



THE FLASH

February 2025

A newsletter published by the Chatham Council on Aging

**193 STONY HILL RD
CHATHAM, MA
02633**

508-945-5190

WWW.CHATHAM-MA.GOV

Our Mission:

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.

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Director's Desk

By Leah LaCross, Director of
Community Services

Greetings!

Happy February from the Chatham Center for Active Living (CFAL)!

As we embrace the heart of winter, we're excited to share a month full of opportunities for connection, learning, and wellness. Whether you're looking for resources to stay active, tips for staying healthy, or upcoming events to enjoy with friends, we have plenty to offer. Read on to discover all that we have planned to support you and the community this month.

Wellness Warriors is back by popular demand! Hosted by Gail Tilton, this year's theme will be *Stress Busters: Physical, Emotional, and Mental*, focusing on practical strategies to reduce stress and enhance overall well-being. Held every Wednesday in February, each session explores tools and techniques to support healthier living, offering participants an engaging and supportive environment to learn, share, and grow. Don't miss this opportunity to empower yourself with wellness wisdom and stress-relief practices.

Are you stressed about the tax season? Don't be! AARP is again sponsoring Tax Aide appointments on Tuesdays and Wednesdays at the Chatham Community Center. You must register in person at the CFAL in order to participate.

Finally, come have some fun and win prizes at our Valentines Day Bingo on February 14th from 1-3 p.m. here at the CFAL!

I hope you all stay healthy and warm! I look forward to seeing you all!

Leah



Announcements:

Monday, February 17th the Center for Active Living is **CLOSED** in Honor of President's Day.

I am excited to announce a new addition to the CFAL team!

Eilieen Aldrich, Ryders Cove Respite Program Assistant. Eileen holds a Master's Degree in Special Education, is a Certified Nursing Assistant/Home Health Aide and is CPR certified. Eileen is a Chatham resident and is very excited to be a part of this exciting new program!

Calling all artists! We want to showcase your work at the Center for Active Living. If you are interested in being showcased as our next Artist of the Month please reach out to Programs Coordinator, Anna Milan!
508-945-5190
amilan@chatham-ma.gov

Outreach Services

AARP TAX AIDE RETURNS!



Income tax filing season is here, and AARP Tax-Aide is offering **FREE** federal and state income tax preparation and filing services for taxpayers of all ages. You do not need to be an AARP member to use this service. However, Tax-Aide focuses on assisting low- to moderate-income taxpayers. AARP Tax-Aide is the largest free, volunteer-based tax assistance program in the U.S. Established in 1968 in partnership with the IRS, the program is staffed by trained and certified Tax-Aide Counselors who pass annual IRS exams and undergo CORI background checks. Tax preparation is by appointment only and will run from early February 2025 through the mid-April filing deadline. Appointments will take place at the Chatham Community Center.

Appointments **MUST** be made in person at the CFAL!

COMMUNITY RESOURCES

Legal Services: Call **508-945-5190** for more information or to set up an appointment

- Michael Lavender: Trusts, Wills, Estate Planning
- Katie Kane, SCCLs: Housing, Government Benefits, Health Law, Guardianship, Reverse Mortgages, Consumer Issues

Recovery Services: Call **774-801-8133** for more information or to set up an appointment

Kelly Connolly, Recovery Coach with Outer Cape Health
Office Hours drop in or by appointment, Wednesdays, Chatham Police Department 12-4 pm

Support Services: Call **508-945-5107** for more information or to set up an appointment

Diane Nash, LICSW, Adult Behavioral Health Clinician
Office Hours drop in or by appointment, Tuesdays 8-1pm at Chatham Police Department, Thursdays 12-4pm at the CFAL



Kerri Kelly, Outreach Coordinator
kkelly@chatham-ma.gov

Announcements:

Healthy Meals in Motion order forms are due back to the COA no later than **Friday, February 28th**

Fuel Assistance Program Update:

Currently processing applications received in early October, due to high volume of applications we ask for patience while awaiting a response.

Donations of durable medical equipment are welcomed, however, **we are not accepting walkers at this time due to oversupply.**



Anna Milan
 Program, Communications, &
 Volunteer Coordinator
 amilan@chatham-ma.gov
 Reach out with questions, or
 suggestions!

