

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



Dear Friends,

Hello and happy September from all of us at the Center for Active Living! As the air turns crisp and the leaves begin to show hints of fall color (my most favorite time of year), we're embracing the season of change and connection. Whether you're joining us for a new class, enjoying a community event, or simply wanting to chat, we're so glad to have you as part of our vibrant community. This month brings plenty of opportunities to stay active, engaged, and inspired- let's make the most of it together!

Cooking Class with the fabulous Heather is back from its summer break! Join us for the kickoff on September 17th from 1:30-3:00 p.m. to cook up something delicious *and* healthy. Did you know that improving your balance is the best way to prevent falls? We are excited to introduce our NEW program, **Balance Training** on Fridays, from 10:45 - 11:30 a.m. beginning September 5th with Dr. Maggie Curtis at the Community Center.

I know so many of you missed **Indoor Walking** this summer. I'm happy to report that it's back beginning September 2nd, on Tuesdays and Thursdays from 12:00-1:30 p.m. at the Community Center. This is a safe and fun way to improve your fitness while spending time with friends.

As you're aware, we are working hard to organize and pack up our things to move to our temporary site at the Community Center. As this transition happens, please keep in mind that you all remain our number one priority, and you will still be provided with the high-quality programs and services that you have come to expect. The change may be a tiny bit bumpy at first, but please remember, at the end, you will have a beautifully renovated, modernized and efficient Center for Active Living to enjoy! How exciting!

As we step into the beauty of fall, we hope this month brings you moment of joy, good healthy, and meaningful connection. Remember, the CFAL staff is always here for you- whether you're looking for support, companionship, or simply something fun to do. Thank you for being such an important part of our community. I hope you enjoy all that September has to offer!

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

- 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

The 2025 Open Enrollment period is October 15th - December 5th.

State certified SHINE counselors are available at the Chatham Center for Active Living by appointment to help you understand your health care coverage, review cost increases, and find out what's new with Medicare.

Meeting with a certified SHINE volunteer during open enrollment may reduce your out of pocket medical and/or prescription drug costs.

Appointments available during Open Enrollment Monday-Friday, 9-3 p.m.

Call (508) 945-5190 today to schedule your appointment, and learn what documents you will need.



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



TRANSPORTATION TO 9/11 MEMORIAL CEREMONY



The Chatham Fire Department will be holding a 9/11 Memorial Service on **Thursday, September 11th at 9:00 a.m.** The CFAL will be offering transportation to the ceremony for those interested in attending. If you or someone you know needs a ride, please contact 508-945-5190 to reserve a spot.

Let's come together to honor and remember.



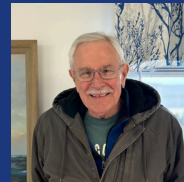
OUR DRIVERS



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



 **NANTUCKET**
HISTORICAL ASSOCIATION PRESENTS

The Tragedy of the Whaleship Essex, September 18th 2:00 pm

Join us for another installment of NHA On the Road, where historians will share a 25-minute presentation followed by a Q&A about the Whaleship Essex tragedy of 1820

Registration: Required



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.



Cooking Class September 17th 1:30-3:00 P.M.

Join us for our monthly cooking class, where Chef Heather Bailey from The Optimal Kitchen guides you through creating healthy and delicious plant-based dishes. Whether you're a seasoned cook or just starting out, this class offers a fun and interactive way to explore new flavors and techniques while focusing on optimal nutrition.

Registration: Required



Birthday Party September 10th 12:30-2:00 P.M.

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

Registration: Required, RSVP by Monday, September 8th



The Rise of the Singer-Songwriter in American Music

September 26th 2:00 p.m.

Join artist Michael Shea for a live performance featuring songs by Bob Dylan, Joni Mitchell, Billy Joel, and more. Michael will explore the history of the singer-songwriter movement, sharing stories behind the music and the artists who helped shape a generation.

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

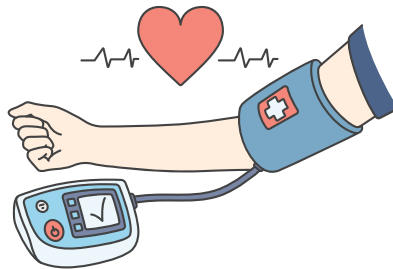


Balance Training

Fridays, 10:45-11:30 A.M

This 45 minute class will focus on different exercises to help improve balance. Exercises will be done in sitting and standing and will include lower body strengthening, stretching and different balance challenges. Classes will be led by Maggie Curtis, a physical therapist, who will work with each participant to adjust exercises as needed and emphasize correct form. Modifications can be made to accommodate injuries and all fitness levels.

