



Mar/Apr 2024

THE BRIDGE

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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.



Please welcome to the COA team Elisa Lynch Respite Care Manager



In her new role she will supervise the day to day operations of the Respite Care Day Program being offered this spring at the Bourne Council on Aging. The funding for this new program is made possible through a grant from the Executive Office of Health and Human Services. Elisa was a former Area Director for Seven Hills Foundation and has several years working with the dementia, autism, and mental health populations. She studied Psychology at Bridgewater State University, is CPR & First Aid Certified, MAP Certified, is a Safety Care Trainer, a Human Rights Officer and Fire Safety Officer. She currently resides in Wareham with her husband and three children.

THE BRIDGE RESPITE CARE DAY PROGRAM OPEN HOUSE

Wednesday, March 13, 2024

4:00 - 6:00 pm

239 Main Street, Buzzards Bay

Take a tour and meet the staff of our new Respite Care Day Program that will be offered on Wednesdays and Thursdays 10-2 starting this Spring.

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 & SUPPORT 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



Dental Care for Homebound Individuals

Mobile Dental Hygiene Services is now booking in-home preventative dental care visits to individuals who are unable to access dental care in traditional office setting.

Please call 508-827-6725 or email smiles@mobiledentalhygiene.com for more information or to make an appointment.

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



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



Volunteers Needed

The Barnstable County SHINE program is seeking volunteers for 2024! We screen, train, and certify all volunteers as Medicare experts, so you don't need a background in health insurance to get involved.



508-375-6762
www.capecod.gov
SHINE@capecod.gov

Become a SHINE volunteer!

You know your community best. That's why we want your help to support your friends and neighbors as they enroll in Medicare for the first time, review plan options, or troubleshoot problems. SHINE team members are highly trained and certified to assist people in obtaining coverage through options such as Original Medicare (Parts A & B), Medicare Advantage (Part C), Medicare Prescription Drug Coverage (Part D), and Medicare Supplement (Medigap).

Please call the Barnstable County SHINE Program Manager, Kristina Whiton-O'Brien at 508-375-6762 and choose options #2 to sign up!

- PROGRAMS BY APPOINTMENT ONLY -

Foot Care

with Dr. Gavigan

Monday, April 8, 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 navigating your 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: 4/9/2024



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

- TRANSPORTATION SERVICES -

Tuesday & Thursday Shopping

**The Bourne COA Bus is 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: 3/26

BUZZARDS BAY
SAG BEACH
BOURNEDALE

Market Basket: 3/14, 3/28, 4/11

MO. BEACH
POCASSET, MASHNEE
SAGAMORE
CATAUMET

**Market Basket: 3/7, 3/21, 4/4,
4/18**

BUZZARDS BAY
SAG BEACH
BOURNEDALE

Walmart: 3/5, 3/19, 4/2, 4/16, 4/30

MO. BEACH
POCASSET, MASHNEE
SAGAMORE
CATAUMET

Walmart: 3/12, 4/9

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

News from CCRTA:



CAPE COD REGIONAL TRANSIT AUTHORITY ANNOUNCES FREE FARES FOR PERSONS 60+ OR WITH DISABILITIES

*Program made possible by MassDOT through "Fair
Share" revenue distribution*

HYANNIS, MA – The Cape Cod Regional Transit Authority (CCRTA) is announcing free fares for people over the age of 60 and people with disabilities on all fixed bus routes beginning on Thursday, February 1st. The CCRTA runs fixed bus routes in all fifteen Cape Cod towns.

The Bourne Run is a fixed route that runs Mon-Sat Starting at 6:00 am

Stops include: Theo F Smith Road, BB Train Station, Keystone Place, Bourne Town Hall, Continental Housing, Bourne Oaks, Bourne Community Center, Market Basket, Cape Side Convenience, Tudor House, One Trowbridge, County Rd-Beach St, Harmony Hill, Cataumet Motel, Megansett Crossing, Rout 151-28A, Bucatino Restaurant, Sandwich Road, Algonquin Ave, Mashnee Village, Stop & Shop Mashpee Crossing, Patriot Square Exp. **For more information go to**
www.capecodrta.org

- FITNESS PROGRAMS -



MAR/APRIL CLASS SCHEDULE

Mondays:

Yoga with Linda Sheldon at 9:00 am \$7.00/class
Men's Fitness with Nikki Courtney 9:00 am **FREE Program**
Pre-Registration required with VNA of Cape Cod
First Session: 2/5/24- 3/19/24 (no class Presidents Day 2/19)
Second Session : 4/1/24- 5/13/24 no class Patriots Day 4/15
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

MARCH 2024

BOURNE COA CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>AARP TAX AIDE MONDAYS & THURSDAYS BY APPOINTMENT ONLY</p>				<p style="text-align: right;">1</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation</p>
<p style="text-align: right;">4</p> <p>9:00 Mens Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 1:00 Book Club</p>	<p style="text-align: right;">5</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 10:00 Domestic Violence Counseling 10:30 Rug Hooking 12:00 Yoga & Weights 1:00 Mah Jongg 2:00 Financial Planning 3:00 Tai Chi</p>	<p style="text-align: right;">6</p> <p>9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 11:00 Walk n' Talk 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening</p>	<p style="text-align: right;">7</p> <p>9:30 Senior Fitness 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p style="text-align: right;">8</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation</p>
<p style="text-align: right;">11</p> <p>9:00 Mens Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 1:00 St. Patrick's Day Party with Roger Ticknell 2:30 AFSC Caregiver & Companion Support Group</p>	<p style="text-align: right;">12</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 11:00 Team Trivia 12:00 Presentation Memory Care Asst. Living with Oasis Senior Advisors w/ lunch 12:00 Yoga & Weights 1:00 Mah Jongg 3:00 Tai Chi</p>	<p style="text-align: right;">13</p> <p>9:00 –10:00 Veterans Coffee 9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 10:00-2:00 Respite Day Prog 11:00 Walk n' Talk 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core 4:00-6:00 OPEN HOUSE</p>	<p style="text-align: right;">14</p> <p>9:30 Senior Fitness 10:00-2:00 Respite Day Prog. 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p style="text-align: right;">15</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation 10:30 Hearing Clinic 1:00 Movie: Barbie</p>
<p style="text-align: right;">18</p> <p>9:00 Mens Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Senior Basketball 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 1:30 Drum Circle</p>	<p style="text-align: right;">19</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 11:00 Astrology Workshop 12:00 Yoga & Weights 12:30-2:45 Elder Law (ML) 1:00 Mah Jongg 3:00 Tai Chi</p>	<p style="text-align: right;">20</p> <p>9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 10:00-2:00 Respite Day Prog 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening</p>	<p style="text-align: right;">21</p> <p>9:30 Senior Fitness 10:00-2:00 Respite Day Prog. 11:00 Advisory Board 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p style="text-align: right;">22</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation</p>
<p style="text-align: right;">25</p> <p>9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 2:30 AFSC Caregiver & Companion Support Group</p>	<p style="text-align: right;">26</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 10:30 Low Vision & Sight Loss Support Group 12:00 Yoga & Weights 1:00 Mah Jongg 3:00 Tai Chi</p>	<p style="text-align: right;">27</p> <p>9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 9:00-10:30 Coffee Chat 9:00-11:00 D.V. Counseling 9:30-11:30 Elder Law (CB) 10:00-2:00 Respite Day Program 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00 –4:00 Buried in Treasures 2:30 Back Care & Core</p>	<p style="text-align: right;">28</p> <p>9:30 Senior Fitness 10:00-2:00 Respite Day Prog. 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta</p>	<p style="text-align: right;">29</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation</p>

