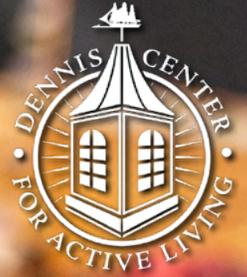


SEPTEMBER/OCTOBER 2025

The Cranberry Scoop



September is Fall Prevention Month

**The Salon
is Open!
Meet Our
New Stylist**
p. 7

**Join us for
Breakfast
in the Café**
p. 10

**Join the
Vets & Friends
Club**
p.22

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
 Welcome Back! 7
 DCAL Events 8
 Recipe & Word Search . . . 9
 Health & Wellness 10
 Outreach 11
 Community Partners . . . 12
 Program Info 14
 September Calendar . . . 16
 October Calendar 18
 Fitness & Dance 20
 Supporters. 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*
- 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

Autumn Reset: Embracing Seasonal Wellness at DCAL

As the golden hues of fall return to Cape Cod, we find ourselves invited to pause, reflect, and reset. Autumn is more than just a change in weather—it's a perfect season for realigning our health goals, reconnecting with community, and preparing both body and mind for the cooler months ahead.

At the Dennis Center for Active Living (DCAL), September and October mark a shift in rhythm. Our gardens yield their final harvests, outings give way to cozy gatherings, and wellness

programming takes on a nourishing, restorative tone.

Here are a few ways to support your well-being this season:

Recalibrate Your Routine: Shorter days can affect our sleep, mood, and energy. Maintain regular activity and eating schedules. Sign up for a class or activity, or have a delicious and wholesome breakfast in our Café breakfast program. (p. 10)

Nourish with the Season: Pumpkins, squashes, apples, and dark leafy greens are in abundance—and rich in nutrients that support heart and immune health. Join our *Real Food Tales taste tests and chats with host and cook, Kim Philips* (p.10) to learn simple, delicious recipes.

Stay Social, Stay Well: Social connection is vital for emotional and cognitive health. Whether you join the *DCAL Book Club*, visit the *Rolling Raks Thrift Boutique*, or volunteer at one of our community events, being with others builds resilience.

Prepare for Cold and Flu Season: Flu and COVID-19 vaccinations are critical as we head indoors.

This season, let's trade busyness for balance, and rush for reflection. As the leaves turn, may we all find joy in slowing down, caring for ourselves, and connecting with others.

See you at DCAL,

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.**

Are you uncomfortable using APPs to book your SmartDART?

Cape Cod Regional Transit Authority can help!

Through a Grant made available by MassDOT, folks who don't have smart phones or have been having trouble using their smart phone to book services can

A dedicated, trained operator stationed in our Operations Center to assist older adults and individuals with disabilities who may face barriers to using the app-based SmartDART system.



Assistance will be provided to book trips and make payments by phone in real time.

CALL THIS NUMBER 508-418-3278
CapeCodRTA.org

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?

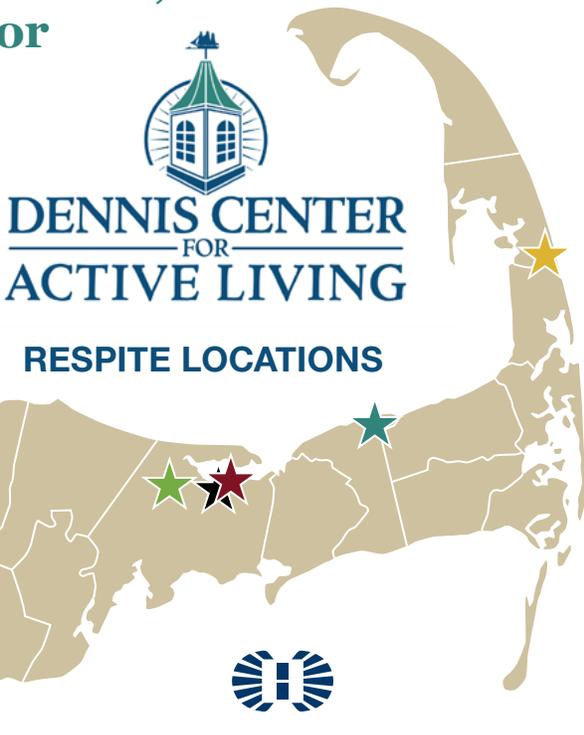
Are you a caregiver? Please see or call Outreach to discover opportunities for self-care at DCAL!

