

# BAYSIDE CHATTER

## BREWSTER COUNCIL ON AGING

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

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**“We Care About You”**



**March/April 2026**



**Elton R. Cutler**

Director, Brewster  
Council on Aging

Welcome to March and April at the Senior Center!

Dear Seniors,

As the chill of winter melts away and the vibrant colors of spring begin to bloom, I am thrilled to welcome you to the months of March and April here at the Senior Center. This season brings new beginnings and fresh opportunities to connect, learn, and enjoy our time together.

Celebrating March – A month of renewal, March is a time of rejuvenation and growth. We have an exciting lineup of activities planned to help us embrace the spirit of spring:

- Core Stability - How to improve your core and build a stronger you, join us for developing core stability, essential for improving overall body strength, balance, and posture. A strong core supports your daily activities and enhances ath-

letic performance. Whether you're a beginner or looking to refine your skills, this session will guide you through exercises and techniques to strengthen your core.

Welcoming April – A month of fresh opportunities, April signifies not just the beauty of flowers but also personal growth and exploration. Join us for fraud awareness.

- Protecting Yourself from Fraud: AARP Awareness and Prevention

An opportunity to learn about various types of fraud targeting older adults, including specific scams. Understanding these scams is crucial for prevention and safeguarding personal information.

Remember, your presence enriches our community. Whether you participate in one event or all, every moment spent together contributes to the warmth and spirit of the Senior Center. We encourage you to invite friends and neighbors to join us—there's always room for more!

Please feel free to reach out to me or any of our staff if you have ideas, suggestions, or concerns. We are here to serve YOU!

Wishing you all a joyful start to March and April. I look forward to seeing your smiling faces around the center!

Warm regards,  
Elton

### Brewster COA Staff

Elton R. Cutler - Director  
Amy Kelly - Senior Department Assistant  
Tana Christo - Department Assistant  
Annie Rapaport - Program Coordinator  
Cindy Thatcher - Outreach/SHINE Coordinator  
Linda Harding - Outreach/SHINE Coordinator  
John Whitney- 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

### 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.*

### **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



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For the latest information on topics please visit our  
COA website at: [www.brewstercoa.com](http://www.brewstercoa.com)

### ◆ New in Medicare for 2026

- ◆ **Drug price negotiation**—The first set of negotiated drug prices, which will go into effect in 2026, is estimated to save \$1.5 billion in annual out-of-pocket costs for Medicare beneficiaries while saving the Medicare program \$6 billion per year. Drugs selected for 2026, **Eliquis, Jardiance, Xarelto, Januvia, Farxiga, Entresto, Enbrel Imbruvicaa, Stelara and Novolog.**
- ◆ **One Big Beautiful Bill Act (OBBBA)** - has made Medicare changes for some immigrants
- ◆ **Telehealth**—after January 30, 2026 most telehealth services will again be more limited unless Congress acts. For now, only some of the broader telehealth coverage has been made permanent

### 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](mailto: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!

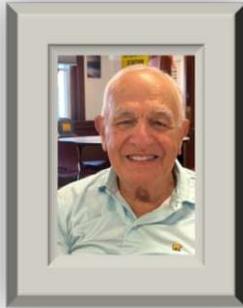
- ◆ **Telehealth (cont'd) After January 30, 2026 telehealth services will likely be;**
  - Still available regardless of geographic area for certain types of care
  - Still able to be delivered using audio only communications platforms for behavioral/mental health care
  - Subject to pre-PHE restrictions for other types of care
- ◆ **Temporary Special Enrollment Period (SEP)** Medicare will grant an SEP to beneficiaries who:
  - Used the Medicare Plan Finder provider directory information to select an Medicare Advantage Plan
  - Enrolled in that plan through Medicare Plan Finder
  - And within three months of the effective date of the plan, realized that their provider is not in the plan's network.
- ◆ **Original Medicare Part A (hospital insurance)**
  - Premium for those with 40+ working quarters: \$0/month
- ◆ **Original Medicare Part B (medical insurance)**
  - Premium:\$202.90/month
  - All beneficiaries are responsible for the Part B premium, even if they are enrolled in a MA plan
- ◆ **Medicare Part D (prescription drug benefit)**
  - National base premium:\$38.99/month
  - Annual deductible: No more than \$615
  - Catastrophic coverage phase: Begins after \$2,100 in out-of-pocket costs for Covered Part D drugs

