

BAYSIDE CHATTER

BREWSTER COUNCIL on AGING

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

MARCH/APRIL 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



Get to Know Us!
508-896-2737
www.brewster-ma.gov
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Charting Your Solo Journey: Planning for an Independent Future

Tuesday, March 12

2:00 – 3:30pm Free
Brewster Ladies' Library, 1822 Main Street

Worried about aging alone? You're not the only one. Join the team from estate planning and elder law firm Surprenant & Beneski, P.C., for an informational session on navigating solo aging confidently. You'll learn about several topics in this 90-minute presentation:

- ♦ Why advance planning is key for solo agers - finances, healthcare, and beyond.
- ♦ Building your personal support team - who you need, and where to find them.
- ♦ Demystifying legal documents – wills, powers of attorney, and navigating long-term care.
- ♦ Q&A with experienced elder law attorneys – get your specific questions answered.

Whether you're single, childless, widowed, or simply looking ahead, this session will empower you to take control of your future. Registration is required. Call the COA at 508-896-2737 to reserve.



A Timely Reminder:

Daylight Savings Time begins on Sunday, March 10. Remember to set all clocks forward one hour, and remember to check the batteries in your smoke detector(s) too. Spring officially begins on Tuesday, March 19!

Income Tax Preparation with AARP

Wednesdays through April 10
Brewster Town Hall, 2198 Main St.



Income Tax season is here! 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. We have only a few spots left. Appointments are available on Wednesdays through April 10 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)



If I Live to be 100: A Home Away from Home and Long Term Care

Tuesday, April 23 2:00 – 4:00pm
Brewster Ladies' Library, 1822 Main Street

Join us for this informative presentation led by Steve Ellsweig, Assisted Living Ombudsman Operations Manager at the Office of Long-Term Care Ombudsman, and Cathy Ode, Long Term Care Ombudsman Program Manager at Elder Services of Cape Cod and the Islands.

Topics will include what the role of an Ombudsman is, as well as criteria for evaluating and choosing alternative housing options such as assisted living or a continuing care retirement community. Costs and ways to finance will also be discussed. Educate yourself and your family ahead of time to know what to look for in a good quality facility.

To register, please call the COA at 508-896-2737.



***The Brewster COA will be closed
on the following holiday:***

**Monday, April 15: Patriots' Day
Enjoy your holiday!**

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, March 1 and
Friday, April 5
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.

Absolute Beginner Pop, Rock, and Latin Line Dancing

6-week series:

Mondays, March 4 – April 8

12:30 – 1:30pm

\$10 per person per class; pay by the week to instructor during class. Cash or check payable to "Cape Sands Ballroom."



Line dancing is the no-partner-needed way to enjoy moving to music while experiencing the many positive physical, mental, and social benefits of dancing. If you enjoy rock, pop, and Latin music you'll love this new active indoor hobby. This course is designed for the absolute beginner line dancer and no dance experience is needed. We'll build knowledge at a comfortable pace while having lots of fun dancing to upbeat, contemporary music. Class taught by Karen Shackelford of Cape Sands Ballroom. To register, please contact Karen directly at CapeSandsBallroom@gmail.com



Chair Yoga

5-week Session

Thursdays

March 7 - April 11 2:30 – 3:30pm

(No Class on March 28)

\$42 for 5-week session

Looking to stretch, strengthen and restore

balance in your body? Join Marty Zurn, Kripalu RYT 200, for this 5-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 practiced 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.

Explorations in Art

6-week series Thursdays

March 7 - April 11

9:30 - 10:45am

\$90 for series



Join Jennifer Stratton for this 6 week series in which you will explore a variety of creative modalities such as painting, printmaking, collage and possibly clay. Open to all levels of experience including no experience! It is designed for you to get a taste of different materials and maybe try something you've never tried before. Come join the fun! To sign up, please call the COA at 508-896-2737

A Seasonal Springing to Life: Vernal Pools and Their Wildlife in Partnership with the Brewster Ladies Library



Thursday, March 7

5:30 - 6:30pm

Free

**Brewster Ladies' Library
1822 Main Street**

Please join us for a presentation on vernal pools and their importance as an essential seasonal habitat for many species, from salamanders to wood frogs and many others. Learn about these vernal pools and the many creatures that might inhabit them during the year. Joy Marzolf of the Joys of Nature will be presenting. Registration is required. To register please call the library at 508-896-3913 or sign up online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab.

