



# THE FLASH

A monthly newsletter published by the  
**Chatham Council on Aging**  
[www.chathamcoa.com](http://www.chathamcoa.com)  
193 Stony Hill Road • Chatham, MA 02633 •  
(508) 945-5190

**September 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.

# September Programs



2 - 3:00 p.m.

**Wednesday, September 2nd**  
193 Stony Hill Rd



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



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

**Wednesday, September 11th**  
**12:30 pm**



**Private Tour and Presentation!**  
**September 10th at 10 a.m.**

Call 508-945-5190 now to sign up!  
Space is limited.

235 Orleans Rd Chatham, MA

The AWSC Shark Centers offer an in-depth look at one of the ocean's most magnificent and misunderstood species: the Great White Shark! Through interactive exhibits, videos, and displays, the centers offer many ways to learn about groundbreaking research and one of Cape Cod's most captivating summer residents.

## Storm Prep with Chip Reilly



September is National Emergency Preparedness month, and Cape Cod is a unique place with many area specific hazards that change throughout the seasons. As residents or visitors of Cape Cod, it is important to be aware of these potential hazards and prepare accordingly. Hurricanes, flooding, winter weather, hot weather, and radiation are all hazards that residents of Cape Cod are susceptible to and must prepare for.

Join Chip Reilly, Director of Barnstable County Emergency Preparedness on **September 6th at 11am at the CFAL** to learn how you can become storm ready!  
Call 508-945-5190 to sign up.

Hosted by:

**Alzheimer's Family Support Center**  
Until there's a cure, there's community.

**Caregiver Support Group**  
Chatham Center for Active Living  
September 10th and September 24th  
10:30 - 12:00pm

Call AFSC to register!  
(508)- 896-5710



## Gratitude & You: Finding Joy in Every Day

Join Paul Gentile at the CFAL for an inspiring session on the life-changing benefits of gratitude. Explore how simple acts of thankfulness can improve your health, elevate your mood, and increase your sense of self-worth.

**Monday, September 16th 11a.m**

Call 508-945-5190 to sign up!

Sponsored by the Friends of the Chatham Council on Aging



# Walk It Out Challenge

presented by the  
  
VISITING NURSE ASSOCIATION  
OF CAPE COD

Are you looking to be more active? Are you interested in improving your cardiovascular health and boosting your mood but aren't sure where to start?

Join the VNA of CC for this informative presentation where you will learn about the health benefits of walking, proper gear, and be introduced to a 4-week progressive walking challenge!

Wednesday, September 4th, 1-2:30 pm  
Registration required, please call 508-945-5190!

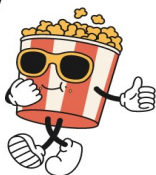


# Sound Meditation

Wednesday, September 18th at 2pm  
Chatham Center for Active Living

Experience deep relaxation and mental clarity with a practice that uses calming sounds and vibrations to promote deep relaxation and mental clarity. Ashley will guide you through various soundscapes to reduce stress, enhance mindfulness, and find inner peace. Whether you're new to meditation or a seasoned practitioner, this program offers a tranquil escape from the hustle and bustle of daily life.

Call to reserve your spot, space limited! 508-945-5190



## Classic Movies

hosted by  
Barbara Nickerson



Join us for a delightful movie afternoon with "Bells Are Ringing," a charming 1960 musical comedy starring Judy Holliday and Dean Martin. This heartwarming film follows the adventures of a Brooklyn telephone answering service operator who finds herself deeply involved in the lives of her clients. Don't miss this entertaining classic, perfect for a fun and nostalgic outing!



Join us for a thrilling movie afternoon with Alfred Hitchcock's "Saboteur," a gripping 1942 suspense film. Follow the story of an innocent man who becomes a fugitive while trying to clear his name and uncover a network of saboteurs. This classic Hitchcock masterpiece promises edge-of-your-seat excitement and intrigue.

**SHOWTIME:**  
**SEPTEMBER 11TH AT 1PM**

**SHOWTIME:**  
**SEPTEMBER 25TH AT 1PM**

# Washi Tape Wonders

Unleash your creativity with Barbara Nickerson, where she'll explore the endless possibilities of washi tape. Learn what it is, and ways to use it to take your bland projects to beautiful!

