

FEBRUARY 2023

The Mashpee Senior Connection

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, programs and more. **Contact the Mashpee Senior Center at 508-539-1440 to be added to our email list.**



FEBRUARY HOLIDAY OBSERVANCE

The Mashpee Senior Center will be closed on Monday, February 20th in observance of Presidents' Day. All activities, including the minibuses, are cancelled on these days.

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FEBRUARY NEW EVENTS & PROGRAMS

AARP FOUNDATION TAX-AIDE INCOME TAX PREPARATION

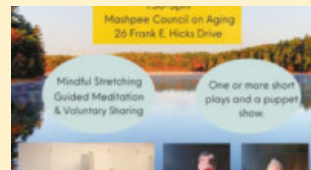
The Mashpee Senior Center is a site for the AARP Foundation Tax-Aide Income Tax Preparation Program whose mission is to assist low to moderate income taxpayers file their Federal and State returns. The following is a message from the volunteers who conduct this program. The Tax-Aide Program will begin at the Mashpee Senior Center on **Friday, February 3, 2023** with the last available appointments on **Friday, April 14, 2023**. "Intake appointments" will be available on Mondays between 9:00am and 10:00am and on Friday's between 9:00am and 10:00am.

MAKING APPOINTMENTS: 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 [2021] 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 2022 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.

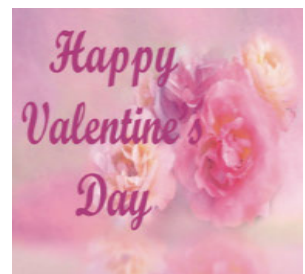


**MINDFULNESS THEATRE:
A PRESENT MOMENT
DRAMATIZATION**
Tuesday, February 7th
1:30pm-3:00pm

Studies have shown that a regular mindfulness practice can lower blood pressure, reduce anxiety and stress, and improve sleep. This event features one or more short plays and a puppet show that dramatize mindfulness happening in daily life. You'll also experience a brief guided meditation. The Awareness Project, is a non-profit organization based in Sandwich, which seeks to promote and demystify mindfulness through art. www.theawareness.org.

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

Valentine's Social
Tuesday, February 14th
1:00pm-2:00pm



Valentine's Day is a day to show others and yourself some love. Join us, sit back, and relax while the smooth sounds of the Bart Weisman Jazz Group fill the room. Enjoy some sweet and savory treats.

Sponsored in part by Laurentide at Mashpee Commons.

Please RSVP to the Mashpee Senior Center 508-539-1440, or stop by the front desk to sign up. Due to space limitations, this is open to Mashpee seniors only.

Mashpee Senior Center/Council on Aging 26 Frank E. Hicks Dr. Mashpee, MA 02649
Phone: 508-539-1440 Fax: 508-539-2791 www.mashpeema.gov Email: coa@mashpeema.gov



**STRONG AT HEART
EXERCISE PROGRAM**
Fridays, February 17th to
March 24th
1:30pm-2:30pm

This 6 week exercise program is recommended for generally healthy older adults. A mix of interval training and circuit training to keep your heartrate up and muscles engaged, building strength and endurance! 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.

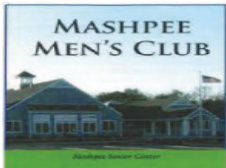
Advanced registration is required, please contact the VNA of Cape Cod directly to register at 508-957-7423

ACTIVITIES

NEW — TRIVIA WITH GREG

Friday, February 3rd from 1:00pm-2:00pm

Join Greg McKelvey for some fun trivia! Play as a team or individually! All are welcome! Call the Mashpee Senior Center to register at 508-539-1440.



MASHPEE MEN'S CLUB
Tuesday, February 7th from
10:00am-12:00pm

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

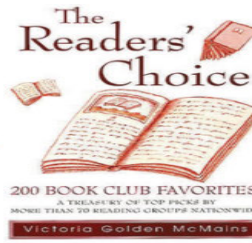
The guest speaker at each meeting is chosen for his or her ability to provide knowledge and information about matters affecting the town or otherwise of interest to Club members.

