

BAYSIDE CHATTER

BREWSTER COUNCIL on AGING

1673 Main Street ~ Brewster, MA 02631

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

SEPTEMBER/OCTOBER 2023

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 Driver
Steve Holmes - Van Driver

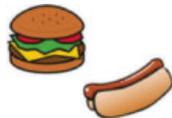


Get to Know Us!
508-896-2737
www.brewster-ma.gov
Find us on Facebook!



Labor Day BBQ!

Friday, September 1 Tickets \$5
11:30am – 2:00pm



Come join us and the Friends of Brewster Seniors for a relaxing fun time of food, bocce, music and friendship out on the front lawn to celebrate Labor Day! Menu includes hot dogs, hamburgers, coleslaw, baked beans and dessert, along with assorted beverages. Doors open at 11:30am, meal served at 12:00pm. Tickets are \$5 and are available now through August 28 at the Brewster COA, Monday – Friday. Seating is limited to 50. See you there!

Open Enrollment is Coming!



Open enrollment is **October 15 – December 7** and state certified SHINE counselors are available at the Brewster COA center **by appointment** to help you understand health care coverage, review cost increases, and find out what's new with Medicare. The time is **now** to review your Medicare coverage! By September 30th, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your COA SHINE counselor. **Call the Brewster COA now to make your appointment at 508-896-2737 and see page 14 of this newsletter for more information.**

Halloween Harvest: Ghosts, Goblins & More

Friday, October 20 1:30 – 2:30pm Tickets \$5

Davis Bates returns with a perfect way to celebrate the fall season, with traditional and true-life ghost stories, Native American stories, and songs about the harvest and turning of the earth. He has been telling stories for over 43 years, in schools, libraries, colleges and community settings around New England and across the country. His recording of Family Stories won a Parent's Choice Gold Award and was named one of the year's best audio recordings by Booklist Magazine. Get ready for a fun filled interactive experience! Light refreshments will be served.



Space is limited. Tickets are \$5 and available now at the COA but must be purchased in person prior to the event. They cannot be purchased over the phone.



September is Sepsis Awareness Month

Sepsis is the leading cost of care and cause of death in US hospitals: more than 1.7 million Americans are diagnosed with Sepsis each year, and more than 350,000 US adults die from the condition annually. Over 50% of Sepsis survivors experience lingering complications, which can include amputations and post-Sepsis syndrome. The best way to prevent Sepsis is to know the signs and symptoms, and to be a good self-advocate when seeing a healthcare provider.

Cape Codder Gerry Bedard is a retired teacher. After losing his wife to Sepsis, is leading the way to bring more education and advocacy to the Cape communities. More information can be found at sepsisalliance.org or by contacting Gerry at cgnb@comcast.net.

Monthly support group meetings (virtual) are available through [Sepsis Alliance Connect](http://SepsisAllianceConnect.com), the free virtual support community for everyone affected by Sepsis including survivors, family/friend caregivers, and those who have lost a loved one. This virtual community is an opportunity for members to connect with others who have had this experience and learn from one another.

Sepsis Awareness Event:

Learn How You Can Get Ahead of Sepsis

Friday, September 22 1:30 – 2:30pm

Join Gerry Bedard as he presents on Sepsis and a proclamation from Governor Healey is read regarding September being Sepsis Awareness month. Sepsis is preventable, if treated early. Learn more about what the symptoms are, so that you can prevent what Gerry and his family sadly experienced. **To register, please call the COA at 508-896-2737.**

The Brewster COA will be closed on:
Monday, September 4 for the Labor Day observance and
Monday, October 9 for the Columbus Day observance

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, September 1 & Friday, October 6
10:00am – 12:00pm

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

Yoga for Pelvic Health! Series



4-week series
Tuesdays, September 5 – 26
2:30 – 3:30pm
\$35 for series, paid to instructor at first class

Join Janet Bettey, E-RYT, for this special 4 week series. A healthy pelvic floor is linked to a healthy bladder, good balance, better breathing and so much more! If you have weakness in the pelvic muscles or they are too tight, incontinence or other issues may arise. These classes will support you in bringing suppleness and strength to your pelvic floor. Poses will be done standing, seated, and lying down on a yoga mat. A chair will be available if needed. **Advanced registration is required. For more information and to sign up, please call Janet at 978-500-2390 or visit www.bitofblissyogaofcapecod.com**

Money Matters with Senior Planet

10-week course, meets twice a week:
Tuesdays and Fridays at the
Brewster Ladies' Library
1822 Main St.



