



HARWICH COUNCIL ON AGING

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



HEALTHY AGING PROGRAM

Tuesday, September 22 1:30-3:30 PM

Our Healthy Aging Program is an interactive experience designed to help support your overall well-being as you age. Participants will complete a brief questionnaire to receive a personalized Healthy Aging Score and enjoy Chef Linda Kelley's nutritional cooking demonstration with delicious food samples and recipes. We'll wrap up with tips to improve strength, balance, and mobility. Participants will also receive a few complimentary wellness-related items. **Registration required.**

CAPE COD BRIDGE UPDATE

Thursday, October 8 10:00-11:30 AM

Steven Tupper, Deputy Director of the Cape Cod Commission, will visit to review the current plans to replace the Cape's Bourne and Sagamore Bridges, including the decisions shaping the project and what the project means for Cape Cod's future.

Registration requested.



For information on Medicare Open Enrollment & SHINE appointments, see page 14!



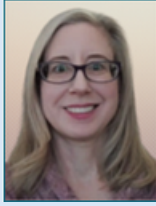
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2 ANNOUNCEMENTS

When we think about fresh starts, January usually comes to mind. But for many of us, September has always felt like the real beginning of the year. For decades, our lives followed the rhythm of the school calendar. September meant new teachers, new routines, and the excitement of starting another chapter. Of course, the Cape sees its own fall transition - tourists leave, community groups resume, and summer gives way to a more familiar routine.



There's something about the first signs of autumn that inspires us to look ahead. A fresh start doesn't have to be a major life change. It might be joining a new class at the COA, trying a different hobby, reconnecting with an old friend, or simply introducing yourself to someone new. It can also be a time to revisit goals that have been set aside - such as reading more, staying active, volunteering, or learning a new skill. Small steps can lead to wonderful opportunities and lasting friendships.

Here at the COA, September brings renewed energy. Familiar faces return after summer travels, new programs begin, and our calendar fills with opportunities to learn and connect. It's one of the best times of year to get involved and make new memories.

As we welcome fall, I encourage you to think of one thing you'd like to begin this month. Fresh starts aren't just for kids - we still enjoy them at every stage of life.

Julie Geom
COA Director

PET PANTRY

The COA is now stocking pet food & cat litter for those in need. Call our office to request supplies. Additional donations welcome!

NEW!

MEDICARE ENROLLMENT

October 15-December 7, By Appointment

It's open enrollment season for Medicare. This is the time of year you can make changes to your plans. For more information on how a SHINE counselor can help you, turn to page 14.

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.
- You will be asked to check into each program by scanning your key fob (ask if you don't have 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.
- Fitness class participants are required by the Town of Harwich to complete a liability waiver and provide emergency contacts.
- **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.**

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

BYO CONTAINER GARDENING

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

Bring a couple pots or a window box from home and fill it with fresh herbs you can easily grow indoors throughout the fall and winter. We provide the soil and plants, and we'll have a few extra containers on hand if you don't have any empty ones. Max size 18" total diameter (one extra large container or a few small ones). [Registration required; call anytime.](#)



TIDAL TREASURES

Thursday, September 10 1:00-2:00 PM

Cape Codders know that "beach season" doesn't end in August. Join experienced naturalist Phil Kyle for Beachcombing 101 to improve your skills identifying items that are left by the tides, and learn where to find them. Shells, crabs, fossils, archeological relics, seaweed clues and the tides are explained. [Registration requested.](#)



FIBER: FRIEND OR FOE?

Tuesday, September 15 1:00-3:00 PM

Unravel the truth behind the role of fiber in our diets. VNA Dietician Amy Rose Sager will share her knowledge of how fiber can improve your health. After the presentation, Chef Linda Kelley will provide a cooking demo and samples of a quick, yummy dish you can make at home. [Registration required; call anytime.](#)



HINCKLEYS POND WALK WITH HCT

Wednesday, September 16 12:00-1:30 PM

A guide from the Harwich Conservation Trust will lead a walk through the The Hinckleys Pond-Herring River Headwaters Preserve. The trail is just under a mile, looping around this 30 acre retired cranberry bog. [Registration required.](#)



