The mission of the Orleans Senior Center & Council on Aging is to enhance the quality of life for older adults and caregivers in our community.

A LOOK INSIDE....

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• The Tidings newsletter is available online. Go to: www.town.orleans.ma.us and click on “Council on Aging”.
• If you are an Orleans senior, or a current Friends’ member, and you would like the newsletter mailed to you, please contact us.

DIRECTOR’S DIALOG

While this time of year means summer and all that it brings - longer and hotter days, company, traffic, BBQs, good reads, time at the beach - it is also a time of beginnings. July is the beginning of our fiscal year so it’s a natural time of administrative review. I would like to say a huge and sincere thank you to our “Friends” for their generous support over the last year. They are a wonderful group to work with and their support is critical to being able to bring you the scope of programs and activities we provide, and their support also benefits many of our vulnerable seniors. I also want to thank outgoing COA Board members, Judy Hunt and Melora North, for their years of service and commitment to making a difference in our community. We’re in need of two new COA Board members, so if you’d like more information about the commitment, please call me or drop-in for a conversation.

THE ORLEANS SENIOR CENTER SUMMER BBQ IS BACK!
With CAPE HARMONY A CAPELLA GROUP
Friday, August 9th
11am - Musical Performance (Doors open at 10:40am)
12pm - BBQ Luncheon
$5 for Orleans Seniors & Friends Members / $10 for Non-Residents

Cape Harmony is Cape Cod’s premiere women’s a cappella group, comprised of 10 talented young women from all over the nation who come to Cape Cod during the summer to make music for its residents and visitors. They will delight you with classic favorites, patriotic choices and their original selections.

This program is funded by the Friends of the Orleans Senior Center

Following the program we’ll serve a traditional summer BBQ of hot dogs, hamburgers, salads and desserts.

• Tickets must be purchased in advance at the Orleans Senior Center
• We do not take reservations without payment
• Non-residents may register beginning July 15th
• No ticket sales after August 5th

REGISTRATION IS REQUIRED

ORLEANS 4TH OF JULY EVENTS
Parade Thursday, July 4th, beginning at 10am
Fireworks Saturday, July 6th, beginning at dusk (Raindate is Sunday,
FEATURED EVENTS

“LUNCH & LISTEN” SUMMER SERIES
Concerts in the Garden

Neil Diamond Tribute
Wednesday, July 24th, 12-1pm
Entertainer Bill Reidy will be in the Orleans Senior Center Garden to perform his renowned Neil Diamond Tribute. Have lunch and enjoy your favorite Neil Diamond songs. Register by Monday, July 22nd. This concert is funded with a grant by the Orleans Cultural Council

“Who’s the Boss”, A Capella Quartet Group
Thursday, August 22nd, 12-1pm
Back by popular demand, the same group that delighted you at our Valentine’s Day program will entertain you in the garden with their old favorites. Register by Tuesday, August 20th.

For both concerts you may bring your own lunch, or you may purchase a box sandwich lunch for $4, prepared by Orleans Senior Center chefs. If you would like to order a lunch, you must let the Senior Center know when you register. Please bring a lawn chair to enjoy the concert. A reminder that no alcoholic beverages are allowed on the senior center property.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

INTRODUCTION TO SAILING
With Pleasant Bay Community Boating
Friday, July 26th, 1:30-4pm
PBCB has graciously offered us an opportunity to introduce sailing to seniors who have never had the opportunity to sail. We will take a small group over to beautiful Pleasant Bay for a couple of hours on the water with their instructors. If you have never explored our Cape Cod waters this way, consider taking advantage of this amazing opportunity!

Due to boat accessibility, participants must be ambulatory. Please wear sneakers or boat shoes and bring a sweatshirt or rain coat. This program is for Orleans Seniors.

All participants will be required to sign a liability waiver.
Transport provided by Senior Center vans.
Space is limited
REGISTRATION REQUIRED
Register by calling the Senior Center at 508-255-6333

SUMMER LINE DANCING CLASSES

ROCK, POP & LATIN LINE DANCING
Tuesdays, 1-2pm (current class)...NEW START TIME
Beginning July 9th - 7 weeks
Cost: $35.00
Join Karen Shackleford and continue to build your skills. All are welcome!

BALLROOM LINE DANCING
Tuesdays, 2-3pm (new class)
Beginning July 9th – 7 weeks
Cost: $35.00
Join Karen for Ballroom, Latin and Swing Line Dancing. This is a partner-free way to learn and enjoy dancing to musical rhythms of rumba, waltz, foxtrot, swing, salsa and more.
These courses are casual, so wear comfortable clothes. For safety purposes we require participants to wear shoes that are closed, flat, and “slide easy”. Room is air conditioned! Bring a water bottle.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

“THE WORLD LOOKED AWAY”
PRESENTATION & BOOK SIGNING
WITH AUTHOR, DAVE BUSHY
Monday, July 22nd, 2pm
Author Dave Bushy, will present the story of Quoc Pham and his family’s struggle to survive in the Re-education Camps following the Vietnam War. You’ll hear about how Quoc’s family escaped on a small boat across the South China Sea to one day have family members settle in Massachusetts. Dave will share how he became engaged in this compelling story of human survival and why he felt passionate to share the story.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

THE WORLD LOOKED AWAY
VIETNAM AFTER THE WAR

"THE WORLD LOOKED AWAY"
PRESENTATION & BOOK SIGNING
WITH AUTHOR, DAVE BUSHY
Monday, July 22nd, 2pm
Author Dave Bushy, will present the story of Quoc Pham and his family’s struggle to survive in the Re-education Camps following the Vietnam War. You’ll hear about how Quoc’s family escaped on a small boat across the South China Sea to one day have family members settle in Massachusetts. Dave will share how he became engaged in this compelling story of human survival and why he felt passionate to share the story.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333
FEATURED EVENTS

UKULELE LESSONS
Beginning Tuesday, July 16th, 3pm
Cost: $35.00 (7 Sessions)

Developing your musical talents? Try the Ukulele! This popular “guitar-like” string instrument is easy to learn. You’ll be surprised at the songs you will quickly learn to play. Cathy Hatch from the Cape Cod Ukulele Club will teach the group. Participants are asked to bring their own Ukulele. Ideas on where to purchase a Ukulele will be provided when class reservations are made. This class is for the absolute beginner.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

MANDALA ROCK PAINTING
With Sally Graham
Wednesday July 17th, 2-4pm

Come and join us for a fun and relaxing afternoon painting beautiful mandala designs on rocks. No experience necessary! This mindfulness art project will enhance your creative spirit. Basic guidance and materials will be provided. Bring your own smooth rocks (some will be available). Come and surprise yourself as you bring out your inner talents and create your own mandala art.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

ENERGY HEALING AND YOU
Three session workshop
Wednesday August 7th, 14th, 21st
9:30-10:30am

Join Elizabeth Hogan, BS, LMT, CCH, AMTA in this educational experience that will help you discover the benefits of Energy Healing approaches. Using her Reiki, Crystal Healing and Myofascial Therapies training, with over 25 years of experience, Elizabeth will guide you through new ways to perceive your pain symptoms and other well-being concerns. Come learn how these healing practices complement treatment methods.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

INTERMEDIATE iPhone iPad
Monday, August 19th, 1:30pm

Jude Bartlett will return to the Orleans Senior Center to lead people in this next level class of iPhone and iPad adventures! Have you had your device for a while and want to dig deeper into it’s apps and abilities? This session will help you with best practices to build your tech confidence.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

SUMMER ART SHOW
July & August

Come enjoy the Annual Summer Art Exhibit by the AOSC Committee (Art at Orleans Senior Center). This is a special time of year at the Orleans Senior Center when the walls come alive with incredible works of art by local artists. Come see to whom Juror, Marian Stangfeld, a Cape Cod artist and lifelong art educator, awarded prizes. (Information was not available at the time this newsletter went to print, but will be published in the next issue.) Contact information is available for those exhibit pieces which are for sale.

