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- Respite & Long-Term Care

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- Respite & Long-Term Care

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December 2018/January 2019

Barnstable Senior Center, 825 Falmouth Road, Hyannis, MA 02601/Phone: 508-862-4750
Normal business hours: Monday-Friday from 8:00 a.m. to 4:30 p.m.
Center will open later during scheduled evening programs. Please check activity listings for times.

Contents

Letter From Director 4
Friends Corner 5
Senior Center Info 5
Enrichment 7-13
   √ Arts and Crafts
   √ Computer and Technology
   √ Culture
   √ Events and Entertainment
   √ Exercise
   √ Health & Wellness
   √ Music
   √ Workshops
   √ NEW! Evening Programs 12-13

Clubs and Groups 14-15
Calendar 16-18
Support 20-21
Caregivers 22
Adult Day Program 23
Respite 25
LGBT Corner 26
Transportation 30

Staff Directory

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Mariann Mosher - ASD Program Assistant

Cindy McCann - ASD Program Assistant

Sarah Howes-Fenton - ASD Program Assistant

Marjorie Sullivan - Van Driver

Josh Dunn, Custodians

Dianne Francis - Part-time Division Assistant

Kyle Simpkins - Part-time Custodian

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

COA Disclaimer: The Barnstable Senior Center offers many recreational, health, legal, financial and other services and programs by volunteer or nominal cost providers. We advise that seniors participating in these services and 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 volunteer or nominal cost providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the Barnstable Senior Center.
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Barnstable COA, Hyannis, MA 03-1143
Dear Friends,

We had a phenomenal turnout for the two Community Conversation visioning sessions that we hosted in September and we are so grateful to those of you who took the time to participate. The valuable and positive feedback you shared with us will help guide our rebranding efforts. Almost 150 people attended the engaging and interactive sessions, with real-time polling enhancing the experience and giving us some clear insights and direction on how our community envisions the future of the Barnstable Senior Center.

9% of the audience felt that the word “senior” best represents a person aged 50 and over, with 44% favoring “adult” and 33% preferring “older adult.” 81% of participants support a name change for the facility with 63% favoring the name “Barnstable Adult Community Center.” 91% of those present support the addition of an LED sign on Route 28 to improve visibility and awareness of center. We will keep you posted as the rebranding process moves forward. Please feel free to share your thoughts with me.

During the event we asked people to share with us a word that describes how they feel about the future of the Barnstable Senior Center and some of those words helped shape the festive tree on the cover. With 2018 coming to an end and a new year approaching, it’s affirming and inspiring to reflect on how much we have to be grateful for and thanks to your words, the future looks as bright as the star that tops the tree!

With the holidays upon us, we have a lot of festive events coming up, so check out the activity listings for all the details. I hope you can attend our annual Holiday Dinner on December 14th where we will enjoy a delicious turkey with all the trimmings dinner while enjoying seasonal favorites from the Swing Easy band. Santa will also be making a special appearance! Thanks to the Friends of the Barnstable Council on Aging for sponsoring this annual event.

Don’t forget to help us spread the word about our evening programs! Please reach out to us if there are specific programs that you would like to see offered.

Happy Holidays!

Maddie

Madeline Noonan,
Director of Senior Services

Join us for the holidays!

Holiday Painting
Tuesday, November 27, 5:30 pm
Tuesday, December 11, 5:30 pm

BSC Sunshine Crafters Sale
Tuesday, December 4 & Friday, December 14
9 a.m.-2 p.m.

Holiday Safety
Tuesday, December 4, 1:30 pm

Holiday Wreath Making
Monday, December 10, 1:30 pm

Holiday Jewelry Design
Wednesday, December 12, 1:30 pm

Genoise Italian Sponge Cake
Tuesday, December 11, 2:00 pm

Merry Ol’ Ukulele Sing-A-Long with Cape Cod Ukulele Club
Wednesday, December 12, 1:30 pm

Holiday Dinner, Celebrate the Season
Friday, December 14, 11:30 pm
Fee $14.00
Friends of the Barnstable Council on Aging

Mark your calendar.
Come to our Annual Meeting at the Barnstable Senior Center on December 6, at 9:00 AM. Continental Breakfast provided.

Message from the President:
Thanks to you we raised $3,962.00 with our raffle. Our top three winners were: John M., Dennis; Jack N., Cotuit and Jean W., Hyannis. Congratulations to all! We had such fun seeing all of you and your generous support is always appreciated. This month we donated $400.00 to the upcoming Turkey Trot and $2,500.00 to our Outreach Department.
I look forward to seeing you at our Annual Meeting.
Stephanie Dannemann

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

Name: ____________________________
Mailing Address: __________________
Phone: ___________________________

Checks payable to: FBCOA and mail to: 825 Falmouth Rd., Hyannis, MA 02601 or drop it of at the Senior Center.

Registration Information

Payment Methods
* Check (payable to Town of Barnstable)  * Cash (in person only)  * Credit card (Visa and MasterCard)

How to Register:
In person: At the Barnstable Senior Center 8:00 a.m. to 4:30 p.m. Monday through Friday and during scheduled evening hours.
• By phone: Call (508) 862-4750 during normal business hours. Credit card payment is required
• By mail: Barnstable Senior Center, 825 Falmouth Road, Hyannis, MA 02601
• Online: At www.townofbarnstable.us/seniorservices   (Credit card payment is required)

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

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

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

Keep in Touch!

Front desk:  508-862-4750     Web site:  www.townofbarnstable.us/seniorservices

Weekly E-newsletter: Ask to be added to the list: judith.reppucci@town.barnstable.ma.us
Facebook: To get the latest news and information, “like” us at: www.facebook.com/
Glass Class, Create Your Own Glass Art!
Mon. Dec. 17, 1:30-3:30 p.m. Fee-$45
Fee-$45/Materials, including a shadow box supplied.
Make a mermaid, turtle, flower or Christmas theme.
Class limited to 15. Note: Next day art pickup required.
Instructor: Brenda King

Acrylic Art for the Beginner
Thu. Jan. 17-Feb. 21, 10 a.m.-12 p.m. Fee-$60
Thu. Jan. 17-Feb. 21, 1:30-3:30 p.m. Fee-$60
This class is designed for beginners and those who need a
refresher. The instructor guides each student in step-by-
step completion of an original piece of artwork.
Instructor: Sue Carey

Cooking

Genoise, Italian Sponge Cake
Tue. Dec. 11, 2-4 p.m.
Free-RSVP required/Limited to 12
Make the traditional Italian sponge cake, the Genoise.
You’ll learn to fill and roll the sponge to encase a light
buttercream and review flavor options and the science of
baking the Genoise. Recipes included.
Baking Instructor: Maureen Bittar.

Top 10 Nutrients for Older Adults
Tue. Jan. 23, 1:30-3pm Free-RSVP Required
Join the Cape Cod Cooperative Extension nutritionist to
prepare yogurt sundaes and learn proactive self-care to
minimize nutrient deficiency. You’ll also learn about the
educational programs and cooking demonstrations offered
through the Extension.
Nutritional Instructor: Kim Concra, LDN

Events and Entertainment

BSC Sunshine Crafters Sale
Tue. Dec. 4 & Fri. Dec 14, 9 a.m.-2 p.m.
The BSC Sunshine Crafters have been busy making items
to sell which support older adults in need. The beautiful
and very fairly priced items not only keep you warm, but
are wonderful gifts, and look great under the tree.

Merry Ol’ Ukulele Sing-A-Long
with Cape Cod Ukulele Club
Dec. 12, 1:30-2:30 p.m. RSVP-Free
Join ukulele teacher extraordinaire Cathy Hatch
and the Cape Cod Ukulele Club for the holiday season’s most entertaining performance. Don’t
your festive or funny holiday attire, and sing
along to a concert of holiday songs you may have never
heard played this way before!

