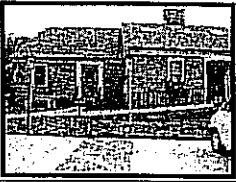


SANDWICH COUNCIL ON AGING



NEWS

www.Sandwichcoa.org

Jtimmons@townofsandwich.net

PHONE 508 888-4737

FAX 508 833-9154

270 QUAKER MEETINGHOUSE ROAD, EAST SANDWICH

DIRECTOR: JANET TIMMONS

Volume 21, Issue 7

We're Here For You!

July/August, 2007

DIRECTOR'S REPORT:

Senior Citizen of the Year.....

John Bryant was named 2007 Senior Citizen of the Year at the annual Volunteer Luncheon held at the Upper Cape Regional Technical School. John is married to Pat his wife of over 50 years and they have three children. John's background is as an Industrial Engineer with a Masters in Business. He served 30 years as Director of Scorton Shores Homeowners Association. His community service is extensive...six years on the Zoning Board of Appeals, served on the Committee to Survey Town Building Needs in the 1990's which was then followed up by serving on the Site Selection Committee. He served eight years on the Council on Aging Board and still serves the Council on Aging as the Chair of the Senior Center Building Committee. He is currently on the Board of the Friends of Sandwich Council on Aging.

We thank Cindy Russell with the Cape Cod Symphony Orchestra for graciously responding to the donation request. John received tickets to a future performance!

New Outreach Coordinator Gail Moniz has joined the Sandwich Council on Aging. Gail is married (over 35 years!) to Ray, has two children, Rachelle and Raymond. Gail was a Case Manager with Elder Services of Cape Cod and Islands and worked in the Bourne area.

Gail is a welcome addition to the staff and is very helpful and knowledgeable. Call if you have any questions on services or need information...or better yet, stop in to introduce yourself!

HOLIDAY FAIR NEEDS YOU....

In order to be ready for our **Seaside Holiday Fair** we will be having craft classes throughout the fall. Classes will include forced bulbs and seasonal centerpieces. We will be making wreaths, jams, gift bags and baklava. We have lots of ideas but we need your help. Sign up for a class; make plenty for yourself to take home and a few extra for our Fair.

Right now we are looking for donations of old wooden canes, old watering cans, glass hurricane lanterns and dried lavender.

We will have a garden area, a craft table, hostess gift table and a bake table. Ideas for other tables and craft classes are more than welcome.

If you have questions, can make and donate craft items, or help in any way, please contact Fair Chair – Pat Ryan at 508-888-4737.

Thank you to those who donated books for lending library. The Council has several bookcases with books to borrow. We are always looking for donations of new hardcover and paperback books to supplement our collection. We still do not need Reader's Digests books or harlequin romances at this time.

Speedy recovery to Maureen Schneider – COA Board member and COA office volunteer. We hope you are back helping out soon!

EXERCISE & WELLNESS PROGRAMS:

NOTE: ALL PARTICIPANTS MUST HAVE A MEDICAL RELEASE FORM SIGNED BY YOUR DOCTOR AS WELL AS A REGISTRATION FORM FOR EACH SESSION.

YOGA – Tuesdays 9:00 a.m. – 10:00 a.m.

Five week sessions –. Cost is \$25 payable by check! You must register and pay in advance—call or stop by the COA. Payment (check or money order) and registration form due one week before first class. Note: Class dates subject to change.

Summer Session : June 19 – July 17

CHAIR YOGA - Thursdays 10:00 – 11:00 a.m. –

Summer Session 1: June 21 –July 19

Cost is \$25 and registration form and payment (check or money order) due one week before first class . Note: Class dates subject to change.

Did you know you don't have to get on the floor to practice yoga? Chair Yoga is less strenuous than traditional forms of yoga and helps to enhance flexibility, strength and posture.

TAI CHI -- Tuesdays at 1:15 p.m. Dress comfortably. No fee. Stop by to see this great program...and join! Beginners are always welcome.

