

# THE MASHPEE SENIOR CONNECTION



**MARCH AND APRIL 2024**



## 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)
- ◇ See the Mashpee Senior Center on Facebook for up-to-date information on special events, programs, activities and helpful resources!



## APRIL IS NATIONAL VOLUNTEERS MONTH!

**VOLUNTEER APPRECIATION BRUNCH**  
Friday, April 26th  
10:00am to 12:00pm

In honor of our dedicated volunteers, the Mashpee Council on Aging will be hosting a Volunteer Appreciation Brunch on Friday, April 26th from 10:00am to 12:00pm at the Mashpee Senior Center.

We will be sending out invitations to all of our wonderful volunteers, so please be on the look out for it. We ask that you kindly R.S.V.P. quickly so that we can prepare for this special event. We look forward to seeing you at this brunch to celebrate you for donating your time, energy and expertise to make our Senior Center a welcoming and positive environment for all of our senior community members.

“There can be no greater gift than that of giving one’s time and energy to help others without expecting anything in return.”  
...Nelson Mandela

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# TOWN OF MASHPEE GENERAL INFORMATION

**Select Board Member  
Michaela Wyman-Colombo  
Tuesday, March 5th and April 2nd  
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.



## HOLIDAY OBSERVANCE



The Mashpee Senior Center will be closed in observance of the following holiday:

⇒ Monday, April 15th: Patriot's Day

All activities, including the mini-bus, will be cancelled on these dates.

## Town of Mashpee Primary Election

### Election Information

#### WHERE DO I VOTE?

You may check your voter registration status online here:

<https://www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus.aspx>



#### Voting

Presidential Primary - March 5, 2024 (Voter Registration Deadline was Saturday, February 24, 2024)

*Precincts 1 & 2 vote at the Senior Center. Precincts 3 & 4 vote at Town Hall. Precinct 5 vote at the Mashpee Public Library. If you do not know your precinct please use the "Where Do I Vote" link listed above.*

#### Early Voting

Presidential Primary Early Voting hours will be located in the Waquoit Meeting Room at the Mashpee Town Hall, 16 Great Neck Road N., through Friday, March 1, 2024 from 8:30am to 4:30pm.



## MASHPEE COUNCIL ON AGING BUS TOUR OF THE MASHPEE PUBLIC SCHOOLS Friday, April 5th from 9:15AM to 12:00PM

Brighten your day with a school bus tour and visit our three Mashpee Public Schools. The bus will depart from the Mashpee Council on Aging at 9:30am and proceed to the Coombs School; followed by a visit to the Quashnet School; and, then travel and visit the Mashpee Middle-High School. Light refreshments and conversation will be held at the Mashpee Middle-High School. The bus will return to the Council on Aging by 12:15pm. Registration is required.

Please register online: [myactivecenter.com](http://myactivecenter.com)

Excerpt from Mashpee Public Schools website: "WE ARE ... A culture of kindness, respect, and excellence is present at each of our three schools (Coombs School--PreK - Grade 2, Quashnet School--Grades 3 - 6, and Mashpee Middle-High School--Grades 7 - 12). Our enrollment is 1550 students."

# SPECIAL PROGRAMS

To register online please visit:

[myactivecenter.com](http://myactivecenter.com)

## LEGACY LETTER AND MEMOIRS WORKSHOP

Thursday, March 7th  
10:00am to 11:30am



Paul Gentile will combine two popular workshops into one, hands-on session. Learn how to compose a Legacy Letter or Ethical Will as a way of passing on beliefs, values, blessings, history, and moral direction from one generation to the next. At the same time this can be part of creating a memory book as a way to celebrate life, keep track of your own memories, or record the life of loved ones. Please bring pen and paper or a notebook and think about the person you want to be the recipient of your first letter.

Space is limited, so please register early. To register, please visit: [myactivecenter.com](http://myactivecenter.com)

## NEW REGISTRATION PROCESS

**MY ACTIVE CENTER - ONLINE  
REGISTRATION PROGRAM**

The Mashpee Senior Center has started a new registration process, called *MyActiveCenter!* *MyActiveCenter* is an easy way to sign up for activities and programs when you're thinking about it 24/7.

**PLEASE NOTE:** For those of you who do not want to register online, registration may only be done on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm by phone or in-person. This does not include appointments. This process will enable us to better keep track of each activity/event we offer and the number of participants signed up at any given time.

**TO SET UP YOUR ACCOUNT AND BEGIN TO REGISTER ONLINE FOR ACTIVITIES, GO TO:**

[myactivecenter.com](http://myactivecenter.com)

## MY ACTIVE CENTER TRAINING SESSIONS

Join us on the following Thursdays from

**1:00pm to 2:00pm:**

**March 14th and 28th**

**April 11th and 25th**

**May 9th and 23rd**

Learn how to utilize "myactivecenter.com" so that you can register for activities from the convenience of your own home or anywhere you have Internet access. Be the first to know about new events and register before they fill up. It's easy, convenient, and a time saver for everyone.

Please register online at: [myactivecenter.com](http://myactivecenter.com) or registration may only be done on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm by phone by calling 508-539-1440, or in-person.



## FROM IRELAND TO AMERICA (Irish Music Program) Tuesday, March 19th 1:00pm to 2:00pm

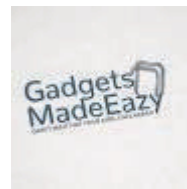
Roger Tincknell will perform a festive Irish music program of traditional and contemporary Irish and Irish-American songs and instruments performed on guitar, banjo, mandolin, harmonica, Irish bouzouki, Bodhran (Irish drum), spoons and Limberjack (Irish "dancing" instrument).

Singer, yodeler, multi-instrumentalist, Roger Tincknell, offers a variety of interactive, entertaining and educational music programs for all ages from young children to seniors. Roger performs for schools, libraries, senior centers, recreation departments, summer camps, coffeehouses and other community organizations.

