

December 2022

# 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.**



## HOLIDAY OBSERVANCE

The Mashpee Senior Center will be closed on Friday, December 23rd and Monday, December 26th in observance of the Holidays. All activities, including the minibus, are cancelled on these days.

## NEW EVENTS & PROGRAMS

### MASHPEE FIRE DEPARTMENT

#### WINTER PREPAREDNESS PRESENTATION

Thursday, December 8th at 1:00pm



Winter can bring with it potentially dangerous conditions such as power outages. Being prepared for this can bring you and your family some peace of mind this winter season. Join us as we welcome members of the Mashpee Fire Department and Mashpee Emergency Medical Services as they discuss issues such as shoveling properly, the importance of keeping ventilation pipes clear of snow, holiday decoration safety, and cooking safety. Heat detectors, smoke detectors, carbon monoxide detectors testing and replacement will also be discussed. **Please call the Mashpee Senior Center to register at 508-539-1440.**

### UKULELE HOLIDAY CONCERT

Friday, December 9th at 1:00pm

Come and enjoy a holiday concert with Cape Cod Ukulele Club under our Ukulele teacher Cathy Hatch and students.

**Wear your red or green holiday hats!**



### STRONG AT HEART EXERCISE PROGRAM

Fridays, starting December 2, 2022 to January 20, 2023 from 1:30pm-2:30pm

Keep active during the holiday season with this 8 week exercise program led by an Exercise Physiologist! A mix of interval training using weights and bands that will keep your heart rate up and muscles engaged. Advanced registration is required. A completed VNA application is required prior to the start of the program. **For more information, or to sign up, please contact the VNA of Cape Cod at 508-957-7423.**

### COOKING DEMO/NUTRITION PROGRAM

Presented by:

**A Nutritionist from the Cape Cod Cooperative Extension  
First Session - Tuesday,  
December 13th at 11:00am**



First Session: Top 10 nutrients of concern for seniors: For various reasons, seniors may be lacking in certain nutrients that would be important for optimal immune function and maintaining good health. Each of these will be addressed along with food and beverage sources to fill the gaps. One way to assure proper protein, carbohydrate and fat intake can be found in a healthy snack, which can be made to include all three. Demo/Snack: yogurt berry sundae (yogurt, berries, granola). Free recipes and recipe tasting included and each participant will receive a bag of ingredients to make at home. Due to limited registration, this program is for Mashpee residents only. **Please call the Mashpee Senior Center to register at 508-539-1440.**

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](http://www.mashpeema.gov) Email: [coa@mashpeema.gov](mailto:coa@mashpeema.gov)

# In the Spotlight

**NEW**

## **CRIBBAGE CARD GROUP** **Wednesdays, 1:00pm-3:30pm**

Join us on Wednesdays for the Cribbage Card Group. New and experienced players are welcome.



## **PC AND GADGETS CLINIC** **Thursday, December 1st and 15th** **12:00pm-2:00pm (by appointment)**

Unsure about how to get started or have questions, The "Gadget Guy" will answer your questions about gadgets (cell phones, GPS, email, Facebook, Zoom etc.). Please bring your devices fully charged as power sources are limited. No charge.



## **VETERANS' SOCIAL GROUP** **Tuesday, December 6th from** **1:00pm-3:00pm**

Are you a veteran? Which branch did you serve in the U.S. Army, U.S. Coast Guard, U.S. Marine Corps or U.S. Navy or the U.S. Air Force? Whether you served in peacetime or in times of conflict, you are all connected and you all have stories. So come grab a snack, share stories and connect with other senior veterans. No registration is needed.

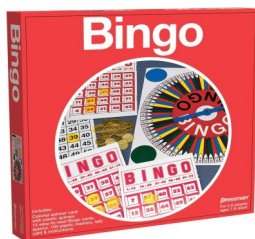
## **MOVIE AND POPCORN!**

**Wednesday, December 7th and 21st at 1pm**

**December 7 - Penguin Bloom (PG-13 Drama)**

**December 21 - Blue Miracle (PG-13 Drama)**

Please read reviews in advance on RottenTomatoes.com or IMDB if you want to make sure one of the movie choices suits your interest. **Contact the Senior Center to register, 508-539-1440.**



## **BINGO!**

**Tuesday, December 20th 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.**

## **SCRABBLE**

**Thursdays, from**  
**10:00am-11:00am**

Do you love Scrabble?

