



# THE FLASH

## March 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

Hello Friends, and Happy March!

Spring is in sight, so it's time to begin thinking about all that it brings with it: gentle rain, beautiful flowers, and the chance to finally shake off those winter doldrums! March at the Center for Active Living brings plenty of chances to do just that, as Anna has lined up some very interesting programs for you to participate in.

On Monday, March 10th and March 24th, we will be offering **Reiki Healing Sessions**. These 30 minute appointments are designed to promote stress relief, relaxation, and overall well-being. Give us a call to register for a session!

Don't you just love a bargain? Don't you miss our beloved Christmas Tree Shops? Join historian Anthony Sammarco on Tuesday, March 18th at 11am for a fascinating look at the history of the stores that brought us all so much joy.

In honor of Judicial Outreach Month, we are thrilled to offer an exciting opportunity to hear from Barnstable Superior Court Judge Elaine Buckley. Join us on Wednesday, March 26th to learn what a day in her life is like!

Our monthly **Lunch & Learn** program on Friday, March 7th, will feature the Veterans Outreach Council, sharing the many ways they support veterans and their loved ones.

Since everyone is Irish on St. Patrick's Day, we invite you to join us on Monday, March 17th, at noon for a traditional Corned Beef and Cabbage lunch, followed by **Irish Legends and Fairytales**. On that note, I'll leave you with this old Irish Proverb:

*"May you live as long as you want, and never want as long as you live!" -Unknown*

See you soon! Warm regards,

*Leah*



## Announcements:

### **Nauset Neighbors is asking for Volunteers!**

Nauset Neighbors is an all-volunteer non-profit organization, helping older adults stay in their homes and active in their communities. We have over 300 older adult members who count on us to provide services that help them remain independent.

You can help by providing friendly visits, rides to appointments, tech help and simple handyman tasks. Volunteering is easy and flexible--help when it fits your schedule. Year rounder? Part timer? Either way, you can make a difference!

To learn more or volunteer with  
Nauset Neighbors,  
call 508-514-7067



**Nauset Neighbors**  
Helping Seniors Remain Independent

# Outreach Services

## SUPPORT GROUP SPOTLIGHT

### SIGHT LOSS SERVICES



Sight Loss Services, Inc.  
Cape Cod & Islands

This group meets the first Tuesday of every month, from 10:30 AM - 12:00 PM at the **Harwich Community Center**. Speakers and experts give presentations, peer meetings for those with vision loss and blindness, and discussions about coping techniques and medical advances.

**Please sign up by calling Sight Loss Services at 508-394-3904; Transportation available through Sight Loss Services.**

### CAREGIVER SUPPORT GROUP



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

This group meets the 2nd and 4th Tuesday of every month, from 10:30 AM -12:00 PM at the **Center for Active Living**. Regular support groups for caregivers, people with AD/dementia, and for people in early stages of decline. Advance registration is **NOT** required, but new participants are encouraged to reach out for information prior to their first meeting by calling 508-896-5170

## 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  
508-945-5190

### Announcements:

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

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

AARP Tax Aide appointments are available Tuesdays & Wednesdays, **FREE** for all Chatham residents. **Appointments must be made in person at the CFAL, Monday-Friday 8am -4pm!**



# 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.

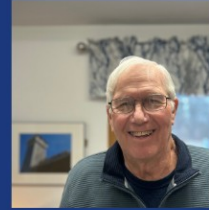
**FLEX:** CCRTA's bus picks up and drops off at designated stops between Harwich and Provincetown.

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

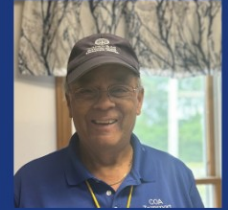
## IMPORTANT REMINDERS

- 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.

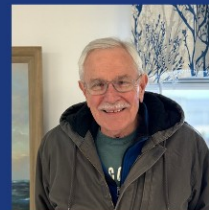
## OUR DRIVERS



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**



**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.

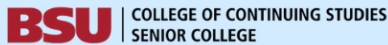
Programs may be registered for via phone, or in-person at the CFAL. Programs take place at the Center for Active Living unless otherwise marked.

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 Learning Opportunity!



Chatham Center for Active Living is proud to announce our Bridgewater State University Senior College membership! As part of this membership, we have registered for a selection of online courses during the Spring 2025 semester.

Since these courses are offered virtually, we will be hosting group viewings of the class meetings at the CFAL, where community members are welcome to join and participate.

