



Tidings

November/December 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.

VACCINE MINI CLINIC

Wednesday, November 5, 9:30-11:30am

At the Orleans Senior Center

Flu and COVID vaccines available, but appointments are required. Call Cape Cod Healthcare at 508-957-8600 to schedule your appointment.



JINGLE & MINGLE

Friday, December 12th, 11am

Cost: \$15

Performance by The NoteAbles Chorus at 11am followed by lunch at 12pm. Menu will include: herb-roasted beef tenderloin, twice baked potatoes, squash souffle, peas with pearl onions, rolls, and dessert. Payment must be made within a few days of registration to hold your spot, and no refunds will be given as food is ordered in advance. This program will likely fill up quickly. **Orleans residents and Friends members may call to register starting 11/3, others may register beginning 11/12.**



MEDICARE OPEN ENROLLMENT PROGRAM

Wednesday, November 5, 1:30pm

Medicare's Open Enrollment period ends December 7. This presentation is an overview of this year's changes and is intended for Medicare beneficiaries, family members, and caregivers. The program will be facilitated by the Barnstable County SHINE Program Manager, Kristina Whiton-O'Brien. Come learn more about your options. **Call the Orleans Senior Center to register.** [At the time this newsletter went to print, we had very few SHINE Open Enrollment appointment slots remaining. If you need information regarding Medicare health insurance decisions and you don't have an appointment, we advise you to come to this program.]



**REGISTRATION FOR ALL PROGRAMS BEGINS
MONDAY, NOVEMBER 3RD, AT 9AM**

Please see p. 2 for details

SENIOR CENTER WILL BE CLOSED THE FOLLOWING DAYS:

TUESDAY 11/11 (Veterans Day), THURSDAY 11/27 & FRIDAY 11/28 (Thanksgiving Break), and THURSDAY 12/25 (Christmas)

SPECIAL ACTIVITIES

TUESDAY *EVENING* ACTIVITIES

TAI CHI

Tuesdays, 5:30-6:15pm

Dec. 2, 9, 16, 23, 30 & Jan. 6, 13, 20, 27

Cost: \$45 (9 classes)

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 11/12.*



CIRCUIT STRENGTH & CONDITIONING CLASS

Tuesdays, 6:30pm

Dec. 2, 9, 16, 23, 30 & Jan. 6, 13, 20, 27

Cost: \$45 (9 Classes)

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 11/12.*



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.



• During the holiday season more than ever, our thoughts turn gratefully to those who have made our year so special at the Senior Center. And in this spirit we say, simply but sincerely, thank you.

*Our very best wishes
for a warm and happy holiday season.*

PROGRAM REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, NOVEMBER 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 11/12 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.*

NEW...Help Navigating Energy Costs!



ELECTRICITY PRICES & YOU
Wednesday, November 19
10-11am

Residents want and need trustworthy information about their home electricity and energy use. Come to a talk by an Orleans Energy Navigator about saving money on home energy suppliers, and actions seniors can take to keep our homes warmer this winter.

ENERGY NAVIGATION APPOINTMENTS
Wednesday, December 17
10am-12pm

Schedule a private appointment for recommendations about reducing your electric costs. Bring your home electric bill. Energy Navigators are volunteers, trained annually and sponsored by the Town of Orleans Energy and Climate Action Committee, Cape Light Compact, and Orleans Climate Action Network.

Call the Orleans Senior Center to schedule an appointment.

