

THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER

DECEMBER 2019/
JANUARY 2020

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WELCOME FROM THE DIRECTOR

Dear Friends,

Just in time to ring in the new year, I'm proud to share our first issue of THRIVE magazine with you! Since our name change this summer, we've been working to enhance this publication and, as revealed in the last issue of the Compass, we decided to give our magazine a new name in addition to a makeover. A quote I came across recently - "Aging is just another word for living" - resonated with me as I think we can often focus so much on getting older and lament that time is passing us by too quickly that we forget about how much life we still have in us and how to best use it.



In choosing the name THRIVE, we felt that this was the ideal word to represent the vibrancy, vitality, and connection that results from people participating in our programs. When we asked people what the word meant to them, we heard things like "keep moving forward," "staying active and positive" and "living your best life." Our goal is to help you continue to thrive. The best part is, if we are all thriving, then our community thrives. We hope you enjoy reading about our upcoming activities and events. Please let us know what you think of the new layout and if you have any suggestions to make it even better. Thanks so much to our publisher, LPi, for their help with our redesign.

With the holidays upon us, we have a variety of festive offerings coming up, and we hope to see you at one or all, highlighted by our annual holiday luncheon on December 13th. Sponsored by the Friends of the Barnstable Council on Aging, this event features one of our favorite performers, Liz Saunders, as well as delicious food, great company and a visit from Santa!

The holidays can be a sad time for those who have lost family. Empty seats at the holiday dinner table and loved ones missing from family gatherings often magnifies the pain. Last year, Kerry and Rick Bickford lost their son, Nathan to addiction. Substance abuse has affected the lives of many in our community, and to honor Nathan's memory and share their personal journey with grief and addiction as a way to help others, the Bickford's guide a monthly support group for survivors of addiction loss.

Sponsored by the Cape Cod Neighborhood Support Coalition, the group meets here on the first Tuesday of the month at 5:30pm. We are grateful to Kerry and Rick for bringing it to the BACC. Please help us spread the word about this important and needed community resource.

Finally, as I reflect on all the wonderful things we accomplished this year, I'm humbled by the positive support we received from all of you. 2019 truly was monumental in so many ways and I believe the best is yet to come, so please stay on this journey with us as we continue to thrive together. On behalf of all of the team here at the BACC, I want to wish you a wonderful holiday season and health and happiness for the new year.

Come thrive with us!

A handwritten signature in cursive that reads "Maddie".

Madeline Noonan, Director

CHRISTMAS LUNCHEON

**Rockin' Around the Tree
With Liz Saunders & Santa**

**Friday, December 13
12-2pm
\$15.00**

Please make your reservation at 508-862-4750

**Rockin' at the BACC will
get you in a festive mood
with all your favorite
holiday tunes.**

**Choose from a
delicious buffet of spiral
cut ham, lemon chicken,
and pasta primavera,
along with sides,
dessert and coffee.**



*Our thanks to the Friends of the Barnstable Council
on Aging for their generous sponsorship of this
much loved annual event.*

FRIENDS CORNER

FBCOA | COA Board | Keep in Touch with the BACC!

FBCOA

Hello Friends,

The Friends Board has purchased three MyndVR headsets for you. No, I didn't misspell it. It's a world of virtual reality at your disposal. What fun we had trying it out at the Thrive Expo. You can travel anywhere in the world with us in January! Oh the beautiful places we will go to; you really have to try it!

Come and celebrate the Holiday Buffet luncheon on December 13. It promises to be delicious. Liz Saunders will be making us all dance the calories away. Be sure to register with the BACC in advance. The Friends Annual Meeting will be on December 3, at 9:30am. I hope you can join us. Coffee with light munchies will be served

On behalf of the Friends of the Barnstable Council on Aging (FBCOA), I want to wish you the best of the holiday season and a happy New Year.

Best wishes,
Stephanie Dannemann, President FBCOA

Join the Friends for just \$10 annually. Register here:

Name: _____

Address: _____

Phone: _____

Checks Payable to: FBCOA

Mail to: 825 Falmouth Road, Hyannis, MA 02601 or drop off at the BACC.



COA BOARD

The COA is a nine-member board, one of the many municipal boards and commissions in the Town of Barnstable assigned by the Town Council. Working closely with the COA staff, our mission is to advocate for and meet the needs of older adults residing in the Town of Barnstable. Now that we've "reconfigured" ourselves to "adults," rather than simply "seniors," this allows a much wider palette of interest and involvement. It's an exciting time to be here, as this is new ground for all of us, and offers opportunities we hadn't even envisioned in the past.

Are you a Barnstable resident interested in joining us? We meet at the Barnstable Adult Community Center on the third Wednesday of each month at 9am, and we welcome suggestions, questions, and other comments that give us pause to think and fulfill our responsibilities better. Or, just sit and learn who we are and what we're doing! Our meetings are open to the public, and there is an opportunity for public comment in each meeting.

KEEP IN TOUCH WITH THE BACC!

Front desk: 508-862-4750

Web site: www.townofbarnstable.us/coa

Weekly E-newsletter: Ask to be added to the list: judith.reppucci@town.barnstable.ma.us

Facebook: To get the latest news and information, "like" us at www.facebook.com/barnstableadultcommunitycenter



CENTER INFORMATION

Hours | Registration



DECEMBER 2019/JANUARY 2020

**Barnstable Adult
Community Center**
825 Falmouth Road,
Hyannis, MA 02601
Phone: 508-862-4750

Normal Business Hours: Monday-Friday
from 8:00 a.m. to 4:30 p.m. The BACC is
open later during scheduled evening
programs. Please check listings for times.

For your convenience, free Wi-Fi is available
throughout the facility. To connect, check
your Wi-Fi settings and click on
TOBWIFIGUEST.

The Compass, a partnership of the Barnstable Council on Aging and Liturgical Publications, is published bimonthly. This publication is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs. To maintain successful and supportive services, the Barnstable Council on Aging is committed to educating itself in the diverse needs, concerns and lives of older adults in our community. Our programs and services are open to all regardless of race, ethnicity, religion, gender or sexual orientation.

The BACC offers many health, wellness, and informational presentations and workshops. We advise that individuals participating in these programs do so with the understanding that the Town of Barnstable or its employees do not assume any legal responsibility for any advice or services rendered by such providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the BACC.

REGISTRATION INFORMATION

Payment Methods

Check (Payable to Town of Barnstable)
Cash (In person only)
Credit Card (Visa and MasterCard)

How to Register:

In person:

At the Barnstable Adult Community Center, 8am to 4:30pm, Mon-Fri and scheduled evening hours.

By phone:

Call (508) 862-4750 during normal business hours. (Credit card payment is required.)

By mail:

Barnstable Adult Community Center, 825 Falmouth Road, Hyannis, MA 02601

Online:

At www.townofbarnstable.us/coa
(Credit card payment is required)

Registration Policy:

Full payment is required at time of registration. Classes cannot be prorated. All classes/events are filled on a first-come-first-served basis. Fees subject to change.

Inclement weather policy:

If the Barnstable Public Schools are closed due to inclement weather, classes and events at the BACC will be cancelled, but the center will remain open unless the Barnstable Town Hall is closed.

PLEASE NOTE:

Classes/events may be cancelled due to low enrollment up until the day of the event. If you have registered for a class that is subsequently cancelled, you will be issued a refund. Please be advised that refunds may take up to a month to process. No refunds will be issued once a class has begun.



