

JULY/AUGUST 2025

The Cranberry Scoop



Savor Summer!

**Legacy Film School
Seeking Students**

**DCAL Website:
Check it Out!**

The Newsletter of The Dennis Center For Active Living

1045 Route 134, South Dennis, MA 02660 • 508-385-5067 • Facebook: @DennisSeniorCenter

In This Issue:

Getting Around Town. . . . 5
 Caregiver Resources 6
 Beaches & Recreation . . . 7
 DCAL Events 8
 Recipe & Word Search . . 9
 Health & Wellness 10
 Outreach 11
 Community Partners . . . 12
 Program Info 14
 July Calendar. 16
 August Calendar 18
 Fitness & Dance 20
 Community Resources . 21
 Vets & Friends 22
 Local Happenings 23

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

Summer in Dennis is nothing short of magical – sun-filled days, cool coastal breezes, and the joy of being active outdoors. Whether you're attending a concert at the Green, strolling the walking trails at Johnny Kelley Park, or enjoying a day at one of our beautiful beaches, remember that staying safe in the heat starts with hydration p.11. Bring water everywhere, take breaks in the shade, and check in on neighbors and friends, especially older adults.

The Dennis Recreation and Beach Departments offer fantastic summer programs for all ages, and I encourage you to explore their offerings and take full advantage of our beaches – home to some of the most accessible coastal areas in the region. From beach mats and wheelchairs to adaptive equipment, we're proud to support inclusive recreation for everyone.

At the Dennis Center for Active Living (DCAL), summer means community. Our events, wellness classes, and support services depend on partnerships and volunteerism. That's where the **Supporters of the Dennis Council on Aging** come in. This volunteer-run nonprofit raises funds that help make DCAL's events and programs possible – like our upcoming evening socials, cultural events, and holiday meals.

We're actively seeking new Supporters to join our mission. Whether you're a year-round resident or a seasonal friend of Dennis, your time, skills, or donations can make a lasting impact. Interested in helping us grow? Join us for lunch and a meet-and-greet with the Supporters board on **Saturday, July 19 at Noon** at DCAL. It's a great way to learn more and become part of something meaningful.

This summer, let's all stay active, connected, and well – together. To RSVP or learn more about the Supporters, call 508-385-5067 or email us today. Wishing you a healthy and joyful summer!

Brenda Vazquez, Director
 Dennis Center for Active Living

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**.

MEDICAL RIDES

Volunteer drivers provide rides to and from local medical appointments on Cape Cod for ambulatory Dennis seniors who do not have their own transportation. Our volunteer drivers do not provide rides off Cape. To request a ride, call DCAL at least 48 hours in advance, at 508-385-5067. **When calling for a ride, please have the name and address of the doctor, the date and time of your appointment, and the complete address of the medical facility. Only one medical ride is allowed per week. No medical rides for anesthesia appointments.**

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.**

SMART DART CCRTA UPDATE!

The *SmartDART Access Line* is here to make booking rides easier for everyone. Whether you're learning how to use the SmartDART app or just need a little extra help, we've got you covered. Call us at 508-418-3278 for one-on-one support — we'll walk you through the app or book your ride for you. SmartDART is here to make getting around simple, and the Access Line is here to help you every step of the way.

Starting June 21, all **CCRTA fixed-route buses will be fare-free for everyone!** No pass or ID required, just hop on and ride.

If you're **60 or older**, we still encourage you to apply for a **GoCard**. This card provides discounted rates on our DART (Dial-A-Ride Transportation) service, which is not included in the fare-free program.

**Download the
 CCRTA SMARTDART
 app today!**



6 ~ CAREGIVER RESOURCES



Golden Age Program

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 playing 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, 508-385-5067