EXERCISE IN GARDEN
With Spaulding Therapists
Wednesdays, 8:30am -9:15am
Beginning July 10th - August 28th
FREE!

Good news!! After the Wellness in the Garden event, several of you asked if we could offer a routine class utilizing the outdoor fitness equipment. We are pleased to announce that Spaulding Physical Therapists, Patience and Carrie, will be at the fitness equipment in the Senior Center garden for Wednesday morning workouts. All are welcome! Please bring a water bottle. Note that use of the equipment is at the participants own risk.

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333
SAVE THE DATE FOR “OSCAR”!

Wednesday, September 25th
Golf Outing - Captain’s Course
With Nauset High Golf Team

Here are some highlights from our spring OSCAR events, birdwatching at the Cape Cod Museum of Natural History and surfcasting at Nauset with the Cape Cod Salties. Come join the fun!

SPECIAL OUT OF TOWN VAN TRIPS

THrift SHOP TOUR
Thursday, July 18th, 9:30am
Hop on the Senior Center Van for a Thrift Shop field trip to seek out rare treasures and bargains only to be found in a Cape Cod Thrift Shop. We will visit five shops in the greater Orleans area. We will pick you up at your home or you can meet us at the Senior Center. Register by July 16th.

ORLEANS FARMERS MARKET
Saturday, August 3rd, 9:30am
We will pick you up at your home and take you to the renowned Orleans Farmers Market. A bounty of local farmers will have their harvest ready for you to peruse and purchase. SNAP benefits are accepted by many of the merchants. Register by August 1st.

REGISTRATION IS REQUIRED
Register by calling the Senior Center Transportation Coordinator at 508-255-6333 (ext 14)

THE MULE (R)
Thursday, August 8th, 2pm
Clint Eastwood stars in this story of Earl Stone, a man in his 80’s who is offered a job that he thinks requires him simply to drive; he later learns that he has signed on as a drug courier for a Mexican cartel. Inspired by a true story.

SPECIAL ACTIVITIES

REGISTRATION IS REQUIRED
Register by calling the Senior Center at 508-255-6333

NEW CLASS
SLOW FLOW GENTLE YOGA
Fridays, 9:45am
This new class is a gentle, slow flow yoga class. It is quiet and restorative with a nurturing supported pace. Exercises will involve a combination of chair and floor work, so bring your yoga mat. Class will be instructed by Debra Guerard.

COST: $30/5 or $50/10 class fitness card or $8 per/class for “Walk-ins”
LOWER CAPE LGBT SENIORS
(Lesbian, Gay, Bisexual, and Transgender)

JULY: No Program

AUGUST: “Open Mic Coming Out Stories”
Friday, August 23rd, 6pm
We’ll have an open mic sharing time after dinner. Stories will be limited to six minutes. Sign-up when you arrive to share your story at the mic. Dinner will include Pesto Caprese Chicken, pasta (vegetarian), and salad.

Program is free, but donations are gladly accepted.
REGISTRATION IS REQUIRED
For more information, or to register, call Judi at the Senior Center at 508-255-6333 or email lowercapelgbtseniors@gmail.com

This program is currently funded in part by a grant from the GALE Fund of Cape Cod Foundation.

Orleans Senior Center
BOOK CLUB
2nd Friday of the month

Please join us for an interesting, lively book discussion. New participants always welcome!

Friday, July 12th, 10am
Friday, August 9th, 10am

Please check at the front desk for book selections for July and August

For information call the Senior Center at 508-255-6333

SUMMER ACTIVITIES
New to Orleans? Rainy day? Want to try something new?

Come check out our many group activities. Many of our regular activities continue through the summer months, such as: Knitters, Cribbage, Chess, Friday Painters, Book Club, Mah Jongg, Line Dancing, and Amateur Radio. We also have some amazing fitness classes for all fitness levels which meet all summer long. (The Women’s Issues Group and Nauset Neighbors do not meet during the summer months.)

AMATEUR RADIO
HAM radio operators meet the last Wednesday of the month at 1pm. For more information contact Richard O’Hara at 508-255-2678.

BOOK CLUB
Meets on 2nd Friday at 10am (See left column)

CHESS PLAYERS
Thursdays between 12-4pm. New players are always welcome!

CLASSICAL PIANO MUSIC
Occasional Thursdays from 1:30-2:30pm. Stop by and enjoy a free concert with classical pianist, Mary Coleman. Please check calendar pages for exact days.

INTERNET ACCESS
The Senior Center has free Wi-Fi access during regular business hours.

CRIBBAGE
Meets Mondays at 1:30pm. New players are always welcome!

DVD LOANS
The Senior Center keeps a collection of DVDs for free loan. If you missed a movie we have shown at the Center, come in and borrow it to watch at home.

FRIDAY PAINTERS
Meets every Friday afternoon at 1:15pm. If you are looking for a group to paint with to keep your projects moving along, bring your supplies and enjoy the company of fellow artists.

KNITTERS KNITTIN’
Mondays at 1pm in the Sun Room. Knit for a worthy cause. Yarn provided, but please bring your knitting needles.

MAH JONGG PLAYERS
Meets every Friday afternoon at 1:30pm. Bring some friends or join a group. Please bring your own board sets to play with. New players are always welcome!
SUPPORT GROUPS

BEREAVEMENT SUPPORT:
Ongoing group held at 10:45-12:15pm on Tuesday 7/2, 7/16, 8/6 at the Orleans Senior Center.
This group is for those who have lost a spouse or partner through death in the last 2 years. This is a confidential, supportive environment to talk about your loss and learn strategies for coping. For information, contact Nancy Higgins, LICSW, VNA Hospice at 508-957-7715.

C.O.P.D. SUPPORT:
Meets 2nd Wednesday of the month, 2pm
This group is for those with Chronic Obstructive Pulmonary Disease (emphysema, chronic bronchitis, asthmatic bronchitis & other lung diseases). Informed speakers on subjects alternate with discussion format. Contact: Georgette Keeler at 508-420-5302.

