

Wellfleet
Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

newsletter of the Wellfleet Council on Aging
www.wellfleetcoa.org



July 2026

July Artist Reception ~ Yvette Drury Dubinsky ~ **Sunday, June 28 from 4-6 PM**
"Turbulences Revisited" ~ Monotypes and Mixed Media on Japanese Paper (see Page 12)

Friday, July 3 ~ Center closed for holiday

Thursday, July 9 ~ **NEW CLASS** ~ Total Body Fitness w/Marcia (see page 10)

New programs ~ Bereavement Support (see Page 9)

Coffee with a Vet & Cop (see Page 9)

CONGRATULATIONS



Wellfleet Community Services Director Suzanne Grout Thomas is retiring at the end of June. The Wellfleet Chamber has chosen to celebrate Suzanne as the 2026 Wellfleet 4th of July Parade Grand Marshal. Please join us in congratulating Suzanne when you see her go by on the parade route!

The Antique Car Parade will start at 9:30am followed by the Float Parade at 10:00am. The Parade route starts at the Town Pier, runs up Holbrook Avenue, turns right on Main Street, continues up Main Street, turns right on East Commercial Street, and ends where it began at the harbor.

**CONGRATULATIONS
ON YOUR RETIREMENT,
SUZANNE !**

Wellfleet Community Resources

Stay Connected. Stay Supported. Your community is here for you!

Podiatry Services

Dr. Frank Campo provides podiatry services for older adults. Appointments via Wellfleet COA (new patients must be Wellfleet residents). Call the Center to schedule at: 508-349-2800

Helping Our Women (HOW)

Provides transportation, financial assistance, advocacy, food access, and personal care products. Support for women living with chronic health conditions. Phone: 508-487-4357

The Lily House- Wellfleet

Supporting terminally ill residents to live as fully as possible until the time of death. Phone: 508-214-0664

EMERGENCY Notifications

Stay informed about town-wide emergencies like power outages or weather alerts. Sign up through the Town of Wellfleet's website: www.wellfleet-ma.gov

Depression Screenings- VNA

Confidential 20-minute screenings. Phone: 508-957-7423.

Elder Services of Cape Cod

Supportive Services & Care Management. Helping older adults stay safe and independent at home with care coordination, nutrition support, and caregiver resources. Phone: 508-394-4630

Cape Organization for the Rights of the Disabled- CORD

Services and advocacy for persons with disabilities. Phone: 508-775-8330

Dr. Marlene Denessen, PhD

Counseling services for a wide range of life situations. Welcoming new patients. Phone: 508-896-7790

Gosnold Counseling

Outpatient counseling for mental health & substance abuse. Phone: 800-444-1554

Parkinson's Peer Support Group

Open to people with Parkinson's and care partners. Hosted at the Orleans COA. Call to register 860-214-5615

Women's Cancer Support Group

Sponsored by Helping Our Women. Facilitator: Ginny Dutra, RN. Email: ginny.2000@hotmail.com. Phone: 508-648-1639

Men's Group for Retiring & Aging

Support & conversation for men transitioning into retirement. Pre-registration required. Call the Center at 508-349-2800

Bereavement Support Group

Free groups facilitated by experienced professionals. Pre-registration required. Contact: Jeanne Burke at 508-740-2370 or **NEW GROUP** jmburke@capecodhealth.org **SEE PAGE 9**

Outer Cape MS Support Group

For individuals with MS to share experiences, receive support, and learn about living well. Contact Katherine: outercapemsgroup@gmail.com

Wellfleet Community Resources

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Town Nurse Services

Provided by the VNA of Cape Cod. Assisting with- medication management, liaison for community resources, help navigating healthcare, advanced directive assistance, home safety assessments and more. Call the Center at 508-349-2800

Homeless Prevention Council

Outreach for SNAP, fuel assistance, housing, and more. Phone: 508-255-9667

Legal Assistance

Age 60+ Free consultation appointments with attorneys via South Coastal Counties Legal Services. Call to schedule your appointment- 774-487-3251

SHINE

State certified SHINE counselors to help you understand Medicare and review plans. Call the Center to schedule 508-349-2800.

Reassurance Program

Daily check-ins for elders living alone. Contact the Wellfleet Police Department to register at 508-349-3702.

Medical Equipment Loans

Wheelchairs, walkers, shower seats, and other durable medical equipment may be available for you to borrow at the COA. 508-349-2800- or stop by.

