

**THANK YOU, GRACIAS,
MERCİ, MAHALO, DANKE SEHR**

A thank you to everyone who so graciously donated to our Holiday Wish List.

Without these donations, many of the events and programs here at the Center would not run as smoothly.

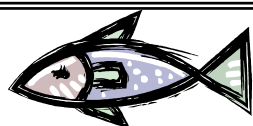


A Special THANK YOU

The Council on Aging has been awarded a \$6,500 grant from the Fund for Cape Elderly of the Cape Cod Foundation.

The grant is to be used for the Chicken Soup for Caregivers Program; the well-regarded support group facilitated by Fran Farnsworth, LICSW.

The Orleans COA greatly appreciates this generous gift, which provides the opportunity to assist deserving caregivers.



NAUSET REGION FISH
Friends in Service Helping

The Nauset Region Fish's \$400.00 donation to the Orleans COA will be used to support medical transportation services to Orleans seniors.

Thank you!

Welcome New Staff

Richard Terry, our new day time custodian, joined us early in November. Richard formally worked for the Orleans Parks & Beaches Department, and is experienced in landscaping work.

Joan Karvonen is our new van driver. Joan is certified by the Cape Cod Regional Transit Authority, and has been training with our other drivers since mid-November.

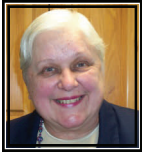
WINTER WEATHER REMINDER:

If the Nauset School District is closed, all activities at the Council on Aging are cancelled. This includes The Day Center Program as well as transportation on the Roadrunner.

Please watch the following television stations for cancellation notices or listen to local radio.

WBZ	Channel 4	WFXT	Fox 25
WCVB	Channel 5	WLVI	Channel 56
WHDH	Channel 7		





Sue Beyle

OUTREACH DEPARTMENT



Mary Ellen Lavenberg

Schemes, Scams and Frauds...Watch out! Don't let it happen to you!

Recently, it has come to our attention that scammers have come to Orleans and have been successful taking hard earned savings from some of our Seniors. Con artists often select older people because they may seem more trusting, appear to be lonely, may give the impression that they are easily confused by fast talk, or appear to have time to listen to the "pitch" of the con artist.

Con Artists are very skillful. Many have the ability of professional actors when they present themselves to potential victims. While most people believe they are too clever to be swindled, con games are difficult to detect. First because they are committed without violence and second because they are seldom reported to authorities. Victims are embarrassed to report that they have been swindled and others may conclude there is nothing the police can do to catch the culprit or recover their money. **The con artist depends on your cooperation by your complete silence.**

Here are three scams that have happened in Orleans recently.

The Scam: **You're a winner!** A phone call, letter or e-mail identifying you as a winner : You have won a lottery prize. In order to get the prize faster you need to pay the taxes or fees up front to the lottery "official". They may send a courier to pick up cash or give specific directions to wire money to a special address. The con artist wants your cash as soon as possible before you have time to change your mind or figure out what the scam is.

The Scam: **Auto accident.** The con artist calls impersonating a relative. A police "official" then takes over saying the relative needs you to post bail immediately. Specific directions are given to wire money or to access your credit card. The reality is nothing has happened to your relative, they were not in an accident and they are not in jail. Again the con artist is playing on your emotions to help someone you care about and your willingness to help without question.

The Scam: **Driveway repairs.** A knock at the door and there is a person who can pave your driveway or fix your roof. They are in your neighborhood because they just did a job nearby and they have leftover material that could be used to do your job inexpensively. Just give them a check or better still they will take you to the bank for cash. Never accept unsolicited offers of repair services. The entire operation is a way to get money by convincing you that you will get something for a reduced cost.

If you know someone or if you have been taken in by a scam and would like to talk about it, contact Mary Ellen Lavenberg or Sue Beyle in the Outreach department (508 255 6333) or call Detective Kevin Higgins at the Orleans Police Department.

Thanks to Detective Kevin Higgins of the Orleans Police Department and Secretary Barbara Anthony of the Massachusetts Office of Consumer Affairs and Business Regulation.



THE DAY CENTER - a supportive day program

Sue Curcio, Director

The fastest growing age group in America are those eighty-five and over. Meika Loe, the author of Aging Our Way has written this book about a group of thirty individuals and how they maintain their health, independence and well being. Ms. Loe, an associate professor of sociology at Colgate University in New York, spent three years interviewing residents of upstate NY on how they create and maintain meaningful lives for themselves. Using a mixture of conversations with the 30 elders and scholarship from the U.S. Census Bureau and various books and journals on psychology and gerontology the author has developed a list of thirteen lessons for all of us to consider as we grow older.

1. **Continue to do what you did.** Seymour was a linotype operator for 50 years and was always interested in technology thus his interest in computers, communicating with his family on Skype and being a "Mr. Fix-it". Ed spent his life going to the gym and Olga always volunteered. With modifications they all continued their areas of interest into their older years.

2. **Design your living space.** Inspirational stories about adaptations for self-care, comfort and convenience.

3. **Live in moderation.** Most of the people interviewed grew up with frugality, conservation and resourcefulness which still guide their lives today.

4. **Take time for self.** The solitary activities of reading, gardening, etc. should be relished and new experiences can expand personal growth.

5. **Ask for help; mobilize resources.** Start off by calling the Orleans COA ! 508-255-6333

6. **Connect with peers.** How elders, mostly at home, maintain connections with others.

7. **Resort to tomfoolery.** The importance of humor.

8. **Care for others.** Even a 95 year old can interact and help a neighbor, a great-grandchild or a friend.

