

BAYSIDE CHATTER



BREWSTER COUNCIL ON AGING

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

WWW.BREWSTER-MA.GOV
FIND US ON FACEBOOK

"We Care About You"



January/ February 2026



Elton R. Cutler

Director, Brewster Council on Aging

As we welcome the new year, I want to extend my heartfelt wishes for health, happiness, and joy to all our members. January and February promise to be vibrant months filled with a variety of activities, workshops, and community events designed to engage, inspire, and connect us all.

We're excited to kick off 2026 with you. Let's make this winter a time of joy, connection, and growth together!

New Year, New Beginnings

January is a time for reflection and setting intentions. We encourage everyone to think about their goals for the year ahead. Whether it's learning a new skill, getting more involved in our programs, volunteering or simply making new friends,

the Senior Center is here to support you.

Stay Connected

Lastly, I encourage everyone to stay engaged and connected. If you have any suggestions for programs or activities, please share your ideas with us. Your input is invaluable in making our community vibrant.

Let's make this winter season warm and filled with joy!

Warm regards,

Elton

New Year, new me, same sweater until spring.

Jane L. Frost



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 Pivirotto, Member

Jan Crocker, Member

Eva Orman, Alt. Member

Linda Schuyler, Alt. Member

VOLUNTEER

MEDICAL DRIVERS NEEDED

The Brewster COA is looking for individuals interested in volunteering to drive Seniors to their routine medical appointments

Our volunteers use their own vehicles and receive mileage reimbursement as well as provide a social connection with the seniors they are supporting. Volunteers are able to choose the days and times that suit their schedule.

For the safety of our Seniors all drivers must fill out an application and a CORI (Criminal Offender Record Information) Form.

Please let us know if you would like to be a part of this wonderful service



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.

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



When can I change Medicare coverage?

You can make changes to your Medicare coverage during a few key times.

- The Medicare Annual Enrollment Period (AEP), October 15 to December 7
- The Medicare Advantage Open Enrollment Period (MA OEP), January 1 to March 31
- The Medicare Special Enrollment Period (SEP) for qualifying life events; dates based on any qualifying event

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!

3

About the SHINE Program

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Certified, trained SHINE counselors, who are often volunteers, work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs.

How can a SHINE Counselor help me?

A SHINE counselor will help you:

- Understand your Medicare and other health insurance and drug coverage options
- Find the right coverage for you
- Help assist you if you are new to medicare
- Help you apply for programs that will lower your costs

Provide information to help you make the best coverage selection

Find a SHINE counselor

Brewster COA has two SHINE Counselors available to assist you.

Call us 508-896-2737

A different way to donate!

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!

STAY CONNECTED

2026 Town Manager and Select Board office hours



Date - Wednesdays	Time	Location
January 7 th	430pm-6pm	Brewster Fire Department
February 4 th	10am-1130am	Brewster Ladies Library
March 4 th	10am-1130am	Council on Aging
April 1 st	10am-1130am	Brewster Ladies Library
May 6 th	430pm-6pm	Sea Camps Art Center
June 3 rd	10am-1130am	Brewster Dog Park
July 1 st	10am-1130am	Crosby Mansion
August 5 th	430pm-6pm	Community Pool
September 2 nd	10am-1130am	Drummer Boy Park
October 7 th	430pm-6pm	Captains Golf Course
November 4 th	10am-1130am	Brewster Ladies Library
December 2 nd	10am-1130am	Council on Aging

TAXES DUE

AARP Income Tax Preparation

is Returning

Wednesdays: February 11 - April 15

Brewster Town Hall, 2198 Main St.

With the New Year comes a New Tax season! Appointments with a knowledgeable tax representative from AARP. are available on Wednesdays, from February 11 through April 15, on a first -come, first-served basis and will be held at the Brewster Town Hall. The representatives will make the job of filing your taxes much easier!

Please note: This service is for basic, uncomplicated tax filing ONLY. (Form 1040 or Form 1040-EZ) Make it easy on yourself and call the Brewster COA soon at 508-896-2737

*This is a free program however, donations to the Brewster COA are always appreciated.

