

# The Cranberry Scoop



NOVEMBER/DECEMBER EDITION 2022

THE NEWSLETTER OF THE DENNIS CENTER FOR ACTIVE LIVING

HAPPY HOLIDAYS TO ALL!



1045 RT 134/S. DENNIS, MA 02660/508-385-5067/FACEBOOK.COM@DENNISSENIORCENTER

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**Mission Statement:**

The Dennis Center for Active Living (DCAL) @ the Senior Center's primary mission is to enhance the quality of life for senior citizens of the town by providing multi-purpose programs especially designed to fulfill the health, educational, social, recreational, outreach and transportation needs of our most valued citizens in a safe, friendly and comfortable environment.

**Board of Directors:**

- Judith Peterson.....Chair
- Carol Keddy.....Vice-Chair
- Janet Lavin.....Secretary
- Christine Harrington.....Member
- Gary Barber.....Member
- Martha LeBlanc.....Member
- Deborah Rothschild.....Member
- John Terrio.....Select Board Liaison

Dennis Center for Active Living (DCAL)  
 1045 Route 134  
 South Dennis, MA 02660  
 Main: 508-385-5067

**Dennis Officially joins the AARP Global Age and Dementia Friendly Network**



Every season has its changes and its charms. One of the highlights for us at DCAL this season was the Select Board's unanimous vote to approve Dennis' application to the AARP and World Health Organization's Network of Age and Dementia Friendly Communities. In my experience, though not always pleasant or comfortable, change can be for the good most of the time. The changes I'm about to share will impact where we go from here as an Age and Dementia Friendly Dennis. These changes are necessary improvements we need to make to our campus parking lots, and ones we will need to adjust our attitudes for if we want to enjoy the days ahead with seasonal glee (p.22). This holiday season, we are faced with a few disruptions that will impact our plans to celebrate the holidays at the DCAL. Someone once said good things are worth the wait. Well, I have to tell you, this will be good once we, literally, get over this bump. The construction company in charge of the renovation will be closing the parking lots at the center for paving and sealing. First, the southern upper level lot will be off limits for three weeks and then the north facing upper level (former employee parking) for the second three weeks. Closures begin on November 9 and continue to December 21, barring extenuating circumstances. You will see signage on Rt.134 alerting you not to turn into the lots. There will be fences installed, additional signage will direct you to the entryways by foot only. During this time, we will not be able to accommodate assistive device access to the upper level. There is no working elevator in the building, and you must be able to use the stairs independently. We apologize for any inconvenience this improvement may cause you and/or your family. In the end, these annoyances will seem minor, and when we have a completed center you will be able to enjoy all the amenities next summer. A number of programs will have to be relocated, and possibly re-scheduled. Please be patient while the Staff rearrange the rooms and times to allow for the least disruption in your routines. Please stay in touch during the holidays. One way to do that is through our Scoop TV Show on Channel 99. Kelli has a great lineup of people to talk to and we will keep you posted with what is happening at DCAL. Please call us to get more information on our holiday pop up events. New activities include Beginner Line Dance, and don't forget to check out the best, most age-friendly fitness membership in town at the DCAL's Evergreen Studios (p.8). We are in Open Enrollment now so please call to make your SHINE Counseling appointment (p.20). I think I know what I want for the holidays. I will ask for my very own charm bracelet, starting with this year's - a NO PARKING sign - to remind me, and all of you, that even temporary change can be charming. Happy Holidays! - Brenda

The Dennis Center for Active Living (DCAL) hosts various legal, financial, medical, and other providers at DCAL who offer services and information. Residents participating in those services do so with the understanding that DCAL, the Town of Dennis, or its employees, do not assume any legal liability or other responsibility for any advice, services, or functions rendered by such volunteer groups or nominal cost practitioners held at DCAL.

## Shopping and Local Errands

For older adults without transportation, DCAL provides curbside bus service. Weekly trips to local shopping centers including Patriot Square in South Dennis. Round trips to attend DCAL activities and events are also available. For more information, check the latest issue of the Cranberry Scoop. Transportation Coordinator, Dan Kiley, is happy to take suggestions. For confirmed reservations, call DCAL no later than one day ahead of requested shopping trips at 508-385-5067. Masks are optional for entry onto the bus.



