

The Cranberry Scoop



HOLIDAY EDITION 2021

THE NEWSLETTER OF THE DENNIS SENIOR CENTER

**Dennis Center for Active Living
DCAL @ the Senior Center**

Wishing you all

HAPPY HOLIDAYS!

OUTREACH

COA Human Services

Information and resources for aging WELL in community

Dont stay inside this winter

CALL US FOR A RIDE

Welcome Community Partners!

Cape Chamber Music Program Coming to DCAL

In this Issue

ADA News.....22
 Brain Gym20
 Calendar of Events.....16
 COA Human Services.....9
 Community News14
 Community Resources10
 DCAL Kitchen21
 Fitness17
 Healthy Livin6
 Outreach Dept11
 SHINE News7
 Stay Connected Online8
 Staying Active12
 Supporters Raffle.....23
 Transportation.....5

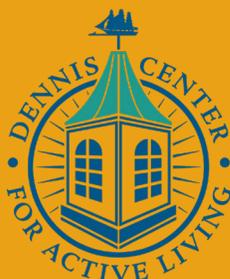
Mission Statement

The Dennis Council on Aging’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.

Council on Aging Board

- Judith Peterson.....Acting Chair
- Janet Lavin.....Vice-Chair
- Carol Keddy.....Member
- Martha LeBlanc..... Member
- Deborah Rothschild.....Alternate
- John Terrio.....Select Board Liaison

Dennis Center for Active Living @ DSC
 1045 Route 134
 South Dennis, MA 02660
 508-385-5067 | FAX 508-385-5288



Director’s Notes



Almost four years ago in December, I walked into the reception area of the Dennis Senior Center to begin my new position. We dove into visioning and planning meetings with residents and various committee members. In March 2018, the Town voted to build an addition to the center, and to renovate the original building during a 2nd phase that would allow us to remain open while under construction. Construction on Phase I, the addition, began before pandemic restrictions began and, despite some delays, we finally opened in October. Everyone on staff, the volunteers, and program providers, have stepped up to the plate, changed hats when needed, and responded positively to all the challenges we still face with staffing, deliveries, space, new policies, you name it. Nonetheless, here we are. Next May, during Spring Town Meeting, residents will have an opportunity to hear details about the renovation of the original part of the building. The Select Board will review cost estimates presented by the architect under contract. If all goes well, you should have a completely renovated center by autumn of 2023.

Exercise classes and clubs are meeting. We're excited to get the DCAL Cafe ready for those chilly mornings when only a hot cup of something and the company of friends will do. Look forward to cozy winter programs to get us through the season. Movie matinees, pop up lunches, and Tea and Talk, one of my personal favorites, will be back in January. Dancing is also back at DCAL.. Karen Shackelford of Cape Sands Ballroom, and Frank Callahan, of Silver Fox Fitness, will provide instruction on various ballroom dance steps and you will have ample time to practice. Frank will also offer a pre dance balance exercise class to get those limbs ready for the dance floor. Join Kelli in January for another round of Walk with Ease, indoors! Please call the office for more details and to register. Remember, if you live in Dennis, you can call us for a ride to any of the activities at the center (p.5). Members of the Cape Chamber Orchestra are coming to DCAL! The Alzheimer's Family Support Center helps families increase knowledge of cognitive decline, and access resources and support. Alzheimer's is one of many forms of dementia. Understanding care challenges and identifying resources are some of the ways we can help. COA Human Services, a new office that will house visiting agencies throughout the month will provide access to consultations, information and counseling from a variety of providers in the region who support independence for residents aging in community. Please share your ideas with us as we continue to roll out programs in the coming months.

Happy Holidays!
 -Brenda

The Dennis Council on Aging hosts various legal, financial, medical, and other providers at the Dennis Senior Center (DSC) to offer services and information. Residents participating in those services do so with the understanding that the Dennis Council on Aging, 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 the DSC.

Shopping and Local Errands



Kelli Fieldhouse
Asst Outreach Coordinator

For older adults without transportation, the Dennis Senior Center (DSC) provides curb bus service. Weekly trips to local shopping centers include Patriot Square in South Dennis. Round Trips to the DCAL also available. For more information, check the latest issue of the Cranberry Scoop. Transportation Coordinator, Dan Kiley, is happy to take suggestions. For reservations, call the Senior Center at least a day ahead, at 508-385-5067. Gloves and masks are required for entry onto the vehicles.



