

The Cranberry Scoop



SEPTEMBER/OCTOBER EDITION 2022

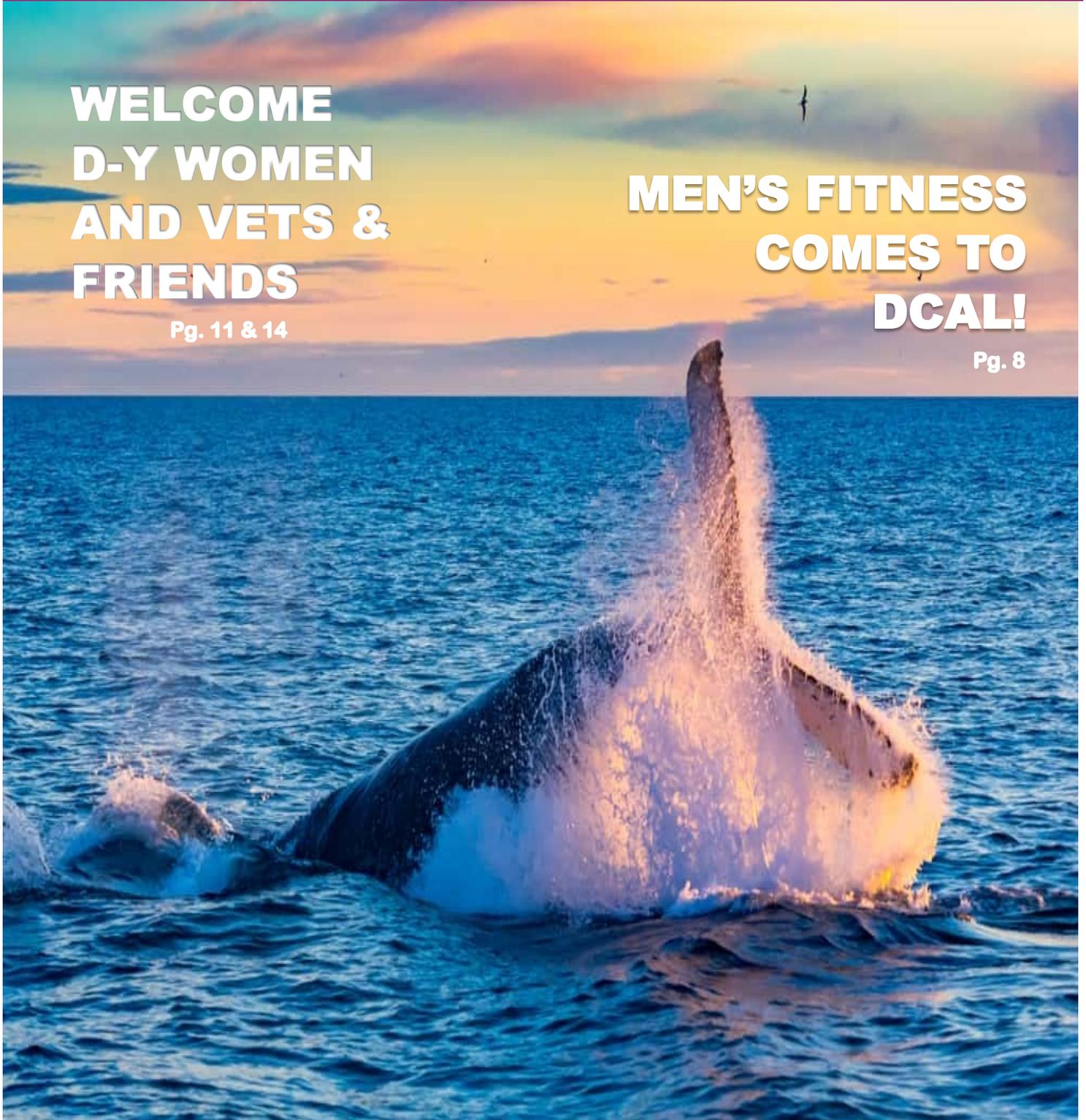
THE NEWSLETTER OF THE DENNIS CENTER FOR ACTIVE LIVING @ THE SENIOR CENTER

**WELCOME
D-Y WOMEN
AND VETS &
FRIENDS**

Pg. 11 & 14

**MEN'S FITNESS
COMES TO
DCAL!**

Pg. 8



In This Issue:

ADA News.....6
 Calendars.....16-19
 Community Resources.....9
 DCAL Club News.....14
 DCAL Events.....10
 Dennis PD News.....12
 Fall Recipe.....21
 Fitness & Wellness..... 8
 Outreach.....7
 SHINE.....20
 Supporters23
 Transportation.....5
 Veterans Support.....11
 Word Search.....22

Mission Statement

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

Board of Directors:

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

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

While going through boxes of files to prepare for the Phase II renovation of the Center, I ran into old newspaper clippings and records of Select Board and Feasibility Committee meetings as far back as 1984. I was thrilled to learn the Dennis Senior Center featured variety shows and performances that packed Howell Hall on weekends and many enchanted evenings. A former director, Paula Dolan, was a performer and she brought



her passion for the performing arts to her work at the Dennis Senior Center. I feel a deep connection with her passion and hope to revive some of it when we re-open the full 22k square foot Center for Active Living, after renovation is completed next summer in the original building. Thank you for your patience during the renovation. Sherrie and the staff are doing their best to accommodate activities, meetings and special events in half the space, without sacrificing vital age-friendly exercise, socialization, learning and life enrichment programs and services. You can stay ahead of the winter blues with a variety of group and individualized fitness programs, including a new Men's Fitness and Exercise program (p.8). Now that summer season is officially over, we are bringing back day trips. Join us for popular Provincetown and Canal Side Dining excursions (p.5). With the uptick in activities comes the need for support and staffing. The Town's Senior Tax Work-Off Program is offering up to \$1500 off your tax bill in exchange for work (p.7). Need legal advice? Get it for no cost with the Mass Bar Association (p. 9). Lastly, don't forget to make your appointment for Medicare Open Enrollment (p.20). Your counselor will help you navigate the maze of choices tailored to the best outcome for you. The future is bright and we're having fun getting there. We welcomed the first social gathering of Vets and Friends in July. Join us in September! (p.11). DCAL's house band, the Sound Dunes, opened their rehearsals to all who wish to come enjoy their music and get a couple of dance steps in. As I have shared before, our goal is to achieve national accreditation as a state of the art, age friendly senior center, in an age friendly town within a year from now. Join us! *"Mindset is indispensable when working towards any goal successfully, whether it's personal - like starting an exercise regime, or community focused - like building a modernized senior center that strengthens the community it serves. Perseverance gets us there."* Brenda Vazquez

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

Shopping and Local Errands

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



Bus Schedule (Subject to Change)

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

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

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



THURSDAY / SEPTEMBER 15th / 9AM
MARKET BASKET

Introducing



FREE Fare Wednesdays!

*Just for our friends
60 years and up*

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

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

For more information visit
www.capecodrta.org
or call 800-352-7155

**not including DART service*



Cape Cod Regional
Transit Authority

We're going your way!



MONDAY / SEPTEMBER 26th / 9AM
PROVINCETOWN



MONDAY / OCTOBER 17th / 10AM
CANAL SIDE DINING

THURSDAY / OCTOBER 20th / 9AM
MARKET BASKET

BOSTON HOSPITAL TRANSPORTATION

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

REPORT SUSPECTED ABUSE OF PERSONS WITH DISABILITIES



Deaf and Hard of Hearing callers, please use Video Relay Services (VRS) or MARElay (711) to contact DPPC hotline.

24 hours - 7 days a week, including holidays



The Commonwealth of Massachusetts
Disabled Persons Protection Commission (DPPC)

300 Granite Street, Suite 404, Braintree, MA 02184
Office Hours: 9:00 AM - 5:00 PM Monday - Friday

HOTLINE: (800) 426-9009

WEBSITE: <http://www.mass.gov/dppc/>

MARION'S CORNER



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

What a summer it has been. This COVID era has wreaked havoc on our lives, our plans, our reentry into what seems a different world. If you are struggling, give me a call-508-694-2004. Your calls are important to me, and they can be about virtually anything questions, concerns, complaints, worries-always call-talking to someone is good for our health. I have a new program to share with you, or shall I say "new to me." The program was run by us, and then transferred to the police department before I came. Now, we have the opportunity to bring the program home. It is called THE TELEPHONE REASSURANCE PROGRAM. How it works is volunteers commit to calling a person who wants a reassurance call at the same time

