



T H E F L A S H

AUGUST 2025

A newsletter published by the Chatham Council on Aging

Building Information:

**OPEN 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,

As we embrace the heart of summer, August offers a wonderful opportunity for me to express my gratitude for the vibrant community we've built together at the Center for Active Living (CFAL). From lively outdoor programs to meaningful connections made over a simple meal, it's been inspiring to see so many of you engaging, sharing, and supporting one another. This month, we're excited to continue that momentum with a variety of events, services, and resources designed to enrich your well-being and bring us closer as a community.

Have you ever wondered what those two little numbers on your blood pressure reading really mean? What about your O2 Saturation? We are happy to sponsor a new "Know Your Numbers" presentation, which will teach you everything you need to know about these numbers and more. Please don't miss this very important educational session on Monday, August 4th.

Please join us on Friday, August 15th at 12:30 p.m. for our annual "Ice Cream Social. Come on in out of the heat and enjoy a delicious treat!

Are you stressed from all of the traffic? Perhaps you're in need of some Zen? Don't miss Sound Meditation on Wednesday, August 6th and August 20th. These sessions fill quickly, so don't miss out!

Finally, we are still working on finalizing a date in the early fall for our transition to the Community Center so that our existing building on Stony Hill Road can get the renovation and expansion it needs. We will be forthcoming with more information as soon as we have it. In the meantime, if you have any questions, please do not hesitate to reach out to me at the CFAL.

I look forward to enjoying these last weeks of summer with all of you!

Warm Regards,

Leah

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

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

Important Announcement:

After the “Go card sign up”, program in June with the CCRTA, we are excited to say that your voices were heard!

The SmartDART transportation now includes the Harwich Stop and Shop on 137 as part of the “in-town” destinations. This means Chatham residents can get door to door service to go to the Stop and Shop.

They are currently updating the cell phone app, but you can call 508-418-3278 to book directly.

CCRTA was also pleased to announce that starting the last week in June, all the Fixed Routes are now **FREE** for all riders!

Kerri is available to participants that need help navigating the app or scheduling a ride! Call 508-945-5190 for an appointment.



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: CCRTAs 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.

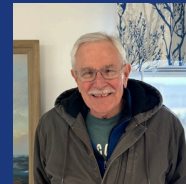
OUR DRIVERS



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



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.



Lunch and Learn

August 27th 12:00-2:00 pm

Join us for an important and informative session focused on protecting yourself, your family, and your digital life from online threats. Sgt. Bill Massey from the Chatham Police Department will lead this session, offering expert insight into the latest tactics used by cybercriminals- and what you can do to avoid becoming a victim. Don't miss this opportunity to become more cyber-aware and take steps to protect yourself in the digital world!

Registration: *Required*



Ice Cream Social

August 15th 12:30

Join us for a sweet summer celebration! Perry's Ice Cream Truck will be stopping by the CFAL, offering a variety of frozen favorite for you to choose from.

Whether you're in the mood for a classic treat, fruity popsicle, or something a little more indulgent, there's something for everyone. Don't miss this chance to connect, cool down, and make some summer memories!

Registration: *Required*

Exercise & Health



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



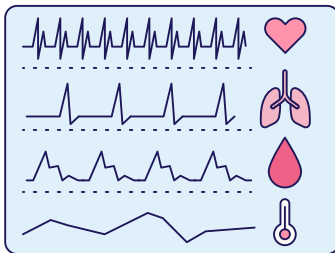
Full Body Fitness

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.

Location: Community Center

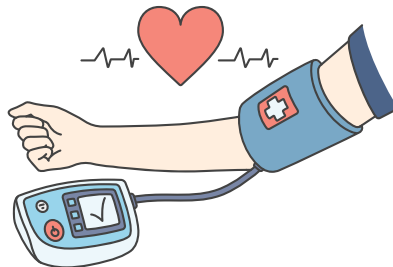
Registration: Required with a signed liability form



Know Your Numbers Monday, August 4th 12:00-1:00 p.m.

Medical providers are trained to assess your health, and one commonly used measurement of bodily function are vital signs. Vital signs include heart rate, blood pressure, respiratory rate, temperature and pain. Join Lauren Forziati, VNA Chatham Public Health Nurse, for this hour-long presentation that will explain these vital signs and how to keep them in a healthy range.

Registration: Required



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



Therapeutic Benefits of Aquatic Exercise

Tuesday, August 12th 12:00-1:00 p.m.

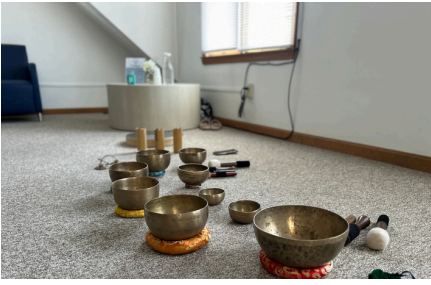
Join VNA Public Health Physiologist for a presentation on aquatic exercises and therapies. Learn more about the properties of water and how it creates a therapeutic environment for optimal exercise.