**** Please note: our shed is FULL, we are not accepting donations at this time. Please do not leave items at the Center without approval. Thank you!**

246 Community Kitchen

Community meal- open to all
Location: Wellfleet- Our Lady of Lourdes Parish.
Tuesdays at 5:00 PM (Nov.-April)

Wellfleet Food Pantry

The Pantry provides cost-free essential food items for families in need.
Monday & Wednesday: 3-6 PM
Thursday: 10:00 AM-12 Noon
Phone: 508-349-3036

Nauset Neighbors

Helping seniors stay independent through volunteer support, transportation, tech help, social visits, and odd jobs. Phone: 508-514-7067

Mustard Seed Kitchen

Volunteer-run meal delivery for homebound or ill Wellfleet residents. Call the Center for more information at 508-349-2800

Veterans Services

Assistance with Federal, State & local benefits. Contact your local Veterans Services Officer. Phone: 508-778-0124

Fuel Assistance

Season: Nov. - April
Available for residents aged 60+ at the Wellfleet Adult Community Center. Call the Center at 508-349-2800.


Lower Cape Outreach


Provides food, clothing, financial assistance, and other helpful resources for those in need. Phone: 508-240-0694

WELLFLEET COMMUNITY CENTER


Exercise Programs & Social Activities


Exercise programs are free for Wellfleet residents and taxpayers. Non-residents are welcome with a \$5 drop-in fee per class. A current Hold Harmless Agreement must be on file before joining—forms are available at the Center.


 **Yoga:** Slow Flow Hatha Yoga, gentle movement, breath work, mindfulness.


 **Chair Yoga:** Seated or standing yoga with chair support. Focus on strength & balance.


 **Fit & Fun with Jenny:** Strength training, stretching, cardio & great music.


 **Tai Chi:** Gentle breathing & movement (standing and sitting). May improve sleep, balance, mood & energy.


 **Total body fitness:** Strengthening, stretching and some aerobics. Open to all levels.


 **Breakfast Club:** Coffee & conversation every Monday morning. (Sept. - June)

 **Bridge:** Open to all level players—drop in anytime!

 **Mahjong:** Bring your tiles or use our set. Open to all experienced players—drop in anytime!

 **Movie Mondays:** Free movie & popcorn (November - April).

 **Ukulele With Mary Abt:** Beginner-friendly & joyful! Bring your uke or borrow one from the Center.

 **Maryann's Cafe:** Join us Thursdays at 12:30 for a warm meal and friendly conversation. Check the weekly menu for details!

 **Wellfleet Wave Book Club:** Monthly book discussion & community connection.

No assigned summer reading— August newsletter will have book title for September.

Please refer to the monthly calendar for full program schedules. Don't miss our special events—details are included in the enclosed flyers.

Transportation Policy

The Wellfleet Council on Aging (COA) offers weekday transportation for residents aged 60 and older to general medical appointments and errands within Barnstable County. Those who require physical assistance must bring a personal aide, as COA staff are not permitted to lift, transfer, or physically stabilize clients, nor may they use gait belts or perform household tasks or personal errands. **Transportation services may be cancelled in the event of inclement weather, staffing shortages, unsafe conditions, or at the discretion of staff.**

Eligibility:

- To ensure safety, riders must be able to ambulate independently and enter/exit the vehicle and their home without assistance. If a rider requires help, the Council on Aging reserves the right to require that they be accompanied by a personal aide.
- Use of walking aids must be disclosed when scheduling
- Handicapped-accessible van available- An aide must accompany the client (bring your placard)
- Client must be a Wellfleet year-round resident or taxpayer, age 60+

Scheduling Guidelines Service:

- Appointments must be scheduled no earlier than 9:30 AM and completed no later than 2:30 PM
- Request rides at least 2 business days (48 hours) in advance
- Pickup/drop-off must be within Wellfleet
- To cancel, call the COA as soon as possible (voicemail available after hours)

How to Request a Ride:

Call 508-349-2800 and provide:

- Rider's full name, phone number, and address
- Appointment location, contact info, and estimated duration

Friday Grocery Shopping -Orleans

Eligibility Requirements:

- You must be able to ambulate and shop independently
- You must be able to load and unload your own groceries. Drivers are not permitted to assist.

Important Reminders:


- Please be patient while other shoppers finish their purchases.
- After shopping, the van will return you to your home.
- Call to reserve by 3:00 PM Wednesday

Van Use & Etiquette:

- Be ready at your scheduled pickup time
- No unscheduled stops
- Respectful behavior required
- Seatbelts must be worn at all times
- No smoking or animals permitted

Service Limitations:

- Drivers cannot enter homes, attend appointments, or assist with personal care
- Access to/from home must be clear and safe
- Transportation is not provided for individuals in long-term care, emergencies, hospital admissions, urgent care, post-surgical discharge, or any procedures involving anesthesia.

