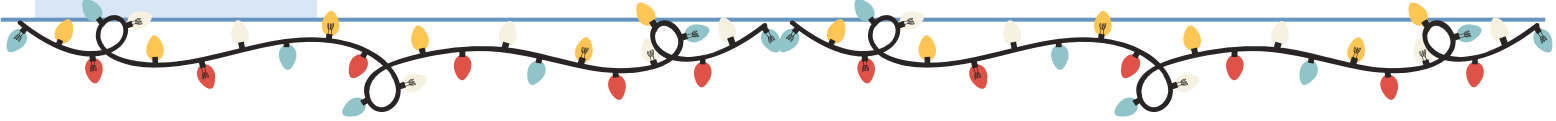




HARWICH COUNCIL ON AGING

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



THE ART OF CONNECTION

Tuesday, November 17 1:00-2:00 PM

Join us for a relaxed and welcoming gathering where there's no pressure to be "social" or know anyone when you arrive. Through a facilitated exchange of stories, we'll have a chance to get to know new friends and share a laugh. Participate as much or as little as you like. Come for the conversation, stay for the company, and leave with a few new connections. **Registration required.**

THE STORY BEHIND OUR FAVORITE CAROLS

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

Nancy Frank returns to help us explore the stories behind our favorite Christmas carols and holiday songs. Our musical journey will take us from the 13th century to the 1990s, with plenty of singing for those inspired to do so. We'll end with a Christmas-themed raffle. **Registration requested.**



Welcome Winter HOLIDAY PARTY

DECEMBER

10

12:30-2:00

RSVP Required: 508-430-7550 x1

Happy
Holidays!

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2 ANNOUNCEMENTS

As the holidays approach, we naturally think about family, friends, traditions, and the people who make our lives meaningful.

This time of year is also a wonderful reminder of something we all need throughout the year: **connection**. Connection can take many forms, and sometimes the smallest interactions can make the biggest difference.

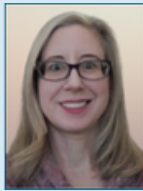
At the COA, connection is at the heart of what we do. Our programs are not only opportunities to stay active and engaged—they are opportunities to build friendships, share experiences, laugh together, learn from one another, and feel a sense of belonging.

As we celebrate the holiday season, I encourage you to think about the people in your life who bring you joy and to make time for them. And perhaps we can also look for someone who may be feeling alone or disconnected. A phone call, an invitation to lunch, or a friendly conversation can be a meaningful gift. Connection works both ways. When we reach out to others, we often discover that we benefit just as much as the person we hoped to cheer.

This winter, let's make connection a priority. Whether you volunteer, participate in a program, make a new friend, or simply spend a few extra minutes talking with someone, you are helping make our COA a stronger and more welcoming community.

Wishing you a joyful and connected holiday season!

Julie Groom
COA Director



PROGRAM REGISTRATION

- Registration is required for most programs due to capacity limitations and instructor needs. Each program description notes registration details.
- Drop ins accommodated as long as space allows.
- **The first two business days of registration is limited to Harwich residents only.** Also, non-residents will incur a fee for some programs.
- For programs that list a specific day on which registration opens, registration will always open at 9AM on the stated day and is taken by voicemail only. *This is for programs with high demand that fill quickly and run waitlists.* Voicemail allows us to track the timestamp of your message and fill the class in the order calls were received.
- To ensure consistent and fair procedures, we regret that voicemail left before 9AM cannot be honored.
- Leave a message with contact info and the program you're registering for. Please be mindful that leaving duplicate messages delays our ability to return calls.
- Calls will be returned within **72 business hours** to confirm your place in the class or on the waitlist.
- Please check into all programs using your COA key fob (ask the front desk if you need one).
- Some classes require payment ahead of time to secure your spot in class - cash or check only.
- No refunds can be issued once a class begins.
- Classes are subject to cancellation due to low enrollment or facilitator illness. We will contact you as soon as we know of the cancellation.
- Participation in fitness classes is done at your own risk. To avoid injury, check with your doctor before joining. Participants must complete a liability waiver and provide an emergency contact.
- **If these registration policies restrict your ability to sign up for programs because of a health or cognitive condition, please talk to our office about exceptions and accommodations.**

SANTA FOR SENIORS

Each year, the COA brings gifts to older adults in Harwich who need a little extra cheer during the holiday season. Let us know if there's someone who should be on Santa's list. To make a referral, call our office or email coa@harwich-ma.gov. Donations also graciously accepted.



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

ELECTION DAY IS NOVEMBER 3. FOR A RIDE TO THE POLLS, CALL 508-430-7550 x1

THANKSGIVING FOOD BASKETS

Delivery TBD, expected Nov 19

With the generous help of Lower Cape Outreach Council, the COA will once again be distributing free Thanksgiving groceries to older adults who need the extra support this year. Whole frozen turkeys are available, plus produce and dry goods for all the fixings. A limited number of frozen turkey breasts are available in place of whole turkeys. Open to all Harwich seniors - no income criteria apply. **Registration required; residents only; call by 11/13.**



HOLIDAY MEALS

Chef Linda St. Pierre is preparing special feasts for the holidays. Meals are dine in only, with seating for 70. **Registration required.**



Weds, Nov. 18 11:30-12:30

Roast turkey with all the fixings.