9. **Reach out to family.** Worries about being a burden to one's family is a factor but do ask and accept assistance.

10. **Get intergenerational; redefine family.** Bonds can be created not only with families but with neighbors and friends. Community dinners "field trips" can allow for regular interaction.

11. **Insist on hugs.** There is a universal need for physical closeness which can be expressed with family, friends, pets and even dolls and stuffed animals.

12. **Be adaptable.** Bodies and circumstances change as we get older but we know that confronting adversity can enable one to rise above the situation. Problems with vision, sight and strength can be the challenge to hone in on what is important.

13. **Accept and prepare for death.** This chapter deals with individuals who have controlled the circumstances of death through health care proxies, wills and funeral arrangements .

AGING OUR WAY

Lessons for Living from 85 and Beyond
Meika Loe
Oxford University Press \$29.95



GOSNOLD-THORNE

Georgia Neill, LICSW

SAFE DRINKING

We have entered the dark months when it can be harder to be outside, fewer people are around, and fewer stores are open. It can be harder to find things to do and perhaps harder to maintain a good mood. For some, drinking becomes more of a temptation and can become a problem. Older adults can be especially at risk of developing complications from alcohol.

Did you know:

Older adults are more sensitive to alcohol than younger adults, alcohol can react negatively with some prescription and over-the-counter meds, it can make some health problems worse, and it can contribute to falls and sleep problems.

Below are guidelines for safe drinking for adults 65 and older from the Massachusetts Department of Public Health:

- one drink per day for men
- less than one drink per day for women.

One drink is:

12 ounces of beer, 1.5 ounces (1 shot) of hard liquor, 5 ounces of wine, or 4 ounces of sherry or liqueurs.

If you are finding it hard to not drink more than this, if you've been unsuccessful at cutting back or stopping, if you feel angry or annoyed if someone comments on your drinking, if you feel guilty about it, or if you drink in the morning, you may have a problem with alcohol. Other signs include falls, memory loss, sleeping problems, anxiety or depression, drinking in spite of negative consequences, forgetting what you did when drinking, or drinking interfering with other activities and responsibilities.

The misconception is that problem drinkers are weak or bad; the truth is they have a medical problem. Just as different bodies react differently to different medicines and foods, different bodies react differently to alcohol. If you think you may have a problem with drinking, seek help! Older people are more successful than younger people at stopping. For help, talk to your doctor or nurse, the outreach workers at the COA, call me at the number below, or go to an AA meeting.

May you have safe and happy holidays!

Georgia Neill
508-487-2449 X 5802

COME TO THE CABARET.....

Cabarets this year will feature a
Different country and "local" food.



Dan McCarty American Songbook *"Songs We All Know"*



WEDNESDAY, January 18, 2012

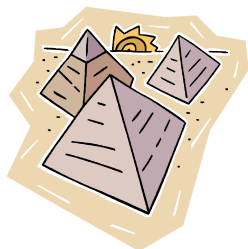
11:00 PERFORMANCE

12:00 LUNCH

Chicken Cordon Bleu
Heavenly Cheddar-Chive Mashed Potatoes
Mixed Green Salad w/ Raspberry-Balsamic Dressing
Assorted Cheesecake

Please purchase your tickets in advance at the COA.
Tickets will not be sold the day of the performance.

For more information call 508-255-6333



Egyptian Dancer Khadija

"In The Joy Of The Dance"

WEDNESDAY, February 15, 2012



11:00 PERFORMANCE

12:00 LUNCH

Stuffed Pork Loin
Kugel (Noodle Pudding)
Broccoli Spears with Hollandaise Sauce
Chocolate Fudge Cake

Please purchase your tickets in advance at the COA.
Tickets will not be sold the day of the performance.

For more information call 508-255-6333

S.H.I.N.E.

(Serving Health Information Needs of Elders)

A special THANKS to
our fabulous S.H.I.N.E. Volunteers

Judy Hunt
&
Ralph Cuomo

During the month of October, they saved
clients \$2,400.00 on their health
insurance plans.

Thank you for providing this wonderful
service to the seniors of Orleans!



Prescription Advantage

Prescription Advantage is available to
Massachusetts residents who are:

- 65 years of age or older
- Disabled individuals under 65 years old

With no monthly premium,
Prescription Advantage can help:

- Pay your deductibles and -
Medicare Part D "doughnut hole"
- Lower your co-payments
- Limit the amount you pay for prescriptions
- As a member you may change your
Medicare D plan before or after the
enrollment period

**Call for a SHINE appointment
to find out more.**

MEETINGS and PRESENTATIONS

Friendly Visitor Meeting

with special guest speaker

Monday, January 9, 2012 at 9:30 am

Our guest speaker will be Patricia Parker, RN,
BSN. She is the director of professional
relations and community education for Hospice
and Palliative Care of Cape Cod. Her presenta-
tion is "The Road We're All On"
Healthy planning for Coping with Serious
Illness.

Included will be:

- A definition of Hospice and Palliative Care
- Discussion of Common Myths
- Team Approach to Care
- Who Pays for Hospice & Healthy Planning

Please reserve your place by calling
508-255-6333

Refreshments will be served
or this free program.

CHICKEN SOUP

for

CAREGIVERS

1st and 3rd Fridays



Jan. 6th Sharing and Caring
Jan. 20th Coping Skills
with Fran Farnsworth, MSW

Feb. 3rd Sharing and Caring
Feb. 17th Legal Help II: Long Range Planning
with Attorney Brooks Thayer

Meet other caregivers for support and
gain information on planning ahead.

