

# SANDWICH COUNCIL ON AGING NEWSLETTER

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**December 2019 - January 2020**

When our November newsletter went to print we didn't know the outcome of the Special Town Meeting vote on the new building proposal. We want to thank everyone for a tremendous positive turnout at Town Meeting on October 28th. We are looking forward to the journey to a new Center for Active Living! The plans for a new senior center have been in the works for decades and we thank everyone who worked tirelessly over all those years to get this project approved including many members of the COA Board of Directors, the Friends of the Sandwich COA and everyone who has participated in our programs and services. Stay tuned for building updates over the coming months!

This is also a reminder that this edition of the newsletter includes December and January, so don't forget to keep a copy and sign up for more classes, programs and outings when you ring in the New Year! In December look for evening bus tours of the lighted Giant statues, a holiday shopping trip, the annual concert by the Oak Ridge 6th grade band and chorus, a men's breakfast and our holiday luncheon with entertainment by singer Liz Saunders. Of course, you will need to check out Liz's Jingle Bell Blast personal training group class to keep your energy up! We are excited to welcome local author Claire James for a talk about her writing process. All of your favorite monthly activities will continue as scheduled, but please check with us for any schedule changes around the holidays as we are closed Christmas Day and New Year's Day.

In January, we will host another spaghetti sauce cook off, warm up with a luau party, and learn about snowy owls. Free hearing screenings and reflexology appointments will be offered and our current events discussion group returns with a new facilitator.

From all of the staff at the Council on Aging, we send you warm holiday greetings! We are also remembering all our seniors who may be celebrating the holiday season without a special loved one. If you know someone that could use some cheer, please call and let us know.

**Happy Holidays and Happy New Year to all!**  
**Susan, Kim, Rita, Pat, Ginger, Al, and Rick**



## Outreach Corner - Rita Wahlstedt, Outreach Coordinator

### FUEL ASSISTANCE APPOINTMENTS ARE SCHEDULED MONDAYS & FRIDAYS!

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**Financial scams targeting seniors**~ Why? Because, seniors are thought to have a significant amount of money sitting in their bank accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. They're devastating to many older adults and leaves them in a very vulnerable position with little time to recoup their losses. Low-income older adults as well as wealthy are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported **elder abuse** is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, spouses and others.

THESE ARE THE TOP 10 SENIOR SCAMS TO "BE ON THE LOOK OUT FOR."

1. MEDICARE/HEALTH INSURANCE SCAMS
2. COUNTERFEIT PRESCRIPTION DRUGS
3. FUNERAL & CEMETERY SCAMS
4. FRAUDULENT ANTI-AGING PRODUCTS
5. TELEMARKETING/PHONE SCAMS
6. INTERNET FRAUD
7. INVESTMENT SCHEMES
8. HOMEOWNER/REVERSE MORTGAGE SCAMS
9. SWEEPSTAKES & LOTTERY SCAMS
10. THE GRANDPARENT SCAM

Please remember to help those less fortunate in our community by your generous donations of gift cards, warm socks, mittens and hats during this holiday season!

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The Sandwich Public Health Nursing Department has the high dose flu vaccine available. Please call the office at 508-833-8020 to schedule an appointment.

## VOLUNTEER CORNER - Pat Ryan, Volunteer Coordinator



### **Writing Workshops with Cori**

Is your mental file cabinet full of memories, stories, poems, observations, deep thoughts and words of wisdom that you would love to organize, document, and possibly share? Join us for a series of fun and creative writing experiences while we explore the process of putting words to your thoughts and ideas. This exciting new offering is being taught by an enthusiastic retired English Teacher/Librarian. Over the course of 5 weeks students can attend as many of the 3-times-a-week sessions as they want for a joining fee of \$25.00. The start date is still to be determined. Please call the office for more information.

### **Happy Birthday to all our volunteers celebrating a birthday in December and January.**

Best wishes to Frank Allosso, Joan Andrews, Suzanne Bien, Michael Bondarek, Florence Chocate, Pat Collins, Mary Cox, Norman Eklund, Gerald Fortin, Pauline Forton, Denis Gereau, Tonda Lamb, John Lee, Sandra MacQuade, Betty Mazzone, Karen Miller, Anne Miller, Barbara Nadler, Violet Olsen, Brenda Robicheau, MaryJane Ross, and Almena Rynders.

