



# Tidings

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

## DIRECTOR'S DIALOG

The population of the U.S. is rapidly aging. By 2030, 1 in 5 Americans will be 65 or older. In our community, older adults represent almost 65% of our adult population. At the same time, only 1% of existing homes have key accessibility features including first floor bedrooms and full bathrooms, wide doorways, lever-style handles, and more. And so many of those aging in our community don't have family nearby for support. When thinking about your hopes relative to aging, the unspoken consensus is that people want to stay in their homes as long as possible. However, if that is the journey you hope to take, you really need to plan for it. In the popular COA EngAGE Academy, we use the analogy of hiking the Appalachian Trail - you would never venture out for the journey without planning, but we see so many older adults doing just that. This winter has exacerbated the vulnerabilities for many. If you are concerned about your aging journey it may be time to engage with the COA in a different way. Please know we are only a phone call away.

## ANNUAL ST. PATRICK'S DAY LUNCHEON

Friday, March 13, 11am

Cost: \$15

Perennial favorites "Rose Clancy and Friends," will return to play at the Orleans Senior Center for our popular Annual St. Patrick's Day celebration. A traditional Irish lunch & dessert will be served. You may register for yourself and immediate family members only, no "group" reservations permitted. **Payment is due within 3 days of registration. No refunds will be given. Orleans residents and current Friends members may call to register starting 3/2, others may register beginning 3/6.**



## AARP TAX AIDE PROGRAM

**Mondays by Appointment, Through 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. Don't wait until the last minute to schedule your appointment! **Call the Orleans Senior Center to schedule your appointment today!**



**REGISTRATION FOR ALL PROGRAMS BEGINS**  
**MONDAY, MARCH 2ND, AT 9AM**  
*Please see p. 2 for details*  
**SENIOR CENTER WILL BE CLOSED: MONDAY 4/20 (Patriots' Day)**

# SPECIAL ACTIVITIES

## TUESDAY *EVENING* ACTIVITIES

### TAI CHI

Tuesdays, 5:30-6:15pm

April & May

Cost: \$35 (7 classes - no class 5/19)

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 3/6.*



### CIRCUIT STRENGTH & CONDITIONING CLASS

Tuesdays, 6:30-7:30pm

April & May

Cost: \$35 (7 classes - no class 5/19)

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 3/6.*



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

Tuesdays, March 17 & April 7

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 MONDAY, MARCH 2ND AT 9am.** *We will return calls in the order they are received. If phone 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 3/6 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 MARCH 2ND 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 equitable and efficient.***

### CAPE COD

### SENIOR SOFTBALL LEAGUE

*Informational Session*

Tuesday, March 24, 5:30pm

Come learn about a coed slow-pitch league offering divisions based on skill, age, and schedule. The season runs May through September, with fees ranging from \$40-\$190 depending on participation. Open to all skill and fitness levels, CCSL provides a fun, welcoming environment to enjoy the sunshine, stay active, and build lasting friendships on and off the field.



### REIKI SESSIONS - Evening Appointments

April 14, Cost: \$5 per session

*With Reiki Master, Shirley Wladar, RN*

See p. 5 for more info. Call the Orleans Senior Center to register. *Non-residents may register starting 3/6.*

# SPECIAL ACTIVITIES

## DIGITAL LITERACY CLASSES

*With Patrick Carey  
of Main Street Tech*

Don't feel left behind, come learn how to stay engaged in the digital world. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/6.**



## **"CANCEL CABLE & SWITCH TO STREAMING"**

**Wednesday, March 11, 1:30pm**

Tired of high cable bills and confusing channel packages? This class will show you how to cut the cord and switch to simple, affordable streaming options without losing your favorite shows, sports, or local news. Learn the true costs of cable vs. streaming, how to choose the best packages, and how to set up and use streaming apps to watch, record, and manage your content easily. Leave confident, connected, and in control of your TV. Time for individual questions following the class.

## **"HEALTH & WELLNESS TECH"**

**Wednesday, April 8, 1:30pm**

This class provides an easy introduction to digital tools that can support your health and simplify your medical care. Learn how health trackers and apps can help you monitor activity, sleep, heart rate, and mental wellness, and how digital reminders can help with medications and appointments. We will also explain healthcare portals and how to view test results, message your doctor, schedule visits, and manage prescriptions online. The session is beginner-friendly, with clear demonstrations and time for questions.

