

BAYSIDE CHATTER

BREWSTER COUNCIL ON AGING

1673 MAIN STREET
BREWSTER, MA 02631
508-896-2737

WWW.BREWSTERCOA.COM
FIND US ON FACEBOOK

"We Care About You"



Brewster Recognized as Dementia Friendly Community

On June 10, 2025, the Town of Brewster received certification as a Dementia Friendly Community from the Massachusetts Councils on Aging. In partnership with Barnstable County and the Healthy Aging Cape Cod Coalition, this designation recognizes Brewster for its commitment to fostering a supportive, inclusive, and welcoming community for individuals living with dementia and their care partners. In attaining this certification, Brewster joins a network of communities across Massachusetts dedicated to raising awareness, reducing stigma, and improving lives.



JULY/AUGUST 2025



Elton R. Cutler

Director, Brewster Council on Aging



Welcome to Bayside Chatter!

Summer is finally here, and we are thrilled to bring you an exciting lineup of activities. Our goal is to make this summer season enjoyable and engaging for everyone. Whether you're looking to stay active both mentally and/or physically, explore new hobbies or simply enjoy the company of friends, we have something special in store for you.

We offer a variety of activities monthly, we encourage you to dive into the fun, try something new and make the most of the sunny season with us. As the sun begins to shine brighter and the days grow longer, we can't wait to spend this summer with you, filled with fun, laughter and new friendships!

Warm regards,

Elton R. Cutler

Brewster COA Staff

Elton R. Cutler - Director
 Amy Kelly - Senior Department Assistant
 Margaret Clancey - Department Assistant
 Annie Rapaport - Program Coordinator
 Cindy Thatcher - Outreach/SHINE Coordinator
 Linda Harding - Outreach/SHINE Coordinator
 Brian Locke - Transportation Coordinator
 Steve Holmes - Van Driver
 Rob Williams - Van Driver

Board Members

Andrea Nevins, Co-Chair
 Sharon Tennstedt, Co-Chair
 Jay Green, Member
 Penny Holeman, Member
 Jill Beardsley, Member
 Honey Pivrotto, Member
 Jan Crocker, Member
 Eva Orman, Alt. Member
 Linda Schuyler, Alt. Member

**The Brewster COA will be
 closed July 4th, Independence
 Day**

DID YOU KNOW:

The first Independence Day refers to the day when the Congress secretly voted for independence from Great Britain on July 2, 1776. Two days later, on July 4, 1776 the final wording of the Declaration of Independence was approved, and the document was published.

The first public readings of the Declaration were held on July 8, 1776, in Philadelphia's Independence Square. One year later, on July 4, 1777, Philadelphia marked Independence Day by adjourning Congress and celebrating with bonfires, bells and fireworks.

MISSION STATEMENT

To support and advocate for older adults and their families by providing programs, services and resources that promote independent living and quality of life.

Inside this issue:

Director's Notes	2
Announcements	3-4
July/August Calendars	6-7
Upcoming Programs	9-11
Ongoing Social Programs	11
Exercise	12
Health	12
Nutrition and Education	14
Services	14-15
Friends of Brewster Seniors	15
Transportation	16

*For the latest information on topics please visit our
NEW COA website at:
www.brewstercoa.com*



All donated medical equipment must be clean, gently used or in excellent condition.

Please call us to check what items we have in stock.

Please Note: If our shed is full then we will not be able to accept any returning items.

Keep in mind - medical equipment can be returned at other neighboring senior centers should our shed be full.

Receive the 'Bayside Chatter' via Email:

Are you receiving too much paper? Would you like to help out the environment? Or perhaps you don't want to wait for your snail-mail! If you would like to skip the paper and have our newsletter emailed to you, the process is simple. Just send an email with your name to: coanewsletter@brewster-ma.gov. Please include your address and phone number. In the subject line, please put 'email newsletter'. We will then remove your name from our paper mailing list, and add it to the email version. No more paper!

DIRECTORS NOTES:

3

Introducing a different way to donate!

The Brewster COA is now linked with Unipay by Unibank to make donating easier and more secure. Simply scan the QR code and you'll be directed to the secure donation website. We appreciate all donations, no matter the amount, and we thank you for your kindness!

Give A Little...Help A Lot!



Medical Equipment Updates

New hours: Monday to Friday

8:30-3:30

Are you uncomfortable using
APPS
to book your SmartDART?



**Cape Cod Regional Transit
Authority can help!**

Through a Grant made available by MassDOT, folks who don't have smart phones or have been having trouble using their smart phone to book services can

CALL THIS NUMBER (508) 418-3278

A dedicated, trained operator stationed in our Operations Center to assist older adults and individuals with disabilities who may face barriers to using the app-based SmartDART system. Assistance will be provided to book trips and make payments by phone in real time.

CapeCodRTA.org

Starting June 21, All CCRTA fixed-route buses will be *fare-free for everyone!* No pass or ID required, just hop on and ride. If you're **60 or older**, we still encourage you to apply for a **GOCARD**. This card provides discounted rates on our DART (Dial-A-Ride Transportation) service, which is not included in the fare-free program

Updates at the COA:

A heartfelt THANK YOU to Lauren Z. and Lauren W.

Lauren W. shortened her commute and is working closer to home for the Town of Dartmouth. We wish her well with this career change.

Lauren Z. retired from the COA at the end of April! Lauren's dedicated service to the staff, members and COA community has been greatly appreciated. We wish her a very long, happy and healthy retirement. We hope to see her friendly face at future COA events!

New to the COA Family, we welcome Margaret "Peg" Clancey and



Amy Kelly.

Peg is joining us at the front lines. You will see her welcoming smile at the front desk assisting with medical ride scheduling, the medical shed and general information among other duties.

