

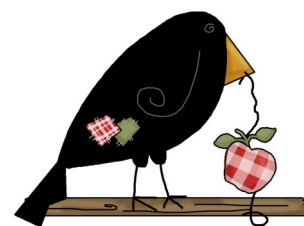
Wellfleet Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

newsletter of the Wellfleet Council on Aging

www.wellfleetcoa.org



September
2026

UPCOMING DATES TO REMEMBER:

Sunday, August 30 ~ Opening Reception for September artist, 4-6 PM (see Page 20)
Tuesday, September 1 ~ State Primary Election—Poll Hours 7AM—7 PM—**No Tai Chi**
Monday, September 7 ~ Center closed for Labor Day
Friday, September 11-21 ~ No yoga classes (last class Sept. 9, resumes Sept. 23)
Tuesday, September 15 ~ Tai Chi resumes single class schedule, 9 AM—10 AM
Tuesday, October 6 ~ Flu/COVID shot clinic—see below



Construction will begin for the Wellfleet Food Pantry in the Community Center's upper parking lot this month (**groundbreaking ceremony here on Sept. 28, 3-5 PM**). We are working closely with Pantry staff to minimize disruptions at the Center. However, construction vehicles will be utilizing our driveway to get to the Pantry site over the next several months. Please be aware & use extra caution. Thank you.

FLU SHOT CLINIC FOR WELLFLEET RESIDENTS

Tuesday, October 6 from 11 AM —1 PM

*regular flu vaccine (ages 5+)

*newest formulation of Moderna COVID vaccine: mNexspike (ages 12+)

*Senior flu shots (ages 65+)

Appointments can be made for the clinic through MyChart, by calling Central Scheduling (508-957-8600) or through Cape Cod Healthcare's website

<https://www.capecodhealth.org/medical-services/pharmacy/>.

No scheduling is done through the Center.

The clinic is available for scheduling beginning September 1.

September is Healthy Aging Month & Senior Center Month

Wellfleet
Adult Community Center

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

Key ways to participate:

- ***Come to the Wellfleet Adult Community Center***
- **Attend our Health Fair** on September 22 (*see Page 13*)
- **Learn something new:** classes, workshops, tutorials
- **Explore your community:** visit new places or attend local events
- **Stay physically active:** walking, yoga, exercise, gardening
- **Engage your mind:** puzzles, reading, skill-building

September is National Preparedness Month

The Barnstable County Department of Emergency Management has many useful tips for emergency preparedness. You can find them at:

Cape Cod Is Entering the Heart of Hurricane Season: Now Is the Time to Prepare - Barnstable County

Additionally, the Wellfleet Police Department is able to send you emergency alerts and severe weather warnings - please sign up here:

Emergency Notifications | Wellfleet, MA

MEDICAL ALERT/ALARM SYSTEMS



If you have a 3rd party alarm in your home (example ~ a medical alert system, home security system, etc.) a Town of Wellfleet bylaw requires you to have a lockbox on the outside of your house so that fire personnel can safely gain access. The lockbox can be purchased using the following link:

<https://www.wellfleetfire.com/files/f0f0136ee/KNOX+LOCKBOX+ORDERING+DIRECTIONS.pdf>

Different systems are required for homes where there is more than one structure and/or key (example ~ main house and a cottage or studio key). Please reach out to the Fire Department directly for further information regarding ordering and installation. Contact Heith Martinez at heith.martinez@wellfleet-ma.gov or call the non-emergency number at the Station 508-556-7112 for additional assistance.

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
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 jmburke@capecodhealth.org

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

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

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.

Community resource navigator

The Outer Cape Health Services Community Navigator program helps assist residents with unmet medical, behavioral health, or human service needs through collaboration with local agencies, providers, and community groups. Phone: 774-209-3222

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. Office hours at COA, last Tuesday of the month, call for an appointment 508-349-2800

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.

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

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

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

Chess set: we have a large, table-top chess set available to use at the Center. Find a partner and play—call for availability.