Registration opens Weds 11/4.

Weds, Dec. 16 11:30-12:30

Roast beef w/potatoes & veggies.

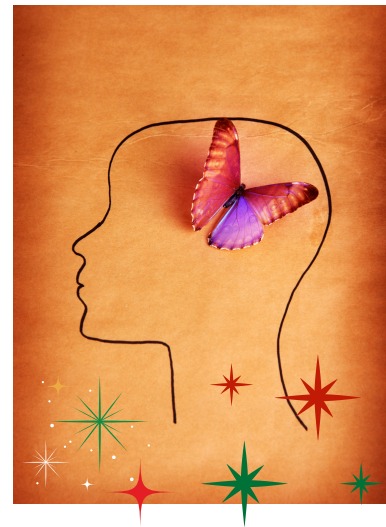
Registration opens Weds 12/2.



MINDFULNESS FOR THE HOLIDAYS

5 Thursdays: 11/5, 11/12, 11/19, 12/3, 12/17 1:30-3:00 PM

The holidays can be times of joy or times of pain; they highlight what's happened in our lives, including the loss and change we've experienced over the years. Mindfulness is a way of being that helps us accept things as they are, whatever our circumstances, without judgment. Join us for five sessions during this holiday season to find some peaceful moments, learn some new skills, and maybe come to experience the holidays with more kindness and compassion. Class is led by Adam Liss, who has over 30 years of experience in this field. **Registration required. \$60 for the 5 sessions**



YOUR MEDICARE PLAN OPTIONS

Tuesday, November 10 1:00-2:00 PM

It's time for Medicare Open Enrollment, and your 2027 plan selections must be made by December 7. Join us to learn more about your options and how to select a plan that fits your needs and budget. Note, this is a group presentation with general information - to review your individual situation, please schedule a 1:1 appointment with SHINE. **Registration required.**



MAKING THE MOST OF YOUR RETIREMENT FUNDS

Thursday, November 12 10:00-11:30 AM

The cost of living continues to increase, leaving some to wonder if their retirement savings are still going to meet their needs. Join an experienced finance expert from Cape Cod Five to learn how to strategically manage your retirement funds *after* you retire - to make the most of your pension, Social Security, and investment accounts. [Registration required.](#)



CYBER CRIMES

Friday, November 13 1:30-3:00 PM

Detective Botsford of the Barnstable Police Dept & USSS Cyber Fraud Task Force, along with Steve Barrette from Cape Cod Five, will share their vast knowledge of cybercrime and how to stay safe online, including what to do if you are targeted. [Registration requested.](#)



TECHNOLOGY CLASSES

AI BASICS: WHAT IS AI & MORE

Thursday, November 19 1:30-2:30 PM

What is artificial intelligence, really? We skip the hype and get to the useful stuff, such as how to use tools like ChatGPT to get answers, help write emails, and make daily life a little easier.

[Registration required & opens Nov 2. Harwich residents only, unless space allows.](#)

USING AI TO WRITE YOUR FAMILY STORY

Tuesday, December 15 1:00-2:00 PM

This class is a little different! Using AI as a writing partner, you'll learn how to capture your memories, family history, and personal stories - even if you've never thought of yourself as a writer.



COYOTES ON THE CAPE

Thursday, November 19 10:00-11:30 AM

Eastern coyotes, often called "coywolves," have thrived across Cape Cod and throughout eastern North America, yet they remain widely misunderstood. Drawing on decades of research and observation, this presentation by experienced naturalist and educator Peter Trull offers an objective look at coyote behavior, ecology, and their role in our shared environment—helping us replace fear and misconceptions with greater understanding. [Registration requested.](#)



Please review page 2 for registration procedures.

Many programs fill quickly - call ahead to reserve your spot!

BEYOND THE BOOK: PAMELA KELLEY

Friday, December 4 2:00-3:00 PM

Pamela Kelley, local Cape Cod author, is a USA Today and Wall Street Journal bestselling author of women's fiction, family sagas, and suspense. Readers often describe her books as feel-good reads with people you'd want as friends. Ms. Kelley will bring along her book *The Christmas Inn* (and more!) for signing. [Registration requested.](#)



"SAVE A LIFE" TRAINING SERIES: QPR

Tuesday, December 8 1:00-2:00 PM

Outer Cape Health Services brings our community a suicide prevention training known as "Question, Persuade, Refer" (QPR). With this training, you can play a role in saving the life of someone you love. You'll learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. We invite you to join in this community conversation and training to learn how to recognize and intervene at a moment when it matters most. [Registration required.](#)



CRANBERRY COACH OUTINGS

All outings include a stop for lunch (except 12/21 as noted). We suggest budgeting \$25-30 for lunch.

