

Harwich Community Center Newsletter

Sept./Oct. 2015

Town Offices Closed on Monday's, Sept. 7th & Oct. 12th for Labor Day and Columbus Day



PLEASE BE AWARE OF THE FOLLOWING AS WE HEAD INTO FALL AND POTENTIALLY INCLEMENT WEATHER!

Check now yourself or have a family member check for you to locate your Furnace/Exhaust Vent and how far away it is from the ground. A great idea would be to have something affixed on your home to mark exactly where that location is perhaps like a Bicycle Flag shown below in the middle or a stake in the ground like a reflective Bamboo Stick shown below at left or a Reflective Fiberglass Stake shown below at right.



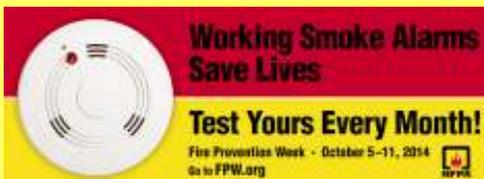
The key is to know **NOW** where it is located so you can see if it is uncovered in a snow storm. Even leaves can get it blocked up! At this time of year it is also a good time before it gets too cold out to check your home **inside and out for safety issues.**

FREE HOME SAFETY ASSESSMENT WITH HARWICH FIRE & COA

The Harwich Fire Dept. & COA received a grant called "Remembering When, A Fire and Fall Prevention Program" where we will come out to your home by appointment and do a home safety assessment. This will consist of checking your smoke detectors, carbon monoxide detectors for dates and to see if they are in good working order. We will also check for loose rugs, and how many plugs are in a power strip checking for an overload, etc. This is a FREE Home Assessment and we will take appointments on a first called in first served basis. You can call 508-430-7550 to make your reservation today. The **Home Assessment dates are: Tuesday, Sept. 15th 1:00-4pm, Mon. Sept. 21st 9:00-1:00p.m., Thurs Sept. 24th 9:00-1:00pm . Then, Wed Oct. 7th 9-1 Tues. Oct. 20th 1-4 and Wed Oct 28th 9-1 one hour appointments.**



When you call, please tell us when your home was built. If it was before 1975 it was not required to have the smoke detectors hardwired and this is important for us to know BEFORE we come to your home.



Council on Aging Staff

Executive Director

Barbara-Anne Foley
508-430-7550 ext. 10

Executive Assistant

Gale Crowell
508-430-7550 ext 11

Social Services Coord.

Kevin Grunwald
508-430-7551 ext 12

Town Nurse, Susan Jusell

508-430-7505

Outreach Asst./Volunteer

Coordinator, Rick Anderson & for Medical Rides:

508-430-7550 ext 13

Cranberry Coach COA Van

508-241-1566

Van Drivers: Dan Eldredge & Dana DeCosta

COA Fax Number

508-430-7530

Travel Phone

508-430-4710

Senior Dining Site

508-430-7550

Friends Bus

508-432-6872 please leave a Msg. on their answering machine

Harwich Community Center

508-430-7568

Meals on Wheels

508-430-1991

To cancel a Meal from "Meals on Wheels" call 508-394-4630 ask for the Nutrition Dept. telling them you live in Harwich.

BLUE LIGHT SPECIAL

By Donna Tavano, Elder Affairs Liaison-Harwich Police Dept.



Pet Emergency Plan

Anybody reading this has most likely been enjoying their “Golden Years” for some time. Okay... so sometimes they're a little more brown than gold. But we are enjoying the golden months of September and October, when traffic slows with the departure of tourists and college students, and the weather is generally superb! But even the loveliness of autumn can be hijacked by Mother Nature when she throws a hurricane or two our way.

How do we prepare? We can go to the Council On Aging, the Red Cross or Public Safety agencies and obtain lists of items to stockpile, such as batteries, water, canned food, etc, but there is often much less information available on how to plan for the furry or feathered friends who share our lives. Most folks, regardless of age, refuse to evacuate without their pet, and for a senior who often lives alone, Fido or Fluffy may be their only constant companion.

