

MAY/JUNE 2026

Proud to be AARP-Certified Age & Dementia Friendly Communities

BAYSIDE CHATTER

BREWSTER COUNCIL ON AGING

Brewster Health & Wellness Fair

OVER 30 VENDORS!

**The Resource Inc.
Advanced Audiology
Cape EFT Associates
Hearts & Paws Comfort Dogs
Lower Cape Outreach
The Vascular Care Group
Brewster Recreation Department
Simply Plant Based
MA & RI Poison Center
The Perkins Library
Health Screenings**

Just to name a few!

**Friday, May 15
2:00 - 4:00**

Brewster Sea Camps - 3057 Main Street

Brewster For A Lifetime

1673 MAIN STREET, BREWSTER, MA 02361 | (508) 896-2737 | WWW.BREWSTERCOA.ORG



Elton Cutler
Director, Brewster COA

As we step into May and June, we find ourselves filled with excitement and gratitude for the vibrant events that lie ahead. May is Older Americans Month, a time dedicated to honoring and celebrating the contributions of our older adults. We are thrilled to host a special event at the Sea Camps, where we will engage in activities that recognize their wisdom and resilience. It's a wonderful opportunity for all generations to come together and appreciate the invaluable roles our older citizens play in our community.

Additionally, we eagerly anticipate our Annual Town Health Fair, where health and wellness take center stage. This event promises an array of resources, screenings, and educational sessions designed to empower our residents. It's a chance to prioritize our health and well-being while connecting with local health providers.

In June, we will proudly celebrate our 3rd Annual Juneteenth event. This momentous occasion commemorates freedom and advancement for our African American community. We have planned a series of activities to honor this pivotal moment in our history, emphasizing culture, education, and unity.

Let's make the most of these upcoming events by participating, learning, and celebrating together. Thank you for your continued support, and I look forward to seeing you at each of these gatherings. Warm regards,

~ **Elton Cutler**,
Director of Brewster Council on Aging

In This Issue:

- 02 - Director's Notes
- 03 - Inside this Issue
- 04 - Health & Wellness
- 06 - May Happenings
- 07 - May Calendar
- 08 - Sponsor Content
- 10 - June Happenings
- 11 - June Calendar
- 12 - 15 Programing A-Z
- 16 - Trips/Tours
- 18 - Transportation & Friends News
- 19 - Sponsor Content

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.

Board Members

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

Brewster for a Lifetime

Exciting Update: Our New Tagline!

You may have noticed our tagline has evolved from “**We Care About You**” to “**Brewster for a Lifetime**”. This change reflects our deep commitment to the seniors we serve and reinforces our Age-Friendly Community Initiative. At Brewster, we are dedicated to building lasting connections and support for our community members. We believe that aging should be a rewarding journey and we are here alongside you every step of the way.

Thank you for being a part of our Brewster family. Together, we’re committed to creating a vibrant inclusive community *for a lifetime*.



Thank you Rob!

We would like to express our thanks to our friend and team member, Rob Williams for his commitment and reliability as he retires from his position as Part-time Van Driver. Rob’s caring manner and friendly disposition will be missed. Rob’s commitment to our seniors was evident not only to those whom he drove but also to the many

folks he has delivered meals to while volunteering for both our mobile food pantry and the Meals-on-Wheels Program. Rob, we wish you good health and happiness, and we look forward to seeing you around the COA.

Brewster COA Staff

- Elton Cutler, Director**
- Amy Kelly, Senior Dept. Asst.**
- Tana Christo, Dept. Asst.**
- Annie Rapaport, Program Director**
- Cindy Thatcher, Outreach/SHINE Coordinator**
- Linda Harding, Outreach/SHINE Coordinator**
- John Whitney, Transportation Coordinator**
- Steve Holmes, Van Driver**
- Brian Locke, Van Driver**

Receive the Bayside Chatter via Email

If you would like to skip the paper and have your newsletter emailed please email us at coanewsletter@brewster-ma.gov. Please include your address and phone number. We will then remove your name from our paper mailing list

Swimming at Brewster Green will end for the season on May 22nd

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! Thank you for your kindness!

Give a little.... help a lot!

04 HEALTH AND WELLNESS

Advanced Audiology Associates

3rd Thursdays 9:00-11:00

Hearing screenings by Advanced Audiology Associates occur on the 3rd Thursday of each month. Screenings are by appointment only and last approximately 15 minutes. These screenings include ear inspections and hearing aid checks.

Blood Pressure and Glucose Testing

2nd Monday of the Month

The second Monday of each month a Barnstable County Public Health Nurse will be at the Council on Aging for those who wish to have their blood pressure and/or glucose level tested.

