

NOVEMBER/DECEMBER 2025

The Cranberry Scoop



Happy Holidays

GOLDEN AGE PROGRAM

November is National
Family Caregiver Month
Pg.6

HOLIDAY WEEK CELEBRATIONS

Pg. 8

HOLIDAY FOOD DRIVE

Help Us Stock
Our Food Pantry
Pg. 9

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*
 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

As the holiday season approaches, the Dennis Center for Active Living is brimming with festive spirit, and we are delighted to share our expanded lineup of programs and events designed to bring joy, community, and celebration to all.

From cozy cups of hot chocolate and mulled cider to hands-on holiday crafts, there will be something for everyone to enjoy.

We are especially excited to host our Holiday Celebration, a time for friends and neighbors to come together and embrace the season.

Highlights include:

- **Jingle and Mingle Party:** December 12, 4:00–7:00 PM. A lively evening filled with music, refreshments, and good company.
- **Sound Dunes Holiday Concert:** December 16 Our friends at Sound Dunes return to fill the hall with holiday tunes that are sure to get you in the spirit.
- **A Visit from Santa:** Bring your holiday cheer (and your camera!) as Santa makes a special stop at DCAL.

Alongside these special events, we'll have holiday crafts, seasonal treats, and plenty of opportunities to gather, laugh, and celebrate.

On behalf of our staff and volunteers, I warmly invite you to join us this holiday season. Together, let's make this a time of joy, connection, and cherished memories.

Wishing you and your loved ones peace, health, and happiness,

*Brenda Vazquez, Director
 Dennis Center for Active Living*

On the cover: Photo by

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.

MARKET BASKET FOR THANKSGIVING SHOPPING



November 17, Fee \$5.00 per person.
Bus leaves at 10:00 AM from DCAL.
Please RSVP by 11/10, **508-385-5067**.

Shopping and Local Errands

DCAL offers transportation to Patriot's Square in South Dennis, round trip to attend DCAL activities and events. For confirmed reservations call DCAL **no later than two days ahead** of request, **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.**

If you are interested in helping your neighbors get to their local on Cape medical appointments please contact Janet Stolzer 508-385-5067 ext. 384 or via email JStolzer@town.dennis.me.us. Mileage (gas) will be reimbursed.

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.**

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

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



Caregivers, do you need a break?

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 nutritious lunch is 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.



The Albatross with GAP

What a wonderful way for care partners and participants of the **Golden Age Program** to spend an afternoon! Captain Chip deserves a boat load of thanks for taking us on an amazing harbor cruise on his charter boat, The Albatross! We were lucky enough to have perfect sunny weather and calm seas. Everyone had a wonderful time, sharing quintessential Cape Cod moments with one another. Thanks again to Captain Chip, our GAP team and volunteers for a special experience.

Name the new Café!

We need your help in naming our new Café. Please drop your ideas in the suggestion box in the lobby! Don't forget to stop in on Wednesdays to enjoy a delicious breakfast and great company. See you there!



AFTERNOON TEA & TALK SOCIAL

Wednesday, November 12, 2-3pm
Thanksgiving Craft

Wednesday, December 10, 2-3pm
Holiday Craft

**RSVP for both socials is required.
Please call 508-385-5067**

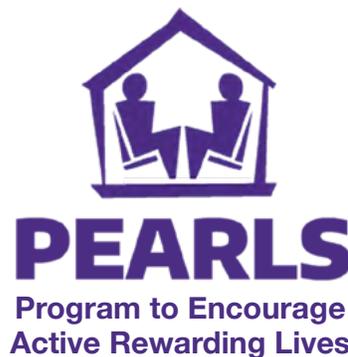


SENIORS CONNECT

Seniors Connect is a time for older adults to come together as a group for social connection and conversation. Every Friday at 11 am. Everyone Welcome!

SOLO AGING PEER SUPPORT GROUP

A support group for older adults navigating life independently. Fourth Tuesday of the month at 2 pm. 11/25 & 12/23 at DCAL. Join us, Connect with others, share resources and build friendships. Contact Julie Benoit, Outreach Coordinator, 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, 508-694-2004**

8 ~ HOLIDAY WEEK CELEBRATION

Mingle Jingle Dance Party!

Friday, December 12, 4:00–7:00 PM
in the DCAL theater.
Appetizers and Refreshments
provided. RSVP required by
Tuesday, December 9,
please call 508-385-5067.