### 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!**





### In Loving Memory of Ray DiPietro

Dear Brewster Community,

It is with profound sadness that we remember Ray DiPietro, our esteemed Senior of the Year for 2025 and a beloved fitness instructor.

Ray's dedication to health and wellness extended far beyond the gym, he truly embodied the spirit of giving and community.

Throughout his time with us, Ray touched the lives of countless individuals, inspiring his peers to embrace fitness and well-being.

His unwavering commitment to nurturing both physical and emotional health created an inclusive environment where everyone felt valued and empowered.

Ray's legacy is one of kindness, positivity, and tireless service. He gave so much back to our community, not only through his fitness programs but also by fostering meaningful relationships and encouraging personal growth in others. His infectious enthusiasm and compassionate heart will be deeply missed.

As we reflect on his remarkable contributions, let us honor Ray by continuing to support one another, just as he would have wanted.

With heartfelt condolences,

Elton

### AARP Income Tax Preparation is Here

Wednesdays: February 11 - April 15

Brewster Town Hall, 2198 Main St.

Appointments with knowledgeable tax representatives from AARP. are available on Wednesdays, from February 11 through April 15., and will be held at the Brewster Town Hall.

**Please note:** This service is for basic, uncomplicated tax filing ONLY. (Form 1040 or Form 1040-EZ) Appointments are available on a first come first served basis. 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 on-line scheduling. There is no cost involved. We hope to welcome you to our team soon. You can visit our website at [www.nausetneighbors.org](http://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.

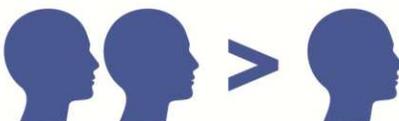


# Picture This!

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.

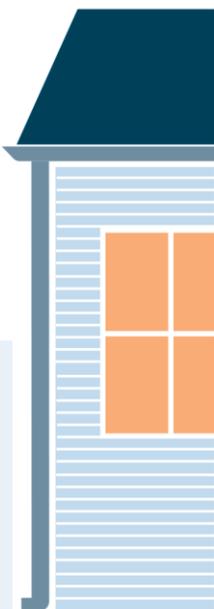
aid  
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SMOKE  
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## American Irish Stew

Yield: 6 servings

1 tablespoon extra-virgin olive oil

1-1/4 pounds beef, top round, cut into 3/4-inch pieces

3 cloves garlic, minced

Salt, to taste

Pepper, to taste

1 medium onion, coarsely chopped

3 medium carrots, peeled and cut into 3/4-inch pieces

2 medium parsnips, cut into large chunks (optional)

3 cups low-fat, reduced-sodium beef broth

4 medium russet potatoes, peeled and cut into large chunks

1 tablespoon chopped fresh rosemary

1 leek, coarsely chopped

2 tablespoons chopped fresh parsley

In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook. Serve hot and garnish with parsley, if desired.

(Courtesy of Family Features. Reprinted with permission from the American Institute for Cancer Research)

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## National Walking Day Town of Brewster Wednesday April 1, 2026

Come celebrate National Walking Day with the Town of Brewster  
Bicycle and Pedestrian Committee and The Council on Aging

