

MARCH/APRIL 2026

# The Cranberry Scoop



## *Spring is in the Air*

***EVENING PROGRAMS  
BEGIN IN APRIL!***

Pg. 8

***JOIN US FOR LUNCH!***

Pg. 8

***PAVING THE PATH  
TO WELLNESS***

Pg. 10

**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  
 Social Connections . . . . 7  
 DCAL Happenings. . . . . 8  
 Health & Wellness . . . . 10  
 Outreach . . . . . 11  
 Community Partners . . . 12  
 Program Info . . . . . 14  
 March Calendar . . . . . 16  
 April Calendar . . . . . 18  
 Fitness & Dance . . . . . 20  
 Community Resources . . 21  
 The Supporters . . . . . 22  
 Vets & Friends . . . . . 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

*As winter gives way to longer days and the promise of spring,* the Dennis Center for Active Living (DCAL) continues to grow as a place of connection, service, celebration, and opportunity. March and April bring meaningful milestones—from new services and special recognitions to community gatherings that reflect the heart of who we are.

**DCAL Awarded Digital Lab Grant** DCAL has been awarded an equipment grant from the Massachusetts Broadband Institute

(MBI) to support our Digital Literacy & Learning Lab (D<sup>3</sup>L). This investment strengthens our ability to provide technology access, training, and support for older adults, caregivers, and community members. We are grateful for this partnership and look forward to expanding digital inclusion, skills, and confidence for all.

**Meet Noah—DCAL Salon** We are excited to welcome Noah to the DCAL Salon, offering convenient, affordable, and professional grooming services at the Center. This new service reflects our commitment to whole-person wellbeing—helping members feel confident, cared for, and connected. Appointments and details are available at the front desk. Pg. 9

**Memories—Community Moments That Matter** Enjoy photos from our holiday celebrations. Shared meals, music, and laughter remind us that DCAL is more than a building—it is a community. Thank you to Karen Shackelford, our dance volunteers, singers, partners, donors, and participants who made these gatherings so meaningful. Pg. 22

St. Patrick's Day Veterans & Community Luncheon March brings one of our most anticipated gatherings, bringing the community together in gratitude and fellowship. Pg. 8

Be sure to check out the Friday Café Lunch Menu. The DCAL Café continues to be a vibrant social hub—where good food meets good conversation. I look forward to seeing you this spring.

*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.

## 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.**



## DAYTRIP

**Monday, April 27, 11AM, Depart from DCAL**  
Transportation \$5 per person. Register in person at DCAL

## Are you uncomfortable using APPs to book your SmartDART?

Cape Cod Regional Transit Authority can help!

**CALL THIS NUMBER 508-418-3278**  
**CapeCodRTA.org**

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

## 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 & Local Errands Bus Schedule



**Local Dennis and Shaw's Tuesdays, Wednesdays, & Thursdays**

8AM, 10AM, 12PM

For confirmed reservations call DCAL **no later than two days ahead** of request, **508-385-5067.**



## 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.*



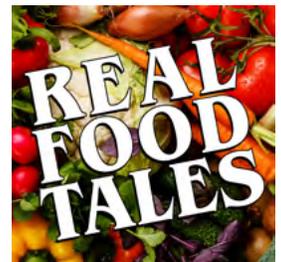
### PRESENTING REAL FOOD TALES DEMONSTRATIONS AT THE DCAL!

Learn methods and recipes to eat more real food, how to identify and eliminate harmful ultra-processed foods, and how to reduce refined sugars. Kimberly Phillips, of Real Food Tales, will demonstrate the following recipes she's developed for participants to sample and talk about.

**March 19, Thursday, 12–2pm**  
First Day of Spring Vegetable-Ramen Soup

**April 2, Thursday, 1–3pm**  
Sunful Muffins

**April 14, Tuesday, 4–5:30pm**  
Healthful Turkey-Vegetable Chili





## DCAL Café Breakfast Menu

**WEDNESDAYS, 9:30–11:30 AM**

Suggested Donation \$5.00

**March 4**

Green Eggs (Spinach) & Ham, Catfish & Hotcakes

**March 11**

Scrambled Eggs, Toast, Cheesy Grits

**March 18**

Fried Eggs, Baked Beans, O'Brien Potato, Fried Tomato, Bangers, Irish Bread

**March 25**

Vegetable Frittata, Bacon, Breakfast Pudding

**April 1**

Breakfast Pizza

**April 8**

Eggs, Blueberry Stuffed Cream Cheese French Toast

**April 15**

Egg & Cheese Bagel with Bacon or Sausage, Home Fries, Toast

**April 22**

Breakfast Bowl

**April 29**

Biscuit & Sausage Gravy with Eggs



## 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. 3/24 & 4/28 at DCAL. Join us, connect with others, share resources and build friendships. Contact Julie Benoit, Outreach Coordinator, 508-385-5067.