DEMENTIA CAREGIVERS SUPPORT GROUP

1st & 3rd Wednesdays: Sept 2, 16 & Oct 7, 21 2:00-3:00 PM

The Alzheimer's Family Support Center hosts a caregiver's support group on-site at the Harwich COA. While the caregivers meet, your loved ones will be engaged in activities in a companion group run by experienced, compassionate staff. There is no commitment to attend all sessions; come and go as works for your family. [Registration requested, but drop ins welcome. Call AFSC at 508-896-5170.](#)

FESTIVE TREATS FROM THE HEART: A SHARED RECIPE BOOK

4 Thursdays: Sept 17, 24 & Oct 1, 15 1:30-2:30 PM

Chef Linda Kelley and Social Services Coordinator Saranya Hayward will help you turn your treasured holiday recipes into a lasting keepsake. Participants are asked to bring two of your favorite holiday dessert recipes and photos to the first session. The class will work on compiling the recipes, photos, and stories into a cookbook. A printed copy will be given to everyone at the last class, where you will also enjoy tastings of the dishes. **Registration required; Harwich residents only.**



TECHNOLOGY CLASSES

PROTECT YOURSELF ONLINE

Thursday, September 24 10:00-11:00 AM

Scams are sophisticated and growing. Learn how to recognize them, trust your instincts, and know exactly what to do if something feels wrong.



SMART PHONE SKILLS - BEYOND THE BASICS

4 Thursdays: October 1, 8, 22, & 29 10:00-11:30 AM

This 4-week class is for people who have their smart phone basics down and are ready to discover more. Most people—of any age—use about 15% of what their phone can do. This series is about the other 85%. Topics include: phone personalization, AI tools, common useful apps, and cloud storage.

Registration required for each class - registration opens September 1.

Harwich residents only, unless space allows. Non-resident fee: \$5.

Need more? Visit our drop-in tech clinic Fridays at 9am!

ESTATE PLANNING

Thursday, September 24 1:00-2:00 PM

Learn the essentials of estate planning and how key legal documents—such as wills, trusts, powers of attorney, and health care directives—can help protect your wishes and loved ones. An experienced attorney will explain common planning strategies, answer frequently asked questions, and help you understand the steps to create or update your estate plan. **Registration requested.**



Please review page 2 for registration procedures.
Many programs fill quickly - call ahead to reserve your spot!

Join Chef Linda Kelley for a hands-on cooking class (held at 204 Sisson Rd in Harwich). Each week, you'll prepare nutritious dishes from different cultures and learn how to integrate some of these new recipes into your regular meal rotation. **Registration required. Non-resident fee \$15/class**

**HUSH
LITTLE
FIRE**

A NOVEL

JUDITH NEWCOMB STILES

The Strange Story of
MARIA HALLETT
 RICHARD ZAPP

Registration requested for each event; call anytime.

A large flock of birds, likely terns, is captured in flight against a bright, hazy sky at sunset. The birds are silhouetted against the light, showing various wing positions as they fly. Below the birds, a dark, silhouetted shoreline with trees and bushes meets a body of water. The water's surface is dark with some lighter patches, possibly reflecting the sky or showing ripples. The overall scene is a dramatic natural landscape.

Enjoy a movie a movie on the big screen with popcorn & snacks.
Call the COA to reserve your seat!



Friday, September 18 at 1:00 PM

The Sheep Detectives

(2026): PG

Comedy/Mystery

The Sheep Detectives is a mystery comedy starring Hugh Jackman as George Hardy, a kind shepherd who spends each evening reading classic detective stories to his flock, believing they cannot understand a word. When George is found dead under mysterious circumstances, his unusually perceptive sheep realizes they have learned enough from his stories to investigate the crime themselves. Led by the clever Lily (voiced by Julia Louis-Dreyfus), the flock follows clues, observes suspicious human behavior, and attempts to outwit the police as they uncover long-buried secrets surrounding George's death.



Friday, October 16 at 1:00 PM

We Have a Ghost

(2023): PG-13

Comedy/Adventure/Halloween



When teenager Kevin and his family move into a new home, they discover they're not the only ones living there. Hiding in the attic is Ernest (David Harbour), a friendly but mysterious ghost who has no memory of who he is or how he died. While Kevin sees Ernest as someone who needs help, his father, Frank, turns the ghost into an internet sensation, bringing unexpected fame and unwanted attention from the media and the government. Determined to uncover the truth about Ernest's past, Kevin and his friend Joy set out on an adventure where they encounter a cast of memorable characters.

