



T H E F L A S H

JUNE 2025

A newsletter published by the Chatham Council on Aging

Building Information:

**MONDAY- FRIDAY
8AM - 4PM
193 STONY HILL RD
CHATHAM, MA 02633**

Contact Us:

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*



Dear Participants,

Happy June – and welcome to summertime on Cape Cod! At last, we can leave the winter doldrums behind and soak up the sunshine, admire the blooming flowers, and enjoy long, relaxing days by the beach.

June is packed with opportunities to connect, learn, and have fun at the CFAL:

- **Smartphone Skills Class:** Want to get more out of your smartphone beyond calls and texts? Join Anna Milan on Mondays in June and July from 11:00 a.m.- 12:00 p.m. to discover what your device can really do. For the best experience, we encourage attending as many sessions as possible.
- **Free Cape Cod Transit:** Great news! The Cape Cod Regional Transit Authority (CCRTA) is now offering free rides on all fixed-route services. You'll need a "GO Card" to take advantage of this perk. Come by Wednesday, June 25th at 10:00 a.m. to learn more and get signed up!
- **June Coffee Hours**
 - Mon, June 16th, 10:00 a.m.- Chatham Fire Department
 - Mon, June 23rd, 1:00 p.m. - Chatham Recycles

New this Month! We're excited to offer transportation to the Chatham Farmers Market for interested community members, every other Tuesday! For more details, please see **Page 3** of this newsletter or give us a call at 508-945-5190!

As always, I look forward to seeing each and every one of you!

Warm Regards,

Leah

Announcements:

In Honor of Juneteenth the Chatham Center for Active Living will be **CLOSED** Thursday, June 19th

I'm thrilled to share some exciting news: On May 10th, voters overwhelmingly approved Article 17 at the Annual Town Meeting (440-88), paving the way for the expansion and renovation of the Center for Active Living (CFAL) at 193 Stony Hill Road!

What does this mean for you? Once completed, the renovated CFAL will be a larger, more modern space- welcoming and inclusive, designed to support healthy, active aging right here in Chatham. While there may be some temporary adjustments during construction, our programs and services will continue to be available. Stay tuned- we'll be sharing more details with you in the coming weeks!



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

★ NEW OFFERING: TRANSPORTATION TO FARMERS MARKET ★

We're excited to offer transportation to the Chatham Farmers Market for interested community members, every other Tuesday!

Here's how it works:

- **Reserve Your Seat:** Call 508-945-5190 to sign up, space is limited so don't wait!
- **Pick-Up Time:** We'll pick up participants between 1:45-2:00 p.m.
- **Drop-Off at Market:** You'll arrive at the market around 2:15 p.m., just as vendors are setting up. This gives you time to browse, plan your purchases, and get ready for the opening bell.
- **Shopping Time:** Once the market officially opens at 3:00 p.m., participants can make purchases and enjoy the market.
- **Return Pick-Up:** We'll depart the market promptly at 3:30 p.m. to ensure everyone is back before our transportation services end at 4:00 p.m.

OUR DRIVERS



Dick



Paul



Dexter



Mark

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 a ride please call or email:



Alexis Weglarz
508-945-5190

aweglarz@chatham-ma.gov

Outreach Services

SUPPORT GROUP SPOTLIGHT

SIGHT LOSS SERVICES

Call 508-394-3905 to sign up. This group meets the first Tuesday of every month, from 10:30 AM - 12:00 PM at the **Harwich Community Center**. *Transportation available through Sight Loss Services.*

- Speakers and experts give presentations, peer meetings for those with vision loss and blindness, and discussions about coping techniques and medical advances.



Sight Loss Services, Inc.
Cape Cod & Islands

CAREGIVER SUPPORT GROUP

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

- This group meets the 2nd and 4th Tuesday of every month, from 10:30 AM -12:00 PM at the **Center for Active Living** providing support for caregivers, people with AD/dementia, and for people in early stages of decline.



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

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:

Kelly Connolly, Recovery Coach with Outer Cape Health

- Call **774-801-8133** for more information or to set up an appointment
 - Office Hours drop in or by appointment, Wednesdays, 12:00-4:00 pm

Support & Advocacy Services:

A counselor from Independence House of Cape Cod is available for 1:1 sessions at the CFAL on the 2nd Thursday of each month. Stop by for support, resources, or a confidential conversation. Drop in, or call **508-945-5190** to set up a time.



