

BAYSIDE CHATTER

BREWSTER COUNCIL on AGING

1673 Main Street ~ Brewster, MA 02631

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

NOVEMBER/DECEMBER

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



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www.brewster-ma.gov
Find us on Facebook!



Holiday Tea & Concert

Wednesday, December 20
10:00am – 12:00pm
Admission \$5



Join us as we celebrate the holidays! Along with tea and light refreshments, we will enjoy a concert with the Eddy School Chorus! **Space is limited. Tickets are \$5 and available now at the COA but must be purchased prior to event and in person. They cannot be purchased over the phone. Don't miss out!**

Attention Brewster Voters!

You have an opportunity to consider and vote on the Local Comprehensive Plan (LCP) at Town Meeting on November 13. This Plan, developed by Brewster residents, is a way for the community to prepare for the future by balancing our priorities - all the things we care about as a community. The Plan is not binding, law or regulation. Rather it provides recommendations and guidance for decision making by elected officials and Town management. These recommendations are included in the LCP Action Plan - the heart of the LCP. It shows the range of important issues we want to discuss and tackle as a community in the coming decade. After the 2022 Fall Town Meeting and 2023 Special Town Meeting last spring, all mentions of a proposed boardwalk to Wing Island have been removed from the Plan. Any future actions that involve regulation or bylaw change or major expenditure will go back to Town Meeting for your vote.

The LCP can be found on the Local Comprehensive Plan page of the Town website:

www.brewster-ma.gov/local-comprehensive-plan

Please send any questions to brewplan@brewster-ma.gov



Set Your Clocks Back

Turns out you CAN turn back time! Daylight Saving time ends on Sunday, November 5. Remember to set your clocks back one hour and check the batteries in your smoke detectors too!

Brewster Fire is Going 'Homeless for the Holidays'

Beginning at 8:00am on Wednesday, December 6 and continuing until 12 noon on Sunday, December 10.

Immaculate Conception Chapel
2584 Main Street, Brewster



There will be representatives from Brewster Fire Department on-hand 24 hours a day. We are accepting unwrapped toys for all ages including gift cards, as well as non-perishable foods which will go to The Family Pantry in Harwich. Any cash donations will go to a Charity that has yet to be determined as of press time.

Transportation Available to Town Meeting



The Special Fall Town Meeting is scheduled for
Monday, November 13 at 6:00pm
at the Stony Brook School, 384 Underpass Road

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

Rides are available during the entirety of Town Meeting.



Our Wish for All of You!

From all of us here at the Brewster Council on Aging, we wish you a very happy Thanksgiving and a warm, wonderful holiday season, along with a bright New Year filled with much happiness!

The Brewster COA will be closed on the following holidays:

Friday, November 10: Veterans Day
Thursday, November 23: Thanksgiving Day
Friday, November 24: Day after Thanksgiving
Monday, December 25: Christmas Day
Monday, January 1, 2024: New Year's Day

All programs/activities take place at the Brewster COA, 1673 Main St., unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

NOTE: ALL FIELD TRIPS ARE SUBJECT TO CANCELLATION AND MAY NOT BE ABLE TO BE RESCHEDULED.



**Office Hours with
Representative Chris Flanagan**

**Friday, November 3 & Friday, December 1
10:00am – 12:00pm**

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

**Mindfulness Series:
Breath, Movement & Meditation**



**3-week series: Tuesdays
November 7 – 21
2:30 – 3:30pm
\$30 for series**

Join Janet Bettey, E-RYT for this 3 week series focusing on yogic breathwork, poses and meditation to benefit your body and mind! Practices will be done standing, seated and lying down on a yoga mat or utilizing a chair (with no need to get down on the floor if you prefer). Class size is limited, and pre-registration is required.

For more information or to sign up, call Janet at 978-500-2390 or visit

www.bitofblissyogaofcapecod.com

Coffee Talk

**Wednesday, November 8
1:30 – 2:30pm
Free**



Half of Americans drink coffee every day, but there's more to coffee than Dunkin' and Starbucks. Join us for some serious coffee talk, from light to dark roast and everything in between. We will also review different brewing methods and equipment, local and national brands, the politics, and history of coffee, and much more. If you're a coffee person, this one is not to be missed!

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

Massachusetts National Cemetery

**Thursday, November 9
9:00am – 12:30pm-ish
Free**



In honor of Veterans Day, please join us on a visit to the Massachusetts National Cemetery. We will visit the visitor center and the Memorial Trail, and if there is a grave you would like to visit, let us know and we will make it happen. Space is limited. Please call the COA at 508-896-2737 **by Tuesday, November 7**, to reserve your spot.



Holiday Arts and Crafts

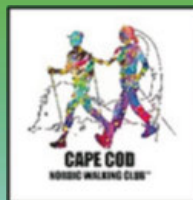
**5-week series: Thursdays
November 9 - December 14
(No class on Thanksgiving)
9:30 - 11:00am**

\$90 for 5-week class, payable to instructor at first class

Yes, that time of year is fast approaching! Some people love the holidays and some not so much. Join Jennifer Stratton for this five week program in which you will explore different mediums, i.e., painting, collage, clay and crafts, while keeping the holidays in mind. You may want to make gifts for loved ones or just create for yourself (**You don't have to stick to the holiday theme if you don't want**). Either way, all are welcome to attend. To sign up, please call the Brewster COA at 508-896-2737.

