### July 2, 2021 – Issue 26



2021 Aquatic Staff on Opening Day – June 26

Town Calendar Official Agendas Legal Notices Barnstable Public Schools Connect with us on: FACEBOOK | TWITTER

July 2, 2021 Color-Coded Guide: New Updated Same as previous week(s)

# Was this issue of eNews forwarded to you? You can sign up <u>here</u> to receive "Barnstable eNews – weekly" directly to your email box.

Town Offices Will Be Closed on Monday, July 5, 2021 in observance of the Independence Day Holiday

# Transfer Station Hours of Operation - Sunday, July 4, 2021

The Town of Barnstable Department of Public Works Solid Waste Division will be closed Sunday, July 4, 2021 in observance of Independence Day. Trash and recycling services will resume on a normal schedule Monday, July 5, 2021.

### Stay Up-to-Date with BarnstableWaterResources.com

Stay up to date and learn more about the current state of our water resources and about the many Town programs designed to protect the health and quality of our water. The Town has a 30-year Comprehensive Wastewater Management Plan—or CWMP—to solve this pollution problem by extending sewer service to 12,000 properties in Town. Visit the website today and sign up for the Community Currents newsletter https://barnstablewaterresources.com

# Beach Water Quality Updates Can Be Viewed Here

# Special Town Council Meeting – Thursday, July 1, 2021

The July 1, 2021 Special Town Council Meeting of the Barnstable Town Council was conducted remotely and physically closed to the public. The public was able to view through Comcast Channel 18 or Live Streaming on the Town of Barnstable's website. Agenda Chaptering is not available for this meeting at this time. Town Council President Matthew Levesque opened last night's Town Council Meeting leading the Pledge of Allegiance and a Moment of Silence. Town Council Vice President Paula Schnepp recognized Dennis Houle who retired from the Conservation Commission last month after 16 years of dedicated service which included 15 years in leadership positions. In 2019, Mr. Houle was recognized as Conservation Commissioner of the Year by the Massachusetts Conservation Commission. Mr. Houle recognized the many people who helped him through the years including Conservation Administrator Darcy Karle and Conservation staff, his fellow Commissioners, Marine & Environmental Affairs and Natural Resources including Nina Coleman, the Town Attorney's office, Town Councilors and the many people who appeared before the Commission, applicants, consultants, abutters, and the general public. Next up was Public Comment. President Levesque invited Town Manager Mark Ells to respond to Public Comment. This was followed by Town Council response to Public Comment. Mr. Ells presented Town Manager Communications for the period of June 18-July 1, 2021:

- 1. Elizabeth Jenkins, Director of Planning & Development, will provide an update on Downtown Hyannis Zoning.
- 2. Our public beaches officially opened for the summer season on June 26th, with the hot temperatures over the past week seeing many residents and visitors flock to our beaches and ponds. Unfortunately, Barnstable has not been immune to the lifeguard shortages that have impacted many coastal communities throughout the nation. As a result, we currently do not have lifeguards on duty at Hamblin's Pond and Lake Wequaquet. To date the Recreation Division has issued over 20,000 beach parking permits, marking the most permits we have ever sold prior to the 4<sup>th</sup> of July weekend, so we expect this to be an extraordinarily busy season. We will continue to have Beach Safety Officers patrolling our beaches to ensure a safe and positive experience for all beachgoers. Our online permitting programming has worked very well for us this year and we will continue to explore efficiencies in our permitting procedures as we move forward. Online payment receipts can be used to gain access to the beaches for 14 days, allowing time for the permit to be processed and mailed to the applicant. For those uncomfortable or unable to use the online program, beach parking permits are also available via mail and drop-box. We have instituted an additional safety procedure at our beaches that during high wind situations the use of umbrellas and tents will be suspended until such time as the winds subside. Our prior procedure stated that "All umbrellas must be secured properly and may not obstruct the lifeguard's view of the water". This safety procedure has been established on a daily basis depending on the weather much like the no floatation devises prohibition when there is an offshore breeze. I want to say thank you to all our aquatic and beach permit staff for their efforts and to the public for their continued patience and understanding as we adapt to new policies and procedures.
- 3. This year's Summer Leisure program will kick-off on July 5<sup>th</sup> with 215 local children participating over the next 7 weeks. Our staff has planned a fun, safe and engaging calendar of activities this summer. Our staff is especially excited to be able to reintroduce weekly trips to the beach and field trips, making for a memorable summer for our youth.
- 4. The Olde Barnstable and Hyannis Golf Courses continue to see strong and steady play this season. Illustrating the growing popularity of golf this year, our Golf Division has issued 1,177 annual passes to date, representing 1,296 individual players when accounting for family memberships, which is an all-time high.
- 5. As a reminder, the Town of Barnstable will celebrate Independence Day with fireworks (weather permitting with an alternate date of Saturday, September 4<sup>th</sup> of Labor Day weekend) and a day-long celebration on Hyannis Main Street. Barnstable is working in collaboration with community partners to host a celebration on Sunday, July 4<sup>th</sup> on the Village Green, Main Street, and Hyannis Harbor. There will be family-oriented entertainment all day including entertainers, the roaming railroad, DJs, bands and other live music. We are not planning on a Main Street parade though many of our villages are planning parades.
- 6. At our last Town Council meeting I was asked to discuss use of the Town athletic fields that fall under the oversights of our public schools. Specifically, the new field at Barnstable High School. The

