



May/June 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 two new members to the Bourne COA Team

Jean Lanahan, Kitchen Supervisor

The Bourne Council on Aging is thrilled to announce that we have found our culinary star to join our team as Kitchen Supervisor. After an extensive search and rigorous selection process, we are delighted to introduce Chef Jean Lanahan as the newest member of our family. Chef Jean brings with her a wealth of experience and passion for creating delicious, nutritious meals. Her background includes 32 years as the former owner and operator of East Wind Lobster & Grill, and 24 years as a Culinary instructor. We are confident that she will elevate our culinary offerings to new heights and make a positive impact on the lives of our senior members. She will be instrumental in crafting menus that cater to the unique dietary needs and preferences of our seniors, fostering an environment where good food and good company go hand in hand. We look forward to savoring all of her culinary creations.



And.....

Jill DeLancey, Front Desk Clerk

Jill has worked in the Bourne Public Schools as an Educational Support Professional and as an office assistant for Solstice Restaurant. Her combined years of office experience and compassion and patience working in the special education field make her a solid fit for the Council on Aging. Jill resides in Bourne with her two teenaged daughters.



Please join us in congratulating both Chef Jean and Jill and wishing them every success in their new roles. We look forward to them continuing to enhance the well-being and quality of life for our older adult community.

May is Older Americans Month - come celebrate with us this whole month with a variety of new programs! See inside.

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 -

The Bridge Café Schedule for May & June: Wednesdays & Thursdays 11:30 am – 1:00 pm

May: 1, 2, 8, 9, 15, 16, 22, 23, 29, 30

June: 5, 6, 12, 13, 26, 27 (Closed June 19 & 20)

Soup \$4.00

Side Salad \$5.00

Sandwich & Chips \$6.00

Soup & 1/2 Sandwich \$7.00

Deluxe Salad w/protein \$7.00

Weekly Special \$7.00

Muffins, Cornbread, Cookies & Brownies \$2.00

Muffins will be available in the front lobby Wed/Thurs 9:00-10:30 am

Weekly Specials will be posted in the front lobby
and on our website

www.townofbourne.com/council-on-aging

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



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.

MEALS ON WHEELS

Call Elder Services and ask for Nutrition

508-394-4630



Elder Services

of Cape Cod and the Islands

- PROGRAMS BY APPOINTMENT ONLY -

Foot Care

with Dr. Gavigan

Monday, June 10, 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: 6/11/2024



Hearing Clinic Appointments

3rd Friday of the month from 10:00 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

Medical Appointments: Mon/Wed/Fri ONLY

**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**

- **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.

Cranberry Plaza:

BUZZARDS BAY
SAG BEACH
BOURNEDALE

**Market Basket: 5/9, 5/23, 6/6,
6/20**

MO. BEACH
POCASSET, MASHNEE
SAGAMORE
CATAUMET

**Market Basket: 5/2, 5/16, 5/30,
6/13, 6/27**

BUZZARDS BAY
SAG BEACH
BOURNEDALE

Walmart: 5/14, 5/28, 6/11, 6/25

MO. BEACH
POCASSET, MASHNEE
SAGAMORE
CATAUMET

Walmart: 5/7, 6/18

BUZZARDS BAY
SAG BEACH
BOURNEDALE

AREAS OF SERVICE:

*Bourne, Sandwich,
Falmouth,
Plymouth & Wareham*

Donations Appreciated



**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

For more information go to www.capecodrta.org

Register for your "Go Card"

With the Cape Cod Regional Transit Authority
They will help you fill out an application for your free card, just bring a photo ID or proof of residency

Wednesday, May 8, 2024

10:00 am - 2:00 pm

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

**CCRTA ANNOUNCES FREE FARES ON FIXED
ROUTES FOR PERSONS 60+ OR WITH DISABILITIES**

- FITNESS PROGRAMS -



MAY/JUNE 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

Session Runs from : 4/1/24- 5/13/24

Chair Yoga & Sound Meditation with Sherrie at 10:30 am **FREE**

Balance & Conditioning with Neil Sullivan at 2:30 pm

\$7.00/class.