Soup, Sandwich, Dessert and
beverage served at each session.

Free care for your loved one is available in
The Day Center. *Please schedule in advance.*

Please reserve by calling 508-255-6333

AARP TAX PROGRAM

AARP/IRS trained volunteers will be available to assist low and moderate income individuals with tax return preparation.



**THURSDAYS, starting
February 9th through April 12th**

Appointment times: 11:30, 1:00 & 2:30

Please call the Center to schedule a **FREE** appointment with a tax counselor.

508-255-6333



MOVING ON WORKSHOP WITH GEORGIA NEILL, LICSW

**Tuesdays 9:45am—10:50am
January 10th, 17th, 24th, 31st**

Are you experiencing a difficult transition or is a past change continuing to feel like a struggle? Transitions can be difficult and may include (but are not limited to): moves, changes in income, health, independence or relationships, sobriety, death of peers or loved ones.

Start the new year with a 4-session group workshop beginning on Tuesday, January 10th. The workshop will include discussions to help you find and build inner strength and coping skills and provide ideas on how to cope and move on and develop acceptance of changes. Group members will offer support and understanding to each other.

If you are interested or want more information on this workshop please call Georgia Neill at 508-487-2449 ext.5802 or leave a message at the Orleans Senior Center 508-255-6333.

Lunch will be included for participants



Friends of the Orleans Council on Aging

FRIDAY FLICKS with Friends

FRIDAY, January 6th @ 1:00pm

"MAMA MIA!"

The ABBA musical, which takes place on a beautiful Greek Island.

The cast includes: Meryl Streep, Colin Firth & Pierce Brosnan

**\$5/person includes
Popcorn & candy**

Please purchase your ticket in advance at the Orleans Council on Aging
508-255-6333

FRIDAY FLICKS with Friends

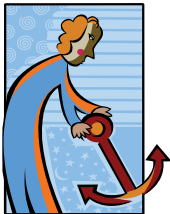
FRIDAY, February 3rd @ 1:00pm

"THE HELP"

This story is about three extraordinary woman, in Mississippi in the 1960's, who build strong friendships across racial lines.

**\$5/person includes
Popcorn & candy**

Please purchase your ticket in advance at the Orleans Council on Aging
508-255-6333



BECOME A FRIEND of the COA TODAY!

*Join us today and help us
help those in need.*

Becoming a member of the Friends means you are helping seniors on the Cape live an active, interesting and healthy lifestyle. Your tax-deductible donation helps provide activities, services and programs for local senior citizens.

Membership forms are available at the Front Desk at the Orleans Senior Center in the FRIENDS brochure.

Sponsored by The Friends of the Eastham & Orleans COA's

Travel Adventures in Europe With Collette Vacations

Springtime Tulip River Cruise,
Holland and Belgium

April 9 - 17, 2012

Discover Switzerland, Austria
and Bavaria

September 26 - October 5, 2012

For more information please call
Russ Moehlich at 508-255-7076



IN THE KITCHEN with CATHERINE & JOSH

During winter months warm “comfort food” is a perfect. Here is a delicious dish that will be a hit even with those staunch vegetable haters in the family (we all know one)! Enjoy -

Grandma Kanaga's Famous Zucchini Casserole

- 6 Large Zucchini
- 1 Cup Butter
- 1 1/2 Cups Cheddar Cheese, grated
- 2 Eggs
- Pimientos (optional)
- 1 1/2 Cups Bread Crumbs

- Wash & slice zucchini.

- Boil zucchini for 30 minutes or until very mushy, drain well, and set aside.

- In frying pan, melt 1/2 cup of butter. Add bread crumbs & toast until lightly browned, set aside.

- Add remaining 1/2 cup butter, grated cheese and eggs to zucchini and mash with a potato masher. Add a few pimientos for color if desired.

- Pour zucchini mixture into a 9 x 13 buttered casserole dish & cover with the toasted bread crumbs.

- Bake 45-50 minutes at 350 degrees.

Serves 4—6

PLAYGROUP at the CENTER

PLAYGROUP RETURNS!



MONDAYS

January 9, 2012 to February 27, 2012

10:30am to noon

(No playgroup on January 16th or
February 20th)

Grandparents and Parents
Grandchildren and Children

Come and join the fun!
Includes free play and group story time.

Children birth to 4 years old.

**This is a wonderful program.
If you haven't joined the group yet,
give it a try!!**

This intergenerational program is sponsored
by The Cape Cod Children's Place.

PlayGroup will meet in The Day Center room
at the Orleans Senior Center.

For more information
Contact Lucy Gilmore
508-255-8357

THIS, THAT & the OTHER

Police Reassurance Program

The Orleans Police Department offers a daily safety program to all residents. Members call before 10:00am and if you do not call, the call taker will call you. If you do not respond, a Police cruiser will come to your house to make sure you are okay.

This is a wonderful program that secures your safety, and it's free. Forms to enroll are available at the Senior Center. Stop by to get one and have this extra safety measure in place.

Good way to start the new year!

Stop Junk Mail

If you want to cut down on annoying mail offers including credit offers, catalogs, magazines offers, donations requests and bank offers then contact the:

Direct Marketing Association
P.O. Box 643
Carmel, NY 10512

Or use their website at:
www.DMAchoice.org

Or call at:
212-768-7277 ext. 1888

It takes about 90 days for the information to filter through the system and take effect. Note the best way to use this service is via phone or internet. There is a \$1.00 fee for mail.

