

# **BREWSTER COUNCIL on AGING**

## **BAYSIDE CHATTER**

**July/August 2023**



1673 Main Street, Brewster, MA 02631

508-896-2737

Monday - Friday 8:00am - 4:00pm

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

### **Family Fun Night: Geography Gameshow**

**Friday evening, August 11**

**Cafeteria of the Eddy Elementary School, 2298 Main St.  
Doors open at 6:15pm with a prompt start time of 6:30pm.**

**Runs approximately 2 hours**

**Free and open to all!**



In partnership with the Brewster Council on Aging and the Nauset Youth Alliance, the Brewster Recreation Department will be hosting a Family Fun Night: Geography Gameshow. Join Geography Gameshow creator and host Neal Nichols, Jr., for a fun interactive educational event. Neal is an international traveler and artist, who draws geographical maps entirely from memory. This program challenges and enhances the comprehension and learning skills of the audience using geographical knowledge. Neal has hosted the Geography Gameshow in schools and communities throughout the world. Participants in the gameshow will have a chance to win a prize. **The program is walk-in, no registration is necessary. For more information about Neal Nichols, Jr. and the Geography Game Show you can visit [www.geographygameshow.com](http://www.geographygameshow.com)**

### **A Note of Thanks**

The COA would like to extend a big Thank You to Bob Blancato, our speaker at the 'How Secure is Social Security?' event held at the Crosby Mansion on May 31. A well known expert in aging policy in Washington, DC and part-time Brewster resident, Bob shared his insight and expertise on the topic with the audience. The evening was well attended and enjoyed by all.

*The COA table at the Second Annual Wellness Fair, held at Brewster Baptist Church on Friday, May 19. Front row, left to right: Elton R. Cutler, Director, Mary King, Outreach Coordinator. 2nd Row: Cindy Bingham, Town of Brewster Select Board Member, Sharon Tennstedt, COA Board Co-chair. The COA wishes to thank all participants and attendees for their support!*



### **Senior Aquatic Conditioning**

**4 week series: Mondays, July 24 – August 14  
9:00 – 10:00am**

**Community Pool at the Sea Camps, 3057 Main St.**

**Note: Brewster residents age 60+ only.**

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 Camps 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 AND a pool permit through the town of Brewster website at [www.brewster-ma.gov](http://www.brewster-ma.gov).**  
**For questions about the permits required, please call the Brewster COA at 508-896-2737.**  
**Pre-registration is required. To register and/or for more information, please call the VNA at 508- 957-7423. Space is limited.**



***The Brewster COA will be closed on  
Tuesday, July 4th in honor of Independence Day.***

***Enjoy your holiday!***

Looking for something to do this summer? Check out the upcoming new programs and trips on pages 2 and 3! We've also included offerings by Brewster Recreation and the Friends of Brewster Seniors, too. Enjoy your Summer!

**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, July 7 & Friday, August 4 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.

### Yoga For Healthy Joints

**4 week series: Tuesdays, July 11 – August 1  
2:30 – 3:30pm  
\$35 for series, paid to instructor at first class**



Got achy joints? Join Janet Bettey, E-RYT for this special 4-week yoga program to experience less pain and stiffness, more strength, flexibility, increased energy, and a feeling of overall well-being! Don't let arthritis slow you down! Stretches & poses will be done standing and seated on a yoga mat or a chair (with no need to get down on the floor if you prefer). Advanced registration is required.

**For more information and to sign up, please call Janet at 978-500-2390 or visit [www.bitofblissyogaofcapecod.com](http://www.bitofblissyogaofcapecod.com)**



### Shopping and Lunch in Sandwich

**Friday, July 14 9:30am – 2:45pm  
\$ for lunch at restaurant of your choice**

Join us as we visit downtown Sandwich! Explore shops at your own pace and choose where you want to have lunch. Meet up at the van at 2:00pm to return to the COA. Curious about what Sandwich has to offer? Visit the Sandwich Chamber of Commerce at: [www.sandwichchamber.com](http://www.sandwichchamber.com). Space is limited. To sign up, please call the COA at 508-896-2737.