Dan Kiley
Transportation Supervisor

General Bus Schedule (subject to change)			
Tuesday	8:00 AM 10:00 AM 12:00 PM	Local errands in Dennis	
Wednesday	8:00 AM 10:00 AM 12:00 PM	Local errands in Dennis	
Thursday	8:00 AM 10:00 AM 12:00 PM	Local errands in Dennis	
Thursday	9:00 AM NOVEMBER 18th	MARKET BASKET	\$5.00
Thursday	9:00 AM DECEMBER 13th	MARKET BASKET	\$5.00

Boston Hospital Transportation

(800) 352-7155

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

FREE FARE FRIDAYS!

RIDE FOR FREE ON ALL FIXED ROUTE BUSES EVERY FRIDAY! APPLIES TO ALL RIDERS!

A GREAT WAY TO EXPERIENCE CAPE COD RTA'S SERVICES FOR THE FIRST TIME! WE SERVE ALL 15 TOWNS! JOIN US!

BEGINNING JULY 2ND, 2021

WWW.CAPECODRTA.ORG ~ 800-352-7155

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!



“The holiest of holidays are those kept by ourselves in silence and apart; The secret anniversaries of the heart.”

– Henry Wadsworth Longfellow



AmeriCorps
Seniors
 **elder services**
of Cape Cod and the Islands

Osteoporosis Prevention Exercise Class!

Classes are structured to help people diagnosed with Osteoporosis or who are at risk for Osteoporosis to maintain strength, flexibility, and function. Classes are free, open to the public, & led by trained AmeriCorps Seniors volunteers.

Call Now for more Information:

AmeriCorps Seniors RSVP
508-394-4630 x523 or
patricia.switchenko@escci.org



ARE YOU A MASSACHUSETTS RESIDENT:

- AGE 65 OR OLDER, AND
- NOT ELIGIBLE FOR MEDICARE?

**DO YOU NEED HELP
PAYING FOR YOUR
PRESCRIPTION DRUGS?**



PRESCRIPTION ADVANTAGE CAN HELP!

- NO INCOME OR ASSET LIMITS
- NO MONTHLY PREMIUM
- CO-PAYS AND DEDUCTIBLES BASED ON INCOME
- SIMPLE APPLICATION PROCESS

**CALL PRESCRIPTION ADVANTAGE
TODAY FOR MORE INFORMATION**

1-800-243-4636

WWW.PRESCRIPTIONADVANTAGEMA.ORG



Administered by the Massachusetts Executive Office of Elder Affairs



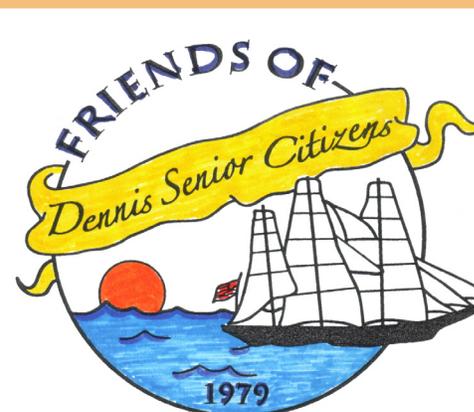
“The holiday season is a time for storytelling, and whether you are hearing the story of a candelabra staying lit for more than a week, or a baby born in a barn without proper medical supervision, these stories often feature miracles.”

– Lemony Snicket

Friends of Dennis Senior Citizens

Christmas Giving Program and the BIG WRAP

This year will be our 36th year with our Christmas Giving Program. This tradition started with one of our original directors, Barbara Hart, who envisioned a day when the community comes together to wrap presents for the Dennis Seniors. Last year with help from many friends at the Dennis Council on Aging, we were able to wrap and deliver presents to 130 seniors, even though we did not have the BIG WRAP. This year the BIG WRAP will take place on Tuesday, December 7th from 1:30-4 in Howell Hall at the Senior Center. If you would like to become a part of our Christmas Giving Program, and the BIG WRAP, please call our office at 508-385-5376 or email dennisfod@hotmail.com.



Emergency Broadband Benefit

Apply now for discounts on internet and computers!

What is it?