## DCAL Café Lunch Menu

**FRIDAYS, 12–1 PM**

Suggested Donation \$5.00

**March 6**

Grilled Cheese, Tomato Soup, Fruit Cup

**March 12**

Lazy Lasagna, Tossed Salad, Garlic Bread

**March 19**

Tuna Melt, Macaroni Salad, Fruit Cup

**March 27**

Cheese Tortellini with Sauce, Tossed Salad

**April 3**

Fish Cake, Baked Beans, Coleslaw

**April 10**

Chicken Piccata

**April 17**

Beef Stew with Crusty Bread

**April 24**

Meatball Sub, Garden Salad, Chips

## 8 ~ DCAL HAPPENINGS

### Evening Programs in April!

#### **TUESDAY EVENINGS LINE DANCE CLASS**

**Begins April 7, 5:30–6:30pm, \$10 per person**

Line dance classes at DCAL are a fun and welcoming way to spend your Tuesday evenings. No dance experience needed! Learn easy, confidence-building line dances set to a wide variety of familiar, feel-good music spanning rock, pop, country, Latin, and R&B.

Classes move at a comfortable, supportive pace, with plenty of time for questions. Each week builds on the last so you'll feel steady progress over the full 8-week session. The setting is designed for learning and enjoyment: a spacious gathering place with flooring that's easy on your joints, room to move

freely, and minimal distractions so you can truly focus on dancing. Our instructor is known for her well-organized class structure, clear instruction, and warm, encouraging approach to beginner dancers. Whether you are brand new or returning to the dance floor, you'll feel supported every step of the way. Join us and discover a fun, healthy, social hobby you'll look forward to each week!

#### **HATHA YOGA**

**New class beginning Tuesday, April 7  
5–6pm, \$10 per person**

Hatha (gentle) yoga offered Tuesday evenings! Breathing, stretching, meditation in motion. All levels welcome. Make it your own. Bring a mat, water, beach towel or blanket and blocks if you have them.

## St. Patrick's Day Luncheon

**Tuesday, March 17, 12 pm**

- Guinness Beef Stew & Sheperd's Pie
- "Best Dressed" Contest
- Live Music and Fun
- \$10 Donation

This social nutrition program is made possible by the MCOA.

**Meet our Vets & Friends Club!**

**RSVP by 3/10, 508-385-5067**



**TOWN OF DENNIS  
SELECTMAN JIM PLATH  
Q&A MEETING**

**Wednesday, April 29, 2026  
9:30–10:30 am  
at the DCAL Cafe**

Questions? Call: 508-385-5067



**DCAL Barbershop**

Hi everyone, Noah the barber here! I wanted to jump in and write how great it has been to start meeting all of you and seeing the community you have built here. Thank you for all of your support!

**Call 508-385-5067 for walk-in hours or to set up an appt. House calls available!**

**Ticks on the Cape  
Presentation**

Ticks are one of Cape Cod's biggest nuisances and tick-borne illnesses are on the rise. In this interactive presentation, an epidemiologist will guide participants through the local ticks we run into on the Cape, what illnesses they can carry, and why they've become such a problem. Attendees will also explore hands-on prevention tools, learn how to identify early signs of tick-borne illnesses, and learn tips to reduce exposure.

**Stay after for a Q&A and refreshments!**

**Thursday, April 16, 10:30–11:30 am  
RSVP 508-385-5067**

*Brought to you in collaboration with the Dennis Center for Active Living and the VNA of Cape Cod*

**Three Fins Thursdays**

**At the DCAL Barbershop!**

Coffees & Conversations on the **3rd Thursday** of the month, **8:30 am** until we run out!

Roasted locally by our friends at Three Fins Coffee Roasters.



**A1C Health Screening**

**Friday, March 6, 10am–12pm**

Join Barnstable County Public Health Nurses for a brief informative presentation, followed by a screening. The A1C measures your average blood sugar (glucose) over the last 2-3 months. This test can measure prediabetes, diabetes as well as tell you how well you are managing your diabetes.

The test requires a simple finger stick blood test, and you'll have results in just five minutes.



**Irish with Eileen!**

4-week introductory class to the Irish language. FREE!