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

Zumba Low Impact with Annette Johnson 9:30 am, \$56 prepaid

7 week session: 5/3, 5/10, 5/24, 5/31, 6/7, 6/14, 6/21

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

MAY 2024

BOURNE COA CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> <p>9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 10:00-2:00 Respite Day Prog 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening</p>	<p style="text-align: right;">2</p> <p>9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards</p>	<p style="text-align: right;">3</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:00-11:30 Computer Class 10:30 Chair Yoga & Sound Meditation 2:00 Connection Café</p>
<p style="text-align: right;">6</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 Advanced Directives Presentation 1:00 Book Club 2:30 Balance & Condition</p>	<p style="text-align: right;">7</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 Cyd's To Go Meals 1:00 Mah Jongg 2:00 Financial Planning 3:00 Tai Chi</p>	<p style="text-align: right;">8</p> <p>9:00 Veterans Coffee Hour 9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 10:00-2:00 CCRTA Go Cards 10:00-2:00 Respite Day Prog 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core</p>	<p style="text-align: right;">9</p> <p>9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards</p>	<p style="text-align: right;">10</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:00-11:30 Computer Class 10:30 Chair Yoga & Sound Meditation</p>
<p style="text-align: right;">13</p> <p>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 2:30 Balance & Condition</p>	<p style="text-align: right;">14</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 11:00 American First Ladies Presentation 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:00 Mah Jongg 1:00-3:00 Elder Law (SCCLS) 1:00 Garden Talk Presentation 3:00 Tai Chi</p>	<p style="text-align: right;">15</p> <p>9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 10:00-2:00 Respite Day Prog 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening</p>	<p style="text-align: right;">16</p> <p>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 1:30 Canasta/Cards</p>	<p style="text-align: right;">17</p> <p>9:00 Yoga & Weights 9:00 COA Crafters NO ZUMBA 10:00-11:30 Computer Class 10:00-2:00 SE Deaf Seniors Support Group 10:30 Hearing Clinic 10:30 Chair Yoga & Sound Meditation 1:00 Movie: Irish Wish</p>
<p style="text-align: right;">20</p> <p>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 2:30 Balance & Condition</p>	<p style="text-align: right;">21</p> <p>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 Cyd's Meals to go 1:00 Mah Jongg 3:00 Tai Chi</p>	<p style="text-align: right;">22</p> <p>9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 9:00-11:30 Elder Law (CB) 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</p>	<p style="text-align: right;">23</p> <p>9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards</p>	<p style="text-align: right;">24</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:30 Chair Yoga & Sound Meditation</p>
<p style="text-align: right;">27</p> <p style="text-align: center;">Closed Memorial Day</p> 	<p style="text-align: right;">28</p> <p>9:30 Senior Fitness 9:30 Canalside Artists 10:30 Low Vision & Sight Loss Support Group 12:00 Yoga & Weights 1:00 Cyd's Meals to go 1:00 Mah Jongg 3:00 Tai Chi</p>	<p style="text-align: right;">29</p> <p>9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 9:00-10:00 Coffee Chat 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;">30</p> <p>9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards</p>	<p style="text-align: right;">31</p> <p>9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:30 Chair Yoga & Sound Meditation</p>