Registration required; call anytime. Harwich residents only, unless space allows.

CC MUSEUM OF ART HOLIDAY EXHIBIT

Tuesday, November 17 10:00-2:30

We'll enjoy a guided tour of the museum and visit the Wrap It Up! Holiday Art Show & Sale, which features a vibrant collection of small, original artworks created by local member artists. **\$5**

HOLIDAYS AT HIGHFIELD HALL

Thursday, December 3 9:30-3:00

This year's holiday exhibition, "Twas the Night Before Christmas: Life Above & Below Stairs," immerses you in the final hours before Christmas morning inside a grand Gilded Age mansion. **\$25**

HOLIDAY SHOPPING

Tuesday, December 8 9:00-3:00

We're heading to Walmart in Falmouth. Lunch after at Betty's, a nostalgic 50s-themed diner.

Monday, December 21 9:00-2:00

Mashpee Commons has something for everyone! Join us for a trip, with lunch on your own on-site.

GLASSBLOWERS' CHRISTMAS

Tuesday, December 15 9:00-2:30

Tour the Sandwich Glass Museum with us! In addition to its usual charm, the museum is celebrating the holidays in style, with tree ornaments and other winter decor festively displayed in their retail store. The perfect opportunity to find a beautiful, unique gift! **\$7**

SCRAPBOOKING

1st & 3rd Tuesdays 1:30-3:30 PM

Nov 3 & 17; Dec 1 & 15

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



BIRTHDAY PARTY

Tues, Nov 17 & Dec 15 2:30-3:30 PM

Celebrate your special day with us! We'll serve cupcakes, sing, and make new friends. November babies will be celebrated on **11/17**; December babies on **12/15**. Open to anyone who wants to help us celebrate. *Please RSVP so we bring enough cupcakes!*

CRAFT WORKSHOP

Fri, Nov 13 & Dec 11 1:30-3:00 PM

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

Registration is required & opens November 2 & December 1 respectively. Non-Res Fee \$8

On **November 13**, we're making festive bows so you can wrap your holiday gifts with style!



On **December 11**, we'll make hanging crystal suncatchers that will help your tree sparkle this holiday season and then brighten your home all year round.



DEMENTIA CAREGIVERS SUPPORT GROUP

1st & 3rd Wednesdays: Nov 4 & 18; Dec 2 & 16 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 trusted 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. For more information or to register, call the AFSC in Brewster at 508-896-5170.*

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.

CHESS CLUB

Mondays, 1:00-4:00 PM

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



Holiday gift bags waiting to be delivered for last year's Santa for Seniors program. We are so thankful for the community's support!



UKULELE LESSONS

- With Instructor Cathy Hatch -

Cost: \$50/6 week session, paid at the first class (no exceptions).

Registration required.

6 MONDAYS: NOV 9 - DEC 14

1-2 PM Cowboy & Holiday Tunes
Not for absolute beginners.

2-3 PM Strumming
We'll work on strumming & finger picking.

3-4 PM Absolute Beginner
Start here if you're new to ukulele & need to learn the basics.

BIG SCREEN MOVIE DAY

Please RSVP so we can bring enough snacks!

Regulations now prohibit us from publishing the name or identifying details about our showings. Please call or stop by for this month's selections.

Friday, November 20 at 1:00 PM

An uplifting and heartwarming story about bringing people together across cultures & following your dreams. Released in 2014; PG.

Friday, December 18 at 1:00 PM

A fun and festive film with a heartwarming holiday story filled with humor, music & a little unexpected magic. Released in 2022; PG-13.



BALANCE BOOSTERS Tu 10:00-10:45 / Tu 11:15-12:00 / Thu 12:15-1:00 **NO COST****Tuesdays, Dec 1 – Jan 19 / Thursdays, Dec 3 – Jan 21**

6 classes/sessions

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 10](#)** for all classes (you may only register for one of the three options).

CHAIR YOGA**Fridays 11:00-12:00 or 12:00-1:00****NO COST**

Monthly sessions

December Session: Dec 4 – 18

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, November 20](#)**.



JILL'S SEATED CLASS**Mondays 11:30 AM – 12:30 PM****\$8/class****Session 1: Nov 2 – 30 / Session 2: Dec 7 – 28**

Monthly sessions

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, October 26 for Session 1](#) and [Monday, November 23 for Session 2](#)**.

JILL'S SENIOR WORKOUT**Wednesdays & Fridays 9:15-10:15 AM****\$70/16 classes****October 28 – December 30****Payment window: 10/14-10/28 @ 3PM**

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, Oct 27 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, October 28 end of day. *Because of required Accounting procedures, we regret that we are unable to offer exceptions to these dates.*

**HEARING SCREENINGS****Thursdays, November 19 & December 17 10:00 AM – 12:00 PM**

Schedule an appointment to see Susanne Powers, licensed Hearing Instrument Specialist. After your hearing screening, Susanne can assess your hearing aids and provide maintenance and cleaning. Book a consultation for help with anything involving hearing. **Call the COA to schedule your FREE appointment.**



See page 2
for program
registration
info

QI GONG

Wednesdays, ongoing 10:00-11:00 AM

\$10/class

Practiced for similar 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. **Drop-in class.** For more information, contact the instructor, A.Jay Zahn at capecodtaichisociety@gmail.com.

