

SANDWICH COUNCIL ON AGING



NEWS

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Volume 30, Issue 10

We're Here For You!

Dec. 2016-Jan. 2017

DIRECTOR'S REPORT:

Please note that this newsletter covers two months – December and January. We have planned programs we feel will be of interest to many during the holiday season and winter months. Please plan to visit us and explore our programs and services.

The COA is once again accepting donations of gift cards to stores such as CVS, Stop and Shop, restaurants (especially those that deliver). These gifts will be given to senior citizens in need of some cheer and support during the holidays and have little family support. Gifts of hats, gloves, warm socks and sweaters are always appreciated. If you can help or need information please contact Rita or Jan at the COA.

The Staff and Council on Aging Board express their wishes to all of you for a wonderful Holiday Season and New Year. We will continue to work diligently to bring a Senior Center to you for YOU. The entire community will benefit! Stay tuned!

Jan, Mary-Ellen, Pat, Rita, Ginger, Al and Mike

Council on Aging Weather Policy....

If Schools are closed due to weather, activities at the COA, programs and transportation will be cancelled. Staff will still report to the Council on Aging and be available by telephone. If Town Hall closes, the COA is also closed.

REMINDER TO TRANSPORTATION CLIENTS

In order to keep our transportation clients, bus drivers and volunteer drivers safe, all driveways and walkways must be shoveled and free of ice.

Also, if you live in an area that is prone to flooding or is isolated during weather emergencies, please be proactive in planning your preparations. Have your 'to go' bag prepared with supplies for at least three days – medications, personal supplies, etc. If you have a pet have a pet 'to go' bag prepared as well. It might be less stressful for you to shelter with family or at a local motel.

NOTE: The Council on Aging is closed December 26, January 2 and Monday, January 16 (Martin Luther King Day)

SAVE THE DATE: Lions Club Annual New Year's Day Community Breakfast – January 1, 2017 --- 9:00 a.m. – 11:00 a.m. Further details – see Page 4.

TOYS FOR TOTS --- Sandwich Police Department and Fire Department are collecting toys to be distributed to area children. A collection box is located in the Council on Aging office for your convenience. Please consider purchasing a toy (or two or three!) to help make the holidays a magical time. Toys are being collected until December ___ when they will be brought to Stuff a Bus.

AARP Foundation Income Tax Preparation --- See Page 6 for information

FITNESS & WELLNESS PROGRAMS:

NOTE: ALL PARTICIPANTS MUST HAVE A MEDICAL RELEASE FORM SIGNED BY YOUR DOCTOR. This form is good until there is a change in your medical condition.

A REGISTRATION FORM FOR EACH SESSION is required. Forms and payment due one week before start of session. Walk – ins on the day of the first class will not be permitted. **Note: It is our policy you can try one class to see if it fits your needs before committing to registration.**

Please note: The prices noted below are the discounted prices for Sandwich Residents – Non-residents add \$10.

Zumba Gold	Peg
Monday/Friday mornings	7:50 – 8:40 a.m.
Winter #1 Dec. 2 – 30 (no 12/26)	\$40
Winter #2 Jan. 6 – 30 (no 1/16)	\$35

Evening Yoga – Mondays 3:30 – 4:30 p.m. Susan
Classes resume in April!!

YOGA CLASS -- TUESDAYS	Sherill
9:00 a.m. – 10:00 a.m.	GENTLE YOGA
10:30 a.m. – 11:30 a.m.	MORE CHALLENGING
Winter #1 Dec. 6 – Dec. 20	\$18
Winter #2 Jan. 3 – Jan. 31	\$30
YOGA CLASS -- Thursdays at 9:00 a.m.	Sherill
CHAIR YOGA – Thursdays at 10:30 a.m.	Sherill
Winter #1 Dec. 8 – Dec. 22	\$18
Winter #2 Jan. 5 – Feb. 2	\$30
RESTORATIVE YOGA - Wednesdays at 4:30 p.m.	Sherill
Winter #1 Dec. 7 – Dec. 21	\$21
Winter #2 Jan. 4 – Feb. 1	\$35
Please plan to arrive early to class as there is time needed for you to set up your area. Also, bring a beach towel, pillow and/or blanket.	

