

NOVEMBER/DECEMBER 2023



The Cranberry Scoop

Joy to the World!

Boas Festas!
(Portuguese)

**Prettige
Feestdagen!**
(Dutch)

Joyeuses Fêtes!
(French)

Felices Fiestas!
(Spanish)

**Selamat
Hari Raya!**
(Indonesian)

**Frohe
Feiertage!**
(German)

Buone Feste!
(Italian)

Jie Ri Yu Kuai!
(Mandarin)

HAPPY HOLIDAYS

**Tanoshii
Kurisumasu Wo!**
(Japanese)

VILLAGE IMPROVEMENT SOCIETY

**Laethanta
Saoire Sona!**
(Irish)

Happy Holidays, Mate!
(Australian)

**A Freylekhn
Yontev!**
(Yiddish)

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

**NOVEMBER IS NATIONAL CAREGIVER MONTH
 HAPPY HOLIDAYS!**

We are finally in the home stretch of our renovation, moving into redone offices and getting the furniture, equipment, and staff settled in. By the time you read this edition, we will be planning to open the doors to the full DCAL in January. Stay tuned for details in the next Cranberry Scoop, including the date and time of the Dennis Center for Active Living (DCAL) 2024 Grand Opening.

The Supporters of DCOA are fundraising to help the Council on Aging staff with volunteer recognition in November. You can donate through their donation collection box in the main lobby. All donations go directly to support programs and services offered at the DCAL. For the holidays, we will host an Open House and Picture Day with Santa (back cover) so please stop by for some hot chocolate, punch and all kinds of baked goodies to celebrate the season together.

Destination Respite is in full swing at the DCAL on Thursdays from 9:30 AM to 12:30 PM. Kelli Fieldhouse's program team is engaging and seats are filling up quickly. Other sites that are up and running include the Yarmouth Senior Center (Tuesdays) and Barnstable Adult Community Center (Wednesdays). ESL at the Mall begins Saturday, November 4. Call each center (p.6) for Destination Respite program hours and to register yourself and your loved one so you can take a break. Upcoming activities include a Memory Café in Yarmouth for Spanish- and Portuguese-speaking caregivers and loved ones to do activities together and have some social time with other caregivers. DCAL will be launching the Dennis Memory Café Breakfast program this winter. Stay tuned!

Best wishes to all our members, Dennis residents, and the staff and volunteers that make the DCAL your home away from home!

On the cover: Dennis Village Green Gazebo 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.**

HARWICH FOOD PANTRY
1st and 4th
Wednesday
of the month
9:30 AM



PUBLIC ON-DEMAND MICRO TRANSIT

The Cape Cod Regional Transit Authority provides app based, on-demand service called **SmartDART** that is a door-to-door, ride-hail service using the SmartDART App. This service is currently available in Yarmouth, Barnstable, Dennis, Sandwich and Falmouth, with plans to expand Capewide. Download SmartDART from the app store (Apple or Android) and search CCRTA SmartDART or call our dispatchers for more information. Cashless and convenient. **\$3.00 fixed fare. Free transfer to fixed routes. Monday – Saturday 7:30 AM – 6:00 PM.**

Download the CCRTA SMARTDART app today!



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.
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.



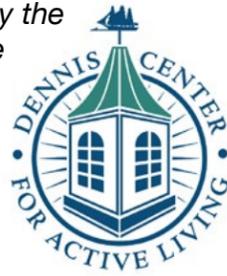
Barnstable Adult Community Center (BACC)
825 Falmouth Road
Hyannis, MA 02601
508-862-4750



DESTINATION RESPITE LOCATIONS



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



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



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

CARING

A Caregiver's Gateway to Well-Deserved Breaks!



Destination Respite at DCAL
Join Us Every Thursday
9:30 am - 12:30 pm

What We Offer For Your Loved One:
Safe & Caring Environment, Engaging Activities For All Abilities, Supportive Staff, New Friends & Fun, & Peace of Mind For You!
Please Call Kelli at (508) 385-5067 ext. 387 for more information.

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.

