

# FALMOUTH SENIOR CENTER SENIOR HAPPENINGS NEWSLETTER

MARCH / APRIL 2026



## Town of Falmouth Senior Center



780 Main Street  
Falmouth, MA 02540  
508-540-0196  
[seniorcenter@falmouthma.gov](mailto:seniorcenter@falmouthma.gov)

Visit us Online at:

Our Website

<https://www.falmouthma.gov/444/Senior-Services-Senior-Center>

Facebook

[Facebook.com/  
TownofFalmouthSeniorCenter](https://www.facebook.com/TownofFalmouthSeniorCenter)



*Like our Facebook Page!*

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Photo by Marie Palmer  
Sippewissett Marsh, Falmouth MA

PROGRAMS & ACTIVITIES...



**NATIONAL GRID CUSTOMER ASSISTANCE EVENT**  
**MONDAY, MARCH 2<sup>ND</sup> FROM 9:30AM-1:00PM**

Drop in to see a representative from National Grid and get help with options to manage your energy bill. Explore options and determine your eligibility for assistance including: discount rate, payment plans, budget plan and the Arrears Management Program (AMP). Along with the advocates, you can talk with representatives from the Local Community Action Program (CAP) Agency for LIHEAP/Fuel Assistance services.

What to bring: If you receive SNAP, MassHealth, SSI, or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program for your gas and electric accounts (if not already enrolled). You may also qualify for our Forgiveness program.

**AARP Foundation**  
**Tax-Aide**

**AARP Tax Aid**

IRS certified AARP Foundation Tax-Aide volunteers will be preparing tax returns for individuals who fall between the **low to moderate income range** on Tuesdays and Wednesdays at Gus Canty, free of charge. This year it will be a drop off system. Taxpayers will drop off their documents early morning and pick up on the same day in the afternoon. The IRS is requiring direct deposit/ direct deduct for all tax refunds/amounts due. Be sure you provide a routing and account number (e.g. voided check). The direct deduct may be postdated to April 15 for those who owe.

Appointments fill up quickly. Call the Senior Center for an appointment. Intake forms must be picked up at the Senior Center and filled out before the day of your appointment.

Please call **the Senior Center at 508-540-0196**, for an appointment.



**Don't forget...**

To "Spring Forward" and change your clocks on Sunday March 8, 2026.

**WEEKLY WELLNESS CLINICS...**

**WEDNESDAYS 1:00PM-2:00PM**

The Visiting Nurse Association Public Health Division, in collaboration with the Falmouth Senior Services Department, conducts weekly Wellness clinics on Wednesdays from 1:00PM -2:00PM at the Falmouth Senior Center. The Wellness Clinics incorporate blood pressure screenings and education around various health topics.



**CHOLESTEROL SCREENING CLINIC**

**WEDNESDAYS: MARCH 4<sup>TH</sup>, APRIL 1<sup>ST</sup>, MAY 6<sup>TH</sup>, OR JUNE 3<sup>RD</sup>**

Find out your cholesterol level, what it means, and ways to help control it.

These Clinics are run by a Public Health Nurse from the VNA of Cape Cod.



To schedule your appointment call the **Senior Center at 508-540-0196**.

**FUEL ASSISTANCE**

The Massachusetts Low Income Energy Assistance Program for the 2025-2026 heating season



begins in November 2025. This program is designed to provide relief to low-income households.

**Household Size**

**Gross Income**

|   |          |
|---|----------|
| 1 | \$51,777 |
| 2 | \$67,709 |
| 3 | \$83,641 |

Call the **Senior Center at 508-540-0196** for more information or assistance.

PROGRAMS & ACTIVITIES

**COFFEE & CONVERSATION**  
**“POLICING WITH THE PEOPLE”**  
 Come join our Police Chief, Jeffrey Lourie, and special guest.



- ◆ **MONDAY, MARCH 2<sup>ND</sup> AT 10:30AM**  
 FBI Special Agent, Brian Pereira will be here to discuss scams that are targeting the older adult population and discuss the role of the FBI.
  - ◆ **MONDAY, APRIL 6<sup>TH</sup> AT 10:30AM**  
 Social Security Administrations Public Affairs Specialist, Delia De Mello, will give updates for 2026. She'll cover new policies, changes to business procedures, and what these developments mean for beneficiaries and stakeholders.
  - ◆ **MONDAY, MAY 4<sup>TH</sup> AT 10:30AM**  
 Jean Estes from Cape Cod Healthcare will speak on STROKE prevention, recognizing symptoms, risk factors and treatment options.
- Refreshments provided. Sponsored by the Friends of the Falmouth Senior Center.
- Pre-register with **Senior Center 508-540-0196.**

**VETERANS' SITREP**  
**[SITUATIONAL REPORT]**  
**10:30AM - 11:30AM**



- ◆ **MARCH 23<sup>RD</sup>**
- ◆ **APRIL 27<sup>TH</sup>**
- ◆ **MAY 11<sup>TH</sup>**

Enjoy a cup of coffee with the Town of Falmouth Director of Veterans' Services – Jim Gouzas and your fellow service members to talk about today's issues important to veterans.

All former service members and spouses are welcome to attend. Just drop in!



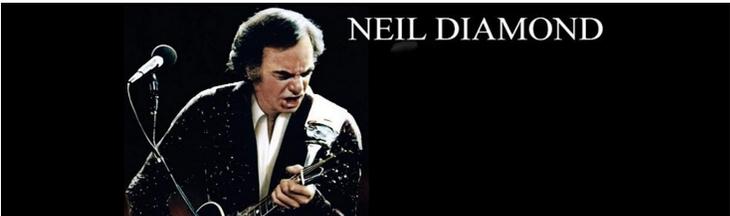
**GROUP INFORMATION SESSION:**  
**WHAT'S YOUR FAMILY STORY?**  
**THURSDAY, MARCH 26<sup>TH</sup> 10:00AM-12:00PM**  
 Come discover the joy of exploring and sharing your family history. Members of the Falmouth Genealogy Society will help you learn to build your family tree—uncovering the stories of your ancestors and their place in history.



**Genealogy 1:1 Consultations:**  
**April 23, 10:00AM-11:00AM or 11:00AM-12:00PM**  
 Interested in Starting Your Family Genealogy? Need Help with Your Ancestry Research? Falmouth Genealogical Society members will offer personal consultations to help you with your specific genealogical questions.

If you're just getting started, try to bring the names and birth and death dates of one or more of your grandparents.

Pre-register with **Senior Center at 508-540-0196.**



**RICHARD KING PRESENTS: NEIL DIAMOND**  
**MONDAY, APRIL 6<sup>TH</sup> FROM 2:00-3:00PM**

Neil Diamond, singer-songwriter, started his career writing songs while studying at New York University. He wrote songs such as “Sweet Caroline”, “America”, “Heart Light”, “Crackling Rosie” and many more.

Join Richard King, Media Historian, and clap, wave your arms and sing along to Neil's incredible hits.

Pre-register with **Senior Center, 508-540-0196.**



**“LIFE ABOARD A WHALESHIP”**  
*Presented by the Nantucket Historical Association*

**MONDAY, MAY 4<sup>TH</sup>, AT 2:00PM**  
 On the Road Overseas brings Nantucket's rich history and stories to people island-wide and beyond. This presentation will be followed by Q&A.

Pre-register with **Senior Center 508-540-0196.**

PROGRAMS & ACTIVITIES...



**TECHNOLOGY PRESENTATIONS:**

**UNDERSTANDING ARTIFICIAL INTELLIGENCE**  
**WEDNESDAY, MARCH 11<sup>TH</sup> 10:30AM - 12:30PM**

OR

**WEDNESDAY, APRIL 15<sup>TH</sup> 10:30AM - 12:30PM**

Curious about AI but not sure where to start? This engaging and easy to understand class will explore how AI is shaping the world around us - from smart assistants like *Siri* and *Alexa* to personalized ads, medical tools, and even robot pets. This class will help you build confidence and make sense of the AI buzz in the news and online.

**CUTTING THE CORD**

**WEDNESDAY, MARCH 25<sup>TH</sup> 10:30AM - 12:30PM**

Cable is probably one of your largest utility bills and most likely, the least necessary one. Learn how to cut cable and save thousands of dollars a year. It may be a difficult decision to make, but once you get through it and discover other options, you'll be glad you did. [Bring your cable bill].

**KNOWING YOUR IPHONE CAMERA**

**WEDNESDAY, APRIL 29<sup>TH</sup> 10:30AM - 12:30PM**

Come and learn about all the little intricacies of your iPhone camera. Learn how to choose the perfect shooting mode and camera controls while in photo mode. Learn how to set up your shot, preserve camera settings, adjusting focus and exposure, choosing lighting, and much more.

Pre-register with **Senior Center 508-540-0196**.

**GADGET TECH SUPPORT**

**[BY APPOINTMENT ONLY]**

Need some assistance with your phone, tablet or laptop computer?



