

MARCH / APRIL 2024

The Cranberry Scoop



Spring is near...



**CAREGIVER ALERT!
RESPIRE TO THE RESCUE**

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

session on March 6th (p.14). Spring is a great time to bring cheer to our members. The Friends of Dennis Senior Citizens deliver Daffodils every spring with Meals on Wheels deliveries. They certainly brighten up your day! Thank you to the Supporters of DCOA for their generous contribution of the grand opening refreshments and the many other ways they support special events and programs at the DCAL. Calling all Caregivers! "Destination Respite" is going strong (p.6). Don't miss out on opportunities to get a break in Barnstable, Yarmouth or Dennis. Call to register your loved one for any of the program sites. Many of you know I am a fan of ballroom dance. Two of our popular instructors, Karen and Frank, are joining together to offer Ballroom Dance Parties (p.20). A lesson is included and social dancing after. There's always something new happening at the DCAL. DY students are back to teach us how to use our new technology (i.e., phones, tablets, etc. (p. 10). We will be having some pop-up meals to test our Café menu offerings. The Legacy Film School is back and better at the DCAL with the Cape Media Center offering workshops you will not want to miss (p.14). Stay tuned for a late spring opening of the DCAL Breakfast Café in our next edition.

See you soon!
 Best,

Brenda

ON SUNDAY, MARCH 20TH, AT 11:33 P.M. EDT THE SUN WILL CROSS THE EQUATOR TO OFFICIALLY WELCOME SPRING.

Celebrate spring with us. The DCAL Garden Club will be helping us spruce things up in the new patio and courtyard to get ready for some outdoor garden and grilling fun.

We welcome Spaulding Rehab, our newest health and wellness partner, to the DCAL. Check out what they have to offer at their info

On the cover: Photo 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:

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."

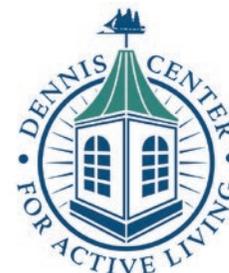


**Barnstable Adult
Community
Center (BACC)**
825 Falmouth Road
Hyannis
508-862-4750



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)**
Caregiver Dementia Training and
Social Engagement Events.
Dates and times vary. Please call for details.
AFSC: 508-896-5170; CILA: 774-552-2609



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



Kelli Fieldhouse

Caregiver Corner

Hello, DCAL! It's Kelli here, perhaps the most "seasoned" 29-year-old you'll meet, often seen fluttering around the center with a blend of energy and old-soul wisdom. For those who haven't met me,

I'm the one who lovingly refers to her roommates, a.k.a. my grandparents, as my "kids."

It's been a whirlwind four years since I decided to move in with them. Time really does fly when you're having fun, doesn't it? Apart from playing the caregiver role, I'm also around here part-time, fresh off the boat from earning my first MS, in Gerontology, (that's a fancy way of saying I'm all about embracing the silver years), and I'm currently working through my second master's, in Social Work.

Now, you might wonder how I manage to juggle so many roles and wear so many hats. The trick, my friends, is a killer organization game:

- **Planner Perfection:** My trusty planner is where it all happens. Every task, appointment, and reminder are neatly penciled in. Why pencil, you ask? It's simple: plans change, and erasing is so much cleaner than crossing things out. A tidy planner means a tidy mind!
- **Doctor's Days:** Grouping all medical appointments on the same day is a game-changer. It frees up the rest of the week for life's more enjoyable moments. And hey, if there's a gap between appointments, it's the perfect excuse for a lunch date, which just so happens to be my gram's favorite pastime.
- **Medication Magic:** I've got a system for medications that works like a charm. By preparing three large

trays at a time, we avoid the daily confusion and keep everything in order. And here's a pro tip: managing meds on a 90-day schedule is a lifesaver, making this chore a rare nuisance rather than a frequent frustration.