Join for a fun and engaging class focused on crafting beautiful cards, envelopes, and gifts using this versatile and colorful tape. Whether you're an experienced crafter or just starting out, this program offers something for everyone. Bring your imagination and get ready to transform everyday items into unique and personalized works of art!

*All materials will be provided!*

**Friday, September 27th 10-12**

Call to register 508-945-5190



presented by the

  
VISITING NURSE ASSOCIATION  
OF CAPE COD

# FALL WIND-DOWN

*Safety considerations for the change of seasons!*

Join the Public Health Nurse from the VNA and learn how you can stay safe with the change of season! Bringing attention to topics that include: post-summer skin checks, food and energy access for Winter, decluttering pathways at home, and much more.

**Monday, September 23rd, 11am- Noon**

Registration required, please call 508-945-5190 to sign up or for more information

# 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.**

**Chatham Community Center**



## 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**



**CHATHAM HARVESTERS**  
A Fishermen's Cooperative

to join Miranda Van Allen from Chatham Harvesters to learn about their fall Fish Share program, experience a brief cooking demonstration, and listen to exciting seafaring stories from President Doug Feeney!

FRIDAY, SEPTEMBER 20TH 3-5 PM  
CHATHAM CENTER FOR ACTIVE LIVING

FOR MORE INFORMATION, OR TO REGISTER, PLEASE CALL (508)945-5190

## COME MOSEY WITH ME

IT'S NOT A RACE, WALK YOUR PACE  
Hosted by Outreach Coordinator, Kerri Kelly!



MONDAYS  
10 AM

CALL 508-945-5190  
TO SIGN UP!



VISITING NURSE ASSOCIATION  
OF CAPE COD  
Member Cape Cod Healthcare



## Strong at Heart

Exercise Program

**Who:** Chatham Residents, 60+  
**Where:** Chatham Community Center  
**When:** Thursdays 10:45-11:45 am  
9/12/24 -10/31/24

This **FREE** exercise program is recommended for generally healthy older adults. A mix of interval training to build strength and endurance while challenging your balance and brain!



Advanced registration and a completed VNA application is required prior to start of program. Please call (508) 957-7423!

Class will be led by an Exercise Physiologist from the VNA of Cape Cod.

*No walk ins accepted*



*This program made available in collaboration with  
the Eldredge Public Library*

# MUSIC IN DEMENTIA

Dr. Randi Lebar will share the heartfelt journey she has taken with her 96-year-old mother, pianist Elaine Lebar, who captured hearts worldwide when she went viral on TikTok in 2020. In this touching presentation, Randi will explore the profound magic and power of music in her mother's battle with dementia. Featuring poignant videos of Elaine, the talk delves into the lessons Randi learned about finding meaning, joy, and deep connection amidst her mother's mental decline.

This moving presentation promises to resonate with a wide audience, offering inspiration, education, and hope to those navigating the challenges of cognitive decline with their loved ones.

**Monday, September 9, 2024**  
**1pm | Eldredge Public Library**

**Registration is recommended**

Please call 508-945-5190 to sign up, or scan this QR code!



# Chatham Center for Active Living Transportation

## Our Drivers:



Dick Hosmer



Dexter Smith



Mark Massoni



Paul Robinson

### Transport to medical appointments is our #1 priority.

- Call Debbie at 508-945-5190 to make travel requests as soon as possible
- Trained drivers available 8:00 a.m. - 4:00 p.m. Monday thru Friday
- Chatham, Brewster, Harwich, Orleans, Dennis, Yarmouth, or Hyannis



### We deliver!

- Mondays and Thursdays we will deliver groceries and prescription orders placed at Chatham Village Market, CVS Chatham, CVS Harwich, Stop & Shop Harwich and Outer Cape Health (Harwich Port)
- Prefer to shop? We have weekly trips to Stop & Shop Harwich on Thursday mornings



### Have other errands to run?

- We offer transport to bank, post office, or hair appointments in Chatham, Harwich or Orleans *\*No more than 5 days in advance, please.\**
- Rides to CFAL programming also available!



# 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 Mondays and Thursdays
- Weekly trips to Stop & Shop on Thursdays
- Bank, Post Office, Hair appointments, Library, COA programs *\*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!

