

JULY / AUGUST 2023



# The Cranberry Scoop

## Summer Fun at DCAL!



**The Newsletter of The Dennis Center For Active Living**

1045 Route 134, South Dennis, MA 02660 • 508-385-5067 • Facebook: @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 older adults of the town by providing multipurpose 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*  
 Gary Barber, *Vice-Chair*  
 Deborah Rothschild, *Secretary*  
 Christine Harrington, *Member*  
 Martha LeBlanc, *Member*  
 John Terrio, *Select Bd Liaison*

**DENNIS CENTER FOR ACTIVE LIVING**

1045 Route 134  
 South Dennis, MA 02660  
 508-385-5067



**BRENDA VAZQUEZ**  
 Director, Town of Dennis Council on Aging and Dennis Center for Active Living

**THE HIGHLIGHT FOR THE COUNCIL ON AGING'S SUMMER SEASON**

is welcoming new Outreach Coordinator, Julie Benoit, to the DCAL (p.11). Julie is an experienced licensed social worker who will be coordinating outreach and referrals, the PEARLS and Golden Age Pals programs, and setting up the expanded DCAL Social Services wing at the Center when we move in in September.

Don't miss the comparison on pgs. 22 and 23 between what the Supporters of DCOA and the Friends of Dennis Senior Citizens do to support the quality of life and engagement of older adults in community life.

Summer is in full swing on Cape Cod and the Town of Dennis is always a popular destination because of the beautiful beaches and trails, welcoming hospitality, tasty food options and quality services. Of course, the DCAL is on top of that list with outdoor activities and programs throughout the summer. Don't miss the newly enhanced Braille Trail with sensory experiences throughout. The West Dennis Garden Club's Hydrangea Festival (p. 16) is happening July 8th and 9th.

Bocce is back at Johnny Kelley Park! Get your steps in with DCAL's Walk and Talk or Hiking Club, to stay fit and social this summer. If it's raining, come in to the DCAL to Lunch and Learn while you do live tours of Piran and the Luxor Pyramid (p.10). Dennis is spreading the health! The Health Department is sponsoring a variety of health promotion programs at the DCAL and the Dennis Public Libraries. Proud to be an Age and Dementia Friendly Town, see our new PEARLS services for caregivers (p. 6) and expanded GAP hours this summer (p.9) We'll see you out there!

*On the cover: Swan Pond River photographed by Betty Wiley*

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**.

### Grocery Shopping Bus Schedule\*

**Stop & Shop and Shaw's**

**Tuesdays**  
8 AM, 10 AM, 12 PM

**Wednesdays**  
8 AM, 10 AM, 12 PM

**Thursdays**  
8 AM, 10 AM, 12 PM

*\* schedule subject to change*



### DCAL FIELD TRIPS!



### Cape Cod Lavender Farm in Harwich

**Monday, July 10 • 9:30 AM**

For more information and to register call 508-385-5067

### BOSTON HOSPITAL TRANSPORTATION

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



### Dunbar Tea Room in Sandwich

**Monday, August 7 • 11:00 AM**

For more information and to register call 508-385-5067

## Hydrangea Festival

The West Dennis Garden Club will be participating in this year's Hydrangea Festival. The gardens at 15 Love Lane in South Dennis will be open to the public on July 8th and July 9th from 10am to 4pm. Two gardens in West Dennis, 1 Thirzas Way and 168 Uncle Barney's Road, will be open from 10am to 4pm on July 8th. All three gardens are lovely and unique. There is an admittance fee of \$5 per location.

The West Dennis Garden Club, which will celebrate its 100th anniversary in 2024, meets on the first Tuesday of each month from September to June (excluding January). All meetings, with the exception of September, are held at noon at the Dennis Center for Active Living. The meetings include a luncheon, brief business meeting, and a speaker. New members are welcome. For information on membership, please contact Carol St. Onge at **508-612-3418**.



### HIKING CLUB

Join us at Hiking Club every Thursday at 3:00 PM. Please call **508-385-5067** for more information.

## COMING SOON! From the Advisory Committee on Disabilities Look for the NEW and IMPROVED Braille and Sensory Trail at Johnny Kelley Park

(180 Old Bass River Road, Dennis)

The next time you go to Johnny Kelley Park, newly surfaced walkways will greet you, thanks to the Beach and Recreation Department. There are also new signs that include Braille from Signorama and QR code readers (for those who use smartphones and voiceover technology) from communication specialist Jack Peacock.



There's an array of newly potted planters with colors, smells and textures for all your senses. And all along the Braille and Sensory Trail there will be beautiful, newly planted bushes and more, courtesy of Agway of Dennis.

For children with mobility problems, a child-sized, hand-powered GRIT Freedom Chair is available to borrow from the Recreation Dept. at Dennis Town Hall. Purchased by the Advisory Committee on Disabilities, the chair can be used around all the trails in Johnny Kelley Park and in the coming Johnny Kelley Playground that will be accessible to all.

Look for announcements of the grand reopening of the Braille and Sensory Trail. We hope to see you there!

### BOCCE BALL IS BACK!

Every Wednesday morning, 9:30–11:30 AM, at Johnny Kelley Park. Come join in on the fun and light exercise with friends! FREE to all including learning to play the game!



## Dennis Libraries

### Dennis Public Library

5 Hall St., Dennis Port  
508-760-6219  
Tues.–Thurs. 10 AM–8 PM  
Fri. & Sat. 10 AM–2 PM  
dennispubliclibrary.org

### Dennis Memorial Library

1020 Old Bass River Rd., Dennis  
508-385-2255  
Mon.–Thurs. 1–8 PM  
Fri. 1–5 PM  
Sat. 1–4 PM  
dennismemoriallibrary.org

### West Dennis Library

260 Main St. (Rte. 28), W. Dennis  
508-398-2050  
Mon.–Fri. 10 AM–2 PM  
Sun. 10 AM–2 PM  
westdennislibrary.org

### Jacob Sears Memorial Library

23 Center St., E. Dennis  
508-385-8151  
Mon.–Sat. 9 AM–1 PM  
jacobsearslibrary.org

### South Dennis Library

389 Main St., S. Dennis  
508-394-8954  
Mon.–Wed. 10 AM–4 PM  
Sat. 10 AM–12 PM  
southdennislibrary.org

## Bay to Sound Neighbors Turns 5!

Bay to Sound Neighbors is celebrating its fifth year helping seniors age in place in Dennis and Yarmouth with the help of volunteers! In June our volunteers took part in the annual special delivery of potted plants and goodie bags as a thank you to our members. Our annual Volunteer Appreciation event also



occurred in June in celebration of volunteers helping our senior members of the community. If you know of someone who could use our services or have some available time to become a volunteer, please contact **baytosoundneighbors.org** or call us at 508-470-0585.

