



# THE FLASH

## DECEMBER 2025

*A newsletter published by the Chatham Center for Active Living*

### Hours of Operation:

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

### Contact Us:

**508-945-5190**

**WWW.CHATHAM-MA.GOV**

### Follow Us:



@chathamcoa



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

Hello Friends!

The holidays are in full swing, and as we close out another year, December invites us to reflect on the moments that brought us joy, connection and community. This month, we're embracing the spirit of the season with festive gatherings, opportunities to learn, and plenty of ways to stay active and engaged. Whether you're joining us for a holiday luncheon, volunteering your time, or simply enjoying a warm drink with friends, we're grateful to share this season of warmth and togetherness with you. Here's to celebrating the end of a wonderful year- and welcoming a bright new one ahead!

New this month, we are providing two individual **trips to Cape Cod Mall**, where you can get some of your holiday shopping completed, or just see the lovely decorations on display (December 5<sup>th</sup> and December 19<sup>th</sup>). Call Maddie soon! Registration is limited to 12 for each trip! Once you have your gifts in hand, learn how to beautifully wrap them with Barbara Nickerson on Friday, December 5th!

Have you seen your healthcare providers lately? Stay up to date on how to access your after-visit summaries, renew prescriptions or view test results by joining us for the **My Chart Info Session** on December 12<sup>th</sup> at 1pm. And don't forget to keep your body strong and brain sharp by joining us on December 15<sup>th</sup> for our monthly **Lunch and Learn: CFAL Exercise Programs**, following the **Neuro benefits of Exercise** at 10 am (60 minute presentation providing information about the neuroprotective effects that exercise can have to reduce neurological symptoms, maintain function, and promote independence).

Finally, don't miss our annual **Noon Years Eve (afternoon) Party** on Wednesday, December 31<sup>st</sup> (11:30 am - 2 pm) and enjoy light bites, games, and even a ball drop!

Wishing you the warmest holidays, great health, and happiness!

Leah

# Outreach Services

## Accessing Resources in our Community

During this time, we know that many families and individuals in Chatham are facing challenges when it comes to putting food on the table. Our community is fortunate to have several local organizations, and programs dedicated to helping neighbors in need. Whether you're seeking assistance or looking for ways to give back, these resources are available to ensure no one in our community goes without.

### Food Assistance Programs:

#### **Healthy Meals in Motion, 3<sup>rd</sup> Wednesday of every Month**

- Monthly satellite access to the Family Pantry of Cape Cod
- All residents are eligible, must register with Outreach Coordinator, Kerri at 508-945-5190 for details
- Registering for this program also gives you access to the Family Pantry based on their guidelines

#### **Transportation to the Family Pantry, Monday, December 8<sup>th</sup>**

- 12 seats available, first come first serve
- Call 508-945-5190 to sign up!

### Local Food Pantries:

*Chatham Food Pantry*, Contact at 508-945-183 for information

- Located at 625 Main Street in Chatham
- Managed by Lower Cape Outreach Council, and supported by St. Christophers Episcopal Church
- Must be a resident or employed in Chatham to become a client
- Hours of operation, Tuesdays 4- 6 PM & Thursdays, 3-5 PM

*Family Pantry of Cape Cod*, Contact at 508-432-6519

- Located at 133 Queen Anne Rd in Harwich
- In partnership with the Greater Boston Food Bank, food provided to anyone in need with no geographic restrictions. Families/Individuals are welcome to return to the Pantry every 10 days for food and clothing.

**Check with local churches and organizations, or reach out to Kerri to learn more about the available resources in our community!**



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

## **Update Regarding Applications for Home Energy Assistance Programs (HEAP) aka Fuel Assistance**

Beginning November 1<sup>st</sup> HEAP will have limited funding for heating emergencies only. Awarding HEAP benefits that are NOT emergencies will be paused until the federal government reopens and approves new funding for the Home Energy Assistance Program.

If you have oil or propane, and find yourself in a heating emergency, contact 508-747-7575 for assistance.

Heating-related emergencies include:

- No heat
- Less than 1/8 of a tank of oil
- Less than 3 days' supply of other deliverable fuels

Because this is a federally funded program, and the federal government shut down on October 1, applicants should anticipate experience delays in application process.