Yoga for Pelvic Health!

2-week Workshop

Tuesdays:

March 19 & March 26

2:30 – 3:30pm

\$25 for workshop



Join Janet Bettey, E-RYT, for this special 2 week workshop. Suppleness in the pelvic region is linked to good balance, a healthy bladder and even better breathing. If you have weakness in the pelvic muscles or they are too tight, incontinence or other issues may arise. Learn ways to improve your pelvic health - beyond Kegels! This Workshop entails both lecture and poses and will be done lying down on a yoga mat. A chair will be available to aid you in getting back up if needed. Class size is limited, and registration is required.

For more information and to register call Janet at (978) 500-2390 or visit www.bitofblissyogaofcapecod.com.

Lotus Flower Lantern Workshop in partnership with the Brewster Ladies' Library

Wednesday, March 20

2:00 – 3:30pm

Free

**Brewster Ladies' Library
1822 Main Street**

Please join us at the library for this special workshop. Via the library's big screen, a member of the Korean Spirit and Culture Promotion Project will show us how to make paper lotus flower lanterns. Supplies will be provided. Attendees will also enjoy a presentation on the lotus and the lantern festival, as well as a short documentary on Korea. To register please call the library at 508-896-3913, or sign up online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab.

**For the latest information on town topics,
we encourage you to visit the Town of
Brewster website at:**



www.brewster-ma.gov

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Breakfast at the Keltic Kitchen

Friday, March 15 9:00 – 11:00am-ish




Let's celebrate St. Patrick's Day by going to the Keltic Kitchen for breakfast! Savory or sweet, they will have it!

Please visit their website at

www.keltickitchen.com to view their menu and plan accordingly. Space is limited. Call the COA at 508-896-2737.

Afternoon Tea at The Captain's House Inn, Chatham

Friday, March 22, leaving promptly at 11:30am for 12:00pm sitting. \$32 (NOT including tax and tip) 

Join us for a traditional Afternoon Tea at the Captain's House Inn in Chatham, built in 1839 for Lydia Harding, the wife of Captain Hiram Harding, a young captain of a packet clipper ship. Menu includes an assortment of finger sandwiches such as chicken salad, Branston pickle, an assortment of mixed fruit, plain and spiced scones, as well as assorted sweets such as Earl Grey chocolate tarts, and sponge cake with blueberries and whipped cream. **Gluten Free is an option.** Space is limited to 8, so please call the COA at 508-896-2737, **NO LATER than Monday, March 18, 12:00 pm**, to reserve your seat for this special occasion.

Sound Bath



2 Sessions available:

Friday, March 29 4:30 – 5:30pm
Friday, April 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 will want to bring pillows, blankets, or a yoga mat to be comfortable for about 40 minutes.** To register, please call the COA at 508-896-2737.

Yoga For Pelvic Health!

4-week series: Tuesdays
April 2 – 23
2:30 – 3:30pm
\$40 for series



Join Janet Bettey, E-RYT, for this 4-week workshop. Tone your pelvic floor! These classes are designed to enhance what was learned in the March 2-week Yoga for Pelvic Health! "workshop". It will be an experiential class with more poses layered into the practice to support suppleness and strength. If you missed the workshop, no worries. You are still welcome to join and will still benefit from the class. Poses will be done lying down or seated on a yoga mat. A chair will be available to aid you in getting back up if needed. Class size is limited, and registration is required.

For more information and to register call Janet at (978) 500-2390 or visit www.bitofblissyogaofcapecod.com.



