

THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER

*Happy
Summer*



July/ August 2025

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Sail Cape Cod Field Trip August, 2024

CENTER INFORMATION

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JULY/ AUGUST 2025

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

Hours: Mon-Fri 8:30 am-4:30 pm

Phone: 508-862-4750

Web site: www.townofbarnstable.us/coa

To connect to our free Wi-Fi, check your settings and click on **TOBWIFIGUEST** **Stay in touch!**

CONSTANT CONTACT- Stay connected with the happenings at the BACC. Sign up for Constant Contact today and receive e-mails keeping you in the know for special events and happenings. Contact **Maureen Vetter** at (508)862-4750 ext. 4754 or e-mail **Maureen.Vetter@town.barnstable.ma.us**

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. Any questions or suggestions in regards to **Thrive**, please call or e-mail **Jacqi Easter** (contact info noted at right).

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.

COA STAFF DIRECTORY

Kelly Howley - Director (ext. 4753)
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Robert (Bob) Packard - Bus Driver
William (Bill) Deitsch - Bus Driver

The best summer memories are the ones that make you smile long after the sun has set.



MESSAGE FROM THE DIRECTOR, KELLY HOWLEY



Hello All,

The long-awaited summer season is now in full swing here on the Cape! We are happy to see so many of you enjoying the outside spaces at the BACC. Our main floor deck is a sunny spot with tables, umbrellas, beautiful flower boxes and a picturesque view of Dunn's Pond.

On the lower-level patio, we also have café tables with umbrellas and a cozy couch set. We also have a couple of picnic tables on the grassy area under the flagpole, on the side of the building. If you haven't had a chance to enjoy these areas yet, we encourage you to bring a book or meet a friend and spend some time outdoors!

We recently enjoyed our Summer Kickoff Picnic Luncheon. It was a fun and festive day, with sandwiches catered by The Little Sandwich Shop, Ice Cream Sundae's provided by The Pavilion and musical entertainment by our very own Ukelele Club! In June, we had a special visit from a talented group of kindergarteners from the Barnstable Community Innovation School who performed a repertoire of patriotic songs for our patrons. They were all decked out in red, white and blue and did a wonderful job of singing the fun songs we all know and love! During the months of May/June the center was packed with patrons attending our many classes, workshops, events & programs. A sampling of our newest and established program offerings this Spring were: Spring Art Reception showcasing our own BACC painting students, Veterans Café, Terrapin Talk by Barnstable Marine & Environmental Natural Resources, Terrapin Release Field Trip to Sandy Neck Beach, Decorative Wood Painting with Irene, Nutrition Talks with Tara, Red Sox Opening Day Festivities, Fire Safety by Hyannis Fire Dept., Scam Talks and Coffee with a Cop with the members of the Barnstable Police Department, Cornhole Mondays & Field Trip to Barnstable County Correctional Facility.

We have a variety of informational, educational and social programs planned this summer, so be sure to read through this issue of Thrive, for a full schedule and details on upcoming programs and events. I wanted to give a shout out to our BACC Assistant Director and Editor of Thrive Newsmagazine, Jacqi Easter, she does such a fabulous job developing,

organizing departmental content and finding new and relevant content for each bi-monthly issue! Thank you Jacqi for always making Thrive look so amazing! Thank you also to our BACC team members for contributing content, proofreading, preparing Thrive for mailing and assisting with getting issues into our patrons' hands and mailboxes! We have a fabulous crew here at the Barnstable Adult Community Center and we are all grateful for your patronage!

We hope to see you soon and that you all have a safe and happy Fourth of July!

Be well,

Kelly



Sept/ Oct Coming Attractions-

Let's Talk About It!- "Given the right framing, a "difficult" conversation does not need to be difficult. It can be liberating. It can even be transformative."- Michael Hebb author of **Let's Talk About Death Over Dinner.**

In October, we will be offering two programs to help start these conversations using his book.

Let's Talk About Death Over Dinner Book Discussion

Let's Talk About Death Over Dinner Community Luncheon

Our facilitator for both of these programs will be Cheryl Botieri, MS, an End-of-Life Educator, Family Support Specialist, and End-of-Life Doula. The Massachusetts Councils on Aging (MCOA) is graciously sponsoring the facilitator for these two programs through their Strengthening End-of-Life Conversations Initiative. (We will have books for those who participate.)

In September- Oysters Shellfish Presentation with the Town Marine & Environmental Affairs Department

In October- Joy of Nature: New England Nature, Backyard Mammals Presentation

The Sinking of the Whaleship Essex Presentation with Robert Kucharavy from the Nantucket Historical Society
Candle Making Class

Old Ladies Against Underwater Garbage (OLAUG) Presentation
Halloween Café!

COA BOARD | FYI...

BARNSTABLE COUNCIL ON AGING BOARD



The **COUNCIL ON AGING (COA) BOARD** is one of many municipal Boards and Commissions in the Town of Barnstable. Working closely with the Town's Council on Aging Division, our mission is to advocate for and meet the needs of older people residing in the Town of Barnstable.



We meet at the Barnstable Adult Community Center the **third Wednesday of each month at 9 am**, and invite members of the public to join us. We welcome ideas, questions and particularly suggestions to identify the unmet needs of the Barnstable older population. 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 at each meeting.

Meeting dates are

No meetings scheduled for July or August.

Please feel free to join us in September!

The Friends of the Barnstable Council on Aging organization has dissolved. Thank you for supporting BCOA programming for thirty years!

Town of Barnstable Veteran/Senior Tax Work-Off Program



The Town of Barnstable Veteran/Senior Tax Work-Off Program is an opportunity for residents over the age of 60 to reduce their real estate tax bill by volunteering with Town Departments. The property tax credit, minus any required withholdings, will be applied to the participant's real estate tax bill.

Requirements Include: Must be 60 years of age or older, reside in Barnstable at the property where tax relief is sought and be the homeowner, spouse of the owner or trustee of the property.

Applicants will be matched to a department based on interest, skill set and availability.

Registration Dates: May 1 – June 30, 2025

Volunteer Start and End Dates: July 1, 2025 – June 30, 2026

This program is close to capacity, but a few spots remain. Please contact Mary Taylor directly to discuss.

Applications may be picked up at Town Hall, the BACC, the HYCC or online. Please mail completed applications to the BCOA, Attn: Tax Work-Off Prog., 825 Falmouth Rd., Hyannis, Ma. 02601.

Please call **Mary Taylor at 508-862-4750 ext. 4759** with any questions.

Important News from the Cape Cod Regional Transit Authority (CCRTA) *We're goin' your way!*



SmartDART Access Line-

The **SmartDART Access Line** is now available to make booking rides easier for everyone. (Thanks to a Grant made available by MassDOT) Whether you're learning how to use the **SmartDART** app or just need a little extra help, we've got you covered.

Call us at **(508)418-3278** for one-on-one support—we will walk you through the app or book your ride for you.

SmartDART is here to make getting around simple, and the Access Line is here to help you every step of the way.

Fare-Free Program-

Starting June 21, **all CCRTA fixed-route buses will be fare-free for everyone!** No pass or ID required, just hop on and ride.

If you're 60 or older, we still encourage you to apply for a **GoCard**. This card provides discounted rates on our **DART** (Dial-A-Ride Transportation) service, which is not included in the fare-free program.

REGISTRATION INFORMATION

REGISTRATION INFORMATION FOR ALL ACTIVITIES & PROGRAMS

****Please note that registration is required for all classes, events and programs****
All programs held at the BACC, unless otherwise noted.

How to Register-

*In person at the BACC, Monday – Friday from 8:30 am- 4:00 pm

*By phone: at (508)862-4750 during normal business hours. Credit card payment required.

*By mail: BACC, 825 Falmouth Rd., Hyannis, MA. 02601

*Online: at www.myactivecenter.com. Credit card payment required.

Payment Methods-

*Check (payable to the Town of Barnstable)

*Cash (in person only)

*Credit card (VISA, MasterCard, Amex)

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

Inclement Weather Policy- If the Barnstable Public Schools are closed due to inclement weather, classes, events, and transportation at the BACC will be canceled, but the center will remain open unless the Barnstable Town Hall is closed. Also, if the schools open two hours late, our programming also begins two hours late and programming during those early hours is canceled.

Classes/ events may be canceled due to low enrollment up until the day of event.

If you have registered for a class that is subsequently canceled, you will be issued a refund check.
Please be advised that refunds may take up to a month to process.

No refunds will be issued once a class has begun.

Any questions, please contact **Maureen Vetter** at (508)862-4750 ext. 4761 or e-mail
Maureen.Vetter@town.barnstable.ma.us

FYI...



When Staff from the BACC call you from the center, your Caller ID will likely show a **(508) 790-** number and may be labeled **Probable SPAM/ Barnstable**. If on a cell phone, you can not reach us by tapping that missed call. **You need to call our main number (508)862-4750**. We repeatedly urge people to be cautious with accepting calls from unknown parties, but want to be sure to connect with you when you have a question or assistance is needed.



If when at the BACC you leave a pet in your car, please inform Samantha at the Front Desk when you arrive so we know who to contact should a concern arise.



Please be sure to swipe your key tag card at the front desk every visit. If you do not have a card or have misplaced your card, please speak with someone at the front desk to obtain one or replace. By signing in each time you visit the BACC for a program or a service, you are helping us keep track of attendance, which in turn helps the COA qualify for various grants and to know which programs are popular.



Let Us Help You Navigate the Summer... Take the Bus!

Tues. Wed. & Thurs.
9:00 am– 2:00 pm

Doctors Appts? Shopping? Out to Lunch?
Monthly trips to Walmart & Market Basket. Out of town medical appointment rides on a limited basis.

Available for Barnstable residents 60+and disabled residents.

Rides need to be booked in advance and are scheduled first come, first serve.
Free service, but suggested donation.

Call Jen at (508)862-4750 x 4752

HAPPENINGS AROUND THE BACC



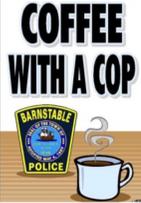
Please join us the **first Wednesday** of every month at **9:00 am** for

Coffee with a Cop

Wed. July 2 / Wed. August 6

Members of the Barnstable Police Department will be here to answer questions or discuss a concern you may have. Have a coffee, ask a question or just take the opportunity to chat.

Thank you to The Pavilion Rehab & Nursing Center for providing refreshments.



ASK THE NURSE

Barnstable Town Nurse Peg Stanton

will be at the BACC

**every Wednesday
9:00- 11:00 am**



to conduct blood pressure screenings, answer all your health questions and concerns and provide information and resources.

Thursday Lunch

The BCOA is thrilled to have partnered with the **Family Table Collaborative** to provide a healthy lunch for patrons on Thursdays. The menu changes weekly and gluten-free, vegetarian and vegan options are available.

Lunch is from 11:45 am– 1:00 pm and there are 25 seats available. Cost is \$5.

To sign up, please call **Samantha at (508)862-4750**

Barnstable Sewer Expansion Informational Session

The Barnstable Department of Public Works invites interested individuals to attend an informational session outlining the sewer connection process and the financial resources available to property owners.

**Wednesday July 16
6:00 pm at the BACC**



Our Diamondback Terrapin Tortellini was returned to Sandy Neck Marsh. A nice group attended his release on a beautiful day.



Kick-Off to Summer Picnic with the Cape Cod Ukulele Club. Always a fun time!



Songs with the Barnstable Community Innovation School Kindergartners always a favorite event at the BACC!



The DPW Team provides important Sewer Expansion information. Next presentation is Wed. 07/16 at 6:00 pm



ENRICHMENT PROGRAMS

Art | Language | Dance | Exercise

ART-

Acrylic Painting for the Advanced. This step-by-step class in acrylics is designed for the person who has taken previous classes. Students do progressive work each week to complete an original piece of art under the guidance of the instructor. Once registered, a material list will be e-mailed to you, so you may purchase your supplies before the first class.

Instructor: Susan Carey

Th 07/17- 08/14 10:00 am- 12:00 pm \$62.50

Acrylic Painting for the Intermediate. This step-by-step class in acrylics is designed for the person who has some painting experience. Students do a progressive work each week to complete an original piece under the guidance of the instructor. Once registered, a material list will be e-mailed to you, so you may purchase your supplies before the first class.