## Accessibility Resources

**Massachusetts Commission for the Blind**  
mass.gov/orgs/massachusetts-commission-for-the-blind



**Assistive Technology for the Blind**  
mass.gov/service-details/assistive-technology-for-the-blind-at

**Access World** - Access World is an American Foundation for the Blind publication with product comparisons and reviews of assistive technology for people with visual impairments; archives are fully searchable.

**National Library Service for the Blind and Physically Handicapped** - NLS administers a free library program of braille and recorded materials circulated to eligible borrowers through a network of cooperating libraries.

### TELEPHONE SUPPORT

**Alzheimer's Family Support**  
508-896-5170

**Cape Cod Healthcare Dementia & Alzheimers Support**  
774-552-6080

**Cape Cod Vet Center**  
508-778-0124

**Cape & Island Crisis Hotline**  
800-322-1356

**Elder Law Legal Assistance**  
800-342-5297

**Food Security Programs**  
508-694-2004

**Food Stamps (Snap)**  
833-712-8027

**Lock Box Program**  
Dennis Fire Department  
508-398-0363

**Mass 2-1-1**  
National Abbreviated Dialing Code To Health & Human Services

**Meals On Wheels**  
508-394-4630

**Nami Helpline**  
Mental Health Resources  
800-950-6264

**National Suicide Prevention Hotline**  
800-273-8255

**We Can**  
508-430-8111

## UNEARTHING TREASURES:

### The Program to Encourage Active and Rewarding Lives (PEARLS) Helps Caregivers Reduce Stress and Isolation

Being a caregiver can sometimes feel like sailing a ship in a turbulent storm. The constant responsibility, emotional weight, and potential isolation may lead to feelings of mild depression or a sense of being overwhelmed. Thankfully, PEARLS is not limited to older adults. It can be beneficial for caregivers too.

PEARLS helps caregivers navigate emotional distress and cultivate problem-solving skills and encourages participation in rewarding activities. It helps make the caregivers' journey more manageable and less lonely.

Home-based sessions bring the aid directly to caregivers, providing ease and convenience without the added stress of juggling schedules and transportation. These personalized sessions offer an empathetic and understanding environment for caregivers to share their concerns and learn new coping strategies.

The PEARLS program has a profound impact on caregivers' emotional health. Clinical



Program to Encourage  
Active Rewarding Lives

Funded by MCOA & EOE

PEARLS is offered by  
DCAL as a no-cost  
program. Please call  
**508-385-5067** for more  
information.

trials demonstrate a significant decrease in depressive symptoms and an improvement in overall health-related quality of life. By focusing on practical problem-solving techniques, PEARLS equips caregivers with the tools to regain control of their emotional well-being, fostering a sense of resilience and empowerment.

Importantly, PEARLS breaks the isolation often experienced by caregivers. The program connects caregivers with trained coaches, creates a support network, and builds camaraderie.

The PEARLS program does not merely aim to alleviate depressive symptoms but strives to boost the quality of life of caregivers, making each day more rewarding and

fulfilling. With PEARLS, caregivers can navigate their journey confidently, armed with resilience and a renewed sense of purpose. Remember, the role of caregiving is one of the most selfless and valuable treasures one can offer, and with PEARLS, you will not have to journey alone.

## Town Public Health Nurse Services

The Town Public Health Nurse is a service provided by the **Visiting Nurse Association of Cape Cod**, separate from Certified Skilled Homecare services.

**Services from the Town Public Health Nurse include:**

- Medication management
- Advanced directives assistance
- Help navigating healthcare
- Liaison for community resources
- Education
- Home safety assessment

As our community ages, they require more services but do not necessarily meet the qualification for Certified Skilled Nursing Homecare. Local **Councils on Aging** can refer generally healthy seniors to this short-term safety net service.

For more information on this service, please contact the **VNA of Cape Cod Public Health and Wellness Division** at **508-957-7423**

## In need of routine foot care?

As we age it becomes difficult to clip our toenails. **Janet Tinney** is a nurse trained in routine foot care. She has offered both clinic and home visits throughout Cape Cod for 23 years. Janet will clip, thin down thick nails, and file them smooth (to avoid catching on socks!). Janet offers a general assessment of the foot and massage for circulation. The visit is 30-minutes—plenty of time to chat or simply sit quietly and relax.

**Every 3rd Friday of the Month**  
**\$50 per person • \$65 per person home visit**

Please call **508-385-5067** for more information.

## FREE HEARING CLINICS Hear what you've been missing!

Hearing screenings, cleaning and check-up of current hearing devices, tubing changes, visual inspection of ears for wax. Appointments will be held at the Dennis Center for Active Living, 1045 Route 134, S. Dennis. Call **HearingLife** for appointment **508-760-1835**

## Experience the Glow of Social Care at DCAL

“The GAP made it possible for me to stay active in civic life while my wife enjoyed the company of friends she made.” A.T., Dennis resident

Are you a devoted family caregiver for an older adult experiencing cognitive loss? If so, the Dennis Center for Active Living (DCAL) invites you to step into a space of relief, engagement, and care with the Golden Age Pals (GAP) program. The program offers benefits for you and your loved one.

Starting this August, GAP will be open three days a week, expanding access to the program for you and your loved one. We also offer group and individual coaching support for caregivers at risk of isolation through the PEARLS Program. (see page 8) Stay tuned for a bimonthly GAPS Memory Café—a gathering place with your loved ones, their new friends, and families, for group support and connection with

neighbors living with cognitive loss.