This program is offered for FREE on a drop-in basis from 10:00 to 11:00

Meditation

Thursdays 10:00-11:00

Carol Marcy, Certified Meditation Instructor leads 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.

For more information or to register please contact Carol at drscarolmarcy@gmail.com

Foot Care

**Friday, May 8th
Friday, June 5th**

Autumn Knight, RN, is a Certified Foot Care Nurse/Specialist. She has many years of experience in her field and works for Cape Cod Healthcare in their Clinical Education Department. She provides 30-minute, routine foot-care appointments from 9:00 a.m. to 2:30 p.m. at the COA. Appointments are \$45, cash only and can be scheduled by calling the COA

Reiki

**3rd Wednesday of the month
10:00**

Reiki is an energy healing technique which promotes relaxation, reduces stress and anxiety through gentle touch. Shirley Wladar, RN and Reiki Master brings the many benefits of this practice to the Council on Aging every 3rd Wednesday of the month. Shirley uses her 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.

Brewster Residents only. This service is FREE but appointments are required



At Home Hearing Healthcare 1st Tuesday of the Month

Sean Woodbrey, Licensed Hearing Instrument Specialist is at the Council on Aging the first Tuesday of each month from 10:00 a.m. to 2:00 p.m. Sean can administer hearing tests as well remove cerumen. He is able to clean, maintain and repair any hearing aid models. Sean 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. This service is FREE but appointments are required.

Please note: to make an appointment for any of these programs you must call the COA at 508-896-2737 unless otherwise noted

Join the Brewster Bocce League!

Sponsored by the Council on Aging and Brewster Rec

Saturday afternoons
starting May 9th
2:00 - 3:00

Brewster Council on Aging
Free

Looking for an enjoyable sport to participate in? Join our new league! The atmosphere is friendly yet competitive, with the aim of participating in the Cape Cod Bocce Tournament in the 2026

Open to adults 21+

For more information contact Jay at jaygreen1942@gmail.com

To sign up call the Council on Aging at 508-896-2737!

1673 Main Street

SENIOR AQUATIC CONDITIONING BREWSTER RESIDENTS ONLY 60+

two 9 week sessions

1st session Mondays, June 15-August 10 9:00-10:00

2nd session Tuesdays, June 16-August 11, 9:00-10:00

Sea Camps Pool

Free

Enjoy the benefits of water with the VNA's Nikki Cox, Exercise Physiologis. Exercise safely in a semi-weightless environment to improve your cardiovascular fitness, strength, mobility and balance. The class will take place at the Sea Camp's Pool.

This is for Brewster Residents only, age 60+. There is no fee for the class. Pre-registration is required. For more information about the class or to register please call the VNA at 508-957-7423.

Please note: A 2026 resident beach permit is required to park in the pool parking lot. Those without a resident beach permit may park in front of the administration building. To purchase a resident beach permit please use the mail-in form (included with your tax bill) or our online system <https://brewsterstickers.townhall247.com/> starting on April 15, 2026.

For more information regarding 2026 resident permits, please visit: <https://www.brewster-ma.gov/beach-information>.

MAKE YOUR HOME MORE ENERGY EFFICIENT

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

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

1-800-797-6699
CapeLightCompact.org

PROUD SPONSOR OF



IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

- ✓ Ambulance ✓ Police ✓ Family
- ✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!"



800.809.3570

* md-medalert.com



SUN SELF STORAGE

New climate-controlled storage in **CHATHAM**



218 Meetinghouse Rd
(RTE 137)
508-432-4142
SunSelfStorage.com



No act of kindness is ever wasted

06 MAY HAPPENINGS

Viewing of the Film “The Best Exotic Marigold Hotel” and discussion

In Partnership with the Brewster Ladies' Library
Wednesday, May 6th 1:00-4:00
Brewster Ladies Library

In celebration of Older Americans Month, join us at the Brewster Ladies' Library to view the movie “Best Exotic Marigold Hotel”. This film tells the story of several British retirees who move to India to stay in a hotel advertised as an exotic retirement home. Starring Maggie Smith, Judi Dench, Bill Nighy and Tom Wilkinson among others. This is a delightful story of a group of spirited people who arrive at an unexpected dilapidated hotel, yet manage to redefine their retirement dreams. Discussion will follow and light refreshments will be served. **To register 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.**

Neuro-Go!

