NOVEMBER/DECEMBER 2026

The Cranberry Scoop

Newsletter of the Dennis Center for Active Living

Happy Holidays!



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Adventures with Karyn
Annual Holiday Lunch & Travel Presentation
Alberto's Ristorante – Monday, December 7, $39

DAY TRIPS AND BROADWAY
NE Christmas Fest Mohegan Sun–11/06, $89
Encore Casino-FREE Slot Play–11/08, 12/13, $59
Colonial Christmas w/lunch –12/03, $129
Cirque Night Before Xmas PVD–12/06, $155
Holiday Pops Boston 1st Balcony–12/15, $159
Death Becomes Her PVD–1/30. $155/$110
The Notebook PVD–2/14, $140/$90
Maybe Happy Ending PVD–2/28 $145/$95
A Beautiful Noise PVD–3/13, $150/$135
RED SOX TICKETS – 2027 Season on Sale 12/15!
Elton & Joel Tribute w/ lunch 4/22, $155

MORE BROADWAY SHOWS ON SALE:
Mamma Mia-Jersey Boys-Maybe Happy Ending-Who's Tommy

DESTINATION TOURS:
Call or Visit Website for a Detailed Itinerary
Christmas in Victoria & Vancouver December
Sunny Tucson & the Old West April 2027
Montana: Big Sky Country July 2027
Portugal River Cruise November 2027
Viking Shores & Fjords June 2028
Viking Pharoh's & Pyramids October 2028

Visit our website for more information: *www.adventureswithkaryn.com*

For more information contact
Karyn Wendell - 508-420-5288 - Karynmw1@comcast.net
Mail payments to: P O Box 161, Centerville, MA 02632
Pick up locations: Patriot Square, Barnstable Rt. 132 Park & Ride, Mashpee Senior Center

Hallett Funeral Home
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(508) 398-2285

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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.

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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

A Season for Connection.

As the days grow shorter and the year draws to a close, November and December invite us to reflect on what matters most: connection, community, gratitude, and the simple experience of being together.

Here at the DCAL, those words have special meaning. Every day, people walk through our doors for different reasons—to take a class, share a meal, exercise, learn something new, volunteer, find assistance, enjoy music, meet a friend, or simply be around other people. This year has given us much to celebrate. We have continued to expand opportunities for learning, wellness, creativity and social connection, including the opening of our new Dennis Digital Literacy and Learning Lab—D3L. The Lab represents something important about our mission: growing older should never mean being left behind. Whether someone is learning to use a computer for the first time, recognizing an online scam, connecting with family, or discovering new technology, there should always be an opportunity to learn.

The coming months will bring many opportunities to gather, including programs, performances, meals and holiday celebrations. But we also recognize that this season can be difficult for people who are grieving, caregiving, living alone, facing health or financial challenges, or simply missing someone they love. That is another reason DCAL matters. Community is not only about celebrating together; it is about noticing one another.

As we approach Thanksgiving and the December holidays, I am especially grateful for our remarkable staff, volunteers, community partners, Town leadership, Supporters, Council on Aging Board, and all of you who bring this building to life. If you have not visited us recently, come in. Bring a friend—or come by yourself and make a new one. Try something you have never done before. There is a place for you here. From all of us at DCAL, I wish you and those you love a season filled with warmth, peace, good health, and meaningful connection.

Brenda

Brenda Vazquez, Director Dennis Center for Active Living

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.

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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.**

We cannot accommodate assistance to and from vehicle.

Grocery Shopping & Local Errands Bus Schedule



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

10 am, 12 pm

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

We cannot accommodate assistance to and from the bus.

Veteran Medical Transportation Service

Cape Cod to Providence VA Medical Center (Providence RI)

Safe, comfortable, wheelchair-accessible transportation from Cape Cod to the Providence VA Medical Center. Service operates Tuesdays and Wednesdays by reservation (no holidays).

Fare: $20 Round Trip, $10 One Way

Tuesday Appointment Window: 10 am–2 pm
Return Departure: 3 pm

Wednesday Appointment Window: 9 am–2 pm
Return Departure: 3 pm

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.**

Tuesday Pickup:

- 7:00 am -Wellfleet (Dunkin' Donuts)
- 7:10 am - Eastham (Superette Rt. 6)
- 7:30 am - Orleans (Star Market)
- 7:40 am - Fontaine Medical Center
- 7:45 am - Harwich (Rt. 6 & 124 Lot)
- 8:00 am - Barnstable (Rt. 6 & 132)
- 8:15 am - Sagamore Lot
- 10:00 am - Arrive Providence Veterans Medical Center

Wednesday Pickup:

- 6:30 am -Woods Hole (Steamship Authority)
- 6:45 am - 300 Dillingham Ave (Veterans Center)
- 7:30 am - Bourne Park & Ride
- 8:30 am -Arrive Providence Veterans Medical Center

Fare: $20.00 Round Trip–$10.00 One Way

Reservations must be made by 12 pm the day before.