**Call to register  
508-385-5067.**



## Foot Care Nurse

Janet Uhlar-Tinney is a nurse trained in foot care who has offered clinics and home visits on Cape Cod for twenty-five years, with referrals from the Centers from Active Living as well as podiatrist and primary care offices, Elder Services, the VNA, and hospice services.



Janet has written three books (not on foot care!) and lectures throughout the country in addition to presenting two courses at the Academy of Lifelong Learning at the Cape Cod Community College. Janet promises to keep you entertained by her many stories as she works on your feet!

**Routine foot care includes:** Trim, thin thick nails, file calluses, corns, dry heels, general assessment of feet, and massage for circulation

Fee for clinic visit: \$50, fee for home visit: \$70

**\*Diabetics need written permission from primary care physician/podiatrist for routine foot care.**



## Ready to Thrive?

### Join the Paving the Path to Wellness Program

- Group coaching program with a certified practitioner
- Learn tools to thrive with a healthy body, peaceful mind, and joyful heart
- Connect with others

**Tuesdays,  
March 17–May 5  
1–2:30pm.  
Call to register  
508-540-0196**



**VISITING NURSE ASSOCIATION  
OF CAPE COD**

Member Cape Cod Healthcare

## Understanding Vascular Disease

**Justin Yu, MD  
Vascular Surgeon**



### Learning Benefit:

- Understand your risk factors
- Learn what symptoms to watch for
- Know when to seek treatment
- Gain valuable information regarding the many advanced treatment options available

**Thursday, March 19, 10:30am  
RSVP 508-385-5067**



## Don't Stress! April Is Stress Awareness Month

April is Stress Awareness Month, a reminder that while stress is a normal part of life, too much of it can affect our health and wellbeing. For older adults, stress may come from health concerns, finances, loss, or daily responsibilities—and can lead to fatigue, sleep problems, anxiety, or feeling overwhelmed.

**The good news is that support is available.**

The Dennis Center for Active Living Outreach team offers compassionate, one-on-one support to help ease stress and connect you with helpful resources. Our Outreach Coordinators can assist with:

- Financial stress and budgeting concerns
- Coping with the loss of a loved one
- Referrals for home care and in-home services
- Navigating community programs and benefits
- Fuel and energy assistance
- Legal assistance and referral resources
- Accessing food and nutrition resources

**Call our Outreach Team for a confidential conversation and support.**



### PROGRAMS THAT HELP REDUCE STRESS

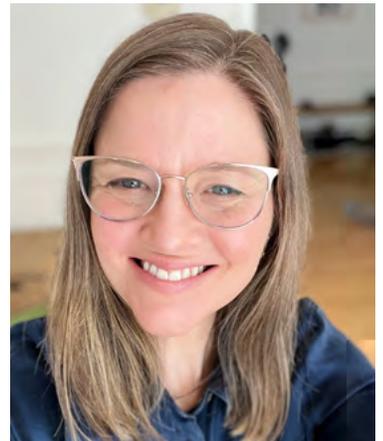
The DCAL also offers programs designed to promote calm, movement, and connection, including yoga, meditation, exercise, dance, and social activities. PEARLS program coaching to help build coping skills and emotional resilience.

#### What Is PEARLS?

DCAL offers a no-cost, in-home and center-based coaching program called PEARLS. PEARLS program coaches empower individuals to take action, create lasting change and lead more active and rewarding lives.



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



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



## St. Patrick's Day DCAL Food Drive

**March 17, 2026, 9am–4pm**

No blarney—our pantry needs you! Let's spread a little luck and a lot of kindness!

**PLEASE NO EXPIRED ITEMS.**

# 12 ~ COMMUNITY PARTNERS



## FRIENDS OF DENNIS

March for the Friends means Daffodil Day! We wrap hundreds of daffodils into colorful bouquets to announce the beginning of Spring and to brighten a senior's day. We give these bouquets to Elder Services to be delivered to Dennis

Meals-On-Wheels recipients. Thank you again to Blossoms of Cape Cod in Dennis Village for donating all the beautiful daffodils, and to all the Meals-on-Wheels drivers who deliver the bouquets.

The Friends will sponsor an American Red Cross Blood Drive on Saturday, April 11 from 9am–2pm at DCAL. It is so important to give blood and help people in our area. To make an appointment, please visit [RedCrossBlood.org/give](http://RedCrossBlood.org/give) or call 1-800-RED-CROSS

### Support the Friends Online

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



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

Thursday, Mar 26 & Apr 30  
10am–12pm

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

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



**Bay to Sound Neighbors** could use a few hands to help our neighbors and friends age in place. Our mission would not be possible without people like you pitching in a few hours a week or a month. For the first time in six years, we now have a waiting list. There are no specific requirements per week or month for you to help drive someone to a doctor's appointment, to the supermarket, to the hairdresser or the like. You control the schedule as it fits your life. If you are able to volunteer please contact us at [baytosoundneighbors@gmail.com](mailto:baytosoundneighbors@gmail.com), [www.baytosoundneighbors.org](http://www.baytosoundneighbors.org) or call us at 508-470-0585. We'd be so grateful for your help!

