

MAY/JUNE 2025

The Cranberry Scoop



**May is Older
Americans Month:
Flip the Script on Aging**

Become a Filmmaker!

**June is National
Caregiver Month**

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

DIRECTOR'S NOTES ~ 3



BRENDA VAZQUEZ

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

School's Out! Join Us for Family Days at DCAL

*Flipping the Script on Aging,
One Generation at a Time*

The Dennis Center for Active Living (DCAL) is thrilled to celebrate Older Americans Month with a fresh perspective—this year's theme, **"Flip the Script on Aging,"** invites all of us to challenge outdated stereotypes and embrace the vibrancy, strength, and wisdom that come with age. To mark the occasion, the Cape Media Center will be in residence at the DCAL with the

Legacy Film School this summer. Learn to make a movie about what is meaningful to you and gift it to your loved ones.

To kick off the summer season, we're hosting a full **week of Family Days** at DCAL! With **school out and the sun shining**, it's the perfect time to bring generations together for fun, connection, and celebration.

Whether you're a longtime member, a curious neighbor, a student on summer break, or a family looking for something meaningful to do together—we've got something for everyone. Activities will include

- Intergenerational games and crafts
- Story-sharing circles with community elders
- Fitness fun for all ages
- Ice cream socials & BBQs
- Live music and dancing
- And plenty of surprises along the way!

Why Family Days? At DCAL, we believe that aging is something to be celebrated—not feared. By bringing together kids, parents, grandparents, and great-grandparents, we're not just having fun—we're building respect, empathy, and lasting memories across generations.

So, grab your family, bring your friends, and come celebrate with us! Let's flip the script on aging—together.

Free and open to all ages!

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**.

MEDICAL RIDES

Volunteer drivers provide rides to and from local medical appointments on Cape Cod for ambulatory Dennis seniors who do not have their own transportation. Our volunteer drivers do not provide rides off Cape. To request a ride, call DCAL at least 48 hours in advance, at 508-385-5067. **When calling for a ride, please have the name and address of the doctor, the date and time of your appointment, and the complete address of the medical facility. Only one medical ride is allowed per week. No medical rides for anesthesia appointments.**

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

Market Basket Day Trips

Monday, May 19 & June 23

9 am, \$5 per person * 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

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.**

**Download the
CCRTA SMARTDART
app today!**



6 ~ CAREGIVER RESOURCES



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

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

IN DENNIS: GOLDEN AGE PROGRAM

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.



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

RESPITE LOCATIONS



CAPE COD HEALTHCARE
Cape Cod Healthcare Dementia
dementiainfo@capecodhealth.org
774-552-6080

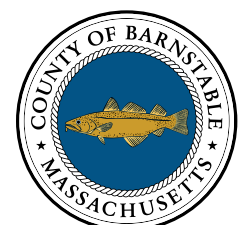
Eastham Senior Center
1405 Nauset Road
Eastham
774-801-3151



**Alzheimer's
Family Support
Center (AFSC)**
508-896-5170



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



Hello again, DCAL family! It's Kelli, your resident caregiver-in-chief, snack refiller, sunscreen reminder, and occasional thermostat referee. We've officially entered the season of traffic on Route 28, lines outside *Sundae School* or the *Ice Cream Smuggler*, and every neighbor in Dennis asking when the hydrangeas will bloom and whether they made it through the last cold snap. It's Cape Cod in May and June, where one day you're in fleece and the next you're chasing down a beach chair in the wind. Whether you're getting the yard ready, dragging the hose out of hibernation, or suddenly remembering that it's also chowder season, this time of year is all about transition from dark to light, cold to warm, and quiet to "good luck finding parking."

Here are a few things on my radar as we prep for the busy season ahead:

SUMMER PREP, CAPE COD STYLE

If you've lived here long enough, you know the Cape really only has two seasons: Winter (aka Rainy Season) and "Watch Out, the Tourists Are Coming" and spoiler alert: they're coming. Soon there won't be a parking spot in Patriot Square, and even your favorite shortcuts will betray you.

