

The Cranberry Scoop

SPRING EDITION 2022



THE NEWSLETTER OF THE DENNIS CENTER FOR ACTIVE LIVING @ THE SENIOR CENTER

**Concerned about Falling?
It's a Matter of Balance**

**Calling
all Day
Trippers
Back on the
Bus!**

**We're Up
and Running!**

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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.....Alternate
 John Terrio.....Select Board Liaison

Dennis Center for Active Living (DCAL)
 @ the Senior Center
 1045 Route 134
 South Dennis, MA 02660
 Main: 508-385-5067
 FAX: 508-385-5288

Welcome to the new version of the Cranberry Scoop, now designed and edited by Susan Reilly of the Supporters of Dennis Council on Aging, and Sherrie Jones, DCAL Office Manager. They have taken over the design and layout, restoring more hours to my schedule to focus on the upcoming spring Town Meeting renovation article (May 3rd at the Wixon School), the renovation of the original building, and developing the resources that enable



us to offer a wide array of programs and services, including evidence-based health promotion programs for our members. The new design team considered the feedback received by many readers. You can provide feedback for future editions by emailing coa@town.dennis.ma.us.

After many months of walking through empty halls and rooms in the Center, we are pleased to hear music and laughter, members exercising, dancing, playing, meeting, eating, getting their taxes done, and more. **Dental Hygiene** services are back on site, and new programs starting in March include a **Matter of Balance** (on Zoom), a monthly Blood Pressure clinic, courtesy of Bayada Health. The **Rolling Raks Gift & Thrift Shop**, and our coffee station in the **Café**, are now open for shopping. Other activities are ramping up daily. Please remember to sign in upon arrival to DCAL. This is the only way our small staff has to ensure your safety and security by letting us know who is in the facility at any given time.

Most important, I see people connecting with others, enjoying programs like our popular **Tea and Talk** (see calendar on pgs. 12 & 14) **Zumba** and **Yoga** classes (p.8). Clubs are back in the house including, Cribbage, Mah Jongg, Scrabble and Chair Caning. We're also getting back on the bus for **day trips** and **shopping** (p.5). Our first excursion: Canal Side Dining in Bourne, followed by the Dunbar Tea Room in April. Make sure to reserve early as these are popular programs. To burn off the calories take your pick from a variety of exercise classes (p.8). Keep moving, keep breathing, and keep smiling.

-Brenda

The Dennis Center for Active Living @ the Senior Center (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. **Gloves/masks are required for entry onto the bus .**



BUS TRIPS

Monday/11AM/MARCH 28th/Canal Side Dining/\$10

Monday/11AM/APRIL 21st/Dunbar Tea Room/\$10

*NOTE: Fee is for roundtrip transportation only. Lunch is paid for by individual. Gloves & Masks are required for entry onto bus.

Bus Schedule (Subject to change)

Tuesday	8AM / 10AM / 12PM	Local errands In Dennis
Wednesday	8AM / 10AM/ 12PM	Local errands In Dennis
Thursday	8AM / 10AM/ 12PM	Local errands In Dennis
Monday	9AM MARCH 21st	Market Basket \$5
Monday	9AM APRIL 25th	Market Basket \$5

Boston Hospital Transportation
(800) 352-7155

Enjoy comfortable and safe wheelchair accessible transportation directly from Cape Cap 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.



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 or call 800-352-7155
**not including DART service*



We're going your way! →

TODAY only happens once...
Make it amazing



Barnstable County

Regional Government of Cape Cod
3195 Main Street | P.O. Box 427 | Barnstable, Massachusetts 02630

Department of Human Services

TRACEY BENSON, SHINE Regional Manager
tracey.benson@barnstablecounty.org | 508-375-6762 Ext.2



Medicare Coverage and COVID-19

During the public health emergency, it is important to know which services Medicare covers related to COVID-19 and how to access care.

COVID-19 testing

Medicare covers your first COVID-19 test without an order from a doctor other qualified health care provider. After your first test, Medicare requires you to get an order from your provider for any further COVID-19 tests you receive. You will owe nothing for the laboratory test and related provider visits (no deductible, coinsurance, or copayment). This applies to both Original Medicare and Medicare Advantage Plans. Original Medicare does not cover at-home COVID tests. If you have Original Medicare, you can access free tests at community health centers, Medicare-certified health centers, and www.covidtests.gov. Medicare Advantage Plans might cover at-home tests. Contact your plan for more information.