September 12 – November 17
10:00am – 12:00pm Free

Join Elenita Muniz of Senior Planet, a program of AARP and brought to us by Elder Services of the Cape and Islands. In this **10-week course**, you will learn about smart financial habits, develop skills to help manage your money, and use online resources to find benefits and save money online. Pre-registration is required. **To reserve your spot, please call Denise Magnett of Elder Services at 508-394-4630 ext. 366. Space is limited.**

Small Sewing Projects and Machine Care!

TWO 4-WEEK SERIES

First session: Tuesdays
Sept. 12 – Oct. 3 10:00am – 12:00pm

Second Session: Tuesdays
Oct. 10 – Oct. 31 10:00am – 12:00pm

\$75 for each 4-week series. Sign up for one or both!

Join the fun with instructor Dottie Higgins and learn how to make some great small projects as well as learn proper machine care! **Open to all levels but you must bring your own sewing machine, thread, needles, pins, and scissors.** Most importantly, bring your enthusiasm! Dottie will supply the materials needed for the projects. **Pre-registration is required. Call the COA at 508-896-2737 by Friday, September 8.**



Hand Drum Workshop

Wednesday, September 13
1:30 – 3:30pm \$10

This workshop is facilitated by Sue Landers, Artistic Director of the Drumma Queens. Let drumming connect you to your internal rhythms: the rhythm of your breath and the rhythm of your heartbeat. Drumming is a wonderful way to relieve stress and experience the magic of making music with others. No experience is necessary. Drums are provided. Limited to ten participants. Pre-registration is required. **To do so, please call the COA at 508-896-2737 by Monday, September 11.**

Know Your Numbers:

An In-depth Explanation of Vital Signs



Thursday, September 14
2:15 - 3:30pm

Come join Lauren Forziati, Public Health Nurse from the VNA of Cape Cod, for this presentation on vital signs. Vital signs include heart rate, blood pressure, respiratory rate, temperature, and pain. What are these numbers all about; how are they monitored, what do the values represent and what do they say about overall health? Come find out! **To register, please call the COA at 508-896-2737.**

Shopping and Lunch in Provincetown

Friday, September 15 10:00am – 2:00pm
Spending \$ for shopping and lunch



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

The Three P's of Investment Fraud: Profile, Persuasion, Prevention

Wednesday, September 20, 1:00 – 2:00pm

Join Eric Giroux, Senior Council, Enforcement Division of the US Securities and Exchange Commission, for this presentation on investment fraud and financial scams and how you can protect yourself from them. Topics covered include the profile of the typical investment-fraud victim, the persuasion tactics con artists use to trick seniors and other investors, and what you can do to help prevent this from happening to you or your friends. Attendees are welcome to share their questions, stories, and concerns about these topics, or about saving and investing, or about the SEC generally. Handouts, including the SEC's official guide for senior investors, will be available to take home. **To register, please call the COA at 508-896-2737.**



Take it Away with Monet: A creative exploration of Monet and Other Masterful Artists

Thursdays: September 21 – October 26
9:30 – 11:00am

\$90 for 6-week class, payable to instructor at first class

Join Artist/Instructor Jennifer Stratton for this 6 week class that will explore some of the well-known and not so well known masters of art. Your art work will be based on what you see and learn about, culminating in a final project inspired by an artist of your choosing. We will be using watercolor, acrylic and maybe even some mixed media. This class is for everyone. No experience in art is necessary. Jennifer will provide the necessary materials and during the first class she will direct you as to where you can get some of your own materials. Come join the fun! **To register, please call the COA at 508-896-2737.**

Mashpee Wampanoag Museum and lunch at Zoe's Pizza



Friday, September 29 10:00am
Admission fee \$7, and money for lunch

Learn about the history and culture of the Wampanoag from the Stone Age to the present. First established under the guidance of the Mashpee Historical Commission, the museum is the only one in existence devoted exclusively to Wampanoag history. Afterward, we will go to Zoe's Pizza at Mashpee Commons. Zoe's also has hot & cold subs, wraps, salads, and more. To view their menu, please go to www.zoesmenu.com. **To sign up, please call the COA at 508-896-2737. Space is limited.**

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Chair Yoga

TWO 4-WEEK SERIES

**First series: Thursdays,
September 21 – October 12
2:30 – 3:30pm**

**Second series: Thursdays
October 26 – November 16 2:30 – 3:30pm
\$35 for each 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.** You can learn more about Marty by going to her website www.yogaofyarmouthport.com, where she also teaches.