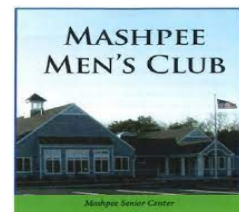


We need more people to play. Please join us! Keep your mind active and engaged by joining a small group for a friendly game or two of Scrabble! Please call or stop by the front desk if you are interested.

## **MASHPEE MEN'S CLUB**

**Tuesday, December 6th 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.

## **MASHPEE SENIOR CENTER BOOK CLUB**

**Monday, December 19th from 2:00pm-3:00pm**

This book club meets the 3rd Monday of each month. If you are interested in attending this fun welcoming group, just drop in. **December's Book Choice - Discuss your favorite Holiday book.**

## **VETERANS' SERVICES**

**Friday, December 2nd and 16th**  
**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, make an appointment to meet with one of the representatives at the Mashpee senior center.

**To schedule an appointment, please call the Mashpee Senior Center 508-539-1440 or contact them at 508-778-8740 for assistance and information. No charge.**



## **NOTICE TO**

**ALL MASHPEE COA SEA MIST**  
**SWIMMING PARTICIPANTS:**

We have been notified by Sea Mist that many of our seniors are showing up prior to 11:00am and/or not exiting the pool by 2:00pm. Swimming at Sea Mist is a privilege; all swimmers must adhere to, and be respectful of the allotted timeframe, which is 11:00am-2:00pm. Thank you for your cooperation.

## HEALTH & WELLNESS

### Exercise

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

This class focuses on a total body workout. It is a fun and welcoming class during which you will tone your body - also involves stretching and walking. Comfortable clothing and sneakers required. 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.**



### 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! Come and have fun and tone your body at the same time; involves stretching. Wear comfortable clothing and sneakers. May require mats (available) and weights (bring your own) - up to individual. No charge.

### Gentle Yoga

**Mondays, 9:45am-10:30am**

This slow-moving class focuses on stretching and working muscles in a gentle manner. Please bring a yoga mat. There is a fee.

### Chair Yoga

**Mondays, 11:00am-12:00pm**

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

### Ageless Yoga

**Fridays, 11:30am-12:30pm**

Gently-led Hatha yoga class with focus on stretching, improving balance and building strength. Bring a mat; wear comfortable clothing. Free will offering.

### 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.

### 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 Gold®

**Every Tuesday, Wednesday and Friday**

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.



## Elder Services

of Cape Cod and the Islands



### WINTER HOLIDAY MEAL

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.

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 3:00pm.**

### 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, December 6th**

Newly-elected 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.



## DECEMBER TRAVEL NEWS

**Holiday Pops Boston** 4pm  
Matinee, 12/09, \$108  
**CIRQUE DU SOLEIL 'Twas The  
Night Before Christmas**  
Matinee, 12/11, \$110  
**The Ugly Sweater Encore**  
**Trip**, 12/13, \$42 per person

**Christmas at the Newport Mansions** - 3 Mansions 12/16,  
\$79

**Rose Parade New Year Celebration** 12/30 - 1/04 - 4 seats  
left! Call for details!

### **BROADWAY SHOWS:**

**Come From Away** - PPAC 2/26/23, 1pm - \$120/\$89

**Hadestown** - PPAC 3/26/23, 1pm, \$128/\$92

**SIX The Musical** - PPAC 4/12/23, 2pm, \$145/\$120

**Beetlejuice** - PPAC 4/29/23, 2pm, \$128/\$92

**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**

### SUPPORT SERVICES & APPOINTMENTS

- Aphasia Support Group (see notice below)\*
- Bereavement Support Group
- CCHC Dementia Support Group
- Foot care appointments
- Independence House
- Legal appointments
- New Member Information appointments
- Ostomy Support Group
- Parkinson Support Group (ZOOM MEETING)
- PC Laptop/Cell Phone/Tablet appointments
- SHINE Program: Health insurance information and counseling appointments
- Sight Loss Services Peer Support Group (see notice below)\*\*
- Veteran's Agent appointments

⇒ \*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.