COVID-19 vaccine

- Original Medicare Part B covers COVID-19 vaccines, regardless of whether you have Original Medicare or a Medicare Advantage Plan. You pay nothing for the vaccine.
- The Food and Drug Administration (FDA) has approved an additional dose of the COVID-19 vaccine or booster for people age 12 or older. You pay nothing for the booster or additional dose.
 - Health officials recommend the COVID-19 vaccine and booster shot for maximum protection against the virus. Speak with your doctor if you have questions or concerns.
- **Bring your red, white, and blue Medicare card with you to your vaccination appointment, even if you have a Medicare Advantage Plan.** If you do not have your card on you, your vaccine provider may ask you for your Social Security number so that they can look up your Medicare information.

COVID-19 antibody treatment

Medicare covers monoclonal antibodies to treat COVID-19. You will owe no cost-sharing (deductible, coinsurance, or copayment).

Medicare Advantage Plans must cover everything that Original Medicare does, but they can do so with different costs and restrictions.

MARION'S CORNER

Fuel Assistance season is almost over. If you have been approved for fuel assistance and have not yet applied for extra assistance from the town of Dennis, call Marion at 508-694-2004. This funding is available if and when you use up all your fuel assistance. Call Marion or bring her your bill if you owe for heat-even if you have filled out the Dennis form. This program is open to all ages and goes through the spring. And, to continue on our health kick, I want to give a "teaser" for the next issue. This information, comes, in part, from the Mayo Clinic website. The Mayo Clinic is one of the world's top healthcare clinics, specializing in clinical practice, education and research. Did you know that the number one risk factor for death in the USA is "diet quality?" So, to improve your diet quality, how about one or two meatless meals a week? Next issue, we will look at that more in depth. For now, open yourself up to the health benefits of less meat. Research shows that people who eat red meat are at an increased risk of death from heart disease, stroke or diabetes. Processed meats also increase the risk of death from these diseases. Soups and casseroles are a good way to begin, as they taste delicious without meat. Or, you can try a simple, easy meal that I enjoy. Microwave a sweet potato, take it out, microwave a bag of beans, or any other vegetable, and sprinkle with unsalted almonds-or any kind of nut, add unsweetened apple sauce on the side. YUM! (Sometimes I will have a piece of whole grain toast if I am really hungry!) easy, simple and so nutritious. We will cover more on this in the next issue. A few months ago, I began a Grief Support Group, the original intention was to offer support to folks who had lost people during COVID, but it has morphed into a Grief Support Group for people who have lost their partners, as far back as three or four years. I have taken two grief counselling courses, which included advanced training. To paraphrase a trainer, though, "One can have all the education in the world, but what comes out has to come from the soul." I believe that. We have space for more people, and the group would like to welcome those who have lost a partner and are looking for a place to go and be comfortable, either by sitting quietly and taking in the support or in sharing the grief and the grief experience. And, to add one more note, as of this writing, the group consensus is to mask and social distance. Hopefully, as we have seen the numbers fall these last few weeks, we will not have to continue forever, but for now, that is where we are. It is a wonderfully supportive group - a group that listens and learns from each other. We welcome you wherever you are in your journey. We meet once a week on Thursday afternoon from 3-4pm in the Ickis Room (fireplace/library).



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

RESPIRE FOR CAREGIVERS

CAREGIVER ALERT!

Need a few hours to run errands, make an appointment, or meet with friends for lunch? The Golden Age Pals (GAP) Club House is Dennis Senior Center's new short term respite program. Once you are registered, you can call to let us know you will be dropping off your loved one. Avis and her helpers will be waiting with engaging and fun activities, snacks, music and more. Taking care of yourself and making time for social connection will help you be a better caregiver!



BALANCE AND BALLROOM WITH FRANK

Two for the price of one! Our new *Balance and Ballroom* class offers the opportunity to combine two related activities that provide a fun way to improve balance while learning the basic steps of the most popular ballroom dances: waltz, rumba, foxtrot, swing, salsa, merengue, and bachata. This 60-minute class begins with a brief warm-up routine, then a series of balance exercises designed to strengthen the neurological and muscular systems essential to preventing falls and building confidence. Our instructor is Frank Callahan, certified personal trainer, an amateur dancer, and member of the Cape Cod Ballroom Dancers. Please register for the program at the front desk. The fee is \$10 per person. (If you are unable to attend on a given day, kindly inform Mr. Callahan at 203-895-2155.



