YARMOUTH SENIOR SERVICES

MILESTONES



So Long Cape Cod Summer, Hello September!

WHERE FRIENDS MEET

What's New & Welcome Note.....3
Center Information.....5
Outreach Services.....6-7
Support Groups & Health Services.....8-9
September & October Calendar.....10-11
Activities & Office Hours.....12
Fitness Classes.....13
Programs.....14-16
At the Center.....17
Community Notes.....18
Age -Friendly Community.....19
Recipe and Game.....21
FOYCOA/Adventures with Karyn.....23

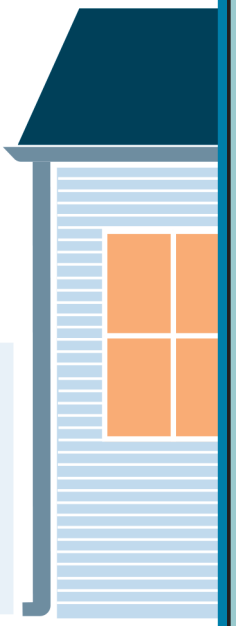
September/October 2026 508-394-7606

Does your organization need a newsletter?
We'll cover the printing costs!

Learn more at lpicommunities.com

Advertise Here!
Increase visibility in your community.

MAKE YOUR HOME MORE ENERGY EFFICIENT
—WITH A NO-COST—
HOME ENERGY ASSESSMENT



- Get insight on your home's efficiency
- Enhanced incentives for renters & income-eligible residents
- Rebates on efficient heat pumps, appliances, & more!

1-800-797-6699
CapeLightCompact.org

PROUD SPONSOR OF
mass save
Cape Light Compact



LAW OFFICES OF JOHN BIEGA
Estate Planning | Elder Law | Probate
1292 Route 28, Unit 4 S. Yarmouth
Office: 508-398-7272 | Cell: 508-221-2113
jtbiegalaw@gmail.com



Little space. Big impact.
Advertise here
Call 800-950-9952



We're Hiring Ad Sales Executives
- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers

Andreas Quality Cleaning Service, LLC
Cleaning Cape Cod Since 2001
We don't cut corners, we clean corners!
(508) 896-6791
andreas-cleaning.com
Licensed & Insured

Hallett Funeral Home
www.hallettfuneralhome.com
(508) 398-2285



Hello Friends,

I hope that you enjoyed a gorgeous summer and will also enjoy the changes that we have made to the Milestones. Our Programs Coordinator, Ann, has been working hard behind the scenes to get this done for your enjoyment!

At the Center we strive to connect you to socialization, fantastic fitness classes, key expert presentations, thoughtful programming, transportation you can count on, volunteerism that makes a difference, space to engage in activities while providing essential services on a daily basis.

I was reminded of just how much we do this afternoon while I was meeting someone new. She moved to Town a couple of years ago and did not know that "such a place existed". She sat home and pondered about the Center, until she came in with an open mind and wanted to explore. After going to one program she left feeling confident, knowing that she just made two friends and brightened the day for everyone around her. Every day, people walk through our doors and find friendships that matter, programs that energize, and worthwhile resources.

According to the National Council on Aging (NCOA): When people feel more connected and less isolated they stay active and engaged in daily life. They gain access to resources that support stability and independence. Resulting in building confidence, relationships, a sense of belonging that lead to living healthy, more independent lifestyles.

Best Wishes and Happy Fall,
Dianne

WHATS NEW....

- Beginner Mahjongg
- Book Club
  A Marriage at Sea
  Buckeye
- Captain Fantastic
- CCCC's Dental Clinic
- Chair Yoga
- Community Resource Fair
- Driving Decision (RMV)
- Eldred's Antique Appraisal
- Fantastic Fall Soups
- GoldMine Music Social
- How do I Know What's Real Anymore
- Interactive Music Bingo
- MA Healthcare 101
- Make and Take Craft
- Matter of Balance Class
- Men's Cooking Series
- My Chart made simple
- OE open enrollment
- Osteoporosis Exercise
- Qigong for Vitality
- Shred Event
- Soup's On at YSC
- Steps to Safety
- Stroke Awareness
- Indigenous Reservation
- Variety Show
- YNCW-Crime Watch
- Yoga for Back Relief
- Yoga for Better Balance

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider | SafeStreets

833-287-3502

NorthStar Care AT HOME



HOMEMAKING • PERSONAL CARE
COMPANIONSHIP • RESPITE
HOME HEALTH AIDE • HOSPICE

Call Today: 774-822-0561 • 508-237-9580
stayinghomeispossible@gmail.com
www.northstarcare.health

America's Choice in Home Care®

Visiting Angels®

LIVING ASSISTANCE SERVICES



Experienced local senior care for total peace of mind

We offer personalized senior home care that helps you or your loved one remain safe, comfortable, and independent at home or wherever care is needed.

- Memory Care
- Personal Care Services
- Meals & Nutrition Support
- Medication Reminders
- Companionship
- Hospice & End-of-Life Support
- Overnight Care, Safety & Supervision
- 24-Hour Care
- Additional Services Available

(508) 432-9600 | www.visitingangels.com/capecod

Our community wouldn't be the same **without you!**

McDEVITT REALTORS®

Representing Buyers and Sellers - Since 1972



I Make Your Move Easy

Deborah McDevitt Hays

REALTOR OF THE YEAR
REALTOR EMERITUS
ZILLOW PREMIER AGENT

Call me to arrange for a No Cost Consultation!

508-280-8801

debbie@mcdevittrealtors.com

724 RT 134, S. Dennis, MA 02660

HARBOR VIEW ASSOCIATES

SHEDDING A LIGHT ON MEDICARE

Medicare doesn't have to be confusing. I specialize in Medicare and help you understand your options clearly and confidently. I'll guide you through the complexities of Medicare so you can make informed decisions that fit your needs.



- No cost for my services
- Licensed in multiple states
- Proudly serving Massachusetts

Schedule your free Medicare consultation today.

(774) 699-1571
harborviewinsurance65plus.com



Laurie B. Miller

Realtor®, Broker,
Notary Public

cell. 617-359-8304
laurie.miller@sothebys.realty

134 Route 6A
Sandwich, MA 02563

capelaurie.com

Sotheby's INTERNATIONAL REALTY

Zillow PREMIER AGENT ★★★★★

Caring for Adults Across Cape Cod

Personal & Professional Home Care Services

- Companion & Personal Care
- Home Safety & Fall Prevention
- Flexible Scheduling
- Experienced Caregivers



CAPE WIDE CAREGIVERS

508-470-5709
capewidecaregivers.com

Surprenant, Beneski & Nunes

Estate Planning | Elder Law

New Bedford • Hyannis
Easton • Plymouth

508-994-5200

www.MyFamilyEstatePlanning.com

HEALTHCARE PROXY • ADVANCE DIRECTIVE
LAST WILL & TESTAMENT
HIPPA AUTHORIZATION
DURABLE POWER OF ATTORNEY
TRUST PLANNING TO ACHIEVE YOUR GOALS
MASSHEALTH/MEDICAID PLANNING FOR LONG-TERM CARE
ESTATE ADMINISTRATION, GUARDIANSHIPS AND CONSERVATORSHIPS



CENTER INFORMATION

OUR MISSION

The mission of the Town of Yarmouth's Division of Senior Services is to foster an Age-Friendly community that enhances the quality of life for the Town's older adults (60+) and their families by providing programs and services in a supportive and accessible environment that contributes to vital aging through mental, physical, and financial wellness.

YARMOUTH SENIOR SERVICES

528 Forest Road
West Yarmouth, MA 02673

Monday—Friday
8:30 AM—4:30 PM

Phone: 508-394-7606
Fax: 508-398-9866
http://www.yarmouth.ma.us/309/Senior-Services
Facebook.com@yarmouthseniorservices

Dianne Kane	Director X1332
Nicole Bohane	Administrative Assistant x1334
Ben Greene	Outreach Coordinator x1335
Ann Bearse	Programs Coordinator x 1333
Judy Holmes	Receptionist x 1330
Steve Estey	Maintenance
Karen LeBlanc	Office Coordinator x1338
Sue Rielly	Transportation Coord. x1331
Van Drivers:	Tom Barlow, Dennis Geisler, Steve Titus and Ray Garrison



Yarmouth Senior Center would like to welcome our new bus driver, Ray Garrison to our team!

