

JANUARY / FEBRUARY 2024



The Cranberry Scoop

Renovation Complete!

**NEW YEAR,
NEW US!**



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

HAPPY NEW 2024 TO ALL OUR READERS!

After 3 years of beginning construction, the Dennis Center for Active Living (DCAL) is opening the doors to the full 22,000 square foot facility to the public. On January 24th, join us at noon in the DCAL Ballroom for a ribbon cutting ceremony, refreshments, greetings from the Council on Aging, the Select Board, and an opportunity to tour the center. The Sound Dunes, Eventide Theater and some of the new dance and exercise programs will be offering

demonstrations and performing for the celebration. While you're there, don't forget to sign up for Evergreen Fitness Studios before the Inaugural pricing ends on January 31st (p. 8). We want to start the year off on a journey to better health and well-being. If you need social support, the DCAL Human Services Dept. team is always there to help (p. 11). Destination Respite, our program innovation with neighboring senior centers, is going strong. See page 6 for information on how to get your loved one into an activity and yourself into a break. **A warm welcome back to the Friends of Dennis Senior Citizens!**

New dance classes are starting with Karen and Frank. Check the calendar for dates and times. The VNA will be offering an exercise class with a focus on balance. With falls being the top cause of hospitalization for older adults, it can only help to strengthen our balance and prevent a fall. We have many plans for the DCAL, including a breakfast program in the Café and a lunch program in the new dining room overlooking the courtyard. Share your ideas with us and let us know if you're interested in volunteering. We look forward to the next 5 years of Age Friendly Dennis and invite you to join us as we begin this new year.

Best,

On the cover: The newly rennovated Dennis Center for Active Living

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:

Refer to the schedule on the following page, for days and locations you would like to register for. Each site's contact information is listed. Additional information for each site will be available on the DCAL website dcalcapecod.org.

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

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

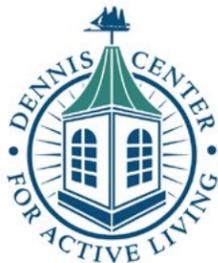


Barnstable Adult Community Center (BACC)
825 Falmouth Road
Hyannis
508-862-4750



CAPE COD HEALTHCARE

DESTINATION RESPITE LOCATIONS



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



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



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

Caregiver Corner



Alan Tuttle, former Dennis Selectman, works out in DCAL's Evergreen Fitness Studio.

Alzheimer's and dementia are diseases that affect a large number of senior citizens as well as their family members. When my wife's dementia progressed to a point that I needed help, I reached out to the *Dennis Center for Active Living (DCAL)*. They helped me find an excellent caregiver who came to our home to help us out a couple of days a week. I was then introduced to the *Golden Age Program (GAP)*, where my wife attended 1-1/2 days a week. Not only did she love it, but it also gave me time to get some things done that otherwise, I was just unable to do. This program also paved the way for our next step...which was finding residential care for my wife. With assistance from the *Alzheimer's Family Support Group*, we found a residential memory care facility for my wife. She moved into *The Residence*

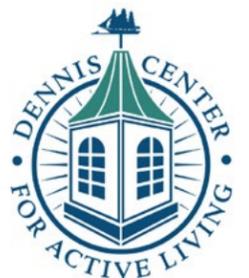
at *Mill Hill*, which she and our family love because not only is the facility beautiful, but the staff is so friendly and caring. The *Dennis Center for Active Living* has so much to offer. With the renovations nearing completion, there will be a grand opening of the entire building, and with that, DCAL will also begin expanding their programs. Currently, I personally use the exercise facilities in *The Evergreen Fitness Center*, and I also attend the monthly Veterans' meetings and luncheons. I suggest you attend so that you can see all that the *Dennis Center for Active Living* has to offer. — Alan Tuttle



Marinetti Matos
Destination Respite Cultural Coordinator
mmatos@town.dennis.ma.us

FALAMOS PORTUGUES

Call for appointment to speak with Marinetti Matos or one of our other speaking advocates.
508-385-5067



DESTINATION RESPITE SCHEDULE

Cape Cod caregivers can call each center directly to schedule care for their loved ones.

