

# EASTHAM SENIOR CENTER

## WINDMILL WHISPERINGS

### “Grist for Thought”

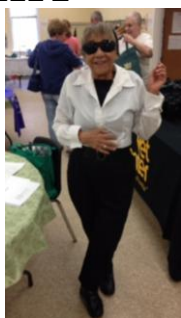


## July-August 2016 Issue

### IN THE SPOTLIGHT

#### ANNUAL HEALTH FAIR

Our 9<sup>th</sup> successful year! All who stopped by enjoyed lunch, raffle prizes, health screenings, and more! Many people mentioned that they enjoyed the fair and that it was very informative! Thanks to those who attended, our vendors, and of course our volunteers!



#### MULTIGENERATIONAL CHORUS

The Chorus comprised of the Eastham Elementary School's 4<sup>th</sup>/5<sup>th</sup> grades, The Alzheimer's Family Support Center of Cape Cod, *The Gathering Place*, and the Eastham Senior Center raised their voices in song on June 8<sup>th</sup>. The choir meets the 2<sup>nd</sup> and 3<sup>rd</sup> Wednesday morning from 9:45-10:45. Join us!



#### BARNSTABLE COUNTY FAIR TRIP

On Wednesday, July 20<sup>th</sup>, we will have a van going to the Barnstable County Fair. The roundtrip cost is \$10 and senior admission is \$9. RSVP to 508.255.6164.

#### MASTERPIECE SERIES

If there is enough interest, we will offer a van to the Cape Cod Masterpiece Series concerts. The roundtrip cost will be \$10 per person. RSVP to 508.255.6164.

#### WERE YOU BORN IN EASTHAM?

We are looking for the oldest person that was born in Eastham and still resides here. If this is you or someone you know, please call us at 508.255.6164.

### UPCOMING PROGRAMS

#### FRIDAY LOBSTER ROLL LUNCHEONS

<b>July 15<sup>th</sup></b>	<b>10:30 am</b>	<b>Julie Charland</b>
<b>August 19<sup>th</sup></b>	<b>10:30 am</b>	<b>Paul Ashley</b>
<b>September 9<sup>th</sup></b>	<b>11:30 am</b>	<b>Banjo Band</b>

Enjoy entertainment, Arnold's famous lobster roll, coleslaw, Cape Cod potato chips, a glass of iced tea, and dessert — all for just \$10.00! Space is limited; call 508.255.6164 to reserve your spot! **Reservations and pre-payment are required at least 2 weeks prior to each event date. Thank you!**

#### WICKED GOOD WEDNESDAY LUNCH AND SUMMER BINGO!

<b>July 27<sup>th</sup></b>	<b>12:00 pm Lunch</b>	<b>1-3 pm Bingo</b>
<b>August 24<sup>th</sup></b>	<b>12:00 pm Lunch</b>	<b>1-3 pm Bingo</b>

If there is enough interest, we would like to bring BINGO back to the Senior Center! If you are interested in playing please call us at 508.255.6164. Bingo will begin after “Wicked Good Wednesday Lunch” on the 4<sup>th</sup> Wednesday of the month. Lunch is \$3 and there is no charge for Bingo. Call for menu and to reserve your spot, 508.255.6164.



### SUMMER TIP

The use of a bug repellent can help reduce the tick-borne illness. The EPA developed the images above to help determine the effectiveness of a bug repellent with active ingredients such as Deet, Picaridin, IR3535, Oil of Lemon Eucalyptus, “Herbal” or Botanicals and Permethrin. For more information, call 508.375.6642.

### STROKE SUPPORT GROUP

If you or someone you know is interested in joining a “Stroke Support” group, please call us at 508.255.6164.

### WICKED GOOD WEDNESDAY LUNCH & SUMMER BINGO, 7/27 & 8/24!

## THINGS TO DO

TO SIGN UP CALL 508.255.6164.

