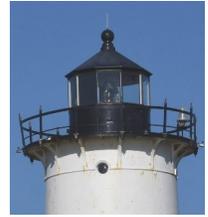


# Falmouth Newcomers Newsletter



## President's Message



Dear Newcomers

As I come to the end of my term as president, I want to review the year's work and express my gratitude. At the first meeting of the 18-19 Board I indicated that we were given the responsibility of a club that was well established and had grown thanks to its past leadership. I said that I believe that each Board must continue to enhance the organization by its contribution. In keeping with that philosophy, this year we revised the club bylaws and are developing a manual with job descriptions and relevant information to assist future board members. We enlarged the Board membership to respond to growing technological needs and to provide continuity to the Board by pairing a seasoned VP with a new one and to make it better able to embrace new ideas and respond to the changing views of our membership. I hope these changes make a positive, lasting contribution to our organization.

Of course, no one can do any of these things alone. As the saying goes "there is no I in team". I owe a debt of gratitude to the outstanding Board members who served you this year. None of these contributions could have been accomplished without them. I also want to express gratitude to everyone who has helped to make this year successful. The chairs of our activities have provided an important service; the activities are the life blood of this organization. The addition of so many new activities has been wonderful to see. The chairs of the various social activities and their committee members organized many enjoyable events which provided us the opportunity to enjoy each other as well as this wonderful town. All who have provided refreshments for our general meetings and other events - thank you. Lastly, I want to thank all of you for your participation in the general meetings, socials, activities and in whatever way that you engaged in our club. All of you make Newcomers what it is. If I have forgotten to give thanks to anyone else please excuse me and know we appreciate everyone who makes Falmouth Newcomers so wonderful.

Lastly, I want to thank you for the support and encouragement you have given me throughout the year. It has truly been a joy getting to know you and spending time with you. I look forward to the continued time we will spend together. Thank you for the privilege of serving you. My sincere best wishes to the incoming board. I know they will continue this work with commitment and dedication.

Enjoy the summer and, hopefully, the wonderful weather that will soon come to the Cape. I look forward to seeing you at our upcoming events.

Margaret Souza

President

## Save the Date

- June 1**  
Wine Tasting
- June 7**  
Mix and Mingle
- June 11**  
Night at the Commodores
- June 13**  
35th Anniversary Celebration and  
Installation of Officers
- July 17**  
Sail Aboard the Liberte

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*The Falmouth Newcomers fiscal and membership year runs from July 1 to June 30. New members may join Newcomers by submitting an application and paying applicable dues anytime during the fiscal year. For those who apply from July 1 to March 31, their first year of membership will be that fiscal year. Although the annual fee for those joining between January 1 to March 31 will be at a reduced rate, their first membership year will also be that fiscal year. For those who join from April 1 to June 30, their first year of dues and membership will be applied to the following fiscal year.*

***Dues and applications for returning members are due by May 31 for the following fiscal year.***

## Wine Tasting Social



**Date and Time:** Saturday, June 1, 2019 6:00—9:00 p.m.  
(6pm – 7pm socialize with friends, tasting starts at 7pm)

**Location:** Cape Code Winery 4 Oxbow Rd (at Brick Kiln) East Falmouth

**Cost: Cost:** \$20 per member - \$23 per guest

**USE  
WINE-COLORED  
COUPON**

Please join us for an enjoyable and educational wine tasting experience at the rustic Cape Cod Winery & Vineyard. Cheese, crackers, dried fruit and local jams will be available to nibble on as we sample a variety of their wines and learn about each one. At the end of the event you will be able to take home your wine glass as a souvenir. Also, you will receive a 15% discount on any bottles of wine you purchase that evening.

This event is **LIMITED to 75 people**, so please get your registration in.

Deadline for receipt of coupons and checks: Tuesday, May 28

Questions contact Jeanne Fortier

## Take Me Out to the Ballgame



**Date and Time :** Tuesday, June 11<sup>th</sup>

Please arrive at 5:30pm for group photo and instructions for "Play Ball" yell. Game time 6:00 pm

**Location:** Guv Fuller Field, located behind the Gus Canty Center, 790 Main Street, Falmouth.

**Cost:** IT'S FREE! However, donations are greatly appreciated by the team. There's an awesome concession stand and fun raffles, so bring some money.

Please join us for the *Falmouth Newcomers' Night* at the Falmouth Commodores' Cape Cod League baseball game. They will be playing against the Wareham Gatemen.

