

# Upcoming Events



**SEP**

**8th**

**11:30**

**AM**

## ICE CREAM SOCIAL

Thank you to everyone who has been signing in for all our events! We are VERY close to hitting our goal! We have tentatively scheduled our reward of an ice cream social and dancing with entertainment by Mike Dardis on September 8th. This event is FREE but you MUST have a ticket to enter. Tickets available 8/13, and space is limited.



**SEP**

**16th**

**12:30**

**PM**

## TALENT SHOW

Our 2nd Annual Talent Show is coming up! Come support your fellow COA members as they show off their impressive array of talents!

This is a FREE event but you MUST have a ticket to enter!

PLEASE NOTE WE WILL NOT BE SERVING FOOD AT THIS EVENT.

Tickets available on 8/20.

Space is limited.

# BUS TRIPS

**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**

**Charles Riverboat Cookies & Carols Cruise**

**November 20th, \$152, Deadline is 10/12**

**Yankee Candle & Bright Nights**

**December 18th, \$99, Deadline is 11/18**



THE FRIENDS OF THE WAREHAM COA  
PRESENTS:  
ENCORE CASINO

**Thursday, October 16, 2025**

**\$39 Per Person**

**Your Motorcoach Will Depart:**

8:45am ~ Wareham COA, 48 Marion Road

**Returns Approximately: 5:15PM**

**Join Us At New England's Newest Casino!!**

The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor—open and airy, colorful and vibrant, ... Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.

### Trip Includes:

- \*Casino Time: 10:00am-4:00pm (Casino Package subject to change)
- \*Casino Pkg-\$20 free slot play
- \*Deluxe Motorcoach Transportation

*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*



THE FRIENDS OF THE WAREHAM COA

**Foxwoods Casino &**

**Mohegan Sun Casino**

**Friday, November 14, 2025**

**\$39 per person**

**Your Motorcoach Departs:**

8:00AM - Wareham COA, 48 Marion Rd.

Approximate Return 6PM

Join Wareham COA and escape to the magical place of Foxwoods and Mohegan Sun, where you will have non-stop excitement. Try your luck at your choice of nearly 3,000 state-of-the-art slot machines!! Feel the thrill of winning at one of the many table games like Blackjack, Poker, Baccarat, Sic Bo, Caribbean Stud or Pai Gow Poker! Both Casino's also offers you the ultimate in dining experiences!

### Trip Includes:

- Casino Time at Foxwoods: 10am-4pm
- Casino Time at Mohegan Sun: 10:30am-3:30pm
- Deluxe Motorcoach Transportation

*For Reservations, Please Visit the COA Reception Office*

*For Questions Call 508-291-3130*

*Full Payment Due Upon Reservation.  
No Refunds.*

**TRIP OPERATED BY BLOOM TOURS**



THE FRIENDS OF WAREHAM COA  
CHARLES RIVERBOAT GHOST CRUISE

THURSDAY, OCTOBER 30, 2025

**\$138.00 PER PERSON**

**YOUR MOTORCOACH WILL DEPART:**

10:30AM-WAREHAM SENIOR CENTER

APPROXIMATE RETURN: 4:30PM

ALL ABOARD IF YOU DARE! JOIN US ON A CAPTIVATING 90 MINUTE CRUISE AS WE DELVE INTO THE CHILLING TALES OF GHOSTLY APPARITIONS, MYSTERIOUS DEATHS, AND THE HAUNTED LANDMARKS THAT LINE THE SHORES OF THE CHARLES RIVER. BOAT IS CLIMATE CONTROLLED. BEFORE THE CRUISE YOU WILL BE TREATED TO LUNCH AT THE CHEESECAKE FACTORY. CHOOSE AN ENTREE FROM A FANTASTIC MENU AND CHEESECAKE FOR DESSERT, OF COURSE!

FOR RESERVATIONS, PLEASE VISIT THE COA RECEPTION OFFICE

FOR QUESTIONS CALL 508-291-3130

FULL PAYMENT DUE UPON RESERVATION.

NO REFUNDS.



