



# Tidings

May/June 2025

*The mission of the Orleans Council on Aging & Senior Center is to serve and empower older adults 60+ to age well in Orleans through support, enrichment, and advocacy.*

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## NEW TUESDAY EVENING ACTIVITIES..... p. 2

- The *Tidings* newsletter is available online. Go to: [www.town.orleans.ma.us](http://www.town.orleans.ma.us) and click on "Government," then under "Departments" click "Council on Aging/ Senior Center."
- The newsletter is mailed to Orleans seniors, current Friends' members, and COA volunteers.

## DIRECTOR'S DIALOG

To evolve with changes in the population we serve, the Senior Center will begin offering evening hours to increase accessibility and opportunity for older adults still working. **Beginning May 27th, we will be open every Tuesday evening until 8pm.** We will offer programs and services to ensure we are providing support, enrichment, and advocacy for all 60+. *See page 2 for our new Tuesday evening activities!*

## INTERGENERATIONAL LUNCH & LEARN: "SHARK FRENZY"

Friday, May 16, 11:30am-1pm

Come enjoy a "JAW-some" learning lunch with the 2nd Graders from Orleans Elementary School. The students will bring their "Second Grade Shark Frenzy" presentations and we'll mingle for lunch and conversation afterwards. This is a meaningful way for us to strengthen community by creating connections, reinforce learning, and bridge generational gaps. This is a wonderful opportunity to see first hand what's happening in our local school. **Lunch is free**, so participants must commit to attending the full program. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/14.**



## "LUNCH AND LISTEN" SUMMER CONCERT SERIES: JEFF LOWE BAND - A Beatles Tribute

Friday, June 27, 12-1pm

Join us for a special Beatles Tribute with the Jeff Lowe Band. The band will tackle the huge Beatles songbook covering both early and later tunes. **Please bring a lawn chair** to enjoy the concert which will be hosted in the Senior Center garden if weather permits. You may bring your own lunch, or purchase a box sandwich lunch at the Senior Center for only \$6. If you want to order a lunch, let the Senior Center know when you register. **Orleans residents and Friends members may register by calling the Orleans Senior Center starting 5/5, others may register beginning 5/14. Event is co-sponsored by the Friends.** Don't wait as these concerts fill up quickly.



**REGISTRATION FOR ALL PROGRAMS BEGINS**  
**MONDAY, MAY 5TH, AT 9AM**  
*Please see p. 2 for details*

**TOWN MEETING: MONDAY 5/12 & TOWN ELECTION: TUESDAY 5/20**  
**SENIOR CENTER WILL BE CLOSED MONDAY 5/26 (Memorial Day) & THURSDAY 6/19 (Juneteenth)**

# SPECIAL ACTIVITIES

## TUESDAY *EVENING* ACTIVITIES

### TAI CHI

Tuesdays, 5:30-6:15pm  
May 27 - July 8 (7 classes)  
Cost: \$35



Want a fun way to exercise and build health? Join this class to learn the popular Yang Style Short Form Tai Chi. No prior experience is necessary. The class will include practice in silk reeling, standing meditation as well as relaxation techniques. Learn to move, breathe and relax by practicing the ultimate exercise in a soft flowing form. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 5/14.*

### CIRCUIT STRENGTH & CONDITIONING CLASS

Tuesdays, 6:30pm  
June 3 - July 29 (9 classes)  
Cost: \$45



This is a basic strength and conditioning class with a Certified Personal Trainer to help you maintain muscles so important for healthy aging. Class will incorporate different muscle groups and movement patterns using dumbbells, body weight, and resistance bands. Beginners are welcome and modifications will be offered based on ability. First class will include initial assessments. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 5/14.*

### S.H.I.N.E. - Health Insurance Counseling Tuesday, May 27, 5:30-7:30pm

SHINE (Serving Health Information Needs of Everyone) offers help navigating the complex retirement and Medicare health insurance system. SHINE counselors are volunteers trained and certified annually. If you're turning 65 in 6-8 months come learn what you'll need to do. **Call the Orleans Senior Center to schedule an appointment.** *Evening appointments are for those who cannot come during the day.*

### OUTREACH APPOINTMENTS

*Tuesday evening appointments are available to discuss resources, caregiver needs, supportive services, and more. Call the Orleans Senior Center to schedule an appointment.*

### IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, MAY 5th AT 9am.** We will return calls in the order they are received. If our lines are busy please leave **ONE** message that you want to register and we will call you back. Please do not leave multiple messages as this is a very busy time and other COA calls need to get through.
- ◆ To improve equity and access, you may register for up to 4 special activities.
- ◆ You may also register for up to 4 Comfort Kitchen and 4 Soup & Sandwich lunches.
- ◆ You may call back on 5/14 to register for more meals & activities, space permitting.
- ◆ Many programs have waitlists. **IF YOU ARE UNABLE TO ATTEND AS PLANNED, KINDLY CALL TO CANCEL WITH 24 HOURS NOTICE** so we can offer the slot to someone on the waitlist.
- ◆ For programs with a cost, payment is due within a few days of registration, or we will move your name to the waitlist.
- ◆ Orleans residents have priority.

### SIP & SWIPE CAFÉ

This is a special grant-funded technology teaching program intended to provide education in a comfortable setting to help bridge the technology divide for older adults.



### TECH SUPPORT - *By Appointment* Friday Mornings, May 16 & June 13

Bring your personal device (laptop, phone, tablet) and receive individualized support. We will provide patient help learning something new or answering questions. *(This is not a computer repair service.)* When you register you will be given an appointment time. Please arrive 5 minutes early to set-up your device so you'll be ready to go at your assigned time. Support is facilitated by Dawn Steber, Technology Educator for Orleans Elementary School. Dawn is a wonderful teacher who enjoys helping older adults learn more about how to use technology and get "unstuck." *Light refreshments will be served.* **Call the Orleans Senior Center to schedule an appointment.**

*This program is funded in-part with a Title III Grant from Elder Services of Cape Cod & the Islands.*

# SPECIAL ACTIVITIES

## WALK IT OUT CHALLENGE

**Monday, May 12, 9am**

Are you interested in improving your cardiovascular fitness and mood, but aren't sure where to start? Join us for a presentation about the health benefits of walking and an open discussion period led by a VNA Physical Therapist. Participants will receive a 4-week walking program to follow independently. The Senior Center will offer an exciting incentive to join the challenge. **Call the Orleans Senior Center to register.**



## CRAFT CORNER

### TABBY WEAVE COASTERS

**Wednesday, May 21, 9:30-11am**

**Cost: \$5**

Local Fiber artist Mary Sutton returns to teach us how to do the tabby weave to make our own set of coasters!