The Emergency Broadband Benefit is a program that helps low-income households pay for internet and equipment. The program will last until funds run out or the pandemic ends. If you qualify, you could get:

- Up to \$50/month towards broadband, \$75 on Tribal lands and
- Up to \$100 to buy one piece of equipment - a laptop, desktop computer, or tablet

Can I get EBB?

Many seniors are eligible! You can get EBB if anyone in your household:

- Gets SNAP, MassHealth, Medicaid, SSI, Federal Housing Assistance, Lifeline, VA Pension, or Tribal Assistance.
 - Experienced a substantial loss of income since February 29, 2020
 - Is approved for free/reduced-price school lunch/breakfast
- OR:**
- Received a Federal Pell Grant in the current award year

How do I get EBB?

- Step 1: Find a provider that accepts EBB at GetEmergencyBroadband.org/companies-near-me/
- Step 2: Apply in one of three ways
 - Online with USAC using GetEmergencyBroadband.org
 - Mail your application. To get a form, call 833-511-0311 or download form in English or Spanish from GetEmergencyBroadband.org/how-to-apply.
 - Through an internet company. Apply and enroll with a company that accepts EBB and provides internet in your area (see Step 1)
- Step 3: Contact and enroll with a company directly



Need Help? Call 833-511-0311
or visit www.masslegalhelp.org/covid-19/internet

MLRI MASSACHUSETTS
LAW REFORM
INSTITUTE



Tech Classes to begin in the Cafe!

The Dennis Center for Active Living @ the Senior Center will be hosting device instruction classes in the DCAL Cafe starting in January. Please call the office for more details and to sign up at (508) 385-5067. Groups will be limited to 6 participants per session. The format of the session is informal Q&A.



Secure Online Payments at DCAL with The Wallet.

We have a new and improved method for collecting payments with MySeniorCenter. Ask us how! 508-385-5067

Retirement: Life of leisure?

Many of us think of retirement as a time for rest and relaxation, giving back and enjoying the fruits of our labor, as it should be. However, we have faced many economic challenges over the years and not everyone, a good number of citizens, have saved enough to retire to the same lifestyle they enjoyed when working.

Unless you are counted among a minority of savers who purchased long term care insurance, when it was affordable, saved diligently, and planned meticulously, retirement doesn't offer a life of leisure for all. Many in our country have not saved enough and will either need to work well into their later years or change their lifestyle significantly. When all is said and

done, there is help out there to keep you going.

One of the ways we would like to make it easier for you, in Dennis, is to have as many resources as possible under one roof - a one-stop shop - for assistance and programs that can help you remain healthy, socially connected, independent and in community.

Living on a fixed income is not easy. There are many benefits that can help older adults pay for health care, food, prescriptions, housing, and more. At Dennis COA Human Services, we will work with you to identify all the possible resources to help you make ends meet and beyond. You deserve to enjoy the social and health promoting amenities at the DCAL

without worrying about food or a fuel bill you can't afford for insufficient income. Dennis is fortunate to have a licensed social worker on staff and on site who is a dynamo when it comes to connecting people to solutions that improve the quality of their lives. If you live in Dennis and have unmet needs, please don't hesitate to call the office to make an appointment with Marion Prendergast, LSW. Marion is a consummate professional, discreet and respectful of your privacy. We have maintained our Outreach and Director's offices in the original structure, with a separate entrance to Human Services at the original entrance of the building. Signs at the door will read ENTRANCE FOR APPOINTMENTS ONLY

Miracle on 28th Street

Email came in at nine AM
 Work til'four-thirty-first time in ten
 Cancel the lunch, church service too,
 Oh, good Lord, what shall we do?
 What is open, where shall we go?
 The Eve at 4:30 needs a show.
 Check O'Shea's-probably not
 (The Lord is with us)
 They've got a lot.
 A carol sing in the old Irish way
 Instruments impromptu,
 play as they may.
 So, by the wood fire, beer in our hand,
 We sang the old carols from
 all over the land.
 We rejoiced in the time that
 we never would have done, if we hadn't
 had to wait for 4:30 to come.

