

MAY/JUNE 2026

# The *Cranberry Scoop*



## *Kickoff Summer at DCAL!*

**CHAMPION  
YOUR HEALTH**

Pgs. 10 & 24

**TAI CHI  
RETURNS**

Pg. 9

**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*  
 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

*This issue of The Cranberry Scoop highlights a vibrant start to the summer season, with programs and events designed to bring energy, connection, and wellness to our community. May is Older Americans Month and the theme this year is "Champion your health!"*

We're especially excited to spotlight the June 25 Summer Kickoff Open House, a wonderful opportunity for residents and prospective members to explore everything Dennis has to offer. Meet Town Department Heads and staff, and learn about

accessibility in our facilities, beaches and parks. From guided tours to friendly conversations with staff and participants, the Summer Open House is the perfect way to experience our welcoming atmosphere and diverse programming firsthand.

Health and wellness continue to take center stage this season. We're proud to introduce Christina A. as the new Evergreen Fitness Personal Trainer for orientations and training consultations. Whether you're just starting your fitness journey or looking to elevate your routine, Christina's expertise and enthusiasm provide the support and motivation needed to reach your goals.

In addition, our DCAL After Hours series is expanding with engaging evening offerings, including relaxing yoga sessions and lively dance classes. These programs are designed to help participants unwind, stay active, and connect socially in a fun, low-pressure environment after the day winds down.

A variety of enriching activities, seasonal events, and community stories reflect the spirit of Dennis. From nature preserves and trails, to filmmaking, to lifelong learning opportunities, there's truly something for everyone to enjoy.

As we move into the warmer months, we invite you to take full advantage of all that's available. Whether you're attending a special event, trying a new class, or simply connecting with friends, The DCAL continues to be a place where community thrives.

*Brenda Vazquez, Director  
 Dennis Center for Active Living*

*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.

## 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.**



## HERITAGE GARDENS RHODODENDRON FESTIVAL DAYTRIP

**Monday, May 18, 9AM, Depart from DCAL**  
Transportation \$5 per person. Register in person at DCAL

## Are you uncomfortable using APPS to book your SmartDART?

Cape Cod Regional Transit Authority can help!

**CALL THIS NUMBER 508-418-3278**  
**CapeCodRTA.org**

Assistance will be provided to book trips and make payments by phone in real-time.

## CAPE & ISLANDS VETERANS OUTREACH CENTER



The Cape & Islands Veterans Outreach Center will be offering transportation to veterans by appointment with 7 to 10 days 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 **508-827-0908. A confirmation to the veteran will be made.**

## Grocery Shopping & Local Errands Bus Schedule



**Local Dennis and Shaw's  
Tuesdays, Wednesdays,  
& Thursdays**

8AM, 10AM, 12PM

For confirmed reservations call  
DCAL **no later than two days ahead**  
of request, **508-385-5067.**



## 6 ~ CAREGIVER RESOURCES



### Caregivers, do you need a break?

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 playing 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 nutritious lunch is provided.

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

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



### New Caregiver Workshop!

**Calling all family & friend caregivers! Please join us on May 7, 9:30–11:30 am.**

Enjoy a cup of coffee or tea and a light snack while you connect with other caregivers. Explore caregiver topics, tips & strategies, learn about Elder Service's Programs and easy self-care strategies. We are happy to announce that this group will continue to meet on the first Thursday of the month at 9:30.

**Register today!**

Please contact Laura Cheesman at 508-258-2476 or [laura.cheesman@escci.org](mailto:laura.cheesman@escci.org).

DENNIS FOR ALL ABILITIES • JUNE 25 • 10 AM–2 PM



Mary, Deb, Karen, and Kathy!  
Our AWESOME DCAL Café Staff!

## DCAL Café

*Suggested Donation*  
\$5.00

### BREAKFAST MENU

**Wed, 9:30–11:30 am**

#### May 6

Cheesy Grits, Egg,  
Ham, Toast

#### May 13

Baked Oatmeal,  
Cottage Cheese Bake

#### May 20

Cheese or Vegetable  
Omelet, Bacon,  
Home Fries

#### May 27

Sausage Egg  
Bake, Home Fries,  
Toast

#### June 3

Sweet Potato Hash,  
Dropped Egg, Toast

#### June 10

Breakfast Sandwich,  
Home Fries

### LUNCH MENU

**Fri, 12–1 pm**

#### May 1

Meatloaf, Potatoes,  
Vegetable

#### May 8

Chicken Parmesan,  
Pasta, Garlic Bread

#### May 15

Turkey Club, Pasta Salad

#### May 22

Cheese Ravioli, Salad,  
Garlic Bread

#### May 29

Chicken Caesar Salad,  
Pita Bread

#### June 5

Soup & Sandwich  
of the Day

#### June 12

*Red Sox Day*  
Sausage, Peppers &  
Onions Sub Roll, Chips

#### June 25

*Join Us for the DCAL  
Summer Kick-Off BBQ*



### SENIORS CONNECT

Seniors Connect is a time for older adults to come together as a group for social connection and conversation. Every Friday at 11 am. Everyone Welcome!

### SOLO AGING PEER SUPPORT GROUP

A support group for older adults navigating life independently. Fourth Tuesday of the month at 2 pm. 5/26 & 6/23 at DCAL. Join us, connect with others, share resources and build friendships. Contact Julie Benoit, Outreach Coordinator, 508-385-5067.

*The Staff of the DCAL Café would like to say "Thank You" for being such loyal patrons. It is hard to believe that it has been nine months and how much it has grown (yes, we are going to move into the DCAL Meeting Room off the kitchen). This all has been possible through a Massachusetts Council on Aging (MCOA) Service Incentive Grant for Nutrition the Dennis Center for Active Living (DCAL) received from the MCOA, donations from our patrons, the Dennis Community Stop & Shop, and the Lost Dog Pub! And, most importantly, the talented DCAL Café staff for producing such wonderful meals. **Wednesday breakfasts will be taking a short break after June 10 for the summer.** Friday lunches will continue through the summer season. If all goes well, and the nutrition grant from MCOA is continued, we will be back on track in September in full swing! So, if you see a survey regarding the DCAL Café, please take a moment to fill it out. It would be very much appreciated!*



## Join Us for the Summer Kickoff

### DENNIS FOR ALL ABILITIES

Thursday, June 25, 2026, 10am–2pm

Come out and join us to explore the Dennis Center for Active Living's beautiful space as we share a wide array of social, health and wellness resources available in our community.