### FELTING

**Wednesday, June 11, 9:30-11am**

**Cost: \$5**

Local fiber artist Mary Sutton returns to teach more felting skills. No experience necessary! If you're looking to try something new, come learn more about this popular textile art that uses natural fibers, and walk away with a new hobby.

**Call the Orleans Senior Center to register. Non-residents may register beginning 5/14.**

## THE LIFE OF TERNS:

### Birds of Paradox

*With Peter Trull*

**Thursday, May 22, 2pm**

Birds that are protected by law in one realm of their life cycle in the North American nesting areas, while also being trapped, killed and eaten by humans in their South American wintering grounds. Birds that nest in colonies made up of hundreds or thousands of mating pairs in close proximity, whose success in peacefully raising offspring depends on extreme aggression. Birds of paradox are not always what they seem. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/14.**



## ARTHRITIS EXERCISE PROGRAM

**Fridays, May 23 - June 27, 2-3pm**

**Cost: \$10**

Does joint pain and stiffness keep you from doing the things you love? This 6 week exercise program is designed to improve joint mobility and strength to keep you moving! Class is led by an Exercise Physiologist from the VNA of Cape Cod. Advanced registration is required. **Please contact the VNA directly to register at (508) 957-7423.** Please note, the class fee of \$10 is paid to the Orleans Senior Center prior to the first class, as we are sponsoring the class. *Orleans residents will have priority.*



## USING MY CHART

*With Cape Cod Healthcare*

**Wednesday, May 28, 2pm**

MyChart is a secure and convenient way to access your health information, manage appointments, communicate with providers, and much more. Whether you're looking to view your test results, schedule an appointment, or communicate with your care team, using MyChart is an important tool to help you manage your healthcare. Join us for a hands-on presentation on how to use a MyChart account. Please bring your smartphone, tablet, or laptop so you can follow along. This program is brought to you in collaboration with the Public Health & Wellness Division of the VNA of Cape Cod. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/14.**



## BIG LEAGUE HISTORY & FENWAY LUNCH

**Thursday, May 29, 12:15-2pm**

**Cost: \$6**

Baseball has long been associated with summer, sunshine, and America. Though there are many constants that run through the long history of the game, baseball has also reflected changes in American society. Join us as we explore the relationship between society, stadiums, and baseball. **Call the Orleans Senior Center to register. Non-residents may register 5/14.**



# SPECIAL ACTIVITIES

## AARP SMART DRIVER SAFETY COURSE

Wednesday, June 4  
9:30am-3pm

**ORLEANS RESIDENTS FREE**

**Cost for Non-residents:**

**\$20 for AARP members, \$25 for non-members**

Even the most experienced drivers can benefit from brushing up on their driving skills, so The Robb Center is offering a driver safety program through AARP at the Orleans Senior Center and **lunch is included**. This updated AARP Smart Driver Course is the largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, attendees will be taught the current rules of the road, new traffic control devices, defensive driving techniques, some of the new *technical* features in vehicles like *lane departure warnings*, *blind spot indicators* and *adaptive cruise control*. This class will help you to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). **Call the Orleans Senior Center to register. Non-residents may register beginning 5/14.**



## O.S.C.A.R !

**O**rleans **S**enior **C**enter **A**ctive **R**ecreation. This initiative was created to provide opportunities for Orleans seniors to get outside, try something new, enjoy Cape Cod's unique recreational activities, and encourage health and wellness while having fun!



## CAPE COD NORDIC WALKING INSTRUCTIONAL CLINIC

Thursday, June 5, 9am

Come join us for a unique and fun way to get active, improve your overall health and see what everyone is talking about! Our certified instructors will guide you through the basics of Nordic walking and help teach you the Nordic technique. We will provide all equipment for this instructional class. Enjoy the fresh air and get in shape with us! **Call the Orleans Senior Center to register. Non-residents may register beginning 5/14.**



## LADIES LUNCH: "Here Comes the Bride"

Thursday, June 26, 12:15 pm

Cost: \$6

Join us for a fun afternoon! We'll enjoy a lunch of a Strawberry Summer Salad with Chicken, homemade roll and dessert. After lunch we'll explore the history of wedding bouquets, cakes, and cake toppers while discovering the unique wedding customs and traditions from around the world. The presentation will be followed by a bouquet toss and a raffle. The prizes will be wrapped as "wedding gifts". Participants are encouraged to bring along a photo from their wedding day to share with fellow attendees. **Call the Orleans Senior Center to register. Orleans residents and Friends members may register starting 5/5, others may register beginning 5/14. Co-sponsored by the Friends.**



## SENIOR CENTER CINEMA

### MEMORIAL DAY (NR)

Thursday, May 15, 1:30pm



This film explores the connections between a grandfather and grandson and how their stories from WWII and Iraq parallel as they cope with losses and moral dilemmas that unite soldiers and generations.



### CONCLAVE (PG)

Wednesday, June 18, 1:30pm



In this Oscar nominated film, an all-star cast tells the story of powerful church leaders sequestering to elect a new Pope and what happens when a conspiracy could lead to its downfall.

**We'll serve popcorn and M&Ms!** There is no charge, but donations are gladly accepted. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/14.**

## DAYTIME DANCE FIT, QIGONG & TAI CHI CLASSES...ALL STARTING SOON!

See page 11 for details

# REGULAR ACTIVITIES

## ART AFTERNOONS

**Fridays, 1:30-4pm**

**May 2, 9, 23, 30 & June 6, 20**

Join fellow artists for fellowship and an opportunity to keep your projects moving along. Please bring a plastic table cover along with your supplies.

