



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 FREE virtual programs open to you in May and June 2021!

Registration for these programs will begin immediately.

DISABILITY PLACARD PROGRAM

Wednesday, May 5, 2021, at 10am (via Zoom)

Join us as we welcome Michele Ellicks of the Mass DOT/Registry of Motor Vehicles as she presents the Disability Placard Program. Learn how to apply for a disability placard, plate, or a disabled veteran's plate. Learn the rules and regulations concerning placards, plates and parking and learn the penalties for illegal use of placards. This will be a very informative session. To register call Julie at the Mashpee COA at (508) 539-1440 or email coaactivitycoordinator@mashpeema.gov

RMV'S REAL ID WORKSHOP

Tuesday, May 11, 2021, at 10:30am (via Zoom)

Understand the difference between a standard ID and a Real ID. Find out if you need a Real ID and what documents are required for it. Learn when and where a Real ID will be required. To register call the Chatham COA at 508-945-5190.

FALMOUTH COA BOOK CLUB...All Are Welcome!

"Indigo Girl" by Natasha Boyd

Tuesday, May 11, 2021, at 1:30pm (via Zoom)

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.

BOOK CLUB - CHATHAM COA

Wednesday, May 12, 2021, at 11am (via Zoom)

Hooked on books?! Join an engaging live, online discussion of this month's selection, "The Light Between Oceans" by M.L. Stedman (2012). This novel is described as a "heart wrenching work that stays with you weeks after finishing it."

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

ATTRACTING BIRDS TO THE GARDEN WITH NATIVE PLANTS

Thursday, May 13, 2021, 10am (via Zoom)

By providing native plants in your yard, you can attract birds, as well as other pollinators to your home. Bird feeders can attract mice, squirrels, chipmunks and even rats, but native plants provide needed habitat and sustenance specifically for birds. This program includes ideas about choosing your plants, planning your bird habitat, and selecting specific native plants that do well on Cape Cod. Presenter: Leslie Altman, Master Gardener. To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us

MASTER GARDENER: LIFELONG GARDENING

Monday, May 17, 2021, at 10am (via Zoom)

Gardening is a restorative hobby for many of us. When life experiences affect our ability to garden, we do not need to eliminate that living connection to the earth. Adaptations can be made to allow us to continue gardening even as our flexibility and resilience changes.

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

PREPARING TO SELL

Tuesday, May 18, 2021, at 1pm (via Zoom)

Presented by Allison Beavon

Thinking of downsizing and selling your home? Realtor, Allison Beavon, will share her expertise and tips for selling your home with as little stress as possible. Learn what to do and not to do to get ready. An enlightening step-by-step process will be presented.

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

CAPE WILDLIFE CENTER

Tuesday, May 18, 2021, at 1pm (via Zoom)

Zak Mertz is a licensed wildlife rehabilitator, and along with talking about the biodiversity on Cape Cod, he will go over what to do if you come across a wild animal, and some tips to help fauna thrive in your own backyard. To register call the Chatham COA at 508-945-5190.

BATTLE OF IWO JIMA

Wednesday, May 19, 2021, 1pm (via Zoom)

Join us as we welcome Joe Yukna, co-founder of the Cape Cod Military Museum, as he presents a virtual lecture on the Battle of Iwo Jima. The Battle of Iwo Jima was an epic military campaign in the Pacific Campaign during World War II. The iconic picture of the US Marines raising the American flag on Mount Suribachi, Iwo Jima, came from that event. Mr. Yukna, a well-known military historian, will share little-known facts about the battle. To register call Julie at the Mashpee COA at (508) 539-1440 or email coaactivitycoordinator@mashpeema.gov

"MAKE YOUR MONEY LAST": FINANCIAL PLANNING WEBINAR

Wednesday, May 19, 2021, 1pm (via Zoom)

With Sandy Childs, Financial Advisor from Edward Jones. To register call the Bourne COA at 508-759-0600 ext. 5300.

