

# EVENTS ~ MARCH 2024

## SUNDAY, MARCH 3

3-5 PM - CONSTANTINE MANOS, ARTIST

*American color photographs ~ Reception & book signing*

## TUESDAY, MARCH 5

PRESIDENTIAL PRIMARY - VOTING 7 AM - 8 PM

**\*NO TAI CHI**

## THURSDAY, MARCH 14

1:30 PM ~ DAVIS BATES ~ CELTIC CELEBRATION

## TUESDAY, MARCH 19

11 AM - MASTER GARDENER ASSOCIATION OF

CAPE COD SPEAKER'S BUREAU

*preparing your garden for Spring*

## THURSDAY, MARCH 21

1:30 PM - BOOK CLUB

Demon Copperhead by Barbara Kingsolver. *A*

*recasting of David Copperfield set in modern Appalachia.*

## FRIDAY, MARCH 22

7 PM ~ AN EVENING OF JAZZ STANDARDS

CONCERT

## FRIDAY, MARCH 29

10:30 AM - VETERANS RENDEZVOUS CAFE

*"Permission to Pause" - Life Coach presentation*

Wellfleet

Adult Community Center

715 Old Kings Highway, Wellfleet, MA 02667  
(508)349-2800

FOR MORE INFORMATION VISIT

[WWW.WELLFLEETCOA.ORG](http://WWW.WELLFLEETCOA.ORG)

Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 2024				1 08:15a Yoga 12:45p Bridge
4 08:15a Yoga 09:00a Breakfast Club 01:00p Movie Monday <i>The Lightkeepers</i>	5 07:00a Presidential Primary 08:00a Gosnold Counseling 02:00p Mens Group	6 08:15a Yoga 09:45a Chair Yoga 12:30p Ukulele	7 08:00a AARP Tax Aid 08:15a Sit & Fit 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	8 08:15a Yoga 12:45p Bridge
11 09:00a Breakfast Club 01:00p Movie Monday <i>Wild Oats</i>	12 08:00a Gosnold Counseling 09:00a Tai Chi 02:00p Mens Group	13 08:15a Yoga 09:45a Chair Yoga 12:30p Ukulele 01:00p Friends of the COA	14 08:00a AARP Tax Aid 08:15a Sit & Fit 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Celtic Celebration	15 08:15a Yoga 12:45p Bridge
18 08:15a Yoga 09:00a Breakfast Club 01:00p Movie Monday <i>Just Mercy</i>	19 08:00a Gosnold Counseling 09:00a Tai Chi 11:00a Master Gardening Class 02:00p Mens Group	20 08:15a Yoga 08:30a SHINE 09:45a Chair Yoga 12:30p Ukulele	21 08:00a AARP Tax Aid 08:15a Sit & Fit 09:30a COA Board Meeting 12:00p Homeless Prevention Council 12:30p Maryanns Cafe 01:30p Book Club	22 08:15a Yoga 12:45p Bridge 07:00p Friends of the COA Concert
25 08:15a Yoga 09:00a Breakfast Club 01:00p Movie Monday <i>Barbie</i>	26 08:00a Gosnold Counseling 09:00a Tai Chi 02:00p Mens Group	27 08:15a Yoga 09:45a Chair Yoga 12:30p Ukulele	28 08:00a AARP Tax Aid 08:15a Sit & Fit 12:00p Homeless Prevention Council 12:30p Maryanns Cafe	29 08:15a Yoga 09:00a Dr. Campo (By Appointment) 10:30a Veterans Rendezvous Cafe 12:45p Bridge

### MARYANN'S CAFÉ

*Thursdays at 12:30 ~ \$9.00 per person  
reservations required by previous Tuesday*

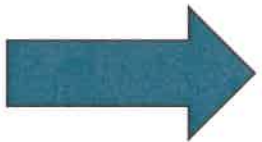
- March 7 Asparagus & leek quiche, salad  
March 14 Irish Guinness beef stew, soda bread  
March 21 Greek lemon chicken thighs, roasted veggies  
March 28 Shrimp scampi over pasta with asparagus

### MARYANN'S SOUP TO GO

*\$5 per pint, packed to go, Tuesday mornings*

- March 5 Cod & corn chowder  
March 12 Black bean soup  
March 19 Irish farmhouse veggie soup with potatoes & barley  
March 26 Chicken veggie noodle

THERE'S  
MORE!







# A Free Concert!

## *How Are Ya' Fixed for Love?*

*... an evening of jazz & standards*

*Featuring vocalists ...*

*Carolyn Rogers & Jeff Tagen  
with Andy Lantz on piano*

**Friday, March 22, 7:00 p.m.**

*Wellfleet Adult Community Center  
715 Old Kings Highway, Wellfleet  
Light Refreshments*

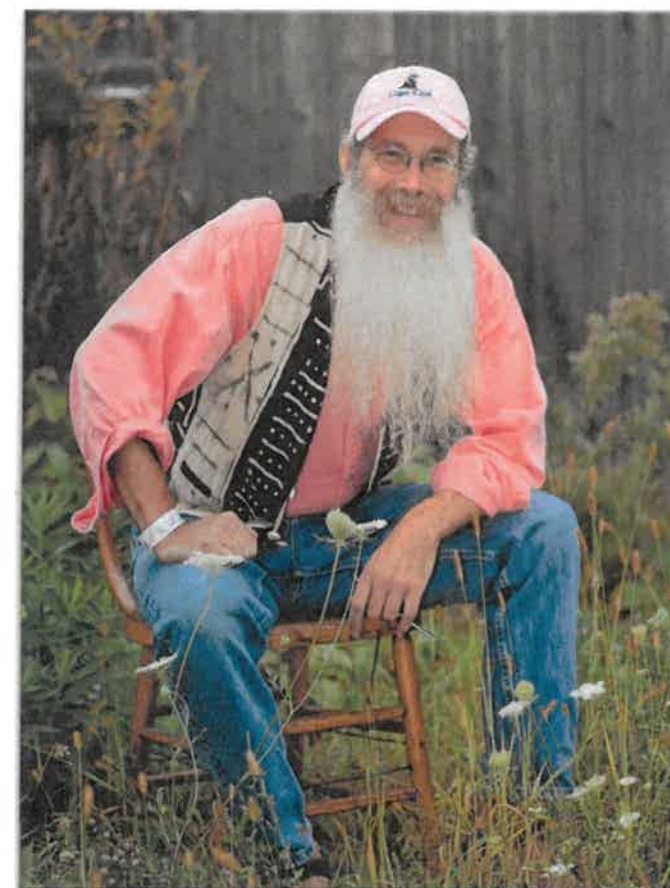
Presented by  
*The Friends of the Wellfleet COA*



*The Wellfleet Council on Aging presents:*

# A CELTIC CELEBRATION

*Songs & Stories for the Season*



Wellfleet  
Adult Community Center  
715 Old Kings Highway, Wellfleet, MA 02667  
(508)349-2800

**Thursday, March 14<sup>th</sup>**

following a 12:30 lunch

*(call to reserve your spot for lunch)*



a lively participatory program by



# DAVIS BATES

Parents' Choice Award-winning singer & storyteller



*Celebrate St. Patrick's Day, Celtic Culture & the impending arrival of Spring.  
For information call (508) 349-0313. Funded, in part, by a grant from the  
Wellfleet Cultural Council, a local agency supported by the Massachusetts Cultural Council.*