AOSC

Art at the Orleans Senior Center

Have you seen the musician Amos Gordon? His portrait/photograph is a new gift to our permanent art collection from Rowland Scherman. A thousand thanks Rowland.

The current exhibition features Amos plus twenty paintings that have been on display at Town Hall for the past two years. We lend paintings to Town Hall to add beauty to the town offices. This is a rotating display.

AOSC Art Committee

AAA Members - did you know?

The AAA office at Patriot's Square in Dennis can renew your driver's license or provide a duplicate copy. They can also register your car or provide a duplicate.

Monday - Friday
9:00 am - 5:00 pm
Saturday 9:00 am to 1:00 pm

TIDINGS NEWSLETTER LABELING

Join us on **Thursday, February 23, 2012** to put labels on the newsletters for bulk mailing.

This is a fun volunteer job that takes about an hour. Meet your neighbors and enjoy delicious snacks, too.

ASSISTANCE & HEALTH INFORMATION

(Orleans only except for medical equipment)

Appointments at 508-255-6333 unless noted

BLOOD PRESSURE CLINICS:

Thursdays 1 - 2 pm.

Sponsored by Orleans Health Department and the Visiting Nurses Association of Cape Cod.

2nd Thursday @ Tonset Woods (94 Hopkins Ln.)

3rd Thursday @ Rock Harbor Village (9 MainSt)

4th Thursday @ Orleans Senior Center



FIX IT CORPS PROGRAM:

Volunteers will be scheduled to assist with small home repairs or projects. Call 508-255-6333 and ask for the Outreach Department.

FOOTCARE:

For non-diabetic Orleans residents, RNs provide general assessment of the feet and lower extremities, trim, file, clean and reduce thickening of nails, smooth corns & calluses, massage, lotion & powder feet. Appointments at the Senior Center are \$28 and home visits are \$45. Call Jennifer at 1-774-212-4365 or Janet at 508-776-3092 for a home visit.

FRIENDLY VISITOR PROGRAM:

Volunteers are matched with seniors who have similar interests and then visit on a weekly basis. Provides companionship, stimulation and contact with the local community. Call 508-255-6333 and ask for the Outreach Department.



FUEL ASSISTANCE:

Trained Volunteers will assist you in filling out the form and submitting it to South Shore. By appointment on Thursday mornings. Call 508-255-6333 to schedule.

GOSNOLD - THORNE COUNSELING:

Private and confidential appointments on Tuesdays with Georgia Neill, LICSW, to address concerns such as depression, anxiety, drinking or medication misuse. Call 508-487-2449 X 5802 to schedule an appointment.

HOME HEALTH AIDE REFERRALS:

Home Health Aide referrals are available from the Outreach Department. These workers have had a CORI (Criminal Offense Record Investigation) background check. They charge \$15 - \$25 per hour, based on the skill level involved.



LEGAL ASSISTANCE:

Half hour appointments on Wednesdays at varied times with different lawyers.



MEDICAL EQUIPMENT:

Medical equipment for loan (canes, commodes, crutches, shower seats, wheelchairs, etc.) Call or stop by the center, prior to purchasing. NOTE: Please clean equipment thoroughly before returning to us.



MENTAL HEALTH COUNSELING:

Private and confidential appointments are available on Fridays. Mental Health Professional Fran Farnsworth, MSW.

NOTARY PUBLIC:

Notary Public services are free and available by appointment. No wills, please.

S.H.I.N.E.

Serving Health Information Needs of Elderly. By appointment Tuesday mornings. Volunteers: Ralph Cuomo and Judy Hunt



CLASSES and INSTRUCTION



Oil Painting Classes with *Karen North Wells*

Mondays, January 23rd - March 19, 2012
(No class on February 20th)

Well known local artist, Karen North Wells will teach oil painting classes for all levels
8 sessions \$95.00 per person

Class size limited to 12 students. Materials list available at front reception desk.
Payment in advance required to hold your place.



ZUMBA \$8/class

FRIDAYS

9:00 - 10:00 AM

with

Carrie GiaQuinto, Certified Instructor

This one hour class is a great way to enjoy exercising. It is fast paced dance steps to Latin music. A great way to stay in shape and lose weight!
Walk in's welcome!

SIT AND BE FIT

\$8/class or monthly rate



TUESDAYS AND THURSDAYS
10:30 am - 11:30 am

This one hour class of *sitting* exercise is perfect for those who have not been exercising recently.

You'll be amazed at how much better you feel after taking this class.



T'ai Chi with Geoff Karlson \$8 / class

THURSDAYS, at 3:00pm

Confused about T'ai Chi?

This gentle class is based on Chinese traditions of T'ai Chi and Chi Gong that help with balance, flexibility and stress relief. Come in & give it a try!

WALKING GROUP

Are you interested in participating in a walking group to start in the Spring?

If we have enough people sign up, we will post the information in our next newsletter.

508-255-6333



DINING/FOOD PROGRAMS

LO-CA-L - "Lower Cape Lunch":

Tuesdays at 12:00 noon

Thursdays at 6:00 pm.

At St. Joan of Arc Church Orleans.

Call 1-774-722-3245 for more information. Free will donations accepted. Transportation is available. Please call the COA by 12:00 noon the prior business day.



MEALS on WHEELS:

Sponsored by Elder Services of Cape Cod and the Islands.

Meals are delivered to homebound seniors by volunteers.

\$2/meal suggested donation.

Telephone: 1-800-244-4630.



SNAP: Putting healthy food within reach.

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food.