 **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
Please RSVP, limited seating.

 **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.

September 17th at 1:30 PM ~
Buckeye by Patrick Ryan ~ A small Ohio town remakes itself in the postwar boom.

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.

Please see the new Outer Cape Medical Transportation Pilot Program for Outer Cape COA clients on Page 7!

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



CAPE COD
REGIONAL
TRANSIT AUTHORITY

NEW OUTER CAPE MEDICAL TRANSPORTATION PILOT PROGRAM

Transportation to Medical Appointments in Hyannis



**Beginning
Thursday, September 10**



**For Outer Cape
COA Clients**



Participating Councils on Aging

- Provincetown Council on Aging
- Truro Council on Aging
- Wellfleet Council on Aging
- Eastham Council on Aging
- Orleans Council on Aging



Medical Destinations Include

- Fontaine Outpatient Center
- Cape Cod Cardiovascular Center
- Cape Cod Hospital
- Cape Cod Pain Clinic
- Cape Cod Orthopedic and Sports Medicine
- Cape Cod Urology
- Harbor Health Community Center
- Retina Consultants of Boston
- Ophthalmic Consultants of Boston



Service Day

Thursdays only



Appointment Times

Please schedule appointments between
9:30 AM and 1:00 PM.

Appointments should be completed by 1:30 PM
so passengers are ready for the 2:00 PM
return trip to the Outer Cape.



Fare

\$6.00 round trip
\$3.00 one way



Reservations

Reservations are required and must be
made no later than **12:00 PM** the day
before the appointment.

Please contact your local Council on Aging
for reservation assistance.

Reservations are first-come, first-served.
Seating is limited.



Pilot Program Notice

This service is being offered as a pilot program and will be evaluated prior to
the start of the winter schedule to determine whether any adjustments are needed.



Please contact your local Council on Aging for more information.



Popcorn provided.
Mondays at 1 PM.
FREE!

Monday, September 14 ~ MAYDAY

When a U.S. Navy pilot (Ryan Reynolds) on a top-secret mission during the Cold War gets trapped behind enemy lines, his only chance at survival is to form an alliance with an eccentric ex-KGB agent (Kenneth Branagh).

PG13 ~ Action/Comedy

Monday, September 21 ~ THE ART OF RACING IN THE RAIN

Meet the dog who will show the world how to be human. Through his bond with his owner, golden retriever Enzo (Kevin Costner) learns that techniques needed on the racetrack can also be used to successfully navigate life. Based on the best-selling novel by Garth Stein. *PG ~ Comedy/Drama/Romance*

Monday, September 28 ~

MARY OLIVER: SAVED BY THE BEAUTY OF THE WORLD

A reflective and poetic documentary about the life and work of Pulitzer Prize-winning poet Mary Oliver, exploring her connection to nature and the human spirit; featuring interviews and readings by John Waters, Stephen Colbert and Oprah Winfrey. *PG13+ ~ Documentary*



**Limited seating –
please RSVP so we
can get the
popcorn ready,
please !**

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

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



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

MARYANN'S CAFÉ

September 2026

Every Thursday at 12:30 - \$10.00 per person
reservations required by preceding Tuesday

*** IMPORTANT REMINDER ***

Please call & cancel if you are unable to keep your reservation ~ this prevents food waste and allows Maryann to shop and prepare accordingly.

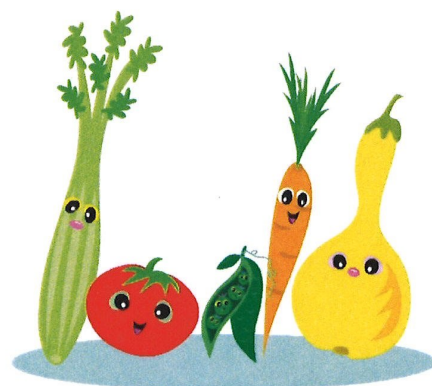
Same-day cancellations/no-shows will be asked to pay for their meal(s)***

September 3 Pan-seared pork with savory peach sauce,
wilted greens, roasted potatoes

September 10 Three cheese stuffed pasta shells with
marinara sauce, roast vegetables

September 17 Roast salmon, cucumber yogurt
sauce, lemon scented rice, vegetable

September 24 Moroccan chicken with dried fruit,
olives and capers, couscous, green beans



MARYANN'S SALADS/SOUPS TO GO

Packed to travel pints, available Tuesday mornings, \$6 per pint



September 1	Greek pasta salad
September 8	Beef barley soup
September 15	Tuscan tomato soup with cheese tortellini
September 22	Savory pork stew
September 29	Fish & corn chowder

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

MARCIA WILL BE WITH US EVERY
THURSDAY!

