

The Cranberry Scoop



MARCH/APRIL EDITION 2023

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

HELLO SPRING!



1045 RT 134/S. DENNIS, MA 02660/508-385-5067/FACEBOOK.COM@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 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**
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
Main: 508-385-5067



As we glide into warmer weather, completion of the senior center renovation is coming along. While we wait for the May Day launch celebration of Older Americans Month, The DCAL team has a great lineup of programs ready for you in March and April. Meet your Town Leader (p. 6) brings Chief Jack Brady to the DCAL March 14th. Get to know your Chief over a casual lunch. Besides being the Chief of the entire Dennis Police Dept., Chief Brady leads Emergency Management efforts in the Town. We are fortunate to have dedicated public servants in all of the Town's departments who do an incredible job looking after everyone's safety during extreme weather events. The DCAL team is also working on a grant funded Program to Encourage Active and Rewarding Lives, or PEARLS, (p. 7). We're seeking individuals interested in helping residents who are isolated. We provide training and oversight for a home visiting program that includes a behavioral health component to help folks work through issues that may be keeping them from connecting with other people and being more active. Please call me to learn more at (508) 385-5067, ext. 382. We will have a PEARLS Lunch and Learn for those interested in becoming coaches on April 3rd to answer all your questions about the program and your participation. The Sound Dunes continue to delight us with their big band sounds every 2nd Tuesday of the month when they rehearse and do a mini concert for attendees. Veterans and Friends are back in March and April (pg. 11). Come by and get to know your local Veterans. We want to thank the committee for their leadership and care of our Veterans. On a sad note, sometimes good things must come to an end. Joe Guardino, one of the most popular fitness instructors on the Cape, is retiring. We will miss him dearly. Joe was kind enough to agree to record an exercise session for us to use when he is gone. We will let you know when it's edited so you can access it on our YouTube Channel link on the new website. And speaking of the new website... we have a new website! On April 1, we plan to launch the DCAL website which will feature articles of interest related to aging, healthy living, Town projects, mental health, interviews and more. Keep checking in with us. There is always something new at the DCAL. Have a great day with the COA.

- Brenda



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 7AM AA meetings in Dennis (24 notice is required).



Bus Schedule (Subject to Change)



TUE / 8AM/10AM/12PM / Stop & Shop & Shaws

WED / 8AM/10AM/12PM / Stop & Shop & Shaws

THU / 8AM/10AM/12PM / Stop & Shop & Shaws

MARKET BASKET
 MONDAY / MARCH 20th / 9AM / \$10
 MONDAY / APRIL 24th / 9AM / \$10



CANAL SIDE DINING
 THURSDAY / APRIL 13th / 10AM / \$10



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!

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.**



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

MEET YOUR TOWN LEADER - POLICE CHIEF JACK BRADY

JOIN US FOR LUNCH & A CHAT
TUESDAY, MARCH 14TH, 11AM–12PM

Chief Jack Brady is a Chelmsford native, who said his love affair with the Cape dates back to the summers of his youth at the family’s beach house in East Dennis. Chief Brady is a 24-year retired Veteran of the Massachusetts Air National Guard’s 102nd Fighter Wing. He worked as a harbor patrol officer for the Town of Dennis for eight years before joining the Police Department. Chief Brady is a 26-year veteran of the Dennis PD and has served as a patrol officer, field training officer, motorcycle officer, narcotics detective, Drug Enforcement Administration task force member, patrol sergeant, Community Services Unit Supervisor and support services lieutenant. Chief Brady has received several awards during his tenure, including the Medal of Honor and Exceptional Investigative Award.



FRIENDS OF DENNIS SENIOR CITIZENS

MARCH DAFFODIL DAY

As a prelude to Spring, The Friends of Dennis Senior Citizens once again will deliver bouquets of daffodils to seniors who receive Meals-On-Wheels. Daffodil Day has become a Friends tradition. A special thank you goes to Blossoms of Dennis who donate the freshest of flowers. Also, a special thanks to the Meals-On-Wheels drivers who deliver the bouquets to our friends and neighbors.