Program Registration Info

Registration for programs is either required, or drop-in and will state such in each program description. If not registered in advance for programs that require it, participants may not be admitted to a program.

Programs may be registered for via phone, or in-person at the CFAL. Programs take place at the Center for Active Living unless otherwise marked.

Chatham residents will receive priority registration, non-residents are welcome to sign up, but if necessary, may be placed on a waitlist and enrolled if space allows.

All fitness program participants are required to complete a liability waiver and list emergency contacts.

Programs are subject to cancellation if there are less than four (4) registrants.

New this month!

Reiki Healing Sessions



Join Reiki Master Shirley Wladar, RN and experience the calming and restorative benefits of Reiki, a gentle energy healing practice that promotes relaxation, stress relief, and overall well-being. Offered at no charge, these 30-minute sessions are designed to help you feel balanced and refreshed.

Appointments are available **February 10th & 24th 10-12pm**

Registration: Required

Artist of the Month: Donna Rhodes ✨🎨

This February, the Center for Active Living is thrilled to showcase the extraordinary talents of Donna Rhodes! From intricate knitting and delicate embroidery to stunning quilting, captivating ironwork, and dazzling beadwork, her creations span an impressive range of mediums, blending artistry and craftsmanship in every piece.

We will be hosting an informal "Coffee with the Artist" event, where you'll have the chance to meet her, ask questions, and learn more about her artistic journey. Don't miss this opportunity to experience the beauty and versatility of her work! ✨

Art Showcase: January 15th- February 21st, Mon-Fri, 8am-4 pm

Coffee with the Artist: Monday, February 10th 9:30 am

Weekly Game Schedule. All levels welcome!

Registration: Drop In

Monday

- Cribbage, 1-3pm
- Mahjong, 1-3pm

Wednesday

- Cribbage, 1-3pm

Friday

- Cribbage, 1-3pm
- Bridge, 1-3pm

Chatham COA Disclaimer

The Chatham COA facilitates programs and opportunities for patrons to access legal, financial, medical, recreational, and other services or activities offered by volunteers or practitioners at nominal cost. Participants in these services or activities understand that the COA, the Town of Chatham, and its employees do not assume any legal or other responsibility for advice or services provided by these volunteers or practitioners.



Yoga with Ashley

Join us for a rejuvenating yoga program for all levels! **Tuesdays** feature **Chair Yoga** with seated and supported poses to improve flexibility and balance. **Thursdays** offer **Gentle Flow Yoga**, a traditional practice of mindful movement and relaxation. Strengthen your body and find your calm in a welcoming space!

Classes are held 1:00-2:00 PM in the Aerobics Room at the Chatham Community Center.

All equipment is generously provided by the Friends of the Chatham COA.

Registration and a signed liability form are required to participate.



Indoor Walking Group

Join our Indoor Walking Group at the Chatham Community Center! Walk at your own pace in a welcoming, weather-proof space. Tuesdays and Thursdays, 12:00-1:30 PM. Stay active and connect with others in the community!

Registration: Drop In



**February 4th & 26th
11-12pm**

Groove & Move: Dance for Seniors with Luli

This is a fun, low-impact dance class designed to keep you active and energized! Led monthly by Monomoy student intern, this small group class focuses on simple routines, gentle movement, and the joy of dancing. Perfect for all skill levels, it's a great way to stay fit and connect with others in a supportive setting.

Registration and a signed liability form are required to participate.



**Creative Confections
February 10th
12-2pm**

Join us for a sweet and fun-filled experience where you'll decorate your own delicious cupcakes with a variety of colorful icing, toppings, and decorations. Perfect for all skill levels, this event promises a tasty time filled with creativity, laughter, and plenty of treats to take home!

Registration: Required



**Lunch and Learn
February 7th
11:30-1:30 pm**

Join us for an informative session featuring experts from The Vascular Care Group. Enjoy a light lunch while gaining valuable insights into vascular health, the latest advancements in care, and tips for maintaining healthy circulation. This interactive event provides an excellent opportunity to ask questions and learn about prevention, treatment, and overall wellness.