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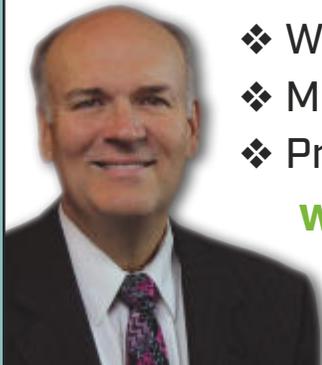
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ENRICHMENT

Arts & Crafts | Culture & History

ARTS & CRAFTS

Paint a Holiday Sweatshirt

Have you seen Mimi Skeary's beautiful work? Create her wearable art of a festive deer or whimsical polar bear design for yourself or gift-giving. *Design and size choice required at registration. Instruction is free, however materials fee of \$25 must be paid to the instructor.*

Instructors: Mimi Skeary, Ann McLaughlin, and Mary Holden

Tu 12/3 1-4pm FREE

Holiday Painted Miniatures Workshop

Make a small piece of beautiful art at this enjoyable creative acrylic workshop. Go at your own pace and bring home a little treasure. This is a friendly and relaxed class.

Instructor: Ann Desroches

W 12/4 1-4pm \$20

Holiday Acrylic Art Workshop

Paint a seasonal work of art for a gift or to hang in your home for the holidays. *Bring lunch and materials.*

Instructor: Sue Carey

Th 12/19 10am-2pm \$40

Mandala Art - Create a Personal Image

Learn simple watercolor techniques and create stunning pieces in the symmetrical geometric design known as Mandala, a circular spiritual symbol from Buddhism and Hinduism. Several designs will be available.

Instructor: Michele Francoeur

W 1/8-1/29 5:30-7:30pm \$60

Afternoon Sewing for Adults

Always wanted to learn to sew? Using an informal coaching style, the experienced instructor will teach you to use a sewing machine or pattern, help with fitting or altering clothes or provide assistance with the project of your choice. *Students use their own machines and provide materials. For more information, or if you don't have a portable machine, contact Lorraine at: lorrainefra@outlook.com or 508-362-3645. Enrollment limited to six and accepted in the order registered with payment.*

Instructor: Lorraine Fraser

Th 1/9-2/11 1-4pm \$40

Rug Hooking

Receive individual guidance in creating an extraordinary heirloom hooked rug. Participants may purchase a Claire Murray kit at the West Barnstable shop. *Special guest teacher Claire Murray will join one of the classes.*

Instructor: Rosemary Buse

Tu 1/14-2/18 2-4pm \$30

Repurpose Old Jewelry - Create a New Design

Give new life to your old jewelry! Take your buried stash of discarded jewelry and repurpose it into a new piece using embellishments and stringing materials. *Materials fee of \$10 payable to instructor.*

Instructor: Kim Rumberger

W 1/29 2-3:30pm \$10

CULTURE & HISTORY

Museum Masterpieces: The Louvre Museum (Great Courses)

Explore the masterpieces of one of the world's greatest museums with expert art critic and historian Richard Brettell.

Th 12/12-1/30 1-2:30pm Free

Give my regards to Broadway (Great Courses)

Is it possible to read those lyrics, let alone hear them, without mentally filling in "Remember me to Herald Square?" Let Professor Bill Messenger's program carry you back to the Broadway of George M. Cohan and the heyday of Tin Pan Alley. Expertly played piano examples illustrate insights, techniques and subtleties of composition. No Class: 12/24, 25, 31, 1/1

M,Tu,Th, F 12/19-1/2 1-2:30pm Free

Irish History: A Brief Synopsis of Two Counties

Ireland has 32 counties, each with its unique history, landscape, culture and people. We'll focus on the adjacent counties of County Tyrone and Cavan, one in the Republic of Ireland and the other in Northern Ireland. *No Class 12/26, 1/2*

Instructor: Sean Murphy

Th 12/5-1/23 9-10am \$36

ENRICHMENT

Holiday Events | Exercise

HOLIDAY EVENTS

Friends Annual Meeting & Community Breakfast

All are invited to enjoy coffee and a light breakfast; learn how the FBCOA supports the BACC!

Tu 12/3 9:30am Free

Crafters Holiday Craft Sale

Stock up on gift items and beautifully crafted knit blankets and baby sweaters. This sale also offers baked items. Proceeds support older Barnstable adults in need.

F 12/6 & 12/13 9am-2pm Free

Happy Holiday Favorites with the Cape Cod Ukulele Group

Wear your favorite holiday sweater and join the fun with this lively, toe-tapping group. Sing along to holiday favorites with Cathy Hatch and her exuberant group.

W 12/11 2:30-3:30pm Free

Holiday Luncheon: Rockin' Around the Tree with Liz Saunders

A delicious buffet luncheon and Liz Saunderson's upbeat entertainment will get you in the holiday spirit. The Friends of the Barnstable Council on Aging sponsors this much-loved annual event.

F 12/13 12-2pm \$15

New Year Celebration: Ring in the New Year with a Little Swing

Kick off 2020 with a musical New Year to the Swing Easy Band. Dance, jive, listen, and enjoy mock champagne and dessert.

F 1/17 2-3pm Free



EXERCISE

Adult Ballet for Beginners

Learn the basics of Russian classical ballet. Geared for the beginner, this class focuses on simple barre and center training.

Instructor: Catherine R. Johnson

Th 1/9-1/30 1:30-2:30pm \$24

Chair Supported Yoga - Level 1

Gentle chair yoga is done sitting on a chair or standing on the ground while using a chair for support. Beneficial for those with limited mobility, it increases strength, improves flexibility and reduces joint strain. *No class: 12/25, 1/1*

Instructor: Tonya Cappucci

W 12/4-1/22 12-1pm \$36

Chair Supported Yoga - Level 2

Taken the Chair Yoga LI, and feel ready to move to the next level? L2 includes seated, chair-supported and free-standing poses and movements, plus breath work, meditation, and poses for balance and mobility. *No class: 1/20*

Instructor: Rebecca Coverdale

M 1/6-1/27 2:30-3:30pm \$18

Chakra Yoga

Think of chakras as a blueprint for self-care. Channel more confidence, creativity, and joy in your life with an understanding of your body's energy centers. *No class: 12/23, 30, 1/20*

Instructor: Peg Stanton, Barnstable Town Nurse

M 12/2-1/27 3-4pm Free

Challenge Accepted! A Small Group Training Class

These active classes include cardio movement, free weights, interval & agility training, stations and more. Modifications can be made. *Bring weights and water.*

Level 1: Slower paced and focuses on technique and form. No floor work.

Level 2: Faster paced and is an advanced class for those already comfortable with training. *No class: 12/24, 26, 31*

Instructor: Liz Saunders, Certified Personal Trainer

Tu (L2) 12/3-1/21 9:30-10:30am \$36

Tu (L1) 12/3-1/21 10:30-11:30am \$36

Th (L2) 12/5-1/23 9:30-10:30am \$42

Th (L1) 12/5-1/23 10:30-11:30am \$42

Dance for Joy

You can dance and have fun even if you have coordination or balance issues. Release tension and increase flexibility as you move to your favorite tunes.

Instructor: Elaine Spiezio

F 12/20-1/24 11am-12pm \$36

ENRICHMENT

Exercise

Drums Alive with Maria

This stimulating experience especially designed for older adults uses rhythmical drum patterns to induce feelings of euphoria and improved mental awareness. *No class: 12/24, 31*

Instructor: Maria Zombas

Tu 12/3-1/21 11:30am-12:30pm \$36

Interval Training

Dance and glow to the oldies alternated with "core and more" strength training. Some mat work may be involved. *No class: 12/25, 1/1*

Instructor: Marcia Raftery

W 12/4-1/22 9-10am \$36

Men's Challenge - Small Group Strength/Cardio Training For Men Only

Try out today's hottest training styles in this very active class focused on strength training, cardio intervals, agility and good form while improving flexibility and balance. *No class: 12/13, 27*

Instructor: Liz Saunders, Certified Personal Trainer

F 12/6-1/24 9:30-10:30am \$36

Mind & Body Fusion

Stretch, Reiki and Chakra healing is incorporated in this fusion class that releases the body's energy flow, connecting body to mind while improving mobility and flexibility. *Take four classes and pay for three. Bring a mat.*

Instructor: Cindie Brennan

Tu 1/7-1/28 9-10am \$18

Mindful Meditation

Sessions include light stretching followed by a series of three guided meditations. You may sit in a chair or lay on a mat. *No Class: 1/20*

Instructor: Pete Cormier

M 1/13-2/10 1-2pm \$24

Mudra, Hand Yoga for Health

Mudras hand gestures are used in meditation as a way to direct energy flow in the body. This class includes gentle stretches, acupressure, meditation and music. *No class: 12/25, 1/1*

Instructor: Peg Stanton, Barnstable Town Nurse

W 12/4-1/29 11am-12pm Free

Restorative Pilates-Based Matwork: Mixed Levels

This moderately paced class welcomes all including beginners for a restorative approach to balance and joint alignment. *Bring a mat, elastic strap and tennis ball. No class: 12/23, 30, 1/20*

Instructor: Holly Silva

M 12/2-1/27 12:30-1:30pm \$36

T'ai Chi Chih-Beginner with Debby

Learn four T'ai Chi Chih Taffy Movements: Basic, Anchor Step, Wrist Circles and Perpetual Motion plus Working the Pulley.