# 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
- **Please provide 24 hour notification for ride cancellations**



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 Christmas, and New Years Day both 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, December 22<sup>nd</sup>

Monday, December 29<sup>th</sup>

### Cape Cod Mall Trips

10:00-12:00 pm

Friday, December 5<sup>th</sup>

Friday, December 19<sup>th</sup>

## 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!

### **Bingo, Monday, December 3<sup>rd</sup> 11:00-12:15 PM**

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

**Location:** CFAL, 193 Stony Hill Road

**Registration:** Required Please call 508-945-5190 to sign up.



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### **Gift Wrapping 101, Friday, December 5<sup>th</sup> 10:00-12:00 PM**

Bring your gifts to the next level by learning creative methods of gift wrapping that include many styles! Learn how to make amazing bows, embellish handle bags, gift tags and simple DIY methods anyone can achieve

**Location:** CFAL, 193 Stony Hill Road

**Registration:** Required Please call 508-945-5190 to sign up.



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### **Smartphone Skills, Monday, December 8<sup>th</sup> 11:00-12:15 PM**

Join Anna for an informative session where she will share tips how to stay connected with loved ones and your community!

**Location:** CFAL, 193 Stony Hill Road

**Registration:** Required, Please call 508-945-5190 to sign up



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### **Volunteer Meeting, Friday, December 12<sup>th</sup> 10:00-11:30 AM**

We're hosting a special meeting for all our current and prospective volunteers! This is a great chance to connect with fellow volunteers, learn about upcoming opportunities, and share your ideas on how we can make an even greater impact together. Whether you've volunteered with us before or are just thinking about getting involved, we'd love to see you there!

**Location:** CFAL, 193 Stony Hill Road



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### **Birthday Luncheon, Thursday, December 18<sup>th</sup> 12:30-2:00 PM**


Those with December birthdays are invited to celebrate their milestone with the Friends of Chatham COA. Enjoy a delicious lunch, and desserts among your fellow birthday celebrants.

**Location:** VFW, 50 George Ryder Road in Chatham

**Registration: Required,** Please call 508-945-5190 to sign up no later than Monday, December 15<sup>th</sup>



# Registration Information

I. Programs marked with a  are made possible due to generous support of the Friends organization. **A suggested donation of \$5 per program 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 check in at the front desk upon arrival.



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

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, Community Center

**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, Community Center

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

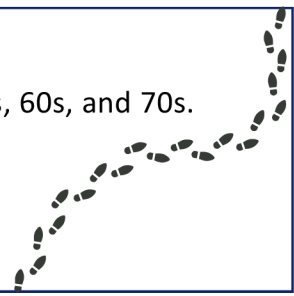


## Indoor Walking, Tuesdays & Thursdays, 12:00-1:30 P.M

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, Community Center

**Registration:** Drop In



## Blood Pressure Clinic, Thursdays, 9:00-10:00 A.M

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

**Location:** CFAL, 193 Stony Hill Road

**Registration:** Drop In



VISITING NURSE ASSOCIATION  
OF CAPE COD  
Member Cape Cod Healthcare

## Reiki Healing Sessions

Experience the calming and restorative benefits of Reiki, a gentle energy healing practice that promotes relaxation, stress relief, and overall well-being.

**Location:** CFAL, 193 Stony Hill Road

**Registration:** By Appointment, **please call 508-945-5190**



**Neurobenefits of Exercise, Monday, December 15<sup>th</sup> 10:00-11:00 AM**

This hour long presentation includes information on the neuroprotective effects that exercise can have to reduce neurological symptoms, maintain function, and promote independence. Learn about what kind of activity can help and what programs are available in the community.

**Location:** CFAL, 193 Stony Hill Road

**Registration:** Required, Please call 508-945-5190 to sign up



VISITING NURSE ASSOCIATION  
OF CAPE COD  
Member Cape Cod Healthcare

**Lunch and Learn, Monday, December 15<sup>th</sup> 11:30-12:30 PM**

Stick around after Neurobenefits to learn about all the health and wellness programs offered by the CFAL, and how you can get involved! From fitness and nutrition to mental well-being and community resources, you'll discover all the ways we're here to help you live your healthiest, happiest life.