Get the support you need and call the **Senior Center at 508-540-0196** to schedule an appointment!

**REIKI WITH PEG CLARKIN,**  
**HEALING ARTS FACILITATOR**  
**INDIVIDUAL, 30 MINUTE SESSIONS**  
**FEE \$20**



Reiki is an energy therapy that promotes a state of relaxation allowing for the body to restore and repair itself physically, mentally, emotionally, and spiritually. Although Reiki is not a cure for any specific ailment, it can enhance your body's ability to heal and relax deeply.

Pre-register, in person, at the **Senior Center**.

**CARD MAKING WITH CHERYL**

- **THURSDAY, MARCH 12<sup>TH</sup>, 9:00AM TO 12:00PM, FEE \$30**
- **THURSDAY, APRIL 9<sup>TH</sup>, 10:00AM TO 12:00PM, FEE \$15**



Join Cheryl for a "Stamp a Stack" class in **March** where you'll be designing 6 Easter themed cards. **April's** class will be the design of 2 Spring themed cards. Everyone loves a home made card.

Materials will be supplied for you so just be there and let the creativity flow!

Pre-register, in person, at the **Senior Center**.

**PAINT PARTY**

- **THURSDAY, MARCH 19<sup>TH</sup> or**
- **THURSDAY, APRIL 16<sup>TH</sup> 9:00AM TO 12:00PM FEE: \$35**



Come join Sandy as she guides you through the painting process step-by-step, helping you to create the image yourself. All supplies will be provided for you.

The paint subject in **March** will be a "Lake Landscape" and **April's** subject will be a "Cherry Blossom Tree"

Pre-register, in person, at the **Senior Center**.

**COMPLIMENTARY HEARING SCREENING**

Have you noticed a change in your hearing? Do you say "What??" all the time?



- Determine an individual's current hearing status and detect early signs of hearing loss
- Provide a reference for monitoring future hearing changes

Call the **Senior Center at 508-540-0196**, for a free hearing test.

**PROGRAMS & ACTIVITIES...**

**COOKING CLASS**  
**WITH MIKE, KAREN & DAVE**

Join us for an hour of instructional cooking followed by a delicious tasting of our creations! **FEE \$20**



**Wednesday, March 25<sup>TH</sup> 3:30PM—5:00PM**

Simple & Delicious Vegetarian Meals:

- Vegetarian Bolognese Sauce with Pasta
- Chickpea Tacos with Walnuts
- Cheesy Asparagus Orzotto

**Wednesday, April 22<sup>ND</sup> 3:30PM—5:00PM**

Classic & Elegant Brunch:

- Broccoli Salmon Quiche
- Corned Beef Hash
- French Toast Casserole

Pre-register, in person, at the **Senior Center**.

**BINGO**

**MONDAY, MARCH 16<sup>TH</sup>**  
**AND APRIL 27<sup>TH</sup> AT 2:00PM**

Great prizes and fun for all!  
Call the Senior Center to reserve your spot **B4** it fills up at **508-540-0196**.



This event is sponsored by the Friends of the Falmouth Senior Center.

**MEN'S CONVERSATION GROUP**  
**2<sup>ND</sup> AND 4<sup>TH</sup> WED OF THE MONTH**  
**FROM 8:45 AM to 10:00 AM**

Join in for some casual conversation. Just drop in!



**HAVING FUN WITH POETRY**  
**1<sup>ST</sup> AND 3<sup>RD</sup> TUESDAY**  
**OF THE MONTH**  
**FROM 1:00PM to 3:00PM**

Join us for fun with Poetry! This is a cordial group where poets of all levels of writing can participate... "criticism free".



**NEEDLEWORK GROUP**  
**TUESDAYS, FROM 10:00AM TO 12:30PM**

Knitting, crochet, quilting, needlepoint, embroidery, to name a few! A fun way to work on your project, surrounded by friends. Just bring your supplies. All are welcome!



**BOOK CLUB**

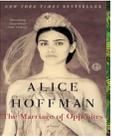
The Falmouth Senior Center book club is facilitated by Falmouth Public Library librarians! We gather to discuss a mixture of fiction and non-fiction, old and new books. No registration required. Just drop on by!

**The Marriage of Opposites**

**By Alice Hoffman**

**Tuesday, March 10<sup>TH</sup> at 1:00PM**

A fierce, sorrowful tale of the conflict between personal desire and social constraints that echoes through three generations on the island of St. Thomas in the first half of the 19<sup>TH</sup> century. A forbidden love story about the extraordinary woman who gave birth to painter Camille Pissarro, the Father of Impressionism.

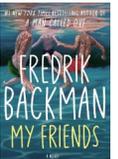


**My Friends**

**By Fredrik Backman**

**Tuesday, April 14<sup>TH</sup> at 1:00PM**

My Friends by Fredrik Backman is a novel about the powerful, life-altering bond of friendship among four teenagers who find solace in each other during a summer, and how that bond, captured in a painting, impacts an aspiring artist named Louisa years later. The story follows Louisa as she seeks to uncover the story behind the painting, leading her on a journey to the seaside town where the friends' story began, exploring themes of friendship, art, loss, and hope. It's a humorous, heartfelt, and emotionally resonant tale that has been praised as a standout work by the author.

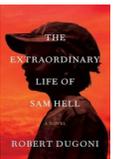


**The Extraordinary Life of Sam Hell:**

**A Novel By Robert Dugoni**

**Tuesday, May 12<sup>TH</sup> at 1:00PM**

The Extraordinary Life of Sam Hell by Robert Dugoni is a coming-of-age novel about Sam *Hill*, a man born with ocular albinism (red pupils) who is ostracized as a child and nicknamed "Devil Boy". The story follows his life, exploring themes of faith, friendship, love, and loss as he grows from a bullied boy into an ophthalmologist, eventually embarking on a journey to understand his past and find meaning in his life. It's a departure from Dugoni's usual crime fiction, focusing on character development and an inspirational, introspective narrative.



Please come with a book you would like to recommend to read for the book club.

Copies of the books will be available at the Falmouth Public Library Adult Services Desk one month prior to the book club meeting!

## PROGRAMS &amp; ACTIVITIES...

**FREE VNA WELLNESS PROGRAMS...****NEURO GO****WEDNESDAYS, 2:30PM-3:30PM:**

- ◇ 6 SESSIONS, MAR 11 - APR 15
- ◇ 8 SESSIONS, MAY 6 - JUNE 24



Have you suffered from a stroke, Parkinson's Disease, or have functional limitations from other neuromuscular disease? This exercise program is aimed to help decrease neurological symptoms, improve your overall fitness level, and challenge your brain. Pre-Register with the **VNA of Cape Cod at 508-957-7423.**

**STRONG AT HEART****MONDAY, 2:30PM-3:30PM**

- ◇ 6 SESSIONS, MAR 16 - APR 27  
[No class 4/20]
- ◇ 8 Sessions, May 4 - June 29  
[No class 5/25]



This exercise program is aimed for seniors who want to build on their strength and endurance. A mix of interval training and circuit training that will keep your heart rate up and muscles engaged. Participants must be able to tolerate 60 minutes of exercise, standing and seated, and ambulate independently. Pre-Register with the **VNA of Cape Cod at 508-957-7423.**

**AQUATIC CONDITIONING AT ATRIA****MONDAYS, 1:00PM-2:00PM:**

- ◇ MAY 11 - JUNE 22



Enjoy the therapeutic benefits of water with an experienced aquatic exercise instructor! Safely exercise in a semi-weightless environment to improve your cardiovascular fitness, strength, balance, and mobility. Participants must be comfortable in the water and tolerate 60 minutes of exercise. Pre-Register with the **VNA of Cape Cod at 508-957-7423.** Waitlist Only.

**WALKING GROUP****WEDNESDAYS, 10:00AM-11:00AM**

- ◇ 8 Sessions, May 6 - June 24



Join the Falmouth Senior Center and exercise safely with a VNA Public Health Professional. Have fun with other seniors, learn about Public Health topics, all while improving physical fitness! Outdoor walking, weather permitting. Pre-register with the **VNA of Cape Cod at 508-957-7423.**

**HEALTH AND WELLNESS PRESENTATION SERIES FROM 2:00PM - 3:00PM**

- **3/9/26 - Empathetic Communication in Dementia** w/ Ellen McCabe, Family Nurse. Practitioner at McCarthy Care Center. This presentation reviews the communication changes that occur in dementia as a result of progressive neurologic decline. Participants will learn new perspectives on communication through videos and demonstrations.
- **4/13/26 - Know Your Numbers Vital Sign** w/ Lauren Forziati, VNA Public Health Town Nurse. Vital signs include heart rate, blood pressure, respiratory rate, temperature, and pain. What are these numbers all about- how are they monitored, what do the values represent, and what do they say about your health? Come find out for free with the Town Public Health Nurse.
- **5/11/26 - Lifestyle Medicine** w/Kristen Siminski, VNA Public Health Physical Therapist. An interactive discussion about lifestyle medicine and the 6 pillars of health including physical activity, nutrition, social connections, sleep health, stress management, and avoiding risky substances. This presentation aims to help you learn how to integrate simple techniques to your day for an improved quality of life.
- **6/8/26 - Diabetes 101** w/ Lauren Forziati, VNA Public Health Town Nurse. Learn all about Diabetes as a chronic condition, symptom management, and modifiable lifestyle factors to help you become more informed on ways to proactively navigate your healthcare needs. Presented by a Certified Community Diabetes Educator.
- **6/29/26 - Ticks on the Cape** w/ Stephanie Barth. Infections are a growing concern as we age but preventing them doesn't have to be complicated. This practical presentation helps older adults understand how everyday infections spread and the simple habits that make the biggest difference. Led by an epidemiologist, participants will explore why older adults are more vulnerable and the early signs of the most common infections. Attendees will leave with clear, easy-to-use steps and take home materials to support safer, healthier daily living.