### INTERNET/COMPUTERS AVAILABLE

We have a free computer center, open to the public weekdays from 8:00-3:30. Please note our computer class will not be meeting until further notice.

### MAH JONGG

**Mondays & Wednesdays 12:30 pm**

Are you an avid Mah Jongg player? Bring your tiles and join us for a fun afternoon. Call ahead for game details.

### NAUSET PENS

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 9:30 am**

**July 5, 19 & August 2, 16**

Are you a writer? Join us and receive feedback on your project. All genres welcome! Limited space available.

### OPEN BRIDGE

**Thursdays 12:30 pm**

Are you an experienced bridge player? Join us and make some new friends while you better your skills. Call ahead for game details.

### RUG HOOKERS

**Mondays 9:30 am**

Bring your project and join us for a rug hooking session.

### YARN CLUB

**Mondays 2:00 pm**

Do you knit? Crochet? Meet new people while you make beautiful things. Experts and beginners welcome.

## SENIOR CENTER NEWS

### FORT KNOX MEMBERS

Did you know that we have 260 couples who have been married over 50 years?! Stop by the center and take a peek at our framed "Fort Knox" club member board! We are always anxious to add to our growing list! To register your names, please call us at 508.255.6164.

### MEMORIAL PLAQUE

The Senior Center offers a memorial plaque for members that have left us. We often receive donations in honor of past members, and with a minimum \$25 donation to the Center, we place the late person's name on our board. Stop by to see how many wonderful members have been with us throughout the years!

## ELDER LAW ATTORNEY

**4<sup>th</sup> Wednesday July 27 & August 24**

To schedule an appointment with our pro bono Elder Law Attorney, Tom Kosman, call 508.255.6164. He is only here once a month. Appointments are required.

## VOLUNTEERS

TO VOLUNTEER CALL 508.255.6164.

### NEWSLETTERS, NEWSLETTERS

We still mail the newsletter, but for those who prefer a digital copy, please call or stop by to provide us with your email address. Hard copies of the newsletter are always available at the Center. We also need your help assembling the newsletter. If you would like to help us, please stop by or call us at 508.255.6164.

### FECO A THRIFT SHOP

Stop by the FECOA Thrift Shop, located at 580 Massasoit Road, Monday, Tuesday, Thursday-Saturday from 10am-3pm. The shop has everything you are looking for and more! Or stop by to find out how you can volunteer!

The FECOA Thrift Shop really needs your help sorting through donations on Wednesday mornings. The shop is looking for volunteers from 9 am - 11 am. If you are available please call the shop, 508.255.0264 or the Senior Center, 508.255.6164.

### FECO A TRIP COORDINATOR WANTED

The FECOA is still looking for a new trip coordinator. This program is a fundraiser for the FECOA. If you are interested in volunteering, please call Pat Lariviere at 508.255.9896. We really need your help!

## THE GATHERING PLACE

Open 8 am - 2 pm Monday, Wednesday-Friday (closed Tuesday)...enjoy music, delicious meals, road trips, exercise, cultural programs and more! To join us call, 508.255.6734. We could also use a hand at the center. Are you a retired health care professional, or do you enjoy helping others? If you are interested in helping, please call Jill at 508.255.6734.

## HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each contain the same four letters in different order.

### A STRANGE FELLOW

There once was a man in Killarney.

Who could \_ \_ \_ \_ like a top-that's no blarney!

He put \_ \_ \_ \_ on his shirt. Pretty snappy.

And used \_ \_ \_ \_ of booze to feel happy.

The solution to last issue's puzzle *Hunger* is: The lady paces to and fro./ Another joins her what a show! The wind blows their capes up high./ Through plenty of space in the endless sky!

The following people called in the correct answer: Henriette Camp, Jerry Hequembourg, Kaye Richardson Irma Vincello and Jean Snow.