## **TECH SUPPORT - By Appointment**

**Friday Mornings**

**March 20 & April 10**

Bring your personal device (laptop, phone, tablet) and receive individualized support.

We'll provide patient help learning something new or answering questions. *(This is not a device repair service.)* 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." **Call the Orleans Senior Center to register. Non-residents may register beginning 3/6. Drop-in "Device Advice" with Cape Tech students also available, see p. 11 for details.**



## WINTER WELLNESS SERIES

**Call the Orleans Senior Center to register. Non-residents may register beginning 3/6.**



### **"Nutrition Influences"**

**Thursday, March 12, 2pm**

Spring into energy! Join nutrition expert Susan Bourque, RD, to discover how *food as fuel* can boost your energy. Enjoy a fun cooking demo and tasting that will leave you inspired and ready to tackle the season!

### **"10 Best Exercises"**

**Wednesday, March 25, 2pm**

Join Chris Gellert, PT and personal trainer with 26 years' experience, for a fun, interactive session on 10 simple exercises to improve balance, mobility, and confidence. Leave feeling refreshed, informed, and ready to move better!

## ENERGY NAVIGATION APPOINTMENTS

**Wednesdays, March 18 &**

**Thursday, April 16**

**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 register. Non-residents may register beginning 3/6.**



## **Lower Cape LGBTQ+ Older Adults**

**"FLAMINGO BINGO"**

**Thursday, March 26, 5:30-7:30pm**

**Cost: \$10**

Join us for a fun evening of "Flamingo Bingo", where laughter, community, and pride take center stage! Dinner will be "Tex-Mex" and all bingo supplies will be provided. Dress in pink or a Hawaiian shirt! We'll play for fun prizes, but the real reward is the joy of spending time together! Bingo and laughs go hand-in-hand, so invite a friend and join the fun! **Call the Orleans Senior Center to register by 3/23.**



# SPECIAL ACTIVITIES

## LUNCH & LEARN

Participants receive a home-cooked meal at noon, followed by a brief presentation at 12:45pm. **Space is limited and these are free programs, so participants must commit to attending the full program. Call the Orleans Senior Center to register. Non-residents may register beginning 3/6.**



### **"FISHING LIFE & TIMES"**

**Friday, March 27, 12pm**

Join Bill Amaru and Seth Rolbein for an informative discussion on the evolution of fishing on the Outer Cape from changes in the fleet, landings, habitat, and fish stocks to the realities of the industry today. While much has changed since our early days, commercial fishing remains resilient. New generations are entering the trade, adapting creatively, and continuing to feed our communities. Far from fading away, fishing people remain a vital and thriving part of Cape Cod's future.

### **"ORLEANS THROUGH TIME"**

**Friday, April 10, 12pm**

Explore the rich history of Orleans from its early days as part of South Parish to the present. Through anecdotes, photos, and maps, learn about its maritime roots, Indigenous heritage, local industry and agriculture, and see how land and sea shaped the town we know today. Presented by William Wibel of CHO - Centers for Culture & History in Orleans.

## LADIES LUNCH

**With Music by Laura James**

**Wednesday, April 1, 12:15pm**

**Cost: \$6**

Laura James grew up in Plymouth with a soundtrack of soul legends like The Supremes, Billie Holiday, and of course, The Platters. From the start, she was hooked on music's heart and storytelling. In the early 1990s after singing "Unforgettable" at Raphael's in Quincy, she found herself on tour with Herb Reed and The Platters, sharing the stage with music icons. Lunch will include a Vegetable Pasta Primavera with a creamy herb sauce, Caesar Salad, and dessert. **Orleans residents and current Friends members may call to register starting 3/2, others may register beginning 3/6.**



## GROWING VEGETABLES IN CONTAINERS

**Thursday, April 30, 2pm**

Join Master Gardener Cherie Bryan for an informative talk on container gardening. Imagine having your own supply of homegrown carrots, tomatoes, cucumbers, and peppers ready to harvest just a few steps from your kitchen. Growing vegetables in containers can allow you to tailor your vegetable plants to fit your available space and can be as simple or as elaborate as you wish. We'll discuss a variety of containers that can be used to create your vegetable patch wherever you want to place it. With careful planning you can enjoy a bountiful harvest throughout the growing season, and savor the unmatched flavor of freshly picked produce. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/6.**



## SENIOR CENTER CINEMA

**HAMNET (PG-13)**

**Thursday, March 19, 1:30pm**



An Oscar-nominated film, this is the powerful story of love and loss that inspired Shakespeare's masterpiece, *Hamlet*.