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.

They may forget what you said...but they will not forget how you made them feel.

Empower Yourself, Nurture Others: Caregiving for Caregivers with Tara

Thursdays, November 5 & 19 and December 3 & 17 | 1–2 pm, $10/session

In a world where caregivers often prioritize the needs of others above their own, this course offers a sanctuary for personal growth and rejuvenation. This comprehensive program is designed for anyone involved in caregiving—whether as a profession, a heartfelt choice, or a volunteer role.

Participants will delve into the following:

- transformative practices of Reiki and energy healing, empowering you to harness their innate abilities for self-care and healing
- mindfulness techniques & practices will be explored to cultivate peace and resilience amidst the challenges of caregiving
- focus on practical life resources and community support
- helps prevent burnout and maintain the integrity of care both for yourself and others

This course aims to equip caregivers with essential tools that not only enhance their caregiving skills but also nurture their own well-being. Join me in creating a compassionate space where caregivers can connect, learn, and thrive, ensuring that they can continue to provide love and support to others while honoring their own journey. **RSVP: 508-385-5067**



DCAL Friday Lunch!

DCAL Café

LUNCH

Fridays, 12–1 pm

November 6
Chicken Pot Pie, Green Beans, Dessert

November 13
Ham Dinner, Sweet Potato, Peas, Dessert

November 20
Turkey Dinner with all the Fixings!

Suggested Donation $5.00

December 4
Baked Stuffed Fish, Rice Pilaf, Beets, Dessert

December 11
Meatloaf, Mashed Potato, Vegetable, Dessert

December 18
Christmas Dinner with all the Fixings!

SOLO AGING PEER SUPPORT GROUP

A space for older adults navigating life independently. Are you a Solo Ager? You might be if you have no children or family support, are unmarried or without a partner (due to divorce, death, etc.) or are estranged from family. Please join us to connect with others, share resources and build friendships! Tuesday, November 24 and December 22, 2026 at 2 pm at DCAL. Please call Julie Benoit, Outreach Coordinator to register 508-694-2004.



DCAL's Kitchen Team!



Santa Hat Crispy Treat Cheesecake Squares

Ingredients - Cheesecake Squares

- Cooking spray
- 3 tablespoons unsalted butter
- 1 cup mini marshmallows
- 2 teaspoons honey
- 1 teaspoon pure vanilla extract
- Kosher salt
- 4 cups crispy rice cereal
- One 1/4-ounce package unflavored powdered gelatin
- Two 8-ounce packages cream cheese
- 1 cup sour cream
- 1 cup confectioners' sugar
- 1 tablespoon fresh lemon juice
- 25 medium strawberries, hulled
- 2 tablespoons unsalted butter
- 2 tablespoons cream cheese
- 1/2 cup confectioners' sugar
- 1/4 teaspoon vanilla extract

Directions: Line a 9-inch square pan with foil; grease lightly. Melt butter with marshmallows, honey, vanilla, and salt. Stir in cereal; press into pan and cool. Soften gelatin in 2 tablespoons water; microwave until dissolved. Beat cream cheese until smooth; add sour cream, sugar, lemon juice, vanilla, and salt. Beat in gelatin. Spread over cereal layer; cover and refrigerate until set. Whisk frosting butter, cream cheese, sugar, and vanilla until smooth. Cut cheesecake into 25 squares. Pipe frosting circles on each; add strawberries, cut sides down. Pipe frosting pom-poms on strawberry tips.

The Garden Club Election Day Apple Pie Sale

DCAL Garden Club is holding their Annual Apple Pie Bake Sale coincidental with Election Day, on **Tuesday, November 3** at the Dennis Center for Active Living.

The site is also a polling place. The hours are from 8 am to 1 pm (or whenever they sell out). So be sure to shop early.

Pies are sold for $20, *cash or checks preferred.*

Proceeds from the sale will provide local high school seniors with scholarships and tool-ships.





Meet Jenn

Jenn is a wash ashore from the NYC area and is thrilled to be the Office Manager at DCAL. She has a diverse background spanning television production, corporate legal affairs, and municipal government. Jenn has worked at MTV Networks (when they still played music videos!), Sony Music Entertainment, L'Oréal USA, and the Town of Provincetown. She holds a BA of Speech, Theater, and Media from Kean University. Jenn enjoys theater, photography, music, movies and the vibrant community she encounters every day at the DCAL building.

Online Fraud Awareness Workshops

Empowering individuals to take proactive steps to safeguard themselves and their loved ones online.

Thursday, November 12 & December 10, 1–3 pm

- Recognize the most common scams and fraud tactics
- Learn what you can do NOW to protect yourself
- Identify things to do if you think you've been scammed
- Find out how to stay safe online





Hiking Club, Hawksnest State Park

"This feels like the Town's living room!"

