

THE MASHPEE SENIOR CONNECTION



NOVEMBER—DECEMBER 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**

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



On behalf of the staff at the Mashpee Council on Aging, we would like to take this opportunity to say how much we enjoy serving and working with the senior community in the Town of Mashpee. It is evident that the members look forward to attending special events and programs, utilizing the resources available at the Senior Center and participating in the daily activities offered. The staff takes pride in offering these programs and services, not just during the holiday season, but throughout the entire year. We value your input for improvement as well as your enthusiasm for programming that is offered.

We wish you all a very safe, happy and healthy holiday season and we hope to see you all at many of our upcoming events and programs in the new year 2024!!

*Heidi McLaughlin, Director
Mashpee Council on Aging*



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Mashpee Senior Center/Council on Aging 26 Frank E. Hicks Dr. Mashpee, MA 02649

Phone: 508-539-1440 Fax: 508-539-2791 Email: coa@mashpeema.gov <https://www.mashpeema.gov/council-aging>

TOWN OF MASHPEE GENERAL INFORMATION

VETERANS DAY CEREMONY



The Town of Mashpee will be having a Veterans Day Ceremony on Saturday, November 11th from 10:00am to 11:30am at the Mashpee Community Park Green located at 13 Great Neck Road N., Mashpee, MA.

HOLIDAY TREE LIGHTING

Mashpee's Annual Tree Lighting will be held on Saturday, December 2nd from 5:30pm-6:30pm at the Mashpee Community Park Gazebo, located at 13 Great Neck Road N., Mashpee, MA.



HOLIDAY OBSERVANCES



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

- ◆ Friday, November 10th - In observance of Veterans' Day on Saturday, November 11th,
- ◆ Thursday, November 23rd and Friday, November 24th. Thanksgiving Holiday.
- ◆ Monday, December 25th. Christmas Day.
- ◆ Monday, January 1, 2024. New Year's Day.

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



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

NOVEMBER is Alzheimer's Awareness Month

The Town of Mashpee encourages residents with a loved one with a serious cognitive impairment to register with the Mashpee Police Department.

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.

DECEMBER is National Drunk and Drugged Driving Prevention Month

The Holiday Season comes with many holiday festivities. **Always designate a sober driver OR Call for a sober ride home.**

Remember some prescription and over-the-counter medications can have side effects and cause reactions that may make it unsafe to drive. Please remember to call Mashpee Police Department immediately at **508-539-1480, Ext. 0** if you witness a possible impaired driver on the road.

For questions or more information, please go to: <https://www.mashpeema.gov/police> or contact **Victim Advocate Tara Carline at 508-539-1480, Ext. 7253.**



SPECIAL TOWN ELECTION Tuesday, November 7, 2023, 7AM to 8PM

Voter registration deadline for the Special Town Election is Saturday, October 28, 2023 @ 5:00pm.

VOTING LOCATIONS:

- ◆ 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 on the Town Clerk's webpage.

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

For more information on the Special Town Election, please visit the Town Clerk's webpage:

<https://www.mashpeema.gov/town-clerk/pages/election-information>



MEDICARE

ARE YOU READY FOR MEDICARE OPEN ENROLLMENT?



SHINE can help!

Medicare open enrollment is **October 15 – December 7** and state certified SHINE counselors are available at

your local senior center **by appointment** to help you understand health care coverage, review cost increases, and find out what's new with Medicare.

The time is **now** to review your Medicare coverage! By September 30th, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor.

Meeting with a certified SHINE volunteer during open enrollment may reduce your out of pocket medical and/or prescription drug costs. In addition, a SHINE counselor can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Plan to have the following information available for your SHINE appointment: Medicare A/B card; Medigap or Medicare Advantage Card; Prescription Drug Plan Member Card (if you have a Part D plan); List of medications and dosages which can be obtained from your local pharmacy. If you have created an account with Medicare.gov, bring your username and password – this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on **find a health and drug plans** tab.