So, now's the time to prepare:

- **Stay hydrated.** Keep a water bottle handy, especially if you're out in the garden or running errands. Dehydration sneaks up fast on warm days, even faster if you're talking to your neighbor in the driveway for 20 minutes.
- **Start checking the fans, AC units, and window screens** before that first real hot day sneaks up on us.
- **Stock up smart.** Make a summer basket: sunblock, bug spray, sunglasses and throw in a floppy hat while you're at it.
- **Watch out for ticks and mosquitoes.** They love the Cape almost as much as we do. Time to bust out the bug spray and maybe even a tiki torch or two. And since the *Christmas Tree Shops* are gone, you'll have to hit up *Ocean State Job Lot* for your summer gear and citronella candles before the crowds clean the shelves.
- **Adjust routines.** If you're walking or gardening, try to do it in the cooler morning hours. And if you're looking for a peaceful spot to stretch your legs, *Johnny Kelley Park* offers a shady escape right in the heart of Dennis perfect for a solo stroll or a little fresh



Kelli's grandparents

air reset. Bonus points if you head to West Dennis Beach for a peaceful stroll before, as Gram lovingly calls them, the crazies get here!

- **Beat the crowds.** Make appointments early, get errands done midweek, and treat grocery shopping like a strategic military operation. Schedule prescription pick-ups for sunny beach days when the crowds are off clogging 6A and remember, local pharmacies close for lunch between 1:30–2 p.m., so plan accordingly!

HONORING STORIES FOR MEMORIAL DAY

Memorial Day isn't just the unofficial kickoff to summer, it's a moment to pause and reflect. Here on Cape Cod, we're surrounded by stories from veterans, families, and everyday folks who've seen a lot and still show up with kindness and wisdom.

Thank a veteran. If you know one, thank them in person. If you don't, take a moment to reflect and send a little gratitude their way.

Share a story. Ask your loved one about their childhood, their first job, or what summer was like "back in the day."

Celebrate Cape Cod. Hang a flag, plan a backyard cookout, and take a moment to appreciate the slower beauty of local life before the season gets loud.

FINAL THOUGHTS

As the Cape warms up and we swap casseroles for cookouts, take a moment to appreciate how far we've come since those dark winter months. May and June are about moving forward, lightening up (figuratively and literally), and making room for joy.

Here's to slower mornings, longer evenings, and meaningful moments even if they come with a side of bug spray, chowder, and a sand-covered doormat. We've got this.

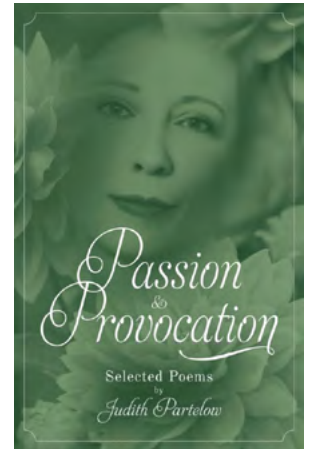
See you around the center. — Kelli

8 ~ DCAL EVENTS

TRYING YOUR HAND AT POETRY!

Thursday, May 8, 9:30–12:30pm | Free! Register 508-385-5067

In this workshop Judith Partelow talks about how participants can take an idea and create a poem, even if they've never tried it. She shares poems she's written in memoir style to evoke listeners' own life experiences. It's a very non-threatening, easy way to try your hand at bringing forth memories into a short piece of poetry or prose. Judith Partelow's latest book is a comprehensive compilation of her poetry that spans over 40 years of writing, *Passion & Provocation, Selected Poems* by Judith Partelow. Her workshops are an invitation to listen to poetry, write down any thoughts triggered by them, and then follow a few brief instructions to create your own poem. No stress, just fun, and through the challenge you may discover you are, yourself, a poet!



Support for Your End-Of-Life Spiritual Journey

**Thursday, June 12, 2025, 11:30–1:30pm
Register 508-385-5067**

Join us as we explore the importance of spiritual support, open dialogue, and holistic approaches to end-of-life care.