INDEPENDENCE HOUSE, INC.
Promoting safe and healthy relationships

Behavioral Health Services:

Diane Nash, MSW LICSW

- Call **508-945-5107** to speak with the Dept. of Community Services, Behavioral Health Clinician
- The role of the clinician is to assist adults and families facing behavioral health or substance abuse challenges by providing on-site evaluations and connecting them to comprehensive support services. **Reach out for support with:**
 - Anxiety
 - Depression
 - Grief
 - LGBTQ+
 - Life Transitions
 - Managing Stress
 - Memory Issues
 - Parenting
 - Substance Abuse



Kerri Kelly, Outreach
Coordinator

kkelly@chatham-ma.gov
508-945-5190

Announcements:

Healthy Meals in Motion forms are due back to the CFAL by **Friday, June 6th at Noon.**

DID YOU KNOW?

Cape Cod LGBTQ+ Senior Friends, a new non-profit organization, led by Cape Cod LGBTQ+ senior volunteers has just launched.

They are dedicated to enhancing the lives of our LGBTQ+ seniors as they age, ending isolation and providing social and emotional support through the challenges of loss and change.

Cape Cod LGBTQ+ Senior Friends Offerings:

- Bereavement support groups
- Life Changes support groups
- Monthly Social group
- Special events; and more!

Visit their website for more:

www.capecodlgbtqseniorfriends.org





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.

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

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.



Petanque

Petanque, Monday & Wednesdays @ Chase Park 10:00 -12:00PM

Pétanque is a popular French outdoor game where players take turns tossing hollow metal balls (called boules) as close as possible to a small wooden target ball, known as the cochonnet. Pétanque is known for its relaxed pace, strategic play, and social atmosphere. It's a favorite pastime in parks and squares around the world, offering fun for all ages and skill levels.

Location: Chase Park (Off Cross Street)

Registration: Requested



Go Card

Information Session & Sign Up Wednesday, June 25th 10:00 a.m.

*Did you know that if you are over 60 or have a disability you are eligible to enjoy **FREE** fares on all fixed bus routes throughout the Cape? All you need is the new **Go Card** to get this special fare.*

The Center for Active Living will be hosting a CCRTA representative to provide information and help you get signed up to ride free!

Registration: Requested



Birthday Luncheon, June 11th, 12:30PM

Let's celebrate our June birthdays together! Sponsored by the Friends of the Chatham Council on Aging, this special event honors all those born in the month of June. Join us for cake, refreshments, and festive fun as we recognize our June celebrants with good cheer and great company.

Registration: Required, RSVP by Monday, June 9th





**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*



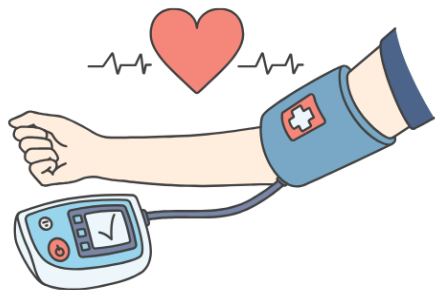
**Reiki Healing Sessions
with Shirely Wlader, RN**



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*

Check our calendar on Page 9 for dates!



**Blood Pressure Clinic, Thursdays
10:00-11:00 A.M.**

Join us for a free blood pressure screening hosted by a registered nurse from the Visiting Nurse Association (VNA). No appointment necessary—stop by to check your numbers, ask questions, and receive helpful tips for maintaining heart health. Open to all community members!

