

BAYSIDE CHATTER

BREWSTER COUNCIL on AGING

1673 Main Street ~ Brewster, MA 02631
Monday - Friday 8:00am - 4:00pm

JANUARY/FEBRUARY 2024

Elton R. Cutler - Director
Lauren Zeller - Senior Department Assistant
Lauren Williams - Department Assistant
Annie Rapaport - Program Coordinator
Cindy Thatcher - Outreach/SHINE Coordinator
Mary King - Outreach/SHINE Coordinator
Brian Locke - Van Transportation Coordinator
Steve Holmes - Van Driver



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The Brewster COA would like to wish all of you a very Happy New Year! We hope that 2024 will be a wonderful year for all!

2024 will mark the COA's 50th year! Watch the upcoming newsletters for more information on

the planned celebration!

Income Tax Preparation with AARP is Back!



Wednesdays: February 7 to April 10
Brewster Town Hall, 2198 Main St.

Income Tax season is coming! Make it easy on yourself and call the Brewster COA soon at 508-896-2737 to schedule an appointment with a knowledgeable tax representative from AARP. Appointments are available on Wednesdays, from February 7 through April 10, on a first-come, first-served basis and will be held at the Brewster Town Hall. The representatives will make the job of filing your taxes much easier!

***Although the program is free, donations to the Brewster COA are appreciated!

Please note: This service is for basic, uncomplicated tax filing **ONLY!** (Form 1040 or Form 1040-EZ)

The Brewster COA will be closed on the following holidays:

Monday, January 1: New Year's Day
Monday, January 15: Martin Luther King, Jr. Day
Monday, February 19: President's Day

A Note of Thanks to our Volunteer SHINE Counselors of 2023!

Thank You

The Annual Medicare Open Enrollment period, which ran from October 15 through December 7, 2023, is always a very busy time here at our center. The Brewster COA was very fortunate to have the help of 4 volunteer SHINE counselors during that time. We would like to recognize these devoted volunteers and extend our most sincere thanks for their dedication and hard work. They are Paula Perrone, Mary Rancourt, Louise Vivona-Miller and Jayne Wood. Together they were able to save many seniors thousands of dollars!

FREE Concert with Outer Cape Winds



Wednesday, January 24 1:30 – 2:30pm
Brewster Council on Aging, 1673 Main St.

Join us for a performance by Outer Cape Winds, a new community wind ensemble for players of all ages who make their home at the new Performing Arts Center here in Brewster. Their repertoire includes classic wind ensemble music, marches, Broadway tunes, and more. Light refreshments will be served. To reserve your seat, please call the COA at 508-896-2737.

Public Health Screening

Friday, February 9 10:00am – 12:00pm
Free



Bears hibernate in January and February. Don't be a bear...Spring into one of our Public Health Clinics! We want to help you stay on top of your Spunk! The VNA is collaborating with students from Cape Cod Tech to offer a guided hands-on experience in the community. Together, we will be offering:

- Blood pressure
- Height measurements
- Dental Education
- Weight
- Cholesterol Checks

No registration required.

All programs/activities take place at the Brewster COA, 1673 Main St., unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

NOTE: ALL FIELD TRIPS ARE SUBJECT TO CANCELLATION AND MAY NOT BE ABLE TO BE RESCHEDULED.

Office Hours with Representative Chris Flanagan



**Friday, January 5 and
Friday, February 2
10:00am – 12:00pm**

Have a question, or want to discuss an issue? Come meet with Representative Chris Flanagan. Drop in; first come-first served.



American Mah Jongg Fridays, 1:00 – 3:30pm

Welcome Mah Jongg players! Join us for friendly games on Friday afternoons! **All levels welcome.** Please bring your card and tiles. Instruction will not be provided. For more info and to join, please e-mail Jean: connor.jean22@yahoo.com

Fall Risk Assessment Clinic



Monday, January 8 1:00 – 3:00pm
Advanced registration is required. Free

Have you fallen recently or want to improve your balance? Meet **one-on-one** with a Physical Therapist or an Exercise Physiologist from the VNA of Cape Cod Public Health and Cape Cod Healthcare Rehab Services, who will stratify your fall risk. Participants will be given a customized home exercise program based on their assessment scores as well as other tools (home safety checklist, educational info, etc). **Advanced registration is required, no walk-ins will be accepted. Appointments are limited. Please call the VNA of Cape Cod to register: 508-957-7423.**

Bit of Bliss Yoga

**4-week series:
Tuesdays, January 9 – 30
2:30 – 3:30pm
\$40 for series**



Join Janet Bettey, E-RYT, for a 4-week series of Yoga classes specially designed to focus on restoring your body and mind! These gentle classes take a holistic approach to stretch and strengthen the body gradually, empowering you both physically and mentally. Poses will be done standing, seated, and lying down on a yoga mat (a chair will be available to aid you in getting up off the floor if needed). Class size is limited and pre-registration is required. **For more information and to register call Janet at 978-500-2390 or visit www.bitofblissyogaofcapecod.com**



Abstract and Expressive Art with Jennifer Stratton

**6-week series
Thursdays
January 11- February 15
9:30 - 10:45am \$90 for series**

Many people tend to shy away from abstract art because they don't understand it. In this class you will be looking at some famous abstract painters like Jackson Pollack, Mark Rothko and Christine Ay Tjoe as jumping off points for your own work. In abstract art, you rely much more on form, color, texture, line, and tone to create your piece. These basic elements are important to learn for any art. There will also be an exploration of other expressive arts which can be a combination of abstract and more realistic art. **No matter what your level of art experience is, this is a place for you to come, get through the winter doldrums and have fun.** We'll be working in acrylic, watercolor and other mixed media. To sign up, please call the COA at 508-896-2737.

