

JANUARY/FEBRUARY 2025

The Cranberry Scoop



2025

Happy New Year!

**Monthly Movie
Matinees
are Back!**

**Get a Ride
to DCAL**



**AARP
TAX HELP**
*starts Jan 30.
Book early!*

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*
- Deborah Rothschild, *Secretary*
- 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

(aka Vern), we will miss you and the precious gifts you gave us of good humor and daily encouragement.

Destination Respite, a caregiver respite and support services program funded by the Massachusetts Executive office of Health and Human Services was implemented in four towns (Barnstable, Dennis, Hyannis, and Yarmouth) and will continue to provide support to family caregivers taking care of someone with cognitive loss, well into 2025.

This winter, we want to get cozy. Join us for monthly birthday parties, movie matinees (on a 95" screen), fireside chats, meditation and to work out. We will continue to host dance parties and exercise classes to stay active. Best of all we are launching a breakfast program later in January where you can get your coffee, tea, hot chocolate and continental breakfast items. Our goal for the new year is to get the DCAL Cafe up and running with a selection of nutritious and delicious breakfast and lunch items. Share your ideas for meals with us. Also, don't forget to book your appointment with Jen for a stylish haircut to look your best all winter. Family caregivers receive a gift certificate for their first visit.

Finally, remember we are the Town's warming shelter. If the weather gets really cold and/or we have a storm and/or an outage, you can come in for warmth, to charge your phone or just be in the company of others. We will be waiting with a warm welcome. Have a safe and joyful 2025!

Brenda

Happy New Year, Dennis residents, Scoop readers and DCAL members!

2024 was a year that brought us great joy, from the grand opening of the full DCAL in January, through the sorrow of loss of several longtime members. Retired USMC Captain, Vernon Ellars



Vernon Ellars

On the cover: Photo by Betty Wiley

The Dennis Center for Active Living (DCAL) hosts various legal, financial, medical, and other providers at DCAL who offer services and information. Residents participating in those services do so with the understanding that DCAL, the Town of Dennis, or its employees, do not assume any legal liability or other responsibility for any advice, services, or functions rendered by such volunteer groups or nominal cost practitioners held at DCAL.

Shopping and Local Errands

For older adults without transportation, DCAL provides curbside bus service. Weekly trips to local shopping centers include Patriot Square in South Dennis. Round trips to attend DCAL activities and events are also available. For more information, check the latest issue of the Cranberry Scoop. Transportation Coordinator Dan Kiley is happy to take suggestions. For confirmed reservations, call DCAL **no later than two days ahead** of requested shopping trips at **508-385-5067**.



Grocery Shopping Bus Schedule*

Local Dennis and Shaw's

Tuesdays 8 AM, 10 AM, 12 PM

Wednesdays 8 AM, 10 AM, 12 PM

Thursdays 8 AM, 10 AM, 12 PM

* schedule subject to change



CAPE & ISLANDS VETERANS OUTREACH CENTER



The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48-hour notice given. **The Veteran will be required to produce a copy of their DD214 form.** Transportation includes local Grocery Stores, Bourne National Cemetery, Monthly meetings, Grief Support Groups, Validated Medical appointments (including local MD appointments on Cape Cod as well as to the Providence V.A. and its affiliates). To secure a ride, the Veteran or their advocate makes a call to Barbara-Anne Foley, Outreach & Programs Manager, at **508-237-3349**. **A confirmation to the Veteran will be made.**

PUBLIC ON-DEMAND MICRO TRANSIT

The Cape Cod Regional Transit Authority provides app-based, on-demand service called **SmartDART** that is a door-to-door, ride-hail service using the SmartDART App. This service is currently available in Yarmouth, Barnstable, Dennis, Sandwich and Falmouth, with plans to expand Capewide. Download SmartDART from the app store (Apple or Android) and search CCRTA SmartDART or call our dispatchers for more information. Cashless and convenient.

\$3.00 fixed fare. Free transfer to fixed routes.

Mon – Sat, 7:30 AM – 6:00 PM

Download the CCRTA SMARTDART app today!



FREE FARES FOR 60+ AND PERSONS WITH DISABILITIES

Come to the DCAL with your CCRTA Charlie Card and change it to the FREE GO Card, or sign up to receive a new GO Card. **If you have any questions, call us at 508-385-5067.**

ATTENTION CARE PARTNERS!
Need a break to run errands, go to an appt. or even take a nap?

HOW IT WORKS: Call each site directly to schedule your visit (see below for contact details).

Destination Respite is made possible through a grant from the Massachusetts Executive Office of Health and Human Services.

DESTINATION RESPITE is for you. Destination Respite programs are offered in Barnstable, Dennis and Yarmouth, the Hyannis Mall and the Cape Intercultural Center. A collaborative of local agencies work together to provide social engagement programs for your loved one living with dementia, while you take some time to take care of yourself.