-Marion Prendergast

ON DEMAND: TAI JI QUAN with Chris Brenner



Popular Tai Ji Quan instructor, Chris Brenner, left us a precious gift before leaving Dennis. We recorded all eight moves he taught you during his days as instructor at the Dennis Senior Center. We will offer one day a week of Tai Ji practice with Chris on Video. Chris covers each of eight forms and all the forms together in a routine that is demonstrated in proper order so we can continue to practice along with him. Marion will be the class monitor in the room. Beginners are welcome to take the recorded class. We're starting next January, just in the nick of time for New Year resolutions! Make your New Year resolution to have better balance, prevent falls and feel great! Call us at 508-385-5067

Bay to Sound



Bay to Sound Neighbors is back in business full force focusing on our current members and accepting new volunteers. We are an all-volunteer organization and volunteer recruitments is a top priority to keep up the demand for services. Remember as a volunteer there is no set schedule or number of commitments per month. It is simply what fits into your schedule any morning or afternoon when you are able. Volunteer options include 1. Making a difference by providing a request to a member for a ride, a light home & garden task or a friendly visit. 2. Helping with administrative tasks on one of our committees, delivering brochures, stuffing envelopes for mailings, etc. B2S has been invited to speak at community groups to spread awareness of what we do to help our seniors in Dennis and Yarmouth remain independent and age in place.

**TELEPHONE
AND
OTHER SUPPORT**



**SHELF STABLE FOOD BOXES
AVAILABLE AT THE DENNIS
SENIOR CENTER VILLAGE PANTRY**
Call (508) 385-5067 for details,
and to schedule a pickup

**ALZHEIMER'S FAMILY
SUPPORT CENTER**

508-896-5170

www.alzheimerscapecod.org

BROWN BAG FOOD PROGRAM

Free Bag of Groceries Once a Month
Dennis Senior Center
508-694-2004

CAPE & ISLANDS CRISIS HOTLINE

800-322-1356

ELDER SERVICES

MEALS ON WHEELS

CAREGIVER SUPPORT GROUPS

508-394-4630

FOOD STAMPS (SNAP)

Confidential screenings for
Food Stamp eligibility
833-712-8027
(dedicated senior line)

GOLDEN AGE PALS

Supportive Day Program

508-694-2004

LEGAL ASSISTANCE

ELDER LAW 800-342-5297

LOCK BOX PRGRAM

Dennis Fire Department
508-398-0363

MASS OPTIONS

Connects to services for elders and
individuals with disabilities.
844-422-6227

MOBILE FOOD PANTRY

508-694-2004
800-322-1356

MASS 2-1-1

National Abbreviated Dialing Code to
Health & Human services

NAMI HELPLINE

Mental Health Resources
800-950-6264
info@nami.org

**NATIONAL SUICIDE
PREVENTION HOTLINE**

800-273-8255

SHINE

DCAL: 508-385-5067
Hyannis Office: 508-375-6762

**ST. DAVID'S CHURCH
(SOUTH YARMOUTH)**

3rd Wed, 1-3PM, Paper &
personal hygiene products
RN for BP screening
and meal 1pm to closing

STATE REP TIM WHELAN

774-212-7291
Rebecca.Hamlin@ma.house.gov

WE CAN

508-394-4630

CAPE COD VET CENTER

Adam Doerfler 508-778-0124

VET SERVICES OFFICER

Shawny 508-778-8740

We finally opened our doors, and all the excitement and pandemonium of the DSC and DCAL are underway. For many of us we can offer up thoughts of thankfulness that we are still able to come together, to share together this COVID journey that we have been on. I invite you, as we come out of our cocoons, to write your story, start a journal now-now that there seems to be a light at the end of the tunnel... reflect back and look at today, each day-capturing these last long months of hibernation whilst recounting this time of immersion into life again. And, then for many of us too, this pandemic has brought with it, losses-losses of our friends and family. Death and dying brings with its grief, suffering, confusion, madness, sadness, all the emotions we have...but the pandemic brought with it, so much more. A few months ago, I decided to enroll in a grief counselling training course, and most recently enrolled in the advanced training. I am familiar with some of the information they share, but have also have learned so much more, and want to share it with you. If you have lost someone during

this time, and we are focusing just on the period during our shutdown (3/17/20) until now..please do feel free to call now and sign up with me. As you know, we have the time and day, and now (by the time you get this Scoop), we will have the date and place. I am at 508-694-2004. If you have called before, do call again for the specifics.