TAP DANCING FUN – Exercises and professional tap at S.A.C.A.T. (cable studio) 28 Jan Sebastian Rd. Beginners; Intermediate; Advanced. \$8.00/class. Routines written out. Call Florence May 508-888-6561 for dates and times.

Focus on Healing – Lebed – Tuesdays 10:30 – 11:30 a.m. This is a therapeutic exercise program that is fun and easy to do.

Summer Session 1: July 10 – 31 -\$40

Summer Session 2: Aug. 7 – 28 - \$40

Registration form and payment due one week before first class. Checks are not deposited until first class.

MENS EXERCISE GROUP – Mondays and Thursdays 9:00 a.m. – 9:45 a.m. This is one for the men—no instructor but one of the longstanding participants will lead the group. \$2.00 donation and you must sign a waiver and have a medical release signed by your doctor.

A.M. FITNESS – Mon. & Wed. 7:45. – 8:35 a.m. Get your day off to a great start! Join the Senior Center's early bird fitness class. Light aerobics, muscle strengthening, and stretching...all in a 50 minute, all business, workout. It's 'gym class for grown-ups'; join the fun! Try it – you'll like it! Taught by Terry Stocker. **Because you asked...now twice each week!** Minimum of 8 needed.

Anyone wishing to register for the ENTIRE winter series...12 weeks...Package price is \$110. Drop in \$7.00 You must pre-register by completing a Registration Form and a medical release is a must even for drop ins. **Terry will be back in September!!**

DON'T FORGET – COA Weight Watchers group meets Tuesdays. Weigh in starts at 6:00 p.m. meeting begins at 7:00 p.m. **All ages welcome!**

Pedicare Program – First and second Friday each month offered by trained registered nurse. This program is for non-diabetic seniors only. Service provided is: Assessment of feet; trimming, filing and reduction of toenails; smoothing corns and calluses, massaging, moisturizing lotion and powdering feet. Cost is \$27 – home visit \$45. Call the COA at 508-888-4737 to make your 30 minute appointment.

SUPPORT GROUPS at the COA:
Bereavement Support Group – Second and fourth Wednesday of each month at 1:00 p.m. The Sandwich COA and VNA Bereavement Support Services co-sponsor this group for any adult grieving the loss of a loved one. This group is facilitated by VNA Social Worker Rick Bickford. For additional info, please call COA at 508-888-4737 or Rick Bickford at 508-957-7716.

Sight Loss Support Group – Third Friday each month from 10:00 a.m.– Noon. **Transportation available.** Call Sight Loss Support at 508-394-3904.

COA JULY & AUGUST PROGRAMS:

WEDNESDAYS at 1:00 p.m. CRIBBAGE

Please join the group and enjoy an afternoon with folks who also enjoy this game.

FRIDAY, July 6 – 1:00 P.M. Friday Flicks at the COA: . –Flag of our Fathers –. WWII drama.

Cost \$1.00 – please call COA at 508-888-4737 to sign up by deadline of Thursday, July 5.

TUESDAY, July 10 at 1:00 p.m. Solo Dining -- Mattakeese Wharf, Barnstable Harbor. Call the COA at 508-888-4737 as sign up is a must.

Deadline to sign up is Friday, July 6. This program is perfect to meet people. You order off the regular menu and we try to pick restaurants that agree to give individual checks.

WEDNESDAY, July 11 at 11:00 a.m. REAL ESTATE OPTIONS...

Have you assessed your housing needs recently? Does the home you are in still fit your needs today? Will it in 5 years? Please join us at the Sandwich COA, Human Services Building for some available options. Representing local Real Estate from Century 21 Cape Sales are Kris Chalke and Marcia Larkin. We can help you analyze your home's value in this market, give you tips on how to prepare your home for sale, and work with you to find your new home. Elizabeth Lynch, Elder Services Attorney and Marjorie Cameron from the Decatur House, Sandwich's premier assisted living facility will be on hand to answer your questions. Refreshments will be served.

Please call the Sandwich Council on Aging at 508-888-4737 to register for this interesting and timely program.