ALZHEIMER'S FAMILY CAREGIVER EDUCATION
a five-week lunch and learn series for family caregivers and the community

REGISTER for a five-week course in the basics of dementia caregiving as part of the Destination Respite Program. Topics covered will include staging, progression, communication, self-care strategies, and other pragmatic aspects of caring for someone who is living with cognitive decline. This five-session series is taught by AFSC Co-founder and Dementia Educator Melanie Braverman. Respite for care recipients and a light luncheon for care partners is included. The program is free and open to the public.

SESSION II: Monday, January 6, 13, 27, February 10, 24, 2025 10–12

Pre-registration is required. Please let us know if you will register your loved one for respite to include in our activity plan.

For more information, or to register, call 508-896-5170, or email info@capecodalz.org



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

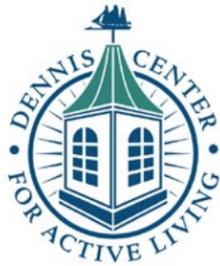


CAPE COD HEALTHCARE

DESTINATION RESPITE LOCATIONS



Alzheimer's Family Support Center (AFSC) and Cape International Language Academy (CILA)
 Caregiver Dementia Training and Social Engagement Events.
 Dates and times vary. Please call for details.
AFSC: 508-896-5170; CILA: 774-552-2609



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 x1335

Happy New Year, DCAL family! I'm back—Kelli here, your local caregiver-in-chief, ready to help us kick off 2025 with a fresh perspective.

This year is a big one for the “kids” (my grandparents, for anyone new here). They're celebrating 70 years of marriage—seven decades filled with love, laughter, and a healthy dose of stubbornness. Whether it's arguing over who gets the bathroom first or whose turn it is to pick the show on TV (ignoring the four other TVs in the house), they've mastered the art of bickering with love.

Watching them reach this milestone has reminded me that life isn't about grand, flashy moments. It's the small, ordinary joys—the things that make us laugh, keep us grounded, and leave us smiling long after they've passed. So, in honor of my grandparents' incredible journey, here are four simple ways to slow down, reflect, and savor the little things this year:

1. Start a Weekly Gratitude Jar

This one's easy and doesn't require glitter, glue guns, or craft-store runs (you're welcome).

- Find a jar, box, or coffee can and put it somewhere you'll see often—like next to the remote or snack cabinet (high-traffic zones).
- Once a week, jot down one thing you're grateful for:

- ~ “Talked to an old friend today; we laughed about...”
- ~ “Gram told her best story again. Still a hit.”
- ~ “Survived a week of doctor's appointments with no meltdowns. Victory!”

By year's end, you'll have 52 reminders of the moments that made you smile—a personal time capsule of gratitude.

2. Create a “Cape Cod Snow Day” Tradition

Winter on the Cape can be cold, rainy, and long, but that doesn't mean we can't enjoy it. A “snow day” tradition can help you slow down and embrace the season—even without snow.

- Declare an all-day pajama day. Snacks required.
- Watch a classic movie. Around here, black-and-white films or John Wayne favorites are hits, with running commentary: “They don't make 'em like this anymore!”



Kelli with her grandparents

- Play cards, flip through photo albums, or put on 1950s music. My grandparents' “good old days” stories are the real entertainment—and honestly, they're not wrong.

3. Bring Some Sunshine Indoors

Natural light works wonders, even if my grandparents believe it “lets the cold in.”

- Open the curtains for daylight, even if just a few hours.
- Add cozy lights or lamps—winter doesn't have to feel cave-like.
- On sunny days, bundle up and step outside for 10 minutes, whether it's walking to the mailbox, sitting on the porch, or breathing in crisp Cape air.

4. Do Something for Someone Else

Sometimes, the best way to brighten your own day is to brighten someone else's. Small gestures mean the most:

- Make an extra cup of coffee or tea for someone.
- Write a quick note or call a neighbor (bonus points if it includes weather talk—it's a Cape Cod rule).
- Give someone a compliment—Gram says, “It costs nothing to be kind,” and she's right. Don't tell Grandpa!

As my grandparents celebrate 70 years together, I'm reminded life isn't measured by big events or perfect days. It's the laughs, stories, and small moments we often overlook that truly matter.

This year, let's give ourselves permission to slow down, notice the little things, and savor the people and joys that make life sweet.

Happy New Year! —Kelli

HIKING CLUB

We are so happy to note that this group is growing each week! In response to this, we felt the need to send a little reminder about the program. While the Hiking group is a Dennis Center for Active Living program, due to the fact that it is off site, you participate at your own risk. We consistently encourage safety precautions (i.e., hydration, proper footwear, poles, etc.), but ultimately you are responsible for yourselves. We encourage you to continue to enjoy the beautiful hikes, but we want you to be safe! Also, we want to acknowledge and thank Carl (and his helper scouts!) for all his research and time planning the trail routes each week!



