

**OAK BLUFFS COUNCIL ON AGING
21 WAMSUTTA AVENUE
OAK BLUFFS, MASSACHUSETTS 02557
Tel 508-693-4509 Fax 508-693-7655**

Rose M. Cogliano, Administrator 508-693-4509, ext. 3

January Highlights

Weekly Live in Person at COA and Zoom Exercise

Monday

9 am, group exercise Zoom with Patience Campbell and Marilyn Miller

Zoom: bit.ly/OBExercise

Thursday

9 am - Zoom exercise with Bill White

Zoom: bit.ly/OBExerciseWhite

Friday

9 am - Zoom exercise with Floyd Lifton. Please be ready with your Zooming device, whether computer, tablet, smartphone, or landline (audio only), and an armless chair.

Zoom: bit.ly/ZoomFloyd

To join the exercise group by phone, call 301-715-8592 or 312-626-6799.

Meeting ID: 897 4727 1394

Passcode: 188397

Please note: Exercise will continue in Zoom format, but we are excited to have all exercise classes live and in person at OBCOA, Masks are optional at Oak Bluffs Council on Aging. All classes/programs limited to 30 participants.

The Oak Bluffs Council on Aging is closed on January 2, 2023 in observance of New Year's Day, and Monday, January 16, 2023 in observance of Dr. Martin Luther King's Birthday.

Daily 9 am, Coffee and Conversation.

Thursdays, Fridays 11 am – 3 pm, UFO's — Unfinished Objects. Bring your bookkeeping, needlework, sewing, or whatever is unfinished, and work on it together with others.

Wednesday, January 18 and January 25, 2023 1- 3pm Bingo! Celebrating our 31th program year. Limited to 30 participants.

Scrabble's Back! Fridays 10:30-12noon.Limited to 30 participants. Please come and bring a friend!

Lew Leskaris, retired MVH Pharmacist will be back to visit us on Thursday, January 12, 2023 at 10:00am. Lew will be providing conversation and information regarding avoidance of falls and accidents resulting from use of over the counter and prescription drugs. Please call 508-693-4509, ext. 3 for additional information, and also to receive ZOOM link emailed to you if unable to attend in person.

Barbara Eaton of Beltone will be coming to OBCOA to assist clients regarding their hearing needs by appointment in January 2023, date yet to be determined. Contact Rose @ 508-693-4509, ext. 3 for additional information.

On Wednesday, January 4,2023 at 10:00am we are kicking off the New Year with our "Coffee with a Cop" program! Come meet our Chief Jonathan Searle and his great staff. Limited to 30 participants. Please call 508-693-4509, ext. 3 to pre-register.

"Crocheting with a Cop" every Tuesday, 2-3pm with OBPD Officer Savannah Barnes. Bring your crochet hooks and whip up fast and easy baby hats for donation. Please call Rose @ 508-693-4509, ext. 3 to sign up!

Bowling is Back! Bowling and Luncheon for Oak Bluffs Seniors will kick off on Tuesday, January 3,2023 at The Barn, Bowl, and Board in Oak Bluffs. Please call 508-693-4509, ext. 3 for additional information.

Should you require aid with Fuel Assistance Recertification for 2022-2023, or would like to apply for the first time, please contact Rose to schedule an appointment.

Happy January! Happy New Year! Happy Dr. Martin Luther King's Birthday!

TEAM WORK MAKES THE DREAM WORK!