#### March Courses:

- How to Talk So Doctors Listen,  
Tuesdays 1 PM
- Communication Strategies for Loved  
Ones with Dementia,  
Tuesdays 1:30 pm
- Curious Happenings in Plants,  
Thursdays 10:30 AM

**Registration: Required**

### Golden Oldies: Classic Film Screenings with Barbara Nickerson

#### *Down Argentine Way* **Tuesday, March 4th 1pm**

This vibrant Technicolor musical follows an American heiress (Betty Grable) who falls in love with an Argentine horse breeder (Don Ameche) despite their families' objections. This dazzling film made Grable a star at Fox and introduced audiences to the lively Carmen Miranda in her Hollywood debut. Featuring stunning visuals, energetic dance numbers, and unforgettable music, it's a delightful mix of romance and rhythm!

**Registration: Required**



#### *The Man Who Knew Too Much* **Tuesday, March 18th 1pm**

Alfred Hitchcock's suspenseful masterpiece follows an American doctor (James Stewart) and his wife, a former singing star (Doris Day), whose vacation in Morocco takes a dark turn when they witness a murder. Drawn into a twisting plot of international intrigue, they are forced into a desperate search when their young son is kidnapped. Featuring tense suspense, gripping performances, and the iconic song Que Sera, Sera, this classic thriller is not to be missed!

**Registration: Required**



### Weekly Game Schedule. All levels welcome!

**Registration: Drop In      When: 1 -3pm      Where: CFAL**

#### Monday

- Cribbage
- Mahjong

**NEW**

#### Tuesday

- Rummikub

#### Wednesday

- Cribbage

#### Friday

- Cribbage
- Bridge

### 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.



### **Chair Yoga, Thursdays 1-2PM**

This gentle form of yoga enhances flexibility, strength, and relaxation—all from a seated position or using a chair for support. Perfect for all abilities, this class offers a safe and accessible way to improve balance, reduce stress, and increase overall well-being.

**Location:** Community Center  
**Registration:** Required with a signed liability waiver



**March 10th & March 24th  
10 AM-12PM**

### **Reiki Healing Sessions** *with Shirely Wlader, RN*

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.

**Registration:** Required



### **Indoor Walking Group**

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!

**Location:** Community Center  
**Registration:** Drop In



**March 3rd & March 24th  
11-12pm**

### **Groove & Move: Dance for Seniors**

This is a fun, low-impact dance class designed to keep you active and energized! Led 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.

**Location:** Community Center  
**Registration:** Required with a signed liability form



**Winter Birds  
March 11th, 11am**

Enjoy this presentation from Mass Audubon and learn about the staggering diversity of waterfowl, Snowy Owls, finches and the occasional appearance of unusual vagrants make for plentiful birding opportunities on the Cape in the winter.

**Registration: Required**



**Veteran's Outreach  
Council  
March 14th 11:30-  
1:30 pm**

Join us for an informative session led by the Veterans Outreach Council, where we'll discuss valuable resources and supports available to veteran's and their loved ones. Lunch will be provided by Cape Cod Coffee at Chatham Perk.

**Registration: Required,  
Maximum of 25 participants**



**Information Session  
March 31st, 10am**

Join us for an informative session with Cape Light Compact to learn about financing opportunities for home energy upgrades! This presentation will cover potential upgrades, available loan programs, rebates, and tax incentives. You'll also receive expert guidance on how to get started with your energy-saving projects.

**Registration: Required**



**Film Screening  
March 5th 11am**

Explore local history and preservation efforts through a special screening of documentary created by Protect Our Past, *Love Letter to Cape Cod*, followed by a Q & A session.

**Registration: Required**



**History of the Christmas  
Tree Shops  
March 18th, 11am**

The Christmas Tree Shops was more than a New England icon—it was a shopping destination filled with unexpected treasures at unbeatable prices. From seasonal décor and home goods to unique gifts, it became a beloved tradition for bargain hunters. Join historian Anthony Sammarco to explore its history, impact, and lasting legacy on Cape Cod!

**Registration: Required,**



**A Day in the Life of a  
Superior Court Judge  
March 26th, 11am**

In honor of Judicial Outreach Month, we are thrilled to offer an exciting opportunity to hear from Barnstable Superior Court Judge Elaine Buckley. Join us on Wednesday, March 26th, to learn what a day in her life is like!

**Registration: Required**



**Creative Confections  
March 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**



**Cooking Class  
March 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**



**Birthday Luncheon  
March 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, March 10th**



**Fairytales and Legends of Ireland  
Monday, March 17th, 12-2PM**

Enjoy an animated retelling of Ireland's most beloved fairy tales, filled with laughter and delight. Stories come to life alongside enchanting Irish harp music. Known for her vivid comedic style, Diane masterfully brings these classic tales to life, accompanied by Margot Chamberlain on Celtic harp. A perfect way to celebrate St. Patrick's Day and the wearing of the green.