Instructor: Susan Carey

Th 07/17- 08/14 12:30- 2:30 pm \$62.50

LANGUAGE-

Intermediate Spanish. This is a class for those who have completed Beginner Spanish. (Not for advanced Spanish speakers) Classes only on Mondays this session.

Instructor: Rona Garfield

M 11:00 am- 12:00 pm No class July/ August

Beginner Spanish- This is a class for the true beginner or those who may need a review. (Not for advanced Spanish speakers) Classes only on Mondays this session.

Instructor: Rona Garfield

M 12:15- 1:15 pm No class July/ August

As with all fitness programs, please be advised to use common sense. To avoid injury, check with your doctor before beginning any fitness program. By performing any exercises, you are doing so at your own risk. The BCOA /BACC will not be responsible or liable for any injury or harm sustained as a result of our fitness programs.

DANCE & EXERCISE-

Adult Ballet

Calling all adults who have always wanted to dance ballet! This class is based on the Vaganova Russian method, with a focus on balance, coordination and musicality, and lessons are adapted for all abilities. Catherine believes that dance enriches our lives and is beneficial for all ages. **No class 07/15**

Instructor: Catherine Johnson

Tu 07/01- 08/12 12:15- 1:15 pm \$36

Country Line Dancing

If you love to dance and want to have a good time while you exercise physically and mentally, this is for you. Come join this rollicking group for extraordinary fun while learning short dance routines.

Instructor: Kim Benton

M 07/21- 08/25 9:30- 10:30 am \$36

Drums Alive

This fitness experience for all levels and ages stimulates the heart, mind, and body. It gets you moving to the music, drumming, dancing, and having fun!

Instructor: Maria Zombas

Tu 11:00 am- 12:00 pm No class July/ August

Dance Core & More!

Have all the fun of a dance class and strengthen your core. Easy to follow, dance with intervals of core work for stability, balance and posture.

Instructor: Marcia Raftery

W 10:00- 11:00 am No class July/ August

Chair Exercise with Marcia

You really can benefit from great exercise while sitting. Get moving and dancing from the comfort of your chair. There are no weights or mat work – just fun!

Instructor: Marcia Raftery

M 07/21- 08/11 10:15- 11:15 am \$24

Fit and Trim Strength Training

Would you like to reduce body fat, increase muscle mass and burn calories more efficiently? Strength training to the rescue! Please bring a mat for floor work.

Instructor: Marcia Raftery

Th 07/24- 08/14 10:00- 11:00 am \$24

Stretch It Out for Flexibility

If, as we age, and do not continue to move we become less flexible. Gain flexibility with this class. So stop gumming up areas of the body and stretch. This class will gently work all muscles, joints, and connective tissue allowing for a more released and flexible body. Bring a mat, towel and thera-band.

Instructor: Holly Silva

W 8:45- 9:45 am No class July/ August

F 8:45- 9:45 am No class July/ August

Restorative Mat-work- Pilates

This class targets a better understanding of proper joint alignment and muscular balance. Together we can restore strength and flexibility and avoid present and future pain. The mat-work series is based on the principles of Joseph Pilates. Bring a mat, thera-band, towel and tennis ball.

Instructor: Holly Silva

Th 8:45- 9:45 am No class July/ August

ENRICHMENT PROGRAMS

Fitness | Yoga | T'ai Chi Chih | QiGong | Technology

**** NEW ** Zumba Gold with Rita-** A low impact, fun filled cardio fitness program that combines latin-inspired and international tunes. Great for Beginners or music lovers of all ages and fitness levels Rita is new to the BACC so we have scheduled two free introductory classes.

Instructor: Rita Vazquez- Torres

W	07/30	10:15- 11:15 am	Free
W	08/20	10:15- 11:15 am	Free

Osteo Exercise Program

Sponsored by Elder Services of Cape Cod & the Islands, we are happy to continue to offer this program. Trained volunteers lead exercise classes for people who have been diagnosed with osteoporosis or who are at risk of developing osteoporosis according to their physician. The exercises are designed to help maintain and increase strength, flexibility, balance and function. Interested individuals are asked to discuss program with physician prior to joining. **Please contact Sarah Franey , ESCCI Community Services Director at (508)394-4630, to register. No class 07/04, 07/11, 08/01**

M, W, F on-going 8:45 am- 9:45 am Free

Yoga with Bonnie

Come and enjoy a gentle Hatha Yoga experience. A class of stretching, movement and breathing techniques, finishing with a relaxed meditation. No experience necessary.

Instructor: Bonnie Silva

W	07/16- 08/20	1:00-2:00 pm	\$36
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Chair Yoga with Cindy

Chair yoga is a general modification of yoga poses, so that they can be done seated. Boost your confidence of movement, increase energy and allow yourself to relax. Learn breathing techniques and physical movements to strengthen your body and mind in this class designed for all.

Instructor: Cindy McNeely

Th	07/17- 08/28	1:00- 2:00 pm	\$42
Th	07/17- 08/28	2:00- 3:00 pm	\$42

T'AI CHI CHIH & QIGONG-

T'ai Chi Chih—Beginner 1

This class is designed so students who have completed a Beginner 1 class can move on. The class will perfect and polish movements that have already been taught. It will also teach all the movements not covered previously. There will also be an emphasis on understanding and practicing the principles of T'ai Chi Chih.

Instructor: Bonnie LeBlanc, Accredited TCC

Tu 9:45- 10:45 am No class July/ August

T'ai Chi Chih Beginner 2 or Refresh- This class is designed so students who have completed a Beginner 1 class can move on. The class will perfect and polish movements

that have already been taught. It will also teach all the movements not covered previously. There will also be an emphasis on understanding and practicing the principle of T'ai Chi Chih.

Instructor: Debby McLister, Accredited TCC Teacher

Th 11:15 am- 12:30 pm No class July/ August

T'ai Chi Chih-Full Practice

Experienced T'ai Chi Chih practitioners are invited to gain deeper benefits with this weekly open guided practice.

You must know all of the 19 moves.

Instructors: Bruce Childs, Debby McLister, Bonnie

LeBlanc, Richard Nocella, Accredited TCCs

M	07/07- 08/25	3:00- 4:00 pm	Free
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Therapeutic QiGong

QiGong, also called "Chinese Yoga", predates T'ai Chi and is China's most ancient art of self-healing and fitness. It is a mind/ body/ spirit system of gentle movement, specific breathing and self- acupressure massage designed to channel Qi (pronounced "chee") or life force energy, into and through the body. It is simple to learn, elegant to practice and very calming. Therapeutic qigong practice: relaxes mind and body, increases energy and strengthens immune function, improves flexibility and balance, accelerates healing and prevents disease, helps with weight loss, is a natural anti-oxidant and slows aging process. QiGong is one of the easiest, simplest, all natural ways to profoundly improve your quality of life.

Instructor: Annemarie Lang

Tu 2:00- 3:15 pm No class July/ August

Healing Sounds

The vibrational light therapy of crystal bowls are said to be perfectly tuned to each of your chakras. Experiencing the bowls can be healing to the mind, body, and soul, inducing feelings of wellness and peace.

Instructor: Kathleen Warren

W	07/23	2:00- 3:00 pm	\$5 ea.
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TECHNOLOGY-

Technology Café - Please join us to talk about technology to support digital equity. Advanced users welcome, but we are only covering the basics. 4th Tuesday of the month. Please bring your device for one-on-one support and peer support.



Pre-registration required, space is limited.

"This Technology Cafe has been produced in full from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Office of Aging & Independence. **All sessions are Free.**



No Tech Cafes July/ August

ENRICHMENT PROGRAMS

Health | Hearing Clinics | Support Groups

HEALTH TALKS & WELL-BEING-

Summer Safety Tips- Keeping yourself healthy this summer with Sun safety, hydration, food borne illness will be discussed.

Presenter: Joanne Burbank, RN, BSN, WCC, CenterWell Home Health

W 07/09 10:00– 11:00 am Free

Making Sense of Prescription Weight Loss Medications-

What are the GLP 1 class of medications, how do they work and what should you know.

Presenter: Joanne Burbank, RN, BSN, WCC, CenterWell Home Health

W 08/13 10:00- 11:00 am Free

Blue Cross/ Blue Shield Webinars- Blue Cross/ Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Council on Aging. Please join us for the following informative programs-

Heart Smart: The Power of Healthy Habits- Heart disease is the leading cause of death for both men and women in the US, and it's estimated that 80% of all cardiovascular disease is preventable. Learn how small adjustments to your diet, sleep, exercise and overall lifestyle can significantly reduce your risk of heart disease.

W 07/16 12:00 pm Free

It's a No-Brainer: Simple Steps to Maintaining a Healthy Brain- Cognitive decline isn't inevitable as we age. Growing evidence shows that we can reduce our risk by adopting a healthy lifestyle. What's good for the body is also good for the brain. Learn how simple steps like eating specific foods and getting enough sleep can help keep your brain at its best to support cognitive health.

Th 08/21 12:00 pm Free

*Just when you feel you have
no time to relax,
know that this is the moment
you most need to make
time to relax.*

- Matt Haig

BLOOD PRESSURE CLINIC

The **VNA of Cape Cod** will be here the **third Tuesday** of each month

July 15
August 19
9:00—11:00 am



HEARING HEALTHCARE-

Revolution Hearing- Health Aging starts with Healthy Hearing. Free hearing clinic the **2nd Wednesday** of the month. This includes testing of hearing, consultation, servicing of hearing aids, programming of hearing aids, fitting support, Otoscopy for medical referrals and ear wax removal. ***** Must call (508)862-4750 to schedule an appointment.**

Clinician: Susanne Powers, MA. Licensed Hearing Instrument Specialist, Revolution Hearing

W 07/09 & 08/13 11:00 am– 1:00 pm Free

At Home Hearing- Free hearing clinic the **3rd Wednesday** of the month. This includes testing of hearing, consultation, servicing of hearing aids, programming of hearing aids, fitting support, Otoscopy for medical referrals and ear wax removal. ***** Must call (508)862-4750 to schedule an appointment.**

Clinician: Shawn Woodbrey, MA. Licensed Hearing Instrument Specialist, At Home Hearing Healthcare

W 07/16 & 08/20 12:00 pm– 2:00 pm Free

SIGHT LOSS SUPPORT GROUP-

Sight Loss Support Group- Meets the **2nd Thursday** of each month.

Facilitator: Jackie Mastrianna & Martha Person

Th 07/10 & 08/14 11:00 am—12:30 pm Free

BEREAVEMENT SUPPORT GROUP-

Bereavement Support Group- A support group led by a bereavement counselor, to provide a safe confidential place to share loss of a loved one and connect with others who are also coping with grief. Will meet the **2nd & 4th Wednesdays** of the month. Please register today.

Facilitator: Danielle Lucca, LICSW, MSW VNA Hospice of CCH

W 07/09 & 07/23 1:00– 2:30 pm Free

W 08/13 & 08/27 1:00– 2:30 pm Free

*****See Caregiver Support Programs page 19.**

UKULELE & MOVIES & CLUBS

Ukulele -

Beginner 1-

Working on chord progressions and cleaner rhythm. Reviewing Name Game Books and 70's Book (\$5 book fee)

Instructor: Cathy Hatch

Th 07/10- 08/14 9:00 -10:00 am \$36

Beginner 2-

Strumming- More music theory, emphasis on Strum and Syncopations. Not for the absolute beginner. Can take Beg. 1 and Beg. 2 at the same time. Working on fingerpicking and instrumentals (\$5 book)

Instructor: Cathy Hatch

Th 07/10- 08/14 10:15- 11:15 am \$36

Not Your Average Beginner-

Working on chord progressions and two strumming patterns. Beginner book. (\$5 book fee)

Instructor: Cathy Hatch

Th 07/10- 08/14 11:30 am- 12:30 pm \$36



gg60284329 GoGraph.com

CLUBS-

Artists

Fridays 9:00 am-12:00 pm

Bridge

Fridays 12:00- 3:45pm

(Anyone interested in joining, must first contact the BACC)

Camera Club

2nd Wednesday of each month 1:30- 3:30 pm

Chess Club

Fridays 1:00- 3:45 pm

Circle of Sistas

Thursday- Call for Dates/ Time

Discussions on diverse literature open to all but focusing on women of color.

Crafty Ladies

Tuesdays 10:00 am- 12:00 pm. Drop in social hours. Bring your own project, any craft will do. Or learn something new!