JOIN US FOR A

MORNING WORKOUT

*Rise
and
Shine*



TOTAL BODY FITNESS
WITH MARCIA

8:30 AM - 9:30 AM
THURSDAYS

- STRENGTHENING
- STRETCHING
- SOME AEROBICS
- WEIGHTS
- FUN MUSIC

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

*all levels welcome
drop-in, no registration*

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



Wellfleet
Adult Community Center

REVOLUTIONARY WELLFLEET PATRIOTS & PRIVATEERS



SEPTEMBER 8 2026

11:30AM - 12:30PM

Join the Wellfleet Historical Society's Dwight Estey, at the Wellfleet Adult Community Center, for an engaging look at Wellfleet during the tumultuous years leading up to the American Revolution. In 1763, Wellfleet was thriving—its population growing, prosperity rising, and independence from Eastham newly secured. Within a decade, however, England's tightening control began to fracture that stability.

Please call 774-801-8119 to register.

Wellfleet
Historical Society MUSEUM

Wellfleet
Adult Community Center

Understanding Senior Living Options



September 15, 2026
12:00pm – 1:00pm

Please join us for a comprehensive session on senior living options. with Oasis Senior Advisors. Using real cost ranges, practical examples, and a clear breakdown of the continuum of care, Oasis will walk attendees through what Independent Living, Assisted Living, Memory Care, Skilled Nursing, and in-home care actually offer.

The presentation covers key considerations such as safety, social engagement, medical needs, caregiver stress, financial planning, and when it may be time to explore additional support. Oasis focuses on helping individuals and families understand their options so they can make informed and confident decisions based on their personal needs, preferences, and budget. This program is ideal for anyone beginning to plan ahead, experiencing changes at home, or simply wanting to better understand the choices available on Cape Cod and beyond. Lunch will be provided.

Please call 774-801-8119 to RSVP

Monthly Housing Office Hours @ Adult Community Center with Ann Schiffenhaus 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 Schiffenhaus ann.schiffenhaus@wellfleet-ma.gov or 508-379-3786

Let's Talk About Tomorrow



Plan for your future with HPC's **FREE** workshops, open to residents of the Lower & Outer Cape. Attend at our office:
8 Main Street, Orleans or
via Zoom.



September 15 at 1PM

Medicare Health Insurance Information

with Kristina,
SHINE Program Manager



October 28 at 1PM

Estate Planning for Older Homeowners

with Estate Attorney
Chantal Hayes Rice, esq.



Please register ahead by  scanning the QR code or calling our office at  508-255-9667



Wellfleet
Adult Community Center

TOWN OF WELFLEET HEALTH FAIR



September 22, 2026
11:30am - 2:30pm

Join us for the Town of Wellfleet Health Fair, a community collaboration between the Wellfleet Health Department and the Wellfleet Adult Community Center. This event brings together local health agencies, wellness providers, and nonprofit partners offering resources, education, screenings, and supportive services for residents of all ages.

Free Health Screenings, Demos & Activities



- General Check-Up
- Blood Pressure Screening
- Nutrition Education & Samples
- Tickborne Illness Education
- Bone Density Screening
- Mental Health & Stress Management
- Sound Healing & Reiki
- And Much More!