Thank you for all you do!

### **We are bringing back our Current Events program.**

Presented by News Currents, this facilitator led program has organized areas of discussion on topics including world news events arts, sciences, geography, nature. We will begin meeting on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month at 10:30AM. The first discussion will be on January 24th.



### **Sandwich Veteran's Agent**

Scott Dutra, Sandwich Veteran's Agent, will be available for expanded hours 9:00am-3:30pm on the last Thursday of each month.

He will continue his usual weekly office hours every Thursday from 1:30-3:30. Appointments are on a first come, first served, no scheduled appointments taken.

***Appointments take place in the lower level of the COA building.***



**Wednesdays, February 5th - April 8th**  
**Location: Sandwich Council on Aging (*lower level*)**

Tax Aides trained by the IRS are available to provide income tax counseling and preparation of returns for those with low and moderate incomes.  
The service is free and AARP membership is not required.

**What you will need:**

- \*Photo ID
- \*Last years tax returns
- \*Intake/Interview Sheet (available at the COA)
- \*Check - for direct deposit purposes

**Appointments are required**

To book an appointment and for a complete list of what you need to bring to the appointment, contact the COA beginning January 6th. 508-888-4737



**Medicare Part D and Pharmacies**

**For MOST 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 2020, the majority 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 2020 so please check to make sure the pharmacy you currently use will still be the best come January 1<sup>st</sup>. There is a big difference between preferred pharmacy co-payments and non-preferred pharmacy co-payments.

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. Some mail order programs may have a cost savings, but there are times when using a preferred, local pharmacy 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)**

## WINTER TRAVEL NEWS



### Annual Holiday Luncheon-Diparma Italian Table

December 9 - \$20 - Reservation Required

**Day trips:** RED SOX 2020 Season - on sale 12/15; New York City Holiday Shopping 12/08, \$85; Festival Ballet Nutcracker-PPAC-Matinee \$89/\$59; Encore Casino 1/20, \$35; Mean Girls-Boston Opera-Orchestra 2/09, \$145; Foxwoods "Be My Valentine" 2/11, \$35; Fiddler on the Roof-PPAC 2/14, \$110/\$75; Peabody Essex Museum-NEW Wing Open! 2/22, \$65; Blue Man Group-PPAC 3/21 \$105/\$75; Jesus Christ Superstar-PPAC 4/04 \$110/\$79; Riverdance 25th Anniversary Tour-Wang 4/05, \$95; Art In Bloom-MFA 5/04, \$69; Mayflower-Boston Naval Dockyard May tba; Dear Evan Hansen-PPAC Main Orch. 5/31, \$139; Newport Flower Show 6/19, \$60; Ain't Too Proud - National Tour Launch PPAC July tba; Summer -Boston 8/16, \$149

**2020 Destination Tours-Please call for an itinerary:** Great Trains and Grand Canyons - single hotel stay Sedona 5/17 \$2,695; Taste of Iceland with CIE Tours 9/26 \$2,399 land; Discover Cuba People to People 11/07 \$3,749; Italian Sojourn Viking Ocean Cruise-September 2021-Deposit now while space available!

For a complete listing of all trips stop by the COA or visit [www.adventureswithkarynwendell.com](http://www.adventureswithkarynwendell.com). Karyn will be offering a monthly "Travel Talk" at the COA starting back up in March and is available to meet with you by appointment.

For more information, contact Karyn Wendell at (508) 420-5288 - Karyn-mw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times



## Sandwich-Bourne Lions Club

### Coat Drive

The Council on Aging will be a collection site for the Lions annual child and adult winter coat drive. Please donate for kids and adults. All sizes needed, good quality, gently used, warm winter jackets.

**Coats accepted through January 3rd**

Community partnership with Anton's Cleaners

# DECEMBER EVENTS



**Monday, December 2nd and 16th at 3:15PM – Jingle Bell Blast with Liz Saunders.** A personal trainer led class consisting of cardio dance, light weights, and FUN! Please call to register. Fee: \$12.00

**Thursday, December 5th at 1:00PM -Genealogy -** Judy Hendy will be here to assist you in researching your family roots. Come take advantage of her extensive knowledge. Call to register and begin tracing your family history.

