

MARCH/APRIL 2025

The Cranberry Scoop



Spring is in the Air

**March is Women's
History Month:
Learn about
Marguerite Ickis**

**Call for a Ride
to the Library**

The Newsletter of The Dennis Center For Active Living

1045 Route 134, South Dennis, MA 02660 • 508-385-5067 • Facebook: @DennisSeniorCenter

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MISSION STATEMENT

The Dennis Center for Active Living (DCAL) @ the Senior Center's primary mission is to enhance the quality of life for older adults of the town by providing multipurpose programs especially designed to fulfill the health, educational, social, recreational, outreach and transportation needs of our most valued citizens in a safe, friendly and comfortable environment.

BOARD OF DIRECTORS

- Judith Peterson, *Chair*
- Gary Barber, *Vice-Chair*
- Deborah Rothschild, *Secretary*
- Christine Harrington, *Member*
- Martha LeBlanc, *Member*
- John Terrio, *Select Bd Liaison*

DENNIS CENTER FOR ACTIVE LIVING

1045 Route 134
South Dennis, MA 02660
508-385-5067



BRENDA VAZQUEZ
Director, Town of Dennis
Council on Aging and
Dennis Center for Active Living

Spring is in the air! Even though we've had a colder, snowier winter than in recent years, I always feel warmth when I walk into the DCAL. The Center is a 2nd home away from home for many patrons who come in to spend their days here. Don't forget our monthly events (Vets and Friends, Birthday parties, Tea & Talk, and our many clubs and groups you can join at DCAL). We're always looking for volunteers to help us with the Cranberry Scoop, the Rolling Raks Thrift Shop, greeters, café attendants, food pantry stocking, and more. Let

us know if you have a special talent you would like to share. March is National Nutrition Month. DCAL is running a food drive on March 18 to replenish the pantry. Read Julie's article in the Outreach section (p.11) to see how you can contribute. April also observes Stress Awareness Month and if there is something we know, stress can hurt us, our health and quality of life. Did you know you can reduce stress by moving more?

- Reduce stress hormones: Movement lowers levels of stress hormones like adrenaline and cortisol.
- Increase endorphins: Movement stimulates the production of endorphins, the brain's natural painkillers and mood elevators.
- Improve self-esteem: Feel better about your body and improve your self-image.
- Distracts from worries: Take your mind off of daily worries.
- Improve sleep: Sleep better.

Try walking, stair climbing, jogging, dancing, bicycling, yoga, tai chi, gardening, weightlifting, and swimming. You can do many of these exercises here at the DCAL.

In April, we will celebrate DCAL volunteers for all they do to keep the Center running smoothly, from greeting visitors, signing up new members, giving tours, cooking meals, you name it. We're a joyful bunch here and look forward to seeing you soon. Happy Spring!

Brenda

On the cover: Photo by Betty Wiley

The Dennis Center for Active Living (DCAL) hosts various legal, financial, medical, and other providers at DCAL who offer services and information. Residents participating in those services do so with the understanding that DCAL, the Town of Dennis, or its employees, do not assume any legal liability or other responsibility for any advice, services, or functions rendered by such volunteer groups or nominal cost practitioners held at DCAL.

Shopping and Local Errands

For older adults without transportation, DCAL provides curbside bus service. Weekly trips to local shopping centers include Patriot Square in South Dennis. Round trips to attend DCAL activities and events are also available. For more information, check the latest issue of the Cranberry Scoop. Transportation Coordinator Dan Kiley is happy to take suggestions. For confirmed reservations, call DCAL **no later than two days ahead** of requested shopping trips at **508-385-5067**.



Grocery Shopping Bus Schedule*

Local Dennis and Shaw's

Tuesdays 8 AM, 10 AM, 12 PM

Wednesdays 8 AM, 10 AM, 12 PM

Thursdays 8 AM, 10 AM, 12 PM

** schedule subject to change*



CAPE & ISLANDS VETERANS OUTREACH CENTER



The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48-hour notice given. **The Veteran will be required to produce a copy of their DD214 form.** Transportation includes local Grocery Stores, Bourne National Cemetery, Monthly meetings, Grief Support Groups, Validated Medical appointments (including local MD appointments on Cape Cod as well as to the Providence V.A. and its affiliates). To secure a ride, the Veteran or their advocate makes a call to Barbara-Anne Foley, Outreach & Programs Manager, at **508-237-3349**. **A confirmation to the Veteran will be made.**

PUBLIC ON-DEMAND MICRO TRANSIT

The Cape Cod Regional Transit Authority provides app-based, on-demand service called **SmartDART** that is a door-to-door, ride-hail service using the SmartDART App. This service is currently available in Yarmouth, Barnstable, Dennis, Sandwich and Falmouth, with plans to expand Capewide. Download SmartDART from the app store (Apple or Android) and search CCRTA SmartDART or call our dispatchers for more information. Cashless and convenient.

\$3.00 fixed fare. Free transfer to fixed routes.
Mon – Sat, 7:30 AM – 6:00 PM

**Download the
CCRTA SMARTDART
app today!**



FREE FARES FOR 60+ AND PERSONS WITH DISABILITIES

Come to the DCAL with your CCRTA Charlie Card and change it to the FREE GO Card, or sign up to receive a new GO Card. **If you have any questions, call us at 508-385-5067.**

ATTENTION CARE PARTNERS!
Need a break to run errands, go to an appt. or even take a nap?

