

# THE MASHPEE SENIOR CONNECTION



**JULY AND AUGUST 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](mailto:coaofficeassistant@mashpeema.gov)*

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



### HOLIDAY OBSERVANCE

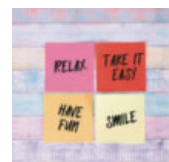
The Mashpee Senior Center will be closed on Tuesday, July 4th. All activities, including the mini-bus transportation, will be cancelled on this date.

Have a safe and happy 4th of July!

### IN THIS ISSUE:

Town Updates & Important Information	2
Special Programs	3-6
On-going Programs	6-7
Support Services & Appointments	8
Outreach Services	9
July 2023 Calendar	10
August 2023 Calendar	11
Senior Community Member Spotlight	12
Volunteer Opportunities	12
Veteran Information	13
On-going Health & Wellness Programs	14
Weekly On-going Programs	14
Travel Information	15
Elder Services of Cape Cod & the Islands	15
FOMCOA Thrift Shop	15
Transportation	16
Senior Center Information	16
COA Staff Directory/Board Members	16

**STAY CONNECTED  
REMAIN ACTIVE  
MEET NEW FRIENDS**





# TOWN OF MASHPEE INFORMATION

## BEACH AND TRANSFER STATION

The Beach & Transfer Station sticker office is open Monday through Friday from 9:00am - 4:00pm at the Mashpee Town Hall. For more information, please visit:

[mashpeema.gov](http://mashpeema.gov)



## MOBI-CHAIRS AT MASHPEE BEACHES

The Recreation Department has two beach and water accessible wheel-chairs available on a first-come, first-serve basis for those who need it.



There are two chairs available: one at South Cape Beach and one at John's Pond. You can reserve a chair by calling the Recreation Department at 508-539-1416 or by asking the beach gate attendant if a chair is available. The beach staff will take the chair out for you.

Please have someone available to assist you on the beach and in the water.

## HURRICANE SEASON INFORMATION FOR YOU AND YOUR PETS.

**Hurricane season is upon us and continues through November 30th**, and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>

⇒ And please don't forget about your pets! Check out Cape Cod DART at [www.capecoddart.org](http://www.capecoddart.org) for complete details. And please **DO NOT** leave your pets in a hot vehicle!!

## GENERAL INFORMATION

### SUMMER RECESS SEE YOU IN SEPTEMBER!



The following activities will resume in September. Unless otherwise indicated, we will inform you of the actual start date in our next issue of the bi-monthly newsletter for September/October:

- \* Sea Mist Swimming -Mid September
- \* Sight Loss Support Group - Monday, September 18th
- \* Sketching - Mid September
- \* Singing Seniors - Mid September
- \* Aphasia Support (at Spaulding Rehab) - Wednesday, September 6th
- \* MassHire will be back at the Mashpee Senior Center in the fall.
- \* Qi-Gong will resume at a date to be determined in August.

## MASHPEE SENIOR CENTER PATIO FURNITURE

It's Summer!! The patio furniture is back out and ready for use! So come by and relax in the sunshine from our lovely patio! Or, if you prefer, come inside and **STAY COOL!** Summer is wonderful but it can be very hot outside. Come inside and perhaps read a book, maybe join an activity, or simply quietly unwind in our air conditioned facility. We would love to see you. The Center is open Monday through Friday from 8:30am to 4:30pm.



## **VOLUNTEERS WANTED! AARP FOUNDATION TAX-AIDE**



Do you enjoy working with people? Do you think numbers are fun? If yes, then we're looking to share the fun with you. Since 1968 AARP Foundation Tax-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge. New volunteers participate in a training program each fall. Over a three-week period of time (twice a week for three weeks) they are trained in the process of completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and the Islands. Preference is given to centers near their homes. From February through April 15th, wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time.

If you are interested in volunteering for this program, please contact Kathy Urquhart, Volunteer Coordinator of the Mashpee Senior Center, at 508-539-1440.

## **SPECIAL PROGRAMS**

### **UKULELE PATRIOTIC CONCERT Friday, July 7th 1:00pm - 2:00pm**



Come and enjoy a patriotic concert with the Cape Cod Ukulele Club under the direction of Mashpee Senior Center's Ukulele Instructor, Cathy Hatch, along with her students.

Wear your red, white, and blue and sing along to patriotic songs! Always a good time!!

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

## **MINDFUL AWARENESS Mondays, July 10th to August 14th 10:00am-11:00am**



Meet Sally Palmer, Mindful Educator, to learn how you can change your life by learning to live in the present moment with more awareness of yourself in mind and body.

In this six-week workshop, we will learn and practice skills that allow you to let go of thoughts that cause stress and anxiety to help you relax for overall wellness. Everyone will receive written resources.

The cost is \$60 paid by check/cash at the first class to the instructor.

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



### **BASIC CPR TRAINING Wednesday, July 19th 10:00am-12:00pm**

The Basic CPR training is led by members of the Cape Cod Reserve Corps. This course will teach hands-only CPR, Choke Saving, and use of an AED for adults and children.

Instruction will be both in the classroom with use of video, and hands-on with certified instructors so people can practice all the skills.

