

Wellfleet Adult Community Center

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

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

February

February 2026

**Sunday, February 1st, 3-5 PM ~ Lew Schwartz, artist reception ~
recent black & white & color photographs ~ see Page 12**

Monday, February 16th ~ Center closed for holiday



AARP TAX PREPARATION

The Wellfleet Council on Aging is once again offering the AARP Foundation Tax-Aide Income Tax Preparation Program. The Tax-Aide Program will begin at the Wellfleet Adult Community Center on **Thursday, February 5th and continue EVERY THURSDAY through April 9th**. Tax preparation is available to **Wellfleet residents** and is **FREE**.

Taxes are prepared by trained, IRS certified, and CORI checked tax counselors. Call the Center at (508)349-2800 or (508)349-0313 to schedule your mandatory appointment. After making your appointment, you will need to stop by the Center to pick up the Income Tax Questionnaire. Please have the questionnaire completed when you return for your appointment.

INCLEMENT WEATHER REMINDER



When Nauset Public Schools are closed, medical transportation and Center activities are all cancelled. However, the Senior Center staff is working. If the Town Hall is closed or on a delayed opening, the Center will be as well.

**Check our website at wellfleetcoa.org
or the town website at wellfleet-ma.gov**

Thank you!



Wellfleet Community Resources

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

Podiatry Services

Dr. Frank Campo provides podiatry services for older adults. Appointments via Wellfleet COA (new patients must be Wellfleet residents). Call the Center to schedule at: 508-349-2800

Helping Our Women (HOW)

Provides transportation, financial assistance, advocacy, food access, and personal care products. Support for women living with chronic health conditions. Phone: 508-487-4357

The Lily House- Wellfleet

Supporting terminally ill residents to live as fully as possible until the time of death.
Phone: 508-214-0664

EMERGENCY Notifications

Stay informed about town-wide emergencies like power outages or weather alerts. Sign up through the Town of Wellfleet's website: www.wellfleet-ma.gov

Depression Screenings- VNA

Confidential 20-minute screenings at the Wellfleet COA. Appointments preferred; walk-ins welcome. Phone: 508-957-7423.

Elder Services of Cape Cod

Supportive Services & Care Management
Helping older adults stay safe and independent at home with care coordination, nutrition support, and caregiver resources.
Phone: 508-394-4630

Dr. Marlene Denessen, PhD

Counseling services for a wide range of life situations. Welcoming new patients.
Phone: 508-896-7790

Gosnold Counseling

Outpatient counseling for mental health & substance abuse. Phone: 800-444-1554

Parkinson's Peer Support Group

Open to people with Parkinson's and care partners.
Hosted at the Orleans COA.
Call to register 860-214-5615

Women's Cancer Support Group

Sponsored by Helping Our Women.
Facilitator: Ginny Dutra, RN
Email: ginny.2000@hotmail.com
Phone: 508-648-1639

Men's Group for Retiring & Aging

Support & conversation for men transitioning into retirement. Pre-registration required. Call the Center at 508-349-2800

Bereavement Support Group

Free groups facilitated by experienced professionals. Pre-registration required. Contact: Jeanne Burke at 508-740-2370 or jmburke@capecodhealth.org

Outer Cape MS Support Group

For individuals with MS to share experiences, receive support, and learn about living well. Contact Katherine: outercapemsgroup@gmail.com

Wellfleet Community Resources

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

Town Nurse Services

Provided by the VNA of Cape Cod. Assisting with- medication management, liaison for community resources, help navigating healthcare, advanced directive assistance, home safety assessments and more. Call the Center at 508-349-2800

Homeless Prevention Council

Outreach for SNAP, fuel assistance, housing, and more. Phone: 508-255-9667

Legal Assistance

Age 60+ Free consultation appointments with attorneys via South Coastal Counties Legal Services. Call to schedule your appointment- 774-487-3251

SHINE

State certified SHINE counselors to help you understand Medicare and review plans. Call the Center to schedule 508-349-2800.

Reassurance Program

Daily check-ins for elders living alone. Contact the Wellfleet Police Department to register at 508-349-3702.

Medical Equipment Loans

Wheelchairs, walkers, shower seats, and other durable medical equipment may be available for you to borrow at the COA. 508-349-2800- or stop by.

***** Please note: our shed is FULL, we are not accepting donations at this time. Please do not leave items at the Center without approval.***

Thank you!

246 Community Kitchen

Community meal- open to all

Location: Wellfleet- Our Lady of Lourdes Parish. Tuesdays at 5:00 PM (Nov.-April)

Wellfleet Food Pantry

The Pantry provides cost-free essential food items for families in need.

