

# THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER

FEBRUARY/  
MARCH 2020

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# WELCOME FROM THE DIRECTOR



Dear Friends,

I hope 2020 is off to a great start for you! As we embark on this new decade together, we hope that you will set new goals for yourself to live a more active, engaged, and purposeful life. We have a

wonderful array of classes and activities coming up in the next few months to help get you through the winter doldrums. Even if you don't want to sign up for a specific class, you are always welcome to come in, grab a coffee, and spend some time in the lobby enjoying reading the paper, playing a game, and meeting new people. It can be all too easy during the cold winter months to stay indoors but it's always good to get out and be active. Of course, we don't recommend going out during severe winter weather conditions. Please remember that if the Barnstable Public Schools are closed due to inclement weather, the BACC programs will also be cancelled.



Our cover picture for this issue features a fun "paint night" class that we offered recently, led by our fabulously talented art instructor Ann DesRoches. Pictured with Ann are Christine Kerwin and her granddaughter Paige, along with Pam Fantaroni and her

granddaughter Kate. We have another "paint night" coming up on February 20<sup>th</sup> - this is scheduled during school vacation week so it's the perfect opportunity for a fun and creative activity to do with your grandkids and create your own individual work of art that you'll get to complete and bring home! The theme for this class will be a flamingo on a tropical island – that will provide a good escape to help overcome the winter blues!

We've also got some fun social events and entertainment coming up, including a Valentine Tea on February 14<sup>th</sup> and the Friends of the Barnstable Council on Aging will host the always popular St. Patrick's Day Luncheon on March 17<sup>th</sup>. If you haven't attended the Annual Vietnam Veterans Recognition Ceremony in the past, I strongly encourage you to join us on March 27<sup>th</sup> for this truly moving and emotional event as the Cape Cod Vet Center invites our community to honor our local Vietnam Vets for their service and sacrifice.

Finally, I want to congratulate our longtime Outreach & Transportation Coordinator, Judy Redd, on her recent retirement. Judy was a dedicated Town of Barnstable employee and integral part of our team for the past two decades and wore many hats; in addition to overseeing our transportation program and her work in our Outreach Department, she also cooked for many of our special events over the years. It's a bittersweet time for us as we wish our longest serving staff member a well-deserved retirement. We know that she will be missed by many of the clients that she helped over the years. Thanks for everything, Judy, and may your new chapter bring many new opportunities and adventures your way!

Come thrive with us!

*Madeline*

Madeline Noonan, Director



*Best wishes for your retirement, Judy!*



# FRIENDS CORNER

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

## FBCOA

Hello Friends,

We had our Annual Friends of the Barnstable Council on Aging meeting which was well attended. Thank you for coming. I'll post old and new directors and officers on our bulletin board in the lobby for you. We presently have about 300 members. Those of you who signed up after October 2019 are good to go for 2020. Thanks to your membership and continued generosity, we have been able to help so many of our older citizens in Barnstable in 2019.



Did you know we have raised in excess of \$750,000.00 since 1994! Wow! Our popular Calendar Raffle is underway. We'll keep you posted on that.

Don't forget to renew your membership if you haven't yet. It means so much to so many.

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.

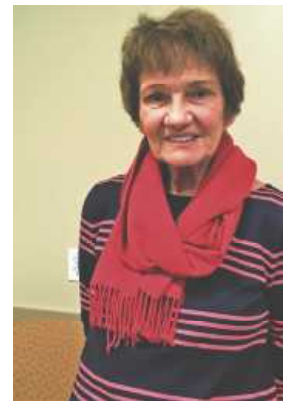
## MEET ANNA VALTSAKIS, OUR COMMUNITY CENTER OMBUDSMAN

Our ombudsman is an advocate and a spokesperson for Barnstable Adult Community Center participants and guests. The purpose of this volunteer position is to act as an intermediary for those who may have issues, suggestions, complaints, etc. with programs and/or functions within the BACC. This position originated here in Barnstable, and to the best of our knowledge, is the only center in the state to offer it, although other Councils on Aging have shown interest in how we've structured this volunteer position.

Anna Valtsakis is certified by the Commonwealth of Massachusetts as a Nursing Home And Rehabilitation Ombudsman, and brings these skills to us in order to be able to resolve your issues, should they arise. The Ombudsman will meet privately, usually by appointment, with such parties to hear the particular issue. Confidentiality is of prime importance.

Anna is a great listener! She will listen to the issues and concerns of our participants, and works with the Council on Aging and BACC staff to resolve any problems. She also educates parties regarding our guidelines for program participation, and the rules and regulations of the BACC.

Our Ombudsman holds a Master's Degree in Public Administration, and has worked extensively with seniors. She continues her ombudsman duties in the local long-term care community. She is also a valued member of the Barnstable Council on Aging Board, and is serving as this year's Vice-Chair. She can be reached through the front desk staff.



### KEEP IN TOUCH WITH THE BACC!

Front desk: 508-862-4750

Web site: [www.townofbarnstable.us/coa](http://www.townofbarnstable.us/coa)

Weekly E-newsletter: Ask to be added to the list: [judith.reppucci@town.barnstable.ma.us](mailto:judith.reppucci@town.barnstable.ma.us)

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



# CENTER INFORMATION

Hours | Registration



FEBRUARY/MARCH 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.

Thrive, 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](http://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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# ENRICHMENT

Arts & Crafts | Cooking | Culture & History

## ARTS & CRAFTS

### Loosen Up 2

With the success of the initial Loosen Up, we are offering part 2. We'll start by engaging in exercises that focus on impressions, move on to team work, then apply what you've learned. *Material fee of \$15 paid to instructor.*

Instructor: Ann DesRoches

Tu	2/4-2/25	3-6pm	\$60
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### Mandala Art, Create a Personal Image

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

Instructor: Michele Francoeur

W	2/12-3/18	5:30-7:30pm	\$60
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### Twist on Paint Night-Family Style

Bring the children, grandchildren, friends, and others to this fun, lively class. We'll be painting a flamingo! *Materials fee \$15 for two paid to the instructor. See page 3 for example of painting.*

Instructor: Ann DesRoches.

