

MAY / JUNE 2024

# The Cranberry Scoop



## Powered by Connection

**The Salon at DCAL Opens**

**Welcome Caregivers  
to Destination Respite**

***BEWARE: SCAMS ON THE RISE***

**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

with others is the most important thing we do in our day. Some people still feel a bit disoriented by the isolation of quarantines and we would like to see more of you getting out and connecting with friends and neighbors. As the warmer spring weather moves in, we offer many opportunities for connection. To get ready for those fun social activities, visit "The Salon" at the DCAL, our new grooming studio. Cosmetologist/stylists Elizabeth and Rose (p.8) will be offering grooming services for affordable fees in a convenient and accessible location—right here! Appointments can be made by calling the main number.

The Library is stocked (p.9) with great reads and the space is being enjoyed by avid readers and puzzlers (a.k.a. dissectologists). Thank you, Nancy! This is one of my favorite new rooms, with a working fireplace. Don't forget to read Kelli's article in her caregiving series (p.6), full of tips and humor as she shares life with her roomies. Are you a caregiver? If you need a break, call one of the Destination Respite sites to register (p.6). Beware of the growing number of scams targeting older persons (p.11). If you suspect you are being scammed, please call us.

Finally, we wish to welcome PFLAG as a new partner of DCAL (p.14). We appreciate their motto, "Leading with love," and hope to welcome LGBTQ+ residents, friends and families, to connect with us and have a place away from home to call their own. Happy Spring!

*Brenda*

**Age Friendly Dennis, a beautiful place to grow up and grow old, is Powered by Connection!**

That's the theme of Older Americans Month 2024. Every May, the nation celebrates older Americans, those who have reached the age of 65 and above. The Dennis Select Board made the proclamation during their last April meeting and continue to be supportive of the Age and Dementia Friendly work done by the DCAL team.

At the DCAL, we believe connecting



**Carol Anne and Marty, DCAL Docents. Call us for a tour.**

*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 two days 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. Mon – Sat, 7:30 AM – 6:00 PM**

**Download the CCRTA SMARTDART app today!**



### FREE FARES FOR 60+ AND PERSONS WITH DISABILITIES

Come to the DCAL with your CCRTA Charlie Card and change it to the FREE GO Card, or sign up to receive a new GO Card. Thursday, May 2, 2024 10 AM–2 PM, in the Café. There will be a representative helping with sign-ups. **If you have any questions, call us at 508-385-5067.**

ATTENTION CAPE COD CAREGIVERS:

**DESTINATION RESPITE**  
Your Gateway to Well-Deserved Breaks!

**DESTINATION RESPITE** is a collaborative of local agencies working together to expand respite options for Cape Cod caregivers. Each Destination Respite Program offers up to three hours of activity two times each month. The program offers services to underserved caregiver populations. 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:** Call each site to schedule your visit.

*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  
508-862-4750



**DESTINATION RESPITE LOCATIONS**



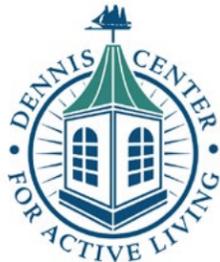
**Alzheimer's Family Support Center (AFSC) and Cape International Language Academy (CILA)**  
Caregiver Dementia Training and Social Engagement Events.  
Dates and times vary. Please call for details.  
**AFSC: 508-896-5170; CILA: 774-552-2609**



**FALAMOS PORTUGUES**

Call for Appointment to speak with Marineti Matos or one of our advocates.

**Marineti Matos**  
Destination Respite Cultural Coordinator  
mmatos@town.dennis.ma.us  
508-776-7508



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



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



**Caregiver Corner**

**CONTINUED FROM PREVIOUS ISSUE**

**Kelli Fieldhouse** Speaking of my grandfather, he fancies himself the reigning champ of our household prank wars (I humor him, of course), still showing off his strength at the weight bench while masterfully deploying fake critters around the house to keep me on my toes. And my Gram? She's a vibrant social butterfly who recently celebrated her 90th birthday.