HOW IT WORKS: Call each site directly to schedule your visit (see below for contact details).

Destination Respite is made possible through a grant from the Massachusetts Executive Office of Health and Human Services.

DESTINATION RESPITE is for you. Destination Respite programs are offered in Barnstable, Dennis and Yarmouth, the Hyannis Mall and the Cape Intercultural Center. A collaborative of local agencies work together to provide social engagement programs for your loved one living with dementia, while you take some time to take care of yourself.

THE GOLDEN AGE PROGRAM (GAP) is a Social Day Program for persons living with cognitive impairment. Here, participants enjoy the company of friends, have fun enjoying games, crafts, field trips, music, exercise, dance, special events and much more.

GAP was established to provide a safe and enjoyable setting with meaningful activities that engage participants using their individual strengths, experiences and interests. All staff and volunteers have training specific to engaging with adults living with cognitive impairment. GAP meets Tuesday-Friday, 9:30 AM to 2:30 PM. A morning snack and nutritious lunch are provided.

For questions about GAP or to schedule a visit, please call Julie Benoit, Outreach Coordinator, or Jennifer Connors, GAP Program Coordinator. 508-385-5067

The Golden Age Program is a Respite Innovation of the Dennis Center For Active Living.

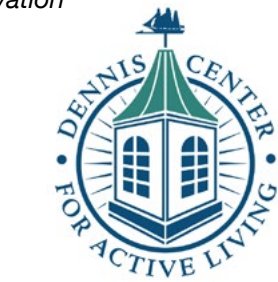


CAPE COD HEALTHCARE

DESTINATION RESPITE LOCATIONS



Barnstable Adult Community Center (BACC)
 825 Falmouth Road
 Hyannis
508-862-4750

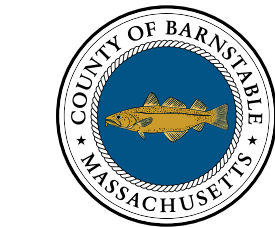


Dennis Center for Active Living (DCAL)
 1045 Route 134
 South Dennis
508-385-5067



Yarmouth Senior Center (YSC)
 528 Forest Road
 West Yarmouth
508-394-7606 x1335

Alzheimer's Family Support Center (AFSC) and Cape International Language Academy (CILA)
 Caregiver Dementia Training and Social Engagement Events.
 Dates and times vary. Please call for details.
AFSC: 508-896-5170; CILA: 774-552-2609



SPRINGING BACK INTO ACTION

Hello again, DCAL family! It's Kelli, your caregiver-in-chief, back as we crawl out of what felt like the longest, coldest winter. If you're reading this, congrats—we survived the months where the sun felt like an old friend who stopped returning calls. But here we are, with spring peeking around the corner. Time to shake off the winter blues (and maybe a few extra layers, too).

Let's be honest: between the cold, early sunsets, and comfort food, healthy habits took a back seat. But with March and April ahead, it's the perfect time to reset our homes, plates, and routines. Since March is National Nutrition Month, let's freshen things up and maybe even enjoy a little unpredictable Cape Cod spring weather. And yes, we'll cover spring cleaning and that wonderful time change that throws everyone into chaos. So, buckle up—it's time to spring back into action!

Spring Cleaning

Spring cleaning isn't just about dusting—it's about making life easier and more comfortable as we age. Let's focus on small changes that make a big difference.

Declutter trip hazards: If a rug has been trying to trip you for years, roll it up. Clear walkways and rearrange furniture if needed.

Simplify storage: Move everyday items to easy-to-reach places. No more climbing on stools or bending down for the "good dishes." My grandfather thanks me—after putting up a fight over every single item.

Check the lighting: Brighter bulbs and night lights in hallways and bathrooms can prevent those late-night toe-stubbing incidents.

Go easy on yourself: Tackle one small project at a time, whether it's that junk drawer full of mystery "treasures" or the closet you've avoided since last spring. Rome wasn't decluttered in a day.

Spring Cleaning... for Your Plate

Winter comfort food is great, but now it's time for practical, easy changes—without sacrificing flavor. No one's asking you to give up the good stuff (my grandfather would riot), but small swaps can make a big impact.

Swap salted butter for unsalted to cut down on sodium.

Use Greek yogurt instead of heavy cream—creamy, delicious, and packed with protein.



Kelli with her grandparents

Whole-grain toast with peanut butter beats white bread any day.

Instead of a morning donut, try fruit with yogurt or protein oatmeal with cinnamon and fruit—still sweet, but without the sugar crash.

Drink more water. Not coffee, not soda—just water. If that feels like punishment, add a slice of lemon!

Visit local farm stands and markets for early spring veggies—it's a fun outing and supports the Cape Cod community.

Spring Forward (Without Losing Your Mind)

Ah, daylight saving time. That magical moment when we "spring forward" and lose an hour of sleep. If your household is anything like mine, the time change throws everyone off—including the dog.

Adjust bedtime gradually leading up to the time change.

Take advantage of extra daylight in the evenings—even if it's just a walk to the mailbox.

Don't forget to change the clocks—except the coffee pot, because let's be honest, no one here knows how to fix that one anyway!

Spring is a season of renewal for our homes, health, and routines. Getting back on track doesn't have to be overwhelming. It's about balance, enjoying the process, and maybe even discovering a new favorite recipe (or sneaking some substance into my grandfather's all-sugar diet).