TAKE CARE OF YOURSELF AS A CAREGIVER

- Make time for a hobby you enjoy.**
- Go to sleep a half-hour earlier.**
- Take a short walk outside.**
- Try a yoga class.**
- Meet a friend for lunch.**
- Join a support group.**

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 members of our community age, 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**

Sugar Cookie Holiday Bark

INGREDIENTS:

- 1 roll (16.5 oz.) Pillsbury Sugar Cookie Dough
- 2 cups bittersweet dark chocolate chips
- ½ cup white chocolate chips
- 6 peppermint candy canes

DIRECTIONS:

1. Preheat the oven to 350°F. Line a 10" x 15" baking sheet with parchment paper.
2. Place the log of cookie dough between two pieces of parchment paper the size of

the tray. Using a rolling pin, gently roll out the dough into an even rectangle. Remove the top piece of parchment and place onto a baking tray. Bake for 15 minutes until golden, remove and allow to cool completely.

3. Place the candy canes into a plastic storage bag. Use a rolling pin to gently crush the candy canes into small pieces.
4. Melt the dark and white chocolate in separate heat-proof bowls in the microwave, stirring every 20 seconds until completely melted.



5. Pour the warm dark chocolate over the cookie base, spreading it evenly. Drizzle over with the melted white chocolate, using the tip of a knife to create swirls. Sprinkle the candy cane pieces all over. Place the tray into the fridge for 30 minutes until firm. Use a sharp knife to cut into wedges.

Thanksgiving Word Search

- cranberries
- stuffing
- family
- rolls
- thankful
- friends
- autumn
- corn
- potatoes
- pilgrims
- dinner
- gravy
- November
- turkey
- dessert
- pie

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

DCAL GARDEN CLUB



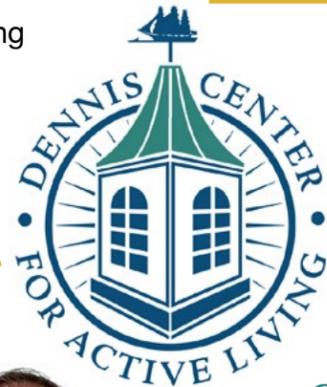
Our lovely garden club members enjoying their "Hydrangea Birdhouse" project!

DCAL Garden Club
First Tuesday every Month
11:30 AM

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 (at the COA) 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. — *Chris Flanagan*



A heartfelt thank you to all of our host families for the 2023 summer Town of Dennis J1 students!

HOLIDAY
OPEN HOUSE

Tuesday, December 19
10 AM – 2 PM at DCAL

FREE MEMORY
SCREENING CLINIC

The Alzheimer's Family Support Center of Cape Cod (AFSC) will offer a free cognitive health screening at the Dennis Center for Active Living via the Montreal Cognitive Assessment which is a simple evaluation tool to check memory and thinking skills. This process can help determine if more testing is needed to support cognitive health. All AFSC programs are **FREE of charge on Thursday, November 16th, to the first four individuals who register.** Please have a list of your current medications and the name of your primary care physician ready to share at the appointment. Time slots are available at 10:30 AM, 12 PM, 1:30 PM, and 3 PM. For registration, call the AFSC office at **508-896-5170 by Friday, November 10.**

Keep The Holiday Blues at Bay with Gratitude

It's hard to believe, but the holiday season is upon us! This time of year can stir up many emotions for people, the good, the bad and the ugly. The good feelings we can all embrace, but it's the others that often make this season difficult to get through. Rather than dreading the holidays, what can you do proactively to change your experience, to the extent that you can? Here are some simple suggestions:



Juliana Benoit
DCAL Human Services
Outreach Coordinator

- 1. Gratitude Journal** - sometimes writing something you are grateful for each day helps to focus on the positive.
 - 2. Meaning Making** - if the holidays bring up a loss, do something to honor/commemorate the loss (i.e., make their special dish, create a memory box, do something to honor them or it).
 - 3. Exercise** - moving gets the endorphins flowing and can improve your mood. DCAL has numerous opportunities to exercise!
 - 4. Do something kind for someone else** - when we volunteer, we get as much as we give.
 - 5. Call or visit a friend.**
- Above all, remember that you are not alone; many people experience the "blues" during the holidays. If you are feeling particularly low, you can always call **800-950-6264**, a National Help hotline, to speak with someone. If you are in a crisis, call **988**, National Crisis hotline.

Please check out the list of opportunities at DCAL for support, assistance and to get involved:

Destination Respite is a free program to provide the opportunity for caregivers of those with cognitive issues to have time for themselves.

Friendly Visitor and Reassurance Call programs are opportunities for volunteers with a heart to brighten someone's day or would you like a visitor?

Fuel Assistance season 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/Dementia).