Let me tell you about the time she decided to pull a Houdini on us. It was just another day for her monthly luncheon with her 'no hatters' group, the usual routine: drop her off at noon and pick her up promptly at 2 PM. Everything seemed normal until that day when I arrived to find her nowhere in sight. My heart dropped. Frantically, I asked the server about the group of lively older ladies, only to hear they had settled their bills and left. "What?!" I thought, scanning the restaurant and then rushing outside, hoping to spot her. That's when, out of the corner of my eye, I saw a familiar little figure, a 'q-tip', as my grandfather affectionately calls her, sneaking into a car across the parking lot. I dashed over and breathlessly asked, "Are you with the no hatters? I'm looking for my grandma." To which she

cheerfully responded, "Oh, you must be Kelli! Yes, Barbara hitched a ride with one of the ladies. We're off to an after-party to celebrate a 99th birthday!" I was flabbergasted. No call, no heads-up, she just went off to continue the party, leaving us in the dark. Relaying this unexpected turn of events to my grandfather, who was waiting in the car, we both couldn't help but chuckle at her spontaneous spirit. Following the lead, we drove across town, and sure enough, as we approached our destination around 3 PM, the lineup of four walkers parked outside was a clear sign we were in the right place. I went in to find her having the time of her life, completely unbothered by the mini heart attack she'd given us. I declared, "You're grounded, young lady!" the ladies all seemed to get a kick out of that one.

So, there you have it, folks—a little peek into my life, juggling the joys and jests of living with the coolest 'kids' in town, my grandparents. Between the planner strategizing, the hydration missions, and the unexpected luncheon escapades, it's a wild, wonderful ride. It's these moments, the laughter we share and the surprises we navigate together, that truly bring everything full circle. Here's to more adventures, more laughs, and making every day count with my favorite partners in crime. Life's a journey best traveled with a sense of humor and a heart full of love, after all. If you ever find yourself at the center, stop in to say hello—I'm always here to share more tips, tricks, or resources. I hope to see you all around! —Kelli

**GOLDEN AGE PROGRAM**

Need a day for yourself? The Golden Age Program (GAP), at Dennis Center for Active Living, offers supportive day services on Mondays, Tuesdays and Wednesdays from 9:30 AM to 2:30 PM

**Call Julie Benoit, Outreach Coordinator, for details about this vital program for caregivers and individuals living with cognitive impairment. 508-385-5067**



*GAP Expansion to Mondays will include services offered by a trilingual Supportive Day and Respite staff.*

**DCAL MULTICULTURAL WELLNESS CLUB**

On Friday, June 7th, from 9 AM–3PM, Dennis Center for Active Living will begin to better meet the needs of our multicultural community by including a one-day Destination Respite Program for Portuguese and Spanish speaking members. Falamos Portugues & Hablamos Espanol.

COMING SOON: Expansion to Mondays of the Portuguese & Spanish Day Program.

**Please Call for Information: 508-694-2001**

**Elizabeth Cavanagh**

Hair Stylist

Hey, my name is Elizabeth, a licensed cosmetologist and esthetician. I am an entrepreneur based out of Cape Cod enjoying the beach, traveling, and taking fitness classes. This career path has always been my Passion! I love what I do and I am always looking for opportunities to continue my education and to learn new trends and skills. Being in the Beauty Industry has taught me so much. I find that every day will never be the same, or feel like work, which makes this business so rewarding. I look forward to meeting you, and helping you achieve those beautiful hair goals.

**Rose Sacco**

Licensed Hair Stylist

I was born in Ecuador, and my family moved to Watertown, MA when I was 12 years old. After finishing High School, I met my husband and eventually moved to the Northshore and raised a family of three children. After many years living in Saugus, and my husband retiring we decided to sell our home and move to the Cape full time. My happy place! I enjoy music, dancing, exercise, the ocean and outdoor activities. I have over 40 years of salon experience which includes working at the Lynnfield Senior Center and the Kaplan Estates Assisted Living Community in Peabody.

**DENTAL CARE FOR HOMEBOUND INDIVIDUALS**

Mobile Dental Hygiene Services is now booking in-home preventative dental care visits to individuals who are unable to access dental care in traditional office settings. **Please call 508-827-6725 or email smiles@mobiledentalhygiene.com for more information and to make an appointment.**

**Have you been feeling down or blue? Then PEARLS may be for you.**

If you answered “yes” to this question and you are age 55+, we may be able to help! DCAL offers a no cost, in-home and center based counseling program called PEARLS, or Program to Encourage Active, Rewarding Lives for Seniors. During six to eight sessions, PEARLS program coaches empower individuals to take action, create lasting change and lead more active and rewarding lives.

Please call **508-385-5067** for more information.