**Start Location: Brewster Council on Aging**

**1673 Main St Brewster, Ma**

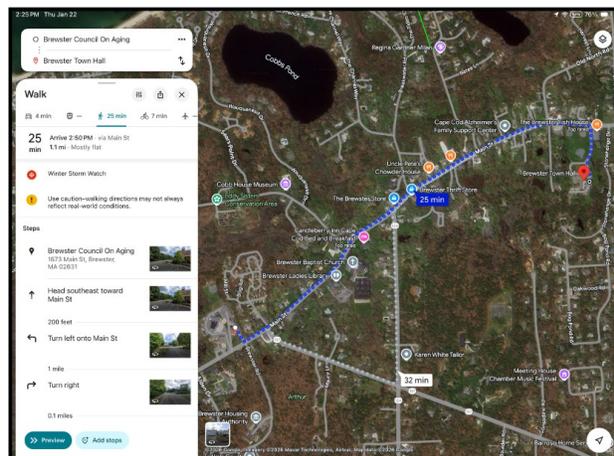
**Time: 7:30 a.m.**

**Walking route: COA to Town Hall using  
sidewalks on Main St and back with coffee  
and refreshments at COA afterwards – about  
2.1 miles/ 45-60 minutes**

**Walking Pace: All paces and abilities  
welcome**

**Rain date: April 2, 2026 @ 7:30 a.m.**

- Celebrate the walkability of Brewster
- Highlight walking for fitness, health, & fun
- Encourage people in Brewster to walk for fun, exercise, health, and socialization
- Walkable towns are healthier and happier towns



If interested, call Annie at the COA at 508-896-2737.

# Celebrate St. Patrick's Day

WITH LUNCH AND A MOVIE!

WAKING NED DEVINE

WEDNESDAY, MARCH 18TH  
12:00 - 2:00

JOIN US FOR SOME LUNCH AND LAUGHTER AS WE EXTEND ST. PATRICK'S DAY AND WATCH THIS CLASSIC IRISH FILM. TO SIGN UP, PLEASE CALL THE COA AT 508-896-2737. COST TO BE DETERMINED.

BREWSTER COUNCIL ON AGING ~ 1673 MAIN STREET



*Amy*  
**HARBECK**

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

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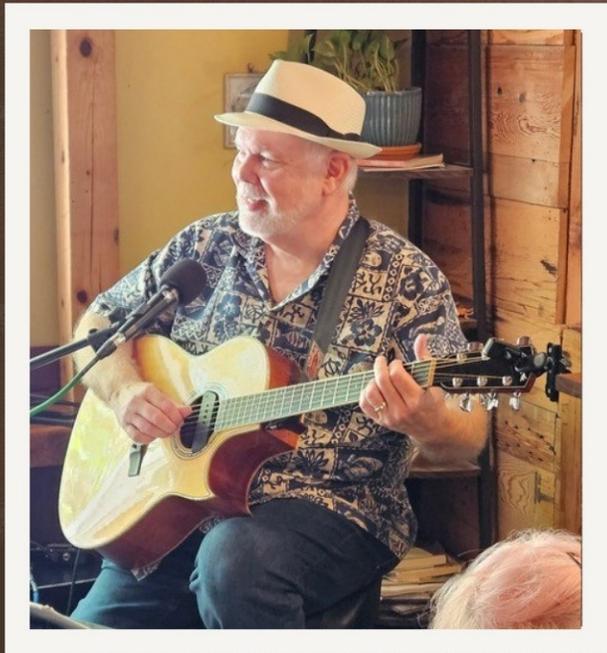
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Brewster Council on Aging, Brewster, MA

04-0720

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COUNTRY BLUES  
WITH

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SHIELDS**



**29**

**APRIL**

**1:30PM**

**BREWSTER  
COA**

A TRIBUTE TO THE EVOLUTION OF FINGERSTYLE GUITAR MUSIC FROM THE EARLY 1900S THROUGH THE JAZZ AGE AND THE FOLK MUSIC SCENE OF THE 1960S THROUGH THE 1990S.

SPACE IS LIMITED, TO RESERVE YOUR SEAT, CALL THE COA AT 508-896-2737.