**No need to pre-register.**



## BOOK CLUB

**2nd Friday of the month, 10am**

Please join us for an interesting, lively book discussion. New participants are always welcome! **No need to pre-register.**



**Friday, May 9, 10am**

*"Weyward"* by Emilia Hart

**Friday, June 13, 10am**

*"True Biz"* by Sara Novic

## BOWLING

**Fridays, 2:30pm**

**May 2 (then suspended until Fall)**

**Cost: \$10**

Do you like to bowl? We are partnering with The ALLEY Bowling in Orleans to host a bowling group for seniors. Come join us for the fun! This is a commitment, not open bowling. The \$10 cost includes shoes and 3 strings of bowling and is payable in cash to the Alley on bowling day. All are welcome but **registration is required as walk-ins are not permitted.** Call the Orleans Senior Center to register.



## GAME LOUNGE

**Tuesdays, 1:30-4pm**

**COME & JOIN THE FUN!**

**Ping Pong, Cribbage & more!**

Tuesday afternoons we transform space into a fun Game Lounge. We have a regulation ping-pong table and covered tables for recreational games like cribbage, chess, board games, or cards. We even serve snacks. This is a great opportunity to make friends and stay engaged in a fun and friendly atmosphere. **This is a drop-in activity, no need to pre-register. NO GAMES ON MAY 20th DUE TO ELECTION.**



## KNITTING GROUP

**Mondays, 1-3pm**

This is an opportunity to get together with others and knit for a worthy cause. We knit items to donate to local community organizations. We have some supplies, or bring your own. New members always welcome! **No need to pre-register.**



## MAC USERS GROUP

**3rd Wednesday of the month, 2pm**

**No need to pre-register.**



## MAHJONG PLAYERS

**Fridays, 2-4pm**

**May 2, 9, 16, 23, 30 & June 6, 20, 27**

Please bring your own board sets and table covers to play. New players are always welcome! **No need to pre-register.**



## REIKI SESSIONS

**Tuesday Afternoon Appointments**

**May 6, 27 & June 3, 10, 17, 24**

**Cost: \$5 per session**

**With Reiki Master, Shirley Wladar, RN**

Reiki is an energy healing technique which promotes relaxation and reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. **Call the Orleans Senior Center to schedule an appointment.**



## SALTY BOOTS LINE DANCING

**Tuesdays, 2-3pm, June 10, 24**

**Cost: \$12**

Our instructor will teach the basic footwork and line dances will include a mix of contemporary and country-western dancing. This is easy to learn for newcomers and all are welcome. This is a fun-filled afternoon of line dancing, exercise and camaraderie and no partner is necessary. **Call the Orleans Senior Center to register. This class is open to non-residents.**



# FITNESS PROGRAMS

## ORLEANS SENIOR CENTER *DAYTIME* FITNESS CLASSES

CLASS TITLE	DAY	TIME	COST	DATES OF NEXT SESSION
DANCE FIT	TUESDAYS	2:00 - 3:00pm	\$24	June 17 & July 1, 15, 29
GENTLE YOGA	MONDAYS	9:00 - 9:55am	\$48	June 2, 9, 16, 23, 30 & July 14, 21, 28
LINE DANCING	TUESDAYS	2:00 - 3:00pm	\$12	June 10, 24
NIA	FRIDAYS	10:00 - 11:00am	\$30	June 6, 13, 20, & July 11, 18
SIT FITNESS	MONDAYS	11:00 - 11:45am	\$27	June 2, 9, 16, 23, 30 & July 7, 14, 21, 28
SIT FIT YOGA	TUESDAYS	11:00 - 11:45am	\$27	June 3, 10, 17, 24 & July 1, 8, 15, 22, 29
SIT FITNESS	WEDNESDAYS	11:00 - 11:45am	\$24	June 11, 18, 25 & July 2, 9, 16, 23, 30
SIT FITNESS	THURSDAYS	11:00 - 11:45am	\$21	June 5, 12, 26 & July 10, 17, 24, 31
SIT FITNESS	FRIDAYS	11:00 - 11:45am	\$15	June 6, 13, 20, & July 11, 18
QIGONG	WEDNESDAYS	9:45 - 10:40am	\$48	June 11, 18, 25 & July 2, 9, 16, 23, 30
TAI CHI (w/ Lisa)	WEDNESDAYS	8:30 - 9:25am	\$42	May 21, 28 & June 11, 18, 25 & July 2, 9
YOGA (w/Jane)	TUES/THURS	9:45 - 10:40am		<i>On break...tentatively starting in July...call for more information</i>
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$42	June 6, 13, 20, 27 & July 11, 18, 25
ZUMBA GOLD	TUES/THURS	8:30 - 9:25am		<i>On break...tentatively returning in September</i>

### FITNESS CLASS POLICIES

- ◆ All class sizes are limited
- ◆ Payment is required within 3 days of registration
- ◆ No refund for classes missed by participants
- ◆ Orleans residents have priority
- ◆ Participants are required to sign a liability waiver

### FITNESS DESCRIPTIONS

#### DANCE FIT (Tues. w/ Jenny)

See p. 11 for details



#### GENTLE YOGA (Mon. w/ Debra)

Improves overall muscle tone, enhances breathing, and promotes mental calmness, stress reduction and body awareness. Chair & floor exercises. Bring a mat.

#### LINE DANCING (Tues.) - See p. 5 for details

#### NIA (Fri. w/ Sue)

Dedicated to physical and spiritual health, it combines dance, yoga, martial arts and mindfulness with music for non-impact aerobic fitness. Bring a mat.

**QIGONG (Wed. w/ Richard)** - See p. 11 for details

#### SIT FIT YOGA (Tues. w/ Cindy)

Seated exercises that improve flexibility, muscle tone, circulation and heart health with a yoga component

#### SIT FITNESS (M,W & TH with Debbie and F with Cindy) - Limit of 2 sessions per person

Seated exercises with light weights which help maintain range of motion, coordination, balance, and muscle tone.

**TAI CHI (Wed. w/ Lisa)** - See p. 11 for details

#### YOGA (Tues. & Thurs. w/ Jane)

*(limit of 1 session per person - unless space permits)*

Improves muscle tone, enhances breathing, and promotes calmness, stress reduction and body awareness. Chair & floor exercises. Bring a mat.

#### YOGA FLO (Fri. w/ Cindy)

Focusing on wellness, gently building strength and remodeling fascia, best suited for students with some familiarity with yoga. Chair & floor exercises. Bring a mat.

