



Tidings

January/February 2026

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.

AARP TAX AIDE PROGRAM

Mondays, February 9 -April 13

The AARP Tax Aide Program provides specially trained Tax Counselors to help low and moderate income taxpayers complete their Federal and State income tax returns free of charge. All appointments must be scheduled, no walk-ins are permitted. Don't wait until the last minute to schedule your appointment! **Call the Orleans Senior Center to schedule your appointment today!**



VALENTINE'S DAY LUNCHEON

Friday, February 13, 11am

Cost: \$15 Orleans Seniors

Performance by Julie Charland at 11 am Followed by lunch at 12pm. Menu will include: Grilled Steak Tips, Risotto, Asparagus & Dessert. Julie Charland, known from the band *Toast and Jam* with music partner Tim Dickey, has a rich musical history. She recorded demos for John Prine at Oh Boy Records and won the grand prize in the nationally recognized Eventide Arts Festival songwriting contest. Sit back and enjoy as Julie brings beloved classics to life with heart and warmth. **Orleans residents and Friends members may call to register starting 1/7, others may register beginning 1/16.** No refunds will be given as food is ordered in advance.



WINTER WEATHER POLICY

If Nauset Public Schools are closed due to inclement weather, all Orleans Senior Center activities including transportation and the Rock Harbor Respite program, are cancelled. If this occurs, our building will remain open and our staff will still be available to assist the public unless all Town offices are closed. However, for safety reasons, there may be times that due to winter weather conditions we cancel transportation, programs, or meals. If that is done, every effort will be made to contact those impacted.



**REGISTRATION FOR ALL PROGRAMS BEGINS
WEDNESDAY, JANUARY 7TH, AT 9AM**

Please see p. 2 for details

**SENIOR CENTER WILL BE CLOSED THE FOLLOWING DAYS:
THURSDAY 1/1 (New Year's) & MONDAY 1/19 (MLK Day)
& MONDAY 2/16 (Presidents' Day)**

508-255-6333 ♦ town.orleans.ma.us/220/Council-on-Aging-Senior-Center

SPECIAL ACTIVITIES

TUESDAY *EVENING* ACTIVITIES

TAI CHI

Tuesdays, 5:30-6:15pm

February & March

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 1/16.*



CIRCUIT STRENGTH & CONDITIONING CLASS

Tuesdays, 6:30pm

February & March

Cost: \$45 (9Classes)

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 1/16.*



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

Tuesdays, January 20 & February 3

5:30-7:30pm

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

OUTREACH APPOINTMENTS

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

PROGRAM REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN WEDNESDAY, JANUARY 7TH 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. The time of your message will be the time of your registration. 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 1/16 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.***
- ◆ ***Orleans residents have priority.***
- ◆ **NEW...NO PAYMENTS WILL BE ACCEPTED ON THE JANUARY 7th REGISTRATION DAY.** *Once registrations are fully processed and your participation is confirmed you may pay. Payment is due within a week of registration.*
- ◆ ***PLEASE BE PATIENT. We are doing our best to make the process efficient and equitable.***

"REMEMBER THE ALLIGATOR"

By Tim Bosworth

Friday, January 23, 1:30 pm

Stay after lunch or stop by the Senior Center for a dramatic reading of Tim Bosworth's tenth play and his second presented here at the Orleans Senior Center. This lighthearted piece explores the challenges and humor of giving and receiving help as we age, both for older adults and the loved ones who support them. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/20.*



ANNUAL ST. PATRICK'S DAY LUNCHEON

Friday, March 13

Registration for Orleans seniors opens March 2nd

SAVE the DATE!

SPECIAL ACTIVITIES

DIGITAL LITERACY CLASSES

Wednesdays, 1:30pm

With Patrick Carey
of Main Street Tech

Don't feel left behind, come learn how to stay engaged in the digital world. Attend one class or all of them. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/16.*



"Understanding AI: A Practical Overview"

January 21

Curious about Artificial Intelligence but not sure where to start? This class will demystify AI—explaining what it really is and what it isn't. We'll discuss security and privacy concerns, how AI can both help and pose new risks, and explore real-life examples of how it's being used today. You'll also learn practical ways seniors can use AI to simplify daily tasks, stay informed, and enhance creativity while staying safe.