The GAP staff includes a licensed social worker, a certified memory program activity coordinator and program aides trained to support your loved ones. At GAP, each day unfolds a new experience—creative programming, including guest appearances that stimulate curiosity, music that revives memories and positive emotions, and movement for overall health. Each activity is curated to enhance cognitive stimulation and promote social connections, enriching the quality of life for participants. A nutritious lunch, and snacks, are included daily.

You're not in this alone. Let GAP help you recharge while we keep your loved one engaged, safe, and happy. Financial assistance is available for Dennis residents and income-eligible nonresidents.

Contact us today, **508-385-5067**, to secure your spot with the Golden Age Pals!



## Blood Pressure and Wellness Clinic

**Third Wed. monthly 11:15 AM–12:15 PM • FREE**

**Dennis Public Library, 5 Hall Street, Dennis Port**

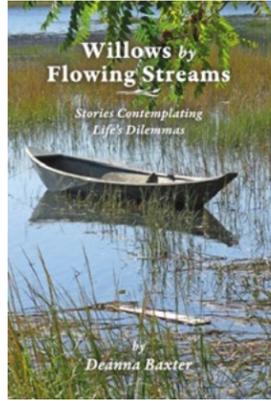
High blood pressure is often referred to as the “silent killer” because there are essentially no symptoms. Prolonged hypertension can lead to more serious health concerns such as heart disease and stroke. Do you know your numbers? Come find out for free! Join us to get your blood pressure read and health questions answered with a Public Health Nurse from the **VNA of Cape Cod**. Walk-ins are welcome! *This clinic is brought to you by the VNA of Cape Cod Public Health and Wellness Division*



**TEA & TALK:  
A Writing  
Adventure**

**Wednesday,  
July 12, 2:00 PM**

Yarmouth Port author and resident **Deanna Baxter**, will share an excerpt from her book "Willows by Flowing Streams," a collection of short stories with a collage of ordinary characters all facing life's dilemmas. Her talk will explore what is really involved in the publishing process.



**LUNCH & LEARN  
Piran: The Cutest Town  
on the Slovenian Coast**

**Thursday, July 6 • 12:30 – 1:30 PM**

Piran is known as the Venetian town since Venice is just across the Adriatic Sea and one and a half hours away by car from the Slovenian border. In the past, Piran belonged to the Venetian Republic and it was an important salt trade center on the most Northern part of the Mediterranean Sea. Today, the town is the most visited coastal town in Slovenia. Not just because of its Venetian appearance, but because it has always been a melting pot of cultures. Venetian, Austrian, Italian, Slovenian, Jewish and even Istrian. Join us on this joyful walk throughout Piran's narrow streets, meet locals, visit shops, and journey up to the top of the St George Church Hill from where you are able to see Venice, Croatia, and across Slovenia.

**COMING SOON  
Lending Library**

The renovation of Dennis Center for Active Living includes space for a new lending library. And we need your help! Please consider donating hardcover books to add to our shelves. We welcome all genres.

Drop off your books at the DCAL, and we will start to organize them for the grand opening coming in January 2024! If you are unable to bring them in, call the Center, 508-385-5067, and we will pick them up. Please donate only gently used books that are in "like new" condition. Thank you for your help!

**6 STEPS TO BE A  
SUCCESSFUL CAREGIVER**

**Thursday, July 13 • 12:00 – 2:00 PM**

Bob Mauterstock, CFP, Shine Counselor, shares how to gather all legal and financial records, healthcare options, and long term care and end of life planning.



**LUNCH & LEARN  
Walking Tour: Luxor Temple**

**Thursday, August 3 • 11:30 AM – 12:30 PM**

Come join us as we take you for a walk through this incredible temple. You will walk through the processional avenue that leads to Luxor Temple. We will talk about who built this amazing temple and what it was for, and the great Pharaohs that built it. The live walking tour begins on the Avenue of Sphinxes before making your way to the open court. This will lead us to the entrance of the temple. You will walk through the temple, ending the tour in the back shrines leading to the open air museum.

**Welcome DCAL Human Services Outreach Coordinator,  
Juliana Benoit!**

**PLEASE CALL ME JULIE.**

I am happy to join the Dennis Council on Aging as the new Outreach Coordinator. I have recently worked for a property management company as a Resident Services Coordinator in a 55+ affordable and low income independent apartment community. I was responsible for facilitating support services, referring for financial assistance and planning activities.

My husband and I moved to Plymouth four years ago



from Westborough. We have two adult children and recently adopted a German Shepherd from Tennessee. I love to read, walk the beach and try new restaurants. I am committed to exercising regularly; I was a certified exercise instructor before we moved.

I look forward to getting to know the residents of Dennis; please stop by to introduce yourself, if I don't get to you first! I will definitely mingle!



**TRANSPORTATION NEWS  
FROM CAPE & ISLANDS  
VETERANS OUTREACH CENTER**

The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48-hour notice given. **The Veteran will be required to produce a copy of their DD214 form.** Transportation includes local Grocery Stores, Bourne National Cemetery, Monthly meetings, Grief Support Groups, Validated Medical appointments (including local MD appointments on Cape Cod as well as to the Providence V.A. and its affiliates). To secure a ride, the Veteran or their advocate makes a call to Barbara-Anne Foley, Outreach & Programs Manager, at **508-237-3349**. **A confirmation to the Veteran will be made.**





Sgt. Ryan Carr of the Dennis Police Department

### **SO, I WAS IN MY KITCHEN THE OTHER DAY, PROBABLY CLEANING SOMETHING,**

and my little guy walks in with my phone in hand. He says, "Hey, Dad, you got a message from someone at work. Don't worry, I didn't read it." What on earth was he doing with my phone? He wasn't playing a game. I hadn't unlocked it, and my wife wasn't home. It was a mystery. "Do you know my password?" He shook his head no and took the phone back. He swiped up and held the phone to his face. Boom. Unlocked. So much for facial recognition. My face and his face both open MY phone. Too bad he didn't get his mother's good looks.

When the phone opened, the security camera program was active. He was watching the cameras around the house. I asked, "What are you doing?" He answered, "Looking for my hockey stick. I don't remember if I put it away." Then he pointed out that a package had been delivered and was on the front step. He also pointed out the dog was in the middle of doing his business in the backyard. He's at the age where that kind of stuff is still funny.