**Please call the Senior Center at 508-539-1440 to register and join us for this life-saving training.**

**VISITING NURSE ASSOCIATION  
MEN'S FITNESS EXERCISE PROGRAM**  
**Thursdays, July 20th to August 24th**  
**10:00am-11:00am**

This hour-long group fitness class aims to improve strength, balance, flexibility, and address health concerns that affect men as they age. This class is led by an Exercise Physiologist from the VNA of Cape Cod.



This program is for men 60 and older and will be held at the Mashpee Senior Center.

Advanced registration is required. A completed VNA application is required prior to the start of the program. No walk-ins accepted.

For more information, or to register, please call the VNA of Cape Cod at 508-957-7423.

**Environmental Toxins**  
**Friday, July 21st**  
**1:00pm-2:30pm**

Louise Kulig is a Certified Integrative Nutrition Health Coach who now specializes in Environmental Toxins. She started out helping people who were struggling with sugar cravings and weight gain issues, and soon learned that toxins play a big part in both of these concerns, as well as a potential role in the rise in autoimmune diseases.

To help share this information, she has created a seminar entitled: "Simple Steps to a Healthier You!"

Keeping your family and your home healthy in a toxic world can seem overwhelming, but it's simpler than you think. We can't control the toxins "out there", but we can control what we bring into our homes.

The #1 source of toxins in your home may not be what you think! Come find out and learn some really simple ways to reduce your exposure to toxins in your food, water, personal care items, laundry and household cleaners. Toxins also play a big role in weight gain - come learn how and what to do about it!

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





**THE SPORTS GROUP  
MEET & GREET  
WITH THE  
FALMOUTH  
COMMODORES**  
**Wednesday, July 26th**  
**10:00am**

Cape Cod is known for many things, its beaches, boating and baseball. Did you know that the Cape Cod Baseball League is the premier amateur baseball league in the nation since 1885.

The Cape League is recognized as the best amateur summer leagues in the country by college coaches and professional baseball scouts. Players from across the USA and representing all college divisions are recruited to play in the league. Several Cape League players have reached the majors.

Join us as we host a meet and greet with some members of the Falmouth Commodores and you might meet a future major leaguer!

**Please RSVP to the Mashpee Senior Center  
at 508-539-1440, or stop by the front desk  
to sign up. All are welcome!**

**RAISING YOUR OWN  
MONARCH BUTTERFLIES**  
Thursday, July 27th  
From 10:30am to 11:30am



Monarch butterflies are the most beautiful of all butterflies, some say, and are considered the “king” of the butterflies, hence the name “monarch”. They travel

north from as far as Mexico to lay their eggs and as adults they bestow their beauty upon us.

Please join us as Mary Kay Fox from the Friends of the Mashpee National Wildlife Refuge shows us how to raise your own Monarch Butterflies. From planting the milkweed or finding it in the wild for eggs and the specific care for all of its subsequent life cycles (larvae, pup and adult).

**Please call the Mashpee Senior Center at 508-539-1440 to register or stop by the front desk to sign up.**

**VISITING NURSE ASSOCIATION  
OF CAPE COD**  
**CHOLESTEROL SCREENING CLINIC**  
FRIDAY, July 28th  
1:00pm-3:00pm (by appointment)

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.
- ⇒ Fasting **IS NOT** required.
- ⇒ Registration is required.
- ⇒ To sign up, please call the Mashpee Senior Center at 508-539-1440 to schedule an appointment.

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

**CAPE HARMONY**  
**A CAPPELLA PERFORMANCE**  
Monday, August 7th  
1:00pm-2:00pm



Cape Harmony is Cape Cod’s all-treble a cappella group, comprised of 10 talented singers from all over the nation who come to Cape Cod during the summer to make music for its residents and visitors. Founded in 2006 by Melissa Paul and Alyssa Norton, Cape Harmony has become a dynamic group with a unique sound and superb quality. Now in its 18th season, Cape Harmony continues to bring their refreshing and high quality music to audiences of all ages. They perform in Hyannis on Mondays, Cotuit on Tuesdays, Chatham on Thursdays, and Dennis on Fridays. Find a detailed weekly performance schedule and their private booking information at [capeharmony.org](http://capeharmony.org).

Please call the Senior Center at 508-539-1440 or stop by the front desk to register. This concert is for Mashpee residents only. There is a fee of \$5.00 per person. Do you have family visiting and want to bring them along? We encourage you to bring them for this exciting performance!

**EMERGENCY PREPARATION**  
Thursday, August 10th  
1:00pm-3:00pm



The Massachusetts Office of Disability (MOD), in partnership with the Mashpee Council on Aging cordially invites you to a training presentation on emergency preparedness. This meeting will be held at the Mashpee Senior Center located at 26 Frank E. Hicks Drive, Mashpee, MA. The purpose of this meeting is to explore ensuring people have the assistance they need in times of emergency.

Attendees will learn about the emergency response resources and procedures within their local communities and the steps that can be taken to personally prepare for emergency situations. All attendees will also receive an “Emergency Go Pack” with essential items that might be needed during an emergency. First Responders will receive “Tips for First Responders, 5th edition.”

- ⇒ **If you would like to register, please call the Mashpee Senior Center by Thursday, August 3rd, at 508-539-1440 or stop by the front desk.**

**VISITING NURSE ASSOCIATION  
PRESENTATION  
KNOW YOUR NUMBERS  
Monday, August 14th  
11:00am-12:00pm**

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 from the VNA Town Public Health Nurse who will explain these vital signs. There will be an open discussion at the end of the presentation.