**PFLAG Cape Cod Portuguese LGBT Support Group**

DCAL would like to extend support to grandparents and family members of LGBTQ persons by sharing some of PFLAG’s many resources. PFLAG will be holding support meetings for Portuguese speaking LGBTQ folks and their loved ones. These monthly support meetings provide a safe space that is relaxed, nonjudgmental, and confidential. People often find others with similar issues, and discussions help relieve feelings of confusion, isolation, anger, helplessness, or fear.

**Hybrid meetings (on-line or in person)**

will be held starting the third Friday of every month, May 17 from 7 PM–8 PM, at 116 Stevens Street Hyannis.

*In partnership with Latinx In Action & Independence House*

Sign up for our emails and find more information, including meeting dates, at [pflagcapecod.org](http://pflagcapecod.org)

**Questions? Contact** [joe@pflagcapecod.org](mailto:joe@pflagcapecod.org)

**HEALTHY CHICKEN FAJITAS****INGREDIENTS:**

- 1 teaspoon chili powder
- 2 teaspoons kosher salt
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 tablespoon cornstarch
- ¼ cup water
- 4 tablespoons extra-virgin olive oil, divided
- 2 whole skinless, boneless chicken breasts (about 1.5 pounds total), cut into thin strips
- 1 green bell pepper, cored, seeded, and cut into thin strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice
- 8 6-inch whole wheat tortillas or pitas (corn tortillas for a gluten-free option), warmed

**DIRECTIONS:**

- In a large resealable plastic bag, combine chili powder with salt, cumin, onion powder, garlic powder, cornstarch,



- water, and 2 tablespoons of oil.
- Add chicken, bell pepper, and onion to the bag. Seal bag and knead gently to coat; refrigerate for 15 minutes.
- Heat the remaining 2 tablespoons of oil in a large cast iron or nonstick skillet until shimmering. Empty the contents of the bag into the skillet and cook over high

- heat, stirring occasionally, until vegetables are crisp-tender and chicken is cooked through, about 8 minutes.
- Remove from heat and stir in lime juice.
- Transfer chicken and vegetables to a large bowl and serve with warmed tortillas, lettuce, cheese, salsa, and sour cream (if desired).

**Come check out the library**

It is a comfortable, cozy area to read a magazine, work on a jigsaw puzzle and of course select a book. We have nonfiction topics such as gardening, cooking, health, history, religion, sports, etc. There is a collection of large print books, both fiction and nonfiction. Our largest collection includes fiction by major popular authors of mystery, romance, historical or narrative fiction. Please just take with you the book of your choice and return it when you have finished. Enjoy!





Hiking Club: Cape Cod National Seashore, Eastham

**BIRTHDAY PARTY BASH**



**Wednesday, May 15, 12:00 PM**  
**Wednesday, June 19, 12:00 PM**

**At Dennis Center for Active Living (DCAL)**

Join us to celebrate your birthday!

**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*

**LINE DANCE PARTIES**

For line dancers who are confident in basic steps (box, lindy, jazz square, mambo, cha cha rhythm, etc.), hour and a half special events to jazz up your summer! A fun variety of pop, rock, and Latin tunes. All dances will be briefly reviewed and fully cued. Mini-demos by current class members. Light refreshments.

Your host, Karen Shackelford of Cape Sands Ballroom.

**May 16th, 2-3:30 PM**

Welcome Back from Winter Break. Catch up with your friends and meet some new ones too!

**June 13th, 2-3:30 PM**

Summer Sizzler Line Dance Party. Theme music to celebrate the summer days ahead!

Door prizes! \$10 walk-in, cash or check to Dennis Senior Center. Please stop at front desk to check in. First come first served. Please bring a change of shoes to protect the dance floor, and a shatterproof water bottle.



**MOTHER'S DAY AFTERNOON TEA & TALK SOCIAL**

Bring your granddaughter to tea.

