

# THE MASHPEE SENIOR CONNECTION



**MAY AND JUNE 2024**



## MASHPEE SENIOR CENTER

Monday through Friday, 8:30am - 4:30pm

Please sign up to receive emails for up-to-date news regarding activities, information, volunteer opportunities, upcoming events, programs and more. Contact the Mashpee Senior Center at 508-539-1440 to be added to our email list or email: [coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov)



See the Mashpee Senior Center on *Facebook* for up-to-date information on special events, programs, activities and helpful resources!

Scan the QR code for additional information from the Mashpee Council on Aging's webpage.



**YOU'RE INVITED!!**



## JOIN US AT THE MASHPEE COUNCIL ON AGING/SENIOR CENTER OPEN HOUSE

**Tuesday, June 4<sup>th</sup>  
9:30am to 11:30am**

Would you like to learn more about an activity, research a new hobby, meet new people, and learn about all the various programs at the Mashpee Council on Aging/Senior Center?

Join us for our open house on Tuesday, June 4th, between 9:30 a.m. and 11:30 a.m. You will have the opportunity to see what we do, the services we offer, and chat with our instructors, volunteer group leaders, and our community partners.

We will have some class demonstrations as well as displays of various art and woodworking projects completed by our participants. We hope that you will join us to learn more!

Coffee and light refreshments will be available.



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Mashpee Senior Center/Council on Aging 26 Frank E. Hicks Dr. Mashpee, MA 02649

Phone: 508-539-1440 Fax: 508-539-2791 Email: [coa@mashpeema.gov](mailto:coa@mashpeema.gov) <https://www.mashpeema.gov/council-aging>



# TOWN OF MASHPEE GENERAL INFORMATION



**Select Board Member  
Michaela Wyman-Colombo  
Tuesday, May 7th and June 4th  
9:00am-10:00am**

Mashpee Select Board Member Michaela Wyman-Colombo will hold office hours at the Senior Center from 9:00am-10:00am on the 1st Tuesday of each month.

She looks forward to meeting you and hearing your thoughts and concerns. No appointment needed.

## HOLIDAY OBSERVANCES

The Mashpee Senior Center will be closed in observance of the following holidays:



- ⇒ **Monday, May 27th - Memorial Day**
- ⇒ **Wednesday, June 19th, Juneteenth**

All activities, including transportation, will be cancelled on these dates.

## MASHPEE SPECIAL AND ANNUAL TOWN MEETING Monday, May 6th at 7:00pm

Mashpee Special and Annual Town Meeting, will be held on Monday, May 6th, starting at 7:00 pm at the Mashpee High School located at 500 Old Barnstable Road. Transportation will be available on a first-come, first-serve basis. Call the Senior Center at 508-539-1440 by April 30th to schedule a ride to the Town Meeting. To view the Town Meeting warrant, please click on the link below:  
[executed may 6 2024 special and annual town meeting warrants .pdf](#)

## MASHPEE TOWN ELECTION Saturday, May 11th 7:00am to 8:00pm

Mashpee Annual Town Election will take place at the Mashpee Senior Center, Town Hall, and Library on Saturday, May 11, 2024 from 7:00am to 8:00pm., Precincts 1 & 2 vote at the Senior Center. Precincts 3 & 4 vote at Town Hall. Precinct 5 votes at the Mashpee Public Library. If you do not know your precinct please use the "Where Do I Vote" link listed below.

**WHERE DO I VOTE?** You may check your voter registration status online here:  
<https://www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus.aspx>

## MASHPEE POLICE DEPARTMENT TIP OF THE MONTH



The Mashpee Police Department often sees an increase of noise complaints during the spring and summer months. Please remember to be mindful and respectful of your neighbors. In general excessive or unusual noises by person or persons are prohibited in the Town of Mashpee between the hours of 10pm to 8am other than with a licensed establishment. Making loud or boisterous noises that can be heard within 150' feet or more from the building, structure, vehicle or premises can result in a fine. For the full General Bylaw on Chapter 120-Noise, please visit the town website at: [www.mashpeema.gov](http://www.mashpeema.gov)

**Noise by Dogs:** A dog excessively howling or barking for a duration longer than fifteen 15 minutes is considered a nuisance.

Please contact the Mashpee Police Department with any questions or concerns at 508-539-1480. Special Police Officer & Advocate, Extension 7253. The Animal Control Officer, can be reached at Extension 7264.

# SPECIAL PROGRAMS

To register online please visit:

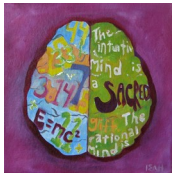
[myactivecenter.com](http://myactivecenter.com)

## TEA AND SWEETS Friday, May 3rd 2:30pm to 4:00pm



Wear your fascinator and join us for a cup of tea and some delicious sweet treats. Space is limited, so please register early. The cost is \$10.00 per person. To register, please visit: [myactivecenter.com](http://myactivecenter.com)

## ART THERAPY Monday, May 13th from 1:00pm to 3:30pm



Join us for an enjoyable and productive acrylic paint afternoon. Absolutely no artistic ability required, just the desire to have a relaxing afternoon creating a beautiful painting. Sandy Taylor, a Cape Cod artist, leads paint classes for a variety of groups. Sandy will take you step-by-step to create your very own masterpiece. You will be in awe of your results and will leave this session with an original Cape Cod scene on canvas with acrylics.

All supplies are included for the fee of \$35 payable to the instructor at the class. This class is for Mashpee residents only.

To register, please visit: [myactivecenter.com](http://myactivecenter.com)

## LEARN TO PLAY MAH JONGG Tuesdays, May 7th to June 4th 1:00pm to 3:00pm

Join a small group to learn the fun and always challenging game of Mah Jongg. Easy to get started with step by step, hands-on learning under the guidance of Eda Stepper, a teacher and player of Mah Jongg for many years. Samples of the National Mah Jongg League you pick to play card, which comes out yearly, will be provided for the class. Nothing is needed except your desire and enthusiasm!

Class size is limited. This class is for Mashpee residents only. The fee for the class is \$65.00 for the five classes. To register, please visit: [myactivecenter.com](http://myactivecenter.com)

## NEW REGISTRATION PROCESS

**MY ACTIVE CENTER - ONLINE  
REGISTRATION**

My Active Center is an easy way to sign up for activities and programs online. To create your account, you may go to [myactivecenter.com](http://myactivecenter.com)

**PLEASE NOTE:** For those of you who do not want to register online, registrations may only be done on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm by phone at 508-539-1440 or in-person. Registration does not include appointments. All appointments must be scheduled by calling the Senior Center. This process will enable us to better keep track of each activity/event we offer and the number of participants signed up at any given time.

## MY ACTIVE CENTER TRAINING SESSIONS

**Join us Thursday, May 9th and 23rd  
1:00pm to 2:00pm**

Learn how to utilize "myactivecenter.com" so that you can register for activities from anywhere you have Internet access. Be the first to know about new events and register before they fill up. It's easy, convenient, and a time saver for everyone.