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



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

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

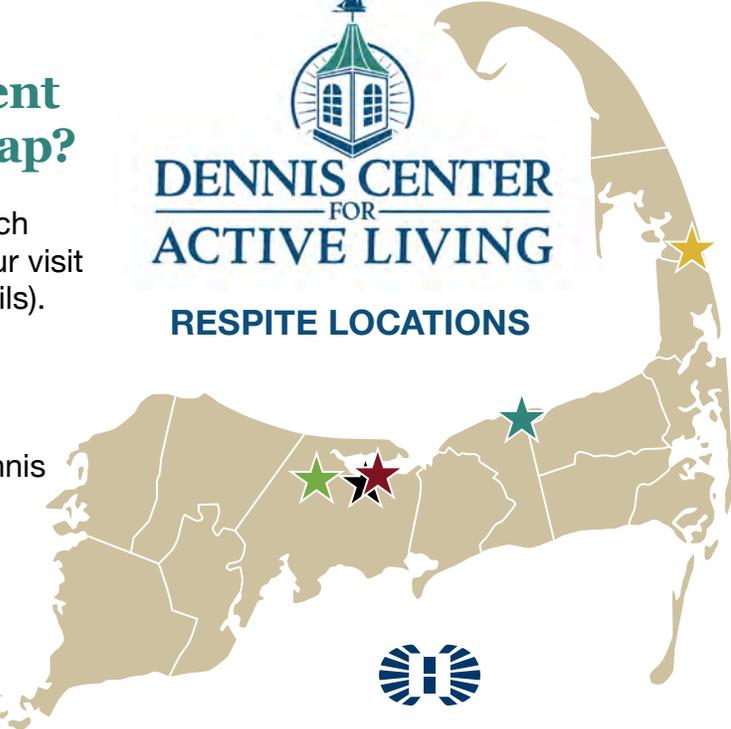
Dennis Center for Active Living (DCAL)
 1045 Route 134, South Dennis
 508-385-5067



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



RESPIRE LOCATIONS



CAPE COD HEALTHCARE

Cape Cod Healthcare Dementia
 dementiainfo@capecodhealth.org
 774-552-6080

Eastham Senior Center
 1405 Nauset Road
 Eastham
 774-801-3151



Alzheimer's Family Support Center (AFSC)
 508-896-5170





Summer Fun For Everyone!

The Dennis Advisory Committee on Disabilities has made it a priority to ensure increased beach accessibility for residents and visitors of all

abilities. Through the purchase of essential adaptive equipment, Dennis beaches are ready with **all-terrain beach wheelchairs, mobi-mats, and floating beach chairs**, making your beach experience inclusive and safe. Available at several Dennis beaches, this equipment is free of charge and supported by trained lifeguards and staff. Whether you are planning a family day in the sun or a peaceful solo outing, you can now enjoy the ocean breezes without barriers. For reservations or more information, contact the Dennis Recreation Department at 508-760-6159. And, if the beach is not your thing, then hit the Links! Our town golf courses offer adaptive golf carts to help you travel around the course. Contact Dennis Pines or Dennis Highlands at 508-385-8347 for more information or to make a reservation.

Discover Summer Fun with Dennis Recreation & Beaches!

Summer is in full swing on beautiful Cape Cod, and the Town of Dennis invites residents and visitors of all ages to explore everything our Recreation and Beaches Department has to offer. Whether you're looking for active adventures, family fun, or tranquil beach days, Dennis delivers the best of summer on the Bay and Sound.



Pristine beaches are staffed by trained lifeguards and feature amenities such as accessible Mobi-mats, beach wheelchairs, and clean facilities. Beach stickers are available online or at Town Hall Annex.

The Recreation Department offers a vibrant array of programs, including youth sports, adult sports leagues, fitness classes, art workshops, and community events such as the Dennis Road Race and Monday Night Music at Corporation Beach.

For those looking to stay active, our pickleball and tennis courts, walking trails, bocce courts and kayak launches are great ways to enjoy the outdoors. Want to learn something new? Try one of our Beach Yoga sessions or hike one of our many trails in town.

To view schedules, register for events, or get beach updates, visit us on Instagram @DennisRecreation, on Facebook at Dennis Recreation, visit www.dennisrecreation.com or call us at 508-760-6159

Let's make this summer one to remember — on the beach, in the parks, and with our neighbors. See you out there, Dennis!

8 ~ DCAL EVENTS

Legacy Film School Is Seeking Storytellers!

HAVE YOU EVER CONSIDERED SHARING YOUR LIFE EXPERIENCES ON FILM?

THE CAPE MEDIA CENTER, in partnership with **The Dennis Center for Active Living**, is starting a new session of the **Legacy Film School** in **Summer 2025!** We are actively seeking older adults who are interested in filmmaking, storytelling & a group learning experience!

If you're interested in being in front or behind the camera, or both, please let us know by calling us at 508-385-5067 to sign-up! Limited to 10 people! Meets weekly: 7/31/25–10/02/25 Thursdays at 10am. Classes held at DCAL.



DCAL Garden Club Volunteers!



