



# T H E F L A S H

*A monthly newsletter published by the*

**Chatham Council on Aging**

**www.chathamcoa.com**

193 Stony Hill Road • Chatham, MA 02633 •  
(508) 945-5190

**July 2024**



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## **Chatham Council on Aging Mission Statement**

We support Chatham residents age 60 and over with a range of health and wellness, social, educational and outreach programs and services to enhance the quality of their lives. We welcome the support of Chatham residents of all ages to promote our mission through community service and resource development.

### **Chatham Council on Aging DISCLAIMER**

The Chatham Council on Aging (COA) promotes programs and opportunities for patrons of the Center to receive legal, financial, medical, recreational and other services or activities by volunteers or nominal cost practitioners. Seniors participating in these services or activities do so with the understanding that the COA, the Town of Chatham and/or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

# July Programs

## BINGO

2 - 3:30 p.m.

Wednesday, July 10th  
193 Stony Hill Rd

Prizes generously donated by:



Please call to sign up! (508)945-5190



## GOLDEN OLDIES



Tuesday, July 9th 1pm

Based on Dashiell Hammett's novel, this comedy-mystery stars William Powell and Myrna Loy as Nick and Nora Charles. In the first of a series of six "Thin Man" films, they play a leisure-class couple who enjoy drinking and flirtatious banter while investigating and solving a murder case.

Please call to sign up (508)-945-5190



## Tech Help Available!

Having trouble setting up a new device, or learning how to operate a tablet, phone or laptop?

Sign up for a 20 minute appointment with Program Coordinator, Anna Milan!

Wednesday, July 10th and July 24th  
9-10:30 am  
Center for Active Living

Call Alexis at 508-945-5190 to make your appointment.

## COME MOSEY WITH ME

IT'S NOT A RACE, WALK YOUR PACE

Hosted by Outreach Coordinator, Kerri Kelly!



MONDAYS AT  
1PM

CALL 508-945-5190  
TO SIGN UP!

CELEBRATING A BIRTHDAY THIS MONTH?  
JOIN US FOR THE FRIENDS OF CHATHAM COA

## Birthday Luncheon

THURSDAY, JULY 18TH 12:30PM

Sandwiches, sides,  
cupcakes and ice cream will  
be served, followed by a gift  
card drawing!



Please RSVP by Monday, July 15th  
508-945-5190

## HEALTHY MEALS IN MOTION

Providing food assistance since 2016

JULY 17TH  
NOON @ CFAL

Contact Leah  
for more information!

508-945-5190



# GOLDEN OLDIES



Tuesday, July 23rd 1pm

This classic crime thriller from Alfred Hitchcock stars Grace Kelly and Ray Milland. A husband hires a stranger to kill his wife, but his plan is foiled by her former lover, played by Robert Cummings.

Please call to sign up (508)945-5190

# GAME SCHEDULE

CALL TO SIGN UP!

Monday	Tuesday	Wednesday	Thursday	Friday
1 p.m.	1 p.m.	1 p.m.		1 p.m.
Cribbage Masters	Scrabble	Cribbage Masters		Bridge
Mahjong				

## SCOOPS OF FRIENDSHIP

Tuesday, July 30th 2 p.m. ~ Center for Active Living

Celebrate National Friendship Day at the Chatham COA Ice Cream Social

Call to sign up! 508-945-5190

## Luau Luncheon

JULY 12TH @ 12:30 P.M.

CENTER FOR ACTIVE LIVING

CALL TO SIGN UP! 508-945-5190

WE EXTEND OUR GRATITUDE TO THE FRIENDS OF CHATHAM COA FOR THEIR GENEROUS SPONSORSHIP OF OUR PROGRAM. WHILE NOT REQUIRED, A SUGGESTED DONATION OF \$7 IS APPRECIATED, WITH ALL PROCEEDS BENEFITING THE FRIENDS ORGANIZATION.

