

# The Cranberry Scoop



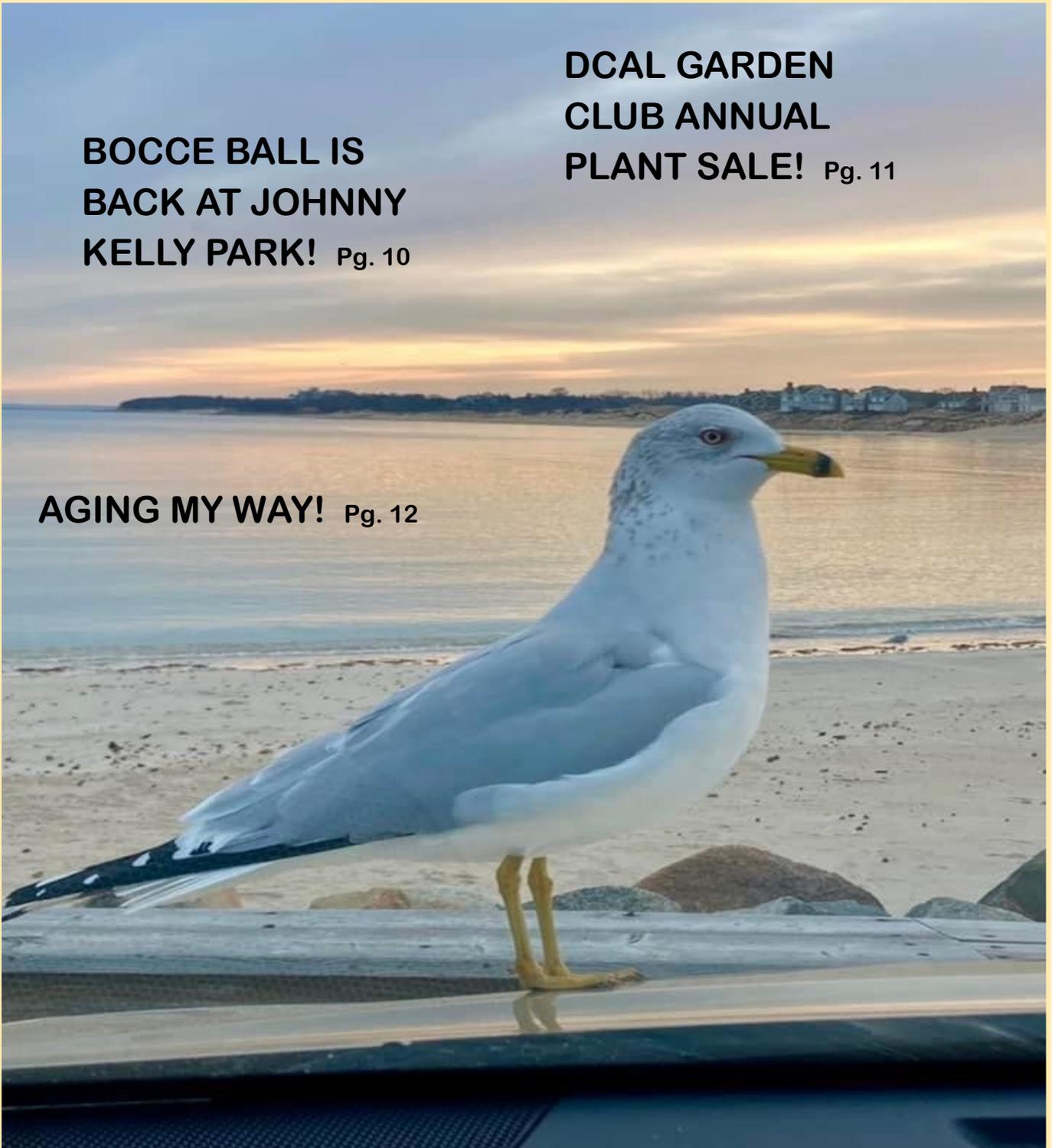
MAY/JUNE EDITION 2022

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

**BOCCE BALL IS  
BACK AT JOHNNY  
KELLY PARK! Pg. 10**

**DCAL GARDEN  
CLUB ANNUAL  
PLANT SALE! Pg. 11**

**AGING MY WAY! Pg. 12**



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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

