

Wellfleet Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667

(508)349-2800

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

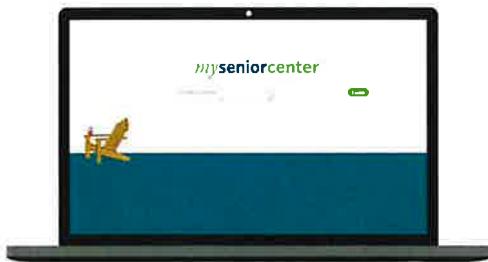


JANUARY 2026

Friday, January 1st ~ Center closed for holiday

Sunday, January 4th ~ 3-5 PM ~ Janis Ekman, artist reception, "My Wellfleet"

Monday, January 19th ~ Center closed for holiday



SIGNING IN AT THE CENTER

Please remember to sign in when you come in for programs and make sure we have an email and phone number for you. It is important that the contact information on file is current so that in the event of cancellations we can reach you. To ensure you receive timely updates from us, please provide a phone number that does not have a spam block enabled, as well as your email address. Thank you.



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. 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, Jan. 15 *All the Broken Pieces* by John Boyne
An elderly woman is haunted by the past in Germany.
NEW MEMBERS WELCOME ~ JOIN US!

 **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!

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 Services:

- 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.

HOLIDAY RECYCLING GUIDE

Town of Wellfleet

Transfer Station / Recycling Center

370 Coles Neck Road 508 349 0335

8AM to 3:30PM Closed Wed and Thurs in the off-season

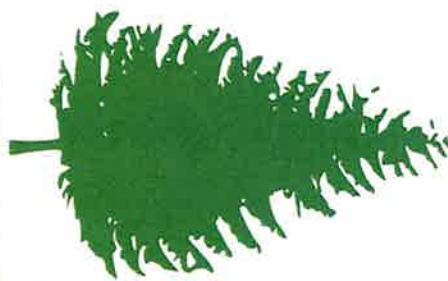
Wellfleet Swap Shop is open Sat Sun Tues – 8AM to 12 Noon

THE WELLFLEET SWAP
SHOP will accept your
Christmas items through
JANUARY 20th, 2026



Christmas Trees: Recycle real trees only

Remove all ornaments, lights, and tinsel from your real tree and bring it to the brush pile



Holiday String Lights

Place these on the ELECTRONICS TABLE – the copper and other metals within will be recycled

CARDBOARD BOXES

PLEASE REMOVE ALL
PACKING MATERIALS
and
FLATTEN YOUR BOXES
BEFORE RECYCLING THEM

Foam blocks and bagged
foam peanuts can be
discarded in the trash

Please see attendant

TIP
CLEAN FOAM PACKING
PEANUTS and PLASTIC AIR
BUBBLES can be offered
to the Wellfleet Swap Shop
or the Ownk Pack & Ship in
Eastham 508 240 1775

GIFT WRAP Choose to Reuse
Pop your presents into a cloth bag
or decorate your own paper.
PLEASE KEEP GIFT WRAP AND
GIFT BAGS OUT OF THE

RECYCLING

Couldn't finish your holiday
meal? Drop off food scraps
including meat and bones in the
Residential Food Waste Composting
cart at the recycling plaza.

more!

Having a Party? Need tableware?

Borrow it for free from the
Recycling Committee.

We have a large collection
of silverware, ceramic
plates, wine glasses, cotton
napkins, beverage
dispensers, and much
more!

Wellfleet Recycling Committee
@wellfleetrecycles wellfleetrecycles@gmail.com

MS. Connect With Others

Living With MS

National
Multiple Sclerosis
Society



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

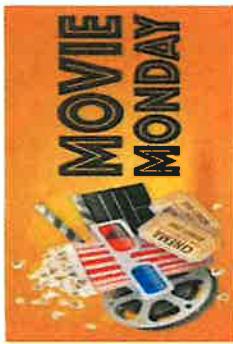
Join Us!