Here's to longer days, lighter meals, and finally seeing the sun after an endless Cape Cod winter. Let's shake off the cold, get moving, and embrace the changes that come with this new season. If we've learned anything from a Cape Cod winter, it's that we can handle just about anything.

See you around,— Kelli

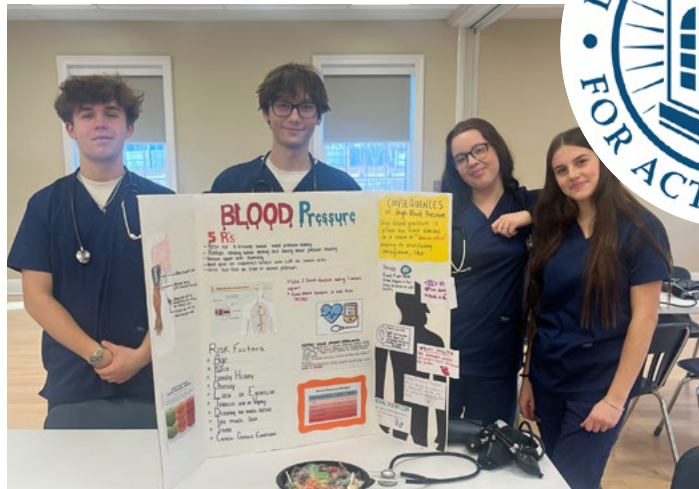
HIKING CLUB

We are happy to note that this group is growing! In response to this, we felt the need to send a reminder about the program. While the Hiking group is a Dennis Center for Active Living program, due to the fact that it is off site, you participate at your own risk. We encourage safety precautions (i.e., hydration, proper footwear, poles, etc.), but ultimately you are responsible for yourselves. We encourage you to continue to enjoy the beautiful hikes, but we want you to be safe! Also, we want to acknowledge and thank Carl (and his helper scouts!) for all his research and time planning the trail routes!



DCAL Hiking Club Explores Yarmouth Trails

CAPE COD TECH HOSTED HEALTH FAIR AT DCAL



AFTERNOON TEA & TALK SOCIAL

Wednesday, March 12 & April 9, 2-3 PM
Please RSVP, 508-385-5067

BIRTHDAY PARTY BASH

Wednesday, March 19, 12 PM
Wednesday, April 16, 12 PM

At the Dennis Center for Active Living (DCAL)

Join us to celebrate your birthday!



Lemon Cream Cheese Bars

INGREDIENTS

- Cooking Spray
- 2 (8 ounce) packages refrigerated crescent roll dough (such as Pillsbury® Recipe Creations®), divided
- 2 lemons, zested and juiced, divided
- 2 (8-ounce) packages cream cheese, softened
- ½ cup white sugar
- 2 tablespoons butter, melted
- 3 tablespoons white sugar

DIRECTIONS

1 Preheat the oven to 350 degrees F (175 degrees C). Line the bottom of a 9x13-inch baking dish with

- aluminum foil and coat with cooking spray.
- 2 Unroll 1 crescent roll dough; press into the bottom of the prepared baking dish, stretching to the edges.
- 3 Mix together lemon juice and ¾ of the lemon zest in a large bowl. Beat cream cheese and ½ cup sugar into juice-zest mixture with an electric mixer until smooth and creamy; spread over crescent roll dough in the baking dish.
- 4 Unroll remaining crescent roll dough and place over cream cheese mixture, stretching to the edges. Brush melted butter on top. Mix together 3 tablespoons sugar and remaining lemon zest in a small bowl; sprinkle over



- melted butter.
- 5 Bake in the preheated oven until the top is golden brown, about 30 minutes. Allow to cool for about 20 minutes.
- 6 Lift dessert from the baking dish using foil; transfer to a cutting board. Cut into squares, leaving on foil. Return dessert to the baking dish and refrigerate until chilled, at least 1 hour.

St. Patrick's Day Word Search

- IRISH
- EMERALD
- CLOVER
- LUCKY
- IRELAND
- PARADE
- LEPRECHAUN
- PATRICK
- GOLD
- RAINBOW
- POT
- SHAMROCK
- GREEN
- SAINT
- MARCH

C	I	R	E	L	A	N	D	S	I	P
J	S	W	E	U	M	A	R	C	H	T
P	F	P	A	C	U	H	S	D	A	R
F	A	O	I	K	A	C	P	S	R	A
A	O	T	U	Y	H	E	A	H	T	I
L	E	P	R	R	E	C	H	A	U	N
U	M	A	A	I	T	R	R	M	W	B
I	E	R	R	O	C	E	S	R	X	O
R	R	A	S	D	L	K	P	O	T	W
I	A	D	G	G	O	L	D	C	H	N
S	L	E	A	R	V	L	L	K	T	D
H	D	S	C	H	E	S	A	I	N	T
K	W	E	E	R	R	E	F	R	I	E
H	C	G	O	H	O	L	N	T	F	K



DCAL Food Pantry Food Drive

Every donation of food helps! Tuesday, March 18th, 2025, 8:30 am–4:30 pm, DCAL will be holding a food drive, accepting donations for our food pantry. We accept donations of non-perishable food in jars, cans and sealed packets. We also have a fridge & freezer for non-expired, perishable items. Donations can be dropped off at Dennis Center for Active Living 1045 Route 134, South Dennis, MA. We recommend sauces, soups, honey, peanut butter, canned tuna, canned chicken, cereals, oatmeal, cream of wheat, shelf stable milk, eggs, cheese, frozen fruit & vegetables. Health & Beauty: neutral soap, deodorant, shampoo, conditioner, toothpaste, laundry & dish detergent. We accept donations throughout the year. If interested in volunteering for a two hour shift at the DCAL food pantry, please contact Julie at 508-385-5607.