**SONG SUNG BLUE (PG-13)**

**Thursday, April 16, 1:30pm**



Based on the true story of down-on-their-luck musicians who form a Neil Diamond tribute band proving it's never too late to follow your dreams or find love. Starring actors Hugh Jackman and Kate Hudson.

**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 3/6.**



# REGULAR ACTIVITIES

## ART AFTERNOONS

**Fridays, 1:30-4pm**  
**March 6 & April 3**

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, March 13, 10am**

*"The Unlocked Path"* by Janis Robinson Daly

**Friday, April 10, 10am**

*"The Secret Keeper"* by Kate Morton

## BOWLING

**Fridays, 2:30pm**  
**March 6, April 3, May 1, June 5**  
**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**  
**April & May**

**Cost: \$30 (5 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!**

**Cribbage, Ping Pong, & 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 are always welcome! **No need to pre-register.**



## MAC USERS GROUP

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



## MAHJONG

**Fridays, 2-4pm**

**Mar. 6, 20, 27 & Apr. 3, 10, 17, 24**

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.**



## REIKI SESSIONS

**Tuesday Afternoon Appointments**

**March 17, 24, 31 & April 7, 28**

**Cost: \$5 per session**

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

Reiki is an energy healing technique which promotes relaxation and reduces stress and anxiety through gentle touch. Reiki practitioners use their 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 3/6.*



# FITNESS PROGRAMS

## ORLEANS SENIOR CENTER *DAYTIME* FITNESS CLASSES

CLASS TITLE	DAY	TIME	COST	DATES OF NEXT SESSION
DANCE FIT	TUESDAYS	2:00-3:00pm	\$30	Apr. 7, 14, 21 & May 12, 26
GENTLE YOGA	MONDAYS	9:00-9:55am	\$30	Apr. 13, 27 & May 4, 11, 18
NIA	FRIDAYS	9:45-10:40am	\$48	Apr. 3, 10, 17, 24 & May 1, 8, 15, 29
QIGONG	WEDNESDAYS	9:45-10:40am	\$48	Apr. 1, 8, 15, 22 & May 6, 13, 20, 27
SERENE YOGA	TUESDAYS	9:45-10:40am	\$42	Apr. 7, 14, 21, 28 & May 5, 12, 26
SERENE YOGA	THURSDAYS	9:45-10:40am	\$48	Apr. 2, 9, 16, 23, 30 & May 7, 21, 28
SIT FITNESS	MONDAYS	11:00-11:45am	\$18	Apr. 6, 13, 27 & May 4, 11, 18
SIT FITNESS	WEDNESDAYS	11:00-11:45am	\$21	Apr. 1, 8, 15, 22 & May 13, 20, 27
SIT FITNESS	THURSDAYS	11:00-11:45am	\$27	Apr. 2, 9, 16, 23, 30 & May 7, 14, 21, 28
SIT FITNESS	FRIDAYS	11:00-11:45am	\$21	Apr. 3, 10, 17 & May 1, 8, 15, 29
SIT FIT YOGA	TUESDAYS	11:00-11:45am	\$18	Apr. 7, 14, 28 & May 5, 12, 26
TAI CHI	WEDNESDAYS	8:30-9:25am	\$48	Apr. 1, 8, 15, 22 & May 6, 13, 20, 27
YOGA FLO	FRIDAYS	8:30-9:25am	\$42	Apr. 3, 10, 17 & May 1, 8, 15, 29
ZUMBA GOLD	TUESDAYS	8:30-9:25am	\$30	Apr. 7, 14, 21 & May 5, 12
ZUMBA GOLD	THURSDAYS	8:30-9:25am	\$42	Apr. 2, 9, 16 & May 7, 14, 21, 28

### 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 chair fitness classes per person unless space permits

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

#### SIT FIT YOGA (*Tues. w/ Cindy*) - Limit of 2 chair fitness classes per person unless space permits

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

#### TAI CHI (*Wed. mornings w/ Rich*)

Learn to move, breathe and relax in the Yang Style short form Tai Chi by practicing 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:

- Mar. 2: Creamy Tuscan Ravioli Soup, Chicken Caesar Wrap, Chips & Dessert
- Mar. 9: Cream of Broccoli Soup, Egg Salad Sandwich, Chips & Dessert
- Mar. 16: Dublin Coddle Stew (Sausage, Onions, Potatoes, Carrots), Crusty Irish Brown Bread, Chips & Dessert
- Mar. 23: Kale Soup, Tuna Pita Pocket, Chips & Dessert
- Mar. 30: Creamy Tomato Basil Soup, Warm Ham & Cheese Sandwich w/ Caramelized Onions, Chips & Dessert
- Apr. 6: Clam Chowder, BLT, Chips & Dessert
- Apr. 13: Chicken & Wild Rice Soup, Chicken Salad Sandwich, Chips & Dessert
- Apr. 20: **SENIOR CENTER CLOSED**
- Apr. 27: French Onion Soup, Roast Beef on Roll, Chips & Dessert
- May 4: Minestrone Soup, Grilled Cheese Sandwich, Chips & Dessert

### IMPORTANT LUNCH INFO:

- ◆ **MEAL SIGN-UP POLICY:** *Registration begins Monday, March 2nd 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 3/6 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:

- Mar. 6: Pork Loin, Twice Baked Potato Casserole, Mandarin Orange Spinach Salad & Dessert
- Mar. 13: **ST. PATRICK'S DAY EVENT (see p. 1 for details)**
- Mar. 20: **FRIENDS FISH FRIDAY!\*\* (see reminder)**  
 Orange Glazed Salmon, Rice Pilaf, Honey Garlic Butter Roasted Carrots & Dessert
- Mar. 27: **LUNCH & LEARN (see p. 4 for details)**  
Chicken Pot Pie w/ Veggies, Mashed Potatoes, Salad & Dessert
- Apr. 3: Pot Roast with Potatoes, Carrots, Roll & Dessert
- Apr. 10: **LUNCH & LEARN (see p. 4 for details)**  
Chicken Pasta Alfredo w/ Broccoli, Salad & Dessert
- Apr. 17: **FRIENDS FISH FRIDAY!\*\* (see reminder)**  
 Homemade New England Fish Cakes, Baked Beans, Tossed Greens with Light Vinaigrette & Dessert
- Apr. 24: Cheesy Beef Enchiladas, Southwest Salad & Dessert
- May 1: Creamy Tuscan Chicken Pasta, Caesar Salad, Garlic Bread & Dessert
- May 8: Spinach Lasagna Roll-Ups with Meat Sauce, Panzanella Salad, & 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](mailto: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 located at the Harwich Community Center 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, March 5 & April 2

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 for additional information.***

### SIGHT LOSS SUPPORT GROUP

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



## FOOD & MEAL SUPPORT



### COMFORT KITCHEN DELIVERED MEALS

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

### FOOD PANTRIES

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

### HEALTHY MEALS IN MOTION

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

### “LOCAL” MEALS

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

### MEALS on WHEELS

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

### SNAP

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



## FRIENDS of the ORLEANS SENIOR CENTER

### WELCOME!

Welcome to Spring on Cape Cod. Our days are filled with cloudy skies, damp, cool breezes, and muddy boots. This is an excellent time to try something new at the Orleans Senior Center. Sign up for an exercise class. Learn to paint. Listen to music, attend a lecture, play cribbage or Mah Jongg, join a book club, have a yummy lunch, and watch a movie. These are just some of the activities offered at the Orleans Senior Center, many of which are sponsored by your generous donations to the Friends of the Orleans Senior Center.

We thank you very much for all your support. Your donation makes every cloudy day a sunny one at the COA. So come try something new, connect with others, and have some fun!

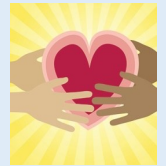
The Friends Board:

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



### 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

**FREE**

## **ESTATE PLANNING CLINIC**

**Thursday, May 14, By appointment  
For Low-income Older Adults**



South Coastal Counties Legal Services (SCCLS) Private Attorney Involvement (PAI) project will be hosting an Estate Planning Clinic at the Orleans Senior Center on Thursday, May 14<sup>th</sup>, from 11am-3pm. This clinic is for low-income individuals, and it will connect eligible participants with volunteer attorneys to draft necessary estate planning documents and advanced directives, including Durable Powers of Attorney, Healthcare Proxies, Simple Wills, HIPPA Release Authorizations, and Personal Property Memoranda. **Those interested should contact SCCLS at (774) 487-3250 to complete an eligibility screening. Intakes must be completed by April 24.**

