

MAY/JUNE 2023 ~ SPECIAL EDITION

# The Cranberry Scoop



## Aging Unbound



**DCAL's  
AARP-Funded  
Garden Patio  
Unveiled!**

**Celebrate Older  
Americans Month!**

**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*
- Vacant, *Secretary*
- Christine Harrington, *Member*
- Martha LeBlanc, *Member*
- Deborah Rothschild, *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



**Welcome**

to our special edition of Cranberry Scoop celebrating Older Americans month 2023 in May and the achievements of the Council on Aging and Dennis community in achieving the designation of Age and Dementia Friendly Town. We're also celebrating the gift of the Supporters of Dennis COA through a grant they received from the AARP Community Challenge Grant program for an accessible community garden patio.

The theme this year is **Aging Unbound!**

*Brenda Vazquez*



An Initiative of the  
 Massachusetts Councils on Aging

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**. Transportation is also available for 7 AM AA meetings in Dennis (24 notice is required).



## 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*



## Free Fare Wednesdays!

**Cape Cod Regional Transit Authority** is offering free bus rides\* for ages 60 and up on 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 [capecodrta.org](http://capecodrta.org) or call **800-352-7155**

*\*not including DART service*

## 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**



**ATTENTION, GOLFERS!**

## George DeShaw Memorial Golf Tournament

Mark your calendars—on Monday, **June 12th**, the **Friends of Dennis Senior Citizens** will be holding their George DeShaw Memorial Golf Tournament at the Dennis Highlands Golf Course, an 8 AM shotgun start. Registration fee includes golfcart, luncheon, and prizes! This is the largest fundraiser for the Friends, and we hope you will participate. Signup information and the registration form are available on [friendsofdenniseniors.com](http://friendsofdenniseniors.com). Registration forms will be available soon for you to pick up at any Dennis golf course.

*Thank you, FODSC Golf Committee*



**OPEN OFFICE HOURS  
AT DENNIS CENTER  
FOR ACTIVE LIVING**

## Representative Chris Flanagan



**Hello, 1st Barnstable residents!** I am so excited to serve the 1st Barnstable as your State Representative. Thank you to all the voters who came out in November 2022; we would not be here without you. My Legislative Aide, Courtney Butler, and I have been hard at work since my swearing-in on January 4th. **We will be visiting Dennis at the Center for Active Living (at the COA) on the 4th Friday of each month from 10 AM to 12 noon.** I look forward to meeting you during this time and hearing about how we can better serve you in our new roles. My priorities for this session are housing, water and wastewater, and assisting our aging and disabled populations, among others. I am honored to serve in this position and am looking forward to making the 1st Barnstable better. — *Chris Flanagan*

## Walk 'n' Wag

**Saturday, May 13 • 9 AM–noon**

Join us for this fun dog walking event with pet friendly exhibitors, a canine confidence (obstacle) course, and lots of dog friends and their owners!

- Dogs must be leashed at all times.
- This event is free, donations welcome.

Please park at the Cape Cod Regional Technical High School, 351 Pleasant Lake Ave. (Rt. 124), Harwich. Then walk 0.3 miles to the Hinckleys Pond — Herring River Headwater Preserve. Mobility challenged parking on Headwaters Drive.

For details visit [harwichconservationtrust.org](http://harwichconservationtrust.org)

*Presented by Harwich Conservation Trust  
and The Sampson Fund*



## Have an Extra Room in Your House?

The **Cape Cod Chamber of Commerce** is seeking host families for J-1 students during the summer. J-1 students are top college students from other countries that are given the opportunity to work in the USA during their college breaks.

### SUMMER INCOME OPPORTUNITY!

- Up to \$150/week per student
- Extremely rewarding experience

Become a Host! Contact [christina@capecodchamber.org](mailto:christina@capecodchamber.org)  
**508-231-4450, capecodj1housing.org**

## 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](http://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](http://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](http://westdennislibrary.org)

### Jacob Sears Memorial Library

23 Center St., E. Dennis  
 508-385-8151  
 Mon. – Sat. 9 AM – 1 PM  
[jacobsearslibrary.org](http://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](http://southdennislibrary.org)

## Accessibility Resources

### Massachusetts Commission for the Blind

[mass.gov/orgs/massachusetts-commission-for-the-blind](http://mass.gov/orgs/massachusetts-commission-for-the-blind)

### Assistive Technology for the Blind

[mass.gov/service-details/assistive-technology-for-the-blind-at](http://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.