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



**FUN WITH ESSENTIAL OILS  
Wednesday, August 16th  
10:30am-12:00pm**

Do you remember your grandmother's tried and true remedy for toothaches??? Cloves!!!! Or her recipe for tummy aches? Chances are she used

herbs growing in your back yard! Won't it be fun to learn all the wonderful tried and true remedies that our grandparents and great grandparents knew?

Please join Chris Ventura for a fun-filled hour of learning, and hands on experimenting as we learn all the amazing ways we can use herbs and powerful essential oils to help our bodies heal themselves. We will learn about these and so much more!

Come experience how you can relieve pain and inflammation naturally using all that nature gave us!!! Plus you will be able to take home an amazing combination of oils that will bring great relief to your pain.

**Call the Senior Center at 508-539-1440 to reserve your seat. Seating is limited so please sign up early for this event. The fee is \$10.00.**

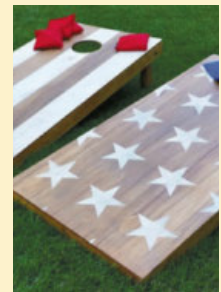
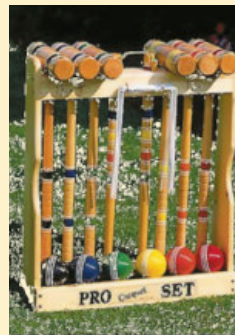
**Ice Cream Social and Lawn Games!  
Monday, August 21<sup>st</sup>  
1:00pm - 2:30pm**



Round up the grandkids and come cool down with us at the Mashpee Senior Center! What better way to spend a summer afternoon?

Enjoy an ice cream sundae and play a game of corn hole or croquet on the lawn. Grandchildren are welcome.

Please call the Senior Center at 508-539-1440 to register and let us know how many guests you will be bringing. This event is for Mashpee seniors only.



**ON-GOING PROGRAMS**

**MOVIE AND A SUMMER TREAT!**



**Wednesdays at 1:00pm  
July 5th and 19th  
August 2nd and 16th**

**July 5th: Moneyball (Biographical Sports Drama)  
July 19th: Unbroken (Biographical War Drama)  
August 2nd: Shotgun Wedding (Comedy/Romance)  
August 16th: Dog (Comedy/Drama Road Film)**

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

**COFFEE WITH A COA  
STAFF MEMBER  
Thursday, July 6th and August 3rd  
9:30am-10:00am**

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



Linda Wicks  
Administrative Secretary

At the July 6th coffee & conversation, guests will be chatting with Linda Wicks, Administrative Secretary of the Senior Center.

On August 3rd, enjoy a cup of coffee with Peggy Rose, Receptionist.

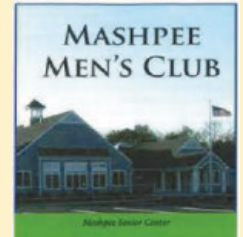


Peggy Rose  
Receptionist

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. Please join us!

**MASHPEE MEN'S CLUB  
Tuesday, July 11th and  
August 1st  
10:00am-12:00pm**



The Mashpee Men's Club meets the first Tuesday of each month at 10:00am for coffee with the business meeting and a speaker starting promptly at 10:30am. Throughout the year, not necessarily on a Tuesday, the Men's Club have a variety of interesting field trips on and off the Cape, followed by lunch.

On Tuesday, July 11th, the Men's Club will host their annual picnic/cookout for its members. The Boys and Girls Club Scholarships will be awarded.

The guest speaker at the August 1st meeting will be J. Marie Stevenson of the Mashpee Inclusion and Diversity Committee.

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, July 17th and August 21st  
from 2:00pm to 3:00pm**

Join us to discuss book selections, meet new people, and see what the Mashpee Senior Center Book Club is all about. New members are always welcome.



**July Book Selection:** "The Widow's War," written by Sally Gunning.

**August Book Selection:** "The Lioness of Boston," written by Emily Franklin.

There is no registration or charge to join the Book Club! Please stop by for a lively book discussion.

**Select Board Member  
Michaela Wyman-Colombo**

**Tuesday, August 1st 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.

**CRAFT CLASSES**

**Tuesday, July 11th and 25th  
Tuesday, August 8th and 22nd  
2:00pm to 4:00pm**



**July 11th:** Create a mini-ceramic holiday tree with a battery operated light.

Fee: \$12.00 includes all supplies and instruction.

**July 25th:** Create holiday ornaments in a variety of styles and finishes.

Fee: \$6.00 includes all materials and instruction.

Please refer to email updates for more information on August crafts.