## The Alzheimer's Family Support Group

Chatham Center for Active Living

Meets 2nd and 4th Tuesday at 10:30am

July 9th and July 23rd

Call to register (508)- 896-5710

## BUSY FINGERS

KNITTING GROUP

Every Thursday, 1-3 p.m.

Chatham Center for Active Living

No registration required.

ALL LEVELS WELCOME!

# Yoga

*with Ashley Woodworth*



**Chatham  
Community  
Center**  
1-2 p.m.

**Please call to  
register!**

508-945-5190

*\*Liability Form Required\**

**Tuesdays: Chair Yoga**

**Thursdays: Gentle Flow**

Join us for rejuvenating yoga sessions twice a week! Whether you're seeking to build strength or find inner peace, our classes cater to all levels and preferences.

Come discover the benefits of yoga with Ashley!

**We extend our gratitude to the Friends of Chatham COA for their generous sponsorship of our program. While not required, a suggested donation of \$5 is appreciated, with all proceeds benefiting the Friends organization.**



## Chatham Tai Chi

*Meditation in Motion*



- Low impact, slow moving exercise
- Proven to help maintain strength, flexibility and balance
- Easily adaptable for all levels of ability

**Tuesdays 8-9 a.m.**  
**Chase Park, off Cross St.**

## Osteoporosis Prevention Exercise Class



Tuesdays & Thursdays 8:30- 9:30 a.m.

**First United Methodist Church**  
**569 Main St Chatham, MA 02633**

- Structured to help people diagnosed with or at risk of Osteoporosis with strength, flexibility, balance and function
- Classes are FREE and open to all
- Led by trained ESCCI volunteers

**\*\*IMPORTANT\*\***

Participant acknowledgment form required!



**Contact Dawn to sign up!**  
**(508) 394-4630 x 530**

## 10 Things About Me...

1. I attended 4 years of art school in Boston, majoring in Oil painting and print making.
2. In the 90s I interned at an animation company in Boston.
3. When I was in high school I was a Sea Scout.
4. I have 2 children, a girl and a boy.
5. I still have a motorcycle license.
6. My favorite trail is the White Cedar Swamp trail at Marconi in Wellfleet.
7. I was born on Cape Cod.
8. My happy place is morning coffee/tea on my back deck, listening to the birds.
9. I am a big New England Patriots fan.
10. I love to learn new things!

**MEET OUR NEW  
OUTREACH  
COORDINATOR**

**Kerri  
Kelly**



## 10 Things About Me...

1. I enjoy going out on the boat with my little family.
2. I've been coaching a travel softball team for 10 years.
3. Country music is my favorite, especially Carrie Underwood.
4. My daughters and I enjoy cooking dinner together every night.
5. My favorite food to take out is Sushi from Fisherman's View.
6. I love sports, especially Football Sundays!
7. My friends and I have our own little book club, and often enjoy reading books by Freida McFadden and Colleen Hoover.
8. My goal this summer is to improve my gardening skills.
9. My favorite kind of Ice Cream is Cotton Candy.
10. A dream of mine would be to travel cross country.



**MEET OUR NEW  
DEPARTMENT  
ASSISTANT**  
**Alexis  
Weglarz**

# Chatham Council on Aging Board

We work closely with the Town's Council on Aging Division to advocate for and meet the needs of residents aged 60 and over.

## Upcoming Meetings:

Monday, July 15th 9:30 a.m.  
Monday, August 19th 9:30 a.m.



**Our meetings are the third Monday of every month at the Town Hall Annex at 9:30 am, and invite members of the public to join us!**

We welcome your ideas, questions, and especially suggestions to help identify the needs of Chatham's older population. Alternatively, you can simply join us to learn about who we are and what we do!