Life Aboard a Whale Ship

Wednesday, April 3
11:00am – 12:00pm

Free

Come join us for a special presentation put on by the Nantucket Historical Association. Life Aboard a Whaleship is a 25-minute live, multimedia presentation told by NHA Museum Guides. The program tells the history of early Nantucket whaling and how it evolved into a global industry. Participants will journey aboard the Whaleship, Edward Cary, and learn what life was like out at sea. A question-and-answer period will follow. To sign up, please call the COA at 508-896-2737.

Provincetown Art Association and Museum & lunch at Fanizzi's Restaurant

Friday, April 12 10am – 2:30pm-ish
Admission \$20 and \$ for lunch

Join us for a private tour of the facility before it opens to the public. Led by Christine McCarthy, CEO of PAAM, we will get to tour the facility and current exhibits. We will get a chance to learn about the depth of the Provincetown Art Colony and its connection to American art history. In their 5 galleries, you will explore artwork created by Provincetown artists, both historic and contemporary, and draw connections to the art movements that have shaped our world. Afterward we will head to Fanizzi's for lunch. Please go to www.fanizzisrestaurant.com to view their menu so you can plan accordingly. **Both PAAM and Fanizzi's 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.

This activity is 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, through April 27 (No Table Tennis on March 30)

Time: 11:30am - 2:30pm

Ages: Men & Women Ages 21+

Location: Eddy Elementary School - Gym/Cafeteria

Price: \$25R/\$35NR

Program Description:

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.

All skill levels are welcome. **To Bring:** Table tennis paddle, water, proper shoes & athletic attire.

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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Galápagos - The Untouched Lands

Wednesday, April 24 1:30 – 2:30pm
Free

Wild Care's Executive Director, Stephanie Ellis, visited the Galápagos Islands on a National Geographic Lindblad voyage in 2019. The trip changed her life so much that she took a group back to Galapagos in 2021 as a fundraiser for Wild Care. Join Stephanie through a vivid photographic presentation detailing what it is like to spend 7-days on the Endeavour II ship with Nat Geo exploring the Galapagos Islands. Learn why the unique flora, fauna and fragile ecosystems of the Galápagos are a must see for all wildlife enthusiasts, and why they deserve our protection for generations to come. To sign up, please call the COA at 508-896-2737.

The Salon and lunch at the Cape Cod Technical School in Harwich



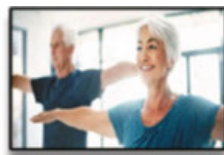
Friday, April 26 9:30 – 1:30pm-ish
Bring \$ for your manicure & lunch
CASH only

Join us for a manicure in the Salon and then lunch at the Cove Restaurant! You will have a choice of a basic manicure, a deluxe manicure and Paraffin dip, or a hot oil manicure. Please visit the school's website at www.capetech.us to view pricing for The Salon and the Cove Restaurant. You will find them under the Community tab. (Tips are appreciated). **Please note that 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, please call the COA at 508-896-2737 to sign up.

Yoga for Finding Balance!

4-week Series:

Tuesdays April 30 – May 21
2:30 – 3:30pm \$40 for series



Join Janet Bettey, E-RYT, for this 4-week workshop. At any age, balance, agility, and coordination are vital for daily living. Come improve your balance, build strength and agility through the practice of yoga that will include exercises from an evidenced based fall prevention program. Exercises & poses will be done safely seated in a chair and standing with no need to get down on the floor.

For more information and to register call Janet at (978) 500-2390 or visit www.bitofblissyogaofcapecod.com.

ONGOING PROGRAMS

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: oconnor.jean22@yahoo.com



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



Walking Club is back! Starting April 4th and going through December, join us weekly on Thursdays for an hour-long scenic walk. Enjoy comradery and exercise! To join, call Annie at the COA at 508-896-2737.