Cape Cod Museum of Art and lunch at The Marshside

**Friday, January 12 10:15am
Admission \$5 and \$ for lunch**

Join us for a trip to The Cape Cod Museum



of Art. The Museum preserves the work of the Cape's finest artists and celebrates the distinctive artistic identity of the Cape, the Islands, and the region. Afterward we will travel down the road and have lunch at The Marshside and enjoy the beautiful vista while we dine. Please view their menu at themarshside.com to plan the cost of your meal accordingly. **Please note both locations are ADA accessible, however an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues.** Space is limited. To sign up, please call the COA at 508-896-2737.

Hand Drum Workshop

**Wednesday, January 17
1:30 – 3:30pm \$10**



This class is facilitated by Sue Landers, Artistic Director of the Drumma Queens. Let drumming connect you to your internal rhythms: the rhythm of your breath and the rhythm of your heartbeat. Drumming is a wonderful way to relieve stress and experience the magic of making music with others. No experience is necessary. Drums are provided. Limited to ten participants. Pre-registration is required. Please call the COA at 508-896-2737 by Tuesday, January 16.

Chair Yoga

**6-week Session
Thursdays
January 18 – February 22
2:30 – 3:30pm, \$50 for 6-week session**



Looking to stretch, strengthen and restore balance in your body? Join Marty Zurn, Kripalu RYT 200, for this 6-week chair yoga series. Chair yoga is an adaptive yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practice by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations. Chair yoga is an accessible, inclusive way for yogis to experience the benefits of yoga without stressing joints, worrying about balance, or supporting body weight. Advanced registration is required. For more information and to sign up please call Marty at 508-326-4224 or email Marty at martyzurn@comcast.com.

All programs/activities take place at the Brewster COA, 1673 Main St., unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

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Sound Bath

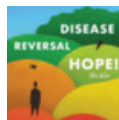


Friday, January 19 4:30 – 5:30pm
Free

Come bathe in the healing vibrations arising from the magical tones of crystal bowls, gong, and voice. Carol Marcy will introduce you to an experience that is immensely relaxing and renewing, as well as teach you how to bring healing energy to your own body, mind, and spirit. The program will begin with a nature-based guided meditation to help you settle into an inner focus of peacefulness. **Please dress warmly and be prepared to lie down on the floor or sit in a chair. You may want to bring pillows, blankets, or a yoga mat to be comfortable for about 40 minutes.** To pre-register, please call the COA at 508-896-2737.

Film: "Disease, Reversal, Hope!"

Monday, January 22
9:30am – 12:30pm
Free



Join Jeanne Schumacher, M.Ed, Ed.D, for this informative presentation, as she screens and discusses the film "Disease, Reversal, Hope!", a film with real people and real stories. Physicians and patients suffering from chronic diseases share their feeling of hopelessness until they were introduced to one simple answer that is scientifically proven to reverse their diseases and offer the hope of vibrant disease-free living. To sign up, please call the COA at 508-896-2737.

Lunch at the Cape Cod Technical School in Harwich



Friday, January 26
11:30am – 1:00pm-ish **\$ for lunch**

Join us for lunch at the Cove Restaurant at

the Cape Cod Technical School. To view a sample of their menu, please go to www.capetech.us/community/cove so that you can plan the cost of your meal accordingly. **Please note the restaurant is ADA accessible however an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues.** Space is limited. Please call the COA to sign up at 508-896-2737.

Why Go Plant-Based?



Monday, January 29
9:30 - 11:30am

Free

Join Jeanne Schumacher, M.Ed, Ed.D, for this presentation about the benefits of a plant-based lifestyle. Whole plant-based foods contain plenty of fiber, zero dietary cholesterol, and low amounts of saturated fats - a winning combination for heart health. Take time for your personal wellness and learn how you can take charge and control your health destiny. To sign up, please call the COA at 508-896-2737.

Better Balance Through Grounding and Body Awareness

4-week series

Mondays, February 5 – March 4
1:00 – 2:00pm

Free

Instructed by Carol Marcy, MA in Dance/Movement Therapy, as well as a student of kinetic and body awareness, this program offers both exercises and meditations geared towards improving balance while developing the ability to become grounded through increased mindfulness about one's body, resulting in increased confidence in walking and moving. Space is limited. To register, please call the COA at 508-896-2737.

Bit of Bliss Yoga



4-week series

Tuesdays, February 6 – 28
2:30 – 3:30pm **\$40 for series**

Join Janet Bettey, E-RYT for a 4-week series of Yoga classes specially designed to focus on restoring your body and mind! These gentle classes take a holistic approach to stretch and strengthen the body

gradually, empowering you both physically and mentally. Poses will be done standing, seated, and lying down on a yoga mat. (A chair will be available to aid you in getting up off the floor if needed.) Class size is limited and pre-registration is required. **For more information and to register call Janet at 978-500-2390 or visit**

www.bitofblissyogaofcapecod.com

Environmental Toxins in Our Personal Care

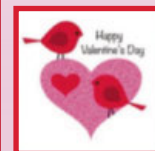


Wednesday, February 7
9:30am – 12:00pm

Free

Every day we use soaps, lotions, deodorants, hair products, and cosmetics, but in recent years, an increasing number of reports have raised concerns about many of them. Join Jeanne Schumacher, M.Ed. and Ed.D, and learn about the problems, the issues, and some simple solutions with environmental toxins in our personal care. To sign up, please call the COA at 508-896-2737.

St. Valentine's Day Celebration



Tuesday, February 13
1:30 – 3:30 **Cost: \$5**

Join us and the Friends of Brewster Seniors, as we welcome back musical duo Pitchfork to help celebrate Valentine's Day! Pitchfork is known for their acoustic upbeat rock and roll and from performing throughout the Cape at such venues as O'Shea's and Hog Island. Afterward, we will be serving chocolate fondue and lots of other delicious goodies. Don't miss out on this special event! Space is limited. Tickets are \$5 and available now at the COA but must be purchased prior to the event.

