

July 2025 Issue

\$10

AUGUST 29TH

# DISCO

*Luncheon at 11:30am*

*Join Kalifornia Karl on a trip  
back in time to the DISCO ERA!  
Beef Stir Fry lunch and dessert  
included. Doors open no earlier  
than 11:00am.*

**TICKETS ON SALE August 6th at 8am.**



# BUS TRIPS

**Foxwoods/Mohegan Sun - August 15th, \$39**

**Deadline is 7/25**

**Boston Duck Tour - August 21st, \$145**

**Deadline is 7/21**

**Essex Steam Train Riverboat - September 5th**

**\$159, Deadline is 8/5**

**Bally's Twin River Casino - September 19th**

**\$39, Deadline is 9/2**

**Encore Casino - October 16th**

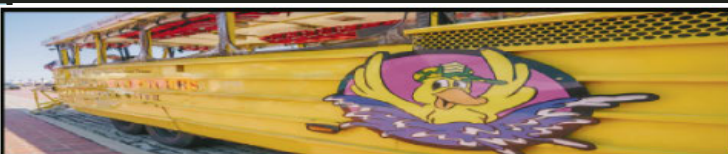
**\$39, Deadline 9/25**

**Charles Riverboat Ghost Cruise - October 30th**

**\$138, Deadline is 9/30**

**Foxwoods/Mohegan Sun - November 14th,**

**\$39, Deadline is 10/24**



THE FRIENDS OF WAREHAM COA PRESENTS....

## BOSTON DUCK TOUR

Thursday~ August 21  
\$145 per person

### Your Motorcoach Will Depart:

11:00am – Wareham Senior Center  
Returns Approximately 6:30pm

We start our day with lunch at The Cheesecake Factory in Cambridge, MA. Choose an entree from a fantastic menu and cheesecake for dessert, of course! After lunch we will head over to Prudential Center for a Boston Duck Tour! Quack! Quack! We will depart from the Prudential Center for an 80 minute Boston tour. This narrated adventure will have you sitting on the edge of your seat in excitement. Boston "Ducks" are WWII amphibious style vehicles that travel on land and in water! We will see many of Boston's famous sites and even take a dip in the Charles River for a skyline view. There will be free time to do a little shopping at Quincy Market before we depart for home. The perfect summer day!

For Reservations, Please Visit the COA Reception Office  
For Questions Call 508-291-3130

FULL PAYMENT DUE UPON RESERVATION.  
NO REFUNDS

Tour Operated By Bloom Tours



## CONTEST!!!

The COA is happy to announce a new contest to encourage people to sign in at the kiosks located on the first and third floors. It is SO important that the COA have accurate attendance numbers, especially as budget cuts loom at all levels of government. Starting June 1st, we will be visiting program rooms to take head counts which we will match up against the counts recorded by the kiosks. We will track these counts through the months of June, July, and August. If we are able to reach at least a 90% check-in rate, the COA will host a FREE ice cream social in September. If we make it to 95% or higher, we will have an extra surprise at the event. So, PLEASE sign in EVERY time you come into the COA, and be sure to check off EVERY program you're attending that day.



It is vital to our  
continued success!!



THE FRIENDS OF WAREHAM COA  
PRESENTS  
ESSEX STEAM TRAIN & RIVERBOAT

~Friday, September 5, 2025 ~

**\$159.00 Per Person**

### Your Motor Coach Will Depart:

8:30AM– Wareham Senior Center  
Approximate Return: 5:30pm

*ALL ABOARD! Join us a special Rail & Sail in Essex, Connecticut. Upon arrival, we will board at the Essex Station where we will enjoy lunch on board a dining car while you take scenic train excursion traveling by beautiful countryside as you pass by meadows and farms. Choice of Braised Porchetta, Chicken Francaise or Eggplant Rollatini. The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river! Book Today!*

*Trip Includes: Roundtrip Transportation, Plated Lunch, Train & Riverboat*

For Reservations, Please Visit the COA Reception Office  
For Questions Call 508-291-3130

Full Payment & Meal Choice Due Upon Reservation.  
No Refunds!

TRIP OPERATED BY BLOOM TOURS

**PODIATRIST - NOW THREE DAYS!**

Wednesdays - July 9th, 16th and 23rd

10:00am-3:00pm

Call 508-291-3130 to schedule an appointment

Cost is \$35.00

Location: First Floor Nurse's Office

Dr. Alan Lechan will be available to address any issues you may have. Have your nails trimmed and address any problems you may be experiencing. Bring your list of medications, doctor's name, and date of last visit. Please call 508-291-3130 to make your appointment!