Holiday Dinner
Fri. Dec. 14, 11:30-2 p.m. Fee-$14
Another festive and delicious celebration with Judy’s
delicious turkey dinner, a performance by Swing Easy and
a visit from Santa!
Computers & Technology

Tech Support
Tue. Dec. 4, 1:30-2:30 p.m. RSVP-Free
Tue. Jan. 15, 1:30-2:30 p.m. RSVP-Free
Limited to four students/15-minute session per person.
This Cotuit Library program answers your questions about computers, laptop, tablet or phone. Bring your device.

Using Libby
Tue. Dec. 11, 1:30-2:30 p.m. RSVP-Free
Libby is a valuable and easy new library app available from the CLAMS library system. Use it to borrow digital titles in audio, streaming and other formats.
Facilitator: Gus Aslanian, Cotuit Library

Safety Tips for Facebook
Tue. Dec. 18, 1:30-2:30 p.m. RSVP-Free
This program offered by Cotuit Library guides you to the Facebook information safety set up on your page and talks about the advantages of a Facebook account.

iPad, iPhone Tips
Tue. Jan. 8-Feb. 5, 10-11 a.m. Fee-$15-Limit 20
Discover the capabilities of your new iPad or iPhone, and learn to browse the web and send emails. This class explains all in an easy, understandable manner.
Instructor: Carl Bertelsen, retired graphics professor

Music

Ukulele Practice
Mon. Nov. 26-Jan. 14, 1-2 p.m. Fee-$60
Class minimum of five; sign up early.
This guided ukulele practice conducted by the founder of the Cotuit Center for the Arts Ukulele Orchestra series is designed for intermediate or advanced levels.
Instructor: Steve Gregory, Score Music, Sandwich

Welcome to Ukulele for the Beginner
Mon. Jan. 7-Feb. 25, 10:30-11:30 a.m. Fee-$36
Bring a ukulele and a tuner.
Aloha! In this absolute beginner class, you’ll learn to tune your instrument and play both scales and basic chords. You’re sure to enjoy this exuberant and experienced performer who truly wants you to have fun and enjoy learning.
Instructor: Cathy Hatch

Welcome to Ukulele Advanced Beginner/ Improver Ukulele Lessons
Mon. Jan. 7-Feb. 25, 1:30-2:30 p.m. Fee-$36
Bring a ukulele and a tuner.
This class will take you to the next level. Learn to play an instrumental song, a three-chord song, and new chords.
Instructor: Cathy Hatch

Tin Whistle Lesson
Thu. Nov. 29-Jan. 17, 10-11 a.m. Fee-$36
Learn the basics of the traditional Irish “penny whistle” and several standard Irish tunes. Class may be graded into various levels, but no previous knowledge of music is required. Bring a “D” whistle.
Instructor: Sean Murphy

Culture

Ole' Spanish Anyone!
Mon. Nov. 26-Jan. 14, 2-3 p.m. Fee-$36
Prepare for a trip or brush up on your skills. Exercise your brain, and learn something new!
Instructor: Nedra Allen

Parlez-vous Français?
Mon. Nov. 26-Jan. 14, 1-2 p.m. Fee-$36 Beginner
Mon. Nov. 26-Jan. 14, 3-4 p.m. Fee-$36 Intermediate
Vive la France. Took lessons before, want to learn a few phrases for vacation, or a complete beginner? Join us!
Instructor: Nedra Allen

German Beginner & Advanced
Tue. & Thurs. Dec. 4-20 Fee-$36
Beginner 12-1 p.m. Advanced 2-3 p.m.
Working with your skill level, these classes help you move you forward with conversational German.
Instructor: Richard Sumach

Italian Beginner, Intermediate & Advanced
Tue. & Thurs. Dec. 4-20 Fee-$36
Beginner 1-2 p.m.
Intermediate 11am-12 p.m. Advanced 3-4 p.m.
Whether you’re a beginner or just need a little brush-up, this experienced instructor will help you bring your language skills to the next level. Everything sounds better in la bella lingua!
Instructor: Richard Sumach

Exercise

To reduce the risk or chance of physical injury, you should consult with your medical provider before undertaking any new exercise program.

Please bring water, and if appropriate a yoga mat, and wear proper footwear and other attire.

Chair-Supported Yoga
Wed. Nov. 28-Jan. 23, 12-1 p.m. Fee-$48
Can’t turn yourself into a pretzel? That’s okay because you can practice chair-supported yoga and gain the same benefits. Take this class, then practice from the comfort of your own home. This class will help improve overall health and help those with mobility issues; you’ll be surprised by the benefits!
Instructors: Rebecca Coverdale
Challenge Accepted! A Small Group Training Class
Tue. Nov. 27-Jan. 22, 9-10 a.m. Fee-$42 (Level 2)
Tue. Nov. 27-Jan. 22, 10-11 a.m. Fee-$42 (Level 1)
Thu. Nov. 29-Jan. 24, 9-10 a.m. Fee-$48 (Level 2)
Thu. Nov. 29-Jan. 24, 10-11 a.m. Fee-$48 (Level 1)
Level 1 is for active people. It focuses on technique and form and consists of moving to the beat, lifting weights, timed intervals, and more. No mats.
Level 2 is an advanced class for those comfortable with training basics and focuses on strength and cardiovascular training. Modifications can be made
Instructor: Liz Saunders, Certified Personal Trainer

Country Line Dancing
Mon. Dec. 3-Jan. 28, 11:15 a.m.-12:15 p.m. $36
Get out your cowgirl/boy boots and ten-gallon hat, and dance your way to fitness in this always enjoyable class.
Instructor: Kim Benton.

Dance for Joy
Fri. Nov. 30-Jan. 18, 11 a.m.-12 p.m. Fee-$36
You can dance even if you have coordination or balance issues. Release tension and increase flexibility as you have fun and move to your favorite tunes.
Instructor: Elaine Spiezieo

Drums Alive with Maria
Tue. Nov. 27-Jan. 22, 11:30-12:30 p.m. Fee-$42
This fitness experience using rhythmical drum patterns is specially designed for older adults. The stimulating drumming induces feelings of euphoria, improved mental awareness and self-acceptance.
Instructor: Maria Zombas

Glowing to the Oldies
Wed. Nov. 28-Jan. 16, 9-10 a.m. Fee-$48
Dance and “glow” to the music with this aerobic exercise to your favorite songs from the ’40s to the ‘80s.
Instructor: Marcia Raferty

Meditation with Kay
Tue. Jan. 8-29, 2-3 p.m. Fee-$15
Meditating every day makes a huge difference in how you approach life, and studies show it can slow dementia and mild cognitive impairment progression.
Instructor: Kay Outwin

Move & Improve, New Year, New You
Fri. Jan. 4-Feb. 8, 10-11 a.m.
Fee-$30 Take 6 pay for 5
Move your body, improve your mindset and kick off 2019 with a healthy outlook for the future. Enjoy a half hour of cardio dance/weights and a half hour of health and wellness coaching
Instructors: Liz Saunders and Maria Zombas.

