



BREWSTER COUNCIL ON AGING

BAYSIDE CHATTER



1673 Main Street, Brewster, MA 02631 • (508) 896-2737 • Fax (508) 896-7587

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

Elton Cutler, Director Andrea Nevins, COA Board Co-Chair Sharon Tennstedt, COA Board Co-Chair

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.



Announcing Our New Director

Please welcome our new COA Director, Elton R. Cutler. Elton has over 8 years of experience with the Town of Truro where he served in several positions at

the Truro COA including, most recently, as the Outreach & Resource Coordinator. Elton continues to be a strong advocate in our Brewster community by positively supporting seniors and providing them with up-to-date assistance, information, and referrals for local, state, and federal programs. The Brewster COA is very happy to welcome him to our team!

Rides to Town Meeting

A special Town Meeting will be held on Monday, March 6 at 6:00pm at the Stony Brook School, 384 Underpass Road.

The Brewster COA will be providing rides. Please give us a call at 508-896-2737 no later than Friday, March 3 to reserve your ride.

The Annual Special Town Meeting will be held on Monday, May 1 at 6:00pm at the Stony Brook School, 384 Underpass Road. The Brewster COA will also be providing rides to this meeting. For the May town meeting, please give us a call at 508-896-2737 to reserve your ride.



You are invited to meet our new Director!

Tuesday, March 7 2:00 – 3:00pm
Brewster COA, 1673 Main St.

Come say hello to Elton and enjoy some light refreshments. Everyone is welcome!

The Brewster COA will be closed on Monday, April 17 in honor of Patriots Day. Enjoy the holiday!



Income Tax Preparation with AARP



Wednesdays until April 12
Brewster Town Hall, 2198 Main Street

Income Tax season is here! Make it easy on yourself and call the Brewster COA soon at 508-896-2737 to schedule an appointment with a knowledgeable tax representative from AARP. Appointments are available on Wednesdays through April 12 on a first come, first served basis and will be held at the Brewster Town Hall. The representatives will make the job of filing your taxes much easier! ***Although the program is free, donations to the Brewster COA are appreciated!

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

A Celtic Celebration



Friday, March 10 1:30 – 3:30pm
Brewster COA, 1673 Main St. Tickets: \$5

Come celebrate the impending arrival of spring and St. Patrick's Day with a performance by singer/storyteller Davis Bates. Fun for the whole family, Davis is a Parents' Choice award winning performer. Davis will share traditional songs and tales from Ireland, Scotland & Wales, as well as sea songs & chanteys, ghost stories and family tales. Get ready for a fun filled interactive experience from a variety of cultural traditions! Tickets are \$5 and available now at the COA but must be purchased prior to event. Seating is limited so don't wait!



For more St. Patrick's Day fun, check out what The Friends are up to on page 12!



A Timely Reminder:

Daylight Savings Time begins on Sunday, March 12. Remember to set all clocks forward one hour, and remember to check the batteries in your smoke detector(s) too. Spring officially begins on Monday, March 20!



All activities take place at the Brewster COA, 1673 Main Street, unless otherwise noted.

Poetry Reading Friday, March 3 4:00 – 5:15pm

Please join us for a late afternoon reading of delightful poetry by four poets: Maria Silverman, Ivy Greenstein, Gail Smith and Carol Marcy. Afterward there will be a short period of time for feedback and questions. This group has been meeting together weekly for over two years, during which time they have worked to deepen both writing and presentation skills. Come listen to what lies within their hearts and be inspired to perhaps view life a little differently through the lens of their spirits. Please call the COA at 508-896-2737 to reserve your seat.

Writing for Fun and Thoughtful Inner Expression

5 week course:

Tuesdays, 10:30am – 12:00pm, March 7 – April 4

Please join Carol Marcy for a 5 week writing course. Writing, whether journaling or poetry, can open avenues of expression that become an invaluable tool for discovering what lies hidden in your heart. Giving words to your memories, experiences or imagination helps to find clarity, understanding and insight, often leading to inner balance and peace. During each class there will be a brief guided meditation to shift awareness to an inner focus. The class will be a mixture of prompts, writing and sharing. Space is limited. Please call the COA at 508-896-2737 to register.