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.**



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|---|--|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | | | | 1 9:00am Pedicure 10:00am Office Hours with Rep. Flanagan 10:00am Swimming at Brewster Green 1:00pm Mah Jongg |
| 4 9:30am Adv. Tai Chi 10:30am Int. Tai Chi 12:30pm Line Dancing 1:00pm Better Balance | 5 9:00am Qi Gong 11:30am Senior Dining | 6 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters | 7 9:30am Adv. Tai Chi 9:30am Explorations in Art 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 2:00pm BMCC 2:30pm Chair Yoga 5:30pm Seminar: A Seasonal Springing to Life/ BLL | 8 10:00am Swimming at Brewster Green 10:00am Go Card Registration with CCRTA 1:00pm Mah Jongg |
| 11 9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 12:30pm Line Dancing | 12 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:00pm Seminar: Charting your Solo Journey/BLL | 13 9:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 11:30am Sight Loss/BLL 1:00pm Quilters | 14 9:30am Adv. Tai Chi 9:30am Explorations in 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 | 15 9:00am Trip: Breakfast at Keltic Kitchen 10:00am Swimming at Brewster Green 1:00pm Mah Jongg |
| 18 9:30am Adv. Tai Chi 10:30am Int. Tai Chi 12:30pm Line Dancing | 19 9:00am Qi Gong 9:30am W.O.W. 9:30am Friends office hours 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Yoga for Pelvic Health | 20 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:00pm Lotus Flower Lantern Workshop/BLL | 21 8:00am Pet Nail Trim 9:00am Hearing Screenings 9:30am Adv. Tai Chi 9:30am Explorations in 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 | 22 10:00am Swimming at Brewster Green 11:00am Bookworm Book Club at BLL 11:30am Trip: Tea at the Captain's House 1:00pm Mah Jongg |
| 25 9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 12:30pm Line Dancing | 26 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 Yoga for Pelvic Health | 27 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL | 28 9:30am Adv. Tai Chi 9:30am Explorations in 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 | 29 10:00am Swimming at Brewster Green 1:00pm Mah Jongg 4:30pm Sound Bath |

|  APRIL  | | | | |
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| 15  <i>The COA is closed</i> | 16 9:00am Qi Gong 9:30am W.O.W. 9:30am Friends <i>office hours</i> 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Yoga for Pelvic Health | 17 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters | 18 9:00am Walking Club 8:00am Pet Nail Trim 9:00am Hearing Screenings 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 | 19 10:00am Swimming at Brewster Green 1:00pm Mah Jongg 4:30pm Sound Bath |
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| 29 9:30am Adv. Tai Chi 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 Yoga for Finding Balance |  | | |



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Pedicure



**Friday, March 1 and
Friday, April 5
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:
March 11 and 25
and April 8 and 22
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, March 21 and
Thursday, April 18
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, April 23 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, March 21 and
Thursday, April 18
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:
March 12 and 26 & April 9 and 23
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 Wi-Fi Lounge is available!

The COA has a Wi-Fi Lounge for 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 noticed the usage dropping considerably as people have acquired their own devices or go to the Brewster Ladies Library for their tech needs. 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!

Please note: 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

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



Brian Locke and Steve Holmes

Brian Locke (left) is our full-time Van Transportation Coordinator, providing transport to COA lunches, the respite program at the Orleans COA, grocery runs, occasional COA programs and field trips.

Steve Holmes (right) is our Part-time Van Driver. He supports Brian and also helps with the wheelchair medical rides.

Together, they work diligently to make sure our riders get to and from where they need to be!

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: March 12 to April 30

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 on Wednesdays and Fridays, 9:00am - 3:00pm. 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)

Note: Program on hold until March 12.
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, March 13 and Wednesday, April 10.** 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, including: SHINE/Medicare Counseling, help with applying for town and local assistance programs such as The Good Neighbor Fund, Senior Tax Exemptions, SNAP, Fuel Assistance, Lower Cape Outreach Council, St. Vincent De Paul and

the COA's Mobile Food Pantry. We can also help with housing assistance programs such as those offered through HAC and the Homeless Prevention Council, and community referrals to agencies such as Elder Services, South Coastal Counties Legal Services, Independence House and various health and homecare agencies. For more information, please contact the Outreach Department at 508-896-2737 and ask for Cindy or Mary – we are happy to help!