Holiday Concert

Join Sound Dunes for a
Holiday Concert and Dancing on
Tuesday, December 16
from 2:00pm–4:00pm
in the DCAL Theater

Holiday Lunch Friday

Friday, December 19
11:30am–1:00pm
RSVP required by
December 16 ,
please call 508-385-5067

Festive Week of Christmas Movie Classics

- **Monday**
December 15
It's a Wonderful Life
- **Tuesday**
December 16
White Christmas
- **Wednesday**
December 17
Holiday Inn
- **Thursday**
December 18
The Bishop's Wife
- **Friday**
December 19
*Miracle on
34th Street*

Join us at 1:00 o'clock in the Meeting Room for a movie, holiday treats
and of course popcorn!

Holiday Sing Along

Join Paul Kehoe & Friends
Community Holiday
Sing Along on
Friday, December 19,
10 AM–Noon
in the DCAL Theater

Holiday Craft Classes

Friday, December 5, 1 PM
Fabric Wreath Holiday Craft.
\$5 supply fee.
RSVP by 11/26 508-385-5067.

Thursday, December 11, 1 PM
Holiday Centerpiece Jars.
\$5 supply fee. RSVP by 12/3
508-385-5067.

Holiday Cookie Decorating

Monday, December 15,
9:30–11:30am
Please RSVP by 12/10
508-385-5067



DCAL FOOD DRIVE

PLEASE HELP US REPLENISH THE DCAL FOOD PANTRY

Wednesday, December 9, 2025 9 AM–4 PM.
Please drop off food pantry donations at Dennis Center for Active Living, 1045 Route 134, South Dennis, MA at the front or back entrance.

SUGGESTED DONATIONS: **Food Items:** 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. **PLEASE NO EXPIRED ITEMS.** Thank You!

ENERGY OPTIONS EVENT

National Grid, Eversource, and additional energy company representatives will be available to discuss discount rates, payment plans, and budget plans on **WEDNESDAY, NOVEMBER 12 10:00 AM to Noon.** Please bring your utility bill with you. Information regarding Fuel Assistance will also be available.

nationalgrid **EVERSOURCE**

Buried In Treasures

Join us for a free, multi-week “Buried in Treasures” Workshop for help with compulsive acquiring, saving and hoarding! The course includes: A free copy of *Buried in Treasures*, support from others with similar struggles, decluttering strategies for your home and skills to achieve your long-term goals.

In Person at DCAL, starting Tuesday, November 18, 2025, 10:00 AM–12:00 PM. Meetings will take place every Tuesday for 16 weeks thereafter.

For more information or to sign up, call 774-330-3001.

SENIOR PLANET

FROM **AARP**

Computer Essentials

November 4–December 11
Tuesdays and Thursdays 10:30–12 PM

This **free** 5-week course will cover the essentials of how to use the basic functions of a personal computer, how to safely navigate the internet, how to organize electronic files, how to send and receive email, and much more. By the end of the course, you’ll have a foundation for using a computer and the internet to enrich your life! By the end of the course, you’ll have a foundation for using a computer and the internet to enrich your life!

SIGN UP TODAY, CONTACT DENISE
508-258-2299, denise.magnett@escci.org

AARP Foundation® Tax-Aide

NEW 2026 TAX LAWS

Thursday, December 13 at 10 AM at DCAL

Real Food Tales

Real Food Tales invites you to rethink your eating habits, reduce sugar and ultra-processed foods, and return to the nourishing power of whole food ingredients. Kimberly Phillips continues to talk about real foods and demonstrate healthy recipes. Members can sample in the cafe:

Friday, 11/14, 12:00–1:30 PM **Hearty Beef Stew** with fresh carrots, onions, mushrooms, and potatoes in a delicious red sauce!

Tuesday, 11/18, 12:00–1:30 PM **Holiday Dessert Treat** suitable for the Thanksgiving dinner table, minus the refined sugar or flours.

Friday, 12/12, 12:00–2:30 PM **Christmas Cookie Workshop** Hands-On Workshop Making Christmas Cookies (Apricot Turnovers & Basic Sugar Cookies) *Warning: These cookies contain some refined flours, sugar, and/or butter.* **RSVP by 12/8, 508-385-5067. Free, Max 12 ppl.**

Tuesday, 12/16, 2:00–4:00 PM **Sandy Dunes Real Food Tales** serving sugar-free Bon Bons & Christmas Cookies.

