

THE COMPASS

Magazine of the Barnstable Adult Community Center

Oct/Nov 2019



LSVT BIG & LOUD FOR PARKINSONS

The LSVT BIG & LOUD™ program is a team approach using Occupational, Physical and Speech Therapy to successfully treat the motor symptoms of Parkinson's disease.

LSVT BIG & LOUD™ successfully treats the motor symptoms of Parkinson's disease. **The Pavilion Rehabilitation and Nursing Center** offers this interdisciplinary approach using Occupational, Physical and Speech Therapy.

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- 90% of patients improve vocal loudness

LSVT BIG improves motor function:

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- Improved balance
- Improved trunk rotation



Dr. Sean Horrigan
Neurologist Consultant



For more information regarding the LSVT Parkinson's Treatment program available at **The Pavilion Rehabilitation and Nursing Center**, please contact:
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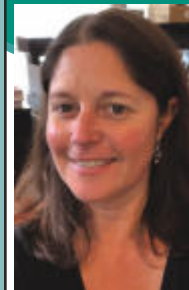
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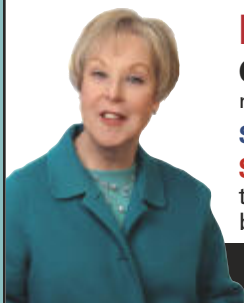
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Barnstable COA, Hyannis, MA

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October/November 2019

Barnstable Adult Community Center
825 Falmouth Road, Hyannis, MA 02601
Phone: 508-862-4750

Normal business hours: Monday-Friday from 8:00 a.m. to 4:30 p.m.
 The BACC is open later during scheduled evening programs.
 Please check activity listings for times.



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Josh Dunn - Custodian

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Kyle Simpkins - Part-time Custodian



The Compass, a partnership of the Barnstable Council on Aging and Liturgical Publications, is published bimonthly. This publication is made possible in part by a grant from the Massachusetts

Executive Office of Elder Affairs.

To maintain successful and supportive services, the Barnstable Council on Aging is committed to educating itself in the diverse needs, concerns and lives of older adults in our community. Our programs and services are open to all regardless of race, ethnicity, religion, gender or sexual orientation. The BACC offers many health, wellness, and informational presentations and workshops. We advise that individuals participating in these programs do so with the understanding that the Town of Barnstable or its employees do not assume any legal responsibility for any advice or services rendered by such providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the BACC.

Dear Friends,

As much as I'm not quite ready to say goodbye to what seemed like an all too brief summer, I'm always excited to welcome the glorious fall we get to experience on Cape Cod. With the Old Farmer's Almanac forecasting a particularly frigid and snowy upcoming winter season, we all need to make sure we can get outdoors and enjoy the beautiful colors of autumn.



The comfortable temperatures are perfect to get out and about and we have some fantastic activities coming up in our outdoor adventure club, led by Dianne Francis. This group has gained a steady following in a very short time, as you can see from the cover image of a recent outing to Crow's Farm in Sandwich. Check out our upcoming adventures on page 8 and join us as we get off the beaten track to discover some of the hidden treasures on Cape Cod, including a visit to the Knob and Spohr Gardens in Falmouth and a cranberry bog tour in Harwich. Bring your camera to capture the splendor of fall! Oh, and did I mention that we will be offering an archery class thanks to our partnership with the Recreation Division. It's one of the most popular youth programs they offer, and we're thrilled to be able to offer this as an adult evening program at the BACC!

Speaking of saying goodbye, this edition marks the final issue of the Compass. Over the years the Council on Aging newsletter has gone through a number of iterations, starting with Wavelengths, then the Senior Guide which preceded the introduction of the Senior Compass in 2006, which then became the Compass in 2015. As proud as we are of this publication and how it has evolved over the years, we are constantly striving to improve the quality and exploring ways to improve the reading experience for our subscribers. With our recent rebranding, it was time for a refresh and we can't wait to reveal our new THRIVE magazine to you beginning with our December/January issue!

Please mark your calendars for our upcoming THRIVE Expo on Friday, October 25th from 10a.m. to 1 p.m. As our annual healthy aging and wellness fair, this is your prime opportunity to meet with local

experts and professionals to learn about all the incredible resources that exist in our community to help us age successfully. Besides being informative, it's also a lot of fun! A highlight of this year's event is the introduction of our new virtual reality program, MyndVR. Thanks to the generous funding support of the FBCOA, we are bringing a new world of experiences to the BACC!

Come thrive with us!

Maddie

Maddie Noonan, Director

Notes from the COA Board



The Council on Aging Board of Directors is one of Barnstable's many volunteer boards. Our purpose is to provide support and direction for our Council on Aging Division. With the recent expansion of our vision, and re-naming of our division, it's an exciting time for us.

Are you a Barnstable resident interested in working to improve the quality of life for older adults in the Town of Barnstable? We're looking for new members to join us, as we've recently expanded our committees to include *Advocacy & Education* and *Activities*. We've also had two active members move away, so we have immediate openings for active and involved people!

Consider joining us to be part of this "new wave" of adult services in Barnstable. See who we are and what we're doing; JOIN US at one of our monthly meetings, always open to the public, at 9:00 a.m. on the third Wednesday of each month, at the Barnstable Adult Community Center.

Friends of the Barnstable Council on Aging



Hello Friends,
The feedback on our Calendar Raffle was an enthusiastic “Let’s do it again next year, the prizes were fabulous!”

Our Calendar Raffle was a huge success thanks to the generosity of so many businesses in the Town. We owe them all a great debt of gratitude. Also a shout out to all our Board members and friends who devoted so much time and effort in making the beautiful baskets and donating their wonderful gift items. You made it all possible and such fun. Thank you to all!

We plan to have a table at the Thrive Expo coming up on October 25th at the BACC. Be sure to save the date.

Fall is here and loving it,
Stephanie Dannemann, President FBCOA

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

Name: _____

Mailing Address: _____

Phone: _____

Mail to: 825 Falmouth Road, Hyannis, MA 02601 or drop off at the BACC.
Checks payable to FBCOA.



Registration Information

Payment Methods

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

How to Register:

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

Registration Policy: Full payment is required at time of registration. Classes cannot be pro-rated.

All classes/events are filled on a first-come-first-served basis. Fees may be subject to change.

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

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

Keep in Touch!

Front desk: 508-862-4750

Web site: www.townofbarnstable.us/coa

Weekly E-newsletter: Ask to be added to the list: judith.reppucci@town.barnstable.ma.us

Facebook: Get the latest news and information, “like” us at: www.facebook.com/barnstableadultcommunitycenter



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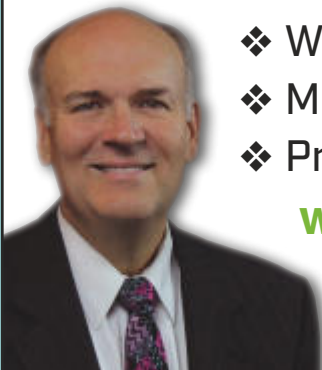
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Barnstable COA, Hyannis, MA 03-1143

ENRICHMENT

Please see page 13 for evening classes

Arts and Crafts

Painting from Poetry

Wed. Oct. 9 -23, 5-7 p.m. Fee-\$60

Tired of doing “rote” painting? This course is all about using your creativity. You will compose a painting from the imagery of a poem of your choice. Please bring a paper copy of the poem that you chose to our first class. Additional fee for all supplies provided is \$10 payable at the first class to the instructor.

Instructor: Ann Desroches

Repurpose Old Jewelry, Create a New Design

Wed. Oct. 16 & Nov. 13, 2-3:30 p.m. Fee-\$10 plus Materials Fee \$10 paid to instructor

Give new life to your old jewelry! Take your secret stash of unused or broken jewelry and repurpose it into a new piece using embellishments and stringing materials.

Instructor: Kim Rumberger

Acrylic Art for the Beginner

Thu. Oct. 31-Dec. 12, 10 a.m.-12 p.m. Fee-\$60 (Skip Nov. 28)

We are happy to announce Sue Carey is back! This step-by-step class in acrylics is designed for the beginner and those in need of a refresher. Students are guided by the instructor, moving forward to completion of an original work of art. *New? Please ask for a materials list at the front desk.*

Instructor: Susan Carey

Twist on Paint Night, A Family & Friends Affair

Wed. Nov. 13, 4-7 p.m. Fee-\$20 Adults and Children (ages 5-17) \$10

Join a lively group of adults and children, family and friends for a class that will paint a fun starfish in the deep blue sea. *Materials fee \$5 paid to the instructor.*

Instructor: Ann Deroches

Holiday Boxwood Tree

Thu. Nov. 21, 3-5 p.m. Fee \$40 Paid to the Instructor . RSVP required by November 15. All materials provided.

Boxwood greens make a beautiful tree centerpiece for the holidays. Learn the steps for making your own.