MAY IS MENTAL HEALTH AWARENESS MONTH

Wednesday, May 19, 2021, at 1pm (via Zoom)

Join us for an educational presentation as we discuss reducing anxiety and depression due to isolation and the impact of Covid-19. This program is presented by Debbie Bratcher from NAMI Cape Cod and the islands located in Hyannis. NAMI Cape Cod and the Islands building support, education and advocacy for Mental Wellness. To register call the Yarmouth Senior Center at 508-394-7606 X1333 or

email: inoferi-hoff@yarmouth.ma.us



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HOLLYWOOD HISTORY BACK TO THE 50s: AN EVENING WITH JAMES DEAN AND MARILYN MONROE

Wednesday, May 19, 2021, 7pm (via Zoom)

Though they never starred together in a film, James Dean and Marilyn Monroe remain two of Hollywood's biggest icons of the 1950s. Hear about their struggles as actors, enjoy clips of some of their finest moments in film, learn about their meteoric rises to fame, and their tragic and untimely deaths that all led to their indelible mark on Hollywood, American culture, and celebrity. Not to be missed! Presenter: Frank Mandosa.

To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us

"Celebrating New England: Songs and Stories for Everyone" with Davis Bates

Thursday, May 20, 2021, at 10:30am (via Zoom)

Celebrate spring and regional cultural traditions with this program of community-oriented interactive entertainment. The program will include oral history tales, Native American stories, family tales, and songs about sea, farming, maple sugaring, and more. There will be sing-a-longs, and even a short lesson on playing music with spoons from the kitchen drawer! To register, call the Harwich COA at (508)430-7550.

ENGAGING THE SELF: DEMYSTIFYING MINDFULNESS

Thursday, May 20, 2021, 7-8pm & Sunday, May 23, 2021, 6-7pm (via Zoom)

Join Mindfulness Meditation leader, Pete Cormier, and The Awareness Project for a free one-hour Zoom event featuring a short film of dialogue with the self, a guided mindfulness and movement meditation, followed by journaling and voluntary sharing. Participants will get the chance to get up and move, engage each other and embody mindfulness. Come for either date. To register call the Sandwich COA at 508-888-4737 or the Barnstable COA at 508-862-4761.

PLAY BALL! CAPE COD BASEBALL LEAGUE & CHATHAM ANGLERS

Tuesday, May 25, 2021, at 10:30am (via Zoom)

Baseball is back! Join John Garner, Director of Broadcasting, and Mike Geylin, Chatham Anglers GM, for a fascinating presentation on the Cape Cod Baseball League. Topics include league history, current operations, as well as specifics about Anglers' recruiting and activities.

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

"ATTRACTING NATIVE BIRDS"

Wednesday, May 26, 2021, at 1:30pm (via Zoom)

Migrant birds are arriving, and nesting will be underway in May. Join Stephanie Ellis, Wild Care's Executive Director, for this fun and informative presentation that covers attracting a variety of species of birds to your yard throughout the year, what to do if you find a baby bird or a bird strikes your window, and tips on how we can all better co-exist with our feathered friends. To register call the Provincetown COA at 508-487-7080.

ESTATE PLANNING BASICS...With Attorneys from Patricia Mello & Associates, P.C.

Wednesday, May 26, 2021, at 1:30pm (via Zoom)

This highly interactive presentation will discuss the importance of disability planning documents such as Durable Power of Attorney and Health Care Proxy versus what and when a guardianship may be the chosen alternative to such disability planning documents; who needs to create a Last Will and Testament and how probate administration of your estate can be avoided; what a Revocable Trust is and for whom it may be appropriate. To register call the Falmouth COA at 508-540-0196.

WRITING TOGETHER WORKSHOP

Tuesdays, beginning June 1, 2021, at 10am (via Zoom)

Join Lorraine Gilmore on Tuesdays for a session of "Writing Together". Lorraine will provide writing prompts and each person will spend twenty minutes writing and then sharing their story (or essay or poem) with the group. Each member will comment on the writing - sharing thoughts about its structure or dialogue. Comments are supportive and kind. To register call the Yarmouth Senior Center at 508-394-7606 X1333 or

email: Inoferi-hoff@yarmouth.ma.us

WOODS HOLE OCEANOGRAPHIC INSTITUTE (WHOI) VIRUTAL TOUR

Thursday, June 3, 2021, at 9:30am (via Zoom)

Expert presenter Paul Daigle will take his audience on a virtual tour of one of Cape Cod's most renowned organizations, Woods Hole Oceanographic Institute. WHOI scientists are committed to understanding all facets of the ocean as well as its complex connections with Earth—including humanity. To register call the Chatham COA at 508-945-5190.