TRIP OPERATED BY BLOOM TOURS

**PODIATRIST - NOW THREE DAYS!**

Wednesdays - August 13th, 19th and 20th

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, August 12th 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 August 27th 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, August 8th, from 10:00am to 12:00pm in the Nurse's Office.

Call 508-291-3130 to schedule your appointment.

**Pay \$0 for rides, dental and more.**

**Too good to be true? It's not.**

- Free rides-up to 130 one-way trips per year to visit friends, run errands & more
- \$0 dental services, including crowns, dentures, imaging & more
- Up to \$1100 per year to buy things like tooth-brushes, pain relievers and more
- \$403 towards eyewear every year

Want to learn more?

Join us for a presentation and  
**STRAWBERRY SHORTCAKE.**

Tuesday, August 19th at 11:15am

COA Community Room/Gym

Registration is **MANDATORY.**

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

**SAVE MONEY! MAKE A DOLLAR HOLLER!**

Drive sensibly. Speeding, rapid acceleration and abrupt braking waste gas. It can lower your gas mileage by 15-30% at highway speeds and 10-40% in stop-and-go traffic.

Observe the speed limit. Each mph you drive over the speed limit is like paying an additional \$0.22 per gallon for gas.

Remove excess cargo from your roof racks.

Avoid excessive idling. Idling can use up to a half gallon of fuel per hour.

Check tire pressure each month.

Plan ahead to consolidate trips.

For more gas & EV mileage tips, see  
[fueleconomy.gov](http://fueleconomy.gov)



## 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, August 26th, 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.

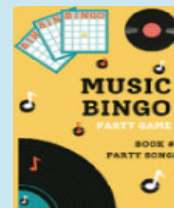
Test your musical knowledge and luck.

Have some fun & win some prizes.

Tuesdays - August 5th & 19th, 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, August 18th 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](mailto: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



UNITED WAY  
Greater New Bedford

# Mobile Market

United Way of Greater New Bedford's Hunger Commission provides FREE, fresh produce to residents from July - October. Mobile Markets feature produce grown at Sharing the Harvest Community Farm, a program of YMCA Southcoast Dartmouth.



## WAREHAM

Tuesdays 5:30 - 7:30 PM

Wareham Middle School, 4 Viking Drive

August 5	September 2	October 7
August 12	September 9	
August 19	September 16	
August 26	September 23	
	September 30	

Please preregister for Mobile Markets at  
[unitedwayofgnb.org/mobile-market](http://unitedwayofgnb.org/mobile-market)  
or scan the QR code!



\*Markets are rain or shine, but may be cancelled due to extreme weather - check our Facebook page for updates.\*

Sponsored by



Southcoast Health



**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, August 1st, 15th and 29th 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.

# August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:00 Line Dancing 11:15 <b>Meditation</b> 1:00 Hand & Foot Cards
4	5	6	7	8
9:00 Core Strengthening 10:00 Cribbage 10:00 <b>Pickleball</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 12:30 <b>Singo</b> 1:00 Mahjong 1:00 Tai Chi	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 <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>At Home Hearing</b> 1:00 Hand & Foot Cards 1:00 <b>Farmer's Market</b>  
11	12	13	14	15
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>Coffee/TRIAD</b> 9:00 <b>Easy Seated Weightlifting</b> 10-12 <b>Banking Help</b> 10:30 Chair Volleyball 10:00 <b>Diabetic Shoes</b> 1:00 Mahjong 1:00 <b>White House Butler</b> 1:00 Tai Chi	9:00 Core Strengthening 10-3 <b>Podiatry</b> 10:00 Phone Class 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>Coffee and Chat with the Friends</b> 11:15 <b>Meditation</b> 1:00 Hand & Foot Cards 
18	19	20	21	22
9:00 Core Strengthening 10-12 <b>Financial Planning</b> 10:00 <b>Pickleball</b> 10:00 Cribbage 1:30 <b>Drums Alive</b>	9:00 Coffee/Conversation 9:00 <b>Weightlifting</b> 10-1 <b>Massage Therapy</b> 10-3 <b>Podiatry</b> 10:00 Chair Volleyball 11:15 <b>Strawberry Shortcake - Fallon</b> 12:30 <b>Singo</b> 1:00 Mahjong 1:00 Tai Chi	9:00 Core Strengthening 9:30 <b>Card Making</b> 10-3 <b>Podiatry</b> 10:00 High-Low-Jack/Pitch 12:30 <b>Bingo</b> 1:00 Hand & Foot Cards 1:00 Mats for the Homeless 2:30 <b>Book Club</b>	9:00 Coffee/Conversation 10:00 <b>Light Weights and Stretching</b> 10:00 Art Your Way 10:00 <b>Pickleball</b> 12:00 <b>Maintaining a Healthy Brain</b> 1:00 Dominoes 2:00 Chair Yoga	9:00 Line Dancing 9:00 <b>GBFB Food Pickup</b> 11:00 <b>Blood Drive</b> 1:00 Hand & Foot Cards 
25	26	27	28	29
9:00 Core Strengthening 10:00 Cribbage 10:00 <b>Pickleball</b> 1:00 <b>Lazy Susan Picture Holder Craft</b> 1:30 <b>Drums Alive</b>	9:00 Coffee/Conversation 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 11:30 <b>Wellness/Exercise</b> 1:00 Mahjong 1:00 Tai Chi	9:00 Core Strengthening 10:00 Phone Class 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 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	9:00 Line Dancing 11:15 <b>Meditation</b> 11:30 <b>Disco with Kalifornia Karl</b> 1:00 Hand & Foot Cards