## OUTREACH NEWS

### SUMMER IS HERE!

**Cindy Dunham LPN, 508.240.2327**

As anyone living on Cape Cod knows, officially summer shows up in July! How glorious it is to have the beautiful, warm sunshine. That wonderful scent of salt air is oh so alluring! Sometimes it's just enough to enjoy it in our very own back yards, or venture out to a beach to perhaps take a dip in the water, and take in the wonders of nature!

Flowers are in full bloom all around, the grass is enveloping yards in an awesome green blanket, and the trees' leaves provide us with a cool, comfortable shade when we need it! If you listen carefully, on a calm summer's eve, you just may hear peepers and maybe even an owl hooting as it's perched high up in a tree. It is our sincere wish here at Senior Center that you all enjoy the summer to its fullest. May you all find some peace, happiness, and joy! Here are a few helpful summer tips:

- ✓ Stay hydrated! Drink at least five 8 oz. glasses of water in addition to other liquids.
- ✓ Use sunscreen: it's a must!!
- ✓ Try to avoid long exposure to the sun.
- ✓ Light meals are in order as well. Try to eat salads prepared with fresh vegetables...perhaps topped off with some chicken, tuna, or ham for protein!

## OUTREACH PROGRAMS

### BLOOD PRESSURE READINGS DAILY

Available during business hours. Please call ahead to confirm Cindy is available, 508.240.2327.

### CAPE LIGHT COMPACT 11:00 AM

**Friday, August 12**

Join Austin Brandt, Cape Light Compact power supply planner for "understanding your electric bill and options".

### HURRICANE/EMERGENCY TIPS

Join a representative from a local emergency team to learn about what to do and where to go in a hurricane or other emergency. Call 508.240.2327 for date/time.

### MOVIE FRIDAY 12:30 PM

**Fridays, July 8, 22 & August 12, 26**

Cool off in the AC, relax, enjoy a movie and treat yourself to delicious snacks!

### WICKED GOOD WEDNESDAY LUNCH & SUMMER BINGO 12:00 PM / 1:00 PM

**4<sup>th</sup> Wednesday \*July 27 & August 24**

After "Sit & Be Fit" class. For just \$3 enjoy an entrée, dessert & beverage! In July and August we will play bingo after lunch. To RSVP call 508.255.6164.

## THE ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD OFFERINGS:

**CAREGIVER SUPPORT GROUP 10:30 am**

**1<sup>st</sup> & 3<sup>rd</sup> Thursday, July 7, 21 & August 4, 18**

Facilitated by Molly Perdue. Open to all!

**SUPPORT CHOIR**

**9:45-10:45 am**

**2<sup>nd</sup> & 3<sup>rd</sup> Wednesday, July 13, 20 & August 10, 17**

Brings together people with cognitive impairment, caregivers, and children. All are welcome to sing along!

### DAY CENTER SCHOLARSHIP

For help, call *The Gathering Place*, 508.255.6734.

### FREE ONLINE COUNSELING SERVICE STUDY

To participate in the NYU Caregiver Counseling Intervention Study (a free online counseling service connecting spousal caregivers and their families with trained AD/dementia counselors), please call 508.896.5170.

## TOWN OFFERINGS

### FIRE DEPARTMENT, 508.255.2324

The Fire Department is here to help...

- Provide a home safety visit (non-summer months)
- Install key lockbox (small fee for lockbox) Change batteries in smoke detectors.
- Put up house numbers to locate your home easily.

### POLICE DEPARTMENT, 508.255.0551

#### CHILD CAR SEAT INSTALLATION

Officer Adams is a certified Child Passenger Safety (CPS) Technician. To schedule an appointment to have a car seat installed contact him at [jadams@eastham-ma.gov](mailto:jadams@eastham-ma.gov) or 508.255.0551.

#### REASSURANCE LINE

Do you or a loved one live alone? Consider the Reassurance Program to check in with someone daily. For more information call Cindy at 508.240.2327.

#### TRIAD-NEIGHBORHOOD WATCH

Meetings are held on the 1<sup>st</sup> Tuesday in the months of March, June, September and December. For information or to volunteer, call Officer Adams at 508.255.0551.

