



# HARWICH COUNCIL ON AGING

Support and advocacy for older adults, their families, and caregivers

## THE NARROW LAND: SONGS & STORIES OF CAPE COD

Thursday, May 28 1:30-3:00 PM

Davis Bates returns to the COA to entertain us with songs and stories inspired by the book by Elizabeth Reynard and childhood summers spent in a cottage on Barnstable Harbor. A participatory celebration of centuries of Cape Cod folk traditions. **Registration required.**



## STORIES OF THE CAPE COD NATIONAL SEASHORE

Thursday, June 11 10:00-11:30 AM

We're off to explore the ponds, woods, marshes, and beachfront of the Cape Cod National Seashore. We'll walk beside Henry David Thoreau as he explores the Outer Beach in the 1800s, then join President John F. Kennedy in August 1961 as he signs a bill preserving our state's greatest treasure. Discover hiking trails, wildlife, marine life, landmarks, and shipwrecks. We'll wrap up the event with a Cape Cod-themed raffle. **Registration required.**

## CHAIR VOLLEYBALL

Wednesdays, May 13 & June 10 12:30-1:30 PM

Our newest fitness class is fun for all ages & levels of fitness! Volley a beachball with the help of your teammates while staying safely seated in a chair. We guarantee this will be the most fun you have all week! Spectators are welcome - cheer along your friends during this friendly competition. *Registration requested but not required.*

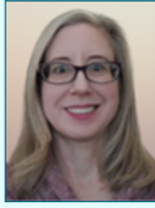


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I'm excited to announce that our COA will be participating in the 2026 Older Adult Lobby Day at the Massachusetts State House. Aging advocacy groups organize this event for seniors across the state to come together to engage with the civic process and learn about public issues that affect you. You'll hear about currently proposed state legislation that aims to support services for older adults, including bills related to real estate tax exemptions and other areas of financial concern. This is an opportunity to meet your legislators, share your perspective, and ask questions. You'll walk away with a better understanding of how laws and policies are shaped and how you can continue to advocate for policies that matter to you.



This year the Harwich COA will be participating for the first time. Our van will make the trip to Beacon Hill to visit the golden dome, and we hope you will come along! Unfortunately, there won't be time for additional sightseeing as it's going to be a full day, but the State House is a beautiful building to explore on its own. Boxed lunch is provided. Space is limited, so call today. Our van will depart at 9AM sharp on May 6.

## OLDER ADULT LOBBY DAY

WEDNESDAY, MAY 6, 2026 | 11:30AM - 2PM

Massachusetts State House/the Great Hall | 24 Beacon Street, Boston, MA 02133



### What's Happening

- 11:00 AM Pick up Box Lunch for older adults
- 11:30 AM - 12:15 PM: Featured speakers
- 12:30 PM - 2:00 PM: Legislative office visits to meet with your state senator and representative and personally share your story.

### Call to Action

- Register through your local Council on Aging (COA) – contact your COA to sign up and coordinate travel.

• Register early – once spots are filled, registration will close!

### AGING WITH DIGNITY STARTS WITH ADVOCACY:

- Speak up for older adults in your community
- Support funding for home & community services
- Meet directly with your legislators
- Share real stories that make an impact
- Stand united with advocates across Massachusetts

**RSVP REQUIRED**  
Contact your Local COA



HOSTED BY MASS AGING ACCESS IN PARTNERSHIP WITH AARP MASSACHUSETTS, MASSACHUSETTS COUNCILS ON AGING, MASS SENIOR ACTION COUNCIL, AND THE OLDER ADULT BEHAVIORAL HEALTH NETWORK.

## PROGRAM REGISTRATION

Registration for programs is either required, requested, or drop-in and will state such in each program description. Most programs can be registered for via phone or in-person. All programs are open to Harwich residents and non-residents unless otherwise stated, however, we do prioritize Harwich residents for our most popular programs. We accept same-day registration and will also accommodate drop-ins for any program as long as space allows.

For programs that list a specific day in which registration opens, registration will always open at 9AM on the stated day and is taken by voicemail only. Our COA is fortunate to have robust membership, though this does mean that many of our most popular programs reach capacity quickly. We therefore take sign ups for these programs only by voicemail so that we can track the timestamp of your message and fill the class in the order calls were received. Please leave a message with your contact info and the program you are registering for, and be mindful that leaving duplicate messages delays our ability to return calls. We regret that voicemails left before 9AM cannot be honored. Fitness program participants are required by the Town of Harwich to complete a liability waiver and provide emergency contacts.

**FOR PROGRAM REGISTRATION,  
CALL 508-430-7550 ext. 1**

## TOWN MEETING & ELECTION

**Town Meeting: May 4 & 5 at 6 PM**

**Town Election: May 19**

We are hoping to offer transportation to the Annual Town Meeting and the Town Election but are still working out the details. If you need a ride on any of these dates, please contact our office ASAP.

*Last day to request vote-by-mail: Tuesday, May 12*

## SHARED RECIPES, SHARED STORIES

Monday 5/11 + Thursdays 5/28, 6/4, 6/25

1:30-3:00 PM

Chef Linda Kelley and Social Services Coordinator Saranya Hayward will help you turn your treasured recipes into a lasting keepsake. Participants are asked to bring two recipes and photos to class on Monday, May 11. At the three Thursday sessions, the class will work on compiling the recipes, photos, and stories into a cookbook. A printed copy will be given to everyone at the last class, where you will also enjoy tastings of the dishes. **Registration required**; call anytime. Max 20



## BROOKS FREE LIBRARY

Thursday, May 14 10:00 AM - 12:00 PM



Librarians from Brooks Free Library will be on site at the COA to provide an overview of the many resources they offer. Bring your device to follow along with the tutorials. You'll learn how to place holds on books, check out audiobooks and materials for your e-reader (Kindle or iPad), how to view free movies, and more - all without ever leaving home! **Registration requested**.



## TICKS ON THE CAPE

Friday, May 15 10:30 AM - 12:00 PM

Ticks and the diseases they carry make spring and summer on Cape Cod considerably less fun. This program will tell you how you can protect yourself, your yard, and your pet. Tick-borne diseases are preventable! Attendees will receive a free tick-remover tool that fits in your wallet. **Registration required**; call anytime.

