



# 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

**December 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.

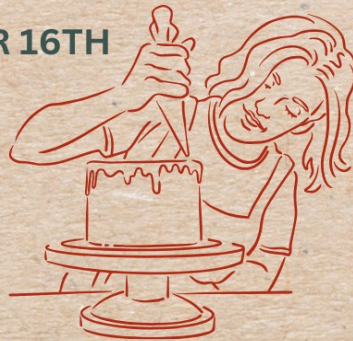
# December Programs

## Arts & Entertainment Registration requested 508-945-5190

### Cupcake Decorating

JOIN OUR CUPCAKE DECORATING SERIES AND LEARN EXPERT TIPS AND TRICKS TO CREATE STUNNING, DELICIOUS DESIGNS! ALL MATERIALS ARE PROVIDED, SO JUST BRING YOUR CREATIVITY AND SWEET TOOTH!

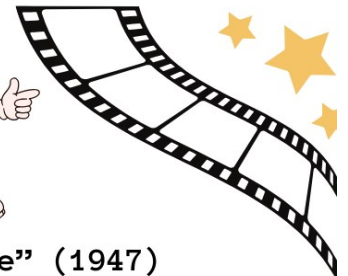
MONDAY, DECEMBER 16TH  
12-2 PM



### Gift Wrapping Class

BRING YOUR GIFTS TO THE NEXT LEVEL BY LEARNING CREATIVE METHODS OF GIFT WRAPPING THAT INCLUDE MANY STYLES! LEARN HOW TO MAKE AMAZING BOWS, EMBELLISH HANDLE BAGS, GIFT TAGS AND SIMPLE DIY METHODS ANYONE CAN ACHIEVE.

Friday, December 6th 10-12pm



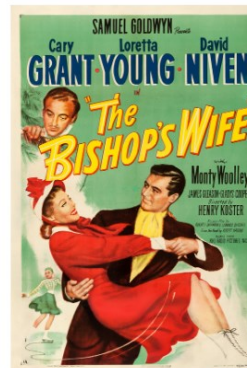
#### “Christmas in Connecticut”(1941)



Join us for this charming comedy starring Barbara Stanwyck as Elizabeth Lane, a well-known food columnist who appears to have the perfect life. In reality, she can't cook, is single, and lives in a small New York apartment. When her editor arranges for a war hero to spend Christmas at her "farmhouse," Elizabeth has to scramble to maintain her ruse - leading to a series of hilarious and heartwarming twists.

**SHOWTIME:**  
**DECEMBER 4TH AT**  
**1PM**

#### “The Bishop’s Wife” (1947)



This heartwarming fantasy stars Cary Grant as Dudley, a charismatic angel sent to help a bishop (David Niven) struggling to build a cathedral and reconnect with his wife, Julia (Loretta Young). As Dudley brings his magical touch into their lives, his kindness and charm rekindle the holiday spirit and remind everyone of the true meaning of Christmas.

**SHOWTIME:**  
**DECEMBER 18TH AT 1PM**

# Yoga

with Ashley Woodworth



**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.

**NO CLASS 12/24-12/31**

**Chatham Community Center**

1-2 p.m.

**Please call 508-945-5190 to register!**

*\*Liability Form Required\**

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.



## Indoor Walking Group

*All are welcome!*



Chatham Community Center Gymnasium

Tuesdays & Thursdays

12-1:30 pm



## BLOOD PRESSURE CLINIC

Thursdays

9:00-10:00 a.m.

**FREE**



Sponsored by the VNA of Cape Cod



## **Nutcracker Ballet, Saturday, December 7th**

1pm

Tickets available for the Nutcracker Suite at Monomoy High School presented by Reaching Hearts Ballet.

## **Legacy Letters, Monday, December 9th**

11:00-12:00 pm

Join Paul Gentile for a legacy letter writing workshop where he will help get your precious stories and memories onto paper to share with loved ones.



## **Friday, December 13th**

11:00-1:00 pm!

Join Chief Anderson for a presentation and luncheon.



## **New Years Luncheon Friday, December 27th**

12:00-2:00 pm

Registrations required, space limited.