Instructor: Katri Mullaly, Sisukat Designs

Events and Entertainment

THRIVE – Healthy Living Expo

Fri. Oct. 25, 10 a.m.-1 p.m. RSVP

Join us for our annual healthy living fair! This is your opportunity to meet local experts and learn about our community’s valuable programs and services for older adults. Check out our new Mynd VR program, take pics in the photo booth, enter for raffle items and get free healthcare screenings. Come **THRIVE** with us!

Sweet Adelines

Tue. Oct. 22, 6:30-8 p.m. RSVP

Love to harmonize with the Oldies? Fascinated by the Pitch Perfect TV shows and movies? Come spend an evening with the Cranberry Shores A Cappella Chorus with both classic barbershop and modern music sung in four part harmony. Refreshments will be served.

Dessert & Music:

Victrola Society Sings Oldies but Goodies

Wed. Nov. 6, 1:30-2:30 p.m. RSVP

Enjoy this popular chorus as they sing some of the old favorites with a delicious dessert to follow the show.

Craft Fairs with the Sunshine Crafters

Wed. Oct. 16, Tue. Oct 29 & Fri. Nov. 22, 9a-3p

The Sunshine Crafters have been busy making and collecting sales items which support older adults in need in our community. November 22 will feature both crafts and a bake sale. Get ready for the holiday season!

Games

Mah Jongg for the Beginner ****New****

Wed. Oct. 16-Nov. 13, 4-6 p.m. p.m. Fee-\$70 plus \$9 for the Mah Jongg Card

Mah Jongg is fun, exciting and challenging. In these sessions, you’ll learn the tiles and follow National Mah Jongg League rules.

Instructor: Anne M. Walther

Technology

iPad, iPhone Tips & Tricks

Tue. Oct. 1-29, 10-11 a.m. Fee-\$20

Tue. Nov. 5-Dec. 10, 10-11 a.m. Fee-\$20 (Skip Nov. 26)

Get started with your new iPad or iPhone. Discover its capabilities, and follow the simple guides to set up and start using. Learn about browsing the web, and sending emails, to setting up security and making notes. Whether you want to take pictures and share them with loved ones, or chat to your friends around the world for free, this easy to understand course explains it all.

Instructor: Carl Bertelsen

Music

Melody and Chords, Music on a Keyboard-Practice Session

Tue. Oct. 1-Nov. 5, 1:30-2:30 p.m. Fee-\$36

Limited number of keyboards available for class; please bring your own if you have one.

Here's the er, key, to taking your music to the next level! Improve your basic melody and chord skills for piano, organ or keyboard.

Instructor: Dianne Carpenter

Tin Whistle Practice

Thu. Oct. 24-Dec.5, 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

Ukulele for the Absolute Beginner

Wed. Oct. 2-Nov. 20, 9:30-10:30 a.m.

Fee-\$36 Take 7 pay for 6

In this absolute beginner class, you'll tune your ukulele and play both scales and basic chords. You're sure to enjoy learning from this experienced teacher as she shares the exhilaration of music.

Instructor: Cathy Hatch

Ukulele for the Advanced Beginner

Mon. Oct. 7-Nov. 25, 11:30 a.m.-12:30 p.m.

Fee-\$36 (Skip Oct. 14, Nov. 11)

In this class you'll move beyond the beginner phase, learn more theory and to work on easy three- and four-chord songs.

Instructor: Cathy Hatch

Ukulele Intermediate

Mon. Oct. 7-Nov. 25, 9:30-10:30 a.m. Fee-\$36

(Skip Oct. 14, Nov. 11)

Ready to learn more complex songs and chords? This class will take you to the next level. Learn to play an instrumental song and a three-chord song, then add new chords.

Instructor: Cathy Hatch

Ukulele Strumming Class

Mon. Oct. 7-Nov. 25, 10:30 a.m.-11:30 a.m. Fee-\$36

(Skip Oct. 14, Nov. 11)

This strumming and rhythm technique class will develop more precise right hand work and will improve tempo and speed on songs with three chords. You'll also work on strumming in rhythm, fingerpicking and, cleaning up bad habits.

This class and Advanced Beginner may be taken at the same time.

Instructor: Cathy Hatch

Outdoor Adventures

Archery for Beginners

Tue./Thu. Oct. 1-Oct.10 5-6p.m. Fee-\$35

In partnership with the Barnstable Recreation Division, we invite you to learn the proper techniques of archery.

Participants must complete safety training at the first session. Following classes include shooting technique and target shooting. *Fee includes instructor training and access to equipment.*

Walk the Knob and Spohr Gardens, Falmouth

Tue. Oct.1, 10:30 a.m.-1:30 p.m. Fee-\$5.00

With beautiful water views on the edge of a peninsula accessed by a wooded trail, the picturesque Knob is a great place for an easy walk. We will also take a nature walk at Spohr Gardens, a six-acre woodland garden next to Oyster Pond.

Transportation provided from BACC; bring your lunch.

Guide: Dianne Francis

Walk the Cape Cod Canal

Tue. Oct. 15th, 10 a.m.-12pm Fee-\$5.00

Soak up the waterfront Canal history, wildflowers, and wildlife on an easy walk and a tour through the Cape Cod Visitor Center. *Lunch (optional) at the Off the Grid Truck on the Canal afterwards. Meet at Sandwich side restrooms.*

Guide: Dianne Francis

Cranberry Bog Tour

Tue. Oct 29, 10:30-12:30 p.m. Fee-\$15

Leo and Andrea Cakounes operate the largest organic cranberry bog on Cape Cod. Learn about cranberries and how they are grown and produced.

Guide: Dianne Francis

Language

Italian Beginner, Intermediate & Advanced

Tue. & Thu. Oct.-1-24, Fee-\$48/

Oct. 29-Nov. 21, Fee-\$48

Beginner 1-2 p.m.

Intermediate 11a.m.-12 p.m.

Advanced 2-3 p.m.

Fluent 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 Surmach

German Beginner

Tue. & Thu. 12-1 p.m. Oct. 1-24, Fee-\$48/

Oct. 29-Nov. 21, Fee-\$48

Working with your skill level, this class helps you move forward with conversational German.

Instructor: Richard Surmach

Exercise & Dance

Concerned about whether a program is right for you?

Please check with your medical provider

before participating in any new program.

Make sure to bring water, and if appropriate a yoga mat, and wear proper footwear and other attire.

Adult Ballet for Beginners **New**

Thu. Oct. 3-Nov. 21, 1:30-2:30 p.m. Fee-\$36 Take 8 Pay for 6

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

Instructor: Catherine R. Johnson

Chair Supported Yoga

Wed. Oct. 2-Nov. 20, 12-1 p.m. Fee-\$48

You can do this! Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using a chair for support. It's beneficial for people with limited mobility and increases strength, improves flexibility and reduces joint strain.

Instructors: Rebecca Coverdale and Tonya Cappucci

Chakra Yoga

Mon. Oct. 7-Nov. 25, 3-4 p.m. Fee-Free

Think of chakras as a blueprint for self-care. Channel more confidence, creativity, and joy in your life with an understanding of your body's energy centers.

Instructor: Peg Stanton, Barnstable Town Nurse

Challenge Accepted! A Small Group Training Class

Tue. Oct. 1-Nov. 26, 9:30-10:30 a.m. Fee-\$48 (Level 2)

Tue. Oct. 1-Nov. 26, 10:30-11:30 a.m. Fee-\$48 (Level 1)

Thu. Oct. 3-Nov. 21, 9:30-10:30 a.m. Fee-\$48 (Level 2)

Thu. Oct. 3-Nov. 21, 10:30-11:30 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. Oct. 7-Nov. 18, 11:15 a.m.-12:15 p.m. Fee-\$30 (Skip Oct. 14, Nov. 11)

Love to dance? Want to have a good time while you exercise? This is for you! Join this rollicking group for pure fun while learning short dance routines.

Instructor: Kim Benton

Dance for Joy

Fri. Oct. 4-Nov. 22, 11 a.m.-12 p.m. Fee-\$42 (Skip Oct. 11)

You can dance and have fun even if you have coordination or balance issues. Release tension and increase flexibility as you move to your favorite tunes.

Instructor: Elaine Spiezio

Drums Alive with Maria

Tue. Oct. 1-Nov. 19, 11:30 a.m.-12:30 p.m. Fee-\$42

This stimulating experience especially designed for older adults uses rhythmical drum patterns to induce feelings of euphoria and improved mental awareness.

Instructor: Maria Zombas

Interval Training

Wed. Oct. 2-Nov. 20, 9-10 a.m. Fee-\$48

Dance and glow to the oldies alternated with core and more" strength training. Some mat work may be involved.