Simple camera systems have really changed home and commercial security. You can purchase cameras or camera systems and install them yourself, or you can bribe a family member with a homemade dinner if you're not so handy. You can spend a lot or a little. You can have them professionally installed. There are many options. You just need to balance how much your systems costs—and costs to maintain and monitor—with your level of comfort. You should also choose a system that you can operate. All too often we hear "I don't know how to work it" when we ask to review some video footage.

Camera systems are so prevalent that the crime landscape has really changed. We (knock on wood) don't respond to many house-breaks anymore. There are too many cameras. Parents can use them to monitor their teenagers' comings and goings. You can check in on your dogs, watch for packages, and more. And for those worried about privacy, I hate to tell you, but as soon as you leave your house, you are on someone's camera virtually all the time. There are cameras

in businesses, on houses, in cars, on people, and on smartphones. And if you're not on camera, a cellular or similar signal can track you.

Cameras aren't all bad. They're not just there to catch you doing something wrong. They can protect you from false accusations or from civil liability. The police in Dennis are wearing them now. Someone is always watching. It's an interesting world in which we live, but it does keep people honest.

If you are considering cameras and want to talk to someone, officers in our Crime Prevention Unit are available to bounce ideas around. We aren't professionals and don't do installs, but we have practical experience and enjoy sharing some of it. And while I'm thinking about it, you might even be able to help us: You might have cameras that catch a "bad guy" walking or driving down the street. Who knows. The way the beaches have been hotbeds of activity on the Cape and around the country's shoreline lately, this may not be a bad idea.

But good or bad, the cameras are here. They likely aren't going anywhere. The crowds are here, and they likely aren't going anywhere until at least September. We are gearing up for a busy summer and working on plans to avoid the mess that was Mayflower Beach last 4th of July. Be good, be kind, be fair. Patience will decrease your stress. Here's hoping you have a great summer. Be safe and avoid sunburn. We'll see you out there.

# 14 ~ SUPPORTERS OF DCOA



**Town officials and Supporters accepting AARP Age Friendly Dennis award**

## WELCOME!

The Supporters are happy to announce that two new members have joined our Board of Directors. Please welcome both Carol Terrio and Joe Lima. We are excited to have them join our committee.

### Don't Miss This Important Article

When you get the new Cranberry Scoop, we know that many of you immediately turn to the last page of The Scoop to read our article, which we both appreciate and understand. If you haven't already done so, please be sure to flip back a few pages in this copy of the Scoop to the article on the difference between the Friends of Dennis Seniors and the Supporters of the Dennis

Council on Aging. The article should help clarify what each organization has done. We're sure that you will agree that both groups do some wonderful work in support of the Dennis Senior Center, and the seniors of our community.

### We Again Need Your Help

We are always looking for new members. Importantly, we have openings on the board. Won't you consider joining us?



## SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM

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

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

Name(s) \_\_\_\_\_ **Please use my donation towards:**

Address \_\_\_\_\_  Golden Age Pals (GAP)

Outreach

Phone \_\_\_\_\_ Cell \_\_\_\_\_  Where Needed Most

Email \_\_\_\_\_  Other (specify):

New \_\_\_\_\_ Renewal \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY
<b>9:00</b> Hearing Clinic <b>9:00</b> Line Dancing <b>9:00</b> Painting <b>10:00</b> ADA Board <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <span style="float: right; font-size: 2em;">3</span>	 4th of July <span style="float: right; font-size: 2em;">4</span>	<b>9:00</b> Line Dancing <b>9:00</b> Golden Age Pals <b>9:30</b> Bocce at Johnny Kelley Park <b>10:00</b> Independence House <b>10:15</b> Line Dancing <b>10:30</b> Musical Souvenirs <b>11:30</b> Line Dancing <b>1:00</b> Bridge <b>2:00</b> CCH Alzheimer Support <span style="float: right; font-size: 2em;">5</span>
<b>9:00</b> Line Dancing <b>9:00</b> Painting <b>9:30</b> Day Trip: Lavender Farm <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <span style="float: right; font-size: 2em;">10</span>	<b>9:00</b> Chair Caning <b>9:00</b> SHINE <b>9:00</b> Walk & Talk Club - Johnny Kelley Park <b>9:00</b> Stitch & Chatter <b>9:00</b> Yoga <b>11:30</b> Forever Fit <b>12:00</b> Golden Age Pals <b>12:30</b> Bridge (Mens) <b>12:30</b> Bridge <b>1:00</b> Sound Dunes <span style="float: right; font-size: 2em;">11</span>	<b>9:00</b> Golden Age Pals <b>9:00</b> Line Dancing <b>9:30</b> Bocce: Johnny Kelley Park <b>10:15</b> Line Dancing <b>10:30</b> Mobile Dental Hygiene Services <b>11:30</b> Line Dancing <b>12:30</b> Book Club <b>1:00</b> Ballroom Basics <b>1:00</b> Bridge <b>2:00</b> Tea & Talk <span style="float: right; font-size: 2em;">12</span>
<b>9:00</b> Line Dancing <b>9:00</b> Painting <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>3:00</b> Supporters Board Mtg. <span style="float: right; font-size: 2em;">17</span>	<b>9:00</b> Chair Caning <b>9:00</b> COA Board Mtg. <b>9:00</b> Walk & Talk Club - Johnny Kelley Park <b>9:00</b> Yoga <b>10:30</b> Dennis Veterans Group <b>11:30</b> Forever Fit <b>12:00</b> Golden Age Pals <b>12:30</b> Bridge <b>12:30</b> Bridge (Mens) <span style="float: right; font-size: 2em;">18</span>	<b>9:00</b> Golden Age Pals <b>9:00</b> Line Dancing <b>9:30</b> Bocce at Johnny Kelley Park <b>10:00</b> Independence House <b>10:15</b> Line Dancing <b>11:30</b> Line Dancing <b>12:00</b> Birthday Party <b>1:00</b> Bridge <b>2:00</b> CCH Alzheimer Support <span style="float: right; font-size: 2em;">19</span>
<b>9:00</b> Line Dancing <b>9:00</b> Painting <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <span style="float: right; font-size: 2em;">24</span>	<b>9:00</b> SHINE <b>9:00</b> Stitch & Chatter <b>9:00</b> Walk & Talk Club - Johnny Kelley Park <b>9:00</b> Yoga <b>11:30</b> Forever Fit <b>12:00</b> Golden Age Pals <b>12:30</b> Bridge <b>12:30</b> Bridge (Mens) <b>1:00</b> Sound Dunes <span style="float: right; font-size: 2em;">25</span>	<b>9:00</b> Golden Age Pals <b>9:00</b> Line Dancing <b>9:30</b> Bocce at Johnny Kelley Park <b>10:15</b> Line Dancing <b>11:00</b> Sight Loss Services <b>11:30</b> Line Dancing <b>1:00</b> Bridge <span style="float: right; font-size: 2em;">26</span>
<b>9:00</b> Line Dancing <b>9:00</b> Painting <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <span style="float: right; font-size: 2em;">31</span>	<h3>Walk &amp; Talk Club</h3> <p><b>Tuesdays &amp; Thursdays</b>  <b>9:00 – 10:00 AM</b>  <b>Johnny Kelley Park</b>                      Please call DCAL for additional information <b>508-385-5067</b></p>	

