

BREWSTER COUNCIL on AGING

BAYSIDE CHATTER

May/June 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

MAY is
OLDER AMERICANS MONTH!
Let's celebrate!

What's Ahead for Social Security

Wednesday, May 31 4:00pm
Crosby Mansion, 163 Crosby Lane

Listening to the news might raise questions for you about the future of Social Security. We have the privilege to hear from Robert Blancato, a well known expert in aging policy in Washington, DC and part-time Brewster resident. We will hear about the Social Security Trust Fund, how it is funded, and whether there is any truth to the statements that it will run out of money in 10 years. Forty years ago, Social Security was almost insolvent and was reformed when President Reagan signed the Social Security Reform Bill. It is once again a policy and political issue. Mr. Blancato will review the difficult 1983 Reform Bill and discuss what might be done to strengthen the program for the future. This program will be of interest to those now receiving Social Security benefits as well as those approaching retirement. We invite you to join us for this special program and reception as we celebrate Older Americans Month. Seating is limited, so please call the COA to reserve your spot at 508-896-2737, by Monday, May 22.

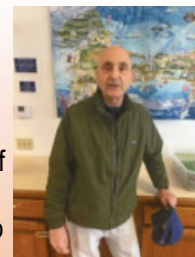
Rides to Town Meeting

The Annual Spring Town Meeting will be held on Monday, May 1 at 6:00pm at the Stony Brook School, 384 Underpass Road. The Brewster COA will be providing round-trip rides to this meeting. Give us a call at 508-896-2737 to reserve your ride no later than noon on Wednesday, April 26.



The Brewster COA will be closed on Monday, May 29
in honor of Memorial Day.
We will also be closed on Monday, June 19
in honor of Juneteenth.

Congratulations to Ralph Marotti, **our 2023 COA Volunteer of** **the Year!**



The COA is pleased to announce our Volunteer of the Year for 2023 is Ralph Marotti! Ralph is a familiar face in our building, always showing up no matter the weather to deliver meals to our senior community who are homebound and/or can no longer cook for themselves. Ralph began with the Meals on Wheels program in 2006, first with Dennis and then transitioning to Brewster. He has been volunteering on the Cape ever since he moved here many years ago.

Ralph was also a volunteer for the Cape Cod Medial Reserve Corps for over 10 years working the vaccination clinics and doing computer input for them. Additionally, he served as a volunteer for the Cape Cod National Seashore for about 5 years, working with the Piping Plover program.

Ralph has been a member of the Brewster Housing Partnership Committee and is still serving. He is also currently a member of the Wells Court Board and has done so for the past 2 years.

Thank you, Ralph, for all you do!

Join us for an Ice Cream Social!

Sponsored by the Friends of Brewster Seniors
and the Brewster Council on Aging

Friday, May 5 2:00 – 4:30pm
(Brewster in Bloom Weekend!)
Brewster COA, 1673 Main Street



Choose from two flavors of ice cream, a selection of toppings, cherries and whipped cream to make a delicious sundae!

Cost per sundae is only: \$2.00 for Adults
\$1.00 for children under the age of 12

This is a fun-filled event for all ages! See you there!

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



Wellness Fair

Friday, May 19 2:00 – 4:30pm
Brewster Baptist Church, 1848 Main St.

Please join us for our 2nd annual Wellness Fair! We will have approximately 20 agencies providing information from healthy eating to home modification for health and safety, just to name a few. There will also be Covid vaccinations, bone density screenings and other screenings as well. And if that doesn't draw you in, come say 'hi' to the Hearts & Paws Comfort Dogs! For more information, please call the COA at 508-896-2737.



Know Your Sewing Machine

4 week series, Tuesdays, 10:30am – 12:00pm, May 2 – May 23
\$65 for series, paid to instructor at first class.

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. ****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!** The instructor will provide needed materials for each project. Space is limited. Please call the COA at 508-3896-2737 to pre-register.

Office Hours with Representative Chris Flanagan

Friday May 5 & Friday, June 2 10:00am – 12:00pm

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

Beginner Mah Jongg - Second Session

5 week series, Wednesdays, May 10 – June 7, 9:00 – 11:00am
Cost includes: \$10 for Mah Jongg card and \$65 for 5-week session, paid to instructor at first class.

Join Mah Jongg instructor Anne M. Walther and learn to play this game of skill and luck, while at the same time have some fun and meet new people. Printed materials will be available to help you learn and enjoy the game. Space is limited. To pre-register, call the COA at 508-896-2737, no later than **Monday, May 5th**.