- ◇ August 8th: Shell Craft
- ◇ August 22nd: Rope Craft

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

# 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 July and August appointments.**

- ◆ **New** - Alzheimer's Support Group—Thursday, July 6th and August 3rd from 1:00pm-2:30pm. Call the Alzheimer's Family Support Center at 508-896-5170 to register or for more information. Meetings are held at the Mashpee Senior Center on the 1st Thursday of the month.
  - ◆ **Aphasia Support Group—Meetings will resume in September.**
  - ◆ Bereavement Support Group—Tuesday, July 18th/August 1st and 15th from 2:30pm-4:00pm
  - ◆ CCHC Dementia Support Group—July 12th and 26th/August 9th and 23rd. To preregister, please call Cape Cod Healthcare at 508-775-5656.
  - ◆ Foot care appointments—Friday, July 28th and August 18th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment.
  - ◆ Independence House—Wednesday, July 12th and August 9th. Walk-in between 10:00am-12:00pm at the Senior Center.
  - ◆ Legal appointments (SCCLS) - July 11th and 25th/August 8th and 22nd. 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, August 1st from 11:00am-12:00pm. There is no meeting in July.**
  - ◆ Parkinson Support Group (ZOOM MEETING) - Wednesday, July 19th and August 16th from 10:00am-11:15am. (See notice below)\*
  - ◆ PC Gadgets/Laptop/Cell Phone/Tablet appointments—Thursday, July 6th and 20th/August 3rd and 17th. 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—Meetings will resume in September.**
  - ◆ Veteran's Agent appointments—Friday, July 7th and 21st/August 4th and 18th. Call the Senior Center to register for an appointment.
  - ◆ VNA Town Nurse Services / Blood Pressure Clinic - Monday, July 10th and August 14th from 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.
- ⇒ **\*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.
- ⇒ **\*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](mailto:jahjackson@comcast.net) or call APDA I&R at 800-651-8466 to join the group and receive Zoom information.



# OUTREACH SERVICES



By: Lori Nelson, M.Ed. Outreach Coordinator at the Mashpee Senior Center

***Wishing everyone a happy & healthy summer of 2023!*** Below are some outreach programs you may not be aware of which have proven to be successful. The purpose of these programs are to provide different levels of service for our changing needs as we go through the aging process. You are welcome to contact me to discuss any of these resources at 508-539-1440.

## **Telephone Reassurance Program**

Telephone Reassurance gives peace of mind to older residents who live alone. The program provides a daily, safety-check phone call seven days a week. The Reassurance program is a free service to Mashpee older adults. The program is intended to provide support to Mashpee residents to ensure safety & wellbeing.

Older residents who have registered for the service will call the Mashpee Police Department every morning between the hours of 6a.m and 10 a.m. The dispatcher has a list of all the members of the program and will make a note if someone has not called in. If the participant has not called in by 10 a.m. dispatch will call their residence directly. If dispatch is unable to make contact with the individual or there is a busy signal, an Officer will be sent to the residence.

Any older Mashpee resident who wishes to participate needs only to fill out an information form. Please stop by the Mashpee Police Department, or the Senior Center to pick up the form. The form can also be obtained online at:

<https://mashpeepd.com/reassurance-program/>

## **Massachusetts Disability Indicator Program**

The Massachusetts Disability Indicator Program offers a free, voluntary service that alerts 9-1-1 personnel that an individual with a disability lives in the home and may have unique safety, communications or other needs in case of an emergency. This service was developed in consultation with organizations representing the mobility, hearing, speech and sight impaired communities.

The filing of this document will alert public safety officials that an individual with the calling phone number (landline and/or wireless) has a disability that may hinder evacuation or transport. This information is confidential and will ONLY appear on the dispatcher's NG9-1-1 screen when a 9-1-1 call originates from the phone number(s) provided.

Categories include: cognitive impairment, blind, deaf and hard of hearing, speech impairment, TTY/teletypewriter, mobility impairment, and life support. This is a free service, but you must request it. **Print this form then mail it to Town Hall to the attention of: 911 Municipal Coordinator.**

## **Alzheimer's/Endangered Person Registration**



This registration is part of the Town of Mashpee's efforts to implement the Massachusetts Silver Alert Community Response System on a local level. The Massachusetts Silver Alert Law outlines a set of procedures and communications protocols among state and local public safety and human service agencies. This information helps to identify people with dementia or other cognitive impairment who have wandered or become lost and return them safely to their homes.


The Silver Alert program was signed into law in Massachusetts in 2010, mandating that adults with dementia be treated as missing persons regardless of how long they have been missing. The fear of a loved one wandering or becoming lost is a frightening thought for anyone who cares for a person with Alzheimer's disease, dementia, or other memory impairments. Wandering is one of the most common behaviors in persons with Alzheimer's or a related dementia.

Registering an Alzheimer's/Endangered person before an incident occurs enables the police department to begin search procedures immediately. Collecting information after a person has already gone missing can take critical time away from an effective search. The Town of Mashpee encourages residents with a loved one with a serious cognitive impairment to register with the Mashpee Police Department. [Download the Registration Form](#)

For more information you can reach out to Tara Carline, Mashpee Police Department Victim/Witness Advocate at (508) 539-1480 ext. 7253 or Lori Nelson, Outreach Coordinator at 508-539-1440.