IMPORTANT CONTACT INFORMATION

EMERGENCY 911

Elder Services Cape & Islands	**800-244-4630**
Eversource Power Outage	**800-592-2000**
Fire Non-Emergency	**508-398-2212**
Medicare	**800-633-4227**
National Grid Gas Outage	**800-233-5325**
Poison Control	**800-222-1222**
Police Non-Emergency	**508-775-0445**
Social Security	**800-772-1213**

RESPECT | INCLUSION | UNITY





TRANSPORTATION

YARMOUTH VOYAGER VAN SERVICE

48 HRS ADVANCED NOTICE IS REQUIRED

Call to schedule: 508-394-7606 x 1331

Van Hours: Monday - Friday 8:30 AM - 4:30 PM

Suggested Roundtrip Donation:
$3 Yarmouth, $5 Hyannis

VOYAGER TRIPS

Cape Cod Community Pantry
2nd & 4th Wednesday Monthly 10:00AM-Noon
Market Basket
3rd Wednesday Monthly 1-4pm

CCRTA TRANSPORTATION **800-352-7155**
DART BUS & BOSTON HOSPITAL BUS
CCRTA SMART DART 508-418-3278

GO-GO GRANDPARENT 855-970-8932



OUTREACH SERVICES



Ben Greene
Outreach Coordinator

508-394-7606 X1335
bgreene@yarmouth.ma.us

LOOK FOR OUR COMMUNITY RESOURCE FAIR SEPTEMBER 11th 1:00-3:00 PM

How can feeling lonely or being isolated affect older adults" health?

People who are socially isolated or lonely are more likely to be admitted to the emergency room or nursing home. Social isolation and loneliness also are associated with higher risks for:

- High blood pressure
- Heart Disease
- Obesity
- Weakend Immune Function
- Anxiety
- Depression
- Cognitive Decline
- Dementia, including Alzheimers disease

people who are lonely or socially isolated may get little exercise, drink too much alcohol, smoke, and sleep poorly, which can can further increase the risk of serious health conditions. Social isolation and loneliness may also be bad for brain health. These have been linked to poorer cognitive function and higher risk for dementia, including Alzheimer's disease. Also, too litttle social activity and being alone often make it more difficult to preform everyday tasks such as driving, paying bills, taking medicine, and cooking.

Social Isolation and Loneliness in Older Adults

Older adults are at increased risk of loneliness due to loss of loved ones, disability or worsening quality of life, or lack of access to transportation. Isolation refers to a lack of connections to family, friends, or community which can lead to loneliness.

Are you at Risk for Social Isolation and Loneliness

- Loss of Mobility
- Lack of transportation
- Language barriers
- Living alone
- Lack of social support
- Seperation from friends and family
- Caring for a loved one who is unwell
- Living in a rural, unsafe, or hard-to-reach neighborhood
- Vision and hearing problems
- Feeling lack of purpose
- Financial struggles
- Living alone
- Lack of transportation



- Experiencing discrimination based on age, racial or ethnic background, or sexual orientation
- Major life change, such as death of a family member or retirement, moving

Give us a call if you sense you may be isolating.
You are not alone and we can find a way to help 508-394-7606 X 1300

OUTREACH SERVICES

*Blue denotes at YSC

Consumer Assistance Council 800-867-0701
Get answers to consumer's questions and learn how to protect yourself from scams. Services given to elderly, those with disabilities & those with language barriers and all other without regard to income. No charge to the consumer.
info@consumercouncil.com

CORD 508-775-8300
Cape Organization for Rights of the Disabled
Options counseling and independent living services are available through CORD.
cordinfo@cilcapecod.org

Elder Services of Cape Cod and Islands
Is a community-based organization promoting welfare, enhancing quality of life and maintaining dignity for older adults on Cape Cod.

Meals on Wheels 508-398-5060
Meals are delivered between 10:00AM and Noon, call for information.
Looking for Volunteers!

EVERSOURCE 800-592-2000/ 800-315-2496

Medical Life Support Programs- Eversource offers a number of programs to assist Seniors and those who may have medical conditions.

NUStart- Forgiveness program is offered to Eversource customers experiencing difficulties paying their utility bills. This program assists customers who receive certain customer benefits and help with past due bills. Eversource will forgive past due balances over a period of time. For more information visit **www.eversource.com**

Food Insecurity 508-394-7606
Call our Outreach Team to assist you in obtaining nutritious meals, find out what you are eligible for and where to get them.

Helping Hand 508-394-7606
Yarmouth Senior Services is proud to offer the opportunity to qualify for help to cover the costs of participating in classes, programs or events at the Center. We do not want anyone to miss out on an opportunity to take part in the fantastic offerings at our Center. Your home and one car are not included in your assets. Please speak confidentially to a member of our Outreach Team.

	INCOME BELOW	ASSETS BELOW
Single	$20,000	$40,000
Couple	$30,000	$55,000

Home Modification Loan 866-500-5599
If you or a household member are an elder or is disabled, the HMPL can provide loans so you can make needed adaptions or modifications to your home. Modifications can help you remain in your home and live more independently. Contact Susan.

Housing Assistance Corporation 508-771-5400
Eligibility levels now are at the 80% estimated state median income level so many people who couldn't get help before, now can, including renters & homeowners' with a mortgage. You may be able to get help if you know a future payment is going to be missed. Ask about the RAFT program if a renter and the ERMA program if a homeowner with a mortgage.

LEGAL SERVICES

Attorney General's Elder Hotline
888-243-5337

Barnstable County Lawyer of the Day
508-375-6710

Legal Advice 508-394-7606 X1330
Call to schedule at Yarmouth Senior Center with Attorneys Lavender or Dupuy.

South Coastal Counties Legal Services
SCCLS Provides free legal service to those 60+. They can help with questions or problems with public benefits, housing, health insurance and elder abuse. To schedule an apointment call Heather at: **774-487-3250**.

SHINE 508-375-6762
www.capecod.gov SHINE@capecod.gov

Medicare Savings Program Renewal and What Beneficiaries Should Know
For those enrolled in the Medicare Savings Program (MSP), staying informed about the annual renewal process is essential to maintaining benefits that help cover Medicare premiums, copays, deductibles, and the Extra Help subsidy. Each year, MassHealth sends out MSP renewal applications based on the member's enrollment date. It is important for recipients to look for this application and respond promptly. Those who continue to meet income eligibility requirements should simply complete and return the form to avoid any interruption in their coverage. MassHealth verifies eligibility using annual data matching; changes in income such as lump sum payments or altered retirement distributions—may impact continued eligibility. If this occurs and MSP coverage is lost, beneficiaries can take advantage of a special enrollment period to select a Medicare supplement or Medicare Advantage plan. Assistance is available through the SHINE counselor network or directly via Medicare.gov. For further guidance reach out to a SHINE Counselor.

Please Reach Out For Support!



*Blue denotes at **YSC**

AA—Cape Cod Intergroup 508-775-7060
The purpose of AA is to stay sober and help others achieve sobriety. Find a meeting close to you, please call or email: ccaa@capecodaa.net

Alzheimer's Family Support 508-896-5170
Helps families navigate the challenges of Alzheimer's satisfy critical needs and enhances the wellbeing and Dementia related diseases through support and programs at no cost.

Aphasia Community Support 508-896-5170
1st Wednesday of Month at 10:00 AM at Spaulding Cape Cod 2nd floor. Opportunities for individuals with Aphasia, their families and members of the healthcare community to support one another and share communication strategies.

Bereavement Support at YSC
1st and 3rd Tuesday of the month
10AM-11:30 AM 508-740-3979
Support group for those who have lost a loved one. For more information and/or to register, please contact VNA of Cape Cod Hospice.

Cape Wellness Collaborative 774-408-8477
Support groups for those facing cancer or their loved ones. Call for information and details.

CCH Dementia Caregiver Support 774-552-6080
Thursdays (2nd/4th of the month) 1:30-3:00
Provides education support group to caregivers.

Clutterer's Support at YSC 508-394-7606 x1337
This self help group is for people who accumulate and save more stuff than they have room for, improving the ability to use their homes. Thursday at 2:00P

Fibromyalgia Support Group 774-521-8185
3rd Saturday of the month at 5:00 PM
Fibromyalgia support group can help you deal with chronic back and neck pain, chronic pain syndrome, and general pain management or relief. Spaulding Cape Cod 1st Floor Conference.