## Bus Schedule (Subject to Change)

Tuesday/8AM/10AM/12PM/Stop&Shop & Shaws

Wednesday/8AM/10AM/12PM/Stop&Shop&Shaws

Thursday/8AM/10AM/12PM/Stop&Shop&Shaws



THURSDAY / NOVEMBER 17th / 9AM

THURSDAY / DECEMBER 15th / 9AM

MARKET BASKET

## Introducing



**FREE Fare Wednesdays!**

*Just for our friends 60 years and up*

Available on our fixed bus routes\* covering all 15 towns on Cape Cod.

*Just show your photo ID or Senior Charlie Card to the driver!*

For more information visit [www.capecodrta.org](http://www.capecodrta.org) or call 800-352-7155

*\*not including DART service*



Cape Cod Regional Transit Authority

*We're going your way!*



MONDAY / NOVEMBER 28th / 10AM

SANDWICH GLASS MUSEUM

HOLIDAY SHOPPING

## BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston Area Hospitals. CCRTA provides medical transportation services on Monday through Friday by reservation to all the major hospitals in the Boston area. The BHT has bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter lot and the Sagamore Commuter Lot. (800) 352-7155





Bay to Sound Neighbors enables people to age in place with the assistance of volunteers. We had a booth at the Yarmouth Seaside festival to recruit volunteers and increase awareness as to how B2S contributes to the community. Remember you can select days and times that suit your schedule and you are providing such a wonderful service to our members. Call and sign up today at 508-470-0585.



## SENIOR TAX WORK OFF PROGRAM

The Town of Dennis has a Senior Tax Work-Off Abatement Program (MGL Chapter 59 section 5K) that allows an eligible participant to volunteer services and earn a credit up to \$1,500 (net of Medicare deduction and any other required withholdings) to be applied to their Actual Real Estate Tax bill. Only one tax credit may be applied per household per year. Participants will receive an annual W-2 in the amount of their tax credit earned in this program. The program is open to 30 participants. To get the full \$1,500 credit, volunteers will complete 150 hours of service to the Town. A participant who works less than 150 hours will receive a prorated credit. Eligible participants must meet all of the following requirements: Minimum age of 60 by January 1 of program year; Owner and full-time resident of property where the tax abatement is applied; Annual income limit of \$25,000 for single person and \$50,000 for married couples. Applications to participate in the program are available October 1 for the following calendar year and will be accepted through December 15. The volunteer work begins on January 1 ends December 31. Please call the Dennis Senior Center with any questions (508) 385-5067.

## TOYS FOR TOTS BOX LOCATED AT DCAL

## FRIENDS OF DENNIS SENIOR CITIZENS

### TOYS FOR TOTS



U.S. MARINE CORPS

The Friends of Dennis Senior Citizens sponsored a Red Cross Blood Drive on October 8<sup>th</sup> at the Church of the Nazarene in South Dennis. 29 units of blood were collected matching the number given in April. This makes a total of 58 units for the year! The next blood drive will be in April 2023. It is so important to give blood to help kids fighting cancer, patients waiting for critical surgeries, and people in our area who need blood to survive traumatic injuries. **THE BIG WRAP** this year will be held on Thursday, December 8<sup>th</sup>, 10AM, at the Congregational Church of South Dennis. If you would like to join in, please call our office (508)-385-5376.



## MARION'S CORNER

**Fuel Assistance** season is in full swing. I have the applications. I don't know about you, but I am seeing the utilities bill soar. Please call me (508-694-2004) to apply if you think you will need help. Please know that you are not taking money away from anyone else. More money has been allocated this year due to rising costs. This is what you need to bring:

1. Photo ID
2. Social Security Cards
3. Proof of income, as in your social security benefits letter, Pension letter, pay stubs (not a bank statement)
4. Most recent utility bills, water bill
5. Real estate bill// home owners insurance policy// mortgage documents
6. Your lease if you rent. (I make copies for you at no charge.)
7. If heat is included in your rent, YOU CAN STILL APPLY.
8. If you are renewing, remember you still must send in ALL THE DOCUMENTATION.
9. You can also apply online-www.sscac.org
10. If you have any questions do call me straight away (508-694-2004). We can apply for **SNAP** (Supplemental Nutrition Assistance Program) at the same time.



Marion Prendergast, LSW  
Outreach Coordinator  
508-694-2004 Direct

Another topic I bring up every year is your **SHINE appointment** with our highly trained professional volunteers who will go over your health insurance with you. It is imperative that you go over your health insurance every year to make sure you are getting the best "bang for your buck."

Also, there is another great resource for you, if you have access to the internet. It is "**benefitscheckup.org**." This website has been improved 100% since I first came onboard. It offers so many resources and ideas. Do check it out.

