



T H E F L A S H

MARCH 2026

A newsletter published by the Chatham Center for Active Living

Hours of Operation:

**OPEN MONDAY- FRIDAY
8AM - 4PM**

Contact Us:

508-945-5190

WWW.CHATHAM-MA.GOV

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@chathamcoa



Chatham COA

Our Mission:

WE SUPPORT CHATHAM RESIDENTS AGE 60 AND OVER WITH A RANGE OF HEALTH AND WELLNESS, SOCIAL, EDUCATIONAL AND OUTREACH PROGRAMS AND SERVICES TO ENHANCE THE QUALITY OF THEIR LIVES. WE WELCOME THE SUPPORT OF CHATHAM RESIDENTS OF ALL AGES TO PROMOTE OUR MISSION THROUGH COMMUNITY SERVICE AND RESOURCE DEVELOPMENT.

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Director's Desk

As we welcome the month of March, there's a renewed sense of energy and optimism in the air, and all of us at the Center for Active Living (CFAL) are excited for what lies ahead. This time of year reminds us of growth, connection, and fresh beginnings, and it perfectly reflects the spirit of our community. We are so grateful for the continued involvement, kindness, and enthusiasm of those who serve and those who support our mission. Thank you for being such an important part of our CFAL family- we look forward to sharing a wonderful month filled with meaningful programs, joyful moments, and new opportunities to connect.

We are so excited to welcome back Game Show host, Kevin Richman, on Friday, March 6th at 12:30 p.m. for an interactive game show experience tailored to Chatham/Cape Cod. We also have the ever-popular annual Corned Beef and Cabbage Luncheon in honor of St. Patrick's Day on Monday, March 16th at 12:30 p.m. and a fabulous St. Patrick's Day themed Intergenerational Program with Storyteller Davis Bates on Tuesday, March 17th at 4:00 p.m. at the Chatham Community Center!

Are you considering wearing a button that will alert first responders in the event of fall? Please join us for this very important presentation by Connect America/ Lifeline Alert with Outreach Coordinator, Kerri Kelly, on Wednesday, March 25th at 11:30 a.m. to learn what your options may be.

Since we are ALL Irish on St. Patrick's Day, I will leave you all with this Irish Blessing:

**"May your days be filled with laughter,
your heart with peace,
and may good fortune walk beside you
wherever life's path may lead"**



Kindest regards,
Leah

Community Event Highlight:

Drop Off Details:

Limited to 2 bags/day, per person

When: March 18th - 20th

Where: Town Hall Annex, Lower Level

Please...

- **NO MOLDY ITEMS WILL BE ACCEPTED**
- All items in boxes or sturdy bags
- No homemade videos or cassettes
- No encyclopedias or text books
- No electronic devices (VCRs, DVD or CD players)



Book & Media Swap



March 21-22, 2026
9 am – 2 pm

Chatham Town Annex 261 George Ryder Road

We want:

- Books
- CDs
- DVDs
- VHS tapes
- Cassette tapes
- Vinyl records
- Jigsaw Puzzles



Outreach Programs & Services

AARP Tax Aide Appointments,

When: Tuesdays & Wednesdays, 8:00-3:00 PM

Where: Chatham Community Center

Income tax filing season is here again! AARP Tax Aide and the Center for Active Living have teamed up to offer federal and state income tax preparation and filing services **FREE** to everyone, of ANY age. **To sign up, please call 508-945-5190.**



Elder Law Project

Tuesday, March 10th 10:00-12:00 PM

Location: CFAL, 193 Stony Hill Road

SCCLS Provides legal assistance with no charge or questions for problems with Housing, Health Benefits, Public Benefits, or Consumer Issues.

Call 508-945-5190 for more information.



Cardio Chat with the VNA of Cape Cod

Friday, March 27th 1:00-3:00 PM

Location: CFAL, 193 Stony Hill Road

Join for a session focused on understanding cardiovascular disease risk factors and improving cardiometabolic health. Participants will learn practical ways to build healthier daily habits, receive actionable wellness resource

Registration: Required, please call 508-945-5190

Healthy Meals in Motion grocery pickup

is Wednesday, March 18th at 12:00 p.m.