Tai Chi – Qi Gong Tuesdays 1:00 p.m.	Jeanette
Winter #1 Dec. 6 – 27	\$20
Winter #2 Jan. 3 – 31	\$25
Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance.	

20 – 20- 20 (Advanced)	Dianne
Wednesdays	7:45 a.m.
Winter #1 Dec. 7 – 28	\$30.
Winter #2 Jan. 4 – 25	\$30.
Saturdays (Advanced)	9:00 – 10:00 a.m.
Winter #1 Dec. 3 – 17	\$22.50
Winter #2 Jan. 7 – 28	\$30
Total body workout – a low impact dance aerobics and strength training program. Some floor work.	

MASSAGE: Dee
First and Third Wednesday each month. \$1.00 a minute – minimum of 15 minutes.
 Great program to help reduce stress and stiffness, etc.
 Call Sandwich COA at 508-888-4737 to book your appointment.

Cardio/Strength Building Class	Dianne
Wednesdays	9 – 10:00a.m.
Winter #1 Dec. 7 – 28	\$30
Winter #2 Jan. 4 – 25	\$30
Fridays	9 – 10:00 a.m.
Winter #1 Dec. 2 – 30	\$37.50
Winter #2 Jan. 6 – 27	\$30
Total body workout – a low impact dance aerobics and strength training program. A great workout for ALL levels.	

Reike - Various days and times Sandwich Seniors receive generous discount. Due to lack of space, Ms. Schermerhorn has agreed to continue our program. Appointments are now held at the office of Time to Touch, Route 6A, Sandwich. 508-888-8007

Walking Group: Meets 9:00 a.m. at the Canal, Freezer Road. This group walks Mondays and Thursdays. They welcome new participants. Call Sandwich COA at 508-888-4737 if interested.

Winter Walking - Wing School Gym Weekdays 8:00 – 9:00 a.m.
This group will walk indoors December – April 15.

Participants MUST register with the Council on Aging and have a medical release form on file with us. Forms are available at the COA.

Thank you to Sandwich Facilities Dept. for making it possible for seniors to continue to walk during inclement weather!

Please note: *Sandwich COA does not endorse any seminars. Seminars are for informational purposes only.*

DECEMBER & JANUARY PROGRAMS:

Mondays --- 10AM – Noon CRIBBAGE GROUP – Come spend a few hours learning and playing cribbage. No experience necessary. **Join this fun group!**

Please call Sandwich COA at 508-888-4737 to register for this program.

GENEALOGY Classes - **Thursday, December 8 at 1:00 pm GENEALOGY- Judy Hendy** Note: Ms. Hendy will also work on *your* genealogy for a very small fee. **Pre-registration is required in order to help us know how to set up the computers. NO MEETINGS IN JANUARY, FEBRUARY OR MARCH**

Fridays Dec. 2 & 16 and Jan. 6 - 20 – 10:00 a.m. – Noon UNWIND AT THE COA (lower level) - Four of the books topping Amazon's best seller list this past season have been **ADULT COLORING BOOKS.** We will have all the colored pencils, fine point markers, and Adult Coloring Books ready for you to try the newest craze! Come enjoy a relaxing morning. Unwind, unplug, and do something good for yourself. Besides, it's fun!

Call the Sandwich COA at 508-888-4737 to sign up. **Join this fun group!**

Wednesday, December 7 from 1:00 – 4:00PM Acrylic Painting Class, Downstairs. Our last painting class of 2016! Always wanted to try painting? Join Artist Ann DesRoches and learn to paint in a fun relaxed environment. In this next class the focus will be on painting a holiday miniature. Cost is \$35.00 which covers the class and all materials. Call the COA to register in advance.

Please call Sandwich COA at 508-888-4737 to register. Deadline to register and pay is Wed, November 30.

Wednesday, December 7, at 11:00 a.m. Trivia-Zany Health Facts presented by Royal Health Group
Join us for a fun, entertaining yet educational program. Lucky winner will receive a Stop and Shop gift card as it always helps with the holidays! You might even win the raffle prize!

Registration is required – call Sandwich COA at 508-888-4737.