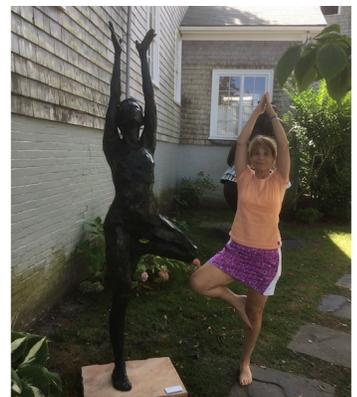
CHAIR ZUMBA

Christina Arabadzhieva of Revive and Thrive Fitness is a certified Senior Fitness Specialist, Personal Fitness Trainer and Zumba instructor. She has been coaching and teaching since 2008 and has a classical dance background. She teaches Zumba every Friday at 9AM and Zumba Chair very Friday at 10AM. In her classes, Christina delivers an organic passionate level of energy and inspiration that will help you optimize your health so you can do all the things you love. No matter if you want to improve your cardiovascular system, lose weight, improve strength and balance, or boost your mood, Zumba class with Christina may be just what the doctor ordered! All are welcome, no prior experience necessary!



YOGA FOR EVERY LEVEL

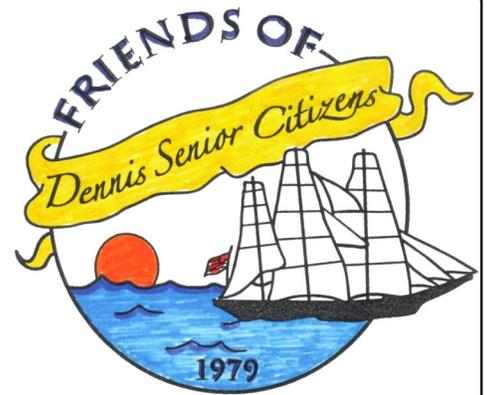
Stay committed to self-care...through yoga! This gentle practice guided by Maria Damon begins with short centering meditation, warm up stretching, lots of breathing, yoga asana and relaxation. Chair Yoga is incorporated into the class for those that find it difficult to work on the floor. Our class mantra: "We go with the flow" and "We do what we do"! The Spirit moves you. This is your yoga to customize for yourself. Classes are held every Tuesday, 9:30AM -10:45AM. Please bring your yoga mat and blanket or beach towel. Any questions feel free to contact Maria @774-212-0511 or email: scroot@comcast.net.



FRIENDS OF DENNIS SENIOR CITIZENS

FRIENDS LEND A HELPING HAND

The Friends over the years have helped many Dennis seniors in time of need. In many instances, we were called upon after all other channels had been exhausted. Some recent examples are: helping with the cost of a funeral; paying a handyman to clean out a cluttered closet in order to complete an energy audit, helping with the installation of fire alarms, automotive repairs, and dental bills. These are some of the varied ways that *The Friends* have responded to Dennis seniors needing a helping hand. We are able to do this, in large part, with the support of our wonderful members, donors and volunteers. *The Friends* would like to remind you of the Red Cross Blood Drive we are sponsoring on Saturday, April 2 from 9am -1pm at the Church of the Nazarene, 209 Upper County Road, South Dennis.



Friends of Dennis Senior Citizens
P O Box 287 - South Dennis, MA 02660
508-385-5376



Bay to Sound Neighbors continues to move forward in this new year of 2022. Our goal is to enable our seniors in Dennis and Yarmouth to age in place with assistance from our wonderful volunteers. Driving to appointments, to the supermarket, light outside activities, technology assistance or just friendly visits or calls. If you have some spare time, consider becoming a volunteer. We are looking for volunteers to also join our social, member and volunteer committees to help with administrative/ office tasks. We have no paid staff at all - just rely on our wonderful volunteers. If you are interested in becoming a member to receive services or becoming a volunteer, contact baytosoundneighbors.org. If you are interested in serving on a committee contact president@baytosoundneighbors.com. A happy and healthy new year to all!

TELEPHONE SUPPORT

FOOD SECURITY PROGRAMS

One Bag of Groceries Twice a Month
Dennis Senior Center
508-694-2004

CAPE & ISLAND CRISIS HOTLINE

800-322-1356

ELDER SERVICES 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

TOWN OF DENNIS ADVISORY COMMITTEE ON DISABILITIES

508-385-5067, X398

MASS 2-1-1

National Abbreviated Dialing Code
to Health & Human services

NAMI HELPLINE

Mental Health Resources
800-950-6264

NATIONAL SUICIDE PREVENTION HOTLINE

800-273-8255

ST. DAVID'S CHURCH (SOUTH YARMOUTH)

3rd Wed, 1-3PM, Paper &
personal hygiene products

WE CAN

508-394-4630

CAPE COD VET CENTER

508-778-0124

CCH ALZHEIMER'S CAREGIVER SUPPORT

774-552-6080



Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles, and take advantage of greater opportunities for engagement, enrichment, and education. Below is a list of virtual programs open to all.