TAI CHI CLASSES (\$18)

Come learn the many benefits of Tai Chi, with instructor A.Jay Zahn, who has been practicing for over 40 years. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts. *For more info, contact A.Jay at capecodtaichisociety@gmail.com*



INTERMEDIATE TAI CHI (\$18)

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

This class will focus on learning the Yang Style 24-Posture form, the most widely practiced Tai Chi experience.

BEGINNER TAI CHI (\$18)

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

We will be learning the easy Yang Style 8-posture form. Anyone with previous Tai Chi experience is welcome to join.

CHAIR VOLLEYBALL

NO COST

Wednesday, December 9

12:30-1:30 PM

Volley a beachball with the help of your teammates while staying safely seated in a chair. The most fun you'll have all week! Spectators & cheerleaders welcome. Drop in event.



FOOT CARE CLINIC

Wednesdays, 9:00 AM - 3:00 PM

Please call for current schedule

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 us to schedule.

Cost: \$50/clinic

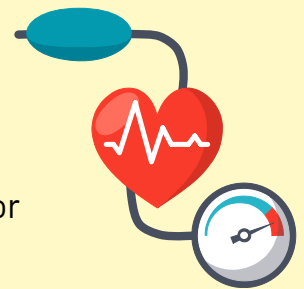


BLOOD PRESSURE & WELLNESS CLINIC

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

Walk In, at Town Hall: 1st Thursdays, 9:30-11:30

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

Family Pantry Delivery: The COA can pick up and deliver groceries from the Family Pantry at no cost. The Pantry offers a full range of groceries, including perishables. All Harwich seniors are eligible. Deliveries take place on Tuesday afternoons. Orders accepted **Fridays 12-3:30PM** and **Mondays 9AM-2PM**. For weekends with **Monday holidays, call by Friday 2PM**. Call 508-430-7550 x1.

Brown Bag Program: Free grocery delivery on the first Friday of every month. Your bag will include non-perishables, fresh fruit or vegetables, frozen meat, and more.

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.)

LEGAL ASSISTANCE

Wednesdays, November 18 & December 16 1:00-4:00 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.

Call for Availability

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 and other case management support. Drop in service—no appt req'd.

NOTARY PUBLIC

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

PET FOOD PANTRY ^{NEW}

The COA stocks pet food & cat litter for those in need. Additional donations welcome!



SIGHT LOSS SERVICES SUPPORT GROUP

Tuesdays, November 3 & December 1 10:30 AM - 12:00 PM

Support group and assistive technology education for those who have significant sight impairments.

HOME SAFETY: FILE OF LIFE MAGNET & LOCKBOXES

In an emergency, seconds count. Keeping an up-to-date File of Life magnet on your fridge helps provides essential medical info to rescue personnel. A secure lockbox outside your door provides an alternative to forced entry in the event of a fire or medical emergency. Free File of Life magnets and replacement inserts are available at our office. Lockboxes are \$240 from Kidde. If cost is a barrier, or to learn more about how to order, contact our office.



FUEL ASSISTANCE - HELP WITH HOME HEATING BILLS

If you need help with home heating bills this winter, call 508-430-7550 x3. See page 12.



SHINE (MEDICARE) COUNSELING

SHINE provides free health insurance information and counseling to all MA residents eligible for Medicare. Call to inquire about appointments for Open Enrollment and more.



MEDICARE SAVINGS PLANS (MSPs)

MSPs are income-based programs that help you lower your Medicare costs by assisting with your Part B premiums, deductibles, and copays. To see if you qualify, schedule an appointment with a SHINE counselor.

REAL ESTATE TAX EXEMPTIONS

Qualified residents 60+ may be eligible to lower your tax bill by up to \$3,000. Income and asset limits apply. Applications for FY27 are available now. Contact Saranya for info: 508-430-7550 x3.

SOCIAL WORK SERVICES

Our Social Services Coordinator 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, SNAP applications, and referrals to many other agencies and services. **Call Saranya Hayward 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), only when space is available in our storage room. Urinary incontinence supplies must be unopened. We cannot accept any equipment that requires power, nor non-durable medical supplies (e.g., bandages). Calling ahead is recommended.

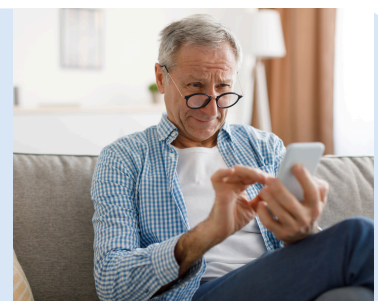
TECH HELP

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

Drop in for a 15 minute session with a tech savvy volunteer.

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. By appointment.