Fight Cybercrime
fightcybercrime.org
Online support group for victims of fraud and crime.

Grandparents Raising Grandchildren 508-815-5100
3rd Thursday of the month 5:00 PM-7:00 PM
This group provides a supportive environment for all grandparents who play a role in raising grandchildren. Dinner and child-care provided.

Helping our Women 508-487-4357
How is a community based non-profit organization and educates, empowers and supports women as they cope with chronic disease and life threatening illnesses.

Mass Military Support Foundation
info@mmafi.org
Provides programs, services and goods that help satisfy critical needs and enhances the wellbeing and quality of life for Veterans, active-duty Military and their families.

National Alliance on Mental Health
508-778-4277
Provides free of charge educational and support programs and services for families and friends of those with mental illness as well as for those individuals with mental illness themselves.

National Elder Fraud Hotline 1-800-372-8311
If you or someone you know is a victim of a financial scam or abuse please reach out.

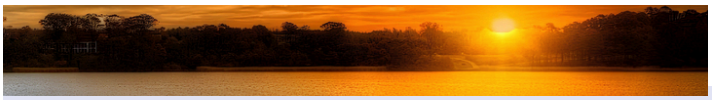
Overeaters Anonymous 774-268-1936
A community of people to help with recovering from unhealthy relationships with food and body image.

Parkinson's Support at YSC 617-638-8466
2nd Wednesday of the month 10:00 AM-11:00 AM
The APDA Parkinson's Support Group is open to individuals with Parkinson's and a partner, the group offers a welcoming space to connect , share experiences, ask questions, and support each other. Facilitated by Charlene Chadwick, RN Sponsored by the APDA MA chapter.

Samaritans 800-893-9900 or 988
If you are in crisis, need support, or are in need of someone that will listen wholeheartedly, please don't hesitate to reach out to us.

Sight Loss Services at YSC
3rd Thursday of the month 12:30 PM-1:30PM
Peer led support group open to Yarmouth residents experiencing vision loss of any degree due to any condition. Call 508-394-3904 for a list of services including adaptive aids, home independence evaluations, information and referrals.

Stroke Survivor's Support 508-833-4043
2nd Wednesday of the month at 1:30 PM
Spaulding Cape Cod
The group acts as a forum for education, discussion and support for stroke survivors.



At Home Hearing Healthcare 508-394-7606 x1330
3rd Thursday of the month 10:00AM-Noon
Complete hearing services at no charge. This includes hearing tests, otoscopy, ear wax removal, hearing aid maintenance, hearing aid programming, repairs to devices, and consultation with Shawn Woodbrey for anything involving hearing.

Benefits checkup
Free service of the National Council on Aging (NCOA) a nonprofit service and advocacy organization in Washington D.C. Benefits Checkup will check with benefits you may be eligible for. **http://www.benefitscheckup.org/**

Blood Pressure Clinic At Yarmouth Senior Center
1st & 3rd Wednesday, 11:00 AM

Consumer Toolkit for Advanced Healthcare Planning
Published by the American Bar Association. This kit is very useful in helping you understand and think about the issues people need to be aware of when they can no longer make health care decisions for themselves. Call the Center for your copy.

File of Life
Pick up your magnet envelope used for medical emergency information for Emergency Medical Personnel should you need assistance. File of life envelopes are to be kept on your refrigerator. Available by calling our Outreach Team.

Five Wishes
Easy to use document lets adults plan how they want to become cared for if they become seriously ill. Once completed, "Five Wishes" should be attached to a Health Care Proxy Form, which designates the person/persons who will be making healthcare decisions for you. Stop by the Senior Center for a copy.

Footcare with Janet at YSC 508-394-7606 x1330
2nd & 4th Tuesday by appointment at Yarmouth Senior Center, $50.00. Visits includes trimming nails, thinning fungal nails, smoothing of nails, calloused areas, corns, dry skin, massage for circulation and general assessment of the feet. Diabetics and clients with serious vascular issues need a podiatrist.

Health Care Proxy
No one should be without it, and now is the time to do this NOT when your experiencing a health crisis, By completing a Massachusetts Health Care Proxy Form, you are appointing a Health Care Agent who can make decisions for you ONLY when a doctor determines that you lack the ability to make your own decisions. Pick up a free copy of the Health Care Proxy Form at the YSC.

Seaside Hearing Solutions 508-394-7606 x1330
2nd Monday of the month 1:15 PM- 3:45 PM
Make your appointment to meet Susanne Powers, Board Certified Hearing Instrument Specialist. Services provided will include a visual inspection of both ears, a hearing screening and a cleaning with both ears, a hearing screening and a cleaning with check-up of existing hearing instruments.

Massachusetts Equipment Distribution
If you are a Massachusetts resident with a permanent disability that limits your ability to use the phone effectively you may be eligible to receive free or at reduced rate assistive telephone equipment depending on your income. Disabilities include deafness, hearing loss, speech, vision impairment, blindness, cognitive or motion impairment that affects phone use. Call: 1-800-300-5658 (V/TTY) to learn more.

Medical Equipment
508-394-7606 x1330



Please call ahead to borrow medical equipment. We lend equipment such as wheelchairs, walkers, commodes, canes, toilet risers, shower seats, and transfer benches on an available basis. Therefore, we only take in what we can lend. Must be clean, in working and in gently used condition.
PLEASE DO NOT LEAVE EQUIPMENT AFTER HOURS

Medicare Annual Wellness Visit 800-633-4227
Includes coverage of cognitive screening services for Medicare beneficiaries every twelve months. The parameters of the program allow physicians to access the beneficiary's cognitive function by direct observation while considering information from beneficiary reports and concerns raised by family members, friends, caregivers and others.

REquipment 800-261-9841
Provides refurbished medical equipment at no cost to people in Massachusetts.

Safety First 508-394-7606 x1330
House numbers must be visible from the road in case of emergency. The Fire Department will gladly assist you to replace CO2's & smoke detector batteries. Call today to have an appointment scheduled today with a member of Outreach.



SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Dance Fit - BB 9:00 Swedish Weaving -A 9:00 Bird carving -B 10:00 Tai Chi - BF 10:30 Osteo Exercise-BB 10:30 QiGong-S 12:00 Rising Tide Writing -B 12:30 Chess - A 1:00 Ballet Beginner - BB 3:00 Yoga Better Balance - BF	8:45 Zumba Gold- BF 9:30 Coffee & Convo - S 9:30 Colored Pencil - A 10:00 Fitness w/ John -BB 10:00 Bocce - O 11:30 Dining w/Friends-BF 1:00 Dominoes Group-B 12:30 On the Road Again-S 1:00 Crafters - A 2:00 Portugese-S	8:45 Dance Fit - BB 9:00 Travel w/Karyn PO 9:00 Painting - A 10:00 Walking Group 10:00 Tai Chi-BF 10:30 Osteo Exercise-BB 10:30 Sports Group - B 11:30 Dining with Friends- BF 1:00 Hand & Foot Canasta- B 1:00 Jill's Exercise - BF 3:00 Bit of Bliss Yoga - BF	8:45 Zumba Gold - BF 10;00 Fitness w/ John - BB 10:30 Chair Yoga-S 11:30 Dining with Friends- BF 11:30 Men's Poker - A 1:00 Contract Bridge - A 2:00 Clutterers Support -S 10:00 Bocce - O	8:45 Dance Fit - BB 9:00 Scrabble - S 10:00 Yoga with Paul- BF 10:30 Osteo Exercise-BB 11:30 Ballet Inter - BB 1:00 Mahjongg _ S 1:00 Contract Bridge - A 2:00 Cribbage
	1 8:00 Buttons and Bows-O	**2** 11:00 Blood Pressure-PO 6:00PM Bocce	**3** No Chair Yoga 9:30 FOYCOA-C 1:30 Men's Cooking 12-2:30 Mahjongg Beginners-B	**4** 1:00 Music Bingo- BF
7  **Labor Day**	**8** 9:00 Foot Care- PO 10:00 Bereavement Group-c	**9** 10:00 Parkinson's Support-S 10:00 Food Pantry-O 1:00 Make and Take Craft- S 6:00 PM Bocce	**10** No Chair Yoga 2:00 Goldmine/ Icecream Social-B 12-2:30 Mahjongg Beginners-B	**11** 1:00 Community Resource Fair-BF 1:00 Captains Fantastic- S
14 1:15 Hearing Clinic-PO 3:00 Yoga Better Balance-BF	**15** 10:00 CC Men's Club-B 1:00 Garden Club	**16** 11:00 Blood Pressure-PO 1:00 LGBTQ+ social-S 1:00 Market Basket 3;30 AFCT mtg.- S 6:00 PM Bocce	**17** No Chair Yoga 10:00 Hearing Clinic-PO 11:00 EFT Tapping-C 12-2:30 Mahjongg Beginners-B 12:30 Sight Loss-S 1:30 Mens cooking- BF 2:30 Retired Men's Club-B	**18** 1:00 Grilling on the Patio 9:00 - 11:00 Tech Tutor- S
21 10:00 Legal- PO 10:00 State Rep. Kipp Diggs-C 1:00 A Matter OF Balance NEW!	**22** 9:00 Foot Care- PO 10:00 Bereavement Group-C 12:00 Ask Lauren- S 2:00 Book Club-A	**23** 10:00 Food Pantry-O 1:00 Energy consultants-PO 1:00 Variety Show Rehersal-BF 6:00 PM Bocce	**24** 8:00 4C's Dental Clinic-S 12:00 Legal- PO 12-2:30 Mahjongg Beginners-B 9:30 Independence House-P	**25** 10:00 HMM-O 1:00 My Chart presentation-BF 1:00 The Care Manager & The Attorney- B
28 1:00 A Matter OF Balance 1:00 Grilling on the Patio 3:00 Yoga Better Balance-BF	**29** 9:00-3:00 Footcare-PO	**30** 6:00 PM Bocce		