6 week class, Tuesdays
May 12- June 16, 2:30-3:30

This exercise program, led by the VNA's Nikki Christensen, Exercise Physiologist, is specifically for those diagnosed with neurological conditions such as Parkinson's Disease, stroke or other conditions. Each hour-long class will involve exercises aimed to help decrease neurological symptoms, improve your overall fitness level and challenge your brain. Participants must be able to ambulate independently and tolerate 60 minutes of seated and standing exercises. **Brewster Residents only. Pre-registration and medical clearance are required to participate. To register, please call the VNA directly at 508-957-7423**

Hip Hop Square Dance:Boots on the Ground

Wednesday, May 13th

11:00- 12:00

Free

Rondae Drafts, from Music Dance.Edu will lead this fun, social and energetic dance class designed for seniors. The class will blend traditional square dance formation with modern hip-hop music and movements. Rondae will use recorded instructions rather than a live caller to guide participants through the routines. Don't miss out on the fun!

Fifth Annual Brewster Health and Wellness Fair!

Friday, May 15th
2:00-4:00
Sea Camps Campus
Free

Welcome to our fifth annual Health & Wellness Fair! This year, more than **30 organizations** will be present, offering valuable information on topics ranging from healthy eating to home modifications, veteran's needs and so much more.

Event Highlights:

- Blood pressure screenings
- Cardio checks
- Meet the Hearts & Paws comfort dogs

Printmaking

5 Week Class, Mondays, 9:30-11:00
May 11-June 15
no class May 25, Memorial Day
Cost \$90

Jennifer Stratton, Artist/Instructor will lead this fun and engaging class. Learn and work with the many styles and techniques of printmaking such as Monotype, Collagraph, Relief (with foam or blocks) and leaf/nature printmaking.

To register, please call the COA



Medicare 101, In partnership with the Brewster Ladies' Library

Wednesday, May 20th 2:00-3:30

Brewster Ladies' Library

Free

Join us for this important presentation on Medicare. A representative of SHINE will review Medicare coverage options including Medicare parts A & B, Medicare Advantage Plans (Part C), Medicare Prescription Drug Plans and Coverage (Part D), and Medicare Supplement Plans (Medigap). Information about Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth and other programs to assist beneficiaries with limited resources to pay for health care costs will be addressed. **To register 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.**

Please note: to register for any of these programs you must call the COA at 508-896-2737 unless otherwise noted

07 MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
				10:00 Swimming at Brewster Green 1:00 Ice Cream Social
04	05	06	07	08
9:00 Int. Tai Chi 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin' 1:30 Collage Club/BLL	10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:00 Film: Best Exotic Marigold Hotel/BLL	9:00 Walking Club 9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin' 2:00 BMCC 2:30 Chair Yoga	9:00 Foot Care 10:00 Swimming at Brewster Green 1:00 Mah Jongg
11	12	13	14	15
9:00 Int. Tai Chi 9:30 Printmaking 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 1:00 Alzheimers Caregiver Support Group 2:30 Neuro GO!	10:00 Computer Help 10:00 Knit/Crochet 11:00 Health Meals in Motion 11:00 Hip Hop Square Dance: Boots on the Ground 1:00 Quilters	9:00 Walking Club 9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 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 2:00 Fifth Annual Brewster Health and Wellness Fair
18	19	20	21	22
9:00 Int. Tai Chi 9:30 Printmaking 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:30 Neuro-GO!	10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 2:00 Medicare 101/BLL	8:00 Pet Nail Trim 9:00 Hearing Screenings 9:00 Walking Clug 9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin' 1:00 Older Americans Celebration/Sea Camps 2:00 BMCC 2:30 Chair Yoga	10:00 Swimming at Brewster Green.Last Day 1:00 Mah Jongg 3:00 Sound Bath
25	26	27	28	29
Memorial Day The COA is Closed 	9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 1:00 Alzheimers Caregiver Support Group 2:30 Neuro-GO!	10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 2:00 Medicare 101/BLL	9:00 Walking Club 9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin' 2:00 BMCC 2:30 Chair Yoga	10:00 Swimming at Brewster Green 10:30 Trip: Brunch at the Daily Paper & Centerville Historical Museum 1:00 Mah Jongg



Amy
HARBECK

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

Amy is a pro through and through. Whether you are navigating stormy waters or sailing free on a breeze, she guides you ably through the journey. The benefit of her expertise and intuition is unsurpassed. We have had her help us with three separate real estate transactions over the past 14 years and we would never consider going elsewhere. — E.D.

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



COMPASS

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502

FUNERALS & CREMATIONS

CHAPMAN

Morris O'Connor Chapel

58 Long Pond Drive
S. Yarmouth, MA 02664
508-398-2121



Blute Chapel

678 Main Street
Harwich, MA 02645
508-432-6696

www.chapmanfuneral.com

Support Our Advertisers!