Registration is required. To register online, please visit: [myactivecenter.com](http://myactivecenter.com)



*This program is supported in part by a grant from the Mashpee Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*



## CUT THE CORD Wednesday, March 20th 10:00am to 12:00pm

Join Sarah Canning as she presents, "Cut the Cord." Sarah will provide you with all the information needed to move on from Cable. Discover other ways of watching TV while SAVING \$\$ MONEY. Be sure to bring your cable and cell phone bill along with a list of your favorite channels.

Following the presentation, there will be a question and answer period.

Register online at: [myactivecenter.com](http://myactivecenter.com)

## Qi-Gong Class Offerings

Qigong is an ancient practice (similar to Tai Chi) that moves the entire body, mind and spirit. In class, participants will learn how to slow the mind down, focus on the present moment - calming the nervous system/body - stretching, balancing, and more. No special equipment or experience is necessary.

**QI-GONG FOR  
ALL VETERANS AND FIRST RESPONDERS  
(Free Classes)  
Wednesdays, March 6th and April 10th  
8:45am-9:30am**

To our Veterans and First Responders, thank you for your service to our country and community. The Mashpee Council on Aging and Qi-gong Instructor Margie Mitchell, invite all military active and retired veterans AND our "domestic service personnel" police and fire staff, to participate in a free Qi-gong classes. This is a wonderful opportunity to begin the new year with a new focus on an activity that has many health benefits-lowering blood pressure, better sleep, reduced stress and muscular tension, and increased vitality. Pre-registration is helpful.

Please register online at: [myactivecenter.com](http://myactivecenter.com)

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**NEW SESSION  
QI-GONG (8-WEEK SESSION)  
Wednesdays, March 6th to April 17th  
9:45am-10:45am**

- \* All are welcome to attend the new 6-week session of Qi-gong.
- \* The fee is \$64, with checks being made payable to the "Town of Mashpee" or \$12 drop-in fee, if space is available. This is an 8-week session.  
Please register online: [myactivecenter.com](http://myactivecenter.com)
- \* More information is available at instructor Margie Mitchell's website, [capechigong.com](http://capechigong.com)



**NEW SESSION  
LET YOUR YOGA DANCE  
Thursdays  
April 4th to May 23rd  
1:00pm - 2:00pm**

Let Your Yoga Dance is an enjoyable fusion of yoga, dance, movement, the chakras, and meditation combined with a delightful variety of music. No dance or yoga experience necessary. Heart health, brain health, body health, and soul health all benefit.

- ⇒ Please register online: [myactivecenter.com](http://myactivecenter.com)
- ⇒ The fee for the 8-week session is \$50.00. Payment must be made by check on the 1st day of class, payable to the Town of Mashpee.

**CAPE CODGERS SENIOR  
SOFTBALL LEAGUE  
INFORMATION SESSION  
Thursday, March 28th  
10:30am to 11:30am**



The Cape Codgers are a mixed senior softball league playing in Falmouth. They are welcoming new players looking for camaraderie, sportsmanship, community engagement and yes - a bit of competition. The summer season, May through early September, consists of Division 1 players 65 and up, and Division 2 players, 55+; with mostly one game per week, games are on weeknights, with first pitch at 5:30.

Visit our website at [www.capecodgers.com](http://www.capecodgers.com), click on NEW PLAYERS: sign in, (with no financial obligation) set up an account to receive all email announcements. For questions or to talk with a member, email us at [Codgersinfo@gmail.com](mailto:Codgersinfo@gmail.com) and a member of the league will respond to you directly.

- ◆ As space is limited, this session is for Mashpee Residents only. However, if space allows, others may register.
- ◆ To register for this information session, please visit: [myactivecenter.com](http://myactivecenter.com)



**FREE HEARING SCREENINGS  
PROVIDED BY HEARING LIFE  
Wednesday, March 20th  
9:00am to 12:00pm (by appointment only)**

Free hearing screenings will be provided at the Mashpee Senior Center by Alan Palanzi, Hearing Instrument Specialist. Please do not register for this online. You will need to stop by or call the Senior Center at 508-539-1440 to schedule your free, 15-minute appointment.



## AARP FOUNDATION TAX-AIDE INCOME TAX PREPARATION

The Tax-Aide Program will run at the Mashpee Senior Center until **Friday, April 12, 2024**. "Intake appointments" will be available on Mondays between 9:00am and 10:30am and on Friday's between 9:00am and 10:30am.

### **MAKING APPOINTMENTS:**

You may call the Senior Center at 508-539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the Income Tax Questionnaire Package. Please fill out the questionnaire and other documents and bring them to your appointment.

### **WHAT ARE YOU REQUIRED TO BRING TO YOUR APPOINTMENT:**

- ◆ Your Social Security Card and a photo ID
- ◆ The completed Questionnaire Documents
- ◆ **A copy of last year's [2022] Federal and State tax returns with schedules and supporting documents – VERY IMPORTANT – We may not be able to properly prepare your return without them.**
- ◆ All of your 2023 tax related documents.
- ◆ If you wish your refund to be directly deposited (recommended), a voided check for the account. As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to re-schedule.

**ABOUT YOUR APPOINTMENT:** You will be contacted by phone before your appointment to confirm your attendance. If you don't confirm your attendance, we will not be able to guarantee your appointment. If you have any questions regarding this program, please bring them to your appointment as the Senior Center staff is not able to answer tax questions.

- ◆ **We would like to extend a special thank you to the AARP volunteers who give their time and tax experience to make the AARP Foundation Tax-Aide Income Tax Preparation Program such a huge success. We appreciate all that you do for our community.**

Scan the QR code for additional information from the Mashpee Council on Aging's webpage.



