

Edgartown Council on Aging

October 2023



George and Pat bagging filets



Dedicated volunteers hard at work for fish distribution



Trudy and Teddy



Denise Schepici's Talk was engaging, informative, and well received by a full room.



Just some of the beautiful weekly bounty generously given by Slip Away Farm each week.



Lunch attendees in September at a Lunch n Learn with Martha's Vineyard Hospital's COO, Denise Schepici. Participants learned more about the island's hospital and it's efforts to expand access to specialists, as well as employee housing, the Greenhouse project, and a Q&A.





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

10/3 Veggie Burger

\$5

10/10 Chicken Salad over
Greens

10/17 Portobello Sandwich

10/24 Quesadilla

10/31 Pizza

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

10/6 Curry Chicken w Rice

\$7

10/13 Hot Turkey Sandwich
with Fries

10/20 Mushroom Pasta

10/27 Chicken Marbella

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

Soups: 2 for \$5

Meals: \$5



October 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>2</p> <p>8:30 *BONUS* FISH</p> <p>12:30 Bridge</p>	<p>3</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>1 Mah Jongg</p>	<p>4</p> <p>8:30 FISH</p> <p><i>*No Tai Chi today</i></p> <p>12:30 Bridge</p>	<p>5</p> <p>8:45 Nantucket Trip meets in OB</p> <p>11 Ted Talks Conversations</p> <p>1 Bingo</p>	<p>6</p> <p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>11:30 Lunch n Laugh with Marty Gitlin</p> <p>1 Mah Jongg</p>
<p>CLOSED FOR</p>  <p>INDIGENOUS PEOPLES' DAY</p> <p>9</p>	<p>10</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>11 Coffee w a Cop</p> <p>12-1 Wellness Clinic with Town Nurse</p> <p>1 Mah Jongg</p>	<p>11</p> <p>8:30 FISH</p> <p>9:30 Tai Chi</p> <p><i>*No Tech Time</i></p> <p>12:30 Bridge</p>	<p>12</p> <p>11 Ted Talks Conversations</p> <p>1 Movie: City Slickers</p>	<p>13</p> <p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1 Mah Jongg</p>
<p>16</p> <p>9am Hearing Wellness</p> <p>12:30 Bridge</p>	<p>17</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1 Mah Jongg</p>	<p>18</p> <p>9:30 Tai Chi</p> <p>11 Tech Time with Rizwan</p> <p>12:30 Bridge</p>	<p>19</p> <p>11 Ted Talks Conversations</p> <p>1 Bingo</p>	<p>20</p> <p>ECO Board</p> <p>9:30 Mindful Meditation</p> <p>11 Wes Mott Talk: Walden Woods</p> <p>12 Friday Café</p> <p>1 Mah Jongg</p>
<p>23</p> <p>10 Talavera Style Pot Painting</p> <p>12:30 Bridge</p>	<p>24</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch w Nancy Tutko</p> <p>1 Mah Jongg</p>	<p>25</p> <p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	<p>26</p> <p>11 Ted Talks Conversations</p> <p>1 Movie: The Thomas Crown Affair</p>	<p>27</p> <p>9:30 Mindful Meditation</p> <p>12 Birthday Café</p> <p>1 Mah Jongg</p>
<p>30</p> <p>10 Talavera Style Pot Painting</p> <p>12:30 Bridge</p>	<p>31</p> <p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch w Halloween Costume Contest</p> <p>1 Mah Jongg</p>		<p>The Anchors is open Mon-Fri 9am-4pm</p>	<p>BLUE = OTHER LOCATION</p> <p>PURPLE = ZOOM</p> <p>GREEN = ANCHORS</p>

Programs and Services

Art Making

Talavera Inspired Painted Pots Back by popular demand! Join us on Mondays, October 23rd & 30th at 10am for another pot painting workshop. Paints and inspiration provided. Please bring your own pot, painted white ahead of time. Speak to Meris for more info.