## 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

### **Healthy Meals in Motion: Grocery Program**

3rd Wednesday of the month, 12p at the CFAL. Contact Kerri Kelly at 508-945-5190 or [kkelly@chatham-ma.gov](mailto:kkelly@chatham-ma.gov) for more information

### **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

### **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:**

[tinameserveycnp@aol.com](mailto:tinameserveycnp@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

# September 2024

Mon	Tue	Wed	Thu	Fri
In Honor of Labor Day the Center for Active Living is CLOSED today!	3 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10 Computer Essentials (CFAL) 1 Chair Yoga (CC) SHINE by appointment	4 1 Cribbage Masters (CFAL) 1 Walk It Out Challenge Presentation (CFAL) 2 Bingo (CFAL)	5 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 & Shop trip Grocery & RX Delivery	6 10 Computer Essentials (CFAL) 11 Storm Prep with Chip Reilly (CFAL) 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) SHINE by appointment
9 10 Walking Group (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery 1 Music in Dementia Finding the Piano (Eldredge Public Library)	10 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10 Computer Essentials (CFAL) 10 Atlantic White Shark Conservancy Tour (AWSC) 10:30 Caregiver Support Group (CFAL) 1 Chair Yoga (CC) SHINE by appointment	11 1 Cribbage Masters (CFAL) 11 Book Club (CFAL) 1 Golden Oldies (CFAL) 12:30 Friends of CCOA Birthday Luncheon (CFAL)	12 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 9-11 Independence House Office Hours (CFAL) 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery	13 10 Computer Essentials (CFAL) 1130 Lunch & Learn (CFAL) 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) SHINE by appointment
16 9:30 COA Board of Directors Meeting (Town Hall Annex) 10 Walking Group (CFAL) 11 Gratitude and You with Paul Gentile (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery	17 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10 Computer Essentials (CFAL) 1 Chair Yoga (CC) Attorney Bardetti by appointment SHINE by appointment	18 10 Volunteer Orientation (CFAL) 12 Healthy Meals in Motion (CFAL) 1 Cribbage Masters (CFAL) 2 Sound Meditation (CFAL)	19 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) 5 Chatham LGBTQ+ Dinner Club (CFAL) Stop & Shop trip Grocery & RX Delivery	20 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) 3-5 Chatham Harvesters Info Session & Demonstration (CFAL) SHINE by appointment
23 10 Walking Group (CFAL) 11 Fall Wind Down (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery	24 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10:30 Caregiver Support Group (CFAL) 1 Chair Yoga (CC) SHINE by appointment	25 9-3 Footcare (CFAL) 1 Cribbage Masters (CFAL) 1 Golden Oldies (CFAL) Attorney Lavender by appointment	26 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery	27 10-12 Washi Tape Wonders (CFAL) 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) SHINE by appointment
30 10 Walking Group (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery				ALL are welcome at the Chatham Center for Active Living!

# 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, September 16th 9:30 a.m.

Monday, October 21st 9:30 a.m.

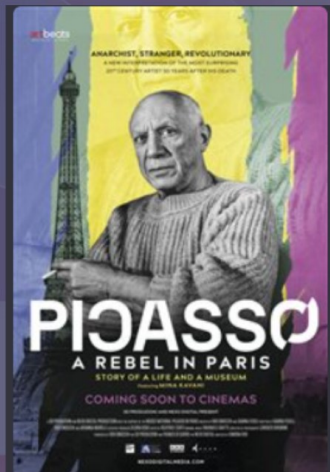


**Our meetings are the third Monday of every month at the Town Hall Annex at 9:30 am, and invite members of the public to join us!**

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!

# Chatham LGBTQ+ Older Adult Group News

Contact Kerri Kelly for more information  
kkelly@chatham-ma.gov | 508-945-5190



Enjoy a thought provoking cinematic experience at the screening of *Picasso: A Rebel in Paris* at the Chatham Orpheum! September 12th at 10 am **Act fast, tickets are limited!**

Dinner Club will meet September 19th at 5 pm Center for Active Living **Please RSVP by Wednesday, September 11th**



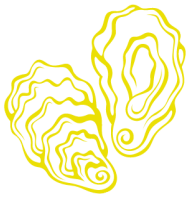
## THE COA RUNS ON VOLUNTEERS!