— Pamela

The Care Manager & The Elder Law Attorney

Thursday, December 3, 11 am

Aging is the one thing we all have in common, yet it's the thing we talk about least. Let's change that. The decisions, the paperwork, the planning, the what-ifs: nobody hands you a manual for this. So let's talk it through together, an honest, easy conversation with two people who guide families through it every day, one who knows the care, one who knows the law.

Topics we'll discuss:

- **PRACTICAL GUIDANCE:** Everyday strategies and decisions that can make aging and caregiving easier and less stressful.
- **ESTATE PLANNING:** Wills, trusts, probates, powers of attorney, and planning for the future.
- **COMMUNITY RESOURCES**
  A brief overview of helpful resources available on Cape Cod.

RSVP: 508-385-5067



Kelli Fieldhouse, LCSW
Licensed Clinical Social Worker, Gerontologist & Caregiver

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Community Holiday Party: A USO Theme



D3L - Getting Started with Northstar Digital Literacy

Monday, November 9 &
December 14, 11 am to 12:30 pm

DIGITAL LITERACY & LEARNING LAB



Give Yourself the Gift of Healing with Tara & Brenda

November 18 and December 16, 1:30–3:30 pm
Call 508-385-5067 to book—by appointment only

15-minute sessions, either Reiki or chair massage: $15 each session. Note: You remain clothed for both the Reiki and chair massage.

EXPERIENCE THE TRANQUILITY AND SERENITY OF REIKI & CHAIR MASSAGE

Reiki: A relaxing and healing Japanese spiritual modality that can do no harm. The benefits of Reiki can be transformational. Benefits include relaxation, reducing anxiety, supporting deep physical healing, pain relief, balancing, enhancing emotional balance, and much more. Light touch or no touch, depending on client preference.

TRANQUIL MOMENTS
REIKI & MASSAGE

Chair Massage: Client is seated in a specially designed ergonomic chair that supports the head, chest, and arms, allowing the muscles to fully relax without the need for oils or a private room. Massage therapy offers numerous physical benefits by manipulating the body's soft tissue. It can relieve muscle tension, improve circulation, reduce pain, and bring a deep sense of connectedness to the body.

Elder Services
of Cape Cod and the Islands

A SUPPORT GROUP FOR ALL CAREGIVERS AT DCAL

Thursday, November 5 and December 3, 9:30 am–11 am

Call 508-258-2476 today to register.

Aging is so cool, everybody's doing it.



Hiking Club, Herring River Harwich

Eating for Wellness

Join the Barnstable County Community Clinical Health Educator for a brief informative presentation followed by a risk assessment.

Thursday, November 5, 10–11:30 am

BARNSTABLE COUNTY
DEPARTMENT OF HEALTH AND ENVIRONMENT

Self Care

Join the Barnstable County Community Clinical Health Educator for a brief informative presentation followed by a blood pressure screening.

Thursday, December 3, 10–11:30 am



Thursday Ping Pong! 1 pm.

Holiday Meal Resources 2026

THANKSGIVING

- **Turkey and all of the sides:** Call 508-385-5067 for info or to reserve. Provided by the Family Pantry of Harwich. No cost. Deadline to order Friday, Nov. 4.
- **The Family Table Collaborative:** Prepared meal available for pick-up on Tuesday, 11/24. Please call 508-385-5067 by Thursday, 11/12. No cost.
- **Community Meal at FTC, Thurs. 11/26 (Thanksgiving):** 1338 Rt. 28, S. Yarmouth. If you'd like to sign up call/text 508-348-9777 by Thursday, 11/19. Pay what you can.
- **Brax Landing:** Call after Oct. 30 for details. 508-945-2094. Delivery possible for those without transportation. No cost.

CHRISTMAS

Our Lady of the Cape Parish Christmas Dinner: Roast Beef dinner delivered to you on Christmas or attend dinner at the Parish on Christmas. **Registration form required. Call Julie or Susan (508-385-5067) for info. Deadline to register Monday, Dec. 7.**

The Family Table Collaborative: Christmas meal delivered to DCAL. Orders and Pick-up time to be determined.

DCAL support group, Friends of Dennis Seniors, offers a gift bag for those who may go without. Call Julie or Susan to sign up 508-385-5067. **Deadline for sign-up TBD.**

For **Outreach Resources** such as Fuel Assistance, PEARLS one-on-one coaching, Friendly Visitor & Reassurance Caller Programs and the DCAL Food Pantry, please call Julie or Susan at 508-385-5067.

FILL THE FLEET

The Dennis Police Department, in collaboration with DCAL, will be holding a food drive for the DCAL Food Pantry **Tuesday, December 15, 2026,10 am to 12 pm.** Please drop off new, unexpired food and health & beauty items. Pull up in the drive, in front of DCAL and conveniently drop-off your donations, 1045 Rt. 134, South Dennis, MA 02660.

We are taking a survey for interest in two possible new support groups:

Grief Support Group: For those who have experienced the loss of a spouse. Call Julie or Susan 508-385-5067 to express interest.