Monday & Wednesday: 3-6 PM

Thursday: 10:00 AM-12 Noon

Phone: 508-349-3036

Nauset Neighbors

Helping seniors stay independent through volunteer support, transportation, tech help, social visits, and odd jobs. Phone: 508-514-7067

Mustard Seed Kitchen

Volunteer-run meal delivery for homebound or ill Wellfleet residents. Call the Center for more information at 508-349-2800

Veterans Services

Assistance with Federal, State & local benefits.

Contact your local Veterans Services Officer. Phone: 508-778-0124

Fuel Assistance

Season: Nov. - April

Available for residents aged 60+ at the Wellfleet Adult Community Center. Call the Center at 508-349-2800.

Lower Cape Outreach

Provides food, clothing, financial assistance, and other helpful resources for those in need. Phone: 508-240-0694

WELLFLEET COMMUNITY CENTER

Exercise Programs & Social Activities

Exercise programs are free for Wellfleet residents and taxpayers.

Non-residents are welcome with a \$5 drop-in fee per class. A current Hold Harmless Agreement must be on file before joining—forms are available at the Center.

 **Yoga:** Slow Flow Hatha Yoga, gentle movement, breath work, mindfulness.

 **Chair Yoga:** Seated or standing yoga with chair support. Focus on strength & balance.

 **Fit & Fun with Jenny:** Strength training, stretching, cardio & great music.

 **Tai Chi:** Gentle breathing & movement (standing and sitting). May improve sleep, balance, mood & energy.

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

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

Thursday, Feb. 19 *Let's Take the Long Way Home*
by Gail Caldwell ~ a memoir of friendship, loss, devotion
& finding connection **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.

 **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!

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.

Depression Screening Clinic

Wellfleet
Adult Community Center

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

National
Multiple Sclerosis
Society

MS Connect With Others
Living With MS



Outer Cape MS Support Group

In-Person: First Wednesday each month, 6-7:30 p.m.

Location: Helping Our Women (HOW)

3 Main Street, Unit 6 (Route 6)

Eastham, MA 02642

The National MS Society maintains a network of affiliated groups to provide opportunities for people living with MS to connect with others in their community. Join our monthly meeting for education, information, and good company!

In addition to sharing the realities of living with MS, we share good times, laughter, and information in a positive, upbeat environment. Everyone comes full of ideas to take home and perhaps try out.

Prior to attending, contact Katherine for more information and to confirm upcoming meeting details: outercapemsgroup@gmail.com

Join Us!

ZOOM link will be
available.

For more information, call 1-800-344-4867 or scan the QR code



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

H_QW

Helping Our Women



Powerful Futures Start Here

CAPE COD COMMUNITY COLLEGE
DENTAL HYGIENE PROGRAM

WILKENS FAMILY

DENTAL

HYGIENE CLINIC

OUR SERVICES

- Dental Checkup
- Dental Cleaning

Now accepting new
patients for Spring
2026 semester

Contact Us:
774-330-4371
dental@capccod.edu



The Magic of Masks

Come *Unmask* Your Inner Muse

February 6th & 13th, 2026

11:30am - 1:30pm

Join Tia Scalcione from Wellfleet Harbor Actors Theater (WHAT) at the

Wellfleet Adult Community Center for this magical two-session experience! Explore theatrical mask traditions, craft your own enchanting mask with all materials and supportive guidance, and let your creativity shine—no experience needed!

Your finished mask will be proudly displayed in a gallery exhibition on WHAT's 2nd floor, celebrated with an opening reception for participants, family, and friends (date/time TBA—invitations to follow). The cost is \$5 per person (covers materials, generously underwritten by the Friends of the Wellfleet Council on Aging to keep it accessible). No prior experience needed—just bring your curiosity and a willingness to play!

Space is limited—sign up by calling 774-801-8119
and let the magic begin!



CELEBRATING LOVE IN ACTION ON THE OUTER CAPE

Come together with neighbors for a warm, uplifting celebration of the dedicated advocates who guide our community through challenges toward stability and hope. Hear inspiring insights from our distinguished panel:

FEBRUARY 17, 2026
11:30AM - 1:00PM

Gwynne Guzzau, Executive Director, Helping Our Women (HOW)

Andy O'Dell, Manager of Client Services, Lower Cape Outreach Council
Hadley Luddy, Chief Executive Officer, Homeless Prevention Council

These beacons shine every day—providing essential support for housing, health, women's empowerment, food security, and more across the Outer Cape. Enjoy delicious food, heartfelt stories, and gratitude in a lighthearted atmosphere catered by Chef Jeni Wheeler of the Family Table Collaborative. Call 774-801-8119 to RSVP by February 13, 2026.

Wellfleet
Adult Community Center

Beacons of Hope





Wellfleet
Adult Community Center

LONGEVITY NUTRITION: MASTERING INSULIN.