BREWSTER COUNCIL ON AGING - 1673 MAIN STREET

# 10 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:00 Int. Tai Chi 10:15 Adv. Tai Chi 1:00 Canasta 1:00 Conversational Spanish for Advanced Beginners	9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin' 1:30 <b>Collage Club/BLL</b>	10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 2:00 BMCC 2:30 Chair Yoga	9:00 <b>Foot Care</b> 10:00 Swimming At Brewster Green 10:00 Paving the Path to Wellness 1:00 Mah Jongg
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00 Int. Tai Chi 9:30 <b>Abstract and Expressive Art</b> 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta 1:00 Conversational Spanish for Advanced Beginners	9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alz. Caregiver Support Group	10:00 Computer Help 10:00 Knit/Crochet 11:00 <b>Healthy Meals in Motion COA</b> 1:00 Quilters 1:00 <b>How to Improve Your Balance and Core Stability</b>	9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 2:00 BMCC 2:30 Chair Yoga	10:00 Swimming At Brewster Green 10:15 <b>Trip: Cape Cod Museum of Art &amp; lunch at Olivers</b> 1:00 Mah Jongg
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:00 Int. Tai Chi 9:30 Abstract and Expressive Art 10:15 Adv. Tai Chi 1:00 Canasta 1:00 Conversational Spanish for Advanced Beginners	9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin'	10:00 Computer Help 10:00 Knit/Crochet 10:00 Reiki 12:00 <b>Movie: Waking Ned Devine &amp; Lunch at the COA</b> 1:00 Quilters 2:30 Practice Your French/BLL	8:00 Pet Nail Trim 9:00 Hearing Screenings 9:00 Int. Tai Chi 10:15 Adv. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin'! 2:00 BMCC 2:30 Chair Yoga	10:00 Swimming At Brewster Green 1:00 Mah Jongg 3:00 Sound Bath
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00 Int. Tai Chi 9:30 Abstract and Expressive Art 10:15 Adv. Tai Chi 1:00 Canasta 1:00 Conversational Spanish for Advanced Beginners	9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alz. Caregiver Support Group	10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	9:00 Int. Tai Chi 10:15 Adv. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin'! 2:00 BMCC 2:30 Chair Yoga	10:00 Swimming At Brewster Green 11:00 <b>Trip: Movie Matinee and Lunch at the Chatham Orpheum</b> 1:00 Mah Jongg
<b>30</b>	<b>31</b>			
9:00 Int. Tai Chi 9:30 Abstract and Expressive Art 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Qi Gong 9:30 W.O.W. 10:00 <b>Ask a Dietitian</b> 11:00 Chair Yoga 1:00 Keep Movin' 4:00 <b>Greek Cultural Night/BLL</b> 			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>7:30 Celebrate National Walking Day</p> <p>10:00 Computer Help</p> <p>10:00 Knit/Crochet</p> <p>10:00 Ticks on the Cape</p> <p>1:00 Quilters</p>	<p>2</p> <p>9:00 Int. Tai Chi</p> <p>10:15 Adv. Tai Chi</p> <p>10:00 Meditation</p> <p>10:00 Knit/Crochet</p> <p>11:30 Senior Dining</p> <p>12:15 Bingo</p> <p>1:00 Keep Movin'!</p> <p>2:00 BMCC</p> <p>2:30 Chair Yoga</p>	<p>3</p> <p>9:00 Foot Care</p> <p>10:00 Diabetes 101 and A1C Screenings</p> <p>10:00 Swimming At Brewster Green</p> <p>1:00 Mah Jongg</p>