And, then, of course, we need to move on to the here and now. The new fuel assistance applications are now available. There are a number of ways to apply. You can call me at 508-694-2004 and we can do an application at the Senior Center, or if you do not drive, I can come out to you. Also, you can apply directly to fuel assistance at 508-746-6707 or you can apply online at www.sscac.org . I can make copies of your documents here. You will need a copy of your photo ID, SS card, proof of all your income, if you rent, a copy of your lease, if you own, your real estate bill, water bill and home owner's insurance-also your most recent heat and electric bill. The actual fuel assistance year runs from November until April. Also, if you are applying for



MARION PRENDERGAST, LSW
(508) 694-2004 DIRECT

fuel assistance, be sure to call me to sign up for the Dennis fuel assistance which comes into play if you use up your fuel assistance during the fuel assistance season. Hopefully, during the fuel assistance season you will not need to pay for heat if you utilize the extra help from Dennis.

As you can see, in this edition of the Scoop, we have more human/support services listed here. You will also see a schedule of different agencies who will be here at the senior center, and available for consultations. Please do take advantage of these agencies as they are here for you. Be kind, be patient, be thankful...see you soon.



Arthur Crooks, Esquire

11/25/42 - 9/16/21

In Memoriam

Many of you knew Arthur from his monthly column

in the Cranberry Scoop, his seminars on Elder Law, his participation, either as Chair or Vice Chair on the COA Board, (for over ten years), or his profession in Elder Law. Arthur was one in a million. At the last COA Board meeting he led over at Town Hall (and just six weeks before his diagnosis), he came in looking typically Arthur (if he had no other meeting before or after us). He was a bit disheveled, a bit late, and whilst another person stood up front and talked at us, Arthur shuffled through his papers, went to the podium and, in a most Arthurian way, politely interrupted and called the meeting to order. That was our Arthur. He kept meetings on track and on time. He was entertaining, witty, and so full of knowledge, it often left us in awe. For those of you who did not see his obituary, there are a few interesting things about Arthur you may not have known. He



was from a military family and graduated from Yokohama High School in Japan. After graduating from law school in California, he moved to Nantucket and practiced law on a part time basis, as well as operating a milk

delivery company! After several years there, he moved to Dennisport. He was an amateur Astronomer and had an observatory. He cycled and did the New York times crossword- (if you have never tried the NYT crossword, it is incredibly difficult).

Arthur was definitely a renaissance man-a man who "embraced all knowledge and developed his own capabilities as fully as possible."

We trust, Arthur, you are now cycling around the heavens, star gazing right up close. We shall miss you.

Keep on Movin'

Frank Callahan, of Silver Fox Fitness, is a Registered Nurse and Licensed Personal Trainer whose motto is "enjoy life to the fullest!" Frank will be leading us in two classes at DCAL this winter. One class will focus on balance through strength and flexibility exercises. The other will teach



us the basics of ballroom dance while we build our confidence and coordination. Learn to grapevine, shuffle, and rock your way across the floor. Dancing is a healthy, social activity that lifts your mood and busts stress. Classes begin Thursday, December 2nd from 2:00 - 4:00PM. Call us to register at 508-385-5067.

Chair Mindful Stretching



Chair Mindful Stretching is back! Join Betsy LaMond of BoomerFit for a 45-minute session of chair stretching on Thursdays at 10:30 AM. We start with a deep breathing warm-up then stretch all areas of the body slowly and mindfully. It's a great way to open up the passages in your body for easier movement and boosting your immune system. To register call (508) 385-5067.

Joe Guardino Fitness

Joe has been a certified personal trainer since 2006. Specializing in senior fitness, Joe has additional certifications in corrective exercise science, fitness nutrition and weight loss. The program is one hour in length and focuses on Balance and Fall Prevention. It encompasses coordination, stretching, cardio, resistance (strength) training and core work. The class is a challenging but safe and enjoyable work out that requires

minimal equipment. The class is divided into standing and chair exercise with no floor work. Additionally, the program may help you reduce the risk of injury, recover more quickly from injury, range of motion impairment, mobility issues and musculoskeletal imbalances. Joe's class is every Thursday, 12pm-1pm. Please contact Joe with any questions at 508-398-2091 or by email at jguardino3@yahoo.com.