Office Hours with Representative Christopher Flanagan

Friday, March 10, 1 – 3:00pm & Friday, April 7 10am - 12pm

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



Breakfast at the Keltic Kitchen

Friday, March 17 9:00 – 11:00am-ish

Let's celebrate St. Patrick's Day by going to the Keltic Kitchen for breakfast! Savory or sweet, they will have it! **Please visit their website at www.keltickitchen.com to view their menu and plan accordingly.** To sign up, please call the COA at 508-896-2737. Space is limited, so don't wait!



Nutrition Presentation

Wednesday, March 22, 1:30 – 2:30

Join us for a presentation on nutrition by the Visiting Nurses Association. More details to come. **Please call the VNA directly at 508-957-7423 if interested in attending.**



Beginner Line Dancing

**6 months: Mondays starting April 3. 12:30 – 1:30pm
No class April 17 (Patriots Day)**

\$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 so please mark your calendar for the start date of April 3rd. Class taught by Karen Shackleford of Cape Sands Ballroom. To pre-register, please contact Karen directly at CapeSandsBallroom@gmail.com

Know Your Sewing Machine

**4 week series: Tuesdays, 10:30am – 12:00pm, April 4 – April 25
\$65 for series, paid to instructor at first class.**

Come create and have fun with lifelong crafter Dottie Day Higgins for a basic sewing, refresh your skills class. Open to new and returning students, appropriate for both beginner and intermediate levels. A syllabus will be handed out the first class. ****Participants must bring to class a working sewing machine, along with the following: extra machine needle, thread, full bobbins, scissors, measuring tape, pins or clips AND your enthusiasm!** Instructor will provide needed materials for each project. Space is limited to 8. Please call the COA at 508-3896-2737 to pre-register.



Caregiver Support Group

**Thursdays, 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 x 451.**



'The House We Lived In' Film Screening

**Wednesday, March 15, 1:00 - 3:00pm
Brewster Ladies Library, 1822 Main St.**

Please join the Brewster Council on Aging and the Brewster Ladies Library, with support from the Harwich Cultural Council, as we present a special film screening of 'The House We Lived In', a documentary which follows a young filmmaker confronting family and memory as he chronicles his father's journey following a traumatic brain injury in Boston. The filmmaker sees the film as a tool to engage communities in conversation around the impact of brain injury on survivors and families, while raising awareness about falls prevention, mental health, and recovery. After the screening there will be a live but remote talkback session with subject Tod O'Donnell and filmmaker Tim O'Donnell, who is an Emmy-nominated and award-winning documentary filmmaker. His work has appeared on ESPN, NBC, PBS, and at the Sundance Film Festival. The screening will be at the Brewster Ladies Library. **To register please call the library at 508-896-3913 or signup online at www.brewsterladieslibrary.com by going to the events calendar under the Library info tab.**

Beginner Mah Jongg

5 week series: Wednesdays, April 5 – May 3, 9:00 – 11:00am
Cost includes: \$10 for Mah Jongg card and \$65 for 5 week session

Come 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. Anne will be teaching the fundamentals of Mah Jongg in **five 2-hour sessions**. Printed materials will be available to help you learn and enjoy the game. Advanced registration is required, and space is limited. To pre-register, please call the COA at 508-896-2737, no later than **Monday, April 3rd**. Fees to be paid to Anne at first class.



History of Iconic Wildlife Species

Wednesday, April 5, 1:00 – 2:00pm

Have you ever wondered how some of our most common and not so common wildlife got to Cape Cod? Join Stephanie Ellis, Executive Director of Wild Care, Inc., a wildlife rehabilitation hospital located in Eastham, as she talks about Bald Eagles and Osprey and their miraculous return and resurgence to Cape Cod after population declines. She will also discuss the introduction of Eastern Cottontails and the expansion of the (Eastern) Coyote in Massachusetts. Please call the COA at 508-896-2737 to reserve your seat.



Watercolors with Jennifer Stratton

6 week series: Thursdays, 9:30 – 11:00am, April 6 – May 18, No class Thursday, April 20th
\$90 for series, paid to instructor at first class.
Materials included.