**DIABETIC SHOES CLINIC**

Meet Kris Gadwani of A+ Home Medical Supply. Kris can let you know if you qualify for diabetic shoes covered by your insurance company.

Tuesday, July 8th at 10:00am in Room 427

Call 508-291-3130 to register.

**Caregiver Support Group**

Are you feeling overwhelmed, exhausted and alone? If you are a caregiver, the Family Service Association recognizes the valuable and rewarding work you do. It's natural to experience caregiver stress. You may also feel isolated, angry, frustrated and like you have no one who truly understands.

Self-care may seem out of reach, but it isn't. Take the first step and come talk to others who understand and share a similar journey. *You are not alone.*

Join us July 30th at 1:00pm in the Movie Room.

Call 508-291-3130 to let us know you're coming.

**AT HOME HEARING HEALTHCARE**

This team of Board Certified Hearing Instrument specialists will perform a FREE hearing test and/or clean hearing aids and ears if needed.

If you need hearing aids, At Home Hearing Healthcare works with many major insurance companies including Mass Health.

Friday, July 11th, from 10:00am to 12:00pm in the Nurse's Office.

Call 508-291-3130 to schedule your appointment.

**COA Conduct Policy**

Did you know that just about every COA in the Commonwealth has a Code of Conduct policy? The Wareham COA is also instituting their own policy due to several recent incidents involving pushing, yelling, and bad behavior in general.

Starting sometime in June, COA staff will be distributing Code of Conduct rules to everyone who attends programs including Coffee Hour. Basically these rules are common sense, and 99% of our members follow them without thinking. However, the remaining 1% need to understand that there will be consequences for yelling at other members or at staff, that they cannot push another senior no matter what the reason, and that stealing is not allowed under any circumstances. Our members come to the COA to socialize and have fun and should not have to worry about being mistreated. This policy ensures that if someone violates the basic rules of good behavior, we have a documented course of action to act upon. If the bad behavior continues, then the COA has recourse to deal with the situation.

At the same time, we will also be asking people to fill out a new registration form because much of what we have on file is dated, and things change. We want to be sure we have the most current information should anything happen.

Both of these forms will be given out at programs starting in June and must be signed and returned to the COA Office by August 29<sup>th</sup>. We thank you for your cooperation.

Please talk with Sharon Rice if you have any questions. She can be reached at 508-291-3130.





## WELLNESS EDUCATION/EXERCISE

Maria Pine, Physical Therapy Assistant from Community Nurse, is hosting a monthly program for Wellness Exercise with an emphasis on Safety and Fall prevention.

To age gracefully, it is SO important to maintain our mobility and improve our flexibility through stretching, balance and strengthening exercises.

Each class will be followed by stretching or an exercise to practice what we learned.

Tuesday, July 29th, at 11:30am

Room 320



## BACK BY POPULAR DEMAND!

**\*NOW TWO DAYS\***

**SONGS + BINGO = SINGO**

Not Exactly Your Granny's Bingo

(But even she would love it!)

We replace the numbers with your favorite songs.

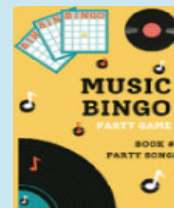
Test your musical knowledge and luck.

Have some fun & win some prizes.

Tuesdays - July 1st & 22nd, at 12:30pm

COA Community Room/Gym

Call 508-291-3130 to register.



## FINANCIAL PLANNING

Sandy Childs, Certified Financial Planner and Financial Advisor at *Edward Jones*, will now be joining us the 3rd Monday of every month to offer FREE 30 minute sessions.

Call 508-291-3130 to schedule your appointment.

Monday, July 21st from 10am to 12pm

Room 428



- One-on-One Attention
  - Quality-Focused Investment Philosophy
  - Straight Talk About Your Financial Needs
- Let's have a conversation!

Sandy Childs, CFP® 225 Water St., Suite A205  
Financial Advisor Plymouth, MA 02360

774-343-5449 Edward Jones  
Sandy.Childs@edwardjones.com

# TALENT Show

*Shine Like a Star*

**TUESDAY, SEPTEMBER 16TH  
12:30**

**DEADLINE TO SIGN UP TO  
PARTICIPATE: AUGUST 29th**

DO YOU HAVE A TALENT YOU'D LIKE TO SHARE?

The Wareham COA is looking for performers to take part in our Talent Show. Put on your dancing shoes, warm up those vocal cords or do any prep you need to come to the COA to show off your skills.