A SNAP household's monthly benefit depends on household size, income & expenses. You may be eligible for SNAP. Call the Center at 508-255-6333 and ask for an Outreach Worker.

SOUP 'N SANDWICH :

Every Friday at 11:30 am.

Join us for a delicious bowl of soup, sandwich, dessert & beverage.

Reservations not required. Open to Orleans seniors and Friends of Orleans Council on Aging members. Suggested donation \$2.00 per person. Soup & sandwich, to go, \$2.00.

USDA FOOD DISTRIBUTION:

This bi-monthly food distribution (TUES, Feb 14) is helpful to supplement your food supply. A short form is required to qualify so contact the Outreach Workers, Mary Ellen or Sue, to receive one in the mail or stop in at the office. 508-255-6333



RESPIRE for CAREGIVERS

THE DAY CENTER:

A supportive day program Monday through Friday from 9:30 am. to 3:00 pm. for seniors on the Lower/Outer Cape who are high functioning but short-term memory challenged as well as those with other health issues. (Note: Tuesday Program is for MEN only).

Financial assistance is available through Elder Services of Cape Cod and the Islands, Alzheimer Services of Cape Cod & the Islands as well as new funding sources. For Orleans residents, scholarships are also available.

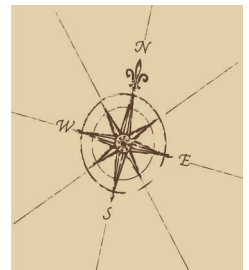
Full day program: \$40/\$55
(Orleans/non-Orleans rates).

Program Director, Sue Curcio.

Call 508-255-6333 for more information.

VNA COMPASS:

Medical Model Adult Day Program in Harwich for those with medical issues needing an RN to be on staff. For information about the program, call 508-957-7423.



HOME CARE REFERRALS:

The Outreach Department at the Council on Aging can assist you in finding private home care. Call Mary Ellen Lavenberg or Sue Beyle at 508-255-6333 for names of workers who charge \$15-25 per hour and have had CORI (criminal record) and reference checks.



FITNESS CLASSES



MONTHLY RATES available for each class:

For \$8 classes:

1x/wk/\$25; 2x/wk/\$45; 3x/wk/\$55; 4x/wk/\$60; 5x/wk\$65

For \$10 classes:

1x/wk/\$30; 2x/wk/\$60; 3x/wk/\$70

NOTE: Reduced fees available for ORLEANS residents. Speak with the Director to arrange.

EVENING YOGA:

Monday, Wednesday & Thursday
4:30 - 5:45 pm

A traditional yoga class suited for all levels and ages.

Transform your energy at days' end. \$10/class or monthly rate.

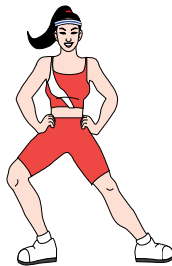
Instructor: Janet Reinhart (Mon/Wed)
Geoff Karlson (Thursday)



LIFE EXERCISE:

Monday through Thursday 8 - 9 am
Cardio enhancing movement, stretching and with weights.

\$8.00 per class or monthly rate.
Instructor: Janet Reinhart.



SIT and BE FIT:

Tuesday and Thursday
10:30 - 11:30 am

Easy exercise for those with restriction or just getting back into exercise.

\$8.00 per class or monthly rate.
Instructor: Janet Reinhart



T'AI CHI:

Thursdays 3:00 - 4:00 pm
Great class to improve balance.
\$8/class or monthly rate.
Instructor: Geoff Karlson

YOGA:

Tues. Thurs. 10:00 - 11:00 am
Fridays @ 10:30 am
Build strength and flexibility.
\$8.00 per class or monthly rate.
Instructor: Jane Higgins



ZUMBA:

Fridays 9:00 - 10:00 am.
This is a fast paced work-out to Latin music. Have fun and shed pounds! \$8/class or monthly rate.
Certified Instructor: Carrie GiaQuinto



TIMES	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Life Exercises	Life Exercises	Life Exercises	Life Exercises	Zumba at 9:00am
10:00 am		Yoga		Yoga	
10:30 am		Sit and Be Fit		Sit and Be Fit	Yoga
3:00 pm				T'ai Chi	
4:30 pm	Evening Yoga		Evening Yoga	Evening Yoga	

FUN STUFF and THINGS TO DO

AMATEUR RADIO CLUB:

Group of HAM radio operators meet the last Wednesday of the month at 1:00 pm.
Contact: Richard O'Hara 508-255-2678.

BOOK CLUB:

Meets on 2nd Friday from 10:15 am to 11:30 am.



BRIDGE LESSONS:

Call if interested in taking Beginner or Intermediate Bridge lessons.
Instructor: Jane Freedman.



CHESS PLAYERS:

Thursdays between 12:00 noon - 4:00 pm.
\$2/per person.

CLASSICAL PIANO MUSIC THURSDAYS:

Thursdays 1:30 pm - 2:30 pm in Function Room A.
Stop by and enjoy a free concert with Mary Coleman, pianist.



DUPLICATE BRIDGE:

FRIENDS of the COA sponsored, competitive game of Duplicate Bridge. Tuesdays at 12:15 - 4:00 pm. \$4/person. Partners not required.
Coordinator, Judy Murray.



KNITTERS KNITTIN':

Mondays at 1:00 pm in the Sun Room. Knit for a worthy cause. Yarn provided - bring your knitting needles.

NEWCOMERS CRIBBAGE:

Meets 2nd & 4th Monday at 1:00 pm.
\$2/per person.