Kick off  
your summer  
with us!

A colorful poster for a Hawaiian Luau event. The background is light yellow with various tropical graphics including hibiscus flowers, watermelon slices, pineapples, and palm leaves. The text is centered and reads: "Hawaiian Luau", "Friday, June 5", "1:30 - 3:00", "Food - Live Music - Crafts", "Tropical attire encouraged!". At the bottom, there is a pink rounded rectangle containing the text: "Please RSVP", "508-430-7550 x1".

# Hawaiian Luau

Friday, June 5  
1:30 - 3:00

Food - Live Music - Crafts  
Tropical attire encouraged!

Please RSVP  
508-430-7550 x1

**REMEMBRANCE CEREMONY****Tuesday, May 19 12:30-1:30 PM**

Our staff will be celebrating the lives of those we have lost and invite you to join. We'll honor COA members who have recently passed, and we also welcome you to share memories of your lost loved ones. This ceremony is open to all, offering a space for reflection and connection. **Drop in event.**

**COOKING WITH BALANCE (MEETS AT THE 204)****Thursdays, May 21 & June 18 1:00-3:00 PM**

Chef Linda Kelley continues her series of cooking classes. In May, she'll cover quick, balanced meals and batch cooking, using local ingredients and pre-packaged foods. In June, you'll focus on summer nutrition, including shopping at farmers' markets and trying new seasonal ingredients. Linda will review prior lessons and help you set your next goals. **Registration required.**

**DOWNSIZING & DECLUTTERING****Thursday, May 28 10:00-11:00 AM**

You can't take it with you! Having too much stuff can impede people from enjoying their lives, relocating, or getting health care into their homes. This presentation will give you practical, easy-to-follow tips on decluttering and organizing your home and your lives, as well as printed materials from AARP to help you get the job done. Learn how to get started, stay organized, reach your goals, and have some fun doing it! **Registration required; call anytime.**

*Inside the Whale***THE GREATEST FISH STORY EVER TOLD**

A beautifully filmed documentary telling the true story of Provincetown native Michael Packard, who survived being swallowed and then spit out by a humpback whale while lobster diving off the coast of his hometown in June 2021.

**WEDNESDAY, MAY 20 3-5 PM**

Harwich Community Center - 100 Oak St

Space is limited, please register:

508-430-7568 or [sestabrook@harwich-ma.gov](mailto:sestabrook@harwich-ma.gov)

See page 2  
for program  
registration  
info





## CAPE COD NORDIC WALKING

**Friday, June 12 10:30 AM - 12:00 PM**

Nordic Walking can energize your body, lift your spirits, and help you explore the Cape in a whole new way. It takes fitness to a new level by adding walking poles to produce an incredible upper body workout. This is an information session and demonstration only, not a walk.

**Registration requested; call anytime.**

## SUMMER SAFETY

**Tuesday, June 16 1:00-2:00 PM**

Fire Captain Leighanne Smith returns to help you stay safe in the summer heat. As we age, it is easier to become dehydrated and suffer heat stroke, especially when there are other medical conditions to manage. Learn what you can do to minimize risk, especially if you lack air conditioning or if you enjoy the outdoors frequently. **Registration requested.**



## SUMMER ICE CREAM SOCIAL KICK OFF

**Friday, June 26 1:00 - 2:00 PM**

The COA and Community Center are teaming up to bring you a series of fun intergenerational social events this summer, and we're kicking off the season with an ice cream party. Bring your grandkids if you have them, or come solo and get to know your neighbors' family. **RSVP required: 508-430-7568 or [sestabrook@harwich-ma.gov](mailto:sestabrook@harwich-ma.gov)**

## TECHNOLOGY CLASSES

### CUTTING THE CORD

**Thursday, June 11 2:00-3:30 PM**

Are you ready to "cut the cord" and save money by switching from cable TV to streaming services? Learn what equipment you need, the difference between various services and devices, the best strategies to save money, and how to get started - no matter how much experience with technology you have. Presented by Chuck Nilosek from Cord Cutting New England.

**Registration required; call anytime.**



### UNDERSTANDING AI

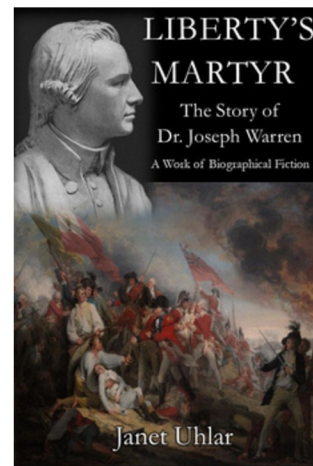
**Thursday, June 25 10:00-11:00 AM**

Artificial Intelligence is changing everything. This easy-to-understand class is designed to help you explore and understand how AI is shaping the world around you. No technical background required! Whether you're a complete beginner or just looking to get more comfortable with new technology, this class will help you build confidence and make sense of the AI buzz in the news and online. Join us and become an informed, empowered digital citizen - AI doesn't have to be intimidating. **Registration required.**

**BEYOND THE BOOK: JANET TINNEY**

Friday, June 26 12:00-1:00 PM

If Joseph Warren had survived the American Revolution, the name Washington might be obscure. Dr. Warren was the foremost Patriot leader in 1775 and unified the disgruntled First Continental Congress. He was forced to make the decision alone to ignite the American Revolution, and Washington himself referred to Warren as the commander-in-chief. Joseph Warren was the essence of Liberty. Learn more from **author Janet Tinney**, as she discusses her book *Liberty's Martyr: The Story of Dr. Joseph Warren*. **Registration required**; call anytime.

**MAH JONGG CLASSES****NEW BEGINNER (\$105)**

Tu/W May 19 &amp; 20 10:00 AM - 1:00 PM

This course introduces you to the basic rules and strategies of American Mah Jongg, a game of both skill and luck. This class will cover the fundamentals: the history, the tiles, terminology, rules, and play. The class runs for two 3-hour sessions to allow for an immersive experience (please attend both). Class fee includes a National Mah Jongg League 2025 card. Max of 12 students, so **registration is required**; contact Donna: 413-441-9492 or dtr8957@aol.com.

