

SANDWICH COUNCIL ON AGING



NEWS

www. Sandwichmass.org
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270 QUAKER MEETINGHOUSE ROAD, EAST SANDWICH, 02537

Volume 31, Issue 10

We're Here For You!

Dec 2017 Jan 2018

DIRECTOR'S REPORT

Happy Holidays! It's unbelievable that the holidays are already here. It's a time of joy, many activities, and in some cases, sadness from the loss of loved ones. We hope that you will take time to look at our programs and perhaps sign up for one or two. We continue to accept gift cards to area businesses such as CVS, Stop and Shop, and local restaurants. These are much appreciated by seniors who may need a little extra help and do not have family to support them. Please call Rita Wahlstedt (508-888-4737) if you have any gifts to donate. Have a peaceful, healthy, and happy New Year.

Joanne, 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 be at the COA and will be available by telephone. If Town Hall closes due to a storm, then the Human Services Building will also be closed. In order to keep our transportation clients, bus drivers, and volunteer drivers safe, all driveways and walkways must be shoveled and free of ice. Please be proactive in planning for weather emergencies. Have at least 3 days worth of medication and personal supplies ready to take with you. If you have a pet, consider having a pet carrier and food ready to go.

COMMUNITY BREAKFAST

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

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).

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. You may only attend class for which you registered.

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 1 - 29 (no 12/25)	\$40
Winter #2	Jan. 5 – 28 (no 1/1 or 1/15)	\$35
Winter #3	Feb. 2 – 26 (no 2/19)	\$35

Late Yoga – Mondays 3:15 – 4:15 p.m. Susan
Resumes 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	Nov. 28 – Dec 19	\$24
Winter #2	Jan. 2 – Feb. 6	\$36
Winter #3	Feb. 13 – March 27 (no 2/20)	\$36
YOGA CLASS -- Thursdays at 9:00 a.m.		
CHAIR YOGA – Thursdays at 10:30 a.m.		
Winter #1	Nov. 30 – Dec. 21	\$24
Winter #2	Jan. 4 – Feb. 8	\$36
Winter #3	Feb. 15 – Mar 29 (no 2/22)	\$36
RESTORATIVE YOGA - Wednesdays at 3:15 p.m.		
Winter #1	Nov. 29 – Dec 20	\$28
Winter #2	Jan. 3 - Feb. 7	\$42
Winter #3	Feb. 14 – March 28 (no 2/21)	\$42

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 3:15 p.m. Lauren		
Winter #1	Dec 5 – 26	\$20
Winter #2	Jan. 2 – 30	\$25
Winter #3	Feb. 6 – 27	\$20

Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance. Taught by certified instructor
Note new time!!

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 6 – 27	\$30.00
Winter #2	Jan. 3 – 31	\$37.50
Winter #3	Feb. 7 – 28	\$30.00
Fridays		9 – 10:00 a.m.
Winter #1	Dec 1 -- 29	\$37.50
Winter #2	Jan. 5 – 26	\$30.00
Winter #3	Feb. 2 – 23	\$30.00

Total body workout – a low impact dance aerobics and strength training program.

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. 508-685-4594

Winter Walking Group ... October 30 – April 27
8:00 – 9:00 a.m. inside Wing School
Registration with the COA is required and a medical release on file with the COA. Stop by the COA to pick up either form.
*****Please, if going away to warmer climates for the winter.....put a hold on your newsletter. The Post Office charges us for any returned newsletter. Either Call the office at 508-888-4737 or e-mail Mary-Ellen at mesteeves@townofsandwich.net
Thank you!

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

DECEMBER & JANUARY PROGRAMS:

Casual Cribbage – Mondays 10 -12

No experience needed. Patient Instructors teach one on one. Think you're good at cribbage?! Test yourself against some of our experienced players. Registration required.

Call the COA at (508)888-4737 to join this fun group.

Fridays at 12:30 p.m. HAND AND FOOT

Our Hand and Foot card game group is looking for new players to join them. Game is similar to canasta and no experience is necessary!! Why not stop by – they play Fridays at 12:30 p.m. in our lower level.

Wednesday, December 6 at 12:30 p.m. Holiday Luncheon with entertainment.

Join us for a fun filled event – Lasagna, Salad, Dessert and Beveridge will be served.

Entertainment for the event is:

Who's the Boss
A Cappella group.