Amy has accepted the challenge of filling Lauren's desk and working in the background to assist staff with the many needs of the COA.

Both Peg and Amy look forward to getting to know the many members of the Brewster COA community. Please don't hesitate to stop by the office and say "hello" to these dedicated team members as they are excited to get to know you.

Last but by no means least, CONGRATULATIONS to Linda Harding on becoming SHINE Certified! This accomplishment adds to Linda's commitment of assisting our seniors with care, knowledge, and expertise.

VOLUNTEER TO MAKE A DIFFERENCE

Want to make a difference in your neighbors' lives? Nauset Neighbors is an all-volunteer non-profit organization whose mission is to help older adults stay independent in their homes and active in their communities. We offer rides to appointments, tech help, simple handyman tasks, and friendly visits to our members. You can participate by signing up to volunteer. Volunteering is easy and flexible with simple on-line scheduling. There is no cost involved. We hope to welcome you to our team soon. You can visit our web-site at www.nausetneighbors.org or call us at 508-514-7067.

Disclaimer: The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.



Amy
HARBECK
REALTOR®
508.364.5845
amy.harbeck@compass.com
www.amyharbeck.com

"We've worked with Amy on three different transactions and we would not consider working with anyone else. She is knowledgeable, responsive and truly a joy to work with. We couldn't be happier to have found Amy!"
L.P. SELLER & BUYER



Compass is a licensed real estate broker and Kinlin Grover Realty Group LLC is a licensed real estate broker affiliated with Compass and each abides by Equal Housing Opportunity laws.



COMPASS



BREWSTER DENTAL ARTS
Family & Cosmetic Dentistry

DAVID T. QUINTON, D.D.S.

2452 Main Street

508-896-5732

Andrea's Quality Cleaning Service

WE DON'T CUT CORNERS,
WE CLEAN THEM!

Andrea Harrison, Parishioner

Home Management • Full Service
Residential and Commercial

508-896-6791
or **508-250-3569**

Licensed and Insured

Serving Cape
Cod Since 2001



FUNERALS & CREMATIONS

CHAPMAN



Morris O'Connor Chapel

58 Long Pond Drive

S. Yarmouth, MA 02664

508-398-2121

Blute Chapel

678 Main Street

Harwich, MA 02645

508-432-6696

www.chapmanfuneral.com

MAKE YOUR HOME MORE ENERGY EFFICIENT

— WITH A NO-COST —
**HOME ENERGY
ASSESSMENT**

- Get insight on your home's efficiency
- Enhanced incentives for renters & income-eligible residents
- Rebates on efficient heat pumps, appliances, & more!

1-800-797-6699

CapeLightCompact.org

PROUD SPONSOR OF



SUPPORT OUR
ADVERTISERS!

**SUN
SELF STORAGE**

**New climate-
controlled
storage in
CHATHAM**



218 Meetinghouse Rd
(RTE 137)

508-432-4142

SunSelfStorage.com

*The Premier
Cape Cod Mover*

MAGNUM
Moving & Storage



Whether you need to move a couple of items or the entire contents of your home around the corner or around the globe, we will pack and deliver your possessions on time and intact. Magnum also specializes in piano moves and can provide temperate, climate or self-storage depending on your needs.

150 Holmes Road | Eastham, MA 02642

508 255-7278 | magnummoving.com

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert




800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵
/mo.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Brewster Council on Aging, Brewster, MA 04-0720

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00am Aquatic Conditioning 9:00am Qi Gong 9:30am W.O.W. 10:00am Hearing Screenings 11:00am Chair Yoga 1:00pm Keep Movin'	2 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	3 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	4  <i>the COA is closed</i>
7 9:00am Aquatic Conditioning 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	8 9:00am Aquatic Conditioning 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group 2:30pm Strong at heart	9 10:00am Computer Help 10:00am Knit/Crochet 11:00am Healthy Meals in Motion (COA) 1:00pm Quilters	10 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	11 9:00am Foot Care 9:15am TRIP: Highland House Museum & Lunch 1:00pm Mah Jongg
14 9:00am Aquatic Conditioning 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	15 9:00am Aquatic Conditioning 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 1:00pm Sailing at BPCB 2:30pm Strong at heart	16 9:00am Adv. Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Hip Hop Chair Dance Exercise!	17 8:00am Pet Nail Trim 9:00am Walking Club 9:00am Hearing Screenings 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	18 1:00pm Mah Jongg
21 9:00am Aquatic Conditioning 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	22 9:00am Aquatic Conditioning 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 1:30pm Floating Classroom 2:00pm Alz. Caregiver Support Group 2:30pm Strong at heart	23 9:00am Adv. Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL	24 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	25 11:00am TRIP: Barnstable County Fair 1:00pm Mah Jongg
28 9:00am Aquatic Conditioning 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	29 9:00am Aquatic Conditioning 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 2:30pm Strong at heart	30 9:00am Adv. Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	31 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00am Foot Care 10:00am TRIP: Bayberry Quilters Quilt Show & Lunch 11:00am Housing Outreach Hour 1:00pm Mah Jongg
4 9:00am Aquatic Conditioning 9:30am Yes, You Can Draw! 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	5 9:00am Aquatic Conditioning 9:00am Qi Gong 9:30am W.O.W. 10:00am Hearing Screenings 11:00am Chair Yoga 1:00pm Keep Movin' 2:30 pm Strong At Heart	6 9:00am Adv. Mah Jongg 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	7 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	8 1:00pm Mah Jongg
11 9:00am Aquatic Conditioning 9:30am Yes, You Can Draw! 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	12 9:00am Aquatic Conditioning 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group 2:30pm Strong at heart	13 10:00am Computer Help 10:00am Knit/Crochet 11:00am <i>Healthy Meals in Motion (COA)</i> 1:00pm Quilters	14 8:00am Pet Nail Trim 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	15 9:30am Trip: Atwood Museum and Lunch at Chatham Moods 1:00pm Mah Jongg
18 9:30am Yes, You Can Draw! 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	19 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin'!	20 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Cape Cod Ukelele Concert!	21 9:00am Walking Club 9:00am Hearing Screenings 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	22 1:00pm Mah Jongg
25 9:30am Yes, You Can Draw! 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Beg. Tai Chi 1:00pm Canasta	26 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 1:00pm Legal Help 2:00pm Alz. Caregiver Support Group	27 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 2:30pm Practice your French/BLL	28 9:00am Walking Club 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:15am Beg. Tai Chi 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	29 1:00pm Mah Jongg 1:00pm Trip: Jonathan Young Windmill and Ice Cream