Please register online at: [myactivecenter.com](http://myactivecenter.com) or register on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm by calling 508-539-1440, or in-person.

## OUT TO LUNCH!

**Thursday, May 16th at 11:00am-1:15pm**

Join us for a unique experience at Upper Cape Cod Regional Technical School where students will prepare and serve your luncheon choice for Canal Side Dining. Meet at 11:00 a.m. at the school, 220 Sandwich Road (Route 6A), Bourne, MA.

For those who cannot drive or need assistance, you can call the Senior Center at 508-539-1440 to reserve a seat on the minibus. Call early, as space is limited. Each person will pay for their own meal. The school does not take credit cards and cannot provide separate checks, so please bring cash in small bills.

This event is for Mashpee residents only.

**Please register no later than Friday, May 10th.**

To register, please visit: [myactivecenter.com](http://myactivecenter.com)



**MALNUTRITION SCREENING**  
**Tuesday, May 21st**  
**11:00am to 12:00pm**

Are you malnourished? What you learn may surprise you. Join us for an informative presentation on malnutrition, what it is, and how to prevent it.

This free screening is sponsored by Elder Services of Cape Cod and the Islands.

Please register online at: [myactivecenter.com](http://myactivecenter.com).

**MEDICARE SUPPLEMENTAL PLANS VS. MEDICARE ADVANTAGE PLANS**  
**Wednesday, June 5th**  
**10:00am to 11:00am**



This is the #1 question most people have when deciding on the coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies, and provide resources to help in the decision process. This presentation is great for people new to Medicare and also for existing Medicare members.

Register online at: [myactivecenter.com](http://myactivecenter.com)

**SONGS & STORIES OF THE AMERICAN FOLK REVIVAL**  
**Friday, June 7th from 1:00pm to 2:15pm**

Andrew Lewis and Michael Shea's, "Lewis and Shea" presentation will include songs and stories from the American Folk Revival that aligned itself to the political and social movements of the late 50s through the 60s, specifically those concerned with Civil Rights, Music Transformation Movement and the events leading up to the Vietnam War.

Most, if not all, of the songs are well known and the audience will surely be singing along!

Register online at: [myactivecenter.com](http://myactivecenter.com)



This program is supported by a grant from the Mashpee Cultural Council, a local agency and a MA Cultural Council, a state agency.

**CPR TRAINING—HANDS ONLY**  
**Monday, June 10th**  
**10:00am to 11:30am**



This course is led by the Cape Cod Medical Reserve Corps. They will teach hands only CPR, Choke Saving, and use of an AED for adults and children.

Instruction will be both classroom with use of video, and hands-on with certified instructors so participants can practice all their skills.

To register for this training session, please visit: [myactivecenter.com](http://myactivecenter.com)

**Mother's Day is Sunday, May 12th**



**WHO REALLY WAS PAUL REVERE?**  
**Monday, June 10th**  
**From 1:30pm to 3:00pm**

History speaker Richard Nichols presents an informative lecture on Paul Revere. You will hear about Paul Revere's life from his birth, his family, his country, to the midnight ride and the American Revolution. You will gain a better understanding of many unknown facts on the life of Paul Revere.

Register online at: [myactivecenter.com](http://myactivecenter.com)



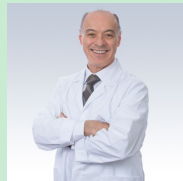


**MUSICAL COMEDY/  
FUNNY MUSICIAN  
WITH DAVE ANDREWS**  
Friday, June 21st  
1:00pm to 2:00pm

Dave Andrews is a classically trained vocalist with jazz guitar chops and a love of the blues harmonica. His act is his own blend of music, humor, and nostalgia. With his signature hat and guitar, comedian Dave Andrews hits the stage running with an arsenal of impressions and one-liners delivered with impeccable timing and ease. Please plan to join us for this entertaining show.

Registration is required. To register online, please visit: [myactivecenter.com](http://myactivecenter.com)

**FREE HEARING SCREENINGS  
PROVIDED BY HEARING LIFE**  
Wednesday, June 26th  
9:00am to 12:00pm  
(by appointment only)



Free hearing screenings will be provided at the Mashpee Senior Center by Alan Palanzi, Hearing Instrument Specialist.

Please do not register for this online. You will need to stop by or call the Senior Center at 508-539-1440 to schedule your free, 15-minute appointment. This is for Mashpee residents only.

**QI-GONG (New Series)**  
Wednesdays, May 22nd to June 26th  
(no class on June 19th)  
9:45am to 10:45am

This class is for students that want to enhance their Qi-Gong experience with the Five Elements and Organs with the emphasis on the movements for spring and summer. Each class will incorporate breath work, balances, standing postures, warm ups, Healing colors and sounds, and learning several pressure points for healing. The goal of the class will be to move with effortless ease, reducing muscular tension and calming the mind.

The cost is \$40.00 for the entire series or \$12.00 for drop in; \$10.00 per class for late registrants. Checks payable to the Town of Mashpee. Participants must sign a waiver. To register, please visit: [myactivecenter.com](http://myactivecenter.com)



**NEW SESSION**  
**TAI CHI FOR HEALTHY  
AGING**  
Wednesdays, starting  
June 12th to  
August 21st  
2:00pm-3:00pm

Tai Chi for Healthy Living is an adapted Tai Chi training program designed to teaching older adults how to improve their strength and balance, reduce their fear and risk of falling, be more relaxed, flexible, and socially engaged through group Tai Chi classes.

Participants should be ambulatory, eager to engage with others and interested in improving flexibility, balance, muscle strength and reducing their risk of falling. Participants will be expected to attend a 1-hour class weekly for 10 weeks.

- \* The introductory class, required for new attendees, will be held on Wednesday, June 12th from 1:00pm-2:00pm. This class is for those with no Tai Chi experience and have been able to register for the series that starts on the same day as this class.
- \* Current participants take priority; therefore, space is extremely limited. If space is available, registration begins on May 25th.
- \* **There is no class on Wednesday, June 19th.**
- \* All subsequent classes will be Wednesdays, starting on June 26th from 2:00pm-3:00pm.
- \* Students should wear pants, t-shirt, & flat flexible soled shoes or sneakers).
- \* People not attending the first class or missing 2 regular classes will be dropped.
- \* This class is for Mashpee residents only.
- \* To register, please visit: [myactivecenter.com](http://myactivecenter.com)

**Father's Day is Sunday, June 16th**



# SPECIAL ACTIVITIES/EVENTS



## FLAG DAY CEREMONY Friday, June 14th 10:00am

On Flag Day we pay tribute to the symbol that represents our Nation - the flag of the United States of America.

On June 14th, we are reminded of our history as a Nation, our principles and spirit our flag represents.

Sergeant Kevin Voegeli, USMC and Senior Master Sergeant Guy Gottschalk, UFAF, Service Officers from Mashpee's Department of Veterans Services, will be in attendance and will lead our ceremony. Please join us at the Mashpee Senior Center to honor our flag and the ideals it represents.

Please join us. No registration required.

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## BINGO!

