








*= Reservation Required

MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Programs in blue are brought to you by COAST. See the insert for descriptions.</p>	<p>2 Coffee Hour 10:00 - 11:00</p> <p>Movie 1:15</p>	<p>3 Lunch* Noon</p> <p>Songbirds 1:00</p> <p>Burial at Sea 6:30</p>	<p>4 Afternoon Tea 1:30</p> <p>Grace Notes 3:00</p>	<p>5 IN LIKE A</p> 
<p>8</p> 	<p>9 Coffee Hour 10:00 - 11:00</p> <p>Cooking 11:00</p> <p>Movie 1:15</p> <p>Falmouth Book Club 1:30</p>	<p>10 Lunch* Noon</p> <p>In & About 1:30</p>	<p>11 Travel Recovery 1:00</p> <p>Afternoon Tea 1:30</p> <p>Grace Notes 3:00</p>	<p>12</p> 
<p>15 Connections With Plants 1:00</p>	<p>16 Coffee Hour 10:00 - 11:00</p> <p>Pilgrims 10:00</p> <p>Celebration of Song 1:00</p> <p>Movie 1:15</p>	<p>17 Lunch* Noon</p> <p>St. Patty's Party 1:00</p> 	<p>18 Diversity 1:00</p> <p>Afternoon Tea 1:30</p> <p>Grace Notes 3:00</p>	<p>19</p> 
<p>22 Cognitive Health 1:30</p>	<p>23 Coffee Hour 10:00 - 11:00</p> <p>Birds, Bees, Butterflies 1:00</p> <p>Movie 1:15</p>	<p>24 WRAG 10:00</p> <p>Lunch* Noon</p> <p>Veterans Assistance 1:00</p> <p>Maritime Ghosts 1:00</p> <p>Conservation 2:00</p>	<p>25 Afternoon Tea 1:30</p> <p>Grace Notes 3:00</p>	<p>26 OUT LIKE A</p> 
<p>29</p> 	<p>30 Coffee Hour 10:00 - 11:00</p> <p>Sepsis 10:00</p> <p>Estate Planning 10:00</p> <p>Movie 1:15</p>	<p>31 Belize 10:30</p> <p>Lunch* Noon</p> <p>It's Been A Year 1:30</p>	<p>Wednesday lunches require a reservation no later than the Thursday before: 508-487-7080</p>	<p>SENIOR CENTER HOURS</p> <p>MON-THURS 8 AM - 5 PM</p> <p>FRIDAY 8 AM - NOON</p>

Become a Volunteer SHINE Counselor!



Do you have some spare time and like to help people? Do you like technical information and problem solving? If so, you may be the perfect SHINE volunteer.

SHINE volunteers offer free, confidential insurance counseling on Medicare options to beneficiaries and their families. Once you become a certified counselor, we are confident you will find SHINE a rewarding, as well as a challenging, volunteer experience.

Without volunteers, SHINE would not be able to help the many Medicare beneficiaries on Cape Cod and the Islands. Our group of more than 50 volunteers has monthly meetings where you can connect with your fellow SHINE counselors.

Currently, all SHINE counseling sessions are telephonic, and our monthly meetings are held virtually. Once it is safe to do so, we will resume in-person counseling sessions at the local COA locations, as well as in-person monthly meetings at a set location.

To volunteer, the interested person must participate in a 10-day training and pass a state certification test. To meet the needs of our communities you may be asked to serve in an area other than where you live.



Contact:
tracey.benson@barnstablecounty.org
508-375-6762



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.