**Thursday, December 5th, 12th, & 19th -Line Dancing -**If you love pop, rock, and Latin music and love to dance, this class is for you. This is a beginner class; no experience is required. Wear casual clothes, bring a water bottle, and choose shoes that are flat with sufficient traction. Please call to register. Fee is \$5.00 per class; payment is required in advance.

**Friday, December 6th at 10:30AM - Author talk with Clarice James.** Originally from Sandwich, Clarice writes “smart, fun, relatable fiction”. Her novels are “contemporary stories woven together with colorful threads of humor, faith, romance and mystery”. The stories are set in New England including Sandwich, Plymouth, and Boston. Call to register.

**Monday, December 9th at 10:30AM - Holiday Men’s Breakfast -** Join us for a delicious hot breakfast and good conversation. Menu will include pancakes, eggs, bacon, sausage, juice and coffee. Please call to register. Cost \$3.00

**Tuesday, December 10th at 1:00PM – Solo Dining Holiday Lunch at the Dan’l Webster.** Please call the office and register by Friday, December 13th, space is limited! Separate checks are requested ahead of time and transportation is available.

**Wednesday, December 11th at 10:00AM Bus trip to Snow’s Home and Garden Center, Orleans.** Take a ride on our bus for Christmas shopping with a stop for lunch after at the Chocolate Sparrow. If you haven’t seen Snow’s, it’s worth the trip just for the train display! Cost of lunch is on your own. We will leave the COA at 10:00, returning around 1:30. Be prepared for extensive walking. Please call to register.

**Thursday, December 12th at 1:00PM - Crafts with Megan** continues with Megan Romeo from Cape Heritage Rehab and Healthcare. Class size is limited; please call to register.

**Friday, December 13th at 11:30AM - Oak Ridge Holiday Concert -**Come enjoy the sounds of the season! Don’t miss the talented Oakridge School 6th grade band and chorus performing a selection of holiday favorites. We will be serving a light lunch. Grandchildren welcome! Call to register.



# DECEMBER EVENTS

**Friday, December 13th at 1:00pm - Friday Afternoon Cinema – The Holiday -**A romantic comedy starring Kate Winslet about two women on opposite sides of the globe who swap houses only to discover that a change of address can really change their lives. The story begins when through a house exchange website, Amanda impulsively swaps her mansion for Iris' cottage in Surrey for the holidays. Please call to let us know you are coming; drop-ins welcome.

**Monday, December 16th & Thursday, December 19th at 4:00 PM -**

**Jingle Mingle and Giant Tour -** Join us for a driving tour around town to see the lighted Giants of Sandwich and other holiday displays. We will meet at the COA for a light snack and hot chocolate ahead of time and begin the tour at 4:30. We will re-schedule if the weather is not clear for viewing. Please call to reserve a seat on our bus.

**Friday, December 20th at 12:30PM - Holiday Luncheon with singer Liz Saunders-** Join us for a festive holiday luncheon. Liz Saunders will be entertaining with your holiday music. Cost is \$7.00.

**Friday, December 27th at 1:00PM - Friday Afternoon Cinema – New Year's Eve "New Year's Eve"** celebrates love, hope, forgiveness, second chances and fresh starts, with intertwining stories told amidst the pulse and promise of New York City. Please call to let us know you are coming; drop-ins welcome.



# JANUARY EVENTS

**Wednesday, January 1st – Lions Club New Year's Day Breakfast 9-11:30 am.** The Lions will be hosting host their annual community breakfast at the Human Services Building. **No reservations needed.** Suggested donations of \$5/adult and \$2/ children go to support the Council on Aging. Menu items include pancakes, sausage, fruit salad, coffee cake, coffee, tea and juice.

**Tuesday, January 7th from 12:00PM – 3:00PM – Reflexology.** Appointments available from 12pm to 3 p.m. Cost is \$25 with a minimum appointment of 30 minutes. Reflexology is based on the principle that there are energy zones that run throughout the body and reflex areas in the feet that correspond to all the major organs, glands, and systems in the body. These areas are an entry way to the entire nervous system. By working the reflex points, reflexology can reduce stress, bring about relaxation and improve circulation to aid the body in cleansing itself of toxins. Reflexology is a holistic science and a preventive and complimentary health care practice. If you are taking yoga or mindfulness meditation classes, reflexology would be a great companion to those practices. Please call to the COA to register.