# Outreach Services & Programming

## Transportation

The Chatham Center for Active Living currently offers transportation for:

- Medical and Dental appointments
- Rock Harbor respite for Chatham residents
- Grocery & Pharmacy delivery
- Weekly trips to Stop & Shop
- Bank, Post Office, Hair appointments, Library, COA programs only *if drivers are available, medical appointments receive priority*

## Health & Wellness

Call (508) 945-5190 for information

**Footcare Clinic:** 4th Wednesday of the month, 9a-3p at the CFAL by appointment only \$50

**Blood Pressure & Wellness Clinic:** Thursdays 9-10am at CFAL. Walk-ins Welcome

**Healthy Meals in Motion: Grocery Program**  
3rd Wednesday of the month, 12p at the CFAL.

## Legal Services

Call (508) 945-5190 for information and/or to set up an appointment

**Michael Lavender :** Trusts, wills, estate planning

**SCCLS Andrew Bardetti:** Housing, government benefits, health law, guardianship, reverse mortgages, consumer issues

## Recovery Services

Outer Cape Health Recovery Coach-Kelly Connolly at 774-801-8133

Office Hours: Chatham Police Department  
Wednesdays 12p-4pm drop in or by appointment

## Support Services

### **Alzheimer's Family Support Center Caregiver & Dementia Support Group (AFSC)**

Meets in person at the CFAL on the 2nd and 4th Tuesday of the month. Please contact AFSC at (508) 896-5170 or email [info@capecodalz.org](mailto:info@capecodalz.org).

### **The Cape & Islands Veterans Outreach Center Food Pantry:**

For former military personnel and their families. *Please bring proof of Veteran status.*

Please call (508) 778-1590

### **Independence House Office Hours:**

2nd Thursday of the month, Chatham Center for Active Living 9am—11am

Drop in or call to make an appointment!

### **Community Services Clinician Office Hours:**

Every Thursday, Chatham Center for Active Living  
Available for walk in appointments between 12-4 pm

### **For Mental Illness Services :**

Call NAMI Cape Cod & Islands (508) 778-4277.

### **Mental Illness Support Group:**

Meets every Wednesday 2-3:30p  
Federated Church of Orleans (162 Main Street East Orleans).

Call Carolyn Witt at 774-722-4528.

### **Neuropathy Support Group:**

[tinameserveycpnp@aol.com](mailto:tinameserveycpnp@aol.com)

### **Parkinson's Support Group**

Call Betty Magnusson at (508) 945-1106

### **SHINE:**

Serving the Health Insurance Needs of Everyone, at CFAL. Appointments available Tuesdays and Fridays  
(508) 945-5190

### **Sight Loss Services**

(508)394-3904 [www.sightloss.org](http://www.sightloss.org)

Support group meets 1st Tuesday of the month at the Harwich Community Center 10:30 am