APRIL BLOOD DRIVE

The Friends will sponsor a Red Cross Blood Drive on Saturday, April 1st, 9AM–1:30PM at the Church of the Nazarene in South Dennis



DCAL WELCOMES DENNIS-YARMOUTH HIGH SCHOOL



Learn Easily With Help From Our Local Dennis-Yarmouth High School Students

SMART PHONE & TABLET TUTORING SESSIONS

for more info contact the DCAL
(508) 385-5067



Every Monday
2:45PM - 3:45PM




PEARLS

*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.



PEARLS

Program to Encourage Active, Rewarding Lives

PEARLS is offered by DCAL as a no-cost program, please call (508) 385-5067 for more information.

**PEARLS COACH RECRUITMENT LUNCH AND LEARN
MONDAY / APRIL 3RD / 12:30PM—1:30PM**



Join us for a Lunch and Learn program about PEARLS
and learn how you can become a
DCAL PEARLS Coach!

Please contact the DCAL with any questions (508) 385-5067,

EVERGREEN FITNESS STUDIOS @ DCAL



The *Evergreen Fitness Studios @DCAL* is open for registration! Annual fitness memberships are \$99 and include reserved access to Cardio and Mirror rooms. Professional instruction on the safe use of equipment during orientation sessions and a signed release are required prior to use of facilities.

MINDFULNESS



Mindfulness Theater: short plays with mindful themes

Wed, Mar 29 - 2pm
Dennis Council on Aging
1045 Route 134, So Dennis, MA



Presented by The Awareness Project
Sponsored by the Cape Cod Foundation
and the Arts Foundation of Cape Cod



Demystifying Mindfulness: Meditation, Movement & More

Wed, April 26 - 1pm
Dennis Council on Aging
1045 Route 134, So. Dennis, MA



www.theawareness.org

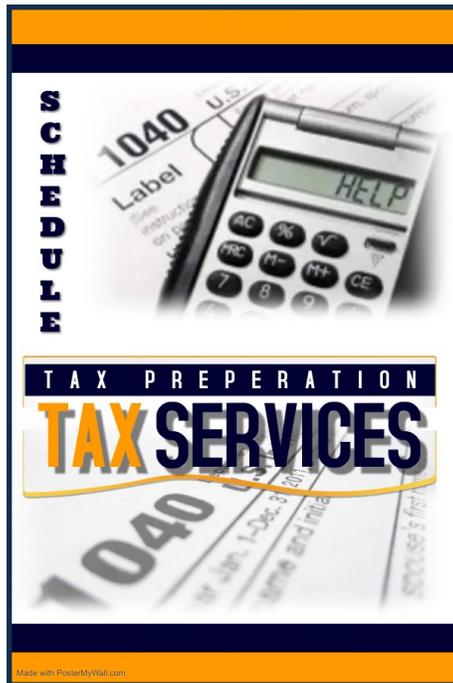
Mindfulness Theater - This 75-minute performance event features one or more short plays that dramatize a mindfulness practice happening in daily life. Attendees will also experience a brief guided meditation sit and gentle mindful stretching that can be done standing or seated. We'll conclude with a talk-back with the actors and an opportunity to reflect and share.

Demystifying Mindfulness - This hands-on 60-minute workshop introduces attendees to several forms of mindfulness including a brief guided meditation sit, a gentle mindful stretching experience that can be done standing or seated, and a mindful journaling or sketching component, which often facilitates deep reflection. We will conclude the program with an opportunity to reflect and share.

Studies show that a regular mindfulness practice can lower blood pressure, reduce anxiety and stress, and improve sleep. This session will be taught by Pete Cormier, founder of The Awareness Project, a nonprofit formed to promote mindfulness through art. Learn more at www.theawareness.org.

TAX ASSISTANCE SEASON BEGINS

CALL THE DCAL
FOR YOUR TAX
ASSISTANCE
NEEDS.
SCHEDULED
APPOINTMENTS
CONTINUE
THROUGH
APRIL 7th.
508-385-5067



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
508-430-8111

CAPE COD VET CENTER
508-778-0124

RADON



Are Your Radon Levels Safe?