Tuesday, May 14th and  
June 11th  
1:00pm-2:30pm



Join us for Bingo!  
All are welcome!

Please register online at: [myactivecenter.com](http://myactivecenter.com)

\*\*\*\*\*

## SUMMER KICKOFF UKULELE CONCERT!!

Friday, June 14th  
1:00pm to 2:00pm

Join the fun with a variety of music to celebrate SUMMER!!

Entertainment will be provided by Cathy Hatch and the Cape Cod Ukulele Club. Sing and clap along to some of your favorite songs. All are welcome!!

Please register online at: [myactivecenter.com](http://myactivecenter.com)



## FRIENDS OF MASHPEE WILDLIFE REFUGE PRESENTATION

Wednesday, May 8th; Thursday,  
June 13th; and Tuesday, June 25th  
10:30am to 11:30am

Beginning in May, we are planning a series of six informative presentations sponsored by the Friends of Mashpee Wildlife Refuge.

- ♦ May 8th will feature the Ancient Horseshoe Crab's native history and current regulations.
- ♦ On June 13th, visit the daily life of an Osprey family through the Osprey Cam!
- ♦ Speakers on June 25th will share their knowledge of the Upper Cape area and the hidden treasures and wildlife right in our own backyard discuss how you can get involved. Refuge trail maps and more will be provided.

For a detailed description of each of the topics and future presentation dates in the series, and to register, please visit [myactivecenter.com](http://myactivecenter.com)

## ON-GOING PROGRAMS To register please visit: [myactivecenter.com](http://myactivecenter.com)

### MOVIE AND A SNACK!

Wednesdays at 1:00pm  
May 1st and May 15th  
June 5th



We apologize that we are unable to provide the movie titles due to copyright regulations. Please call the Senior Center for more information on movie titles at 508-539-1440.

\* Please register online at: [myactivecenter.com](http://myactivecenter.com)

## THE SENIOR LUNCH BUNCH

Please plan to join the Senior Lunch Bunch for an enjoyable social event and lunch. Break bread with old friends and meet new ones! The March lunch at Dino's was highly successful and was attended by 15 people.

The group is hoping to meet once a month at different local restaurants. Updates will be announced in [myactivecenter.com](http://myactivecenter.com) as more information becomes available. All are welcome and we hope you will join us!



**COFFEE & CONVERSATION**  
**Thursday, May 2nd June 6th**  
**9:30am-10:00am**

Join our guests for coffee & conversation between 9:30am - 10:00am:

- ◇ **On May 2nd, please plan to join School Resource Officer (SRO) Katie Hennessey of the Mashpee Police Department.**
  - ◇ **On June 6th, chat with Ron Pauline, Minibus driver of the Mashpee Senior Center.**
- No registration required. Please join us!

**CRAFT CLASSES**

- \* Tuesday, May 14th: Make beaded whisk dragonflies. The fee is \$8.00.
- \* Tuesday, May 28th: Create a wine glass sand globe. The fee is \$8.00.
- \* Tuesday, June 11th: Design a sea glass tree. The fee is \$22.00
- \* Tuesday, June 25th: Make a hanging hoop planter. The fee is \$9.00.

Please register online by the Friday prior to the class at: [myactivecenter.com](http://myactivecenter.com) The fee for each class is payable to the instructor and includes all supplies and instructions. Please sign up early!

**NEW SESSION - UKULELE CLASSES**  
**Fridays, May 10th to June 14th**

**Absolute Beginner Ukulele**  
**Fridays, May 10th to June 14th**  
**From 9:00am to 10:00am**

Learn to tune and strum a few songs with Cathy. You will be introduced to the language of ukulele, and a few hints and tricks to get through tunes as a beginner. You do not have to read sheet music. Students must bring their own ukulele.

**Beginner Ukulele 1**  
**Fridays, May 10th to June 14th**  
**From 11:30am to 12:30pm**

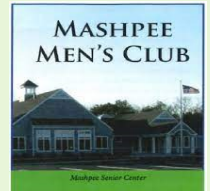
If you have already taken Absolute Beginner Class, but still learning chord progressions and strumming, but not ready for Beginner 2 class, then this class is for you.

**Beginner Ukulele 2**  
**Fridays, May 10th to June 14th**  
**10:15am to 11:15am**

If you have already taken Absolute Beginner and Beginner 1 classes and you feel ready for the next level, then this class is for you. Learn more strumming patterns and chord progressions and bar chords.

**The fee is \$50 for 6 sessions, payable to the instructor at the first class.** Please register online at: [myactivecenter.com](http://myactivecenter.com)

**MASHPÉE MEN'S CLUB**  
**Tuesday, May 7th and**  
**Tuesday, June 4th**  
**10:00am-12:00pm**



The Mashpee Men's Club meets the first Tuesday of each month at 10:00am for coffee with the business meeting and a speaker starting promptly at 10:30am.

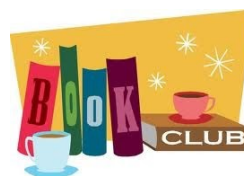
- ⇒ The guest speaker for May 7th will be Darius Coombs, Cultural & Outreach Coordinator for Education of the Mashpee Wampanoag Tribal Education Department.
- ⇒ The guest speaker for June 4th will be Robert Dwyer, President and Executive Director of the Cape Cod Museum of Natural History.

Membership in the Club is open to all men 50 or older. Applications for membership are available at the meeting. Dues are \$25.00 for the year. No registration is required.

**LINE DANCING (Two New Sessions)**  
**from 9:45am to 10:45am**

**Thursdays, May 2nd to May 30th**  
**(5 classes for \$35.00)**  
**Thursdays, June 6th to June 27th**  
**(4 classes for \$28.00)**

Line Dance to a dynamic blend of country & pop music routines. Checks are payable to instructor Kim Benton. All participants must sign a Town of Mashpee waiver/liability form prior to starting. Please register online at: [myactivecenter.com](http://myactivecenter.com)



**MASHPEE SENIOR CENTER**  
**BOOK CLUB**  
**Monday, May 20th and**  
**June 17th**  
**from 2:00pm to 3:00pm**

Join us to discuss book selections, meet new people, and see what the Mashpee Senior Center Book Club is all about. Book selections are:

**May 7th: "Horse," written by Geraldine Brooks.**

**June 17th : "Passionate Mothers and Powerful Sons," written by Charlotte Gray.**

There is no registration or charge to join the Book Club! Please stop by for a lively book discussion. New members are always welcome.

**NEW FORMAT!****SCHEDULE OF REGULAR ACTIVITIES****NEW FORMAT!****COLOR CODE:**

Green - Social Activities/Games

Blue - Health &amp; Wellness

Activities are held weekly unless indicated otherwise by a specific week in parentheses ( ).

\* Waiver form needed prior to start of class.

\*\* Registration required. Please visit: [My Active Center](#) or call 508-539-1440.

\$ - Indicates there is a fee. See below for price information.

