MASHPEE RECREATION





WINTER 2026 BROCHURE

520 Main St, Mashpee |508-539-1416 www.mashpeerec.com

Recreation Department Staff Directory Contact us - PHONE - (508) 539-1416

Mashpee Recreation Dept. Staff Contacts

Mary K. Bradbury, Director mbradbury@mashpeema.gov Kristine Foster, Assistant Director kfoster@mashpeema.gov Yemi Jolaosa, Administrative Secretary ijolaosa@mashpeema.gov Lissa Ploszay, Administrative Secretary eploszay@mashpeema.gov Chastaty Murphy, Administrative Assistant cmurphy@mashpeema.gov

Kids Klub Childcare Center Contacts

Ashley Cunha, Child Care Coordinator acunha@mashpeema.gov (508) 539-9361

Helpful Phone Numbers

Kids Klub Childcare Center - (508) 539-9361 Before/After School Program (KCC) - (774) 326-3083 Quashnet After School Program (QS) - (774) 836-0642 Mashpee Chamber of Commerce - (508) 477-0792 Mashpee Senior Center - (508) 539-1440 Mashpee Department of Public Works - (508) 539-1420 Building/Field Use Scheduler - (508) 539-1420 Mashpee Town Hall - (508) 539-1400

Follow Mashpee Recreation on Social Media to stay up to date on programs & activities!

Facebook: Mashpee Recreation

Instagram: Mashpeerec



ONLINE REGISTRATION

Mashpee Recreation Department provides online program registration. You will need a username and password in order to utilize the online registration system. *If you receive a message saying "The phone number you provided already exists"*, please call the Recreation Office during regular office hours (Monday - Friday, 8:30am - 4:30pm) to receive your username and password, (508) 539-1416.

Traditional Registration - download a form at www.mashpeerec.com, go to General Info., Dept. Info., then forms



WALK IN Recreation Office 520 Main St. Monday - Friday 8:30am - 4:30pm



BY FAX (508) 419-1161 Use your MC/Visa Or Discover



BY MAIL
To Recreation Dept.
520 Main St.
Mashpee
MA 02649

COURSE CONFIRMATION

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by calling the Recreation Department, 508-539-1416. If a class does not meet the minimum number of participant requirements, it will be cancelled and you will be notified. Otherwise, please plan on attending.

MAKE-UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants inability to attend.

SWITCHING/CHANGING CLASSES

You may switch a session/date up to 3 business days prior to class. If changing less than 3 business days prior to the start of the class, you will be assessed a \$10 processing fee.

PARTICIPANT PHOTOGRAGH POLICY

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.

REFUNDS

FULL REFUND FOR A CANCELLED CLASS BY THE RECREATION DEPT. (If class is canceled due to weather we will make

every attempt for a make up class but a full refund is not guaranteed)

PROGRAMS CANCELLED BY PARTICIPANT

You may withdraw from a class up to 3 business days in advance of the starting date of that program and receive a refund minus a \$10 processing fee. No refunds will be given after this date (3 business days prior to the program).

PAYMENT

Non Residents add \$10 per course.

By check, payable to: Town of Mashpee, Cash, Visa, MasterCard or Discover.

MASHPEE RESIDENT PREFERENCE

Town of Mashpee residents will be given preference for all Mashpee Recreation programs. Program registration will be open to non-residents one week after program registration becomes available.

AGE POLICY

Children must be the proper age on the FIRST DAY of class.

NON-RESIDENT DISCOUNT PASS

Mashpee Recreation offers a Non-Resident Discount Pass for households enrolling in our programs and events. With a paid \$50 Annual Membership (valid one year from date of purchase), Non-Resident participants pay the reduced rate offered to residents only. You may purchase your membership online or call (508) 539-1416 to access your discount pass today!

Occasional errors in days, times, registration requirements and fees may occur from time to time. We apologize for any errors in the brochure. Thank you for your patience and understanding when these situations occur.



EXTENDED DAY PROGRAM

Mashpee Recreation's Extended Day (Before and After School Care) Program is licensed by the Commonwealth of Massachusetts Department of Early Education and Care. We provide a safe, semi-structured, supervised, and nurturing environment for your child. Through free play, arts & crafts, recreational activities, and occasional field trips, your child will have the opportunity to be creative and form new friendships.