PING PONG
Every Thursday,
1–4pm
Bring a friend
or come solo!



WE'RE THRILLED TO ANNOUNCE THE LAUNCH OF THE DENNIS CENTER FOR ACTIVE LIVING WEBSITE!

This exciting new platform will serve as your go-to source for all things DCAL, including activity information, calendars, events, social day programming, announcements, and community news. You'll also find the latest issues of The Cranberry Scoop newsletter right at your fingertips.

The site is **ADA accessible and designed with age-friendly usability in mind**, making it easy for everyone to stay connected, informed, and engaged with our vibrant active living community!

VIEW THE NEW WEBSITE



dcalcapecod.org



AFTERNOON TEA & TALK SOCIAL

Wednesday, July 9, 2–3pm
Wednesday, August 13, 2–3pm

BIRTHDAY PARTY BASH

Wednesday, July 16, 12pm
Wednesday, August 20, 12pm
Join us to celebrate your birthday at The Dennis Center for Active Living with cake and refreshments!



Cobbler

This blackberry cobbler has a light and fluffy cake-like topping instead of the traditional biscuit-style. Serve warm with heavy or whipped cream.



INGREDIENTS

Berries:

- ½ cup white sugar
- 2 tablespoons cornstarch
- 6 cups fresh ripe blackberries
- ¼ cup unsalted butter, melted

Batter:

- 2 ½ cups all-purpose flour
- 1 ½ cups white sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 cups milk
- ¼ cup unsalted butter, melted
- 1 tablespoon vanilla extract

DIRECTIONS

- Gather the ingredients.
- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.

- To prepare the blackberries: Whisk sugar and cornstarch together in a small bowl. Place blackberries into a mixing bowl and drizzle with melted butter. Sprinkle cornstarch mixture over top, then toss until evenly coated.
- Spread blackberry mixture into the prepared baking dish.
- To make the batter: Whisk flour, sugar, baking powder, and salt together in a mixing bowl until evenly blended. Stir in milk, melted butter, and vanilla until combined but still slightly lumpy.
- Pour over blackberries in the baking dish.
- Bake in the preheated oven until berries are tender and the crust is golden brown, 55 to 60 minutes.

Summer Word Search

BARBECUE
 BEACH
 FLIP FLOPS
 ICE CREAM
 LEMONADE
 PICNIC POOL
 SUNGLASSES
 SUNSHINE
 SWIMMING
 VACATION
 WATERMELON

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

Hiking Club

We are happy to note that this group is growing! In response to this, we felt the need to send a 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 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.

Hiking Club meets at 2:30 pm every Thursday.

Hiking Club,
Harwich Port (top)
and Marconi Beach,
Wellfleet (bottom)



Healthy Living



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.



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.**



VISITING NURSE ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare



PEARLS

Program to Encourage
Active Rewarding Lives



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**

The Power of Hydration: A Simple Key to Feeling Your Best

As we move through the warm summer months, one of the easiest and most beneficial things you can do for your health is to stay well-hydrated. Drinking enough water each day supports so many functions in the body — especially as we get older. Proper hydration helps keep energy levels up, supports healthy digestion, cushions joints, keeps the skin looking fresh, and even improves focus and memory. It can ease common issues like constipation and muscle cramps, and it's a simple way to help you feel more vibrant and alert throughout the day.

Older adults are more likely to become mildly dehydrated without realizing it. This is often due to a reduced sense of thirst that naturally occurs with age, as well as changes in kidney function and body water composition. Certain medications and mobility challenges can also make it harder to drink regularly. But the good news is that small, steady efforts throughout the day can make a big difference.

Try sipping water with every meal and snack, and consider adding hydrating foods like watermelon, cucumbers, oranges, and celery to your plate. Herbal teas, low-sugar electrolyte drinks, and broths can also be good choices. Keeping a water bottle nearby or using reminders — like setting a phone alarm or labeling your bottle with time goals — can help make drinking water a regular habit. Staying cool and avoiding too much time in the heat also helps your body maintain its fluid balance.

If you ever notice dry lips, low energy, dizziness, or less frequent trips to the bathroom, those might be gentle reminders from your body to drink more water. Overall, staying hydrated is a powerful, positive way to support your body and feel your best — every day, all year long.