COCCORO LAW, PC

Specializing in

- Powers of Attorney, Health Care Proxies, Wills & Trusts
- Long-Term Care and Asset Protection
- Medicaid Applications
- Estate Tax Planning

**ATTORNEY
DEBRA COCCORO**
1275 Millstone Road
Brewster, MA
www.coccorolaw.com

Offering Complimentary Initial Consultations
508-896-0200

NICKERSON FUNERAL HOMES



*Every Detail
Remembered.*

340 Main Street, Wellfleet • 508.349.3441
77 Eldredge Park Way Orleans • 508.255.0259
87 Crowell Road, Chatham • 508.945.1166
www.nickersonfunerals.com

DOANE BEAL & AMES Funeral Home



729 Route 134 • South Dennis, MA
508-385-7116

*Serving our families with Dignity
and respect since 1926*

FUNERAL, CREMATION and
ADVANCE PLANNING SERVICE PROVIDER
www.doanebealames.com



Adventures With Karyn

DAY TRIPS

Waterfire Providence - Full Lighting 8/09, \$55
Encore Casino - FREE Slot Play 8/10, 9/14, \$55
Move Tom Jones Tribute & Lunch 8/20, \$136
Carnival Parade Provincetown 8/21, \$59
Mobsters & Lobster Boston 9/02, \$125
Rocky Mountain High-John Denver Tribute & Lunch 9/16, \$136
Always Olivia (Newtown-John Tribute & Lunch 10/22, \$139
Mohegan Sun-New England Christmas Festival 11/08, \$89

2025/2026 BROADWAY SHOWS

The WIZ 50th Anniversary 8/24, \$159
Harry Potter & The Cursed Child 9/28,
SIX The Musical 10/25 \$145/\$129
Water for Elephants 12/07, \$136/\$105
Clue Musical Comedy 1/17, \$122/\$95
SUFFS 3/23 \$185
The Outsiders 4/19, \$145/\$110
Great Gatsby 7/19, \$185
WICKED 2 Dates: 3/05 \$165/\$140 - 3/22 \$175/\$160
Lion King 2 Dates: 5/21 \$125/\$105 - 5/30 \$155/\$140

FALL AND HOLIDAY PREVIEW:

Quabbin Reservoir and Salem Cross Inn 9/10, \$145
New Hampshire Octoberfest 9/23, \$145
Haunted Salem 10/05, \$79
Winnepesaukee Rail & Harts Turkey 10/13, \$155
Holiday Tribute-Streisand & Bennett w/lunch 12/02, \$136
Holiday Pops Boston-3 PM 1st balcony 12/05, \$155
Christmas in Newport - 3 Mansions 12/09, \$89

DESTINATION TOURS - Call for a Detailed Itinerary

West Virginia Rails & Williamsburg October
Viking Danube Christmas Markets December
Viking Lyon and Provence May 2026
Alpine Swiss Villages & Rails June 2026
Canadian Rockies VIA Rail August 2026
Viking Mississippi Delta Explorer October 2026

Visit our website www.adventureswithkaryn.com

For more information contact Karyn Wendell at 508-420-5288 - Karynmw1@comcast.net Mail pay-
ments to: P. O. Box 161, Centerville, MA 02632 - www.adventureswithkaryn.com
Pick up locations: Patriot Square, Barnstable Route 132 Park & Ride Route, Mashpee Senior Center



Tiffany Pfleger, Au.D.
Doctor of Audiology

Olivia Pfleger, HIS
Hearing Instrument Specialist

Hearing Aid Sales
and Services
Hearing Evaluations
Batteries and Accessories

508-385-5222

714 Main Street (Rt. 6A)
Yarmouth Port
www.hearingonthecape.com

PAULO'S PAINTING, CARPENTRY & HOUSE WASHING

Paulo Silva

PO Box 1035, S. Yarmouth, MA

774-268-1332
www.paulopainting.com

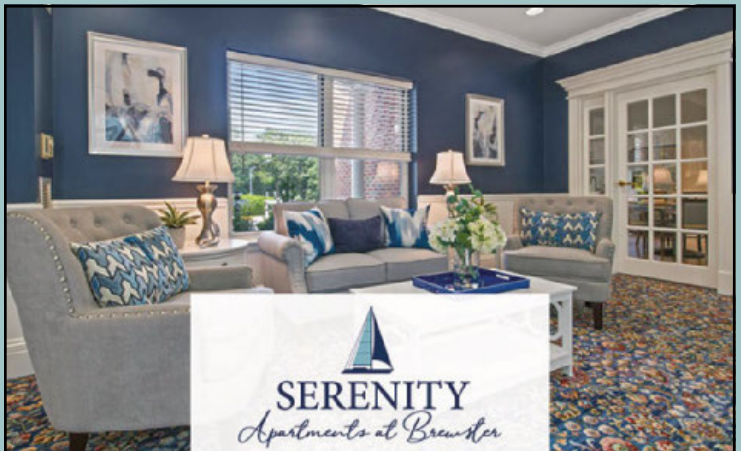
LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Karen Fontaine**

kfontaine@lpicommunities.com

(800) 477-4574 x6350



SERENITY
Apartments at Brewster

Visit for a tour and hear about our rent specials!