Th	2/20	3-6pm	\$20 Adult \$15 Child
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### Afternoon Sewing with Lorraine for Adults

Always wanted to learn to sew? In an informal coaching environment, you'll learn to use a sewing machine or pattern, get help with fitting or altering clothes or receive assistance with the project of your choice. Students use their own machines and materials. For more information, or if you don't have a portable machine, contact Lorraine at:

[lorrainefra@outlook.com](mailto:lorrainefra@outlook.com) or 508-362-3645.

*Enrollment limited to six and accepted in the order registered with payment.*

Th	2/20-3/26	1-4pm	\$40
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### Spring Flower Jewelry

Design colorful flowers made from polystyrene plastic shrunken and molded into shape using a heat gun and plaster mold. Combine them with assorted beads and wire to create beautiful jewelry.

Instructor: Kim Rumberger

Th	2/27	2-3:30pm	\$20
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### Acrylic Art for the Beginner Morning or Afternoon

In this class designed for the beginner and those in need of a refresher, students progress with an original work under the guidance of the instructor. New? Please ask for a materials list at the front desk.

Instructor: Susan Carey

Th	3/5-4/9	10am-12pm	\$60
Th	3/5-4/9	12:30-2:30pm	\$60

### Repurpose Old Jewelry, Create a New Design

Give new life to your stash of discarded jewelry and repurpose it into new pieces using embellishments and stringing materials. *Materials Fee \$10.*

Instructor: Kim Rumberger

W	3/25	2-3:30pm	\$10
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## COOKING

### Cooking with Marcia - Dueling Calzones

Join Marcia Raftery and choose a chicken, broccoli, pimento and homemade Boursin cheese calzone or a lasagna calzone with meat sauce and three cheeses. A delicious way to spend an afternoon!

Instructor: Marcia Raftery

Th	2/20	2-3:30pm	\$5
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### Brown Bag Cooking

Do you collect a Brown Bag? Want some ideas on preparing a delicious meal from the items in the bag? Join the culinary experts from the Cape Cod Extension Service for a few great meals.

Facilitators: Community Nutrition & Food Safety, Cape Cod Cooperative Extension

M	3/9	1:30-2:30pm	Free
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## CULTURE & HISTORY

### Artists of the Italian Renaissance (*Great Courses*)

Study masterpieces of the Italian Renaissance,. In this visually rich series taught by a renowned art historian, you'll also learn about Botticelli, Raphael, Titian and others. *No Class: 2/13*

Th	2/6-3/12	12:30-2pm	Free
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### St. Patrick - Myths & Legends

Saint Patrick is Ireland's most famous person, and there are many myths and legends associated with him. This course looks at the historical record based on available facts and accepted understandings. *No Class: 3/12*

Instructor: Sean Murphy

Th	2/13-3/26	9-10am	\$36
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# ENRICHMENT

Events & Entertainment | Exercise

## EVENTS AND ENTERTAINMENT

### Hearts & the Harp

Join harpist Katie Koglin performing love songs of the season from past to present.

W 2/12 1:30-2:30pm \$5

### Valentine Afternoon Tea

Celebrate the season of the heart! Wear red, enjoy a cup of tea and savor lovely desserts. Enjoy heartfelt music, and maybe even win a prize!

F 2/14 2-3:30pm Free

### FBCOA's St. Patrick's Day Luncheon

Enjoy a delicious corned beef meal with traditional Irish bread and lively Irish entertainment with Cape Cod band, *Celtic Roots*. Wear your favorite St. Paddy's green, and celebrate the Emerald Isle!

Tu 3/17 12-2pm \$15

### St. Patrick's Day Sing-A-Long with the Cape Cod Ukulele Club

What better way to celebrate St. Patrick's Day wearing of the green than with Cathy Hatch and the Cape Cod Ukulele Club? Wear your Paddy's Day attire and sing along to songs celebrating all things Irish.

W 3/18 1:30-2:30pm Free

### Cape Cod Vet Center - Vietnam War Veterans Day of Recognition

Vietnam Veterans Day commemorates the sacrifices of Vietnam

veterans and their families and is part of a national effort to recognize the men and women who were denied a proper welcome upon returning home more than 40 years ago. We welcome all Vietnam Veterans from the Cape and Islands to join us along with family, friends and veterans of all eras. This is a deserved day of remembrance and recognition hosted by the Cape Cod Vets Center.

F 3/27 1-3:30pm Free



## EXERCISE

### Academy of Lifelong Learning Presents Tango Argentine Style

Tango, the "walking dance," is not just a dance, it's a community. In this friendly beginner series, those new to Tango will learn the rhythms and step vocabulary. For those with some experience, this class will deepen your understanding of the dance, allowing you to look and feel smooth and elegant on the social dance floor. Pricing and registration at Academy of Lifelong Learning, (508) 362-2131 x4400  
Instructors: Mona Phillips and Terri Goldstein, Cape Cod Tango

W 2/5-3/11 3-4:30pm

### Adult Ballet for Beginners

Experience music and movement while learning the basics of Russian classical ballet. Geared for the beginner, this class focuses on simple barre and center training.

