

November/December 2026

AARP CERTIFIED AGE & DEMENTIA FRIENDLY COMMUNITIES

BAYSIDE **CHATTER**
BREWSTER COUNCIL ON AGING



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

A Message from the Director

As November and December arrive, we welcome the beauty and the chill of the holiday season. Although the weather may be cold, please remember that Brewster Senior Center is here for you. We remain open and ready to provide warmth, friendship, activities, and opportunities to stay active and connected.

In November, we honor our veterans on Veterans Day and express our sincere gratitude for their service, courage, and sacrifice. We also look forward to Thanksgiving Day, a time to reflect on our blessings, share good food, and enjoy meaningful moments with family, friends, and loved ones. December brings holiday cheer, including the joy of many traditions that make this season special. Whether you celebrate with family, friends, or your senior center community, we hope the holidays bring you comfort, happiness, and cherished memories.

Please do not let the colder days keep you isolated, come and take part in all we have to offer, including activities, programs, social gatherings, and opportunities to connect with others. Staying active and engaged is good for the body, mind, and spirit.

We look forward to welcoming you throughout November and December. From all of us, we wish you a safe, healthy, and joyful holiday season filled with warmth, companionship, and plenty of holiday cheer.

Thank you,
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
Lynda 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!

Lower Cape LGBTQ Seniors "FRIENDSGIVING"

Friday, November 13, 5:30-8pm

Cost: \$10

Musical entertainment by DJ Tommy Tuttle

The difference in this fall tradition lies in who you celebrate with, hence the name! We will host our annual special "Friendsgiving" homecooked dinner of traditional Thanksgiving fare with music for a chance to celebrate, have some fun, and connect before the formal holiday season is upon us. **Call the Orleans Senior Center at 508-255-6333 to register.**



Brewster Fire local 3763 is joining fire departments across the cape going Homeless for the Holidays December 2nd - 6th

- Collecting unwrapped toys for all ages
- Non-perishable foods
- Monetary donations and gift cards to support local charities on the lower cape.



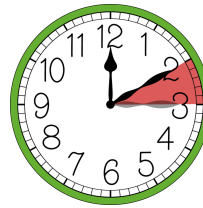
The event is being held at the Immaculate Conception Chapel at 2580 Main St.



Santa will be there Saturday, Dec. 5th 1-4 for a meet and greet with cookies and hot chocolate

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



Daylight Savings Ends
November 1st
Don't forget to Fall Back!

Senior Tax Work-off Program

Eligible seniors who qualify are able to volunteer their services in exchange for a reduction on their real estate tax bill. **Please call the COA if you have questions 508-896-2737**

- Applications available November 1st
- Deadline to apply, December 4th

Please contact our Outreach Coordinatoors Cindy and Linda for assistance with:

- **Income Based Tax Exemption**
 - accepting applications now for Spring Tax bills
- **Fuel Assistance**
 - schedule an appointment for in-person application assistance

COA NEWSLETTER

Please contact the office if you want to be put back on the COA mailing list for the newsletter
508-896-2737



Walking Club News



The Walking Club's last day will be **December 31st** (weather permitting)
Walks will resume in **April 2027**



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, November 6th
Friday, December 4th

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

Nov. 9th and Dec. 14th 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

Nov. 16th & Dec. 14th

10:00

(note holiday schedule change)

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, Nov. 20th 3:00-4:00

Friday, Dec. 18th 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

BREWSTER IN MIDWINTER

A DAY TO RESTORE DURING THE OFF-SEASON



JANUARY 9, 2027

1:00 PM - 4:00 PM

1673 MAIN STREET

**BYO
FIBER CRAFT**

**FIRE SAFETY
DEMONSTRATIONS**

**NATIVE SEED
STARTING**



ORGANIZED BY: BREWSTER NATURAL RESOURCES, COUNCIL ON AGING, & RECREATION

NO REGISTRATION REQUIRED

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

MANY THANKS TO OUR SPONSORS!

FOR MORE DETAILS CONTACT:

CWEST@BREWSTER-MA.GOV

ARAPAPORT@BREWSTER-MA.GOV

06 NOVEMBER HAPPENINGS

Mah Jongg Day!

