

# SANDWICH COUNCIL ON AGING NEWS

270 QUAKER MEETINGHOUSE ROAD  
EAST SANDWICH, MA 02537

PHONE 508-888-4737 FAX 508-833-9154

WWW.SANDWICHMASS.ORG

July/August 2018

## DIRECTOR'S REPORT

Welcome to summer! Even if the weather hasn't told us so, one of my favorite times of the year has arrived. Enjoy the extra hours of daylight and beautiful Cape gardens! Thank you to all who have been so welcoming to me in my first few weeks. If I haven't met you in a class or an event, please stop by anytime. I look forward to hearing from you and welcome any feedback or suggestions on programs or services. Join me, the COA Board and the COA Friends for an Open House on Wednesday, August 15<sup>th</sup> from 10-12.

As we head into the heat of summer, we will be air conditioned so stop by or call us for a ride if you need to cool off. We will be closed on Wednesday, July 4<sup>th</sup> for the holiday.

This month's issue covers both July and August, so be sure to save it until September for listings of all your favorites and special events. If you are online, please like our Facebook page. We will post updates, helpful information for seniors and photos of our programs.

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### **Senior Outreach Volunteers for Samaritans**

Samaritans of the Cape & Islands needs volunteers for their Senior Outreach Program. The program connects lonely seniors to trained volunteers who make weekly calls to their seniors. For more information on this simple but effective program, please contact, Karen Ellery Jones at

508-548-7999 [AssistantDirector@capesaritans.com](mailto:AssistantDirector@capesaritans.com).

## HEALTH MATTERS- PUBLIC HEALTH NURSE

Joanne Geake RN, MPH, BSN

Researchers have found that healthy habits do indeed increase lifespan. They compared data of thousands of people with healthy lifestyles (exercised 30 minutes a day, ate recommended foods from Mediterranean or Dash diet, maintained normal weight, did not smoke, drank no more than 1 drink a day for women and 2 for men) with people who did not have healthy lifestyle habits. They found that a 50 year old woman who had all five good habits, on average, lived to 93 years and a man's lifespan was about 88 years. (Seventy nine years and 76 years respectively without any of these healthy habits). In reviewing the Nurses' Health Study II, researchers noted a 30% lower risk in moderate to severe hearing loss in women whose diets resembled the DASH or Mediterranean diets. Research is continuing on how healthy lifestyles affect the quality and length of life!

### **Board News from Chair Neal O'Brien:**

The COA Board is planning to be more visible in the coming months. Members will attend Sandwichfest, march in the July 4<sup>th</sup> parade, and set up "meet and greet" tables at both local Stop and Shop markets. We will answer questions about plans for a new senior center or as we like to call it, the Center for Active Living Sandwich (CALs). The current COA is limited in the number and scope of activities that can be offered due to the physical limitations and size of the building. We hope to gain enough support in the coming months for a new CALs. Please look for us at the upcoming events or email Neal at [nob516@yahoo.com](mailto:nob516@yahoo.com). Thank you!

## **OUTREACH CORNER:**

**Rita Wahlstedt**

### **Summer Safety Tips for Seniors**

Summertime is a time of fun & relaxation for most people. But for seniors, the heat & sun can be dangerous if the proper precautions aren't taken, so follow these important tips!

1. **Stay Hydrated**-Seniors are more susceptible to dehydration because they lose their ability to conserve water. They also can become less aware of thirst & have difficulty adjusting to temperature changes. Remember to *drink water often!*
2. **Talk to Your Doctor** - Some medications are less effective if stored at higher than room temperature & could aggravate a medical condition.
3. **Keep Your Cool**-Small increases in temperature can shorten senior's life expectancy if coping with chronic medical conditions. Locate venues providing cool spaces if your home isn't air conditioned.
4. **Stay in Touch**-High temperatures can be life-threatening, so communication is important to ensure elderly safety. Let friends and family know if you'll be spending time outdoors
5. **Meet Your Neighbors**-Get to know your neighbors. If you are elderly, see if a neighbor can check on you.
6. **Know Who to Call**-Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quicker.
7. **Wear the Right Stuff**-Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (cotton) to be cooler.
8. **Protect Your Eyes**-Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Protect your eyes!
9. **Rub on Sunscreen and Wear Hats**-Everyone should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy.
10. **Exercise Smart**-If you enjoy outdoor activities, make sure to wear protective gear & keep track of time. Consider outside exercise earlier in day or in the evening.

