

# THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging  
715 Old King's Highway • Wellfleet • 02667

## COA STAFF DIRECTORY

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GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319

## WELLFLEET ALZHEIMER'S ASSOCIATION

ANNUAL RECEPTION ~ SUNDAY, AUGUST 23<sup>rd</sup>, 4 – 7 PM

Sweet Seasons at the Inn at Duck Creeke

silent auction, door prizes, multiple raffle drawings for \$500 in gift cards

wine, hors d'oeuvres, raw bar and live music ~ \$10 admission

park at the pier ~ shuttle service available

**Raffle/admission tickets available for sale at the COA in mid-July**



**TRIPS ~** The Council on Aging has partnered with Funtastic Getaways to offer trips. Coming in July & August, choose from these FOUR day trips:

- **Mansion & Mainsails** ~ Wednesday, July 8<sup>th</sup> ~ \$129
- **Newport Playhouse Lobsterfest "Killjoy"** ~ Monday, July 29<sup>th</sup> ~ \$105
- **Cirque Eloize at Foxwoods** ~ Wednesday, August 12<sup>th</sup> ~ \$85
- **Newport Playhouse Lobsterfest "Flamingo Court"** ~ Tuesday, August 25<sup>th</sup> ~ \$107

All trips include deluxe motorcoach transportation from Patriot's Square in Dennis, as well as gratuities for tour director/driver. Flyers with the details of each trip are available at the COA or can be emailed to you. Further details also available on their website at:

<http://www.fungetaways1.com>

Are you remembering to check-in to **MySeniorCenter**, when you enter the COA? The more you scan, the more you help to drive up the attendance numbers which, in turn, help us get more grant money. **Congratulations to these "super-scanners" ~ they will be enjoying a complimentary Iris's Café luncheon!** **Catherine Mulcahy & Jewell Barker**

## DATES TO REMEMBER

**Wednesday, July 1<sup>st</sup>**

VNA Ask-A-Nurse starts at a new time,  
12:30 -2 PM for July & August only

**Friday, July 3<sup>rd</sup>**

COA CLOSED for Fourth of July

**Tuesday, July 21<sup>st</sup>**

Garden Dedication Tea Party



## LOOK INSIDE FOR A FLYER ABOUT:

Friends of the COA  
membership

&

Garden Dedication Tea Party

### ♥ FOR YOUR HEALTH

♥ **ASK THE NURSE** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from **12:30 - 2 PM:**

- Blood pressure **\*NEW TIME\***
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health & wellness questions

**A HEALTH NOTE FROM DEE YEATER, VNA TOWN NURSE:** *Shingles Vaccine and Boosters*

~ This question is often asked but the answer from the Center for Disease Control and Prevention is "No". A booster shot is not currently recommended. The vaccine cuts the risk of developing shingles by about half. Even more important, it reduces the odds of lingering nerve pain ("post herpetic neuralgia or PHN") by 59 percent. The vaccine's effectiveness begins to wane after five years, but it still lowers the risk of shingles by 21 percent and PHN risk by 35 percent after seven to 10 years. The vaccine is approved for people older than age

50, but the risk for PHN rises with age, so the Center for Disease Control and Prevention advises waiting until age 60 to be vaccinated.

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care.

NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. July 10, 24 and August 7, 28.



### ► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, July 15 and Wednesday, August 19 at 4 PM.* In this seminar, she will focus specifically on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **LEGAL ASSISTANCE:** *60 years of age or older* ~ By appointment on the second Wednesday of the month, from 10 – Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. July 8, August 12.

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday – Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.



### 🍏 FOR YOUR DINING PLEASURE

🍏 **CONGREGATE LUNCHEON:** 60 years of age or older - every Wednesday at noon. Reservations required the day before by 11 AM ~ 508-349-2800, Ext. 207. Suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands.

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors.