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

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



RESPIRE LOCATIONS

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

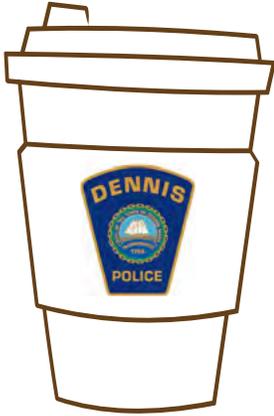


Alzheimer's Family Support Center (AFSC)
508-896-5170



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





Coffee with a Cop

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

Coffee & donuts served.
Tuesday, September 15
October 21
9-10am at DCAL Cafe
Starts before
Vets & Friends event

COMING IN SEPTEMBER!

Visit the New Salon at the DCAL!



Rosa Sacco, Stylist

Monday Appointments

Services Offered

- Haircut
- Men's Cuts
- Hair Color
- Wash & Blow Dry

Come to the DCAL and try our new salon services in our one-stop, convenient location! Manicure services coming soon!

Call DCAL for an Appointment
508-385-5067



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



From left to right: Dennis Police Chief, John Brady, Dennis Select Board Chair, and members, Chris Lambton and Jim Plath, Elizabeth Sullivan, Town Administrator, and Dennis Fire Chief, Chris Guerreiro attend National Night Out.

8 ~ DCAL EVENTS



Video Production Class

ACTIVE LIVING STUDIO ON THE GO!

Video Production Class

Cape Media Center will be at DCAL for **TWO FREE 1-hour classes** to teach members how to use the most popular media today, **VIDEO!** You will learn to record on your device, livestream to Facebook, Youtube or other platforms. Tools & training will be provided by Cape Media Center.

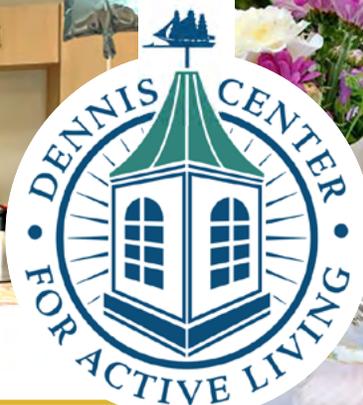
Wednesdays, October 1 & October 8, 1 pm–2pm

Register Now 508-385-5067



DCAL CAFE

Open for breakfast beginning September 17.
Every Wednesday 9:30 am–11:30 am. \$5 donation.



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, September 10, 2–3pm

Meet Kim from Real Food Tales

Wednesday, October 8, 2–3pm

Decorate pumpkins with Avis

BIRTHDAY PARTY BASH

Wednesday, September 17, 12pm

Wednesday, October 15, 12pm

Join us to celebrate your birthday at The Dennis Center for Active Living with pizza, cake and refreshments!



Authentic Chicken & Vegetable Paella

A one-pan Spanish classic—golden, crisp, and bursting with real flavor



INGREDIENTS:

- 6 oz chicken thighs (cubed)
- Green beans, red pepper, cauliflower
- Tomato, garlic, paprika, saffron
- Olive oil & salt

DIRECTIONS:

- **Sauté the Veggies:** Brown each vegetable separately in olive oil until lightly crisped. Set aside.
- **Sear the Chicken:** Golden brown it with a touch of salt.
- **Build the Flavor Base:** Add garlic, pureed tomato, and sweet paprika for a fragrant sofrito.
- **Add Rice & Broth:** Mix in the rice, chicken, veggies, broth,

saffron, and remaining salt. Bring to a boil.

- **Simmer Without Stirring:** Let it cook undisturbed for 18–20 mins to develop the signature socarrat—the crispy golden bottom layer.

• TIPS FOR THE PERFECT PAELLA

- Use a wide skillet for even rice cooking
- Master heat control for a golden crust
- Adjust broth if rice isn't fully tender
- *Pro tip:* No need to stir once the rice goes in—this helps keep it light, fluffy, and authentic.

National Hispanic Heritage Month Word Search

CONTRIBUTIONS

- LATINO
- HISPANIC
- CULTURE
- CELEBRATE
- TRADITION
- DIVERSITY
- HISTORY
- HERITAGE
- LITERATURE
- SPANISH
- LATINX
- IDENTITY
- FOOD
- MUSIC

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

Real Food Tales: A Fall Reset for Health and Home Cooking

As Cape Cod welcomes crisp air and changing leaves, there's no better time to embrace a wellness reset—starting with what's on our plate. That's the spirit behind **Real Food Tales**, our newest seasonal health feature at DCAL.