To register call the  
**Senior Center at 508-540-0196.**

## PROGRAMS &amp; ACTIVITIES...

**OPEN GAME ROOM****FRIDAYS FROM 12:30PM - 3:00PM**

We are now offering an unstructured game time!

We supply the game room and you supply the rest! Bring your friends and bring your game of choice! All are welcome!

**PUZZLE TIME****FRIDAYS FROM 10:00AM - 12:00PM**

We are excited to offer "Puzzle Time" program. We will supply the puzzles (300, 500 and 1000 piece) as well as portable wooden puzzle boards for easy storage until the following week of Puzzling.

**OPEN POOL TABLE**

If you are a Falmouth resident age 60+ and interested in playing pool, we have two beautiful pool tables available for open play time Monday thru Friday from 8:30AM-3:30PM.

**RECREATION DEPARTMENT  
PROGRAMS FOR SENIORS**

The following programs are available to Falmouth seniors age 60+. The Recreation Department will provide needed equipment for pick-up games.

- ◆ **Adult Walking:**  
Mon thru Fri 11:00AM - 12:00PM
- ◆ **Adult Open Gym:**  
Mon and Tues 12:00PM - 2:00PM
- ◆ **Adult Senior Pickleball - Winter Session :**  
Registration required, \$30 for 12 weeks.  
Online registration at [falmouthma.myrec.com](http://falmouthma.myrec.com)



Please call the **Recreation Department**, (508) 457-2567, if you have any questions.

**EXERCISE ST**

- ◆ A Few Good Men
- ◆ All Level Yoga-PM
- ◆ Barre Class
- ◆ Cardio Aerobics & Strength Training
- ◆ Chair Yoga
- ◆ Challenge Accepted
- ◆ Dance-Fit & Fun Aquatic
- ◆ Five Elements Qigong
- ◆ Full Body Workout
- ◆ Gentle Yoga
- ◆ Heart-BEAT Happy
- ◆ Line Dancing
- ◆ Low Impact Strength Resistance Training
- ◆ Meditation
- ◆ Men of Steel
- ◆ Osteocise
- ◆ Slow Flow Yoga
- ◆ Stretch and Flexibility
- ◆ Tai Ji
- ◆ Yoga for Vitality
- ◆ Young at Heart
- ◆ Zumba

**GAME ROOM BLVD**

- ◆ Backgammon: TUE & FRI 10:00-12:00
- ◆ BINGO: MAR 16 , APR 27 from 2:00-3:30
- ◆ Bridge: WED 1:00-3:30
- ◆ Canasta [Hand & Foot]: THURS 1:00-3:30
- ◆ Chess: TUE 10:00-12:00
- ◆ Cribbage: TUE 1:00-3:30
- ◆ Mahjong: WED 1:00-3:30 and FRI 10:00-12:00
- ◆ Open Game Room: FRI 12:30-3:00
- ◆ Poker: THURS 12:30-3:30
- ◆ Pony: MON 1:00-3:30
- ◆ Pool Table: MON-FRI 8:30-3:30
- ◆ Puzzle Time: FRI 10:00-12:00
- ◆ Rummikub: FRI 10:00-12:00
- ◆ Scrabble: THURS 1:00-3:30

**HEIGHTS FITNESS ROOM**

Orientations are scheduled on a monthly basis for a fee of \$25 which includes your orientation of the room and equipment and full use of the fitness room for the remainder of the month.



There is a \$10 fee for subsequent months.

FOR YOUR INFORMATION...

**ELDER SERVICES OPTIONS COUNSELING...**



Options Counseling is a short-term decision support team who can assist consumers of any income (elders age 60 and over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports and setting.

Options Counseling is a FREE service provided by Elder Services of Cape Cod & the Islands. For more information call **(508) 394-4630**.

**CALL 2-1-1 FOR NON-EMERGENCY ASSISTANCE**



**About 2-1-1**

Mass 2-1-1 was created, and is staffed, by the United Way. This 24/7 service connects callers to information about critical health and human services programs such as location of open shelters, transportation, restrictions due to a declared state of emergency, post disaster assistance, ways to volunteer or donate, or other services you or your family may need.

\*If you have an emergency or need the assistance of a first responder (police, fire, EMS) call 9-1-1.

For more information about Mass 2-1-1 go to: <https://mass211.org/>

**MASS EQUIPMENT DISTRIBUTION PROGRAM SPECIALIZED TELEPHONES...**



The MassEDP provides free or at a reduced cost, telephones to residents of MA who have difficulty using the phone due to a disability. Whether you have trouble with hearing, vision or mobility, the State 911 Department has options that can help you make and receive calls easily. To be a part of the program all you need is an application signed by your doctor or health care provider.

Contact MassDEP  
Telephone: **800-300-5658** or  
Email: [massedp@state.ma.us](mailto:massedp@state.ma.us)

**CONSUMER ASSISTANCE COUNCIL...**



Consumer problem? If you are having problems with a product or service you have purchased, call **508-771-0700** or **1-800-867-0701** for free assistance.

**FALMOUTH ALERT Smart911...**

The Town of Falmouth and the Emergency Communications Department have added to their Safety portfolio the Falmouth Alert Smart911 program. This national safety profile registry is a FREE service that allows individuals and families to provide critical medical information to 9-1-1 and first responders and receive important community emergency notifications. To learn more about this program call the Falmouth **Senior Center at 508-540-0196**



**EMERGENCY PREPAREDNESS....**

Please don't wait until it's too late...Be Prepared!

**EMERGENCY SUPPLY KIT**

- ◆ Full Tank of Gas in the Car
- ◆ Pet Food, Water and Supplies
- ◆ 3-4 Day supply of Food
- ◆ Basic First Aid Kit
- ◆ 1 Gallon of Water per person/per day
- ◆ Flashlight, Radio and Batteries (NO open lit candles)
- ◆ Fuel for a Generator (if you have one)
- ◆ Non-cordless Phone and Charged Cell Phone
- ◆ 1 Week Supply of Medication and other equipment (i.e. oxygen)



**Can I change my Medicare Plan after Open Enrollment? Even though Medicare's Annual Open enrollment ended you may still have some options.**



- For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts.
- For those with a Medicare Advantage Plan (HMO or PPO): Between January 1<sup>st</sup> and March 31<sup>st</sup>, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare.

SHINE counselors are happy to talk with you at any time of the year. They can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price. Please call the senior center to make an appointment with a SHINE counselor.

**Call the Senior Center at 508-540-0196 for more information or assistance.**

## FOR YOUR INFORMATION...

**Do You Need Assistance?...**TELE: **508-548-2794**WEBSITE: [falmouthservicecenter.org](http://falmouthservicecenter.org)  
611 GIFFORD STREET FALMOUTH, MA**We're Here to Help You**

Any household in need may pick up food. You can send a friend if you don't have transportation.

**Client Choice Food Program**

We will take your completed grocery list & shop for you! More food choices & weekly perishable updates.

**Food Distribution**

Tuesdays, Thursdays & Fridays 10am—noon  
Wednesdays 3:30—5:30pm.

**Financial Assistance**

If you are a Falmouth resident in need of help, call us!

**Need to Ask a Question?**

If you have questions or need resources, please call us at: 508-548-2794.

**More Information Online**

Check our website for updates and more information!

**Home Delivery Available**

The Service Center Food Pantry provides a Home Food Delivery program to Seniors age 60+ who are housebound and in need of pre-packed bags of food delivered to them.

**SENIOR SHOPPING**

**What?** A program for seniors (age 60+) to pick up groceries by appointment.

**When?** Every Thursday 12:30PM to 2:30PM.

**How?** Call the Falmouth Service Center at 508-548-2794 to schedule an appointment.

All clients will be asked to register before picking up groceries for the first time.

**MEDICAL EQUIPMENT PROGRAM**  
**CAN I DONATE EQUIPMENT?... YES**

The Senior Center is currently accepting the following equipment in good, clean condition: [Wheel Chairs, Walkers, Shower Chairs and Benches]

**How Do I Request Equipment?**

- Call the Senior Center, **508-540-0196**, to see if we have the item you are looking for and schedule a pick up time.