Instructor: Marcia Raftery

Line Dance Classes Beginner & Intermediate

Wed. Oct. 2-Nov. 20, 10:30-11:30 a.m. Fee-\$42 Take 8

Pay for 7 – Beginner

Wed. Oct. 2-Nov. 20, 11:30 a.m.-12:30 p.m. Fee-\$42 Take 8 Pay for 7 – Intermediate

Beginner dance will learn basic dance moves in easy dances such as Vine, Jazz Box, Mambo Step and Monterey Move. Intermediate dance is for those who have danced before and want to learn more complex dances. Line dancing will improve balance.

Instructor: Cathy Hatch

Meditation with Kay

Tue. Oct. 1-Nov. 19, 2-3 p.m. Fee-\$20 (Skip Nov. 5)

Meditating every day makes a huge difference in how you approach life, and studies show it can slow the progression of dementia and mild cognitive impairment.

Instructor: Kay Outwin

Men's Challenge, A Small Group Strength/Cardio Training For Men Only **New**

Fri. Oct. 4-Nov. 22, 9:30-10:30 a.m. Fee-\$42

Experience the fitness industry's hottest training styles in the fitness industry in this very ACTIVE class focused on strength training, cardiovascular intervals, agility and good form to improve flexibility and balance.

Instructor: Liz Saunders, Certified Personal Trainer

Mudra, Hand Yoga for Health

Wed. Oct. 2-Nov. 20, 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 class includes gentle stretches, acupressure, meditation and music.

Instructor: Peg Stanton, Peg Stanton, Barnstable Town Nurse

Restorative Pilates-Based Matwork –Mixed Levels**Mon. Oct. 7-Nov. 18, 12:30-1:30 p.m. Fee-\$30** (*Skip Oct. 14, Nov. 11*)

Bring a mat, elastic strap and tennis ball. This moderately paced class welcomes all including beginners for a restorative approach to balance and joint alignment.

Instructor: Holly Silva

Tai Chi Chih-Beginner **New****Thu. Oct. 3-Nov. 21, 10-11 a.m. Fee-\$36**

T'ai Chi Chih is a mindfulness moving meditation. This set of 19 movements and one pose is a soft, flowing, moving meditation.

Instructor: Debbie McLister

T'ai Chi Chih- Intermediate**Mon. Oct. 7-Nov. 18, 1:30-2:30 p.m. Fee-\$30** (*Skip Oct. 14, Nov. 11*)

This set of 19 movements and one pose is a soft, flowing, moving meditation. Benefits include peace of mind, improved balance—and simply joy! *Just 3 classes this session; give it a try!*

Instructor: Bruce Childs

T'ai Chi Chih**Mon. Oct. 7-Nov. 18, 3-4 p.m. Full Practice-RSVP-Free**

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

Full Open Practice is for those know all or most of the 19 moves.

Instructor: Bruce A. Childs

Tai Chi for Health-Beginner**Tue. Oct. 1-Nov. 19, 3:30-4:30 p.m. Fee-\$42** (*Skip Oct. 22*)

Tai Chi is safe, relaxing and easy to learn. Gentle movements lead to strength gain, balance improvement, and joint flexibility.

Instructor: Holly Heaslip

Tango Argentine Style **New****Free Information Session: Wed. Sep. 25, 5:30-6:30 p.m.****Classes: Wed. Oct. 2-Nov. 6, 5:30-6:30 p.m. Fee-\$60**

This new class is an introduction to Argentine Tango. You'll learn tango rhythms and basic steps along with Tango's history.

Instructors:

Mona Phillips and Terri Goldstein, Cape Cod Tango

Therapeutic Qi Gong**Tue. Nov. 5-Dec. 17, 2-3:30 p.m. Fee-\$36** (*Skip Nov. 26*)

Improve your quality of life with gentle movements and powerful results. Developed in China, this ancient physical exercise can provide flexibility, heighten energy, and improve relaxation.

Instructor: Annemarie Lang

Yoga with Bonnie**Wed. Oct. 2-Nov. 20, 1-2 p.m. Fee-\$48**

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

Instructor: Bonnie Silva

Yoga Sampler,**Tue. Oct. 1-22, 3:30-4:30 p.m. Fee-\$24**

Try various styles of yoga and see what suits you. Each week we'll explore a different aspects of yoga such as Yoga Nidra, Crystal Bowls and Dao Yi (Taoist Yoga). Classes focus on mindfulness, mudra, gentle movements, chair yoga and meditation/guided imagery.

Instructor: Lynnette Walker

Zumba Gold with Christina**Tue. Oct. 1-Nov. 19, 9-10 a.m. Fee-\$48**

A milder, gentler version of the original, Zumba Gold is a low-impact cardio workout designed for the beginner, the active older adult and individuals who require movement modification.

Instructor: Christina Arabadzhieva

Health and Wellness

Health Talk: Back Safety**Wed. Oct. 9, 10-11 a.m. RSVP**

A physical therapist will discuss safe practices for working adults, ergonomics and conservative measures to a healthy back and spine.

Presenter: Kindred Health

Ancient Wisdom Circle**Wed. Oct. 9 & Nov. 13, 2-3 p.m. RSVP**

These ancient practices are said to ground and heal through natural elements like crystals, herbs and drumming.

Facilitator: Peg Stanton, Barnstable Town Nurse

Indoor Labyrinth,**Thu. Oct. 10 & Nov. 14, 2-3 p.m. RSVP**

Participants are asked to wear socks and remove shoes.

Walking on a labyrinth to soothing music feels like a vacation from life and an opportunity to find its meaning all at the same time. There are no wrong turns. You may find questions to be explored. You may find peace or insight. Notice the unique gifts that come to you each time you experience this "moving meditation."

Facilitator: Labyrinth Lives

Death Café

Wed. Oct. 16, 1:30-2:30 p.m. RSVP

Rather than a grief support or counseling session, this group-directed discussion of various aspects of death has no agenda, objectives or themes. Increase your awareness of death and make the most of your (finite) life at this supportive gathering with snacks and coffee or tea.

Facilitated by: Kathleen Budreski, R.N. and Amanda Murphy, R.N.

Create Your Own (No Excuses) Exercise Program

Wed. Oct. 16 & 23, 2-3 p.m. Fee-\$10

Don't have time to exercise? Dislike group classes? Love to walk but the weather is bad? This two-part class provides you with a template and sample exercises to create your own program for use at home with minimal or no equipment. Gain the most benefits in the least time using common physical therapy exercises and the physiology of aging. You'll have the chance to practice your newly designed program.

Facilitator: Barbara Blackwell

Finders & Keepers Group

Fri. Oct. 18-Jan. 3, 10-11 a.m. RSVP Required-Call to Register 508-375-6620 (Skip Nov. 29)

This six-session workshop will meet every other week beginning on October 18th. Previous experience with Buried in Treasures is encouraged but not required.

For those struggling with clutter or hoarding, this facilitated, peer supported group serves as an opportunity for maintenance and skills-building or sustaining.

Facilitator: Barnstable County Department of Health and Environment

Chair Massage

Tue. Oct. 22, 12:30-2:30 p.m.

Free; appointment required

Release tension, relax and enjoy a chair massage of your neck, shoulders, back and arms. You'll be seated fully clothed in a portable chair.

Provider: Body Sense Day Spa, Hyannis

Hidden Risks of Untreated Hearing Loss

Wed. Oct. 23, 1:30-2:30 p.m. RSVP

Discover how recent studies suggest that hearing loss is a risk factor for dementia in older adults as well as other mental and physical health risks associated with untreated hearing loss. Light refreshments served.

Presenters: Dr. Alissa B. Hench, and Cynthia Connolly Coastal Hearing Clinic in Sandwich

HIV – What's New?

Wed. Oct. 23, 2-3 p.m. RSVP

Learn the history of HIV in America and the progress that's been made since the start of the pandemic.

Facilitator: AIDS Support Group of Cape Cod.

Healing Sounds- Kalein Intentional Crystal Bowls

Wed. Oct. 23 & Nov. 20, 2-3 p.m. Fee-\$5 Each

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

Facilitator: Kathleen Warren

Hear what you are missing!

Hearing Screening & Hearing Aid Clean & Check

Thu. Oct. 24 & Nov. 21, 1:30-3:00 p.m.

Appointment Required-Free

Take just 15 minutes for a free hearing screening—it can make a difference in your quality of life every day. Your results will be reviewed privately to help you understand options. Those with hearing aids may have them cleaned and checked.

Program Host: Coastal Hearing Clinic Inc., Sandwich

VNA Program-Facilitating Remembrance

Thu. Oct. 24, 10-11 a.m. RSVP

This interactive presentation reviews memory triggers and strategies to help those with dementia connect with loved ones and caregivers. Learners will be able to see the exercises in action.

Facilitator: Ellen McCabe, VNA of Cape Cod

Nutrition for a Healthy Brain

Wed. Nov. 6, 13 & 20, 1:30-2:30 p.m. Fee-\$20

Alzheimer's Disease has been coined "Type 3 Diabetes" due to its inflammatory pathology and relationship to poorly controlled blood sugar, but patients have been able to reverse cognitive decline in its early stages through nutritional lifestyle changes. Includes food lists, recipes and samples.