When, during a community emergency, the Red Cross opens the Cape Cod Tech School for shelter, animals can also be accommodated. They will be kenneled in a designated part of the building. What you need to do now, though, is to make sure your pet is properly inoculated and you have the records to prove it. If you need to make an appointment, do so now. If you cannot afford to do this, contact Kevin Grunwald at the Council on Aging, or me, at the police department, and we will attempt to assist you. If possible, prepare a small pet emergency bag which could include medications, a small amount of food, a collapsible dish and small towel or toy with your scent on it. Keep this in a prominent location.

There are many emergencies other than storm evacuations. You could become ill, injured, or worse and transported to the hospital or rehab. What plans have you made for your little buddy who lives with you? If you have a vet who boards animals: terrific! If you use a boarding facility, make sure they, or your vet, have your credit card on file, in the event that you, your family or friends cannot care for your pet. We are working on a form similar to the File of Life, for pets, but you can accomplish the same result by posting a note or envelope on your fridge, easily seen by rescue or police personnel. This should indicate the number of animals you own, their names, descriptions/ pictures, immunizations, contact people, and where you would like our animal control officer to transport your pet. This is also the place you will list the location of your pet's emergency bag (if you have one.)

We will not know if you have one or four cats if you are not able to speak to us, and animals are often frightened and wary of strangers (us) who have taken their favorite human away from them.

We have known them to hide for days. If we don't know who, or what to look for, they are at risk.

Take some time and give a gift of planning properly to your special friend who has given you so much for so many years.

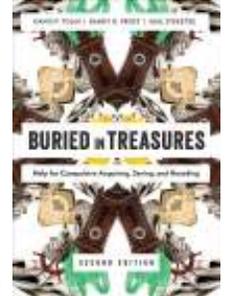


Notes from the Outreach Office

“September tries its best to have us forget summer.” [Bern Williams](#)

On to Fall: Hopefully when you read this you will have started your recovery from what has probably been a hectic two months. The traffic, the long lines, the crowded parking lots and well-meaning guests are all part of the price we pay for living in this beautiful part of the world. Fortunately we know that September and October can be a glorious time to be here, and with the shrinking crowds we can begin to enjoy that special time without all of the hassle that comes with summer. With that hopeful thought in mind, please review some of the activities that will be taking place here through the Outreach Office.

Buried In Treasures: The Harwich Council on Aging will be offering a “Buried In Treasures” support group sponsored by the Cape Cod Hoarding Task Force, starting on Wednesday, September 9, from 2-4. “Buried In Treasures” is a structured program that offers assistance to individuals who have difficulty with hoarding and clutter in their homes. The group meets for 15 sessions over the course of 20 weeks. There is no fee, and a required book will be provided to participants at no charge. If you are interested in participating in this support group please contact Kevin at 430-7551, ext. 12.

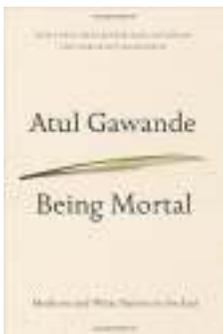


Utility Assistance Workshop: If you are behind in your electric or gas bill, have an unpaid balance, or need assistance making an affordable payment plan, the Lower Cape Outreach Council is offering a free workshop with representatives from Eversource and National Grid. The workshop will be held at 19 Brewster Cross Road in Orleans on Wednesday, September 9 from 10-2. For more information please call 508 240-0694.

Fuel Assistance: The Fuel Assistance program will be starting soon, and some of you may have already received a renewal application. Applications will be available to new applicants sometime in September. We are unable to process applications on a walk-in basis, so please call the Outreach Office at 430-7551 to schedule an appointment once you receive your renewal application. There are a number of documents that you will need to verify income and expenses, and we cannot process your application without all of the required documentation.

Brown Bag Food Program: This is a new monthly food program that provides 13-16 pounds of groceries every month, consisting of 10-12 items including 2 perishable food items. This program is in addition to the bi-monthly government food program that is currently operating. If you are interested in participating, you will need to complete an application and return it to Kevin. The application is required by the USDA. The first food delivery is scheduled for September 4. If you have any questions please feel free to call 508 430-7551; extension 12.

