

THE MASHPEE SENIOR CONNECTION



MAY-JUNE 2023

MASHPEE SENIOR CENTER

Senior Center hours are Monday through Friday, 8:30am - 4:30pm.

We encourage you to sign up to receive our emails for up-to-date news regarding activities, important information, volunteer opportunities, upcoming events, programs and more.

◇ *Contact the Mashpee Senior Center at 508-539-1440 to be added to our email list or email: coaofficeassistant@mashpeema.gov*

◇ *Like Mashpee Senior Center on Facebook for up-to-date information on special events, programs, activities and helpful resources!*



HOLIDAY OBSERVANCES

The Mashpee Senior Center will be closed on the following dates in observation of upcoming holidays. All activities, including the mini-bus will be cancelled on these dates. Stay safe and well!

- ◇ **Monday, May 29th - Memorial Day**
- ◇ **Monday, June 19th - Juneteenth**

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STAY CONNECTED
REMAIN ACTIVE
MEET NEW FRIENDS



TOWN OF MASHPEE INFORMATION



MAY TOWN MEETING

The May Town Meeting, will be held on Monday, May 1st starting at 7:00 pm at the Mashpee High School (transportation will be available on a first-come, first-serve basis. Call the Senior Center at 508-539-1440 to schedule a ride to the Town Meeting).

TOWN ELECTION

The Annual Town Election, will be held on Saturday, May 6th from 7:00am - 8:00pm.

Early in-person voting will be available at the Mashpee Town Hall from April 19th - 26th from 8:30am - 4:30pm.

2023 Vote by Mail Applications were mailed out on April 19th. Ballots must be returned to the Town Clerk's Office, Mashpee Town Hall, 16 Great Neck Road, North, no later than 8pm on May 6, 2023, in order to be counted.

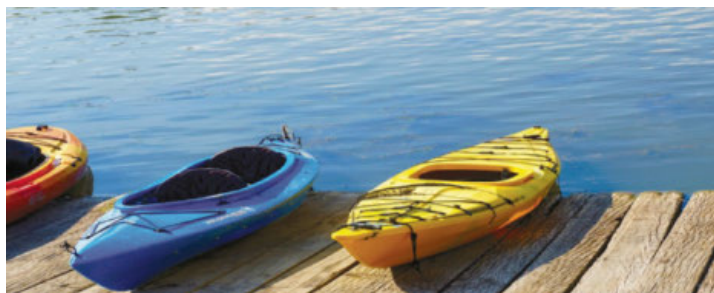
- ◆ **Precinct 1 & 2 - Mashpee Senior Center**
- ◆ **Precinct 3 & 4 - Mashpee Town Hall**
- ◆ **Precinct 5 - Mashpee Public Library**

If you are unsure which precinct you are in, you'll be receiving a card in the mail notifying you, or you may go to www.mashpeema.gov, Town Clerk Department, Streets and Precincts.

BEACH AND TRANSFER STATION

The Beach & Transfer Station sticker office will open June 5th from 9:00 am - 4:00 pm at the Mashpee Town Hall.

For more information, please visit: <https://www.mashpeema.gov/>



SPECIAL PROGRAMS



MASHPEE SENIOR WALKING GROUP WITH THE VNA OF CAPE COD PUBLIC HEALTH

**TUESDAYS, MAY 23rd—JUNE 27th
9:00am-10:00am**

Join the Mashpee Senior Center Walking Group this summer and exercise safely with an Exercise Physiologist. Have fun with other seniors, learn about Public Health topics, all while improving physical fitness!

- ⇒ **ADVANCED REGISTRATION IS REQUIRED.** A completed VNA application is required prior to the start of the program.
- ⇒ For more information or to sign up, please contact the VNA of Cape Cod at 508-957-7423.

EMERGENCY DOCUMENTS YOUR FAMILY MAY NEED IN A TIME OF CRISIS THURSDAY, MAY 11th 10:00am-11:00am

Disaster can strike at any time and with little notice. Whether you live in an area that's at risk for a blizzard, tornadoes, hurricanes, earthquakes, or forest fire, you need to be prepared. Building a disaster preparedness kit, including important documents, will ensure your family is well protected when disaster strikes, whether you are left without power for a few days or find that you have to evacuate suddenly.

Call the Senior Center at 508-539-1440 to register for this very informational seminar.



CINCO de MAYO LUNCHEON FRIDAY, MAY 5th 12:00pm-1:00pm



It's a fiesta!

Join us for a Cinco de Mayo luncheon on Friday, May 5th at 12:00. Enjoy some delicious Mexican cuisine and enter for a chance to win a door prize.

- ⇒ This event is sponsored in part by Bridges by Epoch at Mashpee, a Memory Care Community.

Call the Senior Center to register at 508-539-1440. Space is limited. So please call early to reserve your seat!

DISCOVER YOUR ENCORE FRIDAY, MAY 12th 2:00pm-3:00pm



“Discover Your Encore”

defines the “encore” stage of life and presents healthy aging through purposeful work, whether paid or unpaid, with social impact. The seminar explores motivations, interests and competencies leading to development of attendees’ Encore Targets, which are personalized elevator speeches to use in telling their own, genuine Encore Stories. This interactive seminar offers opportunities to change one’s thinking about what’s possible, midlife and beyond.

Join in with others from your community to find your Encore “second act for the greater good.”

Register for “Discover Your Encore” by contacting the Senior Center at 508-539-1440.



Select Board Member
Michaela Wyman-Colombo
Tuesday, May 2nd and June 6th
from 9:00am-10:00am

Mashpee Select Board Member Michaela Wyman-Colombo will hold office hours at the Senior Center from 9:00am-10:00am on the 1st Tuesday of each month.

She looks forward to meeting you and hearing your thoughts and concerns. No appointment needed.