Registration: Drop in



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

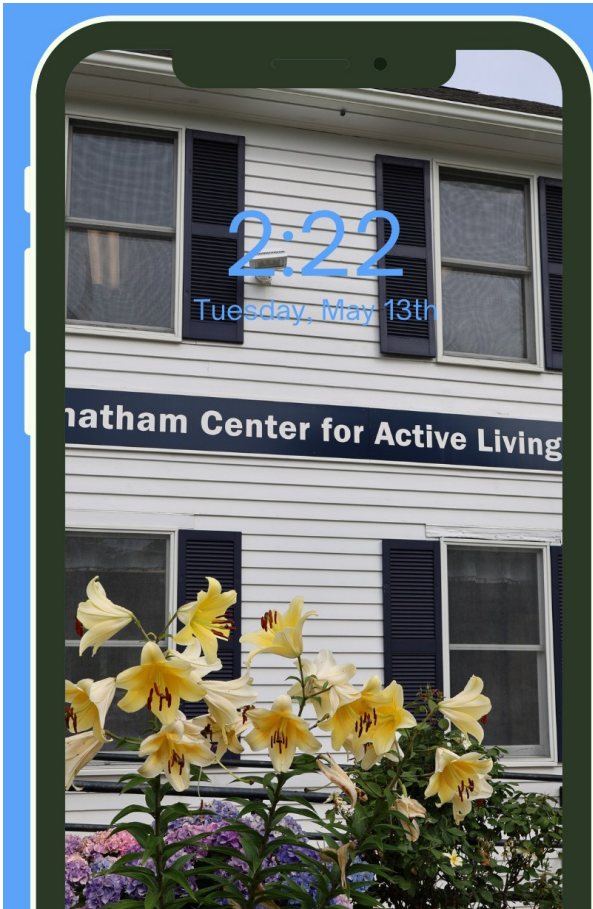


**Full Body Fitness
Tuesdays, 12pm**



This 45-minute class is designed to enhance muscular strength, endurance, mobility, and balance. Participants will engage in a variety of upper and lower body exercises, with modifications available for all ability levels. Exercises can be performed seated or standing, ensuring accessibility for everyone. While equipment is optional, instructors will provide cues for incorporating weights and resistance bands as desired.

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



SMARTPHONE SKILLS

2m ago

There is still time to register! – Deadline June 6th

Do you want to make the most out of your smartphone? Whether you're looking to take better photos, manage apps, stay safer online, or just understand your phone better — this class is for you!


Join us for a 9-week Smartphone Class at the CFAL designed to help you take full advantage of the powerful tool in your pocket.

Session Topics Include:

- Understanding basic and advanced phone settings
- Navigating apps and customizing your home screen
- Tips for photos, video calls, texting, and email
- Internet safety and privacy settings
- Cloud storage, backups, and much more!

What You'll Need:

- A fully charged smartphone (Android or iPhone)
- Your charger
- Your Apple ID or Google account login info (if available)
- A willingness to learn and explore!

 There's still time to register — but don't wait!

Deadline to sign up is Friday, June 6th.

No new students will be accepted after that date.

Come gain confidence and learn how to make your phone work for you!
Call **508-945-5190** today to reserve your spot.

Golden Oldies: Classic Film Screenings

hosted by Barbara Nickerson

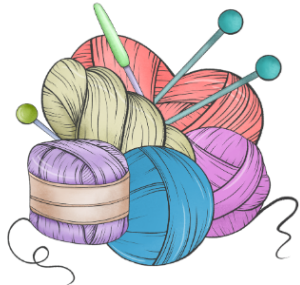
Romance on the High Seas (1948)

Tuesday, June 3rd, 1PM

Starring Doris Day, Jack Carson, Janis Paige

Doris Day shines in her film debut as a singer caught in a case of mistaken identity aboard a cruise ship. Hired to impersonate a socialite, she ends up falling for the detective hired to watch her. A fun, musical romantic comedy full of charm and catchy tunes.

Registration: Required



Busy Fingers

Thursdays, 1:00 - 3:00 p.m.

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!

Registration: Drop In

Laura (1944)

Tuesday, June 17th, 1PM

Starring Gene Tierney, Dana Andrews, Clifton Webb

This classic noir follows a detective who becomes obsessed with the portrait of a murdered woman while investigating her death. With moody visuals and a haunting score, *Laura* is a stylish mystery full of twists and unforgettable characters.

Registration: Required



Bingo

Friday, June 27th, 10:00 AM

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

June Coffee Hours

**Chatham Fire Department
Monday, June 16th, 10 a.m.**

Come meet dedicated members of the Chatham Fire Department over coffee. Learn about fire safety, emergency preparedness, and the vital role out firefighters play in keeping the community safe.

Registration: Required

Chatham Recycles

Monday, June 23rd 1:00 p.m.

Join the Chatham Recycles group for coffee and conversation about sustainability and waste reduction in our town. Discover ways to recycle smarter and help make Chatham a greener place.

Registration: Required

Monday, June 30th, 10 a.m.

Join us for a casual time to enjoy coffee, connect with others, and explore our building! There will be no guest speaker; just a chance to view renovation and expansion plans at your own pace.