873 Harwich Road, Brewster, MA 02631
774.216.4957

www.SerenityBrewster.com



All programs/activities take place at the Brewster COA unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

NOTE: ALL FIELD TRIPS ARE SUBJECT TO CANCELLATION AND MAY NOT BE ABLE TO BE RESCHEDULED.



Photos: Enjoying Canalside Dining and The FOBE Ice Cream Social

Chair Yoga

Tuesdays: 11:00—12:00

4-week series: July 8—July 29

\$35 for series

4-week series: August 5—August 26

\$35 for series

Thursdays: 2:30—3:30

4-week series: July 10—July 31

\$35 for series

4-week series: August 7—August 28

\$35 for series

Looking to stretch, strengthen and restore balance in your body? Join Marty Zurn, Kripalu RYT 500 for chair yoga. Chair yoga is an adaptive yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to **enjoy the benefits of yoga** and may (or may not) have mobility limitations. Chair yoga is an accessible, inclusive way for yogis to experience the benefits of yoga, without stressing joints, worrying about balance, or supporting body

weight. Advanced registration is required. For more information and to sign up please call Marty at 508-326-4224 or email Marty at martyzurn@comcast.net.

Strong at Heart

6 Week Class

Tuesdays, July 8—August 12 2:30—3:30 Free

This exercise program is aimed for seniors who want to build on their strength and endurance. A mix of interval training and circuit training that will keep your heartrate up and your muscles engaged!

This class is led by Nikki Courtney, an Exercise Physiologist from the VNA of Cape Cod. Participants must be able to tolerate 60 minutes of seated and standing exercise and ambulate independently. Recommended for generally healthy older adults, though modifications can be made on an individual basis.

Advanced registration is required. To do so, YOU MUST CALL THE VNA DIRECTLY at 508-957-7423.

lighthouse and lighthouse keepers shop. Afterward we will enjoy lunch at Savory and Sweet Escape.

Please note, not all of this trip is ADA accessible. If needed, an able-bodied assistant must attend. Please call the COA to inquire which parts are or for more information. Space is limited. To sign up call the COA 508-896-2737.

Advanced Mah Jongg

Wednesdays : 9:00—11:00

4 week class: July 16—August 6

\$75 for class, paid to instructor at first class.

Join Mah Jongg instructor Anne M. Walther for this advanced class, which will hone the skills learned and challenge players to become more defensive in playing the game. There will be tips and clues to help along the way. Space is limited. Advanced registration is required. Please call the COA at 508-896-2737, no later than **Monday, July 14, to do so.**



Highland House Museum, Highland Lighthouse, Lighthouse Keepers Shop and lunch at Savory and Sweet Escape

Friday, July 11, 9:15—2:00ish

Admission \$7 and another \$7 if you wish to climb the lighthouse

Join us as we travel to Truro and visit first the Highland House Museum, originally built as a seasonal hotel in 1907 and now run by the Truro Historical Society. Houses and various exhibits will give us a look inside the lives of the people of Truro and the Outer Cape. Following this, we will visit the

Hip Hop Dance Chair Exercise!

Wednesday, July 16, 1:30—2:30 Free

Join Rondae Drafts, Ph.D., abd, and Executive Director of MusicDance for a 1 hour chair dance class. Travel through Time on the "soul train" using clean-cut hip hop rhythm and blues songs. Creative props, drums and African maracas will be utilized during the class to make this journey of dance come to life. Don't miss this fun class! **Space is limited and advanced registration is required. Please call the**

10 UPCOMING PROGRAMS

All programs/activities take place at the Brewster COA unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

NOTE: ALL FIELD TRIPS ARE SUBJECT TO CANCELLATION AND MAY NOT BE ABLE TO BE RESCHEDULED.

Barnstable County Fair!

Friday, July 25, 11:00—3:30/4:00ish
Admission: \$12 and extra \$ for food and rides!

Join us as we go to the fair! Walk around, see the various attractions (free with the price of admission). Buy some tickets if you want to go on some rides! Enjoy some funnel cake or another fair food favorite! What you do is up to you.

We will arrive at noon and meet up again at a designated spot to return home. Please wear good walking shoes and be aware that there could be some unevenness to the fair grounds. Space is limited, to sign up, please call the COA at 508-896-2737

Bayberry Quilters of Cape Cod Quilt Show and lunch

Friday, August 1, 10:00—130ish
Admission: \$12 and \$ for lunch

Join us as we attend the 42nd annual Bayberry Quilt show! This year's theme is "everything old is new again". Aside from the quilt exhibit, there is much to see, including the merchant hall and handmade boutique. This year, food and beverages will be provided by the Harwich Regional Tech School and will be available for purchase as well! Space is limited. To sign up, please call the COA at 508-360-3603

Yes, You Can Draw!

4 week class, Mondays, 9:30—11:00
August 4-August 25
\$90 paid to the instructor at first class

JOIN US!
At the Brewster Council on Aging for a concert with
The Cape Cod Ukulele Club!



Wednesday, August 20th
1:30-2:30
Free!

The Cape Cod Ukulele Club was founded by Cathy Hatch, Director, approximately 10 years ago when she was teaching a group of 8 people how to play ukulele on her porch. Cathy teaches Ukulele all over the Cape and since that fateful class, her students have become members of the band. The youngest one being 13 and the oldest being 90! Don't miss this fun filled musical time as they perform Love songs from the '60's. Reserving your seat is highly recommended. To do so, please call the COA at 508-896-2737.