APRIL 2024 BOURNE COA CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00 Mens Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 1:00 Book Club	9:30 Senior Fitness 9:30 Canalside Artists 10:00 Domestic Violence Counseling 10:30 Rug Hooking 12:00 Yoga & Weights 1:00 Mah Jongg 2:00 Financial Planning 3:00 Tai Chi	9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 10:00-2:00 Respite Day Prog. 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Class	9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta	9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation 2:00 Connection Cafe
8	9	10	11	12
8:30-12:00 FootCare 9:00 Men's Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 2:30 AFSC Caregiver & Companion Support Group	9:30 Senior Fitness 9:30 Canalside Artists 11:00 Presentation Cape Cod Baseball League 12:00 Yoga & Weights 1:00 Mah Jongg 1:00-3:00 Elder Law (SCCLS) 3:00 Tai Chi	9:00 -10:00 Veterans Coffee 9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 10:00-2:00 Respite Day Prog. 11:00 Walk n' Talk 11:30 - 1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening Class	9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta	9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation
15	16	17	18	19
CLOSED	9:30 Senior Fitness 9:30 Canalside Artists 11:00 Team Trivia 12:00 Yoga & Weights 12:30-2:45 Elder Law (ML) 1:00 Mah Jongg 3:00 Tai Chi	9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 9:00-10:30 Coffee Chat 10:00-2:00 Respite Day Prog. 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-315 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Class	9:30 Senior Fitness 10:00-2:00 Respite Day Program. 11:00 COA Advisory Board 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta	9:00 Yoga & Weights 9:00 COA Crafters 10:00-12:00 Computer Class 10:30 Chair Yoga & Sound Meditation 10:30 Hearing Clinic 1:00 Movie: Indiana Jones
	22	23	24	25
9:00 Men's Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 2:30 AFSC Caregiver & Companion Support Group	9:30 Senior Fitness 9:30 Canalside Artists 10:30 Low Vision & Sight Loss Support Group 12:00 Yoga & Weights 1:00 Mah Jongg 3:00 Tai Chi	9:00 Balance & Conditioning 9:00-11:00 Wellness Clinic 9:00-11:00 D.V. Counseling 9:30-11:30 Elder Law (CB) 10:00-2:00 Respite Day Program 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-315 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Class	9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:30 Canasta	9:00 Yoga & Weights 9:00 COA Crafters 10:00 Spring Craft Class 10:00-12:00 Computer Class 10:30 Chair Yoga & Sound Meditation
29	30			
9:00 Men's Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards 1:30 Drum Circle	9:30 Senior Fitness 9:30 Canalside Artists 12:00 Yoga & Weights 1:00 Mah Jongg 3:00 Tai Chi			

- SOCIAL GROUPS -



Coffee Chat

(Formerly known as Coffee Talk)

This is a FREE self-led social group that meets once per month from 9:00-10:30 am for Coffee, Refreshments and conversation in our café.

Next Meeting dates: 3/27, 4/17

*The Food for March's meeting will be sponsored by
All American Assisted Living*

Registration Required 508-759-0600 x5300

LGBTQ MEET-UP EVENTS

Thursday, April 25, 2024 5:00-6:30 pm

Bourne Council on Aging 239 Main Street , Buzzards Bay

Join us for a Pot Luck Supper!

Come and enjoy a meal with other
members of the LGBTQ+ community

Registration is required

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

Veterans Coffee Hour

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

Wednesday, March 13 & April 10

9:00 am - 10:00 am

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

Join us for coffee and refreshments **Second**
Wednesday of the Month! Meet your fellow veterans
in the café.

Registration is Required

- DEMENTIA FRIENDLY PROGRAMS -



THE BRIDGE RESPITE CARE DAY PROGRAM

"The Bridge caregivers need to manage their daily lives"



Operating Hours:

Wednesday and Thursdays
10:00 am - 2:00 pm

(New Program - Beginning in March 2024)

The program includes:

Daily Exercise & Meditation
Lunch & Afternoon Snack

Games, Entertainment, Arts & Crafts. Activities are designed to stimulate the mind, body and soul. **All for one low fee of \$40 per day**

CPR & Dementia Care Certified Staff

Participants must be able to follow directions, be non-combative, function in an ambulatory setting, and be able to administer own medications and personal care.

For more information please contact the Elisa Lynch, Respite Care Manager at 508-759-0600 Ext. 5231

*Located at the Bourne Council on Aging
239 Main Street, Buzzards Bay*

Our Mission:

To promote, enhance and enrich the social, physical and cognitive skills of each participant in a safe, stimulating environment. To help maintain health and foster independence for participants while providing respite for the caregiver.

This Program is made possible through a grant from the Commonwealth of Massachusetts Executive Office of Health and Human Services

Busting Myths & Getting Savvy about Memory Care Assisted Living



Presented by Jodi Tolman of
Oasis Senior Advisors

**Tuesday, March 12, 2024 at Noon
Lunch will be provided.**

Topics to be discuss:

- When is it time to think about MC AL?
- What features to look for in MC?
- How do I find the right MC Community?
- How do I talk to my loved one about MC?
- When is it better to transition to MC Facility a better option than remaining at home?