**Wednesday, May 8, 2-4 PM**  
**Please RSVP 508-385-5067**



**Coffee with a Cop**

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

**May 21 & June 18 9-10AM, DCAL Cafe**

Starts before Vets & Friends event

**CONGRATULATIONS! YOU'VE WON \$1,000,000!**

Now that we have your attention, let's talk about protecting yourself from scammers. We have all heard of someone who has been a victim of a scam and most of us think, "I wouldn't fall for that" or "that wouldn't happen to me." Well, guess what??? It's happening every day to people who thought exactly those things. Here are some common scams to be aware of:

- A call asking you to get gift cards (for any number of reasons); they will often ask you to keep them on the phone while you purchase them; this is a major red flag. Hang up! Or, drive to the police station while keeping them on the line.
- Someone identifying themselves as....Medicare, Social Security or IRS. Remember, these agencies will NEVER call you. Their communication is always by mail.
- A call telling you a family member is in trouble and you need to send money; this can be really scary because they seem to know personal information, which sounds convincing. Hang up and call that family member or someone who's close to them.
- Calls from Comcast/Xfinity—don't give any info. Ask them to identify your account or to send you info in the mail.



**Please check out this article for more examples of scams and ways to protect yourself:**

[hebrewseniorlife.org/blog/10-tips-to-protect-seniors-from-being-scammed](http://hebrewseniorlife.org/blog/10-tips-to-protect-seniors-from-being-scammed)

The people involved in these scams are very smart, but you are too! They are good at establishing a connection and talking with you; they are reeling you in. Don't fall for it! If you feel you have been a victim, please call the police or the Outreach Department at DCAL. Unfortunately, you are not alone, and we are here to support you.



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



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

**Call Julie at 774-352-3047 for more info on our on-going programs and resources**

- Destination Respite – for caregivers who need a break.
- Friendly Visitor and Reassurance Call programs.
- Fuel Assistance – help paying heating bills.
- Golden Age Program (GAP) is our Social Day program for persons living with cognitive impairment (ie: Alzheimers/ Dementias).
- PEARLS is our short-term mental health program.
- Food Programs- opportunities for access to food if this is a need.
- Grief Support – please call for info re: the next group opportunity.



## Meet Winnie of the DPD, a Certified Friendly Finder

**IN THIS FAST-PACED, NEED-TO-KNOW-NOW WORLD,** I keep hearing how I need to de-stress. I need to slow down and enjoy the world. I need to drive slower. I need to prioritize and slow the pace of life. On crazy calls at work, the police officers need to slow things down to make sound decisions. I tell my first grader to slow down and think when he's frustrated with math homework. However, I've been married long enough to know never to tell my wife to calm down or slow down! Other than quiet moments at home with my wife, not much can quiet me down and make me forget about stresses faster than my dogs. I know all you dog people agree, somehow sitting with a dog curled up against you can be pretty awesome. I can relax just thinking about my 8-pound Maltipoo (I hate to think of her as a "poo" so I unofficially refer to her as a "Maltidoodle) curled up on my shoulder like a parrot while my big-guy 40-pound Goldendoodle is curled up in my lap. Now enter my 70-pound 7-year old son running and diving into the pile while my wife looks at us mangled on the couch in a

dog/people pile. Ah, fatherhood! So now I bring this canine calming effect into the police world, since that is what I'm supposed to be writing about. We've got a dog that helps keep us calm. That dog also helps calm others, and yes, she has proven to be quite an asset to the department. K9 Winnie is a 3-year-old Black Labrador Retriever who is trained as a therapy dog. She helps cops, victims, witnesses, overly stressed people, adults, kids, you-name-it; and she helps the police to be more approachable. With this comes better clarity in describing incidents—better victims and better witnesses to better help us help them. Who would have thought this is the modern K9 in the department? Yes, we still have K9 Goro, a patrol German Shephard, but he's not going to be giving kisses or looking for belly rubs. K9 Goro has his skill set that has been and continues to be beneficial for our department in other ways. K9 Goro's training as a patrol dog includes tracking—and he's good at it. But guess what? K9 Winnie has been training in tracking as well. Not only is

she cute, but we can put that big, wet nose to work as well. She won't be tracking bad guys or something dangerous like K9 Goro can, but she can be deployed to search for missing people posing no danger, like children or elderly. Thanks to funding by the DCAL, K9 Winnie and her handler Ptl. Kathleen Keating attended a four-week training program, Friendly Find Tracking put on by Professional K9 Services in Middleborough, MA. K9 Winnie successfully graduated and can be utilized here in Dennis or in neighboring towns to assist in search efforts. So, whether she is playing fetch, getting a belly rub, or searching for a missing child, K9 Winnie has a skill set that is an asset to our department and the town. And selfishly, she's great to have running around the station, keeping us office guardians calm as we while away the hours on our mighty office computers. The crowds are coming, stay calm. Stay well, and stay safe. We'll see you out there.—Sgt. Ryan Carr of the Dennis Police Department



