

“Healthy and Happy Eating For All” Program Sites: Lower-Cape Cod Region

Eating Together

Community Meals/Social Opportunity

First Night Family Italian Dinner

Dinner at the Chatham United Church of Christ, part of Chatham First Night - UUC on New Year's Eve between 5:00 pm - 8:00 pm.

1st Congregational Church of Chatham-UCC in Chatham, MA

650 Main St.

Chatham

(508) 945-0800

office@chathamcongregational.org

<http://www.chathamcongregational.org>

Community Meals/Social Opportunity

Early Bird Discussion

Continental breakfast followed by speaker and discussion. Different speakers each week. Held in the vestry each Sunday in July and August at 8:15 am. No reservation necessary.

Open to anyone.

Federated Church of Orleans, MA

162 Main St.

Orleans

(508) 255-3060

fedchurch.orleans@verizon.net

<http://www.fedchurchorleans.org>

Community Meals/Social Opportunity

Men's Our Lady of The Cape Club Luncheon held at Cape Cod Regional Tech.

Yearly event in January held at Cape Cod Regional Tech. Men and their wives can come, and receive a tour of the school, and then have lunch. Call for information.

Only advertised in Church Bulletin

Cape Cod Regional Tech. High School - Culinary Dept./Our Lady of the Cape

468 Stony Brook Rd.

Brewster

(508) 385-3252

<http://www.ourladyofthecape.org/>

Congregate Meals/Nutrition Site

Orleans Council on Aging

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.

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60+

Town of Orleans, Council on Aging
150 Rock Harbor Road
Orleans
(508) 255-6333
<http://www.town.orleans.ma.us>

Congregate Meals/Nutrition Site

Cabaret

Cabaret, with lunch served on third Wednesday of each month (except July and August) at 12:00 noon with a performance prior at 11:00 am.
See Council on Aging (COA) newsletter for more information on performance group and menu. No Cabaret events in July and August.

Town of Orleans, Council on Aging (COA)
150 Rock Harbor Road
Orleans
(508) 255-6333
<http://www.orleanscouncilonaging.org>

Congregate Meals/Nutrition Site

Harwich Council on Aging

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/ sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.

60+

Town of Harwich, Council on Aging
100 Oak Street
Harwich
(508) 430-7550
bfoley@town.harwich.ma.us
<http://www.town.harwich.ma.us>

Congregate Meals/Nutrition Site

Brewster Council on Aging

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/ sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.

60+

Town of Brewster, Council on Aging
1673 Main Street

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Brewster
(508) 896-2737
bcoa@town.brewster.ma.us
<http://www.town.brewster.ma.us/>

**Congregate Meals/Nutrition Site
Chatham Council on Aging**

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/ sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.
Call for more info.

Town of Chatham, Council on Aging
193 Stony Hill Road
Chatham
(508) 945-5190
eford@chatham-ma.gov
<http://www.town.chatham.ma.us>

**Congregate Meals/Nutrition Site
Soup & Sandwich Luncheon**

Soup and sandwich luncheon served each Friday at 11:30 am. No reservations necessary. Just come, enjoy a great meal and socialize.
Open to Orleans residents over the age of 60. Non-Orleans residents are asked to join the Friends of The Orleans COA in order to attend.

Town of Orleans, Council on Aging (COA)
150 Rock Harbor Road
Orleans
(508) 255-6333
<http://www.orleanscouncilonaging.org>

**Congregate Meals/Nutrition Site
Lower Cape Lunch (LOCAL)**

LOCAL provides hot meals and opportunities for socialization for diners of all incomes. Serving each Tuesday at 12:00 noon and each Thursday at 6:00 pm. LOCAL is a group of volunteers from area congregations who provide free hot meals.
Open to everyone.

Homeless Prevention Council (HPC)
61 Canal Rd.
Orleans
(774) 722-3245
info@homelessonline.org
http://homelessonline.org/Programs_P1.php#Lower_Cape_Lunch

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Congregate Meals/Nutrition Site

Lower Cape Lunch (LOCAL)

Congregate meal. Open each Tuesday at 12:00 noon, each Thursday at 6:00 pm.