Please return your order forms to the

Center for Active Living no later than

Friday, March 6th



Reminders about the upcoming tax season!

Don't forget about the Town of Chatham property tax exemptions and deferrals. Information and forms are available on the town website. Some of the qualifiers are for:

- Veterans
- For the Blind
- Senior Exemptions

The deadline to file is **April 1st, 2026.**

If you have questions, you can call the Assessors Department at 508-945-5103.

I am happy to help you fill out your forms! Just give me a call to schedule!

~ **Kerri Kelly**, Outreach Coordinator

kkelly@chatham-ma.gov
508-945-5190





TRANSPORTATION

GUIDELINES & INFORMATION

Rides available Monday- Friday 9:00-2:00 pm

- First come, first serve for **ALL** rides
- Please allow 24 hours after your request to receive confirmation from Alexis or Maddie
- Medical appointments will receive priority scheduling
- Medical rides available between Orleans and Hyannis
- Rides to Bank, Post office, Hairdresser, etc. must be scheduled for Chatham, Harwich, or Orleans
- Rides to CFAL programs or appointments available
- First time riders must complete an intake form with Alexis
- **Please provide 24 hour notification for ride cancellations**

COMMUNITY RESOURCES



Contact CCRTA for all options below: 800-352-7155

DART: Door-to-door, ride by appointment service that is wheelchair accessible. Booking 72 hrs. in advance recommended, not required. Fare is \$1.50/ride for seniors.

Smart DART: App based, on-demand, door-to-door ride hail service. Download SmartDart from the app store (Apple or Android) and search CCRTA.

H2O: CCRTA's fixed route public transportation between Orleans and Hyannis.

FLEX: CCRTAs bus picks up and drops off at designated stops between Harwich and Provincetown.

Boston Hospital Transport: Weekdays, Call to reserve by 11am the day before your appointment. \$30 round trip, \$15 one-way



TO SCHEDULE A RIDE PLEASE CALL OR EMAIL:

Alexis Weglarz
508-945-5190
aweglarz@chatham-ma.gov

WEEKLY SCHEDULE

Please call 24 hours in advance for deliveries

Grocery Delivery from:

- Chatham Village Market

Prescription Delivery from:

- CVS in Chatham
- CVS in East Harwich
- Stop & Shop Pharmacy

MON:


Grocery & RX Delivery

THUR:

AM trip to Stop & Shop

Grocery & RX Delivery

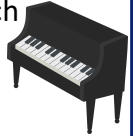
Registration Information

- I. Registration for programs is either required, or drop-in and will state such in each program description.
- II. Programs may be registered for via phone, or in-person at the Center for Active Living
- III. Programs are subject to cancellation if there are less than four (4) registrants.
- IV. Chatham residents receive priority registration, non-residents may sign up if space allows.
- V. If you are no longer able to attend a program you signed up for please call to let us know. Many programs have waitlists!
- VI. Programs marked with a  are made possible due to generous support of the Friends organization. A suggested donation of \$5 per program is appreciated, but not required.

Music Monday, Monday, March 2nd 10:30-11:30 AM

Ease into the week with a beautiful live performance by a talented student musician. Enjoy brunch refreshments as you relax, listen, and start your Monday on a harmonious note.

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Bingo, Wednesday, March 4th 11:00-12:15 PM

Don't miss our fun-filled monthly bingo game! It's a perfect way to connect, unwind, and work your brain muscles.

Location: CFAL, 193 Stony Hill Road

Registration: Required Please call 508-945-5190 to sign up.



Game Show with Kevin Richman, Friday, March 6th 12:30 PM

Test your skills and cheer along as contestants compete in this thrilling game show experience.

Location: CFAL, 193 Stony Hill Road **Registration:** Required

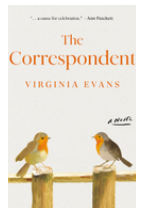


CFAL Book Club, 2nd Wednesday of each Month, March 11th at 11:00 AM

Join fellow readers for a lively discussion of our monthly pick. All are welcome!

