

HARWICH COUNCIL ON AGING



Our mission is to support and advocate for older adults, their families, and caregivers.

Located at the Harwich Community Center | 100 Oak Street, Harwich MA 02645

Open Monday - Friday 8:30 AM - 4:00 PM



NOVEMBER / DECEMBER 2025

HAPPY HOLIDAYS

We're looking forward to sharing this holiday season with you! Read on for details about holiday programs we're organizing or offering in partnership with other groups. Please note that all programs are *first come, first serve*, as space and supplies are limited. **To sign up for these programs, call 508-430-7550 ext 1.**

THANKSGIVING FOOD BAKETS

With the generous help of Lower Cape Outreach Council, the COA will be distributing free Thanksgiving food to older adults who need extra support this year. Whole frozen turkeys are available, plus all the fixings. Orders will be delivered by volunteers on Thursday, November 20. *You must be home for the delivery.* **Sign up between October 27 - November 14.**

HOLIDAY MEALS AT THE COA

Chef Linda St. Pierre will be preparing special feasts for both the Thanksgiving and winter holidays! All meals are **Dine In only (11:30 AM - 12:30 PM)**, with seating for 50.

Thanksgiving Luncheon: Thurs 11/13 or Weds 11/19

- Roasted turkey with all the fixings. Registration opens **Tuesday, Nov 4.** Please specify date (11/13 or 11/19).

Winter Holiday Luncheon: Weds 12/10 or Weds 12/17

- Salmon with rice and vegetables. Registration opens **Tuesday, Dec 2.** Please specify date (12/10 or 12/17).

Suggested (optional) donation of \$5, which will directly support the Santa for Seniors program.

COA SANTA FOR SENIORS

The COA has an outreach program for older adults in Harwich who have limited family support or who just need a little extra cheer this holiday season. We deliver cranberry breads donated by the Kiwanis and holiday gifts from generous donations made by the Friends of HCOA and by community members. Let us know if there's someone who should be included. To make a referral, drop a note in the suggestion box in our office, call 508-430-7550 x3 or email saranya.hayward@harwich-ma.gov.

Donations are gratefully accepted during office hours.



MURDER MYSTERY AT THE THEATRE

**Tuesday, December 30
1:30-3:30 PM**

As the lights go down and the curtain rises,
a deadly drama is about to unfold ...
Was that scream part of the play?

Join us for a fun 1920s themed murder mystery
game to celebrate New Year's Eve. You can
come dressed in sequin flapper dresses or
pinstripe suits, or simply don one of our
feathered headbands or fedoras to get into
character and figure out whodunit.

Refreshments and mocktails will be served.

REGISTRATION REQUIRED - PLEASE CALL THE COA

WHAT'S INSIDE

Special Programs.....	pp. 1 - 5
Recurring Programs.....	pp. 6 - 7
Fitness & Wellness	pp. 8 - 9
SHINE & Fuel Assistance Info.....	p. 10
Transportation.....	p. 11
Services.....	pp. 12 - 13
Volunteer News.....	p. 14
Health News & Outreach News.....	p. 15
Friends' News.....	p. 16
Town Updates & Events.....	p. 17
Lunch Program	p. 18
Community Resources.....	p. 19

MORE HOLIDAY PROGRAMS ON PAGE 4!



508-430-7550



HarwichCOA.com



coa@harwich-ma.gov



[/HarwichCOA](https://www.facebook.com/HarwichCOA)

DIRECTOR'S DIALOGUE

Is this your “most wonderful time of the year” or do you need help getting into the holiday spirit? At the COA, we do our best to offer as many fun holiday programs as possible and to create a warm, festive environment in our reception area. With family often spread far and wide, we know that it's not always possible to gather with loved ones as much as you might like, but there are always friends here to help you celebrate. Our holiday programs are listed on page 1 & page 4, and on page 19 you'll find info on a community program. Finally, don't forget to check out the Community Center's offerings on page 17.



In between the many festivities on offer, we hope you will also join us for some of the important educational sessions we have planned. National Grid and Eversource will both be on site to help you find ways to lower your energy bills (page 3); Fire Captain Leighanne Smith will teach us how to prepare for a winter storm (page 4); and the AARP Tax Aide Program will discuss important tax code changes that will result from recent federal legislation (page 5). Finally, for details on seasonal programs such as Fuel Assistance, Medicare Open Enrollment, and the upcoming 2026 Tax Aide Program, check out page 10.

- Julie Groom (formerly Witas), COA Director

SEASONAL OPERATIONAL UPDATES

BUILDING CLOSURES

- Tuesday, November 12: Veteran's Day
- Thursday, November 28 & Friday, November 29: Thanksgiving
- Thursday, December 25: Christmas Day
- Thursday, January 1: New Year's Day

PROGRAMS

No programs will be held on December 24 or December 26.

MEDICAL EQUIPMENT

Medical equipment returns and donations will be paused between Monday, December 22 and Friday, January 2. Equipment loans will still be available daily from 9 AM to 3 PM. We will resume taking returns again on Monday, January 5.

WINTER WEATHER POLICY

If Monomoy Public Schools are closed, all COA programs (including lunch and transportation) will be cancelled, but the COA will be staffed and available to assist by phone. During severe weather, Town Administration may make the decision to close all town buildings. We advise checking the local news or the Town of Harwich website for information on building closures during winter weather events, or sign up for CivicReady notifications to receive updates in real time.

PROGRAM REGISTRATION

Registration for programs is either required, requested, or drop-in and will state such in each program description. Programs generally may be registered for via phone or in-person. All programs are open to Harwich residents and non-residents unless stated otherwise, however, we do prioritize Harwich residents for our most popular programs. We accept same-day registration and will also accept 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. We regret that voicemails left prior to 9AM cannot be honored. Please leave only one message; leaving duplicate messages delays our ability to return calls. Fitness program participants are required by the Town of Harwich to complete a liability waiver and list emergency contacts.

FOR PROGRAM REGISTRATION, PLEASE CALL

508-430-7550 x1

COA BOARD OF DIRECTORS MEETING

The next meetings for the COA Board of Directors will be:

Weds. November 19 & December 17, 2025 at 10:00 AM

All agendas and meeting minutes will be available on the town website, via the Town Clerk, or by contacting the COA.

NEEDS ASSESSMENT FORUM

Tuesday, November 18 • 2:30 - 3:30 PM

Our year-long needs assessment is complete, and the results are in! Our partners at UMass Boston will be onsite at the COA to present and discuss the findings. Please join us to learn what you and your neighbors had to say about aging in Harwich and about our COA. We hope you will be part of the conversation as we use this information to inform our work in the future. **Please RSVP to save your seat—call our office at 508-430-7550 x1.**

BREAKFAST PROGRAMS



Enjoy a breakfast feast prepared by Town Chef Linda St. Pierre followed by a short presentation from a community partner. Seating is limited, so you must call ahead to reserve your spot. **Registration required as space is limited.** To register, please call the COA or sign up in person starting November 1. "Last call" is 3PM the Wednesday before the breakfast.

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Note the change in schedule due to the holidays!

