



THE FLASH

April 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.

WHAT'S INSIDE

- Directors Desk.....Page 2
- Outreach Services.....Page 3
- Transportation.....Page 4
- Programs.....Page 5
 - Health & Wellness.....Page 6
 - Community Engagement.....Page 7
 - Arts & Entertainment.....Page 8
- April Calendar.....Page 9
- LGBTQ Group News.....Page 11
- Meet Maddie!.....Page 12
- Ryders Cove Respite.....Page 13
- Library Corner.....Page 14
- Friends of Chatham COA.....Page 15
- Board of Directors.....Page 16



Director's Desk

By Leah LaCross, Director of
Community Services

Hello Friends,

As we welcome April and the transition of the changing season, we also embrace new opportunities to connect, engage, and support one another in our community.

The Chatham Center for Active Living (CFAL) is committed to providing resources, programs, and services that enrich the lives of our community's older adults and their families. We are so grateful for your continued involvement and support, which helps us create an environment where everyone can thrive.

This month, we're excited to offer several programs aimed at promoting health, wellness, and social connection. First, we invite you to join us for a *Forest Bathing Nature Walk* on Tuesday, April 8th at 1:00PM. Led by Dr. Carol Marcy at Sylvan Gardens in Chatham, this walk will give you the opportunity to enjoy fresh air, exercise, and relaxation. To learn more about Dr. Marcy and her work, visit her website at: <https://drCarolmarcy.com>

Is there any better smell than that of fresh baked goods? Come visit the new *Liberty Bakery* on Monday, April 14th for a bread baking demonstration. You'll get to watch the process firsthand and enjoy the delicious aromas that fill the air!

Lastly, don't miss the fascinating multimedia presentation *Life Aboard a Whaleship*, offered by the Nantucket Historical Association. This 25-minute live story, told by NHA Museum Guides, takes you on a journey aboard the Whaleship Edward Cary. Learn about early Nantucket whaling and how it grew into a global industry.

I encourage you to explore the programs highlighted in this newsletter and take full advantage of the resources at your disposal. Your well-being is our priority, and together, we continue to make our community a better place for older adults to live, grow, and stay connected.

Warmly,



Announcements:

In Honor of Patriots Day the Center for Active Living will be **CLOSED** on Monday, April 21st.

I am excited to announce two new additions to the CFAL team!

We welcome **Madeline (Maddie) Ittner** as the new Department Assistant at CFAL. Maddie recently relocated from San Diego, CA, where she gained valuable experience in recruitment and employee services. Now living in Harwich with her fiancé, she enjoys working out, beach walks with her dog Jet, exploring new places, and cooking.

We are also thrilled to welcome **Danielle James** as our Ryder's Cove Respite Program Assistant. With a strong background in banking and leadership, Danielle brings a wealth of experience to our team. Since relocating to South Chatham in 2022, she has become an active member of the community, enjoying gardening, Tai Chi, and yoga.

Join us in welcoming Danielle and Maddie to Team Chatham!

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.

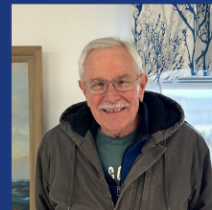
OUR DRIVERS



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 or email
Alexis Weglarz
508-945-5190

aweglarz@chatham-ma.gov



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.



Celebrate Earth Day with us in April at Eco Expressions, a creative rock painting program! Use natural inspiration to design unique, eco-friendly artwork while honoring our planet. All materials provided—just bring your creativity!

Registration: Required

April BSU Courses:

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

No Time For Love (1943)

Tuesday, April 1st, 1PM

This romantic comedy stars Claudette Colbert as a sophisticated photojournalist who finds herself drawn to a rugged sandhog worker, played by Fred MacMurray. As their worlds collide, sparks fly in this charming and witty classic.

Registration: Required



Gilda (1946)

Tuesday, April 15th, 1PM

Rita Hayworth dazzles in this iconic film noir as the irresistible and enigmatic Gilda, caught in a dangerous love triangle with her ex-lover and her powerful husband. Full of suspense, passion, and unforgettable moments, Gilda remains one of Hollywood's most legendary films.