***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>3</p> <p>8:30 –9:30 Strength Training 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>4</p> <p><b>4th of JULY HOLIDAY OBSERVANCE</b></p>  <p><b>The Senior Center is closed for all activities and transportation services. Have a safe and happy holiday!</b></p>	<p>5</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting (fee) 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting (fee) 1:00-3:30 Cribbage Group 1:00 Movie* 2:00 –3:30 Tai Chi *</p>	<p>6</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA 10:00-11:00 Cribbage 10:00-11:00 Knitting/Crochet* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00-2:30 Alzheimer's Group* 3:00-4:00 Ballroom Dance (fee)</p>	<p>7</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)* 10:00-11:30 Beyond the Basics* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga* 1:00 –4:00 Veterans Services (by appt)* 1:00- 2:00 Ukulele Patriotic Concert*</p>
<p>10</p> <p>8:30 –9:30 Strength Training 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:30 Gentle Yoga (fee) 10:30 - 12 New Member Info.* 10:00-11:00 Mindful Awareness* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>	<p>11</p> <p>8:30-9:30 Exercise 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) 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 (fee)*</p>	<p>12</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting (fee) 10:00 Independence House 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting (fee) 1:30-3:00 Dementia Support * 2:00 –3:30 Tai Chi *</p>	<p>13</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage 10:00-11:00 Knitting/Crochet* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 3:00-4:00 Ballroom Dance (fee)</p>	<p>14</p> <p>8:30-9:30 Strength Training 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>
<p>17</p> <p>8:30 –9:30 Strength Training 9:45-10:30 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 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>18</p> <p>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 2:30-4:00 Bereavement Group</p>	<p>19</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00 –12:00 CPR Training* 10:00-12:00 Painting (fee) 10:00-11:15 Parkinson Support* 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting (fee) 1:00 Movie* 2:00 –3:30 Tai Chi *</p>	<p>20</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage 10:00-11:00 Knitting/Crochet * 10:00-11:00 Men's Fitness* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt) * 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00 BINGO!* 3:00-4:00 Ballroom Dance (fee)</p>	<p>21</p> <p>8:30-9:30 Strength Training 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 Environmental Toxins* 1:00 –4:00 Veterans Services (by appt)*</p>
<p>24</p> <p>8:30 –9:30 Strength Training 9:45-10:30 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>	<p>25</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 10:00-11:30 Beyond the Basics* 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 2:00-4:00 CRAFT (fee)*</p>	<p>26</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting (fee) 10:00-12:00 Sports Group (Falmouth Commodores Meet and Greet) 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting (fee) 1:00-3:30 Cribbage Group 1:30-3:00 Dementia Support * 2:00 –3:30 Tai Chi *</p>	<p>27</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage 10:00-11:00 Knitting/Crochet * 10:00-11:00 Men's Fitness* 10:30-11:30 Raising Your Own Monarch Butterflies* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 3:00-4:00 Ballroom Dance (fee)</p>	<p>28</p> <p>Strength Training 8:30-9:30 9:00-2:00 Foot Clinic (fee,by appt.)* 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 1:00-3:00 Cholesterol Screenings (by appt)*</p>
<p>31</p> <p>8:30 –9:30 Strength Training 9:45-10:30 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>				<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</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) 10:00-11:30 Beyond the Basics* 11-12 Ostomy Support Group* 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>2</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting (fee) 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage 1:00-3:00 Painting (fee) 1:00 Movie* 2:00 -3:30 Tai Chi *</p>	<p>3</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA 10:00-11:00 Cribbage 10:00-11:00 Men's Fitness* 10:00-11:00 Knitting/Crochet* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00-2:30 Alzheimer's Group* 3:00-4:00 Ballroom Dance (fee)</p>	<p>4</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg 1:00 -4:00 Veterans Services (appt)*</p>
<p>7</p> <p>8:30 -9:30 Strength Training 9:45-10:30 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Cape Harmony Performance (fee)*</p>	<p>8</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Legal Services (appt)* 2:00-4:00 CRAFT (fee)*</p>	<p>9</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting (fee) 10:00 Independence House 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting (fee) 1:30-3:00 Dementia Support* 2:00 -3:30 Tai Chi *</p>	<p>10</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage 10:00-11:00 Men's Fitness* 10:00-11:00 Knitting/Crochet* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 1:00-3:00 Emergency Prep.* 3:00-4:00 Ballroom Dance (fee)</p>	<p>11</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg</p>
<p>14</p> <p>8:30 -9:30 Strength Training 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:30 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 11:00-12:00 VNA Know Your Numbers* 12:30-4:00 Mah Jongg</p>	<p>15</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 2:30-4:00 Bereavement Group</p>	<p>16</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting (fee) 10:00-12:00 Sports Group 10:00-11:15 Parkinson Support* 10:30-12:00 Fun with Essential Oils (fee)* 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00 -3:00 Painting (fee) 1:00 Movie* 2:00 -3:30 Tai Chi *</p>	<p>17</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage 10:00-12:00 Men's Fitness* 10:00-11:00 Knitting/Crochet* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00 BINGO!* 3:00-4:00 Ballroom Dance (fee)</p>	<p>18</p> <p>8:30-9:30 Strength Training 9:00-2:00 Foot Clinic (fee, by appt.)* 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>21</p> <p>8:30 -9:30 Strength Training 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 2:00-3:00 Book Club 1:00-2:30 Ice Cream Social and Lawn Games*</p>	<p>22</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Legal Services (appt)* 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 (fee)*</p>	<p>23</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting (fee) 1:30-3:00 Dementia Support* 2:00 -3:30 Tai Chi *</p>	<p>24</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage 10:00-11:00 Knitting/Crochet* 10:00-11:00 Men's Fitness* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 3:00-4:00 Ballroom Dance (fee)</p>	<p>25</p> <p>Strength Training 8:30-9:30 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg</p>
<p>28</p> <p>8:30 -9:30 Strength Training 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>29</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 12:30-3:00 Duplicate Bridge 12:30-3:00 Beginner Mah Jongg</p>	<p>30</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting (fee) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting (fee) 2:00 -3:30 Tai Chi *</p>	<p>31</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage 10:00-11:00 Knitting/Crochet* 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 1:00-2:00 Line Dancing (fee) 3:00-4:00 Ballroom Dance (fee)</p>	<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</p> 

## MASHPEE SENIOR CENTER COMMUNITY MEMBER



Lori Nelson, Outreach Coordinator of the Mashpee Senior Center, recently had a chat with Claire O'Donnell who has been a participating member of the Mashpee Senior Center since 2000.