Superintendent reports that use by teams other than Barnstable Public School teams will be allowed beginning in the summer of 2022. The new Barnstable High School baseball field will be available for rental by community organizations in July 2022. Organizations may submit a Facility Rental Application now to begin the permitting process. Please click the links for information and application.

- <u>Procedures and Guidelines for Facility Use Please read prior to submitting an application</u>
- Facility Fee Schedule
- External Organization Facility Rental Application

If you have any questions, please contact Katri Mullaly, Facilities Booking Coordinator, at 508-790-6490 ext. 1029 or <a href="mailto:mullaly\_katri@mybps.us">mullaly\_katri@mybps.us</a>

- 7. The Conservation Law Foundation has filed two complaints against the Town of Barnstable. Later this evening the Town Council will discuss strategy in executive session relative to the lawsuits filed against the Town, one regarding claims under the Federal Clean Water Act and the other regarding claims relating to the Massachusetts Title 5 septic regulations.
- 8. Work is progressing on the Town's Local Comprehensive Plan. Procurement staff is finalizing the Request for Proposals (RFP) for the first phase of consultant work involving data collection and community visioning. The RFP will officially post on July 12<sup>th</sup> with the responses due on August 2<sup>nd</sup>. Planning & Development staff continues to work on background, history, and existing conditions reports to give the community access to the objectives and results of past planning efforts. These efforts are being conducted in conformance with the Cape Cod Commission's local comprehensive plan guidance and regulations <u>https://www.capecodcommission.org/resource-</u>

<u>library/file/?url=/dept/commission/team/Website\_Resources/regulatory/LCP Guidance Document.pdf</u>, with the goal of having the plan certified by the Commission upon completion. Commencing in August and monthly thereafter Elizabeth Jenkins, Director of Planning and Development, will provide an update on our progress on the Local Comprehensive Plan.

9. On May 20, 2021 the Town Council held a public hearing on a proposed Sewer Assessment Ordinance as part of the fiscal policy under consideration by Town Council to establish how to equitably distribute the costs of the Comprehensive Wastewater Management Plan. The modified draft of the proposed Sewer Assessment Ordinance was posted on the Town web site

<u>https://www.townofbarnstable.us/Departments/TownManager/</u> and provided to Town Council on June 14, 2021 in anticipation of this evening's hearing regarding the proposed ordinance. The initial Town Manager's proposal to Town Council back in October 2020 involved a two-step approach to the proposed fiscal policy under consideration:

- First, review and approve the proposed Sewer Assessment Ordinance which includes a sewer assessment to each individual property receiving the planned sewer; and
- Second discuss the use of general funds to pay for the remaining portion of cost associated with proceeding with the CWMP.

We have a scheduled workshop with Town Council on August 5, 2021 to engage in the second part of the proposed fiscal policy discussion which focuses on use of general funds to address any remaining costs beyond those covers by existing revenue sources.