**ZUMBA GOLD (on break)**

# SENIOR CENTER LUNCHES

## SOUP & SANDWICH

**Mondays, 12pm**

**Cost of Lunch: \$6**

**Reservations Required**



Join us for a Soup & Sandwich lunch on Mondays. We prepare a delicious home-cooked lunch which includes soup, sandwich and dessert. Come with a friend or make new ones! **Please call the Senior Center no later than Noon the Friday before to make a reservation. SPACE IS LIMITED.** Non-residents may call Friday mornings before Noon to sign-up, space permitting.

### SOUP & SANDWICH MENU:

- May 5: Chicken Tortilla Soup, Chicken & Cheese Quesadillas & Dessert
- May 12: Minestrone Soup, Egg Salad Sandwich, Chips & Dessert
- May 19: Clam Chowder, BLT Wrap, Chips & Dessert
- May 26: **SENIOR CENTER CLOSED (Memorial Day)**
- Jun. 2: Vegetable Beef Soup, Steak & Cheese on a Bulky, Chips & Dessert
- Jun. 9: Chicken & Wild Rice Soup, Chicken Salad on Marble Rye, Chips & Dessert
- June. 16: Chili, Corn Bread, Salad & Dessert
- Jun. 23: Creamy Tuscan Ravioli Soup, Mini Meatball Subs, Chips & Dessert
- Jun. 30: Kale Soup, Tuna Pocket, Chips & Dessert
- Jul. 7: Cheeseburger Soup, Roast Beef Wrap, Chips & Dessert

### IMPORTANT LUNCH INFO:

#### ◆ MEAL SIGN-UP POLICY:

*Registration begins Monday, May 5th at 9am. To provide equity and access, you may initially sign-up for a maximum of 4 Comfort Kitchen Meals and 4 Soup and Sandwich meals. You may call back on 5/14 and sign-up for additional open meal slots.*

#### ◆ CANCELLATIONS:

*If you are unable to attend a meal, please call to let us know as soon as possible, as we often have a waiting list of people who want to attend. "No shows" cost us money and repeat offenders may have their lunch privileges suspended.*

## COMFORT KITCHEN

**Fridays, 12pm**

**Cost of Lunch: \$8**

**Reservations Required**



Lunch includes a delicious home-cooked meal along with a special dessert. Come alone and make new friends, or come with a group...either way, we are sure you'll love it! **Please call the Senior Center no later than Noon on Wednesdays to make a reservation. SPACE IS LIMITED.** Non-residents may call Wednesday mornings by Noon to sign-up, space permitting.

### COMFORT KITCHEN MENU:

- May 2: **DERBY DAY!** Pork Tenderloin Sliders with Bacon & Onion Jam, Red Bliss Potato Salad, Old Kentucky Bib Salad & Dessert
- May 9: Meatloaf, Mashed Potatoes, Green Beans, & Dessert
- May 16: **INTERGEN. LUNCH & LEARN (see p. 1)** Grilled Chicken w/Dipping Sauces, Macaroni & Cheese, Tossed Salad or Fruit Salad, & Dessert
- May 23: **FRIENDS FISH FRIDAY!\*\* (see Reminder)** Creamy Garlic Tuscan Butter Shrimp, Fettuccini, Salad & Dessert 
- May 30: Baked Honey Dijon Chicken, Roasted Red Potatoes, Mandarin Orange Salad & Dessert
- Jun. 6: Roasted Pork, Mashed Potatoes, Broccoli & Cauliflower Au Gratin & Dessert
- Jun. 13: **NO COMFORT KITCHEN - Kitchen closed due to special evening Pride BBQ...see p. 11**
- Jun. 20: **FRIENDS FISH FRIDAY!\*\* (see Reminder)** Seafood Pot Pies, w/Scallops & Crab Meat, Rice Pilaf, Asparagus & Dessert 
- Jun. 27: **NO COMFORT KITCHEN - Lunch & Listen Concert...see p. 1**
- Jul. 4: **SENIOR CENTER CLOSED (Independence Day)**

### IMPORTANT REMINDER ABOUT "FRIENDS FISH FRIDAYS"

*Meals are generously co-sponsored by the Friends of the Orleans Senior Center. You must be an Orleans resident or taxpayer, or current Friends member to participate.*



## HOMEBOUND DENTAL CARE

Mobile Dental Hygiene Services is available for in-home dental care visits to individuals who are unable to access dental care in traditional office settings. **Please call 508-827-6725 or email [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com).**

## FOOT CARE SERVICES

We have a local certified footcare nurse, Sister Rebecca Crandall, providing footcare appointments **for non-diabetic Orleans seniors**. This service costs \$35, payable at time of service. **For more information, or to schedule an appointment, call the Orleans Senior Center.**



## LEGAL ASSISTANCE

Free half-hour consultations **for Orleans seniors** with different community lawyers. Have your questions answered about powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, asset protection, nursing home concerns, and more. **Call the Orleans Senior Center to schedule an appointment.**



## MEDICAL EQUIPMENT LOANS

We accept and loan wheelchairs, walkers, rollators, canes, commodes, shower seats, tub transfer benches and bed rails. Medical equipment will only be loaned out to non-residents if an adequate supply exists. Equipment may be kept for as long as needed, but all borrowers must sign a liability waiver. We gratefully accept donations of equipment in good, usable condition, **BUT IT MUST BE CLEAN.**



## NOTARY SERVICES

The COA can provide notary services for certain required notarizations by appointment only, *no walk-ins*. A valid ID is required to perform any notarization and the notary will determine whether they are able to notarize the document. If circumstances warrant it, the notary will be able to come to your home to provide the service. **For more information, contact COA Outreach Worker, Myra Elliott, at 508-255-6333 Ext. 13.**



## ONE-ON-ONE SEWER APPOINTMENTS

**Wednesdays, May 7 & June 11**

If you have questions or need more information about how you will be impacted as an Orleans homeowner, schedule an individual appointment with John Nelson, the Town's Water/Sewer Program Coordinator. He provides info on timing, what you need to do, what resources you may need for the process, and more. **Call the Senior Center to schedule your appointment.**

## S.H.I.N.E. - Health Insurance Counseling

SHINE (Serving Health Information Needs of Everyone) offers free help to answer health insurance questions. SHINE counselors are volunteers trained and certified annually to help those eligible for Medicare navigate the complex health insurance system. **Call the Orleans Senior Center for appointment times.**

## SNOW MOBILE

The "Snow Mobile" brings the library to you! This is a library delivery service for residents who are unable to get to the library on their own.



