

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

# Edgartown Council on Aging

# May 2023

Thanks to all who joined the Talavera workshop in April!



Patricia, Barbara, & Donna



Jean and Janice



Barby and Adele



Olga



Anne



Linda and Janet



Jean, Barby, Janice, and Adele playing Spades at the Anchors in April





## 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 at least 24 hours in advance to reserve your spot.

Please join us in welcoming our new cook,  
Chris McMahon, to the Anchors family!

#### Tuesday Lunch ~ with soup & dessert

5/2 Ahi Tuna Salad Sandwich  
5/9 Toasted Ham & Cheese     \$3  
5/16 BLT  
5/23 BBQ Pork  
5/30 Curried Chicken Salad

#### Friday Café ~ with soup & dessert

5/5 Chicken Torta  
5/12 Roasted Veggie Sub     \$5  
5/19 Marinated Portobello Sandwich  
5/26 Baked Ziti

**Thanks for  
your support!**

For the month of  
May, buy a  
\$10.99 "Bloomin'  
4 Good"  
bouquet at  
Edgartown Stop &  
Shop and the  
Anchors lunch  
program  
receives \$1.



# May 2023

To register, or to learn more about programs at the Anchors, call 508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

<p>1</p> <p><b>11:30</b> Bowling at the Barn in OB <b>12:30</b> Bridge</p>	<p>2</p> <p><b>9</b> Yoga <b>10</b> Knitting <b>12 Tues Lunch</b> <b>1</b> Mah Jong</p>	<p>3</p> <p><b>9:30</b> Tai Chi <b>12:30</b> Bridge</p>	<p>4</p> <p><b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>1</b> Bingo</p>	<p>5</p> <p><b>9:30</b> Mindful Meditation <b>12</b> Friday Café <b>1</b> Mah Jong</p>
<p>8</p> <p><b>9am</b> Hearing Wellness <b>11:30</b> Bowling at the Barn in OB <b>12:30</b> Bridge</p>	<p>9</p> <p><b>9</b> Yoga <b>10</b> Knitting <b>11 Coffee w a Cop</b> <b>11-12 Wellness Clinic with Town Nurse</b> <b>12 Tues Lunch</b> <b>1</b> Mah Jong</p>	<p>10</p> <p><b>9:30</b> Tai Chi <b>11 Tech Time with Rizwan</b> <b>12:30</b> Bridge</p>	<p>11</p> <p><b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>1</b> Movie: "Centurian: The Dancing Stallion"</p>	<p>12</p> <p><b>9:30</b> Mindful Meditation <b>12</b> Friday Café <b>1</b> Mah Jong</p>
<p>15</p> <p><b>11:30</b> Bowling at the Barn in OB <b>12:30</b> Bridge</p>	<p>16</p> <p><b>9</b> Yoga <b>10</b> Knitting <b>12 Tues Lunch</b> <b>1</b> Mah Jong</p>	<p>17</p> <p><b>9:30</b> Tai Chi <b>12:30</b> Bridge</p>	<p>18</p> <p><b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>1</b> Bingo</p>	<p>19</p> <p><b>EOCA Board</b> <b>9:30</b> Mindful Meditation <b>12</b> Friday Café <b>1</b> Mah Jong</p>
<p>22</p> <p><b>11:30</b> Bowling at the Barn in OB <b>12:30</b> Bridge <b>1</b> Decoupage</p>	<p>23</p> <p><b>9</b> Yoga <b>10</b> Knitting <b>12 Tues Lunch</b> <b>1</b> Mah Jong</p>	<p>24</p> <p><b>9:30</b> Tai Chi <b>12:30</b> Bridge</p>	<p>25</p> <p><b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>2pm</b> Michael Quinlan presents: "Taiwan—The Window is Closing"</p>	<p>26</p> <p><b>9:30</b> Mindful Meditation <b>12</b> Birthday Café <b>1</b> Mah Jong</p>
<p>29</p> <p>~CLOSED~ <b>MEMORIAL DAY</b> REMEMBER &amp; HONOR</p>	<p>30</p> <p><b>9</b> Yoga <b>10</b> Knitting <b>12 Tues Lunch</b> <b>1</b> Mah Jong</p>	<p>31</p> <p><b>9:30</b> Tai Chi <b>12:30</b> Bridge</p>		<p><b>BLUE = OTHER LOCATION</b> <b>PURPLE = ZOOM</b> <b>GREEN = ANCHORS</b></p>

# Programs and Services

## Art Making

**Decoupage Flower Tins Craft** Monday, May 22nd at 1pm. Using vintage inspired botanical images and artisan papers, we will create a tin to hold your summer blooms. Call or visit our website to register.

## Closures

**The Anchors is Closed Monday, May 29 for Memorial Day.**

## Coffee with a Cop

**Coffee with a Cop** is Tuesday, May 9 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department.

## Conversation Group

**Conversations** Thursdays in May from 11am-12pm. Join us.



# TEDx

## Conversations

Join us for Conversations,

Thursdays from 11am-12noon.