GRANDPARENTS RAISING GRANDCHILDREN:
Meets the third Thursday of the month 5:30-7:00 at Cape Cod Children’s Place, 10 Ballwic Rd N. Eastham. Call 508-240-3310 to register and for more information.

NAMI SUPPORT GROUP:
Saturdays, 10-11:30am
National Alliance on Mental Illness group for people with mental illness meets at the Federated Church of Orleans. For more information contact carolynmwitt@gmail.com.

NEUROPATHY SUPPORT GROUP:
Will not be meeting in July and August
For meeting dates and more information, please call Kristina Meservey at 860-912-3111

PARKINSON’S SUPPORT GROUP:
The Parkinson’s Support Group will not be meeting in July and August. Information about Parkinson’s support is available by contacting the American Parkinson Disease Association Information and Referral Center at 800-651-8466.

SIGHT LOSS SUPPORT GROUP
This group is for visually impaired individuals and meets in Eastham. For more information, please call Sight Loss Support Services at 508-394-3904.

STROKE SURVIVORS SUPPORT GROUP
Meets 2nd Wednesday, 1:30-3:30pm
This group meets at Spaulding, Sandwich. For more information, contact Jim Graham at 508-833-4043.

FOOD & MEAL SUPPORT

BROWN BAG FOOD PROGRAM:
The Senior Center works with the Greater Boston Food Bank to distribute Brown Bags containing supplemental food for eligible seniors on the morning of the 1st Friday of the month. You must be home at the time of food delivery to participate. Food items may include fresh fruit or vegetables, meat or frozen food, and shelf items. If you have a low income and/or are on Mass Health, SNAP or Fuel Asst. you will qualify. For more information please contact the Senior Center Outreach Department at 508-255-6333.

FOOD PANTRIES
There are local food pantries for those with emergency food needs. For information, please call the Senior Center Outreach Department at 508-255-6333.

“LOCAL” MEALS
Tuesdays at 12:00 noon and Thursdays at 6pm at St. Joan of Arc Church in Orleans. Call Sherry at 508-240-3309 for more information. Free will donations accepted. Transportation is available for Orleans seniors through the Senior Center. Please call the Center by noon two business days prior to schedule a ride.

MEALS on WHEELS:
Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of $3/meal. For more information call 1-800-244-4630.

SNAP:
Putting healthy food within reach, the Supplemental Nutrition Assistance Program (SNAP) helps low income individuals buy healthy, nutritious food. A SNAP monthly benefit depends on household size, income & expenses. You may be eligible for SNAP. For more information contact the Senior Center Outreach Department at 508-255-6333.
SOUP & SANDWICH
Mondays, 12 Noon
Cost of Lunch: $4
Reservations Required

Join us for a Soup & Sandwich lunch on Mondays. Chef Michelle will prepare a delicious home-cooked lunch which includes soup, sandwich and dessert. Come with a friend or make new ones!

Please call the Senior Center no later than 1:00pm the Friday before to make a reservation.

SOUP & SANDWICH MENU:

July 1st: Soup: Corn & Zucchini
Sandwich: BBQ Chicken & Dessert
July 8th: Soup: Summer Garden Minestrone
Sandwich: Herbed Cream Cheese & Cucumber & Dessert
July 15th: Soup: Chicken Basil
Sandwich: Tuna Salad & Dessert
July 22nd: Soup: Golden Summer
Sandwich: Turkey & Swiss on a Croissant & Dessert
July 29th: Soup: Portuguese Kale
Sandwich: Caprese Grilled Cheese & Dessert
Aug. 5th: Soup: New England Clam Chowder
Sandwich: BLT Wrap & Dessert
Aug. 12th: Soup: Ginger Carrot Soup
Sandwich: Chicken Salad Wrap & Dessert
Aug. 19th: Soup: Summer Vegetable
Sandwich: Egg Salad & Dessert
Aug. 26th: Soup: Pea & Mint
Sandwich: Grilled Ham & Cheese & Dessert

COMFORT KITCHEN
Fridays, 12 Noon
Cost of Lunch: $6
Reservations Required

Lunch includes a delicious home-cooked meal by Chef Tricia along with a special dessert treat. Come alone and make new friends, or come with a group...either way, we are sure you’ll love it!

Please call the Senior Center no later than 1:00pm a day ahead to make a reservation.

COMFORT KITCHEN MENU:

July 5th: Grilled Lemon & Garlic Chicken
Panzanella Salad & Dessert
July 12th: Stuffed Zucchini Boats w/ Meat, Sauce & Cheese, Tossed Salad & Dessert
July 19th: FRIENDS FISH FRIDAY!
Seafood Cakes w/ Remoulade Sauce
Vegetable Cole Slaw & Dessert
July 26th: Chicken w/ Mascarpone Marsala Sauce
Rotini Pasta, Tomato & Cucumber Salad & Dessert
Aug. 2nd: Lemon, Sage, Panko Pork Tenderloin, Cheesy Mashed Potatoes, Peas & Carrots & Dessert
Aug. 9th: Senior Center Summer BBQ
Please purchase your tickets for this fun event!
Aug. 16th: FRIENDS FISH FRIDAY!
Linguini w/ White Clam Sauce, Spinach Salad & Dessert
Aug. 23rd: Pesto Caprese Chicken, Pasta Alfredo w/ Broccoli & Dessert
Aug. 30th: Chicken Pad Thai w/ Vegetables & Dessert

“FRIENDS FISH FRIDAYS” are generously co-sponsored by the Friends of the Orleans Senior Center

LUNCH REMINDERS:

- We’re sorry, but we are unable to accept last minute reservations on the day of the lunch.
- Cancellations: If you are unable to attend lunch, please call the Senior Center and let us know.
- Lunch is served promptly at noon, please plan to arrive on time.
FREE FUN FRIDAYS

“Free Fun Fridays” offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts, sponsored by the Highland Street Foundation. This program was created to increase access and enrichment opportunities for families throughout Massachusetts during the summer months. Every Friday, from the end of June through the end of August, multiple sites are open for free. Many museums statewide will offer free Fridays this summer, including many local Cape Cod venues including the Cape Cod Museum of Art, the Cahoon Museum of American Art, the Provincetown Art Assn. and Museum, Cape Cod Maritime Museum, Chatham Shark Center, Heritage Museums and Gardens, JFK Hyannis Museum, and Cape Cod Museum of Natural History. For a complete listing of museums and the free Friday dates, go to: http://highlandstreet.org/programs/free-fun-fridays-2019

COMMUNITY NEWS

Nauset Beach Concert Series
Monday Nights, 6:30-8:30pm, FREE! (Tuesday rain dates)
Enjoy family friendly music and food trucks will be available for dinner!
July 8 - Greg Johnson and 45RPM (Acoustic Folk, Pop and Rock)
July 15 - Chandler Travis Philharmonette (Alternative Dixieland and Omnipop)
July 22 - The Rip-it-Ups (Rock and Blues, Rockabilly)
July 29 - The Johns (Rock and Funk)
August 5 - Easy Street (Acoustic Swing and Bluegrass)
August 12 - Rock Harbor Band (Classic Rock)
August 19 - Frank Poranski and the Pollyannas (Rock and Jazz)
August 26 - The Dirty Water Dance Band (Reggae)

Orleans Rocks!
The July 4th Committee chose the 2019 Theme Contest winner. Cody Stratton won with his theme suggestion - ORLEANS ROCKS! Orleans 2019 4th of July Celebrations are as follows:
♦ Fireworks, will be Saturday, July 6th, at Rock Harbor at dusk. (Raindate is Sunday, July 7th)
♦ Parade, will be Thursday, July 4th, beginning at 10am. The parade route is Eldredge Park Way to Route 6A to Main Street to Route 28 to Daley Terrace to Marstons Way, ending at Eldredge Park Way.
For additional info visit: www.orleans4thofjuly.com

HAVE FUN DOING TAXES!!

