

239 Main Street, 239 Main Street, Buzzards Bay, MA 02532  
508-759-0600 Ext. 5300



Jan/Feb 2024

# THE BRIDGE

## INSIDE THIS ISSUE:

- Information/Services
- Transportation
- Calendar of Events
- Dementia Friendly
- Enrichment Programs
- Café & Cyd's Menus
- Friends of BCOA



[www.ReiMagineAging.net](http://www.ReiMagineAging.net)

**ReiMagine Aging** is a podcast series that explores the innovations that help older adults thrive in Massachusetts. Join the movement! Scan the above QR code with your smartphone to listen.

***New Programs coming in 2024!!!!***

### **Wellness Presentations:**

*“How to Follow the Mediterranean Diet”*  
*“Get Better Sleep” and “The Benefits of Bees”*  
Documentary: *“Live to 100: Secrets of the Blue Zones”*  
Gadget Assistance  
LGBTQ+ Meet-ups  
The Bridge Respite Day Program (*Spring*)  
Senior Planet Computer Classes (*Spring*)  
Buried in Treasures Workshop (*Spring*)  
Just to name a few!

### THE BOURNE COUNCIL ON AGING MISSION STATEMENT

It is the Mission of the Bourne Council on Aging (BCOA) to enhance the quality of life of Bourne residents aged 60 and older, their families and caregivers. The BCOA endeavors to determine the needs of these residents; and to provide programs, services, advocacy and information to meet those needs. The BCOA promotes the welfare of residents of any age by acting as the Human Services Agency for the Town of Bourne. It is our commitment to service the public in an environment of mutual respect and acceptance which values diversity and inclusiveness, regardless of age or ability.



The printing of “The Bridge” is funded by a grant from the Massachusetts Executive Office of Elder Affairs. The postage and mailing supplies are generously paid for by  
**The Friends of Bourne Council on Aging.**



# - INFORMATION & SERVICES -



## OUTREACH SERVICES

Outreach provides information and referrals for Bourne Residents.

Services include: Assistance with senior housing applications, Knox Boxes, SNAP (Food Stamps), Fuel Assistance, Affordable Connectivity Program, Advocacy, Files of Life, and home visits.

Please schedule an appointment with Kari to ensure you have the proper documentation for your appointment.

at 508-759-0600 ext. 5227



## Elder Services

of Cape Cod and the Islands

### Needs Volunteer Drivers for Meals On Wheels in Bourne.

Volunteers deliver a nutritious meal, a well-being check, and a smile! Meals are delivered to homes of seniors 60 and older, Monday through Friday. Meals are delivered between 10:00 a.m.-12 noon, and deliveries take roughly 2 hours. Volunteer once a week, or serve as a substitute/fill-in driver, as needed. Volunteer on your own, partner with a spouse or friend, or adopt a route with your group or business. Training is provided and mileage reimbursement is available.

Please contact Dawn Ericson-Taylor, Volunteer Resource Center Manager at 508-394-4630, Ext. 530 or email [dawn.ericson-taylor@escci.org](mailto:dawn.ericson-taylor@escci.org) to learn more about this rewarding opportunity.



Tax-Aide™  
Income Tax prep for

## BOURNE RESIDENTS ONLY

*Appointments are limited and will not be scheduled until after January 8, 2024.*

**Do not call before this date to schedule appointment.**

### **Documents you will need for your appointment:**

- Photo ID
- Last year's Tax Return
- Intake Forms (available at COA office)
- Cancelled check/Bank info for direct deposit

### Senior Circuit Breaker Tax Credit:

Massachusetts doubled the credit for this program in October 2023 from \$1,200 to \$2,400 to help low-income seniors minimize their taxes.



## Volunteer Opportunities for SHINE Counselors

*Please contact*

*Kristina Whiton-O'Brien at:  
Office (774) 243-2953*

[kristina.whiton-obrien@capecod.gov](mailto:kristina.whiton-obrien@capecod.gov)

\*\*\*\*\*

*SHINE Counselors are at the Bourne COA to assist you with Medicare questions. Please call the front desk to schedule an appointment.*



# The Bridge Café - Senior Dining

January & February Schedule

**Grab n' Go Muffins available at the front lobby for \$2.00  
On Wed/Thurs 9:00 -10:30 am**



**LUNCH** is served from 11:30 am - 1:00 pm  
Soups, Salads, Sandwiches, and Daily Specials  
Prices range from \$4.00-\$7.00

Desserts: \$4.00

Weekly Menu Posted in the Lobby and on our website:

[www.townofbourne.com/council-on-aging](http://www.townofbourne.com/council-on-aging)

## **January Lunch Café Schedule:**

**3, 4, 10, 11, 17, 18, 24, 25, 31**

## **February Lunch Café Schedule:**

**1, 7, 8, 14, 15, 21, 22, 28, 29**



**CASH ONLY**



*The Bridge Café is a COA funded program for Seniors and is located  
at the Bourne Council on Aging, 239 Main Street, Buzzards Bay*

# - TRANSPORTATION & SUPPORT SERVICES -

## Tuesday & Thursday Shopping

**Available for Bourne residents only**  
**Limit of 4 Bags for each passenger**  
**To schedule a ride call our Transportation Coordinator, Shauna at 508-759-0600 Ext: 5224**

**Cranberry Plaza: 1/30, 2/27**

BUZZARDS BAY  
SAG BEACH  
BOURNEDALE

**Market Basket: 1/4, 1/18, 2/1, 2/15, 2/29**

MO. BEACH  
POCASSET, MASHNEE  
SAGAMORE  
CATAUMET

**Market Basket: 1/11, 1/25, 2/8, 2/22**

BUZZARDS BAY  
SAG BEACH  
BOURNEDALE

**Walmart: 1/9, 1/23, 2/6, 2/20**

MO. BEACH  
POCASSET, MASHNEE  
SAGAMORE  
CATAUMET

**Walmart: 1/2, 1/16, 2/13**

BUZZARDS BAY  
SAG BEACH  
BOURNEDALE

### Medical Appointments: Mon/Wed/Fri ONLY

- **Scheduled Appointments** should be made between 9:00am - 1:30pm and all rides should be scheduled 48 hours in advance and are based on availability.
- **The COA will NOT** transport persons under any form of anesthesia (including local) who need medical attention.

