

SEPTEMBER/OCTOBER 2026

AARP CERTIFIED AGE & DEMENTIA FRIENDLY COMMUNITIES

BAYSIDE CHATTER

BREWSTER COUNCIL ON AGING



**IMPORTANT
ANNOUNCEMENT!**
Action Required:
Keep your Newsletter
coming!

Do you enjoy receiving
our newsletter each
month? If so, we need
to hear from you!

To ensure we are using town resources wisely and keeping our mailing list up to date, we are conducting our annual newsletter review. This will be your last issue unless you contact us to confirm you want to stay on our mailing list.

How to Renew Your Free Subscription

Please reach out to us by the end of the October to keep your newsletter arriving at your door. You can renew your subscription in one of three easy ways:

- Call Us: (508) 896-2737 speak directly with our front desk staff to confirm your details.
- Stop By: Visit our reception desk in person during normal operating hours.
- Email Us: coanewsletter@brewster-ma.gov send a quick note with your full name and current mailing address.

Thank you for being a valued part of our community.

We hope to keep sharing news, events, and updates with you!

Brewster For A Lifetime

1673 MAIN STREET, BREWSTER, MA 02631 | (508) 896-2737 | WWW.BREWSTERCOA.ORG

02 | DIRECTOR'S NOTES



Elton R. Cutler

Director, Brewster COA

Stay Steady This September: National Falls Prevention Month

September marks the arrival of autumn, but it also brings a vital health reminder. It is National Falls Prevention Month. Falls are not an inevitable part of aging. You can take simple, proven steps to stay independent and on your feet.



The Reality of Falls

- Common: One in four older adults falls each year.
- Costly: Falls are the leading cause of injury among seniors.
- Preventable: Most falls happen due to fixable home or health hazards.

Three Steps to Protect Yourself

1. Check your home: Remove throw rugs, clear clutter from walkways, and improve lighting.
2. Review your medications: Ask your pharmacist if your prescriptions cause dizziness.
3. Keep moving: Join local balance classes like Tai Chi to build leg strength.

Take Action Today

Do you know your personal risk level? Find out in less than five minutes. Take the online NCOA Falls Free Checkup to get a personalized safety report. Share these results with your doctor at your next appointment. NCOA Falls Free CheckUp Tool - <https://www.ncoa.org/tools/falls-free-checkup/>

- * 1 in 4 adults age 65 and over, fall each year. * Falls are the leading cause of hip fractures and traumatic brain injuries.
- * Among older adults who fall, over half receive care in a hospital. *

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

Sharon Tennstedt, Chair
Andrea Nevins, Vice Chair
Jill Beardsley, Clerk
Jan Crocker, Member
Jay Green, Member
Eva Orman, Member
Linda Schuyler, Member

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!



Medicare Open Enrollment begins **October 14**.

Call the COA to schedule your **SHINE** appointment to review your benefits or make changes to your plan.



Sharon Marotti



The Council on Aging honors volunteer extraordinaire, Sharon Marotti, as its 2026 Volunteer of the Year. You may not have met Sharon because she works behind the scenes as our AARP Tax Aide Coordinator. Tax preparation is a key and important service to our Brewster community that happens in tax season. Her group of five volunteers interacts with approximately 165 elderly residents to prepare our taxes each year.

Sharon has been coordinating this tax service since 2011. It is a great service for which she uses her extensive background in accounting and finance and current tax laws. She extends her work for AARP by recruiting new tax credit volunteers for them and working on the same program in Eastham. When not immersed in finance, Sharon is a golfer and watercolor artist.

We deeply appreciate and thank Sharon for the knowledge, ability, and time she gives to us.

Swimming at Brewster Green

**Starting Friday, October 16th
and going through May 28th.**

**Please call the COA to
register**

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

AARP Foundation Tax-Aide

**Looking for a Great Way to Serve Your
Community?**

Tax-Aide Needs Volunteers!

Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP Foundation and funded predominantly by the IRS, the program is staffed entirely by volunteers who enjoy working together, learning new things, and serving their community. We need new volunteers at our locations across the Cape and Islands. A background in taxes is NOT required.

In addition to tax counselors who prepare tax returns, Tax-Aide needs volunteers to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. AARP membership is not required. Training starts in the fall and a Tax Aide Computer is supplied.