AmeriCorps Seniors volunteers will be conducting radon tests

November 2022 - March 2023

For more information or to register for a test

Call 508-394-4630 x524

Cost \$35



**AmeriCorps
Seniors**

AmeriCorps Seniors is a program of Elder Services of Cape Cod & the Islands  Elder Services
of Cape Cod and the Islands



The Advisory Committee on Disabilities for the Town of Dennis is currently seeking new members. The Committee's purpose is to assist residents with disabilities, promote accessibility, and ensure compliance with the Americans with Disabilities Act. We work to accomplish these goals through education and advocacy. If you would like to be a part of our Town's efforts to accommodate all residents and visitors and to provide them with disability resources, please consider joining the Committee. We meet once a month, currently the first Monday of the month at the Dennis Senior Center. To apply, please contact Kelly Race at the Dennis Town Hall, 508-760-6104 or at krace@town.dennis.ma.us.

BRUNCH & LEARN IN MARCH

BOLOGNE, ITALY
WEDNESDAY, MARCH 8TH
10:00 AM — 11:00 AM | FREE



Bologna is a city characterized by arcades and warm colors. A city that young university students populate and experience making it unique. It is a city with medieval architecture, rich in churches and cultural sites that should not be missed. On this tour we will visit the historic center, the beating heart of Bologna, with its famous seven secrets that we can discover together.

LUNCH & LEARN IN APRIL

TULIPS OF THE MAGNIFICENT KEUKENHOF GARDENS
WEDNESDAY, APRIL 12TH
12:30 PM — 1:30 PM | FREE

Every year millions of tulips are grown in the Keukenhof Gardens just south of Amsterdam. They are imaginatively and artistically laid out in a variety of different garden styles and are a riot of color and feast for the eyes. We will take you around and show you the best sights and explain how and why tulips are such a big thing in Holland - and the world!



EARLY SPRING PROGRAMS
MAR 21ST, 2023, 10:30AM
APR 18TH, 2023, 10:30AM



DENNIS CENTER FOR ACTIVE LIVING

HELLO VETS AND FRIENDS! WE ARE CELEBRATING SPRING'S ARRIVAL WITH A SPECIAL MARCH 21ST PROGRAM. A GREAT MORNING TREAT OF COFFEE AND PASTRIES AND LATER, A LUNCHTIME FULL OF ST. PATRICK'S DAY GOODIES, ALL COURTESY OF THE DENNIS-YARMOUTH WOMEN'S CLUB! AND, IN BETWEEN, A PROGRAM DEDICATED TO GIVING OUR VETS A CHANCE TO TELL THEIR PERSONAL STORIES AND SHARE SOME PHOTOGRAPHS OF THEIR SERVICE TO THE NATION, NOT ONLY WITH OTHER VETERANS BUT WITH OUR LADIES CLUB AND OTHER GUESTS PRESENT. COME JOIN US. MEET A VET, MAKE A FRIEND!