ZUMBA with Christina

Christina Arabadzhieva has been a Zumba instructor since 2009. She dances side by side with her students and helps them overcome challenges in everyday life. Her motto is working strength from the inside out. Christina is licensed to teach Zumba, Aqua Zumba (R) and Zumba Gold (R)

WALK WITH EASE
a program for better living



Join us for the Walk With Ease program, indoors this winter! Studies show that Walk With Ease is proven to help people with arthritis and other related conditions to reduce pain, increase balance, strength and walking pace, and improve overall health. The program is facilitated by a certified instructor. To register call (508)-385-5067





Cape COAST

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a list of virtual programs open to all.

LET'S TALK ABOUT TOMORROW

Monday, November 15 at 9:30 a.m. (via Zoom)
This info session, presented by the Homeless Prevention Council (HPC), is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place. To register call the Chatham COA at 508-945-5190.

USSR-RUSSIA: MYTHS, MYSTERIES & SPYING

Tuesday, November 16 at 9 a.m. (via Zoom)
Grab your morning coffee and listen to Harry Quinlan discuss his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will educate and entertain! To register call the Chatham COA at 508-945-5190.

HEALTHY HOLIDAY EATING WITH CHEF HEATHER BAILEY

Wednesday, November 17 at 9:30 a.m. (via Zoom)
Join this free online cooking class and watch as Chef Heather demonstrates some of your favorite recipes and provides tips for making your meals healthy and delicious! To register call the Chatham COA at 508-945-5190.

CHEF KELLI'S SURPRISE HOLIDAY TREAT

Tuesday, November 30 at 11:00 a.m.
(via Facebook & Instagram Live)
We're breaking in the new kitchen at the Dennis Center for Active Living (DCAL) with Kelli showing us how to make special holiday treats this season. To register call the Dennis COA at (508) 385-5067.



CURRENT EVENTS IN THE MIDDLE EAST

Tuesday, December 7 at 1:30 p.m. (via Zoom)
Why is the Middle East always in the headlines? Join Krishna Kulkarni (Outreach Coordinator, University of Chicago Center for Middle Eastern Studies) for a presentation on current events in this diverse and tumultuous region of the world. Participants will learn about how the modern Middle East took shape through history and the most significant developments taking place in the region today. Krishna will also discuss the ways news media affects our perceptions about the Middle East and its diverse communities. To register call the Orleans COA at 507-255-6333.

LIVING WITH WILDLIFE

Thursday, December 9 at 10 a.m. (via Zoom)
We share Massachusetts with a diverse range of wildlife that you may have come across exploring your neighborhood or making headlines in the news. Learn about commonly encountered wildlife such as deer, coyote, and raccoons, and their intersection with the wild and developed spaces we inhabit. Find out best practices for maintaining bird feeders and attracting visitors. From amazing pollinators to problematic mosquitoes and ticks, we'll introduce some incredible insects and how we impact each other. To register call the Harwich COA at 508-430-7550.

November 2021



@ Dennis Senior Center
508-385-5067



Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

JOIN US on Thanksgiving Eve - Wednesday, November 24th at 3PM
 You must register in advance. The Council on Aging will be offering a free Thanksgiving meal to the first 100 residents that sign up..
 You can stay and enjoy your meal with us in Howell Hall, or take home.
 One hundred meals from the Family Table Collaborative will be distributed, so if you're feeling lonely or are unable to cook, do call to sign up.
 Sorry, we cannot offer home deliveries at this time. Happy Holidays!

8	9	10 Noon - 3:-00 PM GAP Club House	11  HOLIDAY - DCAL CLOSED	12 10:00 - 11:00 Mobile Food Pantry Pick-up
15	16	17 Noon - 3:-00 PM GAP Club House	18	19 10:30 Musical Souvenirs
22/29	23/30	24 Noon - 3:-00 PM GAP Club House 3:00 PM Thanksgiving Meal Take Out or Dine in	25 	26