Keep in mind I also run the **Telephone Reassurance Program**. If you would like a daily call, I have forms you need to fill out to make that happen. Call me at 508-694-2004 to learn more about the program. If you want to be a reassurance caller, please call me (508-694-2004) so we can register you as a volunteer. I am still running our **two food programs**, the first two Fridays of the month. There is delivery. Call me at 508-694-2004 if you are interested in those programs and want to fill out the applications.

As we go into the winter season, please stay home if you are the least bit sick, continue to social distance, and wash your hands well.

And last, and most importantly, I want to welcome **Mary-Elizabeth Briscoe** back into our midst (or mist). She was away for a while, and we missed her ever so much. Amongst other things she will be running new programs in our Golden Age Social Day Program. **Welcome Back!!**

"Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But those things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand." Margery Williams, *The Velveteen Rabbit*, 1922



Do feel free to join this great Hardcore Hiking Group- the HHG. Thursdays, around three at the Dennis Center for Active Living. Call Marion, 508-694-2004 for details.

## EVERGREEN FITNESS STUDIOS @ DCAL

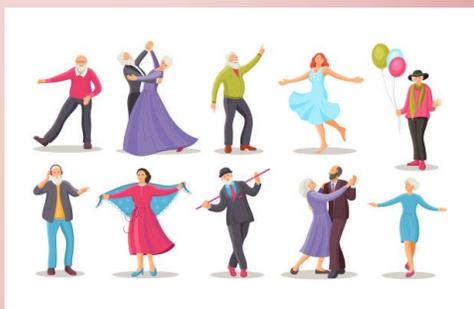


The *Evergreen Fitness Studios @ DCAL* is open for registration! You can register in person at the Center. Annual fitness membership is \$99 and includes reserved access to the Cardio Room. Professional instruction on safe use of equipment during orientation sessions and a signed release are required prior to use of facilities. A VNA physical therapist specialist, will offer orientation sessions every first

Wednesday of the month. Schedule your orientation when you sign up for membership. Fees will support maintenance of the equipment, instructors, and supplies. For more information, call (508) 385-5067.

### BEGINNER LINE DANCE WORKSHOP

**New Students - Beginner Workshop with Karen**  
**Thursday, November 17th, 1:30PM - \$10**



Line dancing is the no-partner-needed way to enjoy moving to music while experiencing the many positive

physical, mental, and social benefits of dancing. If you enjoy rock, pop, and Latin music you'll love this new active indoor hobby. You'll learn basic line dance concepts and elements that are the foundation for Karen's weekly Monday and Wednesday morning classes. Plan to arrive 5 minutes early and stay 5 minutes after class to warm up and cool down independently. Bring a shatter-proof water bottle. Dress comfortably. Special dance shoes not needed but please choose shoes that are non-marking, clean-sole, closed, and flexible in the sole. For safety reasons the following are not permitted in class: bare feet, stocking feet, mules, clogs, slides, platforms, sandals, and heels. 20 dancer maximum enrollment. First come first served. See you there!

### FREE SKIN CANCER SCREENING

SKIN CANCER SCREENINGS in conjunction with the VNA of Cape Cod. Dr. Bentivegna will be performing free skin cancer screenings at the DCAL. Screenings will be full-body (gowns will be provided) or clothed if you choose. Appointments are approximately 10 minutes. Registration is required, no drop-ins are allowed. To sign up, please call the VNA of Cape Cod at (508) 957-7423.

**5 Signs of Skin Cancer**

- 1 Asymmetrical**  
A dermatologist will look for moles that have an unbalanced or uneven appearance.
- 2 Border**  
Moles that have an uneven border are suspicious.
- 3 Color**  
If a mole has several different shades of colors, a dermatologist should assess it.
- 4 Diameter**  
Typically skin cancer lesions are large in size.
- 5 Evolving**  
If you have moles that change in anyway, consult a dermatologist right away.



## VETERAN TRANSPORTATION

The Cape & Islands Veterans Outreach Center is offering Transportation to Veterans (with a true need and no vehicle of their own) by appointment with 48 hours' (2 business days) notice given.

The Veteran will be required to produce a copy of their DD214 form.

Mail To: C/O Barbara-Anne Foley  
Cape & Islands Veterans Outreach Center  
247 Stevens Street Suite E  
Hyannis MA, 02601

Transportation will include service to local Grocery Stores, Bourne National Cemetery, Labs for Bloodwork, Validated Medical appointments (including local MD appointments on Cape Cod as well as to the Providence V.A. and its affiliates).

