

BAYSIDE CHATTER



BREWSTER COUNCIL ON AGING

1673 MAIN STREET
BREWSTER, MA 02631
508-896-2737

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CELEBRATING 50



1974 - 2024



MAY/JUNE 2024



Elton R. Cutler

Director, Brewster Council on Aging



Welcome to Bayside Chatter!

May is the Administration for Community Living (ACL) which leads the Nation's observance of Older Americans Month. The theme for 2024 is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

To help you plan for Older Americans Month (OAM), here are some ideas for how you can participate:

- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.

Brewster COA Staff

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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 Jan Crocker, Alternate Member
 Eva Orman, Alternate Member



MEMORIAL DAY CEREMONY

Monday, May 27
 12:00 - 1:00pm
 Brewster COA front lawn
 1673 Main Street

Please join the Town of Brewster to commemorate Memorial Day. There will be speakers and musical entertainment. We hope to see you there to honor all those who have served.

MISSION STATEMENT

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

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

DIRECTOR'S NOTES:

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The month of June marks our 50th year in the business of positively supporting older adults in Brewster! Since 1974, the Brewster COA and Senior Center has been a welcoming resource and activity center for older adults and their families. Our mission is to promote the well-being and independence of older residents by identifying their needs and interests, developing supportive programs, coordinating community services and advocating on their behalf.

Mark your Calendars for our Biggest Event Yet!

Date and Time:

Saturday, June 8 · 11am - 2pm

Location:

Sea Camps Bay Property at 3057 Main Street, Brewster

Brewster COA's 50th Community Celebration

Come join us for a fun-filled day as we celebrate Brewster COA's 50th anniversary! This in-person event will be held at the Sea Camps Bay Property, located at 3057 Main St and will feature live music, delicious food, games, and more. It's a great opportunity to meet your neighbors and enjoy the vibrant community spirit. Don't miss out on this special occasion to commemorate 50 years of bringing our community together. See you there!

Please note: Registration is required to attend. Please scan the QR code above to register, or call the COA at 508-896-2737.



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!

Brewster COA's

50th Community Celebration



Sea Camps Bay Property

Saturday, June 8th 11AM - 2 PM

Congratulations to Norma Kolakoski, the COA's Volunteer of the Year!



The COA is pleased to announce that Norma Kolakoski is our Volunteer of the Year! Norma is a familiar face in our building, serving as the COA's very own pianist. An accomplished piano player, she started playing at the age of 13. She also taught Musical Education for 32 years. Norma's music has graced our halls for the past 17 years during our Thursday Senior Dining and special events, putting smiles on the faces of our patrons and staff alike!

In addition, Norma has also volunteered her time for 17 years helping prepare our newsletters for mailing. During that time, the COA estimates that she has labeled, folded and taped a few thousand newsletters!

The COA is so grateful to you, Norma, for generously sharing your time and talents with us. We look forward to many more years together!



If you have been a volunteer of the COA over the past calendar year (2023), you will be receiving an invitation to the Annual Volunteer Luncheon (Thursday, June 13) in the next few weeks. We look forward to seeing as many of our volunteers as possible so we can thank you in person! Not a volunteer with us yet? Give us a call at 508-896-2737 to find out what opportunities are currently available. We'd love to meet you!