**Build your own birdhouse! Meet Matilda!  
Enjoy BBQ and ice cream. Meet town staff.**

**See all accessibility features in the town.**

Health screenings, exhibitor tables, nutrition, dance, exercise, massage, meditation, socialization, and much more!



## DCAL WELCOMES BACK TAI CHI

**Wednesdays, Begins June 2**  
**11:30am–12:30pm**  
**\$15 per class**



Come learn the many benefits of Tai Chi: studies show Tai Chi practice can help lower blood pressure, improve balance, help with stress reduction, and more. Classes are fun, uplifting, and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. We will be learning the easy Yang Style Eight Posture Form. Our instructor, A.Jay Zahn, has been practicing for over 40 years, and teaching Tai Chi and Qi Gong on Cape Cod since 2019.



## HIKING CLUB

**Every Thursday, 2:30pm, meet at DCAL**

## MEET & GREET WITH **Dennis Animal Control**

**May 14, 2026, 1pm**

With Dennis Animal Control Officers Lori Miranda and Joanna Golden to talk all things animal control related!



## NEW! WEST COAST SWING WORKSHOPS

\$10 walk-in

Instructor Karen Shackelford

CapeSandsBallroom@gmail.com

### **Basics, Tuesday, May 19, 1–3pm**

Discover West Coast Swing—a smooth, modern partner dance with roots in the lively Lindy Hop of the 1940s. Known for its sleek, gliding style, it’s danced to everything from R&B and Blues to pop and today’s hits.

### **Refine your basics & learn more patterns.**

### **Tuesday, June 16, 1–3pm**

Ready to jump in? The May 19 workshop is perfect for beginners, and June 16 welcomes everyone back (including new dancers with basic skills) for the next step. Singles and couples welcome.

## Hatha Yoga

Not Chair-Assisted. All Levels Welcome

**Every Tuesday Evening**  
**5–6pm, \$10 per class**

Bring your beach towel/blanket and a mat. Maria is a Kripalu Registered Yoga Instructor.

Register at the DCAL 508-385-5067.

Walk-Ins Welcome!

**EVENING  
 PROGRAMS**

## Discover Line Dancing!

**Starting on June 2** and happening weekly, the 5:30–6:30pm Tuesday slot will transform into “Line Dance Party Headquarters” with Karen as your host! \$10 per class. Refreshments, door prize—a social, fun, active time for everyone 18+. No reservations required. CapeSandsBallroom@gmail.com



**VISITING NURSE ASSOCIATION  
OF CAPE COD**

Member  
Cape Cod Healthcare

## **EXERCISE AS WE AGE PRESENTATION**

**Tuesday  
May 12, 2026, 1 pm**

Learn how physical activity can help you age gracefully!

Presented by Kristen Siminski, PT, DipACLM, CCCE

This hour-long presentation includes information on the aging process, exercise intensity, exercise guidelines, and some basic exercises to do at home

## **FALL PREVENTION PRESENTATION**

**Tuesday  
May 19, 2026, 1–2 pm**

Every second of every day, an older adult falls in the United States. This hour-long presentation and candid discussion with the goal of empowering participants by gaining knowledge about modifiable fall risks, equipment and assistive devices that could be used in the home, as well as what to do if there is a fall. Varied ways to incorporate physical activity and exercise into the day will also be discussed.

## **STROKE AWARENESS AND PREVENTION PRESENTATION**

**Tuesday  
May 26, 2026, 1–2 pm**

Learn about the signs of a stroke and what to do if symptoms occur, as well as healthy habits and other ways to decrease your risk of having a stroke.

Presented by Lisa Lyons, Cape Cod Hospital Stroke Program Manager and Kristen Siminski, VNA Public Health Physical Therapist.

**Register at DCAL 508-385-5067**

*These presentations are a collaboration with the Town of Dennis and VNA Public Health and Wellness*



## **Understanding Vascular Disease**

**Justin Yu, MD, Vascular Surgeon**

### **Learning Benefit:**

- Understand your risk factors
- Know when to seek treatment
- Learn what symptoms to watch for
- Gain valuable information regarding the many advanced treatment options available

**Friday, May 15, 10:30am, RSVP 508-385-5067**



## Nurturing Mental Well-Being in the Golden Years

*Ageing brings with it a wealth of experience*, wisdom, and perspective—but it can also introduce new emotional challenges. Changes in health, routine, or social connections may sometimes feel overwhelming. The good news is that mental well-being can be nurtured at any stage of life, and small, meaningful steps can make a powerful difference.

Staying connected is one of the most important ways to support mental health. Whether it's a phone call with a loved one, joining a community group, or simply chatting with a neighbor, human connection helps reduce feelings of loneliness and brings a sense of belonging. It's never too late to build new friendships or deepen existing ones.

Keeping the mind active is equally valuable. Reading, puzzles, learning a new hobby, or even exploring music or art can stimulate the brain and provide a sense of accomplishment. These activities don't need to be complicated—what matters is finding joy and curiosity in everyday moments.

Physical health and mental health are closely linked. Gentle movement like walking, stretching, or light exercise can boost mood and energy levels. Even a short daily routine can create a sense of structure and positivity.

It's also important to acknowledge emotions without judgment. Feeling sad, anxious, or uncertain at times is a natural part of life. Talking openly about these feelings—with a trusted friend, family member, or professional—can bring relief and clarity.

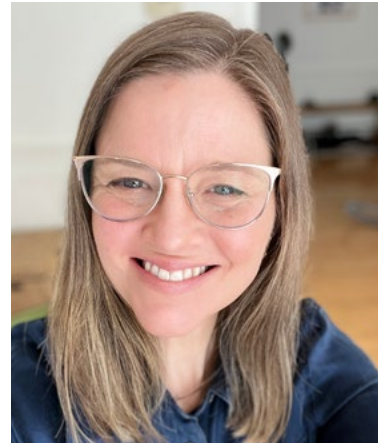
Finally, remember that your life story matters. Reflecting on past experiences, sharing memories, and recognizing personal strengths can foster a deep sense of purpose and pride. Every stage of life holds value, and your presence continues to make a difference in the world around you.