Men's Breakfast: In July we had a great presentation by Dr. Frank Puzio from First Crush Winery here in Harwich, followed by an optional tour of the winery. Newly elected County Commissioner Leo Cakounes returned in August to talk about county government here on Cape Cod. Harwich Town Administrator Chris Clark will join us on September 11 to provide an update on some issues critical to Harwich residents, and we are still waiting to schedule our guest for October 9. The breakfast continues to grow each month, and we encourage you to attend and bring a friend. Breakfast is from 9:00-10:00 AM, and while there is no charge, please contact Kevin at 430-7551 ahead of time to register.



Men's Book Group: The Men's Book group meets on the second Friday of every month, immediately following breakfast. In July we read The Devil In the White City, a fascinating story about the 1893 Chicago World's Fair, followed in August by That Old Cape Magic, a novel by Richard Russo that is primarily set on Cape Cod. In September we will be reading Being Mortal: Medicine and What Matters in the End by Dr. Atul Gawande. All books chosen are generally available at Brooks Free Library. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

Volunteering: Please join us in welcoming our newest volunteers: John Stanford, Lee Doty, Angela Valente, and Alyce Mundy. There are many opportunities to contribute here at the COA including working in the kitchen, covering the reception and greeter desks, becoming a Friendly Visitor, providing telephone reassurance calls, and joining the cadre of medical drivers. If you are interested in becoming a volunteer please contact Rick Anderson, Volunteer Coordinator at 430-7550, ext. 13.

[Sunday, September 13, 2015 is National Grandparents Day!](#)

Enjoy the last days of summer while you can!

Kevin & Rick



HARWICH COMMUNITY CENTER HAPPENINGS

Sept. 18th 10:00-3:00 Red Cross Blood Drive Multi-Purpose Rm.

Oct. 20th 9:00-3:00pm Cape Cod Hospital Blood Drive Multi Purpose Rm.



Sept. 1st. "Take Back Your Health"-topic "Healthy Home" 11:00-12:00 & 6:00-8:00p.m.

October 6th "Take Back your Health" topic TBA same times as above.

Zumba – Tuesday nights, Sept 1, 8, 15, 22, 29 and October 6, 13, 20, and 27th: 5PM-6PM

30/30 Fitness – Sept 3, 10, 17, 24; Oct 1, 8, 15, 22, 29: 5PM-6PM

Harwich Historical Society, Antique Show Sept 5th, 10AM-4PM in the Gym

Dancersize – Tuesdays Sept 1, 3, 8, 10, 15, 17, 22, 24, 29 and Oct 1, 6, 8, 13, 15, 20, 22, 27, 29
4:15PM-5:15PM

Cranberry Rug Hooking – Sept 12th 10AM-2PM



CONCH – Sept 14th 9:30AM-12:00PM in the Gym and Multi-Room

Dance Class – Sept 14, 21, 28 and Oct. 5 and 19: 10AM-10:45AM

Bikeways – Sept 16th and Oct. 21st, 4PM-5PM

Newcomers – Sept 21st 9:30AM-12:00pm

Rug Braiding – Sept. 22, 29 and Oct. 13, 20, 27: 6PM-8PM

Hydrangea Society – Sept. 26:10AM-12PM

Anything But Bridge – Oct 1st: 7PM-9:30PM

Senior Softball – Oct 3rd: 9AM-1PM

Braided Rug Guild – Oct 24th:10AM-3PM

Halloween Party – Friday, Oct 30th:4:30PM

Do you recognize this man? His name is Bruce Hemeon and he is the wonderful man who has been weeding the plant and flower beds at the Community Center alone. You can ask him about everything from nut grass to care of the roses and he can tell you all of it. Thank you, Bruce, for such hard work all summer-we truly appreciate it!



FOOT CARE CLINICS WITH BETTY BRADY

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Friday, Sept.18th and Saturday, Sept. 19th and Friday, October 9th and Saturday October 10th.** Gift Certificates are also available and make a nice gift for a friend or family member. To make your appt. call 508-430-7550 today.



Come ride with us!!

The Bicycle Club continues through the Fall (weather permitting). This is a no-drop ride and an easy pace. If you want to get some great exercise and do it safely on the Bike Path join Kevin Grunwald, Dr. Gregory Wright and Barbara-Anne Foley on Fridays at Brooks Park at 1:00 p.m.-you'll be glad you did!



SPORTS FAN CLUB!



Tuesdays, from 1:00-3:00 p.m. Talk and share stories about local sports Teams, bring in memorabilia to share. ***Special attention given to grieving Red Sox Fans!**** Stop in or call the COA Reception Desk at 508-430-7550 to sign up.