**CELEBRATE
JUNETEENTH
WITH BREWSTER**

WEDNESDAY, JUNE 19
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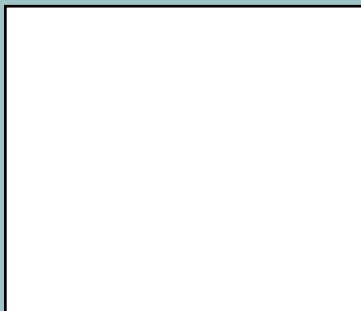
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Brewster COA will be closed on the following holidays:</p> <p>Monday, May 27: Memorial Day</p> <p>Wednesday, June 19: Juneteenth</p>		<p>1</p> <p>9:00am Computer Help</p> <p>10:00am Knit/Crochet</p> <p>1:00pm Quilters</p>	<p>2</p> <p>9:00am Walking Club</p> <p>9:30am Adv. Tai Chi</p> <p>9:30am Clay Art & Resin Jewelry</p> <p>10:00am Meditation</p> <p>10:00am Knit/Crochet</p> <p>10:30am Int. Tai Chi</p> <p>11:30am Senior Dining</p> <p>12:30pm Bingo</p> <p>1:00pm Keep Movin'!</p> <p>2:00pm BMCC</p> <p>2:30pm Chair Yoga</p>	<p>3</p> <p>10:00am Office Hours with Rep. Flanagan</p> <p>10:00am Swimming at Brewster Green</p> <p>2:00pm Ice Cream Social</p> 
<p>6</p> <p>9:30am Adv. Tai Chi</p> <p>10:30am Int. Tai Chi</p>	<p>7</p> <p>9:00am Qi Gong</p> <p>9:30am W.O.W.</p> <p>11:30am Senior Dining</p> <p>1:00pm Keep Movin'!</p> <p>2:30pm Yoga for Finding Balance</p>	<p>8</p> <p>9:00am Computer Help</p> <p>10:00am Knit/Crochet</p> <p>11:00am Healthy Meals in Motion (COA)</p> <p>11:30am Sight Loss/BLL</p> <p>1:00pm Quilters</p>	<p>9</p> <p>9:00am Walking Club</p> <p>9:30am Adv. Tai Chi</p> <p>9:30am Clay Art & Resin Jewelry</p> <p>10:00am Meditation</p> <p>10:00am Knit/Crochet</p> <p>10:30am Int. Tai Chi</p> <p>11:30am Senior Dining</p> <p>12:30pm Bingo</p> <p>1:00pm Keep Movin'!</p> <p>2:00pm BMCC</p> <p>2:30pm Chair Yoga</p>	<p>10</p> <p>9:00am Pedicure</p> <p>10:00am Swimming at Brewster Green</p> <p>10:45am Trip: Taylor Bray Farm</p> <p>1:00pm Mah Jongg</p>
<p>13</p> <p>9:30am Adv. Tai Chi</p> <p>10:00am BP & Glucose Testing</p> <p>10:30am Int. Tai Chi</p> <p>1:30pm Strong at Heart</p>	<p>14</p> <p>9:00am Qi Gong</p> <p>9:30am W.O.W.</p> <p>11:30am Senior Dining</p> <p>1:00pm Keep Movin'!</p> <p>2:00pm Alz. Caregiver Support Group</p> <p>2:30pm Yoga for Finding Balance</p>	<p>15</p> <p>9:00am Computer Help</p> <p>9:00am Beginner Mah Jongg</p> <p>10:00am Knit/Crochet</p> <p>1:00pm Quilters</p>	<p>16</p> <p>8:00am Pet Nail Trim</p> <p>9:00am Walking Club</p> <p>9:00am Hearing Screenings</p> <p>9:30am Adv. Tai Chi</p> <p>9:30am Clay Art & Resin Jewelry</p> <p>10:00am Meditation</p> <p>10:00am Knit/Crochet</p> <p>10:30am Int. Tai Chi</p> <p>11:30am Senior Dining</p> <p>12:30pm Bingo</p> <p>1:00pm Keep Movin'!</p> <p>2:00pm BMCC</p> <p>2:00pm Travel Training with CCRTA/ at BLL</p> <p>2:30pm Chair Yoga</p>	<p>17</p> <p>10:00am Swimming at Brewster Green</p> <p>1:00pm Mah Jongg</p> <p>2:00pm Wellness Fair Brewster Baptist</p>