Cooking for One

Wednesday, May 17 1:45 – 3:15-ish
AdviniaCare, The Woodlands, 120 Woodlands Way, Brewster

Join us for a special workshop with the Food Director at The Woodlands. Discover the joy of just cooking for yourself, learn some techniques and learn a new recipe or two. Space is limited. To register, please call the COA at 508-896-2737.

Heritage Museum & Gardens

Friday, May 12, 10:00 – 2:30-ish
Admission \$17 + lunch money
Payment due day of trip and not before.



Come explore Heritage with us. Walk the paths, view the flowers, see the exhibitions, maybe even ride the carousel! **We will be there during the lunch hour, so plan accordingly. Bring a picnic lunch or buy something at the café.**

Please note: Heritage Museum & Gardens is ADA accessible, however an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues. Space is limited. To register, please call the COA at 508-896-2737.

Strong at Heart 6 week FREE series

Wednesdays, May 24 – June 28 11:30am – 12:30pm

Instructed by Mary Mahan, Public Health Nurse with the VNA of Cape Cod, this exercise program is aimed at older adults who want to build on their strength and endurance. A mix of interval training and circuit training keeps your heart rate up and muscles engaged! Participants must be able to tolerate 60 minutes of seated and standing exercise and ambulate independently. Classes will be held at the COA but **advanced registration - including medical clearance - is required.** To sign up, please contact the VNA of Cape Cod directly at 508-957- 7423.

If I Live to be 100: Homes for a Lifetime Planning Series

Brewster Ladies Library, 1822 Main St.



Please join us for the second and third 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.

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

Everything you need to know about a range of supportive home services, options, and costs, and how to make a perfect fit for what you may need BEFORE you need it.

'A Home Away from Home' and 'Long Term Care'

Tuesday, June 13 2:00 – 4:00pm

Home Away from Home: Learn important criteria for evaluating and choosing alternative housing options such as assisted living or a continuing care retirement community, and about costs and ways to finance as well.

Long Term Care: Think you will never need long term care? One in eight people age 85+ (13%) will need supportive institutional care at some point. Educate yourself and your family ahead of time to know what to look for in a good quality facility.

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

Short film: 'Living with Macular Degeneration' and presentation by Sight Loss Services, Inc.

Wednesday, May 24 1:30 – 3:00pm

Sight Loss Services, Inc., will be screening a 40-minute educational film: 'Living with Macular Degeneration'. Afterward, they will outline services and programs available to assist those who are visually impaired. Open to all, regardless of age or degree of vision loss and their families. Adaptive aid demos and simulators to better understand what your family member is experiencing as well as handouts will also be available. Please call the COA to pre-register at 508-896-2737.



Yes, You Can Draw!

Thursdays, June 1 - June 15 10:00 – 11:00am
3 week series

\$55 for series to be paid to the instructor at the first class
Materials: 8x10 or 9x11 sketchbook and pencil with eraser.
The instructor will supply the rest.

Drawing can be intimidating, many people think it's a talent you're born with, but like most things in life it takes some learning and practice time. This class is for anyone who wants to learn new tools for how to draw or brush up on their drawing skills. All are welcome. Come join the fun!

Planning Ahead: Documents and Advocacy as You Age

Thursday, June 1 4:00 – 6:30pm
Brewster Ladies Library

Join Attorney Rebecca S. Spinner and community advocate, Christa Silvius, both of Surprenant & Beneski, P.C., an estate planning & elder law firm, as they present an overview of the key legal documents that everyone 18+ should have. These documents are critical in the event of a medical emergency, cognitive decline, or sudden incapacitation. Understanding these documents is crucial for all, **including caregivers**. Many don't realize that there could be special paperwork required to participate in a loved one's care with consequences if unprepared. Come to this important presentation and learn how to be prepared. To pre-register, please call the COA at 508-896-2737.

Better Balance Through Grounding and Body Awareness

Monday, June 5 – 26, 1:00 – 2:00, 4 week series
Free

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

Highfield Hall & Gardens and Lunch in Falmouth (TBD)

Friday, June 9 9:00am – 3:00pm-ish
Admission: \$8 + money for lunch
Payment due day of trip and not beforehand

Join us as we travel to Highfield Hall and Gardens in Falmouth. Built by the Beebe family in 1878, it was one of the early summer mansions to grace Cape Cod. After spending time there, we will venture into downtown Falmouth for lunch. Space is limited. To register, please call the COA at 508-896-2737.