A MATTER OF BALANCE (MOB)

Beginning Wednesday, March 9, 2022, at 10:00AM-12:00PM (via Zoom)

Are concerns about falling keeping you from doing the things you enjoy? Every Wednesday for 8 weeks we come together as a group facilitated by certified trainers Pegg and Brenda. MOB is an evidence-based program proven to build your confidence and provide you tools to help you stay active and connected. **For more information or to register, call: 508-385-5067 or email sjones@town.dennis.ma.us**

HEALTH TALKS: Head, Shoulders, Knees and Toes

Wednesday, March 9, 2022, at 10:00AM-11:00AM (via Zoom)

What you need to know about surgery and rehabilitation with a physical therapist and the experts from Kindred Health. Presenter: Joanne Burbank, RN, Kindred Health

To register call the Barnstable Council on Aging at (508) 862-4750.

BUYING & OWNING (or LEASING) A CAR

Wednesday, March 9, 2022, at 1:00PM (via Zoom)

Having a car can be an expensive proposition. Read tips on buying vs. leasing, negotiating the best deal, financing, getting the most out of warranties and service contracts, using gas efficiently, and avoiding repossession. Time permitting, a brief discussion on the latest scams concerning the auto industry.

Presenter: Marie C. Clougher, Esq., Executive Director, Consumer Assistance Council

To register call the Barnstable Council on Aging at (508) 862-4750.

THE UNUSUAL BOOK CLUB

Wednesday, March 16, 2022, at 10:00AM (via Zoom)

Love books but feel stressed if you have to read one by a certain date? This book club is different! Rather than reading one book, we will gather to recommend books on a selected theme. March theme: Fantasy & Science Fiction. Join us! **To register call the Provincetown Senior Center at 508-487-7080.**

MEN IN RETIREMENT: Henry Quinlan

Wednesday, March 16, 2022, at 10:30AM-11:30AM (via Zoom)

So, you've retired....what now? Learn about how retirement can bring new relationship issues, and for men who do not find new meaningful activities to replace work, there is the risk of boredom and a sense of purposelessness that can be stressful and lead to depression, marital issues, and health problems.

For more information or to register, call The Bourne Council on Aging: 508-759-0600 ext. 5300

A VIRTUAL DOCK TOUR OF WOODS HOLE OCEANOGRAPHIC INSTITUTION

Wednesday, March 16th, 1:30PM (via Zoom)

Woods Hole Oceanographic Institution is the world's leading, independent non-profit organization dedicated to ocean research, exploration, and education. Our scientists and engineers push the boundaries of knowledge about the ocean to reveal its impacts on our planet and our lives. The Woods Hole Oceanographic Institution is dedicated to advancing knowledge of the ocean and its connection with the Earth system through a sustained commitment to excellence in science, engineering, and education, and to the application of this knowledge to problems facing society. Presented by Paul Daigle docent at the Woods Hole Oceanographic Institution.

To register call the Orleans COA at 508-255-6333 beginning March 1st.

LIGHTHOUSES OF NEW ENGLAND

Tuesday, March 22, 2022, 1:30PM (via Zoom)

Presented by Jeremy D'Entremont

Presented by Jeremy D'Entremont, historian for the U.S. Lighthouse Society, president and historian of the American Lighthouse Foundation, and the founder of Friends of Portsmouth Harbor Lighthouses. He's the author of more than 20 books and hundreds of articles on lighthouses and maritime history. He's also producer

and host of the U.S. Lighthouse Society's podcast, "Lighthearted," and has appeared many times on national TV and radio speaking about lighthouse history. Jeremy will share stories of the many lighthouses that dot the shorelines of Cape Cod, Martha's Vineyard, and Nantucket. The focus is on human history with fascinating stories of lighthouse keepers and their families at these remote outposts, featuring historic images as well as recent photos. **To register call the Orleans COA at 508-255-6333 beginning March 1st.**

GARDEN TALK-POLLINATION ECOLOGY – HOW CAN WE HELP BEES?

Tuesday, March 22, 2022, at 11:00AM-12:00PM (via Zoom)

Honeybees, both locally and nationally have been suffering catastrophic losses. This program will review honeybee biology and the factors responsible for this problem. In addition, we will review the state of wild pollinators like bumble bees and the things residents can do to help them. Many of the fruits and vegetables we eat require pollination. Presenter: Larry Dapsis, Etymologist, Cape Cod County Extension

To register call the Barnstable Council on Aging at (508) 862-4750.