FRIDAY PAINTERS:

Meets every Friday afternoon at 2:00 pm. \$2/per person.



BOOK CLUB

10:15 am - 11:30 am

FRIDAY, January 13th

Saving CeeCee Honeycutt
By: Beth Hoffman

FRIDAY, February 10th

Leap of Faith:
Memoirs of an Unexpected Life
By: Queen Noor of Jordan



Join us for an interesting, lively discussion about these books. Questions, call 508-255-6333

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS SUPPORT:

For caregivers of those with Alzheimer's Disease. Meetings include education about the disease, coping strategies and care giving information. Meets at 1:30 pm 4th Tuesday. Facilitator, Rev. Kathleen Geagan, RN

BEREAVEMENT SUPPORT:

For those who have lost a spouse through death, this group meets the first Wednesday of the month at 10:00 am. Learn to cope with the loss & heal the pain. Facilitator, Ann Geagan (Courtesy of Hospice and Palliative Care of Cape Cod)

CHICKEN SOUP for the CAREGIVER:

For caregivers including those who have loved ones attending The Day Center. Bring your loved one to The Day Center program (with reservation the day prior to the meeting). Meets the 1st and 3rd Friday of the month 11:00 am -12:30 pm. Facilitator: Fran Farnsworth, LICSW

C.O.P.D. SUPPORT:

Chronic Obstructive Pulmonary Disease (emphysema, chronic bronchitis, asthmatic bronchitis & other lung diseases). Informed speakers on subjects about lung disease alternate with discussion format. Meets 2nd Wed. of the month at 2:00 pm. Contact: Georgette Keeler 508-420-5302.

NEUROPATHY SUPPORT GROUP:

Meets 4th Wednesday at 2:00 - 4:00 pm. More info: Andree Yager 508-240-0859

PARKINSON'S SUPPORT GROUP:

Meets 2nd Wednesday of the month. Questions? Call Gail Glanville at 508-255-7774 or Jane McDonald at 508-237-5253.

SIGHT LOSS SUPPORT GROUP for the VISUALLY IMPAIRED:

Meets 3rd Wednesday of the month at Rock Harbor Village meeting room. Questions? Call Sight Loss Support at 1-800-427-6842 or 508-394-3904

INTERESTED IN A DIABETIC SUPPORT GROUP?

LET US KNOW @ 508-255-6333.

SUPPORT GROUPS

NEUROPATHY DIRECTOR NEEDED

DIRECTOR, CAPE COD NEUROPATHY SUPPORT GROUP

After many years of service, Jackie Stowell has announced her retirement as Director of Cape Cod's Neuropathy Support Group (NSG). A new director is needed by year-end if the group's meetings are to continue.

The major responsibility of the volunteer director is to identify and contact speakers for the 6 NSG meetings during the year. The speakers typically come from the medical or therapeutic communities who can offer advice on living more comfortably with neuropathy. While the location of the meetings in the past has been the Orleans Council on Aging, the location and frequency of future meetings will be at the discretion of the new director.

Jackie has long felt a responsibility to Cape Codders with neuropathy but can no longer fill this leadership role. If you would like to see these meetings continue, please give this request your serious consideration. We're open to any ideas, including co-directors, quarterly meetings or different locations if that works better for the new leadership.

Please call Andree Yager at 508 240-0859 to volunteer, ask questions or offer suggestions.

NEUROPATHY SUPPORT

**NO MEETINGS JANUARY,
FEBRUARY OR MARCH**

**NEXT MEETING TO BE
HELD IN APRIL 2012**

TRANSPORTATION SERVICES

ROADRUNNER VANS:

The Orleans Council on Aging Roadrunner vans are available for non-medical transportation around Orleans Monday - Friday, 10:00 am to 2:15 pm. Rides are available to support groups, LO-CA-L meals, other transportation services as well as to all Center events and programs.

Please call the COA at 508-255-6333 by 12:00 noon the prior business day to schedule your ride. \$2 per roundtrip voluntary contribution.

OTHER TRANSPORTATION

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

H2O: Fixed route schedule. Orleans - Hyannis. Call **1-800-352-7155** for more information. Reminder: Have the exact change ready to pay when you board the bus.

B.H.T. Boston Hospital Transportation:



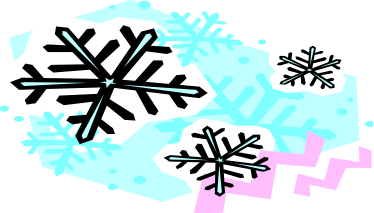
Medical appointments at Boston hospitals daily, **except Thursdays**. Picks-up Wellfleet, Orleans, Harwich, Hyannis, Barnstable & Sagamore. **1-800-352-7155** reserve by 11am day before. \$30.00 round trip, \$15.00 one way.



FISH: Volunteers provide **rides to medical appointments as far as Hyannis.** Call **508-255-2724** two to five days in advance to schedule your ride. Donations accepted.

FLEX Bus - Way to GO!: Low cost fixed route from Harwich to Provincetown. **1-800-352-7155.** Some off-route pickups available with reservations up to 3/4 mile off fixed route. \$1.00 seniors. Schedules available at the Senior Center.