ZOOM link will be
available.

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



Popcorn provided.
Mondays at 1 PM.
FREE!



Monday, January 5th ~ THE BLUE ANGELS

The Blue Angels follows the newest class of the storied Navy & Marine Corps flight squadron through intense training and into a season of heart-stopping aerial artistry, and the veterans on the team who, this year, will take their final flights.

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



Monday, January 12th ~ A LEAGUE OF THEIR OWN

Film directed by Penny Marshall that tells a fictionalized account of the real-life All-American Girls Professional Baseball League (AAGPBL). During World War II when all the men are fighting the war, most of the jobs that were left vacant because of their absence were filled in by women. The owners of the baseball teams, not wanting baseball to be dormant indefinitely, decide to form teams with women, so scouts are sent all over the country to find female players.

Sports/Comedy/Drama ~ Rated PG

June Squibb brings to vivid life the witty and proudly troublesome 94-year-old Eleanor Morgenstein, who after a devastating loss, tells a tale that takes on a dangerous life of its own. Scarlett Johansson's directorial debut is a comically poignant exploration of how the stories we hear become the stories we tell.

Drama/Comedy ~ Rated PG-13



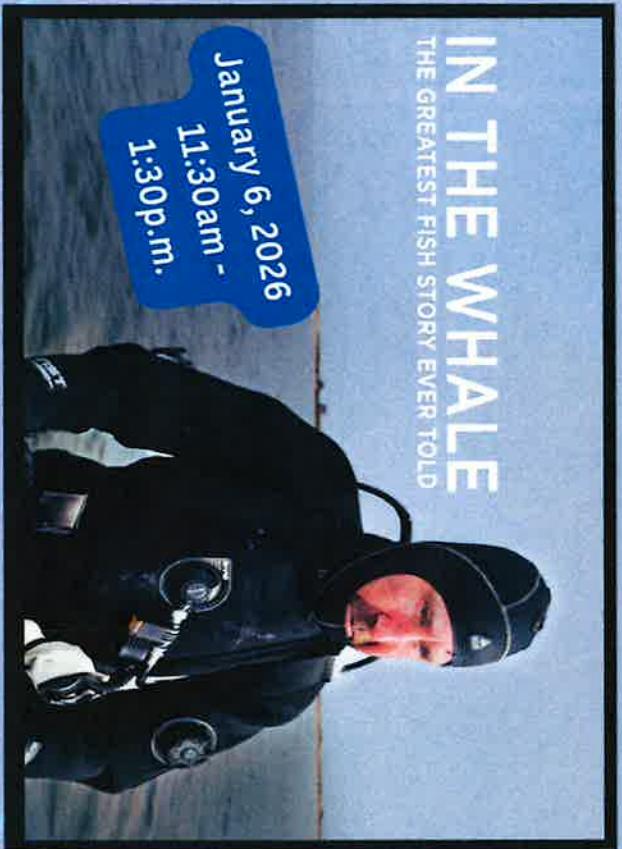
so we can set up &
get the popcorn
ready!

Wellfleet
Adult Community Center

In the Whale

The Greatest Fish Story Ever Told

followed by Q&A with Michael Packard



JOIN US AT THE WELLFLEET ADULT COMMUNITY CENTER FOR A SPECIAL SCREENING OF THE AWARD-WINNING DOCUMENTARY IN THE WHALE – THE INCREDIBLE TALE OF OUR OWN WELLFLEET NEIGHBOR, LOBSTER DIVER MICHAEL PACKARD. IN 2021, MICHAEL WAS BRIEFLY ENGULFED IN THE MOUTH OF A HUMPBACK WHALE OFF PROvincETOWN (AND LIVED TO TELL IT). THIS GRIPPING FILM SHARES HIS HARROWING SURVIVAL, HIS DEEP LOVE FOR THE SEA, AND LIFE HERE ON THE OUTER CAPE. STICK AROUND AFTERWARD FOR A Q&A WITH MICHAEL HIMSELF.