**Preceding the performance, join us for a traditional corned beef and cabbage luncheon to get into the festive spirit!**

**Registration: Required, Maximum of 25 participants**

Made possible by Chatham Cultural Council, Mass Cultural Council, and the Friends of the Chatham COA.



**Bingo  
March 7th, 11-12:30 pm**

Don't miss our fun-filled monthly bingo game! Enjoy great company, friendly competition, and the chance to win great prizes. It's a perfect way to connect and unwind.

**Registration: Required, Maximum of 25 participants**

# March 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>11 Groove &amp; Move: Dance for Seniors (CC)</p> <p>1 Mahjong Monday</p> <p>1 Cribbage Masters</p> <p>Grocery &amp; RX Delivery</p> <p><b>5:00-7:30 Town of Chatham Employee Art Showcase</b></p> <p><b>*All are welcome!*</b></p>	<p>4</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>10 Friends of Chatham COA Board Meeting</p> <p>12-1:30 Indoor Walking Group(CC)</p> <p>1 Golden Oldies</p> <p>1 Rummikub</p> <p>1 How to Talk So Doctors Listen–<i>BSU Online Course</i></p> <p>AARP Tax Aide by appointment</p>	<p>5</p> <p>10-11:30 Wellness Warriors (CC)</p> <p>11 Protect our Past film</p> <p>1 Cribbage Masters</p> <p>AARP Tax Aide by appointment</p>	<p>6</p> <p>9 Blood Pressure Clinic</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>10:45 Strong at Heart (CC)</p> <p>11 LGBTQ Old Adult Group</p> <p>12-4 Community Services Clinician Office Hours</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers</p> <p>1 Chair Yoga (CC)</p> <p>Stop &amp; Shop trip</p> <p>Grocery &amp; RX Delivery</p>	<p>7</p> <p>11 Bingo</p> <p>1 Cribbage</p> <p>1 Bridge</p> <p>SHINE by appointment</p>
<p>10</p> <p>10-12 Reiki Healing Sessions</p> <p>12-2 Creative Confections</p> <p>1 Mahjong Monday</p> <p>1 Cribbage Masters</p> <p>Grocery &amp; RX Delivery</p>	<p>11</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>10:30 Caregiver Support Group</p> <p>11 Winter Birds of Cape Cod</p> <p>12-1:30 Indoor Walking Group(CC)</p> <p>1 Rummikub</p> <p>1 How to Talk So Doctors Listen–<i>BSU Online Course</i></p> <p>Attorney Kane by appointment</p> <p>AARP Tax Aide by appointment</p>	<p>12</p> <p>10-11:30 Wellness Warriors (CC)</p> <p>11 Book Club</p> <p>12:30 Friends of CCOA Birthday Luncheon</p> <p>1 Cribbage Masters</p> <p>AARP Tax Aide by appointment</p>	<p>13</p> <p>9 Blood Pressure Clinic</p> <p>9-11 Independence House Office Hours</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>12-4 Community Services Clinician Office Hours</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers</p> <p>1 Chair Yoga (CC)</p> <p>Stop &amp; Shop trip</p> <p>Grocery &amp; RX Delivery</p>	<p>14</p> <p>12 Lunch and Learn: Veterans Outreach Council</p> <p>1 Cribbage</p> <p>1 Bridge</p> <p>SHINE by appointment</p>
<p>17</p> <p>9:30 COA Board of Directors Meeting</p> <p>12 –2 Comed Beef Lunch &amp; Legends of Ireland</p> <p>1 Mahjong Monday</p> <p>1 Cribbage Masters</p> <p>Grocery &amp; RX Delivery</p>	<p>18</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>11 The History of the Christmas Tree Shops</p> <p>12-1:30 Indoor Walking Group(CC)</p> <p>1 Golden Oldies</p> <p>1 Rummikub</p> <p>1:30 Communication Strategies for Loved Ones With Dementia–<i>BSU Online Course</i></p> <p>AARP Tax Aide by appointment</p>	<p>19</p> <p>12 Healthy Meals in Motion</p> <p>1 Cribbage Masters</p> <p>1:30 Cooking Class with Heather Bailey</p> <p>AARP Tax Aide by appointment</p>	<p>20</p> <p>9 Blood Pressure Clinic</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>10:30 Curious Happenings in Plants–<i>BSU Online Course</i></p> <p>10:45 Strong at Heart (CC)</p> <p>12-4 Community Services Clinician Office Hours</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers</p> <p>1 Chair Yoga (CC)</p> <p>Stop &amp; Shop trip</p> <p>Grocery &amp; RX Delivery</p>	<p>21</p> <p>11-1 Chatham Better Together</p> <p>1 Bridge</p> <p>1 Cribbage</p> <p>SHINE by appointment</p>
<p>24</p> <p>10 Reiki Healing Sessions</p> <p>11 Groove &amp; Move: Dance for Seniors (CC)</p> <p>1 Mahjong Monday</p> <p>1 Cribbage Masters</p> <p>Grocery &amp; RX Delivery</p>	<p>25</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>10:30 Caregiver Support Group</p> <p>12-1:30 Indoor Walking Group(CC)</p> <p>1 Rummikub</p> <p>1:30 Communication Strategies for Loved Ones With Dementia–<i>BSU Online Course</i></p> <p>AARP Tax Aide by appointment</p>	<p>26</p> <p>9-3 Footcare</p> <p>11 A Day in the Life: Insights from a Superior Court Judge</p> <p>1 Cribbage Masters</p> <p>AARP Tax Aide by appointment</p>	<p>27</p> <p>9 Blood Pressure Clinic</p> <p>9:30-2:30 Ryders Cove Respite</p> <p>10:30 Curious Happenings in Plants–<i>BSU Online Course</i></p> <p>10:45 Strong at Heart (CC)</p> <p>12-4 Community Services Clinician Office Hours</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers</p> <p>1 Chair Yoga (CC)</p> <p>Stop &amp; Shop trip</p> <p>Grocery &amp; RX Delivery</p>	<p>28</p> <p><b>TBD</b> Creative Arts Program</p> <p>1 Bridge</p> <p>1 Cribbage</p> <p>SHINE by appointment</p>
<p>31</p> <p>10 Cape Light Compact Info Session</p> <p>1 Mahjong Monday</p> <p>1 Cribbage Masters</p> <p>Grocery &amp; RX Delivery</p>				