# 14 ~ PROGRAM INFO

## FITNESS

### CHAIR 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. 10–11am**  
**\$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. 10–11am**  
**\$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 508-385-5067 for appt. \$50 per appt. at DCAL. \$70 for home visit appt.**

### FREE HEARING SERVICES

**2nd Thursday of the month, 10am–12pm, Call for an appt. 508-385-5067.**

## MINDFULNESS

**EVERY Thurs. 9–10am.**  
**\$10 per class. Walk-in.**  
**Teacher: Tara Crowley**

## MINDFULNESS WITH 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. Please call 978-857-8614 with questions,

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

### CHAIR CANING

**Tuesdays, 9–11 am**

## STITCH & CHATTER

Quilting & sewing club.

**Tuesdays, 9–11 am**

## BOOK CLUB

Book selections listed in the calendar.

**2nd Wednesday of the month, 12:30–1:30pm**

## DCAL 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.

**Mondays, 1–4pm,**  
Experienced Players Welcome!

## BEGINNER CLASSES

**Mondays, 11:30am–1pm, Free!**

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

# 16 ~ MARCH CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>9:00 Line Dancing 10:00 ADA Board Meeting 10:30 DY Women's Club Board Meeting 10:15 Line Dancing 10:30 Generations Melody Makers 11:30 Mah Jongg Lessons 12:00 Friends of Dennis Board Meeting 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;"><b>2</b></p>	<p>9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 12:00 DCAL Garden Club 12:30 Bridge (Men's &amp; Women's) 12:30 Hearts 1:00 Ballroom Dance Party</p> <p style="text-align: right;"><b>3</b></p>	<p>9:00 Line Dancing 9:00 AARP Tax Assistance 9:30 DCAL Café Breakfast 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:30 Musical Souvenirs 11:30 Line Dancing 12:45 Line Dancing 1:00 Mah Jongg 1:00 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;"><b>4</b></p>
<p>9:00 Line Dancing 10:15 Line Dancing 10:30 Generations Melody Makers 11:30 Mah Jongg Lessons 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;"><b>9</b></p>	<p>9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 Chair Caning 9:00 SHINE 9:30 Golden Age Program 10:00 Chess 10:00 Cape Cod Men's Club 10:30 Vets &amp; Friends Board Meeting 10:30 Vets &amp; Friends Chair Yoga 12:30 Bridge (Men's &amp; Women's)</p> <p style="text-align: right;"><b>10</b></p>	<p>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 Fitness with John 10:00 Bay to Sound 12:00 DY Women's Club 12:30 Book Club 1:00 Mah Jongg 1:00 Bridge</p> <p style="text-align: right;"><b>11</b></p>
<p>9:00 Line Dancing 10:15 Line Dancing 11:30 Mah Jongg Lessons 1:00 Shuffleboard 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>16</b></p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 COA Board Meeting 9:30 Golden Age Program 10:00 South Coastal Counties Legal Services 10:00 Chess 10:30 Vets &amp; Friends 12:30 Bridge (Men's &amp; Women's) 12:30 Hearts</p> <p style="text-align: right;"><b>17</b></p>	<p>9:00 AARP Tax Assistance 9:30 DCAL Café Breakfast 9:30 Golden Age Program 10:00 Fitness with John 10:00 Bay to Sound 10:00 Independence House 10:00 Town of Dennis Golf Fair 11:30 Line Dancing 12:00 Birthday Party 12:45 Line Dancing 1:00 Mah Jongg 1:00 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;"><b>18</b></p>
<p>9:00 Line Dancing 10:15 Line Dancing 11:30 Mah Jongg Lessons 1:00 Bridge 1:00 Mah Jongg 1:00 Shuffleboard</p> <p style="text-align: right;"><b>23</b></p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 SHINE 9:30 Golden Age Program 10:00 Chess 12:30 Bridge (Men's &amp; Women's) 1:00 Sound Dunes 2:00 Solo Aging Support Group</p> <p style="text-align: right;"><b>24</b></p>	<p>9:30 Golden Age Program 9:00 AARP Tax Assistance 9:30 DCAL Café Breakfast 10:00 Independence House 10:00 Fitness with John 11:00 Sight Loss Services 11:30 Line Dancing 12:45 Line Dancing 1:00 Mah Jongg 1:00 Bridge</p> <p style="text-align: right;"><b>25</b></p>
<p>9:00 Line Dancing 10:15 Line Dancing 10:30 DY Women's Club Board Meeting 12:00 Shuffleboard 11:30 Mah Jongg Lessons 1:00 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>30</b></p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch &amp; Chatter 9:30 Golden Age Program 10:00 Chess 12:30 Bridge (Men's &amp; Women's)</p> <p style="text-align: right;"><b>31</b></p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p><b>BOOK CLUB</b></p> <p><b>Wednesday,</b> <b>Mar 11</b> <b>12:30 pm</b> <b>at DCAL</b></p> </div> </div>