Registration: Required



VISITING NURSE ASSOCIATION
OF CAPE COD

Member Cape Cod Healthcare



Sound Meditation

with Ashley Woodworth

Experience deep relaxation and mental clarity with a practice that uses calming sounds and vibrations to promote deep relaxation and mental clarity.

August 6th 1:00-2:00 p.m.

August 20th 1:00-2:00 p.m.

Registration: Required



Pages of Positivity

Tuesday, August 5th 10:30-12:00

In this guided journaling practice , participants will explore writing to cultivate gratitude, happiness, and personal well-being. Hosted by local Life Coach, Mary Glynn, this interactive session will help participants shift focus toward the positive moments in everyday life. Whether you're new to journaling or looking to deepen you practice, we'd love for you to join us!

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.

Aug 8th 1-3 p.m. Aug 18th 1-3 p.m.

Aug 25th 1-3 p.m. Aug 28th 1-3 p.m.

Registration: Required,

appointments are first come first serve

GOLDEN OLDIES HOSTED BY BARBARA NICKERSON

All Through The Night (1942)

Tuesday, August 5th, 1:00 p.m.

Starring: Humphrey Bogart, Conrad Veidt, Peter Lorre, Jackie Gleason

A crime comedy thriller, following Donahue, a New York gangster who stumbles into a Nazi spy ring while investigating the murder of his favorite baker. The film mixes wartime patriotism with fast-paced action, humor, and suspense. This film is notable for blending the gangster genre with anti-Nazi propaganda during WWII.

Registration: Required

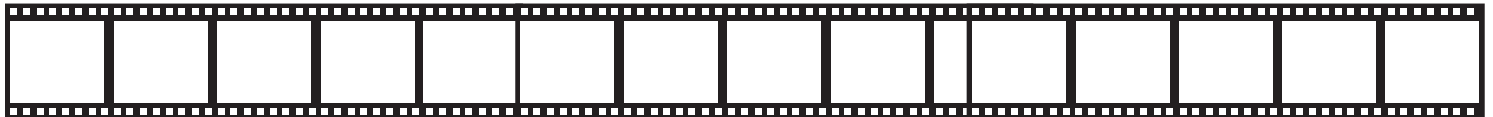
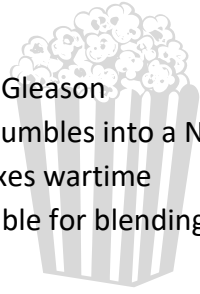
Vertigo (1958)

Tuesday, August 19th 1:00 p.m.

Starring: James Stewart, Kim Novak, Barbara Bel Geddes, Tom Helmore

Directed by Alfred Hitchcock, this psychological thriller follows a retired detective suffering from acrophobia (fear of heights) who is hired to follow a mysterious woman. As he becomes obsessed with her, the film delves into themes of identity, illusion, and psychological manipulation.

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

Weekly Game Schedule

1:00-3:30 p.m.

Location: CFAL

MONDAY

Petanque (Chase Park)

Cribbage

TUESDAY

Rumikub

WEDNESDAY

Petanque (Chase Park)

Cribbage

FRIDAY

Cribbage

Bridge

Registration: Drop In, All are welcome!



Bingo

Wednesday, August 6th

11:00-12:00 p.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, unwind, and work your brain muscles!