**Call the COA Office to Register by March 8
at 508-759-0600 Ext. 5300**

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 in a safe & supportive environment.

Monday, March 11 - Special Irish Musical Performance with Roger Tincknell at 1:00 pm
Friday, April 5, 2024 – 2:00 pm

At the Bourne Council on Aging Café, 239 Main Street, Buzzards Bay

REGISTRATION IS REQUIRED

Elisa Lynch at 508-759-0600 Ext: 5231



Alzheimer's Family Support Center
Until there's a cure, there's community.

Family Caregiver & Companion Support Group

4th Monday of the Month

2:30 - 4:00 pm

At the Bourne COA

239 Main Street, Buzzards Bay

Registration is Required 508-896-5170

-SPACE IS VERY LIMITED-

www.alzfamilysupport.org

- ENRICHMENT PROGRAMS -

Astrology

"What the Stars Say About You"

With Dr. Victoria Scerbo

Tues, March 19, 2024 11:00 am -1:00 pm

Call 508-759-0600 x5300 to register
You will need your DOB, time and
place of birth to see what is in your
chart. Limit 20 participants.



With Dan Dunn

Baseball History from Cape Cod to Boston.
Stories and exhibits from our National
game.

Tuesday, April 9, 2024 at 11:00

Please Call the COA Office to Register



TEAM TRIVIA

With Rodney Weston

Tuesday, 3/12 & 4/16 at 11:00

Call COA Office to Register Ext. 5300



Drum Circle with Sherrie Best

Come feel the beat! 3/18 & 4/29
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



3/15 "Barbie the Movie" Barbie and Ken
are having the time of their lives in the colorful and seeming-
ly perfect world of Barbie Land. However, when they get a
chance to go to the real world, they soon discover the joys
and perils of living among humans.

Comedy, Adventure, Fantasy

Rated PG-13

4/19 "Indiana Jones—Dial of Destiny"

Harrison Ford returns to the role of the legendary hero archaeolo-
gist, Indiana Jones, for this highly anticipated final installment of
the iconic franchise – a big, globe-trotting, rip-roaring adventure!

Adventure, Science Fiction, Action

Rated PG-13

- ENRICHMENT PROGRAMS -



St. Patrick's Day Party

Join us for a performance from Roger Tincknell

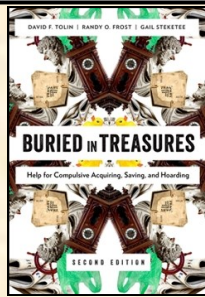
Monday, March 11, 2024 at 1:00 pm

From Ireland to America is a festive music program celebrating traditional Irish music and culture. The concert includes a variety of traditional Irish and Irish-American songs and instrumentals. Lovely Irish ballads, work songs and familiar Irish sing-a-longs are interspersed with lively jigs and reels instrumentals

**Please Call the COA to Register by March 8th
508-759-0600 Ext. 5300**

This program is supported in part by a grant from the Bourne Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Buried in Treasures



Join us for a 16 week FREE Workshop for help with Compulsive Acquiring, Saving and Hoarding! This Course includes a free copy of the Buried in Treasures book, Support, decluttering strategies for your home and skills to achieve your long term goals.

**Call 774-330-3001 to register – space is limited
Starts Wednesday March 6, 2024 2:00-4:00**



Spring Craft Class with the COA Crafters

April 26, 2024

10:00 am

**All Supplies and instructions are included
Space is limited to 20 participants
Call the COA Office to register at
508-759-0600 Ext. 5300**

SENIOR PLANET FROM **AARP**

FREE Computer Classes

Offered by Elder Services of Cape Cod

5 week course April 17- May 17 (Wed/Fri)

10:00 am -11:30 pm - Space is limited

PRE-REQUISITES: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction. **Sign Up Today!**

To Register Call: Denise at 508-258-2299 Or email: denise.magnett@escci.org

PROGRAMS & SERVICES (MAR/APR 2024)

Exercise & Fitness

Participation in exercise activities require a current physician's release (2024) 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

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

Tai Chi—with David Kisiday—Tuesdays 3:00 pm \$7.00 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. Our website: www.townofbourne.com/council-on-aging*