"COOKING WITH ALLY"

Tuesday, June 8th, 2021, at 11am (via Zoom)

Learn how to make an American Flag Cake! **Ingredients:** 6 ¼ sticks unsalted softened butter, 3 cups sugar, 6 extra large eggs, 1 cup sour cream, 3 teaspoons pure vanilla extract, 3 cups flour, 1/3 cup cornstarch, 1 teaspoon kosher salt, 1 teaspoon baking soda, 1 ½ pounds softened cream cheese, 1 pound sifted confectioners' sugar, 2 half-pints blueberries, and 3 half-pints raspberries.

To register call the Dennis Senior Center at 508-385-5067.

FALMOUTH COA BOOK CLUB...All Are Welcome!

"The Girl with the Louding Voice" by Abi Dare

Tuesday, June 8, 2021, at 1:30pm (via Zoom)

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.

JOINT REPLACEMENT HEALTH TALK

Wednesday, June 9, 2021, at 10am (via Zoom)

The experts from Kindred Healthcare will present valuable information regarding joint replacement including surgical preparation, rehabilitation and up to date care information on physical therapy. Presenter: Joanne Burbank, Kindred Health.

To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us

BOOK CLUB - CHATHAM COA

Wednesday, June 9, 2021, at 11am (via Zoom)

Skilled facilitator, COA Volunteer Librarian Liz Walker, will lead the Book Club through a story of courage, friendship, and romance with June's selection, "The Paris Library: A Novel" (2021) by Janet Skeslien Charles. To register call the Chatham COA at 508-945-5190.



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UNDERSTANDING TRUSTS / PLANNING FOR LONG-TERM CARE

Wednesday, June 9, 2021, at 1:30pm (via Zoom)

Attorneys from Patricia Mello & Associates will help teach about Revocable, Irrevocable, Marital, Special Needs, and Testamentary Trusts, and how these documents can: (1) avoid probate; (2) save on death taxes; (3) provide for disabled children; and (4) protect certain beneficiaries against creditors. Attorneys from the Patricia Mello & Associates, P.C. explain in plain English what a Trust is and how it can be customized to meet your unique estate needs. The second part of this presentation will explain Medicaid law in Massachusetts, and how you and your family can plan for possible care in the future while taking steps to ensure that assets are preserved for you and your family.

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

LET'S TALK ABOUT TOMORROW

Thursday, June 17, 2021, at 9am (via Zoom)

This info session, presented by the Homeless Prevention Council (HPC), is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place. All are welcome! **To register call the Chatham COA at 508-945-5190.**

TREK ON THE CAMINO de SANTIAGO

Thursday, June 17, 2021, at 10:30am (via Zoom)

Join Pete Cormier to hear the story of his 2016 trek on the Camino de Santiago or The Way of St. James: A Pilgrimage of Medieval Origin. Accompanied by photos, journaling, incredible quilted scenes of photos of the journey and poetry relating to his journey, Peter will tell the story of his 4 week/460-mile trek along the route ending at the Cathedral of Santiago de Compostela in Galicia, Spain. The Camino de Santiago is listed as a UNESCO World Heritage site for its role in encouraging culture exchanges between people from all over the world for many centuries.

To register please call the Sandwich COA at 508-888-4737.

"HEALTHCARE & YOUR RETIREMENT": FINANCIAL PLANNING WEBINAR

Wednesday, June 23, 2021, 1pm (via Zoom)

With Sandy Childs, Financial Advisor from Edward Jones. **To register call the Bourne COA at 508-759-0600 ext. 5300.**