Join Jennifer Stratton, artist, musician, and expressive/creative arts educator for a 6 week series. Participants will learn some of the basic techniques in using watercolors as well as do a variety of exercises that will demonstrate the many magical ways to use this medium. This class is for people with no experience and for those with lots of experience – returning students welcome. Come join the fun! Materials will be supplied. Pre-registration is required. Please call the COA at 508-896-2737 by April 5th.

Chronic Disease Self-Management Program

6 week series: Fridays, April 7 – May 12, 9:00 – 11:30am

Join Meg Payne Director of Public Health and Wellness for the VNA and Co-chair of Healthy Living Cape Cod for an educational program on chronic disease self-management. Developed by Stanford University, the goal of this program is to provide information and tools around living with chronic diseases, building confidence to live an active lifestyle while managing your health conditions. Examples of chronic diseases include hypertension, arthritis, heart disease, stroke, lung disease, and diabetes.

Classes will be held at the COA, but please call the VNA at 508-957-7423 for more information and to register.

Mass Air & Space Museum and Lunch at Hearth n' Kettle

Friday, April 7, 10:00am – 2pm-ish
Admission \$10

Join us, as we visit the Massachusetts Air & Space Museum in Hyannis. Learn more about the history of aviation and space exploration and its ties to Massachusetts people and industry. There are also several hands-on interactive exhibits to engage visitors to simulate flight. Afterward, we will have lunch at Hearth n' Kettle. Please visit their website at www.hearthnkettle.com to view their menu, so you can plan accordingly. **Both the Mass Air & Space Museum and Hearth n' Kettle are ADA accessible, BUT an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues.** Space is limited. To sign up, please call the COA at 508-896-2737.

If I Live to be 100

Homes for a Lifetime Planning Series

Brewster Ladies Library, 1822 Main St.

Please join us for a series of 3 seminars on aging and housing on the Cape. Whether your goal is to age in place, or you wish to move to assisted living or a continuing care retirement community, this series examines 4 junctures at which decisions about housing may be needed and provides information and resources for making wise and informed decisions for the best housing solutions. To register for each seminar, please call the COA at 508-896-2737.

Tuesday, April 11, 2:00 – 4:00pm:

Home Safety & Modification – Creating a Better Home for Aging -in-Place

Evaluate your home and learn from a Certified Aging in Place Specialist a number of free and affordable ways to make the home safe and aging-ready. Unsuitable housing can lead to social isolation and force moves into more supportive housing even when it's not necessary.

Save the dates for:

Tuesday, May 9, 2:00 – 4:00pm: Help at Home

Tuesday, June 13, 2:00—4:00pm: A Home Away from Home & Long Term Care

More information to follow on these 2 seminars in the May/June Newsletter



Walking Club

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

Starting April 9th, the Walking Club is back! Join us on Thursdays for an hour-long scenic walk. Enjoy comradery and exercise! Call Annie at the COA at 508-896-2737 for information and to join.

Wild Care and the Hot Chocolate Sparrow**Friday, April 21****Time to be announced**

Join us as we visit Wild Care, a wildlife rehabilitation hospital in Eastham, whose mission is to treat injured, ill, and orphaned native wildlife, to ready them for release and to prevent wildlife casualties through public education and live counseling, and to engage the community in conservation through volunteerism. Afterward we will stop off at the Hot Chocolate Sparrow before heading back. Space is limited. To sign up, please call the COA at 508-896-2737.

Genealogy Workshop**Wednesday, April 26, 1:30 – 3:00pm**

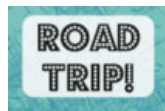
Searching your family history? If you are doing any work with genealogy, you will want to attend this special workshop on methods for genealogists. Facilitated by David Martin of the Cape Cod Genealogical Society, topics will include how to get started in genealogy and where to find resources that you might not have thought about.

For more information regarding topics, you can contact David at davidmartindr@aol.com or call 508-527-0460.

To register for this program, please call the COA 508-896-2737.