“SONGBIRDS OF THE NORTHEAST” Wednesday March 3, 2021 at 1:00 pm (via Zoom)

This is an hour-long presentation with John Root that includes recordings and images of our region’s songbirds. Supported by a MA Cultural Council grant. **To register call the Bourne COA at 508-759-0600 ext. 5300.**

“BURIALS AT SEA” Wednesday, March 3, 2021 at 6:30 pm (via Zoom)

Thinking of a burial at sea? This may be a more viable option than you think! Join Capt. Brad White and Funeral Director, sea burial certified Christopher P. Goulet, Sr. for this highly informative presentation with time for questions. **To register, call Susan at the Barnstable COA at 508-862-4761 or email: susan.griffin@town.barnstable.ma.us**

“COOKING WITH ALLY” Tuesday, March 9, 2021 at 11:00 am (via Zoom)

Learn how to make easy crockpot turkey chili. Ask for an ingredients list when you register if you’d like to cook along! **To register call the Dennis Senior Center at 508-385-5067.**

FALMOUTH COA BOOK CLUB...All Are Welcome! Tuesday, March 9 2021 at 1:30 pm (via Zoom)

“The Vanishing Half” by Brit Bennett

Come join our live book club on Zoom, led by Susan Weliky. In our live book club conversations, readers will come together to connect and have some great discussions. **To register call the Falmouth COA at 508-540-0196.**

“WILL THE TRAVEL INDUSTRY RECOVER FROM COVID-19?” Thursday, March 11 2021 at 1:00 pm (via Zoom)

Presented by Marie C. Clougher, Esq., Executive Director, Consumer Assistance Council. Get ready for “vaxageddon” and other travel warnings. Tune in for solid advice on the travel industry for 2021 and potential pitfalls to avoid when planning your next trip. **To register call the Yarmouth Senior Center at 508-394-7606 x 1333.**

“BUILDING OUR CONNECTIONS WITH PLANTS” Monday, March 15, 2021 at 1:00 pm (via Zoom)

This class looks at ways we can learn from connecting with plants. Learn about seeds, flowers, trees and shrubs, native and non-native, and share your plant stories. Herbalist/Mental Health Counselor, Alyssa Doolittle, MS, is an avid plant lover and has spent many hours collecting data in forests of the Pacific Northwest, farming in Vermont, wild-crafting, making medicine, and enjoying time with plants.

To register call the Truro COA at 508-487-2462 or email cmicks@truro-ma.gov

“VOYAGE OF THE PILGRIMS” WITH RICHARD NICHOLS Tuesday, March 16, 2021 at 10:00 am (via Zoom)

Join us for an engaging discussion on the Pilgrims Journey to America.

To register call the Bourne COA at 508-759-0600 ext. 5300.

“CELEBRATION OF SONG” Tuesday, March 16, 2021 at 1:00 pm (via Zoom)

John Root sings, a cappella or accompanying himself on the piano, and plays the flute, clarinet, and saxophone. His diverse repertoire features the best-loved songs of the first five decades of the twentieth century. You’re invited to sing along and requests for favorite selections are welcome. **To register call the Chatham Senior Center at 508-945-5190.**

“CELEBRATE ST. PATRICK’S DAY” Wednesday, March 17, 2021 at 1:00 pm (via Zoom)

Celebrate St. Patrick’s Day in style with Dublin Balladeer Dave Hickey and his Irish American partner Sean as they belt out the Irish hits from the Wild Rover to Finnegan’s Wake. This program is sponsored by Friends of Yarmouth Council on Aging. **To register call the Yarmouth Senior Center at 508-394-7606 x 1333.**

“DIVERSITY, EQUITY & PROTECTION OF COMMUNITY” Thursday, March 18, 2021 at 1:00 pm (via Zoom)
“An Oh-So Ordinary Tale with an Extraordinary Ending”. Robert Barrows will speak of his personal experiences with the criminal justice system and the lessons learned as he moved into law enforcement. Chief Barrows is a former member of the Special State Police and the Massachusetts National Guard. For the past 11 years, he has served as Chief of Police for Bunker Hill Community College. He recently completed YW Boston, a leadership program focused on eliminating racism, empowering women, and promoting social equity. He brings with him a rich history of community service and dedication to the rehabilitation of incarcerated individuals. *To register call the Orleans Senior Center at 508-255-6333.*