The Program to Enrich Active and Rewarding Lives for Seniors (PEARLS) is our new short-term mental health program, which is designed to educate older adults about what depression is (and is not) and helps 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. Also, prepared meals are available the first and third Thursdays of the month, donated by the The Family Table Collaborative. They are available on a 1st come, 1st served basis.

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.

NOVEMBER IS NATIONAL CAREGIVER MONTH

Take a well-deserved break with **Destination Respite** (see page 6). For Destination Respite in Dennis, call **508-385-5067** and ask to register.



What is the Real ID? Everything you need to know!



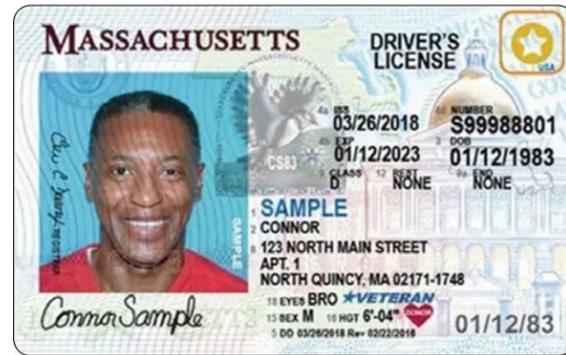
Indicator on card is a star
to designate that it is a
federally compliant card



AAA AND DENNIS POLICE DEPARTMENT

Thursday, November 30 • 2:00 PM
at Dennis Center for Active Living (DCAL)

This presentation will also include information on
how to avoid scams. Call **508-385-5067** to register.



I'VE BEEN A POLICE OFFICER FOR A LONG TIME,

approaching 21 years. The gray hair I've earned is overtaking the brown, my seven-year-old telling me how OLD I am, and waking to discover new body parts that I never knew could hurt have put me, at least in the police world, in the category of "the old guy." I admit I like the wisdom that comes with age. I think a lot to myself, "If only I knew that when..."

So, take the elders' wisdom, combine it with the youngsters' eagerness and limitless energy, and it seems to make for a pretty good outcome day-in and day-out. It gets us through each day as we cling to the hope of somehow bridging political decisiveness and anger. Change seemingly comes faster these days, much in the way time seems to fly by faster. Thank the internet, thank social media, or whatever it is, and Dennis cannot escape change either. Many of these changes are hot-button topics I dare not ignite here—especially for fear of losing

readership and violating the policy of not engaging in political activity! The information we get isn't always reliable, so look for ways to get your information without political slants or outright lies. I regularly check Select Board notes, which are posted online. I check out websites of my elected officials. I find drawing my own conclusions from this myriad of information is much more reliable—and the questions it creates leads me to do my own research. The only thing black and white on my job is the car—everything else is gray. Look for the truth somewhere in that blend of extremes.

I know many people build idealistic images in their mind about situations, and are disappointed when reality does not meet expectations. I work on the other end of that spectrum. I tend to expect the worst, and my "disappointment" is usually that things aren't as bad as I thought they would be. Optimist vs. pessimist—but how do you react when your expectation isn't met? I think this is where most people

go wrong, and where the lack of socializing the past few years has led us astray. We are social creatures, we need to interact, and we need to be able to talk through differences of opinion if we expect to make anything better in our own minds, in our own town, and in our own society.

So rather than sitting on our rear ends, our Community Operations Unit is trying to get back out into the post-COVID world. Your officers will be at town events, hosting and attending meetings, and will hopefully be more accessible to you to not only promote transparency, but to pass along accurate information about your police department. Look for "Coffee with the Cops" that we are looking to do monthly at the DCAL. Have happy and safe holidays. Look out for each other. Keep track of your Amazon deliveries. Hopefully, there won't be any snow until the next time I write, but if there is, drive safely. We're around, so holler if you need us. Stay safe and we'll see you out there. — *Sgt. Ryan Carr, Dennis Police Department*

The Friends of Dennis Senior Citizens

The Friends of Dennis Senior Citizens sponsored an American Red Cross Blood Drive on Saturday, October 7, at the Church of the Nazarene in South Dennis. 26 units of blood were collected, matching the number given in April. This makes a total of 55 units for the year! The next blood drive will be in April 2024. It is so important to give blood to help kids fighting cancer, patients waiting for critical surgeries, and people in our area who need blood to survive traumatic injuries.