TABLET LOAN PROGRAM

Borrow a tablet to browse the internet, check your email, attend a virtual health appointment, or even just play games. If you need a tutorial, please also request an appointment with a Peer Tech Support Volunteer.

*** * * * * COA BOARD OF DIRECTORS * * * * *

Next meetings for the Board of Directors: **Wednesday, November 18 & December 16 at 10:00 AM**
All agendas and meeting minutes will be available on the town website or via the Town Clerk or COA.

12 HEALTH NEWS

Sue Jusell, RN

Town Nurse
508-430-7550 x 2



We have all traveled a unique journey that has shaped the person we are today. You are the “present” and far more fascinating than you may think you are. Some days, you may not be the most interesting person in the room, but you might just be the most *interested* person in the room, and that’s a gift!

Please consider joining us for refreshments and conversation on 11/17 for the Art of Connection program. Loneliness and social isolation are common challenges of healthy aging. Being socially engaged in any capacity can strengthen your immune responses and reduce the risk of cognitive decline and other chronic diseases. I challenge any of you who prefer to keep to yourselves to partake in just one social activity between now and New Year’s. The holidays can be a difficult time for many people, especially those experiencing loneliness, loss, or change. It’s important to remember that you’re not alone.



We will host another type of program in our “Save a Life” training series on Thursday, December 3 at 4:30 followed by the free pasta dinner at the Community Center, or on Tuesday 12/8 at 1pm. This is a one-hour QPR (Question, Persuade, Refer) suicide prevention training, led by Brianne Smith, Director of Care Management at Outer Cape Health. If you’re curious about this, I hope to see you there.

I wish you all peace for this holiday season and best wishes for a healthy new year ahead. Wellness clinics are Wednesday mornings by appointment at the COA and walk-ins at Town Hall on the 1st Thursday of every month from 9:30-11.



OUTREACH NEWS

Saranya Hayward, MSW

Social Services Coordinator
508-430-7550 x 3



Has anyone begun making plans for the upcoming holiday season? I have not made any definite plans yet, but I am looking forward to spending time with family and friends. For me, the holidays are more than celebration. They are a time for giving, sharing, remembering loved ones, and appreciating the people who are important to us.

At the same time, the holiday season can be a difficult and emotional time for those who have lost someone they love. This November will mark 13 years since my father passed away, and I continue to miss him every day. It is hard to believe how quickly the years have passed. My husband and I have been living full-time on Cape Cod for a little over four years. We truly enjoy living here, as well as our 20-year-old turtle! Wishing everyone a nice holiday season.

Fuel/Heating Assistance Program Reminder

A quick reminder that the Home Energy Assistance Program season will start Nov. 1 and run through April 30, 2027. For help with your renewal application or to apply for the first time, please contact me for an appointment at **508-430-7550 x3**.

I can also provide information about financial assistance resources or the Eversource discount utility program.



Need Help with Your Heating Bills?

If you’re struggling to afford your heating bills this winter, ask about the Fuel Assistance program. Help with applications is available by appointment only.



Call 508-430-7550 x3

VOLUNTEER SPOTLIGHT FRIENDS OF HCOA

The Friends of the Council on Aging is a non-profit organization that supports the mission of the COA by fundraising for programs that are outside the scope of our municipal operating budget. The Friends' Board of Directors is comprised of 8 hardworking volunteers, many of whom also give their time to other COA projects. In 2026, the Friends donated over \$25,000 to support the following programs:

- 6 Technology classes
- 66 Yoga & qi gong classes
- 140 Fire blankets
- 40 Lockboxes
- Holiday gifts for 170 residents
- Home safety modifications
- Grocery gift cards for food insecurity
- Emergency financial support for low-income residents
- Outreach & volunteer appreciation luncheons
- Respite care for 8 residents

and more!

**Thank
you!**

VOLUNTEER SOCIAL

**Thursday, December 17
9:30 - 10:30 AM**

Volunteers, come celebrate the season together at our holiday volunteer social. Bring a wrapped, gender-neutral gift valued up to \$25 and join in a joyful gift swap with fellow amazing volunteers. Complete with holiday treats, cider, cozy coffee, and fragrant teas. Come enjoy warm laughter, festive fun, and the chance to reconnect with wonderful volunteers just like you. Please RSVP 508-430-7550 x1

*To learn about our current volunteer opportunities, contact Rosa Wright:
508-430-7550 x5*

CAREGIVER RESOURCES

ROCK HARBOR RESPITE

Rock Harbor Respite is a supportive day program for older adults in need of social engagement and those living with physical disabilities or cognitive changes. The Town of Harwich subsidizes the cost of attendance for our residents. The cost for Harwich residents is \$65/day. Contact Maria Cecci for more information: 508-255-6333



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 Tues-Fri 9:30 to 2:30. For more info, call the Dennis Center for Active Living: 508-385-5067

ALZHEIMER'S FAMILY SUPPORT CENTER

AFSC provides free support to families affected by dementia, through every stage of the illness. Services include support groups, consultations, care planning, phone support, education, insurance support, and social and cultural programming. A respite center in Hyannis is also operated M-F. Call 508-896-5170 or see page 6 for current support group.



