



Cape Cod COAST Councils on Aging Serving Together

Cape Cod Councils on Aging have continued to provide a variety of essential services and dynamic virtual and outdoor programming to older adults, their families and caregivers throughout the pandemic. These may include, but are not limited to:

- outreach, transportation and other support services
- nutrition, educational, social, wellness, fitness, recreation and cultural programs

Moving forward, senior centers are scaling up activities. We will continue to safely meet the needs of older adults in our communities but offerings will vary from town to town. For assistance or more information, contact the Senior Center in your town:

Barnstable: 508-862-4753
Bourne: 508-759-0600
Brewster: 508-896-2737
Chatham: 508-945-5190
Dennis: 508-385-5067
Eastham: 508-255-6164
Falmouth: 508-540-1096
Harwich: 508-430-7550

Mashpee: 508-539-1440
Orleans: 508-255-6333
Provincetown: 508-487-7080
Sandwich: 508-888-4737
Truro: 508-487-2462
Wellfleet: 508-349-2800
Yarmouth: 508-394-7606