Instructor: Debby McLister

Th 1/9-1/30 10-11am \$24

T'ai Chi Chih Beginner with Bruce

T'ai Chi Chih is a mindful moving meditation practice. Benefits include peace of mind and improved balance. This is your opportunity to start this easy to learn practice of 19 moves and one pose. *No class: 1/20*

Instructor: Bruce Childs

M 1/6-1/27 1:30-2:30pm \$18

T'ai Chi Chih-Full Practice

Experienced T'ai Chi Chih practitioners are invited to gain deeper benefits with this weekly open guided practice for those know all or most of the 19 moves. *No class: 12/23, 30, 1/20*

Instructor: Bruce A. Childs

M 12/2-1/27 3-4pm Free

Tai Chi for Health with Holly-Beginner

Tai Chi is safe and easy to learn. Gentle, relaxing movements lead to gains in strength, balance and joint flexibility. *No class: 12/24, 31*

Instructor: Holly Heaslip

Tu 12/3-1/21 3:30-4:30pm \$36

Therapeutic Qi Gong

Improve your quality of life with gentle movements that bring powerful results. Qi Gong is a Chinese self-healing practice proven to relieve many ailments, improve balance, flexibility, heighten energy, and improve relaxation.

Instructor: Annemarie Lang

Tu 1/7-2/11 2-3:30pm \$36

ENRICHMENT

Exercise | Gardening & Environment | Health & Wellness

EXERCISE CONTINUED

Yoga with Bonnie

Focus on moving with the breath into postures as you gain energy with gentle, relaxing Hatha Yoga.

No class: 12/25, 1/1

Instructor: Bonnie Silva

W 12/4-1/22 1-2pm \$36

Zumba Gold with Christina

Zumba Gold is a low-impact version of the cardio workout, designed with movement modification for the beginner, the active older adult and others.

No class: 12/24, 12/31

Instructor: Christina Arabadzhieva

Tu 12/3-1/21 9-10am \$36

GARDENING & ENVIRONMENT

Cape Wildlife Center-Helping People Help Wildlife

The Cape Wildlife Center is a non-profit wildlife hospital and education center spreading the message of environment conservation and providing veterinary care and rehabilitation to sick, injured, and orphaned wild animals. Help preserve the rich natural history of Cape Cod and the Islands by bringing a donation of paper goods, bleach, detergent or used clean towels to help defray cost for caring for Cape Cod's wildlife.

W 12/10 1-2pm Free

HEALTH & WELLNESS

Hands on CPR

Everyone should know CPR, and this method takes just 15 minutes to learn. Take this opportunity and save a life.

Instructor: Vanessa Anderson

Tu 12/3 2-3pm Free

Health Talk: Health Proxy, Why You Need One

Learn about the important documents which support your wishes, such as living wills, advanced care directives and health proxies.

Presenter: Kindred Health

W 12/11 10-11am Free

Ancient Wisdom Circle

Ground and heal yourself through natural elements such as crystals, herbs and drumming. Dates listed include Full Moon Drumming.

Facilitator: Peg Stanton, Barnstable Town Nurse

W 12/11 & 1/8 2-3pm Free

Indoor Labyrinth Lives

Notice the unique gifts that come to you each time you experience this "moving meditation."

December's focus: Gifts of the Season." January's focus: "A New Dawn."

Facilitator: Labyrinth Lives

Tu & Th 12/17 & 1/9 2-3pm Free

Healing Sounds- Kalein Intentional Crystal Bowls

The vibrational light therapy of crystal bowls are said to be attuned to your chakras. Experiencing the bowls is said to induce feelings of wellness and peace to the mind, body and soul.

Facilitator: Kathleen Warren

W 12/18 & 1/15 2-3pm \$5/class

Health Talks: Face Your Face

We all know that our 43 facial muscles and 26 neck muscles can all too clearly become weak and saggy as we mature. Just as exercise can make our bodies more fit, face and neck exercises can benefit our appearance, health and quality of life.

Presenter: Kindred Health

W 1/8 10-11am Free

Hear what you're missing! Hearing Screening & Hearing Aid Clean & Check

Take just 15 minutes for a free hearing screening—it can make a difference in your quality of life. Results are reviewed privately. Those with hearing aids may have them cleaned and checked, and your concerns will be addressed. *Appointment required.*

Host: Coastal Hearing Clinic

Th 1/16 1:30-3pm Free

Cape Regency Programs-Rehabilitation Therapy

Are you having a knee, hip or shoulder replaced? The rehabilitation experts from Cape Regency discuss updates, changes and how to have a good recovery.

Facilitator: Cape Regency

Tu 1/21 11am-12pm Free

ENRICHMENT

Languages | Music | Outdoor Adventures

LANGUAGES

Conversational Spanish

Traveling or just want to learn Spanish? This beginner level discusses various themes, and focuses on conversation. *No class 12/23, 30, 1/20*

Instructor: Diane Jones

M 12/9-1/27 3:30-4:30pm \$30

Italian Beginner, Intermediate, Advanced & Fluent

Whether you're a beginner or just need a little brush-up, you'll bring your language skills to the next level with these classes. Everything sounds better in *la bella lingua!*

Instructor: Richard Surmach

Tu & Th 12/3-12/19 \$36

Beginner 1-2pm

Intermediate 11am-12pm

Advanced 2-3pm

Fluent 3-4pm

German Beginner

This class will work with your skill level, helping you become more fluent in conversational German.

Instructor: Richard Surmach

Tu & Th 12/3-12/19 12-1pm \$36

MUSIC

Melody and Chords, Music on a Keyboard-Introduction

Learn basic melody and chord skills for piano, organ or a keyboard or come in and practice. Learn to play a little tune! *Limited number of keyboards available for class; please bring your own if you have one.*

Instructor: Dianne Carpenter

Tu 1/7-1/28 1:30-2:30pm \$24

Tin Whistle Practice

Learn the basics of the traditional Irish "penny whistle" and several standard Irish tunes. Class may be graded into various levels, but no previous knowledge of music is required. *Bring a "D" whistle.* *No class: 12/26, 1/2*

Instructor: Sean Murphy

Th 12/12-1/30 10-11am \$36

Ukulele for the Advanced Beginner

In this absolute beginner class, you'll tune your ukulele and play both scales and basic chords. You'll learn basic eight chords, utilize the tuner, and play scales. You're sure to enjoy learning from this experienced teacher as she shares the exhilaration of music. *No class: 12/23, 30, 1/20*

Instructor: Cathy Hatch

M 12/2-1/27 11:30am-12:30pm \$36

Ukulele Intermediate

Take your playing to the next level with an instrumental song, a three-chord song, and added chords. This class is for players who are ready to learn more complex songs and chords. *No class: 12/23, 30, 1/20*

Instructor: Cathy Hatch

M 12/2-1/27 9:30-10:30am \$36

Ukulele Strumming Class

Work on precise right-handwork in this strumming and rhythm technique class. Improve tempo and speed on songs with three chords, strumming in rhythm, fingerpicking and, cleaning up bad habits. *You may take this class and Advanced Beginner at the same time. No class: 12/23, 30, 1/20*

Instructor: Cathy Hatch

M 12/2-1/27 10:30-11:30am \$36

OUTDOOR ADVENTURES

All winter walks are weather permitting. Wear sturdy waterproof shoes or boots, warm clothing and bring water and walking poles if needed.