WEDNESDAY, July 11 at 1:30 p.m. AMERICAN RED CROSS presents 'Disaster Preparedness Education.

Program will offer you valuable information on how to prepare yourself and your family in the event of a disaster. Topics include: building a disaster supply kit, considerations for vulnerable populations, Red Cross sheltering, pets and information on other resources **WEDNESDAY, July 11 at 1:30 p.m. AMERICAN** available to Cape residents and visitors. Refreshments will be served.

Please call the Sandwich COA at 508-888-4737 to register for this extremely important program.

WEDNESDAY, July 18 at 11:00 a.m. Better Business Bureau presents SCAMS and FRAUD PREVENTION

Learn how to prevent and detect scams and frauds and find out about the Better Business Bureau's helpful services. Topics: Identity Theft, Giving Wisely to Charities, Charity Scams; Prize & Sweepstakes Scams; How to utilize the BBB's free services – like checking out a company or charity. Questions and comments encouraged during and after the presentation.

Please call the Sandwich Council on Aging at 508-888-4737 to register for this program.

FRIDAY, July 20 at 1:00 p.m. FRIDAY FLICKS AT THE COA – Night at the Museum. Ben Stiller.

Cost is \$1.00 Please call the COA at 508-888-4737 to sign up. Deadline to sign up and pay is Wednesday, July 18.

WEDNESDAY, July 25 – 1:00 p.m. Chowder!! Join us for this summer favorite.

To cool us off we will be showing the movie 'The Holiday'-the story of two women who switch homes during the holidays. Cost is \$5.00 per person payable by check. Call the Sandwich COA at 508-888-4737 to sign up.

FRIDAY, August 3 at 1:00 p.m. DEREK MANN presents AUSTRALIA. In his many years of world wide cruising, Derek visited Australia many times, enjoying its unique history and people.

You will travel this great continent with stories of its aboriginal and convict beginnings, visit its cities, magnificent terrain and its signature building, the Sydney Opera House. Derek always presents a terrific program.

Cost is \$5.00 and refreshments will be served. Please register and pay by deadline date of July 31.

AUGUST PROGRAMS CONTINUED....

WEDNESDAY, August 8 at 12:30 p.m. FREE TRIAD PICNIC and Presentation

Join us for our 2nd Annual TRIAD Picnic sponsored by the Sandwich COA, Sandwich Fire Department, Police Department and TRIAD,

Fire Prevention, Fire Safety and Emergency Preparedness

Would you know what to do in an emergency? Are you familiar with the town's emergency preparedness plan? What supplies should you have on hand and where are the emergency shelters? Do you know what to do in the event of a hurricane and what to do with your pets? Did you know the town received a grant and the fire department has free smoke detectors with 10 year batteries to homes built before 1975? Are you familiar with simple products and steps you can take to prevent fires in your own home? What exactly is TRIAD? Please join us at the Council on Aging as JJ Burke, Fire Prevention Officer from the Sandwich Fire Department discusses these and other important issues.

Hamburgers, hot dogs, salad and desserts provided by the Fire Department, cooked by the Police Department and served by TRIAD Members.

The Presentation will begin at 11:00 AM followed by lunch at noon. **Reservations required.** Please call the Council at 888-4737 to reserve your spot.

TRIAD meets the third Tuesday of the month at the Council on Aging Building. Volunteers are welcomed and encouraged to become involved.

WEDNESDAY, August 15 AMERICAN LEGION LOBSTER LUNCHEON. 1:00 P.M. Sponsored by AMERICAN LEGION POST #188

Please note: Sandwich seniors only first week. (Proof of residency required.) All other seniors may purchase tickets the following week.

- WHEN: Wed., August 15, 2007
- TIME: 1:00 P.M.
- WHERE: American Legion Post #188
20 Main Street (Route 130)
- COST: To be determined in July due to scarcity of Lobster.

CHECKS ONLY PLEASE. PAYABLE TO "AMERICAN LEGION POST 188". No cash will be accepted. First come, first served.

The Legion will be serving chowder, lobster, corn on the cob, coleslaw and watermelon. Bring your own lobster cracking utensils.