VISITING NURSE ASSOCIATION
OF CAPE COD
 Member Cape Cod Healthcare

VISITING NURSE ASSOCIATION
KNOW YOUR NUMBERS PRESENTATION
Monday, May 8th
from 10:45am-11:45am

Medical providers are trained to assess your health, and one commonly used measurement of bodily function are vital signs. Vital signs include heart rate, blood pressure, respiratory rate, temperature and pain. Do you know what your numbers are or what they mean?

Join us for this hour-long presentation as the VNA Town Public Health Nurse explains these vital signs. There will be an open discussion at the end of the presentation.

⇒ Call the Senior Center at 508-539-1440 to register.

CHOLESTEROL SCREENING CLINIC
FRIDAY, MAY 26th
10:00am-12:00pm

What is cholesterol and how does it affect your health? Come get your cholesterol tested from a Public Health Nurse from the VNA of Cape Cod for **FREE!**

- ⇒ The test includes a finger prick and on the spot results.
- ⇒ Registration is required.
- ⇒ To sign up, please call the Mashpee Senior Center at 508-539-1440.

This clinic is brought to you by the Mashpee Senior Center and the VNA of Cape Cod Public Health and Wellness Division.

CAPE COD WILDLIFE
Monday, May 15th
1:00pm-2:30pm

Are you interested in your local wildlife and their behaviors?



Join Senior Natural Resource Officer Amy Croteau and her taxidermy collection to get a close up view of some of our year-round resident animals and some seasonal visitors to Cape Cod.

Call the Senior Center to register at 508-539-1440.

GYOTAKU FISH PRINTING
WORKSHOP
TUESDAY, MAY 30th
12:30pm-3:30pm

Gyotaku fish printing workshop with Deb Martin a retired art teacher.

What is Gyotaku fish printing? Gyotaku is a traditional form of Japanese art that began over 100 years ago as a way for fishermen to keep a record of the fish they caught.

We will use rubber molded fish made from real fish. The fish are freshwater and saltwater fish. They will then be used to print on T-shirts, aprons, dish towels, and bags. The prints will be permanent and washable.

Sign up early as space is limited. Wear an old t-shirt or an apron. There is a fee of \$20.00 that covers the costs for whatever you choose to print on. All materials will be provided.

Register by calling the Senior Center at 508-539-1440.



QI GONG & HEALING SOUNDS
Starting Thursday, April 27th to June 22nd
3:15pm to 4:15pm
(No class on May 4th)

Participants will learn different breathing patterns to activate Qi/Chi, the life force energy. Gentle stretching, warm-ups, standing postures and the “flows” of the Five Elements (metal, water, wood, fire and earth) will circulate Qi throughout the body. This class is for both beginners and for those who have practiced Qi Gong before.

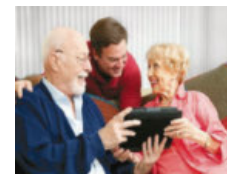


Healing sounds are used to help the 5 organs (lungs, kidneys, liver, heart and spleen) detoxify or “purge” any physical or emotional issues associated with the organ. Each organ has a particular sound that is made during the exhalation.

- ◇ **Bring a friend on May 11th!**
- ◇ **To sign up, please call the Senior Center at 508-539-1440.**
- ◇ **The fee for this session is \$56.00; \$9 for drop-ins.**
- ◇ **Weather permitting, the class will be held outside.**

COMPUTER ESSENTIALS - PART 2
BEYOND THE BASICS
Tuesdays and Fridays
Starting May 23rd through August 1st
10:00am-11:30am

This 10-week, browser-based course expands on the concepts and skills taught in Basics and Essentials Courses and explores the Internet as an everyday source.



You will learn how the Internet can help you accomplish every day tasks, stay organized, find entertainment and be creative. This course is a good opportunity to expand your Internet savvy and make the most out of tech!

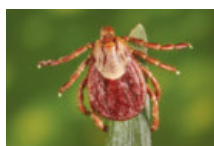
- * Completion of Basics and Essentials—Part 1 is helpful, but not required.
- * This course is held at the Mashpee Senior Center.
- * Sign up today by calling Denise Magnett of Elder Services at 508-394-4630, Ext. 366 or send an email to: denise.magnett@escci.org



LYME DISEASE & OTHER TICK-BOURNE ILLNESSES: THE EFFECTS ON THE OLDER ADULT
Thursday, June 1st
1:00PM-2:00PM

The history of Lyme disease, other tick-borne diseases, and their symptoms and treatment will be discussed. We will look at tick prevention tools you can use to protect yourself and your loved ones!

Handouts will be distributed that will include tick ID cards, a pamphlet on ticks and mosquitoes, and information on how to send a tick to be tested.



Call the Senior Center to register at 508-539-1440.



SEPSIS AWARENESS
Friday, June 9th
1:00pm-2:30pm

Have you heard the word SEPSIS? Many people have not. Less than 12% of the population can identify the symptoms. Gerry Bedard, lost his wife to Sepsis because they had never heard the word and did not know of it. Gerry became an Advocate for Sepsis Awareness because there were no informational/support groups on the Cape. He is attempting to educate, so others do not have to go through something that is preventable, if caught early. Approximately 350,000 people, young and old, die from Sepsis every year in the United States. He partnered with the Sepsis Alliance to help raise awareness “So more survive.” He’s passionate about raising awareness because of his lack of Sepsis knowledge that sadly changed his life.

Please register for this life-saving program by calling the Senior Center at 508-539-1440.



NEW!!

**COFFEE WITH A COA
STAFF MEMBER**

**Thursday, May 4th and June 1st
9:30am-10:00am**

Come and have coffee with one of our staff on the 1st Thursday of each month! Join a different staff member between 9:30am - 10:00am in the multi-purpose room!

We look forward to chatting with you and getting to know you better, as well as you getting to know us better!

Please call the Senior Center at 508-539-1440 to register.