*Make a Difference!*  
**DONATE**

**Veterans Outreach Center**  
**Food Distribution**

To receive food distribution, the Veteran must bring proof of their Veteran status, specifically a DD-214 form, and complete a Food Pantry Application form. For more information, call **(508)-778-1590**.

**A PLACE AT THE TABLE -**  
**TO FEED THE HUNGRY**

Serving FREE lunches out of Saint Barnabas's Parish House every Tuesday and Thursday from 11:30AM - 1:00PM.

**MEALS ON WHEELS...**

Meals-On-Wheels, an Elder Services of Cape Cod and the Islands program, delivers



Nutritionally balanced meals to homebound individuals age 60 and older who are unable to prepare meals for themselves. If you or someone you know is Interested in this program please call **508-394-4630** and ask for the Information and Referral Department.

**FALMOUTH PUBLIC LIBRARY**  
**HOMEBOUND DELIVERY:**

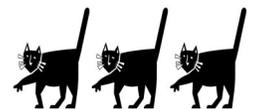
If you or someone you know are unable to come to the library due to illness or physical disability, contact Laura Wool, Homebound Librarian, at [lwool@falmouthpubliclibrary.org](mailto:lwool@falmouthpubliclibrary.org) or **508-457-2555 x 2910** or to discuss the pre-requisites for homebound delivery.

**FRIENDS OF FALMOUTH DOGS**

Providing assistance to residents through a Medical Assistance for Veterinary Care and Food for Your Dog programs. Call **508-548-7742** for more information.

**PEOPLE FOR CATS**

Providing assistance to eligible applicants residing in Falmouth for advice on low cost spays/neuters and financial assistance for vet care. Call our hotline at **508-540-5654** and press #2.



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| <p><b>2</b></p> <p><b>Month of March</b></p> <p>8:45 Chair Yoga<br/>9:00 Slow Flow Yoga<br/><b>9:30 National Grid Assistance</b><br/><b>10:30 Coffee &amp; Conversation</b><br/>10:30 Osteocise<br/>12:15 A Few Good Men<br/>1:00 Pony Card Game<br/>1:15 Gentle Yoga<br/>3:45 Challenge Accepted PM<br/>4:00 Zumba<br/>5:00 All Level Yoga</p>  | <p><b>3</b></p> <p>9:00 Challenge Accepted<br/>9:00 Young at Heart<br/>10:00 Backgammon<br/>10:00 Chess<br/>10:00 Dance-Fit &amp; Fun<br/>10:00 Needlework Group<br/>10:30 Full Body Workout<br/>11:00 Barre Fusion<br/>12:00 Osteocise<br/><b>1:00 Poetry Group</b><br/>1:00 Cribbage<br/>1:15 Stretch and Flexibility<br/>1:30 Low Impact SRT--Women<br/>2:30 Low Impact SRT--Men<br/>2:30 Yoga for Vitality</p>  | <p><b>4</b></p> <p>8:45 Chair Yoga<br/>9:00 Slow Flow Yoga<br/>9:30 LGBTQIA Support Group<br/>10:30 Cardio Aerobic Strength<br/>10:30 Osteocise<br/>10:45 Women's Support Group<br/>12:15 Men of Steel<br/>1:00 Bridge<br/>1:00 Mahjong<br/>1:15 Gentle Yoga<br/>1:30 Strength Training w/Lolly<br/>2:45 Line Dancing<br/>4:00 Taiji Exercise PM<br/>5:00 Vinyasa Flow Yoga<br/>5:15 Zumba</p>  | <p><b>5</b></p> <p>9:00 Young at Heart<br/>9:00 Challenge Accepted<br/>10:00 Dance-Fit &amp; Fun<br/>10:30 Full Body Workout<br/><b>10:30 Grief Support</b><br/>11:00 Heart-BEAT Happy<br/>12:00 Osteocise<br/>12:30 Poker<br/>1:00 Canasta<br/>1:00 Scrabble<br/>1:15 Stretch and Flexibility<br/>1:30 Low Impact SRT--Women<br/>2:30 Low Impact SRT--Men<br/>2:30 Yoga for Vitality</p>   | <p><b>6</b></p> <p>8:45 Tai Ji - Ongoing<br/><del>9:00 Five Elements Qigong</del><br/>10:00 Backgammon<br/>10:00 Mahjong<br/>10:00 Puzzle Time<br/>10:00 Rummikub<br/>10:30 Cardio Aerobic Strength<br/>12:30 Open Game Room<br/>1:30 Strength Training w/ Lynne</p> |
| <p><b>9</b></p> <p>8:45 Chair Yoga<br/>9:00 Slow Flow Yoga<br/>10:30 Osteocise<br/><b>11:00 Alzheimer's Family Caregiver Support</b><br/>12:15 A Few Good Men<br/>1:00 Pony Card Game<br/>1:15 Gentle Yoga<br/><b>2:00 Empathetic Communication</b><br/>3:45 Challenge Accepted PM<br/>4:00 Zumba<br/>5:00 All Level Yoga</p>  | <p><b>10</b></p> <p>9:00 Challenge Accepted<br/>9:00 Young at Heart<br/>10:00 Backgammon<br/>10:00 Chess<br/>10:00 Dance-Fit &amp; Fun<br/>10:00 Needlework Group<br/>10:30 Full Body Workout<br/>11:00 Barre Fusion<br/>12:00 Osteocise<br/><b>1:00 Book Club</b><br/>1:00 Cribbage<br/>1:15 Stretch and Flexibility<br/>1:30 Low Impact SRT--Women<br/>2:30 Low Impact SRT--Men<br/>2:30 Yoga for Vitality</p>    | <p><b>11</b></p> <p>8:45 Chair Yoga<br/>8:45 Men's Conversation<br/>9:00 Slow Flow Yoga<br/>9:30 LGBTQIA Support Group<br/>10:30 Cardio Aerobic Strength<br/>10:30 Osteocise<br/><b>10:30 Understanding AI</b><br/>10:45 Women's Support Group<br/>12:15 Men of Steel<br/>1:00 Bridge<br/>1:00 Mahjong<br/><del>1:15 Gentle Yoga</del><br/>1:30 Strength Training w/Lolly<br/><b>2:30 Neuro Go</b><br/>2:45 Line Dancing<br/>4:00 Taiji Exercise PM<br/>5:00 Vinyasa Flow Yoga<br/>5:15 Zumba</p>                               | <p><b>12</b></p> <p>9:00 Young at Heart<br/><b>9:00 Card Making</b><br/>9:00 Challenge Accepted<br/>10:00 Dance-Fit &amp; Fun<br/>10:30 Full Body Workout<br/><b>10:30 Grief Support</b><br/>11:00 Heart-BEAT Happy<br/>12:00 Osteocise<br/>12:30 Poker<br/>1:00 Canasta<br/>1:00 Scrabble<br/>1:15 Stretch and Flexibility<br/>1:30 Low Impact SRT--Women<br/>2:30 Low Impact SRT--Men<br/>2:30 Yoga for Vitality</p>                        | <p><b>13</b></p> <p>8:45 Tai Ji - Ongoing<br/>9:00 Five Elements Qigong<br/>10:00 Backgammon<br/>10:00 Mahjong<br/>10:00 Puzzle Time<br/>10:00 Rummikub<br/>10:30 Cardio Aerobic Strength<br/>12:30 Open Game Room<br/>1:30 Strength Training w/Lynne</p>            |
| <p><b>16</b></p> <p>8:45 Chair Yoga<br/>9:00 Slow Flow Yoga<br/>10:30 Osteocise<br/>12:15 A Few Good Men<br/>1:00 Pony Card Game<br/>1:15 Gentle Yoga<br/><b>2:00 BINGO</b><br/><b>2:30 Strong at Heart</b><br/>3:45 Challenge Accepted PM<br/>4:00 Zumba<br/>5:00 All Level Yoga</p>  | <p><b>17</b></p> <p>9:00 Challenge Accepted<br/>9:00 Young at Heart<br/>10:00 Backgammon<br/>10:00 Chess<br/>10:00 Dance-Fit &amp; Fun<br/>10:00 Needlework Group<br/>10:30 Full Body Workout<br/>11:00 Barre Fusion<br/>12:00 Osteocise<br/>1:00 Cribbage<br/><b>1:00 Poetry Group</b><br/>1:15 Stretch and Flexibility<br/>1:30 Low Impact SRT--Women<br/>2:30 Low Impact SRT--Men<br/>2:30 Yoga for Vitality</p> | <p><b>18</b></p> <p>8:45 Chair Yoga<br/>9:00 Slow Flow Yoga<br/>9:30 LGBTQIA Support Group<br/>10:30 Cardio Aerobic Strength<br/>10:30 Osteocise<br/>10:45 Women's Support Group<br/>12:15 Men of Steel<br/>1:00 Bridge<br/>1:00 Mahjong<br/>1:15 Gentle Yoga<br/>1:30 Strength Training w/Lolly<br/><b>2:30 Neuro Go</b><br/>2:45 Line Dancing<br/>4:00 Taiji Exercise PM<br/>5:00 Vinyasa Flow Yoga<br/>5:15 Zumba</p>  | <p><b>19</b></p> <p>9:00 Young at Heart<br/>9:00 Challenge Accepted<br/><b>9:00 Paint Party</b><br/>10:00 Dance-Fit &amp; Fun<br/>10:30 Full Body Workout<br/><b>10:30 Grief Support</b><br/>11:00 Heart-BEAT Happy<br/>12:00 Osteocise<br/>12:30 Poker<br/>1:00 Canasta<br/>1:00 Scrabble<br/>1:15 Stretch and Flexibility<br/>1:30 Low Impact SRT--Women<br/>2:30 Low Impact SRT--Men<br/><del>2:30 Yoga for Vitality</del></p>             | <p><b>20</b></p> <p>8:45 Tai Ji - Ongoing<br/>9:00 Five Elements Qigong<br/>10:00 Backgammon<br/>10:00 Mahjong<br/>10:00 Puzzle Time<br/>10:00 Rummikub<br/>10:30 Cardio Aerobic Strength<br/>12:30 Open Game Room<br/>1:30 Strength Training w/Lynne</p>            |
| <p><b>23</b></p> <p>8:45 Chair Yoga<br/>9:00 Slow Flow Yoga<br/>10:30 Osteocise<br/><b>10:30 Veterans' SITREP</b><br/><b>11:00 Alzheimer's Family Caregiver Support</b><br/>12:15 A Few Good Men<br/>1:00 Pony Card Game<br/><del>1:15 Gentle Yoga</del><br/><b>2:00 Interested in Volunteering?</b><br/><b>2:30 Strong at Heart</b><br/>3:45 Challenge Accepted PM<br/>4:00 Zumba<br/>5:00 All Level Yoga</p> | <p><b>24</b></p> <p>9:00 Challenge Accepted<br/>9:00 Young at Heart<br/>10:00 Backgammon<br/>10:00 Chess<br/>10:00 Dance-Fit &amp; Fun<br/>10:00 Needlework Group<br/>10:30 Full Body Workout<br/>11:00 Barre Fusion<br/>12:00 Osteocise<br/>1:00 Cribbage<br/><del>1:15 Stretch and Flexibility</del><br/>1:30 Low Impact SRT-- Women<br/>2:30 Low Impact SRT--Men<br/><del>2:30 Yoga for Vitality</del></p>       | <p><b>25</b></p> <p>8:45 Chair Yoga<br/>8:45 Men's Conversation<br/>9:00 Slow Flow Yoga<br/>9:30 LGBTQIA Support Group<br/>10:30 Cardio Aerobic Strength<br/><b>10:30 Cutting the Cord</b><br/>10:30 Osteocise<br/>10:45 Women's Support Group<br/>12:15 Men of Steel<br/>1:00 Bridge<br/>1:00 Mahjong<br/>1:15 Gentle Yoga<br/><del>1:30 Strength Training w/Lolly</del><br/><b>2:30 Neuro Go</b><br/>2:45 Line Dancing<br/><b>3:30 Cooking Class</b><br/>4:00 Taiji Exercise PM<br/>5:00 Vinyasa Flow Yoga<br/>5:15 Zumba</p> | <p><b>26</b></p> <p>9:00 Young at Heart<br/>9:00 Challenge Accepted<br/>10:00 Dance-Fit &amp; Fun<br/><b>10:00 Genealogy Presentation</b><br/>10:30 Full Body Workout<br/><b>10:30 Grief Support</b><br/>11:00 Heart-BEAT Happy<br/>12:00 Osteocise<br/>12:30 Poker<br/>1:00 Canasta<br/>1:00 Scrabble<br/><del>1:15 Stretch and Flexibility</del><br/>1:30 Low Impact SRT--Women<br/>2:30 Low Impact SRT--Men<br/>2:30 Yoga for Vitality</p> | <p><b>27</b></p> <p>8:45 Tai Ji - Ongoing<br/>9:00 Five Elements Qigong<br/>10:00 Backgammon<br/>10:00 Mahjong<br/>10:00 Puzzle Time<br/>10:00 Rummikub<br/>10:30 Cardio Aerobic Strength<br/>12:30 Open Game Room<br/>1:30 Strength Training w/Lynne</p>            |
| <p><b>30</b></p> <p>8:45 Chair Yoga<br/>9:00 Slow Flow Yoga<br/>10:30 Osteocise<br/><del>12:15 A Few Good Men</del><br/>1:00 Pony Card Game<br/>1:15 Gentle Yoga<br/><b>2:00 My Chart Presentation</b><br/><b>2:30 Strong at Heart</b><br/>3:45 Challenge Accepted PM<br/>4:00 Zumba<br/>5:00 All Level Yoga</p>   | <p><b>31</b></p> <p>9:00 Challenge Accepted<br/>9:00 Young at Heart<br/>10:00 Backgammon<br/>10:00 Chess<br/>10:00 Dance-Fit &amp; Fun<br/>10:00 Needlework Group<br/>10:30 Full Body Workout<br/>11:00 Barre Fusion<br/>12:00 Osteocise<br/>1:00 Cribbage<br/>1:15 Stretch and Flexibility<br/><del>1:30 Low Impact SRT-- Women</del><br/><del>2:30 Low Impact SRT--Men</del><br/>2:30 Yoga for Vitality</p>       |   |   |  |

