



Tidings

September/October 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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TUESDAY

EVENING ACTIVITIES p. 2

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

DIRECTOR'S DIALOG

September is National Senior Center Month and the 2025 theme, "Powering Possibilities: Flip the Script," invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering connection, purpose, and resilience in later life. More than 10,000 senior centers across the country are creating inclusive, engaging spaces where older adults thrive. Senior centers power possibilities through:

- Social connection that combats loneliness and isolation
- Health and wellness programs that promote vitality
- Economic security resources that offer stability
- Creative and cultural engagement that brings joy and purpose
- Access to services that support independence and well-being

Now more than ever, we understand the critical importance of belonging and connection. The Surgeon General has identified loneliness as a national epidemic, but senior centers have long been the antidote. They are places where people gather, support one another, and build community. ***Come check us out, connect, and build your community!*** [Source: NCOA Resource Center, ncoa.org]



SENIOR CENTER SPIRIT DAY

Monday, September 22, 9:30-11am

Free Brunch Buffet

Join us in celebrating our first Senior Center Spirit Day. This is a time for us to gather, share a delicious meal, enjoy some relaxing music, and connect with others. Staff will greet and serve participants. *This event is co-sponsored by the Friends.*

Call the Orleans Senior Center to register. Orleans residents and Friends members may register starting 9/3, others may register beginning 9/10.

NATIONAL COFFEE APPRECIATION DAY

Monday, September 29, 8:30am-1pm

In celebration of this special day, we want to welcome you to the Senior Center for a free cup of coffee. We'll serve special flavored coffee and traditional coffee, along with some tasty treats for you to enjoy. No need to register, just come on in and sit down and linger over a cup, or take it into the garden for a stroll. ***If you aren't familiar with the Center, this is a great way to come check us out!***

REGISTRATION FOR ALL PROGRAMS BEGINS

WEDNESDAY, SEPTEMBER 3RD, AT 9AM

Please see p. 2 for details

SENIOR CENTER WILL BE CLOSED MONDAY 9/1 (Labor Day) & MONDAY 10/13 (Columbus Day/Indigenous People's Day)

SPECIAL ACTIVITIES

TUESDAY *EVENING* ACTIVITIES

TAI CHI

Tuesdays, 5:30-6:15pm

Oct. 7, 14, 21, 28 - Nov. 4, 18, 25

Cost: \$35 (7classes)

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 9/10.*



CIRCUIT STRENGTH & CONDITIONING CLASS

Tuesdays, 6:30pm

Oct. 7, 14, 21, 28 - Nov. 4, 18, 25

(7 classes) Cost: \$35

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. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 9/10.*



PROGRAM REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN WEDNESDAY, SEPTEMBER 3RD 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 9/10 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.*

“MEDICARE 101”

Tuesday, September 23, 6pm
Important program for those turning 65 in the next year or getting ready to retire



Come learn about Medicare options and be prepared. The session will review Medicare coverage options including:

- Medicare parts A & B,
- Medicare Advantage Plans (Part C),
- Medicare Prescription Drug Plans & Coverage (Part D)
- Medicare Supplement Plans (Medigap)

Information about public assistance programs such as Prescription Advantage, extra help from Social Security, MassHealth, and other programs to assist beneficiaries with limited resources to pay for health care costs will be addressed. We will even give tips on how to prepare for Open Enrollment in the fall of 2025. This program is presented by Barnstable County SHINE. SHINE provides free unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers, and those approaching Medicare eligibility. **Call the Orleans Senior Center to register.**

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.