- **Emergency Essentials:** Being prepared is non-negotiable. I always have spare copies of medication lists and essential contacts ready. And don't forget to clearly mark your emergency contact and healthcare proxy. Pro tip: At Cape Cod Hospital, you can submit their healthcare proxy form directly, and they'll file it for you. It's one less thing to worry about in an emergency.
- **Routine Rhythm:** Our oversized desk calendar is the command center of our living area (hung up so it doesn't walk away) keeping all our important dates and appointments in clear view. Right there with it, we keep the essentials — medication lists and important contacts — so everything we need is at our fingertips at all times. This setup is key to our daily flow, ensuring that life runs smoothly and we're always prepared. Not having to worry about where and when something is goes a long way and saves a lot of time throughout the days.
- **Hydration Heroics:** Every morning, I place bottles of electrolyte water on the matching side tables next to my grandparents' recliners. This ensures they start their day hydrated and have no excuse not to drink. Their recliners, side by side in the living room, have become the perfect spot for this small but significant ritual. And to keep things interesting and ensure my grandfather doesn't try to pull a fast one by showing me yesterday's bottle, I switch up the flavors daily. It's a fun twist that keeps everyone on their toes and hydrated! And hey after four years they have finally admitted water does make them feel better. Ah it's the little things in life that make me happy!

TO BE CONTINUED

DESTINATION RESPITE SCHEDULE

Barnstable Adult Community Center (BACC)

825 Falmouth Road, Hyannis

508-862-4750

2nd Mondays and 4th Tuesdays

11 AM – 2 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 – 12:30 PM

Alzheimer's Family Support Center (AFSC) and Cape International Language Academy (CILA)

Caregiver Dementia Training and social engagement events. Dates and times vary. Call for details.

Interpreters available - Spanish and Portuguese. **AFSC: 508-896-5170; CILA: 774-552-2609**



Carl Arlanson & Sisters
(Hydro Rower Donation in Memory
of Harry and Dorothy Arlanson, East Dennis)



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

Meditation 101

Thursdays 9:30AM – 10:30AM

Embark on a journey of self-discovery and inner peace in our new "Introduction to Meditation" class. Whether you're new to meditation or seeking to deepen your practice, this class offers a welcoming space for all. Guided by Wendy DeFeudis of Very Wendy Yoga, you will explore various meditation techniques designed to cultivate mindfulness, reduce stress, and enhance overall well-being. In this class, you'll learn the fundamentals of mindful breathing, body awareness, and present-moment focus. Each session will incorporate gentle movements, relaxation exercises, and guided meditations to help you find tranquility and connect you more deeply to your true self. Discover the power of being fully present and gain practical tools to integrate mindfulness into your daily life. No prior experience is necessary, and all levels of practitioners are welcome.



SMOKED SALMON & AVOCADO TOASTS

INGREDIENTS:

- 1 ripe avocado, pitted
- 2 teaspoons lemon juice
- 1 teaspoon minced fresh tarragon
- 24 toasted cocktail-size slices pumpernickel bread or melba toasts
- 2 ounces smoked salmon, cut into 24 pieces
- 1 teaspoon coarse Maldon sea salt
- Fresh tarragon sprigs,

capers, sliced cornichons or olives, poppy or sesame seeds, lemon zest and/or red onion for garnish

DIRECTIONS:

Mash avocado with lemon juice and tarragon in a bowl. Spread about 1 teaspoon of the mixture on each piece of bread (or toast). Top with salmon and sprinkle with salt. Garnish as desired.