Registration: Required,
Maximum of 25 participants

Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEY: CP- Chase Park CC- Community Center</p>				<p>1 10-12 EPL Pickup 1 Bridge 1 Cribbage SHINE by appointment</p>
<p>4 10 Petanque (CP) 12 Know Your Numbers 1 Cribbage Grocery & RX Delivery</p>	<p>5 9:30 Ryders Cove Respite 10:30 Pages of Positivity 12 Full Body Fitness (CC) 1 Golden Oldies 1 Rumikub</p>	<p>6 10 Petanque (CP) 11 Bingo 1 Cribbage 1 Sound Meditation</p>	<p>7 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12-4 Clinician Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>8 10-12 EPL Pickup 1 Reiki 1 Bridge 1 Cribbage SHINE by appointment</p>
<p>11 10 Petanque (CP) 1 Cribbage Grocery & RX Delivery</p>	<p>12 9:30 Ryders Cove Respite 10:30 Caregiver Support 12 Aquatic Exercise Presentation 12 Full Body Fitness (CC) 1 Rumikub Farmers Market trip SHINE by appointment</p>	<p>13 10 Petanque (CP) 12:30 Birthday Party 1 Cribbage</p>	<p>14 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12-4 Clinician Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>15 10-12 EPL Pickup 12 Ice Cream Social 1 Bridge 1 Cribbage SHINE by appointment</p>
<p>18 10 Petanque (CP) 1 Cribbage 1 Reiki Grocery & RX Delivery</p>	<p>19 9:30 Ryders Cove Respite 12 Full Body Fitness (CC) 1 Golden Oldies 1 Rumikub SHINE by appointment</p>	<p>20 10 Petanque (CP) 12 Healthy Meals in Motion 1 Cribbage 1 Sound Meditation</p>	<p>21 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12-4 Clinician Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>22 10-12 EPL Pickup 1 Bridge 1 Cribbage SHINE by appointment</p>
<p>25 10 Petanque (CP) 1 Cribbage 1 Reiki Grocery & RX Delivery</p>	<p>26 9:30 Ryders Cove Respite 10:30 Caregiver Support 12 Full Body Fitness (CC) 1 Rumikub Farmers Market trip SHINE by appointment</p>	<p>27 9-3 Footcare 10 Petanque (CP) 12 Lunch & Learn 1 Cribbage</p>	<p>28 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12-4 Clinician Hours 1 Busy Fingers 1 Chair Yoga (CC) 1 Reiki Stop & Shop trip Grocery & RX Delivery</p>	<p>29 10-12 EPL Pickup 1 Bridge 1 Cribbage SHINE by appointment</p>



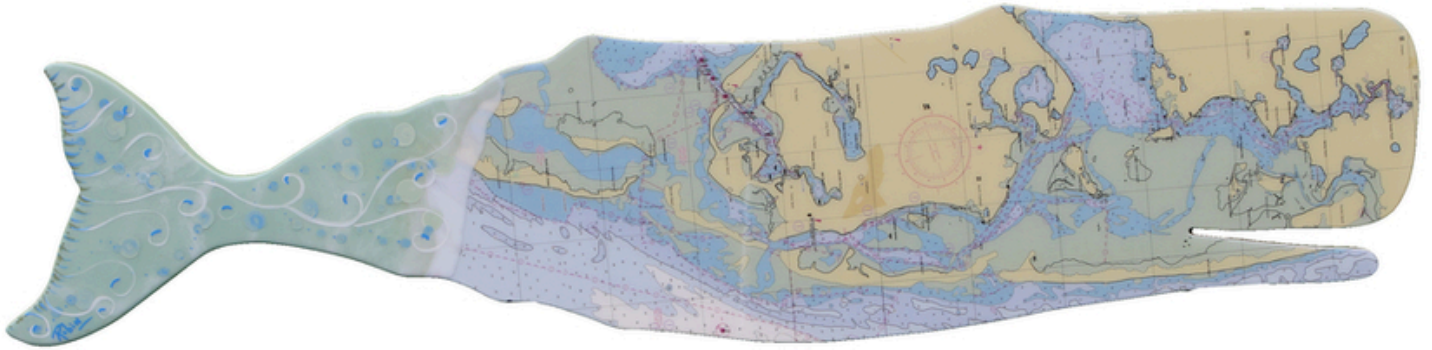
AUGUST

“Happiness Happens”



ART IN THE PARK IS BACK!

Check out the Friends of the Council on Aging Whale, created by Robin Pierson displayed in Kate Gould Park until August 14th



Robin Pierson is an artist based in Cape Cod who finds inspiration in nature, often collecting shells and driftwood during beach walks with her rescue dog. After leaving a corporate career in 2003 to pursue a more fulfilling path, she studied decorative painting and launched her own interior design business.

While spending time in Florida, Robin began experimenting with decorative window art, eventually combining it with her painting skills to create distinctive and functional pieces such as mirrors and tables. She also specializes in custom “Memory Windows,” incorporating personal keepsakes into meaningful works of art.

Robin’s work is known for its authenticity and heartfelt creativity, and her style continues to evolve as she explores new ideas and techniques. **Join Robin at the CFAL Friday, September 26th for a Meet the Artist program!**

Ryder's Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

9:30 am- 2:30 pm



Josephine Fennell
Director of RCR



July Update:

Ryder's Cove Respite participants were presented with their Artist of the Month certificates in early July, and thanked for brightening the halls of the Center for Active Living with their beautiful art pieces!

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:



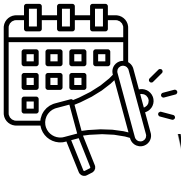
508-945-5190



www.chatham-ma.gov



jfennell@chatham-ma.gov



Community Events

While these upcoming events are not sponsored by the Chatham Council on Aging, we're happy to share them as they may be of interest to our participants. Whether you're looking to learn something new, connect with neighbors, or just enjoy a fun outing, these events offer great opportunities to engage with the wider community!



54th Festival of the Arts

Friday, Saturday & Sunday, August 15, 16 & 17, 2025



****Corn Grinding Day**** on **Saturday, August 16th** when, if the wind cooperates, the Godfrey Windmill will grind corn into corn meal, just as it did when the mill operated commercially (1797-1907).