Brewster COA's Inclement Weather Policy

If the Nauset Public Schools are closed all activities, programs and van transportation at the COA are cancelled.

If the Brewster Town Hall is closed, the Brewster COA will also be closed.

All programs/activities take place at the Brewster COA, 1673 Main St., unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

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Learning To Read Labels, Pulling Back the Curtains



Wednesday, February 14

9:30am – 12:00pm

Free

How is it possible that something that is 100% fat is labeled as "fat free"? Join Jeanne Schumacher, M.Ed. and Ed.D, to cut through the smoke and mirrors and learn how the food industry is hiding things in plain sight. In this eye-opening lecture as well as "hands on activities", learn how to understand and use the Nutrition Facts label. It can help you make healthier eating choices and identify nutrient-dense foods for a healthy diet. To sign up, please call the COA at 508-896-2737.

John F. Kennedy Hyannis Museum and lunch at Hearth n' Kettle



Friday, February 16, 10:00am – 2:00pm-ish
Admission \$9 and \$ for lunch

Join us for a visit to the JFK Hyannis Museum to learn about the legacy of President Kennedy and his deep connection to Cape Cod where he enjoyed special days with family and friends. The Cape was the one place he could relax and feel at home, even while bearing the weight of the world. Learn why Hyannis Port was considered the "heart and home" of the Kennedys then and now. Afterward we will travel down the road to the Hearth n' Kettle for lunch. Please visit their website at www.hearthnkettle.com to view their menu so you can plan accordingly. **Both the museum and Hearth n' Kettle are ADA accessible, BUT an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues.** Space is limited. To sign up, please call the COA at 508-896-2737.

ONGOING PROGRAMS

Knitting/Crocheting

Wednesdays & Thursdays
10:00am - 12:00pm



Welcome all knitters and crocheters! We have an informal knitting/crocheting circle at the COA. All levels are welcome. Bring any projects you are working on or need help with! **Questions? Call Annie at 508-896-2737.**



Walking Club

The Walking Club is on hold until April. Please see the March/April newsletter for more information.

Bookworm Book Club

4th Friday of the month:
Brewster Ladies Library
1822 Main St.
11:00am – 12:00pm



Meeting the fourth Friday of each month at the Brewster Ladies Library, and led by avid reader Patrice Thornberg, this club is a bit different in that you get to read whatever you want and then share about it at the meeting. And the best part is, afterward, since you are already in the library, you will be able to take out more books! **To sign up, please call Patrice at 617-872-1109 or email her at Pthornberg@comcast.net**

Practice your French a la Bibliotheque

4th Wednesday of the month 2:30 – 4:45pm
Brewster Ladies' Library, 1822 Main St.



Parlez vous francais? Would you like to practice your French conversation skills? Join us every month for tea & talk with other franco-phone friends/copains. Some fluency is required (intermediate speaking skills). **If interested and/or to learn more about it, please email Anne Marie Russo at: dany2220@yahoo.com.**

These activities are offered through Brewster Recreation.
For more info and/or to register, please contact Brewster Rec.
at 508-896-9430 or visit www.brewsterrecreation.com

Saturday Table Tennis: *Registration Required*

Dates: Saturdays, February 3 - April 27

(No Table Tennis March 30)

Time: 11:30am - 2:30pm

Ages: Men & Women Ages 21+

Location: Eddy Elementary School - Gym/Cafeteria

Price: \$25R/\$35NR (Registration Required)

School Vacation Table Tennis:

Drop-In/Open Play

Tuesday, February 20 - Friday, February 23

Time: 11:30am - 2:30pm

Ages: Men & Women Ages 21+

Location: Eddy Elementary School - Gym/Cafeteria

Price: Free (No Registration Required)

Program Description: New this year! Brewster Recreation is now offering adult table tennis for those looking to play in a fun and safe environment. Join today and escape the winter cold and experience a sport that is a great mind-body stimulation, aerobic exercise, and aids in social interaction. The Rec Dept. will supply tables, balls, and a few extra paddles. Registration and payment is required for Saturdays. The week of school vacation is FREE and does not require registration, just drop in! All skill levels are welcome.

What To Bring: Table tennis paddle, water, proper shoes & athletic attire.




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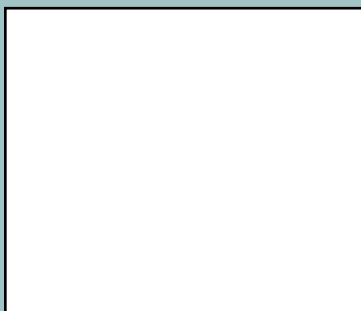
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  JANUARY  				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  The COA is closed	2 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'!	3 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	4 9:30am Adv. Tai Chi 9:30am Abstract & Expressive Art 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	5 9:00am Pedicure 10:00am Office Hours with Rep. Flanagan 10:00am Swimming at Brewster Green 1:00pm Mah Jongg
8 9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 1:00pm Fall Risk Assessment Clinic	9 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	10 9:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 11:30am Sight Loss/BLL 1:00pm Quilters	11 8:00am Pet Nail Trim 9:30am Adv. Tai Chi 9:30am Abstract & Expressive Art 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	12 10:00am Swimming at Brewster Green 10:15am Trip: Cape Cod Museum of Art and Lunch 1:00pm Mah Jongg
15  The COA is closed	16 9:00am Qi Gong 9:30am W.O.W. 9:30am Friends office hours 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	17 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Hand Drum Workshop 	18 9:00am Hearing Screenings 9:30am Adv. Tai Chi 9:30am Abstract & Expressive Art 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	19 10:00am Swimming at Brewster Green 1:00pm Mah Jongg 4:30pm Sound Bath 
22 9:30am Adv. Tai Chi 9:30am Film: "Disease, Reversal, Hope!" 10:00am BP & Glucose Testing 10:30am Int. Tai Chi	23 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	24 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Concert with Outer Cape Winds 2:30pm Practice your French/BLL	25 9:30am Adv. Tai Chi 9:30am Abstract & Expressive Art 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	26 10:00am Swimming at Brewster Green 11:00am Bookworm Book Club at BLL 11:30am Trip: Lunch at Cape Cod Tech 1:00pm Mah Jongg
29 9:30am Adv. Tai Chi 9:30am Seminar: Why Go Plant-Based? 10:30am Int. Tai Chi	30 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	31 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters		