### AREAS OF SERVICE:

*Bourne, Sandwich,  
Falmouth,  
Plymouth & Wareham*

**Donations Appreciated**

### The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

The [988 Suicide & Crisis Lifeline](https://www.988lifeline.org) (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.



### Domestic Violence Counseling

**1st Tuesday 10am-12pm**  
**4th Wednesday 9am-11am**  
*All information is confidential*  
**Contact Freddi Chapman at Independence House for more information at 508-771-6507 Ext: 241**

### LOW VISION & SIGHT LOSS SUPPORT GROUP

**4th Tuesday of the month 10:30 am – 12:00pm**  
 This is a peer lead group with speakers that will introduce various topics associated with low vision and sight loss.  
**Call Sight Loss Services for more information or for transportation at 508-394-3904**



# - PROGRAMS BY APPOINTMENT ONLY -

## Foot Care

*with Dr. Gavigan*

January TBA, 2024

- Services are for Bourne residents who are aged 60+ and NOT diabetic
  - Cost is \$30 per visit
  - Referrals are available if needed
- Call the COA to schedule an appointment at 508-759-0600 Ext. 5300



## Gadget Tech Assistance

Need help with cell phone, tablet or laptop computer?

Call COA Office 508-759-0600 x 5300 to schedule an appointment



## Financial Planning

with Sandy Childs of Edward Jones

Free, half-hour sessions the first Tuesday of the month

Call the COA Office to schedule an appointment

at 508-759-0600 Ext: 5300

## Elder Law Appointments

Need assistance with Trusts, Wills, Estate Planning, Probate, Disability, Nursing Home Asset Protection, Power of Attorney, or Guardianship? Schedule an appointment with one of our attorneys:

Conni Baker on the 4th Wed 9-11:30 am

Michael Lavender on the 3rd Tues 12-3 pm

Call the COA at 508-759-0600 Ext. 5300

If you need assistance with Housing, Landlord, tenant problems, Public Benefits (SSI), or Health Ins Mass Health then please call

**Rasheda at 774-487-3251 to schedule an appointment.**

South Coastal Legal is at Bourne COA the 2nd Tues every other month 1-3 pm.

Next scheduled date: 2/14/24

## Hearing Clinic Appointments

3rd Friday of the month from 10:30 am - 11:30 am

- FREE Screenings
- FREE Hearing aid cleaning
- FREE Video ear exam



Call the COA Office to schedule an appointment, Ext: 5300

# 2024 JANUARY BOURNE COA CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p><b>Closed</b> <b>New Year's Day</b></p>	<p>2</p> <p>9:30 Senior Fitness 9:30 Canalside Artists <b>10:00 Domestic Violence Counseling</b> <b>10:30 Rug Hooking</b> 12:00 Yoga &amp; Weights 1:00 Mah Jongg <b>2:00 Financial Planning</b> 3:00 Tai Chi</p>	<p>3</p> <p>9:00 Balance &amp; Conditioning 9:00-11:00 Wellness Clinic 9:00-10:30 Coffee Talk 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:30 Back Care &amp; Core Strengthening</p>	<p>4</p> <p>9:30 Senior Fitness <b>10:30 Dementia Friendly Chair Exercise</b> 11:30-1:00 Lunch 12:00 Yoga &amp; Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p>5</p> <p>9:00 Yoga &amp; Weights 9:00 COA Crafters 10:30 Chair Yoga &amp; Sound Meditation <b>2:00 Connection Café</b></p>
<p>8</p> <p>9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga &amp; Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards <b>1:00 Book Club</b> <b>2:30 Alzheimer Family Caregiver &amp; Companion Support Group</b></p>	<p>9</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 12:00 Yoga &amp; Weights 1:00 Mah Jongg <b>1:00 Therapy Gardens Presents: How to Follow the Mediterranean Diet</b> 3:00 Tai Chi</p>	<p>10</p> <p><b>9:00 –10:00 Veterans Coffee Hour</b> 9:00 Balance &amp; Conditioning 9:00-11:00 Wellness Clinic 9:00-10:30 Coffee Talk 11:00 Walk n' Talk 11:30 - 1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:30 Back Care &amp; Core Strengthening</p>	<p>11</p> <p>9:30 Senior Fitness 11:30-1:00 Lunch 12:00 Yoga &amp; Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p>12</p> <p>9:00 Yoga &amp; Weights 9:00 COA Crafters 10:30 Chair Yoga &amp; Sound Meditation</p>
<p>15</p> <p><b>Closed</b> <b>MLK Day</b></p> 	<p>16</p> <p>9:30 Senior Fitness 9:30 Canalside Artists <b>11:00 Team Trivia</b> 12:00 Yoga &amp; Weights <b>12:30-2:45 Elder Law (ML)</b> 1:00 Mah Jongg 3:00 Tai Chi</p>	<p>17</p> <p>9:00 Balance &amp; Conditioning 9:00-11:00 Wellness Clinic 9:00-10:30 Coffee Talk 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:30 Back Care &amp; Core Strengthening</p>	<p>18</p> <p>9:30 Senior Fitness <b>10:30 Dementia Friendly Chair Exercise</b> 11:30-1:00 Lunch 12:00 Yoga &amp; Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p>19</p> <p>9:00 Yoga &amp; Weights 9:00 COA Crafters 10:30 Chair Yoga &amp; Sound Meditation <b>10:30 Hearing Clinic</b> <b>1:00 Movie: Live to 100</b></p>
<p>22</p> <p>9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga &amp; Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards <b>1:30 Drum Circle</b> <b>2:30 Alzheimer Family Caregiver &amp; Companion Support Group</b></p>	<p>23</p> <p>9:30 Senior Fitness 9:30 Canalside Artists <b>10:30 Low Vision &amp; Sight Loss Support Group</b> 12:00 Yoga &amp; Weights 1:00 Mah Jongg 3:00 Tai Chi</p>	<p>24</p> <p>9:00 Balance &amp; Conditioning 9:00-11:00 Wellness Clinic 9:00-10:30 Coffee Talk <b>9:00-11:00 Domestic Violence Counseling</b> <b>9:30-11:30 Elder Law (CB)</b> 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:30 Back Care &amp; Core</p>	<p>25</p> <p>9:30 Senior Fitness 11:30-1:00 Lunch 12:00 Yoga &amp; Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p>26</p> <p>9:00 Yoga &amp; Weights 9:00 COA Crafters 10:30 Chair Yoga &amp; Sound Meditation</p>
<p>29</p> <p>9:00 Yoga 9:30 Quilters Group 10:30 Senior Basketball 10:30 Chair Yoga &amp; Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards</p>	<p>30</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 12:00 Yoga &amp; Weights 1:00 Mah Jongg 3:00 Tai Chi</p>	<p>31</p> <p>9:00 Balance &amp; Conditioning 9:00-11:00 Wellness Clinic 9:00-10:30 Coffee Talk 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:30 Back Care &amp; Core Strengthening</p>		



