



T H E F L A S H

JANUARY 2026

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

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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

Happy New Year Friends!

As the holidays wind down, and we step into 2026 together, we hope this new beginning brings renewed energy, joy, and plenty of opportunities to engage, learn, and be a part of your community here at the Center for Active Living (CFAL).

This month is filled with exciting programs, helpful resources, and warm gatherings designed to brighten the gray winter days of the Cape and keep us all moving forward with positivity. Whether you're joining us for an event, trying something new, or simply reading this newsletter for the first time, we're so glad you're here!

We have so many great things in store for you this month! On Monday, January 5th, please join us at 11:00 a.m. for a light brunch and our very first "Musical Monday" as we welcome Zach White, a student at Cape Cod Academy, as he plays the beautifully, enchanting cello. The next day, on Tuesday, January 6th, get ready for a fabulous information session with Cape Media about Podcasting and their upcoming Podcasting class! Cape Media is a non-profit organization that provides the tools and training for you to share your ideas through video, music, art, podcasting, and more.

On Thursday, January 22nd, please join us, along with the Massachusetts Audubon Society for their "Nature of Winter" presentation. This is always a favorite, so please make sure to phone Maddie, to reserve your spot.

Finally, our Lunch and Learn this month is a can't miss! Join is on Wednesday, January 28th for lunch and your chance to learn about and sign up for the upcoming AARP Tax Preparation sessions.

Wishing you warm thoughts and great health!

Leah

Outreach Services

Fuel Assistance Program Update

Beginning November 1st 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 from October 1st until November 12th, applicants should anticipate experiencing delays in application process.

If you have any questions or concerns, Kerri is available by appointment to go over the process Monday-Friday, 8:00-4:00 p.m. and would be happy to provide support and information! Just call 508-945-5190.

COMMUNITY RESOURCES

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.

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



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



Elder Law Project

Tuesday, January 13th

10:00-11:30 AM

Location: CFAL, 193 Stony Hill Road

SCCLS Provides legal assistance with no charge or questions for problems with Housing, Health Benefits, Public Benefits, or Consumer Issues.

Call 508-945-5190 for more information.



Healthy Meals in Motion grocery pickup is Wednesday, January 21st at 12:00 p.m. Please return your order forms to the Center for Active Living no later than Friday, January 9th



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 from Alexis or Maddie
- 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
- First time riders must complete an intake form with Alexis
- **Please provide 24 hour notification for ride cancellations**

COMMUNITY RESOURCES



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

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
- 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!
- VI. 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.

Music Monday with , Monday, January 5th 11:00-12:00 PM

Ease into the week with a beautiful live cello performance by a talented student musician. Enjoy warm brunch refreshments as you relax, listen, and start your Monday on a harmonious note.

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up

Bingo, Wednesday, January 7th 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.



Live to 100: Secrets of the Blue Zones, Fridays, January 9th - January 30th 12:00-1:00 PM

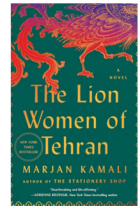
Join us weekly in January for a screening of the Netflix Documentary *Live to 100: Secrets of the Blue Zones*, as we explore the habits and communities that help people around the world live longer, healthier lives. **Location:** CFAL, 193 Stony Hill Road **Registration:** Required Please call 508-945-5190 to sign up.

CFAL Book Club, 2nd Wednesday of each Month, January 14th at 11:00 AM

Join fellow readers for a lively discussion of our monthly pick. All are welcome!

Location: CFAL, 193 Stony Hill Road

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



Birthday Luncheon, Thursday, January 22nd 12:30-2:00 PM

Those with January birthdays are invited to celebrate their milestone with the Friends of Chatham COA to 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, January 19th



Sound Meditation with Ashley Woodworth, Thursday, January 22nd and January 29th 11:00-12:15 PM

Experience deep relaxation through soothing soundscapes. This gentle session uses tones and vibrations to calm the mind and restore balance.


Location: CFAL, 193 Stony Hill Road

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



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.*

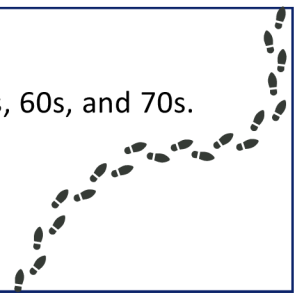


Indoor Walking, Tuesdays & Thursdays, 12:00-1:30 P.M

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



Strong at Heart, Thursdays, 10:45-11:45 A.M. January 22nd - March 19th

This program aims to help seniors build on their strength and endurance. A mix of interval and circuit training that will keep your heartrate up and muscles engaged. Must be able to tolerate 60 minutes of seated and standing exercises independently.