JUNE 2024 BOURNE COA CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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 2:30 Balance & Condition	9:30 Senior Fitness 9:30 Canalside Artists 10:00 Domestic Viol Couns 10:30 Rug Hooking 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:00 Mah Jongg 1:30 Carving out your story 2:00 Financial Planning 3:00 Tai Chi	9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 10:00-2:00 Respite Day Prog 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-315 SHINE 1:00 Gadget Assistance 1:00 Matt York Music 2:00-4:00 Buried in Treasures 2:30 Back Care & Core	9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Canasta/Cards	9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:30 Chair Yoga & Sound Meditation 2:00 Connection Cafe
10	11	12	13	14
8:30-12:00 Foot Care 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 2:30 Balance & Condition	9:30 Senior Fitness 9:30 Canalside Artists 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:00 Mah Jongg 1:00-3:00 Elder Law (SCCLS) 3:00 Tai Chi	9:00 Veterans Coffee Hour 9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 10:00-2:00 Respite Day Prog 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 Strengthening	9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Canasta/Cards	9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:30 Chair Yoga & Sound Meditation
17	18	19	20	21
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 2:30 Balance & Condition	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 Cyd's To Go Meals 1:00 Mah Jongg 3:00 Tai Chi	CLOSED JUNETEENTH  JUNETEENTH	9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:00 BOD Meeting 12:00 Volunteer Appreciation Day 12:00 Yoga & Weights 1:00 Cards/Canasta <i>(No Caf� this week)</i>	9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:00 Hearing Clinic 10:30 Chair Yoga & Sound Meditation 1:00 Movie: My Big Fat Greek Wedding 3
24	25	26	27	28
9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 1:00 Games-Puzzles-Cards 2:30 AFSC Caregiver & Companion Support Group 2:30 Balance & Condition	9:30 Senior Fitness 9:30 Canalside Artists 10:30 Low Vision & Sight Loss Support Group 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:00 LGBTQ Pride Luncheon 1:00 Mah Jongg 3:00 Tai Chi	9:00 Balance & Conditioning 9:00-10:30 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 Prog 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	9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:00 Canasta/Cards	9:00 Yoga & Weights 9:00 COA Crafters 10:30 Chair Yoga & Sound Meditation



- SOCIAL GROUPS -



Coffee Chat

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

Wednesday, May 29 & June 26, 2024

Please call COA Office to Register
at 508-759-0600 ext. 5300

LGBTQ MEET-UP EVENTS

Tuesday, June 25, 2024 1:00 pm
Bourne Council on Aging 239 Main Street , Buzzards Bay

Celebrate Pride Month!

Come enjoy a special Pride Luncheon
for 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, May 8 & June 12

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

To apply for the program or more information
Please call Elisa Lynch, Respite Care Manager
Ext. 5231

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.

*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*

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.

May 3 & June 7 at 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

2nd & 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 -

LOW-IMPACT ZUMBA

With Annette Johnston

7 Week Session -\$56 Prepaid

Fridays at 9:30 am

5/3, 5/10, 5/24, 5/31, 6/7, 6/14, 6/21



*Stay fit,
happy, and
health with
our new
low-impact
dance class
designed
specifically
for seniors.*

Physician's Release Required

(No class on 5/17)



*America's First Ladies
With Ties To Massachusetts*

FRANKly Speaking Presented By Nancy A. Franks

Tuesday, May 14 at 11:00 am
Call the COA office to Register at
508-759-0600 Ext. 5300



TEAM TRIVIA
With Rodney Weston
Tuesday, 5/21 & 6/18
at 11:00
Call COA Office to
Register Ext. 5300



Drum Circle
with Sherrie Best
5/20 & 6/17
1:30 PM
Registration Required 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



5/17/24 Irish Wish

When the love of Maddie's life gets engaged to her best friend, she puts her feelings aside to be a bridesmaid at their wedding in Ireland.

Rated PG

Comedy, Fantasy, Romance

6/21/24 My Big Fat Greek Wedding 3

Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa!

Rated PG-13

Drama, Comedy, Romance

- ENRICHMENT PROGRAMS -



Carving Out Your Story Workshop

An Oral History Workshop

Tuesday, June 4, 2024 1:30 - 3:00 pm

This fun and friendly workshop will help uncover interesting stories from participants' lives. Using story prompts and interactive activities, award-winning storytellers Karen Chace and Andrea Lovett will guide your participants through the process of finding those jewels that deserve to be remembered.