# JANUARY EVENTS

**Thursday, January 9th at 1:00PM – Crafts with Megan** continues with Megan Romeo from Cape Heritage Rehab and Healthcare. Class size is limited; please call to register for this free event.

**Friday January 10th at 10:30AM – All About Snowy Owls** - The Snowy Owl breeds in the Arctic, but can often be seen during its migrations on Cape Cod in the winter months. It is the largest owl in North America and is equal parts graceful beauty and efficient predator. A representative from the Mass Audubon Society will be here to talk about this owl, please call to register.

**Friday, January 10th at 1:00PM – Friday Afternoon Cinema-The Joy Luck Club-** The Joy Luck Club consists of sixteen interlocking stories about the lives of four Chinese immigrant mothers and their four American-born daughters. In 1949, the four mothers meet at the First Chinese Baptist Church in San Francisco and agree to continue to meet to play mahjong. They call their mahjong group the Joy Luck Club. The stories told in this novel revolve around the Joy Luck Club women and their daughters. Based on the novel. Please call to let us know you are coming; drop ins welcome.

**Monday, January 13th at 4:30PM -The Cookbook Supper and Book Club** Come join us! A new cook book has been chosen for our January meeting Essentials of Italian Cooking. We'll all be bringing pot luck style recipes to share. For information about the next cook book selection and book club meal date, please call the office and ask for Pat Ryan.

**Tuesday, January 14th at 1:00PM – Art for the Mind - *The Fascinating Georgia O'Keeffe*** - This art education program is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds - artists and non-artists alike. The featured topic, *The Fascinating Georgia O'Keeffe*, is a collection of images spanning her ever-evolving career. From her early years responding to New York City's fast-paced growth, to her later years expressing New Mexico's unique, natural beauty; come experience the journey of one of America's most innovative artists. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Please call to register.

# JANUARY EVENTS

**Wednesday, January 15th at 12:30PM –2nd annual Spaghetti Sauce Cook-off** featuring several talented Sandwich chefs! Stay tuned for an announcement of the competing chefs! These cooks will be competing for the title of Master Chef here at the COA. You will have the opportunity to taste all of the sauce entries. After the winner has been announced, join us for a pasta luncheon and dessert. Reservations required, the cost is \$5.00.

**Thursdays, January 16th, 23rd, and 30th at 1:00 - Line Dancing** - If you love pop, rock, and Latin music and love to dance, this class is for you. This is a beginner class; no experience is required. Wear casual clothes, bring a water bottle, and choose shoes that are flat with sufficient traction. Please call to register. Fee is \$5.00 per class; payment is required in advance.

**Thursday, January 16th at 1:30 PM – Book Club-** There's no book club scheduled for December. Please call the COA for the title of the January book. Copies will be available at the library (behind the circulation desk) for you to borrow. New members always welcome.

**Friday, January 17th at 10:30AM – Attorney Marie Clougher, Esq. Reverse Mortgages seminar** Attorney Marie Clougher, Esq., director of the Cape Cod Consumer Assistance Council will present "Reverse Mortgages, their Benefits and their Pitfalls". This is an opportunity to learn the basics of this complex financial tool and how to avoid scams.

**Wednesday, January 22nd from 9:00AM – 1:00PM - Hearing Screenings** Hearing Life will provide free hearing loss screenings. You will learn about hearing loss and advanced hearing technology. Hearing devices will be cleaned and checked if time allows. Please call the COA (508) 888-4737 to sign up for an appointment.

**Friday, January 24th at 10:30AM -Current Events program**

Presented by News Currents, this facilitator led program has organized areas of discussion on topics including world news events arts, sciences, geography, nature. This program will continue the 2nd and 4th Friday on each month. Call the office to sign up.

**Friday, January 24th at 1:00PM Friday Afternoon Cinema The King's Speech** Britain's Prince Albert must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth hires Lionel Logue, an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence. Please call to let us know you are coming; drop-ins welcome.

