



AARP CERTIFIED AGE & DEMENTIA FRIENDLY COMMUNITIES



Brewster For A Lifetime

JULY/AUGUST 2026

02 | DIRECTOR'S NOTES



Elton R. Cutler
Director, Brewster COA

The summer months bring us incredible energy and connection to the Brewster Senior Center, allowing our members to fully enjoy the season and everything that Cape Cod has to offer. July and August are defined by beautiful beach days, lively outdoor community BBQs,

and a shared appreciation for our beautiful region. By balancing seasonal recreation with meaningful social engagement, we provide our seniors with wonderful opportunities to stay active, connected, and vibrant all summer long.

Our outdoor programming allows us to reach new heights through our fantastic partnership with Pleasant Bay Community Boating. Seniors can take to the water for accessible sailing sessions, enjoying the therapeutic benefits of the bay while learning new skills. A major highlight of the season is the Floating Classroom experience, where participants board an educational vessel to explore local marine ecology firsthand. This unique combination of scenic recreation and hands-on learning continues to receive overwhelming praise from everyone involved.

While celebrating the summer, we also focused on the long-term well-being of our community by introducing the Future Senior Planning Toolbox. This new initiative provides seniors and their families with a comprehensive resource kit to navigate future milestones, focusing on healthcare, legal safeguards, and transitions. Through these combined efforts of summer recreation and proactive education, the Brewster Senior Center continues to ensure our members live fulfilling, well-prepared lives.

Be sure to make the most of these upcoming events by participating, learning and celebrating together.

Be Well,
Elton

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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

The COA Medical Shed

The COA's medical shed is open daily providing much needed medical equipment loans helping folks to ambulate at home. Donations are gratefully accepted. Items we accept and loan:

- Canes
- Commodes
- Crutches
- Knee scooters
- Rollators
- Shower seats
- Toilet seat risers
- Transport chairs
- Walkers
- Wheelchairs

Items must be gently used and **clean**. If you wish to donate or borrow, please call the COA to be sure we have what you need to borrow or have space to accept what you would like to donate. 508-896-2737

Brewster COA Staff

Elton R. Cutler, Director

Amy Kelly, Senior Dept. Assistant

Tana Christo, Dept. Assistant

Annie Rapaport, Program Coordinator

Cindy Thatcher, Outreach Coordinator

Linda Harding, Outreach Coordinator

John Whitney, Transportation

Coordinator

Steve Holmes, Van Driver

Brian Locke, Van Driver



Friday, September 4th

SAVE THE DATE

Co-hosted by the Brewster Council on Aging and the Friends of Brewster Seniors

4 WAYS YOU CAN Support Your Local Senior Center

- VOLUNTEER YOUR TIME**
Whether it's assisting with events or just spending time with seniors, your time makes a difference.
- DONATE RESOURCES**
Many senior centers operate on limited budgets. Consider donating supplies, books, games, or even financially!
- SPREAD THE WORD**
Share your local senior center's events, activities, and needs on social media.
- GET INVOLVED**
Attend classes, workshops, or intergenerational events. Your participation helps foster a vibrant, connected community.

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

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. **Please call the COA to sign up.**

Blood Pressure and Glucose Testing

2nd Monday of the Month

10:00-11:00

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.

Foot Care

Friday, July 17th

Friday, August 7th

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.**

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 dranmarcy@gmail.com

Reiki

3rd Wednesday of the month

(Note: 4th Wednesday in July, the 22nd)

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

10:00-12:00

Shawn Woodbrey, Licensed Hearing Instrument Specialist is at the Council on Aging the first Tuesday of each month. Shawn 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 call the COA.

