LSVT BIG & LOUD FOR PARKINSONS
The LSVT BIG & LOUD™ program is a team approach using Occupational, Physical and Speech Therapy to successfully treat the motor symptoms of Parkinson’s disease. LSVT BIG & LOUD™ successfully treats the motor symptoms of Parkinson’s disease. The Pavilion Rehabilitation and Nursing Center offers this interdisciplinary approach using Occupational, Physical and Speech Therapy.

LSVT LOUD improves speech and vocal loudness:
- ALL patients report improved communication
- 90% of patients improve vocal loudness

LSVT BIG improves motor function:
- Faster walking with bigger steps
- Improved balance
- Improved trunk rotation

For more information regarding the LSVT Parkinson’s Treatment program available at The Pavilion Rehabilitation and Nursing Center, please contact Cindy Parker-Marney, Director of Admissions/Marketing at 508-775-6663 or Visit us at 876 FALMOUTH ROAD in HYANNIS Pavilionsg.com

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- New hearing aid fittings
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KINLIN GROVER REAL ESTATE
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!

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.
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"
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.

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.

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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### 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**

### 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 example 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**
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 Saunders'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

**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** 1/2-1/27 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

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
## 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**  1/3-2/10  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

#### Tai 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

#### Tai Chi Chih Beginner with Bruce
Tai 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

#### Tai 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 Qong 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
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
## 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*

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### 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*

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### 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*

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>1/9-1/30</td>
<td>10-11am</td>
<td>Free</td>
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### 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*

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<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>1/28</td>
<td>11am-12:30pm</td>
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## 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*

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<td>3-4:30pm</td>
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### 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*

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<th>Date</th>
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<tbody>
<tr>
<td>12/5</td>
<td>10-11am</td>
<td>Free</td>
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### 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.”

*Guide: Dianne Francis*

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<tr>
<td>12/5</td>
<td>1:30-2:30pm</td>
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### 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.

*Guide: Dianne Francis*

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<tbody>
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<td>1:30-2:30pm</td>
<td>Free</td>
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### 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*

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<th>Date</th>
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<tr>
<td>1/8</td>
<td>1:15-3:30pm</td>
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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: 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

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

TECHNOLOGY

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

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
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!

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

EVENING CLASSES

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

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Th 1/30 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

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.
 Instructors: 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!