Call 774-801-8119 to RSVP

Wellfleet
Adult Community Center

LONGEVITY 101:

OPTIMIZING YOUR HEALTH AND LIFESPAN
WITH SUSAN BAUMGARTEN



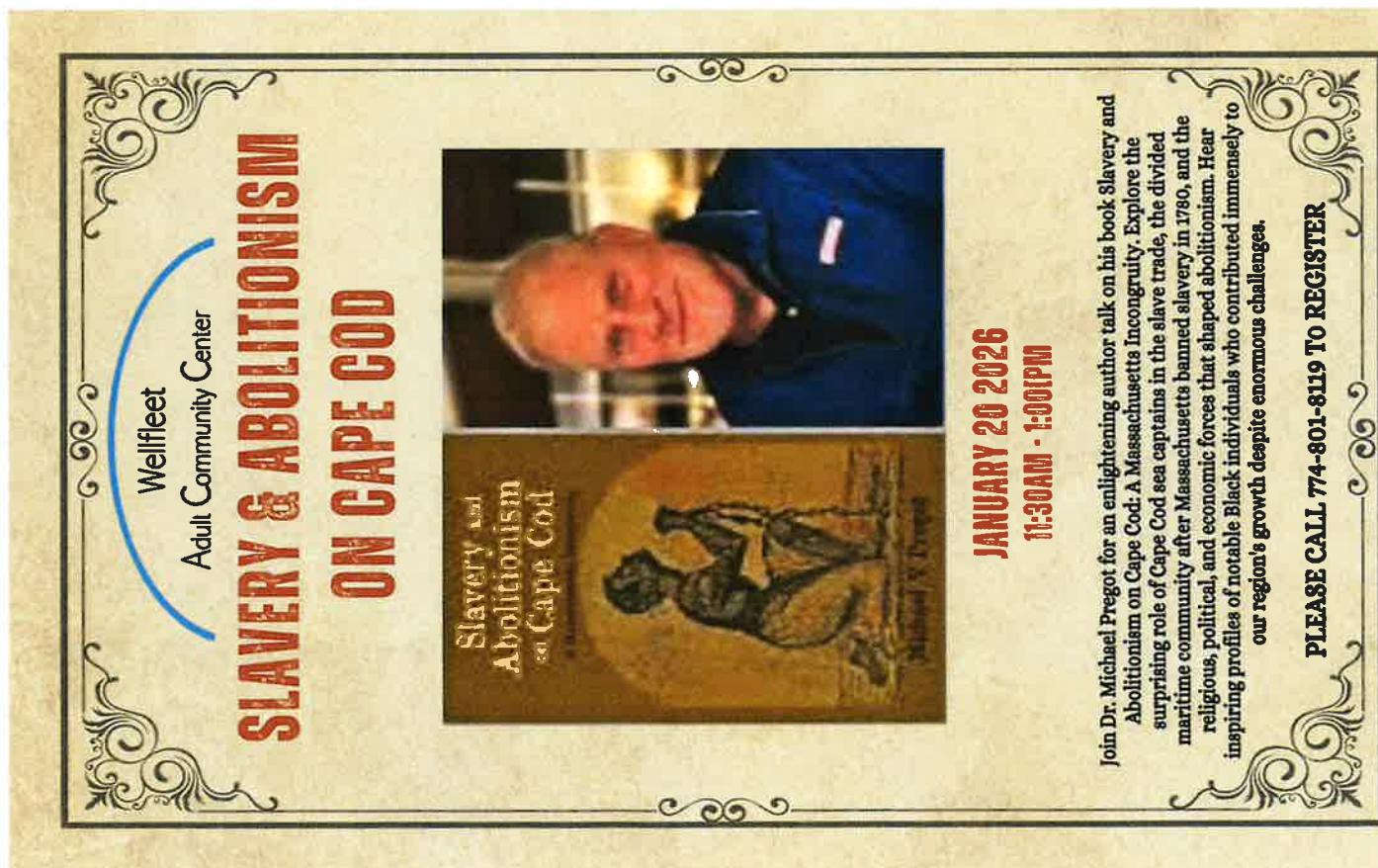
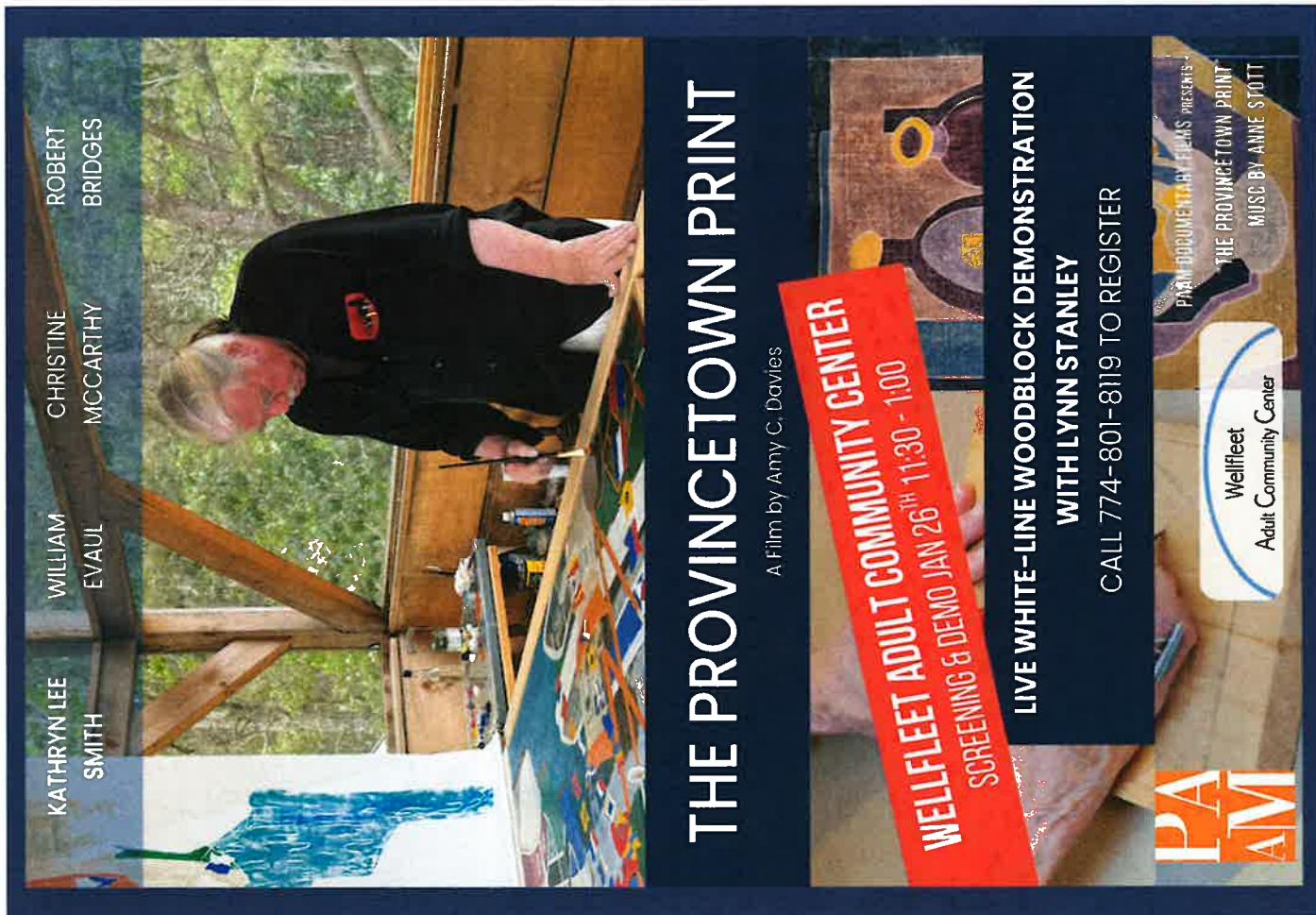
January 9th & 16th, 2026

1:00pm - 2:30 pm.