Sound Bath

Friday, July 17th, 3:00-4:00

Friday, August 21st 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. 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.**

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



Film Screening: *In the Whale*
In Partnership with the Brewster
Ladies' Library
Tuesday, August 4, 4:30-6:30
Free

In the Whale is a feature-length documentary film directed by Emmy-nominated filmmaker and Pulitzer Prize winning Boston Globe reporter David Abel. The film chronicles the extraordinary story of Michael Packard, a commercial lobster diver who survived being swallowed by a humpback whale off the coast of Cape Cod. Through stunning cinematography and intimate storytelling, *In the Whale*

explores Packard's harrowing experience and its profound impact on his life and the community. *In the Whale* has received widespread acclaim, earning the Audience Choice Award at the New Hampshire Film Festival and Best New England Film at the Mystic Film Festival. Its compelling narrative and stunning visuals have drawn audiences and critics alike, making it a must-see cinematic event. Experience the awe-inspiring tale of *In the Whale* and witness the triumph of the human spirit in the face of adversity. Don't miss this exclusive event. Screening to be followed by discussion with the filmmaker, David Abel. **To register you must 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**

06 JULY HAPPENINGS

Ask-A-Dietitian

Thursday, July 16th 1:00-2:00

If you have questions only a dietitian can answer, here's your chance to ask! Amy Rose Sager, Dietitian Nutritionist for the VNA will be here to help encourage healthy eating habits. She will also discuss diet and nutrition topics such as blue zones, affordable healthy eating, microbiome gut health, the dash diet and much more. **No registration is required; walk-ins are welcome! For questions, please call the VNA directly at 508-957-7423**



Managing Stress

Wednesday, July 29th 1:30-3:00
Free

Feeling overwhelmed? Anxious? Don't know where to address all of the demands? Join Cathleen Metzger, LICSW, as she presents a 1.5 hour program on managing stress. You will learn the source of your feeling and what you can do to manage those disruptive feelings. Cathleen will teach you easy to use techniques and strategies that you can immediately apply in your daily life. **Space is limited to 12. Please call the COA to register**

Flower Arranging Club

In partnership with the Brewster Ladies' Library and Cape Cod Post Acute Care

Wednesday, July 22nd and August 26th at Cape Cod Post Acute Care and Wednesday, September 23rd at the Brewster Ladies' Library

2:00- 3:30

Free



Join the Flower Arranging Club to explore the art of floral design in a fun and welcoming environment! Attendees will learn creative techniques for arranging fresh flowers, seasonal greenery, and decorative accents while expressing their personal style. Whether you're a beginner or experienced designer, this club offers a relaxing way to socialize, build creativity and create beautiful arrangements to enjoy or share. **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.**



Using the Emotional Freedom Techniques for Stress and Pain Relief

Wednesday, July 15th 1:30-2:30

Free

Join Casey Hammond RN, Cape EFT Associates, as she teaches us how to use Emotional Freedom Techniques (commonly known as EFT or Tapping). EFT is a holistic mind-body tool used for pain reduction. It has been clinically proven to eliminate pain, panic, phobias, PTSD as well as enhance weight loss and athletic performance. This is an interactive session in which we will get to practice EFT on ourselves. Join us and learn how EFT can help you, help yourself! **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

JULY CALENDAR 07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	02 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	03 
06 9:00 Int. Tai Chi 9:00 Aquatic Cond./Sea Camps 10:15 Adv. Tai Chi 1:00 Canasta	07 9:00 Qi Gong 9:00 Aquatic Cond./Sea Camps 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin'	08 9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 11:00 Healthy Meals in Motion 1:00 Quilters	09 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 9:00 Mindfulness with Reiki 1:00 Mah Jongg
13 9:00 Int. Tai Chi 9:00 Aquatic Cond./Sea Camps 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta	14 9:00 Qi Gong 9:00 Aquatic Cond./Sea Camps 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	15 9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:30 Using Emotional Freedom Techniques for Stress and Pain Relief	16 8:00 Pet Nail Trim 9:00 Walking Club 9:00 Int. Tai Chi 9:00 Hearing screening 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 Ask a Dietitian 2:00 BMCC 2:30 Chair Yoga	17 9:00 Foot Care 9:00 Mindfulness with Reiki 1:00 Mah Jongg 3:00 Sound Bath
20 9:00 Int. Tai Chi 9:00 Aquatic Cond./Sea Camps 10:15 Adv. Tai Chi 1:00 Canasta	21 9:00 Qi Gong 9:00 Aquatic Cond./Sea Camps 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin'	22 10:00 Computer Help 10:00 Knit/Crochet 10:00 Reiki 1:00 Quilters 2:00 Flower Arranging Club at Cape Cod Post Acute Care 2:30 Practice Your French a La Bibliothèque	23 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	24 9:00 Mindfulness with Reiki 10:30 Cape Cod Maritime Museum & Seafood Sam's 1:00 Mah Jongg
27 9:00 Int. Tai Chi 9:00 Aquatic Cond./Sea Camps 10:15 Adv. Tai Chi 1:00 Canasta	28 9:00 Qi Gong 9:00 Aquatic Cond./Sea Camps 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	29 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:30 Managing Stress	30 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	31 9:00 Mindfulness with Reiki 1:00 Mah Jongg