each day. From talking to my colleague and old office mate, Kathy at the police department, callers and callees often establish close phone relationships-and one time when the callee did not get a call from their caller, THEY called Kathy and it turned out the caller had fallen-so it is a great program-literally seniors taking care of seniors. Once we get our program up and running, you might get a call from me (or may have already)-to either be a caller, or see if you want a call. I believe the calls traditionally have been set for mornings, but I think we can be flexible on that, as long as it is at the same time, every 24 hours. Needless to say, it has to be a time agreed by both participants. Please do feel free to call me if you are interested in joining, or if you know someone who might be interested in a call. Oh, and this program is not just for seniors-any age can be a caller or want a call. Speaking of any age-if you, friends or family struggle to pay heat, food, or medical bills, do call me around October first to get a fuel assistance application in. (The fuel assistance program runs from Nov.-Apr.). At the same time, you can apply for SNAP and I can introduce you to my food programs. And, one other real important reminder. If you know of anyone who you feel is not safe-in any way, whether it is in their own living environment, or living with another, do call me so we can talk about it. There are anonymous ways for you to get help to the people who you think might need it. **PLEASE NOTE:** The Grief Group time is now Thursday afternoons from 1:30-3:00 (or so). It is filling up, and I may be starting a waiting list. (If we get enough people on the waiting list, we can start a new group.) The Rigorous Hiking Group gathers here at 3 to go off on a hike. If you want to join either group, call me (508-694-2004). Re the hiking group, one of the hikers plans the hikes and sends out emails each week to discuss where the group is going. (One time, in the hottest of days, they went to a ball game:). If you are in the building stop in- My office is in the new lobby. I look forward to seeing you.

SENIOR TAX WORK OFF PROGRAM

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

EVERGREEN FITNESS STUDIOS @ DCAL



The *Evergreen Fitness Studios @DCAL* is open for registration! You can register in person at the Center. Annual fitness memberships are \$99 and include reserved access to Cardio and Mirror rooms up to three 45-minute sessions per week, first come first served. Professional instruction on safe use of equipment during orientation sessions and a signed release are

required prior to use of facilities. A VNA rehab and fitness specialist, will offer orientation sessions every first Wednesday of the month. Schedule your orientation when you sign up for membership. Fees will support maintenance of the equipment, instructors, and supplies. For more information, call (508) 385-5067.

NEW CLASS! MEN'S FITNESS



Men's Fitness Exercise Program

This hour long group fitness class aims to improve strength, balance, flexibility, and address health concerns that affect men as they age.



- Cost:** FREE
Where: Dennis Center for Active Living
When: Fridays, 11:30am- 12:30pm
October 7- November 18, 2022
**no class October 21*

ADVANCED REGISTRATION IS REQUIRED

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.

NEW CLASS! QI GONG

MOVEMENT AND MEDITATION (QI GONG) Wednesdays, 9AM – 10AM, \$10



Need some calm, gentle, flowing exercise? This practice, based on centuries old wisdom, uses breathwork and repeated movement to help balance, refresh and energize you. With continued practice, your body will begin to experience tremendous health benefits. No memorization or difficult choreography is involved.



MASSBAR

A S S O C I A T I O N

THE PREEMINENT VOICE OF THE LEGAL PROFESSION™

Free Legal Advice by Phone for Elders

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

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



THE DENNIS LIBRARIES

Sharing Resources

DENNIS MEMORIAL
DENNIS PUBLIC
JACOB SEARS
SOUTH DENNIS
WEST DENNIS

Dennis Public Library

5 Hall Street
Dennis Port 02639
508-760-6219

Tuesday-Thursday 10 am - 8 pm
Friday & Saturday 10 am - 2 pm
www.dennispubliclibrary.org

Dennis Memorial Library

1020 Old Bass River Road
Dennis 02638
508-385-2255

Monday-Thursday 1 pm - 8 pm
Friday 1 pm - 5 pm
Saturday 1 pm - 4 pm
www.dennismemoriallibrary.org

