August, 2021

The Mashpee Senior Connection

MASHPEE COUNCIL ON AGING -- We are here for you!

GOOD NEWS! The Mashpee Senior Center started to resume ongoing, in building activities in June. While it was so great to connect virtually and to see so many of you during our drive by events we are so excited to welcome you back to the Senior Center.

Senior Center hours are Monday through Friday, 8:30am-4:30pm. Please drop by to say hello, if you need assistance, have a question, or want to learn more about our minibus service 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. Contact the Mashpee Senior Center at (508) 539-1440 or email coaoffice-assistant@mashpeema.gov to be added to our email list. You may browse our web site at https://www.mashpeema.gov/council-aging where you will find information about us, as well.

Face coverings are recommended for all unvaccinated adults.

AUGUST ACTIVITIES & OUTREACH PROGRAMS

Beat the Heat Ice Cream Sundaes
Wednesday, August 18th 1:00pm
It's not the heat, it's the humidity, either way it is hot out there. Join us to cool down with a delicious ice cream sundae. Stay and sit with friends or take it to go. Mashpee seniors only. Pre-registration required. Registered participant must be present to participate. Please RSVP by Friday, August13th.
To register call Julie at the Mashpee COA at 508-539-1440 or email her at coaactivitycoordinator@mashpeema.gov. Please include your telephone number in the email. A confirmation email will be sent for those that register via email.

The Heart of Scrimshaw
Monday, August 16th 10:00am – 11:00am
Join us as Mary Everett-Patriquin, Cape Cod Maritime Museum's Public Programs Coordinator, discusses scrimshaw: a unique maritime craft of the nineteenth century, made using the teeth of sperm whales. Hear about how scrimshaw was made, the variety of forms it took, the origins of its decorative motifs, and the lives of the men who made it.

Mashpee Senior Center Book Club
Monday August 30th 2:00pm - 3:00pm (also via Zoom)
Join us at the Mashpee Senior Center the last Monday of the month for Book Club. This month we will discuss *Eight Perfect Murders*. From the hugely talented author of *Before She Knew Him,* Peter Swanson, comes a chilling tale of psychological suspense and an homage to the thriller genre tailor-made for fans: the story of a bookseller who finds himself at the center of an FBI investigation.
To register for these activities, as well as Zoom information, call or email Julie.

Friendly Visitor Program—The Council on Aging has an option if you are feeling socially isolated and would enjoy an occasional visit from a new friend. The friendly visitor program may be a way for you to become more connected and engaged. The program provides trained volunteers to visit Mashpee older adults in their home. If you are interested or want to learn more about this social connections program, please contact Lori Nelson, Outreach Coordinator, at 508-539-1440 or email her at Lnelson@mashpeema.gov.

Travel Information - Thursdays, 9:00am (Drop in)
Starting August 5th stop by the Senior Center for information about many adventures including future day trips and Broadway shows including Hamilton! Stop by and say hello to Kathy Wendell. You may contact Karyn for more information at 508-420-5288 or her at email: **Karynmw1@comcast.net**

VISITING NURSE ASSOCIATION OF CAPE COD

Fit and Strong for Men and Women
Mondays & Thursdays, Starting September 9th
2:00pm-3:30pm
See what the hype is about and join us for the next 12 week-session of Fit & Strong! This is an evidence-based, multiple component exercise program. It combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults. The class will meet on Mondays and Thursdays. Registration is required. Mashpee seniors only. Physician's approval required in advance for participation. For more information and to register, call Amy at the Visiting Nurse Association of Cape Cod at 508-957-7423.

ELDER SERVICES OF CAPE COD AND THE ISLANDS

Senior Dining Program
Monday-Friday – 11:30am
Elder Services of Cape Cod and the Islands is excited to announce that they will be restarting the Senior Dining program at the Mashpee Council on Aging on Monday August 30th. The dining program will return to its regular schedule, Monday through Friday 11:30am - 12:30pm. Please arrive no earlier than 11:15am. As a reminder, reservations are required and must be made 48 hours in advance. To make a reservation please call the Mashpee nutrition site at (508) 477-0910. For more information about Elder Services please go to www.escci.org. Come join us for some great food from our new caterer and a chance to see some friends!

