

SEPTEMBER/OCTOBER 2023

# *The Cranberry Scoop*



## *Let's Celebrate the DCAL!*

**SEPTEMBER IS NATIONAL  
SENIOR CENTER MONTH**

**WELCOME TO  
DESTINATION  
RESPIRE P. 6**

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

1045 Route 134, South Dennis, MA 02660 • 508-385-5067 • Facebook: @DennisSeniorCenter

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**MISSION STATEMENT**

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

**BOARD OF DIRECTORS**

Judith Peterson, *Chair*  
 Gary Barber, *Vice-Chair*  
 Deborah Rothschild, *Secretary*  
 Christine Harrington, *Member*  
 Martha LeBlanc, *Member*  
 John Terrio, *Select Bd Liaison*

**DENNIS CENTER FOR ACTIVE LIVING**

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



**BRENDA VAZQUEZ**

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

**SEPTEMBER IS NATIONAL SENIOR CENTER AND FALL PREVENTION AWARENESS MONTH.**

Join us in celebrating the DCAL. We're calling all caregivers out there to take advantage of a new grant-funded program we are launching this month. Destination Respite is a collaborative initiative of several local agencies working together to offer more options for respite in Dennis, Yarmouth, and Hyannis. See the calendar on pgs. 6-7 for a schedule of activities and locations.

Julie Benoit, DCAL Human Services Coordinator, writes her first column for the Scoop (p. 11). I hope you'll review the updated Community Resources section and learn about scams targeting older adults (p.21) We need to be alert and skilled in recognizing these scams and protecting the vulnerable.

What makes a senior center special? To me, it's the people who serve. This National Senior Center Month, I celebrate the DCAL Team. Thank you, Dan, for keeping an eye on the center and grounds, communicating with the various teams and overseeing the transportation program. Special thanks to Sherrie Jones for coordinating all the pieces that go into the Scoop and the DCAL's programs. We deeply appreciate everyone getting their submissions in on time to make the schedule. Thank you to the front desk and Scoop volunteers who fold and label the 2,300 Scoops we mail out. To our designer, Alison Caron, thank you for making the Scoop look so beautiful; Jen Connors, for your dedication with Tia, Ann and Marty, in the care you provide to GAP participants and families. Kelli, for infusing vibrant energy and ingenuity in everything you do; to Martha, for being our wise concierge, and Jeanne, for watching over our finances. You're the dream team!

Remember to make time to take care of yourself, breathe, stand barefoot on the grass (with support!) and think of something you are grateful for. Spread the joy!

*On the cover: Cold Storage Beach in Dennis photographed by Betty Wiley*

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

## Shopping and Local Errands

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

### Grocery Shopping Bus Schedule\*

**Stop & Shop and Shaw's**

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

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

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

*\* schedule subject to change*

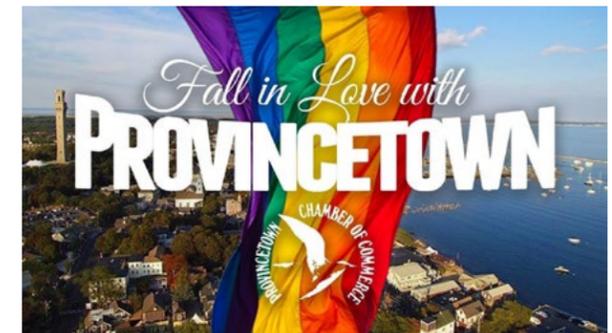


### CAPE & ISLANDS VETERANS OUTREACH CENTER

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.**



### DCAL DAY TRIPS!



### Provincetown

**Monday, September 18 • 9:00 AM**

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



### Sandwich Glass Museum

**Monday, October 23 • 9:00 AM**

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

BRIDGE THE GAP COLLABORATIVE PRESENTS

# DESTINATION RESPITE

## Your Gateway to Well-Deserved Breaks!

**DESTINATION RESPITE** is an initiative spearheaded by a collaborative of various local agencies working together to expand respite options for Cape Cod caregivers. Each Destination Respite Program offers a minimum of three hours of activity two times each month. The Dennis Center for Active Living is coordinating implementation of the pilot and is charged with offering services to underserved caregiver populations in the funded service areas. Destination Respite Programs will be available for Spanish and Portuguese speaking caregivers, and ESL classes will be provided with care for loved ones, to allow for caregiver participation.

### HOW IT WORKS:

1. Refer to the schedule for dates and locations you would like to register for. Each site's contact information is listed below. Additional information for each site will be available on the DCAL website [dcalcapecod.org](http://dcalcapecod.org).
2. If you are a Dennis resident, please call Juliana Benoit at the DCAL Outreach Office **508-694-2004**, to register for Destination Respite events in any location if you will be using Dennis COA Transportation for yourself and/or your loved one. For Dennis GAP Club Days (Thursdays) register with the main office **508-385-5067**.

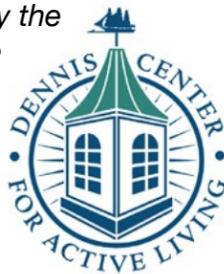
*"Unlock the Power of Self-Care with Destination Respite: Caring for You, While You Care for Others."*

Destination Respite is funded by the Massachusetts Executive Office of Health and Human Services and the Town of Dennis.



