

Wellfleet Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

newsletter of the Wellfleet Council on Aging

www.wellfleetcoa.org



May 2026

May Artist of the Month ~ Diane Messenger ~ "Paintings on Paper"
Artist Reception ~ **Sunday, May 3 from 4-6 PM** (see page 12)

Thursday, May 7 ~ Fit & Fun with Jenny will be substituted with Yoga

Monday, May 11 ~ 6 PM ~ Annual Town Meeting,
Wellfleet Elementary School

Tuesday, May 19 ~ Annual Town Election ~ Poll Hours 12 Noon - 7 PM
Wellfleet Adult Community Center (**no Tai Chi today**)

Monday, May 25 ~ Holiday ~ Center closed

Wednesday, May 27 & Friday, May 29 ~ no yoga/chair yoga classes

The Friday morning mahjong group is growing!
Join us from 10:15-12:15—friendly and fun.
Beginners welcome.



COMING IN MID-MAY

**Watch your email in-box for an announcement
regarding our summer water aerobics class.**

EMAIL NOTIFICATIONS ~ Stay up-to-date about our events ~
please make sure you are signed up to receive emails from the
Center. Email Terri at terri.frazier@wellfleet-ma.gov to be added
to the list. If you have signed up and aren't seeing our emails,
please check your SPAM/JUNK folder.



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.

 **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, May 21 ~ *A Guardian and a Thief* ~ by Megha Majumdar ~
A mother, child and elderly father attempt to emigrate to America from Kolkata. **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.

HONOR ★ REMEMBER ★ NEVER FORGET

MEMORIAL DAY

*We honor the brave.
We remember the fallen.*

WE ARE FOREVER GRATEFUL.



★ MASSACHUSETTS NATIONAL CEMETERY ★
BOURNE, MA



FLAG PLACEMENT

★ SATURDAY
MAY 23RD
10:00AM - 1:00PM

Join us as we place flags to honor the men and women who made the ultimate sacrifice.



MEMORIAL DAY CEREMONY

★ SUNDAY
MAY 24TH
1:00PM

Please join us for a ceremony of remembrance, gratitude, and honor.

★ ★ ALL ARE WELCOME ★ ★
Let us come together to honor. Let us never forget.

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?

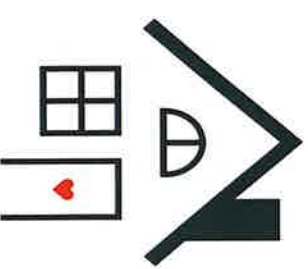
Are you looking for year-round housing?
Do you have a home you are considering selling or
renting year-round?
Do you need rental assistance, help with home repairs,
or assistance applying for the residential tax exemption?

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!**



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

Wellfleet Property Owners

Does Your Home Need Critical Repairs?

The TRI Housing Rehab Program may be able to help!

Tuesday, May 12, 2026
11:00am – 12:00pm



TRI has funds available to help qualified homeowners pay for repairs such as:

- *New Roof
- *New Siding
- *New Windows & Doors
- *New Heating System
- *New Septic System
- *Lead Paint Abatement
- *Handicapped Accessibility & More!

TRI can help pay for up to \$70,000 of repairs per owner-occupied home or qualified rental unit.

Who is eligible?

Year-Round Homeowners or some landlords who rent to year-round tenants and meet the following income guidelines for maximum total household gross income per year.

Household Size:

- 1 person: \$74,800
- 2 people: \$85,450
- 3 people: \$96,150
- 4 people: \$106,800
- 5 people: \$115,350



TRI - The Resource Inc.
508-694-6521
23 Whites Path, Suite B2,
S Yarmouth, MA 02664

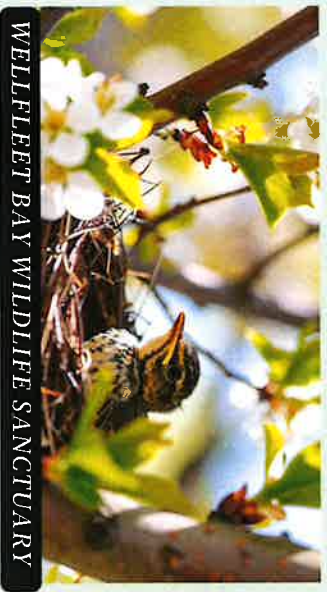


Wellfleet
Adult Community Center

JOIN US



NESTING BIRDS OF CAPE COD



WELFLEET BAY WILDLIFE SANCTUARY

Come discover some of the familiar nesting birds found on Cape Cod, while learning breeding biology, nesting requirements, and nest construction. Explore the sanctuary while participating in a nest survey with our citizen science volunteers who monitor the sanctuary's nest boxes.