**ADVANCED BEGINNER (\$80)**

Tuesday, May 26 10:00 AM - 1:00 PM

Ready to move beyond the basics? This class is the perfect next step if you've learned the fundamentals and want to start really playing with confidence. Understand game flow, turns, and strategy; learn common mistakes (and how to avoid them); practice real hands with live guidance; ask questions in a judgment-free zone. This class will help everything click. No pressure, no experience beyond the basics required, all are welcome. **Registration required**; contact Donna: 413-441-9492 or dtr8957@aol.com.

MOVIE

**MAY 15 at 1:00****RSVP REQUIRED****Blue Moon (2025)**

In 1943 lyricist Lorenz Hart confronts his shattered self-confidence in a bar as his former collaborator, Richard Rodgers, celebrates the opening night of his groundbreaking hit musical "Oklahoma!"

See page 2  
for program  
registration  
info

# Pride Film Series



## June 4 - Beginners

An elderly father with terminal cancer comes out of the closet; his son grapples with loss, memories, and navigating new relationships (romance/comedy)

## June 11 - Good Grief

A man mourns the loss of his husband as his two best friends help him on his journey of grief and acceptance (drama/comedy)

## June 18 - The Wedding Banquet

A gay man and his lesbian friend get fake married to appease his rich Korean family, and hijinks ensue! (comedy)

## June 25 - Cloudburst

A lesbian couple escape from their nursing home and head up to Canada to get married, picking up a hitchhiker along the way (adventure/comedy)

Thursdays in June

1:00 PM

100 Oak Street, Harwich

Please RSVP: 508-430-7550 x1

HarwichCOA.com  
LowerCapePride.org



## SCRAPBOOKING

**Mondays, Ongoing 1:30-3:00 PM**

Bring your photos and mementos and turn them into a timeless treasure! We provide all standard supplies, including a small scrapbook. Spend an afternoon getting creative while you get to know some new friends. **Drop in program.**

*No meetings May 18 or 25*

## CRAFT WORKSHOP

**Fri, May 22 & June 12\* 1:30-3:00**

*\*Note change from regular schedule*

Come play with us! All supplies are provided, but you are also welcome to bring any special materials that you'd like to use.

In **May**, Rosanne Shapiro will lead us in "collaging with poetry." In **June**, we'll make necklaces. **Registration is required and opens May 1 and June 1 respectively.**



## BIRTHDAY PARTY

**Thurs, May 21 & June 18 2:00-3:00 PM**

We welcome you to come celebrate your special day with us! We'll serve cake, sing, and learn fun facts about your birth month. May babies will be celebrated on May 21; June babies on June 18. Open to everyone who wants to help us celebrate. Please RSVP so we bring enough cupcakes!



## COA BOARD OF DIRECTORS

The next meetings for the Board of Directors will be:

**Weds, May 20 & June 17 at 10:00 AM**

All agendas & meeting minutes will be available on the town website, via the Town Clerk, or from the COA.

## GAMES, GAMES & MORE GAMES

These are weekly groups that gather to play. No sign up, no lessons, just drop in as you wish. All levels of play are welcome.

### MAH JONGG

**Tuesdays, 1:00-4:00 PM**



### RUMMIKUB

**Tuesdays, 1:00-3:00 PM**

### MEXICAN TRAIN DOMINOES

**Wednesdays, 1:00-3:00 PM**



### CRIBBAGE

**Fridays, 1:00-3:00 PM**



## UKULELE CLASSES

### MONDAYS

**1:00 Beginner 2**

**2:00 Beginner 1**

**3:00 Absolute Beginner**

## BROOKS FREE LIBRARY

### Friends Sunday Series: Programs in May & June 2026

As we move towards summer on Cape Cod, and the busyness of the season, the Friends of Brooks Free Library (BFL) are wrapping up their current year of First Sunday Series programs with a musical program in May and a history talk in June. Since 1974, the Friends have been a dedicated group of volunteers who support the library's mission through, among many other activities, funding building and ground improvements, offering free museum passes for patrons, and sponsoring and hosting Sunday programs. The Sunday Series is a monthly (October-June), free-to-all program held the first Sunday of the month featuring engaging speakers and musical groups. Programs are held in the Thornton Room in the lower level of the BFL and run from 2-3 pm.

On May 3rd, Duel with Amy and Mike (Amy Marie Thornberg and Mike Skillings) will be performing their classic rock-inspired music. Originally from Connecticut, Amy pursued classical voice and piano from the age of five and performed with classical ensembles and vocal groups. After relocating to Cape Cod in 2013, Amy changed it up and joined the rock group Just Like That. Mike has been a mostly self-taught musician since childhood and attended the Berkeley College of Music focusing on drums. Mike and Amy met in the fall of 2022 and have been performing together ever since and enjoy a summer residency at Chatham Bars Inn.

To wrap up the season, lifelong Harwich resident Paul Doane will give a presentation on Harwich history on June 7th. Paul has led numerous walking tours of Harwich Center, highlighting the 300+ years of town history and the early founding families. He is a twelfth generation Cape Codder, a direct descendant of Eastham's (then known as Nauset) first non-native resident, Deacon John Doane, who was among the "Old Comers" that left Plimoth Colony to settle the Cape in the 1640's. He is a lawyer and former four-term Massachusetts State Senator, combat-decorated US Naval officer, Wall Street executive, and CEO of three statewide multibillion dollar public pension funds. A former Harwich Town Moderator as well as President of Pine Oaks Villages Phase I, he has continued to serve the Town on numerous Committees including for the past thirty-five years as chair of the Caleb Chase Fund Trustees.