### Cape Cod Maritime Museum and Ice Cream at Steve & Sue's Par-Tee Freeze

**Friday, July 21 10:00am – 1:30pm  
Admission \$5 and \$ for ice cream  
Payment due day of trip and not beforehand.**

Located at Hyannis Harbor, the Cape Cod Maritime Museum's mission is to preserve the rich maritime traditions and history for which Cape Cod and the Islands are known. Their exhibits are a must-see if you like the Cape's maritime history, ecology, and marine biology! **The museum is ADA accessible but if you need assistance, 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.

### Natural Solutions

**Wednesday, July 26 1:30 – 2:30pm  
\$5 each for bug repellent and/or natural linen spray**

Are you interested in essential Oils? Join Karen Bonitto of Ciao Bella Essential Oils for this Essential Oils 101 class. You will learn what essential oils are, where they come from, and how to use them for health, wellness, and a healthy home too! Make and takes will be a natural bug repellent or a natural linen spray. **To register, please call the COA at 508-896-2737 by Tuesday, July 25.**

### Mah Jongg Day!

**Friday, July 28 10:00am – 1:00pm  
Donation fee: \$15**



Calling all Mah Jongg players! Come join us for Mah Jongg Day! Tables will be set up for four players and you can play at your pace and your style. Play with friends or meet new ones. It will be a fun afternoon with door prizes and refreshments! Anne Walther will be hosting and will be there to assist. Space is limited so sign up now! **To register, please call the COA at 508-896-2737.**

### Summer Nights on the Lawn

*Brewster Recreation will be hosting three events on the front lawn of the old Cape Cod Sea Camps. Events include an outdoor movie night for families on a large inflatable screen. There will also be a family friendly DJ dance party and the popular Touch-A-Truck event to conclude the summer! All these events are **FREE**, and everyone is encouraged to come with their family. Bring a chair or blanket, a snack, and some bug spray. We hope to see you there!*

### Family Friendly DJ Dance Party

**Date:** Thursday, July 27  
**Time:** Starting at 6:00pm  
**Ages:** Open to Everyone  
**Location:** Old Cape Cod Sea Camps Property

### Family Movie Night - Movie is TBD

**Date:** Friday, August 4  
**Time:** Starting at 8:00pm  
**Ages:** Open to Everyone  
**Location:** Old Cape Cod Sea Camps Property

### Touch-A-Truck

**Date:** Friday, August 25  
**Time:** Starting at 5:00pm  
**Ages:** Open to Everyone  
**Location:** Old Cape Cod Sea Camps Property

*All Summer Nights On The Lawn events are **FREE**! No registration is required, just arrive and have a great time! **For any questions, please contact Brewster Recreation at 508-896-9430.***



**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.**

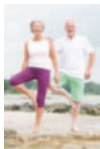
### **Student Art Show!**



**Friday, August 4 1:30 – 3:30pm**

Join us for a special one day art show with art from the students of Jennifer Stratton's art classes. At the Brewster COA, Jennifer has taught Watercolor, Drawing and Collage classes. Meet the artists, meet Jennifer, and see and hear what her classes are all about! You never know, maybe you will want to join the next one! Light refreshments will be served. To let us know you are coming, please call the COA at 508-896-2737.

(Artwork pictured courtesy of Herb Millane)



### **Yoga for Finding Balance**

**4 week series: Tuesdays, August 8 – 29**

**2:30 – 3:30pm**

**\$35 for series, paid to instructor at first class**

Losing your balance? Balance, agility, and coordination are vital for daily living. Join Janet Bettey, E-RYT for this special 4-week yoga program that will include exercises from an evidence-based fall prevention program to build strength, agility & improve your balance!

Stretches & poses will be done standing and seated on a yoga mat or a chair (with no need to get down on the floor if you prefer).

Space is limited. Advanced registration is required.

For more information and to sign up, please call Janet at 978-500-2390 or visit [www.bitofblissyogaofcapecod.com](http://www.bitofblissyogaofcapecod.com)

### **Cape Cod Canal Visitor Center and Lunch at Fisherman's View Seafood Market & Restaurant**



**Friday, August 18 10:00am – 2:00pm-ish**  
**\$ for lunch**

Join us as we first take a look at the history of the Cape Cod Canal and then make our way to the Fisherman's View Seafood Market & Restaurant. Please go to [www.fishermensview.com](http://www.fishermensview.com) to view their menu, so you can plan accordingly. Space is limited.

