

Wellfleet Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

newsletter of the Wellfleet Council on Aging

www.wellfleetcoa.org



UPCOMING DATES TO REMEMBER:

Friday, October 2 ~ New session "Buried in Treasures" begins — see Page 7

Sunday, October 4 ~ Opening Reception for October artist, 4-6 PM— see Page 18

Tuesday, October 6 ~ Flu shot/COVID vaccine clinic (see below)

Monday, October 12 ~ Center closed for Columbus Day/Indigenous Peoples' Day

Tuesday, October 27 ~ Veterans Service Officer hours — see Page 13



MEDICARE OPEN ENROLLMENT: Open Enrollment is the time to review your Medicare health or drug coverage and decide if you want to make changes. Remember, Medicare costs, benefits, and providers can change each year. Comparing your options could help you find better coverage or save money. The timeframe for Open Enrollment is October 15th—December 7th. S.H.I.N.E. - (Serving Health Information Needs of Everyone) insurance counseling offers free help to answer health insurance questions. SHINE counselors are

volunteers trained and certified annually to help those eligible for Medicare navigate the complex health insurance system. Call the Center to schedule your SHINE appointment to review your benefits or make changes to your plan.

FLU SHOT CLINIC FOR WELFLEET RESIDENTS

Tuesday, October 6 from 11 AM —1 PM

***regular flu vaccine (ages 5+)**

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

***Senior flu shots (ages 65+)**

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

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

No scheduling is done through the Center.

We are asking anyone that participates in programs at the Center to complete a Hold Harmless/Registration Form so we can maintain accurate information in your account and ensure we have an emergency contact on file. Please see any staff member to obtain the form (see Page 15 if you'd like to print it at home and bring it in). Thank you for your cooperation. ~ WACC Staff

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.

October 15 at 1:30 PM ~ Butchers Crossing by John Williams ~ A young Harvard student explores the American West in the early 1870s.

 **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 6!

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



CAPE COD
REGIONAL
TRANSIT AUTHORITY

NEW OUTER CAPE MEDICAL TRANSPORTATION PILOT PROGRAM

Transportation to Medical Appointments in Hyannis



**Beginning
Thursday, September 10**



**For Outer Cape
COA Clients**



Participating Councils on Aging

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



Medical Destinations Include

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



Service Day

Thursdays only



Appointment Times

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

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



Fare

\$6.00 round trip
\$3.00 one way



Reservations

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

Please contact your local Council on Aging
for reservation assistance.

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



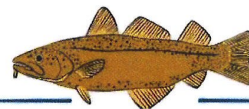
Pilot Program Notice

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



Please contact your local Council on Aging for more information.

Are your belongings taking
over your home?