Membership in the Club is open to all men 50 or older. Applications for membership are available at the meeting; dues are \$20 for the year.

CANASTA
Every Wednesday
1:00pm-3:30pm



Come to the Senior Center for a fun, social afternoon of playing, or learning, Canasta. All game supplies needed are available at the Senior Center. All you need to bring is a smile, sense of humor, and be ready to have some fun. Regular players are most helpful at teaching newcomers how to play. Drop ins welcome. No charge.



**MASHPEE SENIOR CENTER
BOOK CLUB**
Monday, February 27th
from 2:00pm-3:00pm

If you are interested in attending this fun welcoming group, just drop in. February's book choice is Reader's Choice.



VETERANS' SOCIAL GROUP
Tuesday, February 7th 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. So come grab a snack, share stories and connect with other senior veterans. No registration is needed.

MOVIE AND SNACK!
Wednesday, February 1st and 15th at 1pm

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

Please read reviews in advance on RottenTomatoes.com or IMDB if you want to make sure one of the movie choices suits your interest.



LEARN TO PLAY MAHJONGG
Thursdays, January 26th to
February 23rd
from 10:00am-12:00pm

On your bucket list? Learn the fun and always challenging game of Mahjongg. Easy to get started with step-by-step hands on learning under the guidance of Eda Stepper, a teacher and player of Mahjongg for many years. The National Mahjongg League you pick to play. Samples of this card, which comes out yearly, will be provided for the class. Nothing is needed except your enthusiasm! Fee: \$65 for 5 weeks.

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

WOODCARVING

Tuesdays, 9:00am-12:00pm



Stop in to see what we're about. Wood Carving is a great hobby, not that expensive, and you can take your gear with you when you babysit your grandkids. There is no cost for the class and all are welcome to join.

FEBRUARY CRAFTS

Tuesday, February 7th and 28th
2:00pm-4:00pm

February 7th - Create a beautiful shell heart. Fee is \$8.00 and includes all materials.

February 28th - Make a 10"x4" sign that says HOME. The fee is \$25.00 and includes all materials.

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

BINGO!

Tuesday, February 21st from 1:00pm-2:30pm

Bingo is held on the 3rd Tuesday of each month from 1:00pm-3:00pm. Light refreshments will be served.



⇒ Come a little early at 11:30am for a congregate lunch (call 508-477-0910 to reserve your lunch).

⇒ Contact the Senior Center at 508-539-1440 to register for Bingo.

WINTER TRAVEL NEWS

HAPPY NEW YEAR! I look forward to having you join me on a trip in 2023! Karyn Wendell is at the Senior Center every Thursday from 9:00am-10:30am.

DAY TRIPS:

Encore "Be My Valentine" 2/07, \$49 pp
The Simon & Garfunkel Story at PPAC 3/11, \$99/\$75pp
Encore "Luck of the Irish" 3/14, \$49pp
Art In Bloom at MFA—4/30, \$83pp
Newport Flower Show-The Grand Tour 6/23, \$79pp
BOSTON RED SOX vs Toronto -1:35 Game-PB 8/06, \$155pp

BROADWAY SHOWS—\$25 holds your seat:

Hadestown 3/26/23, 1 PM - \$128/\$92 pp
Six The Musical 4/12/23, 2 PM - \$145/\$120 pp
Beetlejuice 4/29/23, 2 PM - \$128/\$92 pp

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

HEALTH & WELLNESS

Exercise

Every Tuesday & Thursday
from 8:30am-9:30am

This class focuses on a total body workout. No charge.



Strength Training

Every M / W / F 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.



Yoga

Gentle Yoga - Mondays, 9:45am-10:30am

Please bring a yoga mat. There is a fee.

Chair Yoga - Mondays, 11:00am-12:00pm

Modified for seniors who prefer to practice yoga seated in a chair. There is a fee.

Ageless Yoga - This class will resume in March.