## **VOLUNTEER CORNER -**

Happy Birthday to all our volunteers celebrating a birthday this summer! Best wishes to Cathy Baker, Fred Battaglia, Jill Briggs, Willard Bryden, Jeffrey Carlson, Joan Foley, Maurice Garrison, Bill Lyons, Linda Polovina, AnnMarie Masciotta, Suzanne Puzzo, and Michael Robbins.

**Crochet Lessons Wednesdays, 10:00AM - 11:00AM.** Classes to be held on Wednesdays, July 11, 18, 25, and 8/1. Second session 8/8, 15, 22, 29. This free 4 week lesson series is designed to teach and improve crocheting. Learn basic crochet stitches in this relaxed atmosphere. Become familiar with terms and patterns as you practice chain stitch, slip stitch, single crochet, etc. Please bring crochet hook H, I, or J and any ball of yarn. Class size is limited; please call the COA to reserve your spot at 508- 888-4737.

**Casual Cribbage - Mondays 10:00 AM -12:** No experience needed. **Patient Instructors teach one on one.** Think you're good at cribbage?! Test yourself against experienced players. Registration required. Call the COA to join this fun group (508) 888-4737.

**Genealogy Program- Thursday, June 7th 1:00PM - 2:00PM,** Tracing your family roots is a great way to make history come alive in a fun and personal way. Bring your questions and get started discovering where you came from. This monthly genealogy group meets the first Thursday of the month from 1:00PM to 2:00PM here at the COA. Please call 888-4737 to register for this fun class.

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

### **ELDER LUNCHEON PROGRAM:**

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, and 4 days per week. The program provides a great chance to get out of the house during the week to make new friends or renew old acquaintances. A voluntary donation of \$3.00 per meal is recommended and lunches are served on Mondays, Tuesdays, Thursdays, and Friday.

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

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### **Hearing Screenings:**

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

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### **Foot Care for Seniors:**

2<sup>nd</sup> Friday of each month

A foot care program provided by specially trained registered nurses. The following services for those that are not diabetic are:

Assessments of the feet and lower extremities including, circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of the nails; reduction of thickened toe nails, smoothing of corns and callouses; massaging, moisturizing lotions and powdering of the feet. Home visits are available for shut-ins for \$50.00. This program is provided by Pedi-Care Inc.

Please call the COA at 508-888-4737 to make your appointment.

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## **SUPPORT GROUPS:**

### **Bereavement, Changes and Loss**

**Support Group:** Richard Bickford, LICSW, is facilitating this program, generously co-sponsored by the VNA, for people who are coping with the loss of a spouse/significant other or any other major changes that are difficult to deal with. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 1:00 PM

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### **Alzheimers Support Group –**

2d and 4<sup>th</sup> Friday of each month

Free monthly support groups for people living with Alzheimer's or dementia related diseases. Separate groups run simultaneously so caregivers are free to bring loved ones with them. For information call 508-896-5170.

### **Sight Loss Support Group for Visually Impaired:**

Mashpee COA meets the 4<sup>th</sup> Friday each month at 10:00 am to 12:00pm.

Transportation is available. Call Sight Loss Support at 508-394-3904.

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### **Aphasia Community Group/Caregivers:**

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

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### **Parkinson's Disease Support Group:**

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

## **Shine News:**

### **When can you enroll in a Medigap (Supplement) Plan?**

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. In Massachusetts, there are two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to schedule an appointment with a SHINE counselor.

**SHINE COUNSELOR:** Will assist you with health insurance questions and needs. Please call us at (508) 888-4737 to schedule appointments.

### **Transportation Options:**

**Provided by the Sandwich Council of Aging: Van/Bus Transportation 9:00am – 2:00pm** Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30am (local) and no later than 2:00pm (local). For out of town appointments please do not book after 1:30pm.** Call the Sandwich Council of Aging at 508-888-4737 as soon as possible to book your reservation. Seating is limited. *If using a wheelchair you must have a companion with you-the driver cannot accompany you into the building for your appointment.*

For Transportation to **medical appointments** please limit these appointments to routine visits only. We ask for at least 3 days advance notice so that we may make arrangements with our volunteer drivers.