Request a Ride: 508-778-1590 Ext. 9  
2 business days before the ride is needed Mon - Fri 8am-4pm.

Questions: Barbara-Anne Foley 508-237-3349

## TELEPHONE SUPPORT

**FOOD SECURITY PROGRAMS**  
508-694-2004

**CAPE & ISLAND CRISIS HOTLINE**  
800-322-1356

**MEALS ON WHEELS**  
508-394-4630

**LOCK BOX PROGRAM**  
Dennis Fire Department  
508-398-0363

**ELDER LAW LEGAL ASSISTANCE**  
800-342-5297

**ALZHEIMERS'S FAMILY SUPPORT**  
508-896-5170

**FOOD STAMPS (SNAP)**  
833-712-8027

**MASS 2-1-1**  
National Abbreviated Dialing  
Code to Health & Human ser-  
vices

**NAMI HELPLINE**  
Mental Health Resources  
800-950-6264

**NATIONAL SUICIDE  
PREVENTION HOTLINE**  
800-273-8255

**WE CAN**  
508-394-4630

**CAPE COD VET CENTER**  
508-778-0124

**CCH ALZHEIMER'S  
CAREGIVER SUPPORT**  
774-552-6080



**MASSBAR**  
ASSOCIATION  
THE PREEMINENT VOICE OF THE LEGAL PROFESSION™

### Free Legal Advice by Phone for Elders

The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience. On the first Wednesday of every month, from 5:30 – 7:30 p.m., attorneys are available at (617) 338-0610 or (877) 686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more. Questions? Contact the MBA Community Service Department at (617) 338-0695.

## BRUNCH & LEARN IN NOVEMBER

### LJUBIJANA, SLOVENIA

WEDNESDAY, NOVEMBER 30th, 10:00 AM—11:00 AM, FREE!

This is an online guided tour of the capital of Slovenia, Ljubljana. One of the smallest European Capitals which has a very rich history and a diverse heritage. The city has only 300,000 inhabitants. Its University attracts many young students from all around the World to spend some time studying here. The city is vibrant, excellent for creativity, and contemporary art.



## LUNCH & LEARN IN DECEMBER

### EDINBURGH, SCOTLAND

THURSDAY, DECEMBER 8th, 11:00 AM—12:00 PM, FREE!

Over the Christmas period, the city of Edinburgh comes to life with its various markets and festivals. Your tour will start on the Castle esplanade where the view of the city will be full of light and life. You will go down Edinburgh's most iconic street to then end up at the famous Christmas Market where you can explore some of the stalls.



**DENNIS CENTER FOR ACTIVE LIVING  
INVITES OUR COMMUNITY FOR A**

# **VETERANS CELEBRATION**

**TUESDAY, NOVEMBER 15TH,  
11:30AM**

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**IN HONOUR OF ALL WHO SERVED**

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**PATRIOTIC SING ALONGS,  
CAMARADERIE, MEMORIES,  
LUNCHEON AND A ,  
HEARTFELT THANK YOU  
TO OUR HEROES!**