Instructor: Catherine R. Johnson

Th 2/6-3/12 1:30-2:30pm \$36

### Chair Support Yoga - Level 1

This gentle form of yoga may be done sitting on a chair or standing on the ground while using a chair for support. It's beneficial for those with limited mobility and increases strength, improves flexibility and reduces joint strain. The Level 1 class explores seated and chair-supported standing poses and movements, as well as breath work and meditation.  
Instructor: Tonya Cappucci

W 2/5-3/18 12-1pm \$42

### Chair Supported Yoga - Level 2

Taken the Chair Yoga class and feel ready to move to the next level? Level 2 includes seated, chair-supported and free-standing movements, with additional poses for balance and mobility. *No class: 2/17*

Instructor: Rebecca Coverdale

M 2/3-3/30 2:30-3:30pm \$42

### Chakra Yoga

Think of chakras as a blueprint for self-care. Channel more confidence, creativity, and joy to your life with an understanding of your body's energy centers. *No class: 2/17*

Instructor: Peg Stanton, Barnstable Town Nurse  
M 2/3-3/30 3-4pm Free



# ENRICHMENT

## Exercise

### Challenge Accepted! A Small Group Training Class

These classes for active people include cardio movement, free weights, interval, agility training, and more. Modifications can be made. **Level 1:** Slower paced and focused on technique and form. No floor work. **Level 2:** An advanced, faster paced class for those comfortable with training. *No class: 3/3, 3/17*  
Instructor: Liz Saunders, Certified Personal Trainer

Th (L1)	2/6-3/19	10:30-11:30am	\$42
Tu (L2)	2/4-3/31	9:30-10:30am	\$42
Th (L2)	2/6-3/19	9:30-10:30am	\$42

### Country Line Dancing

Love to dance and want to have a good time while you exercise? You'll be exhilarated by the short, fun dance routines you learn in this rollicking class! *No class: 2/17*

Instructor: Kim Benton

M	2/3-3/16	11:15am-12:15pm	\$30
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### 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	2/7-3/27	11am-12pm	\$48
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### Drums Alive with Maria

This stimulating experience designed especially for older adults uses rhythmical drum patterns to induce feelings of euphoria and improved mental awareness. *No classes: 3/3, 3/17*

Instructor: Maria Zombas

Tu	2/4-3/31	11:30am-12:30pm	\$42
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### Interval Training

This class alternates dancing to oldies with core and strength training. Some mat work may be involved.  
Instructor: Marcia Raftery

W	2/5-3/18	9-10am	\$36
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### Men's Challenge, A Small Group Strength/Cardio Training For Men Only

Enjoy today's hottest training styles and improve flexibility and balance in this very active class which focuses on strength training, cardiovascular intervals, agility and good form *No class: 3/3, 3/17*

Instructor: Liz Saunders, Certified Personal Trainer

Tu	2/4-3/31	10:30-11:30am	\$42
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### Mind & Body Fusion

Stretching, Reiki and chakra healing is incorporated in this fusion class that connects body to mind while improving mobility and flexibility. Bring a mat.

Instructor: Cindie Brennan

W	2/5-3/11	9-10am	\$36
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### Mindful Meditation

Take your brain on a vacation. Sessions include light stretching followed by a series of three guided meditations. You may sit in a chair or lay on a mat.

Instructor: Pete Cormier

M	3/2-3/30	1-2pm	\$24
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### 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.

Instructor: Peg Stanton, Barnstable Town Nurse

W	2/5-3/25	11am-12pm	Free
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### 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.*

Instructor: Holly Silva

M	2/3-3/23	12:30-1:30pm	\$42
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### T'ai Chi Chih-Beginner II with Debbie

T'ai Chi Chih is a moving meditation composed of soft, flowing, circular motions that bring about improved balance and calm, with many other health benefits. This class is for students with some experience and aims at refining and adding moves.

Instructor: Debbie McLister

Th	2/6-3/19	10-11am	\$42
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# ENRICHMENT

Exercise | Gardening & Environment | Games

## EXERCISE CONTINUED

### 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 who know all or most of the 19 moves. *No class: 2/17, 3/16*

Instructor: Bruce A. Childs

M 2/3-3/30 3-4pm Free

### T'ai Chi Chih for Men: Studying the Teachings of Justin Stone

Beginner students learn the principles of this peaceful, beneficial practice, focusing on the first six movements, and introducing Justin Stone's writings from his book, "Heightened Awareness: Towards a Higher Consciousness." Take this opportunity to improve physical balance and mental focus in a supportive environment.

Instructor: Bruce Childs

M 2/3-3/23 1:30-2:30pm \$36

### Tai Chi for Health with Holly-Beginner

Safe, relaxing and easy to learn. These movements lead to strength gain, balance improvement, and joint flexibility. Instructor: Holly Heaslip

Tu 2/4-3/24 3:30-4:30pm \$48

### Therapeutic Qi Gong

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

Instructor: Annemarie Lang

Tu 2/25-4/7 2-3:30pm \$36



### Yoga with Bonnie

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

Instructor: Bonnie Silva

W 2/5-3/25 1-2pm \$48

### Yoga Sampler

This is your opportunity to try various styles of yoga and see what best suits you. Explore different aspects of Yoga, such as Yoga Nidra, Crystal Bowls and Dao Yi (Taoist Yoga). You'll explore mindfulness, mudra, gentle movements, chair yoga and meditation/guided imagery.

Instructor: Lynnette Walker

Tu 2/4-3/10 3:30-4:30pm \$36

### Zumba Gold with Christina

A milder, gentler version of the original, Zumba Gold is a low-impact cardio workout designed for the beginner, the active older adult and individuals who require movement modification. *No classes: 2/18, 3/17*

Instructor: Christina Arabadzhieva

Tu 2/4-3/24 9-10am \$36

## GARDENING & ENVIRONMENT

### Ticks: "One Bite Can Change Your Life..."

Lyme disease is now considered to be a public health crisis, but tick-borne diseases are preventable. Learn the three-point protection plan: Protect yourself, protect your yard, protect your pet.

Facilitator: Larry Dapsis, Etymologist Cape Cod Ext.

Th 3/12 10-11am Free

## GAMES

### Board Game Extravaganza

Make new friends with Barnstable Girl Scout Troop 80095 as you join them for refreshments and board game fun here at the BACC. The scouts will provide games of their own for you to join — or bring your favorite and teach the girls!