West Dennis Library

260 Main Street (Rte. 28)
West Dennis 02670
508-398-2050

Monday-Friday 10 am - 2 pm
Sunday 10 am - 2 pm
www.westdennislibrary.org

Jacob Sears Memorial Library

23 Center Street
East Dennis 02641
508-385-8151

Monday-Saturday 9 am - 1 pm
www.jacobsearslibrary.org

South Dennis Library

389 Main Street
South Dennis 02660
508-394-8954

Monday-Wednesday 10 am - 4 pm
Saturday 10 am - 12 pm
www.southdennislibrary.org

Summer 2022

LUNCH & LEARN IN SEPTEMBER

LISBON, PORTUGAL

Thursday, September 15th, 1:30PM–2:30PM | FREE



Together we will be exploring one of the oldest districts in Lisbon: Alfama. The name Alfama comes from Al Hamm, the root word for hammam, a bathing space during the Islamic occupation. We will find out why the neighborhood has received such name, and why and how the Islamic presence lasted for about 400 years in the city that is nowadays the capital of Portugal. We will visit the viewpoint of Portas do Sol (Doors of the Sun) and while walking down the narrow streets of Alfama, we will

find out more about St. Vincent and his connection to the city's history, the Tagus river and its importance for the city's development), St. Anthony's festivities in June and our traditional song, Fado, ending our walk by the museum dedicated to this immaterial world heritage.

BRUNCH & LEARN IN OCTOBER

MILAN, ITALY

Wednesday, October 12th
10:30AM–11:30AM | FREE

Welcome to Milan! We will start from Piazza Scala, with a particular focus on Scala Opera House, the real temple of music which has been hosting the greatest international artists since 1778. Then we will discover



the incredible "salotto elegante" Galleria Vittorio Emanuele II, the first shopping mall in the world with a very innovative architecture, walking through it to reach the real symbol of the city: the Duomo cathedral. This church is the breathtaking heart of Milan since 1386 and we will focus on its history and the most interesting details, we will explore the mesmerizing architecture made of shining marble and thousands of statues. The perfect tour to discover Milan for the first time or to go in depth in its culture and life with a lot of fun facts, curiosities and stories.

New Senior Center Program Supports Veterans

Recent analyses reveal that perhaps the biggest single issue facing the elderly, including veterans, is self-isolation and a lack of socialization. According to a University of California, San Francisco (UCSF) study, **more than 40 percent of seniors regularly experience loneliness.** This feeling of separation and disconnection from others may predict serious health problems and even death, the UCSF researchers found. The federal government’s Center for Disease Control and Prevention (CDC) studies on loneliness and social isolation in older adults also found them to be a serious public health issue that affects a significant number of the elderly, putting them at risk for dementia and other serious medical conditions.

Unfortunately, the impact of loneliness can often be overlooked, even in a friendly place like Dennis. A 2020 town census revealed there are over 1100 veteran residents. Unfortunately, the census did not capture the number of veterans or their close relatives living on their own or without a socialized life. But, based on information from various town departments, conversations with many town residents, and inputs from charitable organizations in the town, we know there are many.

The Dennis Senior Center is leading the fight against loneliness with a new approach spearheaded by the Center’s newly formed “Vets and Friends” program. Gone are the days of quietly sitting in rows of chairs listening to formal briefings by representatives of various agencies. Instead, this new approach is based on a regular series of informal gatherings in casual settings that encourage conversations among attendees to form and expand friendships, and by providing opportunities to talk with representatives of organizations that work to help improve the lives of veterans and their families.

In summary, veterans, spouses and partners of veterans, veteran widows and widowers, their family members and friends, and in-home caregivers are invited to take part in Vets and Friends casual gatherings. It’s easy to do. Come to a meeting. Mingle. Take a chance and say hello to a fellow soldier, sailor, airman, Marine or Coast Guardsman. Share experiences both in and out of the service. You might be surprised at what you have in common. And chat with our friends from the visiting agencies. They are leaders in their organizations, and they want to know how they can best work for you.