Marconi Beach, Wellfleet.

THE GOLDEN AGE PROGRAM (GAP)

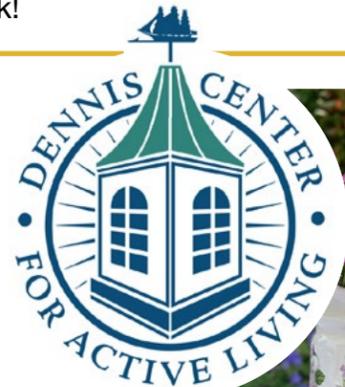
is a Social Day Program for persons living with cognitive impairment. Here, participants enjoy the company of friends, have fun enjoying games, crafts, field trips, music, exercise, dance, special events and much more.

GAP was established to provide a safe and enjoyable setting with meaningful activities that engage participants using their individual strengths, experiences and interests. All staff and volunteers have training specific to engaging with adults living with cognitive impairment. GAP meets Tuesday-Friday, 9:30 AM to 2:30 PM. A morning snack and nutritious lunch are provided.

For questions about GAP or to schedule a visit, please call Julie Benoit, Outreach Coordinator, or Jennifer Connors, GAP Program Coordinator. 508-385-5067



The Golden Age Program is a Respite Innovation of the Dennis Center For Active Living.



AFTERNOON TEA & TALK SOCIAL

Wednesday, January 8 & February 12, 2-3 PM
Please RSVP, 508-385-5067

BIRTHDAY PARTY BASH & MOVIE MATINEE

Wednesday, January 15, 12 PM
Wednesday, February 19, 12 PM

At the Dennis Center for Active Living (DCAL)

Join us to celebrate your birthday followed by a movie matinee!



Chicken Pot Pie

A delicious chicken pie made from scratch with carrots, peas, and celery in a pre-made crust. Add thyme and poultry seasoning for more flavor.

INGREDIENTS

- 1-pound skinless, boneless chicken breast halves — cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- ½ cup sliced celery
- ⅓ cup butter
- ⅓ cup chopped onion
- ⅓ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon celery seed
- 1¾ cups chicken broth
- ⅔ cup milk
- 2 (9-inch) unbaked pie crusts

DIRECTIONS

1. Gather all ingredients and preheat the oven to 425 degrees F (220 degrees C.)
2. Combine chicken, carrots, peas, and celery in a saucepan; add water to cover and bring to a boil. Boil for 15 minutes, then remove from the heat and drain.
3. While chicken is cooking, melt butter in another saucepan over medium heat. Add onion and cook until soft and translucent, 5 to 7 minutes. Stir in flour, salt, pepper, and celery seed.
4. Slowly stir in chicken broth and milk.
5. Reduce heat to medium-low and simmer until thick, 5 to 10 minutes. Remove from heat and set aside.



6. Place chicken and vegetables in the bottom pie crust. Pour hot broth mixture over top.
7. Cover with top crust, seal the edges, and cut away any excess dough. Make several small slits in the top crust to allow steam to escape.
8. Bake in the preheated oven until pastry is golden brown and filling is bubbly, 30 to 35 minutes. Cool for 10 minutes before serving.

FROM THE BOARD...

Happy Holidays, everyone! This is my inaugural *Cranberry Scoop* note, "From the Board", that I will be submitting to all of our readers. As Select Board Liaison to the Dennis Center for Active Living, I am reminding you of items, past and present, that the Town has done and will be looking forward to being done in the upcoming months.



The new Fire Station No. 2 has opened its doors and is ready for business. On Sunday, December 8th, the Fire Department held an "open house" for the public to view this magnificent building. In addition to providing the town with a state-of-art facility, there is a large space for the community to use for committee meetings and public use. As you are aware, Special Town Meeting included the passing of an Article to finance the initial project of constructing the Wastewater Treatment Facility and its engineering to start to lay the infrastructure in our roads. The bids have been awarded and construction should

start early in the new year.

Two projects that are now being viewed by the Board are the revitalization of both Carleton Hall and the West Dennis Grade School. These historic structures need repair and updating. More information will be

made public in the coming months. Finally, with the demolition of the Catholic church in Dennis Port, plans are being prepared and reviewed for the construction of an open space Park. The West Dennis / Dennis Port Advancement Committee has presented some initial designs for the Select Board to review. Town Administrator Liz Sullivan has received information from other Department Heads for ideas and potential concerns as we finalize the offerings that the Park will bring. Completion is projected for the Spring of 2026.

Along with my fellow Select Board Members, I wish you all a safe and happy holiday season!