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

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### **Cape Cod Regional Transit Authority Fixed Bus Routes**

CCRTA has fixed bus route service in Sandwich. The route begins at the Sagamore Park and Ride Lot and makes various stops on its way to Hyannis. You can access this service at the specified stops or flag the bus down between stops. Cost for senior citizens age 60 and over and disabled of any age is \$1.00 per one way ride.

**You must have exact change as driver will not make change.** CCRTA vehicles are handicapped accessible. The COA is a stop on the route!!

CCRTA also runs the **DART** bus that provides door to door service. They require 24 hour notice.

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### **COUNSELING OPTIONS:**

Options counseling is a short-term decision support process to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports, and setting. Options counseling is a free service provided by elder services of Cape Cod and The Islands. For more information please contact the referral department at 1-508-775-8300.

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

**Please let us know if you would like to receive the newsletter by email!  
mesteeves@townofsandwich.net**

## **UPCOMING SPECIAL EVENTS**

### **Solo Dining, Tuesday, July 10 and Tuesday August 14<sup>th</sup> at 1:00PM**

July 10 – Sagamore Inn

August 14 – Asia

*Registration required, please call us at (508) 888-4737 as we make reservations for the group.*

### **“Embrace the Ugly Fruit”, Wednesday, July 11<sup>th</sup> 10:30 – 11:30AM and “Amp up the Flavor with Herbs”, Wednesday, August 8<sup>th</sup>, 10:30-11:30 a.m.**

Join **Sue Bourque, Cape Cod Cooperative Extension Educator** as she continues her 3 part series on taking advantage of summer produce. Sue will focus on using fresh produce from local farmers markets. This fun hour includes a cooking demonstration and samples. In July, Sue will show us how to “Embrace the Ugly Vegetable and in August she will “Amp Up the Flavor with Herbs”. Please call to reserve a spot. Join us for a trip to Crow Farm in Sandwich after the last class for some veggies of your own and learn a little of the history of this Sandwich Gem!

**Crafts with Megan , Thursday, July 12<sup>th</sup> and Thursday, August 9<sup>th</sup> 1:00-2:00 -** Join us for this free 1 hour crafting class with Megan! All materials provided. *Registration required please call.*

### **Luncheon with the Friends of the Council on Aging Tuesday, July 17<sup>th</sup> at 12:30, cost \$5**

**Karen Schermerhorn, Medium , Thursday, July 19, 1:00-2:00** -After studying with John Holland, one of the most renowned authentic psychic mediums of the world stage and Lauren Rainbow, voted New Hampshire’s best psychic medium, Ms. Schermerhorn is offering for a very low cost **\$5.00** an hour of healing messages from your loved ones. It cannot be guaranteed that all audience members will receive a message. *Registration is required please call.*

**Book Club at the Sandwich Public Library , Thursday, July 19, 1:30PM,** The July book of choice is **Before We Were Yours** by Lisa Wingate. Copies will be available at the COA for you to borrow. The Book club will be meeting at the Sandwich Public Library this month. Please call the COA to register. There is no August Book Club meeting!

**NEW EXERCISE PROGRAM DEMO, Monday, July 23<sup>rd</sup> at 11:00AM . Certified Personal Trainer Liz Saunders** is offering this new class called **Challenge Accepted**. You will use weights, do floor work, stretching and cardio. This class is for those who would like to take their workout to the next level. Call to register 508-888-4737.

**Aromatherapy with Kristine Callahan, Wednesday, July 25<sup>th</sup> at 10:30AM** Learn the art of Aromatherapy and how to use essential oils not only as a relaxation technique, but how they can be used to ease many health related issues. Learn how to blend oils and take home a sample for yourself. Registration is required please call.

**Save the date: AARP Smart Driver Course, September 5, 2018, 10am – 1 pm.** For drivers 50+.

**“The Crime of the Century: Financial Exploitation** , Marie Clougher, Executive Director of the Consumer Assistance Council , **Wednesday, August 1<sup>st</sup> at 10:30AM** . Topics include Mortgage Relief scams, ID theft, privacy, identity, and online security. Learn how to protect yourself and steps to take if you do feel you’ve been involved in a scam. Refreshments served, please call to reserve a spot, 508 -888-4737.

