

EATING TOGETHER

Community Meals/Social Opportunity

Harambee--Ethnic Pot Luck Dinner

Annual celebration marking the finale of Black History Month events. Sponsored by MBL, Nat'l Marine Fisheries Service, USGS Group-Woods Hole, U.S. Geological Survey, W.H. Field Center and The W. H. Oceanographic Institute. Prepared and donated potluck, ethnic dishes (many vegetarian) with; music, crafts, program and other events. Call for date and times.

None/Open To Everyone

Woods Hole Black History Month Committee

5 North St.

Woods Hole

(508) 289-7449

lhall@mbl.edu

<http://woodshole.er.usgs.gov/outreach/whbhmc>



Community Meals/Social Opportunity

Buzzards Bay Eagles

The Buzzards Bay Eagles host Breakfast with Santa from 8 to 11 a.m., on the Sunday before Christmas at 39 Cohasset Avenue in Buzzards Bay, it is an all-you-can-eat buffet breakfast for \$7 per person.

Open to Everyone

Fraternal Order of Eagles, Buzzards Bay, MA

39 Cohasset Ave.

Buzzards Bay

(508) 759-9974

buzzardsbayeagles3471@yahoo.com

On Facebook



Community Meals/Social Opportunity

Lobster on The Lawn

Lobster roll meal with alternate choices served on the St. Barnabas Church lawn during high season. Year 2010 high season date/time to be determined.

None/Open To Everyone

St. Barnabas Episcopal Church

91 Main St.

Falmouth

(508) 548-3863

<http://www.stbarnabasfalmouth.org>



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

Community Meals/Social Opportunity

A Gathering Meal For All People

Free hot meal and food to take home. Always the second Saturday of each month, year round. From 1:00-2:30 pm. Food is fresh produce (fruit and vegetables), which come from a wholesaler.

Open

St. John's Episcopal Church

159 Main St.

Sandwich

(508) 888-4520

Community Meals/Social Opportunity

Strawberry Festival

Outdoor festival on the lawn at St. Barnabas Church, serving barbeque chicken, salads, etc. Featuring strawberry shortcake. Also book sale, other items. Open Saturday in June--date/hours vary.

None/Open To Everyone

St. Barnabas Episcopal Church

91 Main St.

Falmouth

(508) 548-3863

<http://www.stbarnabasfalmouth.org>

Community Meals/Social Opportunity

Friday Night Dinner at Boy's and Girl's Club

Mashpee Congregational Church has a team that goes in and prepares dinner at Mashpee Boy's and Girl's Club. Number varies between 100-140 children per meal. Meal is provided every Friday that is a school day. Dinner is served at 5:00 pm.

Must be enrolled in the Boys and Girls Club

Mashpee Congregational Church

(508) 477-9211

jim@mashpeeucc.org

www.mashpeeucc.org

Congregate Meals/Nutrition Site

Sandwich 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 Sandwich, Council on Aging

270 Quaker Meetinghouse Road

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

East Sandwich
(508) 888-4737
Jtimmons@townofsandwich.net
<http://www.sandwichmass.org>

Congregate Meals/Nutrition Site *Senior Dining Center*

Senior dining center offers congregate meals for any seniors/elders over 60. Meals are served Monday, Tuesday, Thursday, and Friday from 11:15-12:00. Reservations required; 24 hour advanced notice.
Elder Services of Cape Cod and the Islands
20 Toms Way
Sandwich
(508) 888-2965
<http://www.escci.org/>

Congregate Meals/Nutrition Site *Sandwich Nursing Department*

The Public Health Nurse's Office 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.
Sandwich, Town of
270 Quaker Meetinghouse Road
East Sandwich
(508) 833-8020
publicnurse@townofsandwich.net
<http://www.sandwichmass.org>

Congregate Meals/Nutrition Site *Supportive Adult Day Program*

Bridging the Years provides a structured program which aims to maximize participant functional ability and independence, while providing respite for care-givers. A typical day includes: transportation for Bourne residents; breakfast and lunch; senior specific exercise; discussion groups activities and programming . Bourne residents (transportation included): BTY will accommodate you with a sliding fee scale. Other funding sources may be available. Non-residents: Established fee, call (508) 743-3004 for details.
Bridging the Years Supportive Adult Day Program - Friends of Bourne COA
(508) 743-3004
bridgingtheyearsdirector@hotmail.com
<http://www.townofbourne.com/Departments/Community/CouncilonAging/tabid/183/Default.aspx>

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

Congregate Meals/Nutrition Site

Around the Table

Around the Table is a free food program providing lunch. Services include:
Congregate Meals/Nutrition Sites.