Mudra, Hand Yoga for Health
Wed. Nov. 28-Jan. 23, 11 a.m.-12 p.m. Free-Walk-in
Mudras hand gestures are used in meditation as a way to direct energy flow in the body. This includes gentle stretches, acupressure, meditation and music.
Instructor: Peg Stanton, Barnstable Public Health Nurse

Restorative Pilates-Based Matwork –Mixed Levels
Wed. Dec. 5-Jan. 23, 10-11 a.m. Fee-$42
Bring a mat, elastic strap and a tennis ball.
This moderately paced class for beginners is a restorative approach to muscular balance and joint alignment.
Instructor: Holly Silva

T’ai Chi Chih- Beginner/Intermediate
Mon. Nov. 26-Jan. 14, 1:30-2:30 p.m. Fee-$36
This is an easy, flowing meditation class. Benefits include peace of mind, improved balance—and simply joy!
Instructor: Bruce Childs

T’ai Chi Chih-- Full Practice
Mon. Nov. 26-Jan. 28, 3-4 p.m. RSVP-Free
Experienced T'ai Chi Chih practitioners are invited to this open weekly guided practice of TCC. This is an opportunity to gain deeper benefits from your practice.
Full Open Practice is for those know all or most of the 19 moves.
Instructor: Bruce A. Childs

Tai Chi for Health
Tue. Dec. 4-Jan. 22, 3:30-4:30 p.m. Fee-$36
Tai Chi is safe, relaxing and easy to learn. Gentle movements lead to strength gain, balance improvement, and joint flexibility.
Instructor: Holly Heaslip

Therapeutic Qi Gong
Tue. Jan. 8-Feb. 12, 3:30-4:45 p.m. Fee-$36
Improve your quality of life with gentle movements and powerful results. This ancient physical exercise developed in China can provide flexibility, heighten energy, and improve relaxation.
Instructor: Annemarie Lang.

We’re Walking! Improve Your Cardio Fitness
Mon. & Wed. Nov. 26-Jan. 30, 9-10 a.m. Free/RSVP
So what if it’s winter? Get moving, bring up that heart rate, burn off holiday calories! Learn to monitor your walking sessions while tracking distance and pace using fit/cardio watches to help you maximize your walking style and achieve health benefits. Bring a fit/cardio watch and walking shoes.
Leader: Bob Fantaroni, retired physical educator

Yoga with Bonnie
Wed. Nov. 28-Jan. 23, 1-2 p.m. Fee-$48
Gentle and relaxing Hatha Yoga will give you energy. This class focuses on moving with the breath into the postures.
Instructor: Bonnie Silva

Zumba Gold with Christina
Tue. Nov. 27-Jan. 22, 9-10 a.m. Fee-$42
A milder, gentler version of the original Zumba Fitness, Zumba Gold is a low-impact cardio workout designed for the beginner, the active older adult and individuals who require movement modification.
Instructor: Christina Arabadzhieva.
Health and Wellness

Labyrinth as Life: Walking in Joy, Uniting in Peace
Thu. Dec. 6, 2-3 p.m. RSVP-Free
Participants are asked to wear socks and remove shoes.
There is something so compelling about a labyrinth. It beckons you to enter and guides your way through. It feels like a vacation from life and a challenge to find its meaning all at the same time. The labyrinth is a metaphor for life, so our experience with it is as unique as we are.
Facilitator: Sue Carlson

Evaluation & Treatment of Cognitive Behavior Issues in Older Adults
Fri. Dec. 7, 11 a.m.-12 p.m.
Free-RSVP-Required by November 30
A clinical neurophysiologist based in Hyannis discusses the evaluation and treatment of cognitive and behavioral issues with older adults. This is a wonderful opportunity to ask the doctor your questions.
Presenter: Dr. John Hamijian

Health Talk: Stress Management Through the Holiday and Beyond
Wed. Dec. 12, 10-11 a.m. RSVP-Free
Have yourself a healthy holiday! This is the season to minimize and minimize stress and get through the winter healthier.
Facilitator: Kindred Health

Get Back on Track with Good Nutrition
Wed. Jan. 16-30, 11 a.m.-12 p.m. Fee-$20
Learn about healthy eating in a realistic, sustainable way. This three-session course reviews common pitfalls and covers healthy habits and actions you can take to eat better for the long-term. Recipes and samples included. Facilitator: Barbara Blackwell, PT, PMC-NIH, Nutritionist Specialist, Physical Therapist.

Health Talk: Diabetes, Eating Properly, Controlling Sugar
Wed. Jan. 9, 10-11 a.m. RSVP-Free
Pick up healthy cooking ideas which will allow you to enjoy food and control diabetes.
Presenter: Kindred Health nutritionist

Hearing Alone
Mon. Jan. 14, 1:30-2:30 p.m.
Free-RSVP/Hearing screening limit: 6
Explore the effects of hearing loss on individuals and those around them. If you struggle with hearing loss, this topic will discuss hearing difficulties and its effects on daily life.
Facilitator: Shawn Woodbrey, At Home Hearing

Workshops

Securing your Home While Away with the Barnstable County Sheriff’s Department
Tue. Nov. 27, 1-2 p.m. RSVP-Free
Are you heading south for the winter? Planning a trip? If so, make sure your home is safe and secure while you’re away. Learn how to secure your home and keep it safe from thieves, frozen pipes, high utility costs, and unforeseen disasters. Don’t be caught off-guard!
Cohosts: Barnstable County Sheriff’s Office Bureau of Criminal Investigation Director Matt Smith and Emergency Management Director Joe Gordon.

TED Talks and Discussion
Mon. Dec. 3, 2-3 p.m. RSVP-Free
TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference at which technology, entertainment and design converged. Today it covers topics ranging from science to business to global issues in more than 100 languages. Independently run TED events help share ideas in communities around the world. Our next two TED Talks will be *How Your Brain Decides What is Beautiful* and *Lessons from the Longest Study on Human Development*. Join the lively discussions and be inspired.
Facilitator: David Martin
Disaster Preparedness, Are You Ready?
Tue. Dec. 4, 1:30-2:30 p.m. Free-RSVP
This interactive presentation prepares you for any disaster, and includes tips on getting prepared for winter storms both at home and at a shelter. Learn to put together your own disaster preparedness kit.
Presented by: AmeriCorps and the American Red Cross.

Cotuit Fire Department Holiday Safety
Tue. Dec. 4, 1:30-2:30 p.m. Free-RSVP
Debating between a real or artificial tree this year? Have questions about cords for holiday lights or burning candles? Review holiday season safety issues and tips on winter and home safety.
Hosted by: Cotuit Fire Department

Photography Lecture:
Uncommon Journeys and Photography
Wed. Dec. 5, 1:15-3:30 p.m. Walk-ins Welcome.
Non-Camera Club members $5.00.
This month’s Camera & Photography Club presentation is, “Uncommon Journeys: Exploring culture and place through photography.”
Speaker: Julia Cumes, photojournalist

Shopper’s Rights
Thu. Dec. 6, 1-2 p.m. RSVP-Required
Protect your wallet during retail transactions this holiday season. Learn about the consumer rights laws which cover advertised pricing, defective goods, returns, etc.
Speaker: Marie Clougher, Consumer Assistance

Travel Club: The Star of Bethlehem—The Mystery of the World’s Most Famous Star
Mon. Dec. 10, 10-11 a.m. Free
Scholars debate whether the Star of Bethlehem is a legend created by the early church or a miracle that marked the advent of Christ. This documentary documents the filmmaker’s search for evidence.