# July 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) 1 Walking Group (CFAL) Grocery &amp; RX Delivery</p>	<p>2</p> <p>8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 1 Chair Yoga (CC) 1 Scrabble (CFAL) SHINE by appointment</p>	<p>3</p> <p>1 Cribbage Masters (CFAL)</p>	<p>4</p> <p style="text-align: center;"><b>In Honor of Independence Day the CFAL will be CLOSED.</b></p> <p style="text-align: center;"><b>Come and see us in the Fourth of July parade!</b></p>	<p>5</p> <p>1 Bridge (CFAL) SHINE by appointment</p>
<p>8</p> <p>1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) 1 Walking Group (CFAL) Grocery &amp; RX Delivery</p>	<p>9</p> <p>8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10:30 Alzheimer's Family Support Group (CFAL) 1 Chair Yoga (CC) 1 Golden Oldies (CFAL) 1 Scrabble (CFAL) SHINE by appointment</p>	<p>10</p> <p>9 Tech Help with Anna (CFAL) 1 Cribbage Masters (CFAL) 2 Bingo (CFAL)</p>	<p>11</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 9-11 Independence House Office Hours (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop &amp; Shop trip Grocery &amp; RX Delivery</p>	<p>12</p> <p>12:30 Luau Luncheon (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>15</p> <p>9:30 COA Board of Directors Meeting (Town Hall Annex) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) 1 Walking Group (CFAL) Grocery &amp; RX Delivery</p>	<p>16</p> <p>8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 1 Chair Yoga (CC) 1 Scrabble (CFAL) SHINE by appointment</p>	<p>17</p> <p>12 Healthy Meals in Motion (CFAL) 1 Cribbage Masters (CFAL)</p>	<p>18</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 12:30 Friends of the CCOA Birthday Luncheon (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop &amp; Shop trip Grocery &amp; RX Delivery</p>	<p>19</p> <p>1 Bridge (CFAL) 5-6:30 Bingo on the Green (CC) SHINE by appointment</p>
<p>22</p> <p>1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) 1 Walking Group (CFAL) Grocery &amp; RX Delivery</p>	<p>23</p> <p>8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10:30 Alzheimer's Family Support Group (CFAL) 1 Chair Yoga (CC) 1 Golden Oldies (CFAL) 1 Scrabble SHINE by appointment</p>	<p>24</p> <p>9-3 Footcare (CFAL) 9 Tech Help with Anna (CFAL) 1 Cribbage Masters (CFAL) Attorney Lavender by appointment</p>	<p>25</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop &amp; Shop trip Grocery &amp; RX Delivery</p>	<p>26</p> <p>1 Bridge (CFAL) SHINE by appointment</p>
<p>29</p> <p>1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) 1 Walking Group (CFAL) Grocery &amp; RX Delivery</p>	<p>30</p> <p>8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 1 Chair Yoga (CC) 1 Scrabble (CFAL) 2 Ice Cream Social (CFAL) SHINE by appointment</p>	<p>31</p> <p>1 Cribbage Masters (CFAL)</p>		<p><b>ALL are welcome at the Chatham Center for Active Living!</b></p>



*In loving remembrance*

*Mark  
Raymond  
Zibrat*

*January 13, 1953*

*June 7, 2024*

On behalf of the entire COA community, we extend our heartfelt condolences to Friends Board Member Robin Zibrat, her family and friends during this difficult time. Our thoughts and prayers are with them.

# BINGO

## ON THE GREEN



The Department of Community Services is thrilled to invite all generations to an exciting evening of games, family and fun!



Friday, July 19th  
5- 6:30 p.m.



Chatham  
Community Center  
702 Main St



Sign Up online at  
<https://chathamma.myrec.com>  
or Call Alexis at 508-945-5190





# Thank you!



**We would like to extend our heartfelt gratitude to everyone who contributed to and attended our 50th Anniversary Open House. Your support and participation made this milestone celebration truly special!**

**Thank you for being a part of our journey and for helping us create wonderful memories. We look forward to many more years of success and community togetherness.**

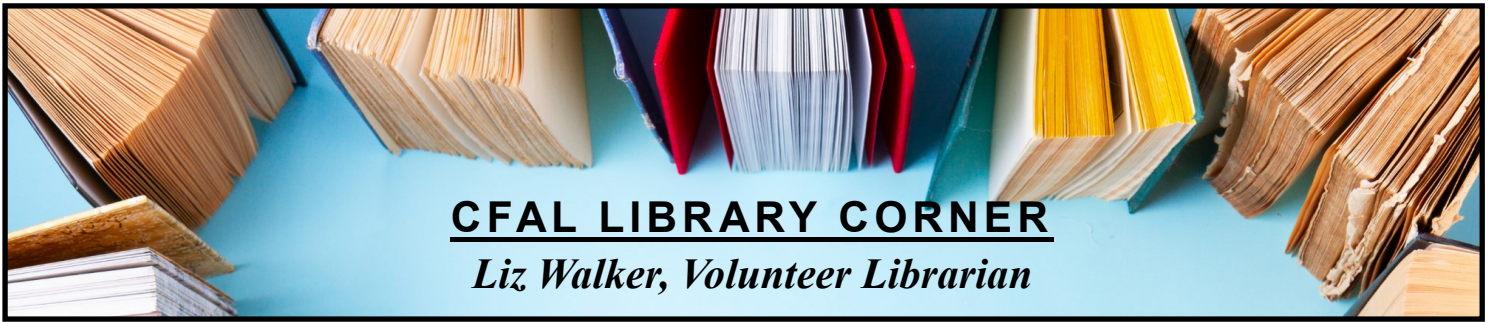
**A very special thanks to the following:**