Walk: Gardens Aglow at Heritage Gardens

Experience the joy of the holidays strolling through festively illuminated gardens. *Admission fee of \$12 paid at site.*

Guide: Dianne Francis

F 12/6 4:30-6:30pm \$12

ENRICHMENT

Outdoor Adventures | Programs & Lectures

OUTDOOR ADVENTURES

The Giants - A Scavenger Hunt in Sandwich

Are you a good map reader? Let's all climb in the van and find the Giants. Bring your camera so we can capture them in photos. Get into the Christmas spirit with cookies and apple cider *Max 12 people for BACC transportation from the Center. Meet at BACC. Guide: Dianne Francis*

M 12/23, 12/30 4-6pm \$5

Snowy Owl Walk at Sandy Neck Marsh

Begin your New Year's resolution with a walk at Sandy Neck Marsh. Enjoy the beauty of the season searching for the majestic snowy owls which visit Cape Cod each winter. *Meet at Sandy Neck Beach upper parking lot.*

Guide: Dianne Francis

Tu 1/7 10am-12pm \$5

Walk the Track at the Hyannis Youth & Community Center

New Year's Resolution...get ready for bathing suit season. Our goal is to meet every Thursday during the winter to walk for an hour. Have fun, meet new friends and move at your pace. *Meet at Hyannis Youth & Community Center.*

Guide: Dianne Francis

Th 1/9-1/30 10-11am Free

Trustees of Reservations-Mashpee River Reservation

Take a wintery walk on shore-side foot trails along this protected tidal river which remains one of the region's most pristine environments. Beginning at Mashpee/Wakeby Pond and emptying into Pirate's Cove on Popponesset Bay, its natural spawning areas, excellent water quality and wildlife make this a special place. *Meeting information at registration.*

Guide: Dianne Francis

Tu 1/28 11am-12:30pm \$5



PROGRAMS & LECTURES

Empowering Ourselves

This program on elder abuse includes videos, discussion and an overview of services available at Independence House. If you know someone who may need assistance, or if you want to recognize the signs of abuse, this is an opportunity to learn about the resources available.

Presenters: Chris Morin, Independence House and Jessica Jay, Barnstable Police Department

W 12/4 3-4:30pm Free

Elder Services: MA Money Management Program

Learn about this free financial services resource which assists low income older adults who have difficulty managing paying bills and other routine financial tasks. With the supervised support of trained and insured volunteers, older adults get the targeted help they need for improved stability and prolonged independence. *Collaboratively sponsored by the Executive Office of Elder Affairs, Mass Home Care and AARP Massachusetts.*

Presenter: Darlene Skog, Elder Services of Cape Cod & the Islands

Th 12/5 10-11am Free

The Hilarious Journey of an Italian Immigrant's Son-Part II

Jim Ruberti, a former teacher in the Barnstable School System, will regale you with his hilarious experiences there, on Cape Cod, and elsewhere during his fifty years as a "wash-a-shore."

Th 12/5 1:30-2:30pm Free

Author Talk: Clarice G. James

Author Clarice G. James writes smart, fun, relatable contemporary women's fiction, woven together with humor, romance, faith, and mystery. Clarice will talk about her books Party of One, Doubleheader and Manhattan Grace.

Th 12/5 1:30-2:30pm Free

Photography Lecture: Photo Techniques

Join an open discussion on camera and digital darkroom techniques you can use to improve your photos. *Walk-ins Welcome/ \$5 fee for non-Camera Club members.*

Presenters: Bob Singer and Ken Wiedemann

W 1/8 1:15-3:30pm \$5

ENRICHMENT

Senior Learning Network | Technology| TED Talks

Ancestry, DNA Testing and Medicare

Did you receive an ancestry kit for the holidays? DNA testing has become popular for helping determine your ancestry, and can also be used to identify your genetic risk of certain diseases.

Scammers, however are taking advantage of interest in these tests to defraud Medicare. Learn to protect yourself. *Please note: Medicare does not pay for medical tests or equipment unless it is medically necessary and a doctor orders the test.*

Facilitator: Marie C. Clougher, Esq., Consumer Assistance Council

Tu 1/14 2-3pm Free

SENIOR LEARNING NETWORK



Senior Learning Network: George Washington Carver Black Scientist of the 19th Century

The young child known as the "Plant Doctor" tended his secret garden while observing the day-to-day operations of a 19th-century farm. Nature and nurture ultimately influenced Carver on his quest for education to becoming a renowned agricultural scientist, educator, and humanitarian.

Facilitator: George Washington Carver Monument

Th 12/5 1:30-3pm Free

Senior Learning Network: Christmas with FDR

If you remember Bing Crosby and White Christmas, then sign up for this presentation using music, humor and storytelling to explain how FDR celebrated Christmas in a much simpler time.

Facilitator: Franklin D. Roosevelt Library & Museum.

M 12/16 1:30-2:30pm Free

Senior Learning Network:

Trappers, Traders, Trailblazers:

Mountain Men of the Rocky Mountain West

Mountain men were rugged individuals who traveled, explored, and lived in the Rocky Mountains in search of valuable beaver pelts. Discover the adventurous culture of the West during the time of the trappers, traders, and trailblazers.

Facilitator: Buffalo Bill Center of the West

Th 1/16 2-3pm Free

Senior Learning Network: An Introduction to Winemaking

Examine the different stages of the winemaking process, from growing the grapes to drinking the exquisite results. You'll survey the history of making wine and see how wine growing practices have changed over the millennia, gain an overview of the modern wine industry and discuss different styles of wine.

Th 1/29 5:30-6:30pm Free

TECHNOLOGY



Tablet Support

Did you receive a new tablet or iPad as a gift? If you have questions or concerns, this is an opportunity to learn how to take photos, make phone calls, send email, or seek information.

Instructor: Timothy Grimm

Tu 1/14 1-2pm \$5

Tech Help

Make a list of questions about your phone, tablet, laptop or desktop and reserve a 15-minute session to guide you through using your technology.

Instructor: Timothy Grimm

Tu 1/28 1-2pm Free

Virtual Reality Labs with MyndVR

Join us for an introduction to the enjoyable and educational benefits of our revolutionary new MyndVR headsets, funded by the FBCOA.

Reservations required. No class: 12/24, 31

Tu 12/3-1/28 2-3pm Free

F 12/6-1/31 11am-12pm Free

TED TALKS

TED Talks:

"Sleep is Your Superpower,"

"How to Succeed, Get More Sleep," and

"The Brain Benefits of Deep Sleep"



Stop counting sheep! Watch these presentations on the topic instead, and they may help you get your zzz's tonight.

Tu 12/3 2-3pm Free

EVENING CLASSES

Classes are open to adults of ALL ages. Come try one and tell your family and friends!

TED Talks: "The Surprising Science of Happiness," "What Makes a Good Life? Lessons from the Longest Study on Happiness," and "Less Stuff, More Happiness, The Habits of Happiness"

These are some of the most viewed programs on TED talks. We all seek happiness; listen to these talks and get a new perspective on finding yours.

Th 12/19 2-3pm Free

TED Talks: "Four Questions You Should Always Ask Your Doctor" and "What You Need to Know About Medicine"

"Doctor, is this really necessary?" Neurosurgeon Christer Mjåset explains the power of simple questions in the context of medical treatment and surgery. Learn how patients can work with doctors to get the care they need. "What You Need to Know about Medicine" discusses what happens behind the scenes before medicine gets to you. Get a deeper understanding of the drugs and vaccines you may use.