Vets and Friends

Tuesday
September 20th
10:30 am
 at the
 Dennis Senior Center
 Corner of Route 134 and Setucket Avenue
 South Dennis

*Come join your fellow Vets and Friends
 make new friendships or renew old ones*

*Learn about support for veterans'
 available right here in our hometown*

*Then stick around and join in the
 Vets and Friends Luncheon*

*Please call the Senior Center at
 (508) 385-5067
 and let us know if you're going to join in*

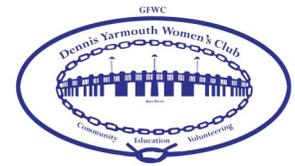


Close the books on Summer 2022! I'd have to say this was the summer of extremes, but I guess that matches the political spectrum right now. The sleepy little seaside community of Dennis is merely a microcosm of society at large, probably most of humanity, in fact. Not much going on in the middle anymore, everything is polar opposite, and few have been able to compromise to meet in the middle. As police officers, we usually solve problems through compromise, and yes, often times the old adage of "A good compromise leaves everybody mad" was often the case, but whoa, these days of

extremism is leaving everyone super mad. Even the weather was operating at the extremes: early summer, cool, rainy and lousy. End of summer: hot, humid, hazy, drought. Extremism is in the air. We had some rough days over the summer. The mass gatherings issue is a relatively new phenomenon triggered by a multitude of technological "advancements" via cell phones and cell phone apps. July 4th Mayflower Beach comes to mind, and while downright scary for many, I will say I am proud of the way my colleagues handled the dicey situations. Crowds of that size are powder kegs just waiting to go off. Thousands of rowdy gathering participants can instantly turn on a few dozen police officers and complete pandemonium can ensue. We were fortunate that we managed to escape significant and substantial injuries to people and property. And this instant mass-gathering problem is not just limited to Dennis. Barnstable had the same issues, so did Yarmouth. The Jersey Shore experienced the same issues. The cops in Florida probably just said "Hold my beer" – but we're not used to things like that up here on the Cape. If there is a Silver Lining, it's that we learned lessons, we've looked at best practices, and rest assured, next year we, as a town, not just a police department, will be ready and better suited to handle issues next year. Traffic was also a big issue for us this year. I blew the dust off the 'ol ticket book and wrote up a ton of "cell phone use" citations. Many of my colleagues did as well – and I would venture to say, that distracted driving is the reason for so many crashes. On one stop, an operator argued that he was looking for a song in his iTunes, that he wasn't texting ... still got the ticket. This summer, I think I wrote more parking tickets than I have in the past 16 years *combined*. I had one instance where a young lady pulled up to me and asked me to write her the parking ticket, and she would throw it on the windshield once she figured out where to park. She told me it was just easier than waiting for a spot at the beach. I told her that depending where she chose to park, I might come by with a tow truck as well. She pulled away, but that was a new one. That's the cool thing about my job: it'll be 20 years come December – and there's always new stuff. It's one of the reasons I keep putting this synthetic fabric, dark-colored, not-summer-friendly uniform on every day. And the stories get more interesting as folks get more brazen. Maybe they're not, and I'm just getting older and more open-minded about being amused. The truth is probably somewhere in the middle...whoa look at that! Not an extreme! In any event, we survived, time marches on. If you want to hear some more "war" stories from the front lines here in Dennis, watch for our Citizens Police Academy, which we are putting together for this fall. This is a great way to get involved, and to see the inner-workings of your police department. We will advertise on social media and through some of our local media outlets. I'm hopeful for a return to a slower pace, some nicer weather, and maybe a little more calmness. September usually brings some of these. Remember to bring your patience, as the Cape will stay busy yet many of the summer employees are gone. And kudos to these businesses. It's been a long season, folks are burned out and tired. Thank you all for your hard work. It's what makes this place so darn special. Enjoy the fall. I know I will. Watch out for school buses. Stay safe! See you out there. - Sgt. Ryan Carr