# 2024 FEBRUARY BOURNE COA CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>9:30 Senior Fitness  <b>10:30 Dementia Friendly Chair Exercise</b>            11:30-1:00 Lunch            12:00 Yoga &amp; Weights  <i>No Cyd's Meals this week</i>            1:30 Canasta</p>	<p>9:00 Yoga &amp; Weights            9:00 COA Crafters            10:30 Chair Yoga &amp; Sound Meditation  <b>2:00 Connection Cafe</b></p>
<p>5</p> <p>9:00 Mens Fitness            9:00 Yoga            9:30 Quilters Group            10:30 Chair Yoga &amp; Sound Meditation            10:30 Senior Basketball            1:00 Games-Puzzles-Cards  <b>1:00 Book Club</b></p>	<p>6</p> <p>9:30 Senior Fitness            9:30 Canalside Artists  <b>10:00 Domestic Violence Counseling</b>  <b>10:30 Rug Hooking</b>            12:00 Yoga &amp; Weights            1:00 Mah Jongg  <b>2:00 Financial Planning</b>            3:00 Tai Chi</p>	<p>7</p> <p>9:00 Balance &amp; Conditioning            9:00-11:00 Wellness Clinic            9:00-10:30 Coffee Talk            12:15-3:15 S.H.I.N.E.            11:00 Walk n' Talk            11:30-1:00 Lunch            1:00 Gadget Assistance            2:30 Back Care &amp; Core Strengthening</p>	<p>8</p> <p>9:30 Senior Fitness            11:30-1:00 Lunch            12:00 Yoga &amp; Weights  <i>No Cyd's this week</i>            1:30 Canasta</p>	<p>9</p> <p>9:00 Yoga &amp; Weights            9:00 COA Crafters            10:30 Chair Yoga &amp; Sound Meditation</p>
<p>12</p> <p>9:00 Mens Fitness            9:00 Yoga            9:30 Quilters Group            10:30 Chair Yoga &amp; Sound Meditation            10:30 Senior Basketball            1:00 Games-Puzzles-Cards  <b>2:30 Alzheimer Family Caregiver &amp; Companion Support Group</b></p>	<p>13</p> <p>9:30 Senior Fitness            9:30 Canalside Artists            12:00 Yoga &amp; Weights            1:00 Mah Jongg  <b>1:00-3:00 Elder Law (SCCL)</b>  <b>1:00 Therapy Gardens Presents: "Get Better Sleep"</b>            3:00 Tai Chi</p>	<p>14</p> <p><b>9:00 Veterans Coffee Hour</b>            9:00 Balance &amp; Conditioning            9:00-11:00 Wellness Clinic            9:00-10:30 Coffee Talk            11:00 Walk n' Talk            11:30-1:00 Lunch            12:15-3:15 S.H.I.N.E.            1:00 Gadget Assistance            2:30 Back Care &amp; Core Strengthening</p>	<p>15</p> <p>9:30 Senior Fitness  <b>10:30 Dementia Friendly Chair Exercise</b>            11:30-1:00 Lunch            12:00 Yoga &amp; Weights            1:00 Cyd's To Go Meals            1:30 Canasta</p>	<p>16</p> <p>9:00 Yoga &amp; Weights            9:00 COA Crafters            10:30 Chair Yoga &amp; Sound Meditation  <b>10:30 Hearing Clinic</b>  <b>1:00 Movie: Love at First Sight</b></p>
<p>19</p> <p><b>Closed</b></p> 	<p>20</p> <p>9:30 Senior Fitness            9:30 Canalside Artists  <b>11:00 Team Trivia</b>            12:00 Yoga &amp; Weights  <b>12:30-2:45 Elder Law (ML)</b>            1:00 Mah Jongg            3:00 Tai Chi</p>	<p>21</p> <p>9:00 Balance &amp; Conditioning            9:00-11:00 Wellness Clinic            9:00-10:30 Coffee Talk            11:00 Walk n' Talk            11:30-1:00 Lunch            12:15-3:15 S.H.I.N.E.            1:00 Gadget Assistance            2:30 Back Care &amp; Core Strengthening</p>	<p>22</p> <p>9:30 Senior Fitness            11:30-1:00 Lunch            12:00 Yoga &amp; Weights            1:00 Cyd's To Go Meals            1:30 Canasta</p>	<p>23</p> <p>9:00 Yoga &amp; Weights            9:00 COA Crafters            10:30 Chair Yoga &amp; Sound Meditation</p>
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# - WELLNESS PROGRAMS & INFO-

## Tai Chi Classes

Tuesdays at 3:00 pm

With David Kisiday \$7.00 per class



## Men's Fitness

With Nikki Courtney from  
VNA of CC & I

**Mondays 9 - 10am**



**1/22, 2/5, 2/12, 2/26, 3/4, 3/11 & 3/18**

Free 7 Session exercise program aimed to improve fitness and health concerns that affect men as they age. Have fun in a small group setting, build strength and endurance, improve balance and mobility, all while exercising your brain! Class is led by an Exercise Physiologist from the VNA of CC.