Helpful telephone numbers and websites:

Medicare: 800.633.4227 - www.medicare.gov

Social Security: 800.772.1213 - www.ssa.gov

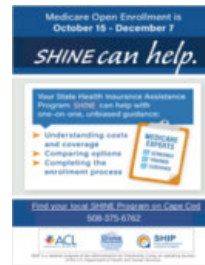
Prescription Advantage: 800.243.4636 - www.prescriptionadvantagemag.org

PREScription DRUG SEARCH

As a reference, the SHINE Program has provided a *You Tube* tutorial on completing a prescription drug search that may be helpful for to you. Please visit:

<https://www.capecod.gov/2023/09/18/barnstable-county-shine-prepares-for-open-enrollment/>

SHINE APPOINTMENTS



SHINE appointments are available at the Mashpee Senior Center through the Medicare Open Enrollment period of December 7th on the following days and times: Tuesday, Wednesday, and Friday from 12:00pm-4:00pm and Thursday from 9:00am-4:00pm.

Call the Mashpee Senior Center at 508-539-1440 to schedule an appointment with a SHINE counselor. Once you've made an appointment please stop by to pick up your "Pre-Enrollment Form". This information collected ahead of time is especially helpful for the counseling appointment. Please note that any and all information you provide on this form is completely optional and is provided solely at your discretion and will be kept in the strictest confidence. It will only be used while assisting you with selecting your Medicare health coverage.

Please also bring the following information to your appointment:

- ◆ A list of your favorite health care providers and prescription drugs.
- ◆ Medicare Card

⇒ **Please note:** If you need immediate help or have an urgent question, please contact the Barnstable County Regional SHINE office at 508-375-6762 or 508-362-5885 TTY.

PROTECT YOUR MEDICARE ACCOUNT

The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

1. **If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, **Medicare will never call you** unprompted and ask you for your personal information.
2. **Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.
3. **If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).** Visit Medicare.gov, the official source for Medicare information, to learn more about preventing Medicare fraud.

SPECIAL PROGRAMS



LAURENTIDE/MICHAEL'S DONUT SOCIAL Monday, November 6th 10:00am-11:00am

Join us for a handmade, fresh cooked, hot apple cider donut from Michael's Donuts. Mike has perfected the art of making a donut and will be making his scrumptious donuts for all to enjoy.

Please call the Senior Center to register at 508-539-1440. This event is open until space is filled.

This event is sponsored by Laurentide.



DYEING TO WEAR IT® Monday, November 6th 1:00pm-4:00pm

"Dyeing to Wear It"® is an interactive workshop where participants will create a beautiful and versatile piece of wearable art.

Join Rhonda M. Fazio, Environmental Alchemist for an experiential, wearable art workshop. Classes are infused with storytelling by the artist, filled with the textile history from the region and around the world, and how this history intersects with our shared American culture. It is a fun and interesting social event open to everyone.

Please call the Senior Center to register at 508-539-1440 as space is limited. This event is for Mashpee residents only.



CPR - HANDS ONLY Thursday, November 7th 10:00am-12:00pm

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

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

Please call 508-539-1440 to register for this course. Space is limited.

NEW PROGRAM

LET YOUR YOGA DANCE Thursdays November 2nd to December 28th 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.

- ⇒ Call the Senior Center to register at 508-539-1440.
- ⇒ Fee: \$55 for 8-week session. Payment must be made by check on the 1st day of class, payable to the Town of Mashpee.
- ⇒ There is no class on Thursday, November 23rd.

WINE 101 Friday, November 17th 3:00pm-4:00pm



Let's talk wine 101

To swirl or not to swirl? Have you ever wondered about certain wine etiquette such as corking, smelling, storage and even the particular glassware used for certain wines? Get a better understanding and appreciation of wine including an introduction to the wine industry, various appellations, deciphering restaurant wine lists, pairing wine with food and learn about various nearby New England wineries in this fact-filled, fun class.