FEBRUARY

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			9:30am Adv. Tai Chi 9:30am Abstract & Expressive Art 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	9:00am Pedicure 10:00am Office Hours with Rep. Flanagan 10:00am Swimming at Brewster Green 1:00pm Mah Jongg
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12	13	14	15	16
9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 1:00pm Better Balance	9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 1:30pm  Valentine's Day Celebration 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	 9:00am Computer Help 9:30am Seminar: <i>Learning to Read Labels</i> 10:00am Knit/Crochet 11:00am <i>Healthy Meals In Motion (COA)</i> 11:30am Sight Loss/BLL 1:00pm Quilters	8:00am Pet Nail Trim 9:00am Hearing Screenings 9:30am Abstract & Expressive Art 9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	10:00am Swimming at Brewster Green 10:00am Trip: JFK Museum 1:00pm Mah Jongg
19	20	21	22	23
 Presidents' Day The COA is closed	9:00am Qi Gong 9:30am W.O.W. 9:30am Friends office hours 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	10:00am Swimming at Brewster Green 1:00pm Mah Jongg 11:00am Bookworm Book Club at BLL
26	27	28	29	
9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 1:00pm Better Balance	9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 1:00pm Legal Help 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL	9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	



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Pedicure



**Friday, January 5 and
Friday, February 2
9:00am - 2:30pm
\$45.00**

Autumn Knight, our pedicure nurse, has a lot of experience in the field and works for Cape Cod Healthcare in their clinical education department. In addition to being a RN, she is also a Certified Foot Care Nurse/Specialist. Usually occurring on the first Friday of each month (unless otherwise noted), 30-minute appointments are available from 9:00am to 2:30pm.

Please note, payment must be in cash.

Call the COA to schedule your appointment at 508-896-2737.

Blood Pressure and Glucose Testing

**2nd and 4th Mondays of each month:
January 8 and 22
and February 12 and 26
10:00 - 11:00am**

First come, first served



The Barnstable County Public Health Nursing program provides services here at the COA on the 2nd and 4th Mondays of each month. A Public Health nurse will take your blood pressure and check glucose if needed. This program is offered on a drop-in basis and includes the opportunity to speak with the nurse regarding any health issues. **FREE!**

Hearing Screenings



**Thursday, January 18 and
Thursday, February 15
9:00 - 11:00am**

Do you need help with your hearing? Advanced Audiology Associates offers **FREE** screenings here at the Brewster Council on Aging. Screenings are **by appointment only** and last approximately 15 minutes. These will include hearing screenings, ear inspections and hearing aid checks.

Please call the COA at 508-896-2737 to set an appointment for this valuable service.

Legal Help Information



If you are a resident 60+ and **have an urgent issue** regarding eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.) or healthcare issues involving MassHealth or Medicare, you may apply for services from **South Coastal Counties Legal Services (SCCLS)** by calling their Hyannis Law Office at **774-487-3251** or the intake line at **1-800-244-9023**. SCCLS provides free civic legal help to eligible residents. While there is no income criteria, services are prioritized to those with the greatest economic and social need. **If your matter is not urgent**, 1/2-hour appointments occur the 4th Tuesday of even months at the Brewster COA. **The next appointments are on Tuesday, February 27 but you must schedule your appointment directly through SCCLS.**

In addition, Attorney Adam Dupuy with the Ardito Law Group is also available for appointments. He can be reached by calling 508-775-3433.

Pet Nail Trimming



**Thursday, January 11 and
Thursday, February 15
8:00 - 8:30am
Brewster COA, 1673 Main St.
(in the back parking lot)**

The cost is \$3.00 per pet's nail trim for senior (60+) pet owners, and is offered on a first come, first served basis in the COA parking lot behind the building (look for the van). **For more information, please text (preferred) or call Karen Duble of Buttons and Bows at 508-360-2596.**

Alzheimer's Caregiver Support Group & Activity Group for People with Cognitive Impairment



**Tuesdays: January 9 and 23 and
February 13 and 27
2:00 - 3:30pm
Brewster COA, 1673 Main St.**

These groups are being offered by Alzheimer's Family Support Center for both Caregivers and those they care for. The Caregivers support group and the Cognitive Impairment support group run simultaneously. Please call Alzheimer's Family Support

Center at **508-896-5170** for more information.

Our New Wi-Fi Lounge is available!

We have recently re-purposed our COA computer lab and are now happy to offer it as a Wi-Fi Lounge to anyone who needs free Wi-Fi access and a more informal space in which to work. Our original computer lab was created as an experiment several years ago with grant money. Through the years, we have noticed the usage dropping considerably as people have acquired their own devices or go to the Brewster Ladies Library for their tech needs. Our equipment was becoming outdated and the decision was made to transition the space to one where anyone could bring their own device. The space is relatively quiet and there is plenty of counter area to spread out. There is also coffee and tea available at nominal cost. Bring your own device and enjoy yourself!

At times, the COA may need the room for a program, so please contact us for the current schedule of availability at 508-896-2737.

Brewster COA Employee Spotlight

The Brewster COA would like to recognize Brewster's dedicated professional staff in a series of employee spotlights.