Beach Chair Meditation

Join Tara Crowley for a relaxing one-hour meditation on the second Thursday of each month at 9am at the DCAL!

The first two months are free! Bring your favorite and most comfortable chair that you use at the beach — don't have a chair, no problem! You can use a chair from the center.

Give yourself the gift of meditation and watch it transform your life! \$10 per class.

ON-GOING OUTREACH RESOURCES: (Please call Julie or Susan for more info)

- Fuel Assistance — financial help with your heating bills.
- Food Programs — Mobile Food Pantry, transportation to the Family Pantry (Harwich), prepared meals available twice/month and our newly expanded pantry at the center.
- PEARLS — (Program to Encourage Active and Rewarding Lives for Seniors), a short-term mental health program.
- Golden Age Program — a social day program for those living with cognitive impairment.

Blood Pressure and Wellness Checks

Join us for FREE blood pressure and wellness screenings with Public Health Nurses from the VNA of Cape Cod.

Dennis Public Library
5 Hall Street, Dennis Port

11:15 am – 12:15 pm
3rd Wednesday monthly
walk-ins welcome

For more information, call 508-957-7423.



PEARLS stands for Program to Encourage Active Rewarding Lives.

- Meet with a coach
- Learn to better manage your life
- Find solutions to problems that cause you to feel down and discouraged

DCAL offers a no cost, in-home and center-based coaching program called PEARLS. During six to eight sessions, PEARLS program coaches empower individuals to take action, create lasting change and lead more active and rewarding lives.

Please Call Julie Benoit, LSW, Outreach Coordinator, 774-352-3047



Glass half full or glass half empty?

What is your perspective? Pessimistic or optimistic? Is it possible to change from pessimistic to optimistic? Why would you want to?

First of all, yes, it is possible to change if you make a conscious effort to change your mind to think more positively. Secondly, here are a few reasons why you would want to:

- Lower rates of depression
- Lower levels of distress and pain
- Improved immune system
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Reduced risk of death from cancer, respiratory conditions, infections
- Better coping skills during hardships and times of stress*

How can you change your perspective from pessimistic to optimistic?

- Practice positive thinking – make an effort to think happy thoughts and replace negative self-talk with self-acceptance.
- Reframe your perspective – try to consider other ways of looking at things; instead of focusing on the negative, look for something to be grateful for (it can be something as small as your morning coffee or the sun being out). Also, “don’t sweat the small stuff.”
- Be patient – it takes time and effort to change your outlook, so be patient with yourself. An optimistic mindset can lead to increased happiness, better relationships and improved health.**

*Mayo Clinic article, November 2023

**<https://www.forbes.com> June 2022



JULIANA BENOIT
DCAL Human Services
Outreach Coordinator
774-352-3042



SUSAN BOROWICK
DCAL Human Services
Assistant Outreach
Coordinator
774-352-3048

DCAL FOOD PANTRY HOURS

Mondays: 9–11 AM • Tuesdays: 1–3 PM • Wednesdays: 9–11 AM • Thursdays: 1–3 PM

A volunteer will be available at the downstairs check-in kiosk to assist people in finding the food pantry during these hours. If you can't come during open hours or if you have an emergency, please let a staff member know and we will assist you with the food pantry. **Questions? Call 508-385-5067 and ask for Julie or Susan.**

12 ~ COMMUNITY PARTNERS

ALZHEIMER'S FAMILY DEMENTIA-INCLUSIVE EDUCATION

The AFSC will offer a series of informal seminars on a variety of issues concerning cognitive health, memory loss, and dementia-related issues as part of the Destination Respite Program from the Dennis Center for Active Living. Dementia caregivers, people living with cognitive issues, and the community are invited! Programs are free and open to the public. Pre-registration is required.



Monday, March 3, 2025 10:00 am–12:00 pm

If Caring at Home Becomes Too Hard:

When and How to Find Alternatives to Care at Home

Dave Harrington, LICSW

In this seminar, AFSC social worker Dave Harrington will discuss the emotional challenges of choosing placement, the variety of placement options, how to be a good advocate, and other issues that this very challenging moment can present.

Monday March 17, 10:00 am-12:00 pm

6 Steps to Becoming a Successful Caregiver

Bob Mauterstock, ChFC, CLTC

No matter your personal financial situation, this seminar is essential for anyone navigating dementia-related diseases, and will cover legal and financial issues associated with effective ADRD caregiving.

**For more information, or to register, call 508-896-5170,
or email info@capecodalz.org.**

INDEPENDENCE HOUSE COUNSELING

Experiencing controlling relationships or financial dependence? Domestic abuse isn't just physical — it includes emotional and financial manipulation. The Dennis Council on Aging promotes healthy relationships.

Reach out to Independence House for confidential counseling at DCAL, every first and third Wednesday from 10 am–12 pm. Contact Freddi at 508-771-6507 x241 for details or appointments.



MEALS ON WHEELS

Tigers and Wolves from Cub Scouts Pack 59 created Valentine's cards for all dinner delivery recipients.