WELLFLEET FARMER'S MARKET

Wednesday, September 23 9 AM-2 PM

We're taking the van to one of the last farmer's markets of the season, with lunch after.

Registration required; residents only.

NAT'L SEASHORE VISITOR CENTER

Thursday, October 15 10 AM-3 PM

A must see for all Cape Codders. Our van will make the trip to Eastham and stop for lunch in town after. *Registration required; residents only.*

SCRAPBOOKING

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

Sept 1 & 15 + Oct 6 & 20

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.*

CRAFT WORKSHOP

Fri, Sept 25 & Oct 23 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. **Non-Res Fee \$8**



In **September**, we're making sand art. In **October**, we'll create miniature fairy gardens. *Registration is required & opens Sept 1 & Oct 1 respectively.*

CHAIR VOLLEYBALL

Weds, Sept 9 & Oct 14 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.*

BIRTHDAY PARTY

Weds, Sept 23 & Oct 28 2:00-3:00 PM

Celebrate your special day with us! We'll serve cupcakes, sing, and make new friends. September babies will be celebrated on **9/23**; October babies on **10/28**. Open to anyone who wants to help us celebrate.

Please RSVP so we bring enough cupcakes!

GAMES, GAMES & MORE GAMES

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

MAH JONGG

Tuesdays, 1:00-4:00 PM

RUMMIKUB

Tuesdays, 1:00-3:00 PM



MEXICAN TRAIN DOMINOES

Wednesdays, 1:00-3:00 PM

CRIBBAGE

Fridays, 1:00-3:00 PM



UKULELE LESSONS

Long time ukulele instructor Cathy Hatch returns for the fall. Try something new!

6 MONDAYS: SEPT 14 - OCT 26

Beginner 2 1:00-2:00 PM

For those who can play basic chord progressions.

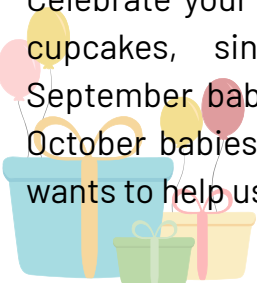
Beginner 1 2:00-3:00 PM

For those who have taken a "New Beginner" class.

New Beginner 3:00-4:00 PM

For people who are new to ukulele & need to learn the basics.

Cost: \$50 per 6 week session, paid at first class. Registration required.



8 FITNESS & WELLNESS PROGRAMS

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

Tuesdays, Oct 6 - Nov 17 / Thursdays, Oct 8 - Nov 19

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, September 22](#)** 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

Session 1: Sept 4-Oct 2 (no class 9/25) / Session 2: Oct 9-30

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 [Thursday, August 27 for Session 1](#) and [Friday, September 18 for Session 2](#).**

Monthly sessions



JILL'S SEATED CLASS Mondays 11:30 AM - 12:30 PM

\$8/class

Session 1: Sept 14-28 / Session 2: Oct 5-26 *no class 9/7 & 10/12 (holidays)*

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, August 31 for Session 1](#) and [Monday, September 21 for Session 2](#).**

JILL'S SENIOR WORKOUT Wednesdays & Fridays 9:15-10:15 AM

\$70/16 classes

September 2 - October 23

Payment window: 8/19 - 9/2 @ 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, Sept 1 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, September 2 end of day. *Because of required Accounting procedures, we regret that we are unable to offer exceptions to these dates.*



HEARING CLINIC

Thursdays, September 17 & October 16 10:00 AM - 12:00 PM

Schedule an appointment to see Susanne Powers, licensed Hearing Instrument Specialist. Services provided include a visual inspection of both ears, hearing screening, hearing aid maintenance and check-up and consultation for 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 and there is no ongoing commitment to attend. Each class is unique and uplifting. **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. 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. *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.

NEW BEGINNER (\$18)

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

Begin your Tai Chi journey here. We will be learning the easy Yang Style 8-posture form. New students should start on September 15.

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.



COA BOARD OF DIRECTORS

Next meetings for the Board of Directors: **Wednesday, September 16 & October 21 at 10:00 AM**
All agendas and meeting minutes will be available on the town website or via the Town Clerk or COA.

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. 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 to order.



PHARMACY ASSISTANCE

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

LEGAL ASSISTANCE

Wednesdays, September 23 & October 28 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.