**Want more information? Please email us at
TAVolunteerd18@gmail.com**

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, September 4th
Friday, October 2nd

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.**

EFT for Stress and Pain Relief

Sept 14th and Oct. 5th 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 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.**

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 drcarolmarcy@gmail.com**

Reiki

Sept. 23rd & Oct. 21st
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. Shawn 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, Sept. 18th 3:00-4:00

Friday, Oct. 16th 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

What is Sight Loss Services?

Wednesday, September 30,
10:00 – 11:00
Free

SIGHT LOSS SERVICES, INC. CAPE COD and ISLANDS presents "What is Sight Loss Services?" Join us for a presentation by Sight Loss Services Executive Director Rhonda Garron, outlining the services and programs available to assist the visually impaired residents of Cape Cod and the Islands. Open to all regardless of age, degree of vision loss or eye condition and their families. Adaptive aids demos and helpful literature will be available. **To register, please call the COA at 508-896-2737.**



Sport Kite Flying

Friday, Sept. 25th 10:00-11:00
Free

Sea Camps Front lawn

Come join Keith Nemlich from Outer Cape Kiting to learn about 2-line and 4-line sport kites and discover a new lifetime activity! Flying is a low-impact exercise and there is no limit to developing flying skills or styles. You can do it solo or with a friend or group!

Keith will start with a

demonstration of flying both kinds of kites and then afterward, you will have an opportunity to take the lines yourself and see if this sport is for you. **Don't miss out on the fun! Space is limited, to register, please call the COA at 508-896-2737.**



06 SEPTEMBER HAPPENINGS

End of Summer BBQ

Sept. 4th Please see page 17 for details.

Ask a Dietitian

Thursday Sept. 17th 1:00-2:00
Free

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**

LGBTQ Seniors Life Changes Support Group

Tuesdays, September 22nd - October 27th, 2:30-4:00
Held at the Brewster Ladies' Library
Please see Page 17 for more information

Sport Kite Flying at Sea Camps

Friday, September 25th
Please see Page 5 for more information

The Magic of Watercolors

6 week class, Mondays 9:30-11:00
Sept. 14th - Oct. 26th (no class Oct. 12th)
\$95, with some materials included

Join Jennifer Stratton, Artist/Instructor, for this 6 week class. Many people think of watercolors as a difficult medium to use because of their unpredictable nature and fluidity, however, because of this, they can also be adventurous and fun to use. In this class, Jennifer will be teaching you some of the basic techniques in using watercolors as well as giving a variety of exercises that will show you the many magical ways they can be used.

This class is for all levels, so for those who have more experience in watercolors, and who have taken classes with Jennifer before, you will keep building on the skills you already have. Materials will be supplied for the first few sessions, after which Jennifer will help you to get your own supplies. **To register, please call the COA at 508 896 2737.**



Understanding AI: A Practical Introduction for Seniors

6 Week Class, Tuesdays, Sept. 15th - Oct. 20th
2:30-3:30
Free

Curious about AI but not sure where to start? Join Patrick Carey of Main Street Tech for this 6 week course, which gives seniors and non-technical adults a clear, jargon-free introduction to artificial intelligence — no experience required. Each week builds your confidence step by step: what AI actually is, how it differs from the apps you already use, and how tools like ChatGPT and voice assistants can help with everyday tasks like writing, planning, and research. Patrick will also cover how to use AI safely — protecting your privacy and spotting misinformation — so you can explore with confidence, not confusion. **Classes are hands-on and bring-your-own-device**, with plenty of room for questions. By the end, you won't just understand AI — you'll be using it comfortably in your own life. **Space is limited, don't miss out! Pre-registration is required, please call the COA at 508-896-2737 to do so.**

Spanish for Beginners

6 week class, Wednesdays September 30th - November 4th 1:00 – 2:30
\$80 (includes a packet of all the lessons) Held at the Brewster Fire Station

Have you always wanted to learn another language? This is your opportunity to gain basic skills in Spanish, the language spoken by 400 million people around the world. The instructor has over 30 years of experience as a Spanish professor and loves to share her enthusiasm for the language and culture. You will learn pronunciation, greetings, present tense sentence structures, and vocabulary to talk about food, family, travel, health, and favorite activities. **Contact Cindy Doutrich at cdoutrich@ycp.edu to register and for more information. Registration deadline is September 25th.**

National Good Neighbor Day Celebrate Brewster's First New Little Free Art Library!

