

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

Edgartown Council on Aging

November 2023



Judy and Paul adopted a new pet from the Hospital Thrift Shop on Nantucket.



Victoria with our newest Anchors volunteer, Steve Jacobs. Welcome, Steve!



Donna, Shirley, Jane, and Meris all brought their knitting for the boat ride.



Photographer, Peter Dreyer, speaks to the lunch room about the processes used in creating his black and white photographs.



Bruce, Cindy, Rosemary, and Bob on the Hyline.



WPT Professor Emeritus Wes Mott giving a lecture on conservation efforts (past and present) at Walden Woods



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

11/7 Egg Sandwich

\$5

11/14 Chili Bar Veterans
Lunch

11/21 Chicken Salad Sandwich

11/28 Fried Eggplant Sandwich

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.

Friday Café ~ with dessert

\$7

11/3 Chicken Parmesan with Pasta

11/10 Closed ~ NO LUNCH

11/17 Beef Stroganoff

11/24 Closed ~ NO LUNCH

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

Soups: 2 for \$5

Meals: \$5



November 2023

To register, or to learn more about programs at the Anchors, call 508-627-4368 or visit www.edgartowncoa.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Anchors is open Mon-Fri 9am-4pm</p>	<p>3</p> <p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>	<p>1</p> <p>9:30 Tai Chi 12:30 Bridge</p>	<p>2</p> <p>1 Bingo</p>	<p>3</p> <p>9:30 Mindful Meditation 12 Friday Café 1 Mah Jongg</p>
	<p>6</p> <p>11:30 Bowling 12:30 Bridge</p>	<p>7</p> <p>9 Yoga 10 Knitting 1 Mah Jongg</p>	<p>8</p> <p>9:30 Tai Chi 11 Tech Time with Rizwan 12:30 Bridge</p>	<p>9</p> <p>1 Watch Blue Zones Episodes 1 & 2</p>
<p>13</p> <p>9am Hearing Wellness 11:30 Bowling 12:30 Bridge</p>	<p>14</p> <p>9 Yoga 10 Knitting 12 Veterans Lunch 1 Mah Jongg</p>	<p>15</p> <p>9:30 Tai Chi 12:30 Bridge</p>	<p>16</p> <p>1 Bingo</p>	<p>17</p> <p>ECO Board 9:30 Mindful Meditation 12-1 Wellness Clinic 12 Birthday Café 1 Mah Jongg</p>
<p>20</p> <p>11:30 Bowling 12:30 Bridge</p>	<p>21</p> <p>9 Yoga 10 Knitting 12 Tues Lunch 1 Mah Jongg</p>	<p>22</p> <p>9:30 Tai Chi 12:30 Bridge</p>	 <p>CLOSED for Thanksgiving Nov 23 & 24</p>	
<p>27</p> <p>11:30 Bowling 12:30 Bridge</p>	<p>28</p> <p>9 Yoga 10 Knitting 12 Tues Lunch n Learn w Cindy Trish—Transportation 1 Mah Jongg</p>	<p>29</p> <p>9:30 Tai Chi 12:30 Bridge</p>	<p>30</p> <p>1 Watch Blue Zones Episodes 3 & 4</p>	

Programs and Services

Artist of the Month

Mother-daughter duo Cindy Bonnell and Catherine Griffin's handmade quilts will adorn the walls of the Anchors again this holiday season. Please come and enjoy them from mid-November through the beginning of the New Year.

Chappaquiddick Community Center

The Chappaquiddick Community Center (CCC) is a gathering place for year-round and seasonal residents as well as all visitors. The center creates and maintains social, recreational, and educational programs for adults and children. The CCC, through its facilities and activities, cultivates a greater appreciation of Chappaquiddick, its people, and its environment. For a calendar of events and programs, visit them online: chappycommunitycenter.org

Closures

The Anchors will be closed on Friday, November 10 in observation of Veterans Day.
The Anchors will be closed on November 23rd and 24th for the Thanksgiving holiday.

Coffee with a Cop

Coffee with a Cop will break for November and return Tuesday, December 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.

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.

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

Bingo Thursdays, October 2nd and 16th at 1pm. Come and have some good clean fun!

Games

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 1pm. Please call to register in advance 508-627-4368

Play Canasta or Cribbage? We often get requests from people who want to play card games other than the ones we have established. Some people have recently inquired about Canasta and Cribbage. We love to match those with similar interests so they can start new groups here at the Anchors. Please call Meris if you are interested.

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.