A- Classroom
B- Classroom
C-Conference Room
ABB- Ballroom Back
BBF- Ballroom Front
B- Ballroom
SH-Shine Office
S- Solarium
P-Professional Office
k- Kitchen
L- Library
O- Outside

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Dance Fit - BB 9:00 Swedish Weaving -A 9:00 Bird carving -B 10:00 Tai Chi - BF 10:30 Osteo Exercise-BB 12:00 Rising Tide Writing -B 12:30 Chess - A 1:00 Ballet Beginner - BB 3:00 Bit of Bliss - BF	8:45 Zumba Gold- BF 9:30 Coffee & Convo - S 9:30 Colored Pencil - A 10:00 Euchre- B 10:00 Fitness w/ John -BB 10:00 Bocce - O 11:30 Dining w/Friends-BF 1:00 Dominoes Group-B 12:30 On the Road Again-S 1:00 Crafters - A 2:00 Portugese-S	8:45 Dance Fit - BB 9:00 Travel w/Karyn PO 9:00 Painting - A 10:00 Walking Group 10:00 Tai Chi-BF 10:30 Osteo Exercise-BB 10:30 Sports Group - B 11:30 Dining with Friends- BF 1:00 Hand & Foot Canasta- B 1:00 Jill's Exercise - BF 3:00 Bit of Bliss Yoga - BF	8:45 Zumba Gold - BF 10;00 Fitness w/ John - BB 10:30 Chair Yoga-S 11:30 Dining with Friends- BF 11:30 Men's Poker - A 1:00 Contract Bridge - A 2:00 Clutterers Support -S 10:00 Bocce - O	8:45 Dance Fit - BB 9:00 Scrabble - S 10:00 Yoga with Paul-BF 11:30 Ballet Inter - BB 1:00 Mahjongg _ S 1:00 Contract Bridge - A 2:00 Cribbage
			1 1:30 Mens Cooking- BF 2:00 Clutterer's Support-S 1:00 Goldmine Band-BF	**2** 1:00 Variety Show - B **SAT. 10/3 9:00-Noon SHRED EVENT**
5 10:00 Legal-PO	**6** 8:00 Buttons and Bows 10:00 Bereavement Group-S 10:00 Legal-PO	**7** 10:00 Accupressure- S 3:30 AFCT mtg. - S 6:00 PM Bocce	**8** 1:00 Shine Presentation - BF 1:00 Stroke Awareness - S	**9** 1:00 RMV and CCRTA - BF 1:00 Soup Lunch - S
12  **COLUMBUS DAY**	**13** 9:00 - 3:00 Footcare-PO 10:00 Inv. Men's Club	**14** 9:30 FOYCOA- C 10:00 Food Pantry 10:00 Parkinsons Support-S 1:00 Indigenous Reservation -A 1:00 Make and Take Craft-S 1:00 Crime watch 6:00 PM Bocce	**15** 10:00 Hearing Clinic-PO 11:00 EFT Tapping-C 12:30 Sight Loss- S 1:30 Men's Cooking -BF 2:30 Ret. Men's Club-B 3:00 Liz Argo- PO	**16** 9:00 - 11:00 Tech Tutor- S 1:00 Fantastic Fall Soups (therapy gardens)-S
19 10:00 Legal-PO 10:00 State Rep. Kipp Diggs-C 10:30 QiGong- S NEW!	**20** 10:00 Power of You-S 10:00 Bereavement Group-S 1:00 Garden Club-B	**21** 10:00 Food Pantry-O 11:00 Blood Pressure 1:00 Market Basket 1:00 LGBTQ+ Social - S 3:30 AFCT mtg. - S 6:00 PM Bocce	**22** 8:00 4C's Dental Clinic-S 11:00 Independence House-PO 2:00 Clutterer's Support-C	**23** 10:00 HMM-O 11:00 Steps to Safety-A 1:00 Eldreds Appraisal-BB 1:00 Soup Lunch - S
26 10:30 QiGong- S	**27** 10:00 Power of You-S 9:00-3:00 Footcare-PO 2:00 Book Club -S	**28** 10:00 Food Pantry 1:00 Energy consultants-PO 6:00 PM Bocce	**29** 1:30 Mens Cooking- BF 2:00 Clutterer's Support-S	**30** 1:00 How Do I Know what's Real anymore-BF 1:00 Care Manager and The Attorney-B

A- Classroom
B- Classroom
C-Conference Room
ABB- Ballroom Back
BBF- Ballroom Front
B- Ballroom
SH-Shine Office
S- Solarium
P-Professional Office
k- Kitchen
L- Library
O- Outside

ACTIVITIES

Bird Carving Monday 9:00 A

Bocce Tue/ Thurs 10:00-12:00P, Wed. 6P - 8P

Book Club: 4th Tuesday 2:00- 3:00 P

Chess: Monday 12:30 - 2:30 P

Coffee and Conversation: Tuesday 9:30-11:00A

Colored Pencil: Tuesday 9:30- 12:00 P

Contract Bridge: Thurs/Friday 1:00 - 4:00 P

Crafters: Tuesday 1:00 - 3:00 P

Cribbage: Friday 2:00 - 4:00 P

Dining w/ Friends: Tues/Wed/Thurs11:30-12:30

EFT Tapping: 3rd Thursday 11:00A

Hand & Foot/Canasta: Wednesday 1:00-3:00P

Mahjongg: Friday 1:00-4:00PM

Men's Poker: Thursday 1130-4P

Painting Group: Wednesday 9:00 A

Portuguese: Tuesday 2:00- 3:30P

Rising Tide Writers: Monday 12:00-1:30 P

Scrabble: Friday 9:00 - 12:00 P

Sports Talk Roundtable: Wed 10:30- 12:00 P

Swedish Weaving: Monday 9:00 - 11:00 A

Tech Tutor: 3rd Friday 9:00- 11:00 A, by appt.

Travel with Karyn Wednesday 9:00 A





OFFICE HOURS

Selectwomen Liz Argo
3rd Thursday of the month, 3:00 - 4:00 PM
Come and discuss local matters with Liz and she will answer your questions.

State Representative Kip Diggs
3rd Monday of the month,10:00 - 12p
Drop in and meet with Kipp and have your questions addressed.

Energy Consults
4th Wednesday of the month, 1:00 -3:00 PM
Mike Ahem, member of Yarmouth Energy Committee, will be available to help answer your questions and provide resources for energy efficiency and savings for your home.