Housing Assistance

HOUSING ASSISTANCE OF CAPE COD OFFICE HOURS

Experiencing difficulty finding housing, paying your rent or mortgage? Interested in finding out more about local housing options? Housing Assistance (HAC), a local nonprofit housing agency, helps people with housing by providing information and resources. **Reach out to Housing Assistance to schedule an appointment at DCAL, available every second Wednesday of the month from 9 AM-11 AM, by calling 508-771-5400 Ext. 210. Appointment required.**

FITNESS

YOGA

This gentle practice begins with a short centering meditation, warm up stretching, breathing, yoga asana and relaxation. Chair Yoga is incorporated into the class for those that find it difficult to work on the floor. Bring mat & blanket.

EVERY Tues. 9–10am
\$10 per class. Walk-In.
Teacher: Maria Damon

ZUMBA GOLD

High impact Zumba dance class. A fun way to get some cardio!

EVERY Fri. 9–10am
\$10 per class. Walk-In.
Teacher: Christina Arabadzhieba

CORE & MORE

Modified low-impact zumba chair dance class focused on core strength.

EVERY Fri. 10–11am
\$10 per class. Walk-In.
Teacher: Christina Arabadzhieba

FITNESS WITH JOHN

Low-impact cardio & strength class. 1 to 2 lb. hand weights provided.

EVERY Wed. 10–11am
\$10 per class. Walk-In.
Teacher: John Hayes

Game & Group Requests

CALL FOR PING-PONG PLAYERS! Thur. 1pm–4pm

To request a new game or group call 508-385-5067.

HEALTH & WELLNESS

FOOT NURSE

By appointment. Visit includes trimming and thinning of thickened nails as well as filing of nails, calluses, and corns, a massage for circulation and general assessment of the feet.

Janet Tinney is a nurse trained in footcare with 25 years of experience. **Call DCAL 508-385-5067 for appt. \$50 per appt. at DCAL. \$65 for home visit appt.**

MINDFULNESS W/ REIKI

Relax, recharge and focus on the “now” with Mindfulness & Reiki practice. Join us for an hour of various self-care and wellness practices.

EVERY Thurs. 10–11am
\$10 per class. Walk- In.
Teacher: Tara Crowley

CLUBS & GROUPS

SENIORS CONNECT

Weekly social gathering for seniors to come together & connect.

Fridays 12–2pm

BOOK CLUB

Meets once a month. Books listed in Cranberry Scoop.

2nd Wednesday, 12:30–1:30pm

STITCH & CHATTER

Quilting & sewing club.

Tuesdays, 9–11 am

DY WOMEN’S CLUB

Monthly social gathering for women of Dennis & Yarmouth to come together & connect.

2nd Wednesday of the month, 12–3pm

DCAL GARDEN CLUB

Monthly garden club. Do you enjoy gardening and want to share/learn tricks & tips? Check out the DCAL Garden Club.

1st Tuesday of the month, 12–3pm

ANYTIME

DCAL is open Mon.–Fri. 8:30am–4:30pm. Members are welcome to come in and enjoy the many self-directed activities such as:

- **Library:** Enjoy some quiet time with puzzles and reading.
- **DCAL Cafe:** Have a coffee, tea or hot cocoa by purchasing a pod at the front desk and sit in the cafe. \$1.
- **Rolling Racks Thrift Shop** Come check out gently used clothing & home goods at our new thrift shop.
- **Billiard Room:** Have a game of pool on our new pool table! Bring a friend or play solo.
- **Game Closet:** Grab a board game from the game closet and play in the game room and try the shuffleboard table.

The front desk volunteers and DCAL staff are always available to answer questions about available activities and programs!

MONDAY	TUESDAY	WEDNESDAY
<p>9:00 Line Dancing 9:00 Hearing Clinic 9:00 Painting 10:00 DY Woman's Club Board Meeting 10:00 ADA Board Meeting 10:00 Senior Planet 10:00 AFSC Caregiver Training 10:15 Line Dancing 12:00 Shuffleboard 12:00 Friends of Dennis 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">3</p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 11:00 DCAL Garden Club 10:00 Chess 12:30 Hearts 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party</p> <p style="text-align: right;">4</p>	<p>9:00 Line Dancing 9:00 AARP Tax Assistance 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 11:30 Line Dancing 12:30 Bridge 1:00 Generations Music & Movement 1:00 Mah Jongg 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">5</p>
<p>9:00 Line Dancing 9:00 Painting 10:00 AFSC Caregiver Training 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">10</p>	<p>9:00 SHINE 9:00 Yoga 9:00 Stitch & Chatter 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 10:00 Cape Cod Men's Club 10:30 Vets Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> <p style="text-align: right;">11</p>	<p>9:00 Ombudsman Training 9:00 Line Dancing 9:00 Housing Assistance 9:00 AARP Tax Assistance 9:30 Golden Age Program 9:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:00 DY Woman's Club 12:30 Bridge 12:30 Book Club 1:00 Generations Music & Movement 1:00 Mah Jongg 2:00 Tea & Talk</p> <p style="text-align: right;">12</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">17</p> <p style="text-align: center;">St. Patrick's Day</p> 	<p>9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 South Coastal Counties Legal Services 10:30 Vet's & Friends 10:00 Chess 12:30 Bridge 12:30 Bridge (Men's) 12:30 Hearts</p> <p style="text-align: right;">18</p>	<p>9:00 AARP Tax Assistance 9:00 Foot Nurse 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Generations Music & Movement 1:00 Mah Jongg 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">19</p>
<p>9:00 Line Dancing 9:00 Painting 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">24</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes 2:00 Solo Aging Support Group</p> <p style="text-align: right;">25</p>	<p>9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Options Counseling 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">26</p>
<p>9:00 Line Dancing 9:00 Painting 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">31</p>		