Barnstable Adult Community Center (BACC)
825 Falmouth Road, Hyannis
508-862-4750
Mondays & Wednesdays
9:30 AM – 1:30 PM

Dennis Center for Active Living (DCAL)
1045 Route 134, South Dennis
508-385-5067
Thursdays
9:30 AM – 12:30 PM

Yarmouth Senior Center (YSC)
528 Forest Rd., West Yarmouth
508-394-7606 x1335
Tuesdays
9:30 AM – 1:30 PM

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
Saturdays 10 AM – 1:30 PM (at the mall), also various CILA cultural and social engagement events

Last Chance to Lock In \$99 Rate! Join Evergreen Fitness Studios at DCAL

Join Evergreen Fitness Studio now! Dennis residents can grab a special \$99 membership until January 31st—afterward, rates rise to \$195 for residents and \$250 for non-residents. We're dedicated to promoting active lifestyles for older adults at the Dennis Center for Active Living (DCAL). Our \$99/year membership ensures access to wellness resources, including custom equipment like the VersaTrainer for physical therapy and cardio machines such as the elliptical, treadmill, and recumbent bike. New members receive a safety orientation from our nurse specialist for effective workouts. Join our supportive community at DCAL for exercise, fun, and connections with like-minded, health-focused individuals. Start your fitness journey with Evergreen Studios today and experience the positive impact firsthand—don't miss out!



PEARLS, or Program to Encourage Active, Rewarding Lives for Seniors, offers crucial support to caregivers. It prioritizes emotional well-being, equips caregivers with problem-solving tools, enhances communication skills, promotes self-care, enriches the quality of life for both caregivers and seniors, and fosters community connections. In essence, it's a comprehensive support system that ensures a more sustainable and fulfilling caregiving experience.

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

Funded by MCOA, EOEA and EOHHS

Valentine's Day Word Search

- Valentine's Day
- Love
- Party-Time
- Cupid
- Date Night
- Kiss
- Girls Night
- Hugs
- Candy
- Romantic
- Fun
- Cheers
- Happy

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

COTTAGE PIE

INGREDIENTS:

- 1 and 2/3 cups Beef Stock
- 3.5 tablespoons Butter
- 2 Onions, peeled & finely chopped
- 1 and 1/3 cups Carrots, peeled & finely diced
- 1 and 1/3 cups Celery, trimmed & finely diced
- 3 Garlic Cloves
- 1 Sprig Fresh Thyme
- 1 Bay Leaf
- 2.2 pounds Minced Beef
- 2 tablespoons Tomato Puree
- 2 tablespoons Worcestershire Sauce
- 4 Drops Tabasco Sauce
- 3/4 cup Red Wine

Mashed Potato Top:

- 2.2 pounds White Potato
- 5.3 tablespoons Butter
- 1 Splash Milk
- Parmesan Cheese, for grating

DIRECTIONS:

1. Melt the butter in a pan on medium heat. Add the onion, carrot, celery, garlic, thyme, and bay leaf and fry over medium/low heat for 10 minutes, or until softened but not colored.
2. Add the beef mince and cook for a further 10 minutes, or until brown.



3. Add the tomato purée, Worcestershire sauce, and Tabasco, then stir and cook for 2 minutes.
4. Turn the heat up to high and add the red wine. Let it bubble away and reduce for 5 minutes, then add the stock and reduce to medium heat. Simmer for a further 20 minutes, stirring often.
5. Meanwhile, cut the potatoes into halves and quarters so they're all a fairly even size. Cook in a pan of boiling, salted water for 15 to 20 minutes, or until cooked through. Drain in a colander and leave to steam dry.
6. Preheat the oven to 375°F.
7. Taste the mince and season accordingly with salt and pepper. Transfer it to an ovenproof dish (approximately 8x12 inches).
8. Mash the potatoes with the butter, milk, and a pinch of salt and pepper, then spread over the top of the mince.
9. Finely grate over a little parmesan cheese, then cook for 45 minutes, or until golden and bubbling.

DCAL GARDEN CLUB



On Tuesday, February 6th at noon, the garden club will be having **Linda Harding** come to speak about the history of Dennis and also the West Dennis Garden Club, which will celebrate its 100th Year Anniversary later this year. We hope you will join us!