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



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, appointments are first come first serve



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



**April 2nd & 11th
11-12 PM**

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



**Landscapes of Hope
Friday, April 25th 1 PM**

Join us for a captivating program by Tim Van Egmond featuring traditional and contemporary songs woven with tales that celebrate community, belonging, and the inspiration found in the world around us. Through stories and music—both heartwarming and humorous—he brings to life the fabric of family, friendship, and shared hope for peace and plenty. Accompanied by guitar, hammered dulcimer, and mountain dulcimer, this performance promises to delight and inspire.

Registration: Required

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



**Cooking Class
April 16th, 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



**Bingo
April 23rd, 12-1:30PM**

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



**Creative Confections
April 7th, 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



**Birthday Luncheon
April 9th, 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, April 7th

Community Engagement



**Landscaping for Wildlife
Monday, April 7th, 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



**Chatham Health
Department
April 11th, 12-2PM**

Join us for a special presentation from the Health Department on the Community Needs Assessment. Gain insight into key health priorities and challenges in our community and learn how we can all contribute to positive change. Lunch will be provided by Cape Cod Coffee at Chatham Perk.

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



**Mammals of Cape Cod
Wednesday, April 2nd
11am**

Join us for a special presentation with Elijah Valentine where we will explore the fascinating mammals that call Cape Cod home! Get an exclusive look at never-before-seen footage captured by trail cameras set up in Chatham's woodlands, offering a rare glimpse into the secret lives of our local wildlife.

Registration: Required



**Baking Demonstration
Monday, April 14th, TBD**

Join us at Liberty for a special baking demonstration and an opportunity to learn about this exciting new local business. Enjoy delicious treats while discovering what makes this bakery a great addition to our community!

Registration: Required

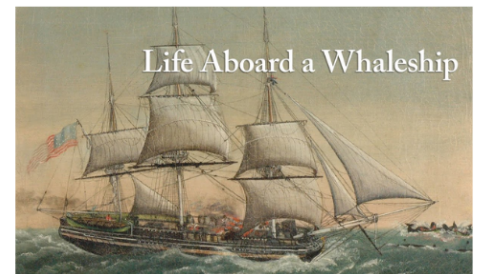


**Forest Bathing Nature Walk
Tuesday, April 8th 1pm**

Join us for a peaceful and rejuvenating Forest Bathing Meditation Walk at Sylvan Gardens led by Carol Marcy, Ph.D. This Japanese practice invites you to slow down, breathe deeply, and immerse yourself in nature's healing presence.

The walk covers less than a mile at a slow pace with opportunities to rest. Participants should meet at the Community Center by 12:45 PM to carpool, as parking is limited.

Registration: Required, Maximum of 12 participants



**Life Aboard a Whaleship
Wednesday, April 30th,
11am**

Offered by the Nantucket Historical Association told by Museum Guides, this program takes you on a journey aboard the Whaleship Edward Cary. Learn about early Nantucket whaling and how it grew into a global industry.
Registration: Required