THURSDAY	FRIDAY
<b>9:00</b> Mindfulness <b>9:30</b> Golden Age Program <b>10:15</b> Mindfulness with Reiki <b>10:00</b> Alzheimer's Family Support Center <b>11:00</b> Buried in Treasures <b>1:00</b> Ping Pong <b>1:00</b> New Beginnings <b>2:30</b> Hiking Club <span style="float: right; font-size: 2em;">5</span>	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>9:30</b> Golden Age Program <b>10:00</b> Core & More <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Ping Pong <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <span style="float: right; font-size: 2em;">6</span>
<b>9:00</b> Mindfulness <b>9:00</b> Foot Nurse <b>9:30</b> Golden Age Program <b>10:15</b> Mindfulness with Reiki <b>10:00</b> At Home Hearing Clinic <b>10:00</b> Alzheimer's Family Support Center <b>11:00</b> Buried in Treasures <b>1:00</b> Ping Pong <b>1:00</b> New Beginnings <b>2:30</b> Hiking Club <span style="float: right; font-size: 2em;">12</span>	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>9:30</b> Golden Age Program <b>10:00</b> Core & More <b>10:00</b> Mobile Food Pantry <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Ping Pong <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <span style="float: right; font-size: 2em;">13</span>
<b>8:00</b> CCIT <b>9:00</b> Mindfulness <b>9:30</b> Golden Age Program <b>10:15</b> Mindfulness with Reiki <b>10:00</b> Alzheimer's Family Support Center <b>11:00</b> Buried in Treasures <b>1:00</b> New Beginnings <b>1:00</b> Ping Pong <b>2:30</b> Hiking Club <span style="float: right; font-size: 2em;">19</span>	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>9:30</b> Golden Age Program <b>10:00</b> Core & More <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Ping Pong <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <span style="float: right; font-size: 2em;">20</span>
<b>9:00</b> Mindfulness <b>9:30</b> Golden Age Program <b>10:00</b> Elder Services <b>10:15</b> Mindfulness with Reiki <b>10:00</b> Alzheimer's Family Support Center <b>11:00</b> Buried in Treasures <b>1:00</b> New Beginnings <b>1:00</b> Ping Pong <b>2:30</b> Hiking Club <span style="float: right; font-size: 2em;">26</span>	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>9:30</b> Golden Age Program <b>10:00</b> Core & More <b>10:30</b> Vets & Friends Chair Yoga <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Ping Pong <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <span style="float: right; font-size: 2em;">27</span>



**BARNSTABLE COUNTY**  
DEPARTMENT OF HEALTH AND ENVIRONMENT

## Cholesterol Health Screening

**Friday, March 27, 2026**

Join Barnstable County Public Health Nurses for a brief informative presentation followed by a screening.

After learning about cholesterol and the impacts on your health you can have your blood tested. The test requires a simple finger stick blood sample.

The results will tell you your total cholesterol, HDL, your cholesterol/HDL ratio (indicator of your heart disease risk) as well as a random blood glucose. Results are available in just a few minutes.