## **NEW SESSION**

### **TAI CHI FOR HEALTHY AGING**

**Wednesdays, starting  
March 27th to May 29th  
(10 weeks)  
2:00pm-3:00pm**

Thank you to Cliff for volunteering to teach the art of Tai Chi for Healthy Aging at the Mashpee Senior Center for many, many years. His devotion to the program and his students will surely be missed. Good luck to you Cliff!

Please extend a heartfelt welcome to Claudine Reilly, RN, and Certified Health and Wellness Coach as the new Tai Chi volunteer instructor here at the Mashpee Senior Center.

Tai Chi for Healthy Living is an adapted Tai Chi training program designed to teaching older adults how to improve their strength and balance, reduce their fear and risk of falling, be more relaxed, flexible, and socially engaged through group Tai Chi classes. Participants should be ambulatory, eager to engage with others and interested in improving flexibility, balance, muscle strength and reducing their risk of falling. Participants will be expected to attend a 1 ½ hour class weekly for 10 weeks.

- \* The introductory class will start on Wednesday, March 27th from 1:00pm-2:00pm for new attendees only. New attendees are required to attend the 1st class.
- \* All subsequent classes will be Wednesdays, starting on April 3rd to May 29th from 2:00pm-3:00pm.
- \* Students should wear pants, t-shirt, & flat flexible soled shoes or sneakers).
- \* Masks are optional.
- \* Class size is limited and people will be accepted on a first come basis.
- \* People not attending the first class or missing 2 regular classes will be dropped.

### **FASCINATING FASCINATORS**

**Tuesday, April 30th from 1:00pm to 3:00pm  
(Mashpee residents only)**

Join Mashpee resident Deb Martin and create a fascinator to be ready for all occasions like the Kentucky Derby or to match one of your favorite dresses.

There is a \$15 material fee, payable to Deb Martin, on or before the class. There are a limited number of spaces available, so please reserve your spot early.

Please register online at: [myactivecenter.com](https://myactivecenter.com)

**LINE DANCING CLASSES**  
Thursdays, March 28th to  
April 25th  
9:45am to 10:45am



Are you looking for a fun and invigorating way to stay active? Look no further! Line Dance class led by Kim Benton offers a dynamic blend of country and pop music routines that will have you grooving to the beat in no time! The class is low to medium impact and medium complexity. This is not a beginner line dance class. Wear comfortable clothing and shoes with a smoother bottom work best.

All participants MUST sign the Town of Mashpee Hold Harmless Waiver/Liability form prior to participating.

- \* The fee is \$35 for the series, payable to the instructor by March 11th. You will need to sign up for the entire session.
- \* Please register online at: [myactivecenter.com](http://myactivecenter.com)

**JUMPIN' JUBA**  
Monday, April 8th  
1:00pm to 2:00pm



Jumpin' Juba plays blues-based roots-rock, classic rock and pop music for your listening and dancing pleasure. They are a requested, favorite group at many of MA's senior centers. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with Dave Lockretz on upright bass.

Register online at: [myactivecenter.com](http://myactivecenter.com)

This program is supported by a grant from the Mashpee Cultural Council, which is supported by the Massachusetts Cultural Council, a state agency.



## ON-GOING PROGRAMS

### MOVIE AND A SNACK!

**Wednesdays at 1:00pm**  
March 6th and March 20th  
April 3rd and 17th



\* We apologize that we are unable to provide the movie titles due to copyright regulations. Please call the Senior Center for more information on movie titles.

- \* Please register online at: [myactivecenter.com](http://myactivecenter.com)



### WOMEN'S SUPPORT GROUP

**Mondays from 1:00pm to 2:00pm**

Please join Judie Scofield, RN/MSW, and Ellen Ford, RN, as they facilitate this program. This group is a safe and welcoming place to receive support from other women. The group will help women gain confidence, joy and hold onto their independence by providing opportunities to share personal experiences, feelings, and coping strategies.

Space is limited to 10. Please register in advance. We are welcoming new participants. No drop-ins, please.

Please register online at: [myactivecenter.com](http://myactivecenter.com)

## SPECIAL ACTIVITIES/EVENTS

### BINGO!

**Tuesdays, March 12th & April 9th**  
1:00pm-2:30pm

Join us for Bingo! All are welcome!

Please register online at: [myactivecenter.com](http://myactivecenter.com)

### ST. PATRICK'S DAY UKULELE CONCERT

**Friday, March 22nd**  
1:00pm to 2:00pm



Join the fun with a variety of Irish music to celebrate St. Patrick's Day. Entertainment will be provided by Kathy Hatch and the Cape Cod Ukulele Club. Remember to wear your GREEN!! Sing and clap along to our favorite Irish songs. All are welcome!!

- \* Please register online at: [myactivecenter.com](http://myactivecenter.com)



**COFFEE & CONVERSATION  
WITH A COA STAFF MEMBER  
Thursdays, 9:30am-10:00am**

Join a different staff member between 9:30am - 10:00am in the multi-purpose room for coffee!

- \* Thursday, March 7th, Jon Shuman, Activity Coordinator
- \* Thursday, April 4th, Fire Chief Jack Phelan

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

Please register online at: [myactivecenter.com](http://myactivecenter.com)



**MASHPEE MEN'S CLUB  
Tuesday, March 5th and  
Tuesday, April 2nd  
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.

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. No registration is required.

**CRAFT CLASSES**

**Tuesdays, March 12th and 26th  
Tuesdays, April 9th and 23rd  
2:00pm to 4:00pm**

**March 12th:** Weave a mini basket from chunky yarn. The fee is \$5.00.

**March 26th:** Create a Spring/Easter wreath. The fee is \$8.00.

**April 9th:** Decorate a floating tea cup. The fee is \$12.00.

**April 23rd:** Design a mirror accented with crushed glass and shell. The fee is \$10.00.

- \* **Class size is limited; please sign up early! The fee for each class is payable to the instructor and includes all supplies and instructions. Please register online by the Friday prior to the class at: [myactivecenter.com](http://myactivecenter.com)**



**NEW SESSION  
UKULELE CLASSES  
(6 sessions)**

**Absolute Beginner Ukulele  
Fridays, March 8th to April 12th  
From 9:00am to 10:00am**

Learn to tune and strum a few songs with Cathy. You will be introduced to the language of ukulele, and a few hints and tricks to get through tunes as a beginner. You do not have to read sheet music. Students must bring their own ukulele.