—John W. Terrio, Select Board DCAL Liaison

Mini Health Clinic

Provided by Cape Cod Tech Junior Health & Dental Students

Come on by and let our students show you what they know! Offering:

- Blood Pressure, Pulse, Respirations, and Oxygen Saturation Screenings
- Nail Care
- Denture Care Education
- Education on Oral Health
- Education on Cardiac Health & Overall Community Engagement for our future Healthcare Professionals

January 16, 9:00–11:00 AM at the DCAL

Beach Chair Meditation

Join Tara Crowley for a relaxing one-hour meditation on the second Thursday of each month at 8:30 am at the DCAL beginning January 9, 2025!

The first two months are free! Bring your favorite and most comfortable chair that you use at the beach — don't have a chair, no problem! You can use a chair from the center.

Give yourself the gift of meditation and watch it transform your life!

ON-GOING OUTREACH RESOURCES: (Please call Julie or Susan for more info)

- Fuel Assistance — financial help with your heating bills.
- Food Programs — Mobile Food Pantry, transportation to the Family Pantry (Harwich), prepared meals available twice/month and our newly expanded pantry at the center.
- PEARLS — (Program to Encourage Active and Rewarding Lives for Seniors), a short-term mental health program.
- Golden Age Program — a social day program for those living with cognitive impairment.

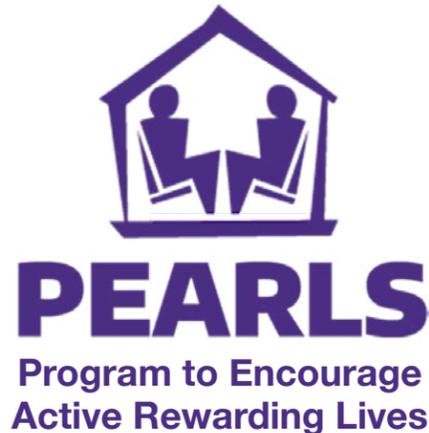
Blood Pressure and Wellness Checks

Join us for FREE blood pressure and wellness screenings with Public Health Nurses from the VNA of Cape Cod.

Dennis Public Library
5 Hall Street, Dennis Port

11:15 am – 12:15 pm
3rd Wednesday monthly
walk-ins welcome

For more information, call 508-957-7423.



PEARLS stands for Program to Encourage Active Rewarding Lives.

- Meet with a coach
- Learn to better manage your life
- Find solutions to problems that cause you to feel down and discouraged

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

Please Call Julie Benoit, LSW, Outreach Coordinator, (774) 352-3047



Positive Practices for Winter Well-being

As we begin the new year, we decided to continue with our topic of mental health and well-being. Shorter days and winter chill often make us feel like hibernating, but there are two positive practices that can enhance your well-being and help you navigate the winter months with positivity: Mindfulness and Gratitude.

Mindfulness is the practice of being fully engaged and in the moment. This can mean taking a few moments each day to focus on your breath, observe your surroundings or simply enjoy a warm cup of tea. Research shows that mindfulness can reduce stress, improve mood and overall improve quality of life.

Some simple Mindfulness practices:

1. **Breathing exercises** spend a few minutes each day focusing on your breath. Inhale deeply through your nose, hold for a moment and then exhale slowly through your mouth. This can help alleviate anxiety as well.
2. **Nature Walks** Take a stroll outside (weather permitting), pay attention to the sounds, sights and smells around you. Nature can offer beauty and serenity, even in the winter.
3. **Mindful Eating** Savor your meals by eating slowly and appreciating each bite. Notice the flavors and textures which can make meal time enjoyable and fulfilling.

Practicing gratitude has been shown to have a multitude of positive effects on mental health. It can improve mood, foster resilience and even enhance physical health. During the winter months, focusing on gratitude can help combat feelings of sadness or loneliness.

Ways to practice gratitude:

1. **Journaling** take a few minutes each day to write down three things you are grateful for. They can be as simple as a warm blanket or a friendly conversation. Over time, this practice can shift your focus from what you lack to what you have.
2. **Expressing Thanks** Reach out to friends, family or caregivers to express your appreciation. A simple phone call or a handwritten note can brighten someone's day and strengthen your connections.
3. **Mindful Reflection** Before bed, reflect on the positive moments from your day. This can help to end your day on a high note and promote restful sleep.

While winter can bring challenges, embracing mindfulness and gratitude can help you maintain a positive outlook. Staying connected with loved ones, engaging in hobbies, or even exploring new interests (check out what's going on at DCAL!) can also enrich your winter experience.

DCAL FOOD PANTRY HOURS

Tues, Wed, Thurs: 9–11 am & 1–3pm A volunteer will be available at the downstairs check-in kiosk to assist people finding the food pantry during these hours. If you can't come during open hours or if you have an emergency, please let a staff member know and we will assist you with the food pantry. Questions? Call 508-385-5067 and ask for Julie or Susan.