Location: CFAL, 193 Stony Hill Road

Registration: Required, Please call 508-945-5190 to sign up!



Birthday Luncheon, Thursday, March 19th 12:30-2:00 PM

Those with March birthdays are invited to celebrate their milestone with the Friends of Chatham COA to enjoy a delicious lunch, and desserts among your fellow birthday celebrants.

Location: VFW, 50 George Ryder Road in Chatham

Registration: Required, Please call 508-945-5190 to sign up no later than Monday, March 16th



Sound Meditation with Ashley Woodworth, Thursday, March 12th and 26th 11:00-12:15 PM

Experience deep relaxation through soothing soundscapes. This gentle session uses tones and vibrations to calm the mind and restore balance.


Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up.

Fee: \$10 / session



Registration Information



I. Programs marked with a  are made possible due to generous support of the Friends organization. A suggested donation of \$5 per program is appreciated, but not required.

- Cash or Check (made out to the Friends of Chatham COA) will be accepted at the CFAL.

II. Programs are held at the Chatham Community Center. Please check in at the front desk upon arrival.

Chair Yoga, Mondays, 1:00- 2:00 P.M.

This gentle form of yoga enhances flexibility, strength, and relaxation—all from a seated position or using a chair for support. Perfect for all abilities, this class offers a safe and accessible way to improve balance, reduce stress, and increase overall well-being.

Location: Aerobics Room, Community Center

Registration: *Required with a signed liability waiver. Please call 508-945-5190 to sign up.*



Full Body Fitness, Tuesdays, 12:00-12:45 P.M.

This 45-minute class is designed to enhance muscular strength, endurance, mobility, and balance. Participants will engage in a variety of upper and lower body exercises, with modifications available for all ability levels. Exercises can be performed seated or standing.

Location: Aerobics Room, Community Center

Registration: *Required with a signed liability form, Please call 508-945-5190 to sign up.*

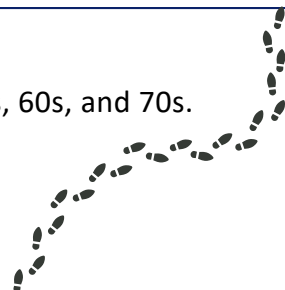


Indoor Walking, Tuesdays & Thursdays, 12:00-1:30 P.M

Walk at your own pace in a welcoming, weather-proof space, to the tunes of the 50s, 60s, and 70s. Stay active and connect with others in the community!

Location: Gymnasium, Community Center

Registration: Drop In



Strong at Heart, Thursdays, 10:45-11:45 A.M. January 22nd - March 19th

This program aims to help seniors build on their strength and endurance. A mix of interval and circuit training that will keep your heart rate up and muscles engaged. Must be able to tolerate 60 minutes of seated and standing exercises independently.

Location: Aerobics Room, Community Center

Registration: **Required, with signed waiver from physician. Call 508-957-7423 to sign up**



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

Reiki Healing Sessions

Experience the calming and restorative benefits of Reiki, a gentle energy healing practice that promotes relaxation, stress relief, and overall well-being.

Location: CFAL, 193 Stony Hill Road

Registration: By Appointment, **please call 508-945-5190**



Intro to Birdwatching with MA Audubon, Thursday, March 19th 10:00-11:00 AM

Learn tips and tricks for local birdwatching from an engaging Audubon naturalist.

Location: CFAL, 193 Stony Hill Road

Registration: Required, Please call 508-945-5190 to sign up



Cooking Class, Wednesday, March 18th 1:30-3:00 PM

Join Chef Heather Bailey from The Optimal Kitchen for a session that is sure to be cozy, and be packed with tips for a healthy winter.