Please contact Melissa at 508-291-3100, x3134 or [mquirk@wareham.ma.us](mailto:mquirk@wareham.ma.us). Please let her know your talent and details on any music requests you may have.

### OUTREACH SERVICES

Our Outreach Coordinator offers Wareham residents aged 60+ information/referral assistance with a variety of social services:

- Caregiving
- Senior Home Care
- Dementia Services
- SNAP (Food Stamps)
- Durable Medical Equipment
- Fuel Assistance
- Housing
- Transportation Services
- Legal Assistance

### SNAP (FOOD STAMPS)

SNAP provides food benefits to supplement grocery budgets so you can afford food essential to your health and well-being.

Household of 1: \$2,510 monthly income

Household of 2: \$3,407 monthly income

### DURABLE MEDICAL EQUIPMENT

The COA offers a DME Loan Program for older adults. We have rollators, shower chairs, transport wheelchairs, commodes, and other medical equipment available to borrow. Our inventory changes frequently, so please call the COA Outreach Department at 508-291-3100, x3133, to check on availability. All items must be returned clean and in good working condition.

### TRANSPORTATION

Did you know that the COA helps low-income seniors with transportation costs? The COA offers free Dial-A-Ride and regular transit bus passes to income qualified Wareham residents. **To apply, please call the COA at 508-291-3130.**

The COA also can help Wareham residents aged 60+ with out-of-town medical transportation as well. Restrictions apply. **To learn more, contact Isis in our Outreach Department at 508-291-3100, x3133.**

### VETERANS SERVICES

If you are a veteran, veteran spouse, or surviving spouse of a veteran and have questions about what services you are eligible for, please contact Vinnie Fontaine, our Veterans Services Officer, at 508-291-3100, x3135 or via email at capevs05@gmail.com. He is available for walk-in service at the MultiService Center on the 4th floor on Mondays 8:30a-12:00p and Tuesdays 8:30a-4:00p.

### TEAM UP AGAINST HUNGER

SOUTH SHORE COMMUNITY ACTION COUNCIL  
& PLYMOUTH FAMILY RESOURCE CENTER

## FREE PRE-PACKAGED MEAL KITS

2ND & 4TH MONDAY EACH MONTH  
1:30 PM - 2:30 PM

Plymouth Family Resource Center | 430-3 Court Street | Plymouth | P: 774-283-6531



TEAM UP  
AGAINST  
HUNGER



Plymouth Family  
Resource Center

South Shore Community Action Council's Food Resources Program and Food Distribution Center provides non-perishable food items, free of charge, to over 60 local food pantries, soup kitchens, emergency food providers, elementary schools, Head Start programs and Boys & Girls Clubs. Plymouth Family Resource Center provides community-based, multi-cultural, support groups, parenting programs, assessment services, information and referral resources, and education for families whose children range in age from birth to 18.

A PROGRAM OF SOUTH SHORE COMMUNITY ACTION COUNCIL | 71 OBERY STREET PLYMOUTH MA 02360 | WWW.SSCAC.ORG

## FARMERS MARKET VOUCHERS

OPEN TO WAREHAM RESIDENTS  
ONLY. Photo ID required. One  
voucher per HOUSEHOLD.



The COA will once again have Farmers Market coupons available for Wareham residents aged 60 or older who have a monthly income of \$2,322 or less. Coupons have a total value of \$25 and may be used to purchase produce from local farmers, including Patti's Patch which visits the COA each month. Due to new regulations, we are required to distribute coupons on designated days/times on a first-come, first-served basis. We cannot take appointments. Please note our voucher supply has been dramatically reduced from previous years and supply is low. Vouchers will be issued (until our supply runs out) on the 3rd floor of the COA, just outside the office on:

July 14 - 9am - 10am

July 15 - 1:30pm - 2:30pm

July 16 - 9am - 10am

July 17 - 1:30pm - 2:30 pm

July 18 - 9am - 10am

July 21 - 1:30pm - 2:30pm

July 22 - 9am - 10am

July 23 - 1:30pm - 2:30pm

July 24 - 9am - 10am

July 25 - 1:30pm - 2:30pm

Please call 508-291-3130 with any questions.



**MEDITATION**

Come find out how this simple method can initiate relaxation and stress reduction. All are welcome to this class whether you have ever meditated or not.

Meditation is done sitting in a chair. No mats or seated floor postures required. This is a FREE class.

Come check it out.

Friday, July 11th and Friday, July 25th in the Movie Lounge at 11:15am

**Tai Chi**

Join Colman Fink for 30 minutes of sitting Qigong followed by 30 minutes of Tai Chi.