**Location:** CFAL, 193 Stony Hill Road

**Registration:** Required, Please call 508-945-5190 to sign up



**Cooking Class, Wednesday, December 17<sup>th</sup> 1:30-3:00 PM**

Join Chef Heather Bailey from The Optimal Kitchen for a session that is sure to be cozy, and be packed with tips for a Healthy Holiday!

**Location:** CFAL, 193 Stony Hill Road

**Registration:** Required, Maximum 9 participants. Please call 508-945-5190 to sign up



### Weekly Game Schedule

1:00-3:30 p.m.

Location: CFAL



Monday: Cribbage

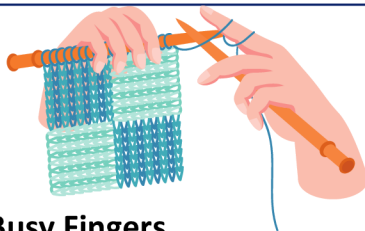
Tuesday: Rumikub

Wednesday: Cribbage

Thursday: Scrabble

Friday: Bridge, Cribbage

**PLAYERS WANTED!  
CALL 508-945-5190  
FOR INFORMATION**



### 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. **All are welcome to join!**

Location: CFAL

Registration: Drop In



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

### Caregiver Support Group

December 9<sup>th</sup> 10:30 AM

December 23<sup>rd</sup> 10:30 AM

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

Entertainment **Golden Oldies** hosted by: Barbara Nickerson  
*It Happened on Fifth Ave* (1947)

Tuesday, December 2<sup>nd</sup> , 1:00 p.m.

This romantic comedy follows a clever vagrant as he leads several squatters into vacant NYC mansions for the Christmas holiday. He unwittingly invites mansion owner and family to stay with them! This little gem is heart warming, funny, and thought provoking.

Starring: Don DeFore, Victor Moore, Charlie Ruggles, Ann Harding, & Gale Storm

Registration: Required

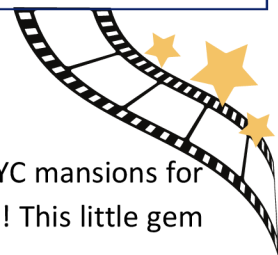
*Holiday Affair* (1949)

Tuesday, December 16<sup>th</sup> 1:00 p.m.

This warm Christmas romance about a practical single parent whose life is upended after meeting a spontaneous stranger, leading to unexpected feelings and choices between security and love is not one to miss.

Starring: Robert Mitchum, Janet Leigh, Wendell Corey, Gordon Gerbert

Registration: Required



### New Years Eve Party, Wednesday, December 31st 11:30-1:30 PM

Let's say goodbye to 2025 and welcome 2026 in style! Join us for our New Year's Eve Party, filled with great music, delicious food, fun games, and plenty of good company.