Chatham LGBTQ+ Older Adult

Chatham LGBTQ+ Older Adult



SATURDAY DEC. 7 AT 1 PM

*Nutcracker Suite*

*Monomoy High School*

*presented by Reaching Hearts Ballet.*

featuring

Sara Adams of the New York Ballet

*Winter Dinner*  
12/19 @ 5 PM, COA/CFAL



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



*December*  
*Birthday Luncheon*

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

**Wednesday, December**

**11th 12:30pm**

Please RSVP by Friday, December 6th  
to 508-945-5190



*Busy*  
*Fingers*

**Textile Craft Group**

Join us for a relaxed, creative gathering where people come together weekly to work on various fiber arts projects, such as knitting, sewing, crocheting, needlepoint, embroidery, and more.

Whether you're a seasoned crafter or just starting out, it's a great opportunity to share skills, get inspired, and enjoy some friendly company while working on your latest project!

**THURSDAYS 1-3PM**

**CHATHAM CENTER FOR ACTIVE LIVING**

**Caregiver Support Group**

*2nd and 4th Tuesday of every month at the*

*Chatham Center for Active Living*

**December 10th 10:30 - 12:00**

Please call **508-896-5170** for more  
information, or to register!



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



## Bingo, December 4th

11:00-12:30pm

Join us for an exciting morning of fun, prizes, and a chance to connect with friends!



## Sound Meditation, December 11th

2:00-3:00 pm

Experience deep relaxation and inner peace at our next session – call to reserve your seat, space is limited!

## Chatham Screen Club, Mondays 12/16-12/30

1:00-2:00 pm

Join the Chatham Screen Club this month for an exclusive screening of Netflix's latest Red Sox documentary – a must-watch for baseball fans and documentary lovers alike!



## Sound Dunes Holiday Concert, December 18th

12:00-2:00 pm @ Chatham Community Center

Get into the festive spirit with our Big Band Holiday Concert – enjoy classic holiday tunes and jazzy favorites performed live for an unforgettable afternoon!

# 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***

### **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 Katie Kane** 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**

#### **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

#### **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

# December 2024

Mon	Tue	Wed	Thu	Fri
2 10 Senior Medicare Patrol (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery	3 8 Tai Chi (CC) 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) SHINE by appointment	4 11 Bingo (CFAL) 1 Cribbage Masters (CFAL) 1 Golden Oldies (CFAL) 1 Meet the Artist (CFAL)	5 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery	6 10-12 Holiday Gift Wrap Class w/ Barbara Nickerson (CFAL) 1 Bridge (CFAL) 1 Cribbage (CFAL) 1-3 Timeless Tidings Wrapping Service (CFAL) SHINE by appointment
9 9-11 Timeless Tidings Wrapping Service (CFAL) 11 Legacy Letters (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery	10 8 Tai Chi (CC) 10:30 Caregiver Support Group (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) SHINE by appointment	11 11 Book Club (CFAL) 12:30 Friends of CCOA Birthday Luncheon (CFAL) 1 Cribbage Masters (CFAL) 2 Sound Meditation (CFAL)	12 9 Blood Pressure Clinic (CFAL) 9-11 Independence House Office Hours (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery	13 11:30-1 Lunch and Learn with CPD (CFAL) 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) 1-3 Timeless Tidings Wrapping Service (CFAL) SHINE by appointment
16 9-11 Timeless Tidings Wrapping Service (CFAL) 12-2 Cupcake Decorating (CFAL) 1 Chatham Screen Club (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery	17 8 Tai Chi (CC) 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) Attorney Kane by appointment SHINE by appointment	18 9-3 Footcare (CFAL) 12 Healthy Meals in Motion (CFAL) 12-2 Sound Dunes Holiday Concert (CC) 1 Cribbage Masters (CFAL) 1 Golden Oldies (CFAL) 1:30 Cooking Class (CFAL)	19 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) 5 LGBTQ+ Group Winter Dinner (CFAL) Stop & Shop trip Grocery & RX Delivery	20 10-1 Chatham Better Together 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) 1-3 Timeless Tidings Wrapping Service (CFAL) SHINE by appointment
23 9-11 Timeless Tidings Wrapping Service (CFAL) 9:30 COA Board of Directors Meeting (Town Hall Annex) 1 Chatham Screen Club (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery	24 8 Tai Chi (CC) 12-1:30 Indoor Walking Group (CC) SHINE by appointment	25 <b>In Honor of Christmas Day the Center for Active Living is CLOSED</b>	26 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) Stop & Shop trip Grocery & RX Delivery	27 12:30 NYE Luncheon (CFAL) 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) SHINE by appointment
30 1 Chatham Screen Club (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery	31 8 Tai Chi (CC) 12-1:30 Indoor Walking Group (CC) SHINE by appointment	1 <b>In Honor of New Years Day the Center for Active Living is CLOSED</b>	2 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) Stop & Shop trip Grocery & RX Delivery	3 1 Bridge (CFAL) 1 Cribbage Masters (CFAL) SHINE by appointment

# DONATION REPORT

Thank you to our generous donors, including those who chose to give anonymously, for your invaluable support!  
Please find the remainder of the report on page 15.

