

NOVEMBER/DECEMBER 2024

The Cranberry Scoop



Happy Holidays!

Join the Vets & Friends
1st Annual Toy Drive

**Caregivers:
Tell us What You Need**

**Keep Moving for Brain Health
Learn to Dance**

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

the Supporters (SDCOA) have a lovely selection of gift items and greeting cards in time for the holidays. Put on your shopping caps and help support the Golden Age Program's field trips, Vets & Friends luncheons, and other special events sponsored by the SDCOA (p.23).

This year, thanks to a grant from the Massachusetts Executive Office of Health and Human Services, we devoted time to learn more about the needs of family caregivers, identifying resources, and building relevant, accessible, caregiver support services. If you are a caregiver, of any age, and caring for a family member with cognitive impairment, please complete our survey, available at the front desk, and through the Outreach Office. We want to continue to support the important work you do that enables your loved one to age in community.

Let's kick off the season and celebrate National Family Caregiver Month this November. Try out our half-day respite program on Thursdays. The multicultural programs have taken off and the Destination Respite Program (p. 6) offers popular Friday night socials in Yarmouth for care partners who enjoy playing dominoes and sharing a meal from a Latin country. Respite is provided for loved ones so care partners can enjoy a social evening. Please do stop in for hot cider and treats in December for Holiday Cheer Week (back cover). Happy Holidays! We'll see you soon.

Brenda

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 include 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**.

DAY TRIPS

Market Basket

11/25 & 12/16, 9 AM, \$5 Per Person

Mashpee Commons

12/9, 9 AM, \$10 Per Person

Transportation is always available for ALL activities, events, and Outreach Services to/from the DCAL!

Grocery Shopping Bus Schedule*

Local Dennis 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.**

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. **If you have any questions, call us at 508-385-5067.**

6 ~ DESTINATION RESPITE

ATTENTION CARE PARTNERS!
Need a break to run errands, go to an appt. or even take a nap?

HOW IT WORKS: Call each site directly to schedule your visit (see below for contact details).

Destination Respite is made possible through a grant from the Massachusetts Executive Office of Health and Human Services.

DESTINATION RESPITE is for you. Destination Respite programs are offered in Barnstable, Dennis and Yarmouth, the Hyannis Mall and the Cape Intercultural Center. A collaborative of local agencies work together to provide social engagement programs for your loved one living with dementia, while you take some time to take care of yourself.

ALZHEIMER'S FAMILY CAREGIVER EDUCATION a five-week lunch and learn series for family caregivers and the community

REGISTER for a five-week course in the basics of dementia caregiving as part of the Destination Respite Program. Topics covered will include staging, progression, communication, self-care strategies, and other pragmatic aspects of caring for someone who is living with cognitive decline. This five-session series is taught by AFSC Co-founder and Dementia Educator Melanie Braverman. Respite for care recipients and a light luncheon for care partners is included. The program is free and open to the public.

SESSION I: Monday, November 4, 18, 25, December 2, 10, 2024 10-12

SESSION II: Monday, January 6, 13, 27, February 10, 24, 2025 10-12

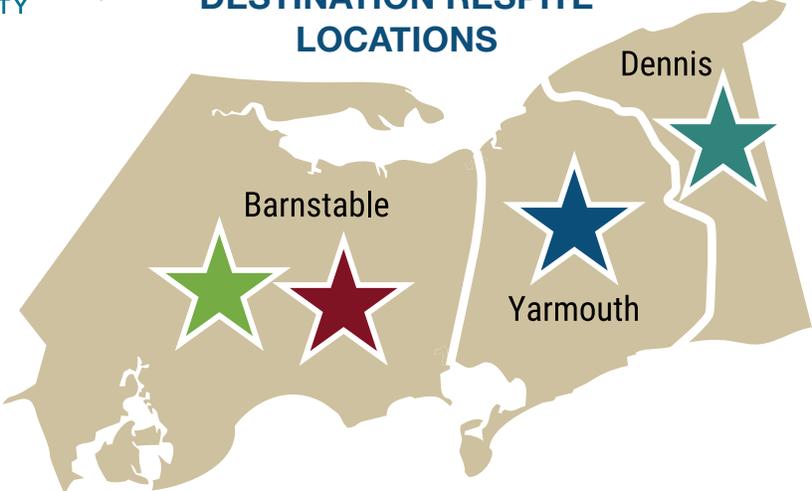
Pre-registration is required. Please let us know if you will register your loved one for respite to include in our activity plan.

