



Hours of Operation:

**OPEN MONDAY- FRIDAY
8AM - 4PM**

Contact Us:

508-945-5190

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Chatham COA

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

As the crisp November air rolls in and autumn leaves paint the world in vibrant shades of gold and crimson, we're reminded of the beauty of change and the power of connection. This month, as we officially kick off the holiday season, celebrate gratitude and togetherness, the Center for Active Living is proud to share programs, services, and opportunities that bring joy, support, and community to all older adults in Chatham. Let's make this season one of warmth, wellness, and wonderful memories-together!

On Monday, November 10th, please joining us at 12:00 p.m. for a special luncheon to honor, celebrate, and appreciate our Veterans. There will be delicious food and even entertainment!

Speaking of "together", please come join Anna for a special Smartphone Skills class on Friday, November 14th at 11:00 a.m. On the 14th, learn how to take beautiful pictures and share memories, and even learn how to edit and organize them!

Also, it's that wonderful time of year again when the generous members of the Chatham Rotary collaborate with the Wild Goose Tavern to bring all of you a lovely and delicious full Thanksgiving Dinner completely free of charge! Please join your friends and neighbors on Thursday, November 20th for this most-loved annual event, and don't forget to register! This delightful occasion will fill up quickly.

Finally, I would like to take a moment to "give thanks" to the Center for Active Living Team and to all of our participants that brig us all so much joy. I am so appreciative of the hardworking, kind, and compassionate staff and so grateful to see you and to serve you all every day.

Wishing you all a Healthy and Happy Thanksgiving!

Leah



Outreach Services

All Electric Utility Customers with Heat Pumps: Save on Your Winter Bills!

Thanks to a new decision by Massachusetts' Department of Public Utilities, residential customers who heat their homes with heat pumps can get discounted electric utility rates this winter — easing the burden of high heating bills.

Who's eligible?

- Customers of Eversource, National Grid, or Unitil with a heat pump installed in their home.
- If you got a Mass Save rebate for a heat pump installed after January 1, 2022 via Eversource, you may be automatically enrolled in the new winter rate. Otherwise, some additional information or verification will be needed.
- Low-income households participating in the utilities' discount programs are also eligible.

What you need to do:

- Let your electric utility know you want to enroll in the heat pump seasonal rate before the winter heating period starts (**November 1, 2025**).
- If you're unsure whether you're already enrolled, call your utility and ask.

What's the benefit?

- Customers enrolling in this rate could save an average of \$540 off their heating bills this winter.
- Reduced charges will apply in winter (Nov. 1 - Apr. 30). For example: lower distribution and transmission rates under Eversource; lower distribution rates under National Grid and Unitil.

Need help?

Contact Kerri Kelly, Outreach Coordinator, for assistance with understanding eligibility, enrollment, or whether your heat pump installation qualifies.



Kerri Kelly, Outreach Coordinator
kkelly@chatham-ma.gov
508-945-5190

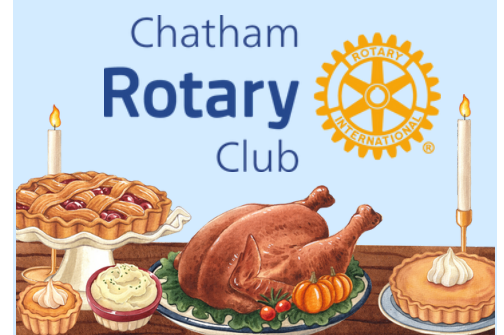
YOU'RE INVITED

The Rotary Club of Chatham is proud to invite you to their annual Thanksgiving Luncheon!

Transportation is available on a first come first served basis.

Event details will be available by November 1st.

For details, or to sign up please call 508-945-5190.





TRANSPORTATION

GUIDELINES & INFORMATION

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

- First come, first serve for ALL rides. Please allow 24 hours after your request to receive confirmation.
- 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



TO SCHEDULE A RIDE PLEASE CALL OR EMAIL:

Alexis Weglarz
508-945-5190
aweglarz@chatham-ma.gov

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

ADDITIONAL TRANSPORTATION DURING THE HOLIDAY SEASON

This year Thanksgiving, Christmas, and New Years Day all land on a Thursday and the CFAL will be **closed**. As this directly impacts the weekly Stop & Shop trip, we are offering rescheduled trips for interested community members. We will also be offering transportation to the Cape Cod Mall for those looking to do some holiday shopping!

