



THE FLASH

JULY 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*

Greetings Friends,

Welcome to July!

We made it through the rainy days of June- though there were certainly times it felt like we might need a boat! Thankfully, sunnier skies are ahead, and with them come a number of exciting opportunities at the Center for Active Living (CFAL).

Speaking of boating, don't miss the chance to participate in sailing lessons at Pleasant Bay Community Boating, offered on three Fridays in July. Space is limited for each session, so be sure to sign up early to secure your spot.

Did you know? According to the Harvard T.H. Chan School of Public Health, regular physical activity plays a critical role in prevention falls among older adults. Exercise improves strength, balance, and endurance- key factors in maintaining mobility and reducing the risk of falls. We invite you to join us on **Monday, July 14th** for "Balance and Fall Prevention," a special program presented by Harbor Strength Physical Therapy. Come learn practical tips to stay steady and strong.

Our Outreach Coordinator, **Kerri Kelly**, has organized an engaging Lunch and Learn event on **Wednesday, July 30th**. This session will feature Kerri and several local community partners who will provide valuable information about services and resources available to older adults. Don't miss this opportunity to learn and connect!

Behind the scenes, we continue to prepare for our upcoming move to the Community Center this fall. We're committed to making this transition as smooth as possible for everyone. More details - including answers to frequently asked questions - will be shared soon. Please remember that this move is temporary, and before long, we'll be returning to our beloved, newly renovated home on Stony Hill Road.

I look forward to seeing each and everyone one of you soon!

Warm Regards,

Leah





TRANSPORTATION

CHATHAM COA GUIDELINES

Rides available Monday- Friday 9:00-2:00 pm

- First come, first serve 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



Our Transportation Coordinator will be out of office and unable to make changes to our ride schedule **July 21st thru July 25th**

Please request any rides for this week as soon as possible.

Grocery & RX Delivery will remain unaffected. Please advise the COA of orders placed 24 hours in advance.

Any requests submitted the week of July 21st will be noted, and shared with Alexis upon her return.

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



July 30th 11:30 a.m.

Join Kerri Kelly, Outreach Coordinator at CFAL, for a Lunch and Learn Panel featuring our community partners!

Panelists include

representatives from:

- Outer Cape Health Services
- St. Vincent de Paul
- The Family Pantry of Cape Cod
- Homeless Prevention Council

Come learn more about the important work these organizations do, the services they offer, and how they can support you or those in need. There will also be time for questions and conversation.

Registrations: Required



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

Program Registration Information

I. 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.*

II. 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.*

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

IV. Programs marked with  are made possible by the generous support of the Friends of Chatham COA.



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.



Sailing with PBCB (Pleasant Bay Community Boating) Friday's, 1:30 -3:30PM

Come for a spin around Pleasant Bay in a Flying Scot or catboat! You'll learn the sailing basics with one of PBCB's instructors and a handful of other COA members.

Please pack:

- Warm or Waterproof layer
- Sunglasses, Sunscreen, a hat
- Waterproof electronics only in a zip pocket, please!

Please wear:

- Closed toed boat shoes or sturdy strapped sandals that won't slide off

PBCB will provide Personal Flotation Devices, but participants may bring their own if preferred. We can operate in light rain, but will have to reschedule for thunderstorms, heavy winds, or thick fog.

Location: 2287 MA-28, Harwich, MA 02645

Registration: Mandatory



How it Works:

- This program is offered at no cost to participants due to generous funding by the Friends of Chatham Council on Aging.
 - **Donations are appreciated, but not required.**
- There will be six slots available for each session.
- Participants must complete and sign liability waiver.
- Call **508-945-5190** to sign up. Registration may be limited depending on public interest.
- Transportation to PBCB from CFAL available
 - Please ask to learn more when signing up

What to expect:

- This is a slightly more adventurous experience than the floating classroom...you may be splashed and you will feel the waves under the boat.
- First time sailors welcome!