Nordic Walking

**Two Sessions:
Monday, November 13
1:00 - 3:00 pm
Monday, December 11
1:00 - 3:00 pm
Free**



The Cape Cod Nordic Walking Club will be here to talk about the many health and social benefits of the full-body exercise of walking with poles. They will give a demo on the proper technique and afterward, you will have an opportunity to try it out! Poles will be provided. Limit for each session is 20.

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

Beginner Mah Jongg

**5-week series: Wednesdays
November 15 – December 13
9:00 – 11:00am
\$90 for series**



Cost includes: \$15 for Mah Jongg card and \$75 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, November 13**.



**Stroke Awareness and
Prevention**

**Wednesday, November 15
1:30 – 3:00pm
Free**

Learn about the signs of a stroke and what to do if symptoms occur, as well as healthy habits and other ways to decrease your risk of having a stroke. Presented by Lisa Lyons, Cape Cod Hospital Stroke Program Manager, and Kristen Siminski, Cape Cod Hospital Physical Therapist.

Please call the COA at 508-896-2737 to reserve your seat.

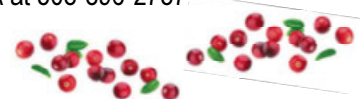
Makepeace Farms Café and Gift Shop

**Friday, November 17
10:00am, returning between
2:00 and 3:00pm**



Bring \$ for lunch and any shopping

Join us for a cranberry-themed field trip as we travel to Wareham to have lunch at Makepeace Farms and shop in their gift shop where you can find unique gifts or gourmet food items with a cranberry theme. **Makepeace Farms is ADA accessible, however please note, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues.** Space is limited. Please call the COA at 508-896-2737



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Friendsgiving at AdviniaCare The Woodlands

**Monday, November 20
10:30am – 1:00pm**

'Tis the season to gather with friends! AdviniaCare The Woodlands is opening their doors to us for a tour of their community. Afterwards, they will be offering a delicious Thanksgiving meal in their dining room. Curious about AdviniaCare The Woodlands? Then come join us! Don't wait to reserve your spot, space limited to 15! AdviniaCare The Woodlands will be providing transportation. Their van accommodates 10 people, please specify if you need a ride or not, when you call to reserve your spot with the COA at 508-896-2737. **AdviniaCare The Woodlands is ADA accessible however please note, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues.**



Fox Tales

**Wednesday, Nov. 29
1:30 – 2:30pm**

The Red Fox is the most widespread carnivore species in the world ranging across the Northern Hemisphere. Yet, its presence is often feared or misunderstood. Join Stephanie Ellis, Executive Director of Wild Care, Inc, a wildlife rehabilitation hospital located in Eastham, as she discusses how Red Foxes benefit the rural and urbanized environments on Cape Cod. Learn how to live responsibly alongside foxes, replace fear with facts, and to help reduce impacts on these important and beautiful predators. To sign up and reserve your seat, call the COA at 508-896-2737.

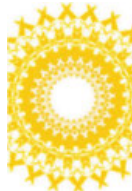
Glassblower's Christmas, Sandwich Glass Museum, and Coffee at Snowy Owl

**Friday, December 1
9:30am – 12:00pm-ish**



Cost: \$5 for admission to museum and money for coffee

Join us for a special trip to the Sandwich glass museum first to explore the history of glass making and watch a glass blowing demonstration. Afterward we will go to their Glassblower's Christmas in their gift shop which will feature hand-blown glass ornaments made by Cape Cod artists beautifully displayed on their forest of Christmas trees and which are available for purchase. Space is limited. Please call the COA at 508-896-2737 to reserve your spot.



Restore Within with Yin!

**3-week series:
Tuesdays
December 5 – 19
2:30 – 3:30
\$30 for Series**

Join Janet Bettey, E-RYT for this 3-week series focusing on restoring your body and mind! Yin is a more meditative yoga practice that enhances flexibility in the connective tissues of the body. Poses are held for a longer period of time which aids in strengthening the joints and improving overall range of motion. Additionally, each week you will explore 1-2 restorative yoga poses that aim to relax the body through passive stretching. These two styles of Yoga complement each other and aim to calm the nervous system; restoring and rejuvenating the body and mind. All poses will be practiced seated or lying down on a yoga mat. A chair will be available to aid you in getting up off the floor if needed. Class size is limited, and pre-registration is required. For more information or to sign up, call Janet at (978) 500-2390 or visit www.bitofblissyogaofcapecod.com



Holiday Essential Oils 101

**Wednesday, December 6
1:30 – 3:00pm**

Come join Karen Bonitto of Ciao Bella Essential Oils for this Essential Oils 101 class and experience the aromas of the Holidays.

Learn about diffusing vs. candle burning and baking with pure essential oils like peppermint. **There will be room sprays of pine or other aromatic scents available to purchase for \$5 per spray.** To sign up please call the COA at 508-896-2737.

Holiday Shopping and Lunch at Mashpee Commons



**Friday, December 15
9:30am – 2:30pm**

Bring \$ for lunch and any shopping

Looking for a new place do some holiday shopping? Then come along and join us on trip to Mashpee Commons! Explore the shops at your own pace and choose for yourself where you want to have lunch. Meet up to return to the COA at 2:30pm. Curious about what Mashpee has to offer? Visit their website at: www.mashpeecommons.com **Mashpee Commons is ADA accessible but if you need assistance, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues.** Space is limited to 8. Please call the COA at 508-896-2737 **by Wednesday, December 13**, to reserve your seat.