For more information, or to register, call 508-896-5170, or email info@capecodalz.org



CAPE COD HEALTHCARE

DESTINATION RESPITE LOCATIONS



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



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



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



Hello DCAL! It's Kelli again! The holiday season is fast approaching bringing with it the crisp ocean air, quiet beaches, and the simple joys of a Cape Cod holiday season. Amid all the excitement

(and chaos), I have a little story to share about a big change in our household this year.

As some of you know, I had to venture a little farther from home for my clinical internship this year. It's been quite the adjustment for me and, of course, the "kids" — a.k.a. my grandparents. With a few longer days away from home, running from internship to class, and then coming back to cook dinner, I found myself seriously stressed. What if I got held up and couldn't make it home in time to whip up one of our (in)famous dinners? I mean, if dinner was late, my grandfather would probably have his bags packed and his tractor gassed up, ready to make his great escape.

We tossed around a few ideas, but my grandmother was adamant she could take over the cooking on my busiest nights. While I appreciated her willingness, let's be honest — me, stress-free? That's pure fiction! Now, if you know me, you know that wasn't going to happen. I'm a planner through and through, and if it's not penciled in with military precision, it might as well be an emergency! After some sleepless nights, I finally reached out to Elder Services, who suggested Meals on Wheels. At first, Gram wasn't exactly thrilled. She was convinced we didn't need help, but in the end, she agreed for me. She saw how stressed I was, and in true holiday spirit, she did what all good grams do — she found a way to make it work.

And wouldn't you know it, they love the meals! The drivers are lovely, the food is delicious, and it's been a huge help. If you or a loved one could use some extra support, check out Meals on Wheels through Elder Services of Cape Cod (*For more information call Information & Referral at 508-394-4630 or 1-800-244-4630*).

Now, let me tell you the funniest part: the meals are delivered around 10 AM. To my grandparents (who could sleep through an air raid), that's practically dawn! They've had to get up a little earlier (around 9:30 AM) which now feels like they're waking up at the crack of dawn. But hey, if they can do it, I think we all can!

Speaking of waking up earlier, as we head into the

colder months, I want to mention something important: *Seasonal Affective Disorder (SAD)* is something many of us deal with, especially in a place like Cape Cod where the days get dark so early and the cold keeps us indoors. Waking up earlier to catch more daylight can make a big difference in improving mood and energy levels. SAD can really creep up during the holiday season when we lose sunlight, and that loss can make us feel tired, down, and less connected. But it's important to recognize it and take steps to brighten our days — both literally and figuratively!

Here are a few tips to help combat SAD and keep the holiday cheer alive:

- **Let the light in:** Even if it's too cold to go outside, make the most of the natural light. Open the blinds or curtains during the day, sit by a window, or consider using a daylight or sun lamp to bring some brightness indoors.
- **Stay active indoors:** Cold weather may keep you inside, but there are plenty of ways to stay moving. Gentle stretching, seated exercises, or even a bit of light cleaning can boost your energy.
- **Bundle up and step outside:** If the weather permits, dress warmly and take a short walk, even if it's just to the mailbox or around the block. A bit of fresh air, no matter how brief, can do wonders for your mood.
- **Stay connected:** The winter months can feel isolating, but staying in touch with family, friends, neighbors, or even your pals at DCAL — whether by phone, video calls, or a visit — can make a huge difference.
- **Comfort food in moderation:** There's nothing like a warm meal to lift your spirits in cold weather, but balance is key. Enjoy comforting favorites while making sure to include nutritious ingredients that keep energy levels up. Don't forget to hydrate!

So, as we approach the holidays, let's take a lesson from my Gram. Sometimes, the most meaningful acts of kindness are the small ones. That's really the heart of the holiday season: putting others first and finding joy in the little things that keep us connected.

Whether it's making small adjustments like waking up a little earlier or taking steps to manage SAD, let's embrace this season with warmth, laughter, and the spirit of giving.

Wishing everyone a joyful and peaceful holiday season!