**Beginner Ukulele 1  
Fridays, March 8th to April 12th  
From 11:30am to 12:30pm**

If you have already taken Absolute Beginner Class, but still learning chord progressions and strumming, but not ready for Beginner 2 class, then this class is for you.

**Beginner Ukulele 2  
Fridays, March 8th to April 12th  
10:15am to 11:15am**

If you have already taken Absolute Beginner and Beginner 1 classes and you feel ready for the next level, then this class is for you. Learn more strumming patterns and chord progressions and bar chords.

The fee is \$50 for 6 sessions, payable to the instructor at the first class.

Please register online at: [myactivecenter.com](http://myactivecenter.com)

**MASHPEE SENIOR CENTER BOOK CLUB  
Mondays, March 18th and April 22nd  
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. Book selections are:

- ◆ **Monday, March 18th: "Lethal Tides," written by Catherine Muesebeck.**
- ◆ **Monday, April 22nd: "Oath and Honor: A Memoir and a Warning," written by Liz Cheney**

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



# 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 March and April appointments.**

- ◆ **Alzheimer's Family Support Center Group:** Thursday, March 7th and 21st/April 4th and 18th, 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 and 3rd Thursday of the month.
  - ◆ **Aphasia Support Group:** Wednesdays, March 6th and April 3rd, from 10:00am-11:30am at Spaulding Rehabilitation. **(See notice below)\***
  - ◆ **Bereavement Support Group:** Tuesday, March 5th and 19th/April 2nd and 16th, from 2:30pm-4:00pm. Advanced registration are required by the VNA. Please contact Kathy O'Donoghue, MDiv, MS Ed., Hospice Bereavement Coordinator at VNA Hospice, at 508-274-8421 for additional information and to register.
  - ◆ **CCHC Dementia & Alzheimer's Caregiver Support Group:** Wednesday, March 13th and 27th/April 10th and 24th, from 1:30pm-3:30pm. **(See notice below)\***
  - ◆ **Foot care appointments:** Wednesday, March 13th and April 10th, between 9:00am-2:00pm. Call the Senior Center to schedule an appointment. This service is for Mashpee residents only. There is a fee of \$50.00.
  - ◆ **Independence House:** Wednesday, March 13th and April 10th. Walk-in between 10:00am-12:00pm at the Mashpee Senior Center.
  - ◆ **Legal appointments (SCCLS):** Tuesday, March 12th and 26th/April 9th and 23rd: 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. Atty. Conni Baker's Office has appointments on the 2nd Tuesday of the month at 1:00pm. Her office handles trusts, wills, probate, estate planning, Medicaid and long-term care/nursing home planning. Meetings are held at the Mashpee Senior Center.
  - ◆ **New Member Information appointments:** Appointments every Thursday between 10:30am-12:00pm.
  - ◆ **Ostomy Support Group:** - Tuesday, March 5th and April 2nd from 11:00am-12:00pm. All are welcome; no registration required. Meetings are held at the Mashpee Senior Center.
  - ◆ **Parkinson Support Group (APDA Cape Cod Virtual Support Group/Zoom Meeting):** Wednesday, March 20th and April 17th from 10:00am-11:15am. **(See notice below)\***
  - ◆ **PC Gadgets/Laptop/Cell Phone/Tablet appointments:** Thursday, March 7th and 21st/April 4th and 18th. Appointments are held between 12:00pm to 2:00pm. Call the Senior Center for an appointment.
  - ◆ **SHINE Program:** Providing Medicare, health insurance information and counseling appointments.
  - ◆ Appointments are held on Thursdays between 12:00pm and 3:00pm. Call the Senior Center to schedule an appointment.
  - ◆ **Sight Loss Services Peer Support Group:** Mondays, March 25th and April 29th from 10:00am-11:30am. Meetings are normally held on the 4th Monday of the month at the Senior Center. **(See notice below)\***
  - ◆ **Veteran's Agent appointments:** Friday, March 1st and 15th/April 5th and 19th. Appointments are held between the hours of 1:00pm and 4:00pm. Call the Senior Center to register for an appointment.
  - ◆ **VNA Town Nurse Services / Blood Pressure Clinic:** Monday, March 11th and April 8th 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.
  - ◆ **Women's Support Group:** The Women's Support Group meets every Monday from 1:00pm to 2:00pm. Call the Senior Center to register for this on-going program. All are welcome.
- ⇒ **\*Aphasia Support Group:** Email [jgeoffrion@mgb.org](mailto:jgeoffrion@mgb.org) at Spaulding Rehabilitation Hospital or call 508-833-4270 for information. Pre-registration is not required. Individuals with Aphasia, their caregivers and family members may attend.
- ⇒ **\*CCHC Dementia & Alzheimer's Caregiver Support Group:** This educational support group provides an opportunity for caregivers to share their experiences in a confidential supportive environment and receive information and guidance regarding care planning strategies, communication, and behavior management strategies. A facilitated social group is held simultaneously for those with dementia. To register call 774-552-6080. Sponsored by Cape Cod Healthcare.
- ⇒ **\*Parkinson Support Group:** This Group is for both those with Parkinson's and their caretakers. Each month will feature a speaker providing a different aspect of Parkinson's. Registration is required. Contact APDA Information & Referral Line at 800-651-8466 to join the group and receive Zoom information or to learn more and sign up, please visit: <https://www.apdaparkinson.org/community/massachusetts/> **APRIL IS PARKINSON'S AWARENESS MONTH!**
- ⇒ **\*Sight Loss Services Peer Support Group:** The Sight Loss Services Peer Support Group normally meets on the 4<sup>th</sup> Monday of every month from 10:00am-11:30am. It is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information call Sight Loss Services at 508-394-3904 or visit their website: <http://www.sightloss.org/> Drop-in's are welcome.