CRIBBAGE IS FUN

The Thursday afternoon cribbage group continues here at the Harwich Council On Aging at 1.PM . Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Contact Rick Anderson, Volunteer Coordinator for more information.

TRIVIA CHALLENGE IS ON!

Trivia Challenge will continue weekly on **Wednesdays afternoons at 1:00 p.m.** This is a very fun and social activity that truly ANYONE can participate in. Even if you don't know the answers it is fun to listen and learn and meet new friends! Please sign up ahead by calling 508-430-7550. Maybe if we get a really great Trivia team we could challenge other local Councils on Aging!

EXERCISE PROGRAMS All classes require a check the first week they begin, made payable to the Town of Harwich, and participants are required to show a valid Massachusetts Driver's License or a Photo I.D. to the instructor. Unless otherwise noted all classes are a show up on "day one" to register and exercise. No pre-registration is required.

DANCERSIZE-MOVEMENT TO MUSIC with Instructor Elaine Spiezio

CLASSES: TUESDAYS & THURSDAYS 4:15 to 5:15 p.m. The fee is \$45 for 4 weeks of classes. **Join Us ANYTIME** for an hour class starting with Mild Chair Stretches. Have some Fun with Low Impact Dancing, followed with a Cool Down Routine to Help Relax and Re-Energize! All done to music that everyone enjoys. **ANYONE CAN TRY – ALL AGES – NO EXPERIENCE NECESSARY!**

SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: SUPERFIT 8:30-9:30 am is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love SENIORFIT 9:30-10:30 am. **Next session begins Sept. 9th for six weeks (12 sessions) to October 13th: Fee (\$38).** Register now to reserve a space by contacting Charlie at 508 432-0370. Also ask how you can try out a free demo class.

MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: Sept. 4, 11, 18, 25 and Oct. 2, 16, 23, and 30th: 9:00-10:15 a.m., the cost is \$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at krmarin@msn.com or call 508-430-8623.

YOGA ON THE BEACH!

Red River Beach - offered **daily 7:30 - 8:45am**

Ends September 7, 2015 west end of red river beach Harwichport. Kripalu yoga teacher Michele Insley offers classes for all levels. No experience or registration required. Please bring a beach towel or blanket; classes are cancelled on rainy days.

\$10 per session \$100 for 11 sessions, sponsored by the Harwich Recreation Department .

HATHA YOGA WITH MICHELE INSLEY HATHA YOGA - Kripalu yoga teacher Michele Insley offers a compassionate, gentle approach to yoga. Postures and breath become tools to release tension, stretch and strengthen the body and increase self awareness. Each class ends with time for relaxation.

Classes begin **Sept. 8th** every Tuesday, Thursday & Saturday, from **9-10:30 am** Cost is \$15 per session, \$60 for 6 sessions. For more information please contact Michele Insley, RYT-500 at micheleinsley@gmail.com or 508-360-7227.

TAI CHI/CHI GUNG-GEOFFREY CARLSON The Tai Chi/Chi Gung class will continue focusing on the Yang-Style 37 Move Short Form, with additional Chi Gung practice. Six week course fee: \$42 or \$7 per class. This class combines the slow movements inspired by Tai Chi and Chi Gung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness" – remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor is Geoffrey Karlson. The class meets on **Tuesdays, 10:30-11:30.**

THIS PAGE FOR Sept. MENU

Sent in PDF separately

THIS PAGE FOR Oct. MENU

Sent in pdf separately

BREAKFAST AT EPOCH OF HARWICH-JOIN US!!

HARWICH—EPOCH Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, Sept. 25th at 8 a.m. and Friday, October 30th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. EPOCH is located at 111 Headwaters Drive just off Route 124.



Technology Tuesday Resumes

Bring your device (tablet, laptop, eReader, cell phone, etc) and get your questions answered. Whether it's how to adjust the settings, perform a specific function like download an app, or just to get a quick overview, we will do our best to help you learn more about your device. For more information about this service, please contact Staff Librarian Emily Milan at emilan@clamsnet.org or by phone, 508-430-7562 ext. 4. The next dates will be **Sept. 8th & Oct. 13th** immediately after the conclusion of the 11:30 p.m. Senior Dining Lunch Program. Held in the COA lobby glass room.