I have to open this by saying from the get-go that I am a dog person. I get that there are cat people, and they probably feel about their cats the way I do about my dogs. I had dogs growing up, and I've had them throughout my adult life. My non-dog-loving wife even caved in, and now I have two! The other point I have to make is that my wife and kids are at the top of my priority list – I'd run back into a burning house to get them first, but I'd still run back in to get the dogs after. Both my dogs are "doodles," meaning they are part poodle, part something else. My 50-pound guy is a Goldendoodle named Finnegan. He's two, he's smart, he is obedient, and he's my bud. He's stubborn and won't listen to anyone else, but he's my boy. The other, well, she's still a puppy, so I guess there's hope. Gracie is technically a Maltipoo, but I have trouble calling my dog a "Poo", so I've coined "Maltidoodle." She is a yippie pooping machine at all of a whopping 8 pounds. As crazy as she drives me, when her and her "brother" team up and shower affection, there's not much better on this planet. Dog-lovers know (and I'm sure the feline folks too) that they somehow just know when you need a buddy – and giving them a belly rub somehow makes everything better. You can talk to them about anything and they look at you like they understand. Best part is, they won't tell anyone. In other ways, I guess it's like kids for non-pet people: they can be high maintenance, you need to clean up after them, they can drive you nuts, they are expensive to keep alive, and yet, at the end of the day, they make it all worthwhile. It's that intangible part of life you can't quite describe. These furry buddies are fun to spoil: mine get some of their meals via the crockpot. They like their meat tender! So, take all these feel-good chemicals your body releases when you are hanging with your dog, and incorporate the police world. You don't want to snuggle up to our German Shepard Patrol Dog, but you might want to snuggle up to the latest addition to our department: K9 Winnie. She's a two-year-old black lab that just became certified as a Therapy/Comfort Dog. Her main responsibility will be to provide comfort for victims of trauma – whether it's community members, or her fellow officers. Be it through a good back rubbing, or just a friendly lean into your leg, her job is to make the stress chemicals go down, and help bring folks back to a calmer state. This leads to the ability to think clearly, recall events, positively interact with the police, and in general, just feel better. Ptl. Kathleen Keating is K9 Winnie's handler. She is a 22-year veteran of the force and also serves as the department's court prosecutor. She can bring K9 Winnie to court with her, to help with the traumatic experiences that setting creates. The K9 team is also available to respond quickly to any traumatic event, and she is a member of our Peer Support Team, making sure our police officers' mental health is in a good place, especially after traumatic events. Our Victim Services Coordinator, Kathy Pedini, was instrumental in bringing K9 Winnie and her training to the DPD. They will work hand-in-paw in providing services to victims. So, here's a reminder, two big differences with our K9 teams: Our patrol dog rides in a marked cruiser and is a large German Shepard generally on patrol all the time. Do not snuggle up to him! Our comfort/therapy dog rides in an unmarked car and is in non-patrol settings. You can pet her all day long without having a worry. Follow K9 Winnie on social media! Search for "DPD Winnie" on FB and Instagram, and she pops right up. In the meantime, hunker down for the impending winter, have wonderful holidays, snuggle your dog (or cat), be healthy, be safe, and we will see you (and the dogs) out there.



K-9 Winnie



Sgt. Ryan Carr

## HOLIDAY WREATH CRESENT ROLL

### INGREDIENTS:

6 oz. Cream Cheese softened  
1/4 cup Sour Cream  
4 slices Bacon, cooked crisp  
and crumbled  
1/4 tsp. dried Italian season-  
ing  
1 Roma tomato, chopped  
1 can (8 oz.) refrigerated  
crescent dinner rolls  
1 egg  
1 pt. cherry tomato  
3-4 sprigs of parsley

In a medium-size bowl use a fork to mix together the Cream Cheese, Sour Cream, Bacon, tomatoes, and Italian seasoning. Set aside.

Line a cookie sheet with aluminum foil. Unroll the crescent rolls and arrange in a circle, overlapping the crescents. Use the widest edge of the crescent roll on the inside of the circle. Leave a 3"-4" opening in the center.

Use a small spoon to spread the cream cheese mixture around the base of the circle. Bring the points of the crescent roll up and over the cream cheese tucking the ends into the bottom of the roll, pinching to seal.

In a small bowl, beat the egg with a fork. Use a pastry brush to lightly coat the top of the wreath with egg.

Bake at 350 degrees F for 20-25 minutes or until the wreath is a nice, golden brown.

Remove from oven and let cool 5 minutes. Remove from cookie tray and place on serving tray. Place tomatoes and parsley in the center of wreath. Cut into small wedges when ready to serve.



# NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p><b>November 9th</b> Mika in Real Life</p> <p><b>December 14th</b> The Maid</p>	<p><b>1</b></p> <p>9:00 Blood Pressure Clinic 9:00 Chair Caning 9:00 SHINE 9:00 Stitch &amp; Chatter 9:00 Yoga 10:00 Chair Zumba 12:00 Garden Club 12:00 GAP Respite Care 12:30 Bridge (Men's)</p>	<p><b>2</b></p> <p>9:00 GAP Program 9:00 Line Dancing 9:30 Bocce 10:00 Independence House 10:15 Line Dancing 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p><b>3</b></p> <p>9:00 SHINE 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Joe Guardino Exercise 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club</p>	<p><b>4</b></p> <p>9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand &amp; Foot 1:00 Scrabble 4:00 Harvest Dance</p>
<p><b>7</b></p> <p>9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:15 Line Dancing 10:30 DY Women's Club 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong</p>	<p><b>8</b></p> <p>9:00 Chair Caning 9:00 SHINE 9:00 Yoga 12:00 GAP Respite Care 12:30 Bridge (Men's)</p> <p></p>	<p><b>9</b></p> <p>9:00 GAP Program 9:00 Line Dancing 9:30 Bocce 10:30 Mobile Dentist 12:00 DY Women's Club 12:30 Book Club 1:00 Bridge</p>	<p><b>10</b></p> <p>9:00 SHINE 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Joe Guardino Exercise 1:00 MahJong 1:30 Grief Support Group 3:00 Hiking Club</p>	<p><b>11 CLOSED</b></p> <p></p>
<p><b>14</b></p> <p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong</p>	<p><b>15</b></p> <p>9:00 COA Board Meeting 9:00 Chair Caning 9:00 SHINE 9:00 Stitch &amp; Chatter 9:00 Yoga 10:00 Chair Zumba 11:30 Vets Celebration 12:00 GAP Respite Care 12:30 Bridge (Men's)</p>	<p><b>16</b></p> <p>9:00 GAP Program 9:00 Line Dancing 9:30 Bocce 10:00 Independence House 10:15 Line Dancing 12:00 Birthday Party 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p><b>17</b></p> <p>9:00 SHINE 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Joe Guardino 1:00 Mah Jong 1:30 Line Dance Wkshop 1:30 Grief Support Group 3:00 Hiking Club</p>	<p><b>18</b></p> <p>9:00 Zumba Gold 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand &amp; Foot 1:00 Scrabble</p>

<p><b>21</b></p> <p>9:00 Line Dancing  9:00 Painting  10:15 Line Dancing  12:00 Shuffleboard  1:00 Bridge  1:00 Mah Jongg</p>	<p><b>22</b></p> <p>9:00 Chair Caning  9:00 SHINE  9:00 Stitch &amp; Chatter  9:00 Yoga  10:00 Chair Zumba  12:00 GAP Respite Care  12:30 Bridge (Men's)  1:00 Bridge  1:00 Sound Dunes</p>	<p><b>23</b></p> <p>9:00 GAP Program  9:30 Bocce  11:00 Sight Loss Services  1:00 Bridge</p>	<p><b>24 CLOSED</b></p>  <p><b>25 CLOSED</b></p>
<p><b>28</b></p> <p>9:00 Line Dancing  9:00 Painting  10:15 Line Dancing  12:00 Shuffleboard  1:00 Bridge  1:00 Mah Jongg</p>	<p><b>29</b></p> <p>9:00 Chair Caning  9:00 SHINE  9:00 Stitch &amp; Chatter  9:00 Yoga  10:00 Chair Zumba  12:00 GAP Respite Care  12:30 Bridge (Men's)</p>	<p><b>30</b></p> <p>9:00 GAP Program  9:00 Line Dancing  9:30 Bocce  10:30 Brunch &amp; Learn  10:15 Line Dancing  1:00 Bridge</p>	 <p><b>Rolling Raks</b>  THRIFT SHOP AT  DENNIS SENIOR CENTER</p> <p><b>MONDAY—FRIDAY  9AM—3PM</b></p>

# Harvest Dance

**AT THE DENNIS CENTER FOR ACTIVE LIVING**

**FRIDAY, NOVEMBER 4TH, 4:00PM - 5:30PM, \$10**

PUT ON YOUR DANCIN' SHOES AND JOIN IN THE FUN FOR OUR FIRST DANCE OF THE SEASON!  
RECORDED MUSIC FROM THE GREAT AMERICAN SONGBOOK - SWING, FOXTROT, RUMBA, WALTZ, AND MORE!

- Group Swing Lesson Included
- Refreshments Provided
- Cape Cod Casual Dress
- Please Wear Leather-Soled Shoes



# DECEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday



**5**

9:00 Line Dancing  
9:00 Painting  
10:00 ADA Board  
10:15 Line Dancing  
10:30 DY Women's Club  
12:00 Shuffleboard  
1:00 Bridge  
1:00 Mah Jong

**6**

9:00 Blood Pressure Clinic  
9:00 Chair Caning  
9:00 SHINE  
9:00 Stitch & Chatter  
9:00 Yoga  
10:00 Chair Zumba  
12:00 GAP Respite Care  
12:30 Bridge (Men's)

**7**

9:00 GAP Program  
9:00 Line Dancing  
9:30 Bocce  
10:00 Independence House  
10:15 Line Dancing  
1:00 Bridge  
2:00 CCH Alzheimer Support

**8**

9:00 Skin Cancer Clinic  
10:00 Alzheimer's Family Support Center  
10:00 Brown Bag Program  
11:00 Lunch & Learn  
11:00 Mindful Stretching  
12:00 Joe Guardino  
1:00 Mah Jong  
1:00 Sound Dunes Holiday Show  
1:30 Grief Support