Line Dancing

Every Thursday from 1:00pm-2:00pm

A fun low-impact class offers a variety of line dances, steps and routines. There is a fee for this class of \$36 for 6 classes or \$7.00 drop in per class.



Zumba

Every Tuesday, Wednesday and Friday
10:00am-11:00am

Come experience the benefits of this incredible fun, low-impact fitness program. Just drop in. There is a fee for this class of \$36 for 6 classes or \$7.00 drop in per class.



Ballroom Dancing

Every Thursday from 3:00pm-4:00pm

This is a great way to meet new people and learn some new steps. Partners necessary. Just drop in! \$7.50 per class per person.



Singing Seniors

Singing Seniors will resume in March.

STAY ACTIVE AND JOIN IN THE FUN IN 2023!

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

Volunteers are always needed at the Mashpee Senior Center. Contact Volunteer Coordinator, Kathy Urquhart at 508-539-1440, Ext. 3508 if you are interested in sharing knowledge, skills, talent and kindness.

Volunteer opportunities include:

- ♦ Activity Leader/Instructor
- ♦ Greeter
- ♦ Computer Volunteer
- ♦ Reception Desk
- ♦ Council on Aging Board
- ♦ Volunteer Driver
- ♦ Thrift Shop



**ELDER SERVICES WEEKLY
LUNCHEON**

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

AMERICORPS SENIORS RSVP RADON TESTING

RSVP Senior Environment Corps (SEC) volunteers will be conducting home radon testing for any homeowner on Cape Cod and the Islands. The cost of the test, including postage and a confidential lab report, is \$35.00. Radon testing is available now until March 31, 2023. **Homeowners may register for a radon test by calling Elder Services at 508-394-4630, Ext. 524. AmeriCorps Seniors Staff will explain the radon testing process and complete your registration. AmeriCorps is a program of Elder Services.**

OFFICE HOURS

**Tuesday, February 7th from 9:00am-10:00am
Select Board Member Michaela Wyman-Colombo**



Mashpee Select Board Member Michaela Wyman-Colombo will be 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.

Veteran Information

VETERANS' SERVICES

**Friday, February 3rd and 17th
1:00pm - 4:00pm**



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

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

What is Chapter 115?

Helping veterans get the benefits they have earned.

Under Chapter 115 of Massachusetts General Laws (M.G.L. chapter 115) the Commonwealth provides a uniform program of financial and medical assistance for veterans and their dependents. For more information on eligibility benefits, contact Veterans Services at 508-778-8740 or visit the Veterans Services website at:

www.capevets.org

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

VETERANS' SOCIAL GROUP

Tuesday, February 7th from 1:00pm-3:00pm

Join us on the 1st Tuesday of each month to connect and socialize with other senior veterans. No registration is needed and light refreshments are served.



**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. It is currently being conducted on a drive up basis 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.



- ◆ When Mashpee schools are closed, the Senior Center Council on Aging activities and programs (including minibus 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 and check out the Mashpee Police Department and the Mashpee Schools' Facebook pages 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.

EMERGENCY PREPAREDNESS FOR SENIORS

Before and during a disaster, the 3 most important things to do when disaster strikes: 1) Stay Informed: Monitor the news and emergency alerts for updates and guidance. 2) Stay or Go? Be ready to stay at home or leave right away. Know how you'll decide and who will help. 3) Ask for Help: Tell people what you need.

The two most important things you can do before disaster strikes:



1) Create an Emergency Supply Kit. After an emergency, you may not have access to clean water or electricity. Make sure you are prepared with your own supply of food, water, and other items to last for at least 72 hours. Visit [Ready.gov](https://www.ready.gov) for a list of basic items to gather for your Disaster Supply Kit.