Registration: Required



**Cooking Class
February 19th 1:30 pm**

Join us for our monthly cooking class, where a talented chef from [The Optimal Kitchen](#) guides you through creating healthy and delicious plant-based dishes. Whether you're a seasoned cook or just starting out, this class offers a fun and interactive way to explore new flavors and techniques while focusing on optimal nutrition.

Registration: Required



**Film Screening
February 12th 11am**

The cultural history of Cape Cod is in danger like never before. We address the challenges facing everyone who loves the quaint charm and character of Cape Cod but see it slipping away. Love Letter to Cape Cod also offers tangible solutions to the issues.

Presented by local organization, Protect Our Past.

Registration: Required



**Birthday Luncheon
February 12th 12:30pm**

Join the Friends of Chatham COA for a special monthly gathering where we honor and celebrate all the birthdays of the month with delicious food, great company, and plenty of fun. It's a wonderful way to connect, share a meal, and make lasting memories with friends and colleagues.

Registration: Required, RSVP by Monday, February 10th



Valentines Day Bingo

February 14th, 1-3pm

Join us for a festive Valentine's Day Bingo event filled with fun, laughter, and sweet surprises! Celebrate the season of love with friends, enjoy themed prizes, and share in the joy of community. Don't miss this heartwarming afternoon at the Center for Active Living! ❤️

Registration: Required



Looking to connect and build community?

Join our LGBTQ+ Older Adult Group, open to both LGBTQ+ individuals and allies!

Funded by an Elder Services grant, this group is all about bringing people together for support, connection, and fun. We meet on the 1st and 3rd Thursday of each month for a mix of outings, programs, and meals!

It's a great way to share experiences, make friends, and enjoy meaningful activities. For monthly details, reach out to Kerri Kelly—we'd love to have you join us!

Contact Information:

Kkelly@chatham-ma.gov

508-945-5190

TRANSPORTATION

CHATHAM COA GUIDELINES

Rides available

Monday- Friday 9:00-2:00 pm

- First come, first served for ALL rides
- Medical appointments will receive priority scheduling
- Medical rides available between Orleans and Hyannis
- Rides to Bank, Post office, Hairdresser, etc. must be scheduled for Chatham, Harwich, or Orleans
- Rides to CFAL programs or appointments available

COMMUNITY TRANSPORTATION



Contact CCRTA for all options below:

800-352-7155

DART: Door-to-door, ride by appointment service that is wheelchair accessible. Booking 72 hrs. in advance recommended, not required. Fare is \$1.50/ride for seniors.

Smart DART: App based, on-demand, door-to-door ride hail service. Download SmartDart from the app store (Apple or Android) and search CCRTA.

H2O: CCRTA's fixed route public transportation between Orleans and Hyannis.

FLEX: CCRTA's bus picks up and drops off at designated stops between Harwich and Provincetown.

Boston Hospital Transport: Weekdays, Call to reserve by 11am the day before your appointment. \$30 round trip, \$15 one-way

IMPORTANT REMINDERS

- We cannot provide transport for any person who has been under general anesthesia.
- Riders must be able to enter and exit a vehicle without assistance (wheelchair lifts available). Caretakers may accompany if needed.
- Rides are to scheduled locations only. Drivers cannot bring you to any location not scheduled in advance.

OUR DRIVERS



Dick Hosmer



Paul Robinson



Dexter Smith



Mark Massoni

WEEKLY SCHEDULE

Please call 24 hours in advance

Grocery Delivery from:

- Chatham Village Market

Prescription Delivery from:

- CVS in Chatham
- CVS in East Harwich
- Stop & Shop Pharmacy

MON:

Grocery & RX Delivery

THUR:

AM trip to Stop & Shop
Grocery & RX Delivery



To schedule,
please call
Alexis Weglarz
508-945-5190

February 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>1 Mahjong Monday 1 Cribbage Masters Grocery & RX Delivery</p>	<p>4</p> <p>9:30-2:30 Ryder's Cove Respite 10 Friends of Chatham COA Board Meeting 11-12 Goove & Move: Dance for Seniors (CC) 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) AARP Tax Aide by appointment SHINE by appointment</p>	<p>5</p> <p>10-11:30 Wellness Warriors (CC) 1 Cribbage Masters AARP Tax Aide by appointment</p>	<p>6</p> <p>9 Blood Pressure Clinic 9:30-2:30 Ryder's Cove Respite 11 LGBTQ Older Adult Group 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Gentle Flow Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>7</p> <p>11:30-1:30 Lunch & Learn: Vascular Care Group 1 Cribbage 1 Bridge</p>
<p>10</p> <p>9:30 Coffee with the Artist 12-2 Creative Confections with Brenda 1 Mahjong Monday 1 Cribbage Masters Grocery & RX Delivery</p>	<p>11</p> <p>9:30-2:30 Ryder's Cove Respite 10:30-12 Caregiver Support Group 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) AARP Tax Aide by appointment SHINE by appointment</p>	<p>12</p> <p>10-11:30 Wellness Warriors (CC) 11 Book Club 11 Protect our Past Film Screening 12:30 Friends of CCOA Birthday Luncheon 1 Golden Oldies 1 Cribbage Masters AARP Tax Aide by appointment</p>	<p>13</p> <p>9 Blood Pressure Clinic 9-11 Independence House Office Hours 9:30-2:30 Ryder's Cove Respite 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Gentle Flow Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>14</p> <p>1 Cribbage 1 Bridge 1-3 Valentines Day Bingo</p>
<p>17</p> <p>The Chatham Center for Active Living is CLOSED in Honor of President's Day</p>	<p>18</p> <p>9:30 COA Board of Directors Meeting 9:30-2:30 Ryder's Cove Respite 12-1:30 Indoor Walking Group (CC) AARP Tax Aide by appointment SHINE by appointment</p>	<p>19</p> <p>10-11:30 Wellness Warriors (CC) 12 Healthy Meals in Motion 1 Cribbage Masters 1:30-3 Cooking Class with Heather Bailey AARP Tax Aide by appointment</p>	<p>20</p> <p>9 Blood Pressure Clinic 9:30-2:30 Ryder's Cove Respite 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>21</p> <p>10-1 Chatham Better Together 1 Cribbage 1 Bridge</p>
<p>24</p> <p>1 Mahjong Monday 1 Cribbage Masters Grocery & RX Delivery</p>	<p>25</p> <p>9:30-2:30 Ryder's Cove Respite 12-1:30 Indoor Walking Group (CC) AARP Tax Aide by appointment SHINE by appointment</p>	<p>26</p> <p>9-3 Footcare Clinic 10-11:30 Wellness Warriors (CC) 11-12 Groove & Move: Dance for Seniors (CC) 1 Golden Oldies 1 Cribbage Masters AARP Tax Aide by appointment Attorney Lavender by appointment</p>	<p>27</p> <p>9 Blood Pressure Clinic 9:30-2:30 Ryder's Cove Respite 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>28</p> <p>1 Cribbage 1 Bridge</p>

Need Tech Help?

Anna's here for you!

Call 508-945-5190 to make an appointment



Are you having trouble with your phone, tablet, or computer? Our Tech Help Appointments are here to assist you with solving technical problems! Whether it's troubleshooting an issue, setting up a device, or learning how to use a specific feature, Anna is ready to provide one-on-one support. Book a session today and get your tech issues resolved with ease!



Golden Oldies: Classic Film Screening with Barbara Nickerson

February 12th, 1pm

In this 1936 American drama about a retired car magnate (Walter Huston) and his wife (Ruth Chatterton) whose European trip exposes the cracks in their marriage. Based on Sinclair Lewis's novel, the film explores themes of love, ambition, and self-discovery.

Registration: Required

February 26th, 1pm

This 1938 British thriller directed by Alfred Hitchcock follows a young woman who, while traveling by train, discovers that an elderly passenger has mysteriously disappeared, leading to a suspenseful investigation filled with twists and deception.

Registration: Required



Busy Fingers Thursdays, 1-3 pm

Join our talented and creative Busy Fingers group to share your passion for knitting, embroidery, and other fiber arts! Whether you're a seasoned crafter or just starting out, this welcoming group provides a space to work on your own projects, exchange tips and ideas, and enjoy great company. Bring your materials and let the creativity flow!