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
|   |   | <b>Month of April</b>  |  |  |
|   |   | <b>1</b>   | <b>2</b>   | <b>3</b>   |
|   |   | 8:45 Chair Yoga<br>9:00 Slow Flow Yoga<br>9:30 LGBTQIA Support Group<br>10:30 Cardio Aerobic Strength<br>10:30 Osteocise<br>10:45 Women's Support Group<br><del>12:15 Men of Steel</del><br>1:00 Bridge<br>1:00 Mahjong<br>1:15 Gentle Yoga<br>1:30 Strength Training w/Lolly<br><b>2:30 Neuro Go</b><br>2:45 Line Dancing<br>4:00 Taiji Exercise PM<br>5:00 Vinyasa Flow Yoga<br>5:15 Zumba                       | 9:00 Young at Heart<br><del>9:00 Challenge Accepted</del><br><del>10:00 Dance-Fit &amp; Fun</del><br>10:30 Full Body Workout<br><b>10:30 Grief Support</b><br><del>11:00 Heart-BEAT Happy</del><br>12:00 Osteocise<br>12:30 Poker<br>1:00 Canasta<br>1:00 Scrabble<br>1:15 Stretch and Flexibility<br><del>1:30 Low Impact SRT--Women</del><br><del>2:30 Low Impact SRT--Men</del><br>2:30 Yoga for Vitality | 8:45 Tai Ji - Ongoing<br>9:00 Five Elements Qigong<br>10:00 Backgammon<br>10:00 Mahjong<br>10:00 Puzzle Time<br>10:00 Rummikub<br>10:30 Cardio Aerobic Strength<br>12:30 Open Game Room<br>1:30 Strength Training w/Lynne            |
| <b>6</b>  | <b>7</b>  | <b>8</b>   | <b>9</b>   | <b>10</b>  |
| 8:45 Chair Yoga<br>9:00 Slow Flow Yoga<br><b>10:30 Coffee &amp; Conversation</b><br>10:30 Osteocise<br><del>12:15 A Few Good Men</del><br>1:00 Pony Card Game<br>1:15 Gentle Yoga<br><b>2:00 Richard King Presentation</b><br><b>2:30 Strong at Heart</b><br><del>3:45 Challenge Accepted PM</del><br>4:00 Zumba<br><del>5:00 All Level Yoga</del>      | <del>9:00 Challenge Accepted</del><br><del>9:00 Young at Heart</del><br>10:00 Backgammon<br>10:00 Chess<br><del>10:00 Dance-Fit &amp; Fun</del><br>10:00 Needlework Group<br>10:30 Full Body Workout<br><del>11:00 Barre Fusion</del><br>12:00 Osteocise<br>1:00 Cribbage<br><b>1:00 Poetry Group</b><br>1:15 Stretch and Flexibility<br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality | 8:45 Chair Yoga<br>8:45 Men's Conversation<br>9:00 Slow Flow Yoga<br>9:30 LGBTQIA Support Group<br>10:30 Cardio Aerobic Strength<br>10:30 Osteocise<br>10:45 Women's Support Group<br>12:15 Men of Steel<br>1:00 Bridge<br>1:00 Mahjong<br>1:15 Gentle Yoga<br>1:30 Strength Training w/Lolly<br><b>2:30 Neuro Go</b><br>2:45 Line Dancing<br>4:00 Taiji Exercise PM<br>5:00 Vinyasa Flow Yoga<br>5:15 Zumba       | 9:00 Young at Heart<br>9:00 Challenge Accepted<br><b>10:00 Card Making</b><br>10:00 Dance-Fit & Fun<br>10:30 Full Body Workout<br><b>10:30 Grief Support</b><br>11:00 Heart-BEAT Happy<br>12:00 Osteocise<br>12:30 Poker<br>1:00 Canasta<br>1:00 Scrabble<br><del>1:15 Stretch and Flexibility</del><br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality                     | 8:45 Tai Ji - Ongoing<br>9:00 Five Elements Qigong<br>10:00 Backgammon<br>10:00 Mahjong<br>10:00 Puzzle Time<br>10:00 Rummikub<br>10:30 Cardio Aerobic Strength<br>12:30 Open Game Room<br><del>1:30 Strength Training w/Lynne</del> |
| <b>13</b>   | <b>14</b>   | <b>15</b>  | <b>16</b>  | <b>17</b>  |
| 8:45 Chair Yoga<br>9:00 Slow Flow Yoga<br>10:30 Osteocise<br><b>11:00 Alzheimer's Family Caregiver Support</b><br>12:15 A Few Good Men<br>1:00 Pony Card Game<br>1:15 Gentle Yoga<br><b>2:00 Know Your Numbers Vital Sign Presentation</b><br><b>2:30 Strong at Heart</b><br><del>3:45 Challenge Accepted PM</del><br>4:00 Zumba<br>5:00 All Level Yoga | 9:00 Challenge Accepted<br>9:00 Young at Heart<br>10:00 Backgammon<br>10:00 Chess<br>10:00 Dance-Fit & Fun<br>10:00 Needlework Group<br>10:30 Full Body Workout<br>11:00 Barre Fusion<br>12:00 Osteocise<br><b>1:00 Book Club</b><br>1:00 Cribbage<br><del>1:15 Stretch and Flexibility</del><br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality   | 8:45 Chair Yoga<br>9:00 Slow Flow Yoga<br>9:30 LGBTQIA Support Group<br>10:30 Cardio Aerobic Strength<br><b>10:30 Understanding AI</b><br>10:30 Osteocise<br>10:45 Women's Support Group<br>12:15 Men of Steel<br>1:00 Bridge<br>1:00 Mahjong<br>1:15 Gentle Yoga<br>1:30 Strength Training w/Lolly<br><b>2:30 Neuro Go</b><br>2:45 Line Dancing<br>4:00 Taiji Exercise PM<br>5:00 Vinyasa Flow Yoga<br>5:15 Zumba | 9:00 Young at Heart<br>9:00 Challenge Accepted<br><b>9:00 Paint Party</b><br>10:00 Dance-Fit & Fun<br>10:30 Full Body Workout<br><b>10:30 Grief Support</b><br>11:00 Heart-BEAT Happy<br>12:00 Osteocise<br>12:30 Poker<br>1:00 Canasta<br>1:00 Scrabble<br>1:15 Stretch and Flexibility<br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality                                 | 8:45 Tai Ji - Ongoing<br>9:00 Five Elements Qigong<br>10:00 Backgammon<br>10:00 Mahjong<br>10:00 Puzzle Time<br>10:00 Rummikub<br>10:30 Cardio Aerobic Strength<br>12:30 Open Game Room<br>1:30 Strength Training w/Lynne            |
| <b>20</b>   | <b>21</b>   | <b>22</b>  | <b>23</b>  | <b>24</b>  |
|    | 9:00 Challenge Accepted<br>9:00 Young at Heart<br>10:00 Backgammon<br>10:00 Chess<br>10:00 Dance-Fit & Fun<br>10:00 Needlework Group<br>10:30 Full Body Workout<br>11:00 Barre Fusion<br>12:00 Osteocise<br>1:00 Cribbage<br><b>1:00 Poetry Group</b><br>1:15 Stretch and Flexibility<br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality   | 8:45 Chair Yoga<br>8:45 Men's Conversation<br>9:00 Slow Flow Yoga<br>9:30 LGBTQIA Support Group<br>10:30 Cardio Aerobic Strength<br>10:30 Osteocise<br>10:45 Women's Support Group<br>12:15 Men of Steel<br>1:00 Bridge<br>1:00 Mahjong<br>1:15 Gentle Yoga<br>1:30 Strength Training w/Lolly<br>2:45 Line Dancing<br><b>3:30 Cooking Class</b><br>4:00 Taiji Exercise PM<br>5:00 Vinyasa Yoga<br>5:15 Zumba       | 9:00 Young at Heart<br>9:00 Challenge Accepted<br>10:00 Dance-Fit & Fun<br><b>10:00 Genealogy</b><br><b>10:00 Genealogy</b><br>10:30 Full Body Workout<br><b>10:30 Grief Support</b><br>11:00 Heart-BEAT Happy<br>12:00 Osteocise<br>12:30 Poker<br>1:00 Canasta<br>1:00 Scrabble<br>1:15 Stretch and Flexibility<br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality        | 8:45 Tai Ji - Ongoing<br>9:00 Five Elements Qigong<br>10:00 Backgammon<br>10:00 Mahjong<br>10:00 Puzzle Time<br>10:00 Rummikub<br>10:30 Cardio Aerobic Strength<br>12:30 Open Game Room<br>1:30 Strength Training w/Lynne            |
| <b>27</b>   | <b>28</b>   | <b>29</b>  | <b>30</b>  | <b>Falmouth Senior Center</b>  |
| 8:45 Chair Yoga<br>9:00 Slow Flow Yoga<br>10:30 Osteocise<br><b>10:30 Veterans' SITREP</b><br><b>11:00 Alzheimer's Family Caregiver Support</b><br>12:15 A Few Good Men<br>1:00 Pony Card Game<br>1:15 Gentle Yoga<br><b>2:00 BINGO</b><br><b>2:30 Strong at Heart</b><br><del>3:45 Challenge Accepted PM</del><br>4:00 Zumba<br>5:00 All Level Yoga    | 9:00 Challenge Accepted<br>9:00 Young at Heart<br>10:00 Backgammon<br>10:00 Chess<br>10:00 Dance-Fit & Fun<br>10:00 Needlework Group<br>10:30 Full Body Workout<br>11:00 Barre Fusion<br>12:00 Osteocise<br>1:00 Cribbage<br><del>1:15 Stretch and Flexibility</del><br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality  | 8:45 Chair Yoga<br>9:00 Slow Flow Yoga<br>9:30 LGBTQIA Support Group<br>10:30 Cardio Aerobic Strength<br>10:30 Osteocise<br><b>10:30 iPhone Camera</b><br>10:45 Women's Support Group<br>12:15 Men of Steel<br>1:00 Bridge<br>1:00 Mahjong<br>1:15 Gentle Yoga<br><del>1:30 Strength Training w/Lolly</del><br>2:45 Line Dancing<br>4:00 Taiji Exercise PM<br>5:00 Vinyasa Yoga<br>5:15 Zumba                      | 9:00 Young at Heart<br>9:00 Challenge Accepted<br>10:00 Dance-Fit & Fun<br>10:30 Full Body Workout<br><b>10:30 Grief Support</b><br>11:00 Heart-BEAT Happy<br>12:00 Osteocise<br>12:30 Poker<br>1:00 Canasta<br>1:00 Scrabble<br><del>1:15 Stretch and Flexibility</del><br>1:30 Low Impact SRT--Women<br>2:30 Low Impact SRT--Men<br>2:30 Yoga for Vitality   | <br><b>A welcoming place!</b>   |