Film: "Keys Bags Names Words: Hope in Aging and Dementia"



**Thursday, September 21
2:00 – 4:00pm
Brewster Ladies' Library
1822 Main St.**

September 21 is World Alzheimer's Day. Join the COA as we co-host this special screening with the Brewster Ladies' Library and the Alzheimer's Family Support Center. "Keys Bags Names Words" is a hopeful and inspiring lens portraying stories of both the personal and global impacts of Alzheimer's disease and other forms of dementia, while following a cohort of young scientists and artists from around the world as they harness every aspect of creativity, humor, and compassion to lead the way towards hope and resilience. Discussion to follow.

To register please call the library directly at 508-896-3913, or signup online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab.

Practice your French a la Bibliotheque

**4th Wednesday of the month
2:30 – 4:45pm
Brewster Ladies' Library
Starting September 27**



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.**

Forest Bathing

TWO SESSIONS OFFERED

**Thursday, September 28 1:00 – 2:15pm
Thursday, October 26 1:00 – 2:15pm
Meet at Brewster COA**

Come join Carol Marcy for a Forest Bathing walk. This is a slow meditative walk where you will learn to pay attention in a new way. We will connect with the living being of the forest by drinking in the smells, feeling the breeze on your skin, hearing wind move through the trees, soaking up the warm healing rays of the sun and noticing the vast array of colors and shapes of forest life. By slowing down, grounding and connecting with awareness to the abundant life in and around you, you will feel refreshed, calmer, and more peaceful. The walk will take place on Eddy's Sisters trail behind the COA, which is less than a mile and fairly flat. If you need to, please bring a walking stick or two to help with balance. **To pre-register, call the COA at 508-896-2737 by September 27. Space is limited.**

Keeping Our Ponds Healthy

**Brewster Ponds Coalition
Monday, October 2
1:30 – 2:30pm**



The Brewster Ponds Coalition invites you to learn about the Pond Education Program which we have developed for the children in Brewster's Elementary Schools. Through a combination of a short presentation, a puppet show, and hands-on activities at a pond, students learn to identify pond creatures, how to recognize the features of a healthy pond, and the importance of protecting our ponds. The BPC hopes that by attending this presentation you, too, will gain a greater appreciation for the diversity of the amazing ecosystems of our ponds and will become active participants in protecting this important resource. **To register, please call the COA at 508-896-2737.**

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

Beginner Mah Jongg



**5-week series:
Wednesdays, October 11 – November 8
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 Friday, October 6.**

Better Balance Through Grounding and Body Awareness

**4-week series:
Mondays, October 16 - November 6
1:00 – 2:00pm 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. **To register, please call the COA at 508-896-2737. Space is limited.**



Introduction to CORD (Cape Organization for Rights of the Disabled)

Wednesday, October 18 1:30 – 3:00pm

Please join Alexa Paige, Independent Living Advocate with CORD. Alexa will present on their independent living program, in addition to giving an overview of CORD's background as well as how they serve people with disabilities in other areas. CORD assists people of all ages and all disabilities, as well as all incomes levels. They do not charge for their services. **To register for this informative presentation, please call the COA at 508-896-2737.**

Second Annual Cookie & Recipe Share

Tuesday, October 17 1:00 – 3:00pm



October is National Cookie Month! Help us celebrate, by joining us for a homemade cookie and recipe share! Join us for good conversation, coffee, and Cookies. Please bring a baker's dozen (or more!!!) of your favorite cookies along with the recipe to share. **Call 508-896-2737 to sign up with Annie (and let her know what you hope to bring just to make sure we don't end up with a bunch of the same cookies) no later than Friday, October 13.**

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CarFit Event

Call the COA for dates in October
Brewster Baptist Church and
Brewster Ladies' Library PARKING LOTS

Developed by AAA, AARP and the American Occupational Therapy Association (AOTA) partnership, CarFit's trained Technicians take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars "fit" better for comfort and safety. An occupational therapist is also on hand to provide information to seniors on how to maintain and strengthen driving health.

Appointments are required. To make yours, please call the COA at 508-896-2737.