LONG-TERM CARE PLANNING

**Friday, June 23rd
1:00pm-2:00pm**

Julianna Santiago, Long Term Care Ombudsman Director at Elder Services of Cape Cod and the Islands presents, "Checklist for Finding Quality Long-Term Care."

In this presentation, Ms. Santiago highlights strategies and standards to consider when selecting the best long term care facility for yourself or a loved one.

Call the Senior Center at 508-539-1440 to register.

**VISITING NURSE ASSOCIATION
WALK IT OUT CHALLENGE**

**PRESENTATION
Thursday, June 29th
10:00am-11:00am**

Are you looking to be more active? Are you interested in improving your cardiovascular fitness and improving your mood but aren't sure where to start? Join us for this hour-long presentation from a Physical Therapist from the VNA of Cape Cod and join the 4-week walking challenge!

Presentation will include information about the health benefits of walking and wellness and an open discussion period. Participants will receive a 4-week walking program to follow independently.

Call the Senior Center at 508-539-1440 to register.

**PANEL DISCUSSION
ON
ELDER CARE
PROVIDERS
Monday, June 5th
1:00pm-2:00pm**



Are you looking for information about navigating the post-acute care maze?

This will be a great informational panel when various care providers get together to educate attendees. From in-home care, assisted living, skilled nursing, elder law, long term acute care, veterans assistance, and more!

From disease management, dementia care and support, paying for care, resources, etc. Please join us at the Mashpee Senior Center on Monday, June 5th at 1:00 PM for this not-to-miss event!

- ⇒ Please RSVP to Gwyneth Blackwell at:
- ⇒ Gwyneth.blackwell@professionalcarematch.com or call her directly at 914-574-1568.
- ⇒ Attendance is free and light refreshments will be served.

ON-GOING PROGRAMS

MOVIE AND POPCORN!

**Wednesdays at 1:00pm
May 3rd and May 17th
June 7th and June 21st**



We are sorry for any inconvenience, but due to copyright compliance, we are prohibited from listing movie titles in public communications.

Please contact the Senior Center to register at 508-539-1440, and for more information on movies to be shown on each date.

NEW SESSION-UKULELE CLASSES

Absolute Beginner Ukulele
Fridays, June 2nd to July 7th
From 9:00am to 10:00am

Learn the basic chords, C-F-G7, G D7 Am, Dm, Em, A and D. Learn how to use a tuner and tune your uke, and basic strumming. \$45 for this session.



Beginner Ukulele 1
Fridays, June 2nd to July 7th
From 11:30am to 12:30pm

Already taken Absolute Beginner Class, but still learning chord progressions and strumming. Not ready for Beginner 2 class. \$45 for this session.

Beginner Ukulele 2
Fridays, June 2nd to July 7th
10:15am to 11:15am

Already have taken Absolute Beginner and Beginner 1 classes. Learn more strumming patterns and chord progressions and bar chords. Will use music for the Cape Cod Ukulele Club. \$45 for this session.

Please call the Senior Center to register at 508-539-1440 and be sure to mention which class you will be taking.

CRAFTS

Tuesday, May 9th & May 23rd
Tuesday, June 13th & June 27th
2:00pm to 4:00pm

May 9th: Create an everlasting ceramic/glass dish flowers for gardens. Fee: \$9.00 includes all supplies and instruction.

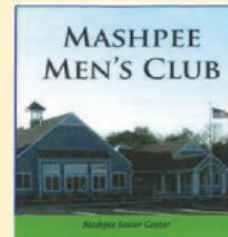
May 23rd: Design an outdoor solar chandelier. Fee: \$24.00 includes all materials and instruction.

◇ Please refer to email updates for more information on June crafts.

Class size is limited, so please sign up early! Call the Senior Center at 508-539-1440 to register.



MASHPEE MEN'S CLUB
Tuesday, May 2nd &
June 6th
10:00am-12:00pm

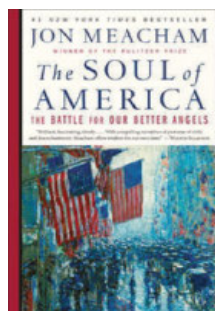


The Mashpee Men's Club meets the first Tuesday of each month at 10:00am for coffee with the meeting starting promptly at 10:30am.

May 2nd Speaker: Rodney Collins, Town Manager
June 6th Speaker: Ruth Provost, Boys & Girls Club

Membership in the Club is open to all men 50 or older. Applications for membership are available at the meeting. Dues are \$25.00 for the year.

Mashpee Senior Center Book Club
Monday, May 15th and June 26th
from 2:00pm to 3:00pm



Join us to discuss book selections, meet new people, and see what the Book Club is all about. New members are always welcome. There is no registration or charge to join!

* **The May book selection is:**
"The Soul of America," written by Jon Meacham.

* **The June book selection is Reader's Choice.**

BINGO!

NEW DAY: 3rd THURSDAY OF THE MONTH
THURSDAY, MAY 18th AND JUNE 15th
1:00pm-2:30pm

- ⇒ Light refreshments will be served during BINGO.
- ⇒ Register for BINGO by contacting the Senior Center at 508-539-1440.
- ⇒ We hope you will join us!



SUPPORT SERVICES & APPOINTMENTS

Call the Mashpee Senior Center at 508-539-1440 to schedule appointments for the following services, unless otherwise indicated.

