

8/22/2022



VISITING NURSE ASSOCIATION  
OF CAPE COD  
Member Cape Cod Healthcare

## VNA of Cape Cod Public Health and Wellness Mid and Upper Cape Scheduled Programming

Location	Program	Day, Date(s), Time		
Bourne Veteran's Memorial Community Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	9:30am- 10:30am
Bourne Veteran's Memorial Community Center	Mens Fitness	Tuesdays	9/13/22- 10/18/22	9am- 10am
Bourne Veteran's Memorial Community Center	Skin Cancer Screenings	Thursday	9/22/2022	9am- 11am
Bourne Veteran's Memorial Community Center	Hydration Presentation	Wednesday	9/28/2022	10am- 11am
Bourne Veteran's Memorial Community Center	Bone Mineral Density Clinic	Wednesday	10/5/2022	9:30am- 11:30am
Bourne Veteran's Memorial Community Center	Fall Prevention Presentation	Wednesday	10/26/2022	10am- 11am
Shining Sea Bike Path, Falmouth COA	Walking Group	Tuesdays and Thursdays	9/13/22- 11/3/22	11am- 12pm
Falmouth Senior Center	Neuro GO!	Wednesdays	9/14/22- 11/3/22	2:30pm- 3:30pm
Falmouth Senior Center	Group Health Coaching	Fridays	9/23/22- 11/4/22	10am- 11:30am
Falmouth Senior Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	1pm- 2:30pm
Mashpee Senior Center	Blood Pressure and Wellness Clinic	Second Monday	ongoing monthly	9:30am- 10:30am
Sandwich Council on Aging	Strong at Heart	Fridays	9/9/22- 10/14/22	8:45am- 9:45am
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm
Yarmouth Senior Center	Fit & Strong!	Tuesdays and Thursdays	7/5/22- 9/22/22	1pm- 2:30pm

Registration is required for all exercise programs through the VNA of Cape Cod  
Call **(508) 957- 7423** to register. Application includes:

- 1. Participant Information Form:** demographic information and emergency contact filled out by the participant
- 2. Medical Clearance Form:** information about the specific program that the health care provider signs

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**VNA of Cape Cod  
Public Health and Wellness Division  
Lower and Outer Cape Scheduled Programming**

Location	Program	Day, Date(s), Time		
Brewster Council on Aging	Stepping Stones to Fitness	Mondays	9/12/22- 10/24/22	1pm- 2pm
Chatham Council on Aging	Blood Pressure and Wellness Clinic	Thursdays	ongoing weekly starting 8/4/22	9am- 10am
Chatham Community Center	Stepping Stones to Fitness	Thursdays	9/15/22- 10/27/22	10:30am- 11:30am
Dennis Public Library, Dennisport	Arthritis Exercise Program	Fridays	8/12/22- 9/23/22	11am- 12pm
Dennis Center for Active Living	Mens Fitness	Fridays	10/7/22- 11/18/22	11:30am- 12:30am
Eastham Senior Center	Fit & Strong!	Wednesdays and Fridays	9/9/22- 12/9/22	1:30pm- 3pm
Orleans Senior Center	Arthritis Exercise Program	Mondays	9/12/22- 10/24/22	10am- 11am
Orleans Senior Center	Bone Mineral Density Clinic	Mondays	9/19/2022	1pm- 4pm
Orleans Senior Center	Skin Cancer Screenings	Thursday	10/27/2022	9am- 11am
Provincetown Veterans Memorial Community Center	Blood Pressure and Wellness Clinic	second Tuesday	ongoing monthly starting 9/13/22	10am- 11am
Provincetown Veterans Memorial Community Center	Mens Fitness	Thursdays	9/8/22- 10/20/22	1pm- 2pm
Truro Senior Center	Exercise as We Age Presentation	Wednesday	9/28/2022	10:30am- 11:30am
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm
Yarmouth Senior Center	Fit & Strong!	Tuesdays and Thursdays	7/5/22- 9/22/22	1pm- 2:30pm

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