THURSDAY	FRIDAY
<b>9:00</b> Walk & Talk Club - Johnny Kelley Park <b>10:00</b> Alzheimers Family Support <b>10:00</b> Seniors Connect <b>12:00</b> Fitness with John <b>12:30</b> Lunch & Learn: PIRAN <b>1:30</b> Grief Support <b>3:00</b> Hiking Club - Off Site <span style="float: right; font-size: 2em;">6</span>	<b>8:00</b> Brown Bag Program <b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Core & More <b>11:30</b> Forever Fit <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble <span style="float: right; font-size: 2em;">7</span>
<b>9:00</b> Walk & Talk Club - Johnny Kelley Park <b>10:00</b> Alzheimers Family Support <b>10:00</b> Seniors Connect <b>12:00</b> Successful Caregiver Presentation <b>12:00</b> Fitness with John <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site <span style="float: right; font-size: 2em;">13</span>	<b>9:00</b> Zumba Gold Friday <b>9:30</b> Bridge <b>10:00</b> Core & More <b>10:00</b> Mobile Food Pantry <b>11:30</b> Forever Fit <b>12:30</b> Cribbage Friday <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble <span style="float: right; font-size: 2em;">14</span>
<b>9:00</b> Walk & Talk Club - Johnny Kelley Park <b>10:00</b> Alzheimers Family Support Center <b>10:00</b> Seniors Connect <b>10:00</b> Memory Training <b>12:00</b> Fitness with John <b>1:30</b> Grief Support Group <b>2:00</b> Line Dance Workshop <b>3:00</b> Hiking Club - Off Site <span style="float: right; font-size: 2em;">20</span>	<b>9:00</b> Foot Nurse <b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Core & More <b>11:30</b> Forever Fit <b>12:30</b> Cribbage Friday <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble <span style="float: right; font-size: 2em;">21</span>
<b>9:00</b> Walk & Talk Club - Johnny Kelley Park <b>10:00</b> Alzheimers Family Support Center <b>10:00</b> Seniors Connect <b>12:00</b> Fitness with John <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site <span style="float: right; font-size: 2em;">27</span>	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Core & More <b>10:00</b> State Representative Christopher Flanagan <b>11:30</b> Forever Fit <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble <span style="float: right; font-size: 2em;">28</span>

## TEN TIPS FOR SUMMER SAFETY

1. Stay hydrated.
2. Apply sunblock with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays, including your ears, upper lip, the backs of your hands and the tops of your feet.
3. Wear wide-brimmed hats, long-sleeved shirts, and pants.
4. Stay in the shade when possible.
5. Know when to stay inside during the hottest parts of the day.
6. Keep medications up to date and properly stored.
7. Prevent trips and falls by wearing comfortable shoes with good traction.
8. Follow COVID-19 protocols.
9. Take frequent travel breaks.
10. Watch out for telltale hyperthermia symptoms such as dizziness, nausea, headache, rapid heartbeat, chest pain, fainting or breathing problems.

[care.com/c/12-summer-safety-tips-for-seniors](https://www.care.com/c/12-summer-safety-tips-for-seniors)

Please be advised this calendar is subject to change at any time. Call the DCAL **508-385-5067** with any questions or to confirm events and classes. Thank you!