Pumpkin People in the Park and Lunch in Chatham



Friday, October 27
11:00am – 2:00pm
Bring \$ for lunch

Come join us for a fun walk in Kate Gould Park to look at the Pumpkin People created by local Chatham businesses to help get people in the Halloween spirit! Afterward we will travel down the road to Kreme N' Kone for lunch. **The walk and Kreme N' Kone are 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 sign up. Please call the COA at 508-896-2737.** Please go to www.kreamnkonechatham.com to view their menu so that you can plan accordingly.

Yoga for Osteoporosis! Series



4-week series
Tuesdays, October 3 - 24
2:30 – 3:30pm
\$35 for series, paid to instructor at first class

A proven method to build bone density is through weight bearing exercises. Yoga encourages muscle and bone strength which has a positive effect on your bone mineral density, as well as your balance and posture. Join Janet Bettye,

E-RYT, for this special 4-week series to safely and effectively improve your bone health! All stretches & poses will be done while safely seated in a chair or standing. Class size is limited. **Advanced registration is required. For more information and to sign up, please call Janet at 978-500-2390 or visit.**

www.bitofblissyogaofcapecod.com

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



4th Mondays of the month:
September 25 & October 23 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: September 18 & October 16
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**

Walking Club



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

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

Caregiver Support Group

1st Thursday of every month:
September 7 & October 5 10:00 – 11:30am
*Brewster COA, 1673 Main St.

*Note change of location

Need support around caregiving? Join our caregiver support group, where you can meet other caregivers and facilitators from the Elder Services Family Caregiver Program.

For more information and to register please call Laura Cheesman of Elder Services at 508-394-4630 X451.

Beginner Line Dancing

Mondays, 12:30 – 1:30pm
\$10 per person per class; pay by the week to instructor during class. Cash or check payable to "Cape Sands Ballroom."

Line dancing is the no-partner-needed way to enjoy moving to music while experiencing the many positive physical, mental, and social benefits of dancing. If you enjoy rock, pop, and Latin music you'll love this new active indoor hobby. This course is designed for the absolute beginner line dancer and no dance experience is needed. We'll build knowledge at a comfortable pace while having lots of fun dancing to upbeat, contemporary music. This is a progressive course. Class taught by Karen Shackelford of Cape Sands Ballroom. For more information and/or to register, **please contact Karen directly at CapeSandsBallroom@gmail.com**

Practice your French a la Bibliotheque

4th Wednesday of the month 2:30 – 4:45pm
Brewster Ladies' Library, 1822 Main St.
Starting September 27

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.**



Autumn begins Saturday, September 23.
We hope your summer was a good one, and that we're all looking forward to Fall!





"Having bought and sold many properties in multiple states, Amy is the best real estate agent we have ever encountered. We knew she was better than the other four real estate agents we interviewed for selling our property. However, we did not know how much better. She proved to be head and shoulders above all the others and in a class by herself. She is - by far - the best!" — AN, SELLER

Amy Harbeck
Residential & Commercial Realtor®
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www.amyharbeck.com

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Ⓜ Amy Harbeck is a licensed real estate agent affiliated with Kirin Grover Realty Group, LLC, a licensed real estate broker affiliated with Compass and abides by Equal Housing Opportunity laws.

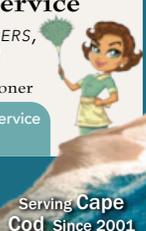
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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>How would you like us to contact you?</p> <p>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!</p>				<p>1</p> <p>10:00am Office Hours with Rep. Flanagan</p> <p>11:30am Labor Day BBQ!</p> 
<p>4</p>  <p><i>The COA is closed</i></p>	<p>5</p> <p>9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Yoga for Pelvic Health</p>	<p>6</p> <p>9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters</p>	<p>7</p> <p>9:00am Walking Club 10:00am Caregiver Group/COA 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC</p>	<p>8</p> <p>9:00am Pedicure</p>
<p>11</p> <p>10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing</p>	<p>12</p> <p>9:00am Qi Gong 9:30am W.O.W. 10:00am Money Matters/BLL Sewing/Session 1 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Yoga for Pelvic Health</p>	<p>13</p> <p>9:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 11:30am Sight Loss/BLL 1:00pm Quilters 1:30pm Hand Drum Workshop</p>	<p>14</p> <p>9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:15pm Know Your Numbers</p>	<p>15</p> <p>10:00am Money Matters/BLL Trip: Shopping & Lunch in Provincetown</p>
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<p>25</p> <p>10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 2:30pm Hearts & Paws</p>	<p>26</p> <p>9:00am Qi Gong 9:30am W.O.W. 10:00am Money Matters/BLL Sewing/Session 1 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Yoga for Pelvic Health</p>	<p>27</p> <p>9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL</p>	<p>28</p> <p>9:00am Walking Club 9:30am Take it Away/Monet 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 1:00pm Forest Bathing 2:00pm BMCC 2:30pm Chair Yoga/Session 1</p>	<p>29</p> <p>10:00am Money Matters/BLL Trip: Mashpee Wampanoag Museum & Lunch</p>

