

Wellfleet
Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

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



June 2026

June Artist of the Month ~ Alex Webb & Rebecca Norris Webb ~
"Slant Rhymes" ~ Artist Reception ~ **Sunday, May 31 from 4-6 PM (see page 12)**

Monday, June 8 ~ No yoga classes

Thursday, June 11 ~ Fit & Fun with Jenny ~ last class until Fall

Friday, June 12 ~ new day for monthly housing office hours (*see page 8*)

Friday, June 19 ~ Holiday ~ Center closed

Monday, June 22 ~ Aqua aerobics begins at Great Pond ~ still space
available at press time, **must pre-register at Center**

Tuesday, June 30 ~ Friends of the COA free concert

The Friday morning mahjong group is growing!
Join us from 10:15-12:15—friendly and fun.
Beginners welcome.



SAVE THE DATE

June 30th at 7 PM

Friends of the COA FREE SPRING CONCERT

details forthcoming

Returning in July ~ Bereavement Support

Jeanne M. Burke, Bereavement Coordinator

VNA of Cape Cod Hospice

stay tuned for more details



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 at the Wellfleet COA. Appointments preferred; walk-ins welcome. 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

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 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.

***** 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.


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

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

 **Bridge:** Open to all experienced 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 in a cozy space at the Wellfleet Adult Community Center. Check the weekly menu for details!

Thursday, June 18 ~ *Queen Esther* by John Irving ~ A wealthy Christian family adopts a teenage Jewish girl. **NEW MEMBERS WELCOME ~ JOIN US!**

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

Transportation Services

The Wellfleet Council on Aging (COA) offers weekday transportation for residents aged 60 and older to general medical appointments and errands within Barnstable County. To ensure safety, all riders must be able to walk independently, enter and exit both their home and the COA vehicle without help, and disclose any use of mobility aids. 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:

- 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)

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
- Mobility status and use of walking aids

Scheduling Guidelines Service:

- Monday-Friday (no weekends/holidays)
- Appointments must be scheduled no earlier than 9:00 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
- Grocery trips to Orleans on Fridays (reserve by 3:00 PM Wednesday)
- Service may be canceled due to weather, staffing, or unsafe conditions
- To cancel, call the COA as soon as possible (voicemail available after hours)

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.

Errand Transportation:

- The Wellfleet Council on Aging (COA) offers weekday transportation for personal errands within Barnstable County to support the independence and well-being of residents aged 60 and older. Please call to request rides at least 2 business days (48 hours) in advance.

Friday Grocery Shopping Guidelines

Eligibility Requirements:

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

Transportation Details:


- The van will pick you up at your residence.
- We will travel to Stop & Shop in Orleans.
- You will be able to shop independently inside the store.

Important Reminders:

- Please be patient while other shoppers finish their purchases.
- After shopping, the van will return you to your home.

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

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

MARYANN'S CAFÉ

Thursdays at 12:30

\$10.00 per person

reservations required by previous

Tuesday –

****same day cancellations will be asked to pay for their meals****
no takeout

JUNE 2026

- June 4 Salmon cake, cucumber salad, green salad
- June 11 **NO LUNCHEON THIS WEEK**
- June 18 Pan-seared pork with raspberry balsamic sauce,
mashed sweet potato, vegetable
- June 25 Broccoli, red pepper, onion quiche, garden salad



MARYANN'S SOUP/SALADS TO GO

\$6 per pint, packed to go, Tuesday mornings

- June 2 Mediterranean chickpea pasta salad
- June 9 **NO SOUP/SALAD THIS WEEK**
- June 16 Curried carrot ginger soup
- June 23 Tarragon chicken salad with grapes & toasted almonds
- June 30 Herbed potato salad

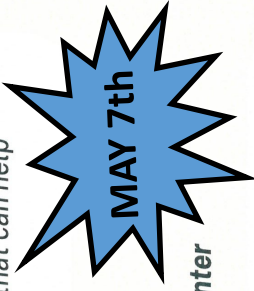
please inform us if a person in your party has a food allergy



Wellfleet
Adult Community Center

Depression Screening Clinic

Has your mood changed? Have you lost interest in your daily activities and hobbies? Sit down for a free, one-on-one confidential screening with a Public Health Nurse from the VNA of Cape Cod and get connected with local resources that can help



1st Thursday of the month
From 11:30am- 12:30pm
Wellfleet Adult Community Center

Registration is required- limited 20 min screening appointments available.