Location: CFAL, 193 Stony Hill Road

Registration: Required, Maximum 9 participants. Please call 508-945-5190 to sign up



Lunch and Learn, Monday, March 23rd 12:00-1:15 PM

Join us for an upcoming Lunch & Learn with The Vascular Care Group as they present “The Problem Foot.” This session will explore how different foot types can contribute to common conditions, review skin and bone disorders affecting the foot, and discuss remedies.

Location: CFAL, 193 Stony Hill Road

Registration: Required, Please call 508-945-5190 to sign up



Games & Groups

Weekly Game Schedule

1:00-3:30 p.m.

Location: CFAL



Monday: Cribbage

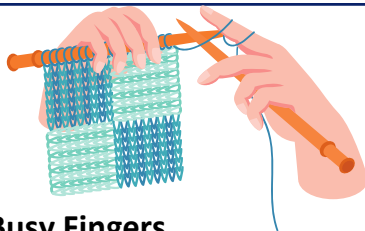
Tuesday: Rumikub

Wednesday: Cribbage

Thursday: Scrabble

Friday: Bridge, Cribbage

**PLAYERS WANTED!
CALL 508-945-5190 FOR
INFORMATION**



Busy Fingers

Thursdays, 1:00- 3:00 p.m.

Join us for a relaxed gathering where people come together weekly to work on various fiber arts projects.

All are welcome to join!

Location: CFAL

Registration: Drop In



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

Caregiver Support Group

March 10th 10:30 AM

March 24th 10:30 AM

This guided group offers support for caregivers of people with AD/dementia, and for those in the early stages of decline.

Location: CFAL

Registration: Drop In

Entertainment **Golden Oldies hosted by: Barbara Nickerson Registration Required**

Executive Suite (1954) Tuesday, March 3rd 1:00 p.m.

A ruthless exposé of the machinations of big business. A power struggle ensues when the president of a large corporation dies. Avery Bullard, President of the Tredway Corporation, left no instructions as to who should take his place, and the board is having difficulties deciding who the job should go to.

Starring: William Holden, Barbara Stanwyck, June Allyson, and Fred March

Houseboat (1958) Tuesday, March 10th 1:00 p.m.

A widower, his three young children, and an Italian nanny get to know each other better when circumstances have them living together aboard a badly neglected houseboat.

Starring: Cary Grant, Sophia Loren

Asphalt Jungle (1950) Tuesday, March 17th 1:00 p.m.

Recently released from prison, Dix Handley concocts a plan to steal \$1 million in jewels. Dix gathers a team of small-time crooks, including a safecracker and a lawyer, and the heist is a success until a stray bullet kills one of the men. As they scramble to pick up the pieces after the theft, the men let their greed get the best of them while entangling themselves in webs of deceit, treachery and murder.

Starring: Sterling Hayden, Jean Hagen, Louis Calhern, and Marilyn Monroe

Reunion in France (1958) Tuesday, March 24th 1:00 p.m.

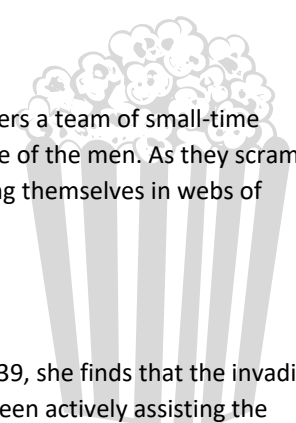
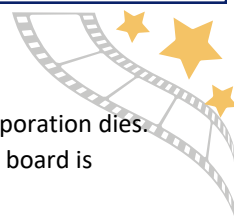
When wealthy Michele de la Becque returns to Paris from her sunny holiday on the Riviera in 1939, she finds that the invading Nazi forces have commandeered her home. Worse, her industrialist fiancé, Robert Cortot, has been actively assisting the Germans. When a downed American pilot stumbles into her life, Michele puts herself in grave danger to hide the flyboy from the invading forces and her suspicious lover.

Starring: Joan Crawford, John Wayne

Royal Wedding (1951) Tuesday, March 31st 1:00 p.m.

