpleasanties, please park only in the areas that are clearly designated as “Council on Aging Parking.” There are 2 spaces in the corner next to the hedges on the Dock Street side of the lot. There are 7 spaces around the back in the area adjacent to our door by the kitchen entrance.

Your best summer strategy is to car pool or use the convenient Park and Ride bus which leaves from the lot across from the Triangle behind Edgartown Pizza every 20 minutes and takes you to Among the Flowers one block away. This bus service begins June 23rd and runs through September 3rd, from 11 am—6 pm daily.

Attorney Appointments

Thursday, July 18th, by appointment, from 1-3 pm. Arthur Bergeron, a private attorney who has his office on the mainland, will provide free consultations at the Anchors monthly, the third Thursday of the month. Arthur is a private attorney – not legal aid. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

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!

ECOA Staff

Donna Paulson, Secretary
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker
Meris Keating, Director of Senior Services
Paul Mohair, Administrator

Dear Anchors Seniors, ECOA Board and Friends Group, and Edgartown Selectmen,
It's been an honor and a privilege to serve you over the years!

While my heart is filled with happiness because I will be near my parents, half of my heart is filled with sadness because I will not be with all of you.

You've become a second family to me, a second home. I love you all, and will miss you so much!



Health and Wellness —

Call to register prior to classes and clinics

Foot Clinic Appointments Tuesday, July 16th, starting at 1:30 (1/2-hr treatments \$30). Call 508-627-4368 for an appointment.

Got Strength? Strength Training Class with Lisa Amols Tuesdays & Thursdays @ 8:30 am; Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk with Lisa about walk-in pricing. Visit her website at www.lisasstudiomv.com.

Tai Chi with Nan Doty: Wednesdays, "Tai Chi Form" from 9:30-10:30. Tea time after class. \$10/class. For more information, 508-627-4368.

Yoga with Carol Vega returns in the Fall. Thank you, Carol!

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