THE BIG WRAP this year will be held on **Thursday, December 7, at 1:30 PM**, at the Congregational Church of South Dennis, 218 Main Street, South Dennis. This is the day volunteers get together to wrap over 2,000 gifts for Dennis seniors who are alone and in need of Holiday cheer. If you want to join in and lend a hand, please call our office at **508-385-5376** or email us at **DennisFOD@hotmail.com**.



FREE THANKSGIVING MEAL

Elder Services of Cape Cod and the Islands, Inc., will be providing a Thanksgiving meal to individuals 60 years of age or older residing in Barnstable County. Each meal is free of charge and will contain traditional Thanksgiving menu items. Meals will be distributed via a “grab and go” on **Tuesday, November 21, between 10 AM and 12 PM at Elder Services of Cape Cod and the Islands office, 68 Route 134, South Dennis**. There are a limited number of meals, so reservations are required. To reserve a meal please call the Nutrition Department at Elder Services at **508-394-4630 x412 between 8 and 10:30 AM**. All reservations must be made by **Wednesday, November 15, at 10:30 AM**.



Bay to Sound Neighbors Turns 5!

Bay to Sound Neighbors recently celebrated its 5th anniversary with a luncheon and musical entertainment that seventy-five members and volunteers attended.

As one member said as she was leaving, “I made two new friends today!”

If you find you have some free time in your schedule, volunteer with us! It is extremely rewarding helping out our seniors with neighborly services they need to help them age at home comfortably and safely.

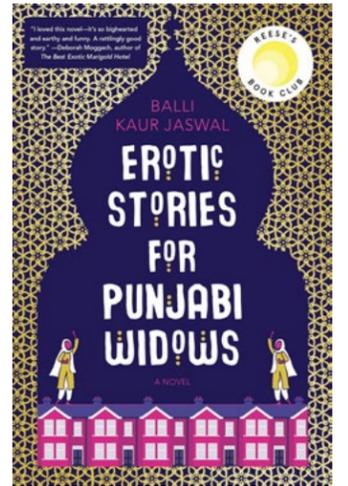
Call us at **508-470-0585** for information or visit our website, **baytosoundneighbors.org**.

16 ~ NOVEMBER 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>		
<p>9:00 Hearing Clinic 9:00 Line Dancing 9:00 Painting 10:00 ADA Meeting 10:00 DY Women's Club Board Meeting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">6</p>	<p>7:00 Town of Dennis Voting Precinct 2 9:00 Chair Caning 9:00 Golden Age Program 9:00 SHINE 12:30 Bridge (Men's)</p> <p style="text-align: right;">7</p>	<p>9:00 Golden Age Program 9:00 Line Dancing 10:00 Independence House 10:30 Musical Souvenirs 1:00 Social Dance 1:00 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">1</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">13</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:00 Golden Age Program 11:30 DCAL Garden Club Meeting 12:30 Bridge 12:30 Bridge (Men's)</p> <p style="text-align: right;">14</p>	<p>9:00 Golden Age Program 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 12:00 Birthday Party 1:00 Social Dance 1:00 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">15</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">20</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Golden Age Program 9:00 COA Board Meeting 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's)</p> <p style="text-align: right;">21</p>	<p>9:00 Golden Age Program 11:00 Sight Loss Services 1:00 Social Dance 1:00 Bridge</p> <p style="text-align: right;">22</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">27</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Golden Age Program 9:00 Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> <p style="text-align: right;">28</p>	<p>9:00 Golden Age Program 9:00 Line Dancing 10:15 Line Dancing 1:00 Social Dance 1:00 Bridge</p> <p style="text-align: right;">29</p>

NOVEMBER CALENDAR ~ 17

THURSDAY	FRIDAY
<p>9:00 SHINE 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 3:00 Hiking Club</p> <p style="text-align: right;">2</p>	<p>9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 10:00 Intergenerational Music & Movement 12:30 Cribbage 1:00 Scrabble</p> <p style="text-align: right;">3</p>
<p>9:00 SHINE 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 3:00 Hiking Club</p> <p style="text-align: right;">9</p>	<p style="text-align: center;">DCAL Closed</p>  <p style="text-align: center;">Veterans Day (Observed)</p> <p style="text-align: right;">10</p>
<p>9:00 SHINE 9:30 Destination Respite 10:00 AFSC Memory Screening Clinic 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 2:00 Line DanceFest 3:00 Hiking Club</p> <p style="text-align: right;">16</p>	<p>9:00 Foot Nurse 9:00 Zumba Gold 9:30 Bridge 10:00 Intergenerational Music & Movement 10:00 Core & More 12:30 Cribbage Friday 1:00 Scrabble</p> <p style="text-align: right;">17</p>
<p style="text-align: center;"></p> <p style="text-align: center;">Thanksgiving Day</p> <p style="text-align: right;">23</p>	<p style="text-align: center;">DCAL Closed</p>  <p style="text-align: center;">Black Friday</p> <p style="text-align: right;">24</p>
<p>9:00 SHINE 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 2:00 AAA & DPD Presentations New ID Card & Scams 3:00 Hiking Club</p> <p style="text-align: right;">30</p>	