During Town Council Communications Town Councilor Paul Neary recognized Jack Meade and Bob Hazelton who recently stepped down from the Waterways Committee. Mr. Meade was Chair of Waterways for a number of years. President Levesque recognized the service of Alex Rodolakis who stepped down from the Zoning Board of Appeals after 14 years. **OLD BUSINESS** began with Town Manager Ells, along with Finance Director Mark Milne, Town Attorney Karen Nober, and Department of Public Works Director Dan Santos, presenting **Agenda Item 2021-139** Order Amending Chapter 184 Sewers and Water of the General Ordinances which was approved. **NEW BUSINESS** began with the Town Council approving **Agenda Item 2021-186** Resolve approving Mark S. Ells' outside employment with Cape Cod Community College. **Agenda Item 2021-187** Appropriation Order in the amount of \$89,950 in Community Preservation Funds for the restoration work to the Barnstable Historic Society Inc.'s building at 3087 Main Street/Route 6A, Barnstable was referred to a Public Hearing on July 15, 2021. The Town Council voted to go into <u>EXECUTIVE SESSION</u> and not to return to general session pursuant to G.L. c. 30A, sec. 21(a)(3) to discuss strategy with respect to litigation since a discussion in open session may have a detrimental effect on the litigating position of the Town and Town Council. Specifically, the Council will discuss two lawsuits filed against the Town by the Conservation Law Foundation, one regarding claims under the Federal Clean Water Act and the other regarding claims relating to the Massachusetts Title 5 septic regulations.

The next regularly scheduled Town Council Meeting will be held on Thursday, July 15, 2021. The meeting Agenda will be available on the Town of Barnstable's website (<u>www.townofbarnstable.us</u>).

# Barnstable County COVID-19 Vaccine Clinics to be Held at County Complex

Barnstable County will be holding weekly COVID-19 vaccine clinics in the **Harborview Conference Room** located at the top of the hill within the Barnstable County Complex at 3195 Main Street in Barnstable Village. Clinics will take place at this location **every Thursday from 10:00 AM to 2:00 PM**. Pfizer vaccine will be offered to anyone age 12+, and Johnson & Johnson vaccine will be offered to anyone age 18+.

# Illegal Fireworks Public Service Announcement from Barnstable Police & Hyannis Fire

Did you know that it is illegal to possess fireworks in Massachusetts? Did you know that a sparkler can burn at a temperature of 1200°F. This summer, play it safe and leave the fireworks to the professionals. Channel 18's Paula Hersey worked with Barnstable Police Chief Matthew Sonnabend and Hyannis Fire Chief Peter Burke to create <u>this public service announcement</u>.

# Operation Dry Water 2021 - July 2-4, 2021

### A message from Barnstable Harbormaster's Office:

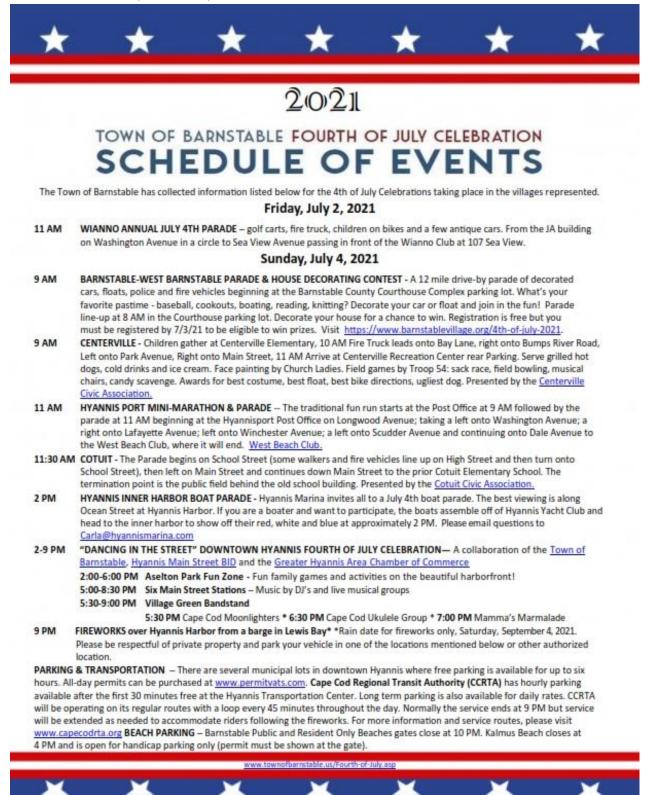
When a boater or passenger drinks, cognitive abilities and judgment deteriorate, making it harder to process information, assess situations, and make good choices. Keep yourself, friends and family safe by NEVER drinking and boating.