Spring Word Search

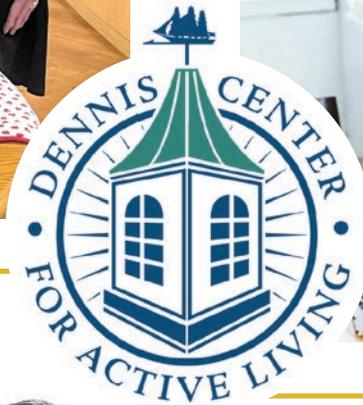
- Airy
- Flowers
- Rainbows
- Storm
- Cookouts
- Outdoors
- Sapling



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Y	S	G	L	Z	R	X	X	Y	Y	S	A	J	P	W	D

10 ~ DCAL EVENTS

Thank You WEST DENNIS GARDEN CLUB



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*



LEARN EASILY WITH
HELP FROM OUR LOCAL
DENNIS-YARMOUTH
HIGH SCHOOL STUDENTS

Smart Phone & Tablet Tutoring Sessions

For more information contact
DCAL 508-385-5067

Every Monday in March, 2:45 PM–3:45 PM



Coffee with a Cop

A chance to meet a Dennis police officer, have a chat & ask any questions you may have

**March 19 & April 16
9-10AM, DCAL Cafe**

Starts before
Vets & Friends event



INTERESTED IN LEARNING FINE ART COLORED PENCIL?

**Contact DCAL!
508-385-507**
Class day TBD,
based on interest!

GREETINGS FROM THE OUTREACH DEPARTMENT AT DCAL!

Susan and I hope that you not only survived the winter, but that you thrived! We continue to facilitate or offer the following programs: PEARLS (our short-term mental health program), Mobile Food Pantry, Friendly Visitor/Reassurance caller program and referrals for support services. In addition, we will begin a new Grief Support group the fourth week of March. Sign-up is required and space is limited. Also, did you know Dennis is offering rental assistance to qualified residents? Please call Julie or Susan for more information. We hope to see you at the Center!



JULIANA BENOIT
DCAL Human Services
Outreach Coordinator
774-352-3042



SUSAN BOROWICK
DCAL Human Services
Assistant Outreach
Coordinator
774-352-3048



**We are here to help!
Here's How:**

FUEL ASSISTANCE

The fuel assistance program helps eligible low income households with their heating bills in the winter. We assist with oil, kerosene, propane, gas, electric, or wood/pellets. For information about the fuel assistance program or to apply call us at 508-746-6707 or go to our website www.SSCAC.org.

WEATHERIZATION

Is your home cold and drafty in the winter and hot in the summer? Want to save \$\$ on your electric bills? Our weatherization program offers no-cost insulation and weather sealing to eligible households. If you have been approved for fuel assistance or have a low-income discount on your utility bill you may qualify. To see if you qualify for this FREE program Call the Energy Conservation Dept. 508-747-7575 x6221.

APPLIANCE MANAGEMENT PROGRAM

Do you have an old, energy-inefficient washing machine, refrigerator, freezer, dehumidifier or window AC unit(s) contributing to high electric bills? Our Appliance Management Program will assess these appliances for energy efficiency. Qualifying appliances will be replaced at no cost with new, energy-efficient models. We will also replace incandescent light bulbs with energy-efficient bulbs as well as provide some other energy-saving items and suggestions. If you have been approved for fuel assistance or have a low-income discount on your utility bill you may qualify. To see if you qualify for this FREE program call the Energy Conservation Dept. 508-747-7575 x6221. (Program not available in towns with municipal electricity.)

HEATING SYSTEM REPAIR AND REPLACEMENT

Does your heating system need to be repaired or replaced? Eligible homeowners may qualify to have their system repaired or replaced at no cost. You may qualify for this FREE program if you are an eligible fuel assistance applicant or receive a low-income discount on your utility bill(s). For more information call the Energy Conservation Dept. 508-747-7575 x6253

12 ~ PUBLIC SAFETY



WELL, WE'VE MADE IT THROUGH THE MAJORITY OF WINTER, and spring is at our doorstep. Pretty soon, daylight hours will equal, then exceed the number of hours we are stuck in darkness. My solar panels will start making me some money! Yay for all of us solar panel people! Now if I could just get the kids to shut lights off after they leave the room....