Registration: Required with a signed liability waiver



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



Indoor Walking Group Tuesdays & Thursdays, 12:00-1:30 P.M

Walk at your own pace in a welcoming, weather-proof space, to the tunes of the 50s, 60s, and 70s. Stay active and connect with others in the community!

Location: Community Center

Registration: Drop In

Wellness



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.

Wednesdays, 1:00-2:00 p.m.

Registration: Required



Fall Prevention Presentation Friday, September 19th 1:00- 2:00 P.M.

This hour long presentation with a Public Health Physical Therapist focuses on fall risk mitigation and the cognitive changes that occur with aging. Learn how you can decrease your risk of falling, strategies to improve memory, lifestyle medicine, and exercises that can help. An open discussion will occur at the end of the presentation.

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.

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

Registration: Required,
*appointments are first come first
serve*



GOLDEN OLDIES HOSTED BY BARBARA NICKERSON

The More the Merrier (1943)

Tuesday, September 2nd, 1:00 p.m.

A charming romantic comedy set in wartime Washington, D.C., during a housing shortage. A young woman reluctantly agrees to share her apartment with a man, who then sublets his share to a young soldier. The trio's living arrangement leads to comic situations and unexpected romance.

Starring: Jean Arthur, Joel McCrea, and Charles Coburn

Registration: Required



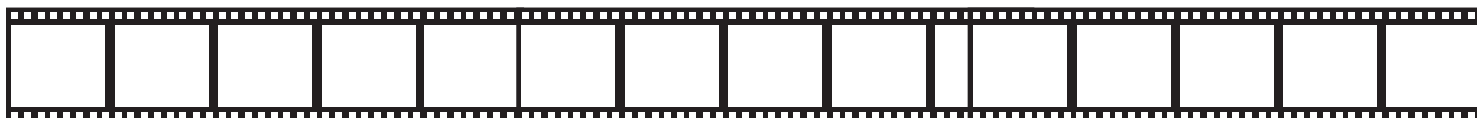
The Strange Love of Martha Ivers (1946)

Tuesday, September 16th 1:00 p.m.

A dark, suspenseful film noir about a wealthy woman whose dark childhood secret threatens to unravel when a man from her past resurfaces. The film explores themes of power, guilt, and twisted love.