SPECIAL ACTIVITIES

ONCE AROUND THE SUN

Thursday, September 25, 2pm

Author and Field Naturalist Peter Trull takes us on a colorful and informative journey through all aspects of the seasons on Cape Cod. From brilliant dragonflies and migrating birds, to the tiny spring peepers and brilliant spotted salamanders. Explore the plants and habitats, woodlands and marshes of Cape Cod throughout the seasons. **Call the Orleans Senior Center to register. Non-residents may register beginning 9/10.**



OKTOBERFEST CELEBRATION

Friday, September 26, 11am

Cost: \$15

11am Performance by "The Pat & Tony Band"

12pm Oktoberfest Lunch Served, Menu to include:

Bratwurst with Red Cabbage & Apples, German Potato Salad, Sauerkraut Fritter & Black Forest Cake (Served with Root and Ginger Beer)

Tony and Pat combine their musical talents to create memories and enjoyment of past and present music. Requests are always welcomed. Polkas and waltzes will be featured. This is an indoor event. **Call the Senior Center to register. Non-residents may register beginning 9/10. (No refunds once tickets are purchased.)**



MAHJONG PARTY!

Wednesday, October 1

10:30am-3:30pm

Cost: \$10 (includes lunch)

Lunch: Honey Garlic Chicken Stir-Fry with Peppers & Zucchini, White Rice & Dessert

Join other Mahjong enthusiasts for a marathon Mahjong party day! Five fun-filled hours playing your favorite game. We will take a break at 12:15 for a delicious lunch prepared in-house. This is a fun way to spend the day with friends or meet new friends to play with. Sign-up as a group of 4 or request to be added to a group. Newer players are welcome as everyone had to learn the game at one time, and we welcome all here at the Orleans Senior Center. Please bring your own set if you have one. Space is limited. **Call the Orleans Senior Center to register no later than 9/26.**



EngAGE ACADEMY

4 Wednesdays, 1:30-3:30pm

October 1, 8, 15 & 29

The response to this program has been so overwhelmingly positive, we're offering it again! This 4-part informational series will help participants actively engage in preparation for the aging process to empower you to "Age Well." The framework for the sessions will include Preparedness, Circle of Support, Tough Conversations, and Aging Through Change. We find too often that many we interact with aren't prepared for their aging journey, and when this happens it often leaves individuals vulnerable at critical times. Are you prepared for what might come? If your goal is to "age in place," you need to prepare. This is an interactive group which helps you actively engage, and you will walk away with comprehensive planning tools and resources. **Come EngAGE with us!** Space is limited and you must commit to attend all 4 sessions. **Call the Orleans Senior Center to register. Non-residents may register beginning 9/10.**



O.S.C.A.R !

Orlans Senior Center Active Recreation.

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!



WOODS HOLE OCEANOGRAPHIC INSTITUTION

Thursday, October 2, 9am, Cost: \$4

This trip will be a guided walking tour through the WHOI dock area and other restricted village facilities. The tour provides background on the research conducted at WHOI and the history of the institution. We will also visit the Discovery Center and store. Lunch on your own at Seafood Sams. **Call the Orleans Senior Center to register. Non-residents may register beginning 9/10.**

MEDICARE OPEN ENROLLMENT PROGRAM

Wednesday, November 5, 1:30pm

Medicare's Open Enrollment period is almost here. Every year there are changes and information could save you money! Facilitated by Barnstable County SHINE Program. Call the Orleans COA to register.

SPECIAL ACTIVITIES

LADIES LUNCH:

"Fall Origami Crafts"

Wednesday, October 22

12:15pm, Cost: \$6

Join us for a delicious home-cooked lunch of Creamy Tuscan Chicken Pasta, Caesar Salad, and Pumpkin Pie Crisp. Afterwards, our very own craft and culinary creator Dawn, will lead us in making lovely fall origami treasures. *This event is co-sponsored by the Friends.* **Call the Orleans Senior Center to register. Orleans residents and Friends members may register starting 9/3, others may register beginning 9/10.**



LUNCH & LEARN

Participants receive a home-cooked meal followed by a brief educational presentation. This is a free program and space is limited. **Participants must commit to attending the full program, not just lunch.**



"BALANCE & FALL PREVENTION"

Friday, October 24, 12-1:30

In honor of "Fall Prevention Month," join Maggie Curtis, Physical Therapist from Harbor Strength Physical Therapy, to learn about ways to reduce the risk of falling, increase balance, and improve strength. Falls continue to be a primary health issue for older adults and prevention is key. There will be time at the end to learn a few exercises and ask questions. **Call the Orleans Senior Center to register. Non-residents may register beginning 9/10.**