Claire O'Donnell was originally from Boston and moved to Maryland after she married her husband Joe in 1958. They raised 5 children together. Claire & her husband moved to the Cape in 2000 after vacationing on Cape Cod for years. She always wanted to live on the Cape because of her love of the change of seasons, the beaches and just everything about Cape Cod. Claire loves living in the town of Mashpee

and feels the town has everything to offer. Participating in the Senior Center has been one of her greatest pleasures in Mashpee. We are all so fortunate to have her as a long-term active member.

Claire O'Donnell has been a staple member of the Senior Center for over 23 years. She says she started at the senior center primarily to get more information on the swimming program. Very quickly, she started participating in other exercise programs which she continues to this day. Claire states she "needs the exercise programs at the Senior Center to start off my day." There isn't much Claire hasn't either participated in or provided volunteer service for.

"I am very thankful for the Senior Center, and I'm not sure what I would have done if this wasn't available." Claire stated this a few different times during our chat. The personal connections she has made at the Senior Center has made a big difference in the quality of her life. Her suggestion to those new or hesitant to join is to "just come and you'll find something of value here, as it's a very welcoming community."

Claire said, "There is something for everyone and the connections can be lifelong."

Claire has consistently participated in health and wellness activities at the Senior Center since she started. She generally is present for all social events, with her smile and ability to engage with so many of our community members. Claire was very active in our Friendly Visitor Program, Inter-generational programs at the elementary school, newsletter preparation and at the Senior Center Thrift Shop. She continues to be a volunteer leader for our exercise class and never misses a beat.

One of Claire's highlights in her life was the year she took her 5 kids plus one (7-16 years old), and a dog on a two-month camping adventure throughout the United States. This was old school camping in tents, not RV camping, she proudly mentioned. What adventures and memories this trip provided!

We are so fortunate to have people like Claire on our team. She remains a ray of sunshine everyday she's at the Senior Center. The Senior Center is a place for connections. That is the message Claire wants everyone thinking about joining the Senior Center to know.



Volunteers are always needed at the Mashpee Senior Center. Contact Volunteer Coordinator, Kathy Urquhart at 508-539-1440, 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 Kathy for more information.

**PLEASE CONSIDER VOLUNTEERING!  
WE NEED YOUR HELP!**

# Veteran Information

## VETERANS SERVICES

Friday, July 7th and 21st

Friday, August 4th and 18th

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



Veterans 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, Veterans 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 Veterans 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](http://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.

## 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.



## MASSACHUSETTS MILITARY SUPPORT FOUNDATION FOOD PANTRY SANDWICH EMPOWERMENT CENTER:

Veterans are eligible for up to 50 pounds of perishable and non-perishable food once a week! MMSFI is located at 115 Route 6A in Sandwich (the old Sandwich Police Station). Open Monday - Friday from 10am - 5pm. If you need a ride, no problem MMSFI can help! Call Elizabeth Eslick at 508-933-3272. For more information, please visit: [www.mmsfi.org](http://www.mmsfi.org) or call 508-933-3272.



## VETERANS SOCIAL GROUP

Tuesday, August 1st

from 1:00pm-3:00pm



**Please note: there is no Veterans Social held on Tuesday, July 4th. Have a safe and happy holiday celebration.**

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.



## ON-GOING HEALTH AND WELLNESS PROGRAMS!

**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 of \$7 drop in or \$40/8 classes (1st class is free).

**Chair Yoga:** Mondays, 11:00am-12:00pm. Modified for seniors who prefer to practice yoga seated in a chair. There is a fee of \$7 drop in or \$40/8 classes (1st class is free).

**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><b>Mah Jongg:</b> Mondays &amp; Fridays from 12:30pm-4:00pm. This group is for experienced players.</p>	<p><b>Beginner Mah Jongg:</b> Every Tuesday from 12:30pm-3:00pm.</p> <p><b>Woodcarving:</b> Every Tuesday from 9:00am-12:00pm. Bring your own tools and supplies. Just drop in.</p> <p><b>Rummikub:</b> 10-12</p> <p><b>Duplicate Bridge:</b> Every Tuesday from 12:30pm-3:00pm. This group is for experienced players.</p> <p><b>Sea Mist Swimming - Resumes in September.</b></p>	<p><b>Sports Group:</b> Every Wednesday from 10:00am-12:00pm. Discuss local and Boston teams.</p> <p><b>Canasta:</b> Every Wednesday from 1:00pm-3:30pm. All are welcome.</p> <p><b>Painting:</b> 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><b>Cribbage Group:</b> 1:00pm-3:30pm</p>	<p><b>Cribbage:</b> Thursdays from 10:00am-11:00am. No registration required.</p> <p><b>Knitting &amp; Crocheting:</b> Thursdays from 10:00am-11:00am. Bring your own supplies. All are welcome; just drop in.</p> <p><b>Scrabble!</b> – Thursdays from 11:00am-1:00pm. Just drop in.</p> <p><b>Sketching: Resumes in September.</b></p> <p><b>Singing Seniors: Resumes in September.</b></p> <p><b>Sea Mist Swimming - Resumes in September.</b></p>	<p><b>Mah Jongg:</b> Mondays &amp; Fridays from 12:30pm-4:00pm. This group is for experienced players.</p>