—Kelli

8 ~ DCAL EVENTS

HIKING CLUB

We are so happy to note that this group is growing each week! In response to this, we felt the need to send a little reminder about the program. While the Hiking group is a Dennis Center for Active Living program, due to the fact that it is off site, you participate at your own risk. We consistently encourage safety precautions (i.e., hydration, proper footwear, poles, etc.), but ultimately you are responsible for yourselves. We encourage you to continue to enjoy the beautiful hikes, but we want you to be safe! Also, we want to acknowledge and thank Carl (and his helper scouts!) for all his research and time planning the trail routes each week!



Hiking Club, Wing Island, Brewster

THE GOLDEN AGE PROGRAM

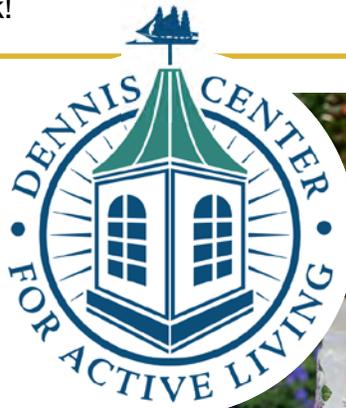
(GAP) is a Social Day Program for persons living with cognitive impairment. Here, participants enjoy the company of friends, have fun enjoying games, crafts, field trips, music, exercise, dance, special events and much more.

GAP was established to provide a safe and enjoyable setting with meaningful activities that engage participants using their individual strengths, experiences and interests. All staff and volunteers have training specific to engaging with adults living with cognitive impairment. GAP meets Tuesday-Friday, 9:30 AM to 2:30 PM. A morning snack and nutritious lunch are provided.

For questions about GAP or to schedule a visit, please call Julie Benoit, Outreach Coordinator, or Jennifer Connors, GAP Program Coordinator. 508-385-5067



The Golden Age Program is a Respite Innovation of the Dennis Center For Active Living.



AFTERNOON TEA & TALK SOCIAL

Wednesday, Nov 13 & Dec 11, 2-3 PM
Please RSVP, 508-385-5067

BIRTHDAY PARTY BASH & MOVIE MATINEE

Wednesday, November 20, 12 PM
Wednesday, December 18, 12 PM

At the Dennis Center for Active Living (DCAL)

Join us to celebrate your birthday followed by a movie matinee!



Dutch Apple Cake by Nana Bean



INGREDIENTS

- 3 Cups Flour
- 4 Teaspoons Baking Powder
- 1 Teaspoon Salt
- 1 Cup Sugar
- ½ Pound Butter
- 2 Eggs
- 1 Cup Milk

TOPPING INGREDIENTS

- 5 Tart Apples
- 1 Cup Sugar
- 1 Teaspoon Cinnamon

DIRECTIONS

Mix flour, baking powder, salt and sugar together in large bowl. Melt butter in a small saucepan, remove from heat, stir in milk and eggs. Add to flour mixture and blend with a mixer. Spread into a 9 by 12 pan. Pare 5 tart apples and cut in wedges and press into dough in uniform rows. Mix 1 cup sugar with 1 tsp cinnamon. Sprinkle over the top. Place



in 400-degree oven for 45 minutes, or until it looks done. Cool in the pan. Option: Drizzle powdered sugar mixed with milk and lemon on top.

Find Santa's Reindeer!

- Reindeer
- Dasher
- Dancer
- Prancer
- Vixen
- Comet
- Cupid
- Donner
- Blitzen
- Rudolph



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

Free, Confidential Memory Screenings

Thursday November 14, 2024
9:30 am – 3:30 pm

Dennis Center for Active Living (DCAL)
1045 Rt. 134, South Dennis

Seeing your cognitive health change can be frightening, but not all changes mean that you have Alzheimer's disease or dementia. Screenings are not diagnostic, but they may indicate whether you should see your doctor for further testing. Scores below normal will be provided to your primary care physician for follow-up.

One-hour screenings are free, confidential, and open to the public. For more information, or to make an appointment, call 508-896-5170, or email info@capecodalz.org.

The Alzheimer's Family Support Center, a 501(c)(3) nonprofit, provides free comprehensive support services for families and individuals living with Alzheimer's and other dementia-related diseases.



Handmade quilt, a gift to the DCAL Library from the Stitch & Chatter Club, reflects the historic perseverance of the townspeople, COA members, staff and supporters.

Blood Pressure and Wellness Checks

Join us for FREE blood pressure and wellness screenings with Public Health Nurses from the VNA of Cape Cod.