**Barnstable Adult Community Center (BACC)**  
825 Falmouth Road  
Hyannis, MA 02601  
508-862-4750

### DESTINATION RESPITE LOCATIONS



**Dennis Center for Active Living (DCAL)**  
1045 Route 134  
South Dennis  
508-385-5067



**Yarmouth Senior Center (YSC)**  
528 Forest Road  
West Yarmouth  
508-394-7606 x1335

**Alzheimer's Family Support Center (AFSC) and Cape International Language Academy (CILA)**  
English as a Second Language (ESL) at the Cape Cod Mall  
769 Iyannough Road, Hyannis  
AFSC: 508-896-5170; CILA: 774-552-2609



## DESTINATION RESPITE SCHEDULE

These dates and times are subject to change. For an up-to-date schedule visit [dcalcapecod.org](http://dcalcapecod.org).

<b>THURSDAY 9/14</b> Dennis Center for Active Living (DCAL) GAP Club Field Trip to Caregiver Conference 9:30 AM – 1:00 PM	<b>THURSDAY 10/5</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM	<b>THURSDAY 11/2</b> Dennis (DCAL) GAP 9:30 AM – 1:00 PM	<b>TUESDAY 12/5</b> Yarmouth (YSC) 9:00 AM – 12:00 PM
<b>SATURDAY 9/16</b> ★ LAUNCH: AFSC and CILA (ESL) at the mall 10:00 AM – 1:00 PM	<b>SATURDAY 10/7</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>SATURDAY 11/4</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>THURSDAY 12/7</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM
<b>TUESDAY 9/19</b> ★ LAUNCH: Yarmouth Senior Center (YSC) 9:00 AM – 12:00 PM	<b>TUESDAY 10/10</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>TUESDAY 11/7</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>SATURDAY 12/9</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM
<b>WEDNESDAY 9/20</b> ★ LAUNCH: Barnstable Adult Community Center (BACC) 11:00 AM – 2:00 PM	<b>THURSDAY 10/12</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM	<b>WEDNESDAY 11/8</b> Barnstable (BACC) 11:00 AM – 2:00 PM	<b>MONDAY 12/11</b> Barnstable (BACC) 11:00 AM – 3:00 PM
<b>THURSDAY 9/21</b> ★ LAUNCH: Dennis (DCAL) GAP 9:30 AM – 12:30 PM	<b>SATURDAY 10/14</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>THURSDAY 11/9</b> Dennis (DCAL) GAP 9:30 AM – 1:00 PM	<b>TUESDAY 12/12</b> Yarmouth (YSC) 9:00 AM – 12:00 PM
<b>SATURDAY 9/23</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>TUESDAY 10/17</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>SATURDAY 11/11</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>WEDNESDAY 12/13</b> Barnstable (BACC) 11:00 AM – 2:00 PM
<b>TUESDAY 9/26</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>WEDNESDAY 10/18</b> Barnstable (BACC) 10:00 AM – 2:00 PM	<b>TUESDAY 11/14</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>THURSDAY 12/14</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM
<b>THURSDAY 9/28</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM	<b>THURSDAY 10/19</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM	<b>WEDNESDAY 11/15</b> Barnstable (BACC) 11:00 AM – 2:00 PM	<b>SATURDAY 12/16</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM
<b>SATURDAY 9/30</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>SATURDAY 10/21</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>THURSDAY 11/16</b> Dennis (DCAL) GAP 9:30 AM – 1:00 PM	<b>TUESDAY 12/19</b> Yarmouth (YSC) 9:00 AM – 12:00 PM
<b>TUESDAY 10/3</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>TUESDAY 10/24</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>SATURDAY 11/18</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>WEDNESDAY 12/20</b> Barnstable (BACC) 11:00 AM – 2:00 PM
<b>THURSDAY 10/3</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>THURSDAY 10/26</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM	<b>TUESDAY 11/21</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>THURSDAY 12/21</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM
<b>SATURDAY 10/3</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>SATURDAY 10/28</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>SATURDAY 11/25</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>SATURDAY 12/23</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM
<b>TUESDAY 10/31</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>TUESDAY 10/31</b> Yarmouth (YSC) 9:00 AM – 12:00 PM	<b>TUESDAY 11/28</b> Barnstable (BACC) 10:00 AM – 2:00 PM	<b>THURSDAY 12/28</b> Dennis (DCAL) GAP 9:30 AM – 12:30 PM
<b>WEDNESDAY 11/1</b> Barnstable (BACC) 11:00 AM – 2:00 PM	<b>WEDNESDAY 11/1</b> Barnstable (BACC) 11:00 AM – 2:00 PM	<b>SATURDAY 12/2</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	<b>SATURDAY 12/30</b> AFSC, CILA ESL@mall 10:00 AM – 1:00 PM

## SIX BENEFITS OF PEARLS FOR CAREGIVERS

**PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)** is an evidence-based intervention offering invaluable support for caregivers. Here are six key benefits:

- 1. Emotional Well-being:** PEARLS addresses emotional issues in seniors, but it also helps caregivers overcome stress and burnout. By prioritizing emotional well-being, it ensures caregivers are mentally prepared to provide high-quality care.
  - 2. Effective Counseling:** Through problem-solving therapy, PEARLS equips caregivers with tools to confront daily challenges.
  - 3. Improved Communication Skills:** The program teaches essential communication techniques, enabling caregivers to interact effectively with seniors who may face emotional or cognitive hurdles. This enhances the relationship between caregiver and recipient.
  - 4. Promotion of Self-Care:** By emphasizing self-care, PEARLS helps caregivers balance personal life with responsibilities, thus reducing burnout risk.
  - 5. Enhancing Quality of Life:** PEARLS enriches both the caregiver's and care recipient's lives. Strategies offered by the program make the care process more meaningful, enhancing the overall caregiving experience.
  - 6. Community Connection:** Caregivers can find specialized assistance, such as support groups or respite care, ensuring they feel connected and supported within the community.
- In summary, PEARLS offers a support system for caregivers, focusing on emotional health, practical problem-solving, communication, self-care, quality of life, and community integration. These six benefits together create a more sustainable and fulfilling caregiving journey.



Funded by MCOA, EOEA and EOHHS

PEARLS is offered at no cost. Please call **508-385-5067** for more information.



## FREE Oral Cancer Screenings

**Monday, September 25 10:00 AM-12:00 PM at Dennis Center for Active Living (DCAL)**

In conjunction with the VNA of Cape Cod, Cape Cod Healthcare Speech Pathologists will be performing free oral cancer screenings at DCAL. Appointments are about 10 minutes. Registration is required, no drop ins are allowed.

**Please call the VNA of Cape Cod to register at 508-957-7423.**

**Transportation:** Dennis residents only, please call **508-385-5067**

## 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.

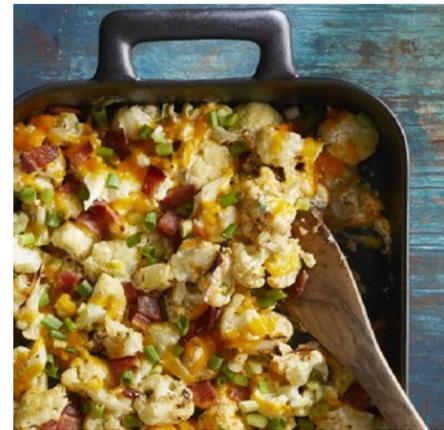
**Services from Town Public Health Nurse include:**

- 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**

## Loaded Cauliflower Casserole



- ½ teaspoon ground pepper
  - ¼ teaspoon salt
  - 1¼ cups shredded sharp Cheddar cheese, divided
  - ⅔ cup sour cream
  - 4 scallions, sliced, divided
3. Combine cauliflower, pepper, salt and the bacon drippings in a 9-by-13-inch baking dish. Roast, stirring twice, until tender, about 35 minutes.
  4. Meanwhile, combine 1 cup cheese, ⅔ cup sour cream and half the scallions in a small bowl. When the cauliflower is tender, stir the cheese mixture into the cauliflower in the pan. Sprinkle with the remaining ¼ cup cheese. Bake until hot, 5 to 7 minutes more.

### DIRECTIONS:

1. Preheat oven to 425°F.
2. Place bacon in a large nonstick skillet over medium heat; cook until crisp, 6 to 8 minutes. Transfer to a paper-towel-lined plate and let cool. (Reserve the drippings in the pan.)
5. Chop the cooled bacon. Sprinkle the hot casserole with the bacon and the remaining scallions.

### INGREDIENTS:

- 3 slices bacon
- 1 head cauliflower (about 2 pounds), cut into bite-size pieces

## FUN FALL WORD SEARCH

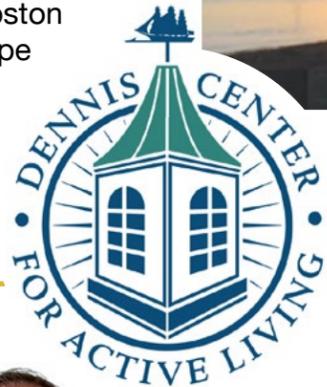
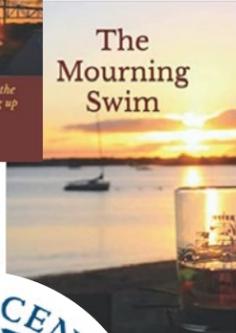
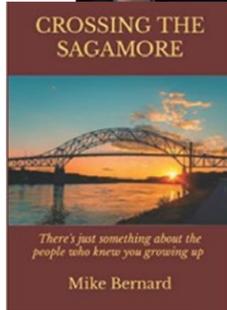
- pumpkin
- yellow
- scarecrow
- autumn
- leaves
- sunflower
- acorns
- corn
- harvest
- apples
- hayride
- red
- Thanksgiving
- football
- orange

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

**TEA & TALK:  
MIKE BERNARD**

**Wednesday, October 11 • 2:00 PM**

Mike Bernard is the author of 5 novels and a stage play musical. His 'midlife crisis' writing career began when his children and his money went off to college (checks made out to Loyola University Maryland [x2] and Assumption College, respectively). Mike's work has placed in the Nicholl Fellowship, Final Draft Big Break and PAGE International screenplay competitions. Three of his screenplays were optioned and under development with production companies. Mike is a graduate of Providence College and Boston College High School. He resides on Cape Cod with his wife Michele. He spends summers on the beaches of Lewis Bay and winters roaming the aisles of Home Depot. Reservations are required. Please call **508-385-5067**.