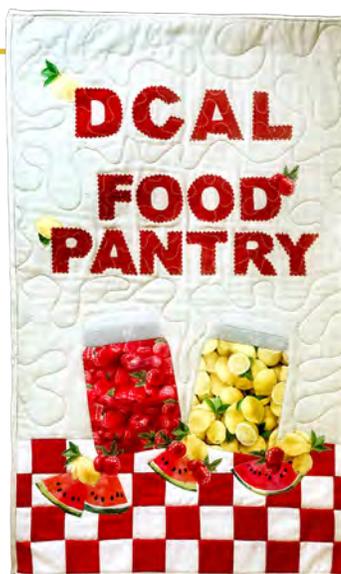
JULIANA BENOIT
DCAL Human Services
Outreach Coordinator
508-694-2004



SUSAN BOROWICK
DCAL Human Services
Assistant Outreach
Coordinator
508-385-5067 x389

DCAL MOBILE FOOD PANTRY

DCAL offers a mobile food pantry once a month. Participants can pick up their food orders at DCAL after signing up and filling out an order form. Questions? **Refer to our Outreach page on our website dcalcapecod.org OR Call 508-385-5067 and ask for Julie or Susan.**



DONATION WISH LIST

SEEKING DONATIONS! Please no canned goods or pasta until further notice.

IN NEED OF: shelf-stable milk, eggs, cheese, yogurt, frozen fruit & vegetables, baking ingredients, baked goods mixes, cereals, perishable items and meats.

Health & Beauty: neutral soap, deodorant, shampoo, conditioner, toothpaste, dish liquid, laundry & dish detergent.

**Thank you for your generous donations!
We appreciate your help!**

12 ~ COMMUNITY PARTNERS



FRIENDS OF DENNIS

Improving the quality of life for Dennis seniors has always been our mission. One way we do this is by awarding grants each year to local organizations through our Planned Giving Program. We support like-minded organizations and ask them to use the funds to help seniors living in the Town of Dennis.



Grants this year will be awarded to the following organizations: Elder Services of Cape Cod, Alzheimer's Family Support Center of Cape Cod, Sight Loss Services of Cape Cod, St. Vincent de Paul Society, and the Golden Age Program at the Dennis Center for Active Living. Be a friend by making a tax-deductible donation to our 2025 Annual Appeal. We need your support, and your donation matters to further our mission of helping seniors in Dennis. Appeal letters have been mailed, but you may also donate online at FriendsOfDennisSeniors.com.

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 at DCAL, every first and third Wednesday from 10 am – 12 pm. Contact Freddi at 508-771-6507 x241 for details or appointments.



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 and the Islands, here at the Dennis Center for Active Living. Walk-ins also welcome. The Options Counselor will be in the café area. **Last Wednesday of every month. May 28 & June 25, 10 am – 12 pm. Please call 508-258-2476 to schedule or ask questions.**



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 – 11am, by calling 508-771-5400 Ext. 210. Appointment required.**

14 ~ PROGRAM INFO

FITNESS

YOGA

This gentle practice begins with a short centering meditation, warm up stretching, breathing, yoga asana and relaxation. Chair Yoga is incorporated into the class for those that find it difficult to work on the floor. Bring mat & blanket.

EVERY Tues. 9–10am
\$10 per class. Walk-In.
Teacher: Maria Damon

ZUMBA GOLD

High impact Zumba dance class. A fun way to get some cardio!

EVERY Fri. 9–10am
\$10 per class. Walk-in.
Teacher: Christina Arabadzhieba

CORE & MORE

Modified low-impact zumba chair dance class focused on core strength.

EVERY Fri. 10–11 am
\$10 per class. Walk-In.
Teacher: Christina Arabadzhieba

FITNESS WITH JOHN

Low-impact cardio & strength class. 1 to 2 lb. hand weights provided.

EVERY Wed. 10–11 am
\$10 per class. Walk-In.
Teacher: John Hayes

HEALTH & WELLNESS

FOOT NURSE

By appointment. Visit includes trimming and thinning of thickened nails as well as filing

of nails, calluses, and corns, a massage for circulation and general assessment of the feet.

Janet Tinney is a nurse trained in footcare with 25 years of experience. **Call DCAL 508-385-5067 for appt. \$50 per appt. at DCAL. \$65 for home visit appt.**

MINDFULNESS W/ REIKI

Relax, recharge and focus on the “now” with Mindfulness & Reiki practice. Join us for an hour of various self-care and wellness practices.

EVERY Thurs. 10–11 am
\$10 per class. Walk- In.
Teacher: Tara Crowley

CLUBS & GROUPS

SENIORS CONNECT

Weekly social gathering for seniors to come together & connect.