NEW PATH TO POSITIVE CAREGIVING

Wednesday, March 23, 2022, at 10:00AM-11:00AM (via Zoom)

This program is an overview of the Savvy Caregiver program offered at the Barnstable Council on Aging. Savvy Caregiver is a series that will provide the caregiver with skills, knowledge and techniques needed to provide care to a person (most often a friend, or family member) who has been diagnosed with Alzheimer's disease (or a progressive dementia). Presenter: Stacey Cullen

To register call the Barnstable Council on Aging at (508) 862-4750.

HOLLYWOOD HISTORY – INTERNATIONAL CINEMA: FRENCH AND ITALIAN DIRECTORS

Wednesday, March 30, 2022, at 3:30PM-4:30PM (via Zoom)

... a sampling of 20th and 21st century French and Italian filmmakers and their films that are not only accessible, but also relatable!!! Presenter: Frank Mandosa

To register call the Barnstable Council on Aging at (508) 862-4750.

BURIALS AT SEA

Wednesday, April 6, 2022, at 2:00PM-3:00PM (via Zoom)

Thinking of burial at sea? Long time presenter Capt. Brad White founder of New England Burials at Sea and Funeral Director Chris Goulet of Hamel Lyden funeral service invite you to this highly informative virtual presentation. Time will be available at the end for Q&A. Presenter: Capt. Brad White, NE Burials at Sea

To register call the Barnstable Council on Aging at (508) 862-4750.

GET YOUR GARDEN READY

Tuesday, April 12, 2022, 2:00PM (via Zoom)

Presented by Master Gardener, Donelle Denery, this program will focus on the proper steps to get your garden ready in anticipation of your planting season. Flower, vegetable, and container garden preparation will be discussed. Properly preparing your garden in early spring sets you up for a successful growing season!

To register call the Orleans COA at 508-255-6333 beginning March 1st.

IN THE KITCHEN WITH KELLI

Tuesday, April 19, 2022, at 11:00AM (via Facebook Live)

Join Kelli and her special guests to bake sourdough bread! Learn how to prevent illness through small changes in your lifestyle, including, if you're going to anyway, the kind of bread you eat. **For more information or to register, call: 508-385-5067 or email kfieldhouse@town.dennis.ma.us**

GARDEN TALK: GROWING FOR BIRDS AND BEES

Thursday, April 21, 2022, at 1:00PM-2:00PM (via Zoom)

This program will focus on why we should care about the *birds and the bees* and how they share our ecosystem. Learn what threats they face, and how we can support them in our own yards and neighborhoods with beautiful plants. Fran is a Master Gardener who has a Ph.D in Plant Science (Ecology) from the State University of New York College of Environmental Sciences and Forestry in Syracuse. She taught for more than 30 years and retired to Cape Cod in 2018. Her primary focus in gardening is to celebrate native plants and create habitat.

Presenter: Fran Raleigh

To register call the Barnstable Council on Aging at (508) 862-4750.

MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>10:00 ADA Board 10:00 Walk with Ease 12:00 Friends of Dennis 1:00 Bridge 1:00 Mah Jongg</p>	<p>1</p> <p>9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Yoga 11:00 DCAL Garden Club Bridge (Men's)</p> 	<p>2</p> <p>10:00 Independence House 10:00 Square Dancing 10:00 Walk with Ease 12:00 Special GAP Respite Program 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p>3</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 2:00 Balance/Ballroom 3:00 Grief Support Group</p>	<p>4</p> <p>9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 10:00 Walk with Ease 12:30 Cribbage 1:00 Scrabble</p>
<p>8</p> <p>9:00 Blood Pressure Clinic 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:30 Yoga 1:00 Bridge 1:00 Bridge (Men's)</p>	<p>9</p> <p>9:00 Mobile Dental 10:00 Matter of Balance 10:00 Square Dancing 10:00 Walk with Ease 10:30 Musical Souvenirs 12:00 Special GAP Respite Program 12:30 Book Club 1:00 Bridge 2:00 Tea & Talk</p>	<p>10</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 2:00 Balance/Ballroom 3:00 Grief Support Group</p>	<p>11</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 10:00 Mobile Food Pantry 10:00 Walk with Ease 12:30 Cribbage 1:00 Scrabble</p>	<p>14</p> <p>10:00 Walk with Ease 1:00 Bridge 1:00 Mah Jongg 3:00 Supporters Board</p>
<p>15</p> <p>9:00 Chair Caning 9:00 COA Board 9:00 Stitch & Chatter 9:30 Yoga 1:00 Bridge (Men's)</p>	<p>16</p> <p>10:00 Independence House 10:00 Matter of Balance 10:00 Square Dancing 10:00 Walk with Ease 12:00 Special GAP Respite Program 12:00 Birthday Party 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p>17</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 12:30 Saint Patrick's Day Luncheon 2:00 Balance/Ballroom 3:00 Grief Support Group</p> 	<p>18</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk with Ease 12:30 Cribbage 1:00 Scrabble</p>	<p>14</p> <p>10:00 Walk with Ease 1:00 Bridge 1:00 Mah Jongg 3:00 Supporters Board</p>