Cribbage

Tuesdays 1:00- 3:00 pm

Friday Flix

Fridays 12:00 pm

Haiku

First Wednesday of each month 10:00 am- 12:00 pm

Mah Jong

Mondays 9:00 am- 12:00 pm

Pinochle

Thursdays 1:00- 3:00 pm

Sunshine Crafters

Do you knit, or crochet? Please join us. Fridays, 1:00- 4:00 pm.

Talkin' Sports

Tuesdays 10:00 am

Woodcarvers

Wednesdays 9:00 am- 12:00 pm

New participants always welcome



Join us for

World Chocolate Day

Celebrating the global love for chocolate!

Come in on **Monday July 7th** between **10:00 am - 12:00 pm** for a chocolate treat!

Monday Movies- Join us on **Mondays-**

July 7th through August 25th at 1:00 pm. List of movies are posted at the BACC or call Samantha at (508)862-4750 to see what is showing.

Please join us! Mon. 07/21- Monday Movie on the

Big Screen showing Jaws in honor of its 50th Anniversary! Movie refreshments will be served.

Friday Classic Flix- They don't make them like they used to! Join us on **Fridays-** July 11th through August 29th at 12:00 pm. **(BACC closed 07/04)**

Thank you Roger, for your continued dedication to organizing the Friday Flixs!

List of movies are posted at the BACC or call Samantha at (508)862-4750 to see what is showing.



Reason # 1 to join a club-

The number one reason people join social clubs is to make friends. As we age, our social circles tend to shrink and creating social connections can be more difficult, leaving many of us feeling isolated and disconnected. Social clubs are the perfect place to meet people and begin new relationships. Look for clubs with lots of members and a wide variety of activities. Over time you will grow to feel a deep sense of community and belonging within the group.

SPECIAL PROGRAMS & EVENTS

*****Please remember that registration is required for all classes, events and programs. Call today to register.*****

Coffee with a Cop– Please join us the first Wednesday of each month for coffee with members of the Barnstable Police Dept. Have a question or would just like to visit and say “thank you”, please join us. Refreshments provided by The Pavilion Rehab & Nursing Center



W	07/02	9:00 am– 10:00 am	Free
W	08/06	9:00 am– 10:00 am	Free

Summer Grillin & Chillin Cafe—Join us on the patio for a quick grilled lunch. Kick back, relax and enjoy live acoustic music. Space limited. Must pre-register.

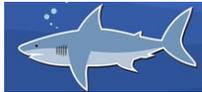


Featuring Chris Carter

Tu	07/08	12:00– 2:00 pm	\$5
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Myth Busting Jaws and How it Relates to Current

White Shark Research- This program will provide audiences with an understanding of the ongoing white shark research projects being



conducted and funded by the Atlantic White Shark Conservancy (AWSC), how that research is impacting conservation and public safety efforts, and up to date information on what that research has taught us. You will have an opportunity to view videos and photographs taken during the research season and how they develop their knowledge of what a shark is and what it takes to conduct white shark research. You will have the opportunity to ask questions and learn how you can get involved in shark and ocean conservation.

Presenter: Kristen Smith, Atlantic White Shark Conservancy (AWSC) Program

Tu	07/15	10:30 am– 12:00 pm	Free
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Decorative Wood Painting with Irene- Birdhouse

Irene has over 40 years experience painting and teaching and is a very talented artist. Participants should wear or bring an old cover-up shirt to protect clothing. All supplies, paint, stencils, and other items needed to complete the project will be provided and included in the class fee. No experience needed, bring a grandchild to help! Two birdhouse options, large (three holes) or small (two holes). Choose from a variety of holiday and seasonal themed stencils. **Please call to register, and must pre-pay, as space is limited.**

Instructor: Irene Frates

Tu	07/15	12:30- 3:30 pm	\$40 large
			\$25 small



BC/ BS Webinar: Heart Smart- The Power of Healthy Habits-

Heart disease is the leading cause of death for both men and women in the US, and it's estimated that 80% of all cardiovascular disease is preventable. Learn how small adjustments to your diet, sleep, exercise and overall lifestyle can significantly reduce your risk of heart disease.



Presenter: BC/ BS Webinar

W	07/16	12:00 pm	Free
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Friday Music & Memories at the BACC- Join us

the **third Friday of the month** for an hour of musical entertainment. Local artists singing songs from a variety of genres. Sing along or just enjoy. Light refreshments will be provided.



F	07/18	Richard Amir	1:00- 2:00 pm	Free
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Monday Movie on the Big Screen- Jaws- The 50th Anniversary.

Movie refreshments will be provided.

M	07/21	1:00– 3:15 pm	Free
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Humpback Whales- Through the Center for Coastal Studies

(CCS) in Provincetown, Vania Rivera Leon will talk about Humpback Whales. Humpback Whales are commonly sighted in the Gulf of Maine, particularly in the waters of Stellwagen Bank National Marine Sanctuary, a rich feeding area that attracts a large number of whales, especially during the warmer months. She will talk about this species and how CCS is working to understand and protect them in our waters. As a geneticist, she will provide a unique perspective and share with us interesting information about Gulf of Maine humpback whales. Bring a grandchild along to learn about Humpback Whales!

Presenter: Vania Rivera Leon, Provincetown Center for Coastal Studies

Tu	07/22	9:30– 11:00 am	Free
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Field Trip– Whale Watch, Barnstable Harbor– It's whale

watching season! Our top Marine predators have arrived to take advantage of the offshore feeding season. Humpback, finback and minke whales, seals, seabirds and dolphins have all been observed at Stellwagen Bank National Marine Sanctuary. The adventure of a lifetime awaits! Discounted rate of \$59 per person (\$46 kids ages 4– 12). Meet at the BACC at 8:30 am and travel to the boat by BACC bus. Or if you prefer to drive yourself, parking at the boat is \$15. Boat departs at 9:30 am.



Th	07/24	8:45 am– 2:00 pm	\$59
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Zumba Gold with Rita- A low impact, fun filled cardio

fitness program that combines latin-inspired and international tunes. Great for Beginners or music lovers of all ages and fitness levels Rita is new to the BACC so we have scheduled two free introductory classes.

Instructor: Rita Vazquez– Torres

W	07/30	10:15– 11:15 am	Free
Th	08/20	10:15– 11:15 am	Free

SPECIAL PROGRAMS & EVENTS

Summer Grillin & Chillin Café- Join us on the patio for a quick grilled lunch. Kick back, relax and enjoy live acoustic music. Space limited. Must pre-register.



Featuring Declan Kelehan

Tu 08/05 12:00– 2:00 pm \$5

Building a Resilient Cape Cod: Keys to Being Prepared for Storms, Flooding and Erosion- Cape Cod, jutting out into the Atlantic Ocean, is susceptible to many environmental threats. Thankfully, there are attainable solutions and ways to be a part of them. During her talk, Shelly will present you with the issues facing our region, then dive into how you can be a part of a resilient coastal community. Shelly holds a M.S in Environmental and Sustainability Studies and has worked in coastal and climate resilience planning for the last several years.

Presenter: Shelly McComb, Coastal Resilience Specialist for Cape Cod Cooperative Extension and Woods Hole Oceanographic Institution's Sea Grant
W 08/06 10:30 am– 12:00 pm Free

Save the Light: The Story of Cape Cod's Highland Lighthouse- This 57 minute documentary includes a history of the lighthouse and Fresnel lenses, as well as the story of the moving of the Highland Lighthouse in July, 1996. This is a prelude to the field trip to the Highland Lighthouse scheduled for August 26.

Th 08/07 11:30 am– 12:45 pm Free

Field Trip– Sail Cape Cod- Sail Cape Cod is a non-profit Community Sailing Program whose mission is to improve the quality of life in the community through sailing for people of all ages, socio-economic backgrounds and physical and developmental abilities. An application and release form will need to be completed before you set sail. Take the bus from the BACC. Space is limited, must pre-register early.



F 08/08 12:00– 2:00 pm \$25

Friday Music & Memories at the BACC- Join us the **third Friday of the month** for an hour of musical entertainment. Local artists singing songs from a variety of genres. Sing along or just enjoy. Light refreshments will be provided.



F 08/15 Declan Kelehan 1:00- 2:00 pm Free

Decorative Wood Painting with Irene– Flower Pot - Irene has over 40 years experience painting and teaching and is a very talented artist. Participants should wear or bring an old cover-up shirt to protect clothing. All supplies, paint, stencils, and other items needed to



complete the project will be provided and included in the class fee. No experience needed, bring a grandchild to help! Two flower pot options, hanging or stand alone. **Please call to register, and must pre-pay, as space is limited.**



Instructor: Irene Frates

Tu 08/19 12:30- 3:30 pm \$20

One Day Acrylic Painting Workshop with Sue Carey– Three Summer Fruits– Learn how to mix paints to get perfect color easily. Acrylic paint will be provided. Please bring three (3) 8x10 boards, a ruler and pencil, an old shirt or apron, lunch and a beverage. Learn the tricks of the trade and paint three simply lovely paintings!



Instructor: Sue Carey

Th 08/21 10:00 am- 12:30 pm \$45

BC/ BS Webinar: It's a No– Brainer: Simple Steps to Maintaining a Healthy Brain- Cognitive decline isn't inevitable as we age. Growing evidence shows that we can reduce our risk by adopting a healthy lifestyle. What's good for the body is also good for the brain. Learn how simple steps like eating specific foods and getting enough sleep can help keep your brain at its best to support cognitive health.

Presenter: BC/ BS Webinar

Th 08/21 12:00 pm Free

Cathy Hatch & the Cape Cod Ukulele Club Summer Concert– Songs of the 60's! Join us for a fun summer concert. Sing along, tap your toe or just enjoy! Always a great time! Light refreshments will be served.



Th 08/21 1:30– 2:30 pm Free

Farewell to Summer Luncheon



Join us to bid farewell to another beautiful Cape summer! Lunch and musical entertainment by Julie Charland and Denya LeVine. A mix of summer songs and sea shanties.

Friday Aug. 22nd 12:00– 2:00 pm

Must pre-register, as space is limited. Cost \$10

Field Trip– Highland Lighthouse, North Truro, MA.

The Highland Lighthouse is owned by the National Park Service as part of the Cape Cod National Seashore, and the US Coast Guard operates the light itself. Guided tours and the Highland Light Museum Store are operated by Eastern National, a not-for-profit partner of the National Park Service. To take the tour/ climb requires a ticket. Can walk around the lighthouse and take pictures without a ticket. Bus leaves the BACC at 9:00 am.



Tu 08/26 9:00 am- 2:00 pm \$7

SPECIAL PROGRAMS & EVENTS

On-going Summer Activities in Hyannis

Mondays– 06/30– 08/25- **Cape Cod Ukulele Concerts**, 5:30– 6:30 pm on the Hyannis Village Green

Tuesdays– 07/01– 09/30- **Zumba**, 5:30– 6:30 pm on the Hyannis Village Green

Tuesdays– 07/08– 08/26– **Free Summer Concerts**, 6:00– 7:30 pm, Aselton Park, Hyannis

Wednesdays– 07/02– 08/27- **Barnstable Town Band**, 7:00– 8:00 pm on the Hyannis Village Green

Wednesdays- 07/09– 08/13- **'Homegrown on the Harbor' Concerts** with PIXY 103, 6:00– 8:00 pm, Aselton Park, Hyannis

Thursdays– 07/03– 07/24- **West African Drumming**, 6:00– 7:30 pm on the Hyannis Village Green

Thursdays- 07/31, 08/07, 08/14- **Shakespeare Under the Stars** on the Hyannis Village Green 6:30- 8:00 pm. Presented by the Tilden Arts Center at Cape Cod Community College.

07/10– 07/31– Summer 2025 Concert Series at Osterville Library, Live music on the Calvin C. Gould Library Green, Thursdays 6:00– 7:00 pm. Free

07/11- 07/12- Greek Food Fest 2025! St. George Greek Orthodox Church of Cape Cod, Centerville. Fri– 3-10 pm, Sat– 12– 10 pm

07/11- 07/20- 9th Annual Cape Cod Hydrangea Festival, The 10 day festival features tours of local gardens. \$5 per person, per garden. 10:00 am– 4:00 pm. For details and tickets visit capecodchamber.org.