Instructor: Barbara Blackwell

Health Talk: Medication Management

Wed. Nov. 13, 10-11 a.m. RSVP

Review medication safety, how to fill a medicine box, the importance of carrying current list of medications with you and more.

Presenter: Kindred Health

VNA Program-Empathetic Communication

Thu. Nov. 14, 11-12:30 p.m. RSVP

This interactive presentation reviews the communication changes which occur in dementia as a result of progressive neurologic decline. Learn new perspectives on communication through videos and demonstrations.

Facilitator: Ellen McCabe, VNA of Cape Cod

Memory Screening

Thu. Nov. 14, 1:30-3:30 p.m. By Appointment Only

This free memory screening is a simple and safe evaluation to check memory and thinking skills. It can indicate whether an additional check up is needed. It cannot diagnose any particular illness and does not replace consultation with a qualified healthcare professional.

Facilitator: Ellen McCabe VNA of Cape Cod

Workshops

Genealogy: Grow Your Family Tree

Thu. Sep. 26, Oct. 3, 31, Nov. 7, 14, 1:30-3:30 p.m.

Fee-\$35

Interested in researching your family history and learning the special techniques needed for locating information?

This class will give you a general overview of genealogy methods, immigration and migration, uses of the census, DNA in genealogy, land deeds and probate research.

Facilitators: Cape Cod Genealogical Society

How to Build Your Emotional Pension: A Non-Financial Guide to Finding Identity, Purpose and Meaning in Retirement

Tue. Oct. 1, 2-3 p.m. RSVP

This is a non-financial guide to finding meaning, identity and purpose in retirement. While most information about retirement is financial, this presentation fills the gap with information on living a fulfilling and rewarding life for those in retirement or planning to retire.

Facilitator: Henry Quinlan

Shopping Online, Protect Yourself

Wed. Oct. 2, 3-4 p.m. RSVP

Be prepared for holiday shopping on line! Learn about safety on-line, shopping carefully and making returns.

Presenters: Robin Putnam, MA Office of Consumer Affairs & Business Regulation

Amy Schramm from the Better Business Bureau

Photography Lecture: Kaleidescapes Photo Effect

Wed. Oct. 2, 1:15-3:30p.m. . Fee- Walk-in's Welcome/ \$5 fee for non-Camera Club members

View the presenter's Kaleidescapes, created with editing programs that use layers to take a small slice of an image and transforming it into a Kaleidoscope image.

Presenter: Ken Weidmann

Dark Origins of Nursery Rhymes-Part II

Thu. Oct. 3, 1-3 p.m. RSVP

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

Presenter: John Jope

Senior Learning Network: Sea Turtle Rescue & Rehabilitation, South Padre Island, TX

Thu. Oct. 3, 1:30-3 p.m. RSVP

Join us at a sea turtle rescue center in South Texas to learn about injuries and threats facing

endangered sea turtles and what Sea Turtle,

Inc. is doing to help. Speak with a marine

biologist about ocean conservation and visit with the sea

turtle patients. The interactive presentation includes a tour of the hospital facility.



Consumer Assistance Council:

Ancestry, DNA Testing and Medicare

Thu. Oct. 3, 1:30-2:30 p.m. RSVP

DNA testing has become very popular for helping to determine your ancestry, and can also be used to identify your genetic risk of certain diseases. Scammers, however are taking advantage of interest in these tests to attempt to scam Medicare. Learn to protect yourself, and please note that Medicare does not pay for medical tests or equipment unless it is medically necessary and a doctor orders the test. Facilitator: Marie C. Clougher, Esq., Executive Director, CAC, Inc

Travel Club Talk: The Haunted History of Halloween

Mon. Oct. 7, 10-11 a.m. RSVP

Take a captivating journey through the mysterious tales behind the spookiest night of the year.

Presenter: The Travel Club.

October Fest

Mon. Oct. 7, 10-11 a.m. RSVP

Celebrate the month of Oktoberfest on an arm chair cruise along the Rhine River with stops at Cologne, Rudeschein, Strasbourg, Castles, Beer Tours and much more. Bring any German artifacts you would like to share with the group.

Facilitator: Linda Felix, North River Home Care

Let's Talk Plastic:

Learn Why Recycling is No Longer the Answer

Mon. Oct. 7, 1:30-2:30 p.m. RSVP

Sustainable Practices is an ongoing initiative to create Cape-wide municipal bylaws which would prohibit towns from procuring or selling beverages in single-use plastic bottles and containers. Plastic bottles are made of non-renewable fuels, leach chemicals into consumables and never biodegrade. Learn how they impact the health of the environment, humans, animals, and marine life.

Facilitator: Sustainable Practices

Garden Talks: Composting

Tue. Oct. 8, 10-11 a.m. RSVP

Reduce waste and live a greener a life. Learn home and backyard composting and best practices for enhancing your garden, lawn, and flower beds.

Presenter: Kari Parcell, Barnstable County Extension

Interested in a program?
Classes are subject to cancellation
due to low enrollment.

Please remember to register for
ALL happenings, including free programs
to make sure it's held!

TED Talk: How Film Transforms the Way We See the World

Thu. Oct. 10, 2-3 p.m. RSVP

Documentarian and TED Fellow Sharmeen Obaid-Chinoy uses film to fight violence against women, turning her camera on the tradition of honor killings in Pakistan. In a stirring talk, she shares how she took her Oscar-winning film on the road in a mobile cinema, visiting small towns and villages across Pakistan -- and shifting the dynamics between women, men and society, one screening at a time.

Cotuit Fire Department-Be Safe in the Home

Thu. Oct. 17, 10-11 a.m. RSVP

The Safe Program highlights using fire extinguishers, checking smoke/co2 detectors, cooking safety, calling 911 and more in conjunction with the CFD. It also involves talking about the benefits of installing lock boxes, the importance of visible house numbers and the file of life everyone, disposal of sharps, medications. Unable to attend? Firefighters from the Cotuit Fire Department can visit your home and check batteries in your alarms. *Program funded by the Senior SAFE Grant.*

Senior Learning Network: Howl-O-Ween

Thu. Oct. 17, 1:30-3 p.m. RSVP

In this live program, Gray Wolves of Alaska, you'll be immersed into the lives of the Alaska Zoo Wolf pack and learn how the pack interacts and communicates. You'll meet one of the wolves and be inspired to learn more about the wild canids of Alaska!



Monet's Life, Art Crime and Antiquity Trafficking

Thu. Oct. 24, 1-2 p.m. RSVP

Claude Monet, a French impressionist painter, once remarked that, "everyone discusses my art and pretends to understand, as if it were necessary to understand when it is simply necessary to love." A technically skilled painter, Monet used his talent to highlight the world's naturally occurring beauty. Enjoy this program on how Impressionism revolutionized art.

Facilitator: Grayce Rogers

Baking Demonstration

Thu. Oct. 24, 2-4 p.m. Fee-\$5

Watch as the delicious treat of cinnamon rugelach is prepared by a baker who grew up in Worcester's iconic Lederman Bakery.

Instructor: Bob Lederman

Garden Talk: Container Gardening with Hydrangeas

Wed. Oct. 30, 11 a.m.-12 p.m.

No need to be on your knees: some of Cape Cod's favorite summer blooms excel in containers. Dress up a patio or desk with the unique "Pot-n-Pot" method, and get ready for next spring.

Presenter: Linda Coven, Strictly Hydrangeas

Queer Visual Representations

Wed. Oct. 30, 2-3 p.m. RSVP

This brief survey of photography and painting explores GLBT popular imagery and the "male gaze" in 19th and 20th century creative works, and draws upon a collection of antique and modern photographs and literature for inspiration. A discussion on the Queer perspective in popular media and art follows.

Facilitator: Bruce Childs

TED Talk: The Secret of the Bat Genome

Thu. Oct. 31, 2-3 p.m. RSVP

Listen and learn from powerful talks devoted to spreading ideas in Technology, Entertainment and Design. In Western society, bats are often characterized as creepy, even evil. This zoologist encourages us to rethink common attitudes toward bats, whose unique and fascinating biology gives us insight into our own genetic makeup. Join these lively informative short discussions and be inspired!

Presenter: Emma Teeling

Virtual Reality with MyndVR

Every Friday beginning Nov. 1, 11 a.m.-12 p.m.

RSVP required.

(Skip Nov. 29)

Thanks to the support of the FBCOA, we are excited to partner with MyndVR to bring this revolutionary technology to the BACC! MyndVR specializes in curated virtual reality content for older adults designed to create happy, memorable and calming experiences. Join us to learn about the fun, meaningful and educational benefits of MyndVR!