DCAL Garden Club
First Tuesday every Month
11:30 AM



HOLIDAYS AT DCAL

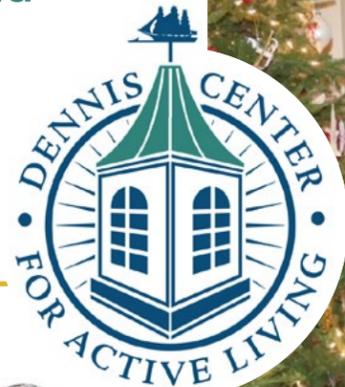
New window boxes donated by the West Dennis Garden Club.

Thank you DCAL volunteers for a special holiday celebration. Your service makes it possible.



GRAND OPENING
January 24 • Noon
Main Ballroom

Join us as we reveal the newly remodeled original structure.



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*

BURIED IN TREASURES

Starts Thursday, February 1 • 1- 3 PM at DCAL

Are your belongings taking over your home? Join us for this multi-week “Buried in Treasures” Workshop for Help with Compulsive Acquiring, Saving and Hoarding. *Please note this is a 2 hour per week, 16 week commitment.*

THIS COURSE INCLUDES:

- Free copy of the Buried in Treasures book
- Support from others with similar struggles
- Decluttering strategies for your home
- Skills to achieve your long term goals

For more information or to sign up call **774-330-3001**

Happy New Year!

Whether you are a “Resolutioner” or not, most of us think of the New Year as a time for fresh starts. I encourage you to act on it! The winter can be a time when we want to make like a bear and hibernate, but that can take a toll on our emotional well-being. I encourage you to try something new! Come to the center, join a group or exercise program, but whatever you do, put the Grand Opening on your calendar so you can see the new, complete Dennis Center for Active Living (DCAL). You will be amazed!



JULIANA BENOIT
DCAL Human Services
Outreach Coordinator



SUSAN BOROWICK
DCAL Human Services
Assistant Outreach
Coordinator

Also, I would like to introduce **Susan Borowick**, our new Assistant Outreach Coordinator. Susan comes to us with a wealth of experience and is a wonderful addition to our Center team. Please introduce yourself to Susan when you visit the center.

As always, 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 is available for those who could use help paying for heating costs.

Golden Age Program (GAP) is our Social Day program for persons living with cognitive impairment (i.e., Alzheimer’s/ Dementias).

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.

Food Programs:

- **Mobile Food Pantry** is our opportunity to provide food to individuals who would benefit from groceries each month.
- **Prepared Meals** are available the first and third Thursdays of the month, provided by the **The Family Table Collaborative**. They are available on a 1st come 1st served basis.
- **Fresh Produce** is available on the 4th Wednesday of each month provided by **Cape Abilities**.

If you would like more information regarding any of these programs, please call Julie or Susan at **508-385-5067**.



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.



Sgt. Ryan Carr of the Dennis Police Department



Get educated on what your police department is doing! It's more than catching bad guys and helping people. You also get to see how we do it... not to mention how we pay for it. Did you know in the past three years, our department has received over \$1 million in nonrecurring grant funding? Our stats include "how much grant money you brought in" along with the traditional "number of arrests" when we gauge an employee's performance. Our jobs go a lot deeper than you'd think, and you'd get to learn all about it if you sign up for the citizens academy. Watch for us to advertise it online and at the DCAL. And yes, we spend most of the time in class showing you the "fun stuff" and behind the scenes more than the business side of things!

Speaking of grants, we just got a big traffic safety grant. Our officers will continue to be out enforcing traffic laws, and we have funding to put extra officers on the road. Drive safely and cautiously. It would be better to meet our officers at the Citizens Police Academy instead of on a roadside traffic stop. Cell phone distracted driving continues to rear its ugly head and is responsible for many crashes. Batten down the hatches, hang in there through the winter. Enjoy the small crowds, and call if you need us. Stay warm and we'll see you out there.

— Sgt. Ryan Carr
Dennis Police Department

PUT ANOTHER YEAR IN THE HISTORY BOOKS.

It's the dawn of a new year, new resolutions, and new hopes for 2024 being better than 2023. Queue the wars, anger, entitlement, and over-polarization of politics. Do you think we will ever over-polarize to the point we meet somewhere on the other side? Maybe it will be virtually or on Zoom. Who knows. My seven-year-old summed it all up for me the other day as I was trying to discipline him: "Dad! I'm just trying to survive in this world!" It's hard to be the disciplinarian when you walk away laughing. And yes, I think we are all just trying to survive in this world.