## BAY TO SOUND NEIGHBORS

Celebrating 5 years of enabling residents of Dennis and Yarmouth to age in place. To learn more or to volunteer, please contact us at [baytosoundneighbors.org](http://baytosoundneighbors.org).

## 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

### Alzheimer'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

508-430-8111

### Cape Cod Vet Center

508-778-0124

## Have you been feeling down or blue? THEN PEARLS MAY BE FOR YOU.

**PEARLS stands for Program to Encourage Active Rewarding Lives.**

- Meet with a coach
  - Learn to better manage your life
  - Find solutions to problems that make you feel down and discouraged
- Funded by MCOA & EOEA

PEARLS is offered by DCAL as a no-cost program. 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**

## 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.

## Mindful Movement Exercise Program

**May 17 – June 21 • Wed. 12:30 – 1:30 PM**

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

Decompress through movements, stretching, and breathing exercises that improve your fitness while calming the mind. A completed VNA application is required prior to start of program. Please call **508-957-7423** to register.

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



## BLOOD PRESSURE KNOW YOUR NUMBERS

Medical providers are trained to assess your health. A commonly used measurement of bodily function is taking vital signs. Blood pressure is a vital sign used to measure the pressure of the blood in the circulatory system and is measured in millimeters of mercury (or mmHg). But what is the “normal” range for blood pressure?

Blood pressure measurements are actually two different readings. Typically, blood pressure readings are written as a fraction with the systolic blood pressure measurement on top and the diastolic blood pressure measurement on the bottom. Systolic blood pressure measures how much pressure is exerted against the artery walls when the heart beats. The diastolic blood pressure measures the pressure against the artery walls between beats when the heart is not contracting and is at rest. Similarly, to heart rate, your blood



pressure fluctuates and can change due to physical activity, stress, hydration levels, age, and medications. The typical range for resting blood pressure in adults is less than 120/60mmHg, and high blood pressure can be indicated with multiple blood pressure readings 140/90mmHg or higher. Elevated blood pressure can contribute to a higher risk of stroke, blood clots, or coronary artery disease.

Remember, making positive lifestyle choices like exercising

regularly and following a healthy diet can create positive changes to your body. Medications can have an impact, so it is important to understand the side effects of the medications you take, especially if you are on a medication that helps regulate blood pressure. Everybody is different, so speak with your healthcare provider about what range is best for you and what you can do to improve your overall health.

## 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*



**CAPE COD  
HEALTHCARE**

Caring.  
Commitment.  
Community.

## May Day Celebration

Join us to kick off Older Americans Month. View our new AARP-funded garden patio.

**Monday, May 1 • 12–2 PM**

- Picnic Lunch
- Jazz Band
- Career Expo



**MEET YOUR TOWN LEADER**  
**Dustin Pineau, Beaches and Recreation Director**

**Thursday, May 11 • 1:30–2:30 PM**



## The Highlights & Lowlights of Amsterdam

**Wednesday, May 3 • 2–3 PM**

We will show you around the gorgeous old town of Amsterdam and you will see main highlights and beautiful canals. Start at the mouth of the Amstel River and then weave around the Red-Light Area, Sea Dike, through China Town, to the Nieuwarkt Square. From there head to Dam Square, where it all started and dip into the city's famous and beautiful canal belt. The views are great and the stories along the way are a good introduction to Amsterdam's history and culture.



Amsterdam, the Netherlands



Stratford-upon-Avon, England

**BRUNCH & LEARN**  
**Stratford-upon-Avon: Shakespeare & More!**

**Wednesday, June 21 • 10:30 – 11:30 AM**

On this tour, we will be exploring the beautifully preserved English market town of Stratford-upon-Avon, world famous as the birthplace of William Shakespeare. Walking the streets, lined with timber-framed medieval buildings, is like stepping back in time. Discover the peaceful riverside gardens and park, the theatre where some of the world's leading performers take to the stage, the historic town center and, of course, the houses associated with Shakespeare and his family. Packed with fascinating facts, stories and characters, you are sure to be captivated by this town — even if you found Shakespeare's plays a drag when you were in school!