Travel Club: Desperate Crossings-The Untold Story of the Mayflower

Mon. Nov. 4, 10-11 a.m. RSVP

Filmed on location in Europe and Plymouth Plantation and featuring dialogue taken from original source material, this video catapults viewers back to the 1600s. Actors from the Royal Shakespeare Company join members of the Massachusetts Wampanoag tribe in creating reenactments that bring to life the Pilgrims' harrowing journey and first year of survival.

Presenter: The Travel Club.

Author Talk: Cape Cod Nights

Thu. Nov. 7, 2-3 p.m. RSVP

Come hear this 12th-generation Cape Codder as he relives the memories of classic Cape nightlife. Take a trip down Memory Lane, from the pre-World War II dance halls through the hopping nightclubs of the 1960s and 1970s, along with the legends who entertain today.

Speaker: Christopher Setterlund

TED Talk: The Best Way to Ask for Help and Get It
Thu. Nov. 7, 2-3 p.m. RSVP

Asking for help is tough, but to get through life, you have to do it all the time. In this actionable talk, social psychologist Heidi Grant shares four simple rules for asking for help and getting it -- while making the process more rewarding for your helper, too.

D-Day Invasion and Cape Cod**Fri. Nov. 8, 2-3 p.m. RSVP**

Explore the June 6, 1944, landings on the beaches of Normandy and the start of the Great Crusade to free Europe from Nazi domination. This pivotal date has many surprising ties to Cape Cod and the 16th Infantry Regiment. Facilitator: Joe Yukna

Photography Lecture: The Importance of the Message, Photography as Communication**Wed. Nov. 13, 1:15-3:30 p.m. Fee- Walk-in's Welcome/ \$5 fee for non-Camera Club members**

Hear from a native Cape Codder and professor at Art at Wheaton College whose photography has included the American West and New England. Presenter: Andy Howard

Garden Talk: Fall Clean-up**Thu. Nov. 14, 1-2 p.m. RSVP**

Put the garden to rest for the winter and get it ready to be planted in the spring with hints and tips for a beautiful healthy garden in 2020. You'll also learn about perennials that attract birds, bees and butterflies.

Presenter: Joe Dwelly

TED Talk: Jane Fonda and Lily Tomlin**Thu. Nov. 21, 2-3 p.m. RSVP**

Legendary duo Jane Fonda and Lily Tomlin have been friends for decades. In a raw, tender and wide-ranging conversation hosted by Pat Mitchell, they discuss longevity, feminism, the differences between male and female friendship, what it means to live well and women's role in future of our planet.

*The Senior Learning Network brings remarkable people and programs right into your world. Visit behind the scenes of the ballet and talk to dancers about their current performance or career; question the National Archives on research in genealogy; interact with authors to discuss their books and writing style; learn from scientists why they are trying to replicate spider silk – **anything** you can imagine can be brought to you.*

Note the individual listings in our Workshop Section, and watch our Facebook and E-Newsletter for news on spring Senior Learning Network programs!



Evening Classes

Archery for Beginners**Tue./Thu. Oct. 1-Oct.10 5-6p.m. Fee-\$35**

In partnership with the Barnstable Recreation Division, we invite you to learn the proper techniques of archery. Participants must complete safety training at the first session. Following classes include shooting technique and target shooting. *Fee includes instructor training and access to equipment.*

Krav Maga**Tue. Oct. 1-Nov. 19, 6-7 p.m. Fee-\$99**

This Israeli self-defense systems trains you to protect yourself through street smarts, situational awareness and practical skills. The distinctive fighting system develops strength and fitness and is open to all abilities.

Instructors: Kelly Williams Maia Deluca and Beau Gagnon of Alpha Krav Maga Cape Cod.

Baking with Brandy**Wed. Oct. 16-Nov. 20, 5:30-7 p.m. Fee-\$10 per class**

Our Burlesque Fit instructor is also an award winning baker! Brandy loves to bake and will be sharing her talent with baking tips and tricks on the art of cupcake piping, the perfect Whoopie Pies, fancy macaroons, profiteroles, mini mousse tarts, pie decorating and more. Schedule is available at the front desk; register for one or all classes. Full participation is part of each class.

Baker: Brandy Carter

Burlesque Fit Aerobic Dance**Tue. Oct. 1-Nov. 19, 6-7 p.m. Fee-\$48**

Grab your feather boa and shimmy, wiggle and giggle! This aerobic fitness class combines a fun burlesque theme with toning dance moves that will leave you feeling confident and empowered.

Instructor: Brandy Carter

Divorce Support Group**Wed. Oct. 9-Nov. 20, 6-7:30 p.m.**

Register at 508-430-8111 or tracy@wecancenter.org
Women's Empowerment through Cape Area Networking (WE CAN) empowers Cape Cod women with unique services that inspire hope and bring increased opportunity, self-sufficiency, and stability. This support group for women in the process of divorce or separation from a long term relationship is a circle of women who can support one another and receive focused information on topics common to divorce.

Facilitator: Trained We Can volunteers

Guided Meditation**Thu. Oct. 3-24 & Oct. 31-Nov. 21, 5-6 p.m. Fee-\$24 Each Session**

Meditate under the guidance of a trained professional. Comprised of music and instruction, this is truly a beautiful way to end your day.

Instructor: Cynthia McNeely.

Holiday Boxwood Tree**Thu. Nov. 21, 6-8 p.m. Fee \$40 Paid to the Instructor**Boxwood greens make a beautiful centerpiece for the holidays. *All materials are provided.*

Instructor: Katri Mullaly, Sisukat Designs

Italian Beginner Evening**Wed. Oct. 2-Nov. 20, 5-6 p.m. Fee-\$48**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 Surmach

Let's Dance ...Salsa**Tue. Oct. 8 & Nov. 12, 6-7 p.m. Fee-\$5**

Spread the message of dancing for improved brain and physical health. Have fun, make new friends and learn basic Salsa steps at your own pace.

Program supported by: The Rotary Club of Osterville

Instructor: Clara Mesonero, M.D., Social Dance

Ambassador, New England Wellness Foundation

Mah Jongg for the Beginner **New****Wed. Oct. 16-Nov. 13, 4-6 p.m. p.m. Fee-\$70 plus \$9 for the Mah Jongg Card**

Mah Jongg is fun, exciting and challenging. In these sessions, you'll learn the tiles and follow National Mah Jongg League rules.

Instructor: Anne M. Walther

Painting from Poetry**Wed. Oct. 9 -23, 5-7 p.m. Fee-\$60***Additional fee of \$10 for all supplies provided payable at the first class to the instructor.*

Tired of doing "rote" painting? This course is all about using your creativity by composing a painting from the imagery of a poem of your choice. Please bring a paper copy of the poem that you chose to our first class.

Instructor: Ann Desroches

Portuguese For Beginners-Brazil, An Introduction to Traditions, Culture & Language**Tue. Oct. 1-Nov. 19, 6-7 p.m. Fee-\$48**

This course is designed to give an overview introduction to Brazilian traditions and culture and is designed to stimulate interest for the language. This approach is believed to provide better understanding of the language and the people who speak it.

Instructor: Marineti Matos

Restorative Pilates-Based Matwork –Mixed Levels**Wed. Oct. 2-Nov. 20, 6-7 p.m. Fee-\$48***Bring a mat, elastic strap and a tennis ball.*

Beginners are welcome at this moderately paced multi-level class based on a restorative approach to muscular balance and joint alignment.

Instructor: Holly Silva

Twist on Paint Night, A Family & Friends Affair**Wed. Nov. 13, 4-7 p.m.****Adult Fee-\$20 Child Fee (ages 5-17) \$10****Materials fee \$5 paid to the instructor.**

Join a lively group of grandparents, parents, friends and family for a class painting a starfish in the deep blue sea

Instructor: Ann Desroches

Tai Chi for Health**Tue. Oct. 1-Nov. 19, 5-6 p.m. Fee-\$42 (Skip Oct. 22)**Tai Chi is one of the most highly recommended forms of exercise. It's safe, relaxing and easy to learn, with a series of gentle movements helping you gain strength, and flexibility. Concerns about whether this program is appropriate for you? Please check with your doctor. *Must have taken the beginner class.*

Instructor: Holly Heaslip

Yoga Sampler,**Wed. Nov. 6-Dec. 4, 5:30-6:30 p.m. Fee-\$24 (Skip Nov. 27)**

Use this opportunity to try various styles of yoga and see what suits you. Each week we'll explore different aspects of Yoga such as Yoga Nidra, Crystal Bowls and Dao Yi (Taoist Yoga). Classes focus on mindfulness, mudra, gentle movements, chair yoga and guided imagery.

Instructor: Lynnette Walker

Yoga, An Introduction**Thu., Oct. 3-Nov. 21, 5-6 p.m. Fee-\$48**

Thinking of trying yoga? It's one of the best ways to care for yourself, bringing body, mind and spirit together into a harmonious whole. This is a good choice for someone interested in learning yoga.