### PUBLIC LIBRARY, 508.240.5950

The library is temporarily housed at the Town Hall, located at 2500 Route 6. For schedule information log onto [www.easthamlibrary.org](http://www.easthamlibrary.org) or call 508.240.5950.

### RECREATION AND BEACH, 508.240.5974

A few summer offerings. Check the calendar for more!

- ✓ **Paddle Board:** First Encounter Beach in the months of July and August (\$40 per person).
- ✓ **Pickle Ball:** The Field of Dreams (courts behind Town Hall) have been marked and all equipment is available.
- ✓ **Tennis:** Reservations available at the Nauset Regional High School Courts.
- ✓ **Yoga:** At First Encounter Beach in the months of July and August (\$10 per class).

# **HEALTHY YOU**

**Janet Reinhart, Exercise Instructor**

## **BACK STRETCHES**

- 1. Holding on to counter or railing, stretch back.**



- 2. Still holding on, arch forward and up. Repeat a few times.**



- 3. Turn around, hands on support, gently arch back**



- 4. Tight calf muscles are one reason for stiff backs. Drop heel off step and hold for 20 seconds.**




- 5. Raise leg and squeeze shoulder blade in and down and hold. Repeat 3-5 times for strengthening.**



- 6. Side stretch hip. Push hip to side, raise rib cage, lengthen spine.**



# JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 				1
<b>4<sup>th</sup> OF JULY</b>  <b>CENTER</b>  <b>CLOSED</b>	<b>5</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>9:30</b> Nauset Pens <b>12:00</b> Life Exercise	<b>6</b> <b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg	<b>7</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>10:30</b> Alzheimer's Caregiver Support <b>12:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>8</b>  <b>12:30 Free Movie</b>
<b>11</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>12</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>12:00</b> Life Exercise	<b>13</b> <b>9:15</b> Mass Rehab Appts. Library <b>9:45</b> Family Support Choir <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg	<b>14</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>12:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>15</b>  <b>10:30 Lobster Roll Luncheon</b> <u><b>RSVP</b></u> and <b>pre-payment</b> <b>required</b>
<b>18</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>19</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>9:30</b> Nauset Pens <b>12:00</b> Life Exercise	<b>20</b> <b>9:15</b> Mass Rehab Appts. Library <b>9:45</b> Family Support Choir <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg	<b>21</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>10:30</b> Alzheimer's Caregiver Support <b>12:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>22</b>  <b>12:30 Free Movie</b>
<b>25</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>26</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>10:00</b> Pedicare <b>10:30</b> KDC <b>12:00</b> Life Exercise	<b>27</b> <b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:00</b> <b>Wicked Good</b> <b>Wednesday</b> <b>Lunch~RSVP</b> <b>1:00</b> Summer Bingo <b>12:30</b> Attorney <b>12:30</b> Mah Jongg	<b>28</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>12:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>29</b>

# AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>2</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>9:30</b> Nauset Pens <b>12:00</b> Life Exercise	<b>3</b> <b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg	<b>4</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>10:30</b> Alzheimer's Caregiver Support <b>12:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>5</b>
<b>8</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>9</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>12:00</b> Life Exercise	<b>10</b> <b>9:15</b> Mass Rehab Appts. Library <b>9:45</b> Family Support Choir <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg	<b>11</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>12:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>12</b> <b>12:30</b> Free Movie
<b>15</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>16</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>9:30</b> Nauset Pens <b>12:00</b> Life Exercise	<b>17</b> <b>9:15</b> Mass Rehab Appts. Library <b>9:45</b> Family Support Choir <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg	<b>18</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>10:30</b> Alzheimer's Caregiver Support <b>12:30</b> Open Bridge	<b>19</b> <b>10:30</b> Lobster Roll Luncheon <u>RSVP</u> and pre-payment required
<b>22</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>23</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>10:00</b> Pedicare <b>12:00</b> Life Exercise	<b>24</b> <b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>12:30</b> Attorney <b>12:00</b> Wicked Good Wednesday Lunch~RSVP <b>1:00</b> Summer Bingo	<b>25</b> <b>8:00</b> Yoga <b>9:30</b> T'ai Chi <b>12:00</b> Life Exercise <b>12:30</b> Open Bridge	<b>26</b> <b>12:30</b> Free Movie
<b>29</b> <b>9:00</b> Rug Hooking <b>9:00</b> Easy Yoga <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg <b>2:00</b> Yarn Club	<b>30</b> <b>8:00</b> Yoga <b>8:30</b> Market Van <b>10:30</b> KDC <b>12:00</b> Life Exercise	<b>31</b> <b>9:15</b> Mass Rehab Appts. Library <b>11:00</b> Sit/Be Fit <b>12:30</b> Mah Jongg		