R.E.A.C.H.: Reaching Elders with **Additional Community Help.** Volunteers provide ride/ assistance to those discharged from Cape Cod Hospital. Contact Social Worker at the Emergency Room or Discharge Planner.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM	10:00 AM	10:00 AM	10:00 AM	ERRAND DAY RESERVATIONS REQUIRED SORRY, NO FOOD STORES ON FRIDAYS
RHV to Stop & Shop	Shaws or Friends	RHV to Stop & Shop	RHV to Shaws/Friends	
11:00 AM		11:00 AM	11:00 AM	
TW to Stop & Shop		TW to Stop & Shop	TW to Shaws/Friends	
12:00 noon	11:30 AM	12:00 noon	12:00 noon	
Stop & Shop to RHV	LoCal LUNCH at Saint Joan of Arc	Stop & Shop to RHV	Shaws/Friends to RHV	
1:00 PM		1:00 PM	1:00 PM	
Stop & Shop to TW		Stop & Shop to TW	Shaws/Friends to TW	
Reservations for other riders can be made.	RESERVATIONS REQUIRED for all stores & errands		Reservations for other riders can be made.	RHV Rock Harbor Village TW Tonset Woods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
<p style="text-align: right;">2</p> <p>Center Closed In Observation Of New Years</p>  <p>HAPPY NEW YEAR</p>	<p style="text-align: right;">3</p> <p>8:00 Life Exercises 9:00 Gosnold-Thorne 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge</p>	<p style="text-align: right;">4</p> <p>8:00 Life Exercises 9:00 Footcare - Room C 10:00 Bereavement Group 1:00 Legal with Atty. Thayer 1:00 Bayberry Quilters 4:30 Evening Yoga w Janet</p>	<p style="text-align: right;">5</p> <p>8:00 Life Exercises 9:30 Fuel Assistance 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof</p>	<p style="text-align: right;">6</p> <p>9:00 Zumba 10:30 Yoga with Jane 11:00 Caregivers Chicken Soup 11:30 Soup 'n Sandwich: Chicken Soup & Tuna Sandwich 1:00 Friday Flick - Mama Mia! 2:00 Friday Painters-Room B/C</p>						
<p>8:00 Life Exercises 9 9:30 Friendly Visitor Meeting 10:30 Play Group 1:00 Knitters Knittin' 1:00 Newcomer's Cribbage 4:30 Evening Yoga w/Janet</p>	<p style="text-align: right;">10</p> <p>8:00 Life Exercises 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 9:45 WORKSHOP: Moving On 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge</p>	<p style="text-align: right;">11</p> <p>8:00 Life Exercises 10:00 Parkinson's Support 11:30 Legal with Atty. Guzneau 2:00 COPD Support Group 4:30 Evening Yoga w Janet</p>	<p style="text-align: right;">12</p> <p>8:00 Life Exercises 9:30 Fuel Assistance 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof</p>	<p style="text-align: right;">13</p> <p>9:00 Zumba 10:15 Book Club 10:30 Yoga with Jane 11:30 Soup 'n Sandwich: Beef Barely Soup & Grilled Cheese 2:00 Friday Painters</p>						
<p style="text-align: right;">16</p> <p>Center Closed In Observation Of Martin Luther King Day</p> 	<p style="text-align: right;">17</p> <p>8:00 Life Exercises 9:00 Gosnold-Thorne 9:45 WORKSHOP: Moving On 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge</p>	<p style="text-align: right;">18</p> <p>8:00 Life Exercises 9:30 Legal with Atty. Lavender <i>10:00 Sight Loss Support Group (meets at Rock Harbor Village)</i> 11:00 CABARET Dan McCarthy: American Songbook 4:30 Evening Yoga w Janet</p>	<p style="text-align: right;">19</p> <p>8:00 Life Exercises 9:30 Fuel Assistance 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof</p>	<p style="text-align: right;">20</p> <p>9:00 Zumba 10:30 Yoga with Jane 11:00 Caregivers Chicken Soup 11:30 Soup 'n Sandwich: Chicken Soup & Egg Salad Sandwich 2:00 Friday Painters</p>						
<p>8:00 Life Exercises 23 10:30 Play Group 1:00 Newcomer's Cribbage 1:00 Knitters Knittin' 1:00 OIL PAINTING w Karen 4:30 Evening Yoga w Janet</p>	<p style="text-align: right;">24</p> <p>8:00 Life Exercises 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 9:45 WORKSHOP: Moving On 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge 1:30 Alzheimer's Caregivers</p>	<p style="text-align: right;">25</p> <p>8:00 Life Exercises 9:00 Footcare - Room C 1:00 Amateur Radio 2:30 Legal with Atty. Kosman 4:30 Evening Yoga w Janet</p>	<p style="text-align: right;">26</p> <p>8:00 Life Exercises 9:30 Fuel Assistance 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof</p>	<p style="text-align: right;">27</p> <p>9:00 Zumba 10:30 Yoga with Jane 11:30 Soup 'n Sandwich: Butternut Bisque & Chick. Salad Sandwich 2:00 Friday Painters</p>						
<p>8:00 Life Exercises 30 10:30 Play Group 1:00 Knitters Knittin' 1:00 OIL PAINTING w Karen 4:30 Evening Yoga w Janet</p>	<p style="text-align: right;">31</p> <p>8:00 Life Exercises 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 9:45 WORKSHOP: Moving On 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge</p>	<p>BLOOD PRESSURE CLINICS</p> <table border="1"> <tr> <td>Tonset Woods</td> <td>Jan 12th</td> </tr> <tr> <td>Rock Harbor Vlg.</td> <td>Jan 19th</td> </tr> <tr> <td>Senior Center</td> <td>Jan. 26th</td> </tr> </table> <p>Clinics are from 1 - 2:00 pm</p>	Tonset Woods	Jan 12th	Rock Harbor Vlg.	Jan 19th	Senior Center	Jan. 26th	<p>JANUARY 2012</p> 	
Tonset Woods	Jan 12th									
Rock Harbor Vlg.	Jan 19th									
Senior Center	Jan. 26th									