Your Aromatic Winter
Tue. Dec. 11, 11 a.m.-12 p.m.
Class limited to 12/$5.00 material fee paid to teacher
It’s coming – the time when we hunker down at home, snow swirling outside the windows, visitors sneezing... Essential oils can lighten the mood, help us embrace the season, remember the garden and keep the bacterial load down, all at once. Take charge! Create a personal spray blend for the season in this class.
Presenter: Kathleen Baker, RDH, CA, CR of K. Baker Aromatics and Reflexology of Brewster

Favorite Edible Plants
Thu. Dec. 13, 1-2 p.m. RSVP-Free
Including a truly edible garden as part of your outdoor area design will provide nutrition throughout the year. Dave is passionate about organic practices and utilizes renewable and local resources whenever possible. Bring the local food movement to your own yard!
Presenter: Dave Scandurra, Edible Landscapes of CC

Travel Club Talk:
“Skellig Michael-Island on the Edge of the World”
Mon. Jan. 7, 10-11 a.m. RSVP-Free
More than 1400 years ago, the island of Skelling Michael became home to monks seeking religious solitude and isolation on one of the most extraordinary locations on earth. This documentary explores the remarkable structures and steps built by the monks and their unique way of life off the coast of Ireland. The UNESCO World Heritage site is home to a large gannet colony. Its natural and rugged beauty plays home to a variety of wildlife.
Facilitator: Karyn Wendell

Photography Lecture: Protecting Photo Files
Wed. Jan. 9, 1:15-3:30 p.m. Walk-ins Welcome.
Non-Camera Club members $5.00
Get organized for the new year! Discover the best ways to protect your files against loss, properly sizing picture files for print or display and other organizational tips.

Let’s Learn About the Academy of Life Long Learning
Tue. Jan. 15, 2-3 p.m. Free-RSVP
The Academy of Life Long Learning of Cape Cod has just completed its 31st year. Meet some of the people who teach and work at the Academy. Using a panel format, they’ll talk about their backgrounds as well as the large variety of courses facilitated by college professors, scientists, entrepreneurs and other experts.

Get Outdoors with L.L. Bean—Winter Bird Watching
Thu. Jan. 24, 11 a.m.-12 p.m. RSVP required.
Winter is here! No need to stay inside all day. Come to the BSC and look for the winter-winged friends in our back yard. The experts will discuss the best way to attract birds and the different species of birds in our area. Dress warmly and take a 20-minute walk outside.
Facilitated through a collaboration with the L.L. Bean Outdoor Discovery School in Mashpee.

Cotuit Fire Department SAFE Program
Mon. Jan. 28, 11 a.m.-12 p.m. RSVP-Free
This program on using fire extinguishers, checking smoke/CO2 detectors, cooking safety, calling 911 and more is funded by the SAFE grant. Learn the benefits of installing lock boxes, the importance of visible house numbers and the file of life everyone should have on their fridge.
Note: If you are unable to attend this program, firefighters from the Cotuit Fire Department can visit your home and check batteries in your alarms. If interested, please call the senior center to be placed on a list.
Facilitated by: The Cotuit Fire Department
NEW! EVENING PROGRAMS

Evening classes are open to adults of ALL ages — come join the fun!

Holiday Painting with Frederique
Tue. Nov. 27, 5:30-7:30 p.m. Fee-$10 Holiday apron
Tue. Dec. 11, 5:30-7:30 p.m. Fee-$10 Thank you and holiday cards
Take a break this holiday season, and tap into your creative side with something new. Learn fabric painting, card designs, wearable art and more. With some paints and a brush, you’ll be assisted in conjuring up beautiful designs. Add new life to an apron; personalize cards with a personal design; learn something new, and take home a creation!
Instructor: Frederique Poulain

Burlesque Fit
Tue. Nov. 27-Jan. 22, 6-7 p.m. Fee-$42
You’ll shimmy, wiggle and even giggle! This fitness class combines a fun burlesque theme with toning dance moves that will leave you feeling confident and empowered.
Instructor: Brandy Carter

Tai Chi with Holly
Tue. Dec. 4-Jan. 22, 5-6 p.m. Fee-$36
Tai Chi is one of the most highly recommended forms of exercise. It’s safe, relaxing and easy to learn. Through a series of gentle movements, you’ll gain in strength and joint flexibility.
Instructor: Holly Heaslip

Yoga with Linda
Tue. Nov. 27-Jan. 22, 5-6 p.m. Fee-$42
Help increase your range of motion and flexibility through gentle yoga movements. Don’t say you can’t do yoga -- try it!
Instructor: Linda Lee Catalina, Certified Instructor, National Yoga Alliance and Cape Cod Yoga Association

Latin Style, Rumba & Salsa with Debbie Israel
Wed. Nov. 28-Jan. 16, 6-7 p.m. Fee-$42
This dance session features the Latin rhythms of rumba and salsa. Rumba is danced to slow, sensual music and features the famous “Cuban rhythm,” while the exuberant salsa can be danced to pop, rock and even R&B.
Instructor: Debbie Israel

Restorative Pilates-Based Matwork –Mixed Levels
Wed. Nov. 28-Jan. 23, 6-7 p.m. Fee-$48
Bring a mat, a Thera-band (elastic strap) and a tennis ball. This moderately paced class for beginners or those with some past Pilates experience focuses on a better understanding of proper physical and structural health. A restorative approach will be used through the regime to regain muscular balance and joint alignment. This course is an accumulative class design, therefore drops-ins are not recommended.
Instructor: Holly Silva.

Chakra Yoga
Wed. Nov. 28-Jan. 16, 6:30-7:30 p.m. Fee-$36
Channel more confidence, creativity, and joy in your life through a basic understanding of your body’s energy centers. According to yoga tradition, the subtle body is where your energy flows, which is why it’s also referred to as the energy body. You’ll learn to think of chakras as a blueprint for self-care.
Instructor: Peg Stanton, Barnstable Town Nurse

Yoga, An Introduction *NEW*
Thu. Nov. 29-Jan. 17, 5-6 p.m.
Fee-$30 Take 7 Pay for 5**
Thinking of yoga? This class is the perfect introduction to the practice, and show you how to take care of your mind, body and spirit by bringing those components into a harmonious whole. Discover how yoga is not just a form of exercise for the body, but a system of ancient wisdom which leads to a healthier, happier and more peaceful way of living.
Instructor: Linda Lee Catalina.

Labyrinth as Life: Walking in Joy, Uniting in Peace
Wed. Dec. 5, 5:30-6:30 p.m. RSVP-Free
Participants are asked to wear socks and remove shoes. There is something so compelling about a labyrinth. It beckons you to enter and guides your way through. It feels like a vacation from life and a challenge to find its meaning all at the same time. The labyrinth is a metaphor for life, so our experience with it is as unique as we are.
Facilitator: Susan Carlson
Let’s Dance, Dance for Better Health
Tue. Dec. 11 & Jan. 8, 6-7 p.m. RSVP-Free
Spread the message of dancing for better health! Learn a few basic steps at your own pace, have fun and make new friends. The benefits include improved brain and physical health.
Instructor: Dr. Clara Mesonero, Social Dance Ambassador Program supported by: The Rotary Club of Osterville and New England Wellness Foundation

Yoga Nidra and Vibrational Healing
Tue. Dec. 11, 5-6 p.m. Fee-$10
Tue. Jan. 29, 5-6 p.m. Fee-$10
Yoga Nidra, or Yogic Sleep, is a profoundly transformative guided meditation practice. It is deeply restorative for the body, mind and spirit, and offers a wonderful antidote to stress and anxiety, helping us lead lives of greater ease, peace and fulfillment. The sound vibrational healing of the crystal bowls are also utilized. Lie down, get comfortable and listen – perfect for any body-type and experience level.
Instructor: Lynnette Walker

Glass Class, Create Your Own Glass Art!
Wed. Dec. 12, 5:30-7:30 p.m.
Fee-$45/Materials, including a shadow box supplied. Class limited to 15.
Create your own glass art! Make whatever you wish: mermaids, turtles, crabs, flowers, hearts, a Christmas theme or more.
Instructor: Brenda King

Genoise, Italian Sponge Cake
Tue. Dec. 18, 5:30-7:30 p.m. RSVP Required-Free
Make a traditional Italian sponge cake, the Genoise. You’ll learn to fill and roll the sponge to encase a light buttercream and review flavor options and the science of baking the Genoise. Recipes included.
Baking Instructor: Maureen Bittar.