Call the COA to Register 508-759-0600 Ext. 5300

Space is limited to 20 Participants

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.

Advanced Directives

An in depth explanation of health care proxy and power of attorney

Presented by Attorney, Kathryn Bean and the Public health & wellness RN from the VNA

Monday, May 6, 2024 at 1:00 pm

What are they, why are they important, how do I obtain them and much more. Copies of documents discussed will be provided.

Q & A to follow presentation.

Call ahead to reserve your seat

COA Office 508-759-0600 x 5300

Garden Talk

With Therapy Gardens

Join Us for a Q+A Session with an Expert Home Gardener

Tuesday May 14, 2024 at 1:00 pm

Not sure what to do? Need some help? This workshop offers a unique opportunity to uncover the secrets of both indoor and outdoor gardening while learning invaluable tips for every season and type of garden. Engage in lively discussions with Peggy, our expert gardener as she takes you through some of her lessons & experiences. She will bring examples from her personal garden and take questions on a variety of gardening topics. She might even bring some cuttings to share! Come share and grow your passion for gardening in a supportive and enriching environment.

Call the COA office to register
508-759-0600 Ext. 5300



Matt York

Singer/Songwriter

Wednesday, June 5, 2024 at 1:00 pm

Please call to reserve your spot! 508-759-0600 x5300

Longtime New England singer/songwriter Matt York will perform songs and tell stories about the great Willie Nelson. York will focus on Willie's long and illustrious music career that has spanned over seven decades. In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist and last year, his album, Gently Used, was named one of the top albums by the Patriot Ledger. 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.

PROGRAMS & SERVICES (MAY/JUNE 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 - 10:30 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 and now on **Mondays at 2:30 pm**

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

Zumba-Low Impact with Annette Johnson 7 Week session \$56 for the session Fridays 9:30 am

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 10:00 - 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– 10:30 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.

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 this spring. 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 McClellan

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.

Cards/Canasta - Thursdays at 1:00 pm.

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

**Indicates program is by appointment only - Call COA at 508-759-0600 x5300. Our website:*

www.townofbourne.com/council-on-aging



- CYD'S CAFÉ TO GO MEALS MAY/JUNE MENU -



Order by Friday at NOON

call the Bourne COA Office at 508-759-0600 ext. 5300

NEW PICK-UP DAY is on the following Tuesday AFTER 1:00 PM at Bourne COA, 239 Main Street, Buzzards Bay

Week 1 April 30

Cheese Roll	\$4.00
Baked cod Provencal	\$9.00
American chop suey/ salad	\$8.00
Buffalo Chicken stuffed shells	\$9.00
Maple pork loin	\$9.00
Salisbury steak	\$9.00
Cheesy Chicken Broccoli soup	\$4.00
Greek chicken salad	\$10.00
Bread pudding	\$4.00

Week 2 May 8

Banana Muffin	\$4.00
Au gratin Baked fish	\$9.00
Baked ziti	\$8.00
Balsamic Chicken & vegetables	\$9.00
Stuffed Zucchini	\$9.00
Parmesan pork loin	\$9.00
Pasta Fagioli	\$4.00
Cheese burger salad	\$10.00
Apple pie (slice)	\$4.00

Week 3 May 14

Blueberry muffin	\$4.00
Baked fish	\$8.00
Spaghetti & Meatballs	\$8.00
Chicken pot pie	\$9.00
Shepherds' pie	\$9.00
Roast pork	\$9.00
Chicken rice	\$4.00
Garden salad	\$9.00
Brownie	\$4.00

Week 4 May 21

Zucchini bread (2 slices)	\$4.00
Seafood Lasagna	\$12.00
American chop Suey/salad	\$8.00
Apricot Chicken	\$9.00
Ground Beef stuffed sweet potato	\$9.00
Cranberry country ribs	\$10.00
Beef Noodle	\$4.00
Taco Salad	\$10.00
Tapioca pudding	\$3.00