Every season offers its highlights. Spring into summer, our surroundings are filled with sights and sounds proclaiming return and renewal – return of our feathery friends, of birdsongs and blossoms, renewal of perennial blooms and evergreens, and sometimes even new visions and dreams. Of course, the return of snowbirds and visitors increase our outward focus, and expand our opportunities for public service. On May 3rd, at the Wixon School, you have one opportunity to support the completion of the senior center building



project as we move into Phase II, the renovation of the original structure. Please plan to attend the meeting to let your voice be heard, and your vote counted. We have a wonderful plan for the renovation, including a reading library/conference room; a dining room overlooking the courtyard, dedicated space for health and wellness services, a digital training room, administrative offices, additional public lounge/meeting areas and a grooming salon. The highlight for me is the restoration of Howell Hall to a performance venue where our new theater company in residence, Eventide at DCAL, will offer improv workshops, dress rehearsals, playwriting, and opportunities to experience various aspects of the theater. Calling the actors, dancers, set designers/builders in all of you to help make this program a success. On the musical front, the Sound Dunes, a popular brass band, led by Jim Stamboni, converts from an 8-piece combo to a 20-piece band,. The band is being initiated as our DCAL house band filling our halls with delightful music. Lastly, we will restart production of our TV show, Aging Well on Cape Cod later this summer. Please call us to volunteer or sign up for the next film school training session at the Media Center. I am fortunate to work with exemplary people who make it easy to believe progress is possible, against all odds. They work hard, and diligently, to serve you each day, joyfully and generously. We have seen great progress in the construction of the addition to the Center, and now we have an opportunity to finish what was started over a decade ago in Dennis and be true to the designation of an Age Friendly Town, a beautiful place to grow up and grow old. Bring your water bottles and a snack to the meeting, and please stop by and say hello so we know you’re there.

- 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. **Masks are required for entry onto the bus .**



MONDAY / 11AM / MAY 23rd /  
CANAL SIDE DINING

THURSDAY / 9AM / JUN 16th /  
HERITAGE GARDENS

\*NOTE: \$10 Fee is for roundtrip transportation only.  
Lunch is paid for by individual.  
Masks are required for entry onto bus.

## Bus Schedule (Subject to Change)

Tuesday/8AM/10AM/12PM/Local Stops Dennis

Wednesday/8AM/10AM/12PM/Local Stops Dennis

Thursday/8AM/10AM/12PM/Local Stops Dennis

Thursday/May 19th /9AM/Market Basket/\$5 Fee

Monday/June 20th/9AM/Market Basket/\$5 Fee

## Boston Hospital Transportation (800) 352-7155

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.

## 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*



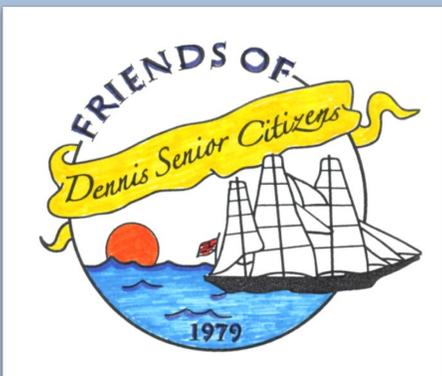
Cape Cod Regional  
Transit Authority

**We're going your way!**



## DENNIS ADVISORY COMMITTEE ON DISABILITIES

The Advisory Committee on Disabilities has some very special plans this summer!! Our Committee was blessed with an advance, on a new larger budget ...yay for us and yay for the Town of Dennis!! Here are some things we are going to be working on, so look for them around Town in the coming months: (1) At West Dennis Beach, we will be installing another dedicated accessible deck/pod out onto the beach. It will be either made with specialized Mobi mats or removable decking sections. This deck will be installed at the very beginning of the beach, across from the snack bar/bath house area (it will be much like the current one we've already installed at Comfort Station #2, half way down the parking lot). What an awesome way to get someone with a disability out to enjoy the beach!! (2) Our Committee will be installing another ADA water cooler/bottle filler to be placed outside Corporation Beach Bathhouse (this is the same kind that we purchased and will be installed at Johnny Kelly Park Gazebo). (3) We will also add upgrades and maintain the wonderful Braille Trail in Dennis. FYI, the Braille Trail was originally created by our Disability Committee over twenty years ago! (4) The most EXCITING of our projects is purchasing an electric beach wheelchair. This is a specialized 4-wheel drive wheelchair that is specifically designed to move over sandy inclines, so it will be perfect for the sand path at Mayflower Beach!! Once these exciting tasks are completed the Advisory Committee on Disabilities will start on a whole new batch of projects. STAY TUNED!!



## TOUCH OF SPRING

On Wednesday, March 16th, eighty-three bunches of daffodils were delivered to Elder Services Meals On-Wheels. This has been an annual event sponsored by the Friends of Dennis. The daffodils

were wrapped in pastel tissue paper and ribbons. These certainly gave each recipient a touch of spring. Many thanks, once again, to "Blossoms of Cape Cod" in Dennis Village for all the beautiful daffodils!

The Red Cross Blood Drive, sponsored by the Friends of Dennis, took place on Saturday, April 2nd, at the Northside United Methodist Church. 29 Units of blood were donated!