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 online scheduling. There is no cost involved. We hope to welcome you to our team soon. You can visit our website 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.



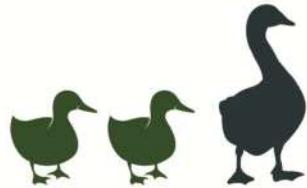
Picture This!

Ready to give your brain a little workout? These rebus puzzles use pictures, words, and clever arrangements to spell out a common phrase or saying.

The trick? Say what you see, and think outside the box! Can you crack the code? Take a guess! The answer's waiting for you at the bottom.

STANDS
0_2345

DEAL



No One Understands

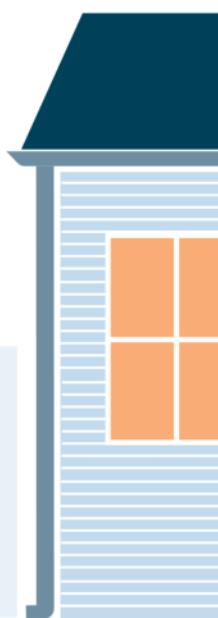
Big Deal

Duck Duck Goose

©LPi

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Do-It-Yourself Bird Feeders



Popcorn on a String

Pop some unflavored popcorn. Use a needle to thread the popcorn along a string of your choice and hang it outside for the birds to enjoy!



Peanut Butter Pinecone

Cover a pinecone with peanut butter and then sprinkle it with any type of bird seed you like. Hang it from a tree branch.



Orange Peel Bird Bowl

Cut an orange in half and scoop out half of the fruit. Insert two wooden skewers through the "bowl" to make a cross. String the ends and hang it. Fill it with bird seed!

©LPI

BREWSTER IN MIDWINTER

A DAY TO RESTORE DURING THE OFF-SEASON

BYO
YARN PROJECT

FIRE SAFETY
DEMONSTRATIONS

NATIVE SEED
STARTING

**JANUARY 10, 2026
1:00 PM - 4:00 PM**

1673 MAIN STREET

VISIT THE COUNCIL ON AGING CAMPUS
TO SIP WARM DRINKS, WORK ON COZY
CRAFTS, AND LEARN ABOUT WORKING
WITH NATURE IN THE WINTER.

NO REGISTRATION REQUIRED

FOR MORE DETAILS CONTACT:
CWEST@BREWSTER-MA.GOV
ARAPAPORT@BREWSTER-MA.GOV

ORGANIZED BY: THE BREWSTER NATURAL RESOURCES DEPARTMENT, COUNCIL ON AGING, & FIRE DEPARTMENT



Mardi Gras Celebration!

Join the Brewster Council on Aging
and the Friends of Brewster Seniors

Wednesday, February 11th

1:00 - 3:00

Help us brighten up the winter days
and join us for king cake, beignets,
Live music, and door prizes!

Tickets: \$5

Available now at the COA

Brewster Council on Aging ~ 1673 Main Street



Amy
HARBECK

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amy.harbeck@compass.com
www.amyharbeck.com

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READY TO THRIVE?

Join the **PAVING the Path to Wellness Program**

- Group coaching program with a certified practitioner
- Learn tools to thrive with a healthy body, peaceful mind, and joyful heart
- Connect with others