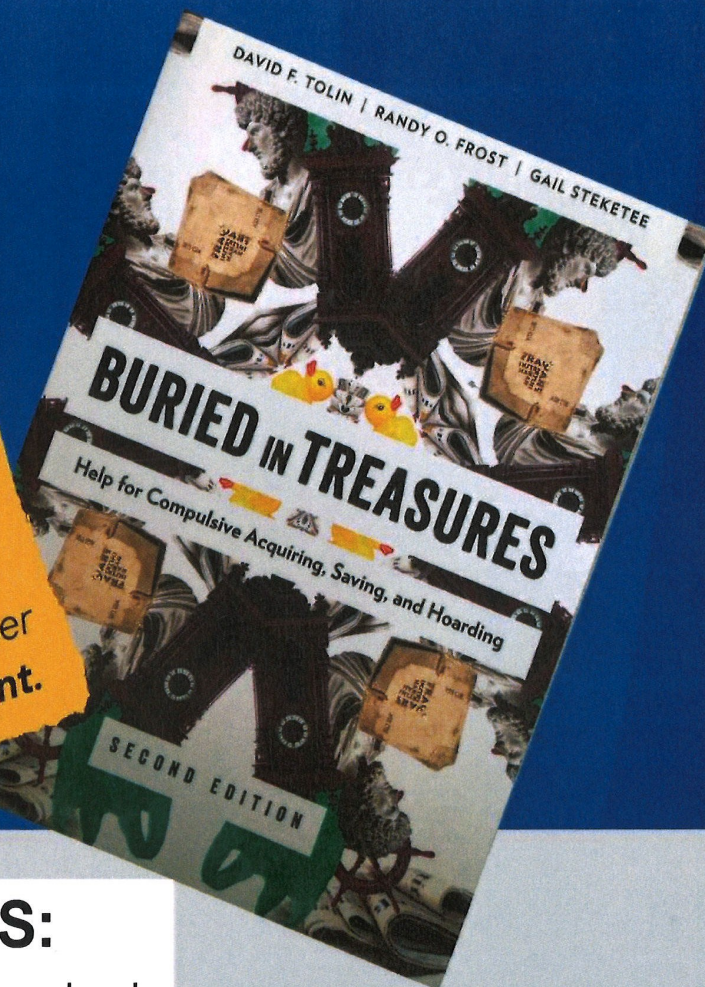
BARNSTABLE COUNTY

DEPARTMENT OF HEALTH AND ENVIRONMENT

FREE & OPEN TO ALL!

Join us for this
multi-week "Buried in
Treasures" Workshop
for Help with
Compulsive Acquiring,
Saving and Hoarding!

Please note this is a 2 hour per
week, **16 week commitment.**



THIS COURSE INCLUDES:

- Free copy of the Buried in Treasures book
- Support from others with similar struggles
- Decluttering strategies for your home
- Skills to achieve your long term goals

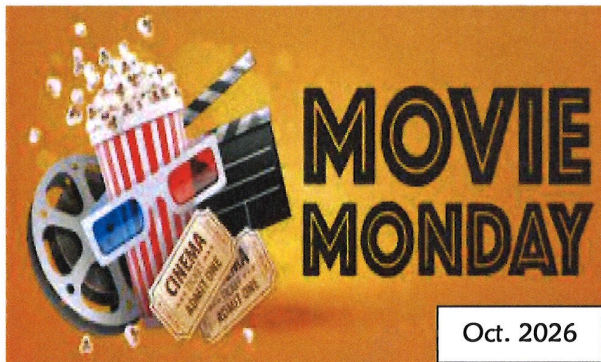
For more information
or to sign up, call

508-375-6676

Starts Friday 10/02/2026 10AM-12PM

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

**Movies this month celebrate the late Dolly Parton
and Halloween! Please remember to RSVP!**



Popcorn provided.
Mondays at 1 PM.
FREE!

Monday, October 5 ~ THE LONG WALK HOME

Two women, black and white, in 1955 Montgomery Alabama, must decide what they are going to do in response to the famous bus boycott led by Martin Luther King. Starring Sissy Spacek and Whoopie Goldberg.

PG13 ~ Period Drama/History

Monday, October 19 ~ 9 to 5

Three female office workers decide to act against their overbearing and sexist boss, leading to a series of comedic and improbable events. Standout performances from Jane Fonda, Lily Tomlin and Dolly Parton.

PG ~ Comedy

Monday, October 26 ~ Hocus Pocus

A teenage boy named Max, and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. *PG ~ Comedy*



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





MARYANN'S CAFE

EVERY THURSDAY AT 12:30- \$10 PER PERSON
RESERVATIONS REQUIRED BY PRECEDING TUESDAY
PLEASE INFORM US IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

IMPORTANT REMINDERS

PLEASE CALL AND 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).

OCTOBER MENU

OCTOBER 1

QUICHE LORRAINE, ROAST HERB POTATOES AND
SALAD

OCTOBER 8

BEEF STEW

OCTOBER 15

SHRIMP AND VEGETABLE STIR FRY WITH RICE

OCTOBER 22

NO LUNCH

OCTOBER 29-

HALLOWEEN PARTY- COSTUMES ENCOURAGED!
CHICKEN PARMESAN OVER LINGUINI AND SALAD

MARYANN'S SOUPS/SALADS TO GO

PACKED IN TRAVEL PINTS, AVAILABLE TUESDAY MORNINGS, \$6 PER PINT

OCTOBER 6

MINESTRONE

OCTOBER 13

TURKEY CHILI

OCTOBER 20

NO SOUP

OCTOBER 27

NO SOUP

MARCIA WILL BE WITH US EVERY
THURSDAY!