Instructor: Linda Lee Catalina

Yoga with Linda**Tue. Oct. 1-Nov. 19, 5-6 p.m. Fee-\$48**

Do you want to be more relaxed? Do you want to lower your stress? Are you willing to learn something new? All you need is yoga. It will help increase your range of motion and flexibility through gentle movements; give it a try!

Instructor: Linda Lee Catalina

Evening programs are open to adults of ALL ages —
come give one a try!

LET US PLACE YOUR AD HERE.

October 2019

** please check the class description for start and end

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Mahjong Club 9:30 Ukulele-Intermediate 10:30 Ukulele-Strumming 11:30 Ukulele-Advance Beg 11:15 Country Line Dance 12:15 Bridge Club 12:30 Pilates 1:30 Tai Chi Chih-Intermediate 3:00 Tai Chi Chih-Open Practice 3:00 Chakra Yoga Ongoing	9:00 Challenge 2 9:00 Zumba 10:00 Challenge 1 10:00 Talkin' Sports 11:00 Italian-Intermediate 11:30 Drums Alive 12:00 German-Beginner 1:00 Italian-Beginner 2:00 Italian-Advanced 2:00 Meditation w Kay 2:00 Qi Qong 3:00 Italian-Fluent 3:30 Tai Chi for Health 5:00 Yoga 5:00 Tai Chi for Health 6:00 Burlesque Fit 6:00 Krav Maga 6:00 Brazilian Portuguese Culture 1 10:00 iPad Tips& Tricks 10:30 Walk the knob 1:30 Melody & Chords 2:00 Emotional Pension 3:30 Yoga Sampler 5:00 Archery for Beginner	9:00 Wood Carving Club 9:00 Interval Training 9:30 Ukulele- Absolute Beginner 10:30 Line Dancing Beginner 11:00 Mudra 11:30 Line Dance-Intermediate 12:00 Chair Yoga 1:00 Yoga 1:00 Cribbage Club 2:00 Crafty Ladies 5:00 Italian-Beginner 5:30 Bake w Brandy 6:00 Pilates-Mix Levels	9:00 Challenge 2 9:00 Mellow Moves 9:45 TOPS Weigh-in/Mtg 10:00 Challenge 1 10:00 Tai Chi Chih-Beginner 11:00 Circle of Sistas 11:00 Italian-Intermediate 12:00 German-Beginner 1:00 Italian-Beginner 1:30 Adult Ballet 2:00 Italian-Advanced 3:00 Italian-Fluent 5:00 Yoga Introduction 5:00 Guided Meditation	9:00 Artists Club 9:30 Men's Challenges 10:00 Dance for Joy 12:15 Fun Friday 1:00 Chess Club 1:00 Friday Flix 1:00 Sunshine Crafters
	2 3:00 Shopping online 1:15 Photography Lecture	3 1:30 Genealogy Program 1:30 SLN-Sea Turtles 1:30 Ancestry & DNA 5:00 Archery for Beginner	4	
7 10:00 Travel Club	8 10:00 iPad Tips& Tricks	9 10:00 Health Talk-Back Safety	10 2:00 Indoor Labyrinth	11

14	<p>1:30 Let's Talk Plastic</p> <p>Columbus Day BACC is closed</p>	<p>10:00 Composting 1:30 Melody & Chords 3:30 Yoga Sampler 5:00 Archery for Beginner 5:00 Let's Dance Salsa</p>	<p>10:30 Haiku Club 2:00 Ancient Wisdom 5:30 Paint from Poetry</p>	<p>2:00 TED Talk 5:00 Archery for Beginner</p>	18	<p>10:00 Finders& Keepers</p>
21		<p>15 10:00 iPad Tips& Tricks 10:00 Walk the Canal 1:30 Melody & Chords 3:30 Yoga Sampler</p>	<p>16 9:00 Crafters Sale 1:30 Death Cafe 2:00 Repurpose Old Jewels 2:00 Create Your Exercise 4:00 Mah Jong-Beginner 5:30 Paint from Poetry</p>	<p>17 10:00 Be Safe-Cotuit Fire Dep. 1:30 SNL-Gray Wolves</p>	18	
28		<p>22 10:00 iPad Tips& Tricks 12:30 Chair Massage 1:30 Melody & Chords 3:30 Yoga Sampler 6:30 Sweet Adelines Perform</p>	<p>23 1:30 Hidden Risk Hearing Loss 2:00 HIV Update 2:00 Healing Sounds 2:00 Create Your Exercise 4:00 Mah Jong-Beginner 5:30 Paint from Poetry</p>	<p>24 10:00 Facilitate Remembrance 10:00 Tin Whistle 1:00 Monet's Life 1:30 Hearing Screening 2:00 Baking Demonstration</p>	25	<p>10:00 Thrive-Healthy Living Fair</p>
		<p>29 9:00 Crafters Sale 10:00 iPad Tips& Tricks 1:30 Melody & Chords</p>	<p>30 11:00 Container Hydrangea 2:00 Queer Visual Representation 4:00 Mah Jong-Beginner</p>	<p>31 10:00 Acrylic Art w Sue 10:00 Tin Whistle 1:30 Genealogy Program 2:00 TED Talk</p>		



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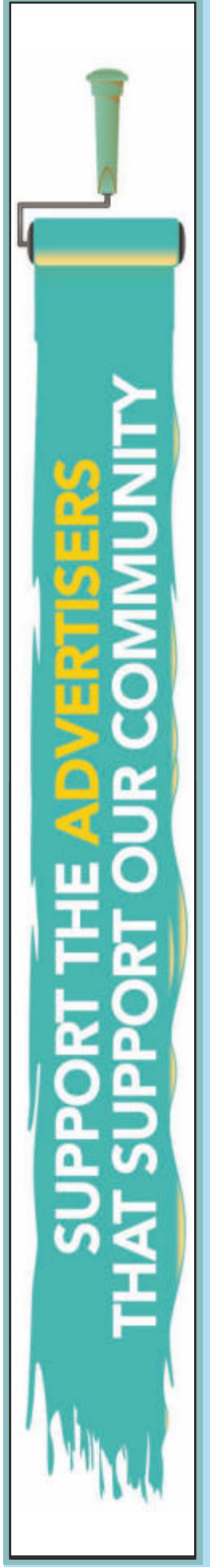
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November 2019

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Ongoing				
2				1 10:00 Finders Keepers 11:00 Virtual Reality

4	10:00 Travel Club	5	10:00 iPad Tips & Tricks 1:30 Melody & Chords	6	1:30 Dessert & Music w Victrola Society 1:30 Nutrition-Healthy Brain 4:00 Mah Jong-Beginners	7	10:00 Tin Whistle 2:00 Author Talk-Cape Cod Nights 2:00 TED Talk	8	11:00 Virtual Reality 2:00 D-Day Invasion & Cape Cod
11	Veterans Day BACC is closed	12		13	10:00 Manage Medication 1:15 Photography Lecture 1:30 Nutrition-Healthy Brain 2:00 Ancient Wisdom 2:00 Repurpose Jewelry 4:00 Mah Jong-Beginners 4:00 Twist on Paint Night	14	10:00 Tin Whistle 11:00 VNA-Empathetic Commu- nication 1:00 Fall Garden Clean Up 1:30 Memory Screening 2:00 Indoor Labyrinth	15	10:00 Finders Keepers 11:00 Virtual Reality
18		19		20	1:30 Nutrition-Healthy Brain 2:00 Healing Sounds	21	10:00 Tin Whistle 2:00 TED Talk	22	9:00 Crafters Sale 11:00 Virtual Reality
25		26		27		28	Thanksgiving Day BACC is closed	29	Thanksgiving Day BACC is closed



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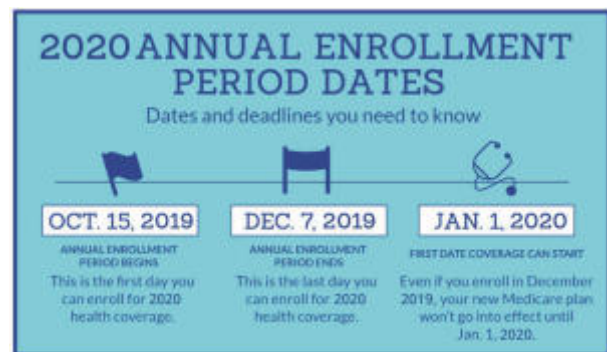
SUPPORT SERVICES

Open enrollment for Medicare 2020: Changes are coming

There have been some changes to the Medicare Supplement insurance for 2020 and it's a good time to review your health insurance- **Open Enrollment** for changing Medicare insurances and/or Medicare part D prescription programs is October 15 thru December 7.

By the beginning of October we will have all the changes that will be made to Medicare Insurance plans and the D plans for the new year, 2020. I encourage everyone to look at least at their D plan as those plans change every year. In 2020 it looks like the deductible will be going up for most plans and of course they will change premiums and what medicines they will cover.