JULIANA BENOIT
DCAL Human Services
Outreach Coordinator
774-352-3042



SUSAN BOROWICK
DCAL Human Services
Assistant Outreach
Coordinator
774-352-3048

FUEL ASSISTANCE RENEWAL FORMS

As heating season approaches, be on the lookout via mail for bright yellow fuel assistance renewal paperwork from South Shore Community Action Council, Inc. (SSCAC) Call DCAL Outreach Department to schedule appointments to complete paperwork. 508-385-5067

12 ~ COMMUNITY PARTNERS



CHRISTMAS GIVING

We wish to thank all who participated in the Big Wrap at the Congregational Church of South Dennis. For 38 years volunteers from our community have come together, with a cheerful spirit, ready to wrap and deliver gifts. This year, approximately 2,000 presents for 135 Dennis seniors were delivered in beautiful gift bags that were decorated by the Sunday school students at the Dennis Union Church under the guidance of Evy Sirignano. The outpouring of support reminds us that giving of ourselves reflects the values of the holiday season.

CAPT. VERNON DAVID ELLARS, (USMC, RET.)



The Friends are saddened by the passing of longtime Board Member Vern Ellars. For several years Vern shared his knowledge on veterans' affairs and wrote The Veterans' Column in our newsletters. He also served on our Nomination Committee and was always ready to assist where needed in his exuberant manner. Vern was involved in many community matters, and he kept us apprised of all the local happenings. We will surely miss his generous spirit and playful sense of humor.

INDEPENDENCE HOUSE COUNSELING

Experiencing controlling relationships or financial dependence? Domestic abuse isn't just physical — it includes emotional and financial manipulation. The Dennis Council on Aging promotes healthy relationships.

Reach out to Independence House for confidential counseling at DCAL, every first and third Wednesday from 10am–12pm. Contact Freddi at 508-771-6507 x241 for details or appointments.



OPTIONS COUNSELING OFFICE HOURS

Do you have questions about services and supports that are available for you or someone you care about?

Call today to schedule a visit with an Options Counselor from Elder Services of Cape Cod & the Islands here at the Dennis Center for Active Living.

Last Wednesday of each month 10-12:00; please schedule your visit at 508-258-2476. Interpreter services available.



Housing Assistance

HOUSING ASSISTANCE OF CAPE COD OFFICE HOURS

Experiencing difficulty finding housing, paying your rent or mortgage? Interested in finding out more about local housing options? Housing Assistance (HAC), a local nonprofit housing agency, helps people with housing by providing information and resources. **Reach out to Housing Assistance to schedule an appointment at DCAL, available every second Wednesday of the month from 9 AM-11 AM, by calling (508) 771-5400 Ext. 210. Appointment required.**

FITNESS

YOGA

This gentle practice begins with a short centering meditation, warm up stretching, breathing, yoga asana and relaxation. Chair Yoga is incorporated into the class for those that find it difficult to work on the floor. Bring mat & blanket.

EVERY Tues. 9–10am
\$10 per class. Walk-In.
Teacher: Maria Damon

ZUMBA GOLD

High 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. 9–10am
\$10 per class. Walk-In.
Teacher: John Hayes

Game & Group Requests

CALL FOR CHESS PLAYERS!
Tuesdays 10 am–12pm

To request a new game or group call 508-385-5067.

HEALTH & WELLNESS

FOOT NURSE

By appointment. Visit includes trimming and thinning of thickened nails as well as filing of nails, calluses, and corns, a massage for circulation and general assessment of the feet.

Janet Tinney is a nurse trained in footcare with 25 years of experience. **Call DCAL 508-385-5067 for appt. \$50 per appt. at DCAL. \$65 for home visit appt.**

MINDFULNESS W/ REIKI

Relax, recharge and focus on the “now” with Mindfulness & Reiki practice. Join us for an hour of various self-care and wellness practices.

EVERY Thurs. 10–11am
\$10 per class. Walk- In.
Teacher: Tara Crowley

CLUBS & GROUPS

SENIORS CONNECT

Weekly social gathering for seniors to come together & connect.

Fridays 12–2pm

BOOK CLUB

Meets once a month. Books listed in Cranberry Scoop.

2nd Wednesday, 12:30–1:30pm

STITCH & CHATTER

Quilting & sewing club.

Tuesdays, 9–11 am

DY WOMEN’S CLUB

Monthly social gathering for women of Dennis & Yarmouth to come together & connect.

2nd Wednesday of the month, 12–3pm

DCAL GARDEN CLUB

Monthly garden club. Do you enjoy gardening and want to share/learn tricks & tips? Check out the DCAL Garden Club.