Before School Care

Grades K - 6

K-2 Drop Off: K.C. Coombs Cafeteria **3-6 Drop Off:** Quashnet School Cafeteria

Hours: 7:30am - school begins

Tuition/Fees:

2 days per week - \$85.00 / month 3 days per week - \$130.00 / month 4 days per week - \$175.00 / month 5 days per week - \$215.00 / month

Registration fee: \$35 non-refundable



After School Care

Grades K - 2: K.C. Coombs Cafeteria **Grades** 3 - 6: Quashnet School Cafeteria

Hours: Afterschool - 5:30pm

Tuition/Fees

2 days per week - \$110.00 / month

3 days per week - \$150.00 / month

4 days per week - \$200.00 / month

5 days per week - \$250.00 / month

Registration fee: \$35 non-refundable

(If a child is enrolled in both the Before AND After School programs, the maximum registration fee is \$35 for both programs)

A minimum 2 day enrollment is required for each program. The program follows the Mashpee School Calendar and will be in session every day while school is in session. For early dismissal days, the After School Care program runs from the end of school until 5:30 p.m. Mashpee Recreation runs a separate "Vacation Club" program for certain holidays and/or teacher professional development days. A separate registration is required for that program.

A completed Before/After School Care registration packet, current photo, fee and in-person meeting to review your child's application must be received prior to your child attending. Please contact the recreation department for availability and an application, (508) 539-1416.

KIDS KLUB PRESCHOOL & CHILDCARE CENTER

The Kids Klub Childcare Center provides a safe, fun, affordable, not-for-profit preschool and daycare program for the benefit of the community. It is owned and operated by the Town of Mashpee Recreation Department. Through classroom activities, field trips, special projects and recreation time, your child will have the opportunity to be creative, challenged, form new friendships and learn social skills in a semi-structured, supervised, and nurturing atmosphere. We are accredited by the National Association for the Education of Young Children (NAEYC) and licensed by the Commonwealth of Massachusetts Department of Early Education and Care. Located at 501 Great Neck Rd. North.

DAYCARE (paid weekly)

Daycare payments are due on the first day of each week.

Preschool + Daycare – full day program (ages 2.9 – 6)

(\$53 per day, 2 day minimum) 8:00am - 5:00pm Year-round

2 days a week: \$106/week 3 days a week: \$159/week 4 days a week: \$212/week 5 days a week: \$265/week

Registration fee: \$75 non-refundable (includes field trips and special

events)

Toddler Daycare (ages 15 mo. to 2.9 years)

(\$58 per day, 2 day minimum) 8:00am - 5:00pm Year-round

2 days a week: \$126/week 3 days a week: \$189/week 4 days a week: \$252/week 5 days a week: \$315/week

Registration fee: \$75 non-refundable (includes field trips and special events)

A registration form, medical/immunization records and a photo are required prior to admission.

Please call for availability (508) 539-9361.





Mashpee Recreation Summer Camp 2026

Registration Opens Monday March 9th!

DATES:

Voyager Camp (Grades 1 & 2)

Adventure Camp (Grades 3 & 4)

Explorer Camp (Grades 5 & 6)

Navigator Camp (Grade 7 & 8)

CIT Camp (Grades 8 & 9)

(Tentative Dates)

Ses. #1 - June 22 - June 26 Ses. #2 - June 29 - July 3 Ses. #3 - July 6- 10 Ses. #4 - July 13 - 17 Ses. #4 - August 10 - 14

Pricing: \$195/week Regular Day 8:30am - 4:30pm

\$45/week Extended Day Add On (7:30-8:30am/ 4:30pm-5:30pm (*includes both morning and afternoon)

\$50/week deposit (amount applied to balance)

Payments for weeks 1-5 are due by June 19th Payments for week 6-8 are due by July 21st

SPECIAL EVENTS

Annual "Freeze the Day" Polar Plunge:

Mashpee Recreation and Naukabout Brewery are teaming up to help raise funds for the Kiwanis Club of Mashpee. Your \$25.00 donation supports The Kiwanis Club of Mashpee; a local service organization that focuses on helping the children of our community throughout the year.