# OUTREACH SERVICES



## **OUTREACH CORNER: Lori Nelson, M.Ed., Outreach Coordinator**

Mashpee's Outreach Coordinator provides information and referrals for Mashpee residents over 60. Services include: Community resources, Advocacy & Support, Assistance with applications, Safety Programs, *SNAP* (Food Stamps), Fuel Assistance, *Files of Life* and home visits to name a few.

With rising costs of food and utilities, please consider contacting the Outreach Coordinator if you are interested in options which can offer assistance. We can discuss your circumstances and help you apply for food assistance, energy assistance or other options. Always feel free to call Lori Nelson, Outreach Coordinator, at the Mashpee Senior Center at 508-539-1440.

## **ASSISTANCE PROGRAMS**

**Supplemental Nutritional Assistance Program-SNAP** (Formerly Food Stamps), offers nutrition assistance to individuals who are income eligible. You can apply on-line or mail in a hard copy. Link: <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

**Fuel Assistance:** The Massachusetts Low Income Energy Assistance Program for the 2023-2024 heating season began in November. This program is designed to provide relief to low-income households. Household Size Gross Income 1 person \$45,392, 2 people \$59,359. Fuel Assistance now has an office in Mashpee located at 133 Falmouth Rd. Bldg #1. They are open M, W, F from 9AM to 3:45 PM, closed 1 hour for lunch starting at 11:30.



**Boston Hospital Bus:** Are you going to an appointment at one of the major hospitals in Boston? Think about enjoying comfort and safe transportation from CCRTA to Boston Area Hospitals. Monday – Thursday. Fare: \$30.00 ROUND TRIP/\$15 one-way. Reservations by 11:00am the DAY BEFORE by calling 1-800-352-7155. Schedule your medical appointments between 10:00am and 2:00pm. The bus will leave Boston no later than 3:00pm. Pickup Locations Mid & Upper Cape: 8:00am Barnstable (Rt. 6 & 132 Burger King); 8:15am Sagamore (Rotary Commuter Lot).

⇒ Call Lori Nelson at the Senior Center at 508-539-1440 for more information on any of these programs.


## **Harbor Point Day Program Availability:**

Harbor Point in Centerville has openings for their popular Day Program which is offered Sundays through Thursdays from 9:30am-2:30pm and includes lunch, snacks, and occasional outings, plus a full schedule of activities and entertainment. The cost is \$100 per day and participants can elect to attend as few or as many days as they wish. Feel free to check out their website [Harbor Point at Centerville](#) or call them at 508-778-2311. You can also reach out to Lori Nelson to get more information.

## **Do you currently receive Affordable Connectivity Program (ACP) internet benefits?**

The Affordable Connectivity Program (ACP) is a federal program that offers eligible households a discount toward internet service per month. The Affordable Connectivity Program (ACP) is expected to end this spring without additional funding. As a result, the FCC has begun taking steps to wind down the ACP.

All households enrolled in the ACP will continue to receive the benefit on their internet service until ACP funding, which is currently projected through April 2024, runs out. During the ACP wind-down period, ACP households will receive notices from their internet company about the impact of the end of the benefit on the household's bill and service. Check out this website to find out more [ACP Wind-Down Fact Sheet](#)