Week 5 May 28

Cheese roll	\$4.00
Nantucket fish	\$10.00
American Chop Suey	\$8.00
Linguica pie (slice)	\$9.00
Meat loaf	\$9.00
Sweet Onion chicken	\$9.00
Creamy Tuscan chicken soup	\$4.00
Chef salad	\$10.00
Orange Creamsicle cake	\$4.00

Week 1 June 4

Banana Bread (2 slices)	\$4.00
Au gratin Fish	\$9.00
American chop Suey/salad	\$8.00
Chicken pie (slice)	\$9.00
Salisbury steak & onions	\$9.00
Roast pork	\$9.00
Stuffed pepper soup	\$4.00
Chicken Caesar salad	\$10.00
Brownie	\$4.00

Week 2 June 11

Linguica cheese roll	\$4.00
Baked fish	\$8.00
American chop suey/salad	\$8.00
Buffalo stuffed chicken	\$9.00
Country ribs	\$9.00
Stuffed peppers	\$9.00
Chicken rice	\$4.00
Taco Salad	\$10.00
Tapioca pudding	\$3.00

Week 3 June 18

Blueberry muffin	\$4.00
Nantucket fish	\$10.00
American chop suey/salad	\$8.00
BBQ Chicken over Rice	\$9.00
Maple pecan pork chop	\$9.00
Taco Shepherd's pie	\$9.00
Minestrone soup	\$4.00
Chef salad	\$10.00
Texas Brownie	\$4.00

Week 4 June 25

Zucchini bread (2 slices)	\$4.00
Lemon pepper fish	\$8.00
Spaghetti & Meatballs	\$8.00
Fajita Stuffed chicken	\$9.00
Parmesan pork loin	\$9.00
Stuffed cabbage	\$9.00
Beef noodle	\$4.00
Cheeseburger salad	\$10.00
Bread pudding	\$4.00

***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

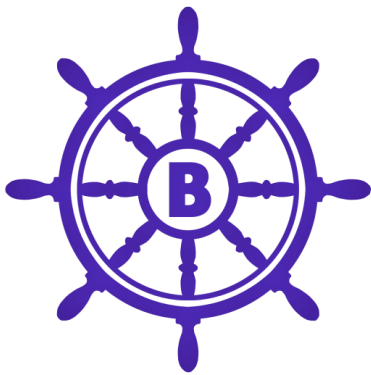


We are proud to announce the Friends Food Pantry is now affiliated with the **Medic Now Foundation**. If you are, or a dependent of, a veteran or active service member in the Armed Forces you may be eligible to receive financial aid for out-of-pocket health care expenses. Give us a call at **508-759-3351** for more details.

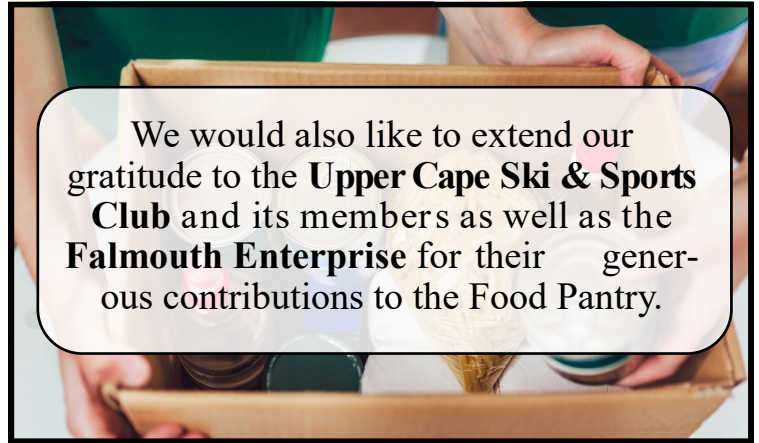
MEDIC NOW



F O U N D A T I O N



Thank you to the **Bourne High School Volleyball Team**, **Bourne Middle School PTA**, and the **K-Kids** at the **Bourne Intermediate School** for their donations to the Food Pantry.