Safety Tips for Facebook
Wed. Jan. 16, 5-6 p.m. RSVP-Free
This program will guide you to the Facebook information safety set-up on your page and talk about the many advantages to having a Facebook page. Presented by the Cotuit Library

Instagram
Wed. Jan. 23, 5-6 p.m. RSVP-Free
Instagram is a photo and video sharing social networking service owned by Facebook. It was created in October 2010, and now has more than 200 million followers. Learn how easy it is to use Instagram.
**Clubs and Groups**

**Artists Club**: Friday from 9:00 a.m. – Noon.

**Bridge Club**: Monday 12:15-3:45 p.m. **New Time**

**Camera Club**: This group of photographers meets the second Wednesday each month 1:15-3:30 p.m. Membership available.

**Chess Club**: Fridays at 1:00 p.m.

**Council on Aging Board Meetings**: Open to the public, third Wednesday of the Month, 9:00 a.m.

**Cribbage Club**: Wednesdays at 1:00 p.m.

**Friday Flix**: Fridays 1:00 p.m. Bring a friend, sit back and enjoy the show!

**Fun Friday**: - Fridays from 12:00 to 3:30 p.m. Drop-in card games. Bridge, Cribbage, Mahjong, Scrabble, Trivial Pursuit, Canasta, Pinochle and more!

**Haiku Club**: First Wednesday of the month 10:30-11:30 a.m. Come in to learn about this Japanese form of poetry, write a poem or listen to this art form.

**Mah Jong Club**: Monday 9:30 a.m.-12:00 p.m.

**Open Crafts with the Crafty Ladies**: Work on your own projects or simply socialize. Every Wednesday 2:00 p.m.

**Sunshine Crafters**: Volunteer crafters gather Fridays at 1:00 p.m. Our main focus is to knit or crochet items for our craft sales that benefit needy seniors in the community. Come join us for an afternoon of crafts, fun and giving.

**Talkin’ Sports**: Tuesdays 10:00 a.m. If you are a passionate sports fan join the group gabfest and debate, listen, analyze and give your opinion on all the weeks sporting news.

**TOPS: Take Off Pounds Sensibly** Thursdays Weigh-in 9:45 am with meeting to follow.

**Travel Club**: Second Monday of the month at 10:00 a.m.

**Villagers Social Club**: Open to all! Club meets the second Monday of the month at 1:30 p.m.

**Wood Carving**: Enjoy this wonderful craft with others. Free instruction, Wednesdays from 9 a.m.-12:00

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**Lose Weight with TOPS! (Taking Off Pounds Sensibly)**

Looking for a sensible weight loss program, that won’t break the bank and will get you results? Come give the BSC TOP Chapter a try!

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

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

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**Wellness Resources**

**Ask the Nurse**  
Wednesdays: 9:30-11 a.m.  
Town of Barnstable Public Health Nurse, Peg Stanton, will be available in the Health Room at the Barnstable Senior Center to conduct blood pressure screenings and answer health questions and concerns.

**Foot Care Clinic: By appointment**  
Call 508-862-4750 to reserve an appointment. Cost is $29.

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**Ask the Police Chief**

**First Friday of the Month**  
December 7, 2018  
January 4, 2019

Have questions or concerns you’d like to discuss with the Barnstable Police? Have a coffee, and visit with Chief Sonnabend in the BSC Lobby.

Walk-ins are welcome!
Cape Cod Regional
50+ Job Seekers Networking Group

Join us!
If you are unemployed and actively looking for work, underemployed and looking for a new career direction, or recently retired, not ready to stop working and looking for your "Encore Career", this networking/career coaching program is for YOU!

Now in our fourth successful year, the group meets twice a month:

1st and 3rd Mondays:
9:00 a.m. to 11:00 a.m.
Barnstable Senior Center
825 Falmouth Rd. Hyannis
For information, call Donna Burns at 508-862-4753
donna-marie.burns@town.barnstable.ma.us

All meetings are open to anyone who resides in MA and is 50+ years old. Participants are provided with a regularly scheduled, professional forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills to help them in their career transition.

Each biweekly meeting is facilitated by Ellen Brady, an experienced Career Coach and HR professional. Meetings include a presentation on topics relevant to career transition/job search, guest speakers, networking opportunities and one-on-one coaching guidance. Come and learn the tools and strategies needed for a successful job search - at any age!

There is no charge for this service, thanks to funding from the Massachusetts Councils on Aging Aging (MCOA): mcoaonline.com/50plus

Inside Barnstable Town Government Winter Classes

26th Session Now Accepting Applications

The academy is an 11-week commitment with the goal of educating the citizens of Barnstable about the operations of town government, while also obtaining valuable feedback and participation from those citizens participating in the Academy.

The program is designed to advance understanding of and participation in civic affairs as well as to increase awareness of the challenges facing municipal government.

Inside Barnstable Town Government began in 2003. To date, more than 700 Barnstable residents and employees have participated in the program. The classes will be on Tuesday evenings from 6:30-9:00 PM and will be held in various locations throughout the Town. The Academy also includes a bus tour of the seven villages of the Town of Barnstable. The classes will be conducted by Town staff and provide interactive learning experiences, group discussions, and site tours.

The program is free of charge and open to anyone who resides or works in the Town of Barnstable. Class size is limited. Please register early to avoid the waiting list.

Applications are available at the Town Manager’s Office, 367 Main Street, Hyannis. To receive an application by mail or fax, please call 508-862-4610. For specific information, you may call Academy facilitators Susan French at 508-362-2864 or Arthur Caiado at 508-221-0412.

Community Health Survey

Cape Cod Healthcare is seeking your opinion about the health needs in our community. A Community Health Survey will be available to all residents from November 12-December 31, 2018.

The survey is available online or in print. Your answers to this survey are anonymous, and your opinions will help to identify the health and social issues facing our community. To take the survey starting on November 12th, please visit www.capecodhealth.org/survey or call 774-470-5511 for more information.
### December 2018