**Butterflies of Cape Cod, presented by Joe Dwelly - Monday August 13<sup>th</sup> at 10:00AM**

It’s butterfly season on Cape Cod! Joe Dwelly, a member of the Massachusetts Butterfly Club, will be here to discuss the over 70 varieties of butterflies found on Cape Cod. With slides and stories he will discuss how to identify and attract these beautiful creatures to your garden and why the Cape is home to so many of this species. Refreshments served, please call to reserve your spot. 508-888-4737

**Fall Prevention, Tuesday, August 14<sup>th</sup> at 1:00PM** Learn how to minimize the risk of falls and stay safe in your home. The discussion will include useful equipment to consider, exercises for balance, and how to improve home safety. Presented by Cape Heritage Rehab and Nursing Facility. Refreshments served, please call to reserve a spot. 508-888-4737.

**Open House, Friday August 10:00 am – 12:00 pm.** Come for coffee with the COA Board, Friends of the Sandwich COA and new Director, Susan Marancik.

**American Legion Post #188 Lobster Luncheon , Wednesday, August 15 at 1:00 pm.**

**Where: American Legion, 20 Main Street, Sandwich**

**When: 1:00 p.m.**

**Cost: \$17.00 – CHECKS ONLY PLEASE. PAYABLE TO THE AMERICAN LEGION POST#188**

**No cash accepted. Tickets sold on a first come, first serve basis.**

The Legion will be serving chowder, lobster, corn on the cob and watermelon. Please bring your own lobster cracker utensils. The Legion does not provide take out. Tickets are available **ONLY** at the Sandwich Council on Aging on the following days and times:

**TICKET SALE DATES:**

Wednesday, July 26<sup>th</sup> from 10:30 a.m. – 1:00 p.m. Sandwich residents only.

Wednesday, August 1<sup>st</sup> from 10:30 a.m. – 1:00 p.m. Sandwich residents and non-residents.

ALL ATTENDEES MUST BE 60+

Sandwich Council on Aging extends thanks to everyone at the Legion who spends so much time providing this event to honor our seniors. Many volunteers take time off from work to help prepare and serve the meal.

**Legal Assistance**

**Atty. Mello’s office, 3<sup>rd</sup> Monday of the month.** Financial security, health care choices, trusts, will & estate management.

**Atty. Katherine Wibby, 2<sup>nd</sup> Tuesday of the month.** Housing problems, government benefits, health law, guardianship, reverse mortgage, and consumer

**Atty. Michael Lavender or Atty. Kennan, 2<sup>nd</sup> Wednesday.**

Elder law, trusts, estates, and wills.

**Atty. John Kennan 4<sup>th</sup> Wednesday.** Wills, trusts, estates, asset protection

\*Home visits can be arranged if you’re homebound. Appointments are in the mornings.

Please call 508-888-4737 to schedule appointment



# Fitness and Wellness

JULY/AUGUST 2018

Note: All participants must have a Medical Release Form signed by your Doctor. This form will remain active until there is a change in your Medical Condition.

**A Registration Form for each session is required.**

**Forms and Payments are due one week before the start of the session. Walk-ins at the start of the class are no permitted. You may only attend the class for which you registered. It is our policy you may try one class to see if it fits your needs before committing to the registration. Prices shown are for Sandwich Residents. Add \$10.00 for Non-Residents.**