# Updated Information for the 4<sup>th</sup> of July

### **IMPORTANT NOTICE** - HYANNIS PARKING BANS

Parking bans will be in place from 7:00 PM-11:00 PM on South Street, Ocean Street, Sea Street and all roads leading to and around Gosnold Street to accommodate foot traffic for the fireworks. South Street will be closed from High School Road to Ocean Street. Please note: the Barnstable Police Department has jurisdiction beyond these closures to ensure public safety, and will do so on an as needed basis.



# Sign Up for Cynobacteria Alerts

The Town will be contracting with the Association to Preserve Cape Cod (APCC) to conduct routine monitoring and reporting of cyanobacteria in Barnstable's Lakes and Ponds. This sampling will begin soon. If you are interested in receiving an email notification, when a potentially toxic bloom is identified by APCC, you <u>must opt-</u><u>in</u> to the APCC toxic alerts. In order to receive email notification for toxic alerts, click this link: <u>https://apcc.org/our-work/science/community-science/cyanobacteria/cyanobacteria-alert/</u> This link will bring you to a webpage where you <u>must enter your email</u> in order to receive toxic alerts. You can also check out the cyanoMAP at <u>https://apcc.org/our-work/science/community-science/cyanobacteria/</u> to see the recent cyanobacteria monitoring results from APCC.

# **Cyanobacteria Notice**



As we enter the summer season, we wanted to let you know the Town is planning to resume cyanobacteria monitoring and reporting. However, this program will have a delayed start this year due to unanticipated staff turnover. We expect the program to resume in July. Until this program is back up and running, we wanted to provide some tips to identify cyanobacteria blooms, what to do if you suspect a bloom, and who to contact.

### Identifying Cyanobacteria Blooms

The Massachusetts Department of Public Health has provided examples of cyanobacteria blooms with scums and without scums. <u>https://www.mass.gov/service-details/identifying-cyanobacterial-blooms-and-scums-photographs-of-blooms-and-scums</u>

### How do I know if there is a harmful algal bloom in the water?

Cyanobacteria can cause the water to appear slightly discolored, cloudy, or resemble pea soup or paint. They are usually blue or green but can also be brown or red. They can also give the water a bad odor. The cyanobacteria in some blooms are dispersed throughout the water, while in other blooms they are concentrated in a scum or mat, either on the surface of the water or in sediment along the shoreline.

### What if you Suspect a Cyanobacteria Bloom?

### WHEN IN DOUBT, STAY OUT!

If you see a possible cyanobacteria bloom, avoid contact with the water.

Contact the Health Department at 508-862-4644 or email <u>health@town.barnstable.ma.us</u>, if the bloom is at a recreational waterbody.

### Want to Learn More About Cyanobacteria?

https://www.mass.gov/info-details/harmful-algae-blooms-in-freshwater-bodies https://www.epa.gov/cyanohabs

https://www.who.int/publications/m/item/toxic-cyanobacteria-in-water---second-edition

# **Massachusetts Vaxmillions Giveaway**

Want a chance to win a \$1 million? Sign up to get vaccinated at VaxFinder.mass.gov. It's easy to find an appointment at a vaccination location that is convenient for you. <u>https://www.mass.gov/vaxmillions</u>



# Town of Barnstable Introduces On-line Rental Property Registration and Short-Term Rental Complaint Hotline

As we enter our summer season the Town of Barnstable would like to remind owners of rental properties that they are required to register rental units with the Town of Barnstable Health Division; this includes ALL rentals from annual to summer to short-term. The requirement to register rental properties has been in place in Barnstable since 2006.

Please register and pay using the online registration link below:

https://secure.hostcompliance.com/barnstable-ma/permit-registration/welcome

Or, if mailing in, obtain registration form(s) from Town of Barnstable website below:

https://www.town.barnstable.ma.us/Departments/healthdivision/Applications\_and\_Forms/Rental-Registration-Application.pdf

**Submissions by mail:** Use one form for each unit to be registered and return to the Public Health Division, 200 Main Street, Hyannis, MA 02601.