- ◆ To register, please call the Senior Center at 508-539-1440.
- ◆ Please note: This is not a wine-tasting event. No alcohol can be served.



9th ANNUAL "FILL THE VAN"

BRING YOUR DONATION
OF NON-PERISHABLE
GOODS TO THE
MASHPEE COA TODAY!

Join Mashpee Recreation as they once again
"FILL THE VAN!"

⇒ **The deadline to drop off items at the Mashpee Senior Center is Wednesday, November 15th.**

Suggested items for donations...

- Trash bags, toilet paper, paper towels
- Shampoo, soap, toothpaste
- Laundry detergent, cleaning products, dish soap
- Diapers, baby wipes, formula
- Gift cards (Stop & Shop, Roche Bros.)

Donations will go to Christ the King Food Pantry and Falmouth Service Center.



HOLIDAY UKULELE CONCERT Friday, December 22nd 1:00pm-2:00pm

Come and enjoy a holiday 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 holiday hat and smile as you sing and clap along to your favorite holiday songs! Always a good time!!

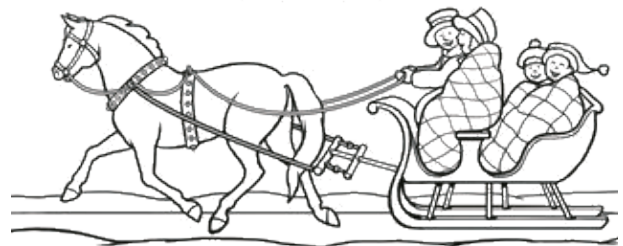
Call the Senior Center to register at
508-539-1440.



Jingle Bells

Dashing through the snow
In a one-horse open sleigh,
O'er the fields we go,
laughing all the way!
Bells on bobtail ring,
Making spirits bright,
What fun it is to laugh and sing
A sleighing song tonight!

Jingle bells, jingle bells,
Jingle all the way!
Oh what fun it is to ride
In a one-horse open sleigh!
Jingle bells, jingle bells,
Jingle all the way!
Oh what fun it is to ride
In a one-horse open sleigh!



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JOIN US FOR A CONCERT WITH SEAN FULLERTON Tuesday, December 12th 1:00pm-2:00pm

"Acoustic Memories" is Sean Fullerton's music program.

Sean's one hour show is full of sing-a-long songs from the Blues, Soul, Rock 'n' Roll, and Folk genres, presenting educa-

tional points and some humor throughout the program to help expand on the entertainment experience for the intergenerational listener.

Audience participation is always welcome and encouraged."

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

This program is sponsored by a grant from Mashpee Cultural Council, a local agency which is supported by Mass Cultural Council, a state agency.



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



ELDER SERVICES OF CAPE COD WINTER HOLIDAY MEALS “Grab and Go”



Elder Services of Cape Cod and the Islands, Inc. will be providing a Winter Holiday meal to individuals 60 years of age or older residing in Barnstable County.

FALMOUTH SENIOR CENTER - MONDAY, DECEMBER 19TH:

Each meal is free of charge and will contain traditional holiday menu items. Meals will be distributed via a “grab and go” on Monday 12/19 between 2pm- 3:30pm at The Falmouth Senior Center located at 780 Main St. Falmouth, MA. **There are a limited number of meals, so reservations are required.**

- To reserve a meal please call the Nutrition Department at Elder Services at (508) 394-4630, x412. All reservations must be made by Wednesday 12/14 at 3 pm.



ON-GOING PROGRAMS



MOVIE AND A SNACK!

Wednesdays at 1:00pm
November 1st and 15th
December 6th and 20th

November 1st: *We Bought A Zoo* (PG-13 Comedy/
Family Drama)
November 15th: *The Proposal* (PG-13 Romantic/
Comedy)
December 6th: *The Finest Hours* (PG-13 Action/
Adventure)
December 20th: *The Polar Express* (PG-13 Fantasy/
Holiday)

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

Please visit: <https://www.imdb.com/> for movie
information and reviews.