**Please call the VNA to register at 508-957-7423**

## Chair Yoga & Sound Meditation

With Sherrie Best

**Mondays & Fridays at 10:30**

*No Class 1/1, 1/15, 2/19*



## Learn about the benefits of Bees

With Bee Keeper &  
Organic Gardner

**Mark Wintringham, Member of BCBA**  
(Barnstable Count Bee-Keepers Association)

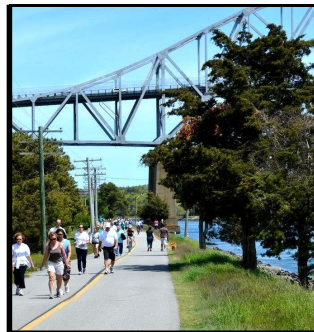
**Thursday, February 29, 2024**

**at 1:30 pm**

Mark grew up in rural South West Ohio on a small farm and has spent a life time with vegetable gardens, flowers and livestock. The past 5 years managing Honey bees and Leaf cutter bees. Helping others to design pollinator gardens to help our dwindling native bee population. This past summer he worked with URI post grad biology students on a stud of IPM (integrated pest management) of honey bee colonies. We will discuss the following subjects: Honey Bee Biology, Fun Facts of bees, Native bee information, pollination plants, what we can do to help, garden tips and more!

**Please Call the COA office to register**

**508-759-0600 Ext. 5300**



## Walk n' Talk

On the Canal

(Weather permitting)

**Wednesdays at 11:00 am**

Medical Release required  
Must be able to walk 2 miles  
Call Kari to register Ext. 5227

## Wellness Clinic

Wednesdays 9:00-11:00 am

Blood Pressure and

10 Minute Consult with VNA Nurse



VISITING NURSE ASSOCIATION  
OF CAPE COD  
Member Cape Cod Healthcare



# - DEMENTIA FRIENDLY PROGRAMS -

## COMING THIS SPRING: The Bridge Respite Program

*"The Bridge, helping caregivers  
manage their daily lives"*

This is a dementia specific program designed for individuals with mild cognitive impairment. Clients must be 60+ years of age, be able to function in an ambulatory setting, be non-combative, participate in activities, and administer their own medications and personal care.

**Wed & Thurs 11:00 am - 3:00 pm**  
For more information call

**Deb Oliviere at 508-759-0600 Ext. 5226**

*Funding for this program is made possible  
through a grant from the Massachusetts  
Executive Office of Health & Human Services*

## GENTLE CHAIR EXERCISE



**Thursdays, 1/4, 1/18, 2/1, 2/15**  
**10:30 am**

This is a one hour seated exercise program designed to engage older adults in a **dementia friendly environment**.

All participants **must register prior** to the class and must complete a Medical Release form.

For more information or to register please call Sherrie Best at  
**508-759-0600 Ext: 5230**

*Join us for monthly support  
and inclusion at*

## **The Connection Café**

The Connection Café is a welcoming place for people with Alzheimer's disease or dementia related diseases and their care partners to connect and socialize with others in the community in a safe and supportive environment. A variety of activities are offered including music, word games, crafts and more. Refreshments will be served. This is a **FREE** program



**When:** Friday, Jan 5, 2024

Friday, Feb 2, 2024

**Where:** Bourne Council on Aging  
239 Main Street  
Buzzards Bay

**Time:** 2:00 pm

**REGISTRATION IS REQUIRED**

Contact Meghan McWilliams at  
**508-759-0600 Ext: 5228**

## - FITNESS & SOCIAL ACTIVITIES -

- Mondays:** Yoga with Linda Sheldon at 9:00 am \$7.00/class  
Men's Fitness with Nikki Courtney 9:00 am **FREE 2/5-3/18**  
Chair Yoga & Sound Meditation with Sherrie at 10:30 am **FREE**
- Tuesday:** Senior Fitness with Barbara Barsham at 9:30 am \$7.00/class  
Yoga & Weights with Linda Sheldon at 12:00 pm \$7.00/class  
Tai Chi with David Kisiday at 3:00 pm \$7.00/class
- Wednesday:** Balance & Conditioning with Neil Sullivan at 9:00 am \$7.00/class.  
Walk n' Talk 11:00 am Call Kari to register x5227  
(Group meets at the canal weather permitting - must be able to walk 2 miles)  
Back Care & Core Strengthening w/Neil Sullivan 2:30 pm \$7.00/class – Equipment and ability to manage floor required.
- Thursday:** Senior Fitness with Barbara Barsham at 9:30 am \$7.00/class  
Yoga & Weights with Linda Sheldon at 12:00 pm \$7.00/class
- Friday:** Yoga & Weights with Linda Sheldon at 9:00 am \$7.00/class  
Chair Yoga & Sound Meditation with Sherrie at 10:30 am **FREE**

**ALL** participants are **required** to complete a **Medical Release form** **before** attending any fitness class. Forms are available at the Front Desk or on our website [www.townofbourne.com/council-on-aging](http://www.townofbourne.com/council-on-aging)

### Veterans Coffee Hour

*with Guy Gottschalk, Vet. Service Officer  
and Kari Phinney, COA Outreach*

Wednesday, 1/10 & 2/14

9:00 am - 10:00 am

At the Bourne Council on Aging  
239 Main St, Buzzards Bay

Join us for coffee and refreshments!  
Meet your fellow veterans

**Registration is Required**

Call: 508-759-0600 Ext: 5300

*Sponsored by "Big Nick's Ride for the Fallen"*

### LGBTQ MEET-UP EVENTS

*Friday, January 12, 2024 5:00-7:30 pm  
Potluck Supper*

*Sandwich Center for Active Living  
70 Quaker Meeting House Road, Sandwich  
To register call Sandwich COA (508) 888-4737*

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*Thursday, February 29, 2024 4:00 – 6:00 pm  
Popcorn & a Movie*

*Bourne Council on Aging  
239 Main Street, Buzzards Bay*

*To register call  
Bourne COA at 508-759-0600 Ext. 5300*



# - ENRICHMENT PROGRAMS -



## How to Follow the Mediterranean Diet

*With Therapy Gardens*  
**Tuesday, January 9, 2024**  
**at 1:00 pm**

Did you know that the Mediterranean Diet helps prevent cancer, heart disease, and diabetes? It's the one diet that is definitively proven to work and has become the bedrock of healthy eating. Topics covered include how to follow the Mediterranean Diet, healthy eating, and some fantastic recipes.