**We have reserved seating so you must sign up.** There is **NO coupon**. To register, just email or call Joyce Ludensky no later than **Friday, June 7<sup>th</sup>**.

**NOTE:** Due to construction around the Gus Canty site, parking is limited. Consider carpooling or parking in the lot by Staples.

**\*\*\*Join us post game at *Flynnie's Bar 3* for some social time. Bar 3 is adjacent to the Falmouth Inn, 824 Main Street, next door to the Gus Canty Center.\*\*\***

## June General Meeting

### Falmouth Newcomers 35th Anniversary Celebration

### Installation of 2019-2020 Officers



**Date and Time:** Thursday, June 13, 2019 4:00—6:00 p.m.

**Location:** Highfield Hall 56 Highfield Drive, Falmouth

**Cost:** \$10 per member - \$15 per guest

Yes, Falmouth Newcomers will hold June general meetings starting this year.

Join us at beautiful Highfield Hall for a cocktail party to celebrate the 35th anniversary of the Falmouth Newcomers Club. Hopefully, it will be a beautiful day and we can stroll the magnificent gardens at the Hall. We will also be celebrating the installation of the 2019-2020 officers.

Cost includes appetizers. A cash bar will be available.

**Deadline for RECEIPT\* of checks and GREEN COUPON: Tuesday, June 4**

**\*DUE TO COUNT NEEDED BY CATERER COUPONS MUST BE RECEIVED BY 6/4**



**USE  
GREEN  
COUPON**

## COME SAIL AWAY ON THE LIBERTE!



**Date and Time:** Wednesday, July 17, 2019 10:00 a.m.

**Location:** Patriot Party Boat Dock 227 Clinton Ave Falmouth

**Cost:** \$38 per member or guest

Join us for a late morning sail onboard the Liberte, a three masted staysail designed schooner, which can carry 49 passengers. We will be leaving from the Patriot Party Boats Dock in Falmouth Harbor (behind the Clam Shack) at 10:30 am (please arrive at 10) on **Wednesday July 17, 2019**. On-site parking is available. Pull into the lot and a crew member will direct you to a parking space.

Depending on the winds and tide we may sail towards Woods Hole, Martha's Vineyard, or Waquoit Bay, experiencing sites that can only be viewed from offshore. Please dress appropriately as it may be chilly out on the water. Be mindful of your footwear and don't forget sunscreen.

Price includes cost of ticket, tip, and pastries. A cash bar is available for alcohol and water, however no coffee or tea is available on board. You may bring your own in a travel mug.

**DEADLINE FOR RECEIPT OF CHECK AND COUPON: SATURDAY JULY 13, 2019**

Questions ?? Contact Joyce Ludensky

**USE  
BLUE  
COUPON**

## Membership Renewal Time



Several weeks ago you received a notice that it is time to renew your membership in the Falmouth Newcomers Club. We ask that you please do this soon if you haven't already sent it in. Falmouth Newcomers is a year round organization with a fiscal year that runs from July 1 through June 30. Activities and social events continue all summer. The board meets throughout the summer to plan for the coming year. Our first board meeting for the 19-20 year is on June 6th. We need to know our resources in order to plan for programs, what size venues we will need to have for events, etc. Dues pay for the costs of our monthly meetings, (rental, technology, hospitality supplies, etc.), subsidies for many of our social events, our administrative costs, and member badges and directories. Activities are only open to dues paying members of either Newcomers or Encore.

[Click here for membership renewal form](#)



## Group Activity Updates

**Christina Reflects:** When I meet Newcomers, I always ask which of our 60 activities they've chosen. Most reply how terrific they are and that it is through their activities that they made new friends. I have genuinely enjoyed coordinating our activities this year and look forward to where Jean Lange and Geri Smith will take us next year when they take over the reins. If you have an idea for an activity we don't have, please let me know or reach out directly to Jean or Geri.

It's warm enough for the **OUTDOOR Activities!** Take a look at the list of 'Outdoor Recreation' at the end of the newsletter and see if there are some that might appeal to you. If you see one you'd like to join, contact the leader. You may also contact the Vice President of Activities, Christina Brodie if you have ANY questions.