BINGO!

Thursday, November 9th (change of date)
Thursday, December 21st
1:00pm-2:30pm

Join us for Bingo! All are welcome!

Please call to register at 508-539-1440.



**COFFEE & CONVERSATION
WITH A COA STAFF MEMBER
Thursday, November 2nd and
Tuesday, December 5th (New Day)
from 9:30am-10:00am**

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

- ◇ Thursday, November 2nd: Carolyn Thompson, Administrative Assistant
- ◇ Tuesday, December 5th: Kathy Urquhart, Volunteer Coordinator

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.

**Mashpee Senior Center Book Club
Monday, from 2:00pm to 3:00pm
November 20th and December 18th**

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. Book selections are:

- ◆ **November 20th:** "The Finest Hours," written by Michael Tougias and Casey Sherman.
- ◆ **December 18th:** "Rogue Justice," written by Stacey Abrams.

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

NEW SESSION-UKULELE CLASSES

**Absolute Beginner Ukulele
Fridays, November 3rd to January 12th
From 9:00am to 10:00am**

Learn the basic chords, C-F-G7, G D7 Am, Dm, Em, A and D. Learn how to use a tuner and tune your uke, and basic strumming. The fee is \$50 for this session.

**Beginner Ukulele 1
Fridays, November 3rd to January 12th
From 11:30am to 12:30pm**

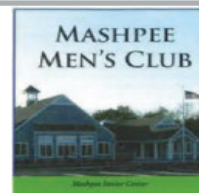
Already taken Absolute Beginner Class, but still learning chord progressions and strumming. Not ready for Beginner 2 class. The fee is \$50 for this session.

**Beginner Ukulele 2
Fridays, November 3rd to January 12th
10:15am to 11:15am**

Already have taken Absolute Beginner and Beginner 1 classes. Learn more strumming patterns and chord progressions and bar chords. Will use music for the Cape Cod Ukulele Club. The fee is \$50 for this session.

- ⇒ **Please call the Senior Center to register at 508-539-1440 and be sure to mention which class you will be taking.**
- ⇒ **(There are no classes on 11/10, 11/24 and 12/29.)**

**MASHPEE MEN'S CLUB
Tuesday, November 7th
Tuesday, December 5th
10:00am-12:00pm**



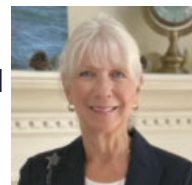
The Mashpee Men's Club meets the first Tuesday of each month at 10:00am for coffee with the business meeting and a speaker starting promptly at 10:30am.

November 7th: The speaker will be Joe Yukna of the Cape Cod Military Museum.

December 5th: The program will be the annual visit by Mashpee High Five students, followed with our Holiday Lunch at Bucatino Restaurant. The lunch is for members of the Men's Club and their wives, plus the High Fives and staff.

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.

**Select Board Member
Michaela Wyman-Colombo
Tuesdays, November 7th and
December 5th
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
Tuesdays, November 14th &
28th
Tuesday, December 12th
2:00pm to 4:00pm**



- * **Tuesday, November 14th:** Candle Decorating
Fee: \$8.00 includes all supplies and instruction.
- * **Tuesday, November 28th:** Create a mini-wreath centerpiece.
Fee: \$8.00 includes all supplies and instruction.
- * **Tuesday, December 12th:** Design assorted holiday ornaments.
Fee: \$6.00 for each ornament.