**Fridays: January 16 -
March 6, 2026**



**Brewster Council on Aging
For Brewster Residents 60+**



10:00 AM - 11:30 AM



Call to register and save a seat
(508) 896-2737



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member
Cape Cod Healthcare

10

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	The 2nd floor main room will be closed from January 5th to January 13th while the flooring gets some much-needed upgrades. Exercise programs such as Chair Yoga Tai Chi, Qi Gong, Stepping Stones and Keep Movin' are suspended during this time. We hope to see you all back after this short break!		1 THE COA IS CLOSED	2 1:00pm Mah Jongg
5 9:30am Express Yourself Collage & Mixed Media Art 1:00pm Canasta	6 9:30am W.O.W. 10:00am Hearing Screenings 1:30pm Collage Club/ BLL	7 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	8 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 2:00pm BMCC	9 9:00am Foot Care 1:00pm Mah Jongg
12 9:00am Int. Tai Chi 9:30am Express Yourself Collage & Art 10:00am BP & Glucose Testing 10:15am Adv. Tai Chi 1:00pm Canasta	13 9:00am Qi Gong 9:30am W.O.W. 2:00pm Alz. Caregiver Support Group	14 10:00am Computer Help 10:00am Knit/Crochet 10:30am Memory Screeening 11:00am Healthy Meals in Motion (COA) 1:00pm Quilters 1:30pm Strong & Steady:Simple Home Exercises for Seniors	15 8:00am Pet Nail Trim 9:00am Hearing Screenings 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	16 10:00am Paving the Path to Wellness 11:00am Trip: Movie Matinee and lunch at the Chatham Orpheum 1:00pm Mah Jongg
19  THE COA IS CLOSED	20 9:00am Qi Gong 9:30am W.O.W. 1:00pm Keep Movin' 2:30pm Stepping Stones to Wellness	21 10:00am Computer Help 10:00am Reiki 10:00am Knit/Crochet 12:00pm What Happens After a Discharge? 1:00pm Quilters 1:30pm Spanish for Beginners/BFD	22 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	23 10:00am Paving the Path to Wellness 11:00am Bookworm Book Club/BLL 1:00pm Mah Jongg
26 9:00am Int. Tai Chi 9:30am Express Yourself Collage & Art 10:15am Adv. Tai Chi 1:00pm Canasta 1:00pm Conversational Spanish for Advanced Beginners	27 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 Stepping Stones to Wellness	28 10:00am Scrapbooking 10:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters 1:30pm Smartphone Confidence for Seniors 1:30pm Spanish for Beginners/BFD 2:30pm Practice your French/BLL	29 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC 2:30pm Chair Yoga	30 10:00am Paving the Path to Wellness 10:00am Trip: JFK Museum & lunch at Daily Paper 1:00pm Mah Jongg

February 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00am Int. Tai Chi 9:30am Express Yourself Collage & Art 10:15am Adv. Tai Chi 1:00pm Canasta 1:00pm Conversational Spanish for Advanced Beginners	3 9:00am Qi Gong 9:30am W.O.W. 10:00am Hearing Screenings 11:00am Chair Yoga 1:00pm Keep Movin' 1:30pm Collage Club? BLL 2:30pm Stepping Stones to Wellness	4 10:00am Computer Help 10:00am Knit/Crochet 10:00am Cultivating Contentment in Retirement 1:00pm Quilters 1:00pm Let's Make Some Valentines! 1:30pm Spanish for Beginners /BFD	5 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	6 9:00am Foot Care 10:00am Paving the Path to Wellness 1:00pm Mah Jongg
9 9:30am Express Yourself Collage & Art 10:00am BP & Glucose Testing 1:00pm Canasta 1:00pm Conversational Spanish for Advanced Beginners	10 9:00am Qi Gong 9:30am W.O.W. 2:00pm Alz. Caregiver Support Group 2:30pm Stepping Stones to Wellness	11 10:00am Computer Help 10:00am Knit/Crochet 11:00am <i>Healthy Meals in Motion (COA)</i> 1:00pm Quilters 1:00pm Mardi Gras Day at the COA 1:30pm Spanish for Beginners/BFD	12 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC 2:30pm Chair Yoga	13 10:00am Paving the path to wellness 10:15am Trip: Dunbar House Tea Room 1:00pm Mah Jongg
16 THE COA IS CLOSED 	17 9:00am Qi Gong 9:30am W.O.W. 11:00am Chair Yoga 1:00pm Keep Movin' 2:30pm Stepping Stones to Wellness	18 10:00am Computer Help 10:00am Knit/Crochet 10:00am Reiki 1:00pm Quilters 1:30pm Spanish for Beginners/ BFD	19 8:00am Pet Nail Trim 9:00am Hearing Screenings 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	20 10:00am Paving the Path to Wellness 1:00pm Mah Jongg
23 9:00am Int. Tai Chi 9:00am Express Yourself Collage & Art 10:15am Adv. Tai Chi 1:00pm Canasta 1:00pm Conversational Spanish for Advanced Beginners	24 9:00am Qi Gong 9:30am W.O.W. 10:00am Legal Help 1:00pm Keep Movin' 2:00pm Alz. Caregiver Support Group 2:30pm Stepping Stones to Wellness	25 10:00am Computer Help 10:00am Knit/Crochet 10:00am <i>Scrapbooking</i> 1:30pm Spanish for Beginners/BFD 2:30pm Practice your French/BLL	26 9:00am Int. Tai Chi 10:15am Adv. Tai Chi 10:00am Meditation 10:00am Knit/Crochet 11:30am Senior Dining 12:15pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	27 10:00 Paving the Path to Wellness 11:00am Bookworm Book Club/BLL 11:00am Trip: Movie Matinee and lunch at the Chatham 1:00pm Mah Jongg