## COMMUNITY OFFERING:

The Orleans COA and the Eastham COA will be hosting a SAGE Table event on Friday, March 21, 2025, from 5:30-7:30pm.

### *What is a SAGE Table?*

This is an international initiative to bring together LGBTQ people of all ages to share a meal and conversation in hopes of addressing social isolation. Dinner will be “Tex-Mex” and we’ll have diverse and rich conversation to nourish our bodies and spirits and help our LGBTQ community thrive.

**This is not a “walk-in” program and those who want to attend can call the Orleans Senior Center at 508-255-6333 to register.**

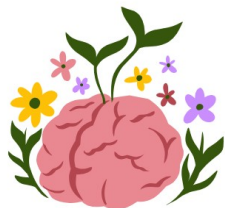


**Alzheimer's Family Support Center**  
Until there's a cure, there's community.

**Caregiver Support Group**  
**March 11th and 25th 10:30AM-12:00PM**

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 [cecilieb@capecodalz.org](mailto:cecilieb@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!



**Busy Fingers,**  
**Thursdays 1-3pm**

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**

# Ryders Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

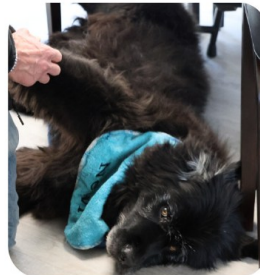
9:30 am- 2:30 pm



Josephine Fennell  
Director of RCR

## February Highlights

Participants were delighted by a special visit from Brewster, the loveable Newfoundland therapy dog, who brought smiles and warmth to everyone. We enjoyed lively musical performances, and an engaging educational visit from Wildcare Cape Cod! Indoor Walking, a CFAL program, kept us moving despite the winter chill, and friendly competition was in full swing with many games of Cornhole. It was a wonderful month, and we look forward to more exciting activities ahead!



Brewster the Therapy Dog



Musical Performance by  
Denya Levine



We celebrated our opening day with a sweet treat!

**Weather Closure Announcement**-- Please be advised that in the event of inclement weather, the Ryders Cove Respite program will follow the decisions of Monomoy Regional School District.

- If schools are closed, the day program will be closed.
- If schools are open, the day program will be open as well.

For the latest updates, please check local school closures or contact us with any questions. Stay safe and warm!