W 2/26 3:30- 5:30 Free



# ENRICHMENT

Health & Wellness

## HEALTH & WELLNESS

### Aromatherapy Self-Care Series: Aromatherapy 101

Essential oils can enhance your daily living safely and sustainably. Learn about blends, strengths and application methods. *\$5 materials fee to instructor.*

Facilitator: K. Baker Aromatics and Reflexology  
W 2/5 1-2:30pm Free

### Cape Regency Program: Soup du Jour

Sample a few delicious soups as a nutritionist discusses the health benefits of soup.

Facilitator: Meagan Romeo  
Th 2/6 1:30-2:30pm Free

### Nutrition for a Healthy Brain

Review current knowledge on nutrition and other lifestyle choices which may improve cognitive health through lifestyle changes. Includes food lists, recipes and samples.

Instructor: Barbara Blackwell  
W 2/12-2/26 1:30-2:30pm \$20

### Health Talk: Men's Health

Learn about prostate, nutrition and other health issues specific to men.

Presenter: Kindred Health  
W 2/12 10-11am Free

### Aromatherapy Self Care Series: Facial Reflexology

Relax in a world of scent and touch as you learn to perform the basics of a facial reflexology session for yourself. Diffuse essential oil, listen to relaxing music and apply facial oil following a take-home chart. *\$5 materials fee to instructor.*

Facilitator: K. Baker Aromatics and Reflexology  
W 2/12 1-2:30pm Free

### Ancient Wisdom Circle

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

Facilitator: Peg Stanton, Barnstable Town Nurse  
W 2/12 & 3/9 2-3pm Free

### Healthy Sweets, Yes that's Right!

Sweep your Valentine off his or her feet! This cooking demonstration with a nutritionist and wellness educator gives you the skinny on enjoying sweet treats without guilt. Samples, recipes, and resources provided.

Instructor: Mazie Hollenbaugh, Acworth-Wellness  
W 2/12 2-3pm Free

### Green Nosh Cape Cod

This monthly meeting group explores healthy, healing benefits of whole foods and plant-based nutrition with pot lucks, food education, restaurant outings, guest speakers, good times and new friends.

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

### Chair Massage

Relax and enjoy a chair massage of your neck, shoulders, back and arms. You'll be seated fully clothed in a portable chair. *Appointment required*

Provider: Body Sense Day Spa, Hyannis  
Th & Tu 2/13 & 3/24 12:30-2:30pm 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 can be healing to the mind, body, and soul, inducing feelings of wellness and peace.

Facilitator: Kathleen Warren  
W 2/19 & 3/18 2-3pm \$5 Each

### Aromatherapy Self Care Series: Aromatherapy and Hand Reflexology

After a brief overview of reflexology and its benefits, you'll learn how to perform a reflexology session on your own hands, with an illustrated chart and written instructions to help you replicate this body-work at home. *\$5 materials fee to instructor.*

Facilitator: K. Baker Aromatics and Reflexology  
W 2/19 1-2:30pm Free

### Hands on CPR: A lifesaving technique you can do

The simple version of cardiopulmonary resuscitation – pushing hard and fast on the chest – can double a person's odds of surviving cardiac arrest. The method takes only 15 minutes to learn; take this opportunity to see how you can save a life.

Instructor: Vanessa Anderson  
Th 2/20 2-3pm Free

### Hear what you're missing!

#### Hearing Screening & Hearing Aid Clean & Check

In just 15 minutes you can make a difference in your quality of life every day. Have your hearing aids cleaned and checked and concerns addressed. *Appointment required.*

Program Host: Coastal Hearing Clinic Inc., Sandwich  
Th 2/20 1:30-3pm Free



# ENRICHMENT

Health & Wellness | Music

## HEALTH & WELLNESS CONTINUED

### Aromatherapy Self-Care Series: Personal Blends

The range of scents used to make a pleasing personal blend can be intimidating. Create your own blend and have more confidence in creating a scent that's right for you. *\$5 materials fee to instructor.*

Facilitator: K. Baker Aromatics and Reflexology  
W 2/26 1-2:30pm Free

### Health Talks: Gardening Season, Get Ready

Learn how to keep safe and healthy so you can enjoy the beauty and bounty of outdoor gardening.

Getting ready for the garden? Keep safe and healthy, so how to be safe moving outdoors.

Presenter: Kindred Health  
W 3/1 10-11am Free

### Nutritional Approach to Thyroid Health

The master gland of metabolism affects our energy, body weight and many other important functions. Review thyroid function, symptoms and contributors to thyroid disease, and incorporate a nutritional approach to thyroid health. Recipes and samples included.

Facilitator: Barbara Blackwell, CNS, PT, Nutritionist  
W 3/11-3/25 1:30-2:30pm \$20

### Eating to lower inflammation!

This cooking class explores food choices which may help alleviate pain and lower inflammation.

Handouts and Demonstration of multi-pots.

Speaker: Mazie Hollenbaugh, Acworth-Wellness  
W 3/1 2-3pm Free

### Indoor Labyrinth Lives:

Unique gifts come to you as you experience this "moving meditation." February's focus: The Power of Love." March's focus: March to Your Own Drum.

*Please wear socks and remove shoes.*

Facilitator: Labyrinth Lives  
F & Th 2/21 & 3/12 2-3pm Free

## LANGUAGES

### Conversational Spanish

Traveling or just want to learn Spanish? This beginner level discusses various themes, and focuses on conversation. *No class: 2/17*

Instructor: Diane Jones  
M 2/3-3/9 3:30-4:30pm \$30

### Italian Beginner, Intermediate, Advanced & Fluent

Whether you're a beginner or just need a little brush-up with *la bella lingua*, these classes will help you bring your language skills to the next level.

Instructor: Richard Surmach

Tu & Th	3/3-3/26		\$48
Beginner		1-2pm	
Intermediate I		2-3pm	
Intermediate II		11am-12pm	
Fluent		3-4pm	

### German Beginner

Become more fluent in conversational German.