Tickets are available at the Council on Aging during the following days and times ONLY. No exceptions can be made and no telephone reservations will be taken.

TICKET SALE DATES: Tuesday, Wednesday and Thursday from 10:30 a.m. – 1:30 p.m. beginning July 31.

The Council on Aging wishes to thank everyone at the American Legion who work so hard to make this event so successful. Special thanks to Bob Ahonen, The Bake Master, for all his hard work preparing for this dinner. **WE APPRECIATE YOU ALL!**

FRIDAY, August 17 at 1:00 p.m. Friday Flicks at the COA: Bobby. Fictional account of the lives of several people present during the final hours of Bobby Kennedy's life. Cost is \$1.00—please call the Sandwich COA at 508-888-4737 to sign up—deadline is Wednesday, August 15.

WEDNESDAY, August 22 at 6:00 p.m. Jordan Hospital presents...Dr. Anit Patel. Dr. Patel will speak on 'The Latest Advances in Sinus and Allergy Treatment'. In a season filled with an assortment of allergies, come and learn some of the current remedies for symptom relief.

Registrations required. Please call Sandwich Council on Aging at 508-888-4737 to reserve your seat.

THURSDAY, August 30 at 1:00 p.m. RED SOX vs NEW YORK YANKEES We will once again have the game televised onto a 8 foot screen for your enjoyment. We will be serving Fenway Franks, salads, desserts and beverages. Of course, we will also have for you peanuts, popcorn and cracker jacks! Dress in your finest Red Sox attire (or Yankee attire?) and join us for a fun afternoon. Call the Sandwich COA at 508-888-4737 to sign up for this fun program. Cost is \$8.00 payable by check.

VOLUNTEER PROGRAM UPDATES:

Shopping Van

Just a reminder...we now have the shopping van available Thursday and Friday to take you to the Stop and Shop, the pharmacy and local banks. This door-to-door service is available to anyone who would prefer not to drive and would enjoy the company and friendship of a morning out. A \$4.00 donation helps cover the cost of gas and maintenance on our vans.

Friendly Visitor Program

Thank you also to all who have volunteered to become Friendly Visitors. This social program has been in place since 1982, providing socialization to those who are isolated and homebound. If you know someone who would benefit from a weekly visit by one of our lovely volunteers please give us a call at 888-4737.

S.H.I.N.E. UPDATE: (Serving Health Information Needs of Elders) SHINE NEWS...

Taking advantage of Medicare's preventive services is one of the smartest things one can do to stay healthy...

For those women enrolled in Medicare Part B, Medicare covers one screening Pap test and pelvic exam every 24 months and one every 12 months for women at high risk. In addition, Medicare also covers screening mammograms under Part B for all women age 40 or older once every 12 months. These screenings can help detect cancer early, when treatment works best.

Did you know that prostate cancer is the second leading cause of cancer death among men in the U.S.? For those men enrolled in Medicare Part B, Medicare covers one screening PSA (Prostrate Specific Antigen) blood test and DRE (Digital Rectal Examination) each year.

Please don't overlook routine preventive services as they are critical to your overall health. For more information on **all** the preventive benefits Medicare covers call 1-800-MEDICARE (1-800-633-4227) or call the center to make an appointment with our SHINE (Serving the Health Information Needs of Elders) counselor.

DON'T FORGET: We are air-conditioned!!

Explore these programs as well as those special ones scheduled for July and August.

Cribbage—Wednesdays at 1:00 p.m. New players welcome!

The Sandwich Council on Aging also offers the following groups. We welcome and encourage you to stop by and join in! The following groups are always open to new participants: Monday Painting Group; Tuesdays – morning quilters as well as the quilt group in the afternoon; Tuesday afternoons Mah Jong group; Wednesday mornings Knitters and Crochet group; Thursday morning Scrabble; Thursday afternoon Contract Bridge Group; Friday Men's Poker.