## MARION'S CORNER

**Just in:** There are some folks who would like to start a Hiking Club. This is different from walking—we would hike beginner to moderate hikes on the many trails on the Cape. You would be responsible for your transportation to the site. Call Marion at 508-694-2004 if you are interested.

A couple of months ago we talked about our prescription drugs and alcohol use. Last month I touched upon healthy eating. There are ways we can improve—ever so slightly—in our eating habits and still make a difference in our overall health. This is not about losing or gaining weight, it is simply about what we choose to eat. Studies and other cultures show us that building our eating habits around beans, any kind of beans, vegetables and whole grains can have a positive effect on our health and well-being. **Plant-based proteins tend to be less expensive and offer more health benefits** than meat-based proteins.

A plant-based diet, which emphasizes fruits, vegetables, grains, beans, legumes and nuts, is rich in fiber, vitamins and other nutrients. And people who don't eat meat — vegetarians — generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than nonvegetarians do— **even reducing meat intake has a protective effect.** 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. **So, how much protein do you need?** Adults generally need about 5 1/2 ounces of proteins a day. If you're eating a higher calorie protein source, stick to smaller portions. For example, enjoy just 1/2 ounce of nuts, or 1-2 tablespoons of peanut butter. The guidelines also suggest replacing protein foods that are higher in solid fats with choices that are lower in solid fats and calories. The fats in meat, poultry, eggs and high-fat dairy products such as cheese are considered solid fats, while the fats in seafood, nuts and seeds are considered oils. As we talked about last month, start with a couple of meatless dinners each week. Plan meals that feature your favorite entrees that are often times meatless, such as pasta dishes, soups or all those bean dishes you have read about. There are meatless substitutes such as burgers or sausage, but keep in mind they are processed foods. When you do eat meat, choose lean cuts and avoid oversized portions. A serving of protein should be no more than three ounces, a little smaller than a of a deck of cards — the rest of your plate? Fruits and Veggies. **So, what will be the new name for the new you? FLEXITARIAN! (who knew?!)** The term "flexitarian" has been coined to describe someone who eats mostly plant-based foods, but occasionally eats meat, poultry and fish. This kind of healthy eating is central to the Mediterranean diet — which limits red meat and emphasizes fruits, vegetables, legumes, and healthy fats — and has been shown to reduce your risk of heart disease and other chronic conditions. Give it a try.

Our grief support group continues to meet on Thursdays from 3-4. If you have lost a partner and need support around your grief experience, do come. We have folks who lost their partners a number of years ago, and then just a couple of months ago. It is a comfortable and welcoming group made up of both men and women.



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

## BAY TO SOUND



Bay to Sound is actively involved with those wishing to remain in their homes with a little help from our volunteers. Members can receive assistance with activities such as driving to appointments or shopping, light home and garden activities, technology support and friendly visits. We are seeking new volunteers – great use of free time with no specific obligations – whatever fits your schedule. Our members are so appreciative of our services. Please call at 508-470-0585, email us at [baytosoundneighbors@gmail.com](mailto:baytosoundneighbors@gmail.com) or visit our website at [baytooundneighbor.org](http://baytooundneighbor.org).

## TAI CHI IS BACK!

Join us as we learn Tai Chi Traditional Yang Style, the most popular and relaxing Tai Chi style. Class begins with a gentle warm up and Qigong stretches, followed by a step-by-step learning of the first section of the Yang Style 108 form. Often called “meditation in motion,” Harvard docs now refer to it as “*medication* in motion,” given the countless benefits for body and mind. To name just a few, with continued practice, you may experience improved heart health, improved lower body strength and balance control, easing of arthritis pain, deeper breathing and a clear mind. Our class is taught by Jean O’Connor, a certified instructor who has been enjoying this practice for 13 years.



MONDAYS & WEDNESDAYS  
9AM–10AM \$10 FEE

## LINE DANCING WITH KAREN RETURNS!



**BEGINNER WORKSHOP— MONDAY, JUNE 6<sup>TH</sup>, 9-10:30AM, \$10**  
New Line Dance Students. Learn basic elements such as shuffles, vines, rocking chair, V-step, and jazz box set within the framework of fun and easy dances to contemporary music.

**STARTING JUNE 13<sup>TH</sup>, MONDAY AND WEDNESDAY, 9-10AM, \$10**  
Easy, fun, social, active! All dances will be taught/reviewed, fully cued, and set to your favorite rock, pop, and Latin tunes. Join us on Monday or Wednesday or both. Completion of Beginner Workshop or line dance experience recommended. Plan to arrive 5 minutes early and stay 5 minutes after class to warm up and cool down independently and at your own pace. Bring a shatter-proof water bottle. Dress comfortably in layers. Carry your shoes with you and change on arrival to help keep the dance floor clean. Special dance shoes not needed but please

choose shoes that are non-marking, clean-sole, closed (toe, heel and instep), some flexibility in the sole, and some means of staying on the foot (tie or strap). For safety reasons the following are not permitted in class: bare feet, stocking feet, mules, clogs, slides, platforms, sandals, and heels. No partner needed for line dancing!