Cost for the luncheon is \$7.50 per person. Call Sandwich COA at 508-888-4737 to sign up. Deadline to reserve your seat and pay is Wednesday, November 30.

Thursday, December 7 at 1:00 p.m. LAUGHTER WELLNESS PROGRAM

Join us on for a "Laugh for the Health of It" with Trevor Smith. Laughter is proven to be a healing and a factor in happiness and good health. This free program focuses on using laughter to improve our health and well-being. Smith is a certified laugh leader and facilitates Therapeutic Laughter programs across the state. This is a fun yet beneficial program. Registration is required – please call Sandwich COA at 508-888-4737 to sign up.

Genealogy Program- Thursday, Dec. 7 -- 1:00PM – 2:00PM

Last Class until April !

Tracing your family roots is a great way to make history come alive in a fun and personal way. Bring your questions and get started discovering where you came from. This monthly genealogy group meets the first Thursday of the month from 1:00PM to 2:00 PM here at the COA.

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

Friday, December 8 at 1:00 p.m. HOLIDAY

FRAUDS AND SCAMS presented by Robin Putnam, Research and Special Projects Manager from Office of Consumer Affairs and Business Regulations and Amy Schram from Better Business Bureau will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identify theft and fraud prevention.

Registration is required – please call Sandwich COA at 508-888-4737 to sign up.

Friday, December 8 & 22 and January 12 & 26 - 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.

We want to know Are there programs you would like us to offer? Don't hesitate to let us know.

If going away for the winter months, please let know to cancel your newsletter. 508-888-4737

SOLO DINING at 1:00 p.m.

The restaurant for Tuesday, December 12th is **Dan'l Webster Inn.**

The Restaurant for Tuesday, January 9th is:
The British Beer Company.

A nice way to meet people. You order off the menu and we 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.

Tuesday, December 5* and Friday, January 5.

Thursday, December 14 and January 11 at 1:00 Crafts with Meagan

Cape Heritage Rehabilitation & Health Care Center is proud to sponsor Crafts with Meagan, a monthly craft series held at the Sandwich Council on Aging. All supplies will be provided as well as light refreshments!

Reservations are a must....please call Sandwich COA at 508-888-4737 to sign up. Deadline is noon on Monday, December 11 and January 8.

Book Discussion with Sandwich Public Librarian Colleen Hayes Leads Book Discussion
Book Club will return in February!

Friday, December 15 & January 19 at 10:00 a.m. Friends of Sandwich COA Board Meeting
– Upper Level - back room

December 19th at 12PM
Holiday Concert Luncheon Tuesday
Please join us on December 19th at 12:00PM to hear the sounds of the season provided by the Oak Ridge School Chorus. Their songs and voices will surely bring a smile to your face this holiday season. We will be serving Soup and Sandwiches following the performance. **Please call 508-888-4737 to make your reservation.**

*******Monday, January 1 from 9:00 – 11:00 a.m. Lions Club Breakfast ***** See Page 1**

Wednesday, January 10 at 11:00 a.m. When is Memory Care Needed? Presented by Kristine Callahan – 2 Sisters Senior Living Advisors
Kristine brings her experience both as a caregiver and as a professional in the field.

This presentation will cover a myriad of reasons why someone would need memory care. What is memory Care? When is the right time for a change of living environment, pro's and cons. Cost associated and long term planning resources. Also focuses on home safety and caregiver educational/support resources on the Cape.

Registration is required – please call Sandwich COA at 508-888-4737 to sign up.

Wednesday, January 31 at 12:30 p.m.

CABIN FEVER LUNCHEON !! Dan McCarthy is returning to the COA. Join us for lunch and an hour of “Songs We All Know”, Featuring Dan on the Ukulele and guitar. He enjoys the songs we enjoy-from Cole Porter and Frank Loesser to Hank Williams and the Everly Brothers. There may be a couple of silly songs thrown in for good measure!

This will be the ninth year we've invited Dan to perform, stop by and join the fun. Cost \$5.00

Call the COA and reserve your spot. 508-888-4737

Foot Care for Seniors....

Second Friday Each Month

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. This program is provided by Pedi-Care Inc.

Call Sandwich COA at 508-888-4737 to make your appointment – second Friday each month.