April 2025

Mon	Tue	Wed	Thu	Fri
31 1 Mahjong Monday 1 Cribbage Masters Grocery & RX Delivery	1 9:30-2:30 Ryders Cove Respite 12-1:30 Indoor Walking Group(CC) 1 Golden Oldies 1 Rummikub 1-3 Reiki Healing Sessions SHINE by appointment AARP Tax Aide by appointment	2 11 Chatham Conservation Foundation 11 Groove & Move: Dance for Seniors (CC) 1 Cribbage Masters AARP Tax Aide by appointment	3 9 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 11 LGBTQ+ Older Adult Group 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers 1 Chair Yoga (CC) Stop & Shop trip Grocery & RX Delivery	4 1 Bridge 1 Cribbage Masters SHINE by appointment
7 11 Landscaping for Wildlife 12-2 Creative Confections 1 Mahjong Monday 1 Cribbage Masters Grocery & RX Delivery	8 9:30-2:30 Ryders Cove Respite 10:30 Caregiver Support Group 12-1:30 Indoor Walking Group(CC) 1 Rummikub 1 Forest Bathing Nature Walk SHINE by appointment AARP Tax Aide by appointment	9 11 Book Club 12 :30 Friends of CCOA Birthday Luncheon 1 Cribbage Masters AARP Tax Aide by appointment	10 9 Blood Pressure Clinic 9-11 Independence House Office Hours 9:30-2:30 Ryders Cove Respite 10-12 Reiki Healing Sessions 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers 1 Chair Yoga (CC) Stop & Shop trip Grocery & RX Delivery	11 11 Groove & Move: Dance for Seniors (CC) 12 Lunch & Learn: Chatham Health Department 1 Bridge 1 Cribbage Masters SHINE by appointment
14 TBD Liberty Bakery 11-1 Reiki Healing Sessions 1 Mahjong Monday 1 Cribbage Masters Grocery & RX Delivery	15 9:30-2:30 Ryders Cove Respite 12-1:30 Indoor Walking Group(CC) 1 Golden Oldies 1 Rummikub SHINE by appointment AARP Tax Aide by appointment	16 12 Healthy Meals in Motion 1 Cribbage Masters 1:30 Cooking Class	17 9 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers 1 Chair Yoga (CC) Stop & Shop trip Grocery & RX Delivery	18 10-1 Chatham Better Together 1 Bridge 1 Cribbage Masters SHINE by appointment
21 The Center for Active Living is CLOSED In Honor of Patriots Day	22 9:30-2:30 Ryders Cove Respite 10:30 Caregiver Support Group 12-1:30 Indoor Walking Group(CC) 1 Eco-Expressions Art Workshop 1 Rummikub SHINE by appointment	23 9-3 Footcare Clinic 12-1:30 Bingo 12-2 Reiki Healing Sessions 1 Cribbage Masters	24 9 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers 1 Chair Yoga (CC) Stop & Shop trip Grocery & RX Delivery	25 11-1 Volunteer Appreciation Event 1 Landscapes of Hope with Tim Egmond 1 Bridge 1 Cribbage Masters SHINE by appointment
28 1 Mahjong Monday 1 Cribbage Masters Grocery & RX Delivery	29 9:30-2:30 Ryders Cove Respite 12-1:30 Indoor Walking Group(CC) 1 Rummikub SHINE by appointment	30 11 Life Aboard a Whaleship 1 Cribbage Masters	1 9 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 12-4 Community Services Clinician Office Hours 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers 1 Chair Yoga (CC) Stop & Shop trip Grocery & RX Delivery	2 1 Bridge 1 Cribbage Masters SHINE by appointment



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

Meet our Department Assistant

1. I just recently moved to the Cape from San Diego, CA.
2. I have never broken a bone (knock on wood!)
3. I am scuba certified
4. I'm a Co-Superhost on Airbnb with my Mom
5. I will be getting married in September 2025
6. Both of my shoulders are double jointed
7. My Cavapoo Jett will be turning 3 this year!
8. I just purchased my first home with my fiancé, Mark.
9. I travelled to Spain in high school and won 1st place in a soccer tournament
10. I used to live in my grandmothers 120 year old historic home in La Jolla, CA.



Jett Vokey



“I am excited to be in my new role where I can truly make a difference. I’m eager to work closely with the community and help others access the resources they need to thrive. There’s something incredibly fulfilling about being able to support and empower individuals, and I’m looking forward to building meaningful connections and creating a positive impact.”

Maddie Ittner

Ryders Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

9:30 am- 2:30 pm



Josephine Fennell
Director of RCR

Last month, we were excited to welcome Danielle to Team Chatham as the new Day Program Assistant, officially making Ryders Cove Respite fully staffed!



From Left; Danielle James, Jo Fennell, Eilieen Aldrich



Visitors from Wildcare!



Marty Fellman performed!



Day program participants explored their creativity last month with a variety of engaging art projects!

Supporting Seniors, Empowering Caregivers!-- We are still welcoming new participants to our Adult Supportive Day Program, designed for seniors living with Dementia and Dementia-related illnesses. This program offers a safe, enriching environment where participants can engage in meaningful activities, socialize, and receive compassionate care- while also providing much-needed respite for caregivers. If you or a loved one could benefit from structured daytime support, we invite you to reach out!

