

The Cranberry Scoop

JANUARY/FEBRUARY 2026



Warm & Cozy Winter at DCAL



***VNA EXERCISE
CLASS RETURNS***

Pg.10

***JOIN US FOR A MEAL
@DCAL CAFE***

Pg. 7

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

DIRECTOR'S NOTES ~ 3



BRENDA VAZQUEZ

Director, Town of Dennis
Council on Aging and
Dennis Center for Active Living

As winter settles in on Cape Cod, please know DCAL remains a warm, welcoming place—whether you come for a class, a cup of coffee, a good conversation, or simply to be around others. Winter can feel isolating; you do not have to go it alone. If getting here is a challenge, call us and we will help you explore transportation options and supports.

Warm & Cozy at DCAL

January and February feature our Warm & Cozy offerings—fireside chats, warm beverages, and simple

ways to spend time together in our lobby and café spaces. Please join us for seasonal gatherings, including Valentine's Afternoon Tea and the DCAL 1st Annual Chili Cook-off.

Food, Friends & the DCAL Café

Join us for Wednesday breakfast and our new Friday lunch service. We'll rotate seasonal options and offer "grab and go" choices, including soup of the day. Suggested donations help sustain this welcoming space.

Wellness for Every Body

Stay moving with Spaulding Adaptive Fitness, and Arthritis Exercise (through the VNA)—supporting balance, strength, and joint-friendly mobility.

Support When You Need It

DCAL is here for caregivers and for anyone navigating life changes. Explore Golden Age Program respite, Alzheimer's education programs, cognitive health screenings, and PEARLS coaching for social connection and emotional wellbeing. New to DCAL? Seniors Connect and our Solo Aging peer support group are easy first steps.

Stop by, meet someone new, and leave with a fuller calendar and a lighter heart today.

Thank you for being part of this community. We look forward to seeing you soon.

*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.

LUNCHEON DAY TRIP

Monday, January 26, 11am

\$25.00 per person includes lunch, gratuity, and transportation.

Please RSVP by Tuesday, January 20.



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.

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 call.

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

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.**



CALL THIS NUMBER 508-418-3278
CapeCodRTA.org

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

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.



GAP Therapy Dog

10 Warning Signs of Alzheimer's

An education program presented by the Alzheimer's Association®

What to Watch for in Yourself and Others.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- The difference between normal aging and Alzheimer's
- Common warning signs
- The importance of early detection
- The benefits of diagnosis
- Next steps and expectations for the diagnostic process
- Alzheimer's Association resources

Tuesday, January 20, 10–11 am
Light refreshments to be served.

Registration is required. Please call 508-385-5067 to save your spot.

THE EMPOWERED CAREGIVER SERIES Exploring Care and Support Services

An education program presented by the Alzheimer's Association®

Caring for someone living with dementia can be challenging, but you don't have to do it alone. There are resources and support for every stage of the disease to help you feel empowered as a caregiver.

Topics in the program include:

- Planning for care changes
- Types of respite, long-term and residential care
- End-of-life care options
- Moving care settings

Thursday, February 26, 11 am–1 pm
Lunch to be served after the presentation at noon.

Registration is required. Please call 508-385-5067 to save your spot.

DCAL Café Breakfast Menu

WEDNESDAYS 9:30–11:30 AM
LUNCH BEGINS ON FRIDAYS!

Breakfast includes Coffee or Tea
Suggested Donation \$5.00

January 7

Vegetable egg
bake, home fries
and toast

January 14

Sausage, biscuit
and gravy with
dropped egg

January 21

Sweet potato hash
with bacon, eggs
and toast

January 28

Cheese Vegetable
Omelet, home fries,
bacon and toast

February 4

Baked apple
oatmeal, cottage
cheese egg bake

February 11

Scrambled eggs,
French toast bake
with fruit compote

February 18

Sweet potato and egg
roll-up, turkey sausage
and avocado slices

February 25

Egg, sausage &
cheese sandwich,
home fries and fruit



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. 1/27 & 2/24 at DCAL. Join us, connect with others, share resources and build friendships. Contact Julie Benoit, Outreach Coordinator, 508-385-5067.