Instructor: Richard Surmach

Tu & Th	3/3-3/26	12-1pm	\$48
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## MUSIC

### Ukulele for the Advanced Beginner

In this absolute beginner class, you'll tune your ukulele and play both scales and basic chords. Learn the basic eight chords, using the tuner, and scales. You're sure to enjoy learning from this experienced teacher as she shares the exhilaration of music. *No classes: 2/17, 3/16*

Instructor: Cathy Hatch

M	2/3-3/23	11:30am-12:30pm	\$36
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### Ukulele Intermediate

This class will take you to the next level. Learn to play an instrumental song and a three-chord song, and add new chords. This class is for players who are ready to learn more complex songs and chords. *No classes: 2/17, 3/16*

Instructor: Cathy Hatch

M	2/3-3/23	9:30-10:30am	\$36
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### 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 classes: 2/17, 3/16*

Instructor: Cathy Hatch

M	2/3-3/23	10:30-11:30am	\$36
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# ENRICHMENT

Health & Wellness | Outdoor Adventures | Programs & Lectures

**Sing for Joy Voice Group for Those with Parkinson**  
Help maintain vocal strength, build community through singing, and experience hope and joy through music. All who love to sing are welcome. *Funded by a grant from the Parkinson Support Network CC/American Parkinson Disease Assoc., tuition is free. Register at 508-362-2772*

Instructor: Joe Dudzinski, Cape Cod Conservatory  
Tu 2/4-5/19 11am-12pm Free

## Steel Drumming 101

Learn to play the Caribbean sound of Calypso on a steel drum. Drums provided; no experience needed. Instructor: Amy Hughes Willard

Th 2/6-3/12 4-6pm \$36

## Melody and Chords, Music on a Keyboard-Intro

Learn basic melody and chord skills for piano, organ or keyboard, or come in and practice. *Limited number of keyboards available for class; please bring your own if you have one. No class: 3/17*

Instructor: Dianne Carpenter

Tu 2/11-3/24 1:30-2:30pm \$36

## Tin Whistle Practice

Learn the basics of the traditional Irish "penny whistle" and several Irish tunes. Class may be graded into levels, but no previous knowledge of music is required. Bring a "D" whistle. *No class: 3/12*

Instructor: Sean Murphy

Th 2/13-3/26 10-11am \$36

## OUTDOOR ADVENTURES

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

### Walk the Track

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 own pace. *Meet at: Hyannis Youth & Community Center 141 Bassett Lane, Hyannis, MA*

Facilitator: Dianne Francis

Th 2/6-3/26 10-11am Free

### Walks with Barnstable Land Trust

*In collaboration with the BLT and their expert guides we offer the following programs:*

**Crocker Neck Ecology Walk** – Crocker Neck, Cotuit  
Facilitator: Susan Griffin & Barnstable Land Trust

F 2/21 10-11:30am \$5

**Eagle Pond Walk** with Barnstable Land Trust guide, Kelly Barber. *Meet at Eagle Pond off Rte. 28 and Putnam Rd, Cotuit (CVS on corner). (Rain date: March 24)*

Facilitator: Dianne Francis

Tu 3/10 10-11:30am \$5

## PROGRAMS & LECTURES

### Travel Club: A YEAR IN REVIEW

Join the Travel Club as we look back at our 2019 experiences and get a preview of 2020 adventures!

M 2/10 10-11AM Free

### Photography Lecture: Night Photography

This presentation on night photography covers urban photography (cities and buildings) and astrophotography (the Milky Way and star trails) with examples, camera settings and techniques unique to the night photographer. *Walk-ins welcome. \$5 Fee for non-Camera Club members.*

Speaker: Rick Branscomb

W 2/12 1:15-3:30pm \$5

### Untold Story of the Whydah

The pirate ship Whydah was wrecked off Wellfleet in 1717, taking with her a vast treasure. Learn about the lives of these 18th Century pirates and their treasures. *Meet at and pay \$17 admission fee to Whydah Pirate Museum, 674 Route 28, West Yarmouth.*

Facilitator: Dianne Francis

Tu 2/18 10:30am-12:30pm

### Hollywood Heads to the Polls: Films on Campaigns, Elections, Political Power, and Other Travesties

Our Hollywood history expert shares film clips and leads a discussion on how political dramas and comedies like *The Post* and *Vice* have raised civil issues as they keep us entertained.

Speaker: Frank Mandosa

Th 2/20 11am-12pm Free

# ENRICHMENT

Programs & Lectures | Technology

## PROGRAMS & LECTURES, CONTINUED

### Mick Carlon Talk - The Music of Billie Holiday

Listen to the incomparable "Lady Day," and enjoy a glorious hour of her music, from her first recording in 1933, to her last in 1959.

Speaker: Mick Carlon

F 2/21 11am-12pm Free

### The TV Guide Man

Take a pop culture walk back in time with old issues of TV Guide. Remember Uncle Miltie, Mr. Ed, Huntley & Brinkley, My Favorite Martian and Bonanza?

Speaker: Mike Richard

F 2/28 1:30-2:30pm Free

### Dark Origins of Nursery Rhymes – Part II

Our delightful and innocent nursery rhymes, coming from a more restrictive age, were originally darker and deadlier than we now take them for. Learn the original purpose of more of these timeless ditties!

Presenter: John Jope

M 3/2 11am-12pm Free

### Identifying and Avoiding Financial Scams

Keep your finances safe. Experts in fraud prevention and information security discuss financial scams impacting our community, how to best to protect yourself and what to do if you've been victimized.

Speakers: Taryn Wilson, Chris St. Aubin, Cape Cod 5

Th 3/5 2-3pm Free

### Travel Club: DESPERATE CROSSINGS

The Story of the Mayflower - Get ready to celebrate Plymouth's 400 year anniversary and learn about several events planned from P-town to Boston.