PROTEIN & EASY MEALS:

OPTIMIZING YOUR HEALTH AND LIFESPAN
WITH SUSAN BAUMGARTEN



Susan Baumgarten, RD LDN

February 20th & 27th, 2026

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

If chronic disease is a fire, high insulin is the gasoline that fuels it—but your kitchen holds the power to turn down the heat. Building on our first sessions, this two-part workshop moves from theory to the table, solving the dual challenge of keeping insulin low while hitting the high protein targets essential for healthy aging.

Susan helps clients optimize health through evidence-based lifestyle, food, supplements, herbs, yoga, meditation and other body-based modalities. As an integrative health expert, she translates cutting-edge science into practical advice to incorporate into daily life.

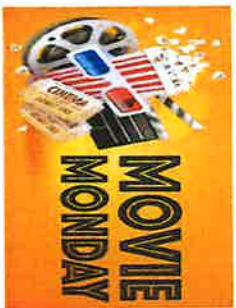
PLEASE CALL 774-801-8119 TO RSVP

Wellfleet
Adult Community Center
715 Old Kings Highway, Wellfleet, MA 02667
(508)449-2800

Monthly Housing Office Hours

Popcorn provided.
Mondays at 1 PM.

FREE!



Monday, February 2nd ~ PEOPLE WE MEET ON VACATION

Based on the 2021 novel by Emily Henry ~ Former Boston College students, Poppy wants to explore the world, and Alex prefers to stay home with a good book, but somehow they are the best of friends. They live far apart, but for a decade they have spent one week of summer vacation together. *Romantic Comedy* ~ *PG13*

Monday, February 9th ~ VALENTINE'S DAY

Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day. All-star cast including Julia Roberts, Jamie Foxx, Bradley Cooper, Anne Hathaway and many more. *Romantic Comedy* ~ *Rated PG13*

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

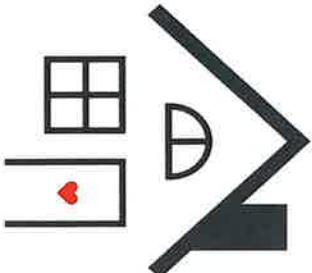
February 2 ~ March 2 ~ April 6 ~ May 4 ~ June 1 ~ July 6

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!**



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

February 2026

FEBRUARY 2026

Sunday, February 1st ~ 3-5 PM
Lew Schwartz, artist reception ~ see Page 12



Monday	Tuesday	Wednesday	Thursday	Friday
08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 12:00p Welfleet Housing Coordinator office hours 01:00p Movie Monday	09:00a Tai Chi Class ZOOM 02:00p Mens Group 10:00a Chair Yoga 12:30p Ukulele	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:00a AARP Tax Aide 08:30a Fit & Fun with Jenny 11:30a VNA Depression Screenings 12:00p Homeless Prevention Council	08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 11:30a The Magic of Masks 12:30p Bridge
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08:00a HOLIDAY- CENTER CLOSED	09:00a Tai Chi Class 11:30a Beacons of Hope Luncheon 01:00p SCCLS Legal Aid (By appointment) 02:00p Mens Group	08:30a SHINE (By appointment) 08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:00a AARP Tax Aide 08:30a Fit & Fun with Jenny 09:30a COA Board Meeting 12:00p Homeless Prevention Council NO LUNCHEON TODAY	08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 11:00a Longevity Nutrition: Mastering Insulin & Protein 12:30p Bridge
08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 01:00p Movie Monday	09:00a Tai Chi Class 02:00p Mens Group	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:00a AARP Tax Aide 08:30a Fit & Fun with Jenny 12:00p Homeless Prevention Council	08:30a Yoga 08:00a Buried In Treasures 10:15a Mahjong 11:00a Longevity Nutrition: Mastering Insulin & Protein 12:30p Bridge



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

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

www.wellfleetcoa.org

COA Board Members:

Mary Goodhouse ~ Chair
Nancy Najmi ~ Vice Chair
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Wayne Clough
Judith Cumbler
Karen Kaminski
Brian Quigley
Wendy Rennert
Mia Saunders
Lew Schwartz

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Mary Goodhouse ~
Clerk/Secretary
Robin Slack ~
Asst. Clerk/Secretary
Elaine Baskin
Mary Deshon
Lillian Greenberg

LEW SCHWARTZ RECENT BLACK & WHITE & COLOR PHOTOGRAPHS

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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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**1 FEBRUARY - 28 FEBRUARY
OPEN 8AM - 4PM WEEKDAYS**

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PLEASE DIRECT ALL INQUIRIES TO:
[lew1716@gmail.com](mailto:<lew1716@gmail.com>)

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OPENING RECEPTION

SUNDAY 1 FEBRUARY: 3-5PM

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Wellfleet
Adult Community Center
715 Old Kings Highway, Wellfleet, MA 02657
(508)349-2800

Flyer courtesy Kevin McMahon—Wellfleet Cultural District