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 1:30pm Keeping Our Ponds Healthy	9:00am Qi Gong 9:30am W.O.W. 10:00am Money Matters/ BLL 10:00am Sewing/Session 1 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Yoga for Osteoporosis	9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	9:00am Walking Club 9:30am Take it Away/Monet 10:00am Caregiver Group/COA 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 1	10:00am Office Hours with Rep. Flanagan 10:00am Money Matters/BLL
9	10	11	12	13
 Columbus Day <i>The COA is closed</i>	9:00am Qi Gong 9:30am W.O.W. 10:00am Money Matters/BLL 10:00am Sewing/Session 2 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Yoga for Osteoporosis	9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 11:30am Sight Loss/BLL 11:00am Healthy Meals In Motion (COA) 1:00pm Quilters	9:00am Walking Club 9:30am Take it Away/Monet 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 1	9:00am Pedicure 10:00am Money Matters/BLL
16	17	18	19	20
10:00am Crafts with Lucille 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 1:00pm Better Balance	9:00am Qi Gong 9:30am Friends office hours W.O.W. 9:30am 10:00am Money Matters/BLL 10:00am Sewing/Session 2 11:30am Senior Dining 1:00pm Keep Movin'! 1:00pm Cookie & Recipe Share 🍪 2:30pm Yoga for Osteoporosis	9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Intro to CORD	8:00am Pet Nail Trim 9:00am Walking Club 9:00am Hearing Screenings 9:30am Take it Away/Monet 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga/Session 2	10:00am Money Matters/BLL 1:30pm Halloween Harvest: Ghosts, Goblins & More 
23	24	25	26	27
10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 1:00pm Better Balance 2:30pm Hearts & Paws	9:00am Qi Gong 9:30am W.O.W. 10:00am Money Matters/BLL 10:00am Sewing/Session 2 11:30am Senior Dining 1:00pm Keep Movin'! 2:00pm Alz. Caregiver Support Group 2:30pm Yoga for Osteoporosis 2:30pm Legal Help	9:00am Beginner Mah Jongg 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL	9:00am Walking Club 9:30am Take it Away/Monet 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 1:00pm Forest Bathing 2:00pm BMCC 2:30pm Chair Yoga/Session 2	10:00am Money Matters/BLL 11:00am Bookworm Book Club at BLL 11:00am Trip: Pumpkin People & Lunch in Chatham 
30	31			
10:00am Adv. Tai Chi 11:15am Int. Tai Chi 12:30pm Beginner Line Dancing 1:00pm Better Balance	9:00am Qi Gong 9:30am W.O.W. 10:00am Money Matters/BLL 10:00am Sewing/Session 2 11:30am Senior Dining 1:00pm Keep Movin'!			



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Pedicure



**Friday, September 8 and
Friday, October 13
9:00am - 2:30pm**

**\$40.00 in September, \$45.00 beginning in
October**

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:
September 11 & 25 and
October 23**

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, September 21 and
Thursday, October 19
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, October 24 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, September 21 and



Thursday, October 19

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: September 12 & 26
and
October 10 & 24
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.



Mobile Dental Hygiene Service: UPDATE

The Brewster COA is sad to say good-bye to Mobile Dental Hygiene Services...for now. This program has also been discontinued at all Cape COAs. For several years, Mobile Dental Hygiene Services has been an integral part of the COAs' attempts to help maintain the oral health of the Cape's senior community. Due to legislation at the state level, the program has been discontinued for the time being. Owners Teresa Simison, RDH, MSDH & Andrea Read, RDH, MSDH, are continuing to speak with state authorities regarding the matter. If you would like to support them in their efforts to bring this program back to the COAs, as well as our homebound folks, long term care & assisted living facilities, child day care facilities and the YMCA Head Start program, we encourage you to contact your elected state officials.

