

VNA of Cape Cod Public Health and Wellness

Lower and Outer Cape Programs

May 2026

Location	Program	Day, Date(s), Time			To Register
Brewster Senior Center	Neuro Go	Tuesdays	5/12/26- 6/16/26	2:30pm- 3:30pm	(508) 957- 7423
Chatham Center for Active Living	Blood Pressure and Wellness Clinic	Thursdays	ongoing weekly	9am- 10am	Walk In
Chatham Community Center	Strong at Heart	Thursdays	4/9/26- 5/28/26	10:45am- 11:45am	(508) 957- 7423
Chatham Center for Active Living	Ticks on the Cape Presentation	Monday	5/4/2026	1pm- 2pm	(508) 945- 5190
Dennis Public Library	Blood Pressure and Wellness Clinic	Third Wednesday	ongoing monthly	11:15am- 12:15pm	Walk In
Dennis Center for Active Living	Exercise as We Age Presentation	Tuesday	5/12/2026	1pm- 2pm	Walk In
Dennis Center for Active Living	Stroke Awareness and Prevention Presentation	Tuesday	5/19/2026	1pm- 2pm	Walk In
Dennis Center for Active Living	Fall Prevention Presentation	Tuesday	5/26/2026	1pm- 2pm	Walk In
Eastham Senior Center	Ask-a-Dietitian Clinic	Third Thursday	ongoing monthly	10am- 11:30am	Walk In
Eastham: Cape Cod National Seashore	Nordic Walking	Fridays	4/24/26- 5/29/26	10am- 11am	(508) 957- 7423
Harwich: Various Locations	Nordic Walking	Mondays	4/27/26- 6/8/26	10am- 11am	(508) 957- 7423
Orleans Senior Center	Arthritis Exercise	Fridays	5/8/26- 6/12/26	1:30pm- 2:30pm	(508) 957- 7423
Provincetown Veterans Memorial Community Center	Blood Pressure and Wellness Clinic	Second Tuesday	ongoing monthly	10am- 12pm	Walk In
Provincetown Veterans Memorial Community Center	Depression Screenings	Fridays	5/1/2026	9:30am- 11:30am	(508) 487- 7080
Provincetown Veterans Memorial Community Center	Strong at Heart	Thursdays	5/14/26- 6/18/26	1:30pm- 2:30pm	(508) 957- 7423
Provincetown Veterans Memorial Community Center	Stepping Stones to Fitness	Wednesdays	5/27/26- 7/1/26	1:30pm- 2:30pm	(508) 957- 7423
Wellfleet Adult Community Center	Depression Screenings	First Thursday	ongoing monthly	11:30am- 12:30pm	(508) 957- 7423
Wellfleet Adult Community Center	Nordic Walking	Friday	4/24/26- 5/29/26	1pm- 2pm	(508) 957- 7423



Scan the QR code to check out the latest updates from Homecare, Hospice, and Public Health and Wellness in the VNA of Cape Cod's quarterly newsletter, **the Visitor**.

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**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member
Cape Cod Healthcare

Celebrating 110 years of homecare, hospice, and public health on Cape Cod

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10a- 11a Nordic Walking, Harwich* April 27	1p- 2:30p Paving the Path to Wellness, Dennis CAL** April 28	*VNA registration required (508) 957- 7423 **Town registration required April 29	9a- 10a BP Clinic, Chatham CAL 10:45a- 11:45a Strong at Heart, Chatham CC* 1:30p- 2:30p Strong at Heart, Ptown Adult CC* April 30	9:30a- 11:30a Depression Screenings, Ptown Adult CC** 10a- 11a Nordic Walking, Eastham* 1p- 2p Nordic Walking, Wellfleet* May 1
10a- 11a Nordic Walking, Harwich* 1p- 2p Ticks Pres, Chatham CAL** 4	1p- 2:30p Paving the Path to Wellness, Dennis CAL** 5	scan to view our quarterly newsletter, the VNA Visitor!  6	9a- 10a BP Clinic, Chatham CAL 10:45a- 11:45a Strong at Heart, Chatham CC* 11:30a- 12:30p Depression Screenings, Wellfleet Adult CC** 7	10a- 11a Nordic Walking, Eastham* 1p- 2p Nordic Walking, Wellfleet* 1:30p- 2:30p Arthritis Exercise, Orleans COA* 8
10a- 11a Nordic Walking, Harwich* 11	10a- 12p Blood Pressure Clinic, Provincetown ACC 1p- 2p Exercise As We Age Pres, Dennis CAL** 12 2:30p- 3:30p Neuro Go, Brewster COA*	13	9a- 10a BP Clinic, Chatham CAL 10:45a- 11:45a Strong at Heart, Chatham CC* 1:30p- 2:30p Strong at Heart, Ptown Adult CC* 14	10a- 11a Nordic Walking, Eastham* 1p- 2p Nordic Walking, Wellfleet* 1:30p- 2:30p Arthritis Exercise, Orleans COA* 15
9:30a- 12:30p Child Vax Clinic, Dennis VNA* 10a- 11a Nordic Walking, Harwich* 18	1p- 2:30p Stroke Awareness/Prevention Pres, Dennis CAL** 2:30p- 3:30p Neuro Go, Brewster COA* 19	11:15a- 12:15p BP Clinic, Dennis Public Library 20	9a- 10a BP Clinic, Chatham CAL 10a- 11a Ask a Dietitian, Eastham COA 10:45a- 11:45a Strong at Heart, Chatham CC* 1:30p- 2:30p Strong at Heart, Ptown Adult CC* 21	10a- 11a Nordic Walking, Eastham* 1p- 2p, Nordic Walking, Wellfleet* 1:30p- 2:30p Arthritis Exercise, Orleans COA* 22
MEMORIAL DAY  25	1p- 2p Fall Prevention Pres, Dennis CAL** 2:30p- 3:30p Neuro Go, Brewster COA* 26	1:30p- 2:30p Stepping Stones to Fitness, Ptown Adult CC* 27	9a- 10a BP Clinic, Chatham CAL 10:45a- 11:45a Strong at Heart, Chatham CC* 1:30p- 2:30p Strong at Heart, Ptown Adult CC* 28	10a- 11a Nordic Walking, Eastham* 1p- 2p, Nordic Walking, Wellfleet* 1:30p- 2:30p Arthritis Exercise, Orleans COA* 29