**TRAVEL ADVENTURES WITH  
KARYN WENDELL**



**CELEBRATE "CHRISTMAS IN  
JULY WITH THESE GREAT  
TRIPS!**

**37th New England Christmas &  
Food Festival 11/04, \$75**

**Christmas at the Newport Man-  
sions 12/01, \$83**

**How The Grinch Stole Christmas (Providence) 12/03,  
3 PM \$120/\$89**

**"Encore Casino & Ugly Sweaters," 12/05, \$49**

**Merry Country Christmas at Davenport's 12/06,  
\$129**

**Boston Pops Holiday Show -first balcony-4 PM, 12/08  
Price TBA**

**Special Group Departures: Christmas On The Seine  
& Rose Parade New Year**

**DAY TRIPS**

**ENCORE CASIO w/ \$20 Bonus - 7/11, 8/09 \$49**

**Red Sox vs New York Mets - Pavilion Box 14, 7/23,  
\$159**

**Waterfire Providence, 9/09, \$49**

**Essex Rail and Sail w/lunch, 9/14 \$129**

**Splish Splash Bobby Darin Show w/lunch 10/18, \$109**

**Mama Mia - Music of ABBA w/lunch, 11/15, \$127**

**Also on sale: Big E Eastern States-Bewitching Salem-  
Quabin & Fall Foliage**

**BROADWAY SHOWS! \$25 Holds Your Seat! -  
Balance Due 60 Days Before Show**

**Funny Girl - 9/10-6:30 \$119/\$109;**

**Mrs. Doubtfire - 10/22-1 PM \$120/\$89;**

**Moulin Rouge - 12/28 2 PM \$125/\$113;**

**2024 SHOWS:**

**Disney's FROZEN - 3/10-6:30 \$125/\$85,**

**Company - - 1 PM 4/28 \$120/\$109,**

**CLUE - Emerson Boston 1 PM 5/24, \$145/\$115**

**MJ The Musical - Boston Opera 6:30 orch.- 6/23, \$159**

**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](mailto:Karynmw1@comcast.net)

Website: [www.adventureswithkaryn.com](http://www.adventureswithkaryn.com)



# Elder Services

of Cape Cod and the Islands

## 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.

## FOMCOA THRIFT SHOP



Visit the Friends of the Mashpee Council on Aging (FOMCOA)'s thrift shop! Your purchases help Mashpee senior citizens through funding capital items and projects for the senior center.

The shop is run by a rotating staff of volunteers and features new and gently used seasonal clothing, shoes, china, crystal, jewelry, handbags all that are in great condition and reasonably priced. Trying on an item is easy in their dressing room.

The shop's warm, friendly atmosphere attracts repeat customers, who often drop in to chat, browse, and buy. It is the perfect place to do some of your shopping without paying full price for antiques, collectibles and other items.

- ♦ **Open hours of operation are Thursday, Friday, and Saturday from 10:00am to 2:00pm, but please note that occasionally the Thrift Shop hours may be closed as a result of volunteer unavailability.**

# 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.)
- **New:** Transportation will soon be available on Tuesdays. The mini-bus will be running 4 days per week! Starting some-time in July.



## 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](mailto: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: [mashpeema.gov](http://mashpeema.gov)

## COA STAFF DIRECTORY

Heidi McLaughlin, Director  
[hmclaughlin@mashpeema.gov](mailto:hmclaughlin@mashpeema.gov)  
Lori Nelson, Outreach Coordinator  
[lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov)  
Linda Wicks, Administrative Secretary  
[lwicks@mashpeema.gov](mailto:lwicks@mashpeema.gov)  
Peggy Rose, Receptionist  
[prose@mashpeema.gov](mailto:prose@mashpeema.gov)  
Sarah Fenton, Activities Coordinator  
[coaactivitiescoordinator@mashpeema.gov](mailto:coaactivitiescoordinator@mashpeema.gov)  
Kathy Urquhart, Volunteer Coordinator  
[coavolunteercoordinator@mashpeema.gov](mailto:coavolunteercoordinator@mashpeema.gov)  
Lisa Witkus, Office Assistant  
[coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov)  
Tim Peterson, Mini-Bus Driver  
George Martin, Maintenance


## COA BOARD MEMBERS

Merrill Blum  
David Egel  
Rachel Hodgman  
Colleen Meehan  
Ron Meyerowitz  
Michael Murphy  
Sherry Norman  
Judie Scofield



# SUPPORT THE ADVERTISERS

## that Support our Community!

**Mashpee Dental Associates**  
**C. DARZENTA, DMD • GARY GALOVIC, DMD**  
 Cosmetic & Family Dentistry   
**508-477-0070**  
 96 Old Barnstable Rd. "Seniors are special to us"