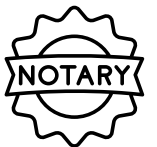
HOMELESS PREVENTION COUNCIL

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, applying for SNAP benefits, fuel assistance, and other personalized case management support. Drop in service—no appointment required.



NOTARY PUBLIC

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



PET FOOD PANTRY

The COA is now stocking pet food & cat litter for those in need. We rely on donations, so brands and varieties are limited. Call our office to request supplies. Additional donations welcome!

REAL ESTATE TAX EXEMPTIONS

Qualified residents 65+ may be eligible to lower their tax bill. Income and asset limits apply. Applications for FY27 are available now. Contact Saranya for info: 508-430-7550 x3.



FALL IS FUEL ASSISTANCE SEASON!

It's time to renew or apply for Fuel Assistance. If you need help with home heating bills this winter, contact our office at 508-430-7550 x3. See page 12 for more info.

SHINE (MEDICARE) COUNSELING

SHINE provides free health insurance information and counseling to all MA residents eligible for Medicare. For information on Open Enrollment, including appointment availability, see page 14.

SOCIAL WORK SERVICES

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

VETERAN'S ASSISTANCE

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

DURABLE MEDICAL EQUIPMENT LOANS

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

Donations & Returns: We accept equipment that is clean and in good condition (e.g., no rust). Packages of urinary incontinence supplies must be unopened. Note that our ability to accept donations and returns is dependent upon our storage space. There may be periods when we have to decline donations and returns. We unfortunately cannot accept any equipment that requires power, nor non-durable medical supplies (e.g., bandages, medications) other than un-opened incontinence products. You can drop in Mon-Fri 9:30-3:30, though we recommend calling ahead.

TECH HELP

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

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

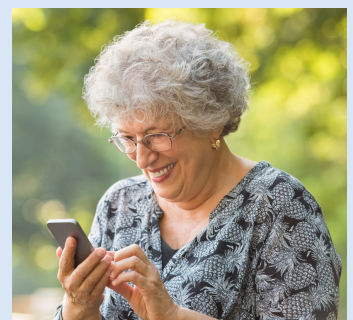


PEER TECH SUPPORT

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



12 HEALTH NEWS

Sue Jusell, RN

Town Nurse
508-430-7550 x 2



"Age is merely the number of years the world has been enjoying you." September is healthy aging month, and we can't let this time go by without focusing on you! We're all lifelong learners, but we learn in different ways. Please join us for an engaging program here in September. For those of you who make aging look easy or for those that just need a place to start, we have you covered! Healthy aging is about much more than adding years to life - it's about adding *life to your years*. Every day presents an opportunity to strengthen your mind, body and overall well-being, and we all have the power to make it happen.

At our program on September 22 (see the front page), we'll offer a fun self assessment survey at the open and close of our program that will also include questions about your emergency preparedness plan. Chef Linda Kelley will prepare a tasty treat, and I'll lead you through different levels of seated exercises that you might want to try at home. Come learn how to take meaningful steps toward maintaining your independence and bettering your quality of life as you age well, here in Harwich.

The Medical Reserve Corps was able to offer the well-attended "Stop the Bleed" and "Hands only CPR" classes in June. We feel fortunate to continue another save-a-life training this October with the Narcan training class. Learning how to administer the Narcan nasal spray is like learning CPR; it empowers everyday people to know how to reverse an opioid overdose that restores breathing while waiting for EMS to arrive.

I hope you had a lovely summer, and I look forward to the changing of the leaves ahead. I would love to connect with you; please call to set up an appointment. We can schedule a time for the Wednesday morning clinic, or stop in to see me at Town Hall on the first Thursday of every month from 9:30 to 11:30 AM. *Take care!*



OUTREACH NEWS

Saranya Hayward, MSW

Social Services Coordinator
508-430-7550 x 3



I hope everyone is enjoying the summer season. It seems to have passed by quickly. My mother has always reminded me to appreciate each day and to be thankful to the people who provide us with support and encouragement. Life is precious, and every day is an opportunity to show kindness and gratitude and appreciation for others. In my view, simple expressions such as "Please" and "thank you" each day, accompanied by a sincere smile can have a lasting impact, as even the smallest gesture of kindness has power to brighten someone's day.