Alzheimer's Family Support Center Cognitive Health Screenings*

Thursday, November 6, 9:30 am – 3:30 pm, by appointment only. If you are having concerns about your memory, the AFSC will be offering confidential no-cost screenings in Dennis on Thursday, November 6, 9:30 am–3:30 pm. Space is limited, and pre-registration is required. To make an appointment, or for more information, email info@capecodalz.org, or call 508-896-5170. **If you need a screening but are unable to make this date, please let us know so we can arrange for an alternative for you.*



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 **Thursday, November 20 from 9 AM–11 AM, in the DCAL meeting room.** 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

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.

Holiday Meal Resources 2025

THANKSGIVING

- **Turkey and all of the fixin's to prepare the meal**—call Julie or Susan 508-385-5067 for info or to reserve. Provided by the Family Pantry of Harwich. No cost. **Deadline to order Friday, Oct 31.**
- **The Family Table Collaborative**
 - **Prepared meal available for pick up on Tuesday, 11/26**—please call Julie or Susan 508-385-5067 by Thursday, 11/13 No cost.
 - Community meal at FTC on Thurs. 11/27 (Thanksgiving) at 1338 Rte 28 S. Yarmouth. **If you would like to sign up call or text 508-348-9777 by Thursday, 11/20. Pay what you can.**
- **Thanksgiving Turkey “Basket” Program (Community Action Committee of CC & Islands)** Provide a turkey and a grocery store gift card. You must register and bring your “Ticket” to get a turkey and gift card. This will be a one day only curbside pick-up distribution on Saturday, Nov 22. **Registration Deadline Monday, Nov 10.** Eligibility Requirements: Without this program you would not have the resources to provide a traditional Thanksgiving dinner for your family and you are not signed up to receive a turkey basket from other resources on Cape Cod, such as food pantries, social service agencies, etc. **Please note: This program is based on the number of turkeys and grocery gift cards donated by the community. Please call 508-771-1727 ext. 117 before Monday, Nov 10**
- **Brax Landing** Call after Oct. 31 for details. 508-945-2094. Delivery possible for those without transportation. No cost.



CHRISTMAS

- **Our Lady of the Cape Parish Christmas Dinner** – Roast Beef dinner delivered to you on Christmas or attend dinner at the Parish on Christmas. **Registration form required. Call Julie or Susan (508-394-5067) for more info. Deadline to register Monday, Dec 1.**
- **The Family Table Collaborative** – Christmas meal delivered to DCAL Orders and Pick-up time to be determined.
- **DCAL support group, Friends of Dennis Seniors**, offers a gift bag for those who may go without. Call Julie or Susan to sign up 508-385-5067. **Deadline for sign-up to be determined.**

ATTENTION NEW FUEL ASSISTANCE APPLICANTS,



please call the Outreach Department at **508-385-5067 X389** to find out if you are eligible for Fuel Assistance and to schedule an appointment.

12 ~ COMMUNITY PARTNERS

FRIENDS OF DENNIS

The Friends are pleased to announce that James “Ed” France has become President of our Board and Lou Daniele has stepped into the role of Vice President. We also welcomed new board members, Karin France and Maddyson McKay, and we appreciate their service of helping Dennis seniors. If you are interested in becoming a Board Member, please give us a call or send us an email.



In August, many of you received our Annual Appeal letter in the mail. Thank you to those who have contributed! If you would like to make a tax-deductible donation you may do so by mail or online. Our Annual Appeal letter can be found on our website, *FriendsOfDennisSeniors.com*, along with information about donating.

THE BIG WRAP this year will be held on **Thursday, December 11th at 1:30 pm**, in Parish Hall at the Congregational Church of South Dennis, 218 Main Street. This is the day we 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. Please visit our website or follow us on Facebook for information and updates on all upcoming events.



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 front lobby of DCAL.

Last Wednesday of every month. Please call 508-258-2476 to schedule or ask questions.

INDEPENDENCE HOUSE COUNSELING

Independence House offers specialized services for victims of domestic and sexual violence age 50 and over. Services include specialized support groups, safety planning and coordination and collaboration with organizations and agencies who are also serving older adults. Abuse in later life, also known as Elder Abuse, is often Invisible, yet it is a growing problem which touches millions of older individuals of all races, cultures, sexual orientations, social classes, geographic areas and faiths.



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 10–12 pm 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.