Dennis Public Library
5 Hall Street, Dennis Port

11:15 am – 12:15 pm
3rd Wednesday monthly
walk-ins welcome

For more information,
call 508-957-7423.



PEARLS Program to Encourage Active Rewarding Lives

PEARLS stands for Program to Encourage Active Rewarding Lives.

- Meet with a Coach
- Learn to better manage your life
- Find solutions to problems that cause you to feel down and discouraged

DCAL offers a no cost, in-home and center-based coaching program called PEARLS. 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 Julie Benoit,
LSW, Outreach
Coordinator,
(774) 352-3047**



Tips for Emotional Wellness

As always when we head into the holiday season, it is especially important to prioritize your emotional health. Some call it the “Holiday Blues,” but whatever you call it, it’s real and can have a profound effect on our lives. The biggest contributing factor is loneliness. According to the 2020 U.S. Census, as many as 27% of adults age 65+ live alone. However, a person doesn’t have to live alone to feel lonely. Loneliness can affect anyone who doesn’t feel meaningful connections with other people. Loneliness is not just an emotional issue, it significantly impacts our physical and mental health, as well as increasing the risk of disease, anxiety, depression and dementia. That said, we can do something about it. Here are some tips for combatting the blues (anytime, really):

1. Make communication a priority — reach out to someone through calls (video, if possible), letters, holiday cards, emails or better yet, schedule a visit.
2. Eat the right diet for your medical conditions. Don’t minimize the impact this can have on your overall health.
3. Engage in a social activity — whether something you have done in the past or something new.
4. Take a walk or get outside for some fresh air. Physical activity can significantly benefit your emotional health.
5. Limit screen time, unless it’s a feel-good holiday movie! Watching the news can have a negative impact on your emotional status.
6. Consider volunteering to help others in need. Volunteering has been proven to help the volunteer as much as the recipient! *The Outreach department at DCAL has a need for people to make phone calls and visits to people in our community. Call Julie or Susan for more information.*

Even if the holidays aren’t what you expect, they can be meaningful. Call us at DCAL to find out how we can help. Also, call to find out about Thanksgiving and Christmas meal opportunities.



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



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

ON-GOING OUTREACH RESOURCES: (Please call Julie or Susan for more info)

- Fuel Assistance — financial help with your heating bills.
- Food Programs — Mobile Food Pantry, transportation to the Family Pantry (Harwich), prepared meals available twice/month and our newly expanded pantry at the center.
- PEARLS — (Program to Encourage Active and Rewarding Lives for Seniors), a short-term mental health program.
- Golden Age Program — a social day program for those living with cognitive impairment.

NEWLY EXPANDED DCAL FOOD PANTRY

If you would like to donate food items or shop at our pantry, please contact Julie for detailed info about our donation wish list and drop-off & shopping hours. Please call Julie at 774-352-3047.

FUEL ASSISTANCE RENEWAL FORMS

As heating season approaches, be on the lookout via mail for bright yellow fuel assistance renewal paperwork from South Shore Community Action Council, Inc. (SSCAC) Call DCAL Outreach Department to schedule appointments to complete paperwork. 508-385-5067

12 ~ PUBLIC SAFETY



DENNIS POLICE DEPARTMENT

My little guy has started to make his Christmas list, so the holidays must be right around the corner. He has also explained the “real Santa” vs. “helper Santa” a number of times already. Lucky for me that I’ve managed to enjoy eight years of Santa magic, and who knows how much longer. In addition to my gratefulness, I was having a chat with a friend of mine who pointed out that his mother reads my articles in The Scoop. The conversation made me realize that I’m pretty lucky to have the opportunity to write this article. You’d be surprised how many folks look at my name tag on my uniform when I’m on a call: “Hey, you’re the guy that writes for The Cranberry Scoop!” Instant ice-breaker! I do have a lot of fun with these articles, and I’m happy that a number of folks enjoy reading them.

I guess my thankfulness is appropriate for this time of year. I’ll put aside my icy, cop exterior and admit that the thankful feeling is really good. It helps keep me going in my 20-something years of doing this job. I hope you get the opportunity to get these positive feelings this holiday season. This stressful time of year may pass a little easier if you can sit back and find something for which to be thankful. I’ll try to keep in mind that Thanksgiving is more than stress of family,



cooking, overeating, indigestion, football, cold weather, and short days.