Help us honor both our new little free art library and National Good Neighbors Day simultaneously! Celebrated on **September 28th**, we thought it would be the perfect occasion to inaugurate our library with an art show centered around the theme of altruism and the spirit of being a good neighbor.

SEE PAGE 9 For MORE INFORMATION

SEPTEMBER CALENDAR 07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin'	02 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	03 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	04 9:00 Footcare 9:00 Mindfulness with Reiki 11:30 End of Summer BBQ
07 	08 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	09 10:00 Computer Help 10:00 Knit/Crochet 11:00 Healthy Meals in Motion 1:00 Quilters	10 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	11 9:00 Mindfulness with Reiki 1:00 Mah Jongg
14 9:00 Int. Tai Chi 9:30 The Magic of Watercolors 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta 2:00 EFT for Stress and Pain Relief	15 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:30 Understanding AI: A Practical Introduction for Seniors	16 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	17 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	18 9:00 Mindfulness with Reiki 10:30 Trip: The Wall that Heals & lunch at Captain Parkers 1:00 Mah Jongg 3:00 Sound Bath
21 8:30 Birding at Crosby Beach 9:00 Int. Tai Chi 9:30 The Magic of Watercolors 10:15 Adv. Tai Chi 1:00 Canasta	22 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 9:00 Alzheimer's Caregiver Support Group 2:30 Understanding AI 2:30 LGBTQ Senior Life Changes Support Group Brewster Ladies' Library	23 10:00 Computer Help 10:00 Knit/Crochet 10:00 Reiki 1:00 Quilters 2:00 Flower Arranging Club at Brewster Ladies Library 2:30 Practice Your French a La Bibliothèque	24 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	25 9:00 Mindfulness with Reiki 10:00 Sport Kite Flying 1:00 Mah Jongg
28 9:00 Int. Tai Chi 9:30 The Magic of Watercolors 10:15 Adv. Tai Chi 1:00 Canasta 1:00 Good Neighbor Day! Celebrate Brewster's new Free Little Art Gallery	29 9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:30 Understanding AI 2:30 LGBTQ Senior Life Changes Support Group/BLL	30 10:00 Computer Help 10:00 Knit/Crochet 10:00 What is SIGHT LOSS SERVICES? 1:00 Quilters 1:00 Spanish for Beginners/BFD 1:00 Good Neighbor Day Little Free Art Library Celebration		

Big Art in a Tiny Space: Brewster's New Free Little Art Gallery!

Get ready to experience art in a whole new, miniature way. Brewster is officially getting its very own Free Little Art Gallery - and it's home will be the Brewster Council on Aging!

Modeled after the popular Little Free Libraries, this tiny venue offers a unique space for neighbors to share creativity, inspiration, and joy.

What is a Free Little Art Gallery?

It is a miniature, weather-resistant art gallery mounted on a post. Inside, you will find tiny masterpieces instead of books. The concept operates on a simple, community-driven philosophy: "Leave a piece of art, take a piece of art, or just look!"

How You Can Participate

You do not need to be a professional artist to get involved. This gallery belongs to the entire community. Here is how you can join the fun:

- Create Miniature Art: Paint a tiny canvas, sculpt a miniature clay figure, sketch a landscape, or write a micro-poem.
- Keep it Small: Pieces should be no bigger than 4 X 4 inches, to ensure there is room for everyone. 2 or 3 dimensional pieces are welcome.
- Take a Treasure: If a specific piece speaks to you, you are welcome to take it home to enjoy.
- Spread the Word: Tell your friends, grandchildren, and neighbors about this pocket-sized cultural hub.



Monday, September 28th
1:00 - 3:00

**Join us in Celebrating our new Little Free Art Gallery
and National Good Neighbors Day...**
with cake and art!

National Good Neighbors Day is celebrated annually on September 28th and we thought it would be the perfect occasion to inaugurate our library with an art show centered around the theme of altruism and the spirit of being a good neighbor.

Call for Art: Please help us fill our Free Little Art Gallery to help make our celebration a success!

- Size: No larger than 4 X 4 inches
- Dimensions: Can be either 2D or 3D
- Submission Deadline: September 24th

For more information, please call Annie at 508-896-2737.



We look forward to seeing you there!

10 OCTOBER HAPPENINGS

Beginner Mah Jongg

Wednesdays, October 7th - November 4th
9:00- 11:00
5 Week class

\$90, cost includes \$15 for Mah Jongg cards and \$75 for class, paid to instructor at first class.