Vets & Friends monthly meetings are always a popular event!



SPRING PROGRAMS  
 MAY 16TH, 2023, 10:30 AM  
 JUNE 20TH, 2023, 10:30 AM



**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

## **YOU'VE PROBABLY HEARD THE OLD SAYING, "WHAT GOES AROUND COMES AROUND."**

And let's face it, on Cape Cod, it comes around a little faster. When I moved to the Cape around 20 years ago, I was shocked at the small-town feel. And I learned quickly that there is about two degrees of separation here as opposed to anywhere else. I moved here from NJ, via Boston and Quincy. Big, populated areas—easy to get lost in the shuffle. Here? Not so much. Better off being nice to people, which, I'm sorry to say, seems to be a dying art. I see the anger and frustration from the front lines, and if I'm not on the line, I see it in the call log.

My intention here is not to whine or complain about how life was better in the good old days. I have a story that proves there is some good left in the world when we just talk, laugh, and are, in general, just good and fair to others.

Late this winter, I went in for a procedure that is recommended in our middle ages. Rather invasive, horrible to prep, and the silver lining is that "it's a great 15–20-minute nap" induced by a vial of stuff that looks like

heavy cream. My doctor is very aggressive and had me undergo this procedure as early detection for anything bad. Happy to say, nothing was found.

As I was wheeled into the procedure room, there was the doc, the nurse anesthetist, and a tech. They all were flipping through papers, when the tech looks at me and asks me if I'm a cop. Gulp. They're about to go probing while I'm unconscious, and this is the question I get. I panicked. I stuttered and stammered through an answer about working for "the town" when she seemed to recognize my predicament. She then told me that she thought I pulled her daughter over the previous Friday. Bigger gulp—and I'm dehydrated at that point, with nothing left to gulp.

The technician remembered my name from the written warning I had given her daughter for speeding. She then thanked me for treating her 17-year-old daughter respectfully and fairly. I remembered the stop: the poor kid was shaking. I explained everything from the stop, to what I was doing, etc. It was her first experience dealing

with the police—and from what her mother told me, it was a positive experience, nothing like how the police are sometimes portrayed. She thanked me again. I gave credit to working for a great department with leaders who allow for discretion and the support of a great community. Phew.

Then the doc swivels around on his stool and says, "Oh, you're an officer in Dennis. Wacky question, but what's your favorite breakfast restaurant in Dennis?" I replied, "You're kidding me." Those of you who know me, know that my language was a tad more colorful, and you know that my wife happens to own a breakfast restaurant. I thought perhaps he saw my bag of clothes with my sweatshirt with her restaurant logo. Turns out he had no idea, and he looked aside sheepishly and said he didn't think it was an inappropriate question. Oops! I laughed, patted my larger-than-it-should-be belly and told him my wife owns a breakfast restaurant. Turns out, he loves my wife's place! He said he and his wife—the nurse anesthetist standing next to me—love the atmosphere, the food, and how friendly the place is. Phew! Dodged bullet number two.

So, there it is. It's a small world, and an even smaller Cape Cod. Treat people well. You never know when someone may have an opportunity to stick it up . . . ah, never mind. I'll stay with "What goes around comes around." Nicer weather and tourists are coming, and our patience will be tested. Practice being kind. Stay healthy, stay safe, don't speed, and we'll see you out there.

## May Day Cake

### INGREDIENTS:

- ¾ pound (3 sticks) unsalted butter, room temperature, plus more for pans
- 4½ cups sifted cake flour (not self-rising), plus more for pans
- 1½ tablespoons baking powder
- ¾ tablespoon fine salt
- 3 cups superfine sugar
- 2 teaspoons pure vanilla extract
- 6 large eggs, lightly beaten
- 1½ cups milk
- 6 cups vanilla frosting
- 6 ounces cream sprinkles
- 1 pound assorted jellied citrus slices
- 1½ ounces assorted small gumdrops

### DIRECTIONS:

1. Preheat oven to 350 degrees with two racks evenly spaced. Butter two 9-by-2-inch round cake pans; line with parchment paper; butter again. Dust bottoms and sides with flour, and tap out excess. Set aside. Into a medium bowl, sift together flour, baking powder, and salt three times. Set aside.
2. In the bowl of an electric mixer fitted with the paddle attachment, cream butter on low speed to soften. Increase speed to medium, and beat until fluffy and light in color.