VNA of Cape Cod Public Health and Wellness

Mid and Upper Cape Programs

May 2026

Location	Program	Day, Date(s), Time			To Register:
Barnstable Adult Community Center	Blood Pressure and Wellness Clinic	Third Tuesday	ongoing monthly	9am- 11am	myactivecenter.com
Barnstable: A Baby Center	Maternal Child Health Open Clinic	First Tuesday	ongoing monthly	10am- 12pm	Walk In
Bourne Veteran's Memorial Community Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	9am- 10:15am	Walk In
Bourne Veteran's Memorial Community Center	Men's Fitness	Mondays	4/6/26- 6/8/26	9am- 10am	(508) 957- 7423
Bourne Veteran's Memorial Community Center	Strong at Heart	Mondays	4/6/26- 6/8/26	10:30am- 11:30am	(508) 957- 7423
Bourne: Cape Cod Canal	Stroll the Cape Family Walking Group	Tuesdays	4/7/26- 6/2/26	10am- 11am	bournelibrary.org
Falmouth Senior Center	Strong at Heart	Mondays	5/4/26- 6/29/26	2:30pm- 3:30pm	(508) 957- 7423
Falmouth Senior Center	Neuro Go	Wednesdays	5/4/26- 6/24/26	2:30pm- 3:30pm	(508) 957- 7423
Falmouth Senior Center	Cholesterol Screenings	Wednesday	5/6/2026	2pm- 3pm	(508) 540- 0196
Falmouth: Shining Sea Bike Path	Senior Walking Group	Wednesdays	5/6/26- 6/24/26	10am- 11am	(508) 957- 7423
Falmouth Senior Center	Lifestyle Medicine Presentation	Monday	5/11/2026	2pm- 3pm	(508) 540- 0196
Falmouth: Atria Woodbriar Park Pool	Aquatic Conditioning	Mondays	5/11/26- 6/22/26	1pm- 2pm	(508) 957- 7423
Falmouth Senior Center	Cholesterol Screenings	Wednesday	6/3/2026	2pm- 3pm	(508) 540- 0196
Mashpee: Various Locations	Nordic Walking	Thursdays	4/23/26- 5/28/26	10am- 11am	(508) 957- 7423
Sandwich Center for Active Living	Blood Pressure and Wellness Clinic	Second and Fourth Thursday	ongoing monthly	9am- 10:30am	(508) 888- 4737
Sandwich Center for Active Living	Child Immunization Clinic	First Monday	ongoing monthly	1pm- 4pm	(508) 957- 7423
Sandwich: Various Locations	Nordic Walking	Mondays	4/27/26- 6/8/26	1pm- 2pm	(508) 957- 7423
Sandwich Center for Active Living	Strong at Heart	Fridays	5/8/26- 6/12/26	8am- 9am	(508) 957- 7423
Sandwich Center for Active Living	Men's Fitness	Fridays	5/8/26- 6/12/26	9:15am- 10:15am	(508) 957- 7423



