

Wellfleet  
Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

newsletter of the Wellfleet Council on Aging

[www.wellfleetcoa.org](http://www.wellfleetcoa.org)

APRIL 

**April 2026**

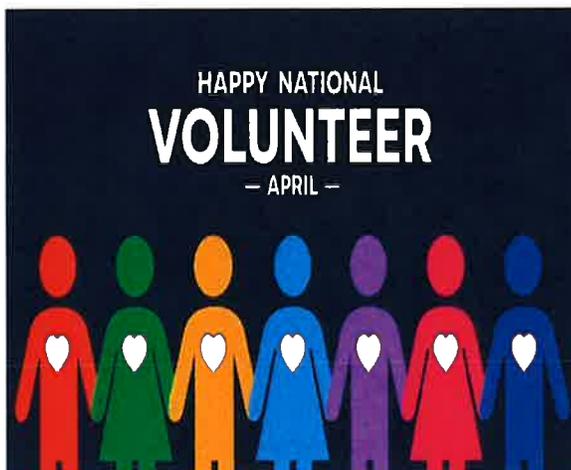
**April Artist of the Month** ~ Bert Yarborough ~ "Future Feature"  
Artist Reception ~ **March 29, 3-5 PM** (see page 12)

**April 20 ~ Holiday ~ Center closed**

**FRIDAY MAHJONG**

10:15 AM -12:15 PM

Join our Mahjong group ~  
bring your set or we have one to  
borrow.



**Thanks to the many volunteers  
that keep the Center going!**

**From the COA Board, the Friends of the  
COA, the SHINE counselors, AARP tax  
preparers, Maryann's kitchen staff and  
more....**

**we appreciate all you do!**

# Wellfleet Community Resources

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

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## **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](http://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](mailto: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](mailto: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](mailto:outercapemsgroup@gmail.com)

# Wellfleet Community Resources

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

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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.

 **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, April 16** [My Name is Emelia Del Valle](#) by Isabel Allende ~  
A young writer in 1890 San Francisco travels to Chile to uncover her roots. **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.



# Fit & Fun with Jenny is BACK!

- ✓ Great for all fitness levels & ages
- ✓ Fun and energizing full-body workout
- ✓ Boost mood and relieve stress



**Thursdays**  
Start at 8:30 am



**Wellfleet Adult Community Center**  
715 Old Kings Highway, Wellfleet

# 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



Women's Cancer  
Support Group

STAY  
STRONG

Meets 2nd & 4th Wednesday  
of each month  
at Truro Library

To learn more & register,  
call Ginny

508-648-1639

EDUCATING, EMPOWERING,  
AND SUPPORTING WOMEN  
ON THE OUTER CAPE



Monthly Housing Office Hours

@ Adult Community Center

with Ann Schifffenhaus

Housing Coordinator

**How can we help?**

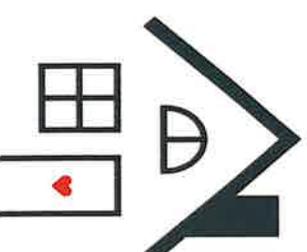
- Are you looking for year-round housing?
- Do you have a home you are considering selling or renting year-round?
- Do you need rental assistance, help with home repairs, or assistance applying for the residential tax exemption?

**Mondays ~ 12:00PM - 2:00PM**

- February 2 ~ March 2 ~ April 6 ~ May 4 ~ June 1 ~ July 6
- August 3 ~ September 14 ~ October 5 ~ November 2 ~ December 7
- 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!**



## My Chart Assistance Program



**April 6, 2026**

We're excited to share that our new MyChart Volunteer Team has completed their training and is now ready to support community members with accessing and using the MyChart patient portal. Appointments are available starting at 10:00am. Your registration is required in order to confirm your appointment.

Thanks to the enthusiasm of our volunteers—and the guidance of partners from Outer Cape Health and the VNA/Cape Cod Healthcare—we're able to offer one-on-one assistance to help residents navigate appointments, messages, test results, and more.

If you or someone you know could benefit from a little extra help getting started with MyChart, please reach out to the Wellfleet Adult Community Center. We're here to make sure everyone feels confident and connected when it comes to their health information.

Call 508-349-2800 to Register

## TICKS ON THE CAPE



Ticks are one of Cape Cod's biggest nuisances and tick-borne illnesses are on the rise. In this presentation, an epidemiologist will guide participants through the local ticks we run into on the Cape, what illnesses they can carry, and why they've become such a problem. Attendees will also explore hands-on prevention tools, learn how to identify early signs of tick-borne illnesses, and learn tips to reduce exposure.

**Wellfleet Adult  
Community Center**  
Friday April 10  
11am - 12pm  
TO REGISTER, PLEASE CALL  
(774) 801-8119

**Truro Community  
Center**  
Friday April 3  
11am - 12pm  
TO REGISTER, PLEASE CALL  
(508) 487-2462

**Provincetown  
Veterans Memorial  
Community Center**  
Thursday, March 19  
10:30am- 11:30am  
TO REGISTER, PLEASE CALL  
(508) 487-7080

**Eastham Senior  
Center**  
Thursday, June 11  
1pm - 2pm  
TO REGISTER, PLEASE CALL  
(774) 801-3151



VISITING NURSE ASSOCIATION  
OF CAPE COD

Member  
Cape Cod Healthcare



CALL 774-801-8119 TO REGISTER FOR WELFLEET

Wellfleet  
Adult Community Center

# Friends & Neighbors

## Spring Fling Luncheon

April 14, 2026

11:30am - 1:00pm

featuring

★ Bob Nolan - President, Nauset Neighbors

★ Mary Fraser - Vice President, Friends of the Wellfleet COA

★ Tia Scalione, Wellfleet Harbor Actors Theater - The Story Project

★ Joanne Schaefer, Cape Cod Senior Softball League

Join us for a gathering of

Neighbors, Friends, Stories & Softball!