**Wednesday, January 29th at 12:30 PM - Luau Luncheon** - We are heating up winter with sunny summer music by singer Liz Saunders. Come enjoy a tropical luncheon. Wear your Hawaiian shirts and grass skirts; you might even want to try the hula! Please call to register. Fee \$7.00

## December 2019

Mon	Tue	Wed	Thu	Fri
<b>2</b> 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Jingle Blast	<b>3</b> 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	<b>4</b> 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 1:00 Meditation 4:30 Gentle Yoga	<b>5</b> 8:30 Shopping Bus <b>8:30 No Barber</b> 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 1:30-3:30 VA Agent	<b>6</b> 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot
<b>9</b> 7:50 Zumba Gold 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting	<b>10</b> 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	<b>11</b> 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 1:00 Meditation 4:30 Gentle Yoga	<b>12</b> 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 1:30-3:30 VA Agent	<b>13</b> 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot
<b>16</b> 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Jingle Blast	<b>17</b> 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	<b>18</b> 10:00 Knit/Crochet 1:00 Massage 4:30 Gentle Yoga	<b>19</b> 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 1:30-3:30 VA Agent	<b>20</b> 7:50 Zumba Gold 12:00 Men's Poker 12:30 Hand and Foot
<b>23</b> 7:50 Zumba Gold 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting	<b>24</b> <b style="color: red;">Christmas Eve</b> 12:00 Shine 1:00 Mah Jongg	<b>25</b> <b style="color: red;">COA CLOSED</b> 	<b>26</b> <b>8:30 No Barber</b> 10:30 Scrabble 9:30-3:30 VA Agent	<b>27</b> 7:50 Zumba Gold <b>*8:30 Shopping Bus</b> 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot
<b>30</b> 7:50 Zumba Gold 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting	<b>31</b> <b style="color: blue;">News Years Eve</b> 12:00 Shine 1:00 Mah Jongg	<b>COA Board Meeting: Tuesday, December 17th, 8:45 a.m.</b> <b>Tuesday, January 22d, 8:45 a.m.</b> <b>COA— Lower Level</b>  <b>FOSCOA Board Meeting: Saturday, January 11th, 10 a.m.</b> <b>COA—Lower Level</b>		

# January 2020

Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>COA CLOSED</b> 	<b>2</b> 8:30 Shopping Bus 8:30 Men's Barber 10:30 Scrabble 1:30-3:30 VA Agent	<b>3</b> 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
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<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
7:50 Zumba Gold 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting	9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 4:30 Gentle Yoga	8:30 Shopping Bus 8:30 Men's Barber 10:30 Scrabble 1:00 Line Dancing 9:30-3:30 VA Agent	7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot

# YOGA

Instructor Sherill Dykeman



## GENTLE YOGA

**Tuesday 9:00-10:00am**

Fall 3 Dec 3-Dec 17 \$18

Winter 1 Jan 7 - Feb 11 \$36

**Wednesdays 4:30-5:30pm**

Fall 3 Dec 4 - Dec 18 \$18

Winter 1 Jan 8 - Feb 12 \$36

**Thursdays 9:00-10:00am**

Fall 3 Dec 5- Dec 19 \$18

Winter 1 Jan 9 -Feb 13 \$ 36

## YOGA II

**More Challenging**

**Tuesdays 10:30-11:30am**

Fall 3 Dec 3-Dec 17 \$18

Winter 1 Jan 7 - Feb 11 \$36

**SAND HILL CHAIR YOGA**

**Tuesdays 1:00-2:00pm**

Fall 3 Dec 3- Dec 17 \$18

Winter 1 Jan 7 - Feb 11 \$36

## CHAIR YOGA

**Thursdays 10:30-11:30am**

Fall 3 Dec 5- Dec 19 \$18

Winter 1 Jan 9 -Feb 13 \$ 36

**\*New class at the Sand Hill Building on 16 Dewey Ave in Sandwich**

*Payment is due one week before the start of the session.*



**Cardio blast away some of those extra holiday calories!**

## Jingle Bell Blast with Liz Saunders



A certified personal trainer led class consisting of cardio dance, light weights, and FUN!

Please bring your own weights and water and come dressed to move in proper attire.

Liz Saunders is a certified personal trainer.