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 November and December appointments.**

- ◆ **Alzheimer's Family Support Center Group:** Thursdays, November 2nd and 16th/December 7th and 21st 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:** (No meeting in November.) Wednesday, December 6th from 10:00am-11:30am.
 - ◆ **Bereavement Support Group:** Tuesday, November 7th and 21st/December 5th and 19th from 2:30pm-4:00pm. (See notice below)*
 - ◆ **CCHC Dementia & Alzheimer's Caregiver Support Group:** November 8th and 22nd/December 13th and 27th from 1:30pm-3:00pm. (See notice below)*
 - ◆ **Foot care appointments:** Friday, November 17th and December 8th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment.
 - ◆ **Independence House:** Wednesday, November 8th and December 13th. Walk-in between 10:00am-12:00pm at the Senior Center.
 - ◆ **Legal appointments (SCCLS):** November 14th and 28th/December 12th and 26th. 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 Monday between 10:30am-12:00pm
 - ◆ **Ostomy Support Group:** - Tuesdays, November 7th and December 5th from 11:00am-12:00pm.
 - ◆ **Parkinson Support Group (ZOOM MEETING):** Wednesday, November 15th and December 20th from 10:00am-11:15am. (See notice below)*
 - ◆ **PC Gadgets/Laptop/Cell Phone/Tablet appointments:** Thursdays, November 2nd and 16th/December 7th and 21st. 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. (Please refer to articles on Page 3)
 - ◆ **Sight Loss Services Peer Support Group:** Mondays, November 27th and December 18th, 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:** Fridays, November 3rd and 17th/December 1st and 15th. 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, November 13th and December 11th 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.
- ⇒ ***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.
- ⇒ ***Bereavement Support Group:** This group is facilitated by experienced bereavement professionals and are free of charge. Advanced registration are required by the VNA. Please contact the Bereavement Coordinator at VNA Hospice, at 508-740-2342 for additional information and to register.
- ⇒ ***Parkinson Support Group:** This Group is for both those with Parkinson's and their caretakers. Registration is required. Contact Jeanne Jackson at 508-367-4267 or email her at jahjackson@comcast.net or call APDA I&R at 800-651-8466 to join the group and receive Zoom information.
- ⇒ ***Sight Loss Services Peer Support Group:** The Sight Loss Services Peer Support Group normally meets on the 4th 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

New Group Opportunity



Our Lives After A Cancer Diagnosis

We've all been touched by the disease of cancer in one way or another. If you have or had cancer, a family member has or had cancer, or a friend or colleague, it can often be a difficult topic to talk about. Yet sharing your experiences can be very healing and beneficial to everyone. In the past, just saying the "C" word, was fear filled. Remember that? There continues to be amazing cancer breakthroughs and treatments, resulting in better outcomes for those dealing with a cancer diagnosis.



We are looking to see if there is interest in a discussion group here at the Mashpee Senior Center to talk about how cancer has impacted your life.

Whomever you are, if you had/have cancer it does become part of your life story. Participants can share their experiences, ask questions, receive support and discuss common themes related to life after a cancer diagnosis. The number one reason people join a support group is to be with others who have similar experiences. No matter what or when your cancer story began, your story matters. I witnessed the power of cancer while working through my own cancer treatments. It brings up a lot of different emotions for all of us, those in long term remission and those continuing on their cancer journey.

If you would be interested in such a group, please reach out to Lori Nelson, Outreach Coordinator, at lnelson@mashpeema.gov or call 508-539-1440.

SUPPORTING MASHPEE OLDER RESIDENTS DURING THE HOLIDAYS



Here at the Council on Aging we are planning our annual Holiday Gifts program! What is the holiday gift program? This is a program we have had in place for many years. The goal is to provide extra support and holiday celebration to those older Mashpee residents who may be isolated, experienced a loss, or unable to be with loved ones. The holiday season is known for celebration. But for lonely or isolated older adults, it can be anything but.



As part of our holiday gift program, we are looking for NEW warm clothing, scarves, gloves etc. for our members in need. Calendars are always a big hit and gift cards have been greatly appreciated by our recipients too. If you are interested in helping to support this program, we would be very grateful for your help.