**Please register at**  
**508-759-0600 Ext. 5300**



**Get Better Sleep!**  
*With Therapy Gardens*  
**Tuesday, February 13, 2024**  
**at 1:00 pm**

Everyone knows getting enough sleep keeps you healthy and active. But many older adults have trouble sleeping. Learn how to improve your sleep by making slight adjustments to your routines and practicing specific mental tips to help you fall asleep faster. All done in an informative and humorous manner.

**Please register at**  
**508-759-0600 Ext. 5300**



## TEAM TRIVIA

*With Rodney Weston*

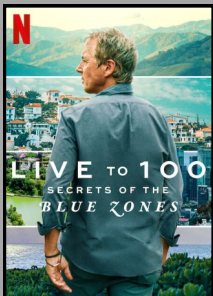
**Tuesday, 1/16/24 & 2/20/24 at 11:00**  
**Call COA Office to Register Ext. 5300**



## Drum Circle with Sherrie Best

**Come feel the beat! 1/22 & 2/26**  
**At 1:30 pm – no experience necessary**

**Registration is Required - For more info**  
**Call Sherrie Best Ext: 5230**



## FRIDAY FLICKS & FUN

**At 1:00 pm**

**Popcorn & a Drink included for \$1.00 donation**

**Please call COA to reserve your spot**

**Seating is limited to 30**



**1/19/24 Live to 100: Secrets of the Blue Zones**  
 Dan Buettner discovers five unique communities where people live extraordinarily long and vibrant lives. There are 4 (30-45minute) episodes.

**Rated PG**

**Documentary Series**

**2/16/24 Love at First Sight**

Two strangers connect on a flight to London, only to be separated by a twist of fate. A reunion seems improbable but love has a way of defying the odds.

**Rated PG 13**

**Romance**

# PROGRAMS & SERVICES (JAN/FEB 2024)

## Exercise & Fitness

*Participation in exercise activities require a current physician's release (2023) on file in the COA Office*

**Chair Yoga & Sound Meditation** - with Sherrie Best  
Mondays & Fridays at 10:30 am. Chair Yoga followed by Sound Meditation. A free program for Seniors!

**Senior Fitness** - with Barbara Barsham  
Tuesdays & Thursdays from 9:30 am - 10:00 am. \$7 per class.  
Seated exercise class with hand held equipment.

**Senior Yoga / Yoga & Weights** - with Linda Sheldon  
\$7 per class Mondays (Yoga): 9:00 - 10:00 am  
Tuesdays & Thursdays (Yoga & Weights): 12:00 - 1:00 pm  
Fridays (Yoga & Weights): 9:00 - 10:00 am

**Tai Chi** - Tuesdays 3:00 pm with David Kisiday \$7 per class

**Walk n' Talk with Outreach** - with Kari Phinney, Ext: 5227  
Wednesdays at 11:00 am. Walk on the canal, weather permitting.

**Senior Basketball Shoot around** - Mondays at 10:30 am  
Bring your own basketball and practice shooting hoops!

**Balance & Conditioning Wednesdays** with Neil Sullivan at 9:00 am  
Registration \$7 session

**Back Care & Core Strengthening on Wednesdays** - with Neil Sullivan at 2:30 pm \$7 per class

## Health & Wellness

**\*Foot Care Services** - with Dr. Michael Gavigan, DPM - For those 60+ and non-diabetic. Appointments are available for \$30 per visit. Call the COA at 508-759-0600 Ext: 5300 to schedule an appointment.

**\*Hearing Clinic, At Home Hearing Healthcare** - 3rd Friday of each month from 10:30 - 11:30 am. Call the COA Office for an appointment at 508-759-0600 Ext: 5300.

**\*Reiki** - with Sherrie Best \$6.00 Mon, Tues, & Fridays. Call Sherrie at Ext: 5230 to schedule an appointment.

**Wellness Clinic** -with the VNA - Wednesdays at **9:00– 10:00 am**  
1-on-1 consultation with nurse. Blood Pressure check.

## Community Service (Call the COA for an Appointment)

**\*Attorney Michael Lavender** - 3rd Tuesday every month from 12:30 pm - 2:45 pm. Elder Law/Elder Issues, Estate Planning Free legal consultation & document review.

**\*Attorney Conni L. Baker** - 4th Wednesday from 9:00 am - 11:00 am. Specializes in Estate Plans, Medicaid. Consult is Free.

**\*South Coastal Counties Legal Services, Inc.** - 2nd Tuesday (Bi-monthly) from 1:00 pm - 3:00 pm. Practice areas: income maintenance issues, health care, long-term care, nutrition, housing, utilities, protective services, defense of guardianship, abuse, neglect, and age discrimination.

**\*Financial Planning** - with Sandy Childs of Edward Jones  
1st Tuesday of the month. Appointments from 2:00 - 3:30 pm.

**\*S.H.I.N.E.**—Medicare Counseling, Wednesdays **BOURNE RESIDENTS ONLY.** Call 508-759-0600 Ext: 5300 to schedule an appointment.