## 14 ~ COMMUNITY PARTNERS



### Our New Community Partner, PFLAG Cape Cod



DCAL is pleased to be sharing a resource with our community called PFLAG. PFLAG is an organization of LGBTQ+ people, parents, families, and allies who work together to create an equitable and inclusive world. We are hundreds of thousands of people and hundreds of chapters from coast to coast who are leading with love to support families, educate allies, and advocate for just, equitable, and inclusive legislation and policies. Since our founding in 1973, PFLAG works every day to ensure LGBTQ+ people everywhere are safe, celebrated, empowered, and loved. On Cape Cod, Martha's Vineyard, and Nantucket, LGBTQ+ people and those who love them are served by PFLAG Cape Cod.

Formed in 1989, our Cape Cod chapter has offered monthly in-person support meetings over the years in Brewster, Falmouth, and Barnstable. In response to the Covid-19 pandemic, PFLAG Cape Cod began offering virtual support meetings, and then Portuguese-language support meetings in 2023, allowing us to reach a wider audience.

In addition to our monthly support meetings, PFLAG Cape Cod is active in the community by participating in local events, such as the MLK Breakfast, Suicide Awareness Walk, Martha's Vineyard Pride Parade, Cape Cod Pride Festival, International Festival, Provincetown Carnival Parade, and the Transgender Day of Remembrance, to name a few. We sponsor conferences, speak at local churches and organizations, provide valuable resources and materials, host a podcast series, and award scholarships to graduating high school seniors who have been advocates for equality! To learn more about our organization and the many resources we offer, please visit our website at [pflagcapecod.org](http://pflagcapecod.org).

#### Sign up to receive e-mail and/or text notifications for:



- Town News
- Meeting Dates
- Ban Notifications
- Emergency Alerts
- and More!

Click on "Notify Me" at the bottom of the main page of the new Town website, and choose your notifications.  
[www.town.dennis.ma.us](http://www.town.dennis.ma.us)



### COMMUNITY LUNCH & LEARN

Elder Abuse can be prevented if we understand the conditions that cause it. We'll help you recognize the risk factors and signs of abuse, neglect and financial exploitation, and discuss effective community-based approaches to prevention. You'll leave feeling both better informed and empowered.

**Join us for lunch on Thursday, June 13 at four locations!**  
RSVP to one of these event sponsors:

**Sandwich Council on Aging**

508-888-4737

**Dennis Council on Aging**

508-385-5067

**Harwich Council on Aging**

508-430-7550 ext. 2

**Provincetown Council on Aging**

508-487-7080

### ADVANCED DIRECTIVES

An In-Depth Explanation of HCP, POA, MOLST and Living Will.

What are they, why are they important, how do I obtain them, and much more. Join the public health and wellness RN from the VNA and Attorney Kathryn Bean to learn and discuss the details of these vital documents.

Copies of documents discussed will be provided. Opportunities for question and answer. Come find out! Monday, June 3, 1:30 PM–2:30 PM. **Call ahead to reserve your seat: 508-385- 5067**

MONDAY	TUESDAY	WEDNESDAY
 <p><b>OLDER AMERICANS MONTH</b> POWERED BY CONNECTION: MAY 2024</p>		
<p><b>6</b></p> <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 Mah Jongg</p>	<p><b>7</b></p> <p>9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 Chair Caning 9:30 Golden Age Program 12:00 DCAL Garden Club Meeting 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party</p>	<p><b>1</b></p> <p>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 11:00 Select Board Q&amp;A for Town of Dennis Meeting 12:30 Bridge 2:00 CCH Alzheimer's Support</p>
<p><b>13</b></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><b>14</b></p> <p>7:00 Town of Dennis Voting 9:00 Chair Caning 9:00 SHINE 9:00 Yoga 9:00 Stitch &amp; Chatter 9:30 Golden Age Program 10:30 Grief Support Group 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes 2:00 Veterans Exercise Program</p>	<p><b>8</b></p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:00 DY Women's Club Meeting 12:30 Bridge 12:30 Book Club 2:00 Tea &amp; Talk</p>
<p><b>20</b></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 3:00 Supporters Board Meeting</p>	<p><b>21</b></p> <p>9:00 Foot Nurse 9:00 Coffee with a Cop 9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch &amp; Chatter 9:30 Golden Age Program 10:00 Legal Services 10:30 Vets &amp; Friends 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party 2:00 Veterans Exercise Program</p>	<p><b>15</b></p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 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</p>
<p><b>27</b></p> <p> Memorial Day</p>	<p><b>28</b></p> <p>9:00 SHINE 9:00 Chair Caning 9:00 Stitch &amp; 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><b>22</b></p> <p>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><b>29</b></p> <p>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</p>	<p><b>29</b></p> <p>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</p>