Signs of spring also mean seasonal businesses start to open back up. My favorite sandwich shop will soon reopen and I'll end up back in the bigger waist size pants. This also means the crowds start coming back, and we have to share our little block of paradise again. Remember when Labor Day weekend ended and we rolled up the sidewalks? And then it was desolate until Memorial Day? Well, not anymore. My little guy affectionately refers to them as "the old days," which I well remember. This is a tough time of year because we get little teasers of spring. But mostly we get 40 degrees and fog. The ocean water that keeps us temperate long into the fall season is not really our friend in the spring. It's tough to watch the weather forecasts of Boston suburbia in the 70's. But hey, maybe they deserve it because they always get the brunt of the snow in winter.

Speaking of the end of winter, some of us car enthusiasts can take our "toys" out of hibernation! Let's get a good soaking on the road to wash away the salt and get those babies running! I am so fortunate to own my dream car. I love driving it, and yes, it's fast. It can pass everything but a gas station. It even has the old fashioned six-speed manual transmission: the millennial anti-theft device. My little guy wants to learn to drive it, but that answer is a hard "No", even for my teenagers who already drive. Once again, the seven-year-old's logic gave me pause: "Who cares Dad, when I get my license, cars will drive themselves. And there probably won't be any more gas stations anyway." Gulp, I hate it when he makes sense. Not only will he be choosing my nursing home, but he will be programming the robot nurse that will take care of me. The teenagers then google how fast automatic transmissions can shift, have faster acceleration, are more fuel efficient, blah, blah, blah. The heck with it—I still love my car!

But if I haven't gotten off the technology train, I'm probably about to. My timing is not good, with all this new artificial intelligence stuff coming out. It's starting to make me think that my intelligence is artificial. It's funny when my kids, or even the younger guys at work try to

point out better, faster ways to do things with technology. I've turned into my dad when I answer, "No, this is how I know how to do it and I'm not learning a new way." It is amazing to sit back and see all the amazing things technology can do. I tell myself that if the Internet ever fails or there's an extended power outage, I'll survive! I wonder if that day will ever come....

If I'm not totally embracing technology, at least I should appreciate it. With cameras everywhere nowadays, you can add artificial intelligence and facial recognition into alarm systems, all driven through your computer. And that's just for camera systems you can install at your house. Then throw in your phone that allows you to be located virtually every minute of the day—I bet if you walk into a room and forget why you went in there, a computer might soon be able to remind you why. Pretty amazing, and pretty scary at the same time.

I'm going to embrace my little guy's comfort with technology. Maybe he can turn off all the tracking in my phone and my car, and he can make my cell phone not listen to me 24 hours a day. I sure won't be able to figure all that stuff out, so maybe I should stop calling tech people "nerds," although I say it with respect and admiration. In any event, stay healthy, stay safe, and we'll see you out there—maybe virtually too?

— Sgt. Ryan Carr
Dennis Police Department

14 ~ COMMUNITY PARTNERS



Adaptive Sports Centers: Winter 2024

Cost: \$35 per session, pre-registration is required

Work one-on-one with a trainer to meet your fitness goals.

Inclusive Fitness Training sessions are individualized one-on-one fitness sessions led by a Certified Inclusive Fitness Trainer. The first session begins with an intake assessment, goals setting and baseline exercises to create a personalized fitness program. Future sessions focus on established fitness goals including but not limited to increasing strength, mobility, endurance and balance. The therapist will create individualized plans for each participant, structuring the 45-minute sessions to work toward predetermined strengthening goals.

Spaulding Adaptive Sports Centers support individuals of all abilities in leading active and healthy lives through participation in adaptive sports and recreational activities. The programs are delivered under the supervision of Spaulding clinicians and adaptive sports professionals, and are open to children and adults. Staff members help each participant find the most appropriate activities to meet their abilities and help them Find Their Strength.