## LOCAL SUPPORT

### Grandparents Raising Grandchildren



*Family  
Caregiver  
Support  
is available  
from*



*Do you have questions about:*

- School and educational placement?
- Finding services and supports in the community for you & your grandkids?
- Connecting with other grandparents?
- Financial and legal issues?



*Call and speak with with a Family Caregiver Outreach Specialist  
508-394-4630*

## OLDER AMERICANS MONTH



**AGE MY WAY: MAY 2022**

Older adults play vital, positive roles in our communities as family members, friends, mentors, volunteers, members of the workforce, and more. Just as every person is unique, so is how they age and how they choose to do it. Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you. **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities. **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place. **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community!

## 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 services

**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

## LUNCH & LEARN FOR MAY



### “PRESERVING THE RULE OF LAW”

Edward F.X. Lynch currently serves as the Associate Justice of the Massachusetts District Court. Mr. Lynch graduated from the University of Connecticut in 1987 with a Bachelor of Science in the School of Business Administration and from DePaul University College of Law in 1992. He began his career as a law clerk at Walsh, Neville, Pappas & Mahoney in Chicago and then moved to Massachusetts where he served for the first time, in the Barnstable District Attorney’s office as an Assistant District Attorney from 1992 until 1997 Mr. Lynch served as the sole practitioner at his own criminal defense law firm after leaving Barnstable firm Manning & Lynch. **Monday, May 16th, 12PM, FREE!**

## PLAY “BOCCE BALL” AT JOHNNY KELLEY PARK

Join us for a morning of fun with your friends playing Bocce Ball! **Every Thursday, 9:30am–11:30am at Johnny Kelley Park. FREE!** Equipment is provided and transportation is available for Dennis seniors. No experience is necessary. Great outdoor exercise for all to enjoy! Call DCAL for any questions about the returning summer program.



## BRUNCH & LEARN FOR JUNE

### EXPLORING ANTARTICA



BEEYONDER.COM BRINGS US LIVE TO ANTARTICA FOR A PRESENTATION ON THE BEAUTIFUL AND JOYFUL WORLD OF IT’S PENGUINS!

THURSDAY  
JUNE 23RD  
10:30AM–11:30AM  
FREE!

DCAL Garden Club

*Hosted by the*

*West Dennis Garden Club*

*Dennis Center for Active Living at the Senior Center  
1045 Rte 134, South Dennis, MA 02660*



**PLANT and YARD SALE!**

**Saturday ~ MAY 21, 2022**

**RAIN Date - MAY 22**

**9 AM to 1 PM**

**Perennials \* Geraniums \* Hanging Baskets \* Herbs**

Proceeds benefit the scholarship fund and community beautification.

The West Dennis Garden Club is a 501 (c) 4 non-profit organization. Contributions are not tax deductible.



I received an email from Sherrie telling me that I missed another deadline for the latest Cranberry Scoop article. She is really very nice when I start the apology emails, and she always saves me space, but somewhere deep down, she must want to reach through her computer screen and give me a good ol' whack upside my head. My excuse this time is that Dennis was the first town on the Cape to have a catalytic converter theft spree, and that's been top priority. So, I needed to hurry, but I didn't know what to write about, so I decided to take the dogs for a walk. By the time I got to the end of my driveway, there was no mind-wandering like I had hoped. I sat