This unique event will bring together the following experts in spiritual care:

Bonnie Evans, End-of-life doula and grief counselor; Ellen McCabe, Hospice & VNA, Cape Cod Healthcare; Tara Crowley, Reiki & mindfulness master

In a world where conversations about death and dying are often shrouded in fear and uncertainty, our presentation aims to create an open and nurturing environment for exploration and understanding. We will learn about the valuable role that end-of-life doulas play in providing connection and emotional and spiritual support. Our hospice care professional will share insights into compassionate care practices. Our Reiki & Mindfulness Master will utilize energy healing and techniques that promote peace and relaxation. All of these support systems honor the dignity and wishes of individuals in their end-of-life journey. Whether you are seeking guidance for yourself or a loved one, this symposium promises to be a source of inspiration and healing. Please bring your questions and enjoy this informational and transformational event.



PING PONG

Every Thursday, 1–4pm
Bring a friend or come solo!



AFTERNOON TEA & TALK SOCIAL

Wednesday, May 14, 2–3pm
Mother's Day Tea

Wednesday, June 11, 2–3pm
Speaker: Catch up with Kelli Fieldhouse!

BIRTHDAY PARTY BASH

Wednesday, May 21, 12pm
Wednesday, June 18, 12pm

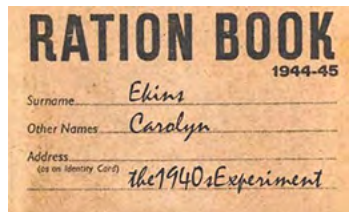
Join us to celebrate your birthday at The Dennis Center for Active Living with cake and refreshments!



Lord Woolton Pie

INGREDIENTS

- 1lb cauliflower
- 1lb swedes
- 1lb carrots
- 1lb potatoes
- Bunch of spring onions chopped
- 2 teaspoons of Marmite (yeast extract — or you can use a stock cube)
- Tablespoon of rolled oats
- Salt and pepper to taste, once cooked
- Parsley (fresh or dried)



For the pastry

- 8oz whole meal flour
- 4oz mashed potato
- 3oz lard
- 2 tsp of baking powder
- A couple of large pinches of salt
- Dash of water

DIRECTIONS

Chop up the vegetables into chunks with those that take longest to cook into smaller pieces. Place in pot and bring to simmer with just enough water to reach 3/4 of the way up the veg in the pot. Add in Marmite and rolled oats, salt and pepper and cook until tender and most of the water has been absorbed. Place mixture in deep pie dish and sprinkle with fresh parsley (or



add dry parsley to mixture and mix in). Make the pastry by mixing the flour with the baking powder and salt and then rubbing in the lard. Mix the mashed potato in to form a dough and knead (add a little water to the mixture if too dry). Roll out to form pie crust and place on top and decorate then brush with milk. Place in oven at 200°C for 30 minutes or so until top is firm and browned.

World War II Word Search

PEARL HARBOR
ATOMIC BOMB
CHAMBERLAIN
BLITZKRIEG
ANNE FRANK
HIROSHIMA
HOLOCAUST
MUSSOLINI
CHURCHILL
ROOSEVELT
GENOCIDE
NAGASAKI
VJ DAY
VE DAY
ALLIES
STALIN
HITLER
TRUMAN
D DAY
AXIS

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

10 ~ HEALTH & WELLNESS



Using My Chart with Cape Cod Healthcare

Tuesday, June 3, 12–1:30pm

MyChart is a secure and convenient way to access your health information, manage appointments, communicate with providers, and much more! Whether you're looking to view your test results, schedule an appointment, or communicate with your care team, MyChart makes managing your health easy. Join us for a hands-on presentation on how to manage your MyChart account. Please bring your cell phone, tablet, or other mobile device so you can follow along!

To save your seat, please call: 508-385-5067.

MMR VACCINE CLINIC

Wednesday, May 28, 2025, 1–3pm

Please call the DCAL to register for the vaccine clinic, 508-385-5067.



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.**



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member
Cape Cod Healthcare

HEALTHY EATING FOR LESS

Saturday, May 17, 12pm

Join Amy Rose Sager, RDN from the VNA of Cape Cod, to learn tips and tricks for eating healthy on a budget. Learn about what to focus on in the weekly supermarket sales flyer. See which kinds of produce items are usually priced the best.