Do you enjoy people? Do you think numbers can be fun?
If yes, then we’re looking to share the fun with you!

Since 1968 AARP Foundation Tax-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge. New volunteers participate in a training program each fall. Over a three week period of time (twice a week for 3 weeks) they are trained in the process of completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15, wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time.

Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Pat Zeiss, Volunteer Coordinator at: patzeiss@juno.com or call (508) 255-2292.

Art Fridays for People with Cognitive Loss and Their Caregivers
Every Friday from 2-3:30pm, the Cape Cod Museum of Art in Dennis, in partnership with the Alzheimer’s Family Support Center, hosts “Art Fridays” at the museum. For more information call 508-385-4477. Until there’s a cure, there’s community.
### ORLEANS SENIOR CENTER WEEKLY MORNING FITNESS SCHEDULE

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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>8:30am</td>
<td>Morning Fitness w/Becky</td>
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<td>Morning Fitness w/Becky</td>
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<td>9:00am</td>
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<td>Tai Chi (sorry, class full) (last class 7/31)</td>
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<td>9:45am</td>
<td>Chair Yoga Plus w/Jodi</td>
<td>Yoga w/Jane</td>
<td>Yoga w/Jane</td>
<td>Slow Flow Yoga w/Debra</td>
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<tr>
<td>11:00am</td>
<td>Sit Fitness w/Debbie</td>
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<td>Chair Yoga w/Aisling</td>
<td>Sit Fitness w/Debbie</td>
<td>Chair Yoga w/Aisling</td>
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- **FITNESS PUNCH CARDS (Morning Fitness & Yoga & Slow Flow Yoga)**
  - $30/5 class fitness card or $50/10 class fitness card or $8 per/class for “Walk-ins”
- **FITNESS PUNCH CARDS (Sit Fitness & Chair Yoga)**
  - $20/10 class fitness card or $2 per/class for “Walk-ins”

*SORRY, NO REFUNDS FOR LOST OR STOLEN CARDS*

### FITNESS CLASS DESCRIPTIONS

- **Chair Yoga**: Gentle seated yoga class to help build strength, flexibility, balance, and mindfulness.
- **Chair Yoga Plus**: Gentle chair yoga which includes standing poses and stretches to help build strength, flexibility, balance, and mindfulness.
- **Morning Fitness**: Total body workout with low impact cardio exercises to upbeat music. Improves muscle tone, strength and stamina.
- **Sit Fitness**: Seated exercises with light weights which help maintain range of motion, coordination, balance and muscle tone.
- **Yoga & Slow Flow Yoga**: Improves overall muscle tone, enhances breathing which helps lung function, and promotes mental calmness, stress reduction and body awareness. Chair & floor exercises. Please bring mat.
- **Men’s Fitness**: Will not meet in July and August.
- **Tai Chi**: Tai Chi for is a mind-body exercise rooted in multiple Asian traditions. Tai Chi will help with balance and strengthen integration of body and mind. Last class is July 31st.

### FITNESS REMINDERS

- Please make your checks payable in advance to the Orleans COA.
- As a courtesy, please **BE ON TIME** for fitness classes.
- Bring your own water bottle.
- Please wear comfortable, closed toe sneakers or appropriate fitness footwear.

### TRAILBLAZERS WALKING GROUP

**Saturdays, July and August, 10am**

The Trailblazers will continue walking on Saturday mornings on local trails. Copies of the schedule are available at the Senior Center. All are welcome to join the group for fresh air and exercise. Any questions, please email Nancy Neal at nneal1a@comcast.net

### NEW...SLOW FLOW YOGA CLASS

**Fridays at 9:45am**

### NEW BALLROOM LINE DANCING

**Tuesdays at 2:00 p.m beginning July 9th**
WE HAVE A NEW SOCIAL SERVICE COORDINATOR

We are pleased to announce that on June 3rd, our new Social Service Coordinator, Lynn Brine, joined the Senior Center team. Lynn has lived on the Cape for over 25 years and has been a social worker for most of those years in hospitals and community settings. She has an exceptional knowledge of the human service network and working with clients. She lives on the Upper Cape with her husband and two teenage daughters, and enjoys reading, baking, singing, and family road trips. I hope you will join us in making Lynn feel welcome.

PROJECT LIFESAVER

The Orleans Police Department has adopted Project Lifesaver to assist families who are dealing with dementia with their family members, who may wander as a result of their disease. Project Lifesaver International is a program that was developed to help locate missing persons with dementia, epilepsy, Alzheimer’s disease, autism, and Down Syndrome. The program involves identifying persons at risk of wandering and monitoring their locations with a radio transmitter device on a plastic wristband.

Citizens enrolled in Project Lifesaver wear a small personal transmitter around their wrist that emits an individual tracking signal. The battery-operated transmitter emits an inaudible pulse once per second that can be picked up by a receiver operated by trained officers. If the enrolled client goes missing, the caregiver notifies the Orleans Police Department, and a trained emergency team responds to the wanderer’s area. Most who wander are found within a few miles from home, and search times have been reduced from hours and days to minutes. Recovery times for Project Lifesaver clients average 30 minutes.

If you have a family member who wanders due to dementia, Alzheimer’s Disease, or other cognitive impairment and would like to enroll them in Project Lifesaver, please contact Officer Kerry O’Connell at (508) 255-0117 ext. 1261 or koconnell@orleanspd.com. This program saves lives!

POISON CONTROL

If you have grandchildren who visit during the summer, you should have this information. Many older adults take medications on a regular basis and aren’t in the habit of keeping things like medicine and cleaning supplies out of reach of curious little hands. The life you save by knowing this resource could be someone you care about!

If you think someone has been poisoned, call the Regional Center for Poison Control and Prevention serving Massachusetts and Rhode Island at 1-800-222-1222 right away.

Do not wait for the victim to look or feel sick. Do not try to treat the person yourself. Staff is available at all times to provide quick, accurate, precise poisoning treatment information. When you call, take the poison with you to the phone. You may be asked to read information from the bottle’s label. You also will be asked to give information about the victim and the incident including the name of the substance or poison. If the victim is not breathing or has collapsed, call 911.