Senior Department Assistant Lauren Zeller

Lauren Zeller has been with the Brewster COA since April of 2010. She enjoys meeting everyone and helping to put a smile on their faces. Stop in to say 'hi'!

**For the latest information on town topics, we encourage you to visit the Town of Brewster website at:
www.brewster-ma.gov**

All ongoing exercise and wellness classes take place at the Brewster COA unless otherwise noted.

Intermediate Tai Chi

Mondays & Thursdays

10:30 - 11:45am \$15 per class

This class is geared toward folks who have some experience with Tai Chi practice. The current focus is on learning the 24 Posture Yang Style Form, while also practicing the Yang Style Eight Form. Tai Chi can help improve balance, core strength, flexibility, and provide a mind-body connection as a source for stress relief. Classes incorporate stretching warm-ups, Qigong exercises, and an exploration of Traditional Chinese Medicine concepts for health and vitality. During better weather we meet outdoors at the ball field behind the COA.

To register, please email our instructor A.Jay Zahn at capecodtaichisociety@gmail.com or phone 607-227-0509.

A.Jay is a long-time practitioner of Tai Chi, Qi Gong and related martial arts and meditation.

Advanced Tai Chi

Mondays & Thursdays

9:30 – 10:30am \$15 per class

This class is offered to people who have learned the 24 Posture Yang Tai Chi Form (National Beijing Form). Class includes basic warm-up exercises, and focuses on exploring the "meditation-in-motion" aspect of practicing Tai Chi. During better weather we meet outdoors at the ball field behind the COA. Our instructor, A.Jay Zahn, has been practicing Tai Chi for 40 years and teaching on the Cape since 2018.

To register for the class, please email A.Jay Zahn at capecodtaichisociety@gmail.com or phone 607-227-0509.

Qi Gong

Tuesdays 9:00 – 10:00am FREE

Qi Gong is a form of exercise that dates back 3000 years and is not a martial art. The forms used in this class are therapeutic, involving slow, repetitive movements which incorporate meditation, deep breathing and visualization. Many of the movements can be done while sitting. Qi is energy we use and which needs to be replaced with fresh Qi. The movements deal with our meridians to relieve and support various organs. We meet at the Brewster COA and at Drummer Boy Park (warmer weather permitting). Our participants enjoy the social aspect of these meetings as well as the physical benefits. Contact our instructor, Ray DiPietro, if you would like to reserve a spot.

To register for the class, please email Ray at rayvector@hotmail.com or call him at 508-246-4486.

Keep Movin'

Tuesdays and Thursdays: January 2 to February 29

1:00 - 2:00pm

Cost: See below

This program is primarily strength-training for seniors. The classes are friendly, and a fun way to relieve arthritis symptoms while learning important strengthening exercises. Classes help to build strength, coordination and balance each week by using hand and leg weights, balls and bands. **Class fee will be discussed upon registration. Please email our instructor, Cindy Doutrich, at cdoutrich@ycp.edu to register.**

Meditation Class

Thursdays 10:00 – 11:00am FREE

Join us for meditation with Carol Marcy, certified meditation teacher for in person meditation class (which will also continue to be offered online). The meditations are for both beginner and experienced practitioners. Through the use of deep breathing techniques and nature based imagery, we invite an inner awareness. This heart-centered practice focuses on the immense benefits of grounding and balancing the flow of energy through the body. It brings health and wellbeing to all the systems of the body, as well as a deep sense of calmness and peace. Please wear loose clothing and bring a meditation pillow if you prefer to sit on the floor. Slow easy movement meditations may be included if it works for the group. **Please contact our instructor at drcarolmarcy@gmail.com to register.**

Senior Shellfish License news:

As a reminder, existing Lifetime Shellfish permit holders are asked to visit the Council on Aging to exchange their permit for a yearly Senior Shellfish permit at no cost in 2024. By completing this exchange, the Town can collect valuable data that will help to determine the demand and costs for the stocking of the shellfish program for future years.

Senior Licenses are available at the Brewster COA, Monday-Friday, 8am – 3:30pm. Please bring your current Lifetime Senior Permit with you to exchange.

All new 70+ permit applicants, including veterans over age 70, will pay an annual \$15 yearly fee. Permits are good for the calendar year. Please bring your current driver's license or ID. One permit per household. For more information on the Shellfish program, please visit the Natural Resources & Shellfish Department page on the Town's website at www.brewster-ma.gov.





Computer Help

Wednesdays 9:00 - 11:00am

Do you need help using your computer? We have one-on-one, one hour sessions available to help you feel more confident in your computer skills. Sessions are **FREE!** Our knowledgeable and dedicated volunteer instructor, Del Borah, is here to help you on Wednesday mornings. For all appointments, call the COA at 508-896-2737.

Brewster Men's Coffee Club (BMCC)

Thursdays 2:00 - 4:00pm

The Brewster Men's Coffee Club meets on Thursday afternoons throughout the month. Why not come join us for some lively conversation? We're always looking for new members! We're also seeking guest speakers, so if you've got a topic of interest that you'd like to present, just let us know.

W.O.W. (Wonderful Older Women)

Tuesdays 9:30 - 11:00am

Do you enjoy talking with others and feeling good about your day? Do you like to discuss books, movies, local events and issues? Then WOW would love to welcome you into our weekly discussion group. Join us whenever you can at the COA. You'll find us to be a very friendly group with a positive attitude.

Quilters Wednesdays 1:00 - 3:00pm

The Brewster Baysters invite all levels of quilters to join them and share their ideas and free advice. Bring your Quilting inspiration, enthusiasm, some handwork, and don't forget your Show and Tell! Join our lively group for lots of laughs and good conversation about quilting and other topics.