Dennis Public Library, 5 Hall St, Dennis Port
Register 508-957-7423

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

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

For more information,
call 508-957-7423.



PEARLS

**Program to Encourage
Active Rewarding Lives**



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**

Food Resources for Seniors: Stretching Your Grocery Budget

Are you looking for ways to save money on groceries or access nutritious food on a fixed income? If you're an older adult living in Dennis or the surrounding area, there are smart shopping strategies and local programs that can help you eat well while spending less.

Grocery Shopping Tips to Make the Most of Your Budget:

- **Plan meals** ahead to avoid impulse buys
- **Use coupons** or store discount apps
- **Buy in bulk** (wisely) for non-perishables
- **Shop store brands** and look for weekly sales
- **Buy produce in season** when it's cheaper and fresher
- **Ask about senior discounts** at local stores
- **Consider discount grocery chains** and shopper programs

Small changes in how you shop — combined with local resources — can make a big difference in your grocery bill. Please don't hesitate to reach out if you could use a hand with food. These programs exist to support your health and well-being.

LOCAL FOOD SUPPORT AVAILABLE

The DCAL Food Pantry is available to those in need of supplemental food assistance. You may take up to two bags of food every month. A volunteer will be on-site during pantry hours to help you at the downstairs check-in kiosk. If you're unable to come during open hours or it's an emergency, please let a staff member know and we will assist you privately. DCAL Food Pantry Hours: Mondays & Wednesdays 9 am – 11 am / Tuesdays & Thursdays 1 – 3 pm.

The Senior Farmers' Market Nutrition Program (SFMNP) provides free coupons for use at participating local farmers' markets, farm stands, and CSAs. These can be used to buy fresh, locally grown fruits, vegetables, herbs, and honey. The 2024 coupons will be distributed between July and September, and must be used by October 31.

To be eligible, you must be **60 years or older**, or disabled and living in senior housing with congregate meals (within income limits).



To apply or learn more, contact **Elder Services of Cape Cod and the Islands at 508-394-4630.**

Scan the QR code to learn about Senior Farmers' Market Nutrition Program coupons.

OTHER HELPFUL PROGRAMS

- **SNAP (Supplemental Nutrition Assistance Program):**
Provides monthly grocery benefits to income eligible individuals. SNAP can be used at most major grocery stores and some farmers' markets.
- **Commodity Supplemental Food Program (CSFP):**
Offers a monthly food box to income-eligible adults age 60 and older.



JULIANA BENOIT
DCAL Human Services
Outreach Coordinator
508-694-2004



SUSAN BOROWICK
DCAL Human Services
Assistant Outreach
Coordinator
508-385-5067 x389

DCAL MOBILE FOOD PANTRY

DCAL offers a mobile food pantry once a month. Participants can pick up their food orders at DCAL after signing up and filling out an order form. Questions? **Refer to our Outreach page on our website dcalcapecod.org OR Call 508-385-5067 and ask for Julie or Susan.**

12 ~ COMMUNITY PARTNERS

JAZZ IN BLOOM

The Friends will host Jazz in Bloom, on Saturday, May 17 from 12–2 pm in Howell Hall (DCAL Theater). The Kareem Sanjaghi Band, Featuring Vocalist Judy DeRossi, will perform music including jazz, swing, and all-time favorites for your dancing pleasure. Kareem and his band bring passion and energy to every performance. Included is a catered lunch and a chance at a door prize! Seating is limited. Call 508-385-5376 for ticket information and to reserve or email us at DennisFOD@hotmail.com.



GEORGE DESHAW MEMORIAL GOLF TOURNAMENT

Attention golfers! In June the Friends host their annual George DeShaw Memorial Golf Tournament. An 8am shotgun start includes golf cart, luncheon, and prizes! This is the largest fundraiser for the Friends and supports our mission of helping seniors in the Town of Dennis. Registration information is available on our website and forms will be available for you to pick up at our office. Please call 508-385-5376 for more information or email us at DennisFOD@hotmail.com.