SPECIAL ACTIVITIES

LADIES LUNCH: "An Italian Celebration" Tuesday, November 18 12:15pm, Cost: \$6

Come join us for the warmth and charm of Italy for "pasto di Mezzogiorno" (midday meal), where good food meets great company! Frank Poranski and Kami Lyle will bring the heart of Italy to our gathering with soulful ballads, lively tarantellas, and timeless classics. Their vibrant musical performances deliver joy, nostalgia, and the essence of la dolce vita. Our menu will include Chicken Parmesan, Pasta, Antipasto Salad, Garlic Bread & Dessert. **Orleans residents and Friends members may call to register starting 11/3, others may register beginning 11/12.**



Special Trip PATRIOTS HALL OF FAME TOUR Wednesday, November 19 9am-3:30pm, Cost: \$10

The Patriots Hall of Fame is an exciting, innovative and interactive, modern museum experience for all ages. The Kraft family, in an effort to preserve team history and honor the greatest Patriots of all-time, built and opened The Hall in 2008. It has since undergone championship renovations to enhance its Super Bowl Experience exhibit, which takes guests inside the team's six Super Bowl wins. It includes the sparkling Vince Lombardi Super Bowl trophies and championship rings and an interactive exhibit that allows guests to virtually make Malcolm Butler's Super Bowl XLIX-clinching interception. The Hall regularly adds to its collection and changes out artifacts and exhibits to ensure a fresh experience. Lunch is on your own. There will be a great deal of walking and movement on this trip. Tour capacity is very limited. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/12.**



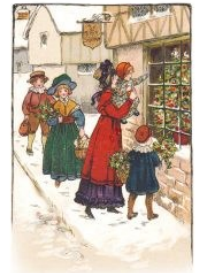
LOCAL LORE: "The Christmas Tree Shops" Wednesday, December 3, 2pm

The Christmas Tree Shops were not just an icon of New England, they were a destination. There were items you never thought you needed before stepping through the door, but who could resist a bargain? We still hear people comment often about how they miss it. Come listen to historian, Anthony Sammarco discuss how the Christmas Tree Shop started right here on Cape Cod, what made the shop such a popular sensation, and what happened to the business. Light refreshments will be served. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/12.**



Special Trip HIGHFIELD HALL: THE SHOPKEEPER'S NOEL Thursday, December 4 9am-2:30pm, Cost: \$10

Step into the timeless magic of *The Shopkeepers' Noël*—a captivating celebration of Victorian Christmas charm. Elegant, enchanting, and filled with nostalgic wonder, each window tells a story, and every room shimmers with holiday delight. Enjoy spectacular decorations, festive music, seasonal activities, and whimsical displays that delight visitors of all ages. Lunch is on your own. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/12.**



ARTIFICIAL WREATH DECORATING CLASS Monday, December 8, 2pm

Join us for a festive, hands-on afternoon with Maddyson McKay from Cape Cod Post Acute Care. Maddyson has generously provided all the supplies—so you can focus on unleashing your creativity without worrying about materials. Whether you're a DIY enthusiast or a total beginner, this class is the perfect way to learn the art of wreath-decorating while having fun in a relaxed, social setting. Just bring your enthusiasm and holiday spirit. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/12.**

SPECIAL ACTIVITIES

5th Annual ANTIQUUE ROAD SHOW THEMED EVENT

With Eldred's Antiques

Wednesday, December 10, 1-3pm

Are you mystified about one of your possessions? Curious if you might be holding on to something valuable? Here's a chance to find out. Each person may bring 3 items for appraisal and a professional appraiser will tell you what it's worth today. No guns or weapons please. The event is inspired by PBS's "Antiques Road-show" and features local certified appraiser Eric Mulak, from Eldred's Antiques. Come for an individual discussion and appraisal of antiques, family heirlooms, and other items, and find out what your items are really worth. **Call the Orleans Senior Center to register.**

Non-residents may register beginning 11/12.



TECH SUPPORT

By Appointment

Friday Mornings

November 14 & December 12

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.**



ORAL CANCER SCREENING

Wednesday, December 10

9-11am

In conjunction with the VNA of Cape Cod, Cape Cod Healthcare Speech Pathologists will be performing free, private oral cancer screenings here at the Orleans Senior Center. Appointments are approximately 10 minutes. Registration is required, no drop ins are allowed. Priority is given to Orleans residents. **Please call the VNA of Cape Cod to register at 508-957-7423.**



PAINTING CLASSES

With Local Artist, Karen North Wells

Mondays, 1:30-4:15pm

New Class Starting January 26

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 at 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 11/12.*



DROP-IN "DEVICE ADVICE" WITH CAPE COD TECH STUDENTS IS ALSO AVAILABLE AT THE SENIOR CENTER ON MONDAYS 11/3, 12/1 & 12/8 FROM 10AM-12PM.