Keep beating while gradually adding sugar; beat until fluffy. Beat in vanilla.

3. Gradually drizzle in beaten eggs, beating between additions until the batter is no longer slick, scraping down the sides twice. With the mixer on low, alternate adding reserved flour mixture with milk, starting and ending with the flour. Mix until just incorporated after each addition. Scrape sides of the bowl; mix 10 seconds longer.
4. Divide batter evenly between the pans. Bake in lower third of oven until a cake tester inserted into the center of each comes out clean, about 40 to 45 minutes. Transfer the pans to a wire rack to cool for 10 minutes. Remove the cakes from the pans, remove parchment, and return to the rack to cool, top-sides up.
5. To assemble, turn cakes upside down. Using a long, serrated knife, slice each cake in half horizontally. Place a

layer on a cake round or cake stand. Spread top of layer with 1½ cups frosting. Stack the second layer over the frosted layer; spread another 1½ cups of frosting over top of this layer; repeat with third layer; cover with top layer. Using a dry pastry brush, gently brush any loose crumbs away from cake. Frost cake thinly to seal in crumbs. Use 3 cups frosting for final coating.

6. To decorate, evenly distribute cream-colored sprinkles over the top surface of the cake. Using an 1½-inch gum-paste petal cutter, cut petals out of jellied citrus slices—you will need 84 petals. Gently press 14 small gumdrops around the perimeter of the cake, spaced evenly apart; arrange 6 jellied petals around each drop to form flowers. Transfer to a large cake stand—ours measures 19 inches across.
7. To make the maypole, you will need a wooden dowel, painted white, and six pieces of ⅛-inch satin ribbon, each three times the length of the dowel. Gather the ribbons together, and pin them through their centers to one end of the dowel. Gently press a Lifesaver over the pinned ribbons, and top with a small gumdrop. Insert the maypole into the center of the cake, and fan the ribbons out around the cake stand, taping in place and letting the ends trail over the table.

# 16 ~ MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:15 Line Dancing 12:00 May Day! 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>1</b></p>	<p>9:00 Evergreen Fitness 9:00 Chair Caning 9:00 Stitch &amp; Chatter 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 11:30 Garden Club 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens)</p> <p style="text-align: right;"><b>2</b></p>	<p>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Golden Age Pals 10:00 Independence House 10:15 Line Dancing 1:00 Ballroom Basics 1:00 Bridge 2:00 Alzheimer Support 2:00 Lunch &amp; Learn - Amsterdam</p> <p style="text-align: right;"><b>3</b></p>
<p>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>8</b></p>	<p>6:00 Town of Dennis Voting Precinct 2 9:00 Chair Caning 9:00 Evergreen Fitness 9:00 SHINE 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 12:00 Golden Age Pals 12:30 Bridge (Mens)</p> <p style="text-align: right;"><b>9</b></p>	<p>9:00 Evergreen Fitness 9:00 Golden Age Pals 9:00 Line Dancing 10:15 Line Dancing 10:30 Mobile Dental Hygiene Services 12:30 Book Club 1:00 Ballroom Basics 1:00 Bridge</p> <p style="text-align: right;"><b>10</b></p>
<p>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 3:00 Supporters Board</p> <p style="text-align: right;"><b>15</b></p>	<p>9:00 Chair Caning 9:00 COA Board 9:00 Evergreen Fitness 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 10:30 Dennis Veterans Group 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens)</p> <p style="text-align: right;"><b>16</b></p>	<p>9:00 Evergreen Fitness 9:00 Golden Age Pals 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 12:00 Birthday Party 1:00 Ballroom Basics 1:00 Bridge 2:00 CCH Alzheimer Support</p> <p style="text-align: right;"><b>17</b></p>
<p>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>22</b></p>	<p>9:00 Evergreen Fitness 9:00 Stitch &amp; Chatter 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens) 1:00 Sound Dunes Rehearsal</p> <p style="text-align: right;"><b>23</b></p>	<p>9:00 Golden Age Pals 9:00 Line Dancing 10:15 Line Dancing 11:00 Sight Loss Services 1:00 Ballroom Basics 1:00 Bridge</p> <p style="text-align: right;"><b>24</b></p>
<div style="text-align: right;"><b>29</b></div> <div style="text-align: center;">  <p>Memorial Day</p> </div>	<p>9:00 Chair Caning 9:00 Evergreen Fitness 9:00 Stitch &amp; Chatter 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens)</p> <p style="text-align: right;"><b>30</b></p>	<p>9:00 Evergreen Fitness 9:00 Golden Age Pals 9:00 Line Dancing 10:15 Line Dancing 1:00 Ballroom Basics 1:00 Bridge</p> <p style="text-align: right;"><b>31</b></p>