- Hearing Aid Sales & Services
- Hearing Evaluations

**Leanne Fletcher, Au.D.,**  
*Doctor of Audiology*  
 86 Cotuit Rd., (Rt. 149) Unit B1  
 Marstons Mills, MA  
*Visit us at our beautiful new office*  
**508-539-9780**  
[www.hearingonthecape.com](http://www.hearingonthecape.com)



**Cape Cod**  
**RETRACTABLE**  
*Awnings-Screens-Shutters*  
 RETRACTABLE SCREENS • HURRICANE SHUTTERS  
 SOLAR SHADES • MOTORIZED SCREENS • WINDOW FILM

*Awning, Canopies, Retractable Screens,  
 Hurricane Shutters, Solar Shades & More!*

[screensnshutters.com](http://screensnshutters.com) • (508) 539-3307



**PHYSICAL THERAPY FOR ALL AGES**

**PT, OT, BALANCE  
 SCREENS & FALL  
 RISK ANALYSIS!**

**CALL  
 774-247-4868**

**85 MAIN STREET  
 BUZZARDS BAY**

**PTU, WHERE YOU'RE  
 MORE THAN A PATIENT  
 AND WE'RE MORE THAN  
 PHYSICAL THERAPY!**

**If you can tell us what is wrong with this picture, we would like to talk with you:**



Time to come out of retirement.

**Have you worked as a professional line cook?**

**Your kitchen skills are valuable to us.**

Part time, full time: We can be flexible

**We are more interested in what you can do.**

Contact Chef Nick at Siena, Mashpee Commons  
**Just come in, or call 508-477-5929**

Independent Living, Assisted Living & Memory Care



“Choosing Laurentide will hands down be the best decision you make, for you and your family.”  
- Lori P. Resident Daughter

  
**Laurentide**  
at Mashpee Commons  
A Northbridge Senior Living Community

To learn more about our wonderful way of life call:  
**508.539.1300**

Visit us at 64 Great Neck Road South, Mashpee, MA  
or online at [LaurentideMashpeeCommons.com](http://LaurentideMashpeeCommons.com)

# KEEP YOUR HOME COMFORTABLE ALL YEAR LONG!

**GENERAC** | **POWERPRO PREMIER**



Generac Automatic Standby Generator for your Home or Business.

  
**MITSUBISHI ELECTRIC**  
HEATING & AIR CONDITIONING

**DIAMOND CONTRACTOR**



A BETTER WAY TO HEAT AND COOL. Any home. Any building. Anywhere.

For more information visit: [rcaelectric.com](http://rcaelectric.com) or call 508-428-0449

**FINANCING AVAILABLE!**



**RCA**  
**ELECTRIC & GENERATORS**  
Generating Trust

**0%**  
18 mos

# SUPPORT OUR ADVERTISERS!

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Robbie Rodick**

[rrodick@4LPi.com](mailto:rrodick@4LPi.com)  
**(800) 477-4574 x6805**



**Mashpee**  
Family Medicine  
at Rogers Outpatient Center

**(508) 477-4282**  
Mon – Fri 8am – 5pm

**DR. VIMAL PATEL, MD**  
**Now Offering Non-Invasive  
Cosmetic Services.**

Rte 28, 5 Industrial Dr, Ste100 • MASHPEE, MA

[www.mashpeefamilymedicine.net](http://www.mashpeefamilymedicine.net)

### Cape Cod's Number ONE Choice for Memory Care

*Our* Dementia-Supportive Community  
*Our* Team of Compassionate Experts  
*Our* Promise of Renewed Peace, Joy & Meaning  
*Our* All-Inclusive Price

## Bridges

BY EPOCH  
MEMORY CARE ASSISTED LIVING  
AT MASHPEE

**508.388.4436**

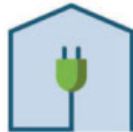
[www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com)

462 Old Barnstable Road | Mashpee, MA 02649 MASS RELAY 711  



Cape Light Compact works  
with you to make your  
**home more comfortable**  
and **lower your energy costs.**

Schedule a no-cost  
**Home Energy Assessment**  
to get started.



**CapeLightCompact.org**  
**1-800-797-6699**



**mass save**

### CAPE SENIOR HOME HEALTHCARE SERVICES

**OUR SERVICES**  
Elderly Care • Personal Care • Veterans Care • Pet Care  
Companion Care • End-of-Life Care • Light Cleaning • Shopping & Errands  
Ambulation & Transfers • Meal Preparation • Medical Reminder

**STAFFING SERVICES**  
Safe nurse staffing is essential to both the nursing profession and  
to the overall health care system. We deliver high quality nursing  
staffing services for your travel, temporary, nurse staffing needs.  
We also provide staffing for facilities and in-home.

**Call us today! 508-459-5735-6**

**Our Locations:** 923 RT 6A, Yarmouth Port, MA 02675 • 23 Steeple Street, Mashpee, MA 02649

[www.CapeSeniorHomeHealthcare.com](http://www.CapeSeniorHomeHealthcare.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Mashpee Council on Aging, Mashpee, MA 06-5131

MASHPEE COUNCIL ON AGING  
26 FRANK E. HICKS DRIVE  
MASHPEE, MA 02649

PRSR STD  
U. S. POSTAGE  
**PAID**  
MASHPEE, MA  
PERMIT NO. 15

**ADVERTISE HERE**  
to reach your community



**Call 800-477-4574**

**THRIVE**  
LOCALLY

**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

**833-287-3502**

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](https://lpicommunities.com/adcreator)