GUIDE PROGRAM

Medicare's GUIDE program is designed to help people with dementia and their family caregivers get the support they need to stay in their homes safely. Comprehensive support including care planning and a \$2,563 annual respite allowance are available. To see if you're eligible, contact Elder Services of CC & the Islands at 508-394-4630 or AFSC (above) at 508-896-5170.

BROOKS FREE LIBRARY

SELECTED NOVEMBER & DECEMBER PROGRAMS

Registration requested for some programs

- **Th 11/5 5:30-6:30:** The Gilded Age Guitar - Classical Guitar with Kevin Sherwin
- **Tu 11/10 1-2PM:** Let's Talk About Tomorrow: Future Housing Options for Adults Ages 55 and Older (by HPC)
- **Tu 11/10 11:30-12:30:** Morning Book Group - *My Friends* by Fredrik Backman
- **Fr 11/13 1-2PM** CC Canal Story w/Army Corps of Engineers
- **Tu 11/17 1-2PM:** Assistive Technology Demonstration - Perkins Library of Things
- **Th 11/19 12-1PM:** What Are You Reading? with Library Director Mark Ziomek
- **Fr 11/20 1-2:30:** Author Talk: Dr. Kumara Sidhartha, *All My Secrets: Uncovering Messages of Health from Your Body*
- **Mon 11/23 @ 12PM:** Banned and Challenged Book Group - *Last Night at the Telegraph Club* by Malinda Lo
- **Tu 12/15 1-2PM:** Assistive Technology Demonstration - iPhone Accessibility Options

HARWICH COMMUNITY CENTER

BUILDING CLOSURES

Wednesday, November 11: Veteran's Day
Thursday & Friday, Nov. 26-27: Thanksgiving
Friday, December 25: Christmas Day
Friday, January 1: New Year's Day

SELECTED NOVEMBER EVENTS

- State General Election: Nov 3, Polls 7AM-8PM
- Garden Club Meeting: Nov 4, 1-3PM
- Flu Clinic: Nov 5, 1-4PM
- Pasta Dinner: Nov 5, 5:30-7PM
- Betty Trummel Talk: Nov 9, 2:30-4PM
- Women's Club Meeting: Nov 12, 1-4PM
- Nordic Club Game Day Fundraiser: Nov 14, 9-4
- Appraisal Event: Nov 16, 1-4PM
- Harwich Artists Demo: Nov 21, 2-4PM

SELECTED DECEMBER EVENTS

- Garden Club Meeting: Dec 1, 1-3PM
- Pasta Dinner: Dec 3, 5:30-7PM
- Garden Club Holiday Boutique Sale: Dec 5, 9-12
- Red Cross Blood Drive: Dec 7, 12-4PM (*by appt.*)
- Town Band Holiday Concert: Dec 8, 7-8:30PM
- Women's Club Santa's Workshop: Dec 10, 3:30-6:30
- Sound Dunes Holiday Concert: Dec 17, 6-8PM

Stay tuned for ticket opportunities to Cape Cod Theatre Company/Harwich Junior Theater's *Frozen!*

To sign up for a program, contact the Community Center at 508-430-7568

FRIENDSGIVING WITH LOWER CAPE LGBT SENIORS

Friday, November 13 5:30-8:00 PM

The difference in this fall tradition lies in who you celebrate with, hence the name! We will host our annual "Friendsgiving" homecooked dinner of traditional Thanksgiving fare for a chance to celebrate, have some fun, and connect before the formal holiday season is upon us. With musical entertainment by DJ Tommy Tuttle.

Registration required: Call the Orleans Senior Center at 508-255-6333.

Cost: \$10

MEDICARE OPEN ENROLLMENT SHINE PROGRAM INFO

We have reached capacity and no longer have appointments available for Open Enrollment counseling, but you still have options:

- See pg 3 for details on our Nov 10 program
- Contact Barnstable County SHINE office at 508-375-6762 to check appt availability
- Contact Medicare directly at 1-800-MEDICARE or medicare.gov



Friends of the Harwich Council on Aging

100 Oak Street
Harwich, MA 02645

FriendsofHarwichCOA@gmail.com



A message from the Friends

Dear Friends and Neighbors,

As I write this, we are anticipating the first nor'easter of the season and the unusual September timing. I hope you've all gotten through the storm with minimal damage. After the storm, we'll be well into fall and preparing for the many holidays at the end of the year.

For the Friends of the Council on Aging, the end of the year is a time when we make another solicitation of support for the Council on Aging. The Friends work with and through the COA, but we try to bring attention to several specific areas:

1. Keeping older adults safe in their homes by providing fire blankets, grab bars, lock boxes and emergency funds for those in need.
2. Supporting those with dementia and their caregivers by offering education and access to respite care.
3. Digital equity - supporting classes to introduce folks to the internet, its resources and hazards; and by providing devices that can be borrowed temporarily for folks to explore on their own.
4. Socialization - we know that everyone benefits from social interaction and our support of the COA helps those programs for our older adults.
5. For the food insecure, we enable the COA to provide help with groceries.