**FREE WORKSHOP  
OPEN TO ALL  
BURIED IN  
TREASURES**

**Thursdays, starts  
September 7  
1:30-3:30 PM  
at DCAL**

Join us for this 16-week workshop for help with compulsive acquiring, saving and hoarding! This workshop includes a free copy of the book *Buried in Treasure* and support from others with similar struggles. You will learn strategies for decluttering your home and skills to achieve your long-term goals! For more information or to sign up, call **774-330-3001**

**OPEN OFFICE HOURS AT DCAL  
Representative  
Chris Flanagan**



**Hello, 1st Barnstable residents!** I am so excited to serve the 1st Barnstable as your State Representative. 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 on the 4th Friday of each month from 10:00 AM to 12:00 PM.** 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*

**Duplicate Bridge**

**September 11 through October 30  
Mondays 1:00 – 4:00 PM**

Come play American Contract Bridge League (ACBL) sanctioned duplicate bridge! New, friendly 499-er game. Dot and Larry Boulia, seasoned directors and Life Masters, will run a fun game (with great snacks) and give you opportunities to learn new things about the game. You do not need to be an ACBL member but if you are, you need to have no more than 499 masterpoints. Reservations are requested by contacting Dot at **919-380-0629** by phone or text. No partner? No problem! We will find you one. Are you a bridge player but never tried duplicate? No problem! Call Dot and she'll arrange to teach you what you need to know to get into this fun, intriguing version of the game in which all tables play the same hands and how you do is not just a function of getting good cards, but how well you bid and play them. Cost is \$8/game. Come and check it out!

**DCAL Human Services Launches  
New And Expanded Programs**

**As I write my first article for the *Cranberry Scoop*, I feel the need to thank all of you I have met so far, for the warm welcome and kind words! I feel so grateful to be a part of the town of Dennis, in general and the Dennis Council on Aging, specifically. If I have not met you, please stop in to introduce yourself.**



For many of us September can be a month of fresh starts, as we embrace the crisp mornings, warm days and dwindling traffic. This is certainly true for us here at the Dennis Center for Active Living (DCAL). In addition to our existing programs, we are starting or revitalizing new programs and opportunities.

**Destination Respite** is a program to provide the opportunity for caregivers of those with cognitive issues to have time for themselves while their loved one is engaged in meaningful, structured time in a safe, secure and caring environment,

**Friendly Visitor and Reassurance Call programs** are opportunities for volunteers with a heart to brighten someone's day.

**Fuel Assistance** is available for those who could use help paying for heating costs.

**Golden Age Program (GAP)** is our Social Day program for persons living with cognitive impairment (i.e., Alzheimer's/ Dementias). Our members are across the spectrum with their strengths and abilities. Common denominator seems to be kindness to each other, a good sense of humor, & interest in engaging with others.

**The Program to Encourage Active and Rewarding Lives**

**(PEARLS)** is our new short-term mental health program which is designed to educate older adults about what depression is (and is not) and help them develop the skills they need for self-sufficiency and more active lives.

**Mobile Food Pantry** is our opportunity to provide food to individuals who would benefit from groceries each month.

If you would like more information regarding any of these programs, please call me at **508-694-2004**.



**OUTREACH VOLUNTEERS NEEDED**

Looking for those who may be interested in becoming an ongoing friendly visitor or reassurance caller to housebound or isolated individuals. Please call Kelli **508-385-5067 x387** or Julie **508-694-2004** for more information.

**CAREGIVER  
LUNCHEON AND EXPO**

**Thursday, September 14 • 9:30 AM-2:30 PM**

**at Cape Codder Resort  
1225 Iyannough Rd, Hyannis**



*You're invited to learn, relax and recharge!* A free event featuring the presentation, "What is Compassion Fatigue?" by Donna White, RN, Ph.D.

- Luncheon
- Vendors
- Door Prizes
- Pampering

Registration required. Call **774-519-6287**. Inquire about respite care stipends.

# 12 ~ PUBLIC SERVICE ANNOUNCEMENTS

## Avoiding & Reporting Scams

### FREE LUNCH & LEARN: DENNIS POLICE DEPARTMENT

Thursday, September 7 • 12:00 PM  
at Dennis Center for Active Living (DCAL)



### SIGNS IT'S A SCAM!

1. Scammers **PRETEND** to be from an organization you know.
  - a. Social Security Administration, IRS, Medicare or make up a name that sounds official
  - b. They use technology to change the phone number that appears on your caller ID
2. Scammers say there's a **PROBLEM** or a **PRIZE**
  - a. They may say you're in trouble or owe money.
  - b. Someone in your family had an **EMERGENCY**.
  - c. There's a **VIRUS** on your computer.
  - d. That you have **WON MONEY**, but have to pay a fee to receive it.
3. Scammers **PRESSURE** you to act immediately.
  - a. They want you to act before you have time to think.
  - b. They might even threaten **ARREST** or **DEPORTATION**.
4. Scammers tell you to **PAY** in a specific way.
  - a. They want you to send money through a money transfer company, gift cards, or Bitcoin.

Please call DCAL **508-385-5067** to register for this presentation.



### NEW CHANNEL FOR LOCAL GOVERNMENT

**We've moved!** Now you can watch local government programming on **Channel 8** on your Comcast cable box (formerly seen on Channel 18). You can also view live streaming and recorded meetings online at: [town.dennis.ma.us/channel-18](http://town.dennis.ma.us/channel-18) as well as Roku & Apple TV.