Due to overwhelming demand, Dennis COA is at capacity for 1:1 counseling appointments. SHINE has added an **Open Enrollment INFO Session on November 17, 2025 at 1:00 PM at the Barnstable Adult Community Center 825 Falmouth Rd, Hyannis, MA 02601.**

14 ~ PROGRAM INFO

FITNESS

YOGA

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 CARE

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.**

MEDITATION

**Second Thursday
of the month from 3–4pm**

MINDFULNESS

Thurs. 8:45–9:45 am.
\$10 per class. Walk-ins
welcome. Teacher: Tara Crowley

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

DY WOMEN'S CLUB

A welcoming community
organization serving Dennis
& Yarmouth. Volunteering &
fundraising efforts support
education, veterans and the
area's charitable agencies. DY
Women's Club begins with a light
luncheon followed by a meeting
and an activity or speaker. **JOIN
ANYTIME! Questions? Please
call 978-857-8614**

**2nd Wednesday of the month,
12–3pm**

CHAIR CANING

Tuesdays, 9–11 am

STITCH & CHATTER

Quilting & sewing club.

Tuesdays, 9–11 am

BOOK CLUB

Meets second Wednesday of
the month, 12:30-1:30 pm. Book
selections listed in the calendar.

**2nd Wednesday,
12:30–1:30pm**

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**

HEALING GRIEF THROUGH THE HOLIDAYS

**Meets every Thursday from
11/6 to 12/18, 1–2 pm. Walk-
ins welcome. \$10 per class.**
Facilitator: Tara Crowley

HOLIDAY STRESS RELIEF-WELLNESS DAY

Ten minute Reiki Sessions
and ten minute chair massages
will be available for \$5 each.
Please call to schedule and
reserve one or both offerings
508-385-5067

**Tuesday, December 9
from 2–4 pm.**
Facilitator: Tara Crowley



16 ~ NOVEMBER CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|--|
| <p> 9:00 DCAL Food Pantry 9:00 Line Dancing 10:00 ADA Board 10:15 Line Dancing 10:30 DY Women's Club 12:00 Friends of Dennis Senior Citizens 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard </p> <p style="text-align: right; font-size: 2em;">3</p> | <p> 9:00 Chair Caning 9:00 DCAL Food Pantry 9:00 SHINE 9:00 Yoga 9:30 Golden Age Program 10:00 Computer Essentials 10:00 Chess 12:00 Garden Club 12:30 Bridge 12:30 Hearts 12:30 Ballroom Dance Party </p> <p style="text-align: right; font-size: 2em;">4</p> | <p> 9:00 Fitness with John 9:00 Line Dancing 9:30 Cafe Breakfast 9:30 Golden Age Program 10:00 Bay to Sound 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 1:00 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimer Support </p> <p style="text-align: right; font-size: 2em;">5</p> |
| <p> 9:00 DCAL Food Pantry 10:00 Line Dancing 10:15 Line Dancing 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard </p> <p style="text-align: right; font-size: 2em;">10</p> | <div style="text-align: center;">  <p style="font-size: 1.5em; margin-top: 10px;">Veteran's Day</p> </div> <p style="text-align: right; font-size: 2em;">11</p> | <p> 9:00 Housing Assistance 9:00 Line Dancing 9:30 Bay to Sound 9:30 Cafe Breakfast 9:30 Golden Age program 10:00 Energy Options Event 10:00 Fitness with John 10:15 Line Dancing 11:00 DY Woman's Club 1:00 Bridge 1:00 Mah Jongg 2:00 Tea & Talk </p> <p style="text-align: right; font-size: 2em;">12</p> |
| <p> 9:00 DCAL Food Pantry 9:00 Line Dancing 10:15 Line Dancing 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard </p> <p style="text-align: right; font-size: 2em;">17</p> | <p> 9:00 Chair Caning 9:00 DCAL Food Pantry 9:00 SHINE 9:00 Yoga 9:30 Golden Age Program 10:00 Computer Essentials 10:00 Buried in Treasurers 10:00 Chess 10:30 Vets & Friends 12:30 Bridge (Men's & Women's) 12:30 Hearts 1:00 Ballroom Dance Party </p> <p style="text-align: right; font-size: 2em;">18</p> | <p> 9:00 Line Dancing 9:30 Cafe Breakfast 9:30 Golden Age Program 10:00 Independence House 10:00 Fitness with John 10:15 Line Dancing 1:00 Mah Jongg 1:00 Bridge 2:00 CCH Alzeimers Support </p> <p style="text-align: right; font-size: 2em;">19</p> |
| <p> 9:00 DCAL Food Pantry 9:00 Line Dancing 10:15 Line Dancing 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard </p> <p style="text-align: right; font-size: 2em;">24</p> | <p> 9:00 Chair Caning 9:00 DCAL Food Pantry 9:00 SHINE 9:00 Yoga 9:30 Golden Age Program 10:00 Computer Essentials 10:00 Buried in Treasurers 10:00 Chess 10:30 Vets & Friends Chair Yoga 12:30 Bridge (Men & Woman's) 2:00 Solo Aging Support Group </p> <p style="text-align: right; font-size: 2em;">25</p> | <p> 9:00 Line Dancing 9:30 Cafe Breakfast 9:30 Golden Age Program 10:15 Line Dancing 11:00 Sight Loss Services 1:00 Bridge 1:00 Mah Jongg </p> <p style="text-align: right; font-size: 2em;">26</p> |