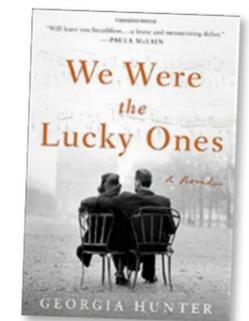
THURSDAY	FRIDAY
<p><b>2</b></p> <p>9:30 Destination Respite 10:00 Alzheimer's Family Support Center 10:00 CCRTA Go-Card Registration 11:00 Mindful Stretching 1:00 Buried Treasures 1:00 Social Dance 1:00 New Beginnings 2:30 Hiking Club</p>	<p><b>3</b></p> <p>9:00 Zumba Gold 9:30 Bridge 10:00 Core &amp; More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand &amp; Foot</p>
<p><b>9</b></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 1:00 New Beginnings 2:30 Hiking Club</p>	<p><b>10</b></p> <p>9:00 Zumba Gold 9:30 Bridge 10:00 Core &amp; More 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand &amp; Foot</p>
<p><b>16</b></p> <p>9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Social Dance 1:00 Buried Treasures 1:00 New Beginnings 2:00 Line Dance Fest 2:30 Hiking Club</p>	<p><b>17</b></p> <p>9:00 Zumba Gold 9:00 Foot Nurse 9:30 Bridge 10:00 Core &amp; More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand &amp; Foot</p>
<p><b>23</b></p> <p>9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Social Dance 1:00 New Beginnings 2:30 Hiking Club</p>	<p><b>24</b></p> <p>9:00 Zumba Gold 9:30 Bridge 10:00 State Representative Chris Flanagan 10:00 Core &amp; More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand &amp; Foot</p>
<p><b>30</b></p> <p>9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Social Dance 1:00 New Beginnings 2:30 Hiking Club</p>	<p><b>31</b></p> <p>9:00 Zumba Gold 9:30 Bridge 10:00 Core &amp; More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand &amp; Foot</p>



**JAZZ IN BLOOM**

**MAY 18, 12-2 PM**  
Howell Hall at DCAL

The Kareem Sanjaghi Band featuring Vocalist Ann Austin will perform music including jazz, swing, and Latin favorites for your dancing pleasure. Kareem and his band bring passion and energy to every performance. Tickets are \$20 each, which includes lunch catered by The Dennis Mercantile and a chance at a door prize! **Tickets are limited, call now to reserve.** 508-385-5376 or email us at [DennisFOD@hotmail.com](mailto:DennisFOD@hotmail.com).



**MAY BOOK CLUB:**

*We Were the Lucky Ones*

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

# 18 ~ JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<b>3</b> 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 11:30 Advanced Directives Presentation 12:00 Friends Board Meeting 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	<b>4</b> 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 Ballroom Dance Party 2:00 Veterans Exercise Program	<b>5</b> 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
<b>10</b> 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	<b>11</b> 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 2:00 Veterans Exercise Program	<b>12</b> 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 12:30 Book Club 12:30 Bridge 2:00 Tea & Talk
<b>17</b> 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 3:00 Supports Board Meeting	<b>18</b> 9:00 Coffee with a Cop 9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:00 Foot Nurse 9:30 Golden Age Program 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party 2:00 Veterans Exercise Prog.	<b>19</b> 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
<b>24</b> 9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 12:30 Vets & Friends Boat Trip 1:00 Mah Jongg	<b>25</b> 9:00 SHINE 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:30 Grief Support Group 10:30 Veterans Chair Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	<b>26</b> 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