Monday, January 22nd at 3:15-Crystal Bowls

Come experience the relaxing and restorative energy that can be created with meditation and sound. **Craig Bautz** from Double Spirals Rhythm and Sound will help guide you towards a more balanced and peaceful state using crystal bowls, Tibetan bowls, Drums and other healing instruments from around the world. Cost \$5.00
Call 508-888-4737 for reservation. Limit 20 people.

Outreach Corner Rita Wahlstedt**New Voluntary Standards for Adult Portable Bed Rails** article by the National Consumer Voice for Long-Term Care

New voluntary standards for adult portable bed rails (APBRs) recently went into effect in order to protect consumers, and particularly older adults, from harm and even death. APBRs are routinely used based on a myth that they are a safe, benign, and effective means of fall prevention in the elderly. However, research shows that fall rates are actually higher with rails and more likely to cause injury-- in addition to the significant risk of entrapment and asphyxiation. Entrapment can occur within openings in the bed rail, such as between the rails, and between the bed rail and the mattress or bed frame, including headboards and footboards. Most APBRs fall under the jurisdiction of the Consumer Product Safety Commission (CPSC) since they are not considered medical devices.

The ASTM standard includes but is not limited to: conspicuous and permanent labels, better testing of entrapment zones, and specification by the manufacturer of the types and sizes of beds and mattresses for which it has tested its product because the bed/mattress combination can be a key part of whether an APBR passes or fails the standard.

The ASTM standard addresses entrapment, but not other hazards that are associated with bed rails, such as falls from the bed including when an individual tries to climb over a rail. Since the standard is voluntary, Dr. Hyman recommends that consumers: be aware of entrapment issues; pressure manufacturers to comply with the standard by asking about whether or not their products meet the requirements of the standard; reject manufacturer assertions that the standard does not apply to them; and in time, only buy products that cite compliance with this ASTM standard.

**** REMEMBER TO MAKE YOUR FUEL ASSISTANCE APPOINTMENT FOR THIS WINTER SEASON. THE SOONER YOU APPLY, THE SOONER YOU BENEFIT!**

Scheduled on Mondays and Fridays with Rita, COA Outreach Coordinator 508.888.4737**

Volunteer Corner: Pat Ryan

Happy Birthday to all our volunteers celebrating a birthday this **December/ January**

Best Wishes to Michael Bondarek, Florence Choate, Norman Eklund, Tom Greene, Joanne Heatley, Anne Miller, William Mills, Tonda Lamb, Betty Mazzone, Al Nicolazzo, Violet Olson, Almena Rynders, and Richard Tavares ! Thank you for all you do!

Technology Help Desk-CONNECTIONS

Have you recently purchased an iPad, iPhone, Nook, or a digital camera and need some help getting started? Learn how to upload pictures and download apps and books. Volunteers are available at the Senior Center weekly to answer your questions and help you understand your devices.

Please call the Council on Aging at 888-4737 for times and availability.

Interested in learning about our volunteer opportunities? Contact Pat Ryan at 508-888-4737.

Medical Info to Know**From Joanne Geake, MPH, BSN, RN**

The new shingles vaccine, Shingrix, has been approved by the FDA and the CDC and now needs to be signed off by the CDC director. It is a killed vaccine, 2 shot series for people aged 50 and older. People who have had the older Zostavax vaccine will be able to receive the new vaccine. It is very effective, 90-95%, in people older than 70 years. Side effects are similar to the old vaccine with perhaps more soreness and redness at the vaccine site. We are waiting to hear if Medicare and the private insurers will pay for it. Stay tuned!

In a Swedish study published in the journal *Circulation*, researchers found that the risk for cardiovascular events rise soon after stopping low-dose aspirin. The national database included 600,000 users. The take home point is to speak with your physician before you discontinue any prescribed medication.

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.

Parkinson's Disease Support Group – (2nd Thursday Mashpee COA 10:00 – 11:30 a.m.

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 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.

Fall and 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 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.