Space is limited to 12, please see schedule below. For more information, or to sign up, please call 508-945-5190!

Stop & Shop Trips

11:00-12:00 pm

Monday, November 24th

Monday, December 22nd

Monday, December 29th

Cape Cod Mall Trips

10:00-12:00 pm

Friday, December 5th

Friday, December 19th



Bingo

Wed., November 5th

1:00-2:00 p.m.

Don't miss our fun-filled monthly bingo game! It's a perfect way to connect, unwind, and work your brain muscles.

Location: CFAL

Registration: Required

Registration Information

I. Registration for programs is either required, or drop-in and will state such in each program description.

II. Programs may be registered for via phone, or in-person at the Center for Active Living (193 Stony Hill Rd)

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

IV. Chatham residents receive priority registration, non-residents may sign up if space allows.

V. If you are no longer able to attend a program you signed up for please call to let us know.

Many programs have waitlists!



Birthday Luncheon

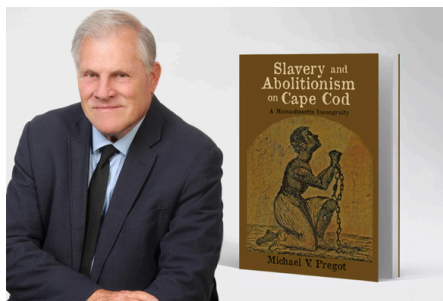
Thur., November 13th

12:00-2:00 p.m.

Don't miss our monthly birthday celebration hosted by the Friends of Chatham COA!

Location: Chatham VFW

Registration: Required, Please RSVP by November 6th



**History Revealed with
Dr. Michael Pregot
Fri. November 7th
1:00p.m.**

Join local historian as he discusses his new book, *Slavery and Abolitionism on Cape Cod*. Held near the anniversary of Abraham Lincoln's 1860 election, this timely talk explores Cape Cod's powerful connection to the nation's struggle for freedom.

Location: CFAL

Registration: Required



Veteran's Day Luncheon

**Mon. November 10th
12:00 p.m.**

With generous support from the Friends of Chatham COA please join us in celebrating the Veterans of our community. Following a luncheon



Location: CFAL

Registration: Required

Smartphone Skills



Fri., November 14th

11:00-12:15 p.m.

Topic: iPhone Photography

Fri., November 21st

11:00-12:15 p.m.


Topic: Staying Connected with Video Chat & Messaging

Join Anna for one, or both sessions and learn how to take, edit, organize, and share photos and how to stay connected with friends and family using the tools on your phone!

Location: CFAL

Registration: Required

Registration Information

I. Programs marked with a  are made possible due to generous support of the Friends organization. **A suggested donation of \$5 is appreciated, but not required.**

- Cash or Check (made out to the Friends of Chatham COA) will be accepted at the CFAL.

II. Programs are held at the Chatham Community Center. Please sign in at the front desk upon arrival.

IMPORTANT NOTICE:

As of October 31st our exercise programs are entering a new session. All interested participants must call 508-945-5190 and register for the classes they wish to attend. We appreciate your understanding and cooperation. **Please note this does NOT include Strong at Heart.**

Chair Yoga, Mondays, 1:00- 2:00 P.M.

NEW
DAY

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: Aerobics Room, CC

Registration: *Required with a signed liability waiver. Please call 508-945-5190 to sign up.*



Full Body Fitness, Tuesdays, 12:00-12:45 P.M.

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: Aerobics Room, CC

Registration: *Required with a signed liability form, Please call 508-945-5190 to sign up.*



Strong at Heart, Thursdays, 10:45- 11:30 A.M.

This exercise program is aimed for seniors who want to build on their strength and endurance. A mix of interval training and circuit training that will keep your heart rate up and muscles engaged!