THURSDAY	FRIDAY
<p>9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:00 Senior Planet 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club</p> <p style="text-align: right;">6</p>	<p>9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p> <p style="text-align: right;">7</p>
<p>8:30 Beach Chair Meditation 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Senior Planet 10:00 Mindfulness with Reiki 10:00 At Home Hearing Clinic 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club</p> <p style="text-align: right;">13</p>	<p>9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p> <p style="text-align: right;">14</p>
<p>9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:00 Senior Planet 1:00 New Beginnings 1:00 Ping-Pong 1:00 Ballroom Dance Party 2:30 Hiking Club</p> <p style="text-align: right;">20</p>	<p>9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p> <p style="text-align: right;">21</p>
<p>9:00 DCAL Salon 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Ping-Pong 1:00 Ballroom Dance Party 2:30 Hiking Club</p> <p style="text-align: right;">27</p>	<p>9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 State Representative Chris Flanagan 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p> <p style="text-align: right;">28</p>
 <p>BOOK CLUB: Wednesday, March 12 12:30 PM at DCAL</p>	



Long-Term Care Ombudsman Presentation
2nd Wednesday of every month, 11AM

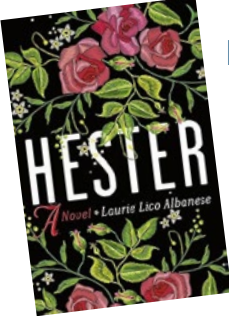

Ombudsmen are trained, certified volunteers who make weekly visits to rest homes and nursing homes across the Cape and Islands, providing advocacy and education. Join the Ombudsman Program Director from Elder Services of Cape Cod & the Islands, and volunteers from her team for informal conversation about residents' rights and other matters related to long-term care. Bring any and all issues and concerns — there are no foolish questions! — or simply come to listen and learn.



FREE PROFESSIONAL HEARING SERVICES!
2nd Thursday of Each Month
10 AM–12 PM, Free

Meet with Hearing Instrument Specialist Shawn Woobrey for any topic related to hearing. Hearing instrument diagnostics and repair on any make or model hearing aid. Otoscopy to check for medical concerns and cerumen removal. Hearing testing and consultation on hearing loss. Fitting and maintaining of hearing aids of all models. Counseling on expectations of products and communication tactics related to hearing loss. Answering specific technical questions related to any hearing instrument on the market. Call the DCAL to schedule an appointment, 508-385-5067.

18 ~ APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 <p>BOOK CLUB: Wednesday, April 9 12:30 PM at DCAL</p>	<p>9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 12:00 DCAL Garden Club 12:30 Bridge 12:30 Bridge (Men's) 12:30 Hearts 1:00 Ballroom Dance Party</p>	<p>9:00 AARP Tax Assistance 9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:30 Musical Souvenirs 11:30 Line Dancing 12:30 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimer's Support</p>
<p>9:00 Hearing Clinic 9:00 Line Dancing 9:00 Painting 10:00 ADA Board 12:00 DY Women's Club Board Meeting 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:00 Friends of Dennis 12:30 Bridge 1:00 Mah Jongg</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 10:00 Cape Cod Men's Club 10:30 Vets Yoga 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p>	<p>9:00 Ombudsman Training 9:00 AARP Tax Assistance 9:00 Line Dancing 9:00 Housing Assistance 9:30 Golden Age Program 10:00 Fitness with John 12:00 DY Women's Club Meeting 12:30 Book Club 12:30 Bridge 1:00 Mah Jongg 2:00 Tea & Talk</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p>	<p>9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's) 12:30 Hearts</p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 1:00 Mah Jongg 2:00 CCH Alzheimer's Support</p>
<p>Patriots' Day  DCAL Closed</p>	<p>9:00 SHINE 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes 2:00 Solo Aging Support Group 5:30 Town of Dennis Water District Annual Meeting</p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge 1:00 Mah Jongg</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p>	<p>9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Chess 12:30 Bridge 12:30 Bridge (Men's)</p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Options Counseling 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 1:00 Mah Jongg</p>

APRIL CALENDAR ~ 19

THURSDAY	FRIDAY
<p>9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 10:00 Senior Planet 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>8:30 Beach Chair Meditation 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Hearing Clinic 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Ping-Pong 1:00 Ballroom Dance Party 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 9:00 Line Dance Party 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club</p>	<p>9:00 Zumba Gold 9:30 GAP Multicultural 9:30 Bridge 10:00 Core & More 10:00 State Representative Christopher Flanagan 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot</p>



Please be advised this calendar is subject to change at any time. Call the DCAL 508-385-5067 with any questions or to confirm events and classes. Thank you!