Borrow books (regular or large print), audio books, DVDs, CDs, & magazines. This is a free service and late charges will not accrue. Borrowers are responsible for loss or damage to materials. **For more information call the Snow Library Reference Desk at 508-240-3760.**

## TELEPHONE REASSURANCE PROGRAM

If you live alone and would like peace of mind knowing that you can check in with someone daily, join the Orleans Police Telephone Reassurance Program. **For more information call the Outreach Dept.**



## VETERANS ASSISTANCE

The Veterans Agent for Orleans residents is Shawney Carroll. Her office is located at the Harwich Community Center and she is available on Tuesdays and Thursdays by appointment.

**To schedule an appointment call the Veterans Office at 508-430-7510.**



# SUPPORT & NUTRITION

## SUPPORT GROUPS

### BEREAVEMENT SUPPORT GROUP

**1st and 3rd Fridays, 10:30am-12pm**

This is a small support group of participants who have lost a loved one in the last year. The Bereavement Support Group is facilitated by the VNA of Cape Cod Hospice. Pre-registration is required, walk-ins are not permitted. **For more information on when the next session begins for new participants, call Jeanne Burke, MDiv, Bereavement Coordinator with VNA of Cape Cod Hospice at 508-740-2370.**

### CARING CONNECTIONS

This is a special program for care partners and their loved ones to attend together. The COA hosts a “Caring Café” to provide an opportunity to connect with others for engagement and enrichment. **Please see p. 12 for dates and details.**

### NAMI: For People with Mental Illness Every Wednesday, 2-3pm

This drop-in support group is provided through NAMI, National Alliance on Mental Illness. Group meets at the Federated Church of Orleans. **For more information, contact NAMI Cape Cod at 508-778-4277.**

### PARKINSON'S SUPPORT GROUP 1st Thursday, 2-3:30pm

The Parkinson's Support Group meets on the 1st Thursday of each month from 2-3:30pm. This peer-led Parkinson's support group is designed for people with Parkinson's and their care partners. Sometimes the group will have speakers, other times it will break down into smaller discussion groups. Registration is required. **Please contact Hilary at 860-214-5615 to register for the group, or for additional information.**

### SIGHT LOSS SUPPORT GROUP

This group for individuals with visual impairments is coordinated by Sight Loss Services. In-person meetings occur monthly at the Eastham Senior Center. **Please call Sight Loss Services at 508-394-3904 for additional information.**



## FOOD & MEAL SUPPORT



### COMFORT KITCHEN DELIVERED MEALS

The COA provides a limited number of home-cooked, home-delivered meals once a week for vulnerable homebound seniors. This allows us to connect and be visible to those who may need additional supports. **If you are interested in this service, please contact the Outreach Department for information.**

### FOOD PANTRIES

There are local food pantries for those with emergency food needs. **For more information please contact the Outreach Department.**

### HEALTHY MEALS IN MOTION

Through a partnership with The Family Pantry this program allows participants to obtain supplemental food. Eligible participants receive a grocery list each month to select food items which are most suited to their needs. Options include meats, fresh produce, condiments, frozen vegetables and more! Pick up of these items will be made at the Senior Center, or by arranging home delivery with COA Outreach staff. Participants become a client of The Family Pantry and are also able to visit the Pantry one additional time per month. **For more information, please contact the Outreach Department at 508-255-6333.**

### “LOCAL” MEALS

Lunches are served on Tuesdays by “LOCAL” (LOWer CApe Ecumenical Lunches) at St. Joan of Arc church. The meals are “grab & go.” **If you do not drive and need a meal, please call Lillian, the COA Program Coordinator, for help with delivery.**

### MEALS on WHEELS

Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$4/meal. **For more information call Elder Services at 1-800-244-4630.**

### SNAP

If you are facing financial difficulty, please consider applying for SNAP (Supplemental Nutrition Assistance Program). This program puts healthy food within reach by providing a monthly benefit depending on household size, income and expenses. There are multiple ways to apply. **For more information please contact Lynn, the COA Social Service Coordinator.**



## FRIENDS of the ORLEANS SENIOR CENTER

### ANOTHER YEAR...MANY THANKS!

The Friends of the Orleans Senior Center once again wish to thank you - our many generous financial supporters. You make it possible for us to continue to support the Senior Center in its many excellent, caring programs provided to the seniors in our community.

To help celebrate Women's History month, the Friends co-sponsored a Ladies' Lunch in March to learn about the careers and legacies of women who have helped shape modern American society. The Friends continue to support Friends Fish Friday lunches, an offering of the COA Comfort Kitchen. We also financially support the Healthy Meals in Motion program by providing household items not available at local food pantries. The summer concert series, "Lunch and Listen," is another program co-sponsored by the Friends.

A very generous monetary gift was received recently by the Friends from donors who wish to remain anonymous. We received a grant from the *Cape Cod Fund for the Elderly* to work with the Orleans Council on Aging to develop a special Caregiver Support Initiative.

Funding will enable us to create a coordinated program which enhances support and services for care partners of older adults and will include respite services, caregiver support, and meal support. Funding is expected in the coming weeks. The Friends and the Orleans Council on Aging are most appreciative and thankful!

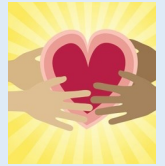
Our thanks go out again to all of our many generous donors for your support of our dedicated and caring COA staff in their work to assist our community's seniors. We will be having our Annual Meeting on June 5th when we elect officers for the coming year. If you have interest in supporting our efforts, please don't hesitate to reach out.

### Friends Board:

Carol Hackett, <i>President</i>	Arlene Barrett
George Waugh, <i>Treasurer</i>	Bonnie Engelhardt
Barbara O'Connor, <i>Secretary</i>	Claire Gradone
Charlotte McCully, <i>Liaison to COA Board</i>	

### OUR FRIENDS CARE

***We know that unexpected or unique challenges can occur at any time. Please reach out to the Orleans Outreach Department for a confidential discussion of your situation if you find yourself in need.***



### 2024-2025 FRIENDS ANNUAL SUPPORT...Please don't forget to renew!

The Friends of the Orleans Council on Aging (FOCOA) is a non-profit organization whose purpose is to assist and support the Orleans Senior Center with its mission to enhance the quality of life for older adults and caregivers in our community. The Friends fiscal year runs from July 1, 2024 through June 30, 2025.