Each session will begin with the viewing of a Tedx presentation, followed by a discussion of the topic. Stay connected & engaged.

**Never stop learning.**

Call or email to register.



## Exercise & Wellness

**Bowling** Every Monday through the end of May. No bowling May 29. Please arrive at 11:30. Edgartown players pay \$10 for bowling and lunch thanks to the Friends of the ECOA. Price for non-Edgartown residents is \$20 per person.

**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.

**Yoga with Carol Vega** Tuesdays at 9am. Please call to register if you would like to join us.

## Games

**Bingo** Thursdays, May 4 and 18 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 Jong** meets Tuesdays and Fridays at 1pm. Please call to register in advance 508-627-4368

## Knitting & Needlework

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

## Legal

The following attorneys all have their main offices on the mainland and frequently come to Martha's Vineyard to meet with clients. They all specialize in elder and estate law. These are not legal aid attorneys; they charge for their services:

**Suprenant and Beneski** 508-994-5200

<https://myfamilyestateplanning.com>

**Arthur P Bergeron** 508-860-1470

[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)

## Lifelong Learning

**Michael Quinlan Presents: Taiwan– The Window is Closing** Thursday, May 12 at 2pm. See ad on page 8 for more information.

## 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.

## Technology

**Tech Time with Rizwan** Wednesday, May 10, beginning at 11am. Call to register for a

## Technology cont.

20 minute 1-1 session. Rizwan will help answer your questions about using your laptop, smartphone, iPad, or other devices.

## Transportation

**Transportation** Thanks to a partnership with the VTA, the Anchors now has a van. We are currently using the van to bring people to select programs and local errands. If you live on Chappy and need a ride to the Boston Medivan on an upcoming Tuesday, please call the Anchors to schedule. Call at least 24 hours in advance to reserve.

## Trips

**Trip to Harvard Museum of Natural History** Wednesday, May 17. \$50 per person includes roundtrip coach transportation and museum entrance fee. Last date to register or cancel is May 5. If you are interested please be in touch ASAP.

## Wellness

**Shawn Woodbrey** hearing aid specialist from At Home Hearing Healthcare. Monday, May 8. 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 Public Health Nurse** Tuesday, May 9 from 11am-12. Come by and have your blood pressure checked, or consult with the nurse about your health.



Diane Wall 'passes the knife' to the new Anchors cook, Chris McMahon, during lunch on her last day. Welcome Chris!



Visiting with the animals at Native Earth was a bonus on our Milokan experience.



Rick with Meris' daughter Willow, having a mini jam session before the program begins.

## Some photos from our visit to the Milokan Cultural Center in Chilmark



A treehouse (for the surefooted!) awaits the imaginations of children and adult visitors alike.



The group learned some fundamental rhythms to practice during a drum circle.

*Thank you Rick, & also  
Rebecca of Native Earth  
Teaching Farm!*



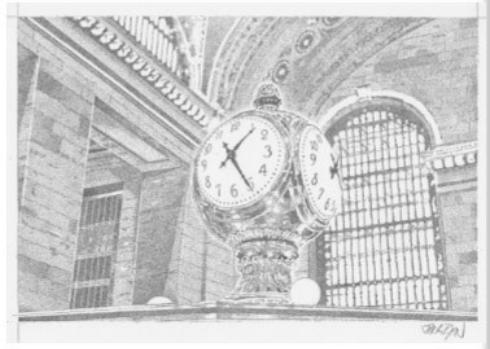
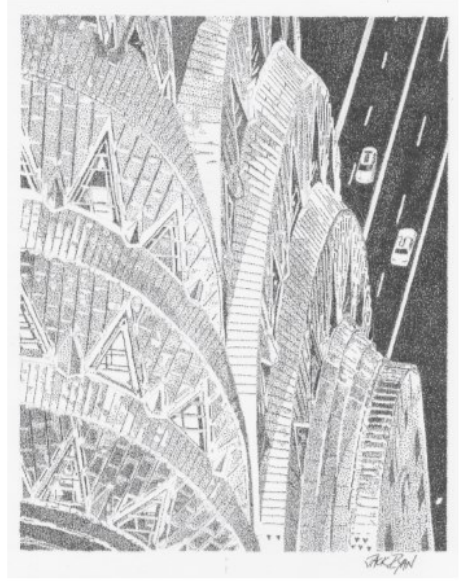
Rick Bausman speaks about his efforts in Haiti, where he works with local spiritual and community leaders to preserve traditions through the creation of cultural centers. His work has allowed some Haitians to forge meaningful connections to cultural leaders in Benin, a place which holds deep spiritual and cultural significance in the history of Haiti. The Milokan Cultural Center is an excellent example of how such an intentional space can foster a deep sense of community and connection through the use of music and other creative modalities.