- ⇒ Medical-Related Items: A 3-day supply of medicine, at a minimum. If medications need to be kept cold, have a cooler and ice packs available.
- ⇒ ID band (full name, contact number for family member/caregiver, and allergies)
- ⇒ Hearing aids and extra batteries; Glasses and/or contacts and contact solution
- Medical supplies like syringes or extra batteries ; Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vender.
- ⇒ Documents (Keep physical copies in a waterproof bag and take photos of each document for backup):
- ⇒ Contact information for family members, doctors, pharmacies and/or caregivers
- List of all medications, including the exact name of the medicine and the dosage, and contact information for pharmacy and doctor who prescribed medicine
- ⇒ List of allergies to food or medicines
- ⇒ Copies of medical insurance cards and photo ID
- ⇒ Durable power of attorney and/or medical power of attorney documents, as appropriate.

2) Make a Plan. Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.

- ⇒ Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- ⇒ If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- ⇒ If you have a communication-related disability, note the best way to communicate with you.

Thank you and stay safe.

OUTREACH AND SERVICES

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

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

Seniorsoncapecod.org

Cape Cod Senior Resource Group is an organization of caring professionals who serve seniors in the Cape Cod region. Part of their mission is to provide information and referrals for seniors in our community. Please visit their website at: Seniorsoncapecod.org

The website has categories of services and resources available on Cape for those over the age of 60. Resource list of services for elder law, community and social services, home care services, case management, home safety etc., are listed in an organized and easy to access format. All you need to do is go to the website and then click into any of the categories above for specific services listed.

This is a resource I access frequently to stay updated on local services.

Fuel Assistance

Fuel Assistance for the winter months is provided by the South Shore Community Action Council (www.sscac.org/fuel-assistance). You can apply online or in person. For more information, or to schedule an appointment, contact Lori Nelson, Outreach Coordinator at 508-539-1440.



File of Life

It's 2023.....Do you have one of these magnets on the side of your refrigerator?

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

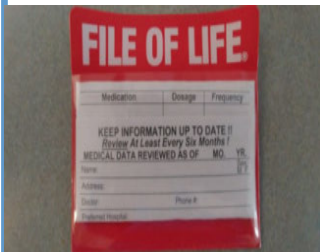
What is a File of Life?

File of Life details medical conditions and instructions in case of emergency. These are safeguards against medical intervention that may be unwelcome or unnecessary – experts say.

We all deserve prompt, quality medical care, especially when it matters most – in an emergency. File of Life is designed to make the difference between life and death by providing absolutely vital information to first responders. File of Life is an asset not only for emergency preparedness, but also for keeping medical information organized for any visit to the doctor.

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

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





Medical Equipment -- Donations or Borrowing

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

Other Local Help:

The following organizations accept or borrow medical equipment, but please check with them to confirm they have the equipment you need or can donate your medical equipment.

Cape Cod HELP – 774-552-2199 or capecodhelp.org

Cape Cod HELP is chartered and supported by the 20th & 21st Masonic Districts of Massachusetts and serve all community members in need on Cape Cod. Their mission is to loan (not rent) donated medical equipment to people in need. They operate out of the Fraternal Lodge building in Centerville and are accepting requests for equipment as well as donations of equipment and cash to support operational expenses. Several Mashpee residents have used the service and are extremely pleased with their assistance and service. What a great resource for us to have on the Cape.

Falmouth Senior Center - 508-540-0196—780 Main Street, Falmouth , MA 02540

Often has medical equipment to borrow.

REquipment, - 800-261-9841 or dmerequipment.org

A state funded free medical equipment program. REquipment accepts and refurbishes donations of gently used medical equipment that is no longer needed and gets it into the hands of individuals who do need it. Learn more about donating or call 1-800-261-9841.

St. Vincent de Paul Thrift Store – 4463 Falmouth Road, Route 28, Cotuit 508-420-0949

Often has medical equipment to purchase at a reasonable cost. They also accept, clean equipment in usable condition.