— HONORING ALL WHO SERVED —

VETS & FRIENDS at DCAL





It's happened to just about anyone with a driver's license: you get pulled over. It happens. No one drives perfectly, and we get that. I will admit, that I was pulled over recently for speeding. I was given a warning – and no – no badge flashing or “Do you know who I am?” Those days are gone. I was reminded of the speed limit and the need to be mindful of my speed. I will say – although I didn't say to the officer – I've seen much worse – but maybe that's why I only got a warning. However, my little six-year-old rule follower was in the back seat at the time. I knew I was getting pulled over before the flashing blues went on. My son was nervous – despite being around the police all the time. I pulled into the shoulder and turned on my interior lights. My wife searched for the registration. I told my son to turn his interior light on and keep his hands on the arms rests. I see in the mirror him in his booster seat, light on, hands straight up in the air. I chuckled and told him he could relax and keep his hands on his lap. So, after my warning, the officer walked back to his cruiser. I put away my license, my wife put the registration back in the glove compartment, and he let me have it. “DAD! Call Grandma right now!” The little guy ratted me out to my mother! Then to my mother-in-law. Then to his teachers the next day. It made me realize that he was probably a bit traumatized. I told him that the officer probably appreciated that I pulled right over, that we turned on the inside lights, that we were respectful, and no nonsense. I highlighted how professional and respectful the officer was. I was trying to make this a learning experience, finding the good in people, respecting honesty, and that police are generally good, hard working men and women. He wasn't getting it “yeah but”. So, I put it in his terms: if the officer gave us a fine, I wouldn't be able to take him to get a donut because I had to pay the fine. Despite his understanding, any time I now accelerate hard or go 1 MPH above the speed limit, that little voice of reason emanates from the back seat: “DAD! No speeding!” At least he had his donut. My thought was that “they” need to better educate drivers about how interactions with the police go. Who is “they”? It's like when someone shakes their hand and says “someone needs to do something!” Well, I'll be “they”. And here's a little tidbit to take away from this edition. If you get pulled over in Dennis, we have our names on our shirts, you will know who we are. Very soon, we will have body-worn cameras. We have no idea who is behind the wheel of a car when we stop it. The registered owner isn't always the driver. Maybe your priority is to not get a ticket. Our priority is to not get killed. That's why police can seem so stand-offish. There are bad guys in Dennis, police have been killed on the Cape, so it's not a walk in the park, just because it's Dennis. I'm often asked what's the best way to get out of a ticket. Truth is, there's no magic phrase. I don't care who you know. I love when people tell me they're friends with “Officer Brady”. Oh wow, you're such good friends you didn't know he's been promoted all the way to Chief?? Wow. Here's what reverberates in my head when I do traffic, it came from now-retired Lt. Murphy: the ticket you write may be the difference between a family eating that week, or going hungry. I can still hear him as he handed me my first ticket book. I pass that along to new officers as I try to get them to understand their role in the big picture. My advice: be honest. We know no one is perfect. For me anyway, honesty goes a long way. We both know you screwed up. It's embarrassing and upsetting enough to get pulled over, I'm not looking to make money for the state or town. Try doing 50 down a street with kids playing and the blow through a stop sign...I'll find my trusty 'ole ticket book. Drive safely, do your best. You get pulled over, give the cop a break and turn your interior lights on at night. Arguing on the side of the road is not the venue for a disagreement. That's what court and the appeal process is for. Besides, warmer weather is coming and there will be too much traffic to speed! Drive safe, stay healthy, see you out there. Sgt. Ryan Carr

VISIT WITH YOUR STATE REPRESENTATIVE CHRISTOPHER 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 the Dennis Center for Active Living @ the Senior Center on the 4th Friday of each month from 10 am to 12 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.



NEW PROGRAMS AT DCAL!



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 judgement, in a warm and caring atmosphere here at DCAL!



- * Thursday Mornings
- * 10AM - 11AM
- * FREE!
- * Please call DCAL for additional information (508) 385-5067



BALLROOM BASICS

WEDNESDAYS

1:00 PM–2:00 PM

\$10 per person

Ever wished that you could do more than "shuffle in place" on the dance floor? Join us and learn the fundamental steps for the following rhythms: Swing, Foxtrot, Cha-Cha, Waltz, Rumba, Salsa, Merengue, Bachata, and Texas 2 Step. This course will enable you to recognize the rhythms for these dances and execute them with confidence. These are partner dances, but you do not need a partner to learn the basics. The instructor, Frank Callahan, will demonstrate both Leader and Follower parts. So, if you are new to Ballroom or simply wish to "brush up" come join us for some "rhythms in motion" FUN!

MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>MONDAY — FRIDAY / 9AM — 3PM</p>	<p>7</p> <p>9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 12:00 GAP Half Day 12:30 Bridge 12:30 Bridge (Men's)</p>	<p>1</p> <p>9:00 GAP Program 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 1:00 Ballroom Basics 1:00 Bridge 2:00 CCH Alzheimer Support</p>	<p>2</p> <p>10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 12:00 Joe Guardino 1:00 Mah Jong 1:30 Grief Support Group 2:00 Matter of Balance 3:00 Hiking Club</p>	<p>3</p> <p>9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>6</p> <p>9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:30 DY Women's Board Meeting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong 2:45 Computer Class</p>	<p>7</p> <p>9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 12:00 GAP Half Day 12:30 Bridge 12:30 Bridge (Men's)</p>	<p>8</p> <p>9:00 GAP Program 9:00 Line Dancing 10:00 Brunch & Learn 10:30 Mobile Dental 12:00 DY Women's Club 12:30 Book Club 1:00 Ballroom Basics 1:00 Bridge</p>	<p>9</p> <p>10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 12:00 Joe Guardino Exercise 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club</p>	<p>10</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 10:00 Mobile Food Pantry 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>13</p> <p>9:00 Line Dancing 9:00 Painting 10:15 Lind Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong 2:45 Computer Class</p>	<p>14</p> <p>9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 11:00 Meet the DPD Chief 12:00 GAP Half Day 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p>	<p>15</p> <p>9:00 GAP Program 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>16</p> <p>10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club</p>	<p>17</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>