**please check the class description for start and end**

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
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<td>9:00 Glowing to Oldies</td>
<td>9:00 Challenge 1</td>
<td>11:00 Dance for Joy</td>
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<tr>
<td>1:30 Tai Chi Chih Beg.</td>
<td>9:00 Challenge 1</td>
<td>10:00 Pilates</td>
<td>9:45 TOPS Weigh-in/Mtg</td>
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<tr>
<td>3:30 Tai Chi Chih Adv.</td>
<td>10:00 Challenge 2</td>
<td>11:00 Mudra</td>
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<tr>
<td><strong>FITNESS</strong></td>
<td>11:30 Drums Alive</td>
<td>11:00 12:00 Chair Yoga</td>
<td>10:00 Tin Whistle</td>
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<td>2:00 Meditation</td>
<td>1:00 Yoga w Bonnie</td>
<td>11:00 Italian-Int.</td>
<td>11:00 Cognitive Behavior</td>
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<td>3:30 Tai Chi</td>
<td>5:30 Meditation</td>
<td>1:00 Italian-Beg</td>
<td>11:00 Ask the Chief</td>
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<td>3:30 Qi Qong</td>
<td>6:00 Pilates</td>
<td>1:00 Shopper’s Rights</td>
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<td>5:00 Yoga w Linda</td>
<td>6:00 Dance Class</td>
<td>2:00 Labyrinth Lives</td>
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<td>6:00 Burlesque Fit</td>
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<tr>
<td>10:30 Ukulele-Beg.</td>
<td>9:00-2:00 Sunshine Sale</td>
<td>1:15 Photography Club</td>
<td>10:00 Tin Whistle</td>
<td>11:00 Cognitive Behavior</td>
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<td>12:00 Crafty Crocheting</td>
<td>11:00 Italian-Int.</td>
<td>4:00 Shell decorating</td>
<td>11:00 Italian-Int.</td>
<td>11:00 Ask the Chief</td>
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<td>1:00 French- Beg.</td>
<td>12:00 German-Beg.</td>
<td>5:30 Labyrinth Lives</td>
<td>1:00 Italian-Beg</td>
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<td>1:00 Ukulele Practice</td>
<td>1:00 Italian-Beg</td>
<td>2:00 Labyrinth Lives</td>
<td>1:00 Shopper’s Rights</td>
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<td>2:00 Spanish</td>
<td>1:30 Tech Support</td>
<td>3:00 Italian-Adv.</td>
<td>2:00 Labyrinth Lives</td>
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<td>2:0 TED talks</td>
<td>1:30 Disaster Preparedness</td>
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<td>3:00 Italian-Adv.</td>
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<td>3:00 French-Int.</td>
<td>1:30 Holiday Safety</td>
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<tr>
<td>1:00 French-Beg.</td>
<td>11:00 Italian-Int.</td>
<td>10:00 Health Talk: Stress</td>
<td>10:00 Tin Whistle</td>
<td>9:00-2:00 Sunshine Crafters Sale</td>
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<td>1:00 Ukulele Practice</td>
<td>11:00 Aromatic Winter</td>
<td>10:00 Travel Club</td>
<td>11:00 Italian-Int.</td>
<td>11:30-2:00 Holiday Dinner</td>
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<td>1:30 Wreath Making</td>
<td>12:00 German-Beg.</td>
<td>1:30 Holiday Ukulele Sing-a-Long</td>
<td>1:00 Italian-Beg</td>
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<td>3:00 French-Int.</td>
<td>1:30 Using Libby</td>
<td>1:30 Hearing Screening</td>
<td>1:00 Edible Plants</td>
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<td>1:00 Italian-Beg</td>
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**ADVENTURES WITH KARYN**

- **12/04, 1/08 - Foxwoods Resort Casino Monthly Trip w/bonus package, $35**
- **12/01 - Holiday Legends in Concert Foxwoods w/bonus, $63**
- **12/05 Christmas in Newport-Visit 3 Mansions, $45**
- **12/08 Annual Holiday Luncheon-Stillars Italian Table, Reservation Required, $20**
- **2/09 Charlie and Chocolate Factory PPAC, Matine, $30/00**
- **1/03 School of Rock PPAC, Matine, $305/$50**
- **3/13 Boston Flower Show “Beauty of Balance” $59**
- **4/29 A Bronx Tale, Boston Opera, $130**
- **4/29 Art In Bloom at MFA $65**
- **5/10 Jersey Boys, PPAC, $305/$75**
- **5/16 Waitress the Musical, PPAC, $305/$55**
- **6/8 Band’s Visit, PPAC, $310/$75**

**Book Now-NEW for 2019! Red Sox, Celtic Woman Live, Shen Yun, Phantom of the Opera, Hello Dolly, Dear Evan Hansen, Book of Mormon**

Visit the Travel Desk at the Senior Center for more information-Karyn is here Monday’s 9-11 AM. Contact Karyn Wendell at ((508) 420-5288, Karynmw1@comcast.net, www.adventureswithkaryn.com-Mail payments to: P.O. Box 161, Centerville, MA 02632.
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<td>17</td>
<td>10:30 Ukulele-Beg. 12:00 Crafty Crocheting 1:00 French-Beg. 1:00 Ukulele Practice</td>
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<td>1:30 Glass Class 2:00 Spanish 3:00 French-Int.</td>
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Please call 508-862-4750 for schedule questions or to confirm listings.

**Unfortunately, Life Doesn’t Come With a Guarantee. But We Do.**

Our Pre-Planning services come with a guarantee: When you sign up and pre-pay final expenses, no costs under our control will change: not a year from now, or 10 years from now. **Call Us Today To Learn More  508-428-5704**
January 2019

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**1 New Year's Day**
BSC Closed

| 3 | 10:00 Acrylic Art  | 10:00 Acrylic Art     | 9:00-2:00 Sunshine Crafters Sale |
| 2 | 10:00 Tin Whistle  | 1:30 Dementia Live    | 11:00 Ask the Chief             |
| 8 | 9:00 Sunshine Craft Sale | 1:30 Acrylic Art  |                      |
| 9 | 10:00 Diabetes talk | 1:30 Afterschool Sewing |                 |
| 10 | 10:00 Savvy Caregiver Program | 1:30 Alzheimer's Program |                 |

**7 10:00 Travel Club 10:30 Ukulele-Beg. 12:00 Crafty Crocheting 1:00 French-Beg 1:00 Ukulele Practice**

| 8 | 9:00 Sunshine Craft Sale | 10:00 iPad/Phone Tips | 10:00 Savvy Caregiver Program |
| 9 | 10:00 Diabetes talk      | 1:15 Camera Club      | 10:00 Acrylic Art            |
| 10 | 10:00 Savvy Caregiver Program | 10:00 Tin Whistle    | 1:30 Acrylic Art             |
| 11 | 10:00 Savvy Caregiver Program | 1:30 Alzheimer's Program |                 |

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ROMANTIC DANUBE VIKING RIVER CRUISE - encounter grand cities and quaint villages along the celebrated Danube River - 8 days May 3-10, 2019, cruise prices start at $3,374 pp

OREGON TRAILS featuring the Portland Rose Festival - features single hotel stay in Portland - the "City of Roses" - 6 days, 8 meals, air, Cape transfers

DALMATION SUNSHINE featuring Croatia and Slovenia - visit Old-world cities of Dubrovnik, Split and more along the Adriatic coast - 9 days, 13 meals, air, Cape transfers

September 14 - 23, 2019, $2,637

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<td>Memory Screening</td>
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<td>iPad/Phone Tips</td>
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**Unfortunately, Life Doesn’t Come With a Guarantee. But We Do.**

Our Pre-Planning services come with a guarantee: When you sign up and pre-pay final expenses, no costs under our control will change: not a year from now, or 10 years from now.

**Call Us Today To Learn More  508-428-5704**
SUPPORT

Fuel Assistance

Now is the time for fuel assistance for the winter of 2017/2018. If you had fuel assistance last winter you should have received a renewal application in August or September. We will have the new applications for folks that haven’t applied later on in late September. The program doesn’t start until November but they like to start processing the paper work early. Last year if your income is less that $34,380 for one or for a house of two and your combined income is less than $48,720 you are eligible for fuel assistance. The income will be a little bit more for this winter so if you are close to these numbers, apply. Fuel Assistance helps with heating your home no matter what you use for heat. Also if your heat is included in your rent Fuel Assistance will reimburse you some portion of your rent so you should apply also. For help with your renewal application call the outreach department at 508-862-4754 and call us at the end of September if you haven’t had it before, and we will help you apply.

Check the paperwork needed list to make sure you have everything ready.

2018-2019 Paperwork list you need to file for and/or renew Fuel Assistance:

- **Proof of Income for everyone in the house.**
  - Social Security benefit letters
  - Any Pension statements
  - Interest and/or dividends statements
  - Annuity income
  - Wages
  - Any other income

- **Housing costs**
  - if rent- copy of lease showing amount
  - if own- copy of Real Estate taxes
  - Copy of homeowners or rental insurance (for whole year)

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

- **Other items needed**
  - Bring Id
  - Bring all the social security numbers for everyone living in the home
  - Know birthdays for everyone in home.

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Real Estate Tax Assistance

Starting in August and continuing through March of 2019, you can apply or re-apply for assistance with your real estate taxes, clause 41C, deferrals or veterans’ assistance. This needs to be done every year to get the reduction on your house taxes. You can also apply for the veterans or blind assistance programs, if you qualify, now.