By the time this goes to press, I'm hoping to have my holiday decorations put away, lest they be frozen in place until April. I will have cleaned the gutters, cleared the exhaust vents, put up plow stakes, got the shovels ready, gassed up the snowblower, blah, blah-blah.... Us hearty Cape Codders know what we need to do to get through the Nor'easters and see-sawing temperatures to get to the muddy spring season!

I know just enough about town politics and small-town procedure to be dangerous. I

dare not share any opinions or thoughts here, but I'm on this new push for folks to get educated how municipal government works and what is going on in town. Nothing frustrates me more than someone standing shaking their fist saying, "someone do something." Be the someone that does something. I've started to go through the town's website—it's newly redesigned, and I say much more user-friendly. I found a TON of information about everything: budgets, permits, proposals, current events and even recordings of past meetings, to name a few. I encourage you to do the same. There seem to be major changes — maybe generational changes — happening lately. Long-established businesses are changing hands, large lots being sold off for potential development, a school that is seemingly up for grabs, and all sorts of other goings-on. If you have an iron in the fire, get educated and start forging away. Yes, my grandfather was a blacksmith, and I worked for him as a teenager, hence the reference.

Speaking of getting involved, we are looking to run a Citizens Police Academy this spring.

Adult Day Programs: Respite with Purpose

Suzanne Faith, RN CDP
Cape Cod Healthcare Dementia
& Alzheimer's Caregiver Support



Family caregivers are often called upon to make significant personal sacrifices in order to keep their family members at home. While it helps to not take things personally and to maintain a sense of humor, what is clearly evident is that caregivers simply need time to be alone, run errands, maintain a social life and simply breathe.

Respite programs such as the Dennis Golden Age Program can help caregivers achieve that goal while also offering socially appropriate stimulation to their loved one. However, many caregivers are overly concerned about how their family member will respond to the idea of attending a day program.

When making a decision, caregivers are relying on the past behaviors of their family member believing for example "they are not a joiner," or they are too high-level functioning for something like a day program. They forget that as dementia begins to rob an individual of their memories, they often become different from the person they were.

Adult day care offers an environment where individuals are allowed to gain a sense of purpose beyond the role of the identity they have at home. It's a win-win situation for both caregiver and care recipient, allowing both a break from each other and an opportunity for more successful caregiving experience.

Dennis Golf Winter Job Fair

Tuesday, February 20 • 10 AM • at DCAL

The Dennis Highlands and Pines Golf Courses will be holding a job fair to hire for the 2024 season. We will be holding interviews at the DCAL for the following positions:

- Maintenance
- Ranger
- Golf Cart Attendant
- Starter
- Pro Shop Clerk

All positions are part time, seasonal and require a drivers license.

Suzanne Fecteau, Golf
Operations Manager
508-385-8347 x240



DCAL CAFÉ

Help us get the DCAL Café going by planning to get your morning cup and news every Monday from 8:45–11 AM!

Independence House Counseling

Experiencing controlling relationships or financial dependence? Domestic abuse isn't just physical—it includes emotional and financial manipulation. The Dennis Council on Aging promotes healthy relationships. Reach out to Independence House for confidential counseling, available every first and third Wednesday from 10 AM–12 PM at DCAL. Contact Freddi at **508-771-6507 x241** for details or appointments.

CALLING ALL STUDENTS!

Do you need a community service project? **JOIN THE DCAL!** Placements are available in cosmetology, culinary, horticulture, fitness, and more! Call us for more information.