**MEALS ON WHEELS IS IN NEED OF VOLUNTEER DRIVERS!!** *You can make a difference volunteering just one hour a week. Volunteers are needed to deliver meals to homebound seniors. Meals can be picked up between 9:30 and 10 AM at the Wellfleet Council on Aging. Total time commitment is 1-2 hours per week. Drivers are needed Monday - Friday. We are looking for individuals to "adopt a route" one day per week. Mileage reimbursement is available. Substitute drivers are welcome. Please contact Lisa Bergeron at 508-349-2800 ext 207.*



deliver a difference

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍏 **SOUP TO GO:** On summer vacation ~ back in the fall.

🍏 **SUMMER SALADS TO GO:** *A variety of summer salads homemade by Iris, packed to travel, on Mondays.*

### ★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, July 14 and Tuesday, August 11, 10:15 - 11:15.

★ **GARDEN DEDICATION TEA PARTY:** *Tuesday, July 21, 3-5 PM. Tour our new garden & walkways, dedicated to Jack Meredith. Rain or shine. RSVP by Wednesday, July 15.*



★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELLFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the second Monday of every month. Please call Kit Detlef at (508)349-6805 for more information. July 13 meeting off site, August 10.

★ **WELLFLEET WAVE BOOK CLUB:** *No summer reading ~ see you in September! Please call the COA during mid-summer for September book selection.*

### AROUND TOWN

MUSIC AT MAYO ~ A terrific variety of music & entertainment under the tent at Baker's Field. See the Town website ([www.wellfleet-ma.gov](http://www.wellfleet-ma.gov)) for a full schedule listed under the Recreation Department or grab a schedule at the Senior Center.

WELLFLEET HISTORICAL SOCIETY ~ Annual Strawberry Fest ~ July 5<sup>th</sup>, Annual House & Garden Tour ~ July 26<sup>th</sup>. Visit their website at [www.wellfleethistoricalsociety.org](http://www.wellfleethistoricalsociety.org) for more information on speakers, walking tours and other Wellfleet events.



## ☺ FOR YOUR WELL-BEING

**AQUA AEROBICS IS NOW BEING OFFERED TWICE A WEEK AT GREAT POND!**

**Stop in at the COA to sign up, pay, and get a schedule!**

### EXERCISE CLASSES WITH MELISSA SHANTZ

☺ **ARTHRITIS FOUNDATION EXERCISE CLASS:** Monday & Wednesday, **NEW 8-WEEK SESSION AND NEW TIME !! July 6<sup>th</sup> – August 26<sup>th</sup> ~ 11:45-12:45** ~ Gentle class will be geared towards osteo-arthritis, rheumatoid arthritis, fibromyalgia and osteoporosis. Drop-in fee of \$7 or pay up front for full session/big savings (8 weeks, two times a week = 16 sessions) for \$70.

#### For Balance/General Exercise & Strength Training with Melissa

**NEW 10-WEEK EXERCISE SESSION ~ Monday, August 10 - Friday, October 16**

**FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:**

**FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES ONLY** ~ discounted rates for multiple sessions ~ **1X per week for \$50, 2X per week \$70, 3X per week \$85, 4X per week \$100** ~ Drop-in's welcome, \$7 per class drop-in rate ~ mid-session drop-in's will NOT be pro-rated ~

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening and low impact aerobics, optional end of class weight work ~ Thera-bands & weights available ~ every day except Thursday, 8:45 – 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings 8:45–10 ~ **\$7.00 per class.**

**Note: Physician's approval absolutely required for all exercise classes**

☺ **WALKING MEDITATION** ~ Resuming in the Fall.

☺ **VIBRANT HEALTH WITH DR. RHYS PRESTON** ~ Resuming in September.

## ◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 – 4:30 PM ~ July 14, August 11. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10 – 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Mary for more information at 508-237-6766.



◆ **FOR YOUR SUPPORT (cont.)**

◆ **CAREGIVER'S SUPPORT GROUP:** If you are a caregiver for someone in the Outer Cape area, you don't have to go it alone. This COA sponsored support group can be a powerful tool, providing participants with many benefits. Comprised of fellow caregivers and knowledgeable group leaders, there is a wealth of information, resources and peer support available. Meetings are held at the COA on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. July 7, 21 & August 4, 18.