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Brewster Council on Aging, Brewster, MA

04-0720

CELEBRATE
JUNETEENTH
WITH BREWSTER

FRIDAY, JUNE 19

DRUMMER BOY PARK
FROM 10AM - 1PM

*Everyone is welcome to join us
for this celebration of
Freedom Day!*

- *FAMILY FUN**
- *LIVE MUSIC**
- *FOOD**



10 JUNE HAPPENINGS

Mindfulness with Reiki Presentation

Friday, June 5th, 10:00-11:00
Free

Tara Crowley, Reiki & Energy Master, will give an overview of her class "Mindfulness with Reiki" (COA Fridays, starting June 7). This transformational class will focus on self-healing, empowering yourself on your journey with purpose, and aligning with your higher self and who you want to be. She will teach you how to live a high vibrational life filled with an abundance of health, joy, wealth and miracles -both large and small. Bring your questions and leave in peace and serenity as you continue on your day. **To register for this special presentation, please call the COA**

Beginner Mah Jongg

5 Week Session, June 17th-July 15th
Wednesdays, 9:00-11:00
Cost: \$15 for Mah Jongg card and \$75 for class. Paid to the instructor at first class.

Anne M. Walther, Mah Jongg Instructor will teach you this game of skill and luck. Have some fun and meet new people. Printed materials will be available to help you learn and enjoy the game. **Space is limited. Advanced registration is required no later than Monday, June 15th.** Please call the COA to sign up.

Stay One Step Ahead: Learn how to spot common scams, protect your identity and retirement funds.

Wednesday, June 24th 2:30-3:30
Free

Cape and Coast Bank's Paul Forni, Information Security Officer and Chris Cataldo, East Harwich Branch Manager will present this important security seminar to help you stay safe and confident. They will give an overview of the top scams targeting older adults, how to spot them and what to do if you or someone you know is scammed. They will also be available for questions and provide other resources. **To register, please call the COA.**

Please note: to register for any of these programs you must call the COA at 508-896-2737 unless otherwise noted

Cape Cod's Amazing Wildlife

Wednesday, June 3rd, 1:30-2:30
Free

What makes Cape Cod so unique? Miles of beautiful sand-swept coastline and an abundance of wildlife, inspire people to live here and visitors to flock from all over the world annually. Stephanie Ellis, Executive Director of Wild Care will speak about Cape Cod's Great White Shark populations and why Cape Cod Bay and the North Atlantic are important winter-feeding grounds for critically endangered North Atlantic Right Whales. Stephanie will discuss sea turtle strandings, charismatic bird species unique to the Northeast and will touch upon two conservation success stories - the localized recovery of Osprey and Bald Eagles. In 2021, Bald Eagles nested for the first time on Cape Cod in over 100 years! **Don't miss out on this informative and fun presentation with Stephanie. Please call the COA to sign up.**

Happy 250th Birthday, America!

Wednesday, June 10th, 1:00-2:00
Free

Dress in your favorite red, white and blue outfit and join Nancy A. Franks of FRANKly Speaking, for a patriotic trip back in time! Before America's 250th birthday festivities begin, we're going to investigate our country's previous milestone celebrations. We'll honor the Jubilee in 1826, attend the Centennial in 1876, observe the Sesquicentennial in 1926 and finally, toast the Bicentennial in 1976! Afterward there will be a patriotic raffle!

JUNE CALENDAR 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
9:00 Int. Tai Chi 9:30 Printmaking 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin' 1:30 Collage Club/BLL 2:30 Neuro- GO!	10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:30 Cape Cod's Amazing Wildlife	9:00 Walking Club 9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin' 2:00 BMCC 2:30 Chair Yoga	9:00 Foot Care 9:00 Mindfulness with Reiki Presentation 1:00 Mah Jongg
08	09	10	11	12
9:00 Int. Tai Chi 9:30 Printmaking 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin' 1:00 Alzheimers Caregiver Support Group 2:30 Neuro GO!	10:00 Computer Help 10:00 Knit/Crochet 11:00 Healthy Meals in Motion 1:00 Quilters 1:00 Happy 250 th Birthday, America!	9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin' 2:00 BMCC 2:30 Chair Yoga	9:00 Foot Care 9:00 Mindfulness with Reiki Class 1:00 Mah Jongg 1:00 Trip: Chatham Railroad Museum & Buffy's Ice Cream 3:00 Sound Bath
15	16	17	18	19
9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 9:30 Printmaking 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:30 Neuro GO!	9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	8:00 Pet Nail Trim 9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin' 2:00 BMCC 2:30 Chair Yoga	HAPPY JUNETEENTH! THE COA IS CLOSED <div style="text-align: center;">  </div>
22	23	24	25	26
9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Alzheimers Caregiver Support Group 1:00 Keep Movin'	9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 2:30 Stay One Step Ahead/Scam and Fraud Protection	9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi 11:30 Senior Dining 12:15 Bingo 1:00 Keep Movin' 2:00 BMCC 2:30 Chair Yoga	9:00 Foot Care 9:30 Pilgrim Memorial Park & Pebbles Restaurant 9:00 Mindfulness with Reiki 1:00 Mah Jongg
29	30			
9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin'			

12 ONGOING PROGRAMING

Alzhiemers Caregiver Support Group 2nd and 4th Tuesdays, 2:00-3:30

Offered by the Alzheimer's Family Support Center to support caregivers of those with cognitive impairment.