Fridays 12–2pm

BOOK CLUB

Meets once a month. Books listed in Cranberry Scoop.

2nd Wednesday, 12:30–1:30 pm

STITCH & CHATTER

Quilting & sewing club.

Tuesdays, 9–11 am

DY WOMEN'S CLUB

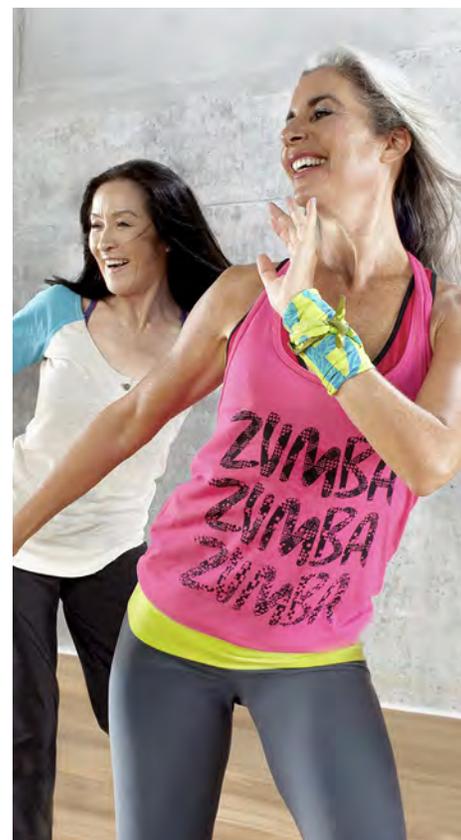
Monthly social gathering for women of Dennis & Yarmouth to come together & connect.

2nd Wednesday of the month, 12–3pm

DCAL GARDEN CLUB

Monthly garden club. Do you enjoy gardening and want to share/learn tricks & tips? Check out the DCAL Garden Club.

1st Tuesday of the month, 12–3pm



FEATURED CLASS

ZUMBA GOLD WITH CHRISTINA

Let's Keep Moving!

Fridays, 9am
Walk-in
\$10 Per class
No experience required

16 ~ JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
	<p> 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 9:00 Yoga 10:00 Chess 12:30 Bridge (Men's & Women's) 12:30 Hearts 1:00 Ballroom Dance Party </p>	<p> 9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 12:30 Bridge 2:00 CCH Alzheimer's Support </p>
<p> 9:00 Line Dancing 10:00 ADA Board 10:15 Line Dancing 12:00 Friends of Dennis 12:30 Shuffleboard 12:30 Bridge 1:00 Mah Jongg </p>	<p> 9:00 SHINE 9:00 Yoga 9:00 Stitch & Chatter 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 10:00 Cape Cod Men's Club 10:30 Vets Chair Yoga 12:30 Bridge (Men's & Women's) 1:00 Sound Dunes 1:00 Ballroom Dance Workshop </p>	<p> 9:00 Ombudsman Training 9:00 Line Dancing 9:00 Housing Assistance 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 12:30 Bridge 12:30 Book Club 2:00 Tea & Talk </p>
<p> 9:00 Line Dancing 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg </p>	<p> 9:00 CoA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 9:30 Coffee with a Cop 10:00 Chess 10:00 South Coastal Legal Services 10:30 Vets & Friends 12:30 Bridge (Men's & Women's) 12:30 Hearts 1:00 Ballroom Dance Party </p>	<p> 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 12:00 Birthday Party 12:30 Bridge </p>
<p> 9:00 Line Dancing 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg </p>	<p> 9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 12:30 Bridge (Men's & Women's) 12:30 Hearts 2:00 Solo Aging Support Club </p>	<p> 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Options Counseling 10:15 Line Dancing 11:00 Sight Loss Services 12:30 Bridge </p>
<p> 9:00 Line Dancing 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg </p>	<p> 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 9:00 Yoga 10:00 Chess 12:30 Bridge (Men's & Women's) </p>	<p> 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 12:30 Bridge </p>

