

Wellfleet Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

newsletter of the Wellfleet Council on Aging

www.wellfleetcoa.org



Welcome to Jen Elsensohn, new Community Services Director

Hello, Wellfleet Community!

I am so happy to be joining the staff of the Adult Community Center and Council on Aging. I know that you have been receiving excellent service and programming and look forward to continuing to move the mission forward. My career was in parish

pastoral ministry where I created and executed programs, taught classes, organized volunteers, and helped individuals and families receive access to services and resources. My heart is especially with those who are vulnerable, and it is my joy to help all people to feel more supported, fulfilled, and empowered. Since I've been in Wellfleet, I have served the Town for three years as Committee Secretary and CPC Coordinator, both of which I believe have helped prepare me for my new work with you. I am eager to get to know many of you in my new role and welcome any concerns or ideas for improving the already amazing service that the staff has been providing. My door is always open!

Sincerely,

Jen



SAVE THE DATE

Saturday, August 29, 1:30-5 PM, rain or shine. Our Wednesday ukulele group will be performing at Wellfleet PorchFest this year! Hooray to Mary Abt and her students, the "Uke Tides" !! Watch the PorchFest website for specific details (not available at press time), such as location, etc. We will announce more specifics as the date gets closer.

www.wellfleetporchfest.org

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 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.

 **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.
Book for September meeting is
September Buckeye by Patrick Ryan.***

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.



Popcorn provided.
Mondays at 1 PM.
FREE!

Monday, August 3 ~ Beyond Blue Sky: The Untold Story of the First Private Astronauts

From 2001 to 2004, a small team of engineers in California's Mojave Desert built a simulator, a mothership and a small composite airplane that test pilots flew to space three times to prove to the world it was possible to have a low-cost, privately financed manned space program. Brought to life by an Emmy-nominated crew, this gripping documentary features radical engineering, razor's-edge supersonic test flight footage and more. *Documentary*

Monday, August 10 ~ FIELD OF DREAMS

An Iowa farmer hears a mysterious voice instructing him to build a baseball diamond in his cornfield, which miraculously summons the ghosts of disgraced baseball legends to play again, setting off an extraordinary journey of faith, reconciliation, and self-discovery. Even for non-baseball fans, it's an uplifting, timeless film worth watching. Stars Kevin Costner, Ray Liotta, James Earl Jones, and Amy Madigan. *Drama ~ PG*

Monday, August 17 ~ MARIE ANTOINETTE

A 2006 historical drama film written, directed, and produced by Sofia Coppola. Based on the 2001 biography Marie Antoinette: The Journey by Antonia Fraser, the film covers the life of Marie Antoinette, in the years leading to the French Revolution. *Period Docudrama ~ PG13*

Monday, August 24 ~ SELMA

Chronicling a tumultuous three-month period in 1965, Dr. Martin Luther King Jr. leads a dangerous campaign to secure equal voting rights in the face of violent opposition. *Period Docudrama ~ PG 13*

Monday, August 31 ~ SING

Animated movie from Illumination set in a bustling city of humanoid animals, ever-optimistic koala Buster Moon attempts to save his struggling theater from foreclosure by hosting a grand singing competition. *Animation/Comedy ~ PG*



**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



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



MARYANN'S CAFE'

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**



August 6

Asparagus, leek, tomato quiche ~ steamed new potatoes

August 13

Roast white fish with pesto, blistered tomatoes,
couscous grain blend, sautéed zucchini



August 20

Pan-seared steak with Caesar salad, homemade croutons

August 27

Chicken piccata over pasta, roast broccoli



MARYANN'S SALADS/SOUP TO GO

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

August 4 ~ lemon orzo salad w/olives, spinach threads, tomatoes

August 11 ~ corn & bean salad

August 18 ~ chicken salad with apples & toasted walnuts

August 25 ~ potato leek soup (served cold or heated)

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



JOIN US FOR A

*Rise
and
Shine*

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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Adult Community Center
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(508)349-2800



Wellfleet
Adult Community Center

ROOTED IN WELLNESS: GARDENING SAFELY THROUGHOUT THE YEARS

LED BY KRISTEN SIMINSKI-PHYSICAL THERAPIST,



**AUGUST 11, 2026
1:00PM- 2:00PM**

GARDENING IS MORE THAN A HOBBY, IT PROVIDES PHYSICAL ACTIVITY, SOCIAL CONNECTION, AND JOY. THIS PRESENTATION EXPLORES HOW TO GARDEN SAFELY AND CONFIDENTLY THROUGH FALL PREVENTION STRATEGIES, PRACTICAL MODIFICATION, AND SIMPLE STRENGTH BUILDING EXERCISES THAT HELP YOU STAY ACTIVE DOING WHAT YOU LOVE

THIS PROGRAM IS BROUGHT TO YOU BY THE WELLFLEET ADULT COMMUNITY CENTER AND THE VNA OF CAPE COD PUBLIC HEALTH AND WELLNESS DIVISION.

Call 774-801-8119 to RSVP



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member
Cape Cod Healthcare



Wellfleet
Adult Community Center



Summer Picnic

MEET & GREET
WITH
JEN ELSENSOHN



AUGUST 14, 2026

11:30AM - 1:30PM

Join us for a relaxed picnic and a chance to meet Jen and learn about her goals, dreams, and vision for the Wellfleet Adult Community Center. Indoor seating will be available, along with outdoor umbrellas for those who prefer shade. Free event for all ages.