Brewster Council on Aging 1673 Main Street  

Materials: 8x10 or 9x11 sketchbook and pencil with eraser. The instructor will supply the rest.

Join Jennifer Stratton, Artist/instructor, for this 4 week class. Drawing can be intimidating, many people think it's a talent you're born with, but like most things in life it takes some learning and practice time.

This class is for anyone who wants to learn new tools for how to draw or brush up on their drawing skills. All are welcome. Come join the fun!

Space is limited. To sign up, please call the COA as 508-896-2737

Atwood Museum and Lunch At Chatham Moods Café & Grill

Friday, August 15, 9:30—2:00ish
Admission: \$10 and \$ for ice cream

Come join us as we explore the Atwood Museum and its grounds. Originally built in the 1750's by Joseph Atwood, a Chatham Sea Captain, the "Old House" was occupied for five generations until purchased by the Chatham Historical Society in 1925. Today, the greatly expanded and updated Atwood Museum is a vibrant institution showcasing twelve galleries.

Please note, while the museum is ADA accessible, the "Old House" is not. If you would like to attend, an able-bodied assistant must attend as staff will not be available for mobility issues.

Afterward we will go to Chatham Moods for lunch. Please visit www.chathamoods.com to view the menu so that you can plan accordingly. Space is limited. To sign up, please call the COA at 508-896-2737

Jonathan Young Windmill and Ice Cream at The Ice Cream Café

Friday, August 29, 1:00—3:00
Admission is Free but bring \$ for Ice Cream

The Jonathan Young Windmill was originally built around 1720 in South Orleans, making it one of the oldest windmills still standing on Cape Cod today. At that time, it was used to grind grain and sea salt—two important resources for the early settlers who lived and worked in this region. The windmill is a great example of how people use natural forces like wind to support their daily needs long before modern machinery. Afterwards we will enjoy ourselves at the Ice Cream Café! Space is limited. Please call the COA at 508-896-2737

ONGOING PROGRAMS 11

All programs/activities take place at the Brewster COA unless otherwise noted. All class participants will need to sign in with their card. If you don't have a card, please stop by our front desk to get one.

NOTE: ALL FIELD TRIPS ARE SUBJECT TO CANCELLATION AND MAY NOT BE ABLE TO BE RESCHEDULED.

FOR BREWSTER RESIDENTS ONLY! **SAILING AND THE FLOATING CLASSROOM** with Pleasant Bay Community Boating 2287 Route 28, Harwich

PLEASE NOTE, YOU CAN ONLY CHOOSE ONE OR THE OTHER.
YOU CANNOT DO BOTH THE SAILING AND THE FLOATING CLASSROOM.

Please read the following carefully There is a specific way to register For each program

Sailing: Tuesday, July 15, 1:00 – 3:00 \$15

Come for a spin around Pleasant Bay in a Flying Scot or catboat! You'll learn the sailing basics with one of PBCB's instructors and a handful of other COA members. This is a slightly more adventurous experience than the floating classroom, you may be splashed and you will feel the waves under the boat. First time sailors welcome! **To register for this event, you must go to PBCB's website or use this link: http://pbc.bmyrec.com/info/activities/program_details.aspx?ProgramID=29915** Please note, transportation will be the responsibility of participants.

Floating Classroom: Tuesday, July 22, 1:30 – 2:30 \$15

MUST be paid prior to July 18

Take a cruise around Pleasant Bay on PBCB's floating classroom the *Friend*. The *Friend* is a 37' USCG inspected, completely solar-powered pontoon boat that was donated to PBCB by the Friends of Pleasant Bay. This boat is truly unique and the first of its kind in the US. A guide will talk about the area's history and ecology, while pointing out landmarks and points of interest around the bay. The *Friend* is fully accessible (via ramp), stable, comfortable, and mostly shaded. For more detailed information and to sign up, please call the COA at 508-896-2737. **Please note, transportation will be the responsibility of participants.**

For questions, please call the COA at 508-896-2737

ONGOING SOCIAL PROGRAMS

Walking Club

Thursdays, 9:00—10:00ish

Join us Thursdays for an hour long scenic walk at various locations. Enjoy comradery as you exercise!

For mor information and to join, call Annie at the COA at 508-896-2737

Canasta!

Mondays, 1:00—3:30
FREE

Do you enjoy playing Canasta and are looking for a place to play? Come join us on Monday afternoons. This is an easy going, friendly group who are open to all levels of experience and just want to have

fun playing Canasta. For more information, pleas email Rose Gadbois at w.gadbois@comcast.net

WOW (Wonderful Older Women)

Tuesdays, 9:30—11:00

Do you enjoy talking with others and feeling good about your day? If you like to discuss books, movies, local events and issues, WOW would love to welcome you to our weekly discussion group. You'll find us to be a very friendly group with a positive attitude!

Knitting/Crocheting

Wednesdays and Thursdays
10:00—12:00

We have an informal knitting/crocheting circle at the COA. All levels are welcome. Bring any projects you are working on or need help with! Questions? Call the COA.

Quilters

Wednesdays, 1:00—3:00

The Brewster Baysters invite all levels of quilters to join them and share their ideas and free advice. Bring your Quilting inspiration, enthusiasm, some handwork, and don't forget your Show and Tell!

Bingo!

Thursdays, 12:15—1:30

Spend time with friends and have fun! **Please note:** if you are using COA van transportation, please let us know no later than **2 days before** if you are coming to lunch and staying for Bingo.

Brewster Men's Coffee Club (BMCC)

Thursdays, 2:00—4:00

Where we remember less, but live more!