## ZUMBA GOLD

**MONDAY AND FRIDAY MORNINGS WITH PEG 7:50-8:40AM**

Summer 1 July 2<sup>nd</sup> – July 30<sup>th</sup> \$45.00

Summer 2 August 3<sup>rd</sup> – 31<sup>st</sup> \$45.00

## YOGA - SHERRILL

**\*Gentle Yoga Tuesdays 9:00-10:00**

**\*Yoga II More Challenging Yoga Tuesdays 10:30-11:30**

Summer 2 - July 10<sup>th</sup> -July 31<sup>st</sup> \$24.00

Summer 3 – August 7<sup>th</sup> – 21<sup>st</sup> \$18.00



**Gentle Yoga Thursdays 9:00**

**Chair Yoga Thursdays 10:30**

Summer 2 July 12<sup>th</sup> – July 26<sup>th</sup> \$18.00

Summer 3 August 2<sup>nd</sup> , 16<sup>th</sup>, 23<sup>rd</sup> \$18.00

**Note: Restorative Yoga will return in September**

## TAI CHI-QI GONG TUESDAY 3:15 LAUREN

Summer 2 July 3<sup>rd</sup> – July 31<sup>st</sup>

Summer 3 August 7<sup>th</sup> -28<sup>th</sup>

**Tai Chi for balance can enhance one's overall wellness, peace of mind, and balance. Instructor is certified.**

**Demo class with new instructor on Monday, July 23d, 11:00 a.m.**

**CHALLENGE ACCEPTED Certified Personal Trainer, Liz Saunders will demonstrate a new class for those interested in a more strenuous workout. You will use weights and do floor work, cardio and stretching. Call to register 508-888-4737.**

**MASSAGE WITH DEE**

**1ST AND 3RD WEDNESDAY OF EACH MONTH**

**\$1.00 PER Minute with a 15 minute minimum.**

**Helps reduce stress and stiffness.**

**APPOINTMENTS NEEDED PLEASE CALL 508-888-4737**



## **REIKI**

Reiki appointments on various days and times. Due to lack of space at the COA, Ms. Schermerhorn to continue our program at her office. Generous discount for seniors!

Time To Touch Route 6A 774-685-4594

## **Cardio/Strength Building Class**

**Wednesdays 9:00-10:00 Diane**

Summer 2 July 11<sup>th</sup> – July 25<sup>th</sup> \$22.50

Summer 3 August 1<sup>st</sup> – August 29 \$37.50

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

Summer 2 July 6<sup>th</sup> – July 27<sup>th</sup> \$30.00

Summer 3 August 3d - August 31<sup>st</sup> \$37.50

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

Summer 2 July 7<sup>th</sup> – July 28<sup>th</sup> \$30.00

Summer 3 August 4<sup>th</sup> – August 25<sup>th</sup> \$30.00

**Total body workout-a low impact dance aerobics and strength training program.**

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## **Men's Exercise**


**Get Fit and Be Social!**

**Mondays and Thursdays 9-10 a.m. – Lower Level**



Small friendly group. No instructor; light weights and stretching.

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| ← June    |  | July 2018   |  |  |  |           | August → |
|-----------|--|---|--|--|--|-----------|----------|
| Sun       | Mon  | Tue   | Wed  | Thu  | Fri  | Sat       |          |
| <b>1</b>  | <b>2</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Sandwich Stitches 1 <sup>st</sup> /3 <sup>rd</sup><br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group  | <b>3</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi  | <b>4</b><br><b>COA CLOSED</b><br><br>Happy July 4th   | <b>5</b><br>8:30 Shopping Van<br>9:00 Yoga<br>9:00 Men's Exercise<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans' agent  | <b>6</b><br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>12:30 Men's Poker<br>12:30 Hand and Foot   | <b>7</b>  |          |
| <b>8</b>  | <b>9</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Sandwich Stitches 1 <sup>st</sup> /3 <sup>rd</sup><br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group  | <b>10</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi | <b>11</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/ Crocheting<br>1:00 Bereavement   | <b>12</b><br>8:30 Shopping Van<br>9:00 Yoga<br>9:00 Men's Exercise<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans' agent | <b>13</b><br>9:00 Footcare<br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>10:30 Current Events<br>12:30 Men's Poker<br>12:30 Hand and Foot | <b>14</b> |          |
| <b>15</b> | <b>16</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Sandwich Stitches 1 <sup>st</sup> /3 <sup>rd</sup><br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group | <b>17</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi | <b>18</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/ Crocheting<br>1:00 Bereavement   | <b>19</b><br>8:30 Shopping Van<br>9:00 Yoga<br>9:00 Men's Exercise<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans' agent | <b>20</b><br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>12:30 Men's Poker<br>12:30 Hand and Foot  | <b>21</b> |          |
| <b>22</b> | <b>23</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Sandwich Stitches 1 <sup>st</sup> /3 <sup>rd</sup><br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group | <b>24</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi | <b>25</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/ Crocheting<br>1:00 Bereavement   | <b>26</b><br>8:30 Shopping Van<br>9:00 Yoga<br>9:00 Men's Exercise<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans' agent | <b>27</b><br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>10:30 Current Events<br>12:30 Men's Poker<br>12:30 Hand and Foot                  | <b>28</b> |          |
| <b>29</b> | <b>30</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Sandwich Stitches 1 <sup>st</sup> /3 <sup>rd</sup><br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group | <b>31</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi | <p><b>New class demo with Certified Personal Trainer Liz Saunders!</b><br/> "Challenge Accepted" is a class to take your fitness to a new level.<br/> Use weights, bands and movement for a complete workout!</p> <p><b>Save the date:</b> AARP Smart Driver Course, September 5, 2018,<br/> 10am – 1 pm. For drivers 50+.</p> |  |  |           |          |