PAINTING CLASSES

With Local Artist, Karen North Wells

Mondays, 1:30-4:15pm

New Class Starting September 15

Cost: \$105 (7 classes)

In these classes students will learn to paint florals, landscapes and seascapes, while gaining a variety of techniques and principles including color, value and composition from an award winning local artist. All levels welcome, even the first time painter! **Supply list and all dates of class available from the Senior Center reception desk.** Please bring a plastic table cover to protect our tables. *These classes often fill early, so don't delay.* **Call the Orleans Senior Center to register. Non-residents may register 9/10.**



TECH SUPPORT

By Appointment

Friday Mornings

September 19 & October 17

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.**



SENIOR CENTER CINEMA

GREEN AND GOLD (NR)

Thursday, September 18, 1:30pm



A fourth-generation dairy farmer on the brink of losing his farm to the bank, wagers everything on a bet with his beloved Green Bay Packers while his granddaughter pursues music to save what they've worked for their whole lives.



MISSION IMPOSSIBLE:

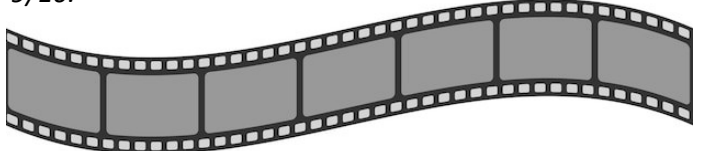
THE FINAL RECKONING (PG-13)

Thursday, October 23, 1:30pm



Ethan Hunt (Tom Cruise) and team continue their search for the terrifying AI known as the Entity, which has infiltrated intelligence networks all over the globe. Hunt is in a race against time to prevent the world as we know it from changing forever.

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 9/10.**



REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

Sept. 5, 12, 19 & Oct. 3, 10, 17, 24, 31

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, September 12, 10am

"Berry Pickers" by Amanda Peters

Friday, October 10, 10am

"The Vanishing Half" by Brit Bennett



BOWLING

Fridays, 2:30pm

Sept. 12 & Oct. 3 & Nov. 7

Cost: \$10/each date

We are partnering with The ALLEY Bowling in Orleans to host a bowling group for seniors. 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. **Call the Orleans Senior Center to register.**



DANCE FIT (with Jenny)

Tuesdays, 2pm

Oct. 14, 28 & Nov. 18

Cost: \$18

Dancing offers many benefits for older adults. It's a fun way to get some exercise, boost your mood, and connect with others. **Call the Orleans Senior Center to register. This class is open to non-residents.**



GAME LOUNGE

Tuesdays, 1:30-4pm

COME & JOIN THE FUN!

Ping Pong, Cribbage & more!

This is a drop-in activity, no need to pre-register.



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



MAHJONG PLAYERS

Fridays, 2-4pm

Please bring your own board sets and table covers to play. New players are always welcome!



REIKI SESSIONS

Tuesday Afternoon Appointments

Sept. 9, 16, 23, 30 & Oct. 7, 14, 21, 28

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. Non-residents may register beginning 9/10.**