VALENTINE'S AFTERNOON TEA

Wednesday, February 11, 2–3pm

RSVP is required.
Please call 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 ~ PUBLIC SAFETY



DENNIS POLICE DEPARTMENT

Chief Brady and I attended the Vets & Friends event at the DCAL in November, and it was a packed house with lots of good food, good music, and a pleasure to see so many of our nation's heroes together in one room. Shout out to Charlie Jones for putting together such a wonderful event. During our time there, the Chief and I had a number of conversations, and so many of them centered around scam calls and texts. Ironically enough, when the event was over, I turned the ringer on my cell phone back on, and I noticed that I had seven missed calls. My iPhone showed every one of them was from "Potential Spam". I'm up to, on average, two dozen per day. My wife calls it "Potty Spam" when her phone rings, playing on the new generation's slang habits of shortening words.

The scam game is only improving. Artificial Intelligence will only keep making scams harder to detect. So much for all these computer improvements making our lives easier. You need to be on top of your credit score, your finances, your credit card activity, your credit card bill, and on and on...One unfortunate change I have to make is not answering my phone. If I don't have your phone number in my contacts, I probably won't answer the call. When I give my number out, I usually make an effort to save the other person's number in my phone so I know it's OK to answer. Otherwise, I ask people to text me before calling, identifying themselves so I know who I'm answering. It's annoying, but makes life easier, and I'm constantly deleting voicemail from callers who are promising new loans, business loan approvals,



and the electric company that is going to shut off my power. The texts I get are always looking for toll money on my EZPass. Weird, not many tolls on the Cape.

In light of all these scam conversations, Chief and I discussed having some classes or seminars on scams and what you can do to protect yourself. Fortunately, we have been able to recuperate our staffing numbers with very good new officers. We have been able to refill our specialty positions, and will have the opportunity to get back out in the community, the way we should be. We have filled our Community Policing Officer positions and we even have a Detective that will be a part of an FBI Task Force that focuses on cybercrime and scams. My hope is to get presentations and information sessions up and running at the DCAL. In the meantime, please be vigilant and reach out for help if you are unsure of anything. Call a family member or friend if you are in an unfamiliar situation. It's a tough world, and the technology isn't making it any easier. Stay safe, stay vigilant, and see you out there.

— Sgt. Ryan Carr
Dennis Police Department



Hiking Club, Smith Cold Brook Preserve, Harwich

DCAL WEATHER POLICY

If the schools are closed due to weather, Senior Center activities and programs will be cancelled. This will include the Day Center and bus transportation. If you are scheduled to go on the bus, staff will call to make sure you have necessary items for the day and to re-schedule the trip. COA staff will make pharmacy & shopping trips for essential items if needed. Even though programs are cancelled, staff will still report to the Senior Center and be available by phone. If the weather is severe enough for Town Hall to close, the Senior Center will also be closed.

SENIOR PLANET

FROM **AARP**

Computer Essentials

**January 14–February 13,
Wednesdays and Fridays, 10–11:30 am**

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!

**SIGN UP TODAY,
CONTACT DENISE**

508-258-2299

denise.magnett@escci.org

Creamy Crock-Pot White Chicken Chili

INGREDIENTS

- 1 lb boneless skinless chicken breasts
- 1 yellow onion diced
- 2 cloves garlic minced
- 24 oz. chicken broth (low sodium)
- 2 15oz cans great Northern beans drained and rinsed
- 2 4oz cans diced green chiles
- 1 15oz can whole kernel corn drained
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp cumin
- 3/4 tsp oregano
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- small handful fresh cilantro chopped

- 4 oz reduced fat cream cheese softened
- 1/4 cup half and half

TOPPINGS

- sliced jalapeños
- sliced avocados
- dollop of sour cream
- minced fresh cilantro
- tortilla strips
- shredded Monterey jack or Mexican cheese

INSTRUCTIONS

Add chicken breasts to bottom of **slow cooker**, top with salt, pepper, cumin, oregano, chili powder, and cayenne pepper. Top with diced onion, minced garlic, great Northern beans, green chiles, corn, chicken broth and cilantro. Stir. Cover and cook on LOW for 8 hours or on HIGH for 3-4 hours. Remove

DCAL 1st Annual Chili Cook-off

Thursday, February 5, 12:30 pm



chicken to large mixing bowl, shred, then return to slow cooker. Add cream cheese and half and half, stir, then cover and cook on HIGH for 15 minutes, or until chili is creamy and slightly thickened. Stir well and serve with desired toppings.