# 18 ~ AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>Please be advised this calendar is subject to change at any time. Call the DCAL 508-385-5067 with any questions or to confirm events and classes. Thank you!</p>	<p><b>9:00</b> Chair Caning <b>1</b>  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park  <b>9:00</b> Yoga  <b>11:30</b> Forever Fit  <b>12:00</b> Golden Age Pals  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Mens)</p>	<p><b>9:00</b> Golden Age Pals <b>2</b>  <b>9:00</b> Line Dancing  <b>9:30</b> Bocce at Johnny Kelley Park  <b>10:00</b> Independence House  <b>10:15</b> Line Dancing  <b>10:30</b> Musical Souvenirs  <b>11:30</b> Line Dancing  <b>1:00</b> Bridge  <b>2:00</b> CCH Alzheimer Support</p>
<p><b>9:00</b> Hearing Clinic <b>7</b>  <b>9:00</b> Line Dancing  <b>9:00</b> Painting  <b>10:00</b> ADA Board  <b>10:15</b> Line Dancing  <b>11:00</b> Day Trip: Dunbar Tea Room  <b>12:00</b> Shuffleboard  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg</p>	<p><b>9:00</b> Chair Caning <b>8</b>  <b>9:00</b> SHINE  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park  <b>9:00</b> Yoga  <b>11:30</b> Forever Fit  <b>12:00</b> Golden Age Pals  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Mens)  <b>1:00</b> Sound Dunes</p>	<p><b>9:00</b> Golden Age Pals <b>9</b>  <b>9:00</b> Line Dancing  <b>9:30</b> Bocce at Johnny Kelley Park  <b>10:15</b> Line Dancing  <b>10:30</b> Mobile Dental Hygiene Services  <b>11:30</b> Line Dancing  <b>12:30</b> Book Club  <b>1:00</b> Bridge  <b>2:00</b> Tea &amp; Talk</p>
<p><b>9:00</b> Line Dancing <b>14</b>  <b>9:00</b> Painting  <b>10:15</b> Line Dancing  <b>12:00</b> Shuffleboard  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg</p>	<p><b>9:00</b> Chair Caning <b>15</b>  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park  <b>9:00</b> Yoga  <b>9:00</b> COA Board Mtg.  <b>10:30</b> Dennis Veterans Group  <b>11:30</b> Forever Fit  <b>12:00</b> Golden Age Pals  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Mens)</p>	<p><b>9:00</b> Golden Age Pals <b>16</b>  <b>9:00</b> Line Dancing  <b>9:30</b> Bocce at Johnny Kelley Park  <b>10:00</b> Independence House  <b>10:15</b> Line Dancing  <b>11:30</b> Line Dancing  <b>12:00</b> Birthday Party  <b>1:00</b> Bridge  <b>2:00</b> CCH Alzheimer Support</p>
<p><b>9:00</b> Line Dancing <b>21</b>  <b>9:00</b> Painting  <b>10:15</b> Line Dancing  <b>12:00</b> Shuffleboard  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>3:00</b> Supporters Board</p>	<p><b>9:00</b> Chair Caning <b>22</b>  <b>9:00</b> Yoga  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park  <b>9:00</b> SHINE  <b>11:30</b> Forever Fit  <b>12:00</b> Golden Age Pals  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Mens)  <b>1:00</b> Sound Dunes</p>	<p><b>9:00</b> Golden Age Pals <b>23</b>  <b>9:00</b> Line Dancing  <b>9:30</b> Bocce at Johnny Kelley Park  <b>10:15</b> Line Dancing  <b>11:00</b> Sight Loss Services  <b>11:30</b> Line Dancing  <b>1:00</b> Bridge</p>
<p><b>9:00</b> Line Dancing <b>28</b>  <b>9:00</b> Painting  <b>10:15</b> Line Dancing  <b>12:00</b> Shuffleboard  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg</p>	<p><b>9:00</b> Chair Caning <b>29</b>  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park  <b>9:00</b> Yoga  <b>12:00</b> Golden Age Pals  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Mens)</p>	<p><b>9:00</b> Golden Age Pals <b>30</b>  <b>9:00</b> Line Dancing  <b>9:30</b> Bocce at Johnny Kelley Park  <b>10:15</b> Line Dancing  <b>11:30</b> Line Dancing  <b>1:00</b> Bridge</p>

# AUGUST CALENDAR ~ 19

THURSDAY	FRIDAY
<p><b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>3</b>  <b>10:00</b> Alzheimers Family Support Center  <b>10:00</b> Seniors Connect  <b>11:30</b> Lunch &amp; Learn: Luxor Temple  <b>12:00</b> Fitness with John  <b>1:30</b> Grief Support Group  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>8:00</b> Brown Bag Program <b>4</b>  <b>9:00</b> Zumba Gold  <b>9:30</b> Bridge  <b>10:00</b> Core &amp; More  <b>11:30</b> Forever Fit  <b>12:30</b> Cribbage  <b>1:00</b> Hand &amp; Foot Canasta  <b>1:00</b> Scrabble</p>
<p><b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>10</b>  <b>10:00</b> Alzheimers Family Support Center  <b>10:00</b> Seniors Connect  <b>12:00</b> Fitness with John  <b>1:30</b> Grief Support Group  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>9:00</b> Zumba Gold Friday <b>11</b>  <b>9:30</b> Bridge  <b>10:00</b> Core &amp; More  <b>10:00</b> Mobile Food Pantry  <b>11:30</b> Forever Fit  <b>12:30</b> Cribbage  <b>1:00</b> Hand &amp; Foot Canasta  <b>1:00</b> Scrabble</p>
<p><b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>17</b>  <b>10:00</b> Alzheimers Family Support Center  <b>10:00</b> Seniors Connect  <b>12:00</b> Fitness with John  <b>1:30</b> Grief Support Group  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>9:00</b> Foot Nurse <b>18</b>  <b>9:00</b> Zumba Gold  <b>9:30</b> Bridge  <b>10:00</b> Core &amp; More  <b>11:30</b> Forever Fitness  <b>12:30</b> Cribbage  <b>1:00</b> Hand &amp; Foot Canasta  <b>1:00</b> Scrabble - Cafe</p>
<p><b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>24</b>  <b>10:00</b> Alzheimers Family Support Center  <b>10:00</b> Seniors Connect  <b>12:00</b> Fitness with John  <b>1:30</b> Grief Support Group  <b>2:00</b> Dance Workshop  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>9:00</b> Zumba Gold <b>25</b>  <b>9:30</b> Bridge  <b>10:00</b> Core &amp; More  <b>10:00</b> State Representative Christopher Flannagan  <b>11:30</b> Forever Fit  <b>12:30</b> Cribbage  <b>1:00</b> Hand &amp; Foot Canasta  <b>1:00</b> Scrabble</p>
<p><b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>31</b>  <b>10:00</b> Alzheimers Family Support Center  <b>10:00</b> Seniors Connect  <b>12:00</b> Fitness with John  <b>1:30</b> Grief Support Group  <b>3:00</b> Hiking Club - Off Site</p>	



## Key Lime Pie Recipe

### INGREDIENTS:

- 3 cups sweetened condensed milk
- ¾ cup key lime juice
- ½ cup sour cream
- 1 tablespoon grated lime zest
- 1 (9 inch) prepared graham cracker crust

### DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. Combine condensed milk, key lime juice, sour cream, and lime zest in a bowl; mix well. Pour into graham cracker crust; place pie on a baking sheet.
3. Bake in the preheated oven for 5 to 8 minutes, until tiny pinhole bubbles burst on the surface of the pie. The filling will be wobbly but not browned.
4. Transfer pie to a wire rack to cool, then thoroughly chill pie in the refrigerator before serving, about 1 hour. Garnish with lime slices and whipped cream, if desired.