SALTY BOOTS LINE DANCING

Tuesdays, 2-3pm

Oct. 7, 21 & Nov. 4, 25

Cost: \$24

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	\$18	Oct. 14, 28 & Nov. 18
GENTLE YOGA	MONDAYS	9:00 - 9:55am	\$42	Oct. 6, 20, 27 & Nov. 3, 10, 17, 24
LINE DANCING	TUESDAYS	2:00 - 3:00pm	\$24	Oct. 7, 21 & Nov. 4, 25
NIA	FRIDAYS	9:45 - 10:40am	\$48	Oct. 3, 10, 17, 24, 31 & Nov. 7, 14, 21
QIGONG	WEDNESDAYS	9:45 - 10:40am	\$42	Oct. 8, 15, 22, 29 & Nov. 5, 12, 19
SERENE YOGA	TUESDAYS	9:45 - 10:40am	\$42	Oct. 7, 14, 21, 28 & Nov. 4, 18, 25
SERENE YOGA	THURSDAYS	9:45 - 10:40am	\$42	Oct. 2, 9, 16, 23 & Nov. 6, 13, 20
SIT FITNESS	MONDAYS	11:00 - 11:45am	\$21	Oct. 6, 20, 27 & Nov. 3, 10, 17, 24
SIT FITNESS	WEDNESDAYS	11:00 - 11:45am	\$21	Oct. 8, 15, 22, 29 & Nov. 5, 12, 19
SIT FITNESS	THURSDAYS	11:00 - 11:45am	\$24	Oct. 2, 9, 16, 23, 30 & Nov. 6, 13, 20
SIT FITNESS	FRIDAYS	11:00 - 11:45am	\$24	Oct. 3, 10, 17, 24, 31 & Nov. 7, 14, 21
SIT FIT YOGA	TUESDAYS	11:00 - 11:45am	\$21	Oct. 7, 14, 21, 28 & Nov. 4, 18, 25
TAI CHI (<i>w/ Rich AM</i>)	WEDNESDAYS	8:30 - 9:25am	\$42	Oct. 8, 15, 22, 29 & Nov. 5, 12, 19
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$48	Oct. 3, 10, 17, 24, 31 & Nov. 7, 14, 21
ZUMBA GOLD	TUESDAYS	8:30 - 9:25am	\$36	Oct. 7, 14, 21, 28 & Nov. 4, 18
ZUMBA GOLD	THURSDAYS	8:30 - 9:25am	\$48	Oct. 2, 9, 16, 23, 30 & Nov. 6, 13, 20

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. 5 for details

GENTLE YOGA (*Mon. w/ Debra*)

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

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

NIA (*Fri. w/ Sue*) **NEW TIME**

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/ Rich*)

Holistic mind, body, and spirit practice similar to Tai Chi. Combines exercises with slow-flowing movement and rhythmic breathing for calm meditative state.



SERENE 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.

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.

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

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

TAI CHI (*Wed. w/ Rich*)

Learn to move, breathe and relax in the Yang Style short form Tai Chi by practicing the ultimate exercise in soft flowing form.

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 (*Tues. & Thurs. w/ Naya*)

Easy to follow choreography which focuses on balance, range of motion, and coordination. Fun and empowering!

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:

- Sept. 1: **SENIOR CENTER CLOSED (Holiday)**
- Sept. 8: Broccoli Cheese Soup, Chicken Salad Pocket, Chips & Dessert
- Sept. 15: French Onion Soup, Roast Beef on Roll, Chips & Dessert
- Sept. 22: **NO SOUP & SANDWICH - Special Brunch Event (see p. 1)**
- Sept. 29: Hungarian Mushroom Soup, Ham & Cheese Croissant with Mustard Glaze, Chips & Dessert
- Oct. 6: Roasted Squash Soup, Egg Salad Sandwich, Chips & Dessert
- Oct. 13: **SENIOR CENTER CLOSED (Holiday)**
- Oct. 20: Clam Chowder, BLT Wrap, Chips & Dessert
- Oct. 27: Carrot Ginger Soup, Turkey Wrap, Chips & Dessert
- Nov. 3: White Chicken Chili, Southwest Salad, Cornbread & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY:

Registration begins Wednesday September 3rd 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 9/15 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:

- Sept. 5: Salisbury Steak, Mashed Potatoes with Gravy, Green Beans & Dessert
- Sept. 12: Chicken Pasta Alfredo, Broccoli, Caesar Salad & Dessert
- Sept. 19: **FRIENDS FISH FRIDAY!** (see Reminder)**
Brown Sugar Glazed Salmon, Lemon Parmesan Couscous, Sautéed Vegetables & Dessert
- Sept. 26: **OKTOBERFEST EVENT (see p. 3)**
- Oct. 3: Chicken Pot Pie, Mashed Potatoes, Salad & Dessert
- Oct. 10: **FRIENDS FISH FRIDAY!** (see Reminder)**
Baked Cod, Mashed Sweet Potato, Tomato, Eggplant, Zucchini Bake & Dessert
- Oct. 17: **NO COMFORT KITCHEN - Evening LGBT Event**
- Oct. 24: **LUNCH & LEARN (see p. 4 for details)**
Chicken Croquettes, Rice Pilaf, Glazed Carrots & Dessert
- Oct. 31: **SPECIAL HALLOWEEN COMFORT KITCHEN**
Beef Short Ribs with Ghost Potatoes, Roasted Beets and Parsnips & Dessert
- Nov. 7: Meatloaf, Mashed Potatoes, Green Beans & Dessert