MANAGING STRESS



Feeling overwhelmed? Anxious? Don't know where to start to address all of the demands? Join Cathleen Metzger, LICSW, as she presents a 1.5 hour program on managing stress. You will learn the source of your feelings and what you can do to manage those disruptive feelings. Cathleen will teach you easy to use techniques and strategies that you can immediately apply in your daily life.

WEDNESDAY, JULY 29
1:30 - 3:00
BREWSTER COUNCIL ON AGING
FREE

Space is limited to 12, don't miss this opportunity. to register, call the COA at 508-896-2737

Brewster Council on Aging - 1673 Main Street

Join Us!

At the Brewster Council on Aging for a Concert with
The Cape Cod Ukulele Club!



Wednesday August 26th
1:30 - 2:30
Free!

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



The Brewster Council on Aging



1673 Main Street



10 AUGUST HAPPENINGS

Film Screening: *In the Whale*

Tuesday, August 4, 4:30-6:30
Free

In partnership with the Brewster Ladies' Library. Showing of *In the Whale* followed by discussion with the Filmmaker David Abel. **See full description on page 5.**

Pleasant Bay Community Boating's Floating Classroom: *The Friend*

Friday, August 7th, 1:00-2:30
Brewster Residents Only
\$15

See page 16 for more information



Future Planning Toolbox: Build Your Roadmap for Security

Wednesday, August 5th, 10:00-11:30
Continental Breakfast Included!
Free

Feeling overwhelmed by future planning? Don't be! Join us for this informative panel event, where experts will equip you with the essential tools to navigate key life decisions. Topics covered will be senior living options, estate planning and elder law, and home care options. Speakers include; Jim Monti of Oasis Senior Advisor, Kim DeLeo of Elder Care by Guided Living Home Care and Attorney Rebecca Spinner from Suprenant & Beneski. This presentation is for you if you are approaching retirement and want to plan for the future, have aging parents and need guidance on their care or are interested in learning about senior living and home care options. You will leave with a peace of mind, feeling empowered with practical knowledge and strategies to help you navigate key life decisions. Don't miss this valuable opportunity! **Advanced registration is required. Please call the COA to sign up.**

EFT for Stress and Pain Relief

August 10th, 2:00-3:00
\$5 per class

Join Casey Hammond RN, Cape EFT Associates, for a monthly group experience, focusing on using Emotional Freedom Techniques (commonly known as EFT or Tapping) to assist with stress and pain reduction. EFT is a holistic mind-body tool that has been clinically proven to eliminate pain, panic, phobias, PTSD as well as enhance weight loss and athletic performance. Come experience how EFT can help you, help yourself. **To register, call the COA.**

New Class!
Every 2nd Monday
starting August 10th.
Learn more at the
presentation July 15th