DON'T FORGET:

THE SANDWICH SENIOR CENTER OFFERS MANY LEGAL, FINANCIAL, RECREATIONAL, MEDICAL SCREENINGS OR OTHER SERVICES AND/OR ACTIVITIES BY VOLUNTEER OR NOMINAL-COST PRACTITIONERS. SENIORS PARTICIPATING IN THESE SERVICES/ACTIVITIES DO SO WITH THE UNDERSTANDING THAT THE SANDWICH SENIOR CENTER, SANDWICH COUNCIL ON AGING, TOWN OF SANDWICH OR ITS EMPLOYEES DO NOT ASSUME ANY LEGAL OR OTHER RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR FOR NOMINAL-COST PRACTITIONERS. ANY ACT OR ADVICE OR SERVICE BY OUTSIDE PROVIDERS AT THE COUNCIL ON AGING SHOULD NOT BE PRESUMED TO BE ENDORSED AND SPONSORED BY THE COUNCIL ON AGING.

OUTREACH ASSISTANCE: Available by appointment. Meet confidentially with our Outreach Coordinator to have your questions answered about resources and programs you may be entitled to. We can assist with Benefit Screening, assessing needs and accessing appropriate programs, respite for caregivers, etc. **Call us at 888-4737** to schedule your confidential appointment.

LEGAL ASSISTANCE – APPOINTMENT ONLY

----- **Atty. Mello's office, 3rd Monday**

Financial security, health care choices, trusts, wills & estate management.

----- **Atty. Tom Kosman, 2nd, Tuesday**

Housing problems, government benefits, health law, guardianship, reverse mortgage, & consumer issues.

---- **Atty. Michael Lavender or Atty. Kennan, 2nd Wednesday**

Elder Law, Trusts, Estates, and Wills.

*Home visits can be arranged if you're homebound. Appts. are in the mornings.

----- **Atty. John Kennan, 4th, Wednesday**

Wills, trusts, estates, asset protection

Please call the COA at 508-888-4737 to make an appointment.

HEARING SCREENINGS:

(2nd Wed. each month). Free screenings at Spaulding Rehab. Please **call 508-833-4141** to schedule your free appointment.

SHINE COUNSELOR:

Will assist you with your Health Insurance questions and needs. Please call the **COA 508-888-4737** office to make an appointment.

GROCERY SHOPPING: Every **Thursday** morning to Stop & Shop, a bank, and a pharmacy. This is Door-to-Door service! You must call the COA office by Wednesday at NOON to make your reservations. There is no fee but a **\$4.00 donation is requested.**

Medical Appointment Transportation: volunteers provide this service. We ask at least three days notice if possible when requesting a driver. **Please make your doctors appointments between 10am and 2pm whenever possible.** DONATION TO DRIVER. Call COA at 508-888-4737.

Suggested donation schedule:
Sandwich-\$5.00 Mashpee-\$5.00 Bourne-\$10.00
Hyannis-\$10.00 Falmouth-\$15.00 Yarmouth-\$15.00
Plymouth-\$20.00 Wareham-\$20.00

**Please call with your destination suggestions!
508-888-4737**

Call for availability of transportation to your local COA programs, hairdressers, doctors and more!

Call for more info: 508-888-4737

*Please let us know if you would like to receive the newsletter by e-mail!
mesteeves@townofsandwich.net*

Funding for this newsletter is provided in part by the Massachusetts Executive Office of Elder Affairs and our advertisers. Thank You !



***Hand & Foot Card Game.....
Looking for new players!
Friday afternoons.....12:30-4:00pm
Council on Aging
Lower Level...call for more info:
508-888-4737***

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) or 1:30 p.m. for out of town appointments.**

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.

MASS HEALTH MEMBERS may be eligible to obtain a PT-1 for transportation. Talk with your primary physician as PT-1's can be used for any of your MassHealth providers including doctors, therapists, dentists, counselors, etc.

**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 2017

COUNCIL ON AGING ACTIVITIES

Mondays	December	Cribbage Group	10:00 a.m.
Thursdays	December	Barber for Men	9-11:30a
Wednesday	Dec. 6	Holiday Luncheon	12:30p.m.
Thursday	Dec. 7	Laughter Wellness Program	1:00 p.m.
Thursday	Dec. 7	Genealogy Program-Lower level	1:00 p.m.
Friday	Dec. 8	Current Events	10:30a.m.
Friday	Dec. 8	Holiday Frauds and Scams	1:00 p.m.
Tuesday	Dec. 12	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Dec. 12	Solo Dining- Dan'I Webster Inn	1:00 p.m.
Thursday	Dec. 14	Crafts with Meagan	1:00 p.m.
Friday	Dec. 15	"Friends of" Meeting	10:00 a.m.
Monday	Dec. 18	Attorney Mello's Office**	9:00 a.m.
Tuesday	Dec. 19	Holiday Concert Luncheon	12:00 p.m.
Friday	Dec. 22	Current Events	10:30 a.m.
Thursday	Dec.	Book Club – Returning in February	1:30 p.m.
Wednesday	Dec. 27	Attorney John Kennan**	9:00 a.m.