Location: Aerobics Room, Community Center

Registration: *Required, with signed waiver from physician. Call 508-957-7423 to sign up*



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



The Nature of Winter with MA Audubon, Thursday, January 22nd 10:00-11:00 AM

Discover the hidden wonders of the winter season with an engaging Audubon naturalist. Learn how local wildlife adapts and thrives in the cold months.

Location: CFAL, 193 Stony Hill Road

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



Cooking Class, Wednesday, January 21st 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 New Year!

Location: CFAL, 193 Stony Hill Road

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



Lunch and Learn, Wednesday, January 28th 12:00-1:30 PM

Get ready for the upcoming AARP Tax Prep season with a helpful overview of what to expect. Learn about available services, required documents, and tips to make your appointment smooth and stress-free—all while enjoying lunch with our community.

Location: CFAL, 193 Stony Hill Road

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



Weekly Game Schedule

1:00-3:30 p.m.

Location: CFAL



Monday: Cribbage

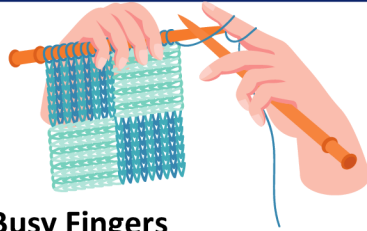
Tuesday: Rumikub

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

January 13th 10:30 AM

January 27th 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

In This Our Life (1942)

Tuesday, January 6th 1:00 p.m.

A gripping Southern family drama where old wounds, clashing ambitions, and buried tensions erupt into life-changing consequences. A sharp, emotionally charged look at how fragile even the closest bonds can be.

Starring: Bette Davis, Olivia DeHaviland and Dennis Morgan

Registration: Required

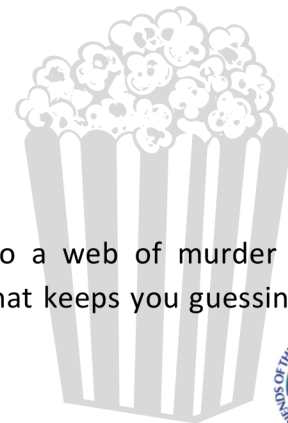
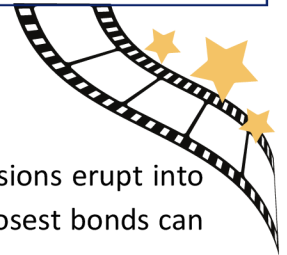
Unsuspected (1947)

Tuesday, January 20th 1:00 p.m.

A stylish, atmospheric noir centered on a polished radio host drawn into a web of murder and deception. With its moody shadows and clever twists, it's a classic thriller that keeps you guessing to the end.

Starring: Claude Rains, Audrey Totter, and Joan Caufield

Registration: Required



Coffee Hour: Artist of the Month, Friday, January 30th 10:30 AM

Celebrate the second annual Town of Chatham Art Showcase at this month's Coffee Hour, where you can view their latest pieces in a relaxed, welcoming setting. Stop by to connect, sip, and be inspired.

Location: CFAL, 193 Stony Hill Road

Registration: Required

Please call 508-945-5190 to sign up

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;">1</p> <p>In Honor of the New Year the Center for Active Living is CLOSED</p>	<p style="text-align: right;">2</p> <p>9-1 SHINE 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">5</p> <p>11 Music Monday 1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery</p>	<p style="text-align: right;">6</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 10 Legacy Podcasting Information Session 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub 1 Golden Oldies</p>	<p style="text-align: right;">7</p> <p>11 Bingo 1 Cribbage</p>	<p style="text-align: right;">8</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">9</p> <p>9-1 SHINE 12 Live to 100: Secrets of the Blue Zones 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">12</p> <p>1 Chair Yoga (CC) 1 Cribbage Grocery & RX Delivery</p>	<p style="text-align: right;">13</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 10-12 Attorney Kane by appointment 10:30 Caregiver Support Group 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub</p>	<p style="text-align: right;">14</p> <p>11 Book Club 1 Cribbage</p>	<p style="text-align: right;">15</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">16</p> <p>9-1 SHINE 10 Better Together 12 Live to 100: Secrets of the Blue Zones 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">19</p> <p>In Honor of Martin Luther King Jr. Day the Center for Active Living is CLOSED</p>	<p style="text-align: right;">20</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 1 Rumikub 1 Golden Oldies</p>	<p style="text-align: right;">21</p> <p>12 Healthy Meals in Motion 1 Cribbage 1:30 Cooking Class</p>	<p style="text-align: right;">22</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10 MA Audubon Presentation 10:45 Strong at Heart (CC) 11 Sound Meditation 12 Indoor Walking(CC) 12:30 Birthday Party (VFW) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">23</p> <p>9-1 SHINE 12 Live to 100: Secrets of the Blue Zones 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">26</p> <p>1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery</p>	<p style="text-align: right;">27</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub</p>	<p style="text-align: right;">28</p> <p>9-3 Footcare Clinic 12 Lunch and Learn 1 Cribbage</p>	<p style="text-align: right;">29</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 11 Sound Meditation 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">30</p> <p>9-1 SHINE 10:30 Coffee Hour 12 Live to 100: Secrets of the Blue Zones 1 Bridge 1 Cribbage</p>