Date: \_\_\_\_\_

Supporter \$100

Name \_\_\_\_\_

Donor \$50

Mailing Address \_\_\_\_\_

Family \$25

Town/Zip \_\_\_\_\_ Phone \_\_\_\_\_

Individual \$15

Email: \_\_\_\_\_

Other \$ \_\_\_\_\_

I would like to be part of the Friends team, please contact me.

USE THIS SLIP TO MAIL YOUR SUPPORT TO THE FRIENDS, OR DROP IT OFF AT THE ORLEANS SENIOR CENTER

***Please make checks payable to: Friends of the Orleans COA***

Mail to: Friends of OCOA, PO Box 404, Orleans, MA 02653 **OR** Drop off at the Orleans Senior Center drop box

## DANCE FIT (with Jenny)

Tuesdays, 2pm

June 17 & July 1, 15, 29

Cost: \$24

Dancing offers many benefits for seniors.

It's a fun way to get some exercise, boost your mood, and connect with others. **Call the Orleans Senior Center to register.** Orleans residents have priority.



## QIGONG

Wednesdays, 9:45am

June 11 - July 30 (8 classes)

Cost: \$48

Qigong is a holistic mind, body, and spirit practice similar to Tai Chi. It involves a series of exercises which use slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind to improve your health and well-being. *See page 6 for class dates.* **Call the Orleans Senior Center to register.**

Orleans residents have priority.



## TAI CHI (with Lisa)

Wednesdays, 8:30 - 9:25am

May 21, 28 & June 11, 18, 25 &

July 2, 9

Cost: \$42

Tai Chi is a mind-body exercise rooted in multiple Asian traditions. Tai Chi will help with balance and strengthen integration of body and mind. **Call the Orleans Senior Center to register.** Orleans residents have priority.



## FITNESS INCENTIVE OPPORTUNITY

***Need a little incentive to get your body moving? Then join the Orleans Senior Center Wellness Challenge!***

If you participate in any fitness class or wellness program at the Orleans Senior Center, you're eligible for the incentive. Simply fill out an entry form in the Lobby each month you're eligible. Each month for the next 6 months we'll randomly select one participant and **the monthly winner will receive a Fitbit and a \$10 Senior Center Fitness Voucher.** A Fitbit is a wearable device, usually worn on the wrist, that tracks various aspects of your health and fitness. It tracks your steps, distance, calories burned, heart rate, and sleep patterns.

## 10th ANNUAL PRIDE BBQ

Friday, June 13, 5:30-7:30pm

Suggested Donation: \$5



Join us as we gather outdoors to celebrate our 10th Annual Pride BBQ at the Orleans Senior Center. This year we'll welcome LGBT+ people of all ages, as well as allies, to celebrate the inaugural Lower Cape Pride Weekend. The Sarah Burrill Band will perform and their music is geared for fun, dance, and singing along. The band plays a mix of blues, reggae, R&B, country and rock and roll! We'll share in a traditional BBQ with all the fixings. This event has become a Pride month tradition for many but space is limited so sign-up early.

**Pre-registration is required, no walk-ins. Call the Senior Center to register by 6/9.** *Don't wait as we expect the event to fill!* Additional parking will be available at the Orleans District Court and we'll be operating a shuttle back and forth to the Senior Center.

## DAY OF MINDFULNESS:

***"Choose Love"***

Saturday, May 17, 9am-3pm

A day of meditation practice, teachings, music, and mindful movement in community with dharma teachers Larry Ward and Peggy Rowe Ward. No experience with meditation is necessary. Bring a bag lunch and beverages. Space is limited so register soon. Sponsored by First Light Sangha. To register please call the Orleans Senior Center and we'll send you a link or help you register. Please put "Orleans COA" as the referral code.



## DON'T FALL FOR IT

In a recent text message phishing (smishing) scam, cybercriminals send you a text that appears to be from the U.S.

Postal Service (USPS). The text says that you have a package at the post office that cannot be delivered due to an incomplete address. The message contains a PDF file and directs you to open it to complete your address. Do not respond as this is an attempt to get access to your personal data! If you have any questions regarding delivery, contact your post office directly. Never click on any attachments or links from suspicious text messages or emails.



# CAREGIVERS' CORNER

## DEMENTIA CAREGIVING SUPPORT GROUP

2nd & 4th Wednesdays

10am - 11:30am

This group is facilitated by the Alzheimer's Family Support Center of Cape Cod and helps families learn more about dementia, develop better coping strategies, and help connect to support services in the community. This group is for anyone caring for a loved one with dementia. **For more information, and to register for the group please call the AFSC at 508-896-5170.**



## CARING CONNECTIONS

The mission of Caring Connections is to create a welcoming and supportive environment for family care partners and those they care for. We want to normalize the care partner relationship and provide opportunities for connection and engagement. To learn more, contact Outreach at the Orleans Senior Center at 508-255-6333.



### MAY CARING CONNECTION

Wednesday, May 21, 1-2:30pm

Comedy and Cookies! We will gather together for some classic comedy clips and delicious cookies baked in our own kitchen. It's sure to be a fun and *full*-filling afternoon.

### JUNE CARING CONNECTION:

#### ANNUAL SUMMER KICK-OFF OUTING

Wednesday, June 18, 12-1:30 pm

It's time to kick off the summer with our annual road trip to Cobie's just over the town line in Brewster! We will enjoy some clam shack favorites and share summer memories. We'll enjoy connection with one another and ending our lunch with the perfect treat - ice cream!

No charge, but donations gladly accepted.

**REGISTRATION IS REQUIRED.**

Call Lynn or Myra in the Outreach Department at 508-255-6333 to register.

*Non-residents may register beginning 5/14.*

**Program is funded in-part by the Friends of the COA.**



ROCK HARBOR RESPITE

AT ORLEANS SENIOR CENTER

***Our supportive adult day care program is here for you!***

"Rock Harbor Respite" is a regional supportive adult day program offering a safe, caring, person-centered environment for older adults in need of social engagement and those living with physical challenges and brain changes. Our goal is to promote wellness and independence while providing respite time for caregivers. Our hope is to complement care plans and help participants to remain in their own homes for as long as possible.