Support Groups & Services

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

The Bridge Respite Care Day Program—Wed/Thur 10:00 am–2:00 pm, New program Starting in March. Call Elisa Lynch for more info. at 508-759-0600 ext. 5231

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 **Elisa at (508) 759-0600 x 5231.**

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
\$15 per class (starting 4/1) . 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 Chat- 9:00 –10:00 am Social group meets in the café once per month for coffee & refreshments (FREE) see calendar exact dates.
(Formally Coffee Talk)

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



CYD'S CAFÉ TO GO MEALS MAR/APRIL 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>March 7</u>	<u>Per Item</u>
Banana Bread (slice)	\$4.00
Vegetable Beef Barley Soup	\$4.00
Bread Pudding	\$4.00
American Chop Suey with Salad	\$8.00
Lenten Special: Baked Fish	\$8.00
Augratin Fish	\$9.00
Meat Pie	\$9.00
Cranberry Stuffed Chicken	\$9.00
Roast Pork	\$9.00
Taco Salad	\$10.00

<u>March 14</u>	
Cranberry Nut Muffin	\$4.00
Taco Soup	\$4.00
Éclair Cake (Slice)	\$4.00
American Chop Suey with Salad	\$8.00
Lenten Special: Baked Fish	\$8.00
Lemon Pepper Fish	\$8.00
Southwest Quiche (Slice)	\$8.00
Chicken Parmesan	\$9.00
Stuffed Pepper	\$9.00
Greek Chicken Salad	\$10.00

<u>March 21</u>	
Zucchini Bread (slice)	\$4.00
Italian Vegetable Soup	\$4.00
Grape Nut Pudding	\$4.00
American Chop Suey with Salad	\$8.00
Lenten Special: Baked Fish	\$8.00
Sweet Onion Fish	\$9.00
Chicken Pot Pie (slice)	\$9.00
Shepherds Pie	\$9.00
Roast Pork Loin	\$9.00
Chicken Caesar Salad	\$10.00

<u>March 28</u>	
Cheeseroll	\$4.00
Stuffed Pepper Soup	\$4.00
Bread Pudding	\$4.00
Spaghetti & Meatballs	\$8.00
Lenten Special: Baked Fish	\$8.00
Crumb Coated Cod	\$9.00
Salisbury Steak	\$9.00
Sweet Onion Chicken	\$9.00
Parmesan Pork Loin	\$9.00
Garden Salad w/ Chicken Salad	\$10.00

<u>April 4</u>	<u>Per Item</u>
Blueberry Muffin	\$4.00
Tuscan Tortellini Soup	\$4.00
Swedish Apple Pie	\$4.00
American Chop Suey with Salad	\$8.00
Pesto Chicken Florentine	\$9.00
Stuffed Cabbage	\$9.00
Shepherds Pie	\$9.00
Garden Salad	\$9.00
Nantucket Fish	\$10.00

<u>April 11</u>	
Zucchini Muffin	\$4.00
Ham & Potato Soup	\$4.00
Bread Pudding	\$4.00
American Chop Suey with Salad	\$8.00
Baked Fish	\$8.00
Balsamic Roast Pork	\$9.00
Sweet Onion Chicken	\$9.00
Meatloaf	\$9.00
Chicken Caesar Salad	\$10.00

<u>April 18</u>	
Banana Nut Muffin	\$4.00
Spinach Tortellini Soup	\$4.00
Brownie	\$4.00
American Chop Suey with Salad	\$8.00
Augratin Fish	\$9.00
Buffalo Stuffed Chicken	\$9.00
Meat Pie	\$9.00
Taco Salad	\$10.00

<u>April 25</u>	
Linguica Cheese Roll	\$4.50
Kale Soup	\$4.00
Tapioca Pudding	\$4.00
American Chop Suey with Salad	\$8.00
Lemon Pepper Fish	\$8.00
Chicken Pot Pie	\$9.00
Sweet & Sour Meatloaf	\$9.00
Roast Pork	\$9.00
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.**

From the Friends of The BCOA & Food Pantry

Friends Office Phone: 508-759-3516

A huge thank you to the **Monument Beach Polar Club** for holding their New Year's Day Polar Plunge event to benefit the Food Pantry.



Bourne Pickleball Dissociation 1-1-2024

We would like to thank **Robert Zibbell** and the members of the **Bourne Pickleball Dissociation** for holding their third annual event to benefit the Food Pantry.