"Practical Overview of Digital Technology"

February 4

This hands-on class gives seniors a clear, confidence-building overview of today's most useful digital tools. Learn the essentials of communication, healthcare, and banking in a digital world and access secure online accounts safely. We'll explore everyday apps for photos, reminders, and calendars, plus entertainment and streaming through smart TVs, tablets, and music services. You'll also discover home devices that improve comfort, safety, and health tracking. Finally, we'll create a simple digital management plan to organize passwords, handle common tech issues, and set realistic goals. Participants leave with printed guides and reference materials ready to stay connected.

"Smart Home Tech & Wearables"

February 25

Curious about smart home and wearable technology? This class introduces the simple, practical tools that can make everyday life easier and safer. Learn the basics of smart lights, locks, thermostats, and voice assistants, plus how to use doorbell cameras, motion sensors, and emergency alerts for added peace of mind. We'll also explore smartwatches for health tracking like heart rate, steps, and fall detection, as well as handy daily tools such as charging stations and medication reminders. Stay independent, connected, and in control with the help of today's smart technology.

HOT CHOCOLATE DAY!

Monday, January 26, 9am-2pm

Warm up at the Senior Center as we celebrate Hot Chocolate Appreciation Day with free hot chocolate, tasty treats, and cozy community spirit. Build your perfect cup at our DIY Hot Chocolate Bar.

No registration needed just drop in, relax, and savor a cup. Take a break from the cold and come sit and sip!



INVASIVE PLANTS

Wednesday, January 28, 2pm

Join Master Gardener Cherie Bryan for an informative talk on invasive plants which are a growing concern for many Cape Cod property owners. She'll cover the most common local invasive species, how to identify them, which ones require caution when handling, and effective control and management methods. Cherie, a Master Gardener for ten years in Orleans and former president of the Master Gardeners, continues to combat invasives on her own property and now co-chairs the Speakers Bureau. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/16.*



INTERGENERATIONAL LUNCH & LEARN: ***"Pleasant Bay"***

Friday, February 6, 11:30am-1pm

Join us for a special Lunch and Learn event at the Senior Center, featuring the talented Third Grade students from Orleans Elementary School! Delight in a delicious lunch while our young learners present their fascinating research on erosion and its impact on Pleasant Bay. This engaging presentation will provide valuable insights into coastal geography and the importance of environmental stewardship. It's a wonderful opportunity to support our students and deepen our understanding of the fragile shoreline we share. Don't miss this chance to connect with the community, enjoy great food, and be inspired by the passion of our future environmental stewards. We look forward to seeing you there!. **Lunch is free**, so participants must commit to attending the full program. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/16.*

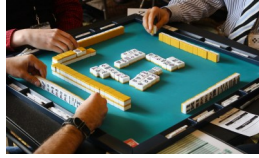
SPECIAL ACTIVITIES

LEARN TO PLAY BEGINNER MAHJONG

Fridays 1:30-3:30 pm
Feb. 6, 13, 20 & Mar. 6

Cost: \$45 (Includes the official Mah Jong card)

This class covers Mahjong fundamentals, including tiles and their functions, the Charleston, National Mahjong League rules, key terminology, and how to use the current yearly card to work toward a winning hand. No prior experience is needed, and a Mahjong set is provided for class. By the end, you'll be confident joining a game and may even make new friends! **Call the Orleans Senior Center to register. Non-residents may register beginning 1/16.**



LADIES LUNCH: "A Delicious Dive into Chocolate"

Wednesday, February 18
12:15pm, Cost: \$6

After a lunch of Roasted Vegetable Fettuccini Alfredo, Caesar Salad & Dessert, we'll enjoy a delicious time celebrating everyone's favorite treat with Therapy Gardens. Discover how chocolate is made from tropical cocoa pods to the bars we love, while sampling a variety of chocolates and learning fun facts along the way. We'll share easy recipes, highlight local chocolatiers, and offer tips on where to find the area's finest chocolate. Come indulge, learn, and savor every bite! **Orleans residents and Friends members may call to register starting 1/7, others may register beginning 1/16.**



LUNCH & LEARN: "Scams & Staying Safe"

Friday, February 27

Participants receive a home-cooked meal served at 12pm followed by a brief educational presentation at 12:45. Scammers and Fraudsters are getting more sophisticated and older adults are more at risk than ever. Come hear about the latest scams and learn best practices for staying safe with Lieutenant Andrew McLaughlin from Orleans Police Department. **Space is limited and this is a free program, so participants must commit to attending the full program. Call the Orleans Senior Center to register. Non-residents may register beginning 1/16.**



WINTER WELLNESS SERIES

Call the Orleans Senior Center to register. Non-residents may register beginning 1/16.