		<p>6</p> <p>9:00 Int. Tai Chi</p> <p>10:15 Adv. Tai Chi</p> <p>1:00 Canasta</p>	<p>7</p> <p>9:00 Qi Gong</p> <p>9:30 W.O.W.</p> <p>11:00 Chair Yoga</p> <p>10:00 Hearing Screenings</p> <p>1:30 Keep Movin</p> <p>1:30 Collage Club BLL</p>	<p>8</p> <p>10:00 Computer Help</p> <p>10:00 Knit/Crochet</p> <p>11:00 <i>Healthy Meals in Motion (COA)</i></p> <p>1:00 Quilters</p> <p>1:30 Protect Yourself from Fraud and Identity Theft</p>
<p>13</p> <p>9:00 Int. Tai Chi</p> <p>9:30 Abstract and Expressive Art</p> <p>10:00 BP &amp; Glucose Testing</p> <p>10:15 Adv. Tai Chi</p> <p>1:00 Canasta</p>	<p>14</p> <p>9:00 Qi Gong</p> <p>9:30 W.O.W.</p> <p>11:00 Chair Yoga</p> <p>1:00 Keep Movin'</p> <p>2:00 Alz. Caregiver Support Group</p>	<p>15</p> <p>8:00 Birding at Brewster Community Gardens</p> <p>10:00 Computer Help</p> <p>10:00 Knit/Crochet</p> <p>10:00 Reiki</p> <p>1:00 Quilters</p> <p>2:30 Practice your French/BLL</p>	<p>16</p> <p>8:00 Pet Nail Trim</p> <p>9:00 Walking Club</p> <p>9:00 Hearing Screenings</p> <p>9:00 Int. Tai Chi</p> <p>10:15 Adv. Tai Chi</p> <p>10:00 Meditation</p> <p>10:00 Knit/Crochet</p> <p>11:30 Senior Dining</p> <p>12:15 Bingo</p> <p>1:00 Keep Movin'!</p> <p>2:00 BMCC</p> <p>2:30 Chair Yoga</p>	<p>17</p> <p>10:00 Swimming At Brewster Green</p> <p>1:00 Mah Jongg</p> <p>3:00 Sound Bath</p>
<p>20</p> <p><b>Patriots Day</b> <b>The COA is Closed</b></p> 	<p>21</p> <p>9:00 Qi Gong</p> <p>9:30 W.O.W.</p> <p>11:00 Chair Yoga</p> <p>1:00 Keep Movin'!</p>	<p>22</p> <p>10:00 Computer Help</p> <p>10:00 Knit/Crochet</p> <p>1:00 Bike Smart, Ride Safe</p>	<p>23</p> <p>9:00 Walking Club</p> <p>9:00 Int. Tai Chi</p> <p>10:15 Adv. Tai Chi</p> <p>10:00 Meditation</p> <p>10:00 Knit/Crochet</p> <p>11:30 Senior Dining</p> <p>12:15 Bingo</p> <p>1:00 Keep Movin'!</p> <p>2:00 BMCC</p> <p>2:30 Chair Yoga</p>	<p>24</p> <p>10:00 Swimming At Brewster Green</p> <p>11:00 Trip: Movie Matinee and lunch at the Chatham</p> <p>1:00 Mah Jongg</p>
<p>27</p> <p>9:00 Int. Tai Chi</p> <p>9:30 Abstract and Expressive Art</p> <p>10:15 Adv. Tai Chi</p> <p>1:00 Canasta</p>	<p>28</p> <p>9:00 Qi Gong</p> <p>9:30 W.O.W.</p> <p>10:00 Legal Help</p> <p>11:00 Chair Yoga</p> <p>1:00 Keep Movin'!</p> <p>2:00 Alz. Caregiver Support Group</p>	<p>29</p> <p>10:00 Computer Help</p> <p>10:00 Knit/Crochet</p> <p>1:30 The Evolution of Country Blues</p> <p>2:30 Practice your French/BLL</p>	<p>30</p> <p>9:00 Walking Club</p> <p>9:00 Int. Tai Chi</p> <p>10:15 Adv. Tai Chi</p> <p>10:00 Meditation</p> <p>10:00 Knit/Crochet</p> <p>11:30 Senior Dining</p> <p>12:15 Bingo</p> <p>1:00 Keep Movin'!</p> <p>2:00 BMCC</p>	

