



THE FLASH

FEBRUARY 2026

A newsletter published by the Chatham Center for Active Living

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

It's been a challenging winter...already! February often brings the coldest days with it, and shorter daylight hours and icy conditions can make it harder to get out and connect with others. While winter can be beautiful, it can also feel isolating, especially for older adults who may already face barriers to staying socially connected. At the Center for Active Living (CFAL), we know that meaningful connection is just as important to well-being as physical health.

This month's newsletter is dedicated to combatting social isolation during the long winter months. Inside you'll find opportunities to stay engaged as you learn about programs designed to foster connection and community.

Thanks to Anna, we are offering something new and very special this month. Have you ever wanted to share your life story? Preserve your past for your loved ones? We have partnered with the Cape Media Center to provide you with the "Legacy Podcasting Class". This is a multi-session program and will be held from February 6th through March 13th. This is an incredible opportunity, and one I personally hope you will take advantage of.

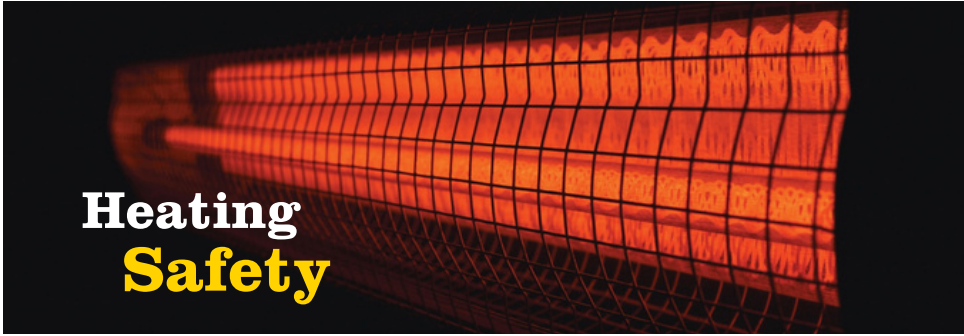
On February 4th, please join us for the return of the much-loved Game Show host Kevin Richman! Last time he was at the CFAL, there was a lot of laughter as folks competed on our in-house "Jeopardy" game. Will you be our Valentine? On February 13th, please enjoy a wonderful Valentine's Day Party that will include good food, good fun, great company, and a storytelling performance! Lastly, please don't forget that tax season is upon us! Please stop by the CFAL and see Maddie to book your appointment with an AARP Tax Aide. These spaces fill up quickly.

A gentle reminder: If you are feeling lonely or isolated, please don't hesitate to reach out to us, to a neighbor, a friend, or a community partner. Even small moments of connection can make a big difference, and we are here to help ensure no one feels alone this winter.

Wishing you happiness and good health,

Leah

Outreach Services



There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

- Keep anything that can burn at least 3 feet (1 metre) away from furnaces, fireplaces, wood stoves, and space heaters.
- Maintain a 3-foot (1 metre) kid-free zone around open fires and space heaters.
- Never use an oven to heat your home.
- Have stationary heaters, water heaters, and central heating installed by a qualified professional according to local codes and manufacturer instructions.
- Clean and inspect heating equipment and chimneys annually by a professional.
- Turn off portable heaters when leaving the room or going to bed.
- Use only the fuel specified by the manufacturer for fuel-burning heaters.
- Use a sturdy fireplace screen to stop sparks; place cool ashes in a metal container and store it safely away from the home.
- Test smoke alarms monthly.

Call 911 for emergencies. For non-emergency assistance in Chatham, please dial 508-945-2324

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



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

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.



Healthy Meals in Motion
grocery pickup is Wednesday, February 18th at 12:00 p.m.

Please return your order forms to the Center for Active Living no later than Friday, February 6th



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 for deliveries

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.

Bingo, Monday, February 9th 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.



Game Show with Kevin Richman, Friday, March 6th 12:30 PM

Test your skills and cheer along as contestants compete in this thrilling game show experience. ****RESCHEDULED DUE TO WEATHER****

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



CFAL Book Club, 2nd Wednesday of each Month, February 11th 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, February 19th 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, February 12th and February 26th 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.

Fee: \$10 / session



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.*

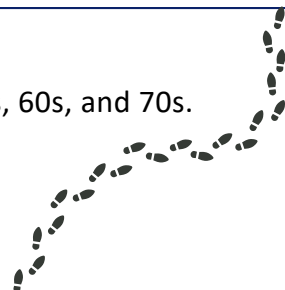


Indoor Walking, Tuesdays & Thursdays, 12:00-1:30 P.M

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 heart rate 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



Intro to Birdwatching with MA Audubon, Thursday, February 19th 10:00-11:00 AM

Learn tips and tricks for local birdwatching from an engaging Audubon naturalist.