THURSDAY	FRIDAY
<p>9:00 DCAL Salon 3</p> <p>9:30 Golden Age Program</p> <p>10:00 Mindfulness with Reiki</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:30 Buried in Treasures</p> <p>1:00 New Beginnings</p> <p>1:00 Ping-Pong</p> <p>1:00 Bridge (Men's & Women's)</p> <p>2:30 Hiking Club</p>	<p>DCAL Closed 4</p>  <p>Independence Day</p>
<p>8:00 Foot Nurse 10</p> <p>9:30 Golden Age Program</p> <p>10:00 Mindfulness with Reiki</p> <p>10:00 Hearing Clinic</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:30 Buried in Treasures</p> <p>1:00 New Beginnings</p> <p>1:00 Ping-Pong</p> <p>1:00 Bridge (Men's & Women's)</p> <p>2:30 Hiking Club</p>	<p>9:00 Beach Chair Meditation 11</p> <p>9:00 Zumba Gold</p> <p>9:30 Bridge</p> <p>9:30 Golden Age Program</p> <p>10:00 Core & More</p> <p>10:00 Mobile Food Pantry</p> <p>11:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 17</p> <p>9:30 Golden Age Program</p> <p>10:00 Mindfulness with Reiki</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:30 Buried in Treasures</p> <p>1:00 New Beginnings</p> <p>1:00 Ping-Pong</p> <p>1:00 Bridge (Men's & Women's)</p> <p>2:30 Hiking Club</p>	<p>9:00 Zumba Gold 18</p> <p>9:30 Bridge</p> <p>9:30 Golden Age Program</p> <p>10:00 Core & More</p> <p>11:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 24</p> <p>9:30 Golden Age Program</p> <p>10:00 Mindfulness with Reiki</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:30 Buried in Treasures</p> <p>1:00 New Beginnings</p> <p>1:00 Ping-Pong</p> <p>1:00 Bridge (Men's & Women's)</p> <p>1:00 Line Dancing</p> <p>2:30 Hiking Club</p>	<p>9:00 Zumba Gold 25</p> <p>9:30 Bridge</p> <p>9:30 Golden Age Program</p> <p>10:00 Core & More</p> <p>11:00 Seniors Connect</p> <p>12:30 Cribbage Friday</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 31</p> <p>9:30 Golden Age Program</p> <p>10:00 Mindfulness with Reiki</p> <p>10:00 Alzheimer's Family Support Center</p> <p>11:30 Buried in Treasures</p> <p>1:00 New Beginnings</p> <p>1:00 Ping-Pong</p> <p>1:00 Bridge (Men's & Women's)</p> <p>2:30 Hiking Club</p>	

FREE CIVIL LEGAL HELP

South Coastal Counties Legal Services (SCCLS) Elder Law Project

Free civil legal help for those 60 years of age and over.

Please contact Rasheda Dickerson at 774-487-3251 or 1-800-244-9023 to set up an appointment at DCAL on July 15, 2025 10 am – 12 pm.

Legal information will be provided related to aging independently. Registration is required 508-385-5067.



BOOK CLUB:

Wednesday, July 9
2:30 pm
at DCAL

SUPPORTERS OF THE DENNIS COUNCIL ON AGING LUNCHEON

Saturday, July 19, 12 pm
at DCAL



DCAL COFFEE BAR

Come on down for a hot coffee, tea or hot chocolate and a morning snack. Suggested donation \$1.

Every Friday 9 am – 11 am

18 ~ AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		
<p> 9:00 Line Dancing 10:00 ADA Board 10:15 Line Dancing 12:00 Shuffleboard 12:00 Friends of Dennis 12:30 Bridge 1:00 Mah Jongg </p> <p style="text-align: right;">4</p>	<p> 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 12:30 Hearts 12:30 Bridge (Men's & Women's) 1:00 Ballroom Dance Party </p> <p style="text-align: right;">5</p>	<p> 9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 2:00 CCH Alzheimer's Support </p> <p style="text-align: right;">6</p>
<p> 9:00 Line Dancing 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg </p> <p style="text-align: right;">11</p>	<p> 9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 10:00 Cape Cod Men's Club 10:30 Vets Yoga 12:30 Bridge (Men's & Women's) 1:00 Sound Dunes </p> <p style="text-align: right;">12</p>	<p> 9:00 Ombudsman Training 9:00 Line Dancing 9:00 Housing Assistance 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 12:30 Bridge 12:30 Book Club 12:30 Bridge 2:00 Tea & Talk </p> <p style="text-align: right;">13</p>
<p> 9:00 Line Dancing 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg </p> <p style="text-align: right;">18</p>	<p> 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 10:30 Vets & Friends 12:30 Hearts 12:30 Bridge (Men's & Women'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 Fitness with John 10:15 Line Dancing 12:00 Birthday Party 12:30 Bridge 2:00 CCH Alzheimer's Support </p> <p style="text-align: right;">20</p>
<p> 9:00 Line Dancing 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 SHINE 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 12:30 Bridge (Men's & Women's) 2:00 Solo Aging Support Group </p> <p style="text-align: right;">26</p>	<p> 9:00 Line Dancing 9:30 Golden Age Program 10:00 Options Counseling 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 12:30 Bridge </p> <p style="text-align: right;">27</p>