Kick off the new year with a brand-new twice-monthly series designed just for you! Cut through the noise of social media hype and influencer myths. Discover evidence-based, practical ways to extend your healthy years – without expensive gadgets or trendy supplements. Future sessions will dive into affordable, lifestyle medicine strategies you can start today. Bring your questions – your input will help shape the series! Free and open to all.

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



MARYANN'S CAFE JANUARY 2026

THURSDAYS AT 12:30, \$10 PER PERSON
RESERVATIONS REQUIRED BY TUESDAY

SAME DAY CANCELLATIONS/NO-SHOWS
WILL BE ASKED TO PAY FOR THEIR MEALS
PLEASE INFORM US OF ANY FOOD ALLERGIES

JANUARY 8

CHICKEN STEW WITH A PUFF PASTRY CRUST

JANUARY 15

TERIYAKI SALMON, BASMATI RICE, SAUTEED VEGGIES

JANUARY 22

ROAST PORK LOIN, MASHED SWEET POTATOES, SHAVED
BRUSSEL SPROUTS WITH CRANBERRIES

JANUARY 29

LASAGNA WITH MEAT SAUCE, ROAST VEGGIES



**SOUPS/SALADS TO GO
\$6 PER PINT, AVAILABLE TUESDAY
UNTIL SOLD OUT**

JANUARY 6~ POTATO CARROT LEEK

JANUARY 13~ PORTUGUESE KALE

JANUARY 20~ WINTER MINESTRONE

JANUARY 27~ CHICKEN VEGETABLE BARLEY



Fit & Fun with Jenny is BACK!

Great for all fitness levels & ages

Fun and energizing full-body workout

Boost mood and relieve stress



Thursdays



Start at 8:30 am



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JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Sunday, January 4th ~ 3-5 PM <i>Janis Ekman, artist reception, "My Wellfleet"</i>			
08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 01:00p Movie Monday	09:00a Tai Chi Class 11:30a In the Whale 02:00p Mens Group	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:00a HOLIDAY- CENTER CLOSED 	08:30a Yoga 10:00a Buried In Treasures 10:15a Mahjong 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	08:30a Fit & Fun with Jenny 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:00a Buried In Treasures 10:15a Mahjong 12:30p Bridge
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08:30a Yoga 09:00a Breakfast Club 10:00a Chair Yoga 11:30a The Provincetown Print with Lynn Stanley 01:00p Movie Monday	09:00a Tai Chi Class 11:30a Slavery and Abolitionism 02:00p Mens Group	08:30a Yoga 10:00a Chair Yoga 12:30p Ukulele	08:30a Fit & Fun with Jenny 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	08:30a Yoga 09:00a Dr. Campo (By Appointment) 10:00a Buried In Treasures 10:15a Mahjong 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
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Chelsea Micks, Office Assistant/Transportation Coordinator
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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
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

JANIS EKMAN "MY WELLFLEET" PHOTOGRAPHS

2003-TO THE PRESENT

WELLFLEET ADULT
COMMUNITY CENTER
GREAT POND GALLERY
715 OLD KING'S HIGHWAY: 349-1800
CURATED BY ROBERT RINDLER

4 - 30 JANUARY 2026

OPEN 8 AM - 4 PM WEEKDAYS

PLEASE VISIT THE ARTIST'S WEBSITE:
WellfleetPhotography.com

AND DIRECT ALL INQUIRIES TO:
Hi@wellfleetphotography.com
or text: 201-241-6311 for more info.

OPENING RECEPTION

SUNDAY 4 JANUARY 3-5 PM 2026



"Sunset, Indian Neck"



"September 5 Sky"