Pre-registration is required. Please call the Alzheimers Family Support Center at 508-896-5170 for more information or to sign up.

Bingo

Thursdays, 12:15-1:30

Spend time with your friends and have fun! Please note: if you are using the COA van transportation, please let us know at least 2 days before if you are coming to lunch and staying for Bingo.

Canasta

Mondays, 1:00-3:00

Free

Our Canasta group is easy-going, friendly and open to all levels of experience. If you would like to just have fun playing and join this group, please email Rose Gadboise at w.gadbois@comcast.net for more information.

American Mah Jongg

Fridays, 1:00-3:30

Welcome Mah Jongg players! All levels of experience are welcome to join these friendly games. **Instruction will not be provided.** Please bring your card and tiles. For more information, please email Mary at dmmcolw@gmail.com

Brewster Men's Coffee Club

Thursdays, 2:00-4:00

Where we remember less but live more! Unleash the power of life experiences, laughter and friendship. Together, we share stories, wisdom and adventures from a lifetime well-lived. Come, enjoy a cup of coffee and celebrate the richness of life! Drop-ins are always welcome.

Please note: to register for any of these programs you must call the COA at 508-896-2737 unless otherwise noted

Chair Yoga

May

Tuesdays: 11:00-12:00

May 12-June 2, \$35 for series

Thursdays: 2:30-3:30

May 7-May 28, \$35 for series

June

Tuesdays: 11:00-12:00

June 9-June 30, \$35 for series

Thursdays: 2:30-3:30

June 4-June 25, \$35 for series

Marty Zurn, Kripalu, RYT 500 leads this class where you will learn to stretch, strengthen and restore balance to your body. 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 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. Please call Marty at 508-326-4224 or email at martyzurn@comcast.net**

Computer Help

Wednesdays 10:00-12:15

Free



Our Knowledgeable and dedicated volunteer instructor, Del Borah is here on Wednesday mornings to help you feel more confident in your computer skills. Please call the COA for an appointment.

Healthy Meals in Motion

2nd Wednesday of every month

11:00-12:00

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 pick-up behind the COA building in the parking lot. **Please call the COA Outreach office to enroll in the program 508-896-2737**



COCCORO LAW, PC

Specializing in

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

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

Offering Complimentary Initial Consultations
508-896-0200

NICKERSON FUNERAL HOMES



*Every Detail
Remembered.*

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

DOANE BEAL & AMES Funeral Home



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

*Serving our families with Dignity
and respect since 1926*

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



Does your
organization need
a newsletter?
We'll cover the
printing costs!

Learn more at
lpicommunities.com



Tiffany Pflieger, Au.D.
Doctor of Audiology

Olivia Pflieger, HIS
Hearing Instrument Specialist

Hearing Aid Sales
and Services
Hearing Evaluations
Batteries and Accessories

508-385-5222

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

PAULO'S PAINTING, CARPENTRY & HOUSE WASHING **Paulo Silva**

PO Box 1035, S. Yarmouth, MA

774-268-1332
www.paulopainting.com

Advertise in Our Newsletter!

Contact Karen Fontaine
kfontaine@4LPi.com
(800) 950-9952 x6350



Visit for a tour and hear about our rent specials!

873 Harwich Road, Brewster, MA 02631
774.216.4957

www.SerenityBrewster.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Brewster Council on Aging, Brewster, MA

04-0720

14 ONGOING PROGRAMS

Keep Movin'

Tuesdays & Thursdays, 1:00-2:00

This program is primarily strength -training for seniors. 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 the instructor, Cindy Doutrich at cdoutic@ycp.edu

Knitting/Crocheting

Wednesdays and Thursdays,
10:00-12:00

All levels are welcome to join this informal group. Bring any projects you are working on or need help with.

Legal Help

4th Tuesday of the Month, by appointment only

If you have **urgent** issues regarding eviction defense, denial or termination of state or federal benefits such as Social Security, SNAP, etc or healthcare issues involving MassHealth or medicare, you may apply for services from South Coastal Legal Services (SCCLS) by calling their Hyannis law office at **774-487-3251**.