Join us every Thursday at 2:00pm to unleash the power of life experiences, laughter, and friendship. Together, we share stories, wisdom, and adventures from a lifetime well lived. In the golden years, connection matters more than ever. So come, enjoy a cup of coffee, and let's celebrate the richness of life!

American Mah Jongg

Fridays, 1:00—3:30pm

Welcome Mah Jongg players! Join us for friendly games on Friday afternoons! All levels welcome. Please bring your card and tiles. Instruction will not be provided. For more info and to join, please e-mail Jean: oconnor.jean22@yahoo.com

Brewster Recreation welcomes all community members back for the third season at the Brewster Community Pool. Senior memberships are available for Brewster residents only. For more information and for the pool schedule please contact Recreation at 508-896-9430 or enter this link into your browser https://brewma.myrec.com/info/activities/program_details.aspx?ProgramID=30039

12 ONGOING PROGRAMS

Bookworm Book Club

The Book Club is on hiatus for the summer and will return in the fall.

Housing Office Outreach Hour

First Friday of the month:

(No Office Hours on July 4)

August 1, 11:00 – 12:00

Every 1st Friday of the month, meet with a representative from Brewster's Housing Office to ask questions and share ideas, learn about local Housing initiatives, and connect to available local resources. No appointment necessary; walk-ins are welcome.

EXERCISE

Advanced Tai Chi

Mondays & Thursdays

10:00 – 11:00am \$18 per class

This class is offered to folks who have learned the 24 Posture Yang Style Tai Chi Form (National Beijing Form). The focus for the first hour will be on exploring the "meditation-in-motion" aspect of Tai Chi. Classes incorporate warm-ups including Qi Gong exercises and an exploration of Traditional Chinese Medicine concepts for health and vitality. On Thursdays, an optional half hour will be dedicated to studying the 16 Posture Sword Form. To register for class or for more information, **contact the instructor, A.Jay Zahn, at 607-227-0509 or email him at: capecodtaichisociety@gmail.com.**

Beginner Tai Chi Class

Mondays and Thursdays

11:15 am - 12:15 pm \$18/class

This class is open to anyone with prior Tai Chi experience. Recent studies show Tai Chi to be beneficial for lowering blood pressure, improving balance, stress reduction, better hand-eye coordination, and more. Classes are fun and energetic, incorporating stretching warm-ups, breath

ing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. You will be learning the easy Yang Style Eight Posture Form. Our instructor, A.Jay Zahn, has been practicing for over 40 years and teaching at the Brewster COA since 2019. **For more information or any questions, email: capecodtaichisociety@gmail.com.**

Qi Gong

Tuesdays 9:00 – 9:45am FREE

Qi Gong is a form of exercise that dates back 3000 years. Therapeutic motion is used involving slow, repetitive movements which incorporate meditation, deep breathing and visualization. Qi is energy which needs to be renewed and replaced with fresh Qi. The movements deal with our meridians to relieve and support various organs. We meet at the Brewster COA and at Drummer Boy Park (warmer weather permitting). Contact our instructor, Ray DiPietro, to register for the class. **Either email him at rayvector@hotmail.com or call him at 508-246-4486.**

Keep Movin'

Tuesdays & Thursdays, 1:00 - 2:00pm

Cost: See below

This program is primarily strength-training for seniors. The classes are a fun way to relieve arthritis symptoms while learning important strengthening exercises. Participants build strength, coordination and balance each week by using hand and leg weights, balls and bands. **Cost will be discussed upon registration. Please email our instructor, Cindy Doutrich, at cdoutrich@ycp.edu to register.**

HEALTH

Blood Pressure and Glucose Testing

2nd and 4th Mondays of each month:

July 14 & 28 and August 11 & 25

10:00 - 11:00am

A Barnstable County Public Health nurse will take your blood pressure and check

glucose if needed. This program is offered on a drop-in basis. **FREE**

Hearing Screenings by

At Home Hearing Healthcare

1st Tuesdays, 10:00am – 12:00pm

July 1 & August 5 FREE

Shawn Woodbrey, licensed Hearing Instrument Specialist of At Home Hearing Healthcare will be here the first Tuesday of each month from 10:00am – 12:00pm. As well as hearing tests, Shawn can remove cerumen, clean, maintain, and repair any hearing aid model. He can also perform otoscopy to check for any medical issues as well as provide counsel for expectations of the devices and communication issues that hearing aids won't solve. Appointments are limited. Registration is required. **Please call the COA at 508-896-2737 to reserve your spot.**

Hearing Screenings by

Advanced Audiology Associates

3rd Thursdays, 9:00 – 11:00am

July 17 & August 21 FREE

Advanced Audiology Associates offers **FREE** screenings on the 3rd Thursday of each month. Screenings are **by appointment only** and last approximately 15 minutes. These will include hearing screenings, ear inspections and hearing aid checks. **Call the COA at 508-896-2737.**

Meditation Class

Thursdays

10:00 – 11:00am

FREE

Join Carol Marcy, certified meditation instructor for this heart centered practice that uses deep breathing techniques and guided imagery to increase calmness and relaxation. Please wear loose fitting clothing as some mindful movement may be included. Open to all levels of experience. For more information and to register, please contact Carol at drcarolmarcy@gmail.com

Reiki Sessions

SUSPENDED FOR SUMMER. Please check back in September.

Complimentary Hearing Clinic at the Brewster COA!
Please Call for Clinic Dates and Times



Call Today to Schedule a
Complimentary Hearing Test:

Brewster COA – 508-896-2737

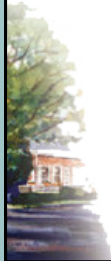
Shawn Woodbrey – 508-375-5314

Board Certified Hearing Instrument Specialist, Lic. #450

www.athomehearinghealthcare.com

Most Insurances Accepted

Call to book a tour: (508) 255-2328



The
Terraces
Orleans

Skilled Nursing Center
and Independent Living

Visit our Website for
more information



Email: Kblake@theterraceorleans.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.