NOVEMBER BOOK CLUB:
Erotic Stories for Punjabi Widows

Wednesday, November 8, 12:30 PM
At Dennis Center for Active Living (DCAL)

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Take a well deserved break with **Destination Respite** (see page 6). For Destination Respite in Dennis, call **508-385-5067** and ask to register.

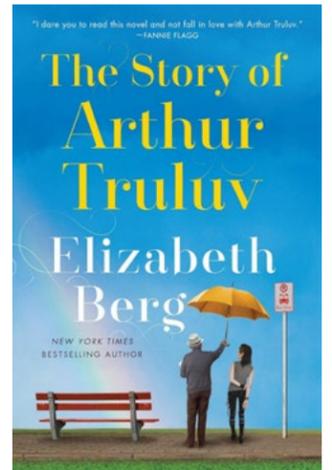


18 ~ DECEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		
4 9:00 Line Dancing 9:00 Painting 9:00 Hearing Clinic 10:00 ADA Board 10:00 DY Women's Club Board Meeting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg	5 9:00 Golden Age Program 9:00 Chair Caning 9:00 SHINE 9:00 Stitch & Chatter 9:00 Yoga 12:30 Bridge 12:30 Bridge (Men's)	6 9:00 Golden Age Program 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 1:00 Social Dance 1:00 Bridge 2:00 CCH Alzheimer's Support
11 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg	12 9:00 Golden Age Program 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	13 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
18 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg	19 9:00 Golden Age Program 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 COA Board Meeting 10:00 DCAL Holiday Open House 12:30 Bridge 12:30 Bridge (Men's)	20 9:00 Golden Age Program 9:00 Line Dancing 10:00 Independence House 10:15 Line Dancing 12:00 Birthday Party 1:00 Social Dance 1:00 Bridge 2:00 CCH Alzheimer's Support
Christmas Day 25 	26 9:00 Golden Age Program 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	27 9:00 Golden Age Program 11:00 Sight Loss Services 1:00 Social Dance 1:00 Bridge

DECEMBER CALENDAR ~ 19

THURSDAY	FRIDAY
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!	1 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 1:00 Scrabble
7 9:00 SHINE 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 3:00 Hiking Club	8 9:00 Zumba Gold Friday 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 12:30 Cribbage 1:00 Scrabble
14 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 3:00 Hiking Club	15 9:00 Foot Nurse 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 1:00 Scrabble
21 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 3:00 Hiking Club	22 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 10:00 State Representative Christopher Flannagan 12:30 Cribbage 1:00 Scrabble
28 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 Grief Support Group 3:00 Hiking Club	29 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 1:00 Scrabble



DECEMBER BOOK CLUB: *The Story of Arthur Truluv*

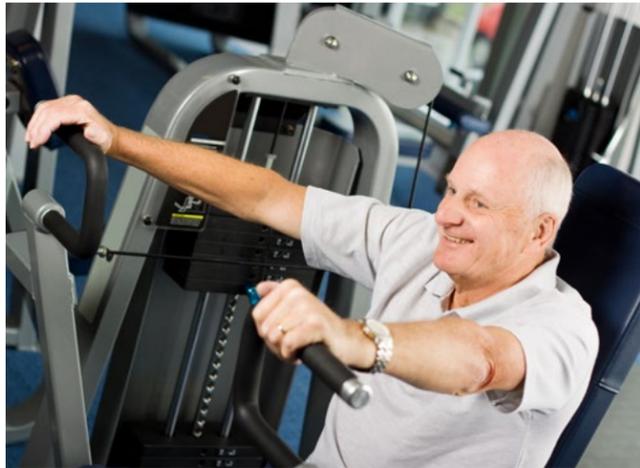
Wednesday,
December 13, 12:30 PM
At Dennis Center for Active Living (DCAL)

BIRTHDAY PARTY BASH

Wednesday, November 15
12:00 PM
Wednesday, December 20
12:00 PM
at the Dennis Center for Active Living (DCAL)

Join us to celebrate your birthday!