Tuesdays & Thursdays (Jan–April)

Spaulding Cape Cod in
the Outpatient Gym

311 Service Rd., E. Sandwich, MA

Wednesdays: (March–April)

Dennis Center for Active Living in
the Evergreen Fitness Studio

1045 Route 134, South Dennis, MA

Times available at both locations: 10:00, 11:00, 1:00, 2:00 and 3:00

FOR REGISTRATION sasc.spauldingrehab.org, 877-976-7272

Stroke Awareness and Prevention Presentation

The Cape Cod Hospital Stroke Program in collaboration with the Cape Cod Healthcare Rehab Services will be presenting on stroke awareness and prevention at the Dennis Public Library on Tuesday, March 19th, from 11 am–12:30 pm. Learn about the signs of a stroke and what to do if symptoms occur, as well as healthy habits and other ways to decrease your risk of having a stroke. There will be an open discussion at the end of the presentation.

To save your seat, please call the library at 508-760-6219.

For transportation, please call the Dennis Center for Active Living at 508-385-5067



ACTIVE LIVING STUDIO ON THE GO will teach community members how to amplify their voice with the most popular media today, video, using a state-of-the-art, multi-camera streaming kit! Citizen journalists will be able to livestream to Facebook, YouTube and other social media platforms, or record to the device itself. The Cape Media Center will provide the tools, training and transmission for their productions. Three 1-hour classes will be held on Thursday, March 28th, April 4th, and April 11th, at 1 pm. Classes are FREE! Please call the DCAL to register at 508-385-5067.

16 ~ MARCH CALENDAR

MONDAY

TUESDAY

WEDNESDAY



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>9:00 Hearing Clinic 9:00 Line Dancing 9:00 Painting 10:00 ADA Board Meeting 10:00 DY Women's Club Board 10:15 Line Dancing 12:00 Shuffleboard 12:00 Friends Board Meeting 12:30 Bridge 1:00 Senior Planet 1:00 Mah Jongg 2:45 DYHS Phone Support</p> <p style="text-align: right;">4</p>	<p>7:00 Voting Precinct 2 9:00 Yoga 9:00 Stitch & Chatter 9:00 Chair Caning 9:30 Golden Age Program 12:00 DCAL Garden Club Meeting 12:30 Bridge 12:30 Bridge (Men's)</p> <p style="text-align: right;">5</p>	<p>9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:00 Fitness with John 10:15 Line Dancing 10:30 Musical Souvenirs 11:30 Line Dancing 1:00 Senior Planet 12:30 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">6</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 1:00 Senior Planet 2:45 DYHS Phone Support</p> <p style="text-align: right;">11</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 style="text-align: right;">12</p>	<p>9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 12:00 DY Women's Club Meeting 12:30 Book Club 12:30 Bridge 1:00 Senior Planet 2:00 Tea & Talk</p> <p style="text-align: right;">13</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 1:00 Senior Planet 2:45 DYHS Phone Support</p> <p style="text-align: right;">18</p>	<p>9:00 Coffee with a Cop 9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 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 style="text-align: right;">19</p>	<p>9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 2:00 CCH Alzheimer's Support 1:00 Senior Planet</p> <p style="text-align: right;">20</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 2:45 DYHS Phone Support</p> <p style="text-align: right;">25</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:30 Grief Support Group 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> <p style="text-align: right;">26</p>	<p>9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge</p> <p style="text-align: right;">27</p>