Pirates Cove Adventure Golf and Ice Cream!

Friday, June 16 1:00 – 3:00pm-ish
Admission: \$12.50 + money for ice cream
Payment due day of trip and not beforehand

Come have some laughs and join us for a round of mini golf, followed by an outing to Dairy Queen for ice cream! Space is limited. To register, please call the COA at 508-896-2737.



Know Your VA Benefits and Programs

Wednesday, June 21 1:30 – 2:30pm

Join Shawney Carroll, Assistant Director of Veterans Services, Barnstable District, Kim Cross, Caregiver Support Program Coordinator of the Providence VA Caregiver Support Program, and Adam Doerfler of the Cape Cod Vet Center for a presentation on the various benefits and programs for veterans and their caregivers. For more specifics and to register, please call the COA at 508-896-2737.

Therapeutic Benefits of Aquatic Exercise

Thursday, June 22 2:30 – 3:30pm

Join Nikki Cox of the VNA as she gives a presentation on aquatic exercise and therapies. Learn about the properties of water and how it creates a therapeutic environment optimal for exercise. To register, please call the COA at 508-896-2737.

Chatham Railroad Museum and Ice Cream!

Friday, June 23 1:00 – 3:00pm-ish
No fixed fee, donation only, but bring money for ice cream

Located in the beautifully restored Chatham Railroad Depot, the building contains hundreds of exhibits and the New York Central model locomotives used at the 1939 New York World's Fair. The museum also includes a wooden caboose from 1910. Space is limited. To register, please call the COA at 508-896-2737.

Cobb House Museum

Friday, June 30 1:30 – 3:00pm-ish Free

Join us as we visit The Brewster Historical Society's Cobb House Museum (circa 1799) and learn a little bit more about Sea Captain Elijah Cobb and the history of Brewster. Space is limited. To register, please call the COA at 508-896-2737.

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: May 22 & June 26
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: May 15 & June 26 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! To register, please call the COA at 508-896-2737.

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

Please note: No Games & Coffee on Friday, May 5

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.

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 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 X451.**

Beginner Line Dancing

Mondays, 12:30 – 1:30pm No class May 29 or June 19
\$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**

Are you interested in Nordic Walking? Want to learn how and join a Nordic Walking group? Nancy Sveden, a long-time Nordic walker, will offer lessons and lead a group who want to join others in this great way to exercise. Call the COA at 508-896-2737 to get your name on the list!

Activities for Grandchildren & Grandparents

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

Saturday Kite Fever: Explore the fun of Sport Kite Flying!

Dates: Saturdays, May 13 - June 10

Times: 3 sessions available each Saturday:

9:00 - 10:00am 10:00 - 11:00am 11:00 - 12:00am

Ages: All kids in Grades 3-8 and their grandparents

Location: Activity, drop-off, and pick-up is located at the Brewster Bay Property, 3057 Main Street

Price: \$25R/\$30NR/Per child per session

The 37th Annual Brewster in Bloom Community Festival and 5k Run/Walk

Race Date: Saturday, May 6

Race Time: 10:00am rain or shine

Race Day Registration: 8:30am

Ages: Open to all runners

Race Starting Location: Rte 6A at the Brewster Inn & Chowder House

Race Finishing Location: Trinity Lutheran Church

Price: \$40 Per Adult/\$25 Per Child.