AMERICAN PARKINSON DISEASE ASSOCIATION

Mashpee Virtual Support Group
Thursday, August 12th, 10-11:30 (via Zoom)
This virtual support group is for those with Parkinson's disease, as well as for those who are care partners of individuals with PD. Meetings are the 2nd Thursday of the month via Zoom. For more information, please contact the group facilitator, Jeanne Jackson at (508) 367-4267 or email her at jahjackson@comcast.net.

August Regular Events Schedule

Schedule is subject to change. Activities are held weekly unless otherwise indicated by a specific week in parentheses ( ). Please be aware that all Mashpee Senior Center activities including games and cards are open to all Mashpee seniors regardless of abilities and levels. Individual lessons may not be included.

MONDAY		TUESDAY		WEDNESDAY	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:45-10:45	@Gentle Yoga	9:00-12:00	Woodcarving	10:00-11:00	@ Zumba Gold
11:00-12:00	@Chair Yoga	10:00-11 :00	@Zumba Gold	10:00-12:00	Sports Group
12:30-4:00	Mah Jongg	10:00-12:00	Men's Club (1st)	10:00-12:00	@Painting Class
2:00-3:00	Book Club (last Monday)***	2:00-3:00	@Ballroom Dancing	1:00-3:00	@Painting Class
				1:30-3:30	CCHC Dementia Support Group (2nd/4th)
				2:00-3:30	Tai Chi**

THURSDAY		FRIDAY,		Notes
8:30-9:30	Exercise	8:30-9:30	Strength Training	*Appointments Required; please call the Senior Center (508)539-1440 or stop by the front desk to schedule. **Waiting list sign up Required. Please stop by the front desk or contact the Senior Center at (508)539-1440 to add your name to the wait list. ***Virtual Zoom Option available @ There is a fee.
9:00-10:30	Travel Information (drop in)	10:00-11:00	@ Zumba Gold	
10:00-11:30	Cribbage, Canasta & More!!	11:30-12:30	Ageless Yoga	
10:00-11:00	Knitting and Crocheting	12:30-4:00	Mah Jongg	
10:00-11:30	American Parkinson Disease Assoc. Support group Via Zoom (2nd)	1:00-4:00	Veterans Services (1st/3rd)*	
1:00-4:00	Social Bridge			

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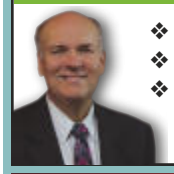
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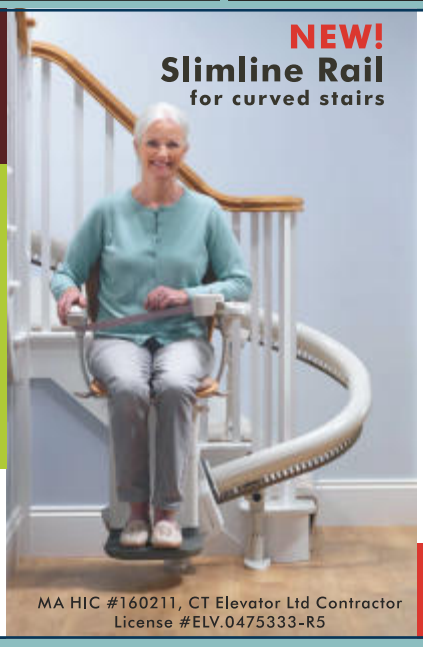
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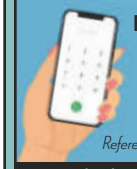

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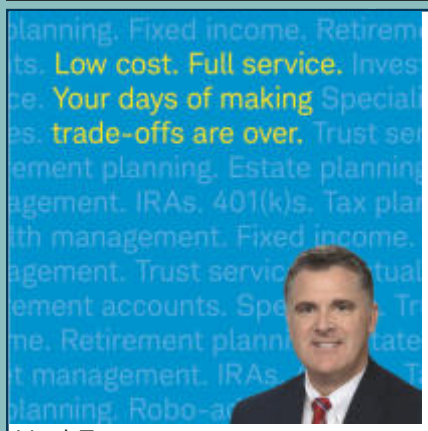

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