outside for a while. Now my mind started to wander. I had my phone in my pocket, but I was not inclined to pull it out to read email, scroll through the news, or watch mindless video clips of people acting more looney than my dogs were at the time. Nobody sits alone with their thoughts anymore. Idle time? Pull out the phone and stare at it - that's the way it is nowadays. My life is insanely busy, and I don't sit all that often, but wow, everyone stares at their phone. Waiting in the doctor's office or the grocery store, kids standing at the bus stop next to their friends, people waiting at a red light - uh, wait a minute, where's my ticket book?? And what are we looking at? News is never good - gas prices, food prices, someone protesting something, the war in the Ukraine is always a fall back when news outlets cannot find enough carnage around here. Social media shows the perfect side of people's lives - or they rant and rave, so nothing good comes from that outlet. My five-year-old does not have a phone. He asks great questions, and it's pretty cool to follow his thought process. Sometimes they are a little beyond me, like "why do dogs have four legs?" He's getting better at accepting my answer of "I dunno," but my wife still hates that answer. My teenagers have great conversations if you can peel them out of their rooms or away from their phones. The car is a good place to get them chatting, although teenage driving is a whole new experience. "I'm a great driver." Yeah, all three weeks of driving on your permit makes you the best...but at least they're off their phones for a bit! But this phone thing ... it has to be at least part of the reason people seem so angry and impatient. I know the COVID mess has played with the minds of many folks, but maybe we just need to drop the phone and go for a walk. And all this anger helps trigger short tempers and impatience. I wrote about it last year, and we are going to do it again - everyone and every business has too much on their plate, and not enough staffing to deal with it all. I am sure much of our work will be angry people doing out-of-character things. So much for a relaxing vacation. Hopefully people begin to start integrating again, and being social. Hopefully people can talk to each other and find the ability to compromise again. All too often, I respond to a call and I ask an aggrieved person, "Did you talk to them?" The answer is always an emphatic "NO!" Oh great, now you've called the cops, and the only direction we go from here is downhill. But we keep plugging along. I think we do really good work here in Dennis, and while I know we can't please everyone, we keep trying to improve, and we keep trying to serve the public however we can, albeit with less people. Property crime was way down, until this catalytic converter theft spree. Gas and food prices are WAY high, and this may lead to desperation, which in turn triggers crime. I hope it doesn't go this way, but things do not seem too rosy in the immediate future. Let's be hopeful for good weather, so we can get outside and enjoy nature! Let's focus on the good, no matter how small, and find our own ways to enjoy the gifts in life that come our way, rather than worrying about what everyone else is doing. Oh - have I mentioned that I am the "First Gentleman" of the Dennis Chamber of Commerce? I can visualize my wife rolling her eyes at my self-appointed title, but she is the Chamber President - and she is well aware of the concern for summer employees amongst the members. Got kids or grandkids that want to work? There's plenty of jobs in Dennis for the summer. They can make some money, some new friends, and enjoy one of the best places to spend a summer. Let's put the phones away, have fun, worry less about everyone else and have a blast - but not too much so the police show up. Stay alert, safe, and we'll see you out there! Sgt Ryan Carr

## ADULT BALLET BASICS with Instructor Catherine Johnson

Have you ever wanted to try classical ballet classes? This is the class for you! Enjoy both music and movement as we explore the basics of Russian ballet training. Based on the Vaganova teaching curriculum, this class focuses on simple barre and center exercises as we work through the basic ballet syllabus. Dance enriches our lives in many ways and is beneficial for all ages. Adult ballet is a wonderful way to improve balance, flexibility, coordination and memory skills, all while enjoying moving to beautiful classical music. Beginning her training in childhood, Catherine has studied with professionals in Boston, Yugoslavia and several Massachusetts studios. Additionally, she earned a BA degree, *magna cum laude*, in Biology and Dance through Mount Holyoke College's Frances Perkins Scholar Program. A classically-trained dancer, she is an experienced instructor of all ages – from the young to the young-at-heart. Join us for fun in the studio as we enjoy music and movement together. Learn a new skill or perfect an old one. Make new friends with a similar interest. We hope to see you with us in class!



**Julie Andrews is Turning 79!** To commemorate her birthday, actress/vocalist, Julie Andrews made a special benefit appearance at Manhattan's Radio City Music Hall to raise money for seniors. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound of Music'. Here are the lyrics she used: Botox and nose drops and needles for knitting, Walkers and handrails and new dental fittings, Bundles of magazines tied up in string, These are a few of my favorite things! Cadillac's and cataracts, hearing aids and glasses, Polydent and Fixodent and false teeth in glasses, Pacemakers, golf carts and porches with swings, These are a few of my favorite things! When the pipes leak, When the bones creak, When the knees go bad, I simply remember my favorite things, And then I don't feel so bad! Hot tea and crumpets and corn pads for

bunions, No spicy hot food or food cooked with onions, Bathrobes and heating pads and hot meals they bring, These are a few of my favorite things! Back pain, confused brains and no need for sinnin', Thin bones and fractures and hair that is thinnin', And we won't mention our short shrunken frames, When we remember our favorite things! When the joints ache, when the hips break, When the eyes grow dim, Then I remember the great life I've had, And then I don't feel so bad! Ms. Andrews received a standing ovation from the crowd that lasted over four minutes while commanding repeated encores.

# MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Walk with Ease 1:00 Bridge 1:00 Mah Jongg	<b>3</b> 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Zumba Gold 9:30 Yoga 10:00 Chair Zumba 11:00 DCAL Garden Club 1:00 Bridge (Men's)	<b>4</b> 9:00 Tai Chi 10:00 Independence House 10:00 Walk with Ease 10:30 Musical Souvenirs 12:00 Special GAP Respite Program 1:00 Bridge 2:00 CCH Alzheimer Support	<b>5</b> 9:30 Bocce Ball 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	<b>6</b> 9:00 Tai Chi 9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 10:00 Walk with Ease 11:30 Ballet 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble
<b>9</b> 10:00 ADA Board 10:00 Walk with Ease 12:00 Friends of Dennis 1:00 Bridge 1:00 Mah Jongg	<b>10</b> 9:00 Blood Pressure Clinic 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Zumba Gold 9:30 Yoga 10:00 Chair Zumba 1:00 Bridge 1:00 Bridge (Men's)	<b>11</b> 9:00 Mobile Dental 9:00 Tai Chi 10:00 Walk with Ease 12:00 Special GAP Respite Program 12:30 Book Club 1:00 Bridge 2:00 Tea & Talk	<b>12</b> 9:30 Bocce Ball 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	<b>13</b> 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Mobile Food Pantry 10:00 Walk with Ease 11:30 Ballet 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble
<b>16</b> 10:00 Walk with Ease 12:00 Lunch & Learn 1:00 Bridge 1:00 Mah Jongg	<b>17</b> 9:00 Chair Caning 9:00 COA Board 9:00 Stitch & Chatter 9:00 Zumba Gold 9:30 Yoga 10:00 Chair Zumba 10:30 Dennis Veterans Group 1:00 Bridge (Men's)	<b>18</b> 9:00 Tai Chi 10:00 Independence House 10:00 Walk with Ease 12:00 Special GAP Respite Program 12:00 Birthday Party 1:00 Bridge 2:00 CCH Alzheimer Support	<b>19</b> 9:30 Bocce Ball 9:00 Market Basket 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	<b>20</b> 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk with Ease 11:30 Ballet 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble

**23**  
 10:00 Day Trip  
 10:00 Walk with Ease  
 1:00 Bridge  
 1:00 Mah Jongg



**30**  
 CLOSED

**24**  
 9:00 Chair Caning  
 9:00 SHINE  
 9:00 Stitch & Chatter  
 9:00 Zumba Gold  
 9:30 Yoga 10:00 Chair Zumba  
 1:00 Bridge  
 1:00 Bridge (Men's)

**31**  
 9:00 Chair Caning  
 9:00 Stitch & Chatter  
 9:00 Zumba Gold  
 9:30 Yoga  
 10:00 Chair Zumba  
 1:00 Bridge (Men's)

**25**  
 9:-00 Tai Chi  
 10:00 Walk with Ease  
 11:00 Sight Loss Services  
 12:00 Special GAP  
 Respite Program  
 1:00 Bridge

**TEA & TALK PRESENTATIONS**  
**MAY 11TH - 2PM**  
**WILDLIFE ENCOUNTERS**  
**JUNE 8TH - 2PM**  
**CAPE ABILITIES**

**26**  
 9:30 Bocce Ball  
 10:00 Alzheimer's Family Support Center  
 10:30 Mindful Stretching  
 12:00 Joe Guardino Exercise  
 2:00 Balance/Ballroom  
 3:00 Grief Support



**27**  
 9:00 Tai Chi  
 9:00 Zumba Gold  
 10:00 Chair Zumba  
 10:00 Walk with Ease  
 11:30 Ballet  
 12:30 Cribbage  
 1:00 Hand & Foot  
 1:00 Scrabble



**LIVE ON FACEBOOK**  
**"IN THE KITCHEN WITH KELLI"**  
**MAY 17TH - 11AM**  
**JUNE 21st - 11AM**

Zumba Gold with Christina at DCAL  
 Tuesday & Friday @9AM  
 Zumba Chair- Tuesday & Friday @10AM  
 All Moves Welcome!

**FIT FOR THE YOUNG AT HEART**  
 GET ACTIVE WITH GREAT PEOPLE AT THE DANCE PARTY WORKOUT THAT MOVES AT YOUR PACE.

FOR CLASS DETAILS CONTACT CHRISTINA ARABADZHEVA ZUMBA INSTRUCTOR  
 Christina Arabadzheva  
 hrstinaa.zumba.com  
 www.facebook.com/reviveandthrivefit