Medical Equipment Loans

Our medical equipment 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, as 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.

**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

Friends of Brewster Seniors

Are you a Member of the Friends? No?

Why ever not? We have a saying, "Everyone can and should be a member of the Friends." The benefits of being a Friend far outweigh the \$10/person annual donation. What do you get? Besides the opportunity to get out and socialize, you're entitled to subsidized tickets to concerts, plays, boat rides, museums, casinos, and even more special events. Wondering who is helped by your donation? The Friends provide emergency funding for unanticipated expenses not covered by other agencies. We also support certain COA programs, which are not adequately funded by the Town. In the past, we have also provided the COA with funding for their bus, a new refrigerator, and a bigger screen television, for example. Your \$10 donation morphs into thousands of dollars in help for our senior friends and neighbors. Hope you'll join us!

Like to Dance?

Did you know that research is showing once again that dancing for as little as one minute sends your endorphins soaring? Endorphins are what make you feel good.



Why not put on your favorite dance tune; we all have one ranging from waltzes to mambo's to jigs to country to rock 'n roll. While writing this I put on Lou Bega's *Mambo Number 5* and I couldn't help myself. I got up out of the chair

and started moving! I sat back down with a smile on my face. You can too! Get ready for spring: dance, dance, dance! It's good for your soul and your body too!

Got your Bits of Green Ready?

Whether you're a member or not, we'd love to have you attend our St. Paddy's Luncheon! This year, we're having the event on a Saturday (March 16th) and we'll be offering some transportation, so you can purchase and enjoy a Guinness or other delightful drink for lunch!

Lunch choices include your choice of corned beef & cabbage, lemon chicken or baked stuffed sole. A light appetizer, non-alcoholic drink & dessert are all included with your meal. Where is this great party? At Jake Rooney's (119 Brooks Road, Harwichport) starting at 11:30 AM. After a noontime lunch, we'll be entertained by Dave McCoy, who has a lovely brough, I've heard.

Tickets will be sold at the COA on Tuesday, February 20th between 9:30 - 11 AM or you can pick up/drop off your registration at Sea Captains' Thrift Shop, which is open Thurs-Sat only in February, 10-4, weather permitting.

Registration & payment must be received by March 1, 2024

-----PLEASE PRINT VERY CLEARLY and SAVE THE TOP PORTION FOR YOUR RECEIPT-----

Name: _____

Name: _____

Mailing Address: _____

Email: _____ Day of event Phone: _____

tickets @ \$22 each (member) # Corned Beef _____ # Chicken _____ # Fish _____ SubTotal \$ _____

tickets @ \$27 each (non-member) # Corned Beef _____ # Chicken _____ # Fish _____ SubTotal \$ _____

Total Enclosed \$ _____

Drop off your registration & payment (check payable to FOBS) at Sea Captains' Thrift Shop (66 Harwich Road) or mail to FOBS, PO Box 2310, Brewster MA 02631.

☐ yes, I need a ride
☐ no, I'll get there on my own.

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Cape Cod Regional Transit makes fares Free for riders 60+ and riders with disabilities on all fixed bus routes!

The Cape Cod Regional Transit Authority (CCRTA) announced that fares for riders over the age of 60, and for people with disabilities, will be FREE on all fixed bus routes as of February 1st. If you are 60+ or have a disability you must have the new Go Card.

CCRTA will be hosting a Special Registration Session for Brewster residents to receive the FREE "Go Card" at the Brewster COA. No sign up is required; first come, first served. Residents must bring proof of residency (photo ID).

Drop in to register for your Go Card at the Brewster COA:
Friday, March 8 10:00am to 2:00pm

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 (age 60+) 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 new 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 does not include any under-age family members.

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. Cecilie Brown, LSW, facilitator. **Call 508-896-5170.**

BEGINNER LINE DANCING: Mondays ~ 12:30 - 1:30pm

See page 2 for latest offering. 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 Shackleford 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@ycp.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.**

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:

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. See page 9 for more info.

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 & 4 of this newsletter for the course schedule.

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!!

'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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