POISON CONTROL CENTER

1-800-222-1222
24 hours a day/7 days a week

LAPTOPS FOR SENIORS

The Orleans COA partners with the Masonic Angel Foundation to bring free refurbished devices to seniors in need. If you are a senior who would benefit from having a laptop and are unable to purchase one, let us know and we will add you to the list for when devices become available. If you have a laptop to donate, please bring it to the Senior Center and it will be wiped clean, refurbished and returned right back here to our community. A win-win! For more information, call Lynn in the Outreach Department at 508-255-6333.
**FIX-IT CORPS PROGRAM**
Volunteers are available to assist with small home repairs or projects such as changing a light bulb, hanging curtains, etc. For more information call Program Coordinator, Karen Spangler at 508-255-6333.

**FOOTCARE**
For non-diabetic, Orleans residents only. A nurse will provide general assessment of the feet and lower extremities, trim, file, clean and reduce thickening of nails, smooth corns & calluses, massage, lotion & powder feet. Appointments at the Senior Center are $35.00. Please call the Senior Center to schedule your appointment.

**FRIENDLY VISITOR PROGRAM**
Volunteers are matched with seniors who have similar interests and then visit on a weekly basis to provide companionship and conversation. For more information call the Outreach Department.

**FUEL ASSISTANCE**
If you need help filling out your Fuel Assistance application a trained volunteer is available by appointment to help. There is no age limit for assistance, but income limitations apply. Appointments available beginning in November 2019.

**HOME CARE REFERRALS**
Home health care referrals are available from the Outreach Department. These workers have had a CORI (Criminal Offense Record Investigation) background check. They charge $20 - $25 per hour, based on the skill level involved.

**INFORMATION & REFERRAL**
If you would like information about available community resources for older adults as you plan for your needs, please call the Senior Center to schedule an appointment with an Outreach Worker. Home visits available.

**LEGAL ASSISTANCE**
Free half-hour consultations for Orleans Seniors on Wednesdays at varied times with different lawyers. Call the Senior Center to schedule an appointment.

**LIBRARY HOME DELIVERY PROGRAM**
If you are home-bound, even temporarily, you can have library materials (books, movies, music, audio books, magazines, etc.) delivered to you through the “Snow Mobile” program. Contact the Reference Desk at Snow Library to arrange delivery at 508-240-3760.

**MEDICAL EQUIPMENT**
Medical equipment for free loan (canes, walkers, shower seats, commodes, wheelchairs, etc.). Call or stop by the Senior Center prior to purchasing. Equipment may be kept for as long as needed. Waivers must be signed. (NOTE: Please clean equipment before returning.)

**NURSE APPOINTMENTS**
FREE private appointments available to consult with a nurse regarding your health. Please call the Senior Center to schedule an appointment. (This program is generously funded by a grant from the Fund for the Elderly of the Cape Cod Foundation.)

**S.H.I.N.E. - Health Insurance Counseling**
SHINE (Serving Health Information Needs of Everyone) offers free help to answer health insurance questions. SHINE counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs to help those eligible for Medicare navigate the complex health insurance system. Call for appointment times.

**SOCIAL SECURITY APPOINTMENTS**
Communicate with a local SS representative using special live video service without driving to Hyannis and waiting in line. Lower Cape residents may apply for benefits, report changes, ask questions, and more at the Harwich Community Center. Call the Harwich COA at 508-430-7550 to schedule an appointment.

**TELEPHONE REASSURANCE PROGRAM**
If you live alone and would like peace of mind knowing that you can check in with someone daily, join the Orleans Police Telephone Reassurance Program. For more information call the Outreach Department.

**VETERAN SERVICES**
Veterans Service Officers Wil Remillard and Shawney Carroll are available Tues. & Wed. & Thurs. by appointment at the Harwich Community Center. They assist Veterans, and surviving spouses with claims, VA healthcare, VA pensions, low income benefits, and more. Call 508-430-7510 to schedule an appointment.
SHINE NEWS

What if you didn’t get your new Medicare card?

Your new Medicare card should have arrived in the mail by now. If you didn’t get it, here’s what to do:

- Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- If the card didn’t arrive, call 1-800-MEDICARE as soon as possible. The call center representatives can check the status and help you get your new card.

You will need to have your new card before December 31, 2019, so it is important to call for your new card if you did not receive one yet.

SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help Medicare beneficiaries navigate the complex health insurance system for free. If you or someone you know will be turning 65 soon, or you have any questions, please call to make an appointment.

Call the Orleans Senior Center at 508-255-6333 to make a free, confidential appointment with a state certified SHINE Counselor.

ALMOST HALF OF OLDER ADULTS THINK THEY’LL DEVELOP DEMENTIA

Nearly half of adults ages 50-80 think they are likely to develop dementia sometime in their life, according to a new poll. Nearly 75% of adults reported engaging in some kind of activity to help with dementia - including playing brain games or taking nutritional supplements - but only 5% report talking to their doctor about ways to prevent dementia. Some 60% said they were willing to provide a DNA sample to help study the disease, while 44% expressed interest in joining a clinical trial testing treatment and prevention strategies.

At the same time, the World Health Organization released its first-ever list of guidelines for health care providers and policymakers to help patients reduce cognitive decline and the risk of developing dementia. Among the recommended interventions: maintaining ideal blood pressure and glucose levels, avoiding harmful alcohol intake, and getting regular exercise. (MCOA, May 2019)

GOING TO FENWAY PARK?

The Fenway Park Mobility Assistance/Wheelchair Assistance team is there to help fans! If you need mobility assistance, prior to arriving at the park, please call 617-226-6000 and request to speak with the Mobility Assistance team. They can provide wheelchair assistance to their seats. Once you arrive at the park, simply go to any gate and ask one of the security guards to radio for mobility assistance. The mobility team will help you or your passengers disembark from the transport van/car at the gate and assist after the game as well.

WALKING IN THE GARDEN

At the Orleans Senior Center

Did you know that the garden at the Senior Center is available for your walking enjoyment all day, every day? The garden pathway provides an even walking surface surrounded by beautiful, serene plantings. You may enter the garden from gates on either end of the building. Spaulding Physical Therapists have measured the walkway and report the following: 1 mile = 13.6 laps, ½ mile = 6.79 laps, and ¼ mile = 3.31 laps. (A lap is the full pathway from the gazebo area and around down to the fitness equipment.) Also, the fitness equipment is available for use at any time. We are fortunate to have this beautiful space, so please come and enjoy it while you get some exercise!
DEMENTIA CAREGIVING SUPPORT GROUP
1st Thursday of Each Month
5:00pm - 6:30pm

This group will help families learn more about dementia, develop better coping strategies, and help connect to support services in the community. This group is for adult children caring for aging parents, spouses, or anyone caring for a loved one with dementia.