**Volunteers**

Laura Everett, Pat Burke, Judy Hanlon, Anthony Pacillo, Dore Butler, Susie Fishback, Liz Walker, Annie Holton, Jan Fields, Michelle Pollard

**Donors**

Chatham Orpheum, Yankee Ingenuity, Where the Sidewalk Ends, Summers Home & Office, Dalli Llama, The Filling Station



## **CFAL LIBRARY CORNER**

*Liz Walker, Volunteer Librarian*

The definition of a “beach read” is as expansive as the ocean that beguiles you to relax and devour one. From Emily Henry’s romance, *The People We Meet on Vacation* (2021), to F.Scott Fitzgerald’s classic, *The Great Gatsby* (1925), books vacationers read are usually escapist, engaging, enlightening or simply guilty pleasures. A cart of “beach reads” awaits in the self-service library at the Center for Active Living. Come by to grab books, puzzles, bargain greeting cards, and free children’s books. Now on our shelves:

### ***Swan Song* by Elin Hilderbrand (2024)**

*Swan Song*, published June 11, is the literal swan song that brings the “queen of the back read’s” 30-book Nantucket-based series to a close. In her grand finale, Police Chief Ed Kapenash is nearing retirement after 35 years of solving crimes on his sand-strewn beat. The chief is on the case when even more wealthy strangers move to the island, sparking social mayhem and a possible murder. (Word on the beach is that Hilderbrand, with daughter Shelby Cunningham, is writing a two-book series set at a New England boarding school)

### ***Fair Rosaline* by Natasha Solomons (2023)**

This subversive and riveting novel about one of Shakespeare’s marginalized characters is “a solid reimagining that undeniably turns the story of Romeo and Juliet firmly on its head”. The author tells a dark, more serious narrative, one that recasts Romeo as a practiced seducer, while offering a new take on the well-known story. (Suggested by Friends Board member Jill James)

### ***Beach Read* by Emily Henry (2020)**

Reviewed as “a witty, charming and swoony novel” about opposites who attract. A romance writer who longer believes in love and a literary stuck in a rut engage in a summer-long challenge that might just upend everything they believe about happy ever– after’s.

### ***The Old Cape Map* by Barbara Eppich Struna (2024)**

This Cape-based adventure is steeped in historical fiction and filled with suspense, secrets, and Spanish gold. Will Nancy Caldwell and niece Jane uncover the treasure in Brewster– or is Max Appleton desperate enough to risk everything to find the riches first? The Cape-based best selling author unspools a compelling story alternating between 1900 and the present day.

## **CFAL BOOK CLUB**

### **\*Important Reminder\***

The CFAL Book Club will be on hiatus for July & August

### **September Selection:**

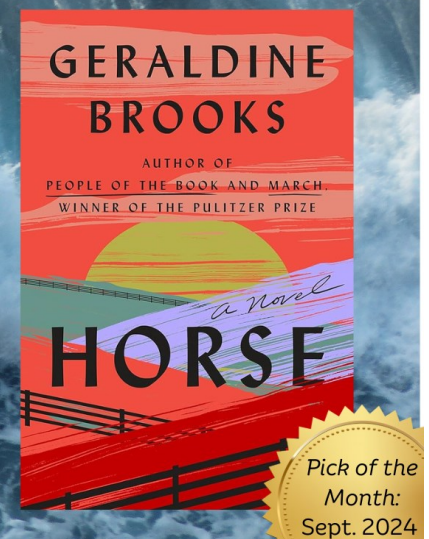
#### **Horse: A Novel by Geraldine Brooks (2022)**

Based on the remarkable true story of America’s greatest racehorse, Lexington, this compelling novel of art, science, love and racism unfolds over three generations.