**Reminder: You must be a current member of Newcomers or Encore to participate in any activity.**

### NEWS ABOUT SPECIFIC ACTIVITIES:

**Mix & Mingle:** The Mix & Mingle Chairs are looking for hosts for upcoming events.

**WHAT IS A 'MIX & MINGLE'?** It is a periodic opportunity to bring a group of Newcomers together to meet and socialize informally. Most typically they are cocktail parties from 6:30 p.m. to 9:00 p.m. and sometimes they are a similar event where a game is the focus. Guests bring an appetizer or a dessert to share and the beverage of their choice. Any member may attend without ever needing to host. All of us are invited via a Newsletter announcement.

#### WHAT IS REQUIRED OF A HOST?

- To indicate how many individuals your home can accommodate for a mostly standing-up social event
- To provide dishes/paper goods for that number – small plates, napkins, cups/glassware, forks if needed
- To provide coffee/tea, water and ice for beverages

**If you would like to know more or offer to host, please contact:** Susan Gilbert or Ginny Palmieri

**Dinner and a Movie:** Please note that Dinner and a Movie takes the summer off!

## Falmouth Newcomers Volunteer for the Falmouth Road Race



Some of you may already have served as volunteers for the Falmouth Road Race, either at the race itself or in some of the preliminary activities. This year the Newcomers Club is planning to volunteer as a team. If we do so, we can direct the Road Race to make a donation based on the hours we serve to one of their approved charities. We have a list of members who are interested in volunteering. We need an individual or two to agree to be captains for our team. It would require attending a meeting or two of captains and emailing our members who have volunteered regarding the details of our service. If you would be kind enough to volunteer to serve as a captain or co-captain please email or call Margaret Souza.

[If you are unfamiliar with the Road Race click here for more information.](#)

## Minutes of General Meeting, May 9, 2019

In the absence of Margaret Souza, President of Newcomers, Christina Brodie, Vice President for Activities, called the meeting to order at 10:03 AM. She introduced herself and welcomed the group as a whole, thanking everyone for coming. The minutes from the April 11th General Meeting were accepted as written in the Newsletter. She asked that individuals who had joined the club in the last 2 to 3 months remain after the meeting so that she can talk about our activities and answer any questions they might have. Christina asked new members to stand and introduce themselves; there were none in attendance.

Joyce Ludensky, a VP of Socials, passed around a clipboard to sign if attending the Commodores game on June 11<sup>th</sup>. The Commodores will be honoring Newcomers that evening. The event is free, families welcome. Afterwards we will meet at Bar 3 to continue socializing. Upcoming events include a Wine Tasting at the Cape Cod Winery on June 1<sup>st</sup> and a sail on the Liberte scheduled for July 17<sup>th</sup>. Joyce encouraged members to sign up early for the events they want to attend.

Rich Boles, Membership Chair, reminded members that it is renewal time. Renewal forms are available on the table in the lobby.

Karen Baranowski, Chair of the Nominating Committee, moved that we vote to accept the nominees for the 2019-2020 Board of Directors. The motion was seconded. The vote was unanimous in favor of the motion. Karen, in her role as VP of Programs noted that there was an error in the Newsletter; Highfield Hall is in Falmouth, not Pocasset. The business meeting ended at 10:23 AM.

Karen next introduced the Getting to Know You speaker, Chip Mansfield, Commissioner of the Cape Codgers, an over 50 softball league. They have a total of 12 teams made up of 170 guys (women are welcome) who play in either Division 1 (ages 66+) or Division 2 (ages 54+). Chip stressed that new members are welcome, all skills are acceptable. He talked about the friendship, competition, sportsmanship and fun shared by the players. The teams are sponsored by 12 local businesses and play at the fields in Falmouth Heights and Nye Park.

Karen then introduced Ken Palmer and Brent Putnam from Integrity Solutions of Cape Cod, a local IT company. They gave a very informative presentation on how to stay safe and secure online and stayed after to answer member questions. Their top tips were:

- Think before you click.
- Get anti-virus protection; keep it updated.
- Keep computer software and device apps updated.
- Back-up your pictures and documents.
- Create strong, unique passwords for each site.
- Be careful on public Wi-Fi connections.
- Question what you see in e-mails and pop-ups.
- Only download and stream from proper sites.
- Don't post sensitive information on social media sites.
- Be mindful of e-mail and phone call fraud attempts.