Are you looking to be more involved? Have you recently retired and need something to keep you busy? Join us for a Volunteer Orientation and Information Session on Wednesday, September 18th from 10 - 11 am to find out ways you can give back to the Chatham Community!

To register for this program, or for more information call 508-945-5190!

Available roles include...

- Serving on the Board of Directors / Friends of the COA Board of Directors
- Program Facilitation/Support
- Building Beautification
- Program Reminder Calls
- Other jobs!



Join Renee Gagne and Benjamin Sacco from the Natural Resource Dept. for an engaging and informative presentation about the ongoing **shellfish upweller project going on at 90 Bridge Street.**

Don't miss the opportunity to learn about the project before it is discussed at the Special Town Meeting!

**Friday, September 13th**

11:30am - 1pm

Center for Active Living



Please call **508-945-5190** to sign up, space is limited.



## GAME WEEKLY SCHEDULE

<p>MONDAY</p> <p>Mahjong</p> <p>Cribbage Masters</p>	<p>WEDNESDAY</p> <p>Cribbage Masters</p>
<p>FRIDAY</p> <p>Bridge</p> <p>Cribbage Masters</p>	



## Annual Medicare Open Enrollment

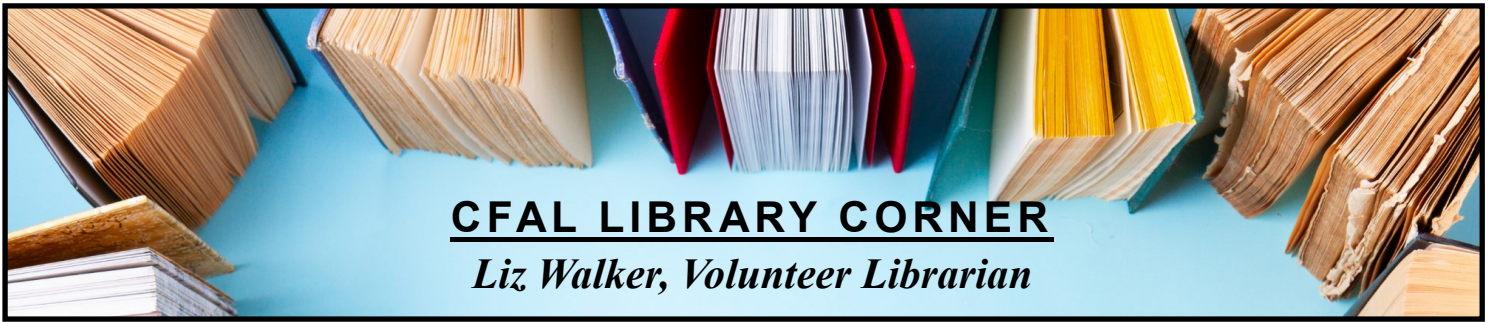


Open enrollment is an opportunity to change your health insurance plan! From October 15 - December 7 state certified SHINE counselors are available at the Chatham Center for Active Living five days a week, by appointment to help you understand your health care coverage, review cost increases, and find out what's new with Medicare.

*Meeting with a certified SHINE volunteer during open enrollment may reduce your out of pocket medical and/or prescription drug costs.*

Appointments available Monday-Friday, 9-3pm

For more information, or to schedule your appointment, call (508)945-5190!



## **CFAL LIBRARY CORNER**

*Liz Walker, Volunteer Librarian*

The chill fall breeze has swept away the heat, the humidity and the houseguests. It's time to treat yourself to a good read. The Center for Active Living's self-service library is open weekdays from 10 a.m. to 4 p.m. Thanks to the generous support of the Friends of the COA and book donations, exciting new titles—both fiction and nonfiction—can be found on our shelves. Here are some to consider:

### ***James* by Percival Everett (2024)**

In this reworking of the Adventures of Huckleberry Finn, Jim, the enslaved man who accompanies Huck down the Mississippi River, is the narrator. Jim/James recounts the classic tale in a language of his own. He also provides surprising details “that define him as a far more resourceful, cunning and powerful character than we know”.

### ***Long Island Compromise— A Novel* by Taffy Brodesser Akner (2024)**

Reviewed as “an exhilarating novel about one American family, the dark moment that shatters their suburban paradise, and the wild legacy of trauma and inheritance,” from the *New York Times* bestselling author of *Fleishman Is in Trouble*.