Wednesday, December 7 at 1:00 p.m. ANTIQUE APPRAISALS by Henry Callan

Attendees may bring one item to be appraised at no charge – no jewelry or furniture. Appraisals are limited and priority is given to Sandwich residents. Join us for this fun and educational program. *You do not need to bring an item to attend. Henry is very entertaining as well as educational.*

Registration is required – call Sandwich COA at 508-888-4737.

Thursday, December 8 at 1:00 p.m. A Neighbor's Guide to Dementia presented by Northbridge Companies (Laurelwood at Pinehills)

Do you know a family struggling with dementia? Would you like to be able to help but you're not sure how? Then this program is for you! The presentation will review the disease, answer common questions and introduce effective ways to communicate as well as provide you with the skills you need to enjoy time with a diagnosed person. Refreshments served!

Registration is required – call Sandwich COA at 508-888-4737.

Friday, Dec. 9 & 23 and Jan. 13 & 27 - 10:30 a.m.

CURRENT EVENTS DISCUSSION GROUP
Discussion program will have organized areas of discussion on such topics as politics, arts, science, world events, etc. Come and join this very welcoming group.

Call the Sandwich Council on Aging at 508-888-4737 to let us know you will be attending.

Tuesday December 13 & January 10 at 1:00 p.m. SOLO DINING The restaurant for *December is Danl Webster Inn. January restaurant is Bobby Byrnes, Rt 6A.* A nice way to meet people. You order off the menu and we try to pick restaurants that agree to give individual checks.

No Walk-Ins Please as we do call and make a reservation. Call Sandwich COA at 508-888-4737 to sign up by the **deadline date of noon, Friday, Dec 9 or Jan. 6.**

Wednesday, December 14 at 12:30 p.m. HOLIDAY LUNCHEON *Help us celebrate the season!* Join us for a delicious luncheon – Salad, Chicken Parmesan with pasta, dessert. Cost is \$6.00 per person. We will enjoy a fun and festive afternoon!

Reservations required – deadline date is Thursday, December 8 at noon.

Thursday, December 15 & January 19 at 3:00 p.m. . Friends of Sandwich COA Board Meeting – Upper Level

Monday, December 19 at 11:45 p.m. Oakridge School Band and Chorus Entertaining and Soup Luncheon. Cost – FREE

Join us for a fun and festive music program and support the students from Oakridge School!

Please call Sandwich COA at 508-888-4737 to register for this program. This program is FREE and our holiday gift to YOU! Seating is limited.

Sunday, January 1 from 9:00 – 11:30 a.m. Bourne-Sandwich Lions Club COMMUNITY BREAKFAST

No reservations required. Suggested donation \$5.00 adult, \$2.00 child. A hearty breakfast menu will be served – Pancakes, Sausage, Juices, Fruit Cocktail, Coffee Cake, Coffee/Tea. Call 508-498-8989 for more information.

LOCATION: Human Services Building, 270 Quaker Meetinghouse Rd., E. Sandwich (at entrance to Oak Ridge School).

Wednesday, January 11 at 11:00 a.m. Seasonal Affective Disorder presented by Kindred at Home formerly Gentiva

Seasonal Affective Disorder - what is this? Signs and symptoms will be discussed. How does it affect individuals and what can we do about it?

Please call Sandwich COA at 508-888-4737 to register for this timely program.

Wednesday, January 18, 1:00PM ARMCHAIR TRAVEL...

Armchair Traveler Photographic Journey through England, Cornwall, and the tip of Wales. Photographer Jill Jillson will be with us to share pictures and stories of her travel through these areas. We encourage you to join us for a lovely trip from the comfort of your chair whether you've seen this beautiful part of the world or not. Desserts and Coffee served.

Please call Sandwich COA at 508-888-4737 to register for this program.

Wednesday, January 25 at 11:00 a.m. Demystifying Dementia

Those impacted by dementia-related diseases like Alzheimer's find that the stigma attached to dementia frustrates their best efforts to live their lives to the fullest potential. This seminar is designed to improve attendees' understanding of dementia-related diseases so that we as a community become more dementia-friendly. Presented by Patricia Collins, Certified Dementia Practitioner, Director of Community Outreach, Alzheimer's Family Support Center of Cape Cod. This program is supported by Elder Services of Cape Cod.