If interested, please reach out to Lori Nelson, Outreach Coordinator at lnelson@mashpeema.gov or call her at 508-539-1440.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!</p> 		<p>1 8:30-9:30 Strength Training 10:00-11:30 Aphasia Support* (no mtg.) 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt)* 1:00-3:30 Canasta 1:00 Movie* - 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:30-3:30 Intro/Tai Chi *</p>	<p>2 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:00-12:00 SHINE (by appt)* 9:30-10:00 Coffee with COA* 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Let Your Yoga Dance* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>3 8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:00-3:00 SHINE (by appt)* 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>6 8:30-9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:00-11:00 Lauretide/Michael's Donut Social* 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group* 1:00-4:00 Dyeing to Wear It*</p>	<p>7 ELECTION DAY 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 (cancelled) 11-12 Ostomy Support Group 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:30-3:00 Intermediate Mah Jongg 1:00-3:00 Veterans Social 1:30-2:30 VNA Strong at Heart* 2:30-4:00 Bereavement Support*</p>	<p>8 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-11:00 Qi Gong* 10:00-12:00 Sports Group 10:00 Independence House 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt)* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:30-3:00 Dementia Support* 1:30-3:30 Intro/Tai Chi *</p>	<p>9 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:00-12:00 SHINE (by appt)* 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00 BINGO!* 1:00-2:00 Let Your Yoga Dance* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>10 THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF VETERANS' DAY ON NOVEMBER 11TH. ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY. THANK YOU FOR YOUR SERVICE.</p> 
<p>13 8:30-9:30 Strength Training 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 Gentle Yoga (fee) 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>	<p>14 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 12:00-3:00 SHINE (by appt)* 12:30-3:00 Intermediate Mah Jongg 1:00-4:00 Legal Services (appt)* 2:00-4:00 CRAFT (fee)*</p>	<p>15 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-11:00 Qi Gong* 10:00-11:15 Parkinson Support* 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt)* 1:00 Movie* - 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:30-3:30 Tai Chi *</p>	<p>16 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:00-12:00 SHINE (by appt)* 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Let Your Yoga Dance* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>17 8:30-9:30 Strength Training 9:00-2:00 Foot Clinic (Fee by appt)* 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:00-3:00 SHINE (by appt)* 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)* 3:00-4:00 Wine 101*</p>
<p>20 8:30-9:30 Strength Training 9:45-10:45 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 2:00-3:00 Transitions Navigator*</p>	<p>21 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 12:00-3:00 SHINE (by appt)* 12:30-3:00 Intermediate Mah Jongg 2:30-4:00 Bereavement Support*</p>	<p>22 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt)* 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:00 Dementia Support * 1:30-3:30 Tai Chi *</p>	<p>23  THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING DAY. ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY.</p>	<p>24 THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY. ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY.</p> 
<p>27 8:30-9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:00-Sight Loss Support 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>	<p>28 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-12:00 Legal Services (appt)* 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:30-3:00 Intermediate Mah Jongg 2:00-4:00 CRAFT (fee)*</p>	<p>29/ 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt)* 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:30 Tai Chi *</p>	<p>30 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:00-12:00 SHINE (by appt)* 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 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* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</p> 			<p>1 8:30-9:30 Strength Training 9:00 –10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg 1:00 –4:00 Veterans Services (by appt)*</p>
<p>4 8:30 –9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>	<p>5 8:30-9:30 Exercise 9:00-12:00 Woodcarving 9:00-10:00 Select Board Member Wyman-Colombo 9:30-10:00 Coffee with COA* 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 12:00-3:00 SHINE (by appt)* 12:30-3:00 Intermediate Mah Jongg 1:00-3:00 Veterans Social 2:30-4:00 Bereavement Support*</p>	<p>6 8:30-9:30 Strength Training 10:00-11:30 Aphasia Support* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00 Movie* - 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting</p>	<p>7 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:00-12:00 SHINE (by appt)* 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:00-12:00 CPR-Hands Only* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Let Your Yoga Dance* 1:00-2:30 Alzheimer’s Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>8 8:30-9:30 Strength Training 9:00-2:00 Foot Clinic (fee,by appt.)* 9:00 –10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg</p>
<p>11 8:30 –9:30 Strength Training 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 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 Transitions Navigator*</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 1:00-2:00 Sean Fullerton Concert* 1:00-4:00 Legal Services (appt)* 2:00-4:00 CRAFT (fee)*</p>	<p>13 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 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 1:30-3:00 Dementia Support *</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 & More 10:00-11:00 Knitting/Crochet 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* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>15 Strength Training 8:30-9:30 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 9:45-10:45 Gentle Yoga (fee) 10:00-Sight Loss Support 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 2:00-3:00 Book Club</p>	<p>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 2:30-4:00 Bereavement Support*</p>	<p>20 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-11:15 Parkinson Support* 10:00-12:00 Painting 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</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 & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt) * 12:00-2:00 PC & Gadgets (appt)* 1:00 BINGO!* 1:00-2:00 Let Your Yoga Dance* 1:00-2:30 Alzheimer’s Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>22 Strength Training 8:30-9:30 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 Holiday Ukulele Concert*</p>
<p>25 THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF CHRISTMAS DAY. ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY.</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</p>	<p>27 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 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 1:30-3:00 Dementia Support *</p>	<p>28 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 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* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>29 Strength Training 8:30-9:30 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg</p>