Friday, Nov. 6th 1:00- 4:00
\$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.**

The Brewster Garden Club Annual Pie Sale

Tuesday, Nov. 24th 9:00-11:00
Pies \$15.00

The Brewster Garden Club Annual Pie sale will be held at the Brewster COA. **No early birds, sale starts at 9:00!**



Brushing Up With Acrylics 6 week class, Mondays 9:30-11:00 Nov. 16th - Dec. 21st \$95

In this class, art instructor Jennifer Stratton will facilitate a safe space for those who want to try Acrylic Painting. This class is for beginners and those who already have experience with acrylic painting. Come join the fun.



“La Joie de Vivre” by Jennifer Stratton

Housing Rehab with The Resource Inc.

Tuesday, Nov. 17th 12:00-1:00
Free

Come have some lunch on us! Join Christy Donovan of TRI (The Resource Inc) and learn about the Brewster Regional Housing Rehabilitation program for year-round residents of Brewster, Dennis, and Wellfleet. There are funds available to help qualified homeowners pay for repairs such as a new roof, new siding, and new windows to name a few. Christy will go over all aspects of the program. **To sign up for this important presentation, please call the COA at 508-896-2737**

Hand Therapy with Spaulding Rehab

Tuesday, Nov. 17th and Dec. 15th 10:00-11:00
Drop in session, free

Your grip strength matters! Hand therapists from Spaulding Outpatient Center Orleans will have a table on here at the COA to educate the community on the importance of hand function and strength. Hand therapy can play a vital role in improving use of your hands and addressing any underlying hand conditions. **Any questions, call the COA at 508-896-2737**



Due to Veteran's Day holiday, there will be no **Healthy Meals in Motion in November**

Participants may contact
The Family Pantry of Cape Cod
(508) 432-6519



Holiday Wreath Making

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

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 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.**

NOVEMBER CALENDAR 07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 9:00 Int. Tai Chi 10:15 Adv. Tai Chi 1:00 Canasta	03 9:00 Qi Gong 9:30 W.O.W. 10:00 Hearing Screenings 11:00 Chair Yoga 1:00 Keep Movin'	04 9:00 Beginner Mah Jongg 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 1:00 Spanish for Beginners/BFD	05 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	06 9:00 Footcare 9:00 Mindfulness with Reiki 10:00 Swimming At Brewster Green 1:00 Mah Jongg Day!
09 9:00 Int. Tai Chi 10:00 BP & Glucose Testing 10:15 Adv. Tai Chi 1:00 Canasta 2:00 EFT for Stress and Pain Relief	10 9:00 Qi Gong 9:00 Trip: Massachusetts National Cemetery 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	11 The COA is closed in Honor of 	12 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	13 9:00 Mindfulness with Reiki 10:00 Swimming at Brewster Green 1:00 Mah Jongg
16 9:00 Int. Tai Chi 9:30 Brushing Up With Acrylics 10:15 Adv. Tai Chi 10:00 Reiki 1:00 Canasta	17 9:00 Qi Gong 9:30 W.O.W. 10:00 Hand Therapy Drop-in 11:00 Chair Yoga 10:00 Housing Rehab with The Resource Inc. 1:00 Keep Movin'	18 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 2:00 Holiday Wreath Making/ Cape Cod Post Acute Care	19 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' 2:00 BMCC 2:30 Chair Yoga	20 9:00 Mindfulness with Reiki 10:00 Swimming at Brewster Green 1:00 Mah Jongg 3:00 Sound Bath
23 9:00 Int. Tai Chi 9:30 Brushing Up With Acrylics 10:15 Adv. Tai Chi 1:00 Canasta	24 9:00 Brewster Garden Club Annual Pie Sale 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	25 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 2:30 Practice Your French a La Bibliothèque		
30 9:00 Int. Tai Chi 9:30 Brushing Up With Acrylics 10:15 Adv. Tai Chi 1:00 Canasta				

Introducing the Brewster's Free Little Art Gallery

Our gallery opened September 28th . We would like to thank Mark Martino for assembling the gallery and Carol Marcy for the gallery's painted artwork inside and out. Our volunteers created a beautiful gallery to house works of art from the Brewster Community. Please stop by to share your artwork or to peruse what others have shared. If something speaks to you, feel free to take it home!