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p style="text-align: center;">FEBRUARY 2012</p>		8:00 Life Exercises 1 9:00 Footcare - Room C 10:00 Bereavement Support Group 1:00 Legal with Atty. Thayer 1:00 Bayberry Quilters 4:30 Evening Yoga w Janet	8:00 Life Exercises 2 9:30 Fuel Assistance 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof	9:00 Zumba 3 10:30 Yoga with Jane 11:00 Caregivers Chicken Soup 11:30 Soup 'n Sandwich: Chick. Soup & Crab Salad Sandwich 1:00 Friday Flick - The Help 2:00 Friday Painters-Room B/C		
		8:00 Life Exercises 6 10:30 Play Group 1:00 Knitters Knittin' 1:00 Oil Painting w Karen 4:30 Evening Yoga w Janet	8:00 Life Exercises 7 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge	8:00 Life Exercises 8 10:00 Parkinson's Support with 11:30 Legal with Atty. Guzzeau 2:00 C.O.P.D. Support 4:30 Evening Yoga w Janet	8:00 Life Exercises 9 9:30 Fuel Assistance 10:00 Yoga with Jane 10:30 Sit and Be Fit 11:30 AARP Tax Program 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof	9:00 Zumba 10 10:15 Book Club 10:30 Yoga with Jane 11:30 Soup 'n Sandwich: Cream of Leek & Squash Soup & BLT 2:00 Friday Painters
		8:00 Life Exercises 13 10:30 Play Group 1:00 Knitters Knittin' 1:00 Oil Painting w Karen 1:00 Newcomer's Cribbage 4:30 Evening Yoga w Janet	8:00 Life Exercises 14 9:00 USDA Food Distribution 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge 	8:00 Life Exercises 15 10:00 Sight Loss Support <i>(meets at Rock Harbor Village)</i> 11:00 CABARET with Khadija Egyptain Dancer 4:30 Evening Yoga w Janet	8:00 Life Exercises 16 9:30 Fuel Assistance 10:00 Yoga with Jane 10:30 Sit and Be Fit 11:30 AARP Tax Program 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof	9:00 Zumba 17 10:30 Yoga with Jane 11:00 Caregivers Chicken Soup 11:30 Soup 'n Sandwich: Chick. Soup & C.C. Cran, Walnut Sandwich 2:00 Friday Painters
		<p style="text-align: center;">Center Closed In Observation Of Presidents' Day</p>	8:00 Life Exercises 21 9:00 Gosnold-Thorne 10:00 Yoga with Jane 10:30 Sit and Be Fit 12:15 - 4:00 Duplicate Bridge	8:00 Life Exercises 22 9:00 Footcare - Room C 2:30 Legal with Atty. Kosman 4:30 Evening Yoga w Janet	8:00 Life Exercises 23 9:30 Fuel Assistance 8:30 TIDINGS LABELING 10:00 Yoga with Jane 10:30 Sit and Be Fit 11:30 AARP Tax Program 12:00 Chess 1:30 Classical Piano 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof	9:00 Zumba 24 10:30 Yoga with Jane 11:30 Soup 'n Sandwich: Clam Chowder & Grilled Cheese 2:00 Friday Painters
			8:00 Life Exercises 27 10:30 Play Group 1:00 Knitters Knittin' 1:00 Oil Painting w Karen 1:00 Newcomer's Cribbage 4:30 Evening Yoga w Janet	8:00 Life Exercises 28 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Sit and Be Fit 1:30 Alzheimer's Caregivers	8:00 Life Exercises 29 1:00 Amateur Radio 4:30 Evening Yoga w Janet	

ORLEANS COUNCIL ON AGING

150 Rock Harbor Road, Orleans, MA 02653
 PHONE: 508-255-6333 FAX: 508-240-6936

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

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 George Dunn, *Member at Large*
 Dennis GiaQuinto, *Member at Large*
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 Laird Anthony, *Co-Director*
 Joseph Manson, *Co-Director*
 Bill Garner, *Co-Director*
 Delia Quinn, *Co-Director*
 Joyce O'Neil, *Substitute*

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 Nancy Ryder, *Member at Large*
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 Connie Schram, *Fundraising*

Mission Statement

The Orleans Council on Aging (COA) functions as a human service organization to enhance the quality of life for all residents of Orleans who are at least 60 years old.

The COA provides assistance, information on available resources, health services, referrals to community agencies, programs and recreational activities. Particular emphasis promoting healthy aging and full participation by all is made.

ROADRUNNER ORLEANS VAN SERVICE



**ROADRUNNER
508-255-6333**

The *ROADRUNNER* van schedule is printed in the newsletter.
 Please refer to it for scheduling your ride.

CAPE COD SYMPHONY VAN SERVICE:

January 22nd Eastern Bank Classics Series: "Tchaikovsky's Winter Dreams"

February 12th Cape Cod POP's Series: "A Night at the Movies"

Door to door service: \$10/person (does not include admission)
 Reserve and pay at the Reception Desk at the Center

**Please schedule your *ROADRUNNER* van ride before
12:00 noon the prior business day (Monday - Friday).**

CHECK OUT OUR WEB SITE @ www.orleanscouncilonaging.org

**Postage for mailing was provided by the FRIENDS of the Orleans COA.
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