NOVEMBER CALENDAR ~ 17

| THURSDAY | FRIDAY |
|--|---|
| <p>8:30 AARP Tax Preparation 6</p> <p>8:45 Mindfulness</p> <p>9:00 DCAL Food Pantry</p> <p>9:00 SHINE</p> <p>9:30 Golden Age Program</p> <p>10:00 Computer Essentials</p> <p>10:00 Alzheimers Family Support Center</p> <p>10:00 Buried in Treasures</p> <p>1:00 Healing Grief</p> <p>1:00 New Beginnings</p> <p>1:00 Ping Pong</p> <p>2:30 Hiking Club</p> | <p>9:00 Food Tale with Kim 7</p> <p>9:00 Zumba Gold</p> <p>9:30 Bridge</p> <p>9:00 Golden Age Program</p> <p>10:00 Core and More</p> <p>10:00 Computer Essentials</p> <p>10:30 Music and Movement</p> <p>11:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Hand & Foot</p> <p>1:00 Canasta</p> |
| <p>8:45 Mindfulness 13</p> <p>9:00 DCAL Food Pantry</p> <p>9:00 SHINE</p> <p>9:30 Golden Age Program</p> <p>10:00 AARP 2026 New Tax Laws</p> <p>10:00 Alzheimers Family Support</p> <p>10:00 Computer Essentials</p> <p>10:00 At Home Hearing</p> <p>10:00 Buried in Treasures</p> <p>10:00 Hearing Clinic</p> <p>1:00 Healing Grief</p> <p>1:00 New Beginnings</p> <p>1:00 Ping Pong</p> <p>2:30 Hiking Club</p> <p>3:00 Peace and Joy Meditation</p> | <p>9:00 Food Tales with Kim 14</p> <p>9:00 Zumba Gold</p> <p>9:30 Bridge</p> <p>9:30 Golden Age Program</p> <p>10:00 Core and More</p> <p>10:00 Mobile Food Pantry</p> <p>10:30 Music and Movement</p> <p>11:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Hand & Foot</p> <p>1:00 Canasta</p> |
| <p>8:00 CCIT 20</p> <p>8:45 Mindfulness</p> <p>9:00 DCAL Food Pantry</p> <p>9:00 Fall Risk Assessment</p> <p>9:00 Foot Nurse</p> <p>9:00 SHINE</p> <p>9:30 Golden Age Program</p> <p>10:00 Computer Essentials</p> <p>10:00 Alzheimers Family Support</p> <p>10:00 Buried in Treasures</p> <p>1:00 Healing Grief</p> <p>1:00 New Beginnings</p> <p>1:00 Ping Pong</p> <p>2:30 Hiking Club</p> | <p>9:00 Food Tales with Kim 21</p> <p>9:00 Zumba Gold</p> <p>9:30 Bridge</p> <p>9:30 Golden Age Program</p> <p>10:00 Core and More</p> <p>10:30 Music and Movement</p> <p>11:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Hand & Foot</p> <p>1:00 Canasta</p> |
| <p>DCAL Closed 27</p> <div style="text-align: center;">  </div> <p>Thanksgiving Day</p> | <p>DCAL Closed 28</p> |

CAFÉ

Wednesdays 9:30–11:30 AM

Breakfast includes

Coffee or Tea

Suggested Donation \$5.00

NOVEMBER MENU

Nov. 5: Egg, Ham, & Cheese Bagel Sandwich and Home Fries

Nov. 12: Scrambled Eggs, Bacon, Home fries and Toast

Nov. 19: Sweet Potato Egg Roll-Up, Breakfast Sausage and Avocado

Nov. 26: Cheese or Vegetable Omelet, Home fries, Bacon and Toast

PEACE & JOY MEDITATION

Find your calm. Restore your balance. Embrace the season with peace and gratitude.