MEN'S BREAKFAST

Friday, November 21 • 9:30 - 10:30 AM

(No December Breakfast)

WOMEN'S BREAKFAST

Friday, December 19 • 9:30 - 10:30 AM

(No November Breakfast)

BEGINNERS MAH JONGG CLASS (\$105)

November 13, 18 & 20 • 1:00 - 3:00 PM

This course introduces you to the basic rules and strategies of American Mah Jongg, a game of both skill and luck.



You will learn the American style of Mah Jongg which was standardized in 1937 by the National Mah Jongg League in New York. This class will cover the fundamentals: the history, the tiles, terminology, rules, and play. Two instructors will be available to allow for more one-on-one instruction. The class session will run for three 2-hour sessions to allow for a more immersive experience (you must attend all 3 sessions). To participate, you'll need a National Mah Jongg League 2025 card, which is included in the cost of the class. Minimum of 8 to hold class; maximum class size of 12. **Registration required; call the COA any time.**

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ASSISTIVE LISTENING DEVICES ARE AVAILABLE FOR OUR PROGRAMS; PLEASE ASK THE COA FRONT DESK

AQUACULTURE

Thursday, November 6 • 10:00 - 11:30 AM

Keith Wilda, President of Aquacultural Research Corporation (ARC), will be presenting "Seed to Farm to Table." Located in Dennis, ARC is one of the largest clam and oyster hatcheries in New England. ARC produces seed for aquafarms here on Cape Cod as well as other East Coast aquaculture regions, which aids in restoration projects that help improve the health and well-being of our coastline and supports our local recreational fisheries. **Registration requested; call the COA.**



JFK PRESIDENCY TALK

Wednesday, November 12 • 1:00 - 3:00 PM

Honor Veteran's Day by joining us for a very special talk by Colonel Norman Katz (retired), Military Advisor and Attache to the US Secret Service, Special Operations Division,



Continuity of Government Program. Colonel Katz will discuss the highlights of having served during the JFK and LBJ Administrations and will touch on the Cuban Missile Crisis. Now at age 88, he is the only survivor from the Continuity of Government Program, Special Facility, who was on duty at the White House on the day of the assassination of John F. Kennedy, the 35th President of the United States. **Registration requested; call the COA any time.**

NATIONAL GRID & EVERSOURCE

Thursday, November 13 • 10:00 AM - 12:30 PM

National Grid & Eversource Customer Advocates will be on site, available to meet one-on-one to discuss options to manage your energy bill and protect yourself from shutoff. If your electricity or gas bills are getting hard to manage, ask if we can help! Customer Advocates can help you apply for the following programs: Discount Rate, Payment Plans, Budget Plan, Arrears Management Program (AMP)

No appointment needed. When you visit, please bring your eligibility letter for any/all of the following programs if you participate in them: SNAP, MassHealth, Health Safety Net, SSI, Chapter 115 Veteran's Service Benefits, Veteran's Disability Pension, Veteran's DIC, LIHEAP/Fuel Assistance, public/subsidized housing. **Drop-in service.**

HOLIDAY PROGRAMS

CERAMIC ORNAMENT PAINTING (\$)

Friday, December 5 • 1:30 - 3:00 PM

We're taking a road trip to Starfish Shoppe & Studio in Dennis Port to paint ceramic ornaments. Join us there or request a ride on our van. **Registration required; call the COA any time.** Cost: Participants will select and pay for an ornament at the studio; most are under \$15. **Capacity:** 14

NORDIC CHRISTMAS

Thursday, December 11 • 10:00 - 11:30 AM

Grab your hat, scarf, and mittens! Climb onto Julbocken, the straw Yule Goat! We're off to discover Christmas traditions in Denmark, Finland, Greenland, Iceland, Norway, and Sweden! We'll explore holiday markets, meet a host of Christmas characters, sample traditional food and beverages, and even stop by Santa Claus Village in the Arctic Circle. A Nordic-themed raffle will wrap up our event. **Registration required; call the COA any time.**



COCOA & CAROLS HOLIDAY PARTY

Monday, December 15 • 12:00 - 2:00 PM

Sip some hot cocoa to warm up your vocal chords, then sing along to your favorite traditional winter holiday songs! From 12-1 PM, our ukulele instructor Cathy Hatch and the Cape Cod Ukulele Club Local will lead the festivities with musical accompaniment, and any singers who want to join the fun are welcome.



At 1 PM, we'll transition to other activities, including a White Elephant gift exchange. If you want to participate, bring a wrapped bauble from your home or a thrift store that needs a new owner. Get creative, and please bring only (gently) used items. The best White Elephant gifts are not expensive, they're humorous, unexpected, or quirky. **Registration required; call the COA any time.**

WINTER STORM PREPAREDNESS



Tuesday, November 18 • 1:00 - 2:00 PM

Are you ready for winter? Fire Captain Leighanne Smith visits the COA again to share tips on how to prepare for the next winter storm. We'll review what supplies you should have available and how to stay informed of important updates throughout a storm. Attendees will also receive a free fire blanket and C.A.P.E. bag! **Registration required.**

IPHONE 102

Thursday, November 20 • 10:00 - 12:00 PM

In this class we will start with the basics of the iPad/iPhone. Buttons, control center, settings, changing the home screen, adding and removing apps, customizing the widgets, Find My and much, much more. Anyone attending will learn more than they knew before they came in. Confidence when using your devices is necessary. Come in and learn! Please make sure you bring your charged device(s) with you! **Registration required, which opens Tuesday, November 4.** Maximum of 10 participants to allow sufficient time with each student.

Living with Diabetes

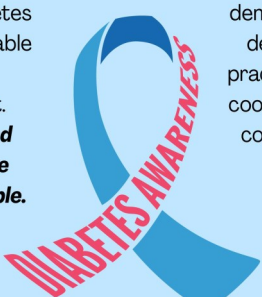
Diabetes education
with Sue Jusell,
Harwich Town Nurse

Learn prevention and management strategies, steps to reduce diabetes risk, and explore available resources and community support.

***Blood pressure and non-fasting glucose checks will be available.**

Cooking Healthy Dishes
with Kim Concra,
Barnstable County Extension

Join us for a live demonstration featuring delicious recipes and practical tips. Enjoy a live cooking demo along with complimentary recipe handouts.