10 DECEMBER HAPPENINGS

Snowy Owls, Visitors from the North

Wednesdays, December 2nd, 1:30- 2:30

Free

Join, Stephanie Ellis, Executive Director of Wild Care, as she discusses the journey of Snowy Owls from the Arctic to the shores of Cape Cod and how our Cape community can contribute to the safety and survival of these incredible animals. Stephanie will also discuss current threats to Snowy Owl populations, and what it's like to rehabilitate one! Stephanie Ellis has been the Executive Director of Wild Care for 10 years. For over two decades, she has worked on both coasts of the United States doing wildlife rehabilitation, environmental advocacy, and avian conservation work. Stephanie is a fan favorite so don't miss out! **Reserve your seat by calling the COA at 508-896-2737.**



HOLIDAY TEA & CONCERT
At the Brewster Council on Aging



**WEDNESDAY
DECEMBER 16
12:00 - 2:00**



Join us for tea and light refreshments as we listen to a concert of holiday favorites performed by the Cape Cod Ukulele Club!

Tickets are \$5 and available now at the COA but must be purchased prior to the event. Space is limited - don't miss out on what's sure to be a good time! 🎸



To purchase tickets, please call the COA at 508-896-2737



DECEMBER CALENDAR 11

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 1:30 Snowy Owls, Visitors from the North	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 Foot Care 9:00 Mindfulness with Reiki 10:00 Swimming at Brewster Green 1:00 Mah Jongg
07 9:00 Int. Tai Chi 9:30 Brushing Up With Acrylics 10:15 Adv. Tai Chi 1:00 Canasta	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 2:00 Wreathmaking/ Brewster Coa	10 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 Class 3:00 Trip: Highfield Hall 10:00 Swimming at Brewster Green 1:00 Mah Jongg
14 9:00 Int. Tai Chi 9:30 Brushing Up With Acrylics 10:00 BP & Glucose Testing 10:00 Reiki 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'	16 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 12:00 Holiday Tea and Ukulele Concert	17 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	18 9:00 Mindfulness with Reiki Class 1:00 Mah Jongg 10:00 Swimming at Brewster Green 3:00 Sound Bath
21 9:00 Int. Tai Chi 9:30 Brushing Up With Acrylics 10:15 Adv. Tai Chi 1:00 Canasta	22 9:30 W.O.W. 11:00 Chair Yoga 1:00 Keep Movin' 2:00 Alzheimer's Caregiver Support Group	23 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters 2:30 Practice Your French a la Bibliothèque	24 9:00 Int. Tai Chi 10:00 Meditation 10:00 Knit/Crochet 10:15 Adv. Tai Chi The COA will be closing at Noon	25  The COA is closed for the Holiday
28 9:00 Int. Tai Chi 10:15 Adv. Tai Chi 1:00 Canasta	29 9:30 W.O.W. 10:00 Legal Help 11:00 Chair Yoga 1:00 Keep Movin'	30 10:00 Computer Help 10:00 Knit/Crochet 1:00 Quilters	31 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	

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, 10:00-12:00 at Brewster Council on Aging

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

November

Tuesdays: 11:00-12:00

Nov. 3 - Nov. 24, 4 weeks, \$35 for series

Thursdays: 2:30-3:30

Nov. 5 - Nov. 19, 3 weeks, \$26 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

December

Tuesdays: 11:00-12:00

Dec. 1 - Dec. 29, 5 weeks, \$43 for series

Thursdays: 2:30-3:30

Dec. 3rd, 10th, 17th & 31st 4 weeks, \$35 for series

14 RECURRING PROGRAMS

Healthy Meals in Motion

2nd Wednesday of every month
11:00 - 12:00

Unavailable November because of the Veterans Day Holiday

This program serves all eligible Brewster Seniors, providing groceries and fresh produce 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

Nov. 19th & Dec. 17th
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 or prepay \$30/3 classes

Nov. 3rd, 10th and 17th -

Dec. 1st, 8th and 15th

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

Elder Services of Cape Cod and the Islands serves lunch every Thursday at 11:30 at the COA with live piano music (when available) and drop-in bingo afterwards.

- Advanced registration is required
- New attendees must sign up one week in advance
- Established attendees must reserve 5 days in advance
- \$4.00 Voluntary donation

For more information or to sign up, please call the site coordinator at 508-896-5070

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**

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.