The program offers a structured day which includes news and conversation, fitness and activities to promote optimal social, emotional and physical wellness. We regularly include music, art, and special events. Participants enjoy a delicious home-cooked noontime meal each day, and typically attend two days per week. Because we know those we serve are vulnerable, we follow health and safety protocols. ***This program really makes a difference for the families who participate, so call now for more information!***

## ROCK HARBOR RESPITE

Monday - Thursday, 9:30am-2:30pm

***A supportive adult day care program serving older adults from Orleans, Brewster, Chatham, Eastham, Harwich & Wellfleet***

***PLEASE NOTE: We are no longer accepting new referrals of Chatham participants. Those individuals are encouraged to contact the Chatham COA, as they are hosting their own supportive day program.***

**Fees: \$50/day Orleans Residents  
\$65/day non-residents**

***Includes all snacks, home cooked lunch & activities***

**For more information about the program, admission guidelines, or to learn about the opportunity to schedule a complimentary trial day, contact Supportive Day Program Director, Maria Cecchi, at 508-255-6333 Ext. 19.**

*If you reach voicemail, please leave a message as calls cannot always be taken while the program is in session.*

# OUTREACH & VOLUNTEERS

## NOTES FROM THE OUTREACH TEAM



### File of Life

The File of Life is a magnetic pocket with an insert containing important health care information in case of an emergency. The insert should be updated regularly with medications and dosages, as well as medical conditions. Emergency services personnel are trained to look for this when they enter your home. Having a File of Life can result in better health outcomes, save time and allow your emergency contacts to be notified. Additionally, if you have someone in your home who relies on you for care and would need a substitute caregiver if you were transported, you may want to note this information on or near the File of Life. If you do not have a File of Life, or if you need a new insert, please contact the Outreach Department.

### MOLST/POLST

If you have a serious medical condition, your medical provider may discuss a Medical Orders for Life Sustaining Treatment. This document encourages you to address aspects of critical treatment, including resuscitation, intubation and dialysis. Following a discussion with a medical provider, the form is signed by the medical provider and the individual (or their designated health decision agent). The MOLST is often completed on bright pink paper so that it stands out to emergency services personnel. Massachusetts is working on a transition to a newer system called POLST, which is expected to have an electronic registry so that medical providers will have improved access to this important information.

### Assistance Programs

With rising costs of groceries and utilities, please consider contacting the Outreach Department if you are interested in options which can offer assistance. We can talk about your circumstances, discuss resource options, and help you apply for food assistance. Please call the Orleans Senior Center and ask to speak with Outreach for a confidential discussion.

### Information & Referral

If you would like information about available community resources for older adults, or have questions about your situation, please call the Orleans Senior Center and ask to speak with Outreach for a private and confidential discussion.

## SENIOR CENTER VOLUNTEER NEEDS



### Movie Volunteers

We are currently seeking substitute volunteers to help at our monthly Thursday movie program. This involves making and serving popcorn and beverages to participants.

### Kitchen Helpers

We need a substitute kitchen volunteer on Tuesdays to assist with serving lunch to our Rock Harbor Respite participants.

***Orleans Council on Aging follows best practices for volunteer management. All volunteer positions require an application with emergency contact information, a valid picture ID, a CORI background check (which takes as little as 5 minutes), and for drivers we require a copy of valid drivers license and proof of vehicle insurance.***

## VOLUNTEER REMINDERS

A reminder to ALL volunteers, we need your help logging your volunteer time as it is critical for our reporting purposes, and the data is required for some of our grant sources. You may log your time one of these ways:

- Use the My Senior Center kiosk in the lobby,
- Call Lillian at 508-255-6333 (x14) and give her your volunteer hours, or
- Email Lillian your volunteer hours at:  
***lparnell@town.orleans.ma.us***

***If you would like to learn more about opportunities to volunteer with the Orleans Senior Center, please contact Program Coordinator, Lillian Parnell, at 508-255-6333 Ext. 14***

**Those who bring *SUNSHINE*  
TO the lives of *OTHERS*  
cannot keep it from themselves.**

***~James Matthew Barrie***

## COMMUNITY TRANSPORTATION RESOURCES



### DART:

Low cost public transportation, by reservation, from place to place on Cape Cod. Available for all ages. Please register by calling **1-800-352-7155**, M-F, 8am-5pm.

### H2O:

Fixed route public transportation between Orleans and Hyannis. Call **1-800-352-7155** for information. *Reminder:* Have exact change ready. **Free fares on Wednesdays for seniors on fixed routes.**

### B.H.T. Boston Hospital Transportation:

Medical appointments at Boston hospitals **Monday-Thursday**. Pick-ups in Wellfleet, Eastham, Orleans, Harwich, Hyannis, Barnstable & Sagamore. Call **1-800-352-7155** to reserve by 11am the day before. Cost: \$30 round trip, \$15 one-way.

### FLEX Bus:

Low cost fixed route from Harwich to Provincetown. **Some off-route pickups available, with reservations, up to 3/4 mile off fixed route.** Cost: \$1.00 for seniors. Schedules available at the Senior Center. For more information call 1-800-352-7155.

## COA ROAD TRIPS

### Cost: \$2

We will leave Orleans at 9:30am. Space is limited. Orleans seniors can be picked up at home, or can choose to meet us at the Senior Center. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 5/14.*



## PROVINCETOWN TRIP

### Wednesday, May 21

Join others for a trip to Provincetown before the seasonal visitors arrive. Visit the Race Point Visitor Center, walk down Commercial Street, or go to lunch. *(Lunch is on your own.)*

## HYANNIS SHOPPING TRIP

### Wednesday, June 18

We'll take you to Trader Joe's plaza, Target and the Cape Cod Mall, Festival Plaza, the Paper Store or Panera, even Main Street...you decide! *(Lunch is on your own.)*

## SENIOR CENTER TRANSPORTATION



### IN-TOWN SHOPPING AND ERRANDS: Orleans Senior Center Bus Service

Transportation is provided on our handicapped accessible mini-buses around Orleans for shopping, errands, and more. Rides are provided Monday through Friday. See page 15 for daily schedule.

- **RESERVATIONS ARE REQUIRED AT LEAST 2 BUSINESS DAYS PRIOR TO RIDE.**
- **ALL RIDE REQUESTS MUST BE MADE BY CALLING THE SENIOR CENTER BETWEEN 8:45am - 12pm, Monday - Friday at 508-255-6333.**
- Rides may be limited if we cannot meet demand.