NEW ALZHEIMER'S SUPPORT GROUP FOR PATIENTS AND FAMILIES

The Alzheimer's Family Support Center of Cape Cod and the Harwich Council on Aging are partnering to offer a **NEW** Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Wednesday, Sept. 2 and 16 and Oct. 7 and 21**. An activity group for people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered **FREE OF CHARGE**, thanks to the generous support of the "Remembery Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN, Activity group facilitator: Gail Bunnell. For more info., to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170**.

CRANBERRY COACH VAN SCHEDULE

MONDAYS ARE SUPPER CLUB NIGHT SERVING AT 5:00 P.M.

Mondays: Sept 7th Labor Day-No Van Service. Sept. 14th Market Basket Trip Sept. 21st Patriot Square Plaza & Harney's Plaza Lunch at Burger King. Sept. 28th Walmart. Oct. 5th Cape Cod Mall & Kmart Mall Lunch at Panera's. Oct. 12th Columbus Day-No Van Service. Oct. 19th Market Basket Oct. 26th Orleans-TJMax Store & Christmas Tree Shop Store

Tuesdays: Senior Dining Program & Shaw's in afternoon.

Wednesdays: Senior Dining Program and Stop & Shop in afternoon

Thursdays: Senior Dining Program & Stop & Shop & Harwich Food Pantry in the afternoon monthly. **Farmer's Market as Schedule Permits (call the Driver if interested)**

Fridays: Senior Dining Program and Current Events at Brooks Library

The Cranberry Coach will transport to and from any COA Program as well as bring Volunteers to COA to work. All **Monday Trips must have a minimum of 6 to make the trip**. Call 508-241-1566. You must call by the day before to make your reservation for the van for any program.

Harwich Council on Aging Travel Club Hours: Mon – Fri 10 a.m. -2 p.m. 508-430-4710

SEPTEMBER & OCTOBER TRIPS Trips with Funtastic Getaway

Thursday, Sept. 10th

Scenic cruise of the Thimble Islands off Connecticut's coast. Explore the Gillette Castle and enjoy a delicious lunch at the USS Chowder Pot. \$115

Monday, September 14-17th

Tour the Magnificent Mansion from the Gilded Age of New York's Hudson Valley. A 90 min. tour of West Point, stop at The Brotherhood Winery, enjoy a scenic Hudson River Cruise past millionaires estates and sleepy villages, plus so much more. \$755/ppdo \$939 single

Thursday, Sept. 19th

All you can eat buffet lunch at the Newport Playhouse, followed by the Comedy Show, THE ODD COUPLE and a hilarious cabaret show! \$129

Saturday, Sept. 26th

NYC – Visit One World Observatory in the World Trade Center Building and shopping in lower Manhattan. \$120

Wednesday, Oct.7th

Vermont Foliage & Fun – Visit "little grand canyon" Woodstock, The Rockefeller Mansion. \$79

Thursday, Oct. 8th

New England Fall Foliage, Festivals, & Fun – travel the Kancamangus Hwy to the heart of the White Mountains, visit Jackson Falls, festivals, and so much more. \$585/ppdo \$747/single

Monday, Oct. 12 -14

The Many Colors of Vermont – Visit Rock Ages, enjoy a scenic tour of Lake Champlain, and take in the views from the Mountaintop Inn and so much more! \$529/ppdo \$627/single

Friday, October 16

Connecticut's Cultural Coastline with Florence Griswold Museum. The day begins at the Good-speed Opera House, full lunch at the Old Lyme Inn. Trip includes a 1 hr. docent tour of the Florence Griswold House & Museum. End the day with a wine tour & tasting at Stonington Vineyards. \$125

Thursday, Oct.22

Salem Haunted Happenings! Enjoy the Haunted 1hr guided Footsteps Ghost Tour, visit the Salem Witch Museum, lunch is at the historic Hawthorne Hotel leaving free time to browse the quaint shops of Salem. \$109

Wednesday, Oct. 21

Mangia! Mangia! Boston's north End Culinary Tour. Visit Little Italy and experience Michele Topor's original North End Market Walking Tour (approx. 2 hrs) Discover the pasticcerias & learn to fill and enjoy your own cannoli. Visit an authentic salumeria in search of olive oil, balsamic vinegar, pasta & imported cheese. Free time at Faneuil Hall & Quincy marketplace. Dress for the weather & wear comfortable walking shoes. \$105

SHINE NEWS....