American sibling song-and-dance team Tom and Ellen Bowen are in London when all of England is in a tizzy over the impending nuptials of Princess Elizabeth and Prince Philip. Ellen falls head over heels for the dashing Lord John Brindale, and Tom becomes equally smitten with the elegant Anne Ashmond.

Starring: Fred Astaire, Jane Powell, Peter Lawford



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery</p>	<p style="text-align: right;">3</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub Tax Appointments (CC)</p>	<p style="text-align: right;">4</p> <p>11 Bingo 1 Cribbage Tax Appointments (CC)</p>	<p style="text-align: right;">5</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble 11:30 Reiki Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">6</p> <p>9-1 SHINE 10-11:30 Legacy Podcasting 12:30 Chatham Game Show 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">9</p> <p>11 Reiki 1 Chair Yoga (CC) 1 Cribbage Grocery & RX Delivery</p>	<p style="text-align: right;">10</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub Tax Appointments (CC)</p>	<p style="text-align: right;">11</p> <p>11 Book Club 1 Cribbage Tax Appointments (CC)</p>	<p style="text-align: right;">12</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">13</p> <p>9-1 SHINE 10-11:30 Legacy Podcasting 11 Firehouse Friday 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">16</p> <p>11 Reiki 1 Chair Yoga (CC) 1 Cribbage Grocery & RX Delivery</p>	<p style="text-align: right;">17</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 12 Indoor Walking (CC) 1 Rumikub Tax Appointments (CC)</p>	<p style="text-align: right;">18</p> <p>12 Healthy Meals in Motion 1 Cribbage 1:30 Cooking Class Tax Appointments (CC)</p>	<p style="text-align: right;">19</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10 MA Audubon Presentation 10:45 Strong at Heart (CC) 12 Indoor Walking(CC) 12:30 Birthday Party (VFW) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">20</p> <p>9-1 SHINE 10 Chatham Better Together 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">23</p> <p>11 Reiki 12 Lunch and Learn 1 Cribbage 1 Chair Yoga (CC) Grocery & RX Delivery</p>	<p style="text-align: right;">24</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub Tax Appointments (CC)</p>	<p style="text-align: right;">25</p> <p>9-3 Footcare Clinic 11:30 Presentation: Connect America 1 Cribbage Tax Appointments (CC)</p>	<p style="text-align: right;">26</p> <p>9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 12 Indoor Walking(CC) 1 Busy Fingers 1 Scrabble Stop & Shop Trip Grocery & RX Delivery</p>	<p style="text-align: right;">27</p> <p>9-1 SHINE 1 VNA Cardio Chat 1 Bridge 1 Cribbage</p>
<p style="text-align: right;">30</p> <p>11 Reiki 1 Cribbage 1 Chair Yoga (CC) 2 Volunteer Program Meeting Grocery & RX Delivery</p>	<p style="text-align: right;">31</p> <p>9-1 SHINE 9:30 Ryders Cove Respite 12 Full Body Fitness(CC) 12 Indoor Walking(CC) 1 Rumikub Tax Appointments (CC)</p>	<p style="text-align: center;">9</p>		

Carbon Monoxide Safety

NATIONAL FIRE
PROTECTION ASSOCIATION

Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- Install CO alarms outside sleeping areas and on every level of your home. Test them monthly and replace batteries as needed.
- If a CO alarm sounds, move everyone to fresh air immediately and call for help. Do not re-enter the home until emergency personnel say it is safe.
- Never run cars or fuel-powered engines indoors, even in an open garage.
- Keep vents clear of snow, and use generators and grills only outdoors, away from windows and doors.

NEW

Firehouse Fridays, 2nd Friday of the Month, March 13th 11:00 a.m.

Firehouse Friday is a monthly program featuring Chatham Fire Department staff, who will share important fire safety tips and cover a variety of topics to help keep our community safe.

Topic: Carbon Monoxide

Location: CFAL, 193 Stony Hill Road **Registration:** Required, Please call 508-945-5190 to sign up



Ryder's Cove Respite

Tuesdays & Thursdays

9:30 a.m.- 2:30 p.m.