07/19- 51st Annual Osterville Village Day, Osterville Village, Road race 8:00 am, Parade 1:00 pm, **Paint the Village Arts and Crafts Fair** on the Library Green 10:00 am and much more! 8:00 am– 4:00 pm

07/19- CCBL Annual All-Star Game, This year at Red Wilson Field, 210 Station Ave., South Yarmouth. Gates open 11:45 am, Autographs 12:10 pm, Home Run Derby 2:00 pm, Game 4:05 pm. Adults \$10 Visit: capecodleague.com

07/20- Big Nick's Ride for the Fallen, Memorializes USMC Cpl. Nicholas G. Xiarhos and honors fallen heroes with ties to Cape Cod as well as all veterans.



Ride starts at 9:00 am at the Barnstable County Sheriff's Office, Bourne and ends at the Sea Dog Brew Pub, Whites Path, South Yarmouth. Visit: bignicksride.org

07/26- 08/02- 34th Woods Hole Film Festival, 8 days of in-person events featuring screenings, workshops, panel discussions, parties, and more. Passes on sale 06/01; individual tickets on sale 07/01.

07/27- Love Local Fest, Aselton Park, Hyannis. About 100 artisans, artists, farmers, local businesses and entertainment., 11 am– 5 pm

JULY-

07/01- on-going– Hyannis HyARTS Artist Shanties, two locations Bismore Park & Harbor Overlook, Hyannis. Open daily 11:00 am– 8:00 pm.

07/01- on-going- Cape Cod Baseball League (CCBL) games



07/03-10/09, Falmouth Artisans Market, Marine Park, 180 Scranton Ave., Falmouth. Visit: falmouthculturalcouncil.org

Fridays- Osterville Farmers' Market, on the grounds of the Osterville Historical Museum, 155 W. Bay Rd., every Friday 9:00 am - 12:00 pm.

07/04- Independence Day Parades- Barnstable Village at 9:00 am
Centerville at 10:00 am
Cotuit at 11:00 am
Hyannis Port at 11:00 am



07/04- Downtown Hyannis Fourth of July Celebration- Hyannis Boat Parade at 3:00 pm
Aselton Park 5:00- 9:00 pm, music and food trucks
Hyannis Village Green 4:30- 7:00 pm, music, lawn games and picnic areas
Main Street 5:00- 9:00 pm, music, magic and festive fun

07/04- 07/06- 104th Annual Mashpee Wampanoag Powwow, 483 Great Neck Rd. S, Mashpee, 10:00 am. Three days of solemn, spiritual, and festive events. Tickets available at gate.

07/05- 07/06- A Different Drummer Craft Fairs- Simpkins Field, 1153 Rte. 28, South Yarmouth. Featuring some of the Cape and New England's artists and crafters. Free
Also on- 07/19- 07/20- at Drummer Boy Park, 773 Rte. 6A, Brewster.

07/07- 09/01- Monday Painters' Club Show & Sale- Dennis Village Green, Rte. 6A, Dennis 10:00 am- 4:30 pm. Original artwork; prints and cards available for purchase. Free



AUGUST-

08/01- Unity Day, Hyannis Village Green, 4:00– 7:00 pm, People of Action, the Barnstable Police Dept. and the Town of Barnstable presents the 8th Annual Unity Day celebrating unity in our community. The event is intended to welcome and engage the community and local police together in a fun, inclusive and memorable celebration. The event is free and open to all and will include food, music, dancing and fun activities for all ages. Bring your chairs and blankets and enjoy a beautiful evening on the Hyannis Village Green.

08/05- CCBL Playoffs Begin. Visit: capecodleague.com

08/16- 08/17- Cotuit Craft Fest, Cotuit Green by the Cotuit Federated Church, 10:00 am– 4:00 pm. Free

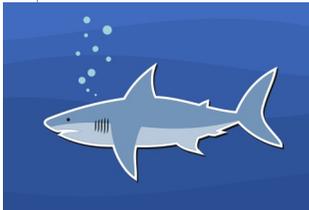
08/16- 08/23- Provincetown "Carnival"- 47th Annual, week-long celebration attracts tens of thousands of guests from around the world to enjoy parties, events, costume contests and the celebrated carnival parade on Thursday 08/21. The parade starts at 3:00 pm at the Harbor Hotel and marches down Commercial Street. The theme for 2025 is "Summer Camp"!

08/16- 34th Annual Falmouth Walk- The picturesque 5K course that flows through the charming streets of Falmouth, along the Falmouth Harbor and past storefronts on Main Street. Visit: falmouthwalk.org

08/17- ASICS Falmouth Road Race- One of the most anticipated Cape Cod events each August. Over 10,000 runners from the Cape and around the world race the beautiful 7-mile seaside course. 8:40 am start time.



JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		9:00 am– Coffee with a Cop 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog		BACC closed July 4th 
7	8	9	10	11
1:00 pm– Movie 1:00 pm– Music & Movement World Chocolate Day 	10:00 am– no BCOA at Cotuit Library 12:00 pm– Grillin & Chillin Cafe	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Health Talks– CenterWell 11:00 am– Hearing Clinic 11:00 am– BCOA Respite 1:00 pm - VNA Grief Support Group	10:00 am– no BCOA at Whelden Library 11:00 am– Sight Loss Support Group 1:00 pm–Alz. Family Support & Comp Groups 	BROWN BAG 10:00 am– no BCOA at Centerville Library 10:30 am– The Other Side– Meet & Greet 12:00 pm– Movie
14	15	16	17	18
10:00 am– State Rep Kip Diggs 1:00 pm Movie 1:00 pm- Music & Movement	9:00 am Blood Pressure Clinic 10:00 am– BCOA at Sturgis Library 10:30 am– Myth Busting Shark Talk 12:30– Wood Painting w/ Irene	No– COA Board Mtg 9:00 am– Ask the RN 9:30 am– ES caregiver Support Prog 11:00 am– BCOA Respite 12:00 pm– Hearing Clinic 12:00 pm– Heart Smart Webinar 6:00 pm– Sewer Talk	10:00 am– BCOA at Hyannis Library 	12:00 pm- Movie 1:00 pm– Friday Music & Memories w/ Richard Amir
21	22	23	24	25
1:00 pm– Movie– Jaws – The 50th Anniversary 1:00 pm– Music & Movement	10:30 am– Humpback Whales Talk 	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 9:30 am– Veterans Cafe 11:00 am– BCOA Respite 1:00 pm - VNA Grief Support Group 2:00 pm– Healing Sounds	8:45 am– Whale Watch Field Trip 10:00 am– BCOA at Osterville Library 1:00 pm–Alz. Family Support & Comp Groups	9:00 am– State Rep Steven Xiarhos 12:00 pm– Movie
28	29	30	31	
10:00 am– BCOA at Marstons Mills Library 1:00 pm– Movie 1:00 pm– Music & Movement	11:00 am– BCOA Respite	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:15 am– Zumba w/ Rita 11:00 am– BCOA Respite		

In the calendar are one time programs. For all other ongoing activities see the newsletter listings.

AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				BROWN BAG  12:00 Movie
4	5	6	7	8
1:00 pm– Movie 1:00 pm– Music & Movement	12:00 pm– Grillin & Chillin Cafe 	9:00 am– Coffee with a Cop 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:30 am– Resilient Cape Cod Talk 11:00 am– BCOA Respite	11:30 am– Highland Lighthouse Talk	10:00 am– BCOA at Centerville Library 10:30 am– The Other Side– Meet & Greet 11:30 am– Sail Cape Cod Field Trip 12:00 pm– Movie
11	12	13	14	15
10:00 am– State Rep Kip Diggs 1:00 pm– Movie 1:00 pm– Music & Movement	10:00 am– BCOA at Cotuit Library 12:30 pm– Wood Painting with Irene	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Health Talks– CenterWell 11:00 am– BCOA Respite 11:00 pm– Hearing Clinic 1:00 pm– VNA Grief Support Group	10:00 am– BCOA at Whelden Library 11:00 am– Sight Loss Support Group 1:00 pm–Alz. Family Support & Comp Groups	12:00 pm– Movie 1:00 pm Music & Memories w/ Declan Kelehan 
18	19	20	21	22
1:00 pm– Movie 1:00 pm– Music & Movement 	9:00 am– Blood Pressure Clinic 10:00 am–no BCOA at Sturgis Library 11:00 am– BCOA Respite 12:30 pm– Wood Painting w/ Irene	No- COA Board Mtg 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:15 am– Zumba w/ Rita 11:00 am– BCOA Respite 12:00 pm– Hearing Clinic	10:00 am– no BCOA at Hyannis Library 10:00 am– One Day Acrylic Painting Workshop 12:00 pm– Healthy Brain Webinar 1:30 pm– Ukulele Club Summer Concert	12:00 pm– Movie 1200 pm– Farewell to Summer Party
25	26	27	28	29
10:00 am– no BCOA at Marstons Mills Library 1:00 pm– Movie 1:00 pm– Music & Movement	9:00 am– Highland Lighthouse Field Trip 	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 9:30 am– Veterans Cafe 1:00 pm– VNA Grief Support Group	10:00 am– no BCOA at Osterville Library 1:00 pm–Alz. Family Support & Comp Groups	9:00 am - State Rep Steven Xiarhos 12:00 pm– Movie 

In the calendar are one time programs. For all other ongoing activities see the newsletter listings.

AGING & CAREGIVING TOOLS

Memory 101- What's Normal and What's Not: This program aims to offer a comprehensive understanding of normal aging, the typical forgetfulness associated with aging, and more severe memory issues. As individuals grow older, it is common for subtle alterations in memory to take place as a natural aspect of the aging process. Nevertheless, there are instances when these changes manifest earlier or progress more rapidly than one might expect.

Tu 07/15 10:00- 11:00 am Sturgis Library

I Want to Stay at Home! What do I need to do? Planning can be challenging, as one cannot predict how needs may evolve over time. The initial step is to think about the kinds of help you might require in the near future. Maybe you live alone, so there is no one living in your home who is available to help you. Maybe you don't need help right now, but you live with a spouse or family member who does. Everyone has a different situation.

Th 07/17 10:00- 11:00 am Hyannis Library

Intergenerational Program- *"Alzheimer's does have a big impact on every member of the family, including children. Each child will react differently to someone who has the disease. The young people in your life might have questions about what is happening. It is important to answer these questions openly and honestly, It will also help to share with them the changes the disease might bring, now and in the future."* - Alzheimer's Association

Intergenerational Story Time- Please join the BCOA for an extraordinary story about love, family and memory loss.

The Remember Balloons written by Jessie Oliveros and illustrated by Dana Wulfekotte is a Schneider Family Book award winner. This touching and poignant story gives a sense of value to those with memory impairment and provides a connection for the family members affected. Parents might want to shield young children from the reality of their loved one's condition, but best to broach the topic with them soon after diagnosis.

Th 07/24 10:00- 11:00 am Osterville Library

Memory Techniques- This program will provide an overview of the many different ways we can jog our memory. How we process information via a learning assessment too. The program will also review different techniques for remembering names, words and appointments.

M 07/28 10:00- 11:00 am Marstons Mills Library

Decisions, Decisions- This program aims to support caregivers in navigating the often complex and overwhelming decisions they face while caring for a loved one. Caregiving can bring a multitude of challenges, especially when it comes to making informed decisions about health, living arrangements, finances and other aspects of daily life.

F 08/08 10:00- 11:00 am Centerville Library

Finding the Anchors in our Community- Let's look at our community resources for aging in place. The program will cover local agencies, SHINE, caregiver needs, nutritional supports and much more.

Tu 08/12 10:00- 11:00 am Cotuit Library

Communication Tools- There is a saying "it's not so much what we say, it's how we say it" rings true for most caregivers. This discussion will review positive and successful approaches to communicating with the a person with memory impairment, medical personnel and families.

Th 08/14 10:00- 11:00 am Whelden Library

Caregiver Book Recommendations-

Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End
by Tia Powell, MD

Learning to Speak Alzheimer's : A Groundbreaking Approach for Everyone Dealing with the Disease
by Joanne Koenig Coste

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias
by Nancy L. Mace, MA and Peter V. Rabins, MD, MPH

The Remember Balloons
by Jessie Oliveros (children's book)

BCOA LIBRARY OFFICE HOURS

Have any questions about caregiving, Medicare, respite programs, memory issues, community resources, local supports and programs that the Council on Aging offers? The BCOA Caregiver/Support Service Coordinator has office hours at our local Libraries. Stacey Cullen will be available monthly in each village to answer questions and direct to the proper community resource. Walk-in's welcome.