Join the

## Alzheimer's Family Support Center of Cape Cod & The Cape Playhouse

For a  
Special Benefit  
**4:00 PM Sunday**  
**August 2, 2015**

Support your

**MOTHER (and me)**

Written & performed by **MELINDA BUCKLEY**

Directed by **KIMBERLY SENIOR**

she ain't **CRAZY**, she's my **MOTHER..**

**A DAUGHTER'S STORY OF LOVE, LOSS AND GOULASH.**

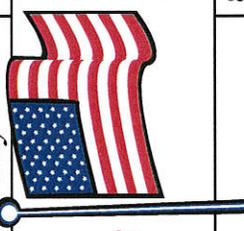
Cape Playhouse, 820 Main Street, Dennis, MA  
Ticket reservations can be made at the  
**Box Office: (508) 385-3911**

A larger-than-life Hungarian "Mama Rose," is slowly slipping into dementia as her Broadway baby, Melinda, slips into de-middle age. "MOTHER (and me)" is a story of two women who are losing everything they've ever been – in very different ways – as they both lose each other. Who's it harder for? The one who can't remember? Or the one who can't forget?

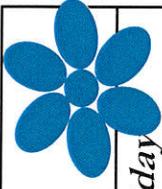
**The Alzheimer's Family Support Center of Cape Cod**  
2095 Main Street, Brewster, MA 02631 (508) 896-5170  
alzheimerscapecod@gmail.com www.alzheimerscapecod.com

The Alzheimer's Family Support Center's mission is to identify and provide free personalized care planning and pragmatic counseling to the 10,000 families, individuals and caregivers on Cape Cod living with Alzheimer's and other Dementia-related illnesses to help them navigate the complexities and challenges they face across the span of these diseases, while providing a research-based family and community-centered social model.

# July 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PLEASE NOTE: ASK A NURSE HAS NEW SUMMER HOURS 12:30 - 2 PM</b></p> <p>6 8:45 Strength Training 10:15 Balance/Exercise 11:45 <b>Arthritis Exercise</b> <b>NEW 8 WEEK SESSION &amp; NEW TIME</b></p>	 <p>7 8:45 Strength Training 10:15 Denya LeVine Intergenerational Music 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>8 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 FCOA</p>	<p>9 8:45 Stretch &amp; Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>10 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>13 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p>14 8:45 Strength Training 10:15 Denya LeVine Intergenerational Music 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>15 8:45 Strength Training 9 Gosnold Counseling 10:15 COA Board 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>16 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>17 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>20 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p>21 8:45 Strength Training 10:15 Caregiver's Support Grp. 3 <b>GARDEN DEDICATION &amp; TEA PARTY</b></p>	<p>22 8:45 Strength Training 9 Gosnold 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?</p>	<p>23 8:45 Stretch &amp; Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>24 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>27 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p>28 8:45 Strength Training</p>	<p>29 8:45 Strength Training 9 Gosnold 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Lunch 12:30 Ask A Nurse</p>	<p>30 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p><b>CLOSED TODAY for Fourth of July</b></p> 
			 <p><b>July Great Pond Artist ~ Shirley Glasser</b></p>	

# August 2015 ~ COA Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise	<b>4</b> 8:45 Strength Training 10 Caregiver's Support Grp.	<b>5</b> 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	<b>6</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	<b>7</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>10</b> 8:45 <b>Strength Training</b> 10:15 <b>Balance/Exercise</b> <b>NEW 10 WEEK SESSION</b> 9 Marlene Denessen 11:45 Arthritis Exercise 2 Red Hat Society	<b>11</b> 8:45 Strength Training 10:15 Denya LeVine Intergenerational Music 3 Alzheimer's/Dementia Caregiver's Support Grp.	<b>12</b> 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	<b>13</b> 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	<b>14</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
<b>17</b> 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise	<b>18</b> 8:45 Strength Training 10 Caregiver's Support Grp.	<b>19</b> 8:45 Strength Training 9 Gosnold Counseling 9:30 COA Board 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?	<b>20</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	<b>21</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
<b>24</b> 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise	<b>25</b> 8:45 Strength Training	<b>26</b> 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	<b>27</b> 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	<b>28</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>31</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise		<p style="text-align: right;"><b>August Great Pond Artist ~ Elaine Eklof Drootin</b></p>		