**Call 508-945-5190 to register.**

Books, including two LARGE- print editions, are available to registrants

**Wednesday, September 11th 11 am - Noon**



## Contact us:

508-945-4190

193 Stony Hill Rd

Chatham, MA 02633

[www.friendsofchathamcoa.com](http://www.friendsofchathamcoa.com)

# FRIENDS OF THE CHATHAM COA



Michael Barry, **President**

Anthony Pacillo, **Director**

Judy Hanlon, **Vice President**

Robin Zibrat, **Director**

Sue Foster, **Treasurer**

Michelle Pollard Kleinkauf,

Elizabeth Walker, **Secretary**

**Director**

Paula Carroll, **Director**

Janet Fields, **Director**

Jill James, **Director**

Vacant, **Director**

## The Friends are excited to announce the launch of their 2024 Annual Appeal, setting a goal of \$75,000!

### Did you know?

- The Friends of the Chatham COA have been supporting programming for seniors at the Chatham Center for Active Living (CFAL) since 1978.
- Programs sponsored by the Friends include:
  - Fitness and Wellness Classes
  - Village Market gift cards for Thanksgiving meals
  - Santa for Seniors gift cards for Holiday shopping
  - Monthly Birthday luncheons
  - Entertainment events
  - Educational Lectures
  - Cooking classes, Coffee with a celeb and more!

**Scan this QR code to visit our website!**



## Donation Report

Paula Carroll In Honor of Carole de Christopher, Joseph Gagliano,  
and Barbara Segall

Hal & Judy Hanlon in Memory of Maria D'Arrigo & Marlene Herlihy

# Chatham Center for Active Living

193 Stony Hill Road, Chatham, MA 02633  
508-945-5190, www.chatham-ma.gov



*Printing and Postage for the FLASH are generously provided by the Friends of the Chatham Council on Aging and a grant from the Executive Office of Elder Affairs.*

## CFAL Staff

**Leah LaCross**, *Director of Community Services*

**Deborah Mayhew**, *Department Coordinator*

**Kerri Kelly**, *Outreach Coordinator*

**Anna Milan**, *Programs & Communication*

**Alexis Weglarz**, *Department Assistant*

## Van Drivers

Dick Hosmer

Mark Massoni

Paul Robinson

Dexter Smith

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## COA Board of Directors

**Pat Burke**, *Chair*

**Nancy Fields**, *Vice-Chair*

**Laura Everett**, *Secretary*

**Joan Bagnell**, *Member*

**Betty Magnusson**, *Member*

**Stan Mansfield**, *Member*

**Ann Ryan**, *Member*



Dear Friends,

Welcome to July, and the celebrations it brings with it! After you've enjoyed Chatham's world-class 4th of July Parade, I hope that you will join us here at your CFAL for some great programming.

This month we have "Mosey with Me", a NEW program led by Kerri Kelly, our Outreach Coordinator. Do you love to walk, but want to go at a slower pace and a distance that is not as long as standard groups? If yes, this is the group for you. Please call to sign up, and join Kerri on Monday's at 1 p.m.

Did you know that we have a new Department Assistant? Alexis Weglarz grew up in Chatham and has now joined us full-time. She has been a pleasure to have around the CFAL and we would love for you to get to know her. Please join us for coffee, refreshments, and conversation with Alexis at our Morning Mixer, on Friday, July 12th, at 9:30 a.m.

Finally, we are so fortunate to be a part of a community that cares about the mental health of its residents. The Town Manager has appointed Diane Nash, LICSW, as our new Adult Behavioral Health Clinician. As part of the Community Services Team, Diane will have office hours every Thursday from 12:00 p.m.—4:00 p.m. here at the CFAL.

May July bring you lots of sunshine, beautiful gardens, plenty of blueberry pie, and good times with family and friends!

Kind regards,

*Leah*