Group Facilitator:  Dr. Molly Perdue, MA, MS, PhD,
Director of Alzheimer’s Family Support Center

PRE-REGISTRATION IS REQUIRED.
Group size is limited.
Register by calling the Senior Center at 508-255-6333

Care for your loved one is provided during the session. Please call ahead of time to arrange care.

MALE CAREGIVERS SUPPORT GROUP
1st & 3rd Fridays
10:00am - 11:30am

This informal group deals with the unique needs and issues of male caregivers, provides information on resources, and addresses topics of interest to participants. Guidance, education and support is provided in a friendly and confidential environment.

Facilitated by: Frank Riley
from Elder Services of Cape Cod and the Islands

PRE-REGISTRATION IS REQUIRED
For more information, or to register, please call Frank Riley at 508-394-4630

ARE YOU A CAREGIVER IN NEED OF HELP?
For information about community resources available to help support you, please call our Outreach Department at 508-255-6333.

The Day Center Program at the Orleans Senior Center is a regional adult supportive day program offering a safe, caring, person-centered environment for older adults in need of social stimulation and those living with physical disabilities and brain changes. Our goal is to promote independence and wellness while providing respite time for caregivers. The program offers a structured day that includes music, art and fitness to promote optimal social, emotional and physical wellness while allowing participants to remain in their own homes for as long as possible. Participants enjoy a delicious home-cooked noontime meal and there is even a special “Men’s Day” on Tuesdays.

The Day Center Program is open to residents of Orleans, Brewster, Chatham and Harwich and attendance is subsidized by these communities. Fees for Orleans residents are $44 per day which includes all activities and meals. Financial assistance may be available for eligible families to help defray costs.

To learn more about scheduling a complimentary trial day or for more information about eligibility, contact the Day Center Director, Ann Dextraze, at 508-255-6333. (If she is not immediately available, please leave a message as she directs many program activities during the day.)

A BLESSING FOR CAREGIVERS

May the wellspring of compassion be opened in you.
May soothing words find a home in you.
May tenderness bless you as you reach to comfort in body, mind and spirit.
In the midst of fear or frustration may courage be given you.
May patience keep vigil with you and peace of mind calm you.
May your heart find a song to sing even when you are weary.
May abundant love lift you and gratitude bless you as you live the mission of care entrusted to you.

By Pat Bergen
Annual Report 2018-2019

Although the Friends’ main mission is to raise funds for Orleans Seniors, our goals encompass much more as we also focus on helping to build a sense of community through our support of its many important programs and activities. The Friends have made major contributions over the past year to the Senior Center through programming and funding aimed at helping seniors pursue active, healthy and interesting lifestyles.

The generous donations received from our members in response to our Annual Appeal have a definite positive impact on the lives of our Orleans senior residents by enabling us to help provide the following programs and services:

- The purchase of fresh produce to supplement the items offered through the Brown Bag program
- Sponsorship of fresh fish for lunch at “Friends Fish Fridays”
- The purchase of items for annual holiday gift bags for isolated seniors
- Sponsorship of the “Lunch and Listen” program
- Purchase of critical items as designated by the Director of the Orleans Senior Center for seniors in need
- A trip to the Wellfleet Audubon Society
- “Tea at Two”, during which Chef Greg Case presented a demonstration on cake making
- Sponsorship of the Kindness Rock Project, the Gelli Printing Program, and April Paint Party
- Purchase of supermarket gift cards to be distributed at the staff’s discretion to those in need
- An appreciation breakfast for the Senior Center staff in recognition of their hard work and dedication to the needs of Orleans seniors

All of these accomplishments were possible only through the financial support of all of the members of the Friends and we extend our sincere and heartfelt thanks for your generous contributions. We also wish to acknowledge the support of all the volunteers whose assistance is critical to our goals. A special thanks to the incredible staff at the Senior Center. We look forward to working with you all in the coming year.

FRIENDS BOARD:
Barbara O’Connor, President
Carol Hackett, Vice President
Mary Sullivan, Treasurer
Nancy Noble, Clerk
Bonnie Engelhardt
Janet Bantly
Charlotte McCully

2019-2020 FRIENDS ANNUAL SUPPORT
The Friends of the Orleans Council on Aging (FOCOA) is a non-profit organization whose purpose is to assist and support the Orleans Senior Center with its mission to enhance the quality of life for older adults and caregivers in our community. The Friends fiscal year runs from July 1, 2019 through June 30, 2020. Any individual or family who makes a donation of $15 or more during that time period shall be entitled to cast one vote at the Annual Meeting.

☐ Supporter $100
☐ Donor $50
☐ Family $25
☐ Individual $15
☐ Other $__________

Name ________________________________
Mailing Address ________________________________
Town/Zip __________ Phone __________
Email: ________________________________

☐ I would like to be part of the Friends team, please contact me.

USE THIS SLIP TO MAIL YOUR SUPPORT TO THE FRIENDS, OR DROP IT OFF AT THE ORLEANS SENIOR CENTER

Please make checks payable to:  Friends of the Orleans COA
Mail to:  Friends of OCOA, PO Box 404, Orleans, MA 02653  OR  Drop off at 150 Rock Harbor Road, Orleans
VOLUNTEER APPLAUDMENT
LUNCHEON HELD IN APRIL

It was a pleasure to gather with so many of our Senior Center volunteers for a luncheon to honor their service and to celebrate National Volunteer Appreciation Week. Volunteers were treated to lunch at the Lobster Claw restaurant and to an interesting presentation by Mindy Todd of WCAI NPR. Mindy shared statistics about Cape Cod’s aging population and the importance of volunteers to support the “aging in place” movement. A good time was had by all!

Knitter’s Group

Brown Bag Volunteer, Marilyn Gengras and Kitchen Volunteer Jean Thompson

THOUGHTS TO SHARE

Kitchen volunteer, Priscilla Barr, recently shared a book called, “The Heart of a Volunteer”. It is a collection of verses, poems, and quotes that remind us that the spirit of volunteerism is alive and well. We’ve chosen a couple below that we hope you find meaningful.

Thank you, Priscilla for your work as a kitchen volunteer and for this inspirational book.

“When you stop giving and offering something to the rest of the world, it’s time to turn out the lights”. 
George Burns

“You’ve touched people and known it. You’ve touched people and never may know it. Either way, no matter what your life feels like to you right now, you have something to give. It is in giving to one another that each one of our lives becomes meaningful.”
Laura Schlessinger

NEW VOLUNTEER OPPORTUNITY
GARDEN VOLUNTEERS

Do you have a green thumb and love growing flowers, herbs, or vegetables? We have a thriving garden that could always use a little TLC and we’d love to have your help. We could use some help keeping our kitchen garden and garden beds maintained, healthy, and watered. If you are interested please contact Program Coordinator, Karen Spangler at 508-255-6333.

TIDINGS NEWSLETTER LABELING

Friday, August 30th, 9am

Help place labels on the newsletters for bulk mailing. This only takes about an hour! Enjoy great company, conversations and delicious snacks too! If you would like to be added to our list of newsletter volunteers, call our Program Coordinator, Karen Spangler at 508-255-6333.