**Wellfleet Council on Aging**  
**715 Old King's Highway**  
**Wellfleet, MA 02667**

**COA Board Members:**

Carol Magenau ~ Chair  
Evelyn Sheffres ~ Vice-Chair  
Patricia Shannon ~ Secretary  
Ernie Bauer  
Paul Goetinck  
Sarah Multer  
Fred Nass  
Brian Quigley  
Evelyn Savage  
Maureen Schraut ~FCOA Liason  
Robin Slack

**Friends of the COA:**

Maureen Schraut ~ President/COA Board Liaison  
Carol Parlante ~ Vice President  
Sylvia Smith ~ Treasurer  
Sandy Wonders ~ Clerk  
Meredith Blakeley  
Greta Einig  
Peter Hall  
Sarah Multer  
Marge Piercy  
Roger Putnam

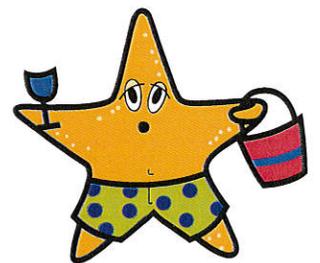
*Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.*



## **IRIS'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday**

<b>July 2<sup>nd</sup></b>	Chicken & orzo salad with cucumbers & lemon Dijon vinaigrette, tomato basil salad
<b>July 9<sup>th</sup></b>	Roasted red pepper pesto pasta, mixed green salad
<b>July 16<sup>th</sup></b>	Pan fried cod, potato salad, cole slaw
<b>July 23<sup>rd</sup></b>	Vegetable quiche, zucchini salad, corn tomato salad
<b>July 30<sup>th</sup></b>	Orange glazed baked chicken breast, sweet cranberry rice, vegetable
<b>August 6<sup>th</sup></b>	Shrimp potato salad with vegetables and spinach
<b>August 13<sup>th</sup></b>	Pasta & chick pea salad with chicken & olives, mixed green salad
<b>August 20<sup>th</sup></b>	Cold roast beef plate, potato salad, green bean salad
<b>August 27<sup>th</sup></b>	Poached salmon with yogurt dill sauce, cucumber salad, vegetable salad



## **SUMMER SALADS BY IRIS:**

Available every Monday, a different summer salad,  
packed to go, \$4.00/pint



# FRIENDS OF THE WELLFLEET COUNCIL ON AGING (FCOA)

PO Box 306 ~ Wellfleet, MA 02667

## 2015-2016 ANNUAL MEMBERSHIP DUES

*Membership dues for the "Friends" are now being accepted for July 1, 2015 – June 30, 2016*

FCOA provides supplemental funding to the Council for programs, senior/client assistance, transportation, newsletter printing & many other services that your dues & donations help support. Thank you!

Please complete the membership form below, enclose it with your tax-deductible dues and mail it to the FCOA at the above address or drop it off at the COA.

Individual memberships # \_\_\_\_\_ @ \$25.00 (per person)

Optional tax-deductible donation \_\_\_\_\_

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

Newsletter preference(circle one):      hard copy      e-mail

*Please make  
checks  
payable to  
FCOA*

**REMEMBER: ANYONE OF ANY AGE CAN BE A FRIEND**

*NOTE: Due to increasing printing and postal rates, only DUES PAYING MEMBERS will receive print copies of The Wellfleet Wave newsletter.*

**THANK YOU! THANK YOU! THANK YOU! THANK YOU!**



*Tea Party!*

Rain  
or  
Shine

light  
refreshments  
by Iris

Jack Meredith Garden Dedication

Wellfleet Council on Aging  
Join us for a tea-party in our garden!

Tuesday, July 21st, 3 - 5 PM

See the new garden & walkways

RSVP by July 15 (508)349-2800/0313