NOV 17 Date: November 18
Time: 1:00 PM - 3:00 PM
Location: Harwich Community Center

Please call to register:
508-430-7550
Space is Limited

ORGANIZED BY TOWN OF HARWICH HEALTH DEPARTMENT

INTERMEDIATE GENEALOGY

Tuesday, December 2 • 10:30 AM - 12:30 PM

Robbin Kelley returns for another genealogy workshop. This session will include a hands-on tutorial in using online resources such as Ancestry.com and FamilySearch.org. You'll also learn how Brooks Free Library can help with your genealogy search. Participants should bring their laptop or tablet to class. **Registration is required; call the COA anytime.**



ALL ABOUT AMBULANCE BILLING

Tuesday, December 16 • 1:00 - 2:00 PM

What do you know about your Medicare coverage for ambulance billing? Before you face an emergency, it is important to understand what ambulance services are paid by Medicare and what you may have to pay. Medicare will typically pay for an ambulance when it's the only safe way to get you to the nearest appropriate medical facility for emergency care. Attend this informative session, presented by the MA Senior Medicare Patrol Program, to learn more about your Medicare ambulance coverage, including deductibles and co-pays/coinsurance. **Registration required; call the COA anytime.**



PROTECT YOURSELF FROM FRAUD & IDENTITY THEFT

Thursday, December 18 • 10:00 - 11:30 AM

Each year, criminals steal billions from Americans using tactics including tech support and business impersonation, AI, cryptocurrency, and social media. Join us for an eye-opening session, sponsored by AARP, where we will delve into the strategies of scammers and how you can outsmart them. Learn the essential steps to safeguard your identity and finances. The presentation will cover trends in scams and fraud, scammer strategies, how to prevent scams, and AARP resources. Attendees will receive a free RFID blocking sleeve to protect your credit cards from "skimming" theft. **Registration required; call the COA.**



FEDERAL TAX CODE CHANGES

Monday, November 10 • 10:00 - 11:30 AM

Recent federal legislation will bring changes to the tax code, including for Social Security recipients. Don Reynolds, our previous AARP Tax-Aide District Coordinator and current Assistant State Coordinator has assembled a presentation focused on taxpayers to provide details and answer questions you may have concerning the new Federal Tax Law. Presentation will last about 45 minutes, followed by ample time for Q&A. Don is very well versed in tax law and will provide insight to all. Don't miss this informative session! **Registration requested; call the COA anytime.**



CAPE COD THEATRE COMPANY/ HARWICH JUNIOR THEATRE

Annie

Book By THOMAS MEEHAN Music By CHARLES STRAUSE Lyrics By MARTIN CHARNIN

Originally Broadway Production Directed by MARTIN CHARNIN

Based on "Little Orphan Annie"
By Permission of Tribune Content Agency, LLC.

COA matinee on Dec 9th at 10am!

Tickets \$27
Call the COA for yours!



www.capecodtheatrecompany.org | 508-432-2002



**PLEASE VISIT PAGE 2 FOR PROGRAM
REGISTRATION INSTRUCTIONS**

SCRAPBOOKING (\$10)

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, for a one-time fee of \$10. Spend an afternoon getting creative while you get to know some new friends. **If you are new to the group, please call to register for the program before your first visit.** You are then free to drop in as often or as little as you'd like. **No meetings December 8 or 15**

CRAFT WORKSHOP

Friday, November 21 • 1:30 - 3:00 PM

Come play with us! All supplies are provided, but you are also welcome to bring any special materials that you'd like to use. Capacity: 12 people per session. **Registration is required and opens November 1.**

On November 21, Barbara Quinn will help you create holiday wreaths made of festive fabric pieces.



No craft workshop in December due to the holiday schedule. To get your craft fix this month, check out our field trip to Starfish Studios on page 4.

GAMES, GAMES & MORE GAMES

These are weekly groups that gather to play a variety of games. There is no sign up, no lessons, just come down to play. 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

CAREGIVER CONNECTIONS

Every Monday • 10:00 - 11:00 AM

No meeting on November 3

Are you a family caregiver? We look forward to meeting you! The Family Caregiver Support program advocates for caregivers. It facilitates connections to resources, services, supports, education, and community. This is a free program offered by Elder Services of Cape Cod & the Islands for those who are caring for someone age 60 or older, are a grandparent age 55+ caring for a child, are age 55+ and caring for a person with a disability, or for those caring for someone of any age with dementia. **Registration is required; call Laura Cheesman of Elder Services at 508-258-2476.**



Elder Services
of Cape Cod and the Islands



DEMENTIA CAREGIVERS SUPPORT GROUP with CONCURRENT COMPANION GROUP

1st and 3rd Wednesdays

November 5 & 19, December 3 & 17 • 2:00 - 3:30 PM

The Alzheimer's Family Support Center hosts a caregiver's support group on-site at the Harwich COA. This support group, facilitated by a social worker, 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 run by experienced staff.

Join us and take time to fill your cup with self-care. There is no commitment to attend



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

all sessions; come and go as works for your family. **Registration requested; please call the AFSC office in Brewster at 508-896-5170.**

**PLEASE VISIT PAGE 2 FOR PROGRAM
REGISTRATION INSTRUCTIONS**

BIRTHDAY PARTY

Thursdays, Nov 20 & Dec 18 • 2:00 - 3:00 PM



We welcome you to come celebrate your special day with us at our new birthday party events! We'll serve cake, sing, and learn fun facts about your birth month.

November babies should join us on November 20, and December babies will be celebrated on December 18. Future birthday parties will continue to be held on the third Thursday of the month. **Please RSVP.**



UKULELE - BEGINNER 2

Mondays, Nov 10 - Dec 15 • 1:00 - 2:00 PM

This is a class for people who can play the basic chord progressions. You will learn songs that you can play with the Cape Cod Ukulele Club. **Registration is required**; please call the COA. **Cost: \$50/6 week session.**

UKULELE - BEGINNER 1

Mondays, Nov 10 - Dec 15 • 2:00 - 3:00 PM

This is a class for people who have taken the "Absolute Beginner" class and can play the basic chord progressions. You will be working on chord progressions and strumming. **Registration is required**; please call the COA anytime. **Cost: \$50/6 week session.**

UKULELE - ABSOLUTE BEGINNER

Mondays, Nov 10 - Dec 15 • 3:00 - 4:00 PM

Found a ukulele in your closet, or you were given one and don't know how to play, or just want to jump into something new? Then this is your class! This class is for people who are new to ukulele. Learn to tune the instrument and how to play the basic 8 chords (C, F, G, D7, Am, Em, Dm, and G7), and work on beginner strumming with easy songs. **Registration is required**; call the COA anytime. **Cost: \$50/6 week session.**

BIG SCREEN MOVIE DAY

Watch a movie on our big screen, with snacks!

Call the COA to reserve your seat!

Thursday Murder Club

(2025), Rated PG-13

Crime/Mystery/Comedy

Friday, November 21 • 1:00 PM

Thursday Murder Club is a sharp, witty crime comedy based on Richard Osman's bestselling novel. In a quiet retirement village, four unlikely friends—Elizabeth (Helen Mirren), a former spy; Ron (Pierce Brosnan), a rebellious ex-union boss; Ibrahim (Ben Kingsley), a meticulous psychiatrist; and Joyce (Celia Imrie), a sweet but sharp widow—meet weekly to solve cold cases. But when a local developer is suddenly murdered, their hobby turns deadly serious. As the bodies pile up, these retirees become a fearless—if unconventional—detective squad, uncovering secrets the police can't (or won't) touch. With danger closing in, it's a race against time to catch a killer hiding much closer than anyone suspects.