# JUNE CALENDAR ~ 19

THURSDAY	FRIDAY
<b>6</b> 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Social Dance 1:00 New Beginnings 2:30 Hiking Club	<b>7</b> 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 12:00 Seniors Connect 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
<b>13</b> 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 12:00 Elder Abuse Lunch & Learn 1:00 Social Dance 1:00 New Beginnings 2:00 Line Dance Fest 2:30 Hiking Club	<b>14</b> 9:00 Zumba Gold Friday 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
<b>20</b> 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Social Dance 1:00 New Beginnings 2:30 Hiking Club	<b>21</b> 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 12:30 Cribbage 12:00 Seniors Connect 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
<b>27</b> 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 11:00 Mindful Stretching 1:00 Social Dance 1:00 New Beginnings 2:30 Hiking Club	<b>28</b> 9:00 Zumba Gold 9:30 Bridge 10:00 Core & More 10:00 State Representative Christopher Flanagan 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot

Let's celebrate

## PRIDE MONTH

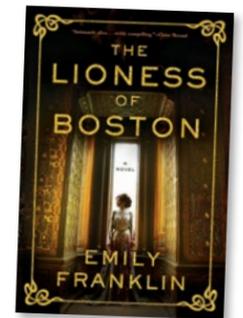
Please be advised this calendar is subject to change at any time. Call the DCAL 508-385-5067 with any questions or to confirm events and classes. Thank you!



### GEORGE DESHAW MEMORIAL GOLF TOURNAMENT

*Save The Date*  
**JUNE 10, 8 AM**

Attention golfers! Mark your calendars and please save the date. The Friends will be holding their George DeShaw Memorial Golf Tournament at the Dennis Highlands Golf Course. An 8 am shotgun start includes golfcart, luncheon, and prizes! This is the largest fundraiser for the Friends, and we hope you will participate. Signup information and the registration form is available on our website. Registration forms will be available soon for you to pick up at any Dennis golf course.



### JUNE BOOK CLUB: *The Lioness of Boston*

**Wednesday, June 12, 12:30 PM**  
 At Dennis Center for Active Living (DCAL)

### VNA of Cape Cod Public Health

A VNA of CC Public Health representative is holding Group Fitness Orientations in Evergreen Studios at Dennis Center for Active Living the first Wednesday (May 1st & June 5th) of every month from 10:30 am–11:45 am. You will be taught how to properly use the equipment and learn safe exercise guidelines. Participant and medical clearance forms must be filled out and questions can be answered by calling. Registration is required for all exercise programs through the VNA of Cape Cod. **Call 508-957-7423 to register.**

The VNA of CC Public Health will also be at the Dennis Public Library hosting a Blood Pressure and Wellness Clinic every third Wednesday (May 15th & June 19th) of the month from 11:15 am–12:15 pm. **Please call 508-957-7423 if you have questions.**



**LINE DANCE CLASSES** with Karen of Cape Sands Ballroom at DCAL. A social, fun hobby that's good for body and mind! Current classes are ongoing and summer schedule starts in late May. Don't miss these restart dates! All classes are 1 hour long and held weekly. \$10 walk-in, cash or check to Dennis Senior Center. Please stop at front desk to check in. First come, first served. Please bring a change of shoes to protect the dance floor, and a shatterproof water bottle.

**For line dancers with experience who enjoy a little challenge:**

Beyond the Basics Pop, Rock and Latin Line Dancing Monday and/or Wednesday 9 AM, Restarts May 20th

Beyond the Basics Ballroom Line Dancing Wednesday 10:15 AM Continues in current slot and restarts September 4th

**For line dancers who know line dance basics and prefer to keep it easy:**

Easy-ish Pop, Rock and Latin Line Dancing Monday 10:15 AM Restarts May 20th

Easy-ish Ballroom Line Dancing Wednesday 11:30 AM Restarts May 22nd (summer only, then "graduate" to the Wednesday 10:15 class)

### Zumba Gold

Come join the fun every Friday at 9 am. No matter if you want to improve your cardiovascular system, lose weight, improve coordination, or boost your mood, Zumba Gold fitness program may be just what the doctor ordered! Walk-In \$10 per class. No expedience required. Questions? **Contact Christina at revivethrive@yahoo.com**



### Beginner Social Dance Lessons

Every Thursday, 1pm- 2pm \$10 per person

Instructor: Frank Callahan

Learn basic steps for Waltz, Rumba, Foxtrot, Cha Cha Swing, and more

(Please change into clean-soled shoes at the dance)

Come, and join us for fun!

### WEEKDAY AFTERNOON BALLROOM DANCE PARTIES

Meet our party hosts: Karen Shackelford of Cape Sands Ballroom and Frank Callahan of Silver Fox Fitness who will both be there to greet you and will alternate weeks teaching the pre-dance lesson and providing dance music.