**Rolling Raks**  
 THRIFT SHOP AT DENNIS SENIOR CENTER

# JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b></p> <p>9:00 Line Dancing - Beginner Workshop</p> <p>10:00 ADA Board</p> <p>10:00 Walk with Ease</p> <p>12:00 Friends of Dennis</p> <p>1:00 Bridge</p> <p>1:00 Mah Jongg</p>	 <p>... it's fisher mating season!</p> <p><b>7</b></p> <p>9:00 Chair Caning</p> <p>9:00 Stitch &amp; Chatter</p> <p>9:00 Zumba Gold</p> <p>9:30 Yoga</p> <p>10:00 Chair Zumba</p> <p>11:00 DCAL Garden Club</p> <p>1:00 Bridge (Men's)</p>	<p><b>1</b></p> <p>9:00 Tai Chi</p> <p>10:00 Independence House</p> <p>10:00 Walk with Ease</p> <p>10:30 Musical Souvenirs</p> <p>12:00 Special GAP</p> <p>Respite Program</p> <p>1:00 Bridge</p> <p>2:00 CCH Alzheimer Support</p>	<p><b>2</b></p> <p>9:30 Bocce Ball</p> <p>10:00 Alzheimer's Family Support Center</p> <p>10:30 Mindful Stretching</p> <p>12:00 Joe Guardino Exercise</p> <p>2:00 Balance/Ballroom</p> <p>3:00 Grief Support Group</p>	<p><b>3</b></p> <p>9:00 Tai Chi</p> <p>9:00 Zumba Gold</p> <p>10:00 Brown Bag Program</p> <p>10:00 Chair Zumba</p> <p>10:00 Walk with Ease</p> <p>11:30 Ballet</p> <p>12:30 Cribbage</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 Scrabble</p>
<p><b>6</b></p> <p>9:00 Line Dancing - Beginner Workshop</p> <p>10:00 ADA Board</p> <p>10:00 Walk with Ease</p> <p>12:00 Friends of Dennis</p> <p>1:00 Bridge</p> <p>1:00 Mah Jongg</p>	<p><b>7</b></p> <p>9:00 Chair Caning</p> <p>9:00 Stitch &amp; Chatter</p> <p>9:00 Zumba Gold</p> <p>9:30 Yoga</p> <p>10:00 Chair Zumba</p> <p>11:00 DCAL Garden Club</p> <p>1:00 Bridge (Men's)</p>	<p><b>8</b></p> <p>9:00 Mobile Dental</p> <p>9:00 Tai Chi</p> <p>10:00 Walk with Ease</p> <p>12:00 Special GAP</p> <p>Respite Program</p> <p>12:30 Book Club</p> <p>1:00 Bridge</p> <p>2:00 Tea &amp; Talk</p>	<p><b>9</b></p> <p>9:30 Bocce Ball</p> <p>10:00 Alzheimer's Family Support Center</p> <p>10:30 Mindful Stretching</p> <p>12:00 Joe Guardino Exercise</p> <p>2:00 Balance/Ballroom</p> <p>3:00 Grief Support Group</p>	<p><b>10</b></p> <p>9:00 Tai Chi</p> <p>9:00 Zumba Gold</p> <p>10:00 Chair Zumba</p> <p>10:00 Mobile Food Pantry</p> <p>10:00 Walk with Ease</p> <p>11:30 Ballet</p> <p>12:30 Cribbage</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 Scrabble</p>
<p><b>13</b></p> <p>9:00 Line Dancing</p> <p>10:00 Walk with Ease</p> <p>1:00 Bridge</p> <p>1:00 Mah Jong</p>	<p><b>14</b></p> <p>9:00 Blood Pressure Clinic</p> <p>9:00 Chair Caning</p> <p>9:00 SHINE</p> <p>9:00 Stitch &amp; Chatter</p> <p>9:00 Zumba Gold</p> <p>9:30 Yoga</p> <p>10:00 Chair Zumba</p> <p>1:00 Bridge (Men's)</p> <p>1:00 Bridge</p>	<p><b>15</b></p> <p>9:00 Line Dancing</p> <p>9:00 Tai Chi</p> <p>10:00 Independence House</p> <p>10:00 Walk with Ease</p> <p>12:00 Birthday Party</p> <p>12:00 Special GAP</p> <p>Respite Program</p> <p>1:00 Bridge</p> <p>2:00 CCH Alzheimer Support</p>	<p><b>16</b></p> <p>9:30 Bocce Ball</p> <p>9:00 Day Trip</p> <p>10:00 Alzheimer's Family Support Center</p> <p>10:30 Mindful Stretching</p> <p>12:00 Joe Guardino Exercise</p> <p>2:00 Balance/Ballroom</p> <p>3:00 Grief Support Group</p>	<p><b>17</b></p> <p>9:00 Tai Chi</p> <p>9:00 Zumba Gold</p> <p>10:00 Chair Zumba</p> <p>10:00 Walk with Ease</p> <p>11:30 Ballet</p> <p>12:30 Cribbage</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 Scrabble</p>