We will give you a call a few days prior as a reminder.
COMMUNITY TRANSPORTATION RESOURCES

DART:
Low cost public transportation, by reservation, from place to place on Cape Cod. Available for all ages. Please register by calling 1-800-352-7155 weekdays, 8:00am - 5:00pm.

H2O:

B.H.T. Boston Hospital Transportation:
Medical appointments at Boston hospitals daily. Pick-ups in Wellfleet, Eastham, Orleans, Harwich, Hyannis, Barnstable & Sagamore. Call 1-800-352-7155 to reserve by 11:00am the day before. Cost: $30 round trip, $15 one-way.

FLEX Bus:
Low cost fixed route from Harwich to Provincetown. Some off-route pickups available, with reservations, up to 3/4 mile off fixed route. Cost: $1.00 for seniors. Schedules available at the Senior Center. For more information call 1-800-352-7155.

SENIOR CENTER TRANSPORTATION

Orleans Senior Center Bus Service:
Transportation is provided on our handicapped accessible mini-buses around Orleans for medical appointments, shopping, errands, support group attendance, LOCAL meals, connections to other transportation, as well as to events and programs at the Senior Center. Rides are provided Monday through Friday. Reservations are required at least 2 business days prior to needed ride. To schedule rides, call the Transportation Coordinator, at 508-255-6333 between 8:45am - 12pm.

Orleans Senior Center FISH Program:
FISH stands for Friends In Service Helping! FISH volunteers provide rides to medical appointments as far as Hyannis. Call the Senior Center a minimum of one week in advance to request a FISH ride. More advance notice is always appreciated. To request a ride, please call our Transportation Coordinator at 508-255-6333, Monday - Friday, between 8:45am-12pm. Donations accepted. No extra riders are permitted unless required due to disability. Ride availability is based on volunteer availability.

MASS HEALTH TRANSPORTATION SERVICES

If you are a MassHealth member, you may be eligible for non-emergency transportation to and from your MassHealth covered services. For example, services include but are not limited to: doctors appointments, counseling, and some day rehabilitation.

To access this service call:
MassHealth Customer Service
toll free at 800-841-2900 or 800-497-4648 (TTY)
for additional information, or to request a Prescription for Transportation (PT-1) form to be faxed to your medical MassHealth Provider.

Please note: It can take up to three business days for Mass Health to process a PT-1 form once they receive it.

SUMMER REMINDERS FOR VAN RIDERS

It’s summertime in Orleans and that means our Senior Center vans share the roads with a whole lot of tourists, bicycles, and pedestrians. We do our best to design the schedule appropriately to allow for traffic delays. However, we ask riders to please be patient with our pick up and arrival times.

We remind everyone to please call our Transportation Coordinator, Dianne Wentworth, two business days prior to reserve a van ride. Please call 508-255-6333 between 8:45am-12pm.
**SR. CENTER BUS SERVICE**

### ORLEANS SENIOR CENTER BUS SCHEDULE

<table>
<thead>
<tr>
<th>Rides for Orleans Medical Appts.</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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</thead>
<tbody>
<tr>
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<td>YES</td>
<td>YES</td>
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<thead>
<tr>
<th>Rides to the Senior Center</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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<tbody>
<tr>
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<td>YES</td>
<td>YES</td>
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<tr>
<th>Errands Around Orleans</th>
<th>Mon</th>
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<th>Thurs</th>
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<tr>
<td>9:45am - 2:15pm</td>
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<td>LIMITED</td>
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<tr>
<th>Grocery Shopping (Stop &amp; Shop &amp; Friends)</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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<tbody>
<tr>
<td>RHV Pickup: approx. 10:00am</td>
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<td>NO</td>
<td>YES</td>
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<td>NO</td>
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<td><em>CALL TO SCHED</em></td>
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<tr>
<th>Grocery Shopping (Shaw's &amp; Friends)</th>
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<td><em>CALL TO SCHED</em></td>
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**Van Rider Reminders:**

- **To schedule a ride**, please call our Transportation Coordinator, at 508-255-6333, Monday - Friday, between 8:45am-Noon.
- **All rides** are provided between the hours of 9:45am-2:15pm.
- Our vans are handicapped accessible, but please let us know when scheduling your ride if you will require wheelchair accommodations.
- There is a **maximum** of 3 shopping bags per passenger per shopping trip.
- **All stops must be scheduled ahead of time**...please refrain from requesting extra stops while riding the van.
- **$2.00 contribution per round trip** is most appreciated.

**Thank you!**

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**All van ride requests must be made by noon 2 business days prior to transport.**

A reminder that we need 2 days notice to accommodate reservations for van transportation for errands, grocery shopping, medical appointments, and Senior Center events. In the past, we have tried to accommodate requests made the day before, however, our van ridership volume has increased, thus requiring the need for more time to coordinate an efficient schedule. Reservations may still be made up to one month ahead.

**FISH ride requests need to be made a minimum of one week in advance of the appointment.**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>9:45 Chair Yoga</td>
<td>8:30 Morning</td>
<td>8:30 Exercise</td>
<td>9:45 Morning</td>
<td>9:45 Slow</td>
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<tr>
<td>Plus</td>
<td>Fitness</td>
<td>w/ Spaulding</td>
<td>Fitness</td>
<td>Flow Yoga</td>
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<tr>
<td>10:00 Sit</td>
<td>8:30 Yoga</td>
<td>10:00 COPD</td>
<td>10:00 Yoga</td>
<td>10:00 Male</td>
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<tr>
<td>Fitness Group</td>
<td>11:00 Tai Chi</td>
<td>Support Group</td>
<td>11:00 Tai Chi</td>
<td>Caregivers</td>
</tr>
<tr>
<td>12:00 Soup &amp;</td>
<td>11:00 Tai Chi</td>
<td>11:00 COPD</td>
<td>11:00 Chair</td>
<td>Group</td>
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<tr>
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<td>11:00 Chair</td>
<td>Support Group</td>
<td>11:00 Chess</td>
<td>Kitchen</td>
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<tr>
<td>12:30 Knitters</td>
<td>11:00 Legal</td>
<td>12:00 Movie</td>
<td>12:00 Office</td>
<td>11:45 Friday</td>
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<td>Appointments</td>
<td>Day at COA</td>
<td>Paintings</td>
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<tr>
<td>1:30 Cribbage</td>
<td>2:00 Balroom</td>
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<td>1:30 Mahjongg</td>
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<tr>
<td>Players</td>
<td>Line Dancing</td>
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<td>1:30 Support</td>
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<td>3:00 Ukulele</td>
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<td>12:00 &amp;</td>
<td>12:00 Knitters</td>
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<td>12:00 Lunch</td>
<td>9:45 Yoga</td>
<td>12:00 Lunch</td>
</tr>
<tr>
<td>Plus</td>
<td>Fitness</td>
<td>12:00 &amp;</td>
<td>11:00 Sit</td>
<td>12:00 Lunch</td>
</tr>
<tr>
<td>10:00 Sit</td>
<td>8:30 Exercise</td>
<td>12:00 &amp;</td>
<td>11:00 Tai Chi</td>
<td>12:00 &amp;</td>
</tr>
<tr>
<td>Fitness Group</td>
<td>w/ Spaulding</td>
<td>12:00 &amp;</td>
<td>11:00 Chair</td>
<td>Listen</td>
</tr>
<tr>
<td>12:30 Knitters</td>
<td></td>
<td>12:00 &amp;</td>
<td>11:00 Legal</td>
<td>Program</td>
</tr>
<tr>
<td>Knitting</td>
<td></td>
<td>12:00 &amp;</td>
<td>Dancing</td>
<td>1:00 Amateur</td>
</tr>
<tr>
<td>1:30 Cribbage</td>
<td></td>
<td>12:00 &amp;</td>
<td>Dancing</td>
<td>Radio</td>
</tr>
<tr>
<td>Players</td>
<td></td>
<td>12:00 &amp;</td>
<td>Dancing</td>
<td></td>
</tr>
</tbody>
</table>