"Lasting Happiness & Self Compassion" Thursday, February 12, 2-3:15pm

Join Leslie Dealy, a recently retired Social Worker with 35 years of experience, to explore the calming effects and proven benefits of mindfulness. Learn core principles, try guided exercises, and hear about current neurological research on how mindfulness supports relaxation and balance. Participants will be encouraged to apply these techniques in daily life, with optional open discussion and personal sharing.

"Staying Active & Energized" Thursday, February 26, 2-3:15pm

Come join Taylor and Maggie, two Physical Therapists from Spaulding Rehab, to discuss some tips and tricks for staying active and energized! They will teach you a few exercises and how to prevent injuries during the winter months. All fitness and mobility levels are welcome.

SENIOR CENTER CINEMA

JAY KELLY (R) Thursday, January 15, 1:30pm



Famous movie actor Jay Kelly, played by George Clooney, embarks on a journey of self-discovery, confronting his past and present with his devoted manager Ron, played by Adam Sandler. Both actors have received Golden Globe nominations for their performances.



I'LL SEE YOU IN MY DREAMS (PG-13) Thursday, February 19, 1:30pm



Blythe Danner stars as a widow who's settled into her life and her age, until a series of events propels her into a renewed engagement with the people and the world around her.

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 1/16.**

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm
January 2 & February 27

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, January 9, 10am

"James" by Percival Everett

Friday, February 13, 10am

"These Precious Days: Essays" by Ann Patchett



BOWLING

Fridays, 2:30pm
Jan. 9 & Feb. 6 & Mar. 6
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
February & March
Cost: \$54 (9 classes)

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, 2-4pm
Jan. 2, 9, 16 & Feb. 13, 20, 27

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



PAINTING CLASSES

With Local Artist, Karen North Wells
Mondays, 1:30-4:15pm
New Session Starting March 30
Cost: \$105 (7 classes)

Learn to paint florals, landscapes, and seascapes while exploring key techniques in color, value, and composition with an award-winning local artist. All skill levels are welcome, even first-time painters! A supply list is available at the Senior Center reception desk. Please bring a plastic table cover. These classes fill quickly, so sign up early! **Call the Orleans Senior Center to register. Non-residents may register 1/16.**



REIKI SESSIONS

Tuesday Afternoon Appointments
Jan. 20, 27 & Feb. 3, 17, 24
Cost: \$5 per session

With Reiki Master, Shirley Wladar, RN

Reiki is an energy healing technique which promotes relaxation and reduces stress and anxiety through gentle touch. Reiki practitioners use their hand 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 1/16.**