Open Enrollment is just around the corner so don't delay!

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for 2016.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan. This change takes effect January 1, 2016. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast! Call the Harwich Council on Aging at 508-430-7550 and make an appointment with a SHINE counselor for this year's open enrollment.

Reiki Treatments

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20- minute treatment. Next Reiki Clinic will be on **Tuesday, Sept. 15th and Tuesday, Oct. 20th by appt.** To experience the healing energy of Reiki, call 508-430-7550 **to schedule an appointment** with Diane.

REIKI TREATMENTS FOR CAREGIVERS

Reiki Treatments for Caregivers and those they care for are being offered on the following dates, **Fridays: September 18th, October 16th and November 13th from 6:00 p.m.-8:00 p.m.** in the Multi-Purpose Room at the Harwich Community Center. Treatments will be VOLUNTARILY provided by Diane Thibodeau and Practitioners who

have been trained by her at Touch of Peace, Healing Art of Reiki. **Pre-registration is required** and can be easily done by simply calling 508-430-7550 to make your appointment. For an explanation of Reiki treatments please see above.



PLEASE DO NOT MISS THIS SUPPER CLUB CONCERT WITH THE SOUND DUNES SWING ENSEMBLE!!



Mark your calendars now-seriously! For Monday, November 23, 2015 for our Supper Club evening of entertainment with "The Sound Dunes Swing Ensemble! You can just eat supper and listen or if the music moves you feel free to get up and dance! Jim Stamboni and the Sound Dunes Swing Ensemble will be here at 5:15 p.m. just after the Supper Club meal is served at 5:00 p.m. Please come and bring your friends and family!



Supper is \$5.00 and the next newsletter will have what is on the Menu to be served for that evening. [Reservations are required!](#) To make your reservation, please call 508-430-7550.

HOW WOULD YOU LIKE TO PLAY THE GAME "NAME THAT TUNE-" LIVE??

"THE SOUND DUNES SWING ENSEMBLE" ASKED US IF WE WOULD BE INTERESTED IN HOSTING AN **EVENING** OF "NAME THAT TUNE" WITH LIVE MUSIC!!! IF YOU ARE INTERESTED, PLEASE CALL AND LEAVE COA DIRECTOR, BARBARA-ANNE FOLEY EITHER A VOICE MESSAGE AT 508-430-7550 OR AN EMAIL TO: bfoley@town.harwich.ma.us

FROM BROOKS LIBRARY

Saturday, Sept. 26 - 2:00 p.m.

Frank & Chev: Jazz, Soul & Blues

Frank Poranski and Chev Hardy have been performing together for five years on and off the Cape. The cool, stripped-down jazz, soul, and blues sounds of Chev Hardy and Frank Poranski have thrilled Cape Cod audiences for four years now. Don't miss their beautiful vocals, spare guitar, and jazzy vibe!

Sunday, Oct. 5, 2015 - 2:00 p.m.

Highlights From Favorite Broadway Musicals

Highlights From Favorite Broadway Musicals with Mark Bornfield and D'Jamin Bartlett. Sponsored by the Friends of Brooks Free Library. Light refreshments will be served following the program.

Saturday, Oct. 24 - 2:00 p.m.

Prehistoric Cape Cod

Come join prehistoric archaeologist, Mark Horvath, as he guides you through the last 15,000 years of history, using artifacts and the archaeological record to paint a picture of prehistoric Cape Cod. The talk will be followed by a flintknapping demonstration and a discussion. Part of Massachusetts Archaeology observance by the Massachusetts Historical Commission.

A HARWICH HISTORICAL PERSPECTIVE!!

This is the second entry in our new column we have added to the Community Center Newsletter, that features a historical figure in Harwich that you may or may not know about. We have some ideas for a few newsletters ahead, but if you have ideas-we'd love to hear from you.