JOIN US FOR A

MORNING WORKOUT

*Rise
and
Shine*



TOTAL BODY FITNESS
WITH MARCIA

8:30 AM - 9:30 AM
THURSDAYS

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

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

*all levels welcome
drop-in, no registration*

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



Wellfleet
Adult Community Center

REVOLUTIONARY WELLFLEET ARTIFACTS & INSIGHTS



OCTOBER 6, 2026
12:00PM - 1:00PM

Join us as we step inside the Wellfleet Historical Society & Museum for an exclusive off-season tour with curator David Wright. Discover striking Revolutionary-era artifacts that reveal how Wellfleet defended its shores, supported its neighbors, and took bold risks at sea.

Please call 774-801-8119 to register.

Wellfleet
Historical Society & MUSEUM

Sponsored by
The Friends of the
Wellfleet
Council on Aging

Wellfleet Adult Community Center



JOIN US

Wellfleet Bay Wildlife Sanctuary Natural History of Turkeys



WELLFLEET BAY WILDLIFE SANCTUARY

Join us for a naturalist-led 1-mile walk as we explore the wild world of turkeys at Mass Audubon's Wellfleet Bay Wildlife Sanctuary. We'll track the sanctuary's roaming posse of turkeys while learning about their behavior, natural history, and some truly curious turkey facts. Along the way, we'll keep our eyes open for other birds and wildlife that share the trails. A fun and educational outdoor experience for all nature lovers!



**OCTOBER 9,
2026
10:00AM - 11:00AM**

Please wear comfortable walking shoes, bring water, get hydrated beforehand and be prepared to walk up to 1 mile on sand and uneven terrain.

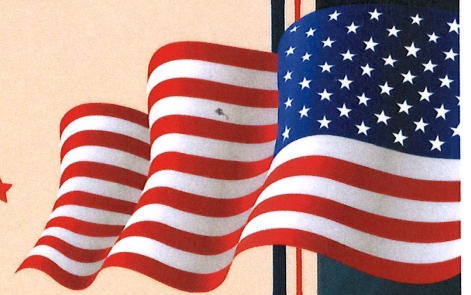
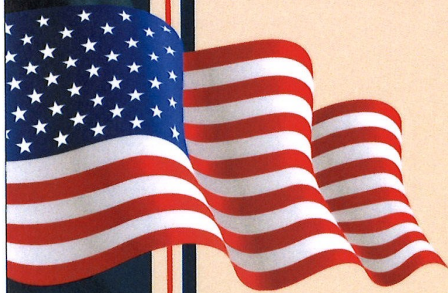
Cost is \$5.00



PLEASE CALL 774-801-8119 TO RSVP

VETERANS ASSISTANCE

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



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

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

REGISTRATION FORM / HOLD HARMLESS AGREEMENT

The following section is to be completed by participant (form is valid for one calendar year from date executed)

I understand I will be participating in activities at the Wellfleet Adult Community Center or designated locations. I am responsible to inform the staff of my health status each session. If symptoms of distress, chest pain and/or other ailments are present, I understand that I will not be able to participate that given day. In addition, I hereby release the Town of Wellfleet, its affiliates, and employees, from any liability whatsoever occasioned by my participation in the program, including, but not limited to, my participation in field trips. I also authorize the Town of Wellfleet, its affiliates, and employees to call for medical assistance on my behalf if they deem it necessary.