Fraud Support Group: Have you been the victim of fraud or a scam (romance, contractor, bitcoin, etc.)? Call Julie or Susan 508-385-5067 to express interest.



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



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

"The staff and volunteers at the Center are wonderful people. They are incredibly helpful in helping new and repeat visitors take full advantage of all the opportunities the Center offers."

— DCAL Member



Thank you to everyone who has contributed to our 2026 Annual Appeal! If you did not receive an appeal letter in the mail and would like one, please visit our website FriendsOfDennisSeniors.com. You may also donate online or send your check to: PO Box 287, South Dennis, MA 02660. Your end of year charitable giving will support many seniors in Dennis. The Friends sponsored an American Red Cross Blood Drive on October 3rd at DCAL. Thank you to all the donors! It is so important to give blood, and our next blood drive will be in April 2027.

THE BIG WRAP will be held on **Wednesday, December 9 at 1 pm**, in Howell Hall at DCAL. This is the day we wrap over 2000 gifts for Dennis seniors who are alone and in need of Holiday cheer. If you would like to volunteer, please call our office at 508-385-5376 or email us at DennisFOD@hotmail.com. Please visit our website or follow us on Facebook for information and updates on all upcoming events.



Wednesday, December 9
9–11 am

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

AARP Foundation Tax-Aide

LOOKING FOR A GREAT WAY TO SERVE YOUR COMMUNITY?

Tax-Aide Needs Volunteers!

Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP Foundation and funded predominantly by the IRS, the program is staffed entirely by volunteers who enjoy working together, learning new things, and serving their community. We need new volunteers at our locations across the Cape and Islands. A background in taxes is **NOT** required.

In addition to tax counselors who prepare tax returns, Tax-Aide needs volunteers to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. AARP membership is not required. Training starts in the fall and a Tax Aide Computer is supplied.

Want more information?
Please email us at TAVolunteerd18@gmail.com



Christine Bosworth
Certified Nursing Assistant
Private Caregiver
508-815-9617
Capecod557@gmail.com

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- Approximately one in three people between aged 65–74 and nearly half of those aged 75+ has hearing loss*
- Hearing loss is the third most common health condition in the U.S. after heart disease and arthritis.

*National Institute on Aging.

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FITNESS

CHAIR YOGA

EVERY Tues. & Thurs. 9–10 am
$10 per class. Walk-in.

FLOOR YOGA

EVERY Thurs. 10:15 am
$10 per class. Walk-in.

ZUMBA GOLD

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

EVERY Fri. 9–10 am
$10 per class. Walk-in.

TAI CHI

EVERY Wed. 11:45 am–12:45 pm
$15 per class. Walk-in.

CORE & MORE

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

EVERY Fri. 10–11 am
$10 per class. Walk-in.

FITNESS WITH JOHN

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

EVERY Wed. 10:15–11:15 am
$10 per class. Walk-in.

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, 10 am–12 pm, Call for an appt. 508-385-5067.

MINDFULNESS

EVERY Thurs. 9–10 am.
$10 per class. Walk-in.

MINDFULNESS WITH REIKI

Relax, recharge and focus on the "now" with Mindfulness & Reiki practice.

EVERY Thurs. 10:15–11:15 am
$10 per class. Walk-in.

CLUBS & GROUPS

SENIORS CONNECT

Weekly social gathering for seniors to come together & connect.

Fridays 11 am–1 pm

DY WOMEN'S CLUB

A welcoming community organization serving Dennis & Yarmouth. Volunteering & fundraising efforts support education, veterans and the area's charitable agencies. Please call 978-857-8614 with questions,

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

CHAIR CANING

Tuesdays, 9–11 am

MAH JONG

Mondays, 1–4 pm,

Experienced Players Welcome!

STITCH & CHATTER

Quilting & sewing club.

Tuesdays, 9–11 am

BOOK CLUB

Book selections listed in the calendar.

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

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, 12–2 pm



November 3, 8 am to 1 pm
The Garden Club will be holding their Annual Apple Pie Sale from 8 am until 1 pm (or whenever they sell out). Pies are $20.

November 3, Noon to 2:30 pm
At the Garden Club meeting after the luncheon, Leo Cakounes from "Cape Farm and Cranberry Company," will speak on Organic Cranberry Bog Farming.

December 3, 1–4 pm
The Garden Club will host a Decorative Greens Party. Attendees are asked to bring greenery from their yards, which we will pool. The Club will provide baskets, bows and oasis. The fee is $25 or $15 if you bring your own container.