Registration: Drop In



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

Caregiver Support Group February 11th & 25th

Find understanding, guidance, and support in this group facilitated by the Alzheimer's Family Support Center of Cape Cod. Designed for those caring for loved ones with Alzheimer's or other dementias, this group offers a safe space to share experiences, access resources, and connect with others on a similar journey.

For more information or to register please reach out to facilitator Cecilie Brown cecilib@capecodalz.org



Wellness Warriors Wed, 10-11:30am

This year's theme, Stress Busters: Physical, Emotional, and Mental, focuses on practical strategies to reduce stress and enhance overall well-being. Each session explores tools and techniques to support healthier living, offering participants an engaging and supportive environment to learn, share, and grow. Don't miss this opportunity to empower yourself with wellness wisdom and stress-relief practices!

Registration: Required

Ryders Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

9:30 am- 2:30 pm



Josephine Fennell
Director of RCR

What is an Adult Supportive Day Program?

An adult supportive day program, such as our Ryders Cove Respite, is a professional and compassionate service designed to provide a safe, engaging, and enriching environment for older adults or individuals with specific care needs during the day.

Not to be confused with a "day care," which can be misleading, our program focuses on fostering independence, socialization, and well-being. Participants benefit from structured activities, nutritious meals, and meaningful interactions in a setting that respects their dignity and individuality, while caregivers receive peace of mind and respite. Our goal is to enhance quality of life for participants and their families alike.

Fee Information:

- \$75/ day
- Daily fees include all snacks, activities, a nutritious lunch

Program Staff:

Eileen Aldrich, Program Assistant
Vacant, Program Assistant



Contact Information:



508-945-5190



www.chatham-ma.gov



jfennell@chatham-ma.gov

Library Corner

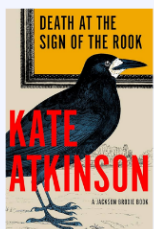
By Liz Walker, Volunteer Librarian

February might be the shortest month on the calendar, but it honors big events, including Black History Month, two U.S. presidents' birthdays and Valentine's Day. Enjoy some well-deserved chocolates with one of these books on our shelves:



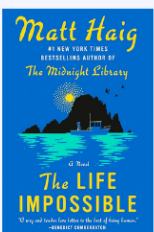
More or Less Maddy: A Novel by Lisa Genova (2025)

The Cape-based acclaimed author and brilliant neuroscientist's newest book is “a riveting, deeply empathetic examination of a bright young woman's struggle to understand and accept a diagnosis of bipolar disorder.” Genova offers “a realistic and often painful picture of the toll mental illness takes on both the affected person and loved ones,” creating a visceral, empathetic and powerful read.



Death at the Sign of the Rook- A Jackson Brodie Book by Kate Atkinson (2024)

Ex-detective Jackson Brodie is back “in a brilliant take on the classic country house murder.” Brodie is fighting a bad case of midlife malaise when he is called to a sleepy Yorkshire town to investigate the tedious matter of a stolen painting. But one theft leads to another.



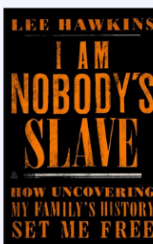
The Life Impossible by Matt Haig (2024)

When a retired, widowed, math teacher unexpectedly inherits a house on a Mediterranean island, curiosity gets the better of her. She soon arrives in Ibiza with a one-way plane ticket. This is “a story of hope and the life changing power of a new beginning.” (Recommended by Community Services Director Leah LaCross)



The Age of Innocence by Edith Wharton (1920)

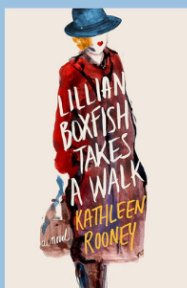
In this first Pulitzer-Prize winning novel written by a woman, Wharton paints a vivid portrait of 1970s New York society- straightlaced, unforgiving and demanding conformity. The novel follows Newland Archer, whose scripted future with his fiancé, May Welland, is threatened by the arrival of May's exotic cousin, Ellen, fleeing a bad marriage and seeking a divorce.