To sign up, please call the VNA at (508) 957- 7423



This clinic is brought to you by the Wellfleet Adult Community Center and the VNA of Cape Cod Public Health and Wellness Division.



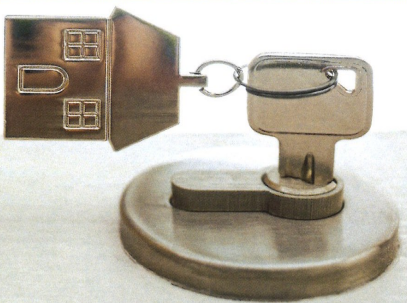
VISITING NURSE ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

Let's Talk About Tomorrow



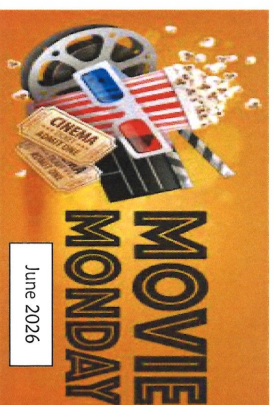
Join HPC and Senior Case Manager Maureen for a conversation about future housing options for adults ages 55 and older.



This **FREE** session is open to residents of the Lower & Outer Cape.

Wednesday, June 3rd at 1 PM
8 Main Street, Orleans or via Zoom

To register, scan the code or call  508-255-9667



Popcorn provided.
Mondays at 1 PM.

FREE!

Monday, June 1 ~ And So It Goes

A cranky real estate agent's life is turned upside down when his estranged son drops off a granddaughter he never knew existed. Directed by Rob Reiner, starring Michael Douglas and Diane Keaton. *Romantic Comedy/Drama ~ Rated PG-13*

Monday, June 8 ~ David Attenborough: A Life on Our Planet

Sir David Attenborough's documentary recounting his life and the evolutionary history of life on Earth, to grieve the loss of wild places and offer a vision for the future. *Documentary ~ PG*

Monday, June 15 ~ Jerry & Marge Go Large

Inspired by a remarkable true story of a retiree who discovers a mathematical loophole in the Massachusetts lottery and with the help of his wife, wins millions and uses the money to revive their small Michigan town. Starring Bryan Cranston & Annette Bening. *Biopic/Comedy - PG-13*

Monday, June 22 ~ The Banker

In the 1960s, two African-American entrepreneurs (Anthony Mackie and Samuel L. Jackson) devise an audacious plan to circumvent racial barriers in real estate and banking by training a white man to serve as the face of their growing empire. Blending drama, historical context, and moments of humor, the film offers an inspiring true-story look at fighting economic discrimination. Inspired by true events. *Biopic/Drama - PG-13*

Monday, June 29 ~ F1 The Movie

Racing legend Sonny Hayes is coaxed into leading a struggling Formula 1 team – and mentoring a young hotshot driver-while chasing one last chance at redemption. 2026 Oscar winner, starring Brad Pitt. *Action - PG-13*

Wellfleet
Adult Community Center

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

**So we can get
the popcorn
ready, please
RSVP!!!**



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

Monthly Housing Office Hours @ Adult Community Center

with Ann Schiffenhaus
Housing Coordinator



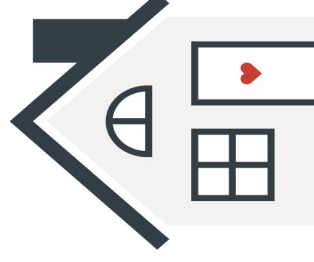
Fridays ~ 9:30AM - 11:00AM

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

Wellfleet
Adult Community Center

Housing Matters with Ann Schiffenhaus, Wellfleet Housing Coordinator



June 5, 2026
10:30a.m. - 11:30a.m

Join us for coffee and conversation with Ann Schiffenhaus, Wellfleet's new Housing Coordinator. She lead a discussion on the current state of housing in Wellfleet and next steps. Plus her plans to support residents with their present and future housing needs at her monthly COA office hours.