Location: CFAL, 193 Stony Hill Road

Registration: Required, Please call 508-945-5190 to sign up



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>9-3 SHINE</b>  <b>1</b> Cribbage  <b>1</b> Chair Yoga (CC)  Grocery &amp; RX Delivery</p>	<p><b>2</b></p> <p><b>9-3 SHINE</b>  <b>9:30</b> Ryders Cove  Respite  <b>12</b> Full Body  Fitness(CC)  <b>12</b> Indoor Walking(CC)  <b>1</b> Rumikub  <b>1</b> Golden Oldies</p>	<p><b>3</b></p> <p><b>9-3 SHINE</b>  <b>11</b> Bingo  <b>1</b> Cribbage</p>	<p><b>4</b></p> <p><b>9-3 SHINE</b>  <b>9</b> Blood Pressure  Clinic  <b>9:30</b> Ryders Cove  Respite  <b>12</b> Indoor Walking(CC)  <b>1</b> Busy Fingers  <b>Stop &amp; Shop trip</b>  Grocery &amp; RX Delivery</p>	<p><b>5</b></p> <p><b>9-3 SHINE</b>  <b>10 Trip to CC Mall</b>  <b>10-12</b> Gift Wrapping  101  <b>1</b> Bridge  <b>1</b> Cribbage</p>
<p><b>8</b></p> <p><b>11</b> Smartphone Skills  <b>1</b> Cribbage  <b>1</b> Chair Yoga (CC)  Grocery &amp; RX Delivery</p>	<p><b>9</b></p> <p><b>9-1 SHINE</b>  <b>9:30</b> Ryders Cove  Respite  <b>10:30</b> Caregiver  Support Group  <b>12</b> Full Body  Fitness(CC)  <b>12</b> Indoor Walking(CC)  <b>Trip to Family Pantry</b></p>	<p><b>10</b></p> <p><b>11</b> Book Club  <b>11</b> Reiki  <b>12</b> CPD Reassurance  Program  Luncheon(CBI)  <b>1</b> Cribbage</p>	<p><b>11</b></p> <p><b>9</b> Blood Pressure  Clinic  <b>9:30</b> Ryders Cove  Respite  <b>12</b> Indoor Walking(CC)  <b>1</b> Busy Fingers  <b>Stop &amp; Shop Trip</b>  Grocery &amp; RX Delivery</p>	<p><b>12</b></p> <p><b>9-1 SHINE</b>  <b>10</b> Volunteer Program  Meeting  <b>1</b> MyChart Information  Session  <b>1</b> Bridge  <b>1</b> Cribbage</p>
<p><b>15</b></p> <p><b>10</b> Neurobenefits of  Exercise  <b>11:30</b> Lunch &amp; Learn  <b>11</b> Reiki  <b>12</b> Chair Yoga (CC)  <b>1</b> Cribbage</p>	<p><b>16</b></p> <p><b>9-1 SHINE</b>  <b>9:30</b> Ryders Cove  Respite  <b>12</b> Full Body  Fitness(CC)  <b>12</b> Indoor Walking(CC)  <b>1</b> Rumikub  <b>1</b> Golden Oldies</p>	<p><b>17</b></p> <p><b>9-3</b> Footcare  <b>12</b> Healthy Meals in  Motion  <b>1</b> Cribbage  <b>1:30</b> Cooking Class</p>	<p><b>18</b></p> <p><b>9</b> Blood Pressure  Clinic  <b>9:30</b> Ryders Cove  Respite  <b>12</b> Indoor Walking(CC)  <b>12:30</b> Birthday Party  (VFW)  <b>1</b> Busy Fingers  <b>Stop &amp; Shop Trip</b>  Grocery &amp; RX Delivery</p>	<p><b>19</b></p> <p><b>9-1 SHINE</b>  <b>10 Trip to CC Mall</b>  <b>1</b> Bridge  <b>1</b> Cribbage</p>
<p><b>22</b></p> <p><b>11</b> Reiki  <b>1</b> Chair Yoga (CC)  <b>1</b> Cribbage  <b>Stop &amp; Shop Trip</b>  Grocery &amp; RX Delivery</p>	<p><b>23</b></p> <p><b>9-1 SHINE</b>  <b>9:30</b> Ryders Cove  Respite  <b>10:30</b> Caregiver  Support Group  <b>12</b> Full Body  Fitness(CC)  <b>1</b> Rumikub</p>	<p><b>24</b></p> <p><b>1</b> Cribbage</p>	<p><b>25</b></p> <p><b>In Honor of  Christmas Day  we are CLOSED</b></p>	<p><b>26</b></p> <p><b>9-1 SHINE</b>  <b>1</b> Bridge  <b>1</b> Cribbage</p>
<p><b>29</b></p> <p><b>11</b> Reiki  <b>1</b> Cribbage  <b>1</b> Chair Yoga (CC)  <b>Stop &amp; Shop Trip</b>  Grocery &amp; RX Delivery</p>	<p><b>30</b></p> <p><b>9-1 SHINE</b>  <b>9:30</b> Ryders Cove  Respite  <b>12</b> Full Body  Fitness(CC)  <b>12</b> Indoor Walking(CC)  <b>1</b> Rumikub</p>	<p><b>31</b></p> <p><b>11</b> New Year's Eve  Party  <b>1</b> Cribbage</p>		
				



**From the Desk of Diane Nash.....Behavioral Health Clinician**

**Rolling into Winter**

Transitions can be a very exciting time for people, while others may find it to be anxiety provoking. As we experience Daylight Savings time, darkness coming earlier in the day, cold weather, snow, holidays, and life's everyday stressors, this could have a heavy impact on some of us.

Many of us can get through these transitions without skipping a beat, HOWEVER, many of us cannot. And that is OKAY! It is okay to acknowledge that you are having a difficult time managing your emotions.