If your matter is **not urgent**, you must still call the SCCLS to discuss and schedule an appointment. In addition, Attorney Adam Dupuy with the Ardito Law Group is available for phone appointments at **508-775-3433**

Mindfulness with Reiki

Fridays, starting June 12th 9:00-10:00
\$10 Per class

NEW PROGRAM! SEE PRESENTATION JUNE 5TH

Join Tara Crowley, Reiki & Energy Master, as we delve into the profound tapestry of life. By learning to heal, protect and strengthen our own energy, we can enhance our physical and emotional well-being and foster a more peaceful, harmonious existence. Participants will experience the numerous benefits of Reiki and energy healing while exploring mindful life practices and spiritual resources that foster transformational growth and healing. Unlock the power of your unique energy as a catalyst for healing, self-discovery and personal growth. Registration is preferred but walk-ins are welcome. To register, please email Tara at taracrowley111@icloud.com

Meals on Wheels

Meal delivery to people aged 60+ who are unable to prepare their own meals.

Current clients who need to reach our Nutrition Site, please call 508-896-5070.

For more information please call **Elder Services at 508-394-4630 or 1-800-244-4630.**

Outreach/SHINE

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, the COA's Mobile Food Pantry and many others.

We can also help with housing assistance programs such as those offered through HAC and the Homeless Prevention Council. And, we can refer to agencies such as Elder Services, South Coastal Counties Legal Services, Independence House and various health and homecare agencies. **Please call Cindy or Linda at the COA for Outreach services 508-896-2737**

Pet Nail Trim

3rd Thursday 8:00-8:30
Brewster COA back parking lot
\$3.00 per pet's nail trim

Pet owners 60+ are offered this service on a first come, first served basis.

For more information, please **TEXT** (preferred) or call, Karen Duble of Buttons and Bows at 508-360-2596

Practice Your French a la Bibliothèque

4th Wednesday of the month
2:30-4:45
Brewster Ladies Library

Parlez vous francais? Would you like to practice your French conversation skills? Francophone friends/copains meets every month for tea & talk. Some fluency is required (intermediate speaking skills). If interested or to learn more, please call Anne Marie at dany2220@yahoo.com

Please note: to register for any of these programs you must call the COA at 508-896-2737 unless otherwise noted

Qi Gong

Tuesdays, 9:00-10:00
New students 1st class Free
\$10/class

May 5-May 26, 4 weeks, \$40
June 2-June 30, 5 weeks, \$50

Qi Gong, rooted in ancient Chinese Medicine, is a form of exercise focusing on the longevity and well-being. Learn a variety of practices that integrate movement, breath and visualizations. Enhance your physical vitality, balance and flexibility. Calm and relax your mind with movement meditation. Class is lead by Oshana Biondi, physical therapist, Pilates and Qi Gong Instructor. To register email Oshana at oshana.blondi@gmail.com

Senior Shellfish Licenses

Wednesdays & Fridays, 9:00-3:00

Senior shellfish licenses are sold at the COA for Brewster residents 70+ and Veterans, for \$15.00. Permits are good for the calendar year. Please bring a valid ID (if your license does not show a Brewster address, please also bring something that does such as a tax bill). Lifetime permits are also renewed each calendar year. For more information please visit: www.brewster-ma.gov/naturalsources-harbormaster-shellfish

Senior Dining at the COA

Thursdays, 11:30-12:15

Lunches are served at the COA every Thursday. Suggested donation of \$4.00/meal. Live piano music is provided by a volunteer pianist during lunch on most Thursdays. **You must reserve your spot 2 business days in advance by calling our Nutrition Center at 508-896-5070**

Transportation can be arranged if there is space by calling the COA. *The Senior Dining Program is sponsored by Elder Services of Cape Cod and the Islands.*

Sound Bath

Friday, May 22, 3:00-4:00

Friday, June 12, 3:00-4:00

Free

Carol Marcy will introduce you to an experience that is immensely relaxing and renewing. She will teach you to how to bring healing energy to your own body, mind and spirit. 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.

Tai Chi

Monday and Thursday

Intermediate Class 9:00-10:00

Advanced Class 10:15-11:15

\$18 Per class

Tai Chi is shown 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, and breathing exercises.

Instructor A.Jay Zahn has been practicing for over 40 years and has taught at the COA since 2019.

The Intermediate Class is open to anyone with prior Tai Chi experience. Students will learn the 24 Posture Yang Style Tai Chi Form (National Beijing Form).

The Advanced Class is for those who want to build on that by 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. Thursday's, the Advanced Class will have an optional half-hour will be dedicated to studying the 16 Posture Sword Form.

To register or for more information Contact A.Jay Zahn at 607-227-0509 or capecodtaichisociety@gmail.com

Walking Club

Thursdays, 9:00-10:00

Enjoy comradery and exercise on these weekly, scenic walks. Please call Annie at the COA to sign up or to find where that week's walk is going to meet.

W.O.W.

Wonderful Older Women

Thursdays, 9:00-10:00

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 positive attitude!