⇒ **The dates below are for May and June appointments.**

- ◆ Aphasia Support Group—May 3rd and June 7th (see notice below)*
 - ◆ Bereavement Support Group—May 2nd and 16th/June 6th and 20th from 2:30pm-4:00pm
 - ◆ CCHC Dementia Support Group—May 10th and 24th/June 14th and 28th. To preregister, please call Cape Cod Healthcare at 508-775-5656.
 - ◆ Foot care appointments—May 12th and June 9th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment.
 - ◆ Independence House—May 10th and June 14th. Walk-in between 10:00am-12:00pm at the Senior Center.
 - ◆ Legal appointments (SCCLS) - May 9th and 23rd/June 13th and 27th. You may apply for services by calling South Coastal Counties Legal Services (SCCLS) Hyannis Law Office at 774-487-3251 or the intake line at 1-800-244-9023. (See notice below)*
 - ◆ New Member Information appointments—Appointments every Monday between 10:30am-12:00pm
 - ◆ Ostomy Support Group - Tuesday, May 2nd and June 6th from 11:00am-12:00pm
 - ◆ Parkinson Support Group (ZOOM MEETING) - May 17th and June 14th from 10:00am-11:15am. (See notice below)*
 - ◆ PC Gadgets/Laptop/Cell Phone/Tablet appointments—May 4th and May 18th/June 1st and 15th. Call the Senior Center for an appointment.
 - ◆ SHINE Program: Health insurance information and counseling—Thursdays from 12:00pm-3:00pm by appointment.
 - ◆ Sight Loss Services Peer Support Group—May 22nd and June 26th. Call the Senior Center to register.
 - ◆ Veteran's Agent appointments—May 5th and 19th/June 2nd and 16th. Call the Senior Center to register for an appointment.
 - ◆ VNA Town Nurse Services / Blood Pressure Clinic - May 8th and June 12th —9:30am-10:30am. No appointment needed.
 - ◆ VNA Town Nurse Wellness Check - A VNA nurse is available to provide free medical wellbeing checks to Mashpee seniors who are at risk. The VNA nurse will conduct an overall assessment of the home environment and will check vital signs. Please call Lori Nelson, Outreach Coordinator, for a referral, at 508-539-1440.
- ⇒ ***The Aphasia Support Group** has resumed in-person meetings at Spaulding; or if you choose, you may continue to participate in a *Zoom* Meeting. The Group will meet on the 1st Wednesday of each month. For more information contact Eileen at Spaulding Rehabilitation Hospital at 508-833-4232. Various monthly speakers. May's theme is "Get Moving!"
- ⇒ ***Legal appointments South Coastal Counties Legal Services' (SCCLS)** Elder Law Project provides free civil legal help to eligible residents of Barnstable, Nantucket, and Dukes Counties. You must be 60 years of age or older and have a legal issue within our project priorities. While there is no income criteria, services are prioritized to those with the greatest economic and social need. Priority legal issues include eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI) SNAP, etc), and healthcare issues involving MassHealth or Medicare. You may apply for services by calling SCCLS' Hyannis Law Office at 774-487-3251 or the intake line at 1-800-244-9023. If your matter is not urgent, appointments are available with an SCCLS attorney here at the Mashpee Senior Center. You may call Rasheda Dickerson for more information and/or to schedule an appointment.
- ⇒ ***Parkinson Support Group** - This Group is for both those with Parkinson's and their caretakers. Registration is required. Contact Jeanne Jackson at 508-367-4267 or email her at jahjackson@comcast.net or call APDA I&R at 800-651-8466 to join the group and receive *Zoom* information.

OUTREACH SERVICES

A message from Lori Nelson, M.Ed. Outreach Coordinator:

“Here at the Mashpee Council on Aging, we continue our community outreach by providing social services support and advocacy to our over 60 community. As always, feel free to reach out to me at the Senior Center by calling 508-539-1440 or email me at lnelson@mashpeema.gov if you have any questions or are in need of any support.”

FUEL ASSISTANCE PROGRAM UPDATE

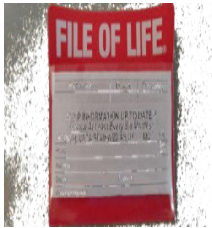
The Massachusetts' home energy assistance program (LIHEAP) most commonly known as Fuel Assistance has extended the application period from April 28th to May 12th.



Fuel Assistance is provided by the [South Shore Community Action Council \(www.sscac.org/fuel-assistance\)](http://www.sscac.org/fuel-assistance). You can apply online or in person. If you need any assistance, I can help you fill out the application at the Senior Center. For more information, or to schedule an appointment, contact Lori Nelson at 508-539-1440.

FILE OF LIFE

IT'S 2023.....DO YOU HAVE ONE OF THESE MAGNETS ON THE SIDE OF YOUR REFRIGERATOR?



This product saves lives when every second counts in a medical emergency. The File of Life benefits first responders, emergency staff at the hospital, and you. Thousands of communities and millions of households across the nation have embraced the File of Life. Mashpee first responders are trained to look for these critical File of Life decals.

WHAT IS A FILE OF LIFE?

File of Life details medical conditions and instructions in case of emergency. These are safeguards against medical intervention that may be unwelcome or unnecessary – experts say. We all deserve prompt, quality medical care, especially when it matters most – in an emergency. File of Life is designed to make the difference between life and death by providing absolutely vital information to first responders. File of Life is an asset not only for emergency preparedness, but also for keeping medical information organized for any visit to the doctor.




NEXT STEPS TO STAY SAFE: We want every older resident of Mashpee to have an up to date refrigerator magnet version of the File of Life. If you have a File of Life in place, Great! Please review and update it as needed. If you need one, call or email Lori Nelson, Outreach Coordinator at the Senior Center at 508-539-1440 or lnelson@mashpeema.gov.