Independence House Hours
4th Thursday of the month11:00 - 1:00 PM
If you or someone you know is struggling in a relationship come talk to a counselor from Independence House. All information is confidential. If you would like more information please contact
Diane at 508-771-6507 x 231

FITNESS CLASSES

ADULT BALLET CLASSES 8wks/$48
pre-registration and payment required



Beginner: Mondays 1:00-2:00 PM
A wonderful way to improve flexibility, coordination and memory skills while doing simple barre and center exercises.

Intermediate: Fridays 11:30-12:30 PM
For those with several years previous instruction, with advance barre and center exercises with inclusion of jumps and turns.

CHAIR YOGA FEE: $10/class
Thursdays 10:30-11:30 AM



Chair Yoga is a gentle practice done mostly seated with some standing poises linked with mindful movement. Self-care practices of Qigong acupressure,. Self-massage and tapping are often introduced to inspire a healthy flow of 'Qi'. Class ends with guided relaxation.
No chair yoga September 3, 10, 17

DANCE FIT WITH MARY FREE
8:45-10:00 AM M,W,F



A total body workout with dance and floor stretches, drop by and join us. Please bring light weights, exercise cord and water.

FITNESS WITH JOHN FEE $10/class
T and TH, 10:00-11:00 AM



Join fitness instructor John Hayes, certified personal trainer and his program to instruct, lead and motivate you. Please light weights, exercise cord and water.

JILL BROWN'S EXERCISE CLASS
Wednesdays 1:00-2:00 PM FEE $8/class



Try Jill's inclusive approach to exercise and nutrition, all fitness levels and health conditions welcome. Low impact exercise class,(can be seated); includes balance work, stretching, strength training, cardio exercise, yoga and meditation all in one.

OSTEOPOROSIS EXERCISE CLASS FREE
M and W 10:30-11:30 AM



You must be a Yarmouth resident and have a diagnosis or deemed at risk of Osteoporosis. Participants must enroll at The Yarmouth Senior Center and complete an Elder Services enrollment form. Participants are encoraged to consult with their physician.

TAI CHI WTH SIFU ERIC CRUZ FEE $10/class
M and W 10:00-11:00 AM



Tai Chi is a gentle, flowing practice, linking breath and movement. It improves functional movement by strengthening balance, posture, and support joint joint friendly, real life movement patterns. Sifu Cruz is the founder of USA Kungfu Academy of Cape Cod and training Tai Chi since 1981. Start building strength, confidence, and better daily movement today.

BIT OF BLISS YOGA WITH JANET BETTEY
Wednesdays 3:00-4:00 Pm FEE $10/class
RSVP 978-500-2390



Gentle yoga classes take holistic approach to stretch and strengthen the body gradually enhancing your body's ability to move and empowering you both physically and mentally.

YOGA FOR BETTER BALANCE Series Cost $40
Mondays, September 14th-October 9th3:00-4:00P
Join us to improve your balance and reduce your risk of falls through the practice of yoga that will include exercises from an evidence-based fall prevention program.

GENTLE YOGA FOR BACK RELIEF SERIES COST $40
Mondays, October 19th-November 9th 3:00-4:00P
Join us to rediscover comfort, improv your mobility, and ease back stiffness safely.
www.bitofblissyogaofcapecos.com

YOGA WITH PAUL HOWARD
Fridays, 10:00-11:15 AM FEE: $10/class



Strengthen the body, reduce muscular tension and calm the mind. Paul's style adapts to all experience levels. Active older adults would feel comfortable.

WALKING GROUP FREE
Wednesdays 10:00-11:00 AM



Join our walking group for some conversation and exercise. Group meets in the lobby at the Yarmouth Senior Center. This is a go at your own pace walk through Old Townhouse Park while enjoying some conversations with new acquintances.

ZUMBA GOLD FEE $45/month or $7/class
T and TH, 8:45-9:45 AM



Fun Latin and international rhythm music workout with built in dance, flexibility, and balance. For most fitness levels!
peg4zumba@aol.com

PROGRAMS

MEN'S COOKING 6 WK SERIES **RSVP 508-394-7606 X 1330**



Thursdays 1:30-3:30P Sept. 3,17 Oct. 1, 15, 29 Nov. 12th $75/6 weeks

With Chef Larry learn to cook. by taste. Help pick menu, eat what you meet great people. Must pay in advance.

MAHJONGG BEGINNERS CLASS **RSVP 508-394-7606 X 1330**



September 3rd-24th 4 wks $60

Learn to play Mahjongg with Patricia Whalen. this 4 week class introduces the fundamentals of the 4 player tile game. Must pay upfront.

INTERACTIVE MUSIC BINGO FRIDAY SEPTEMBER 4th 1:00P
RSVP 508-394-7606 X1330



Join us for a fun afternoon of Interactive Bingo with with Kevin. Sing Along, Laugh, Win Prizes!

MAKE and TAKE CRAFT FREE **RSVP 508-394-7606 X 1330**



SEPTEMBER 9th and October 14th 1pm

September will be decoupage flower vase and October will be Fall candle making.

GOLDMINE and ICECREAM SOCIAL **RSVP 508-394-7606 X 1330**



September 10th 2pm

Goldmine is the result of more than a decade of collaboration between Veteran multi-instrumentalist Joe Griffith and seasoned vocalist Sandra Wright. Their repertoire spans the better of six decades, including rock and pop favorites

Icecream sponsored by HEATHERWOOD At Kings Way



COMMUNITY OUTREACH FAIR **1:00PM SEPTEMBER 11th**



The temperatures may be changing but the resources for Yarmouth seniors never cool off. The Yarmouth Senior Center is glad to again host a Community Resource Fair for you. Come out September 11 at 1 pm and discover support and assistance. For the first time, we'll have companies focused on helping seniors with snowplowing. As always, Eversource and National Grid staff will discuss how to reduce your utility bills. Organizations that address home repairs and property taxes, food, financial and legal challenges will be here as well. Don't miss this!

CAPTAINS FANTASTIC: THE THREE BROTHERS ELDRIDGE OF YARMOUTH PORT
Friday September 11th 1:00 **RSVP 508-394-7606 X 1330**



Asa Eldridge may be the most famous sea captain in his family, but his brothers John and Edward were also distinguished shipmasters. Indeed, the three brothers were possibly the only three mariners ever to achieve a singular feat: to captain a ship from each of the three most important classes that defined the golden age of US maritime history.

"MORE FOR YOUR DOLLAR" MARKET BASKET TRIP ON THE VOYAGER
September 16th and October 21st 1:00 PM Limited Seats/4 Bag Max
RSVP 508-39407606 X1330



Would you like to go to Market Basket to recieve high quality products at competative prices? Our Voyager bus will be taking one trip per month for you to save money. There is a 4 bag max.

GRILLING ON THE PATIO 1:00PM **RSVP 508-394-7606 x1330**
September 18th,28th **Spots Limited**



Join us for grilling on the patio on these days. Enjoy our patio while having lunch. Hot dogs $3 and Burgers $5 with your choice of a drink and chips.

NEW MATTER OF BALANCE: FEAR OF FALLING **RSVP 508-394-7606 X1330**
Mondays, September 21-November 16 1:00-3:00 PM



Falling can be preventable! this **FREE** 8-week program is based on A MATTER OF BALANCE: Fear of Falling. This program acknowledges the risk of falling and emphasizes practical coping strategies to reduce fears. Strategies include promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the enviorment to reduce fall risk factors, and promoting exercise to increase strength and balance. Includes exercise, but is not strictly an exercise class. **Residents of Yarmouth only.**

PROGRAMS

NEW QIGONG FOR VITALITY **RSVP 508-394-7606 X1330**

Mondays 10:30AM **Starting September 21st** **$10/class**

Qigong is a gentle, slow moving, mindful practice and one of the five healing branches of Traditional Chinese Medicine . Qigong encourages a smooth flow of Qi (energy) to help the body engage in its own healing process . Complementary self-care practices of acupressure, tapping, joint massage and sound healing are sprinkled in as a warm-up .Improve posture and balance , awaken the brain calm the mind and stimulate circulationPractice takes place both seated in a chair and standing . Wear comfortable shoes and bring water for hydration.