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.

## Abstract and Expressive Art

### 6-Week Class

**Mondays; March 9-April 27 (no class April 6 and 20)**

**9:30-11:00**

**\$95 for class**

Jennifer Stratton, Artist/Instructor for this 6 week class. Many people tend to shy away from abstract art because they don't understand it. In this class we will be looking at a few famous abstract painters like Jackson Pollack, Mark Rothko, Christine Ay Tjoe as jumping off points for our own work. The important thing about abstract art is that you rely much more on form, color, texture, line and tone to create your piece. These are basic elements which are important to learn for any art. We will also be exploring more expressive arts which can be a combination of abstract and more realistic art. No matter what your level of art experience, this is a place for you to come and have fun. We'll be working in acrylic, watercolor and other mixed media mediums. Space is limited **To register please call the COA at 508-896-2737**

## Collage Club

**1st Tuesday of the Month**

**March 3 and April 7**

**1:30-2:30**

**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](http://www.brewsterladieslibrary.com)** by going to the events calendar under the library info tab

## Chair Yoga

**Tuesdays: 11:00-12:00**

**8-week series: March 3-April 21**

**\$70 for series**

**Thursdays: 2:30-3:30**

**8-week series: March 5-April 23**

**\$70 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](mailto:martyzurn@comcast.net).**

## How to Improve Your Balance and Core Stability

**Wednesday, March 11**

**1:00-2:00**

**Free**

Join Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS, C-IASTM, NASM-CPT, and owner of Physical Therapy 2 Go, LLC. a mobile, outpatient physical therapy company serving Cape Cod. Chris has been a physical therapist and personal trainer for 25 years, and has worked in both inpatient and outpatient settings, as well as in home care. He will give an overview of how balance and core stability diminishes with age and teach you ways to improve flexibility, strength, balance and dynamic stability, leaving you feeling empowered with new strategies and exercises to help you, help yourself. **To sign up, contact the COA at 508-896-2737**

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

## Trip: Cape Cod Museum of Art and lunch at Olivers

**Friday, March 13, 10:15-1:30ish**

**Admission \$5 and \$ for lunch**

Join us for a trip to The Cape Cod Museum of Art. The Museum preserves the work of the Cape's finest artists and celebrates the distinctive artistic identity of the Cape, the Islands, and the region. Afterward we will travel down the road and have lunch at Olivers. Please view their menu at [www.oliversandplancks.com](http://www.oliversandplancks.com) to plan accord-

ingly the cost of your meal. **Please note both locations are ADA accessible, however an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues.** Space is limited. To sign up, please call the COA at 508-806-2737.

## Lunch and Movie: Waking Ned Devine **Wednesday March 18, 12:00-2:00**

**Cost TBD**

**For more information please see page 7**

## Sound Bath

**Friday, March 20, 3:00 – 4:00**

**Friday April 17 3:00-4:00**

**Free**

Come join us for a relaxing treat and bathe in the healing vibrations arising from the magical tones of crystal bowls, gong, and voice. Carol Marcy will introduce you to an experience that is immensely relaxing and renewing, as well as teach you how to bring healing energy to your own body, mind, and spirit. The program will begin with a nature-based guided meditation to help you settle into 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 pillows, blankets, or a yoga mat to help you be more comfortable. To sign up, please call the COA at 508-896-2737.**

**Coming this Spring**

**Cape Cod Mobile Barbering**



**For more information,  
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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.

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, March 27 11:00-2:00ish

Friday, April 24, 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! The timing might be earlier. 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](http://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

### Ask – A – Dietitian

Tuesday March 31, 10:00 – 11:00

Free

Have a question only a dietitian can answer? Here's your chance! Amy Rose Sager, Dietitian Nutritionist for the VNA will be here to help encourage healthy eating habits, discuss diet and nutrition topics such as blue zones to affordable healthy eating to microbiome gut health, to the DASH Diet and much more. No registration is required; walk-ins are welcome! For questions call the VNA directly at: 508-957-7423.