<p>21</p> <p>9:00 Market Basket 10:00 Walk with Ease 1:00 Bridge 1:00 Mah Jongg</p> 	<p>22</p> <p>9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:30 Yoga 12:00 Lunch & Learn 1:00 Bridge 1:00 Bridge (Men's)</p>	<p>23</p> <p>10:00 Matter of Balance 10:00 Square Dancing 10:00 Walk with Ease 11:00 Sight Loss Services 12:00 Special GAP Respite Program 1:00 Bridge</p>	<p>24</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 2:00 Balance/Ballroom 3:00 Grief Support</p>	<p>25</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk with Ease 12:30 Cribbage 1:00 Scrabble</p>
<p>28</p> <p>10:00 Walk with Ease 11:00 Canal Side Dining 1:00 Bridge 1:00 Mah Jongg</p>	<p>29</p> <p>9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Yoga 1:00 Bridge (Men's)</p> 	<p>30</p> <p>10:00 Matter of Balance 10:00 Square Dancing 10:00 Walk with Ease 12:00 Special GAP Respite Program 1:00 Bridge</p>	<p>31</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 2:00 Balance/Ballroom 3:00 Grief Support</p>	

FINDING INFORMATION ON-LINE

Hosted by: Dennis Center for Active Living @ the Senior Center (DCAL)
1045 Route 134, South Dennis

Dates: **March 25 & April 1st, 10-11:30AM** COST: **FREE!**

Description: This 2-Part Series will cover the essentials of how to protect your personal information online and how to safely navigate the internet. This series is for people who have very little experience with computers.

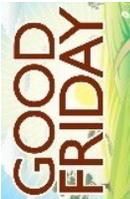
Sign Up Today! 508-394-4630, X540/SeniorPlanet@esci.org



FROM AARP



APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>10:00 ADA Board 10:00 Walk with Ease 12:00 Friends of Dennis 1:00 Bridge 1:00 Mah Jongg</p>	<p>5</p> <p>9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Yoga 11:00 DCAL Garden Club 1:00 Bridge (Men's)</p>	<p>6</p> <p>10:00 Independence House 10:00 Matter of Balance 10:00 Square Dancing 10:00 Walk with Ease 12:00 Special GAP Respite Program 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p>7</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 2:00 Balance/Ballroom 3:00 Grief Support Group</p>	<p>8</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 10:00 Mobile Food Patry 10:00 Walk with Ease 12:30 Cribbage 1:00 Scrabble</p>
<p>11</p> <p>10:00 Walk with Ease 1:00 Bridge 1:00 Mah Jongg</p> 	<p>12</p> <p>9:00 Blood Pressure Clinic 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:30 Yoga 1:00 Bridge (Men's) 1:00 Bridge</p>	<p>13</p> <p>10:00 Mobile Dental 10:00 Matter of Balance 10:00 Square Dancing 10:00 Walk with Ease 10:20 Musical Souvenirs 12:00 Special GAP Respite Program 12:30 Book Club 1:00 Bridge 2:00 Tea & Talk</p>	<p>14</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 2:00 Balance/Ballroom 3:00 Grief Support Group</p>	<p>15</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk with Ease 12:30 Cribbage 1:00 Scrabble</p> 
<p>1</p> <p>9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 10:00 Walk with Ease 12:30 Cribbage 1:00 Scrabble</p>				

18

CLOSED



19

9:00 Chair Caning
9:00 COA Board
9:00 Stitch & Chatter
9:30 Yoga
11:00 Chef Kelli Special Recipe
1:00 Bridge (Men's)

20

10:00 Independence House
10:00 Matter of Balance
10:00 Square Dancing
10:00 Walk with Ease
12:00 Birthday Party
12:00 Special GAP
Respite Program
1:00 Bridge
2:00 CCH Alzheimer Support

21

10:00 Alzheimer's Family Support Center
10:30 Mindful Stretching
11:00 Dunbar Tea Room
12:00 Joe Guardino Exercise
2:00 Balance/Ballroom
3:00 Grief Support Group