**Bookworm Book Club****4th Friday of the month:****Starts Friday, April 28 and continues thereafter
Brewster Ladies Library, 1822 Main St.****11:00am – 12:00pm**

In honor of National Library Week, we are starting our very own book club! It will meet the fourth Friday of each month at the Brewster Ladies Library. Led by avid reader, Patrice Thornberg, this book club will be a little 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.

Art in Bloom!**Friday, April 28, 8:30 – 3:30/4ish****Admission: \$27**

The Museum of Fine Arts, ever popular exhibit 'Art in Bloom' is back. Each year, the MFA invites garden clubs from around Massachusetts to interpret an object of art in a floral arrangement. You won't want to miss these beautiful interpretive floral arrangements. Afterward, have lunch in one of the eateries in the Museum. **Please visit <https://www.mfa.org/visit/dining>, where there are sample menus, so you can plan accordingly.**

The MFA is ADA accessible, BUT an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues. Space is limited. Please call the COA at 508-896-2737 to reserve your seat.

SAVE THESE DATES for MAY:

The annual Ice Cream Social, part of Brewster in Bloom, will be back on Friday, May 5th! More details to follow!

Senior Striders at First Light Beach**Saturdays from 9 - 11am****May 6th, 13, 20th & 27th****FREE**

Come use the driveway at First Light Beach to get some exercise. Track your mileage, socialize with others, and take in the beautiful view of the beach! Someone will be there each week to open the gate. You will need to park in front of the white administrative building. Questions? Contact the Recreation Department at 508-896-9430.

ONGOING PROGRAMS**Knitting/Crocheting****Wednesdays****10:00am to 12noon**

Welcome all knitters and crocheters! We have an informal knitting/crocheting circle at the COA. All levels are welcome with assistance available to any beginners interested in joining. 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: Monday, March 27 &
Monday, April 24 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 Friday 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: March 20 and April 24****10:00 - 11:00am**

Come join Lucille, usually on the third Monday of each month 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!

Games and Coffee**Fridays****1:30 – 3:30pm**

Calling all board gamers and card players! Come have some fun with friends and meet new people for some rummikub, canasta, scrabble, mah jongg, or whatever your game vice is! We have plenty of decks of cards but are limited in board games, so please call ahead to see what we have and feel free to bring your own as well! To sign up and get more information, please call Annie at the COA at 508-896-2737.

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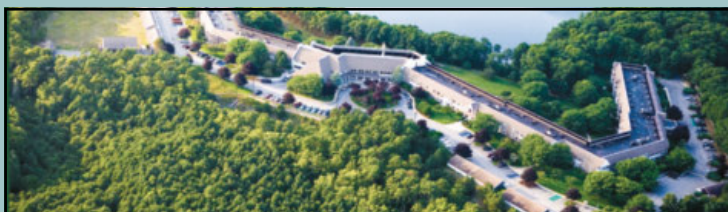
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<div>Senior Happenings</div> <div>MARCH</div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	2 10:00am Caregiver Support Group at BLL 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	3 9:00am Pedicure 10:00am Swimming at Brewster Green 11:00am Strong at Heart 1:30pm Games & Coffee 4:00pm <i>Poetry Reading</i>
6 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 6:00pm <i>Special Town Meeting</i>	7 9:00am Qi Gong 9:30am W.O.W. 10:30am Writing Class 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm <i>Meet our new Director</i> 2:30pm Bit of Bliss Yoga	8 9:00am Computer Help 10:00am Knit/Crochet 11:00am <i>Healthy Meals in Motion (COA)</i> 11:30am Sight Loss/BLL 1:00pm Quilters	9 10:00am Caregiver Support Group at 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	10 10:00am Swimming at Brewster Green 1:00pm Office hours with Rep. Flanagan 1:30pm Games & Coffee 1:30pm  <i>A Celtic Celebration</i>
13 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi	14 9:00am Qi Gong 9:30am W.O.W. 10:30am Writing Class 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	15 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:00pm <i>Film Screening: 'The House We Lived In' at BLL</i>	16 8:00am Pet Nail Trim 9:00am Hearing Screenings 10:00am Caregiver Support Group at 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	17  9:00am <i>Trip: Breakfast at Keltic Kitchen</i> 10:00am Swimming at Brewster Green 1:30pm Games & Coffee <i>Happy St. Patrick's Day!</i>
20 10:00am <i>Crafts with Lucille</i> 10:00am Adv. Tai Chi 11:15am Int. Tai Chi	21 9:00am Qi Gong 9:30am W.O.W. 10:30am Writing Class 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	22 9:00am <i>Mobile Dental</i> 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm <i>Nutrition Presentation</i>	23 10:00am Caregiver Support Group at 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	24 10:00am Swimming at Brewster Green 1:30pm Games & Coffee
27 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 2:30pm <i>Hearts & Paws</i>	28 9:00am Qi Gong 9:30am W.O.W. 10:30am Writing Class 1:00pm Keep Movin'! 11:30am Senior Dining 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	29 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	30 10:00am Caregiver Support Group at 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	31 10:00am Swimming at Brewster Green 1:30pm Games & Coffee