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 10am–12pm. Contact Freddi at 508-771-6507 x241 for details or appointments.



OPTIONS COUNSELING OFFICE HOURS

Do you have questions about services and supports that are available for you or someone you care about? Call today to schedule a visit with an Options Counselor from Elder Services of Cape Cod and the Islands, here at the Dennis Center for Active Living. Walk-ins also welcome. The Options Counselor will be in the café area. **Last Wednesday of every month. May 28 & June 25, 10am–12pm. Please call 508-258-2476 to schedule or ask questions.**



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 9–11am, by calling 508-771-5400 Ext. 210. Appointment required.**

14 ~ PROGRAM INFO

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

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. 10–11 am
\$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, 12:30–1:30 pm

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



Looking for something “new” for the summer? The DCAL Rolling Raks Thrift Shop may have just what you’re looking for! The Shop has an assortment of Spring/Summer men’s and women’s clothing including cocktail dresses, sundresses, shirts, tops, shoes, pocketbooks and jewelry along with CD’s, DVDs, and household items. All items may be purchased for a suggested donation price, a list of which is available in the Shop. Rolling Raks is under the direction of the DCAL Supporters and is run by volunteers. If you are interested in volunteering, please leave your name at the front desk. The Shop is open Monday–Friday, 9am–4pm. Donations of clean, gently used clothing and other items are gladly accepted Monday–Wednesday, 9am–3pm at the reception desk. **COME SEE WHAT WE HAVE TO OFFER!**

16 ~ MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<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!</p> 		 <p>BOOK CLUB: Wednesday, May 14 12:30 pm at DCAL</p>
<p>9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:00 DY Women's Club Board Meeting 10:15 Line Dancing 12:00 Friends of Dennis 12:30 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;">5</p>	<p>9:00 Yoga 9:00 Stitch & Chatter 9:00 Chair Caning 9:30 Golden Age Program 10:00 Chess 12:30 Hearts 12:30 Bridge (Men's & Women's) 1:00 Ballroom Dance Party</p> <p style="text-align: right;">6</p>	<p>9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:00 Musical Souvenirs 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;">7</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge</p> <p style="text-align: right;">12</p>	<p>7:00 Town of Dennis Voting Precinct 2 9:00 SHINE 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:00 Cape Cod Men's Club 10:00 Chess 12:30 Bridge (Men's & Women's) 1:00 Sound Dunes</p> <p style="text-align: right;">13</p>	<p>9:00 Ombudsman Training 9:00 Line Dancing 9:00 Housing Assistance 9:30 Bay to Sound Training 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 12:30 Book Club 2:00 Tea & Talk</p> <p style="text-align: right;">14</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;">19</p>	<p>9:00 CoA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 9:30 Coffee with a Cop 10:00 Chess 10:00 South Coastal Legal Services 10:30 Vet's & Friends 12:30 Bridge (Men's & Women's) 12:30 Hearts 1:00 Ballroom Dance Party</p> <p style="text-align: right;">20</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</p> <p style="text-align: right;">21</p>
<p>DCAL Closed</p>  <p style="text-align: right;">26</p> <p style="text-align: center;">Memorial Day</p>	<p>9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 9:00 Yoga 10:00 Chess 10:00 Vets Yoga 12:00 Shuffleboard 12:30 Bridge (Men's & Women's) 2:00 Solo Aging Support Club 1:00 Sound Dunes</p> <p style="text-align: right;">27</p>	<p>9:00 AARP Tax Assistance 9:00 Line Dancing 9:30 Golden Age Program 10:00 Bay to Sound Board Meeting 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</p> <p style="text-align: right;">28</p>

THURSDAY	FRIDAY
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
8:00 Foot Nurse 9:00 DCAL Salon 9:30 Poetry Workshop 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Hearing Clinic 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Beach Chair Meditation 9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 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
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot

FREE CIVIL LEGAL HELP
**South Coastal Counties
Legal Services (SCCLS)
Elder Law Project**

Free civil legal help for those 60 years of age and over.

Please contact Rasheda Dickerson at 774-487-3251 or 1-800-244-9023 to set up an appointment at DCAL on May 20, 2025 10 am – 12 pm.