Join Mah Jongg instructor Anne M. Walther and learn to play this game of skill and luck, while at the same time 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. **Please call the COA at 508-896-2737, no later than Monday, October 5th to do so.**

Retirement for Men - Building a Life that has Meaning, Purpose and Happiness

Wednesdays, October 7th 1:00- 2:00
Free.

Studies have shown that men have a more difficult time in retirement than women. A purposeful retirement isn't just about enjoying life - it's about extending it too! People who live a retirement life that brings them meaning and purpose live, on average, 7.5 years longer.

Join Henry Quinlan, former publisher and member of the MIT/AgeLab, as he discusses how to build a life that has meaning and purpose in retirement and explores three questions for men: Why should I retire, who am I now, and What am I going to do? Henry will also explore how artificial intelligence can aid in the pursuit of a meaningful rewarding retirement. Don't miss this important presentation. **To register, please call the COA at 508-896-2737.**

Holiday Wreath Making

In partnership with the Brewster Ladies' Library and Cape Cod Post Acute Care
Wednesday, October 14th , November 18th and December 9th 2:00-3:00
Free
Multiple locations

Celebrate the season with creativity and festive cheer! Participants will design beautiful seasonal wreaths while enjoying socialization, laughter, and a fun hands-on activity. Whether you're creating a spooky Halloween wreath, a festive Thanksgiving centerpiece, or a classic winter holiday decoration, you'll leave with a unique creation to display. All supplies are provided. **Please note, 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.** Location for each month will be noted on the library's website.

Watch Party! A Taste of Korea

In partnership with the Brewster Ladies' Library
Wednesday, October 21, 2:00 -3:30
Free
Held at BLL

Join us at the Brewster Ladies' Library to enjoy this live virtual cooking demonstration from the Korean Spirit and Culture Promotion Project. The program will feature the making of traditional dishes and include a short film on Bangja (traditional Korean bronze ware). Enjoy snacks popular in Korea while we watch the presentation. Recipes, shopping lists, and complimentary books provided. The Korean Spirit and Culture Promotion Project (KSCPP) is a 501(c)(3) nonprofit dedicated to raising awareness of Korean history and culture. **To register please call the library at 508-896-3913 or sign up online at www.brewsterladieslibrary.com by going to the events calendar under the library info tab.**



OCTOBER CALENDAR 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			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	09:00 Foot Care 9:00 Mindfulness with Reiki 1:00 Mah Jongg
9:00 Int. Tai Chi 9:30 The Magic of Watercolors 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta 2:00 EFT for Stress and Pain Relief	9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin' 2:30 Understanding AI 2:30 LGBTQ Senior Life Changes Support Group/BLL	9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:00 Spanish for Beginners/BFD 1:00 Retirement for Men Building a Life that has Meaning, Purpose and Happiness	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 Mindfulness with Reiki Class 10:00 Stroll and Savor in Provincetown 1:00 Mah Jongg
The COA will be closed in honor of Columbus Day 	9:00 Qi Gong 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group 2:30 Understanding AI 2:30 LGBTQ Senior Life Changes Support Group/BLL	9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 10:00 Reiki 11:00 Healthy Meals in Motion 1:00 Quilters 1:00 Spanish for Beginners/BFD 2:00 Holiday Wreath Making/BLL	8:00 Pet Nail Trim 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	1:00 Mah Jongg 10:00 Swimming at Brewster Green Begins 3:00 Sound Bath
9:00 Int. Tai Chi 9:30 The Magic of Watercolors 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 Understanding AI 2:30 LGBTQ Senior Life Changes Support Group/BLL	9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:00 Spanish for Beginners/BFD 2:00 Watch Party! A Taste of Korea/ 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 Mindfulness with Reiki 10:00 Swimming at Brewster Green 1:00 Mah Jongg 1:00 Chatham Marconi Maritime Museum & Three Finns Coffeehouse and Cacao Factory
9:00 Int. Tai Chi 9:30 The Magic of Watercolors 10:15 Adv. Tai Chi 1:00 Canasta	9:00 Qi Gong 9:30 W.O.W. 10:00 Legal Help 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group 2:30 LGBTQ Senior Life Changes Support Group/BLL	9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:00 Spanish for Beginners/BFD 2:30 Practice Your French a la Bibliothèque	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 Mindfulness with Reiki 10:00 Swimming at Brewster Green 12:00 Halloween Celebration and Movie: Haunted Mansion 1:00 Mah Jongg

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.