**Please call the COA at 508-896-2737 to sign up.**

### **SAVE THE DATE**

The COA and The Friends 2<sup>nd</sup> annual Labor Day BBQ will be held Friday, September 1<sup>st</sup>. More details to follow. Look for tickets to go on sale in August. Hope to see you there!

### **Sailing with Pleasant Bay Community Boating!**

**Monday, August 21 AND Tuesday, August 22**  
**10:00am – 12:00pm, One Day per person. Rain Dates to be scheduled if necessary.**



**FOR BREWSTER RESIDENTS ONLY**

Come for a spin around Pleasant Bay in a Flying Scot or catboat! You'll learn the sailing basics with one of PBCB's wonderful instructors and a handful of other COA members. All participants must ambulate independently without assistance. Space is extremely limited for the sailing program. Call the COA for more detailed information and to sign up at 508-896-2737.

**Please note, transportation will be the responsibility of participants. We cannot provide rides for these days.**

### **Floating Classroom with Pleasant Bay Community Boating!**

**Thursday, August 24 10:00 – 11:00am**  
**(Rain date: Friday, August 25)**  
**FOR BREWSTER RESIDENTS ONLY**

Take a cruise around Pleasant Bay on PBCB's floating classroom the *Friend*. The *Friend* is a 37' USCG inspected, completely solar-powered pontoon boat that was donated to PBCB by the Friends of Pleasant Bay. This boat is truly unique and the first of its kind in the US. A guide will talk about the area's history and ecology, while pointing out landmarks and points of interest around the bay. The *Friend* is fully accessible (via ramp), stable, comfortable, and mostly shaded. For more detailed information and to sign up, please call the COA at 508-896-2737.

**Please note, the COA can provide 8 rides, first come, first serve. After that, transportation will be the responsibility of participants.**



### **Creatures of the Night**

**Thursday evening, August 24**  
**5:30 – 6:30pm**  
**Brewster Ladies Library, 1822 Main St.**

In partnership with the Brewster Ladies Library, join us for a presentation on Creatures of the Night. From bats to fireflies, frogs and more, learn about the animals that come out in our neighborhoods at night. Many of these animals include important predators, such as bats, frogs and owls, and help us unseen, under the cover of darkness. Some of these animals, such as fireflies, are also under threat. Learn what you can do to help these amazing creatures of the night!

**To register please call the library at 508-896-3913 or signup online at [www.brewsterladieslibrary.com](http://www.brewsterladieslibrary.com) by going to the events calendar under the Library info tab.**

**ONGOING PROGRAMS****Knitting/Crocheting**    **Wednesdays**    **10:00am to 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.

**Hearts and Paws Pet Therapy**

**4th Mondays of the month: July 24 & August 28**  
**2:30 – 3:30pm**



Do you love dogs but don't have one and miss being able to spend time with one? Then come join us for an ongoing program on the fourth Monday of each month where Hearts and Paws Comfort Dogs bring some of their furry friends to spend time with us. You need a little fur in your life? Well, this is the place to come! To register, please call the COA at 508-896-2737.

**Crafts with Lucille**

**Mondays: July 17 & August 21**  
**10:00 - 11:00am**

Come join Lucille, on the third Monday of each month (unless there is a holiday, when it will be held on the fourth Monday) from 10:00 to 11:00am for a fun hour of crafting, and make some new friends while you're at it! No experience necessary; Lucille will guide you through each project. Materials are provided FREE! Pre-registration is required and participants must reserve their spot no later than Friday noon of the week before. To reserve your spot, call 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 the COA at 508-896-2737.

**Walking Club**

**Thursdays, 9:00 – 10:00am-ish**  
**Various scenic locations**



Need to get out? Join us on Thursdays for an hour-long scenic walk. Enjoy camaraderie and exercise! Call Annie at the COA at 508-896-2737 for information and to join.