## SUPPORTERS

### up to \$100

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## Timeless Tidings Gift Wrapping Service

**What:** Timeless Tidings is a volunteer run holiday gift-wrapping service for Chatham seniors, aiming to spread joy and ease during the season. Sponsored by the Friends of the COA, all materials are provided.

**Where:** Chatham Center for Active Living  
193 Stony Hill Road Chatham, MA 02633

**When:** Mondays & Fridays 1-3 pm beginning December 9th. First come, first served, or call 508-945-5190 for an appointment!

*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.*



# ARTIST OF THE MONTH

## Gail Tilton

We're excited to announce our new "Artist of the Month" program at the Center for Active Living! Each month, a senior community member will have the chance to showcase their artwork throughout the building.

Whether it's a large display or something more modest, in any medium—painting, sculpture, or anything else—this is your chance to share your creative talents. If you'd like to be featured or nominate someone, please email [amilan@chatham-ma.gov](mailto:amilan@chatham-ma.gov). Let's celebrate the creativity in our community! Gail's work is on display at the CFAL Monday-Friday, 8am - 4pm! Drop by anytime and enjoy. 😊

Join us for a "Meet the Artist" event! An opportunity to chat with the featured artist, learn more about their creative process, and enjoy their work in a relaxed setting. This event will be a great chance to ask questions, share insights, connect over art.

**Wednesday, December 4th 1pm** Refreshments to be served!



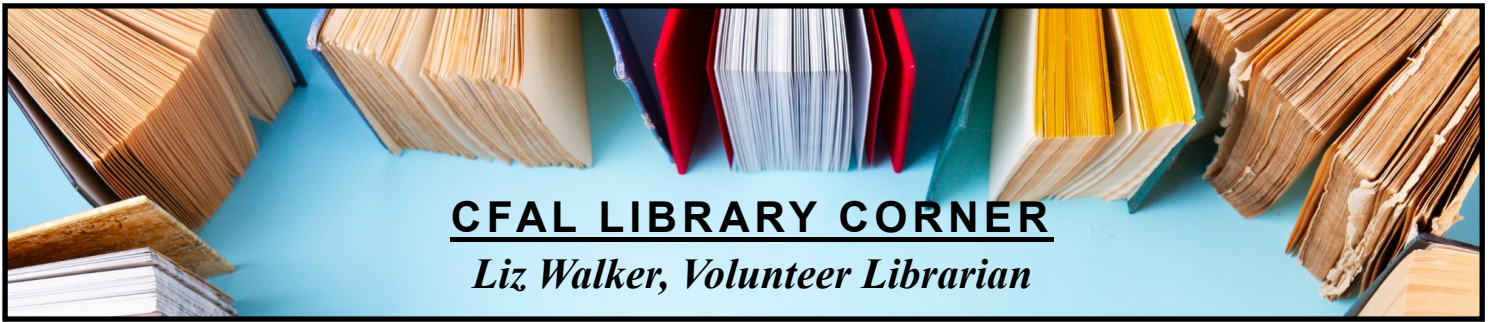
Follow Me  
11 x 14"



Old Cape Cod  
10 x 20"



Magestic Magenta  
30 x 48"



## **CFAL LIBRARY CORNER**

*Liz Walker, Volunteer Librarian*

Books in hardback, softcover, or via a Kindle gift card are perennial favorites among much-appreciated gifts. Books are gifts that create community...they can be read, discussed and shared with others. As author Jhumpa Lahiri has noted, "That's the thing about books. They let you travel without moving your feet." Wishing Everyone light, warmth, and a good book for the holidays. Here are some to consider:

### ***The Grey Wolf: A Novel by Louise Penny (2024)***

The latest book (19th) in the award-winning Inspector Gamache mystery series has arrived. Relentless phone calls interrupt the peace of a warm August morning in the tiny Quebec village of Three Pines. Someone is desperately trying to contact the head of homicide at the Surete, as he sits with his wife in their back garden. When Gamache finally answers the phone, his rage shatters the calm of their quiet Sunday morning.