Josephine Fennell

Director of RCR

jfennell@chatham-ma.gov

508-945-5190

Nutrition Tips for Caregivers

Sustaining good nutrition is important for people with Alzheimer's disease, though appetite can decline due to medications, low activity, or changes in taste and smell. With a little planning and patience, you can help your loved one stay nourished and comfortable.

- **Offer familiar, healthy favorites.** Serve nutritious foods your loved one enjoys, such as fruits, vegetables, and whole grains, and choose items that are easy to chew and eat.
- **Serve smaller, frequent meals.** Mini meals and calorie-rich snacks throughout the day can be more manageable than three large meals.
- **Provide gentle reminders.** If your loved one lives alone or becomes distracted easily, kind reminders to eat and drink can help maintain regular nutrition.
- **Create a calm mealtime setting.** Keep meals at consistent times and in familiar places, and reduce noise or distractions.
- **Focus on connection.** Approach meals as shared, relaxed moments. Speak warmly, don't rush, and allow plenty of time for eating.
- **Adjust textures as needed.** Softer foods or modified textures may make eating easier and safer.
- **Practice patience. Avoid forcing food.** Appetite often decreases in later stages of Alzheimer's, and a calm, compassionate approach is most supportive.

From the Desk of Diane Nash.....Behavioral Health Clinician

Staying Connected: Ways to Reduce Loneliness

Happy March, everyone!

We're halfway through winter. Soon the sun will shine brighter, the days will grow longer, and we'll all feel a little warmer.

During the long winter months, it's easy to lose touch with friends, loved ones, family, and neighbors. This isn't because we're antisocial—Cape Cod winters tend to make us want to “hibernate” in the comfort of our homes. Loneliness is common as we age, especially after experiences such as loss, retirement, health changes, or caring for a loved one.

Here are a few simple ways to reconnect or stay connected:

Connect with loved ones

- Make weekly phone calls to friends or family. Even a quick check-in can mean a lot.
- Send a note, card, email, or text—everyone still enjoys receiving mail.
- When you see a neighbor while out walking or heading to your car, say hello.

Stay active

- Get involved in group activities to build routine social connections.
- Volunteer at local libraries, schools, or here at CFAL.
- Join a town committee to meet people with similar interests.

Attend local events

- Explore lectures, movie premieres, or a new coffee spot in town.

Join community groups

- Start or join a book club with friends.
- CFAL offers walking groups, exercise classes, knitting circles, and daily games.
- Check out programs at the Community Center or the local Arts Center.

Remember, it's never too late to make new friendships. Taking a small risk and putting yourself out there can lead to meaningful connections. You can do it!

I am here to help!

Diane Nash, 508-945-5107

Stay Safe. Stay Healthy. Stay Hopeful.



Library Corner *By Liz Walker, Volunteer Librarian*

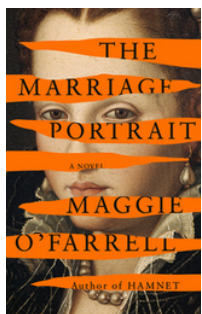
In honor of St. Patrick's Day, let's celebrate the profound impact of Irish literature. Irish authors have astonished, entertained and broken the hearts of readers for centuries, while counting the lion's share of Nobel Laureates, Booker Prize winners and other recognitions among them. Among the titles to consider below, note Irish authors Sebastian Barry and *Hamnet's* Maggie O'Farrell

News Flash!! The CFAL library is the grateful recipient of nearly three dozen, new and gently read, LARGE PRINT books thanks to the Eldredge Library, the Chatham Women's Club grant and the First United Methodist Church Thrift Shop!



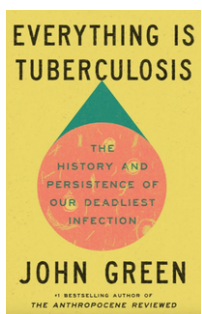
Old God's Time by Sebastian Barry (2023)

Reviewed as "a haunting novel that explores love, memory, grief, and long-buried secrets." Recently retired policeman Tom Kettle is settling into the quiet of his new home overlooking the Irish Sea. When two former colleagues arrive with questions about an old case, Tom is pulled into the darkest currents of his past.