Once eligibility is confirmed, clients will connect with the PAI team, who will mail out a packet to complete in advance of the clinic. Clients will be provided with an "Estate Planning Questionnaire," and some initial documents. Clients will send these documents back using the prepaid return envelope provided and will be called to confirm receipt and to sign up for a clinic time slot. Please note that PAI *must* have these forms returned at least 3 business days in advance of the clinic date in order to schedule you for a time slot. On the clinic date, the volunteer attorney will meet with you in person during your scheduled timeslot to review the documents with you and answer any questions. Clients will have their documents printed, executed, and notarized, and will leave with originals and copies in hand, free of charge. **For more information, please contact Emily Flaherty, Esq., Private Attorney Involvement Coordinator, at [eflaherty@sccls.org](mailto:eflaherty@sccls.org), or (774) 488 5957.**

## **DROP-IN "DEVICE ADVICE"**

**With Cape Cod Tech Students**

**10am-12pm, March 16 & April 6, 27**

No appointment necessary, just drop-in.

This is a partnership between the Town of Orleans and Cape Cod Technical High School. Tech-savvy students will be on hand at the Orleans Senior Center to assist with smartphones, tablets, and laptops. Bring your device and your questions.



## **ARTHRITIS EXERCISE PROGRAM**

**Fridays, May 8 - June 12, 1:30-2:30pm**

**Cost: \$20**

Does joint pain and stiffness keep you from doing the things you love? This 6-week exercise program is designed to improve joint mobility and strength to keep you moving! Class is led by an Exercise Physiologist from the VNA of Cape Cod. Advanced registration is required. **Contact the VNA directly to register at (508) 957-7423.** Please note, the class fee of \$20 is paid to the Orleans Senior Center prior to the first class, as we are sponsoring the class. *Orleans residents will have priority.*

## **ONE-ON-ONE SEWER APPOINTMENTS**

**March 16, 17 & April 14**

With a new phase of the sewer project approaching, you may have questions or want information about how you will be impacted as an Orleans homeowner. If so, please schedule a private appointment with John Nelson, the Town's Water/Sewer Program Coordinator. He provides info on timing, what you need to do, and resources.

**Call the Senior Center to schedule your appointment.**

*Please...*

## **CHECK YOUR VOICEMAIL**



Please remember to regularly empty your voicemailbox to ensure you can continue to receive important phone messages. If you need assistance, or you are unsure how to manage your voicemail, please schedule a tech support appointment (*see p. 3*) or come to the "Drop-In Device Advice". Our team will be happy to walk you through the process and help you become comfortable with this important task. If your voicemail box is full, we can't leave you messages and neither can your family, friends, or healthcare providers!

## **TENNIS BALLS NEEDED**

Attention tennis players! The Senior Center is in need of clean, used tennis balls for use on the walkers we loan out to Orleans residents.



If you are a tennis player who would like to donate and help us save money from purchasing them new, there will be a drop off box in the lobby of the Senior Center for donations during the month of March.

# CAREGIVERS' CORNER

## CAREGIVER SUPPORT

Our Caregiver Support Initiative provides improved coordination, 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, 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**

**March 13 & April 10 & May 8**

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, March 18, 12-1:30pm**

Our lunch will be followed by a presentation by Reiki Master, Shirley Wladar. Shirley has been offering Reiki appointments here at the Senior Center for some time, She will share what makes Reiki unique and how it can be helpful for caregivers and loved ones alike.

**Wednesday, April 15, 1-2:30pm**

Our own crafting mistress Dawn is going to lead us through a spring craft followed by some light snacks. No craft experience required. Just bring yourselves, as all supplies are provided.

## DEMENTIA CAREGIVING SUPPORT GROUP

**2nd & 4th Wednesdays**

**10-11:30am**

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



### Please Watch for the Blue Envelopes

If you receive insurance through Mass Health, please be aware that they are continuing to send out renewal materials in blue envelopes. Renewals for some recipients may occur every six months, making it important to stay current with your application. You may need to request copies of bank statements or obtain cash surrender values of life insurance policies. If you have questions about what documents you may need, please reach out to Lynn or Myra on the Outreach team. Please don't wait until the last minute as missed deadlines can result in cancelled coverage.