### ***Real Americans by Rachel Khong (2024)***

An insightful novel of American identity that spans three generations in one family and asks, What makes us who we are? Lily Chen, an unpaid media intern, meets Matthew, who is everything Lily is not: easygoing and effortlessly attractive, a native East Coaster. Lily couldn't be more different: flat-broke, raised in Tampa, and the only child of scientists who fled Mao's Cultural Revolution. Lily and Matthew fall in love.

### ***Bear: A Novel by Julia Phillips (2024)***

This modern day fairytale, set off the coast of Washington State, has been called "mythical and enchanting". One reviewer wrote, "The author's second novel delves into sisterhood and the mysteries of the animals that live among-and within- us all."

### ***The Matzah Ball- A Novel by Jean Meltzer (2021)***

The growing genre of Hanukkah romance novels includes this "witty holiday tale." Fictional romance author Rachel Rubenstein-Goldblatt, whose publisher asks her to write a Hanukkah romance, sees her holiday story as "a blue and white book in the sea of red and green."

### ***Hercule Poirot's Christmas by Agatha Christie (2021)***

The holidays are anything but merry when a family reunion is marred by murder. The brilliant Belgian investigator arrives quickly on scene.

## **CFAL Book Club**

*Meets 2nd Wednesday of every month*

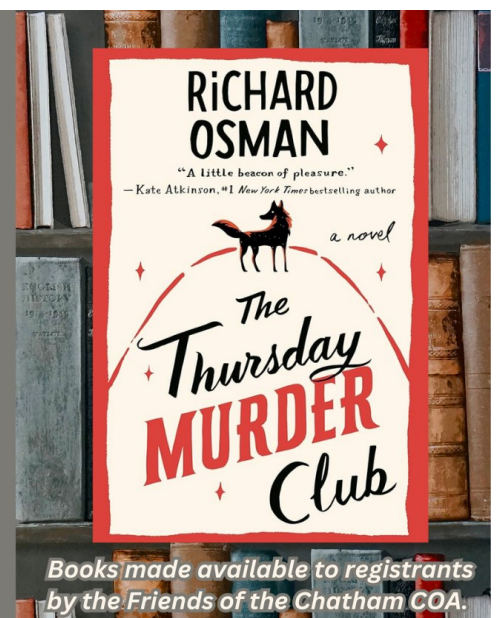
# **January 15th, 11am**

*The Thursday Murder Club* by Richard Osman (2020)

"In a quiet retirement community four unlikely friends meet weekly to solve unsolved murders"



**Registration requested,  
please call 508-945-5190 to sign up!**



Michael Barry, *President*  
Judy Hanlon, *Vice President*  
Sue Foster, *Treasurer*  
Elizabeth Walker, *Secretary*  
Paula Carroll, *Director*  
Jill James, *Director*

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## DONATION REPORT

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*\$500-\$1000*

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## Chatham Center for Active Living

193 Stony Hill Road, Chatham, MA 02633

508-945-5190, [www.chatham-ma.gov](http://www.chatham-ma.gov)

### CFAL Staff

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

**Vacant**, *Department Coordinator*

**Diane Nash**, *Adult Behavioral Health  
Clinician, LICSW*

**Kerri Kelly**, *Outreach Coordinator*

**Josephine Fennell**, *Adult Supportive  
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**Anna Milan**, *Programs &  
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**Alexis Weglarz**, *Department  
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Season's Greetings, Friends!

I can hardly believe the holidays are here already! Time has flown by, and I'm excited to spend my third December with all of you. The CFAL Team has been busy preparing some wonderful events to keep you warm and engaged this season.

Have you ever wanted to preserve your life story? Join us at CFAL on Monday, December 9th, at 11 a.m. for a session on "Writing Legacy Letters." Paul Gentile will guide you through creating a document, book, or recording that captures your thoughts and personal stories for your loved ones.

As the holiday shopping season kicks into high gear, it's important to stay vigilant against scams. Join us for a "Lunch and Learn" with Chatham Police Chief Michael Anderson on Friday, December 13th, at 11:30 a.m. to learn how to protect yourself.

And don't miss the chance to get into the holiday spirit! Join us on Wednesday, December 19th, at noon for the Sound Dunes' beloved Holiday Concert at the Community Center.

Finally, please remember that the holiday season can be tough for some, especially those who may feel alone. If you know someone facing challenges or loss, reach out to them. Encourage them to connect with us at CFAL, where they will always find a welcoming community and access to resources.

Wishing you all a healthy, safe, and happy holiday season!

Kind regards,

*Leah*

*Leah*