

UPCOMING DATES TO REMEMBER:

Sunday, November 1 ~ Opening Reception for Tom Janssen,
November Artist, 3-5 PM (see Page 16)

Tuesday, November 3 ~ voting 7 AM—8 PM
Special Town Election/State Election

Wednesday, November 11 ~ Center closed for Veterans Day

Monday, November 16 ~ Tech Fair (see Page 8)

Thursday and Friday, November 26 & 27
Center closed for Thanksgiving holiday



- **Construction has begun for the Wellfleet Food Pantry.** Heavy equipment will be using the Center's driveway /parking lot to get to access the Pantry site over the next several months. Please be aware & use extra caution.
- **Exercise classes are free for Wellfleet residents/taxpayers.** There is a \$5 fee per class for non-residents, payable at the front desk.
- **Change your clocks/change your detector batteries ~ Daylight Savings ends November 1st.**

Happy November! As we begin to move from Autumn toward Winter, we can be mindful of all for which we have to be thankful. This beautiful place we live in, the charm that each season offers, and the coziness of joining with family and friends during the holiday seasons. Not everyone can feel thankful, however, and some experience sadness as the colder, darker months envelop us. If you are not experiencing the joy that these seasons offer, please consider getting more involved with the Adult Community Center programs and events. Nothing combats loneliness like being around people! We have programs to nourish your body and your heart. Come for a cup of coffee, or even just to chat! My door is always open.

Sincerely,

Jen Elsensohn ~ Director of Community Services



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.

 **Total Body Fitness:** 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.

November 19 at 1:30 PM ~ All the Beauty in the World by Patrick Bringley ~ A former staffer at *The New Yorker* spends a decade as a security guard at the Met.

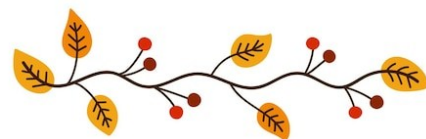
 **Bridge:** Open to all experienced players—drop in anytime!

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

 **Movie Mondays:** Free movie & popcorn
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 in a cozy space at the Wellfleet Adult Community Center. Check the weekly menu for details!



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 13!

 **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 NOVEMBER 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)***



- | | |
|-------------|---|
| November 5 | Pan-seared pork tenderloin, raspberry balsamic sauce, wild rice blend, Brussels sprouts with cranberries & shallots |
| November 12 | Salmon cake, potato leek soup |
| November 19 | Maryann's Thanksgiving Turkey Dinner with all the trimmings |
| November 26 | <i>Center closed – no luncheon</i> |



MARYANN'S SOUPS TO GO

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

- | | |
|-------------|--|
| November 3 | Chicken barley |
| November 10 | Curried carrot ginger |
| November 17 | Italian wedding soup w/tiny beef meatballs |
| November 24 | Roast butternut squash |

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



Popcorn provided.
Mondays at 1 PM.
FREE!

Monday, November 2 ~ MASTERPLAN

A master thief enlists two strangers for a Louvre heist targeting the Mona Lisa, then reveals they are his children and siblings who must cooperate to pull off history's greatest art theft. Starring Stanley Tucci. *Comedy/Crime/Thriller ~ Rated TV-MA (mature audiences)*

Monday, November 9 ~ THE DINK

A washed-up tennis pro could really use a win. On a quest to save a struggling country club and earn his father's respect, Dusty "The Hammer" Boyd breaks a sacred vow and dues the unthinkable ~ he plays pickleball. Starring Mary Steenburgen, Ben Still and Ed Harris. *Comedy ~ Rated PG-13*

Monday, November 16 ~ OCEAN'S ELEVEN

A remake of the 1960 Rat Pack film, featuring an ensemble cast including George Clooney, Matt Damon, Brad Pitt, Julia Roberts and more. The story follows friends Danny Ocean (Clooney) and Rusty Ryan (Pitt) who plan a heist of \$160 million from casino owner Terry Benedict, the lover of Ocean's ex-wife Tess (Roberts). *Action/Crime ~ PG-13*

Monday, November 23 ~ HOME FOR THE HOLIDAYS

Directed by Jodie Foster, starring Holly Hunter, Anne Bancroft and Robert Downey Jr. ~ After facing personal and professional setbacks, a woman heads to spend Thanksgiving with her eccentric and fractious family. *Comedy/Drama ~ Rated PG-13*

Monday, November 30 ~ LUCKY

Lucky is a lonely 90-year-old US Navy Veteran with a rigid routine and a penchant for cigarettes, beginning to have an existential crisis in the waning days of his life in a small town. *Drama/Comedy ~ not rated*



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





DROP IN—NO APPOINTMENT NECESSARY

TECH FAIR

Having trouble with your internet connection?