Th 1/9 2-3pm Free

TED Talks: "What Happened When Thousands of Strangers Met to Talk Politics" and "How to Disagree Productively and Find Common Ground"

These two presentations discuss commonality in a divisive political atmosphere and how to learn to respect differences.

Th 1/30 2-3pm Free

INTERESTED IN A PROGRAM?

Please register as soon as possible. Some classes require minimum enrollments in order to be held. It's simple to register; just call us at **508-862-4750**.

Have an idea for a new program? Share it with us!

EVENING CLASSES

Argentine Tango

If you can walk, you can tango! In this friendly beginner series, new dancers will learn Tango rhythms and steps. For those with some knowledge of the dance, you'll deepen your understanding, developing a smooth and elegant look on the social dance floor. Get out of the house, and join the active Cape Cod Tango community!

Instructors: Mona Phillips and Assistant Terri Goldstein, Cape Cod Tango

W 1/8-1/29 5:30-6:30pm \$40

Baking with Brandy

Award winning baker Brandy LOVES to bake and she'll be sharing her special tips with us. Classes include: 12/4 Profiteroles; 12/11 Cake Decorating; 1/8 Art of Cupcake Piping; 1/15 Whoopie Pies; 1/22 Fancy Macaroons; 1/29 Sugar Cookies.

Sign up for one or all classes. No Class: 12/25, 1/1
Baker: Brandy Carter

W 12/4-1/29 5:30-7pm \$10/class

Dancercise with Brandy

The benefits of this fun, aerobic dancercise class are cardiac health, enhanced memory, coordination and balance. *No Class: 12/17, 12/24, 12/31*

Instructor: Brandy Carter

Tu 12/3-1/21 6-7pm \$36

Guided Meditation

Meditate and relax under the guidance of a trained professional. Comprised of music and instruction, this is a gift to yourself as well as a beautiful way to end your day.

Instructor: Cynthia McNeely

Th 1/9-1/30 5-6pm \$24

Irish Sean Nos Dance Workshop

New and experienced dancers will have fun creating a personal style in this relaxed, improvisation Sean Nos (old style) form of Irish dance. Interested? Free introduction and demonstration on 12/12 at 6pm.

Instructor: Holly Silva

Th 1/9-1/30 6-7pm \$40

EVENING CLASSES

Classes are open to adults of ALL ages. Come try one and tell your family and friends!

Italian Beginner Evening

Whether you're a beginner or just need a little brush-up, this experienced instructor will help bring your language skills to the next level. Everything sounds better in *la bella lingua!*

Instructor: Richard Surmach

W 12/4-12/18 5-6pm \$18

Mah Jongg for the Beginner

Mah Jongg is fun, exciting and challenging. You'll follow National Mah Jongg League rules to learn the tiles: dragons dots, bans, cracks, and more. *Mah Jongg cards additional \$9 paid to instructor.*

Instructor: Anne M. Walther

Tu 1/7-2/11 4-6pm \$70

Nathan's Circle

This is a therapeutic support group for adults who have experienced the loss of a loved one to addiction. It's named after the facilitator's son, who recently lost his long battle with addiction.

Facilitators: Richard W. Bickford, LICSW, and Kerry J. Bickford, Cape Cod Neighborhood Support Coalition Grandparent and Family Advocate.

To register, please call 508-771-4336

Tu 12/10 & 1/14 5:30-7pm Free

Portuguese For Beginners

Gain an overview of Brazilian traditions and culture. Learn the phonetic alphabet, numbers and more. This approach is believed to provide better understanding of the language and the people who speak it. No Class: 12/24, 12/31

Instructor: Marineti Matos

Tu 12/3-1/21 6-7pm \$36

Restorative Pilates-Based Matwork –Mixed Levels

This moderately paced multi-level class welcomes beginners. It is a restorative approach to muscular balance and joint alignment. Bring a mat, elastic strap and a tennis ball.

No Class: 12/18, 25, 1/1

Instructor: Holly Silva

W 12/4-1/29 6-7pm \$36

Senior Learning Network:

An Introduction to Winemaking

Examine the different stages of the winemaking process from growing the grapes to drinking the exquisite results. You'll survey the history of making wine and see how wine growing practices have changed over the millennia, gain an overview of the modern wine industry and discuss different styles of wine.

Instructor: Danny Wood

Th 1/29 5:30-6:30pm Free

Tai Chi for Health

Tai Chi is one of the most highly recommended forms of exercise. It's safe, relaxing and easy to learn, with its series of gentle movements helping you gain strength, improve balance and develop joint flexibility.

Instructor: Holly Heaslip

Tu 12/3-1/21 5:30-6:30pm \$36

Yoga, An Introduction

Thinking of trying yoga? It's one of the best ways to care for yourself, bringing body, mind and spirit together into a harmonious whole. This is a good choice for someone interested in learning yoga. No Class: 12/26, 1/2

Instructor: Linda Lee Catalina

Th 12/5-1/23 5-6pm \$36

Yoga with Linda

Do you want to be more relaxed? Do you want to lower your stress? Are you willing to learn something new? All you need is yoga to help increase your range of motion and flexibility through gentle movements. No Class: 12/24, 1/31

Instructor: Linda Lee Catalina

Tu 12/10-1/28 5-6pm \$36

Y12SR-Yoga 12 Step Recovery

Working on creating a healthy and balanced life using a 12-step recovery program? Add this powerful holistic yoga program to your toolbox.

Instructor: Lynnette Walker

W 1/8-1/29 5:30-6:45pm \$24

LET US PLACE YOUR AD HERE.

DECEMBER 2019 CALENDAR

Due to the high volume of activities, space does not permit us to list ongoing programs. Please refer to class listings for dates and times.
 News & Events

Monday	Tuesday	Wednesday	Thursday	Friday
11:15 am Line Dance 12:30 pm Pilates 1pm Mindful Meditation 2:30 pm Chair Yoga L2 3pm Tai Chi Chih 3pm Chakra Yoga	9am Zumba 9:30pm Challenge 2 10:30pm Challenge 1 11:30pm Drums Alive 2pm Qi Gong 3:30pm Tai Chi for Health 5pm Yoga 5pm Tai Chi for Health 6pm Dancercise	9pm Interval Training 11pm Mudra 12pm Chair Yoga 1pm Yoga 6pm Pilates	9:30pm Challenge 2 9:45pm TOPS 10:30pm Challenge 1 5pm Yoga Introduction 5pm Guided Meditation	9:30pm Men's Challenge 11am Dance for Joy 1pm Friday Flix
2	3	4	5	6
	9:30am FBCOA Annual Mtg 1pm Paint Sweatshirt 2pm Hands on CPR 2pm TED Talks: Sleep	1pm Paint Miniatures 3pm Empowering Ourselves	10am Money Management 1:30pm Author Talk: Clarice James 1:30pm Italian Immigrant 1:30 pm Washington Carver	9am Crafters Sale 4:30pm Gardens Aglow
9	10	11	12	13
11am Travel Talk	1pm Cape Wildlife Center	10am Health Proxies 2pm Ancient Wisdom 2:30pm Ukulele Holiday Concert	6pm Irish Sean Nos Dance Demonstration	9am Crafters Sale 12:30 Holiday Luncheon

16	17	18	19	20
1:30pm SLN: Christmas with FDR	2pm Labyrinth	9am COA Meeting 10:30 FBCOA Meeting 2pm Healing Sounds	10am Holiday Acrylic Art 2pm TED Talks Happiness	
23	24	25	26	27
	1/2 DAY	CLOSED		
				
30	31			
4pm Walk: Scavenger Hunt	Happy New Year			

Please check the class description for start and end





JANUARY 2020 CALENDAR

Due to the high volume of activities, space does not permit us to list ongoing programs. Please refer to listings for dates and times..