22

9:00 Zumba Gold
10:00 Chair Zumba
10:00 Walk with Ease
12:30 Cribbage
1:00 Scrabble



25

9:00 Market Basket
10:00 Walk with Ease
1:00 Bridge
1:00 Men's Bridge
1:00 Mah Jongg

26

9:00 Chair Caning
9:00 Stitch & Chatter
9:00 SHINE
9:30 Yoga
1:00 Bridge (Men's)
1:00 Bridge

27

10:00 Matter of Balance
10:00 Square Dancing
10:00 Walk with Ease
11:00 Sight Loss Services
12:00 Special GAP
Respite Program
1:00 Bridge

28

10:00 Alzheimer's Family Support Center
10:30 Mindful Stretching
12:00 Joe Guardino Exercise
2:00 Balance/Ballroom
3:00 Grief Support Group

28

9:00 Zumba Gold
10:00 Chair Zumba
10:00 Walk with Ease
12:30 Cribbage
1:00 Scrabble

**Free
Blood Pressure
Screenings**



**NEW HEALTH CARE
SERVICES!
CALL DCAL FOR
INFORMATION.
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foot care services



It's been a long winter. We saw some storms like we haven't seen in 5 or 6 years. The latest Greek letter variant of COVID came and went, along with all of the political implications that can be expected. As we continue to trudge our way through this pandemic, life has been pretty tough. I dare not venture down the road of what "tough" means to me, so as not to trigger a political firestorm, but I have had a front row seat for two years now of seeing individuals struggle with their own personal version of "tough."

Social media certainly isn't helping, as folks usually only show all the great things (staged or not) they have going on. This is detrimental to those suffering in the solitude of their own troubles. Mental health resources are scarce. Substance use continues to be a problem with no signs of slowing, only exacerbated by the pandemic and increased mental illness.

It's so easy to look at someone and think to yourself, "suck it up," "get some discipline," or "just stop (fill in detrimental activity here)." I have personally watched and heard so many struggles with mental illness and/or sobriety. They don't want to be addicted, they don't want to be saddled with mental illness. As I have grown as a person and as a police officer, my attitude has changed dramatically thanks to these experiences, and I have found empathy has been a great way for me to adjust to the situation in front of me. I think it has helped me to be a better person in handling the changes in our world. It also benefits as I supervise our new Mental Health Task Force.

This new task force has been, in my opinion, a huge success. It was formed in December, 2021, and has had an immediate and profound impact on our department and on our community. Officers have quickly grown comfortable with our three clinicians. While the clinicians are not actively riding around with officers, much of their work is behind-the-scenes. They conduct a lot of follow-up. They make many referrals, and they have ensured folks are not being lost in the cracks or lost in the system. Jail diversion has been achieved for some, and recovery has been made possible for many. The program continues to grow and evolve, but few programs have been "game changers" like this one.

On behalf of Chief Brady, and all my colleagues here at the Dennis PD, I wish you a happy and enjoyable spring. The Community Operations Unit looks forward to the end of the pandemic restrictions to once again bring out more programs and opportunities to interact with the public. Stay safe, stay healthy, and we'll see you out there.

- Sgt. Ryan Carr



SAINT PATTY'S DAY LUNCHEON



THURSDAY, MARCH 17TH,
12:30PM
DENNIS SENIOR CENTER

A TRADITIONAL IRISH FEAST!
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LIVE MUSIC AND FUN!

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Chewy Irish-Coffee Blondies

Ingredients

2 sticks unsalted butter
2 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
2 cups packed light-brown sugar
3 tablespoons ground coffee
Salt
2 large eggs
1 teaspoon vanilla extract
1/2 cup sliced almonds,
1 tablespoon melted butter
2 tablespoons Irish whiskey
3/4 cup confectioners' sugar



Instructions

Preheat oven to 350 degrees. Butter a baking pan, and line with parchment so that it overhangs on all sides. Butter parchment. Mix flour, baking powder, and baking soda. Melt butter, and pour into a mixing bowl with brown sugar, ground coffee, and 1 teaspoon salt. Stir in eggs and vanilla extract. Stir in flour mixture. Pour batter into pan, and sprinkle with almonds. Bake 27 to 30 minutes, depending on how chewy you like your blondies (a shorter baking time result in a chewier blondie). Let cool completely. Make the glaze: Whisk together butter and whiskey. Gradually whisk in confectioners' sugar until glaze is thick but pourable. Using a spoon or a pastry bag fitted with a plain round tip, drizzle glaze over blondies in a rough crosshatch pattern. Let glaze dry 1 hour. Cut blondies into 2-inch squares.