Tuesdays at 1:00pm in Room 320

**CHAIR VOLLEYBALL**

Join us for a fun and lively game of volleyball played with a beach ball.

Tuesdays at 10:00am  
COA Community Room/Gym

**CHAIR YOGA WITH PAM**

Thursdays  
2:00pm

COA Community Room/Gym

**DRUMS ALIVE**

Join us Mondays at 1:30 pm in  
The COA Community Room/Gym

**THURSDAYS**  
**10:00AM**  
**ROOM 320**

**LIGHT WEIGHTS AND STRETCHING**

Join Gina for low-impact aerobics with both mind & body benefits. Gain muscle strength and flexibility. Light weights are available for class use if desired. Great for relaxation!

Gina is an adaptive physical education teacher & personal trainer.

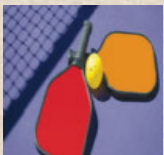
There is no fee for this class but donations are welcome.

**EASY SEATED WEIGHTLIFTING**

Join us for a fun class of muscle strengthening for beginners.

This is a 30-minute seated class using low-weight dumbbells which we provide for you.

Tuesdays at 9:00am  
Room 320

**INDOOR PICKLEBALL**

Join us Monday and Thursday mornings at 10am for pickleball fun!  
COA Community Room/Gym

**Fun & Fitness with Marge**

Monday/Wednesday/Friday  
9:00am-10:00am - \$3 per class  
**Held in Room 320**

Join fitness expert Marge Blinstrub for low-impact and fun exercise classes three days per week! **Monday** and **Wednesday** circuit classes combine alternate intervals of cardio & strength to improve endurance, build lean muscles, and improve balance. This is a fantastic workout for all abilities in a safe and supportive environment.

**Friday is Country Line Dancing day!** Join Marge for beginner lessons – no previous dance experience necessary!

**Pool & Cornhole**

Pool & Cornhole are available to play anytime the Community Room/Gym is not being used.

Check the calendar to see when it's free.