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.

Beginner Line Dance Classes

Interested in learning how to line dance? Plan ahead for your participation and mark your calendar now! **Karen of Cape Sands Ballroom** will offer Absolute Beginner Pop, Rock and Latin Weekly Line Dance Classes on a six-week semester basis in early 2024 on Wednesdays at 11:30 AM. Choose your semester start date: January 10, February 21, or April 3. Walk-in \$10 per class. First come, first served. Don't miss this unique opportunity to learn from the basics up in a cheerful, welcoming environment. No dance experience required. Questions? Contact Karen at CapeSandsBallroom@gmail.com.

1960s Line DanceFest

Get your hippie on and join **Karen of Cape Sands Ballroom** for a Groovy 1960s Line Dancing. **Thursday, November 16, 2-3:30 PM**, at the Dennis Center for Active Living, 1045 Rt. 134, South Dennis. \$10 walk-in, first come, first served, easy-ish dances. Capesandsballroom.com/dancefests



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



FREE CIVIL LEGAL HELP

South Coastal Counties Legal Services' (SCCLS) Elder Law Project provides free civil legal help to eligible residents of Barnstable, Nantucket, and Dukes Counties. You must be 60 years of age or older and have a legal issue within our project priorities. While there is no income criterion for older adults, services are prioritized to those with the greatest economic and social need. Priority legal issues include eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI) SNAP, etc.), and healthcare issues involving MassHealth or Medicare. To request a legal clinic appointment for a ½ hour of free legal advice at your local Senior Center please contact Rasheda Dickerson at the SCCLS' Hyannis Law Office **774-487-3251** or their intake line at **1-800-244-9023**.

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

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

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

Jacob Sears Memorial Library
23 Center St., E. Dennis
508-385-8151
Mon. – Sat. 9 AM – 1 PM
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

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



Joey Cardillo of Paradise Pizza donated 20 pizzas for the Vets & Friends gathering at the DCAL



High School students from the DY School District help Vets learn features on their electronic devices.



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**THE DENNIS CENTER FOR ACTIVE LIVING
INVITES OUR COMMUNITY TO A**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**NOV
21st**

**10:30
AM**

VETERANS

DAY

CELEBRATION

• HONOR • REMEMBER •

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**LUNCHEON
PATRIOTIC SONGS
CAMARADERIE, MEMORIES,
A HEARTFELT THANK YOU TO ALL WHO SERVED!**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

VETS & FRIENDS
Third Tuesday every month
10:30 AM – Noon, DCAL
Please call DCAL for additional
information **508-385-5067**



RAFFLE CALENDAR FUNDRAISER: A PERFECT HOLIDAY GIFT FOR LOVED ONES
Looking for an amazing holiday gift for your family and friends? Look no further! Our Calendar Raffle Fundraiser is just the ticket (pun intended). Each ticket costs just \$10.
Throughout the entire month of January, we'll be drawing a ticket every single day. What makes this raffle truly exciting is that the daily winners will receive the cash prize displayed on the calendar for that specific day. The best part is that winning tickets go right back into the drawing, giving you multiple chances to win. That means one ticket could bring you luck more than once!
The more tickets you purchase, the better your chances become. So, don't miss out on the opportunity to win big and support our cause at the same time.

JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy New Year! \$200	\$25	\$25	\$25	\$25	\$50
\$100	\$25	\$25	\$25	\$25	\$25	\$50
\$100	Martin Luther King Day \$200	\$25	\$25	\$25	\$25	\$50
\$100	\$25	\$25	\$25	\$25	\$25	\$50
\$100	\$25	\$25	\$25	\$25	\$25	\$50
\$100	\$25	\$25	\$25	\$25	\$25	\$50

RAFFLE CALENDAR FUNDRAISER ENTRY

Clip and return with check payable to:
"Supporters of Dennis Senior Center" @ PO Box 606, S. Dennis, MA 02660

Name: (Print) _____

Address: _____ City/State: _____

Phone: _____ Email: _____

\$10/Entry, Amount Enclosed: _____



**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

HOLIDAY OPEN HOUSE

Pictures with Santa!

Holiday cookies
& goodies for all!

**December 19
10 AM – 2 PM**

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



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.