FITNESS PROGRAMS

ORLEANS SENIOR CENTER *DAYTIME* FITNESS CLASSES

CLASS TITLE	DAY	TIME	COST	DATES OF NEXT SESSION
DANCE FIT	TUESDAYS	2:00 - 3:00pm	\$54	Feb. 3, 10, 17, 24 & Mar. 3, 10, 17, 24, 31
GENTLE YOGA	MONDAYS	9:00 - 9:55am	\$42	Feb. 9, 23 & Mar. 2, 9, 16, 23, 30
NIA	FRIDAYS	9:45 - 10:40am	\$12	Mar. 20, 27
QIGONG	WEDNESDAYS	9:45 - 10:40am	\$48	Feb. 4, 11, 18, 25 & Mar. 4, 11, 18, 25
SERENE YOGA	TUESDAYS	9:45 - 10:40am	\$54	Feb. 3, 10, 17, 24 & Mar. 3, 10, 17, 24, 31
SERENE YOGA	THURSDAYS	9:45 - 10:40am	\$48	Feb. 5, 12, 19, 26 & Mar. 5, 12, 19, 26
SIT FITNESS	MONDAYS	11:00 - 11:45am	\$24	Feb. 2, 9, 23 & Mar. 2, 9, 16, 23, 30
SIT FITNESS	WEDNESDAYS	11:00 - 11:45am	\$24	Feb. 4, 11, 18, 25 & Mar. 4, 11, 18, 25
SIT FITNESS	THURSDAYS	11:00 - 11:45am	\$24	Feb. 5, 12, 19, 26 & Mar. 5, 12, 19, 26
SIT FITNESS	FRIDAYS	11:00 - 11:45am	\$15	Feb. 20, 27 & Mar. 6, 20, 27
SIT FIT YOGA	TUESDAYS	11:00 - 11:45am	\$27	Feb. 3, 10, 17, 24 & Mar. 3, 10, 17, 24, 31
TAI CHI (<i>w/ Rich AM</i>)	WEDNESDAYS	8:30 - 9:25am	\$48	Feb. 4, 11, 18, 25 & Mar. 4, 11, 18, 25
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$30	Feb. 20, 27 & Mar. 6, 20, 27
ZUMBA GOLD	TUESDAYS	8:30 - 9:25am	\$36	Feb. 10, 17, 24 & Mar. 3, 10, 17
ZUMBA GOLD	THURSDAYS	8:30 - 9:25am	\$36	Feb. 12, 19, 26 & Mar. 5, 12, 19

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*)

Offers slow, low-impact movement through basic poses, beginning with a short meditation. Includes standing, seated, & floor work with stretching, mobility, balance, light strength, and breath work, offering modifications. Bring a mat.

NIA (*Fri. w/ Sue*)

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

QIGONG (*Wed. w/ 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:

- Jan. 5: Chili, Cornbread, Tossed Salad & Dessert
Jan. 12: Chicken & Wild Rice Soup, Chicken Salad Sandwich, Chips & Dessert
Jan. 19: **SENIOR CENTER CLOSED**
Jan. 26: Cream of Broccoli Soup, Egg Salad Sandwich, Chips & Dessert
Feb. 2: Clam Chowder, BLT Wrap, Chips & Dessert
Feb. 9: Beef Barley Soup, Roast Beef Slider, Chips & Dessert
Feb. 16: **SENIOR CENTER CLOSED**
Feb. 23: White Chicken Chili, Southwest Salad, Cornbread & Dessert
Mar. 2: Creamy Tuscan Ravioli Soup, Chicken Caesar Wrap, Chips & Dessert

COMFORT KITCHEN

Fridays, 12pm
Cost of Lunch: \$8

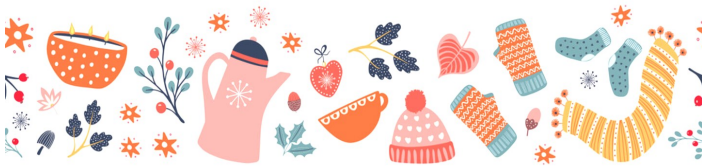
Reservations Required

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:

- Jan. 2: Chicken Piccata, Fettuccini Pasta, Salad, Rolls & Dessert
Jan. 9: French Meat Pie, Mashed Potatoes, Broccoli and Cauliflower Bake & Dessert
Jan. 16: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Shrimp & Orzo in a Lemon Garlic Sauce, Arugula Salad, Parmesan Rustic Bread, & Dessert
Jan. 23: Meatloaf, Mashed Potatoes, Roasted Veggies & Dessert
Jan. 30: **NO LUNCH (Senior Center Annual Clean-up & Reorganization Day)**
Feb. 6: **INTERGENERATIONAL LUNCH & LEARN (see p. 3 for details)**
Pasta and Meatballs, Zucchini Parmesan Spears, Garlic Bread & Dessert
Feb. 13: **VALENTINES DAY EVENT (see p. 1 for details)**
Feb. 20: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Crab Cakes w/ Lemon Parmesan Couscous, Broccoli & Dessert
Feb. 27: **LUNCH & LEARN (see p. 4 for details)**
Mar. 6: Pork Loin, Twice Baked Potato Casserole, Mandarin Orange Spinach Salad & Dessert



IMPORTANT LUNCH INFO:

- ◆ **MEAL SIGN-UP POLICY:** Registration begins Wednesday, January 7th 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 1/16 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.