<p>20</p> <p>9:30am Adv. Tai Chi</p> <p>10:30am Int. Tai Chi</p> <p>1:30pm Strong at Heart</p>	<p>21</p> <p>9:00am Qi Gong</p> <p>9:30am W.O.W.</p> <p>9:30am Friends office hours</p> <p>11:30am Senior Dining</p> <p>1:00pm Keep Movin'!</p> <p>2:30pm Yoga for Finding Balance</p>	<p>22</p> <p>9:00am Computer Help</p> <p>9:00am Beginner Mah Jongg</p> <p>10:00am Knit/Crochet</p> <p>1:00pm Quilters</p> <p>1:30pm Walk it Out Challenge Presentation</p> <p>2:30pm Practice your French/BLL</p>	<p>23</p> <p>9:00am Walking Club</p> <p>9:30am Adv. Tai Chi</p> <p>9:30am Clay Art & Resin Jewelry</p> <p>10:00am Meditation</p> <p>10:00am Knit/Crochet</p> <p>10:30am Int. Tai Chi</p> <p>11:30am Senior Dining</p> <p>12:30pm Bingo</p> <p>1:00pm Keep Movin'!</p> <p>2:00pm BMCC</p> <p>2:30pm Chair Yoga</p>	<p>24</p> <p>10:00am Swimming at Brewster Green</p> <p>1:00pm Mah Jongg</p>
<p>27</p>  <p>memorial DAY</p> <p>The COA is closed</p>	<p>28</p> <p>9:00am Qi Gong</p> <p>9:30am W.O.W.</p> <p>11:30am Senior Dining</p> <p>1:00pm Keep Movin'!</p> <p>2:00pm Alz. Caregiver Support Group</p>	<p>29</p> <p>9:00am Computer Help</p> <p>9:00am Beginner Mah Jongg</p> <p>10:00am Knit/Crochet</p> <p>1:00pm Quilters</p>	<p>30</p> <p>9:00am Walking Club</p> <p>9:30am Adv. Tai Chi</p> <p>9:30am Clay Art & Resin Jewelry</p> <p>10:00am Meditation</p> <p>10:00am Knit/Crochet</p> <p>10:30am Int. Tai Chi</p> <p>11:30am Senior Dining</p> <p>12:30pm Bingo</p> <p>1:00pm Keep Movin'!</p> <p>2:00pm BMCC</p> <p>2:30pm Chair Yoga</p>	<p>31</p> <p>10:00am Swimming at Brewster Green</p> <p>10:00am Trip: CC Cape Verdean Museum & Cultural Center</p> <p>1:00pm Mah Jongg</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am Adv. Tai Chi 10:30am Int. Tai Chi 1:30pm Strong at Heart	4 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin' 2:30pm Yoga for Osteoporosis	5 9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Hearing, Hearing Loss and Its Treatments	6 9:00am Walking Club 9:30am Adv. Tai Chi 9:30am Clay Art & Resin Jewelry 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	7 9:00am Pedicure 10:00am Office Hours with Rep. Flanagan 10:00am Swimming at Brewster Green 1:00pm Mah Jongg 1:30pm Advanced Directives/ BLL
10 9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 1:30pm Strong at Heart	11 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 Osteoporosis	12 9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 11:30am Sight Loss/BLL 1:00pm Quilters 1:30pm Drum Circle/ Sea Camps Dining Hall	13 9:00am Walking Club 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	14 10:00am Swimming at Brewster Green 1:00pm Mah Jongg 1:00pm Trip: CC Nat'l Seashore Visitor's Center
17 9:00am Senior Aquatic Conditioning/ Sea Camps Pool 9:30am Adv. Tai Chi 10:30am Int. Tai Chi 1:30pm Strong at Heart	18 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 Osteoporosis	19  The COA is closed	20 8:00am Pet Nail Trim 9:00am Walking Club 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 2:30pm Chair Yoga	21 10:00am Swimming at Brewster Green 1:00pm Mah Jongg
24 9:00am Senior Aquatic Conditioning/ Sea Camps Pool 9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 1:30pm Strong at Heart	25 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 Yoga for Osteoporosis	26 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL	27 9:00am Walking Club 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	28 10:00am Swimming at Brewster Green 11:30am Trip: Armstrong-Kelley Park & Picnic 1:00pm Mah Jongg