Bingo! Thursdays 12:30 - 1:30pm

Bingo begins at 12:30pm. **If you would like to come for senior dining at 11:30am and play Bingo afterward, please read the following article on Senior Dining.**

Participants pay 5¢ for each card they play, which goes into a kitty that the winner of each game wins! Spend time with friends and have fun! **Please note:** if you are using COA van transportation, please let us know no later than **2 days before** if you are coming to lunch and staying for Bingo.

Senior Dining at the COA!



Senior Dining is available every Tuesday and Thursday at the Brewster COA. You will need to **reserve your spot 2 business days in advance.** The monthly menu is always available, just ask. The requested meal donation is \$4.00. Simply give our Brewster Nutrition Center a call at 508-896-5070 to reserve. **If you are NEW to the program, you must first contact our Brewster Nutrition Center at 508-896-5070.**

On Thursdays, come hear beautiful live piano music provided by our wonderful volunteer pianist during lunch. Transportation can be arranged. Just call the COA at 508-896-2737 to book your ride. Rides to/from lunch are FREE! The Senior Dining program is sponsored by Elder Services of Cape Cod and the Islands.

Meals on Wheels



Meals on Wheels delivers meals to people age 60 and over who are unable to prepare their own meals. For more information call Elder Services, Information and Referral at 508-394-4630 or 1-800-244-4630. If you are already a client and need to reach our Nutrition Site, please call 508-896-5070.



Healthy Meals in Motion

This popular program serves all eligible Brewster seniors, providing groceries, fresh produce and paper products each month. Preorder from a wide selection of food items and your order will be ready for pickup at the Brewster COA parking lot (behind the building) between **11:00am and 12:00pm.** Brewster's date is **always** the second Wednesday of each month, so the next dates will be **Wednesday, January 10 and Wednesday, February 14.** Please call the COA Outreach Office to enroll in the program at 508-896-2737.

Outreach Notes



Outreach is available for help with a variety of services: Fuel Assistance, SNAP Assistance, Emergency Buttons, Homecare Assistance, Medical Equipment, Elder Services, and referrals of all types. For help with any of these, please contact the Outreach Office at 508-896-2737.

Medical Equipment Loans

Our medical shed is open Monday-Friday, **8:00am - 3:30pm** for equipment pick up. All borrowers must come into the COA to sign a waiver form and pick up the key. If we have what you are looking for you are welcome to take it. There is no cost and no set return date. If you find you no longer need the item, please return it to us in **clean, working order.** Any items that are broken, unclean or not in good working order will be refused.

We also welcome donations of **clean, durable medical equipment in GOOD working order.** If donating, please call the COA first at 508-896-2737 to tell us what you are bringing. We do not accept some things. Our hours for equipment donations are 8:00am to 3:30pm, Monday-Friday. We are not open on weekends or holidays. **Please do not leave your items outside our shed.** Broken and/or dirty equipment will not be accepted. If you need to dispose of unusable medical equipment, we suggest taking it to the Brewster Recycling center. The cost usually runs just \$2.00 per item, but feel free to contact them at 508-896-3212 for a quote.

Do You have a 'My Senior Center' Card?



If not, please stop by the front desk and request one. By obtaining a card and using it to sign in each time you visit the COA for a program or service, you are helping us track attendance, which in turn helps the COA qualify for various grants. If you've lost your card, or don't know how easy it is to use it, just stop by our office. And to all those who have been using theirs, many thanks!!



Brewster COA Board Members

Andrea Nevins, Co-Chair
Sharon Tennstedt, Co-Chair
Jay Green, Member
Penny Holeman, Member
Laura Usher, Member
Jill Beardsley, Member
Honey Pivrotto, Member
Jan Crocker, Alternate Member
Eva Orman, Alternate Member



Happy New Year
From the
Friends of Brewster Seniors

Welcome to yet another new year! The Friends of Brewster Seniors had an enjoyable year in 2023 thanks to the participation of our nearly 400 members. We went on boats, trains, by bus and car to a variety of events designed to get our members out and about again. We enjoyed lots of good food, whether it was at a restaurant or one of our many sponsored social events. We're already in the planning stage for 2024 and encourage our members to participate once again in record numbers.

While it was a good year, we were saddened by the loss of two of our board members, Jim King and Christine Rossiter, in November. Both played an integral role in making the Friends the organization that it is and we'll miss them.

We hope that all of our 2023 Friends will join the Friends again. It really is the best \$10 annual investment you can make! Details about all upcoming events will be in the newsletter, but you need to be a member to get one, so sign up below!



Got an Idea for a trip or event? Is there an exhibit you'd like to see? Somewhere you'd like to go, but would like company? Just reach out to Marilyn Dearborn at 508-385-2881 to share your thoughts.

Friends' Memberships end December 31, 2023 ~ Renew or Sign up Now!

Friends of Brewster Elders 2024 Membership
Please Enter ALL Info and Print Very Clearly



Name _____ New _____ Renew _____

Name _____ New _____ Renew _____

Mailing Address _____

Preferred Phone # (_____) _____

E-mail _____

I'd prefer to receive notices/newsletters electronically (*it's quicker!*)? Yes _____ No _____

Membership: \$10.00 per person Please indicate: New \$ _____ Renewing \$ _____

I've included an additional donation of \$ _____ Total enclosed \$ _____

Like a membership card? Please enclose a self-addressed, stamped envelope, and return with this form and your check to our address: FOBS, PO Box 2310, Brewster, MA 02631

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Thank you for a 'S Wonderful 2023

Tickets for our 2024 Season will go on sale in January!

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to be the first to discover next season's shows!



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Senior Swim Program at Brewster Green

Please note: This program is for Brewster residents only, and all participants must be 60+.

The Brewster COA is extremely grateful to Brewster Green Resort for allowing our Brewster seniors to participate in Senior Swim every **Friday from 10:00am to 12:00noon**. There is a fee of \$1.00 per swim, payable to the COA and collected through an honor system (stop by the COA once a month to pay).