**Caregiver Support Group**

**1st Thursday of every month: July 6 & August 3**  
**10:00 – 11:30am**

**Brewster Ladies Library, 1822 Main St.**

Need support around caregiving? Join our caregiver support group, where you can meet other caregivers and facilitators from the Elder Services Family Caregiver Program. **For more information and to register please call Laura Cheesman of Elder Services at 508-394-4630 X451.**

**Beginner Line Dancing**

**Mondays, 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. This is a progressive course. Class taught by Karen Shackleford of Cape Sands Ballroom. For more information and/or to register, **please contact Karen directly at [CapeSandsBallroom@gmail.com](mailto:CapeSandsBallroom@gmail.com)**

***This class 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](http://www.brewsterrecreation.com)***

**Yoga On Crosby Landing Beach**

**Dates:** 7 Days a Week, now until Monday, September 4

**Time:** 8:00 - 9:00am

**Ages:** Anyone 16+

**Location:** Crosby Landing Beach

**Price:** \$15 Drop-In Cost Per Individual/ Per Day  
Cash Only Paid to Instructor Upon Arrival,  
No Registration Required.

**\*No class Saturday, June 17 and Thursday July, 20**

Join Anne Saimeri, a certified Yoga instructor, who strives to teach proper alignment for safety, combined with building strength, flexibility, and range of motion through the assistance of breath. The program is held seven days a week, Sunday - Saturday, now through September 4 at Crosby Beach! The class is held on the sand at the water's edge. Enjoy the sea breeze, the sounds of the waves and the beautiful view of Cape Cod Bay. Jump in for a swim when class is over. The class is designed to have appropriate distancing between participants. There is plenty of parking, but participants might be subject to parking tickets if they don't have a sticker or exit by 9:00am. **To bring:** Beach towel, sunglasses, sun screen, hat and water.



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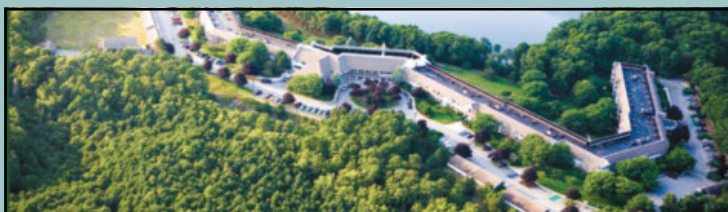
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# JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00am Adv.Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 1:00pm <b>Better Balance</b>	<b>4</b>  <i>The COA is closed</i>	<b>5</b> 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	<b>6</b> 9:00am Walking Club 10:00am Caregiver Group/BLL 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	<b>7</b> 10:00am Office Hours with Rep. Flanagan
<b>10</b> 10:00am BP & Glucose Testing 10:00am Adv.Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	<b>11</b> 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 Healthy Joints	<b>12</b> 9:00am Computer Help 10:00am Knit/Crochet 11:00am <b>Healthy Meals                      in Motion (COA)</b> 1:00pm Quilters	<b>13</b> 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	<b>14</b> 9:00am Pedicure 9:30am <b>Trip:                  Shopping and Lunch                  In Sandwich</b>
<b>17</b> 10:00am <b>Crafts with                      Lucille</b> 10:00am Adv.Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	<b>18</b> 9:00am Qi Gong 9:30am W.O.W. 9:30am <b>FOBS                      office hours</b> 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Yoga for Healthy Joints	<b>19</b> 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	<b>20</b> 8:00am Pet Nail Trim 9:00am Hearing Screenings 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	<b>21</b> 10:00am <b>Trip:                  Cape Cod Maritime                  Museum &amp; Ice Cream</b>
<b>24</b> 9:00am <b>Senior                  Aquatic Conditioning/                  Community Pool</b> 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 2:30pm <b>Hearts &amp; Paws</b>	<b>25</b> 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 Healthy Joints	<b>26</b> 9:00am <b>Mobile Dental</b> 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm <b>Seminar:                  Natural Solutions</b>	<b>27</b> 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	<b>28</b> 10:00am <b>Mah Jongg Day</b> 11:00am Bookworm Book Club at BLL
<b>31</b> 9:00am <b>Senior                  Aquatic Conditioning/                  Community Pool</b> 10:00am Adv.Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing				

# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin' 2:30pm Yoga for Healthy Joints	<b>2</b> 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	<b>3</b> 9:00am Walking Club 10:00am Caregiver Group/BLL 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	<b>4</b> 10:00am Office Hours with Rep. Flanagan 1:30 <b>Student Art Show</b>
<b>7</b> 9:00am <b>Senior Aquatic Conditioning/Community Pool</b> 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	<b>8</b> 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 Finding Balance	<b>9</b> 9:00am Computer Help 10:00am Knit/Crochet 11:00am <b>Healthy Meals In Motion (COA)</b> 1:00pm Quilters	<b>10</b> 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	<b>11</b> 9:00am Pedicure
<b>14</b> 9:00am <b>Senior Aquatic Conditioning/Community Pool</b> 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	<b>15</b> 9:00am Qi Gong 9:30am <b>Friends office hours</b> 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin' 2:30pm Yoga for Finding Balance	<b>16</b> 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	<b>17</b> 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Hearing Scrngs 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	<b>18</b> 10:00am <b>Trip: Cape Cod Canal Visitor Center &amp; Lunch</b>
<b>21</b> 10:00am <b>Sailing with PBCB</b> 10:00am <b>Crafts with Lucille</b> 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	<b>22</b> 23 9:00am Qi Gong 9:30am W.O.W. 10:00am <b>Sailing with PBCB</b> 11:30am Senior Dining 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group 2:30pm Yoga for Finding Balance 2:30pm Legal Help	<b>23</b> 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	<b>24</b> 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am <b>Floating Classroom at PBCB</b> 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 5:30pm <b>Creatures of the Night/BLL</b>	<b>25</b> 11:00am Bookworm Book Club at BLL
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Pedicure

**Friday, July 14 & Friday, August 11**  
**9:00am - 2:30pm \$40.00**

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, 30-minute appointments are available from 9:00am to 2:30pm with a fee of \$40.00. Call the COA to schedule your appointment at 508-896-2737.

Blood Pressure and Glucose Testing

**2nd and 4th Mondays of each month:**  
**July 10 & 24 and August 14 & 28**

**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, July 20 & Thursday, August 17**  
**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 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, August 22 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, July 20 & Thursday, August 17**  
**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:**

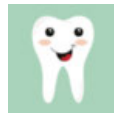
**July 11 & 25 and August 8 & 22**

**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.

Mobile Dental Hygiene Service

**Wednesday, July 26 9:00am - 3:00pm**

Mobile Dental Hygiene Services offers friendly, convenient, and affordable preventative oral health care at the Brewster Council on Aging! The following services are **FREE** to eligible individuals with Medicaid/MassHealth: cleanings, screenings, oral cancer exams, fluoride treatments, denture care, education, referrals. No dental insurance? They offer reduced private-pay options. The price of a cleaning includes an exam and denture care. Please contact Mobile Dental Hygiene Services if you have any questions or you would like to make an appointment. Their phone number is **508-827-6725** or check them out at: **smiles@mobiledentalhygiene.com**

Brewster COA Board Members

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 Jay Green, Member  
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 Laura Usher, Member  
 Jill Beardsley, Member

**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.***

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

### Intermediate Tai Chi

#### **Mondays & Thursdays**

**11:15am - 12:15pm      \$15 per class**

This class is geared toward folks who have some experience with Tai Chi and are familiar with the Tai Chi Eight Form. Also known as "moving meditation" 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, Qi Gong breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing 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](mailto: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**

**10:00 – 11:00am      \$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](mailto: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](mailto:rayvector@hotmail.com) or call him at 508-246-4486.**

### Keep Movin'

**Tuesdays and Thursdays: July 6 to August 17**

**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](mailto:cdoutrich@ycp.edu) to register.**

### Meditation Class

**Thursdays      10:00 – 11:00am**

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](mailto:drcarolmarcy@gmail.com) to register.**

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

**Pickleball Clinics: Pre-registration is required.**

#### **Dates & Times:**

July 12th @ 4:30pm-6pm: Beginner Clinic

July 29th @ 3:00pm-4:30pm: Mix Doubles Strategy

August 19th @ 3:00pm-4:30pm: Woman's Doubles Strategy

**Ages:** Adults 18 and over

**Location:** Brewster Community Tennis Courts,

**Price:** \$40R/\$50NR/Per Participant Per Session

### Community Pool Drop-In Days

Brewster's resident-only Community Pool is open for the summer. In seeking to make the pool as accessible as possible, the Town will be offering four "drop-in" days for residents who would like to enjoy the pool without having to purchase a season pass. The drop-in cost is \$5 per person, cash only, and will be collected by the pool attendant upon entry. The drop-in days will be held on: Tuesday, July 11, Saturday, July 15, Friday, July 28 & Sunday, August 26.