*\*Indicates program is by appointment only - Call COA at 508-759-0600 x5300*

## Support Groups & Services

**\*Outreach Services** - For confidential help with services, referrals & overcoming problems please call: **Kari Phinney at Ext: 5227**

**Connection Café** - This program runs once per month and is designed for individuals with memory concerns and their care-partners. For more information or to register, contact **Meghan at (508) 759-0600 x 5228.**

**Family Caregiver Support & Companion Group** - with Alzheimer's Family Support Center. 2nd & 4th Monday of the Month (unless a there is a holiday) 2:30 - 4:00 pm **Registration Required call 508-896-5170.**

**Low Vision & Sight Loss Support group** - 4th Tuesday at 10:30 am. Contact Rhonda at 508-394-3904 for more info.

**\*Independence House, Domestic Violence Counseling** - 1st Tuesday of the month 10:00 am - 12:00 pm and 4th Wednesday 9 -11 am. For more information, call Freddi Chapman 508-771-6507 Ext: 241.

**Veterans Coffee Hour**—2nd Wednesday of the month at 9:00 am with Guy Gottschalk and Kari Phinney. **Registration Required call COA office**

## Try Your Talents

**Canalside Artists** - with Kate Furler  
\$14 per class. Tuesdays at 9:30 am.

**The COA Crafters** - Fridays at 9:00 am.  
Come join this craft group. New crafters welcome.

**Senior Quilters** - with Judy Stuart  
Mondays at 9:30 - 11:30 am.

**Rug Hooking** - First Tuesday of the Month at 10:30 am - 3:30 pm.  
\$80 per 5 month session with Betty McClentic

**Drum Circle** - with Sherrie Best @ 1:30 pm *(See Calendar)*

## Recreation, Social, & Educational Activities

**Coffee Talk Social Hour** - Wednesdays 9:00-10:30, registration is required call Sherrie at Ext. 5230

**Mah Jongg** - Tuesdays 1:00 pm. The ancient Chinese game of self challenge.

**Canasta "Hand & Foot"** - Thursdays at 1:30 pm. Come play and learn!

**Movie** - Third Friday of the month—see calendar for dates.\$1.00 Includes popcorn and drink.

**Book Club** - 1st Monday of the Month at 1:00 pm.  
Call office for more info.

**Team Trivia** - with Rodney Weston, 3rd Tuesday of the month  
At 11:00 am

**\*Gadget Tech Assistance**- need help with your cell phone, tablet or laptop? Call COA Office to schedule an appointment .

**Games, Puzzles & Cards** - Mondays at 1:00, assorted board games, and puzzles available in the Veteran's Lobby. No registration required

**LGBTQ Meet-up** see calendar for details

For more information go to our website at  
[www.townofbourne.com/council-on-aging](http://www.townofbourne.com/council-on-aging)





# - CYD'S CAFÉ TO GO MEALS JAN/FEB MENU -

To go meals prepared by Cyd's Kitchen in Wareham  
 Orders are due by Friday at Noon for PICK UP at the Bourne Council on Aging, 239 Main Street,  
 Buzzards Bay on the following Thursday after 1:00 pm.  
 To place an order call the Bourne COA Office at 508-759-0600 ext. 5300

<u>January 4</u>	<u>Per Item</u>
Blueberry Turnover	\$4.00
Chicken and Rice Soup	\$4.00
Swedish Apple Pie	\$4.00
American Chop Suey with Salad	\$8.00
Chicken Bacon Ranch Casserole	\$9.00
Waikiki Meatballs with Rice	\$9.00
Parmesan Pork	\$9.00
Nantucket Fish	\$10.00
Cheeseburger Salad	\$10.00
<u>January 11</u>	
Blueberry Muffin	\$4.00
Turkey Noodle Soup	\$4.00
Blueberry Pie (Slice)	\$4.00
American Chop Suey with Salad	\$8.00
Lemon Pepper Fish	\$8.00
Apricot Chicken	\$8.00
Meat Pie (Slice)	\$8.00
Roast Pork	\$9.00
Garden Salad	\$9.00
<u>January 18</u>	
Apple Crumb Muffin	\$4.00
Chicken Noodle Soup	\$4.00
Tapioca Pudding	\$3.00
American Chop Suey with Salad	\$8.00
Chicken Pie (Slice)	\$8.00
Meatloaf	\$8.00
Ham Steak	\$8.00
Baked Fish	\$8.00
Taco Salad	\$10.00
<u>January 25</u>	
Cheeseroll	\$4.00
Chicken Tortellini Soup	\$4.00
Brownie	\$4.00
American Chop Suey with Salad	\$8.00
Onion Chicken	\$8.00
Shepherd's Pie	\$8.00
Maple Pork	\$9.00
Au Gratin Fish	\$9.00
Chicken Caesar Salad	\$10.00

<u>February 15</u>	<u>Per Item</u>
Linguica Cheese Roll	\$4.00
Greek Chicken Soup	\$4.00
Raspberry White Chocolate Cookie	\$4.00
American Chop Suey with Salad	\$8.00
Chicken Chow Mein Sandwich	\$8.00
Fajita Stuffed Chicken	\$8.00
Lenten Special: Baked Fish	\$8.00
Sweet Onion Fish	\$8.00
Beef Stew	\$10.00
Cheeseburger Salad	\$10.00
<u>February 22</u>	
Peach Sausage Baked Pancake	\$4.00
Chicken and Rice Soup	\$4.00
Grape Nut Custard	\$4.00
American Chop Suey with Salad	\$8.00
Cowboy Chicken	\$8.00
Lenten Special: Baked Fish	\$8.00
Parmesan Baked Fish	\$9.00
Roast Pork	\$9.00
Yankee Pot Roast	\$10.00
Greek Chicken Salad	\$10.00
<u>February 29</u>	
Strawberry Cream Cheese Baked French Toast	\$4.00
Beef Noodle Soup	\$4.00
Tapioca Pudding	\$3.00
American Chop Suey with Salad	\$8.00
Sweet & Sour Meatloaf	\$8.00
Lenten Special: Baked Fish	\$8.00
Turkey Dinner	\$10.00
New England Boiled Dinner	\$10.00
Shrimp & Asparagus	\$10.00
Chef Salad	\$10.00