10 ~ HEALTH & WELLNESS

Real Food Tales

Kim Phillips, creator of Real Food Tales, continues to present innovative food demos and workshops using less added sugar and less ultra-processed foods. Kim teaches how to make the recipes she's developed with samples to taste-test. People who are interested in eating healthier should attend. Better food choices and alternative ingredients are spotlighted while interactively making the recipes. Open your mind and taste buds—we usually have 'flavorable' results and fun.



Friday, Jan 9, 1–3:30pm, Hands-On Pizza Making Workshop

Learn to make pizza from scratch with Kim. Mix and knead the dough, simmer the sauce and top with fun toppers. Leave the workshop with your own small pizza (unless it's eaten first), the recipe, and the knowledge to pull together a homemade (*DCAL-made) delicious pizza. FREE. Pre-registration is required by Jan. 2. Maximum 12 ppl.

Thursday, Jan 29, 1–3:30pm, Budget Healthy Meals: Lima Bean Soup Learn to make an inexpensive, nutritious meal. Lima Bean Soup is tasty and a good source of protein, fiber, and essential vitamins and minerals. It's true, "Beans, Beans, they're good for your heart..." However, the rest of the poem is mitigated with a touch of vinegar before soaking. FREE Interactive Demo with samples and recipe. Pre-registration is required by Jan. 22. Maximum 25 ppl.

Thursday, Feb 19, 1–4pm, Budget Healthy Meals: One Chicken, Many Meals Start with one whole bird and learn how to make multiple meals AND how to use a vacuum bag sealer.

Alzheimer's Family Support Center Cognitive Health Screenings

Thursday, January 8 & February 19, 9:30am–3:30pm, by appointment only. For some

of us, there is a moment when we start to notice little changes in our memories, like losing the words for things or forgetting where we parked the car. Seeing these changes can make us fearful, and instead of finding out what might be happening we want to cover them up or ignore them. If you are having concerns about your memory, the AFSC will be offering confidential no-cost screenings in Dennis on the above dates. 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.



New Class! Arthritis Exercise

Mondays, Class begins on February 23rd, 9–10am, FREE! Please register with the VNA, 508-957-7423

Do you suffer from arthritis? Does joint pain and stiffness keep you from doing the things you love? This exercise program is designed to improve joint mobility and strength using guidance from the Arthritis Foundation. Participants must be able to tolerate 60 minutes of standing and seated exercise.



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member
Cape Cod Healthcare

Staying Bright Through the Seasons: How Connection Supports Your Health

As the days grow shorter and the light fades earlier, many older adults notice shifts in mood or energy. This is often more than just “winter blues.” Seasonal Affective Disorder (SAD) is a real condition that can bring feelings of sadness, fatigue, or reduced motivation during certain times of the year—most commonly in fall and winter. While anyone can experience SAD, seniors may feel its effects more strongly, especially those living alone or spending long periods indoors.

Why Light Matters

Sunlight plays an important role in regulating sleep, mood, and even hormone levels. With less daylight, the body can produce more melatonin (making you sleepy) and less serotonin (the “feel-good” chemical). For seniors, especially those who may already face mobility challenges or limited access to the outdoors, this shift can feel particularly heavy.

The Role of Staying Connected

While light affects the body, connection affects the heart and mind. Strong social ties—whether with friends, neighbors, family, or community groups—have been shown to improve overall health. For older adults, social engagement can:

- Boost mood and reduce feelings of loneliness
- Support memory, cognitive health, and emotional resilience
- Encourage routines, such as getting dressed, going outside, or staying active
- Provide comfort, laughter, and shared purpose

Even small interactions count: a weekly phone call, a shared meal, or joining a group activity can lift spirits and lessen the weight of seasonal mood changes.

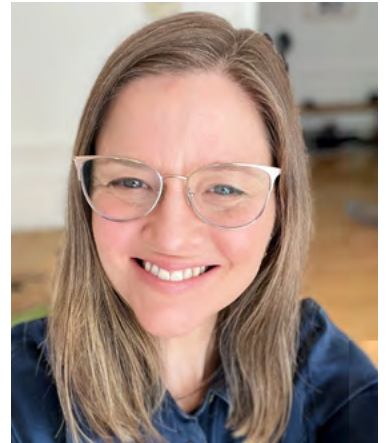
Practical Ways to Stay Connected All Season

- **Join us at DCAL for any number of programs and activities which can offer companionship and routine.** We can provide transportation.
- **Schedule regular check-ins**—set weekly phone or video calls with loved ones.
- **Try light social activities at home**—invite a friend for tea, host a puzzle afternoon, or participate in a virtual exercise class.
- **Seek sunlight together**—a short walk with a neighbor or sitting outside on a sunny morning can brighten the day in more ways than one.