Brewster's 2024 Annual Town Meeting

Saturday, May 11 1:00pm
Stony Brook Elementary School, 384 Underpass Rd.

The Council on Aging offers rides to and/or from Town Meeting. For information or to schedule a ride please call the Council on Aging at 508-896-2737 **by noon on Wednesday, May 8.**

The Annual Town Election will be held on Tuesday, May 28 at Brewster Baptist Church, 1848 Main St.

Special Thanks

The COA wishes to thank Robert & Beth Tobias for their donation of a large-screen smart TV. It is being used for programming in our upstairs large room. Our instructors & participants are very happy!



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All programs/activities take place at the Brewster COA 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, May 3 & Friday, June 7
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.

Chair Yoga

5-week Series, Thursdays
May 2 – May 30 2:30 – 3:30pm
\$42 for series

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.net

Clay Art and Resin Jewelry making

6-week class, Thursdays
May 2 - June 6 9:30-10:45am
Cost is \$95 (includes materials)

Join Instructor Jennifer Stratton for this 6-week class in which you will first explore hand building with air dry clay and then learn how to use resin and molds to create jewelry such as pendants or other artful hanging objects. No experience is necessary. Come join the fun! To sign up, please call the COA at 508-896-2737.

Taylor Bray Farm and lunch at Olivers

Friday, May 10 10:45am – 1:30pm-ish
No admission fee but bring money for lunch

Join us as we explore Taylor Bray Farm in Yarmouth Port. Originally settled in 1639, it is still a working farm but is now owned by the town of Yarmouth and run entirely by volunteers. Afterward, we will travel up the road to have lunch at Olivers. Visit their website <https://oliversandplancks.com>, to view their menu and plan accordingly. **Please note: wear good walking shoes; this is an outdoor exploration of the grounds so expect uneven terrain.** To sign up, please call the COA at 508-896-2737.

Strong at Heart

6-week class, Mondays
May 13 – June 24 1:30 – 2:30pm
(no class May 27) FREE

Join Mary Mahan, Public Health Nurse from the VNA of Cape Cod for this 6-week exercise program, aimed at seniors who want to build their strength and endurance. Recommended for generally healthy older adults, though modifications can be made on an individual basis. Participants must be able to tolerate 60 minutes of seated and standing exercise and ambulate independently. Advanced registration - including medical clearance - is required. To sign up, please contact the VNA of Cape Cod directly at 508-957-7423.

The Walk It Out Challenge Presentation

Wednesday, May 22 1:30 – 3:00pm

Are you looking to be more active? Are you interested in improving your cardiovascular fitness and improving your mood but aren't sure where to start? Join us for this presentation by a Physical Therapist from the VNA of Cape Cod and join the 4-week walking challenge! **Please note, this is not an exercise program.** The Presentation will include topics such as the health benefits of walking, after walk wellness care, and even the best socks to wear! Participants will receive a 4-week walking program to follow independently. To sign up, please call the COA at 508-896-2737.

Travel Training with the CCRTA

Thursday, May 16 2:00 – 3:00pm
Brewster Ladies' Library, 1822 Main St. Free

Co-sponsored by the Brewster Ladies' Library, the Cape Cod Regional Transit Authority's (CCRTA) Travel Training Program strives to assist its users in traveling independently via bus. In this session a certified Travel Trainer will assist attendees in enhancing their transportation skills by giving bus route training and trip planning tips, such as reading and understanding maps and schedules, using the Boston Hospital bus, bus fare structures, and more. To register please call the library at 508-896-3919 or sign up online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab.

Wellness Fair

Friday, May 17 2:00 – 4:30pm
Brewster Baptist Church, 1848 Main St.

Please join us for our 3rd annual Wellness Fair! This year we have over 30 organizations providing helpful information from healthy eating to home modification for health and safety, to housing, just to name a few. There will also be Covid vaccinations available, as well as blood pressure screenings and cardio checks. And if that doesn't draw you in, come say 'hi' to the Hearts & Paws Comfort Dogs! For more information, please call the COA at 508-896-2737.

Free!

Beginner Mah Jongg

5 week class, Wednesdays
Beginning May 15 9:00 – 11:00am
Cost includes: \$15 for Mah Jongg card and \$75 for class, paid to instructor at first class.

Join Mah Jongg instructor Anne M. Walther and learn to play this game of skill and luck, while at the same time have some fun and meet new people. Printed materials will be available to help you learn and enjoy the game. Space is limited. To register, call the COA at 508-896-2737, no later than **Monday, May 13th.**

10 UPCOMING PROGRAMS

All programs/activities take place at the Brewster COA 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.

Cape Cod Cape Verdean Museum & Cultural Center and lunch at Bobby Byrne's (Mashpee)

Friday, May 31

10:00am – 2:30/3:00pm-ish

No admission fee but bring money for lunch

Established in 2021, it is the first museum and cultural center on the Cape whose mission it is to celebrate the past, present, and future of Cabo Verde's rich history, culture, and contributions to the world. Come explore and learn more about Cabo Verde. Afterward we will travel down the road to Bobby Byrne's for lunch. Please go to www.bobbybyrnes.com to view their menu, so you can plan 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. Please call the COA at 508-896-2737 to sign up.