**\*Menu is subject to change.  
 Substitutions will be made if a  
 particular food item becomes  
 unavailable. All meals include: entrée,  
 starch and a vegetable.**

*Cyd's is Closed Feb 1 - Feb 8, 2024*

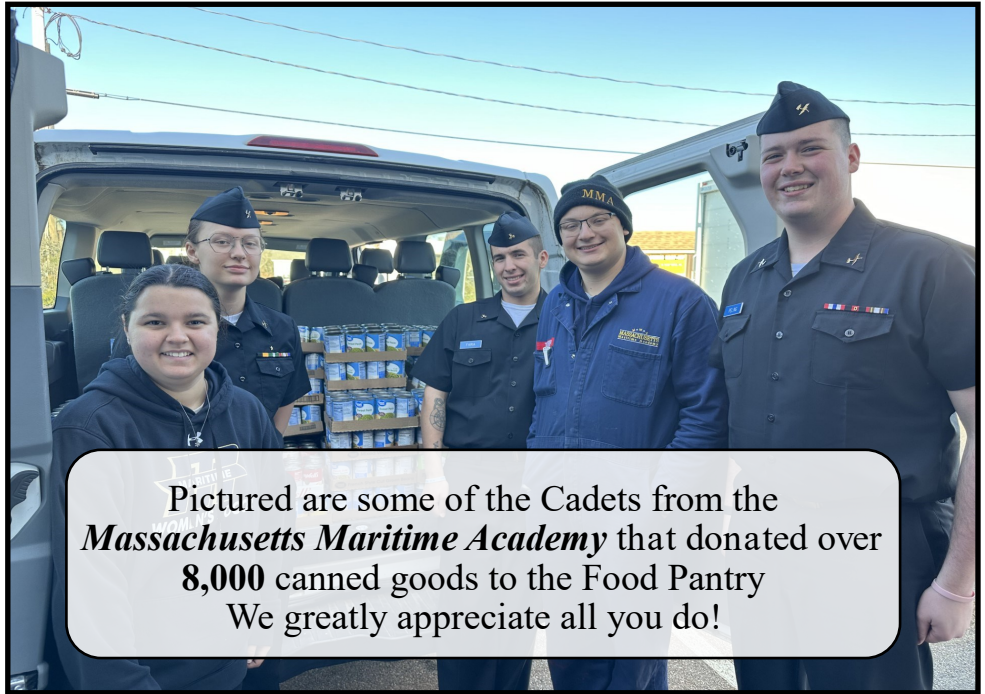
# From the Friends of The BCOA & Food Pantry

Friends Office Phone: 508-759-3516

A huge thank you to the **Bay View Campground, Boume Recreation Authority, Chart Room, Commercial Electrical Solutions, Future Farmers of America—UCT, Homeless for the Holidays—Turkey Trot, Pocasset Country Market, S.E.L. Foreign Auto, and Westview Farm Greenhouse** for their generous contributions to the Food Pantry.



A special thanks to the folks over at **Onset Computer** for their dedication to the Food Pantry.



Pictured are some of the Cadets from the **Massachusetts Maritime Academy** that donated over **8,000** canned goods to the Food Pantry. We greatly appreciate all you do!



### Interested in donating to the Food Pantry?

Donations are gladly accepted; any non-expired food items, paper products including paper towels, toilet paper, laundry detergent & any personal/toiletry items.

## **FRIENDS MEMBERS**

The Lucky Pink Card Number for January is 9233 & February is 8427

If this is the number on your pink Friends Membership Card, contact the Friends Office to claim your PRIZE.

Janice Langas and Dorothy Zine were our lucky winners for November & December Don't have a Pink Card????

Call the Friends Office for a membership card 508-759-3516

## **Pantry Business Hours**

The Pantry is located at 121 Main Street, Buzzards Bay and is open for clients to pick up food as follows:

**Every Tuesday from 9 AM - Noon**

Please don't hesitate to call us at 508-759-3351 if you have an urgent need

Monetary donations may be mailed as follows:  
Friends Food Pantry  
P. O. Box 144  
Buzzards Bay, MA 02532



**- FRIENDS OF BOURNE COUNCIL ON AGING, INC. -**  
**THANK YOU TO THE DONORS WHO SUPPORT OUR SENIORS AND THE FOOD PANTRY**

Julie Allen  
M/M Charles Andrews  
Anonymous  
Barbara Barsham  
M/M Michael Brady  
Nancy Brennen  
Cheryl Brown  
M/M Charles Bushey  
M/M Ken Carlone  
Nancy Carritte  
Cynthia Chancholo  
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Stephanie Comick  
Nancy Cook  
Margaret Crosby  
Troy Cutler  
Gail DeBettencourt  
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Diane Dinneen  
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John Keefe  
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David Kingsbury  
Katherine Kiritsis  
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M/M Michael Leary  
M/M James Lema  
M/M Peter Lynch  
Col & Mrs. Donald Lynde  
Viviane Malone  
M/M John Manning  
M/M Raymond Mariano  
Elizabeth Martone  
M/M Donald McDonald  
Greg Nancarrow  
Elsa Norman  
Sandra Novak  
Thomas Nee  
Robert O'Brien  
M/M Randall Oxley  
Kathleen O'Neill  
Sofia Parakevas  
Judith Pearl  
Jarvis Peddicord  
Gay Perkoski  
Joan Perry  
Dawn Pischetola  
Robert Ripley  
Maureen Rossi  
Eleanore Scavotto  
Kathy Sargent-O'Neill  
M/M R. Hunter Scott  
Karen Seiden  
Jeff Shank  
M/M Joseph Sheehy

Paul Smith  
Mary Sorenti  
Elizabeth Stromeier  
M/M Richard Thrasher  
Jeanne Towers  
M/M Vince Viscuso  
M/M Young Suh  
Evelyn Wall  
M/M Clement Walsh  
Emily Walsh  
M/M Detlef Wiechmann  
Lorraine Young  
Roger Young