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

Bingo

Thursdays, 12:15-1:30

Spend time with your friends and have fun! Please note: if you are using the COA van for 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

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 at
Brewster Council on Aging
Free

For more information, contact Jay at jaygreen1942@gmail.com

Support our players September 26th at the 18th Annual Cape Cod Bocce Tournament
<https://racerooster.com/events/2026/130456/18th-annual-cape-cod-bocce-tournament/teams>

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

September

Tuesdays: 11:00-12:00

Sept. 1 - Sept. 22, 4 weeks, \$35 for series

Thursdays: 2:30-3:30

Sept. 3 - Sept. 24, 4 weeks, \$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

October

Tuesdays: 11:00-12:00

Sept. 29 - Oct. 27, 4 weeks, \$35 for series

Thursdays: 2:30-3:30

Oct. 1-Oct. 29, 5 weeks, \$43 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

Flower Arranging Club

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

September 23, Free.

To register you must call the library at 508-896-3913 or sign up online at www.brewsterladieslibrary.com

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

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.**

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

Pet Nail Trim

Sept. 17th & Oct. 15th
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

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

\$10 per class

Sept. 1st - Sept. 29th, 5-week series \$50

Oct. 6th - Oct. 27th, 4-week series \$40

Qi Gong, rooted in ancient Chinese Medicine, is an exercise form focusing on total well-being. Learn a variety of practices that integrate movement, breath, and positive imagery. Enhance your physical vitality, balance and flexibility. Calm and relax your mind with movement meditations. Class is led 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

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

The Wall that Heals & lunch at Captain Parkers (see page 17)

Sept. 18th , 10:30-2:30

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

Birding at Crosby Beach

In partnership with the Brewster Recreation Department

Monday, September 21, 8:30am – 10:00am

Crosby Beach

Free

Join Brewster Recreation's Christine Bates on a walk at Crosby Beach where we'll explore the beach, marsh and uplands in search of resident and migratory shorebirds and landbirds. Wear comfortable shoes and expect to walk about one mile. Bring binoculars if you have them; a couple of pairs will be available to borrow. Please note, you are responsible for your own transportation to this event. **To sign up, please call the COA at 508-896-2737.**

Stroll and Savor in Provincetown!

Friday, October 9th 10:00 – 2:30ish

Spending \$ for shopping and lunch

Join us as we visit Provincetown! Explore shops at your own pace and choose where you want to have lunch. Meet up at the van at 2:00 to return to the COA. Curious about what Provincetown has to offer? Visit the Provincetown Chamber of Commerce at: www.ptownchamber.com. **Space is limited. To sign up, please call the COA at 508-896-2737.**



Chatham Marconi Maritime Museum & Three Fins Coffeehouse & Cacao Factory

Friday, October 23rd 1:00 – 3:00ish

\$9 for admission and \$ to treat yourself at Three Finns

Explore wireless communication technology and its Chatham history in the Marconi/RCA-Wireless Museum. The original building constructed by Guglielmo Marconi in 1914, was dubbed "The World's Greatest Coastal Station" and was once home to the largest ship-to-shore radiotelegraph station in the United States. Afterward, we will travel down the road and treat ourselves to a beverage of your choice and perhaps a delicious chocolatey treat! **To register, please call the COA at 508-896-2737.**

5TH ANNUAL END OF SUMMER BBQ!

On the front lawn of the COA
Co-hosted by the Brewster Council on Aging and
the Friends of Brewster Seniors

Friday, September 4th

11:30 - 2:00

Doors opening at 11:30



Menu includes
hamburgers, hot dogs, baked beans
coleslaw, dessert and assorted beverages

Tickets: \$5

limited to 4 tickets per person seating limited to 50 people

**Come join us for food, friendship
and maybe even play some bocce!**

Purchase tickets at the Brewster COA
on sale now, until September 2nd

1673 Main Street

LGBTQ Seniors Life Changes Support Group

Tuesdays, September 22 - October 27, 2:30 - 4:00
Held at the Brewster Ladies' Library



As we age, we experience an increasing number of life changes. In this group, we will support each other, learn from each other and help ease anxiety and burdens. These groups offer ways to heal with practical tools and supportive conversation. There is no charge for the group, but registration is required. To register, please contact Diane McCarthy at dmmcdj@aol.com or telephone or text 774-283-0931. Offered in partnership with the Brewster Ladies' Library and Cape Cod LGBTQ+ Senior Friends.