Christmas Chronicles 2

(2020), Rated PG

Fantasy/Comedy/Holiday

Friday, December 19 • 1:00 PM

The Christmas Chronicles 2 is a heartwarming holiday adventure that explores the power of belief, the importance of family, and the timeless magic of Christmas. When Kate Pierce (Darby Camp), now a teenager struggling with change and loss, finds herself back at the North Pole, she's drawn into a battle to save Christmas from a bitter, wayward elf named Belsnickel. With help from Santa (Kurt Russell) and the nurturing Mrs. Claus (Goldie Hawn), Kate embarks on a journey that rekindles her faith in herself, her family, and the spirit of the season. Full of warmth, humor, and festive wonder, the film is a joyful reminder that even as we grow older, Christmas still holds the power to heal, unite, and inspire.



BALANCE BOOSTERS Tues • 10:00-10:45 | Tues • 11:15-12:00 | Thurs • 12:15-1:00 PM NO COST

Tuesdays, December 4 - January 20 | Thursdays, December 6 - January 22

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, November 18 for all classes.** In your message, please specify which day and time you prefer. Capacity: 25 **No classes 12/22 - 1/2**

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

Session 1: November 7 - 21 | Session 2: December 5 - 19

Monthly sessions

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, reduced pain, and even better sleep. **Registration is required and opens Friday, October 31 for Session 1 and Friday, November 21 for Session 2.** Capacity: 30 **(no class 11/28 or 12/26)**



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

Session 1: November 3 - 24 | Session 2: December 1 - 29

Monthly sessions

Join Jill Brown, Certified Personal Trainer, for a low impact **seated** exercise class that includes balance work, stretching, strength training, cardiovascular exercise, yoga, and meditation all in one! All fitness levels are welcome. **Registration is required and opens Monday, October 27 for Session 1 and on Monday, November 24 for Session 2.** Capacity: 30

JILL'S SENIOR WORKOUT

Wednesdays & Fridays • 9:15 - 10:15 AM

\$70/16 classes

October 29 - January 2

Payment window: October 15 - 29 (3 PM)

8-week sessions

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, calisthenics, and movement exercises. No floor work in this session. **NEW participants must register, complete required paperwork, and provide payment by Tuesday, October 28 at 3PM; stop by the COA Mon-Fri between 10AM - 3PM to complete paperwork and obtain a scan card.** Participants who wish to continue from one session to the next do not need to sign up; please drop off your payment between October 15-29 (end of day). *Because of required Accounting procedures, we regret that we are unable to offer exceptions to these dates.* **No class 11/26, 12/24, or 12/26**



QI GONG Wednesdays • 10:00 - 11:00 AM NO COST

Session 1: November 5 - 26 | Session 2: December 3 - 31

Monthly sessions

Practiced for the same reasons as Tai Chi, Qi Gong is a more simplified method 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. Drawing from centuries of Traditional Chinese Medicine wisdom, our instructor, A. Jay Zahn will help you learn to improve and maintain good health and vitality. **Registration required. Please register directly with the instructor, A. Jay Zahn by emailing capecodtaichisociety@gmail.com.** If you do not use email, call our office and we will pass along your contact info. Capacity: 15 **No class 12/24**



FITNESS & WELLNESS PROGRAMS

9

MINDFUL MOVEMENT

Thursdays • 9:30 - 10:30 AM

NO COST

November 6 - December 18 (no class 11/27)

Decrease your stress levels through movements, stretching, and breathing exercises that help improve your fitness while calming the mind. Participants must be able to ambulate independently and be able to do standing, seated, and floor exercises. **Registration is required; sign up directly with the VNA at 508-957-7423.**



TAI CHI: BEGINNER

Tuesdays & Fridays, Ongoing • 11:15 AM - 12:15 PM

\$18/class

Come learn the many benefits of Tai Chi. Recent studies show Tai Chi practice can help lower blood pressure, improve balance, help with stress reduction, and more. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. Start your Tai Chi experience with our instructor A.Jay Zahn, who has been practicing for over 40 years and teaching at the Harwich COA since 2020. All are welcome! **Registration is helpful, but not required.** *No class 11/28 or 12/26*

TAI CHI: INTERMEDIATE

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

\$18/class

This class focuses on practicing the 24 Posture Yang Style Tai Chi Form. Classes include basic warm-up exercises, QiGong practice, and insights into traditional Chinese Medicine for healing, vitality, and longevity. Tai Chi practice can help improve balance, hand-eye coordination, and lower stress. Our instructor A. Jay Zahn, is a long time practitioner.

For more information on either Tai Chi class, contact capecodtaichisociety@gmail.com

No class 11/28 or 12/26

FOOT CARE CLINIC

BY APPOINTMENT ONLY

Wednesdays • 9:00 AM - 3:00 PM

November 5, 19 and December 3, 10, 17

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 & calluses. Call the COA to schedule.

Cost: \$50/clinic



WELLNESS & BLOOD PRESSURE CLINIC with TOWN NURSE

BY APPOINTMENT, AT COA:

Every Wednesday • 10:00 AM - 12:00 PM

WALK IN, AT TOWN HALL:

1st Thursdays • 9:30 AM - 10:30 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.



HEARING CLINIC

New!

Thursdays, November 20 & December 18 • 10:00 AM - 12:00 PM

Schedule an appointment to see Susanne Powers, licensed Hearing Instrument Specialist with over 14 years' experience. Services provided include a visual inspection of both ears, hearing screening, hearing aid maintenance and check-up, and consultation for anything involving hearing. Call the COA to schedule your FREE appointment.



AARP TAX AIDE PROGRAM

The Harwich Council on Aging is thankful to partner again with AARP to assist you with preparing and filing your federal and state income tax returns.

Tax assistance will be available by appointment only; the Harwich COA will be scheduling appointments only for Harwich residents. While you will schedule your appointment with us, this year your appointment will take place at the **204 Municipal Building at 204 Sisson Road in Harwich.**

Appointments for Harwich residents will be scheduled on Tuesdays and Wednesdays. They're set to begin February 2, 2026 and run through April 15. We will provide transportation on the Cranberry Coach to one set of appointments each week (which set is still to be decided).

We will begin making tax appointments on Tuesday, January 13 at 9:00 AM. More details will be available in our January/February 2026 newsletter.

MEDICARE OPEN ENROLLMENT

Open Enrollment is **October 15 - December 7**. Appointments with our COA's state-certified SHINE counselors are already full for this year; we unfortunately are unable to accommodate additional appointments. The Barnstable County SHINE office will be booking a limited number of in-person and phone appointments to help you understand your Medicare options: call **508-375-6762** to request an appointment. Calls are returned in the order received. You can also call Medicare directly at **1-800-MEDICARE**.

You can also review your plan options and make changes online by logging into your Medicare.gov account. An info packet is available to help you navigate this process. To request this, email **coa@harwich-ma.gov**.

Note that there will be significant changes to the available Blue Cross Blue Shield plans for 2026. If you are currently enrolled in a BCBS Medicare Advantage plan, we recommend reviewing your plan options carefully. You can visit <https://medicare.bluecrossma.com> for more details. Their site also offers several informative webinars. BCBS is also hosting an in-person session at the Hyport Conference Center in Hyannis on November 4. You must register for this program: Call 1-800-262-BLUE to sign up to attend, or for information on other available seminars.