Location: Aerobics Room, CC

Registration: *Required with a signed liability waiver from your Doctor.*

Please call 508-957-7423 to sign up!



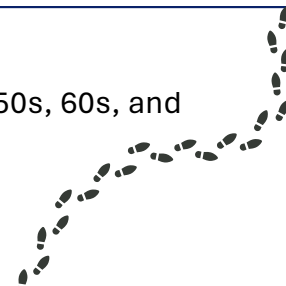
VISITING NURSE ASSOCIATION
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Indoor Walking, Tuesdays & Thursdays, 12:00-1:30 P.M

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: Gymnasium, CC

Registration: Drop In





Weekly Games

1:00-3:30 p.m.

Location: Library

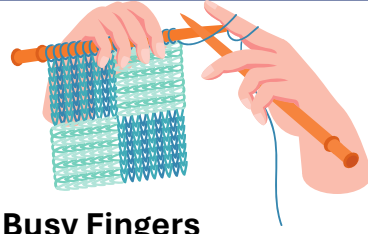
Monday: Cribbage

Tuesday: Rumikub

Wednesday: Cribbage

Thursday: Scrabble **NEW**

Friday: Bridge, Cribbage



Busy Fingers

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

Join us for a relaxed 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!

Location: CFAL

Registration: Drop In



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

Caregiver Support Group

November 25th 10:30 a.m.

This guided group offers support for caregivers of people with AD/dementia, and for those in the early stages of decline. Advance registration is NOT required, but new participants are encouraged to reach out for information by calling 508-896-5170

Location: CFAL

Registration: Drop In



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.

Location: CFAL

Registration: Required

Mondays, 11:00-1:00 P.M.



Sound Meditation

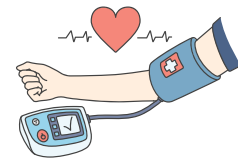
with Ashley Woodworth

Experience deep relaxation and mental clarity with a practice that uses calming sounds and vibrations to promote deep relaxation and mental clarity. Bring a mat, or enjoy a seat!

Location: CFAL

Registration: Required

Wednesdays, 11:00-Noon



Blood Pressure Clinic

with Jill, RN from the VNA

Stop by to check your numbers, ask questions, and receive helpful tips for maintaining heart health. Open to all community members!

Location: SHINE Office, CFAL

Registration: Drop in
Thursdays, 9:00-10:00 A.M.



An Artful Living Series

Wellness Warriors

We're excited to announce the return of the Wellness Warriors program—a 4-week series dedicated to building community connectedness and supporting holistic wellbeing. Each week offers a unique opportunity to explore new practices, share experiences, and strengthen the bonds that keep up grounded and thriving.

Program Schedule:

Wed, November 5th & November 12th 10:00-11:30 a.m.

Location: Large Meeting Room, Chatham Community Center, 702 Main Street

🌟 Session Themes:

- **Week 3: Digital Wellness Tools-** Learn how to use technology to access supportive health and wellness resources
- **Week 4: Community Practitioner Showcase-** Experience mini-sessions with local practitioners in Reiki, Sound healing, and more!



Grateful Gatherings Coffee Hour November 26th, 10:00-11:30 A.M.

Join us for coffee, conversation, and community as we celebrate gratitude before the holiday!