The good news is that simple, intentional steps can make a big difference—and one of the most powerful protective factors is **social connection**.



JULIANA BENOIT
DCAL Human Services
Outreach Coordinator
508-385-5067 x385



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

12 ~ COMMUNITY PARTNERS

FRIENDS OF DENNIS

Christmas Giving

We wish to thank all who participated in the Big Wrap at the Congregational Church of South Dennis. For 39 years volunteers from our community have come together to wrap and deliver gifts to Dennis seniors in need of Holiday cheer. This year, over 2,000 presents for 150 Dennis seniors were delivered in beautiful gift bags that were decorated by students at the Dennis Union Church and the Scargo School. The outpouring of support reminds us that giving of ourselves reflects the values of the holiday season.



Support the Friends Online

The Friends have been helping seniors in the Town of Dennis since 1979 with support from hundreds of generous donors. Now you can make a tax-deductible donation quickly and securely online! Visit our website at Friendsofdenniseniors.com and click on the Donate button in the header. It's easier than ever to support the Friends so together we can continue helping seniors in our community.

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.



Meet with Elder Services and Learn About Options, Programs and Support

**Thursday, Jan 29 & Feb 26
10am–12pm**

Do you have questions about services and supports that are available for you or someone you care about? Call 508-258-2476 today to schedule a visit here at the Dennis Center for Active Living. Walk-ins also welcome.



Housing Assistance

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 non-profit 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 9–11 am, by calling 508-771-5400 Ext. 210. Appointment required.

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 Arabadzhieba

CORE & MORE

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

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

HEALTH & WELLNESS

FOOT CARE

Janet Tinney is a nurse trained
in foot care 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. 9–10am.
**\$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. 10:15–11:15am
\$10 per class. Walk-in.
Teacher: Tara Crowley

CLUBS & GROUPS

SENIORS CONNECT

Weekly social gathering
for seniors to come together
& connect.

Fridays 11–1pm

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 of the month,
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**



MAH JONGG

Mah Jongg boosts cognitive
skills like strategy, memory,
and problem-solving while
providing significant social
benefits, reducing loneliness,
and improving mental well-being
through shared activity and
community building.

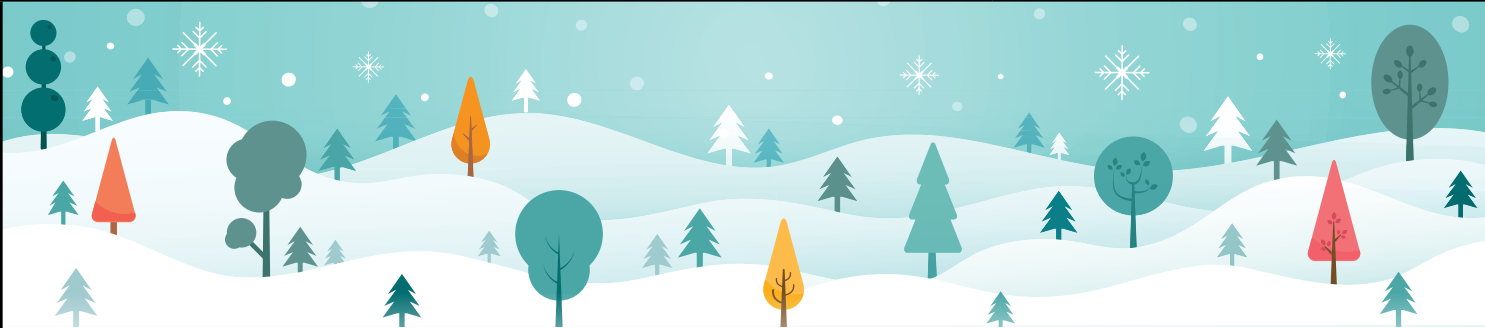
Mondays, 1–4pm,
Experienced Players Welcome!

BEGINNER CLASSES

Mondays, 12–1 pm, Free!

Please register by stopping
by DCAL Reception or calling
508-385-5067.