TIME	MONDAY	TIME	TUESDAY
8:30-9:30 9:45-10:45 11:00-12:00 12:30-4:00	Strength Training* \$ Gentle Yoga* \$ Chair Yoga* Mah Jongg	8:30-9:30 9:00-12:00 10:00-11:00 10:00-12:00 11:00-2:00 12:30-3:00	Exercise* Woodcarving \$ Zumba* Rummikub Sea Mist Swimming* Intermediate Mah Jongg
TIME	WEDNESDAY	TIME	THURSDAY
8:30-9:30 10:00-11:00 10:00-12:00 10:00-12:00 12:00-1:00 1:00-3:30 1:00-3:30 1:00-3:00	Strength Training* \$ Zumba* Sports Group Painting Class Osteoporosis Exercise*** Canasta Cribbage Painting Class	8:30-9:30 9:30-10:30 9:30-10:30 10:00-11:00 11:00-3:00 11:00-2:00 1:00-2:30 3:00-4:00	Exercise* Singing Seniors Cribbage & More Games Knitting and Crocheting Scrabble Sea Mist Swimming* Sketching \$ Ballroom Dancing*
TIME	FRIDAY		PLEASE NOTE
8:30-9:30 10:00-11:00 12:30-4:00	Strength Training* \$ Zumba* Mah Jongg		If you are attending one of our health & wellness classes for the first time, please complete the Town's Hold Harmless Agreement/Waiver Form.

**THE FOLLOWING PROGRAMS ARE FREE:**

\***Exercise:** Every Tuesday & Thursday from 8:30am-9:30am. This class focuses on a total body workout. No charge.

\***Strength Training:** Every Monday, Wednesday and Friday from 8:30am-9:30am. Exercise as a group w/ one of the many wonderful options chosen from our YouTube Library! No charge.

\*\*\***Osteoporosis Exercise Class:** Wednesdays, 12pm-1pm. Sponsored by Elder Services of Cape Cod & the Islands (ESCCI). A trained volunteer leads an exercise class for people who have been diagnosed with osteoporosis or who are at risk of developing osteoporosis, according to their physician. The exercises are designed to help maintain and increase strength, flexibility, balance, and function. Interested individuals are asked to discuss program with physician prior to joining. A participant acknowledgement form must be completed prior to participating (obtained from instructor). Should you have additional questions, please contact Dawn Ericson-Taylor, Volunteer Resource Supervisor/ ESCCI at 508-258-2490. **Call the Senior Center at 508-539-1440 to register and pick up a waiver form for this class.**

**THERE IS A FEE FOR THE FOLLOWING PROGRAMS:**

\$ **Gentle Yoga:** Mondays, 9:45am-10:45am. Please bring a yoga mat. There is a fee of \$6 drop in or \$45/8 classes (1st class is free).\*

\$ **Chair Yoga:** Mondays, 11:00am-12:00pm. Modified for seniors who prefer to practice yoga seated in a chair. There is a fee of \$6 drop in or \$45/8 classes (1st class is free).\*

\$ **Zumba®:** Every Tuesday, Wednesday and Friday from 10:00am-11:00am. Come experience the benefits of this incredible fun, low-impact fitness program. Just drop in. There is a fee for this class of \$36 for 6 classes or \$7 drop in per class.\*


\$ **Ballroom Dancing:** Every Thursday from 3:00pm-4:00pm. This is a great way to meet new people and learn some new steps. Partners necessary. Just drop in! \$7.50 per class per person.\*




# SUPPORT SERVICES & APPOINTMENTS

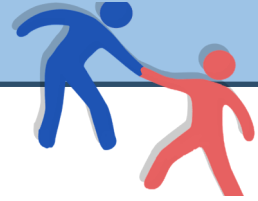
Call the Mashpee Senior Center at 508-539-1440 to schedule appointments for the following services, unless otherwise indicated. The dates below are for May and June appointments.