Location: CFAL

Registration: Required, Please RSVP by November 19th



Monday	Tuesday	Wednesday	Thursday	Friday
3 11 Reiki 1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery SHINE	4 9:30 Ryders Cove Respite 12 Full Body Fitness (CC) 12 Indoor Walking (CC) 1 Golden Oldies 1 Rumikub SHINE	5 10 Wellness Warriors (CC) 1 Bingo 1 Cribbage SHINE	6 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12 Indoor Walking (CC) 1 Busy Fingers 1 Scrabble SHINE Stop & Shop trip Grocery & RX Delivery	7 1 History Revealed 1 Bridge 1 Cribbage SHINE
10 11 Reiki 12 Veterans Day Celebration 1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery SHINE	11 In Honor of Veteran's Day we are CLOSED	12 10 Wellness Warriors (CC) 11 Book Club 1 Cribbage SHINE	13 9 Blood Pressure Clinic 10:45 Strong at Heart(CC) 12 Indoor Walking(CC) 12 Birthday Party (VFW) 1 Scrabble SHINE Stop & Shop trip Grocery & RX Delivery	14 11 Smartphone Skills 1 Bridge 1 Cribbage SHINE
17 11 Reiki 1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery SHINE	18 9:30 Ryders Cove Respite 12 Full Body Fitness 12 Indoor Walking 1 Golden Oldies 1 Rumikub SHINE	19 12 Healthy Meals in Motion 1 Cribbage 1:30 Cooking Class SHINE	20 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart(CC) 12 Indoor Walking 1 Busy Fingers 1 Scrabble Stop & Shop trip Grocery & RX Delivery SHINE	21 11 Better Together 1 Bridge 1 Cribbage SHINE
24 11 Reiki 1 Cribbage 1 Chair Yoga (CC) Stop & Shop trip Grocery & RX Delivery SHINE	25 9:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness 12 Indoor Walking 1 Rumikub SHINE	26 10 Grateful Gatherings 1 Cribbage SHINE	27 In Honor of Thanksgiving we are CLOSED	28 In Honor of Thanksgiving we are CLOSED



NOVEMBER



Entertainment

GOLDEN OLDIES HOSTED BY: BARBARA NICKERSON

Ninotchka (1939)

Tuesday, November 4th , 1:00 p.m.

A witty romantic comedy about a stern Soviet envoy sent to Paris on official business, only to find herself unexpectedly charmed by the city- and a carefree Frenchman. Known for its clever humor you won't want to miss this classic blend of romance and satire

Starring: Greta Garbo, Melvin Douglas, Ina Claire

Registration: Required

Dark Passage (1947)

Tuesday, November 18th 1:00 p.m.

This atmospheric film noir follows a man wrongly convicted of murder who escapes from prison to clear his name, undergoing dramatic changes along the way. With suspenseful twists and striking San Francisco scenery, the film showcases the iconic Bogart-Bacall chemistry.

Starring: Humphrey Bogart, Lauren Bacall, Agnes Moorehead

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

Why Personal Hygiene Becomes So Challenging for Dementia Patients



Caring for someone with dementia can be incredibly tough, especially when it comes to things that once seemed simple, like bathing, brushing teeth, or changing clothes. Here's why these routines often become difficult:

1. **Memory Loss:** Dementia affects short-term memory first. Your loved one may forget when they last bathed, not recognize the need to clean themselves, and/or forget how to perform hygiene tasks, like how to use a toothbrush or washcloth
2. **Loss of Understanding:** Even if they remember they need to bathe, they may not understand why it's important. The connection between cleanliness and comfort or healthy may no longer be clear to them.
3. **Fear and Confusion:** Bathrooms can be a confusing or scary place. Water, especially from a shower, may feel startling or threatening, mirrors can be disorienting, they might not recognize their reflection. The process may feel invasive or humiliating.
4. **Sensory Issues:** Dementia can make people more sensitive to things like water temperature, the feeling of soap or a cloth, and noises in the bathroom (echoes, running water, or fans)
5. **Loss of Control and Dignity:** Being helped with intimate tasks can feel embarrassing or infantilizing. They may resist simply because it feels like a loss of independence.

Clinical Tip of the Month:

Understanding the why behind hygiene challenges in dementia care can transform frustration into success. Approach care tasks with patience and flexibility- establish calm routines, use reassuring communication, offer simple choices, and provide visual of tactile cues. Involve your loved one whenever possible to promote dignity, cooperation, and comfort.





Join us and get into “the best kind of trouble” while helping support the Friends of the Chatham COA as they raise funds to support the ongoing programs at the Chatham Center for Active Living!
Special showing of “80 for Brady”

When: November 13, 2025, Doors open at 6:30 p.m.

Where: Chatham Orpheum Theater

What: \$25 tickets, includes a slice of Shark Pizza! Tickets to win awesome door prizes available during the event.