Gardens Aglow!

**Friday evening, December 22, 4:30pm
Cost: \$21 per ticket; only 2 tickets per person allowed**

Gardens Aglow at Heritage Museums and Gardens is a celebration of lights that has become a treasured holiday tradition. This event features beautiful light displays throughout the gardens, festive seasonal décor, and fun activities for all. **Gardens Aglow is ADA accessible with complimentary transportation however please note, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues. Space is limited and payment is required in advance.** Please call the COA at 508-896-2737 **no later than Monday, December 18** to reserve your ticket.

All programs/activities take place at the Brewster COA, 1673 Main St., unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

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Chair Yoga - Session 3

**4-WEEK SERIES: Thursdays
November 30 – December 21
2:30 – 3:30pm
\$35 for the series**

Looking to stretch, strengthen and restore balance in your body? Join Marty Zurn, Kripalu RYT 200, for this 4-week chair yoga series. Chair yoga is an adaptive yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations. Chair yoga is an accessible, inclusive way for yogis to experience the benefits of yoga, without stressing joints, worrying about balance, or supporting body weight. Advanced registration is required. **For more information and to sign up please call Marty at 508-326-4224 or email her at martyzurn@comcast.com.** Your can learn more about Marty by going to her website www.yogaofyarmouthport.com, where she also teaches.

ONGOING PROGRAMS



Knitting/Crocheting

Wednesdays & Thursdays, 10:00am - 2:00pm

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



**Monday, November 27 2:30 – 3:30pm
(No visit in December due to Christmas)**

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.**

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.**

Crafts with Lucille



**Monday, December 18
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) for a fun hour of crafting. Make some new friends while you're at it! No experience necessary; Lucille will guide you through each project. Materials are provided **FREE!** **Pre-registration is required** and participants must reserve their spot no later than Friday noon of the week before. **To register, call the COA at 508-896-2737.**

Bookworm Book Club



**4th Friday of the month:
Brewster Ladies Library
1822 Main St.
11:00am – 12:00pm**

Meeting the fourth Friday of each month at the Brewster Ladies Library, and led by avid reader Patrice Thornberg, this club is a bit different in that you get to read whatever you want and then share about it at the meeting. And the best part is, afterward, since you are already in the library, you will be able to take out more books! **To sign up, please call Patrice at 617-872-1109 or email her at Pthornberg@comcast.net**

Caregiver Support Group

**1st Thursday of every month:
November 2 & December 7
10:00 – 11:30am
Brewster COA, 1673 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.**

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



Practice your French a la Bibliotheque



**4th Wednesday of the month
2:30 – 4:45pm**

Brewster Ladies' Library, 1822 Main St.

Parlez vous francais? Would you like to practice your French conversation skills? Join us every month for tea & talk with other francophone friends/copains. Some fluency is required (intermediate speaking skills). **If interested and/or to learn more about it, please email Anne Marie Russo at: dany2220@yahoo.com.**

Senior Swim at Brewster Green



is Back!



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

The Brewster COA is extremely grateful to Brewster Green Resort for allowing our Brewster seniors to participate in Senior Swim every **Friday from 10:00am to 12:00noon, beginning on Friday, November 3.** There is a fee of \$1.00 per swim, payable to the COA and collected through an honor system (stop by the COA once a month to pay).

ALL swimmers need to sign up with the COA first by calling 508-896-2737 to let us know you are participating in the program. Any new swimmer who did not participate last year will need to first come in to the COA to fill out a waiver and medical release. You will receive a list of the resort's rules at that time.

It is very important that all participants be courteous and adhere to Brewster Green's rules to make it a positive experience for all.

Brewster Green asks that all participants arrive no earlier than 10:00am and depart the pool and locker rooms by noon. 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 remember that this program is only for Brewster residents, age 60+, and does not include any under-age family members.



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 <h1>NOVEMBER</h1> 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	2 9:00am Walking Club 9:30am Adv. Tai Chi 10:00am Caregiver Group/COA 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 2	3 9:00am Pedicure 10:00am Office Hours with Rep. Flanagan 10:00am <i>Beyond the Basics/BLL</i> 10:00am Swimming at Brewster Green
6 9:30am Adv. Tai Chi 10:30am Int. Tai Chi	7 9:00am Qi Gong 9:30am W.O.W. 10:00am <i>Beyond the Basics/BLL</i> 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Mindfulness 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 1:30pm <i>Coffee Talk</i>	9 9:00am Walking Club 9:00am <i>Mass. National Cemetery Trip</i> 9:30am <i>Holiday Arts & Crafts</i> 9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 2	10  <i>Veterans Day</i> Honoring All Who Served The COA is closed
13 9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 1:00pm <i>Nordic Walking</i> 6:00pm <i>Special Fall Town Meeting</i>	14 9:00am Qi Gong 9:30am W.O.W. 10:00am <i>Beyond the Basics/BLL</i> 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Mindfulness Yoga	15 9:00am Computer Help 9:00am Beginner Mah Jongg 10:00am Knit/Crochet 1:00pm Quilters 1:30pm <i>Stroke Awareness & Prevention</i>	16 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Hearing Screenings 9:30am <i>Holiday Arts & Crafts</i> 9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 2	17 10:00am <i>Beyond the Basics/BLL</i> 10:00am <i>Trip: Makepeace Farms</i>  10:00am Swimming at Brewster Green
20 9:30am Adv. Tai Chi 10:30am <i>Friendsgiving at The Woodlands</i> 10:30am Int. Tai Chi	21 9:00am Qi Gong 9:30am W.O.W. 9:30am <i>Friends office hours</i> 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Mindfulness Yoga	22 9:00am Computer Help 9:00am Beginner Mah Jongg 10:00am Knit/Crochet 1:00pm Quilters 2:30pm <i>Practice your French/BLL</i>	23  <i>Happy Thanksgiving</i> The COA is closed	24 <i>The Day after Thanksgiving</i>  The COA is closed
27 9:30am Adv. Tai Chi 10:00am BP & Glucose Testing 10:30am Int. Tai Chi 2:30pm <i>Hearts & Paws</i> 	28 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group	29 9:00am Computer Help 9:00am Beginner Mah Jongg 10:00am Knit/Crochet 1:00pm Quilters 1:30pm <i>Fox Tales</i>	30 9:00am Walking Club 9:30am <i>Holiday Arts & Crafts</i> 9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 3	