MA HEALTHCARE 101 SEPTEMBER 22nd 12 noon RSVP 508-394-7606 X1330

TOPICS TO BE DISCUSSED: How does home care work? What questions should i ask when thinking of private care. How much does it cost? How does VNA work? Who decides when I come off physical therapy? Independent, Assisted and Memory care communities. and so much more. **PIZZA will be served**

YARMOUTH LIBRARY BOOK CLUB **RSVP 508-394-7606 X1330**

September 22nd and October 27th 2:00P

A Marriage At Sea, By Sophie Elmhirst, A Marriage at Sea tells the true story of Maurice and Maralyn, an unlikely couple who abandon ordinary life to sail the world- only to face disaster when a whale sinks their boat in the Pacific.

Buckeye, By Patrick Ryan, " A glorious sweep of a novel" (Ann Patchett) that weaves the intamate lives of two Ohio families across generations, from World War II to the late twentieth century.





CAPE COD COMMUNITY COLLEGE DENTAL CLINIC 8:00 AM FREE

September 24th By Appointment **RSVP 508-394-7607 X1330**

This FREE clinic provided by Cape Cod Community College offers preventative care which includes: Dental Screening Examination/Oral Cancer Screening, Patient Education/oral hygiene instructions, Dental Prophylaxis/cleaning/dental plaque and biofilm removal, Fluoride Varnish. space limited and must fill out a medical form prior to appointment. **SPACE LIMITED**



THE CARE MANAGER AND THE ATTORNEY **RSVP 508-394-7606 X 1330**

September 25th 1:00P

Best of Care
OUR Family Serving YOUR Family

MARSDEN LAW P.C.

The decisions, the paperwork, the planning, the what-ifs: nobody hands you a manual for this. So let's talk it through together, an easy conversation with peopl who guide families.

MY CHART MADE SIMPLE SEPTEMBER 25th 1:00 RSVP 508-394-7606 X1330

Doctor Portals & Insurance Sites: Access Made Simple Managing your health online doesn't have to be confusing! This workshop walks you through how to securely access and navigate your doctor's patient portal, health insurance site, and other medical accounts. You'll learn how to find lab results, send secure messages, schedule appointments, and understand your coverage—all while keeping your personal information safe. Perfect for those who feel unsure about logging in, creating accounts, or remembering passwords.

THERAPY GARDENS

VARIETY SHOW October 2nd 1:00P **RSVP 508-394-7606 X 1330**

Join us for an afternoon of fun and local talents featuring members of Yarmouth Senior Center and our local community. **If you are interested in performing, have an act, a song, play ,dance, poem etc. call Ann at 508-394-7606 X1333**



SHRED EVENT **RSVP 508-394-7606 X1330**

Saturday October 3rd 9:00-noon **2 Box Maximum**

Must register for this free Shred Event hosted by the Yarmouth Senior Center and is made possible by the Friends of Yarmouth Council on Aging. This event is for **YSC residents only**, If you are not registered with the Center, please speak to our receptionist.



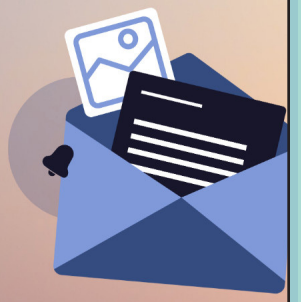
ACUPRESSURE FOR IMMUNE SUPPORT RSVP 508-394-7606 X 1330

OCTOBER 7TH 10:00 AM FREE

An introduction to the ancient healing art of Acupressure, based on Acupuncture and Traditional Chinese Medicine. Instead of needles, we use gentle finger pressure to connect with subtle energy pathways that flow through tissues, bones and organs. Helping keep joints moist and organs healthy. Take home recorded practice and handout included. Class takes place seated in a chair.



Never miss our publication!



Get each new issue delivered straight to your inbox.

Scan to subscribe on MyCommunityOnline.com

Advertise Here!

Contact Karen Fontaine
kfontaine@4LPi.com
(800) 950-9952 x6350



We are proud to serve our community with personal, compassionate care. As your Dignity Memorial professionals, we are dedicated to helping families create a unique and meaningful memorial that truly celebrates the life it represents.

DOANE BEAL & AMES

South Dennis 508-385-7116
Hyannis 508-775-0684
West Harwich 508-432-0593

doanebealames.com

SEASIDE HEARING SOLUTIONS LLC
EXPERT HEARING & TINNITUS CARE

HEALTHY AGING Starts with HEALTHY HEARING



Susane T. Powers, BC-HIS
Board Certified
Hearing Instrument Specialist

BOARD CERTIFIED IN HEARING INSTRUMENT SCIENCES

Did you know?

- Roughly 48 million Americans have some degree of hearing loss.
- Approximately one in three people between aged 65-74 and nearly half of those aged 75+ has hearing loss*
- Hearing loss is the third most common health condition in the U.S. after heart disease and arthritis.

*National Institute on Aging.

As we get older and start taking a more active role in maintaining our overall wellness, we often neglect hearing loss! Call the hearing experts at Seaside Hearing Solutions to learn more about your hearing health.

Call the hearing experts at Seaside Hearing Solutions today to schedule your appointment. (508) 371-2520

Mention this ad while booking your appointment and receive $500 Off any pair of hearing devices.

923 Route 6A • Unit DD • Yarmouth Port, MA 02675
(508) 526-9101 • seasidehearingsolutions.com

Support Our Advertisers!

PROGRAMS

STROKE AWARENESS
RSVP 508-394-7606 X1330

October 8th 1:00P

Stroke is a leading cause of death and disability in the United States but many people don't know what a stroke is or how to recognize the signs and symptoms of stroke.Jean Estes, the Stroke Program Manager at Falmouth Hospital will give a presentation on Stroke on September 8 at 1 pm. The presentation will include a brief overview of the different types of stroke, how to recognize stroke signs and symptoms, identifying risk factors for stroke and reviewing treatments for stroke.

MEDICARE OPEN ENROLLMENT: WHAT YOU NEED TO KNOW FOR 2027
Thursday October 8th 1PM **RSVP 508-394-7606X1330**

Join us for an informative presentation designed to help Medicare beneficiaries, caregivers, and professionals navigate the Medicare Open Enrollment period. This session will cover important updates to Medicare plans, key dates and deadlines, and how to compare coverage options to ensure you're getting the best value for your healthcare needs. Whether you're new to Medicare or reviewing your current plan, this presentation will provide the tools and resources you need to make confident, informed decisions. There will also be time for Q&A.

DRIVING DECISIONS WORKSHOP and CAPE COD RTA PRESENTATION
October 9th 1:00PM **RSVP 508-394-7606 X1330**

The Registry of Motor Vehicles (RMV) " Driving Decision" workshop is an interactive discussion for older driver safety and mobility. Topics include license renewal requirements, REAL ID's, older driver assessments, planning for driving retirement, reporting procedures. The program also identifies how age related changes, functional impairments, and medications can impair driving Workshop attendees will be able to identify the warning signs of unsafe driving, understand RMV policies and procedures, and learn techniques to use prepare for driving retirement. **Followed by a presentation on what the Cape Cod RTA has to offer for transportation and a tour of the bus.**

NEW SOUPS ON AT THE YARMOUTH SENIOR CENTER
RSVP 508-394-7606 X1330

October 9th and 23rd 1:00PM **Cost $5 per person**

Come and enjoy a bowl of homemade soup , freshly prepared by Chef Larry. Included with your soup is a roll, drink and a sweet treat. Space is Limited.

October 9th - Chicken Noodle Soup, October 23rd Italian Wedding Soup



INDIGENOUS RESERVATION OF YARMOUTH
RSVP 508-394-7606 X1330

Wednesday October 14th 1:00P

Did you know that there was an Indigenous Reservation on 160 acres in Yarmouth? Where was it located, how long did it last, and how did the Indigenous People live? In this 45 minute- lecture historian Bob Kelley will answer these questions, explain who the Praying Indians were, and give a broader understanding of how the Indigenous Peoples of Yarmouth came to be Christainized.

FANTASTIC FALL SOUPS
RSVP 508-394-7606 X 1330

October 16th 1:00 PM

Join us for a warm and seasonal look at fall-inspired soups. We'll explore recipes like Butternut Squash & Apple with Sage, Roasted Pumpkin & Ginger, Creamy Mushroom with Tarragon, and Roasted Red Pepper Soup. Learn key ingredients, techniques, and tips, with recipes to take home.