When: January 1st Time: 11:00AM

Where: Mashpee Wakeby Pond

Cost: \$25.00

Register: www.mashpeerec.com or day of at

Naukabout Brewery at 10am



Sweetheart Dance

For Parents, grandparents, aunt/uncles & girls & boys ages 5 - 12.

Parents, grandparents, aunts and uncles get your little sweetheart and join us at the Council on Aging for our Sweetheart dance! The Sweetheart Dance will give families with kids an evening of fun memories, so slip on your dancing shoes and dress up for a night out! Deadline for registration Jan 31st or until full.

Location: Council on Aging

Day	Time	Date	Fee
F	6:30 - 8:30pm	Feb. 6th	\$25

Easter Egg Hunt

For children ages 2 - 10. Come join Mashpee Recreation Dept. for our Annual Easter Egg Hunt! Bring your basket, gather eggs and have your photo taken with the Easter Bunny! This event is Free!

Location: Quashnet School

Day	Time	Date
Sat.	10:00am	March 28th



Rhiannon McCuish Woodland Walk/Run 5k

Proceeds benefit Mashpee Recreation's Camp Scholarship Program for Local Families. Online Pre-Registration: Highly recommended!

Race Day Registration: Race day registration begins at 8:30AM at Heritage Park and ends at 9:30AM. Cash and check is only accepted as payment on race day!

Ages: Open to runners of all ages Race Location: Heritage Park

Day	Time	Date
Sun.	10:00am	May 24th



YOUTH PROGRAMS

Mad Science

Instructor: Mad Science

Grades K - 2

This hands-on after school program explores science as we interact with it every day! Investigate chemistry and the properties of the air and water that blanket the Earth. Have some fun debunking magic with science! This is a program with hands-on activities, stunning demonstrations and inquiry-based discussions. Topics will include: Under Pressure, Che-mystery, "Current" Events, "Fun"-damental Forces, Science of Magic & Fantastic Flyers.

Location: KC Coombs 6 weeks Min/Max: 10/20

Grade(s)	Day	Time	Date
K - 2	Thursday	3:45 - 4:45pm	Jan 8th-Feb 12th

R-\$95 NR-\$105

Kids Test Kitchen

Instructor: Kids Test Kitchen

Grades 3-6

Parents report that kids come home from Kids' Test Kitchen EXCITED about fresh ingredients and new recipes! Reluctant eaters learn that food is safe and fun! Participants practices essential life skills like teamwork, time management, patience, along with the obvious skills like slicing, measuring, and cooking! On a mission to redefine "kid food"; Kids' Test Kitchen's enthusiastic Facilitators get eaters of all ages , abilities, cooking, tasting, and thinking about healthy ingredients!

Location: Quashnet School

6 weeks Min/Max: 8/12

Grade(s)	Day	Time	Date
3-6	Th	4:00 - 5:00pm	Jan 8th-Feb 12th
\$185 R/\$19	5 NR	•	

Kid Fit with CrossFit Cape Cod

For ages 5-10

Instructor: CrossFit Cape Cod

FIT Kids classes are not just about exercise; they're about having fun while moving. We incorporate age-appropriate workouts that are engaging, exciting, and tailored to the energy levels of your child. Each class starts with a dynamic warm-up, followed by skill-building exercises, then a workout, and ending with a fun game.

Classes are Wednesdays and Fridays 4:30PM-5:30PM

6 Class option or 12 Class Option

Duration	Date(s)	Fee_
6 Classes	Jan 5th-Feb 16th	\$70 R/ \$80 NR
12 Classes	Jan 5th-Feb 16th	\$130 R/ \$140 NR

Futsal with Brazilian United

Coach: Brazilian United Soccer Academy Ages 3–9

Futsal is a FUN fast-paced sport that will hone the key qualities of a soccer player better than any other indoor format and these benefits are transferable to the outside game. It is a modified form of soccer that is played with five players per team and it is typically played indoors. Futsal is played with a smaller, harder, low-bounce ball than soccer. The surface, ball and rules together favor ball control and passing in small spaces. It's a great soccer alternative played in the off-season!