For assistance with changes and any questions, call to make an appointment with one of our **SHINE** counselors., call the Outreach Department at 508-862-4754.



Fuel Assistance

Now is the time for fuel assistance for the winter of 2019/2020. If you had fuel assistance last winter you should receive a **yellow renewal application in August or September**. We will have the new applications for folks that haven't applied in late September. The program doesn't start until November, but they like to start processing the paper work early.

If your income is less that **\$37,360** for one or for a house of two and your combined income is less than **\$48,855**, you are eligible for fuel assistance. 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. Call us at the end of September if you haven't received it yet, and we will help you apply. Please review the paper work check list to make sure you have everything ready.

We're here to help.

For more information on any of our support and advocacy programs, please call the Barnstable Adult Community Center at 508-862-4754.

Real Estate Tax Assistance 2019-2020

Starting in August and continuing through March of 2020 you can apply or re-apply for assistance with your real estate taxes, clause 41C, deferrals, or veterans' assistance. This needs to be done every year to get the reduction on your house taxes, about \$1,000 off. You can also apply for the veterans or blind assistance programs, if you qualify, now also.

These are the numbers for 2019-2020:

<u>Income</u>		<u>Assets</u>
Single	\$34,890	\$60,196
Married	\$50,808	\$82,751

If your income and assets are a little over these numbers, plan on applying for the reduction in your real estate taxes.

In addition, you must be 65 years or older before July 1, 2019, have owned and occupied the property on July 1, 2016 and be a legal resident of 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 Town Hall, Assessors office.

Paper work list needed to file for Fiscal Year 2019-20 Real Estate Senior 41-C

Birth Certificate (only if first timers)

Proof of Income for all of 2018- including

- ___ Social Security Benefit Statement for 2018
 - how much you got for all year (called a 1099 form)
- ___ Federal Income Taxes 1040 for 2018
 - if you filed
- ___ Pension statements, yearend 2018 (1099 form)
- ___ All interest and/or dividend statements (1099-int and /or 1099-div)
 - this includes checking and saving accounts interest for the year.
- ___ Any wages, salaries or Income earned in 2018

Proof of all **Assets** as of July 1, 2019 including

- ___ Bank books
 - pass book saving, update to include July 1, 2019
- ___ Bank statements, checking and savings from all accounts
 - must include the date of July 1, 2019 may be a June/July statement for 2019
- ___ All Stocks and Bonds statements
 - must include the July 1, 2019 date, may be a June/July statement or July 1 thru 31, 2019 statement.
- ___ CD's and/or Certificates etc
 - must include July 1, 2019 date

Turkey Trot on November 28

The time has come to gather the forces and prepare for our 17th annual "Turkey Trot."

We are now looking for **volunteers to deliver** Thanksgiving meals to seniors who will be alone for the holiday and do not have access to a Thanksgiving meal. If you would like to volunteer to deliver a few meals on Wednesday, November 27, the day before Thanksgiving, please come in and fill out a quick volunteer form to help out.

We also need volunteers to help **arrange flowers** to go out with each meal. This will happen on Tuesday, November 26th. This does not require any special talent, just the willingness to help.

Finally, we are also collecting the names of older adults in the Town of Barnstable who might be **alone for the holiday and would like a meal** delivered to their home. If you know any Barnstable residents who are going to be alone for the holiday please call us with their names and we will make sure they get a lovely meal with all the trimmings.

Please call the Outreach Department to get your name on the list. 508-862-4754.



Support Groups

Support Group for the Visually Impaired
Second Tuesday of the month, 10:00 to 11:30 a.m.
Register at: 508 394-3904

This new group provides peer-to-peer help and advice, facilitated by a visually impaired leader from Sight Loss Services of Cape Cod and the Islands.

Divorce Support Group

Wed. Oct. 9-Nov. 20, 6-7:30 p.m.

Register at 508-430-8111 or tracy@wecancenter.org

Women's Empowerment through Cape Area Networking (WE CAN) empowers Cape Cod women with unique services that inspire hope and bring increased opportunity, self-sufficiency, and stability. This support group for women in the process of divorce or separation from a long term relationship is a circle of women who can support one another and receive focused information on topics common to divorce.

General Caregiver Support Group
Second and fourth Wednesday of the month,
9:30-11:00 a.m.

The Family Caregiver Support Program of Elder Services of Cape Cod & the Islands facilitates this group, which is open to everyone. To enroll, please contact Beth Gilmore at 508-394-4630 ext. 450. **a**

Seasons of the Heart—Coping with Grief and Loss
First and third Wednesdays of the month, 2:00-3:30 p.m.

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.

Caring for a Loved One with Cancer:
Caregivers Support Group

Third Thursday of the month, 2-3:30 p.m.

Note: You must register at 508-862-5302.

Connect with other caregivers for those newly diagnosed with cancer. An oncology social worker provides emotional and practical support.

Caregivers

CAREGIVER SERIES:

This is a free series designed to offer support and information to family caregivers in our Community. Please join us for light refreshments and kindly RSVP to (508) 862-4750.

Family Caregiver Program of Elder Services of Cape Cod and the Islands

Wed. Oct. 2, 1-2 p.m.

Are you a family caregiver who is overwhelmed and unsure of where to turn? You have some knowledge of Elder Services, but you may be unsure of what they can offer in terms of support services for you and the person for whom you care. The Director of the Family Caregiver Program will present an overview on the array of services offered through Elder Services, and explain how they can help.

Instructor: Beth Gilmore, Director Family Support Program.

Using Reminiscence to Improve the Lives of the Cognitively Impaired

Thu. Oct. 24 10-11 a.m.

No known therapies can permanently reverse the course of Alzheimer's disease and related dementias, but the medical and caregiving community is learning more and more about strategies to improve the lives of the memory impaired. Reminiscing is natural and tends to be an activity most people enjoy, but it can also be very therapeutic for people with Alzheimer's disease. This interactive presentation will review memory triggers and three strategies to help people with dementia connect with their loved ones and caregivers.

Instructor: Ellen McCabe, VNA of Cape Cod

BARNSTABLE DAY PROGRAM



The Barnstable Day program was opened twenty years ago to meet the needs of older adults in our community who are no longer able or do not wish to remain home alone during the day. The program allows older adults to maintain their independence and provides wonderful opportunities to build new friendships, engage in beneficial sensory and physical activities, and remain active in the community.

Families have peace of mind knowing that their loved one is in a safe and comfortable environment, taking part in social and physical activities designed to meet the needs or interests of the person.

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

The Barnstable Day Program may help those:

- *Who are caring for an older adult and are in need of respite care;*
- *Who are older adults living alone, feeling lonely, isolated or depressed;*
- *May have some physical or cognitive limitations.*

In addition:

- *Transportation is available if needed.*
- *Financial support may be available to you.*
- *Please ask about experiencing a free trial day!*



For more information or to learn whether this program may benefit you or a loved one, please call Stacey Cullen 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 day program. They provide funding for monthly entertainment, special events and supplies which greatly benefit the experience of our clients.

Caring for the Caregiver: November is National Caregivers Month

Tuesday, November 12, from 1-3 p.m.

FREE, but RSVP required (508) 862 4753

This annual observance is a time to honor family caregivers across the country. This year's theme is "Caregiving Around the Clock," recognizing the challenges that family caregivers face and how they manage them day and night. You do so much to care for others; we would like to do something for you!

Please join us for a light lunch and dessert, and learn some valuable tips and information to help you take care of yourself. Please feel free to bring the person you care for (adults only) – we will be providing entertainment, snacks and activities for them while you enjoy some respite time.

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LGBT PAGE

COMING ATTRACTIONS

Back, by popular demand, two of our best attended and popular social events of last year are returning!

SAGE Table: Be Part of a National Event, SAGE Table on Cape Cod!

Friday, November 8, at the Orleans Senior Center

SAGE Table is a special one-day event 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 of all ages, we strengthen our community ties, learn more about how we can care for each other, and forge new traditions.

Providence Gay Men's Chorus Holiday Show: Feliz Navidade!

Friday, December 15, at 4:00 p.m.

Beneficent Church, Providence

Motor coach transportation from Cape Cod and ticket to the show will be \$35 per person.

The PGMC will be highlighting the Latin flavors of the holiday season with tunes that echo the samba, salsa and jazz beats. All of the music in this jolly-filled concert will be performed, of course, the PGMC way.

Just as the song "Feliz Navidad," written by the talented Jose Feliciano, was a bridge to the cultures that were so dear to him, the PGMC will unite together all sorts of holiday spices into a delicious and festive musical celebration.

**For more information about these events,
please call Donna@ (508)862-4753
or email: donna-marie.burns@town.barnstable.ma.us**



*Many thanks to the LGBTQ Welcoming Committee
of First Parish Brewster UU Church
for their generous support of these events*



***Mid Cape LGBT Older Adults Group Invites YOU!
Fly Over on a Broom or Float like a Ghost
Just don't be tardy to Our Halloween Costume Party!!!***

Eat, Dance and be SCARY!!