The **Fuel Assistance program, also known as The Home Energy Assistance Program (HEAP)** is expected to start Nov 1 and run through April 30, 2027. If you were approved for HEAP last year, check your mail for a renewal packet from the South Shore Community Action Council. Recertification forms are typically mailed in Sept or Oct. Individuals who have never applied for HEAP must submit an application as a new applicant. These forms are generally available toward the end of Oct. If you are interested in applying, please contact me in Oct.

To complete the recertification process, you must submit the completed recertification form along with all required supporting documentation. Required documents may include proof of identity and citizenship, verification of household income, Social Security benefit letters or IRS Form 1099, pension benefit statements, annuity statements, and IRA or 401(k) statements. If employed, you must provide copies of the most recent four weeks of gross paystubs, as well as your most recent federal income tax return. If you rent your home, your current lease agreement is required. Homeowners must provide a copy of their current mortgage statement, homeowner's insurance statement (if applicable), property tax bill, and any applicable condominium fee documentation. Finally, please include copies of your current utility bills including your heating or fuel bills.

If you have any questions or would like assistance with your renewal application, please do not hesitate to contact me. New applicants, check in mid-October. Please note that appointments must be scheduled in advance. **Saranya: 508-430-7550 x3**

VOLUNTEER SPOTLIGHT

Charlene Pelletier

Charlene contributes her time in a myriad of helpful roles, including serving as a Friendly Visitor, a Van Aide, and assisting with special projects. Kind, outgoing, and an excellent listener, Charlene brings genuine companionship to those she is paired with.

As a Van Aide, she helps clients during trips to destinations such as grocery stores, making sure no one gets left behind and helping them keep track of their belongings.

Charlene also lends her energy and creativity to numerous special projects. She scoops ice cream at socials, delivers food and gifts during the holidays, helps decorate for events, and supports programs like the Brown Bags whenever needed. If there is a place to help, Charlene is willing.

VOLUNTEER COFFEE HOUR

Thursday, October 15 9:30 - 10:30 AM

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

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

Charlene came to us after a long and dedicated career at the Worcester Registry of Deeds. In 2007, she retired and moved to Cape Cod with her husband, David, so they could be closer to their three wonderful grandchildren. Having two children has been one of the greatest privileges of her life, but having her grandchildren right around the corner has brought her immeasurable joy.

Outside of her volunteer work and family time, Charlene enjoys gardening, walking, and hiking the local trails. Charlene is a valued part of the Harwich Council on Aging, and we deeply appreciate all she does for our clients and our community.

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 pg 3 for current support group.

GUIDE PROGRAM

Medicare's GUIDE program (Guiding an Improved Dementia Experience) is a new initiative providing free, comprehensive support for eligible Medicare beneficiaries with dementia and their caregivers. To see if the program is right for you, contact Elder Services of CC & the Islands at 508-394-4630 or AFSC (above) at 508-896-5170.

BROOKS FREE LIBRARY

Selected September & October Programs

- Tues Sept 1 & 15, 6-7pm: *Nothing More of This Land* Discussion Group (MA Great Reads 2026), with virtual author Q&A Sept 29. Please register with the library.
- Tues Sept 8 & Oct 13, 1-2pm: Birding by Ear
- Tues Sept 15 & Oct 20, 1-2pm: Assistive technology demonstration: Windows Accessibility, AI & ChatGPT
- 2nd Tuesday of each month, 11:30-12:30: Morning Book Group (9/8 - *Becoming Madam Secretary* by Stephanie Dray; 10/13 - *The Demon of Unrest* by Erik Larson)
- 4th Tues of each month, 6:30-7:30pm: Evening Book Klatch. Sept & Oct titles TBD - check our Event Calendar.
- 4th Mon of each month at Noon: Banned and Challenged Book Discussion Group (Sept 28 - *Better Nate Than Ever* by Tim Federle; Oct 26 - *Wicked* by Greg Maguire).

HARWICH COMMUNITY CENTER

BUILDING CLOSURES

Monday, September 7: Labor Day
Monday, October 12: Indigenous People's Day

SELECTED SEPTEMBER EVENTS

- Sept 3, 5:30-7pm Free Community Pasta Dinner
- Sept 17, 4:30-6:30 Harwich Women's Chorus Concert
- Sept 19 at 6:30pm Family Trivia Night
- Sept 21-26: "What Makes Harwich Home" Photo Contest

SELECTED OCTOBER EVENTS

- Oct 1 Free Community Pasta Dinner
- Oct 4, 10am-3pm Barks in the Park at the Harwich Community Center
- October 15, 6:30-8:30 Sound Dunes Fall Concert

WHICH COVERAGE IS BEST FOR ME? MEDICARE SUPPLEMENT PLANS VS MEDICARE ADVANTAGE PLANS?