SCCLS will also be presenting at the Solo Aging Support Group on Tuesday, June 24 at 2pm. Legal information will be provided related to aging independently. Registration is required 508-385-5067.

GARDEN CLUB SALE

**May 17,
8:30 am**

Hosted by
West Dennis
Garden Club

**JAZZ & BLOOM**

May 17, 12pm

Hosted by Friends of Dennis

**DCAL COFFEE BAR**



Come on down for a hot coffee, tea or hot chocolate and a morning snack. Suggested donation \$1.

Every Friday 9 am – 11 am

18 ~ JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY
9:00 Line Dancing 9:00 Painting 10:00 ADA Board 10:15 Line Dancing 10:00 DY Women's Club Board Meeting 12:00 SHINE Luncheon 12:00 Shuffleboard 12:00 Friends of Dennis 12:30 Bridge 1:00 Mah Jongg	9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 10:00 Chess 12:00 VNA Presentation 12:30 Bridge (Men's & Women's) 12:30 Hearts 1:00 Ballroom Dance Party	9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 11:30 Line Dancing 12:30 Bridge 2:00 CCH Alzheimer's Support
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	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 (Men's & Women's) 1:00 Sound Dunes	9:00 Ombudsman Training 9:00 Line Dancing 9:00 Housing Assistance 9:30 Bay to Sound Training 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:30 Book Club 12:30 Bridge 2:00 Tea & Talk
9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Coffee with a Cop 9:30 Golden Age Program 10:00 Chess 10:30 Vets & Friends 12:30 Bridge (Men's & Women's) 12:30 Hearts 1:00 Ballroom Dance Party	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 2:00 CCH Alzheimer's Support
9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 12:30 Vets & Friends Boat Trip 1:00 Mah Jongg	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 (Men's & Women's) 1:00 Sound Dunes 2:00 Solo Aging Support Group	9:00 Line Dancing 9:30 Golden Age Program 10:00 Options Counseling 10:00 Bay to Sound Board Meeting 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge
9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	 BOOK CLUB: Wednesday, June 11 12:30 at DCAL	

JUNE CALENDAR ~ 19

THURSDAY	FRIDAY
9:00 DCAL Salon 5 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 6 9:30 Golden Age Program 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 DCAL Salon 12 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Hearing Clinic 10:00 Alzheimer's Family Support Center 11:30 End of Life Presentation 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Beach Chair Meditation 13 9:00 Zumba Gold 9:30 Golden Age Program 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
DCAL Closed 19  Juneteenth	9:00 Zumba Gold 20 9:30 Golden Age Program 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 DCAL Salon 26 9:30 Golden Age Program 10:00 Mindfulness with Reiki 10:00 Alzheimer's Family Support Center 11:30 Buried in Treasures 1:00 New Beginnings 1:00 Ping-Pong 2:30 Hiking Club	9:00 Zumba Gold 27 9:30 Bridge 9:30 Golden Age Program 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
	



Bay to Sound Neighbors continues to aid seniors in Dennis and Yarmouth age in place with some help from our wonderful volunteers

Remember, we are always seeking new volunteers. 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.

baytosoundneighbors.org,
baytosoundneighbors@gmail.com or **508-470-0585**



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. Call the DCAL to schedule an appointment, 508-385-5067.

20 ~ FITNESS & DANCE

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 and/or Wednesday 9 am, Restarts with all new material June 2.
- Beyond the Basics Ballroom Line Dancing (no partner required) – Wednesday 10:15 am

For graduates of the Absolute Beginner Line Dance Course or equivalent skills:

- Easy-ish Pop, Rock and Latin Line Dancing – Monday 10:15 am
- Easy-ish Ballroom Line Dancing (no partner required) – Wednesday 11:30 am starting June 4th, summer only



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.