HEAT/FUEL ASSISTANCE

The Home Energy Assistance Program (aka Fuel Assistance) provides low and moderate income households help with paying home heating bills for service between November 1 - April 30. Households who qualify also receive discounts on both gas and electric bills.

This year, the income limits for the program are \$51,777 (one person household) and \$67,709 (married/cohabitating couple). If your income is under this amount and you do not own a second property, consider applying for assistance with your heating bills!

Fuel Assistance Renewal Applicants: If you received Fuel Assistance during the 2024-2025 season, you should have received a recertification/renewal packet from South Shore Community Action Council by mail sometime in September. As soon as you get a recertification/renewal form, do not wait to complete the application. The original application must be completed and signed, and do not forget to submit the necessary documents as directed in the renewal letter. The original applications must be mailed directly to the South Shore Community Action Council. Faxes and copies of applications are not acceptable. If you need help with renewal applications, Social Service Coordinator Saranya Hayward is available by appointment. We can make copies of documents, check over your application, and mail it.



Fuel Assistance for New Applicants: If you did not have Fuel Assistance last year, you must apply as a new applicant. South Shore Community Action Council will determine eligibility and benefit levels based on your household income. New applicants can apply anytime between November 1, 2025 through April 30, 2026.

Social Services Coordinator Saranya Hayward is available to help you apply. She can walk you through the process and ensure you submit the right documents the first time.

**For an appointment, call Saranya at
508-430-7550 ext 3**

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.
- **Reminder: Rides are to scheduled locations only.** Drivers cannot bring you to any location not scheduled through the COA office in advance. Our transportation coordinator needs to account for every trip in our daily schedule to ensure the van runs on time.

CRANBERRY COACH WEEKLY SCHEDULE

Please note: Schedule is subject to change based on rides to and from COA sponsored programs.

Mon	AM - Market Basket or Hyannis shopping (see below) PM - Job Lot, Dollar Tree, and/or Marshalls
Tues	AM - Shaw's PM - Family Pantry deliveries
Wed	AM - Shaw's or Stop & Shop PM - Shaws & optional Harwich Port stops*
Thur	AM - Shaw's or Stop & Shop PM - Call for availability
Fri	AM - Call for availability PM - Stop & Shop or Shaws & optional Harwich Port stops*



***Stops at Harwich Port CVS, Post Office, and banks must be explicitly scheduled when arranging your ride. Thanks!**

MONDAY TRIP SCHEDULE

Market Basket: Nov 3, 17, 24 & Dec 8, 22
Hyannis shopping: Nov 10 & Dec 1, 15, 29

**Call the COA to schedule all rides:
508-430-7550 x1
24 hours notice for Cranberry Coach
1 week notice for Medical Rides**

RIDES TO MEDICAL APPOINTMENTS

Volunteer Drivers provide rides to medical appointments. Requests must be made **AT LEAST 4 BUSINESS DAYS in advance**. Call 508-430-7550 x1 to request a ride.

Guidelines:

- Travel between **Wellfleet and Sandwich** only.
- Rides must commence and end during 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 are possible.
- Riders must be able to enter and exit a vehicle without assistance. Caregivers may accompany if needed.
- A cash donation of \$5-20 to your driver to offset the cost of gas is requested (can be waived if needed).
- Prescription delivery also available; see page 12.

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. For available times and to make a reservation, call the CCRTA weekdays from 8am-5pm. Booking 72 hours in advance is highly recommended.

Smart DART: An app based, on-demand service that is a door-to-door, ride-hail service. Download SmartDart from the app store (Apple or Android) by searching "CCRTA SmartDart". Fixed fare of \$3/ride. For travel within Harwich, with free transfer to fixed routes for longer trips.

H2O: 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 between Harwich and Provincetown and also flexes off its route up to ¾ of a mile to serve people who have difficulty getting to a regular bus stop. 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



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 in Harwich, and (2) No copay is due at time of pick up. (Some pharmacies collect payment over the phone.) Call the COA to request service.

LEGAL ASSISTANCE

Wednesdays, November 19 & December 17 • 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.

Wednesday, November 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. For an appointment, 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 **Tuesday afternoons from 12:30 - 2:00 PM**. They can assist with housing applications, applying for SNAP benefits, fuel assistance, and other personalized case management support. This is a walk 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, EADC, Health Safety Net, or Veterans Disability benefits. Call COA Social Worker Saranya for info: **508-430-7550 x3**.

REAL ESTATE TAXES

Qualified residents may be eligible to lower their tax bill via exemption programs. Income and asset limits apply. Applications for FY26 are available now. Contact the Assessor's office for a list of available exemptions: **508-430-7503**.

CAREGIVER SUPPORT

See page 6 for our current support group offerings for caregivers, and page 19 for a listing of local respite programs.

SIGHT LOSS SERVICES SUPPORT GROUP

1st Tuesdays, November 4 & December 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 available. **RSVP to Sight Loss Services at 508-394-3904.**

SHINE (MEDICARE) COUNSELING

The Medicare Open Enrollment period is October 15 - December 7. Our SHINE appointments for this year are already full, but other help may still be available. See page 10 for more information.

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 service offerings, consultation regarding aging at home, SNAP applications, Fuel Assistance 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 on a part-time basis 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 learn the office's current drop-in hours.

DURABLE MEDICAL EQUIPMENT

Loans: Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc). Loans to non-Harwich residents are limited to items we have in abundance & is subject to a \$25 deposit.

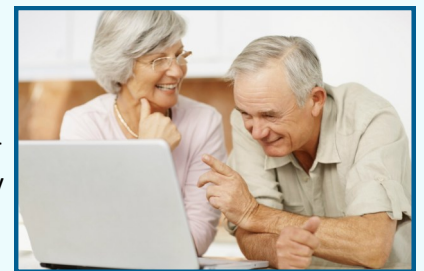
Donations & Returns: Please only donate or return equipment that is clean and in good condition (e.g., no rust). Packages of urinary incontinence supplies must be unopened. Note that our ability to accept donations and returns is dependent upon our storage space. **There may be periods when we have to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

PEER TECH SUPPORT

Senior 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; call the COA to schedule.

TECH SUPPORT BY CAPE COD TECH

Seniors at Cape Cod Technical High School are available onsite at the COA to help troubleshoot your device needs. Appointments are available on the following Thursday mornings: November 6, December 4, December 11. Call the COA to schedule.



TABLET LOAN PROGRAM

The COA now has a few tablets that you can use to browse the internet, check your email, or even just play games. Harwich residents can use these on-site at the COA or reserve a tablet to borrow for 3 days (72 hours). A deposit of \$25 is required. 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 Wi-Fi hotspot from Brooks Free Library.

If you need a tutorial, consider arranging an appointment with a Peer Tech Support Volunteer, described above. You can reserve a tablet for use during the sessions. **For more info, call COA Program Specialist Rosa at 508-430-7550 x5.**

VOLUNTEER SPOTLIGHT



Meet Mary Ann Pina

Our Volunteer Spotlight is on Mary Ann Pina, an active member of the Council on Aging. Mary Ann has been part of a few volunteer programs: Friendly Visitor, Dining/ Kitchen, and Holiday Delivery. She is dedicated and gives companionship visits to seniors in our community. Her genuine compassion and outgoing personality make her a valued volunteer and member of our council.