What better way to celebrate the holiday season than by being reminded of the gifts we're given at the Senior Center throughout the year? We started these *Spotlights* to recognize individuals in our community who contribute in such a special way to the Council of Aging's success. As the writer of

this column, I wanted to take a pause and recognize each of you reading this column.

I thank each of you with every fiber of my being!!!

Most of you are aware, I was diagnosed with cancer last year around this time. Without a doubt, your support, love and caring concern during the early days of my diagnosis made all the difference in the world to my recovery. Your continued kindness has shown me hope and possibility as I move forward with this disease.

Thanks to so many people in my life. I've never felt alone throughout this journey. Coming into the Senior Center each day brings me joy, excitement, hope and a feeling of connection to our beautiful community. The outpouring of support was and still is absolutely mind-blowing!

My career has always been devoted to helping others. I'm passionate about my job and work hard to provide you with the best level of service possible. Being a recipient of **YOUR** help has been very motivating, powerful and inspiring. Each individual who reached out to me has made a forever impact on my life.

I am blessed with good health right now, and NOW is all we've got! I could go on forever and highlight all the beautiful reasons I'm filled with gratitude. For now, I want to wish everyone Happiness & Health during this holiday season!

Stay Well,

*Lori Nelson
Outreach Coordinator*

Fuel Assistance



The 2023-24 applications for the upcoming Fuel Assistance season begins online or in person starting October 1, 2023.

The program runs from November 1st until April 30th 2024. South Shore Community Action Council runs the program for our region.

Local contact information is:

South Shore Community Action Council
133 Falmouth Road, Mashpee, MA 02649
Telephone: 508-746-6707

The Fuel Assistance Program provides low income households with help paying home heating bills. Eligibility is based on gross income. Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood or coal. Applications can be submitted online at <https://www.sscac.org/fuel-assistance>, at the local office or at the Mashpee Senior Center.

Those residents living in nonsubsidized housing and heat is included in the rent, Fuel Assistance may reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for Fuel Assistance; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

If you have questions or need assistance with Fuel Assistance, please give Lori Nelson in Outreach a call at 508-539-1440.



INCLEMENT WEATHER INFORMATION

- ◆ When Mashpee schools are closed, the Senior Center Council on Aging activities and programs (including mini-bus services are cancelled).
- ◆ However, the Senior Center building will remain open, and the Council on Aging staff will report unless Town Hall is closed.
- ◆ Please listen to local radio stations to hear if Mashpee schools are closed and check out the Mashpee Senior Center's Facebook page for updated information.
- ◆ We now have *Robo* call and text capability through our new MySeniorCenter program. We are now able to send automated calls and texts to our members. Please note: The caller ID for our *Robo* calls may come up as possible spam. The *Robo* call phone number is 617-855-0125.