THURSDAY	FRIDAY
<p><b>9:00</b> Evergreen Fitness  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>4</b>  <b>10:00</b> Alzheimers Family Support  <b>10:00</b> Seniors Connect  <b>10:00</b> Balance Club  <b>11:00</b> Mindful Stretch  <b>12:00</b> Fitness with John  <b>1:00</b> Mah Jongg  <b>1:30</b> Grief Support  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>8:00</b> Brown Bag Program <b>5</b>  <b>9:00</b> Zumba Gold  <b>9:00</b> Evergreen Fitness  <b>9:30</b> Bridge  <b>10:00</b> Chair Zumba  <b>12:30</b> Cribbage  <b>1:00</b> Hand &amp; Foot Canasta  <b>1:00</b> Scrabble</p>
<p><b>9:00</b> Evergreen Fitness  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>11</b>  <b>10:00</b> Alzheimers Family Support  <b>10:00</b> Seniors Connect  <b>10:00</b> Balance Club  <b>11:00</b> Mindful Stretching  <b>12:00</b> Fitness with John  <b>1:00</b> Mah Jongg  <b>1:30</b> Grief Support Group  <b>1:30</b> Meet Your Town Leader  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>9:00</b> Evergreen Fitness <b>12</b>  <b>9:00</b> Zumba Gold Friday  <b>9:30</b> Bridge  <b>10:00</b> Chair Zumba  <b>10:00</b> Mobile Food Pantry  <b>12:30</b> Cribbage Friday  <b>1:00</b> Hand &amp; Foot Canasta  <b>1:00</b> Scrabble</p>
<p><b>9:00</b> Evergreen Fitness  <b>9:00</b> Walk &amp; Talk Club - Johnny Kelley Park <b>18</b>  <b>10:00</b> Alzheimers Family Support Center  <b>10:00</b> Seniors Connect  <b>10:00</b> Balance Club  <b>11:00</b> Mindful Stretching  <b>12:00</b> Fitness with John  <b>1:00</b> Mah Jongg  <b>1:30</b> Grief Support Group  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>9:00</b> Evergreen Fitness <b>19</b>  <b>9:00</b> Foot Nurse  <b>9:00</b> Zumba Gold  <b>9:30</b> Bridge  <b>10:00</b> Chair Zumba  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Cribbage Friday  <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>25</b>  <b>10:00</b> Alzheimers Family Support Center  <b>10:00</b> Seniors Connect  <b>10:00</b> Balance Club  <b>11:00</b> Mindful Stretching  <b>12:00</b> Fitness with John  <b>1:00</b> Mah Jongg  <b>1:30</b> Grief Support Group  <b>3:00</b> Hiking Club - Off Site</p>	<p><b>9:00</b> Zumba Gold <b>26</b>  <b>9:30</b> Bridge  <b>10:00</b> Chair Zumba  <b>10:00</b> State Representative Christopher Flanagan  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Cribbage  <b>1:00</b> Hand &amp; Foot Canasta  <b>1:00</b> Scrabble</p>