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00am Pedicure 1 9:30am Trip: <i>Glassblower's Christmas</i> <i>at Sandwich Glass</i> <i>Museum</i> 10:00am Office Hours with Rep. Flanagan 10:00am Swimming at Brewster Green
4 9:30am Adv. Tai Chi 10:30am Int. Tai Chi	5 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Restore Within Yoga	6 9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm <i>Holiday Essential Oils 101</i> 	7 9:00am Walking Club 9:30am <i>Holiday Arts & Crafts</i> Adv. Tai Chi 10:00am Caregiver Group/COA 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 3	8 10:00am Swimming at Brewster Green
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18 9:30am Adv. Tai Chi 10:00am <i>Crafts with</i> <i>Lucille</i> 10:30am Int. Tai Chi 1:00pm <i>Nordic</i> <i>Walking</i>	19 9:00am Qi Gong 9:30am W.O.W. 9:30am <i>Friends</i> <i>office hours</i> 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Restore Within Yoga	20 9:00am Computer Help 10:00am <i>Holiday Tea</i> 10:00am Knit/Crochet 1:00pm Quilters 	21 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Hearing Screenings 9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 3	22 10:00am Swimming at Brewster Green 11:00am Bookworm Book Club at BLL 4:30pm Trip: <i>Gardens Aglow!</i> 
25  <i>Christmas Day</i> The COA is Closed	26 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 1:00pm Legal Help 2:00pm Alz. Caregiver Support Group	27 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm <i>Practice your</i> <i>French/BLL</i>	28 9:00am Walking Club 9:30am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 10:30am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	29 



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Pedicure



**Friday, November 3 and
Friday, December 1
9:00am - 2:30pm
\$45.00**

Autumn Knight, our pedicure nurse, has a lot of experience in the field and works for Cape Cod Healthcare in their clinical education department. In addition to being a RN, she is also a Certified Foot Care Nurse/Specialist. Usually occurring on the first Friday of each month (unless otherwise noted), 30-minute appointments are available from 9:00am to 2:30pm. **Please note, payment must be in cash. Checks will no longer be accepted. Fee will increase from \$40 to \$45 beginning in October.** Call the COA to schedule your appointment at 508-896-2737.

Blood Pressure and Glucose Testing

**2nd and 4th Mondays of each month:
November 13 and 27
and December 11
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, November 16 and
Thursday, December 21
9:00 - 11:00am**

Do you need help with your hearing? Advanced Audiology Associates offers **FREE** screenings here at the Brewster Council on Aging. Screenings are **by appointment only** and last approximately 15 minutes. These will include hearing screenings, ear inspections and hearing aid checks. Please call the COA at 508-896-2737 to set an appointment for this valuable service.

Legal Help Information



If you are a resident 60+ and **have an urgent issue** regarding eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.) or healthcare issues involving MassHealth or Medicare, you may apply for services from **South Coastal Counties Legal Services (SCCLS)** by calling their Hyannis Law Office at **774-487-3251** or the intake line at **1-800-244-9023**. SCCLS provides free civic legal help to eligible residents. While there is no income criteria, services are prioritized to those with the greatest economic and social need. **If your matter is not urgent**, 1/2-hour appointments occur the 4th Tuesday of even months at the Brewster COA. **The next appointments are on Tuesday, December 26 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, November 16 and
Thursday, December 21
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: November 14 & 28
and December 12 & 26
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 simultaneous-

ly. Please call Alzheimer's Family Support Center at **508-896-5170** for more information.

Introducing Our New Wi-Fi Lounge!

We have recently re-purposed our COA computer lab and are now happy to offer it as a Wi-Fi Lounge to anyone who needs free Wi-Fi access and a more informal space in which to work. Our original computer lab was created as an experiment several years ago with grant money. Through the years, we have noticed the usage dropping considerably as people have acquired their own devices or go to the Brewster Ladies Library for their tech needs. Our equipment was becoming outdated and the decision was made to transition the space to one where anyone could bring their own device. The space is relatively quiet and there is plenty of counter area to spread out. There is also coffee and tea available at nominal cost. Bring your own device and enjoy yourself!

At times, the COA may need the room for a program, so please contact us for the current schedule of availability at 508-896-2737.

Brewster COA Employee Spotlight

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



Program Coordinator Annie Rapaport (dressed for her afternoon of helping at the annual Brewster vaccine clinic on Oct. 12.)