# Artist of the Month

For the May 2023 reboot of this long running Anchors program:  
**a Duo Exhibition**

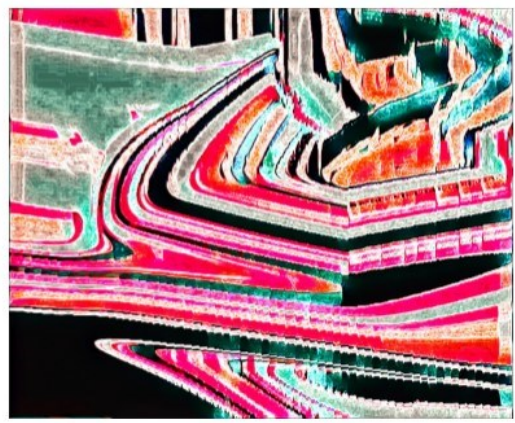
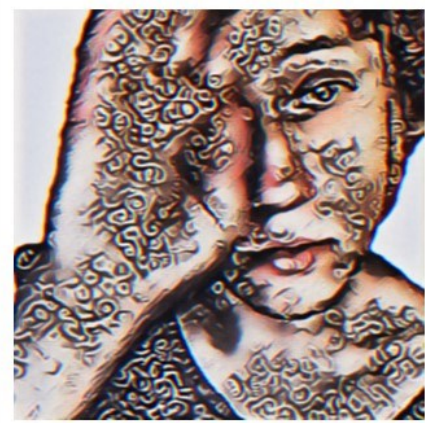
## Jack Ryan

Born in Brooklyn, New York in 1957, Jack has always been intrigued with the towers of Manhattan which rose across the East river. He graduated from the High School of Art and Design in Manhattan and attended Pratt Institute in Brooklyn. Jack's work has been published worldwide.



## Paige Taylor

Paige Taylor is a 27 year-old artist who was raised on Martha's Vineyard and is currently based in Boston. Her artwork is made using computer software, utilizing innovative techniques to create avant-garde digital mixed media pieces. She wants her artwork to convey themes filled with power, feminine beauty, chaos, and grace.



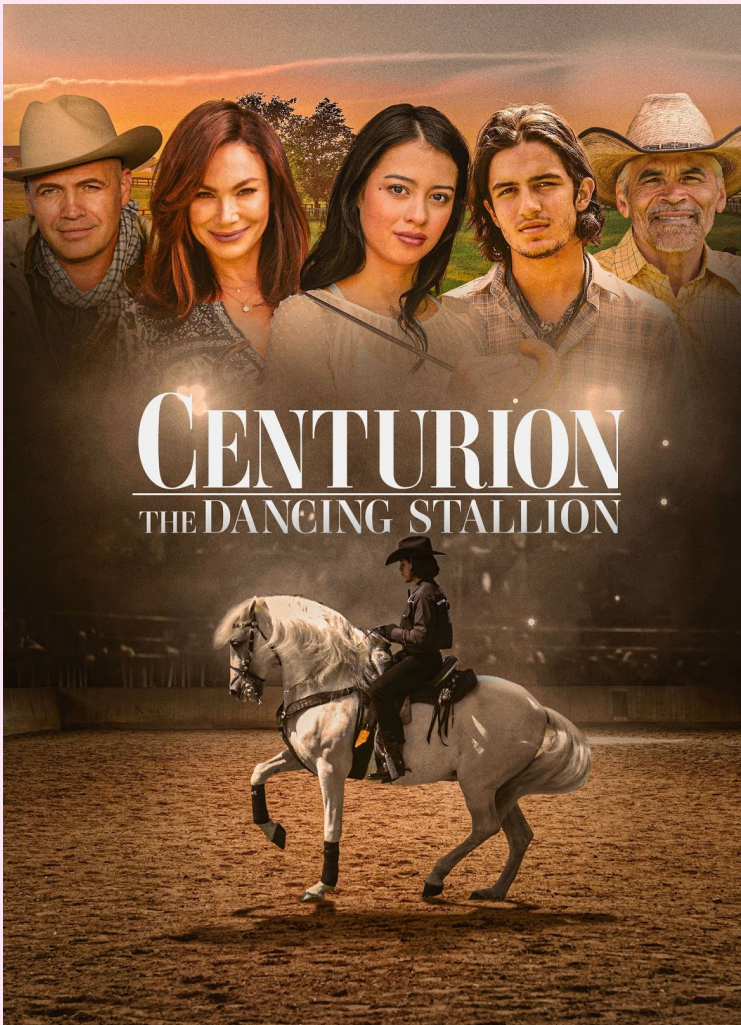
Board Members

Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Nancy Ignacio  
Jay Sigler  
John Dropick  
Lisa Sherman  
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



**Centurion: The Dancing Stallion. 2023.**  
**Thursday, April 13. 1hr 38 min.** Ellissia adopts a white stallion to train in the art of Mexican horse dancing. As she starts teaching the handsome but previously abused Centurion, Ellissia falls critically ill, which keeps her from competing in a celebrated equestrian event.

Please join us in welcoming **E. Michael Quinlan** back to the Anchors for the first in his popular summer lecture series. *Michael takes a careful and considerate deep-dive into some of the most complex issues playing out on the world stage today.*

**“Taiwan– The Window is Closing”**

The United States and the West are facing an unavoidably deadly dilemma



**Thursday, May 25th at 2pm.**

**[Click here for syllabus](#)**

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.