Taking care of your mental health is not about perfection—it's about kindness toward yourself, one day at a time.

Check out all the opportunities DCAL has to offer to boost your overall health, including the PEARLS program.



**JULIANA BENOIT**  
DCAL Human Services  
Outreach Coordinator  
508-385-5067 x385



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



### PROGRAMS THAT HELP REDUCE STRESS

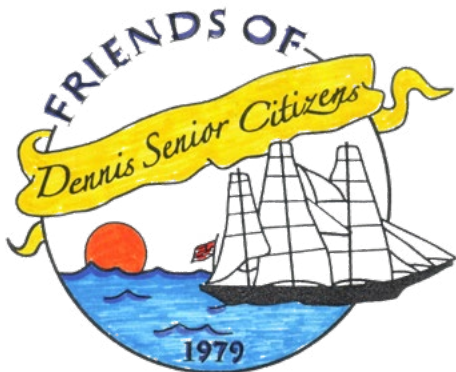
The DCAL also offers programs designed to promote calm, movement, and connection, including yoga, meditation, exercise, dance, and social activities. PEARLS program coaching to help build coping skills and emotional resilience.

### What Is PEARLS?

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



# 12 ~ COMMUNITY PARTNERS



## GEORGE DESHAW MEMORIAL GOLF TOURNAMENT

Attention golfers! In June, the Friends host their annual George DeShaw Memorial Golf Tournament. An 8 am 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 also be available for you to pick up at our office. Please check our website for date and time updates at [FriendsOfDennisSeniors.com](http://FriendsOfDennisSeniors.com). You may also call 508-385-5376 or email us at [DennisFOD@hotmail.com](mailto:DennisFOD@hotmail.com).

## The Challenges & Rewards of Aging Gracefully

### CELEBRATING LIFE

Aging gracefully presents the challenge of navigating physical and cognitive changes combined with societal perceptions while embracing the wisdom that comes with years of experience. This journey often requires adapting to new realities, fostering resilience, and cultivating a positive mindset. However, the rewards include deeper connections with a tapestry of memories, all of which celebrate the beauty of a life well-lived. Speakers are experts in their respective fields.



### 4-Week Series with Experts in Their Respective Fields

Tuesday, 1–2:30 pm, Light Refreshments

#### May 5

Cognitive Changes in Aging:  
Dr. Robert Santulli

#### May 19

Stroke Awareness & Prevention:  
Lisa Lyons & Kristen Siminski

#### May 12

Exercise as We Age:  
Kristen Siminski

#### May 26

Fall Prevention:  
Kristen Siminski

### LIMITED SEATING

Free. Call 508-385-5067 to reserve your seat



## Meet with Elder Services and Learn About Options, Programs and Support

**Thursday, May 28 & June 25**  
**10 am–12 pm**

Call 508-258-2476 today to schedule a visit here at DCAL. Walk-ins welcome.

**Wednesday,**  
**May 13 & June 10**  
**9–11 am**



**Housing Assistance**

Housing Assistance (HAC), helps people with information and resources. Schedule an appointment at DCAL, 508-771-5400 Ext. 210.

## GENTLE YOGA FOR RECOVERY

A 6-Week beginner-friendly series with BFree Wellness. Led by Lindsay Guinan, this trauma-informed yoga class was created to support individuals in recovery. Move, breathe, and relax in a safe, supportive space at your own pace.

**Thursdays, May 7–June 11**  
**7:30–8:15 am**

**Walk-ins welcome**

- Gentle movement & stretching
- Breathwork & relaxation practices
- Stress reduction & resilience building
- A welcoming space for all ages, all bodies, all experience levels

# 14 ~ PROGRAM INFO

## FITNESS

### CHAIR YOGA

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

### ZUMBA GOLD

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

**EVERY Fri. 9–10am**  
**\$10 per class. Walk-in.**  
**Teacher: Christina Arabadzheba**

### CORE & MORE

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

**EVERY Fri. 10–11am**  
**\$10 per class. Walk-in.**  
**Teacher: Christina Arabadzheba**

### 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**

## HEALTH & WELLNESS

### FOOT CARE

Janet Tinney is a nurse trained in foot care with 25 years of experience. **Call 508-385-5067 for appt. \$50 per appt. at DCAL. \$70 for home visit appt.**

### FREE HEARING SERVICES

**2nd Thursday of the month, 10am–12pm, Call for an appt. 508-385-5067.**

## MINDFULNESS

**EVERY Thurs. 9–10am.**  
**\$10 per class. Walk-in.**  
**Teacher: Tara Crowley**

## MINDFULNESS WITH 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. 10:15–11:15am**  
**\$10 per class. Walk-in.**  
**Teacher: Tara Crowley**

## CLUBS & GROUPS

### SENIORS CONNECT

Weekly social gathering for seniors to come together & connect.

**Fridays 11am–1pm**

### DY WOMEN'S CLUB

A welcoming community organization serving Dennis & Yarmouth. Volunteering & fundraising efforts support education, veterans and the area's charitable agencies. DY Women's Club begins with a light luncheon followed by a meeting and an activity or speaker. Please call 978-857-8614 with questions,

**2nd Wednesday of the month, 12–3pm**

### CHAIR CANING

**Tuesdays, 9–11am**

## STITCH & CHATTER

Quilting & sewing club.

**Tuesdays, 9–11am**

## BOOK CLUB

Book selections listed in the calendar.

**2nd Wednesday of the month, 12:30–1:30pm**

## DCAL 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**

## MAH JONGG

Mah Jongg boosts cognitive skills like strategy, memory, and problem-solving while providing significant social benefits.