### CORRECTION

In the last issue of the *Cranberry Scoop*, our comparison of the two nonprofit groups that support the Dennis Council on Aging and Dennis Center for Active Living contained information on the Friends of Dennis Senior Citizens, Inc., that some may find misleading. We regret the possibility of misinterpretation and provide here corrections from the Friends:

**FRIENDS OF DENNIS SENIOR CITIZENS, INC.** – a 501(c)(3) tax-exempt public charity with one part-time office manager. When you donate to the Friends, you directly support the Friends' emergency assistance to individual residents, grants to Cape Cod organizations, social and fundraising events, and giving programs including Daffodil Day and the Christmas Giving Program. Donations are tax-deductible.

**The Big Wrap/Christmas Giving Program** – In this 37-year-old program, The Friends purchase more than 2,000 gifts for Dennis seniors in need. The Big Wrap is the day when volunteers meet to wrap the presents. Volunteers then deliver the Christmas presents to 130 Dennis seniors who are alone or in need.

## Friends Support Through Planned Giving

Improving the quality of life for Dennis seniors has always been our mission. One way we do this each year is by awarding grants to local organizations through our Planned Giving Program. We support like-minded groups and ask them to use the grant to help seniors living in the Town of Dennis. Recently we awarded grants to the following organizations: Elder Services of Cape Cod, Alzheimer's Family Support Center of Cape Cod, Sight Loss Services of Cape Cod, St. Vincent de Paul Society, and the Golden Age Program at the Dennis Center for Active Living.



**Be a friend by making a tax-deductible donation to our Annual Appeal. We need your support, and your donation matters to further our mission of helping seniors in Dennis.**

## Earn While You Learn with SCSEP!

**Are you over 55, Unemployed and Having Difficulty Navigating a Path to Re-Employment?**

The Senior Community Service Employment Program (SCSEP) currently has part-time paid training positions available for income qualified\* Barnstable & Dukes County residents. Work part time and gain skills before jumping back into the workforce.

Call SCSEP Program Director Kerri Lyford at **508-394-4630 x540** for more information or email her at [kerri.lyford@escci.org](mailto:kerri.lyford@escci.org).

Administrative Staff Assistant to report to the Director of the Senior Community Service Employment Program at Elder Services in South Dennis MA

Nutrition Support Staff is responsible for ensuring coverage and coordinating the Home Delivered Meals and Senior Dining Programs at our dining sites. Travel throughout the Cape and Islands.

Customer Service – Assessor's Office – Yarmouth Town Hall

Day Program Aide – Dennis Senior Center

\*Family income of no more than 125% of the federal poverty level



## Bay to Sound Neighbors Turns 5!

Bay to Sound Neighbors will celebrate its 5th year of operation this September! We will be planning an event for members and volunteers to celebrate this milestone. Bay to Sound serves the communities of Dennis and Yarmouth through volunteers. So how about thinking of becoming one of our volunteers? We offer flexibility, a small amount of your time that fits your schedule, no set hours per week or month. The rewards are great and our members so appreciate the services our volunteers provide. As fall activities start up again, please give us some consideration. Call **508-470-0585** or email [baytosoundneighbors@gmail.com](mailto:baytosoundneighbors@gmail.com).



# 16 ~ SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 <p>Please be advised this calendar is subject to change at any time. Call the DCAL 508-385-5067 with any questions or to confirm events and classes. Thank you!</p>		
 <b>Labor Day</b>	<b>4</b> 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 12:00 Golden Age Program 12:30 Bridge (Men's) 12:30 Bridge	<b>5</b> 9:00 Golden Age Program 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 11:30 Line Dancing 1:00 Social Dance 1:00 Bridge 2:00 CCH Alzheimer's Support
<b>11</b> 9:00 Hearing Clinic 9:00 Line Dancing 9:00 Painting 10:00 ADA Meeting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 ACBL Duplicate Bridge 1:00 Mah Jongg	<b>12</b> 9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 12:00 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	<b>13</b> 9:00 Golden Age Program 9:00 Line Dancing 11:30 DY Women's Club 12:30 Book Club 1:00 Social Dance 1:00 Bridge 2:00 Tea & Talk
<b>18</b> 9:00 Day Trip: Provincetown 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:00 SHINE Info Session 1:00 Bridge 1:00 ACBL Duplicate Bridge 1:00 Mah Jongg	<b>19</b> 9:00 Chair Caning 9:00 Stitch & Chatter 12:00 Golden Age Program 9:00 COA Board Meeting 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's)	<b>20</b> 9:00 Golden Age Program 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 1:00 Social Dance 1:00 Bridge 2:00 CCH Alzheimer's Support
<b>25</b> 9:00 Line Dancing 9:00 Painting 10:00 Oral Cancer Screening 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 ACBL Duplicate Bridge 1:00 Mah Jongg	<b>26</b> 9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 12:00 Golden Age Program 9:00 Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	<b>27</b> 9:00 Golden Age Program 9:00 Line Dancing 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 1:00 Social Dance 1:00 Bridge