16 ~ JANUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		
9:00 Line Dancing 10:30 DY Woman's Club Board Meeting 10:00 ADA Board Meeting 10:15 Line Dancing 12:00 Friends of Dennis Board Meeting 12:00 Mah Jongg Lessons 12:30 Bridge 1:00 Mah Jongg 1:00 Shuffleboard	9:00 Yoga 9:00 Stitch & Chatter 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 12:00 DCAL Garden Club 12:30 Bridge (Men's & Womens) 12:30 Hearts 1:00 Ballroom Dance Party	9:00 Line Dancing 9:30 DCAL Café Breakfast 9:30 Golden Age Program 9:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 12:30 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimer's Support
9:00 Line Dancing 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 12:00 Mah Jongg Lessons 1:00 Mah Jongg	9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Cape Cod Men's Club 10:00 Chess 10:30 Vets & Friends Board Meeting 10:30 Vets & Friends Chair Yoga 12:30 Bridge (Men's & Womens) 1:00 Sound Dunes	9:00 Housing Assistance 9:00 Line Dancing 9:30 DCAL Café Breakfast 9:30 Golden Age Program 10:00 Fitness with John 10:00 Bay To Sound Training 10:00 Computer Essentials 10:15 Line Dancing 12:00 DY Woman's Club 12:30 Book Club 12:30 Bridge 1:00 Mah Jongg
Martin Luther King Jr. Day  DCAL Closed	9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:00 COA Board Meeting 9:30 Golden Age Program 10:00 Alzheimer's Presentation 10:00 Chess 10:00 South Coastal Counties Legal Services 10:30 Vets & Friends 12:30 Bridge (Men's & Womens) 12:30 Hearts	9:00 Line Dancing 9:30 Golden Age Program 9:30 DCAL Café Breakfast 10:00 Independence House 10:00 Bay To Sound Training 10:00 Fitness with John 10:00 Computer Essentials 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimer's Support
9:00 Line Dancing 10:15 Line Dancing 11:00 Day Trip—Cape Cod Tech 12:00 Shuffleboard 12:00 Mah Jongg Lessons 12:30 Bridge 1:00 Mah Jongg	9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:00 SHINE 9:30 Golden Age Program 10:00 Chess 12:30 Bridge (Men's & Womens) 1:00 Sound Dunes 2:00 Solo Aging Support Group	9:00 Line Dancing 9:00 AARP Tax Assistance 9:30 Golden Age Program 9:45 DCAL Café Breakfast 10:00 Computer Essentials 10:00 Fitness with John 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge 12:45 Line Dancing 1:00 Mah Jongg

JANUARY CALENDAR ~ 17

THURSDAY	FRIDAY
 New Year's Day DCAL Closed	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
9:00 Mindfulness 9:30 Golden Age Program 10:15 Mindfulness with Reiki 10:00 At Home Hearing Clinic 10:00 Alzheimer's Family Support Center 11:00 Buried in Treasures 1:00 Ping Pong 1:00 New Beginnings 2:30 Hiking Club 3:00 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 Ping Pong 1:00 Canasta 1:00 Hand & Foot 1:00 Real Food Tales
9:00 Mindfulness 9:00 Foot Nurse 9:30 Golden Age Program 10:15 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:00 Buried in Treasures 1:00 New Beginnings 1:00 Ping Pong 2:30 Hiking Club	9:00 Zumba Gold 9:00 Vets & Friends Exercise Program 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 10:00 Computer Essentials 11:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Ping Pong 1:00 Canasta 1:00 Hand & Foot
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9:00 Mindfulness 9:00 Elder Services 9:30 Golden Age Program 10:15 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:00 Buried in Treasures 1:00 New Beginnings 1:00 Ping Pong 2:30 Hiking Club 1:00 Real Food Tales	9:00 Zumba Gold 9:00 Vets & Friends Exercise Program 9:30 Bridge 9:30 Golden Age Program 10:00 Computer Essentials 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Ping Pong 1:00 Canasta 1:00 Hand & Foot



Bay to Sound Neighbors continues to help our friends and neighbors in Dennis and Yarmouth age in place with the help of our wonderful volunteers. We currently serve about 190 members, but are in need of some additional volunteers. Our volunteers are the backbone of our organization, giving willing of their time.

During this time of year many of us receive many requests for monetary donations. **We are not asking for your money.** We are asking for your time. If you have a few hours a month please consider joining Bay to Sound Neighbors so we can continue to serve those who need our services, whether for medical appointments, supermarket or other shopping, a quiet conversation, or personal care. There are no requirements in terms of how much or how many services you can provide. It is totally up to you and your schedule.