Location: CFAL, 193 Stony Hill Road

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



Cooking Class, Wednesday, February 18th 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, Monday, February 23rd 12:00-1:15 PM

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



Weekly Game Schedule

1:00-3:30 p.m.

Location: CFAL



Monday: Cribbage

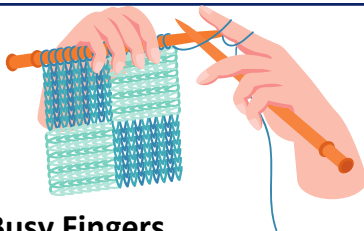
Tuesday: Rumikub

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

February 9th 10:30 AM

February 23rd 10:30 AM

This guided group offers support for caregivers of people with AD/dementia, and for those in the early stages of decline.

Location: CFAL

Registration: Drop In

Entertainment **Golden Oldies** hosted by: Barbara Nickerson **Registration Required**
Pillow Talk (1959)

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

Playboy songwriter Brad Allen's succession of romances annoys his neighbor, interior designer Jan Morrow, who shares a telephone party line with him and hears all his breezy routines. After Jan unsuccessfully lodges a complaint against him, Brad sets about to seduce her in the guise of a sincere and upstanding Texas rancher.

Starring: Rock Hudson, Doris Day, Tony Randall

Wife vs. Secretary (1936)

Tuesday, February 10th 1:00 p.m.

Though magazine publisher Van Stanhope and his wife, Linda, are contentedly married, Van's meddling mother doesn't trust his attractive young secretary, Helen "Whitey" Wilson. When Whitey helps Van undertake a top-secret plan to purchase a potentially profitable magazine from under the nose of a rival publisher, causing the pair to work long hours alone together, Linda's sudden jealousy almost scuttles both the deal and their marriage.

Starring: Myrna Loy, Clark Gable, May Robson

White Heat (1949)

Tuesday, February 17th 1:00 p.m.

Gang leader Cody Jarrett lives for his mother, planning heists between horrible headaches. During a train robbery that goes wrong, Cody shoots an investigator. Realizing Cody will never be stopped if he knows he's being pursued, authorities plant undercover agent Hank in Cody's cell. When his mother dies, a distraught Cody breaks out of jail, bringing Hank along to join his gang. With Hank in communication with the police, Cody plans a payroll heist.

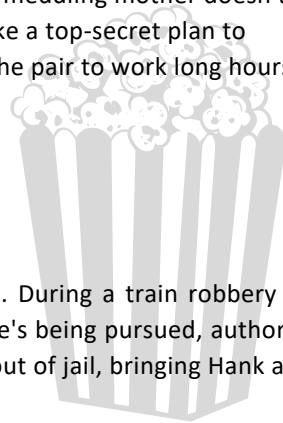
Starring: James Cagney, Edmond O'Brien

Adams Rib (1949)

Tuesday, February 24th 1:00 p.m.

A courtroom rivalry finds its way into the household when prosecuting lawyer Adam Bonner faces off against his wife, Amanda, who happens to be a defense attorney. Working on opposite sides of a lawsuit where a woman has shot her cheating husband, Adam and Amanda are both determined to win the case, and their home becomes the setting for comical showdowns, with neither spouse willing to relent.

Starring: Spencer Tracy, Katharine Hepburn, Judy Holliday



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:30 Music Monday 11 Reiki 1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery	9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub 1 Golden Oldies Tax Appointments (CC)	12:30 Chatham Jeopardy 1 Cribbage Tax Appointments (CC)	9 Blood Pressure Clinic 9:30 Ryders Cove Respite 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery	9-1 SHINE 10-11:30 Legacy Podcasting 1 Bridge 1 Cribbage
9	10	11	12	13
11 Bingo 11 Reiki 1 Chair Yoga (CC) 1 Cribbage Grocery & RX Delivery	9-1 SHINE 9:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub 1 Golden Oldies Tax Appointments (CC)	11 Book Club 1 Cribbage Tax Appointments (CC)	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	10-11:30 Legacy Podcasting 11:30-1 Valentines Day Party 1 Bridge 1 Cribbage
16	17	18	19	20
The Center for Active Living is CLOSED in honor of President's Day	9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 1 Rumikub 1 Golden Oldies Tax Appointments (CC)	12 Healthy Meals in Motion 1 Cribbage 1:30 Cooking Class Tax Appointments (CC)	9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10 MA Audubon Presentation 10:45 Strong at Heart (CC) 12 Indoor Walking(CC) 12:30 Birthday Party (VFW) 1 Busy Fingers 1 Scrabble 1 Reiki Stop & Shop Trip Grocery & RX Delivery	9-1 SHINE 10 Chatham Better Together 10-11:30 Legacy Podcasting 1 Bridge 1 Cribbage
23	24	25	26	27
11 Reiki 12 Lunch and Learn 1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery	9-1 SHINE 9:30 Ryders Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub 1 Golden Oldies Tax Appointments (CC)	9-3 Footcare Clinic 1 Cribbage Tax Appointments (CC)	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	9-1 SHINE 10-11:30 Legacy Podcasting 1 Bridge 1 Cribbage