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16 ~ NOVEMBER CALENDAR

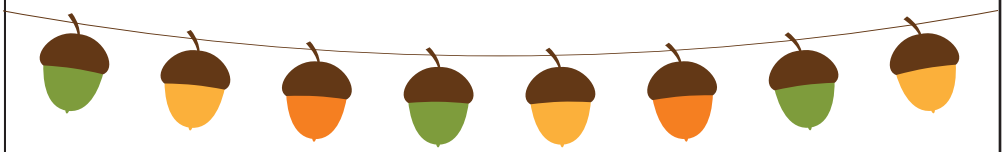
MONDAY	TUESDAY	WEDNESDAY
2 **9:00** Line Dancing **10:00** ADA Board **10:15** Line Dancing **10:30** DY Women's Club **11:30** Line Dancing **12:00** Friends of Dennis **1:00** Shuffleboard **1:00** Bridge	**3** **7:00** TOD State Election **8:30** Apple Pie Sale **9:00** Chair Caning/Chair Yoga **9:00** SHINE **9:00** Stitch & Chatter **10:00** Chess **12:00** DCAL Garden Club **12:30** Bridge + Hearts **2:30** Ballroom Dance Party **5:15** Line Dance - Beginner **5:30** Line Dance Party	**4** **9:00** Line Dancing **9:30** Bay to Sound **10:00** Independence House **10:15** Solo Ballroom Line Dance **10:15** Fitness with John **11:45** Tai-Chi **12:30** Bridge **1:00** DCAL Cinema **1:00** Mah Jong **2:00** CCH Alzheimer's Support
9 **9:00** Line Dancing **10:15** Line Dancing **11:30** Line Dancing **1:00** Shuffleboard **1:00** Bridge **1:00** Mah Jong	**10** **9:00** Chair Yoga **9:00** Chair Caning **9:00** Stitch & Chatter **9:00** SHINE **10:00** Chess **10:00** Cape Cod Men's Club **10:30** Vets & Friends Chair Yoga **10:30** Vets & Friends Board **12:30** Bridge **5:15** Line Dancing - Beginner **5:30** Line Dance Party	**11** **DCAL Closed**  Veterans Day
16 **9:00** Line Dancing **10:15** Line Dancing **11:30** Line Dancing **1:00** Shuffleboard **1:00** Bridge **1:00** Mah Jong **6:00** Town of Dennis Water District Meeting	**17** **9:00** Chair Caning **9:00** SHINE/Chair Yoga **9:00** Stitch & Chatter **9:00** COA Board Meeting **10:00** Chess **10:00** South Coastal Legal **10:30** Vets & Friends **12:30** Bridge + Hearts **1:00** Ballroom Dance Party **5:15** Line Dancing - Beginner **5:30** Line Dance Party	**18** **9:00** Line Dancing **9:30** Bay to Sound **10:00** Independence House **10:15** Fitness with John **10:15** Solo Ballroom Line Dance **11:45** Tai-Chi **12:00** Birthday Party **12:30** DY Women's Club/Bridge **1:00** DCAL Cinema + Mah Jong **1:30** Gift of Healing **2:00** CCH Alzheimer's Support
23 **9:00** Line Dancing **10:15** Line Dancing **11:30** Line Dancing **1:00** Bridge **1:00** Mah Jong **1:00** Shuffleboard	**24** **9:00** Chair Caning **9:00** Chair Yoga **9:00** Stitch & Chatter **9:00** SHINE **10:00** Chess **12:30** Bridge **1:00** Sound Dunes **2:00** Solo Aging Support Group **5:15** Line Dancing - Beginner **5:30** Line Dance Party	**25** **9:00** Line Dancing **10:15** Fitness with John **10:15** Solo Ballroom Line Dancing **11:45** Tai-Chi **11:00** Sight Loss Services **12:30** Bridge **1:00** DCAL Cinema **1:00** Mah Jong
30 **9:00** Line Dancing **10:15** Line Dancing **10:30** DY Women's Club **11:30** Line Dancing **1:00** Bridge **1:00** Mah Jong **1:00** Shuffleboard		

DENNIS CENTER FOR ACTIVE LIVING

Thank you to our volunteers for your time and community members for your donations to the DCAL Food Pantry.

We appreciate your support!

THURSDAY	FRIDAY
5 **9:00** Chair Yoga/Mindfulness **9:00** SHINE **9:00** Elder Services **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:30** Finders Keepers **1:00** Caregivers Workshop **1:00** New Beginnings **1:00** Ping Pong **1:30** Buried in Treasures **2:30** Hiking Club	**6** **9:00** Zumba Gold **9:30** Bridge **10:00** Core & More **11:00** Seniors Connect **11:30** DCAL Café Lunch **12:30** Cribbage **1:00** Scrabble **1:00** Canasta **1:00** Hand & Foot
12 **9:00** Mindfulness **9:00** SHINE/Chair Yoga **10:00** At Home Hearing Clinic **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:30** Finders Keepers **1:00** Ping Pong **1:00** New Beginnings **1:00** Fraud Awareness **1:30** Buried in Treasures **2:30** Hiking Club	**13** **9:00** Zumba Gold **9:30** Bridge **10:00** Core & More **10:00** Mobile Food Pantry **11:30** DCAL Café Lunch **12:30** Cribbage **1:00** Scrabble **1:00** Canasta **1:00** Hand & Foot
19 **9:00** Mindfulness **9:00** Chair Yoga **9:00** SHINE **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:30** Finders Keepers **1:00** New Beginnings **1:00** Ping Pong **1:00** Caregivers Workshop **1:30** Buried in Treasures **2:30** Hiking Club	**20** **9:00** Zumba Gold **9:30** Bridge **10:00** Core & More **10:30** Vets & Friends Chair Yoga **11:00** Seniors Connect **11:30** DCAL Café Lunch **12:30** Cribbage **1:00** Scrabble **1:00** Canasta **1:00** Hand & Foot
26 **DCAL Closed**  Thanksgiving Day	**27** **DCAL Closed** 