These are the financial requirements for 2017/2018 for the 41-C Elder assistance

<table>
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<th>Income</th>
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Income and assets will be a little higher for 2018-2019 so if your income and assets are close you should look into applying.

You must be 65 years or older before July 1, 2018, have owned and occupied the property on July 1, 2017 and be a legal resident of Mass for at least 10 years and owned property in Mass for at least 5 years. If you need assistance or a list of paper work needed to apply please call the outreach department at 508-862-4754 for Claudia, 508-862-4752 for Judy, or Assessors Office, Town Hall.

Fiscal Year 2018-2019 Paper work list you need to file for Real Estate Senior 41-C forms list:.

- **Birth Certificate (only if first timers)**
- **Proof of Income for all of 2017 including**
  - Social Security Benefit Statement for 2017 (how much you got for all year, called a 1099 form)
  - Federal Income Taxes 1040 for 2017
    - if you filed
  - Pension statements, year end 2017 (1099 form)
    - All interest and or dividend statements (1099-int and /or 1099-div)
    - This includes checking and saving accounts interest for the year.
  - Any wages, salaries or income earned in 2017
- **Proof of all Assets as of July 1, 2018 including**
  - Bank books (pass book saving, updated to include July 1, 2018)
  - Bank statements, checking and savings from all accounts. Must include the date of July 1, 2018 may be a June/July statement for 2018.
  - All Stocks and Bonds statements
    - must include the July 1, 2018 date, may be a June/July statement or July 1 thru 31, 2018 statement.
  - CD’s and/or Certificates etc
    - must include July 1, 2018 date
  - Any Real Estate owned other than your primary residence.
Medicare Wrap-Up

Have you had your appointment with a S.H.I.N.E. counselor yet? You have until December 7, 2018, to look at your Medicare insurance and your drug plan to make sure you have the best, least expensive plan for you in 2019. So call soon.

If you have looked at your Medicare part D plan or your HMO or PPO and see that you are going to fall into the donut hole, (gap in coverage) you need to consider joining Prescription Advantage.

This is a State program that wraps around your Medicare D plan to help with copays in the gap. This plan is free for most, single income $36,180, married income $48,720. There is even assistance up to $60,300 single and $81,200 married for a small fee which might be helpful if you are on a lot of expensive medicines.

So hopefully someone printed out your new drug plan for you. Look at it. Are you going to be in the Gap?

Call us at 508-862-4754 for assistance with the Prescription Advantage application for some help.

Brown Bag for Seniors

Do you find it hard to make ends meet? If you qualify for low income programs, have income less than $35,510 and are older than 60 we would like to help. We have a food distribution program called Brown Bag you might want to join. Once a month, we put together a grocery bag of food in partnership with the Greater Boston Food Bank.

The bag usually contains some fresh fruit or vegetables, soups, cereal, dairy and some chicken or other kind of protein. There is generally enough food for three to six meals. You can pick the bag up here at the Senior Center the first Friday of each month or if you don’t drive, we can bring it to you.

To register, call the Barnstable Senior Center’s Outreach Department at 508-862-4754.

Support Groups

We’re here to help.
For more information on any of our Support and Advocacy programs, please call the Barnstable Senior Center at 508-862-4754

Seasons of the Heart - Coping with Grief and Loss
First & Third Wednesdays, 2:00-3:30 PM
Education and discussion on the nature of grief and bereavement as a response to loss. Facilitated by Richard Bickford of the VNA, discussion includes an understanding of different models of the grief process and strategies for coping.

General Caregiver Support Group
2nd & 4th Wednesday of the month 9:30-11:00 AM
The Family Caregiver Support Program of Elder Services of Cape Cod & the Islands facilities this group, which is open to everyone.
To enroll, please contact Beth Gilmore

Alienated Grandparents Anonymous Support Group
2nd Wednesday of every month at 2:00 PM
An anonymous support group for grandparents experiencing the sadness and emotional pain associated with grandparent/parental alienation. To sign up or inquire, please email: AGA.CapeCod@gmail.com or call Kathy at 508-563-3567.
More info at our website: www.AGA-FL.org
The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, caring for those living with Alzheimer’s or related dementias.

Sponsored by Elder Services of the Merrimack Valley

Thursdays, January 10 to February 21, 2019/10:00 AM to Noon
Barnstable Senior Center, 825 Falmouth Rd. Hyannis

For more information or to register
call Donna @ 508-862-4753 or
donna-marie.burns@town.barnstable.ma.us

Funding for this program was provided by a grant from the Administration for Community Living in collaboration with the Massachusetts Executive Office of Elder Affairs and Elder Services of the Merrimack Valley.

Caregiver Tips for Finding Joy in the Holiday Season

The holidays are a time of joy and celebration for many, but they can be stressful for caregivers and people with Alzheimer’s or other dementias. If you are realistic in your expectations, and plan ahead, you and your loved one can enjoy the holidays.

You may feel nostalgic about holiday activities that your loved one can no longer understand or take part in. The elaborate decorations or large gatherings just may be too much work for you and too overwhelming for a person with dementia. Scale back on the decorations, and do not feel compelled to go to every holiday party.

Spending hours shopping for gifts in the stores may have been an enjoyable holiday tradition in years past, but for a person with dementia the crowds, noise and sensory overload is most likely to be upsetting and overwhelming. Shop from home – every retailer has made it easier than ever for you and your loved one to share the joy of finding the perfect gift, which will be delivered to your door.

If you are hosting a family gathering, prepare relatives from out of town about your loved one’s health status. Make sure relatives and visitors understand that changes in behavior and memory are caused by the disease and not the person. Rather than be surprised or upset, they will be more at ease about spending time together in a relaxed manner that is enjoyable for all.

Accept the help that family offers – let them cook the turkey. If they are coming from out of town, order the meal from your local store, and enjoy your guests. Many grocery stores offer a full course dinner to go for 2 – 20. They are delicious!

Spending time with family is the most meaningful holiday tradition. Although things may be different this season, it is important to positively reminisce about past holidays together. You can still celebrate the past as you forge new traditions and activities. Include the old and familiar, while finding new and special ways that honor your loved one’s new needs. With acceptance and planning, you can still have a wonderful holiday season.
Adult Day Program at the Barnstable Senior Center

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

Program hours are Monday through Friday, 9:00 a.m. to 3:00 p.m. Morning snack and a delicious lunch are served daily. Fees are affordable and based upon family income.

Learn more about our program:
- If you are caring for an elder and are in need of respite care
- If you or an elder you know are living alone, feeling lonely, isolated or depressed
- May have some physical or cognitive limitations
- Transportation is available for Barnstable residents
- Financial support may be available to you
- Free Trial Day

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

We gratefully acknowledge and thank the Friends of the Barnstable Council on Aging for their ongoing and generous support of the Adult Day Program. They provide funding for monthly entertainment, special events and supplies that greatly benefit the experience of our Adult Day clients.
At Surprenant & Beneski, P.C. we warmly welcome you to share your goals for yourself, your loved ones and your legacy. With those goals in mind, using appropriate strategies for you, our lawyers will create a comprehensive estate plan that protects you and your assets. Our partners are certified as elder law attorneys by the National Elder Law Foundation. This makes them uniquely qualified to define plans that prepare you for life's unknowns and provides you with peace of mind. We proudly serve southeastern MA, Cape Cod and the Islands and are here to help you protect what means the most to you.

Duncan Hearing Healthcare has been providing help to those with hearing loss for over 15 years. Our commitment is to provide our patients with the information they need to begin improving their hearing healthcare. A convenient location with personal service, as well as the latest state of the art testing and fitting equipment, adds to the effectiveness of the hearing care we can give you and your family.