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.**

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

Wednesday, October 22

If you have questions or want 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, and resources. **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

NOTE: October will be 2nd Thursday due to Yom Kippur

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.***



OUR PURPOSE

The purpose of the Friends of the Orleans Senior Center is to assist and support its dedicated staff members who serve Orleans by reaching out in so many ways to those in our community in need of help. To continue to do this, we very much rely on donations from you - the Senior Center's many supporters. The Friends continue to receive generous contributions in response to our annual membership drive. Thank You!

Seniors make up more than 50% of Orleans' total population and our Senior Center is one of the most active and vibrant on the Cape. The dedicated and caring staff is ready to serve Orleans' seniors with the goal of providing healthy lifestyles and recreational and educational opportunities for all.

Your contributions enable us to continue to co-sponsor many of the Senior Center's programs, such as the popular summer "Lunch and Listen" concert series and "Friends Fish Fridays". We also maintain our "We Care" fund so that it is always available to help purchase critical items for seniors in need. The Friends also

financially support the mailing of this newsletter containing information about the services and programs that our Orleans Senior Center makes available. Again, thank you for your support!!

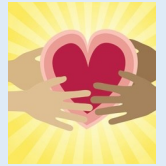
Friends Board:

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



2025-2026 FRIENDS ANNUAL SUPPORT...NEW MEMBERSHIP YEAR...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, 2025 through June 30, 2026.

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.

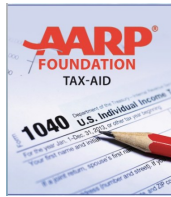
USE THIS SLIP TO MAIL YOUR SUPPORT TO THE FRIENDS, OR DROP IT OFF AT THE ORLEANS SENIOR CENTER

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

TAX-AIDE PROGRAM NEEDS VOLUNTEERS!

Looking for a Great Way to Serve Your Community? Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP Foundation and funded predominantly by the IRS, the program is staffed entirely by volunteers who enjoy working together, learning new things, and serving their community. We need new volunteers at our locations across the Cape and Islands. A background in taxes is NOT required. In addition to tax counselors who prepare tax returns, Tax-Aide needs volunteers to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. AARP membership is not required. Training starts in the fall and a Tax Aide Computer is supplied. Want more information? Please email us at: TAVolunteerd18@gmail.com



LOWER CAPE LGBTQ+ SENIORS



“DINE & DISCOVER”

Friday, October 17, 5:30-7:30pm

Come join us for a “Baked Potato Bar” dinner, followed by a discussion with Barnstable County Human Rights Coordinator, Leslie Dominguez. We’ll learn about the work of the Human Rights Commission and an overview of what discrimination looks like across Cape Cod, particularly in regards to seniors and the LGBTQIA+ population. She will also discuss steps we can all take to disrupt and address discrimination. **Call the Orleans Senior Center to register.**

MINDFULNESS MEDITATION FOR LGBTQ+ 5 Consecutive Wednesdays, 3-4pm Starting October 1

Older adults identifying as LGBTQ+ face unique stressors leading to elevated risks for various physical, mental, and social health disparities. Join us for a mindfulness series designed for LGBTQ+ older adults. We’ll explore simple yet powerful practices to support relaxation, presence, and self-awareness. Each session offers gentle guidance, quiet reflection, and space to connect with others in a warm, welcoming community. Whether you’re brand new to meditation or a longtime practitioner, you’ll find tools for grounding, ease, and connection. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 9/10.*

“FRIENDSGIVING”

Friday, November 14

More details available in October



SUPPORT LOCAL DEMENTIA SERVICES

Join the Alzheimer’s Family Support Center for our annual Walk for Alzheimer’s in Provincetown, Sunday, October 12, 11am-2pm. The event is free and open to the public, and includes live music, dancing, trolley rides, lunch, and more! You don’t have to give to walk and you don’t have to walk to give. For more information, call (508) 896-5170, or email info@capecodalz.org. Sign up at alzfamilysupport.org. All funds raised support free dementia services for our local communities.