Pre-registration is required with Sandwich COA at 508-888-4737.

Wednesday, January 25 at 2:30 p.m. Kalien Bowls

Relax to the sounds of the Crystal Bowls. Crystal Bowls are a vibrational light therapy. The bowls are perfectly tuned to each of your chakras. With your intention, the bowls will allow your chakras to begin to vibrate at their own frequency again while unblocking stored energy. Experiencing the bowls feels very healing to the mind, body and soul leaving you with a feeling of wellness.

Pre-registration is required with Sandwich COA at 508-888-4737. Cost is \$7.50

Outreach Corner: Rita Wahlstedt

**** REMEMBER TO MAKE YOUR FUEL ASSISTANCE APPOINTMENT FOR THIS WINTER SEASON NOW! Call Rita, Outreach Coordinator at 508.888.4737 ****

Mayo Clinic's Health Letter suggested **strategies for combating loneliness**, including these ideas for nurturing friendships and meeting new friends:

*Reach out: An unexpected phone call or email, even just to say hello, is meaningful.

*Be positive: Think of friendship as an emotional bank account. Make deposits of kindness and approval, keeping in mind that criticism and negativity draw down the account. Nonstop complaining also puts a strain on a friendship.

*Listen up: Ask what's going on in your friends' lives. Let people know you're paying close attention through eye contact, body language and be empathetic.

*Extend and accept invitations: Invite a friend to join you for coffee or lunch. When you're invited to a social gathering, accept.

*Respect boundaries: Don't just speak of your own needs. Remember that friendships require both give and take.

*Attend community events: Get together with a group of people working toward a goal that you believe in. Find a group with similar interests in an activity, such as reading, sports, crafting or gardening.

*Volunteer: Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organizations.

*Take up a new interest: Take a college or community education course to meet people who have similar interests. Join a fitness class at a local gym or senior center.

*Join a faith community: Take advantage of special activities and get-to-know-you events for new members.

*Take a walk: Put on some good shoes and keep your eyes open. Chat with neighbors who also are out and about, or head to a popular park and strike up conversations there.

*Think beyond two legs: Whether it has four legs or even wings, a pet can provide many of the same companion benefits as human friendships can.

Staying socially engaged is good for body, mind, and spirit! Communicating via email and cellphone is nice—and certainly convenient. Still, there will never be anything like the real thing: spending time—together, face to face—with other people. Try your local Senior Center!

Once again, the Council on Aging is asking Sandwich residents and businesses to consider helping us remember those in the community that are less fortunate. *Gift cards for CVS, Stop & Shop, Dunkin Donuts or a local restaurant are especially appreciated and would be a special treat for a family or senior in need.* The "Sandwich Elves" are unfailingly generous, and we need YOUR help to make the Holidays a time of special meaning for some of our neediest and vulnerable citizens.

If you have any questions about items needed, please call Rita at the Council on Aging. Once again thanks for all you do, we couldn't do this without your generous support!

Volunteer Corner:**Pat Ryan**

Happy Birthday to all our volunteers celebrating birthdays in January and December! Best wishes to Marcia Breault, Tonda Lamb, Almema Rynders, Thomas Greene, Richard Tavares, Jill Jillson, Florence Choate, Violet Olsen, John Barrett, Joanne Heatley and Albert Nicolazzo. Happy Birthday and Thank You for all you do!

Wednesday, January 18, 1:00PM

Armchair Traveler Photographic Journey through England, Cornwall, and the tip of Wales. Photographer Jill Jillson will be with us to share pictures and stories of her travel through these areas. We encourage you to join us for a lovely trip from the comfort of your chair whether you've seen this beautiful part of the world or not. Desserts and Coffee served. Please call or stop by to register.

Interested in teaching a class or a craft? We are always interested in offering new programs and activities. Want to get involved? Volunteer! Call Volunteer Coordinator Pat Ryan at 888-4737 for more information.

Contact Pat Ryan at 508-888-4737 if interested in volunteering! Or – do you have a program you would like to present- travelogue, special interests or hobby?