## SUPPORT SERVICES...

**OUTREACH APPOINTMENTS...**

Our Outreach Coordinator is available to discuss resources and services available to support your needs or the needs of a loved one. Call the Senior Center to schedule an appointment.

**♦ OUTREACH PROGRAMS AND SERVICES...**

- Information & Referrals
- Alzheimer's / Dementia Information
- Available Homecare Resources
- Caregiver Support Resources
- Skilled Nursing/Assisted Living Information
- File of Life Information
- Knox Box Information
- Life Alert Information
- Transportation Resources

**♦ SUPPORT PROGRAMS AVAILABLE:**

- Women's Support Group
- LGBTQIA Support and Conversation Group
- Bereavement Support Group
- Caregiver Support Groups

**♦ SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM**

SNAP offers nutrition assistance to seniors who are income eligible. You can apply on-line or mail in a hard copy. The Online Applications Link: <https://www.dtaconnect.com>

**LEGAL ASSISTANCE...**

The following Attorneys (areas of expertise listed) are available *by appointment only*.

**♦ Conni Baker's Office:**

Estate Planning, Wills, Trusts, Powers of Attorney, Estate Settlement, Nursing Home/Medicaid Planning and Guardianships.

**♦ Michael Lavender:**

Estate Planning, Probate, Wills, Trusts, Power of Attorney, House Protection/Nursing Homes, Real Estate, Divorce Law, General Legal.