*Gavin Williams, staff librarian at Brooks Free Library*

## HARWICH COMMUNITY CENTER

### BUILDING CLOSED

Monday, May 25: Memorial Day

Friday, June 19: Juneteenth

### SELECTED MAY EVENTS

- Cranberry Rug Hookers Show: May 2, 10AM-3PM
- Let's Talk Mental Health: May 2, 9AM-1PM
- Town Meeting: May 4<sup>th</sup> & 5<sup>th</sup> @ 7PM
- KD Quilters: May 4<sup>th</sup> & 18<sup>th</sup>, 10:45AM-3:30PM
- Garden Club Meeting: May 5<sup>th</sup>, 1PM-3PM
- Belly Dancing: May 6, 8, 13, 22, 27 & 29, 12PM-2PM
- Pasta Dinner: May 7<sup>th</sup>, 5PM-6:30PM
- Betty Trummel Talk: May 8<sup>th</sup>, 2:30PM-4PM
- Nordic Walking Club: May 9<sup>th</sup> & 23<sup>rd</sup>, 9AM-12PM
- Harwich Chamber - Think Spring Home & You Showcase: May 9<sup>th</sup>, 9AM-4PM
- Newcomers Club Monthly Mtg: May 11<sup>th</sup>, 9AM-11AM
- Women's Club Meeting: May 14<sup>th</sup>, 1PM-4PM
- Harwich Artists Demo: May 16<sup>th</sup>, 2PM-4PM
- Sampson Fund Pet Wellness Fair: May 16, 10-4
- Red Cross Blood Drive: May 18, 10-3 (by appt)
- Women's Club Book Club: May 18<sup>th</sup>, 2PM-3PM
- Town Election: May 19<sup>th</sup>, Polls Open 7AM-8PM
- Open Mic Night: May 22<sup>nd</sup>, 6:30PM-8PM
- Swing Band Spring Concert: May 27<sup>th</sup>, 6PM-8PM
- Animal Control Talk & Workshop: May 30, 9-12

### SELECTED JUNE EVENTS

- KD Quilters: June 1<sup>st</sup> & 15<sup>th</sup>, 10:45AM-3:30PM
- Garden Club Meeting: June 2<sup>nd</sup>, 1PM-3PM
- Harwich REALTORS® - MLS: June 2, 8:45-9:45AM
- Belly Dancing: June 3, 5, 10, 12 & 24, 12PM-2PM
- Pasta Dinner: June 4<sup>th</sup>, 5PM-6:30PM
- Pride Kindness Rocks Painting: June 6<sup>th</sup>, 10-3
- Cape Cod Quilters Guild: June 11<sup>th</sup>, 4:30-8:30PM
- Women's Club Meeting: June 11<sup>th</sup>, 1PM-4PM
- Cape Harmony Concert: June 12 & 26 @ 7:30PM
- Lions Club Indoor Craft Fair: June 13<sup>th</sup>, 9AM-3PM
- Summer Kickoff Ice Cream Party: June 26 @ 1PM
- Harwich Artists Demo: June 20<sup>th</sup>, 2PM-4PM
- Red Cross Blood Drive: June 22, 12-4PM (by appt)
- Women's Club Book Club: June 29<sup>th</sup>, 2PM-3PM

# 10 FITNESS & WELLNESS PROGRAMS

**BALANCE BOOSTERS** Tu 10:00-10:45 / Tu 11:15-12:00 / Thu 12:15-1:00 NO COST

**Next session: Tuesdays, June 2 - July 7 / Thursdays, June 4 - July 9**

Maintain balance and flexibility with 45 minutes of strengthening and stretching while safely seated in a chair using your own body and simple implements, which are supplied. This FREE class is adapted from an evidence-based program that is shown to improve balance and reduce falls. **Registration is required and opens Tuesday, May 19 for all classes** (you may only register for one of the 3 options).

**CHAIR YOGA** Fridays 11:00 AM -12:00 PM OR 12:00-1:00 PM NO COST

**Session 1: May 1 - 29 / Session 2: June 5-26**

Lindsay Guinan leads a gentle chair yoga class suitable for all fitness levels. Chair yoga has many benefits, including increased flexibility, improved muscle strength, better balance and coordination, lower stress, and even better sleep. **Registration is required and opens Friday, April 24 for Session 1 and Friday, May 22 for Session 2.**



**JILL'S SEATED CLASS** Mondays 11:30-12:30 AM \$8/class

**Session 1: May 4-June 1 / Session 2: June 8-29**

Join Jill Brown, Certified Personal Trainer, for a low impact seated exercise class that includes balance work, cardiovascular exercise, yoga, and meditation all in one! All levels of fitness are welcome. **Registration is required and opens Monday, April 27 for Session 1 and Monday, May 18 for Session 2.**

Monthly sessions

**JILL'S SENIOR WORKOUT** Wednesdays & Fridays 9:15-10:15 AM \$70/16 classes

**April 29 - June 26**

**Payment window: April 15 - April 29**

8-week sessions

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, and calisthenics. **NEW participants must register, complete required paperwork, and provide payment by Tuesday 4/28 at 3PM; stop by the COA Mon-Fri 10AM-3PM.**

Participants who wish to continue from one session to the next do not need to sign up; please drop off your payment by Weds 4/29 end of day. *Because of required Accounting procedures, we regret that we are unable to offer exceptions to these dates.*



## HEARING CLINIC

**Thursdays, May 21 & June 18 10:00 AM - 12:00 PM**

Schedule an appointment to see Susanne Powers, licensed Hearing Instrument Specialist. Services provided include a visual inspection of both ears, hearing screening, hearing aid maintenance and check-up & consultation for anything involving hearing. **Call the COA to schedule your FREE appointment.**



*See page 2  
for program  
registration  
info*

## QI GONG

Wednesdays 10:00-11:00 AM

NO COST

Session 1: May 6-27 / Session 2: June 3-24

Monthly sessions

Practiced for the same reasons as Tai Chi, Qi Gong is a simpler way of cultivating our life force energy to improve health and overall well-being. Rather than learning a sequence of postures, Qi Gong is done mostly in a stationary position, either standing or sitting. Prior experience is not required and there is no ongoing commitment to attend. Each class is unique and uplifting. **Registration is required. Please register directly with the instructor, A.Jay Zahn by emailing [capecodtaichisociety@gmail.com](mailto:capecodtaichisociety@gmail.com).** If you do not use email, call our office and we will pass along your contact info.