We would also like to extend our gratitude to the **Upper Cape Ski & Sports Club** and its members as well as the **Falmouth Enterprise** for their generous contributions to the Food Pantry.



Thank you, **Mears Family Fund of The Cape Cod Foundation** for your gracious support 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
May is 3525 & June is 2456

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

Marjorie Howard and Denise Stark were our lucky winners for March & April
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 Michael Brady
 Nancy Brennen
 M/M Charles Bushey
 M/M Warren Carlson
 M/M Joseph Carrara
 Nancy Carritte
 Margaret Crosby
 Donald Degan
 Diane Dinneen
 M/M Daniel Disenso
 Donna Dougherty
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 Roya Faram
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 Anne Gregory
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 M/M Donald McDonald
 Patrick Modic
 Brian Morrisey
 Thomas Nee
 Sandra Novak
 M/M Randall Oxley
 M/M Joseph Piccone
 Joan Perry
 Robert Ripley
 Sarah Soell
 Roger Young
 Joan Zak

IN MEMORY OF

ANTHONY DICLEMENTE

Barbara McMakin

LENA AGRILLO

Alyce (Sue) Galloway

Kathleen Lyons

Linda & Peter Zorzonello

Robert Schofield

Peter & Joyce Lindberg

DESMOND CONNOLLY

Phyllis & Richard Corrado

DICK MC MORROW

Robert Schofield

DOROTHEA MURGICH

Robert Schofield

ROBERT HALSTEAD

Peter & Joyce Lindberg

JANE DUBERGER

Robert Schofield

Peter & Joyce Lindberg

ALFRED W. MORTON

Katherine Hallam

ANNA "CHESSIE" MC CARTHY

Katherine Hallam

HUNTER SCOTT

Falmouth Skeet Club, Inc.

BOURNE COUNCIL ON AGING DONATIONS:

Dana Tobey, Koon Woo Nam, Elaine & Jim Coughlin



Happy Hope Factory at
 Friends Food Pantry seeks
 Clothing



Thank you to the Residents at
 Cape Cod Senior Residences
 for their support of the
 Bourne Friends Food Pantry

SPECIAL THANKS Falmouth Toyota Scion, Inc., Monument Beach Polar Club, The Cape Cod Foundation, Jonathan Bourne Public Library, Cape Cod Senior Residences-Blessing Bags, Upper Cape Ski & Sports Club, Falmouth Publishing Company/The Enterprise, Mears Family Fund of The Cape Cod Foundation, Bourne United Methodist Church, Girly-Girls, Town of Bourne, Kiwanis Club of Bourne-Wareham, Lewis Point Association, Inc.

COA STAFF:

Debora Oliviere
Kari Phinney
Meghan McWilliams
Sherrie Best
Shauna Lomasney
Tracy Sullivan
Jill DeLancey
Elisa Lynch

508-759-0600

Director, COA
Asst. Director/Outreach
Program/Outreach Coordinator
Activity Coordinator
Transportation Coordinator
Administrative Assistant
Front Desk Clerk
Respite Care Manager

Ext. 5300

Ext. 5226
Ext. 5227
Ext. 5228
Ext. 5230
Ext. 5224
Ext. 5222
Ext. 5221
Ext. 5231

BOARD MEETINGS:

COA Advisory Board Meetings:

May 16 at 11:00 am
June 20 at 11:00 am

FRIENDS OF BCOA Board Meetings:

May 16 at 1:00 pm
June 20 at 1:00 pm



SCAN ME



Bourne Council on Aging

www.townofbourne.com/council-on-aging



Bourne_COA

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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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: _____ TELEPHONE: _____
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