Call the **Senior Center at 508-540-0196** to schedule an appointment.

**♦ Atty. from South Coastal Counties Legal Services, Inc.**

Housing Problems, Government Benefits, Health Law, Guardianship, Reverse Mortgage, Consumer Issues.

Call Rasheda Dickerson at South Coastal Counties Legal Services, 774-487-3251.

**Informational Tables**

**OFFERED AT THE FALMOUTH SENIOR CENTER**

**FROM 11:00AM TO 1:00PM**

**ELDER SERVICES OPTIONS COUNSELING****1<sup>ST</sup> TUESDAY OF MONTH**

Options Counseling is an interactive, short-term decision-support process to assist consumers of any income and their family members, caregivers and/or significant others to make an informed choice about long term services, supports, and setting.

**INDEPENDENCE HOUSE****2<sup>ND</sup> TUESDAY OF THE MONTH**

If you have questions for Cape Cod's leading domestic and sexual violence resource agency, or how they may be of help to you, feel free to stop by the Falmouth Senior Center.

**TOWN OF FALMOUTH SUSTAINABILITY COORDINATOR****3<sup>RD</sup> TUESDAY OF THE MONTH****CAPE COD VETERANS CENTER****4<sup>TH</sup> TUESDAY OF THE MONTH—QUARTERLY  
[MAR 24, JULY 28 AND NOV 24]****TOWN OF FALMOUTH HUMAN SERVICES DEPT.****1<sup>ST</sup> WEDNESDAY OF THE MONTH****FALMOUTH GUN SAFETY COALITION****WEDNESDAY, APRIL 8<sup>TH</sup>**

Falmouth's educational outreach and action group that works to reduce gun injury.

**FALMOUTH SERVICE CENTER****3<sup>RD</sup> WEDNESDAY OF THE MONTH**

If you have questions about the Service Center's many resources, feel free to stop by.

**PERKINS BRAILLE AND TALKING BOOK LIBRARY****4<sup>TH</sup> WEDNESDAY OF THE MONTH**

Do you find it harder to read books, newspapers or magazines? Tricky turning pages? Print too small? Hard to hold reading materials? We can help! Come learn about the Perkin's Library and the NLS free program to get back to reading what you love.

**GRANDPARENTS RAISING GRANDCHILDREN****1<sup>ST</sup> Thursday of the Month**

For more information, visit with a representative at the Falmouth Senior Center.

**TOWN OF FALMOUTH PUBLIC LIBRARY****3<sup>RD</sup> THURSDAY OF THE MONTH**

**Just drop in... no appointment necessary!**

SUPPORT SERVICES...



**Grief Support Group**  
**Thursdays from 10:30AM-11:30AM**

This group will be facilitated by Rev. Saramaria Allenby who is currently serving as one of Falmouth Hospitals Chaplains, works as a counselor, maintains her own non-profit, and believes in the inherent goodness of humankind. She brings this new grief group to the Falmouth Senior Center as part of the Community Chaplaincy Initiative sponsored by Upper Cape Chaplaincy.

No appointment necessary. Just drop in.

**LGBTQIA SUPPORT AND CONVERSATION GROUP**  
**WEDNESDAYS**  
**FROM 9:30 AM TO 10:30AM**



Weekly drop-in group for Senior LGBTQIA and Allies. A safe and welcoming place to receive support and talk about unique needs of Falmouth's Pride community. Just drop in!

**WOMEN'S SUPPORT GROUP**  
**WEDNESDAYS**  
**FROM 10:45AM TO 12:15PM**



A safe and welcoming place to receive support if you are experiencing sadness, loneliness, worry, or any difficult life events and losses. Led by Clinical Social Worker Diane Delauter. Just drop in!

**VNA HOSPICE BEREAVEMENT SERVICES**

BEREAVEMENT SUPPORT



FREE Bereavement Support group for all ages providing a positive, nurturing, confidential setting to learn ways to manage and cope with loss. The group is facilitated by Danielle Lucca, LICSW, and meets on the 1<sup>ST</sup> and 3<sup>RD</sup> Tuesdays of the month from 10:30AM-12:00PM at Falmouth Public Library.

Pre-registration is required. Please call **774-487-8325**

**CAPE COD HEALTHCARE**  
**DEMENTIA & ALZHEIMER'S**  
**CAREGIVER SUPPORT GROUP**  
**1<sup>ST</sup> & 3<sup>RD</sup> MONDAY OF EACH MONTH**  
**FALMOUTH PUBLIC LIBRARY**  
**FROM 11:00AM TO 12:30PM**



Our educational support groups provide an opportunity for caregivers to share their experiences in a confidential supportive setting while receiving information and guidance regarding care planning, communication, and behavior management strategies. Care recipients enjoy facilitated socialization in an adjacent room.

Pre-registration is required.

**Call 774-552-6080.**

[www.capecodhealth.org/dementia-support](http://www.capecodhealth.org/dementia-support)

**PSN OF CAPE COD FALMOUTH**  
**PARKINSON'S SUPPORT GROUP**  
**1<sup>ST</sup> MONDAY OF EACH MONTH**  
**[IF HOLIDAY, THEN 1<sup>ST</sup> TUES]**  
**Gus Cauty Community Center**  
**FROM 11:00AM TO 12:00PM**



This support group is open to people with Parkinson's and their Care Partners to share support, encouragement & comfort. All are welcome.

Registration is required. Please contact Kathleen King at **978-394-1231** or [kath@reliablern.com](mailto:kath@reliablern.com)

**ALZHEIMER'S FAMILY SUPPORT**  
**CENTER OF CAPE COD - ALZHEIMER'S**  
**AND DEMENTIA SUPPORT GROUP**  
**2<sup>ND</sup> AND 4<sup>TH</sup> MONDAY OF THE MONTH**  
**FROM 11:00AM TO 12:30PM**



This support group is being offered by the Alzheimer's Family Support Center of Cape Cod, a non-profit dedicated to providing **FREE** supportive services to Cape Cod families caring for someone with Alzheimer's or other dementia-related illnesses.

The two groups run simultaneously. The Caregiver group is a confidential support group for people in the caregiver role. At the same time, the people living with Alzheimer's will meet for social interaction.

For more information, or to pre-register, call **508-896-5170** or visit their website:

[www.alzheimerscapecod.org](http://www.alzheimerscapecod.org)

# TRANSPORTATION SERVICES & INFORMATION...

## SENIOR CENTER MINI BUS SHUTTLE SERVICE

- Senior Center Mini Bus Shuttle Reservations [**Falmouth area ONLY**] can be made by calling the Senior Center at 508-540-0196 Monday thru Friday from 8:30AM-3:30PM.



Call the Senior Center, 508-540-0196, to learn more about transportation options.

## BOSTON AREA HOSPITAL TRANSPORTATION

- Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston Area Hospitals. Wheelchair accessible bus.
- Monday – Thursday [No holiday service].
- Fare \$30.00 ROUND TRIP \$15 one way.
- Reservations by 11:00AM the DAY BEFORE by calling **1-800-352-7155 [Monday – Friday except Thursday] 8:00-5:00PM.**
- Schedule your medical appointments between 10:00AM and 2:00PM.**
- The bus will leave Boston no later than 3:00PM.**
- Pickup Locations** Mid & Upper Cape:  
8:00AM Barnstable [Rt. 6 & 132 Burger King]  
8:15AM Sagamore [Rotary Commuter Lot]

### MEDIVAN

A Medivan will meet Falmouth folks in front of the Ticket Office in Woods Hole at 7:30AM on Tuesdays. Transportation to Boston Area Hospitals and Medical Services are available by making reservations by calling **508-693-9440**.

## TRANSPORTATION FROM CAPE & ISLANDS VETERANS OUTREACH CENTER



The Cape & Islands Veterans Outreach Center (CIVOC) will be offering Transportation to Veterans (with a true need and no vehicle of their own) to local Grocery Stores, and Validated Medical appointments. Appointment should be made with 48 hours' notice given. **The Veteran will be required to produce a copy of their DD214 form.** Call Angela Welch at **508-827-0908** Monday through Friday 8am-4pm.

## CAPE COD REGIONAL TRANSIT AUTHORITY

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### Fixed Route Buses

The Cape Cod RTA covers the Cape with regularly scheduled bus routes from Falmouth to Provincetown. Wheelchair accessible buses and friendly drivers await you.  
**\$2 PER ONE-WAY RIDE • \$1 FOR PEOPLE 60+**

### Boston Hospital Transportation (BHT)

Enjoy comfortable, safe and wheelchair accessible transportation from Cape Cod direct to all major Boston Hospitals. Monday through Friday. Reservations a must.  
**FARE \$30 ROUND TRIP • \$15 ONE WAY**

### Dial-A-Ride Transportation (DART)

Enjoy the convenience of a door-to-door service (DART) available daily to all Cape Cod residents and visitors. Reservations a must.