<p>20</p> <p>9:00 Line Dancing 9:00 Market Basket 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 2:45 Computer Class</p>	<p>21</p> <p>9:00 Chair Caning 9:00 COA Board 9:00 Stitch & Chatter 9:00 Yoga 10:30 Vets and Friends 12:00 GAP Half Day 12:30 Bridge 12:30 Bridge (Men's)</p>	<p>22</p> <p>9:00 GAP Program 9:00 Line Dancing 10:15 Line Dancing 11:00 Sight Loss Services 1:00 Ballroom Basics 1:00 Bridge</p>	<p>23</p> <p>10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club</p>	<p>24</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>
<p>27</p> <p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 2:45 Computer Class</p>	<p>28</p> <p>9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 12:00 GAP Half Day 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p>	<p>29</p> <p>9:00 GAP Program 9:00 Line Dancing 10:15 Line Dancing 1:00 Ballroom Basics 1:00 Bridge 1:00 Workshop—Intro To Line Dancing 2:00 Mindfulness Theater</p>	<p>30</p> <p>10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking</p>	<p>31</p> <p>9:00 Zumba Gold 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble</p>

Congratulations to the First Cape Cod Community to Become Designated as Age and Dementia Friendly! Dennis, MA

Led by the Dennis Center for Active Living Director, Brenda Vazquez, the Town of Dennis, MA is the first Cape Cod community to become recognized as age and dementia-friendly. The Town has also submitted its application to AARP to become designated as age-friendly. Dennis is the 103rd community designated as age and dementia-friendly in the Commonwealth.



TWO NEW LINE DANCING WORKSHOPS COMING IN MARCH AND APRIL!



WEDNESDAY / MARCH 29TH / 1:00PM—2:30PM
INTRO TO LINE DANCING / \$10 PP

MONDAY / APRIL 10TH / 2:30PM—4:00PM
BEYOND THE BASICS LINE DANCING / \$10PP

PLEASE CONTACT OR STOP BY THE DCAL FOR ADDITIONAL INFORMATION (508) 385-5067

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 ADA Board 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 10:30 DY Women's Board Meeting 12:00 PEARLS Luncheon 1:00 Bridge 1:00 Mah Jong	4 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 12:00 GAP Half Day 12:00 Garden Club 12:30 Bridge 12:30 Bridge (Men's)	5 9:00 GAP Program 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 1:00 Ballroom Basics 1:00 Bridge 2:00 CCH Alzheimer Support	6 10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretchin 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club	7 9:00 Zumba Gold 10:00 Brown Bag Program 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble
10 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong 2:30 Workshop—Beyond The Basics of Line	11 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 12:00 GAP Half Day 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	12 9:00 GAP Program 9:00 Line Dancing 12:00 DY Women's Club 12:30 Book Club 1:00 Ballroom Basics 1:00 Bridge	13 10:00 Alzheimer's Family Support Center 10:00 Canal Side Dining 10:00 Seniors Connect 11:00 Mindful Stretching 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club	14 9:00 Zumba Gold 10:00 Chair Zumba 10:00 Mobile Food Pantry 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble
17 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong	18 9:00 Chair Caning 9:00 COA Board 9:00 Stitch & Chatter 9:00 Yoga 10:30 Vets and Friends 12:00 GAP Half Day 12:30 Bridge 1:00 Bridge (Men's)	19 9:00 GAP Program 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	20 10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club	21 9:00 Zumba Gold 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble

24 9:00 Line Dancing 9:00 Market Basket 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jong	25 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 12:00 GAP Half Day 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	26 9:00 GAP Program 9:00 Line Dancing 10:15 Line Dancing 11:00 Sight Loss Services 1:00 Ballroom Basics 1:00 Bridge 1:00 Demystifying Mindfulness	27 10:00 Alzheimer's Family Support Center 10:00 Seniors Connect 11:00 Mindful Stretching 1:00 Mah Jong 1:30 Grief Support Group 3:00 Hiking Club	28 9:00 Zumba Gold 10:00 Chair Zumba 12:30 Cribbage 1:00 Hand & Foot 1:00 Scrabble
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BAY TO SOUND