One of my favorite moments every year is Christmas Eve after the kids are in bed, the presents are under the tree, and my wife and I can collapse on the couch in a cleaned house, looking at an idyllic holiday scene right in my own living room, and just enjoy a few moments of no stress, and no hurry. Hopefully you get a chance to bask in the same happiness at some point this holiday season. On behalf of Chief John Brady and all of us here at the DPD, have a peaceful and blessed holiday season. Let’s keep our fingers crossed for decent weather and opportunities to enjoy some of the magic of the season among the commonplace stresses. Happy Holidays, Merry Christmas, and Happy New Year. We will be here if you need us. Stay safe and we’ll see you out there.

14 ~ COMMUNITY PARTNERS



Town of Dennis officials attend OneCape Conference, shortly before the landslide victory at the special town meeting for wastewater improvements in Dennis.



THE BIG WRAP this year will be held on Thursday, December 12th, at 1:30 pm, at the Congregational Church of South Dennis, 218 Main Street, South Dennis. This is the day we get together and wrap over 2000 gifts for Dennis seniors who are alone and in need of Holiday cheer.

If you would like to volunteer, please call our office at 508-385-5376 or email us at DennisFOD@hotmail.com.

The Friends sponsored an American Red Cross Blood Drive on October 5th at DCAL. It is so important to give blood and help people in our area who are fighting cancer, waiting for critical surgeries, or surviving traumatic injuries. Our next blood drive will be in April 2025. Visit our website or follow us on Facebook for information and updates.



LOOKING FOR A GREAT WAY TO SERVE YOUR COMMUNITY? AARP TAX-AIDE NEEDS VOLUNTEERS!

AARP Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP and funded by the IRS, the program is staffed entirely by volunteers who enjoy working together, learning new things, and serving their community. We need new volunteers at our locations across the Cape and Islands. A background in taxes is NOT required.

In addition to tax counselors who prepare tax returns, AARP Tax-Aide needs volunteers to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. AARP membership is not required. Training starts in the fall and an AARP Tax Aide Computer is supplied. **Want more information? Please email us at TAVolunteerd18@gmail.com**



OPTIONS COUNSELING OFFICE HOURS

Do you have questions about services and supports that are available for you or someone you care about?

Call today to schedule a visit with an Options Counselor from Elder Services of Cape Cod & the Islands here at the Dennis Center for Active Living.

Last Wednesday of each month 10-12:00; please schedule your visit at 508-258-2476. Interpreter services available.



Housing Assistance

HOUSING ASSISTANCE OF CAPE COD OFFICE HOURS

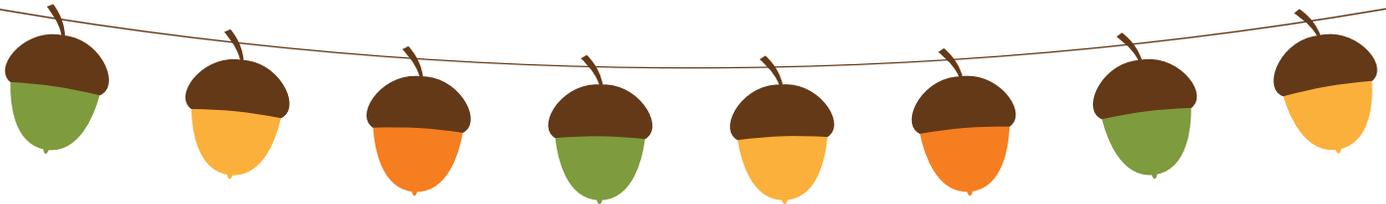
Experiencing difficulty finding housing, paying your rent or mortgage? Interested in finding out more about local housing options? Housing Assistance (HAC), a local nonprofit housing agency, helps people with housing by providing information and resources. **Reach out to Housing Assistance to schedule an appointment at DCAL, available every second Wednesday of the month from 9 AM-11 AM, by calling (508) 771-5400 Ext. 210. Appointment required.**