WITH THE END OF FEBRUARY
COMES SPRING'S
BEGINNINGS



**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.**

Express Yourself! Collage and Mixed Media Art

6-Week Class

Mondays: January 5– February 23

9:30-11:00

\$95 for class

Jennifer Stratton, Artist/Instructor will lead this class on a six week journey using collage and mixed media projects as a vehicle to let your inner artist out. This creative process is a wonderful way of freeing up the mind. Each week Jennifer will provide some historical and contemporary context and techniques in relation to this art form. Each person will create a project based on what was discussed that day, culminating in a longer project in the last couple of weeks. **To register please call the COA at 508-896-2737**

Collage Club

1st Tuesday of the Month

1st Meeting January 6

1:30-3:30

Brewster Ladies Library

Free

Come collage with us! We'll Supply the magazines, paper, glue and snacks. You bring the creativity! You can make a collage of whatever you'd like, no experience is necessary. For ages 16 and up. To register, please call the **Library at 508-896-3913 or sign up online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab**

Memory Screening

Monday January 14, 10:30-12:30

Free

Jolene Cicchese of TLC Private Home Care, Certified Dementia Practitioner (CD), and an Authorized Screening partner with the Alzheimer's Foundation of America will be conducting private and confidential memory screenings at the Brewster Council on Aging. **Please contact the COA to make your appointment 508-896-2737**

Strong & Steady: Simple Home Exercises for Seniors

Wednesday, January 14 1:30-2:30

Free

Join Amir Ashbel, Post-rehabilitation Specialist, from

Golden Moves who will lead a comprehensive mix of chair-based, standing and isometric exercises designed to improve stability, mobility and independence. Discover practical and easy-to-do exercises you can do at home to strengthen your body, improve balance and stay active. This workshop gives you simple tools to boost your mobility, confidence and independence in daily life. **Please contact the COA at 508-896-2737 to sign up.**

Paving the Path to Wellness

8 Weeks, January 16– March 6

Fridays 10:00-12:00

Join Kristin Siminski, PT and Certified Health Coach with the VNA for this special 8 week program. This group health coaching program will explore different principles of lifestyle medicine via an evidence-based program called Paving the Path to Wellness. The PAVING program focuses on the whole person; body, mind, and spirit with the goal of empowering individuals to live healthier lives with a sense of purpose while having a peer support group to foster social connectedness. Pre-registration is required, and space is limited. To sign up, please call the COA at 508-896-2737

Stepping Stones to Wellness

6 week class, January 20 – February 24

Tuesdays 2:30 – 3:30

Free

Join Lauren Forziati, Public Health and Wellness Nurse for the VNA of Cape Cod, for this progressive exercise program that teaches participants basic home exercises to improve strength, endurance, mobility, and balance – keeping you independent and build self-confidence! Participants must be able to safely ambulate, though a low tolerance to walking/standing is acceptable. Home exercise programs can be done with or without the use of equipment. Classes are an hour long with approximately 20 mins of education and 40 minutes of exercise. **Pre-registration and medical clearance are required to participate. To register, please call the VNA directly at 508-957-7423.**

What Happens After a Discharge?