Annie has been with the Brewster COA since May of 2022. Prior to that, she worked for Rosewood Manor in Harwich and the Dennis Center for Active Living. Annie brings with her a wealth of programming experience and is happy to bring you a wonderful, ever-changing selection of interesting programs and events! Stop in to say 'hi'!

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

Intermediate Tai Chi

Mondays & Thursdays

10:30 - 11:45am \$15 per class

This class is geared toward folks who have some experience with Tai Chi practice. The current focus is on learning the 24 Posture Yang Style Form, while also practicing the Yang Style Eight Form. Tai Chi can help improve balance, core strength, flexibility, and provide a mind-body connection as a source for stress relief. Classes incorporate stretching warm-ups, Qigong exercises, and an exploration of Traditional Chinese Medicine concepts for health and vitality. During better weather we meet outdoors at the ball field behind the COA.

To register, please email our instructor A.Jay Zahn at capecodtaichisociety@gmail.com or phone 607-227-0509.

A.Jay is a long-time practitioner of Tai Chi, Qi Gong and related martial arts and meditation.

Advanced Tai Chi

Mondays & Thursdays

9:30 - 10:30am \$15 per class

This class is offered to people who have learned the 24 Posture Yang Tai Chi Form (National Beijing Form). Class includes basic warm-up exercises, and focuses on exploring the "meditation-in-motion" aspect of practicing Tai Chi. During better weather we meet outdoors at the ball field behind the COA. Our instructor, A.Jay Zahn, has been practicing Tai Chi for 40 years and teaching on the Cape since 2018.

To register for the class, please email A.Jay Zahn at capecodtaichisociety@gmail.com or phone 607-227-0509.

Qi Gong

Tuesdays 9:00 - 10:00am FREE

Qi Gong is a form of exercise that dates back 3000 years and is not a martial art. The forms used in this class are therapeutic, involving slow, repetitive movements which incorporate meditation, deep breathing and visualization. Many of the movements can be done while sitting. Qi is energy we use and which needs to be replaced with fresh Qi. The movements deal with our meridians to relieve and support various organs. We meet at the Brewster COA and at Drummer Boy Park (warmer weather permitting). Our participants enjoy the social aspect of these meetings as well as the physical benefits. Contact our instructor, Ray DiPietro, if you would like to reserve a spot.

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

Keep Movin'

Tuesdays and Thursdays: November 2 to December 28

1:00 - 2:00pm

(No class on Thanksgiving)

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 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.**

UPDATE

Senior Shellfish License news:

As a reminder, existing Lifetime Shellfish permit holders are asked to visit the Council on Aging to exchange their permit for a yearly Senior Shellfish permit at no cost in 2023. By completing this exchange, the Town can collect valuable data that will help to determine the demand and costs for the stocking of the shellfish program for future years.

At their meeting in early November, the Brewster Select Board will use this data to determine continuation of the Lifetime Shellfish Permit program for those who held a Lifetime Permit prior to January 2023. Comments regarding this program can be sent to townmanager@brewster-ma.gov.

Senior Licenses are available at the Brewster COA, Monday-Friday, 8am - 3:30pm. Please bring your current Lifetime Senior Permit with you to exchange.

All new 70+ permit applicants, including veterans over age 70, will pay an annual \$15 yearly fee. Permits are good for the calendar year. Please bring your current driver's license or ID. One permit per household. For more information on the Shellfish program, please visit the Natural Resources & Shellfish Department page on the Town's website at www.brewster-ma.gov.



Computer Help

Wednesdays 9:00 - 11:00am

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

Brewster Men's Coffee Club (BMCC)

Thursdays 2:00 - 4:00pm

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

W.O.W. (Wonderful Older Women)

Tuesdays 9:30 - 11:00am

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

Quilters Wednesdays 1:00 - 3:00pm

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

Bingo! Thursdays 12:30 - 1:30pm

Bingo begins at 12:30pm. **If you would like to come for senior dining at 11:30am and play Bingo afterward, please read the following article on Senior Dining.**

Participants pay 5¢ for each card they play, which goes into a kitty that the winner of each game wins! Spend time with friends and have fun! **Please note:** if you are using COA van transportation, please let us know no later than **2 days before** if you are coming to lunch and staying for Bingo.

Senior Dining at the COA!



Senior Dining is available every Tuesday and Thursday at the Brewster COA. You will need to **reserve your spot 2 business days in advance.** The monthly menu is always available, just ask. The requested meal donation is \$4.00. Simply give our Brewster Nutrition Center a call at 508-896-5070 to reserve. **If you are NEW to the program, you must first contact our Brewster Nutrition Center at 508-896-5070.**

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

Meals on Wheels



Meals on Wheels delivers meals to people age 60 and over who are unable to prepare their own meals. For more information call Elder Services, Information and Referral at 508-394-4630 or 1-800-244-4630. If you are already a client and need to reach our Nutrition Site, please call 508-896-5070.



Healthy Meals in Motion

This popular program serves all eligible Brewster seniors, providing groceries, fresh produce and paper products each month. Preorder from a wide selection of food items and your order will be ready for pickup at the Brewster COA parking lot (behind the building) between **11:00am and 12:00pm.** Brewster's date is **always** the second Wednesday of each month, so the next dates will be **Wednesday, November 8 and Wednesday, December 13.** Please call the COA Outreach Office to enroll in the program at 508-896-2737.

Outreach Notes



Outreach is available for help with a variety of services: 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.