BLOOD PRESSURE CLINIC: First Thursday each month at Sandwich Public Health Nursing Dept. 11:00 a.m. – Noon

(508-888-8020)

Regular Immunization Clinics for Adults: First Tuesday each month – 8:30 a.m. – 9:30 a.m. Appointments required. Sandwich Residents only.

Happy July 4th! Take time to enjoy Recreation Dept. events on that day.

HY-LINE CRUISES

The Sandwich Council on Aging has a small supply of discount coupons. The discount coupons can be used on traditional ferry service to Nantucket and Martha's Vineyard, the one-hour Hyannisport Harbor Cruise past the Kennedy Compound and the two and three-hour narrated sightseeing cruises along the Cape Cod Canal Cruise (from Onset). Each coupon is good for 2 people (both must be seniors) and is simply exchanged when you purchase your tickets. You will be charged the Child's rate, which in most cases is half price.

SAVE THE DATE:

September 26 Noon – 2:00 p.m. 'Putting Together the Puzzle' presented by Bayada Home Health
 October 3 1:00 – 3:00 p.m. 'Mindful Eating' presented by Adam Liss.

**'SENIORS ON THE GO' VAN
TRANSPORTATION PROGRAM**

NOTE: Fare Change!! Thanks to a donation from the Sandwich Democratic Committee the Sandwich COA has been able to reduce the suggested donation on our van from \$8.00 to \$5.00 round trip! We thank them for their generous and timely gift. We hope this reduction of the donation encourages many people to take advantage of this transportation program.

The Sandwich Council on Aging van is available **Tuesdays – 9:00 a.m. to 2:30 p.m.** for errands around Sandwich (banks, medical appointments, hair salons, pharmacies, restaurants, to programs and classes or appointments at the COA, library and the Sagamore Outlet Mall)

Wednesdays—9:00 a.m. to 2:30 p.m. for errands in the Mashpee area – Mashpee Commons, Roche Bros./Marshalls, and to the Sandwich COA programs.

We have a suggested donation schedule—\$5.00 round trip Sandwich and Mashpee areas.

Call the Sandwich COA at 508-888-4737 at least 24 hours in advance to reserve your seat. This is door-to-door service!

The Sandwich Council on Aging is able to provide this program to you with grant funds received from Elder Services of Cape Cod and Islands. We thank them for making this service possible.

Are you over age 60 and not receiving our newsletter and would like to be added to our mailing list? Or..are you receiving it and do not wish to continue to be on our mailing list? Please call the Sandwich COA at 508-888-4737 and we will take care of it for you!

Our newsletter is also on the Town's web page – we are under Human Services, go to Council on Aging and then to Programs and Services. We are in the process of adding forms and brochures to this site for your convenience.

We need your feedback...

Our Publicity Committee of the COA Board would like your feedback on the monthly articles in the 'Sandwich Enterprise' on senior issues called 'Vintage Vibes'. It is usually in the issue delivered the 3rd Friday each month. Do you read them? Do you look for the monthly articles? Are there subjects you would like to read about? Please let the COA Board Publicity Committee know your thoughts! You can forward any comments to the Committee c/o the COA office and we will pass it along to them.

Caregiver Essay Contest gives Stressed-Out Family Caregivers a Break

The Home Instead Senior Care office serving Cape Cod has announced the second annual 'Give a Caregiver a Break' essay contest to honor family caregivers for their tireless service. The nationwide contest is sponsored by Home Instead Senior Care and Caring Today magazine and is open to all caregivers.

In 500 words or less, family caregivers can tell their caregiving experiences, including the challenges they've faced, how they've embraced their role as a caregiver for a senior loved one and how a Home Instead CAREGiver could make a difference. Entry deadline is July 16, 2007. Submit to www.caringtoday.com or by mail to Caring Today, 1465 Post Road East, Westport, CT 06880.

Grand prize is \$5,000 of free care from Home Instead Senior Care. Two first prize winners will receive \$2,500 of free care. Winning essays will be published in the November/December issue of Caring Today and the top 10 essays will appear on www.caringtoday.com.