Starring: Barbara Stanwyck, Van Heflin, Lizabeth Scott, and Kirk Douglas

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, September 3rd

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 style="text-align: right;">1</p> <p style="text-align: center;">In Honor of Labor Day we are CLOSED today</p>	<p style="text-align: right;">2</p> <p>9:30 Ryders Cove Respite 12 Full Body Fitness (CC) 12 Indoor Walking (CC) 1 Golden Oldies 1 Rumikub SHINE by appointment</p>	<p style="text-align: right;">3</p> <p>11 Bingo 1 Cribbage 1 Sound Meditation</p>	<p style="text-align: right;">4</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12-4 Clinician Hours 12 Chair Yoga (CC) 12 Indoor Walking (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p style="text-align: right;">5</p> <p>10:45 Balance Training (CC) 1 Bridge 1 Cribbage SHINE by appointment</p>
<p style="text-align: right;">8</p> <p>10 Petanque (Chase Park) 12 Relocation Lunch & Learn 1 Cribbage 1-3 Reiki Grocery & RX Delivery</p>	<p style="text-align: right;">9</p> <p>9:30 Ryders Cove Respite 10:30 Caregiver Support 12 Full Body Fitness (CC) 12 Indoor Walking (CC) 1 Rumikub Attny Kane by appointment SHINE by appointment Farmers Market trip</p>	<p style="text-align: right;">10</p> <p>10 Petanque (Chase Park) 11 Book Club 12:30 Birthday Party 1 Cribbage 1 Sound Meditation</p>	<p style="text-align: right;">11</p> <p>9 9/11 Ceremony (CFD) 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12-4 Clinician Hours 12 Chair Yoga (CC) 12 Indoor Walking (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p style="text-align: right;">12</p> <p>10:45 Balance Training (CC) 11 Better Together 1 Bridge 1 Cribbage SHINE by appointment</p>
<p style="text-align: right;">15</p> <p>10 Petanque (Chase Park) 1 Cribbage 1-3 Reiki Grocery & RX Delivery</p>	<p style="text-align: right;">16</p> <p>9:30 Ryders Cove Respite 12 Full Body Fitness (CC) 12 Indoor Walking (CC) 1 Golden Oldies 1 Rumikub SHINE by appointment</p>	<p style="text-align: right;">17</p> <p>10 Petanque (Chase Park) 12 Healthy Meals in Motion 1 Cribbage 1 Sound Meditation 1:30 Cooking Class</p>	<p style="text-align: right;">18</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12-4 Clinician Hours 12 Chair Yoga (CC) 12 Indoor Walking (CC) 1 Busy Fingers 2 NHA On the Road Stop & Shop trip Grocery & RX Delivery</p>	<p style="text-align: right;">19</p> <p>10:45 Balance Training (CC) 11 Fall Prevention Presentation 1 Bridge 1 Cribbage SHINE by appointment</p>
<p style="text-align: right;">22</p> <p>10 Petanque (Chase Park) 1 Cribbage 1-3 Reiki Grocery & RX Delivery</p>	<p style="text-align: right;">23</p> <p>9:30 Ryders Cove Respite 10:30 Caregiver Support 12 Full Body Fitness (CC) 12 Indoor Walking (CC) 1 Rumikub SHINE by appointment Farmers Market trip</p>	<p style="text-align: right;">24</p> <p>9-3 Footcare Clinic 10 Petanque (Chase Park) 1 Sound Meditation 1 Cribbage</p>	<p style="text-align: right;">25</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart 12-4 Clinician Hours 12 Chair Yoga (CC) 12 Indoor Walking (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p style="text-align: right;">26</p> <p>10:45 Balance Training (CC) 1 Bridge 1 Cribbage 2 The Rise of Singer Songwriters SHINE by appointment</p>
<p style="text-align: right;">29</p> <p>10 Petanque (Chase Park) 1 Cribbage 1-3 Reiki Grocery & RX Delivery</p>	<p style="text-align: right;">30</p> <p>9:30 Ryders Cove Respite 12 Full Body Fitness (CC) 12 Indoor Walking (CC) 1 Rumikub SHINE by appointment</p>			<p>KEY: CC- Community Center CFD- Chatham Fire Department</p>



SEPTEMBER
"National Senior Center Month"



We're Moving! *(Temporarily)*

CFAL Operations and Staff will be temporarily relocated to the Chatham Community Center beginning **Monday, October 6th**.

To learn more about the project, and what to expect in the coming months, see Page 12 for Frequently Asked Questions, or attend an information session. See below for details.



Relocation Lunch & Learn September 8th 12:00 p.m.

Join for an informative session focusing on the CFAL relocation and what to expect while the renovation and expansion project at 193 Stony Hill takes place.

Registration: Required

Ryder's Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

9:30 a.m.- 2:30 p.m.



Josephine Fennell
Director of RCR

Understanding Dementia

What is Dementia?

Dementia is a general term for a decline in cognitive function that interferes with daily life. It's caused by damage to brain cells and affects memory, communication, reasoning, and behavior.

Common Types of Dementia:

- Alzheimer's Disease- Most common form; progresses slowly
- Vascular Dementia- Cause by stroke of poor brain blood flow
- Lewy Body Dementia- May involve movement issues and hallucinations
- Frontotemporal Dementia- Affects behavior, language, and judgement early
- Mixed Dementia- A combination of two or more types

A Note from Jo:

Each month, I'll be sharing helpful facts about dementia to raise awareness and deepen understanding in our community. These short insights are here to inform, inspire thoughtful conversations, and offer support to anyone touched by dementia—whether directly or through a loved one. If you ever have questions or simply want to learn more, please don't hesitate to reach out. I'm here to help. - Jo

Contact Information:



508-945-5190



www.chatham-ma.gov



jfennell@chatham-ma.gov

CFAL Renovation & Expansion Project Frequently Asked Questions (FAQ)

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. When will the CFAL building close for renovations?

The CFAL building will close starting Monday, October 6, 2025.

3. 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. How long will the renovations take?

Renovations are expected to last from October 2025 to June 2026. We will notify the community of any changes to this timeline.

4. Who can I contact with questions or concerns?

You can reach out to **Anna Milan**, *Programs & Communications Coordinator*:

✉ Email: amilan@chatham-ma.gov

☎ Phone: 508-945-5190

Or visit us in person at the CFAL, 193 Stony Hill Rd

5. How will I stay updated during the renovation period?

We will share updates through:

- Email (Request to be added to the list via 508-945-5190 or mittner@chatham-ma.gov)
- Social media: @chathammacoa
- Our website: www.chatham-ma.gov
- Flyers in Town Buildings and Offices, displayed on Town Digital Signage, Press Releases, etc.