Senior Happenings

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	4 9:00am Qi Gong 9:30am W.O.W. 10:30am Writing Class 10:30am Sewing Class 11:30am Senior Dining 1:00pm Keep Movin' 2:30pm Bit of Bliss Yoga	5 9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:00pm History of Iconic Wildlife Species	6 9:00am Walking Club 9:30am Watercolors 10:00am Caregiver Support Group at 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	7 9:00am Pedicure 9:00am Chronic Disease Self Mgmt. 10:00am Swimming at Brewster Green 10:00am Office Hours with Rep. Flanagan 10:00am Trip: Mass Air & Space Museum 1:30pm Games & Coffee
10 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	11 9:00am Qi Gong 9:30am W.O.W. 10:30am Sewing Class 11:30am Senior Dining 1:00pm Keep Movin' 2:00pm 'Home Safety & Modification'/BLL 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	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	13 9:00am Walking Club 9:30am Watercolors 10:00am Caregiver Support Group at 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	14 9:00am Chronic Disease Self Mgmt. 10:00am Swimming at Brewster Green 1:30pm Games & Coffee
17  The COA is closed	18 9:00am Qi Gong 9:30am W.O.W. 10:30am Sewing Class 11:30am Senior Dining 1:00pm Keep Movin' 2:30pm Bit of Bliss Yoga	19 9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	20 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Hearing Scrngs 9:30am Watercolors 10:00am Caregiver Support Group at 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	21 9:00am Chronic Disease Self Mgmt. 10:00am Swimming at Brewster Green 1:30pm Games & Coffee Trip, time TBA: Wildcare & Hot Chocolate Sparrow
24 10:00am BP & Glucose Testing 10:00am Crafts with Lucille 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 2:30pm Hearts & Paws	25 9:00am Qi Gong 9:30am W.O.W. 10:30am Sewing Class 11:30am Senior Dining 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga 2:30pm Legal Help	26 9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Genealogy Workshop	27 9:00am Walking Club 9:30am Watercolors 10:00am Caregiver Support Group at 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	28 8:30am Art in Bloom Trip 9:00am Chronic Disease Self Mgmt. 10:00am Swimming at Brewster Green 11:00am Bookworm Book Club at BLL 1:30pm Games & Coffee



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Pedicure

Friday, March 3 & Friday, April 7
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, 20-minute appointments are available from 9am 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:
March 13 and 27 & April 10 and 24
10:00 - 11:00am First come, first served

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

Hearing Screenings



Thursday, March 16 & Thursday, April 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 30 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 will occur the 4th Tuesday of every other month at the Brewster COA.. **Next appointments are on Tuesday, April 25.** Please contact the COA at 508-896-2737 to schedule your appointment.

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

Pet Nail Trimming



Thursday, March 16 & Thursday, April 20
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.**

Quilters



Wednesdays 1:00 - 3:00pm

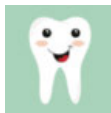
The Brewster Baysters Quilting Group meets Wednesday afternoons throughout the month and we invite you to join us. We welcome beginners to advanced levels of quilters and love to share ideas and free advice. Bring your Quilting inspiration, enthusiasm, some handwork and don't forget your Show and Tell! Join our lively group for lots of laughs and good conversation about quilting and other topics.