**THE DCAL LIBRARY IS LOOKING FOR HARDCOVER BOOKS WITH COPYRIGHT DATES 2020-2026.**

# 18 ~ APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 <p>Please be advised this calendar is subject to change at any time. Call the DCAL <b>508-385-5067</b> with any questions or to confirm events and classes. Thank you!</p>		<p><b>9:00</b> AARP Tax Assistance <b>1</b>  <b>9:00</b> Line Dancing  <b>9:30</b> DCAL Café Breakfast  <b>9:30</b> Golden Age Program  <b>10:00</b> Fitness with John  <b>10:00</b> Independence House  <b>10:30</b> Musical Souvenirs  <b>11:30</b> Line Dancing  <b>12:00</b> DCAL Garden Club  <b>12:30</b> Hearts  <b>12:45</b> Line Dancing  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>2:00</b> CCH Alzheimers Support</p>
<p><b>9:00</b> Line Dancing  <b>10:00</b> ADA Board Meeting <b>6</b>  <b>10:15</b> Line Dancing  <b>11:30</b> Mah Jongg Lessons  <b>12:00</b> Friends of Dennis Board Meeting  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>1:00</b> Shuffleboard</p>	<p><b>9:00</b> Stitch &amp; Chatter <b>7</b>  <b>9:00</b> Chair Caning  <b>9:00</b> Yoga  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>12:30</b> Bridge (Men's &amp; Women's)</p>	<p><b>9:00</b> Housing Assistance <b>8</b>  <b>9:00</b> Line Dancing  <b>9:00</b> AARP Tax Assistance  <b>9:30</b> DCAL Café Breakfast  <b>9:30</b> Golden Age Program  <b>10:00</b> Fitness with John  <b>10:00</b> Bay to Sound  <b>12:00</b> DY Women's Club  <b>12:30</b> Book Club  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg</p>
<p><b>9:00</b> Line Dancing <b>13</b>  <b>10:15</b> Line Dancing  <b>11:30</b> Mah Jongg Lessons  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>1:00</b> Shuffleboard</p>	<p><b>9:00</b> Stitch &amp; Chatter <b>14</b>  <b>9:00</b> Chair Caning  <b>9:00</b> Yoga  <b>9:00</b> SHINE  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>10:00</b> Cape Cod Men's Club  <b>10:30</b> Vets &amp; Friends Board Meeting  <b>12:30</b> Bridge (Men's &amp; Women's)</p>	<p><b>9:00</b> AARP Tax Assistance <b>15</b>  <b>9:00</b> Line Dancing  <b>9:30</b> DCAL Café Breakfast  <b>9:30</b> Golden Age Program  <b>10:00</b> Fitness with John  <b>10:00</b> Independence House  <b>10:00</b> Bay to Sound  <b>11:30</b> Line Dancing  <b>12:00</b> Birthday Party  <b>12:45</b> Line Dancing  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>2:00</b> CCH Alzheimer's Support</p>
<p><b>Patriots' Day</b> <b>20</b></p>  <p><b>DCAL Closed</b></p>	<p><b>9:00</b> Stitch &amp; Chatter <b>21</b>  <b>9:00</b> Yoga  <b>9:00</b> Chair Caning  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>10:30</b> Vets &amp; Friends  <b>12:30</b> Bridge (Men's &amp; Women's)  <b>12:30</b> Hearts</p>	<p><b>9:00</b> Line Dancing <b>22</b>  <b>9:30</b> Golden Age Program  <b>9:30</b> DCAL Café Breakfast  <b>10:00</b> Fitness with John  <b>10:15</b> Line Dancing  <b>10:00</b> Town of Dennis Golf Fair  <b>11:00</b> Sight Loss Services  <b>11:30</b> Line Dancing  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg</p>
<p><b>9:00</b> Line Dancing <b>27</b>  <b>10:15</b> Line Dancing  <b>11:00</b> Day Trip—  Dunbar Tea Room  <b>11:30</b> Mah Jongg Lessons  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>1:00</b> Shuffleboard</p>	<p><b>9:00</b> Stitch &amp; Chatter <b>28</b>  <b>9:00</b> Yoga  <b>9:00</b> SHINE  <b>9:00</b> Chair Caning  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>12:30</b> Bridge (Men's &amp; Women's)  <b>2:00</b> Solo Aging Support Group  <b>1:00</b> Sound Dunes</p>	<p><b>9:00</b> Line Dancing <b>29</b>  <b>9:30</b> Golden Age Program  <b>9:30</b> DCAL Café Breakfast  <b>10:00</b> Fitness with John  <b>10:15</b> Line Dancing  <b>11:30</b> Line Dancing  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg</p>