Historic Harwich: Fred Crowell

Frederick W. Crowell was born in Harwich in 1923 and was a baseball star for Harwich High School, as was his father before him. Fred then signed a professional contract with the old Boston Braves prior to attending the University of Alabama. He stayed at Alabama for a year and then enlisted in the United States Navy during WWII and became a fighter pilot on the aircraft carriers USS Yorktown and USS Hornet. During training he played on the US Navy baseball team which included the likes of Ted Williams, Johnny Pesky and Johnny Sain. Fred has always kept an autographed picture of that team in his home close to his heart and several years ago he took a print of it to the Ted Williams Baseball



Museum in Florida. The museum closed and the print is now showcased for visitors to see at Tropicana Field, home of the Tampa Bay Rays (a copy is also on the wall of the Hot Stove Saloon on Main Street in Harwich Port-and pictured below).

Fred married his high school sweetheart, Carolyn Grayson Crowell, during the war and upon returning home to Harwich decided to raise a family rather than pursuing his baseball career. He also went to work with his father and brother in the family construction and crane business. Fred never lost his love for baseball, however, and played for many years for the old Harwich Town team where his sweet left-handed swing and power hitting were legendary. That Town Team has now evolved into today's Harwich Mariners entry in the Cape Cod League. Fred was also an active member of the Harwich Athletic Association for many years beyond his retirement from playing baseball and in the late 1960's when Ben Whitehouse agreed to donate the funds for the lights for a

new baseball field, Fred's construction business was awarded the contract and Fred and his family constructed the showcase field we now know as Whitehouse Field. Fred also participated in the construction of the Harwich Little League Field on Oak Street across from the Community Center. In 2014, one of the baseball fields behind the Harwich Community Center was dedicated to Fred Crowell now called the Fred W. Crowell Baseball Field.



HALLOWEEN PARTY FLYER SENT AS A PDF

Friends of the Harwich Council on Aging



Mission: To Support the Harwich Council on Aging, in ways not available by Town budget and to provide for Senior needs and programs.

A Non-Profit 501C3

Membership dues, donations, bequests, fundraisers support this mission.

Sept./October 2015

Jack Brown, FHCOA President

As we near the end, unofficially, of Summer, it's time to reflect on activities held in Harwich and surrounding towns and to hear about and discuss any new ideas you might have for added Summer and Fall activities that seniors would likely enjoy.



Memorial Day saw solemn ceremonies honoring our service men and women who gave their "last full measure" in fighting to protect our freedoms. As always, there were parades and wonderful fireworks on July 4th. Labor Day was a fun weekend and saw the end of the crush of tourists who benefit our Cape economy so much. There were craft shows galore, with endless hot dogs and burgers to sate the largest appetite. Antique shops, clam shacks, farmers' markets, and "music strolls" were enjoyed by many.

Still, some of you may have more suggestions to further heighten our Fall Season fun. Send them to us here at the Friends of Harwich Council on Aging and we'll see what we can do to get considered by the right volunteers and Town departments.

Finally, once again, I must ask you for 2-3 Board volunteers to help us run our small but important group. If you are interested, please call me at 508-432-5956.

Enjoy the Fall,

Jack Brown-President

Membership Form 2014-2015

Checks Payable: FHCOA **Attn: Andrea Terney, Treasurer**
100 Oak Street, Harwich, MA. 02645

Member: _____ Annual/Individual: \$5.00 _____

Member: _____ Lifetime/Individual: \$40.00 _____

Address: _____ Phone: _____

Email: _____

Additional Donation Appreciated: \$ _____

Designated for: Minibus Operation _____

Senior in Need Support _____

Board of Directors

Jack E. Brown, Chairman
Andrea Terney- Treasurer
JoAnne Brown, Secretary

Bob Widegren

Nan Bailey

Council on Aging Board

Adrienne Johnson -Chair

Joe Johnson-Vice Chair

Ralph Smith

Lee Culver

Michael Smith

Richard Waystack

The COA Board is currently looking for 1 NEW COA Board Member!

COA Disclaimer

The Harwich COA offers many legal, financial, medical, recreational and other services and /or activities by volunteers or nominal cost practitioners. Seniors participating in those services do so with the understanding that the Harwich COA, the Town of Harwich or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

**Harwich Council on Aging
Mission Statement**

The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.

Office of Elder Affairs

provided by the Executive

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"In matters of style, swim with the current; in matters of principle, stand like a rock." - Thomas Jefferson

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