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|---|
|  <p>1 New Year's Day DCAL Closed</p> | <p>2</p> <p>9:00 Yoga 9:00 Stitch & Chatter 9:00 Chair Caning 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's)</p> | <p>3</p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 1:00 Social Dance 12:30 Bridge 2:00 CCH Alzheimer's Support</p> |
| <p>8</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 12:30 Bridge 1:00 Mah Jongg</p> | <p>9</p> <p>9:00 Chair Caning 9:00 SHINE 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> | <p>10</p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:15 Line Dancing 11:30 Line Dancing 11:30 DY Women's Club 12:30 Book Club 12:30 Bridge 1:00 Social Dance 2:00 Tea & Talk</p> |
|  <p>15 Martin Luther King Jr. Day DCAL Closed</p> | <p>16</p> <p>9:00 Chair Caning 9:00 Stitch & Chatter 9:00 COA Board Meeting 9:30 Golden Age Program 10:00 South Coastal Counties Legal Services 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's)</p> | <p>17</p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Social Dance 2:00 CCH Alzheimer's Support</p> |
| <p>22</p> <p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> | <p>23</p> <p>9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> |  <p>24 12:00 DCAL GRAND OPENING CELEBRATION</p> |
| <p>29</p> <p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> | <p>30</p> <p>9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's)</p> | <p>31</p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 1:00 Social Dance</p> |

| THURSDAY | FRIDAY |
|---|--|
| <p>4</p> <p>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 New Beginnings 3:00 Hiking Club</p> | <p>5</p> <p>9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p> |
| <p>11</p> <p>9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:00 Fall Risk Assessment Screening 1:30 New Beginnings 3:00 Hiking Club</p> | <p>12</p> <p>9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 10:00 Intergenerational Music & Movement 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p> |
| <p>18</p> <p>9:30 Destination Respite 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 New Beginnings 3:00 Hiking Club</p> | <p>19</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 1:00 Canasta 1:00 Hand & Foot</p> |
| <p>25</p> <p>9:30 Destination Respite 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:30 New Beginnings 3:00 Hiking Club</p> | <p>26</p> <p>9:00 Zumba Gold 9:30 Bridge 10:00 State Representative Chris Flanagan 10:00 Intergenerational Music & Movement 10:00 Core & More 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</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!

FALL RISK ASSESSMENT

Thursday, January 11
1 - 4 PM

Are you concerned about your balance and falling? Come meet one-on-one with Physical Therapists and Exercise Physiologists from Cape Cod Healthcare and the VNA of Cape Cod at the Fall Risk Assessment Clinic on Thursday, January 11, from 1-4 PM. Each 30-minute appointment will involve a health screening, balance tests, and a home exercise program. Advanced registration is required and there are limited appointments: no walk-ins will be accepted. Please call the VNA of Cape Cod Public Health directly to register at **508-957-7423**.

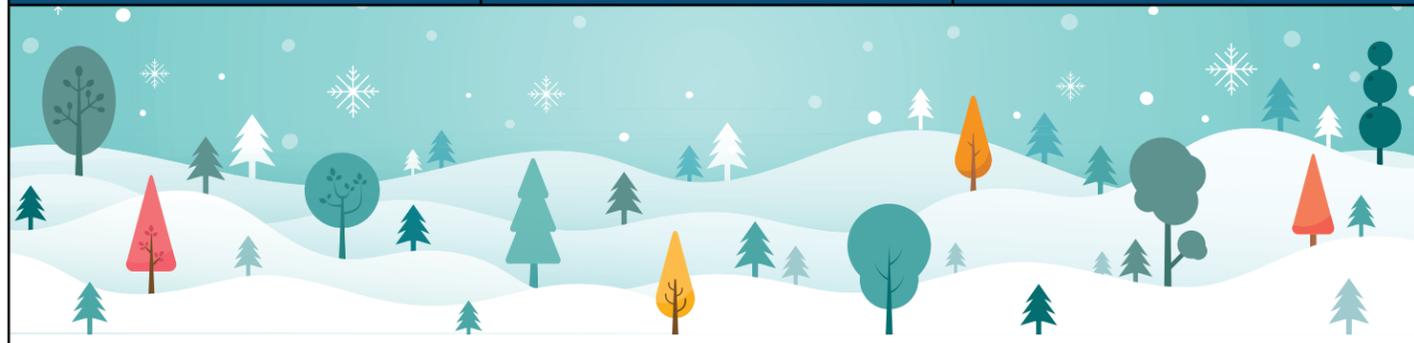


JANUARY BOOK CLUB:

Night of Miracles
The Confession Club

Wednesday,
January 10, 12:30 PM
At Dennis Center for Active Living (DCAL)