In addition to all she does here at the HCOA, she is also a treasurer for a town committee, a registrar for town elections, and she is on the board of the Harwich Junior Theatre. Mary Ann likes doing many different things including participating in the HCOA classes; she finds listening, sharing, and helping others keeps her moving.

Mary Ann has a rich history in Harwich; she was born here and has nine siblings of which she is the youngest. She is enjoying 57 years being married to Charlie; they have two children and three grandchildren. When she retired from banking, she found herself spending time with her children and her large family, a treasured time for her.

Thank you, Mary Ann, for all you do for the Harwich Council on Aging!

CURRENT VOLUNTEER NEEDS

The Council on Aging is always seeking new volunteers. To find out more about our current opportunities, contact Rosa Wright (508-430-7550 x5 or rosa.wright@harwich-ma.gov).

Peer Technology Assistant: You'll work 1:1 with an older adult who struggles with technology, helping them work through a specific minor problem, teaching them along the way. Shifts: Approx 1 hour 2-3x month, on your schedule.

Medical Driver: Transport seniors to doctor's appointments in your own vehicle. Small stipend (\$5-\$20) provided to offset the cost of gas and vehicle maintenance. Application process and car inspection required. Shifts: Volunteer for 1 or 2 appointments per month that work for your schedule.

Boys Belong Program Mentors: Girl Power is a 6-week program that pairs Harwich Elementary 3rd grade boys with older men mentors, to learn about healthy friendships, nutrition, & positive self-esteem. We will also have fun participating in energizing activities! Program meets for six weeks on Thursday afternoons in March-April 2026.

AARP Tax Aide Program: Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. New volunteers are needed at locations across the Cape. A background in taxes is NOT required. Volunteers are also needed to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. Training starts in the fall and a Tax Aide Computer is supplied. Email TAVolunteerd18@gmail.com for more info.

VOLUNTEER SOCIAL
AFTERNOON TEA

Thursday, November 13 • 2:00 - 3:00 PM

All volunteers and prospective volunteers are invited to join us for afternoon tea, pastries, and conversation. Please RSVP to the COA:
508-430-7550 x1



HEALTH NEWS



Susan Jusell, RN
508-430-7550 x2

Since the 1980s, November is recognized as National Diabetes Awareness month, when it was designated by Ronald Reagan; on November 14th it's recognized globally. Given the growing prevalence of this disease, we are raising awareness in hopes to avoid complications of diabetes and learn how to manage and help avoid the onset of Type 2 diabetes. Our Health Department has planned a program called *Living with Diabetes* for Tuesday, November 18th from 1-3 pm. Kim Concra LDN, from the Barnstable County Cooperative Extension will offer a live cooking demonstration. Would you like to come try a taste and take along a few delicious and simple recipes? She and I will talk about strategies and ways to reduce your diabetes risk factors with questions and answers as they come up. I'm also happy to check your blood pressure and non-fasting glucose levels during that time as well. This will be a fun and informative time – I hope you can come join us!

Have you had a chance to meet Saranya, our Social Services Coordinator? If you haven't, then you're absolutely missing out! We call her "Sparkles" around here for a reason. She and I routinely make home visits and together meet with clients here at the COA to help you fully explore options when faced with changes or hardships. We collectively love to share in your joy of the holidays and hear about your traditions. It's also OK to re-evaluate your holiday traditions. Are they too stressful or time-consuming? Maybe you would like to start something new this year? We all have moments that we feel lonely. Or you may be facing the loss of a loved one. Please know you're not alone and that if you would like to share how you're feeling, anyone of us here at the Council on Aging would like to listen. Please reach out to us so we can help you find balance and help you to navigate a path to feeling your best.

We've added a walk-in blood pressure clinic on the first Thursday of every month from 9:30-10:30, located just inside the parking lot entrance of Town Hall. At the Council on Aging, we have our Wellness Clinic by appointment every Wednesday morning and as needed. Please call to set up a time or just come say hello! I wish you the best of health, and I hope you find peace and happiness throughout this holiday season.

OUTREACH NEWS

15



Saranya Hayward, MSW
508-430-7550 x3

My favorite time of the year is approaching, which is the holiday season. I was born and raised in Thai culture which has some similarities and also different holiday traditions compared to the United States. For example, we don't have Thanksgiving or Easter, but we celebrate New Year's Day, Memorial Day, Labor Day, Mother's Day, and Father's Day to name a few. My birthday, December 10th, commemorates Thailand's adoption of constitutional monarchy in 1932. It is a Constitution Day which is traditionally celebrated across Thailand by displaying and paying respect to portraits of Thai Kings past and present. Now that I live in the United States, my favorite holiday is Christmas. My family doesn't celebrate Christmas but instead we either cook a big meal for the entire family, or we all go out to eat at a nice restaurant.

To me, holidays can bring happiness, enjoyment, cheerful moments and memorable experiences. On the other hand, holidays can create stress, anxiety, an overwhelming feeling, and a lot of pressure and expectations that come with holiday events. According to McLean Hospital's website, "their research study identified some common signs when you may be struggling around the holidays. These signs include lacking holiday spirit, feeling overwhelmed by grief and loss, feeling pressure to participate in holiday activities, stress about giving gifts, lack of sunlight affecting your mood during the holidays, loneliness and feeling isolated." You could ask yourself what you can do to reduce stress around the holidays. You could prioritize the most important activities, organize your schedule, find support and connection, do mindful exercise, accept your physical and health limitations if you can't travel, be kind and patient with others, and set a realistic goal and expectation when it comes to gift giving. Self-care is very crucial, which you shouldn't ignore. Celebrating holidays can be as simple as sharing your feelings with someone or sending a card or calling to say a quick hello to your friends, helping your neighbors, watching your favorite holiday movies or listening to music. We have events and activities that you could attend and enjoy during holiday seasons. Please come to celebrate with us.

Friends of The Harwich Council on Aging

100 Oak Street, Harwich MA 02645

508-432-5050

FriendsofHarwichCOA@gmail.com



A Message from the Friends'

Dear Friends, Donors, and Members:

We hope this finds you enjoying the fall, one of my wife's and my favorite times on the Cape. The weather is still pleasant and there is a little more room on the beach, in the grocery store... well everywhere.

The results of the Needs Assessment are in and were presented to the Select Board on September 22. You can find the presentation and the Select Board's questions on the Harwich [YouTube Channel](#). The whole meeting is recorded start to finish, but you'll find the Needs Assessment presentation at about 11 minutes into the recording. The Friends will be reviewing the results with the COA and the COA board to see what steps we might take to address identified needs in the future. We would also welcome suggestions from you on how we can continue to support the COA.