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Instructor/Details</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td><strong>Italian Beginner Evening</strong></td>
<td>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 <em>la bella lingua!</em></td>
<td>Richard Surmach</td>
<td>$18</td>
</tr>
<tr>
<td><strong>Mah Jongg for the Beginner</strong></td>
<td>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. <em>Mah Jongg cards additional! $9 paid to instructor.</em></td>
<td>Anne M. Walther</td>
<td>$70</td>
</tr>
<tr>
<td><strong>Nathan's Circle</strong></td>
<td>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. Facilities: Richard W. Bickford, LICSW, and Kerry J. Bickford, Cape Cod Neighborhood Support Coalition Grandparent and Family Advocate.</td>
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<tr>
<td><strong>Portuguese For Beginners</strong></td>
<td>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</td>
<td>Marineti Matos</td>
<td>$36</td>
</tr>
<tr>
<td><strong>Restorative Pilates-Based Matwork – Mixed Levels</strong></td>
<td>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</td>
<td>Holly Silva</td>
<td>$36</td>
</tr>
<tr>
<td><strong>Senior Learning Network: An Introduction to Winemaking</strong></td>
<td>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.</td>
<td>Danny Wood</td>
<td>Free</td>
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<tr>
<td><strong>Tai Chi for Health</strong></td>
<td>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.</td>
<td>Holly Heaslip</td>
<td>$36</td>
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<tr>
<td><strong>Yoga, An Introduction</strong></td>
<td>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</td>
<td>Linda Lee Catalina</td>
<td>$36</td>
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<tr>
<td><strong>Yoga with Linda</strong></td>
<td>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</td>
<td>Linda Lee Catalina</td>
<td>$36</td>
</tr>
<tr>
<td><strong>Y12SR-Yoga 12 Step Recovery</strong></td>
<td>Working on creating a healthy and balanced life using a 12-step recovery program? Add this powerful holistic yoga program to your toolbox.</td>
<td>Lynnette Walker</td>
<td>$24</td>
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</table>
# 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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>11:15 am Line Dance</td>
<td>9am Zumba</td>
<td>9pm Interval Training</td>
<td>9:30pm Challenge 2</td>
<td>9:30pm Men's Challenge</td>
</tr>
<tr>
<td>12:30 pm Pilates</td>
<td>9:30pm Challenge 2</td>
<td>11pm Mudra</td>
<td>9:45pm TOPS</td>
<td>11am Dance for Joy</td>
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<tr>
<td>1pm Mindful Meditation</td>
<td>10:30pm Challenge 1</td>
<td>12pm Chair Yoga</td>
<td>10:30pm Challenge 1</td>
<td>1pm Friday Flix</td>
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<tr>
<td>2:30 pm</td>
<td>11:30pm Drums Alive</td>
<td>1pm Yoga</td>
<td>5pm Yoga Introduction</td>
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<tr>
<td>Chair Yoga L2</td>
<td>2pm Qi Gong</td>
<td>5pm Tai Chi for Health</td>
<td>5pm Guided Meditation</td>
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<tr>
<td>3pm Tai Chi Chih</td>
<td>3:30pm Tai Chi for Health</td>
<td>6pm Pilates</td>
<td>6pm Irish Sean Nos Dance Demonstration</td>
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<tr>
<td>3pm Chakra Yoga</td>
<td>5pm Yoga</td>
<td>6pm Dancercise</td>
<td>9am Crafters Sale</td>
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<tbody>
<tr>
<td>9:30am FBCOA Annual Mtg</td>
<td>1pm Paint Miniatures</td>
<td>10am Money Management</td>
<td>9am Crafters Sale</td>
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<tr>
<td>1pm Paint Sweatshirt</td>
<td>3pm Empowering Ourselves</td>
<td>1:30pm Author Talk: Clarice James</td>
<td>4:30pm Gardens Aglow</td>
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<tr>
<td>2pm Hands on CPR</td>
<td>2pm TED Talks: Sleep</td>
<td>1:30pm Italian Immigrant</td>
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<tr>
<td>2pm TED Talks: Sleep</td>
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<td>1:30 pm Washington Carver</td>
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<th>10</th>
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<tbody>
<tr>
<td>11am Travel Talk</td>
<td>1pm Cape Wildlife Center</td>
<td>10am Health Proxies</td>
<td>6pm Irish Sean Nos Dance Demonstration</td>
<td>9am Crafters Sale</td>
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<td>2pm Ancient Wisdom</td>
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<td>12:30 Holiday Luncheon</td>
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<tr>
<td>16</td>
<td>1:30pm SLN: Christmas with FDR</td>
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<td>17</td>
<td>2pm Labyrinth</td>
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<td>18</td>
<td>9am COA Meeting</td>
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<td></td>
<td>10:30am FBCOA Meeting</td>
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<td></td>
<td>2pm Healing Sounds</td>
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<td>19</td>
<td>10am Holiday, Acrylic Art</td>
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<td>2pm TED Talks Happiness</td>
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<tr>
<td>20</td>
<td>SLN: Christmas</td>
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<tr>
<td>21</td>
<td>11am                              Labyrinth</td>
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<tr>
<td>22</td>
<td>12pm                              Art Class</td>
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<tr>
<td>23</td>
<td>1:30pm                              Crane Hunt</td>
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<tr>
<td>24</td>
<td>2pm                              Scavenger Hunt</td>
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<tr>
<td>25</td>
<td>3pm                              Gardening Club</td>
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<tr>
<td>26</td>
<td>4pm                              Walk: Scavenger Hunt</td>
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<td>27</td>
<td>5pm                              Happy New Year</td>
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<td>28</td>
<td>6pm                              Cookout Party</td>
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<td>29</td>
<td>7pm                              Movie Night</td>
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<td>30</td>
<td>8pm                              Volunteer Night</td>
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<td>31</td>
<td>9am                              COA Meeting</td>
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<td></td>
<td>10am                              Holiday Art Class</td>
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<td>11am                              FBCOA Meeting</td>
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<td></td>
<td>12pm                              Healing Sounds</td>
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<td>9am Mind and Body Fusion</td>
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<td>2pm Qi Gong</td>
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<td>5pm Yoga Introduction</td>
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<td>5pm Yoga</td>
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<td>3pm Tai Chi for Health</td>
<td>2pm Qi Gong</td>
<td>5:30pm Yi2SR Yoga</td>
<td>5pm Guided Meditation</td>
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<td>5pm Yoga</td>
<td>3pm Tai Chi for Health</td>
<td>6pm Pilates</td>
<td>6pm Irish Sean Nos Dance</td>
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<td>5pm Tai Chi for Health</td>
<td>5pm Yoga</td>
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<td>5pm Tai Chi for Health</td>
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<td>6pm Dancercise</td>
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<td>9:30pm Men's Challenge</td>
<td>11am Dance for Joy</td>
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<td>11am Dance for Joy</td>
<td>1pm Friday Flix</td>
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<tr>
<td>10am Walk Snowy Owl</td>
<td>10am Face Your Face</td>
<td>2pm Labyrinth</td>
<td>2pm TED Talks: Health Care</td>
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<td>11:15pm Photography</td>
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<td>2pm Ancient Wisdom</td>
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<tr>
<td>1pm Tablet Support</td>
<td>9am COA Meeting</td>
<td>10am Hearing Screening</td>
<td>2pm New Year Celebration</td>
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<td>2pm Ancestry</td>
<td>10:30am FBCOA Meeting</td>
<td>2pm SLN: Mountain Men</td>
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<td>2pm Healing Sounds</td>
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<td>Event 2</td>
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<td>20</td>
<td>MLK Holiday—</td>
<td>11am Rehabilitation</td>
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<td>21</td>
<td>BACC is CLOSED</td>
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<tr>
<td>27</td>
<td>11am Walk Mashpee River</td>
<td>1pm Tech Help</td>
<td>2pm Repurpose Jewelry</td>
<td>2pm TED Talks: Common Ground</td>
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<tr>
<td>28</td>
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<td>5:30pm SLN: Winemaking</td>
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Please check the class description for start and end