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*VNA registration required (508) 957- 7423</p> <p>**Town registration required</p> <p>April 27</p>	<p>9a- 10a Mens Fitness, Barnstable ACC*</p> <p>10a- 11a Stroll the Cape with Bourne Library, Cape Cod Canal**</p> <p>April 28</p>	<p>9a- 10:15a BP Clinic, Bourne CC</p> <p>11a- 12p Ticks Presentation, Sandwich CAL**</p> <p>1p- 2: BP Clinic, Falmouth COA**</p> <p>April 29</p>	<p>10a- 11a Nordic Walking, Mashpee*</p> <p>April 30</p>	<p>scan to view our quarterly newsletter, the VNA Visitor!</p>  <p>May 1</p>
<p>9a- 10a Mens Fitness, Bourne COA*</p> <p>10:30a- 11:30a Strong at Heart, Bourne COA*</p> <p>1p- 4p Child Vax Clinic, Sandwich CAL*</p> <p>1p- 2p Nordic Walking, Sandwich*</p> <p>4 2:30p- 3:30p Strong at Heart, Falmouth COA*</p>	<p>10a- 11a Stroll the Cape with Bourne Library, Cape Cod Canal**</p> <p>10a- 12p Maternal Child Health Clinic, ABC Hyannis</p> <p>5</p>	<p>9a- 10:15a BP Clinic, Bourne CC</p> <p>10a- 11a Senior Walking Group, Falmouth*</p> <p>1p- 2p BP Clinic, Falmouth COA**</p> <p>2p- 3p Cholesterol Clinic, Falmouth COA**</p> <p>6 2:30p- 3:30p Neuro Go, Falmouth COA*</p>	<p>10a- 11a, Nordic Walking, Mashpee*</p> <p>7</p>	<p>8a- 9a Strong at Heart, Sandwich CAL*</p> <p>9:15a- 10:15a Mens Fitness, Sandwich CAL*</p> <p>8</p>
<p>9a- 10a Mens Fitness, Bourne COA*</p> <p>10:30a- 11:30a Strong at Heart, Bourne COA*</p> <p>1p- 2p Aquatic Conditioning, Atria*</p> <p>1p- 2p Nordic Walking, Sandwich*</p> <p>2p- 3pm Lifestyle Medicine Pres, Atria</p> <p>11 2:30p- 3:30p Strong at Heart, Falmouth COA*</p>	<p>10a- 11a Stroll the Cape with Bourne Library, Cape Cod Canal**</p> <p>12</p>	<p>9a- 10:15a BP Clinic, Bourne CC</p> <p>10a- 11a Senior Walking Group, Falmouth*</p> <p>1p- 2p BP Clinic, Falmouth COA**</p> <p>13 2:30p- 3:30p Neuro Go, Falmouth COA*</p>	<p>9a- 10:30a BP Clinic, Sandwich CAL**</p> <p>10a- 11a Nordic Walking, Mashpee*</p> <p>14</p>	<p>8a- 9a Strong at Heart, Sandwich CAL*</p> <p>9:15a- 10:15a Mens Fitness, Sandwich CAL*</p> <p>15</p>
<p>9a- 10a Mens Fitness, Bourne COA*</p> <p>10:30a- 11:30a Strong at Heart, Bourne COA*</p> <p>1p- 2p Aquatic Conditioning, Atria*</p> <p>1p- 2p Nordic Walking, Sandwich*</p> <p>18 2:30p- 3:30p Strong at Heart, Falmouth COA*</p>	<p>9a- 11a BP Clinic, Barnstable Adult CC</p> <p>10a- 11a Stroll the Cape with Bourne Library, Cape Cod Canal**</p> <p>19</p>	<p>9a- 10:15a BP Clinic, Bourne CC</p> <p>10a- 11a Senior Walking Group, Falmouth*</p> <p>1p- 2p BP Clinic, Falmouth COA**</p> <p>20 2:30p- 3:30p Neuro Go, Falmouth COA*</p>	<p>10a- 11a Nordic Walking, Mashpee*</p> <p>21</p>	<p>8a- 9a Strong at Heart, Sandwich CAL*</p> <p>9:15a- 10:15a Mens Fitness, Sandwich CAL*</p> <p>22</p>
<p>MEMORIAL DAY</p>  <p>25</p>	<p>10a- 11a Stroll the Cape with Bourne Library, Cape Cod Canal**</p> <p>26</p>	<p>9a- 10:15a BP Clinic, Bourne CC</p> <p>10a- 11a Senior Walking Group, Falmouth*</p> <p>1p- 2: BP Clinic, Falmouth COA**</p> <p>27 2:30p- 3:30p Neuro Go, Falmouth COA*</p>	<p>9a- 10:30a BP Clinic, Sandwich CAL**</p> <p>10a- 11a Nordic Walking, Mashpee*</p> <p>28</p>	<p>8a- 9a Strong at Heart, Sandwich CAL*</p> <p>9:15a- 10:15a Mens Fitness, Sandwich CAL*</p> <p>29</p>