## 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.

## JOIN US FOR OUR TRIAD MEETING!

TRIAD is a community public safety group that focuses on older adults. The group is a joint effort between local Police and Fire Departments, the Plymouth County Sheriff and District Attorney's Offices, Wareham EMS and the Wareham COA.



The Sheriff will do a presentation on the history of the Sheriff's Office!

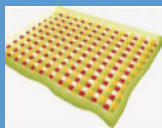
Tuesday, August 12th at 9am in the Gym

## 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.



## BOOK CLUB

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

August's book will be *Voyage of Mercy: the USS Jamestown, the Irish Famine and the Remarkable Story of America's First Humanitarian Mission* by Stephen Puleo.

For more information, contact Mary at [mcdavis1780@gmail.com](mailto:mcdavis1780@gmail.com)

Wednesday, August 20th at 2:30pm in the Movie Lounge



## 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

## 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.

Three Wednesdays to choose from:

August 6th, 13th and 27th.

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



## 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!



## 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  
 Paul & Patricia Brighton  
 Denise Campinha  
 Community Nurse Barbara Canuel  
 Bill Curtin  
 Colman Fink  
 Friends of the Wareham COA  
 Gina Grace Gallerani  
 Sally Gavoni  
 Ann Ginches  
 Jennifer Haley, Eastern Bank  
 Richard & Jane Haupt  
 Longhorn Steakhouse  
 Jennifer Pina, Family Service Association  
 Maria Pine, Community Nurse Program  
 Roberta Richard  
 Esther Roe  
 Carol Sawyer  
 Wareham Cultural Council  
 Wareham New Bedford Elks Lodge #73  
 Pam Welch  
 Irene Zambella

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



## Crafts with Donna

Donna will be back to help you create a beautiful picture holder on a Lazy Susan!

All materials will be provided.

Fee of \$12 is due at time of registration.

Monday, August 25th at 1pm

Cranberry Café

Deadline for registration is 8/18

Space is limited.



## CARD MAKING CLASS

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

Wednesday, August 20th at 9:30am in Room 428



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

Cost is \$8 per class .



## It's a No-Brainer: Simple Steps to Maintaining a Healthy Brain

Blue Cross Blue Shield of Massachusetts is offering summer wellness webinars. August's topic will discuss how cognitive decline is not inevitable as we age. Growing evidence shows that we can reduce our risk by adopting a healthy lifestyle. What's good for the body is also good for the brain. Learn how simple steps like eating specific foods and getting enough sleep can help keep your brain at its best to support cognitive health.

August 21st at 12:00pm in the Movie Room

Please call 508-291-3130 to register.

## 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!!





## AARP Foundation Tax-Aide

Looking for a Great Way to Serve Your Community?  
Tax-Aide Needs Volunteers!

Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP Foundation and funded predominantly by the IRS, the program is staffed entirely by volunteers who enjoy working together, learning new things, and serving their community. We need new volunteers at our locations across the Cape and Islands. A background in taxes is NOT required.

In addition to tax counselors who prepare tax returns, Tax-Aide needs volunteers to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. AARP membership is not required. Training starts in the fall and a Tax Aide Computer is supplied.

Want more information? Please email us at [TAVolunteer18@gmail.com](mailto:TAVolunteer18@gmail.com)

## NEWS FROM THE FRIENDS

The Friends are having a busy summer. Our Membership Drive is under way. We have many new members that have become Friends as well as many that have renewed their membership. Our goal is to reach 350 members this year.

With your help we will get there!

We still have Wareham Cooks recipe books available at the COA office. Get yours before they're gone. Many wonderful easy recipes in the book and it makes a great gift especially for your children and grandchildren.

We are currently looking for crafter vendors for our upcoming Craft Fair. It is scheduled for October 18th at the Wareham New Bedford Elks. This is our biggest fundraiser of the year, so if you are a crafter or know someone who is, think about selling crafts at the fair. Certainly, mark your calendar to attend the fair this fall. We also need volunteers to work at the fair. Contact us if you are interested.

Hope you will join us for Coffee and Chat with the Friends on Friday, August 15th in the Community Room/Gym. We are hoping this social event will become a monthly happening.



## **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, August 19th and August 26th  
Appointments are 20 minutes or longer.

**\$1 per minute.**

**Room 427**

**Call 508-291-3130 to schedule an appointment.**

## **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.

## **Free Live Music!**

### **17th Annual Onset Summer of Love Concert Series**

August 6 - Walrus Gumboot - "All Starr" Beatles Tribute

August 13 - Wut It Iz  
Playing the Best of Motown, R&B, Disco, Rock & Today's Dance Music.

August 20 - Booty Vortex - Funk and Disco, Award-Winning Keepers of the Groove.  
Funky costumes encouraged!

August 27 - Shattered  
A Wareham Favorite... Playing a Variety of Music from the 70's to today!

## **\*Free\* Seasonal Fun!**

~Discover Onset~  
A Village of Wareham, MA

### **2025 Calendar of Events**



#### **\*Onset Cape Verdean Festival\***

Saturday, August 9. Noon - 6 p.m. Rain date 8/10  
@ Lillian Gregerman Bandshell, 1 Union Ave.

#### **11th Annual Onset Chalk-Full-O-Fun Street Painting Festival**

Saturday, August 16, 9 a.m. - 4 p.m. Rain date 8/17.  
@ Lillian Gregerman Bandshell, 1 Union Ave

#### **Provincetown Carnival Parade Bus Trip**

Thursday, August 21. Bus leaves Hynes Lot at 10 a.m.  
\$45 per person. Tickets at OnsetBay.org

#### **\*Illumination Night on Onset Beach\***

Saturday, August 30, 7:30 p.m. - 9:30 p.m. Rain date 8/31

## **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**

**August 13th and August 27th**

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 - August 2025

**Tuesday, 8/5:** Roast Beef & Swiss on a Kaiser Roll

**Wednesday, 8/6:** Ham Salad on a Croissant

**Thursday, 8/7:** Egg Salad on a Croissant

**Tuesday, 8/12:** Tuna Roll

**Wednesday, 8/13:** Seafood Salad on a Hot Dog Roll

**Thursday, 8/14:** Greek Chicken Wrap

**Tuesday, 8/19:** Roast Beef & Swiss on a Kaiser Roll

**Wednesday, 8/20:** Egg Salad on a Croissant

**Thursday, 8/21:** Ham & Cheese Wrap

**Tuesday, 8/26:** Italian Chicken Salad

**Wednesday, 8/27:** Meatloaf on a Kaiser Roll

**Thursday, 8/28:** Turkey & Cheese on a Kaiser Roll

\*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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FOR MORE INFORMATION, CALL US AT: **508-291-3130**

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## WAREHAM COUNCIL ON AGING

Phone: 508-291-3130

48 Marion Road, Wareham, MA 02571

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

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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.

# FREE BLOOD

## Pressure Checks

Tuesday

August 12th

8:30am - 11:30am

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