Monthly library schedule-

2nd Tues.-	10 am- 12 pm	Cotuit Library
2nd Thurs.-	10 am- 12 pm	Whelden Library
2nd Fri.-	10 am- 12 pm	Centerville Library
3rd Tues.-	10 am- 12 pm	Sturgis Library
3rd Thurs.-	10 am- 12 pm	Hyannis Library
4th Mon.-	10 am- 12 pm	Marstons Mills Library
4th Thurs.-	10 am- 12 pm	Osterville Library

RESPIRE PROGRAM & CAREGIVER SUPPORT

BARNSTABLE CONNECTS-

Barnstable Council on Aging invites caregivers and other members of our community to join Barnstable Connects. Barnstable Connects is a dementia-friendly program that provides engaging programs for members of our community with memory impairments. The program focuses on keeping our bodies in motion, cognitive exercises and of course, a little fun.

*****Registration is Required for All Programs*****
 Sign up by contacting
Stacey Cullen, Program Coordinator at 508-862- 4750, ext. 4765 or stacey.cullen@town.barnstable.ma.us

Barnstable Connects Program Schedule:

Dementia Friendly Music & Movement Chair Exercise. Gentle seated exercise program with focus on common functional movements to keep bodies in motion.

Mondays 1:00- 2:00 pm BACC
Presenter: Stacey Cullen

Mon. 07/14, 07/21, 07/28 No 07/07 1- 2 pm
Mon. 08/04, 08/11, 08/18 No 08/25 1- 2 pm

Friday Music & Memories at the BACC- Please join the Respite staff for an engaging, crowd pleasing musical entertainment.

F 07/18 1- 2 pm Richard Amir Free
F 08/15 1- 2 pm Declan Kelehan Free



BARNSTABLE COA RESPIRE PROGRAM

Barnstable Council on Aging Respite program will provide older adults in our community a safe, social and positive environment to connect with peers while their caregivers have an opportunity to refresh and regroup. **No program Wed. July 2**

Program dates & times-

Wednesday July 9 11:00 am- 2:00 pm
Wednesday July 16 11:00 am- 2:00 pm
Tuesday July 22 11:00 am- 2:00 pm
Wednesday July 23 11:00 am- 2:00 pm
Wednesday July 30 11:00 am- 2:00 pm

Wednesday August 6 11:00 am- 2:00 pm
Wednesday August 13 11:00 am- 2:00 pm
Wednesday August 20 11:00 am- 2:00 pm
Tuesday August 26 No program
Wednesday August 27 No program

*****All respite participants and caregivers must pre-register for program (no exceptions)*****

*If you find it in your heart to care
 for somebody else,
 you will have succeeded.*

- Maya Angelou

CAREGIVER SUPPORT PROGRAMS-

The Family Caregiver Support Program

Elder Services of Cape Cod & Islands is pleased to offer a **weekly caregiver support group on Wednesdays**. Join us and connect with other caregivers, learn self-care strategies and about services and supports that could be helpful. You are not alone!
Please register by calling [Laura Cheesman at \(508\)258-2476](tel:5082582476) or email at laura.cheesman@escci.org.



Facilitator: Laura Cheesman, FCSP Manager ESCC&I
W 07/02- 08/27 9:30- 11:00 am Free

Alzheimer's Family Support Center (AFSC)-

In- Person Psychoeducational Support Group & Companion Group for people with cognitive loss and their caregiver that runs simultaneously. **2nd & 4th Thursdays** of each month. Call **(508)896-5170** for more info or to register.



Facilitator: Alzheimer's Family Support Center
Th 07/10, 07/24, 08/14, 08/28 1:00- 2:30 pm Free

Family Caregiving Tips for Summer

Summer is here and it's a wonderful time for family caregivers to create special memories with loved ones. However, it also comes with unique challenges that require careful planning and attention.

- **Staying Hydrated-** Staying hydrated is essential for older adults. Use a refillable bottle in a fun, bright color or infuse water with fruit or an electrolyte powder. Be aware of signs of dehydration, including dark-colored urine, fatigue, dizziness and confusion.
- **Sun Protection-** Protect a loved one by using suitable sun-screen products, a hat and UV protection clothing and sunglasses to protect eyes. Be sure to protect the neck and ears.
- **Staying Cool-** Dressing comfortably in light-colored, light-weight and breathable clothing can prevent discomfort on a hot day. Cotton, linen and moisture wicking fabrics are recommended. Personal fans or neck fans can provide a cool breeze when needed.
- **Safety in the Sun-** When venturing outdoors, take precautions to ensure safety. Well-fitting footwear with good traction and walking aids if necessary when walking outdoors. When planning outings, ensure flat walking paths and plenty of benches or seating areas. Be prepared for accidents by keeping a small first aid kit handy, knowing basic first aid techniques and knowing nearby urgent care centers.
- **July 4th for Caregivers-** July 4th celebrations often include fireworks, which can be distressing for individuals with cognitive or sensory issues and particularly for veterans who may have PTSD sensitivities. Consider alternative celebrations or activities such as organizing a family barbecue earlier in the day or watching fireworks display on television.

Self-care in the Summer Months- While caring for your loved ones, it's crucial to not neglect your own well-being. Self-care is vital to maintain your physical and mental health. Remember to prioritize self-care, seek support when needed, and savor the precious moments spent with your loved ones this summer. Stay safe, stay cool, and enjoy the season!

SUPPORT SERVICES / OUTREACH

Brown Bag Program-In conjunction with the Greater Boston Food Bank, the program provides a bag of groceries the first Friday of every month. Bags can either be picked up at the BACC or can be home delivered. Free to qualified recipients.



Caregiver Support- The Barnstable Council on Aging continues its commitment to caregivers in our community. Caregiver Support Services provides educational programs, respite opportunities, dementia friendly programs and resources to caregivers. (See pages 14-15)

Fuel Assistance- Support Services continues to be available to assist with Fuel Assistance applications. In August, Fuel Assistance renewal forms will be sent out to those who had FA the previous year. New applications are usually available to be filed in October. Once the application has been filed, any inquiries regarding status of application should be made to the South Shore Community Action Council at 508-746-6707. (See page 21)

Health Insurance Counseling/ SHINE- (See page 22)

Mailbox Sticker Program- Working with our local Post Offices, a sticker is placed in your mailbox that simply says "if there is an accumulation of three (3) days of mail in the box, please notify the Barnstable Council on Aging". By putting this sticker in your box you are adding an extra set of non-invasive eyes watching out for you. If we receive a call from a mail carrier and are unable to make contact with you a call will be placed to the police for a well-being check.



Real Estate Tax Abatement Program/ 41C- Support Services continues to be available to assist with the Residential Exemption application and the Senior Real Estate Tax Abatement(41C) application. The 41C application must be filed annually. Applications can be filed between July and April. (See page 23)

Technology Café/ Bridging the Digital Divide-Technology plays a huge role in our daily lives and it is important for everyone to have skills, resources and access to reliable and user-friendly devices. Lets support digital equity with one on one support and/ or peer support. See Technology Café page 10.

Telephone Reassurance Program- Families are living so far away now, wouldn't it be nice to have someone check on you just in case. If you are living alone and a little nervous about it, consider the telephone reassurance program. Monday through Friday daily morning check-in phone calls are made to make sure you are up and about for the day. This program will add just a touch of security for you. Should you not answer the morning call after a couple of tries, we will send an outreach worker to your home to check on you and will follow up with a request for a well-being check, if necessary.



We are now offering limited Notary Public services



Call Outreach Coordinator **Mary Taylor** at **(508)862-4750 ext. 4759** to schedule an appointment.

Be prepared for your Notary Public visit-

- Bring a valid, government issued photo ID
- Bring the unsigned documents; as they must be signed with the notary present

A notary is not authorized to give legal advice or to prepare legal documents on the behalf of others.

The Barnstable Silver Alert Program

The program provides the Barnstable Police Department with vital information about "at risk" residents. Having this key data will reduce police response time, and in turn, may save lives. Please contact Caregiver/ Support Services Coordinator **Stacey Cullen** at

(508)862-4750 ext. 4765, for additional information.



Bridging the Digital Divide

Technology plays a huge role in our daily lives and it is important for everyone to have access to reliable and user-friendly devices. The BCOA/BACC now has a **Chromebook** for your use and we are here to assist you with connecting to virtual-appointments, resources, and online programs in a safe and secure environment. Contact: **Stacey Cullen** or **Mary Taylor**, Support Services Coordinators for assistance.

MEDICAL EQUIPMENT-

The BACC has medical equipment available to borrow free of charge. We also greatly appreciate any donations of new or gently used equipment. **(Please do not leave any equipment after hours.)** At this time, we are not handling any commodes, raised toilet seats or any equipment related to toileting. Equipment must be cleaned thoroughly, or we will be unable to accept the donation. Please contact Outreach Coordinator **Mary Taylor** at **(508)862-4750 ext. 4759** with any inquiries.

Cape Cod HELP, Inc., is a 501(c)3 non-profit organization run by the Free Masons of Cape Cod. HELP (Hospital Equipment Loan Program) seeks to match new/ gently used medical equipment with people in need free of charge. They have larger type items that the BACC cannot manage. Drop off/ pick-up times are Saturdays from 10:00 am- 12:00 pm at the Fraternal Lodge, 1989 Falmouth Rd., Centerville. **Their contact number is (774)552-2199.**



SUPPORT SERVICES / OUTREACH

FYI.... Fuel Assistance-

For those who had Fuel Assistance last year, your recertification applications will likely be mailed to you sometime in August, so be on the lookout. When you receive your recertification application, gather all the required documents and mail in. If you need assistance with application process, please call Mary Taylor for an appointment.

If you did not have Fuel Assistance last year and want to apply this year, new applications are usually available by the end of October.

Fuel Assistance (FA)- Support Services continues to assist with Low-Income Home Energy Assistance Program (LIHEAP) applications. Applications are processed through the South Shore Community Action Council, Inc., 71 Obery St., Plymouth, Ma. Eligibility is based on income and benefit amount awarded to eligible households depends on several household factors.



The following documents are needed when applying-

Proof of income for every person in home-

Social Security benefit letter 2024
Any pension statement
Interest and/ or Dividends statements
Wages
Any other income
If Self-employed- 2024 Federal Tax Return

Housing costs-

Copy of Real Estate tax bill
Copy of homeowner's insurance policy
Copy of Water bill

Utility Costs-

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

Other Items needed-

Picture ID/ Driver's License
Social Security card (**for every person in home**)
Birth Certificate (**for every person in home**)

Please call **Mary Taylor at (508)862-4750 ext. 4759**, with any questions or to schedule an appointment.

Real Estate Tax Abatement Program/ 41C-

Support Services continues to be available to assist with the Senior Real Estate Tax Abatement / 41C application.

This application must be filed annually.

Applications for the FY26 can be filed from July 1, 2025 until April 1, 2026.

The following documents are needed when applying-

Birth Certificate (* only for first timers)



Proof of Income-

Social Security benefit statement **2024**
Federal Income Taxes 1040 for **2024**, if filed
Pension statements (1099 form)
All Interest and/ or Dividends statements (1099 form)
Any wages, salaries or income earned in 2024.
Bank statements*- for all accounts
***Must have Dec. 2024 bank statement (or Nov/ Dec 2024 statement) to show interest earned for year, for each account**

Proof of assets-

Bank statements*- for all accounts
***Must have July 1, 2025 bank statement (or June/ July 2025 statement) to show balance on July 1, 2025, for each account**
All Stocks & Bonds statements (must have 07/01/25 date)
CD's and/ or Certificates (must have 07/01/25 date)
Any Real Estate owned other than primary residence.

Please call **Mary Taylor at (508)862-4750 ext. 4759**, with any questions or to schedule an appointment.

Lock Box for your home-



Having a lock box on your home can save emergency responders valuable time. A dispatcher can simply notify responders that a lock box is in use. The lock box provides an alternative to forced entry, which would likely result in damage to your home. In the event of an emergency, **only responders from your local fire department have access to your box.** Provides peace of mind for residents and their families. Contact your local fire department for further information, if interested. Be safe!