## TAI CHI CLASSES (\$)

Come learn the many benefits of Tai Chi. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. Tai Chi practice may help lower blood pressure, improve balance, help with stress reduction, and more. Start your Tai Chi experience with our instructor A.Jay Zahn who has been practicing for over 40 years. *For more info or to register, contact [A.Jay at capecodtaichisociety@gmail.com](mailto:A.Jay at capecodtaichisociety@gmail.com)*



### NEW BEGINNER \$18/class

Tuesdays & Fridays, Ongoing 10:00-11:00

Begin your Tai Chi journey here. If unsure of which class is best for you, contact the instructor at [capecodtaichisociety@gmail.com](mailto:capecodtaichisociety@gmail.com)

### ADVANCED BEGINNER \$18/class

Tuesdays & Fridays, Ongoing 11:15-12:15

This class will focus on developing the Eight Posture Yang Style Tai Chi form and is open to anyone with previous Tai Chi experience.

## FOOT CARE CLINIC

Wednesdays, 9:00 AM - 3:00 PM

May 6, 20, 27 & June 3, 10, 17, 24

Certified podiatry providers Janet Tinney and Autumn Knight offer a general assessment of your feet and will trim, file, clean, and reduce thickening of nails, and smooth corns and calluses. Call the COA to schedule.

Cost: \$50/clinic



## BLOOD PRESSURE & WELLNESS CLINIC

By Appt at COA: Every Weds, 10 AM - 12 PM

Walk In, at Town Hall: 1st Thursdays, 9-10 AM

Meet with the Town Nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. Call the COA for a FREE appointment.



## GROCERY ASSISTANCE

The COA can pick up and deliver groceries from the Family Pantry at no cost. The Family Pantry offers a full range of groceries, including perishables such as milk, eggs, meats, bread, and produce. All Harwich seniors are eligible. Deliveries take place on Tuesday afternoons. Orders accepted **Fridays 12-3:30PM** and **Mondays 9AM-2PM**. Call 508-430-7550 x1 to order.



## PHARMACY ASSISTANCE

COA staff will pick up and deliver your Rx if: (1) The Rx is filled at CVS, Shaw's/Osco, or Stop & Shop, and (2) No copay is due at time of pick up. (Some pharmacies collect payment over the phone.) Call 508-430-7550 x1 to request.

## LEGAL ASSISTANCE

**Wednesdays, May 27 & June 24 12:30-4:00 PM**

Do you have a legal question? Schedule a FREE half-hour consultation with attorney Michael Lavender, who specializes in elder law. Call the COA to schedule your appointment.



**Tuesday, May 12 10:00 AM - 12:00 PM**

Low and moderate-income seniors are invited to schedule a FREE half-hour consultation with an elder law attorney from South Coastal Counties Legal Services. Contact Heather Pearce at 774-487-3250.

## HOMELESS PREVENTION COUNCIL

A caseworker from HPC is available to meet at the Harwich Council on Aging on **Tuesdays from 12:30 - 2:00 PM**. They can assist with housing applications, applying for SNAP benefits, fuel assistance, and other personalized case management support. Drop in service—no appointment required.



## NOTARY PUBLIC

Free notary public services for those age 60+ by appointment. Call the COA to schedule.



## UTILITY BILLS

Discounted rates are available from Eversource and National Grid for residents who receive SNAP, MassHealth, SSI, Health Safety Net, or Veterans Disability benefits. Call Saranya for info: 508-430-7550 x3.

## REAL ESTATE TAX WORK OFF PROGRAM

Qualified residents may be eligible to lower their tax bill in exchange for volunteering for the town. Income and asset limits apply. Applications for FY27 are available now. Contact Saranya for info: 508-430-7550 x3.

## SIGHT LOSS SERVICES

**1st Tuesdays, May 5 & June 2 10:30 AM - 12:00 PM**

Peer meetings for those with vision loss and blindness. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Free transportation. Register by calling 508-394-3904.

## SHINE (MEDICARE) COUNSELING

SHINE provides free health insurance information and counseling to all MA residents with Medicare. Learn more about your plan options and receive help signing up for a more cost-effective plan. Available by appointment.

## SOCIAL WORK SERVICES

Our Social Services Coordinator Saranya Hayward, MSW is available to help Harwich residents age 60+ and their family and caregivers with a variety of services, including but not limited to: referrals to homecare agencies and assisted living communities, referrals to Elder Services and help navigating their services, SNAP applications, referrals to local emergency financial assistance programs, enrollment in the Brown Bag grocery delivery program, and referrals to many other agencies and services. Call Saranya at 508-430-7550 x3.

## VETERAN'S ASSISTANCE

A Veterans Service Officer is available at the Harwich office most Tuesdays & Thursdays to assist Veterans and surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. Call 508-778-8740 (Hyannis) or 508-430-7510 (Harwich) to schedule an appointment or confirm current drop-in hours.

## DURABLE MEDICAL EQUIPMENT LOANS

**Loans:** Durable medical equipment is available for loan (canes, walkers, commodes, shower seats, etc). Loans to non-Harwich residents are limited to items we have in abundance. Incontinence products are available at no charge to residents in need, as supplies permit.

**Donations & Returns:** We accept equipment that is clean and in good condition (e.g., no rust). Packages of urinary incontinence supplies must be unopened. Note that our ability to accept donations and returns is dependent upon our storage space. There may be periods when we have to decline donations and returns. We unfortunately cannot accept any equipment that requires power, nor non-durable medical supplies (e.g., bandages, medications) other than un-opened incontinence products. You can drop in Mon-Fri 9AM-3PM, though we recommend calling ahead.

## DROP IN TECH HELP CLINIC: FRIDAYS, 9-10 AM

Drop in to talk to a volunteers who can answer quick questions about your phone or tablet (~15 minute sessions).

## PEER TECH SUPPORT

Older adult volunteers are ready to assist Harwich residents age 60+ with a variety of devices (phone/tablet/PC, Mac) either in the COA office or at home. Available by appointment.



## TABLET LOAN PROGRAM

Borrow a tablet to browse the internet, check your email, or even just play games. You can also schedule a time to use a tablet and a private room in order to conduct a virtual doctor or therapy appointment. No internet at home? Borrow a wifi hotspot from Brooks Free Library! If you need a tutorial or help using the tablet, please also request an appointment with a Peer Tech Support Volunteer, described above. To borrow a tablet or schedule a session, call the COA.