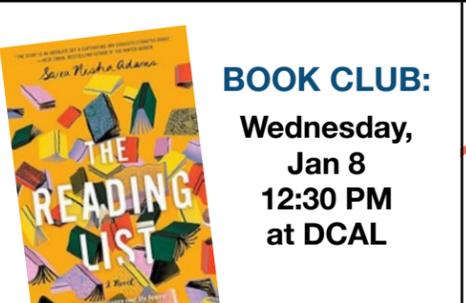
1st Tuesday of the month, 12–3pm

ANYTIME

DCAL is open Mon.–Fri. 8:30am–4:30pm. Members are welcome to come in and enjoy the many self-directed activities such as:

- **Library:** Enjoy some quiet time with puzzles and reading.
- **DCAL Cafe:** Have a coffee, tea or hot cocoa by purchasing a pod at the front desk and sit in the cafe. \$1.
- **Rolling Racks Thrift Shop** Come check out gently used clothing & home goods at our new thrift shop.
- **Billiard Room:** Have a game of pool on our new pool table! Bring a friend or play solo.
- **Game Closet:** Grab a board game from the game closet and play in the game room and try the shuffleboard table.

The front desk volunteers and DCAL staff are always available to answer questions about available activities and programs!

MONDAY	TUESDAY	WEDNESDAY
	 BOOK CLUB: Wednesday, Jan 8 12:30 PM at DCAL	 1 New Year's Day DCAL Closed
6 9:00 Line Dancing 9:00 Hearing Clinic 9:00 Painting 10:00 DY Woman's Club Board Meeting 10:00 ADA Board Meeting 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	7 9:00 Yoga 9:00 Stitch & Chatter 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 10:30 Vets Yoga 12:00 DCAL Garden Club 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party	8 9:00 Ombudsman Training 9:00 Line Dancing 9:30 Golden Age Program 9:00 Fitness with John 9:00 Housing Assistance 11:00 Ombudsman Q&A Presentation 10:15 Line Dancing 10:30 Musical Souvenirs 11:30 Line Dancing 12:00 DY Woman's Club 12:30 Bridge 12:30 Book Club 2:00 Tea & Talk
13 9:00 Line Dancing 9:00 Painting 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	14 9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 10:30 Vets Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	15 9:00 Foot Nurse 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Movie Matinee 2:00 CCH Alzheimer's Support
20 Martin Luther King Jr. Day  DCAL Closed	21 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:00 COA Board Meeting 9:30 Golden Age Program 10:00 Chess 10:00 South Coastal Counties Legal Services 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party	22 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge
27 9:00 Line Dancing 9:00 Painting 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	28 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 12:30 Bridge (Men's) 1:00 Sound Dunes	29 9:00 Line Dancing 9:00 AARP Tax Assistance 9:30 Golden Age Program 10:00 Fitness with John 10:00 Options Counseling 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge

THURSDAY	FRIDAY
2 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 Active Living Studio on the Go 1:00 New Beginnings 2:30 Hiking Club	3 9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9 8:30 Beach Chair Meditation 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 At Home Hearing Clinic 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 Active Living Studio on the Go 1:00 New Beginnings 2:30 Hiking Club	10 9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
16 9:00 Cape Cod Tech Health Faire 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club	17 9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
23 9:00 DCAL Salon 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club	24 9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 State Representative Chris Flanagan 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
30 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club	31 9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot



Bay to Sound Neighbors helps our seniors in Dennis and Yarmouth age in place with a little support. Our volunteers provide rides to doctor, physical therapy, and dental appointments, shopping to the market or local stores, hairdresser or even a friendly visit. We offer some tech support, replacing batteries for smoke alarms and some light work around the house. With over 140 members and 120 volunteers we look forward to celebrating our 5th year.



Long-Term Care Ombudsman Presentation
2nd Wednesday of every month, 11AM

Ombudsmen are trained, certified volunteers who make weekly visits to rest homes and nursing homes across the Cape and Islands, providing advocacy and education. Join Cathy Ode, LTC Ombudsman Program Director from Elder Services of Cape Cod & the Islands, and volunteers from her team for informal conversation about residents' rights and other matters related to long-term care. Bring any and all issues and concerns — there are no foolish questions! — or simply come to listen and learn.

18 ~ FEBRUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
9:00 Hearing Clinic 9:00 Line Dancing 9:00 Painting 10:00 DY Woman's Club Board Meeting 10:00 ADA Board Meeting 10:15 Line Dancing 12:00 Friends Board Meeting 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 12:00 DCAL Garden Club 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party	9:00 AARP Tax Assistance 9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:30 Musical Souvenirs 11:30 Line Dancing 12:30 Bridge 2:00 CCH Alzheimer's Support
9:00 Line Dancing 9:00 Painting 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 10:00 Cape Cod Men's Club 10:30 Vets Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	9:00 Ombudsman Training 9:00 Housing Assistance 9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 10:00 Onboarding Presentation 12:00 DY Women's Club Meeting 12:30 Book Club 12:30 Bridge 1:00 Generations Music & Movement 2:00 Tea & Talk
DCAL Closed  Presidents' Day	9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party	9:00 Line Dancing 9:00 AARP Tax Assistance 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Movie Matinee 2:00 CCH Alzheimer's Support
9:00 Line Dancing 9:00 Painting 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	9:00 SHINE 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge 1:00 Generations Music & Movement



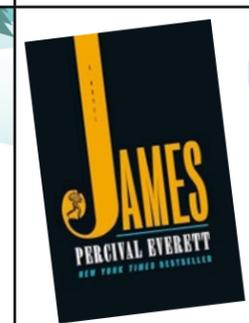
Please be advised this calendar is subject to change at any time. Call the DCAL **508-385-5067** with any questions or to confirm events and classes. Thank you!