Artist of the Month

Peter Dreyer will show a collection of his black and white photography at the Anchors during October. Please join us for his Artist's lunch on Tuesday, October 17 at 12noon. Please call ahead to register.

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 Monday, October 9 for Indigenous People's Day.

Coffee with a Cop

Coffee with a Cop Tuesday, October 11 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.

Conversation Group

Conversations and Tedx Talks Thursdays from 11am-12pm. All are welcome.

Exercise & Wellness

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.

Fish Distribution

10/2, 10/4, 10/11 Anchors 2023 Fish distribution. Doors open at 8:30am and you'll take a number. Thanks to our volunteers, the MV Striped Bass & Bluefish Derby, and of course, all of those who donate their catch to the program.

Games

Bingo Thursdays, October 5th and 19th 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 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.

Lifelong Learning

Wes Mott presents: The Crusade to Save Walden Woods: Conservationists, Rock Stars & Youth. Friday, October 20, at 11am. Join us for a talk on this timely subject, and stay for lunch afterwards if you'd like.

Lunch & Learn & Laugh

The Greatest Sitcoms of All Times Friday, October 6th. Join us for a special extended

Lunch & Learn & Laugh

lunchtime offering, beginning at 11:30. Pop Culture historian Marty Gitlin brings us this 'Lunch n Laugh' "The Greatest Sitcoms of All Time" is an interactive and lighthearted program which is sure to please. You must register in advance.

Nancy Tutko, project manager for TrailsMV. Join us for lunch on Tues. Oct 24, when Nancy will discuss how the app works and what kind of information it offers to people who are interested in exploring the island's conservation lands. She'll also talk about how the organizations are working together to improve walking conditions along existing trails and plan new ones that are safer and more accessible for people of all levels of mobility.

Halloween Party during Tuesday lunch 10/31! Get scary, weird, creative, or funny. Prizes will be given for the best costumes! Call to register for lunch in advance.

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, Oct 18 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, Oct 16. 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, October 10 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.



Jan, Ethel, Barb, and David playing Bridge



Susan, Rick, Dorothy, and Kit



Leslie and Lyndsay chat during fish distribution.



A Funny Program About Funny Programs: The Greatest Sitcoms of All Time

Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *Seinfeld*, *The Golden Girls*, *Frasier* and *The Big Bang Theory*. He will show funny snippets of these shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun!

THE GREATEST SITCOMS OF ALL TIME

MARTIN GITLIN



Please join us for this fun and unique lunch
experience at the Anchors!

Friday, October 6th

**Program begins 11:30am,
Lunch is served at 12noon.**

You must call or register online to reserve your spot
in advance.





Join us for a talk?

Wes Mott presents: *The Crusade to Save Walden Woods: Conservationists, Rock Stars & Youth.*

Friday, October 20, at 11am.



**Lunch and Learn
At The Anchors**

Nancy Tutko, project manager for TrailsMV, will discuss how the app works and what kind of information it offers to people who are interested in exploring the island's conservation lands. She'll also talk about how the organizations are working together to improve walking conditions along existing trails and plan new ones that are safer and more accessible for people of all levels of mobility.

During lunch on Tuesday, October 24. Call ahead.