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*



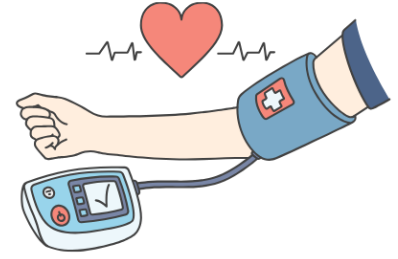
Full Body Fitness Tuesdays, 12pm



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*



Blood Pressure Clinic, Thursdays 9:00-10:00 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



Balance & Fall Prevention Monday, July 14th 10-11 am

Join Maggie Curtis, physical therapist from Harbor Strength PT, for a balance and fall prevention workshop. Information about reducing fall risk, increase balance, and improving strength. There will be time at the end to learn a few exercises and ask questions!

Maggie received her Doctor of PT from Northeastern University. She treats many different patient populations, and is the owner of Harbor Strength. Dr. Curtis loves helping people get stronger and maintain their independence!

Registration: Required



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*



Sound Meditation

with Ashley Woodworth
Wed, July 2nd & July 16th 1-2 p.m.

Experience deep relaxation and mental clarity with a practice that uses calming sounds and vibrations to promote deep relaxation and mental clarity. Ashley will guide you through various soundscapes to reduce stress, enhance mindfulness, and find inner peace. This program offers a tranquil escape from the hustle and bustle of daily life.

Registration: Required



Fourth of July Picnic, July 3rd , 12:30PM

Enjoy a classic summer picnic featuring delicious cookout favorites, music, games, and festive decor. Wear your red, white, and blue and bring your spirit!

Registration: Required, Please note this is an indoor/outdoor event



Pétanque, 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

Location: Chase Park (Off Cross Street)

Registration: Requested



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. 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

Golden Oldies: Classic Film Screenings
hosted by Barbara Nickerson



Neptune's Daughter (1949)

Tuesday, June 3rd, 1:00 p.m.

Starring Esther Williams, Ricardo Montalban,
Betty Garrett, Red Skelton

A delightful blend of romance, mistaken identity, and aquatic spectacle, this Technicolor musical brings sun-soaked glamour and infectious charm. Famous for introducing the holiday classic "Baby, It's Cold Outside," the film also dazzles with synchronized swimming numbers and breezy humor.

Registration: Required

The Big Sleep (1946)

Tuesday, June 17th, 1:00 p.m.

Starring: Humphrey Bogart, Lauren Bacall,
Martha Vickers, John Ridgely

A shadowy world of blackmail, secrets, and danger unfolds in this quintessential noir thriller. With razor-sharp dialogue and a plot that twists and turns through the underbelly of Los Angeles, it's a cinematic puzzle that keeps you guessing—and glued to the screen.

Registration: Required



How to Create Glue Books

Friday, July 18th 10:00 -12:00 p.m.

Join us for a fun and stress-free creative session where you'll learn how to make glue books—a relaxing, no-pressure form of collage art! Using old books, magazines, and paper scraps, you'll turn everyday materials into a personal visual journal.

This hands-on workshop is perfect for all skill levels—no artistic experience needed! Just bring your imagination and a willingness to unwind.

- ✓ Great way to recycle
- ✓ Excellent de-stressor
- ✓ Super fun & easy

All supplies provided. Come cut, glue, and relax with us!

Registration: Required



Bingo

Friday, July 25th, 10:00 a.m.

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



Weekly Game Schedule

Registration: Drop In, All are welcome!