There is a fee of \$90 and \$25 for *each* additional unit on the **same** parcel. The check should be payable to: <u>Town of Barnstable</u>.

Failure to comply with this Ordinance may result in the issuance of a non-criminal ticket citation in the amount of \$100.

We are also pleased to announce that we now have a short term rental complaint hotline available for the public to submit any complaints concerning short-term rental properties. The hotline is available on-line through our Health Division website or by phone 24 hours a day at 508-504-9779.

Short Term Rental Complaint Hotline (available 24 hours a day/7 days a week): 508-504-9779 https://secure.hostcompliance.com/barnstable-ma/complaints/type

For general rental questions, you may reach us by email at <u>Barnstable.Registration@town.barnstable.ma.us</u> or call 508-862-4072.

# Accessory Dwelling Unit Update: Public Hearing Date Change

The Town of Barnstable advertised a public hearing to consider zoning amendments allowing Accessory Dwelling Units for an in-person Town Council meeting on July 1st. On June 16th, the Governor signed a bill allowing public meetings to continue to be held remotely. In order to maximize the opportunity for public participation, the public hearing on the ADU zoning amendments has been rescheduled for July 15th and the hearing will be held remotely, via Zoom.

### Town of Barnstable Town Council

# Public Hearing on Items 2021-174 and 2021-175 – Accessory Dwelling Units

### Thursday, July 15, 2021 at 7:00 PM

### Zoom Meeting

### Zoom Meeting ID 926 0239 8466

https://zoom.us/j/92602398466

### 888 475 4499 US Toll-free

The proposed zoning amendments, Town Council Items 2021-174 and 2021-175, as well as additional information on ADUs can be found on the Town's <u>Accessory Dwelling Unit webpage</u>.

- You can submit comments on these items to the Town Council in the following ways:
  - Attend the Town Council meeting on July 15, 2021 at 7:00 PM via Zoom
  - Submit comments via email to Town Council staff, Cynthia Lovell, at cynthia.lovell@town.barnstable.ma.us
  - Submit comments in writing to: Town of Barnstable Town Council, ATTN: Cynthia Lovell, 367 Main Street, Hyannis MA 02601

If you have any questions, please contact Elizabeth Jenkins, AICP, Director of Planning & Development: Phone: 508-862-4678

Email: <a href="mailto:elizabeth.jenkins@town.barnstable.ma.us">elizabeth.jenkins@town.barnstable.ma.us</a>

# Save the Date: People of Action & Barnstable Police Department present 5<sup>th</sup> Annual Unity Day Friday, July 30, 2021 4:00-7:00 PM

The Town of Barnstable, the Barnstable Police Department and *People of Action* are proud to announce the 5th Annual Barnstable Unity Day Celebration on the Hyannis Village Green, 367 Main Street, Hyannis on Friday, July 30, 2021, from 4:00-7:00 PM. The event is intended to engage the community and local police together in a free celebration including food, music, children's activities and more. Come show everyone that Barnstable is a special, unique place with strong community bonds. The event is open to all and will include free food, music and activities for all ages. Please bring your own chairs and blankets.

# Our Village Libraries are more than just books.

You can check out all of the activities are our Libraries here:

Sturgis Library (Barnstable Village) Centerville Public Library Cotuit Library Hyannis Public Library Marstons Mills Public Library Osterville Village Library Whelden Memorial Library (West Barnstable)

# Hyannis HyArts Cultural District – SPOTLIGHT



# 2021 WEEKLY EVENTS

#### MONDAYS

Cape Cod Ukulele Club · VILLAGE GREEN 5:30-6:30 PM + Jul 5-Aug 23

#### TUESDAYS

Zumba • VILLAGE GREEN 5:30-6:30 PM · Jul 6-Aug 31

Live Music • HYANNIS HARBOR 6:00-7:30 PM + Jul 6-Aug 24

Movies on the Green • VILLAGE GREEN 7-10:00 PM + Jul 6-Aug 10 movie begins at dusk (around 8:15) 7-8 PM: free fun craft and green screen photos

### WEDNESDAYS

Town Band · VILLAGE GREEN 6:30-7:30 PM · Jun 30-Aug 25

### THURSDAYS

Tai Chi · VILLAGE GREEN 10:00-11:00 AM · Jul 8-Sep 16

African Drumming 

VILLAGE GREEN 6:00-7:00 PM · Jul 1-Sept 23

Jazz Music Stroll . MAIN STREET 7:00-9:00 PM · Jul 1-Aug 19

#### FRIDAYS

Singer-Songwriter Series . MAIN STREET 5:30-7:00 PM · Jul 2-Aug 13

Hyannis Sound, A Cappella Singers ASELTON PARK • 7:00-8:00 PM Jun 7-Aug 13 • no concert July 16

Visit HyannisMainStreet.com & ArtsBarnstable.com for more details and the most up-to-date list of events. Events may be subject to change or cancellation without notice.