## EVERGREEN FITNESS STUDIOS AT THE DCAL

Evergreen Studios at the Dennis Center for Active Living (DCAL) is a program dedicated to promoting healthy and active lifestyles in older adults. Our mission is to provide a safe, welcoming environment to enjoy regular exercise and improve your strength, flexibility, and overall health. You might be asking why our membership is just \$99/year. We believe that staying healthy should not be a luxury. Everyone deserves access to wellness resources, including you! Our studios feature state-of-the-art custom equipment specifically tailored for older adults. For instance, our VersaTrainer is a highly versatile machine, perfect for physical therapy routines, and an elliptical trainer, treadmill, and recumbent bike are perfect for cardio. At Evergreen Studios, we understand the importance of guidance and support. New members receive a safety orientation provided by our nurse specialist. Our team will always be available to ensure you are working out safely and effectively. The DCAL fosters a friendly and supportive environment. Work out, have fun, and build relationships with like-minded individuals who share your commitment to staying active and healthy. So, why wait? Join us! We're excited to welcome you to our community and can't wait to help you on your fitness journey. Start today and see the difference Evergreen Studios can make in your life.

## Dance, Core and More Chair Class

Every Friday • 10:00–11:00 AM

Is it possible to have all the fun of a dance class and strengthen your core muscles? The answer is ABSolutely! Get moving and dancing from the comfort of your chair. We also use small weights to improve bone density and overall functional conditioning.

**TRANSPORTATION:** Dennis residents can arrange for transportation by the Dennis Center for Active Living. Please call **508-385-5067**.

## FITNESS WITH JOHN

John Hays started on a journey of fitness over 50 years ago in his twenties, starting with weightlifting and classes called Preparation for Movement, for which he also became an instructor. He continued his workouts throughout his life as a pastime until he decided to become a personal trainer in his sixties, working with Pugga and Associates to help himself and others in their efforts to maintain strength and vitality. John is an American Council on Exercise (ACE) Personal Trainer. Fitness with John combines varied exercises into sets using chair exercise, resistance bands, light weights, and small weighted exercise balls. The chair is also used for balance and stability. Participants are encouraged to work as they can while performing the exercises. **Classes are held at the Dennis Senior Center on Thursdays at 12 PM and the cost is \$10 per class. Come and be a part of our workout family!**



## DANCING CLASSES WITH KAREN OF CAPE SANDS BALLROOM

at Dennis Center for Active Living (DCAL)  
1045 Route 134, South Dennis, MA 02660

\$10 check or cash to DCAL front desk. Checks payable to "Dennis Senior Center." Maximum enrollment 20 dancers per class. Admission is first come first served. Bring a shatter-proof water bottle. Dress comfortably in layers. Warm-up and cool-down at your own pace. Arrive 5 minutes early. Stay 5 minutes late. Please change shoes on arrival to help keep the dance floor clean. See website for more info. (No 10:15 or 11:30 classes - 2nd Wednesday of every month) \*\*\* No partner needed for any of these line dancing classes \*\*\*

**Beginner Line Dancers...** please visit the Cape Sands Ballroom website to make sure that dance will be a good fit for you! [capesandsballroom.com/skills-list](http://capesandsballroom.com/skills-list). Unsure of level? Please contact Karen at [CapeSandsBallroom@gmail.com](mailto:CapeSandsBallroom@gmail.com) for sample videos by level.

## ABOUT THE INSTRUCTOR

**Karen Shackelford**, Professional Dance Instructor since 1991. DVIDA certified. Owner, Cape Sands Ballroom Dance, licensed to operate by the Town of Dennis, MA. Grateful recipient of hundreds of Linked In skills endorsements, three years running "Best Wedding Dance Instructor on Cape" (2018, 2019, and 2020), and numerous awards for her prior work in NH. Visit [CapeSandsBallroom.com](http://CapeSandsBallroom.com) Contact [CapeSandsBallroom@gmail.com](mailto:CapeSandsBallroom@gmail.com) Find us on Facebook.



## Dance Fest Country Western Line Dancing

Thursday, July 20 • 2:00–3:30 PM

A fun line dance theme party to breathe new life into your favorite line dance steps (grapevine, box, rocking chair, etc.)! Easy dances to country western tunes. Don't miss it! \$10 walk-in admission. First come first served. Limited to 20 participants.

## Dance Fest Latin Line Dancing

Thursday, August 24 • 2:00–3:30 PM

Get your Mambo on! And your Merengue and your Cha-Cha and more at this fun dance party! Easy Latin inspired line dances incorporating your favorite line dance steps. Mark your calendar! \$10 walk-in admission. First come first served. Limited to 20 participants.

## SUPPORTERS AND FRIENDS – WHY TWO SEPARATE GROUPS?

Two non-profit organizations support the Dennis Council on Aging's (COA) service area constituents and support Dennis Center for Active Living's (DCAL) programs and services. Both are needed. Your gifts to the Supporters go directly to supporting DCAL social and health promotion programs, the Golden Age Program (respite memory care), the DCAL Café, Veterans & Friends, and more. The DCAL needs this support to maintain the level of programs we offer.

**SUPPORTERS of Dennis COA, Inc. - All Volunteer** - A 501(c)(3) tax exempt public charity, when you donate to the Supporters, you directly support DCAL special events, support groups, fitness, health and wellness, and grant proposals

## Who We Are and How We Help

The purpose of the Supporters of the Dennis Council on Aging is to supplement funds not provided by state and local government to the Dennis Council on Aging & Senior Center, and to enhance programs and services offered to the community through fundraising events, membership, donations, grants and corporate gifts.

**Fundraising Events:** We have held dances, 50-50 Raffles, Holiday Calendar raffles, wine toss, silent auctions,

**Membership:** In each bimonthly issue of the Cranberry Scoop, we solicit membership contributions to the Supporters of Dennis COA

**Donations:** We receive donations to various programs and services provided by the COA: memorial contributions, a donation for the Raks new thrift shop, Planters, Cash box, Amazon Smile, Robotic Cats for the GAP program,

**Grants:** Cape Cod Cooperative Bank provided the Supporters funds for a Transportation Study. Cape Cod Five provided the Supporters funds for exercise equipment for the DCAL fitness facility. AARP provided the Supporters funds for a patio, planters and accessible outdoor seating.

**Corporate Gifts:** Cape Cod Tech was closing their facility for replacement and offered participating



to develop the resources available to over 2700 registered members. All funds collected go directly to costs associated with special events, programs, and resources for the center. Donations are tax deductible.