THURSDAY	FRIDAY
	<p>9:30 Bridge 1</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p> <p>1:00 Seniors Connect</p>
<p>9:30 Meditation 101 7</p> <p>9:30 Destination Respite</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:00 Mindful Stretching</p> <p>1:00 Buried Treasures</p> <p>1:00 Social Dance</p> <p>1:30 New Beginnings</p> <p>3:00 Hiking Club</p>	<p>9:00 Zumba Gold 8</p> <p>9:30 Bridge</p> <p>10:00 Core & More</p> <p>10:00 Mobile Food Pantry</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p> <p>1:00 Seniors Connect</p>
<p>9:30 Meditation 101 14</p> <p>9:30 Destination Respite</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:00 Mindful Stretching</p> <p>1:00 Social Dance</p> <p>1:00 Buried Treasures</p> <p>1:30 New Beginnings</p> <p>3:00 Hiking Club</p>	<p>9:00 Zumba Gold 15</p> <p>9:00 Foot Nurse</p> <p>9:30 Bridge</p> <p>10:00 Core & More</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p> <p>1:00 Seniors Connect</p>
<p>9:30 Meditation 101 21</p> <p>9:30 Destination Respite</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:00 Mindful Stretching</p> <p>1:00 Social Dance</p> <p>1:30 New Beginnings</p> <p>1:00 Buried Treasures</p> <p>3:00 Hiking Club</p>	<p>9:00 Zumba Gold 22</p> <p>9:30 Bridge</p> <p>10:00 State Representative Chris Flanagan</p> <p>10:00 Core & More</p> <p>12:30 Cribbage Friday</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p> <p>1:00 Seniors Connect</p>
<p>9:30 Meditation 101 28</p> <p>9:30 Destination Respite</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:00 Mindful Stretching</p> <p>1:00 Social Dance</p> <p>1:00 Buried Treasures</p> <p>1:30 New Beginnings</p> <p>2:00 Latin Line DanceFest</p> <p>3:00 Hiking Club</p>	<p>9:00 Zumba Gold 29</p> <p>9:30 Bridge</p> <p>10:00 Core & More</p> <p>12:30 Cribbage Friday</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p> <p>1:00 Seniors Connect</p>



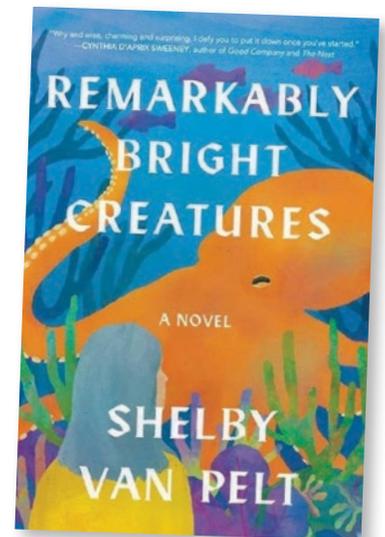
BIRTHDAY PARTY BASH

Wednesday, March 20
12:00 PM

Wednesday, April 17
12:00 PM

At Dennis Center for
Active Living (DCAL)

Join us to celebrate
your birthday!



MARCH BOOK CLUB:

Remarkably Bright Creatures

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

18 ~ APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY
9:00 Line Dancing 9:00 Painting 9:00 Hearing Clinic 10:00 ADA Board Meeting 10:00 DY Women's Club Board Meeting 10:15 Line Dancing 12:00 Friends Board Meeting 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 1	9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 12:00 DCAL Garden Club 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party 2	9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 10:00 Fitness with John 2:00 CCH Alzheimer's Support 3
9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 8	9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:30 Grief Support Group 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes 9	9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 12:00 DY Women's Club Meeting 12:30 Book Club 2:00 Tea & Talk 10
Patriots' Day 15  DCAL Closed	9:00 Coffee with a Cop 9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party 16	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 2:00 CCH Alzheimer's Support 17
9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 22	9:00 SHINE 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:30 Grief Support Group 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes 23	9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge 5:30 Town of Dennis Annual Water District Meeting 24
9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg 29	9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 30	9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 31