**Office Hours:** Monday - Friday 8:30 am - 4:30 pm

508-235-6333

[www.town.orleans.ma.us](http://www.town.orleans.ma.us) click on “Council on Aging”

Call the Orleans Senior Center for more information.
## AUGUST 2019

**ORLEANS SENIOR CENTER**  
150 Rock Harbor Road  Orleans, MA 02653  
508-255-6333

**OFFICE HOURS:**  
Monday - Friday 8:30 am - 4:30 pm  
www.town.orleans.ma.us & click on “Council on Aging”

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td>8:30</td>
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<tr>
<td></td>
<td></td>
<td>Morning Fitness</td>
<td>Morning Fitness</td>
<td>Brown Bag Program</td>
</tr>
<tr>
<td>9:45</td>
<td>NO Chair Yoga Plus</td>
<td>9:45</td>
<td>9:45</td>
<td>9:45</td>
</tr>
<tr>
<td>11:00</td>
<td>Sit Fitness</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Slow Flow Yoga</td>
</tr>
<tr>
<td>9:45</td>
<td>Chair Yoga Plus</td>
<td>10:45</td>
<td>10:00</td>
<td>Male Caregivers Group</td>
</tr>
<tr>
<td>11:00</td>
<td>Sit Fitness</td>
<td>Bereavement Group</td>
<td>Friends Board Meeting</td>
<td>Chair Yoga</td>
</tr>
<tr>
<td>12:00</td>
<td>Soup &amp; Sandwich</td>
<td>1:00</td>
<td>11:00</td>
<td>Comfort Kitchen</td>
</tr>
<tr>
<td>1:00</td>
<td>Knitters Knittin’</td>
<td>SHINE Appointments</td>
<td>No Sit Fitness</td>
<td>Friday Painters</td>
</tr>
<tr>
<td>1:30</td>
<td>Cribbage Players</td>
<td>Line Dancing</td>
<td>Classical Piano</td>
<td>Mahjongg</td>
</tr>
<tr>
<td>1:30</td>
<td>Cribbage Players</td>
<td>Ballroom Line Dancing</td>
<td>Dementia Caregiving</td>
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<tr>
<td></td>
<td>iPad Intermediate</td>
<td>Ukulele Class</td>
<td></td>
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<tr>
<td>9:00</td>
<td>Footcare Appts.</td>
<td>8:30</td>
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<td>9:45</td>
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<tr>
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<td>Chair Yoga Plus</td>
<td>Morning Fitness</td>
<td>Morning Fitness</td>
<td>Slow Flow Yoga</td>
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<tr>
<td>11:00</td>
<td>Sit Fitness</td>
<td>9:45</td>
<td>9:45</td>
<td>Book Club</td>
</tr>
<tr>
<td>12:00</td>
<td>Soup &amp; Sandwich</td>
<td>Yoga</td>
<td>Yoga</td>
<td>NO Chair Yoga</td>
</tr>
<tr>
<td>1:00</td>
<td>Knitters Knittin’</td>
<td>11:00</td>
<td>11:00</td>
<td>Summer BBQ and Entertainment</td>
</tr>
<tr>
<td>1:30</td>
<td>Cribbage Players</td>
<td>Sit Fitness</td>
<td>Sit Fitness</td>
<td>NO Friday Painters</td>
</tr>
<tr>
<td></td>
<td>Cribbage Players</td>
<td>Line Dancing</td>
<td>Classical Piano</td>
<td>Mahjongg</td>
</tr>
<tr>
<td>2:00</td>
<td>iPad Intermediate</td>
<td>Ballroom Line Dancing</td>
<td>COPD Support Group</td>
<td></td>
</tr>
<tr>
<td>9:45</td>
<td>Chair Yoga Plus</td>
<td>2:00</td>
<td>2:00</td>
<td></td>
</tr>
<tr>
<td>11:00</td>
<td>Sit Fitness</td>
<td>COPD Support Group</td>
<td>COPD Support Group</td>
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</tr>
<tr>
<td>12:00</td>
<td>Soup &amp; Sandwich</td>
<td>COPD Support Group</td>
<td>COPD Support Group</td>
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<tr>
<td>1:00</td>
<td>Knitters Knittin’</td>
<td>COPD Support Group</td>
<td>COPD Support Group</td>
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</tr>
<tr>
<td>1:30</td>
<td>Cribbage Players</td>
<td>COPD Support Group</td>
<td>COPD Support Group</td>
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<tr>
<td>7:00</td>
<td>iPad Intermediate</td>
<td>COPD Support Group</td>
<td>COPD Support Group</td>
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</tbody>
</table>

**MOST PROGRAMS REQUIRE PRE-REGISTRATION. PLEASE CALL THE ORLEANS SENIOR CENTER FOR MORE INFORMATION.**
ORLEANS SENIOR CENTER & COUNCIL ON AGING
150 ROCK HARBOR RD.
ORLEANS, MA 02653

HOURS:
Monday-Friday 8:30am-4:30pm

www.town.orleans.ma.us
click on “Council on Aging”

STAFF CONTACTS:
Director.................................................Judi Wilson
Office Manager.................................Donna Faivre
Program Coord.........................Karen Spangler
Social Service Coord......................Lynn Brine
Outreach Worker .........................Sue Beyle
Day Center Director .................Ann Dextraze
Transpo. Coord.........................Dianne Wentworth
Principal Clerk..........................Kelly Ekstrom

COA BOARD:
Bob Nagle, Chair
Denise Dunlap Ratcliffe, Vice Chair
Keith Campbell
Anita Rogers
David Silberberg

We currently have 2 vacant positions on the COA
Board. If you are interested in serving,
please contact the Town Administrator’s Office
and fill out a Citizen Interest Form.
For more information, feel free to contact
the Director or a COA Board Member.

The printing of this newsletter was funded by
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