**Mondays, 1–4pm,**  
Experienced Players Welcome!

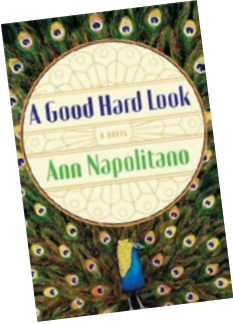


## EVERGREEN STUDIO ORIENTATION RETURNS WITH DCAL PERSONAL TRAINER CHRISTINA!

**1st Wednesday of the month, 10:30am**

# 16 ~ MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		
<p> <b>9:00</b> Line Dancing  <b>10:00</b> ADA Board Meeting  <b>10:00</b> DY Woman's Club Board Meeting  <b>10:15</b> Line Dancing  <b>12:00</b> Friends of Dennis Board Meeting  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>1:00</b> Shuffleboard                 </p> <p style="text-align: right;"><b>4</b></p>	<p> <b>9:00</b> Yoga  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> Chair Caning  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>11:00</b> Real Food Tales  <b>12:00</b> DCAL Garden Club  <b>12:30</b> Bridge (Men's &amp; Women's)  <b>12:30</b> Hearts  <b>1:00</b> Aging Gracefully Presentation  <b>1:00</b> VNA Paving the Path to Wellness  <b>1:00</b> Ballroom Dance Party  <b>5:00</b> Hatha Yoga  <b>5:30</b> Line Dancing                 </p> <p style="text-align: right;"><b>5</b></p>	<p> <b>9:00</b> Line Dancing  <b>9:30</b> DCAL Café Breakfast  <b>9:30</b> Golden Age Program  <b>10:00</b> Independence House  <b>10:15</b> Fitness with John  <b>10:30</b> Musical Souvenirs  <b>11:30</b> Line Dancing  <b>1:00</b> Mah Jongg  <b>1:00</b> Bridge  <b>2:00</b> CCH Alzheimer's Support                 </p> <p style="text-align: right;"><b>6</b></p>
<p> <b>9:00</b> Line Dancing  <b>10:15</b> Line Dancing  <b>1:00</b> Shuffleboard  <b>1:00</b> Bridge                 </p> <p style="text-align: right;"><b>11</b></p>	<p> <b>7:00</b> Town of Dennis Annual Election  <b>9:00</b> Chair Caning  <b>9:00</b> Yoga  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> SHINE  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>10:30</b> Vets &amp; Friends Chair Yoga  <b>12:30</b> Bridge (Men's &amp; Women's)  <b>1:00</b> Aging Gracefully Presentation  <b>5:00</b> Hatha Yoga  <b>5:30</b> Line Dancing                 </p> <p style="text-align: right;"><b>12</b></p>	<p> <b>9:00</b> Housing Assistance  <b>9:00</b> Line Dancing  <b>9:30</b> DCAL Café Breakfast  <b>9:30</b> Golden Age Program  <b>10:00</b> Bay to Sound  <b>10:15</b> Fitness with John  <b>11:30</b> Line Dancing  <b>12:30</b> Book Club  <b>1:00</b> Mah Jongg  <b>1:00</b> Bridge                 </p> <p style="text-align: right;"><b>13</b></p>
<p> <b>9:00</b> Line Dancing  <b>10:15</b> Line Dancing  <b>11:00</b> Day Trip—Heritage Gardens  <b>1:00</b> Bridge  <b>1:00</b> Mah Jongg  <b>1:00</b> Shuffleboard                 </p> <p style="text-align: right;"><b>18</b></p>	<p> <b>9:00</b> Chair Caning  <b>9:00</b> Yoga &amp; Stitching  <b>9:00</b> COA Board Meeting  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>10:00</b> Legal Help  <b>10:30</b> Vets &amp; Friends  <b>12:30</b> Hearts &amp; Bridge  <b>1:00</b> Supporters Meeting  <b>1:00</b> West Coast Swing Workshop  <b>1:00</b> Aging Gracefully  <b>5:00</b> Hatha Yoga  <b>5:30</b> Line Dancing  <b>5:30</b> Real Food Tales                 </p> <p style="text-align: right;"><b>19</b></p>	<p> <b>9:00</b> Line Dancing  <b>9:30</b> Golden Age Program  <b>9:30</b> DCAL Café Breakfast  <b>10:00</b> Independence House  <b>10:15</b> Fitness with John  <b>11:30</b> Line Dancing  <b>12:00</b> Birthday Party  <b>1:00</b> Mah Jongg  <b>1:00</b> Bridge  <b>2:00</b> CCH Alzheimer's Support                 </p> <p style="text-align: right;"><b>20</b></p>
<p> <b>DCAL Closed</b>    <b>Memorial Day</b> </p> <p style="text-align: right;"><b>25</b></p>	<p> <b>9:00</b> Chair Caning  <b>9:00</b> Yoga  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> SHINE  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>12:30</b> Bridge (Men's &amp; Women's)  <b>1:00</b> Sound Dunes  <b>1:00</b> Aging Gracefully Presentation  <b>2:00</b> Solo Aging Support Group  <b>5:00</b> Hatha Yoga  <b>5:30</b> Line Dancing                 </p> <p style="text-align: right;"><b>26</b></p>	<p> <b>9:00</b> Line Dancing  <b>9:00</b> Chair Caning  <b>9:00</b> Yoga  <b>9:00</b> Stitch &amp; Chatter  <b>9:30</b> DCAL Café Breakfast  <b>9:30</b> Golden Age Program  <b>10:00</b> Chess  <b>10:15</b> Fitness with John  <b>11:00</b> Sight Loss Services  <b>11:30</b> Line Dancing  <b>12:30</b> Bridge (Men's &amp; Women's)  <b>1:00</b> Mah Jongg                 </p> <p style="text-align: right;"><b>27</b></p>