THE WALL THAT HEALS

★ ★ ★
FIELD TRIP
FRIDAY, SEPTEMBER 18TH
10:30 - 2:30
★ ★ ★



Many of you lived through the Vietnam War, some fought in it, some kept things going at home with family, and many at night were glued to the T.V. watching the CBS Evening News with Anchor, Walter Cronkite.

Join us for this special trip to visit The Wall That Heals. In addition to visiting the magnificent wall itself, it travels with a mobile education center. There, you will learn some behind the scenes historical things you may not have ever known; you will see artifacts from the Vietnam War such as a radio used in the war for communication, actual postcards sent to family, along with tapes recorded and sent home, uniforms, MIA Cuff bracelets, baseball gloves, packages never delivered, hats, unit photos, and SO much more!

Afterward we will cross the road and have lunch at Captain Parkers. **Visiting the wall is free but you will need money for lunch.** Space is limited. Don't miss out on this special trip, the next time it comes to the Cape, might not be for another 20 years! To register, please call the COA at 508-896-2737.

SAVE THE DATE

Friday, November 6th
1:00- 4:00

Mah Jongg Day!

Fee \$15

Calling all Mah Jongg players! Come join us for Mah Jongg Day! The tables will be set for four players, and you can play at your pace and your style. Play with friends or meet new ones. It will be a fun afternoon with door prizes and refreshments! Anne Walther will be hosting and will be there to assist. **Space is limited so sign up now! To register call the COA at 508-896-2737.**

Friends of Brewster Seniors



Come Cruising With Us on the Lobster Roll @ Sesuit Harbor, Dennis

We're heading back out into the Bay once again on **Friday, September 11th** to enjoy a fantastic lunch while relaxing in the sunshine or in the shade. You'll have to make a choice for your included lunch (see below) and bring some cash as there are two cash bars onboard offering a wide selection of beverages for purchase.

-----PLEASE PRINT VERY CLEARLY and SAVE THE TOP PORTION FOR YOUR RECEIPT-----

Name: _____

Name: _____

Mailing Address: _____

Email: _____ Day of event Phone: _____

Indicate #: Chicken Caesar Salad _____ Lobster roll _____ Roast Beef Rollup _____ Veggie Rollup _____

_____ # tickets @ \$35 (member) _____ # tickets @ \$45 (non-member) = Subtotal \$ _____

Additional Donation = \$ _____ Total Enclosed for Lobster Roll Cruise \$ _____

Reserve your place now! Quickest signup is online at www.FriendsOfBrewsterSeniors.org. Second quickest is to complete and drop off your registration & payment (check payable to FOBS) at Sea Captains' Thrift Shop (66 Harwich Road). Of course you can mail to FOBS, PO Box 2310, Brewster MA 02631, but it's first come, first served! Payment must be received by August 31st!

Up Next: A Taste of Crosby Mansion! Come celebrate our 5th Anniversary at Crosby Mansion on Sunday, October 4th from 3-5 PM. Tickets are still just \$15 and include appetizers by Ardeo's and a nice glass of wine/beer/soda. Tickets will be available at Sea Captains' Thrift or online. Just scan the QR code or go to our website. More details will be posted in the Friends' September newsletter!

**A Taste of
Crosby Mansion**

Want to keep up with what's happening with the Friends? Become one to get your monthly newsletter delivered right to your mailbox or as an email. You can also visit our website <https://www.friendsofbrewsterseniors.org> or just scan the QR code! And don't forget to stop by our Facebook Pages and Sea Captains' Thrift Shop, too, for great bargains!

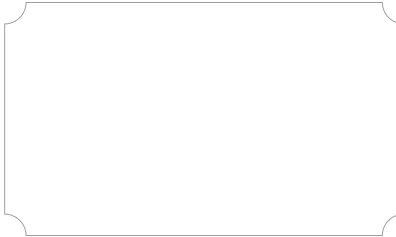




Town of Brewster - COA

1673 Main Street
Brewster, MA 02631

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



Brewster Council on Aging Transportation Information *All riders must be 60+ *

This service is not available to residents of assisted living facilities. Transportation services are not allowed to transport individuals for hospital emergencies, planned surgical admissions, or transport after discharge. **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 12:30 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.

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

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. Reservations are a must! Schedule your appointments between 10am and 2pm, the bus will leave Boston by 3pm. Please visit the website for more information.

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.