16 ~ NOVEMBER CALENDAR

MONDAY

TUESDAY

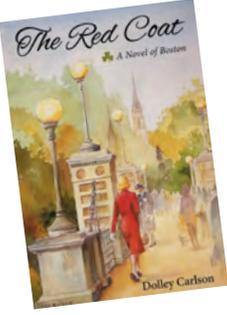
WEDNESDAY



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 Line Dancing 9:00 Hearing Clinic 9:00 Painting 10:00 DY Woman's Club Board Meeting 10:00 Senior Planet 10:00 ADA Board Meeting 10:15 Line Dancing 12:00 Shuffleboard 12:00 Friends Board Meeting 12:30 Bridge</p> <p style="text-align: right;">4</p>	<p>7:00 Town of Dennis Voting Precinct 2 9:00 Yoga 9:00 DCAL Garden Club Pie Sale 9:00 Stitch & Chatter 9:00 Chair Caning 9:00 SHINE 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party</p> <p style="text-align: right;">5</p>	<p>9:00 Line Dancing 9:30 Golden Age Program 9:00 Fitness with John 10:00 Independence House 10:00 Senior Planet 10:15 Line Dancing 10:30 Musical Souvenirs 12:30 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">6</p>
<p style="text-align: right;">11</p>  <p style="text-align: center;">Veteran's Day</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 12:00 DCAL Garden Club 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> <p style="text-align: right;">12</p>	<p>9:00 Ombudsman Training 9:00 Line Dancing 9:30 Golden Age Program 9:00 Housing Assistance 10:00 Fitness with John 10:00 Senior Planet 10:15 Line Dancing 11:00 Ombudsman Q&A Presentation 12:00 DY Woman's Club 12:30 Bridge 12:30 Book Club 2:00 Tea & Talk</p> <p style="text-align: right;">13</p>
<p>9:00 Line Dancing 9:00 Painting 10:00 Senior Planet 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 3:00 Supporters Board Meeting</p> <p style="text-align: right;">18</p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:00 SHINE 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) 1:00 Ballroom Dance Party</p> <p style="text-align: right;">19</p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:00 Senior Planet 10:00 Fitness with John 10:15 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Movie Matinee 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">20</p>
<p>9:00 Day Trip – Market Basket 9:00 Line Dancing 9:00 Painting 10:00 AFSC Caregiver Training 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">25</p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:00 SHINE 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> <p style="text-align: right;">26</p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Senior Planet 10:00 Fitness with John 10:00 Options Counseling 11:00 Sight Loss Services 10:15 Line Dancing 12:30 Bridge</p> <p style="text-align: right;">27</p>

NOVEMBER CALENDAR ~ 17

THURSDAY	FRIDAY
 <p>BOOK CLUB: Wednesday, Nov 13 12:30 PM at DCAL</p>	<p>9:00 Zumba Gold 1 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 SHINE 7 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 Active Living Studio on the Go 1:00 New Beginnings 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 8 9:30 Bridge 9:30 GAP Multicultural 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</p>
<p>9:00 SHINE 14 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:00 At Home Hearing Clinic 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 15 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 SHINE 21 9:00 Foot Nurse 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 22 9:30 Bridge 9:30 GAP Multicultural 10:00 State Representative Chris Flanagan 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
 <p>28</p> <p>Thanksgiving Day</p>	 <p>29</p> <p>DCAL Closed</p> <p>Black Friday</p>



Bay to Sound Neighbors mission is to enable the seniors in Dennis and Yarmouth to remain independent for as long as possible with the help of volunteers. We continue to take new members in need of services. Of the over 1,400 service requests received from Jan–June, 99.4% were fulfilled. Have a few spare hours a week? Become a volunteer! It's easy, we provide training and our members are so appreciative. Visit our website at baytosoundneighbors.org or call us at 508-470-0585.



Long-Term Care Ombudsman Presentation

2nd Wednesday of every month, 11AM

Ombudsmen are trained, certified volunteers who make weekly visits to rest homes and nursing homes across the Cape and Islands, providing advocacy and education. Join Cathy Ode, LTC Ombudsman Program Director from Elder Services of Cape Cod & the Islands, and volunteers from her team for informal conversation about residents' rights and other matters related to long-term care. Bring any and all issues and concerns — there are no foolish questions! — or simply come to listen and learn.