Monday	Tuesday	Wednesday	Thursday	Friday
11:15am Line Dance 12:30pm Pilates 1pm Mindful Meditation 2:30pm Chair Yoga L2 3pm Tai Chi Chih 3pm Chakra Yoga	9am Zumba 9am Mind and Body Fusion 9:30am Challenge 2 10:30am Challenge 1 11:30am Drums Alive 2pm Qi Gong 3pm Tai Chi for Health 5pm Yoga 5pm Tai Chi for Health 6pm Dancercise	9am Interval Training 11am Mudra 12pm Chair Yoga 1pm Yoga 5:30pm Tango 5:30pm Y12SR Yoga 6pm Pilates	9:30am Challenge 2 9:45am TOPS 10am Tai Chi Chih, Beginner 10:30am Challenge 1 1:30 pm Ballet 5pm Yoga Introduction 5pm Guided Meditation 6pm Irish Sean Nos Dance	9:30pm Men's Challenge 11am Dance for Joy 1pm Friday Flix
	1		2	3
6	7	8	9	10
	10am Walk: Snowy Owl	10am Face Your Face 1:15pm Photography 2pm Ancient Wisdom	2pm Labyrinth 2pm TED Talks: Health Care	
13	14	15	16	17
	1pm Tablet Support 2pm Ancestry	9am COA Meeting 10:30am FBCOA Meeting 2pm Healing Sounds	10am Hearing Screening 2pm SLN: Mountain Men	2pm New Year Celebration

20	MLK Holiday— BACC is CLOSED											
21	 11am Rehabilitation											
27	11am Walk Mashpee River	28	1pm Tech Help	29	2pm Repurpose Jewelry 5:30pm SLN: Winemaking	30	2pm TED Talks: Common Ground					

Please check the class description for start and end



BACC HIGHLIGHTS

Outdoor Adventures | Participant Spotlight | Tax Assistance

OUTDOOR ADVENTURES



PARTICIPANT SPOTLIGHT: MIMI SKEARY



How does the BACC help the dynamic Mimi Skeary THRIVE? “It makes you feel so good and happy to be here,” she says. “You see such nice people, and there’s so many things you can do and learn — from exercising to art. You know when you come here, you’re going to enjoy yourself.” Always happy to lend a hand, Mimi is a familiar face here at the BACC—and we’re always delighted to see her.

Tell us how the BACC helps you (or a friend) thrive. If chosen, your photo will be featured here and you’ll win a fun THRIVE t-shirt!

Email: judith.reppucci@town.barnstable.ma.us

AARP TAX ASSISTANCE

Need help filling out your tax information?

Book an appointment with an AARP volunteer. Scheduling begins January 21. For a free appointment, call 508-862-4750.



CLUBS & GROUPS

Health and Wellness | Clubs and Groups | TOPS



Ask the Nurse

Wednesdays: 9:30-11 am

Town of Barnstable Public Health Nurse, Peg Stanton, will be available in the Health Room at the Barnstable Adult Community Center to conduct blood pressure screenings and answer health questions and concerns.

Foot Care Clinic:

By appointment at 508-862-4750.

Fee: \$29

LOSE WEIGHT WITH TOPS!

Looking for a sensible weight loss program that won't break the bank and will get you results? Come find out about TOPS and how the program can help you on your journey to a healthier you!

Thursdays

Weigh-in at 9:45 a.m. Meeting starts at 10:00 a.m.

TOPS is a non-profit, non-commercial, affordable weight loss support organization with more than 10,000 chapters in the USA and Canada. This program offers support, friendship and fun in a non-competitive setting.



CLUBS & GROUPS

Artists Club:

Fridays, 9am-12pm

Bridge Club:

Mondays, 12:15-3:45pm

Camera Club:

Second Wednesday of the month, 1:15-3:30pm.

Chess Club:

Fridays, 1pm

Circle of Sistas Book Club:

Discussions on diverse literature. Open to all but focused on women of color.

Thursdays, 11am

Council on Aging Board Meetings:

Open to the public,

Third Wednesday of the month, 9am

Cribbage Club:

Wednesdays 1pm

Friday Flix:

Fridays 1pm

Fun Friday:

Drop-in card games. bridge, cribbage, mahjong, etc.

Fridays, 12-3:30pm

Haiku Club:

Listen to compositions or write your own poem.

First Wednesday of the month, 10:30-11:30am

Mah Jong Club:

Mondays, 9:30am-12:00pm

Open Crafts with the Crafty Ladies:

Work on your own projects or simply socialize.

Wednesdays, 2pm

Sunshine Crafters:

Make craft sale items to benefit older adults in need.

Fridays, 1pm

Talkin' Sports:

Debate and analyze the week's sporting news.

Tuesdays, 10am

Travel Club:

Second Monday of the month, 10am

Villagers Social Club:

Second Monday of the month, 1:30pm

Wood Carving:

Learn, enjoy and create with free instruction.

Wednesdays, 9am-12pm

OUTREACH

Real Estate Tax Assistance | Medicare

REAL ESTATE TAX ASSISTANCE 2019-2020

Continuing through March of 2020, you can apply or re-apply for assistance with your real estate taxes, clause 41C, deferrals, or veterans' assistance. This needs to be done every year to get the reduction on your house taxes, about \$1,000 off. You can also apply for the veterans or blind assistance programs, if you qualify.

These are the numbers for 2019-2020

Income		Assets
Single	\$34,890	\$60,196
Married	\$50,808	\$82,751

So, if your income and assets are a little over these numbers, plan on applying for the reduction in your real estate taxes. In addition, you must be 65 years or older before July 1, 2019, have owned and occupied the property on July 1, 2016 and be a legal resident of Massachusetts for at least ten years and owned property in Massachusetts for at least five years.

If you need assistance, please call the Outreach Department at 508-862-4754 or Town Hall Assessor's Office at 508-862-4022.

Paper work list you need to file for Fiscal Year 2019-20 Real Estate Senior 41-C:

Birth Certificate (only if first timers)

Proof of Income for all of 2018- including

- Social Security Benefit Statement for 2018
 - how much you got for all year (called a 1099 form)
- Federal Income Taxes 1040 for 2018
 - if you filed
- Pension statements, yearend 2018 (1099 form)
- All interest and/or dividend statements (1099-int and /or 1099-div)
 - this includes checking and saving accounts interest for the year.
- Any wages, salaries or Income earned in 2018

Proof of all Assets as of July 1, 2019 including

- Bank books
 - pass book saving, update to include July 1, 2019
- Bank statements, checking and savings from all accounts
 - must include the date of July 1, 2019 may be a June/July statement for 2019
- All Stocks and Bonds statements
 - must include the July 1, 2019 date, may be a June/July statement or July 1 thru 31, 2019 statement.
- CD's and/or Certificates etc must include July 1, 2019 date
- Any Real Estate owned other than your primary residence



PART D ASSISTANCE

If you had a gap in coverage with your Medicare Part D plan last year and had to pay for medications, the state's Prescription Advantage program will help. The program wraps around your Medicare D plan, and for most older adults, it's free. Applying is easy to do, and the BACC's Shine counselors are happy to help you fill out the forms.

Copay assistance is free if your annual income is less than \$36,180 for a single individual, or less than \$48,720 for a married couple. Because this program is free, it makes sense to book a Shine appointment here at the BACC, and look into it even if you haven't hit the coverage gap.

Also note, that if you're stuck in a D plan that isn't working for you, adding Prescription Advantage gives you an opportunity to change your plan outside of the open enrollment dates.

OUTREACH

Brown Bag | Fuel Assistance

BROWN BAG

Brown Bag for Older Adults

Do you find it hard to make ends meet? Would you like a little help? If you qualify for low income programs like fuel assistance, have a single income less than \$35,640, and are older than 60, you're eligible for the Brown Bag food distribution program which the BACC runs in partnership with the Greater Boston Food Bag.