**MONDAY  
MAY 1**

12:00–2:00 PM

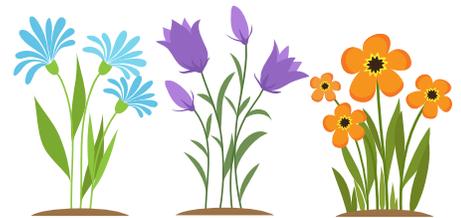
**May Day**

Join us to kick off Older Americans Month. View our new AARP-funded garden patio  
 ~ Picnic Lunch  
 ~ Jazz Band  
 ~ Career Expo



**SATURDAY  
MAY 20**

9:00 AM–1:00 PM  
**DCAL Garden Club  
Annual Garden Sale**  
 DCAL Parking Lot



**Walk & Talk Club**

**Tuesdays & Thursdays  
9:00 – 10:00 AM  
Johnny Kelley Park**

Please call DCAL for additional information **508-385-5067**

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!

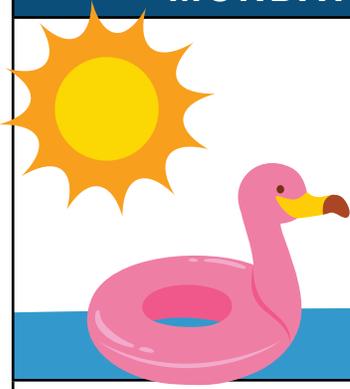


# 18 ~ JUNE CALENDAR

## MONDAY

## TUESDAY

## WEDNESDAY



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>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>5</b></p>	<p>9:00 Chair Caning 9:00 Evergreen Fitness 9:00 Stitch &amp; Chatter 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens)</p> <p style="text-align: right;"><b>6</b></p>	<p>9:00 Evergreen Fitness 9:00 Golden Age Pals 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 1:00 Ballroom Basics 1:00 Bridge 2:00 CCH Alzheimer Support</p> <p style="text-align: right;"><b>7</b></p>
<p>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>12</b></p>	<p>9:00 Chair Caning 9:00 Evergreen Fitness 9:00 Stitch &amp; Chatter 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens) 1:00 Sound Dunes Rehearsal</p> <p style="text-align: right;"><b>13</b></p>	<p>9:00 Evergreen Fitness 9:00 Golden Age Pals 9:00 Line Dancing 10:15 Line Dancing 10:30 Mobile Dental Hygiene 11:30 Line Dancing 12:30 Book Club 1:00 Ballroom Basics 1:00 Bridge</p> <p style="text-align: right;"><b>14</b></p>
<p style="text-align: center;">Juneteenth</p>  <p style="text-align: right;"><b>19</b></p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Evergreen Fitness 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 COA Board - Off Site 10:30 Dennis Veterans Group 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens)</p> <p style="text-align: right;"><b>20</b></p>	<p>9:00 Evergreen Fitness 9:00 Golden Age Pals 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 10:30 Brunch &amp; Learn 11:30 Line Dancing 12:00 Birthday Party 1:00 Ballroom Basics 1:00 Bridge 2:00 CCH Alzheimer Support</p> <p style="text-align: right;"><b>21</b></p>
<p>9:00 Evergreen Fitness 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 3:00 Supporters Board</p> <p style="text-align: right;"><b>26</b></p>	<p>9:00 Chair Caning 9:00 Evergreen Fitness 9:00 SHINE 9:00 Stitch &amp; Chatter 9:00 Walk &amp; Talk Club - Johnny Kelley Park 9:00 Yoga 12:00 Golden Age Pals 12:30 Bridge 12:30 Bridge (Mens) 1:00 Sound Dunes Rehearsal</p> <p style="text-align: right;"><b>27</b></p>	<p>9:00 Evergreen Fitness 9:00 Golden Age Pals 9:00 Line Dancing 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 1:00 Ballroom Basics 1:00 Bridge</p> <p style="text-align: right;"><b>28</b></p>