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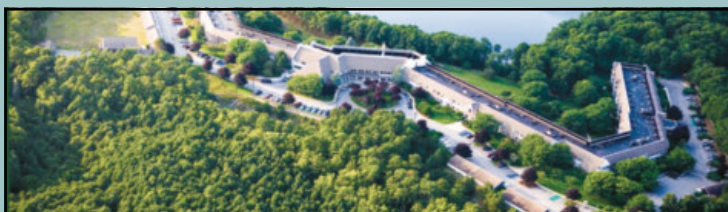
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MAY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 6:00pm Spring Town Meeting	2 9:00am Qi Gong 9:30am W.O.W. 10:30am Know Your Sewing Machine 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	3 9:00am Beginner Mah Jongg - 1st session 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	4 9:00am Walking Club 9:30am Watercolors 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	5 9:00am Pedicure 10:00am Swimming at Brewster Green 10:00am Office Hours with Rep. Flanagan 2:00p - 4:30p ICE CREAM SOCIAL!
8 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	9 9:00am Qi Gong 9:30am W.O.W. 10:30am Know Your Sewing Machine 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:00pm Seminar: 'Help at Home'/BLL 2:30pm Bit of Bliss Yoga	10 9:00am Beginner Mah Jongg - 2nd session 9:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 11:30am Sight Loss/BLL 1:00pm Quilters	11 9:00am Walking Club 9:30am Watercolors 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	12 10:00am Trip: Heritage Museum & Gardens 10:00am LAST DAY of Swimming at Brewster Green 1:30pm Games & Coffee
15 10:00am Crafts with Lucille 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing	16 9:00am Qi Gong 9:30am W.O.W. 10:30am Know Your Sewing Machine 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	17 9:00am Beginner Mah Jongg - 2nd session 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:45pm Cooking for One (at the Woodlands)	18 8:00am Pet Nail Trim 9:00am Hearing Screenings 9:00am Walking Club 9:30am Watercolors 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	19 1:30pm Games & Coffee 2:00pm Wellness Fair (at Brewster Baptist Church)
22 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 2:30pm Hearts & Paws	23 9:00am Qi Gong 9:30am W.O.W. 10:30am Know Your Sewing Machine 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga	24 9:00am Beginner Mah Jongg - 2nd session 9:00am Mobile Dental 9:00am Computer Help 10:00am Knit/Crochet 11:30am Strong at Heart 1:00pm Quilters 1:30pm Film: 'Living with Macular Degeneration'	25 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	26 11:00am Bookworm Book Club at BLL 1:30pm Games & Coffee
29  The COA is closed	30 9:00am Qi Gong 9:30am W.O.W. 1:00pm Keep Movin'! 11:30am Senior Dining 2:30pm Bit of Bliss Yoga	31 9:00am Beginner Mah Jongg - 2nd session 9:00am Computer Help 10:00am Knit/Crochet 11:30am Strong at Heart 1:00pm Quilters 4:00pm Seminar: "What's Ahead for Social Security"/Crosby Mansion		

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00am Walking Club 10:00am Caregiver Group/BLL 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Yes You Can Draw 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 4:00pm Seminar: <i>'Planning Ahead'/BLL</i>	2 9:00am Pedicure 10:00am Office Hours with Rep. Flanagan 1:30pm Games & Coffee
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12 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 1:00pm Better Balance	13 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:00pm Seminar: <i>'A Home Away from Home' & 'Long Term Care'/BLL</i> 2:30pm Bit of Bliss Yoga	14 9:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals In Motion (COA) 11:30am Sight Loss/BLL 11:30am Strong at Heart 1:00pm Quilters	15 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Hearing Scrngs 10:00am Caregiver Group/BLL 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Yes You Can Draw 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	16 9:00am Mobile Dental 1:00pm Trip: <i>Pirates Cove & Ice Cream</i> 1:30pm Games & Coffee
19  The COA is closed	20 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	21 9:00am Computer Help 10:00am Knit/Crochet 11:30am Strong at Heart 1:00pm Quilters 1:30pm Seminar: <i>'Know Your VA Benefits'</i>	22 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 2:30pm Therapeutic Benefits of Aquatic Exercise	23 11:00am Bookworm Book Club at BLL 1:30pm Trip: <i>Chatham Railroad Museum & Ice Cream</i> 1:30pm Games & Coffee
26 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 1:00pm Better Balance 2:30pm Hearts & Paws	27 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Bit of Bliss Yoga 2:30pm Legal Help	28 9:00am Computer Help 10:00am Knit/Crochet 11:30am Strong at Heart 1:00pm Quilters	29 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	30 1:30pm Trip: <i>Cobb House Museum</i> 1:30pm Games & Coffee



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Pedicure

Friday, May 5 & Friday, June 2

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:

May 8 & 22 and June 12 & 26

10:00 - 11:00am First come, first served

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

Hearing Screenings

Thursday, May 18 & Thursday, June 15

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, June 27, but you must schedule your appointment directly through SCCLS.**

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

Pet Nail Trimming

Thursday, May 18 & Thursday, June 15

8:00 - 8:30am

Brewster COA, 1673 Main St. (in the back parking lot)

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

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

Tuesdays: May 9 & 23 and June 13 & 27

2:00 - 3:30pm

Brewster COA, 1673 Main St.

These groups are being offered by Alzheimer's Family Support Center for both Caregivers and those they care for. The Caregivers support group and the Cognitive Impairment support group run simultaneously. Please call Alzheimer's Family Support Center at **508-896-5170** for more information.