Please note: to register for any of these programs you must call the COA at 508-896-2737 unless otherwise noted

16 TRIPS & TOURS

Brunch at The Daily Paper & Trip to the Centerville Historical Museum

Friday, May 29th, 10:30-2:30

Join us as we stop for brunch at the Daily Paper in Hyannis and then visit the Centerville Historical Museum! The Museum contains 13 exhibit rooms housing 18,000 objects, images, books and paper archives. The contents are of historical and contemporary arts, crafts and artifacts, including the original six-room 1850's house set on historic Main St., Centerville. **Please note: due to the age of the house, there is no elevator and unfortunately, it is not suitable for those who use wheelchairs or walkers as access to the galleries is by stairs only.**

To sign up, please call the COA. To view the Daily Paper's menu, please visit

<https://www.dailypapercapecod.com>



Sailing with Pleasant Bay Community Boating

BREWSTER RESIDENTS ONLY
Thursday, July 9th 1:00-3:30
\$15

SAVE THE
DATE!

Pleasant Bay Community Boating is offering a tour around Pleasant Bay on a Catboat or a Flying Scot! You will learn the sailing basics with one of PBCB's instructors and a handful of other COA members. This adventurous experience will allow you to feel the waves under the boat and maybe some salt-water spray in your face so please dress accordingly. First time sailors are welcome!

Please call the COA to register and note this change from previous years: Due to the small, member parking area at Pleasant Bay Community Boating, the COA will be providing transportation.

Chatham Railroad Museum and Buffy's Ice Cream!

Friday, June 12th, 1:00-3:00

No fixed fee, donation only and \$ for Ice Cream



Located in the beautifully restored Chatham Railroad Depot, the building contains hundreds of exhibits and the New York Central model locomotives used at the 1939 New York World's Fair. The museum also includes a wooden caboose from 1910. **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.** To register, please call the COA.

Pilgrim Memorial Park & Lunch at Pebbles

Friday, June 26th 9:30-3:00

Mayflower II Admission \$15.20 (to be paid at sign up) and money for lunch.

Celebrate our Nation's 250th Birthday! First we will visit the Mayflower II, followed by visits to Plymouth Rock, Leyden St. (one of the oldest streets in the US), Brewster Gardens and finally, lunch at Pebbles Restaurant. **Please note; once we are parked, we will be walking to all the sites (1-7 minutes apart). You must be able to walk independently, please wear walking shoes with good tread.** To view the Pebbles menu go to <https://pebblesplymouth.com>

Please note: to register for any of these programs you must call the COA at 508-896-2737 unless otherwise noted



OLDER AMERICANS MONTH

We invite you to join us as we
Celebrate Older Americans Month!



Thursday, May 21st
1:00 - 3:00
Brewster Sea Camps
Boat House
3057 Main Street



Parking available in adjacent beach parking lot

Join us for light refreshments as we

- Recognize and honor some of the most vibrant lives in our Brewster community
- Introduce our new Living Legacy exhibition highlighting incredible contributions of Brewster seniors

Let's come together to honor, celebrate and
take pride in being Brewster for a lifetime!



Sponsored by the Brewster Council on Aging

I SCREAM... YOU SCREAM... WE ALL SCREAM FOR ICE CREAM!

YOU ARE INVITED TO OUR

ICE CREAM SOCIAL

Sponsored by the Friends of Brewster Seniors and The Brewster Council on Aging

MAY 1ST
1:00 - 3:00

Choose from 2 flavors of ice cream, a selection of ice cream toppings,
whipped cream and cherries to make a delicious sundae!

\$2 for Adults
\$1 for children under 12

CONE ONE... COME ALL YOUNG & "OLDER" ALIKE! A FUN FILLED EVENT FOR ALL!

Brewster Council on Aging - 1673 Main Street

Brewster Council on Aging Transportation Information

All riders must be 60+ * This service is not available to residents of assisted living facilities. **Please call the COA for more information 508-896-2737*

COA Van : The COA offers grocery shopping trips on Mondays and/or Wednesdays from 11:00 am to 1:00 pm. **Please give 2 full business days notice.** Maximum of 6 people per trip. A suggested donation of \$2 is accepted for this service.

Medical & Dental Appointments:

Transportation to routine medical appointments is available through the COA's volunteer med-ride program. This program has been made possible in part by funding from the Older American's Act as granted by Elder Services of Cape Cod and the Islands. **Please give 4 full business days notice** for scheduled routine appointments lasting up to 2 hours. Rides are available for appointments scheduled between 9:00 am and 2:00 pm. One ride per person, per week. Donations are accepted.

Wheelchair-Accessible Van:

Transportation to medical appointments is provided by a COA staff member, Monday through Friday. **Please give 7 FULL business days notice** to schedule a ride. An able-bodied assistant must accompany the riders. Donations are accepted.