Respectfully submitted,  
Ginny Palmieri, Recording Secretary

## The Falmouth Newcomers Club Proudly Presents!



### Romantic Blue Danube Tour/River Cruise: Prague to Budapest October 2019

**Czech Republic:** Prague, Cesky Krumlov • **Austria:** Linz, Krems, Vienna • **Slovakia:** Bratislava • **Hungary:** Budapest

**It's NOT too late to sign up for this trip** and participate in the group discount! Fly to Prague, Czech Republic and spend 3 nights there. Transfer via motor coach to Linz, Austria and board a privately owned 140-162 passenger ship. Spend 10 nights onboard as you cruise the Danube River, finally disembarking in Budapest, Hungary.

If you are considering signing up, you should do so soon as cabin space is becoming limited.

For a copy of the official brochure with the full itinerary and pricing contact Jeanne Fortier

## New member: Newcomers Club of Falmouth Application

Single Membership: \$30     Joint Membership: \$50

**Please PRINT carefully as this information is used to create our directory:**

Name 1: \_\_\_\_\_ Phone 1: \_\_\_\_\_

Name 2: \_\_\_\_\_ Phone 2: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Zip: \_\_\_\_\_

**You will receive your monthly newsletter by email:**

\_\_\_ Check here if you do not have an email address (See coupon in newsletter for hard copy by mail)

Email Member 1: \_\_\_\_\_

Email Member 2: \_\_\_\_\_

Please indicate what name/s you prefer on your badge if other than what is listed above:

\_\_\_ If you have a pacemaker, check here to request a non-magnetic badge.

**VOLUNTEER OPPORTUNITIES:**

This year I would like to be considered for:	My skills and characteristics:
___ Contributing food to a member meeting or social event	___ Computer know-how
___ Helping create a club social event (committee participation – one event)	___ Event Planning
___ Leading an Activity: _____	___ Excel or comparable
___ Organizing a NEW club event (idea): _____	___ Finance/accounting
___ Participating on a future Board	___ Microsoft Word or comparable
___ Welcoming new members	___ Leadership
___ OTHER _____	___ Organization
	___ Photography
	___ PowerPoint or comparable
	___ Website development/management
	___ Writing
	___ OTHER _____
	_____

*The Newcomers Club of Falmouth urges all members to obtain a physical examination from their physicians prior to participation in any physical activity associated with the Newcomers Club of Falmouth. In recognition of the possible dangers connected with any physical activity, member(s) hereby knowingly and voluntarily waive(s) any cause of action of any kind whatsoever arising out of any Newcomers Club of Falmouth activity from which any liability may or could accrue to the Newcomers Club of Falmouth, its officers, directors or members.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail completed application and check payable to Newcomers Club of Falmouth to:

Vice President for Membership  
P.O. Box 2339  
Teaticker, MA 02536

**Reminder**  
**You must be a current member of Falmouth Newcomers**  
**or Encore to participate in any activities**

Activity	Notes	Leader/s
<b>Book Clubs &amp; Games</b>		
<b>BOOK GROUPS: Men's</b>	Will make a new group or add to existing one	John Checklick
<b>BOOK GROUPS: Women's</b>	Makes new groups each year	Joan Chambers
<b>BOWLING: Candlepin</b>	Tuesdays 1:00 to 3 p.m. Ryan's Entertainment Center	John & Julie Karas
		Arlene Morse
<b>CARDS: Co-ed Bridge</b>	Forms new groups when has 8	Sally Byrne
<b>CARDS: Duplicate Bridge</b>	3 <sup>rd</sup> Thursday (evening I think)	Rita Foster (Encore)
<b>CARDS: Men's Cards</b>	NEW – NOT bridge or poker Rummy, Euchre , etc.	Dave Colaciccio
<b>CARDS: Men's Poker</b>	Many groups 7 per + 1 or 2 subs Can be added any time	Ken Roth
<b>CARDS: Couple's/Pair's Sam- ba</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Tues eve 6:30 p.m. Starting Sept 11 Card game like Canasta but adds runs Meets at Gus Canty Go in pairs – friends or partners	Pat Keck
<b>CARDS &amp; GAMES</b>	Mondays 10:30 a.m. to 3:00 p.m. -school calendar Mostly bridge and Mahjongg Meets at Gus Canty Bring a lunch + end of year luncheon	Sue Simchock
		Mary Flanagan
<b>GAME: Bunco</b>	Monthly in the evening Dice game—no skills needed Meets in participant homes	Mary Beth Goodwin
<b>GAME: Mahjongg</b>	Mondays 9:30 a.m. to 11:30 a.m. Gus Canty Bring lunch & Mahjongg card and game (if you have them) 1 <sup>st</sup> 6 weeks – tutorial for beginners!	Jackie Nuccio
<b>GAME: Trivia Nites</b>	Starts in January and February British Beer Company—3 <sup>rd</sup> Tues beginning Jan 15 Liam McQuire's—1 <sup>st</sup> Wed beginning Feb 6 Reminder e-mail weekend prior	Karen Epstein