***Friday, October 18th from 6 to 8:30 p.m.
Barnstable Adult Community Center
825 Falmouth Road, Hyannis***

Halloween is not just for kids!

Join us for a frightfully fun night of music, dancing, great food and non-alcohol witches' brew. Bring your own broomstick and dress up in whatever costume suits you – ghost, goblin or creature of the night! There will be games and prizes and tricks and treats of all kinds.

If You Don't Join Us For Our Halloween Party, It Will Haunt You Forever!!

There is no charge to attend, but donations are gratefully accepted to offset the cost of the food.

PLEASE RSVP to Donna: (508)862 – 4753 or donnamarie.burns@town.barnstable.ma.us

*Thank you to the LGBTQ Welcoming Committee of the Brewster First Parish UU Church
for their support of this event*

Clubs and Groups

Artists Club: Fridays, 9:00 a.m.-noon

Bridge Club: Mondays, 12:15-3:45 p.m.

Camera Club: This group of photographers meets the second Wednesday of the month, 1:15-3:30 pm. Memberships available.

Chess Club: Fridays, 1:00 p.m.

Circle of Sistas Book Club: Pre-reading and group discussions focused on diverse literature take place at each meeting. The group is open to all but is focused on women of color. Meets Thursdays, 11:00 a.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, 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. Learn about this Japanese form of poetry, write a poem or listen to creative works or write your own poem.

Mah Jong Club: Mondays, 9:30 a.m.-12:00 p.m.

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

Sunshine Crafters: Volunteer crafters make items for craft sales that benefit needy seniors in the community. Join the fun Fridays, 1:00 p.m.

Talkin' Sports: If you are a passionate sports fan join the group gabfest and debate, listen, analyze and give your opinion on all the week's sporting news. Tuesdays, 10:00 a.m. *No July meetings.*

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

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

Wood Carving: Learn, enjoy and create with this wonderful craft. Free instruction, Wednesdays, 9 a.m.-12:00 p.m.

Let's do lunch

Elder Services of Cape Cod and the Islands invites you to join us for lunch with neighbors and friends.

let's do
lunch

Nutritious meals are served at 11:45 a.m. on weekdays at the BACC. A voluntary donation of \$3.00 is suggested, and monthly menus are available at the front desk. For more information, call 508-790-2746

Meals on Wheels volunteers are needed! Can you help deliver meals to older residents in Barnstable one day a week, between 9:45 a.m. and 12:00 p.m. The time commitment is about one to two hours and mileage reimbursement is available. Substitute drivers are welcome.

To learn more about volunteering, call 508-790-2746.

Lose Weight with TOPS!

Looking for a sensible weight loss program that won't break the bank and will get you results? See how the TOPS program can help you on your journey to a healthier you!

Thursdays
Weigh-in at 9:45 a.m.



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 Adult Community 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.

Fee: \$29



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| 11/6 Stonewall Kitchen Cooking Class \$135 | 12/13 Christmas with Boston Pops \$125 |
| 11/9 "Aladdin" Providence 2 PM \$143 | 12/14 A Christmas Carol with lunch \$145 |
| 11/10 Boston Christmas Craft Fair \$70 | 12/15 Reagle Players Christmas w/lunch \$129 |
| 11/11-17 Nashville Country Christmas \$1659 | 12/19 The Nutcracker, Boston Ballet \$119 |
| 11/19 Boston Culinary, Cocktails & Cannoli \$110 | 12/21 "White Christmas" Boston \$135 |
| 11/23 Wrentham Outlets Holiday Shopping \$60 | 1/18 Shen Yun, Providence 2 PM \$165 |
| 11/25 Newport Playhouse, show & lunch \$109 | 2/13 Women Take the Floor, MFA \$79 |
| 11/29-12/6 Texas Lone Star Christmas \$1699 | 2/15 "Fiddler on the Roof" Prov 2 PM \$125 |
| 12/4 Newport Mansions Christmas \$102 | 2/22 "A Bronx Tale" Prov 2 PM \$125 |
| 12/4-6 PA Country Christmas, Lancaster \$529 | 2/26 Newport Playhouse, show & lunch \$109 |
| 12/6 Holiday Mansions Lights, La Salette \$122 | 2/28 Peabody Essex Museum Salem \$125 |
| 12/7 "Come From Away" Prov 2 PM \$129 | 3/7 Hello Dolly, Prov 2 PM \$127 |
| 12/9 Berkshire Festival of the Trees \$99 | 4/27-5/11 Heart of Europe w/airfare \$4340 |
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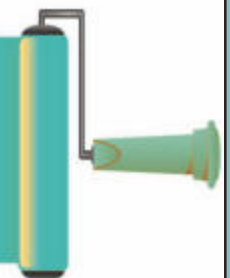
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Transportation

Our Transportation Program provides safe, affordable and accessible transportation to Barnstable residents age 60+ for medical appointments, grocery shopping, banking and visits to the BACC.

Hours: Monday—Friday, 9:30 am - 2:00 pm

To schedule a ride call: (508) 862-4752

Suggested voluntary contribution: \$5.00 roundtrip

Transportation is partially funded by a Title IIIB grant from the state Executive Office of Elder Affairs and the federal Administration for Community Living, and is administered by Elder Services of Cape Cod & the Islands.



Volunteer

Experience the emotional reward of volunteering by donating the gift of your time and talents to the Barnstable Council on Aging. We will work with your schedule, and training is provided for all positions.

All volunteers must attend a volunteer information presentation and complete an application and CORI.



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.

Drivers: We need volunteer drivers for our Toyota Camry and our handicapped accessible vans who have excellent driving skills and knowledge of the Barnstable area to drive older adults to appointments in the morning or afternoon. Training is provided.

For more information, please contact:

Donna Burns
at (508)862-4753 or
donna-marie.burns@town.barnstable.ma.us

Boston Hospital Transportation

The Cape Cod Regional Transit Authority (CCRTA) provides comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston area hospitals Monday through Friday by reservation.

The bus departs from the Route 132 Commuter Lot at Exit 6, off the Mid-Cape Highway (Route 6).

Schedule your medical appointments between 10:00 a.m. and 2:00 p.m. The bus leaves Boston by 3:00 p.m. Reservations must be made 8:00 a.m. to 5:00 p.m., and no later than the weekday before you wish to travel.

Fare: \$30.00 round trip/ \$15.00 one way.

For reservations, call 1-800-352-7155

Ask the Chief

**First Friday of the Month:
October 4 & November 1
11:00 a.m. to 12:00 p.m.**



Have questions or concerns you'd like to discuss with Chief Sonnabend?

Have a coffee, and visit with him in the BACC Lobby.

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SUNDAY, OCTOBER 14TH, 2018

**Walk for Alzheimer's
Provincetown Town Hall@noon**

"The support I received from the Alzheimer's Family Support Center taught me that even though I couldn't stop my husband Alzheimer's disease, there were things I could do to make our lives better. I learned to not over react because what was happening was not his fault. And I learned to take care of myself while I was taking care of him. By realizing the importance of caring for myself, I could focus on the positive aspects of caring for Roland. Caring for myself is the reason I am as healthy as I am today."
- Alzheimer's caregiver



Join us for the **Walk for Alzheimer's** to support free services for families living with Alzheimer's and dementia on Cape Cod. **All funds remain on the Cape.** Dance, eat, and celebrate your community. Everyone is welcome!

To register online go to
www.alzheimerscapecod.org
or call (508) 896-5170

- We provide free local services
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- Family Counseling
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10/19 Carol Burnett Live on Stage PPAC \$150/\$105
10/22 Legends In Concert-Foxwoods \$60

11/02 Museum of Fine Arts Boston \$55
11/07 Flying Ivories Dueling Pianos w/lunch \$99
12/05 Christmas in Newport-3 Mansions \$65
12/06 Come From Away-PPAC \$115/\$99
12/08 NYC Holiday Shopping \$85

12/11 Holiday Pops Boston 4 pm -First Balcony \$105
12/14 Nutcracker-PPAC 2 pm \$89/\$59
1/06 Atlantic City New Year - 3 days, 4 meals, 2 shows \$240
12/09 Holiday Luncheon DiParma \$20

2020 BROADWAY SHOW SEASON PICKS -\$25 holds your seat:

Mean Girls-Boston 2/09/20, \$145, Fiddler on the Roof-PPAC 2/14/20, \$110/\$75, Blue Man Group-PPAC 3/20/20 \$105/\$75, Jesus Christ Superstar-PPAC 4/04/20 \$110/\$99, Riverdance 25th Anniversary Tour-Wang 4/05/20, \$95

Visit the Travel Desk at the Barnstable Senior Center for more information-Karyn is here Monday's 9-11 AM. Contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net - www.adventureswithkaryn.com - Mail payments to: P. O. Box 161, Centerville, MA 02632

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