“Holiday Blues”

As we find ourselves in the Holiday Season, it is important to recognize that not all of us are feeling festive or cheerful about this time of year. Some of us feel anxious or fatigued or overwhelmed. Others feel grief or lonely or have financial pressures. Whatever it may be, it is a **COMMON EMOTIONAL EXPERIENCE**. The “**Holiday Blues**” refers to a temporary period of sadness, stress, or emotional heaviness that many people feel during the holiday season (typically November- January). It is not a clinical diagnosis and is usually short term, improving after the holiday season or when stressors ease. If feelings last more than a couple of weeks, you may want to consider talking to a therapist. You can always reach out to me, and I can help you navigate the next steps!

Typical Symptoms:

- Low mood or irritability
- Fatigue or trouble sleeping
- Anxiety
- Feeling disconnected from others
- Wanting to withdraw socially

Common Causes:

- High expectations of joy or perfect holidays
- Loneliness or missing loved ones
- Family conflict or strained relationships
- Grief resurfacing during nostalgic times

Ways to Cope:

- Set realistic expectations
- Limit alcohol
- Create your own traditions that feel meaningful
- Reach out for social support
- Allow yourself to feel grief or sadness without judgement

Remember, I am here to help. **Stay safe. Stay healthy. Stay hopeful.**

Diane Nash, 508-945-5107

Ryder's Cove Respite

Tuesdays & Thursdays

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



Josephine Fennell

Director of RCR

jfennell@chatham-ma.gov

508-945-5190

What is an Adult Supportive Day Program?

An Adult Supportive Day Program provides a safe, structured, and engaging environment for adults who need extra assistance during the day, especially those living with dementia, Alzheimer's disease, or other cognitive or physical challenges. Our program offers social interaction, meaningful activities, and personalized support that help participants stay connected and maintain a sense of independence. Caregivers also receive essential respite, knowing their loved ones are in a compassionate and enriching setting. Each day is designed to promote comfort, celebrate abilities, and support physical, emotional, and cognitive well-being, giving participants purpose, enjoyment, and connection.

What We Provide:

- **Stimulating Activities:** Music therapy, art, gentle exercise, memory-friendly games, and seasonal projects that encourage creativity and engagement.
- **Structured Daily Routine:** Predictable schedules help reduce anxiety and provide comfort.
- **Social Connection:** Group discussions, shared meals, and themed events that help participants feel included and valued.
- **Compassionate Support:** Our trained staff understands the unique needs of individuals with cognitive changes and creates an environment filled with patience, respect, and positivity.
- **Caregiver Relief:** While loved ones are spending their day safely supported, caregivers gain essential time to rest, work, or tend to personal needs.

Strengthening Our Community Together:

Our program serves as a vital support system for both participants and caregivers. By focusing on dignity, engagement, and person-centered care, we create an environment where individuals can thrive—and where families can feel confident knowing their loved ones are safe, valued, and truly seen.



LEGACY PODCASTING SCHOOL

Program Description:

The Legacy Podcasting School is a hands-on program designed for older adults to capture and preserve their personal stories, memories, and wisdom through podcasting. Participants will learn how to plan, record, and share audio stories using professional-grade tools like the RodeCaster Pro. No prior technical experience required- just a love for storytelling and a willingness to learn exciting new recording equipment.

Learning Objectives:

- Understand the basics of podcasting and its role in preserving stories
- Learn to outline and structure personal narratives
- Gain confidence using equipment for recording and mixing audio
- Develop skills in microphone techniques, voice delivery, and sound quality
- Explore options for archiving and sharing podcasts with family, friends, and community

Format:

- 6 weekly sessions (90 minutes each)
- Small-group instruction and guided practice
- All equipment provided by Cape Media Center

Outcome:

Each participant will create at least one finished audio story, preserved for posterity, and available to share online with future generations of Cape residents!