**1**

9:00 SHINE  
10:00 Alzheimer's Family Support Center  
11:00 Mindful Stretching  
12:00 Joe Guardino  
1:00 Mah Jong  
1:30 Grief Support Group  
3:00 Hiking Club

**2**

9:00 Zumba Gold  
10:00 Chair Zumba  
12:30 Cribbage  
1:00 Hand & Foot  
1:00 Scrabble

**12**

9:00 Line Dancing  
9:00 Painting  
10:15 Line Dancing  
12:00 Shuffleboard  
1:00 Bridge  
1:00 Mah Jong

**13**

9:00 Chair Caning  
9:00 Stitch & Chatter  
9:00 Yoga  
10:00 Chair Zumba  
12:00 GAP Respite Care  
12:30 Bridge (Men's)  
1:00 Bridge

**14**

9:00 GAP Program  
9:00 Line Dancing  
9:00 Bocce  
10:30 Mobile Dentist  
12:00 DY Women's Club  
1:00 Book Club  
1:00 Bridge

**15**

10:00 Alzheimer's Family Support Center  
11:00 Mindful Stretching  
12:00 Joe Guardino Exercise  
1:30 Grief Support Group  
1:00 Mah Jong  
3:00 Hiking Club

**16**

9:00 Zumba Gold  
10:00 Chair Zumba  
12:30 Cribbage  
1:00 Hand & Foot  
1:00 Scrabble

**9**

9:00 Zumba Gold  
10:00 Chair Zumba  
10:00 Mobile Food Pantry  
12:30 Cribbage  
1:00 Hand & Foot  
1:00 Scrabble

<p><b>19</b></p> <p>9:00 Line Dancing  9:00 Painting  10:15 Line Dancing  12:00 Shuffleboard  1:00 Bridge  1:00 Mah Jongg</p>	<p><b>20</b></p> <p>9:00 COA Board  9:00 Chair Caning  9:00 Stitch &amp; Chatter  9:30 Yoga  10:00 Chair Zumba  12:00 GAP Respite Care  12:30 Bridge (Men's)</p>	<p><b>21</b></p> <p>9:00 GAP Program  9:00 Line Dancing  9:30 Bocce  10:00 Independence House  10:15 Line Dancing  12:00 Birthday Party  1:00 Bridge  2:00 CCH Alzheimer Support</p>	<p><b>22</b></p> <p>10:00 Alzheimer's Family Support Center  11:00 Mindful Stretching  12:00 Joe Guardino Exercise  1:00 Mah Jong  1:30 Grief Support Group  3:00 Hiking Club</p>	<p><b>23</b></p> <p>9:00 Zumba Gold  10:00 Chair Zumba  12:30 Cribbage  1:00 Hand &amp; Foot  1:00 Scrabble</p>
<p><b>26 CLOSED</b></p> 	<p><b>27</b></p> <p>9:00 Chair Caning  9:00 Stitch &amp; Chatter  9:30 Yoga  10:00 Chair Zumba  12:00 GAP Respite Care  12:30 Bridge (Men's)  1:00 Bridge  1:00 Sound Dunes</p>	<p><b>28</b></p> <p>9:00 GAP Program  9:00 Line Dancing  9:30 Bocce  10:15 Line Dancing  11:00 Sight Loss Services  1:00 Bridge</p>	<p><b>29</b></p> <p>10:00 Alzheimer's Family Support Center  11:00 Mindful Stretching  12:00 Joe Guardino Exercise  1:00 Mah Jong  1:30 Grief Support Group  3:00 Hiking Club</p>	<p><b>30</b></p> <p>9:00 Zumba Gold  10:00 Chair Zumba  12:30 Cribbage  1:00 Hand &amp; Foot  1:00 Scrabble</p>

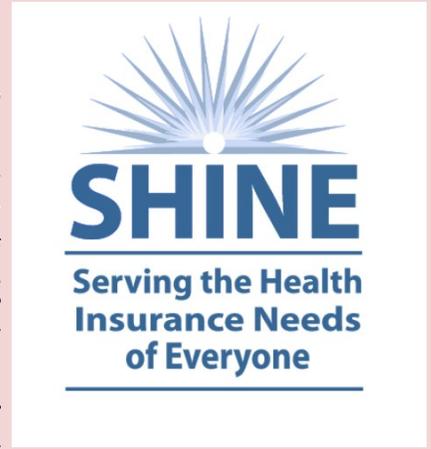


**PLEASE BE ADVISED THE SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME. CALL THE CENTER (508) 385-5067 WITH ANY QUESTIONS OR TO CONFIRM EVENTS AND CLASSES.**