SHINE INFORMATION***Medicare Part D and Pharmacies***

For many Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price.

For 2017, 85% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2017 so please check to make sure the pharmacy you currently use will still be the best come January 1st.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies could end up costing you less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7! IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

CALL 1-800-MEDICARE (1-800-633-4227) now... or Call Sandwich COA at 508-888-4737 to schedule an appointment.

A REMINDER...

The Sandwich Council on Aging does have a scholarship program available to low-income seniors for activities and programs. There is an application process with documentation required. This is a confidential process. Please contact Jan Timmons or Rita Wahlstedt to discuss this process.

Foot Care for Seniors....

A foot care program provided by specially trained registered nurses. The following services for those that are not diabetic are: assessments of the feet and lower extremities including circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of nails; reduction of thickened toenails, smoothing of corns and callouses; massaging, moisturizing lotion and powdering of the feet. Cost is \$29 per visit and is not covered by insurance. Home visits are available for shut-ins for \$50.00. Call Sandwich COA at 508-888-4737 to make your appointment – second Friday each month.

AARP FOUNDATION TAX PREPARATION

This program is available free to taxpayers with low and moderate income, and fairly simple tax returns. This program is offered in cooperation with the IRS. Tax appointments will be available Wednesdays through April 8.

Please call Sandwich COA at 508-888-4737 to schedule your appointment. *We have a limited number of appointments so you are asked to come prepared. A complete list of documents you need to bring is available in the COA office. **YOU MUST BRING YOUR TAX RETURN FROM LAST YEAR TO YOUR APPOINTMENT.***

NOTE: The Town of Sandwich requires you to sign a 'Release of Liability'. The 'Release' MUST be signed and returned to the COA before your appointment. Failure to comply will result in your not being able to access this AARP program.

Sandwich Council on Aging Newsletter is on TV!

As an additional venue for those wanting to learn what's happening each month at the COA, tune to Sandwich Community TV throughout the month. Host Greg Anderson will talk about what's happening and provide helpful information about ways for you to make the most of our events and programming. Greg has fun with this program and we hope you check it out!

COA – Miscellaneous Info:

SUPPORT GROUPS:

Bereavement, Changes and Loss Support Group: Richard Bickford, LICSW, is facilitating this program, generously co-sponsored by the VNA, for people who are coping with the loss of a spouse/significant other or any other major changes that are difficult to deal with.

The program meets the second and fourth Wednesday each month at 1:00 p.m.

Sight Loss Support Group for Visually Impaired Meets 4th Friday – Mashpee COA 10:00 a.m. – Noon Transportation available. Call Sight Loss Support at 508-394-3904.

Aphasia Community Group/Caregivers - (1st Wednesday) 2nd Fl. Dining Room – Spaulding Cape Cod. Aphasia Group meets in Dining Room and Caregivers meet in room next door. For additional info contact Barbara Fitton at 508-833-4268.

SUGGESTION BOX – We have a **Suggestion Box** in the Reception Area. Please use this to make suggestions regarding programs, activities you would like the COA to offer. Also, you can give us your thoughts on existing programs. You may also call Jan Timmons at 508-888-4737. Many of our programs and services happen because you asked for them.

GRATITUDE BOX – LOCATED IN THE RECEPTION AREA IN FRONT HALL – Please jot down your thoughts on what you are grateful for in your life We hope to print some of these in future newsletters.

Winter Programming....Do you have a program you wish to present? How about programs you would like to see offered? Now is the time to let us know. Please call Jan Timmons at 508-888-4737 with your ideas. Many of YOUR suggestions become successful programs!

COA Lending Library: The COA has books and videos in the bookcases for you to take. These have been donated by various people for that purpose. Some of our books are large print as well. Please stop by and check out the selection next time you are in the area. We also have lots of puzzles for you to take as well.

We need your help.....

As a program participant you know that many of our activities and programs are booked back-to-back. We need **your** help in insuring that the meeting rooms are kept clean and organized. *We also ask you to be respectful of other groups and people. If you do arrive early, you may not be able to access your meeting space so please plan on waiting in the waiting area in our front hall.*

After your group/activity, please pick up and throw away your trash and put tables and chairs back to where you found them. If you spill something, let us know so it can be cleaned ASAP.