MEDICAL EQUIPMENT -- DONATIONS OR BORROWING

The Mashpee Senior Center has the ability to lend out and accept some medical equipment (such as rollators, wheel chairs, canes, transport chairs etc.) to Mashpee residents over 60. Unfortunately our center does not have much storage space for donated equipment. If you would like to donate or borrow medical equipment, please call Lori Nelson, Outreach Coordinator, at 508-539-1440. Equipment is sanitized before it is loaned out to Mashpee older residents. Equipment may be kept for a limited short time period to ensure it's available for other older residents. All borrowers must sign a liability waiver. If you are in need of medical equipment, please speak with Lori Nelson, Outreach Coordinator at 508-539-1440 or email her at: lnelson@mashpeema.gov



Together, we can improve emergency medical care and provide some peace of mind for Mashpee seniors and their loved ones.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p>1</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:45-10:30 Gentle Yoga (fee) 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p> | <p>2</p> <p>8:30-9:30 Exercise 9:00-10:00 Select Board Member Wyman-Colombo 9:00-12:00 Woodcarving 10:00-12:00 Men's Club 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11-12 Ostomy Support Group* 11:00-2:00 Sea Mist Swim 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Veterans' Social 1:30-2:30 VNA Stepping Stones* 2:30-4:00 Bereavement Group</p> | <p>3</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 10:00 Aphasia Support Group* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00 & 1:00 Painting (fee) 2:00-3:30 Tai Chi* 1:00 Movie*</p> | <p>4</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Knitting/Crochet* 11:00-12:00 Scrabble 11:00-2:00 Sea Mist Swim* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 12:00-2:00 PC & Gadgets (appt)* 1:00-3:00 Learn Mah Jongg (fee)* 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee)</p> | <p>5</p> <p>8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:00-1:00 Cinco de Mayo Luncheon* 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (appt)*</p> |
| <p>8</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:30 Gentle Yoga (fee) 10:30-12 New Member Info.* 10:45-11:45 VNA Presentation—Know Your Numbers* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p> | <p>9</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swim* 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 1:00-4:00 Legal Services (appt)* 1:30-2:30 VNA Stepping Stones* 2:00-4:00 CRAFT</p> | <p>10</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00 Independence House 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00 & 1:00 Painting (fee) 1:30-3:00 Dementia Support* 2:00-3:30 Tai Chi*</p> | <p>11</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Knitting/Crochet* 11:00-12:00 Scrabble 10:00-11:00 Emergency Docs* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 1:00-3:00 Learn Mah Jongg (fee)* 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee) 3:15-4:15 Qi Gong (fee)*</p> | <p>12</p> <p>8:30-9:30 Strength Training 9:00-2:00 Foot Clinic (fee, by appt.)* 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg 2:00-3:00 Discover Your Encore*</p> |
| <p>15</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:45-10:30 Gentle Yoga (fee) 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:30 Cape Cod Wildlife Presentation* 2:00-3:00 Book Club</p> | <p>16</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swim* 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 1:30-2:30 VNA Stepping Stones* 2:30-4:00 Bereavement Group</p> | <p>17</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 10:00-11:00 Zumba (fee) Sports Group 10:00-12:00 10:00-11:15 Parkinson Support* 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00- & 1:00 Painting (fee) 2:00-3:30 Tai Chi* 1:00 Movie*</p> | <p>18</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Knitting/Crochet* 11:00-12:00 Scrabble 11:00-2:00 Sea Mist Swim* 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00 BINGO!* 1:00-3:00 Learn Mah Jongg (fee)* 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee) 3:15-4:15 Qi Gong (fee)*</p> | <p>19</p> <p>8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-12:00 MASSHire 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p> |
| <p>22</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:45-10:30 Gentle Yoga (fee) 10:00 Sight Loss Support 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p> | <p>23</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-11:30 Beyond the Basics* 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swim* 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 2:00-4:00 CRAFT</p> | <p>24</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00- & 1:00 Painting (fee) 1:30-3:00 Dementia Support* 2:00-3:30 Tai Chi*</p> | <p>25</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Knitting/Crochet* 11:00-12:00 Scrabble 11:00-2:00 Sea Mist Swim* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee) 3:15-4:15 Qi Gong (fee)*</p> | <p>26</p> <p>Strength Training 8:30-9:30 9:00-10:00 Absolute Beginner Ukulele (fee)* 10:15-11:15 Beginner 2 Ukulele (fee)* 11:30-12:30 Beginner 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 10:00-12 Cholesterol Screenings* 11:30-12:30 Ageless Yoga 10:00-11:30 Beyond the Basics* 12:30-4:00 Mah Jongg</p> |
| <p>29</p> <p>MEMORIAL DAY OBSERVATION SENIOR CENTER CLOSED</p>  | <p>30</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-11:30 Beyond the Basics* 11:00-2:00 Sea Mist Swim* 12:30-3:30 Gyotaku (fee)* 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg</p> | <p>31</p> <p>8:30-9:30 Strength Training 9:00-10:00 Walking Group* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00- & 1:00 Painting (fee) 2:00-3:30 Tai Chi*</p> | <p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</p>  | <p>MAY IS OLDER AMERICANS MONTH</p>  <p>The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</p>  |  | | <p>1—8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Knitting/Crochet* 11:00-12:00 Scrabble 11:00-2:00 Sea Mist Swim* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Tick-Bourne Illnesses* 1:00-3:00 Learn Mah Jongg (fee)* 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee) 3:15-4:15 Qi Gong (fee)*</p> | <p>2 8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:30 Beyond the Basics* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga* 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p> |
| <p>5 8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:45-10:30 Gentle Yoga (fee) 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:30 Cape Cod Wildlife Presentation* 1:00-4:00 Panel Discussion on Elder Care Providers*</p> | <p>6 — 8:30-9:30 Exercise 9:00-10:00 Select Board Member Wyman-Colombo 9:00-12:00 Woodcarving 10:00-11:30 Beyond the Basics* 10:00-12:00 Men's Club 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11-12 Ostomy Support Group * 11:00-2:00 Sea Mist Swim 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Veterans' Social 2:30-4:00 Bereavement Group</p> | <p>7 8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:00-10:00 Aphasia Support Group* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00 & 1:00 Painting (fee) 1:00 Movie* 2:00-3:30 Tai Chi *</p> | <p>8 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Knitting/Crochet * 11:00-12:00 Scrabble 11:00-2:00 Sea Mist Swim* 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 1:00-3:00 Learn Mah Jongg (fee)* 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee) 3:15-4:15 Qi Gong (fee)*</p> | <p>9 8:30-9:30 Strength Training 9:00-2:00 Foot Clinic (fee,by appt.)* 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:30 Beyond the Basics* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga* 12:30-4:00 Mah Jongg 1:00-2:30 Sepsis Awareness*</p> |
| <p>12 8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:30 Gentle Yoga (fee) 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p> | <p>13 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-11:30 Beyond the Basics* 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 1:00-4:00 Legal Services (appt)* 2:00-4:00 CRAFT</p> | <p>14 8:30-9:30 Strength Training 9:00-10:00 Walking Group * 10:00-11:00 Zumba (fee) Sports Group 10:00-12:00 10:00-11:15 Parkinson Support* 10:00 Independence House 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00- & 1:00 Painting (fee) 2:00-3:30 Tai Chi * 1:30-3:00 Dementia Support *</p> | <p>15 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Knitting/Crochet * 11:00-12:00 Scrabble 12:00-3:00 SHINE (by appt) * 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00 BINGO!* 1:00-3:00 Learn Mah Jongg (fee)* 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee) 3:15-4:15 Qi Gong (fee)*</p> | <p>16 8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:30 Beyond the Basics* 10:00-12:00 MASSHire 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga* 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p> |
| <p>19 JUNETEENTH SENIOR CENTER CLOSED</p>  | <p>20 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-11:30 Beyond the Basics* 11:00-12:00 Nutrition Demo* 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 2:30-4:00 Bereavement Group</p> | <p>21 8:30-9:30 Strength Training 9:00-10:00 Walking Group * 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00- & 1:00 Painting (fee) 1:00 Movie* 1:30-3:00 Dementia Support * 2:00-3:30 Tai Chi *</p> <p>FIRST DAY OF SUMMER!!</p> | <p>22 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 11:00-12:00 Scrabble 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee) 3:15-4:15 Qi Gong (fee)*</p> | <p>23 Strength Training 8:30-9:30 9:00-10:00 Absolute Beginner Ukulele (fee)* 10:15-11:15 Beginner 2 Ukulele (fee)* 11:30-12:30 Beginner 1 Ukulele (fee)* 10:00-11:30 Beyond the Basics* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga* 12:30-4:00 Mah Jongg 1:00-2:00 Long-Term Care Planning*</p> |
| <p>26 8:30-9:30 Strength Training 9:00-10:00 Walking Group* 9:45-10:30 Gentle Yoga (fee) 10:00 Sight Loss Support * 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 2:00-3:00 Book Club</p> | <p>27 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00 Legal Services (appt)* 10:00-11:30 Beyond the Basics* 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 2:00-4:00 CRAFT</p> | <p>28 8:30-9:30 Strength Training 9:00-10:00 Walking Group * 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage 10:00- & 1:00 Painting (fee) 1:30-3:00 Dementia Support * 2:00-3:30 Tai Chi *</p> | <p>29 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-11:30 Singing Seniors 10:00-11:00 Cribbage & More! 10:00-11:00 Walk It Out Challenge* 11:00-12:00 Scrabble 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 1:30-3:00 Sketching 3:00-4:00 Ballroom Dance (fee)</p> | <p>30 Strength Training 8:30-9:30 9:00-10:00 Absolute Beginner Ukulele (fee)* 10:15-11:15 Beginner 2 Ukulele (fee)* 11:30-12:30 Beginner 1 Ukulele (fee)* 10:00-11:30 Beyond the Basics* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga* 12:30-4:00 Mah Jongg</p> |