- ◆ **Alzheimer's Family Support Center Group:** Thursday, May 2nd and 16th/June 6th and 20th, from 1:00pm-2:30pm. Call the Alzheimer's Family Support Center at 508-896-5170 to register or for more information. Meetings are held at the Mashpee Senior Center on the 1st and 3rd Thursday of the month.
  - ◆ **Aphasia Support Group:** Wednesday, May 1st and June 5th, from 10:00am-11:30am at Spaulding Rehabilitation. **(See notice below)\***
  - ◆ **Bereavement Support Group:** Tuesday, May 7th and 21st/June 4th and 18th, from 2:30pm-4:00pm. Advanced registration is required by the VNA. Please contact Kathy O'Donoghue, MDiv, MS Ed., Hospice Bereavement Coordinator at VNA Hospice, at 508-274-8421 for additional information and to register.
  - ◆ **CCHC Dementia & Alzheimer's Caregiver Support Group:** Wednesday, May 8th and 22nd/June 5th and 26th from 1:30pm-3:30pm. **(See notice below)\***
  - ◆ **Foot care appointments:** Wednesday, May 8th and June 12th, between 9:00am-2:00pm. Call the Senior Center to schedule an appointment. This service is for Mashpee residents only. There is a fee of \$50.00.
  - ◆ **Independence House:** Wednesday, May 8th and June 12th. Walk-in between 10:00am-12:00pm at the Mashpee Senior Center.
  - ◆ **Legal appointments (SCCLS):** Tuesday, May 14th and 28th/June 11th: You may apply for services by calling South Coastal Counties Legal Services (SCCLS) Hyannis Law Office at 774-487-3251 or the intake line at 1-800-244-9023. Atty. Conni Baker's Office has appointments on the 2nd Tuesday of the month at 1:00pm. Her office handles trusts, wills, probate, estate planning, Medicaid and long-term care/nursing home planning. Meetings are held at the Mashpee Senior Center.
  - ◆ **New Member Information appointments:** Appointments every Thursday between 10:30am-12:00pm.
  - ◆ **Ostomy Support Group:** Tuesday, May 7th and June 4th from 11:00am-12:00pm. All are welcome; no registration required. Meetings are held at the Mashpee Senior Center.
  - ◆ **Parkinson Support Group (APDA Cape Cod Virtual Support Group/Zoom Meeting):** Wednesday, May 15th and June 19th from 10:00am-11:15am. **(See notice below)\***
  - ◆ **PC Gadgets/Laptop/Cell Phone/Tablet appointments:** Thursday, May 2nd and 16th/June 6th and 20th. Appointments are held between 12:00pm to 2:00pm. Call the Senior Center for an appointment.
  - ◆ **SHINE Program:** Providing Medicare, health insurance information and counseling appointments.
  - ◆ Appointments are held on Thursdays between 12:00pm and 3:00pm. Call the Senior Center to schedule an appointment.
  - ◆ **Sight Loss Services Peer Support Group:** Monday, May 20th and June 24th from 10:00am-11:30am. Meetings are normally held on the 4th Monday of the month at the Senior Center. **(See notice below)\***
  - ◆ **Veteran's Agent appointments:** Friday, May 3rd and 17th/June 7th and 21st. Appointments are held between the hours of 1:00pm and 4:00pm. Call the Senior Center to register for an appointment.
  - ◆ **VNA Town Nurse Services / Blood Pressure Clinic:** Monday, May 13th and June 10th from 9:30am-10:30am. No appointment needed.
  - ◆ **VNA Town Nurse Wellness Check:** A VNA nurse is available to provide free medical wellbeing checks to Mashpee seniors who are at risk. The VNA nurse will conduct an overall assessment of the home environment and will check vital signs. Please call Lori Nelson, Outreach Coordinator, for a referral, at 508-539-1440.
  - ◆ **Women's Support Group:** The Women's Support Group meets every Monday from 1:00pm to 2:00pm. Call the Senior Center at 508-539-1440 or register at [myseniorcenter.com](http://myseniorcenter.com) for this on-going program. All are welcome.
- ⇒ **\*Aphasia Support Group:** Held at Spaulding Rehabilitation Hospital contact Craig Bautz at 508-833-4106 for information on joining this group, or send an email to [cbautz@mgb.org](mailto:cbautz@mgb.org) for a Zoom link. Pre-registration is not required. Individuals with Aphasia, their caregivers and family members may attend.
- ⇒ **\*CCHC Dementia & Alzheimer's Caregiver Support Group:** This educational support group provides an opportunity for caregivers to share their experiences in a confidential supportive environment and receive information and guidance regarding care planning strategies, communication, and behavior management strategies. A facilitated social group is held simultaneously for those with dementia. To register call 774-552-6080. Sponsored by Cape Cod Healthcare.
- ⇒ **\*Parkinson Support Group:** This group is for both those with Parkinson's and their caretakers. Each month will feature a speaker providing a different aspect of Parkinson's. Registration is required. Contact APDA Information & Referral Line at 800-651-8466 to join the group and receive Zoom information or to learn more and sign up, please visit: <https://www.apdaparkinson.org/community/massachusetts/>
- ⇒ **\*Sight Loss Services Peer Support Group:** The Sight Loss Services Peer Support Group normally meets on the 4<sup>th</sup> Monday of every month from 10:00am-11:30am. It is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information call Sight Loss Services at 508-394-3904 or visit their website: <http://www.sightloss.org/> Drop-in's are welcome. This group does not meet in July and August.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*REGISTRATION PROCESS:</b> Please register online at <a href="http://www.myactivecenter.com">www.myactivecenter.com</a> or you may call the Senior Center at 508-539-1440 on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm, or stop by the front desk.</p>	<p><b>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</b></p> 	<p><b>1</b> 10:00-11:30 Aphasia Support* 1:00 Movie* 2:00-3:00 Tai Chi*</p>	<p><b>2</b> 9:00-11:00 Travel Info 9:30-10:00 Coffee &amp; Conversation 9:45-10:45 Line Dancing* \$ 10:30-12 New Member Info.* 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:30 Alzheimer's Support* 1:00-2:00 Let Your Yoga Dance* \$</p>	<p><b>3</b> 9:00-10:00 Absolute Beg. Ukulele* \$ 10:15-11:15 Beg. 2 Ukulele* \$ 11:30-12:30 Beg. 1 Ukulele* \$ 1:00-4:00 Veterans Services (by appt)* 2:30-4:00 Tea &amp; Sweets*</p>
<p><b>6</b> 1:00-2:00 Women's Support Group*</p>	<p><b>7</b> 9:00-10:00 Select Board Member Wyman-Colombo 10:00-12:00 Men's Club 11-12 Ostomy Support Group 1:00-2:00 Learn to Play Mah Jongg* \$ 2:30-4:00 Bereavement Support*</p>	<p><b>8</b> 9:00-2:00 Foot Clinic (\$ by appt)* 10:00 Independence House 10:30-11:30 Friends of Mashpee Wildlife* 1:30-3:30 Dementia Support* 2:00-3:00 Tai Chi*</p>	<p><b>9</b> 9:00-11:00 Travel Info 9:45-10:45 Line Dancing* \$ 10:30-12 New Member Info.* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance* \$ 1:00-2:00 My Active Center*</p>	<p><b>10</b> 9:00-10:00 Absolute Beg. Ukulele* \$ 10:15-11:15 Beg. 2 Ukulele* \$ 11:30-12:30 Beg. 1 Ukulele* \$</p>
<p><b>13</b> 9:30-10:30 VNA Wellness/ Blood Pressure Clinic 1:00-2:00 Women's Support Group* 1:00-3:30 Art Therapy*</p>	<p><b>14</b> 1:00 BINGO!* 1:00-4:00 Legal Services (appt)* 1:00-2:00 Learn to Play Mah Jongg* \$ 2:00-4:00 CRAFT* \$</p>	<p><b>15</b> 10:00-11:15 Parkinson Support* 1:00 Movie* 2:00-3:00 Tai Chi*</p>	<p><b>16</b> 9:00-11:00 Travel Info 9:45-10:45 Line Dancing* \$ 10:30-12 New Member Info.* 11:00-1:00 Out to Lunch* 12:00-2:00 PC &amp; Gadgets (appt)* 12:00-3:00 SHINE (by appt)* 1:00-2:30 Alzheimer's Support*</p>	<p><b>17</b> 9:00-10:00 Absolute Beg. Ukulele* \$ 10:00-11:00 Cancer Conversation Group 10:15-11:15 Beg. 2 Ukulele* \$ 11:30-12:30 Beg. 1 Ukulele* \$ 1:00-4:00 Veterans Services (by appt)*</p>
<p><b>20</b> 10:00-11:30 Sight Loss Services* 1:00-2:00 Women's Support Group* 2:00-3:00 Book Club</p>	<p><b>21</b> 11:00-12:00 Malnutrition Screening* 1:00-2:00 Learn to Play Mah Jongg* \$ 2:30-4:00 Bereavement Support*</p>	<p><b>22</b> 9:45-10:45 Qi-Gong* \$ 1:30-3:30 Dementia Support* 2:00-3:00 Tai Chi*</p>	<p><b>23</b> 9:00-11:00 Travel Info 9:45-10:45 Line Dancing* \$ 10:30-12 New Member Info.* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance* \$ 1:00-2:00 My Active Center*</p>	<p><b>24</b> 9:00-10:00 Absolute Beg. Ukulele* \$ 10:15-11:15 Beg. 2 Ukulele* \$ 11:30-12:30 Beg. 1 Ukulele* \$</p>
<p><b>27</b> <b>MEMORIAL DAY OBSERVATION</b>  THE SENIOR CENTER WILL BE CLOSED ON THIS DATE. ALL ACTIVITIES, INCLUDING TRANSPORTATION IS CANCELLED.</p>	<p><b>28</b> 10:00-12:00 Legal Services (appt)* 1:00-2:00 Learn to Play Mah Jongg* \$ 2:00-4:00 CRAFT* \$</p>	<p><b>29</b> 9:45-10:45 Qi-Gong* \$ 2:00-3:00 Tai Chi*</p>	<p><b>30</b> 9:00-11:00 Travel Info 9:45-10:45 Line Dancing* \$ 10:30-12 New Member Info.* 12:00-3:00 SHINE (by appt)*</p>	<p><b>31</b> 9:00-10:00 Absolute Beg. Ukulele* \$ 10:15-11:15 Beg. 2 Ukulele* \$ 11:30-12:30 Beg. 1 Ukulele* \$</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 1:00-2:00 Women's Support Group*</p>	<p>4 9:00-10:00 Select Board Member Wyman-Colombo 9:30-11:30 Open House 9:30-4:30 CCRTA Go Card 10:00-12:00 Men's Club 11-12 Ostomy Support Group 1:00-2:00 Learn to Play Mah Jongg* \$ 2:30-4:00 Bereavement Support*</p>	<p>5 9:45-10:45 Qi-Gong *\$ 10:00-11:30 Aphasia Support* 10:00-11:00 Medicare Mtg.* 1:00 Movie*</p>	<p>6 9:00-11:00 Travel Info 9:30-10:00 Coffee &amp; Conversation 9:45-10:45 Line Dancing* \$ 10:30-12 New Member Info.* 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC &amp; Gadgets (appt)* 1:00-2:30 Alzheimer's Support*</p>	<p>7 9:00-10:00 Absolute Beg. Ukulele* \$ 10:00-11:00 Cancer Conversation Group 10:15-11:15 Beg. 2 Ukulele *\$ 11:30-12:30 Beg. 1 Ukulele *\$ 1:00-2:15 Songs &amp; Stories of the American Folk Revival* 1:00-4:00 Veterans Services (by appt)*</p>
<p>10 9:30-10:30 VNA Wellness / Blood Pressure Clinic 10:00-12:00 CPR Training* 1:00-2:00 Women's Support Group* 1:30-2:30 Who Really Was Paul Revere?*</p>	<p>11 1:00 BINGO!* 1:00-4:00 Legal Services (appt)* 2:00-4:00 CRAFT *\$</p>	<p>12 9:00-2:00 Foot Clinic (\$ by appt)* 9:45-10:45 Qi-Gong *\$ 10:00 Independence House 1:30-3:30 Dementia Support * 1:00-2:00 Tai Chi Intro* 2:00-3:00 Tai Chi*</p>	<p>13 9:00-11:00 Travel Info 9:45-10:45 Line Dancing *\$ 10:30-12 New Member Info.* 10:30-11:30 Friends of Mashpee Wildlife 12:00-3:00 SHINE (by appt)*</p>	<p>14 9:00-10:00 Absolute Beg. Ukulele* \$ 10:00 Flag Day Ceremony* 10:15-11:15 Beg. 2 Ukulele *\$ 11:30-12:30 Beg. 1 Ukulele *\$ 1:00-2:00 Summer Kickoff Ukulele Concert*</p>
<p>17 1:00-2:00 Women's Support Group* 2:00-3:00 Book Club</p>	<p>18 2:30-4:00 Bereavement Support*</p>	<p>19 <b>JUNETEENTH HOLIDAY OBSERVATION</b>  <b>THE SENIOR CENTER WILL BE CLOSED ON THIS DATE. ALL ACTIVITIES, INCLUDING TRANSPORTATION IS CANCELLED.</b></p>	<p>20 9:00-11:00 Travel Info 9:45-10:45 Line Dancing *\$ 10:30-12 New Member Info.* 12:00-2:00 PC &amp; Gadgets (appt)* 12:00-3:00 SHINE (by appt)* 1:00-2:30 Alzheimer's Support*</p>	<p>21 1:00-4:00 Veterans Services (by appt)* 1:00-2:00 Musical Comedy Show with Dave Andrews*</p>
<p>24 10:00-11:00 Sight Loss Services* 1:00-2:00 Women's Support Group*</p>	<p>25 10:30-11:30 Friends of Mashpee Wildlife 2:00-4:00 CRAFT *\$</p>	<p>26 9:00 Hearing Appointments* 9:45-10:45 Qi-Gong *\$ 1:30-3:30 Dementia Support * 2:00-3:00 Tai Chi*</p>	<p>27 9:00-11:00 Travel Info 9:45-10:45 Line Dancing *\$ 10:30-12 New Member Info.* 12:00-3:00 SHINE (by appt) *</p>	<p>28 10:00-11:00 Cancer Conversation Group</p>
		<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!</p>	<p>*REGISTRATION PROCESS: Please register online at <a href="http://www.myactivecenter.com">www.myactivecenter.com</a> or you may call the Senior Center at 508-539-1440 on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm.</p>	