THURSDAY	FRIDAY
 <p><b>BOOK CLUB:</b>  <b>Wednesday,</b>  <b>May 13</b>  <b>12:30 PM</b>  <b>at DCAL</b></p>	<p>9:00 Zumba Gold            9:30 Bridge            9:30 Golden Age Program            10:00 Core &amp; More            11:00 Seniors Connect            12:00 DCAL Café Lunch            12:30 Cribbage            1:00 Scrabble            1:00 Canasta            1:00 Hand &amp; Foot</p> <p style="text-align: right; font-size: 2em;"><b>1</b></p>
<p>7:30 Gentle Yoga            9:00 Mindfulness            9:30 Golden Age Program            9:30 Caregiver Workshop            10:15 Mindfulness with Reiki            10:00 Alzheimer's Family Support Center            11:30 Buried in Treasures            1:00 Ping Pong            1:00 New Beginnings            2:30 Hiking Club</p> <p style="text-align: right; font-size: 2em;"><b>7</b></p>	<p>9:00 Zumba Gold            9:30 Bridge            9:30 Golden Age Program            10:00 Core &amp; More            10:00 Mobile Food Pantry            11:00 Seniors Connect            12:00 DCAL Café Lunch            12:30 Cribbage            1:00 Scrabble            1:00 Canasta            1:00 Hand &amp; Foot</p> <p style="text-align: right; font-size: 2em;"><b>8</b></p>
<p>7:30 Gentle Yoga            9:00 Mindfulness            9:00 Foot Nurse            9:30 Caregiver Workshop            9:30 Golden Age Program            10:00 At Home Hearing Clinic            10:00 Alzheimers Family Support            10:15 Mindfulness with Reiki            11:30 Buried in Treasures            1:00 New Beginnings            1:00 Ping Pong            1:00 Animal Control Presentation            2:30 Hiking Club</p> <p style="text-align: right; font-size: 2em;"><b>14</b></p>	<p>9:00 Zumba Gold            9:30 Bridge            9:30 Golden Age Program            10:00 Core &amp; More            10:30 Vascular Disease Presentation            12:00 DCAL Café Lunch            12:30 Cribbage            1:00 Scrabble            1:00 Canasta            1:00 Hand &amp; Foot</p> <p style="text-align: right; font-size: 2em;"><b>15</b></p>
<p>7:30 Gentle Yoga            9:00 Mindfulness            9:30 Golden Age Program            9:30 Caregiver Workshop            10:15 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</p> <p style="text-align: right; font-size: 2em;"><b>21</b></p>	<p>9:00 Zumba Gold            9:30 Bridge            9:30 Golden Age Program            10:00 Core &amp; More            10:30 Vets &amp; Friends Chair Yoga            11:00 Seniors Connect            12:00 DCAL Café Lunch            12:30 Cribbage            1:00 Scrabble            1:00 Canasta            1:00 Hand &amp; Foot</p> <p style="text-align: right; font-size: 2em;"><b>22</b></p>
<p>7:30 Gentle Yoga            9:00 Mindfulness            9:30 Golden Age Program            9:30 Caregiver Workshop            10:00 Elder Services            10:15 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</p> <p style="text-align: right; font-size: 2em;"><b>28</b></p>	<p>9:00 Zumba Gold            9:30 Bridge            9:30 Golden Age Program            10:00 Core &amp; More            11:00 Seniors Connect            12:00 DCAL Café Lunch            12:30 Cribbage            1:00 Scrabble            1:00 Canasta            1:00 Hand &amp; Foot</p> <p style="text-align: right; font-size: 2em;"><b>29</b></p>



**DCAL GARDEN CLUB PLANT AND JEWELRY SALE**

Hosted by the West Dennis Garden Club

**Saturday, May 16**  
**8:30 am–12 pm**

The proceeds benefit the Scholarship fund and community beautification. The West Dennis Garden Club is a 501(C)(4) non-profit organization. Contributions are not tax-deductible.



**May 19, 10am–12pm,**  
**free civil legal help** for those 60 years of age and over. Registration is required. Please call 774-487-3251, x3250 for assistance.



# 18 ~ JUNE CALENDAR

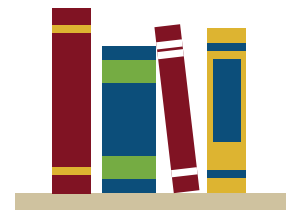
MONDAY	TUESDAY	WEDNESDAY
<b>9:00</b> Line Dancing <b>10:00</b> ADA Board Meeting <b>10:00</b> DY Woman's Club Board Meeting <b>10:15</b> Line Dancing <b>12:00</b> Friends of Dennis Board Meeting <b>12:30</b> SHINE Luncheon <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>1:00</b> Shuffleboard	<b>9:00</b> Stitch & Chatter <b>9:00</b> Chair Caning <b>9:00</b> Yoga <b>9:30</b> Golden Age Program <b>10:00</b> Chess <b>11:30</b> Tai Chi <b>12:00</b> DCAL Garden Club <b>12:30</b> Bridge (Men's & Women's) <b>12:30</b> Hearts <b>1:00</b> Ballroom Dance Party <b>5:00</b> Hatha Yoga <b>5:30</b> Line Dancing <b>5:30</b> Real Food Tales	<b>9:00</b> Line Dancing <b>9:30</b> DCAL Café Breakfast <b>9:30</b> Golden Age Program <b>10:00</b> Independence House <b>10:15</b> Fitness with John <b>10:30</b> Musical Souvenirs <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>2:00</b> CCH Alzheimer's Support
<b>9:00</b> Line Dancing <b>10:15</b> Line Dancing <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>1:00</b> Shuffleboard	<b>9:00</b> Stitch & Chatter <b>9:00</b> Chair Caning <b>9:00</b> Yoga <b>9:00</b> SHINE <b>9:30</b> Golden Age Program <b>10:00</b> Chess <b>10:00</b> Cape Cod Men's Club <b>10:30</b> Vets & Friends Chair Yoga <b>10:30</b> Vets & Friends Board Meeting <b>11:00</b> Real Food Tales <b>11:30</b> Tai Chi <b>12:30</b> Bridge (Men's & Women's) <b>5:00</b> Hatha Yoga <b>5:30</b> Line Dancing	<b>9:00</b> Housing Assistance <b>9:00</b> Line Dancing <b>9:30</b> DCAL Café Breakfast <b>9:30</b> Golden Age Program <b>10:00</b> Bay to Sound <b>10:15</b> Fitness with John <b>12:30</b> Book Club <b>1:00</b> Bridge <b>1:00</b> Mah Jongg
<b>9:00</b> Line Dancing <b>10:15</b> Line Dancing <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>1:00</b> Shuffleboard	<b>9:00</b> Stitch & Chatter <b>9:00</b> Chair Caning <b>9:00</b> Yoga <b>9:30</b> Golden Age Program <b>10:00</b> Chess <b>10:30</b> Vets & Friends <b>11:30</b> Tai Chi <b>12:30</b> Hearts <b>12:30</b> Bridge (Men's & Women's) <b>1:00</b> Supporters Meeting <b>1:00</b> West Coast Swing Workshop <b>5:00</b> Hatha Yoga <b>5:30</b> Line Dancing	<b>9:00</b> Line Dancing <b>9:30</b> DCAL Café Breakfast <b>9:30</b> Golden Age Program <b>10:00</b> Independence House <b>10:00</b> Bay to Sound <b>10:15</b> Fitness with John <b>12:00</b> Birthday Party <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>2:00</b> CCH Alzheimer's Support
<b>9:00</b> Line Dancing <b>10:15</b> Line Dancing <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>1:00</b> Shuffleboard	<b>9:00</b> Stitch & Chatter <b>9:00</b> Yoga <b>9:00</b> Chair Caning <b>9:00</b> SHINE <b>9:30</b> Golden Age Program <b>10:00</b> Chess <b>11:30</b> Tai Chi <b>12:30</b> Bridge (Men's & Women's) <b>1:00</b> Sound Dunes <b>2:00</b> Solo Aging Support Group <b>5:00</b> Hatha Yoga <b>5:30</b> Line Dancing	<b>9:00</b> Line Dancing <b>9:30</b> Golden Age Program <b>9:30</b> DCAL Café Breakfast <b>10:15</b> Fitness with John <b>11:00</b> Sight Loss Services <b>1:00</b> Bridge <b>1:00</b> Mah Jongg
<b>9:00</b> Line Dancing <b>10:15</b> Line Dancing <b>1:00</b> Bridge <b>1:00</b> Mah Jongg <b>1:00</b> Shuffleboard	<b>9:00</b> Stitch & Chatter <b>9:00</b> Yoga <b>9:00</b> Chair Caning <b>9:30</b> Golden Age Program <b>11:30</b> Tai Chi <b>10:00</b> Chess <b>12:30</b> Bridge (Men's & Women's) <b>5:00</b> Hatha Yoga <b>5:30</b> Line Dancing	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>BOOK CLUB</b></p> <p><b>Wednesday,</b>  <b>June 10</b>  <b>12:30 pm</b>  <b>at DCAL</b></p> </div> </div>