18 ~ DECEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>9:00 Hearing Clinic 2 9:00 Line Dancing 9:00 Painting 10:00 DY Woman's Club Board Meeting 10:00 Senior Planet 10:00 ADA Board Meeting 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Friends Board Meeting 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p>	<p>9:00 Flu Shot Clinic 3 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 Ballroom Dance Party</p>	<p>9:00 Line Dancing 4 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:00 Senior Planet 10:30 Musical Souvenirs 10:15 Line Dancing 12:30 Bridge 2:00 CCH Alzheimer's Support</p>
<p>9:00 Day Trip – Mashpee Commons 9 9:00 Line Dancing 9:00 Painting 10:00 AFSC Caregiver Training 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p>	<p>9:00 SHINE 10 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Investment Banking 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p>	<p>9:00 Housing Assistance 11 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Senior Planet 10:15 Line Dancing 12:00 DY Women's Club Meeting 12:30 Book Club 12:30 Bridge 2:00 Tea & Talk</p>
<p>9:00 Day Trip Market Basket 16 9:00 Line Dancing 9:00 Painting 10:00 Senior Planet 10:00 ADA Board Meeting 10:15 Line Dancing 12:00 Friends Board Meeting 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 3:00 Supports Board Meeting</p>	<p>9:00 SHINE 17 9:00 COA Board Meeting 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 Ballroom Dance Party</p>	<p>9:00 Line Dancing 18 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:00 Senior Planet 10:15 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Movie Matinee 2:00 CCH Alzheimer's Support</p>
<p>9:00 Line Dancing 23 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p>	<p>9:00 Yoga 24 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's)</p>	<p>25  Christmas Day</p>
<p>9:00 Line Dancing 30 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p>	<p>9:00 Yoga 31 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's)</p>	<p>BOOK CLUB: Wednesday, Dec 11 12:30 PM at DCAL</p> 

DECEMBER CALENDAR ~ 19

THURSDAY	FRIDAY
9:00 SHINE 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club 5	9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 6
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 At Home Hearing Clinic 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club 12	9:00 Zumba Gold 9:30 GAP Multicultural 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 13
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club 19	9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 20
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Social Dance 2:30 Hiking Club 26	9:00 Zumba Gold 9:30 GAP Multicultural 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 27



Pre-enrollment continues in November and December
Call DCAL to schedule appts. 508-385-5067



FREE PROFESSIONAL HEARING SERVICES!

**2nd Thursday of Each Month
 10 AM-12 PM, Free**

Meet with Hearing Instrument Specialist Shawn Woodbrey for any topic related to hearing. Hearing instrument diagnostics and repair on any make or model hearing aid. Otoscopy to check for medical concerns and cerumen removal. Hearing testing and consultation on hearing loss. Fitting and maintaining of hearing aids of all models. Counseling on expectations of products and communication tactics related to hearing loss. Answering specific technical questions related to any hearing instrument on the market. Call the DCAL to schedule an appointment, 508-385-5067.



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 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 of the month from 11:15 am–12:15 pm.

Please call 508-957-7423 if you have questions.



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member
Cape Cod Healthcare



LINE DANCE CLASSES with Karen of Cape Sands Ballroom at the DCAL. Students who are new to this program are asked to contact Karen at CapeSandsBallroom@gmail.com to help with class placement. All classes are one hour long and held weekly. \$10 walk-in. Please bring a change of shoes to protect the dance floor.

For line dancers with experience who enjoy a little challenge:

- Beyond the Basics Pop, Rock and Latin Line Dancing – Monday and/or Wednesday 9:00 AM
- Beyond the Basics Ballroom Line Dancing – Wednesday 10:15 AM

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

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.

Nov 5 - Tango (Karen)

Nov 19 - Salsa (Frank)

Dec 3 – Foxtrot (Karen)

Dec 17 – Bachata (Frank)

1:00-1:45 pm beginner dance lesson. 2:00-3:30 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. 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. Please bring a change of shoes to protect the dance floor. Dress code dressy casual.



Jerry Slater, September Volunteer of the Month

Each year the **Advisory Committee on Disabilities** presents our Skip Nelson Award to an individual or business who has “shown great concern for the disabled by providing time, services, accessibility and accommodation to those citizens of Dennis.” This year’s recipient is our Beach and Recreation Department Director, Dustin Pineau.



ADA

Dustin has repeatedly demonstrated his commitment to ensuring that ALL Dennis residents and visitors are able to fully enjoy the beauty of our town. Dustin is responsible for bringing to our beaches the blue “Mobi Mats,” which provide beach access for those with mobility issues. The “Surf and Mobi beach chairs” which allow the disabled to take part in water and sand activities have been available for over ten years thanks to Dustin.