CANAL WALKING GROUP

Sandwich Recreation Dept. and Council on Aging are teaming up again to sponsor a walking group. Whether you live here year round or are here for the summer...we hope you will join us for the FREE program. Group will meet at 8:00 a.m. (til 9:00 a.m.) on Tuesdays and Thursdays at the Canal, Freezer Road, Sandwich. This session begins July 10 and ends August 16. All you need are comfortable walking shoes; bring water and enthusiasm to enjoy this exercise program and opportunity to meet people.

A participant waiver must be signed. Forms are available at the Recreation Department or Council on Aging, Human Services Building, 270 Quaker Meetinghouse Road, E. Sandwich. Deadline to register and complete the waiver form is July 3.

DON'T FORGET:

THE SANDWICH SENIOR CENTER OFFERS MANY LEGAL, FINANCIAL, RECREATIONAL, MEDICAL SCREENINGS OR OTHER SERVICES AND/OR ACTIVITIES BY VOLUNTEER OR NOMINAL COST PRACTITIONERS. SENIORS PARTICIPATING IN THESE SERVICES/ACTIVITIES DO SO WITH THE UNDERSTANDING THAT THE SANDWICH SENIOR CENTER, SANDWICH COUNCIL ON AGING, TOWN OF SANDWICH OR ITS EMPLOYEES DO NOT ASSUME ANY LEGAL OR OTHER RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR FOR NOMINAL COST PRACTITIONERS. ANY ACT OR ADVICE OR SERVICE BY OUTSIDE PROVIDERS AT THE COUNCIL ON AGING SHOULD NOT BE PRESUMED TO BE ENDORSED & SPONSORED BY THE COUNCIL ON AGING.

OUTREACH ASSISTANCE: Available by appointment. Meet confidentially with our Outreach Coordinator to have your questions answered about resources and programs you may be entitled to. We can assist with Benefit Screening, assessing needs and accessing appropriate programs, Respite for caregivers, etc. **Call us at 888-4737** to schedule your confidential appointment.

SHINE COUNSELOR:

Will assist you with your Health Insurance questions and needs. Please call the **COA 888-4737** office to make an appointment.

HEARING SCREENINGS:

(2nd Wed. each month). Free screenings at RHCI, please **call 833-4110** to schedule your free appointment.

LEGAL ASSISTANCE – APPOINTMENT ONLY

Atty. Lisa Mycock, Fourth Tuesday

---Financial security, health care choices, trusts, wills & estate management.

Atty. Tom Kosman, Second Monday

--- Housing problems, government benefits, health law, guardianship, reverse mortgage, & consumer issues.

Atty. Michael Lavender, Second Wednesday

Elder Law, Trusts, Estates, and Wills.

*Home visits can be arranged if you're homebound. Appts. are in the mornings.

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

FINANCING LONG TERM CARE:

Third Thursday

1:00- 3:00 Liz Dubuque, Certified in Long-Term Care, is here every month to help you become more educated on the impact long-term care will have on your retirement planning. Please call 888-4737 to schedule an appointment.

REVERSE MORTGAGE INFO: John Fournier visits once a month to answer your questions in a private confidential appointment. Call us at the COA 888-4737 to book your appointment.

GROCERY SHOPPING: Every **Thursday & Friday** morning to Stop & Shop, a bank, and a pharmacy. This is Door-to-Door service! You must call the COA office by Wednesday @ **NOON** to make your reservations. There is no fee but a **\$4.00 donation is requested.**

Medical Appointment Transportation: volunteers provide this service. We ask at least three days notice if possible when requesting a driver. **DONATION TO DRIVER.** Call COA at 888-4737.

COA VAN TRANSPORTATION: TUESDAYS AND WEDNESDAYS TO: COA PROGRAMS; AREA SHOPS; HAIR DRESSER; DOCTOR'S APPOINTMENTS AND MORE!
\$5.00 ROUND TRIP

HYANNIS MALL VAN ;

Need a ride to the Mall? Once a month, on the 2nd Wednesday of each month we go to Cape Cod Mall or to a neighboring mall. Please call to reserve a seat by Tues at noon 508-888-4737.



mrteoh.com

Medical Appointment Transportation: volunteers provide this service. We ask at least three days notice if possible when requesting a driver. **DONATION TO DRIVER.** Call COA at 888-4737.