**Our Hearing Healthcare Services include:**
- Comprehensive Audiological Evaluations and Consultations
- Hearing aid sales and services
- Fitting verification with speech mapping
- Hearing aid repairs of all makes
- Custom swim and sleep plugs
- Custom musician's plugs
- Custom hearing protection
- Musician's In-Ear Monitors
- Hearing aid accessories
- Hearing aid cleaning tools
- TV amplifiers
- Bluetooth compatible technology

**Contact us at 508-862-0255**
75 CEDAR STREET, HYANNIS • WWW.DUNCANHEARING.COM
Balancing Work and Caregiving

More families than ever are providing care for ill or aging family members at home. According to AARP, 42 million sons and daughters, spouses and friends are caring for a loved one, and almost half of them are juggling the competing demands of caring for a chronically ill relative, raising a family, and managing a career. As our population ages, more families are providing care for an older adult at home, and an increasing number of people will need such care in the future.

Your challenge as a caregiver is to determine how to best utilize the time and energy you have available for caregiving in addition to the demands of your job and family responsibilities. The first step to take is assessing needs:

- **Make a list of all you do as a caregiver.** For example: I do the grocery shopping; help Mom dress every morning; take Dad to the doctor; pay his bills; do his/her laundry.
- **Make a second list of what you might be able to delegate to others and the times you need help.** For example: Keep Mom company and prepare her lunch while I'm at work, or give Dad a ride to the Senior Center on Tuesdays and Thursdays at 9:00 a.m.
- **Consider what type of care is needed.** (Companion, chore work, food preparation, and nursing) and whether the care can be delivered at home, a senior center, an adult day center, or another location.
- **Determine how much money your loved one or your family can afford to pay for outside help.** Generally, long-term care is not covered by health insurance unless you have purchased a long-term care policy. Even then, there may be limitations on what kinds of home care are covered. Medicare pays only for medically necessary care or equipment.  

**Explore care options in your community or near your parent's home.** Ask friends and neighbors about their experience with local services they have used and care providers for hire. Is there an Adult Day Program in your community that will provide reasonable priced activities that will keep your person safe and actively engaged?

Finding local services and programs in your area will help you get started in finding the help and support that you need. There are local agencies that can help you determine what services and support your loved one and family may qualify for:

**Barnstable Senior Services:** The Barnstable Senior Center provides workshops, classes, and support groups for Caregivers in the community. The Barnstable Adult Day program offers affordable respite for older adults who cannot or no longer wish to remain at home alone during the day. This offers respite for the caregiver and a safe and stimulating environment for those aging in place. For more information, call 508-862-4750 or [www.townofbarnstable.us/seniorservices](http://www.townofbarnstable.us/seniorservices)

**Elder Services of Cape Cod and the Islands:** The Information & Referral Department is a central source of information on all services available to older adults on Cape Cod and the Islands as well as the entry point for referrals to Elder Services many programs. These programs include Meals on Wheels, Home Care eligibility screening and Family Caregiver Support Program. 508-394-4630 or 800-244-4630 or [www.escci.org](http://www.escci.org)

**Veterans Services:** Handles 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 and the full range of veteran’s benefits. (508) 778-8740

Caregiving as a workplace issue is now being recognized by a growing number of employers. Speak to the Human Resource Department in your workplace to determine if they can provide information about leave programs and other company policies available to assist family caregivers. Many have Employee Assistance Programs which can offer counseling referrals if you are feeling overwhelmed by the demands of balancing work, family and caregiving.

*Adapted from Family Caregivers Alliance: [caregiver.org](http://caregiver.org) and AARP: [aarp.org](http://aarp.org)*
Cold Weather Safety

If you’re like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what’s happening, causing hypothermia.

Here are some tips for keeping warm:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.

- Make sure your house isn’t losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.

- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.

- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.

- Make sure you eat enough food to keep up your weight. If you don’t eat well, you might have less fat under your skin. Body fat helps you to stay warm.

- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.

- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

LGBT Corner

Thank You!!
A warm “Thank You” to the people who took part in the second annual SAGE Table Cape Cod. SAGE Table is a special one-day nationwide event held annually on November 8th, that asks you to share a meal with LGBT people and allies of different generations.

Simply sitting down to a table together gives us all a chance to have conversations that many of us have never had before. As we build connections among LGBT people and allies of all ages, we strengthen our community ties, learn more about each other, and forge new traditions. We believe that thriving together means learning how to tap into all of the diverse ways that our communities care for each other. At a SAGE table we connect, we share, we grow.

SAGE table was co-sponsored by the Orleans Council on Aging and the Barnstable Senior Center, with funding from the GALE Fund. And as is the case with most things, we got by with a little help from our friends—some wonderful volunteers who pitched in to make the event memorable.

For those who could not make it to SAGE Table this year, keep your eye out next fall for SAGE Table 2019!
WE’RE HIRING
AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

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Service Family Affiliates of AFFS and Service Corporation International, 206 Winter Street, Fall River, MA 02720. (508) 676-2454.
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Hours: Monday—Friday, 9:30 am - 2:00 pm
To schedule a ride, call: (508) 862-4752
Suggested voluntary contribution: $5.00 roundtrip
Transportation is partially funded by a Title IIIIB grant from MA Executive Office of Elder Affairs and Federal administration for Community Living, administered by Elder Services of Cape Cod and the Islands. Thanks to Cape Cod Regional Transit Authority and the Friends of the Barnsta-

Boston Hospital Transportation

The Cape Cod Regional Transit Authority (CCRTA) provides comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston Area Hospitals Monday through Friday by reservation.
The bus departs from the Route 132 Commuter Lot at Exit 6. Schedule your medical appointments between 10:00 a.m. and 2:00 p.m. The bus will leave Boston by 3:00 p.m. Reservations must be made 8:00 am to 5:00 pm and no later than the weekday before you wish to travel. Fare: $30.00 round trip/ $15.00 one way.

For reservations, call 1-800-352-7155

AARP Volunteer Tax Preparation

Need help filling out your tax information? Book an appointment with an AARP volunteer.

Scheduling begins on January 22, 2019.
For an appointment, call 508-862-4750.

Weight Watchers

Wellness workshops meet
Mondays at 2:30 pm.
Walks-ins are welcome!

Volunteer

Experience the emotional reward of volunteering by donating the gift of your time and talents to the Barnstable Senior Center. We will work with your schedule and training is provided for all positions. All volunteers must plan on attending a Volunteer information presentation and complete an application and CORI.

Right now, we have the following positions available:

Computer and Technology Device Tutors: Do you know that most older adults have a keen interest in technology? They just need a little help to learn! If you have a knack for computers and other technology (i.e., smart phones, tablets, etc.), please share that knowledge with an eager older learner! This is a PERFECT volunteer opportunity for students.

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

Spring Gardening Team: If you like to dig in the dirt, this is the team for you! We will be hosting an informational session specifically to let you know how you can be involved in growing vegetables and flowers for our BSC community.

Silver Express Van Drivers: We need volunteer drivers who have excellent driving skills and knowledge of the Barnstable area to drive seniors to appointments in the morning or afternoon. Training is provided.

Silver LEAF Drivers: If you are willing to drive, but the van is just too large, we have a new and fun option! We need drivers for our new electric car, the Nissan LEAF. It is quiet, fuel efficient and fun and easy to drive.

For more information, please contact:
Donna Burns @ (508)862-4753
donna-marie.burns@town.barnstable.ma.us
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Please consult your own tax, legal or accounting professional before making any decisions. Thank you.
Happy Holidays from the staff of the Barnstable Senior Center!

Looking for the perfect gift? Give a gift of health and enrichment with a class at the BSC!

New Year’s Resolution: Try one of the exciting new Evening classes at the BSC Programs are open to adults of all ages.

For information, call 508-862-4758.