**December 2nd & 16th**

**Monday's 3:15 -4:15pm**

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## **Line Dancing with Karen Shackelford Thursdays at 1:00pm**

**\*December 5th, 12th, and 19th**

**\*January 16th, 23rd, and 30th**

If you love pop, rock, and Latin music and love to dance, this class is for you. This is a beginner class and no dance experience is required. Wear casual clothing, bring a water bottle, and choose shoes that are flat with sufficient traction.

Fee \$5.00 per class. Please call to reserve a spot

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## **Mindfulness Meditation with Peter Cormier**

**Wednesdays at 1:00pm December 4th and 11th.**

Mindfulness Meditation class is a one hour class for beginners as well as those with experience. Fee \$5.00 per class.

# FITNESS

## TAI CHI

An ancient form of exercise that has been proven to promote well-being and increase vitality. When it is performed slowly and gently, it becomes a moving meditation. The exercises promote increased mobility, balance and flexibility. They strengthen joints and muscles, lessen anxiety, depression, and stress while building confidence. Health conditions such as heart disease, diabetes and Parkinson's

disease have been shown to improve with regular practice. Classes are slow paced, relaxing and appropriate for all levels of physical ability as the movements can be adapted to be performed in a chair. New participants are welcome. Come see what it's all about; there is no charge to try the class for the first time.

*Registration required and payment due 1 week before the session starts.*

**Instructor Lauren Powers**

**Tuesdays 3:15pm**

**December 3rd -17th**

No class 12/24 or 01/31

Fee: \$15.00

**January 7th-28th**

Fee: \$20.00



## ZUMBA GOLD

**Mondays and Fridays  
7:50-8:50am**

**December 2nd-30th \$45.00**

**January 3rd - 31st \$45.00**

Instructor Peg Taylor  
*Registration required and payment due one week before the session starts.*



## **REIKI**

Appointments are offered on various days and times. Ms. Schermerhorn will continue offering this program at her office. Generous discount for seniors. Time to Touch Route 6A 508-685-4594

## CARDIO/ STRENGTH CLASS- Total body workout

Instructor Diane Francis

**Wednesdays 9:00-10:00am**

**December 4th & 11th**

Fee: \$15.00

**January 8th - 29th**

Fee: \$30.00

**Fridays 9:00-10:00am**

**December 6th, 13th, 27th**

Fee: \$22.50

**January 3rd - 31st**

Fee: \$37.50

**Saturdays 9:00-10:00am**

**December 7th, 14th, 28th**

Fee: \$22.50

**January 4th - 25th**

Fee: \$30.00

**Rummikub**-Mondays at 1:00

**Mah Jongg**- Tuesdays at 1:00

**Scrabble**- Thursdays at 10:30

**Hand and Foot**- Fridays at 12:30

Come join these fun and friendly groups.

They are always looking for new players!

## Cribbage

Mondays 10:00-12:00

No experience needed.

Patient instructors teach one on one.

Test yourself against some of our seasoned players.

Please call to register.



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## The Sandwich Stitchers

Would you like to make quilts and other items for charity?

Come join this group the 1st and 3rd Monday of every month from 9:00am to 12:00pm.



### Massage with Dee

1st and 3rd Wednesday of each month.

\$1.00 Per minute with a 15 minute minimum.

Helps reduce stress and stiff muscles.

*Appointments are necessary*



### Fred The Barber

No barber 12/5 & 12/26

Thursdays 8:30-11:30

Men's haircuts!

*Donations accepted*



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## Walking Group

Come join the fun!! A great opportunity to keep moving through the year. The group meets at 8:00am to 9:00am in the gym of the Wing School Monday through Friday.

Walkers will meet at the canal on nice days, and the Wing School if raining. A signed Medical Waiver must be completed by your physician. Please call the COA to register.

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## Osteoporosis Prevention Exercise Class

Join us Mondays and Wednesdays, 8:00-9:00am at the Wing School for Osteoporosis Prevention Exercise classes. Classes are structured to help individuals diagnosed with Osteoporosis or who are at risk for Osteoporosis, maintain strength, flexibility, and function. The classes are free, open to the public, and led by trained Senior Corps volunteers. Interested participants are asked to complete a class registration form which includes a signature from his/her physician. This class is sponsored by Elder Services of Cape Cod and the Islands, and the Sandwich COA.