SENIOR CENTER CINEMA

NONNAS (PG)

Thursday, November 20, 1:30pm



After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas - grandmothers, as the chefs.



THE UNBREAKABLE BOY (PG)

Thursday, December 18, 1:30pm



This film is based on an inspirational true story of a young boy living with unique challenges. His indestructible spirit and life affirming worldview transforms and unites those around him.

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 11/12.*

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm
Nov. 7 & Dec. 5

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, November 7, 10am (different date)

"The Women" by Kristin Hannah

Friday, December 5, 10am (different date)

"Booklover's Library" by Madeline Marten

BOWLING

Fridays, 2:30pm
Nov. 7 & Dec. 5 & Jan. 9
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
Dec. 2, 16, 30 & Jan. 6, 13, 20, 27
Cost: \$42

Dancing offers many benefits for older adults. It's a fun way to 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

Fridays, 2-4 pm
Nov. 7, 21 & Dec. 5, 19

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



REIKI SESSIONS

Tuesday Afternoon Appointments
Nov. 18 & Dec. 16, 30
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 11/12.**



SALTY BOOTS LINE DANCING

Tuesdays, 2-3pm
Dec. 9, 23
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.** **NOTE: There is also a previously scheduled class on Nov. 25 which you may register for at \$6/class.**



FITNESS PROGRAMS

ORLEANS SENIOR CENTER *DAYTIME* FITNESS CLASSES

| CLASS TITLE | DAY | TIME | COST | DATES OF NEXT SESSION |
|-------------------------------|------------|-----------------|------|--|
| DANCE FIT | TUESDAYS | 2:00 - 3:00pm | \$42 | Dec. 2, 16, 30 & Jan. 6, 13, 20, 27 |
| GENTLE YOGA | MONDAYS | 9:00 - 9:55am | \$42 | Dec. 1, 15, 22, 29 & Jan. 5, 12, 26 |
| LINE DANCING | TUESDAYS | 2:00 - 3:00pm | \$12 | Dec. 9, 23 |
| NIA | FRIDAYS | 9:45 - 10:40am | \$36 | Dec. 5, 19 & Jan. 2, 9, 16, 23 |
| QIGONG | WEDNESDAYS | 9:45 - 10:40am | \$42 | Dec. 3, 10, 17 & Jan. 7, 14, 21, 28 |
| SERENE YOGA | TUESDAYS | 9:45 - 10:40am | \$42 | Dec. 2, 9, 16 & Jan. 6, 13, 20, 27 |
| SERENE YOGA | THURSDAYS | 9:45 - 10:40am | \$42 | Dec. 4, 11, 18 & Jan. 8, 15, 22, 29 |
| SIT FITNESS | MONDAYS | 11:00 - 11:45am | \$21 | Dec. 1, 8, 15, 22 & Jan. 5, 12, 26 |
| SIT FITNESS | WEDNESDAYS | 11:00 - 11:45am | \$21 | Dec. 3, 10, 17 & Jan. 7, 14, 21, 28 |
| SIT FITNESS | THURSDAYS | 11:00 - 11:45am | \$21 | Dec. 4, 11, 18 & Jan. 8, 15, 22, 29 |
| SIT FITNESS | FRIDAYS | 11:00 - 11:45am | \$18 | Dec. 5, 19 & Jan. 2, 9, 16, 23 |
| SIT FIT YOGA | TUESDAYS | 11:00 - 11:45am | \$27 | Dec. 2, 9, 16, 23, 30 & Jan. 6, 13, 20, 27 |
| TAI CHI (<i>w/ Rich AM</i>) | WEDNESDAYS | 8:30 - 9:25am | \$42 | Dec. 3, 10, 17 & Jan. 7, 14, 21, 28 |
| YOGA FLO | FRIDAYS | 8:30 - 9:25am | \$36 | Dec. 5, 19 & Jan. 2, 9, 16, 23 |
| ZUMBA GOLD | TUESDAYS | 8:30 - 9:25am | \$36 | Dec. 2, 9 & Jan. 6, 13, 20, 27 |
| ZUMBA GOLD | THURSDAYS | 8:30 - 9:25am | \$36 | Dec. 4, 11 & Jan. 8, 15, 22, 29 |