Medical Equipment Loans

Our medical shed is open Monday-Friday, **8:00am - 3:30pm** for equipment pick up. All borrowers must come into the COA to sign a waiver form and pick up the key. If we have what you are looking for you are welcome to take it. There is no cost and no set return date. If you find you no longer need the item, please return it to us in **clean, working order.** Any items that are broken, unclean or not in good working order will be refused.

We also welcome donations of **clean, durable medical equipment in GOOD working order.** If donating, please call the COA first at 508-896-2737 to tell us what you are bringing. We do not accept some things. Our hours for equipment donations are 8:00am to 3:30pm, Monday-Friday. We are not open on weekends or holidays. **Please do not leave your items outside our shed.** Broken and/or dirty equipment will not be accepted. If you need to dispose of unusable medical equipment, we suggest taking it to the Brewster Recycling center. The cost usually runs just \$2.00 per item, but feel free to contact them at 508-896-3212 for a quote.

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!!



Brewster COA Board Members

Andrea Nevins, Co-Chair
Sharon Tennstedt, Co-Chair
Jay Green, Member
Penny Holeman, Member
Laura Usher, Member
Jill Beardsley, Member
Honey Pivrotto, Member
Jan Crocker, Alternate Member
Eva Orman, Alternate Member

Friends of Brewster Seniors

Upcoming
Friends
Events

- ♦ December 3 - CCS Holiday Concert
- ♦ December 13 - Annual Holiday Lunch
- ♦ January 2024 - To be disclosed in the Friends' Newsletter



Need to stay on Budget?

Stop by the Sea Captains' Thrift Shop November 20th & enter a holiday wonderland. The shop and ANNEX are filled with holiday décor, brand-new giftable items, and seasonal clothing. You can also find that extra set of glasses or plates that you'll need when company comes to visit.

The Holidays are upon Us!

It's hard not to get caught up in all the holidays which come barreling down the calendar pages starting with Veteran's Day, then on to Thanksgiving, Hannukah, Christmas, etc. Once they get rolling, it's hard to stay caught up! But don't let them get the best of you. Stop and smell the roses -- well in the cooler months, you may not find roses -- so just slow down and appreciate life. Don't try to do everything for everyone. Accept offers of help. If you are able, offer to help some other senior who needs some assistance. It's a time for Thanks and it's a time for Giving. Cherish those in your life who make you happiest and whom you can make happy too.



We hope that you'll **Join the Friends** for a **Holiday Luncheon** at Oliver & Planck's Tavern on Route 6A in Yarmouthport on Wednesday, December 13th. Seating is at noon and the event continues until 3 PM. Please **indicate your lunch choice** when completing this reservation form. All meals will be served with fresh baked rolls, garden salad, a vegetable and potato du jour. Oh, did we mention dessert & coffee or tea too?

- * Roast Prime Rib of beef au jus (12 oz.); or
- * Baked local Haddock topped with Newburg sauce; or
- * Roast Chicken with cranberry & sage stuffing and cranberry glaze.

Tickets are \$50 for members and \$60 for non members and will be sold at the COA on Tuesday, November 21st between 9:30 - 11 AM or you can drop your registration and payment (check payable to FOBS) off at Sea Captains' Thrift Shop or mail to FOBE, PO Box 2310, Brewster MA 02631. For questions call 508-385-2881.

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

Name: _____

Name: _____

Mailing Address: _____

Email: _____ Day of event Phone: _____

tickets @ \$50 each (member) # Prime Rib _____ # Haddock _____ #Chicken _____ SubTotal \$ _____

tickets @\$60 each (non-member) # Prime Rib _____ # Haddock _____ #Chicken _____ SubTotal \$ _____

Registration and Payment must be received by December 5th. Please drop off at Sea Captains' Thrift Shop (66 Harwich Road) or mail to the Friends of Brewster Seniors, P.O. Box 2310, Brewster, MA 02631

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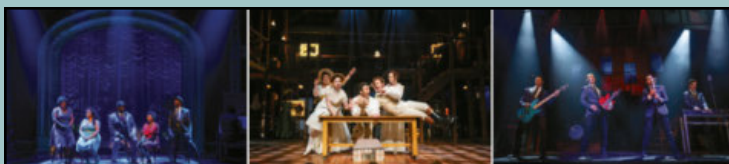
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Senior Tax Work-Off Program

The Senior Real Estate Tax Abatement Program matches municipal volunteer opportunities in the Town of Brewster with eligible senior citizens who are qualified and able to volunteer their services in exchange for a reduction in their real estate tax bill. In exchange for 67 hours of volunteer service, the Town will abate the annual real estate property tax by \$1000.* (*less mandatory deductions), **OR** in exchange for 33.5 hours of volunteer service, the Town will abate the annual real estate property tax by \$500.* (*less mandatory deductions). You need to complete the volunteer hours by September 1, 2024.

Are you eligible?

You are a Town of Brewster Taxpayer who is age sixty (60) or older

You are a homeowner and occupant as of July 1st of the prior calendar year for the property that the abatement is requested.

You have owned and occupied real estate in Brewster for the preceding five (5) years.

There is a limit of one (1) Senior Real Estate Tax Abatement per property. Residents may only participate in either the Senior Tax Work-Off **OR** Veterans Work-Off Program, not both.

Priority will be given to those residents whose annual income is less than \$58,496 if single or \$66,861 if married and to residents who have not previously participated in the program.

