



COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a list of virtual programs open to all.

MASTER GARDNER PRESENTATION: "Continuous Color" Monday 1/11 @ 1pm (via Zoom)

While we all enjoy the exuberance of the summer garden there are plants that enhance our gardens throughout the year. This talk incorporates some basic landscaping principles and features plants that bring splashes of color to our gardens throughout the seasons. Some of these will be familiar favorites and others might bring some new ideas to your year-round garden. Presented by Cherie Bryan, current President of the Barnstable County Master Gardeners program. In becoming a master gardener, she was delighted to learn that the lessons she learned as a child following her father in the family garden were backed up by the science-based approach of the Master Gardening program. She enjoys continuous learning in the program. Her current gardening interests are roses, a salad garden in raised beds, and nurturing the shrubs, trees and flower beds around her home in Orleans.

To register call the Chatham COA at 508-945-5190.

CHATHAM COA BOOK CLUB...All Are Welcome! Wednesday 1/13 @ 11 am (via Zoom)

"A Piece of the World" by Christina Baker Kline

Come join our newly formed live book club on Zoom, led by Liz Walker. In our live book club conversations, readers will come together to connect and discuss thoughts and ideas. Our first selection is "A Piece of the World" by Christina Baker Kline. Available in paperback, Kindle and Audible editions on Amazon and at local CLAMS member libraries.

To register call the Chatham COA at 508-945-5190.

CBD IS HERE TO STAY...WHAT YOU NEED TO KNOW Tuesday 1/19 @ 1 pm (via Zoom)

With: *Kay Cooney RN, GCNS, APRN*

CBD is here to stay and it's a supplement you might want to learn more about. Let's talk about the benefits, how to safely choose a brand and what CBD can do for you! We will address uses with pain, anxiety, sleep and more. ***To register call the Orleans Senior Center at 508-255-6333.***

LEGENDS, LORE AND HISTORY OF THE WENTWORTH BY THE SEA Tuesday 1/19 @ 1 pm (via Zoom)

Join author and historian Roxie Zwicker for a presentation on one of New Hampshire's most legendary properties, the Wentworth by the Sea. Step back in time and take a virtual tour of the property, learn about the robber baron Frank Jones, and how he created a Victorian hotel in all its opulent glory. Hear stories about the legendary guests, parties and goings-on from over 100 years of history. Review the years when the hotel's future was in peril and how it was resurrected with spirits from the past. Roxie has interviewed members of the Wentworth staff, former guests and the locals for an assemblage of tales you won't soon forget. ***To register call the Sandwich COA at 508-888-4737.***

USSR – Russia Myths, Mysteries and Spying Wednesday 1/20 @ 1 pm (via Zoom)

A one-hour plus presentation based on local author Henry Quinlan's 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will entertain and educate you! It starts in 1986 with the Chernobyl incident disaster and carries through to 2018. Additional topics to be covered include – The collapse of the Soviet Union, the emerging of the new Russia, the Summit of 1991, publishing of the book "Make Way for Ducklings" in Russian, erecting the Make Way for Ducklings statues in Moscow, the Russian Mafia, tanks in the street, the FBI and spying, the remarkable story of Father Cizek, SJ, the Vatican spy who spent 20 years in prison in Siberia, and secrets of the Soviet Space agency revealed to Wally Schirra and Henry. He will present his remarkable videos and photos of the Hermitage, Kremlin Museum and the Pushkin Museum and discuss Putin and the new Russia. ***To register call the Sandwich COA at 508-888-4737.***

ONLINE SAFETY Tuesday 1/26 @ 10:30 am (via Zoom)

Most American seniors are now online. As of 2018, nearly 66% of Americans over 65 were Internet users, according to a Pew Research Center survey. That number is getting bigger all the time, and for good reason. The Internet is a great way to read the latest news, stay in touch with family, get medical information and manage appointments, renew prescriptions, and access medical records. It's how many of us shop and bank without leaving our homes. For an increasing number of older adults, it's a way to stay in the workforce and even launch a new career or business. Learn how to keep yourself safe online! Join Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, for a presentation on online safety. Learn about the Office and what they do. Robin will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft.

To register call the Chatham COA at 508-945-5190.

STROKE PREVENTION EDUCATION Friday 1/29 @ 11 am (via Zoom)

Join us for a stroke prevention educational program and learn about... what a stroke is, recognizing symptoms, and increasing awareness of risk factors and treatment options.

To register call the Falmouth Senior Center at 508-540-0196.

LOOKING AHEAD TO FEBRUARY...

CLIMATE CHANGE, CLEAN ENERGY & CAPE COD Tuesday 2/9 @ 1 pm (via Zoom)

In this presentation Mon Cochran, Vice President of the Cape Cod Climate Change Collaborative, will summarize the causes of climate change on Cape Cod and the primary ways of reducing carbon pollution on the Cape and Islands. He will then describe examples of major clean energy projects currently under way in the region. Mon will also talk specifically about steps the homeowner can take to reduce the family carbon footprint. He will be happy to answer questions from participants.

To register call the Orleans Senior Center at 508-255-6333.