Facilitator: The Travel Club

M 3/9 10-11am Free

### Photography Lecture

Discover how High Dynamic Range for photos provides for more range of detail in highlights or shadows, similar to what our eyes see. *Walk-ins welcome. \$5 Fee for non-Camera Club members.*

Speakers: Bob Singer and Ken Wiedemann

W 3/11 1:15-3:30pm

### Talk All About Wine

To swirl or not to swirl? Have you ever wondered about certain wine etiquette, corking, smelling, storage and glassware? The former owner of a wine touring company will guide us through the intricacies of drinking, purchasing and pouring wine. Non-alcoholic wine will be available for tasting.

Speaker: Paul Gentile

Th 3/12 2-3:30pm \$10

### Genealogy, Getting Started

Learn how to use the many technology tools available to help you research your family tree.

Explore the use of libraries, Ancestry.com and more.

Facilitators: Cape Cod Genealogical Society

Th 3/19 1:30-2:30pm Free

### Emergency Preparedness: Are you ready?

Are you ready for snow, hurricanes, tornadoes, fire and power outages? This valuable program will help you prepare before disaster strikes.

Facilitator: Barnstable County Regional Emergency Planning Commission

W 3/25 11am-12pm Free

### Chatham Marconi Maritime Center

Did you know that "The World's Greatest Coastal Station" is right here on Cape Cod? Sited at the former Marconi-RCA Wireless Receiving Station built for Guglielmo Marconi in 1914, the Chatham Marconi Maritime Center celebrates the rich history of 20th century maritime radio and explores the innovative advances in science and technology which continue to transform our lives. A museum volunteer discusses the Center's history and its future on Cape Cod.

Th 3/26 1:30-2:30pm Free

## TECHNOLOGY

### Just Google it!

Everyone uses Google, but few users realize the true potential of its more than 25 separate free products covering almost every part of the computing experience. *You must have a Google account and bring your smart phone or tablet.*

Instructor: Paul Gentile

W 2/12, 2/26 & 3/11 11am -12pm \$10Each



# TED TALKS | SENIOR LEARNING NETWORK

## TED TALKS

### TED Talks: *Does body language shape who you are?*

Body language affects how others see us, but it may also change how we see ourselves. Power posing can boost feelings of confidence, and might have an impact on our chances for success.

Th 2/6 2-3pm Free

### TED Talk: Climate Change

*The Case for Optimism on Climate Change:* In this spirited talk, Al Gore asks powerful questions about man-made forces threatening to destroy our planet and the solutions we're designing to combat them.

*How the Military Fights Climate Change:* US Navy officer David Titley takes us from the catastrophe in Syria to the icy shores of Svalbard to show how the military approaches the threat of climate change, in a practical, nonpartisan take on climate preparedness.

*Why I Protest for Climate Justice:* At age 81, Jane Fonda is putting herself on the line for the planet. In a video interview with Fonda, she speaks about getting arrested multiple times during Fire Drill Fridays.

Th 2/27 2-3pm Free

### TED Talk: Comedy

*Kid President, I think we need a pep talk:*

Kid President commands you to wake up, listen to the beating of your heart and create something that will make the world awesome. This video from SoulPancake delivers a soul-stirring dose of inspiration that only a nine-year-old can give.

*Did you hear the one about the Iranian-American?*

A founding member of the Axis of Evil Comedy Tour, standup comic Maz Jobrani riffs on the challenges and conflicts of being Iranian-American.

F 3/13 2-3pm Free

### TED Talks: Travel

*To the South Pole and Back, the Hardest 105 Days of my Life:*

Explorer Ben Saunders set out to complete Captain Robert Falcon Scott's failed 1912 polar expedition to Antarctica. Saunders offers a raw, honest look at a mission that brought him to the most difficult decision of his life.

*The Mysterious World of Underwater Caves*

Explore the hidden underground waterways coursing through our planet and unlock the history of climate change.

*What's Left to Explore:* We've been to the moon, we've mapped the continents, and we've even been to the deepest point in the ocean. What's left for the next generation to explore? Almost everything.

F 3/27 2-3pm Free

## SENIOR LEARNING NETWORK

### Senior Learning Network:

#### Wolves 101

My, what big ears you have! Explore the world of wolves as we look at the physical and social adaptations they use to survive in their environment. All programs feature real-time observations of the International Wolf Center's resident wolves.

Facilitator: International Wolf Center

T 2/18 1:30-2:30pm Free

### Senior Learning Network:

#### Sea Turtle Rescue & Rehabilitation

Join us at a sea turtle rescue in Texas to learn about injuries and threats facing endangered sea turtles and what Sea Turtle, Inc. is doing to help. Speak with a marine biologist about ocean conservation and visit with live sea turtle patients.

Facilitator: Sea Turtle, Inc.

Th 2/27 1:30-2:30pm Free

### 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

W 3/4 1:30-3pm Free

### Senior Learning Network:

#### Lure of the West

Part geography and part mythology, the American West retains a powerful allure in popular culture.

Explore depictions of the people, lifestyles, and landscapes of the 19th century west to better understand this dynamic period of history.

Videoconference presenters show American artworks from the museum's collection using Green Screen. Through inquiry-based questions and discussion, presenters engage with participants as they explore artworks together.

Facilitator: Smithsonian Museum

W 3/18 1:30-2:30pm Free

LET US PLACE YOUR AD HERE.

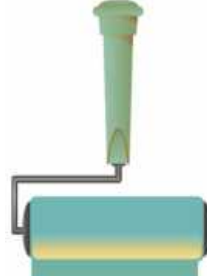
## FEBRUARY 2020 CALENDAR

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.