HEALTHY AGING SELF CARE ROUTINES - FIND US ON FACEBOOK

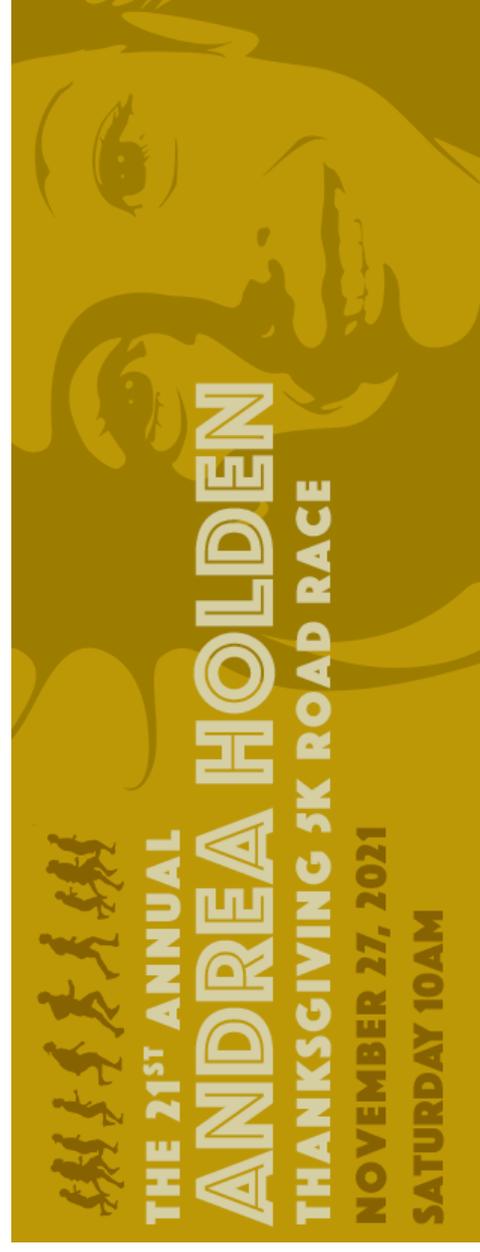
Monday	Tuesday	Wednesday	Thursday	Friday
1:00 Bridge 1:00 Mah-Jongg	9:00 Chair Caning 9:00 Stitch and Chatter 12:30 Yoga for Everyone	1:00 Bridge 2:00 Alzheimers Support Group (CCHC) - 1st & 3rd Wednesday	10:30 Mindful Stretching 12:00 Joe Guardino Fitness 3:00 Grief Support Group	9:00 Zumba 10:00 Chair Zumba 12:30 Cribbage 1:00 Scrabble
"Laughter is the second best medicine. MahJongg is the first." -Unknown	"Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it." -Eckhart Tolle	"To love a person is to learn the song in their heart, and sing it to them when they have forgotten." -Arnie Garborg	"Grief is like the ocean, it comes in waves ebbing and flowing. Sometimes it is overwhelming. All we can do is learn to swim." -Vicki Harrison	"Suspect there will never be an edible version of Scrabble, but if there is, I'll eat my words." -Unknown

Musical Souvenirs for Memory Loss

3rd Friday of the month, 10:30 - Noon

A monthly program for people living with Memory Loss and their Caregivers.

Come and immerse yourselves in music with the Alzheimer's Family Support Center and the Cape Cod Chamber Orchestra. In each monthly session, Maestro Matt Scinto will combine the physical expression of conducting with musical listening and storytelling as we learn about a different instrument and musician from the orchestra, with snacks and social time after. To register, or for more information, call the AFSC at 508 896 5170, or email info@capecodalz.org.



December 2021



Dennis Center for Active Living
508-385-5067



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Noon - 3:00 PM GAP Club House	2	3 10:00-11:00 AM Brown Bag Pick-up
6	7	8 Noon - 3:00 PM GAP Club House	9	10 10:00 - 11:00 AM Mobile Food Pantry Pick-up
13	14	15 Noon - 3:00 PM GAP Club House	16 1:30 PM Holiday Party @ DCAL	17 10:30 Musical Souvenirs Cape Chamber Music Program with AFSC

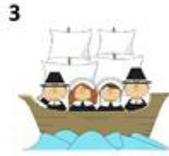
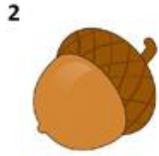
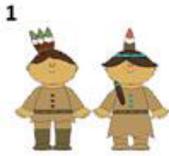
Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22 Noon - 3:-00 PM GAP Club House	23	24 CHRISTMAS HOLIDAY CLOSED
27	28	29 Noon - 3:-00 PM GAP Club House	30	31 NEW YEAR'S EVE CLOSED
2022 Jan 3	Jan 4	Jan 5 Noon - 3:-00 PM GAP Club House	Jan 6	Jan 7

CAREGIVER ALERT!