HEALTH INSURANCE INFORMATION

MASHEALTH ELIGIBILITY REDETERMINATIONS

MassHealth has maintained members' coverage and benefits due to the COVID-19 emergency. *The federal government will end continuous coverage requirements on April 1, 2023.* At this time, MassHealth will return to the standard annual eligibility renewal processes.

These renewals will take place over 12 months, from April 2023 – 2024. This means that members could get their renewal forms in the mail at any time during this 1-year period.

All MassHealth members will need to renew their health coverage. If MassHealth has enough information to confirm your eligibility, your coverage will be renewed automatically.

If MassHealth is not able to confirm your eligibility automatically, they will send a renewal form in a **blue envelope** to the mailing address on file. If you receive a blue envelope in the mail fill out the renewal form, sign and date. Be sure to provide the information to MassHealth as instructed on the renewal form.

IMPORTANT: Keep MassHealth updated with your latest contact information and income to make sure you get the best benefit you qualify for. Learn how to update your contact information by visiting mass.gov/masshealthrenew

Questions? If you have questions, need help with your MassHealth coverage, or if you have lost coverage, please contact MassHealth Customer Service at (800) 841-2900.

Feel free to contact Lori Nelson, M.Ed., Outreach Coordinator for any additional information at lnelson@mashpeema.gov or at the Senior Center at 508-539-1440.

MEDICARE SAVINGS PROGRAM



There are several programs under the MassHealth umbrella.

MassHealth Standard is for those with very low income and, if 65 or over, have only \$2000 in the bank, \$3000 for a couple.

The layers above Standard are Medicare Savings Programs, otherwise called Buy-In in Massachusetts. The asset limits for these programs are now \$18,180 for an individual and \$27,260 for a couple. The income limit has just increased to \$2734 per month for an individual, \$32,808 annual, or \$3698 per month for a couple, \$44,376 annual.

If your income and assets are now below these limits, a Medicare Savings Program may indeed save you money. One way these programs save money is by paying your Medicare Part B premium for you; thus the Social Security income you actually receive would be higher. You would need to complete one of two applications and send it to MassHealth for them to verify you qualify.



⇒ You may want to meet with or talk to a SHINE Counselor to explore Medicare Savings Programs. Call the Senior Center at 508-539-1440 to schedule an appointment with a SHINE representative.