THURSDAY	FRIDAY
 <p>BOOK CLUB: Wednesday, August 13 12:30 at DCAL</p>	<p>9:00 Zumba Gold 1 9:30 Golden Age Program 9:30 Bridge 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 7 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 1:00 Bridge (Men's & Women's) 2:30 Hiking Club</p>	<p>9:00 Beach Chair Meditation 8 9:00 Zumba Gold 9:30 Golden Age Program 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 11:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 14 9:30 Golden Age Program 10:00 Hearing Clinic 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 1:00 Line Dancing 1:00 Bridge (Men's & Women's) 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 15 9:30 Golden Age Program 9:30 Bridge 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 21 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 1:00 Bridge (Men's & Women's) 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 22 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 28 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Ballroom Dance Workshop 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 1:00 Bridge (Men's & Women's) 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 29 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>



Bay to Sound Neighbors continues to aid seniors in Dennis and Yarmouth age in place with some help from our wonderful volunteers

Remember, we are always seeking new volunteers. Flexible schedule depending upon the time you have to help someone in your community. Services include rides to medical appointments, hair dresser, shopping, or perhaps even a friendly visit. If you know of a friend or neighbor who could use our services, encourage them to contact us.

baytosoundneighbors.org,
baytosoundneighbors@gmail.com or **508-470-0585**



FREE PROFESSIONAL HEARING SERVICES!

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

Meet with Hearing Instrument Specialist Shawn Woobrey 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. Call the DCAL to schedule an appointment, 508-385-5067.

20 ~ FITNESS & DANCE

LINE DANCE CLASSES with Karen of Cape Sands Ballroom at DCAL. A social, fun hobby that's good for body and mind! 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, cash or check to Dennis Senior Center. Please stop at the 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,
- Beyond the Basics Ballroom Line Dancing (no partner required) – Wednesday 10:15 am

For graduates of the Absolute Beginner Line

Dance Course or equivalent skills:

- Easy-ish Pop, Rock and Latin Line Dancing – Monday 10:15 am



Tiny, dancer at DCAL

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.

July 1 – Cha Cha (Karen) in “The Theater Room”

July 15 – West Coast Swing (Frank) in “The Meeting Room”

August 5 – Nightclub Two-step (Karen) in “The Theater Room”

August 19 – East Coast Swing (Frank) in “The Meeting Room”

1–1:45 pm beginner dance lesson. 2–3:30 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.

Light refreshments. 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.

LINE DANCE PARTIES

Thursday, July 24th and Thursday, August 14th from 1–2:30pm

Hour and a half special events to jazz up your summer season! All levels are welcome to attend ... jump in and dance the dances that are manageable for you! A fun variety of pop, rock, and Latin tunes. All dances will be briefly reviewed and fully cued. Your host, Karen Shackelford of Cape Sands Ballroom. Door prizes! Light refreshments. \$10 walk-in, cash or check to Dennis Senior Center. Please stop at the 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.

BALLROOM DANCE WORKSHOPS

with DVIDA Certified Instructor Karen Shackelford of Cape Sands Ballroom

Singles and couples welcome. All dance levels. 45 minutes of basic instruction followed by a 15-minute intro to an intermediate figure and a half hour of supervised practice in the genre being taught. Sign-up required by emailing Karen at CapeSandsBallroom@gmail.com no later than three days prior to the workshop. Space is limited. 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. Please bring a shatterproof water bottle and a change of shoes to protect the dance floor.

Tuesday, July 8, 11:30–1pm
Nightclub Two-step – elegant and versatile

Tuesday, August 26, 11:30–1pm
Samba – lively and joyful



Congratulations to Martha LeBlanc for her support of the SHINE Program at Dennis Center for Active Living! Martha was awarded a Certificate of Appreciation as a Friend of the SHINE Program for 2025.



THE DENNIS LIBRARIES

The Dennis Libraries are offering Summer Reading and other programs. Check out our websites, and come visit us soon!