Wednesday, January 21 12:00-1:00

Free and lunch provided

UPCOMING PROGRAMS 12

Lauren Gregory is a PTA and Senior Advisor for Assisted Living Locators. Join her for pizza and an overview of options for after a discharge from a hospital. Discussion will include estimated costs and common terminology so you can make informed decisions on what to do next. We will touch on several topics such as private pay options, cost and services, the difference between private pay, Medicare coverage, the VNA, Adult Day options, and your local COA and the value. Don't miss this important discussion. **Pre-registration with the COA is required 508-896-2737**

Please note, all field trips are subject to cancellation and may not be able to be rescheduled

Movie Matinee and Lunch at the Chatham Orpheum

Friday, January 16, 11:00-2:00ish

Friday, February 27, 11:00-2:00ish

Admission is free but money is needed for lunch

Please note: Due to the popularity of this program you may only sign up for one of these trips

Join us for a mystery movie and lunch at Pizza Shark! It's a mystery because it is too soon to know what the Orpheum will be showing! Let's have some fun, get cozy and watch a movie together with lunch from the Pizza Shark in the theater! For those who sign up, we will decide on what movie as we get closer. Tickets are graciously paid for by the Chatham Orpheum, but lunch is the responsibility of those in attendance. To view Pizza Shark's menu, so you can plan ahead, go to www.chathamorpheum.org. **Please note, the Orpheum theatre is ADA accessible, but an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues. Space is limited. Please call the COA to sign up 508-896-2737**

Swimming at Brewster Green

Fridays 10:00-12:00

\$1 per swim

Brewster residents only. Payment by honor system to the COA weekly or monthly. Please contact the COA if you have questions or would like to sign up 508-896-2737



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DAY TRIPS

New England Christmas Festival at Mohegan Sun 11/08, \$89

Mohegan Sun or Foxwoods Only - \$75

SMILE Holiday Tribute & Lunch (Streisand & Bennett) 12/02, \$136

Holiday Pops Boston -First Balcony-Matinee 12/05, \$155

Encore Casino - FREE Slot Play 12/07, \$55

Providence Place/Boscov's Holiday Shopping Trip 12/07, \$49

Christmas In Newport-3 Mansions 12/09, \$89

2026/2027 Preview - On sale 12/15: Tall Ships Boston, Isabella Stewart Gardner Museum, Red Sox at Fenway, Newport Flower Show, Art In Bloom MFA, Sunny Tucson & The Old West (April 2027)

Visit our website www.adventureswithkaryn.com

For more information contact Karyn Wendell at 508-420-5288 - Karynmwl@comcast.net Mail payments 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

BROADWAY SHOWS - \$25 Holds Your Seat Balance Due 60 Days Before Show

Water for Elephants 12/07, \$136/\$105

WICKED 3/15 \$75/\$160

SUFFS 3/22 \$185

The Outsiders 4/19, \$145/\$110

Lion King 2 Dates: 5/21 \$125/\$105 - 5/30 \$155/\$140

Great Gatsby 7/19, \$185

2026 DESTINATION TOURS - Call for a Detailed Itinerary - Cape Transfers Included

Viking Mississippi Delta Explorer w/Hyannis Museum October

Alpine Swiss Villages & Rail June

Canadian Rockies VIA Rail August

Best of Spain September

Christmas in Victoria & Vancouver December

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Brewster Council on Aging, Brewster, MA

04-0720



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14 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.

Spanish for Beginners

8 week class,
Wednesdays, January 21 – March 11
1:30 – 3:00
\$80 – includes a packet of all the lessons
Held at the Brewster Fire Station

Have you always wanted to learn another language? This is your opportunity to gain basic skills in Spanish, the language spoken by 400 million people around the world. The instructor has over 30 years as a Spanish professor and loves to share her enthusiasm for the language and culture. You will learn pronunciation, greetings, present tense sentence structures, and vocabulary to talk about food, travel, health, favorite activities, and shopping. **Contact the instructor Cindy Doutrich at cdoutric@ycp.edu for more information.** Registration deadline is December 30th.