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

AUGUST CALENDAR 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 9:00 Mindfulness with Reiki 10:15 Adv. Tai Chi 1:00 Canasta	04 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin' 4:30 Film: In the Whale Brewster Ladies' Library	05 10:00 Future Planning Toolbox: Build Your Roadmap for Security 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	06 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	07 09:00 Foot Care 9:00 Mindfulness with Reiki 1:00 Mah Jongg 1:00 The Floating Classroom with Pleasant Bay Community Boating
10 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 9:00 Mindfulness with Reiki 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta 2:00 EFT for Stress and Pain Relief	11 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	12 10:00 Computer Help 10:00 Knit/Crochet 11:00 Healthy Meals in Motion 1:00 Quilters	13 8:00 Pet Nail Trim 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	14 9:00 Mindfulness with Reiki Class 1:00 Mah Jongg
17 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 9:00 Mindfulness with Reiki 10:15 Adv. Tai Chi 1:00 Canasta 2:00 EFT for Stress and Pain Relief	18 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin'	19 10:00 Computer Help 10:00 Knit/Crochet 10:00 Reiki 1:00 Quilters	20 9:00 Walking Club 9:00 Int. Tai Chi 9:00 Hearing Screenings 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	21 9:00 Mindfulness with Reiki 1:00 Mah Jongg 3:00 Sound Bath
24 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 9:00 Mindfulness with Reiki 10:15 Adv. Tai Chi 1:00 Canasta 2:00 EFT for Stress and Pain Relief	25 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	26 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:30 Concert: Cape Cod Ukulele Club 2:00 Flower Arranging at Cape Cod Post Acute Care 2:30 Practice Your French a la Bibliothèque	27 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	28 9:00 Mindfulness with Reiki 1:00 Mah Jongg
31 9:00 Senior Aquatic Conditioning/Sea Camps 9:00 Int. Tai Chi 9:00 Mindfulness with Reiki 10:15 Adv. Tai Chi 1:00 Canasta 2:00 EFT for Stress and Pain Relief				

12 RECURRING PROGRAMS

Alzheimer's 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 Alzheimer's 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.

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

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.

Brewster Bocce Club

Sponsored by the Brewster COA and Brewster Recreation
Saturdays, 2:00-4:00
Brewster Council on Aging
Free

Join our league! The atmosphere is always friendly and ever so slightly competitive. Open To adults 21+. For more information, contact Jay at jaygreen1942@gmail.com

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.

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.**

Chair Yoga

July

Tuesdays: 11:00-12:00

July 7 - July 28, 4 weeks, \$35 for series

Thursdays: 2:30-3:30

July 2 - July 30, 5 weeks, \$43 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

August

Tuesdays: 11:00-12:00

August 4- August 25, \$35 for series

Thursdays: 2:30-3:30

August 6 - August 27, \$35 for series

14 RECURRING PROGRAMS

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**

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 cdoutrich@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. Walk-ins welcome

PLEASE NOTE: TO REGISTER FOR ANY OF THESE PROGRAMS YOU MUST CALL THE COA AT 508-896-2737 UNLESS OTHERWISE NOTED

Legal Help

4th Tuesday of the even months
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, 9:00-10:00
\$10 Per class

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.**

Pet Nail Trim

July 16th & August 13th (2nd Thursday)
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 Duple of Buttons and Bows at 508-360-2596

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**

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

Qi Gong

Tuesdays, 9:00-10:00
\$40 for series or \$10 per class

4 week series: July 7 - July 28,
4 week series: August 4-August 25

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

Quilting

Wednesdays
1:00-3:00

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

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.*

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 that 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**

W.O.W.

Wonderful Older Women

Tuesdays, 9:30-10:30

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! Walk-ins welcome

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 for more information.

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

16 TRIPS & TOURS

Cape Cod Maritime Museum and Lunch at Seafood Sam's

Friday, July 24th 10:30-1:30ish

Located at Hyannis Harbor, the Cape Cod Maritime Museum's mission is to preserve the rich maritime traditions and history for which Cape Cod and the Islands are known. Their exhibits are a must-see if you like the Cape's maritime history, ecology and maritime biology. **The museum is ADA accessible but if you need assistance, an able-bodied assistant must attend as well, as staff will not be available for assistance with mobility issues. Please call the COA to register.**

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



The Floating Classroom: Pleasant Bay Community Boating's, *The Friend*

BREWSTER RESIDENTS ONLY

Friday, August 7th 1:00-2:30

\$15

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



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!