Please consider contacting Bay to Sound Neighbors at baytosoundneighbors@gmail.com or at 508-470-0585.

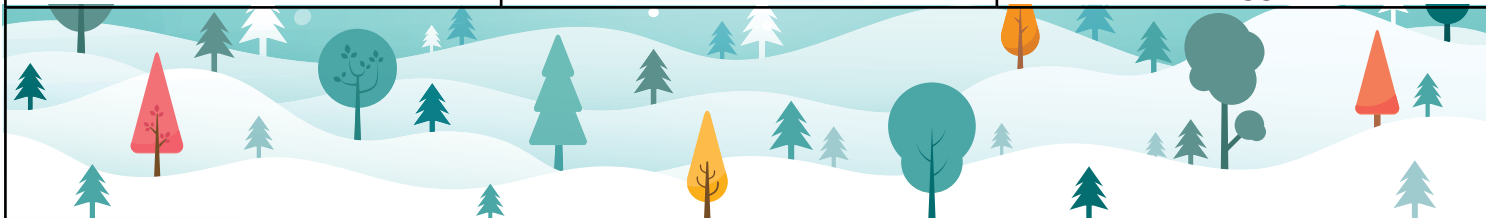


BOOK CLUB:

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

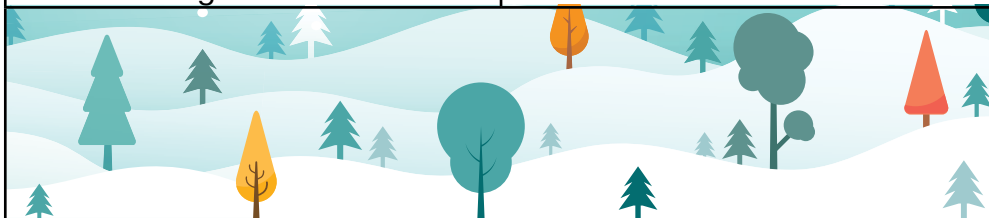
18 ~ FEBRUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
9:00 Line Dancing 10:00 ADA Board 10:15 Line Dancing 10:30 DY Woman's Club Board Meeting 12:00 Friends of Dennis Senior Citizens 12:00 Mah Jongg Lessons 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard	9:00 Stitch & Chatter 9:00 Chair Caning 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	9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 DCAL Café Breakfast 9:30 Golden Age Program 10:00 Fitness with John 10:00 Computer Essentials 10:00 Independence House 10:30 Musical Souvenirs 11:30 Line Dancing 12:45 Line Dancing 1:00 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimers Support
9:00 Line Dancing 10:15 Line Dancing 12:00 Mah Jongg Lessons 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard	9:00 Stitch & Chatter 9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:30 Golden Age Program 10:00 Cape Cod Men's Club 10:00 Chess 10:30 Vets & Friends Board Meeting 10:30 Vets & Friends Chair Yoga 12:30 Bridge (Men's & Women's) 1:00 Sound Dunes	9:00 Housing Assistance 9:00 Line Dancing 9:00 AARP Tax Assistance 9:30 DCAL Café Breakfast 9:30 Golden Age Program 10:00 Computer Essentials 10:00 Fitness with John 11:00 Bay To Sound 12:00 DY Woman's Club 12:30 Book Club 1:00 Bridge 1:00 Mah Jongg 2:00 Valentines Tea
DCAL Closed  Presidents' Day	9:00 Stitch & Chatter 9:00 Chair Caning 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 10:30 Vets & Friends 12:30 Bridge (Men's & Women's) 12:30 Hearts	9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 DCAL Café Breakfast 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 11:00 Bay To Sound 11:30 Line Dancing 12:45 Line Dancing 1:00 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimer's Support
9:00 Arthritis Exercise Program 9:00 Line Dancing 10:15 Line Dancing 12:00 Mah Jongg Lessons 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard	9:00 Stitch & Chatter 9:00 Yoga 9:00 SHINE 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 12:30 Bridge (Men's & Women's) 2:00 Solo Aging Support Group 1:00 Sound Dunes	9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 9:30 DCAL Café Breakfast 10:00 Fitness with John 11:00 Sight Loss Services 11:30 Line Dancing 12:45 Line Dancing 1:00 Bridge 1:00 Mah Jongg