FEBRUARY CALENDAR ~ 19

THURSDAY	FRIDAY
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club	9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
8:30 Beach Chair Meditation 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Hearing Clinic 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 New Beginnings 1:00 Lunch & Learn 1:00 Active Living Studio on the Go 2:30 Hiking Club	9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 New Beginnings 1:00 Active Living Studio on the Go 2:30 Hiking Club	9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Reiki 10:00 Alzheimer's Family Support Center 10:30 Buried in Treasures 1:00 New Beginnings 1:00 Social Dance 2:30 Hiking Club	9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 10:00 State Representative Christopher Flanagan 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot



BOOK CLUB:
Wednesday, Feb 12 12:30 PM at DCAL




Call DCAL to schedule appts. 508-385-5067



happy valentine's day...

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. Counseling on expectations of products and communication tactics related to hearing loss. Answering specific technical questions related to any hearing instrument on the market. Call the DCAL to schedule an appointment, 508-385-5067.

VNA of Cape Cod Public Health

A VNA of CC Public Health representative is holding Group Fitness Orientations in Evergreen Studios at Dennis Center for Active Living the first Wednesday of every month from 10:30 am–11:45 am. You will be taught how to properly use the equipment and learn safe exercise guidelines. Participant and medical clearance forms must be filled out and questions can be answered by calling. Registration is required for all exercise programs through the VNA of Cape Cod. **Call 508-957-7423 to register.**

The VNA of CC Public Health will also be at the Dennis Public Library hosting a Blood Pressure and Wellness Clinic every third Wednesday of the month from 11:15 am–12:15 pm. **Please call 508-957-7423 if you have questions.**



LINE DANCE CLASSES with Karen of Cape Sands Ballroom at the DCAL Students who are new to this program are asked to contact Karen at CapeSandsBallroom@gmail.com to help with class placement. All classes are one hour long and held weekly \$10 walk-in Please bring a change of shoes to protect the dance floor.

For new students with no line dance experience:

- Absolute Beginner Line Dancing
Wednesday 11:30 am–Starting February 5th

For line dancers who know line dance basics and prefer to keep it easy:

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

For line dancers with experience who enjoy a little challenge:

- Beyond the Basics Pop, Rock and Latin Line Dancing
Monday and/or Wednesday 9:00 am
- Beyond the Basics Ballroom Line Dancing
Wednesday 10:15 am

Ballroom Dance Parties

Meet our party hosts: Karen Shackelford of Cape Sands Ballroom and Frank Callahan of Silver Fox Fitness who will both be there to greet you and will alternate weeks teaching the pre-dance lesson and providing dance music.

January 7

Cha-Cha
(Karen)

January 21

Merengue
(Frank)

February 4

Nightclub Two-Step
(Karen)

February 18

West Coast Swing
(Frank)

1:00-1:45 pm beginner dance lesson. 2:00-3:30 pm general dancing to a mix of fine recorded ballroom, Latin, swing, and specialty music.

For singles and couples of all ages and ability levels. Complimentary cookie tray and ice water. Door prize! Please stop at the front desk on arrival for registration and walk-in fee of \$10 per person.

Please bring a change of shoes to protect the dance floor. Dress code dressy casual.

The Advisory Committee on Disabilities is pleased to come together and offer a well-deserved acknowledgment and appreciation to our local Agway of Dennis.



The Braille and Sensory Trail has been in existence for approximately 25 years and over those years we have seen it change and grow. One of our largest and most recent contributors have not only donated their time, their energy, but also their beautiful products — Agway of Dennis. The contributions to our Trail have not just benefited visitors of all abilities, but more specifically, helped people with different abilities such as those with visual impairments or those with sensory issues.

Our Braille and Sensory Trail has also been used by the Perkins School for the Blind as a walking trail to teach their students Braille all while enjoying the beauty of our Cape Cod surroundings.

Our Trail is also being looked at as a guide to creating other similar trails, the newest being the town of Great Barrington which is hoping to build its own braille trail. We are giving our disabled patrons a feeling that they belong and, for that, the Dennis Advisory Committee on Disabilities will be forever grateful to Agway of Dennis!

FREE CIVIL LEGAL HELP

South Coastal Counties Legal Services' (SCCLS) Elder Law Project provides free civil legal help to eligible residents of Barnstable, Nantucket, and Dukes Counties. You must be 60 years of age or older and have a legal issue within our project priorities. While there is no income criterion for older adults, services are prioritized to those with the greatest economic and social need. Priority legal issues include eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.), and healthcare issues involving MassHealth or Medicare. To request a legal clinic appointment for a ½ hour of free legal advice at your local Senior Center please contact Rasheda Dickerson at the SCCLS' Hyannis Law Office **774-487-3251** or their intake line at **1-800-244-9023**.