ALL swimmers need to sign up with the COA first by calling 508-896-2737 to let us know you are participating in the program. Any new swimmer who did not participate last year will need to first come in to the COA to fill out a waiver and medical release. You will receive a list of the resort's rules at that time. It is very important that all participants be courteous and adhere to Brewster Green's rules to make it a positive experience for all.

Brewster Green asks that all participants arrive no earlier than 10:00am and depart the pool and locker rooms by noon.
Happy Swimming!

Please remember that this program is only for Brewster residents, age 60+, and does not include any under-age family members.

Thank You to the Brewster Fire Department

for their help putting up the COA's Christmas wreath and helping our building look festive for the holidays!



Fuel Assistance available

Do you need some help with your winter heating bills? Fuel Assistance season is here, so please contact the Outreach Office at the COA at 508-896-2737 to see if you are eligible.

FY24 Elderly Real Estate Tax Exemptions

Just a reminder that if you have previously received or have requested information about Elderly Real Estate Tax Exemptions with the Assessor's Department, you **MUST** make an appointment with the Council on Aging by calling 508-896-2737.

We will review the required documents and assist you in completing the application. Applications will continue to be accepted until April 1, 2024.

Receive the 'Bayside Chatter' via Email:

Are you receiving too much paper? Would you like to help out the environment? Or perhaps you don't want to wait for your snail-mail! If you would like to skip the paper and have our newsletter emailed to you, the process is simple. Just send an email with your name to: coanewsletter@brewster-ma.gov. Please include your address and phone number. In the subject line, please put 'email newsletter'. We will then remove your name from our paper mailing list, and add it to the email version. No more paper!



MISSION STATEMENT of the Brewster COA:

To support and advocate for older adults and their families by providing programs, services and resources that promote independent living and quality of life.

Disclaimer:

The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:**ALZHEIMER'S CAREGIVERS SUPPORT GROUP & ACTIVITY GROUP for PEOPLE WITH COGNITIVE IMPAIRMENT:****2nd & 4th Tues. of each month ~ 2:00 - 3:30pm.**

The Caregivers Support group and the Dementia support group run simultaneously. Drop-ins welcome. Cecile Brown, LSW, facilitator.

Call 508-896-5170.**BEGINNER LINE DANCING: Mondays ~ 12:30 - 1:30pm****NOTE: Class on hold until March 2024.** Course designed for beginners.Dance to Rock, Pop and Latin music. Cost: \$10.00/class paid directly to instructor each class. **For more information and to register, contact Karen Shackelford at CapeSandsBallroom@gmail.com.****BINGO: Thursdays ~ 12:30 - 1:30pm****BLOOD PRESSURE & GLUCOSE TESTING/HEALTH COUNSELING:****2nd & 4th Mondays of the month ~ 10:00 - 11:00am - Drop-in basis.**

Also glucose checks, if needed. Provided by Barnstable County Nursing.

BREWSTER MEN'S COFFEE CLUB (BMCC): Thursdays ~ 2 - 4:00pm**COMPUTER HELP: Wednesdays ~ 9:00am - 12:00pm****By appointment only.** 1-hour sessions; hands-on, one-on-one and participants choose their own pace and area of interest. **Call 508-896-2737.****HEARING SCREENINGS: 3rd Thursday of the month ~ 9:00 - 11:00am****By appointment only. FREE.** Includes ear inspections and hearing-aid checks if needed. Appointments are 15 minutes each.**Call 508-896-2737.** Provided by Advanced Audiology.**KEEP MOVIN': Tuesdays & Thursdays ~ 1:00 - 2:00pm. \$ - Cost**

available through instructor. Strength training classes help to relieve arthritis symptoms using adjustable weights and stretch bands.

For more information and to register, please contact Cindy Doutrich at cdoutrich@yccp.edu**KNIT & CROCHET: Wednesdays & Thursdays ~ 10:00am to 12:00pm**

Join our informal knit/crochet circle at the COA. All levels welcome and project assistance is available. Drop in!

LEGAL HELP: 1:00 - 2:30pm on the 4th Tuesday of even months with Atty. Andrew Bardetti of South Coast Counties Legal Svcs (SCCLS).**By appointment only. Contact SCCLS directly at 774-487-3251.**

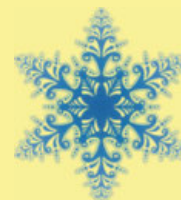
First 1/2-hour FREE for initial consultation.

