



**VNA of Cape Cod Public Health
Lower and Outer Cape Programs
June 2024**

Location	Program	Day, Date(s), Time		
Brewster Council on Aging	Strong at Heart	Mondays	5/13/24- 6/24/24	1:30pm- 2:30pm
Brewster Ladies Library	Advanced Directives Presentation	Friday	6/7/2024	1pm- 2pm
Brewster Community Pool	Senior Aquatic Conditioning	Mondays	6/17/24- 8/12/24	9am- 10am
Chatham Center for Active Living	Blood Pressure and Wellness Clinic	Thursdays	ongoing weekly	9am- 10am
Chatham Center for Active Living	Nordic Walking Wellness Program	Thursdays	5/9/24- 6/27/24	10:45am- 11:45am
Chatham Center for Active Living	Stroke Awareness and Prevention Presentation	Thursday	6/20/2024	1:30pm- 3pm
Dennis Center for Active Living	Veterans Exercise Program	Tuesdays	5/14/24- 6/28/24	2pm- 3pm
Dennis Center for Active Living	Advanced Directives Presentation	Monday	6/3/2024	1:30pm- 2:30pm
Dennis Center for Active Living	Group Fitness Orientations	First Wednesday	ongoing monthly	10:30am- 11:30am
Dennis Public Library	Blood Pressure and Wellness Clinic	Third Wednesday	ongoing monthly	11:15am- 12:15pm
Eastham Public Library	Stroke Awareness and Prevention Presentation	Thursday	6/18/2024	10:30am- 12pm
Eastham Senior Center	**Estate Planning Presentation and Luncheon	Friday	6/28/2024	11:30am- 12:30pm
Orleans Senior Center	Environmental Toxins Presentastion	Tuesday	6/4/2024	2pm- 3:30pm
Orleans Senior Center	Neuro Go	Fridays	6/14/24- 7/26/24	2pm- 3pm
Provincetown Veterans Memorial Community Center	Blood Pressure and Wellness Clinic	Second Tuesday	ongoing monthly	10am- 12pm
Provincetown Veterans Memorial Community Center	Strong at Heart	Thursdays	5/16/24- 6/20/24	1:30pm- 2:30pm
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm

**** Preregistration is required for the Estate Planning Lunch & Learn.
To reserve your seat, please contact Eastham Senior Center at (508) 801- 3151**

Registration is required for all exercise programs through the VNA of Cape Cod
Call (508) 957- 7423 to register. Application includes:

- 1. Participant Information Form:** demographic information for the participant
- 2. Medical Clearance Form:** program info for health provider to sign

VNA of Cape Cod Public Health

Mid and Upper Cape Programs

June 2024

Location	Program	Day, Date(s), Time		
Bourne: Cape Cod Canal	Stroll the Cape Walking Program	Tuesday	5/7/24- 6/11/24	10am- 11am
Bourne Veteran's Memorial Community Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	9am- 10am
Bourne Public Library	Empathetic Communication in Dementia Presentation	Thursday	6/20/2024	1pm- 2pm
Falmouth Senior Center	Neuro Go	Wednesday	5/8/24- 6/26/24	2:30pm- 3:30pm
Falmouth: Shining Sea Bike Path	Senior Walking Group	Tuesdays	5/7/24- 6/25/24	11am- 12pm
Falmouth: Atria Woodbriar Pool	Aquatic Conditioning	Mondays	6/17/24- 7/22/24	1pm- 2pm
Falmouth Senior Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	1pm- 2:30pm
Hyannis: A Baby Center	Maternal Child Health Open Clinic	First Tuesday	ongoing monthly	10am- 12pm
Mashpee Senior Center	Blood Pressure and Wellness Clinic	Second Monday	ongoing monthly	9:30am- 10:30am
Mashpee Senior Center	Strong at Heart	Tuesdays	7/9/24- 8/27/24	1:30pm- 2:30pm
Sandwich Center for Active Living	Blood Pressure and Wellness Clinic	Second and Fourth Thursday	ongoing monthly	9am- 10:30am
Sandwich Center for Active Living	Strong at Heart	Fridays	5/24/24- 6/28/24	8:45am- 9:45am
Sandwich Center for Active Living	Mens Fitness	Fridays	5/24/24- 6/28/24	10am-11am
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm

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Blood Pressure and Wellness Screenings



Join us for **FREE** blood pressure and wellness screenings with the Public Health Nurses from the VNA of Cape Cod.

Dennis Public Library

5 Hall Street, Dennis Port
11:15am- 12:15pm
3rd Wednesday monthly
walkins welcome

Chatham Center for Active Living

193 Stony Hill Road, Chatham
9am- 10am
Every Thursday
walkins welcome

Provincetown Veteran Memorial Community Center

2 Mayflower St, Provincetown
10am- 12pm
2nd Tuesday monthly
walkins welcome

For more information, please contact VNA Public Health at (508) 957-7423

Blood Pressure and Wellness Screenings

Do you know your numbers? Come find out for FREE!



Join us for **FREE** blood pressure and wellness screenings with the Public Health Nurses from the VNA of Cape Cod.

Mashpee Senior Center

26 Frank E. Hicks Dr, Mashpee
9:30am- 10:30am
2nd Monday monthly
walkins welcome

Falmouth Senior Center

780 Main St, Falmouth
1pm- 2:30pm
Every Wednesday
appointment only 508-540-0196

Bourne Veterans Memorial

Community Center
239 Main St, Bourne
9am- 11am
Every Wednesday
walkins welcome

Sandwich Center for Active Living

70 Quaker Meeting House Rd,
Sandwich
9am- 10:30am
2nd and 4th Thursday monthly
appointment only 508- 888- 4737

For more information, please contact VNA Public Health at (508) 957-7423