Contact Information:



508-945-5190



www.chatham-ma.gov

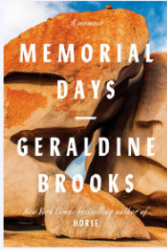


jfennell@chatham-ma.gov

Library Corner

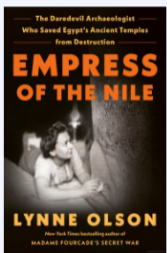
By Liz Walker, Volunteer Librarian

April might not be the “cruellest month” anymore, but it certainly can be unpredictable. We hold our collective breath that tomorrow the sun will shine, the air will warm, the wind will calm and the flowers will bloom. When those hopes are dashed by unexpected snow showers, we can read about people - real and imagined- who sought solace, adventure or solutions when facing unthinkable situations.



Memorial Days by Geraldine Brooks (2025)

On Memorial Day in 2019, the Pulitzer-Prize winning author received the phone call everyone dreads. Her husband, author Tony Horwitz had collapsed and died at 60, while on a book tour. Her first impulse, to step away to grieve, was thwarted by all-consuming financial red tape and to-do lists. Eventually, she retreat to a remote island off the coast of her native Australia to finally give herself the time she needed to mourn.



The Empress of the Nile: The Daredevil Archaeologist Who Saved Egypt's Ancient Temples from Destruction by Lynn Olson (2023)

This is the remarkable true story of the French archaeologist, Christiane Desroches-Noblecourt, who led the international effort to save a dozen ancient Egyptian temples from inundation from the floodwaters of the gigantic Aswan Dam under construction in the 1960s. Coverage of this unprecedented rescue effort overlooked the heroic efforts of Desroches-Noblecourt in this unimaginably complex project.



Miss Benson's Beetle by Rachel Joyce (2017)

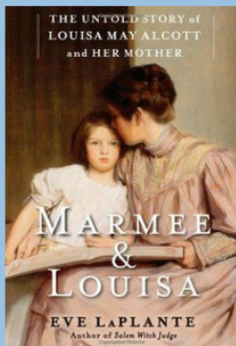
In this engaging adventure, set in 1950s London, harassed schoolteacher Margery Benson has reached her breaking point. She decides to abandon her job to travel halfway around the world in search of the elusive insect that was her childhood obsession. She hires, sight-unseen, an unlikely assistant with whom she discovers the transformative power of friendship. (recommended by Volunteer, Mariann Mohan)



Mrs. Queen Takes the Train by William Kuhn (2012)

This lively debut novel imagines the kerfuffle that transpires when a bored Queen Elizabeth strolls out of the palace in search of “a little fun.” While her desperate courtiers frantically search for her majesty, readers gain entry into the mind of the runaway queen - and get a peek into the upstairs/downstairs operations of England's monarchy.

May Book Club



What: *Marmee & Louisa: The Untold Story of Louisa Alcott and Her Mother* by Eve LaPlante

“The research tells us It was Louisa’s mother who nurtured her feminist ideals and encouraged her to write.”

When: Wed, May 14th 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: WELLNESS WARRIORS



Over 35 participants engaged with a variety of wellness practitioners over the 6-week series.



Participants enjoyed a musical performance from The Psinging Psychologist



Participants received goodie bags from The Optimal Kitchen

“The 2025 Wellness Warrior Series focused on the importance of stress reduction in our lives to maintain wellness and vitality and prevent illness during our aging years. This 6 week program explored topics of balance, sound vibrational healing, plant based nutrition, creativity through music and songwriting, body alignment through practices of reflexology and energy medicine and humor through the aging process. We experienced the value of learning and sharing in community.”

-- Gail Tilton, *Wellness Warriors Facilitator*

Scan this QR code to visit our website and learn more about how the **Friends of Chatham Council on Aging** help provide dynamic programming to our community!



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
Danielle James, Adult Supportive Day Program
Assistant
Anna Milan, Programs & Communication Coordinator
Madeline Ittner, 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.

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE PAID
ORLEANS MA
PERMIT NO. 32

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, Member
Betty Magnusson, Member Stan Mansfield, Member
Ann Ryan, Member

Upcoming Meetings:

Monday, April 14th 9:30 AM
Monday, May 19th 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!