## SUMMER PROGRAM: WINDOW AIR CONDITIONERS

The COA has a limited number of window AC units to distribute to residents in need. Call to request.

## Volunteer of the Year

### MILLY O'CALLAGHAN

Milly has been volunteering with the COA for over three years. She began by sharing her organizational skills, tackling the most neglected spaces of our office and sprucing up our reception area each week to make it more inviting. She also decorates for every holiday to maintain a festive and fun atmosphere for our visitors. With grace, she has managed the never ending task of keeping our medical equipment room organized.

In addition to keeping us tidy, welcoming, and organized, Milly decided to learn the ropes at our reception desk so she could fill in for absences. This eventually grew into a regular position on Friday afternoons once she took a break from traveling, which is a passion for her and her husband.

Although Milly and her family have had a home in North Harwich for 17 years, they made it their permanent residence 8 years ago. Before retiring, she had a rewarding career in education as an administrator of student and personnel services for special education.

When she's not traveling or at our office, Milly enjoys quilting and walking the beautiful beaches of Harwich, and is an avid reader. And of course, she loves spending time with her son Jonathan (who also occasionally lends a hand to the COA!). She shared that she enjoys her time with our staff and patrons, and also appreciates learning more about the wonderful services available in Harwich.



#### VOLUNTEERING SINCE 2022

- ✦ Office caretaker, holiday elf, reception desk admin & more!
- ✦ World traveler: In 2025, Milly and her husband visited Japan and Charleston, South Carolina; in 2024, they explored England, Scotland, Iceland, Spain, and Morocco.
- ✦ What does she like about volunteering? It's the "pleasant, fun environment" that keeps her coming back, as well as the opportunity to help others.



## CURRENT VOLUNTEER OPPORTUNITIES

We are currently looking for compassionate people for the following roles:

- Friendly Visitor
- Volunteer Medical Driver
- Craft Workshop Leader

For more information about these or other roles, contact Program Specialist Rosa Wright: 508-430-7550 x5 or [rosa.wright@harwich-ma.gov](mailto:rosa.wright@harwich-ma.gov)

## VOLUNTEER COFFEE HOUR

Thursday, May 14 9:00 - 10:00 AM

Enjoy coffee and pastries with your fellow volunteers! We also welcome those who have been thinking about joining our volunteer team—this is a great way to learn more. Take this opportunity to network and socialize with all of the wonderful people involved with the COA who you might not meet during your day to day work. **RSVP is requested.**



## Sue Jusell, RN

Town Nurse

508-430-7550 x 2



As early summer settles in, bringing longer days and increased time together, I am reminded of the kindness and generosity that connects us all here in Harwich. As a public health nurse it's a privilege to care for you and be welcomed into your life. I hope that in your daily travels you find connections with people you meet and hopefully find the time to foster new friendships along the way.

This Spring, Captain Leighanne Smith from the Harwich Fire Department will join me to discuss summer safety and how to keep yourself out of the hospital this season (page 5). It'll be interesting to hear a little more about what our EMS officers are facing. I hope you leave with a better understanding of how to identify and prevent strokes, UTIs, overheating, dehydration and know the warning signs of sepsis, because it's a medical emergency.

We certainly had our fair share of shoveling this year. I hoped that would spare us from an early tick season, but I know firsthand that is not the case. In mid-February as the snow was melting off, I went for a walk in one of our conservation areas and left with a tick on my leg that was not much larger than the size of the period here in this sentence. Asher Cattle, entomologist from the Cape Cod Cooperative Extension, will help us navigate a safer way to enjoy our time outdoors (page 3). I appreciate a refresher course this time of year on how to protect ourselves and learn a little more about the tick-borne diseases; we'll probably touch on those pesky mosquitoes as well. I hope you can join us.

There are so many people who touch our lives. Is there someone who's passed but you didn't get a chance to say goodbye or acknowledge their presence in your life? We are offering a time to do just that on May 19 (page 4). Maybe you delivered meals to them, possibly a neighbor or somebody closer to you. Then please join me for this structured time of remembrance and light refreshments.

Please reach out with any challenges you're having. I'm here Monday through Friday and happy to schedule a time to check your blood pressure either at the community center or at your home. There's a walk-in clinic at Town Hall on the first Thursday of each month morning from 9:30 to 10:30 as well as every Wednesday at the community center by appointment. Take care.

## Saranya Hayward, MSW

Social Services Coordinator

508-430-7550 x 3



As summer approaches, I'm looking forward to spending more time in the garden—cleaning up the space and planting new flowers. Hydrangeas have always been my favorite, and I'm excited to see them bloom again. This year, my husband and I are also planning to build a raised garden bed for herbs and vegetables. While I wouldn't consider myself someone with a natural green thumb, I truly believe that gardening is something anyone can learn with time and patience.

I may not have shared this before, but we have a pet turtle named Sleepy. He is a 20-year-old red-eared slider and very much a part of our family. Sleepy has quite the personality and a surprising amount of energy. Turtles like him can live 25 to 30 years in captivity when properly cared for. No matter what type of pet you have, big or small, it's important to remember that caring for them is both commitment and responsibility.

If you are a pet owner, there are several valuable resources in our community that may be helpful. Local organizations such as MSPCA Cape Cod in Centerville, Animal Rescue League in Brewster, Cape Wildlife Center in Barnstable, and the New England Society for Abandoned Animals (NESAA) in Centerville provide a variety of services. Additionally, The Sampson Fund is a nonprofit organization that offers financial assistance for households facing high veterinary costs for sick or injured pets. If you are interested in learning more, I encourage you to visit their website.

There have also been some updates regarding SNAP (Supplemental Nutrition Assistance Program). New and recertifying applicants are now required to provide documentation such as proof of income, mortgage statements, property taxes, home insurance, condo fees, utility bills, and medical expense receipts. More detailed information can be found on the DTACconnect website under the SNAP benefits eligibility section.

As always, don't hesitate to reach out for any reason!

Friends of the Harwich Council on Aging

100 Oak Street
Harwich, MA 02645

FriendsofHarwichCOA@gmail.com



A message from the Friends

Dear friends, donors, and members:

By the time you read this, we can hope that the unusually severe winter weather is behind us and we can start enjoying being outdoors with a little less clothing. Maybe not shorts yet, but at least we'll be able to shed the heavy winter coats.