Mobile Dental Hygiene Service

Wednesday, May 24 & Friday, June 16

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**

THANK YOU Brewster Green Resort!

The Brewster Council on Aging would like to thank Brewster Green Resort for opening their pool to our senior community members during the off-season for our Senior Swim program. We wish them a successful season ahead as they prepare for their guests!

NOTE: The last day of the Senior Swim program is Friday, May 12.

Looking for somewhere to swim this Summer?



The Town of Brewster is pleased to announce that the Community Pool will be open to Brewster residents for Summer 2023. The community pool is located on the former Sea Camps Bay Property at 3057 Main Street.

All Brewster residents/taxpayers will be able to purchase **pool passes** through our mail-in program or online at

www.brewster-ma.gov/beach-information

which began on April 10. Residents must have a 2023 beach permit to enter the Bay property to use the resident-only beach and/or community pool. **Beach permits** can also be purchased through our mail-in program or online.

In addition to open swim times, the community pool will have lap swim, swim lessons and aquatic classes. The proposed program schedule will be posted at

www.brewsterrecreation.com.

For any questions regarding obtaining resident permits and pool passes, contact **permits@brewster-ma.gov** or 508-896-3701 X1155. For questions regarding pool operations, lessons, classes, etc., please contact **communitypool@brewster-ma.gov** or Brewster Recreation at **(508) 896-9430**.

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 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.

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
May 2 - June 29**

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

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

Meditation Class

Thursdays 10:00 - 11:00am

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 well-being 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.

ADDITIONAL EXERCISE ACTIVITIES

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

Senior Striders at First Light Beach

Saturdays from 9:00 - 11:00am

May 6, 13, 20 & 27 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.

Pickleball Clinics

Dates	Times	Class Description
May 2	3:00 - 4:30pm	Beginners
May 4	3:00 - 4:30pm	Beginners plus
June 10	1:30 - 3:00pm	Positioning and Strategy skills
June 13	4:00 - 5:30pm	Beginners plus
June 27	4:00 - 5:30pm	Resets and Blocks skills

Ages: Adults 18 and over

Location: Brewster Community Tennis Courts, 384 Underpass Road

Price: \$40R/\$50NR/per Participant per Session

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 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 12:30pm - 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 **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 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, May 10 and Wednesday, June 14.** 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 only, 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!!

Attention all Brewster COA Volunteers!

If you volunteered at the COA during 2022, watch your mail for an invitation to the Annual Volunteer Luncheon coming up on Tuesday, June 6.

This event is co-hosted with the Friends of Brewster Seniors. Together, our two organizations appreciate all our volunteers and we hope to see you there!

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.

Friends of Brewster Seniors

Upcoming Friends Events

- ◆ June 6 - Volunteer Luncheon
- ◆ 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

**Congratulations to Meg Morris,
Friends of Brewster Seniors
Volunteer of the Year!**

Welcome to Springtime!

And welcome back to all of our Snowbirds. We're happy you're back in Brewster again and we hope to see you around town or at the Sea Captains' Thrift Shop. Beautify Brewster is right around the corner and the flowers are just beautiful already! Get out and join in the fun at the Brewster in Bloom Parade and other activities!

Board members have been busy scheduling all kinds of fun events right through October, but don't worry, we can fit more in if there's interest! We'll be co-hosting the Volunteer Luncheon (the only event listed that is 'by invitation only') to thank the COA and Friends wonderful volunteer task force. Want to attend a great luncheon next year? Start volunteering now!

With the warmth of Spring and Summer, the issue of staying hydrated resurfaces. We're learning more about how important it is to stay hydrated. It keeps you healthier, you'll develop fewer chronic conditions and you'll live longer. All very good reasons for women to drink between 6-8 glasses daily and men between 8-12. Seems like a lot of liquids, but if it keeps us healthier, we should try!

You a Pat's Fan? Got Island Fever? Join Us as we Escape the Cape on May 24th!

Leave the driving to us! We'll take a comfy bus from the Exit 82 Commuter Lot (Rte. 124, Harwich), leaving at 9 AM sharp, arriving in Foxboro in time to visit the Patriots Hall of Fame featuring the history, trophies, rings and interactive experiences such as stepping inside the huddle with Tom or making Malcolm's interception...wow! There'll be plenty of time to enjoy lunch on your own at any of the 19 restaurants at Patriot Place...and lots of shopping too! We'll return late afternoon to the same commuter lot. Please PRINT clearly.