Annual Meeting

Thursday,
November 5
9:00 AM

at the
Community
Center

Some of the above activities are supported by COA staff while others are offered by outside experts. But much is offered and supported by volunteers (which undoubtedly includes many of you reading this) and the Friends are pleased to support the COA's recognition events that say thank you to all of you that give of your time for our older adults.

Best wishes for the holidays.

- Bob Hamilton on behalf of the Board of FCHOA



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

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.

- 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.

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.*
- *Schedule is subject to change based on rides to/from COA programs.*



MONDAY TRIP SCHEDULE

Market Basket: Nov 2, 16, 23 / Dec 7, 21

Hyannis shopping: Nov 9, 30 / Dec 14, 28

Call the COA to schedule all rides:

508-430-7550 x1

Check out our outings on page 5!

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.

- 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**, or you may bring a caregiver to assist. Drivers cannot assist you in/out of car.
- A donation of \$5-20 to your driver is encouraged but not required (amount based on distance).
- 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. 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. \$3/ride. 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 ¾ of a mile as needed. Reservations are required for the off-route stops.

Boston Hospital Transportation: Bus transportation to 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. Medical appts should be scheduled 10AM-2PM. \$30 round trip.

BREAKFAST

Enjoy a breakfast feast prepared by Chefs Linda St. Pierre & Linda Kelley, 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 or sign up in person starting November 1. "Last call" is 4pm the Wednesday before the breakfast.

Nov Guest: Cape Cod Nordic Walking

Dec Guest: TBD

MEN'S BREAKFAST

Held on the 2nd Friday
Nov 13 & Dec 11 / 9:30 - 10:30 AM

WOMEN'S BREAKFAST

Note holiday schedule change!
Nov 20 & Dec 18 / 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 40 G&G meals per day.

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! Residents with documented Health Needs or Financial Needs will be prioritized for Grab & Go Meals (ask for more info). Registration for November lunches opens on October 15; December lunches on November 16, always at 11:30 AM.

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. **Please call if you will be late.**

PAYMENT: Suggested donation per meal is \$4 for Harwich residents & \$5 for non-residents.

Order forms & a full description of program policies are available from our office or by email.

NOVEMBER - Registration opened 10/15

Mon 11/2	Turkey sandwich w/chips
Tue 11/3	Meatballs w/pasta and garlic bread
Wed 11/4	Italian chicken soup w/garlic bread
Thu 11/5	Hotdog w/potato salad
Fri 11/6	Baked fish with potatoes and coleslaw
Mon 11/9	Chicken salad sandwich
Tue 11/10	Grilled ham and cheese
Wed 11/11	CLOSED—VETERAN'S DAY
Thu 11/12	Pizza and salad
Fri 11/13	MEN'S BREAKFAST—Register by 11/10 4pm
Mon 11/16	Roast beef & cheese sandwich w/chips
Tue 11/17	Mac & cheese w/slice of ham
Wed 11/18	THANKSGIVING LUNCH (SEE PAGE 3)
Thu 11/19	Grilled cheese w/tomato soup
Fri 11/20	WOMEN'S BREAKFAST—Register by 11/18 4pm
Mon 11/23	Egg salad sandwich w/chips
Tue 11/24	Veggie lasagna w/salad
Wed 11/25	Salisbury steak w/potatoes & veggies
Thu 11/26	& Fri 11/27 CLOSED—THANKSGIVING HOLIDAY
Mon 11/30	Tuna roll w/chips

Dec priority lunch forms due 11/25

DECEMBER - Registration opens 11/16 at 11:30AM

Tue 12/1	Meatloaf w/potatoes & veggies
Wed 12/2	Chowdah and grilled cheese
Thu 12/3	Stuffed shells w/salad
Fri 12/4	Salmon w/rice and slaw
Mon 12/7	Bologna & cheese sandwich w/chips
Tue 12/8	Pasta w/sausage and peas
Wed 12/9	Cheeseburger w/lettuce & tomato
Thu 12/10	HOLIDAY PARTY @ 12:30—Registration req'd
Fri 12/11	MEN'S BREAKFAST—Register by 12/9 4pm
Mon 12/14	Ham & cheese sandwich w/chips
Tue 12/15	Tacos with rice
Wed 12/16	HOLIDAY LUNCH (SEE PAGE 3)
Thu 12/17	Swedish meatballs w/egg noodles
Fri 12/18	WOMEN'S BREAKFAST—Register by 12/16 4pm
Mon 12/21	Turkey sandwich w/chips
Tue 12/22	Scallops w/potatoes and coleslaw
Wed 12/23	Chicken patty sandwich
Thu 12/24	Tuna roll w/chips (Grab & Go only)
Fri 12/25	CLOSED—CHRISTMAS DAY
Mon 12/28	Italian sub w/chips
Tue 12/29	Chicken fajita boat
Wed 12/30	BLT pocket
Thu 12/31	Chicken salad w/cranberry sauce (Grab & Go only)