# July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 <b>Easy Seated Weightlifting</b> 9:00 Coffee/Conversation 9:00 Boxed Lunch 10:00 Chair Volleyball 12:30 <b>Singo</b> 1:00 Mahjong 1:00 Tai Chi	9:00 Boxed Lunch/Breakfast 9:00 Core Strengthening 10:00 Phone Class 10:00 High-Low-Jack/Pitch 12:30 <b>Bingo</b> 1:00 Hand & Foot Cards 1:00 Mats for the Homeless	9:00 Coffee/Conversation 9:00 Boxed Lunch 10:00 Art Your Way 10:00 <b>Light Weights and Stretching</b> <b>Pickleball</b> 10:00 1:00 Dominoes 2:00 Chair Yoga	 <b>SENIOR CENTER CLOSED</b>
7	8	9	10	11
9:00 Core Strengthening 10:00 Cribbage 10:00 <b>Pickleball</b> 1:30 <b>Drums Alive</b> 	8:30 <b>Blood Pressure</b> 9:00 <b>Easy Seated Weightlifting</b> 10-1 <b>Massage Therapy</b> 10:00 <b>Diabetic Shoes</b> 10-12 <b>Banking Help</b> 10:00 Chair Volleyball 11:30 <b>Estate Planning</b> 1:00 Mahjong 1:00 Tai Chi 2:15 <b>Fall Prevention</b>	9:00 Boxed Lunch/Breakfast 9:00 Core Strengthening 10:00 Phone Class 10:00 <b>Podiatry</b> 10:00 High-Low-Jack/Pitch 11:00 <b>Vets Food Pantry</b> 12:30 <b>Bingo</b> 1:00 Hand & Foot Cards 1:00 Mats for the Homeless	9:00 Coffee/Conversation 9:00 Boxed Lunch 10:00 <b>Light Weights and Stretching</b> 10:00 Art Your Way 10:00 <b>Pickleball</b> 1:00 Dominoes 2:00 Chair Yoga	9:00 Line Dancing 10:00 <b>Friends Coffee</b> 10:00 <b>At Home Hearing</b> 11:15 <b>Meditation</b> 12:00 <b>Brain Builders</b> 1:00 Hand & Foot Cards 1:00 <b>Farmer's Market</b>  
14	15	16	17	18
9:00 Core Strengthening 10:00 Cribbage 10:00 <b>Pickleball</b> 11:30 <b>Summer BBQ at the Elks</b> 1:30 <b>Drums Alive</b>	9:00 Coffee/Conversation 9:00 Boxed Lunch 9:00 <b>Easy Seated Weightlifting</b> 10:00 Chair Volleyball 11:30 <b>Healthy Lunch</b> 1:00 Mahjong 1:00 Tai Chi	9:00 Core Strengthening 10:00 <b>Podiatry</b> 10:00 <b>Self Defense Workshop</b> 10:00 High-Low-Jack/Pitch 12:00 <b>Heart Smart Webinar</b> 12:30 <b>Bingo</b> 1:00 Hand & Foot Cards 1:00 Mats for the Homeless 2:30 <b>Book Club</b>	8:45 <b>Encore Bus Trip</b> 9:00 Coffee/Conversation 9:00 Boxed Lunch 10:00 <b>Light Weights and Stretching</b> 10:00 Art Your Way 10:00 <b>Pickleball</b> 1:00 Dominoes 2:00 Chair Yoga	9:00 Line Dancing 9:00 <b>GBFB Food Pickup</b> 1:00 Hand & Foot Cards 
21	22	23	24	25
9:00 Core Strengthening 10-12 <b>Financial Planning</b> 10:00 <b>Pickleball</b> 10:00 Cribbage 1:45 <b>Drums Alive</b>	9:00 Boxed Lunch 9:00 <b>Easy Seated Weightlifting</b> 9:00 Coffee/Conversation 10-1 <b>Massage Therapy</b> 10:00 Chair Volleyball 12:30 <b>Singo</b> 1:00 Mahjong 1:00 Tai Chi	9:00 Boxed Lunch/Breakfast 9:00 Core Strengthening 9:30 <b>Card Making</b> 10:00 Phone Class 10:00 <b>Podiatry</b> 10:00 High-Low-Jack/Pitch 11:00 <b>Vets Food Pantry</b> 12:30 <b>Bingo</b> 1:00 Hand & Foot Cards 1:00 Mats for the Homeless	8:15 <b>Foster's Clambake Bus Trip</b> 9:00 Boxed Lunch 9:00 Coffee/Conversation 10:00 <b>Light Weights and Stretching</b> 10:00 Art Your Way 10:00 <b>Pickleball</b> 1:00 Dominoes 2:00 Chair Yoga	9:00 Line Dancing 11:15 <b>Meditation</b> 11:00 <b>Blood Drive</b> 1:00 Hand & Foot Cards 
28	29	30	31	
9:00 Core Strengthening 10:00 Cribbage 10:00 <b>Pickleball</b> 1:00 <b>Glass Etching</b> 1:30 <b>Drums Alive</b>	9:00 Boxed Lunch 9:00 <b>Easy Seated Weightlifting</b> 9:00 Coffee/Conversation 10:00 Chair Volleyball 11:30 <b>Wellness/Exercise</b> 1:00 Mahjong 1:00 Tai Chi	9:00 Boxed Lunch/Breakfast 9:00 Core Strengthening 10:00 Phone Class 10:00 High-Low-Jack/Pitch 12:30 <b>Bingo</b> 1:00 Hand & Foot Cards 1:00 Mats for the Homeless 1:00 <b>Caregiver Support</b>	9:00 Boxed Lunch 9:00 Coffee/Conversation 10:00 <b>Light Weights and Stretching</b> 10:00 Art Your Way 10:00 <b>Pickleball</b> 1:00 Dominoes 2:00 Chair Yoga	



## BINGO

Wednesdays at 12:30pm

Cash prizes

Cards are \$3.00 each or 2/\$5.00. Hard cards are used for all games. No daubing necessary.

50/50 raffle by the Wareham Historical Society

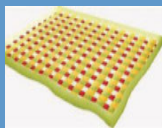
Raffle tickets are \$1.00 each or 8 for \$5.00.

## Mats for the Homeless

Wednesdays at 1:00pm in Room 427

Materials will be provided. Our mission is to provide sleeping mats for the homeless.

Easy steps, fun and fellowship.



## Hand and Foot Card Games

Wednesdays and Fridays

1:00 pm Cranberry Café

Why not try something new? Hand and Foot is similar to Canasta.

Instructors will be on-hand to lead the way.



## Mahjong Anyone?

Tuesdays

1:00pm in the Cranberry Café

Newcomers welcome.



## Art Your Way

Join host Pamela Welch for a weekly session to explore your artistry! Bring your paint or coloring project—really anything you might want to work on—and spend some time with friends indulging your creative side.

We supply the space; you bring whatever supplies your project needs.