MONDAY

Seniors on the Go
7:50 Zumba Gold
8:00 Walking Group (Wing)
8:00 Osteo Fitness (Wing)
9:00 Sandwich Stitchers
(1st & 3rd)
10:00 Cribbage
1:00 Rummikub (down)
1:00 Painting Group
3:15 Afternoon Yoga

TUESDAY

Seniors on the Go
8:00 Walking Group (Wing)
9:00 Yoga
10:30 Yoga II
11:30 Am/Pm Quilters
1:00 Mah Jongg(down)
3:15 Tai Chi

WEDNESDAY

Seniors on the Go
8:00 Walking Group (Wing)
8:00 Osteo Fitness (Wing)
9:00 Cardio Fitness
10:00 Knitting/Crocheting
1:00 Massage (1st & 3rd)

THURSDAY

Seniors on the Go
Thursday Shopping Van
8:00 Walking Group (Wing)
9:00 Yoga
9:00 Barber for Men
10:00 Scrabble (down)
10:30 Chair Yoga
1:30-3:30 Veterans' Agent

FRIDAY

Seniors on the Go
8:00 Walking Group (Wing)
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 (down)

<p>**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</p>
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January 2018

COUNCIL ON AGING ACTIVITIES

Mondays	January	Cribbage Group	10:00 a.m.
Thursdays	January	Barber for Men	9-11:30a
Monday	Jan. 1	Lion’s Club Breakfast	12:30p.m.
Thursday	Jan. 10	When is Memory Care Needed?	11:00 a.m.
Friday	Jan. 12	Current Events	10:30a.m.
Tuesday	Jan. 9	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Jan. 9	Solo Dining- British Beer Company	1:00 p.m.
Friday	Jan. 11	Crafts with Meagan	1:00 p.m.
Friday	Jan. 19	“Friends of” Meeting	10:00 a.m.
Monday	Jan. 22	Attorney Mello’s Office**	9:00 a.m.
Monday	Jan. 22	Crystal Bowls w/Craig Bautz	3:15 p.m.
Wednesday	Jan. 24	Attorney John Kennan**	9:00 a.m.
Friday	Jan. 26	Current Events	10:30 a.m.
Wednesday	Jan. 31	Cabin Fever Luncheon	12:30 p.m.

MONDAY

Seniors on the Go
7:50 Zumba Gold
8:00 Walking Group (Wing)
8:00 Osteo Fitness (Wing)
9:00 Sandwich Stitchers
(1st & 3rd)
10:00 Cribbage
1:00 Rummikub (down)
1:00 Painting Group
8:45 COA Board Meeting
(4th)

TUESDAY

Seniors on the Go
8:00 Walking Group (Wing)
9:00 Yoga
10:30 Yoga II
11:30 Am/Pm Quilters
1:00 Mah Jongg(down)
3:15 Tai Chi

WEDNESDAY

Seniors on the Go
8:00 Walking Group (Wing)
8:00 Osteo Fitness (Wing)
9:00 Cardio Fitness
10:00 Knitting/Crocheting
1:00 Massage (1st & 3rd)

THURSDAY

Seniors on the Go
Thursday Shopping Van
8:00 Walking Group(Wing)
9:00 Yoga
9:00 Barber for Men

10:00 Scrabble (down)
10:30 Chair Yoga
1:30-3:30 Veterans’ Agent

FRIDAY

Seniors on the Go
8:00 Walking Group (Wing)
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 (down)

****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.

2018 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
2017 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:

Send card to:

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 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.

Joy Carleton

Marina Carvell

William Chase

Karen Cotter

Alma Gillis

William & Frances Johnson

Betty Landers

Shirley McNamara

Norma Medeiros

Cynthia Petrie

Jan & Paul Timmons

In Memory Of

***Cliff
Ackerman***

From:
Nancy Carroll

*In Memory
Of*

*In Memory
Of*

*In Memory
Of*



*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!*

★

Alma Gillis

★

*William & Frances
Johnson*

★

Nancy Carroll