May 6 – Tango (Karen) in the Theater Room

May 20 – Bachata (Frank) in the Meeting Room

June 3 – Foxtrot (Karen) in the Theater Room

June 17 – Merengue (Frank) in the Meeting Room

1:00 – 1:45 pm beginner dance lesson. 2 – 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. Light refreshments. Door prize! Please stop at the front desk on arrival for registration and walk-in fee of \$10 per person, cash or check payable to Dennis Senior Center. First come, first served. Please bring a change of shoes to protect the dance floor. Dress code dressy casual.



Looking for Dance Host Program Participants

Is this you? Remember leading your partner on the disco floor to your favorite song? Turn those memories into a fun, social hobby! The Dennis Center for Active Living is in search of leaders to participate in a free Ballroom, Latin, and Swing “learn to dance” program starting July 1, Tuesdays from 11:30 am–12:30 pm. No dance experience needed! Over about 25 weeks, DVIDA-certified instructor Karen Shackelford will teach five popular ballroom dances.

Graduates will receive free admission to DCAL Tuesday afternoon dance parties in exchange for serving as dance hosts — dancing with attendees who come solo. To balance the class, please enroll by June 14 by emailing CapeSandsBallroom@gmail.com. By enrolling, you commit to completing the class and serving as a host afterward.

We hope you’ll join this exciting opportunity to dance, have fun, and connect! Special thanks to Cape Cod Ballroom Dancers for making this program possible.

HOW CAN I STAY UPDATED ON SOCIAL SECURITY CHANGES?

To stay updated, create and regularly check your my Social Security account for personalized information. Monitor the SSA website (ssa.gov) and official blog for the latest news. In December 2024, you'll find a newly improved COLA notice in your online Message Center, outlining your updated benefit amount and any deductions.

Stay informed about recent legislative changes from the Social Security Fairness Act, which affects public sector workers by repealing the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO), leading to increased benefits starting in April 2025. Also, note that SSA will resume withholding 100% of overpayments beginning March 27, 2025.

Subscribe to SSA email and SMS updates for quick alerts, and follow the SSA's YouTube channel for Weekly Operational Reports. Keep an eye on possible policy shifts with the new administration in 2025.

MEDICARE FRAUD

Medicare fraud happens when someone knowingly deceives Medicare for improper payment. Examples include billing for services not provided or using another person's Medicare card. To report fraud, call 1-800-MEDICARE, the Senior Medicare Patrol at 877-808-2468, or 1-800-HHS-TIPS.



When you hear "disability," what comes to mind? For myself and most of us, it probably looks like someone who uses a wheelchair. Much like the wheelchair



ADA

symbol on the Handicap Parking spot, right? But under the Americans with Disabilities Act (ADA), disability includes any physical or mental impairment that limits major life activities. Consider this: disabilities range from ADHD, anxiety, and diabetes to blindness and cerebral palsy. ONLY 25% of the people with disabilities are ones that you can actually see, the other 75% of the disabilities YOU CAN'T SEE AT ALL!! Like the old adage goes, "be kind to each other, because you never know what someone else is going through". This saying has never been so appropriate, especially when talking about all kinds of disabilities, especially the ones you can't see.

—Grethe K., Disability Committee Chair

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

22 ~ VETS & FRIENDS



Congratulations, we did it! We survived March's "In like a lion, out like a lamb" and are now well on the way to wrapping up "April showers bring May flowers".

Looking back, February's meeting that was highlighted by volunteer technical experts helping members overcome difficulties with their mobile phones and other portable devices.

In March, St. Patrick helped celebrate the first-ever Vets and Friends Polar Plunge!

Green was the color of the day with St Paddy himself and some of his friends putting on their best suits to help make the point.

March also brought visits by two important Dennis leaders. Police Chief Jack Brady and Fire Chief Chris Guerreiro talked about their journeys on the way to their current leadership positions. They followed by discussing the challenges their departments face with the arrival of summer and finished by taking questions from members and guests.

April had a discussion on how to avoid becoming a victim of computer crime, including the marked increase in scamming and phishing and how to avoid them. Thank you to the Bayberry Quilters of Cape Cod for their reffle prize!

Looking further ahead, May's meeting will be a Memorial Day tribute to veterans who have passed. A special dinner and live music will highlight the event.