**FRIENDS of Dennis Senior Citizens, Inc. - Paid Executive Staff** - When you donate to the Friends, you directly support the Friends' office staff, emergency assistance to individual residents and households, grants to Cape Cod organizations, and four annual fundraising events, including Daffodil Day and the Friends' Christmas Giving Program.

Both organizations contribute to the same great goal: the health and well-being of Dennis residents over 60, their families, caregivers and friends.

towns used equipment at no cost. The Supporters paid to have the desired equipment moved to storage facility, paid for the storage facility, and paid to have it moved back to

the new addition of the Dennis Senior Center.

**What we have done to support the Dennis COA:**

**Support Outreach programs:** Paid for a Grandmother's electric bill, paid Resident lockout fees, paid for a Resident's rental while landlord fixes apartment, Help resident with fuel bill, paid to replace a resident's heating thermostat.

**Support for GAP:** Provided Scholarships for GAP participants in need, purchased Robotic cats, purchased and assembled planters/plants, paid Rental for relocation of GAP to church while the Dennis Senior Center was closed for renovation, provided Financial support to help restart GAP program after pandemic.

**Special Events:** Dennis Senior Birthdays, St Patrick's Day, Senior Citizens Day, Veteran's Day Breakfast, Thanksgiving party, Community open house, Christmas party, Halloween party, Super Bowl Tailgate party, Volunteer Recognition Luncheon.

The Supporters have no employees, as all work is done by volunteers, and they have no facilities, and therefore have no overhead.

## Who We Are and How We Help

In 1979 the founders of the Friends of Dennis Senior Citizens were on a crusade to create a center for seniors in the Town of Dennis; a gathering place to socialize, where people could get support, and live out retirement in fellowship. Their vision and "can do" spirit raised both the consciousness and the funds that built the Dennis Senior Center, and their mission was completed on September 10, 1981. In 1984 the Friends donated it to the Town of Dennis! Our mission has been the welfare and quality of life for seniors in the Town of Dennis. We donate to groups which are like minded through our Planned Giving Program and have awarded grants to many organizations and encourage these groups to help Dennis seniors. The Friends have provided financial support for many Dennis seniors in need. We are able to do all this, in large part, with the support of our wonderful members, donors, and volunteers. Below are more detailed descriptions of the many endeavors we undertake to fulfill our mission. *For more details on the following programs, please visit our website [friendsofdennisseniors.com](http://friendsofdennisseniors.com).*

**The Big Wrap/Christmas Giving Program:** Our Christmas Giving Program, for the past thirty-seven years, has been the heart of what we do for seniors.

**Quarterly Newsletter:** In 2012, The Friends of Dennis Senior Citizens published our first quarterly Friends of Dennis Senior Citizen Newsletter to keep our membership informed.

**The George DeShaw Memorial Golf Tournament:** In memory of George DeShaw, we host a golf tournament every year. This annual event has become our biggest fundraiser! The tournament is held at the Dennis Highlands Golf Course.

**Jazz-fest:** In 2013 we held our first Jazz-in-June and it became an instant success! This year, The Friends will host this joyous event in October 2023. Kareem Sanjaghi and his Jazz Quartet, in honor of his late grandfather, Bob Hayes, will once again dazzle the crowd while everyone enjoys a delicious lunch.

**American Red Cross Blood Drives:** The Friends of Dennis Senior Citizens sponsor American Red Cross Blood Drives. Twice a year, in April and

October, we hold blood drives at the Church of the Nazarene in South Dennis.

**File-of Life:** Educating seniors on matters of safety and well-being has long been a goal of the Friends. We have talked to seniors in Dennis about the importance of having a File-of-Life envelope.

**SafetyNet Devices:** The Friends can help pay for tracking bracelets worn by those Dennis seniors who wander because of Alzheimer's disease or dementia.

**Daffodil Day:** In early March hundreds of daffodils are donated to us by Blossoms Florist in Dennis Village. The flowers get delivered, through Elder Services, to Meals-on-Wheels clients across Dennis.

**Mother's Day Cards:** For the past several years The Friends have delivered flower-decorated cards and homemade rum balls to mothers across Dennis.

**Brown Bag Program:** Distributes bags of groceries to Dennis seniors at DCAL on the first Friday of every month. In 2020 we gave the program a grant and have raised funds and awareness since. Each month we supply the program with paper goods for the home and make special purchases of turkeys and hams around the holidays.

**Golden Age Classes:** Believing that fellowship, engagement, and learning is important to senior living, the Friends give support for these classes at DCAL.

**Individual Assistance:** We have helped many Dennis seniors in times of need, including cost of funerals, installation of fire alarms, automotive repairs, dental bills, dump stickers, a motel stay for homelessness prevention. Referral and eligibility for this assistance is often determined by the Dennis Social Service and Outreach personnel.

**Planned Giving Grants:** Friends of Dennis Senior Citizens gives to many like-minded organizations. We encourage these groups to help Dennis seniors through this support.

The main goal of The Friends has always been to concentrate on the individual needs of Dennis seniors. By supporting them, in the many varied ways described above, we fulfill the mission set forth by our founders.

— Louis Daniele, Board President





**DENNIS CENTER FOR  
ACTIVE LIVING**  
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South Dennis, MA 02660

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## Cape Cod Word Search

c	r	a	n	b	e	r	r	y	h	e	b	whale
h	l	p	r	c	w	b	e	a	c	h	a	cranberry
o	o	a	q	u	a	h	o	g	y	w	s	crab
w	b	v	m	k	m	n	a	e	s	a	k	ferry
d	s	r	d	e	p	o	a	l	f	v	e	quahog
e	t	o	r	t	u	g	g	l	e	e	t	seafood
r	e	w	f	a	m	s	o	w	r	s	w	basket
l	r	p	u	m	b	g	b	c	r	a	b	wampum
s	e	a	f	o	o	d	e	a	y	s	k	clam
												chowder
												waves
												golf
												canal
												beach
												lobster

*The Cranberry Scoop* is a publication of the Supporters of the Dennis Center for Active Living, a 501(c)(3) tax exempt nonprofit organization. Distribution is made possible by the Town of Dennis and COA Volunteers.