# AUGUST 2018

| Sun       | Mon  | Tue  | Wed   | Thu   | Fri   | Sat       |
|-----------|--|--|---|---|---|-----------|
|           |   |                                     | <b>1</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/<br>Crocheting<br>12:30 Massage     | <b>2</b><br>8:30 Shopping Van<br>9:00 Men's Exercise<br>9:00 Yoga<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans'<br>agent  | <b>3</b><br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>12:30 Men's Poker<br>12:30 Hand and Foot  | <b>4</b>  |
| <b>5</b>  | <b>6</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Sandwich stitchers<br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group  | <b>7</b><br>9:30 FOSCOA mtg.<br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi | <b>8</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/<br>Crocheting<br>1:00 Bereavement  | <b>9</b><br>8:30 Shopping Van<br>9:00 Men's Exercise<br>9:00 Yoga<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans'<br>Agent  | <b>10</b><br>9:00 Footcare<br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>10:30 Current Events<br>12:30 Men's Poker<br>12:30 Hand and Foot      | <b>11</b> |
| <b>12</b> | <b>13</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group                            | <b>14</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi                    | <b>15</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/<br>Crocheting<br>12:30 Massage    | <b>16</b><br>8:30 Shopping Van<br>9:00 Men's Exercise<br>9:00 Yoga<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans'<br>agent | <b>17</b><br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>12:30 Men's Poker<br>12:30 Hand and Foot   | <b>18</b> |
| <b>19</b> | <b>20</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Sandwich stitchers<br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group | <b>21</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi                    | <b>22</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/<br>Crocheting<br>1:00 Bereavement | <b>23</b><br>8:30 Shopping Van<br>9:00 Men's Exercise<br>9:00 Yoga<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans           | <b>24</b><br>8:45 COA Board mtg<br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>10:30 Current Events<br>12:30 Men's Poker<br>12:30 Hand and Foot | <b>25</b> |
| <b>26</b> | <b>27</b><br>7:50 Zumba Gold<br>8:00 Osteo fitness<br>9:00 Men's Exercise<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting group                            | <b>28</b><br>9:00 Yoga<br>10:30 Yoga II<br>11:30 Am/Pm Quilters<br>1:00 Mah Jongg<br>3:15 Tai Chi                    | <b>29</b><br>8:00 Osteo Fitness<br>9:00 Cardio Fitness<br>10:00 Knitting/<br>Crocheting                     | <b>30</b><br>8:30 Shopping Van<br>9:00 Men's Exercise<br>9:00 Yoga<br>9:00 Barber/Men<br>10:00 Scrabble<br>10:30 Chair Yoga<br>1:30-3:30 Veterans'<br>agent | <b>31</b><br>7:50 Zumba Gold<br>9:00 Cardio Fitness<br>12:30 Men's Poker<br>12:30 Hand and Foot   |           |

**The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2017.**

**FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.**

In Lieu of flowers, please consider making a tax-deductible contribution in memory/honor of a loved one or to support a service provided by the Sandwich Council on Aging. This coupon is for your convenience in making a gift that will enhance services for Sandwich senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