Did you know that Bay to Sound Neighbors completed 1400 member requests for services in 2022. The vast majority were for transportation with others for home and garden requests, technology assistance, friendly visits or respite time. And we are celebrating our 5 year mark in serving the residents of Dennis and Yarmouth, by enabling them to age in place. We are so grateful to our volunteers for without them we could not achieve our mission. We are always looking for new volunteers so if you have some time please contact us at bayto-soundneighbors.org. More social activities are on the horizon including a birthday celebration recognizing 5 years in existence!



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!

St. Patrick's Day Word Search



O	E	E	A	R	P	P	S	M	L	C
G	A	E	E	L	A	H	A	E	N	D
R	E	A	U	T	A	G	P	K	T	N
E	P	C	R	M	I	R	O	R	D	A
E	K	I	R	C	E	I	A	A	L	L
N	C	O	H	C	R	A	M	I	A	E
K	C	T	H	R	I	I	I	N	R	R
K	O	A	A	R	H	O	R	B	E	I
P	U	H	S	I	W	I	I	O	M	T
N	C	L	O	V	E	R	S	W	E	N
V	O	D	L	O	G	H	H	T	K	N

GOLD

LEPRECHAUN

PATRICK

GREEN

POT

CLOVER

SHAMROCK

LUCK

IRISH

MARCH

EMERALD

WISH

RAINBOW

IRELAND

MAGIC

EASTER CANDY EGGS BLONDIE

INGREDIENTS

- Cooking spray
- **1 1/4 c.** all-purpose flour, spooned and leveled
- **1 1/4 c.** honey-roasted peanuts
- **1 tsp.** baking powder
- **1/2 tsp.** kosher salt
- **1 1/2 c.** packed light brown sugar
- **1/2 c.** (1 stick) unsalted butter, at room temperature
- **1 c.** creamy peanut butter
- **2 tsp.** pure vanilla extract
- **2** large eggs
- **1** (12-ounce) bag peanut butter pastel eggs, divided
- **3/4 c.** semisweet chocolate chips



DIRECTIONS

1. Preheat oven to 350°F. Line a 9-by-13-inch baking pan with parchment paper. Lightly grease paper.
2. Place flour and peanuts in a food processor. Process until peanuts are broken down and blended with flour, 30 to 45 seconds. Add baking powder and salt; pulse to combine, 2 to 3 times.
3. Beat sugar and butter with an electric mixer on medium speed until light and fluffy, 2 to 4 minutes. Beat in peanut butter, vanilla, and eggs until incorporated, 1 to 2 minutes. Gradually beat in flour mixture just until combined. Set aside 3/4 cup peanut butter eggs. Stir chocolate chips and remaining peanut butter eggs into batter.
4. Transfer batter to prepared pan. Scatter reserved peanut butter eggs on top. Bake until puffed, edges are deep golden brown, and a toothpick inserted in center comes out clean, 25 to 30 minutes. Cool in pan on a wire rack. Cut into 24 bars.

22 / SUPPORTERS EVENTS





Health and Wellness Fair

Members of the Supporters Board of Directors attended the January 25th Health and Wellness Fair held at the Dennis Center for Active Living. We enjoyed speaking with our many active Supporters as well as those interested in learning of our good works and goals. We distributed brochures and were pleased to see so many other representatives from the many programs offered at the Center. Healthy beverages and snacks were served. It was a most successful morning.

Come Join the Team!!!

For any of you that might be interested in volunteering to join a board, there are openings on the Supporters of the Dennis Council on Aging's Board of Directors, including an opening for a Treasurers position. This position requires some, but not a lot of, financial experience. The purpose of the Board is to supplement funds not provided by the state or the town government, to the Dennis Council on Aging and Senior Center, and to enhance programs and services offered to the community through fundraising events, membership, donations, grants, and corporate gifts. Anyone interested in participating on the Board should contact Sherrie Jones, Office Manager at the Dennis Center for Active Living.



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



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