APRIL CALENDAR ~ 19

THURSDAY	FRIDAY
<p>9:30 Meditation 101 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Buried Treasures 1:00 Social Dance 1:30 New Beginnings 3:00 Hiking Club</p> <p style="text-align: right;">4</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 1:00 Seniors Connect</p> <p style="text-align: right;">5</p>
<p>9:30 Meditation 101 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Buried Treasures 1:00 Social Dance 1:30 New Beginnings 3:00 Hiking Club</p> <p style="text-align: right;">11</p>	<p>9:00 Zumba Gold Friday 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 1:00 Seniors Connect</p> <p style="text-align: right;">12</p>
<p>9:30 Meditation 101 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Buried Treasures 1:00 Social Dance 1:30 New Beginnings 3:00 Hiking Club</p> <p style="text-align: right;">18</p>	<p>9:00 Foot Nurse 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 1:00 Seniors Connect</p> <p style="text-align: right;">19</p>
<p>9:30 Meditation 101 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Buried Treasures 1:00 Social Dance 1:30 New Beginnings 2:00 Dancer's Choice Line DanceFest 3:00 Hiking Club</p> <p style="text-align: right;">25</p>	<p>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 1:00 Seniors Connect</p> <p style="text-align: right;">26</p>



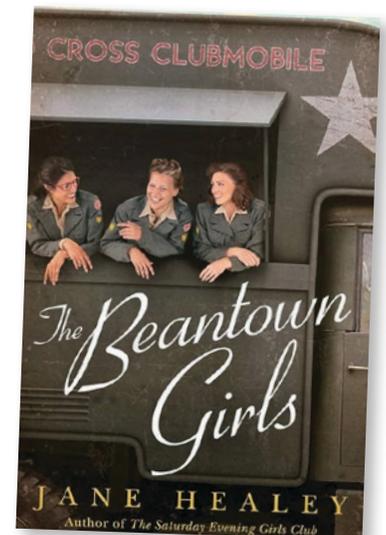
Please be advised this calendar is subject to change at any time. Call the DCAL **508-385-5067** with any questions or to confirm events and classes. Thank you!

TOWN OF DENNIS *Rabies Clinic*

April 6th, 9 AM

FRIENDS OF DENNIS *Red Cross Blood Drive*

The American Red Cross blood drive will take place on **Saturday, April 27, from 9am to 1:15pm at DCAL**. It is so important to give blood to help kids fighting cancer, patients waiting for critical surgery, and those who need blood to survive traumatic injuries. We hope you will join us, roll up your sleeves, and give the gift of life.



APRIL BOOK CLUB: *The Beantown Girls*

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

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, start at 11:30 AM on Wednesday, April 10. 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.

Weekday Afternoon Ballroom Dance Parties

For singles and couples of all ages and ability levels at Dennis Center for Active Living (DCAL) 1045 MA-134, South Dennis, MA 02660

Every First and Third Tuesday of the month

1:00—1:45 pm beginner dance lesson
2:00—4:00 pm general dancing

To fine recorded music, complimentary cookie tray and ice water provided. Door prize!

Walk-in \$10 per person

Cash or check payable to Dennis Senior Center. First come, first served. Please bring a change of shoes to protect the dance floor. Dress code dressy casual.

April 2nd

Your host:
Karen Shackelford of
Cape Sands Ballroom

Pre-dance lesson:
waltz

April 16th

Your host:
Frank Callahan of
Silver Fox Fitness

Pre-dance lesson:
swing

Line DanceFests

with Karen of Cape Sands Ballroom at DCAL!

\$10 walk-in

First come, first served, easy-ish dances for dancers who are confident in line dance basics. No partner required.

CapeSandsBallroom.com/dancefests

Baila! Latin Line DanceFest – Thursday, March 28th, 2:00–3:30 pm. Rumba, cha cha, salsa, merengue and more to Latin pop and classic tunes.

Dancers' Choice Line DanceFest – Thursday, April 25th, 2:00–3:30 pm. An all-request afternoon of line dancing. Register your requests by picking up your ballot from the instructor before or after any line dance class (see calendar) by March 27th.