Thursdays from 10am-12pm in the Cranberry Café



## CRIBBAGE

Mondays

10:00am-12:00pm

Cranberry Café

## Mexican Train Dominoes

Thursdays

Cranberry Café 1:00pm

Loads of fun and easy to learn!  
Beginners welcome!



The COA would like extend a special thank you to the Plymouth County District Attorney's Office and its amazing staff for their outstanding Essential First Aid Training program which they offered in May.

Everyone who participated got hands-on experience with everything from CPR to administering Narcan and Epi-pens to placing a tourniquet. They also received a GC to Target as a thank you for taking part. In addition, the COA received a free



life-saving AED device valued at over \$2,000!! We are so lucky to have such wonderful community partners, and thank you to Minh, Christina, Chris and Helio, for

making this awesome event happen!

## BOOK CLUB

The COA has a Book Club that meets the 3rd Wednesday of every month.

July's book will be The #1 Ladies Detective Agency by Alexander McCall Smith. For more information, contact Mary at [mcdavis1780@gmail.com](mailto:mcdavis1780@gmail.com)



## THE PHONE DOCTOR IS IN!

### One-on-One Smart Phone Training

Do you have a smart phone (Apple, Samsung, Motorola) and need guidance on how to use it? We have

30-minute one-on-one

appointments to get the training you need.

Please call 508-291-3130 to reserve a time.

Four Wednesdays to choose from:

July 2nd, 9th, 23rd and 30th.

Appointments start at 10:00 am in the Game Room.



## High-Low-Jack/Pitch

Join us for a friendly game of High-Low-Jack/Pitch in the Cranberry Café  
Beginners are welcome.

Wednesdays from 10am-12pm in the Cranberry Café.





## **It Takes A Village!**

We are so grateful to those who support the COA. In addition to our board of directors, volunteers, and instructors, we would like to thank:

Denis Barrette  
Sue Brown  
Denise Campinha  
Community Nurse Barbara Canuel  
Colman Fink  
First Congregational Church of Wareham  
Friends of the Wareham COA  
Gina Grace Gallerani  
Ann Ginches  
Jennifer Haley, Eastern Bank  
Karen Hong  
Elaine LeMoine  
Longhorn Steakhouse  
Clara Petrosky  
Jennifer Pina, Family Service Association  
Maria Pine, Community Nurse Program  
Plymouth County District Attorney's Office  
Esther Roe  
Wareham Cultural Council  
Wareham New Bedford Elks Lodge #73  
Pam Welch

A special thanks to the Community Events Committee for their ongoing support.



## **Glass Etching with Donna**

Join us to learn the technique of glass etching. You will be able to choose your own pattern from an array of stencils to personalize one wine glass. You may also bring in your own bottle and/or additional wine glass to make a set. The bottle must be clean with no labels.

One wine glass and stencils will be provided. Due to the popularity of this program, past attendees will be put on the wait list to allow new people to participate. We will fill in from the wait list as necessary. Space is limited.



Monday, July 28th at 1pm  
Cranberry Café

\$2 fee due at time of registration.  
Deadline for registration is 7/23  
even if you want to go on the  
wait list as a past attendee.

## **Veterans Coffee Hour**

Third Wednesday of each month at  
9:00am at the  
Wareham Free Library



Our Veterans' Agent Vinnie Fountaine will begin hosting a monthly coffee hour at the Wareham Free Library. Join fellow veterans for coffee and conversation. Discuss those topics that are important to you.

The Veterans' Agent is also available by appointment at the Council on Aging on Mondays from 8:30am to 12pm or Tuesdays from 8:30am to 4pm.

Call 508-291-3100, x3135 to schedule.

## **CARD MAKING CLASS**

You will be provided with enough materials to make three or four finished cards.

Wednesday, July 23rd at 9:30am in Room 428

Sign up for this fun class by calling 508-291-3130.



Cost is \$8 per class .  
Space is limited.



COA Director Sharon Rice was awarded the 2024-2025 Elks Distinguished Citizenship Award for Outstanding and Meritorious Service to Humanity by the Wareham-New Bedford, Massachusetts Lodge No. 73 and the Grand Lodge,



Benevolent and Protective Order of Elks. Sharon and the COA are immensely grateful for the support of our local Elks community and all they do to support us. It is an honor to be recognized by and to work with such an outstanding organization.

Thank you to the Elks for all they do!

## **The COA Needs Your Help!**

The COA currently has a dedicated group of volunteers who deliver newsletters each month to local businesses. We're very grateful to all who do this for us- thank you!!