FEBRUARY CALENDAR ~ 19

THURSDAY	FRIDAY
9:00 Mindfulness 9:30 Golden Age Program 5 10:00 Alzheimers Family Support 10:15 Mindfulness with Reiki Meditation 11:00 Buried in Treasures 12:00 DCAL 1st Annual Chili Cook-Off 1:00 New Beginnings 1:00 Ping Pong 2:30 Hiking Club	9:00 Zumba Gold 9:00 Vets & Friends Exercise Program 6 9:30 Golden Age Program 9:30 Bridge 10:00 Computer Essentials 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage 1:00 Hand & Foot 1:00 Canasta 1:00 Scrabble 1:00 Ping Pong
9:00 Mindfulness 9:00 Golden Age Program 12 10:00 Alzheimers Family Support 10:00 At Home Hearing 10:15 Mindfulness with Reiki Meditation 11:00 Buried in Treasures 1:00 New Beginnings 1:00 Ping Pong 2:30 Hiking Club 3:00 Meditation	9:00 Vets & Friends Exercise Program 13 9:00 Zumba Gold 9:30 Golden Age Program 9:30 Bridge 10:00 Computer Essentials 10:00 Core & More 10:00 Mobile Food Pantry 11:00 Seniors Connect 12:30 Cribbage 1:00 Hand & Foot 1:00 Canasta 1:00 Scrabble 1:00 Ping Pong
9:00 Mindfulness 9:30 Golden Age Program 19 10:00 Alzheimer's Family Support 10:00 New Beginnings 10:15 Mindfulness with Reiki Meditation 11:00 Buried in Treasures 1:00 Ping Pong 1:00 Real Food Tales 2:30 Hiking Club	9:00 Vets & Friends Exercise Program 20 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 Hand & Foot 1:00 Ping Pong 1:00 Canasta
9:00 Mindfulness 9:00 Elder Services 26 9:30 Golden Age Program 10:00 Alzheimer's Family Support 10:15 Mindfulness with Reiki Meditation 11:00 Alzheimers Caregivers Presentation 11:00 Buried in Treasures 1:00 New Beginnings 1:00 Ping Pong 2:30 Hiking Club	9:00 Zumba Gold 9:30 Bridge 27 9:30 Golden Age Program 10:00 Core & More 11:00 Seniors Connect 12:30 Cribbage 1:00 Hand & Foot 1:00 Canasta 1:00 Scrabble 1:00 Ping Pong



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!



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.

BOOK CLUB:



Wednesday,
Feb 11
12:30 PM
at DCAL



Wednesday,
Mar 11
12:30 PM
at DCAL

20 ~ FITNESS & DANCE



BALLROOM DANCE PARTIES

DCAL Theater Room, First Tuesday of every month with DVIDA Certified Instructor Karen Shackelford of Cape Sands Ballroom.

Step into an afternoon of joyful movement to a vibrant mix of timeless classics and pop hits.

1–1:45 pm Kick things off with a friendly beginner dance lesson. January 6, Cha-Ch and February 3, Nightclub Two-Step

2–3:30 pm Then enjoy general dancing to a lively mix of ballroom, Latin, swing, and specialty tunes.

Everyone is welcome—singles, couples, all ages, all ability levels. We'll have light refreshments, and yes...a door prize!

When you arrive, please stop by the front desk to register and pay the walk-in fee of \$10 per person (cash or check to Dennis Senior Center). Space is first-come, first-served.

Please bring a change of shoes to protect the dance floor. Dress code: dressy casual—comfortable, confident, and ready to dance!

LINE DANCE CLASSES with Karen of Cape Sands Ballroom at DCAL. Step into the fun with upbeat Pop, Rock and Latin line dance classes that keep your body moving, your mind energized, and your mood boosted. Whether you're brand-new or returning to the dance floor, you'll enjoy great music, friendly people, and a welcoming atmosphere.

If you're new to the program, please reach out to Karen at CapeSandsBallroom@gmail.com so she can help you find the perfect class.

Classes are one hour, held weekly, and offered on a first-come, first-served basis. Cost: \$10 walk-in (cash or check to the Dennis Senior Center). Please stop by the front desk to check in.

To keep our floor in great shape, remember to bring a change of shoes—and don't forget a shatterproof water bottle to stay refreshed.

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, January 28–April 15. Time changes to 12:45 pm. No class February 11.