Program Update: Sound Meditation

Each month, the Friends fund many programs and activities for older adults in Chatham thanks to the generosity of donors in our community. Programs supported by the Friends are identified by the Friends' logo in the newsletter.

The Friends of Chatham Council on Aging are pleased to continue supporting the Sound Meditation program.

Due to budget considerations, beginning in February, the program will move from weekly to a bi-monthly schedule. To help offset program costs, participants will be asked to contribute a \$10 fee per session, payable by cash or check upon registration or on the day of the program.

If the fee presents a financial hardship, please reach out to us. We do not want the cost to prevent any of our dedicated participants from taking part.

We appreciate your understanding and continued support.



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



Celebrating One Year of Impact

January 21st 2026 marked the completion of the first year of Ryders Cove Respite, our Adult Supportive Day Program.

Over the past year, participants have built meaningful connections, developed new skills, and created countless moments of growth, joy, and community.

As we look back through these photos, we are reminded of the dedication of our participants, families, volunteers, and staff who made this milestone possible.

Thank you for being part of a year filled with progress, purpose, and possibility—we're excited for what's ahead.





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!

Legacy Podcasting School, Fridays February 6th thru March 13^h 10- 11:30 AM

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

Library Corner By Liz Walker, *Volunteer Librarian*

February is for book lovers, so bypass the traditional chocolates and flowers. Reach for what you really love...something new to read. Here are some titles to consider:



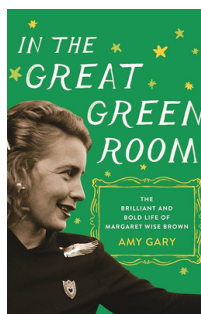
The Irish Goodbye by Heather Aimee O'Neill (2025)

In this debut novel, three sisters spend Thanksgiving in their childhood home on Long Island. Their parents have aged, the house needs repair and tensions hang in the air. Repercussions from a tragic boat accident continue to haunt the sisters.



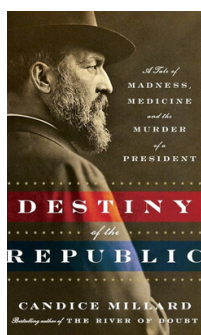
The War Librarian- A Novel by Addison Armstrong (2022)

This dual timeline novel opens in 1918. Emmaline is working at the Dead Letter Office when a letter from the past arrives, which spurs her to become a volunteer librarian at the war's front-lines in France. In 1976, Kathleen is awaiting her admission letter to the U.S. Naval Academy's first co-ed class. She learns quickly that the Navy has neither prepared for, nor is welcoming, to the young women.



In the Great Green Room- The Brilliant and Bold Life of Margaret Wise Brown by Amy Gary (2016)

The extraordinary life of the woman behind the beloved children's classics *Goodnight Moon* and *The Runaway Bunny* comes alive in this fascinating biography. "Gary's riveting narrative and lively portrait of the write and editor animates for readers Brown's life of exuberant uplift and haunting loss"



Destiny of the Republic- Tale of Madness, Medicine and the Murder of a President by Candace Millard (2012)

This "well-researched and beautifully written account of James Garfield, shows his as one of the most extraordinary and decent men ever elected president." He was a scholar, a Civil War hero and a renowned congressman who took on the nation's corrupt political establishment. He was assassinated four months after his 1881 inauguration. (Inspiration for the Netflix series *Death by Lightning*)

*Corrections from last month's Library Corner.

The **Feb. 11th CFAL Book Club** selection is *The Lion Women of Tehran*. ML Stedman wrote the novel *The Deep End of the Ocean*.

My errors. - Liz



MEMBERS

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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*

Martha Vokey, *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

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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, February 18th 9:30 a.m.

Monday, March 16th 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!