RABIES CLINIC & DENNIS DOG LICENSING CLINIC

**Saturday April 5, 2025
Cats & Dogs, 10:00-12:00pm,
at DCAL.** Cats must be in carriers, Dogs must be leashed
Only \$10.00 per pet, cash only
If you bring proof of your pet's current rabies vaccination, a 3yr booster will be available instead of the 1yr shot. Dennis dog licenses will be available for \$5.00 for a spayed or neutered dog, and \$20.00 for unspayed or unneutered dog. There will be a \$5.00 late fee. If you have any questions about this clinic please call: Dennis Animal Control at 774-352-1400



FRIENDS OF DENNIS RED CROSS BLOOD DRIVE Saturday, April 26 9am-2pm

The Friends will sponsor an American Red Cross Blood Drive on Saturday, April 26 from 9am-2pm at DCAL. It is so important to give blood and help people in our area. Please sign up online at RedCrossBlood.org/give or call 1-800-RED-CROSS

VNA of Cape Cod Public Health

A VNA of CC Public Health representative is holding Group Fitness Orientations in Evergreen Studios at Dennis Center for Active Living the first Wednesday of every month from 10:30am–11:45am. You will be taught how to properly use the equipment and learn safe exercise guidelines. Participant and medical clearance forms must be filled out and questions can be answered by calling. Registration is required for all exercise programs through the VNA of Cape Cod. **Call 508-957-7423 to register.**



LINE DANCE CLASSES with Karen of Cape Sands Ballroom at DCAL. A social, fun hobby that's good for body and mind! Students who are new to this program are asked to contact Karen at CapeSandsBallroom@gmail.com to help with class placement. All classes are one hour long and held weekly. \$10 walk-in, cash or check to Dennis Senior Center. Please stop at the front desk to check in. First come, first served. Please bring a change of shoes to protect the dance floor, and a shatterproof water bottle.

For line dancers with experience who enjoy a little challenge:

Beyond the Basics Pop, Rock and Latin Line Dancing
Monday or Wednesday 9:00am

Beyond the Basics Ballroom Line Dancing (no partner required)
Wednesday 10:15 am

For line dancers who know line dance basics and prefer to keep it easy:

Easy-ish Pop, Rock and Latin Line Dancing
Monday 10:15 am

For line dancers who have taken a month or two of absolute beginner classes (or equivalent experience) and want to learn more:

Beginner Pop, Rock and Latin Line Dancing
Wednesday 11:30 am

LINE DANCE PARTY

Friday, April 18 • 9 AM

An hour and a half special event to jazz up your spring season! All levels are welcome to attend ... jump in and dance the dances that are manageable for you! A fun variety of pop, rock, and Latin tunes. All dances will be briefly reviewed and fully cued. Your host, Karen Shackelford of Cape Sands Ballroom. Door prizes! Light refreshments.

\$10 walk-in, cash or check to Dennis Senior Center. Please stop at the front desk to check in. First come first served. Please bring a change of shoes to protect the dance floor, and a shatterproof water bottle.

BALLROOM DANCE PARTIES

Meet our party hosts: Karen Shackelford of Cape Sands Ballroom and Frank Callahan of Silver Fox Fitness who will both be there to greet you and will alternate weeks teaching the pre-dance lesson and providing dance music.

March 4 Waltz (Karen)
March 20 East Coast Swing (Frank)
April 1 Rumba (Karen)
April 17 Salsa (Frank)

1:00–1:45 pm beginner dance lesson. 2:00–3:30 pm general dancing to a mix of fine recorded ballroom, Latin, swing, and specialty music. For singles and couples of all ages and ability levels in DCAL Theater. Light refreshments. Door prize! \$10 walk-in, cash or check to Dennis Senior Center. Please stop at the front desk to check in. First come first served. Please bring a change of shoes to protect the dance floor. Dress code dressy casual.

SENIOR PLANET

FROM **AARP**

TECH RESOURCES FOR EVERYDAY LIFE

Digital tools and technologies have become very important and even necessary to our everyday lives. By the end of this free 5-week course, you'll be able to use a variety of resources to make your life easier, from managing everyday tasks to communicating with others. You'll use the internet to explore your interests and passions, connect with others, and even contact your lawmakers. You'll also learn best practices for staying safe in the digital world and managing your privacy and security settings in the Chrome browser. This course is a great opportunity to meaningfully practice skills that you learned in a Basics or Essentials course.

PRE-REQUISITES: You should have taken a Basics or Essentials course for your device, or be familiar enough with your device to use it independently in class. You must also have an email address.

**March 3–April 7, 2025,
Mondays and Thursdays, 10–11:30am at DCAL**

SIGN UP TODAY!

Call Denise at 508-258-2299 or email denise.magnett@escci.org

FREE CIVIL LEGAL HELP

South Coastal Counties Legal Services' (SCCLS) Elder Law Project provides free civil legal help to eligible residents of Barnstable, Nantucket, and Dukes Counties. You must be 60 years of age or older and have a legal issue within our project priorities. While there is no income criterion for older adults, services are prioritized to those with the greatest economic and social need. Priority legal issues include eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.), and healthcare issues involving MassHealth or Medicare. To request a legal clinic appointment for a ½ hour of free legal advice at your local Senior Center please contact Rasheda Dickerson at the SCCLS' Hyannis Law Office **774-487-3251** or their intake line at **1-800-244-9023**.