May 29, 2026
10:00am - 11:00am
Please wear comfortable walking shoes, bring water, get hydrated beforehand and be prepared to walk up to 2 miles in soft sand and uneven terrain.
Cost is \$5.00



PLEASE CALL 774-801-8119 TO RSVP



Wellfleet
Adult Community Center

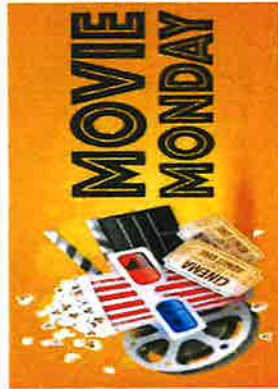


Nantucket Historical Association presents

“Life Aboard A Whale Ship”
May 18, 2026
12:00pm - 1:00pm
Call 774-801-8119 to register

NHA On the Road Overseas brings Nantucket's rich history and stories to senior residents island- wide and beyond.





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

Monday, May 4 ~ The Devil Wears Prada

Get ready for the theater release of TDWP 2 (release date May 1) by rewatching the original. With an aspiration to become a journalist, Andy, a smart but sensible young graduate, travels to New York. She starts working as an assistant to one of the city's biggest high fashion magazine editors, the cynical Miranda Priestly. Starring Meryl Streep, Anne Hathaway and Stanley Tucci. *Drama ~ Rated PG-13*

Monday, May 11 ~ 180: A Gorilla Story

Sir David Attenborough's stunning, feature-length follow-up to his first encounter with a baby mountain gorilla named Pablo in his 1978 series "Life on Earth." The documentary series crew worked closely with the Dian Fossey Gorilla Fund, spending an unprecedented 250 shooting days in Volcanoes National Park. *Documentary~ Rated PG*

Monday, May 18 ~ Remarkably Bright Creatures

Director Olivia Newman's adaptation of the bestselling novel by Shelby Van Pelt. A widow who works at a local aquarium finds joy again when she forms unlikely bonds with a giant Pacific octopus and a wayward young man who comes to town in search of family. Together, they uncover a mystery that will lead them to a life-changing discovery and restore their sense of wonder. Starring Sally Field and Lewis Pullman. *Drama – PG-13*



so we can get the popcorn ready!



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

May 2026

Maryann's Cafe



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.

Wellfleet

Adult Community Center

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

Every Thursday at 12:30

\$10 per person, reservations required by preceding Tuesday

May 7th

Shrimp picatta over pasta, broccoli

May 14th

Turkey shepherd's pie

May 21st

Caesar salad with marinated seared steak, homemade croutons

May 28th

Citrus chicken with Feta, orzo, tomatoes & olives

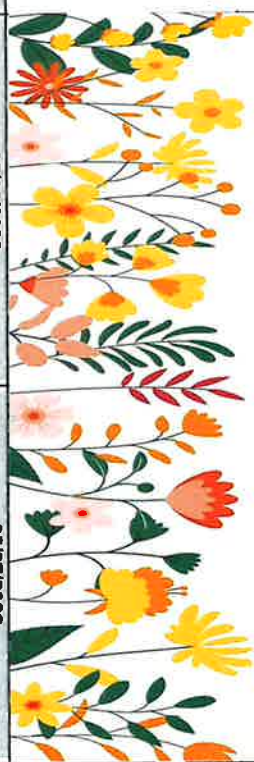
SOUP TO GO

\$6.00 per pint, packed to travel, Tuesday AM until sold out

- May 5th** ~ Potato leek
- May 12th** ~ Savory pork stew
- May 19th** ~ Lemon chicken rice
- May 26th** ~ Clam chowder

MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Artist of the Month ~ Diane Messenger ~ "Paintings on Paper" Artist Reception ~ May 3 from 4-6 PM <i>(see page 12)</i>				
05/04/2026 8:30 AM: Yoga 9:00 AM: Breakfast Club 10:00 AM: Chair Yoga 10:00 AM: My Chart Assistance Program 1:00 PM: Movie Monday 12:00 Housing Office Hours	05/05/2026 9:00 AM: Tai Chi Class 2:00 PM: Mens Group	05/06/2026 8:30 AM: Yoga 10:00 AM: Chair Yoga 12:30 PM: Ukulele	05/07/2026 8:30 AM: Fit & Fun with Jenny 11:30 AM: VNA Depression Screenings 12:00 PM: Homeless Prevention Council 12:30 PM: Maryanns Cafe ** Fit & Fun will be a YOGA class today	05/08/2026 8:30 AM: Yoga 10:15 AM: Mahjong 12:30 PM: Bridge 1:00 PM: Nordic Walking with VNA 10:00 AM
05/11/2026 8:30 AM: Yoga 9:00 AM: Breakfast Club 10:00 AM: Chair Yoga 10:00 AM: My Chart Assistance Program 1:00 PM: Selectboard Office Hours 1:00 PM: Movie Monday 6:00 PM—Town Meeting begins Wellfleet Elementary School	05/12/2026 9:00 AM: Tai Chi Class 11:00 AM: TRI Housing Rehab Program 2:00 PM: Mens Group	05/13/2026 8:30 AM: Yoga 10:00 AM: Chair Yoga 12:30 PM: Ukulele 1:00 PM: Friends of the COA	05/14/2026 8:30 AM: Fit & Fun with Jenny 12:00 PM: Homeless Prevention Council 12:30 PM: Maryanns Cafe	05/15/2026 8:30 AM: Yoga 9:00 AM: Dr. Campo (By Appointment) 10:00 AM: Buried In Treasures 10:15 AM: Mahjong 12:30 PM: Bridge 1:00 PM: Nordic Walking with VNA
05/18/2026 8:30 AM: Yoga 9:00 AM: Breakfast Club 10:00 AM: Chair Yoga 10:00 AM: My Chart Assistance Program 12:00 PM: Life Aboard a Whaling Ship 1:00 PM: Movie Monday	05/19/2026 12:00 PM: Town Election 2:00 PM: Mens Group POLLS OPEN FROM 12 NOON—7 PM NO TAI CHI TODAY	05/20/2026 8:30 AM: Yoga 8:30 AM: SHINE (By appointment) 10:00 AM: Chair Yoga 12:30 PM: Ukulele	05/21/2026 8:30 AM: Fit & Fun with Jenny 9:30 AM: COA Board Meeting 12:00 PM: Homeless Prevention Council 12:30 PM: Maryanns Cafe 1:30 PM: Book Club	05/22/2026 8:30 AM: Yoga 10:15 AM: Mahjong 12:30 PM: Bridge 1:00 PM: Nordic Walking with VNA
05/25/2026 8:00 AM: HOLIDAY- CENTER CLOSED	05/26/2026 9:00 AM: Tai Chi Class 2:00 PM: Mens Group	05/27/2026 12:30 PM: Ukulele	05/28/2026 8:30 AM: Fit & Fun with Jenny 12:00 PM: Homeless Prevention Council 12:30 PM: Maryanns Cafe	05/29/2026 10:00 AM: Nesting Birds of Cape Cod 10:15 AM: Mahjong 12:30 PM: Bridge 1:00 PM: Nordic Walking with VNA



NO YOGA CLASSES THIS WEEK

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

www.wellfleetcoa.org

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

COA Board Members:

Mary Goodhouse ~ Chair

Nancy Najmi ~ Vice Chair

Denya LeVine ~ Secretary

Wayne Clough

Judith Cumbler

Karen Kaminski

Brian Quigley

Wendy Rennert

Mia Saunders

Lew Schwartz

Friends of the COA:

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

**DIANE MESSENGER
PAINTINGS ON PAPER**

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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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THROUGHOUT MAY 2026

OPEN 8AM - 4PM WEEKDAYS

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PLEASE DIRECT ALL INQUIRIES TO:

<lizziemessenger@gmail.com>

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OPENING RECEPTION

SUNDAY 3 MAY, 4 - 6 PM 2026

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"COME WITH ME": ACRYLIC ON PAPER 31X45" 2025



"MAN WITH BABY" ACRYLIC ON PAPER: 30 X 45" 2021