PLEASE CONSIDER VOLUNTEERING! WE NEED YOUR HELP!

VOLUNTEER

Volunteers are always needed at the Mashpee Senior Center. Contact Volunteer Coordinator, Kathy Urquhart at 508-539-1440, Ext. 3508, if you are interested in sharing knowledge, skills, talent and kindness. Various volunteer opportunities are available including: newsletter mailing, greeter, thrift shop, office clerk, volunteer drivers, activity leaders and instructors. Please call for more information.

Veteran Information

MEMORIAL DAY CEREMONY

Monday, May 29th

10:00am-11:30am

Location: Mashpee Community Park Gazebo

"On this solemn day when we gather as Americans to honor the men and women who have given their lives so that we are able to enjoy the freedom we have, let us pay homage to them and their families. They have been our friends and comrades in arms and have worn the uniform of an American service member with pride. Their journey has ended so that ours' may continue." ...Merrill Blum

VETERANS' SERVICES

Friday, May 5th and 19th

Friday, June 2nd and 16th

1:00pm - 4:00pm (by appointment)



Veteran's Services Officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, Veteran's Services provides in person appointments at the Senior Center on the 1st and 3rd Friday of each month.

⇒ **To schedule an appointment, please call the Mashpee Senior Center at 508-539-1440 or contact Veteran's Services at 508-778-8740 for assistance and information.**

WHAT IS CHAPTER 115?

Helping veterans get the benefits they have earned.

Under Chapter 115 of Massachusetts General Laws (M.G.L. chapter 115) the Commonwealth provides a uniform program of financial and medical assistance for veterans and their dependents. For more information on eligibility benefits, contact Veterans Services at 508-778-8740 or visit the Veterans Services website at: www.capevets.org Eligible veterans and/or family members must meet certain income criteria and their military experience must meet the Commonwealth's requirements. Please see the Benefits calculator on the website.

VETERANS' SOCIAL GROUP **Tuesday, May 2nd & June 6th** **from 1:00pm-3:00pm**

Are you a veteran? Which branch did you serve in the U.S. Army, U.S. Coast Guard, U.S. Marine Corps or U.S. Navy or the U.S. Air Force? Whether you served in peacetime or in times of conflict, you are all connected and you all have stories to share.

So come grab a snack, share stories and connect with other senior veterans. No registration is needed. We hope to see you! The Veteran's Social Group meets on the 1st Tuesday of each month.



CAPE & ISLANDS VETERANS OUTREACH CENTER FOOD PANTRY

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday between 9:00am and 1:00pm. The Veterans Food Pantry is located at 247 Stevens Street, Hyannis, behind the VA Community Clinic.



Please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program is for veterans and their families only. Homebound veterans and dependents can call to make other arrangements to receive food. After becoming a member of the food pantry, a family is allowed 2 visits per month.



ON-GOING HEALTH AND WELLNESS PROGRAMS!

***Walking Group: Mondays & Wednesdays from 9:00am—10:00am.** The Walking Group meets on Mondays and Wednesdays from 9:00am to 10:00am. Walkers will meet at the Senior Center in the lobby.

Exercise: Every Tuesday & Thursday from 8:30am-9:30am. This class focuses on a total body workout. No charge.

Strength Training: Every Monday, Wednesday and Friday from 8:30am-9:30am. Exercise as a group w/ one of the many wonderful options chosen from our YouTube Library! No charge.

* **Osteoporosis Exercise Class - AmeriCorps Instructor: Wednesdays, 12pm-1pm.** Classes are structured to help individuals diagnosed with osteoporosis or who are at risk for osteoporosis, maintain strength, flexibility and function. **Call the Senior Center at 508-539-1440 to register and pick up the release form for this class.**

Gentle Yoga: Mondays, 9:45am-10:30am. Please bring a yoga mat. There is a fee.

Chair Yoga: Mondays, 11:00am-12:00pm. Modified for seniors who prefer to practice yoga seated in a chair. There is a fee.

Ageless Yoga: Fridays, 11:30am-12:30pm. Gently-led Hatha Yoga class. Free will offering.

Line Dancing: Every Thursday from 1:00pm-2:00pm. A fun low-impact class offers a variety of line dances, steps and routines. There is a fee for this class of \$36 for 6 classes or \$7.00 drop in per class.

Zumba®: Every Tuesday, Wednesday and Friday from 10:00am-11:00am. Come experience the benefits of this incredible fun, low-impact fitness program. Just drop in. There is a fee for this class of \$36 for 6 classes or \$7.00 drop in per class.

Ballroom Dancing: Every Thursday from 3:00pm-4:00pm. This is a great way to meet new people and learn some new steps. Partners necessary. Just drop in! \$7.50 per class per person.

***Registration required.**

WEEKLY ON-GOING PROGRAMS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>Mah Jongg: Mondays & Fridays from 12:30pm-4:00pm. This group is for experienced players.</p> | <p>Beginner Mah Jongg: Every Tuesday from 12:30pm-3:00pm.</p> <p>Woodcarving: Every Tuesday from 9:00am-12:00pm. Bring your own tools and supplies. Just drop in.</p> <p>Duplicate Bridge: Every Tuesday from 12:30pm-3:00pm. This group is for experienced players.</p> | <p>Sports Group: Every Wednesday from 10:00am-12:00pm. Discuss local and Boston teams.</p> <p>Canasta: Every Wednesday from 1:00pm-3:30pm. All are welcome.</p> <p>Painting: Every Wednesday – 2 sessions - 10:00am-12:00pm and 1:00pm-3:00pm. There is a fee of \$10 per session; no registration required.</p> | <p>Singing Seniors: Thursdays, 9:30am-11:30am. Not necessary to be able to read music. No charge.</p> <p>Cribbage & More: Thursdays from 10:00am-11:00am. No registration required.</p> <p>Knitting & Crocheting: Thursdays from 10:00am-11:00am. Bring your own supplies. All are welcome; just drop in.</p> <p>Scrabble! – Thursdays from 10:00am-11:00am. Just drop in.</p> <p>Sketching: Thursdays from 1:30pm-3:00pm. Bring your own supplies; all levels welcome. No registration needed.</p> | <p>Mah Jongg: Mondays & Fridays from 12:30pm-4:00pm. This group is for experienced players.</p> |