WHERE DID I PUT MY KEYS HOW WE REMEMBER AND WHY WE FORGET WEDNESDAY, August 27th 5:30pm

An event to benefit the Alzheimer's Family Support Center of Cape Cod

As a culture, we tend to cast Forgetting as the bad guy in the epic battle against everyone's favorite hero, Remembering. But our memory system isn't a war between good and evil. Most of what we forget every day is actually 100% normal. But we tend to lay a lot of fear, shame, and stress on ourselves every time we forget to take out the trash, where we put our phones, why we walked into the kitchen, or the name of that actor, you know, the one in that movie.

Dr. Lisa Genova will explain why these normal kinds of memory failures happen and how to recognize the difference between normal forgetting and dementia. You'll learn how we remember, why we forget, and what we can do to protect our memories.



Library Corner

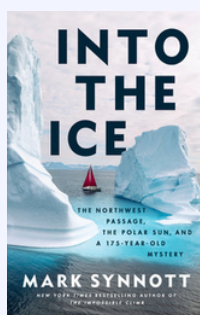
By Liz Walker, *Volunteer Librarian*

Let's stay cool this month. The next best thing to being on the water, splashing in the surf, swimming laps or remembering how it felt to run through a sprinkler on a hot day is to immerse yourself in a refreshingly good book with water features. You might consider these selections:



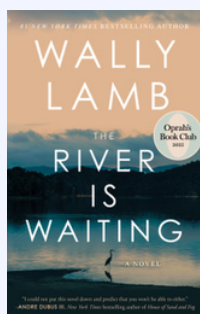
The Martha's Vineyard Beach and Book Club by Martha Hall Kelly (2025)

Two sisters living on Martha's Vineyard during World War II find hope in the power of storytelling when they start a wartime book club for women in this terrific novel inspired by true events. One reviewer called it, "A dreamy beach book that also sizzles with tension...Another winner by one of the best historical fiction writers (*Lilac Girls*) around." (On our shelves)



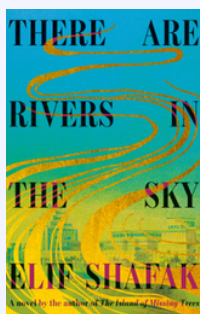
Into the Ice: The Northwest Passage by Mark Synnott (2025)

The seasoned climber and adventurer offers a first-person account of how he and his crew raced against time and treacherous storms to sail the Northwest Passage, as few have done. He also sought to solve the mystery of the legendary 19th-century explorer Sir John Franklin, his ships *HMS Erebus* and *Terror*, and 128-man crew that never returned from the same voyage. (On our shelves)



The River is Waiting- a Novel by Wally Lamb (2025)

Corby Ledbetter is a new father struggling with job loss and a growing secret addiction destroying his marriage. After causing a tragedy that tears the family apart, he is sent to prison, where he struggles to survive the brutality of life on the inside, but also experiences small acts of kindness from a prison librarian.



There Are Rivers in the Sky by Elif Shafak (2024)

This enchanting book about three characters living centuries apart along two famed rivers from the Booker Prize finalist author of *The Island of Missing Trees*, has been hailed as "a dazzling feat of storytelling." A single drop of water from the Tigris and the Thames, rivers, both as a source of life and harbinger of death across the centuries, connect three lives. (Recommended highly by Chris from East End Books in Provincetown)

DID YOU KNOW?

The Council on Aging and Eldredge Public Library have started a new partnership! **Every Friday, in August from 10:00 a.m. - 12:00 p.m. members of the public can request to pick up or drop off library materials at the Center for Active Living (193 Stony Hill) to avoid Downtown.** Call the Library (508-945-5170) before 5:00 p.m. on Thursdays to request your pickup be at the COA.

Robin Zibrat, President
Michael Barry, Vice President
Sue Foster, Treasurer
Darcy Malloves, 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.friends-of-chathamcoa.com



508-945-5190



193 Stony Hill Rd
Chatham, MA 02633

You're Invited! Birthday Party

August 13th 12:30 p.m.

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

Registration: Required, RSVP by Monday, August 11th

Chatham Center for Active Living

193 Stony Hill Road, Chatham, MA 02633

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



Postage for the Flash is
generously provided by the
Friends of Chatham COA.

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

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Chatham Council on Aging Board of Directors

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

Upcoming Meetings

Monday, August 18th 9:30 AM

Monday, September 15th 9:30 AM

Board Members

Pat Burke, *Chair*

Nancy Fields, *Vice-Chair*

Laura Everett, *Clerk*

Joan Bagnell, *Member*

Stan Mansfield, *Member*

Ann Ryan, *Member*

Vacant, *Member*



**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!