We appreciate your support in keeping your meeting space neat.

We need your consideration.....

When you sign up for a program, class, or make an appointment to meet with one of the professionals who donate their time to YOU – **please be courteous and call the Council on Aging office to let us know you cannot attend.** Many of our program providers travel a distance to meet with you.

TRANSPORTATION OPTIONS:

**Provided by Sandwich Council on Aging:
COUNCIL ON AGING VAN/BUS
TRANSPORTATION
9:00 A.M. – 2:00 P.M.**

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30 a.m. (local) and no later than 2:00 p.m. (local)**

Call the Sandwich Council on Aging at 508-888-4737 early to book your reservation. Seating is limited. *If using a wheelchair you must have a companion with you —the driver cannot accompany you into the building for your appointment.*

Also, Sandwich Council on Aging volunteers provide **transportation to medical appointments.** This service is for routine visits only. We ask for at least three days notice prior to your appointment in order to succeed in finding a volunteer driver. We also ask that you book your appointments no earlier than 9:00 a.m. (local) and no later than 2:00 p.m.

We also have our **grocery shopping van** to Stop and Shop on Thursday mornings as well as to a pharmacy and bank.

**Provided by Cape Cod Regional Transportation:
BOSTON LOCAL HOSPITAL
TRANSPORTATION**

Travel from Cape Cod direct to Boston hospitals on a wheelchair accessible bus, Monday – Fridays (no holiday service).

Pickup Locations Mid & Upper Cape

8:00 a.m. Barnstable (Rt. 6 & 132 Burger King)

8:15 a.m. Sagamore (Rotary Commuter Lot)

Reserve by 11:00 a.m. the day before. Cost is \$30 round trip; \$15 one way. Reservations - 1-800-352-7155. Schedule medical appointments between 10:00 a.m. and 2:00 p.m. Bus leaves Boston no later than 3:00 p.m.

CAPE COD REGIONAL TRANSIT AUTHORITY... FIXED BUS ROUTES!

Cape Cod Regional Transit Authority (CCRTA) has begun a fixed route service in Sandwich. The route begins at the Sagamore Park and Ride Lot and makes various stops on its way to Hyannis. You can access this service at the specified stops or flag the bus down if you are between stops. Cost for senior citizens age 60 and over and disabled of any age is \$1.00 per one way ride.

You must have exact change as driver will not make change. CCRTA vehicles are handicapped accessible. And the COA is a stop on this route!!

For additional information call CCRTA at 1-800-352-7155.

CCRTA also runs the **DART** bus that provides door-to-door service. They require 24 hour notice.

ELDER SERVICES OF CAPE COD & ISLANDS INFORMATION:**Elder Luncheon Program:**

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, four days per week. The program provides a great chance to get out of the house during the week to make new friends or renew old acquaintances. A voluntary donation of \$3.00 per meal is recommended and lunches are served on Mondays, Tuesdays, Thursdays, and Fridays. Reservations need to be made by calling 508-888-2965.

OPTIONS COUNSELING:

Options Counseling is a short-term decision support process to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports and setting. Options Counseling is a FREE service provided by Elder Services of Cape Cod and the Islands.

For more information, or to be connected to a counselor, please contact the Information and Referral Department at: 1-800-394-4630.