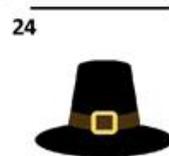
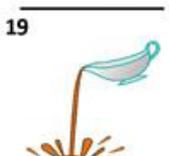
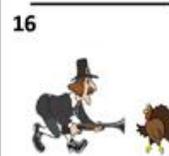
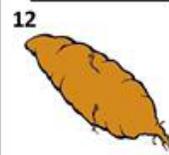
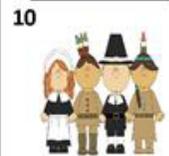
Need a few hours to run errands, make an appointment, or meet with friends for lunch? The GAP Club House is Dennis Senior Center's new short term respite program. Once you're registered, you can call to let us know you will be dropping off your loved one. Avis and her helpers will be waiting with engaging and fun activities, snacks, music and more. Taking care of yourself and making time for social connection will help you be a better caregiver!

Find the words in the puzzle, and write them under the appropriate picture.

HAPPY THANKSGIVING



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



INGREDIENTS

Brownie

1 (12 oz.) package fudge brownie mix.

Peppermint Filling

5 cups confectioners' sugar

14 tablespoons butter, melted

2 tablespoons heavy cream

1 teaspoon pure peppermint extract

1/8 teaspoon red food color

Chocolate Glaze

12 oz. semi-sweet baking chocolate, coarsely chopped

1/2 cup butter

1 tablespoon crushed peppermint candies or candy canes

Holiday Peppermint Bars

DIRECTIONS

Preheat oven to 350 degrees F. Prepare brownie mix as directed on package. Spread in greased foil-lined 15X10X1-inch baking pan. Bake 15 minutes or until toothpick inserted into center comes out clean. Cool in pan on wire rack. Meanwhile, for the filling, beat confectioners' sugar, melted butter, cream, peppermint extract and red food coloring in large bowl with electric mixer on medium speed until well blended and smooth. Spread evenly over cooled brownie. Refrigerate 30 minutes. For the glaze, microwave chocolate and remaining 1/2 cup (1 stick) butter in large microwavable bowl on high 2 minutes or until butter is melted. Stir until chocolate is completely melted. Spread over top of chilled brownie. Sprinkle with crushed peppermint candies. Cut into bars.



Dennis Advisory Committee on Disabilities

RECRUITMENT ANNOUNCEMENT



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 the 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. Occasionally, members will also work on special projects outside of regular meeting times.

To apply, please contact Courtney Butler at Dennis Town Hall, 508-760-6104 or at cbutler@town.dennis.ma.us

Attention Property Owners in Brewster, Dennis & Wellfleet!

Does your home need Critical Repairs?

The Housing Rehab Program may be able to help!

We have funds available to help qualified homeowners pay for repairs such as

- *New Roof
- *New Siding
- *New Windows & Doors
- *New Heating System
- *New Septic System
- *Lead Paint Abatement
- *Handicapped Accessibility
- *And More!



We can help pay for **up to \$40,000** of repairs per owner-occupied home or qualified rental unit.

Who is eligible?

Year-Round Homeowners (or some landlords who rent to income-eligible, year-round tenants) who meet the following income guidelines (maximum total household gross income per year):

- Household Size: 1 person: \$54,450
- 2 people: \$62,200
- 3 people: \$70,000
- 4 people: \$77,750
- 5 people: \$84,000

Need More Information?

Contact our Office! We will guide you through a quick pre-application to determine if you might be eligible and then can send you an application package.



TRI - The Resource Inc.
508-694-6521
23 Whites Path, Suite G2, S Yarmouth, MA 02664
Jean Stanley, Director of HR Programs: Jean@TheResource.org



HOURS:

Monday - Wednesday - Friday
10AM - 3PM

Gifts, gently used clothing, jewelry and more!



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

We are a non-profit, volunteer organization that raises money to support Dennis Senior Center programs.

Our Senior Center can use your help become a Supporter today!

Enclosed is my tax-deductible donation of \$ _____.

Make check out to 'Supporters of Dennis COA' and mail to:

P.O. Box 606, South Dennis, MA 02660.

Thank you!