# OPEN EVERY DAY

#### Hyannis HyArts Artist Shanties

HARBOR OVERLOOK & BISMORE PARK open from 11 AM • May-Oct + events in Nov/Dec artists frequently open early and stay late

Welcome Center 

BISMORE PARK Memorial Day to Columbus day stop by for maps, menus, transportation schedules, Discover Barnstable Fun Packs, and more

#### Hyannis Trolley

MAIN STREET TO HYANNIS HARBOR 10:30 AM-9:00 PM + late June through Labor Day loop runs every 45 mins, catch it anywhere on the route Just give it a wave and hop on board!

#### Kennedy Legacy Trail

MAIN STREET TO HYANNIS HARBOR self-guided tour • ArtsBarnstable.com



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ArtsBarnstable.com



### **Dog Licenses**



2021 Town of Barnstable Dog Licenses now available on-line. Renewing a license? Check your email. Renewal links were sent on May 4th. Questions or Renewing by Mail? Call or visit our website.



It is time to renew or obtain a new 2021 Town of Barnstable Dog License. The Town of Barnstable requires that anyone who owns, keeps, possesses or has control of a dog six months of age or older must have their pet licensed and vaccinated against rabies every year. In the interest of continued social distancing, and limiting face-to-face contact with others we have converted to a touch-free payment process for your 2021 Dog License. Renewals were sent by email, so check your spam folder! For more information please click <u>here</u>.

# Transfer Station Stickers Now Available On-line or by Mail



Transfer Station Stickers On-line

Transfer Station Mail-in Form

# Important Notice regarding purchase of 2021 Beach Stickers/Parking Permits



The weeks are flying by and the beaches will soon be open. Please be advised that beach stickers are only available for purchase through our on-line portal <u>www.barnstablema.viewpointcloud.com</u> or through the mail by downloading an application from our website <u>www.townofbarnstable.us/Departments/Recreation/Beach-Stickers</u> While there is a 2-3 week turnaround time to process your permit, you can print and use your online purchase receipt to gain access to beach parking lots. 2020 beach parking permits will be accepted until June 25<sup>th</sup>. Parking permits will not be available to purchase in person but applications can be picked up, filled out, and left in the drop box outside of the Hyannis Youth & Community Center at 141 Basset Lane, Hyannis. Our staff is available Monday through Friday from 8:30 AM to 4:00 PM to assist you with any questions or concerns. Stay well and enjoy your upcoming summer months. See links below.

Resident and/or Taxpayer

Seasonal and Weekly

**Landlord** 

# Keep Active and Thrive with the BACC on Channel 18

The Barnstable Adult Community Center (BACC) and Channel 18 have teamed up to provide dedicated BACC programming hours on Comcast CH18. Every Monday, Wednesday, Friday, Saturday, and Sunday at 8:00 AM and Tuesdays and Thursday at 5:00 PM you can tune to Comcast CH18 and view an hour of programming specifically geared to residents in our community who appreciate the wide range of activities provided at the BACC. The dedicated staff at the Council on Aging and Channel 18 have created programs including chair exercise classes, yoga, music programming, and updates on programs and activities. *Keep Active and Thrive with the Barnstable Adult Community Center!* 

To view all Thrive programming on YouTube please click here!

# News from the Barnstable Council on Aging

The Barnstable Adult Community Center is very pleased to announce that our doors are open again. We are

excited to welcome you back, and ask that you please bear with us as we work to get our in-person programs and activities up and running. In the meantime, please continue to enjoy our virtual programs. You can register for these by calling us at 508-862-4750 or emailing:

#### susan.griffin@town.barnstable.ma.us

Barnstable Adult

**Stay active and engaged!** The July/August issue of the BCOA's bi-monthly **THRIVE** magazine is now available. It's packed with information about classes and programs designed to promote health, wellness, and creativity to your life.

