

## Silver Threads

*A column created especially for people spending their golden years in Falmouth, written by these same senior citizens.*

“The Best Things in Life are Free”

By Chrissy Pingle and Mary Fran Buckley

The unexpected pleasure of a beautiful sunset over Buzzards Bay as seen from The Knob, the peaceful joy of a walk on the beach in the early morning before the crowds arrive, a hike through Beebe Woods or a stroll down the Shining Sea Bike Path--yes, some of the best things in life are free. But in addition to these obvious outdoor pleasures, we are fortunate here in Falmouth to have a number of organizations that offer many activities that also are free of charge.

Family movie fans will appreciate "Movies Under the Stars" Wednesday evenings, June 27 until August 22, at dusk (weather permitting) at Peg Noonan Park—in front of the Main Branch of the Falmouth Public Library. For a list of offerings, go to [www.falmouthvillageassociation.com](http://www.falmouthvillageassociation.com).

For baseball fans, Falmouth's own Commodores—a team composed of top college players from all over the country participating in the Cape Baseball League—play locally at the Allen Diamond, Guv Fuller Field, 790 Main Street (behind the Gus Cauty Community Center). Excellent skills are on display, the games are perfect for family groups, from June 16 until August 7. There is no charge for these games, although a donation is appreciated.

Music lovers are presented with two possibilities: Concerts in the Park (Peg Noonan Park), every Friday evening at 6:00, July 6 until August 10, sponsored by The Arts Foundation of Cape Cod and First Citizens Bank. The concert schedule can be found at

[www.falmouthvillageassociation.com](http://www.falmouthvillageassociation.com). The second: Falmouth Town Band Summer Concerts at Marina Park bandshell, Scranton Avenue, Thursday evenings, 7:30–9:00, June 28 until August 30. Bring a blanket or chair and enjoy music under the stars. Sponsored by The Arts Foundation of Cape Cod.

Should you wish to travel a little farther to enjoy a summer evening concert, Citizens Bank and The Arts Foundation of Cape Cod present free Friday evening concerts at Heritage Museums and Gardens in Sandwich. There are four more concerts this year: July 20 and 27, August 3 and 10, from 6:00–7:30. Each week features a different group and type of music. The schedule can be found at [www.artsfoundation.org/summer-concerts-sandwich](http://www.artsfoundation.org/summer-concerts-sandwich), or at [www.heritagemuseumsandgardens.org](http://www.heritagemuseumsandgardens.org).

Falmouth Museums on the Green conducts a walking tour of Falmouth's historic landmarks every Tuesday (weather permitting) until October 22. This "leisurely stroll" lasts about 90 minutes. Meet in the Hallett Barn Visitors Center at 10:00 a.m. Visitors are also invited into the three gardens on the museum grounds—a colonial-style flower garden, an herb garden and a memorial park, which are maintained by the Falmouth Garden Club. Visitors are also welcome to picnic in the gazebo. For more information, go to [www.falmouthhistoricalsociety.org](http://www.falmouthhistoricalsociety.org).

One of the most beautiful views in Falmouth is from Nobska Point Lighthouse, overlooking Vineyard Sound. The keeper's house is home to the commander of Coast Guard Sector Southeastern New England. The grounds are open to the public; the lighthouse is open only during scheduled open houses, with tours led by members of the Coast Guard Auxiliary. The remaining open houses for 2012 are: July 21, August 2 and 11, September 1, and December 1. There are certain regulations for visitors to the lighthouse that can be found at [www.uscgaux.info](http://www.uscgaux.info).

The Woods Hole Science Aquarium, 166 Water Street, is open seven days a week from May 29 until September 2, 11 a.m.–4 p.m. Time your visit to include the seal feedings at 11:00 a.m. and 4 p.m. There is no admission fee, however donations are gladly accepted. For visiting grandchildren, look into their "collecting walks," which are led by WHSA aquarists and interns who teach about life in salt marshes and beaches. Nets, buckets, coolers, and animal expertise are provided by the aquarium; guests provide their own transportation to the site. These collecting adventures last approximately two hours. The

schedule for July is posted on the website ([www.aquarium.nefsc.noaa.gov](http://www.aquarium.nefsc.noaa.gov)). Reservations must be made in person only, in the lobby of the aquarium.

If parking in Woods Holes seems like too much of a challenge, consider hopping onto the WHOOSH trolley. The fare for those 60 and older and people with disabilities is \$1.00 for a one-way ride, \$3.00 for a day pass, and \$15.00 for a transit pass good for 20 rides. Certainly cheaper—and easier—than feeding the meters in Woods Hole!

Finally, don't forget to check out the Falmouth Public Library and its branches. All offer numerous activities for which there is no charge. For outdoor adventures, go to The 300 Committee's website ([www.300committee.org](http://www.300committee.org)) for a list of walks and activities they sponsor.

Indeed, Falmouth is blessed with abundant beauty—beaches, woods and marshes—that can be enjoyed by all, free of charge. And, with a little searching, it's possible to find other riches for which there is no charge. This is just a start!

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*Neighborhood Falmouth is a nonprofit, membership organization, operating since 2009 to help Falmouth seniors live safely and comfortably in their own homes. For more information on joining, volunteering, and donating, call 508-564-7543; or visit [www.neighborhoodfalmouth.org](http://www.neighborhoodfalmouth.org).*

The moon belongs to everyone

The best things in life they're free

Stars belong to everyone

They cling there for you and for me

Flowers in spring

The robins that sing

The sunbeams that shine

They're yours and they're mine

Love can come to everyone

Best things in life

They're free

Moon belongs to everyone

The best things in life

They're free

Stars belong to everyone

They glitter there for you and for me

They are yours and mine

Flowers in spring

The robins that sing

Sunbeams that shine

They're yours and they're mine

Love can come to everyone

Best things in life

They're free

All of the good things

Every one of the better things

The best

Best things in life

They're free