# SEPTEMBER CALENDAR ~ 17

THURSDAY	FRIDAY
	<b>1</b> 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 1:00 Hand & Foot Canasta 1:00 Scrabble
<b>7</b> 10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 12:00 Fitness with John 12:00 Lunch & Learn: Avoiding & Reporting Scams 1:30 Buried Treasures 1:30 Grief Support Group 3:00 Hiking Club - Off Site	<b>8</b> 9:00 Zumba Gold Friday 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 12:30 Cribbage Friday 1:00 Hand & Foot Canasta 1:00 Scrabble
<b>14</b> 10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 12:00 Fitness with John 1:30 Buried Treasures 1:30 Grief Support Group 2:00 J1 Open House 3:00 Hiking Club - Off Site	<b>15</b> 9:00 Foot Nurse 9:00 Zumba Gold 9:30 Bridge 10:00 Intergenerational Music and Movement 10:00 Core & More 12:30 Cribbage Friday 1:00 Hand & Foot Canasta 1:00 Scrabble
<b>21</b> 9:30 GAP Respite Club 10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 12:00 Fitness with John 12:00 Bay to Sound Anniversary 1:30 Buried Treasures 1:30 Grief Support Group 2:00 Country Line Dance Fest 3:00 Hiking Club - Off Site	<b>22</b> 9:00 Zumba Gold 9:30 Bridge 10:00 Intergenerational Music and Movement 10:00 Core & More 10:00 State Representative Christopher Flanagan 12:30 Cribbage 1:00 Hand & Foot Canasta 1:00 Scrabble
<b>28</b> 9:30 GAP Respite Club 10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 12:00 Fitness with John 1:30 Buried Treasures 1:30 Grief Support Group 3:00 Hiking Club - Off Site	<b>29</b> 9:00 Zumba Gold 9:30 Bridge 10:00 Intergenerational Music and Movement 10:00 Core & More 12:30 Cribbage 1:00 Hand & Foot Canasta 1:00 Scrabble



## TEA & TALK

Wednesday, September 13  
2:00 PM

at the Dennis Center for  
Active Living (DCAL)

Reservations are required.  
Please call 508-385-5067.

## J1 STUDENTS & HOST FAMILIES OPEN HOUSE

Thursday, September 14,  
2:00 - 4:00 PM

At Dennis Center for  
Active Living (DCAL)

An opportunity to meet  
J1 students and their  
host families to learn  
more about this  
wonderful program.

## BIRTHDAY PARTY BASH

Wednesday, September 20  
12:00 PM

Wednesday, October 18  
12:00 PM

at the Dennis  
Center for Active Living  
(DCAL)

Join us to celebrate  
your birthday!



# 18 ~ OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<b>9:00</b> Hearing Clinic <b>9:00</b> Line Dancing <b>9:00</b> Painting <b>10:00</b> ADA Meeting <b>10:00</b> DY Womens Board Mtg. <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> ACBL Duplicate Bridge <b>1:00</b> Mah Jongg	<b>9:00</b> Golden Age Program <b>9:00</b> Chair Caning <b>9:00</b> Stitch & Chatter <b>9:00</b> Yoga <b>11:30</b> DCAL Garden Club <b>12:30</b> Bridge <b>12:30</b> Bridge (Men's)	<b>9:00</b> Golden Age Program <b>9:00</b> Line Dancing <b>10:00</b> Independence House <b>10:15</b> Line Dancing <b>10:30</b> Musical Souvenirs <b>11:30</b> Line Dancing <b>1:00</b> Social Dance <b>1:00</b> Bridge <b>2:00</b> CCH Alzheimer's Support
 Indigenous Peoples' Day	<b>9:00</b> Golden Age Program <b>9:00</b> Chair Caning <b>9:00</b> SHINE <b>9:00</b> Stitch & Chatter <b>9:00</b> Yoga <b>12:30</b> Bridge <b>12:30</b> Bridge (Men's) <b>1:00</b> Sound Dunes	<b>9:00</b> Golden Age Program <b>9:00</b> Line Dancing <b>11:30</b> DY Women's Club <b>12:30</b> Book Club <b>1:00</b> Social Dance <b>1:00</b> Bridge <b>2:00</b> Tea & Talk
<b>9:00</b> Line Dancing <b>9:00</b> Painting <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> ACBL Duplicate Bridge <b>1:00</b> Mah Jongg	<b>9:00</b> Golden Age Program <b>9:00</b> Chair Caning <b>9:00</b> Stitch & Chatter <b>9:00</b> SHINE <b>9:00</b> COA Board Mtg. <b>10:30</b> Vets & Friends <b>12:30</b> Bridge <b>12:30</b> Bridge (Men's)	<b>9:00</b> Golden Age Program <b>9:00</b> Line Dancing <b>10:00</b> Independence House <b>10:15</b> Line Dancing <b>11:30</b> Line Dancing <b>12:00</b> Birthday Party <b>1:00</b> Social Dance <b>1:00</b> Bridge <b>2:00</b> CCH Alzheimer's Support
<b>9:00</b> Line Dancing <b>9:00</b> Painting <b>9:00</b> Day Trip: Sandwich Glass Museum <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> ACBL Duplicate Bridge <b>1:00</b> Mah Jongg	<b>9:00</b> Golden Age Program <b>9:00</b> Chair Caning <b>9:00</b> Yoga <b>9:00</b> Stitch & Chatter <b>9:00</b> SHINE <b>12:30</b> Bridge <b>12:30</b> Bridge (Men's) <b>1:00</b> Sound Dunes	<b>9:00</b> Golden Age Program <b>9:00</b> Line Dancing <b>10:15</b> Line Dancing <b>11:00</b> Sight Loss Services <b>11:30</b> Line Dancing <b>1:00</b> Social Dance <b>1:00</b> Bridge
<b>9:00</b> Line Dancing <b>9:00</b> Painting <b>10:15</b> Line Dancing <b>12:00</b> Shuffleboard <b>1:00</b> Bridge <b>1:00</b> ACBL Duplicate Bridge <b>1:00</b> Mah Jongg	<b>9:00</b> SHINE <b>9:00</b> Golden Age Program <b>9:00</b> Chair Caning <b>9:00</b> Stitch & Chatter <b>9:00</b> Yoga <b>12:30</b> Bridge <b>12:30</b> Bridge (Men's)	Happy Halloween! 