Yoga For Osteoporosis

4-week series, Tuesdays

June 4 – 25

2:30 – 3:30pm

\$40 for series

Join Janet Bettey, E-RYT for this special 4-week series to safely and effectively improve your bone health! You can build stronger bones. A proven method to build bone density is through weight-bearing exercises. Yoga encourages muscle and bone strength, which has a positive effect on your bone mineral density, as well as your balance and posture. All stretches and poses will be done while safely seated in a chair or standing. **Advanced registration is required. For more information and to sign up, please call Janet at 978-500-2390 or visit www.bitofblissyogaofcapecod.com**

Hearing, Hearing Loss, and its Treatments

Wednesday, June 5

1:30 – 2:30pm

Free

Dr. Mark Parker, PhD, is a Harvard trained Auditory Neuroscientist and Clinical Audiologist. Join him for this informative presentation. Dr. Parker will describe the normal auditory system, the most common causes of hearing loss and tinnitus, and treatments for hearing loss such as stem cell therapies, gene therapies, hearing aids, and cochlear implants.

Learning Objectives:

- To learn the anatomy and function of the normal auditory system
- To learn the main causes of hearing loss and tinnitus
- To understand why hearing aids are the gold standard treatment for hearing loss
- To learn about treatments when hearing aids don't work
- To know where to go to get help

To reserve your spot, please call the COA at 508-896-2737.

Advanced Directives:

An In-depth Explanation of HCP, POA, MOLST and Living Will

Friday, June 7

1:30 – 3:30pm

Brewster Ladies' Library, 1822 Main St.

Hosted by the Brewster Council on Aging, and presented by Lauren Forziati, the public health and wellness RN from the VNA, and Attorney Kathryn Bean. Come join us to learn and discuss the details of these vital documents such as what are they, why are they important, how obtain them, and much more. Copies of documents will be provided.

To reserve your spot, please call the Brewster COA at 508-896-2737.

Chair Yoga

4-week Series

Jun 6 – June 27

2:30 – 3:30pm

\$35 for series

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 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.net.

Drum Circle

Wednesday, June 12

1:30 – 2:30pm

Dining Hall at the Sea Camps

3057 Main St.

Free

Join Sam Holmstock for this special drum circle. Sam is co-founder of the band ENTRAIN and has played with such musicians as Bo Diddly, Gil Scott-Heron, and James Taylor to name a few. A Berklee graduate, he is currently on the faculty of the Cotuit Center for the Arts and brings therapeutic drumming to many neuro-diverse communities on Cape Cod. Drums will be provided, with Sam setting everyone up properly with their drum. Sound and rhythm will be explored, using simple and familiar word phrases to describe the rhythms with the idea that, "if you can say it, you can play it." If desired, drumming to songs and learning an African one, can be included as well as ending with a drum roll. To register for this special event, call the COA at 508-896-2737.

Cape Cod National Seashore Salt Pond Visitor Center and Ice cream at the Ice Cream Café in Orleans

Friday, June 14

1:00 – 3:00pm-ish

Money for ice cream

The Salt Pond Visitor Center is Cape Cod National Seashore's year-round visitor orientation facility. Join as we explore the exhibits, perhaps take a short walk outside, take in the expansive views of Salt Pond, Nauset Marsh, and the Atlantic and view the award-winning short film "Standing Bold" and learn about the many layers of human history in the area. **(article continues on next page)**

All programs/activities take place at the Brewster COA 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.

Cape Cod National Seashore Salt Pond Visitor Center and Ice cream at the Ice Cream Café in Orleans (continued from page 10)

Afterward we will travel to the Ice Cream Café in Orleans for an afternoon treat! Please note, the visitor center is ADA accessible, however an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues. To sign up, please call the COA at 508-896-2737.

Senior Aquatic Conditioning

9-week series, Mondays
June 17 – August 12 9:00 – 10:00am
Sea Camps Pool, 3057 Main St.