Is your keyboard not working?

Is your tablet screen too dark?

Do you have questions about passwords or google?

**You can get fixes for all of these problems
and more at the CCT tech fair!**

Qualified and friendly IT students ready to help you



Four specialist tables to streamline your service



**Visiting Wellfleet Adult Community Center on
November 16th, February 8th
and April 12th noon-1:30**



Monthly Housing Office Hours

@ Adult Community Center

with Ann Schifffenhaus
Housing Coordinator

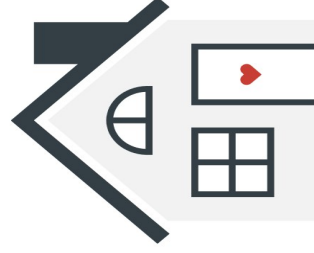


Fridays ~ 9:30AM - 11:00AM

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 Schifffenhaus ann.schifffenhaus@wellfleet-ma.gov or 508-379-3786

Wellfleet
Adult Community Center

My Chart Assistance Program



Every Monday at the Wellfleet Adult Community Center

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

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

Call 508-349-2800 to Register

Let's Talk About Tomorrow



Plan for your future with HPC's upcoming info sessions. These **FREE** sessions are open to residents of towns from Harwich to Provincetown.



October 28 at 1PM

Estate Planning for Older Homeowners

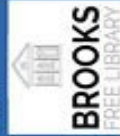


HPC's Office or via Zoom

with Estate Attorney Chantal Hayes Rice, esq.

November 10 at 1PM

Future Housing Planning for Adults Ages 55+



Brooks Free Library, Harwich

with HPC Senior Case Manager, Maureen

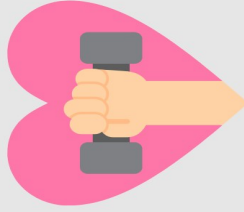
To register, visit hpcapecod.org/LTAT or call our office at **508-255-9667**

MARCIA WILL BE WITH US EVERY THURSDAY!

JOIN US FOR A

MORNING

WORKOUT



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 02567
(508)349-2800

Wellfleet
Adult Community Center

JOIN US

**COFFEE
WITH A
VET & A COP**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TUESDAY

NOVEMBER 24, 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
- Greg Quilty, Director, Department of Veterans Services, Barnstable District & Marine Corps Veteran

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



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



**SAVE THE DATE
NEXT SESSION
DEC. 29**



VETCENTER EST. 1929
Connection.
Comaraderie.
Community.



VETERANS ASSISTANCE

**LAST TUESDAY OF EACH MONTH
12PM-3PM**

**immediately following
COFFEE WITH A VET & A COP**



A Veterans Service Officer is available at the Wellfleet COA the last Tuesday of each month to assist Veterans and surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits and more.

**PLEASE CALL TO SCHEDULE
YOUR APPOINTMENT
508-349-2800**

Wellfleet Adult Community Center
715 Old Kings Highway
Wellfleet

NEW BEREAVEMENT GROUP THIS MONTH —

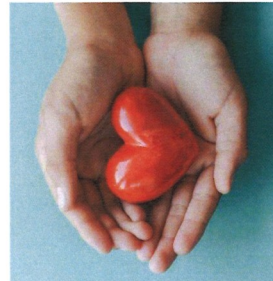
OPEN TO ALL ~ The holiday season can be especially hard for those that are grieving; please consider joining Jeanne's Bereavement Group in Provincetown for support.

VNA Hospice Bereavement Groups Outer Cape 2026

Our bereavement support groups provide a positive, nurturing, confidential setting to learn ways to manage and cope with loss. Groups are facilitated by experienced bereavement professionals and are FREE of charge. All of our groups are open to anyone who has experienced the death of a loved one. *It is the process of grieving that helps us heal.*

Please contact Jeanne before attending to confirm there is an open spot and to learn more about the group:

Jeanne M Burke, M.Div.,
Call 508-740-2370 or
Email: jmburke@capecodhealth.org (preferred)



Outer Cape *
Provincetown Council on Aging at
Veterans Memorial Community Center
72 Mayflower Street, Provincetown
1st & 3rd Thursdays
2:30 pm to 3:45pm
Nov 5th to Feb 18th
** This group rotates locations*

Please note that beginning in November the group will be meeting on different days- the first and third Thursday of each month.



NEW OUTER CAPE MEDICAL TRANSPORTATION PILOT PROGRAM

Transportation to Medical Appointments in Hyannis

Beginning Thursday, September 10

For Outer Cape COA Clients

Need a Ride?

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.