Thursday, November 13

3:00–4:00 PM, \$10

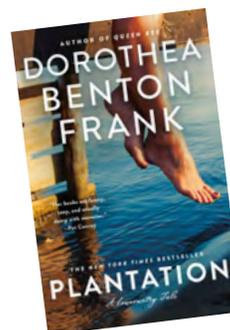
Facilitator: Tara Crowley

Join us for a guided meditation designed to help you release stress, center your mind, and welcome tranquility into your day. Perfect for all experience levels.

Take an hour for yourself—your peace is worth it.

HEALING GRIEF THROUGH THE HOLIDAYS

Meets every Thursday from 11/6 to 12/18, 1-2 pm. Walk-ins welcome. \$10 per class. Facilitator: Tara Crowley



BOOK CLUB:

Wednesday,

Nov 12

12:30 PM

at DCAL

18 ~ DECEMBER CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| <p>9:00 DCAL Food Pantry 9:00 Line Dancing 10:00 ADA Board 10:15 Line Dancing 10:30 DY Woman's Club 10:30 Jingle & Mingle Dance Practice 12:00 Friends of Dennis Senior Citizens 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;">1</p> | <p>9:00 Chair Caning 9:00 DCAL Food Pantry 9:00 SHINE 9:00 Yoga 9:30 Golden Age Program 10:00 Computer Essentials 10:00 Buried in Treasurers 10:00 Chess 12:30 Hearts 12:30 Bridge (Men's & Women's) 1:00 Ballroom Dance Party</p> <p style="text-align: right;">2</p> | <p>9:00 Fitness with John 9:00 Line Dancing 9:30 Cafe Breakfast 9:30 Golden Age Program 10:00 Bay to Sound 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 1:00 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimers Support</p> <p style="text-align: right;">3</p> |
| <p>9:00 DCAL Food Pantry 9:00 Line Dancing 10:15 Line Dancing 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;">8</p> | <p>9:00 DCAL Food Drive 9:00 Chair Caning 9:00 Yoga 9:00 Golden Age Program 10:00 Computer Essentials 10:00 Buried in Treasurers 10:00 Cape Cod Men's Club 10:00 Chess 10:30 Vets & Friends Chair Yoga 12:30 Bridge (Men's & Women's) 2:00 Give Yourself a Gift this Holiday</p> <p style="text-align: right;">9</p> | <p>9:00 Housing Assistance 9:00 Line Dancing 9:00 Bay To Sound Training 9:30 Cafe Breakfast 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 12:00 DY Woman's Club 1:00 Bridge 1:00 Mah Jongg 2:00 A Christmas Carol Concert 2:00 Tea & Talk</p> <p style="text-align: right;">10</p> |
| <p>9:00 DCAL Food Pantry 9:00 Line Dancing 10:00 Holiday Bar 10:15 Line Dancing 1:00 Bridge 1:00 Holiday Afternoon Movie 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;">15</p> | <p>9:00 Chair Caning 9:00 DCAL Food Pantry 9:00 Yoga 9:30 Golden Age Program 10:00 Buried in Treasurers 10:00 Chess 10:00 Holiday Bar 12:30 Bridge (Men's & Women's) 12:30 Hearts 1:00 Ballroom Dance Party 1:00 Holiday Afternoon Movie 2:00 Sound Dunes Holiday Concert & Dance</p> <p style="text-align: right;">16</p> | <p>9:00 Line Dancing 9:30 Cafe Breakfast 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:00 Holiday Bar 10:15 Line Dancing 1:00 Bridge 1:00 Holiday Afternoon Movie 1:00 Mah Jongg 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">17</p> |
| <p>9:00 DCAL Food Pantry 9:00 Line Dancing 10:15 Line Dancing 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;">22</p> | <p>9:00 Yoga 9:00 DCAL Food Pantry 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 10:00 Buried in Treasurers 10:30 Vets Chair Yoga 12:30 Bridge (Men's & Women's) 2:00 Solo Aging Support Group</p> <p style="text-align: right;">23</p> | <p>9:30 Cafe Breakfast 11:00 Sight Loss Services 1:00 Bridge</p> <p style="text-align: right;">24</p> |
| <p>9:00 DCAL Food Pantry 9:00 Line Dancing 10:15 Line Dancing 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;">29</p> | <p>9:00 DCAL Food Pantry 9:00 Yoga 9:00 Chair Caning 9:30 Golden Age Program 10:00 Buried in Treasurers 10:00 Chess 12:30 Bridge (Men's & Women's)</p> <p style="text-align: right;">30</p> | <p>9:30 Cafe Breakfast 1:00 Bridge</p> <p style="text-align: right;">31</p> |