Outdoor Recreation		
<b>BIKING</b>	Thursdays @4:00 p.m. Sun @ 1 or 2 p.m. Meet at Depot Ave No constraints	Lynda Onthank
<b>DOG WALKERS (Off Leash)</b>	Times arranged by group Meet at local beaches & woods	Debbie Carlisle
<b>GOLF: Men's</b>	Wednesday, 9:00 a.m. (year round) Thursday, 8:00 a.m. (May to October) Falmouth Country Club Participants may go to one or both In the Winter, they combine and play when they can on Wednesdays	George Engstrom
<b>GOLF: Nine &amp; Dine</b>	She picks place and date, then dine in or out Recreational but need to know how to play golf Men & women	Lorraine Boles
<b>GOLF: Women's 9-Hole</b>	Thursday – 2:00 pm Falmouth Country Club All golf levels welcome	Carolyn Wurm
<b>GOLF: Women's 18-Hole</b>	Thursdays, late morning or early afternoon Usually play at Brookside in Bourne \$40 includes cart	Joan Sheehy
<b>KAYAKING: Tuesday</b>	Every Tuesday morning in season Need own kayak	Rich Boles
<b>KAYAKING: Friday</b>	Time & location varies Need own kayak	MJ Kovary
<b>SHELL FISHING</b>	Monthly in warm seasons Varies by tides and weather Shell-fishing license required All types of shell fish Small groups SEE HANDOUT	Peter Baranowski
<b>SKI: Cross-country &amp; Snow- shoe</b>	Per snowfall She sends out e-mail re where/when to meet Need own equipment	Lynda Onthank
<b>SKI: Downhill Day-Trips</b>	Often go to Wachusett; open to other and longer trips if group is interested	Kathy DelCicchi Joan Zwible
<b>TENNIS: Men's</b>	Group decides where and when to play	Rich Boles
<b>TENNIS: Women's</b>	Group decides where and when to play Try to accommodate all skill levels Outdoor in the summer and option for indoor in the win- ter	Pam Marck

<b>WALKING: Falmouth on Foot</b>	Mondays at 9:30 a.m. weekly walks exploring Falmouth (Wednesday rain date) Co-ed	Betty Berthiaume
		Sheila Chisholm
<b>WALKING: Men's</b>	Fridays year round 9:00 Trunk River summers (start Mem. Day) 9:30 Locust St Parking – after Columbus Day	Phil Nehro
<b>WALKING: Women's</b>	Thurs 8:30 a.m. except for winter Trunk River to Woods Hole Break at Pie in the Sky prior to returning All walking speeds welcome	Mary Beth Goodwin
<b>Social</b>		
<b>BREAKFAST: Men's</b>	(Every other) Thurs 8:30 at Crabapples	John Checklick
<b>COOKING TOGETHER</b>	Monthly--group decides where and when to meet Group cooking, testing all new recipes and techniques monthly while socializing in members' homes	Debbie Carlisle
<b>DINING IN</b>	10-12 individuals meet monthly Singles and couples welcome Host chooses theme, and each person contributes to the meal Frequency, time and location vary by group	Dave Colacicco
<b>DINING OUT</b>	Group enjoys dinner out monthly Singles and couples welcome Group suggests where/when to go	Dave Colacicco
<b>DINNER &amp; A MOVIE: Tuesday</b>	Second Tuesday of the month Matinee movie then dinner at a restaurant Contact leader by Sunday to ensure restaurant reservation September through June	David & Diane Margarettos
<b>DINNER &amp; A MOVE: Wednesday</b>	First Wednesday of the month Matinee movie then dinner at a restaurant Contact leader by Monday to ensure restaurant reservation September through June	Skip & Linda McCormack
<b>LUNCH &amp; LEARN</b>	Learning opportunities are planned throughout the year Dates and times are published in the newsletter	<b>Sally Colaicco</b>
<b>MIX AND MINGLE</b>	Meets in host's home to socialize Each brings hors d'oeuvre or dessert to share Mix of current and new members Usually about 20 per group	<b>Susan Gilbert</b> <b>Ginny Palmieri</b>