Signed: _____ Date: _____

Print Name: _____ Phone: _____

Physical Address: _____

D.O.B. _____

Email: _____

Emergency contact name: _____

Relationship: _____ Phone: _____

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

OCTOBER 2026

October Artist of the Month ~ Neece Regis ~ "As Above, So Below"
Reception ~ Sunday, October 4 from 4-6 PM (see page 18)

Monday	Tuesday	Wednesday	Thursday	Friday
08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	09:45a COA staff meeting 11:00a Flu Clinic (By Appointment) NO TAI CHI 12:00p Revolutionary Wellfleet: Artifacts & Insights at Historical Society Museum 02:00p Mens Group	08:30a Yoga 10:00a American Legion 10:00a Chair Yoga 12:30p Ukulele	08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge
08:00a HOLIDAY- CENTER CLOSED	09:00a Tai Chi Class 09:45a COA staff meeting 02:00p Mens Group	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele 01:00p Friends of the COA Meeting	08:30a Total Body Fitness 09:00a COA Board Meeting 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Book Club	08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge
08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	09:00a Tai Chi Class 09:45a COA staff meeting 01:00p SCCLS Legal Aid (By appointment) 02:00p Mens Group NO SOUP THIS WEEK	08:30a SHINE- Open Enrollment 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:30a Total Body Fitness 12:00p Homeless Prevention Council 02:30p VNA Bereavement Support Group NO LUNCHEON THIS WEEK	08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge
08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 10:00a My Chart Assistance Program 01:00p Movie Monday	09:00a Coffee with a Vet & Cop NO SOUP THIS WEEK 09:00a Tai Chi Class 09:45a COA staff meeting 12:00p VSO Office Hours 02:00p Mens Group	08:30a SHINE- Open Enrollment 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:30a Total Body Fitness 12:00p Homeless Prevention Council 12:30p Maryanns Cafe & Halloween party—wear your costume to lunch!	08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge



Construction will begin for the Wellfleet Food Pantry in the Community Center's upper parking lot this month. Construction vehicles will be utilizing our driveway to get to the Pantry site over the next several months. Please be aware & use extra caution. Thank you.

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.

NECEE REGIS

AS ABOVE, SO BELOW

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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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4-30 OCTOBER 2026

ON VIEW: 8AM - 4PM WEEKDAYS

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OPENING RECEPTION

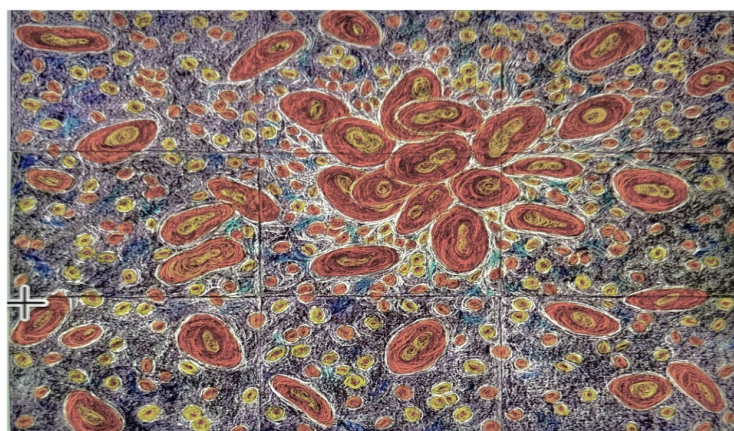
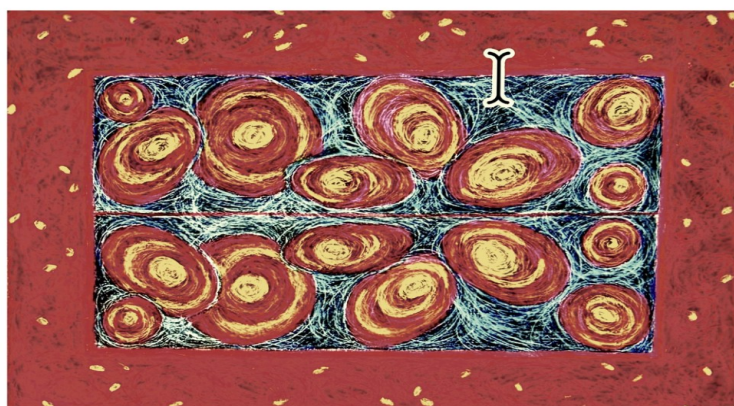
SUNDAY 4 OCTOBER 4-6PM

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ALL INQUIRIES TO: <neceeregis@gmail.com>

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Wellfleet
Adult Community Center



Flyer courtesy Kevin McMahon - Wellfleet Cultural District