The Marriage Portrait- A Novel by Maggie O'Farrell (2022)

The author of *Hamnet* brings the world of Renaissance Italy to life in this fictional portrait of the captivating duchess Lucrezia de' Medici, third daughter of the grand duke. When her sister dies on the eve of her wedding, the bridegroom Alfonso quickly asks her father for shy young Lucrezia's hand in marriage.



Everything Is Tuberculosis: The History and Persistence of Our Deadliest Infection by John Green (2025)

After meeting Henry, a young patient with tuberculosis, the author became a vocal advocate for greater access to treatment and awareness of the healthcare inequities that spread this preventable, deadly disease. He weaves Henry's story through the scientific and social histories of tuberculosis.



CFAL Book Club March Selection:

The Correspondent- A Novel by Virginia Evans (2024)

Sybil, a mother, grandmother, wife, divorcee, and distinguished lawyer, writes letters to make sense of the world and her place in it. Almost daily, she writes to family, friends, and people she hasn't met. She also writes continually to one person, yet for some reason, never sends that letter.

MEMBERS

Robin Zibrat, *President*

Michael Barry, *Vice President*

Sue Foster, *Treasurer*

Darcy Mallowes, *Asst. Treasurer*

Paula Carroll, *Secretary*

Elizabeth Walker, *Director*

Jill James, *Director*

Anthony Pacillo, *Director*

Janet Fields, *Director*

Larry Marsland, *Director*

Cindy Dolinger, *Associate Director*



CONTACT US



www.friendsofchathamcoa.com



508-945-5190



P.O. Box 38
Chatham, MA 02633



Cards organized by category on spinning racks



Seasonal Display



Handmade Cards for sale in our lobby

COA Greeting Card Program

We extend our heartfelt thanks to **Susie Fishback**, a dedicated volunteer who manages the greeting card program at the Center for Active Living.

This wonderful Friends of Chatham COA initiative gives our community a chance to enjoy high-quality greeting cards at incredibly affordable prices while raising funds that directly support the Council on Aging mission statement.

We are also deeply grateful to **Tail of the Cod** for generously donating their remaining card inventory upon closing – their kindness and community spirit will help strengthen this program and its impact.



Susie Fishback, Volunteer

Chatham Center for Active Living

193 Stony Hill Road Chatham, MA 02633

508-945-5190, www.chatham-ma.gov



Postage for the Flash is generously provided by the Friends of Chatham COA.

CFAL Staff

Leah LaCross, *Director of Community Services*

Alexis Weglarz, *Department Coordinator*

Diane Nash, *Adult Behavioral Health Clinician, LICSW*

Kerri Kelly, *Outreach Coordinator*

Josephine Fennell, *Adult Supportive Day Program Director*

Martha Vokey, *Adult Supportive Day Program Assistant*

Danielle James, *Adult Supportive Day Program Assistant*

Anna Milan, *Programs & Communication Coordinator*

Madeline Vokey, *Department Assistant*

Address Service Requested

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CFAL Drivers

Dick Hosmer

Mark Massoni

Paul Robinson

Dexter Smith

Huntley Harrison

Chatham Center for Active Living Board of Directors

We work closely with the Town's Council on Aging Division to advocate for and meet the needs of residents aged 60 and over.

Upcoming Meetings

Monday, March 16th 9:30 a.m.

Board Members

Pat Burke, *Chair*

Nancy Fields, *Vice-Chair*

Laura Everett, *Clerk*

Joan Bagnell, *Member*

Stan Mansfield, *Member*

Ann Ryan, *Member*

Cyndi Kreisher, *Member*



Our meetings are the third Monday of every month at the Town Hall Annex at 9:30 am, and we invite members of the public to join us!

We welcome your ideas, questions, and especially suggestions to help identify the needs of Chatham's older population. Alternatively, you can simply join us to learn about who we are and what we do!