# OUTREACH SERVICES



## OUTREACH CORNER: Lori Nelson, M.Ed., Outreach Coordinator

Mashpee's Outreach Coordinator provides information and referrals for Mashpee residents 60 years of age and older. Services include: Community resources, Advocacy & Support, assistance with applications, Safety Programs, *SNAP* (Food Stamps), Fuel Assistance, *Files of Life* and home visits to name a few.

Always feel free to call Lori Nelson, Outreach Coordinator, at the Mashpee Senior Center at 508-539-1440.



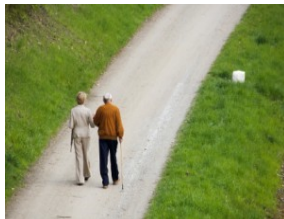
## JUNE IS NATIONAL SAFETY MONTH This year's theme is *Safety at Home*

Did you know that unintentional falls are the leading cause of injury and deaths from injury among adults aged 65 years of age and older. Home safety is the awareness of risks and potential dangers in and around a home that may cause bodily harm, injury, or even death to those living there. Identifying potential hazards in your home can make a difference when it comes to keeping ourselves and those around us safe. Let's make June a month that encourages everyone to take action and prioritize safety!

We have resources at the Council on Aging to assist you in ensuring your home is safe and free of known hazards. This can include a home safety assessment by the Town Nurse to the Fire Department helping with Smoke/Carbon Monoxide detector installation. There are many resources out there. Please take time to address this number one hazard as we go through the aging process.

### FRIENDLY VISITOR PROGRAM

The Mashpee Council on Aging has openings in our Friendly Visitor Program.



The Friendly Visitor Program seeks to maximize independence and enrich the quality of life for isolated older members of our community. The program provides screened and trained volunteers to visit residents in their homes. Volunteers support individuals through regular contact providing social support and a connection to the community.

If you are interested in learning more about this program, please contact Lori Nelson, Outreach Coordinator, at 508-539-1440

### CANCER CONVERSATIONS GROUP 10:00am-11:00am

Upcoming session dates will be held on:

- ⇒ Friday, May 17th
- ⇒ Friday, June 7th
- ⇒ Friday, June 28th



This group provides an opportunity to share cancer-related experiences and provide encouragement, hope, education and emotional support to older Mashpee residents in an informal setting. Each meeting will begin at 10:00am at the Mashpee Senior Center.

If you are interested in joining this new group, please reach out to Lori Nelson for more details at 508-539-1440.



Does this smiling face look familiar to you?

Don Reynolds is a Mashpee resident and a Lead Manager for the AARP Foundation Tax-Aide Program. Don, along with his volunteer team, provide amazing, well-organized, and most importantly, friendly and caring assistance to our community.