The Annual Meeting of the Friends will be on November 12 at 3:00 pm in the Community Center. While we are still developing the agenda, I can tell you that we will welcome comments on the Needs Assessment. We will also be electing or confirming board members who were appointed during the past year: Jo Clancy, Bob Dawson and Ralph Ferrigno. They have been good contributors already. We are interested in others who might be interested in joining our board and would welcome nominations.

The dues to be a member of the Friends have been \$5.00 per year since at least 2006. We think we're due for an increase and would welcome input on this. As one of our primary fund raising mechanisms, we're considering making a suggested amount for dues, but encouraging folks to look at the dues as a contribution and give what they can. We do anticipate that acting upon the Needs Assessment may require additional funding from the Friends and we're hopeful that our many members will be able to support us in this endeavor.

We look forward to comments at friendsofharwichcoa@gmail.com

Thank you for your support,

**Bob Hamilton, President, and the Friends Board: Joanne Brown, Jo Clancy, Richard Cogen,
Bob Dawson, Ralph Ferrigno, Jim Knickman, and Susan Lellis**

FY 25 FRIENDS OF HARWICH COA MEMBERSHIP

Annual dues are \$5.00 per person / Life dues are \$40 per person

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL: \$5.00 _____ LIFE : \$40.00 _____

Additional Donation: \$ _____

Donation: \$ _____ In Honor Of _____ In Memory Of _____

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL: \$5.00 _____ LIFE : \$40.00 _____

Additional Donation: \$ _____

Name: _____

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

BROOKS FREE LIBRARY NEWS

Friends Sunday Series 2025-2026

With the start of fall, and as things settle down again in Harwich, it's time to look ahead to the Friends of Brooks Free Library's Sunday Series programs for the upcoming year. Since 1974, the Friends of BFL 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 First Sunday Programs in the off-season. The First Sunday Series is a monthly (October through June), free-to-all program featuring engaging speakers and musical groups, held in the Thornton Meeting Room in the lower level of the BFL and all running from 2 to 3 pm.

On November 2nd, join the Friends for some music with Bourbon Sunset. This unique local trio performs a variety of music from bluegrass to folk, to classic soft rock, and they blend three-part harmonies with acoustic accompaniment. Bourbon Sunset includes Chris Miner on mandolin, Lynda Shuster on banjo, and Peter Waful on guitar.

After a holiday break in December, the next First Sunday Series event will be on January 4th with The World of Whales with Gerry Beetham, who will give an introduction to whales seen around Cape Cod and discuss their life cycles, behaviors, and why they come to inhabit Cape waters. And on February 1st, join the Friends for some great music with Dennis Flaherty Sings Sinatra Era Songs. Flaherty will sing songs the Great American Songbook, songs with a bit of a "Rat Pack/Las Vegas" vibe, made popular by such artists as Frank Sinatra, Dean Martin, Nat King Cole, Bobby Darin, and Michael Buble, as well as some rock, soul, blues, R&B, and country gems from the 60s and 70s.

As we start to move back into spring, hear some great Irish music with Julie Charland and Denya LeVine on March 1st. Julie and Denya perform traditional Irish ballads, contemporary Celtic songs, sea shanties, and lively jigs and reels, with a pinch of poetry and comedy. They play guitar, fiddle, Irish drum, and ukuleles, and their vocal harmonies sparkle with joyous energy. And in time for spring gardening, the always popular C. L. Fornari, the "Garden Lady," will be at BFL on April 12th (not a first Sunday this month because of Easter) to talk about "Hydrangea Happiness" for Cape Cod gardens. On May 3rd, Duel with Amy and Mike (Amy Marie Thornberg and Mike Skillings) will be performing their classic rock-inspired music. And to wrap up the season, lifelong Harwich resident Paul Doane will present on Harwich History on June 7th. Doane has led numerous walking tours of Harwich Center, highlighting the 300+ years of town history and the early founding families.

See the BFL website (<https://www.brooksfreelibrary.org/>) for more information on future programs at BFL and for information on how you can join, and support, the Friends of BFL to help make their programming possible.

Gavin Williams is a staff librarian at Brooks Free Library, 739 Main Street, Harwich.

HARWICH COMMUNITY CENTER

BUILDING CLOSED

November 27-28: Thanksgiving Holiday
December 25: Christmas Day

NOVEMBER EVENTS

- **Harwich Democrats:** Nov 1, 10AM-11:30AM
- **Indoor Yard Sale:** Nov 2, 9AM-1PM
- **KD Quilters:** Nov 3 & 17, 10:45AM-3:30PM
- **Harwich REALTORS® – MLS:** Nov 4, 8:45PM-9:45PM
- **Garden Club Meeting:** Nov 5, 1PM-3PM
- **Intro to EFT Tapping:** Nov 6 @ 2:30PM
- **Harwich Republicans:** Nov 6, 5PM-6:30PM
- **Grab Bag Crafts:** Nov 7 @ 6:30PM
- **Fisher Tournament:** Nov 8^t 9AM-4PM
- **Women's Club Meeting:** Nov 13, 1PM-4PM
- **Cape Cod Quilters Guild:** Nov 13, 4:30PM-8:30PM
- **Intro to EFT Tapping:** Nov 13 @ 6:30PM
- **Corn Husk Doll Making:** Nov 14, 8AM-8PM in lobby
- **Cranberry Rug Hookers:** Nov 15, 9:30PM-1:30PM
- **Harwich Artists Demo:** Nov 15, 2PM-4PM
- **Cranberry Festival Committee:** Nov 19, 6PM-8:30PM
- **Betty Trummel Talk:** Nov 20, 2:30PM-4:30PM
- **Jewelry Bingo:** Nov 21 @ 6:30PM
- **Women's Club Book Club:** Nov 24, 2PM-3PM

DECEMBER EVENTS

- **KD Quilters:** Dec 1 & 15, 10:45AM-3:30PM
- **Garden Club Meeting:** Dec 2, 1PM-3PM
- **Pasta Dinner:** Dec 4, 5:30PM-7PM
- **Harwich Republicans:** Dec 4, 5PM-6:30PM
- **Garden Club Holiday Boutique Sale:** Dec 6, 9AM-12PM
- **Harwich Democrats:** Dec 6, 10AM-11:30AM
- **Red Cross Blood Drive:** Dec 8, 12PM-4:30PM
(Appointment Required)
- **Town Band Holiday Concert:** Dec 9, 7PM-8:30PM
- **Betty Trummel Talk:** Dec 10, 2:30PM-4PM
- **Women's Club Santa's Workshop:** Dec 11, 3:30-6:30
- **Cape Cod Quilter's Guild:** Dec 11, 4:30PM-8:30PM
- **Grab a Bow:** Dec 15, 8AM-5PM (while prizes last)
- **Ugly Sweater Decorating:** Dec 12 @ 6:30PM
(Registration required)
- **Sound Dunes Holiday Concert:** Dec 18, 6-8PM
- **Winter Solstice Drum Circle:** Dec 19 @ 4PM
- **Cranberry Rug Hookers:** Dec 20, 9:30PM-1:30PM
- **Women's Club Book Club:** Dec 29, 2PM-3PM

Meals are available Monday - Friday, 11:30 AM to 12:30 PM. We offer the option to dine onsite or take your meal as a "grab & go". (Monday is grab & go only.) One meal per person please. We have a capacity of 70 meals total each day: 45 dine in patrons and 25 G&G meals per day.