We have some new locations that are looking to have copies of our newsletter on hand for their patrons. If you are willing to deliver a small stack of newsletters to one or two (or more!) local businesses each month, please contact Melissa or Sharon in the COA office at 508-291-3130. We appreciate your support!

As everyone knows, the cost of everything is going up. Just like all of you, the COA needs to tighten its belt.

Our luncheon prices have gone up to help defray our costs, but the \$10 ticket price does not come close to covering the food, never mind the costs of the entertainer and paper goods. Some folks have complained recently that we are not providing "extras" at the lunches. We do our best to make our events enjoyable for all, but we have a very small staff and a small budget. We are not a restaurant. If you feel you must have a beverage other than water or caffeinated coffee, please bring them. Our events are chaotic enough, and we cannot provide individualized service.

Thank you for your understanding.

### Fall Prevention and Getting Up with Intention

Come spend some time with your local PTU team.

Together we'll learn:

- tips to prevent falls
- factors increasing fall risk
- If you fall, how do you get back up?
- simple exercises to increase balance and strength

Two Physical Therapists from PTU in Buzzards Bay will be here to run this workshop.



Tuesday, July 8th at 2:15pm  
Room 320



"Blessing of the Fleet & Kids Parade on the Pier"  
Saturday, July 5, 10 a.m. - 12 p.m. Rain date 7/6  
FREE registration @ OnsetBay.org

### WAREHAM COA CHECK IN CHALLENGE

Did you know that the COA requires every participant to check in for every program they attend?

We've noticed that more & more people are not signing in for programs at the kiosk each day. While it may not always be convenient to sign in, it is mandatory. Starting June 1st, our staff will be counting heads & matching up the numbers against the kiosk. This is to make sure that we are getting credit for everyone who attends. With all the government budget cuts looming, it's critical that we be able to show just how many people the COA serves.



If we can get up to a 90% or higher sign-in rate across all COA programs, we will host a free Ice Cream Social on September 8th as a thank you.

Please be sure you sign in everyday for EVERY program you attend. The COA needs your support!

## ICE-CREAM Social

Follow our progress on the signs near each kiosk. Special thanks to Sue Brown for making these awesome signs!

### Friends of Wareham COA News Update

We are growing! As of the end of May our membership has grown to 325 members. Your contributions have helped to raise the funds we need to continue our support of the place we all enjoy... our Wareham COA. Just a reminder if you haven't renewed your membership, this is the time to do it. The forms are next to the sign in computers both in the gym and outside the office on the third floor.

Thank you to all that participated in Friends Day at Red Robin. We raised \$269.37! Hope you all had a great meal and some time with your friends.

Did you get your *Wareham Cooks* cookbook yet? It is full of wonderful recipes for meals, appetizers and desserts. They are available in the COA office. Regular price is \$15.00, but if you're a member of the Friends, you can get one for only \$12.00.

Be sure to get yours before they sell out!

Hope that you enjoyed Father's Day Brunch. The Friends sponsored the Brunch this year.

More of your Friends donations at work.

Please join us for Coffee on Friday July 11<sup>th</sup>, at 10:00 in the gym. Meet new people and make new friends as we make plans for the second year of the Friends of the Wareham COA.



**Massage Therapy - NOW TWO DAYS!**

Licensed Massage Therapist Carol Flock of Just Simply Healing Arts will be here for private massages. Carol will explore your needs whether it's relaxation, pain relief or flexibility. Massage can increase your circulation and blood flow, release muscle tension, decrease stress or provide an overall sense of well-being. A chair-style massage will be done on a table where the participant is fully clothed.

Two dates to choose from  
Tuesday, July 8th & Tuesday, July 22nd  
Appointments are 20 minutes or longer.

\$1 per minute.

Room 427

Call 508-291-3130 to schedule an appointment.

**SELF DEFENSE**

Join owner David Eaton of South Coast Self Defense. This program is designed to introduce participants to real-world challenges they may encounter and provides an introduction to self-defense techniques, situational awareness and conflict avoidance.

This FREE workshop will be held

Wednesday, July 16th at 10:00am

COA Community Room/Gym

Please call 508-291-3130 to register.

**SHINE/Medicare Counseling**

Medicare is available 24/7 at 1-800-633-4227.

Our SHINE counselor is available by appointment only to answer all your Medicare-related questions. This program offers free, unbiased assistance.

Please call the office at 508-291-3130 to set up an appointment.

You may also call the SHINE Regional Headquarters at 800-231-1155 for assistance.