**BOURNE COUNCIL**  
**ON AGING**

Dana Tobey  
Koon Woo Nam  
Elaine & Jim Coughlin  
Joyce Rose  
Joseph Silvestro  
Sarina Monast  
Barbara McMakin  
The Estate Of Constance  
Doyle  
  
Thanksgiving  
Jean & Paul Regazio  
William Cassen  
Nancy Galvani



Thank you to everyone who  
made this Thanksgiving a  
blessing for your friends and  
neighbors



Recognition also to Tom Turkey  
and Anonymous donors

**IN MEMORY OF**

**TERESA B. WHITE**

**JEAN DAVOCK**  
Cataumet Schoolhouse Preservation Group

**MARIE SOUZA**  
Barbara & John Souza

**DESMOND CONNOLLY**  
Lucy, Mike & Christopher Lewandowski

**ANN DENMARK**  
Her niece, Meredith Gremel & Family  
Kathleen Lynch

**JOHNNY KEEFE**  
Elizabeth Stromeier  
Richard & Katherine Keefe

**DOROTHY DERBY**  
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**VELMA EDITH LEAPOLD**  
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**MEREDITH CHASE**  
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**FRANCES & ANDREW DEGAN**  
Donald Degan & Family

**GUILDOR R. CUBELLIS**  
Lenord Cubellis

**CONSTANCE DOYLE**  
Annie McGuire

\*\*\*\*\*

**IN HONOR OF**

**PENNI POMEROY**  
Donald Bracken

Many  
Thanks to  
Onset  
Computer  
Corporation  
and Girly  
Girls Club

**SPECIAL THANKS TO:**

Falmouth Toyota Scion, Inc., Shore Fire Pizza, Authority, Jonathan Bourne Public Library, Bourne Veterans Memorial Community Center, Stop & Shop/Wareham, Bimbo's Bakery, Panera Bread, Pocasset Hardware Store, Market Basket, Dunkin' Joy Childhood Foundation, North Falmouth Congregational Church, Liberty Liquors Warehouse, Speedway—Wareham, The Cooperative Bank of Cape Cod, 24 Rams Head Road LLC, Canalside Artists, Fiber Friends, COA Quilters, Painted Ladies, Cumberland Farms, Planet Aid, Nu Psi Chapter, Lynne L. Marshall, DMD, Upper Cape Ski & Sport Club, Keystone Place, Charles W. Austin Trust, Cataumet Boats, Inc., Stop & Shop Community Bag Program, Cove Lane Pottery, Parker's Boat Yard, Donovan Family Fund, The Hannon Foundation, The Kelley Foundation, Stem Club CCRS, Cape Cod Cares for the Troops, First Baptist Church, The Pound Martial Arts Center, The Hampton Inn Cape Cod Canal, The Lobster Trap, Bourne Newcomers & Neighbors Club, Corbett Family

**COA STAFF:**                    **508-759-0600**                    **Ext. 5300**  
 Debora Oliviere                Director, COA                    Ext. 5226  
 Kari Phinney                    Asst. Director/Outreach        Ext. 5227  
 Meghan McWilliams          Program/Outreach Coordinator    Ext. 5228  
 Sherrie Best                    Activity Coordinator                Ext. 5230  
 Shauna Lomasney            Transportation Coordinator        Ext. 5224  
 Tracy Sullivan                 Administrative Assistant          Ext. 5222  
 Christine Tanso                Front Desk Clerk                    Ext. 5221

**BOARD MEETINGS:**  
  
**COA Advisory Board Meetings:**  
 January 18 at 11:00 am  
 February 15 at 11:00 am  
  
**FRIENDS OF BCOA Board Meetings:**  
 January 18 at 1:00 pm  
 February 15 at 1:00 pm



SCAN ME



Bourne Council on Aging



Bourne\_COA

[www.townofbourne.com/council-on-aging](http://www.townofbourne.com/council-on-aging)

Peter Lindberg, President of Friends of Bourne COA/Food Pantry  
 Marilyn Jackson, Chair of Bourne COA Advisory Board

**508-759-3516**  
**508-759-0600 Ext. 5300**

**Friends of Bourne Council on Aging, Inc.**  
**P. O. Box 144**  
**Buzzards Bay, MA 02532**  
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**Please check mail label date.  
 If no date or date has expired,  
 it's time to join or renew!**

**HELP SUPPORT YOUR FRIENDS OF BOURNE COUNCIL ON AGING**

The Friends of the Bourne COA is a non-profit corporation whose mission is to support activities and services to the seniors in the Town of Bourne. Among other programs, the Friends provide the funding for the postage and mailing supplies for this newsletter.

All Bourne residents, 60 years of age or older, are automatically part of the **Council on Aging**. However, the Friends request an annual membership fee. Your membership fees help support the Friends and the Council on Aging and assures the continued delivery of your monthly Newsletter. If you are already a Friends member, please check the date on your address label. This date indicates the status of your dues & benefits as a Friends Member. If there is no date, please contact the Friends at **508-759-3516**, in order to keep receiving your Newsletter. Please keep your dues current—we depend on your support.

**YOU CAN NOW PAY YOUR DUES, NEW OR RENEWAL, ONLINE VIA "PAYPAL" AT**  
**WWW.FRIENDSOFBOURNECOA.ORG**

**NOT A FRIENDS MEMBER? JOIN NOW**  
**ANNUAL DUES: Bourne Residents \$10 per person or \$15 per couple**  
**Non-Residents \$15 per person/couple \$25**

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 MAILING ADDRESS (P.O. BOX): \_\_\_\_\_  
 EMAIL: \_\_\_\_\_  
 New: \_\_\_\_\_  
 Renewal: \_\_\_\_\_  
 Please make checks payable to  
**The Friends of Bourne COA, P.O. Box 144, Buzzards Bay, MA 02532**