I Am Nobody's Slave: How Uncovering My Family's History Set Me Free by Lee Hawkins (2023)

The Pulitzer Prize finalist and former Wall Street Journal writer exhaustively examines his family's legacy of post-enslavement trauma and resilience in this riveting memoir, reviewed as “a soulful, shocking and spell bounding read.” ([Lee Hawkins speaks at the Eldredge Library on Feb. 18th at 2pm. Registration required](#))

March Book Club



What: *Lillian Boxfish Takes a Walk* by Kathleen Rooney (2017)

When: Wed., March 12th 11am - Noon

Where: Chatham Center for Active Living

Books are available to registrants who need them through the support of the Friends of the Council on Aging.

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

Anthony Pacillo, *Director*
 Robin Zibrat, *Director*
 Janet Fields, *Director*
 Dorothea Speight, *Director*
 Darcy Malloves, *Director*



FRIENDS OF THE CHATHAM COA

DONATION REPORT

Thank you to our generous donors, including those who chose to give anonymously, for your invaluable support!

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 Peter & Marilyn Stagg **In Honor of Pat Burke**
 Michael & Kathleen Schell

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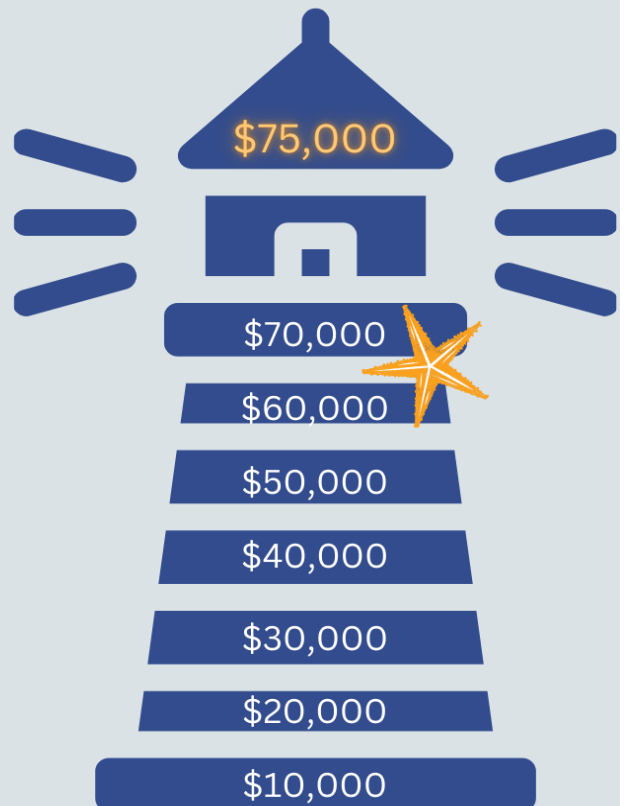
\$100-\$500

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 Judith Doe
 Ellen Morin
 Anne & Richard Omundsen
 George Meservey **In Memory of Anne Mary Meservey**

SUPPORTERS

up to \$100

Marybeth Marx
 Patricia Milligan **In Memory of Mr. Karl Fehrlé**
 Andrea & Edward Foldessy **In Memory of Frankie Dufy**
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Chatham Center for Active Living

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508-945-5190, www.chatham-ma.gov



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CFAL Staff

Leah LaCross, Director of
Community Services

Alexis Weglarz, Department
Coordinator

Diane Nash, Adult Behavioral Health
Clinician, LICSW

Kerri Kelly, Outreach Coordinator

Josephine Fennell, Adult Supportive
Day Program Director

Eileen Aldrich, Adult Supportive Day
Program Assistant

Anna Milan, Programs &
Communication

Vacant, Department Assistant

Van Drivers

Dick Hosmer

Mark Massoni

Paul Robinson

Dexter Smith

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Laura Everett, Vice-Chair

Nancy Fields, Clerk

Joan Bagnell, Member

Betty Magnusson, Member

Stan Mansfield, Member

Ann Ryan, Member

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Chatham Council on Aging Board of Directors

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:

Tuesday, February 18th 9:30 am

Monday, March 17th 9:30 am



Our meetings are the third Monday of every month at the Town Hall Annex at 9:30 am, and we 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!