Enjoy the therapeutic benefits of water with the VNA's Nikki Cox, Exercise Physiologist. Exercise safely in a semi-weightless environment to improve your cardiovascular fitness, strength, mobility, and balance. The class will take place at the Sea Camp's pool. **Please note: this is for Brewster residents only, age 60 +. There is no fee for the class, HOWEVER, participants must purchase a beach parking permit through the Town of Brewster website. Pre-registration is required. For that and for more information about the class, please call the VNA at 508-957-7423. Space is limited. For questions about purchasing the permits, call the COA at 508-896-2737.**

Armstrong-Kelley Park and Picnic lunch

Friday, June 28
11:30am – 2:30/3:00pm-ish
Money for sandwich from Fancy's Market if you so choose

At 8.5 acres, this garden and woodland oasis is Cape Cod's oldest and largest

privately owned public park, with 90+ years of history, rare trees, shady trails, and flourishing gardens. One of its main attractions is a **Franklinia tree** — a flowering tree in the tea family, now considered extinct in the wild, that was named for Benjamin Franklin. Aside from exploring this beautiful park, we will be having a picnic lunch. You have the option of bringing your own sandwich or purchasing one from Fancy's market. You can go to their website at www.fancysmarket.com to view their selection. We will be pre-ordering them for easy pick up. **Please note, wear good walking shoes, this is an outdoor exploration of the grounds and there could be uneven terrain.**

To sign up, call the COA at 508-896-2737 and be prepared to give us your sandwich choice if ordering.

SOCIAL

Bingo!

Thursdays 12:30 – 1:30pm

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.**

Brewster Men's Coffee Club (BMCC)

Thursdays 2:00 - 4:00pm

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.

Knitting/Crocheting

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

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.

American Mah Jongg

Fridays 1:00 – 3:30pm

(Note: No Mah Jongg on May 3)

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

Bookworm Book Club

Note: Bookworm Book Club is taking the summer off. Look for us in September!

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!

W.O.W. (Wonderful Older Women)

Tuesdays 9:30 - 11:00am

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

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.

We are interested in finding out if anyone is interested in LGBTQ+ programming, and if so what kind? Please call Annie at 508-896-2737 to let us know your ideas!

12 ONGOING PROGRAMS

EXERCISE

Intermediate Tai Chi

Mondays & Thursdays

10:30 - 11:45am \$18 per class

This class is geared toward those who have some experience with Tai Chi. The current focus is on learning the 24 Posture Yang Style Form. Classes incorporate stretching warm-ups, Qi Gong exercises, and an exploration of Traditional Chinese Medicine concepts for health and vitality. **To register, please email our instructor A.Jay Zahn at capecodtaichisociety@gmail.com or phone 607-227-0509.**

Advanced Tai Chi

Mondays & Thursdays

9:30 – 10:30am \$18 per class

This class is offered to those who have learned the 24 Posture Yang Tai Chi Form (National Beijing Form). Classes focus on exploring the "meditation-in-motion" aspect of Tai Chi. Instructor, A.Jay Zahn, has been practicing 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 – 9:45am FREE

Qi Gong is a form of exercise that dates back 3000 years. Therapeutic motion is used involving slow, repetitive movements which incorporate meditation, deep breathing and visualization. Qi is energy which needs to be renewed and 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). Contact our instructor, Ray DiPietro, **to register for the class. Either email him at rayvector@hotmail.com or call him at 508-246-4486.**

Keep Movin'

**Tuesdays & Thursdays: May 2 - June 27
1:00 - 2:00pm Cost: See below**

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

Walking Club

9:00am-ish start-time

Thursdays

From April through December, join us each week for an hour-long scenic walk at a variety of spots across the Cape. Enjoy comradery and exercise! **For more information and to sign up, call Annie at the COA at 508-896-2737.**

Senior Swim Program at Brewster Green

**Fridays: October - May
10:00am - 12:00pm**

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

The Brewster COA is 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 to the COA to fill out

a waiver and medical release. You will also 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. The resort asks that all participants arrive no earlier than 10:00am and depart the pool and locker rooms by noon.

This program does not include any under-age family members.

HEALTH

Blood Pressure and Glucose Testing

**2nd and 4th Mondays of each month:
May 13 (no screenings on May 27)
June 10 & 24 10:00 - 11:00am**

A Barnstable County 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, May 16 & Thursday, June 20
9:00 – 11:00am**

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.