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><b>*REGISTRATION PROCESS:</b> Please register online at <a href="http://www.myactivecenter.com">www.myactivecenter.com</a> or you may call the Senior Center at 508-539-1440 on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm.</p>		<p>1 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide 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) 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>4 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group*</p>	<p>5 MASHPEE - PRIMARY ELECTION  8:30-9:30 - CANCELLED - Exercise 9:00-12:00 Woodcarving 9:00-10:00 Select Board Member Wyman-Colombo 10:00-12:00 Men's Club 10:00-12:00 Rummikub 10:00-11:00 CANCELLED - Zumba 11-12 Ostomy Support Group 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00-3:00 Learn to Play Mah Jongg (fee)* 2:30-4:00 Bereavement Support*</p>	<p>6 8:30-9:30 Strength Training 8:45-9:30 Qi-Gong (Special)* 9:45-10:45 Qi-Gong (fee)* 10:00-11:30 Aphasia Support* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting (Cancelled) 12:00-1:00 Osteoporosis Exercise * 1:00 Movie* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 2:00-3:00 Tai Chi*</p>	<p>7 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA* 9:30-10:30 Singing Seniors 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:00-11:00 Cancer Conversations 10:00-11:30 Legacy Letters &amp; Memoirs Workshop* 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:30 Alzheimer's Support* 1:00-2:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>8 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide 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) 12:30-4:00 Mah Jongg</p>
<p>11 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group*</p>	<p>12 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 Swimming 12:30-3:00 Intermediate Mah Jongg 1:00 BINGO!*</p>	<p>13 8:30-9:30 Strength Training 9:00-2:30 Foot Clinic (fee by appt)* 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-12:00 Painting (Cancelled) 10:00-12:00 Sports Group 10:00 Independence House 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:30 Dementia Support * 2:00-3:00 Tai Chi*</p>	<p>14/ 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:30 Sketching 1:00-2:00 My Active Center Training* 3:00-4:00 Ballroom Dance (fee)</p>	<p>15 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide 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) 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>18 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group* 2:00-3:00 Book Club</p>	<p>19 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 Swimming 12:30-3:00 Intermediate Mah Jongg 1:00-2:00 From Ireland to America* 1:30-2:30 VNA Strong At Heart* 2:30-4:00 Bereavement Support*</p>	<p>20 8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Cutting the Cable Cord* 10:00-11:00 Zumba (fee) 10:00-11:15 Parkinson Support* 10:00-12:00 Painting (Cancelled) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00 Movie* 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 2:00-3:00 Tai Chi*</p>	<p>21 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-2:00 PC &amp; Gadgets (appt)* 12:00-3:00 SHINE (by appt) * 1:00-2:30 Alzheimer's Support* 1:00-2:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>22 Strength Training 8:30-9:30 9:00-10:30 AARP Tax Aide 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) 12:30-4:00 Mah Jongg 1:00-2:00 Ukulele St. Patrick's Concert*</p>
<p>25 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:45-10:45 Gentle Yoga (fee) 10:00-11:30 Sight Loss Support* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group*</p>	<p>26 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)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:30-2:30 VNA Strong At Heart* 2:00-4:00 CRAFT (fee)*</p>	<p>27 8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-12:00 Painting (Cancelled) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:30 Dementia Support * 2:00-3:00 Tai Chi*</p>	<p>28/ 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 9:45-10:45 Line Dancing* 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:30-11:30 Cape Codgers Mtg.* 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 My Active Center Training* 1:00-2:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>29 Strength Training 8:30-9:30 9:00-10:30 AARP Tax Aide 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) 12:30-4:00 Mah Jongg</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:30 –9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group*</p>	<p>2 8:30-9:30 Exercise 9:00-12:00 Woodcarving 9:00-10:00 Select Board Member Wyman-Colombo 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 Swimming 12:30-3:00 Intermediate Mah Jongg 1:30-2:30 VNA Strong At Heart* 2:30-4:00 Bereavement Support*</p>	<p>3 8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:30 Aphasia Support* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting (Cancelled) 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00 Movie* 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:30-3:30 Tai Chi *</p>	<p>4 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 9:30-10:00 Coffee with COA* 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-2:00 PC &amp; Gadgets (appt)* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>5 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:00 –10:00 Absolute Beg. Ukulele (fee)* 9:20-12:00 Mashpee Public Schools Bus Tour* 10:00-11:00 Cancer Conversations 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg 1:00 –4:00 Veterans Services (by appt)*</p>
<p>8 8:30 –9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group* 1:00-2:00 Jumpin Juba*</p>	<p>9 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 Swimming 12:30-3:00 Intermediate Mah Jongg 1:00 BINGO!*</p>	<p>10 8:30-9:30 Strength Training 9:00-2:30 Foot Clinic (Fee by appt)* 10:00-11:00 Zumba (fee) 8:45-9:30 Qi-Gong (Special)* 9:45-10:45 Qi-Gong (fee)* 10:00-12:00 Sports Group 10:00 –12:00 Independence House 10:00-12:00 Painting (Cancelled) 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:30-3:30 Dementia Support* 1:00-2:00 Intro to Tai Chi * 2:00-3:00 Tai Chi*</p>	<p>11 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:00-2:00 My Active Center Training* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>12 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide 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) 12:30-4:00 Mah Jongg</p>
<p>THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF PATRIOT'S DAY  ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY.</p> 	<p>16 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 Swimming 12:30-3:00 Intermediate Mah Jongg 1:30-2:30 VNA Strong At Heart* 2:30-4:00 Bereavement Support*</p>	<p>17 8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-11:15 Parkinson Support* 10:00-12:00 Sports Group 10:00-12:00 Painting (Cancelled) 12:00-1:00 Osteoporosis Exercise * 1:00 Movie* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 2:00-3:00 Tai Chi*</p>	<p>18 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>19 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg 1:00 –4:00 Veterans Services (by appt)*</p>
<p>22 8:30 –9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group* 2:00-3:00 Book Club</p>	<p>23 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)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:30-2:30 VNA Strong At Heart* 2:00-4:00 CRAFT (fee)*</p>	<p>24 8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-12:00 Painting (Cancelled) 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:30 Dementia Support * 2:00-3:00 Tai Chi*</p>	<p>25 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage &amp; More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:00-2:00 My Active Center Training* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>26 8:30-9:30 Cancelled—Strength Training- 8:30- 10:00-12:00 Volunteer Brunch 10:00-11:00 Cancelled—Zumba (fee) 12:30-4:00 Mah Jongg</p>
<p>29 8:30 –9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:00-Sight Loss Support* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group*</p>	<p>30 / 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:30-2:30 VNA Strong At Heart*</p>	<p> *LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!</p>	<p>*REGISTRATION PROCESS: Please register online at <a href="http://www.myactivecenter.com">www.myactivecenter.com</a> or you may call the Senior Center at 508-539-1440 on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm.</p>	<p></p>

## In the Spotlight



*In the Spotlight's* goal is to recognize Mashpee older residents who have contributed to making the Council on Aging/Senior Center a place for older town residents to enjoy. Do you know the Council on Aging has an advisory Board of Directors which meets monthly at the Senior Center? We are fortunate to have an active Board who truly cares about each of us. This month's *In The Spotlight* member is our current Board Chair David Egel.

David remains a valuable resource to us here at the Council on Aging as well as many other parts of our community. For many years, David has freely given his time to support the Town of Mashpee, including serving on several different boards and participating in many events. *Why did you move to Cape Cod?* David and his wife, Hilda moved to the Cape full-time 8 years ago. David shared they have been coming to the Cape regularly over the years. Parents of a friend had a place in Mashpee, and they would visit often. In 1985, David & Hilda purchased a home in Mashpee. They continued to spend much time in Mashpee while still employed. David is passionate about friends, golf, the beach and the beauty of Cape Cod.