Lunch & Learn

Common Medicare Legal Issues during and after lunch on Tuesday, November 7. Andrew Bardetti, Staff Attorney at South Coastal Counties Legal Services will present on the topic and be available for questions.

All About Transportation on MV Tues., Nov. 28 during lunch. Cindy Trish of HAMV will discuss transportation options for older adults on Martha's Vineyard and answer your questions about your transportation needs. Cindy Trish is the Executive Director of Healthy Aging Martha's Vineyard, has been an island "wash-ashore" for over 23 years and lives in Edgartown. She has over 35 years of experience in marketing research, marketing communications and strategic planning. Clients included technology leaders, financial services providers and health insurers and providers with a particular focus on older adults. She ran

Lunch & Learn Cont.

her own agency for 15 years in Silicon Valley and has worked for large, international companies, including a three year assignment in London. Cindy enjoys being outdoors, either playing tennis, pickle ball, swimming or biking when not in her garden or hanging out with her grandchildren.

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
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.

Technology

Tech Time with Rizwan Wednesday, Nov 8 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.

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, including a Tuesday morning shopping shuttle to the Stop & Shop. If you live on Chappy and need a ride to the Boston Medivan on an upcoming Tuesday, please call the Anchors to schedule. Please call to reserve your Medivan ride after making your medical appointment.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, Nov 13. 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 Friday, November 17 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.



Pop culture historian and author Marty Gitlin giving a charming and fun presentation on the Best Sitcoms of All Time. It was a very enjoyable walk down memory lane.



Bruce shares his son and daughter in law's 15 minutes of fame on HGTV's House Hunters. Congratulations on your lovely new home!

Space is limited,
With priority given to
Veterans.

You must call
508-627-4368

Or email
mkeating@edgartown-ma.us
TO RESERVE!

**Lunch is a Chili bar with
Tortilla Chips and sides**

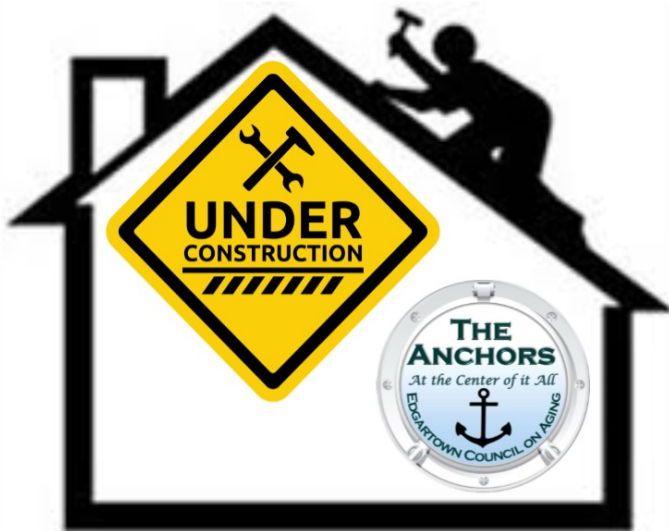
Attention Veterans!

We invite you to join us for a
lunch in your honor.
Where? The Anchors,
When? Tuesday, Nov 14th
12 noon



ALZHEIMER'S DISEASE AWARENESS MONTH

NOVEMBER



Attention:

Upcoming repairs on the Anchors roof may cause some program interruptions beginning the week of November 27. We appreciate your patience during this time. Staff will promptly

communicate any impact the work will have on regularly scheduled programs and services. Regular and pre-registered attendees will be contacted by phone and/ or email.

Updates will be posted on the home page of our website.

www.edgartowncoa.com

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



“Live to 100 - Secrets of the Blue Zones”

Join us on Thursdays, November 9 & 30, at 1pm to watch this fascinating and feel good docuseries from Netflix at the Anchors. Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

Thursday, November 9 at 1pm, watch episodes 1 & 2

1. **The Journey Begins 34m.** Dan Buettner travels to Okinawa, Japan, where the island's oldest residents still share a serene way of life motivated by a sense of purpose, or "ikigai."
2. **An Unexpected Discovery 45m.** From the mountain villages of Sardinia to a sunny suburb in California, Dan Buettner explores what contributes to the long lifespans of the people in these communities.

Thursday, November 9 at 1pm, watch episodes 3 & 4

3. **The End of Blue Zones? 39m.** People in two very different Blue Zones – the Greek island Ikaria and Costa Rica's Nicoya Peninsula – thrive thanks to their unique diets and traditions.
4. **The Future of Longevity 40m.** Dan Buettner visits Singapore, then shares his discoveries in the United States to find out if it's possible to create new Blue Zones in a rapidly changing world.

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.