Fire Depts. (non-emerg.):

Barnstable Fire Dept.- (508)362-3312
Centerville- Osterville- Marstons Mills (COMM) Fire Dist.- (508)790-2375
Cotuit Fire Dept.- (508)428-2210
Hyannis Fire Dept.- (508)775-1300
West Barnstable Fire Dist.- (508)362-3241



If you or someone you know has been a victim of elder fraud (financial scams and abuses), help is standing by at the National Elder Fraud Hotline.

SHINE | MEDICARE

The Medicare Savings Program (MSP) (formerly MassHealth Buy-In) – **New limits!**

The Medicare Savings Program (MSP) helps pay some of the out-of-pocket costs of Medicare.

- MSPs are programs that pay for some or all of Medicare beneficiaries' premiums, deductibles, copays, and co-insurance. In Massachusetts, MSPs are run by MassHealth and offer three different coverage types as part of the MSPs:
- **Qualified Medicare Beneficiary (QMB), formerly MassHealth Senior Buy-in: Income of less than \$2,478/ month for individual and \$3,349/ month for a couple. With no asset limit.**
MassHealth pays for the Medicare Part A premium, if you have one (most people will not), and the Medicare Part B premium and cost sharing (paying some of the costs of things like copays, deductibles, and/or premiums). If you have QMB, your medical provider is not permitted to bill you for Medicare copays and deductibles. This includes Medicare Advantage Plan providers. However, you can still be charged a pharmacy copay.
- **Specified Low-Income Medicare Beneficiary (SLMB), formerly MassHealth Buy-In: Income of less than \$2,739/ month for individual and \$3,702/ month for a couple. With no asset limit.**
- **Qualifying Individual (QI-1): Income of less than \$2,935/ month for individual and \$3,966/ month for a couple.**
MassHealth pays for the Medicare Part B premium.
- Enrolling in any of the MSPs also automatically provides drug coverage with low copays. It also lets Medicare beneficiaries sign up for Medicare Part B at any point in the year, without paying any financial penalties for signing up late.

MSP is not insurance plans. MSPs are always combined with Medicare and do not offer any additional coverage or services that Medicare does not provide.

As of March 1, 2024, the asset limit was removed in determining eligible consumers. This will expand eligibility to older adults.



SHINE

**Serving the Health Insurance Needs
of Everyone**

For SHINE appointment, please call
Jacqi Easter at **(508)862-4750 ext. 4757**

Turning 65 or retiring?

**Are you turning 65 this year?
Are you working and planning to retire?**



It's important to know your insurance options and how to proceed. SHINE counselors are trained volunteers who will provide a 'Medicare 101' overview to review your options and help connect you to the right insurance plans for your current needs.

If turning 65 this year-

You have a seven (7) month period; three (3) months before your birthday, your birth month and three (3) months after your birth month, to apply.

People eligible for Medicare may delay Part B enrollment without penalty only if they currently have credible coverage through an Employer Group Health Plan (EGHP) or a spouse's EGHP.

The Social Security Administration (SSA) processes Medicare A & B applications. People who will not be receiving Social Security benefits when they turn 65, will NOT be automatically enrolled and must contact Social Security within the three (3) months before they turn 65 to enroll, in order to avoid a possible delay in the start of their Medicare coverage. You should call the local Social Security office at **(866)467-0440** or apply online at **www.socialsecurity.gov**.

Any questions or to schedule an appointment, please call Jacqi Easter at (508)862-4750 ext. 4757

Prescription Advantage

Each year thousands of Medicare beneficiaries reach a **gap** in their Medicare prescription drug plan that is often referred to as the **"donut hole"**. If you reach the gap, you will see your prescription drug costs increase dramatically!
Don't let this happen to you.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For more information, call MassOptions at (800)243-4636, M-F, 9 am– 5 pm
or visit **prescriptionadvantagemma.org**

Helpful telephone numbers and websites:

Medicare
www.medicare.gov
800.633.4227

MassHealth- 800-841-2900

SHINE– Barnstable County
Office 508-375-6762

Social Security-
www.ssa.gov

800-772-1213

Local Office–

**100 Independence Dr., Ste
4, Hyannis 866-467-0440**

Prescription Advantage-
www.prescriptionadvantagemma.org 800-243-4636

VOLUNTEER OPPORTUNITIES

“The greatness of a community is most accurately measured by the compassionate actions of members”

Please consider volunteering with our COA Board, Meals-On-Wheels, Barnstable Neighbor 2 Neighbor or right here at the BACC with the many events or services (SHINE, AARP Tax-Aide) we provide. Please call Jen Fratus at **(508)862-4750 ext. 4752** to inquire about volunteering opportunities.

Barnstable Neighbor 2 Neighbor (BN2N)

is a network of volunteers who assist older residents in maintaining their independence and staying connected to their community.



We bring together older residents, who are living independently in their own homes, but need some additional assistance, with volunteers who will provide those services.

Our members receive services such as transportation, light household and yard work, grocery shopping, running errands, socialization and assistance with devices such as smart phones, TVs and tablets.

To be eligible for membership, one must be a Town of Barnstable resident, at least age 60 and living independently and safely in their own home. We offer reduced-fee memberships for eligible residents unable to afford the full membership fee.

Our volunteers are CORI-screened and receive training prior to providing services. BN2N is a nonprofit, all volunteer 501(c)(3) organization. Please visit www.barnstableneighbor.org if you are interested in joining BN2N as a member or a volunteer, or call us at **(508)418-9220**.

Become a SHINE Volunteer

If you like helping people and enjoy technical information and problem solving, you may be the perfect SHINE volunteer!



SHINE volunteers offer free, confidential insurance counseling on Medicare options. Their services help many Medicare beneficiaries on Cape Cod and the Islands. Volunteers participate in a 10-day training and must pass a state certification test annually. To meet the needs of our communities you may be asked to serve in an area other than where you live. For more information, please call Kristina Whiton- O'Brien at **(774)243-2953**.

Companion Animals of Cape Cod-
www.companionanimalprogram.com

The Family Pantry, 133 Queen Anne Rd., Harwich
(508)432-6519

MSPCA, 1577 Falmouth Rd., Centerville (508)775-0940

Elder Services is in need of additional volunteer Meals-On-Wheels drivers.



Meals are delivered to homes of seniors 60 and older, Monday through Friday between 10:00 a.m.-12 noon, and deliveries take roughly two (2) hours.

Volunteer once a week, or serve as a substitute/ fill-in driver, as needed.

Volunteer on your own, partner with a spouse or friend, or adopt a route with a group or business.

Training is provided and mileage reimbursement is available. Please contact Dawn Ericson-Taylor, Volunteer Resource Center Manager, 508-394-4630, ext 530 or dawn.ericson-taylor@esci.org to learn more about this rewarding opportunity.

Volunteers deliver a nutritious meal, a well-being check and a smile!

AARP Foundation Tax-Aide Needs Volunteers!



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

In addition to tax counselors who prepare tax returns, AARP Tax-Aide needs volunteers to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures.. New volunteer training starts in the fall and upon passing the required test, volunteers are assigned to various centers across the Cape & Islands. AARP membership is not required.

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

*Our fingerprints don't fade
from the lives we touch*

- Judy Blume

COMMUNITY RESOURCES

MassHire-Cape and Islands Career Center

372 North St., Hyannis, serves adults of all ages, including mature workers, and youth 16 and older looking for full or part time employment. Call **(508)771-5627** or visit www.masshire-capeandislands.com to learn about our workshops and employment services.



Representative Kip Diggs-



In order to provide better access, Kip Diggs, Massachusetts State Representative for the 2nd Barnstable District (Precincts 1, 2, 3, 4, 5, 6, 7, 8, 9 & 13 in Town of Barnstable) will be at the BACC on the **second Monday** of each month from 10:00 am– 12:00 pm. Please stop by to address any questions or concerns or to just talk.

Mon. July 14 10:00 am– 12:00 pm
Mon. August 11 10:00 am– 12:00 pm

Cape Cod Disaster Animal Response Team (DART) Pet Food Pantry for Dogs & Cats

E-mail if you have a need for pet food:- ccdart@gmail.com. They can assist with locating additional resources.



Representative Steven Xiarhos-



In order to provide better access, Steven Xiarhos, Massachusetts State Representative for the 5th Barnstable District (Precincts 10, 11 & 12 in Town of Barnstable) will be at the BACC on the **last Friday** of each month from 9:00– 10:00 am. Please stop by to address any questions or concerns or to just talk.

Fri. July 25 9:00 am– 10:00 am
Fri. August 29 9:00 am– 10:00 am



Cape Wellness Collaborative
 Helps those fighting cancer feel better.
(774)408-8477
 Mon, Tues & Fri 10 am– 2 pm
 436b Station Ave., South Yarmouth

Compassionate Care ALS

Leading a New Vision in ALS Care Since 1998

Offers an innovative and holistic range of services tailored to meet the needs of individuals with ALS and their families.



17 Chase Rd., Falmouth
(508)444-6775 or at info@ccals.org

Need assistance with legal matters?



South Coast Counties Legal Services: Hyannis Office– 460 W. Main St. This non-profit organization provides legal services to those age 60+. Advocate for people struggling economically to help protect their homes, their families, their health, their livelihood and their rights. **Call Ms. Rasheda Dickerson at (774)487-3251.**

MA Attorney General's Office: Reach them at **(888)243-5337 or TTY at (617)727-4765**

RMV 65+ Contact Center-

The RMV has a contact number **(857)368-8005** for customers who are unable to make an appointment reservation on-line. This number is reserved for customers over age 65, as well as people with disabilities. The RMV offers dedicated senior appointment hours on Wednesdays at select locations.



***MA law requires drivers who are 75 years of age or older to renew in person.**

As of May 7, 2025, air travelers 18 years of age and older must have a REAL ID compliant Driver's License or ID, or another TSA- acceptable form of identification, for domestic air travel and to enter certain federal facilities.

MEALS & NUTRITIONAL SUPPORT:

Barnstable COA- Brown Bag Program- For information, call Mary Taylor at (508)862-4750, ext. 4759

Cape Cod Family Table Collaborative
<https://acfcapecod.com>

Cape Cod Hunger Network- For local nutritional support, www.capecodhungernetwork.org

Cape & Islands Veterans Outreach Center, 223 Stevens St, Hyannis,. Pantry open to Veterans only, weekly on Thursdays, 9 am– 6 pm

Faith Family Kitchen Meals
 Faith Assembly of God
 154 Bearses Way, Hyannis
 Mon., Wed. & Fri.
 5:30– 6:30 pm

Family Pantry of Cape Cod, 133 Queen Anne Rd, Harwich. Food distribution on Tues, Wed, Thurs

& Sat. Provide food to anyone in need. Welcome to return every 10 days. Clothing also available. Call (508)432-6519

First Baptist Church Pantry, 487 Main St, Hyannis. Open Tuesdays 9 am– 12 pm

Meals on Wheels
 Elder Services of Cape Cod & the Islands. Home delivery of free meals to older adults over 60. Call **508-394-4630** to make referral.

St. Vincent De Paul Food Pantry at St. Francis Xavier Church- 21 Cross St., Hyannis, Open Tuesdays & Fridays 10 am– 12 pm

Salvation Army Pantry & Soup Kitchen, 100 North St, Hyannis
Office & Social Service hours- M– F 9 am– 4 pm
Pantry hours- M– F 10 am– 11:30 am
Soup Kitchen hours- M– F Breakfast– 8:30– 9:30 am
 Lunch– 11:30 am– 12:15 pm

COMMUNITY RESOURCES

Elder Services of Cape Cod & the Islands



68 Rte. 134, South Dennis
(508)394-4630

Not-for-profit providing community-based elder services.

CORD- Cape Organization for Rights of the Disabled-

765 Attucks Ln., Hyannis
(508)775-8300



CORD is a non-profit organization that advances independent living and the rights of people with disabilities on Cape Cod & Islands.

TOPS is a nonprofit, noncommercial wellness organization, TOPS has helped millions to **Take Off Pounds Sensibly** since 1948. The BACC chapter formed in 2017 and, since then, we've made friends as we've lost pounds. If you've struggled with your own weight or weight-related health issues, join us! For more information, please contact **Robb at (508)258-9284** or drop in on a **Thursday 9:30 am meeting at the BACC.**



Community Action Committee

"Helping people help themselves."
Services for low-income individuals and families to attain and retain independence and self-sufficiency. A number of services available, including:



SNAP OUTREACH PROGRAM - If you need assistance with SNAP/ Food Stamp application or recertification.