David grew up in Sharon, Massachusetts and settled in Stoughton while raising their family. David and Hilda have 2 daughters and 4 granddaughters. David has a law degree and was a financial industry executive. He has a wealth of experience working with organizational boards, so when an opening on the Board for the Council on Aging came up, he jumped on the opportunity to give back to his community. David has been serving as Chairperson for the last seven years.

*What attracted you to the Council on Aging & what would you suggest to older Mashpee residents?* "Open up the Newsletter and see all the activities that are being offered. I don't know why anyone would be teetering. There is always something for everyone! Whether it is the ice cream social, exercise programs, or some other event. It's a great social environment where everyone is helpful and smiling. It's also a great place to go to get help for whatever the issue may be. "David's suggestion to everyone is, "Come on in and just check it out for a half hour."

David, thank you for all you do for the Town of Mashpee and specifically your caring, support and commitment to Mashpee's older residents.

*Written by: Lori Nelson, Outreach Coordinator*

## THE TELEPHONE REASSURANCE PROGRAM



The Reassurance program is offered to Mashpee older adults who live alone. This program is intended to provide some support to residents should an accident or illness occur.

The Program allows the older adult to call the Mashpee Police Department every day between 6:00am and 10:00am. The dispatcher has a list of all the members of the program and will follow up if the older adult has not called in.

There is no cost for this service. Any older adult who wishes to participate needs only to fill out the Reassurance Registration Form. The form provides the police with critical information such as medical history, any vehicles owned by the participant, family contacts and other helpful information. If you or a family member is interested in registering for the Reassurance Program, please contact Lori Nelson, Outreach Coordinator at the Mashpee Council on Aging at 508-539-1440.

To download the form, click here: [Telephone Reassurance Program](#)

## Order more free at-home COVID-19 tests today on [COVIDTests.gov](https://COVIDTests.gov)

We all know COVID-19 is still in our communities. If you are in need of test kits to have on hand, you may be eligible for more free kits. Last fall, households were eligible to receive four more free COVID-19 rapid tests delivered directly to their home.

If you didn't order tests since the program reopened in September, the site will let you place two orders for a total of eight tests.



## Cancer Conversations Group Thursday, March 7th & Friday, April 5th from 10:00am-11:00am

If you are interested in joining this new group, please reach out to Lori Nelson for more details at 508-539-1440.

This group provides an opportunity to share cancer-related experiences and provide encouragement, hope, education and emotional support to older Mashpee residents in an informal setting.

# Veteran Information



## VETERANS SERVICES

Friday, March 1st and March 15th

Friday, April 5th and April 19th

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.

**EOVS TRANSITION TOOLKIT:** For Massachusetts Veterans and families, below is a link to the first edition of the Executive Office of Veterans Services (EOVS) Transition Toolkit. This guide will serve as a useful reference for Massachusetts veterans transitioning to civilian life by providing information on programs, services and benefits available. Please visit: <https://capeveterans.com/wp-content/uploads/2023/12/231223-MA-Transition-Toolkit.pdf>

## 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.



## **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 12:00pm. Three good reasons to join us for a congregate luncheon:** 1) This is a good way to help keep your food costs down; 2) It is fun; and, 3) It is social and there is good conversation!
- ⇒ 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.



## ON-GOING HEALTH AND WELLNESS PROGRAMS!

### THE FOLLOWING PROGRAMS ARE FREE:

**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.**

### THERE IS A FEE FOR THE FOLLOWING PROGRAMS:

**Gentle Yoga:** Mondays, 9:45am-10:45am. Please bring a yoga mat. There is a fee of \$6 drop in or \$45/8 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 \$6 drop in or \$45/8 classes (1st class is free).

**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 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.**

**Please note:** If you are attending one of our health and wellness programs for the first time, please be sure to complete the Town's Hold Harmless Agreement/Waiver Form.



## SEA MIST SWIMMING

Mashpee Senior Swim is held every Tuesday and Thursday, 11:00 a.m.-2:00 p.m. at Sea Mist, located at 141 Great Neck Road, S., Mashpee.

- \* You must fill out a new registration form at the Senior Center prior to starting this activity even if you have filled a form out in the past. The forms are available at the Senior Center front desk.
- \* **You must be at least 59-1/2 years old and a Mashpee resident to participate.**
- \* You will also need to provide identification that you are a Mashpee resident (i.e., driver's license or utility bill). Please do not arrive early, and be aware that the exercise room is not part of the swimming program.

## **STRONG AT HEART** Tuesdays, March 12th to April 30th 1:30pm to 2:30pm

This free 8-week exercise program is aimed for seniors who want to build on their strength and endurance. A mix of interval training and circuit training that will keep your heart rate up and muscles engaged! Recommended for generally healthy older adults though modifications can be made on an individual basis. The class is led by an Exercise Physiologist from the VNA of Cape Cod. Participants must be able to tolerate 60 minutes of seated and standing exercise and ambulate independently.

Advanced registration is required; no drop-ins are accepted. Please contact the VNA of Cape Cod directly to register at (508) 957-7423.

## A MESSAGE FROM THE VNA

### BENEFITS OF WALKING

In a recent AARP survey, adults 50 and older agree walking is beneficial for improving physical health (91%), fitness (83%), mental health (75%) and brain health (59%). Another study by the European Society of Cardiology found that for those 85 years of age and older, just one hour every week is advantageous compared to being completely inactive. If you are looking to start walking more, here are a few tips to get you started:

- **Always begin with a well-fitting pair of walking shoes AND socks.** A sturdy shoe with good support, uniform cushioning from the heel to the toe, and a wide toe box are essential for protecting your feet. Consider wearing light weight wool socks to wick away perspiration and decrease the risk of blisters.
  - **Layer bright, reflective clothing for your top layer, especially if you enjoy early morning or walks at dusk.** Bring a fully charged cell phone, watch, flashlight or head lamp even if only walking in your neighborhood. Carry water and a snack. If you are going to be hiking the trails, in the woods or along the beaches, consider bringing a buddy.
  - **Proper nutrition AND hydration before, during and after any exercises is key to getting the most out of your training and progressing your program.** It will allow you to maintain good physical and mental health, reducing the risk of heat stress during warmer days and maintain normal bodily functions. The general rule is: if you are sweating, you need to be drinking!
  - **Set small, realistic goals:** Start with 10 minutes and build gradually on your time and distance walking. Up the duration of those walks by 5 to 10 minutes every other week. Don't get discouraged! Give yourself plenty of time to warm up AND cool down. Adding a regular routine of stretching and flexibility prior to walking can help prevent muscle strains and potential injuries. Set a comfortable pace, swing your arms freely and watch your posture.
  - **Break up your sessions, be creative.** Change your path and your pace. Make sure you are familiar with the area you are walking, be on the lookout for benches to rest and /or stretch when needed.
- MOST IMPORTANTLY: ENJOY YOURSELF AND LISTEN TO YOUR BODY!**



**TRAVEL ADVENTURES WITH  
KARYN WENDELL**  
**Thursdays, 9:00am-10:30am**

⇒ **SAVE THE DATE:**  
**May 15th - Annual Travel Presentation &  
Lobster Roll Lunch**

**SPRING ADVENTURES**

*Encore Casino Express:* 3/10, 4/14, \$55  
*Auschwitz: Not Long Ago. Not Far Away.* 4/06, \$85  
*Art In Bloom – Museum of Fine Arts:* 4/27, \$85  
*Company-Broadway Musical Comedy:* Providence,  
1 PM, 4/28, \$120/\$109  
*CLUE The Musical:* Emerson 1 PM, 5/05, \$145/\$115  
*Harry Connick Jr. Live w/Boston Pops:* 5/10, \$179/\$119  
*Best of Chicago:* 6 Days, May 23-28, \$3,224  
*Eyes of the World: From D-Day to V-Day w/Boston Pops:*  
5/30, \$130/\$99  
*Newport Flower Show "At Home:"* 6/21, \$85  
*Red Sox vs. KC at Fenway:* 1:35 Game, PB 13 and 14,  
\$159  
*Jimmy Buffett Tribute & Fosters Maine Lobsterbake:*  
7/17, \$149  
*\*Exploring Cuba's Culture, History & Colonial Cities –  
Greek Odyssey-Tulips and Windmills\**

For a complete listing of trips and more information  
stop by the Mashpee Senior Center to chat with Karyn  
every Thursday from 9:00am-11:00am.

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)

**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.

- ◆ **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.**

**Donations**

The Friends of the Mashpee Council on Aging is grateful to the many wonderful people who donate to its thrift shop, located across the parking lot from the Mashpee Senior Center. Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community. Hours of operation are Thursday, Friday and Saturday from 10:00am-2:00pm.

- ⇒ **Donations are accepted by 1:00pm on Thursdays, Fridays and Saturdays when the Thrift Shop is open. Please do not leave donations if the Thrift Shop is closed.**

**JOIN US FOR A VARIETY OF  
GAMES HELD THROUGHOUT THE  
WEEK!!**



- ◆ THERE IS NO FEE REQUIRED FOR ANY GAMES.
- ◆ THE ONLY GAME THAT REQUIRES REGISTRATION IS BINGO\*

Every Monday: Mah Jongg (12:30pm to 4:00pm)  
Every Tuesday: Rummikub (10:00am-12:00pm)  
3rd Tuesday: BINGO!\* (1:00pm-2:30pm)  
Every Tuesday: Intermediate Mah Jongg (12:30pm-3:00pm)  
Every Wednesday: Canasta (1:00pm-3:30pm)  
Every Wednesday: Cribbage Group (1:00pm-3:30pm)  
Every Thursday: Cribbage and More (10:00am-11:30am)  
Every Thursday: Scrabble (11:00am-1:00pm)  
Every Friday: Mah Jongg (12:30pm-4:00pm)

To register for BINGO, please register online at:  
[myactivecenter.com](http://myactivecenter.com)

# TRANSPORTATION INFORMATION

## Mashpee Council on Aging, Minibus Service

- ⇒ **The minibus now operates on Mondays, Tuesdays, 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. The Cape Cod Regional Transit Authority (CCRTA) provides medical transportation services on Monday through Thursday by reservation from Cape Cod to all the major hospitals in the Boston area. **The Boston**

**Hospital Transportation route has bus stops at: Barnstable Commuter Lot and the Sagamore Commuter Lot. The website for more specific information can be found at <https://capecodrta.org/schedules-services/boston-hospital>. To reserve your seat call 1-800-352-7155. Reservations must be made at least one weekday before you wish to travel. Fares are \$15 One-Way | \$30 Round-Trip**

## 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: <https://www.mashpeema.gov/council-aging>

## COA STAFF DIRECTORY

Heidi McLaughlin, Director  
[hmclaughlin@mashpeema.gov](mailto:hmclaughlin@mashpeema.gov)  
Lori Nelson, Outreach Coordinator  
[lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov)  
Peggy Rose, Receptionist  
[prose@mashpeema.gov](mailto:prose@mashpeema.gov)  
Carolyn Thompson, Administrative Assistant  
[cthompson@mashpeema.gov](mailto:cthompson@mashpeema.gov)  
Kathy Urquhart, Volunteer Coordinator  
[coavolunteercoordinator@mashpeema.gov](mailto:coavolunteercoordinator@mashpeema.gov)  
Lisa Witkus, Office Assistant  
[coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov)  
Jon Shuman, Activity Coordinator  
[coaactivitycoordinator@mashpeema.gov](mailto:coaactivitycoordinator@mashpeema.gov)  
Tim Peterson, Mini-Bus Driver  
Ron Pauline, Mini-Bus Driver  
George Martin, Maintenance

## Mashpee Council on Aging Board Members

David Egel, Chairman  
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