DECEMBER CALENDAR ~ 19

| THURSDAY | FRIDAY |
|--|--|
| 9:00 Mindfulness 9:00 DCAL Food Pantry 4 9:00 Pelham House Decorating 9:00 SHINE 9:30 Golden Age Program 10:00 Computer Essentials 10:00 Alzheimers Family Support 10:00 Buried in Treasures 1:00 Healing Grief 1:00 New Beginnings 1:00 Ping Pong 2:30 Hiking Club | 9:00 Food Tales with Kim 5 9:00 Zumba Gold 9:30 Golden Age Program 9:30 Bridge 10:00 Core & More 10:00 Music and Movement 11:00 Seniors Connect 12:30 Cribbage 1:00 Holiday Craft 1:00 Hand & Foot 1:30 Canasta |
| 8:45 Mindfulness 11 9:00 DCAL Food Pantry 9:00 Golden Age Program 10:00 Alzheimers Family Support 10:00 At Home Hearing 10:00 Computer Essentials 10:00 Buried in Treasures 10:00 Hearing Clinic 1:00 Holiday Craft 1:00 Healing Grief 1:00 New Beginnings 1:00 Ping Pong 2:30 Hiking Club | 9:00 Food Tales with Kim 12 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 12:00 DY Woman's Club 12:30 Cribbage 1:00 Hand & Foot 1:30 Canasta 4:00 Mingle & Jingle Party |
| 8:00 CCIT 18 8:45 Mindfulness 9:00 DCAL Food Pantry 9:30 Golden Age Program 10:00 Alzheimer's Family Support 10:00 Buried in Treasures 10:00 Holiday Bar 10:00 Holiday Afternoon Movie 10:00 New Beginnings 1:00 Healing Grief 1:00 Ping Pong 2:30 Hiking Club | 9:00 Food Tales with Kim 19 9:00 Zumba Gold 9:30 Golden Age Program 9:30 Bridge 10:00 Core & More 10:00 Holiday Bar 10:00 Holiday Sing-a-long 11:00 Seniors Connect 11:30 Holiday Cafe Lunch 12:30 Cribbage 1:00 Holiday Afternoon Movie 1:00 Hand & Foot 1:30 Canasta |
|  <p>25</p> <p>Christmas Day</p> | 9:30 Bridge 26 12:30 Cribbage 1:00 Hand & Foot 1:30 Canasta |

CAFÉ

Wednesdays 9:30–11:30 AM

Breakfast includes

Coffee or Tea

Suggested Donation \$5.00

DECEMBER MENU

Dec. 3: To be Announced

Dec. 10: Holiday Waffles, Scrambled Eggs, Baked Ham Slice and Toast

Dec. 17: Quiche Muffins Vegetable or Bacon Holiday French Toast Bake with Cranberry Compute

Dec. 24: A Lite Affair—Enjoy the Season

Dec. 31: Egg, Bacon and Cheese Sandwich, Home fries and Fruit

GIVE YOURSELF A GIFT THIS HOLIDAY SEASON

Take a moment to unwind and recharge! DCAL will be offering relaxing 10-minute Chair Massage and/or Reiki session—the perfect way to relieve holiday stress and restore your inner calm.

Tuesday, December 2, 2025

2:00–4:00 PM

\$5 per each session

Facilitator: Tara Crowley

Sign-up Required

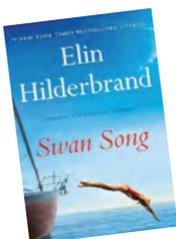
Call 508-385-5067 to reserve your spot.

Relax. Renew. Rebalance.

BOOK CLUB:

**Wednesday,
Dec 10
12:30 PM
at DCAL**

**Wednesday,
Jan 14
12:30 PM
at DCAL**



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!

MINGLE & JINGLE PARTY

Dancing, light snacks and refreshments.