### DID YOU KNOW THAT THE BACC IS A COOLING STATION?

If high temperatures have you feeling hot and bothered, do come to the BACC to cool off. We have comfortable seating, free internet access and A\*I\*R C\*O\*N\*D\*I\*T\*I\*N\*G!

### SUPPORT SERVICES

The Support Services Department is available to answer any questions, to provide community resources or to assist with any of the above programs. For information on Caregiver support, please contact Stacey Cullen at **508-862-4765**. For information on other Support Services resources or to schedule an appointment, please call Jacqi Easter at **508-862-4757**.

### **TURNING 65 OR RETIRING?**

Are you turning 65 in the next three or four months? It's important to look into Medicare plans now, even if you're not planning to collect Social Security benefits or you intend to keep working at a job where you have benefits. Support Services at the BACC can connect you to the a trained SHINE program counselor to learn about your options and benefits. Call Jacqi Easter at **508-862-4757** to book an appointment

### BACC fitness sessions begin July 6!

For all exercise classes please wear comfortable shoes and clothing, and make sure you have water available. Remember, some classes are online (virtual) and some are in person (BACC).

### **Cardio Dance**

Get your heart pumping as you move to the beat with fun dance songs. Familiar steps will put you at ease and some trickier combinations will keep you err, on your toes! Don't worry about how well you dance; this superenjoyable class is all about having fun. *No Class 8/5.* 

#### Instructor: Liz Saunders, Wiser Health & Fitness

Th 7/1-8/26 9:45-10:30am \$48 Virtual

### **Country Line Dancing**

If you love to dance and want to have a good time while you learn some lively dance routines, then this is for you. This friendly, rollicking group always has a great time!

#### **Instructor: Kim Benton**

Th 7/15-8/19 9:30-10:30am \$36 BACC

### **Drums Alive**

Whatever your age or fitness level, you'll find that the drumming experience stimulates the heart, mind, and body. Drum, dance – and have fun!

### Instructor: Maria Zombas

Tu 7/13-8/31 11:30-12:30pm \$48 Virtual

### **Mindfulness Meditation with Pete Cormier**

Verbal prompts used in this class help you take note of physical sensations, emotions and thoughts, without getting caught up in them. Sessions begin with gentle stretching, followed by guided meditation, and ending

with a chance to reflect in a safe, respectful small group setting. Any sharing is voluntary.

### **Instructor: Pete Cormier**

### W 7/14-8/25 9-9:40am Free Virtual

### Sit Down and Shape Up

Who knew that sitting down could be so energizing? This class is done in a chair...but there won't be much sitting back and relaxing going on. Functional movements are performed at your own pace and keep your core and mind engaged with a full range of motion. You will need a comfortable, sturdy seat (preferably without arms) and water. Weights are optional.

Instructor: Liz Saunders, Wiser Health & Fitness

F 7/2-8/27 11-11:35am \$48 Virtual

### Introduction to T'ai Chi Chih

In this beginner class, you'll learn the principles and core moves of the practice of T'ai Chi Chih, a soft, flowing style of meditation. Increase your confidence by balancing your mind and body.

No classes: 8/5 & 8/12

### Instructor: Bruce Childs, Acc. TCC teacher

Th 7/15-9/2 10:30-11:30am \$36 BACC

### Yoga with Bonnie

Keep your body healthy and active with the gentle and relaxing movements of Hatha Yoga. We emphasizes breathing and stretching, and focus on moving with the breath into postures.

### Instructor: Bonnie Silva

W 7/7-8/25 1-2pm \$48 BACC

### Y12SR-Yoga 12 Step Recovery

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

Instructor: Lynnette Walker

W 9/15-9/29 3-4:30pm \$24 BACC

### **Zumba Gold with Christina**

This Latin-inspired dance workout alternates between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. You'll get a great cardio workout that melts fat, strengthens your core and improves flexibility. Don't feel intimidated – this group is all about moving to the music and having a good time – no rhythm is required and all are welcome!