You must be current with payment of all Town taxes.

Application deadline is Friday, December 8.

As of Monday, November 6, applications can be picked up at the COA or found on the Town's website. If you have any questions, please call the COA at 508-896-2737.

Receive the 'Bayside Chatter' via Email: Are you receiving too much paper? Would you like to help out the environment? Or perhaps you don't want to wait for your snail-mail! If you would like to skip the paper and have our newsletter emailed to you, the process is simple. Just send an email with your name to: coanewsletter@brewster-ma.gov. Please include your address and phone number. In the subject line, please put 'email newsletter'. We will then remove your name from our paper mailing list, and add it to the email version. No more paper!

Brewster Baysters gift "Brewster in Bloom" quilt to COA



Earlier this year, our own 'Brewster Baysters' Quilting group gifted the COA with this gorgeous daffodil quilt (perfect for Brewster in Bloom!). We are overwhelmed at their generosity and talent, and thank them for this beautiful donation. It now graces the wall in our front office. Stop by to admire it! Featured quilters, from left to right are: Janet Poli, Colette Emilian and Sunny Saylor.

Fuel Assistance begins November 1st!

Do you need some help with your upcoming winter heating bills? Fuel Assistance season has begun, so please contact the Outreach Office at the COA at 508-896-2737 to see if you are eligible.

FY24 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, 2024.

How would you like us to contact you?

Occasionally, the COA wishes to contact folks in the event of a weather closure, a class or trip cancellation, or just to notify them about a large event that we're having. Please contact us and let us know whether you prefer a phone call, email or text notification. We'll make note of it and you won't miss out on anything important!



MISSION STATEMENT of the Brewster COA:

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

Disclaimer: The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:**ALZHEIMER'S CAREGIVERS SUPPORT GROUP & ACTIVITY GROUP for PEOPLE WITH COGNITIVE IMPAIRMENT:****2nd & 4th Tues. of each month ~ 2:00 - 3:30pm.**

The Caregivers Support group and the Dementia support group run simultaneously. Drop-ins welcome. Cecilie Brown, LSW, facilitator.

Call 508-896-5170.**BEGINNER LINE DANCING: Mondays ~ 12:30 - 1:30pm****NOTE: Class on hold until 2024.** Course designed for beginners. Dance to Rock, Pop and Latin music. Cost: \$10.00/class paid directly to instructor each class. **For more information and to register, contact Karen Shackleford at CapeSandsBallroom@gmail.com.****BINGO: Thursdays ~ 12:30 - 1:30pm****BLOOD PRESSURE & GLUCOSE TESTING/HEALTH COUNSELING:****2nd & 4th Mondays of the month ~ 10:00 - 11:00am - Drop-in basis.**

Also glucose checks, if needed. Provided by Barnstable County Nursing.

BREWSTER MEN'S COFFEE CLUB (BMCC): Thursdays ~ 2 - 4:00pm**CAREGIVER SUPPORT GROUP: 1st Thursday of the month ~****10:00 - 11:30am, Brewster COA.** 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.****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.****CRAFTS WITH LUCILLE: 3rd Mondays ~ 10:00 - 11:00am** Enjoy a fun hour of easy crafting while making new friends. Materials and assistance provided. **FREE. Pre-registration required. Call 508-896-2737.****HEARING SCREENINGS: 3rd Thursday of the month ~ 9:00 - 11:00am****By appointment only. FREE.** Includes ear inspections and hearing-aid checks if needed. Appointments are 15 minutes each.**Call 508-896-2737.** Provided by Advanced Audiology.**KEEP MOVIN'!: Tuesdays & Thursdays ~ 1:00 - 2:00pm. \$ - Cost** available through instructor. Strength training classes help to relieve arthritis symptoms using adjustable weights and stretch bands.**For more information and to register, please contact Cindy Doutrich at cdoutrich@ycp.edu****KNIT & CROCHET: Wednesdays & Thursdays ~ 10:00am to 12:00pm**