Location: KCC School Min/Max: 10/20

Day	Time	Dates	Ages	Fee
M	3:45-4:30pm	Jan 5 - Feb23	3-5	\$102 R/ \$112 NR
M	4:30-5:30p.	Jan 5- Feb 23	6-10	\$102 R / \$112 NR
S	11:15am -12:15pm	Jan 17-Feb 21	10-14	\$110 R / \$120 NR



Youth Volleyball Introductory Skill Program

Instructor: Kelly Farwell

Our Introductory Volleyball Skills Program is designed to introduce young athletes to the fundamentals of volleyball in a fun, supportive, and developmentally appropriate environment. This program focuses on building confidence, coordination, and a love for the game while teaching essential skills such as passing, serving, setting, and movement on the court. Led by an experienced coach with a passion for youth development, players will participate in a variety of engaging drills, team-building activities, and modified game play designed for beginners. Emphasis is placed on teamwork, sportsmanship, and skill progression to ensure all participants feel successful and encouraged. Whether your child is brand new to the sport or looking to build a solid foundation, this program provides the perfect introduction to the world of volleyball!

No Class 2/2, 2/16, 3/2, 2/20

Location: Quashnet School 6 weeks Min/Max: 10/15

Grade	Day	Time	Date(s)	Fee
3-4	M	3:45-4:45P	Jan 26-Mar 23	\$65 R/ \$75.NR
5-6	F	3:45-4:45P	Jan 23-Mar 13	\$65 R/ \$75.NR



Horseback Riding School

Open to boys and girls ages 5 & up. Instructor: Robin Blakeman and Staff

Maushop Equestrian Center will provide a fun and educational riding school that provides children the unique opportunity to participate in this equestrian activity. This course will teach the basics of horsemanship and all levels of riders are welcome. We'll tailor the instruction to your ability. English and Western saddle instruction. Safety equipment is furnished. Three day or four day per week sessions are available, see dates listed below. Non-residents add \$10.

Location: Maushop Equestrian Center

Day	Time	Dates	Fee
T, W & TH	9:00AM-12:00PM	Feb. 17- Feb. 19	\$165
T, W, TH	9:00AM-12:00PM	Apr. 20- Apr. 22	\$165



Hip Hop Dance with Harper Dancer Center

Open grades 3-6

Instructor: Harper Dance Center

In this classes dancers will learn Hip Hop terminology and skills. Dancers will develop coordination and musicality through fun choreography. Dancers will learn discipline and build confidence.

Location: KC Coombs Gym

Day	Time	Dates	Fee
W	4:30PM-5:30PM	Jan 7- Feb. 11	\$65 R/ \$75 NR



Tennis Lessons

Instructor: Kathryn Olson, USPTA Certified teaching professional For students in grades PK - HS

Tennis is a wonderful sport for a lifetime! Getting solid fundamentals as a youngster builds the strokes into our muscle memory, develops footwork that cross-trains for all sports and finely tunes hand/eye coordination.

More advanced players will be grouped together.

NOTE: students should wear tennis shoes or sneakers and bring a tennis racquet, snack and a drink.

Dates TBA per instructor availability.

Sunday Baseball Clinic

Head Coach: Dan Patenaude Open to players in grades 6 - 12.

The clinic will give students the opportunity to improve their hitting, throwing & fielding inside during the winter. The coaches will instruct on the fundamentals of the game of baseball with personalized hitting instruction. Participants are to have their own glove and proper athletic clothing. Participants are encouraged to bring their own bat.

Location: Mashpee M/HS 8 sessions + 1 make-up week Min/Max: 20/50

Day	Time	Dates
Sun.	1:15 - 3:45pm	Jan.4th- March 8th
(no progr	am on 2/16)	

Fee: R \$125, NR \$135



Chemical Creations-Minds and Motions

Instructor: Minds and Motions For students in grades K-2

Come experience a hands-on world of fun as you conduct a variety of scientific experiments! You will work on and take home your very own Chemistry Lab Kit, enabling you to complete many activities! Learn and discover many different scientific concepts in an entertaining and innovative approach. You will be trained to work like a real scientist in the lab. You will also make and take home some cool chemical creations! Learn all about energy and molecules, create a crazy bouncy glob from glue, and some scary green slime! Make your very own UV bracelet and watch it react to the sun. You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

Day	Time	Dates
M	4:00pm-5:00pm	Mar 9th- April 13th

Fee: R \$140, NR \$150

ADULT PROGRAMS

Pickleball Lessons

Instructor Straight Up Pickleball

Mashpee Rec pickleball lessons on January 5th will be taught by Straight-Up Pickleball coaches and founders, Laura and Karl Uggerholt. Straight-Up is offering three lesson options, covering all skill levels from beginners through experienced players. Karl and Laura are excited to work with students during this one-time winter lesson option, sharing what they know about a sport they love with great people!