### Home Energy Assistance Reminder

If you are considering applying for this program which assists in the costs involved in heating your home, please be aware that the last day for applications for the 2025-2026 heating season is April 30, 2026. Reach out to Outreach with questions.

### What Is Multifactor Authentication?

Multifactor authentication (MFA) is a security feature which requires you to verify your identity in multiple ways to access an account. As you log into a particular website or application you provide your username and password, but another level of security is added. This could be a code texted to your cell phone, an email with a code or even a biometric scan like a fingerprint or facial recognition. You might be asked to answer security questions with answers to personal questions that you set up when establishing an account. MFA is often seen on banking or financial accounts, social media, email and online shopping. MFA may be needed each time you log in, or sometimes is only needed if you are logging into the account from a different device than you usually use. If you are creating accounts please do not list your landline as a cell phone, as you will not be able to receive a text message on your landline. Should you receive a request for MFA and you are not logging into an account or service, do not approve it. Instead contact the account and change your password, updating any other accounts that use the same password. The extra step may add a few minutes in time, but your information is far more secure. *Adapted from [www.staysafeonline.org/articles/multi-factor-authentication](http://www.staysafeonline.org/articles/multi-factor-authentication)*

## SENIOR CENTER VOLUNTEERS



*"Our fingerprints don't fade from the lives we touch."*

*[Judy Blume]*

This quote seems particularly fitting as we celebrate the incredible contributions of our volunteers in April, during National Volunteer Appreciation Month. We see all too often how small acts of kindness and service can leave lasting impressions. A helping hand, a kind smile, or a patient explanation can all positively impact someone's day, particularly for those who rely on others.

Our volunteers are at the heart of so much of what we do, and their dedication, compassion, energy, and generosity make a difference for so many in our community. Whether delivering food, providing a ride to a medical appointment, providing tax or legal assistance, serving lunch, or helping negotiate the complex world of health insurance, each volunteer touches the lives of others. So, as we celebrate our volunteers, we want to celebrate each individual who shared their time and heart - you make the Orleans Senior Center what it is!

If you've ever thought about getting involved, there's no better time. Our world needs more kindness, and community always benefits from these kind of fingerprints. To learn more, see below.

### "Helping Hands" Needed!

The COA's *Helping Hands* volunteers assist with simple household tasks like changing light bulbs, hanging pictures, adjusting curtains, and more. No experience needed, just a helpful spirit! Retired, handy, or just want to give back? Make a difference and brighten someone's day.



### Drive with FISH!

*FISH* (Friends In Service Helping) drivers give seniors rides to medical appointments across Orleans and nearby towns. Flexible schedule, meaningful connections, and the chance to make a real impact in your community.

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

# TRANSPORTATION

## 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 3/6.*



## MARKET BASKET IN BOURNE

**Wednesday, March 18**

This trip should arrive home to Orleans by lunch time.

## PLYMOUTH SHOPPING TRIP

**Wednesday, April 22**

Colony Place has many stores to choose from including: Walmart, Aldi, The Paper Store, DSW, J. Jill, Old Navy, Petco and many more stores and restaurants. *Lunch is on your own.*

## SENIOR CENTER TRANSPORTATION



### IN-TOWN SHOPPING AND ERRANDS:

#### Orleans Senior Center Bus Service

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

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

### RIDES TO MEDICAL APPOINTMENTS:

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

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

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

## ORLEANS SENIOR CENTER BUS SCHEDULE

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

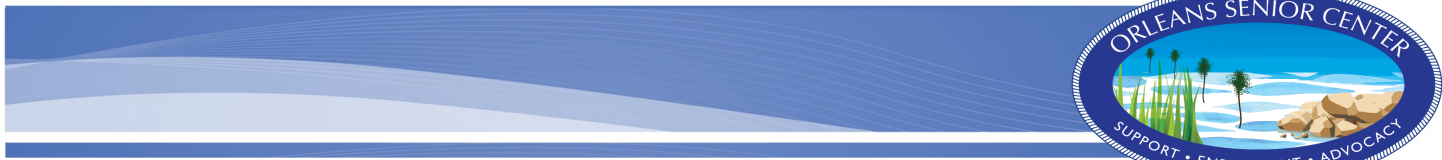
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- Last minute and repeated cancellation of rides, unless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

[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,*  
*March 25th & April 22nd @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.*

