



Mashpee Senior Center Activities

The Mashpee Council on Aging offers social activities, health and wellness activities, and support services and appointments.

Social Activities	
In addition to our regularly scheduled activities, we offer several special events each month, such as concerts, luncheons, educational presentations, etc.	
<ul style="list-style-type: none"> ➤ Art classes (painting and sketching) ➤ Book club ➤ Crafts classes ➤ Canasta, Bridge, Cribbage and other card games ➤ Dance classes (Country Line Dance & Ballroom Dance) ➤ Exercise groups and classes ➤ Knitting and crocheting ➤ Mah Jongg 	<ul style="list-style-type: none"> ➤ Men's Club ➤ Singing ➤ Sports Group ➤ Tai Chi ➤ Travel club ➤ Woodcarving ➤ Yoga classes ➤ Zumba classes ➤ Osteoporosis Exercise ➤ Qi Gong
Check with us ... other activities are constantly being updated and added.	
Health and Wellness Activities	Support Services and Appointments
<ul style="list-style-type: none"> ➤ Health talks with the Visiting Nurse ➤ Dementia and Alzheimer's support group ➤ Bereavement Support ➤ Independence House relationship education and advocacy ➤ Parkinson support group ➤ Sight Loss Services peer support group ➤ VNA wellness programs (Matter of Balance, Fit & Strong, etc.) ➤ Foot care appointments 	<ul style="list-style-type: none"> ➤ AARP tax preparation appointments during tax season ➤ Gadgets and PC appointments ➤ Legal appointments ➤ Outreach Services ➤ PC laptop skills appointments ➤ SHINE Program: Health insurance information and counseling appointments. ➤ Veteran's agent appointments

For more information on any of these programs, please contact our Activity Coordinator at (508) 539-1440.