18 ~ FEBRUARY CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|--|
|  | | |
| 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 | 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 11:30 DCAL Garden Club 12:30 Bridge 12:30 Bridge (Men's) | 9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 1:00 Social Dance 2:00 CCH Alzheimer's Support |
| 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg | 9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes | 9:00 Line Dancing 9:30 Golden Age Program 10:15 Line Dancing 11:30 DY Women's Club 11:30 Line Dancing 12:30 Book Club 12:30 Bridge 1:00 Social Dance 2:00 Tea & Talk |
| DCAL Closed  Presidents' Day | 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 COA Board Meeting 9:30 Golden Age Program 10:00 Dennis Golf Job Fair 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's) | 9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Social Dance 2:00 CCH Alzheimer's Support |
| 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg | 9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes | 9:00 Line Dancing 9:30 Golden Age Program 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge 1:00 Social Dance |

FEBRUARY CALENDAR ~ 19

| THURSDAY | FRIDAY |
|---|--|
| 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:00 Burried Treasures 1:30 New Beginnings 3:00 Hiking Club | 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 10:00 Intergenerational Music & Movement 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot |
| 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:00 Burried Treasures 1:30 New Beginnings 3:00 Hiking Club | 9:00 Zumba Gold Friday 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 10:00 Intergenerational Music & Movement 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot |
| 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:00 Burried Treasures 1:30 New Beginnings 3:00 Hiking Club | 9:00 Foot Nurse 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 10:00 Intergenerational Music & Movement 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot |
| 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:00 Burried Treasures 1:30 New Beginnings 3:00 Hiking Club | 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 10:00 State Representative Christopher Flanagan 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot |
| 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Fitness with John 1:00 Seniors Connect 1:00 Burried Treasures 1:30 New Beginnings 3:00 Hiking Club | 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! |

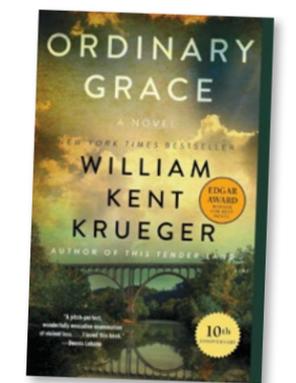
FREE TAX PREPARATION:
AARP Foundation Tax-Aide volunteers will be preparing tax returns for the 2023 tax year season. Tax-Aide's tax season at our location will run from **January 31, 2024 through April 10, 2024**. Tax returns will be prepared at the Center on Wednesdays with most taxpayers being able to pick up their completed returns on the same day. **Please call the Senior Center for an appointment, 508-385-5067.**

BIRTHDAY PARTY BASH

Wednesday, January 17
12:00 PM
Wednesday, February 21
12:00 PM

At Dennis Center for Active Living (DCAL)

Join us to celebrate your birthday!



FEBRUARY BOOK CLUB: Ordinary Grace

Wednesday,
February 14, 12:30 PM
At Dennis Center for Active Living (DCAL)

VNA Exercise Classes

The Dennis Public Library (5 Hall Street, Dennis Port) is hosting two great programs in collaboration with the Visiting Nurse Association of Cape Cod. To register, please call **508-957-7423**.

Men's Fitness: Tuesdays, 1/31-3/21, 10:30–11:30 AM. This hour long group fitness class aims to improve strength, balance, flexibility, and address health concerns that affect men as they age. Advanced registration is required.

Neuro GO! Tuesdays, 1/31-3/21, 12–1 PM. Have you suffered from a stroke, Parkinson's disease, a traumatic brain injury, or have a diagnosed neuromuscular disorder? This exercise program, developed and led by an Exercise Physiologist, aims to help decrease neurological symptoms, improve your overall fitness level, and challenge your brain. Advanced registration is required.



Chair Yoga Class

Thinking of getting back to yoga after so many years? Or maybe thinking of trying yoga for the very first time? All action begins with an Intention. Now is a great time to go to the next step in making things happen: Action! I'm offering a free taste of our Chair Yoga class on Tuesday, January 9th at 9 AM to help get you started. Come for the fun of it and see if this class works for you. Please bring a yoga mat and yoga blocks if you have them and water. I look forward to seeing you! —*Maria Damon*

Beginner Line Dance Classes

Interested in learning how to line dance? Karen of Cape Sands Ballroom will offer Absolute Beginner Pop, Rock and Latin Weekly Line Dance classes on a six-week semester basis. 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 or partner required. Questions? Contact Karen at CapeSandsBallroom@gmail.com. Please inquire about additional line dance opportunities with Karen at DCAL for those with some line dance experience.