What is Real Food?

It's simple. Real Food is one-ingredient food—an apple, broccoli, chicken, or banana. It's food you can recognize and pronounce. It's not a drive-thru burger or packaged snack cake. Real Food Tales invites us to rethink our eating habits, reduce sugar and ultra-processed foods (UPFs), and return to the nourishing power of whole ingredients.

Through storytelling and hands-on fun, Real Food Tales offers:

- Tips on how to pick real food at the store
- Easy ways to prep, freeze, and store meals
- Cooking lessons using seasonal ingredients
- Simple, delicious, health-forward recipes
- Video demonstrations and how-to guides
- Lively sessions with guest chefs, nutritionists, and local food champions

This fall, our kitchens will be filled with the scent of roasted squash, apple crisps, and hearty soups—meals made from real food that support real wellness.

Whether you're looking to simplify your diet, learn new skills, or connect with others around the table, **Real Food Tales** is your invitation to grab your wooden spoon, roll up your sleeves, and reclaim joy in the kitchen. **JOIN US EVERY FRIDAY AT DCAL, 9am to 11 am.** Interactive cooking demos and take-home recipe kits! Stay tuned to our program calendar, and don't forget to sign up for your free copy of the Real Food Tales Resource Guide.

This season, let's make food that tells a better story—one where wellness, flavor, and community all come together.



Learn All About Diabetes

As a chronic condition, symptom management, and modifiable lifestyle factors to help you become more informed on ways to proactively navigate your healthcare needs. Presented by Lauren Forziati, Public Health Nurse and Certified Community Diabetes Educator. Following this informative presentation, Barnstable County Public Health Nurses will be hosting an A1C Screening clinic. A1C is a blood test (finger prick) that's commonly used to diagnose diabetes, measuring your average blood sugar levels over the past two to three months. The resulting number is considered your A1C level and gives you a glimpse into how well your blood sugar is controlled in the body.

Save your seat and reserve your spot for the screenings by calling **508-385-5067**.



Are you concerned about your balance and falling?

Come meet one-on-one with Physical Therapists and Exercise Physiologists from Cape Cod Healthcare and the VNA of Cape Cod at the Fall Risk Assessment Clinic on **Tuesday, September 30 from 1pm–3pm.** Each 30-minute appointment will involve a health screening, balance tests using the CDC's STEADI program, and a home exercise program. Advanced registration is required and there are limited appointments no walk-ins will be accepted. Please call the VNA of Cape Cod Public Health directly to register at **508-957-7423**.



VISITING NURSE ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

The Importance of Diet and Exercise for Seniors: Managing Diabetes and Preventing Falls

As we age, maintaining a healthy lifestyle becomes increasingly important for overall well-being. For seniors, proper diet and regular physical activity are essential tools for managing chronic conditions like diabetes and reducing the risk of falls—two of the most pressing health concerns in later life.

Managing Diabetes through Diet

Type 2 diabetes is common among older adults and requires careful management to prevent complications. One of the most effective strategies is adopting a healthy eating pattern. The DASH diet (Dietary Approaches to Stop Hypertension), originally designed to reduce high blood pressure, has proven beneficial for individuals with diabetes as well. It emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy while limiting sodium, added sugars, and saturated fats. This diet supports blood sugar control and promotes heart health—critical for those with diabetes.

Exercise and Blood Sugar Control

Physical activity helps lower blood glucose levels, improves insulin sensitivity, and contributes to maintaining a healthy weight. Seniors with diabetes who engage in regular aerobic and strength-training exercises often experience better glucose regulation and increased energy levels. Even moderate activities like walking, gardening, or water aerobics can make a meaningful difference.

Preventing Falls through Strength and Balance

Falls are a leading cause of injury among older adults. Exercise plays a crucial role in prevention by improving muscle strength, coordination, and balance. Programs that focus on strength training, flexibility, and balance—such as Tai Chi or chair-based workouts—can significantly reduce fall risk. A healthy diet, particularly one rich in calcium and vitamin D, also supports bone health and resilience.