Eyeshadow

Downtown

You are in Trouble

©LPi

Serve a Simple Pasta Salad This Summer

Some summertime dishes are just too good to be true. This Easy Pasta Salad is simple enough to become a favorite side and filling enough to serve as a light main course. Enjoy more warm weather recipes by visiting Culinary.net.

Easy Pasta Salad

Recipe courtesy of "[Cookin' Savvy](#)"

Serving: 4-6

- 1 pound pasta noodles of choice
- 1 can (15 ounces) peas, drained
- 1 can (15 ounces) carrots, drained
- 1 package (16 ounces) diced ham
- 1 package (2 1/2 ounces) real bacon pieces
- 1 package (6 ounces) cheddar cheese cubes
- 2 1/2 cups mayonnaise
- 2 tablespoons sugar
- 1/2 cup juice from bread butter pickles
- 1/4 cup balsamic vinegar
- 2 tablespoons mustard
- salt, to taste
- pepper, to taste

Cook pasta according to package instructions. Drain and place in large bowl. Add peas, carrots, ham, bacon pieces and cheese cubes.

In separate bowl, mix mayonnaise, sugar, pickle juice, vinegar and mustard. Season with salt and pepper, to taste. Pour mixture over pasta and mix well. Refrigerate 1-2 hours before serving.

(Courtesy of Family Features)

©LPi

18 | TRANSPORTATION & FRIENDS NEWS

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



It is never too early to starting thinking about some of the Friends' more popular events. Sure, we've just begun to warm up to summer, but before you know it, those couple of months will have flown by!

We're not ready to sell tickets yet, but to be in the front of the line to get yours, make sure that you're a 2026 paid member of the Friends. Application forms for membership can be found at the COA office, at Sea Captains' Thrift Shop or online at <https://www.FriendsOfBrewsterSeniors.org>

Current List of Upcoming Events Sponsored by the Friends

September (TBD) - Lobster Roll Cruise. Have fun on board the Lobster Roll on a lunch time cruise out of Sesult Harbor. You'll choose your own lunch from a fantastic menu. Cash bar drinks are top of the line, too.

October 4th - 5th Anniversary of A Taste of Crosby Mansion. Yes, this will be the 5th year that we celebrate the end of summer with our friends while we chat over appetizers and beer, wine or soda. Don't forget we host a Silent Auction as well, and this year, the Mansion is the recipient!

December 6 - Holiday Concert at Cape Symphony. Always great. Always a sell-out. Always Sunday afternoon.

December (TBD) - Holiday Luncheon. No matter where we have it, we have fun while enjoying great company and a great meal.

Shall we make a new rule of life from [today]: always to try to be a little kinder than is necessary? - J. M. Barrie, Writer

Take a Tour of the Cape's Thrift Shops...Starting with Sea Captains' of course!



You can start right here at 66 Harwich Road in Brewster. We're one of over 35 thrift shops designed for touring on the Cape. At Sea Captains' we welcome all donors and buyers! We have many groups, couples and families that stop in during the summer to experience the "thrill of the hunt!"

"Don't compromise yourself. You are all you've got."

— Janis Joplin, Singer

Visit our Website: <https://www.friendsofbrewsterseniors.org>
Or just scan the QR code! Stop by our Facebook Pages, too!





Town of Brewster - COA

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◆ DID YOU REQUEST THIS NEWSLETTER TO BE MAILED TO YOUR ADDRESS?

Maybe you are receiving too much mail, maybe the former tenants requested the newsletter, but they have moved, or maybe you would like to go green and receive the Bayside Chatter to your email in-box.

While we love spreading the news of our programming, services and special events we also love saving money on postage.

If you are no longer interested in having the Bayside Chatter mailed to you let us know by emailing us at coanewsletter@brewster-ma.gov please enter **"REMOVE"** in the subject line and enter your name and address in the body.

If you would like to go green please email your name, address and phone number and request the Bayside Chatter via email.