### Painting Group

Mondays at 1:00

Come join this fun and friendly group of both beginner and experienced artists!



### Hand and Foot

Friday  
afternoons at 12:30!

**Please call the COA if you are interested in playing Bridge or Canasta**

**Knitting**  
Wednesdays  
10:00am Knit/Crochet



### Connections– Technology Help Desk

Do you need help with your mobile phone, tablet, laptop or digital camera. Learn how to upload pictures and download apps and books. Having trouble with your answering machine and deleting all those old messages? Volunteers are available to help, please call the COA for an appointment.

**PLEASE CALL THE COA TO REGISTER FOR ALL CLASSES AND PROGRAMS. 508-888-4737 THANK YOU!**

All exercise participants must have a medical release form signed by your Doctor. This form will remain active until there is a change in your medical condition.



**Forms and Payments are due one week before the start of the session.**

Walk-ins at the start of the class are not permitted. You may only attend the class for which you registered. It is our policy that you may try one class to see if it fits your needs before committing to the registration. Sandwich residents have priority in all classes and programs. Fees may apply for out of town participants.

# Transportation Options



## Transportation provided by the Sandwich Council of Aging.

Monday to Friday between 9:00am – 2:00pm. All transportation is based on driver availability.

\*Transportation will not be provided for any person who has been under local or any other form of anesthesia, or any person who may need medical assistance during transport. Therefore, we may provide a trip to the medical appointment, but not a return ride.

\*We ask that at least **3 DAYS** advance notice is given for all rides so that we may schedule a driver.

\*The COA provides rides to COA programs, medical appointments, and local errands. Please book local appointments between 9:00am and no later than 2:30pm.

For out of town appointments please book between 9:30am and 1:30pm.

\*The **Shopping Bus** goes to Stop and Shop, CVS, Aubuchon, and various banks on **Thursdays**. Please call by Tuesday afternoon to book your reservation. Seating is limited.

\***Please note that from July 1st – September 30th** transportation to Plymouth, Bourne and towns beyond Barnstable will only be offered on Tuesdays, Wednesdays, and Thursdays due to summer traffic.

If using a **wheelchair** you must have a companion with you-the driver cannot accompany you into your home or an appointment.

**Call the COA for all transportation reservations 508-888-4737**

**Suggested Donations-** Sandwich, Mashpee \$5.00, Bourne, Hyannis \$10.00, Falmouth, Yarmouth \$15.00, Plymouth, Wareham \$20.00



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**CCRTA DART Bus** provides door to door service.

They require 24 hour notice.

1-800-352-7155

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**Cape Cod Regional Transportation Rides to Boston:** Travel from Cape Cod direct to Boston Hospitals on a wheelchair accessible bus. Monday – Fridays (no holiday service) Pickup locations Mid and Upper Cape 8:00am Barnstable (Burger King Rt.6 & 132) 8:15 Sagamore (bridge commuter lot) Reserve by 11:00am the day before. Cost is \$30 round trip; \$15 one way. Reservations can be made by calling 1-800-352-7155. Medical appointments should be made between 10:00am and 2:00pm. Bus leaves Boston no later than 3:00

**Mass Health Members may be eligible to obtain a PT-1 for transportation.** Talk with your Primary Care Physician in regards to obtaining one. PT-1's can be used for any of your Mass Health providers.

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**Cape Cod Regional Transit Authority Fixed Bus Routes-** CCRTA has fixed bus 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 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. The COA is a stop on the route!

## **SERVICES AVAILABLE TO SENIORS**

### **ELDER SERVICES OF CAPE COD AND ISLANDS**

#### **ELDER LUNCHEON PROGRAM:**

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, 4 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 Monday, Tuesday, Thursday, and Friday.

Reservations need to be made by calling 508-888-2965

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#### **HEARING SCREENINGS:**

Free screenings at Spaulding Rehab the 2<sup>nd</sup> Wednesday of each month. Please call 508-833-4141 to schedule your appointment.