Friday, December 12, 2025

4:00–7:00 PM

Call 508-385-5067 to reserve your spot.

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.

November 4
Tango (Karen) in
“The Theater Room”

December 2
Foxtrot (Karen) in
“The Theater Room”

November 18
Merengue (Frank) in
“The Meeting Room”

December 16
West Coast Swing (Frank)
in “The Meeting Room”

1:00–1:45pm beginner dance lesson.

2–3:30pm 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.

Please note—no classes:

November 26, December 22, 24, 29, 31

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 9am.
- Beyond the Basics Ballroom Line Dancing (no partner required) – Wednesday 10:15am

For graduates of the Absolute Beginner Line Dance Course or equivalent skills:

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

For those interested in line dancing who look forward to starting with true basics:

- Absolute Beginner Pop, Rock and Latin Line Dancing—Save the date—Starting on January 21st, weekly on Wednesdays 11:30 am—12:30 pm.



AARP Foundation[®] Tax-Aide

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



South Coastal Counties Legal Services (SCCLS) Elder Law Project

Free civil legal help for those 60 years of age and over. Legal information will be provided related to aging independently. Registration is required 508-385-5067. Please contact Rasheda Dickerson at 774-487-3251 or 1-800-244-9023 for assistance.



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 ~ THE GATHERING PLACE

FORMERLY
"THE SUPPORTERS"



In collaboration with the Dennis Center for Active Living, our mission is to foster a vibrant gathering place for activities—hosting and/or sponsoring events, classes, and programs that enrich the residents of Dennis, MA.

Medical Rides at DCAL

The Gathering Place supports DCAL members who need rides to on Cape medical appointments. Please call DCAL a week in advance at 508-385-5067 to make a reservation.

The Gathering Place needs additional volunteers for the medical ride program. Rides are offered Monday through Friday 9:30 AM–3:30 PM. The schedule is totally flexible to your schedule. Maybe you can offer rides on Tuesdays only in the morning, or Wednesdays and Fridays in the afternoon, or two days a month. It is totally up to you and your schedule.

You will receive reimbursement from The Gathering Place for your mileage. You can make a huge difference in the life of your neighbors who just need that occasional ride to maintain their health.

Please email us at Volunteer@gatherdennis.org to connect with our Team and become a health care driver!



Christmas Carole Concert

The Gathering Place invites you to a Christmas Carole Concert on **Wednesday, December 10th in the DCAL Theater 2:00–3:30 PM.** Come, relax and enjoy this beautiful Christmas carols concert. This local trio of musicians...pianist, violinist and vocalist. Holiday treats will be served!

| | | |
|---|---|---|
|  |  |  |
| Kyle Davis Pianist | Meghan O'Connor Violinist | Stephanie Murray Vocalist |

Help Us Enrich the Community at DCAL!

Join Us in Supporting Community Life at DCAL

We're looking for volunteers who want to make a difference. Volunteers to share their ideas, and help create events that bring people together. Contribute your time, talents, and event ideas to help strengthen our community connections.

Contact us at volunteer@gatherdennis.org to get involved!



ROLLING RAKS THRIFT SHOP ~ 23



“The thrift shop is beautiful and professional! It’s so attractive, and everything is clean and new looking. Wonderful work!”

Offering affordable clothing, jewelry, handbags, and household items—with every purchase supporting programs at the Dennis Center for Active Living.

Powered by your donations and run entirely by volunteers, Rolling Rak is more than a thrift shop, it’s a place where every purchase makes a difference.

Monday–Friday 9:00 am–4:00 pm, Inside DCAL

Connect With Us! Scan the QR code to follow us on Facebook for new arrivals, promotions, and updates.



*All Proceeds Support
Dennis Center for Active Living*



NOVEMBER 18, 10:30 AM

No Gathering in December
Join Us for Holiday Events at DCAL!



New Vets and Friends Exercise Program

Are you a Veteran or Veteran's family who is looking to be more active? This FREE 6 week exercise program aims to improve strength, endurance, balance, and mobility while bringing those that served and their families together.

Fridays, 9:00am–10:00am, 1/16/26–2/20/26

INTERESTED IN JOINING?

Pre-registration, including medical clearance, is required. Please call VNA Public Health at 508-957-7423

This Exercise Program Is Brought to You by the Town of Dennis and the VNA of Cape Cod



Vets & Friends School Supplies Donation to the DY Regional District Asst Superintendent



Bill was our lucky winner for the patriotic quilt!