THURSDAY	FRIDAY
<b>9:00</b> Evergreen Fitness <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> Balance Club <b>12:00</b> Fitness with John <b>1:00</b> Mah Jongg <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>8:00</b> Brown Bag Program <b>9:00</b> Evergreen Fitness <b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Chair Zumba <b>11:30</b> Arthritis Exercise <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble
<b>9:00</b> Evergreen Fitness <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> Balance Club <b>12:00</b> Fitness with John <b>1:00</b> Mah Jongg <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Evergreen Fitness <b>9:00</b> Zumba Gold Friday <b>9:30</b> Bridge <b>10:00</b> Chair Zumba <b>10:00</b> Mobile Food Pantry <b>11:30</b> Arthritis Exercise <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble
<b>9:00</b> Evergreen Fitness <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> Balance Club <b>12:00</b> Fitness with John <b>1:00</b> Mah Jongg <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Evergreen Fitness <b>9:00</b> Foot Nurse <b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Chair Zumba <b>11:30</b> Arthritis Exercise <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble - Cafe
<b>9:00</b> Evergreen Fitness <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> Balance Club <b>12:00</b> Fitness with John <b>1:00</b> Mah Jongg <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Evergreen Fitness <b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Chair Zumba <b>10:00</b> State Representative Christopher Flannagan <b>11:30</b> Arthritis Exercise <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble
<b>9:00</b> Evergreen Fitness <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> Balance Club <b>12:00</b> Fitness with John <b>1:00</b> Mah Jongg <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Evergreen Fitness <b>9:00</b> Zumba Gold Friday <b>9:30</b> Bridge <b>10:00</b> Chair Zumba <b>12:30</b> Cribbage Friday <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble



## SENIORS CONNECT

### Connecting with New Friends

Promoting age-friendly social connections with positivity, preventing age-related isolation. By socializing and interacting with others, making new friendships through discussions (no politics or religion), sharing life stories, thoughts feelings, enjoyments, etc., without judgment, in a warm and caring atmosphere here at DCAL!

**FREE! • Thursdays**

**10:00 AM – 12:00 PM**

Please call DCAL for additional information

**508-385-5067**

## ICE CREAM SOCIAL



**June 29**

**1:30 – 2:30 PM**

Come celebrate

**Pride Month** with the Harwich Council on Aging!  
Please register: **508-430-7550**

### TRANSPORTATION:

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

## FOREVER FIT

May 2, 9, 16, 23  
Tues. 11:30 AM–12:15 PM  
\$10/Class

### Functional Training for Life!

This class will utilize a wide variety of innovative exercises to improve all aspects of function that are critical to aging. The focus will be on balance, mobility, power, and strength.

- Coed Class Designed to Train For Life Function
- Curriculum Designed by the Functional Aging Institute



- Gain Confidence in Everyday Movement
- Instructor Highly Certified
- 40+ Years in the Fitness Industry

**Dennis Center for Active Living**  
1045 Route 134, South Dennis  
508-385-5067

## Walk It Out Challenge Presentation

Are you looking to be more active? Are you interested in improving your cardiovascular fitness and improving your mood but aren't sure where to start? Join us for this hour-long presentation from a Physical Therapist from the VNA of Cape Cod and join the 4-week walking challenge! Presentation will include information about the health benefits of walking and wellness and an open discussion period. Participants will receive a 4-week walking program to follow independently.

## Arthritis Exercise Program

May 19–June 23 • Fri. 11:30 AM – 12:30 PM

**Dennis Center for Active Living**  
1045 Route 134, South Dennis

Do you suffer from arthritis? Does joint pain and stiffness keep you from doing the things you love? This 6-week exercise program is designed to improve joint mobility and strength to keep you moving! A completed VNA application is required prior to start of program. Please call 508-957-7423 to register.

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



## 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 12PM 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.

## "EASY-ISH" CLASSES

### Pop Rock and Latin Line Dancing

**10:15–11:15 AM • Mondays**  
Easy, fun, social, active! All dances will be taught/reviewed, fully cued, and set to your favorite rock, pop, and Latin tunes. Similar to the "Beyond the Basics" class described below, but with a more relaxed pace and somewhat easier repertoire. Skills? Vine, kick, paddle turn, lindy, v-step, jazz square, box, mambo step, shuffle.

