

BRIDGE THE GAP COLLABORATIVE PRESENTS

DESTINATION RESPITE

Your Gateway to Well-Deserved Breaks!

DESTINATION RESPITE is an initiative spearheaded by a collaborative of various local agencies working together to expand respite options for Cape Cod caregivers. Each Destination Respite Program offers a minimum of three hours of activity two times each month. The Dennis Center for Active Living is coordinating implementation of the pilot and is charged with offering services to underserved caregiver populations in the funded service areas. Destination Respite Programs will be available for Spanish and Portuguese speaking caregivers, and ESL classes will be provided with care for loved ones, to allow for caregiver participation.

HOW IT WORKS:

1. Refer to the schedule for dates and locations you would like to register for. Each site's contact information is listed below. Additional information for each site will be available on the DCAL website.
2. If you are a Dennis resident, please call Juliana Benoit at the DCAL Outreach Office **508-694-2004**, to register for Destination Respite events in any location if you will be using Dennis COA Transportation for yourself and/or your loved one. For Dennis GAP Club Days (Thursdays) register with the main office **508-385-5067**.

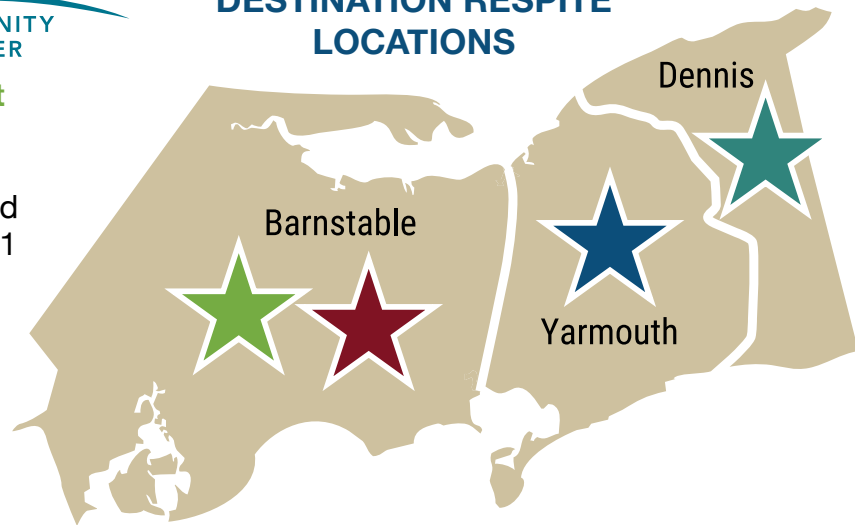
"Unlock the Power of Self-Care with Destination Respite: Caring for You, While You Care for Others."

Destination Respite is funded by the Massachusetts Executive Office of Health and Human Services and the Town of Dennis.



Barnstable Adult Community Center (BACC)
825 Falmouth Road
Hyannis, MA 02601
508-862-4750

DESTINATION RESPITE LOCATIONS



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



Yarmouth Senior Center (YSC)
528 Forest Road
West Yarmouth
508-394-7606



Alzheimer's Family Support Center (AFSC) and Cape International Language Academy (CILA)
English as a Second Language (ESL) at the Cape Cod Mall
769 Iyannough Road, Hyannis
AFSC: 508-896-5170; CILA: 774-552-2609

DESTINATION RESPITE SCHEDULE

These dates and times are subject to change pending final confirmation and execution of agreements.