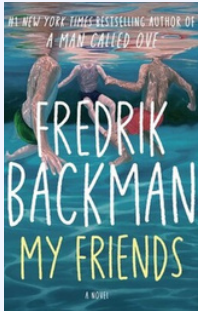
6. Will the CFAL reopen in the same location after renovations?

✅ Yes. We will return to our improved building on Stony Hill Rd once renovations are complete.

Library Corner

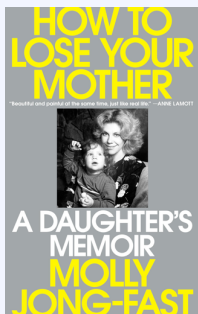
By Liz Walker, *Volunteer Librarian*

Bookshelves are ideal targets for the “clean sweep” energy that September’s fresh breezes bring. We’ll be packing up the shelves at the CFAL self service library later this month to prepare for our early October move to the Chatham Community Center as the exciting renovation of 193 Stony Hill begins. Our smaller scale library alcove, to be located on the second floor of the Community Center, will still be full of great books. Read *The Flash* for more information! In the meantime, here are some selections to consider!



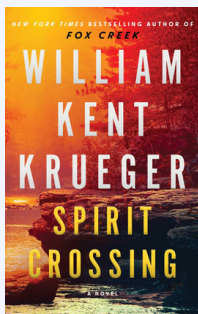
My Friends by Fredrik Backman (2025)

Four friends who find solace and connection in their friendship feel that the end of this summer will be a turning point in their lives. The artist among them creates a painting that becomes the focal point of the story. A young woman, who ultimately inherits the painting, embarks on a journey to discover its origins. (Recommended by Judy Hanlon)



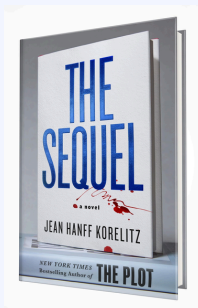
How to Lose Your Mother by Molly Jong-Fast (2024)

The political analyst’s deeply personal memoir is focused on a year in her chaotic relationship with her mother, the write Erica Jong, who recently had been diagnosed with dementia. Shortly after, Jong-Fast’s husband receives a cancer diagnosis. This account of her chaotic life has been reviewed as “a raw, intimate and, at times, loving portrait of life” with her famous, but mostly absent, mother.



Spirit Crossing- a Novel by William Kent Krueger (2024)

The author of *This Tender Land* (2019) offers a gripping mystery that opens with a shallow grave holding a young Ojibwe woman, a missing local politicians daughter and a pipeline to set the stage. As the search for the truth begins, tension, danger and new questions emerge in the celebrated author’s 20th book in his Cork O’Connor series.

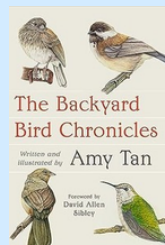


The Sequel by Jean Hanff Korelitz (2024)

Sequels often disappoint, but not this one. A self-made literary widow’s life is upended when a novel she thought was lost suddenly resurfaces. Its reappearance threatens her carefully crafted narrative and raises deservedly unsettling questions about her past. One reviewer called the book “captivating and propulsive”

Book Club

Oct. 15th
11:00-12:00
@ Chatham
Community Center



The Backyard Bird Chronicles by Amy Tan (2024)

This beautifully illustrated, meditative journal of the author’s observations of birds in her backyard blends nature writing with personal reflection. It invites readers to slow down and rediscover wonder in the everyday.

Robin Zibrat, President
Michael Barry, Vice President
Sue Foster, Treasurer
Darcy Mallowes, Assistant Treasurer
Dorothea Speight, Secretary
Liz Walker, Director
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



P.O Box 38
Chatham, MA 02633



The Friends of the Chatham Council on Aging are excited to announce the launch of their 2025-2026 annual fund raising campaign.

Please help us continue to enhance the daily lives of our Seniors!

Donate Here



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

Huntley Harrison



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

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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, September 15th 9:30 AM

Monday, October 20th 9:30 AM

Board Members

Pat Burke, *Chair*

Nancy Fields, *Vice-Chair*

Laura Everett, *Clerk*

Joan Bagnell, *Member*

Stan Mansfield, *Member*

Ann Ryan, *Member*

Cindy Kreisher, *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!