**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**
OUTDOOR ADVENTURES

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?

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

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.

Real People.
Real Weight Loss.
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

<table>
<thead>
<tr>
<th>Income</th>
<th>Assets</th>
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<tbody>
<tr>
<td>Single</td>
<td>$34,890</td>
</tr>
<tr>
<td>Married</td>
<td>$50,808</td>
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<td>$60,196</td>
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<td>$82,751</td>
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</table>

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 that $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 or 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
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

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.

**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

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.
**WHY PRE-PLAN YOUR MEMORIAL?**

Like many things, costs will continue to increase, so locking in now is a wise decision. Yes, perhaps it’s a long way away, but all the more reason to get your plan together now. When you’re ready to get started, we’re here to help.

---

**THE COST OF LIVING KEEPS GOING UP.**

The cost of your funeral doesn’t have to.
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
Call today to connect with a
SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

There’s no cost to you!
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We’re paid by our partner communities

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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508 896-5170

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VOLUNTEER OPPORTUNITIES | TRANSPORTATION

REPRESENTATIVE CROCKER

The First Friday of each month
December 6, January 3,
11am-12 pm
Discuss your questions or concerns with Chief Sonnabend.

ASK THE CHIEF

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December 6, January 3,
11am-12 pm
Discuss your questions or concerns with Chief Sonnabend.

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.

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

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Fare: $30.00 round trip/$15.00 one way.
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1-866-664-2140 (TTY: 711)*

www.thpmp.org/sco

*Mon–Fri 8 a.m.–8 p.m. (Oct 1–Mar 31, 7 days a week, 8 a.m.–8 p.m.) Tufts Health Plan SCO is an HMO-SNP with a Medicare Contract. Enrollment in Tufts SCO depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only.


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12/9 Annual Holiday Luncheon
Diparma Italian Table
$20 - Reservation Required

2020 DESTINATION TOURS - PLEASE CALL FOR AN ITINERARY:

- 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

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 - Karynmwl@comcast.net - www.adventureswithkaryn.com - Mail payments to: P. O. Box 161, Centerville. MA 02632
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