-----cut here-----

Name(s): _____

Email for confirmation: _____

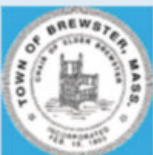
Day of event phone number: _____

_____ member tickets @ \$ 50.00/ea. = \$ _____ # _____ non-member tickets @ \$60.00/ea. = \$ _____

Total enclosed: \$ _____ Tickets must be reserved and paid for by May 8, 2023.

Mail to Friends of Brewster Seniors, P.O. Box 2310, Brewster, MA 02631

or drop off at Sea Captains' Thrift Shop, 66 Harwich Rd. (Route 124), Brewster



TOWN of BREWSTER NEWS

Save the date: Saturday, May 20

The Town of Brewster is hosting the first community forum regarding the future of the Sea Camps properties. Residents are invited to attend and provide feedback as we begin developing long-range comprehensive plans for both properties. See the town website for more updates at: www.brewster-ma.gov

Join us for our annual MEMORIAL DAY CEREMONY

Monday, May 29 12:00 - 1:00pm
Front lawn of the Brewster COA, 1673 Main Street



Brewster COA Board Members

Andrea Nevins, Co-Chair
Sharon Tennstedt, Co-Chair

Jay Green, Member
Penny Holeman, Member
Steve Holmes, Member
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.*

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

Know Your Numbers- Blood Pressure

Medical providers are trained to assess your health. A commonly used measurement of bodily function is taking vital signs. Blood pressure is a vital sign used to measure the pressure of the blood in the circulatory system and is measured in millimeters of mercury (or mmHg). But what is the "normal" range for blood pressure?

Blood pressure measurements are actually two different readings. Typically, blood pressure readings are written as a fraction with the systolic blood pressure measurement on top and the diastolic blood pressure measurement on the bottom. Systolic blood pressure measures how much pressure is exerted against the artery walls when the heart beats. The diastolic blood pressure measures the pressure against the artery walls between beats when the heart is not contracting and is at rest. Similarly to heart rate, your blood pressure fluctuates and can change due to physical activity, stress, hydration levels, age, and medications. The typical range for resting blood pressure in adults is less than 120/60mmHg, and high blood pressure can be indicated with multiple blood pressure readings 140/90mmHg or higher. Elevated blood pressure can contribute to a higher risk of stroke, blood clots, or coronary artery disease.

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, especially if you are on a medication that helps regulate blood pressure. 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



SHINE appointments available!

Need some help understanding Medicare or signing up? SHINE appointments are now available on Thursdays at the COA. Call Cindy Thatcher or Mary King at 508-896-2737 to schedule yours. We can help!



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.

Good Bye, Poop Deck!

The March/April article of The Poop Deck was the last submission by its author, Pete Scheffer. Thank you, Pete, for at least 18 years of both humorous articles and informative ones! Pete will be using his writing time to have fun with his family, and the Bayside Chatter will be using the space for a directory of our many programs!

'Bayside Chatter' Online

The 'Bayside Chatter' is available online each month and 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. 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.

BINGO: Thursdays ~ 12:30 - 1:30pm**BIT of BLISS YOGA: Tuesdays ~ 2:30 - 3:30pm**

\$10 per class, or 5 classes for \$45. Gentle yoga classes take a holistic approach to stretch and strengthen the body. **Contact Janet Bettey, E-RYT, at 978-500-2390 or go to www.bitofblissyogaofcapecod.com.**

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: Thursdays ~ 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**

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**

Two upcoming dates: Wednesday, May 24 & Friday, June 16.

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 Cindy Doutrich at 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 drscarolmarcy@gmail.com.**

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:

QUILTERS: Wednesdays ~ 1 - 2:00pm 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 Workers 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 ~ 9:00am - 2:30pm

½ hour appointments with Autumn Knight, RN/Certified Foot Care Nurse/Specialist - **\$40.00 Please call 508-896-2737 for appointment.**

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 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 day's 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 Cindy Thatcher at 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 12, 10:00am to 12:00pm. ONLY available to Brewster residents age 60+. You will need to fill out a waiver, medical release and receive a list of pool rules. There is a \$1.00 honor donation/swim requested by the COA. Stop by the COA monthly/quarterly to support this program.

Please note: the LAST day to swim for the season is FRIDAY, MAY 12.

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 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 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!



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.**

OR CURRENT RESIDENT

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

TOWN OF BREWSTER - COA
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BREWSTER, MA 02631