Line DanceFests

with Karen of Cape Sands Ballroom at DCAL! \$10 walk-in, first come, first served, easy-ish dances. No partner required.

CapeSandsBallroom.com/dancefests

Throwback to the 1970s Line DanceFest – Thursday, January 25th, 2:00-3:30 pm. Embrace your inner disco star and boogie down to tunes of the fabulous and funky 1970s.

Show Tunes Line DanceFest – Thursday, February 29th, 2:00-3:30 pm. Join us for a little theatrical flair and bounce to the beat of your theater and movie-loving heart.

Social Dance

Here's your chance to feel comfortable on the dance floor and to learn new steps for dances you may already know. Classes are informal and fun! Ten classes, 1/3–2/29, \$10 per person, per class. The basic patterns for the following dances will be covered: **American Waltz, Fox Trot, Rumba, Swing, ChaChaCha, American Tango, Bachata, Salsa, Merengue.** Though not absolutely necessary, a partner would be an asset. Teacher is Frank Callahan. ** Please bring dance shoes to class to protect our floors and to facilitate dance movement.*

MISSED MEDICARE OPEN ENROLLMENT?

You have options if you're already in a **Medicare Advantage Plan**

When: January 1st to March 31st

What can you do:

- Switch to another Medicare Advantage Plan with or without drug coverage.
- Drop your Medicare Advantage Plan and go back to Original Medicare.
- Join a Medicare drug plan
- Make an appointment with a SHINE counselor by calling your local Council on Aging or Senior Center



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**.

WHAT IS UNIVERSAL DESIGN?



Universal design is the design of products and environments to be usable by ALL people, to the greatest extent possible, without the need for adaptation or specialized design.

Universal design is related to aging-in-place remodeling, and a Certified Aging-in-Place Specialist (CAPS) can help you remodel your home using universal design concepts. The NAHB Remodelers in collaboration with Home Innovation Research Labs, NAHB 50+ Housing Council and AARP developed the CAPS program to address the growing number of consumers that will soon require these modifications. While most CAPS professionals are remodelers, an increasing number are general contractors, designers, architects, and health care consultants. Everyone can use universal design! It doesn't matter if you are young or old. You could be short or tall, healthy or ill. You might have a disability, or you may be a prize-winning athlete. Because of universal design, people who are very different can all enjoy the same home. And that home will be there for all its inhabitants even when their needs change.

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



Bill with his Army Jeep



Vets & Friends at Holiday Open House



Charlie's 100th Birthday Celebration



JANUARY 16TH, 10:30 AM
FEBRUARY 20TH, 10:30 AM


 — HONORING ALL WHO SERVED —
VETS & FRIENDS
 at DCAL



Vets & Friends November meeting



Thank you Pelham House

The Supporters of DCOA wish to thank the Pelham House team for creating a festive atmosphere in the DCAL. Thank you for your time, and sense of corporate and community responsibility. We appreciate you!

DONATION BOX AT DCAL

Thank you to those who've donated to the Supporters of the Dennis COA through our Cash Box! Located past the Thrift Shop in the Senior Center lobby, this box, generously donated by one of our board members years ago, has been instrumental in collecting both generous cash donations and memberships. We urge everyone to consider contributing whenever possible. Your donations support our Council on Aging, funding the special programs and events for our seniors. Every bit counts!

JOIN US!

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

SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM

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

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

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



**DENNIS CENTER FOR
ACTIVE LIVING**

1045 Route 134
South Dennis, MA 02660

Presort Standard
U. S. Postage Paid
South Yarmouth, MA 02664
Permit No. 88

Affix mailing label here

THE DENNIS CENTER FOR ACTIVE LIVING

★ *You're invited!*

**DCAL GRAND OPENING
RIBBON CUTTING CELEBRATION**

**January 24, 2024
Noon • Main Ballroom**

Join us for a ribbon cutting at the joining door with the newly remodeled original structure of the Dennis Senior Center.

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