A Holistic Approach

Combining the DASH diet with a regular exercise routine provides seniors with a powerful foundation for managing diabetes and maintaining independence. It promotes physical health, reduces the risk of complications and injuries, and enhances quality of life.

Incorporating these lifestyle changes, even gradually, can lead to lasting benefits and greater confidence in daily living. Please check the DCAL calendar for upcoming events for Diabetes, DASH diet and Falls prevention.



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

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

The Friends of Dennis Senior Citizens are sponsoring an American Red Cross Blood Drive on Saturday, October 4, at DCAL in Howell Hall from 9am to 2pm. Please visit redcross.org/give-blood to sign up and give the gift of life.



The Friends have helped many Dennis seniors in time of need. In many instances we were called upon after all other channels had been exhausted. A few examples this past year include; paying rent for a senior who couldn't work while recovering from surgery, helping with the cost for new eyeglasses, assistance to replace a furnace, buying an air conditioner for a senior with respiratory problems during summer hot spells, aiding a senior who was the victim of a financial scam, and helping numerous seniors who needed assistance with electric bills. We are able to do this, in large part, with the support of our wonderful members, donors, and volunteers.

The Friends also assist seniors through the Planned Giving Program, awarding grants to area nonprofits who serve Dennis seniors. This year's recipients included Elder Services of Cape Cod, Alzheimer's Family Support Center, Sight Loss Services of Cape Cod & Islands, St. Vincent de Paul Society, and the Golden Age Program at DCAL.

In August we launched our 2025 Annual Appeal, if you would like to support our efforts please consider making a tax-deductible donation today. Go to FriendsOfDennisSeniors.com to read our Annual Appeal letter and donate online or mail your donation to: Friends of Dennis Senior Citizens, PO Box 287, South Dennis, MA 02660.

INDEPENDENCE HOUSE COUNSELING

Have you ever been in a relationship where the person you are with wants to know where you are all the time and doesn't want you to spend time with your family or friends? Do you depend on a relative or caregiver who doesn't listen to you, or is always asking for money and they don't tell you what the money is for? Domestic abuse is a repetitive pattern of coercive and controlling behaviors that one person uses over another to gain power and control. Domestic abuse is not just physical. It also includes verbal, emotional, psychological and financial. The Dennis Senior Center supports healthy relationships of all ages. If you or someone you know is struggling in a relationship, you can talk to a counselor from Independence House. A counselor will have office hours on the first and third Wednesday of each month from 10-12pm at the Center. All information is confidential. You can make an appointment or drop in. For more information, contact Freddi at 508-771-6507 x241.



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. 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

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

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

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 Arabadzheba

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 11–1 pm

BOOK CLUB

Meets once a month. Books listed in Cranberry Scoop.

2nd Wednesday, 12:30–1:30pm

CHAIR CANING

Tuesdays, 9–11 am

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



Hiking Club, Brewster (top)
Leader Carl in Chatham (bottom)

16 ~ SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 <p>Labor Day</p> <p style="text-align: right;">1</p>	<p>9:00 Chair Caning 2 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 3 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 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 style="text-align: right;">8</p>	<p>9:00 SHINE 9 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 Line Dance Party</p>	<p>9:00 Line Dancing 10 9:00 Housing Assistance 9:30 Golden Age Program 10:00 Fitness with John 10:00 Bay to Sound Training 10:15 Line Dancing 12:00 DY Women's Club 12:30 Bridge 12:30 Book Club 2:00 Tea & Talk</p>
<p>9:00 Line Dancing 9:00 Diabetes Presentation A1C Clinic 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">15</p>	<p>9:00 CoA Board Meeting 16 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 17 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 2:00 CCH Alzheimer's Support</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;">22</p>	<p>9:00 SHINE 23 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) 2:00 Solo Aging Support Club</p>	<p>9:00 Line Dancing 24 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 10:00 DY Women's Club Board Meeting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">29</p>	<p>9:00 Chair Caning 30 9:00 Stitch & Chatter 9:30 Golden Age Program 9:00 Yoga 10:00 Chess 12:30 Bridge (Men's & Women's) 1:00 Fall Risk Assessments</p>	 <p>BOOK CLUB: Wednesday, September 10 2:30 pm at DCAL</p>

SEPTEMBER CALENDAR ~ 17

THURSDAY	FRIDAY
9:30 Golden Age Program 10:00 Legacy Film School 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 2:30 Hiking Club 4	9:00 Zumba Gold 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 5
9:30 Golden Age Program 10:00 Hearing Clinic 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:00 Legacy Film School 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club 11	9:00 Meditation 9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 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 12
9:00 Foot Nurse 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:00 Legacy Film School 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club 18	9:00 Zumba Gold 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 19
9:30 Golden Age Program 10:00 Alzheimer's Family Support Center 10:00 Mindfulness with Reiki 10:00 Legacy Film School 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 1:00 Line Dancing 2:30 Hiking Club 25	9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 26

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 September 16, 2025 10 am – 12 pm.