Dennis Public Library

5 Hall Street, Dennis Port, MA 02639
508-760-6219 | dennispubliclibrary.org
Tuesday–Thursday 1 am–8 pm
Friday & Saturday 10 am–2 pm

Dennis Memorial Library

1020 Old Bass River Road, Dennis, MA 02638
508-385-2255 | dennismemoriallibrary.org
Monday–Thursday 1 am–8 pm
Friday 1 pm–5 pm | Saturday 1 pm–4 pm

Jacob Sears Memorial Library

23 Center Street, East Dennis, MA 02641
508-385-8151 | jacobsearslibrary.org
Monday–Saturday 9 am–1 pm

South Dennis Library

389 Main Street, South Dennis, MA 02660
508-394-8954 | southdennislibrary.org
Monday–Wednesday 10 am–4 pm
Saturday 10 am–12 pm

West Dennis Library

260 Main Street (Rte. 28), West Dennis, MA 02670
508-398-2050 | westdennislibrary.org
Sunday–Friday 10 am–2 pm

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

Elder Services of Cape Cod & the Islands
508-394-4630

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



Let's begin by looking back over the past two months and thanking Dennis Police Sgt Ryan Carr for his helpful and informative discussion on the threats faced as we increasingly use more technology in our daily lives. And then, by recognizing the D-Y High School Chorus for their outstanding renditions of past and present songs that even had the audience joining in. And, for the great solo performances that captured everyone's spirit. Well done, D-Y!

But now, it's on to summer and July and August *Vets and Friends* activities. Two important events lead the way. The Nation's 250th Birthday is on July 4th, and Flag Day was on the 14th of June. We celebrated both holidays together with patriotic music, recorded segments featuring some of America's best known and patriotic celebrities, visits by leaders from the veteran's organizations, and social time to share experiences and make new friends. The August meeting will be a special day. Many members will remember our Christmas gift drive when we supported *Kind Hearts for Kids* with an outstanding effort that helped make the holidays memorable for the hundreds of Cape Kids in Foster Care who might have otherwise been left behind. This summer we'll begin a new effort, also in support of *Kind Hearts for Kids*, which will also focus on the needs of kids in Foster Care – this time heading "*Back to School*". There will be more to come in a separate flyer, but briefly, we'll be providing school supplies and materials (not clothing) to Foster Care kids in grades 1 through 12 who might otherwise not have items important to their success. A few other topics to look forward to. July has not been finalized pending possible Center-wide activity celebrating the Nation's birthday. September is reserved for our annual cookout/barbeque and October plans center on an important visit by VA leaders to update *Vets and Friends* on the changes the VA has implemented since our last briefings. Don't forget, *Vets and Friends* meet at 10:30am on the

JULY 15, 10:30 AM
AUGUST 19, 10:30 AM



third Tuesday every month in the Dennis Senior Center. Veterans, wives, widowers, family, friends, and caregivers are welcome. Bringing a new member along is always encouraged.

Rep Steve Xiarhos
stops by for a visit (right)
DYHS Chorus (bottom)





“Invitation to Join” Luncheon!

The Supporters of the Dennis Council on Aging are back! Join us as we relaunch our mission to support programs and events at DCAL.

Have a talent for organizing events or fundraising? Looking to get involved in our community? Meet us, learn more and explore volunteer roles — including board seats and activities planning. **Saturday, July 19, 2025 at 12:00pm.** Lunch provided for those interested in becoming volunteers!

Dennis Center for Active Living
1045 Route 134, South Dennis, MA.
Questions? Please Call: 508-385-5067

Who We Are & What We Do

ABOUT US

“The Supporters” of the Dennis Council on Aging is a 501c(3) not for profit volunteer organization, founded in 2012, to raise funds exclusively for the Dennis Senior Center/ Dennis Center for Active Living.

OUR MISSION

Our mission is to ensure the programs & services of the Dennis Senior Center/ DCAL are available to all who need them. Our vision is an active and accessible Dennis Senior Center DCAL for all. “The Supporters” raise funds by fundraising, formulating grants & appealing to local residents & businesses.

JOIN

We are always seeking new members with varying skill sets & the ability to commit to volunteering.



THE DENNIS CENTER FOR ACTIVE LIVING




Rolling Raks
THRIFT SHOP AT
DENNIS SENIOR CENTER

**50% OFF
SUMMER INVENTORY SALE
AUGUST**



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.