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 6:15pm Pilates	9:30pm Challenge 2 9:45pm TOPS 10:30pm Challenge 1 5pm Yoga Introduction 5pm Guided Meditation	9:30am Men's Challenge 11am Dance for Joy 1pm Friday Flix
3	4	5	6	7
		11pm Aromatherapy 101	1:30pm Soup du Jour 2pm TED Talks	11am Ask the Chief 12-1:30pm Rep. Crocker
10	11	12	13	14
10am Travel Club		10am Ticks Talk 10am Men's Health 11am Goggle It 1:pm Facial Reflexology 1pm Green Nosh 1:15 Photography Club 1:30pm Hearts & Harp 2pm Wisdom Circle 2pm Health Sweets	12:30pm Chair Massage	2pm Valentine Tea

17	18	19	20	21
Presidents Day Holiday BACC closed	10:30pm Whydah Talk 1:30pm SLN: Wolves	9am COA Board 10:30 FBCOA Board 1pm Aromatherapy Hand 2pm Healing Sounds	11a, Hollywood Talk 1:30 Hearing Screening 2pm Hands Only CPR 2pm Cooking with Marcia 3pm Twist on Paint Night	10am BLT Walk 11am Music of Billie Holiday 2pm Labyrinth
24	25	26	27	28
	5:30pm SLN: Aging with Wisdom	11am Goggle it 1pm Aromatherapy Blends 3:30 Board Game Extravaganza 5:30 Empowering Ourselves	2pm Flower Jewelry 1:30 SLN Sea Turtles 2pm TED Talks	1:30 TV Guide Man

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THAT SUPPORT OUR COMMUNITY







## MARCH 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 6:15pm 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	9:30am Men's Challenge 11am Dance for Joy 1pm Friday Flix
2	3	4	5	6
11am Nursery Rhymes II	10	1:30 SLN: George Washington Carver 2pm Financial Scams	2pm Financial Scams	11am Ask the Chief 12-1:30 Rep. Crocker
9	10	11	12	13
10am Travel Club 2pm Wisdom Circle	10am Eagle Pond Walk 11am Google it 10am Travel Club	10am Ticks 1pm Green Nosh 1:15 Photography Club 2pm Lower Inflammation 2pm Labyrinth	10am Ticks 2pm Labyrinth Lives 2pm All About Wine	2pm TED Talks

16	17	18	19	20
	12pm St. Patrick's Day Luncheon	9am COA Board 10:30 FBCOA Board 11:30am St. Patrick's Day Sing-a-long with CC Ukulele 1:30pm SLN: Lure of the West	1:30 Genealogy	
23	24	25	26	27
11	12:30 Chair Massage	11am Emergency Prep 2pm Jewelry	1:30 Marconi Center	1-3:30 Vietnam Veteran's Day of Recognition 2pm TED Talks
30	31			



# EVENING CLASSES

Classes are open to adults of all ages. Come try one!

## EVENING CLASSES

### AA Movie & Discussion

Join members of AA for a monthly movie and/or documentary relating to the history of Alcoholics Anonymous with a discussion to follow.

Facilitator: AA

Tu 2/15 & 3/24 7pm Free

### Dancercise with Brandy

This after-work aerobic dance break is a gift to yourself. Improve your cardiac health and enhance coordination and balance. Have fun and dance!!

No Class: 3/3

Instructor: Brandy Carter

T 2/4-3/24 6:15-7:15pm \$42

### Empowering Ourselves

Independence House shares this program with the BACC to bring light to elder abuse awareness. The program includes videos on elder abuse with discussion to follow 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 2/26 5:30-6:30pm Free

### Guided Meditation

Meditate and relax under the guidance of a trained professional. Comprised of music and instruction, this self-care interlude is beautiful way to end your day.

Instructor: Cynthia McNeely.

Th 2/6-3/26 5-6pm \$48

### Irish Sean Nos Dance Workshop

New and experienced dancers are welcomed in learning basic steps in the Irish Step Dance tradition, with emphasis on the Sean Nos (old style) form of Irish Dance. This percussive form has become popular in the dance world and allows for personal expression in creating your own style.

Instructor: Holly Silva

Th 2/13-3/19 6-7pm \$60

### Italian Beginner Evening

Beginner or just need a little brush-up? Bring your language skills to the next level; everything sounds better in la bella lingua!

Instructor: Richard Surmach

W 3/4-3/25 5-6pm \$30

### Kind Yoga for Every BODY with Jayne

Breathe, stretch, balance and move while honoring your physical ability and personal expression of yoga. All levels welcome.

Instructor: Jayne

Th 2/6-3/19 6-7pm \$42

### Mah Jongg for the Beginner

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

Instructor: Anne M. Walther

W 2/25-03/31 4-6pm \$70

### Mandala Art, Create a Personal Image

Learn simple watercolor techniques and create stunning watercolors in the symmetrical geometric design known as Mandala, a circular spiritual symbol from Buddhism and Hinduism.

Instructor: Michele Francoeur

W 2/12-3/18 5:30-7:30pm \$60

### Melody and Chords, Music on a Keyboard-

#### Introduction

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

Instructor: Dianne Carpenter

W 2/12-3/18 5:30-6:30pm \$36

### 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 culture.

Instructor: Marineti Matos

Tu 2/4-3/24 5-6pm \$48

### 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.

Instructor: Holly Silva

W 2/5-3/18 6-7pm \$42



# EVENING CLASSES | CLUBS & GROUPS

## Senior Learning Network:

### Heart of Aging with Wisdom

Aging well is something we can learn, a bit like crossing the street. We need to know when to look forward, when to look back, and what to look for along the way. This free webinar introduces an inviting new opportunity for supporting the health and wellbeing of the older adults you serve. *Co-sponsored by Senior Learning Network (SLN) and Sage-ing International (SI).*

Presenters: Rosemary Cox, Al Rider, Sage-ing Int.  
Tu 2/25 5:30-6:30pm Free

### Tai Chi for Health-Evening

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

Instructor: Holly Heaslip

T 2/4-3/24 5-6pm \$48

### 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.

Instructor: Linda Lee Catalina

W 2/5-2/26 5-6pm \$24

### 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. Increase your range of motion and flexibility through gentle movements.