Jan priority lunch forms due 12/24



**EVERY WEDS AT DINE-IN LUNCH:
DOOR PRIZE FOR \$25 GROCERY GIFT CARD!**



MON

2

11:30 Jill's Seated Exercise
1:00 Chess Club

Van trip: Market Basket

TUES

3

10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
10:30 Sight Loss Services
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:30 Scrapbooking

WED

4

9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mexican Train
Dominoes
2:00 AFSC Dementia
Caregiver Support Group

THURS

5

9:30 Wellness/BP Clinic -
at Town Hall
12:15 Balance Boosters
1:30 Mindfulness class
2:30 Girl Power

FRI

6

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage

9

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Holiday
2:00 Ukulele - Strumming
3:00 Ukulele - New Beg.

Van trip: Hyannis stores

10

10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
**1:00 Your Medicare Plan
Options (by SHINE)**

11

CLOSED



12

**10:00 Making the Most of
Retirement Funds**
1:30 Mindfulness class
2:30 Girl Power

13

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Men's Breakfast
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
1:30 Craft: Holiday Bows
1:30 Cyber Crimes

16

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Holiday
2:00 Ukulele - Strumming
3:00 Ukulele - New Beg.

Van trip: Market Basket

17

10:00 Outing: CCMA
10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:00 Art of Connection
1:30 Scrapbooking
2:00 Nov. Birthday Party

18

9:00 Footcare-Janet T.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
11:30 Holiday Luncheon
1:00 Mex. Train Dominoes
1:00 Legal Appointments
2:00 AFSC Dementia
Caregiver Support Group

19

10:00 Hearing Clinic
**10:00 Coyotes on the
Cape**
12:15 Balance Boosters
1:30 Mindfulness class
1:30 AI Basics
2:30 Girl Power

20

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Women's Breakfast
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
**1:00 Movie Day - Call for
selection**

23

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Holiday
2:00 Ukulele - Strumming
3:00 Ukulele - New Beg.

Van trip: Market Basket

24

10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub

25

9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mexican Train
Dominoes

26

CLOSED



27

CLOSED



30

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Holiday
2:00 Ukulele - Strumming
3:00 Ukulele - New Beg.

Van trip: Hyannis stores



Advance
registration
required for
some programs
(noted inside).

See page 2 for
registration details.

Drop-ins
accommodated
as space allows.

DECEMBER 2026

19

MON

TUES

WED

THURS

FRI



1

10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
10:30 Sight Loss Services
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:30 Scrapbooking

2

9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mexican Train
Dominoes
2:00 AFSC Dementia
Caregiver Support Group

3

**10:00 Outing: Holidays at
Highfield Hall**
12:15 Balance Boosters
1:30 Mindfulness class

4

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
**2:00 Beyond the Book:
Pamela Kelley**

7

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Holiday
2:00 Ukulele - Strumming
3:00 Ukulele - New Beg.

Van trip: Market Basket

8

**9:00 Outing: Holiday
Shopping (Walmart)**
10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:00 QPR Training

9

9:00 Footcare-Janet T.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
12:30 Chair Volleyball
1:00 Mex. Train Dominoes

10

**10:00 The Story Behind
Our Favorite Carols**
12:15 Balance Boosters
12:30 HOLIDAY PARTY



11

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Men's Breakfast
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
**1:30 Craft Workshop:
Crystal suncatchers**

14

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Holiday
2:00 Ukulele - Strumming
3:00 Ukulele - New Beg.

Van trip: Hyannis shopping

15

9:00 Outing: Glass Mus.
10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:00 Your Family Story
1:30 Scrapbooking
2:30 Dec. Birthday Party

16

9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
11:30 Holiday Luncheon
1:00 Mex. Train Dominoes
2:00 AFSC Dementia
Caregiver Support Group

17

**9:30 Volunteer Social
& Gift Swap**
10:00 Hearing Clinic
12:15 Balance Boosters
1:30 Mindfulness class

18

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Women's Breakfast
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
**1:00 Movie Day - Call for
selection**

21

**9:00 Outing: Holiday
Shopping (Mashpee)**
11:30 Jill's Seated Exercise
1:00 Chess Club

Van trip: Market Basket

22

10 & 11:15 Tai Chi
11:15 Balance Boosters
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub

23

9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mex. Train Dominoes

24



CLOSED 25



**MERRY
CHRISTMAS**

28

11:30 Jill's Seated Exercise
1:00 Chess Club

Van trip: Hyannis shopping

29

10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub

30

9:00 Footcare - Janet T.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mex. Train Dominoes

31



**Advance
registration
required for
some programs.
Drop-ins
accommodated as
space allows.**

HARWICH COUNCIL ON AGING
100 OAK STREET
HARWICH, MA 02645



HARWICH COUNCIL ON AGING

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FOR THOSE WITH VISUAL
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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.