With his ongoing quest to make recreation accessible, Dustin helped upgrade the ground cover of our town’s playgrounds by adding Americans with Disabilities Act (ADA)-compliant rubber matting, also putting in ADA-compliant trails and walkways at the Johnny Kelley Park. He is also responsible for the placement of handicap accessible comfort stations at key Dennis locations, such as our beaches, parks, town landings and of course pickleball courts.

Dustin’s practical advice, positive can-do attitude and sense of humor are all valuable and we appreciate all he has done for us. As one of Dustin’s longtime colleagues told us, “his dedication to help others is like no other” and we agree!! Thank you Dustin. We are pleased to present you, the 2024 Skip Nelson Award.

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 & Islands 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

Independence House Counseling
508-771-6507

South Shore Community Action Council
508-746-6707

22 ~ VETS & FRIENDS



Well, what can I say? We adjusted the place and date for our first ever “Fall-BBQ” to avoid oppressive summer heat. Sounded like a plan. It hadn’t rained and we had enjoyed comfortable weather for almost 30 days in a row. Then, less than two days before the date, the forecast fell apart. Heavy rain all day! But hey, we’re Vets & Friends. We learned to adjust to adversity when we were on active duty. No problem, we abandoned our scheduled use of Johnny Kelley Park and moved our BBQ indoors at the Senior Center. What downpours?

Staff and the Center volunteers were magnificent. Preparing food, putting up tents outside to cook under, carrying meals for serving. The list goes on, but you get it. What a job they did! And special thanks to Cape Cones Ice Cream truck man Brien Hines for providing free deserts to anyone who wanted it. And to our singer, Joe Mac, for working us into his very busy schedule with a couple of hours of patriotic music and other songs many recognized from times past. The final score? Vets & Friends — one: Mother Nature — zero!

So, we look ahead. November is a special month for veterans. Veterans Day, the eleventh, is the day America celebrates all our veterans, past and present, and thanks them for their service. It’s a day to be proud and thankful for our great nation and everything veterans have done to protect it. Show your colors. Wear something with a splash of red, white and blue. Vets & Friends will be doing something special to help celebrate. The November meeting will be on the third Tuesday, the 19th, our regular day. Watch your email for news as we get closer to it.

A final thought. Perhaps you would like to join in on a special event to honor a family member or a friend or someone that you would like remembered over this Veterans Day weekend. Follow the link

NOV 19TH, 10:30 AM
TOY DRIVE • DEC 10TH, 10:30 AM



below to learn how you can dedicate one of the several hundred flags flying in Dennis’ Field of Honor. healingfield.org/event/dennisma24





Who are we: WE are a not-for-profit, volunteer organization formed in 2012 that raises funds exclusively for the Dennis Senior Center. By sponsoring fund-raising events, formulating grant requests, appealing to local businesses and individuals for donations and through donations to become annual members.

Here is some of the ways we use the money raised:

- Sponsored attendance at the Golden Age Program.
- Provide funds for field trips.
- Purchased HC raised garden growing stands.
- Provide emergency funding for Dennis seniors in crisis through the Outreach dept.
- Sponsored Open House and Activity functions

at the Senior Center.

- Contracted for production and publishing the Cranberry Scoop.
- Supported various entertainment and educational events with funds and volunteers.
- Through a grant from AARP and funds from the Supporters we were able to build the outside patio on the North end of the Senior Center.
- Through a grant from Cape Cod 5 and funds from the Supporters we were able to supply strength and balance equipment for the gym at the Senior Center.

Please help us continue this work by becoming an annual member with a donation of any amount

Thank you in advance
Gary Barber, President

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

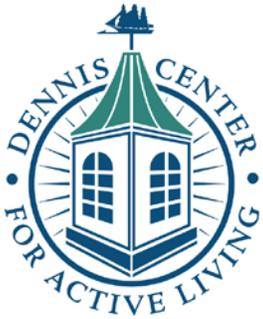
Phone _____ Cell _____

_____ Where Needed Most

Email _____

_____ Other (specify):

New _____ Renewal _____



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ACTIVE LIVING**
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Affix mailing label here

THE DENNIS CENTER FOR ACTIVE LIVING

Join us for Holiday Cheer Week!

DECEMBER 16-20



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.