# JUNE CALENDAR ~ 19

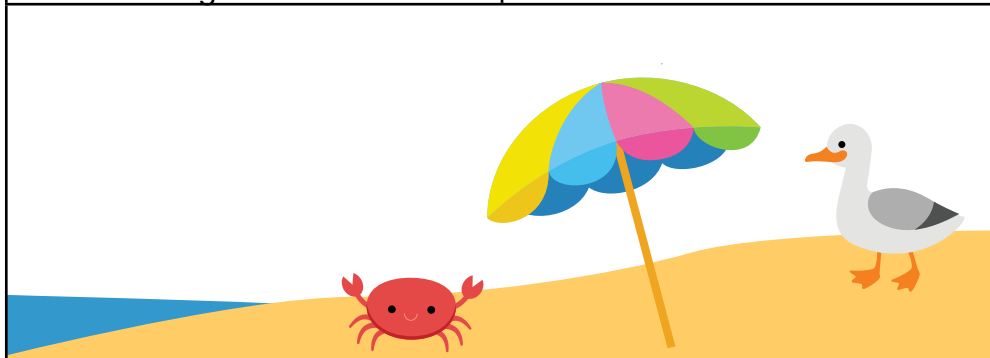
THURSDAY	FRIDAY
<p><b>7:30</b> Gentle Yoga for Recovery <b>4</b></p> <p><b>9:00</b> Mindfulness</p> <p><b>9:30</b> Caregiver Workshop</p> <p><b>9:30</b> Golden Age Program</p> <p><b>10:00</b> Alzheimers Family Support</p> <p><b>10:15</b> Mindfulness with Reiki</p> <p><b>11:00</b> Buried in Treasures</p> <p><b>1:00</b> New Beginnings</p> <p><b>1:00</b> Ping Pong</p> <p><b>2:30</b> Hiking Club</p>	<p><b>9:00</b> Zumba Gold <b>5</b></p> <p><b>9:30</b> Golden Age Program</p> <p><b>9:30</b> Bridge</p> <p><b>10:00</b> Core &amp; More</p> <p><b>11:00</b> Seniors Connect</p> <p><b>12:00</b> DCAL Café Lunch</p> <p><b>12:30</b> Cribbage</p> <p><b>1:00</b> Hand &amp; Foot</p> <p><b>1:00</b> Canasta</p> <p><b>1:00</b> Scrabble</p>
<p><b>7:30</b> Gentle Yoga for Recovery <b>11</b></p> <p><b>9:00</b> Mindfulness</p> <p><b>9:30</b> Caregiver Workshop</p> <p><b>9:00</b> Golden Age Program</p> <p><b>10:00</b> Alzheimers Family Support</p> <p><b>10:00</b> At Home Hearing</p> <p><b>10:15</b> Mindfulness with Reiki</p> <p><b>11:00</b> Buried in Treasures</p> <p><b>1:00</b> New Beginnings</p> <p><b>1:00</b> Ping Pong</p> <p><b>2:30</b> Hiking Club</p>	<p><b>9:00</b> Zumba Gold <b>12</b></p> <p><b>9:30</b> Golden Age Program</p> <p><b>9:30</b> Bridge</p> <p><b>10:00</b> Core &amp; More</p> <p><b>10:00</b> Mobile Food Pantry</p> <p><b>11:00</b> Seniors Connect</p> <p><b>12:00</b> DCAL Café Lunch</p> <p><b>12:30</b> Cribbage</p> <p><b>1:00</b> Hand &amp; Foot</p> <p><b>1:00</b> Canasta</p> <p><b>1:00</b> Scrabble</p>
<p><b>7:30</b> Gentle Yoga for Recovery <b>18</b></p> <p><b>9:00</b> Mindfulness</p> <p><b>9:30</b> Caregiver Workshop</p> <p><b>9:30</b> Golden Age Program</p> <p><b>10:15</b> Mindfulness with Reiki</p> <p><b>10:00</b> Alzheimer's Family Support Center</p> <p><b>11:00</b> Buried in Treasures</p> <p><b>1:00</b> New Beginnings</p> <p><b>1:00</b> Ping Pong</p> <p><b>2:30</b> Hiking Club</p>	<p><b>DCAL Closed</b> <b>19</b></p>  <p><b>Juneteenth</b></p>
<p><b>7:30</b> Gentle Yoga for Recovery <b>25</b></p> <p><b>9:00</b> Mindfulness</p> <p><b>9:30</b> Caregiver Workshop</p> <p><b>9:30</b> Golden Age Program</p> <p><b>10:00</b> Alzheimer's Family Support</p> <p><b>10:00</b> DCAL Open House</p> <p><b>10:15</b> Mindfulness with Reiki</p> <p><b>11:00</b> Buried in Treasures</p> <p><b>1:00</b> New Beginnings</p> <p><b>1:00</b> Ping Pong</p> <p><b>2:30</b> Hiking Club</p>	<p><b>9:00</b> Zumba Gold <b>26</b></p> <p><b>9:30</b> Bridge</p> <p><b>9:30</b> Golden Age Program</p> <p><b>10:00</b> Core &amp; More</p> <p><b>10:30</b> Vets &amp; Friends Chair Yoga</p> <p><b>11:00</b> Seniors Connect</p> <p><b>12:00</b> DCAL Café Lunch</p> <p><b>12:30</b> Cribbage</p> <p><b>1:00</b> Hand &amp; Foot</p> <p><b>1:00</b> Canasta</p> <p><b>1:00</b> Scrabble</p>