When: 1 -3:30pm

Where: CFAL



Monday

- Cribbage

Tuesday

- Rummikub



Wednesday

- Cribbage



Friday

- Cribbage
- Bridge

July 2025

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>9:30-2:30 Ryders Cove Respite 12 Full Body Fitness (CC) 1 Rumikub 1 Golden Oldies Chatham Farmers Market trip SHINE by appointment</p>	<p>2</p> <p>10-12 Petanque (Chase Park) 12-1 Sound Meditation 12:30 Fourth of July Picnic 1 Cribbage Masters</p>	<p>3</p> <p>9-10 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 12-4 Clinician Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>4</p> <p>The Center for Active Living is CLOSED in Honor of Fourth of July!</p>
<p>7</p> <p>10-12 Petanque (Chase Park) 11 Smartphone Skills 1 Cribbage Masters Grocery & RX Delivery</p>	<p>8</p> <p>9:30-2:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness (CC) 1 Rumikub SHINE by appointment</p>	<p>9</p> <p>10-12 Petanque (Chase Park) 12:30 Birthday Luncheon 1 Cribbage Masters</p>	<p>10</p> <p>9-10 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 12-4 Clinician Hours 1 Chair Yoga (CC) 1-3 Reiki appointments 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>11</p> <p>1 Bridge 1 Cribbage Masters 1:30 Sailing Lessons (PBCB) SHINE by appointment</p>
<p>14</p> <p>10-12 Petanque (Chase Park) 10 Balance & Fall Prevention 11 Smartphone Skills 1 Cribbage Masters Grocery & RX Delivery</p>	<p>15</p> <p>9:30-2:30 Ryders Cove Respite 12 Full Body Fitness (CC) 1 Rumikub 1 Golden Oldies Chatham Farmers Market trip SHINE by appointment</p>	<p>16</p> <p>10-12 Petanque (Chase Park) 10-12 Reiki appointments 12-1 Sound Meditation 12 Healthy Meals in Motion 1 Cribbage Masters</p>	<p>17</p> <p>9-10 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 12-4 Clinician Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>18</p> <p>10-12 Art Workshop: Cut, Glue & Relax 1 Bridge 1 Cribbage Masters 1:30 Sailing Lessons (PBCB) SHINE by appointment</p>
<p>21</p> <p>10-12 Petanque (Chase Park) 11 Smartphone Skills 1 Cribbage Masters Grocery & RX Delivery</p>	<p>22</p> <p>9:30-2:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness (CC) 1 Rumikub SHINE by appointment</p>	<p>23</p> <p>9-3 Footcare Clinic 10-12 Petanque (Chase Park) 12 Move Panel 1 Cribbage Masters Attorney Lavender by appointment</p>	<p>24</p> <p>9-10 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 10-12 Reiki appointments 12-4 Clinician Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>25</p> <p>10 Bingo 1 Bridge 1 Cribbage Masters 1:30 Sailing Lessons (PBCB) SHINE by appointment</p>
<p>28</p> <p>10-12 Petanque (Chase Park) 11 Smartphone Skills 1-3 Reiki appointments 1 Cribbage Masters Grocery & RX Delivery</p>	<p>29</p> <p>9:30-2:30 Ryders Cove Respite 12 Full Body Fitness (CC) 1 Rumikub Chatham Farmers Market trip SHINE by appointment</p>	<p>30</p> <p>10-12 Petanque (Chase Park) 11:30 Outreach Lunch & Learn 1 Cribbage Masters</p>	<p>31</p> <p>9-10 Blood Pressure Clinic 9:30-2:30 Ryders Cove Respite 12-4 Clinician Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>1</p> <p>1 Bridge 1 Cribbage Masters SHINE by appointment</p> <p style="text-align: center;">Please return borrowed CFAL Library Books by today at 3:00 p.m..</p>

From the desk of.....Diane Nash, LICSW

Greetings!

For those of you I have yet to meet, my name is Diane Nash, and I am the town's behavioral health clinician. I work at both the CFAL and the Chatham Police Department, and I am here to assist you with any of your needs.

Some of the reasons you may want to connect with me:

- Are you having a hard time coping with life?
- Do you think you are suffering from depression or anxiety?
- Do you just need someone to talk to?
- Do you have a friend or family member you are concerned about?
- Are you or someone you know struggling with drugs and/or alcohol?
- Is parenting overwhelming you?
- Do you think your child/teen needs someone to talk to?