ACCESS TO HEALTH INSURANCE/ MASS HEALTH - Certified MA. Health Connector Navigators assist with applying, renewing, selecting plan and enrolling in Health Connector or MassHealth and Dental insurance plans.

(508)771-1727
372 North St., Hyannis

Cape Cod Regional Transit Authority



Fixed Route Service— Operates Mon– Sat., Hourly service most routes, flag down service
Now fare free

Dial-A-Ride Transportation (DART)- Door to door, by appt. Seniors/ Disabled \$1.50, Adults \$3.00

Boston Hospital Transport— Operates Mon– Thurs. Fares- \$30.00 round trip, \$15.00 one way

SmartDART— Smartphone app, on-demand service. For assistance call **(508)418-3278**

**Toll Free : (800)352-7155 Local : (508)385-1430
TTY: (800)439-0183**

LGBTQ+ Links



"The Other Side": A LGBTQ Group-

A meet and greet social group for the LGBTQ community at the BACC. Meeting the second Friday of each month at the BACC
F 07/11 & 08/08 10:30– 11:30 am Free

08/16- 08/23- Provincetown "Carnival"- 47th Annual, week-long celebration attracts tens of thousands of guests from around the world to enjoy parties, events, costume contests and the celebrated carnival parade on Thursday 08/21. The parade starts at 3:00 pm at the Harbor Hotel and marches down Commercial Street. The theme for 2025 is "Summer Camp"!

Cape Cod Trans, Non-Binary, Gender Diverse and Questioning Virtual Peer Support Group- Fenway Health Violence Recovery Program. Looking for a safe space and supportive peers? Social based drop in group open to all trans and gender diverse persons regardless of gender identity or expression, ages 18+. Group meets on the first and third Wednesdays of the month, 5:30– 7:00 pm, both in person and via Zoom. In person groups typically held at the UU Church, 3330 Main St., Barnstable Village. Call or e-mail Ann in advance to attend: (617)515-6679 or aburke@fenwayhealth.org.

If you are not currently on the **Cape Cod Pride** mailing list, you may want to consider joining! Cape Cod Pride is **connecting the Cape's LGBTQ Community** with an impressive array of social groups, events and programs. The mission of Cape Cod Pride is to build bridges of understanding, connection and support among the LGBTQ community, its allies and the community at large. Isolation and loneliness have been the most challenging aspects of the past year. Being part of an LGBTQ social group can really be of tremendous help. Go to the **Cape Cod Pride website for more information - www.capecodpride.org**

"PFLAG (Providing Support, Education & Advocacy to Parents, Families, Friends, Allies & Members of the LGBTQ+ Community) envisions a world where diversity is celebrated and all people are respected, valued and affirmed inclusive of their sexual orientation, gender identity and gender expression." Go to their website and sign up for emails at **www.pflagcapecod.org**

The LGBT Aging Project is a great resource for health information: **www.fenwayhealth.org**

The **Lower Cape LGBTQ Older Adults** is a group of those 55+ who get together to network and meet new friends. They gather for social time, meals, entertainment and activities. They hope you will join them. Like many organizations, their activities changed during the pandemic. Registration is required as they have attendance limits depending on the activity, no walk-ins will be permitted. They are always mask friendly and sometimes they are required depending on current transmission rates and/ or nature of the activity. Contact: Judi Wilson, Director of the Orleans Senior Center & COA, 150 Rock Harbor Rd., Orleans, MA at (508)255-6333 or at jwilson@town.orleans.ma.us.

OutstandingLife– OutstandingLife is a virtual online community of LGBTQ+ older adults. Their hope is to help reduce social isolation by providing opportunities to become part of a diverse, inclusive and accepting community where everyone is respected. Learn more at **OutstandingLife.org**.

VETERANS SERVICES & EVENTS

**With Respect, Honor
& Gratitude**



Veteran's Services-

Cape Cod Vet Center, 474 West Main St., Hyannis. Connection. Camaraderie. Community. Readjustment Counseling for Veterans and their Families. Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives. Contact **(508)778-0124** VBA Reps first Tues. of each quarter from 9:00 am- 1:00 pm.

Heroes in Transition, Inc., Assisting Veterans and military families. 22 Bates Rd., Ste. 135, Mashpee, **(508)539-1010** or contact heroesintransition.org

Home Base, National non-profit dedicated to healing the invisible wounds of war through direct clinical care, wellness, education and research: all at no cost to Veterans, Service Members and their families. New England Regional programs. For info: homebase.org

Vet Center Call Center, **(877)WAR-VETS ((877)927-8387)**

Veterans Crisis Line: Dial 988 then Press 1

The Cape & Islands Veterans Outreach Center (CIVOC), 247 Stevens St., Hyannis. Connecting veterans, their families and the Cape and Islands community through comprehensive, life-sustaining services and support since 1983. Contact Barbara-Anne Foley, Outreach & Programs Manager at **(508)237-3349**.

Transportation to Veterans- (with a true need and no vehicle of their own) by appointment with 48 hours (2 business days) notice given. Request a ride **(508)778-1590, ext. 9**. Contact Barbara-Anne Foley, Outreach & Programs Manager at **(508)237-3349**.

Food Distribution- weekly on Thursdays from 9:00 am- 6:00 pm at the CIVOC location at 233 Stevens St. In order to receive food, former military personnel must bring proof of their veteran status, such as a DD-214 and must meet criteria for assistance as defined by the Emergency Food Assistance Program.

Veterans Services, Barnstable District, 66 Falmouth Rd., Hyannis Veterans' Services District Office and its branch offices handle applications for financial and medical assistance, arrange transportation to VA facilities, visit housebound veterans and those in hospitals and nursing homes, advise veterans on community resources, and provide assistance with housing, home loans, education and the full range of veterans benefits. Located at 66 Falmouth Rd., Hyannis. Contact Director Greg Quilty, Major USMC (Ret) at **(508)778-8740** or visit capevets.org



**Cape & Islands Veterans
Outreach Center
Rendezvous Café at BACC**

**Wed. July 23
Wed. August 27
9:30- 11:00 am**

**Contact Barbara-Anne Foley at CIVOC
(508)237-3349 to register**

2nd Annual Veterans Rock!

Free Music Festival
Celebrating our veterans with live music, veteran owned food trucks and fun!

Sat. July 19 12:00- 7:00 pm
Village Green Bandstand, Hyannis



To benefit the Cape & Islands Veterans
Outreach Center

Legal One-on-One Appointments

Discussing Power of Attorney,
Wills & Health Care Proxy

First Wednesday of the month, 9:00 am- 12:00 pm
July 2, Aug. 6, Sept. 3, Oct. 1, Nov. 5 & Dec. 3

Law Office of Chantal Hayes Rice, Esq.

at Cape & Islands Veterans Outreach Center
247 Stevens St., Suite E, Hyannis

**Pre-registration required, by appointment only,
no walk-ins. Call (508)237-3349**

Cape Cod Community College presents

**Wilkins Family Dental Hygiene Clinic-
Free Mobile Clinic for Veterans**

Dental Checkup & Teeth Cleaning

Tuesdays Sept. 16 & 23

8:00 am- 1:00 pm

**Registration is required as space is limited
Call (508)237-3349 to register**



Hyannis Harbor Hawks Veterans Appreciation Night - Tues July 15th
Active military & veterans are invited to stand on the field during the National Anthem.



Please arrive by 5:15 pm. Pregame ceremony at 5:45 pm. Game starts at 6:00 pm.

Judy Walden Scarafille Field, 120 High School Rd., Hyannis



HAPPENINGS AROUND TOWN



Hyannis Youth & Community Center 141 Bassett Lane, Hyannis

Annual membership- \$20 Residents/
\$40 Non-residents or \$5 for a daily/ guest pass.

Ask about discounted Family Memberships! Benefits include unlimited use of Walking Track 8:00 am– 8:00 pm daily; use of Gymnasium and Game Room during scheduled hours. All proceeds from memberships stay within the HYCC; so members can take pride that they are helping support the amenities that they enjoy.



Barnstable Golf



One Membership. Two Great Courses

Barnstable Golf oversees **two great Cape Cod public golf courses** in the town of Barnstable, MA.

The **18 hole par 71 at Hyannis Golf Course** provides fun, hilly terrain, with many elevated tees and greens. Located at 1800 Rte. 132, Hyannis. **(508)362-2606**

The **18 hole par 71 at Olde Barnstable Fairgrounds Golf Course** in Marstons Mills offers an open and walkable layout, with receptive, bunkered greens. Located at 1460 Rte. 149, Marstons Mills. **(508)420-1141**

We are open to the general public. Non-residents are welcome to join as members, or to book a tee time and see what everyone is talking about. barnstable.golf
We can't wait to see you!

Town of Barnstable Age Discrimination Resources



If you feel that you have been unlawfully discriminated against in housing, education, employment, public accommodation, town or county services, banking or credit **based solely upon your age**, please contact Theresa M. Santos. Ms. Santos is the Town of Barnstable liaison to the Barnstable County Human Rights Advisory Commission. This Commission provides the public with an outlet for identifying and addressing human rights concerns, including unlawful discrimination, within Barnstable County and, where possible, assisting in the resolution of complaints. All communication with Ms. Santos is confidential.

Contact: **(508)862-4658**
or theresa.santos@town.barnstable.ma.us

BEACH STICKERS



Below are the options by which you can obtain a 2025 Parking Permit. Please be advised that Parking Permits are no longer being issued in person. **However, permit applications are available at the Hyannis Youth & Community Center (HYCC) and the BACC, if you are unable to print the application. Cost- \$50 for resident, \$25 handicap permit.**

Online: Beach stickers may be purchased online by logging into <https://barnstablema.viewpointcloud.com/categories/1089> and following the instructions to purchase your permit(s).

By Mail: Mail-in applications can be downloaded from townofbarnstable.us the link: <https://www.town.barnstable.ma.us/Departments/Recreation/Beach-Stickers.asp>

HYCC Drop Box: Completed forms can be placed in the drop box located outside the front door of the HYCC or at the BACC front desk. As noted, permit applications may be picked up at the HYCC or the BACC.

TRANSFER STATION STICKERS

For July 1, 2025– June 30, 2026 is required as of July 1. Stickers can be purchased on line, by mail or at the Barnstable Transfer Station & Recycling Center, 45 Flint St., Marstons Mills. **Cost this year is \$375.** If low income, you can file a financial aid application for a reduced rate sticker.

DOG LICENSES

The Town's dog license program now runs per calendar year. Fees for 2025– Spayed/ Neutered: \$10.00, Non-spayed/ neutered \$13.00. All dogs older than six (6) months are required to obtain a license. Dog licenses can be purchased online, by mail or in-person at Town Hall, Town Clerk's Dept., 367 Main St., Hyannis or at the Marine & Environmental Affairs Office, 1189 Phinney's Ln., Centerville.

*****Reminder- Dogs are not permitted on Town of Barnstable beaches from May 15th through September 15th.*****

RECREATIONAL SHELLFISH PERMITS

Permits can be purchased via online, mail in or in person. For more information, please go to:

<https://barnstablema.lynxlog.com/ndr/menu.php>

Senior (Over 65) Resident Permit- \$30

Senior Veteran Permit- \$30

In person at the Marine & Environmental Affairs Office, 1189 Phinney's Ln., Centerville.

If you need assistance with completing any applications, please feel free to contact Outreach Services or inquire about assistance when at the BACC.

HAPPENINGS AROUND TOWN

Attention Hyannis Residents



Town of Barnstable Greening the Gateway Cities Grant Program

The Town of Barnstable was awarded a grant through the Greening the Gateway Cities Grant Program to plant 2400 trees in the community's Environmental Justice areas. All properties within the Planting Zone including private property owners, are eligible to sign up for **free trees**. By increasing the tree canopy the community will realize numerous benefits including beautification of neighborhoods, school and public places, improved air quality, increased wildlife habitat, reduced noise, and increased shade which will maximize energy savings.



Please visit GreeningHyannis.com
or call **(774)487-5677**

Town of Barnstable Marine & Environmental Affairs Dept.