OUR COMMUNITY
NEWSLETTER
OCTOBER EDITION



Scan to
contact us!

Visit lpicomunities.com

Caring for Adults Across Cape Cod

Personal & Professional
Home Care Services

- Companion & Personal Care
- Home Safety & Fall Prevention
- Flexible Scheduling
- Experienced Caregivers



CAPE WIDE CAREGIVERS

508-470-5709

capewidecaregivers.com



AdviniaCare
The Woodlands
Assisted Living Community

SCAN FOR
WEBSITE



120 Woodlands Way, Brewster, MA 02631

(508) 240-1990 • www.adviniacare.com

STAY CONNECTED WITH US ON FACEBOOK, LINKEDIN
OR INSTAGRAM AND COME BY OUR NEXT EVENT!

SUPPORT THE ADVERTISERS that Support our Community!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Brewster Council on Aging, Brewster, MA 04-0720

14 ONGOING PROGRAMS

NUTRITION

Senior Dining at the COA

Thursdays 11:30am - 12:15pm

Lunches are served at the COA every Thursday. You will need to **reserve your spot 2 business days in advance**. Suggested donation of \$4.00/meal. Call our Brewster Nutrition Center at 508-896-5070 to reserve. Live piano music is provided by our wonderful volunteer pianist during lunch on most Thursdays. Transportation can be arranged, if there is space. Call the COA at 508-896-2737 to book your ride. Rides to/from lunch are FREE! The Senior Dining program is sponsored by Elder Services of Cape Cod and the Islands.

Meals on Wheels

Meals on Wheels delivers meals to people age 60+ who are unable to prepare their own meals. For more information call Elder Services, Information and Referral at 508-394-4630 or 1-800-244-4630.

If you are already a client and need to reach our Nutrition Site, please call 508-896-5070.

Healthy Meals in Motion

2nd Wednesday of every Month

Parking lot behind the COA

11:00am - 12:00pm

This program serves all eligible Brewster seniors, providing groceries, fresh produce and paper products monthly. Pre-order from a wide selection of food items and your order will be ready for pickup at the COA parking lot behind the building. The date is **always** the second Wednesday of each month. The next dates will be **Wednesday, July 9 & Wednesday, August 13**. Please call the COA Outreach Office to enroll in the program at 508-896-2737.

EDUCATION

Computer Help

Wednesdays 10:00am - 12:15pm

Do you need help using your computer? We have one-on-one, 45-minute sessions available to help you feel more confident in your computer skills. Our knowledgeable and dedicated volunteer instructor, Del Borah, is here to help you on Wednesday mornings. For all appointments, call the COA at 508-896-2737.

Practice your French a la Bibliotheque

4th Wednesday of the month

2:30 – 4:45pm

Brewster Ladies' Library 1822 Main St.

Parlez vous francais? Would you like to practice your French conversation skills? Join us every month for tea & talk with other francophone friends/copains. Some fluency is required (intermediate speaking skills). If interested and to learn more about it, please email Anne Marie at: dany2220@yahoo.com.

SERVICES

Alzheimer's Caregiver Support Group and Activity Group for People with Cognitive Impairment

2nd & 4th Tuesdays: 2:00 - 3:30pm
July 8 & 22 and August 12 & 26

Located at the COA, these groups are offered by Alzheimer's Family Support Center for both Caregivers and those they care for. The Caregivers support group and the Cognitive Impairment support group run simultaneously. Pre-registration is required; this is not for drop ins. **Please call Alzheimer's Family Support Center at 508-896-5170 for more information and/or to sign up.**

Outreach

Outreach is available for help with a variety of services, including: SHINE/Medicare counseling, help with applying for town and local assistance programs such as the Good Neighbor Fund, Senior Tax Exemptions, SNAP, Fuel Assistance, Lower Cape Outreach Council, St. Vincent De Paul and the COA's Mobile Food Pantry.

We can also help with housing assistance programs such as those offered through HAC and the Homeless Prevention Council, and community referrals to agencies such as Elder Services, South Coastal Counties Legal Services, Independence House and various health and homecare agencies.

For more information, please contact the Outreach Department at 508-896-2737 and ask for Cindy or Linda. They are always happy to help!

SHINE

Highly-trained counselors help seniors and Medicare beneficiaries understand their rights and benefits. Contact the COA for an appointment at 508-896-2737.

Legal Help

If you are a resident 60+ and **have an urgent issue** regarding eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.) or healthcare issues involving MassHealth or Medicare, you may apply for services from **South Coastal Counties Legal Services (SCCLS)** by calling their Hyannis Law Office at **774-487-3251** or the intake line at **1-800-244-9023**. **If your matter is not urgent**, 1/2-hour appointments occur the 4th Tuesday of even months at the Brewster COA but you still must call SCCLS directly to schedule.

In addition, Attorney Adam Dupuy with the Ardito Law Group is available for phone appointments. He can be reached by calling 508-775-3433.

Pet Nail Trimming

July 17 & August 14 (2nd Thursday)
8:00 - 8:30am
Brewster COA (in the back parking lot)

The cost is \$3.00 per pet's nail trim for senior (60+) pet owners, and is offered on a first come, first served basis in the COA parking lot behind the building (look for the van). **For more information, please text (preferred) or call Karen Duble of Buttons and Bows at 508-360-2596.**

Foot Care

Fridays: July 11 and August 1
9:00am - 2:30pm
\$45.00 cash only (NO checks)

Autumn Knight, our Foot Care nurse, has a lot of experience in the field and works for Cape Cod Healthcare in their clinical education department. In addition to being a RN, she is also a Certified Foot Care Nurse/Specialist. 30-minute appointments are available from 9:00am to 2:30pm. Call the COA to schedule your appointment at 508-896-2737.