***Please note that a beach parking permit is required to access the property.***





### Computer Help

**Wednesdays 9:00 - 11:00am**

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

### Brewster Men's Coffee Club (BMCC)

**Thursdays 2:00 - 4:00pm**

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

### W.O.W. (Wonderful Older Women)

**Tuesdays 9:30 - 11:00am**

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

### Quilters Wednesdays 1:00 - 3:00pm

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

### Bingo! Thursdays 12:30 - 1:30pm

Bingo begins at 12:30pm. **If you would like to come for senior dining at 11:30am and play Bingo afterward, please read the following article on Senior Dining.** Participants pay 5¢ for each card they play, which goes into a kitty that the winner of each game wins! Spend time with friends and have fun! **Please note:** if you are using COA van transportation, please let us know no later than **2 days before** whether you just need a ride to Bingo or 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 pre-register with 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, July 12 & Wednesday, August 9.** Please call the COA Outreach Office to enroll in the program at 508-896-2737.

### Medical Equipment Loans

Our medical shed is open Monday-Friday, **8:00am - 3:30pm** for equipment pick up. 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.** All borrowers must come

into the COA to sign a waiver form and pick up the key. 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.

### Outreach Notes



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

### 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!!

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



**[www.brewster-ma.gov](http://www.brewster-ma.gov)**

### 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.*

**Medicare Open Enrollment is October 15 - December 7!**

OK. We know you're still in summer-mode. But, did you know that the Open Enrollment period will be here before you know it? The COA has found that appointments book up quickly, so we encourage you to reserve your appointment now. We have a limited number of spots available for the Open Enrollment period. Our knowledgeable, certified counselors will be on hand to help you understand the costs, coverage and options available to you. Don't delay, call today: 508-896-2737

**Do you have Medicare Questions?**

Are you turning 65 and need to enroll soon? Do you understand your Medicare deadlines and options? Having trouble paying for medical expenses and prescription drugs?

Shine counselors can help! They offer free, unbiased and confidential counseling on all aspects of Medicare and related health insurance programs to Medicare beneficiaries of all ages and their caregivers. Call the COA to schedule your appointment today: 508-896-2737

**Friends of Brewster Seniors****Upcoming Friends Events**

- ◆ July 18 - Provincetown Whale Watching
- ◆ August 24 - Cape Cod Rail Tour
- ◆ September TBD - Lobster Roll Cruise
- ◆ September 24 - Crosby Mansion Social
- ◆ October 12 - Trip to MFA, Boston

**Join the Friends for A Whale Watch**

Leaving from Provincetown on July 18th!

Who doesn't love the chance to see these majestic creatures in their natural habitat right here on Cape Cod? We'll be purchasing reduced-price tickets and providing a bus so you don't have to deal with the traffic (one of those "changes"). Drinks and food are available for purchase on the cruise, so all you need to bring is yourself, some sunscreen, a hat and a jacket! Sign up forms will be available at the Sea Captains' Thrift, at our new "office" in the COA, and in the July 2023 newsletter, so save your money, but don't wait! Past experience shows that discounted tickets for a Whale Watch sell out fast! Want a form by email? Send your request for a registration form to [fobenewsletter@gmail.com](mailto:fobenewsletter@gmail.com).

**Summertime, and the Living is...Easy?**

You tell me...do you think life on the Cape is as good as it was when you first arrived here? There are lots of changes and lots of challenges and lots of new faces, but it's still a great place to retire and live!

One thing that makes it even better is when you volunteer your time and talent to one of the many Brewster non-profit organizations, including the Friends of Brewster Seniors. You'll develop a sense of purpose and fulfillment during your retirement years and you'll meet some of those new faces!