Conversational Spanish for Advanced Beginners

8 week class,
Mondays, January 26-March, 23
(no class February 16)
1:00 – 2:30
\$100 (small group setting)

This class will be focused on applying basic skills in Spanish to real-life situations through readings, role-plays, group discussions, and short videos. The primary goal is to build confidence in using the vocabulary and grammatical structures that the participants have acquired previously to become more proficient in conversational settings. **Please note, participants are required to have prior skills in pronunciation, basic greetings, using the present tense, and understanding the gist of written and spoken Spanish on familiar topics.** Contact the instructor, Cindy Doutrich if you have questions and/or to register for the class. cdoutric@ycp.edu

Chair Yoga

Tuesdays: 11:00-12:00
4-week series: January 27-February 17
\$42 for series
Thursdays: 2:30-3:30
4-week series: January 15-February 12
\$42 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.**

Scrapbooking

Wednesday, February 25 10:00-12:00
Free

Join us for a hands on scrapbooking session where creativity meets connection! Whether you're a seasoned crafter or just starting out, this workshop offers everything you need to turn your favorite memories into beautiful keepsakes. We'll provide materials, inspiration, and a great time—just bring your photos and imagination. Let's cut, paste, and laugh our way through a crafty afternoon. **Advanced registration is required. To save your seat, please call the COA at 508-896-2737**

Smartphone Confidence for Seniors

Wednesday, January 28, 1:30-3:00
Free

Want to feel more confident using your smartphone? Join our friendly, hands-on workshop designed especially for seniors. You will learn the essential skills that make everyday life easier: texting, email, video calling, using maps, searching the internet

and even getting help from new AI tools. We'll go step-by-step, at a comfortable pace, with plenty of time to practice and ask questions. You'll also learn simple safety tips to protect yourself from scams and confusion. All experience levels welcome and both iPhone and good for both-Android models. **To sign up, please call the COA at 508-896-2737**

Please note, all field trips are subject to cancellation and may not be able to be rescheduled

Trip: John F. Kennedy Hyannis Museum and Lunch at the Daily Paper

Friday, January 30 1:30-3:00
Admission \$10.50 and \$ for Lunch

Join us for a visit to the JFK Hyannis Museum to learn about the legacy of President Kennedy and his deep connection to Cape Cod where he enjoyed special days with family and friends. The Cape was the one place he could relax and feel at home, even while bearing the weight of the world. Learn why Hyannis Port was considered the heart and home of the Kennedy's then and now. Afterward we will travel down the road to The Daily Paper for lunch. Please visit their website at www.dailypapercapecod.com to view their menu so you can plan accordingly. **Both the museum and restaurant are ADA accessible but an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues.** Space is limited, please call the COA to sign up, 508-896-2737

Cultivating Contentment in Retirement

Wednesday, February 4, 10:00 – 11:30
Free

This workshop, led by Ed Sayer and John Hotard, both psychologists, is designed to help older adults find greater happiness and purpose during their retirement years by focusing on the practice of contentment. The session combines educational content, interactive activities, and guided meditations to provide a holistic experience. **Pre-registration is required, and space is limited. To sign up, please call the COA at 508-896-2737.**

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.



Let's Make some Valentines!

**Wednesday, February 4, 1:00 – 2:30
Free**

This year, surprise your family and friends with home-made Valentines! Come join our favorite card maker, Lauren Zeller, as she shows you how to make some fun cards that you can use to dazzle your loved ones with your skills. Unleash your creativity! There's no judging, no pressure, just a lot of fun! Each person will receive a kit with all the materials to make at least 6 cards and envelopes. **Registration is required; class size is limited to 10. To sign up, contact the COA at 508-896-2737 no later than Friday, January 30th.**



Scrapbooking

**Wednesday, February 25, 10:00 – 12:00
Free**

Join us for a hands-on scrapbooking session where creativity meets connection! Whether you're a seasoned crafter or just starting out, this workshop offers everything you need to turn your favorite memories into beautiful keepsakes. We'll provide materials, inspiration, and a great time - just bring your photos and imagination. Let's cut, paste, and laugh our way through a crafty afternoon!