### Greek Cultural Night

In Partnership with the Brewster Ladies Library

Tuesday, March 31 4:00 – 5:30

Free

Come escape to an evening in beautiful Greece with music, history, language, food and dance! Your instructor, Rheanna Hastings, is a first generation Greek American who grew up surrounded by Greek culture. She speaks, reads, and writes Greek, and loves to share her culture with others which includes history, language and especially Greek food! Join us to relax, enjoy Greek hospitality, food and dance! This program is supported by a grant from the Brewster Local Cultural Council, a local agency supported by the Mass Cultural Council, a state agency. **To register you must call the library at 508-896-3913 or sign up online at [www.brewsterladieslibrary.com](http://www.brewsterladieslibrary.com) by going to the events calendar under the library info tab.**

### National Walk Day in Brewster

Wednesday April 1

For information see Page 5



### Ticks on the Cape

Wednesday, April 1, 10:00 – 11:00

Free

Ticks are one of Cape Cod's biggest nuisances and tick-borne illnesses are on the rise. In this interactive presentation, an epidemiologist from the VNA will guide participants through the local ticks we run into on the Cape, what illnesses they can carry, and why they've become such a problem. Attendees will also explore hands-on prevention tools, learn how to identify early signs of tick-borne illnesses, and learn tips to reduce exposure. **And for**

those in attendance there will be a nice take home gift! To sign up, please call the COA at 508-896-2737. **Diabetes 101 and A1C Screening**

Friday, April 3, 10:00 – 12:00

### **Diabetes 101: It's Not Just About Sugar**

Learn all about Diabetes as a chronic condition, symptom management, and modifiable lifestyle factors to help you become more informed on ways to proactively navigate your healthcare needs. Presented by Lauren Forziati, VNA Public Health Nurse and Certified Community Diabetes Educator.

### **A1C Screening: How Well is Your Glucose Controlled**

Following this informative presentation, Barnstable County Public Health Nurses will be hosting an A1C Screening clinic. A1C is a blood test that measures your average blood sugar levels over the past two to three months. The A1CNow@+ system provides a fast and easy way of obtaining accurate A1C results within 5 minutes with just a fingerstick. **Registration is required for both the presentation and the screening. However, if you want to do the A1C screening, there are a limited amount of appointments so be sure to sign up as soon as you can. Please call the COA at 508-896-2737 to do so for both.**

### **Protect Yourself from Fraud and Identity Theft**

Wednesday, April 8, 1:30 2:30

Free

Each year, criminals steal billions from Americans using tactics including tech support and business impersonation, AI, cryptocurrency, and social media. Join Bruce Farrell of the AARP for an eye opening session, in which he will delve into the strategies of scammers, as well as discussing in particular the grandparent scam and romance scams and how the savvy the criminals are in trying to create friendships with their intended victims in order to get their personal and financial information. Don't miss this crucial presentation – your security depends on it! **To reserve your spot, call the COA at 508-896-2737.**

## ONGOING PROGRAMS 15

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.

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

**Lunch at Dan'l Webster**  
Friday, April 10, 10:45 – 2:00ish  
\$ for lunch

The Dan'l Webster Inn in Sandwich, Massachusetts, is a historic property operating for over 300 years, originating from a 1692 parsonage that later became a Revolutionary War-era tavern. Named for statesman Daniel Webster, who frequented it from 1815–1851, the original building burned in 1971 and was rebuilt in 1973. Please go to [www.danlwebsterinn.com](http://www.danlwebsterinn.com), to view an example of their menu. Join us for this special outing! Space is limited, please call the COA at 508-896-2737 to reserve your spot.



**Birding at the Brewster Community Gardens!**  
Wednesday, April 15th, 8:00 - 9:30 AM  
Free

Search for birds at the Brewster Community Gardens and the adjacent Eddy Sisters Trail with Brewster Rec's Christine Bates. We'll hope to see a variety of species, including those that live here year-round and those that are passing through during spring migration. Bring binoculars if you have them; a limited number of pairs will be available to borrow. To sign up, please call the COA at 508-896-2737.