Around the Table

91 Main Street

Falmouth

(508) 548-4863

<http://www.stbarnabasfalmouth.org>

Congregate Meals/Nutrition Site

Falmouth 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.

60+

Town of Falmouth, Council on Aging

300 Dillingham Avenue

Falmouth

(508) 540-0196

senior@town.falmouth.ma.us

<http://www.town.falmouth.ma.us>

Congregate Meals/Nutrition Site

Elder Services of Cape Cod and the Islands

Elder Services of Cape Cod and the Islands, Inc. (ESCCI) is a community-based organization. Elder Services of Cape Cod and the Islands is the designated Area Agency on Aging and Aging Service Access Point (ASAP). ASAPs provide the following direct services: Information and Referral; interdisciplinary case management: intake, assessment, development and implementation of service plans; monitoring of service plans; and reassessment of needs; and Protective Services: investigations of abuse and neglect of elders. Provides information and services so elders may maintain their independence. Covers the 22 towns of Barnstable, Dukes, and Nantucket counties. Services include: Congregate Meals/Nutrition Sites, Home Delivered Meals, Medical Transportation, Senior Ride Programs, Personal Finances/Budget Counseling, Activities of Daily Living Assessment, Geriatric Assessment, Home Nursing, Senior Corps Volunteer Programs, Adult Respite Care, and Area Agencies on Aging.

Age 60+ for most programs; call for more information.

Elder Services of Cape and the Islands

884 County Road

PO Box 3207

Pocasset

(508) 563-5966

info@escci.org

<http://www.escci.org>

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

Congregate Meals/Nutrition Site

Friendly Kitchen

The program has been running for 20 years. Anyone can come to receive a free meal. The meal includes bread, a main entrée, a dessert and coffee. Weekly, Monday at 5:00 pm.

Open to everyone

St. Peter's Episcopal Church

165 Main St.

Buzzards Bay

(508) 759-5641

www.saintpetersbb.org

Congregate Meals/Nutrition Site

Mashpee 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 Mashpee, Council on Aging

26 Frank E. Hicks Drive

Mashpee

(508) 539-1440

coa@ci.mashpee.ma.us

<http://www.ci.mashpee.ma.us>

Congregate Meals/Nutrition Site

St. Vincent dePaul Society - Mashpee

St. Vincent de Paul Society helps the sick and needy of Mashpee, including visiting the sick at the local hospitals; offering financial assistance to needy members of the community. Service includes food pantries, congregate meals/nutrition sites, home delivered meals, mortgage payment assistance, rent payment assistance, electric bill payment assistance, gas bill payment assistance, friendly visiting and charities/foundations/funding organizations.

Call for eligibility

Parish of Christ the King

Post Office Box 1800

Mashpee

(508) 477-7710 Ext.41

Frrat@aol.com

<http://www.ChristTheKingParish.com>

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

Congregate Meals/Nutrition Site

Bourne Council on Aging

Human service department of the town which serves the issues and needs of seniors, 60 and over, or families with senior issues. The Council on Aging offers a range of services, programs, and activities. Some of the services and referrals provided are: Assessment and Evaluation, Assistance in Your Home, Care Planning, House Options, Nursing Homes, Respite Care, Medical Services, Transportation, Public Benefits Counseling, Recreational Activities, Volunteer Opportunities, SHINE (Serving Health Information Needs of Elders). Also provides AARP tax aide program sites and VITA programs.

Call for more info.

Town of Bourne, Council on Aging

Bourne Veterans Memorial Community Center

239 Main Street

Buzzards Bay

(508) 759-0654

<http://www.townofbourne.com>



Program-Specific Snacks/Lunches/Meal

Visiting Nurses Assn. Tradewinds Adult Day Health Center

Tradewinds Adult Day Health Center provides a snack and hot lunch to program participants. Hours: 8:30 am - 2:45 pm. Also has Seabreeze Day Health Center. Day Health Program, must be enrolled. Persons must contact VNA or be referred by their physician. People must spend a minimum of 2 days a week program. Prior registration required.

Visiting Nurses Assn. Tradewinds Adult Day Health Center

290 Rt. 130

Sandwich

(508) 833-0223

ptrempelas@vnacapecod.org

www.vnacapecod.org