**May 7 – Rumba (Karen)**

**May 21 – Tango (Frank)**

**June 4 – Foxtrot (Karen)**

**June 18 – Salsa (Frank)**

1:00-1:45 PM beginner dance lesson. 2:00-4:00 PM general dancing to a mix of fine recorded ballroom, Latin, swing, and specialty music.

For singles and couples of all ages and ability levels at Dennis Center for Active Living's newly remodeled Howell Hall.

Complimentary cookie tray and ice water. Door prize! Please stop at the front desk on arrival for registration and walk-in fee of \$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.

### COMING THIS SUMMER!

Beach goers with disabilities now have access to our new Motorized Beach Wheelchair. The impact of this chair extends beyond the individual, promoting accessibility and inclusivity. The chair sends a powerful message that disability should never be a barrier to participation or enjoyment.

Available to be signed out at the following beach: CORPORATION BEACH (ONLY). This chair with its motorized power makes singular travel up and over the sand path possible for those who require wheelchairs and or mobile assistance.

**To reserve this chair at Corporation Beach please call ahead, 508-385-1558, beginning on Memorial Day seven days a week, 8AM – 5PM.**



### 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

Let's put those raw and windy March and April days behind us and feel refreshed by daffodils in the garden, colorful leaves on the trees, and more bright yellow forsythias and purple heathers in bloom than you could imagine! It's spring and before long, it will be summer. Warm days and pleasant evenings, golf, beaches, and our beloved Fenway Park. Most of all, summer is a season full of Vets and Friends activities that are second to none.

Want help improving your skill when using your mobile phone? We're working with D-Y High School to provide training on how to get the most out of smart phones and other devices. Stay tuned. May also sees the start of our no cost Vets and Friends exercise programs. Led by specialists from the Visiting Nurse Association who focus on exercise skills for a safer life as we age, and Chair Yoga as led by our friends from Heroes in Transition to help improve mobility, reduce stress, and enhance well-being.

In June, we'll enjoy our annual trip around Cape Cod Bay aboard The Albatross, courtesy of the very generous Captain Chip Carroll. Catch a fish for dinner or just enjoy the view. And finally, we can't forget the Vets and Friends summer picnic. It's happening in August. Like last year, lots of free food, games, and live entertainment are all included. Fun and friendship guaranteed.

The Vets and Friends calendar is a busy one. Be sure to watch your email for updates and additions, and check for new postings near the Center's sign-in area. Know any vets who are socially isolated? Why not invite them to come along with you? Veterans, their widows and widowers, family, friends, and caregivers are all welcome.



**ARE YOU A VETERAN OR VETERAN'S FAMILY MEMBER AND ARE LOOKING TO BE MORE ACTIVE?** This 6-week exercise program aims to bring military service members and their families together while improving strength, endurance, balance, and mobility. Class is led by an Exercise Physiologist from the VNA of Cape Cod and will meet on Tuesdays, 2 PM from May 14– June 18, 2024. Advanced registration — including a VNA Medical Clearance — is required. **To sign up, please contact the VNA of Cape Cod Public Health and Wellness at 508-957-7423.**



# SUPPORTERS OF DCOA ~ 23

The Supporters of the Dennis Council on Aging feel that the volunteer medical rides to Health Facilities is a very important program the Senior Center is offering and will, in the future, be funding the reimbursement for driver's mileage costs. We want to make sure that this program continues to serve the citizens of Dennis.

As we continue to support existing and new programs, we again ask for your support by renewing your membership or inviting friends to join us in our mission. You may join by donating any amount and completing the membership form below. We welcome new members and love seeing old friends. Enjoy Spring!



## 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 \_\_\_\_\_



**THE TOWN OF DENNIS IS HAPPY TO INFORM OUR SENIOR RESIDENTS** (60 years old and over) that "Senior Hours for Sticker Office" was approved by the Town of Dennis Select Board. We will be open for in-person sticker sales (beach, harbor, transfer station stickers) on Tuesdays and Wednesdays from 9 AM – 10 AM.



**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



**DCAL's  
Annual Garden  
& Jewelry Sale**

**Saturday, May 18  
9 AM – 12 PM, At DCAL**

Hosted by the  
West Dennis Garden Club

The proceeds benefit the  
Scholarship fund and  
community beautification.

*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.