Here are a few reminders:

- Available Hours: Monday-Friday, 8 a.m. - 4 p.m.
- Want to make an appointment? Call me, 508-945-5107 or call the CFAL 508-945-5190
- Walk ins are always welcome, Tuesdays & Thursdays from 8 a.m.- 4 p.m. at the CFAL

I look forward to meeting you. PLEASE don't hesitate to reach out to me.

Hope to meet you soon,
Diane Nash 😊



Town of Chatham Behavioral Health Clinician
dnash@chatham-ma.gov
508-945-5107

CFAL Renovation & Expansion Project Frequently Asked Questions (FAQ) – Programs & Services

1. What does the approval of the CFAL Renovation & Expansion mean for Seniors in Chatham?

The approval of the CFAL renovation and expansion is great news for seniors in Chatham. It will enhance access to outreach services, health & wellness programs, and social engagement opportunities in a modern, more comfortable space designed with accessibility and community in mind. The updated facility will offer improvements to our building that will aid in supporting healthy aging, personal enrichment, and community connection.

2. Where will the Council on Aging operate during construction?

All programming, services, and staff will temporarily be relocated to the Chatham Community Center located at 702 Main Street. This move ensures that COA offerings continue with as little interruption as possible.

3. Will the same services and programs be offered?

Yes, most core CFAL services and programs will remain available and unchanged during the construction period.

(e.g. Programs, Ryder's Cove Respite, Outreach consultation, Transportation, Durable Medical Equipment, SHINE appointments)

However, certain offerings may be limited or modified due to space constraints

(e.g. CFAL Library, Greeting Cards, Programs)

Staff will work closely with participants to accommodate their needs as best as possible.

4. Will transportation still be available?

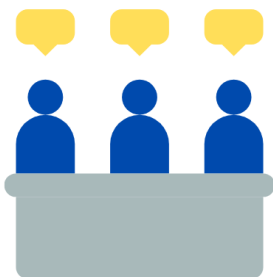
✔ Yes. Transportation offerings will remain unimpacted.

5. Will the Adult Supportive Day Program, Ryder's Cove Respite, be impacted?

No, Ryder's Cove Respite will continue to meet on Tuesdays and Thursdays from 9:30-2:30 p.m. in the Club Room on the 2nd Floor of the Community Center.

6. What will happen to Community Center programs and meetings during this time?

Community Center programs and meetings will continue, although some may be relocated within the building or rescheduled to accommodate the added COA programming. Community members will be notified in advance of any changes to their regular program locations or times. Our goal is to minimize disruption and ensure shared use of space that supports both CFAL and Community Center patrons. Please reach out to smabile@chatham-ma.gov ASAP with any Room Reservations for the Community Center as availability will be limited.



Relocation Information Panel, Wednesday, July 23rd 12:00 p.m.

Join us for an in-depth look at the upcoming relocation of the Council on Aging operations to the Community Center. This special panel will feature key leaders and project partners involved in the renovation and transition process. Get updates on the timeline, plans, and what this move means for the future of the CFAL. Your questions and input are welcome!

Registration: Required

Ryder's Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

9:30 am- 2:30 pm



Josephine Fennell
Director of RCR



Artists of the Month

We're thrilled to showcase the incredible creativity of our Ryder's Cove Respite participants as the June Artist of the Month! Their work reflects not only artistic talent, but also the vibrant spirit and unique perspectives they bring to our community.