TRANSPORTATION INFORMATION

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

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

The Cape Cod Regional Transit Authority (CCRTA)

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

Dial-A-Ride Transportation (DART) Service is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs

Monday through Friday (no holidays), by reservation. **For more information about the CCRTA please call toll free 800-352-7155; local number 508-385-1430; or TTY-800-439-0183 or visit its website: <http://www.capecodtransit.org/>.**

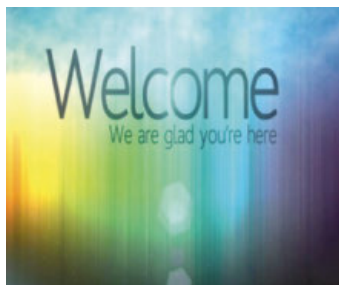


SUPPORT SERVICES & APPOINTMENTS

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

- Aphasia Support Group—February 1st (see notice below)*
 - Bereavement Support Group—February 7th and 21st from 2:30pm-4:00pm
 - CCHC Dementia Support Group—To preregister, please call Cape Cod Healthcare at 508-775-5656.
 - Foot care appointments—February 10th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment.
 - Independence House—February 8th. Walk-in between 10:00am-12:00pm at the Senior Center.
 - Legal appointments— February 14th and 28th. Call the Senior Center to schedule an appointment.
 - New Member Information appointments—Appointments every Monday between 10:30am-12:00pm
 - Ostomy Support Group - February 7th from 10:00am-11:00am. Call the Senior Center to register.
 - Parkinson Support Group (ZOOM MEETING) - February 15th from 10:00am-11:15am. (See notice below)*
 - PC Gadgets/Laptop/Cell Phone/Tablet appointments—February 2nd and 16th. Call the Senior Center for an appointment.
 - SHINE Program: Health insurance information and counseling—Thursdays from 12:00pm-3:00pm by appointment.
 - Sight Loss Services Peer Support Group—February 27th. Call the Senior Center to register.
 - Veteran's Agent appointments—February 3rd and 17th (see information below)
 - VNA Town Nurse Wellness Check - February 13th—9:30am-10:30am (see information below)*
- ⇒ ***The Aphasia Support Group** has resumed in-person meetings at Spaulding; or if you choose, you may continue to participate in a *Zoom Meeting*. The Group will meet on the 1st Wednesday of each month. For more information contact Eileen at Spaulding Rehabilitation Hospital at 508-833-4232.
- ⇒ ***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.
- ⇒ ***VNA Town Nurse Wellness Check** - 2nd Monday of the Month 9:30am-10:30am. Walk ins are welcome. 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.

MASHPEE SENIOR CENTER INFORMATION



Senior Center hours are Monday through Friday, 8:30am-4:30pm. Please drop by to attend an activity, if you need assistance, have a question, or want to learn more about our minibus service 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

STAFF MEMBERS

Heidi McLaughlin, Director, hmclaughlin@mashpeema.gov

Lori Nelson, Outreach Coordinator, lnelson@mashpeema.gov

Linda Wicks, Administrative Secretary, lwicks@mashpeema.gov

Peggy Rose, Receptionist, prose@mashpeema.gov

Sarah Fenton, Activities Coordinator, coaactivitiescoordinator@mashpeema.gov

Kathy Urquhart, Volunteer Coordinator, coavolunteercoordinator@mashpeema.gov



Lisa Witkus, Office Assistant, coaofficeassistant@mashpeema.gov

Tim Peterson, Mini-Bus Driver

George Martin, Maintenance

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that Support our Community!

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



Leanne O'Neil Fletcher, Au.D., FAAA
Doctor of Audiology
 86 Cotuit Rd., Unit B1
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MY LOSS MY GRIEF

Maureen Keane-Bottino
 RN Counselor, CGE, CT
 Offering an affirming, inclusive space to share, process, and integrate your grief experiences.



Reach Out Today

617-968-4478
mylossmygrief.net

j miller
pictureframer

Deer Crossing- Route 28- Mashpee
 508-539-3888 Tue-Sat 10-5:30
jmillerpictureframer.com

*Great framing. Happy customers.
 Just ask your neighbor!*

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



Time to come out of retirement.

Have you worked as a professional line cook?

Your kitchen skills are valuable to us.

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