**Bay to Sound Neighbors (B2SN)** is dedicated to helping older residents of Yarmouth and Dennis on Cape Cod continue to live in their own homes as they age, safely and comfortably. Through the support of volunteers, we offer “neighborly” services that include rides to appointments, small home and garden tasks and friendly visits, just to name a few. Our volunteers deliver services for our members that are essential for continuing to age effectively in the neighborhoods we all cherish. Interested in receiving services as a member? [baytosoundneighbors.org](http://baytosoundneighbors.org) or 508-470-0585.



**THE DCAL LIBRARY IS LOOKING FOR HARDCOVER BOOKS WITH COPYRIGHT DATES 2020–2026.**



### 15 Years of Moving Together—And We're Just Getting Started

This year marks 15 years of teaching at our Senior Center, and what an honor it has been. Over the years, I've watched participants walk into class unsure, rebuilding, starting over—and leave stronger, and more confident. I've seen friendships form, resilience deepen, and energy return. And this year, we celebrate something truly extraordinary: one of our regular participants—Irene Holmes, just turned 100 years old! One hundred. And she still shows up! That alone tells you what movement, community, and consistency can do.

#### Because this has never been just about exercise:

- In our Friday Zumba Gold class at 9:00 a.m., we move with joy. We build stamina, coordination, heart health, and confidence while having fun.



The exercise is disguised by great uplifting music that makes us move.

- At 10:00 a.m., our Core & More chair-based class focuses on abdominal strength, posture, and light weight training for bone and muscle health. We work safely and intentionally—supporting balance, stability, and everyday independence.

Because strength isn't just physical:

- It's showing up. It's sitting taller.
- It's lifting a little more than last month.

- It's dancing at 100 to become stronger, more resilient, and more alive—together.

Thanks for the privilege of being your instructor and I look forward to many more classes with you at the Dennis Senior Center.

—Christina Arabadzhieva

### Ballroom Dance Parties

With DVIDA Certified Instructor Karen Shackelford of Cape Sands Ballroom. First Tuesday of every month. \$10 walk-in.

#### 1–1:45pm

Beginner Dance Lesson

May 5—Rumba

June 2—Tango

#### 2–3:30pm

General dancing to a mix of music genres.

Singles and couples welcome.

Light refreshments. Door Prize.

### Line Dance Classes

Please email Karen at [CapeSandsBallroom@gmail.com](mailto:CapeSandsBallroom@gmail.com) to determine the correct level class. Classes are one hour, held weekly. \$10 Walk-in,

#### For experienced dancers who enjoy a little challenge:

Beyond the Basics

Pop, Rock and Latin Line Dancing

Monday and/or Wednesday 9 am

no class 5/25

Beyond the Basics

Ballroom Line Dancing:

Wednesdays 10:15 am

June 17–August 26

#### For graduates of the Absolute Beginner Line Dance Course:

Easy-ish Pop, Rock and

Latin Line Dancing

Monday 10:15 am (no class 5/25)

#### For Absolute Beginner Line Dancers: Has been in session since January 21st and is progressive:

Absolute Beginner Pop, Rock

and Latin Line Dancing

Wednesday 11:30 am.

*Course ends May 27 when class members may transfer into the Monday 10:15 class.*



## GOOD WEATHER IS HERE!

Time to get out and enjoy our beautiful town. If Golf is your game, Dennis has accessible Golf carts for those with mobility issues. The seat twists facing outwards, giving the driver swinging mobility for the perfect putt! Free, to reserve call 508-385-8347, press 1. Maybe walking around Johnny Kelley Park is more your speed. If you have a grandchild that has problems with their mobility, you can walk with them while they cruise around the park in our All-Terrain Children's wheelchair. Free, to reserve call 508-760-6162.



## TRANSPORTATION PLANNING ON CAPE COD

From reconstructing intersections to installing new roundabouts to adding traffic lights, sidewalks, and bike paths, transportation planning is a lengthy and robust process involving state and local transportation planners and the public. Each year, the Cape Cod Metropolitan Planning Organization (MPO) and the Cape Cod Joint Transportation Committee (CCJTC) meet publicly to review the development of the Transportation Improvement Program (TIP) and the Unified Planning Work Program (UPWP), plans that set the course for transportation work across the region. **Support from Dennis residents is needed on a project to improve Route 28 from Uncle Barney's Road to Old Main Street in West Dennis. Improvements include the installation of sidewalks, minor intersection improvements, and the addition of a shared-use path along the northern side of Route 28. The project also includes drainage improvements, bus stop improvements, landscaping, and street lighting.** The public input process is an essential facet of the transportation planning process. To learn more about the transportation planning process and how you can help shape the future of Cape Cod's transportation system, please visit [capecodcommission.org/transportation](http://capecodcommission.org/transportation).