We would also like to extend our gratitude to **Craig Poirier, Donald Degan, Michael Degan, Robin McIntyre, Amy Sharpe and Hal Tatlow** from **Homeless for the Holidays** for all their generous contributions to the Food Pantry.

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
March is 7922 & April is 9190

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

Barbara Palingo and George Hempel were our lucky winners for January & February
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

M/M James Bagdonas
M/M Michael Brady
Nancy Brennen
M/M Charles Bushey
M/M Christopher Capossela
Linda Carpenter
Nancy Carritte
M/M William Cavanagh
Pat Cook
M/M Edmund Coye
Margaret Crosby
Lenord Cubellis
Margaret Curtis
M/M Michael Dennen
Diane Dinneen
M/M Robert Doherty
M/M Joseph Donatelle
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M/M Terry Milan
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George Nixon
Elizabeth O'Brien
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Ruth Palo
Eli Perrone
Pamela Perry
M/M Joseph Piccone
Donald Price
M/M Mark Puccio
Robert Ripley
M/M Michael Ryan
Barbara Sabulis
M/M Timothy Sawyer
M/M Joseph Sheehy
M/M David Stasey
Roya Tadbiri
Diane Woodside
Roger Young



IN HONOR OF

*IM AND LISA
CONNIE AND ANN
ALEX AND BECKY
Elizabeth Stromeyer*

*SEAN, TODD
TRACI AND KIM
Tom & Ellen Leonard*

*PHIL & NANCY
WILDMAN
Sarah Soell*

*JUDY HENNESSY
Clifton & Susan Perkins*

*MARGOT JENKINS
Team Wings Neck
Jay & Gail Farris*

Bourne COA Donations:

Dana Tobey
Koon Woo Nam
Elaine and Jim Coughlin
Dorothy Wilcox
Anthony Puopolo
Barbara McMakin
Beverly Lima
Joseph and Judith Donatelle

In Memory of Edith Oliosi and Takako
Bedard from Mineko Aoyama

In honor of Jean Hills
Deborah Scott



Thank you to everyone who made
the Holidays a special blessing for
your friends and neighbors.

IN MEMORY OF

KEN HERNDON
Joan Herndon

CAROL CONNELL
David Connell

LYSE POULIN
Donald Degan & Family

MARY EVERETT
Stephen Everett

DOROTHY WOODSIDE
Mary & James Roux

EMILY BOUDROT
Robert Thumith

R. PETER JOHNSON
Judy Johnson-Hubacheck

BILL JACKSON
Rosanne Bottaro
John Mulkeen

LENA AGRILLO
Lib Trezise & Family
Sue & Chris Peckham & Family
Bob & Sheryl Trezise & Family
Roland & Marianna Guilbeault
Bill & Beth Gibbons
C. Sheila Leary



**In Memory of U.S. Marine
Corp. Nicholas G. Xiarhos
and the Xiarhos Gold Star
Family Veteran's Coffee
Hour**

SPECIAL THANKS TO: Falmouth Toyota Scion, Inc., Departments at Bourne Town Hall, Bourne Police Dept., Buzzards Bay Eagles #3741, TD Bank-Pocasset, Jonathan Bourne Public Library, South Shore Corvette Club, Cawnacome Sunshine Lodge AF&AM, Villages at Brookside Community Residents, Bourne United Methodist Church, Murray & MacDonald Insurance Services, Inc., Arbella Insurance, South Shore Race Management, Fiber Friends, United Civil, Inc., Courtyard "Yogi Bowl", Planet Aid, Inc., Plymouth Rock Moving, Liberty Liquors Warehouse, North Falmouth Congregational Church, Inc., Bourne Veterans Memorial Community Building.

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
 Elisa Lynch Respite Care Manager Ext. 5231

BOARD MEETINGS:

COA Advisory Board Meetings:
 March 21 at 11:00 am
 April 18 at 11:00 am

FRIENDS OF BCOA Board Meetings:
 March 21 at 1:00 pm
 April 18 15 at 1:00 pm



SCAN ME



Bourne Council on Aging



Bourne_COA

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.
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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

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 ADDRESS: _____
 MAILING ADDRESS (P.O. BOX): _____
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 New: _____ Renewal: _____
 Please make checks payable to
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