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

Circumstances change, and so can your health plan. Every year, during the open enrollment period from October 15 to December 7, you can change your Medicare plan for the following year. This informative presentation will help you understand whether you're still enrolled in the best plan for you - or learn how to choose a plan for the first time. You will leave with an understanding of which type of plan best fits your needs. We'll cover:

- What's original Medicare?
- Differences between Medicare Supplement and Medicare Advantage Plans
- Do I need prescription drug coverage (Part D)?
- Real life case studies
- Resources to help you in the decision process

Presented by a Blue Cross Blue Shield representative



CRANBERRY ARTS & MUSIC FESTIVAL

Cranberry Festival & CranJam Music Weekend

Harwich Community Center, 100 Oak Street

September 19 & 20

HarwichCranberryArtsAndMusicFestival.org

SHINE APPOINTMENTS

October 15 - December 7

SHINE counselors are available on site to help you review your Medicare plan options, including costs, and choose a plan that's right for you and your budget. We'll start booking appointments (for Harwich residents only) on Weds, Sept 9 at 9AM. See pg 2 for registration procedures. We expect a large volume of calls, so please allow 72 business hours for callback. **Call 508-430-7550 x1 starting September 9.**

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,

I'm writing this at the beginning of August, still looking forward to family visits and more time on the beach, bike trail, and just enjoying living in this wonderful place. On a personal note, I'm looking forward to my son's and daughter's families visiting, all of us together for the first time since our twin grandsons were born in January. Five children under 10 and four more adults in the house will be big change for us, but a lot of enjoyment.

The Friends' goal is to help the Council on Aging assist the older adults of Harwich to live full lives in their homes. We appreciate your membership and donations to the Friends that enable us to do this. We also appreciate all of you who volunteer to support the COA in these efforts. The Friends did something new this summer and perhaps you saw this. We had a table at the Port Summer Nights in front of the Pilgrim Congregational Church. Thank you to Reverend Amie for providing us with a table and space. It was a good opportunity to meet people and talk about the Friends and our goals. We had a fire blanket and a lock box on display as examples of our work. These things, the fire blanket and the lock box, help keep folks safe in their homes. We're working with the COA on another home related venture. Many of us want to live out our lives in our homes. The Friends will be exploring how we can help our neighbors achieve this. "Aging in Place", as this is known, has more than one definition. We hope to be able to bring these concepts to the older adults of Harwich in the future.

By the time you read this, many of our visitors and family will be gone and life will be returning to normal, with car travel easier, open tables at restaurants and shorter lines in the grocery store. I have to tell you that my wife contributed that last one, though I have also searched for a parking spot at the store.

With gratitude,

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

FY 26 FRIENDS OF HARWICH COA MEMBERSHIP

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

Name _____

Name _____

Mailing Address _____

Mailing Address _____

Town/Zip _____ Phone _____

Town/Zip _____ Phone _____

Email: _____

Email: _____

ANNUAL INDIVIDUAL: \$15____

ANNUAL COUPLE: \$25____

In Honor Of / In Memory Of: _____

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

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



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: Sept 14, 28 & Oct 19

Hyannis shopping: Sept 21 & Oct 5 & 26

Call the COA to schedule all rides:

508-430-7550 x1

24-hour notice for Cranberry Coach

1 week notice for Medical Rides

VOLUNTEER MEDICAL RIDES

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

- 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, so trips cannot commence if you require help getting into the 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.



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 and also flexes off its route up to $\frac{3}{4}$ of a mile as needed. Reservations are required for the off-route stops.

Boston Hospital Transportation: Transportation provided 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 September 1. "Last call" is 3pm the Wednesday before the breakfast.