PLEASE RSVP BY 4/9/26 BY CALLING

774-801-8119



Wellfleet  
Adult Community Center

# The Healing Power of Sound & Breathwork

with Michelle Sutton

April 28, 2026

11:30a.m. to 1:00p.m.

Discover breathing techniques to soothe your nervous system

Gently alleviate physical and emotional tension

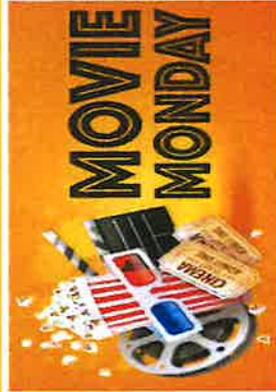
Reestablish a connection with your body and inner tranquility

Foster a sense of grounding, clarity, and balance

Depart feeling lighter, more centered, and rejuvenated

Please Call 774-801-8119 to RSVP





Popcorn provided.  
Mondays at 1 PM.  
**FREE!**

**Monday, April 6 ~ SONG SUNG BLUE**

Two down-on-their-luck performers form a Neil Diamond tribute band, proving it's never too late to find love and follow one's dreams. 2026 Academy Award Nominee, starring Hugh Jackman and Kate Hudson. *Drama ~ Rated PG-13*

**Monday, April 13 ~ HAMNET**

When tragedy strikes and his son Hamnet dies at a young age, William Shakespeare is inspired to write his timeless masterpiece, "Hamlet." 2026 Academy Award Winner. *Drama ~ Rated PG-13*

**Monday, April 27 ~ THE INTERN**

A 70-year-old interns at an online fashion site and develops a special bond with his young boss. Starring Robert DeNero and Anne Hathaway. *Comedy ~ Rated PG*

Wellfleet  
Adult Community Center

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

April 2026



**so we can get the  
popcorn ready!**

**MARYANN'S CAFE**  
**APRIL 2026**

Every Thursday at 12:30,  
\$10 per person,  
reservations required by preceding Tuesday.

*NOTE: please call & cancel if you are unable to keep your reservation. Same day cancellations will be asked to pay for their meal(s). Please inform us if a person in your party has a food allergy.*

**April 2 ~ Easter**

Roast pesto salmon, blistered tomatoes, asparagus, steamed baby potatoes

**April 9**

Pan-seared maple mustard pork tenderloin with a grain blend and vegetable

**April 16**

Three cheese stuffed shells with spinach, basil & marinara sauce, house salad

**April 23**

Quiche Lorraine, herb roasted potatoes, green salad

**April 30**

Balsamic chicken, lemon orzo with spinach threads, honey carrots

**SOUPS TO GO**

\$6 per pint, available Tuesday until sold out.

April 7 ~ Beef barley

April 14 ~ Carrot ginger with a hint of coconut milk

April 21 ~ Chicken stew

April 28 ~ Italian sausage, white beans and greens

Wellfleet

Adult Community Center

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(508)349-2800

# APRIL 2026

**Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**

**Artist of the Month ~ Bert Yarborough ~**  
**“Future Feature”**  
**Artist Reception ~ March 29, 3-5 PM**  
*(see page 12)*

<p>08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 12:00p Wellfleet Housing Coordinator office hours 01:00p Movie Monday</p> <p>6</p>	<p>09:00a Tai Chi Class 02:00p Mens Group</p>	<p>08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele</p>	<p>08:00a AARP Tax Aide 08:30a Ft &amp; Fun with Jenny 11:30a VNA Depression Screenings 12:00p Homeless Prevention Council 12:30p Maryanns Cafe</p>	<p>08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge</p>
<p>08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday 01:00p Selectboard Office Hours</p> <p>13</p>	<p>09:00a Tai Chi Class 11:30a Friends &amp; Neighbors Luncheon Panel 02:00p Mens Group</p>	<p>08:30a SHINE (By appointment) 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele</p>	<p>08:30a Ft &amp; Fun with Jenny 09:30a COA Board Meeting 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Book Club</p>	<p>08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge</p>
<p>08:00a HOLIDAY- CENTER CLOSED</p> <p>20</p>	<p>09:00a Tai Chi Class 01:00p SCCCLS Legal Aid (By appointment) 02:00p Mens Group</p>	<p>08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele</p>	<p>08:30a Ft &amp; Fun with Jenny 12:00p Homeless Prevention Council 12:30p Maryanns Cafe</p>	<p>08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:15a Mahjong 12:30p Bridge</p>
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**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**



**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*

**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*
- Lillian Greenberg*

**BERT YARBOROUGH  
FUTURE FEATURE**

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**WELLFLEET ADULT  
COMMUNITY CENTER  
GREAT POND GALLERY**

715 OLD KING'S HIGHWAY: 349-1800  
CURATED BY ROBERT RINDLER

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**29 MARCH - 1 MAY 2026  
OPEN 8AM - 4PM WEEKDAYS  
THROUGHOUT APRIL**

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PLEASE DIRECT ALL INQUIRIES TO:

**<bertawalker@gmail.com>**

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**OPENING RECEPTION  
SUNDAY 29 MARCH 3-5PM 2026**

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Blossoming



Outsider

[www.wellfleetcoa.org](http://www.wellfleetcoa.org)

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

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

*Flyer courtesy Kevin McMahan—Wellfleet Cultural District*