



Artist's Lunch with  
Cindy Bonnell  
& Catherine Griffin



The incredible quilt pictured above was gifted to the Anchors by its creator Catherine Griffin. We are grateful to have its warmth and beauty on display for all to enjoy.







## 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

3/5 Pastrami and Swiss	\$5
3/12 Roasted Portabella Wrap	
3/19 Asparagus Melt	
3/26 BBQ Chicken Sandwich	

#### Friday Café ~ with dessert

3/1 NO LUNCH	\$7
3/8 Shrimp Scampi	
3/15 Corned Beef Dinner	
3/22 Tuna Noodle Casserole	
3/29 Oven Roasted Chicken Thighs	

### **Open Cupboard**

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors.

Call Donna to request a pickup date and time.

We always have an assortment of dry, canned, frozen, and fresh food items as well as toiletries for anyone in need.

**Frozen soups and meals are available every day for your convenience. Limit 4 per person.**



# March 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>BLUE = OTHER LOCATION</b> <b>PURPLE = ZOOM</b> <b>GREEN = ANCHORS</b></p>			<p><b>9:30 Mindful Meditation</b> 1</p> <p><b>NO LUNCH</b></p> <p><b>1:15 Mah Jongg</b></p>
<p><b>11:30 Bowling</b> 4</p> <p><b>12:30 Bridge</b></p> <p><b>2 Genealogy by Appt</b></p>	<p>5</p> <p><b>9 No Yoga</b></p> <p><b>10 Knitting</b></p> <p><b>12 Tues Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>	<p>6</p> <p><b>9:30 Tai Chi</b></p> <p><b>12:30 Bridge</b></p>	<p>7</p> <p><b>9:15 Introduction to Tai Chi</b></p> <p><b>1 Bingo</b></p>	<p>8</p> <p><b>9:30 Mindful Meditation</b></p> <p><b>12 Friday Café</b></p> <p><b>12 Drop-In Tech Help</b></p> <p><b>1:15 Mah Jongg</b></p>
<p>11</p> <p><b>9am Hearing Wellness</b></p> <p><b>11:30 Bowling</b></p> <p><b>12:30 Bridge</b></p>	<p>12</p> <p><b>9 Yoga</b></p> <p><b>10 Knitting</b></p> <p><b>11 Coffee w a Cop</b></p> <p><b>12 Tues Lunch</b></p> <p><b>12 Wellness Clinic –Nurse</b></p> <p><b>1:15 Mah Jongg</b></p>	<p>13</p> <p><b>9:30 Tai Chi</b></p> <p><b>12:30 Bridge</b></p>	<p>14</p> <p><b>8:15 Shopping trip departs VH</b></p> <p><b>9:15 Introduction to Tai Chi</b></p> <p><b>Movie: Memory</b></p>	<p>15</p> <p><b>ECO Board</b></p> <p><b>9:30 Mindful Meditation</b></p> <p><b>12 Friday Café St Paddy's Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>
<p>18</p> <p><b>11 Guest Chef Joe DaSilva</b></p> <p><b>11:30 Bowling</b></p> <p><b>12:30 Bridge</b></p>	<p>19</p> <p><b>9 Yoga</b></p> <p><b>10 Knitting</b></p> <p><b>12 Tues Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>	<p>20</p> <p><b>9:30 Tai Chi</b></p> <p><b>12:30 Bridge</b></p>	<p>21</p> <p><b>9:15 Introduction to Tai Chi</b></p> <p><b>1 Bingo</b></p>	<p>22</p> <p><b>9:30 Mindful Meditation</b></p> <p><b>12 Birthday Café</b></p> <p><b>1:15 Mah Jongg</b></p>
<p>25</p> <p><b>11:30 Bowling</b></p> <p><b>12:30 Bridge</b></p> <p><b>2 Genealogy by Appt</b></p>	<p>26</p> <p><b>9 Yoga</b></p> <p><b>10 Knitting</b></p> <p><b>12 Tues Lunch</b></p> <p><b>12 Michael Haydn</b></p> <p><b>1:15 Mah Jongg</b></p>	<p>27</p> <p><b>9:30 Tai Chi</b></p> <p><b>12:30 Bridge</b></p>	<p>28</p> <p><b>9:15 Introduction to Tai Chi</b></p> <p><b>1 Movie: The Holdovers</b></p>	<p>29</p> <p><b>9:30 Mindful Meditation</b></p> <p><b>12 Friday Café</b></p> <p><b>1:15 Mah Jongg</b></p>

# Programs and Services

## Chappaquiddick Community Center

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

### Coffee with a Cop

**Coffee with a Cop** Tuesday, March 12 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. \$10 per class.

**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. \$10 per class. 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. Drop-in price is \$15. Pay ahead for 8 classes—price is \$80.  
\*Please note no class on March 5th.

## Games

**Bingo** Thursdays, March 7th & 21st at 1pm. 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. All are welcome!

## 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 Joe DaSilva** Monday, March 18 at 11am. Join us for a demo on cooking fish cakes with this well known Vineyard chef, followed by a sampling of his creation. Space limited, register in advance.

## Memory Support

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

## Music

**Michael Haydn Piano Voice Guitar** Tuesday, March 26th during lunch.

## Tech Help

**Drop-In Tech Help with Rizwan** 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. Visit 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). 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, March 11. 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.

**Wellness Clinic with town nurse, Amelia Hambrecht.** Tuesday, March 12 12-1pm. Join us in welcoming our new town nurse to the Anchors. She will be available for consults every 2nd Tuesday of the month during lunch.



# DROP-IN TECH HELP

SECOND FRIDAY OF THE MONTH, 12PM-1PM

Do you have questions about using your laptop, smartphone, iPad, or other devices? The Edgartown Library is partnering with the Edgartown Council On Aging to provide drop-in tech help every month at the Anchors during their Friday Cafe.



**THE ANCHORS**  
Edgartown  
PUBLIC LIBRARY

*YES! It's time to  
Spring Ahead!*

*Set your clocks ahead 1 hour*

*Sunday,  
March 10*







The Anchors' first Guest Chef series with Jesse Martin was a success! Thanks to all who joined us. Hope to see you March 18th for the next one!



Victoria and Lyndsay winning during their own Guest Chef stint in early February





# Guest Chef Demo

## At the Anchors



Photo courtesy of Maria Thibodeau for the Vineyard Gazette

Join us in welcoming guest chef Joe DaSilva who will be making fish cakes.

**Monday, March 18th,  
11am-1pm.**

Learn something new.  
Have lunch with friends.  
Space is limited,  
register ahead.

***Chef Joe Dasilva** has been working in beloved island restaurants for just over 30 years. Most recently Lambert's Cove Inn, Saltwater Restaurant, and privately. You can read more about Mr Dasilva by checking out:*

<https://vineyardgazette.com/news/2017/06/08/veal-cheeks-and-crab-cakes-joe-dasilva-back-lamberts-cove-inn>

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



**Memory, 2023. Rated R. Drama. 1hr 40m.**  
**Thursday, March 14 @ 1pm**

Social worker Sylvia's structured life is blown apart when Saul follows her home from their high school reunion. Their surprise encounter profoundly impacts both of them as they open the door to the past.



**The Holdovers, 2023. Rated R.**  
**Comedy/ Drama. 2hr 13m.**  
**Thursday, March 29 @ 1pm.**

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

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.