CCRTA Transportation Information

www.capecodrta.org

1-800-352-7155

Boston Hospital Transportation: Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston hospitals on a wheelchair-accessible bus. Service available Monday through Thursday only. There is a fee for this service.

DART - Dial-A-Ride transportation service: Cape Cod RTA provides a daily, general public ride-by-appointment service that is wheelchair accessible and door-to-door. This service is available Monday thru Saturday in all towns and with limited Sunday service. Rides can be scheduled up to 30 days in advance but no later than noon on the day prior to a ride. **There is a fee for this service.**

For more information on these services, please contact the Cape Cod RTA directly.

Friends of Brewster Seniors



Don't forget the **Ice Cream Social**

Friday, May 1st, 1-3 PM,
co-sponsored and staffed by
the Friends and the COA staff.

It's a family and wallet friendly event kicking off
Brewster in Bloom weekend.

Ice cream sundaes are only \$2 for adults and \$1 for children under 12. Everyone of every age is invited!



Are You a 2026 Member of the Friends? If you haven't renewed or become a Friend yet, you're missing out on reduced ticketing for some great events coming up, such as **Cape Symphony's "Elvis"** concert; attending a live event at **Cape Playhouse**; having lunch al fresco on the **Lobster Roll** in the fall; and celebrating the 5th Anniversary of our soiree at **Crosby Mansion**. Join in the fun now and encourage your friends and neighbors to join as well!

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

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

Always remember that you are absolutely unique!

Just like everyone else! ~ Margaret Meade

Sea Captains' Thrift Shop is Bursting with Spring Colors!

After our usual rainy spring, why not stop in and savor the sight of fun spring colors in both our men's and women's clothing areas? Donations of clean, current, spring/summer clothing are currently being accepted Monday-Saturday from 11 AM - 2 PM.

We also accept household goods, jewelry, table & kitchen ware, small furniture, books, games...you name it!

We welcome all donors and buyers!



"If you obey all the rules, you miss all the fun."

— Katharine Hepburn

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

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





Advertise Here!
Increase visibility in your community.

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

Visit our Website for more information




Skilled Nursing Center and Independent Living

Email: Kblake@theterraceorleans.com




AdviniaCare
The Woodlands
Assisted Living Community

120 Woodlands Way, Brewster, MA 02631
(508) 240-1990 • www.advincare.com

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



NorthStar Care
AT HOME



HOMEMAKING • PERSONAL CARE
COMPANIONSHIP • RESPITE
HOME HEALTH AIDE • HOSPICE

Call Today: 774-822-0561 • 508-237-9580
stayinghomeispossible@gmail.com
www.northstarcare.health

Gibson Sotheby's
INTERNATIONAL REALTY

YOUR ECO-MINDED REALTOR.
ROOTED IN COMMUNITY.





Lynn Van Norman
508.237.9380

Equal Opportunity Home and Operator

lynnvannorman.gibsonsothebysrealty.com

Building Brewster for over 30 years


BRIAN P.
DALEY
CONSTRUCTION, INC

Tub-to-walk-in shower conversions for senior-friendly, safer bathrooms

BUILD. ADD. RENOVATE.

508.237.2760 | bpdaley00@gmail.com
BrianDaleyConstruction.com



Caring for Adults Across Cape Cod



Personal & Professional Home Care Services

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



CAPE WIDE CAREGIVERS
508-470-5709
capewidecaregivers.com



Family First
CAREGIVERS

Care That Feels Like Family

We provide personalized in-home and assisted living support designed around each person's unique needs.

Services

- Companionship & Errands
- Medication Help
- Bathing & Dressing
- Safety & Fall Prevention
- RN/LPN/CNA/HHA Visits

508-274-8751

Family1stCaregivers.org



Town of Brewster - COA

1673 Main Street
Brewster, MA 02631

INDICIA
GOES HERE



Brewster COA is committed to being both Age-Friendly and Dementia-Friendly.

We are pleased to announce that the Brewster Council on Aging has joined the AARP Network of Age-Friendly Communities. Building on our Dementia Friendly Community certificate, awarded in March 2025.

- **What this means:** Brewster will prioritize accessibility, inclusion, and support across areas like transportation, housing, outdoor spaces, social participation, health services, and civic engagement.
- **Our commitment:** Foster a supportive, inclusive, and welcoming community for all individuals - especially older adults and people living with dementia, so residents can age with dignity and improved quality of life.
- The COA will continue to work with residents, families, and local partners to assess needs, develop an action plan, and launch programs and improvements aligned with AARP's age-friendly framework.

Stay tuned for opportunities to get involved and help make Brewster a better place to live for everyone.