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

ATTENTION FUEL ASSISTANCE RECIPIENTS

South Shore Community Action Council will be distributing applications later than usual this year, sometime in September/October, so don't be alarmed if you haven't received your renewal application in the end of August/early September. The forms are GREEN this year. For possible new applicants, please call the Outreach Department at DCAL to find out if you are eligible to apply for FA.

MINDFULNESS

Change your thoughts, change your life

Instructor: Tara Crowley

Every Thursday for 8 weeks:

Sept 11 – Oct 30

8:45 – 9:45 am

Everyone welcome!

Mindful topic focus every week such as mindfulness, gratitude, words, nature.

Mindful practices:

Breath work, meditation, affirmations, intentions, & more.



18 ~ OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>Join the Alzheimer's Family Support Center for our annual Walk for Alzheimer's Provincetown, Sunday, October 12, 11 am–2 pm The event is free and open to the public, and includes live music, dancing, trolley rides, lunch, and more! You don't have to give to walk and you don't have to walk to give. Sign up at alzfamilysupport.org. For more information, call 508-896-5170, or email info@capecodalz.org. <i>All funds raised support free dementia services for our local communities.</i></p>		<p>1</p> <p>9:00 Fitness with John 9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:00 Bay to Sound Board Meeting 10:15 Line Dancing 10:30 Musical Souvenirs 1:00 Bridge 1:00 Video Production Class 2:00 CCH Alzheimer's Support</p>
<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;">6</p>	<p>9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 12:00 DCAL Garden Club 12:30 Hearts 12:30 Bridge (Men's & Women's) 1:00 Ballroom Dance Party</p> <p style="text-align: right;">7</p>	<p>8</p> <p>9:00 Housing Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Bay to Sound Training 10:15 Line Dancing 12:00 DY Women's Club 12:30 Bridge (Men's & Women's) 12:30 Book Club 2:00 CCH Alzheimer's Support 2:00 Tea & Talk</p>
<p>Columbus Day 13</p>  <p>Indigenous Peoples' Day</p>	<p>14</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 12:30 Bridge (Men's & Women's) 1:00 Sound Dunes</p>	<p>15</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 2:00 CCH Alzheimer's Support</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;">20</p>	<p>21</p> <p>9:00 Yoga 9:00 Chair Caning 9:00 COA Board Meeting 9:00 Stitch & Chatter 9:30 Golden Age Program 9:30 Coffee with a Cop 10:00 Chess 10:30 Vets & Friends 12:30 Hearts 12:30 Bridge (Men's & Women's) 1:00 Ballroom Dance Party</p>	<p>22</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 12:30 Bridge 2:00 CCH Alzheimer's Support</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;">27</p>	<p>28</p> <p>9:00 SHINE 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 10:30 Vets Chair Yoga 12:30 Bridge (Men's & Women's) 2:00 Solo Aging Support Group</p>	<p>29</p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Options Counseling 10:00 Fitness with John 10:15 Line Dancing 12:30 Bridge</p>

OCTOBER CALENDAR ~ 19



Bay to Sound Neighbors continues to aid seniors in Dennis and Yarmouth age in place with some help from our wonderful volunteers. Knowing that winter and the cold can lead to isolation in terms of getting out and being with others, we have initiated a new offering. Volunteers will be calling those members who asked for this service on a regular basis just to have a friendly conversation and social contact. Remember, we are always seeking new volunteers. Flexible schedule when you can help. Services include rides to medical appointments, hairdresser, shopping, or even a friendly visit. If you know of someone who could use our services, encourage them to contact us at 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.