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

SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

Friday	July 6	Friday Flicks- Flag of our Fathers – WWII Drama	1:00 p.m.
Monday	July 9	Atty. Tom Kosman	10:00 a.m.
Tuesday	July 10	Solo Dining – Mattakeese Wharf, Barnstable Village	1:00 p.m.
Wednesday	July 11	American Red Cross – Disaster Preparedness	1:30 p.m.
Wednesday	July 11	Chris Chaulke / Realtor	11:00 a.m.
Wednesday	July 11	Atty. Michael Lavender	9:30 a.m.
Wednesday	July 18	Better Business Bureau – Scams and Fraud Prevention	11:30 a.m.
Wednesday	July 18	Falmouth Hospital Presents.....	6:00 p.m.
Thursday	July 19	Liz Dubuque – Long Term Care	1:00 p.m.
Friday	July 20	Friday Flicks – Night at the Museum	1:00 p.m.
Tuesday	July 24	Atty. Lisa Mycock	10:00 a.m.
Wednesday	July 25	Chowder & Movie – The Holiday	1:00 p.m.
Friday	Aug. 3	Derek Mann Presents - Australia	1:00 p.m.
Wednesday	Aug. 8	TRIAD Cookout	12:30 p.m.
Wednesday	Aug. 8	Atty. Michael Lavender	9:30 a.m.
Monday	Aug. 14	Atty. Tom Kosman	10:00 a.m.
Wednesday	Aug. 15	American Legion Lobster Luncheon	1:00 p.m.
Wednesday	Aug. 15	Health Fair	TBA
Thursday	Aug. 16	Liz Dubuque – Long Term Care	1:00 p.m.
Friday	Aug. 17	Friday Flicks – Bobby	1:00 p.m.
Tuesday	Aug. 28	Atty. Lisa Mycock	10:00 a.m.
Thursday	Aug. 30	Red Sox vs Yankees	1:00 p.m.

MONDAY

7:45 A.M. Fitness
 9:00 Men's Exercise Class
 10:00 Sandwich Stitchers Quilters
 1:00 Painting Group

TUESDAY

9:00 Yoga
 10:30 Lebed Exercise Class
 10:00 AM Quilters
 1:00 PM Quilters
 1:00 Mah Jongg
 1:15 Tai Chi
 6:00 p.m. – 7:45 p.m. Weight Watchers

WEDNESDAY

Mall Van – 2nd Wed.
 7:45-8:45 A.M. Fitness
 8:45 Young at Heart
 10:00 Knitting/Crocheting
 1:00 Bereavement Group
 1:00 Cribbage

THURSDAY

SANDWICH VAN
 9:00 Men's Exercise Class
 10:00 Chair Yoga
 10:00 Scrabble
 1:15 Contract- Bridge

FRIDAY

SANDWICH VAN
 9:00 Young at Heart
 9:00 – 2:00 *Footcare 1st & 2nd Friday
 1:00 Men's Poker Club (upstairs)
 1:00 Friday Flicks 1st and 3rd Friday

****APPOINTMENTS NEEDED—PLEASE CALL 888-4737 (COA OFFICE HOURS 8:30 A.M. TO 4:30 P.M.)**

Sandwich Nursing Department Blood Pressure Clinics are Back!

1st Thursday of each month from 11:00 a.m.- Noon for more info call 508-833-8020

TOWN OF SANDWICH

THE OLDEST TOWN ON CAPE COD

COUNCIL ON AGING



270 Quaker Meetinghouse Road

E. Sandwich, MA 02537

Tel: (508) 888-4737

Fax: (508) 833-9154

Email: jtimmons@townofsandwich.net

TOWN OF SANDWICH COUNCIL ON AGING

HEAT EMERGENCY PLAN FOR SANDWICH ELDERS

The following Heat Emergency Plan is put into place to assist Elders who are suffering from or in danger of suffering from the effects of a "Heat Wave".