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 to enter. Simply fill out an entry form in the Lobby each month you’re eligible. Each month for the next several 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.

LET’S TALK ABOUT TOMORROW

The Homeless Prevention Council is offering an informative session to meet with an estate attorney on October 7, at 1pm. This session is geared towards homeowners who would like to find out more about estate planning and how to manage their housing as they age. The event will be held at the HPC’s office at 8 Main Street in Orleans. Please pre-register by calling HPC at 508-255-9667.



CAREGIVERS' CORNER

CAREGIVER SUPPORT

Our new Caregiver Support Initiative provides improved coordination and additional assistance and access to meaningful support for those helping loved ones age in place in the community. We have a free monthly respite program, meal assistance, respite grants, caregiver support check-ins, and more. This is a collaboration with our Friends, funded in part by a special grant from Cape Cod Fund for the Elderly. Let us come along side and support you in your care journey! Call Myra Elliott, at 508-255-6333 Ext. 13.



FREE MONTHLY RESPITE CARE

2nd Fridays, 10am-2pm

September 12, October 10 & November 14

This non-medical program is to provide caregivers with a scheduled time for respite. The hope is the time can be used to reduce stress and provide opportunity for self-care. At the same time, the supportive care recipients will benefit through increased connection and engagement. This monthly respite service must be scheduled ahead of time, as space is limited. For an application and more information, contact Myra in Outreach.

CARING CONNECTIONS

Wednesday, October 15, 12-1:30pm

Join us as we come together to share a hearty fall meal and tasty dessert while we re-connect after our summer break and meet new friends. The program is open to family care partners and the loved ones they care for. Program and lunch is free. Call Myra or Lynn in Outreach to register.

Programs are generously supported by the Friends and a special grant from Cape Cod Fund for the Elderly.

DEMENTIA CAREGIVING SUPPORT GROUP

**2nd & 4th Wednesdays
10am - 11:30am**

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



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,
Eastham, Harwich & Wellfleet***

PLEASE NOTE: We are no longer accepting new referrals of Chatham participants. Chatham families are encouraged to contact the Chatham COA, as they are now 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



Financial Budgeting

Are you struggling to keep up with bills? Do credit card payments seem out of control? Maybe you are adjusting to living on a smaller fixed income. There are some nonprofit organizations which offer budgeting information as well as debt management counseling that may be helpful. Websites have debt calculators and printable budgeting worksheets which you can use to review your particular situation. Two possibilities are Green Path Financial Wellness at 844-477-6520 (or www.greenpath.com) or American Consumer Credit Counseling at 800-769-3571 (or www.consumercredit.com).

Emergency Preparedness

Hurricane season is upon us, and it's time to consider what your plan would be in the case of a storm bringing high winds, rain and possible power outages. Could you stay at home or would you need to evacuate and stay with a family member or friend? Outdoor furniture or debris can damage windows, low lying homes may flood in the event of heavy rains. Making sure that you have enough food and medication available should be a priority. For more information about emergency preparedness, please reach out to the Outreach Department.

Home Energy Assistance Program

This program (formerly known as Fuel Assistance) offers financial assistance towards the cost of heating for qualified households. Green renewal forms are mailed out in September and should be completed as soon as possible. New applicants should contact the Outreach Department in October to learn what documents are needed and schedule an appointment to complete the application.

Caregiver Support

If you are providing care for a loved one and want information about resources available to support your caregiving journey, reach out to our Outreach Department to arrange a private discussion or phone call. Through collaboration with our Friends, we have recently received a generous grant from the Cape Cod Fund for the Elderly to provide special caregiving supports.