TELEPHONE SUPPORT

Alzheimer's Family Support Center
508-896-5170

Cape Cod Healthcare Dementia & Alzheimer's Support
774-552-6080

Cape Cod Vet Center
508-778-0124

Cape & Islands Crisis Hotline
800-322-1356

Elder Law Legal Assistance
800-342-5297

Food Security Programs
508-694-2004

Food Stamps (SNAP)
833-712-8027

Lock Box Program
Dennis Fire Department
508-398-0363

Mass 2-1-1
National Abbreviated Dialing Code To Health & Human Services

Meals on Wheels
508-394-4630

NAMI Helpline
Mental Health Resources
800-950-6264

National Suicide Prevention Hotline
800-273-8255

We Can
508-430-8111

Independence House Counseling
508-771-6507

South Shore Community Action Council
508-746-6707



To borrow from Dean Martin's famous song, "Baby, it's cold out there." Still, we're Vets and Friends, so we are tough old GI's and we can handle it. No worries. We'll just gather for our meetings indoors at the Dennis Senior Center, where it will be nice and warm! Before we get to the March and April agendas, let's recap what's been happening over the past couple of months.

First and foremost was the first-ever Holiday Gift Collection. Held in early December, Vets and Friends raised over five thousand dollars in toys and gift cards for Kind Hearts for Kids. This Cape Cod charity works to improve the lives of hundreds of Cape kids living in foster care who are sometimes often forgotten. Everyone who donated should feel proud, we made a difference!

January was focused on government organizations, with updates on changes to VA and Commonwealth Veterans Support Officer (C-VSO) programs implemented since our last updates several months ago. Opportunities to enroll on the spot into VA programs, group briefings, opportunities for one-on-one conversations with expert representatives, and a selection of informative brochures were on hand.

Moving on to the February gathering, the always informative Dennis -Yarmouth High School students were on hand to help members needing personalized help get the most out of their mobile phones and tablets. The event was a smash hit and the hall was full to capacity. The delicious hot Italian lunch and homemade desserts were courtesy of our friends from the Dennis-Yarmouth Women's Club.

March's meeting will be a celebration of St. Paddy's Day! April's meeting will be much like January's but with a focus on non-government organizations. These much-appreciated groups offer vital services



to veterans where the government cannot.

As always, Vets and Friends meetings are open to veterans, veterans' widows and widowers, partners, family, close friends and caregivers. Meetings are always on the third Tuesday of the month, 10:30am until noon.



THE MANY LIVES OF MARGUERITE ICKIS

A Renaissance Woman, Marguerite Ickis mastered many trades, pursued diverse passions, and left an enduring legacy. Born in 1896, she was a pioneer—editor, dean, researcher, author of nearly three dozen books, restaurateur, quilt designer, and painter. At a time when few women pursued higher education, she earned a master's degree in Botany from Columbia University, writing extensively on history, religious rituals, and arts and crafts.

In the 1930s, she served as Dean of the Works Progress Administration's (WPA) recreation school and led the national offices of the Girl Scouts of America. During this time, she met Eleanor Roosevelt. Due to her WPA contributions, she established the Institute of Recreation at Teachers College of Columbia University.

By the 1940s, she battled impending blindness from cataracts. Despite this, her book *The Standard Book of Quilt Making and Collecting* was published in 1949 and remains a go-to reference for quilters. By the early 1950s, unable to grade student papers, she moved to a farmhouse in Dennis, Massachusetts,

opening a small restaurant, the County Fair—now the site of the Pheasant Restaurant. She recalled in a 1978 *Women's World* interview:

"I had just enough eyesight to measure 3 cups of flour and 1 cup of lard for a pastry shell. The Rockefellers, Fleischmanns, and others came often and loved it."

In 1956, cataract surgery restored her vision. At 60, she attempted her first painting. Seeing colors again, she told a friend: "I would like to paint." She captured memories of her Ohio childhood in vibrant scenes reminiscent of folk art.

For the rest of her life on Cape Cod, she painted, wrote, and taught quilting. Her proudest moment came in 1979, at age 83, when she was inducted into The Quilters Hall of Fame, declaring, "The quilting party is still going on!"

That year, she endowed \$100,000 to the Friends of Dennis Senior Citizens for a senior center, donating books and paintings. Marguerite passed away in 1980 at 84, working on a book about Civil War drummer boys. In her honor, the Dennis Senior Center named its meeting room after her, where her paintings still hang today.



In March, the Friends wrap hundreds of daffodils in pastel colored tissue paper and ribbons. We give these bouquets to Elder Services to be delivered to Dennis Meals-On-Wheels recipients. This annual celebration of Spring brings joy to many Dennis seniors. Thank you again to Blossoms of Cape Cod in Dennis Village for donating all the beautiful daffodils, and to the Meals-on-Wheels drivers who deliver the bouquets.





**DENNIS CENTER FOR
ACTIVE LIVING**

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THE DENNIS CENTER FOR ACTIVE LIVING

Bay to Sound Neighbors continues to aid seniors in Dennis and Yarmouth age in place with some help from our wonderful volunteers. Knowing that winter and the cold can lead to isolation in terms of getting out and being with others, we have initiated a new offering. Volunteers will be calling those members who asked for this service on a regular basis just to have a friendly conversation and social contact. To date, 40 of our members have signed up for this option.



Remember, we are always seeking new volunteers. Totally flexible schedule depending upon the time you have to help someone in your community. Services include rides to medical appointments, hair dresser, shopping, or perhaps even a friendly visit. If you know of a friend or neighbor who could use our services, encourage them to contact us.

Contact Bay to Sound Neighbors at baytosoundneighbors.org, baytosoundneighbors@gmail.com or 508-470-0585