THURSDAY	FRIDAY
9:30 Golden Age Program 10:00 Alzheimer's Family Support Center 10:00 Mindfulness with Reiki 10:00 Bay to Sound 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 1:00 Line Dance Party 2:30 Hiking Club	9:00 Zumba Gold 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
9:30 Golden Age Program 10:00 Alzheimer's Family Support Center 10:00 Mindfulness with Reiki 10:00 Hearing Clinic 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Meditation 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
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 2:30 Hiking Club	9:00 Zumba Gold 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
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 2:30 Hiking Club	9:00 Zumba Gold 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
9:30 Golden Age Program 10:00 Alzheimer's Family Support Center 10:00 Mindfulness with Reiki 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 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
9:30 Golden Age Program 10:00 Alzheimer's Family Support Center 10:00 Mindfulness with Reiki 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 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

20 ~ FITNESS & DANCE



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.

September 2

Waltz (Karen) in
"The Theater Room"

September 16

Salsa (Frank) in
"The Meeting Room"

October 7

Rumba (Karen) in
"The Theater Room"

October 21

Bachata (Frank) in
"The Meeting Room"

1:00–1:45 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 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

LINE DANCE PARTIES

Tuesday, September 9 &

Thursday, October 2, 1–2:30pm

Hour and a half special events to jazz up your fall 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.

AARP Foundation[®] Tax-Aide

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

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



Annual fishing trip on the Albatross

Let's begin with words of thanks for our *Vets and Friends* get-together in August before moving on to the September and October schedules. The past year's gatherings exemplified Vets and Friends' growing commitment to improving life for all children in our local community. Christmas time efforts improved the lives of children in foster care as part of the Cape's Kind Hearts for Kids program. And this year, our August meeting highlighted *Vets and Friends* first-ever "Back to School" initiative by supporting local schools with donated school supplies. Pens and pencils, notebooks, paper and many other school-focused items were collected and then consolidated by a Vets team at the August meeting and subsequently delivered to school offices for their follow-on distribution to students in all grades. Well done!

Autumn is near, so it must be time for the *Vets and Friends* annual end-of-summer September cookout. This year's event will be held at the Dennis Senior Center on Tuesday, September 16th, from 11am until 2pm. With plenty of indoor and outdoor space available we're all set even if Mother Nature decides to rain on our parade. The menu will be a traditional American BBQ with all the trimmings!

October's meeting, on Tuesday the 21st, will be at the new Dennis Fire Station, located on Paddocks Path. *Vets and Friends* will be helping Dennis Fire Chief Chris Guerreiro and the fire department staff celebrate the opening of the new station. Opportunities to learn about careers as fire fighters, what it takes to manage a fire station and a department like Dennis', and tours of the facility will

SEPTEMBER 16, 10:30 AM
OCTOBER 21, 10:30 AM



— HONORING ALL WHO SERVED —
VETS & FRIENDS
at DCAL



also be available. The program will run from 11am until 2pm. Special thanks to the owners of the Veteran's Lunch Box and their staff for supporting the event by providing a great lunch and for their personal support. And for all the good things they regularly provide to veterans in our community.

As always, *Vets and Friends* activities will be open to participation by all Vets, their spouses and partners, widows, widowers, family, caregivers, and friends.

CHAIR-ASSISTED YOGA FOR BALANCE & FLEXIBILITY

One Hour Sessions, Tuesdays 10:30–11:30am
September 9 | October 28
November 25 | December 9

This program was created for Veterans and current Service Members who experience difficulties with balance, mobility or stability due to age, injury or chronic medical conditions.



Who We Are & What We Do

ABOUT US

“The Supporters” of the Dennis Council on Aging is a 501(c)(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.

Here’s my tax-deductible donation of

\$ _____

to be used for:

Golden Age
Program

Outreach
Services

Where
Needed Most

Other _____

**Make check out to ‘Supporters of Dennis COA’;
mail to Box 606, S. Dennis, MA 02660. Thanks!**

Name _____

Email _____

Phone _____

Address _____

THE DENNIS CENTER FOR ACTIVE LIVING



Seeking the following donations



WE ACCEPT:

- Gently used, clean men's and women's Fall clothing
- Household Items
- Crafts/gift store items
- Artwork
- Jewelry
- Handbags and wallets

WE DO NOT ACCEPT:

- Children's clothing, toys, stuffed animals and games
- Footwear
- Socks, undergarments
- Small electronics
- DVDs and VHS
- Books



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.