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

Tuesdays: March 14 and 28 & April 11 and 25
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, March 22 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 Bayside Chatter' Online:

The 'Brewster Bayside Chatter' is available online each month and can be found at: **<https://www.brewster-ma.gov/council-on-aging>** Scroll down to where it reads: 'our newsletters are available online' and click on the link!

The following 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 will 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 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 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. We look forward to meeting you!

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

Bit of Bliss Yoga Classes

Tuesdays 2:30 – 3:30pm
\$10/class or 5 classes for \$45

Join our instructor Janet Bettey, E-RYT, and experience a balance of movement and stillness as you nurture your body, mind and soul. These gentle yoga classes take a holistic approach to stretch and strengthen the body gradually, enhancing your body's ability to move and empowering you both physically and mentally. This class is for anyone from beginners to experienced practitioners looking for a nourishing experience to restore vitality and find peace within. Participants bring their own yoga mat. Space is limited.

Reserve your spot at www.bitofblissyogaofcapecod.com or call 978-500-2390.

Keep Movin'

Tuesdays and Thursdays

March 2 to April 27

1:00 - 2:00pm Cost: See below

This program is primarily strength-training for seniors. The classes are friendly, and a fun way to relieve arthritis symptoms while learning important strengthening exercises. Classes help to build strength, coordination and balance each week by using hand and leg weights, balls and bands.

Class fee will be discussed upon registration. Please email our instructor, Cindy Doutrich, at cdoutrich@ycp.edu to register.

Meditation Class

Thursdays 10:00 – 11:00am

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

Please contact our instructor at drcarolmarcy@gmail.com to register.



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



Computer Help

Wednesdays
9:00 - 11:00am

Do you need help using your computer? We have one-on-one, one hour sessions available to help you feel more confident in your computer skills. Sessions are **FREE!**

Our knowledgeable and dedicated volunteer instructor, Del Borah, is here to help you on Wednesday mornings. For all appointments, call the COA at 508-896-2737.

Brewster Men's Coffee Club (BMCC)

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

The Brewster Men's Coffee Club meets on Thursday afternoons throughout the month. Why not come in out of the cold and 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.



Bingo!

Thursdays 12:30pm – 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 the day 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 Elder Services at 508-394-4630.** On Thursdays, come hear beautiful live piano music provided by our wonderful volunteer pianist during lunch. Transportation can be arranged. Just call the COA at 508-896-2737 to book your ride. Rides to/from lunch are FREE! The Senior Dining program is sponsored by Elder Services of Cape Cod and the Islands.

Meals on Wheels



Meals on Wheels delivers meals to people age 60 and over who are unable to prepare their own meals. For more information call Elder Services, Information and Referral at 508-394-4630 or 1-800-244-4630.

If you are already a client and need to reach our Nutrition Site, please call 508-896-5070.



Healthy Meals in Motion

This popular program serves all eligible Brewster seniors, providing groceries, fresh produce and paper products each month. Preorder from a wide selection of food items and your order will be ready for pickup at the Brewster COA parking lot (behind the building) between **11:00am and 12:00pm**. Brewster's date is **always** the second Wednesday of each month, so the next dates will be **Wednesday, March 8 and Wednesday, April 12**. 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, 8am - 4pm, 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**. 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.

FY23 Elderly Real Estate Tax Exemptions

Just a reminder that if you have previously received or have requested information about Elderly Real Estate Tax Exemptions with the Assessor's Department, you **MUST** make an appointment with the Council on Aging by calling 508-896-2737. We will review the required documents and assist you in completing the application. Applications will continue to be accepted until April 1, 2023.

Outreach Notes



Outreach is available for help with a variety of subjects: 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 'swipe in' each time you visit the COA for a program, 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!!

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're Friends by Any Name!

Whew! A lot of volunteer work was put into getting notices and returnable ballots into the mail and via email to the 2023 current membership, yet as of now, we can't tell you whether we've approved new bylaws or even if our name is still the same. You might recall reading that after months of consideration, the Board recommended these changes as the best path forward for the organization. We sure hope our members agreed!