## FECOIA TRAVEL SECTION

**RSVP to Pat Lariviere at 508.255.9896. Trips are a FECOA fundraiser and must be booked with Pat to receive credit. Pricing is per person/double occupancy. Trips include motor coach transportation (unless otherwise noted). Fliers are available at the Senior Center.**

<b>BOSTON DUCK TOUR:</b> <i>DUCK</i> tour of Boston with full lunch at Maggianos & gratuities for meals, tour guide/driver.	July 9	\$107
<b>NEWPORT PLAYHOUSE</b> <i>"A WHOLE LOT OF CHEATING GOIN' ON"</i> : Comedy and cabaret show, full LOBSTERFEST lunch buffet& gratuities for meals, tour guide/driver.	July 19	\$111
<b>SUMMER HOLIDAY IN WOLFEBORO:</b> Lunch a Wolfeboro Inn, cruise, shopping & gratuities for meals, tour guide/driver.	July 25	\$110
<b>BOOTHBAY HARBOR:</b> 2 nights at Boothbay Harbor Inn, 2 full breakfasts, one dinner, lobster clambake, tours of Ocean Point;Boothbay Harbor Cruise; Botanical Gardens, shopping in Freeport & gratuities for meals, tour guide/driver.	July 22-24	\$529
<b>THE CANADIAN MARITIMES &amp; CABOT TRAIL:</b> CAT cruise to Yarmouth, 1 night at Rodd Grand Resort, 1 night at Hampton Inn Saint John NB, 2 nights at Hotel on Pownal, 2 nights at Auberge Hotel Halifax, full breakfast, 3 dinners, 1 lobster bake, 2 lunches, guided tours of Halifax City & Annapolis Valley. Valid passport required.	Aug. 3-11	\$1859
<b>SARATOGA SPRINGS RACING:</b> 2 nights Queensbury Hotel, 2 breakfasts, 1 dinner, 1 lunch, Tours of Saratoga Winery, Backstretch Tram Tour, National Museum Admission and Grandstand seating at Saratoga Race Track and more! Gratuities for included meals, tour guide/driver gratuities.	Aug. 20-22	\$545
<b>NORTH SHORE MUSIC THEATER</b> <i>"SINGING IN THE RAIN"</i> : Inner circle seating for the show, full lunch at Calitris & gratuities for meals, tour guide/driver.	Aug. 17	\$135
<b>VIKING ATLA ROMANTIC DANDUBE RIVER CRUISE:</b> <u>Book now for this 2017 cruise! FREE AIRFARE IF YOU BOOK BEFORE JUNE 30, 2016 (SAVE \$1,000 PP)!</u> Flight from Boston to Nuremberg. Return flight from Budapest to Boston. Cruise departs Nuremberg and visits Nuremberg-Main-Danube-Canal, Regensburg, Kelheim, Passau, Krems, Vienna and ends in Budapest. Price includes cruise/meals and flights. For reservations, call Russ Moehlich at 508.255.7076.	Mar. 25-Apr. 2	\$3,339