Supporters of the DENNIS COA

you are not alone

WHO ARE THE SUPPORTERS?

The Supporters are a not-for-profit, fully-volunteer organization that is committed to fund special social and educational events for Dennis seniors throughout the year. Our Mission is to ensure the programs and services of the Dennis Senior Center are available to all who needs them. Our Vision is to sustain an active and accessible Dennis Senior Center for all. We publish the Cranberry Scoop, fund the Veterans Breakfast, sponsor participation in the GAP program, purchased fitness equipment and helped if there was someone in crisis in the community. We look forward to providing continued support for our ever-growing and valuable senior population.

HEARTFELT THANKS TO OUR NEW MEMBERS AND THOSE WHO HAVE RENEWED THEIR MEMBERSHIPS.

YOUR CONTINUED SUPPORT IS GREATLY APPRECIATED

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"

UPCOMING EVENTS

We are currently planning an informative Supporters Membership Meeting in May 2022. At that meeting you will hear from members of the Supporters Board as well as key Town of Dennis and Dennis Senior Center executives. Importantly, we eagerly await to hear from and listen to your thoughts, ideas and expectations. Stay tuned for more specifics regarding this important meeting.

2022 CALENDAR RAFFLE

The Board of Directors for the SUPPORTERS OF THE DENNIS COA want to thank Board Member, Sue Reilly, for her ongoing enthusiasm and tireless work ethic in general and most particularly her efforts on behalf of the recently held calendar raffle.

This year's raffle was a huge success with 31 lucky individuals having won \$1,600 in prize money. Individual winnings ranged from \$25 all the way up to \$200. In fact, this raffle was so successful that Sue has graciously volunteered to run the next raffle in July. Stay tuned for details.

Congratulations to all the winners and thanks to all those who participated.



SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM

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

Name(s) _____
Address _____

Phone _____ Cell _____

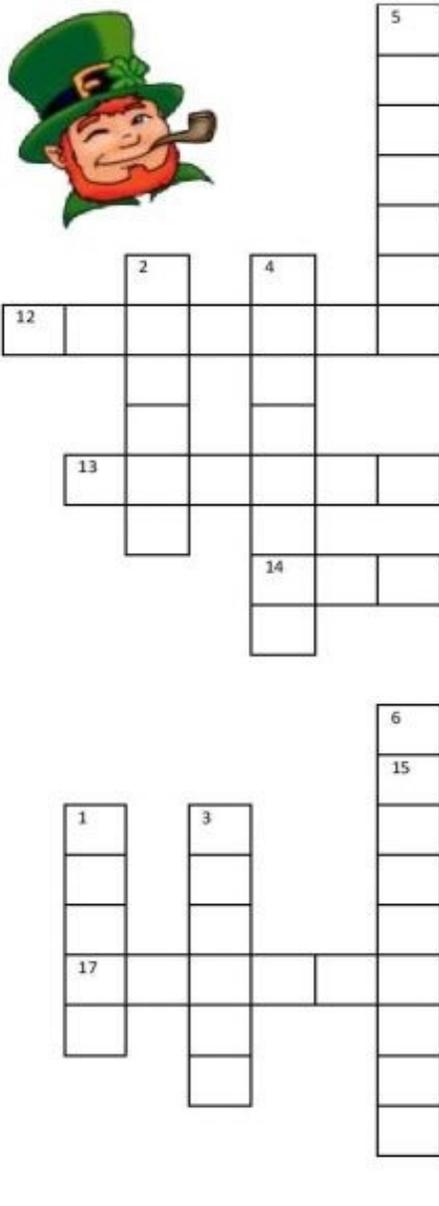
Email _____

New _____ Renewal _____

Please use my donation towards:

- _____ Golden Age Pals (GAP)
- _____ Outreach
- _____ Other (specify) _____
- _____ Where Needed Most

St. Patrick's Day Crossword



- Down:
- 1: The official language of Ireland (along with English)
 - 2: What St. Patrick banished from Ireland
 - 3: Symbol of good luck
 - 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
 - 5: The _____ Isle
 - 6: A custom or belief passed down through generations
 - 7: Country where St. Patrick's Day started
 - 8: Color associated most with St. Patrick's Day
 - 9: Color of coins
 - 10: Language group that includes Irish and Scottish
 - 11: Humorous verse consisting of 3 long lines and 2 short lines

Across:

- 12: What happens if you don't wear green; you get _____
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; ___ of gold



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