Homeless Prevention Council (HPC)

St. Joan of Arc Church

Canal Rd.

Orleans

Congregate Meals/Nutrition Site

Chatham Council on Aging (COA) Community Dinner

Community dinner at the Chatham Council on Aging (COA) on one Friday each month at 6:00 pm. Call for date and reservations. First come, first serve. It is given by the Friends of Council on Aging.

Open

Town of Chatham, Council on Aging (COA)

193 Stonyhill Road

Chatham

(508) 945-5190

Congregate Meals/Nutrition Site

LOCAL/Lower Cape Lunch

LO-CA-L Lower Cape Lunch. Served each Tuesday at 12:00 noon, and each Thursday at 6:00 pm.

LOCAL/Homeless Prevention Council (HPC)

63 Canal Road

Orleans

(508) 255-1094

Congregate Meals/Nutrition Site

Chatham Council on Aging (COA) Senior Dining

Senior dining at the Chatham Council on Aging (COA) each Tuesday and Thursday at 11:30 am. Reservations must be made one day in advance.

Age 60+

Elder Services of Cape Cod & Islands Congregate Dining Program

193 Stonyhill Road

Chatham

(508) 945-1783

no e-mail

<http://www.escci.org/>

Congregate Meals/Nutrition Site

COA - Brewster Men's Coffee Club

Call for information. Meets each Thursday at 2:00 pm-4:00 pm. They have speakers

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and presentation. Women can come on certain times. They have coffee and snacks.
Brewster Men
Town of Brewster, Council on Aging
1673 Main St.
Brewster
(508) 896-2737
<http://www.town.brewster.ma.us/>

Congregate Meals/Nutrition Site
COA/ESCCI - Congregate Dining

Two dollar (\$2) donation/subsidized congregate meals program from Elder Services of Cape Cod & Islands (ESCCI). Meals on Wheels are Monday-Friday, and so are congregate meals. BINGO before lunch starts at 10:00 am on Wednesday and Friday.

Open. Reservations required by 11:00 am the day before.
Town of Brewster, Council on Aging/Elder Services of Cape Cod and Islands (ESCCI)
1673 Main St.
Brewster
(508) 896-5070
<http://www.town.brewster.ma.us/>

Congregate Meals/Nutrition Site
COA - Dinner and Game Night

Dinner and Game Night. Periodically scheduled. People sign up to come to the COA at 5:00 p.m. to play card or board games. Charge is \$5 and you get a hot meal. Ends around 9:00 p.m.

Town of Brewster, Council on Aging
1673 Main St.
Brewster
(508) 896-2737
<http://www.town.brewster.ma.us/>

Community Meals/Social Opportunity
Lower Cape Adult Day Center

Located at the Eastham Council on Aging. The Adult Day Center provides older adults or those with disabilities, within a group setting, a variety of services in a supportive environment. This program is designed for adults who can benefit from structured activities and one-to-one attention. Services include: Adult Day Programs.

Call for information.
Town of Eastham Senior Center
1405 Nauset Road
Box 1203
North Eastham

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(508) 255-6734
easthamcoadirector@comcast.net
<http://www.eastham-ma.gov>

Community Meals/Social Opportunity

Orleans - Eastham Elks Club Friday Fish Fry

Fish fry held at Elks Lodge each Friday at 5:30 pm - 7:30 pm. There are also chicken, hot dogs, onions rings available at the fish fry. This Lodge has other holiday and seasonal food offerings for public. Cookout in summer, and a thanksgiving dinner in November. Call for more information.

Orleans - Eastham, MA Elks Club - No. 2572

10 McKoy Rd.

North Eastham

(508) 240-5826 (Lodge), (508) 255-4258 (office)

oelks@verizon.net

www.elks.org/lodges/home.cfmlodge2572

Community Meals/Social Opportunity

Weekly Fish Fry

Weekly dinner fish fry, and chowder. Each Friday, 5:30 pm - 7:30 pm.

Open to Everyone

Eastham, MA Elks

10 McKoy Rd.

Eastham

(508) 255-4258