RSVP at 774-801-8119



Wellfleet
Adult Community Center

JOIN US



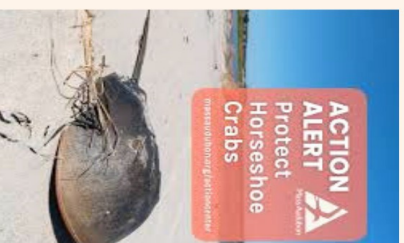
HORSESHOE CRAB QUEST



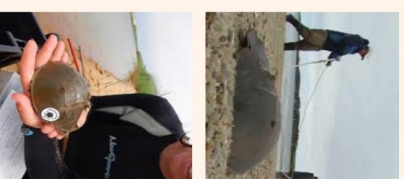
WELLFLEET BAY WILDLIFE SANCTUARY

Starting with an indoor presentation, we'll learn more about ongoing research efforts to protect and understand this incredible species. Then we'll head to the flats to search for and tag horseshoe crabs coming up on the beach to spawn and talk about their behavior, biology, conservation, and management.

JUNE 12, 2026
1:00 P.M. - 3:00 P.M.



Please wear comfortable waterproof boots, bring water, get hydrated beforehand and be prepared to walk up to 2 miles in soft sand, mud and uneven terrain. Prepare to get wet!



Cost is \$5.00

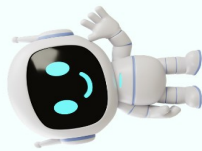
PLEASE CALL 774-801-8119 TO RSVP

Wellfleet
Adult Community Center

WHAT'S THE FUSS IS ALL ABOUT? AN INTRO TO AI WITH



Nancy Lee



Who's
Claude?



What's
ChatGPT?

June 16, 2026

11:00a.m - 12:30p.m.

Curious about AI but a little skeptical? You're not alone—and your questions are welcome! This relaxed, hands-on class shows how AI is simply a practical tool (think "super-smart can opener") that responds to plain English. No jargon, no intimidation. Watch lively live demos of AI helping with everyday things like drafting emails, researching and creating all sorts of things! e..