#### Instructor: Christina Arabadzhieva

### W 7/7-8/25 9:30-10:15am \$48 BACC

### **Exciting News: Volunteers Needed for New Respite Program**

The Barnstable Council on Aging is thrilled to announce a respite program starting this fall. We are looking for caring, energetic, and compassionate volunteers to support this new respite program. All volunteers will receive Dementia Friendly training and work alongside a BCOA staff member. For more information please contact Stacey Cullen **508 862 4765 or email:** <a href="mailto:stacey.cullen@town.barnstable.ma.us">stacey.cullen@town.barnstable.ma.us</a>

### Stay Informed!

The Barnstable Council on Aging's E-newsletter is sent weekly, and contains news, resources and information for the older adult community and others. If you'd like to receive it, please email:

judith.reppucci@town.barnstable.ma.us. Please also "like" and follow us on the Barnstable Adult Community Center Facebook page, where you'll find helpful updates and links as well as entertainment and resources to stay engaged and informed.

# **ROAD WORK UPDATES**

As always please slow down and use extreme caution when traveling through the road construction areas and follow posted safety and detour signs.

# \*CONTINUES\* National Grid Gas Pipe Installation, Anchor Lane

National Grid, through their contractor Fraser Engineering, is planning on replacing the Anchor Lane Regulator Station, which will include removal of the existing regulator station and installation of a prefabricated 3 layer regulator station, and new gas lines that will tie into the existing 10" gas main located along the Route 28 roadway shoulder. Work will take place on the corner of Anchor Lane and Falmouth Rd (Route 28) in Cotuit. Construction is expected to last to **September 1, 2021**. Weather pending, construction will be on-going, Monday through Friday from 7:00 AM to 4:30 PM until completion of this phase of the project. Portions of Anchor Lane travel lanes will be restricted, and work on Falmouth Road will include temporary lane closures, which will be controlled by police details. As always, please slow down and use extreme caution when traveling through the road construction areas, and follow posted safety and detour signs.

# **\*UPDATED\*** Rendezvous Lane Wastewater Pump Station Replacement Project

The Town of Barnstable's contractor, Robert B. Our Co., Inc., is under contract to complete a wastewater pump station replacement project at the intersection of Rendezvous Lane, Kent Road and Salten Point Road. The project involves a new below grade precast concrete wet well and valve vault, pumping system, control panel, standby generator and gravity sewer main to replace the existing wastewater pump station at the Town Right of Way to Barnstable Harbor at the end of Rendezvous Lane. The improvements are necessary to replace the existing pump station approaching the end of its intended service life and to relocate the new pump station above the FEMA base flood elevation. Typical work hours are 7:00 AM to 4:00 PM, with groundwater dewatering pumps and sewer bypass pumps occasionally requiring 24/7 operation. Remaining work includes installation of final paving of the roadway and restoration of disturbed areas.

# \*UPDATED\* Drainage & Pavement Improvements on Wheeler Road in Marstons Mills

Drainage and pavement improvements on Wheeler Road in Marstons Mills are currently on-going and will continue during the week of July 5th, 2021. The remaining work will include the raising of structures to finished grade, installation of additional curb inlets, final asphalt paving and restoration of all disturbed areas. Please use caution and safe speeds when traveling on Wheeler Road during construction operations.

# \*CONTINUES\* Drainage Improvements on Lake Shore Drive in Marstons Mills

The Town's contractor, Tasco Construction, will continue drainage improvements at five (5) locations along Head of the Pond Rd and Lake Shore Drive in Marstons Mills. The work includes installation of new drainage systems, repairs to existing drainage systems, adjustment of drainage structure castings, and restoration of any areas disturbed during construction. Normal work hours will be between 7:00 AM to 3:30 PM, Monday through Friday. Through traffic will be maintained throughout construction. Any lane closures will be supported with police details to direct traffic. Motorists are advised to seek alternate routes to avoid the construction work.

# Looking for a Job? The Town of Barnstable is a Great Place to Work.

To see what positions are currently available, click <u>here</u>. Apply online by clicking on the job title you are interested in and click the "Apply" link. If this is the first time you are applying using the online job application, you need to create an account and select a username and password. After your account has been established, you can build an application by clicking on the "Build Job Application" link. This application can be saved and used to apply for more than one job opening.

# The Last Word: One flag, one land, one heart, one hand, one nation forevermore! ~Oliver Wendell Holmes

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