**Bike Smart, Ride Safe!**  
Wednesday, April 22, 1:00-2:00  
Free

Join us for an informative and practical bike safety class offered by the Cape Cod Hospital Trauma Program and led by Matt Dobberteen, an American League of Cyclists certified instructor. This session will cover how to choose the right bike for your body and riding style, proper helmet use and fitting, and an essential "ABC" quick safety check to perform before every ride. You'll also learn best practices for staying safe while riding on roadways and shared pathways. Whether you're new to cycling or looking to refresh your skills, this class will help you ride with confidence and safety. In addition, you will get to leave with your own new helmet! Don't pass this up! To reserve your spot, call the COA at 508-896-2737.

**The Evolution of Country Blues with Stephen Shields**  
Wednesday, April 29, 1:30  
For More information see page

## ONGOING SOCIAL

**Walking Club**  
Winter hiatus is over!  
Thursdays 9 –10:00

Starting April 9th and going through December, join us weekly on Thursdays for an hour-long scenic walk. Enjoy comradery and exercise! 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](mailto: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 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!

## 16 ONGOING PROGRAMS

### 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 [cbjohnsonhome@comcast.net](mailto:cbjohnsonhome@comcast.net)

## 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: [capecodtaichisociety@gmail.com](mailto:capecodtaichisociety@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: [capecodtaichisociety@gmail.com](mailto: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 the COA for more information or to sign up 508-896-2737

### 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](mailto:cdoutrich@ycp.edu) to register.

### 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

## HEALTH

### Blood Pressure and Glucose Testing

### 2nd Monday of each month: March 9 and April 13 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 March 3 and April 7 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 March 19 and April 16 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](mailto:drcarolmarcy@gmail.com)



## 17 ONGOING PROGRAMS

### Reiki

**March 18 and April 15**

**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. To register, please call the COA at 508-896-2737

## 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**

**March 11 and April 8**

**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](mailto:dany2220@yahoo.com).

## SERVICES

### Alzheimer's Caregiver Support Group

**and Activity Group for People with**

**Cognitive Impairment**

**2nd & 4th Tuesdays: 2:00 - 3:30pm**

**March 10 & 24 and April 14 & 28**

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**

3rd Thursday  
 March 19 & April 16  
 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: March 6 and April 3  
 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-harbor-master-shellfish>



Friends of Brewster Seniors



Once you choose hope, anything's possible. Christo-

Ten Things We Can All Do To Make Brewster Better

1. Smile more often
2. Offer to help our neighbors with snow removal/yard work/meal delivery
3. Support a caregiver by giving them a break
4. Greet people we meet on our daily walks warmly
5. Attend Town Meeting even if not convenient
6. Shop and buy local
7. Thank staff at shops, health institutions, schools, police, fire and town departments more often for their service to you.
8. Volunteer with local non-profits!
9. Participate in or start your own litter clean up event.
10. Plant enough to share the bounty of our gardens this summer

**Friends' Membership ended December 31st. Have You Renewed for 2026?**

Don't forget about all the savings that you'll be entitled to if you're a 2026 paid member. We've already got lots of social events planned, from lunches to visits to the symphony to a surprise celebration for America's 250th Anniversary. Plus our annual events such as the Lobster Roll Cruise, the 5th Anniversary of A Taste of Crosby Mansion and our holiday party. Don't miss out! Renew today!

You can sign up online at our website or just scan the QR code below.

My vacuum cleaner and I broke up.

It was just collecting too much dirt in our relationship.



**Sea Captains' Thrift Shop**



The shop is open six-days a week, weather permitting, beginning March 3, 2026, from 10AM-4PM. We're looking for spring clothing and décor, so if you have some, we'd love it! Donations are accepted every day we're open from 11 AM - 2 PM at the back door. Clothing must be clean, current and complete (no missing buttons or broken zippers, please). See you soon!

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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- 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](http://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.**



OR CURRENT RESIDENT

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TOWN OF BREWSTER - COA  
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