Please RSVP at 774-801-8119

Wellfleet
Adult Community Center

The Healing Power of Sound & Breathwork

with Michelle Sutton

June 23, 2026

11:30am-1:00pm

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



JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday</p> <p style="text-align: center;">1</p>	<p>09:00a Tai Chi Class 02:00p Mens Group</p> <p style="text-align: center;">2</p>	<p>08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele</p> <p style="text-align: center;">3</p>	<p>08:30a Fit & Fun with Jenny 11:30a VNA Depression Screenings 12:00p Homeless Prevention Council 12:30p Maryanns Cafe</p> <p style="text-align: center;">4</p>	<p>08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 10:30a Housing Matters with Ann Schuffenhans 12:30p Bridge</p> <p style="text-align: center;">5</p>
<p>09:00a Breakfast Club 10:00a My Chart Assistance Program 01:00p Movie Monday</p> <p style="text-align: center;">8</p>	<p>09:00a Tai Chi Class 10:00a APCC Eco Design Program 02:00p Mens Group</p> <p style="text-align: center;">9</p>	<p>08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele 01:00p Friends of the COA Meeting</p> <p style="text-align: center;">10</p>	<p>08:30a Fit & Fun with Jenny 12:00p Homeless Prevention Council 08:30a COA Board Meeting 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Book Club</p> <p style="text-align: center;">11</p>	<p>08:30a Yoga 09:00a Dr. Campo (By Appointment) 09:30a Wellfleet Housing Coordinator office hours 10:15a Mahjong 12:30p Bridge 01:00p Horseshoe Crab Hunting</p> <p style="text-align: center;">12</p>
<p>NO YOGA CLASSES TODAY</p> <p>NO SOUP/SALAD OR LUNCHEON THIS WEEK</p>				
<p>08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday</p> <p style="text-align: center;">15</p>	<p>09:00a Tai Chi Class 11:00a AI Introduction with Nancy Lee 01:00p SCCLS Legal Aid (By appointment) 02:00p Mens Group</p> <p style="text-align: center;">16</p>	<p>08:30a SHINE (By appointment) 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele</p> <p style="text-align: center;">17</p>	<p>09:30a COA Board Meeting 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Book Club</p> <p style="text-align: center;">18</p>	<p>08:00a HOLIDAY- CENTER CLOSED 08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:15a Mahjong 12:30p Bridge</p> <p style="text-align: center;">19</p>
<p>08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday</p> <p style="text-align: center;">22</p>	<p>09:00a Tai Chi Class 11:30a Sound Bowls with Michelle Sutton 02:00p Mens Group</p> <p style="text-align: center;">23</p>	<p>08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele</p> <p style="text-align: center;">24</p>	<p>12:00p Homeless Prevention Council 12:30p Maryanns Cafe</p> <p style="text-align: center;">25</p>	<p>08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:15a Mahjong 12:30p Bridge</p> <p style="text-align: center;">26</p>
<p>08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday</p> <p style="text-align: center;">29</p>	<p>09:00a Tai Chi Class 02:00p Mens Group 07:00p Friends of the COA Concert</p> <p style="text-align: center;">30</p>	<p style="text-align: center;">Artist of the Month ~ Alex Webb & Rebecca Norris Webb ~ "Slant Rhymes" Artist Reception ~ May 31 from 4-6 PM (see page 12)</p>		

COA STAFF DIRECTORY

Suzanne Grout Thomas, Director

suzanne.thomas@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:

Denise Puffer ~ President

Mary Fraser ~ Vice President

Steve Greenberg ~ Treasurer

Mary Goodhouse ~

Clerk/Secretary

Robin Slack ~

Asst. Clerk/Secretary

Elaine Baskin

Mary Deshon

Arlene Estey

Lillian Greenberg

Carol Stolnacke

**ALEX WEBB &
REBECCA NORRIS WEBB**

SLANT RHYMES

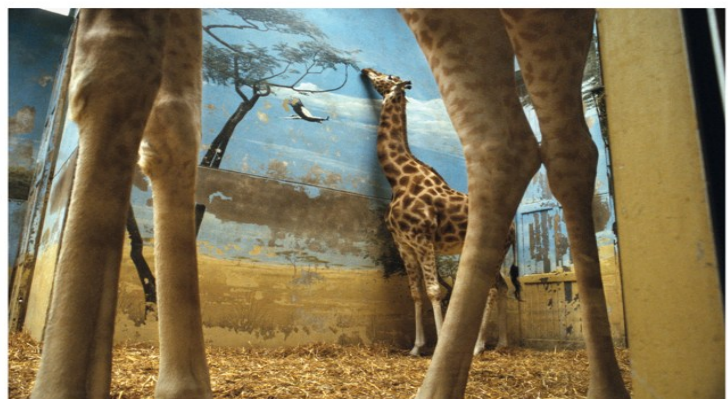
**OPENING RECEPTION
SUNDAY 31 MAY 2026 4-6PM**

**WELLFLEET ADULT
COMMUNITY CENTER
GREAT POND GALLERY
715 OLD KING'S HIGHWAY**

**THROUGHOUT JUNE 2026
OPEN 8AM – 4PM WEEKDAYS
PLEASE DIRECT ALL INQUIRIES TO:
Inquiry@RobertKleinGallery.com
or webbnorriswebb@gmail.com**



Alex Webb: Tehuantepec, Mexico: 1985



Rebecca Norris Webb: Paris: 2002

Flyer courtesy Kevin McMahon—Wellfleet Cultural District