Information Session with Cape Media, Tuesday, January 6th 10- 11 AM

The information session will give interested participants a clear overview of the program, class outline, answer questions, and help interested participants feel confident and excited about joining the Legacy Podcasting School.

Location: CFAL, 193 Stony Hill Road **Registration:** Required Please call 508-945-5190 to sign up.

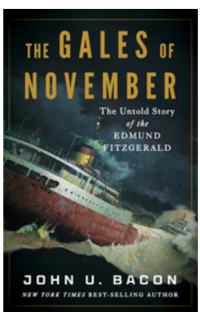
Library Corner By Liz Walker, *Volunteer Librarian*

Books are ideal fodder for New Year's resolutions. Setting goals simply to read more, read more nonfiction or explore the works of unfamiliar authors can be invigorating. Consider joining the Center for Active Living (CFAL) Book Club, which meets on the second Wednesday of the month, 11 a.m. to Noon. We promise a warm welcome on a cold day, a lively discussion and often a sweet treat. In the meantime, here are some titles to consider:



The Barbizon- The NY Hotel That Set Women Free by Paulina Bren (2022)

This is an incisive look at women and the societal bounds they faced from the 1920's to the recent past. The Barbizon was the “safe place” to live for the daughters of wealthy parents when they left home to work in New York City offices. Later, models, writers, and celebrities took up residence, including Grace Kelly, Sylvia Plath, and Ali McGraw. **(Recommended by Phyllis Koppel)**



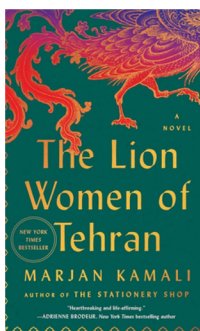
The Gales of November: The Untold Story of Edmund Fitzgerald by John U. Bacon (2025)

This true-life tragic tale blends the talents of a narrative historian with the skills of a journalist. The account covers Great Lakes economics, the evolution of mining technology and more, offering poignant details about the crewman and families.



A Very Inconvenient Scandal by Jacquelyn Mitchard (2023)

From Brewster-based author of *Deep End of the Ocean* comes this captivating novel set on Cape Cod. Frankie returns home to the Cape with thrilling news. She met the love of her life, and they're getting married, plus a baby is on the way. Her father counters with his jaw-dropping news. He, too, is getting married and his fiancée is very familiar to Frankie.



The Lion Women of Tehran by Marjan Kamali (2024)

Reviewed as “a heartfelt, epic novel of friendship, betrayal and redemption set against three transformative decades in Iran.” This exploration of how we are shaped by those we meet when we are young also shows how love and courage can transform our lives. **(Recommended by Mary-Ellen Lorefice)**

Book Club meets Wednesday, January 14th at 11:00 a.m.

**January
Book Club
Choice**

MEMBERS

Robin Zibrat, *President*

Michael Barry, *Vice President*

Sue Foster, *Treasurer*

Darcy Mallowes, *Asst. 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



508-945-5190



P.O. Box 38
Chatham, MA 02633



The Friends of the Chatham COA raised over \$3,000 at their recent showing of “80 for Brady” at the Chatham Orpheum Theater. Thank you to all that supported the Friends in this fundraising event!

Pictured from left: Kevin McLain, Executive Director of the Orpheum, “Tom”, Robin Zibrat, *President* of the Friends, Sue Foster, *Treasurer*, Jane Fields, *Director*, and Cindy Dolinger, *Director*

As we start the new year, The Friends of Chatham COA would like to thank the following supporters for their various grants that have helped our programs.



The **Women's Club** provided funds for our library to add books for the Ryder's Cove Respite Program- particularly the series *Sunnyside Books*, books for seniors with dementia who find joy in beautiful photos, uplifting stories, and the act of holding a book and turning the pages.



The **Chatham Cultural Council** for helping provide support so members of the Chatham Better Together group could attend *The Marvelous Wonderettes* at the Cape Cod Theater Company.



The **Chatham Fund** for their grant to cover some of the upcoming events/activities that the members of the Chatham Better Together program will attend.

Thank you to all our sponsors for their respective generous grants for the Friends supported programs at the Chatham Center for Active Living.

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

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CFAL Drivers

Dick Hosmer
Mark Massoni
Paul Robinson
Dexter Smith
Huntley Harrison

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

Wednesday, January 21st 9:30 a.m.
Wednesday, February 18th 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!