Once a month, you'll receive a grocery bag of food containing fresh fruit or vegetables, soups, cereal, dairy and chicken or other form of protein. There is generally enough food for three to six meals. You may pick up the bag here at the BACC on the first Friday of each month, and if you don't drive, we can deliver.

To register, call the BACC's Outreach Department at 508-862-4754.

Our thanks to the Friends of the Barnstable Council on Aging for their generous support of the Brown Bag Program!



FUEL ASSISTANCE/WINTER 2019-2020

Now is the time for fuel assistance for the winter of 2019/2020. If you had fuel assistance last winter you should have received a yellow renewal application. We will have the new applications for folks that haven't applied in late September. The program doesn't start until November, but they like to start processing the paper work early.

Last year if your income was less than \$37,360 for a single person, or less than \$48,855 for a combined income of two, you are eligible for fuel assistance. Fuel Assistance helps with heating your home no matter what you use for heat. If your heat is included in your rent, you should also apply as Fuel Assistance will reimburse you a portion of your rent. For help with your renewal application, call the outreach department at 508-862-4754. Please review the paperwork check list to make sure you have everything ready.

Paperwork you need to file for and/or renew 2019-2020 Fuel Assistance

Proof of Income for everyone in the house:

- Social Security benefit letters
- Any Pension statements
- Interest and/or dividends statements Annuity income
- Wages
- Any other income

Housing costs:

- If rent- a copy of lease showing how much rent is
- If own- copy of Real Estate taxes
- Copy of homeowners or rental insurance (for whole year)

Utility costs:

- Heating bill (gas, electric, oil receipt, propane, wood)
- Electric bill

Other items needed:

- Bring identification
- Bring all the social security cards for everyone living in the home
- Birth Certificates for everyone
- Birthdates for everyone in the home

We're here to help!

For more information on any of our support and advocacy programs, please call the Barnstable Adult Community Center at 508-862-4754.

NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com



LGBT PAGE



WHAT IS THE MID CAPE LGBT OLDER ADULTS GROUP?

The Mid Cape LGBT Older Adults Group was formed three years ago, and was modeled after the successful Lower Cape LGBT Senior Group. There was an interest in having another site that was more accessible for LGBT people in the Upper and Mid Cape area.

Like the Lower Cape LGBT Senior Group, the Mid Cape LGBT Older Adults Group meets on a regular basis to give 50+ LGBT men and women a chance to get together in a welcoming, healthy and supportive atmosphere. The group gatherings offer social opportunities for older LGBT adults to meet new friends and have an enjoyable evening out. Every event features delicious food and different types of activities: from dances to game nights, holiday celebrations to speakers, there is something for every interest.

All of these events are FREE, thanks to generous funding from the First Parish Brewster LGBTQ Welcoming Committee! Most events are held on the second Friday of each month at the Barnstable Adult Community Center, 825 Falmouth Rd. Hyannis. Here is a list of upcoming events:

December 15: Trip to Providence Gay Men's Chorus Holiday Show

So, if you are a 50+ LGBT older adult who would like to be part of a welcoming, fun group of men and women, why not join us? Most events are free, and the location is accessible and convenient.

For more information, or to join our 100% confidential email list for updates on events, call Donna @ (508) 862-4753 or email her at donna-marie.burns@town.barnstable.ma.us

UPCOMING EVENTS

Country Western
HOEDOWN Dance Party
Featuring
Country Line Dancing
with Kim Benton

Polish off your boots (spurs optional), put on your finest cowboy hat and bandana and mosey on over to a "Hoedown" and Country Line Dancing Party! Don't be shy about your dancing ability – everyone looks good when they are learning a country line dance.



If you have never tried it, it is a fun group experience! There will be some country food favorites to eat along with dessert and alcohol free beverages to enjoy.

RSVP is REQUIRED.

There is no cost to attend, but we greatly appreciate donations to offset the cost of all the delicious food and refreshments.

**Friday, January 10
6-8:30 pm**

Barnstable Adult Community Center
For more information and to RSVP, please contact Donna Burns at (508) 862-4753 or donna-marie.burns@town.barnstable.ma.us

Thank you to the Welcoming Committee of First Parish Brewster for their generous support of this event.

BARNSTABLE DAY PROGRAM | SUPPORT GROUPS

BARNSTABLE DAY PROGRAM

The Barnstable Day program meets the needs of older adults in our community who are no longer able or do not wish to remain home alone during the day. The program allows older adults to maintain their independence and provides wonderful opportunities to build new friendships, engage in beneficial sensory and physical activities, and remain active in the community. Families have peace of mind knowing that their loved one is in a safe and comfortable environment, taking part in social and physical activities designed to meet the needs or interests of the person.

Program hours are Monday through Friday, 9: am to 3 pm.
Morning snack and lunch are included. Fee is \$45 per day.

The Barnstable Day Program may help those:

- Who are caring for an older adult and are in need of respite care;
- Who are older adults living alone, feeling lonely, isolated or depressed;
- May have some physical or cognitive limitations.

In addition:

- Transportation is available if needed.
- Financial support may be available to you.
- Please ask about experiencing a free trial day!

For more information or to learn whether this program may benefit you or a loved one, please call
Stacey Cullen (508) 862-4765 or Donna Burns at (508) 862-4753.



We gratefully acknowledge and thank the Friends of the Barnstable Council on Aging for their ongoing and generous support of the Barnstable Day program. They provide funding for monthly entertainment, special events and supplies which greatly benefit the experience of our clients.

SUPPORT GROUPS

Support Group for the Visually Impaired

Peer to peer support facilitated by a visually impaired leader from Sight Loss Services of Cape Cod and the Islands. *Register at 508-394-3904.*

Second Thursday of the month from 11-12:30am

Nathan's Circle

For adults who have experienced the loss of loved one to addiction. *Register at 508-771-4336.*
Sponsored by the Cape Cod Neighborhood Support Coalition

Second Tuesday of the month from 5:30-7pm

Seasons of the Heart/Coping with Grief and Loss

Discussion on the nature of grief and bereavement. Facilitated by the VNA of Cape Cod

First and third Wednesday of the month from 2-3:30 pm

General Caregiver Support Group

Facilitated by the Family Caregiver Support Program of Elder Services of Cape Cod and the Islands.

Enroll at 508-394-4630, x 450

Second and fourth Wednesday of the month from 9:30-11am

Caring for a Loved One with Cancer

Connect with other caregivers for those newly diagnosed with cancer.

Facilitated by Cape Cod Healthcare

Third Thursday of the month from 2-3:30pm



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- 12/4-6 PA Country Christmas, Lancaster \$529
- 12/6 Holiday Mansions Lights, La Salette \$122
- 12/7 "Come From Away" Prov 2 PM \$129
- 12/9 Berkshire Festival of the Trees \$99
- 12/10 Christmas NYC, Rockettes \$100/\$185
- 12/10-12 NYC Christmas, Rockettes \$489/\$574
- 12/13 Christmas with Boston Pops \$125
- 12/14 A Christmas Carol with lunch \$145
- 12/15 Reagle Players Christmas w/lunch \$129
- 12/19 The Nutcracker, Boston Ballet \$119
- 12/21 "White Christmas" Boston \$135

- 1/18 Shen Yun, Providence 2 PM \$165
- 2/13 Women Take the Floor, MFA \$79
- 2/15 "Fiddler on the Roof" Prov 2 PM \$125
- 2/22 "A Bronx Tale" Prov 2 PM \$125
- 2/26 Newport Playhouse, show & lunch \$109
- 2/28 Peabody Essex Museum Salem \$125
- 3/7 Hello Dolly, Prov 2 PM \$127
- 4/4 Jesus Christ Superstar, 2 PM \$129
- 4/4 Riverdance, 2 PM Boston \$130
- 5/19-6/1 Alaska Cruise & Denali Explorer \$3024.84
- 5/30 Dear Evan Hansen, 2 PM \$149
- 8/9 Donna Summer Musical, 1 PM \$159

please see our website for full trip listings!