ELDRED'S ANTIQUE APPRAISAL
RSVP 508-394-7606 X1330

October 23rd 1:00P-4:00P **$5 per item 3 item limit**

Similar to PBS Road Show , you bring antiques, art, heirloom's, historic piece's , jewelry, and small furniture and get it appraised. Come in for this wonderful fundraiser sponsored by FOYCOA . All proceeds go to the Yarmouth Senior Center.

POWER OF YOU SERIES
RSVP 508-394-7606 X 1330

Tuesday October 20th and 27th 10:00-12:00 P

Cape Media Center (CMC) will provide experienced instructors who will discuss the art of storytelling, covering best practices for developing compelling narratives, structuring personal stories, conducting interviews, and communicating authentically with an audience. Participants will also receive hands-on training in podcast production, including microphone techniques, recording, audio editing, sound design, and publishing. Brought to you in conjunction with the Alpha Ridge Fund of the Cape Cod Foundation.

STEPS TO SAFETY
RSVP 508-394-7606 X1330

October 23rd 11:00 - 12:00 PM



Steps to Safety™ is centered around 16 key safety messages—eight fire prevention and eight fall prevention—developed by experts from national and local safety organizations across the US and Canada. By combining education, practical interventions, and community collaboration, the Steps to Safety program helps older adults reduce the risk of fire and fall injuries, promotes healthy aging, and lessens the burden on emergency services.
The program centers around 16 key messages, 8 fire prevention and 8 fall prevention. This is a free program that usually lasts 1 hour.

HOW DO I KNOW WHATS REAL ANYMORE
RSVP 508-394-7606 X1330

October 30th 1:00PM

Understanding AI, Misinformation & Everyday online Trust If you're asking," How do I Know What's Real Anymore?" you're not alone in this digital world, misinformation, AI- generated content, deepfakes, and curated online images can make it hard to distinguish the truth from fiction. **Therapy Gardens programs** address this by combining hands-on wellness experiences with digital literacy skills.

AT THE CENTER.....



COMMUNITY NOTES

BAY TO SOUND NEIGHBORS

Is a volunteer non-profit with the mission of helping residents of Yarmouth and Dennis remain independent, stay in their homes and be active in their community. We provide transportation to medical appointments and the store., technology assistance and friendly visits. We have urgent need for volunteers who want to make a difference in the lives of people in our community. Learn more at: 508-470-0585 www.baytosoundneighbors.org or email at baytosoundneighbors@gmail.com

CAPE COD COMMUNITY PANTRY

Senior Hours: 2nd and 4th Wednesday of the month, 10:00 AM-Noon. We Service the Cape Cod community in need of food assistance. Donations can be made in person. Need transportation to the pantry? Call 508-394-7606x1331 to book your ride.

ST DAVIDS EPISCOPAL CHURCH - Paper Pantry and Takeaway Meal 508-394-4222

Serving take home meals on the 3rd Wednesday of the month, 1:00 PM - 3:00 PM

VETERANS SERVICES

Cape Cod Vet Center www.vetcenter.va.gov 508-778-0124

Vet center provides a broad range of counseling, outreach, and referral services to be eligible veterans to help them make satisfying post war readjustment to civilian life.

Cape Cod Islands Veterans Outreach Center 508-778-1590

247 Stevens Street Suite E in Hyannis Ma 02602/ Outreach Center has become a portal for veterans' service for Cape Cod & Islands. Networking and partnering with key agencies, to provide more inclusive services for homeless veterans in need of: housing, employment, medical or psychological services.

YSC Veterans Social Group 508-394-7606

Offers Veterans a place to come and socialize with other veterans. We will have military events, presentations, movies and refreshments.

Department of Veteran Services 508-778-8740

Veterans Services Officers(VSO) in the Commonwealth help Veterans learn about, apply for, and in some cases receive financial benefits. Our office offers assistance with VA Disability Claims and VA Health Care Applications. [Under Massachusetts General Law(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 www.capevets.org Eligible veterans and/or family members must meet certain income criteria and their military experience must meet the Commonwealth's requirements. Call to find out what benefits you may be eligible for.

NEIGHBORHOOD CRIME WATCH

2:00PM at YSC October 14th

The Yarmouth Neighborhood watch program will hold it's semi- annual meeting open to the public. YNCW has 129 blocks, Block Captains help build strong neighborhoods by facilitating communication in their block and encouraging citizens to report suspicious activity to the YPD.

HOUSEHOLD HAZARDOUS WASTE COLLECTION FOR RESIDENTS OF YARMOUTH

Saturday October 1st 9AM-12 noon at Yarmouth Public Works 74 Town Brook Road West Yarmouth for more information visit the Town of Yarmouth website

TAX WORK-OFF

SPACE LIMITED

For More Information
Call 508-394-7606 X1334

Senior Tax Work-Off applications will be available June 1st 2026 at the Yarmouth Senior Center. You must be a resident of Yarmouth and are physically able to meet job requirments of the Town Department you are placed in.

AGE-FRIENDLY COMMUNITY TEAM

Open Meetings on the 1st and 3rd Wednesdays of the month
Meeting time: 3:30pm-5:00pm

AFCT Milestone Sept Oct 2026

Welcome to the start of another season on the Cape. Let's hope the coming winter season won't be as severe as last winter.

I want to thank Jane Martin, who organized an intergenerational reading story time program, and the volunteers, known as the "Senior Reading Buddies." They held 6 group reading sessions at the South Yarmouth Library this summer reading storybooks to children, parents and grandparents.

It was very successful and a lot of fun for everyone, especially us. Possibly. this will be a project the AFCT can continue. If so, we will be looking for volunteers again.

I'm sure many are not looking forward to the cold weather after the beautiful summer we had. It was Cape Cod hot, but even with the heat and traffic, it was enjoyable.

As much as I hate to say it, now is the time to start thinking about winter, unless you go south. However, they get their share of storms as well.

It seems strange to be mentioning this topic now with the nice fall weather we have. Doing a little preparation now, with no pressure, is better than panicking as the snow and winds start on the Cape.

Will you be prepared? Are you thinking about it? Do you have a Plan of Action? If that plan isn't working, do you have a Plan B?

What foods will you have on hand? What if we lose power? Can you heat the food? How will you stay warm? Who do you call for help? When do you call? Can a neighbor help? Is it prearranged? Is it safe to travel?

Do you know what not to do, like running items in the house that produce carbon monoxide? Do you have a fireplace? Is the chimney clean? Is there enough wood? Are matches and/or lighters on hand?

Begin by stocking up on emergency essentials, such as extra blankets, batteries, candles, or battery-powered lanterns. Have a working carbon monoxide detector in the house.
To be continued!

Gerry Bedard, Chairman

Charge for the Age-Friendly Community Team

General Purpose: To advise the board of selectmen on matters pertaining to the Age-Friendly Community framework in keeping with membership in the World Health Organization Network. Framework:

- Outdoor Spaces & Buildings
- Social Participation,
- Transportation
- Housing
- Respect and Social Inclusion
- Communication & Information
- Civic Participation & Employment
- Community Support & Health

SPECIFIC CHARGES

Charged with creating useful data driven reports and developing plans that increase education, engagement and action that continuously improve upon an Age-Friendly Yarmouth using the WHO framework, an intergenerational Lens and Ageism awareness. The team is assigned to Town Administrator and will serve as an advisory board to the Board of Selectmen.