# OCTOBER CALENDAR ~ 19

THURSDAY	FRIDAY
<b>9:30</b> GAP Respite Club <b>10:00</b> Alzheimer's Family Support Center <b>10:00</b> Seniors Connect <b>11:00</b> Mindful Stretching <b>12:00</b> Fitness with John <b>1:30</b> Buried Treasures <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Core & More <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble
<b>9:30</b> GAP Respite Club <b>10:00</b> Alzheimer's Family Support Center <b>10:00</b> Seniors Connect <b>11:00</b> Mindful Stretching <b>12:00</b> Fitness with John <b>1:30</b> Buried Treasures <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Zumba Gold Friday <b>9:30</b> Bridge <b>10:00</b> Intergenerational Music and Movement <b>10:00</b> Core & More <b>10:00</b> Mobile Food Pantry <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble
<b>9:00</b> SHINE <b>9:30</b> GAP Respite Club <b>10:00</b> Alzheimer's Family Support Center <b>10:00</b> Seniors Connect <b>11:00</b> Mindful Stretching <b>12:00</b> Fitness with John <b>1:30</b> Buried Treasures <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Foot Nurse <b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Intergenerational Music and Movement <b>10:00</b> Core & More <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble
<b>9:00</b> SHINE <b>9:30</b> GAP Respite Club <b>10:00</b> Alzheimer's Family Support Center <b>10:00</b> Seniors Connect <b>11:00</b> Mindful Stretching <b>12:00</b> Fitness with John <b>1:30</b> Buried Treasures <b>1:30</b> Grief Support Group <b>3:00</b> Hiking Club - Off Site	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>10:00</b> Intergenerational Music and Movement <b>10:00</b> Core & More <b>10:00</b> State Representative Christopher Flannagan <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Scrabble



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!

## TEA & TALK

Wednesday, October 11  
2:00 PM

at the Dennis Center for Active Living (DCAL)

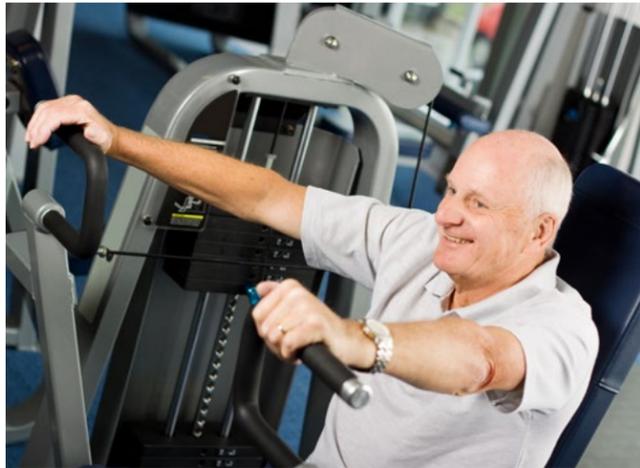
Reservations are required. Please call **508-385-5067**.

## FREE BLOOD PRESSURE AND WELLNESS CLINIC

Third Wed. monthly  
11:15 AM - 12:15 PM  
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*





## EVERGREEN FITNESS STUDIOS AT THE DCAL

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

## SOCIAL DANCE CLASS

**September 6 – December 13**  
**Wednesdays, 1:00–2:00 PM**  
**at Dennis Center for Active Living**

**\$10 per person • Instructor: Frank Callahan**

This class will refresh your recollection of dances you know and introduce you to new ones. The overall objective is to have fun! Everyone is welcome. (A partner would be helpful, but not essential.) Here is a chance to make new friends, learn a new skill, and exercise to fabulous music. No special equipment necessary, but we do ask that you change into clean-soled shoes to protect the floors.

## Country Line DanceFest

**Thursday, September 21 • 2:00–3:30 PM**  
**at Dennis Center for Active Living**

Join Karen of Cape Sands Ballroom and learn some “easy-ish” dances. \$10 Walk-in, first come first served.



**PAUL AYOTTE**, our Monday Shuffleboard instructor, won a Gold medal in singles and Bronze medal in the doubles at the National Senior Shuffleboard games held in Philadelphia in July! Congratulations, Paul!



Members of the DCAL Hiking Club on the trail.

## ARE YOU READY FOR MEDICARE OPEN ENROLLMENT?

Open enrollment is **October 15 – December 7** and state certified **SHINE** counselors are available (at no cost) at your local 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, on the phone, or virtual.