June will be highlighted by an afternoon cruise around Cape Cod Bay hosted by Captain Chip Carroll on his vessel The Albatross. Passengers can fish for a meal (fishing gear provided with help from the crew if necessary) or just relax and enjoy beautiful views as we cruise the Bay. Details on how to register are forthcoming.

MAY 20, 10:30 AM
JUNE 17, 10:30 AM



The Nation will pay respect to The Stars and Stripes on Flag Day. Our meeting, on Tuesday, the 17th, comes just three days after the formal date and will be a celebration of "Old Glory" in words and music. Red, white and blue will be the colors of the day!

So, it looks like a busy couple of months ahead. Meetings are held in the Dennis Senior Center on the third Tuesday of every month between 10:30am and noon. As always, veterans, their widows and widowers, partners, family, friends and caregivers are always welcome. Early refreshments and a great lunch provided. Come join us!





SUPPORTERS OF DENNIS COUNCIL ON AGING REORGANIZE BOARD, ANNOUNCE “WE’RE BACK!”

The Supporters of Dennis Council on Aging (DCOA), a dedicated nonprofit organization serving seniors in the Dennis community, is thrilled to announce a fresh start with the reorganization of its Board of Directors. After a period of dormancy, the organization is making a vibrant return with renewed energy, purpose, and a call for community involvement.

With a heartfelt mission to support and enhance the lives of older adults in Dennis, the Supporters of DCOA have played a vital role over the years — providing resources, funding special events, social activities, and essential programs. Now, they’re inviting YOU to be part of this next chapter.

Join us on Monday, May 19, at 3:00 pm at the Dennis Center for Active Living (DCAL) for a community meeting to learn more about joining the Board of Directors or becoming a valued member. Whether you're a longtime supporter, a new resident, or someone looking to make a difference, this is your chance to get involved in something meaningful.

The meeting will focus on plans to revitalize the organization, introduce new leadership, and share opportunities for volunteerism and support. Together, we can build a stronger, more connected Dennis for our aging neighbors.

“There’s never been a more important time to come together,” says Gary Barber, Board Chair. “We’re excited to reignite this mission and remind everyone — you are not alone. We’re here, we’re active and we’re committed.”

Mark your calendars and bring your ideas, energy, and compassion to the meeting. The Supporters of Dennis Council on Aging are back — and we’re ready to make a difference.

Supporters of DCOA community meeting at the Dennis Center for Active Living, Monday, May 19, 2025.

Let’s move forward, together.

Volunteer of the Month

APRIL

Nancy

Congratulations and thank you to Nancy who graciously donates her time preparing taxes for the AARP tax prep program at DCAL.



MARCH

Martha

Congratulations to our long-standing, concierge Martha, who is the epitome of customer service and loved by all of our members.

THE DENNIS RECREATION COMMISSION

is finalizing the space assessment plan with strong participation and support from local residents. At a recent public meeting, community members shared a wide range of ideas to ensure the new community center meets the needs of residents of all ages and interests. Once the assessment is complete, the project will move into its next phase: the architect will focus on identifying the ideal location, determining the appropriate size, and preparing a detailed visual presentation. This presentation will be shared at the fall town meeting, where the next stage of the project will be up for approval. Stay tuned for updates — we are building this together!





**DENNIS CENTER FOR
ACTIVE LIVING**

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South Dennis, MA 02660

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THE DENNIS CENTER FOR ACTIVE LIVING



The Sound Dunes Swing Combo was formed in 2020 during the COVID pandemic as an 8-piece offshoot of the 20-piece Sound Dunes Big Band, active on Cape Cod since 2015. Our music spans from the 1930s to the 1980s, featuring swing, Dixieland, country, Latin, smooth jazz, and rock'n'roll. We perform classics from The Great American Songbook by legends like Gershwin, Porter, and Ellington, and made famous by Sinatra, Ella Fitzgerald, Louis Armstrong, and others.

Join us for our “Open Rehearsals” at the Dennis Center for Active Living, held on the second and fourth Tuesdays of each month from 1–3 PM. Sing along, dance, sit in with the band, or simply enjoy great live music. We can't wait to see you — let's party!