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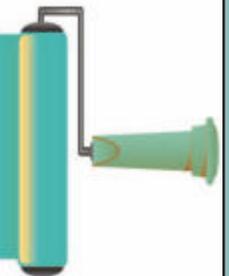


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Barnstable COA, Hyannis, MA 03-1143

COMMUNITY NEWS

Barnstable Town Government Leadership Academy | Barnstable Neighbor to Neighbor (BN2N)

CITIZENS ACADEMY

Inside Barnstable Town Government:
A Citizens Leadership Academy



Tuesdays, beginning January 29, 2020
6:30 to 9pm

The academy is an 11-week commitment with the goal of educating the citizens of Barnstable about the operations of town government, while also obtaining valuable feedback and citizen participation. The program is designed to advance understanding of and participation in civic affairs as well as to increase awareness of the challenges facing municipal government. Since its start in 2003, more than 700 Barnstable residents and employees have participated in the programs

Classes are conducted by town staff and provide interactive learning experiences, group discussions and site tours, including a bus tour of the seven villages. Class size is limited. Please register early to avoid the waiting list.

Applications are available at the Town Manager's Office, 367 Main Street, Hyannis or by calling 508-862-4610.

For more information, you may call Academy facilitators Susan French at 508-362-2864 or Deb Brunelle at 508-648-5936

BARNSTABLE NEIGHBOR TO NEIGHBOR

Barnstable Neighbor to Neighbor (BN2N) is being created in the "village" concept to support town residents in their desire to "age in place" while maintaining quality of life.



Using a network of volunteers, BN2N is a 501(c)(3) nonprofit organization that will provide services such as: transportation; light household and yard tasks; shopping for food and supplies; assistance with devices such as smart phones, TVs, tablets, etc., and socialization.

All residents of Barnstable, from all seven villages, age 60+ are eligible for services with a membership fee. We will also offer reduced-fee memberships for eligible residents unable to afford the full membership fee.

Volunteers who provide the services will be CORI-screened, interviewed, and trained prior to service. A board of directors will provide ongoing support to volunteers and oversight of services and administration of BN2N.

The steering committee organizing BN2N is in the start-up phase of development, with plans to launch services by June 2020. Since we are a 501(c)(3), tax-deductible donations are always appreciated in our development phase. Although we are an all-volunteer organization, our expenses include software; printing; website, legal and graphic design services; liability insurance; and training materials. When fully operational, we expect to be self-sustaining on membership fees, although continued donor support will be sought to keep membership fees as low as possible.

For questions: please email Ted Lowrie, fblowrie@gmail.com

To volunteer: please email Chris Meade, cameade@comcast.net

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SUNDAY, OCTOBER 14TH, 2018

**Walk for Alzheimer's
Provincetown Town Hall@noon**

"The support I received from the Alzheimer's Family Support Center taught me that even though I couldn't stop my husband Alzheimer's disease, there were things I could do to make our lives better. I learned to not over react because what was happening was not his fault. And I learned to take care of myself while I was taking care of him. By realizing the importance of caring for myself, I could focus on the positive aspects of caring for Roland. Caring for myself is the reason I am as healthy as I am today."

- Alzheimer's caregiver



Join us for the **Walk for Alzheimer's** to support free services for families living with Alzheimer's and dementia on Cape Cod. **All funds remain on the Cape.** Dance, eat, and celebrate your community. Everyone is welcome!

To register online go to www.alzheimerscapecod.org or call (508) 896-5170

- We provide free local services
- Care Consultations
- Support Groups
- Family Counseling
- Education
- Memory Screens
- Art, Music & Social Programs

The Alzheimer's Family Support Center, is a 501(c)3 nonprofit located at 2095 Main Street, Brewster, MA, 02631. Support services are available in every town on Cape Cod.

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Barnstable COA, Hyannis, MA 03-1143

VOLUNTEER OPPORTUNITIES | TRANSPORTATION

REPRESENTATIVE CROCKER



The First Friday of each month
December 6, January 3,
12- 1:30 pm

In order to provide better access, Representative Will Crocker is now holding office hours hear at the BACC. Come and talk!

ASK THE CHIEF



The first Friday of each month

December 6 , January 3,
11am-12 pm

Discuss your questions or concerns with Chief Sonnabend.

VOLUNTEER OPPORTUNITIES

Experience the emotional reward of volunteering by donating the gift of your time and talents to the Barnstable Council on Aging. We will work with your schedule, and training is provided for all positions. *All volunteers must attend a volunteer information presentation and complete an application and CORI.*

We currently have the following positions available:

Computer and Technology Device Tutors:

Most older adults have a keen interest in technology, but need a little help to learn! If you have a knack for computers and other technology (i.e. smart phones, tablets, etc.), please share that knowledge with an eager older learner.

Instructors: Have a special skill or interest you'd like to share or a special talent in music, arts and crafts, gardening or computers? Do you have special knowledge of a particular subject that you would like to share with others? Teach a class! You do not need to have a teaching background, just a passion for your subject.

Drivers: We need volunteer drivers for our Toyota Camry who have excellent driving skills and knowledge of the Barnstable area to drive older adults to appointments in the morning or afternoon. Training is provided.

For more information, please contact:

Donna Burns at (508)862-4753 or
donna-marie.burns@town.barnstable.ma.us

TRANSPORTATION

Our Transportation Program provides safe, affordable and accessible transportation to Barnstable residents age 60+ for medical appointments, grocery shopping, banking and visits to the BACC.

Hours: Monday-Friday, 9:30 am - 2pm

To schedule a ride call: 508-862-4752.

Suggested voluntary contribution: \$5.00 roundtrip.

Transportation is partially funded by a Title IIIB grant from the state Executive Office of Elder Affairs and the Federal Administration for Community Living, and is administered by Elder Services of Cape Cod & the Islands.

Thanks to the Cape Cod Regional Transit Authority and the Friends of the Barnstable Council on Aging for their support.



BOSTON HOSPITAL TRANSPORTATION

The Cape Cod Regional Transit Authority (CCRTA) provides comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston area hospitals Monday through Friday by reservation. The bus departs from the Route 132 Commuter Lot at Exit 6. off the Mid-Cape Highway (Route 6). Schedule your medical appointments between 10:00 a.m. and 2:00 p.m. The bus leaves Boston by 3:00 p.m. Reservations must be made 8:00 a.m. to 5:00 p.m., and no later than the weekday before you wish to travel.

Fare: \$30.00 round trip/\$15.00 one way.



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12/03 Foxwoods w/bonus package, \$35

12/05 Christmas in Newport-Visit 3 Mansions, \$65

12/08 New York City Holiday Shopping, \$85

12/11 Holiday Pops Boston-Matinee-First Balcony, \$105

12/14 Festival Ballet Nutcracker-PPAC-Matinee \$89/\$59

1/20 Encore Casino, \$35

2/09 Mean Girls-Boston Opera-Orchestra, \$145

2/14 Fiddler on the Roof-PPAC, \$110/\$75

2/22 Peabody Essex Museum-NEW Wing Open! \$65

3/21 Blue Man Group-PPAC, \$105/\$75

4/04 Jesus Christ Superstar-PPAC, \$110/\$75

4/05 Riverdance 25th Anniversary Tour-Wang, \$95

5/04 Art In Bloom at MFA \$69

5/31 Dear Evan Hansen-PPAC Main Orch., \$139

8/16 Donna Summer Musical-Boston, \$149

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Visit the Travel Desk at the Barnstable Senior Center for more information-Karyn is here Monday's 9-11 AM. Contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net - www.adventureswithkaryn.com - Mail payments to: P. O. Box 161, Centerville, MA 02632

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