The good news is that **I am here to listen, support, and offer guidance. I am here to help you find services to get you through your challenging time. All you have to do is call me!**

Whether is it helping you find a counselor, pay a bill, get connected to a health provider, find transportation, address substance abuse issues, parenting struggles, grief, loneliness, or addressing healthy problems, **I AM HERE TO HELP!**

Diane Nash

Monday through Friday, 8 AM - 4 PM

Located at Chatham Police Department, of the Center for Active Living

Call **508-945-5107** of **508-945-5190** to make an appointment



# Ryder's Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

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

Josephine Fennell  
Director of RCR



## Supporting Loved Ones During the Holidays

The holiday season can be joyful but also overwhelming for individuals living with memory loss — and for the caregivers who love them. With a little planning and understanding, you can help create a calm, meaningful, and comfortable holiday experience for everyone. Here are a few helpful tips to keep the season bright and stress-free:

**1. Simplify the Celebrations, *Keep traditions alive, but scale down.***

Avoid large or noisy gatherings that may feel confusing or overstimulating. Consider smaller get-togethers, or celebrate at home with familiar traditions and people.

**2. Maintain routines, *Predictability helps minimize anxiety.***

Stick to regular meal, rest, and medication times. Plan events around their best time of day, and avoid overstimulation as best you can.

**3. Prepare family and friends, *Understanding helps everyone connect with kindness***

Let guests know ahead of time about your loved one's condition and what to expect. Encourage patience and gentle communication during visits.

**4. Focus on Connection Not Perfection, *Emphasize feelings, not facts***

Even if they don't remember the event, they will remember how it made them feel. Singing carols, baking cookies, or looking at photos can spark comforting memories.

**5. Take care of yourself, too. You are doing your best!**

Caregiving can be demanding—especially during the holidays. Ask for help, take short breaks, and allow yourself moments of rest and joy.

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November 5, 2025



# *Town of Chatham*

*Human Resources Office  
549 Main Street Chatham, MA 02633*



## **Position Announcement**

### **Supportive Adult Day Program Assistant Department of Community Services**

***Come join Team Chatham!*** Town of Chatham, MA seeks a highly qualified and compassionate program assistant for the Ryder's Cove Respite Adult Supportive Day Program!

Under direction of the Adult Day Program Director, the assistant will help build and execute meaningful programming as well as provide participants assistance with Activities of Daily Living (ADLs) including personal hygiene assistance as needed. The assistant will focus on the well-being of participants above all and pay close attention to each individual's needs. Additional responsibilities include taking the initiative to set up and maintain safe kitchen, food prep and clean up procedures as well as weekly grocery and supply shopping.

The ideal candidate will have a High school diploma or General Education Degree (GED) and one-year related experience with older adults who are experiencing early-stage Alzheimer's or cognitive impairment. Some college preferred. Equivalent combination of education and experience will be considered. Must be over 18 years of age with a valid Massachusetts driver's license. Continued certification in CPR/First Aid required. Must be able to lift 45 pounds and perform two-person lifts.

**Is this job the perfect fit for you?** Find out by viewing the full job description (PDF) for more information regarding prerequisite experience, education, and abilities required to be the top candidate for this position.

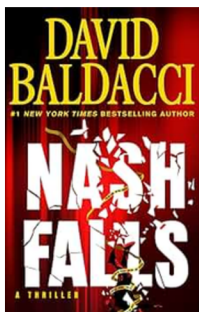
Starting salary is \$27.77 per hour/with an average schedule of 16 hours per week. This position is not benefits eligible. The Town of Chatham values diversity and welcomes candidates of all backgrounds to apply.

Please email cover letter and resume in one PDF to [jobs@chatham-ma.gov](mailto:jobs@chatham-ma.gov) attention Megan Downey, Human Resources. Position will remain open until filled. The Town of Chatham is an ADA/Equal Opportunity/Affirmative Action Employer.