THURSDAY 9/14 Dennis (DCAL) GAP Club Field Trip to Caregiver Conference 9:30 AM – 1:00 PM	THURSDAY 10/5 Dennis (DCAL) GAP 9:30 AM – 12:30 PM	THURSDAY 11/2 Dennis (DCAL) GAP 9:30 AM – 1:00 PM	TUESDAY 12/5 Yarmouth (YSC) 9:00 AM – 1:00 PM
SATURDAY 9/16 ★ LAUNCH: AFSC and CILA (ESL) at the mall 10:00 AM – 1:00 PM	SATURDAY 10/7 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	SATURDAY 11/4 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	THURSDAY 12/7 Dennis (DCAL) GAP 9:30 AM – 12:30 PM
TUESDAY 9/19 ★ LAUNCH: Yarmouth Senior Center (YSC) 9:00 AM – 1:00 PM	TUESDAY 10/10 Yarmouth (YSC) 9:00 AM – 1:00 PM	TUESDAY 11/7 Yarmouth (YSC) 9:00 AM – 1:00 PM	SATURDAY 12/9 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM
WEDNESDAY 9/20 ★ LAUNCH: Barnstable Adult Community Center (BACC) 11:00 AM – 2:00 PM	THURSDAY 10/12 Dennis (DCAL) GAP 9:30 AM – 12:30 PM	WEDNESDAY 11/8 Barnstable (BACC) 11:00 AM – 2:00 PM	MONDAY 12/11 Barnstable (BACC) 11:00 AM – 3:00 PM
THURSDAY 9/21 ★ LAUNCH: Dennis (DCAL) GAP 9:30 AM – 12:30 PM	SATURDAY 10/14 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	THURSDAY 11/9 Dennis (DCAL) GAP 9:30 AM – 1:00 PM	TUESDAY 12/12 Yarmouth (YSC) 9:00 AM – 1:00 PM
SATURDAY 9/23 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	TUESDAY 10/17 Yarmouth (YSC) 9:00 AM – 1:00 PM	SATURDAY 11/11 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	WEDNESDAY 12/13 Barnstable (BACC) 11:00 AM – 2:00 PM
TUESDAY 9/26 Yarmouth (YSC) 9:00 AM – 1:00 PM	WEDNESDAY 10/18 Barnstable (BACC) 10:00 AM – 2:00 PM	TUESDAY 11/14 Yarmouth (YSC) 9:00 AM – 1:00 PM	THURSDAY 12/14 Dennis (DCAL) GAP 9:30 AM – 12:30 PM
THURSDAY 9/28 Dennis (DCAL) GAP 9:30 AM – 12:30 PM	THURSDAY 10/19 Dennis (DCAL) GAP 9:30 AM – 12:30 PM	WEDNESDAY 11/15 Barnstable (BACC) 11:00 AM – 2:00 PM	SATURDAY 12/16 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM
SATURDAY 9/30 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	SATURDAY 10/21 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	THURSDAY 11/16 Dennis (DCAL) GAP 9:30 AM – 1:00 PM	TUESDAY 12/19 Yarmouth (YSC) 9:00 AM – 1:00 PM
TUESDAY 10/3 Yarmouth (YSC) 9:00 AM – 1:00 PM	TUESDAY 10/24 Yarmouth (YSC) 9:00 AM – 1:00 PM	SATURDAY 11/18 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	WEDNESDAY 12/20 Barnstable (BACC) 11:00 AM – 2:00 PM
TUESDAY 10/3 Yarmouth (YSC) 9:00 AM – 1:00 PM	THURSDAY 10/26 Dennis (DCAL) GAP 9:30 AM – 12:30 PM	TUESDAY 11/21 Yarmouth (YSC) 9:00 AM – 1:00 PM	THURSDAY 12/21 Dennis (DCAL) GAP 9:30 AM – 12:30 PM
TUESDAY 10/31 Barnstable (BACC) 10:00 AM – 2:00 PM	SATURDAY 10/28 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	SATURDAY 11/25 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	SATURDAY 12/23 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM
WEDNESDAY 11/1 Barnstable (BACC) 11:00 AM – 2:00 PM	TUESDAY 11/28 Yarmouth (YSC) 9:00 AM – 1:00 PM	TUESDAY 11/28 Barnstable (BACC) 10:00 AM – 2:00 PM	THURSDAY 12/28 Dennis (DCAL) GAP 9:30 AM – 12:30 PM
	WEDNESDAY 11/1 Barnstable (BACC) 11:00 AM – 2:00 PM	SATURDAY 12/2 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	Barnstable (BACC) 10:00 AM – 2:00 PM
		SATURDAY 12/2 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM	SATURDAY 12/30 AFSC, CILA ESL@mall 10:00 AM – 1:00 PM