Regardless of the outcome, the Friends are still the same. We want to get back to offering Brewster's seniors trips to concerts and plays and Bay cruises. We want to send folks off to casinos, art museums, historical and geologically important places. We want to offer both low and high impact sporting opportunities. We want to continue to support folks in financial need and provide funds or equipment to the COA (like the new fridge we just provided). We want our thrift shop to continue to be one of the best on the Cape!

We want and need YOU to join our group so that we, too, can meet some new people while discovering new places and activities and volunteer opportunities.

Do you have ideas of other projects we could/should be working on? We'd like to build our repertoire in order to engage YOU and more of Brewster's seniors. Call me anytime at 508-385-2881! And best wishes for St. Patrick's Day and Easter and Passover and Spring!

Marilyn Dearborn, President, and the Board of Directors



Beat the Rowdy Crowds!

Celebrate St. Patrick's Day with your Friends

Noon on March 16, 2023, 400 East Restaurant, Route 137, E. Harwich

B'gosh an' begorrah, sure enough the food and entertainment will be fantastic, served in a pub atmosphere! In addition to the traditional corned beef and cabbage, we'll have a delectable fish entree as well as veggies, salad, dessert & coffee/tea! There's Irish entertainment, too! You won't need to spend much green (unless you're partaking of an Irish beverage) but you should be wearin' some! Reserve your place now!

Name _____

Name _____

Email _____ (for purchase confirmation)

Event Day Phone # ____ (____) _____ (in case of bad weather)

member tickets @ \$30 _____ + # non-member tickets @ \$40 _____ = Total Enclosed \$ _____

**Please mail this form and your check to: FOBE, PO Box 2310, Brewster, MA 02631
or drop it off at Sea Captains' Thrift Shop, 66 Harwich Road, Thursday - Saturday.
*Reservations must be paid for and received by March 4, 2023***

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.

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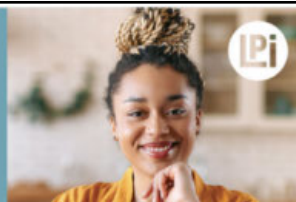
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A Message from Nikki Courtney, Exercise Physiologist & Activities Specialist VNA of Cape Cod - Public Health and Wellness

Know Your Numbers: Heart Rate

Medical providers are trained to assess your health. A commonly used measurement of bodily function are vital signs. One of these vital signs is heart rate which measures the number of times the heart beats over a certain time. Heart rate is typically measured in beats per minute (or bpm). But what is the “normal” range for heart rate?

There are many factors that contribute to how fast or slow your heart is beating including physical activity levels, diet, age, stress, hydration level, and medications. Though our heart rate varies based partially on the aforementioned variables, a typical resting heart rate for an adult is 60 to 100 bpm. During exercise or times of high stress, heart rate can increase. Similarly, medications like beta blockers and other cardiac interventions such as a pacemaker can lower your heartrate.

Remember, making positive lifestyle choices like exercising regularly and following a healthy diet can create positive changes to your body. Medications can have an impact, so it is important to understand the side effects of the medications you take. Every *body* is different, so speak with your healthcare provider about what range is best for you and what you can do to improve your overall health.

Senior Fitness Hour

“Senior Fitness Hour” is found on Channel 99 of Lower Cape Community Access TV for older adults in the communities of Brewster, Orleans, Eastham, Wellfleet, and Truro. It is the result of a collaborative effort between Lower Cape TV and the Councils on Aging in these communities. Every weekday there will be fitness classes featuring instructors from various senior centers. From 10:00 - 10:30am, there will be regular senior fitness classes, and from 10:30 - 11:00am there will be chair fitness classes. See below for the schedule:

10-10:30am: Regular Senior Fitness

M	Frank's Funky Fitness
Tue, Th	Morning Fitness with Becky
W	Fitness with Melissa
F	Gentle Yoga with Debra



10:30-11am: Chair Fitness

M,W,F	Life Exercises with Janet
Tue	Chair Fitness with Melissa
Th	Sit Fitness with Becky

Receive the 'Bayside Chatter' by 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. 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 virtual version.