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!



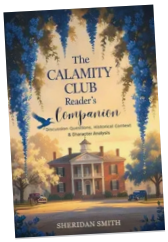
The DCAL Garden Club keeping DCAL festive in Autumn!

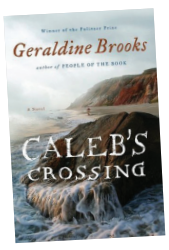
South Coastal Counties Legal Services

November 17, 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 ~ DECEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 **BOOK CLUB** **Wednesday, December 9** **12:30 pm** **at DCAL**	1 **9:00** Chair Caning **9:00** Stitch & Chatter **9:00** SHINE/Chair Yoga **10:00** Chess **10:00** Cape Cod Men's Club **10:30** Vets & Friends Chair Yoga **12:30** Bridge + Hearts **1:00** Ballroom Dance Party **5:15** Line Dancing - Beginner **5:30** Line Dance Party	2 **9:00** Line Dancing **10:00** Independence House **10:15** Fitness with John **10:15** Solo Ballroom Line Dancing **11:45** Tai-Chi **12:30** DY Women's Club **12:30** Bridge **1:00** DCAL Cinema + Mah Jong **2:00** CCH Alzheimer's Support
7 **9:00** Line Dancing **10:00** ADA Board **10:15** Line Dancing **11:30** Line Dancing **11:30** Friends of Dennis **1:00** Bridge **1:00** Mah Jong **1:00** Shuffleboard	8 **9:00** Chair Caning **9:00** Chair Yoga **9:00** Stitch & Chatter **10:00** Chess **10:00** Cape Cod Men's Club **10:30** Vets & Friends Chair Yoga **12:30** Bridge **5:15** Line Dancing - Beginner **5:30** Line Dance Party	9 **9:00** Housing Assistance **9:00** Line Dancing **9:30** Bay to Sound **10:15** Fitness with John **10:15** Solo Ballroom Line Dancing **11:45** Tai-Chi **12:30** DY Women's Club **12:30** Book Club/Bridge **1:00** DCAL Cinema + Mah Jong
14 **9:00** Line Dancing **10:15** Line Dancing **11:30** Line Dancing **1:00** Bridge **1:00** Mah Jong **1:00** Shuffleboard	15 **9:00** Chair Caning **9:00** Chair Yoga **9:00** Stitch & Chatter **9:00** COA Board **10:00** Chess **12:30** Bridge + Hearts **12:30** Holiday Party **5:15** Line Dancing - Beginner **5:30** Line Dance Party	16 **9:00** Line Dancing **10:00** Independence House **10:15** Fitness with John **10:15** Solo Ballroom Line Dance **11:45** Tai-Chi **12:00** Birthday Party **12:30** DY Women's Club/Bridge **1:00** DCAL Cinema + Mah Jong **1:30** Gift of Healing **2:00** CCH Alzheimer's Support
21 **1:00** Bridge **1:00** Mah Jong **1:00** Shuffleboard	22 **9:00** Chair Yoga **9:00** Chair Caning **9:00** Stitch & Chatter **10:00** Chess **12:30** Bridge **1:00** Sound Dunes **2:00** Solo Aging Support Group	23 **10:00** Independence House **10:15** Fitness with John **11:00** Sight Loss Services **11:45** Tai-Chi **12:30** Bridge **1:00** DCAL Cinema + Mah Jong
28 **1:00** Bridge **1:00** Mah Jong **1:00** Shuffleboard	29 **9:00** Chair Caning **9:00** Chair Yoga **9:00** Stitch & Chatter **10:00** Chess **12:30** Bridge	30 **10:15** Fitness with John **11:45** Tai-Chi **12:30** Bridge **1:00** DCAL Cinema **1:00** Mah Jong