December 2016

COUNCIL ON AGING ACTIVITIES

Mondays	December	Cribbage Group	10:00 a.m.
Thursdays	December	Barber for Men	9:00-11:30
Friday	Dec. 2	Unwind at the COA- Adult Coloring	10:00 a.m.
Wednesday	Dec. 7	Trivia-Zany Health Facts	11:00 a.m.
Wednesday	Dec. 7	Massage Therapy**	1:00 p.m.
Wednesday	Dec. 7	Painting Class with Ann DesRoches	1:00 p.m.
Wednesday	Dec. 7	Antique Appraisals-Henry Callan	1:00 p.m.
Thursday	Dec. 8	Genealogy	1:00 p.m.
Thursday	Dec. 8	“A Neighbor’s Guide to Dementia”	1:00 p.m.
Friday	Dec. 9	Current Events-	10:30 a.m.
Tuesday	Dec. 13	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Dec. 13	Solo Dining – Dan’l Webster Inn	1:00 p.m.
Wednesday	Dec. 14	Holiday Luncheon	12:30 p.m.
Thursday	Dec. 15	FOSCOA Board Meeting	3:00 p.m.
Friday	Dec. 16	COA Board Meeting	8:30 a.m.
Friday	Dec. 16	Unwind at the COA- Adult Coloring	10:00 a.m.
Monday	Dec. 19	Attorney Mello’s Office**	9:00 a.m.
Wednesday	Dec. 21	Massage Therapy**	1:00 p.m.
Wednesday	Dec. 22	Attorney John Kennan**	9:00 a.m.
Friday	Dec. 23	Current Events-	10:30 a.m.

MONDAY

Seniors on the Go
 7:50 Zumba Gold
 9:00 Walking Group
 9:00 Sandwich Stitchers
 (1st & 3rd)
 10:00 Cribbage
 1:00 Rummikub(down)
 1:00 Painting Group
 3:00 COA Board Meeting (4th)
 3:30 Yoga

TUESDAY

Seniors on the Go
 9:00 Yoga
 10:30 Yoga II
 1:00 Mah Jongg
 1:00 PM Quilters
 1:00 Tai Chi

WEDNESDAY

Seniors on the Go
 7:45 20-20-20 Fitness
 9:00 Cardio Fitness
 10:00 Knitting/Crocheting
 1:00 Massage (1st & 3rd)
 1:00 Bereavement Group
 (2nd & 4th)
 1:00 Painting Group
 1:30-3:30 Veterans’ Agent
 4:30 Restorative Yoga

THURSDAY

Seniors on the Go
 Thursday Shopping Van
 9:00 a.m. Walking Group
 9:00 a.m. Yoga
 9:00 a.m. Barber for Men
 10:00 a.m. Scrabble
 10:30 a.m. Chair Yoga
 Genealogy (1st)

FRIDAY

Seniors on the Go
 7:50 Zumba Gold
 9:00 Cardio Fitness
 9:00 **Footcare (2nd)
 10:30 Current Events Discussion
 (2nd & 4th)
 12:30 Men’s Poker
 12:30 Hand and Foot

SATURDAY

9:00 20-20-20 Fitness

****APPOINTMENTS NEEDED—
 PLEASE CALL 508-888-4737 (COA
 OFFICE HOURS 8:30 A.M. TO 4:30
 P.M.) Exercise and Wellness
 Programs- Registration and
 Payments are due 1 week before
 the session starts. No Walk-Ins
 Not Responsible for
 Typographical Errors**

January 2017

COUNCIL ON AGING ACTIVITIES

Mondays	January	Cribbage Group	10:00 a.m.
Thursdays	January	Barber for Men	9:00-11:30
Sunday	January 1	Community Breakfast-Sandwich Lion's	9-11:30 a.m
Wednesday	Jan. 4	Massage Therapy**	1:00 p.m.
Friday	Jan. 6	Unwind at the COA- Adult Coloring	10:00 a.m.
Tuesday	Jan. 10	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Jan. 10	Solo Dining – Bobby Byrnes	1:00 p.m.
Wednesday	Jan. 11	Seasonal Affective Disorder	11:00 a.m.
Friday	Jan. 13	Current Events-	10:30 a.m.
Wednesday	Jan. 18	Armchair Travel-Jill Jillson	1:00 p.m.
Wednesday	Jan. 18	Massage Therapy**	1:00 p.m.
Thursday	Jan. 19	FOSCOA Board Meeting	3:00 p.m.
Friday	Jan. 20	Unwind at the COA- Adult Coloring	10:00 a.m.
Monday	Jan. 23	COA Board Meeting	8:30 a.m.
Monday	Jan. 23	Attorney Mello's Office**	9:00 a.m.
Wednesday	Jan. 25	Attorney John Kennan**	9:00 a.m.
Wednesday	Jan. 25	Demystifying Dementia	11:00 a.m.
Friday	Jan. 27	Current Events-	10:30 a.m.