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.**



iPad LOAN PROGRAM

The Senior Center has **internet-enabled iPads you may borrow**. Use these devices to go online, even if you don't have home internet service. You can explore the internet, go online to connect with family on video sites, or play games to get more familiar with the technology. We'll even help get you started if the technology is new to you. **For more information, contact the COA Outreach Team.**



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 provides notary services for certain required notarizations by appointment only, **no walk-ins**. A valid ID is required for this service and the notary will determine whether they are able to notarize the document. If circumstances warrant, the notary may do home visits to provide the service. **For 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.**



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 Thursdays, 2-3:30pm, Jan. 8 & Feb. 5

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

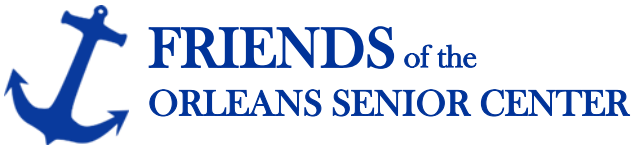
Lunches are served on Tuesdays by “LOCAL” (LOWer CApe Ecumenical Lunches) at St. Joan of Arc church. The meals are “grab & go.” **If you do not drive and need a meal, please call Lillian, the COA Program Coordinator, for help with delivery.**

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.**



DEAR FRIENDS...

Thank you so much for your generous response to the annual appeal. Your support helps the Friends of the Orleans Senior Center meet the goal of assisting and supporting services to our community Seniors.

The Friends is a non-profit organization which helps support many services including transportation to medical visits, caregiver support, after hospitalization groceries, supportive daycare programs, and Healthy Meals in Motion. We also support many popular and well-attended programs including Fish Fridays, Ladies Lunch, Senior Center Spirit Day, Lunch & Listen concerts, holiday events and more! We were also able to provide many of our solo agers and homebound neighbors with homecooked Thanksgiving meals and holiday support. This is all possible because of you!

The Friends Board extends thanks to all who donated. Your donations help us continue to assist our Orleans senior population. Lastly, thanks to our wonderful staff who made it all happen. With your continued support

the Friends will be able to promote these important programs in 2026. Best wishes for a bright and Happy New Year.

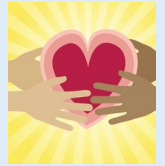
The Friends Board:

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



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...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.

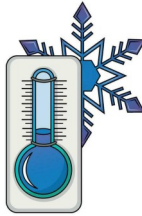
USE THIS SLIP TO MAIL YOUR SUPPORT TO THE FRIENDS, OR DROP IT OFF AT THE ORLEANS SENIOR CENTER

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

HOME ENERGY ASSISTANCE

This program (formerly known as Fuel Assistance) provides financial assistance with 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 COA Outreach Team. If you are renewing, be sure to complete and return your renewal forms as soon as possible.



AGE-RELATED FORGETFULNESS, OR SIGNS OF COGNITIVE IMPAIRMENT?

As we age, it's natural to experience moments of forgetfulness. But how do you differentiate between typical age-related memory lapses and potential signs of cognitive impairment? Here's a quick guide:



Age-Related Forgetfulness:

- Making a rare bad decision
- Occasionally missing a bill payment
- Temporary confusion about the day, later remembered
- Infrequent difficulty finding the right word
- Misplacing items sporadically

Signs of Dementia:

- Consistently poor judgment
- Struggling to manage monthly bills
- Frequently losing track of dates or seasons
- Difficulty engaging in conversations
- Regularly misplacing items and unable to locate them

If you're noticing changes in memory or thinking that worry you, it's crucial to speak with a healthcare professional. For more information, contact your primary care provider, talk to a loved one you trust, or call the COA Outreach Team to discuss your situation confidentially and talk about possible resources for next steps.

NEW YEARS DECLUTTERING

Many of us make New Year's resolutions and getting things in order are often on the list. Here are some simple approaches to help create tidier spaces.



- Start by removing trash.
- Begin by choosing one small area to organize — like a drawer or the surface of a desk or table.
- Sort items into three piles: Keep, Donate, and Toss. Make a point to bring the donations and trash out weekly.
- Find a specific home for everything you intend to keep - for example, a hook for your keys.
- Group similar items together, instead of storing them in multiple places, so you always know where to find them.
- If you buy something new, pledge to get rid of something else to limit items in your home.
- If you're holding on to items to pass to the next generation, ask your heirs if they want the items. Be prepared for them to say no, and be gracious, and make alternative plans if need be.
- Don't try to do everything all at once. Schedule limited amounts of time to work on decluttering and organizing on a regular basis. Perhaps one hour twice a week.