THURSDAY	FRIDAY
<b>9:00</b> Mindfulness <b>9:30</b> Golden Age Program <b>2</b> <b>10:00</b> Alzheimers Family Support <b>10:15</b> Mindfulness with Reiki <b>11:00</b> Buried in Treasures <b>1:00</b> New Beginnings <b>1:00</b> Ping Pong <b>2:30</b> Hiking Club	<b>9:00</b> Zumba Gold <b>9:30</b> Golden Age Program <b>3</b> <b>9:30</b> Bridge <b>10:00</b> Core & More <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot <b>1:00</b> Canasta <b>1:00</b> Scrabble <b>1:00</b> Ping Pong
<b>9:00</b> Mindfulness <b>9:00</b> Golden Age Program <b>9</b> <b>10:00</b> Alzheimers Family Support <b>10:00</b> At Home Hearing <b>10:15</b> Mindfulness with Reiki <b>11:00</b> Buried in Treasures <b>1:00</b> New Beginnings <b>1:00</b> Ping Pong <b>2:30</b> Hiking Club	<b>9:00</b> Zumba Gold <b>9:30</b> Golden Age Program <b>10</b> <b>9:30</b> Bridge <b>10:00</b> Core & More <b>10:00</b> Mobile Food Pantry <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot <b>1:00</b> Ping Pong <b>1:00</b> Canasta <b>1:00</b> Scrabble
<b>8:00</b> CCIT <b>9:00</b> Mindfulness <b>16</b> <b>9:30</b> Golden Age Program <b>10:00</b> Alzheimer's Family Support <b>10:15</b> Mindfulness with Reiki <b>11:00</b> Buried in Treasures <b>1:00</b> New Beginnings <b>1:00</b> Ping Pong <b>2:30</b> Hiking Club	<b>9:00</b> Zumba Gold <b>9:30</b> Golden Age Program <b>17</b> <b>9:30</b> Bridge <b>10:00</b> Core & More <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot <b>1:00</b> Ping Pong <b>1:00</b> Canasta <b>1:00</b> Scrabble
<b>9:00</b> Mindfulness <b>9:30</b> Golden Age Program <b>23</b> <b>10:00</b> Alzheimer's Family Support <b>10:15</b> Mindfulness with Reiki Meditation <b>11:00</b> Buried in Treasures <b>1:00</b> New Beginnings <b>1:00</b> Ping Pong <b>2:30</b> Hiking Club <b>6:00</b> Town of Dennis Annual Water District Meeting	<b>9:00</b> Zumba Gold <b>9:30</b> Bridge <b>24</b> <b>9:30</b> Golden Age Program <b>10:00</b> Core & More <b>11:00</b> Seniors Connect <b>12:00</b> DCAL Café Lunch <b>12:30</b> Cribbage <b>1:00</b> Hand & Foot <b>1:00</b> Canasta <b>1:00</b> Scrabble <b>1:00</b> Ping Pong
<b>9:00</b> Mindfulness <b>9:30</b> Golden Age Program <b>30</b> <b>10:00</b> Alzheimer's Family Support <b>10:00</b> Mindfulness with Reiki <b>11:00</b> Alzheimers Caregivers Presentation <b>11:00</b> Buried in Treasures <b>1:00</b> New Beginnings <b>1:00</b> Ping Pong <b>2:30</b> Hiking Club	 <p><b>BOOK CLUB</b>  <b>Wednesday,</b>  <b>April 8</b>  <b>12:30 pm</b>  <b>at DCAL</b></p>



## The Challenges & Rewards of Aging Gracefully

Aging gracefully presents the challenge of navigating physical and cognitive changes combined with societal perceptions while embracing the wisdom that comes with years of experience. This journey often requires adapting to new realities, fostering resilience, and cultivating a positive mindset. However, the rewards include deeper connections with tapestry of memories, all of which celebrate the beauty of a life well-lived.

**Join us for a 4-week symposium. 1-2:30 pm. FREE!**

**April 7**  
 Complementary Modalities For Aging Gracefully

**April 14**  
 Solo/Generational Living As We Age

**April 21**  
 How Nutrition, Hydration, & Lifestyle Affect Skin Health

**April 28**  
 Resources & Collaborations



Hiking Club, Crowes Pasture

### Ballroom Dance Parties

With DVIDA Certified Instructor Karen Shackelford of Cape Sands Ballroom. First Tuesday of every month. \$10 per person payable at the front desk (cash or check to Dennis Senior Center). Singles, couples, all ages, all ability levels welcome. Light refreshments, door prize. Please bring a change of shoes to protect the dance floor. Dress code: dressy casual.