A "Heat Wave" is defined when daily temperatures reach ninety (90) degrees or above for three (3) or more consecutive days.

The Sandwich Council on Aging will provide transportation for Sandwich senior citizens (60 yrs. or older), to the Sandwich Council on Aging Human Services Building for the purpose of providing an air-conditioned space for seniors who are suffering the effects of heat wave. The building is air-conditioned and a Council on Aging staff person will be here to assist any elder in need. The Human Services Building is open during the weekdays from 8:30 a.m. to 4:30 p.m. We will open the building beyond 4:30 p.m. to 8:00 p.m. during any heat wave at the request of an elder or an elder's family. The building would likewise be opened on weekends from 9:00 a.m. to 8:00 p.m. during a heat wave. If you or someone you know, needs access to the Council on Aging Human Services building during a heat wave, please contact the Sandwich Council on Aging office at 888-4737 during weekday hours (8:30 a.m. to 4:30 p.m.) or call the Sandwich Police after hours and on weekends at 888-3343.

This program is for independent senior citizens who need no assistance with activities of daily living. There will be no assistance with personal care or medications.

Friends of the Sandwich Council on Aging Tours

DAY TRIPS

OGUNQUIT PLAYHOUSE 'America's Foremost Summer Theatre' "LaCage aux Folles" . Complete lunch at the Cliff House.	<u>July 19 (Thurs)</u>	\$106
HORIZON'S EDGE CASINO BOAT from Lynn 6 hour sailing aboard 'Horizon's Edge'/buffet lunch/entertainment	<u>July 31 (Tues)</u>	\$29
CARNIVAL in Provincetown Transportation & driver gratuity only - you will have time to eat, shop and view the Carnival Parade	<u>August 16 (Thurs)</u>	\$27
WATERFIRE in Providence Transportation & driver gratuity only - you will have time to eat, shop and enjoy 'Waterfire' festivities	<u>August 18 (Sat)</u>	\$27
BOURNE SCALLOP FESTIVAL via train from Sandwich(or Hyannis) Price includes train ride, festival admission, lunch, Canal Cruise and bus transportation back to Sandwich (or Hyannis)	<u>September 21 (Fri)</u>	\$69
ITALIAN FESTIVAL featuring Tenor Extraordinaire AARON CARUSO Aaron was recently chosen to sing the role of Mario Lanza on Broadway. Join us to enjoy his performance at Venus de Milo.	<u>October 17 (Wed)</u>	\$69
'The Most Wonderful Time of the Year' HOLIDAY CABARET Time at Mohegan Sun with show at Garde Theater in New London	<u>November 27 (Tues)</u>	\$53

OVERNIGHT MOTORCOACH

NOVA SCOTIA & CABOT TRAIL	<u>August 12-19 (Sun-Sun)</u>	\$1,079
MACKINAC ISLAND (same trip as the one leaving on June 21)	<u>August 23-30 (Thurs-Thurs)</u>	\$1,049
'The Pirate Queen' "The Greatest Celebration of Girl Power since 'Wicked!'" – The Record An epic musical adventure celebrating the legendary Irish Chieftain Grace O'Malley which is based on her real life story. Hotel in NYC with free time on Monday.	<u>August 26-27 (Sun-Mon)</u>	\$355
ANCHORAGE-BY-THE-SEA (Ogunquit, Maine)	<u>September 5-7 (Wed-Fri)</u>	\$380
KING TUT EXHIBIT & Philadelphia	<u>September 16-17 (Sun-Mon)</u>	\$239
WASHINGTON DC	<u>October 11-14 (Thurs-Sun)</u>	\$545
TASTE OF VERMONT @ Summit Lodge, Killington VT	<u>October 14-16 (Sun-Tues)</u>	\$379
BRANSON BY BUS	<u>October 13-22 (Sat-Mon)</u>	\$1,249
MOUNT WASHINGTON HOTEL & RESORT	<u>December 3-4 (Mon-Tues)</u>	\$219

For more information, call Barbara (508.888.7052) or Rose (508.759.7516)