Departs	Departs	Return
Provincetown COA	7:30	3:30
Truro COA	7:41	3:20
Wellfleet COA	7:57	3:04
Eastham COA	8:15	2:48
Orleans COA	8:28	2:35
Fontaine Outpatient Center	8:40	2:23
Hyannis Cape Cod Hospital	9:00	2:00
CCH to Provincetown		2:00

2026

State of Wellfleet Harbor Conference

Nauset Regional High School - Eastham, MA

Saturday, November 14 - Doors 8:45 am & Program 9:15 -1:00

Registration required

Visit massaudubon.org/whc



Hear from scientists and conservation professionals as they share the latest research, monitoring efforts, and emerging challenges shaping Wellfleet Harbor.



Produced by the Cummings Center in Montreal, the film explores ageism and its impact across generations. AGELESS assembles a mosaic of voices that exposes the subtle and overt ways assumptions about age influence work, confidence and connection and what becomes possible when those assumptions begin to fracture. This 40-minute film will be followed by an interactive discussion facilitated by Carrie Mazoff, Cummings Center Project Coordinator and Truro resident.

Co-hosted by the Provincetown, Truro & Wellfleet COAs

RIDES PROVIDED - RSVP BY 11/30: 508-487-7080

AT THE TRURO COA ON WEDNESDAY, DECEMBER 2 @ 2:00

REAL TALK. REAL CHANGE. TO END AGEISM.



YOU'RE INVITED TO A FREE SCREENING OF THE FILM

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	3 09:45a COA staff meeting 02:00p Mens Group State Election and Town Election voting 7AM – 8 PM NO TAI CHI	4 08:30a SHINE- Open Enrollment 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	5 08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	6 08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge
9 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	10 09:00a Tai Chi Class 09:45a COA staff meeting 02:00p Mens Group	11 08:00a HOLIDAY- CENTER CLOSED  VETERANS DAY	12 08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	13 08:30a SHINE- Open Enrollment 08:30a Yoga 09:30a Wellfleet Housing Coordinator office hours 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge
16 08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 12:00p Tech Fair w/ CC Tech Students 01:00p Movie Monday	17 09:00a Tai Chi Class 09:45a COA staff meeting 02:00p Mens Group	18 08:30a SHINE- Open Enrollment 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	19 08:30a Total Body Fitness 09:00a COA Board Meeting 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Book Club	20 08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge
23 08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	24 09:00a Coffee with a Vet & Cop 09:00a Tai Chi Class 09:45a COA staff meeting 12:00p VSO Office Hours 02:00p Mens Group	25 08:30a SHINE- Open Enrollment 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	26 08:00a HOLIDAY- CENTER CLOSED  Happy Thanksgiving	27 08:00a HOLIDAY- CENTER CLOSED
30 08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday				

November Artist of the Month ~ Tom Janssen ~
"My Daily Walks On The Marsh ~ Old Wharf Point Perspective " ~
Reception ~ Sunday, Nov. 1st from 3-5 PM (see Page 16)

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

Karen Kaminski ~ Secretary

Wayne Clough

Judith Cumbler

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.

TOM JANSSEN

MY DAILY WALKS ON THE MARSH

OLD WHARF POINT PERSPECTIVE

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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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THROUGHOUT NOVEMBER

OPEN 8AM - 4PM WEEKDAYS

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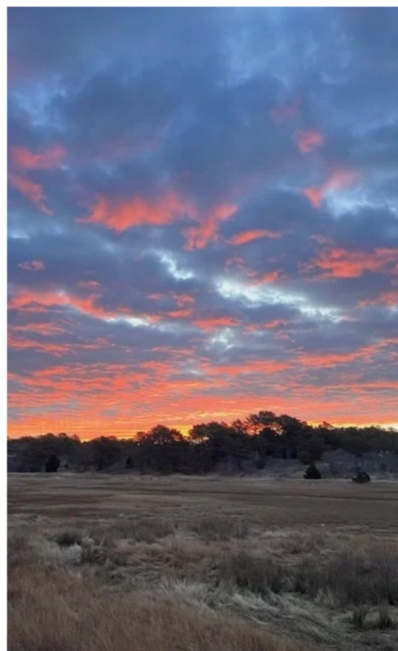
PLEASE DIRECT ALL INQUIRIES TO:

[<twjanssen@gmail.com>](mailto:twjanssen@gmail.com)

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OPENING RECEPTION

SUNDAY 1, NOVEMBER 3 - 5 PM 2026



SUNRISE AND SUNSET ON THE MARSH



WILDLIFE ON THE MARSH

Flyer courtesy Kevin McMahon - Wellfleet Cultural District