THURSDAY	FRIDAY
3 **9:00** Mindfulness/Chair Yoga **9:00** SHINE **9:00** Elder Services **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:00** Best of Care Presentation **11:30** Finders Keepers **1:00** New Beginnings/Ping Pong **1:00** Caregivers Workshop **1:00** DCAL Garden Club **1:30** Buried in Treasures **2:30** Hiking Club	**4** **9:00** Zumba Gold **9:30** Bridge **10:00** Core & More **11:00** Seniors Connect **11:30** DCAL Café Lunch **12:30** Cribbage **1:00** Hand & Foot **1:00** Canasta **1:00** Scrabble
10 **9:00** Mindfulness **9:00** Chair Yoga/Foot Nurse **10:00** At Home Hearing **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:30** Finders Keepers **1:00** New Beginnings/Ping Pong **1:00** Fraud Awareness **1:30** Buried in Treasures **2:30** Hiking Club	**11** **9:00** Zumba Gold **9:30** Bridge **10:00** Core & More **10:00** Mobile Food Pantry **11:00** Seniors Connect **11:30** DCAL Café Lunch **12:30** Cribbage **1:00** Hand & Foot **1:00** Canasta **1:00** Scrabble
17 **9:00** Mindfulness **9:00** Chair Yoga **9:30** Bay to Sound **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:30** Finders Keepers **1:00** New Beginnings/ Ping Pong **1:00** Caregiver Workshop **1:30** Buried in Treasures **2:30** Hiking Club	**18** **9:00** Zumba Gold **9:30** Bridge **10:00** Core & More **10:30** Vets & Friends Chair Yoga **11:00** Seniors Connect **11:30** DCAL Café Lunch **12:30** Cribbage **1:00** Hand & Foot **1:00** Canasta **1:00** Scrabble
24 **9:00** Mindfulness **9:00** Chair Yoga **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:30** Finders Keepers **1:00** New Beginnings **1:00** Ping Pong **1:30** Buried in Treasures **2:30** Hiking Club	**25** **DCAL Closed**  Christmas Day
31 **9:00** Mindfulness **9:00** Chair Yoga **10:15** Mindfulness with Reiki **10:15** Floor Yoga **11:30** Finders Keepers **1:00** New Beginnings **1:00** Ping Pong **1:30** Buried in Treasures **2:30** Hiking Club	 **BOOK CLUB** **Wednesday, January 13** **12:30 pm** **at DCAL**



Santa's Workshop Word Search

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

Elf Toys Sleigh
List Build



Personal Training

Stronger Today.
Healthier Tomorrow.

Build strength. Improve balance. Stay active. Live independently. Personal training is designed to help you move better, feel stronger, and enjoy life with confidence—at any age.



With **10+ years** of experience, Christina Arabadzhieva, AFAA Certified Personal Trainer, helps you achieve real, lasting **results** through a tailored, sustainable approach.

Christina will **create a program that's safe, effective, and enjoyable for you.**

Invest in Your Health Today!
Contact the DCAL front desk to learn more about personal training sessions and availability.
508-385-5067

Dance at DCAL with Karen of Cape Sands Ballroom

REGISTRATION & GENERAL INFO

- **Cost:** $10 walk-in cash or check payable to Dennis Senior Center.
- **No Classes:** November 11, November 25, and December 21 through December 30.

MONTHLY BALLROOM, LATIN AND SWING PARTIES

Held on the 1st Tuesday of the month. Singles and couple's welcome. Light refreshments and a door prize. Dressy casual.

- **Tuesday, November 3**
  2:30 pm: Waltz Lesson
  3:30 to 5:00 pm: General Dance Music
- **Tuesday, December 1**
  1:00 pm: Rumba Lesson
  3:30 to 5:00 pm: Holiday Tunes for Dancing

"Dance is the hidden language of the soul."

— Martha Graham

LINE DANCING SCHEDULE

Music is a "modern" mix: pop, rock, Latin, country, and R&B except as noted. Bring a change of shoes and a water bottle. **Line Dancers: Please email CapeSandsBallroom@gmail.com to check your class level before attending.**

- **Mondays and/or Wednesdays at 9:00 am:** Beyond the Basics (1 hr)
- **Mondays at 10:15 am:** Easy-ish (1 hr)
- **Wednesdays at 10:15 am:** Solo Ballroom Line Dancing (Classic music - 1 hr)
- **Tuesday Evenings (One admission fee covers both):**
- 5:15 pm: Intro for Beginners (15 min)
- 5:30 to 6:30 pm: Line Dance Party (Note: Dec 1 features holiday music)



The Town has made its public documents accessible on its website to all residents through Doc Access by Civic Plus, expanding access to 6,788 documents spanning 82,906 pages. The new platform helps ensure that residents who use screen readers, read on a phone, rely on translation, or are helping an aging parent can find and understand town information more easily.

With growing awareness of digital accessibility, and as more residents expect to interact with their government online, the Town of Dennis chose to act now rather than wait until the 2028 deadline for compliance.

The Doc Access rollout includes accessible versions of current and archived content across town departments, with document types such as board and council meeting agendas, minutes, budgets, warrants, and strategic plans. Residents can now use an interactive document outline to move quickly through long files, search in plain language, and ask questions directly inside a document with the "Ask a Question" feature. The platform also offers keyboard navigation, compatibility with assistive technologies, mobile-friendly viewing for older scanned or handwritten files, and instant translation in more than 250 languages.