ONGOING PROGRAMS 15

Dunbar House Tea Room **February 13, 10:15 – 2:00ish \$35**

Come celebrate Valentine's Day early with us at the Dunbar House Tea Room! Enjoy a traditional 3 tier all homemade afternoon tea. Gluten free and vegetarian options are available as well. To view their menu and their selection of teas, go to www.thedunbarhouse.com. Please note, the menu is subject to change seasonally. Space is limited. To reserve your spot, please call the COA at 508-896-2737.

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 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!

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 more 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, please 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

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 Barbara at cjohnsonhome@comcast.net

Bookworm Book Club **Every 4th Friday, 11:00am-12:00pm Brewster Ladies Library**

Led by avid reader, Patrice Thornberg, this book club is a little different from your average book club. In this one you get to read whatever you want to and then share it at the meeting. And the best part is, afterward, since you are already at the library, you get to take out more books! For more information and to sign up, please contact Patrice at 617-872-1109 or pthornberg@comcast.net

16 ONGOING PROGRAMS

EXERCISE

Intermediate Tai Chi Class:

Mondays and Thursdays

9:00 am - 10:00am

\$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, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. We will be learning the 24 Posture Yang Style. 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: capecodaichisociety@gmail.com.**

Advanced Tai Chi

Mondays & Thursdays

10:15 – 11:15am

\$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: capecodaichisociety@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 cdoutric@ycp.edu to register.**

HEALTH

Blood Pressure and Glucose Testing

2nd Monday of each month:

January 12 and February 9

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

January 6 and February 3

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

January 15 and February 19

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

January 21 February 18

10:00—12:15

Free

Come experience the many benefits of Reiki with Shirley Wladar, RN and Reiki Master! Reiki is an energy healing technique which promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands in a non-invasive manner to deliver energy to your body, improving the flow and balance of your energy to your own body, mind and spirit. The program will begin with a nature based guided meditation to help you settle in to an inner focus of peacefulness. **Please dress comfortably and be prepared to lie down on the floor or sit in a chair for approximately 40 minutes. You may want to bring a pillow, blankets or a yoga mat to help you be comfortable. To register, please call the COA at 508-896-2737**

17 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
January 14 and February 14
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. 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.

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!



SERVICES

HELPING HAND

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.

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

2nd & 4th Tuesdays: 2:00 - 3:30pm
January 13 &27 and February 10 & 24

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

Pet Nail Trimming

3rd Thursday

January 15 & February 19

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: January 9 and February 6

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

*"We make a living
by what we get,
but we make a life
by what we give."*
– Winston Churchill

Friends' Membership ends December 31st

Renew or Sign up Now for 2026!

Please Enter ALL Info and Print Very Clearly

Name _____ New Renew

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Prefer to receive newsletters electronically Yes No

Membership: \$15.00 per person

Please indicate: New \$ _____ Renewing \$ _____

Additional donation of \$ _____ Total enclosed \$ _____

Like a membership card? Please enclose a self-addressed, stamped envelope, and return with this form and your check to our address:

FOBS, PO Box 2310, Brewster, MA 02631 OR sign up online: <https://www.FriendsOfBrewsterSeniors.org>

**Sea Captains' Thrift Shop**

Just a reminder that the shop will be closed during January 2026 for our winter break. We'll re-open on February 6, 2026 on our winter schedule, which is Thursday, Friday and Saturday only from 10AM-3PM. We'll be back open full time beginning March 3, 2026, from 10AM-4PM. Did you separate your 'giveaways' before putting away your summer clothes? If so, we'd love to have them!

What do you call a couple of chimpanzees sharing an Amazon account?

PRIME-mates.



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

Or just scan the QR code! Stop by our Facebook Pages, too! Both the Friends and SeaCaptains' Thrift Shop have Facebook Pages



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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+**

Note - Services below are not available to residents of assisted living facilities.

COA VAN - We offer trips for Grocery Shopping 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.**

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