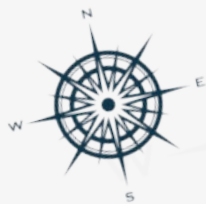
Meditation Class

Thursdays 10:00 – 11:00am FREE

Join Carol Marcy, certified meditation instructor for this heart centered practice that uses deep breathing techniques and guided imagery to increase calmness and relaxation. Please wear loose fitting clothing as some mindful movement, may be included. Open to all levels of experience. For more information and to register, please contact Carol at drcarolmarcy@gmail.com

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14 ONGOING PROGRAMS

NUTRITION

Senior Dining at the COA

Tuesdays & Thursdays

11:30am - 12:15pm

Lunches are served at the COA. You will need to **reserve your spot 2 business days in advance**. Suggested donation of \$4.00/meal. Call our Brewster Nutrition Center at 508-896-5070 to reserve.

Live piano music provided by our wonderful volunteer pianist during lunch most Thursdays. Transportation can be arranged. 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+ 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

2nd Wednesday of every Month

Parking lot behind the COA

11:00am - 12:00pm

This program serves all eligible Brewster seniors, providing groceries, fresh produce and paper products monthly. Pre-order from a wide selection of food items and your order will be ready for pickup at the COA parking lot behind the building. The date is **always** the second Wednesday of each month. The next dates will be

Wednesday, May 8 and Wednesday, June 12. Please call the COA Outreach Office to enroll in the program at 508-896-2737.

EDUCATION

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. 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.

Practice your French a la

Bibliothèque

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 francophone 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.

SERVICES

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

2nd & 4th Tuesdays: 2:00 - 3:30pm
May 14 & 27 and June 11 & 25

Located at the COA, these groups are 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.

Outreach

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!

SHINE

Highly-trained counselors help seniors and Medicare beneficiaries understand their rights and benefits. Contact the COA for an appointment at 508-896-2737

Legal Help

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**. **If your matter is not urgent**, 1/2-hour appointments occur the 4th Tuesday of even months at the Brewster COA but you still must call SCCLS directly to schedule. 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

Thursdays: May 16 & June 20

8:00 - 8:30am

Brewster COA (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.**

Pedicure

Fridays: May 10 and June 7

9:00am - 2:30pm

\$45.00 cash only (NO checks)

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. 30-minute appointments are available from 9:00am to 2:30pm. Call the COA to schedule your appointment at 508-896-2737.

Senior Shellfish Licenses

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



Springtime News from the Friends of Brewster Seniors

Start Saving Your Calories Now!

The Annual Ice Cream Social, sponsored by the **Friends of Brewster Seniors** and the **Brewster Council on Aging** is just around the corner! The event will be held on **Friday, May 3rd from 2 PM - 4 PM** at the Council on Aging building at 1673 Main Street here in Brewster. You'll get to choose from two flavors of ice cream, a selection of toppings, including whipped cream and a cherry for the top! Last year's event was a great hit according to both our youngsters and our seniors. The cost per sundae is only \$2 for adults and \$1 for children under 12 years of age. Come on down and enjoy a sundae!



St. Paddy's Luncheon Fun ~ March

Lots going on in May...become a Friends' Member to get first dibs & a great rate!



While it would be hard to see all 1.5 million objects in one visit to the **Peabody Essex Museum**, we hope that you'll join us as we travel on our private coach and head north on Thursday, **April 25, 2024** to enjoy the PEM's treasures! We'll leave from the Brewster Baptist Church parking lot at 8:30 AM sharp, returning between 5 and 5:30 PM. Please park in the back area nearest the library. There is a café in the museum as well as many restaurants nearby. I wonder who will see the most of PEM's treasures? Need a reservation form? See your FOBS newsletter or stop by the Sea Captains' Thrift Shop!

CapePOPS! Rocketman...May 19th at 3 PM! Get ready to "**Remember When Rock Was Young: The Elton John Experience**" with the award-winning entertainer Craig A. Meyer and his electrifying tribute to the Rocketman! Who doesn't remember some of these highlights which will be performed, including "Benny and the Jets," "Philadelphia Freedom," and "Crocodile Rock." There is limited transportation available on the COA van with wheelchair access (leaves COA at 1 PM) as well as limited tickets! First come, first served. Need a reservation form? See your FOBS newsletter or stop by the Sea Captains' Thrift Shop!



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, 8am – 5pm.** Schedule your medical appointments between 10am & 2pm. The bus will leave Boston by 3pm. Please visit the website for more information:
www.capecodrta.org

BCOA 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 FULL 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.**

OR CURRENT RESIDENT

TOWN OF BREWSTER - COA
 1673 MAIN STREET
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