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

LEGAL HELP: 1:00 - 2:30pm on the 4th Tuesday of even months with Atty. Andrew Bardetti of South Coast Counties Legal Svcs (SCCLS).**By appointment only. Contact SCCLS directly at 774-487-3251.**First 1/2-hour **FREE** for initial consultation.**MEALS ON WHEELS:** Provided to any homebound senior who is unable to prepare nutritionally balanced meals. **Call Brewster Nutrition at 508-896-5070.****MEDITATION: Thursdays ~ 10:00 - 11:00am** Class focused on building internal awareness with an orientation toward the heart and breath. Guided meditation format used. **To register, contact our instructor, Carol Marcy at drcarolmarcy@gmail.com.****QUILTERS: Wednesdays ~ 1:00 - 2:30pm** The Brewster Baysters Quilting Group invites you to join them! Beginners to advanced levels welcome. Enjoy ideas, advice and camaraderie of other quilters. Drop in.**WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:****OUTREACH ASSISTANCE:** Outreach Coordinators answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc. **Call 508-896-2737 to make an appointment.****PEDICURE: 1st Friday of the month (unless otherwise noted on page 9) ~ 9:00am - 2:30pm By appointment only.** ½ hour appointments with Autumn Knight, RN/Certified Foot Care Nurse/Specialist - **\$45.00. Call 508-896-2737. No checks.****PET GROOMING:** Buttons & Bows ~ **3rd Thursday of the month ~ 8:00 - 8:30am** Nail clipping for pets takes place in a mobile van at the back of the COA parking lot. First-come, first-served. \$3.00 per pet. All owners must be 60+. **See page 9 for more info.****PRACTICE YOUR FRENCH: 4th Wednesday of the month ~ 2:30 - 4:45pm, Brewster Ladies' Library.** Informal. **See page 4 for more info.****QI GONG: Tuesdays ~ 9:00 - 10:00am.** Chinese method for enhancing the immune system; utilizing posture and breathing exercises, along with focused intentions. **To register please email our instructor, Ray DiPietro, at rayvector@hotmail.com or call him at 508-246-4486.****REP. CHRIS FLANAGAN: 1st Friday each month ~ 10:00am - 12:00 pm** Offered on a drop-in, first-come-first served basis.**SENIOR DINING: Hot lunches on Tuesdays & Thursdays** at the COA. Suggested donation of \$4.00/meal. **2 business days notice required. Call 508-896-5070.** Live piano music on Thursdays at 11:30am. Stay for Bingo on Thursdays at 12:30pm.**SHINE: Serving the Health Information Needs of Everyone** Scheduled appointments on Thursday mornings. Highly-trained volunteer counselors help seniors and Medicare beneficiaries understand their rights and benefits. **Contact the COA for an appointment at 508-896-2737.****SIGHT LOSS GROUP: September - June, 2nd Wednesday of each month at Brewster Ladies Library. 11:30am - 1:00pm. For more information, call Sight Loss directly at 508-394-3904.****SWIMMING: Brewster Green Pool - Fridays from November to May. 10:00am to 12:00pm. ONLY available to Brewster residents age 60+.** You will need to fill out a waiver, medical release and receive a list of pool rules. There is a \$1.00 honor donation/swim requested by the COA. Stop by the COA monthly/quarterly to support this program.**TAI CHI - INTERMEDIATE: Mondays & Thursdays ~ 10:30 - 11:45am.****\$15/class.** Geared toward those who have some experience with Tai Chi and are familiar with the Tai Chi Eight Form. Helps improve balance, core strength and flexibility. **To register, contact our instructor, A.Jay Zahn at capecodtaichisociety@gmail.com or call 607-227-0509.****TAI CHI - ADVANCED: Mondays & Thursdays ~ 9:30 - 10:30am.****\$15/class.** For those who have learned the 24 Posture Yang Tai Chi Form (National Beijing Form). Class focuses on exploring the "meditation in motion" aspect of practicing Tai Chi. **To register, contact our instructor, A.Jay Zahn at capecodtaichisociety@gmail.com or call 607-227-0509.****WALKING CLUB: Thursdays ~ 9:00 - 10am-ish. April through December at various scenic locations.** Come walk with our fun group to enjoy comradery and exercise on an hour-long scenic jaunt. **To register please contact Annie Rapaport at the COA at 508-896-2737.****W.O.W.: (Wonderful Older Women): Tuesdays ~ 9:30 - 11:00am**

This friendly group of women review current events, talk about movies & books, give each other support & enjoy conversation. Stop by!

YOGA:**Please see pages 2 & 3 of this newsletter for the course schedule.****'Bayside Chatter' Online**

The 'Bayside Chatter' is published every other month and is available online. It can be found at:

<https://www.brewster-ma.gov/council-aging-and-council-aging-board/pages/newsletters>

BHT - BOSTON HOSPITAL TRANSPORTATION

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

MONDAY thru THURSDAY SCHEDULE

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

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

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

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

Please visit the website for more information:

www.capecodrta.org

TRANSPORTATION INFORMATION All riders must be 60+

NOTE - Services below are not available to residents of assisted living facilities.

COA VAN - We offer trips for Grocery Shopping in Orleans on **Mondays and/or Wednesdays, from 11:00am to 1:00pm. We require a minimum of 2 full business days notice.** Maximum of 6 people per trip. A suggested donation of \$2 is accepted for this service. Call the COA to schedule your ride at 508-896-2737.

MEDICAL & DENTAL APPOINTMENTS - Volunteer drivers are available for transport to **routine** medical appointments in their personal cars. We travel as far as Hyannis and regret we cannot accommodate patients having procedures. Please call the COA at 508-896-2737 **as soon as you make an appointment or at least 4 FULL business days (Monday thru Friday; weekends do not count)** in advance so that we can schedule your ride. **One ride per person per week.**

Please notify the COA if you can't keep your appointment so we can notify our driver. Donations are accepted for this service. All appointments should be booked for times between **9:00am and 2:00pm.**

WHEELCHAIR-ACCESSIBLE MEDICAL VAN – Transportation to medical appointments is provided by a staff person, Monday through Friday. **A minimum of 7 business days advanced reservation is required.** Donations are accepted for this service. Call the COA for more information at 508-896-2737.

This agency and its programs are funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.

DART - DIAL-A-RIDE TRANSPORTATION Service: CCRTA provides a daily, general public-demand response service that is wheelchair-accessible, door-to-door, and ride-by-appointment. This service is available to all Cape Cod residents and is available Monday through Saturday in all towns, with limited Sunday service. Rides must be scheduled by no later than noon on the day prior to a ride. Rides can be scheduled up to 30 days in advance. The DART does not run on holidays. **For available times in Brewster please call Customer Service toll-free at 800-352-7155, Monday thru Friday, 8:00am - 5:00pm.**

OR CURRENT RESIDENT

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

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