**Brewster COA
Employee Spotlight**

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



Department Assistant Lauren Williams

"I've worked for the Town of Brewster for 9 years, mostly for the Department of Public Works as the Gate Keeper at the Brewster Recycling Center, but made the switch to the Council on Aging in February of this year. Though I miss the DPW, I'm happy to be learning new things and meeting many new people here at the COA. Stop by the front desk where I am, and say 'hi!'"

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.

Keep Movin'

Tuesdays and Thursdays: September 5 to October 31

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 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.**

Senior Shellfish License update:

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. After the end of this calendar year, all Senior Shellfish Licenses will be issued at \$15.00 per year.

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 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 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, September 13 and Wednesday, October 11.** 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 Pivirotto, Member
Jan Crocker, Alternate Member
Eva Orman, Alternate Member

Friends of Brewster Seniors

Upcoming Friends Events

- ◆ September 1 - COA/Friends Annual Picnic
- ◆ September 7 - Lobster Roll Cruise
- ◆ September 24 - Taste of Crosby Mansion Social
- ◆ October 12 - Trip to MFA, Boston
- ◆ December - CCS Holiday Concert

Enjoy a BBQ at the COA

Friday, Sept. 1 11:30am – 2:00pm

The Friends are again co-sponsoring the end-of-summer BBQ with the COA.

Tickets are \$5/person and include hamburgers, hot dogs, etc...and a DJ too. **Buy your tickets in person at the COA before August 28**, but get them soon as there is only room for 50 people!



The Summer Wind-down

Ahhh, September! Cooler nights for sleeping with the windows open and cooler days -- but mostly warm enough to continue outdoor activities, such as biking, walking, swimming, golfing, etc.

September also brings about lots of fun activities such as a Lobster Roll Cruise, A Taste of Crosby Mansion and in October, a trip to the MFA in Boston, all courtesy of the Friends organization.

We're still hosting our monthly office hours in the COA Computer Room on the 3rd Tuesday from 9:30-11 AM. Stop in and meet some of the board members. Share your thoughts & ideas!

Our organization is your organization. For a mere \$10/calendar year, you'll have early notice of all the trips and events that we're hosting as well as knowing that your \$10 may help another senior with a financial issue.

Join Us at our Annual Social Event ~ "A Taste of Crosby Mansion"

We hope that you'll join the Friends at Brewster's most famous historic mansion on Sunday, September 24th, 3-5pm, at 163 Crosby Lane. Come and enjoy appetizers and drinks for just \$15/person as we head into fall. But don't wait, as capacity is limited and we sold out last year! Sign up at Sea Captains' Thrift Shop (66 Harwich Rd.) because no tickets will be sold at the door. We'll host a Silent Auction and have Door Prizes too! Ticket price (\$15/person) includes a drink (beer, wine, soda) and lots of great appetizers and great conversations with new and old friends! Cash bar (\$5) available for additional beer & wine.

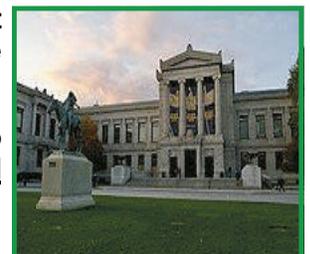


Would You Like to go to Boston's MFA October 12th?

We'll travel up to Boston on a private bus to Boston's Museum of Fine Arts, which contains 8,161 paintings and more than 450,000 works of art! Once we disembark from our morning coach ride, we'll be able to view over 100 galleries included with our admission. One hundred galleries! That means that there is a lot of walking, so you'll probably want to stop at some point and enjoy lunch "on-your-own" with your friends at any of the three cafes on the museum site.

We hope you'll join us as we cross the bridge (finally shouldn't be any traffic!) to enjoy some magnificent art work. The complete details and registration form will be published in the Friends of Brewster Seniors' September newsletter.

From *Tiny Treasures*, to *Dutch and Flemish Art*, to *Monet*, to *Art of The Italian Renaissance* to so many more exhibits, there is truly something for everyone! See you on the art-lovers' bus?



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Attention Brewster Residents: Are you ready for Medicare Open Enrollment? SHINE Can help!