Sept Topic: Harwich's America 250 Event

Oct Speaker: Harwich

Conservation Trust

MEN'S BREAKFAST

Held on the 2nd Friday
Sept 11 & Oct 9 / 9:30 - 10:30 AM

WOMEN'S BREAKFAST

Held on the 4th Friday
Sept 25 & Oct 23 / 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! Clients with documented Health Needs or Financial Needs will be prioritized for Grab & Go Meals (ask for more info). Registration for **September lunches opens on August 17** and **September 15 for October lunches**, 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.



SEPT - Registration opened Monday, August 17 at 11:30AM

Tue 9/1	Salsbury steak w/potatoes & veg
Wed 9/2	Italian chicken soup w/garlic bread
Thu 9/3	Bologna w/cheese sandwich
Fri 9/4	Mac & cheese w/ham slice
Mon 9/7	CLOSED—LABOR DAY
Tue 9/8	Caribbean chicken w/rice & veg
Wed 9/9	Cheeseburger w/brie & red onions
Thu 9/10	Scallops w/rice & veg
Fri 9/11	MEN'S BREAKFAST (Register by Weds 3pm)
Mon 9/14	Chicken salad sandwich w/cranberry sauce
Tue 9/15	Sausage, pepper & onion sub *Oct lunch reg. opens
Wed 9/16	The "Rachel" sandwich w/chips
Thu 9/17	Cowboy pasta salad w/garlic bread
Fri 9/18	Fish sandwich w/chips
Mon 9/21	Roast beef sandwich w/chips
Tue 9/22	Pizza & salad
Wed 9/23	Chicken a la king w/potatoes
Thu 9/24	Ham & beans w/coleslaw
Fri 9/25	WOMEN'S BREAKFAST (Register by Weds 3pm)
Mon 9/28	Egg salad sandwich w/chips
Tue 9/29	Chowdah & grilled cheese
Wed 9/30	Meat lasagna w/garlic bread

Priority lunch forms due 9/25

OCT - Registration opens Tuesday, Sept 15 at 11:30AM

Thu 10/1	Turkey stew w/roll
Fri 10/2	Pizza & salad
Mon 10/5	Tuna sandwich w/chips
Tue 10/6	Roast pork w/veg
Wed 10/7	Butternut squash soup w/salad
Thu 10/8	Chicken alfredo
Fri 10/9	MEN'S BREAKFAST (Register by Weds 3pm)
Mon 10/12	CLOSED—COLUMBUS DAY
Tue 10/13	American chop suey
Wed 10/14	Indian style chicken curry w/rice
Thu 10/15	Beef stew w/roll *Nov lunch reg. opens
Fri 10/16	Spinach pie w/salad
Mon 10/19	Ham & cheese w/chips
Tue 10/20	Italian sausage soup w/bread
Wed 10/21	Roast beef dinner w/potatoes & veg
Thu 10/22	Kale soup w/garlic bread
Fri 10/23	WOMEN'S BREAKFAST (Register by Weds 3pm)
Mon 10/26	Salami w/cheese sandwich
Tue 10/27	Bacon cheeseburger w/chips
Wed 10/28	Lemon garlic shrimp w/pasta
Thu 10/29	French onion soup w/grilled cheese
Fri 10/30	Steak & cheese sandwich w/chips

Halloween Party @ 1:30!

RAFFLE

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

MON

TUES

WED

THURS

FRI

hello
FALL

1

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
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

12:15 Balance Boosters

4

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

7

CLOSED
LABOR DAY

8

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Container Gardening
1:00 Mah Jongg
1:00 Rummikub

9

9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
12:30 Chair Volleyball
1:00 Mexican Train
Dominoes

10

**10:00 Medicare Plan
Comparison Talk**
12:15 Balance Boosters
**1:00 Tidal Treasures
Nature Talk**

11

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Men's Breakfast
10:00 Tai Chi Interm.
11:00 Chair Yoga
11:15 Tai Chi Beginner
12:00 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage

14

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

Van trip: Market Basket

15

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Fiber: Friend or Foe?
1:00 Mah Jongg
1:00 Rummikub
1:30 Scrapbooking

16

9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
12:00 HCT Walk (off-site)
1:00 Mexican Train
Dominoes
**2:00 AFSC Dementia
Caregiver Support Group**

17

10:00 Hearing Clinic
12:15 Balance Boosters
**1:30 Recipe Book Series
(Class 1 of 4)**

18

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10:00 Tai Chi Interm.
11 & 12 Chair Yoga
11:15 Tai Chi Beginner
12:00 Jill's "Hands on"
1:00 Cribbage
**1:00 Movie Day: The
Sheep Detective**