**Heart Smart: The Power of Healthy Habits**

Blue Cross Blue Shield of Massachusetts is offering summer wellness webinars. July's topic will discuss heart disease which is the leading cause of death for both men and women in the United States. It is estimated that 80% of all cardiovascular disease is preventable. Learn how small adjustments to your diet, sleep, exercise and overall lifestyle can significantly reduce your risk of heart disease.

July 16th at 12:00pm in the Movie Room

Please call 508-291-3130 to register.

**Senior Tax Work-Off Program**

The COA is once again accepting applications for the Senior Tax Work-Off Program. Please visit the COA webpage at [www.wareham.ma.us/council-aging](http://www.wareham.ma.us/council-aging) to download a printable application or call the COA Office at 508-291-3130 to ask for a copy to be mailed to you.

Income levels are now \$45,000 per individual and \$50,000 per couple.

**VETERANS MOBILE**

# FOOD PANTRY

at the  
**Wareham Council on Aging**

**July 9th and July 23rd**

The Cape & Islands Veterans Outreach Center will be at the Wareham Council on Aging the 2nd and 4th WEDNESDAY of each month from **11am to 1pm**. Proof of veteran status such as a copy of your DD-214 form is required to sign up. Recipients must also meet criteria for assistance as defined by the emergency food assistance program.

Cape & Islands Veterans Outreach Center:  
(508) 778-1590

Wareham Council on Aging:  
(508) 291-3130

**WAREHAM COUNCIL ON AGING** | 48 MARION ROAD, WAREHAM, MA 02571

## Monthly Food Boxes Available for Qualified Seniors

Did you know that seniors (aged 60+) with qualifying income (see chart below) are eligible to receive a monthly box of nutritious shelf-stable food along with a bag of produce and often a frozen package of meat?

Those on fixed incomes often struggle to pay for rising housing and health care costs while still maintaining access to sufficient amounts of nutritious food. This program can help. Please come to the COA office to fill out a short application, and you can take part in the next pick up. Once approved, simply drive your car up to the sidewalk on the designated day, give us your name, and we put everything in your car. In less than a minute, you're on your way without ever having to get out of the car.

CSFP Income Guidelines (Effective 3/2025)			
Household Size*	Weekly	Monthly	Annually
1	\$452	\$1,957	\$23,475
2	\$611	\$2,644	\$31,725
3	\$769	\$3,332	\$39,975
4	\$928	\$4,019	\$48,225

\*Household size is determined by the number of people you purchase and prepare food with.

## **Boxed Lunch Menu - July 2025**

- Tuesday, 7/1:** Ham & Cheese Wrap
- Wednesday, 7/2:** Egg Salad on a Croissant
- Thursday, 7/3:** Greek Chicken Wrap
- Tuesday, 7/8:** Roast Beef & Swiss on a Kaiser Roll
- Wednesday, 7/9:** Seafood Salad on a Hot Dog Roll
- Thursday, 7/10:** Egg Salad on a Croissant
- Tuesday, 7/15:** Italian Chicken Salad on Focaccia Bread
- Wednesday, 7/16:** Ham Salad on a Croissant
- Thursday, 7/17:** Turkey & Cheese on a Kaiser Roll
- Tuesday, 7/22:** Tuna Roll
- Wednesday, 7/23:** Meatloaf on a Kaiser Roll
- Thursday, 7/24:** Roast Beef & Swiss on a Kaiser Roll
- Tuesday, 7/29:** Greek Chicken Wrap
- Wednesday, 7/30:** Seafood Salad on a Hot Dog Roll
- Thursday, 7/31:** Ham & Cheese Wrap

\*If you are unable to make a boxed lunch pickup, please call 508-291-3100, x6514, in advance to let us know. After two missed meal pickups without notification, you will need to reapply to be added back on the program. This new policy is due to the fact that there are a large number of box meals going unclaimed each day.\*

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48 Marion Road, Wareham, MA 02571

Hours: Monday - Friday, 8:00am - 3:00pm

# CRICUT USERS WANTED!



We are looking for Cricut machine owners who would like to get together on an occasional basis to share tips on ways to use the machine and to teach each other new tricks. We're looking to share knowledge to help everyone better utilize their machines. If you are interested in joining, please call the COA at 508-291-3130 and leave your phone number. If we have enough people, we will schedule a date and time for the group to meet.

### Brain Builders is Back!

Friday, July 11th

12:00 - 1:00pm in Room 428

Do you worry that you are getting forgetful? Do you struggle sometimes to find the right words? You are not alone. Our minds demand stimulation, new challenges and human connections in order to thrive. This program offers useful tips to help with common memory challenges as we age.

Call the COA at 508-291-3130 to register.



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