AFCT MEMBERS

Three- Year Term:

Gerry Bedard
Chairperson

One-Year Term

Peter Malpass
Jane Martin
Margie Newcomb



Sausage Broccoli Orzo

2 cups orzo pasta – This rice-shaped pasta absorbs flavors beautifully and cooks quickly
1 tablespoon olive oil – Use extra virgin for the best flavor and smooth cooking
1 pound chicken sausage sliced – Choose Italian-style for extra herbs and spices
2 cups fresh broccoli florets – Fresh works better than frozen for perfect texture
3 cloves garlic minced – Fresh garlic gives the dish its aromatic foundation
4 cups chicken broth – Low-sodium works best so you can control the salt levels
1 teaspoon Italian seasoning – This herb blend adds authentic Mediterranean flavors
Salt and pepper to taste – Start with less and add more as needed
1/2 cup grated Parmesan cheese – Freshly grated melts better than pre-shredded
2 tablespoons fresh parsley chopped – Adds color and fresh herbal notes Method

Heat olive oil in your large pot over medium heat until shimmering. Add sliced sausage and cook for 5-7 minutes, stirring occasionally. You want golden brown edges that will add rich flavor to the entire dish.
Stir in minced garlic and cook for just one minute until fragrant. Don't let it burn or it will taste bitter. The kitchen should smell amazing at this point, signaling you're on the right track.
Add broccoli florets to the pot and sauté for 2-3 minutes. This brief cooking time helps them soften slightly while maintaining that perfect crisp-tender texture. The bright green color should remain vibrant and appealing.
Pour in chicken broth, add orzo pasta, Italian seasoning, salt, and pepper. Stir everything together well to ensure even distribution. The broth will cook the pasta and create a flavorful base.
Bring mixture to a boil, then reduce heat and cover. Simmer for 10-12 minutes, stirring occasionally to prevent sticking. The orzo should absorb most liquid and become tender but not mushy.
Remove from heat and stir in Parmesan cheese until melted and creamy. The residual heat will melt the cheese perfectly. Garnish with fresh parsley before serving for a restaurant-quality presentation



YARMOUTH FUN FACTS

Yarmouth is one of the oldest towns on Cape Cod and was officially incorporated in 1639. The town originally included the neighboring area of Dennis before it officially separated into its own town in 1793.

fall
WORD SEARCH

Y	A	B	I	C	O	S	T	U	M	E	M
N	P	R	B	B	L	S	K	B	F	S	W
H	P	A	P	O	H	C	R	H	G	W	G
K	L	N	O	O	A	O	S	L	Y	E	R
S	E	C	N	T	A	A	Q	N	Q	A	A
T	O	H	S	S	U	L	U	O	F	T	I
R	R	Y	W	Q	L	O	I	C	W	E	N
Z	A	C	S	G	J	E	R	V	F	R	B
H	N	R	V	Y	V	V	R	Q	H	F	C
V	G	O	B	V	Y	M	E	S	U	Q	U
S	E	W	N	M	V	Y	L	J	N	K	S
M	S	E	P	T	E	M	B	E	R	B	W

SEPTEMBER	HAYSTACK	APPLE	COSTUME
BOOTS	BRANCH	CROW	SWEATER
SQUASH	SQUIRREL	ORANGE	RAIN



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952

FREE AD DESIGN WITH PURCHASE OF THIS SPACE

Call 800.950.9952

Available 24/7

MF Family Home Care

Compassionate Care in the Comfort of Your Home

- ✓ Personal Care & Hygiene
- ✓ Companionship
- ✓ Medication Reminders
- ✓ Meal Preparation
- ✓ Alzheimer's & Dementia Care
- ✓ Post-Hospital Care
- ✓ Light Housekeeping
- ✓ Doctor's Apt. & Errands

Trusted Reliable Family-Centered Care

Customized care plans for your loved ones

CALL or TEXT: 781-243-9736

Website: www.mffamilycare.com

I Will Write Your Life

Your story. Your legacy. Written for generations.

Barbara Leedom
508-364-2185
bleedom@gmail.com

Advertise in Our Newsletter!

Contact Karen Fontaine
kfontaine@4LPi.com
(800) 950-9952 x6350

---

findmass money.gov
UNCLAIMED PROPERTY DIVISION

Did you know that you may have money waiting for you?
1 in 10 Massachusetts residents has unclaimed property.

Unclaimed property can refer to an old bank account, a forgotten insurance policy, uncashed checks, a refund you didn't know about, or even a forgotten safe deposit box.

Search and claim at Findmassmoney.gov or call our office at 617-367-0400.
Searching for unclaimed property in your state is always free.

Dear Friends,
September is National Senior Center Month, and we would like to take this time to thank all of you who joined our membership drive. Many people were generous with additional donations. Your donations will help supplement requested items which are not covered by the Town of Yarmouth. All board members are volunteers and all funds donated are used to support the Yarmouth Senior center.

Our biannual Eldred Antique Appraisal will be held on October 23, 2026, at the Yarmouth Senior Center from 1:00 – 4:00. Appointments can be made by calling the Senior Center. There is a three-item limit at a cost of $5.00 per item.

Our annual business meeting will be held on October 14, 2026, at the Senior Center at 9:30 AM. Everyone is invited to attend this meeting, and volunteers are always welcome to join our board.

As I close out my two terms as President, I find myself reflecting on what an incredible journey these past years have been. There is such support from our community for the Yarmouth Senior Center. We have navigated triumphs and challenges and have emerged stronger and more connected to our mission. The tireless efforts of our volunteers and unwavering commitment of our board have helped the seniors of Yarmouth. I am confident that the Friends of Yarmouth Council on Aging will continue to grow and assist the senior citizens of Yarmouth

Chris Morassi
President, FOYCOA

FRIENDS OF YARMOUTH COUNCIL ON AGING
FOYCOA

FRIENDS OF YARMOUTH COUNCIL ON AGING

Email: FOYCOA@gmail.com

Website: FOYCOA.org

Mission Statement: FOYCOA is a nonprofit 501(C)(3) organization that financially supplements the Yarmouth Senior Center for requested items not covered by the Town of Yarmouth. We recognize our seniors as one of our most valuable assets and strive to enhance their lives by providing special events, programs, and volunteer opportunities.

Open meetings monthly on the first Wednesday of the month at 9:30 AM at the Yarmouth Senior Center

Board Members:

President	Chris Morassi
Vice President	Kent Carlson
Treasurer	John Hayes
Secretary	Patty Wright
Board Members	Ed Morassi
	Joan Merrill
	Nancy Gunner

ADVENTURES WITH KARYN TOUR & NEWS

DAY TRIPS AND BROADWAY

Encore Casino – FREE Slot Play– 9/13, 10/11 $59
Lobsterbake-Taste of Maine Lobster- 9/16, $125
Operation Mincemeat PVD-9/20, $145/$107
Bewitching SALEM- 10/04, $79
Turkey Train NH–10/11, $165
NE Christmas Fest Mohegan 11/06, $89
Christmas in Newport- 12/02, $89
Cirque Night Before XMas PVD–12/06, $155
Oh Mary! Boston–1/02, $175
Death Becomes Her PVD–1/30. $155/$110
The Notebook PVD- 1/14, $140/$90

DESTINATION TOURS

Sunny Tucson & the Old West April 2027
Montana: Big Sky Country July 2027
Portugal River Cruise November 2027
Viking Shores & Fjords June 2028
Viking Pharoh's & Pyramids October 2028
Call or Visit Website for a Detailed Itinerary

MORE BROADWAY SHOWS ON SALE:

Mamma Mia-Jersey Boys-Maybe Happy Ending
Who's Tommy-Beautiful Noise

Karyn Wendell at 508-420-5288 - Karynmw1@comcast.net - www.adventureswithkaryn.com
Mail payments to: Adventures with Karyn, P. O. Box 161, Centerville, MA 02632
Stop by the Yarmouth Senior Center for more information and trip itineraries!, Karyn is here on Wednesdays from 9-11 AM
FOYCOA receives a monetary donation for every Yarmouth resident participating in trips and tours



COMMUNITY RESOURCE FAIR

Friday September 11
1:00P



SHRED EVENT

Saturday October 3rd
9:00-Noon
2 BOX MAXIMUM



VARIETY SHOW

Friday October 2nd
1:ooP

THE DISTRIBUTION OF THIS NEWSLETTER IS MADE POSSIBLE THROUGH FUNDING ASSISTANCE PROVIDED BY THE E XECUTIVE OFFICE OF ELDER AFFAIRS AND OUR FRIENDS OF YARMOUTH COUNCIL ON AGING.

DISCLAIMER: The Yarmouth Senior Center offers many legal, financial, recreational, medical-screening, or other services and/or activities nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Yarmouth Council on Aging, The Y Center, the Town of Yarmouth, Friends of Yarmouth Council on Aging, aka FOYCOA, or its employees or agents do not assume any legal re any advice or services rendered by such volunteer or nominal-cost practitioner. Any act, advice, or service by outside providers at the Cou should not be presumed to be endorsed or sponsored by the Council on Aging. Yarmouth Senior Services does not discriminate on the ba race, color, national origin, sex, gender identity, disability, age, height, weight, marital status or familial status in its programs, activities or in employment.

Friends of Yarmouth Council on Aging
Yarmouth Senior Services
528 Forest Road
West Yarmouth, MA 02673

Nonprofit Org
US Postage
PAID
Permit #29
South Yarmouth MA