


FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Coffee Hour 10:00 - 11:00 Movie 1:15	3 Lunch* Noon Active Listening Part 2 - 1:30	4 Afternoon Tea 1:30 Grace Notes 3:00	5 
8 Tea & Stitch 1:30 	9 Coffee Hour 10:00 - 11:00 Climate Change 1:00 Movie 1:15 Falmouth Book Club 1:30	10 Cooking 9:00 Home Improvement 11:00 Lunch* Noon Winter Blues 1:00 In & About 1:30	11 How We Think 11:00 Afternoon Tea 1:30 Grace Notes 3:00	12 
15 <u>CENTER CLOSED</u> President's Day	16 Coffee Hour 10:00 - 11:00 Movie 1:15	17 Lunch* Noon Sing-Along 1:30	18 How We Think Part 2 -11:00 Afternoon Tea 1:30 Grace Notes 3:00	19 
22 Fraud 1:30	23 Coffee Hour 10:00 - 11:00 Movie 1:15	24 Lunch* Noon Charades 1:30	25 Afternoon Tea 1:30 Grace Notes 3:00	26 
<p>Programs in blue are brought to you by COAST. See the insert for descriptions.</p>		<p>* Wednesday lunches require a reservation no later than the Thursday before: 508-487-7080</p>		<p><u>SENIOR CENTER HOURS</u> <u>MON-THURS 8 AM - 5 PM</u> <u>FRIDAY 8 AM - NOON</u></p>



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.

CLIMATE CHANGE, CLEAN ENERGY & CAPE COD Tuesday, February 9, 2021, at 1pm (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 and will be happy to answer questions.

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

FALMOUTH COA BOOK CLUB Tuesday, February 9, 2021 at 1:30pm (via Zoom)

“Deacon King Kong” by James McBride

Come join our live book club on Zoom for some great conversation. “Deacon King Kong” by James McBride is a New York Times Bestseller and an Oprah’s Book Club Pick.

To register call the Falmouth COA at 508-540-0196.

COOKING FOR ONE Wednesday, February 10, 2021, at 9am (via Zoom)

Join Chef Heather Bailey for this free, live Cooking Class! It can be a real challenge adjusting to cooking for just yourself, especially when it is so easy to heat up a can of soup or microwave a frozen dinner, often with not much difference in cost. However, the cost is hidden in the fact that most processed foods are harmful to our health with high doses of sodium and chemical additives and preservatives. Focus will be placed on keen menu planning to ensure you use up the perishable foods you have purchased in a variety of simple and healthful preparations.

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

HOME IMPROVEMENT CONTRACTORS Wednesday, February 10, 2021 AT 11am (via Zoom)

Join Robin Putnam (Office of Consumer Affairs & Business Regulation) and Amy Schram (Better Business Bureau). Learn to handle guaranty fund, arbitration, and complaints in home improvement contracting. ***To register call the Eastham COA at 774-801-3151.***

BEAT THE WINTER BLUES AND COVID FATIGUE Wednesday, February 10, 2021 at 1pm (via Zoom)

Coronavirus Burnout and Pandemic Fatigue are real! If your energy is low, the days are feeling gloomy and you're maybe anxious or sad, you are not alone. The pandemic has brought an additional layer of challenge for all coping with these important feelings. Please join us for helpful ideas and some fun tips on how to improve our mood and experiences this season. Presented by Nancy Sorbo, Grief Care Coordinator from Broad Reach Hospice.

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