Location: KC Coombs Gym, 152 Old Barnstable Rd. Min/Max: 6/10

Level	Times	Days	Dates	Fee
Dynamic Skills Clinic	1:45—3:15pm	Fri	Jan. 2	R \$55
Play with Coaches	3:30 - 4:30pm	Fri	Jan. 2	R \$30
Beginner Clinic	4:45—7:15pm	Fri	Jan 2	R \$40

Open Play Pickleball

For new players, who have taken a beginner class & intermediate/advanced. Come weekly for game play! Beginners held Monday nights at KC Cooombs from 6-8pm. Beginner/intermediate are on Tuesdays and Intermediate/Advanced held on Monday, Wednesday and Thursday nights at Quashnet School from 7-9pm. Go to www.mashpeerec.com to register! No drop-ins allowed, preregistration is required to play.

Please visit mashpeerec.com for times/dates and fees



Adult Co-Ed Basketball, Over 30

Open to men and women age 30+.

Join us for a fun, non-competitive night of hoops!

Location: Quashnet School Gym Length: 11weeks Min: 12

Days	Time	Dates	Fee
F	6:30 - 8:30pm	Jan. 9– March 6	R \$55

(Exclusion: (1/20)



ADULT PROGRAMS Cont.

Line Dancing Beginner

Instructor: Liz Saunders

This basic 6 class session is great for beginners or people that like to work at a slower pace. It will focus on learning/reviewing the terminology of specific steps in line dancing and how to link them together in popular combinations to follow an instructor's calls while dancing. A great place to ask questions, build understanding and confidence and have some community fun! All levels are welcome. Instructor is Liz Saunders from Wiser Health and Fitness.

Location: KC Coombs Gym, 152 Old Barnstable Rd. Min 10/Max 20 No Class 1/19 and 2/16

Times	Days	Dates	Fee
6:00-7:00pm	M	Jan 5-Feb 23	\$75.00

Line Dancing Intermediate

Instructor: Liz Saunders

This intermediate, more advanced 6 class session is great for people who have previous experience line dancing and/or are familiar with line dance steps (terminology) and can quickly pick up dance steps in a class setting. Participants should feel comfortable moving to the beat, listening to an instructor's cues and have a basic understanding of counts in music & dance. There will be some fun Basic, Improver and Intermediate levels routines taught to music. Instructor is Liz Saunders with Wiser Health and Fitness.

Location: KC Coombs Gym, 152 Old Barnstable Rd. Min 10/Max 20

Times	Days	Dates	Fee
5:45-6:45pm	W	Jan 7-Feb 11	\$75.00



ADULT PROGRAMS Cont.

Zoom Fitness Classes with Liz Saunders

Location: Virtual Zoom link to be emailed weekly.

15 x 4 :Virtual, LIVE streaming class, via Zoom. Join certified

Fitness Trainer Liz Saunders in this active & quick-

paced online Zoom group training class consisting of timed intervals throughout. This class is good for people who feel confident moving in all directions. Movements may be modified to your needs. This class checks A LOT of boxes: Cardio, Flexibility, Strength, Body Weight, Dumbbells, Balance, Core, Agility, Abdominals, Glutes (posterior chain), & Stretch!

(Program includes Monday and Wednesdays Classes)

Times	Days	Dates	Fee
9:30 - 10:30am	M	Jan 5-Feb 11	\$120
9:00 - 10:00am	W	Jan 5-Feb 11	

Senior Strength & Stretch

Instructor: CrossFit Cape Cod

These low-impact, 45-minute sessions focus on building strength, enhancing core stability, and improving flexibility. Using free weights and bodyweight exercises, each class can be tailored to fit any age or ability level.