**1-1:45pm**

**Beginner dance lesson**

**March 3—East Coast Swing,  
April 7—Waltz**

**2-3:30pm**

**General dancing to  
a mix of music genres**

### Line Dance Classes

With Karen of Cape Sands Ballroom. If you're new to the program, please email Karen at [CapeSandsBallroom@gmail.com](mailto:CapeSandsBallroom@gmail.com) so she can help you determine the correct level class. Classes are one hour, held weekly. Cost: \$10 walk-in, payable at the front desk (cash or check to the Dennis Senior Center). Please bring a change of shoes 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 12:45 pm through April 15, thereafter 10:15am. No class March 11, April 8.**

For graduates of the Absolute Beginner Line Dance Course or equivalent skills: **Easy-ish Pop, Rock and Latin Line Dancing—Monday 10:15am**

For Absolute Beginner Line Dancers: **Absolute Beginner Pop, Rock and Latin Line Dancing—Wednesday 11:30am. No class March 11, April 8.**



ADA Board presents the Skip Nelson Award to Jeff Marcotte, DPW Facilities Manager



**March 17, 10am–12pm, free civil legal help** for those 60 years of age and over. Registration is required. Please contact Rasheda Dickerson at 774-487-3251 or 1-800-244-9023 for assistance.

## Medicare Advantage Open Enrollment

**January 1–March 31**

**Questioning your Medicare Advantage plan enrollment decision? Now is the time to act!**

Do you want to change to traditional Medicare or a different Medicare Advantage Plan?

- Medicare beneficiaries who want to change Medicare Advantage plans, or switch to traditional Medicare, may do so one-time only during this period. The change you make will be effective the first of the following month.

If you change to traditional Medicare during this period, you may also:

- Obtain a Medicare Supplement (Medigap) plan to help cover Medicare costs.
- Obtain a Medicare Part D prescription drug plan.

**Help is available! Call CHOICES at 1-800-994-9422**

### 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

*“Thanks for bringing us all together for such a joyous, fun & perfectly executed evening full of light, laughter, great company, delicious treats & so much merry music & dance!”*

—Cindy Maciaga



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.

### Drive a Neighbor. Make a Difference.

#### Volunteer Medical Drivers Needed!

Help local seniors get to essential medical appointments while driving only when it fits your schedule. Your time behind the wheel makes a meaningful difference in someone's life!

\$0.73 per mile reimbursement. Local Cape Cod trips only. Training and support provided

**Get Started Today! Email: [info@the-supporters.com](mailto:info@the-supporters.com)**

### Spring Donation Drive

As we prepare for spring, Rolling Raks is welcoming gently loved donations to support our Spring Specials and keep our racks refreshed for the season.

Every donated item makes a difference! **Thank you for supporting Rolling Raks and those we serve.**



#### CONNECT WITH US!

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

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



*All Proceeds Support  
Dennis Center for Active Living*

**DISCOVER TREASURES.  
SUPPORT COMMUNITY.**

MARCH 17, 10:30 AM  
APRIL 21, 10:30 AM



— HONORING ALL WHO SERVED —  
**VETS & FRIENDS**  
at DCAL

## CALLING ALL VETERANS!

Join us for a shopping trip to the Empowerment Center in Sandwich.

Each Veteran can get up to 50 lbs of food, essentials and clothing with proof of service (DD-214, VA Health Care ID, Military ID). Transportation will be provided by DCAL buses.

Sign up today by contacting DCAL Reception 508-385-5067.



## 2ND ANNUAL VETS & FRIENDS POLAR PLUNGE TO BENEFIT VETS & FRIENDS OF CAPE COD

Wear Your Red, White & Blue—All Welcome!

“Connection, Camaraderie, Community”  
Refreshments & Merriment! Plunge or Cheer!

**Saturday, March 21, 2026, 10 am, West Dennis Beach**

\$20 Donation Appreciated, All Donations Welcome  
Long-Sleeve T-Shirts Available at Event – \$20, Limited Supply



### Support Our Vets

Scan the QR code to donate with Venmo now  
At Event: Cash & Venmo Only

Tara Crowley  
TimelessEnergyHealing.com





## Save the Date!

**DCAL Summer Open House**  
**Thursday, June 25, 10am–2pm**

Join us and our community partners as we share a wide array of social, health, and wellness resources with our community neighbors!

- Guest Speakers
- Local Businesses
- Family Fun
- Giveaway & Raffles



## A Traveling Art Exhibit

**BY SURVIVORS OF DOMESTIC & SEXUAL VIOLENCE**

**Showing from March 1–31, 2026**

**There will be a reception on March 2, 3:30–5 pm, at DCAL**

Additional locations will be featured monthly  
Stay up-to-date at [www.independencehouse.org](http://www.independencehouse.org)

### **About the series**

Courage Unleashed is a free traveling art exhibit presented by Independence House that highlights the voices of survivors of domestic and sexual violence. Through visual art and the written word, the exhibit invites the public to reflect on impact, resilience, healing, and hope. The exhibit will travel to different community locations each month throughout the year.