549 Main Street, Chatham, Massachusetts, 02633  
Telephone: 508-945-5146; Facsimile: 508-945-3550  
[www.chatham-ma.gov](http://www.chatham-ma.gov)

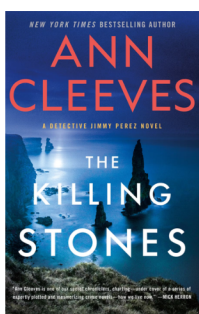
## Library Corner By Liz Walker, Volunteer Librarian

With temperatures plummeting and holiday anxiety on the rise, it might be time to settle into the comfort of your favorite chair in the company of an engaging book. Add a steaming cup of cocoa topped with a well-deserved marshmallow and you've created the perfect holiday tableau. Here are some 2025 titles to consider adding to your holiday gift (or reading) list:



### *Nash Falls (Book 1) by David Baldacci (2025)*

The latest thriller from this New York Times bestselling author was published just a few weeks ago. Walter Nash, a high-level investment exec and devoted family man, finds his life turned completely upside down when he is approached by the FBI. The agent recruits him to be their “inside man” to bring down a global crime network.



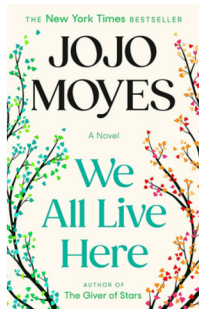
### *The Killing Stones by Ann Cleeves (2025)*

Detective Inspector Jimmy Perez has returned to solve more crimes. After *Wild Fire* (2018), Cleeves thought she was finished with Perez and his Shetland Islands exploits. The new series opens eight years later with Perez and partner Willow living on Scotland's Orkney Islands. They are busy with their toddler and have another baby on the way...but then murder doesn't respect family time.



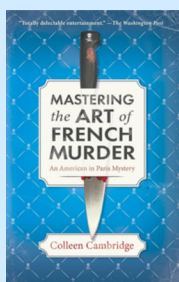
### *Hush Little Fire by Judith Newcomb Stiles (2025)*

The author has deep roots in Wellfleet. She opens her often dark and “darkly humorous” debut novel when Mary Newcombe reluctantly returns to the Cape to spend the holidays with her prickly mother. Mary looks forward to digging beach clay for pottery to fire in her old friend's kiln, but not much else. When a fire destroys the town healthy clinic, Mary becomes a suspect. **Recommended by Chatham author Irish Glazner Leigh.**



### *We All Live Here by JoJo Moyes (2025)*

Lila faces a broken marriage, a career in freefall and wayward daughters. When her bio dad, hardly seen in 35 years, reappears ready to move in, it's the final straw. Yet, the family she never could forgive might teach her way being family means. **Recommended by Cynthia Reed, Reed Books, Harwichport.**



### *Mastering the Art of French Murder: a Novel* by Colleen Cambridge (2024)

In 1950s Paris, Julia Child's best friend discovers a dead body and is tired to protect Julia's sister from being arrested.




**Wednesday, January 10th 11:00-12:00**

## MEMBERS

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



## CONTACT US

 [www.friendsofchathamcoa.com](http://www.friendsofchathamcoa.com)  
 508-945-5190  
 P.O Box 38  
Chatham, MA 02633

## Did you know?

The Friends of the Chatham Council on Aging is the only tax-exempt non-profit organization that exists for the sole purpose of supporting the programming and the services of the Chatham Center for Active Living(CFAL).

Since our inception in 1978, we have subsidized adult education classes, legal services, caregiver support groups, health screenings/education, transportation, a monthly birthday party for Chatham residents 60+ and much more thanks to our generous donors and fundraising efforts.

The services provided by the Chatham COA allow local seniors and their caregivers to manage daily life and extend their independence in a healthy and productive way.

So far in FY25, the Friends are supporting 40% of the monthly programming at the CFAL. If you participate in programming or services please consider donating to the Friends of Chatham COA to help continue providing dynamic programming, and excellent services. If you are interested in donating, please make checks payable to 'Friends of CCOA'

**Thank you to our generous donors, we couldn't do it without you!**



Pictured above from left; Sound Meditation, Wellness Warriors and Matt York Music.  
All programs 100% funded by the Friends of Chatham COA.

## 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*  
**Vacant**, *Adult Supportive Day Program Assistant*  
**Danielle James**, *Adult Supportive Day Program Assistant*  
**Anna Milan**, *Programs & Communication Coordinator*  
**Madeline Vokey**, *Department Assistant*

### CFAL Drivers

Dick Hosmer  
Mark Massoni  
Paul Robinson  
Dexter Smith  
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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, December 15<sup>th</sup> 9:30 a.m.  
Wednesday, January 21<sup>st</sup> 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!