**Helpful telephone numbers and websites:** Medicare: medicare.gov, 800-633-4227; Social Security: ssa.gov, 800-772-1213; Prescription Advantage: prescriptionadvantagemma.org, 800-243-4636

## Motorized Beach Wheelchair

In July, we presented a new Motorized Beach Wheelchair to our Town of Dennis. It was a two-year journey from having a clear concept, to the final ribbon cutting ceremony. Our Committee is proud to have another “tool in our toolbox” to help make our town more inclusive and accessible for all. This four-wheel-drive machine will help those with mobility problems cruise over the sand and spend quality time with their families on our beautiful Corporation Beach. And, remember, if you have mobility issues and want to get in the water with the family, we still have our floating Surf and mobile chairs too! You can reserve either one during the summer months by calling the Corporation Beach office a day ahead of your visit, at **508-385-1558**. Look for more exciting things coming around the Town from the Dennis Advisory Committee on Disabilities!



## 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)

## TELEPHONE SUPPORT

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

**Cape Cod Healthcare Dementia & Alzheimer's Support**  
 774-552-6080

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

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

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

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

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

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

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

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

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

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

**We Can**  
 508-430-8111



Mary scores a catch at the Dennis Vets and Friends Summer Fishing Day.

Great time aboard the *Albatross*! Special thank you to Captain Chip Carroll for making this special day happen!



Vets & Friends first annual summer picnic held at the Dennis Port Memorial Park

**VETS & FRIENDS**

Third Tuesday every month  
10:30 AM – Noon  
Dennis Center for Active Living

Veterans, veterans' widows and widowers, family, friends, and caregivers all welcome

- Meet one-on-one with representatives of veterans' support organizations
- Make new friends with fellow veterans
- Coffee, refreshments, and lunch provided

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



— HONORING ALL WHO SERVED —  
**VETS & FRIENDS**  
at DCAL



**The Supporters Participated in the National Night Out**

National Night Out is a national community-building campaign that promotes police-community partnerships and neighborhood camaraderie. Directors from the Board of Supporters of the Dennis COA participated in this event at Mike Stacy Park in Dennis Port on August 1. It was a time for residents and their families to mingle and have a wonderful evening as well as to get to know members of Dennis' support services. Refreshments were served and equipment was on display and could be accessed by attendees. Everyone had a great time!

**Have You Noticed the Cash Box at the Senior Center?**

Many thanks to those of you that have donated to the Supporters of the Dennis COA through our Cash Box. For those who didn't know we have a cash box, it is located in the lobby of the Senior

Center just past the Thrift Shop. It was donated to the Supporters by one of our board members several years ago, and has been in use ever since. Over the past few years, we have collected many generous cash donations as well as some membership donations through the Cash Box. We encourage everyone to consider making cash donations whenever they think it is appropriate. All donations are put to good use in support of the Council on Aging, which in turn produces all of the special programs and special events offered for our seniors. Every little bit helps!

**WE AGAIN NEED YOUR HELP**

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



**SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM**

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

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

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

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

\_\_\_\_\_  Outreach

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

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

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



**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

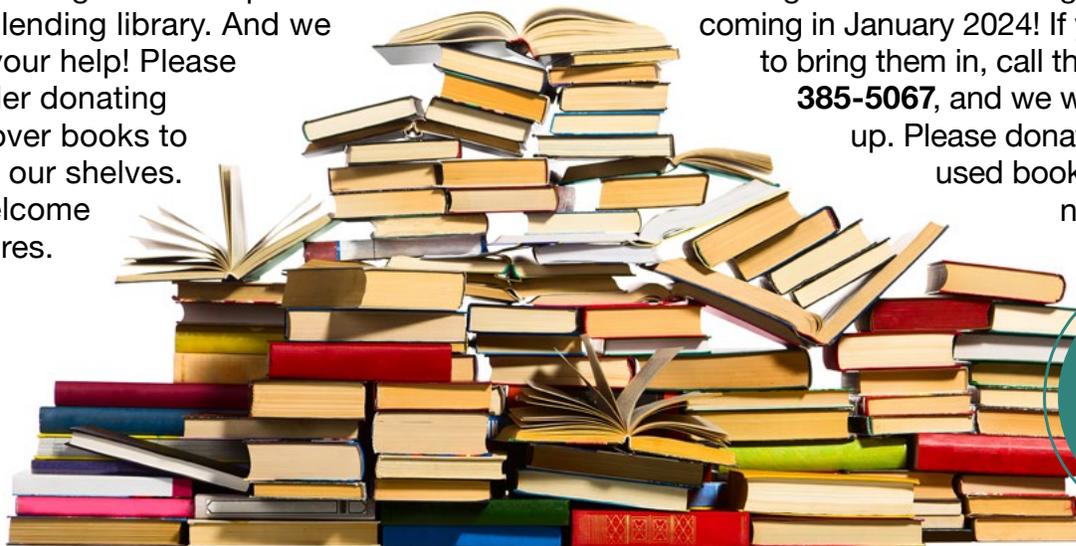
Affix mailing label here

THE DENNIS CENTER FOR ACTIVE LIVING

**COMING SOON**  
**LENDING LIBRARY**

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

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



**THANK  
YOU  
for your  
help!**

*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.