## FECOIA MEMBERSHIP APPLICATION JULY 1, 2016 - JUNE 30, 2017 (FY17)

**The address label on this newsletter indicates when your FECOA (Friends) membership expires. If it says LF you are a life member. If it says FY16 or earlier, your membership has or will expire soon. The new fiscal year FY17 starts on July 1, 2016. Please renew your membership at your earliest convenience. To receive your membership card, please send a self-addressed stamped envelope, or stop by the Center to pick it up. Checks should be made payable to FECOA.**

NAME(S) _____		\$5/PP (annual) or \$25/PP (lifetime)	\$_____
DOB _____	DOB _____	\$5/PP (annual) or \$25/PP (lifetime)	\$_____
New ____	Renewal ____	Donation	\$_____
		<b>TOTAL</b>	\$_____
MAILING ADDRESS _____		HOME ADDRESS _____	
TELEPHONE _____		EMAIL _____	
FOR OFFICE USE ONLY: ____card given/sent ____cash/check#____ check date____ Database input			

The Friends of the Eastham Council on Aging, Inc.  
Eastham Council on Aging  
Box 1203  
North Eastham, MA 02651

Non-Profit  
Presorted Standard  
U.S. Postage Paid  
Permit 51  
Orleans, MA 02653

## Current Resident Or



## EASTHAM SENIOR CENTER

1405 Nauset Road, PO BOX 1203, North Eastham, MA 02651

Senior Center: (508) 255-6164

COADirector@comcast.net

Outreach: (508) 240-2327

cindyoutreach@comcast.net

Day Center: (508) 240-6734

LCADC@comcast.net

### SENIOR CENTER/OUTREACH STAFF

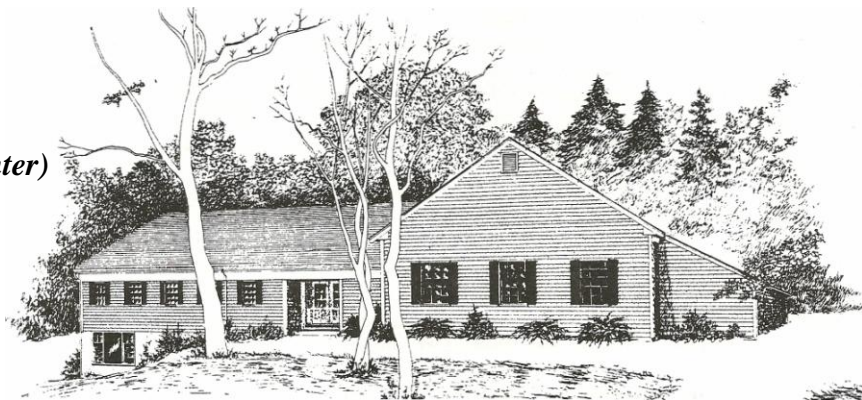
Sandra Szedlak.....Director  
Cindy Dunham.....Outreach Coordinator  
Dorothy Burritt.....Secretary

### DAY CENTER STAFF (co-located with Senior Center)

Jill Benelli.....Director  
Brianna LePage.....Activities Director  
Marianne Earley.....ESCCI Program Aide

### MEDICAL VAN DRIVERS

George Civita	Ron Edson	Dana Franchitto
Tom Hawko	Paul Langlois	Bob Nazarian



**Mission Statement:** Established in 1974, our mission is to promote the well-being and independence of adults 59 and older. The Eastham Senior Center provides multi-purpose programs (health, educational, social, and recreational), as well as supportive daycare, transportation, and outreach for this purpose. Our continuing goal as community resource is to maintain and enhance a quality independent lifestyle for our senior population by meeting their current and future needs.

## BUSINESS SPONSORS

Cape Cod Five Cents Savings Bank  
Eastham Veterinary Hospital

Eastham Discount Oil  
Kerry Insurance

Eastham Superette  
Seamen's Bank