Learn to Shellfish Classes 2025 (Open to All Ages)- Barnstable's Natural Resources Program will offer four FREE shell fishing classes open to the public

Sat. July 26th @ 7:00 am

Sun. August 10th @ 6:30 am

Sun. August 24th @ 6:30 am

Sun. September 7th @ 5:00 pm

Must sign up to participate. Space is limited.

*****Sign-up started by e-mail on May 1, 2025*****

You'll be given class location two weeks before class.

For more information, call Natural Resources during office hours Mon– Fri from 8:30 am– 4:15 pm at **(508)790-6272** or direct questions/ sign-up via e-mail to Cecelia.Dunham@town.barnstable.ma.us



Be sure to check the HYCC & Barnstable Recreation Public Events Calendars for adult activities.

2025 Household Hazardous Waste Collections at Barnstable Transfer Station



August 23: 9 am– 12 pm

September 27: 9 am– 12 pm

See complete list of disposal items at
www.loveyourlocalwater.org

Cape Cod Baseball League



The 2025 CCBL All-Star game is on Saturday July 19 at Red Wilson Field, home of the Yarmouth– Dennis Red Sox and playoffs are scheduled to begin on Tuesday August 5.

Red Shirt Fridays- The CCBL celebrates Red Shirt Friday each week with the home teams wearing red jerseys at each game. This is in appreciation and support for our troops and to recognize servicemen and their families.

RED– Remember Everyone Deployed!

The **Hyannis Harbor Hawks** home games are played at McKeon Park, 120 High School Rd., Hyannis.

The **Cotuit Kettleers** home games are played at Lowell Park, 10 Lowell Ave., Cotuit.

Admission is free, parks are dog friendly and fully accessible. Always a fun time and a great way to spend a beautiful summer evening. 2025 schedule will be posted at the BACC or visit on-line at www.capecodbaseball.org

Town of Barnstable Disability Commission



The purpose of the Barnstable Disability Commission is to advise and guide the Town of Barnstable and the general public regarding issues of accessibility in accordance with the Americans with Disabilities Act and the Massachusetts Architectural Access Board. In addition, the Barnstable Disability Commission provides information and referral services to residents.

Contact: (508)862-4694



See page 15 for fun summer activities around the Town and beyond

Barnstable E-News– Subscribe today!

Barnstable eWeekly is the Town of Barnstable's opt-in newsletter delivered to your inbox each Friday. To stay up to date on events, meetings, roadwork notices, village news and more - subscribe today at www.BarnstableEnews.com

Elder Abuse Hotline

1-800-922-2275

Operating **7 days/ week, 24 hours/ day**



FYI... / A NOVEL IDEA

What to do During Extreme Heat

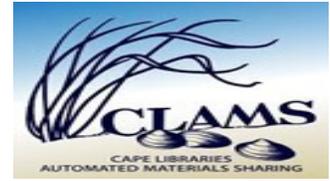


- Slow down and avoid strenuous activity.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, find someplace you can be active while staying cool indoors.
- Drink plenty of water, juices or drinks that contain electrolytes– even if you are not thirsty! Avoid alcohol and caffeinated beverages. If your doctor has directed you to limit your liquids, ask what you should do when very hot.
- Stay indoors as much as possible and limit exposure to the sun.
- Use AC and fans to stay cool. Avoid using stove and oven, keep shades, blinds or curtains closed during hottest part of day.
- If you must go outdoors, use a broad– spectrum sunscreen, SPF 15 or higher and reapply throughout the day. Wear a hat, protective clothing and sunglasses.
- Wear lightweight, loose fitting, light– colored clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Never leave children or pets alone in a closed vehicle.
- Practice Water Safety if cooling off around bodies of water.
- Know symptoms of and watch for heat related illnesses. Headache, confusion, dizziness or nausea could be sign of a heat– related illness. Go to the doctor or to an emergency room if concerned you need treatment. Call 911 in emergency.
- If power outages during warm weather, take additional precautions and go to a cooling center.

Please note that the BACC is a designated cooling and charging center.

We welcome you anytime throughout the summer to join in a program or activity or just to visit.

A Novel Idea...



Reading books can lengthen your lifespan, study finds.

A 2016 study published in the journal Social Science & Medicine found reading books can reduce mortality by up to 20%.

According to the researchers, “any level of book reading gave a significantly stronger survival advantage”, particularly for adults 65 and older who “redirect leisure time” from watching tv into reading books.

‘A Novel Idea’... offering book recommendations provided by staff from our local libraries. Happy Reading!

The House on Buzzards Bay by Dwyer Murphy (Sturgis)

Secret Cape Cod and the Islands: a guide to the weird, wonderful and obscure by Linda Humphrey & Maria Lenhart (Cotuit)

Harlem Rhapsody by Victoria Christopher Murray (Whelden)

Queens of London by Heather Webb,

Sandwich by Catherine Newman,

That Librarian by Amanda Jones (Osterville)

By Any Other Name by Jodi Picoult (Hyannis)

Haunted Ecologies by Corey Farrenkopf (Centerville)

Great Big Beautiful Life by Emily Henry,

The Serviceberry by Robin Wall Kimmerer (Marstons Mills)

Visit your local library today! Staff members are always available to provide reading recommendations if you need assistance.



Warm weather advice

Walk your dog when it's cooler: early morning or late evening

Do the tarmac test: if you can't comfortably hold your hand on tarmac for five seconds then postpone your walk until it's cooler



Ensure your dog has plenty of water and shade all day

Take extra care

Flat-faced, overweight, unwell and older dogs are at increased risk of heatstroke

Exercise is the most common trigger for heat-related illness so take care not to over-exert your dog

Top 10 Benefits of Reading for All Ages-

1. Reading Exercises the Brain
2. Reading is a Form of (free) Entertainment
3. Reading Improves Concentration & Ability to Focus
4. Reading Improves Literacy
5. Reading Improves Sleep
6. Reading Increases General Knowledge
7. Reading is Motivational
8. Reading Reduces Stress
9. Reading Sets a Positive Example
10. Reading Teaches Empathy

DRIVING SAFETY

Summer Safety Driving Tips

Summer means visitors flock to the Cape and traffic increases. It is important to stay safe on the road.



- Have your vision and hearing checked regularly.
- Sit high enough in your seat to see at least 10 feet ahead of your car.
- Discuss medical issues and medication with your doctor to determine if they might affect your driving.
- Avoid challenging conditions. Drive during the day and stick to familiar routes or plan your route before you drive. Be extra careful in bad weather.
- Avoid left hand turns in heavily traveled areas without a traffic light.
- Avoid distractions like listening to the radio or use of mobile phone.
- If physical fitness has diminished, seek an assessment with an occupational therapist and get some exercise
- Don't follow too closely and don't speed.
- Have your driving skills assessed. Take a senior driving course.
- Be aware of your surroundings. Be extra vigilant watching for motorcycles and bicyclist.

Flashing yellow turn light

You're about to turn left at an intersection when you see something new: a flashing yellow arrow. What should you do? After yielding to oncoming traffic and pedestrians, make the turn. In the past you may have just had a permissive circular green light, which people may have mistakenly identified as having the right of way over opposing traffic. The expectation is that the flashing yellow arrow will lead to safer intersections.



Move Over-

In Massachusetts, the "Move Over" law requires drivers to move to the next adjacent lane when approaching a stationary emergency, highway maintenance, or tow trucks/ recovery vehicle with flashing lights., if it's safe to do so. If moving over is not possible, drivers must reduce their speed to a safe speed. This law aims to protect first responders and other roadside workers.

Pull Over-

Driving laws require you to pull over and allow emergency vehicles to pass you. However, you are not allowed to break the law to pull out of the way. Additionally, you shouldn't put yourself or others in danger while attempting to pull over. You do not have to stop if you're driving in the opposite direction on a divided highway.

Click it or Ticket-

The Click It or Ticket seat belt high-visibility enforcement campaign, urges drivers and passengers to always buckle up and reminds of the potentially deadly consequences of not wearing a seat belt. Seat belts save thousands of lives a year and are our best defense to reduce preventable tragedies. One of our simplest and safest choices we can make when riding in a vehicle is to properly wear a seat belt. According to statistics, nearly half of passenger vehicle occupants killed in a crash were not buckled up. Always place the shoulder belt across the middle of your chest and away from your neck., and place the lap belt across your hips, not your stomach. You should never put the shoulder belt around your back or under your arm.



The Vulnerable Road Users law requires motorists to pass a vulnerable road user at a "safe passing distance" of at least 4 feet. Vulnerable Road Users include people walking or bicycling, people using wheelchairs or personal mobility devices, people using scooters, skateboards or roller skates, people on horses or operating farm equipment on the roadway. When passing, the motorist shall use all or part of adjacent lane, crossing center lane if necessary and safe to do so and adhering to roadway speed limit.

LOOK TWICE - SAVE A LIFE



Motorcycles are Everywhere!

DRIVING SAFETY

What is the leading cause of vehicle accidents?

The leading cause of vehicle accidents is driver inattention or distraction. This includes things like using a cell phone, eating, or fiddling with the car's systems while driving. While speeding and impaired driving also contribute significantly, distracted driving is often cited as the primary cause of accidents



Distracted Driving-

Distracted driving is activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system— anything that takes your attention away from the task of safe driving. You can not drive safely unless the task of driving has your full attention and your ability to react quickly. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Hands Free Law-

Effective February, 2020, the Massachusetts Hands-Free law

has prohibited operators of motor vehicles from using any electronic device, including mobile telephones, unless the device is utilized in hands-free mode. The primary goal of this law is to reduce distracted driving and improve road safety for all.



Impaired Driving-

Alcohol is a substance that reduces the function of the brain, impairing thinking, reasoning and muscle coordination. All these abilities are essential to operating a vehicle safely. Even a small amount of alcohol can affect driving ability. If someone you know has been drinking, do not let that person get behind the wheel.



Many prescription and over the counter medications can affect your ability to drive safely. Side effects that can cause impairment include drowsiness, blurred vision, slowed reaction times and impaired cognitive function. Warnings against "operating heavy machinery" include driving a vehicle. Driving under the influence of any substance, including prescription medication, is illegal if it impairs your ability to drive.



Warning signs that it might be time to stop driving

There is no set age when people should stop driving, but it's critical to consider individual factors. If an older driver is experiencing difficulty with vision, hearing, cognitive function or physical abilities like reaction time and coordination., it may be the time to consider stopping or reducing driving.

Warning signs-

- Frequent near-misses or accidents: Even minor incidents can indicate a decline in driving ability.
- Trouble with basic driving maneuvers: Difficulty staying in lane, parking or turning can be a red flag
- Getting lost in familiar areas: Memory problems can make it difficult to navigate and follow routes.
- Driving too slowly or too fast for road conditions: Inability to adapt speed to traffic or road conditions can be dangerous.
- Being easily distracted or having trouble concentrating: Distraction can make it harder to react to changes in driving environment.
- Difficulty responding to unexpected situations or emergencies: Slow reaction times can be a problem when encountering unexpected hazards.
- Family or friends expressing concerns about driving: Input from loved ones can be valuable in assessing driving ability.
- Receiving traffic citations or warnings: Multiple citations or warnings can indicate a pattern of unsafe driving behavior.

What is the most critical skill in defensive driving?

Constant scanning. Vigilance is key, requiring drivers to continuously scan their environment— not just the vehicle in front, but also traffic behind and alongside, as well.

To ensure safe stopping distances, drivers should maintain a space of at least 3-4 seconds between their vehicle and the one in front. This time gap allows for reaction time and braking distance, especially at higher speeds.





Barnstable Adult Community Center
Barnstable Council on Aging
825 Falmouth Road
Hyannis, MA 02601

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SAVE THE DATE

Please join us!

The 4th Annual Barnstable Adult Community Safety Day
Wednesday September 24, 2025
10:00 am– 2:00 pm at the BACC

The Town of Barnstable, the Barnstable Council on Aging, the Barnstable Police Department and the Hyannis, COMM, Cotuit, Barnstable and West Barnstable Fire Districts, together with over 30 vendors in one convenient location to provide older residents the tools to safely navigate needs in the home, on the road and in the community. The day will also feature informational presentations on information you need to know about including, Scams and Phishing, fire safety skills and senior self defense.