Registration: Required

Weekly Game Schedule

Registration: Drop In, All are welcome! When: 1 -3:30pm

Where: CFAL

Monday

- Cribbage

Tuesday

- Rummikub

Wednesday

- Cribbage

Friday

- Cribbage
- Bridge

June 2025

Mon	Tue	Wed	Thu	Fri
2 10-12 Petanque (Chase Park) 11 Smartphone Basics 1-3:30 Cribbage Masters Grocery & RX Delivery	3 9:30-2:30 Ryders Cove Respite 12 Full Body Fitness (CC) 1 Golden Oldies 1-3:30 Rumikub SHINE by appointment	4 10-12 Petanque (Chase Park) 12 Strawberry Social 1-3:30 Cribbage Masters	5 9-10 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12-4 Clinician Office Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip	6 1-3:30 Bridge 1-3:30 Cribbage Masters Grocery & RX Delivery SHINE by appointment
9 10-12 Reiki 10-12 Petanque (Chase Park) 11 Smartphone Basics 1- 3:30Cribbage Masters Grocery & RX Delivery	10 9:30-2:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness (CC) 1-3:30 Rumikub SHINE by appointment	11 10-12 Petanque (Chase Park) 11 Book Club 12:30 Birthday Luncheon 1-3:30 Cribbage Masters	12 9-10 Blood Pressure Clinic 9-11 Independence House Office Hours 9:30-2:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12-4 Clinician Office Hours 12-2 Reiki 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip	13 12-2 Lunch & Learn 1-3:30 Bridge 1-3:30 Cribbage Masters Grocery & RX Delivery SHINE by appointment
16 10 Coffee Hour: CFD 10-12 Petanque (Chase Park) 11 Smartphone Basics 1- 3:30 Cribbage Masters Grocery & RX Delivery	17 9:30-2:30 Ryders Cove Respite 12 Full Body Fitness (CC) 1 Golden Oldies 1-3:30 Rumikub SHINE by appointment	18 10-12 Petanque (Chase Park) 10-12 Reiki 12 Healthy Meals in Motion 1-3:30 Cribbage Masters 1:30- 3 Cooking Class	19 <p style="text-align: center;">The Center for Active Living is CLOSED today in Honor of Juneteenth</p>	20 11-1 Chatham Better Together 1-3:30 Bridge 1-3:30 Cribbage Masters Grocery & RX Delivery SHINE by appointment
23 10-12 Petanque (Chase Park) 11 Smartphone Basics 1 Coffee Hour: Chatham Recycles 1-3:30 Cribbage Masters Grocery & RX Delivery	24 9:30-2:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness (CC) 1-3:30 Rumikub SHINE by appointment	25 9-3 Footcare Clinic 10-12 Petanque (Chase Park) 10 CCRTA Go Card Info Session 1-3:30 Cribbage Masters Attorney Lavender by appointment	26 9-10 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12-4 Clinician Office Hours 12-2 Reiki 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip	27 10 Bingo 1-3:30 Bridge 1-3:30 Cribbage Masters Grocery & RX Delivery SHINE by appointment
30 10-12 Petanque (Chase Park) 11 Smartphone Basics 1-3:30 Cribbage Masters Grocery & RX Delivery				



Strawberry Social
Wednesday, June 4th, 12 p.m.

Join us for a delightful afternoon gather featuring fresh, seasonal, strawberry shortcake, tea and great company! This event offers a wonderful opportunity to socialize, relax, and enjoy the sweetness of summer in Chatham!

Registration: Required



Lunch and Learn
Friday, June 13th 12:00-1:30 p.m.

Join us for a chance to enjoy a light meal while engaging in an informative and interactive session. **Topic and Guest speaker to be announced June 1st**, but each event offers valuable insights, great conversation, and a welcoming atmosphere.

Registration: Required



Cooking Class
Wednesday, June 18th 1:30 p.m.

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

We are
HIRING
Join Team
Chatham!



Council on Aging Bus Driver
Part-Time/Intermittent

- Provides door to door transportation for Chatham aged 60+ residents
- Must be able to assist passengers on and off of the bus and with groceries
- DOT Medical Card, CPR/AED Certification, excellent driving record and excellent customer service skills required
- Starting rate of \$21.63 per hour, variable schedule; not to exceed 19 hours per week

 To apply, send your cover letter and resume in one pdf to:
jobs@chatham-ma.gov - Attention Megan Downey

For more details and application: **CHATHAM-MA.GOV/JOBS**



Ryder's Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

9:30 am- 2:30 pm



Josephine Fennell
Director of RCR



Wings of Hope: A Celebration of Transformation

With care, patience, and love, participants in our Adult Supportive Day Program nurtured butterflies from caterpillars to flight. This joyful release symbolizes growth, transformation, and the beauty of new beginnings.