“BIRDS, BEES, BUTTERFLIES & POLLINATORS” Tuesday, March 23, 2021 at 1:00 pm (via Zoom)
Fran Raleigh will explain why we should care about creatures that share our ecosystem, what threats they face, and how we can support them. Fran grew up watching birds and bugs in her backyard. She earned her Ph.D. in Plant Science (Ecology) from the SUNY College of Environmental Sciences and Forestry in Syracuse. After teaching ecology and college biology courses for over 30 years, she retired in 2018 and moved to Cape Cod. A member of the Master Gardener class of 2019, she is eager to share her knowledge and enthusiasm for nature and gardening focusing on celebrating native plants and creating habitat. *To register call the Orleans Senior Center at 508-255-6333.*

“CAPE COD VET CENTER AND VETERANS AFFAIRS COMPREHENSIVE ASSISTANCE FOR FAMILY CAREGIVERS”
Wednesday, March 24, 2021 at 1:00 pm (via Zoom)
Vet Centers are community-based counseling centers which ensure confidential counseling and reduce barriers to care. The Program of Comprehensive Assistance for Family Caregivers (PCAFC) offers enhanced clinical support for caregivers of eligible seriously injured Veterans. Learn about changes to the program in this presentation by Dr. Jocelyn Howard (Director, Cape Cod Vet Center), Kathy Langford (Caregiver Program Support Manager, Providence VA Medical Center) and Adam Doerfler (Cape Cod Vet Center Outreach Specialist). *To register call Chatham Senior Center at 508-945-5190.*

“MARITIME GHOSTS AND SEAFARING SPIRITS” Wednesday, March 24, 2021 at 1:00 pm (via Zoom)
Some of the most dramatic legends and ghosts come from New England’s seafaring history and maritime past. This virtual tour takes you on a voyage along the scenic New England Coast. Tales of shipwrecks and pirates from Colonial days, dramatic accounts of haunted lighthouses, fierce storms, lonely ghost ships and mysterious forgotten islands are presented by Roxie Zwicker and New England Curiosities. *To register call the Sandwich COA at 508- 888-4737.*

“AWARENESS INSPIRES CONSERVATION” Wednesday, March 24, 2021 at 2:00 pm (via Zoom)
Join Kristen Kibblehouse to learn about the work of the Atlantic White Shark Conservancy. She’ll talk about the public perception of sharks, the role sharks play in our marine ecosystem, and the ongoing research and conservation efforts taking place on Cape Cod. She will also discuss how the presence of white sharks close to the shore has specifically affected the Cape community. There will be time for Q&A! *To register call the Harwich COA at 508-430-7550.*

“LEARN THE SIGNS AND SYMPTOMS OF SEPSIS” Tuesday, March 30, 2021 at 10:00 am (via Zoom)
This information session is presented by Gerry Bedard from the Sepsis Awareness Alliance. Gerry lost his wife to sepsis several years ago and has dedicated his time to educating people on this subject. Sepsis is the body’s overwhelming response to infection, which can lead to tissue damage, organ failure, amputation, and death. It is a medical emergency that requires urgent attention and rapid treatment. *To register call the Dennis Senior Center at 508-385-5067.*

“BASICS OF ESTATE PLANNING” Tuesday, March 30, 2021 at 10:00 am (via Zoom)
Attorney Michael L. Lavender will cover the basics of estate planning; powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, asset protection, nursing home concerns and what the Covid-19 crisis has taught us about timely estate planning. *To register call the Yarmouth Senior Center at (508)394-7606 x 1333.*

“EXOTIC TURNEFFE ATOLL, BELIZE “ Wednesday, March 31, 2021 at 10:30 am (via Zoom)
Escape to this exotic, remote tropical island chain off the coast of Belize. Beyond the second largest barrier reef in the world lies Turneffe Atoll with its magnificent frigate birds, red footed boobies, winter migrants, dolphins and manatees. Under the crystal clear waters are colorful reef fish, corals, turtles and spotted eagle ray. Naturalist Joy Marzolf leads our virtual tour and will take live questions. *To register call the Sandwich Council on Aging at 508-888-4737.*