## Open Enrollment 2022

### Serving Health Information Needs of Everyone Program

The time is **now** to review your Medicare coverage! By September 30<sup>th</sup>, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets. Open enrollment is **October 15 – December 7** and state certified SHINE counselors are available at your senior center **by appointment** to help you understand health care coverage, review cost increases, and find out what’s new with Medicare. SHINE appointments fill up fast during this busy period so contact your local senior center to avoid making last minute decisions or staying in a plan that no longer works for you. Appointments may be in person or telephone.



**Plan to have the following information available for your SHINE appointment:**

1. Medicare A/B card
2. Medigap or Medicare Advantage Card
3. Prescription Drug Plan Member Card (if you have a Part D plan)
4. List of medications and dosage which can be obtained from your local pharmacy
5. My Medicare account username and password (if you have an account created) – this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit [www.Medicare.gov](http://www.Medicare.gov), then, click on *find a health and drug plans* tab. Helpful telephone numbers and websites:

- Medicare, [www.medicare.gov](http://www.medicare.gov), 800.633.4227
- Social Security, [www.ssa.gov](http://www.ssa.gov), 800.772.1213
- Prescription Advantage, [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org), 800.243.4636

**Cost Saving Strategies:** Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income/assets are similar to those below, you might qualify!

Medicare	Gross Monthly	Asset Lim-	Application to	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

**8**  
**NOV**



**The Garden Club Presents:**

**APPLE PIE**

*Frenzy*

**\$15 Per Pie**  
**Mulled Cider & More**

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**Election Day Pie Sale!**



Created by  
Sue Lindlauf  
Grand Forks Herald  
2010

W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |



**WHAT'S NEW**

We were happy to see many members of the Supporters at our Membership Meeting on Saturday, October 15, where we enjoyed coffee and donuts and participated in lively conversations. It was a mutually beneficial opportunity whereby you heard from us and, importantly, we listened to you. Many of you requested clarification between Supporters and Friends. The President of both the Supporters and Friends will address this separately.

Your generous donations, coupled with our fundraising efforts, have allowed the Supporters to support financially many of the DCAL initiatives...To name but a few:

- The GAP program: A day care for seniors with early onset dementia as well as respite for their care givers. Supporters have helped to provide scholarships for those who might otherwise be unable to participate. Supporters paid for rent at the Northside Methodist Church during the construction/pandemic and they helped get the GAP program financially back on track when the DCAL reopened.
- Social and special events, which includes but not limited to, the very popular Veteran's breakfast, Tea and Talk gatherings, birthday and holiday parties.

- Outreach initiatives to assist seniors who have immediate needs, which are not otherwise being addressed. Our assistance is facilitated through the Outreach Coordinator.

The success of the Supporters is fully dependent on generous contributions as well as our fundraisers and grants. Importantly, we are dependent on our membership.

The meeting concluded with a discussion on how the members could help the Supporters going forward. There are many ways for example, the Supporters are looking for additional board members. There is also a need for someone with grant-writing experience, and there is always a need for help in fundraising.

We thank you and look forward to your continued support.

**BECOME A MEMBER**

Any tax-deductible amount you donate will make a difference. Complete the form below and enclose your check made payable to "Supporters of the Dennis COA". Heartfelt thanks to our new members and those who have renewed their memberships. Your continued support is greatly appreciated.

**SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM**

Return Form and Check to: Supporters of Dennis COA; PO Box 606; S. Dennis, MA 02660

Here's my tax-deductible donation of \$ \_\_\_\_\_ to be used as noted below:

Name(s) \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Cell \_\_\_\_\_  
 Email \_\_\_\_\_  
 New \_\_\_\_\_ Renewal \_\_\_\_\_

Please use my donation towards:  
 \_\_\_\_\_ Golden Age Pals (GAP)  
 \_\_\_\_\_ Outreach  
 \_\_\_\_\_ Other (specify) \_\_\_\_\_  
 \_\_\_\_\_ Where Needed Most



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## DENNIS CENTER FOR ACTIVE LIVING

Join us for our  
*Holiday  
Concert*  
Presented by *Sound Dunes*

AT THE DCAL | THURSDAY, DECEMBER 8th, 1:00PM