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

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

16 TRIPS & TOURS

Massachusetts National Cemetery

Tuesday, November 10, 9:00-12:30ish

In honor of Veterans Day, please join us on a visit to the Massachusetts National Cemetery. We will stop at the visitor center and the Memorial Trail, and if there is a grave you would like to visit, let us know and we will make it happen. **Space is limited. Please call the COA at 508-896-2737 by Monday, November 9th to reserve your spot.**

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

Coonamessett Farm and lunch at Moonakis Café

Friday, November 13, 9:00 – 2:00ish

Admission is \$10, plus the cost of your pick your own bounty, and money for lunch

Join us as we travel down the road to East Falmouth to visit Coonamessett Farm, a local farm to visit their farm stand, see their animals and if you are so inclined, a pick-your-own adventure of winter squashes or herbs, and whatever else they have growing. They also have a bakery as well. Afterward, we will head over to Moonakis Café for lunch (or breakfast – they serve all day). For more information on both places, you can go to www.coonamessettfarm.com and moonakiscfe.com . **Space is limited, to save your spot, call 508-896-2737.**



HIGHFIELD HALL & GARDENS

’Twas the Night Before Christmas:
Life Above & Below Stairs

— ❄ —
Friday
December 14th
3:30 – 6:30
\$35
Libations and life snacks provided
— ❄ —

Filled with festive beauty, historic charm, and delightful discoveries, the exhibition offers an immersive holiday experience. The Gift Gallery will be open with handcrafted artisan gifts, while the holiday craft room provides hands-on fun.

Join us for the final hours before Christmas morning in a grand Gilded Age mansion. As the Beebe family eagerly awaits the holiday ‘above stairs’ while the servants ‘below stairs’ work tirelessly behind the scenes to prepare for the festivities ahead.

Space is limited. To reserve your spot for this special trip, call 508-896-2737.

 photo by Frank Ferrino 

Word Twist

Thanksgiving

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!



tusngffi _____
 epsi _____
 tkeury _____
 avgry _____
 lsrol _____
 bensa _____
 sptoeota _____
 resricarnbe _____
 rcno _____
 kimpunp _____

Answers

Pumpkin
 Corn

Potatoes
 Cranberries

Beans
 Rolls

Turkey
 Gravy

Stuffing
 Pies

©LPI

HOLIDAY WREATH MAKING

Wednesdays from 2-3:30pm Oct 14, Nov 18 & Dec 9



JOIN US FOR HOLIDAY WREATH DECORATING IN THE MONTHS OF OCTOBER, NOVEMBER, AND DECEMBER. 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 OR SHARE WITH LOVED ONES. EACH WREATH MAKING PROGRAM WILL TAKE PLACE AT A DIFFERENT LOCATION. PLEASE CHECK THE LIBRARY WEBSITE FOR LOCATION INFORMATION.



Brewster Ladies' Library, 1822 Main Street, Brewster, MA 02631

Friends of Brewster Seniors



Want to be "in the know" about future Friends' events, such as the upcoming **Cape Symphony "Holiday on the Cape"** concert? Or how about the **Christmas Holiday Luncheon at Old Yarmouth Inn**?

It's simple, become a paid member to receive your monthly newsletter either in the mail or online, your choice! Stop by Sea Captains' Thrift Shop for a membership form or scan the QR code below to go right to our website to sign up!

How does the Friends organization use your membership money?

Your calendar year membership (\$15/person) provides great discounts for all of our events and also provides funding for the Friends to continue to help the COA with some of its projects and programs for Brewster's Seniors.

But we don't stop at the COA! We've recently made significant donations in the name of the Friends to the **Alzheimer's Family Support Center**, located right here in Brewster, as well as to **Elder Services of Cape Cod**, which also provides services to our seniors, and most recently to benefit **Crosby Mansion**, a significant cultural treasure of Brewster.



What's New at Sea Captains' Thrift Shop?

We'll be ramping up for both the holiday and the winter season, so why not stop in to see what's in stock. Or maybe you're trying to weed out clothing that's too big, too small, doesn't fit, is the wrong color, you just don't like it anymore...you get the drift here. As long as it's clean, current and complete, we're happy to take it from you as a donation. Stop in some time to check out our inventory and our pop up sales!

"Christmas is a tonic for our souls. It moves us to think of others rather than of ourselves. It directs our thoughts to giving." ~B. C. Forbes

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

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

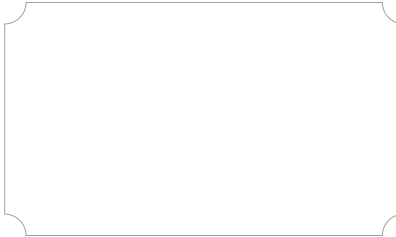




Town of Brewster - COA

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 door-to-door shared ride-service Mon-Sat in all 15 towns. Rides can be scheduled up to 30 days in advance but no later than **noon** on the day prior to a ride. Reservations for Monday must be made by 5:00p.m. the Friday before you intend to travel. **There is a fee for this service. For more information on these services, please contact the Cape Cod RTA directly.**