**A Living Memorial / Honor**

I am enclosing \$ \_\_\_\_\_ (please make check payable to Friends of Sandwich COA)

and mail to PO Box 107, Sandwich MA 02563

Check one:    ( ) In Memory of                      ( ) In Honor of  
Name:

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Donor's Name (your name)

**2018 MEMBERSHIP**

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

Name \_\_\_\_\_

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

Tel #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Individual/Family Membership \$10

Business Membership \$25

*In addition to your becoming a member of the Friends, financial gifts to the Building Fund, bequests and participation in activities will also be appreciated*

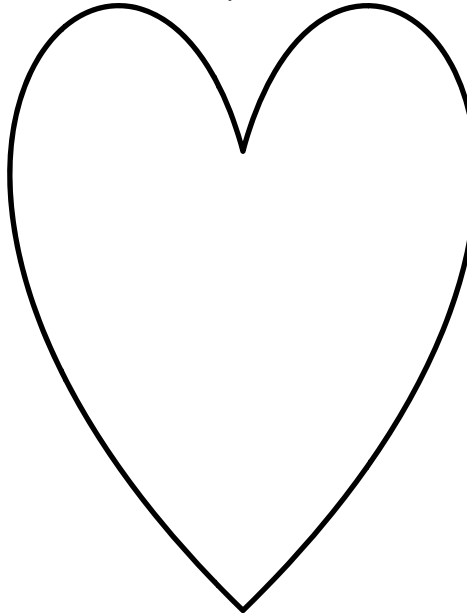
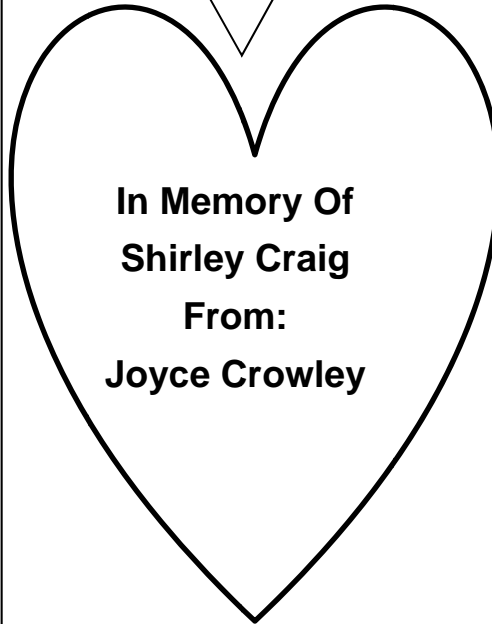
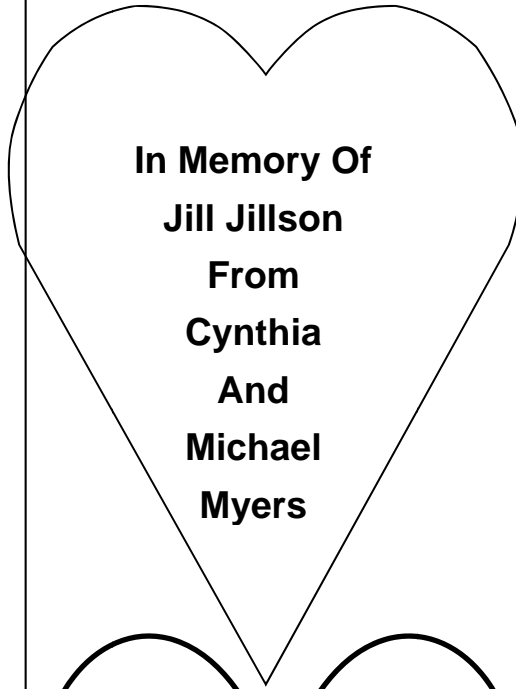
**Enclosed is \$ \_\_\_\_\_ (please make check payable to Friends of Sandwich COA)**

**Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office**

**2018 Memberships run from November, 2017 to October, 2018**

# 2018 Dues and Donations

Joyce Crowley  
Sharon Day  
Janet Garfield  
David & Marjorie  
Hadley  
Janet Hannon  
Christine Paugh



*The Friends of the COA would like to acknowledge and thank the following for their generous donations. Such donations are used to enhance services for the Sandwich citizens of today and tomorrow!*



**Sharon Day**