<p><b>20</b> CLOSED</p> 	<p><b>21</b> 9:00 Chair Caning 9:00 COA Board 9:00 Stitch &amp; Chatter 9:00 SHINE 9:00 Zumba Gold 9:30 Yoga 10:00 Chair Zumba 10:30 Dennis Veterans Group 11:00 Chef Kelli Special Recipe 1:00 Bridge (Men's)</p>	<p><b>22</b> 9:00 Line Dancing 9:00 Tai Chi 10:00 Independence House 10:00 Walk with Ease 11:00 Sight Loss Services 12:00 Birthday Party 12:00 Special GAP Respite Program 1:00 Bridge</p>	<p><b>23</b> 9:30 Bocce Ball 10:00 Alzheimer's Family Support Center 10:30 Brunch and Learn 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 2:00 Balance/Ballroom 3:00 Grief Support Group</p>	<p><b>24</b> 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk with Ease 11:30 Ballet 12:30 Cribbage 1:00 Hand &amp; Foot 1:00 Scrabble</p>
<p><b>27</b> 9:00 Line Dancing 9:00 Market Basket 10:00 Walk with Ease 1:00 Bridge 1:00 Men's Bridge 1:00 Mah Jongg</p>	<p><b>28</b> 9:00 Chair Caning 9:00 Stitch &amp; Chatter 9:00 Zumba Gold 9:30 Yoga 10:00 Chair Zumba 1:00 Bridge (Men's) 1:00 Bridge</p>	<p><b>29</b> 9:00 Line Dancing 9:00 Tai Chi 10:00 Walk with Ease 12:00 Special GAP Respite Program 1:00 Bridge</p>	<p><b>30</b> 9:30 Bocce Ball 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>	

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# Gardening

## Word Search Puzzle



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



CLIPPERS	RAKE	SUNSHINE
COMPOST	SEEDS	TILLER
FLOWERS	SHEARS	TROWEL
GARDEN HOSE	SHOVEL	VEGETABLES
GLOVES	SNAILS	WATER
HERBS	SNIPS	WATERING CAN
HOE	SOIL	WEEDS
PLANTING	SPADE	WHEELBARROW



**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. We publish the Cranberry Scoop, sponsor participation in the GAP program, purchased fitness equipment and helped if there was someone in crisis in the community. How rewarding to see Dennis seniors participating in the many programs offered at the Dennis Center for Active Living. We look forward to providing continued support for our ever-growing and valuable senior population.

**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.

**2022 MEMBERSHIP MEETING**

We are excited to be hosting our first annual Supporters Membership Meeting on Saturday, May 14, at 10:00AM at the Dennis Senior Center. Invitations have been sent, via email and/or the US Postal Service, to members of the Supporters of the Dennis COA. At that meeting you will hear from the Supporters' Board as well as key officers from the Town of Dennis and the Dennis Center for Active Living. Importantly, we look forward to hearing from and listening to your thoughts, suggestions and expectations.

**HAVE YOU VISITED THE ROLLING RAKS THRIFT SHOP IN THE SENIOR CENTER RECEPTION AREA?**

If not, put it on your list of things to do. There, you will find seasonal clothing and accessories, books, artwork and household items, to name but a few. Best of all...the prices are excellent!!!

**"SUMMER SIZZLER" CALENDAR RAFFLE**

Don't miss the opportunity to participate in our "Summer Sizzler" Calendar Raffle fundraiser. See enclosed July calendar for details.



**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



**"SUPPORTERES OF THE DENNIS SENIOR CENTER"**  
**"Summer Sizzler" CALENDAR RAFFLE FUNDRAISER**

*One ticket is placed in a drum for the month of July 2022.  
 Each day a name is drawn and they will win amount shown, then the name is placed back in the drum  
 for another chance to win. Everyone has a chance to win.*

## JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  \$ 25	2  \$ 50
3  \$ 100	4  \$ 200	5  \$ 25	6  \$ 25	7  \$ 25	8  \$ 25	9  \$ 50
10  \$ 100	11  \$ 25	12  \$ 25	13  \$ 25	14  \$ 25	15  \$ 25	16  \$ 50
17  \$ 100	18  \$ 25	19  \$ 25	20  \$ 25	21  \$ 25	22  \$ 25	23  \$ 50
24  \$ 100	25  \$ 25	26  \$ 25	27  \$ 25	28  \$ 25	29  \$ 25	30  \$ 50
31  \$ 100						

Clip and return with check payable to "SUPPORTERS of DENNIS SENIOR CENTER" @ P O BOX 606,  
 S. DENNIS MA 02660. ✂  
**AMOUNT \$10 EACH**

NAME: (Print) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/STATE \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_



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The Cranberry Scoop is a publication of the Supporters of the Dennis Council of Aging Senior Center, a 501c(3) tax exempt non-profit organization. Hard copy distribution is made possible by Town of Dennis and COA Volunteers.