Tickets can be purchased at:
www.chathamorpheus.org



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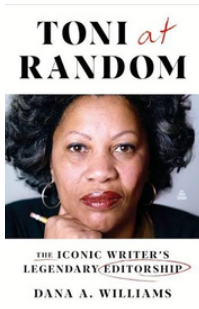
Dave & Darcy Mallowes

Anthony Pacillo

The Friends of the Chatham Council on Aging, Inc. is a 501 (C) (3) non-profit organization, Federal Tax ID No. 04-2650007.

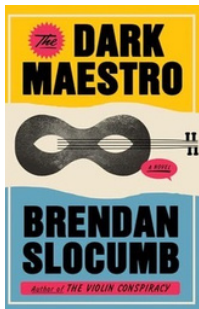
Library Corner By Liz Walker, *Volunteer Librarian*

While passing the sweet potatoes, savoring the cranberry stuffing and nabbing an extra piece of pumpkin pie at the Thanksgiving table, talking turkey is not the only subject that engages families and friends. Inevitably someone will ask, “Anyone have a good book to recommend? I would offer *The Backyard Bird Chronicles*, a compelling collection of essays and drawings by Amy Tan (2024). Here are other titles (on our shelves) to consider!



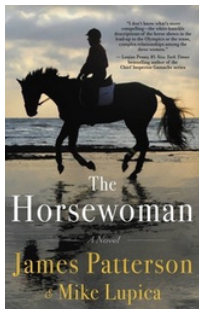
Toni at Random: The Iconic Writer's Legendary Editorship by Dana A. Williams (2025)

This insightful biography focuses on a little-known aspect of the Nobel Prize winning author's luminous career. Toni Morrison also had a “profound impact as a visionary editor who helped define an important period in American publishing and literature.” In her role at prestigious Random House, she helped to broaden the literary landscape and deepen the cultural conversation.



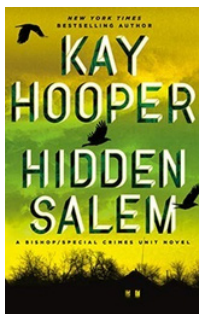
Dark Maestro by Brenden Slocumb (2025)

“His cello made him famous. His father made him a target.” Reviewed as “a perfectly crafted thriller,” the author's third novel is once again grounded in forging a career in classical music while challenged by family chaos. A cello prodigy who grows up in the projects with his loving, but flawed, drug dealer father, Curtis is determined to perform at the highest levels in the classical music world until the FBI arrives backstage one night.



The Horsewoman by James Patterson (2022)

Reviewed as a “riveting page-turner,” this thriller of a novel follows the complicated relationship between a mother and daughter who share a dream- to be the best horsewoman in the world- as they face off to compete in the Paris Olympics. **This is the prolific author's first book with hall-of-fame sportswriter Mike Lupica.**



Hidden Salem by Kay Hooper (2020) **LARGE PRINT**

Nellie has no memories of her parents. Since her 21st birthday odd things have been happening-crows circle her, electronics short out, and storms appear when she gets upset. Seasoned FBI agent Gray Sheridan, seldom surprised by the unusual, finds Salem unnerving. Three people are missing and his undercover partner has vanished. Gray feels that this seemingly peaceful town is actually quite deadly.



Christmas with the Queen

by Hazel Gaynor & Heather Webb (2024)

A BBC typist gets tapped to record the Queen's first Christmas Broadcast.

December 10th 11:00-12:00

DONATION REPORT



Thank you to our generous donors, including those who chose to give anonymously, for your invaluable support!

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Our generous donors make programs such as **Cooking with Chef Heather Bailey** pictured above possible! Join this month's session on **November 19th at 1:30 pm** by calling 508-945-5190

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*
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Chatham Center for Active Living 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, November 17th 9:30 a.m.

Monday, December 15th 9:30 a.m.

Board Members

Pat Burke, *Chair*
Nancy Fields, *Vice-Chair*
Laura Everett, *Clerk*
Joan Bagnell, *Member*
Stan Mansfield, *Member*
Ann Ryan, *Member*
Cyndi 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!