Senior Shellfish Licenses

Senior Shellfish Licenses are available at the Brewster COA on Wednesdays and Fridays, 9:00am – 3:00pm.

Please bring your current Lifetime Senior Shellfish Permit with you to exchange. All new 70+ permit applicants, including veterans over age 70, will pay an annual \$15 yearly fee. Permits are good for the calendar year. Please bring your current driver's license or ID. If your ID does not show your Brewster address, please bring along something that does (such as a tax bill). If you are a veteran, please bring along proof. One permit per household.

For more information on the Shellfish program, please visit the Natural Resources & Shellfish Department page on the Town's website at:

<https://www.brewster-ma.gov/natural-resources-harbormaster-shellfish>

Friends of Brewster Seniors

Need a laugh? Here are a few examples of funny, real comments received by a well-known British travel agent that I think we can all appreciate:

- They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax.
- We found the sand was not like the sand in the brochure. Your brochure shows the sand as white, but *it was more like pale yellow.*
- No one told us there would be fish **in the sea. The children were scared.**
- **The beach was too sandy.** We had to clean everything when we returned to our room.

Want more? Visit [25 complaints about holidays that'll make you smile - Roy Sutton](#)

How does the Friends organization use your membership money?

Your calendar year membership (\$15/person) provides great discounts for all of our events and also provides funding for the Friends to continue to help the COA with some of its senior projects.

But we don't stop at the COA! We've recently made significant donations in the name of the Friends to the **Alzheimer's Family Support Center**, located right here in Brewster, as well as to **Elder Services of Cape Cod**, which also provides services to our seniors.

Need more information or a form? Stop at Sea Captains' Thrift, 66 Harwich Road or just go online to www.FriendsOfBrewsterSeniors.org

What's New at Sea Captains' Thrift Shop?

Well, everything is "new to you!" Our donors are very generous with their good quality clothing, household items and plenty of good beachy stuff for the kids and grandkids.

During the summer, we often receive bikes, golf clubs, outdoor games, etc. You can also find everything that you need if you're renting out or renting a cottage, from table and glassware to pots and pans and even a cheery tablecloth to brighten up your dinner table or use as a picnic blanket. Stop in sometime to check out our inventory and our pop up sales!



A smile is a facelift that's in everyone's price range!

- Tom Wilson



Visit our Website: <https://www.friendsofbrewsterseniors.org>

Or just scan the QR code! Stop by our Facebook Pages, too!



BHT - BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston hospitals on a wheelchair-accessible bus. Service available Monday thru Thursday only.

MONDAY thru THURSDAY SCHEDULE

7:30am Orleans (Shaw's Market)
7:40am Fontaine Medical Center (Entrance)
7:45am Harwich (Route 6 & 124 Commuter Lot)
8:00am Barnstable (Route 6 & 132 (Burger King)
8:15am Sagamore (Commuter Lot)

RESERVATIONS are a MUST!!! (Reserve no later than 9:00am the day before). **\$30.00 Round Trip/\$15.00 One-way.** Cash or Checks (payable to CCRTA) accepted. For reservations call **1-800-352-7155, Monday - Friday, 8am – 5pm.** Schedule your medical appointments between 10am & 2pm. The bus will leave Boston by 3pm. Please visit the website for more information:
www.capecodrta.org

BCOA TRANSPORTATION INFORMATION **All riders must be 60+**

COA VAN - We offer trips for Grocery Shopping in Orleans on **Mondays and/or Wednesdays, from 11:00am to 1:00pm. We require a minimum of 2 FULL business days notice.** Maximum of 6 people per trip. A suggested donation of \$2 is accepted for this service. Call the COA to schedule your ride at 508-896-2737.

MEDICAL & DENTAL APPOINTMENTS - Volunteer drivers are available for transport to **routine (1 - 2hrs)** medical appointments in their personal cars. We travel as far as Hyannis and regret we cannot accommodate patients having procedures. Please call the COA at 508-896-2737 **as soon as you make an appointment or at least 4 FULL business days (Mon. thru Fri.; weekends do not count)** in advance so that we can schedule your ride. **One ride per person per week.** Please notify the COA if you can't keep your appointment so we can notify our driver. Donations accepted for this service. All appointments should be booked for times between **9:00am and 2:00pm.**

WHEELCHAIR-ACCESSIBLE VAN – Transportation to medical appointments is provided by a staff person, Monday through Friday. **A minimum of 7 FULL business days advanced reservation is required. An able-bodied assistant must accompany the rider.** Donations are accepted. Call the COA for more information at 508-896-2737.

This agency and its programs are funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.

DART - DIAL-A-RIDE TRANSPORTATION Service: CCRTA provides a daily, general public-demand response service that is wheelchair-accessible, door-to-door, and ride-by-appointment. This service is available to all Cape Cod residents and is available Monday through Saturday in all towns, with limited Sunday service. Rides must be scheduled by no later than noon on the day prior to a ride. Rides can be scheduled up to 30 days in advance. The DART does not run on holidays. **For available times in Brewster please call Customer Service toll-free at 800-352-7155, Monday thru Friday, 8:00am - 5:00pm.**

OR CURRENT RESIDENT

TOWN OF BREWSTER - COA
 1673 MAIN STREET
 BREWSTER, MA 02631

Std. Mail
 US Postage
PAID
 Permit #100
 Orleans, MA
 02653