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:

- Nov. 3: White Chicken Chili, Southwest Salad, Cornbread & Dessert
- Nov. 10: Minestrone Soup, Egg Salad on Italian Bread, Chips & Dessert
- Nov. 17: Roasted Butternut Squash Soup, Turkey Sliders, Chips & Dessert
- Nov. 24: Creamy Tomato Basil Soup, Warm Ham & Cheese Sandwich with Caramelized Onion, Chips & Dessert
- Dec. 1: Loaded Potato Soup, Steak & Cheese Sliders, Chips & Dessert
- Dec. 8: Cheeseburger Soup, Grilled Cheese Sandwich, Chips & Dessert
- Dec. 15: Lemon Chicken Orzo Soup, Chicken Caesar Wrap, Chips & Dessert
- Dec. 22: Clam Chowder, BLT Wrap, Chips & Dessert
- Dec. 29: Chicken & Wild Rice Soup, Tuscan Chicken on Roll, Chips & Dessert
- Jan. 5: Chili, Cornbread, Tossed Salad & Dessert

IMPORTANT LUNCH INFO:

- ◆ **MEAL SIGN-UP POLICY:** *Registration begins Monday, November 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 11/12 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:

- Nov. 7: Meatloaf, Mashed Potatoes, Green Beans & Dessert
- Nov. 14: **NO LUNCH - Special Evening LGBT+ Event**
- Nov. 21: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Seafood Pot Pies w/Cheddar Biscuit Top, Autumn Tossed Salad & Dessert
- Nov. 28: **SENIOR CENTER CLOSED**
- Dec. 5: Roasted Pork Loin, Mashed Potatoes, Broccoli and Cauliflower Au Gratin & Dessert
- Dec. 12: **JINGLE & MINGLE HOLIDAY EVENT (see p. 1 for details)**
- Dec. 19: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Linguine & Clam Sauce, Caesar Salad, Garlic Bread & Dessert
- Dec. 26: **NO LUNCH**
- Jan. 2: Chicken Piccata, Fettuccini Pasta, Salad, Rolls & 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@mobile dentalhygiene.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.**



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.**



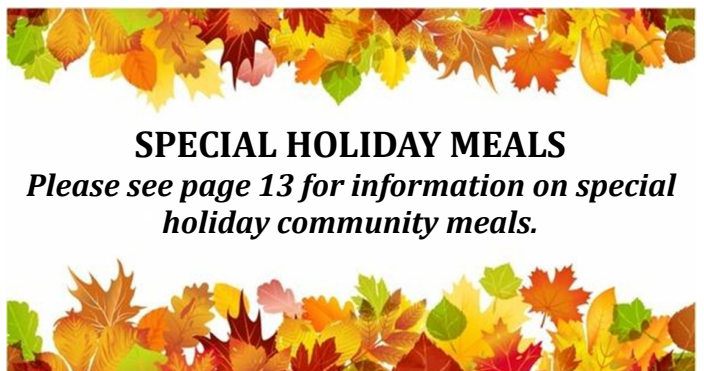
VETERANS ASSISTANCE

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.**



SPECIAL HOLIDAY MEALS

Please see page 13 for information on special holiday community meals.