**TRAVEL ADVENTURES WITH
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**TRAVEL PRESENTATION &
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**Learn about NEW trips and shows!
Tuesday, May 16, 2023**

**Meal choices: Lobster Roll or Salad, Chicken Parmesan
10:30AM -\$30 pp/ (Paid Reservation Required)**

ENCORE CASIO - 5/9, 6/13, 7/11 \$49
Stayin Alive World's #1 Bee Gees Tribute & Lunch 5/24,
\$119
Rick Steve's Symphonic Journey & Boston Pops 6/08,
\$138/\$119
Newport Flower Show 6/23, \$79
Red Sox vs New York Mets 7/23, \$159
Corvettes Doo Wop Revue & Fosters Maine Lobster
bake 8/09, \$129
Carnival P-Town "Land of Toys" 8/17, \$49
Charles River Cruise w/ Lunch Boston 8/28 \$105
Waterfire Providence August-TBA, \$49

RESERVE THESE FALL TRIPS NOW:

- ◆ Essex Rail & Sail- Haunted Salem
- ◆ New England Christmas Festival
- ◆ Quabbin Fall Foliage & Salem Cross Inn
- ◆ Bobby Darin Tribute/w Lunch
- ◆ Country Christmas w/Lunch

2023/2024 BROADWAY SEASON ANNOUNCED!

**\$25 Holds Your Seat! - Balance Due 60 Days Before The
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Funny Girl - PPAC- 9/10-6:30pm, \$119/\$109
Mrs. Doubtfire - PPAC - 10/22-1pm, \$120/\$89
How The Grinch Stole Christmas - PPAC, 3PM 12/03
1pm , \$120/\$89
Moulin Rouge - PPAC - 12/28, 2pm, \$125/\$113
Disney's FROZEN - PPAC - March TBA
Company - PPAC - 1Ppm 4/28 \$120/\$109
CLUE The Musical - Emerson Boston - TBA May 2024
MJ The Musical - Boston Opera House - TBA June 2024

**For a full listing of trips and more information stop by
the Mashpee Senior Center or contact:**

Karyn Wendell at (508) 420-5288
Mail payments: P. O. Box 161, Centerville, MA 02632
Email: Karynmw1@comcast.net
Website: www.adventureswithkaryn.com



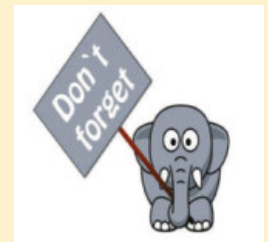
**ELDER SERVICES WEEKLY
LUNCHEON**

- ⇒ Elder Services of Cape Cod and the Islands presently serves a luncheon at the Mashpee Senior Center two days per week, **Tuesday and Wednesday at 11:30am**. This is a good way to help keep your food costs down — plus it is fun and social!
- ⇒ As a reminder, lunch reservations are required. Please call 508-477-0910 to reserve your lunch. A voluntary suggested donation is \$4.00.
- ⇒ Transportation MAY be available on Wednesdays. To reserve a ride, please call the Mashpee Senior Center at least 48 hours in advance, at 508-539-1440. The driver will call you to confirm your ride.

END DATE FOR SEA MIST SWIM
**IMPORTANT REMINDER TO ALL
SEA MIST SENIOR SWIM
PARTICIPANTS**

A reminder to all Sea Mist senior swimmers that the end date for senior swim is **Thursday, June 8th**.

We hope you enjoyed this activity and look forward to seeing you again.



TRANSPORTATION INFORMATION

⇒ **To request a ride, call the Mashpee Senior Center, Minibus Service, at 508-539-1440**

- **The minibus operates on Mondays, Wednesdays and Fridays between the hours of 9:00am-1:30pm.** Trips can be scheduled to grocery stores, pharmacies, medical/dental appointments, the post office and the bank. (Ride requests for this service must be made a minimum of 48 hours in advance).
- Trips for medical/dental appointments within the towns of Sandwich and Falmouth are also offered on a limited basis during the minibus operating days and hours. (Ride requests for this service should be made 5 working days prior to your appointment date).
- **To request your ride, call the Mashpee Senior Center at 508-539-1440 and leave the following information: Your name, address, telephone number, along with the date, time and destination of your request. The driver will get back to you to inform you that your ride is confirmed.** (Please note: It is optional for passengers to wear a face mask while being transported on the bus.)



The Cape Cod Regional Transit Authority (CCRTA)

CCRTA has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include: **Fixed Route Bus Service** - year round routes.

Dial-A-Ride Transportation (DART) Service is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. **For more information about the CCRTA please call toll free 800-352-7155; local number 508-385-1430; or TTY-800-439-0183 or visit its website: <http://www.capecodtransit.org/>.**

MASHPEE SENIOR CENTER INFORMATION

The Mashpee Senior Center hours are Monday through Friday, 8:30am-4:30pm. We are located at 26 Frank E. Hicks Drive, Mashpee, MA. Please drop by to attend an activity, if you need assistance, have a question, want to try something new, or want to learn more about our programs, transportation services or volunteer opportunities.

We encourage you to sign up for our emails to receive up-to-date news regarding activities, volunteer opportunities, programs and more. To be added to our email list, contact the Mashpee Senior Center by calling 508-539-1440 or email coaofficeassistant@mashpeema.gov

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town's seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

For more information, please visit:
<https://www.mashpeema.gov/council-aging>

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