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

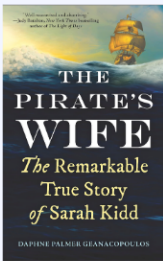
Library Corner

By Liz Walker, *Volunteer Librarian*

Need a beach read, an engrossing mystery or a startling biography? The self-service library located on the second floor of the Center for Active Living is the place to find any of the below- and more. Free children's books, and puzzles also abound. You might consider these recently donated selections now on our shelves:



Love, Queenie- Merle Oberon, Hollywood's First South Asian Star by Mayukh Sen (2025)
Reviewed as "a beautifully written biography of Merle Oberon's rise to Hollywood fame, the secrets she hid about her South Asian background and her glittering, complicated life and lasting impact on Hollywood. The star made history when she was announced as a nominee for the Best Actress Oscar in 1936. Her face made her an "exotic beauty" that the camera loved. Her nomination for *The Dark Angel* marked the first time the Academy recognized a performer of color but that was a secret.



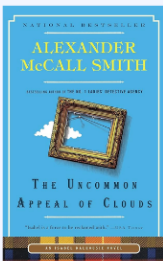
The Pirate's Wife- The Remarkable True Story of Sarah Kidd by Daphne Palmer Geancopoulos (2022)

The dramatic swashbuckling story of Sarah Kidd, wife of the infamous pirate Captain Kidd, that charts her transformation from New York socialite to international outlaw during the Golden Age of Piracy. She enabled his plundering and helped him outpace his enemies. Sarah Kidd, a well-to do woman whose extraordinary life is a lesson in reinvention and resourcefulness.



Beach House Reunion (Series) by Mary Alice Monroe (2018)

Welcome back to the shores of the author's bestseller Beach House series. This stand-alone novel brings together three generations of Charleston's Rutledge family. Cara Rutledge, 53, returns to her home on the idyllic Isle of Palms looking for the strength, love and resilience to a dismantle destructive family patterns, while forging new bonds that will endure beyond one summer reunion.



The Uncommon Appeal of Clouds- An Isabel Dalhousie Novel by Alexander McCall Smith (2012)

A masterpiece painting has been stolen from Duncan Munroe, a very wealthy man and father of two discontented children. As Isabel enters into negotiations with the shadowy figures in search of a random, a case where heroes and villains should be clearly defined turns murky.

ATTENTION PLEASE



Due to upcoming renovations at the Center for Active Living, our volunteer run, self-service library will be temporarily closed starting Monday, August 4th. The library will remain on hiatus while our building is under construction. **All books should be returned by 3:00 p.m. on Friday, August 1st.**

We appreciate your cooperation and look forward to welcoming you back in 2026!

Robin Zibrat, President
 Michael Barry, Vice President
 Sue Foster, Treasurer
 Darcy Mallowes, Assistant Treasurer
 Dorothea Speight, Secretary
 Jill James, Director
 Anthony Pacillo, Director
 Janet Fields, Director
 Paula Carroll, Director
 Larry Marsland, Director
 Cindy Dolinger, Associate Director



CONTACT US



www.friendsofchathamcoa.com



508-945-5190



193 Stony Hill Rd
 Chatham, MA 02633



Birthday Luncheon, July 16th, 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!



Registration: Required, RSVP by Monday, July 14th

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:
 Monday, July 21st 9:30 AM
 Monday, August 18th 9:30 AM
 Monday, September 15th 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!

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



Postage for the FLASH newsletter is generously provided by the Friends of the Chatham Council on Aging.

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New designation for the Town of Chatham

On June 10th, Leah LaCross, Director of Community Services, on behalf of the Town of Chatham, was presented with the “**Dementia Friendly Designation**” in recognition of the Town’s efforts to become a Dementia Friendly Community. This distinction was presented to Ms. LaCross, by Madeline Noonan, Assistant Director of the Massachusetts Councils on Aging at the “Reframing Aging” conference hosted by the Barnstable County Department of Human Services.

The designation recognizes Chatham for its commitment to becoming dementia friendly. By fostering a supportive, inclusive, and welcoming community for individuals living with dementia and their care partners, Chatham joins a network of communities across Massachusetts dedicated to raising awareness, reducing stigma, and improving lives.