⇒ \*\*The Sight Loss Services Peer Support Group will be meeting on Monday, December 19th from 10:00am-11:30am. It is open to anyone with vision issues and provides access and information on services available. For more information call Sight Loss Services at 508-394-3904 or visit their website: [www.sighloss.org/](http://www.sighloss.org/) Drop-ins are welcome.

## OUTREACH AND SERVICES



### FUEL ASSISTANCE PROGRAM

The Fuel Assistance Program provides low income households with help paying home heating bills. The Program runs from 11/1/22 through 4/30/23.

The eligible income guidelines extend to households with incomes up to \$42,411 for 1 member, up to \$55,461 for 2 members. All income must be documented by providing information/documentation and an application will need to be completed. Applicants must fill out the application and submit copies of the following documentation: (ID, income, utility bills, rent/mortgage, house insurance and real estate taxes) for all members living in the same household to South Shore Community Action Council (SSCAD, Inc.), or call 508-746-6707. **For more information or assistance on applying, or general fuel assistance inquiries, please contact Lori Nelson, Outreach Coordinator, by calling 508-539-1440.**

### Supporting Mashpee Older Residents during the Holidays

We sure have been through so much over the last few years! I am proud to be a Mashpee resident and being a part of Mashpee's Council on Aging. I truly hope you and your family are doing well. So quickly we are into the holiday season.

Here at the Council on Aging we are in full motion planning our annual Holiday Gifts program! What is the holiday gift program? This is a program we have had in place for years. The goal of the program 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 requesting donated items such as: new warm clothing, scarves, gloves etc. for our seniors in need. Gift cards have always been greatly appreciated by our recipients. We can also use wrapping paper, gift bags, holiday cards (must be non-religious), ribbon and bows. If you are interested in helping wrap gifts on December 12<sup>th</sup>, we would be very grateful. If interested, please reach out to Lori Nelson, Outreach Coordinator at [lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov) or 508-539-1440.



**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.**

## INCLEMENT WEATHER INFORMATION

As we approach the Winter Season, please note the following:

- ♦ 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. Thank you and stay safe.



## FRIENDS OF MASHPEE COUNCIL ON AGING THRIFT SHOP

The Friends of the Mashpee Council on Aging is grateful to the many wonderful people who donate to its thrift shop, located across from the Mashpee Senior Center. Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community. Please note occasionally the Thrift Shop may be closed as a result of volunteer unavailability.

Hours of operation are Thursday, Friday and Saturday from 10:00am to 2:00pm. Please drop off your donations by 1:00pm, ONLY on open days of operation on Thursdays, Fridays and Saturdays.

## TRANSPORTATION INFORMATION

### Mashpee Council on Aging (COA)

### Minibus Service

To schedule a ride, call the Mashpee Senior Center 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/>.**



## MASHPEE SENIOR CENTER HOURS

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.

Contact the Mashpee Senior Center at 508-539-1440 or email [coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov) to be added to our email list.



### Staff

Heidi McLaughlin, Director, [hmclaughlin@mashpeema.gov](mailto:hmclaughlin@mashpeema.gov)

Lori Nelson, Outreach Coordinator, [lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov)

Linda Wicks, Administrative Secretary, [lwicks@mashpeema.gov](mailto:lwicks@mashpeema.gov)

Peggy Rose, Receptionist, [prose@mashpeema.gov](mailto:prose@mashpeema.gov)

Sarah Fenton, Activities Coordinator, [coaactivitiescoordinator@mashpeema.gov](mailto:coaactivitiescoordinator@mashpeema.gov)

Kathy Urquhart, Volunteer Coordinator, [coavolunteercoordinator@mashpeema.gov](mailto:coavolunteercoordinator@mashpeema.gov)

Elisa Witkus, Office Assistant, [coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov)

Tim Peterson, Mini-Bus Driver

George Martin, Maintenance