 Donations: Donations are appreciated to support this service. Checks should be made payable to: Town of Wellfleet. Donation envelopes are available from the driver.

Alternative transportation resources

If transportation through the Wellfleet Adult Community Center is unavailable, the following organizations may offer assistance:

GoGo Grandparents	1-855-970-9449	www.gogograndparent.com
Helping Our Women	1-508-487-4357	www.helpingourwomen.org
Cape Cod RTA (DART RIDE)	1-800-352-7155	www.capecodrta.org/schedules-services/dart
Cape Cod RTA (SmartDART)	1-508-418-3278	www.capecodrta.org/schedules-services/smartdart
American Cancer Society	1-800-227-2345	www.cancer.org
Nauset Neighbors	1-508-514-7067	www.nausetneighbors.org
Plymouth & Brockton Bus	1-508-746-0378	www.p-b.com
MassHealth	1-866-834-9991	www.mass.gov/transportation-for-masshealth-members
Boston Hospital Transportation	1-800-352-7155	www.capecodrta.org/schedules-services/boston-hospital
Pilgrim Transit	1-508-413-3020	www.pilgrimtransit.com
Prime Medical Transport	1-508-258-3787	www.primemedtransport.com
Coastal Medical Transport	1-508-694-6687	www.cmtsma.com/contact-us
Sight Loss Services	1-508-394-3904	Please call them directly for more information
Mass Mobility	1-617-337-2727	www.mass.gov/service-details/veterans-transportation
Cape Cod Vet Center	1-508-778-0124	www.va.gov/cape-cod-vet-center
Veteran's Outreach Center Cape	1-508-827-0908	www.capeveterans.com
Cod VA Center	1-508-778-0124	www.va.gov/healthbenefits/vtp/map.asp#Massachusetts
Ellie Fund (Breast cancer patients)	1-781-449-0100	www.elliefund.org/for-patients
AirportRidesby Amy, LLC	1-774-521-9266	N/A
Sunshine Services	1-774-240-2334	N/A
Dave Peterman	1-508-246-6085	N/A
Cape Cod Irie Ride	1-508-280-9606	www.capecodiride.com

These resources may have specific eligibility requirements or service areas.

We recommend contacting them directly for details and scheduling.

Monthly Housing Office Hours @ Adult Community Center

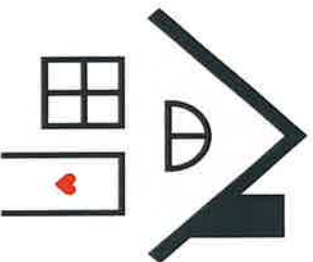
with Ann Schiftenhaus
Housing Coordinator



Fridays ~ 9:30AM - 11:00AM

June 12th - July 10th - August 14th - September 11th
October 9th - November 13th - December 11th
Adult Community Center ~ 715 Old Kings Hwy, Wellfleet

Stop by to discuss your
housing needs or
share your thoughts on
housing in Wellfleet.
**No appointment
necessary!**



Questions? Contact Ann Schiftenhaus ann.schiftenhaus@wellfleet-ma.gov or 508-379-3786

Wellfleet
Adult Community Center

My Chart Assistance Program



Every Monday at the Wellfleet Adult Community Center

Our MyChart Assistance Program has been a huge success! Every Monday, our dedicated volunteer team provides personalized, one-on-one support for navigating the MyChart patient portal—including scheduling appointments, viewing test results, sending messages, and more. Thanks to valuable partnerships with Outer Cape Health and the VNA/Cape Cod Healthcare, this free program makes managing your health information easier and more accessible.

Participants must bring their MyChart login information to the session. Space is limited and appointments are booked starting at 10:00 AM based on availability. Call the Wellfleet Adult Community Center at 508-349-2800 to register.

Call 508-349-2800 to Register

MARYANN'S CAFÉ

THURSDAYS AT 12:30 ~ \$10 PER PERSON

reservations required by previous Tuesday
***same day cancellations/no-shows will be asked to pay for their meals, dine-in only*

JULY 2

BBQ chicken, potato salad, watermelon salad

JULY 9

Caprese pasta with tomatoes, basil, fresh mozzarella, pan-seared sausage

JULY 16

Teriyaki salmon, basmati rice, stir-fried veggies

JULY 23

Meatloaf, mashed potatoes, veggies

JULY 30

Tarragon chicken salad with toasted almonds and red grapes, mixed greens

MARYANN'S SALADS TO GO

\$6 per pint, packed to go, Tuesday mornings until sold out

JULY 7

Asian noodle vegetable salad with creamy peanut sauce

JULY 14

Southwestern corn & bean salad

JULY 21

Curried chicken salad (mild)