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#### **FOOT CARE FOR SENIORS:**

2<sup>nd</sup> Friday of each month by appointment. A foot care program provided by specially trained registered nurses. The following services for those that do not have diabetes are: Assessments of the feet and lower extremities including, circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of the nails; reduction of thickened toe nails, smoothing of corns and callouses; massaging, moisturizing lotions and powdering of the feet. **Fee is \$29.00 and home visits are \$50.00.** This program is provided by Pedi-Care Inc. Please call the COA to schedule an appointment.

*Reminder we do not take credit cards.*

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**SHINE COUNSELOR:** Will assist you with health insurance questions and needs. Appointments available on Tuesday afternoons at the COA. Please call 508-888-4737 to schedule appointments.

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#### **ALZHEIMER'S SUPPORT GROUP: \*Location is at The Sandwich Public Library\***

Meets the second and fourth Wednesday from 10:00 - 11:30 . A Free monthly support group for people living with Alzheimer's or dementia related diseases. Separate groups run simultaneously so caregivers are free to bring loved ones with them.

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#### **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 please contact the referral department at 1-800-394-4630

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#### **BEREAVEMENT, CHANGES and LOSS SUPPORT GROUP AT THE COA:**

Richard Bickford, LICSW, facilitates this program for people coping with the loss of a spouse or significant other or any difficult life changes. This program is generously co-sponsored by the VNA. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 1:00pm.

## **SIGHT LOSS SUPPORT GROUP for VISUALLY IMPAIRED: \*Meeting on Mondays now\***

Located at the **Mashpee COA** on the 4th Monday of the month. Transportation is available, please call Sight Loss Support at 508-394-3904.

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## **APHASIA COMMUNITY GROUP/CAREGIVERS:**

Spaulding Cape Cod the 1<sup>st</sup> Wednesday of each month in the 2<sup>nd</sup> floor dining room. Aphasia group meets in the dining room and Caregivers meet next door. Contact Barbara Fitton for additional information 508-833-4268

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## **PARKINSON'S DISEASE SUPPORT GROUP:**

Meets the 2<sup>nd</sup> Thursday each month at the Mashpee COA from 10:00am to 11:30am

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### **LEGAL ASSISTANCE:**

**Atty. Mello's office 3rd Monday of the month:** Financial security, health care choices, trusts, will and estate management.

**South Coastal Legal Services 2nd Tuesday of every other month:** Housing problems, government benefits, health law, guardianship, and consumer.

**Atty. Michael Lavender, 2nd Wednesday of the month:** Elder law, trusts, estates, and will.

**Atty. John Kennan 4th Wednesday.** Wills, trusts, asset protection.

Please call the COA to schedule an appointment.

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**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 Weather emergencies. Have at least 3 days' worth of medication and personal supplies ready to take with you. If you have a pet have a pet carrier and food ready to go.

**A reminder:** 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 COA, 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 of Aging should not be presumed to be endorsed and sponsored by the Council of Aging. Funding for this newsletter is provided in part by the Massachusetts Executive Office of Elder Affairs.

*Funding for this newsletter is provided in part by the Massachusetts Executive Office of Elder Affairs. Thank you!!*

***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 2019.***

**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)

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**2020 Membership**

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

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ 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

2020 Memberships run from November 2019 to October 2020

**The Friends of the Sandwich COA meeting**  
Location: Sandwich Human Services Building. (lower level)  
270 Quaker Meetinghouse Road, East Sandwich 02537

## **2019 Friends of the Sandwich COA Memberships**

Janet Horton  
Barbara Dusseault  
Carol Fonseca  
Richard & Sharon Packard  
Peter & Pearl Moretti  
Irene Beaulieu  
Judith Keene  
Merle Kelly  
Merrill & Janet Cain

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## **Memorials donations to the Friends of the Sandwich COA**

In memory of **Neil Champagney** given by Marie Champagney  
In memory of **John MacQuade** given by Sandra MacQuade  
In memory of **James Burns** given by Eileen Burns  
In memory of **Evelyn Goodwin** given by Jeanne Haskell  
In honor of our **Veterans** given by Sharon Day

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The Friends of the Sandwich COA would like to apologize for the typo stating that Noreen Cerulli made a donation in memory of herself.

The donation was made by  
Cerulli's Barbershop in memory of **Chad Cerulli**.  
We greatly appreciate their support!