***The Bocce Court is Open and so are our Office Hours!***

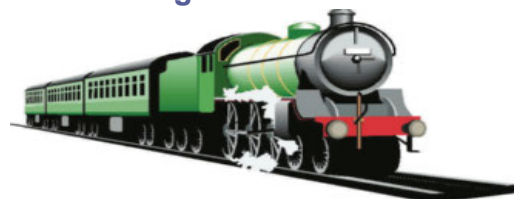
*Want to have a quick game of bocce? You can play anytime if you know where we keep the bocce sets! Want to know where? Just stop in at the COA during our "office hours," which are every 3rd Tuesday of each month, 9:30 - 11 AM or visit us at the Sea Captains' Thrift Shop (open M-S, 10AM-4 PM).*

*At our office hours, you'll get to chat one-on-one with members of the Board...and someone will tell you where the bocce sets are!*

**Ever Seen the Interior of the Cape While Enjoying a Nice Lunch with your Friends?**

The Friends of Brewster Seniors arranged a ride on the Cape Cod Rail train\*, August 24th. You'll enjoy a boxed lunch as you travel the rails from Hyannis to the Canal and back. Lunch includes a wrap (your choice), CC chips, cookie & bottled water. Other beverages are available for purchase. Sign up forms are available now at the Sea Captains' Thrift; at our new "office" in the COA; and in the July 2023 newsletter. Don't wait too long to decide which fun event...or just do both.

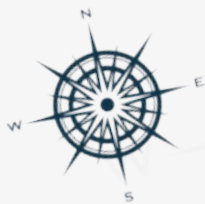
\*Transportation to the train station is included





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July 5 - 22

July 26 - August 12



**Jersey Boys**

The Story of Frankie Valli  
& The Four Seasons

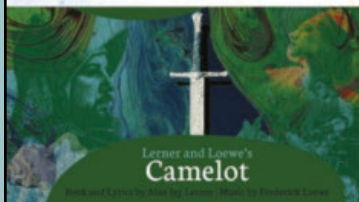


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August 30 - September 9

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**A Message from Lauren Forziati, RN, BSN  
VNA of Cape Cod - Public Health and Wellness**

*The following articles are parts 4 & 5 in the Know Your Numbers Series.*

**Know Your Numbers Series - Pain**

Medical providers are trained to assess your health, and one commonly used measurement of bodily function are vital signs. Vital signs include heart rate, blood pressure, respiratory rate, temperature and pain. Unlike other vital signs which are monitored with equipment, pain is a subjective interpretation defined as an unpleasant sensory and emotional experience associated with actual or perceived stimulus caused by illness or injury.

Every *body* experiences pain differently and at varying thresholds. It can be difficult for a medical professional to accurately assess pain since it is based on how someone else is feeling. It is important to be able to find the right words to describe your pain level when having discussions about pain management. Common adjectives used to describe pain include aching, sharp, shooting, dull, and cramping. Similarly, to heart rate, and blood pressure, pain levels can fluctuate and can change due to physical activity, stress, age, and medications. Medications can have a major impact, so it is important to understand the side effects of the medications you take, especially if you are on a medication that helps regulate pain.

Pain management can come in the form of both pharmacological and non-pharmacological methods. Non-pharmacological or alternatives to medications may include chiropractic services, massage, reiki, reflexology, yoga, meditation, or hot/cold application. Remember, making positive lifestyle choices like exercising regularly and following a healthy diet can create positive changes to your body. Every *body* is different, so speak with your healthcare provider about what is best for you and what you can do to improve your overall health.

**Know Your Numbers Series - Temperature**

Medical providers are trained to assess your health, and one commonly used measurement of bodily function are vital signs. Vital signs include heart rate, blood pressure, respiratory rate, temperature and pain. Temperature is a measure of how well your body can make and get rid of heat. The "normal" temperature range of an adult human body is between 97.8-99 degrees Fahrenheit and is regulated by a part of the brain called the hypothalamus. A person's body temperature can be taken by thermometer in any of the following ways: orally, rectally, axillary, by ear, and by skin. The body is very good at keeping its temperature within a safe range, in a state of balance or homeostasis, even when temperatures outside the body change a lot.

Body temperature is impacted by both external (climate) and internal (metabolic) factors. Readings may be abnormal for a number of reasons including certain illnesses, age, medications, heavy exercise, and prolonged exposure to inclement weather. Elevated temperature (hyperthermia), commonly known as a fever is a reading of 100.4 degrees Fahrenheit or higher and is often the result of infection, while reduced temperature is a reading of 95 degrees Fahrenheit or below is called hypothermia, which is a dangerous condition that can be life-threatening. If your body temperature is running too warm or too cold, it reduces the efficiency of your other vital organs to work optimally.