Don's family has been coming to the Cape since the 1960's. His family had property in North Falmouth. With pride, Don mentioned his Dad got a job surveying the Cape, back in the day. Upon graduating from Dartmouth College, Don began a successful career in the banking industry. His banking experience began in Connecticut commuting daily for 7 years into NYC on the train. Don moved to West Africa in 1986 with continued success in his banking career. His work resulted in the purchase of his own bank. Don was pleased with his success and experience in West Africa. Don moved back to the States in 2003, after living there for many years during the Liberian and Sierra Leone Civil Wars.

Upon his return, Don was committed to assisting his parents as they were dealing with medical illnesses. He provided significant care to both of his parents until the end of their lives. In 2013, Don was given the opportunity to work with Tax-Aide. He has been a strong leader with the district and state teams ever since.

You know when Don is in the building. There is laughter, smiles and always a willingness to connect with whomever he encounters. Don truly values his role here at the Mashpee Senior Center. His ability to connect with people, understand a situation and articulate a clear response is invaluable to so many. Don states he enjoys the welcoming feel he gets when he comes to the Senior Center. He states he wishes he could participate more in our activities.

Don, thank you for your dedication to our community! After tax season, come on in to play a game of cribbage, scrabble, Mah Jongg or any other of our fun filled activities.

*Submitted by: Lori Nelson, Outreach Coordinator*



**CAPE COD REGIONAL  
TRANSIT AUTHORITY  
(CCRTA)  
\*FREE SERVICE\***

CCRTA announced that fares for riders over the age of 60, and for people with disabilities will be FREE on all fixed bus routes as of February 1st. If you are 60+ or have a disability you must have the new "Go Card."

CCRTA will be hosting a Special Registration Session for Mashpee residents to receive the FREE "Go Card" at the Mashpee Senior Center. No sign up is required; first come, first served.

⇒ **Drop in to register for your Go Card during the Mashpee Senior Center's Open House on Tuesday, June 4th between 9:30am and 11:30am. During that time you can learn all about available transportation routes and apply for a free Go Card. Don't worry if you can't make it during the Open House as they will be staying at the Senior Center until 4:00pm.**

In addition to completing an application, you will need to provide proof of Cape Cod residency and age. Also, a picture will be taken to be used as photo ID on your Go Card. CCRTA will process your application the next day and mail your card within 48 hours.

### **WOMEN'S SUPPORT GROUP Mondays from 1:00pm to 2:00pm**

Please join Judie Scofield, RN/MSW, and Ellen Ford, RN, as they facilitate this program. This group is a safe and welcoming place to receive support from other women. The group will help women gain confidence, joy and hold onto their independence by providing opportunities to share personal experiences, feelings, and coping strategies.

Space is limited to 10. Please register in advance. We are welcoming new participants. No drop-ins, please.

There will be no meetings in July & August. We will resume on Monday, September 9th.

Please register online at: [myactivecenter.com](http://myactivecenter.com)  
If you prefer, you may call the Senior Center at 508-539-1440 on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm, or stop by the front desk to register.

# Veteran Information



## VETERANS SERVICES

Friday, May 3rd and May 17th

Friday, June 7th and June 21st

1:00pm - 4:00pm (by appointment)

Veterans Services Officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, Veterans Services provides in person appointments at the Senior Center on the 1st and 3rd Friday of each month.

⇒ **To schedule an appointment, please call the Mashpee Senior Center at 508-539-1440 or contact Veterans Services at 508-778-8740 for assistance and information.**

## WHAT IS CHAPTER 115?

**Helping veterans get the benefits they have earned.**

Under Chapter 115 of Massachusetts General Laws (M.G.L. chapter 115) the Commonwealth provides a uniform program of financial and medical assistance for veterans and their dependents. For more information on eligibility benefits, contact Veterans Services at 508-778-8740 or visit the Veterans Services website at: [www.capevets.org](http://www.capevets.org) Eligible veterans and/or family members must meet certain income criteria and their military experience must meet the Commonwealth's requirements. Please see the Benefits calculator on the website.

**EXECUTIVE OFFICE OF VETERANS SERVICES (EOVS) TRANSITION TOOLKIT:** For Massachusetts Veterans and families, below is a link to the first edition of the Executive Office of Veterans Services (EOVS) Transition Toolkit. This guide will serve as a useful reference for Massachusetts veterans transitioning to civilian life by providing information on programs, services and benefits available. Please visit: <https://capeveterans.com/wp-content/uploads/2023/12/231223-MA-Transition-Toolkit.pdf>

## CAPE & ISLANDS VETERANS OUTREACH CENTER FOOD PANTRY

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday between 9:00am and 1:00pm. The Veterans Food Pantry is located at 247 Stevens Street, Hyannis, behind the VA Community Clinic. Please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program is for veterans and their families only. Homebound veterans and dependents can call to make other arrangements to receive food. After becoming a member of the food pantry, a family is allowed 2 visits per month.



## MASSACHUSETTS MILITARY SUPPORT FOUNDATION FOOD PANTRY SANDWICH EMPOWERMENT CENTER:

Veterans are eligible for up to 50 pounds of perishable and non-perishable food once a week! MMSFI is located at 115 Route 6A in Sandwich (the old Sandwich Police Station). Open Monday - Friday from 10am - 5pm. If you need a ride, no problem MMSFI can help! Call Elizabeth Eslick at 508-933-3272.

For more information, please visit: [www.mmsfi.org](http://www.mmsfi.org) or call 508-933-3272.



**Elder Services**  
of Cape Cod and the Islands

## **ELDER SERVICES WEEKLY LUNCHEON**

- ⇒ Elder Services of Cape Cod and the Islands presently serves a luncheon at the Mashpee Senior Center two days per week, **Tuesday and Wednesday at 12:00pm. Three good reasons to join us for a congregated luncheon:** 1) This is a good way to help keep your food costs down; 2) It is fun; and, 3) It is social and there is good conversation!
- ⇒ Transportation **MAY** be available on Wednesdays. To reserve a ride, please call the Mashpee Senior Center at least 48 hours in advance, at 508-539-1440. The driver will call you to confirm your ride.



**Starting Monday, May 6th, Elder Services will begin serving lunch starting at 11:00am at the Saborosa Café, located at the Mashpee Senior Center. Entertainment will be provided by Candida Rose from 11:00am-12:30pm on May 6th to kickoff the opening of the Saborosa Café. Lunch will be served every Monday at 11:00am. The meals will be from a Caribbean / Latin menu. Please join us!**

- ⇒ **As a reminder, lunch reservations are required. Please call 508-477-0910 to reserve your lunch. A voluntary suggested donation is \$4.00.**



**TRAVEL ADVENTURES  
WITH  
KARYN WENDELL  
Every Thursday  
9:00am-10:30am**

For a complete listing of trips and more information stop by the Mashpee Senior Center to chat with Karyn every Thursday from 9:00am-11:00am.