<b>SINGLES</b>	Male & Female Not dates New friends Member-driven Planned & spontaneous social outings Locally and off Cape	Jeanne Fortier
		Sue Sargalski
<b>THEATER: Live</b>	Theater outings announced in Newsletter	Bette West
<b>THEATER: (Plays!) Matinee &amp; Lunch</b>	Share lunch and then attend a matinee performance On or off Cape	Kathy Osol
<b>WIN Dinners (Women in Newcomers)</b>	4th Thursday of the month Women only Group chooses the restaurants September through June Group decides whether to meet in July & August	Donna Hurst
<b>WINE EXPLORATION</b>	6:00 to 8:00 p.m. in groups of 8 to 11 Individuals or couples welcome Meet monthly in participant homes	Midge Frieswyk
<b>Preview Group</b>	Monthly activities to meet new people Intended for members 65 or younger	Kim Park
<b>Special Interest</b>		
<b>CURRENT ISSUES: Discussion</b>	Mon 4 to 6 Every 6 weeks Host picks topic (often social issues) & prepares wine & snacks	Oliver Zafiriou
<b>FOR YOUR HEALTH</b>	Meet monthly if the topic interests you Leader is a health coach and will initiate topics but wants input from the participants as well	Laura Winslow
<b>FRENCH: Coed Conversation</b>	Monday, 2 p.m. Meet at Gus Canty Must be fluent enough to carry on a conversation	Jerry Lanson
<b>FRENCH: Femme Francaises Conversation</b>	Wednesday afternoons at 1:30 Women only Meet in homes, share snacks Subscribe to magazine designed to help the British learn French (\$70) Intermediate level	Marsha Zafiriou (Encore)
<b>GARDENING: Dirt Diggers</b>	Tuesday afternoons some months Trips to various gardens and related activities other months	Phyllis Huse
<b>GERMAN: Conversation</b>	TBD	Marsha Zafiriou

<b>INVESTMENT GROUP</b>	2 <sup>nd</sup> Thursday 5:00 to 6:30 p.m. once a month Falmouth Library	Phil Nehro
<b>KNITTING/ NEEDLEWORK</b>	Thursday 1 to 3 Gus Canty - Room 2 Drop in option Any skill level including new to it Knitting, crocheting, quilting, other needlework or beading	Ellen Barkhuff
		Laurie Pocius
<b>LINE DANCING</b>	Tuesdays 2 to 3 (1:30 warm-up & review) Men & Women Gus Canty No lessons between Mem Day & Labor Day	Doris Lachapelle
<b>MUSIC: Opera - Live Met Transmissions</b>	Saturday afternoons Scheduled several times a year Carpool to Kingston or Dennis	Nancy Walbek
<b>MUSIC: Playing 60's Music</b>	Wednesday afternoons twice a month Location rotates Play an Instrument or Sing	Curt Bakal
<b>PHOTOGRAPHY: Shutter Bugs</b>	Monthly events: by topic About an hour Bring own cameras 12 months	David Margaretos
<b>SPANISH: Conversation</b>	Fridays at 1:00 p.m. Must be at a Spanish conversational level (not for beginners)	Alice Goldstein
		Linda Sanvicente
<b>'Teacher' FIELD TRIPS (without the kids!')</b>	Year-round monthly trips via car (ride sharing) On and off Cape	Christina Brodie
		Olivia Masih White
<b>TECHNOLOGY TIPS</b>	2 <sup>nd</sup> Thursday, 3 to 4:30 p.m. Meeting Room, Falmouth Library Small group and individualized coaching on par- ticipant-generated topics	Denise DeCoste
		Art Gilbert
<b>VOLUNTEER EXCHANGE</b>	Volunteer for tasks you are comfortable doing when another member needs some extra support Your hours are tracked At some point when you might need support, oth- ers will invest <i>their</i> hours to support you	Susan Gilbert
		Art Gilbert
<b>WRITING: Poetry Circle</b>	4th Thursday, 10:00 a.m., Trustees' Room at the library Supportive group to encourage our natural ex- pression Meet monthly to share original poetry	Marcie Schwartz