WELCOME! DENNIS-YARMOUTH WOMEN'S CLUB

Allow me to introduce the Dennis-Yarmouth Women's Club (DYWC) to all Dennis Center for Active Living (DCAL) members! First, I want to say how delighted we are to be in our new home with you! And, we are all DCAL members. What is the DYWC? Perhaps, some of you have been members in other states and towns. We are the local club of the National General Federation of Women's Clubs (GFWC) and the Massachusetts GFWC. As a national organization of volunteers, we focus on Community, Education, environment, and human needs. We welcome membership to any women interested in good fellowship and working together on various projects to benefit our Dennis and Yarmouth communities. Here are a few examples: Community Impact and Outreach - we support organizations such as A Baby Center, Safe Harbor, Food Pantries, summer camps for children, Meals on Wheels and many others through both active volunteering and donations. One of our special programs we've had for about eight years is our "No-Sew Blanket Tying" December meeting. We gather around tables tying lively patterned fleece blankets for Safe Harbor and A Baby Center. The blankets are given to the sheltered women and their children at Christmas. One mother wrote us to say that she and her young son had escaped their abusive home on Christmas Eve and she had no Christmas gift for him. The Safe Harbor staff gave her and her son each a blanket and her son wrapped himself in it and finally smiled. For many years we've been assembling Christmas stockings for young children through A Baby Center. Education - We support local education in several ways...Scholarships at Cape Cod Community College (4 C's) through its Education Foundation. Our portion of the foundation's endowment enables us to support one or two CCC students each year with \$1200-\$1500 scholarships. At the Mid Cape Technical High School, we annually award a \$500 "tool ship" which enables the winner to purchase tools relevant to their technical careers. We provide \$500 annually to the Dolphin Fund at DY High School to support needy students enabling them to achieve their diplomas. And we also provide classroom supplies to teachers in our DY Regional Elementary and Middle school. When do we meet? What do we do at a meeting? We meet the 2nd Wednesday of each month (Sept-May) at 12 o'clock noon at the Dennis Senior Center. We begin with Members taking turns providing a light tea sandwich and dessert luncheon where we catch up with each other's news and make new friends. At 1 p.m. we host a program speaker. Our September meeting this year on September 14th will feature the Massachusetts GFWC President "T" Jablonski. We'll be posting our programs right there in the Center lobby and in the Cranberry Scoop so watch for programs that may interest you. If you would like to attend a meeting, please call or email: Mary Anne Thompson, Club President, at 508-394-9723 or mathompson67@comcast.net. You may attend one (1) meeting as a Guest and we hope you join us in making Dennis and Yarmouth even better places to live. Working together with new and old friends for the benefit of our communities is rewarding and great fun! Hope to see you soon!



SHUFFLEBOARD IS A HUGE HIT!

Meet new friends! All levels welcome. Complimentary lessons!
Join us every Monday, 12pm-4pm. FREE!

SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Looking for some fun on a Tuesday afternoon, why not come over to DCAL and join us and our in-house guest band, SOUND DUNES! Listen and even dance with friends to the great tunes! A variety of music era's rehearsed every second and fourth Tuesday of the month. Show time starts at 1pm. Complimentary light refreshments provided. FREE!</p>	<p>1 10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support Group</p>	<p>2 9:00 Tai Chi 9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>5</p> 	<p>6 9:00 Blood Pressure 12:00 GAP Half Day</p> 	<p>7 9:00 GAP Program 9:00 Line Dancing 9:00 Tai-Chi 9:30 Bocce 10:00 Walk & Talk 10:15 Line Dancing 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p>8 10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support Group</p>	<p>9 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Mobile Food Pantry 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>12 9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:00 Walk & Talk 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong</p>	<p>13 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 10:00 Chair Zumba 12:00 GAP Half Day 12:30 Bridge (Men's) 1:00 Bridge 1:00 Sound Dunes</p>	<p>15 9:00 GAP Program 9:00 Line Dancing 9:00 Mobile Dental 9:00 Tai Chi 9:30 Bocce 10:00 Walk & Talk 10:15 Line Dancing 12:30 Book Club 1:00 Bridge 2:00 Tea & Talk</p>	<p>15 10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Lunch & Learn 1:30 Grief Support Group</p>	<p>16 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>