JULY 28

German potato salad

please inform us if a person in your party has a food allergy

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715 Old Kings Highway, Wellfleet, MA 02667
(508)349-2800

**BEGINNING
JULY 9TH**

*July & August
no class July 23

*Rise
and
Shine*

JOIN US FOR A

MORNING WORKOUT



TOTAL BODY FITNESS
WITH MARCIA

**8:30 AM - 9:30 AM
THURSDAYS**

- STRENGTHENING
- STRETCHING
- SOME AEROBICS
- WEIGHTS/BANDS

all levels welcome





drop-in, no registration

*free for residents
\$5 fee for all others*

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JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 Happy 4th of July! 				
08:30a Yoga 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	08:30a Tai Chi Class 1 09:45a Tai Chi Class 2 02:00p Mens Group	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	12:00p Homeless Prevention Council 12:30p Maryanns Cafe	08:00a HOLIDAY- CENTER CLOSED
08:30a Yoga 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	08:30a Tai Chi Class 1 09:45a Tai Chi Class 2 12:00p Stop the Bleed Training with Wellfleet Fire Dept 02:00p Mens Group	08:30a SHINE (By appointment) 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 02:30p VNA Bereavement Support Group	08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge 
08:30a Yoga 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	08:30a Tai Chi Class 1 09:45a Tai Chi Class 2 12:00p Come See the Food Pantry's Future Home 02:00p Mens Group	 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	NO EXERCISE CLASS TODAY	08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:15a Mahjong 12:30p Bridge 01:00p The Secret Life of Ponds at Wellfleet Audubon
08:30a Yoga 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	08:30a Tai Chi Class 1 09:00a Coffee with a Vet & Cop 09:45a Tai Chi Class 2 11:30a Sound Bowl Healing with Michelle Sutton 02:00p Mens Group	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	08:30a Yoga 10:15a Mahjong 12:30p Bridge

July Artist of the Month ~ Yvette Drury Dubinsky
"Turbulences Revisited" ~ Monotypes and Mixed Media on Japanese Paper
 Artist Reception ~ **Sunday, June 28 from 4-6 PM** (see page 12)

COA STAFF DIRECTORY

Terri P. Frazier, Assistant COA Director
terri.frazier@wellfleet-ma.gov

Sally Welch, Outreach Coordinator
sally.welch@wellfleet-ma.gov

Chelsea Micks, Office Assistant/Transportation Coordinator
chelsea.micks@wellfleet-ma.gov

Roger Boucher, Transportation/Building & Grounds
roger.boucher@wellfleet-ma.gov

Ginny Parker, Program Coordinator
ginny.parker@wellfleet-ma.gov

Maryann Lucas, Chef Tom Janssen, Driver

Office Hours ~ Mon-Fri | 8:00am-4:00pm

www.wellfleetcoa.org

*Thank you to the Friends of the Council on Aging
for their sponsorship of the newsletter.*

COA Board Members:
Mary Goodhouse ~ Chair
Nancy Najmi ~ Vice Chair
Denya LeVine ~ Secretary
Wayne Clough
Judith Cumber
Karen Kaminski
Brian Quigley
Wendy Rennert
Mia Saunders
Lew Schwartz

Friends of the COA:
Mary Fraser ~ President
Denise Puffer ~ Treasurer
Mary Goodhouse ~
Clerk/Secretary
Mary Deshon
Arlene Estey
Carol Stolnacke

***** THE FRIENDS ARE LOOKING FOR BOARD MEMBERS *****

Please contact at COA staff member if interested.

YVETTE DRURY DUBINSKY

TURBULENCES REVISITED

**MONOTYPES and MIXED MEDIA
ON JAPANESE PAPER**

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**WELLFLEET ADULT
COMMUNITY CENTER
GREAT POND GALLERY
715 OLD KING'S HIGHWAY: 349-2800
CURATED BY ROBERT RINDLER**

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**JUNE 28 - JULY 31, 2026
OPEN 8AM - 4PM WEEKDAYS**

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**PLEASE DIRECT ALL INQUIRIES TO:
susie@farmprojectspace.org**

or

yvette@yddstudio.com

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**OPENING RECEPTION
SUNDAY 28 JUNE, 4 - 6 PM 2026**



"Turbulence 3" 55X38.5" Monotype with acrylic silkscreen, 2014



"Move to EEOC", 1992, Cyanotype and Gum Bichromate on Rag Paper, 20.75X20.5" framed

*Flyer courtesy Kevin McMahon
Wellfleet Cultural District*