The Friends are pleased to have Nicola Raneo join our Board. She currently lives in Harwich Port with her husband and daughter. She grew up in East Harwich and is a graduate of Harwich High School. She currently works in the Treasury Management division of Cape Cod 5 Cents Savings Bank. Having helped her grandmother live in her home, she is looking for ways to help other older adults and to give back to the community and she has jumped right in to help the Board.

In reading the Needs Assessment that was completed last year, one comment that seemed to stand out was the need for a list of reliable contractors. We are curious about what is actually desired. Is this a need for someone to do remodeling of one's residence or is this a need for handyman type services, e.g., putting in screens or air conditioners? If you are interested in this list of contractors, could let us know a little more detail of your desires by posting on our Facebook page or send an email to friendsofharwichCOA@gmail.com?

Thank you,

Bob Hamilton on behalf of the Board of the Friends of the Harwich Council on Aging



FY 26 FRIENDS OF HARWICH COA MEMBERSHIP

Annual dues are \$15 per person or \$25 per couple

Name \_\_\_\_\_

Name \_\_\_\_\_

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

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

Town/Zip \_\_\_\_\_ Phone \_\_\_\_\_

Town/Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

ANNUAL INDIVIDUAL: \$15\_\_\_

ANNUAL COUPLE: \$25\_\_\_

In Honor Of / In Memory Of:

Additional Donation: \$\_\_\_\_\_ Bronze: \$100 Silver: \$250 Gold: \$500 Platinum: \$1,000

Please make checks payable to: Friends of Harwich COA & Mail to: FHCOA, 100 Oak St., Harwich, MA 02645

## ROCK HARBOR RESPITE

Rock Harbor Respite is a regional adult supportive daycare program for older adults in need of social engagement and those living with physical disabilities or cognitive changes. The program offers a structured day which includes a variety of activities to promote optimal social, emotional, and physical wellness.

The Town of Harwich subsidizes the cost of attendance for our residents. The cost for Harwich residents is \$65/day.

For more information or to learn about the opportunity to schedule a complimentary trial day, contact Supportive Day Program Director, Maria Cecchi, at 508-255-6333 x19.



*If transportation or cost is a barrier to attendance, please contact Julie at the Harwich COA at 508-430-7550 x4. Scholarships available.*

## DENNIS GOLDEN AGE PROGRAM

The Golden Age Program (GAP) is a Social Day Program for persons with cognitive impairment. Participants enjoy the company of friends, have fun enjoying games, crafts, field trips, music, exercise, dance, and much more. GAP meets Tuesday-Friday 9:30AM to 2:30 PM. For more info, call the Dennis Center for Active Living: 508-385-5067.

## ALZHEIMER'S ASSOCIATION

The Alzheimer's Association MA-NH Chapter maintains a free 24/7 helpline answered by a live person, providing information and support to anyone who needs assistance. You can also call this line to learn more about how the organization can help you and your family.

24/7 Helpline: 800-272-3900



## ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

AFSC provides free support to families affected by dementia. Services include support groups, consultations, care planning, phone support, education, insurance support, and social and cultural programming. The AFSC is committed to providing support through every stage of dementia-related illness, not only for family caregivers and professionals but for people living with cognitive disease, from pre-diagnosis to bereavement and all of life that happens in between. A respite center in Hyannis is also operated M-F. For assistance, call 508-896-5170.



Alzheimer's Family Support Center  
Until there's a cure, there's community.

## DEMENTIA CAREGIVERS SUPPORT GROUP & COMPANION GROUP

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 2:00-3:30 PM**

The Alzheimer's Family Support Center hosts a caregiver's support group on-site at the Harwich COA. Facilitated by a social worker, this group is open to anyone who provides caregiving to a loved one with dementia, Alzheimer's Disease, or any other form of cognitive impairment. While the caregivers meet, your loved ones will be engaged in activities in a companion group that is run by experienced staff.

Join us and take time to fill your cup with self-care. There is no commitment to attend all sessions; come and go as works for your family. **Registration requested, but drop ins welcome; call the AFSC office in Brewster at 508-896-5170.**



## CRANBERRY COACH

Transportation on our wheelchair-accessible van is available for trips to grocery stores, pharmacies, and post offices within Harwich, as well as to onsite COA programs, Brooks Free Library, and Town Hall.

- The capacity on our largest van is 14 passengers.
- You must make a reservation at least 24 hours ahead. More notice always helps!
- Riders with symptoms of respiratory illness will be asked to wear a mask or reschedule.
- Reminder: Rides are to scheduled locations only. Drivers cannot bring you to any location not scheduled through the COA office in advance. We must account for every trip in our daily schedule to ensure the van runs on time.
- Schedule is subject to change based on rides to/from COA programs.

## CRANBERRY COACH WEEKLY SCHEDULE

Mon AM: Market Basket or Hyannis shopping (below)

Mon PM: Ocean State Job Lot & Dollar Tree

Tues AM: Shaw's

Tues PM: Family Pantry delivery

Wed AM: Shaw's

Wed PM: Call for availability

Thur AM: Shaw's

Thur PM: Call for availability, schedule varies

Fri AM: Shaw's, Brown Bag, or COA Breakfast

Fri PM: Stop & Shop or Shaw's + Harwich Port stops

*Harwich Port stops (CVS, Post Office, and local banks)*

**must** be scheduled when booking your ride



## MONDAY TRIP SCHEDULE

Market Basket: May 11 + June 1, 15, 29

Hyannis shopping: May 4, 18 + June 8, 22

Call the COA to schedule all rides:

**508-430-7550 x1**

24-hour notice for Cranberry Coach

1 week notice for Medical Rides

## VOLUNTEER MEDICAL RIDES

Volunteer Drivers provide rides to local medical appointments. Requests must be made AT LEAST ONE WEEK in advance. Call 508-430-7550 x1 to request.