MEALS ON WHEELS: Provided to any homebound senior who is unable to prepare nutritionally balanced meals. **Call Brewster Nutrition at 508-896-5070.****MEDITATION: Thursdays ~ 10:00 - 11:00am** Class focused on building internal awareness with an orientation toward the heart and breath. Guided meditation format used. **To register, contact our instructor, Carol Marcy at drcarolmarcy@gmail.com.****QUILTERS: Wednesdays ~ 1:00 - 2:30pm** The Brewster Baysters Quilting Group invites you to join them! Beginners to advanced levels welcome. Enjoy ideas, advice and camaraderie of other quilters. Drop in.**OUTREACH ASSISTANCE:** Outreach Coordinators answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc. **Call 508-896-2737 to make an appointment.****PEDICURE: 1st Friday of the month (unless otherwise noted on page 9) ~ 9:00am - 2:30pm By appointment only.** ½ hour appointments with Autumn Knight, RN/Certified Foot Care Nurse/Specialist - \$45.00.**Call 508-896-2737. No checks.****PET GROOMING: Buttons & Bows ~ 3rd Thursday of the month ~ 8:00 - 8:30am** Nail clipping for pets takes place in a mobile van at the back of the COA parking lot. First-come, first-served. \$3.00 per pet. All owners must be 60+. **See page 9 for more info.****PRACTICE YOUR FRENCH: 4th Wednesday of the month ~ 2:30 - 4:45pm, Brewster Ladies' Library.** Informal. **See page 4 for more info.****QI GONG: Tuesdays ~ 9:00 - 10:00am.** Chinese method for enhancing the immune system; utilizing posture and breathing exercises, along with focused intentions. **To register please email our instructor, Ray DiPietro, at rayvector@hotmail.com or call him at 508-246-4486.****REP. CHRIS FLANAGAN: 1st Friday each month ~ 10:00am - 12:00 pm** Offered on a drop-in, first-come-first served basis.**SENIOR DINING: Hot lunches on Tuesdays & Thursdays** at the COA. Suggested donation of \$4.00/meal. **2 business days notice required.****Call 508-896-5070.** Live piano music on Thursdays at 11:30am. Stay for Bingo on Thursdays at 12:30pm.**SHINE: Serving the Health Information Needs of Everyone**Scheduled appointments on Thursday mornings. Highly-trained volunteer counselors help seniors and Medicare beneficiaries understand their rights and benefits. **Contact the COA for an appointment at 508-896-2737.****SIGHT LOSS GROUP: September - June, 2nd Wednesday of each month at Brewster Ladies Library. 11:30am - 1:00pm.** **For more information, call Sight Loss directly at 508-394-3904.****SWIMMING: Brewster Green Pool - Fridays from November to May. 10:00am to 12:00pm. ONLY available to Brewster residents age 60+.****You will need to fill out a waiver, medical release and receive a list of pool rules. There is a \$1.00 honor donation/swim requested by the COA. Stop by the COA monthly/quarterly to support this program.****TAI CHI - INTERMEDIATE: Mondays & Thursdays ~ 10:30 - 11:45am.**\$15/class. Geared toward those who have some experience with Tai Chi and are familiar with the Tai Chi Eight Form. Helps improve balance, core strength and flexibility. **To register, contact our instructor, A.Jay Zahn at capecodtaichisociety@gmail.com or call 607-227-0509.****TAI CHI - ADVANCED: Mondays & Thursdays ~ 9:30 - 10:30am.**\$15/class. For those who have learned the 24 Posture Yang Tai Chi Form (National Beijing Form). Class focuses on exploring the "meditation in motion" aspect of practicing Tai Chi. **To register, contact our instructor, A.Jay Zahn at capecodtaichisociety@gmail.com or call 607-227-0509.****WALKING CLUB: Thursdays ~ 9:00 - 10am-ish. April through December at various scenic locations.** Come walk with our fun group to enjoy comradery and exercise on an hour-long scenic jaunt. **To register please contact Annie Rapaport at the COA at 508-896-2737.****W.O.W.: (Wonderful Older Women): Tuesdays ~ 9:30 - 11:00am**

This friendly group of women review current events, talk about movies & books, give each other support & enjoy conversation. Stop by!

YOGA: Please see pages 2 & 3 of this newsletter for the course schedule.**'Bayside Chatter' Online**

The 'Bayside Chatter' is published every other month and is available online. It can be found at:

<https://www.brewster-ma.gov/council-aging-and-council-aging-board/pages/newsletters>

BHT - BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston hospitals on a wheelchair-accessible bus. Service available Monday thru Thursday only.

MONDAY thru THURSDAY SCHEDULE

7:30am	Orleans (Shaw's Market)
7:40am	Fontaine Medical Center (Entrance)
7:45am	Harwich (Route 6 & 124 Commuter Lot)
8:00am	Barnstable (Route 6 & 132 (Burger King)
8:15am	Sagamore (Commuter Lot)

RESERVATIONS are a MUST!!! (Reserve no later than 9:00am the day before)

\$30.00 Round Trip/\$15.00 One-way. Cash or Checks (payable to CCRTA) accepted. For reservations call **1-800-352-7155** Monday – Friday: 8:00am – 5:00pm.

Schedule your medical appointments between 10am & 2pm. The bus will leave Boston by 3pm.

Please visit the website for more information:

www.capecodrta.org

TRANSPORTATION INFORMATION All riders must be 60+

NOTE - Services below are not available to residents of assisted living facilities.

COA VAN - We offer trips for Grocery Shopping in Orleans on **Mondays and/or Wednesdays, from 11:00am to 1:00pm. We require a minimum of 2 full business days notice.** Maximum of 6 people per trip. A suggested donation of \$2 is accepted for this service. Call the COA to schedule your ride at 508-896-2737.

MEDICAL & DENTAL APPOINTMENTS - Volunteer drivers are available for transport to **routine** medical appointments in their personal cars. We travel as far as Hyannis and regret we cannot accommodate patients having procedures. Please call the COA at 508-896-2737 **as soon as you make an appointment or at least 4 FULL business days (Monday thru Friday; weekends do not count)** in advance so that we can schedule your ride. **One ride per person per week.**

Please notify the COA if you can't keep your appointment so we can notify our driver. Donations are accepted for this service. All appointments should be booked for times between **9:00am and 2:00pm.**

WHEELCHAIR-ACCESSIBLE MEDICAL VAN – Transportation to medical appointments is provided by a staff person, Monday through Friday. **A minimum of 7 business days advanced reservation is required.** Donations are accepted for this service. Call the COA for more information at 508-896-2737.

This agency and its programs are funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.

DART - DIAL-A-RIDE TRANSPORTATION Service: CCRTA provides a daily, general public-demand response service that is wheelchair-accessible, door-to-door, and ride-by-appointment. This service is available to all Cape Cod residents and is available Monday through Saturday in all towns, with limited Sunday service. Rides must be scheduled by no later than noon on the day prior to a ride. Rides can be scheduled up to 30 days in advance. The DART does not run on holidays. **For available times in Brewster please call Customer Service toll-free at 800-352-7155, Monday thru Friday, 8:00am - 5:00pm.**

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