Instructor: Linda Lee Catalina

Tu 2/4-2/25 5-6pm \$24



*Our thanks to the Massachusetts Military Support Foundation, which delivered Coats4Vets to the BACC.*

## 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, and more

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

Medicare | Telephone Reassurance

## SHINE: TURNING 65 OR RETIRING?

Are you about to turn 65 in the next three to four months?

Did you know that you have to look into Medicare now, even if you're not planning to collect Social Security benefits or intend to keep working at a job where you have insurance? If you are working or getting ready to retire, it's important to know your insurance options and how to proceed.

SHINE volunteers are trained counselors who will help you make choices and connect you to the insurances you need.

To set up an appointment with a SHINE counselor to review your choices, call the Barnstable Adult Community Center at 508-862-4750.

## TELEPHONE REASSURANCE

Families are living so far apart now; wouldn't it be a comfort to have a friendly voice call and check to make sure you're safe and well at home?

If you live alone and are a little concerned, there's a great program for you called Telephone Reassurance. Here's how it works: On Monday through Friday mornings, someone will call to make sure you're up and about for the day. If you don't answer the morning call after a few tries, we'll send an outreach worker to your house to make sure you're okay and to follow-up with whatever steps may be necessary. This program will provide you with additional security.

For more information about the program, call the Support Services Department at the Barnstable Adult Community Center at 508 862-4750.



# 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.

If your last year's 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.



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newsletter emailed to you at  
*[www.ourseniorcenter.com](http://www.ourseniorcenter.com)*





# BACC HAPPENINGS | TRANSPORTATION

*We had a great time at our annual Holiday luncheon! Liz Saunders' performance was delightful — and she really got her exercise in with "The 12 Days of Christmas!"*



## 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. The suggested voluntary contribution is \$5.00 roundtrip.

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

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

*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 from Cape Cod to Boston area hospitals Monday through Friday by reservation. Fares are \$30 round-trip/\$15 one-way

The bus departs from the Route 132 Commuter Lot at Exit 6. off the Mid-Cape Highway (Route 6). Schedule your medical appointments between 10am and 2pm. The bus leaves Boston by 3pm. Reservations must be made 8am. to 5pm, and no later than the weekday before you wish to travel.

Call 1-800-352-7155 (option 1) to schedule a ride.



*Santa got in on Liz's act with lots of holiday spirit!*

*Town councilor, Matthew Levesque gave it his all for "Five golden rings!"*



*Lots of friendly conversation, good food and dancing — we always have a great time at the BACC!*

# 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.**



*Jack, Dave and Ed greet  
Cape Cod Massachusetts Military Support  
Foundation volunteers distributing Coats4Vets  
to our Adult Day Program veterans.*

We gratefully acknowledge and thank the Friends of the Barnstable Council on Aging for their ongoing and generous support of the Barnstable Day program.

## 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, 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, 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, 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 & fourth Wednesday of the month, 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, 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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Barnstable COA, Hyannis, MA 03-1143

# COMMUNITY NEWS

2020 U.S. Census | Barnstable Neighbor to Neighbor (BN2N)

## 2020 U.S. CENSUS

### Stand Up! Be Counted!

Are you a snowbird heading south for a while? If yes, did you know that your information should be counted at the address where you live and sleep the most? If you live here on Cape Cod for most of the year, you need to fill out the census form for your Massachusetts address.

### Census data affects our community.

The data determines federal funding to Medicare and Medicaid, MassHealth, our local health center programs — and for our community's social and support programs for older adults.

The data collected by the U.S. Census will determine our political representation for the next ten years at local, state and federal levels.

### Did you know?

- *Data is for statistical purposes only.*
- *Your responses will not affect your property tax or insurance premiums.*
- *You may fill out the census online, over the phone, or with the traditional paper form.*
- *The information is strictly confidential and is not shared with any federal or state agency.*
- *The Census Bureau will never ask for your Social Security number, bank account number or money of any kind.*



## 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 organization, 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](mailto:fblowrie@gmail.com)

To volunteer: please email Chris Meade, [cameade@comcast.net](mailto: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](http://www.alzheimerscapecod.org)  
or call **(508) 896-5170**



- We provide free local services
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- Support Groups
- Family Counseling
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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

# ONGOING | LGBT CORNER

## REPRESENTATIVE WILL CROCKER



**The First Friday of each month**  
February 7, March 6, 12-1:30 pm  
In order to provide better access, Representative Will Crocker holds office hours here at the BACC. Come and talk. Unable to attend but wish to meet with the representative? Email chief of staff, Kaitlin Wright, at [kaitlin.wright@mahouse.gov](mailto:kaitlin.wright@mahouse.gov)

## ASK THE CHIEF



**The first Friday of each month**  
February 7, March 6, 11am-12 pm  
Discuss your questions or concerns with Chief Sonnabend and meet our new Barnstable Police Department liaison, Cailin White.

## HEALTH AND WELLNESS

### 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? See how the program can help you on your journey to a healthier you!



Thursdays

Weight-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 which offers support, friendship and fun in a non-competitive setting.*

## LGBT CORNER

### WHAT IS THE MID CAPE LGBT OLDER ADULTS 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. Events feature delicious food and different types of activities: from dances to game nights, holiday celebrations to speakers, with something for every interest.

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.

If you are a 50+ LGBT older adult and 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 on upcoming events, or to join our 100% confidential list for updates on events, call Donna @ (508) 862-4753 or email her at [donna-marie.burns@town.barnstable.ma.us](mailto:donna-marie.burns@town.barnstable.ma.us)





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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

## 2020 DESTINATION TOURS - PLEASE CALL FOR AN ITINERARY:

5/17/20 Great Trains and Grand Canyons \$2,695, 9/26/20 Taste of Iceland with CIE Tours \$2,399 land (air available 11/15/19)

11/20 Discover Cuba People to People \$3,749, September 2021 Italian Sojourn Viking Ocean Cruise - Deposit now while space available!

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

## REX SOX 2020 Tickets On Sale Now!

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