### RIDES TO MEDICAL APPOINTMENTS:

#### Orleans Senior Center Bus Service & FISH (*Friends In Service Helping*)

We are now meeting the essential need for help with rides to medical appointments with two different resources: the Senior Center Bus & FISH volunteer drivers. This service is reserved for those who are unable to drive, and don't have family or friends available to help. How we meet your need will depend on the appointment time and location, whether you need handicapped accessible transportation, current demand for rides, and driver availability. We will do our best to meet your need. We need you to adhere to the following guidelines for requesting rides to medical appointments:

- **RESERVATIONS FOR RIDES TO MEDICAL APPOINTMENTS ARE REQUIRED A MINIMUM OF ONE WEEK IN ADVANCE** of your appointment, but more notice is appreciated. Medical rides may be requested up to one month in advance.
- **We provide rides to medical appointments from Wellfleet to Hyannis.**
- **MEDICAL APPOINTMENTS SHOULD BE SCHEDULED BETWEEN 9:30am - 2:30pm MONDAY - FRIDAY.** No rides are available on holidays, and *we don't go to Hyannis on Fridays from Memorial Day-Labor Day.*
- **ALL RIDE REQUESTS MUST BE MADE BY CALLING THE SENIOR CENTER BETWEEN 8:45am - 12pm, Monday - Friday at 508-255-6333.**
- **Out of town medical rides are \$5.**
- Rides may be limited if we cannot meet demand.
- Masks may be required.

# BUS SERVICE

## ORLEANS SENIOR CENTER BUS SCHEDULE

	MON	TUES	WED	THUR	FRI
<b>RIDES FOR MEDICAL APPTS. (FISH &amp; COA BUS)</b> <i>Please schedule appts. between 9:30am-2:30pm</i>	YES	YES	YES	YES	YES
<b>ERRANDS AROUND ORLEANS</b> Bank, Post Office, Pharmacy, Library, etc. (9:45am-2pm)	YES	YES	YES	YES	Limited
<b>RIDES TO ORLEANS SENIOR CENTER</b>	YES	YES	YES	YES	YES
<b>GROCERY SHOPPING AT STOP &amp; SHOP</b> RHV Pickup: approx. 10am *CALL TO SCHED. Tonset Woods: approx. 11am *CALL TO SCHED.	YES	NO	Limited	NO	NO
<b>GROCERY SHOPPING AT SHAW'S</b> RHV Pickup: approx. 12:30pm *CALL TO SCHED. Tonset Woods: approx. 1:15pm *CALL TO SCHED.	NO	Limited	NO	NO	YES
<b>GROCERY SHOPPING AT FRIENDS MARKET</b>	YES	NO	Limited	NO	YES

***PLEASE REMEMBER...ALL RIDES & ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.***  
***\$2 donation per trip is appreciated. \$5 donation per trip for out of town medical appointments.***  
 Please let us know if you require wheelchair accommodations.

### SCHEDULING RIDES

- **To schedule a ride, PLEASE CALL THE ORLEANS SENIOR CENTER Monday - Friday, between 8:45am - Noon at 508-255-6333.**
- When calling to schedule a ride, please say, "I need to schedule a ride." Don't ask for anyone by name, as the person who helps you will depend on our activity and staffing level.
- **All requests for local rides (shopping, errands, appointment, etc.) must be made by noon at least 2 business days in advance.**
- **All requests for rides to out of town medical appointments must be scheduled one week in advance. OUT OF TOWN MEDICAL RIDES ARE \$5/PER TRIP.**



### REMINDERS FOR RIDERS:

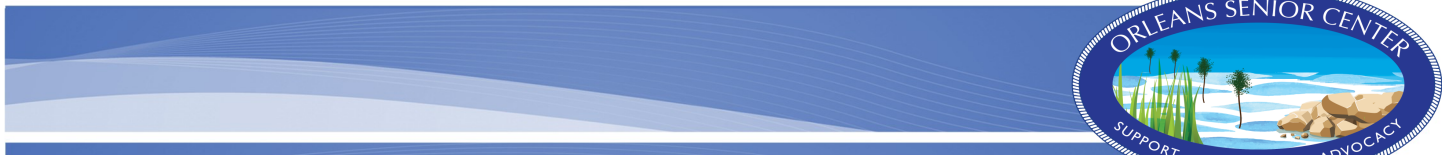
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- Last minute and repeated cancellation of rides, unless an emergency, is frowned upon. It impacts drivers, and other seniors.
- **ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.**
- Riders are required to treat drivers courteously and respectfully.
- Seat belts are required at all times.
- **Donations for rides are greatly appreciated.**

**THANK YOU!**

ORLEANS SENIOR CENTER & COUNCIL ON AGING  
150 ROCK HARBOR RD.  
ORLEANS, MA 02653

NON-PROFIT  
US POSTAGE  
PAID  
PERMIT #16  
ORLEANS, MA  
02653

**OR CURRENT RESIDENT**



**ORLEANS SENIOR CENTER &  
COUNCIL ON AGING**  
150 Rock Harbor Road, Orleans, MA 02653  
508-255-6333

**HOURS:**  
**Monday-Friday 8:30am-4:30pm**  
**AND BEGINNING MAY 27**  
**Every Tuesday Evening 4:30-8pm**

[www.town.orleans.ma.us/220/](http://www.town.orleans.ma.us/220/)  
Council-on-Aging-Senior-Center

**STAFF CONTACTS:**

Director..... Judi Wilson  
Assistant to the Director ..... Donna Faivre  
Program Coordinator ..... Lillian Parnell  
Social Service Coordinator ..... Lynn Brine  
Outreach Worker ..... Myra Elliott  
Supportive Daycare Director..... Maria Cecchi  
Principal Clerks ..... Kelly Ekstrom  
..... & Greta Avery

**COA BOARD:**

Denise Dunlap, <i>Chair</i>	Deborah Steven
Sandy Chernick	Claudia Trend
Mark Kaminsky	Mary Walsh
Bill Salem	

**UPCOMING PUBLIC COA BOARD MEETINGS:**  
**Wednesdays, May 28 & June 25, at 1pm at the**  
**Orleans Senior Center**

*The printing of this newsletter was funded by the Town of Orleans as well as grant funds from the Massachusetts Executive Office of Elder Affairs, and generous support from the FRIENDS of the Orleans COA.*