Core & More Chair Fitness Class

Discover your strength & invest in your health with Core and More Chair fitness classes at DCAL on Fridays at 10AM. This is an easy-to-follow intervals class of core and cardio work for endurance, strength, and posture. You really can benefit from great exercise while sitting! Questions? Contact Christina at revivethrive@yahoo.com



Hiking Club: Grays Beach, Yarmouth Port

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



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.

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**.

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

22 ~ VETS & FRIENDS

SPRING 2024 PROGRAMS
MARCH 19TH, 10:30 AM
APRIL 16TH, 10:30 AM

— HONORING ALL WHO SERVED —
VETS & FRIENDS
at DCAL



Vets and Friends is ready for Spring with three new and timely topics for conversation at our March and April general meetings. In March, we'll be following up on what we learned at our February meeting when we asked for members' ideas to help get our new Health and Exercise program going.

March and April are also marked by two professional sporting events renowned for helping us move on from winter. They happen in a season called Spring, when the weather becomes pleasant and the grass turns green. To be sure, there are other notable sporting events during the Spring, but, perhaps, none so highly regarded in their arenas as the two we are so fortunate to feature during our Spring meetings.

First, The Masters. Played on what many consider golf's most hallowed ground, the Augusta National Golf Club. The world's top golfers appear annually



to compete for what most consider the game's lifetime achievement, winning the infamous Green Jacket. Some facts: At founder and golf legend Bobby Jones's insistence, the tournament was named the Augusta National Invitation Tournament upon its opening in 1934. After five years, Jones relented and agreed with other founding members to change the name to The Masters. Since 1940, The Masters has been played early in April; in 2024 it will be played April 10–14.

Also, first (there is no second place on a list like this one), but played on ice not grass, is professional hockey's highest achievement. Winning the Stanley Cup. Now 130 years since its creation in Sheffield, England, it's the oldest trophy in North American pro sports. A true hockey fan, Lord Stanley of Preston, the then Governor General of Canada, bought the Cup in 1892 and a competition began. The amateur Montreal Hockey Club won the first "Lord Stanley's Cup" the following year. Although open to other teams and leagues, since 1926 The National Hockey League (NHL) has been the only source of competition for the cup. Sadly, our Bruins haven't won it since 2011. Cape Cod resident, former Boston Bruin and 11-year NHL veteran Dan Lacouture will be with us to share stories about what life is like as a hockey professional.



DCAL GRAND OPENING

The Grand Opening of the newly completed renovation of the Dennis Center for Active Living was a wonderful success. We saw many new members and familiar faces attending on Wednesday, January 24th. A ribbon-cutting was followed by refreshments, greetings from members of the COA and the Select Board, and an opportunity to tour the center. Refreshments were provided by the Supporters.



RAFFLE FUNDRAISER

Supporters would like to thank all the people who participated in our January Calendar Raffle. Congratulations to the winners listed here. These monies make it possible for us to continue supporting the many wonderful programs you enjoy at the center.

The Supporters would like to give a special thanks to Ed France, Helen Ann McElhaney, and Mavis Grorud for donating their winnings back to the Supporters.

WINNERS

- Judith Peterson
- Susan Collins
- Helen Ann McElhaney
- Doris Callahan
- Ed France
- Ali Griffin
- Kathleen Manning
- Mavis Grorud
- Nancy Peters
- Ann Hamilton
- Beverly Gage
- Harriet Harrington
- Joanna Booth
- Janet Levesque

- Pauline Ellis
- Carol Terrio
- Carol Capachione
- Nick and Meg Inman
- Lou Lopes
- Maureen McCarthy
- Patricia Harrington
- Richard Harrington
- Jack
- Robin Smith
- Marie Mike
- Karen
- Claudia Dillaire
- Debra Kay



DENNIS CENTER FOR ACTIVE LIVING

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THE DENNIS CENTER FOR ACTIVE LIVING

SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM

Return Form and Check to: Supporters of Dennis COA; PO Box 606; 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 _____ _____