MONDAY

Seniors on the Go
 7:50 Zumba Gold
 9:00 Walking Group
 9:00 Sandwich Stitchers
 (1st & 3rd)
 10:00 Cribbage
 1:00 Rummikub(down)
 1:00 Painting Group
 3:00 COA Board Meeting (4th)
 3:30 Yoga

TUESDAY

Seniors on the Go
 9:00 Yoga
 10:30 Yoga II
 1:00 Mah Jongg
 1:00 PM Quilters
 1:00 Tai Chi

WEDNESDAY

Seniors on the Go
 7:45 20-20-20 Fitness
 9:00 Cardio Fitness
 10:00 Knitting/Crocheting
 1:00 Massage (1st & 3rd)
 1:00 Bereavement Group
 (2nd & 4th)
 1:00 Painting Group
 1:30-3:30 Veterans' Agent
 4:30 Restorative Yoga

THURSDAY

Seniors on the Go
 Thursday Shopping Van
 9:00 a.m. Walking Group
 9:00 a.m. Yoga
 9:00 a.m. Barber for Men
 10:00 a.m. Scrabble
 10:30 a.m. Chair Yoga
 Geneology (1st)

FRIDAY

Seniors on the Go
 7:50 Zumba Gold
 9:00 Cardio Fitness
 9:00 **Footcare (2nd)
 10:30 Current Events Discussion
 (2nd & 4th)
 12:30 Men's Poker
 12:30 Hand and Foot

SATURDAY

9:00 20-20-20 Fitness

****APPOINTMENTS NEEDED—
 PLEASE CALL 508-888-4737 (COA
 OFFICE HOURS 8:30 A.M. TO 4:30
 P.M.) Exercise and Wellness
 Programs- Registration and
 Payments are due 1 week before
 the session starts. No Walk-Ins
 Not Responsible for
 Typographical Errors**

The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2017.

2017 MEMBERSHIP

I/we wish to join/renew membership to the *Friends* of the Sandwich Council on Aging

Name _____

Mailing Address _____

Tel #: _____ E-mail: _____

Individual/Family Membership \$10

Business Membership \$25

In addition to your becoming a member of the Friends, financial gifts to the Building Fund, bequests and participation in activities will also be appreciated

**Enclosed is \$ _____ (please make check payable to Friends of Sandwich COA)
Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office
2016 Memberships run from November, 2016 to October, 2017**

FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.

In Lieu of flowers, please consider making a tax-deductible contribution in memory/honor of a loved one or to support a service provided by the Sandwich Council on Aging. This coupon is for your convenience in making a gift that will enhance services for Sandwich senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

A Living Memorial / Honor

I am enclosing \$ _____ (please make check payable to Friends of Sandwich COA)

and mail to PO Box 107, Sandwich MA 02563

Check one: () In Memory of () In Honor of


Name:

_____ Donor's Name (your name)

"The Friends Of" are looking for volunteers to join their team. It's a great way to make friends and help the Council on Aging! The time has come to start advocating for a new center, but we need your help. Please come to one of our meetings and what we're all about.

The next meeting will be on November 17 at 3pm.

The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2017.

<p>Joan M. Anderson James & Joyce Crowley Jayne DeBenedictus Jean Esser Victoria Gunn Marjorie & Dave Hadley Edna M. High James & Jennifer McCormick Louis & Janice Panaccione Carol Quinlan Michael & Lucy Robbins</p>		<p></p> <p><i>The Friends of the COA would like to acknowledge and thank the following for their generous donations. Such donations are used to enhance services for the Sandwich citizens of today and tomorrow!</i></p> <p><i>Jayne DeBenedictus</i></p> <p><i>Jean Esser</i></p> <p><i>Victoria Gunn</i></p> <p><i>Michael & Lucy Robbins</i></p> <p>11/7/16</p>
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Barbara Enderle: "Prompt, Knowledgeable, Courteous, Gentleman
With excellent driving skills."

Jim Slavin: "Caring, Attentive & Very Professional".

Your Council on Aging Board,
Friends of the Council on
Aging
and COA Staff continuing
to advocate for a
Sandwich Senior Center.
Won't it be Nice!