**It's a drop in event, but your
RSVP to 774-801-8119 is appreciated**



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

Sponsored by
The Friends of the
Wellfleet
Council on Aging

Wellfleet Adult Community Center



JOIN US

SEARCHING FOR TERRAPIN HATCHLINGS



WELLFLEET BAY WILDLIFE SANCTUARY

Come look for Diamondback Terrapins, a threatened species of salt marsh turtle with Mass Audubon Naturalist, David Shapiro. During June and July, Wellfleet Bay naturalists identified turtle nests along the sanctuary trails and beaches. In this expert guided walk, we hope to find and release hatchlings from those nesting areas.



AUGUST 21, 2026

11:00AM - 12:00PM

Please wear comfortable walking shoes, bring water, get hydrated beforehand and be prepared to walk up to 2 miles in soft sand and uneven terrain.

Cost is \$5.00



Call 774-801-8119 to RSVP



Wellfleet
Adult Community Center

★ ★ ★

JOIN US

COFFEE WITH A VET & A COP

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TUESDAY

August 25, 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



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Join us for coffee and the launch of 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.

SAVE THE DATES

**September 29
October 27**



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





Wellfleet
Adult Community Center

The Healing Power of Sound & Breathwork with Michelle Sutton

August 25, 2026
11:30am-12:45pm

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



AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 08:30a Yoga 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	4 08:30a Tai Chi Class 1 09:45a Tai Chi Class 2 02:00p Mens Group	5 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	6 08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	7 08:30a Yoga 10:15a Mahjong 12:30p Bridge 
10 08:30a Yoga 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday 01:00p Selectboard Office Hours	11 08:30a Tai Chi Class 1 09:45a Tai Chi Class 2 01:00p Rooted in Wellness - Gardening Through the Years 02:00p Mens Group	12 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele 	13 08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 02:30p VNA Bereavement Support Group	14 08:30a Yoga 09:00a Dr. Campo (By Appointment) 09:30a Wellfleet Housing Coordinator office hours 10:00a Buried In Treasures 10:15a Mahjong 11:30a Summer Picnic 12:30p Bridge
17 NO YOGA CLASSES TODAY 10:00a My Chart Assistance Program 01:00p Movie Monday	18 08:30a Tai Chi Class 1 09:45a Tai Chi Class 2 01:00p SCCCLS Legal Aid (By appointment) 02:00p Mens Group	19 08:30a SHINE (By appointment) 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	20 08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	21 08:30a Yoga 10:15a Mahjong 11:00a Audubon - Searching for Terrapin Hatchlings 12:30p Bridge
24 08:30a Yoga 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	25 08:30a Tai Chi Class 1 09:00a Coffee with a Vet & Cop 09:45a Tai Chi Class 2 11:30a Sound Healing with Michelle Sutton 02:00p Mens Group	26 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	27 08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 02:30p VNA Bereavement Support Group	28 08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:15a Mahjong 12:30p Bridge
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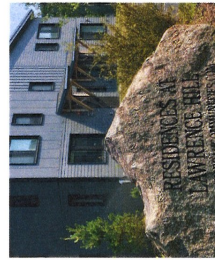


August Artist of the Month ~ Ellyn Weiss
"there will still be joy" ~ Artist Reception ~ Sunday, August 2 from 4-6 PM (see page 12)

Wellfleet Community Preservation Committee (CPC)

Fiscal Year 2028 Grant Round Opens July 15, 2026 and closes October 30, 2026 at 3:00 pm

Each year, the CPC provides approximately \$1 million in grants to local organizations each year to promote community housing, open space/ recreation, and historic preservation. Do you have a project that you'd like to see funded? Check out our Town Website for information about the CPC:



Community Housing

The CPC can support housing efforts that serve those earning up to 100% AMI, and provide rental, down payment and closing cost assistance and more.



Historic Preservation

The CPC can support efforts to acquire, preserve, or rehabilitate historically significant community assets.



Open Space/ Recreation

The CPC can acquire, create, and preserve open space, and support recreation opportunities in the Town.

To submit an application or for more information, contact Jen Elsensohn at 508-375-3227 or jennifer.elsensohn@wellfleet-ma.gov.



Nauset Neighbors
Helping Seniors Remain Independent

Give a hand, enrich a life



Volunteer to make a difference in the lives of our vibrant seniors

- We offer friendly visits, rides to appointments, tech help and simple handyman tasks.
- Volunteering is easy and flexible with simple online scheduling.
- Help when it fits your calendar. Year rounder? Part-timer? Either way, you can make a real difference.

Can you help? We have a waiting list of seniors who need a hand.

Please help us shorten their wait!

Nauset Neighbors is an all-volunteer non-profit organization helping seniors stay in their homes and active in their communities. We assist over 300 members in

Brewster, Chatham, Eastham, Harwich, Orleans and Wellfleet.

Nausetneighbors.org • 508-514-7067

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 at COA staff member if interested.

ELLYN WEISS

there will still be joy

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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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2 - 28 AUGUST 2026

OPEN 8AM - 4PM WEEKDAYS

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PLEASE DIRECT ALL INQUIRIES TO:

<ellynweiss@gmail.com>

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OPENING RECEPTION

SUNDAY 2 AUGUST 2026 4-6PM



FROM START TO FINISH
22"x30" Alcohol, ink and acrylic paint on raw canvas



LET IT GO
22"x30" Alcohol and ink on raw canvas