21

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

Van trip: Hyannis shopping

22

10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
**1:30 Healthy Aging
Program**

23

9:00 Footcare-Janet T.
9:15 Jill's Senior Workout
9:30 Outing - Wellfleet
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Legal Appts
1:00 Mexican Train
Dominoes
2:00 Sept Birthday Party

24

**10:00 Protect Yourself
Online**
1:00 Estate Planning Talk
**1:30 Recipe Book Series
(Class 2 of 4)**

25

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
**1:30 Craft Workshop:
Sand Art**

28

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

Van trip: Market Basket

29

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

30

9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mexican Train
Dominoes
**1:00 Cooking Across
Cultures @ the 204**

Advance
registration
required for
some programs
(noted inside).

See page 2 for
registration details.

Drop-ins
accommodated
as space allows.

OCTOBER 2026

19

MON

TUES

WED

THURS

FRI

Advance
registration
required for
some programs
(noted inside).

See page 2 for
registration details.

Drop-ins
accommodated
as space allows.

**HAPPY
HALLOWEEN**



1

10:00 Smart Phone Skills
(Class 1 of 4)
1:30 Recipe Book Series
(Class 3 of 4)

2

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10:00 Tai Chi Interm.
11 & 12 Chair Yoga
11:15 Tai Chi Beginner
12:00 Jill's "Hands on"
1:00 Cribbage
2:00 Local Author:
Judith Stiles

5

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

Van trip: Hyannis shopping

6

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

7

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**

8

10:00 CC Bridge Update
by CC Commission
10:00 Smart Phone Skills
(Class 2 of 4)
12:15 Balance Boosters

9

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
1:00 Local Author:
Richard Zapf

12

CLOSED

**INDIGENOUS
PEOPLE'S DAY**



13

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
2:00 Narcan Training

14

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 Mexican Train
Dominoes

15

9:00 Outing - Eastham
9:30 Volunteer Coffee Hr
10:00 Hearing Clinic
12:15 Balance Boosters
**1:30 Recipe Book Series
(Class 4 of 4)**

16

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10:00 Tai Chi Interm.
11 & 12 Chair Yoga
11:15 Tai Chi Beginner
12:00 Jill's "Hands on"
1:00 Cribbage
**1:00 Movie Day: We
Have a Ghost**

19

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

Van trip: Market Basket

20

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:30 Scrapbooking

21

9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mxcn Train Dominoe
**1:00 Cooking Across
Cultures @ the 204**
**2:00 AFSC Dementia
Caregiver Support Group**

22

10:00 Smart Phone Skills
(Class 3 of 4)
12:15 Balance Boosters
**1:00 Talk: Fall Migration
Magic**

23

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
**1:30 Craft Workshop:
Mini Fairy Gardens**

26

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

Van trip: Hyannis shopping

27

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

28

9:00 Footcare - Janet T.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mxcn Train Dominoe
**1:00 Cooking Across
Cultures @ the 204**
2:00 Oct Birthday Party

29

10:00 Smart Phone Skills
(Class 4 of 4)
12:15 Balance Boosters

30

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

1:00 HALLOWEEN PARTY

HARWICH COUNCIL ON AGING
100 OAK STREET
HARWICH, MA 02645

OPEN ENROLLMENT & FUEL ASSISTANCE

Medicare Open Enrollment runs Oct 15-Dec 7. SHINE Appts are available to help you choose a plan. See page 14 for details.
Fuel Assistance season begins Nov 1. If you need help with your heating bills, see page 12 for info.

DIGITAL NEWSLETTERS

Postage & printing costs are increasing, so please consider switching to email delivery. Email coa@harwich-ma.gov to request. Newsletters also available at www.HarwichCOA.com.



HARWICH COUNCIL ON AGING

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Town Nurse	Sue Jusell, RN
Social Services Coordinator	Saranya Hayward, MSW
Program Specialist III	Rosa Wright
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FOR THOSE WITH VISUAL
IMPAIRMENTS, A LARGE PRINT
VERSION IS AVAILABLE
UPON REQUEST



The printing of this newsletter was made possible with grant funding from the Massachusetts Executive Office of Aging & Independence. Postage is generously provided by the Town of Harwich.

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.