**Senior Shellfish License news**

At the January 9, 2023, Select Board meeting, existing Senior Shellfish Permits were grandfathered through December 31, 2023. For this year, existing Senior Shellfish Permit holders and existing Senior Veteran Shellfish Permit holders will need to reapply at the Council on Aging, at no cost for calendar year 2023. Please bring your current Senior Permit with you. All **new** 70+ permit applicants, including veterans over age 70, will pay an annual \$15 fee effective calendar 2023. Please bring your current driver's license or ID. One permit per household. Senior Licenses are available at the Brewster COA, Monday - Friday, 8am - 4pm.

**'Bayside Chatter' Online**

The 'Bayside Chatter' is published bi-monthly and is available online. It can be found at:  
<https://www.brewster-ma.gov/council-aging-and-council-aging-board/pages/newsletters>

**Receive the 'Bayside Chatter' via Email**

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](mailto:coanewsletter@brewster-ma.gov). In the subject line, please put 'email newsletter'.

If the email address you'd like us to use is different from the one that we received it from, please give us the new address. We will then remove your name from our paper mailing list, and add it to the email version.



**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

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](mailto: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.**

**CAREGIVER SUPPORT GROUP:** 1st Thursday of the month ~

**10:00 - 11:30am, Brewster Ladies Library.** Support for Caregivers provided by facilitators from Elder Services Family Caregiver program.

**For more info and/or to register, call Laura Cheesman of Elder Services at 508-394-4630 X451.**

**CRAFTS WITH LUCILLE:** 3rd Mondays ~ 10:00 - 11:00am Enjoy a fun hour of easy crafting while making new friends. Materials and assistance provided. **FREE.** Pre-registration required. **Call 508-896-2737.**

**DENTAL HYGIENE SERVICE:** 4th Wednesday of every other month ~ 9:00am - 3:00pm. Mobile Dental Hygiene Service offers friendly, convenient and affordable preventative oral health care at the COA! To make an appointment, **call Mobile Dental Hygiene Svc. at 508-827-6725 or visit their website at [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com)**

**Next appointments will be held on Wednesday, July 26.**

**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](mailto:cdoutrich@ycp.edu)**

**KNIT & CROCHET:** Wednesdays ~ 10:00am to 12:00noon

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

**LEGAL HELP:** 2:30 - 3:30pm 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](mailto:drcarolmarcy@gmail.com).**

**WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:**

**QUILTERS:** Wednesdays ~ 1:00 - 2:30pm The Brewster Baysters

Quilting Group invites you to join them! Beginners to advanced levels welcome. Enjoy ideas, advice and camaraderie of other quilters. Drop in.

**OUTREACH ASSISTANCE:** Outreach Coordinators answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc.

**Call 508-896-2737 to make an appointment.**  
**PEDICURE:** 1st Friday of the month (unless otherwise noted on page 9) ~ 9:00am - 2:30pm **By appointment only.** ½ hour appointments with Autumn Knight, RN/Certified Foot Care Nurse/Specialist - **\$40.00**  
**Call 508-896-2737.**

**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+.

**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](mailto: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 October to May  
**This program is currently not available until fall.**

**TAI CHI - INTERMEDIATE:** Mondays & Thursdays ~ 11:15am - 12:15pm. \$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](mailto:capecodtaichisociety@gmail.com) or call 607-227-0509.**

**TAI CHI - ADVANCED:** Mondays & Thursdays ~ 10:00 - 11:00am. \$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](mailto: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 our Program Coordinator, Annie Rapaport, at the COA at 508-896-2737.**

**W.O.W.: (Wonderful Older Women):** Tuesdays ~ 9:30 - 11:00am  
This friendly group of women review current events, talk about movies & books, give each other support & enjoy conversation. Stop by!

**YOGA:**

**Please see pages 2 & 3 of this newsletter for the summer course schedule.**



### **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](http://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 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. 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 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.**

OR CURRENT RESIDENT

Std. Mail  
US Postage  
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Permit #100  
Orleans, MA  
02653

TOWN OF BREWSTER - COA  
1673 MAIN STREET  
BREWSTER, MA 02631