SENIOR CENTER VOLUNTEER NEEDS



Kitchen Helpers

We are looking for a few substitutes for our lunch programs to cover shifts when regular volunteers need time off. Kitchen Helpers set tables, serve meals, and assist with needed kitchen tasks. Those who volunteer in the kitchen find it a satisfying way to serve while connecting with others in a fun and social environment. You even get a free lunch on days you serve!

FISH Volunteers

Volunteer FISH Drivers provide rides to medical appointments for Orleans seniors. This is an essential service critical to meeting the transportation and health needs of residents served by the COA. (FISH: Friends In Service Helping) Rides are generally provided from Orleans to locations in Wellfleet, Eastham, Orleans, Chatham, Harwich, Brewster, Dennis, Yarmouth, and Barnstable. FISH Drivers meet interesting people provide important service, and make a real difference in the community. We will work around your schedule too, so if you aren't available certain days you can just let us know.

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.

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



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: Free fares 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.** *Reminder: Free fares on fixed routes.* 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 9/10.*



HYANNIS TRIP

Wednesday, September 17

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.)*

"PLYMOUTH SHOPPING TRIP"

Wednesday, October 8

Colony Place has many stores to choose from including: Walmart, Bath & Body Works, Burlington Coat Factory, DSW, J. Jill, Old Navy, Petco and many more stores and restaurants. *(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
RIDES FOR MEDICAL APPTS. (FISH & COA BUS) <i>Please schedule appts. between 9:30am-2:30pm</i>	YES	YES	YES	YES	YES
ERRANDS AROUND ORLEANS Bank, Post Office, Pharmacy, Library, etc. (9:45am-2pm)	YES	YES	YES	YES	Limited
RIDES TO ORLEANS SENIOR CENTER	YES	YES	YES	YES	YES
GROCERY SHOPPING AT STOP & SHOP RHV Pickup: approx. 10am *CALL TO SCHED. Tonset Woods: approx. 11am *CALL TO SCHED.	YES	NO	Limited	NO	NO
GROCERY SHOPPING AT SHAW'S RHV Pickup: approx. 12:30pm *CALL TO SCHED. Tonset Woods: approx. 1:15pm *CALL TO SCHED.	NO	Limited	NO	NO	YES
GROCERY SHOPPING AT FRIENDS MARKET	YES	NO	NO	NO	YES
<p><i>PLEASE REMEMBER...ALL RIDES & ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.</i> <i>\$2 donation per trip is appreciated. \$5 donation per trip for out of town medical appointments.</i> Please let us know if you require wheelchair accommodations.</p>					

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:

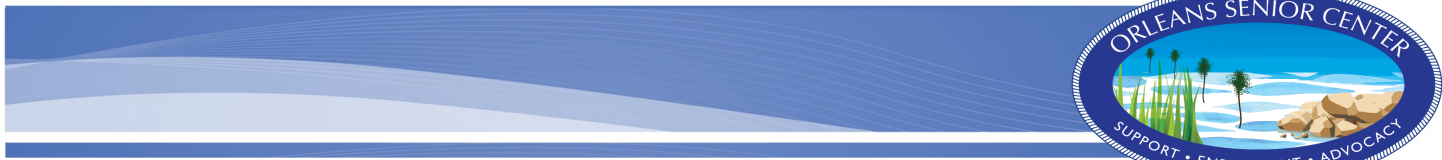
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- Last minute and repeated cancellation of rides, unless 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 and other riders 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:
Mon/Wed/Thu/Fri 8:30am-4:30pm
Tue 8:30am-8:00pm

[www.town.orleans.ma.us/220/
Council-on-Aging-Senior-Center](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>	Mary Walsh
Mark Kaminsky	VACANT
Susan Milton	VACANT
Bill Salem	

UPCOMING PUBLIC COA BOARD MEETINGS:
Wednesday, September 24 & October 22 @1pm
at the Orleans Town Hall

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