Location: CrossFit Cape Cod

Participants can choose any 12 classes:

Strength Class: Mondays, Wednesdays, and Thursdays at 8:30-9:15am

Stretch Class: Tuesdays at 8:45-9:30am

Session:	Days	Dates	Fee
1	MTWTH	Jan 5- Feb 12	\$150
2	MTWTH	Mar 3-Apr 9	\$150

Intro to CrossFit Adult

Instructor: CrossFit Cape Cod / Location: CrossFit Cape Cod Intro to CrossFit offers high-intensity workouts and community support combine to help you achieve your fitness goals. CrossFit challenges you with varied exercises that improve strength, endurance, and overall fitness. Participants can choose any 12 classes of the following times: Morning classes are offered Tuesdays, Thursdays, and Fridays: at 6:30AM. Afternoons classes are offered Monday-Friday 3:30PM or 5:30PM.

Session:	Days	Dates	Fee
1	MTWTHF	Jan 5- Feb 12	\$150
2	MTWTHF	Mar 2-Apr 10	\$150

Sponsorship Opportunities

Partner with Mashpee Recreation

Support Community. Showcase Your Brand.

Mashpee Recreation invites local businesses to connect with the community in a powerful and visible way through sponsorship of our signature events. These beloved gatherings span all seasons and draw thousands of residents and visitors each year creating the perfect opportunity for your business to stand out while supporting the Mashpee community.

Event	Month
Polar Plunge	January
Sweetheart Dance	February
Easter Egg Hunt	April
Rhiannon McCuish 5K Walk/ Run	May
Super Swim	June
Fishing Derby	June
Community Picnic & Fireworks	June
Summer Concert Series	July-August (Tuesdays)
Oktoberfest	October
Holiday Tree Lighting	December

Why Sponsor Mashpee Recreation Events?

High Visibility

Your brand will be seen by thousands through event signage, programs, social media, and email campaigns.

On-Site Engagement

Connect directly with attendees through vendor tables, giveaways, or sponsored activities.

Community Goodwill

Demonstrate your commitment to Mashpee by supporting family-friendly, inclusive programming.

Flexible Opportunities

From large-scale events like the **Community Picnic** and **Oktoberfest**, to intimate, themed gatherings like the **Sweetheart Dance** or **Polar Plunge**, there's a perfect match for your business goals.

Let's Build a Stronger Mashpee — Together

Customized sponsorship packages are available to fit your budget, audience, and brand. Whether you're looking to sponsor a single event or become a year-round partner, Mashpee Recreation offers the exposure and engagement your business deserves.

Contact us today to learn how you can get involved and make a lasting impact in our vibrant community.

Sponsorship Contact: recreation@mashpeema.gov 508-539-1416









Local Community Organizations

Mashpee Youth Soccer

https://clubs.bluesombrero.com/mashpeeyouthsoccer

Bulldogs Youth Football & Cheer

www.sandwichbulldogs.com/

Mashpee Youth Basketball

https://www.facebook.com/mashpeeyouthbasketball

Mashpee Youth Baseball & Softball

https://mashpeebaseballsoftball.sportngin.com

Cub Scout Pack 36

www.pack36mashpee.org

Boys and Girls Club of Cape Cod

https://boysgirlsclubcapecod.org

Girl Scouts of Mashpee/Falmouth

https://www.facebook.com/MashpeeFalmouthGirlScouts

Children's Cove-Cape & Islands

www.childrenscove.org

Cape Cod Family Resource Center

https://capecodfamilyresourcecenter.org

Childcare Network of Cape Cod

https://www.cacci.cc/programs/child-care-network

Community Action Committee of Cape and the Islands

https://www.cacci.cc



Local Community Organizations (cont.)

Mashpee Council on Aging

https://www.mashpeema.gov/council-aging 508-539-1440

Big Brothers/ Big Sisters Cape Cod

emassbigs.org/enroll/child

Food Access Guide for Mashpee

https://www.mashpeema.gov/sites/g/files/ vyhlif3426/f/uploads/food-access-guidedecember.pdf

Fuel Assistance

South Shore Community Action Council

https://www.sscac.org/fuel-assistance

Food Pantries

Christ the King Food Pantry https://christthekingparish.com/charity/

Falmouth Service Center

https://www.falmouthservicecenter.org/

Meals on Wheels/ Elder Services of Cape Cod

https://escci.org/



www.MashpeeRec.com