Seniors 60+ are eligible for reduced fare **CharlieCards** available at the Hyannis Transportation Center.

**FOR RESERVATIONS**  
**800.352.7155**  
**capecodrta.org**

*Weekday reservations must be made by 5:00 p.m. the day before you wish to travel*



**Cape Cod Regional Transit Authority**

## CAPE COD RTA SMARTDART

The Cape Cod Regional Transit Authority provides app based, on demand service called SmartDART that is a door-to-door, ride-hail service using the SmartDART App. Download SmartDART from the app store (Apple or Android) and search CCRTA SmartDART or call our dispatchers for more information.



Cashless and convenient • \$3.00 fixed fare • Free transfer to fixed routes Mon – Sat • 7:30a.m. – 6:00p.m. Zone 1: Barnstable, Sandwich • Zone 2: Barnstable, Yarmouth, Dennis • Zone 3: Falmouth Download the CCRTA SMARTDART app today to get started!

The SmartDART Access Line is here to make booking rides easier for everyone. Whether you're learning how to use the SmartDART app or just need a little extra help, we've got you covered. **Call us at (508) 418-3278** for one-on-one support—we'll walk you through the app or book your ride for you.

Starting June 21, all CCRTA fixed-route buses will be fare-free for everyone! No pass or ID required, just hop on and ride. If you're 60 or older, we still encourage you to apply for a GoCard. This card provides discounted rates on our DART (Dial-A-Ride Transportation) service, which is not included in the fare-free program.

TRIP INFORMATION...

ADVENTURES WITH KARYN

TRAVEL NEWS

Broadway In Boston 26/27 Season – On Sale Soon

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Encore Casino – FREE Slot Play 3/08, 4/12 \$55  
Isabella Stewart Gardner w/lunch – 4/17, \$149  
The Outsiders Matinee – 4/19, \$145/\$110  
Art In Bloom MFA Boston – 5/02, \$95  
Crime & Cuisine Providence – 6/09, \$155

Newport Flower Show – 6/19, \$90  
Country Jamboree Lunch & Show – 6/24, \$145  
2<sup>nd</sup> Date Tall Ships Boston – 7/15 \$135  
Carnival Parade P-town – 8/20, \$59  
The Lovin’ Spoonful & Lunch – 11/12, \$145

2026 Destination Tours

Call or Visit Website for Detailed Itinerary

Alpine Swiss Villages & Rails June  
Canadian Rockies VIA Rail August

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Christmas in Victoria & Vancouver December

Every Monday, from 11:00AM - 1:00PM, Karen or designee will be available at a Trip Information Table at the Senior Center. If you have questions about the trips being offered please stop by to visit.

FRIENDS OF THE FALMOUTH SENIOR CENTER...

Dear Friend,

The Friends of the Falmouth Senior Center, Inc., is a non-profit 501(c)(3) organization with a mission to raise funds, receive bequests and donations to help support the programs and services provided through the Falmouth Senior Center.

Thank you!

*Friends of the Falmouth Senior Center*

THE FRIENDS OF THE FALMOUTH SENIOR CENTER

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PUZZLE FUN...

Maya Angelou

V E L Y F Y Y O Y Q D K D F G G T
O U T N I F A P V E L P A Q U A D
Y Q X U J O E N I D M O N Y B N U
N Q A U F G U T I W O E C W K O W
J H H M K O P A A I H T E F K J R
I R D P O E T O S S A R R B Q S I
J M L S J Z V Z E D V Y B S M F T
M A D Q I B E U X O R S J O V G E
M Y I E A U C B X M E K U K F M R
P A I C C N E O J P A T T E R N S
B A B S T I R A Q V D H S E R K G
A N W P R Q D I R E C T O R K Y H
Q G J E E U Y M E G A C H I E V E
C E W A S E T P D T R C R B O Y Y
Q L G K S X N K L V B Z E U Z K R
Q O T O Q M T L D O X E R E L R U
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Maya Angelou, director, poetry, writer, actress, dancer, read, unique, poet, wisdom, speak, achieve, patterns

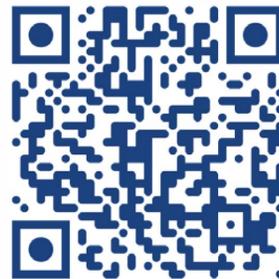
On April 4, 1928, Marguerite Ann Johnson, known to the world as Maya Angelou, was born in St. Louis, Missouri. Angelou's interest in the written word and the English language was evident from an early age. Throughout her childhood, she wrote essays, poetry, and kept a journal. She took an interest in poetry and memorized works by Shakespeare and Poe. Angelou joined the Harlem Writers Guild in 1959. She became active in the Civil Rights Movement and served in prominent African American advocacy organizations. In 1969, Angelou published I Know Why the Caged Bird Sings, an autobiography of her early life. Her tale of personal strength amid childhood trauma and racism resonated with readers and was nominated for the National Book Award. She was recognized by many organizations both nationally and internationally for her contributions to literature. In 1981, she was offered the Reynolds Professorship of American Studies. President Clinton awarded Angelou the National Medal of Arts in 2000. In 2012 she was inducted into the Wake Forest University Writers Hall of Fame. The following year, she received the National Book Foundation's Literarian Award. Angelou also gave many commencement speeches and was awarded more than 30 honorary degrees in her lifetime. In 2010, President Barack Obama awarded Angelou the Presidential Medal of Freedom, the country's highest civilian honor. It was a fitting recognition for Angelou's remarkable and inspiring career in the arts.



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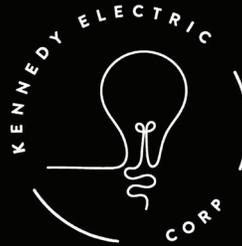
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Christmas In Newport-3 Mansions 12/09, \$89

2026/2027 Preview - On sale 12/15: Tall Ships Boston, Isabella Stewart Gardner Museum, Red Sox at Fenway, Newport Flower Show, Art In Bloom MFA, Sunny Tucson & The Old West (April 2027)

## BROADWAY SHOWS - \$25 Holds Your Seat Balance Due 60 Days Before Show

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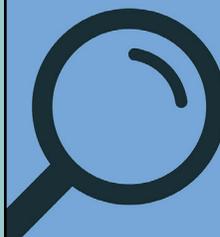
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For more information about Janney, please see Janney's Relationship Summary (Form CRS) on [www.janney.com/crs](http://www.janney.com/crs) which details all material facts about the scope and terms of our relationship with you and any potential conflicts of interest.

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*Visit our Falmouth Senior Services Department Website at:*



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<https://www.falmouthma.gov/444/Senior-Services-Senior-Center>

**MISSION STATEMENT**

The Falmouth Senior Services Department manages the Senior Center with the mission of serving all residents aged 60 and older. We work to identify and address the diverse needs of older adults, develop resources of assistance, provide information and referrals to community agencies, and offer programs and services that promote healthy aging and enhance quality of life.

**SENIOR CENTER STAFF**

|                    |                           |
|--------------------|---------------------------|
| Jill Irving Bishop | Director                  |
| Lauren Haddad      | Outreach Coordinator      |
| Kathleen Coyne     | Administrative Assistant  |
| Marie Palmer       | Program Coordinator       |
| Mike Aristide      | Mini-Bus Driver           |
| Joyce Doherty      | Receptionist              |
| Barbara O'Neil     | Receptionist P/T          |
| Stephanie Henry    | Receptionist P/T          |
| Vacant             | Volunteer Coordinator P/T |
| Peter Endicott     | Custodian                 |
| Rick Whited        | Laborer P/T               |
| Jeff Billard       | Kitchen Supervisor P/T    |
| Scott Williamson   | Kitchen Supervisor P/T    |

**PAYMENT OPTIONS**  
 Payments are due upon registration; credit card preferred, check and cash accepted. When paying with cash, exact cash amount is required.

**REFUND POLICY**  
**Programs and Activities:** If a program does not specifically outline payment/refund deadlines, then a participant must request a refund at least 24 hours in advance of the programs start date and time.

**Fitness Class Series:** If the Senior Center building is closed for an unforeseen reason, refunds will not be provided. If an instructor cancels a class, refunds will be provided per person per class if the total amount exceeds \$10 at the end of the series.

**COUNCIL ON AGING Advisory Board**  
 Joseph Clancy-Chairman, Jamie MacDonald-Vice Chairman, Jim Vieira, Karen Dusini, David Hearne, Betsy Hike, Kevin Murphy, Pamela Truesdale

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**SENIOR CENTER WEATHER POLICY**  
 Contact the Senior Center during inclement weather for confirmation of operational hours and program of services availability. The staff will report to the Senior Center and be available by phone. If weather is severe enough for Town Hall to close, the Senior Center will close. A phone and/or email notification will go out to participants.

**FALMOUTH SENIOR CENTER**  
 780 Main Street, Falmouth, MA 02540  
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 Building Hours: Monday-Friday 8:30AM-4:00PM