TELEPHONE SUPPORT

Alzheimer's Family Support Center
508-896-5170

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

Cape Cod Vet Center
508-778-0124

Cape & Islands Crisis Hotline
800-322-1356

Elder Law Legal Assistance
800-342-5297

Food Security Programs
508-694-2004

Food Stamps (SNAP)
833-712-8027

Lock Box Program
Dennis Fire Department
508-398-0363

Mass 2-1-1
National Abbreviated Dialing Code To Health & Human Services

Meals on Wheels
508-394-4630

NAMI Helpline
Mental Health Resources
800-950-6264

National Suicide Prevention Hotline
800-273-8255

We Can
508-430-8111

Independence House Counseling
508-771-6507

South Shore Community Action Council
508-746-6707



22 ~ VETS & FRIENDS



Happy New Year. It's 2025, and we made it! Lots to talk about looking ahead, but it wouldn't be right to ignore a couple of good things that made the last couple of months in 2024 special.

Let's begin by looking back at the *Vets and Friends* celebration of Veteran's Day. And what a day it was. The theater room in The Dennis Center for Active Living, formerly Howell Hall, was filled. A generous donation from the West Dennis Garden Club made welcome treats and a delicious lunch available for all to enjoy.

And the music! Wow! An hour-long live concert by Julie Charland – you might know her as the self-described “Jam” in Toast and Jam – of patriotic and purely American songs defies description. The audience was captured, often joining in for special songs like “God Bless America”, and standing proudly to sing when the Service Medley recognized their branch of service.

December was not to be outdone. *Vets and Friends* conducted their first-ever Holiday Gift Drive, collecting appropriate gifts to help make Christmas a little bit special for the Cape area's 600+ foster kids, aged from 1 to 18. Working with the Cape charity, *Kind Hearts for Kids*, in support of their efforts, we trust we helped make a difference for this often-forgotten group of youths.

So, to January. When *Vets and Friends* will be back on its regular schedule, i.e., third Tuesday of every month, 10:30am until noon. January's meeting will feature a visit by Veteran's Administration leadership giving updates on the many changes to VA support since their last visit. Among others, one of particular importance is changes to the Agent Orange program. As always, opportunities for one-on-one discussions will be available.

JANUARY 21, 10:30 AM
FEBRUARY 18, 10:30 AM

— HONORING ALL WHO SERVED —
VETS & FRIENDS
at DCAL



Let's not forget January and February are often the coldest and seemingly the darkest of months. They can be the most difficult of times for the many veterans around us who live alone. If you know of a veteran alone, please reach out to them and bring them with you to our next meeting. If they remain uninterested, don't remain silent. Tell us and a skilled outreach coordinator will contact them.



SUPPORTERS OF DCOA ~ 23



From the Directors Gary Barber, Joseph Lima, Ann Ciambriello, Chester Stanley, Dick Powell, Jan Leveque, Andrea Gotti, Carol Terrio, Judy Peterson and Rosalie DiNapoli. We would like to wish everyone a Happy Holiday and a Healthy and Prosperous New Year.

We would like to take this opportunity to thank everyone who supported us during the year 2024.

By supporting The Supporters of the Dennis COA,

it allows us to support the activities at the Dennis Center for Active Living. This year we donated \$500 to the Family Table Collaborative to help offset the costs of the Thanksgiving and Christmas meals they provided.

Hopefully we will continue to get your continued support in 2025 so we can continue supporting the activities at the Dennis Center for Active Living.

— Gary Barber, President

SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM

Return Form and Check to: Supporters of Dennis COA; PO Box 606; South Dennis, MA 02660

Here's my tax-deductible donation of \$ _____

to be used as noted below:

Name(s) _____ **Please use my donation towards:**

Address _____ Golden Age Pals (GAP)

_____ Outreach

Phone _____ Where Needed Most

Cell _____ Other (specify below):

Email _____

Check one: New Member Renewal



**DENNIS CENTER FOR
ACTIVE LIVING**
1045 Route 134
South Dennis, MA 02660

Presort Standard
U. S. Postage Paid
South Yarmouth, MA 02664
Permit No. 88

Affix mailing label here

THE DENNIS CENTER FOR ACTIVE LIVING

**Thank you to our local community
businesses for your donations contributing
to our DCAL Holiday Cheer Week!**

The Underground Bakery

Peterson's Market

Treats Catering

Scargo Cafe

Dennis Public Market

Stage Stop Candy

Paul's Pantry

Seven Days Restaurant

Pelham On The Rise

Holly's Deli

Corner of Yum

The Marshside