CAPE COD  
COMMISSION

## TELEPHONE SUPPORT

**Advisory Committee on Disabilities**  
508-385-5067

**Alzheimer's Family Support Center**  
508-896-5170

**Cape & Islands Crisis Hotline**  
800-322-1356

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

**Cape Cod Vet Center**  
508-778-0124

**Elder Law Legal Assistance**  
800-342-5297

**Elder Services of Cape Cod & the Islands**  
508-394-4630

**Food Security Programs**  
508-694-2004

**Food Stamps (SNAP)**  
833-712-8027

**Independence House Counseling**  
508-771-6507

**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

**South Shore Community Action Council**  
508-746-6707

**We Can**  
508-430-8111

# 22 ~ THE SUPPORTERS



**DISCOVER TREASURES.  
SUPPORT COMMUNITY.**

*All Proceeds Support  
Dennis Center for Active Living*

**CONNECT WITH US!**



Scan the QR code to follow us on Facebook for new arrivals, promotions, and updates.  
**Monday–Friday 9:00am–4:00pm, Inside DCAL**

## The Supporters of the Council on Aging

**Rolling Raks – Shop with a purpose.** Rolling Raks is proudly run by The Supporters, with all proceeds benefiting DCAL. Our change-of-season items are now out. Come take a look and find something new. As always, donations are gratefully accepted. Thank you for supporting our community.

**Volunteer Medical Drivers Needed.** The Supporters will reimburse your gas mileage. Many of our neighbors need help getting to their medical appointments because they no longer drive. Contributing a few hours each week can offer valuable assistance and essential transportation services. Can you help? Please call Sherrie at the Center 508-385-5067.

**The Cranberry Scoop**, our bimonthly newsletter, is sponsored by The Supporters. Besides supporting DCAL activities and programs, the Supporters also have been asked to help financially with a computer teacher and respite for the family members of our GAP clients. We need your financial help!

***A big thank you to those who have already donated. For those who have not, you still have time!***



In collaboration with the Dennis Center for Active Living, our mission is to foster a vibrant gathering place for activities—hosting and/or sponsoring events, classes, and programs that enrich the residents of Dennis, MA.

Here's my tax-deductible donation of \$ \_\_\_\_\_ to be used for:

- Golden Age Program
- Outreach Services
- Where Needed Most
- Other \_\_\_\_\_

Make check out to 'Supporters of Dennis COA'; mail to Box 606, S. Dennis, MA 02660. Thanks!

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

MAY 19, 10:30 AM  
JUNE 16, 10:30 AM

**CALLING ALL VETERANS!**

Join us for a shopping trip to the Empowerment Center in Sandwich.

**Monday, May 11, 10am.** Each Veteran can get up to 50 lbs of food, essentials and clothing with proof of service (DD-214, VA Health Care ID, Military ID). Transportation will be provided by DCAL. Sign up today by contacting DCAL 508-385-5067.

**Chair-Assisted Yoga for Balance & Mobility**

10:30-11:30 am, Free!

**Tuesdays**

May 12, June 9, July 14

**Fridays**

May 29, June 26, July 24



## “We Are What We Eat.”

Kim Phillips, founder and innovator of Real Food Tales, provides live **Real Food Demonstrations** with samples, **Cooking Workshops & Dinner**, interactive food discussions, and ideas how to eat healthier. After all, “We are what we eat.”  
*...garbage in, chaos throughout.*

Celebrating one year of Real Food Tales in May, Kim continues to develop wholesome recipes and demonstrate at the Dennis Center for Active Living. Dedicated to the goal of proving that eating healthy can be delicious, “the proof is in the pudding.” The message is simple and loud, **eat more real food**. Together with the community message to “Champion Your Health,” let’s all be proactive and responsible about our health. Start by taking care of the machine (the insides). Food producers only care about longer shelf life, hyperpalatability (excessive sugar, oils, salt), and increasing profits annually. Real Food Tales focuses on how to ‘Choose Better, Eat Better, and Feel Better,’ keeping the machine clean. Join the revolution and care about what you eat.

AI altered



### MAY 2026

#### Falafel with Tahini Sauce

Free, 11 am–1:00 pm, May 5

Learn to make a traditional Falafel from scratch (no box). Easy and delicious, these are served in lettuce boats with creamy tahini lemon sauce, chopped cucumbers, tomatoes, and fresh herbs. Using fresh, pure ingredients for delicious results.

#### Sautéed Veggie Pesto Sandwich

\$12 5:30–7 pm, May 19

Learn hands-on how to make a delicious fresh basil pesto to spread on a tasty whole grain bun. Taste the depth of the pesto with sautéed vegetables, fresh spinach, tomato, and mozzarella cheese. Also explore a variety of fresh herbs to use in dressings and sauces, with recipes, while eating your sandwich.

### JUNE 2026

#### Cooking Workshop & Dinner:

#### Baked Stuffed Artichoke Chicken

\$12, 5:30–7 pm, June 2

Join us and learn how to make a comforting casserole made with chicken, artichoke hearts, grated cheese, garlic, and fresh herbs. Enjoy the unique, mouthwatering, Italian stuffed delightful meal over pasta. Sit down and Mangia while we discuss quality food ingredients and dishes.

#### Baked Eggplant Parmesan Boats

Free, 11 am–1 pm, June 9

Eating lots of vegetables provides essential vitamins, minerals, fiber, antioxidants, and also helps with weight management. Learn, watch, and sample just how delicious a vegetable dish can be.

### Don't miss the live demonstration of a new real food recipe during DCAL OPEN HOUSE

11 am–12 pm, June 25

#### Summer Surprise Salad

Watch Kim toss a grand salad of fresh greens, vegetables, fruit, with some surprises. Also watch how to make homemade tangy salad dressing, developed especially for DCAL's open house celebration. The fresh herbs, fresh citrus juice, and mint in the dressing makes the whole salad pop with flavor. Hope to see you there!

### PREREGISTER AT DCAL

508-385-5067