## NEW!!

### EZ Smooth and Latin Line Dancing

**11:30 AM–12:30 PM •  
Wednesdays starting June 7**  
Love the idea of Smooth and Latin Line Dancing (formerly known as Ballroom Line Dancing) but prefer something more basic than the course described below? Mark your calendar for June 7 at 11:30

AM and join us for the start of a weekly EZ Smooth and Latin Line Dancing course! Come and learn some basic steps of the merengue, rumba, waltz, tango and more set in the format of fun line dances.

## A LITTLE MORE CHALLENGING CLASSES

### Beyond the Basics Pop Rock and Latin Line Dancing

**9:00–10:00 AM • Mondays  
and/or Wednesdays**  
Fun, social, active! All dances will be taught/reviewed, fully cued, and set to your favorite rock, pop, and Latin tunes. This is an ongoing class with an ever-changing repertoire of dances. Skills? Pivot, scissor, weave, syncopations, cha cha steps, cross shuffle, coaster, and more.

### Smooth and Latin Line Dancing

**10:15–11:15 AM • Wednesdays**  
Formerly known as "Ballroom Line Dancing," this course has resumed at DCAL after a three year hiatus! Learn fun dances based on the steps of swing, salsa, merengue, tango, waltz and more, set to melodic, captivating contemporary and classic tunes. Not a partner dancing course, the framework will be that of typical line dancing. Skills? Recommended for dancers with some experience including box, cross rocks, mambo, lindy, cha cha.

# May Day

s e d t u i m o k d e q  
 p l a b u o a l k o f s  
 r u n a w a y s b o l t  
 i t c s e o d o u r o b  
 n o i k p r a t u b w e  
 g o n e m a y q u e e n  
 h y g t a l p r o l r e  
 n u g e y o i m r l s t  
 g o m f p t w i b f u s  
 r i b b o n s d o i n k  
 s u h o l i d a y t m z  
 e c e l e b r a t e r j

basket

doorbell

May Day

ribbons

celebrate

flowers

Maypole

run away

dancing

holiday

May Queen

spring





## Join Us for the Dedication of the New Patio

With the spring weather here, it's a perfect time to celebrate the completion of the new patio at the Dennis Senior Center. Join us for the dedication ceremony on Monday, May 1st, at 12 Noon, which will be held at the north end of the Senior Center. The patio was made through an AARP grant, which was made possible through the coordinated efforts of Brenda Vazquez and the Supporters of the Dennis COA.

## What Else Will the Supporters Be Bringing to You?

Sherrie Jones has once again planned an assortment of Special Programs/Activities in the Spring. The Supporters of the Dennis COA help to fund these events throughout the year. Check out the details in the calendar for such activities as "Meet Your Town Leaders," "Vets & Friends," "Tea & Talk," "Brunch/Lunch and Learn" (live walking tours around the world), and "Meet Your State Representative, Christopher Flanagan."



### WE AGAIN NEED YOUR HELP

We are always looking for new members. Importantly, we have openings on the board and we have a need for a Treasurer. The current Treasurer will mentor and train the new Treasurer.

### TIME TO GET READY FOR THE BEACH!

Did you know that there is a fitness facility at the Dennis Senior Center? Made possible through the generosity of the Supporters of the Dennis COA, the fitness center has an assortment of strength training and aerobics equipment plus the "magic mirror" coaching tool. The annual fee is \$99 per person. After taking an orientation class, all you have to do is make a reservation and get into shape for the summer. Enjoy!

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## 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) _____	<b>Please use my donation towards:</b>
Address _____	_____ Golden Age Pals (GAP)
_____	_____ Outreach
Phone _____ Cell _____	_____ Where Needed Most
Email _____	_____ Other (specify):
New _____ Renewal _____	_____



**DENNIS CENTER FOR  
ACTIVE LIVING**

1045 Route 134  
South Dennis, MA 02660

Presort Standard  
U. S. Postage Paid  
South Yarmouth, MA 02664  
Permit No. 88

Affix mailing label here

THE DENNIS CENTER FOR ACTIVE LIVING



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

**MONDAY – FRIDAY  
9 AM – 3 PM**

**THE ROLLING  
RAKS IS OPEN  
FOR BUSINESS!**

Come in and browse,  
shop and find well priced  
gifts at the Rolling Raks  
Boutique at the DCAL.

*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.