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

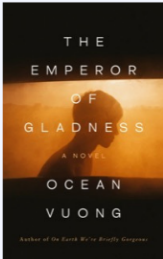


jfennell@chatham-ma.gov

Library Corner

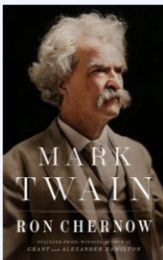
By Liz Walker, *Volunteer Librarian*

Looking for a great biography, engrossing mystery, or simply a beach read? We have a cart full of paperbacks that will stand up to the sun, sand, and sea. They don't need to be returned if they get carried out with the tide. We also offer free children's books, puzzles, and a great selection of new fiction and nonfiction hardcovers by authors Ron Chernow, Geraldine Brooks, David Balducci, Anne Tyler, and more, that will make quick work of a morning under the beach umbrella or afternoon in the shade. Consider these selections:



The Emperor of Gladness- A Novel by Ocean Vuong (2025)

One summer evening in Connecticut, nineteen-year-old Hai stands on a bridge, ready to jump, when he hears a shout from across the river. The voice belongs to a widow struggling with dementia, who somehow convinces him to take another path. When he becomes her caretaker, “the unlikely pair develop a life-altering bond built on empathy, spiritual reckoning and heartbreak in this story of loss, hope and what we would do for a second chance.”



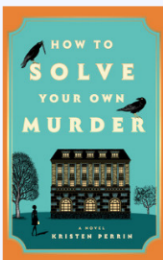
Mark Twain- a Biography by Ron Chernow (2025)

The Pulitzer-Prize-winning biographer draws on Twain's expansive archives, including thousands of letters and hundred of unpublished manuscripts to “masterfully capture the man whose career reflected the country's westward expansion, industrialization and foreign wars. Also, Twain was the most important white author of his generation to grapple so fully with the legacy of slavery.”



Aggregated Discontent: Confessions of the Last Normal Woman by (Liz Walker's daughter) Harron Walker (2025)

The culture critic and pop culture journalist's first essay collection, published by Random House, “interrogates womanhood, cis and trans, as someone figuring themselves out on the internet in the early 2010s,” a reviewer wrote, adding, “An entertaining and smart debut.”




How to Solve Your Own Murder- A Novel by Kristin Perrin (2024)

In 1965, Frances Adams is at an English country fair where a fortune teller makes a bone-chilling prediction: One day, Frances will be murdered. It is a prediction that sparks her life's work- trying to solve a crime that hasn't happened yet.

DON'T FORGET

The CFAL Book Club is taking a summer break for July and August, but the CFAL Library is still open—so swing by, grab a great read,

and let your next adventure begin! 

Open Monday- Friday, 8 am- 4pm

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

Anthony Pacillo, *Director*
 Janet Fields, *Director*
 Robin Zibrat, *Director*
 Dorothea Speight, *Director*
 Paula Carroll, *Director*
 Larry Marsland, *Associate Director*



FRIENDS OF THE CHATHAM COA



In Gratitude to Judy Hanlon Friends of the Chatham Council on Aging May 6, 2025



For more than 12 years, you have served on the Friends of the Council on Aging Board in a variety of roles, including four years as president. You have been a visionary leader, a fully invested board member, a supportive colleague and a tireless volunteer. You have been a welcoming presence for new members and have improved the board with your new initiatives. Always willing to take on new challenges, you led the board with unfailing grace, good humor and even grit, when needed, through pandemic constraints, enlightened efforts to initiate a fundraising campaign and confounding disappointments regarding a much-needed new building, among other challenges.

You believe deeply in the COA’s mission, including its outreach and programming efforts to create community and alleviate social isolation among Chatham’s older residents. You have brought great energy to new programs, invited others to join you and participated fully without being asked. Your resourcefulness, willingness to help and generosity of time have had a deep impact here at the CFAL.

As a board, we are all grateful for the time and talents you have contributed for the good of our community. We will miss your steady hand and guidance on our board but will be happy to see you often as you participate in the many programs you have had a hand in bringing to the CFAL.

We also hope that now you’ll have some extra time to work on your golf game. Among the Friends, you will be remembered as a “Best Friend.”

With sincere gratitude,

Michael Barry <i>President</i>	Anthony Pacillo, <i>Director</i>
Sue Foster, <i>Treasurer</i>	Janet Fields, <i>Director</i>
Elizabeth Walker, <i>Secretary</i>	Dorothea Speight, <i>Director</i>
Jill James, <i>Director</i>	Paula Carroll, <i>Director</i>
Darcy Mallowes, <i>Director</i>	Larry Marsland, <i>Associate</i>
Robin Zibrat, <i>Director</i>	<i>Director</i>



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.

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ADDRESS SERVICE REQUESTED

Chatham Council on Aging Board of Directors

Upcoming Meetings:

Monday, June 16th 9:30 AM

Monday, July 21st 9:30 AM

We work closely with the Town's Council on Aging Division to advocate for and meet the needs of residents aged 60 and over.



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!