Veteran Information

VETERANS SERVICES

Friday, November 3rd and 17th

Friday, December 1st and 15th

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 Eligible veterans and/or family members must meet certain income criteria and their military experience must meet the Commonwealth's requirements. Please see the Benefits calculator on the website.

VETERANS SOCIAL GROUP

Tuesday, November 7th

Tuesday, December 5th

from 1:00pm-3:00pm



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

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

CAPE & ISLANDS VETERANS OUTREACH CENTER FOOD PANTRY

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday between 9:00am and 1:00pm. The Veterans Food Pantry is located at 247 Stevens Street, Hyannis, behind the VA Community Clinic. Please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program is for veterans and their families only. Homebound veterans and dependents can call to make other arrangements to receive food. After becoming a member of the food pantry, a family is allowed 2 visits per month.



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 or call 508-933-3272.





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-10:45am. 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.



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**. 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.



The following information has been provided from Eversource: The cost of electricity (as well as natural gas for home use) is expected to once again increase when we transition from summer to winter rates on January 1, 2024, as a result of limited natural gas supply caused by global events and high demand. Here are some of the programs and services that we're letting customers know are available to help:

- Visit [Eversource.com/manage-cost](https://www.eversource.com/manage-cost) to learn more about the programs available to help you pay or manage your bill this winter.
- Eversource, a Sponsor of Mass Save, is proud to bring our electric and natural gas customers energy-saving programs and offers.
- Residential customers are encouraged to visit [eversource.com/home-savings](https://www.eversource.com/home-savings) for information including seasonal tips and offers plus access to programs and rebates to help you reduce your energy use leading up to and during this winter. (Some programs have a lead time for appointments, so we encourage customers to act now.)
- Enroll in Budget Billing to set up predictable monthly payments and even out bill spikes during heating and cooling seasons.
- Learn about special assistance programs and payment plans to lower your monthly payments, forgive past due balances, or enable you to pay over time. We encourage any customer who's having trouble paying their bill to contact us so we can connect them with the programs or assistance that's best suited for them.

TRAVEL ADVENTURES
WITH
KARYN WENDELL



ANNUAL HOLIDAY LUNCH & TRAVEL PRESENTATION
DiParma Italian Table
Reservations Required
12/04, \$25 per person.

DAY TRIPS:

Red Sox 2024 Tickets - On Sale 12/15!

Mama Mia! The Music of ABBA w/lunch: 11/15 \$127

New England Christmas & Food Festival at Mohegan:
11/04, \$75

Christmas In Newport - 3 Mansions: 12/01, \$83

How The Grinch Stole Christmas: PPAC, 3 PM 12/03
1 PM \$120/\$89

Merry Country Christmas Show w/Lunch: 12/06, \$129

Holiday Pops Boston: 12/08, 3 PM, \$153/\$129

Moulin Rouge: PPAC - 12/28 2 PM \$125/\$113

2024 SHOWS:

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

The CHER Show Musical: Boch Boston - 2 PM, 3/16
\$129/\$114

Company: PPAC - 1 PM 4/28 \$120/\$109

CLUE The Musical: Emerson Boston - 1 PM 5/24, \$145/
\$115

MJ The Musical: Boston Opera House - 6:30 PM 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

Website: www.adventureswithkaryn.com



WE LOVE OUR VOLUNTEERS!!

Call Kathy Urquhart, Volunteer Coordinator, for more information on volunteer opportunities at the Mashpee Senior Center. If you are interested in sharing knowledge, skills, talent and kindness.

Various volunteer opportunities are needed for: volunteer drivers, administrative support, greeters, newsletter mailing, thrift shop, activity leaders and instructors.

Please call Kathy for more information at 508-539-1440. We look forward to hearing from you!

VOLUNTEERS WANTED!
AARP FOUNDATION TAX-AIDE

Do you enjoy working with numbers and 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 email: TAVolunteerd18@gmail.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.**

TRANSPORTATION INFORMATION

Mashpee Council on Aging, Minibus Service

- **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!



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

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

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

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