<p>19 9:00 Line Dancing 9:00 Painting 10:00 Walk & Talk 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p>	<p>20 9:00 Chair Caning 9:00 COA Board 9:00 Stitch & Chatter 9:00 Yoga 10:00 Chair Zumba 10:30 Veterans Group 12:00 GAP Half Day 12:30 Bridge (Men's)</p>	<p>21 9:00 GAP Program 9:00 Line Dancing 9:00 Tai Chi 9:30 Bocce 10:00 Independence Hse 10:00 Walk & Talk 10:15 Line Dancing 12:00 Birthday Party 1:00 Bridge 2:00 CCH Alzheimer</p>	<p>22 10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support</p>	<p>23 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>26 9:00 Line Dancing 9:00 Painting 10:00 Walk & Talk 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p>	<p>27 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 10:00 Chair Zumba 12:00 GAP Half Day 12:30 Bridge (Men's) 1:00 Bridge 1:00 Sound Dunes</p>	<p>28 9:00 GAP Program 9:00 Line Dancing 9:00 Tai Chi 9:30 Bocce 10:00 Walk & Talk 10:15 Line Dancing 11:00 Sight Loss Services 1:00 Bridge</p>	<p>29 10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support</p>	<p>30 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>



**BOOK CLUB
REVIEWS**

**SEPTEMBER 14TH—12:30PM
THE WARMTH OF OTHER SUNS**

**OCTOBER 12TH—12:30PM
THE PERSONAL LIBRARIAN**

**TEA & TALK
GUEST SPEAKERS**

**SEPTEMBER 14TH—2:00PM
LYNN CARLSON, SUDAC**

**OCTOBER 12TH—2:00PM
LORI MIRANDA**

DENNIS ANIMAL CONTROL OFFICER

OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:00 Walk & Talk 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong</p>	<p>4</p> <p>9:00 Blood Pressure 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 10:00 Chair Zumba 12:00 GAP Half Day 12:30 Bridge (Men's)</p>	<p>5</p> <p>9:00 GAP Program 9:00 Line Dancing 9:00 Tai Chi 9:30 Bocce 10:00 Walk & Talk 10:15 Line Dancing 10:30 Musical Souvenirs 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p>6</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support Group</p>	<p>7</p> <p>9:00 Tai Chi 9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>10</p> 	<p>11</p> <p>9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 10:00 Chair Zumba 12:00 GAP Half Day 12:30 Bridge (Men's) 1:00 Bridge 1:00 Sound Dunes</p>	<p>12</p> <p>9:00 GAP Program 9:00 Line Dancing 9:00 Tai Chi 9:30 Bocce 10:00 Mobile Dental 10:00 Walk & Talk 10:15 Line Dancing 10:30 Brunch & Learn 12:30 Book Club 1:00 Bridge 2:00 Tea & Talk</p>	<p>13</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support Group</p>	<p>14</p> <p>9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Mobile Food Pantry 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>17</p> <p>9:00 Line Dancing 9:00 Painting 10:00 Walk & Talk 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong</p>	<p>18</p> <p>9:00 Chair Caning 9:00 COA Board 9:00 Stitch & Chatter 9:00 Yoga 10:00 Chair Zumba 10:30 Veterans Group 12:00 GAP Half Day 12:30 Bridge (Men's)</p>	<p>19</p> <p>9:00 GAP Program 9:00 Line Dancing 9:00 Tai Chi 9:00 Bocce 10:00 Walk & Talk 10:15 Line Dancing 12:00 Birthday Party 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p>20</p> <p>10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support Group</p>	<p>21</p> <p>9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>

24 9:00 Line Dancing 9:00 Painting 10:00 Walk & Talk 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg	25 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 SHINE 9:30 Yoga 10:00 Chair Zumba 12:00 GAP Half Day 12:30 Bridge (Men's) 1:00 Bridge	26 9:00 GAP Program 9:00 Line Dancing 9:00 Tai Chi 9:30 Bocce 10:00 Independence House 10:00 Walk & Talk 10:15 Line Dancing 11:00 Sight Loss Services 1:00 Bridge	27 10:00 Alzheimer's Family Support Center 10:30 Mindful Stretching 12:00 Joe Guardino Exercise 1:30 Grief Support Group	28 9:00 Tai Chi 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Walk & Talk 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble
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31
 9:00 Line Dancing
 9:00 Painting
 10:00 Walk & Talk
 10:15 Line Dancing
 12:00 Shuffleboard
 1:00 Bridge
 1:00 Mah Jongg

DCAL GARDEN CLUB

The West Dennis Garden Club will be holding their next meeting on Tuesday, October 4th, 12pm, at the Dennis Center for Active Living. Following a luncheon and a brief business meeting there will be a demonstration on how to create dried hydrangea wreaths. Members are asked to bring peanut butter, tuna fish, or canned meats for the Family Pantry. New members are welcome. \$10 donation for non-members. For further information, please call 08 385-7722..