REGISTRATION: Registration in advance is required, and you must **sign up at least 24 hours in advance** of your desired meal. Please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! Registration for November lunches opened 10/15 & registration for December lunches opens on 11/17, starting at 11:30 AM.

ATTENDANCE: For folks dining in, please arrive in time to be seated at 11:30 AM. **We are unable to seat diners after 11:45 AM.** For folks taking meals to go, you may arrive any time between 11:30 AM - 12:30 PM. G&G meals are not guaranteed to be available after 12:30 PM unless we know you will be late.

At 12:30 PM, remaining lunches will be distributed to others.

CANCELLATION: If you're unable to attend/pick up, we request that you cancel your reservation at least 24 hours in advance to ensure food does not go to waste. **Repeated "no shows" may result in temporary suspension from our lunch program.** We do understand emergencies happen—if you're unable to attend due to an emergency, this will not count against your eligibility.

PAYMENT: The suggested voluntary donation per meal is **\$3 for Harwich residents, \$4 for non-residents.** We track your lunches and let you know your suggested donation amount at the end of the month. If you are unable to pay the suggested amount, you can talk to us to come up with a lower per-meal rate, or simply pay the amount you feel is appropriate. **More details about donations are available at the COA. Look for the orange handout.**

WANT TO SIGN UP? CALL 508-430-7550 x1!

We have a limit of 25 Grab & Go meals/day (Tue - Fri)

- Clients with documented **Health Needs** or **Financial Needs** will be prioritized for Grab & Go Meals.
- Please ask the office for details on what documentation you need to submit to meet this criteria.
- Once you have submitted the appropriate documentation for "priority" status, to ensure that we are able to accommodate you, please submit your lunch reservation forms by the **25th** of each month (or next business day if it's a weekend/holiday).
- **You are always welcome to Dine In if G&G is full!**

NOVEMBER - Registration opened Wednesday, October 15

Mon 11/3	Egg salad on pumpernickel & chips	
Tue 11/4	NO LUNCH	
Wed 11/5	American chop suey	
Thu 11/6	Beef stew & garlic bread	*Note: Meals are subject to change based on ingredient availability
Fri 11/7	Veggie lasagna	
Mon 11/10	Roast beef sandwich & chips	
Tue 11/11	CLOSED — VETERAN'S DAY	
Wed 11/12	Cheeseburger & chips	
Thu 11/13	THANKSGIVING LUNCHEON—MUST REGISTER!	See page 1
Fri 11/14	Hotdog & chips	
Mon 11/17	Ham & swiss sandwich w/chips	
Tue 11/18	Shepard's pie	
Wed 11/19	THANKSGIVING LUNCHEON—MUST REGISTER!	See page 1
Thu 11/20	Pizza & salad	
Fri 11/21	MEN'S BREAKFAST—MUST REGISTER!	See page 3
Mon 11/24	Thanksgiving sandwich & chips	
Tue 11/25	Baked haddock w/potatoes & veg	"Priority" lunch forms due
Wed 11/26	Italian sausage soup & roll	
Thu 11/27	& Fri 11/28 CLOSED—THANKSGIVING HOLIDAY	

DECEMBER - Registration opens Monday, Nov. 17 at 11:30AM

Mon 12/1	Pastrami w/cheese sandwich & chips	
Tue 12/2	Butternut squash soup & roll	
Wed 12/3	Chicken a la king w/potatoes & veg	
Thu 12/4	Mac & cheese w/slice of ham	
Fri 12/5	Pizza & salad	
Mon 12/8	BLT pita pocket & chips	
Tue 12/9	Grilled cheese & soup	
Wed 12/10	HOLIDAY LUNCHEON—MUST REGISTER!	See page 1
Thu 12/11	Hotdog & beans	
Fri 12/12	Chicken stew & roll	
Mon 12/15	Ham & cheese sandwich w/chips	
Tue 12/16	Chicken patty sandwich & chips	
Wed 12/17	HOLIDAY LUNCHEON—MUST REGISTER!	See page 1
Thu 12/18	Grilled cheese w/bacon & chips	
Fri 12/19	MEN'S BREAKFAST—MUST REGISTER!	See page 3
Mon 12/22	Turkey BLT & chips	
Tue 12/23	Beef stew & roll	
Wed 12/24	NO LUNCH	
Thu 12/25	CLOSED—XMAS DAY	
Fri 12/26	NO LUNCH	"Priority" lunch forms due
Mon 12/29	Roast beef sandwich & chips	
Tue 12/30	Swedish meatballs w/potatoes & veg	
Wed 12/31	NO LUNCH	

ROCK HARBOR RESPITE

ROCK HARBOR RESPITE is a regional adult supportive day-care program for older adults in need of social engagement and those living with physical disabilities and cognitive changes. The program offers a structured day which includes news and conversation, fitness, and engaging 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. **Scholarships are available if cost is a barrier to attendance; contact Julie at the Harwich COA (508-430-7550 x4) for information.**

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

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 FAMILY SUPPORT CENTER OF CAPE COD

AFSC provides free support. 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 Monday - Friday. For assistance, call 508-896-5170.



Alzheimer's Family Support
Center of Cape Cod

Look for our Caregiver Support Groups on page 6!

NUTRITIONAL SUPPORT PROGRAMS

BROWN BAG PROGRAM: The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for seniors on the first Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. All Harwich residents age 60+ are eligible for the program. **For more information, call Saranya at 508-430-7550 x3.**

MEALS ON WHEELS: A program of Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$3 per meal. **For more info, call Elder Services at 508-394-4630.**

S.N.A.P.: The Supplemental Nutrition Assistance Program (SNAP) helps lower income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. **For more information, contact Saranya at 508-430-7550 x3.**

CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund intended to help Harwich residents in urgent financial need. We can help with emergency payments for rent, utilities, medical bills, child care, and a few other essential needs. Application, proof of Harwich residency, and proof of income documents required. **Contact Julie at 508-430-7550 x4 for an appointment or information on how to apply.** Please note that funds are limited, and grants are subject to the availability of funding.

HOME DELIVERED MEALS FOR CHRISTMAS DAY

Offered by Our Lady of the Cape Catholic Church

For 45 years, Our Lady of the Cape in Brewster has served meals on Christmas Day to people all across Cape Cod. In 2024 alone, over 250 volunteers delivered 1,500 meals!

This year, you can join them at the church for a family style roast beef dinner on December 25, or you can request that a meal be delivered to your home.

To sign up for a meal—either dine in or delivered—call the Harwich COA at 508-430-7550 x1. We will relay your information to the church. Please call by December 5.

HARWICH COUNCIL ON AGING
100 Oak Street
Harwich, MA 02645

HARWICH COUNCIL ON AGING

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Program Specialist III.....Rosa Wright
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**FOR THOSE WITH VISUAL IMPAIRMENTS,
A LARGE PRINT VERSION OF THE NEWSLETTER
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.



508-430-7550



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