**SHERIFF'S
MEADOW
FOUNDATION**



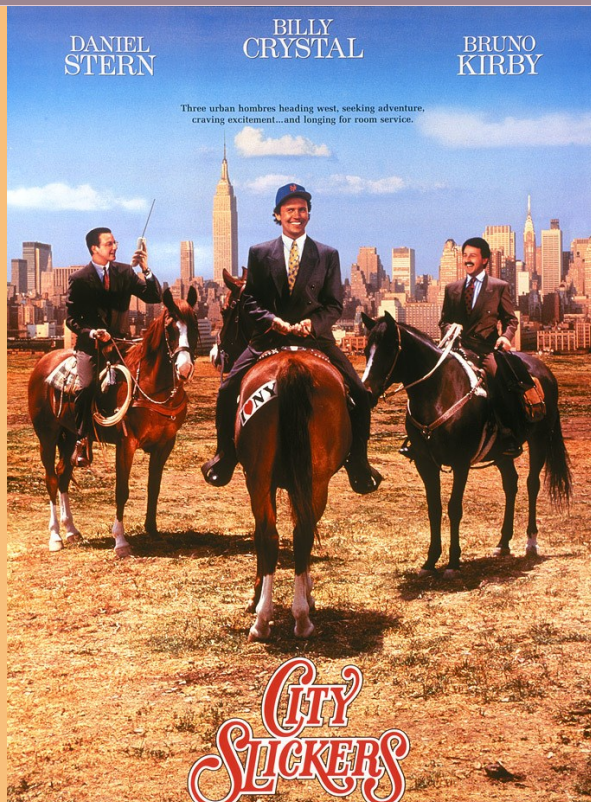
Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
John Dropick
Lisa Sherman
Sue Carroll
Janice Belisle, Friends of ECOA rep

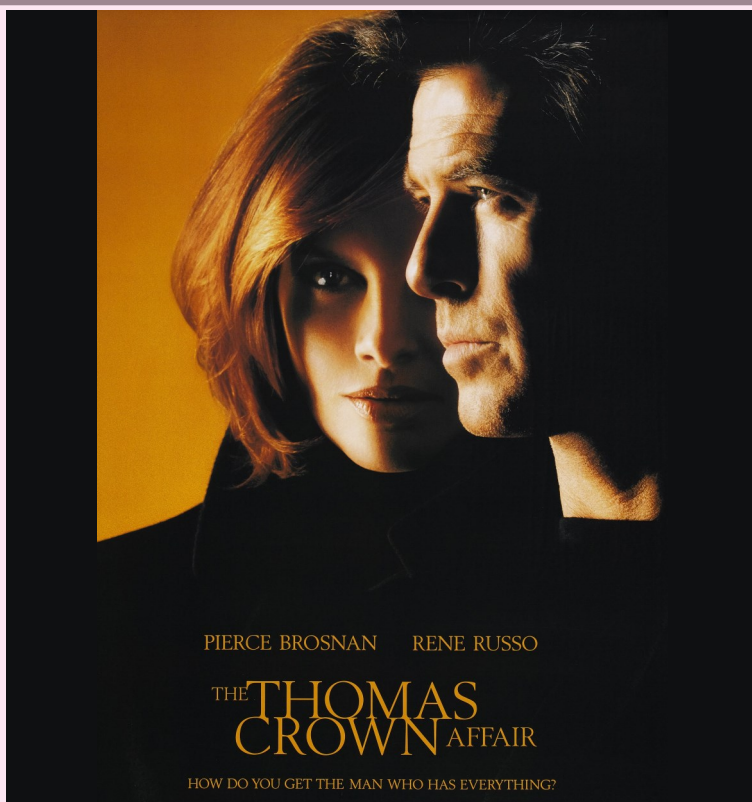


ECOA Staff

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



City Slickers, 1991. 1 hr 52min. Thursday, October 12 @ 1pm. Every year, three friends take a vacation away from their wives. This year, henpecked Phil (Daniel Stern), newly married Ed (Bruno Kirby), and Mitch (Billy Crystal) -- terrified of his midlife crisis -- decide to reignite their masculinity by taking a supervised cattle drive across the Southwest. Under the supervision of gruff cowboy Curly (Jack Palance), the men set out on a journey that turns unexpectedly dangerous. The three men bond along the way to conquering their fear of aging.



The Thomas Crown Affair, 1999. 1hr 53 min. Thursday, October 26 @ 1pm. Bored billionaire Thomas Crown (Pierce Brosnan) decides to entertain himself by stealing a Monet from a reputed museum. When Catherine Banning (Rene Russo), an investigator for the museum's insurance company, takes an interest in Crown, a complicated back-and-forth game with romantic undertones begins between them. In an attempt to find out where Banning's loyalties lie, Crown returns the painting and essentially turns himself in, hoping that Banning's feelings for him will lead to an escape.

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.