[Adapted from "8 Easy Steps to a More Organized Home" by Melissa Locker, [AARP](#), Updated January 12, 2023]

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

CAREGIVERS' CORNER

CAREGIVER SUPPORT

Our 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, and generously 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

January 9 & February 13 & March 13

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, January 21, 1-2pm

Kristen Siminiski, PT from the VNA will share valuable information about fall prevention and tips for safe mobility and transfers.

Wednesday, February 18, 1-2:30pm

Join us for some sweet-sounding musical entertainment and sweet treats. We may sing along and maybe even dance to some familiar favorites.

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



After Medicare Open Enrollment:

What's Not Covered and What is Free

Medicare covers most health care needs for older Americans, but some care is not covered. Traditional Medicare does not cover dental work except under very specific circumstances. Eye exams, glasses and contact lenses are not covered, but if you have a diagnosis of diabetes, an eye exam is covered each year by original Medicare as well as Medicare Advantage. Chiropractic care and massage therapy are rarely covered by original Medicare, although some Advantage plans offer some benefits. If long term care is needed in a nursing or assisted living facility Medicare will not cover costs.

Within the first 12 months of signing up for Medicare Part B you are entitled to a one-time checkup, which offers a review of your medical and personal history, your medications, your vision and more. You may also take the opportunity to create an advanced directive for health care decision making. After that you are entitled to a wellness visit every year to help keep you healthy.

Most vaccines are covered to Medicare enrollees who have either Medicare Part D prescription plans or Medicare Advantage drug coverage. Counseling related to alcohol use and smoking cessation can also be covered. Medicare Part B will cover up to two diabetes screenings each year if you have certain risk factors. Screening tests for breast, lung, colorectal and prostate are also covered for many Medicare recipients. **For more information about preventive and screening services, go to www.Medicare.gov**

[Information adapted from www.aarp.org, 10 Surprising Things that Medicare Doesn't Cover by Tony Pugh and Dena Bunis, 10/23/2025, and 12 Things That are Free Under Medicare by Tony Pugh and Dena Bunis, 10/16/2025]

Snow Removal

Winter is here and you need to think about the snow. Regrettably, the Council on Aging does not have a list of resources to assist with snow removal and resources are scarce unless you have a landscape provider. 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 APPRECIATE YOU!

As the New Year begins, the COA staff want our volunteers to know just how valued and appreciated you are! We couldn't do all of the amazing things we do for those aging in our community without the support of each and every one of you! From helping prepare our *Tidings* newsletter to be mailed, to tying bows on holiday bags, delivering meals and groceries, driving to medical appointments, serving meals to the public and our Rock Harbor Respite participants, knitting beautiful blankets, hats, mittens and sweaters for local nonprofit agencies, providing Tax Aide, helping older adults negotiate the complex world of Medicare health insurance decisions, providing pro-bono legal consultations, serving on the COA Board and Friends Board, you make such a tremendous difference. The Orleans Senior Center is a special treasure in the community and your generous contributions and support make it happen. We want to express our sincere appreciation for all that you do...
THANK YOU!

From the entire staff of the Orleans Council on Aging & Senior Center

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

**May your heart be light,
your days be bright,
and your year be just right!**



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.

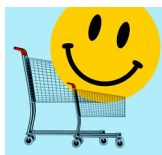
FLEX Bus:

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 leave Orleans at 9:30am. Orleans seniors can be picked up at home, or can choose to meet us at the Senior Center. Space is limited. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/16.**



“DENNIS DASH”

Thursday, January 22

We'll take you to Patriot Square, Ring Bros. Marketplace, Job Lot, etc. *Lunch is on your own.*

HYANNIS SHOPPING TRIP

Wednesday, February 11

We'll take you to the Hyannis location of your choice including Trader Joe's, Kohl's, Cape Cod Mall, Hobby Lobby, etc. *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.

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	Susan Lynch
Susan Milton	VACANT
Bill Salem	

UPCOMING PUBLIC COA BOARD MEETINGS:
Wednesdays,
January 28th & February 25 @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.