Computer Essentials Class

Hosted by: Dennis Center for Active Living
 Every Thursday, 9-10AM, Sep 8th - Nov10th
 Cost: FREE!

PRE-REQUISITES: None. This course is designed for people who have never used a computer or have very little experience.

Sign up Today! [508-394-4630](tel:508-394-4630), x366



MONDAY-FRIDAY
9AM-3PM

Open Enrollment 2022

Serving Health Information Needs of Everyone Program

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



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

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

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

- Medicare, www.medicare.gov, 800.633.4227
- Social Security, www.ssa.gov, 800.772.1213
- Prescription Advantage, www.prescriptionadvantagemma.org, 800.243.4636

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

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

TURKEY CHILI—NO BEANS

INGREDIENTS

- 3 tablespoons vegetable oil
- 1 ½ pounds ground turkey
- 1 (1 ounce) package taco seasoning mix
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- 1 teaspoon chili pepper flakes
- 2 tablespoons tomato paste
- 1 (14.5 ounce) can beef broth
- 1 (7 ounce) can salsa
- 1 (14.5 ounce) can crushed tomatoes
- 1 (7 ounce) can chopped green Chile peppers
- 1 medium onion, finely chopped
- 1 green bell pepper, diced
- 3 medium zucchinis, halved lengthwise and sliced
- 1 bunch green onions, chopped
- 1 cup sour cream
- 1 cup shredded Cheddar cheese



DIRECTIONS

Heat 1 tablespoon of oil in a large stock pot over medium-high heat. Crumble turkey into the pot. Season with taco seasoning mix, coriander, oregano, chili flakes, and tomato paste, and mix until meat is evenly coated with seasonings. Continue cooking, reducing heat if necessary, until turkey is well browned. Pour in beef broth, and simmer to reduce liquid slightly, about 5 minutes. Add salsa, tomatoes, and green chilies, and continue cooking at a moderate simmer for ten minutes. Adjust the thickness at any time by adding water. While chili is still cooking, heat one tablespoon of oil in a large skillet over medium-high heat. Cook onion and green bell pepper, stirring occasionally for 5 minutes, or until onion is translucent and bell pepper is lightly browned. Add onion and bell pepper to the chili, and continue cooking at a very low simmer. In the same skillet, heat the remaining tablespoon of oil over medium-high heat. Add the zucchini, and cook stirring occasionally, for 5 minutes, or until lightly browned. Add the zucchini to the chili, reduce heat, and continue cooking 15 minutes more.. Adjust the consistency with water as needed. Ladle chili into serving bowls. Top with sour cream, green onion, and cheddar cheese, and serve.

FALL WORD SEARCH

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

ACORN
FOOTBALL
NOVEMBER
SEPTEMBER

APPLES
HALLOWEEN
OCTOBER
SUNFLOWER

AUTUMN
HARVEST
PUMPKIN
SWEATER

CANDY
HAYRIDE
RAKE
THANKSGIVING

CIDER
LEAVES
SCARECROW
TURKEY



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.

WHAT'S NEW...

Since our last issue of the Scoop, we participated in the National Night Out at the Mike Stacey Park in Dennis Port on August 2. Some of our members greeted participants and passed out informational brochures for the Dennis Center for Active Living, candy, fruit, toys and hula hoops. Everyone had a wonderful time and some even took hula hoops home.

Supporters Board members, Gary Barber and Helen Ann McElhaney, have joined the Cape Cod's Dennis Age & Dementia Friendly Action Team. Their plan is to continue to take action to improve our community's dementia-friendly capabilities, by optimizing the health, well-being and community engagement of people living with dementia and their care partners.

We continue to work closely with the Outreach Program and aid it financially when needed. What better way to help our needy Dennis residents and what a rewarding way for us to share the generous donations of our members.

BECOME A MEMBER

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

SUPPORTERS MEETING

The Supporters Membership Meeting, previously scheduled for May, will be held in October. Members of the Supporters should be on the lookout for the invitation which will be mailed to them.

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



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

DENNIS CENTER FOR ACTIVE LIVING



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