Open enrollment is **October 15 – December 7**. By September 30th, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits.

Meeting with our state certified SHINE counselors during open enrollment can help you understand health care coverage, review cost increases, and find out what's new with Medicare, and also may reduce your out of pocket medical and/or prescription drug costs. You can compare your Medicare benefits and health insurance options at no cost during your appointment. In addition, the SHINE counselor can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

There are a limited number of SHINE appointments which fill up fast during this busy period so you should contact the Brewster COA soon at 508-896-2737 to avoid making last-minute decisions or staying in a plan that no longer works for you. Appointments may be in person, on the phone, or virtual. These appointments are for Brewster residents.

Plan to have the following information available for your SHINE appointment:

- ◆ Medicare A/B card
- ◆ Medigap or Medicare Advantage Card
- ◆ Prescription Drug Plan Member Card (if you have a Part D plan)
- ◆ List of medications and dosages which can be obtained from your local pharmacy.
- ◆ If you have created an account with Medicare.gov, bring your username and password – this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then click on **find a health and drug plans** tab.

Helpful telephone numbers and websites:

Medicare	www.medicare.gov	800-633-4227
Social Security	www.ssa.gov	800-772-1213
Prescription Advantage	www.prescriptionadvantagemma.org	800-243-4636

Meet Our New SHINE Counselors!



On June 23, Mary King and Cindy Thatcher of our Outreach office became officially state certified SHINE counselors! We are very proud of them as this represents several months of hard work attending classes and taking tests. Though they've already been putting their new skills to work, we are excited that they will be helping many folks this year during Open Enrollment! The COA thanks them both!

Note: The regular article 'A Message from Lauren Fozziati, RN, BSN, VNA of Cape Cod - Public Health and Wellness' has been placed on hold for the time being. Meanwhile, please see the article for the program **Know Your Numbers: An In-depth Explanation of Vital Signs** (Thursday, September 14) on page 2 of this newsletter, presented by Public Health Nurse Lauren Forziati of the VNA of Cape Cod.

'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>

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!



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.

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 Shackelford 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: 2:30 - 3:30pm on the 4th Tuesday of even months with Atty. Andrew Bardetti of South Coast Counties Legal Svcs (SCCLS).

By appointment only. Contact SCCLS directly at 774-487-3251.

First 1/2-hour **FREE** for initial consultation.

MEALS ON WHEELS: Provided to any homebound senior who is unable to prepare nutritionally balanced meals. **Call Brewster Nutrition at 508-896-5070.**

MEDITATION: Thursdays ~ 10:00 - 11:00am Class focused on building internal awareness with an orientation toward the heart and breath. Guided meditation format used. **To register, contact our instructor, Carol Marcy at drcarolmarcy@gmail.com.**

QUILTERS: Wednesdays ~ 1:00 - 2:30pm The Brewster Baysters Quilting Group invites you to join them! Beginners to advanced levels welcome. Enjoy ideas, advice and camaraderie of other quilters. Drop in.

OUTREACH ASSISTANCE: Outreach Coordinators answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc. **Call 508-896-2737 to make an appointment.**

**WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:**

PEDICURE: 1st Friday of the month (unless otherwise noted on page 9) ~ 9:00am - 2:30pm **By appointment only.** ½ hour appointments with Autumn Knight, RN/Certified Foot Care Nurse/Specialist - **\$40.00. Price increases to \$45 beginning in October. 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 3 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.**

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 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 fall course schedule.

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.

**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.

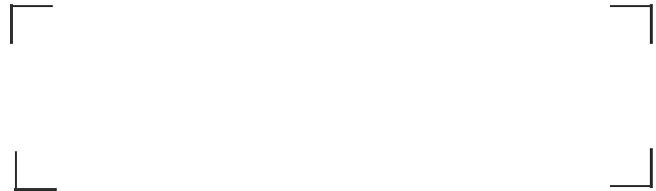
MEDICAL & DENTAL APPOINTMENTS - Volunteer drivers are available for transport to **routine** medical appointments in their personal cars. We travel as far as Hyannis and regret we cannot accommodate patients having procedures. Please call the COA at 508-896-2737 **as soon as you make an appointment or at least 4 FULL business days (Monday thru Friday; weekends do not count)** in advance so that we can schedule your ride. 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
1673 MAIN STREET
BREWSTER, MA 02631