Real Estate Tax Exemptions Offered by The Town of Dennis

Contact DCAL:

Tax Work Off Programs
- Veterans – up to $1,500
- Senior – up to $2,000

Contact Assessing Dept for:
- Seniors, Surviving Spouse, Minors – $223.56
- Disabled Veterans – $800 to full
- Sight Impaired – Blind – $500
- Low-income Seniors – $1,000
- Senior Tax Deferral – up to 100%
- Financial Hardship Deferral
- Paraplegic – Full Exemption

More information at:
www.town.dennis.ma.us/232/Property-Tax-Exemptions

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 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
988

South Shore Community Action Council
508-746-6707

We Can
508-430-8111

Rolling Raks
THRIFT SHOP AT
DENNIS SENIOR CENTER

DISCOVER TREASURES.
SUPPORT COMMUNITY.

All Proceeds Support
Dennis Center for Active Living

CONNECT WITH US!



Supporters Hard at Work Supporting the DCAL programs and members!

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

Meet Joe Lima

Meet Joe Lima, Treasurer of the Supporters of the Dennis Council on Aging and a dedicated Dennis Center for Active Living volunteer. Joe drives for the Medical Rides Program, participates in the Veterans Program, and collects donations from the box outside Rolling Raks Thrift Shop. These donations, thrift shop proceeds, and annual appeal contributions help fund gasoline reimbursements for volunteer medical drivers, the bimonthly Scoop, the Center's holiday party, and support for volunteer computer teachers. Every gift helps the Supporters give back to our community. Next year's appeal will highlight a new cause.

Meanwhile, please consider adding a few dollars to the donation box—you'll put a smile on Joe's face! The Supporters meet monthly at the Center and welcome new members with fresh ideas. Come meet Joe and the committee and consider joining us. For more information, contact the DCAL front desk or email **Gatherdennis.ma@gmail.com**. We'd love to welcome you!



Supporters Treasurer

THE SUPPORTERS
ENRICHING THE RESIDENTS OF DENNIS

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 _____

_____







Chair-Assisted Yoga for Balance & Mobility

10:30–11:30 am, Free! Tues, November 10 & December 8, and Fri, November 20 & December 18

Veterans Crisis Line
1-800-273-8255 PRESS 1

"I greatly appreciate the monthly meetings for Veterans and Friends at the Center. The host always provides informative, entertaining, and patriotic programs. It comes with a free lunch, a rarity on Cape Cod. It is a great place to meet other veterans that I could not have found otherwise."

— Vets & Friends Member



Digital Literacy Learning Lab - D3L

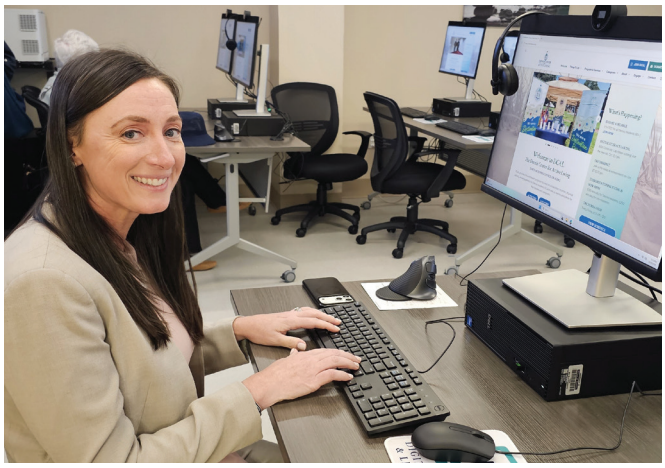


Elizabeth Sullivan, Town Administrator, cuts the ribbon at the opening of the D3L, the new computer lab.



The D3L Tech Team and Paula Hersey of the Massachusetts Councils on Aging at the ribbon cutting.





"There are so many people on Cape Cod who are alone and it matters what you are doing! Never think that people are not appreciative of the staff and the Center! We are!"

— Margaret Ann

I am Thankful...

"I am thankful for the Center. It has given me a place to volunteer and pay it forward for all I've received over the years." **— DCAL Member**

"The Center provides many programs for a wide variety of interests. The Center's calendar is full of opportunities to help us make the most of ourselves. Even the programs they charge for are a real bargain compared with the cost of doing the same outside." **— Dennis Resident**

"As a member of the Center's Board of Directors, I've been amazed by how much the Center does for so many with such limited resources. Dennis is very fortunate to have such great staff and so many people willing to volunteer to help other townsfolk. I am thankful!" **— B.S**

The Cranberry Scoop is a publication of the Supporters of the Dennis Center for Active Living, a 501(c)(3) tax-exempt non-profit organization.