### ***The Lost Girls of Paris: A Novel* by Pam Jenoff (2024)**

One morning in 1946, Grace Healey finds an abandoned suitcase tucked beneath a bench in Grand Central Terminal. A dozen photographs inside, each of a different woman, reveals that the suitcase belonged to Eleanor Trigg who led a network of female secret agents deployed out of London during World War II. The women depicted were sent to Occupied Europe as couriers and radio operators to aid the resistance, but never returned. The author of *All the Light We Cannot See* has another compelling story to tell.

### ***Forsythia's Ride* by Matt Fitzpatrick (2024)**

Cape Cod writer Matt Fitzpatrick, author of the *Justin McGee Trilogy*, has released his fourth novel. *Forsythia's Ride* is set in the “idyllic seaside community of Chatham, where stories and secrets change the tide”.

### ***The Housemaid Is Watching* by Freida McFadden (2024)**

McFadden, a practicing physician specializing in brain injury, has written multiple bestselling psychological thrillers. Her frequently requested books, including her series, *The Housemaid*, *The Housemaid Secret*, and *The Housemaid is Watching* are waiting to be checked out.

## **CFAL BOOK CLUB**

### **October Selection:**

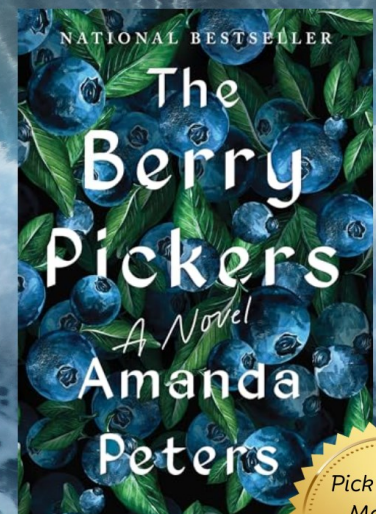
### ***The Berry Pickers: A Novel* by Amanda Peters (2023)**

A young Mi'kmaq girl goes missing from the blueberry fields of Maine, sparking a mystery that will haunt the survivors, unravel a family and remain unsolved for nearly a half-century.

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

**Wednesday, October 9th 11 am - Noon**

*Books made available to participating registrants by the Friends of the Chatham COA*



**Pick of the Month:  
Oct. 2024**

## Contact us:

508-945-4190  
193 Stony Hill Rd  
Chatham, MA 02633  
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, **Director**

Elizabeth Walker, **Secretary**

Janet Fields, **Director**

Paula Carroll, **Director**

Dorothea Speight, **Director**

Jill James, **Director**



**Light the Way: Your Gift Empowers Our Community!**  
**Scan the QR code to visit our website and make a donation.**



## 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*

**Laura Everett**, *Vice-Chair*

**Nancy Fields**, *Clerk*

**Joan Bagnell**, *Member*

**Betty Magnusson**, *Member*

**Stan Mansfield**, *Member*

**Ann Ryan**, *Member*



Happy September, Friends!

Pardon my excitement, but this is my favorite time of the year. Perhaps it's left over from my school days (many years ago), where September brought with it the promise of a fresh start. It is also knowing that the beginning of fall equates to crisp air, quieter roads and a chance to participate in new, seasonal activities.

What could be more exciting than a chance to visit the **Atlantic White Shark Conservancy** in Chatham? Did you know that White sharks were designated as a prohibited species in federal waters in 1997 and in Massachusetts state waters in 2005? Beforehand, "White sharks were hunted and considered a trophy hunt for recreational fisheries". I promise you'll learn that, and so much more on this trip. Please don't miss the presentation "Storm Prep with Chip Reilly" on September 6th. Chip comes to us from Barnstable County, and can teach you to expertly prepare for the upcoming storm season. It's always a pleasure and a terrific learning experience when we are with the **Chatham Harvesters!** Learn to prepare fresh and delicious meals with seafood from our local waters, and maybe try a sample of two. Call and sign up quickly for these programs, as they usually fill up fast!

As always, everyone is welcome at the Chatham Center for Active Living. I look forward to seeing each of you this fall!

Kind regards,

*Leah*

*Leah*