For more info visit www.wellfleetcoa.org or call 774-801-8119



Wellfleet
Adult Community Center



COFFEE WITH A VET & A COP



TUESDAY

SEPTEMBER 29, 2026

9:00AM TO 10:00AM



Come Meet & Chat With:

- Rachel Bunce, Wellfleet Police Officer & Coast Guard Reservist
- Adam Doerfler, Veterans Outreach Program Specialist,
Cape Cod Vet Center & Marine Corps Veteran



**NEXT
SESSION
OCT. 27**



Join us for coffee and a new veteran-focused initiative created in partnership with the VA, the Wellfleet Police Department, and the Wellfleet Adult Community Center. This series is designed to connect veterans, their families, and the entire Wellfleet community with important resources, conversation, and community support.

Call 508-349-2800 to RSVP
walk-ins welcome



Connection.
Camaraderie.
Community.



**Veterans Services
Officer available by
appointment
after coffee (book
through the Center).**

**NEXT EVENT
October 27**

Wellfleet
Adult Community Center

The Healing Power of Sound & Breathwork with Michelle Sutton

September 29, 2026

7:00pm - 8:15pm

Discover breathing techniques to soothe your nervous system

Gently alleviate physical and emotional tension

Reestablish a connection with your body and inner tranquility

Foster a sense of grounding, clarity, and balance

Depart feeling lighter, more centered, and rejuvenated

Please Call 774-801-8119 to RSVP



SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
NEW NEW NEW Veterans Services Office Hours! See Page 4	02:00p Mens Group STATE PRIMARY ELECTION POLL HOURS 7 AM—7 PM NO TAI CHI TODAY	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
08:00a HOLIDAY- CENTER CLOSED 	08:30a Tai Chi Class 1 09:45a Tai Chi Class 2 11:30a Revolutionary Wellfleet - Patriots and Privateers - Dwight Estey 02:00p Mens Group	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele 01:00p Friends of the COA Meeting	08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 02:30p VNA Bereavement Support Group	09:30a Wellfleet Housing Coordinator office hours 10:15a Mahjong 12:30p Bridge NO YOGA
NO YOGA THIS WEEK 09:00a Breakfast Club 10:00a My Chart Assistance Program 01:00p Movie Monday 01:00p Selectboard Office Hours	09:00a Tai Chi Class 12:00p Understanding Senior Living Options - Oasis Senior Advisors 02:00p Mens Group	08:30a SHINE (By appointment) 12:30p Ukulele 	08:30a Total Body Fitness 09:30a COA Board Meeting 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Book Club	10:15a Mahjong 12:30p Bridge
09:00a Breakfast Club 10:00a My Chart Assistance Program 01:00p Movie Monday NO YOGA	09:00a Tai Chi Class 11:30a Wellfleet Health Fair 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 02:30p VNA Bereavement Support Group	08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:15a Mahjong 12:30p Bridge
08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	09:00a Coffee with a Vet & Cop 09:00a Tai Chi Class 12:00p VSO Office Hours 02:00p Mens Group 07:00p Sound Healing with Michelle Sutton	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele 	September Artist of the Month Laurence Young ~ "Figure As Muse" Reception ~ Sunday, August 30 from 4-6 PM (see page 20)	

COA STAFF DIRECTORY

Jennifer Elsensohn, Director

jennifer.elsensohn@wellfleet-ma.gov

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 Cumbler

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 a COA staff member if interested.

LAURENCE YOUNG

FIGURE AS MUSE

+++++

WELLFLEET ADULT
COMMUNITY CENTER

GREAT POND GALLERY

715 OLD KING'S HIGHWAY: 349-2800

CURATED BY ROBERT RINDLER

+++++

30 AUGUST - 4 OCTOBER 2026

ON VIEW: 8AM - 4PM WEEKDAYS

+++++

**OPENING RECEPTION
SUNDAY 30 AUGUST 4-6PM**

+++++

PLEASE VISIT WEBSITE FOR ALL INQUIRIES:

[<laurenceyoung.com>](http://laurenceyoung.com)

+++++

Flyer courtesy Kevin McMahon - Wellfleet Cultural District



LIE WITH ME: OIL AND CHARCOAL: 11X14", 2026



HAVING A MOMENT: MIXED MEDIA ON PAPER, 24X18" 2026