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 ANNUAL APPEAL

We are so appreciative of your generous past donations in response to our Annual Appeal in support of the Orleans Council on Aging and Senior Center and we hope that you will be able to again respond to this year's Appeal. It will be mailed in mid-November. If you don't receive our letter in the mail, our contribution envelopes will be available at the Orleans Senior Center.

During our September meeting, we elected the following to the Friends Board:

- Carol Hackett, *President*
- Donna Withrow, *Treasurer*
- Barbara O'Connor, *Secretary*
- Charlotte McCully, *COA Board Liaison*
- Arlene Barrett
- Bonnie Engelhardt
- Claire Gradone

We are pleased to welcome our newest board member, Donna Withrow, who has agreed to take on the job of Treasurer.

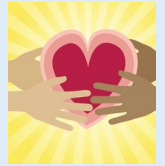
Many people joined the COA staff in celebrating our first Senior Center Spirit Day in September. It was a wonderful opportunity to relax and enjoy the lovely piano music and delicious food prepared and served by the COA staff. It was also a chance to enjoy the company of those we already knew as well as to make new friends! The Friends co-sponsored this event and we look forward to doing so again in the future!

The Friends also collaborate with the COA on a special grant from *Cape Cod Fund for the Elderly* to help with programs that provide caregiver assistance and support for people with loved ones aging in Orleans.

The dedicated and caring COA staff supports Orleans seniors by providing healthy lifestyles and recreational and educational opportunities for all. With your help, the Friends will continue to co-sponsor many of these programs. Thank you for support!

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

BRAIN HEALTH STUDY

The Alzheimer's Assn. released results of important new brain health study. The U.S. POINTER results show that healthy behaviors have a powerful impact on brain health. This two-year clinical trial found that simultaneously targeting risk factors for cognitive decline—

- **Physical exercise:** 30-35 minutes of moderate-to-intense aerobic activity four times a week, plus strength and flexibility exercises twice a week.
- **Cognitive exercise:** Computer-based brain training program three times a week for 30 minutes, plus regular engagement in other intellectually challenging and social activities.
- **Nutrition:** Adherence to the MIND diet, which emphasizes dark leafy greens, berries, nuts, whole grains, olive oil and fish, and limits sugar and unhealthy fats.
- **Health monitoring:** Regular check-ins on blood pressure, weight and lab results.

These results underscore the message that healthy behavior has a powerful impact on brain health. Positive, everyday actions can make a difference in brain health, and when combined with physical activity, improving nutrition, cognitive and social challenge and health monitoring, we now know it can have an even more powerful impact. **For more info go to: www.alz.org/us-pointer/home.asp**



iPad LOAN PROGRAM

We have internet enabled iPads you may borrow. Use these devices to go online, connect with family on video sites, explore the internet, or just play games to get more familiar with the technology. This is a great way to check out an iPad if you're thinking about purchasing one. No idea how to use an iPad? Not to worry, we can help get you started. **For more information, contact the COA Outreach Department.**

LOWER CAPE LGBTQ+ SENIORS



"FRIENDSGIVING"

Friday, November 14, 5:30-7:30pm
Cost: \$10

Musical entertainment by DJ Tommy Tuttle

The difference in this fall tradition lies in *who* you celebrate with, hence the name! We will have a home-cooked dinner of traditional Thanksgiving fare with music for a chance to celebrate, have some fun, and connect before the formal holiday season is upon us. **Call the Orleans Senior Center to register.**

DO YOU HAVE "MY SOCIAL SECURITY"?

A my Social Security account is free and secure and allows you to:

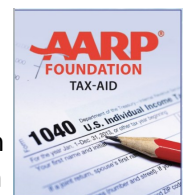
- View your earnings history and future benefit estimates
- Apply for retirement or disability benefits online
- Request a replacement Social Security card (in most states)
- Access and print a benefit verification letter
- Manage direct deposit, update address, and more!