- Travel between Wellfleet and Sandwich only.
- Rides must fall within our regular business hours (pick ups at 8:30 or later; drop off by 4:00).
- Limit of 2 medical rides per month.
- We cannot transport anyone who has been under any form of anesthesia; rides TO procedures ok.
- Riders must be able to enter and exit a vehicle without assistance. Caregivers may accompany.
- A cash donation of \$5-20 to your driver to offset the cost of gas is requested (can be waived).
- Prescription delivery also available; see page 12.
- NEW: Limited availability of rides for residents who need wheelchair transport. Call to inquire.

## COMMUNITY TRANSPORTATION

Contact CCRTA for all options below: 800-352-7155

**DART:** Door-to-door, ride-by-appointment service that is wheelchair accessible. Fare is \$1.50/ride for seniors. To make a reservation, call the CCRTA M-F 8am-5pm.

**Smart DART:** An app based, on-demand service that is a door-to-door, ride-hail service. Search "CCRTA SmartDart" in your app store.



**H20:** CCRTA's fixed route public transportation between Orleans and Hyannis, with stops in Harwich Port and at Shaw's in Harwich. Fare is free for seniors.

**FLEX:** The CCRTA's Flex bus picks up and drops off passengers at designated stops and also flexes off its route up to  $\frac{3}{4}$  of a mile as needed. Reservations are required for the off-route stops.

**Boston Hospital Transportation:** Transportation provided for medical appointments at Boston hospitals weekdays by the CCRTA, with a pick-up in Harwich. Call the CCRTA to reserve by 11am the day before. \$30 round trip, \$15 one way

## BREAKFASTS

Enjoy a breakfast feast prepared by Town Chef Linda St. Pierre accompanied by a brief presentation from a community partner. Seating is limited, so you must call ahead to reserve your spot. To register, please call the COA or sign up in person starting May 1. "Last call" is 3pm the Wednesday before the breakfast.

May Speaker: VNA  
June Speaker:  
Atlantic White Shark  
Conservancy

### MEN'S BREAKFAST

Held on the 2nd Friday  
May 8 & June 12 / 9:30 - 10:30 AM

### WOMEN'S BREAKFAST

Held on the 4th Friday  
May 22 & June 26 / 9:30 - 10:30 AM



## LUNCH

Lunch is available Monday - Friday, 11:30 AM to 12:30 PM. We offer the option to dine onsite (Tu-F) or take your meal as a "grab & go" (M-F). Max. of 25 G&G meals per day & 45 dine in.

**REGISTRATION:** Advance registration is required. Please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! Clients with documented Health Needs or Financial Needs will be prioritized for Grab & Go Meals (ask for more info). Registration for lunches opens at 11:30 AM on 4/15 (May) & 5/15 (June).

**ATTENDANCE:** Diners must be seated by 11:40 AM, and Grab & Go meals must be picked up by 12:30 PM. Cancellation and no-show policies apply.

**PAYMENT:** The suggested voluntary donation per meal is \$4 for Harwich residents and \$5 for non-residents.

Order forms & a full description of program policies are available in the office or by mail/email.

### MAY—Registration opened April 15

Fri 5/1	Pizza & salad
Mon 5/4	Salami & cheese w/chips
Tue 5/5	Fried chicken w/potatoes & veg
Wed 5/6	Chili w/garlic bread
Thu 5/7	Pesto & tomato grilled cheese w/chips
Fri 5/8	MEN'S BREAKFAST—Register by 5/6 @ 3PM
Mon 5/11	Ham & swiss sandwich w/chips
Tue 5/12	Chicken fajita bowl w/rice
Wed 5/13	Teriyaki beef w/mixed veggies over rice
Thu 5/14	Salad w/chicken and roll
Fri 5/15	Stuffed shells w/salad
Mon 5/18	Italian sub w/chips
Tue 5/19	Pulled pork w/slaw & chips
Wed 5/20	Meatloaf w/potatoes & veg
Thu 5/21	Chicken alfredo w/noodles
Fri 5/22	WOMEN'S BREAKFAST—Register by 5/20 @ 3PM
Mon 5/25	CLOSED—MEMORIAL DAY
Tue 5/26	Pasta w/Italian sausage & peas w/garlic bread
Wed 5/27	Orange chicken over rice w/veg
Thu 5/28	Veggie lasagna w/salad
Fri 5/29	Salad w/shrimp & roll

### JUNE—Registration opens May 15 at 11:30

Mon 6/1	BLT wrap w/slaw & chips
Tue 6/2	Cowboy pasta salad w/roll
Wed 6/3	Salisbury steak w/potatoes & veg
Thu 6/4	Bologna & cheese sandwich w/chips
Fri 6/5	American chop suey w/garlic bread
Mon 6/8	Chicken salad on a roll w/chips
Tue 6/9	Salad w/tuna and roll
Wed 6/10	Taco boat w/rice
Thu 6/11	BLT pasta salad w/roll
Fri 6/12	MEN'S BREAKFAST—Register by 6/10 @ 3pm
Mon 6/15	Roast beef & cheese sandwich w/chips
Tue 6/16	Mushroom swiss burger w/chips
Wed 6/17	Pasta w/shrimp
Thu 6/18	Ham w/potato salad & slaw
Fri 6/19	CLOSED—JUNETEENTH HOLIDAY
Mon 6/22	Thanksgiving sandwich (turkey, stuffing, cranberry)
Tue 6/23	Pastrami & swiss sandwich w/chips
Wed 6/24	Mac & cheese w/salad
Thu 6/25	Chicken parm w/ziti
Fri 6/26	WOMEN'S BREAKFAST—Register by 6/24 @ 3pm
Mon 6/29	Egg salad sandwich w/salad
Tue 6/30	Meatball sub w/chips

HARWICH COUNCIL ON AGING  
100 OAK STREET  
HARWICH, MA 02645

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**Email [coa@harwich-ma.gov](mailto:coa@harwich-ma.gov) with your name and address.**



# HARWICH COUNCIL ON AGING

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IMPAIRMENTS, A LARGE PRINT  
VERSION IS AVAILABLE  
UPON REQUEST**



The Harwich COA offers many legal, financial, medical, recreational, and other services and/or activities by volunteers or nominal cost practitioners. Older adults participating in these services do so with the understanding that the Harwich COA, the Town of Harwich, or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or practitioners.