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 Absolute Beginner Line Dancers:

- Absolute Beginner Pop, Rock and Latin Line Dancing—Wednesday 11:30 am Starting January 21. No class February 11

AARP Foundation® Tax-Aide

AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. **You don't need to be an AARP member to use the service.** Since 1968, Tax-Aide has helped over 82 million taxpayers receive all the credits and deductions they're entitled to. Our volunteers are IRS-certified every year, so they understand the latest changes and additions to the tax code. **Tax assistance begins January 28. Please call 508-385-5067 to schedule an appointment.**



January 20, 10am–12pm, 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.

WINTER IS HERE

The Advisory Committee on Disabilities would like to present you with a **winter walking safety checklist**, for seniors and those with disabilities.



Before You Go Outside...

- wear shoes/boots with **soft** rubber soles and deep tread
- USE ice grip attachments on your mobility aids
- dress in layers, NOT bulky clothes
- keep your hands FREE (ladies use a crossbody pocketbook)
- carry a FULLY charged phone

While walking with ice & snow on the ground...

- take SHORT penguin shuffling steps
- walk on designated PATHWAYS
- step flat footed, NOT heel first
- keep hands OUT of pockets for balance
- TEST surfaces first with cane/walker (black ice risk)
- AVOID walking at dusk or dark

After returning home ...

- knock snow/ice off shoes BEFORE going inside
- DRY footwear to avoid slippery soles later
- REST and warm up if you feel stiff or fatigued

If you start to slip...

- try NOT to twist, bend your knees slightly and use your ARMS for balance
- if you fall, try to land on your SIDE, not your wrists

Most important...if weather looks dangerous, stay home and ask for help. Your safety comes first!

TELEPHONE SUPPORT

**Advisory Committee
on Disabilities**
508-385-5067

**Alzheimer's Family
Support Center**
508-896-5170

**Cape & Islands
Crisis Hotline**
800-322-1356

**Cape Cod Healthcare
Dementia &
Alzheimer's Support**
774-552-6080

Cape Cod Vet Center
508-778-0124

**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

**Independence House
Counseling**
508-771-6507

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

**South Shore
Community
Action Council**
508-746-6707

We Can
508-430-8111

22 ~ 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 Support Rides at DCAL

The medical supporters 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 medical supporters need additional volunteers for the medical ride program. Rides are offered Monday through Friday 9am–4pm. 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 Supporters 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.



Thank you to Pelham House for their annual support in decorating DCAL beautifully for the holiday season!

Join Us at the Supporters Community Volunteer Fair!

Make a Difference. Find Your Perfect Volunteer Match.

Are you looking for a meaningful way to give back? Want to support causes that matter in our community? Join us at the **Supporters Community Volunteer Fair**, where we come together to share opportunities that truly make an impact.

**Saturday, February 21, 2026,
10am–Noon, Free & Open to All!**

What You Can Expect:

- Explore volunteer roles for all ages, interests, and abilities
- Learn how your time and talents can strengthen our community
- Discover flexible options—one-time events, short-term projects, ongoing commitments
- Family-friendly, welcoming environment

Whether you're passionate about environmental stewardship, supporting seniors, helping families in need, arts & culture, youth programs, or community outreach—there's a place for you here.

Give your time. Share your talents. Strengthen your community. We can't wait to see you there!

Sponsored by The Supporters

Email us at info@the-supporters.com



*All Proceeds Support
Dennis Center for Active Living*

Rolling Raks is growing and so is our selection! New items are being added daily thanks to your generous donations of gently used clothing (men's and women's), purses, and jewelry. Tax donation letters are available upon request.

**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.



New DCAL Barber!

Hello! My name is Noah and I am excited to say that I will be joining the team here at the DCAL as a barber! In the summers growing up my family would always spend a couple weeks in Brewster, and when I recently decided to move out of Boston after a busy few years I was drawn back down here. My main goals with barbering are to leave you feeling great, provide clean haircuts that grow out well, and give high quality customer service. I look forward to meeting you all and hope to create a shop you want to hang out in even when you are not getting a haircut!

Please call DCAL, 508-385-5067, for additional information, dates and times of service, and rates.



JANUARY 20, 10:30 AM
FEBRUARY 17, 10:30 AM

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

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



— HONORING ALL WHO SERVED —
VETS & FRIENDS
at DCAL

Toys delivered for the Annual Cape Cod Ambassadors Holiday Party for Foster Children.



Toys Delivered to the
Independence House for Cape
Cod Children in Shelters.



Veteran's Day Patriotic
Sing-Along!



Veteran's Day Raffle Winner!