For more info go to: www.ssa.gov/myaccount

TAX-AIDE PROGRAM NEEDS VOLUNTEERS!

Looking for a great way to serve the 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 and serving their community. They need new volunteers at locations across the Cape. A background in taxes is NOT required. In addition to tax counselors who prepare tax returns, volunteers to assist with administrative tasks are needed. All volunteers get training and support to learn the necessary skills and procedures. Training starts soon. For more information please email them at: TAVolunteer18@gmail.com



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

November 14, December 12 & January 9

This non-medical program is to provide caregivers with a scheduled time for respite while 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. *Call Myra in Outreach for more information.*

CARING CONNECTIONS

A program for family care partners and the loved ones they care for. Call Myra or Lynn in Outreach to register.

Wednesday, November 19, 12-1:30pm

Attorney Debra Cocco will join us for a legal check up. We'll have lunch followed by a discussion about what important documents you should have in place. This is a great opportunity to ask some general questions.

Wednesday, December 17th at 12-1:30pm

Let's celebrate the spirit of the season together by enjoying lunch and sharing holiday memories.

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



Thanksgiving Meals

The Council on Aging will be providing a limited number of homecooked holiday meals to be delivered the day before Thanksgiving. If you are interested in receiving one of these holiday meals, please reach out to the Outreach Department. Consideration will be given to individual situations, with priority given to those who are homebound or those who may be celebrating without family or friends. Meals will be delivered cold for you to re-heat. ***If interested, you must contact the Outreach Department by Friday November 14th.***

Community Holiday Meals

There are some community-sponsored holiday meals, some hosted by faith communities. If you would like information about holiday meal offerings, please contact the Outreach Department.

Snow Removal

It's not too early to begin thinking about snow. We want you to be aware that regrettably, the Council on Aging does not have a list of resources to assist with snow removal. If you do not already have a plan for this, consider reaching out to neighbors to see who they use. It is important to have safe access to your home at all times of the year, for you and anyone who might come out to your home. We encourage you to be prepared and make a plan now as winter is coming!

Home Energy Assistance Program

This program (formerly known as Fuel Assistance) offers financial assistance towards the cost of heating for qualified households. If you are struggling to pay heating costs and want to see if you might qualify for assistance, or you need help with the application process, please call and schedule an appointment with the Outreach Department. If you are renewing, be sure to complete and return your green renewal forms as soon as possible.

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 about your situation.

SENIOR CENTER VOLUNTEER NEEDS



We Need "Helping Hands"

We are currently seeking volunteers for our "COA Helping Hands" program. We are trying to resurrect a volunteer program to better meet the needs of those we serve. We're looking for friendly, capable volunteers to lend a hand with simple household tasks that make a world of difference to those who need the help. If you enjoy helping others and have a knack for small chores, basic fixes, and typical household "honey do" tasks, we would love to have you join our "Helping Hands" team! Tasks might include changing light bulbs, hanging pictures, changing a curtain, putting out summer deck chairs, or other little jobs that need attention. No professional experience is required, just a willingness to help and a good attitude. Whether you're retired, handy, or just want to give back to your community, this is a great way to connect, contribute, and make someone's day a little brighter.

We Need "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.

“SmartDART”

For those who don't have smart phones or need help scheduling rides, you can **call 508-418-3278 to help book trips** and make payments by phone. This service is for older adults and individuals with disabilities.

H2O

Fixed route public transportation between Orleans and Hyannis. Call **1-800-352-7155** for information. **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. 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 11/7.*



MARKET BASKET IN BOURNE

Wednesday, November 12

This trip should arrive home to Orleans by lunch time.

HYANNIS SHOPPING TRIP

Wednesday, December 17

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

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 |

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 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 | Susan Lynch |
| Susan Milton | VACANT |
| Bill Salem | |

UPCOMING PUBLIC COA BOARD MEETINGS:
Wednesdays,
November 5th & December 3rd @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.