**Travel Presentation & Lobster Roll Lunch-Tugboats in Hyannis  
Wednesday, May 15th, \$30  
(Reservation Required)**

**DAY TRIPS**

*Encore Casino Express: 5/19, 6/09 \$55*  
*Eyes of the World - From D-Day to V-Day w/Boston Pops: 5/30, \$130/\$99*  
*Newport Flower Show "At Home:" 6/21, \$85*  
*Jimmy Buffett Tribute & Lobster York, Maine: 7/17, \$149*  
*Carnival Provincetown-Renaissance & Revolution: 8/22, \$55*  
*Schooner Lannon Sail and Gloucester: TBA*

**2024/2025 BROADWAY SHOWS**

*Queen of Versailles : 8/14, 2PM, \$195*  
*A Beautiful Noise : 9/22, 6:30PM, \$135/\$98*  
*Shucked (National Tour Opening): 10/26, 2PM, \$129/\$95*  
*Mama Mia!: 11/16, 2PM, \$130/\$115*  
*Hamilton: 12/12, 1:30PM, \$189/\$130*  
*MJ The Musical: 1/26/25, 1PM Matinee, \$159/\$129*  
*Life of Pi: 2/16/25, 1PM, \$129/\$95*  
*& Juliet: 3/02/25, 1PM, \$135/\$120*  
*Chicago: 5/04/25, 1PM, \$125/\$95*  
*Back to the Future: 6/15/25, 1PM, \$129/\$105*

**DESTINATION TOURS**

Sedona – Great Trains & Grand Canyons: 6 days, 9/08-13, 2024, \$3,325  
Montreal & Quebec City Christmas: 6 days, 12/04-09, 2024, \$3,175  
Viking Greek Odyssey Ocean: 11 days, 2/3-13, 2025 starting \$4,474  
Viking Tulips and Windmills River: April 2025  
Discover Poland: May 2025  
Scottish Isles & Glens: August 2025  
Christmas on the Danube: December 2025

**Visit our website:** [www.adventureswithkaryn.com](http://www.adventureswithkaryn.com)

For more information, contact Karyn Wendell at 508-420-5288

[Karynmw1@comcast.net](mailto:Karynmw1@comcast.net)

Mail payments to: P. O. Box 161, Centerville, MA 02632

**PICK UP LOCATIONS:**

Patriot Square, Barnstable Route 132 Park & Ride Route, Mashpee Senior Center



**FRIENDS OF THE  
MASHPEE COUNCIL ON  
AGING (FOMCOA)  
THRIFT SHOP**

Visit the Friends of the Mashpee Council on Aging (FOMCOA)'s Thrift Shop!

Your purchases help Mashpee senior citizens through funding capital items and projects for the senior center. The shop is run by a rotating staff of volunteers and features new and gently used seasonal clothing, shoes, china, crystal, jewelry, handbags all that are in great condition and reasonably priced. Trying on an item is easy in their dressing room. The shop's warm, friendly atmosphere attracts repeat customers, who often drop in to chat, browse, and buy. It is the perfect place to do some of your shopping without paying full price for antiques, collectibles and other items.

◆ **Hours of operation are Thursday, Friday, and Saturday from 10:00am to 2:00pm, but please note that occasionally the Thrift Shop hours may be closed as a result of volunteer unavailability.**

◆

**Donations**

The Friends of the Mashpee Council on Aging is grateful to the many wonderful people who donate to its thrift shop, located across the parking lot from the Mashpee Senior Center. Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community.

⇒ **Donations are accepted by 1:00pm on Thursdays, Fridays and Saturdays when the Thrift Shop is open. Please do not leave donations if the Thrift Shop is closed.**

**REGISTRATION PROCESS**

Please register for programs and activities online at [www.myactivecenter.com](http://www.myactivecenter.com)

If you prefer, you may call the Senior Center at 508-539-1440 on Tuesdays and Thursdays between the hours of 10:00am and 2:00pm, or stop by the front desk to register for activities.

# TRANSPORTATION INFORMATION

## Mashpee Council on Aging, Minibus Service

- ⇒ **The minibus operates on Mondays, Tuesdays, Wednesdays and Fridays between the hours of 9:00am-1:30pm.** Trips can be scheduled to grocery stores, pharmacies, medical/dental appointments, the post office and the bank. (Ride requests for this service must be made a minimum of 48 hours in advance).
- ⇒ Trips for medical/dental appointments within the towns of Sandwich and Falmouth are also offered on a limited basis during the minibus operating days and hours. (Ride requests for this service should be made 5 working days prior to your appointment date).
- ⇒ **To request your ride, call the Mashpee Senior Center at 508-539-1440 and provide the following information: Your name, address, telephone number, along with the date, time and destination of your request. The driver will get back to you to inform you that your ride is confirmed.**
- ⇒ This service is for Mashpee residents only.



## The Cape Cod Regional Transit Authority (CCRTA)



CCRTA has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include: **Fixed Route Bus Service** - year round routes. **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. The Cape Cod Regional Transit Authority (CCRTA) provides medical transportation services on Monday through Thursday by reservation from Cape Cod to all the major hospitals in the Boston area. **The Boston**

**Hospital Transportation route has bus stops at: Barnstable Commuter Lot and the Sagamore Commuter Lot. The website for more specific information can be found at <https://capecodrta.org/schedules-services/boston-hospital>. To reserve your seat call 1-800-352-7155. Reservations must be made at least one weekday before you wish to travel. Fares are \$15 One-Way | \$30 Round-Trip**

## MASHPEE SENIOR CENTER INFORMATION

The Mashpee Senior Center hours are Monday through Friday, 8:30am-4:30pm. We are located at 26 Frank E. Hicks Drive, Mashpee, MA. Please drop by to attend an activity, if you need assistance, have a question, want to try something new, or want to learn more about our programs, transportation services or volunteer opportunities.

We encourage you to sign up for our emails to receive up-to-date news regarding activities, volunteer opportunities, programs and more. To be added to our email list, contact the Mashpee Senior Center by calling 508-539-1440 or email:

[coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov)

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town's seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

For more information, please visit:

<https://www.mashpeema.gov/council-aging>

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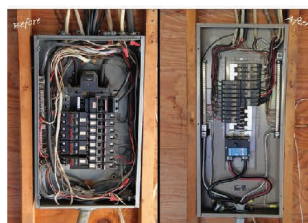
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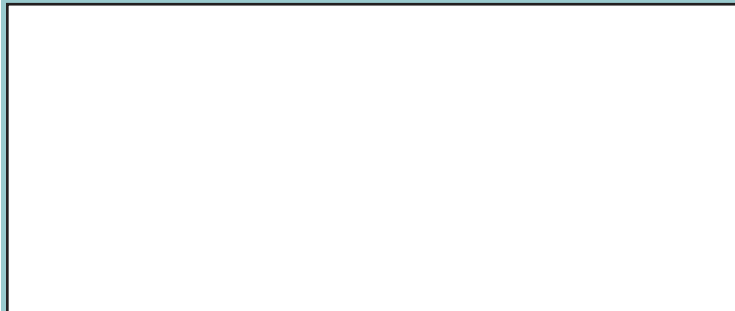
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