A Message from the Massachusetts RMV: REAL ID deadline extended until May 7, 2025

REAL ID Credentials won't be needed until 2025 to fly domestically or enter some Federal facilities. The U.S. Department of Homeland Security has extended REAL ID full enforcement date to May 7, 2025.

Sightings from the Poop Deck



“The Passaic High School boys’ basketball team, known as the “Wonder Team,” holds a 159 game winning streak that ran from December 17, 1919 to February 6, 1925.”

It was built in 1910 and we attended in 1952 and graduated in 1954. By today’s standards it should have been torn down long before we got there, but it still stands proudly today, not as the high school, but a school nevertheless. Across the street stood the annex, built in 1867. We walked across Lafayette Avenue, rain or shine, in my case to attend a biology class with Ms. Stafford, where we dissected frogs and listened to the girls squeal. On a rainy day you had to bring your umbrella inside, since the roof leaked. Yes, the building is now gone although it probably should have been saved. Neither the students nor the teachers complained and those teachers were a hearty bunch who took no prisoners, many from New England, and were there to teach and you to learn. Who can forget the day Billy Gaer put a thumbtack on Ms. Stafford’s chair while we held our collective breath when she sat down - and nothing happened!

Not being an outstanding student I am now reading the classics I should have read back then so, Ms Cunningham, if you are watching you would be proud. Ms. Cunningham was known as “C+ Cunningham” because no matter how smart you were, or how hard you worked, you always wound up with a C+.....except for me. I never made it!

Our PHS Class of 1954 was, and still is, a class that we were always proud to be a part of. Our class reunions began in 1959 and continued every five years until 2019 when we had to settle for a luncheon. Our canes and wheelchairs dictated that it was now too difficult to travel, so now if you happen to live close to a few classmates, you settle for a get-together for lunch and some idle talk of “old times,” but probably dominated with some chatter of your last doctor’s visit, which was probably earlier that day.

We no longer think of ourselves as invincible, but we are still able to think, and drink...maybe we’re on to something. I texted Harry G. one of my classmates the other day.

Harry has been our class go-to-guy and has been mainly responsible for arranging all of our reunions. I was inquiring about our class size and how many of us were praying for just one more day - everyday! The 1954 graduating class had 332 graduates, 158 still accounted for (Joan & I included) but we have 40 missing that we have lost track of. I dread Harry’s occasional emails that begin with the Subject Line, “Sad News” to which my reply will always be, Ave Atque Vale, Hail and Farewell. I miss my classmates!

Peter R. Scheffer (“Life is Good!”) - Passaic’s “Wonder Team” could have beaten the Celtics!

P.S. My homeroom was on the first floor on the left, Ms. McCann. I can still hear the Pledge of Allegiance being recited and the Bible, King James’ Version being read, to begin each day.

poop deck, n., a deck above a ship’s main afterdeck

Senior Swim at Brewster Green!



We continue to be grateful to the new management team at Brewster Green for allowing our seniors to participate in Senior Swim every Friday from 10:00am to 12:00noon. There is a requested donation of \$1.00 per swim, payable to the COA and collected through an honor system (stop by once a month to pay).

To be eligible to swim, you must be a **Brewster resident** 60+ and come to the Brewster COA to pick up a waiver and regulation form along with a medical release form. You will receive a list of the resort’s rules at that time. It is very important that all participants adhere to Brewster Green’s rules to make it a positive experience for all.

In addition, the resort reserves the right to cancel Senior Swim during holiday periods when their paying guests are in town, such as Thanksgiving Week, Christmas Week and New Year’s Week, and other holiday weeks as needed. Happy Swimming!

Please note:

If the COA is closed on a Friday due to a holiday or weather event, there will be no swimming that day.



Are you interested in a Men’s Bridge Group?

If so, please contact Annie at 508-896-2737.

BHT - BOSTON HOSPITAL TRANSPORTATION

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

MONDAY thru THURSDAY SCHEDULE

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

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

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

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

Please visit the website for more information:

www.capecodrta.org

TRANSPORTATION INFORMATION All riders must be 60+



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.** There is a 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. **NOTE** - This service is **not** available to residents of assisted living facilities.

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.**

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