## Contact Information:



508-945-5190



[www.chatham-ma.gov](http://www.chatham-ma.gov)

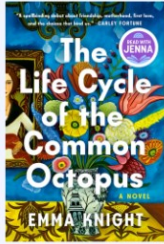


[jfennell@chatham-ma.gov](mailto:jfennell@chatham-ma.gov)

# Library Corner

By Liz Walker, *Volunteer Librarian*

This month is the 45th anniversary of the presidential proclamation that established *National Women's History Week*, later expanded to *National Women's History Month*. As we celebrate the vision, strength and achievements of women during March, take a moment to ponder this quote from writer Ayn Rand, "The question isn't who's going to let me; it's who's going to stop me." Here are some other writers to consider:



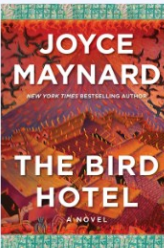
*The Life Cycle of the Common Octopus*- A Novel by Emma Knight (2025)

This debut novel is about friendship, motherhood, first love, and the choices that bind us. Penelope begins her first year at Edinburgh University while untangling a family mystery. She knows that her divorced parents back in Canada have been hiding something from her. She hopes to find the answer when she visits her father's old friend, now a famous writer, at his centuries-old estate in Scotland.



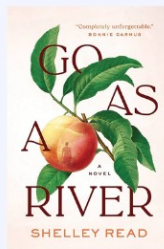
*Like Mother, Like Mother* by Susan Rieger (2024)

From the author of *The Divorce Papers*, this novel has been reviewed as "an enthralling story about three generations of strong-willed women, unknowingly shaped by the secrets buried in their family's past." The story also has been called "an exhilarating portrait of family, marriage and ambition, as well as the power of the histories we inherit."



*The Bird Hotel*- A Novel by Joyce Maynard (2023)

The New York Times bestselling author tells the tale of a young American woman who, after suffering a tragedy, finds herself restoring and then running a decaying lakefront hotel in a small Central American village. This big, sweeping story that spans four decades is filled with warmth, drama and romance, plus some magical realism with a mystery at its core. (*Recommended by nurse Jill Fallon*)

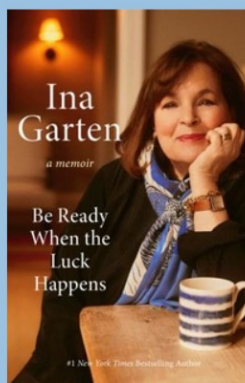


*Go As a River* by Shelley Read (2023)

In this work of historical fiction, set in the 1940s, Victoria flees her dysfunctional home in Lola, Colorado, where she manages her family's peach farm. She first must survive in the harsh wilderness, where she makes a snap decision that dramatically changes lives, including hers, in the decades ahead.

*Note: Lola was a real town that was evacuated and flooded in the 1960s to create a reservoir.*

## April Book Club



**What:** *Be Ready When Luck Happens: A Memoir*

"Ina makes everything look easy, yet all her accomplishments have been the result of hard work."

**When:** Wed, April 9th 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 Mallowes, *Director*  
Larry Marsland, *Associate Director*



# FRIENDS OF THE CHATHAM COA

## PROGRAM HIGHLIGHT: CREATIVE CONFECTIONS CUPCAKE DECORATING



Each month, the Center for Active Living transforms into a sweet and festive workshop with Creative Confections: Cupcake Decorating! This hands-on class, funded by the Friends of Chatham COA, is led by local baker and business owner Brenda Correia of Brenda's Cakes for All Occasions. Scheduled through June 2025, this program is a huge hit!

Each session features a new theme inspired by the season or upcoming holiday, allowing participants to decorate delicious cupcakes with creative flair. Whether it's winter wonderland designs, spring florals, or festive holiday treats, this class is a delightful way to learn new decorating techniques, enjoy great company, and, of course, indulge in a sweet treat!

Do you want to learn more about how the Friends organization helps to support the COA?

Join us for our monthly meeting at the CFAL on **Tuesday, March 4th at 10am.**

or Scan this QR code to visit our website!



## Chatham Center for Active Living

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

### 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 Coordinator*  
**Vacant**, *Department Assistant*

### Van Drivers

Dick Hosmer  
Mark Massoni  
Paul Robinson  
Dexter Smith



*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.*

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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.

### Board Members:

Pat Burke, *Chairperson*      Laura Everett, *Vice-Chair*  
Nancy Fields, *Clerk*      Joan Bagnell, *Clerk*  
Betty Magnusson, *Member*      Stan Mansfield, *Member*  
Ann Ryan, *Member*

### Upcoming Meetings:

Monday, March 17th 9:30 AM  
Monday, April 14th 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!